

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	19,9°C	69%
End	12:19	19.9°C	69%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5	Davide Silva	sc braga	Senior Masculino	30:41		03:04
2	1	Rui Teixeira	escola de atletismo de coimbra/jpaiva	Veterano M40	30:53	+00:12	03:05
3	6	Samuel Freire	individual	Senior Masculino	31:28	+00:47	03:09
4	215	David Pedrosa	david pedrosa	Senior Masculino	33:36	+02:55	03:22
5	740	Paulo Pereira	individual	Senior Masculino	34:52	+04:10	03:29
6	4	Solange Jesus	sc braga	Veterana F35	35:48	+05:07	03:35
7	3	Joana Ferreira	rd águeda	Senior Feminino	35:52	+05:11	03:35
8	1326	Luis Ricardo Sequeira Paulo	industrial desportivo vieirense	Veterano M50	36:08	+05:27	03:37
9	71	Diogo Pagaimo	acrsd	Senior Masculino	36:11	+05:30	03:37
10	226	Ulisses Rodrigues	escola de atletismo de coimbra/jpaiva	Senior Masculino	36:12	+05:30	03:37
11	224	Cristiano Oliveira	escola de atletismo de coimbra/jpaiva	Senior Masculino	36:16	+05:34	03:38
12	251	Sebastião Vicente Ramos Gôrne	flashover	Senior Masculino	36:52	+06:11	03:41
13	231	Filipe Rocha	escola de atletismo de coimbra/jpaiva	Veterano M35	36:54	+06:13	03:41
14	53	José Pedro Galvão	a.r. casaense/escola de atletismo de coimbra - jpaiva	Senior Masculino	37:23	+06:41	03:44
15	234	Jorge santos	escola de atletismo de coimbra/jpaiva	Veterano M50	37:28	+06:46	03:45
16	2	Carla Martinho	rd águeda	Veterana F45	37:32	+06:50	03:45
17	634	Gil Pires	individual	Senior Masculino	37:44	+07:03	03:46
18	103	Rui Roque	associação académica da bela vista	Veterano M50	38:02	+07:21	03:48
19	214	Nuno Silva	dar-recardães	Veterano M45	38:13	+07:32	03:49
20	1441	Marco Cardoso	patricia basilio	Veterano M50	38:24	+07:42	03:50
21	1323	Axis Rocha	industrial desportivo vieirense	Senior Masculino	38:45	+08:04	03:53
22	175	Paulo Renato Mesquita Monteiro	casa do povo de lavos	Veterano M50	39:00	+08:18	03:54
23	213	Alex Tondela	dar-recardães	Veterano M45	39:10	+08:28	03:55
24	37	Pedro Farias	233runclub	Veterano M35	39:14	+08:33	03:55
25	59	Rui Rodrigues	académica de coimbra	Veterano M45	39:20	+08:39	03:56
26	1366	António Fonseca Oliveira	lizrunners	Veterano M40	39:31	+08:49	03:57
27	1137	Carlos Patrão	individual	Veterano M45	39:34	+08:53	03:57
28	735	PATRICK PEREIRA	individual	Senior Masculino	39:38	+08:56	03:58
29	697	José Sousa	individual	Senior Masculino	39:39	+08:57	03:58
30	185	João Margarido	cltt - clínica litoralis trail team	Veterano M40	39:43	+09:01	03:58
31	1223	Joaquim nogueira	individual	Veterano M50	40:04	+09:23	04:00
32	638	Gonçalo Esteves	individual	Senior Masculino	40:10	+09:29	04:01
33	232	Luís Contente	escola de atletismo de coimbra/jpaiva	Veterano M35	40:16	+09:35	04:02
34	1439	Antonio Santos	papakilometros	Veterano M50	40:26	+09:45	04:03
35	1042	Ricardo saltão	individual	Veterano M35	40:34	+09:53	04:03
36	1016	João Eduardo Penas	individual	Veterano M35	40:59	+10:17	04:06
37	1053	Vitor Simões	individual	Veterano M35	41:00	+10:18	04:06
38	1425	Lúcio Sabino	os travessos	Veterano M35	41:15	+10:33	04:07
39	1327	ANTÓNIO FERREIRA	industrial desportivo vieirense	Veterano M55	41:20	+10:39	04:08
40	1058	Bruno Carvalheiro	individual	Veterano M40	41:25	+10:44	04:09

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	694	José Oliveira	individual	Senior Masculino	41:29	+10:48	04:09
42	1374	João Carvalho	lobos da serra - loureiro	Veterano M50	41:31	+10:49	04:09
43	1329	LEONEL SOUSA	industrial desportivo vieirense	Veterano M55	41:34	+10:52	04:09
44	1328	CARLOS SIMÕES	industrial desportivo vieirense	Veterano M55	41:41	+11:00	04:10
45	1063	Bruno Primo	individual	Veterano M40	41:56	+11:14	04:12
46	629	Francisco Rafael Antunes Balteiro	individual	Senior Masculino	41:58	+11:17	04:12
47	1147	Filipe Brilhante	individual	Veterano M45	42:00	+11:19	04:12
48	796	Vitor Coelho	individual	Senior Masculino	42:07	+11:25	04:13
49	988	Bruno Fernando da Silva	individual	Veterano M35	42:09	+11:28	04:13
50	1232	Manuel Sérgio Marques Pinto	individual	Veterano M50	42:17	+11:36	04:14
51	106	Rui Sarmento	associação corrida noturna parque das nações	Veterano M45	42:24	+11:43	04:14
52	872	Kathryn du Buisson	individual	Veterana F40	42:32	+11:51	04:15
53	1203	Carlos Alexandre Gomes pagaimo	individual	Veterano M50	42:33	+11:51	04:15
54	1103	NELSON MECO	individual	Veterano M40	42:46	+12:05	04:17
55	204	Mário Manuel Gonçalves Moreira	correr queluz	Veterano M45	42:49	+12:08	04:17
56	1377	Carlos Pimenta	luso team	Veterano M50	43:08	+12:27	04:19
57	699	Jose Ventura	individual	Senior Masculino	43:22	+12:41	04:20
58	1509	Raul Bicho	sem sede	Senior Masculino	43:39	+12:57	04:22
59	316	Manuel Machado	grupo desportivo assempark-aveiro	Veterano M60	43:39	+12:58	04:22
60	328	Nuno Torres	grvilaverdense	Veterano M35	43:45	+13:03	04:22
61	1335	Henrique Raimundo Maia Seara Pinto da Costa	junta freguesia buarcos e são julião	Junior Masculino	43:52	+13:10	04:23
62	1550	William Benson	todos os sábados	Veterano M35	43:52	+13:11	04:23
63	1454	Paulo pereira	reumaticos	Veterano M50	43:58	+13:16	04:24
64	788	Tiago nogueira azenha	individual	Senior Masculino	44:04	+13:23	04:24
65	632	Frederico Monteiro	individual	Senior Masculino	44:09	+13:28	04:25
66	722	Mauro Conde Salazar	individual	Senior Masculino	44:16	+13:35	04:26
67	78	Hélio José Esteves Simões	afipre team	Veterano M40	44:20	+13:39	04:26
68	1266	José Brás	individual	Veterano M55	44:23	+13:41	04:26
69	319	Pedro Matos Ponte	grupo desportivo ferreirense	Senior Masculino	44:26	+13:45	04:27
70	1495	Hugo Bastos	running4fun team viseu	Senior Masculino	44:27	+13:45	04:27
71	1551	João Paulo Nobre Santos Marques	trilhos da бага	Veterano M50	44:30	+13:49	04:27
72	701	Julio Fontes	individual	Senior Masculino	44:33	+13:51	04:27
73	1332	LICÍNIO PEREIRA	industrial desportivo vieirense	Veterano M65	44:34	+13:52	04:27
74	95	Tiago Henriques	arena prime box	Senior Masculino	44:35	+13:54	04:28
75	1543	Rodolfo Bêa Lança	team pardelas	Senior Masculino	44:36	+13:54	04:28
76	92	João Silva	arcd venda da luísa	Veterano M35	44:40	+13:59	04:28
77	93	Jorge Melo	arcd venda da luísa	Veterano M45	44:41	+14:00	04:28
78	1004	Eduardo Almeida	individual	Veterano M35	44:42	+14:01	04:28
79	115	Paulo Bernardo	auchan	Veterano M40	44:46	+14:05	04:29
80	209	Daniel Filipe da Silva Chipelo	cr7 runners aveiro	Veterano M40	44:52	+14:11	04:29
81	873	Lénia Loureiro	individual	Veterana F40	44:52	+14:11	04:29
82	1351	Luís Marques	lama solta	Veterano M35	44:56	+14:15	04:30

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
83	1331	ANTÓNIO POEIRAS	industrial desportivo vieirense	Veterano M65	45:01	+14:19	04:30
84	1099	Michel Oliveira	individual	Veterano M40	45:04	+14:23	04:30
85	104	José Carlos Simões	associação académica de coimbra	Veterano M50	45:08	+14:27	04:31
86	318	Manuel Sá	grupo desportivo assempark-aveiro	Veterano M65	45:14	+14:32	04:31
87	1128	Tiago Monteiro	individual	Veterano M40	45:18	+14:37	04:32
88	1047	Sérgio Moço	individual	Veterano M35	45:21	+14:40	04:32
89	1325	JORGE MARCELINO	industrial desportivo vieirense	Veterano M50	45:25	+14:43	04:32
90	698	José Sousa	individual	Senior Masculino	45:29	+14:48	04:33
91	704	Kevin Chiesa	individual	Senior Masculino	45:30	+14:49	04:33
92	1569	Nuno Coutinho	verallia portugal	Veterano M40	45:33	+14:52	04:33
93	1187	Ricardo Costa	individual	Veterano M45	45:40	+14:59	04:34
94	1172	Nuno Alexandre Duarte da Mota	individual	Veterano M45	45:41	+15:00	04:34
95	171	Pedro Nunes	carapaus de corrida	Senior Masculino	45:43	+15:02	04:34
96	751	Rafael Ferreira	individual	Senior Masculino	45:44	+15:02	04:34
97	218	Daniela Alexandra Lagoa Silva	é o que é	Veterana F35	45:46	+15:05	04:35
98	603	Diogo Oliveira	individual	Senior Masculino	45:48	+15:06	04:35
99	567	André Miguel Lameiro Monteiro	académica triatlo	Senior Masculino	45:48	+15:06	04:35
100	1357	José Carlos Gomes	ligeirinhos	Veterano M65	45:51	+15:09	04:35
101	1368	Nelson Perpétua	lizrunners	Veterano M50	45:51	+15:10	04:35
102	372	ANA RITA CLARO FERREIRA	individual	Senior Feminino	45:54	+15:12	04:35
103	1324	JOÃO DOMINGOS	industrial desportivo vieirense	Veterano M50	45:55	+15:14	04:36
104	1500	Luis Miguel Reis	running4fun team viseu	Veterano M50	45:59	+15:17	04:36
105	309	Luís Miguel Campos	grupo alegre unido bajouca	Veterano M40	46:00	+15:19	04:36
106	1424	WAGNEL RODRIGUES SILVA	os travessos	Senior Masculino	46:01	+15:20	04:36
107	1538	João Gaspar	team el comandante	Junior Masculino	46:06	+15:24	04:37
108	116	Ricardo Jorge Pinto Gouveia Angelino	auchan	Veterano M40	46:10	+15:28	04:37
109	535	Sara Inácio	individual	Senior Feminino	46:14	+15:33	04:37
110	1582	Júlio Castro Lopes	yes we can	Senior Masculino	46:22	+15:41	04:38
111	240	LUIS ANDRÉ OLIVEIRA MARTINS	eskudus team	Veterano M35	46:23	+15:42	04:38
112	190	Pedro Pereira	coimbra trail running	Veterano M45	46:28	+15:47	04:39
113	1413	Rui Silva	os papa milhas	Veterano M50	46:35	+15:53	04:39
114	1179	Pedro Ferreira	individual	Veterano M45	46:37	+15:56	04:40
115	1010	Gonçalo Catarino	individual	Veterano M35	46:38	+15:56	04:40
116	1110	Paulo Miguel Santos Vilela	individual	Veterano M40	46:43	+16:02	04:40
117	160	Nathalya Guimarães Gobbo	canal mais uma corrida	Veterana F35	46:45	+16:04	04:41
118	161	Henrique Cassaro Pereira	canal mais uma corrida	Veterano M35	46:45	+16:04	04:41
119	1373	António Ferreira	lobos da serra - loureiro	Veterano M50	46:48	+16:07	04:41
120	1270	Lúcio ventura	individual	Veterano M55	46:51	+16:10	04:41
121	668	João Lucas	individual	Senior Masculino	46:52	+16:10	04:41
122	633	Gabriel Filipe Mendes Carvalho	individual	Senior Masculino	46:53	+16:12	04:41
123	1130	Tiago Simão Alves Antunes	individual	Veterano M40	46:58	+16:16	04:42
124	1111	Pedro Coelho	individual	Veterano M40	46:58	+16:16	04:42
125	1349	Susana Fernandes	lama solta	Veterana F35	46:59	+16:17	04:42

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
126	1511	Gonalo Gomes	sem sede	Veterano M35	47:04	+16:23	04:42
127	64	Henrique Carvalheiro	acrm silveirinha grande e claras	Veterano M40	47:06	+16:24	04:43
128	1575	Joo Loureiro	verallia portugal	Veterano M50	47:10	+16:29	04:43
129	1109	Paulo Gomes Ferreira	individual	Veterano M40	47:13	+16:32	04:43
130	1117	Ricardo Bexiga	individual	Veterano M40	47:18	+16:36	04:44
131	173	Jorge Alexandre de Freitas Delgado	casa do povo de lavos	Veterano M40	47:31	+16:49	04:45
132	1592	Eduardo Manuel Rodrigues de Paiva	individual	Senior Masculino	47:31	+16:50	04:45
133	73	Pedro Belas	adeqa taurina running	Veterano M40	47:37	+16:56	04:46
134	1138	Cesar Tafula	individual	Veterano M45	47:42	+17:00	04:46
135	1213	Filipe Mamede	individual	Veterano M50	47:45	+17:04	04:47
136	1275	Manuel Cabete	individual	Veterano M55	47:45	+17:04	04:47
137	625	Francisco Domingues Vilela	individual	Senior Masculino	47:48	+17:07	04:47
138	212	Maribel Cardoso	dar-recardes	Veterana F45	47:49	+17:08	04:47
139	1149	Francisco Graa	individual	Veterano M45	47:51	+17:10	04:47
140	1436	Lino Albano	papakilometros	Veterano M40	48:00	+17:19	04:48
141	1456	Raul teixeira	reumaticos	Veterano M50	48:02	+17:21	04:48
142	273	Pedro Martins	focus_tuu	Veterano M35	48:03	+17:22	04:48
143	117	Miguel Medeiros	avelar sunset team	Senior Masculino	48:04	+17:23	04:48
144	754	Rafael Pinto	arena prime box	Senior Masculino	48:05	+17:24	04:49
145	1219	Jan Baksteen	individual	Veterano M50	48:07	+17:26	04:49
146	1542	Samanta Cruz Bulhes	team pardelas	Senior Feminino	48:07	+17:26	04:49
147	720	Martim Santos	individual	Senior Masculino	48:08	+17:27	04:49
148	729	Miguel Machado	individual	Senior Masculino	48:09	+17:27	04:49
149	105	Mrio Carapinho	associao acadmica de coimbra	Veterano M60	48:10	+17:28	04:49
150	533	Sandra Estrada	individual	Senior Feminino	48:14	+17:32	04:49
151	1393	Joo Victor Diniz De Azevedo	monrun	Senior Masculino	48:16	+17:34	04:50
152	689	Jos Domingues	individual	Senior Masculino	48:18	+17:37	04:50
153	111	Orlando Ferreira	atletas do parque	Veterano M60	48:21	+17:40	04:50
154	1070	Fernando Neves	individual	Veterano M40	48:24	+17:43	04:50
155	83	Joo Pedro da Silva Dmaso	amantes trail & run	Veterano M35	48:30	+17:48	04:51
156	314	Pedro Lopes	grupo desportivo assempark-aveiro	Veterano M50	48:31	+17:49	04:51
157	368	Ana Filipa	individual	Senior Feminino	48:32	+17:51	04:51
158	610	Duarte Carreiro	individual	Senior Masculino	48:36	+17:55	04:52
159	354	Tiago Duarte	individual	Junior Masculino	48:38	+17:57	04:52
160	597	Diogo Lopes	individual	Senior Masculino	48:39	+17:58	04:52
161	66	Lu Filipe Carvalheiro	acrm silveirinha grande e claras	Veterano M50	48:44	+18:03	04:52
162	1037	Pedro Marques	individual	Veterano M35	48:46	+18:05	04:53
163	784	Tiago Dourado	individual	Senior Masculino	48:47	+18:05	04:53
164	1452	Helena Silva	reumaticos	Veterana F40	48:55	+18:14	04:54
165	1498	Lu Dias	running4fun team viseu	Veterano M35	48:55	+18:14	04:54
166	568	Andr Pinho	individual	Senior Masculino	48:57	+18:16	04:54
167	858	Ana Rita Oliveira	individual	Veterana F40	48:59	+18:17	04:54
168	1069	Eugnio Santos	individual	Veterano M40	48:59	+18:17	04:54
169	1089	Jos Lus Correia de Almeida	individual	Veterano M40	49:08	+18:26	04:55
170	39	Andr Guerra	233runclub	Veterano M40	49:27	+18:45	04:57

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
171	241	MIGUEL MOTA	eskudus team	Veterano M35	49:28	+18:47	04:57
172	939	Liliana Andreia Lourenço santos	individual	Veterana F50	49:30	+18:48	04:57
173	787	TIAGO MATOS	individual	Senior Masculino	49:37	+18:56	04:58
174	1181	Pedro Manuel dos Santos Teixeira	individual	Veterano M45	49:44	+19:03	04:58
175	667	João Leal	individual	Senior Masculino	49:46	+19:05	04:59
176	41	Luís Ferreira	233runclub	Veterano M45	49:49	+19:07	04:59
177	1354	Lino Bento	lama solta	Veterano M45	49:50	+19:08	04:59
178	1525	Carlos Lopes	sociedade recreio cepanense	Veterano M50	49:54	+19:12	04:59
179	1437	Ricardo Santos	papakilometros	Veterano M40	49:56	+19:15	05:00
180	1352	Filipe Alves Silva	lama solta	Veterano M40	50:00	+19:18	05:00
181	265	José Rodrigues	focus_tuu	Senior Masculino	50:01	+19:20	05:00
182	655	IVAN RENE DURAN	individual	Senior Masculino	50:01	+19:20	05:00
183	1521	PAULO FERNANDES	silvas s.a.	Veterano M35	50:05	+19:24	05:01
184	1309	António Manuel Gonçalves Serôdio	individual	Veterano M65	50:10	+19:29	05:01
185	712	Luís Filipe	individual	Senior Masculino	50:11	+19:30	05:01
186	1453	Luis matos	reumaticos	Veterano M45	50:12	+19:30	05:01
187	65	Henrique Lavaredas	acrm silveirinha grande e claras	Veterano M50	50:12	+19:30	05:01
188	644	Gonçalo Raposo	individual	Senior Masculino	50:15	+19:33	05:01
189	62	Mónica Jordão	acrm silveirinha grande e claras	Veterana F45	50:16	+19:35	05:02
190	323	Marlene Marques	grvilaverdense	Veterana F35	50:16	+19:35	05:02
191	1596	Mário Carvalho	vilarinho de cima	Veterano M60	50:16	+19:35	05:02
192	979	André Amado Domingues	individual	Veterano M35	50:18	+19:36	05:02
193	1026	Mário Bernardino	individual	Veterano M35	50:18	+19:36	05:02
194	1093	Luis Paulo de Sousa	individual	Veterano M40	50:20	+19:38	05:02
195	18	José Godinho	#leiriaexiste	Veterano M50	50:20	+19:38	05:02
196	1310	António Teixeira Moreira	individual	Veterano M65	50:24	+19:43	05:02
197	777	Rui Teixeira	individual	Senior Masculino	50:26	+19:45	05:03
198	1059	Bruno Concha	individual	Veterano M40	50:28	+19:46	05:03
199	1097	Mariano Veiga	individual	Veterano M40	50:28	+19:47	05:03
200	312	Eduarda Vinagre	grupo desportivo assempark-aveiro	Veterana F50	50:29	+19:47	05:03
201	932	Carla Martins	individual	Veterana F50	50:31	+19:50	05:03
202	1399	Tiago Esperança	opraticante	Veterano M45	50:35	+19:53	05:03
203	75	Bruno Conceição	aerospacelab pt	Senior Masculino	50:39	+19:57	05:04
204	773	Rui Filipe Loureiro Da Silva	individual	Senior Masculino	50:41	+20:00	05:04
205	579	Bruno Miguel Neves Rojão	individual	Senior Masculino	50:42	+20:01	05:04
206	1389	Tomás Frazão Cruz	missao verão 25	Senior Masculino	50:43	+20:01	05:04
207	614	Fábio Cruz	individual	Senior Masculino	50:43	+20:01	05:04
208	1048	Sérgio Pereira	individual	Veterano M35	50:44	+20:03	05:04
209	995	Cristiano Santos	individual	Veterano M35	50:45	+20:04	05:05
210	107	António Miranda	associação desportiva do fundo	Veterano M50	50:48	+20:07	05:05
211	219	Iuri Ariel Souza Bandeira	elis	Senior Masculino	50:49	+20:07	05:05
212	897	Catarina Alexandra Carvalho dos Santos	individual	Veterana F45	50:50	+20:09	05:05
213	989	Bruno Pereira	individual	Veterano M35	50:52	+20:10	05:05

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
214	1530	Nelson Rodrigues	sunday run-day	Veterano M35	50:54	+20:12	05:05
215	27	André Forte	233runclub	Senior Masculino	50:59	+20:17	05:06
216	365	Ana Carvalho	individual	Senior Feminino	51:03	+20:22	05:06
217	13	Ricardo Nogueira	#leiriaexiste	Veterano M40	51:04	+20:22	05:06
218	237	TINA SOFIA LOPES NARCISO	eskudus team	Veterana F35	51:05	+20:24	05:07
219	1572	Ricardo Curado Torres	verallia portugal	Veterano M45	51:06	+20:25	05:07
220	225	João Oliveira	escola de atletismo de coimbra/jpaiva	Senior Masculino	51:09	+20:27	05:07
221	311	ANA GUEDES	grupo desportivo assempark-aveiro	Veterana F45	51:14	+20:32	05:07
222	1598	Helder Simões	figueira kayak clube	Veterano M50	51:16	+20:34	05:08
223	1050	Tiago Lourenço	individual	Veterano M35	51:19	+20:37	05:08
224	983	André Marques	individual	Veterano M35	51:19	+20:37	05:08
225	688	José Daniel Barbosa Gil	individual	Senior Masculino	51:19	+20:37	05:08
226	1531	Diogo Rodrigues	sunday run-day	Veterano M40	51:20	+20:38	05:08
227	391	Beatriz Ferreira	individual	Senior Feminino	51:20	+20:39	05:08
228	292	Pedro Coelho	fresenius kabi runners	Veterano M45	51:20	+20:39	05:08
229	1067	César Silva	individual	Veterano M40	51:20	+20:39	05:08
230	1253	Vitor Saltão	individual	Veterano M50	51:22	+20:41	05:08
231	217	António Gomes	draco runners	Veterano M55	51:24	+20:43	05:08
232	322	Vasco Gamboa	grvilaverdense	Senior Masculino	51:27	+20:45	05:09
233	1337	Carlos António Rodrigues Seara Ferreira da Costa	junta freguesia buarcos e são julião	Veterano M40	51:29	+20:48	05:09
234	725	Miguel Carvalho	individual	Senior Masculino	51:31	+20:49	05:09
235	97	Luís Miguel Santos	arena prime box	Veterano M35	51:33	+20:52	05:09
236	34	Paula Maria Cabete Oliveira	233runclub	Veterana F50	51:34	+20:53	05:09
237	201	Sérgio Valente	construa & corra	Veterano M40	51:34	+20:53	05:09
238	208	RUI FIGUEIREDO	cpt - sobral de ceira	Veterano M45	51:37	+20:56	05:10
239	1118	Ricardo Daniel dos Santos Pimentel	individual	Veterano M40	51:38	+20:57	05:10
240	1114	Pedro Miguel Nunes	individual	Veterano M40	51:41	+20:59	05:10
241	100	Luis Barosa	arena prime box	Veterano M50	51:41	+21:00	05:10
242	626	Francisco Leal	individual	Senior Masculino	51:48	+21:07	05:11
243	955	Benilde Santos	individual	Veterana F55	51:50	+21:08	05:11
244	329	João Bairrão	grvilaverdense	Veterano M45	51:50	+21:09	05:11
245	1499	Humberto Dias	running4fun team viseu	Veterano M50	51:54	+21:12	05:11
246	1106	Nuno Valentim	individual	Veterano M40	51:55	+21:13	05:11
247	340	Manuel Joaquim Carinhas Ferreira	hospital da luz	Veterano M40	51:55	+21:14	05:12
248	715	Luís Monteiro	individual	Senior Masculino	51:56	+21:15	05:12
249	811	Diana Nobre	individual	Veterana F35	51:57	+21:16	05:12
250	188	Narciso Arromba	cluve	Veterano M65	51:59	+21:17	05:12
251	573	Bernardo Igreja	individual	Senior Masculino	52:03	+21:21	05:12
252	297	Nuno Bugalho	gatões btt	Veterano M35	52:03	+21:21	05:12
253	1283	Rui Godinho	individual	Veterano M55	52:05	+21:23	05:12
254	153	Micael Oliveira	calminheiros	Senior Masculino	52:05	+21:24	05:13
255	152	Daniel Nogueira	calminheiros	Senior Masculino	52:05	+21:24	05:13
256	1202	Arlindo Manuel Silva de Jesus	individual	Veterano M50	52:06	+21:24	05:13

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
257	1423	Tales Pereira	os travessos	Senior Masculino	52:08	+21:26	05:13
258	1475	Rui Canudo	rm runners	Veterano M35	52:09	+21:27	05:13
259	790	Tiago Pais	individual	Senior Masculino	52:13	+21:31	05:13
260	1160	João Maria Da Silva	individual	Veterano M45	52:13	+21:32	05:13
261	947	Sandra Aguiar	individual	Veterana F50	52:14	+21:32	05:13
262	76	Nell Diener	aerospacelab pt	Senior Masculino	52:15	+21:34	05:13
263	1018	JOEL GOMES	individual	Veterano M35	52:15	+21:34	05:14
264	1022	Luís Filipe Ribeiro Cardoso	individual	Veterano M35	52:16	+21:35	05:14
265	770	Ruben Milheiro	individual	Senior Masculino	52:17	+21:35	05:14
266	1185	Raimundo Ferreira	individual	Veterano M45	52:19	+21:37	05:14
267	954	Antónia Abrantes	individual	Veterana F55	52:19	+21:38	05:14
268	561	Alexandre Amado	individual	Senior Masculino	52:22	+21:40	05:14
269	16	Tiago Nazaré	#leiriaexiste	Veterano M45	52:22	+21:41	05:14
270	179	Messias Pereira Batista da Silva	casal nota 20	Veterano M40	52:25	+21:44	05:15
271	1316	Henrique Dias	individual	Veterano M65	52:26	+21:44	05:15
272	1330	RUI DINIS	industrial desportivo vieirense	Veterano M60	52:27	+21:46	05:15
273	650	Henrique Mendes Penim	individual	Senior Masculino	52:28	+21:46	05:15
274	281	Francisco Folgado	folgado	Veterano M60	52:30	+21:49	05:15
275	607	Diogo Sousa	individual	Senior Masculino	52:30	+21:49	05:15
276	317	JOÃO BARROCO	grupo desportivo assempark-aveiro	Veterano M65	52:32	+21:51	05:15
277	1438	Nuno Alberto	papakilometros	Veterano M45	52:33	+21:52	05:15
278	236	Luís Oliveira	escola de atletismo de coimbra/jpaiva	Veterano M55	52:35	+21:53	05:15
279	912	Marta Fonseca	individual	Veterana F45	52:36	+21:54	05:16
280	669	João Manso	individual	Senior Masculino	52:37	+21:55	05:16
281	36	Luis Cação	233runclub	Veterano M35	52:42	+22:01	05:16
282	576	Bruno Ferreira	individual	Senior Masculino	52:46	+22:05	05:17
283	1112	Pedro Luís Maia	individual	Veterano M40	52:46	+22:05	05:17
284	1579	Vagner Filipe	vikings trail runners/ccr alcabideque	Veterano M40	52:47	+22:06	05:17
285	583	Carlos Augusto Freitas da Cruz	individual	Senior Masculino	52:51	+22:09	05:17
286	1194	Telmo Pedro	individual	Veterano M45	52:51	+22:10	05:17
287	374	Ana Rita Gomes	individual	Senior Feminino	52:53	+22:11	05:17
288	1411	Sandra Leite	os papa milhas	Veterana F50	52:53	+22:12	05:17
289	82	Filomena Santos	ajax odivelas	Veterana F50	52:57	+22:16	05:18
290	817	Isis Vasconcelos	individual	Veterana F35	52:58	+22:17	05:18
291	982	André Maravilha	individual	Veterano M35	53:01	+22:19	05:18
292	1189	Ricardo José Cerveira de Melo	individual	Veterano M45	53:01	+22:19	05:18
293	1435	José loureiro	panela de barro	Veterano M50	53:03	+22:21	05:18
294	572	Bernardo Filipe Pereira de Oliveira Paredes	individual	Senior Masculino	53:04	+22:23	05:18
295	615	Fábio Ferreira	individual	Senior Masculino	53:06	+22:24	05:19
296	812	Dina Boeiro	individual	Veterana F35	53:06	+22:24	05:19
297	1003	Édipo Nascimento	individual	Veterano M35	53:09	+22:28	05:19
298	747	Pedro Tomaz	individual	Senior Masculino	53:11	+22:30	05:19
299	15	Carlos Lopes	#leiriaexiste	Veterano M45	53:12	+22:30	05:19
300	1334	Antonio Rodrigo Maia Seara Pinto da Costa	junta freguesia buarcos e são julião	Junior Masculino	53:14	+22:33	05:19

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
301	1074	Gonalo Silva	individual	Veterano M40	53:16	+22:34	05:20
302	283	Maria Caniceiro	fr sport	Senior Feminino	53:16	+22:35	05:20
303	249	Alexandra Duarte	flashover	Senior Feminino	53:17	+22:36	05:20
304	149	Jorge Agostinho	ca barreira	Veterano M65	53:21	+22:40	05:20
305	1470	Pedro Boia	revolution fitness	Veterano M50	53:26	+22:44	05:21
306	1421	Samuel Jos� Dinis de Sousa	os raposinhos	Senior Masculino	53:27	+22:45	05:21
307	598	Diogo Maia	individual	Senior Masculino	53:27	+22:46	05:21
308	857	Ana Rita Damas	individual	Veterana F40	53:28	+22:46	05:21
309	1276	Oct�vio Oliveira	individual	Veterano M55	53:30	+22:49	05:21
310	1159	Jo�o Fernando de Castro Costa	individual	Veterano M45	53:32	+22:51	05:21
311	611	Duarte Emanuel de Almeida	individual	Senior Masculino	53:33	+22:51	05:21
312	591	Daniel Sim�es	individual	Senior Masculino	53:33	+22:52	05:21
313	589	Daniel Pinto	individual	Senior Masculino	53:35	+22:54	05:22
314	969	Val�ria Leopoldino Pereira	individual	Veterana F55	53:37	+22:56	05:22
315	1490	Thiago Jo�o Martins Figueiredo	run4happychild	Veterano M40	53:38	+22:57	05:22
316	450	In�s Rodrigues Fernandes de Jesus	individual	Senior Feminino	53:40	+22:58	05:22
317	14	Rui Miguel da Silva Pereira	#leiriaexiste	Veterano M40	53:42	+23:01	05:22
318	1515	Carlos Silva	sem sede	Veterano M50	53:44	+23:02	05:22
319	1175	Nuno Ricardo Pereira Leal	individual	Veterano M45	53:45	+23:03	05:22
320	229	Dora Serra	escola de atletismo de coimbra/jpaiva	Veterana F45	53:45	+23:04	05:23
321	563	�lvaro Emanuel Gonalves S. Cunha	individual	Senior Masculino	53:46	+23:04	05:23
322	1153	Gonalo Lopes	individual	Veterano M45	53:47	+23:06	05:23
323	756	Rafael Vicente	individual	Senior Masculino	53:48	+23:07	05:23
324	973	Isabel Nobre	individual	Veterana F60	53:49	+23:07	05:23
325	794	Vinicius Ferreira de Almeida	individual	Senior Masculino	53:49	+23:07	05:23
326	842	Raquel pardelhas	individual	Veterana F35	53:50	+23:08	05:23
327	609	Diogo vitorino	individual	Senior Masculino	53:50	+23:08	05:23
328	1577	Jos� Batata	verallia portugal	Veterano M60	53:51	+23:10	05:23
329	1228	Lu�s Manaia	individual	Veterano M50	53:53	+23:11	05:23
330	1574	David Cardoso	verallia portugal	Veterano M50	53:55	+23:13	05:23
331	936	Fernanda Alves	individual	Veterana F50	53:56	+23:15	05:24
332	662	Jo�o Costa	individual	Senior Masculino	53:56	+23:15	05:24
333	1107	Paulo Baptista	individual	Veterano M40	53:56	+23:15	05:24
334	696	Jos� Regala	individual	Senior Masculino	53:57	+23:15	05:24
335	716	Lu�s Silva	individual	Senior Masculino	53:58	+23:16	05:24
336	248	Hugo Paz	figueira kayak clube	Veterano M50	54:00	+23:18	05:24
337	1012	Humberto Domingues	individual	Veterano M35	54:01	+23:20	05:24
338	558	Alberto Malafaia	individual	Senior Masculino	54:03	+23:22	05:24
339	123	Guilherme Martins	barra ocean runners	Senior Masculino	54:05	+23:23	05:24
340	259	Bruno Micael	focus_tuu	Senior Masculino	54:06	+23:25	05:25
341	275	Fabiano Freitas	focus_tuu	Veterano M40	54:07	+23:25	05:25
342	717	Manuel Alexandre	individual	Senior Masculino	54:08	+23:26	05:25
343	971	Esmeralda Fi�za	individual	Veterana F60	54:08	+23:27	05:25

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
344	574	Bruno André Rocha Mósca	individual	Senior Masculino	54:14	+23:32	05:25
345	484	Maria Domingues	individual	Senior Feminino	54:14	+23:33	05:25
346	1184	Pierre DuBuisson	individual	Veterano M45	54:18	+23:36	05:26
347	1082	Joao Duarte De Abreu	individual	Veterano M40	54:20	+23:38	05:26
348	1081	João Dias	individual	Veterano M40	54:25	+23:44	05:27
349	566	André Matos Silva	individual	Senior Masculino	54:27	+23:45	05:27
350	984	André Monteiro	individual	Veterano M35	54:27	+23:46	05:27
351	122	Manuel Braçadas	barbaris team	Senior Masculino	54:29	+23:47	05:27
352	1353	Marco Manuel Duque Murgeiro	lama solta	Veterano M40	54:29	+23:48	05:27
353	331	Luis Lopes	grvilaverdense	Veterano M50	54:30	+23:49	05:27
354	327	Isabel Teixeira	grvilaverdense	Veterana F55	54:30	+23:49	05:27
355	79	António De Neiva Rodrigues	afipre team	Veterano M65	54:32	+23:50	05:27
356	187	Garcia Parreira Matias	clube pt coimbra	Veterano M55	54:32	+23:51	05:27
357	1278	Paulo José Rodrigues Fernandes	individual	Veterano M55	54:35	+23:53	05:27
358	772	Rui Alberto da Silva Pires	individual	Senior Masculino	54:36	+23:54	05:28
359	556	Vanessa Marto	individual	Senior Feminino	54:40	+23:58	05:28
360	1293	Fernando M L M Lopes	individual	Veterano M60	54:42	+24:01	05:28
361	1196	Vitor Miguel de Sousa Guedes	individual	Veterano M45	54:44	+24:03	05:28
362	1492	Filipe Morais	running 4fun team viseu	Senior Masculino	54:45	+24:03	05:28
363	1031	Patrick Vasco dos Santos	individual	Veterano M35	54:50	+24:09	05:29
364	595	Diogo Alexandre Oliveira Lopes	individual	Senior Masculino	54:51	+24:09	05:29
365	575	Bruno da Silva Rodrigues	individual	Senior Masculino	54:53	+24:11	05:29
366	1469	Rui Silva	revolution fitness	Veterano M45	54:56	+24:15	05:30
367	1468	Luis Sá Bastardo	revolution fitness	Veterano M40	54:57	+24:15	05:30
368	1378	José Maçarria	maresia bar fig foz	Veterano M60	55:02	+24:21	05:30
369	604	Diogo Peixoto	individual	Senior Masculino	55:04	+24:22	05:30
370	665	João Filipe Alves	individual	Senior Masculino	55:04	+24:22	05:30
371	647	Guilherme Moura Correia	individual	Senior Masculino	55:05	+24:23	05:30
372	1339	António Figueiredo	krushit runners	Senior Masculino	55:05	+24:23	05:30
373	1390	Bruno Mendes	missao verão 25	Veterano M35	55:06	+24:25	05:31
374	1033	Pedro Castro	individual	Veterano M35	55:09	+24:28	05:31
375	284	Bernardo Rodrigues	fr sport	Senior Masculino	55:11	+24:30	05:31
376	723	Micael Neves	individual	Senior Masculino	55:11	+24:30	05:31
377	640	gonçalo mateus	individual	Senior Masculino	55:20	+24:39	05:32
378	1305	Rui Ventura2502	individual	Veterano M60	55:24	+24:43	05:32
379	1182	Pedro Miguel Veiga Lopes	individual	Veterano M45	55:25	+24:43	05:32
380	768	Rúben Filipe Pragosa Almeida	individual	Senior Masculino	55:27	+24:46	05:33
381	437	Filipa Nobre Maia	individual	Senior Feminino	55:29	+24:47	05:33
382	767	Rodrigo Victorino	individual	Senior Masculino	55:29	+24:47	05:33
383	1027	Mickael Dos Santos Pereira	individual	Veterano M35	55:31	+24:50	05:33
384	964	Palmira Ferreira	individual	Veterana F55	55:32	+24:50	05:33
385	630	Francisco Roque	individual	Senior Masculino	55:32	+24:51	05:33
386	980	André Belo	individual	Veterano M35	55:44	+25:02	05:34
387	261	Bruno Simões	focus_tuu	Senior Masculino	55:46	+25:04	05:35
388	1271	Luís António Jesus Carvalheiro	individual	Veterano M55	55:47	+25:06	05:35

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
389	1494	Raquel Caracitas	running4fun team viseu	Senior Feminino	55:50	+25:09	05:35
390	1308	António Lemos	individual	Veterano M65	55:50	+25:09	05:35
391	854	Ana Dias	individual	Veterana F40	55:56	+25:15	05:36
392	1465	Patrícia Simões	revolution fitness	Veterana F45	55:56	+25:15	05:36
393	1073	Gonçalo Guedes	individual	Veterano M40	55:57	+25:16	05:36
394	1095	Marco Jordao	individual	Veterano M40	55:58	+25:16	05:36
395	1167	MARCO ALEXANDRE MIRANDA SILVA	individual	Veterano M45	55:58	+25:17	05:36
396	43	Paulo Sordo Carvalho	233runclub	Veterano M50	56:00	+25:18	05:36
397	21	Ana Monteiro	233runclub	Senior Feminino	56:00	+25:18	05:36
398	944	Nicky Botwright	individual	Veterana F50	56:02	+25:20	05:36
399	124	José Martins	barra ocean runners	Veterano M50	56:04	+25:23	05:36
400	205	Vania Silva	corrida loka	Senior Feminino	56:05	+25:23	05:36
401	206	Jorge Marques	corrida loka	Senior Masculino	56:06	+25:24	05:37
402	1553	Nuno Oliveira	urb teodora running team	Veterano M45	56:07	+25:25	05:37
403	990	Carlos Alves	individual	Veterano M35	56:07	+25:26	05:37
404	759	Ricardo Azenha	individual	Senior Masculino	56:08	+25:26	05:37
405	1021	Leandro dos Santos Fernandes	individual	Veterano M35	56:08	+25:27	05:37
406	1356	Deolinda Silva	ligeirinhos	Veterana F65	56:10	+25:29	05:37
407	1034	Pedro Ferreira	individual	Veterano M35	56:21	+25:39	05:38
408	221	Ana Filipa Tomé	escola de atletismo de coimbra/jpaiva	Senior Feminino	56:28	+25:47	05:39
409	900	Cláudia Cabete	individual	Veterana F45	56:29	+25:47	05:39
410	1125	Sócrates Eder de Oliveira	individual	Veterano M40	56:29	+25:48	05:39
411	1291	Carlos Mota	individual	Veterano M60	56:31	+25:50	05:39
412	1057	Ângelo Lopes	individual	Veterano M40	56:31	+25:50	05:39
413	1434	Abel Condesso	panela de barro	Veterano M50	56:33	+25:52	05:39
414	1238	Paulo Barros	individual	Veterano M50	56:34	+25:52	05:39
415	304	telmo Salazar	ginásio clube de bragança	Veterano M55	56:36	+25:55	05:40
416	554	Thérèse Melanie	individual	Senior Feminino	56:38	+25:56	05:40
417	1375	Luís Filipe Manaia Amado	lobos da serra - loureiro	Veterano M55	56:40	+25:59	05:40
418	1234	Miguel relvão	individual	Veterano M50	56:42	+26:01	05:40
419	1540	Rui Correia	team el comandante	Veterano M55	56:43	+26:01	05:40
420	815	Isa Daniela Marinho Queirós	individual	Veterana F35	56:44	+26:03	05:40
421	654	Isaías Martins	individual	Senior Masculino	56:45	+26:04	05:41
422	539	Sofia Reis Ferreira	individual	Senior Feminino	56:45	+26:04	05:41
423	565	André Henriques	individual	Senior Masculino	56:45	+26:04	05:41
424	581	Bruno Silva	individual	Senior Masculino	56:47	+26:06	05:41
425	1126	Sorokin Sergei	individual	Veterano M40	56:52	+26:11	05:41
426	869	Joana Martinho Monteiro	individual	Veterana F40	56:52	+26:11	05:41
427	774	Rui Leonardo Fonseca Sousa	individual	Senior Masculino	56:55	+26:14	05:41
428	643	Gonçalo Querido	individual	Senior Masculino	56:56	+26:15	05:42
429	881	Paula Oliveira	individual	Veterana F40	56:58	+26:16	05:42
430	1290	Carlos lobo	individual	Veterano M60	57:01	+26:19	05:42
431	1151	Francisco Moreira	individual	Veterano M45	57:01	+26:19	05:42
432	1539	Madalena Correia	team el comandante	Veterana F55	57:02	+26:20	05:42
433	856	Ana Paula Teixeira	individual	Veterana F40	57:03	+26:21	05:42

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
434	934	elisangela ramos nogueira	individual	Veterana F50	57:05	+26:23	05:42
435	731	Nuno Paixão	individual	Senior Masculino	57:06	+26:25	05:43
436	313	João Miranda	grupo desportivo assempark-aveiro	Veterano M45	57:06	+26:25	05:43
437	119	Mário Medeiros	avelar sunset team	Veterano M55	57:07	+26:26	05:43
438	301	Tiago Estrafalhote	gelcentro team	Senior Masculino	57:07	+26:26	05:43
439	330	Hermínio Almeida	grvilaverdense	Veterano M50	57:11	+26:29	05:43
440	303	Lucas Zafanelli	ginásio clube de bragança	Senior Masculino	57:13	+26:32	05:43
441	302	Giovana Colucci	ginásio clube de bragança	Senior Feminino	57:13	+26:32	05:43
442	142	Guilherme Pinharanda	bulldog team	Senior Masculino	57:15	+26:34	05:44
443	1065	Carlos Figueiredo	individual	Veterano M40	57:21	+26:40	05:44
444	885	Tania Pinto	individual	Veterana F40	57:25	+26:44	05:44
445	1216	Guillermo Cabrera	individual	Veterano M50	57:28	+26:46	05:45
446	17	Carlos Nogueira	#leiriaexiste	Veterano M50	57:32	+26:51	05:45
447	339	Nuno Maia	hospital da luz	Veterano M35	57:33	+26:51	05:45
448	337	Ana Carina Domingues Da Silva	hospital da luz	Veterana F45	57:33	+26:52	05:45
449	109	Pedro B	atletas ao domingo	Veterano M50	57:35	+26:53	05:45
450	1252	Tito Carlos S. Vieira	individual	Veterano M50	57:37	+26:55	05:46
451	552	Telma Ferreira	individual	Senior Feminino	57:38	+26:56	05:46
452	985	André Pinto	individual	Veterano M35	57:38	+26:57	05:46
453	1015	Jesus Reinoza	individual	Veterano M35	57:38	+26:57	05:46
454	246	Nuno Bandarra	figueira kayak clube	Veterano M45	57:40	+26:58	05:46
455	1320	Joaquim Pereira	individual	Veterano M65	57:43	+27:01	05:46
456	1134	Bruno Leite Santos	individual	Veterano M45	57:45	+27:04	05:47
457	1071	Filipe Tomás	individual	Veterano M40	57:45	+27:04	05:47
458	797	Wesley Karvat Carneiro	individual	Senior Masculino	57:46	+27:04	05:47
459	24	Beatriz Mendes Duarte	233runclub	Senior Feminino	57:46	+27:05	05:47
460	1020	Jorge Oliveira	individual	Veterano M35	57:49	+27:08	05:47
461	239	JOÃO PEDRO FERREIRA CANILHO	eskudus team	Veterano M35	57:50	+27:08	05:47
462	184	Marilyn Lourenço	cltt - clínica litoral is trail team	Veterana F40	57:51	+27:10	05:47
463	1552	PEDRO SERRALHA	união desportiva odemira	Veterano M50	57:52	+27:11	05:47
464	680	João Pedro Melo Papel	individual	Senior Masculino	57:53	+27:12	05:47
465	300	Guilherme Pedreiro	gd figueiró do campo	Senior Masculino	57:54	+27:12	05:47
466	1471	Liliane Carvalho	ri.jo hybrid team	Veterana F40	57:56	+27:14	05:48
467	245	Luís Felipe Neves Gueiros Sobrinho	família gueiros	Veterano M45	57:57	+27:16	05:48
468	298	JOANA RIBEIRO JOSÉ	gcd navigator ff	Veterana F40	58:05	+27:24	05:49
469	12	Diogo Mendes	#leiriaexiste	Veterano M35	58:07	+27:25	05:49
470	393	Beatriz Margarida Queda Ferreira	individual	Senior Feminino	58:07	+27:25	05:49
471	1199	Antonio Bem Haja	individual	Veterano M50	58:08	+27:27	05:49
472	228	Ana Rebola	escola de atletismo de coimbra/jpaiva	Veterana F45	58:09	+27:27	05:49
473	230	Joana Silva	escola de atletismo de coimbra/jpaiva	Veterana F50	58:09	+27:27	05:49
474	178	Adriana Leite dos Santos	casal nota 20	Veterana F45	58:10	+27:29	05:49
475	1154	Gonçalo Rafael Soares dos Santos	individual	Veterano M45	58:12	+27:31	05:49

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
476	42	Miguel Neves	233runclub	Veterano M50	58:13	+27:32	05:49
477	1201	Antonio Soares	individual	Veterano M50	58:14	+27:33	05:49
478	1040	Raul Almeida	individual	Veterano M35	58:16	+27:34	05:50
479	402	Carolina Paiva	individual	Senior Feminino	58:18	+27:37	05:50
480	765	Rodrigo Lopes	individual	Senior Masculino	58:21	+27:40	05:50
481	40	BruNo Mendes	233runclub	Veterano M45	58:26	+27:44	05:51
482	371	Ana Paula Veiga	individual	Senior Feminino	58:28	+27:46	05:51
483	1158	João Carlos Perdigão	individual	Veterano M45	58:29	+27:48	05:51
484	1007	Fábio Pereira Bento	individual	Veterano M35	58:29	+27:48	05:51
485	373	Ana Rita Dos Santos Silva	individual	Senior Feminino	58:30	+27:49	05:51
486	745	Pedro Rafael Figueiredo e Martins	individual	Senior Masculino	58:30	+27:49	05:51
487	1338	Nuno Miguel Lucas Alves	junta freguesia buarcos e são julião	Veterano M50	58:32	+27:51	05:51
488	1355	Rosa Lúcia Camarinha da Silva	ligeirinhos	Veterana F55	58:35	+27:53	05:51
489	1249	Ricardo Pinho	individual	Veterano M50	58:35	+27:54	05:52
490	1261	Carlos Barroso	individual	Veterano M55	58:37	+27:55	05:52
491	1132	Anderson Ferreira Cavalcante	individual	Veterano M45	58:40	+27:58	05:52
492	1370	Miguel Rolim	In runners	Veterano M35	58:41	+27:59	05:52
493	1165	Luís Miguel Pinto Sampaio	individual	Veterano M45	58:41	+28:00	05:52
494	1060	Bruno Fernandes Pereira	individual	Veterano M40	58:42	+28:01	05:52
495	1136	CARLOS CERDEIRA	individual	Veterano M45	58:43	+28:01	05:52
496	338	Jackson Pedro da Silva	hospital da luz	Veterano M35	58:43	+28:01	05:52
497	1178	Paulo Ribeiro	individual	Veterano M45	58:43	+28:02	05:52
498	19	Renato Antunes	#leiriaexiste	Veterano M50	58:44	+28:02	05:52
499	682	João Pedro Rocha Paixão	individual	Senior Masculino	58:44	+28:02	05:52
500	1372	Fernando Ferreira	In runners	Veterano M50	58:44	+28:03	05:52
501	948	Sandra Carvalho	individual	Veterana F50	58:46	+28:04	05:53
502	1265	jorge pedro	individual	Veterano M55	58:47	+28:05	05:53
503	25	Marta Martins	233runclub	Senior Feminino	58:47	+28:05	05:53
504	348	Diogo Venâncio Nunes	individual	Junior Masculino	58:48	+28:06	05:53
505	1236	Nuno Santos	individual	Veterano M50	58:49	+28:08	05:53
506	67	Lino Carraco	acrm silveirinha grande e claras	Veterano M55	58:51	+28:10	05:53
507	645	Gonçalo Simões	individual	Senior Masculino	58:51	+28:10	05:53
508	972	Isabel Moniz	individual	Veterana F60	58:52	+28:11	05:53
509	170	José Maria Marques Cação	carapaus de corrida	Senior Masculino	58:53	+28:11	05:53
510	779	Sander Ribeiro	individual	Senior Masculino	58:53	+28:12	05:53
511	1129	Tiago Rosa	individual	Veterano M40	58:55	+28:13	05:53
512	1083	João Fernandes	individual	Veterano M40	58:55	+28:14	05:54
513	993	César André	individual	Veterano M35	58:58	+28:17	05:54
514	1301	Pedro Cruz	individual	Veterano M60	58:59	+28:18	05:54
515	1429	Paulo Caetano	outsiders	Veterano M55	59:00	+28:18	05:54
516	1427	António Marinheiro	outsiders	Veterano M50	59:00	+28:18	05:54
517	1054	Walter Moraes Weigert	individual	Veterano M35	59:00	+28:19	05:54
518	577	Bruno Ferreira	individual	Senior Masculino	59:01	+28:19	05:54
519	1568	Edgar Faria	verallia portugal	Veterano M40	59:01	+28:20	05:54
520	80	Dra Aline Soares Gregório	ag	Veterana F45	59:03	+28:22	05:54

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
521	1255	Antonio João Lopes Carvalho	individual	Veterano M55	59:04	+28:22	05:54
522	460	Joana Neves	individual	Senior Feminino	59:05	+28:24	05:55
523	462	Josefa Fonseca	individual	Senior Feminino	59:05	+28:24	05:55
524	120	David Gonçalves	balirocos	Senior Masculino	59:06	+28:25	05:55
525	110	Zé Sandinha	atletas ao domingo	Veterano M50	59:07	+28:26	05:55
526	280	Ana Maria Folgado	folgado	Veterana F50	59:09	+28:28	05:55
527	420	Daniela Filipa Ferreira Santos	individual	Senior Feminino	59:09	+28:28	05:55
528	478	Lurdes Rovisco Branquinho	individual	Senior Feminino	59:10	+28:29	05:55
529	358	Amanda Neri Porto Santos	individual	Senior Feminino	59:13	+28:32	05:55
530	1318	João José de Almeida Gaspar de Matos	individual	Veterano M65	59:14	+28:33	05:55
531	1446	Nelsa Antunes Simoes	remax white	Veterana F50	59:15	+28:34	05:56
532	730	Miguel Miguel	individual	Senior Masculino	59:16	+28:35	05:56
533	559	Alerson Apolônio Da Silva	individual	Senior Masculino	59:18	+28:36	05:56
534	653	Hugo Pagaimo	individual	Senior Masculino	59:21	+28:40	05:56
535	1571	Rui Ferraz	verallia portugal	Veterano M40	59:22	+28:40	05:56
536	847	Susana Luís	individual	Veterana F35	59:23	+28:42	05:56
537	670	João Marcos	individual	Senior Masculino	59:23	+28:42	05:56
538	1476	Tiago Jesus	rm runners	Veterano M35	59:26	+28:44	05:57
539	691	José Francisco Nascimento	individual	Senior Masculino	59:26	+28:45	05:57
540	1198	Anderson Pacheco	individual	Veterano M50	59:27	+28:45	05:57
541	1462	Márcia Marques	revolution fitness	Veterana F40	59:28	+28:47	05:57
542	1229	Luis Miguel Melo Santos	individual	Veterano M50	59:28	+28:47	05:57
543	793	Tomás Santos	individual	Senior Masculino	59:29	+28:47	05:57
544	710	Luís Abreu	individual	Senior Masculino	59:33	+28:52	05:57
545	458	Joana Margarida de Melo Papel	individual	Senior Feminino	59:33	+28:52	05:57
546	427	Diana Dos Santos Regalado	individual	Senior Feminino	59:34	+28:53	05:57
547	848	Susana Margarida Sousa Tereso	individual	Veterana F35	59:34	+28:53	05:57
548	1597	Eduarda Braga	ginásio clube de bragança	Veterana F50	59:35	+28:54	05:57
549	446	Inês Esteves	individual	Senior Feminino	59:36	+28:54	05:58
550	587	Daniel Marcos	individual	Senior Masculino	59:36	+28:54	05:58
551	1260	Carlos Araújo	individual	Veterano M55	59:36	+28:54	05:58
552	1235	Nuno Oliveira	individual	Veterano M50	59:36	+28:55	05:58
553	673	João Martins	individual	Senior Masculino	59:36	+28:55	05:58
554	865	Eunice baptista	individual	Veterana F40	59:38	+28:56	05:58
555	672	João Marques	individual	Senior Masculino	59:38	+28:56	05:58
556	1039	Ramiro Lima	individual	Veterano M35	59:38	+28:57	05:58
557	792	Tomás Patrão	individual	Senior Masculino	59:39	+28:57	05:58
558	1008	Fábio Ramos	individual	Veterano M35	59:39	+28:57	05:58
559	953	Ana Luísa Antunes Ferreira Maia	individual	Veterana F55	59:42	+29:01	05:58
560	383	Angela Ribeiro	individual	Senior Feminino	59:43	+29:01	05:58
561	1414	Pedro Roque	os papa milhas	Veterano M55	59:44	+29:03	05:58
562	56	Bruno Costa	academia de desportos de condeixa	Veterano M40	59:45	+29:03	05:58

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
563	54	Juliana Pratas	academia de desportos de condeixa	Veterana F40	59:45	+29:03	05:58
564	470	Léa Martins	individual	Senior Feminino	59:47	+29:05	05:59
565	32	Rita Banca	233runclub	Veterana F35	59:47	+29:06	05:59
566	154	Didia Conceição	calminheiros	Veterana F50	59:48	+29:07	05:59
567	1477	jose tavares	rm runners	Veterano M40	59:50	+29:09	05:59
568	1455	Paulo ramos	reumaticos	Veterano M50	59:54	+29:12	05:59
569	1230	Luis Pais	individual	Veterano M50	59:54	+29:13	05:59
570	1594	Cristina Teixeira	talentos objetivos	Veterana F40	59:55	+29:13	05:59
571	169	Carlos M. Correia	carapaus de corrida	Senior Masculino	59:55	+29:14	06:00
572	1595	David Marques	talentos objetivos	Veterano M35	59:55	+29:14	06:00
573	90	Tânia Vanessa Silva Maia	arcd venda da luísa	Veterana F40	59:55	+29:14	06:00
574	167	Daniela Valente	carapaus de corrida	Senior Feminino	59:58	+29:17	06:00
575	700	Júlio Bento	individual	Senior Masculino	59:58	+29:17	06:00
576	1268	José Ferreira	individual	Veterano M55	59:59	+29:17	06:00
577	809	Cláudia Azenha	individual	Veterana F35	01:00:01	+29:20	06:00
578	744	Pedro Monteiro	individual	Senior Masculino	01:00:06	+29:25	06:01
579	1444	Carina Martinho Celho	remax white	Senior Feminino	01:00:12	+29:31	06:01
580	956	Cristina Lino	individual	Veterana F55	01:00:14	+29:33	06:01
581	242	RUI MOISÉS PINHEIRO MARTINS	eskudus team	Veterano M45	01:00:16	+29:34	06:02
582	341	Vilson Edgar Gouveia Fontinha	hospital da luz	Veterano M40	01:00:21	+29:39	06:02
583	1092	Luís Jesus	individual	Veterano M40	01:00:21	+29:40	06:02
584	260	Bruno Micael Silva Souza	focus_tuu	Senior Masculino	01:00:21	+29:40	06:02
585	1068	Daniel Serra	individual	Veterano M40	01:00:23	+29:41	06:02
586	828	Liliana Santos	individual	Veterana F35	01:00:26	+29:44	06:03
587	1248	RICARDO NOBRE	individual	Veterano M50	01:00:26	+29:45	06:03
588	1314	Fernando Santos	individual	Veterano M65	01:00:27	+29:46	06:03
589	766	Rodrigo Miguel Fajardo Borges	individual	Senior Masculino	01:00:28	+29:47	06:03
590	1299	Manuel Pinto Gabriel	individual	Veterano M60	01:00:34	+29:53	06:03
591	207	Pedro Silva	corrida loka	Senior Masculino	01:00:36	+29:55	06:04
592	1483	Carla Rebelo	run 4 fun	Veterana F55	01:00:37	+29:56	06:04
593	1486	Miguel	run 4 fun	Veterano M45	01:00:37	+29:56	06:04
594	1519	Carina Rodrigues	silgueiros runners	Veterana F40	01:00:42	+30:00	06:04
595	849	Tânia Dimas	individual	Veterana F35	01:00:43	+30:01	06:04
596	692	José Henrique	individual	Senior Masculino	01:00:44	+30:02	06:04
597	855	Ana Oliveira	individual	Veterana F40	01:00:44	+30:03	06:04
598	907	Fátima Videira	individual	Veterana F45	01:00:45	+30:03	06:04
599	707	Leonardo Costa	individual	Senior Masculino	01:00:47	+30:05	06:05
600	666	João Godinho	individual	Senior Masculino	01:00:47	+30:06	06:05
601	1116	Ricardo André da Fonseca Costa	individual	Veterano M40	01:00:49	+30:08	06:05
602	1162	João Pedro da Silva Mendes	individual	Veterano M45	01:00:50	+30:08	06:05
603	1146	Énio Rodrigues	individual	Veterano M45	01:00:50	+30:09	06:05
604	1396	Andreia Silvano	nfc running team	Veterana F45	01:00:55	+30:14	06:06
605	1306	António Tafula	individual	Veterano M65	01:00:56	+30:15	06:06
606	996	Daniel Afonso Rodrigues	individual	Veterano M35	01:00:58	+30:16	06:06
607	1457	Ana Baptista	revolution fitness	Veterana F35	01:00:58	+30:17	06:06

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
608	31	Dora Marques	233runclub	Veterana F35	01:00:58	+30:17	06:06
609	1440	Pedro Miguel	papakilometros	Veterano M50	01:00:59	+30:17	06:06
610	1558	Jorge Correia	velocidade furiosa (slow version)	Veterano M40	01:01:03	+30:22	06:06
611	679	João Pedro Maricato Domingues	individual	Senior Masculino	01:01:06	+30:25	06:07
612	1150	Francisco Javier Gómez Ruiz	individual	Veterano M45	01:01:07	+30:26	06:07
613	1431	Nadine loureiro	panela de barro	Senior Feminino	01:01:08	+30:27	06:07
614	136	Ricardo Firmino	botão camp	Veterano M45	01:01:08	+30:27	06:07
615	1142	Daniel André Matos Rebelo	individual	Veterano M45	01:01:10	+30:28	06:07
616	594	Deive Gonzaga	individual	Senior Masculino	01:01:12	+30:31	06:07
617	1570	Pedro Freitas	verallia portugal	Veterano M40	01:01:16	+30:35	06:08
618	270	Taciana Góes	focus_tuu	Veterana F40	01:01:16	+30:35	06:08
619	253	Catarina Pastilha	focus_tuu	Senior Feminino	01:01:16	+30:35	06:08
620	497	Mariana Paiva	individual	Senior Feminino	01:01:17	+30:35	06:08
621	334	Vasco Fonseca	healmotion	Senior Masculino	01:01:18	+30:36	06:08
622	1564	Maria João Gomes Freitas Cotovio	verallia portugal	Veterana F45	01:01:20	+30:39	06:08
623	1207	Dirk Baksteen	individual	Veterano M50	01:01:21	+30:40	06:08
624	1094	Márcio Sousa	individual	Veterano M40	01:01:22	+30:40	06:08
625	1496	Daniela Ferreira	running4fun team viseu	Veterana F45	01:01:22	+30:40	06:08
626	138	Martinho Marques	bricomarché	Veterano M50	01:01:27	+30:46	06:09
627	139	Paulo Dias	bricomarché	Veterano M50	01:01:27	+30:46	06:09
628	1035	Pedro Ferreira	individual	Veterano M35	01:01:32	+30:51	06:09
629	719	Mário Silva	individual	Senior Masculino	01:01:34	+30:52	06:09
630	801	Amanda Barros	individual	Veterana F35	01:01:38	+30:56	06:10
631	1284	Rui Miguel Azevedo Inácio da Conceição	individual	Veterano M55	01:01:39	+30:57	06:10
632	530	Roberta Pereira	individual	Senior Feminino	01:01:42	+31:00	06:10
633	180	Rodrigo Dinis	caterpie	Senior Masculino	01:01:43	+31:01	06:10
634	1233	Mário António Malva Melo da Silva	individual	Veterano M50	01:01:43	+31:01	06:10
635	1123	Rui Simões	individual	Veterano M40	01:01:44	+31:02	06:10
636	657	Ivo dos Santos Dimas	individual	Senior Masculino	01:01:45	+31:04	06:10
637	1489	Pedro Gil	run forest run	Veterano M40	01:01:46	+31:04	06:11
638	272	Nuno Simões	focus_tuu	Veterano M35	01:01:49	+31:08	06:11
639	256	Sandra rito	focus_tuu	Senior Feminino	01:01:50	+31:08	06:11
640	1418	Gabriel Correia	os pinguins	Senior Masculino	01:01:50	+31:08	06:11
641	1417	Sara Nobre	os pinguins	Senior Feminino	01:01:50	+31:09	06:11
642	836	Neuza Rebelo	individual	Veterana F35	01:01:51	+31:10	06:11
643	1412	António Sousa	os papa milhas	Veterano M50	01:01:51	+31:10	06:11
644	810	Daniela Rebelo	individual	Veterana F35	01:01:51	+31:10	06:11
645	108	Ana Burnay	atletas ao domingo	Veterana F45	01:01:52	+31:11	06:11
646	347	Rita Lopes	individual	Junior Feminino	01:01:53	+31:11	06:11
647	308	Susana Silva Campos	grupo alegre unido bajouca	Veterana F35	01:01:55	+31:13	06:11
648	584	Carlos Lopes	individual	Senior Masculino	01:01:59	+31:18	06:12
649	324	Raphaela Rpdrigues	grvilaverdense	Veterana F40	01:02:01	+31:20	06:12
650	112	Maria joao simoes	auchan	Senior Feminino	01:02:02	+31:20	06:12

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
651	102	Luís Pereira	as francesinhas	Veterano M35	01:02:05	+31:23	06:12
652	101	Teresa Conceição	as francesinhas	Veterana F35	01:02:05	+31:24	06:12
653	255	Mariana Lucena	focus_tuu	Senior Feminino	01:02:06	+31:25	06:13
654	760	Ricardo Filipe	individual	Senior Masculino	01:02:07	+31:25	06:13
655	1222	João Soares	individual	Veterano M50	01:02:09	+31:28	06:13
656	718	Manuel Almeida	individual	Senior Masculino	01:02:09	+31:28	06:13
657	675	João Monteiro	individual	Senior Masculino	01:02:11	+31:29	06:13
658	456	Joana Lopes	individual	Senior Feminino	01:02:12	+31:31	06:13
659	782	Tiago Almeida	individual	Senior Masculino	01:02:12	+31:31	06:13
660	182	Lara Daniela Rosário Martins	clinica do exercício	Senior Feminino	01:02:13	+31:31	06:13
661	951	Susana Lopes	individual	Veterana F50	01:02:16	+31:34	06:14
662	769	Rúben Filipe Santos Antunes	individual	Senior Masculino	01:02:16	+31:34	06:14
663	571	António Mesquita	individual	Senior Masculino	01:02:16	+31:35	06:14
664	702	Kelvin Rodrigues	individual	Senior Masculino	01:02:16	+31:35	06:14
665	343	Nuno Gabriel Vaz Ribeiro	hospital da luz	Veterano M45	01:02:18	+31:36	06:14
666	1019	Joey thévenaz	individual	Veterano M35	01:02:23	+31:42	06:14
667	1388	Tiago Rocha	missao verão 25	Senior Masculino	01:02:28	+31:46	06:15
668	144	Emília Penedo	bulldog team	Veterana F45	01:02:28	+31:46	06:15
669	146	Armando Penedo	bulldog team	Veterano M45	01:02:28	+31:47	06:15
670	728	Miguel Ferreira	individual	Senior Masculino	01:02:30	+31:48	06:15
671	86	Eduardo Montanhini	amc crossfit	Veterano M40	01:02:30	+31:48	06:15
672	1312	carlos andrade	individual	Veterano M65	01:02:30	+31:48	06:15
673	1512	Nuno Santos	sem sede	Veterano M35	01:02:34	+31:53	06:15
674	520	Raquel Esteves	individual	Senior Feminino	01:02:35	+31:54	06:16
675	545	Tânia Esteves	individual	Senior Feminino	01:02:37	+31:55	06:16
676	243	Douglas Cândido	família cândido	Veterano M40	01:02:40	+31:58	06:16
677	569	António Conceição	individual	Senior Masculino	01:02:42	+32:00	06:16
678	359	Amélia Gonçalves	individual	Senior Feminino	01:02:48	+32:06	06:17
679	414	Cláudia Azevedo	individual	Senior Feminino	01:02:50	+32:08	06:17
680	761	Ricardo Grunho	individual	Senior Masculino	01:02:50	+32:09	06:17
681	345	Matilde Leite Santos	individual	Junior Feminino	01:02:51	+32:10	06:17
682	403	Carolina Santos Ferreira	individual	Senior Feminino	01:02:52	+32:11	06:17
683	1166	Luis Pedro Rodrigues	individual	Veterano M45	01:02:52	+32:11	06:17
684	879	Natália Rodrigues	individual	Veterana F40	01:02:52	+32:11	06:17
685	941	Maria Gomes	individual	Veterana F50	01:02:52	+32:11	06:17
686	498	Mariia Mitaneva	individual	Senior Feminino	01:02:54	+32:13	06:17
687	1221	Joao Sequeira	individual	Veterano M50	01:02:54	+32:13	06:17
688	605	Diogo Raposeiro	individual	Senior Masculino	01:02:55	+32:14	06:18
689	1243	Pedro Antunes	individual	Veterano M50	01:02:56	+32:15	06:18
690	1463	Marli Viegas	revolution fitness	Veterana F40	01:03:00	+32:19	06:18
691	639	Gonçalo Filipe Fernandes São Marcos	individual	Senior Masculino	01:03:01	+32:19	06:18
692	1545	liliana Oliveira	team pardelas	Veterana F40	01:03:01	+32:20	06:18
693	1536	Ricardo Santos Rosa	talentos objetivos	Veterano M55	01:03:04	+32:23	06:18
694	1535	Sandra Simões	talentos objetivos	Veterana F45	01:03:05	+32:23	06:18
695	613	Elisey Rodriguez	individual	Senior Masculino	01:03:06	+32:25	06:19

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
696	422	Daniela Mendes	individual	Senior Feminino	01:03:07	+32:25	06:19
697	1262	Carlos Carreira	individual	Veterano M55	01:03:13	+32:32	06:19
698	1225	José Teixeira	individual	Veterano M50	01:03:14	+32:33	06:19
699	631	Francisco Santos	individual	Senior Masculino	01:03:17	+32:36	06:20
700	1217	Hélder Lopes	individual	Veterano M50	01:03:21	+32:39	06:20
701	1563	João Pereira	verallia portugal	Senior Masculino	01:03:23	+32:41	06:20
702	1077	Humberto José Costa Duarte	individual	Veterano M40	01:03:23	+32:42	06:20
703	477	Luísa Veneza Roque	individual	Senior Feminino	01:03:25	+32:43	06:20
704	1426	Joana Nogueira	outsiders	Veterana F45	01:03:27	+32:46	06:21
705	1078	Ilia Rumiantcev	individual	Veterano M40	01:03:28	+32:46	06:21
706	482	Margarida Gonçalves Susana	individual	Senior Feminino	01:03:29	+32:47	06:21
707	370	Ana Lúcia Rocha	individual	Senior Feminino	01:03:32	+32:50	06:21
708	935	Fátima Cruz Antunes	individual	Veterana F50	01:03:32	+32:51	06:21
709	1171	Miguel Silveira	individual	Veterano M45	01:03:32	+32:51	06:21
710	851	Tânia Ferreira	individual	Veterana F35	01:03:37	+32:56	06:22
711	517	Patrícia Ferreira	individual	Senior Feminino	01:03:38	+32:56	06:22
712	1346	Ivo Amorim	la carrera	Veterano M65	01:03:38	+32:57	06:22
713	1002	Douglas Ribeiro	individual	Veterano M35	01:03:40	+32:59	06:22
714	443	Inês Cal	individual	Senior Feminino	01:03:42	+33:00	06:22
715	238	MARISA SOFIA DUARTE MATOS	eskudus team	Veterana F45	01:03:45	+33:03	06:22
716	1445	Helena Sofia Silva Duarte	remax white	Senior Feminino	01:03:45	+33:03	06:22
717	690	José Filipe de Alexandre	individual	Senior Masculino	01:03:47	+33:06	06:23
718	1156	Hertz Gomes Fernandes Vieira	individual	Veterano M45	01:03:48	+33:07	06:23
719	461	Joana Pereira	individual	Senior Feminino	01:03:49	+33:08	06:23
720	466	Larissa Barbosa Soares	individual	Senior Feminino	01:03:49	+33:08	06:23
721	1211	Fernando Martins	individual	Veterano M50	01:03:51	+33:10	06:23
722	651	Henrique Oliveira	individual	Senior Masculino	01:03:51	+33:10	06:23
723	1145	Eduardo Reis	individual	Veterano M45	01:03:52	+33:10	06:23
724	307	António Lopes	grupeta running team	Veterano M55	01:03:53	+33:12	06:23
725	306	Patrícia Lopes	grupeta running team	Veterana F45	01:03:54	+33:12	06:23
726	1371	Alexandre Nogueira	In runners	Veterano M45	01:03:55	+33:13	06:23
727	975	Silvina Graça	individual	Veterana F60	01:03:58	+33:16	06:24
728	886	Xana Martins	individual	Veterana F40	01:03:58	+33:17	06:24
729	60	Marisol Simões	accdrs quinhendros	Veterana F40	01:03:59	+33:18	06:24
730	1017	João Pedro Soares Oliveira	individual	Veterano M35	01:03:59	+33:18	06:24
731	1362	Rudy Rivera	litofish	Veterano M40	01:04:01	+33:20	06:24
732	1363	Carlos Gois	litofish	Veterano M45	01:04:01	+33:20	06:24
733	222	Beatriz Amaral	escola de atletismo de coimbra/jpaiva	Senior Feminino	01:04:04	+33:22	06:24
734	1098	Mário Rui Tomé	individual	Veterano M40	01:04:04	+33:23	06:24
735	1395	José A. Massano Monteiro	mtg running	Veterano M60	01:04:06	+33:24	06:25
736	121	Henrique Gonçalves	balirocos	Veterano M50	01:04:06	+33:25	06:25
737	63	Joel Santos	acrm silveirinha grande e claras	Veterano M35	01:04:08	+33:26	06:25
738	463	Julia Almeida	individual	Senior Feminino	01:04:08	+33:26	06:25
739	189	Victor Pereira	cluve de veteranos de atletismo de coimbra	Veterano M65	01:04:09	+33:28	06:25
740	527	Rita Martins	individual	Senior Feminino	01:04:10	+33:28	06:25

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
741	635	Gonalo Antunes	individual	Senior Masculino	01:04:12	+33:31	06:25
742	642	Gonalo Miguel da Silva Catarino	individual	Senior Masculino	01:04:13	+33:31	06:25
743	130	Carlo Inacio	benmax	Veterano M35	01:04:13	+33:32	06:25
744	1280	Pedro Medina	individual	Veterano M55	01:04:14	+33:33	06:25
745	1464	Sandra Pinho da Cruz	revolution fitness	Veterana F40	01:04:16	+33:34	06:26
746	541	Sonia Santos	individual	Senior Feminino	01:04:17	+33:36	06:26
747	1403	Ricardo Costa	os costa	Veterano M45	01:04:20	+33:38	06:26
748	580	Bruno Rafael Antunes Morgado	individual	Senior Masculino	01:04:20	+33:39	06:26
749	636	Gonalo Barbosa	individual	Senior Masculino	01:04:21	+33:39	06:26
750	114	Bruno Jose Seguro Alves	auchan	Veterano M40	01:04:22	+33:41	06:26
751	96	LIDIA MARIA TEIXEIRA COSTA CHOUCO	arena prime box	Veterana F50	01:04:33	+33:51	06:27
752	795	Vincius Pereira	individual	Senior Masculino	01:04:33	+33:52	06:27
753	157	Raul Oliveira	calminheiros	Veterano M55	01:04:35	+33:54	06:28
754	789	Tiago Oliveira	individual	Senior Masculino	01:04:38	+33:57	06:28
755	708	Lucas Martins	individual	Senior Masculino	01:04:40	+33:58	06:28
756	1036	Pedro Jos Ramalho Rodrigues	individual	Veterano M35	01:04:40	+33:59	06:28
757	1487	Beatriz Moreira	run forest run	Senior Feminino	01:04:42	+34:00	06:28
758	474	Luana Bevervanco	individual	Senior Feminino	01:04:42	+34:01	06:28
759	684	Joo Silva	individual	Senior Masculino	01:04:48	+34:06	06:29
760	557	Vera Lcia Mendes Pereira	individual	Senior Feminino	01:04:48	+34:07	06:29
761	216	Cristina Carolino	draco runners	Veterana F55	01:04:51	+34:10	06:29
762	57	Maria Blanco	acadmica de coimbra	Senior Feminino	01:04:51	+34:10	06:29
763	430	Diana Simes	individual	Senior Feminino	01:04:51	+34:10	06:29
764	58	Miguel Nora	acadmica de coimbra	Veterano M40	01:04:52	+34:10	06:29
765	364	Ana Carolina Srvolo	individual	Senior Feminino	01:04:52	+34:11	06:29
766	780	Srgio Santos	individual	Senior Masculino	01:04:56	+34:14	06:30
767	415	Cludia Oliveira	individual	Senior Feminino	01:04:56	+34:15	06:30
768	192	Rute Mendes	construa & corra	Senior Feminino	01:04:58	+34:17	06:30
769	429	Diana Silva	individual	Senior Feminino	01:05:02	+34:20	06:30
770	1493	Beatriz Oliveira Dias	running4fun team viseu	Senior Feminino	01:05:02	+34:20	06:30
771	746	Pedro Tiago Ferreira de Jesus	individual	Senior Masculino	01:05:02	+34:20	06:30
772	1161	Joo Miguel Ferreira Pereira	individual	Veterano M45	01:05:04	+34:22	06:30
773	1075	Gustavo Pelichos	individual	Veterano M40	01:05:04	+34:23	06:30
774	1193	Srgio Jos Pinto Albuquerque	individual	Veterano M45	01:05:06	+34:24	06:31
775	1350	Sandra Pereira	lama solta	Veterana F45	01:05:08	+34:27	06:31
776	821	Joana Filipa Negro Barbosa	individual	Veterana F35	01:05:12	+34:31	06:31
777	519	Patrcia Santos	individual	Senior Feminino	01:05:12	+34:31	06:31
778	1382	Mariana Silva	miles&vibes	Senior Feminino	01:05:17	+34:35	06:32
779	1383	Henrique Esteves	miles&vibes	Senior Masculino	01:05:17	+34:35	06:32
780	901	Cludia Cordeiro	individual	Veterana F45	01:05:18	+34:37	06:32
781	10	Lus Oliveira	#leiriaexiste	Senior Masculino	01:05:20	+34:38	06:32
782	748	Petrus Fernandes	individual	Senior Masculino	01:05:22	+34:41	06:32
783	536	Sara Sequeira	individual	Senior Feminino	01:05:22	+34:41	06:32

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
784	816	Isabel de la Cal Caballero	individual	Veterana F35	01:05:22	+34:41	06:32
785	551	Taynara Ribeiro Batalha Tjeng	individual	Senior Feminino	01:05:22	+34:41	06:32
786	506	Mayara Fernandes	individual	Senior Feminino	01:05:23	+34:42	06:32
787	905	Elsa Carvalho	individual	Veterana F45	01:05:31	+34:49	06:33
788	1240	Paulo Marques	individual	Veterano M50	01:05:35	+34:54	06:34
789	1286	Viriato Coelho	individual	Veterano M55	01:05:38	+34:57	06:34
790	333	Pedro Filipe Lopes Cação	gyptec ibérica	Veterano M40	01:05:39	+34:58	06:34
791	1580	Claudia Nunes	viriahtvs runners viseu	Veterana F35	01:05:40	+34:58	06:34
792	1394	Nelson Pedro Fonseca de Matos	monteiro&matos	Veterano M45	01:05:42	+35:00	06:34
793	468	Laura SOares	individual	Senior Feminino	01:05:44	+35:02	06:34
794	1170	Miguel João Feteira Simões Lopes	individual	Veterano M45	01:05:44	+35:03	06:34
795	442	Greta Conca	individual	Senior Feminino	01:05:44	+35:03	06:34
796	1288	Abilio B	individual	Veterano M60	01:05:45	+35:03	06:34
797	564	André Galhote	individual	Senior Masculino	01:05:45	+35:03	06:34
798	388	Beatriz Coutinho	individual	Senior Feminino	01:05:45	+35:04	06:34
799	927	Susana Margarida Baptista	individual	Veterana F45	01:05:46	+35:05	06:35
800	590	Daniel Silva	individual	Senior Masculino	01:05:48	+35:07	06:35
801	1206	Cláudio Neves	individual	Veterano M50	01:05:51	+35:09	06:35
802	22	Ângela Alexandre	233runclub	Senior Feminino	01:05:54	+35:12	06:35
803	250	Bernardo Alves	flashover	Senior Masculino	01:05:57	+35:16	06:36
804	376	Ana Rocha	individual	Senior Feminino	01:06:00	+35:18	06:36
805	532	Salomé Jorge	individual	Senior Feminino	01:06:00	+35:19	06:36
806	1226	Julio Afonso	individual	Veterano M50	01:06:01	+35:19	06:36
807	1507	José Gaspar Schwalbach	schwalbach	Veterano M40	01:06:05	+35:23	06:36
808	883	Sandra Marisa Franco Pedrosa	individual	Veterana F40	01:06:09	+35:28	06:37
809	1281	Raul Cardoso	individual	Veterano M55	01:06:16	+35:35	06:38
810	749	Pietro Souza	individual	Senior Masculino	01:06:17	+35:35	06:38
811	970	Virgínia Cardoso	individual	Veterana F55	01:06:17	+35:35	06:38
812	1562	Mariana Alves	verallia portugal	Senior Feminino	01:06:18	+35:36	06:38
813	235	Jorge Alves	escola de atletismo de coimbra/jpaiva	Veterano M55	01:06:18	+35:36	06:38
814	621	Flavio Alexandre Mendes Carvalho	individual	Senior Masculino	01:06:18	+35:37	06:38
815	1566	Susana Cabral	verallia portugal	Veterana F50	01:06:18	+35:37	06:38
816	1461	Ana Tome	revolution fitness	Veterana F40	01:06:21	+35:39	06:38
817	1466	Gonçalo Gonçalves	revolution fitness	Veterano M40	01:06:21	+35:40	06:38
818	1032	Pedro Cardoso	individual	Veterano M35	01:06:22	+35:40	06:38
819	1485	Elizabeth Silva	run 4 fun	Veterana F60	01:06:24	+35:43	06:38
820	1428	João Maia	outsiders	Veterano M55	01:06:25	+35:43	06:38
821	38	Rafael Loureiro Abreu	233runclub	Veterano M35	01:06:26	+35:45	06:39
822	1029	Mykola Florynskyi	individual	Veterano M35	01:06:28	+35:46	06:39
823	197	Raquel Fernandes	construa & corra	Veterana F35	01:06:33	+35:52	06:39
824	1115	Pedro Rolo	individual	Veterano M40	01:06:37	+35:56	06:40
825	981	André de Lemos Violante	individual	Veterano M35	01:06:44	+36:02	06:40
826	831	Mariana Mouronho Fernandes	individual	Veterana F35	01:06:46	+36:05	06:41
827	1119	Ricardo Domingues	individual	Veterano M40	01:06:47	+36:05	06:41

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
828	866	Isabel da Purificação Pereira Marques	individual	Veterana F40	01:06:47	+36:05	06:41
829	771	Rúben Peixoto	individual	Senior Masculino	01:06:48	+36:07	06:41
830	495	Mariana Lapo Pais	individual	Senior Feminino	01:06:50	+36:08	06:41
831	1191	Rui Aleixo	individual	Veterano M45	01:06:54	+36:12	06:41
832	45	Alexandra Brito	4u studio	Veterana F45	01:06:54	+36:13	06:41
833	49	PAULO Silva	4u studio	Veterano M40	01:06:55	+36:13	06:41
834	48	Bruno Mota	4u studio	Veterano M40	01:06:55	+36:13	06:41
835	46	Rosa Da Conceição Mendes Roso	4u studio	Veterana F45	01:06:55	+36:14	06:42
836	1527	Ana Carolina Domingues Dinis	sunday run-day	Veterana F35	01:06:56	+36:14	06:42
837	378	Ana Simões	individual	Senior Feminino	01:06:56	+36:14	06:42
838	1555	DAVID SALTÃO	varino & saltão	Veterano M45	01:07:01	+36:19	06:42
839	476	Luísa Gaspar Duarte	individual	Senior Feminino	01:07:02	+36:21	06:42
840	1300	PEDRO ALFERES	individual	Veterano M60	01:07:05	+36:23	06:42
841	1005	Emanuel Graça	individual	Veterano M35	01:07:05	+36:23	06:42
842	1478	Filipe Canudo	rm runners	Veterano M45	01:07:05	+36:23	06:42
843	799	Zé Pais Alves	individual	Senior Masculino	01:07:06	+36:25	06:43
844	1587	Marta Diogo	zequinha	Senior Feminino	01:07:07	+36:26	06:43
845	602	Diogo Oliveira	individual	Senior Masculino	01:07:08	+36:27	06:43
846	1586	Beatriz Gonçalves	zequinha	Senior Feminino	01:07:08	+36:27	06:43
847	876	Mafalda Cunha	individual	Veterana F40	01:07:08	+36:27	06:43
848	183	Magali Teixeira	clinica do exercício	Veterana F50	01:07:12	+36:30	06:43
849	494	Mariana Lagarto	individual	Senior Feminino	01:07:12	+36:30	06:43
850	663	João Cruz	individual	Senior Masculino	01:07:15	+36:34	06:44
851	709	Lucas Ramos	individual	Senior Masculino	01:07:16	+36:34	06:44
852	943	Natália de Carvalho Vaz Gomes	individual	Veterana F50	01:07:16	+36:35	06:44
853	1467	Luís Filipe Gomes Balsas	revolution fitness	Veterano M40	01:07:17	+36:35	06:44
854	1458	Cátia Fernandes Balsas	revolution fitness	Veterana F35	01:07:17	+36:35	06:44
855	711	Luis Carlos Cunha	individual	Senior Masculino	01:07:18	+36:36	06:44
856	257	Sara Nicolle Bejarano	focus_tuu	Senior Feminino	01:07:18	+36:36	06:44
857	1311	Assel Guzinski	individual	Veterano M65	01:07:21	+36:40	06:44
858	922	Sandra Reis	individual	Veterana F45	01:07:21	+36:40	06:44
859	529	Rita Simões	individual	Senior Feminino	01:07:22	+36:41	06:44
860	1195	Vagner Paixao	individual	Veterano M45	01:07:24	+36:42	06:44
861	1584	Paula Almeida	yes we can	Veterana F55	01:07:24	+36:43	06:44
862	488	Maria Martins	individual	Senior Feminino	01:07:26	+36:45	06:45
863	695	José Paixão	individual	Senior Masculino	01:07:27	+36:46	06:45
864	660	João Cadima	individual	Senior Masculino	01:07:35	+36:53	06:45
865	599	Diogo Matias	individual	Senior Masculino	01:07:35	+36:53	06:45
866	899	Célia Gaspar	individual	Veterana F45	01:07:35	+36:54	06:46
867	1257	António Manuel Esteves Joaquim	individual	Veterano M55	01:07:37	+36:56	06:46
868	1127	Telmo Carvalho	individual	Veterano M40	01:07:41	+36:59	06:46
869	77	Michelly Cristina Gonçalves Camara	afipre team	Senior Feminino	01:07:41	+37:00	06:46

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
870	94	João Gaio	arena prime box	Senior Masculino	01:07:43	+37:01	06:46
871	353	Rodrigo Leite Santos	individual	Junior Masculino	01:07:45	+37:03	06:46
872	98	Carlos Rodrigues	arena prime box	Veterano M45	01:07:45	+37:03	06:46
873	661	João Carvalho	individual	Senior Masculino	01:07:52	+37:11	06:47
874	168	Mylene Cadete	carapaus de corrida	Senior Feminino	01:07:57	+37:16	06:48
875	172	João Oliveira	carapaus de corrida	Veterano M45	01:07:57	+37:16	06:48
876	342	Hugo Raimundo	hospital da luz	Veterano M45	01:08:03	+37:21	06:48
877	1379	Pedro Costa	matiz	Veterano M40	01:08:03	+37:22	06:48
878	335	Joana Lopes Gonçalves	hospital da luz	Veterana F35	01:08:03	+37:22	06:48
879	336	Maria Ines Bento Ligeiro	hospital da luz	Veterana F35	01:08:03	+37:22	06:48
880	1380	Pedro Manuel Abrantes Lourenço Valente	matiz	Veterano M40	01:08:04	+37:22	06:48
881	892	Ângela Bragança	individual	Veterana F45	01:08:05	+37:23	06:48
882	125	Alexandra Vedor	bebecas	Senior Feminino	01:08:07	+37:25	06:49
883	126	Tiago Colaço	bebecas	Senior Masculino	01:08:08	+37:26	06:49
884	1544	Tânia Henriques	team pardelas	Veterana F35	01:08:08	+37:27	06:49
885	949	Sara Martins	individual	Veterana F50	01:08:15	+37:34	06:50
886	540	Sónia Miguel	individual	Senior Feminino	01:08:18	+37:37	06:50
887	763	Ricardo Miguel	individual	Senior Masculino	01:08:18	+37:37	06:50
888	440	Francisca Marques Guardado	individual	Senior Feminino	01:08:23	+37:42	06:50
889	1578	Liliana Porto	vikings trail runners/ccr alcabideque	Veterana F40	01:08:26	+37:44	06:51
890	878	Nádia Moura	individual	Veterana F40	01:08:27	+37:45	06:51
891	903	Diana Ribeiro	individual	Veterana F45	01:08:27	+37:45	06:51
892	1289	António José Estudante de Oliveira	individual	Veterano M60	01:08:29	+37:47	06:51
893	1282	Rogério Ximenes de Barros	individual	Veterano M55	01:08:30	+37:48	06:51
894	1313	EDSON SANTOS REZENDE	individual	Veterano M65	01:08:34	+37:53	06:51
895	295	Joana Santos	fun run girls club	Senior Feminino	01:08:35	+37:54	06:52
896	1209	Fernando Alexandre	individual	Veterano M50	01:08:36	+37:54	06:52
897	918	Rita Fernandes	individual	Veterana F45	01:08:37	+37:55	06:52
898	841	Raquel Eunice Domingues Araújo	individual	Veterana F35	01:08:38	+37:56	06:52
899	408	Catarina Nunes	individual	Senior Feminino	01:08:41	+37:59	06:52
900	177	Armando Jorge Delgado	casa do povo de lavos	Veterano M65	01:08:44	+38:03	06:52
901	931	Anabela Ribeiro	individual	Veterana F50	01:08:45	+38:04	06:53
902	332	Romina Maribel Oliveira de Jesus	gyptec ibérica	Veterana F40	01:08:49	+38:08	06:53
903	1369	Guida Jesus	In runners	Veterana F45	01:08:49	+38:08	06:53
904	194	Diogo Filipe Albuquerque	construa & corra	Senior Masculino	01:08:57	+38:15	06:54
905	1516	Pedro Ponte	sem sede	Veterano M55	01:08:59	+38:17	06:54
906	407	Catarina Guedes	focus_tuu	Senior Feminino	01:09:05	+38:23	06:54
907	385	Anna Nmezi	individual	Senior Feminino	01:09:06	+38:24	06:55
908	137	Fernanda Pinto	bricomarché	Veterana F50	01:09:09	+38:28	06:55
909	1430	Adão Abreu	outsiders	Veterano M60	01:09:10	+38:28	06:55
910	1041	RENAN ROMANO	individual	Veterano M35	01:09:14	+38:32	06:55
911	375	Ana Rita Vicente	individual	Senior Feminino	01:09:18	+38:37	06:56
912	859	Ana Rodrigues	individual	Veterana F40	01:09:19	+38:38	06:56

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
913	940	Lisete Fatima Dias Silva	individual	Veterana F50	01:09:20	+38:38	06:56
914	1212	Fernando Matos	individual	Veterano M50	01:09:20	+38:39	06:56
915	1258	António Ornelas	individual	Veterano M55	01:09:25	+38:44	06:57
916	528	Rita Ribeiro	individual	Senior Feminino	01:09:28	+38:46	06:57
917	262	Juliana Freitas Pereira	focus_tuu	Senior Feminino	01:09:29	+38:48	06:57
918	958	Graciete Antunes	individual	Veterana F55	01:09:32	+38:51	06:57
919	898	Cátia Martins	individual	Veterana F45	01:09:33	+38:52	06:57
920	837	Patrícia Primo	individual	Veterana F35	01:09:33	+38:52	06:57
921	1251	Rui Jorge Ribeiro Gomes	individual	Veterano M50	01:09:38	+38:57	06:58
922	1104	Nilton Lopes	individual	Veterano M40	01:09:38	+38:57	06:58
923	987	Ayode Nicolai Latifo	individual	Veterano M35	01:09:43	+39:02	06:58
924	481	Margarida Barreirinhas	individual	Senior Feminino	01:09:45	+39:03	06:58
925	764	Ricardo Rodrigues Dias	individual	Senior Masculino	01:09:45	+39:03	06:58
926	703	Kenny Krizel	individual	Senior Masculino	01:09:47	+39:05	06:59
927	1554	NUNO PATRÍCIO	urb teodora running team	Veterano M45	01:09:48	+39:07	06:59
928	1302	Pedro Gonçalves	individual	Veterano M60	01:09:48	+39:07	06:59
929	1208	Domingos Dias de São José	individual	Veterano M50	01:09:51	+39:10	06:59
930	89	Carla Cotas	arcd venda da luísa	Veterana F35	01:09:52	+39:10	06:59
931	423	Daniela Santos	individual	Senior Feminino	01:09:55	+39:13	06:59
932	428	Diana Gomes	individual	Senior Feminino	01:09:55	+39:14	07:00
933	1573	Rui Maia	verallia portugal	Veterano M45	01:09:57	+39:16	07:00
934	606	Diogo Silva	individual	Senior Masculino	01:09:59	+39:18	07:00
935	659	João Amorim	individual	Senior Masculino	01:10:00	+39:18	07:00
936	1176	Óscar Mendes	individual	Veterano M45	01:10:01	+39:20	07:00
937	1124	Sebastian Plaetzer	individual	Veterano M40	01:10:03	+39:21	07:00
938	806	Anna Plaetzer	individual	Veterana F35	01:10:04	+39:22	07:00
939	271	Conceição Costa	focus_tuu	Veterana F45	01:10:07	+39:26	07:01
940	266	Juan Manuel Ojeda	focus_tuu	Senior Masculino	01:10:08	+39:27	07:01
941	1066	Carlos Manuel Fernandez de Carvalho	individual	Veterano M40	01:10:10	+39:28	07:01
942	1303	Pedro Teixeira	individual	Veterano M60	01:10:13	+39:32	07:01
943	1317	Jeff Boehlert	individual	Veterano M65	01:10:16	+39:35	07:02
944	282	Catarina Gonçalves	fr sport	Senior Feminino	01:10:17	+39:36	07:02
945	88	Inês Isusi	arcd venda da luísa	Senior Feminino	01:10:18	+39:37	07:02
946	199	Eduardo Naoru Pacheco Chin	construa & corra	Veterano M35	01:10:20	+39:38	07:02
947	244	Ellen Daniele Pereira Neves Gueiros	família gueiros	Veterana F35	01:10:23	+39:42	07:02
948	1386	Rui Pedro Ribeiro Gon	missao verão 25	Senior Masculino	01:10:24	+39:42	07:02
949	1241	Paulo Santos	individual	Veterano M50	01:10:25	+39:43	07:02
950	1273	Luis Paulo Silva Ferreira	individual	Veterano M55	01:10:26	+39:44	07:03
951	1422	Liliana Vieira da Conceição Silva	os raposinhos	Veterana F35	01:10:26	+39:45	07:03
952	1322	Manuel dos Santos Carvalho Fernandes	individual	Veterano M65	01:10:33	+39:51	07:03
953	1133	Bruno Carlos Nunes Gomes Pita	individual	Veterano M45	01:10:33	+39:52	07:03
954	807	Cátia Agostinho	individual	Veterana F35	01:10:35	+39:54	07:04

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
955	845	Sara Sales Silva	individual	Veterana F35	01:10:36	+39:54	07:04
956	823	Juliana Catarino	individual	Veterana F35	01:10:39	+39:57	07:04
957	835	Mónica Dias	individual	Veterana F35	01:10:40	+39:58	07:04
958	562	Alexandre Luís	individual	Senior Masculino	01:10:40	+39:58	07:04
959	503	Marta Santos	individual	Senior Feminino	01:10:40	+39:59	07:04
960	386	Bárbara Silva	individual	Senior Feminino	01:10:45	+40:03	07:04
961	1237	Orlando Martins	individual	Veterano M50	01:10:46	+40:04	07:05
962	438	Filipa Rodrigues	individual	Senior Feminino	01:10:48	+40:06	07:05
963	548	Tatiana Besteiros	individual	Senior Feminino	01:10:48	+40:07	07:05
964	1576	Paulo Jesus	verallia portugal	Veterano M50	01:10:49	+40:07	07:05
965	406	Catarina Gomes Lopes	individual	Senior Feminino	01:10:49	+40:07	07:05
966	1163	Joel Ricardo de Almeida Loureiro	individual	Veterano M45	01:10:51	+40:09	07:05
967	833	Matilde Fernandes	individual	Veterana F35	01:10:58	+40:17	07:06
968	547	Tânia Sousa	individual	Senior Feminino	01:10:58	+40:17	07:06
969	220	Maria Noémia Pinto Martinho	elis	Veterana F55	01:11:03	+40:22	07:06
970	1045	Rui Alexandre da Silva Mendes	individual	Veterano M35	01:11:04	+40:23	07:06
971	202	Claudina Reigada	corre são joão	Veterana F45	01:11:14	+40:33	07:07
972	203	Vítor M Cardoso	corre são joão	Veterano M55	01:11:14	+40:33	07:07
973	1491	Pedro César Patrocínio Bastos	run4happychild	Veterano M45	01:11:15	+40:33	07:07
974	72	Cindy de Sousa	adega taurina running	Senior Feminino	01:11:18	+40:36	07:08
975	113	Patrícia dos Santos Cunha	auchan	Veterana F35	01:11:18	+40:37	07:08
976	1359	Ana Teresa Soares	litofish	Veterana F50	01:11:19	+40:37	07:08
977	344	Leonor Cruz	individual	Junior Feminino	01:11:19	+40:38	07:08
978	608	Diogo Tocha	individual	Senior Masculino	01:11:19	+40:38	07:08
979	294	Mónica Dâmaso	frutorra	Senior Feminino	01:11:19	+40:38	07:08
980	518	Patrícia Isabel Rodrigues Martins	individual	Senior Feminino	01:11:20	+40:39	07:08
981	500	Marlene Ferreira Moreira	individual	Senior Feminino	01:11:21	+40:39	07:08
982	499	Marisa Martins	individual	Senior Feminino	01:11:22	+40:41	07:08
983	1508	Paulo Lima	schwalbach	Veterano M50	01:11:23	+40:42	07:08
984	81	Ivan Lins Gregório	ag	Veterano M50	01:11:24	+40:43	07:08
985	501	Marta Campanário	individual	Senior Feminino	01:11:26	+40:44	07:09
986	739	Paulo Jorge Barros Sousa	individual	Senior Masculino	01:11:27	+40:45	07:09
987	1404	Maria Figueiró	os figueirós	Senior Feminino	01:11:29	+40:48	07:09
988	1528	Inês Sobral	sunday run-day	Veterana F40	01:11:29	+40:48	07:09
989	1405	Sofia Figueiró	os figueirós	Senior Feminino	01:11:29	+40:48	07:09
990	893	Anna Pisotskaia	individual	Veterana F45	01:11:30	+40:48	07:09
991	800	Alfiia Khabibullina	individual	Veterana F35	01:11:30	+40:49	07:09
992	523	Renata Dias	individual	Senior Feminino	01:11:35	+40:53	07:09
993	1541	Liliana Tomé	team pardelas	Senior Feminino	01:11:43	+41:02	07:10
994	389	Beatriz dos Reis Pereira	individual	Senior Feminino	01:11:44	+41:03	07:10
995	967	Regina Maria Pires Carapito da Conceição	individual	Veterana F55	01:11:53	+41:12	07:11
996	1481	Jacinta Pinheiro	run 4 fun	Veterana F45	01:11:57	+41:15	07:12
997	325	Sandra Liceia	grvilaverdense	Veterana F40	01:11:58	+41:16	07:12

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
998	1298	José Manuel Mendes Vitorino Faria	individual	Veterano M60	01:11:59	+41:18	07:12
999	132	José Moreira da Silva Júnior	benmax	Veterano M40	01:11:59	+41:18	07:12
1000	875	Luísa Empis	individual	Veterana F40	01:12:00	+41:18	07:12
1001	1168	Mário Vaz	individual	Veterano M45	01:12:01	+41:20	07:12
1002	1246	PEDRO NUNO ROMANO DOS SANTOS BURACA	individual	Veterano M50	01:12:02	+41:21	07:12
1003	1556	Claudia Azenha	velocidade furiosa (slow version)	Veterana F40	01:12:02	+41:21	07:12
1004	1557	Sonia Oliveira	velocidade furiosa (slow version)	Veterana F50	01:12:03	+41:21	07:12
1005	1406	Raquel Carvalho	os murganheiras	Veterana F45	01:12:03	+41:21	07:12
1006	148	Joaquim Pinharanda	bulldog team	Veterano M55	01:12:05	+41:23	07:12
1007	26	Rita Carvalho	233runclub	Senior Feminino	01:12:07	+41:26	07:13
1008	490	Mariana Argel	individual	Senior Feminino	01:12:07	+41:26	07:13
1009	412	Chantal Cortesão	individual	Senior Feminino	01:12:14	+41:32	07:13
1010	1510	Alda Ponte	sem sede	Veterana F55	01:12:20	+41:39	07:14
1011	902	Cristina Isabel Rodrigues Quinteiro	individual	Veterana F45	01:12:21	+41:39	07:14
1012	1482	Odília Maria Fernandes Pereira	run 4 fun	Veterana F50	01:12:23	+41:42	07:14
1013	1505	Samuel Galinha	salesianos team	Veterano M40	01:12:31	+41:49	07:15
1014	127	Diana Costa	benmax	Senior Feminino	01:12:31	+41:49	07:15
1015	578	BRUNO HENRIQUE RAMOS	individual	Senior Masculino	01:12:33	+41:51	07:15
1016	1304	Rob de Boer	individual	Veterano M60	01:12:33	+41:52	07:15
1017	502	Marta F. Pereira	individual	Senior Feminino	01:12:34	+41:52	07:15
1018	1480	Ana Karina Freitas da Gama	run 4 fun	Veterana F45	01:12:35	+41:53	07:15
1019	1502	Andreia Santos Ribeiro	salesianos team	Veterana F40	01:12:35	+41:54	07:16
1020	1506	Nuno Oliveira	salesianos team	Veterano M45	01:12:36	+41:55	07:16
1021	357	Alice Monsanto	individual	Senior Feminino	01:12:40	+41:58	07:16
1022	263	Daniel Aguirre	focus_tuu	Senior Masculino	01:12:40	+41:59	07:16
1023	254	Maria Luisa Hurtado	focus_tuu	Senior Feminino	01:12:40	+41:59	07:16
1024	1381	Luis Filipe Cordeiro Máximo	máximo's	Senior Masculino	01:12:42	+42:01	07:16
1025	737	Paulo Castanho	individual	Senior Masculino	01:12:45	+42:04	07:17
1026	986	Anthony Iassogna	individual	Veterano M35	01:12:52	+42:10	07:17
1027	129	Sintia Alves Martins	benmax	Veterana F35	01:13:00	+42:19	07:18
1028	392	Beatriz Lopes	individual	Senior Feminino	01:13:01	+42:19	07:18
1029	448	Inês Pimentel	individual	Senior Feminino	01:13:01	+42:19	07:18
1030	51	IARA RISTOW	5km de domingo	Veterana F45	01:13:03	+42:21	07:18
1031	814	Floralis Ossa	individual	Veterana F35	01:13:05	+42:24	07:19
1032	515	Patrícia Dias	individual	Senior Feminino	01:13:12	+42:30	07:19
1033	156	José Paulo	calminheiros	Veterano M55	01:13:15	+42:34	07:20
1034	155	Sandra Pedro	calminheiros	Veterana F55	01:13:16	+42:34	07:20
1035	425	Débora Ribeiro	individual	Senior Feminino	01:13:17	+42:36	07:20
1036	444	Inês Campos Costa	individual	Senior Feminino	01:13:18	+42:36	07:20
1037	674	João Miguel Filipe Matias	individual	Senior Masculino	01:13:18	+42:36	07:20
1038	550	Tatiana Duarte	individual	Senior Feminino	01:13:20	+42:39	07:20
1039	200	Gabriel Rodrigues	construa & corra	Veterano M35	01:13:23	+42:41	07:20
1040	196	Marisa Azevedo	construa & corra	Veterana F35	01:13:23	+42:42	07:20
1041	843	Rosi Matos	individual	Veterana F35	01:13:24	+42:43	07:20

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1042	929	ana alves	individual	Veterana F50	01:13:25	+42:43	07:20
1043	877	Maria Inês Nobreza Simão	individual	Veterana F40	01:13:25	+42:44	07:21
1044	705	Kevin Oliveira	individual	Senior Masculino	01:13:30	+42:48	07:21
1045	844	Sara emos	individual	Veterana F35	01:13:31	+42:49	07:21
1046	449	Inês Quadros	individual	Senior Feminino	01:13:31	+42:50	07:21
1047	827	Lília Martins	individual	Veterana F35	01:13:34	+42:52	07:21
1048	362	Ana Carolina Cartaxo Paulino	individual	Senior Feminino	01:13:37	+42:56	07:22
1049	736	Paulo Alexandre Castillo Fernandes	individual	Senior Masculino	01:13:38	+42:56	07:22
1050	186	António Saraiva	clube ogma	Veterano M55	01:13:40	+42:58	07:22
1051	1397	Cristina Filipe	ogma	Veterana F55	01:13:40	+42:58	07:22
1052	921	Sandra Joana Ferreira Nunes	individual	Veterana F45	01:13:49	+43:07	07:23
1053	524	Renata Theodoro	individual	Senior Feminino	01:13:50	+43:08	07:23
1054	1214	Gonçalo Crisanto	individual	Veterano M50	01:13:52	+43:11	07:23
1055	286	Verónica Costa	fresenius kabi runners	Veterana F35	01:13:52	+43:11	07:23
1056	296	Maria João	fun run girls club	Senior Feminino	01:13:53	+43:12	07:23
1057	962	Luz Costa	individual	Veterana F55	01:14:05	+43:23	07:24
1058	623	Francisco Azeredo	individual	Senior Masculino	01:14:06	+43:25	07:25
1059	441	Francisca Morgado	individual	Senior Feminino	01:14:07	+43:25	07:25
1060	928	Tania Andreia Antunes Lopes Guedes	individual	Veterana F45	01:14:12	+43:30	07:25
1061	915	Patrícia Madaleno	individual	Veterana F45	01:14:12	+43:30	07:25
1062	377	Ana Rodrigues	individual	Senior Feminino	01:14:14	+43:33	07:25
1063	1593	Mariana Nunes	individual	Senior Feminino	01:14:15	+43:34	07:26
1064	143	Lucas de Jesus	bulldog team	Senior Masculino	01:14:19	+43:38	07:26
1065	426	Diana Alves	individual	Senior Feminino	01:14:39	+43:57	07:28
1066	1001	Diogo Matos	individual	Veterano M35	01:14:39	+43:58	07:28
1067	1009	Francisco Catarino	individual	Veterano M35	01:14:41	+44:00	07:28
1068	850	Tânia Faria	individual	Veterana F35	01:14:41	+44:00	07:28
1069	521	Raquel F	individual	Senior Feminino	01:14:45	+44:04	07:29
1070	1343	Ianê Oliveira de Amorim	la carrera	Senior Feminino	01:14:59	+44:17	07:30
1071	413	Clara de Souza Lino	individual	Senior Feminino	01:14:59	+44:17	07:30
1072	687	José Augusto de Nobre Torres	individual	Senior Masculino	01:15:00	+44:19	07:30
1073	379	Ana Sofia da Silva Coutinho	individual	Senior Feminino	01:15:01	+44:19	07:30
1074	384	Angélica Perdomo	individual	Senior Feminino	01:15:02	+44:21	07:30
1075	976	Carla Silva	individual	Veterana F65	01:15:04	+44:23	07:30
1076	1488	Inês Gil	run forest run	Senior Feminino	01:15:05	+44:24	07:31
1077	455	Joana Fernandes	individual	Senior Feminino	01:15:08	+44:27	07:31
1078	1080	João Barros	individual	Veterano M40	01:15:10	+44:28	07:31
1079	166	Maria João Carrilho	caracóis de corrida	Veterana F35	01:15:12	+44:31	07:31
1080	1514	Amílcar Batata	sem sede	Veterano M45	01:15:12	+44:31	07:31
1081	1272	Luis Filipe Gomes Rito	individual	Veterano M55	01:15:13	+44:31	07:31
1082	1174	Nuno Rasteiro	individual	Veterano M45	01:15:13	+44:31	07:31
1083	916	Raquel Nobre	individual	Veterana F45	01:15:13	+44:31	07:31
1084	1548	Carlos Abrunheiro	teambala	Veterano M50	01:15:14	+44:32	07:31
1085	50	MILENE MARTINS	5km de domingo	Veterana F40	01:15:14	+44:33	07:31
1086	1549	Rui Faria	teambala	Veterano M50	01:15:14	+44:33	07:31

Official Timekeeper: Lap2Go	25 / 32	generate 15-jun.-2025 12:24
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PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1087	1408	Mariana Magalhães	os papa milhas	Senior Feminino	01:15:15	+44:33	07:31
1088	431	Dieniffer Vieira	individual	Senior Feminino	01:15:16	+44:34	07:32
1089	829	Ludmila Dias Almeida Torres	individual	Veterana F35	01:15:16	+44:34	07:32
1090	453	Jéssica Sousa	individual	Senior Feminino	01:15:17	+44:36	07:32
1091	785	Tiago Guiomar	individual	Senior Masculino	01:15:21	+44:39	07:32
1092	84	Otavia Bedeschi	amc crossfit	Veterana F35	01:15:25	+44:44	07:32
1093	1599	Ana Cruz	individual	Veterana F45	01:15:28	+44:47	07:33
1094	1024	Marco Marques	individual	Veterano M35	01:15:33	+44:52	07:33
1095	826	Leticia Balanco	individual	Veterana F35	01:15:34	+44:53	07:33
1096	1407	Carlos Sousa	os murganheiras	Veterano M50	01:15:34	+44:53	07:33
1097	781	Silvio Felipe de Liro dos Santos	individual	Senior Masculino	01:15:50	+45:09	07:35
1098	1581	Helena Cruz	yes we can	Senior Feminino	01:15:53	+45:11	07:35
1099	1583	Clara Pinto	yes we can	Veterana F50	01:15:59	+45:18	07:36
1100	279	Pedro Calisto	focus_tuu	Veterano M55	01:16:03	+45:21	07:36
1101	459	Joana Mendes Cordeiro dos Santos Vicente	individual	Senior Feminino	01:16:03	+45:21	07:36
1102	278	Alfredo Cortesão	focus_tuu	Veterano M55	01:16:03	+45:21	07:36
1103	276	Luís Cunha	focus_tuu	Veterano M40	01:16:03	+45:21	07:36
1104	822	Joana Passos	individual	Veterana F35	01:16:03	+45:22	07:36
1105	258	André Vilas Boas	focus_tuu	Senior Masculino	01:16:03	+45:22	07:36
1106	1367	Luis Joaquim	lizrunners	Veterano M45	01:16:05	+45:24	07:36
1107	483	Maria Beatriz Castro Oliveira	individual	Senior Feminino	01:16:05	+45:24	07:37
1108	485	Maria Durão	individual	Senior Feminino	01:16:06	+45:24	07:37
1109	1384	Tânia Ferreira	miro trail	Veterana F35	01:16:07	+45:25	07:37
1110	293	Flávio Silva	fruta da 5ª	Senior Masculino	01:16:07	+45:25	07:37
1111	1358	Sofia Mendoça	litofish	Veterana F40	01:16:09	+45:27	07:37
1112	1227	Luís Fonseca	individual	Veterano M50	01:16:10	+45:29	07:37
1113	805	Andreia Sofia dos Santos Pereira	individual	Veterana F35	01:16:11	+45:30	07:37
1114	363	Ana Carolina Martins Simões	individual	Senior Feminino	01:16:12	+45:31	07:37
1115	23	Beatriz Domingues	233runclub	Senior Feminino	01:16:16	+45:34	07:38
1116	290	Sandra Almeida	fresenius kabi runners	Veterana F45	01:16:18	+45:37	07:38
1117	846	Sónia Henriques	individual	Veterana F35	01:16:30	+45:48	07:39
1118	832	Marisa Gomes	individual	Veterana F35	01:16:30	+45:48	07:39
1119	424	Day Fortes	individual	Senior Feminino	01:16:32	+45:50	07:39
1120	118	Dulce Medeiros	avelar sunset team	Veterana F50	01:16:32	+45:51	07:39
1121	961	LILIAN MENDES ANDRADE	individual	Veterana F55	01:16:33	+45:51	07:39
1122	1442	Carla Manuela Maia Pinheiro	puro judo	Veterana F50	01:16:42	+46:00	07:40
1123	1443	Jordao Martins Laranja	puro judo	Veterano M45	01:16:42	+46:01	07:40
1124	1385	Mariana Cruz Frazão	missao verão 25	Senior Feminino	01:16:46	+46:04	07:41
1125	914	Oriana Batista	individual	Veterana F45	01:16:47	+46:06	07:41
1126	1250	Rúben Batista	individual	Veterano M50	01:16:48	+46:06	07:41
1127	1504	João reto	salesianos team	Veterano M40	01:16:59	+46:17	07:42
1128	1503	Inês Carvalho	salesianos team	Veterana F40	01:16:59	+46:17	07:42
1129	1416	Sandra Marques	os pinguins	Senior Feminino	01:17:07	+46:26	07:43
1130	1419	João Torres	os pinguins	Senior Masculino	01:17:08	+46:27	07:43

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1131	862	Caroline Relva de Moraes	individual	Veterana F40	01:17:09	+46:28	07:43
1132	582	Bryan Rodrigues	individual	Senior Masculino	01:17:10	+46:29	07:43
1133	150	Claudia Santos	calminheiros	Senior Feminino	01:17:19	+46:37	07:44
1134	151	Lisa Siebrecht	calminheiros	Senior Feminino	01:17:19	+46:38	07:44
1135	1365	Luis Rodrigues	litofish	Veterano M50	01:17:28	+46:47	07:45
1136	274	Carlos Andres Montenegro	focus_tuu	Veterano M40	01:17:29	+46:48	07:45
1137	269	Marely Jazmin Bejarano Pena	focus_tuu	Veterana F40	01:17:29	+46:48	07:45
1138	1433	Mónica menano	panela de barro	Veterana F45	01:17:31	+46:50	07:45
1139	1432	Elizabete Loureiro	panela de barro	Veterana F45	01:17:32	+46:51	07:45
1140	416	Cristiana Santos	individual	Senior Feminino	01:17:39	+46:57	07:46
1141	473	Livia nunes barbosa	individual	Senior Feminino	01:17:41	+46:59	07:46
1142	834	Mishelly Tomaz	individual	Veterana F35	01:17:44	+47:02	07:46
1143	1121	Ruben Portal	individual	Veterano M40	01:17:45	+47:04	07:47
1144	1140	claudio vicente	individual	Veterano M45	01:17:46	+47:05	07:47
1145	1190	Ricardo Veiga	individual	Veterano M45	01:17:47	+47:05	07:47
1146	85	Noemi Cruz	amc crossfit	Veterana F40	01:17:47	+47:06	07:47
1147	706	Laércio Antonio Gaieski Ferreira	individual	Senior Masculino	01:18:06	+47:25	07:49
1148	852	Tatiana Cunha	individual	Veterana F35	01:18:12	+47:30	07:49
1149	405	Catarina Bastos	individual	Senior Feminino	01:18:12	+47:31	07:49
1150	465	Lara Lisboa	individual	Senior Feminino	01:18:15	+47:33	07:49
1151	1560	Ana Catarina Casqueira Rodrigues	verallia portugal	Senior Feminino	01:18:20	+47:39	07:50
1152	945	Rosana Da Silva	individual	Veterana F50	01:18:21	+47:40	07:50
1153	267	Carolina Abreu	focus_tuu	Veterana F35	01:18:21	+47:40	07:50
1154	285	Miguel Lopes	fr sport	Senior Masculino	01:18:30	+47:48	07:51
1155	802	Ana Peixoto	individual	Veterana F35	01:18:37	+47:56	07:52
1156	908	Hélia Gil dos Santos Morais	individual	Veterana F45	01:18:38	+47:56	07:52
1157	141	Paula Pires	bulldog team	Senior Feminino	01:18:42	+48:01	07:52
1158	140	Ana Silva	bulldog team	Senior Feminino	01:18:43	+48:01	07:52
1159	7	Beatriz Costa	#leiriaexiste	Senior Feminino	01:18:48	+48:06	07:53
1160	1450	Helder Henrique Oliveira Duarte	remax white	Veterano M50	01:18:48	+48:07	07:53
1161	395	CAMILA VIDAL FERREIRA TAVARES	individual	Senior Feminino	01:18:48	+48:07	07:53
1162	585	Cristóvão Vinagre	individual	Senior Masculino	01:19:06	+48:24	07:55
1163	798	Yevhenii Taranets	individual	Senior Masculino	01:19:10	+48:28	07:55
1164	1533	Iasmin Nunes Castro	talentos objetivos	Senior Feminino	01:19:11	+48:30	07:55
1165	1244	Pedro Fernando dos Reis Moleiro	individual	Veterano M50	01:19:12	+48:30	07:55
1166	74	Sonia Calado	aerospacelab pt	Senior Feminino	01:19:12	+48:30	07:55
1167	889	Ana Gaspar	individual	Veterana F45	01:19:12	+48:31	07:55
1168	1402	Joana Gomes Conceição	os chalés	Senior Feminino	01:19:12	+48:31	07:55
1169	534	Sara Hoshian	individual	Senior Feminino	01:19:16	+48:34	07:56
1170	738	Paulo Fernandes	individual	Senior Masculino	01:19:17	+48:35	07:56
1171	721	Mauri Ângelo Rocha Gurgel	individual	Senior Masculino	01:19:20	+48:38	07:56
1172	649	Hedalercio Alexandre da Cunha Rodrigues	individual	Senior Masculino	01:19:20	+48:38	07:56

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1173	974	Jeniffer orzatty	individual	Veterana F60	01:19:23	+48:42	07:56
1174	390	Beatriz Felipe Custodio	individual	Senior Feminino	01:19:36	+48:54	07:58
1175	396	Carla Alexandra Gonçalves Nogueira	individual	Senior Feminino	01:19:43	+49:02	07:58
1176	997	Daniel Couceiro	individual	Veterano M35	01:19:51	+49:10	07:59
1177	1546	Marta Simões	teambala	Veterana F45	01:19:53	+49:12	07:59
1178	452	Isa Gomes	individual	Senior Feminino	01:19:57	+49:15	08:00
1179	525	Rita Cadaval	individual	Senior Feminino	01:19:57	+49:16	08:00
1180	367	Ana Delgado	individual	Senior Feminino	01:20:03	+49:22	08:00
1181	930	Ana Luísa Bento Duarte da Silva Baptista	individual	Veterana F50	01:20:13	+49:32	08:01
1182	508	Melanie Sá	individual	Senior Feminino	01:20:15	+49:34	08:02
1183	808	Cátia Sofia dos Santos da Conceição	individual	Veterana F35	01:20:29	+49:48	08:03
1184	1256	António José Ferraz Tarrafa	individual	Veterano M55	01:20:32	+49:50	08:03
1185	1420	Pedro Caetano Raposo	os raposinhos	Senior Masculino	01:20:41	+49:59	08:04
1186	871	Kateryna Lima	individual	Veterana F40	01:20:48	+50:07	08:05
1187	134	Patricia Cardoso	bistecas	Senior Feminino	01:21:01	+50:20	08:06
1188	289	Carla Alves	fresenius kabi runners	Veterana F45	01:21:06	+50:24	08:07
1189	1567	André Gonçalo Casqueira Rodrigues	verallia portugal	Veterano M35	01:21:11	+50:30	08:07
1190	404	Caroline Costa	individual	Senior Feminino	01:21:14	+50:33	08:07
1191	965	Paula Jacob	individual	Veterana F55	01:21:14	+50:33	08:07
1192	511	Nathalia Martins	individual	Senior Feminino	01:21:15	+50:33	08:07
1193	162	Filipa Gonçalves Traqueia	caracóis de corrida	Senior Feminino	01:21:26	+50:44	08:09
1194	977	Julieta Coelho	individual	Veterana F65	01:21:28	+50:47	08:09
1195	514	Patricia Catarino	individual	Senior Feminino	01:21:34	+50:52	08:09
1196	531	Rute Filipa	individual	Senior Feminino	01:21:34	+50:53	08:09
1197	917	Renata Loureiro	individual	Veterana F45	01:21:35	+50:53	08:09
1198	884	Talita Moraes Cardozo	individual	Veterana F40	01:21:39	+50:58	08:10
1199	513	Nicoli ariel sant ana da silva	individual	Senior Feminino	01:21:41	+51:00	08:10
1200	924	simoos christelle	individual	Veterana F45	01:21:42	+51:00	08:10
1201	891	Andreia Cristina de Oliveira	individual	Veterana F45	01:21:53	+51:12	08:11
1202	164	Rita Bernardo	caracóis de corrida	Senior Feminino	01:21:58	+51:17	08:12
1203	1336	Maria Cristina Lema Pelicano	junta freguesia buarcos e são julião	Veterana F60	01:22:07	+51:25	08:13
1204	277	Milton Tobos	focus_tuu	Veterano M45	01:22:14	+51:32	08:13
1205	268	Liliana Forero	focus_tuu	Veterana F40	01:22:14	+51:33	08:13
1206	1547	Ana Cristina Sousa	teambala	Veterana F50	01:22:30	+51:48	08:15
1207	1447	Sérgio Nuno Marques	remax white	Veterana F50	01:22:52	+52:10	08:17
1208	1052	TRACA Pierre	individual	Veterano M35	01:23:05	+52:23	08:18
1209	1319	João Marques Silva	individual	Veterano M65	01:23:26	+52:45	08:21
1210	1279	Paulo Silva	individual	Veterano M55	01:23:27	+52:45	08:21
1211	369	Ana Isabel de Lemos Barão Nóbrega	individual	Senior Feminino	01:23:28	+52:46	08:21
1212	1415	Carolina Matias	os pinguins	Senior Feminino	01:23:45	+53:03	08:22
1213	538	Sofia Mendonça	individual	Senior Feminino	01:23:46	+53:04	08:23
1214	968	Shirlei Mesquita Sandim	individual	Veterana F55	01:24:03	+53:22	08:24

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1215	1561	Carolina Coutinho	verallia portugal	Senior Feminino	01:24:24	+53:42	08:26
1216	1348	DOUGLAS SANTOS	lá ele	Veterano M45	01:24:34	+53:53	08:27
1217	671	João Maroeli	individual	Senior Masculino	01:24:35	+53:53	08:27
1218	35	sandra nascimento	233runclub	Veterana F50	01:24:35	+53:53	08:27
1219	804	Anabela Santos Vieira	individual	Veterana F35	01:24:48	+54:07	08:29
1220	445	Inês Constâncio	individual	Senior Feminino	01:24:54	+54:13	08:29
1221	724	Miguel Carvalho	individual	Senior Masculino	01:24:56	+54:14	08:30
1222	1245	Pedro Loureiro	individual	Veterano M50	01:25:03	+54:21	08:30
1223	418	Cristiane Giffone da Cruz	individual	Senior Feminino	01:25:14	+54:33	08:31
1224	1344	Camila Pinheiro	la carrera	Veterana F35	01:25:23	+54:41	08:32
1225	1120	Rodrigo Braga	individual	Veterano M40	01:25:24	+54:42	08:32
1226	400	Carolina Fortunato	individual	Senior Feminino	01:25:24	+54:43	08:32
1227	1341	Maria Inês Teixeira Martins	kureca	Senior Feminino	01:25:27	+54:45	08:33
1228	1342	Marcio Daniel Santos Ferreira	kureca	Senior Masculino	01:25:27	+54:46	08:33
1229	1340	Joana Maria da Orada Carujo Mendes Gonçalves	kureca	Senior Feminino	01:25:29	+54:47	08:33
1230	1589	Luiza Vitoretti	zukas	Senior Feminino	01:25:29	+54:47	08:33
1231	1364	João Matias	litofish	Veterano M45	01:25:49	+55:07	08:35
1232	480	Mara Taipina da Silva	individual	Senior Feminino	01:26:03	+55:22	08:36
1233	542	Soraia Rodrigues	individual	Senior Feminino	01:26:05	+55:24	08:37
1234	1391	Luís António Martins dos Santos	missao verão 25	Veterano M35	01:26:06	+55:24	08:37
1235	1108	Paulo Borloth	individual	Veterano M40	01:26:07	+55:25	08:37
1236	419	Daniela Alexandra Fernandes de Jesus	individual	Senior Feminino	01:26:15	+55:34	08:38
1237	743	Pedro Martins Gonçalves	individual	Senior Masculino	01:26:16	+55:34	08:38
1238	1084	Joao Filipe Parente Abreu Nunes	individual	Veterano M40	01:26:24	+55:42	08:38
1239	1144	EDUARDO DA SILVA	individual	Veterano M45	01:26:49	+56:08	08:41
1240	870	JULIANA ALMERINDO SILVA	individual	Veterana F40	01:26:49	+56:08	08:41
1241	618	Filipe Oliveira	individual	Senior Masculino	01:26:53	+56:12	08:41
1242	355	Adriana Santos	individual	Senior Feminino	01:26:54	+56:13	08:41
1243	471	Letícia Castro	individual	Senior Feminino	01:27:09	+56:28	08:43
1244	734	Oziel Santos	individual	Senior Masculino	01:27:16	+56:35	08:44
1245	1526	Rita Lucena	sunday run-day	Senior Feminino	01:27:21	+56:40	08:44
1246	641	Goncalo Melo	individual	Senior Masculino	01:27:22	+56:41	08:44
1247	1085	João Manuel Bicho Lopes Cardoso	individual	Veterano M40	01:27:35	+56:54	08:46
1248	145	Alice Pinharanda	bulldog team	Veterana F55	01:27:40	+56:59	08:46
1249	1459	Filipa Loureiro Neves	revolution fitness	Veterana F35	01:27:41	+56:59	08:46
1250	966	Paula Ramos	individual	Veterana F55	01:27:47	+57:06	08:47
1251	1231	Manuel Pedro Oliveira	individual	Veterano M50	01:27:48	+57:07	08:47
1252	1023	Magno Santos	individual	Veterano M35	01:28:38	+57:56	08:52
1253	882	Raquel Melo	individual	Veterana F40	01:28:39	+57:57	08:52
1254	163	Inês Mónica Boeiro	caracóis de corrida	Senior Feminino	01:28:53	+58:12	08:53
1255	165	Sara Sofia da Silva Pereira Oliveira	caracóis de corrida	Senior Feminino	01:28:55	+58:14	08:54
1256	1590	Odair vitoretti	zukas	Veterano M55	01:29:18	+58:36	08:56

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1257	44	Paulo Ferreira	233runclub	Veterano M55	01:29:26	+58:44	08:57
1258	1183	Pedro Ramos	individual	Veterano M45	01:30:10	+59:29	09:01
1259	457	Joana Lopes Caetano Vidal	individual	Senior Feminino	01:30:13	+59:32	09:01
1260	1210	Fernando Marques	individual	Veterano M50	01:30:22	+59:40	09:02
1261	863	Dora Lopes	individual	Veterana F40	01:30:35	+59:54	09:04
1262	868	Joana Lopes	individual	Veterana F40	01:30:36	+59:54	09:04
1263	133	Ana Costa	bistecas	Senior Feminino	01:30:50	+01:00:08	09:05
1264	1345	Beatriz Amorim	la carrera	Veterana F60	01:31:02	+01:00:20	09:06
1265	946	Rosangela Mota Reis	individual	Veterana F50	01:31:12	+01:00:30	09:07
1266	537	Sofia Maria Pinto Sousa	individual	Senior Feminino	01:31:46	+01:01:04	09:11
1267	750	Rafael Alexandre Portugal Matos	individual	Senior Masculino	01:31:47	+01:01:05	09:11
1268	544	Tamara Domingues	individual	Senior Feminino	01:33:08	+01:02:27	09:19
1269	1537	Rumitchi de Campos	team 13 pt	Veterano M35	01:34:18	+01:03:37	09:26
1270	867	Jamila Cabral	individual	Veterana F40	01:34:19	+01:03:38	09:26
1271	451	Inês Saltao	individual	Senior Feminino	01:34:31	+01:03:50	09:27
1272	1197	Vitor Tomaz	individual	Veterano M45	01:34:43	+01:04:02	09:28
1273	1051	tim holmstrup	individual	Veterano M35	01:34:44	+01:04:02	09:28
1274	926	Sonia Perpetua	individual	Veterana F45	01:35:24	+01:04:43	09:32
1275	28	Mário Garrido	233runclub	Senior Masculino	01:37:26	+01:06:44	09:45
1276	713	Luís Henrique Lobo Marinho Moreira	individual	Senior Masculino	01:37:26	+01:06:45	09:45
1277	1096	Marco Ramos	individual	Veterano M40	01:37:50	+01:07:09	09:47
1278	887	Adriana Figueira	individual	Veterana F45	01:37:50	+01:07:09	09:47
1279	1484	Sofia Faria Blanc	run 4 fun	Veterana F55	01:38:26	+01:07:44	09:51
1280	410	Catarina Santos	individual	Senior Feminino	01:39:59	+01:09:17	10:00
1281	11	Ricardo Monteiro	#leiriaexiste	Senior Masculino	01:40:16	+01:09:34	10:02
1282	553	Thacyla Vidal	individual	Senior Feminino	01:40:54	+01:10:13	10:05
1283	1392	Mayane Garcia Belini	mm	Senior Feminino	01:41:25	+01:10:43	10:08
1284	555	Vanessa Filipa Ribeiro de Sousa	individual	Senior Feminino	01:41:35	+01:10:53	10:09
1285	755	Rafael Santos Pinto	individual	Senior Masculino	01:41:37	+01:10:56	10:10
1286	193	Sofia Fernandes	construa & corra	Senior Feminino	01:41:39	+01:10:58	10:10
1287	195	Hugo Fernandes	construa & corra	Senior Masculino	01:41:40	+01:10:59	10:10
1288	380	Andreia Barreto	individual	Senior Feminino	01:42:21	+01:11:39	10:14
1289	382	Ane Caroline Ribeiro Nascimento Matias	individual	Senior Feminino	01:43:14	+01:12:33	10:19
1290	1497	Celina Dias	running4fun team viseu	Veterana F50	01:43:42	+01:13:01	10:22
1291	658	João Almeida	individual	Senior Masculino	01:44:06	+01:13:25	10:25
1292	1049	Tauan Oliveira	individual	Veterano M35	01:44:13	+01:13:31	10:25
1293	464	Kamila Martins	individual	Senior Feminino	01:44:14	+01:13:32	10:25
1294	923	Selma Felix	individual	Veterana F45	01:44:17	+01:13:36	10:26
1295	925	Sonia Gil	individual	Veterana F45	01:45:05	+01:14:24	10:31
1296	433	Ema Gaspar	individual	Senior Feminino	01:45:49	+01:15:08	10:35
1297	913	Mônica Ferreira	individual	Veterana F45	01:46:59	+01:16:17	10:42
1298	1135	Camilo Matos	individual	Veterano M45	01:47:07	+01:16:26	10:43
1299	874	Luanda Santana Costa	individual	Veterana F40	01:48:37	+01:17:55	10:52

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1300	620	Filipe Vieira	individual	Senior Masculino	01:50:46	+01:20:04	11:05
1301	128	Cátia Inês Oliveira Cruz Faria	benmax	Veterana F35	01:52:18	+01:21:37	11:14
1302	1287	Vitor Boavida	individual	Veterano M55	01:52:19	+01:21:37	11:14
1303	1101	MIKHAIL BYKOV	individual	Veterano M40	01:52:19	+01:21:38	11:14
1304	1297	João Grilo	individual	Veterano M60	01:55:18	+01:24:37	11:32
1305	191	Büsa Öner Macário	construa & corra	Senior Feminino	01:55:44	+01:25:03	11:34
1306	198	Veronica Cordova Rocha	construa & corra	Veterana F35	01:55:45	+01:25:03	11:34
1307	1292	Carlos Santos	individual	Veterano M60	01:55:48	+01:25:06	11:35
1308	593	Davide Silva	individual	Senior Masculino	01:56:27	+01:25:46	11:39
1309	1088	Jorge Eliecer Ramirez Gomez	individual	Veterano M40	01:56:39	+01:25:58	11:40
1310	825	Laura Catalina Criado Rusingue	individual	Veterana F35	01:56:49	+01:26:07	11:41
1311	820	Joana Filipa Antunes	individual	Veterana F35	01:57:53	+01:27:11	11:47
1312	1105	Nuno Caetano	individual	Veterano M40	01:57:54	+01:27:12	11:47
1313	818	Joana Campos	individual	Veterana F35	01:58:06	+01:27:25	11:49
1314	381	Andreia Nascimento	individual	Senior Feminino	01:58:07	+01:27:26	11:49
1315	505	Matilde Rocha	individual	Senior Feminino	01:58:49	+01:28:08	11:53
1316	493	Mariana Duarte	individual	Senior Feminino	01:58:52	+01:28:10	11:53
1317	938	Lília Simões	individual	Veterana F50	01:59:20	+01:28:38	11:56
1318	252	Luís Alves	flashover	Veterano M50	02:00:02	+01:29:21	12:00
1319	1079	Javier Ávila Miguel	individual	Veterano M40	02:00:43	+01:30:01	12:04
1320	1169	Matt Faultless	individual	Veterano M45	02:01:12	+01:30:30	12:07
1321	346	Nadine Djabi	individual	Junior Feminino	02:05:16	+01:34:35	12:32
1322	880	Patrícia Ramalho	individual	Veterana F40	02:05:18	+01:34:37	12:32
1323	1333	Pedro Lourenco	jlpi	Veterano M40	02:05:20	+01:34:38	12:32
1324	1522	TIAGO PEGO	silvas s.a.	Veterano M40	02:05:36	+01:34:55	12:34
1325	1520	ANABELA COLAÇO	silvas s.a.	Veterana F45	02:05:36	+01:34:55	12:34
1326	732	Nuno Peixinho	individual	Senior Masculino	02:05:46	+01:35:04	12:35
1327	491	Mariana Cabete Rocha	individual	Senior Feminino	02:05:47	+01:35:05	12:35
1328	1518	Diogo Emanuel Mendes Silva	sempre a fundo	Senior Masculino	02:08:32	+01:37:51	12:51
1329	1513	Bruno Adão	sem sede	Veterano M40	02:09:49	+01:39:07	12:59
1330	147	Nelson silva	bulldog team	Veterano M45	02:10:41	+01:40:00	13:04
1331	1523	ANTÓNIO PEGO	silvas s.a.	Veterano M50	02:10:42	+01:40:00	13:04
1332	959	Isabel Gomes	individual	Veterana F55	02:12:34	+01:41:53	13:15
1333	496	Mariana Nunes	individual	Senior Feminino	02:12:41	+01:42:00	13:16
1334	487	Maria Luísa Canário	individual	Senior Feminino	02:12:42	+01:42:01	13:16
1335	791	Tiago Pereira	individual	Senior Masculino	02:12:44	+01:42:02	13:16
1336	510	Morgana Mendes Neves	individual	Senior Feminino	02:13:38	+01:42:57	13:22
1337	526	Rita Gameiro	individual	Senior Feminino	02:17:23	+01:46:42	13:44
1338	47	Ricardo Jorge Gonçalves Oliveira	4u studio	Veterano M35	02:17:51	+01:47:10	13:47
1339	1387	Sérgio Loureiro	missao verão 25	Senior Masculino	02:17:52	+01:47:10	13:47
1340	30	Xavier Costa Rato	233runclub	Senior Masculino	02:18:08	+01:47:27	13:49
1341	1267	José Cardoso	individual	Veterano M55	02:19:48	+01:49:06	13:59
1342	803	Ana Vera Marinho	individual	Veterana F35	02:20:51	+01:50:10	14:05
1343	758	Reynam Silva Barbosa	individual	Senior Masculino	02:21:08	+01:50:27	14:07
1344	627	Francisco Pimentel	individual	Senior Masculino	02:22:38	+01:51:57	14:16

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1345	896	Carla Correia	individual	Veterana F45	02:24:05	+01:53:23	14:24
1346	1474	Fernando Colaço	rijos	Veterano M45	02:28:56	+01:58:15	14:54
1347	1473	Dora Afonso	rijos	Veterana F45	02:28:57	+01:58:16	14:54
1348	1215	Guilherme Soares	individual	Veterano M50	02:32:06	+02:01:25	15:13

Obs

BIB	NOTE	NAME	TEAM	CAT
467	DQ	Laura Lopes	Individual	Senior Feminino
52	DNF	RAFAEL VICENTE	5KM DE DOMINGO	Veterano M45
131	DNF	Diogo Carvalho	BenMax	Veterano M40
678	DNF	João Pedro Gameiro Lopes	Individual	Senior Masculino
909	DNF	LUCIENE MORAIS	Individual	Veterana F45
1361	DNF	Daniel Silva	LITOFISH	Veterano M40
1534	DNF	Marco Moreira	Talentos Objetivos	Senior Masculino
1559	DNF	Paulo Domingues	Velocidade Furiosa (slow version)	Veterano M40

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	19,9°C	69%
End	12:19	19.9°C	69%

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

1	347	Rita Lopes	Individual	Junior Feminino	01:01:52	+31:11	06:11:11
2	345	Matilde Leite Santos	Individual	Junior Feminino	01:02:51	+32:10	06:17:11
3	344	Leonor Cruz	Individual	Junior Feminino	01:11:19	+40:38	07:08:11
4	346	Nadine Djabi	Individual	Junior Feminino	02:05:16	+01:34:35	12:32:11

Junior Masculino

1	1335	Henrique Raimundo Maia Seara Pinto da Costa	Junta Freguesia Buarcos e São Julião	Junior Masculino	43:51	+13:10	04:23:00
2	1538	João Gaspar	Team El Comandante	Junior Masculino	46:05	+15:24	04:37:00
3	354	Tiago Duarte	Individual	Junior Masculino	48:38	+17:57	04:52:00
4	1334	Antonio Rodrigo Maia Seara Pinto da Costa	Junta Freguesia Buarcos e São Julião	Junior Masculino	53:14	+22:33	05:19:00
5	348	Diogo Venâncio Nunes	Individual	Junior Masculino	58:47	+28:06	05:53:00
6	353	Rodrigo Leite Santos	Individual	Junior Masculino	01:07:44	+37:03	06:46:00

Senior Feminino

1	3	Joana Ferreira	RD Águeda	Senior Feminino	35:52	+05:11	03:35
2	372	ANA RITA CLARO FERREIRA	Individual	Senior Feminino	45:53	+15:12	04:35
3	535	Sara Inácio	Individual	Senior Feminino	46:14	+15:33	04:37
4	1542	Samanta Cruz Bulhões	Team Pardelas	Senior Feminino	48:07	+17:26	04:49
5	533	Sandra Estrada	Individual	Senior Feminino	48:13	+17:32	04:49
6	368	Ana Filipa	Individual	Senior Feminino	48:32	+17:51	04:51
7	365	Ana Carvalho	Individual	Senior Feminino	51:03	+20:22	05:06
8	391	Beatriz Ferreira	Individual	Senior Feminino	51:20	+20:39	05:08
9	374	Ana Rita Gomes	Individual	Senior Feminino	52:52	+22:11	05:17
10	283	Maria Caniceiro	Fr Sport	Senior Feminino	53:16	+22:35	05:20
11	249	Alexandra Duarte	Flashover	Senior Feminino	53:16	+22:36	05:20
12	450	Inês Rodrigues Fernandes de Jesus	Individual	Senior Feminino	53:39	+22:58	05:22
13	484	Maria Domingues	Individual	Senior Feminino	54:14	+23:33	05:25
14	556	Vanessa Marto	Individual	Senior Feminino	54:39	+23:58	05:28
15	437	Filipa Nobre Maia	Individual	Senior Feminino	55:28	+24:47	05:33
16	1494	Raquel Caracitas	Running4Fun Team Viseu	Senior Feminino	55:50	+25:09	05:35
17	21	Ana Monteiro	233RunClub	Senior Feminino	55:59	+25:18	05:36
18	205	Vania Silva	Corrida Loka	Senior Feminino	56:04	+25:23	05:36
19	221	Ana Filipa Tomé	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	56:28	+25:47	05:39
20	554	Thérèse Melanie	Individual	Senior Feminino	56:37	+25:56	05:40

Prova Principal

10 KM

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OFFICIAL RESULT

[illegible]

21	539	Sofia Reis Ferreira	Individual	Senior Feminino	56:45	+26:04	05:41
22	302	Giovana Colucci	GINÁSIO CLUBE DE BRAGANÇA	Senior Feminino	57:13	+26:32	05:43
23	552	Telma Ferreira	Individual	Senior Feminino	57:37	+26:56	05:46
24	24	Beatriz Mendes Duarte	233RunClub	Senior Feminino	57:46	+27:05	05:47
25	393	Beatriz Margarida Queda Ferreira	Individual	Senior Feminino	58:06	+27:25	05:49
26	402	Carolina Paiva	Individual	Senior Feminino	58:18	+27:37	05:50
27	371	Ana Paula Veiga	Individual	Senior Feminino	58:27	+27:46	05:51
28	373	Ana Rita Dos Santos Silva	Individual	Senior Feminino	58:30	+27:49	05:51
29	25	Marta Martins	233RunClub	Senior Feminino	58:46	+28:05	05:53
30	460	Joana Neves	Individual	Senior Feminino	59:05	+28:24	05:55
31	462	Josefa Fonseca	Individual	Senior Feminino	59:05	+28:24	05:55
32	420	Daniela Filipa Ferreira Santos	Individual	Senior Feminino	59:09	+28:28	05:55
33	478	Lurdes Rovisco Branquinho	Individual	Senior Feminino	59:10	+28:29	05:55
34	358	Amanda Neri Porto Santos	Individual	Senior Feminino	59:12	+28:32	05:55
35	458	Joana Margarida de Melo Papel	Individual	Senior Feminino	59:33	+28:52	05:57
36	427	Diana Dos Santos Regalado	Individual	Senior Feminino	59:34	+28:53	05:57
37	446	Inês Esteves	Individual	Senior Feminino	59:35	+28:54	05:58
38	383	Angela Ribeiro	Individual	Senior Feminino	59:42	+29:01	05:58
39	470	Léa Martins	Individual	Senior Feminino	59:46	+29:05	05:59
40	167	Daniela Valente	CARAPAU DE CORRIDA	Senior Feminino	59:58	+29:17	06:00
41	1444	Carina Martinho Celho	Remax White	Senior Feminino	01:00:12	+29:31	06:01
42	1431	Nadine loureiro	Panela de Barro	Senior Feminino	01:01:08	+30:27	06:07
43	253	Catarina Pastilha	FOCUS_TUU	Senior Feminino	01:01:16	+30:35	06:08
44	497	Mariana Paiva	Individual	Senior Feminino	01:01:16	+30:35	06:08
45	530	Roberta Pereira	Individual	Senior Feminino	01:01:41	+31:00	06:10
46	256	Sandra rito	FOCUS_TUU	Senior Feminino	01:01:49	+31:08	06:11
47	1417	Sara Nobre	Os Pinguins	Senior Feminino	01:01:50	+31:09	06:11
48	112	Maria joao simoes	AUCHAN	Senior Feminino	01:02:01	+31:20	06:12
49	255	Mariana Lucena	FOCUS_TUU	Senior Feminino	01:02:06	+31:25	06:13
50	456	Joana Lopes	Individual	Senior Feminino	01:02:12	+31:31	06:13
51	182	Lara Daniela Rosário Martins	Clinica do Exercício	Senior Feminino	01:02:12	+31:31	06:13
52	520	Raquel Esteves	Individual	Senior Feminino	01:02:35	+31:54	06:16
53	545	Tânia Esteves	Individual	Senior Feminino	01:02:36	+31:55	06:16
54	359	Amélia Gonçalves	Individual	Senior Feminino	01:02:47	+32:06	06:17
55	414	Cláudia Azevedo	Individual	Senior Feminino	01:02:49	+32:08	06:17
56	403	Carolina Santos Ferreira	Individual	Senior Feminino	01:02:51	+32:11	06:17
57	498	Mariia Mitaneva	Individual	Senior Feminino	01:02:54	+32:13	06:17
58	422	Daniela Mendes	Individual	Senior Feminino	01:03:06	+32:25	06:19
59	477	Luísa Veneza Roque	Individual	Senior Feminino	01:03:24	+32:43	06:20
60	482	Margarida Gonçalves Susana	Individual	Senior Feminino	01:03:28	+32:47	06:21
61	370	Ana Lúcia Rocha	Individual	Senior Feminino	01:03:31	+32:50	06:21
62	517	Patrícia Ferreira	Individual	Senior Feminino	01:03:37	+32:56	06:22
63	443	Inês Cal	Individual	Senior Feminino	01:03:41	+33:00	06:22
64	1445	Helena Sofia Silva Duarte	Remax White	Senior Feminino	01:03:44	+33:03	06:22
65	461	Joana Pereira	Individual	Senior Feminino	01:03:49	+33:08	06:23
66	466	Larissa Barbosa Soares	Individual	Senior Feminino	01:03:49	+33:08	06:23

Official Timekeeper: Lap2Go	2 / 32	generate 15-jun.-2025 12:24
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Prova Principal

10 KM

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OFFICIAL RESULT

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67	222	Beatriz Amaral	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	01:04:03	+33:22	06:24
68	463	Julia Almeida	Individual	Senior Feminino	01:04:07	+33:26	06:25
69	527	Rita Martins	Individual	Senior Feminino	01:04:09	+33:28	06:25
70	541	Sónia Santos	Individual	Senior Feminino	01:04:17	+33:36	06:26
71	1487	Beatriz Moreira	RUN FOREST RUN	Senior Feminino	01:04:41	+34:00	06:28
72	474	Luana Bevervanco	Individual	Senior Feminino	01:04:42	+34:01	06:28
73	557	Vera Lúcia Mendes Pereira	Individual	Senior Feminino	01:04:48	+34:07	06:29
74	57	Maria Blanco	Académica de Coimbra	Senior Feminino	01:04:51	+34:10	06:29
75	430	Diana Simões	Individual	Senior Feminino	01:04:51	+34:10	06:29
76	364	Ana Carolina Sérvolo	Individual	Senior Feminino	01:04:52	+34:11	06:29
77	415	Cláudia Oliveira	Individual	Senior Feminino	01:04:56	+34:15	06:30
78	192	Rute Mendes	Construa & Corra	Senior Feminino	01:04:58	+34:17	06:30
79	429	Diana Silva	Individual	Senior Feminino	01:05:01	+34:20	06:30
80	1493	Beatriz Oliveira Dias	Running4Fun Team Viseu	Senior Feminino	01:05:01	+34:20	06:30
81	519	Patrícia Santos	Individual	Senior Feminino	01:05:12	+34:31	06:31
82	1382	Mariana Silva	Miles&Vibes	Senior Feminino	01:05:16	+34:35	06:32
83	536	Sara Sequeira	Individual	Senior Feminino	01:05:22	+34:41	06:32
84	551	Taynara Ribeiro Batalha Tjeng	Individual	Senior Feminino	01:05:22	+34:41	06:32
85	506	Mayara Fernandes	Individual	Senior Feminino	01:05:23	+34:42	06:32
86	468	Laura SOares	Individual	Senior Feminino	01:05:43	+35:02	06:34
87	442	Greta Conca	Individual	Senior Feminino	01:05:44	+35:03	06:34
88	388	Beatriz Coutinho	Individual	Senior Feminino	01:05:44	+35:04	06:34
89	22	Ângela Alexandre	233RunClub	Senior Feminino	01:05:53	+35:12	06:35
90	376	Ana Rocha	Individual	Senior Feminino	01:05:59	+35:18	06:36
91	532	Salomé Jorge	Individual	Senior Feminino	01:06:00	+35:19	06:36
92	1562	Mariana Alves	Verallia Portugal	Senior Feminino	01:06:17	+35:36	06:38
93	495	Mariana Lapo Pais	Individual	Senior Feminino	01:06:49	+36:08	06:41
94	378	Ana Simões	Individual	Senior Feminino	01:06:55	+36:14	06:42
95	476	Luísa Gaspar Duarte	Individual	Senior Feminino	01:07:02	+36:21	06:42
96	1587	Marta Diogo	Zequinha	Senior Feminino	01:07:07	+36:26	06:43
97	1586	Beatriz Gonçalves	Zequinha	Senior Feminino	01:07:08	+36:27	06:43
98	494	Mariana Lagarto	Individual	Senior Feminino	01:07:11	+36:30	06:43
99	257	Sara Nicolle Bejarano	FOCUS_TUU	Senior Feminino	01:07:17	+36:36	06:44
100	529	Rita Simões	Individual	Senior Feminino	01:07:22	+36:41	06:44
101	488	Maria Martins	Individual	Senior Feminino	01:07:26	+36:45	06:45
102	77	Michelly Cristina Gonçalves Camara	AFIPRE Team	Senior Feminino	01:07:41	+37:00	06:46
103	168	Mylene Cadete	CARAP AUS DE CORRIDA	Senior Feminino	01:07:57	+37:16	06:48
104	125	Alexandra Vedor	Bebecas	Senior Feminino	01:08:06	+37:25	06:49
105	540	Sónia Miguel	Individual	Senior Feminino	01:08:17	+37:37	06:50
106	440	Francisca Marques Guardado	Individual	Senior Feminino	01:08:22	+37:42	06:50
107	295	Joana Santos	Fun Run Girls Club	Senior Feminino	01:08:35	+37:54	06:52
108	408	Catarina Nunes	Individual	Senior Feminino	01:08:40	+37:59	06:52
109	407	Catarina Guedes	FOCUS_TUU	Senior Feminino	01:09:04	+38:23	06:54
110	385	Anna Nmezi	Individual	Senior Feminino	01:09:05	+38:24	06:55
111	375	Ana Rita Vicente	Individual	Senior Feminino	01:09:18	+38:37	06:56
112	528	Rita Ribeiro	Individual	Senior Feminino	01:09:27	+38:46	06:57

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Prova Principal

10 KM

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OFFICIAL RESULT

[illegible]

113	262	Juliana Freitas Pereira	FOCUS_TUU	Senior Feminino	01:09:28	+38:48	06:57
114	481	Margarida Barreirinhas	Individual	Senior Feminino	01:09:44	+39:03	06:58
115	423	Daniela Santos	Individual	Senior Feminino	01:09:54	+39:13	06:59
116	428	Diana Gomes	Individual	Senior Feminino	01:09:55	+39:14	07:00
117	282	Catarina Gonçalves	Fr Sport	Senior Feminino	01:10:17	+39:36	07:02
118	88	Inês Isusi	ARCD Venda da Luísa	Senior Feminino	01:10:18	+39:37	07:02
119	503	Marta Santos	Individual	Senior Feminino	01:10:40	+39:59	07:04
120	386	Bárbara Silva	Individual	Senior Feminino	01:10:44	+40:03	07:04
121	438	Filipa Rodrigues	Individual	Senior Feminino	01:10:47	+40:06	07:05
122	548	Tatiana Besteiros	Individual	Senior Feminino	01:10:47	+40:07	07:05
123	406	Catarina Gomes Lopes	Individual	Senior Feminino	01:10:48	+40:07	07:05
124	547	Tânia Sousa	Individual	Senior Feminino	01:10:58	+40:17	07:06
125	72	Cindy de Sousa	Adega Taurina running	Senior Feminino	01:11:17	+40:36	07:08
126	294	Mónica Dâmaso	Frutorra	Senior Feminino	01:11:19	+40:38	07:08
127	518	Patrícia Isabel Rodrigues Martins	Individual	Senior Feminino	01:11:20	+40:39	07:08
128	500	Marlene Ferreira Moreira	Individual	Senior Feminino	01:11:20	+40:39	07:08
129	499	Marisa Martins	Individual	Senior Feminino	01:11:22	+40:41	07:08
130	501	Marta Campanário	Individual	Senior Feminino	01:11:25	+40:44	07:09
131	1404	Maria Figueiró	Os Figueirós	Senior Feminino	01:11:29	+40:48	07:09
132	1405	Sofia Figueiró	Os Figueirós	Senior Feminino	01:11:29	+40:48	07:09
133	523	Renata Dias	Individual	Senior Feminino	01:11:34	+40:53	07:09
134	1541	Liliana Tomé	Team Pardelas	Senior Feminino	01:11:42	+41:02	07:10
135	389	Beatriz dos Reis Pereira	Individual	Senior Feminino	01:11:44	+41:03	07:10
136	26	Rita Carvalho	233RunClub	Senior Feminino	01:12:07	+41:26	07:13
137	490	Mariana Argel	Individual	Senior Feminino	01:12:07	+41:26	07:13
138	412	Chantal Cortesão	Individual	Senior Feminino	01:12:13	+41:32	07:13
139	127	Diana Costa	BenMax	Senior Feminino	01:12:30	+41:49	07:15
140	502	Marta F. Pereira	Individual	Senior Feminino	01:12:33	+41:52	07:15
141	357	Alice Monsanto	Individual	Senior Feminino	01:12:39	+41:58	07:16
142	254	Maria Luisa Hurtado	FOCUS_TUU	Senior Feminino	01:12:40	+41:59	07:16
143	392	Beatriz Lopes	Individual	Senior Feminino	01:13:00	+42:19	07:18
144	448	Inês Pimentel	Individual	Senior Feminino	01:13:00	+42:19	07:18
145	515	Patrícia Dias	Individual	Senior Feminino	01:13:11	+42:30	07:19
146	425	Débora Ribeiro	Individual	Senior Feminino	01:13:17	+42:36	07:20
147	444	Inês Campos Costa	Individual	Senior Feminino	01:13:17	+42:36	07:20
148	550	Tatiana Duarte	Individual	Senior Feminino	01:13:20	+42:39	07:20
149	449	Inês Quadros	Individual	Senior Feminino	01:13:30	+42:50	07:21
150	362	Ana Carolina Cartaxo Paulino	Individual	Senior Feminino	01:13:36	+42:56	07:22
151	524	Renata Theodoro	Individual	Senior Feminino	01:13:49	+43:08	07:23
152	296	Maria João	Fun Run Girls Club	Senior Feminino	01:13:53	+43:12	07:23
153	441	Francisca Morgado	Individual	Senior Feminino	01:14:06	+43:25	07:25
154	377	Ana Rodrigues	Individual	Senior Feminino	01:14:13	+43:33	07:25
155	1593	Mariana Nunes	Individual	Senior Feminino	01:14:15	+43:34	07:26
156	426	Diana Alves	Individual	Senior Feminino	01:14:38	+43:57	07:28
157	521	Raquel F	Individual	Senior Feminino	01:14:45	+44:04	07:29
158	1343	Ianê Oliveira de Amorim	La Carrera	Senior Feminino	01:14:58	+44:17	07:30

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Prova Principal

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159	413	Clara de Souza Lino	Individual	Senior Feminino	01:14:58	+44:17	07:30
160	379	Ana Sofia da Silva Coutinho	Individual	Senior Feminino	01:15:00	+44:19	07:30
161	384	Angélica Perdomo	Individual	Senior Feminino	01:15:02	+44:21	07:30
162	1488	Inês Gil	RUN FOREST RUN	Senior Feminino	01:15:05	+44:24	07:31
163	455	Joana Fernandes	Individual	Senior Feminino	01:15:08	+44:27	07:31
164	1408	Mariana Magalhães	Os Papa Milhas	Senior Feminino	01:15:14	+44:33	07:31
165	431	Dieniffer Vieira	Individual	Senior Feminino	01:15:15	+44:34	07:32
166	453	Jéssica Sousa	Individual	Senior Feminino	01:15:17	+44:36	07:32
167	1581	Helena Cruz	YES WE CAN	Senior Feminino	01:15:52	+45:11	07:35
168	459	Joana Mendes Cordeiro dos Santos Vicente	Individual	Senior Feminino	01:16:02	+45:21	07:36
169	483	Maria Beatriz Castro Oliveira	Individual	Senior Feminino	01:16:05	+45:24	07:37
170	485	Maria Durão	Individual	Senior Feminino	01:16:05	+45:24	07:37
171	363	Ana Carolina Martins Simões	Individual	Senior Feminino	01:16:12	+45:31	07:37
172	23	Beatriz Domingues	233RunClub	Senior Feminino	01:16:15	+45:34	07:38
173	424	Day Fortes	Individual	Senior Feminino	01:16:31	+45:50	07:39
174	1385	Mariana Cruz Frazão	Missao Verão 25	Senior Feminino	01:16:45	+46:04	07:41
175	1416	Sandra Marques	Os Pinguins	Senior Feminino	01:17:07	+46:26	07:43
176	150	Claudia Santos	Calminheiros	Senior Feminino	01:17:18	+46:37	07:44
177	151	Lisa Siebrecht	Calminheiros	Senior Feminino	01:17:19	+46:38	07:44
178	416	Cristiana Santos	Individual	Senior Feminino	01:17:38	+46:57	07:46
179	473	Livia nunes barbosa	Individual	Senior Feminino	01:17:40	+46:59	07:46
180	405	Catarina Bastos	Individual	Senior Feminino	01:18:12	+47:31	07:49
181	465	Lara Lisboa	Individual	Senior Feminino	01:18:14	+47:33	07:49
182	1560	Ana Catarina Casqueira Rodrigues	Verallia Portugal	Senior Feminino	01:18:20	+47:39	07:50
183	141	Paula Pires	Bulldog team	Senior Feminino	01:18:42	+48:01	07:52
184	140	Ana Silva	Bulldog team	Senior Feminino	01:18:42	+48:01	07:52
185	7	Beatriz Costa	#LEIRIAEXISTE	Senior Feminino	01:18:47	+48:06	07:53
186	395	CAMILA VIDAL FERREIRA TAVARES	Individual	Senior Feminino	01:18:48	+48:07	07:53
187	1533	Iasmin Nunes Castro	Talentos Objetivos	Senior Feminino	01:19:11	+48:30	07:55
188	74	Sonia Calado	Aerospacelab PT	Senior Feminino	01:19:11	+48:30	07:55
189	1402	Joana Gomes Conceição	Os Chalés	Senior Feminino	01:19:12	+48:31	07:55
190	534	Sara Hoshian	Individual	Senior Feminino	01:19:15	+48:34	07:56
191	390	Beatriz Felipe Custodio	Individual	Senior Feminino	01:19:35	+48:54	07:58
192	396	Carla Alexandra Gonçalves Nogueira	Individual	Senior Feminino	01:19:43	+49:02	07:58
193	452	Isa Gomes	Individual	Senior Feminino	01:19:56	+49:15	08:00
194	525	Rita Cadaval	Individual	Senior Feminino	01:19:56	+49:16	08:00
195	367	Ana Delgado	Individual	Senior Feminino	01:20:03	+49:22	08:00
196	508	Melanie Sá	Individual	Senior Feminino	01:20:15	+49:34	08:02
197	134	Patricia Cardoso	Bistecas	Senior Feminino	01:21:01	+50:20	08:06
198	404	Caroline Costa	Individual	Senior Feminino	01:21:14	+50:33	08:07
199	511	Nathalia Martins	Individual	Senior Feminino	01:21:14	+50:33	08:07
200	162	Filipa Gonçalves Traqueia	Caracóis de corrida	Senior Feminino	01:21:25	+50:44	08:09
201	514	Patricia Catarino	Individual	Senior Feminino	01:21:33	+50:52	08:09
202	531	Rute Filipa	Individual	Senior Feminino	01:21:34	+50:53	08:09
203	513	Nicoli ariel sant ana da silva	Individual	Senior Feminino	01:21:41	+51:00	08:10
204	164	Rita Bernardo	Caracóis de corrida	Senior Feminino	01:21:57	+51:17	08:12

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205	369	Ana Isabel de Lemos Barão Nóbrega	Individual	Senior Feminino	01:23:27	+52:46	08:21
206	1415	Carolina Matias	Os Pinguins	Senior Feminino	01:23:44	+53:03	08:22
207	538	Sofia Mendonça	Individual	Senior Feminino	01:23:45	+53:04	08:23
208	1561	Carolina Coutinho	Verallia Portugal	Senior Feminino	01:24:23	+53:42	08:26
209	445	Inês Constâncio	Individual	Senior Feminino	01:24:54	+54:13	08:29
210	418	Cristiane Giffone da Cruz	Individual	Senior Feminino	01:25:14	+54:33	08:31
211	400	Carolina Fortunato	Individual	Senior Feminino	01:25:24	+54:43	08:32
212	1341	Maria Inês Teixeira Martins	Kureca	Senior Feminino	01:25:26	+54:45	08:33
213	1340	Joana Maria da Orada Carujo Mendes Gonçalves	Kureca	Senior Feminino	01:25:28	+54:47	08:33
214	1589	Luiza Vitoretti	Zukas	Senior Feminino	01:25:28	+54:47	08:33
215	480	Mara Taipina da Silva	Individual	Senior Feminino	01:26:03	+55:22	08:36
216	542	Soraia Rodrigues	Individual	Senior Feminino	01:26:05	+55:24	08:37
217	419	Daniela Alexandra Fernandes de Jesus	Individual	Senior Feminino	01:26:15	+55:34	08:38
218	355	Adriana Santos	Individual	Senior Feminino	01:26:54	+56:13	08:41
219	471	Letícia Castro	Individual	Senior Feminino	01:27:08	+56:28	08:43
220	1526	Rita Lucena	Sunday Run-Day	Senior Feminino	01:27:21	+56:40	08:44
221	163	Inês Mónica Boieiro	Caracóis de corrida	Senior Feminino	01:28:53	+58:12	08:53
222	165	Sara Sofia da Silva Pereira Oliveira	Caracóis de corrida	Senior Feminino	01:28:55	+58:14	08:54
223	457	Joana Lopes Caetano Vidal	Individual	Senior Feminino	01:30:13	+59:32	09:01
224	133	Ana Costa	Bistecas	Senior Feminino	01:30:49	+01:00:08	09:05
225	537	Sofia Maria Pinto Sousa	Individual	Senior Feminino	01:31:45	+01:01:04	09:11
226	544	Tamara Domingues	Individual	Senior Feminino	01:33:08	+01:02:27	09:19
227	451	Inês Saltao	Individual	Senior Feminino	01:34:31	+01:03:50	09:27
228	410	Catarina Santos	Individual	Senior Feminino	01:39:58	+01:09:17	10:00
229	553	Thacyla Vidal	Individual	Senior Feminino	01:40:54	+01:10:13	10:05
230	1392	Mayane Garcia Belini	MM	Senior Feminino	01:41:24	+01:10:43	10:08
231	555	Vanessa Filipa Ribeiro de Sousa	Individual	Senior Feminino	01:41:34	+01:10:53	10:09
232	193	Sofia Fernandes	Construa & Corra	Senior Feminino	01:41:39	+01:10:58	10:10
233	380	Andreia Barreto	Individual	Senior Feminino	01:42:20	+01:11:39	10:14
234	382	Ane Caroline Ribeiro Nascimento Matias	Individual	Senior Feminino	01:43:14	+01:12:33	10:19
235	464	Kamila Martins	Individual	Senior Feminino	01:44:13	+01:13:32	10:25
236	433	Ema Gaspar	Individual	Senior Feminino	01:45:49	+01:15:08	10:35
237	191	Büşra Öner Macário	Construa & Corra	Senior Feminino	01:55:44	+01:25:03	11:34
238	381	Andreia Nascimento	Individual	Senior Feminino	01:58:07	+01:27:26	11:49
239	505	Matilde Rocha	Individual	Senior Feminino	01:58:49	+01:28:08	11:53
240	493	Mariana Duarte	Individual	Senior Feminino	01:58:51	+01:28:10	11:53
241	491	Mariana Cabete Rocha	Individual	Senior Feminino	02:05:46	+01:35:05	12:35
242	496	Mariana Nunes	Individual	Senior Feminino	02:12:41	+01:42:00	13:16
243	487	Maria Luísa Canário	Individual	Senior Feminino	02:12:42	+01:42:01	13:16
244	510	Morgana Mendes Neves	Individual	Senior Feminino	02:13:37	+01:42:57	13:22
245	526	Rita Gameiro	Individual	Senior Feminino	02:17:23	+01:46:42	13:44

Senior Masculino

1	5	Davide Silva	SC BRAGA	Senior Masculino	30:40	03:04
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2	6	Samuel Freire	Individual	Senior Masculino	31:27	+00:47	03:09
3	215	David Pedrosa	David Pedrosa	Senior Masculino	33:36	+02:55	03:22
4	740	Paulo Pereira	Individual	Senior Masculino	34:51	+04:10	03:29
5	71	Diogo Pagaimo	ACRSD	Senior Masculino	36:11	+05:30	03:37
6	226	Ulisses Rodrigues	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	36:11	+05:30	03:37
7	224	Cristiano Oliveira	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	36:15	+05:34	03:38
8	251	Sebastião Vicente Ramos Görne	Flashover	Senior Masculino	36:52	+06:11	03:4
9	53	José Pedro Galvão	A.R. Casaense/Escola de Atletismo de Coimbra - JPaiva	Senior Masculino	37:22	+06:41	03:44
10	634	Gil Pires	Individual	Senior Masculino	37:44	+07:03	03:46
11	1323	Axis Rocha	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Masculino	38:45	+08:04	03:53
12	735	PATRICK PEREIRA	Individual	Senior Masculino	39:37	+08:56	03:58
13	697	José Sousa	Individual	Senior Masculino	39:38	+08:57	03:58
14	638	Gonçalo Esteves	Individual	Senior Masculino	40:10	+09:29	04:01
15	694	José Oliveira	Individual	Senior Masculino	41:29	+10:48	04:09
16	629	Francisco Rafael Antunes Balteiro	Individual	Senior Masculino	41:58	+11:17	04:12
17	796	Vitor Coelho	Individual	Senior Masculino	42:06	+11:25	04:13
18	699	Jose Ventura	Individual	Senior Masculino	43:22	+12:41	04:20
19	1509	Raul Bicho	Sem sede	Senior Masculino	43:38	+12:57	04:22
20	788	Tiago nogueira azenha	Individual	Senior Masculino	44:04	+13:23	04:24
21	632	Frederico Monteiro	Individual	Senior Masculino	44:09	+13:28	04:25
22	722	Mauro Conde Salazar	Individual	Senior Masculino	44:16	+13:35	04:26
23	319	Pedro Matos Ponte	Grupo Desportivo Ferreirense	Senior Masculino	44:26	+13:45	04:27
24	1495	Hugo Bastos	Running4Fun Team Viseu	Senior Masculino	44:26	+13:45	04:27
25	701	Julio Fontes	Individual	Senior Masculino	44:32	+13:51	04:27
26	95	Tiago Henriques	Arena Prime Box	Senior Masculino	44:35	+13:54	04:28
27	1543	Rodolfo Bêa Lança	Team Pardelas	Senior Masculino	44:35	+13:54	04:28
28	698	José Sousa	Individual	Senior Masculino	45:29	+14:48	04:33
29	704	Kevin Chiesa	Individual	Senior Masculino	45:30	+14:49	04:33
30	171	Pedro Nunes	CARAP AUS DE CORRIDA	Senior Masculino	45:43	+15:02	04:34
31	751	Rafael Ferreira	Individual	Senior Masculino	45:43	+15:02	04:34
32	603	Diogo Oliveira	Individual	Senior Masculino	45:47	+15:06	04:35
33	567	André Miguel Lameiro Monteiro	Académica Triatlo	Senior Masculino	45:47	+15:06	04:35
34	1424	WAGNEL RODRIGUES SILVA	Os travessos	Senior Masculino	46:01	+15:20	04:36
35	1582	Júlio Castro Lopes	YES WE CAN	Senior Masculino	46:22	+15:41	04:38
36	668	João Lucas	Individual	Senior Masculino	46:51	+16:10	04:41
37	633	Gabriel Filipe Mendes Carvalho	Individual	Senior Masculino	46:53	+16:12	04:41
38	1592	Eduardo Manuel Rodrigues de Paiva	Individual	Senior Masculino	47:31	+16:50	04:45
39	625	Francisco Domingues Vilela	Individual	Senior Masculino	47:48	+17:07	04:47
40	117	Miguel Medeiros	Avelar Sunset Team	Senior Masculino	48:04	+17:23	04:48
41	754	Rafael Pinto	Arena Prime Box	Senior Masculino	48:05	+17:24	04:49
42	720	Martim Santos	Individual	Senior Masculino	48:08	+17:27	04:49
43	729	Miguel Machado	Individual	Senior Masculino	48:08	+17:27	04:49
44	1393	João Víctor Diniz De Azevedo	MONRUN	Senior Masculino	48:15	+17:34	04:50
45	689	José Domingues	Individual	Senior Masculino	48:18	+17:37	04:50

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46	610	Duarte Carreiro	Individual	Senior Masculino	48:36	+17:55	04:52
47	597	Diogo Lopes	Individual	Senior Masculino	48:39	+17:58	04:52
48	784	Tiago Dourado	Individual	Senior Masculino	48:46	+18:05	04:53
49	568	André Pinho	Individual	Senior Masculino	48:57	+18:16	04:54
50	787	TIAGO MATOS	Individual	Senior Masculino	49:36	+18:56	04:58
51	667	João Leal	Individual	Senior Masculino	49:46	+19:05	04:59
52	265	José Rodrigues	FOCUS_TUU	Senior Masculino	50:00	+19:20	05:00
53	655	IVAN RENE DURAN	Individual	Senior Masculino	50:01	+19:20	05:00
54	712	Luís Filipe	Individual	Senior Masculino	50:11	+19:30	05:01
55	644	Gonçalo Raposo	Individual	Senior Masculino	50:14	+19:33	05:01
56	777	Rui Teixeira	Individual	Senior Masculino	50:26	+19:45	05:03
57	75	Bruno Conceição	Aerospacelab PT	Senior Masculino	50:38	+19:57	05:04
58	773	Rui Filipe Loureiro Da Silva	Individual	Senior Masculino	50:41	+20:00	05:04
59	579	Bruno Miguel Neves Rojão	Individual	Senior Masculino	50:42	+20:01	05:04
60	1389	Tomás Frazão Cruz	Missao Verão 25	Senior Masculino	50:42	+20:01	05:04
61	614	Fábio Cruz	Individual	Senior Masculino	50:42	+20:01	05:04
62	219	Iuri Ariel Souza Bandeira	ELIS	Senior Masculino	50:48	+20:07	05:05
63	27	André Forte	233RunClub	Senior Masculino	50:58	+20:17	05:06
64	225	João Oliveira	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	51:08	+20:27	05:07
65	688	José Daniel Barbosa Gil	Individual	Senior Masculino	51:18	+20:37	05:08
66	322	Vasco Gamboa	GRVilaverdense	Senior Masculino	51:26	+20:45	05:09
67	725	Miguel Carvalho	Individual	Senior Masculino	51:30	+20:49	05:09
68	626	Francisco Leal	Individual	Senior Masculino	51:48	+21:07	05:11
69	715	Luís Monteiro	Individual	Senior Masculino	51:56	+21:15	05:12
70	573	Bernardo Igreja	Individual	Senior Masculino	52:02	+21:21	05:12
71	153	Micael Oliveira	Calminheiros	Senior Masculino	52:05	+21:24	05:13
72	152	Daniel Nogueira	Calminheiros	Senior Masculino	52:05	+21:24	05:13
73	1423	Tales Pereira	Os travessos	Senior Masculino	52:07	+21:26	05:13
74	790	Tiago Pais	Individual	Senior Masculino	52:12	+21:31	05:13
75	76	Nell Diener	Aerospacelab PT	Senior Masculino	52:14	+21:34	05:13
76	770	Ruben Milheiro	Individual	Senior Masculino	52:16	+21:35	05:14
77	561	Alexandre Amado	Individual	Senior Masculino	52:21	+21:40	05:14
78	650	Henrique Mendes Penim	Individual	Senior Masculino	52:27	+21:46	05:15
79	607	Diogo Sousa	Individual	Senior Masculino	52:30	+21:49	05:15
80	669	João Manso	Individual	Senior Masculino	52:36	+21:55	05:16
81	576	Bruno Ferreira	Individual	Senior Masculino	52:46	+22:05	05:17
82	583	Carlos Augusto Freitas da Cruz	Individual	Senior Masculino	52:50	+22:09	05:17
83	572	Bernardo Filipe Pereira de Oliveira Paredes	Individual	Senior Masculino	53:04	+22:23	05:18
84	615	Fábio Ferreira	Individual	Senior Masculino	53:05	+22:24	05:19
85	747	Pedro Tomaz	Individual	Senior Masculino	53:11	+22:30	05:19
86	1421	Samuel José Dinis de Sousa	Os Raposinhos	Senior Masculino	53:26	+22:45	05:21
87	598	Diogo Maia	Individual	Senior Masculino	53:27	+22:46	05:21
88	611	Duarte Emanuel de Almeida	Individual	Senior Masculino	53:32	+22:51	05:21
89	591	Daniel Simões	Individual	Senior Masculino	53:33	+22:52	05:21
90	589	Daniel Pinto	Individual	Senior Masculino	53:35	+22:54	05:22

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91	563	Álvaro Emanuel Gonçalves S. Cunha	Individual	Senior Masculino	53:45	+23:04	05:23
92	756	Rafael Vicente	Individual	Senior Masculino	53:48	+23:07	05:23
93	794	Vinicius Ferreira de Almeida	Individual	Senior Masculino	53:48	+23:07	05:23
94	609	Diogo vitorino	Individual	Senior Masculino	53:49	+23:08	05:23
95	662	João Costa	Individual	Senior Masculino	53:56	+23:15	05:24
96	696	José Regala	Individual	Senior Masculino	53:56	+23:15	05:24
97	716	Luís Silva	Individual	Senior Masculino	53:57	+23:16	05:24
98	558	Alberto Malafaia	Individual	Senior Masculino	54:03	+23:22	05:24
99	123	Guilherme Martins	Barra Ocean Runners	Senior Masculino	54:04	+23:23	05:24
100	259	Bruno Micael	FOCUS_TUU	Senior Masculino	54:06	+23:25	05:25
101	717	Manuel Alexandre	Individual	Senior Masculino	54:07	+23:26	05:25
102	574	Bruno André Rocha Mósca	Individual	Senior Masculino	54:13	+23:32	05:25
103	566	André Matos Silva	Individual	Senior Masculino	54:26	+23:45	05:27
104	122	Manuel Braçadas	Barbaris Team	Senior Masculino	54:28	+23:47	05:27
105	772	Rui Alberto da Silva Pires	Individual	Senior Masculino	54:35	+23:54	05:28
106	1492	Filipe Morais	Running 4Fun Team Viseu	Senior Masculino	54:44	+24:03	05:28
107	595	Diogo Alexandre Oliveira Lopes	Individual	Senior Masculino	54:50	+24:09	05:29
108	575	Bruno da Silva Rodrigues	Individual	Senior Masculino	54:52	+24:11	05:29
109	604	Diogo Peixoto	Individual	Senior Masculino	55:03	+24:22	05:30
110	665	João Filipe Alves	Individual	Senior Masculino	55:03	+24:22	05:30
111	647	Guilherme Moura Correia	Individual	Senior Masculino	55:04	+24:23	05:30
112	1339	António Figueiredo	KrushIt Runners	Senior Masculino	55:04	+24:23	05:30
113	284	Bernardo Rodrigues	Fr Sport	Senior Masculino	55:10	+24:30	05:31
114	723	Micael Neves	Individual	Senior Masculino	55:11	+24:30	05:31
115	640	gonçalo mateus	Individual	Senior Masculino	55:20	+24:39	05:32
116	768	Rúben Filipe Pragosa Almeida	Individual	Senior Masculino	55:27	+24:46	05:33
117	767	Rodrigo Victorino	Individual	Senior Masculino	55:28	+24:47	05:33
118	630	Francisco Roque	Individual	Senior Masculino	55:32	+24:51	05:33
119	261	Bruno Simões	FOCUS_TUU	Senior Masculino	55:45	+25:04	05:35
120	206	Jorge Marques	Corrida Loka	Senior Masculino	56:05	+25:24	05:37
121	759	Ricardo Azenha	Individual	Senior Masculino	56:07	+25:26	05:37
122	654	Isaías Martins	Individual	Senior Masculino	56:45	+26:04	05:41
123	565	André Henriques	Individual	Senior Masculino	56:45	+26:04	05:41
124	581	Bruno Silva	Individual	Senior Masculino	56:47	+26:06	05:41
125	774	Rui Leonardo Fonseca Sousa	Individual	Senior Masculino	56:54	+26:14	05:41
126	643	Gonçalo Querido	Individual	Senior Masculino	56:56	+26:15	05:42
127	731	Nuno Paixão	Individual	Senior Masculino	57:06	+26:25	05:43
128	301	Tiago Estrafalhote	Gelcentro Team	Senior Masculino	57:07	+26:26	05:43
129	303	Lucas Zafanelli	GINÁSIO CLUBE DE BRAGANÇA	Senior Masculino	57:13	+26:32	05:43
130	142	Guilherme Pinharanda	Bulldog team	Senior Masculino	57:15	+26:34	05:44
131	797	Wesley Karvat Carneiro	Individual	Senior Masculino	57:45	+27:04	05:47
132	680	João Pedro Melo Papel	Individual	Senior Masculino	57:53	+27:12	05:47
133	300	Guilherme Pedreiro	GD Figueiró do Campo	Senior Masculino	57:53	+27:12	05:47
134	765	Rodrigo Lopes	Individual	Senior Masculino	58:21	+27:40	05:50
135	745	Pedro Rafael Figueiredo e Martins	Individual	Senior Masculino	58:30	+27:49	05:51
136	682	João Pedro Rocha Paixão	Individual	Senior Masculino	58:43	+28:02	05:52

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Prova Principal

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OFFICIAL RESULT

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137	645	Gonalo Simes	Individual	Senior Masculino	58:51	+28:10	05:53
138	170	Jos Maria Marques Cao	CARAPAU DE CORRIDA	Senior Masculino	58:52	+28:11	05:53
139	779	Sander Ribeiro	Individual	Senior Masculino	58:53	+28:12	05:53
140	577	Bruno Ferreira	Individual	Senior Masculino	59:00	+28:19	05:54
141	120	David Gonalves	Balirocos	Senior Masculino	59:06	+28:25	05:55
142	730	Miguel Miguel	Individual	Senior Masculino	59:16	+28:35	05:56
143	559	Alerson Apolnio Da Silva	Individual	Senior Masculino	59:17	+28:36	05:56
144	653	Hugo Pagaimo	Individual	Senior Masculino	59:21	+28:40	05:56
145	670	Joo Marcos	Individual	Senior Masculino	59:23	+28:42	05:56
146	691	Jos Francisco Nascimento	Individual	Senior Masculino	59:26	+28:45	05:57
147	793	Toms Santos	Individual	Senior Masculino	59:28	+28:47	05:57
148	710	Lus Abreu	Individual	Senior Masculino	59:33	+28:52	05:57
149	587	Daniel Marcos	Individual	Senior Masculino	59:35	+28:54	05:58
150	673	Joo Martins	Individual	Senior Masculino	59:36	+28:55	05:58
151	672	Joo Marques	Individual	Senior Masculino	59:37	+28:56	05:58
152	792	Toms Patro	Individual	Senior Masculino	59:38	+28:57	05:58
153	169	Carlos M. Correia	CARAPAU DE CORRIDA	Senior Masculino	59:55	+29:14	06:00
154	700	Jlio Bento	Individual	Senior Masculino	59:58	+29:17	06:00
155	744	Pedro Monteiro	Individual	Senior Masculino	01:00:06	+29:25	06:01
156	260	Bruno Micael Silva Souza	FOCUS_TUU	Senior Masculino	01:00:21	+29:40	06:02
157	766	Rodrigo Miguel Fajardo Borges	Individual	Senior Masculino	01:00:28	+29:47	06:03
158	207	Pedro Silva	Corrida Loka	Senior Masculino	01:00:36	+29:55	06:04
159	692	Jos Henrique	Individual	Senior Masculino	01:00:43	+30:02	06:04
160	707	Leonardo Costa	Individual	Senior Masculino	01:00:46	+30:05	06:05
161	666	Joo Godinho	Individual	Senior Masculino	01:00:47	+30:06	06:05
162	679	Joo Pedro Maricato Domingues	Individual	Senior Masculino	01:01:06	+30:25	06:07
163	594	Deive Gonzaga	Individual	Senior Masculino	01:01:12	+30:31	06:07
164	334	Vasco Fonseca	Healmotion	Senior Masculino	01:01:17	+30:36	06:08
165	719	Mrio Silva	Individual	Senior Masculino	01:01:33	+30:52	06:09
166	180	Rodrigo Dinis	Caterpie	Senior Masculino	01:01:42	+31:01	06:10
167	657	Ivo dos Santos Dimas	Individual	Senior Masculino	01:01:44	+31:04	06:10
168	1418	Gabriel Correia	Os Pinguins	Senior Masculino	01:01:49	+31:08	06:11
169	584	Carlos Lopes	Individual	Senior Masculino	01:01:59	+31:18	06:12
170	760	Ricardo Filipe	Individual	Senior Masculino	01:02:06	+31:25	06:13
171	718	Manuel Almeida	Individual	Senior Masculino	01:02:09	+31:28	06:13
172	675	Joo Monteiro	Individual	Senior Masculino	01:02:10	+31:29	06:13
173	782	Tiago Almeida	Individual	Senior Masculino	01:02:12	+31:31	06:13
174	769	Rben Filipe Santos Antunes	Individual	Senior Masculino	01:02:15	+31:34	06:14
175	571	Antnio Mesquita	Individual	Senior Masculino	01:02:15	+31:35	06:14
176	702	Kelvin Rodrigues	Individual	Senior Masculino	01:02:16	+31:35	06:14
177	1388	Tiago Rocha	Missao Vero 25	Senior Masculino	01:02:27	+31:46	06:15
178	728	Miguel Ferreira	Individual	Senior Masculino	01:02:29	+31:48	06:15
179	569	Antnio Conceio	Individual	Senior Masculino	01:02:41	+32:00	06:16
180	761	Ricardo Grunho	Individual	Senior Masculino	01:02:50	+32:09	06:17
181	605	Diogo Raposeiro	Individual	Senior Masculino	01:02:55	+32:14	06:18
182	639	Gonalo Filipe Fernandes So Marcos	Individual	Senior Masculino	01:03:00	+32:19	06:18

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183	613	Elisey Rodriguez	Individual	Senior Masculino	01:03:06	+32:25	06:19
184	631	Francisco Santos	Individual	Senior Masculino	01:03:17	+32:36	06:20
185	1563	João Pereira	Verallia Portugal	Senior Masculino	01:03:22	+32:41	06:20
186	690	José Filipe de Alexandre	Individual	Senior Masculino	01:03:47	+33:06	06:23
187	651	Henrique Oliveira	Individual	Senior Masculino	01:03:51	+33:10	06:23
188	635	Gonçalo Antunes	Individual	Senior Masculino	01:04:12	+33:31	06:25
189	642	Gonçalo Miguel da Silva Catarino	Individual	Senior Masculino	01:04:12	+33:31	06:25
190	580	Bruno Rafael Antunes Morgado	Individual	Senior Masculino	01:04:20	+33:39	06:26
191	636	Gonçalo Barbosa	Individual	Senior Masculino	01:04:20	+33:39	06:26
192	795	Vinícius Pereira	Individual	Senior Masculino	01:04:33	+33:52	06:27
193	789	Tiago Oliveira	Individual	Senior Masculino	01:04:38	+33:57	06:28
194	708	Lucas Martins	Individual	Senior Masculino	01:04:39	+33:58	06:28
195	684	João Silva	Individual	Senior Masculino	01:04:47	+34:06	06:29
196	780	Sérgio Santos	Individual	Senior Masculino	01:04:55	+34:14	06:30
197	746	Pedro Tiago Ferreira de Jesus	Individual	Senior Masculino	01:05:01	+34:20	06:30
198	1383	Henrique Esteves	Miles&Vibes	Senior Masculino	01:05:16	+34:35	06:32
199	10	Luís Oliveira	#LEIRIAEXISTE	Senior Masculino	01:05:19	+34:38	06:32
200	748	Petrus Fernandes	Individual	Senior Masculino	01:05:22	+34:41	06:32
201	564	André Galhote	Individual	Senior Masculino	01:05:44	+35:03	06:34
202	590	Daniel Silva	Individual	Senior Masculino	01:05:48	+35:07	06:35
203	250	Bernardo Alves	Flashover	Senior Masculino	01:05:57	+35:16	06:36
204	749	Pietro Souza	Individual	Senior Masculino	01:06:16	+35:35	06:38
205	621	Flavio Alexandre Mendes Carvalho	Individual	Senior Masculino	01:06:18	+35:37	06:38
206	771	Rúben Peixoto	Individual	Senior Masculino	01:06:48	+36:07	06:41
207	799	Zé Pais Alves	Individual	Senior Masculino	01:07:06	+36:25	06:43
208	602	Diogo Oliveira	Individual	Senior Masculino	01:07:07	+36:27	06:43
209	663	João Cruz	Individual	Senior Masculino	01:07:15	+36:34	06:44
210	709	Lucas Ramos	Individual	Senior Masculino	01:07:15	+36:34	06:44
211	711	Luis Carlos Cunha	Individual	Senior Masculino	01:07:17	+36:36	06:44
212	695	José Paixão	Individual	Senior Masculino	01:07:27	+36:46	06:45
213	660	João Cadima	Individual	Senior Masculino	01:07:34	+36:53	06:45
214	599	Diogo Matias	Individual	Senior Masculino	01:07:34	+36:53	06:45
215	94	João Gaio	Arena Prime Box	Senior Masculino	01:07:42	+37:01	06:46
216	661	João Carvalho	Individual	Senior Masculino	01:07:52	+37:11	06:47
217	126	Tiago Colaço	Bebecas	Senior Masculino	01:08:07	+37:26	06:49
218	763	Ricardo Miguel	Individual	Senior Masculino	01:08:17	+37:37	06:50
219	194	Diogo Filipe Albuquerque	Construa & Corra	Senior Masculino	01:08:56	+38:15	06:54
220	764	Ricardo Rodrigues Dias	Individual	Senior Masculino	01:09:44	+39:03	06:58
221	703	Kenny Krizel	Individual	Senior Masculino	01:09:46	+39:05	06:59
222	606	Diogo Silva	Individual	Senior Masculino	01:09:59	+39:18	07:00
223	659	João Amorim	Individual	Senior Masculino	01:09:59	+39:18	07:00
224	266	Juan Manuel Ojeda	FOCUS_TUU	Senior Masculino	01:10:07	+39:27	07:01
225	1386	Rui Pedro Ribeiro Gon	Missao Verão 25	Senior Masculino	01:10:23	+39:42	07:02
226	562	Alexandre Luís	Individual	Senior Masculino	01:10:39	+39:58	07:04
227	608	Diogo Tocha	Individual	Senior Masculino	01:11:19	+40:38	07:08
228	739	Paulo Jorge Barros Sousa	Individual	Senior Masculino	01:11:26	+40:45	07:09

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229	578	BRUNO HENRIQUE RAMOS	Individual	Senior Masculino	01:12:32	+41:51	07:15
230	263	Daniel Aguirre	FOCUS_TUU	Senior Masculino	01:12:40	+41:59	07:16
231	1381	Luis Filipe Cordeiro Máximo	Máximo's	Senior Masculino	01:12:42	+42:01	07:16
232	737	Paulo Castanho	Individual	Senior Masculino	01:12:45	+42:04	07:17
233	674	João Miguel Filipe Matias	Individual	Senior Masculino	01:13:17	+42:36	07:20
234	705	Kevin Oliveira	Individual	Senior Masculino	01:13:29	+42:48	07:21
235	736	Paulo Alexandre Castillo Fernandes	Individual	Senior Masculino	01:13:37	+42:56	07:22
236	623	Francisco Azeredo	Individual	Senior Masculino	01:14:06	+43:25	07:25
237	143	Lucas de Jesus	Bulldog team	Senior Masculino	01:14:19	+43:38	07:26
238	687	José Augusto de Nobre Torres	Individual	Senior Masculino	01:14:59	+44:19	07:30
239	785	Tiago Guiomar	Individual	Senior Masculino	01:15:20	+44:39	07:32
240	781	Silvio Felipe de Liro dos Santos	Individual	Senior Masculino	01:15:50	+45:09	07:35
241	258	André Vilas Boas	FOCUS_TUU	Senior Masculino	01:16:03	+45:22	07:36
242	293	Flávio Silva	Fruta da 5ª	Senior Masculino	01:16:06	+45:25	07:37
243	1419	João Torres	Os Pinguins	Senior Masculino	01:17:08	+46:27	07:43
244	582	Bryan Rodrigues	Individual	Senior Masculino	01:17:10	+46:29	07:43
245	706	Laércio Antonio Gaieski Ferreira	Individual	Senior Masculino	01:18:06	+47:25	07:49
246	285	Miguel Lopes	Fr Sport	Senior Masculino	01:18:29	+47:48	07:51
247	585	Cristóvão Vinagre	Individual	Senior Masculino	01:19:05	+48:24	07:55
248	798	Yevhenii Taranets	Individual	Senior Masculino	01:19:09	+48:28	07:55
249	738	Paulo Fernandes	Individual	Senior Masculino	01:19:16	+48:35	07:56
250	721	Mauri Ângelo Rocha Gurgel	Individual	Senior Masculino	01:19:19	+48:38	07:56
251	649	Hedalercio Alexandre da Cunha Rodrigues	Individual	Senior Masculino	01:19:19	+48:38	07:56
252	1420	Pedro Caetano Raposo	Os Raposinhos	Senior Masculino	01:20:40	+49:59	08:04
253	671	João Maroeli	Individual	Senior Masculino	01:24:34	+53:53	08:27
254	724	Miguel Carvalho	Individual	Senior Masculino	01:24:55	+54:14	08:30
255	1342	Marcio Daniel Santos Ferreira	Kureca	Senior Masculino	01:25:27	+54:46	08:33
256	743	Pedro Martins Gonçalves	Individual	Senior Masculino	01:26:15	+55:34	08:38
257	618	Filipe Oliveira	Individual	Senior Masculino	01:26:53	+56:12	08:41
258	734	Oziel Santos	Individual	Senior Masculino	01:27:16	+56:35	08:44
259	641	Goncalo Melo	Individual	Senior Masculino	01:27:22	+56:41	08:44
260	750	Rafael Alexandre Portugal Matos	Individual	Senior Masculino	01:31:46	+01:01:05	09:11
261	28	Mário Garrido	233RunClub	Senior Masculino	01:37:25	+01:06:44	09:45
262	713	Luís Henrique Lobo Marinho Moreira	Individual	Senior Masculino	01:37:26	+01:06:45	09:45
263	11	Ricardo Monteiro	#LEIRIAEXISTE	Senior Masculino	01:40:15	+01:09:34	10:02
264	755	Rafael Santos Pinto	Individual	Senior Masculino	01:41:37	+01:10:56	10:10
265	195	Hugo Fernandes	Construa & Corra	Senior Masculino	01:41:40	+01:10:59	10:10
266	658	João Almeida	Individual	Senior Masculino	01:44:06	+01:13:25	10:25
267	620	Filipe Vieira	Individual	Senior Masculino	01:50:45	+01:20:04	11:05
268	593	Davide Silva	Individual	Senior Masculino	01:56:27	+01:25:46	11:39
269	732	Nuno Peixinho	Individual	Senior Masculino	02:05:45	+01:35:04	12:35
270	1518	Diogo Emanuel Mendes Silva	Sempre a fundo	Senior Masculino	02:08:32	+01:37:51	12:51
271	791	Tiago Pereira	Individual	Senior Masculino	02:12:43	+01:42:02	13:16
272	1387	Sérgio Loureiro	Missao Verão 25	Senior Masculino	02:17:51	+01:47:10	13:47
273	30	Xavier Costa Rato	233RunClub	Senior Masculino	02:18:08	+01:47:27	13:49
274	758	Reynam Silva Barbosa	Individual	Senior Masculino	02:21:08	+01:50:27	14:07

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275	627	Francisco Pimentel	Individual	Senior Masculino	02:22:38	+01:51:57	14:16
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Veterana F35

1	4	Solange Jesus	SC BRAGA	Veterana F35	35:47	+05:07	03:35
2	218	Daniela Alexandra Lagoa Silva	É o que É	Veterana F35	45:46	+15:05	04:35
3	160	Nathalya Guimarães Gobbo	Canal mais uma corrida	Veterana F35	46:45	+16:04	04:41
4	1349	Susana Fernandes	Lama Solta	Veterana F35	46:58	+16:17	04:42
5	323	Marlene Marques	GRVilaverdense	Veterana F35	50:16	+19:35	05:02
6	237	TINA SOFIA LOPES NARCISO	esKUDUS Team	Veterana F35	51:05	+20:24	05:07
7	811	Diana Nobre	Individual	Veterana F35	51:57	+21:16	05:12
8	817	Isis Vasconcelos	Individual	Veterana F35	52:58	+22:17	05:18
9	812	Dina Boieiro	Individual	Veterana F35	53:05	+22:24	05:19
10	842	Raquel pardelhas	Individual	Veterana F35	53:49	+23:08	05:23
11	815	Isa Daniela Marinho Queirós	Individual	Veterana F35	56:44	+26:03	05:40
12	847	Susana Luís	Individual	Veterana F35	59:23	+28:42	05:56
13	848	Susana Margarida Sousa Tereso	Individual	Veterana F35	59:34	+28:53	05:57
14	32	Rita Banca	233RunClub	Veterana F35	59:47	+29:06	05:59
15	809	Cláudia Azenha	Individual	Veterana F35	01:00:01	+29:20	06:00
16	828	Liliana Santos	Individual	Veterana F35	01:00:25	+29:44	06:03
17	849	Tânia Dimas	Individual	Veterana F35	01:00:42	+30:01	06:04
18	1457	Ana Baptista	Revolution Fitness	Veterana F35	01:00:57	+30:17	06:06
19	31	Dora Marques	233RunClub	Veterana F35	01:00:58	+30:17	06:06
20	801	Amanda Barros	Individual	Veterana F35	01:01:37	+30:56	06:10
21	836	Neuza Rebelo	Individual	Veterana F35	01:01:51	+31:10	06:11
22	810	Daniela Rebelo	Individual	Veterana F35	01:01:51	+31:10	06:11
23	308	Susana Silva Campos	Grupo Alegre Unido Bajouca	Veterana F35	01:01:54	+31:13	06:11
24	101	Teresa Conceição	As francesinhas	Veterana F35	01:02:04	+31:24	06:12
25	851	Tânia Ferreira	Individual	Veterana F35	01:03:37	+32:56	06:22
26	821	Joana Filipa Negrão Barbosa	Individual	Veterana F35	01:05:11	+34:31	06:31
27	816	Isabel de la Cal Caballero	Individual	Veterana F35	01:05:22	+34:41	06:32
28	1580	Claudia Nunes	Viriathvs Runners Viseu	Veterana F35	01:05:39	+34:58	06:34
29	197	Raquel Fernandes	Construa & Corra	Veterana F35	01:06:33	+35:52	06:39
30	831	Mariana Mouronho Fernandes	Individual	Veterana F35	01:06:45	+36:05	06:41
31	1527	Ana Carolina Domingues Dinis	Sunday Run-Day	Veterana F35	01:06:55	+36:14	06:42
32	1458	Cátia Fernandes Balsas	Revolution Fitness	Veterana F35	01:07:16	+36:35	06:44
33	335	Joana Lopes Gonçalves	Hospital da Luz	Veterana F35	01:08:03	+37:22	06:48
34	336	Maria Ines Bento Ligeiro	Hospital da Luz	Veterana F35	01:08:03	+37:22	06:48
35	1544	Tânia Henriques	Team Pardelas	Veterana F35	01:08:08	+37:27	06:49
36	841	Raquel Eunice Domingues Araújo	Individual	Veterana F35	01:08:37	+37:56	06:52
37	837	Patrícia Primo	Individual	Veterana F35	01:09:33	+38:52	06:57
38	89	Carla Cotas	ARCD Venda da Luísa	Veterana F35	01:09:51	+39:10	06:59
39	806	Anna Plaetzer	Individual	Veterana F35	01:10:03	+39:22	07:00
40	244	Ellen Daniele Pereira Neves Gueiros	Família Gueiros	Veterana F35	01:10:23	+39:42	07:02
41	1422	Liliana Vieira da Conceição Silva	Os Raposinhos	Veterana F35	01:10:26	+39:45	07:03

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42	807	Cátia Agostinho	Individual	Veterana F35	01:10:35	+39:54	07:04
43	845	Sara Sales Silva	Individual	Veterana F35	01:10:35	+39:54	07:04
44	823	Juliana Catarino	Individual	Veterana F35	01:10:38	+39:57	07:04
45	835	Mónica Dias	Individual	Veterana F35	01:10:39	+39:58	07:04
46	833	Matilde Fernandes	Individual	Veterana F35	01:10:58	+40:17	07:06
47	113	Patrícia dos Santos Cunha	AUCHAN	Veterana F35	01:11:18	+40:37	07:08
48	800	Alfiia Khabibullina	Individual	Veterana F35	01:11:30	+40:49	07:09
49	129	Sintia Alves Martins	BenMax	Veterana F35	01:12:59	+42:19	07:18
50	814	Floralis Ossa	Individual	Veterana F35	01:13:05	+42:24	07:19
51	196	Marisa Azevedo	Construa & Corra	Veterana F35	01:13:23	+42:42	07:20
52	843	Rosi Matos	Individual	Veterana F35	01:13:24	+42:43	07:20
53	844	Sara emos	Individual	Veterana F35	01:13:30	+42:49	07:21
54	827	Lília Martins	Individual	Veterana F35	01:13:33	+42:52	07:21
55	286	Verónica Costa	Fresenius Kabi RUNNERS	Veterana F35	01:13:52	+43:11	07:23
56	850	Tânia Faria	Individual	Veterana F35	01:14:41	+44:00	07:28
57	166	Maria João Carrilho	Caracóis de corrida	Veterana F35	01:15:11	+44:31	07:31
58	829	Ludmila Dias Almeida Torres	Individual	Veterana F35	01:15:15	+44:34	07:32
59	84	Otavia Bedeschi	AMC crossfit	Veterana F35	01:15:24	+44:44	07:32
60	826	Letícia Balanco	Individual	Veterana F35	01:15:34	+44:53	07:33
61	822	Joana Passos	Individual	Veterana F35	01:16:02	+45:22	07:36
62	1384	Tânia Ferreira	Miro Trail	Veterana F35	01:16:06	+45:25	07:37
63	805	Andreia Sofia dos Santos Pereira	Individual	Veterana F35	01:16:11	+45:30	07:37
64	846	Sónia Henriques	Individual	Veterana F35	01:16:29	+45:48	07:39
65	832	Marisa Gomes	Individual	Veterana F35	01:16:29	+45:48	07:39
66	834	Mishelly Tomaz	Individual	Veterana F35	01:17:43	+47:02	07:46
67	852	Tatiana Cunha	Individual	Veterana F35	01:18:11	+47:30	07:49
68	267	Carolina Abreu	FOCUS_TUU	Veterana F35	01:18:21	+47:40	07:50
69	802	Ana Peixoto	Individual	Veterana F35	01:18:37	+47:56	07:52
70	808	Cátia Sofia dos Santos da Conceição	Individual	Veterana F35	01:20:28	+49:48	08:03
71	804	Anabela Santos Vieira	Individual	Veterana F35	01:24:48	+54:07	08:29
72	1344	Camila Pinheiro	La Carrera	Veterana F35	01:25:22	+54:41	08:32
73	1459	Filipa Loureiro Neves	Revolution Fitness	Veterana F35	01:27:40	+56:59	08:46
74	128	Cátia Inês Oliveira Cruz Faria	BenMax	Veterana F35	01:52:18	+01:21:37	11:14
75	198	Veronica Cordova Rocha	Construa & Corra	Veterana F35	01:55:44	+01:25:03	11:34
76	825	Laura Catalina Criado Rusinque	Individual	Veterana F35	01:56:48	+01:26:07	11:41
77	820	Joana Filipa Antunes	Individual	Veterana F35	01:57:52	+01:27:11	11:47
78	818	Joana Campos	Individual	Veterana F35	01:58:06	+01:27:25	11:49
79	803	Ana Vera Marinho	Individual	Veterana F35	02:20:51	+01:50:10	14:05

Veterana F40

1	872	Kathryn du Buisson	Individual	Veterana F40	42:32	+11:51	04:15
2	873	Lénia Loureiro	Individual	Veterana F40	44:52	+14:11	04:29
3	1452	Helena Silva	Reumaticos	Veterana F40	48:55	+18:14	04:54
4	858	Ana Rita Oliveira	Individual	Veterana F40	48:58	+18:17	04:54
5	857	Ana Rita Damas	Individual	Veterana F40	53:27	+22:46	05:21

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6	854	Ana Dias	Individual	Veterana F40	55:56	+25:15	05:36
7	869	Joana Martinho Monteiro	Individual	Veterana F40	56:52	+26:11	05:41
8	881	Paula Oliveira	Individual	Veterana F40	56:57	+26:16	05:42
9	856	Ana Paula Teixeira	Individual	Veterana F40	57:02	+26:21	05:42
10	885	Tania Pinto	Individual	Veterana F40	57:24	+26:44	05:44
11	184	Marilyn Lourenço	CLTT - Clínica Litoralis Trail Team	Veterana F40	57:51	+27:10	05:47
12	1471	Liliane Carvalho	RI.JO HYBRID TEAM	Veterana F40	57:55	+27:14	05:48
13	298	JOANA RIBEIRO JOSÉ	GCD NAVIGATOR FF	Veterana F40	58:05	+27:24	05:49
14	1462	Márcia Marques	Revolution Fitness	Veterana F40	59:28	+28:47	05:57
15	865	Eunice baptista	Individual	Veterana F40	59:37	+28:56	05:58
16	54	Juliana Pratas	Academia de Desportos de Condeixa	Veterana F40	59:44	+29:03	05:58
17	1594	Cristina Teixeira	Talentos Objetivos	Veterana F40	59:54	+29:13	05:59
18	90	Tânia Vanessa Silva Maia	ARCD Venda da Luísa	Veterana F40	59:55	+29:14	06:00
19	1519	Carina Rodrigues	Silgueiros Runners	Veterana F40	01:00:41	+30:00	06:04
20	855	Ana Oliveira	Individual	Veterana F40	01:00:44	+30:03	06:04
21	270	Taciana Góes	FOCUS_TUU	Veterana F40	01:01:16	+30:35	06:08
22	324	Raphaela Rpdrigues	GRVilaverdense	Veterana F40	01:02:01	+31:20	06:12
23	879	Natália Rodrigues	Individual	Veterana F40	01:02:52	+32:11	06:17
24	1463	Marli Viegas	Revolution Fitness	Veterana F40	01:03:00	+32:19	06:18
25	1545	liliana Oliveira	Team Pardelas	Veterana F40	01:03:01	+32:20	06:18
26	886	Xana Martins	Individual	Veterana F40	01:03:58	+33:17	06:24
27	60	Marisol Simões	ACDRS QUINHENDROS	Veterana F40	01:03:59	+33:18	06:24
28	1464	Sandra Pinho da Cruz	Revolution Fitness	Veterana F40	01:04:15	+33:34	06:26
29	883	Sandra Marisa Franco Pedrosa	Individual	Veterana F40	01:06:09	+35:28	06:37
30	1461	Ana Tome	Revolution Fitness	Veterana F40	01:06:20	+35:39	06:38
31	866	Isabel da Purificação Pereira Marques	Individual	Veterana F40	01:06:46	+36:05	06:41
32	876	Mafalda Cunha	Individual	Veterana F40	01:07:08	+36:27	06:43
33	1578	Liliana Porto	VIKINGS TRAIL RUNNERS/CCR ALCABIDEQUE	Veterana F40	01:08:25	+37:44	06:51
34	878	Nádia Moura	Individual	Veterana F40	01:08:26	+37:45	06:51
35	332	Romina Maribel Oliveira de Jesus	Gyptec Ibérica	Veterana F40	01:08:48	+38:08	06:53
36	859	Ana Rodrigues	Individual	Veterana F40	01:09:19	+38:38	06:56
37	1528	Inês Sobral	Sunday Run-Day	Veterana F40	01:11:29	+40:48	07:09
38	325	Sandra Liceia	GRVilaverdense	Veterana F40	01:11:57	+41:16	07:12
39	875	Luísa Empis	Individual	Veterana F40	01:11:59	+41:18	07:12
40	1556	Claudia Azenha	Velocidade Furiosa (slow version)	Veterana F40	01:12:02	+41:21	07:12
41	1502	Andreia Santos Ribeiro	Salesianos Team	Veterana F40	01:12:35	+41:54	07:16
42	877	Maria Inês Nobreza Simão	Individual	Veterana F40	01:13:25	+42:44	07:21
43	50	MILENE MARTINS	5KM DE DOMINGO	Veterana F40	01:15:14	+44:33	07:31
44	1358	Sofia Mendoça	LITOFISH	Veterana F40	01:16:08	+45:27	07:37
45	1503	Inês Carvalho	Salesianos Team	Veterana F40	01:16:58	+46:17	07:42
46	862	Caroline Relva de Moraes	Individual	Veterana F40	01:17:09	+46:28	07:43
47	269	Marely Jazmin Bejarano Pena	FOCUS_TUU	Veterana F40	01:17:29	+46:48	07:45
48	85	Noemi Cruz	AMC crossfit	Veterana F40	01:17:47	+47:06	07:47
49	871	Kateryna Lima	Individual	Veterana F40	01:20:48	+50:07	08:05
50	884	Talita Morais Cardozo	Individual	Veterana F40	01:21:39	+50:58	08:10

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51	268	Liliana Forero	FOCUS_TUU	Veterana F40	01:22:13	+51:33	08:13
52	870	JULIANA ALMERINDO SILVA	Individual	Veterana F40	01:26:49	+56:08	08:41
53	882	Raquel Melo	Individual	Veterana F40	01:28:38	+57:57	08:52
54	863	Dora Lopes	Individual	Veterana F40	01:30:35	+59:54	09:04
55	868	Joana Lopes	Individual	Veterana F40	01:30:35	+59:54	09:04
56	867	Jamila Cabral	Individual	Veterana F40	01:34:19	+01:03:38	09:26
57	874	Luanda Santana Costa	Individual	Veterana F40	01:48:36	+01:17:55	10:52
58	880	Patrícia Ramalho	Individual	Veterana F40	02:05:18	+01:34:37	12:32

Veterana F45

1	2	Carla Martinho	RD Águeda	Veterana F45	37:31	+06:50	03:45
2	212	Maribel Cardoso	DAR-Recardães	Veterana F45	47:49	+17:08	04:47
3	62	Mónica Jordão	ACRM Silveirinha Grande e Claras	Veterana F45	50:16	+19:35	05:02
4	897	Catarina Alexandra Carvalho dos Santos	Individual	Veterana F45	50:50	+20:09	05:05
5	311	ANA GUEDES	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterana F45	51:13	+20:32	05:07
6	912	Marta Fonseca	Individual	Veterana F45	52:35	+21:54	05:16
7	229	Dora Serra	Escola de Atletismo de Coimbra/JPaiva	Veterana F45	53:45	+23:04	05:23
8	1465	Patrícia Simões	Revolution Fitness	Veterana F45	55:56	+25:15	05:36
9	900	Cláudia Cabete	Individual	Veterana F45	56:28	+25:47	05:39
10	337	Ana Carina Domingues Da Silva	Hospital da Luz	Veterana F45	57:33	+26:52	05:45
11	228	Ana Rebola	Escola de Atletismo de Coimbra/JPaiva	Veterana F45	58:08	+27:27	05:49
12	178	Adriana Leite dos Santos	Casal nota 20	Veterana F45	58:09	+27:29	05:49
13	80	Dra Aline Soares Gregório	AG	Veterana F45	59:03	+28:22	05:54
14	907	Fátima Videira	Individual	Veterana F45	01:00:44	+30:03	06:04
15	1396	Andreia Silvano	NFC Running Team	Veterana F45	01:00:55	+30:14	06:06
16	1564	Maria João Gomes Freitas Cotovio	Verallia Portugal	Veterana F45	01:01:20	+30:39	06:08
17	1496	Daniela Ferreira	Running4Fun Team Viseu	Veterana F45	01:01:21	+30:40	06:08
18	108	Ana Burnay	Atletas ao Domingo	Veterana F45	01:01:52	+31:11	06:11
19	144	Emília Penedo	Bulldog team	Veterana F45	01:02:27	+31:46	06:15
20	1535	Sandra Simões	Talentos Objetivos	Veterana F45	01:03:04	+32:23	06:18
21	1426	Joana Nogueira	Outsiders	Veterana F45	01:03:27	+32:46	06:21
22	238	MARISA SOFIA DUARTE MATOS	esKUDUS Team	Veterana F45	01:03:44	+33:03	06:22
23	306	Patricia Lopes	Grupeta running team	Veterana F45	01:03:53	+33:12	06:23
24	1350	Sandra Pereira	Lama Solta	Veterana F45	01:05:08	+34:27	06:31
25	901	Cláudia Cordeiro	Individual	Veterana F45	01:05:18	+34:37	06:32
26	905	Elsa Carvalho	Individual	Veterana F45	01:05:30	+34:49	06:33
27	927	Susana Margarida Baptista	Individual	Veterana F45	01:05:46	+35:05	06:35
28	45	Alexandra Brito	4U studio	Veterana F45	01:06:54	+36:13	06:41
29	46	Rosa Da Conceição Mendes Roso	4U studio	Veterana F45	01:06:55	+36:14	06:42
30	922	Sandra Reis	Individual	Veterana F45	01:07:21	+36:40	06:44
31	899	Célia Gaspar	Individual	Veterana F45	01:07:35	+36:54	06:46
32	892	Ângela Bragança	Individual	Veterana F45	01:08:04	+37:23	06:48

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33	903	Diana Ribeiro	Individual	Veterana F45	01:08:26	+37:45	06:51
34	918	Rita Fernandes	Individual	Veterana F45	01:08:36	+37:55	06:52
35	1369	Guida Jesus	Ln Runners	Veterana F45	01:08:49	+38:08	06:53
36	898	Cátia Martins	Individual	Veterana F45	01:09:33	+38:52	06:57
37	271	Conceição Costa	FOCUS_TUU	Veterana F45	01:10:07	+39:26	07:01
38	202	Claudina Reigada	Corre São João	Veterana F45	01:11:14	+40:33	07:07
39	893	Anna Pisotskaia	Individual	Veterana F45	01:11:29	+40:48	07:09
40	1481	Jacinta Pinheiro	RUN 4 FUN	Veterana F45	01:11:56	+41:15	07:12
41	1406	Raquel Carvalho	Os Murganheiras	Veterana F45	01:12:02	+41:21	07:12
42	902	Cristina Isabel Rodrigues Quinteiro	Individual	Veterana F45	01:12:20	+41:39	07:14
43	1480	Ana Karina Freitas da Gama	RUN 4 FUN	Veterana F45	01:12:34	+41:53	07:15
44	51	IARA RISTOW	5KM DE DOMINGO	Veterana F45	01:13:02	+42:21	07:18
45	921	Sandra Joana Ferreira Nunes	Individual	Veterana F45	01:13:48	+43:07	07:23
46	928	Tania Andreia Antunes Lopes Guedes	Individual	Veterana F45	01:14:11	+43:30	07:25
47	915	Patrícia Madaleno	Individual	Veterana F45	01:14:11	+43:30	07:25
48	916	Raquel Nobre	Individual	Veterana F45	01:15:12	+44:31	07:31
49	1599	Ana Cruz	Individual	Veterana F45	01:15:28	+44:47	07:33
50	290	Sandra Almeida	Fresenius Kabi RUNNERS	Veterana F45	01:16:18	+45:37	07:38
51	914	Oriana Batista	Individual	Veterana F45	01:16:47	+46:06	07:41
52	1433	Mónica menano	Panela de Barro	Veterana F45	01:17:31	+46:50	07:45
53	1432	Elizabeth Loureiro	Panela de Barro	Veterana F45	01:17:32	+46:51	07:45
54	908	Hélia Gil dos Santos Morais	Individual	Veterana F45	01:18:37	+47:56	07:52
55	889	Ana Gaspar	Individual	Veterana F45	01:19:12	+48:31	07:55
56	1546	Marta Simões	TEAMBALA	Veterana F45	01:19:53	+49:12	07:59
57	289	Carla Alves	Fresenius Kabi RUNNERS	Veterana F45	01:21:05	+50:24	08:07
58	917	Renata Loureiro	Individual	Veterana F45	01:21:34	+50:53	08:09
59	924	simoies christelle	Individual	Veterana F45	01:21:41	+51:00	08:10
60	891	Andreia Cristina de Oliveira	Individual	Veterana F45	01:21:53	+51:12	08:11
61	926	Sonia Perpetua	Individual	Veterana F45	01:35:24	+01:04:43	09:32
62	887	Adriana Figueira	Individual	Veterana F45	01:37:50	+01:07:09	09:47
63	923	Selma Felix	Individual	Veterana F45	01:44:17	+01:13:36	10:26
64	925	Sonia Gil	Individual	Veterana F45	01:45:05	+01:14:24	10:31
65	913	Mônica Ferreira	Individual	Veterana F45	01:46:58	+01:16:17	10:42
66	1520	ANABELA COLAÇO	SILVAS S.A.	Veterana F45	02:05:36	+01:34:55	12:34
67	896	Carla Correia	Individual	Veterana F45	02:24:04	+01:53:23	14:24
68	1473	Dora Afonso	Rijos	Veterana F45	02:28:56	+01:58:16	14:54

Veterana F50

1	939	Liliana Andreia Lourenço santos	Individual	Veterana F50	49:29	+18:48	04:57
2	312	Eduarda Vinagre	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterana F50	50:28	+19:47	05:03
3	932	Carla Martins	Individual	Veterana F50	50:31	+19:50	05:03
4	34	Paula Maria Cabete Oliveira	233RunClub	Veterana F50	51:34	+20:53	05:09
5	947	Sandra Aguiar	Individual	Veterana F50	52:13	+21:32	05:13
6	1411	Sandra Leite	Os Papa Milhas	Veterana F50	52:53	+22:12	05:17

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7	82	Filomena Santos	Ajax Odivelas	Veterana F50	52:57	+22:16	05:18
8	936	Fernanda Alves	Individual	Veterana F50	53:56	+23:15	05:24
9	944	Nicky Botwright	Individual	Veterana F50	56:01	+25:20	05:36
10	934	elisangela ramos nogueira	Individual	Veterana F50	57:04	+26:23	05:42
11	230	Joana Silva	Escola de Atletismo de Coimbra/JPaiva	Veterana F50	58:08	+27:27	05:49
12	948	Sandra Carvalho	Individual	Veterana F50	58:45	+28:04	05:53
13	280	Ana Maria Folgado	Folgado	Veterana F50	59:09	+28:28	05:55
14	1446	Nelsa Antunes Simoes	Remax White	Veterana F50	59:15	+28:34	05:56
15	1597	Eduarda Braga	GINÁSIO CLUBE DE BRAGANÇA	Veterana F50	59:34	+28:54	05:57
16	154	Didia Conceição	Calminheiros	Veterana F50	59:48	+29:07	05:59
17	951	Susana Lopes	Individual	Veterana F50	01:02:15	+31:34	06:14
18	941	Maria Gomes	Individual	Veterana F50	01:02:52	+32:11	06:17
19	935	Fátima Cruz Antunes	Individual	Veterana F50	01:03:32	+32:51	06:21
20	96	LIDIA MARIA TEIXEIRA COSTA CHOUCO	Arena Prime Box	Veterana F50	01:04:32	+33:51	06:27
21	1566	Susana Cabral	Verallia Portugal	Veterana F50	01:06:18	+35:37	06:38
22	183	Magali Teixeira	Clinica do Exercício	Veterana F50	01:07:11	+36:30	06:43
23	943	Natália de Carvalho Vaz Gomes	Individual	Veterana F50	01:07:15	+36:35	06:44
24	949	Sara Martins	Individual	Veterana F50	01:08:15	+37:34	06:50
25	931	Anabela Ribeiro	Individual	Veterana F50	01:08:45	+38:04	06:53
26	137	Fernanda Pinto	Bricomarché	Veterana F50	01:09:08	+38:28	06:55
27	940	Lisete Fatima Dias Silva	Individual	Veterana F50	01:09:19	+38:38	06:56
28	1359	Ana Teresa Soares	LITOFISH	Veterana F50	01:11:18	+40:37	07:08
29	1557	Sonia Oliveira	Velocidade Furiosa (slow version)	Veterana F50	01:12:02	+41:21	07:12
30	1482	Odília Maria Fernandes Pereira	RUN 4 FUN	Veterana F50	01:12:22	+41:42	07:14
31	929	ana alves	Individual	Veterana F50	01:13:24	+42:43	07:20
32	1583	Clara Pinto	YES WE CAN	Veterana F50	01:15:59	+45:18	07:36
33	118	Dulce Medeiros	Avelar Sunset Team	Veterana F50	01:16:32	+45:51	07:39
34	1442	Carla Manuela Maia Pinheiro	Puro Judo	Veterana F50	01:16:41	+46:00	07:40
35	945	Rosana Da Silva	Individual	Veterana F50	01:18:21	+47:40	07:50
36	930	Ana Luísa Bento Duarte da Silva Baptista	Individual	Veterana F50	01:20:13	+49:32	08:01
37	1547	Ana Cristina Sousa	TEAMBALA	Veterana F50	01:22:29	+51:48	08:15
38	1447	Sérgio Nuno Marques	Remax White	Veterana F50	01:22:51	+52:10	08:17
39	35	sandra nascimento	233RunClub	Veterana F50	01:24:34	+53:53	08:27
40	946	Rosangela Mota Reis	Individual	Veterana F50	01:31:11	+01:00:30	09:07
41	1497	Celina Dias	Running4Fun Team Viseu	Veterana F50	01:43:42	+01:13:01	10:22
42	938	Lília Simões	Individual	Veterana F50	01:59:19	+01:28:38	11:56

Veterana F55

1	955	Benilde Santos	Individual	Veterana F55	51:49	+21:08	05:11
2	954	Antónia Abrantes	Individual	Veterana F55	52:19	+21:38	05:14
3	969	Valéria Leopoldino Pereira	Individual	Veterana F55	53:36	+22:56	05:22
4	327	Isabel Teixeira	GRVilaverdense	Veterana F55	54:30	+23:49	05:27
5	964	Palmira Ferreira	Individual	Veterana F55	55:31	+24:50	05:33

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6	1539	Madalena Correia	Team El Comandante	Veterana F55	57:01	+26:20	05:42
7	1355	Rosa Lídia Camarinha da Silva	Ligeirinhos	Veterana F55	58:34	+27:53	05:51
8	953	Ana Luísa Antunes Ferreira Maia	Individual	Veterana F55	59:42	+29:01	05:58
9	956	Cristina Lino	Individual	Veterana F55	01:00:14	+29:33	06:01
10	1483	Carla Rebelo	RUN 4 FUN	Veterana F55	01:00:36	+29:56	06:04
11	216	Cristina Carolino	Draco Runners	Veterana F55	01:04:50	+34:10	06:29
12	970	Virgínia Cardoso	Individual	Veterana F55	01:06:16	+35:35	06:38
13	1584	Paula Almeida	YES WE CAN	Veterana F55	01:07:24	+36:43	06:44
14	958	Graciete Antunes	Individual	Veterana F55	01:09:31	+38:51	06:57
15	220	Maria Noémia Pinto Martinho	ELIS	Veterana F55	01:11:03	+40:22	07:06
16	967	Regina Maria Pires Carapito da Conceição	Individual	Veterana F55	01:11:53	+41:12	07:11
17	1510	Alda Ponte	Sem sede	Veterana F55	01:12:19	+41:39	07:14
18	155	Sandra Pedro	Calminheiros	Veterana F55	01:13:15	+42:34	07:20
19	1397	Cristina Filipe	OGMA	Veterana F55	01:13:39	+42:58	07:22
20	962	Luz Costa	Individual	Veterana F55	01:14:04	+43:23	07:24
21	961	LILIAN MENDES ANDRADE	Individual	Veterana F55	01:16:32	+45:51	07:39
22	965	Paula Jacob	Individual	Veterana F55	01:21:14	+50:33	08:07
23	968	Shirlei Mesquita Sandim	Individual	Veterana F55	01:24:03	+53:22	08:24
24	145	Alice Pinharanda	Bulldog team	Veterana F55	01:27:40	+56:59	08:46
25	966	Paula Ramos	Individual	Veterana F55	01:27:47	+57:06	08:47
26	1484	Sofia Faria Blanc	RUN 4 FUN	Veterana F55	01:38:25	+01:07:44	09:51
27	959	Isabel Gomes	Individual	Veterana F55	02:12:34	+01:41:53	13:15

Veterana F60

1	973	Isabel Nobre	Individual	Veterana F60	53:48	+23:07	05:23
2	971	Esmeralda Fiúza	Individual	Veterana F60	54:08	+23:27	05:25
3	972	Isabel Moniz	Individual	Veterana F60	58:52	+28:11	05:53
4	975	Silvina Graça	Individual	Veterana F60	01:03:57	+33:16	06:24
5	1485	Elizabeth Silva	RUN 4 FUN	Veterana F60	01:06:24	+35:43	06:38
6	974	Jeniffer orzatty	Individual	Veterana F60	01:19:23	+48:42	07:56
7	1336	Maria Cristina Lema Pelicano	Junta Freguesia Buarcos e São Julião	Veterana F60	01:22:06	+51:25	08:13
8	1345	Beatriz Amorim	La Carrera	Veterana F60	01:31:01	+01:00:20	09:06

Veterana F65

1	1356	Deolinda Silva	Ligeirinhos	Veterana F65	56:10	+25:29	05:37
2	976	Carla Silva	Individual	Veterana F65	01:15:04	+44:23	07:30
3	977	Julieta Coelho	Individual	Veterana F65	01:21:28	+50:47	08:09

Veterano M35

1	231	Filipe Rocha	Escola de Atletismo de Coimbra/JPaiva	Veterano M35	36:54	+06:13	03:41
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2	37	Pedro Farias	233RunClub	Veterano M35	39:14	+08:33	03:55
3	232	Luís Contente	Escola de Atletismo de Coimbra/JPaiva	Veterano M35	40:16	+09:35	04:02
4	1042	Ricardo saltão	Individual	Veterano M35	40:34	+09:53	04:03
5	1016	João Eduardo Penas	Individual	Veterano M35	40:58	+10:17	04:06
6	1053	Vitor Simões	Individual	Veterano M35	40:59	+10:18	04:06
7	1425	Lúcio Sabino	Os travessos	Veterano M35	41:14	+10:33	04:07
8	988	Bruno Fernando da Silva	Individual	Veterano M35	42:09	+11:28	04:13
9	328	Nuno Torres	GRVilaverdense	Veterano M35	43:44	+13:03	04:22
10	1550	William Benson	Todos os Sábados	Veterano M35	43:52	+13:11	04:23
11	92	João Silva	ARCD Venda da Luísa	Veterano M35	44:40	+13:59	04:28
12	1004	Eduardo Almeida	Individual	Veterano M35	44:42	+14:01	04:28
13	1351	Luís Marques	Lama Solta	Veterano M35	44:55	+14:15	04:30
14	1047	Sérgio Moço	Individual	Veterano M35	45:21	+14:40	04:32
15	240	LUIS ANDRÉ OLIVEIRA MARTINS	esKUDUS Team	Veterano M35	46:23	+15:42	04:38
16	1010	Gonçalo Catarino	Individual	Veterano M35	46:37	+15:56	04:40
17	161	Henrique Cassaro Pereira	Canal mais uma corrida	Veterano M35	46:45	+16:04	04:41
18	1511	Gonçalo Gomes	Sem sede	Veterano M35	47:04	+16:23	04:42
19	273	Pedro Martins	FOCUS_TUU	Veterano M35	48:03	+17:22	04:48
20	83	João Pedro da Silva Dâmaso	Amantes Trail & Run	Veterano M35	48:29	+17:48	04:51
21	1037	Pedro Marques	Individual	Veterano M35	48:46	+18:05	04:53
22	1498	Luís Dias	Running4Fun Team Viseu	Veterano M35	48:55	+18:14	04:54
23	241	MIGUEL MOTA	esKUDUS Team	Veterano M35	49:28	+18:47	04:57
24	1521	PAULO FERNANDES	SILVAS S.A.	Veterano M35	50:05	+19:24	05:01
25	979	André Amado Domingues	Individual	Veterano M35	50:17	+19:36	05:02
26	1026	Mário Bernardino	Individual	Veterano M35	50:17	+19:36	05:02
27	1048	Sérgio Pereira	Individual	Veterano M35	50:44	+20:03	05:04
28	995	Cristiano Santos	Individual	Veterano M35	50:45	+20:04	05:05
29	989	Bruno Pereira	Individual	Veterano M35	50:51	+20:10	05:05
30	1530	Nelson Rodrigues	Sunday Run-Day	Veterano M35	50:53	+20:12	05:05
31	1050	Tiago Lourenço	Individual	Veterano M35	51:18	+20:37	05:08
32	983	André Marques	Individual	Veterano M35	51:18	+20:37	05:08
33	97	Luís Miguel Santos	Arena Prime Box	Veterano M35	51:33	+20:52	05:09
34	297	Nuno Bugalho	Gatões BTT	Veterano M35	52:02	+21:21	05:12
35	1475	Rui Canudo	RM Runners	Veterano M35	52:08	+21:27	05:13
36	1018	JOEL GOMES	Individual	Veterano M35	52:15	+21:34	05:14
37	1022	Luís Filipe Ribeiro Cardoso	Individual	Veterano M35	52:16	+21:35	05:14
38	36	Luis Cação	233RunClub	Veterano M35	52:42	+22:01	05:16
39	982	André Maravilha	Individual	Veterano M35	53:00	+22:19	05:18
40	1003	Édipo Nascimento	Individual	Veterano M35	53:09	+22:28	05:19
41	1012	Humberto Domingues	Individual	Veterano M35	54:01	+23:20	05:24
42	984	André Monteiro	Individual	Veterano M35	54:27	+23:46	05:27
43	1031	Patrick Vasco dos Santos	Individual	Veterano M35	54:50	+24:09	05:29
44	1390	Bruno Mendes	Missao Verão 25	Veterano M35	55:06	+24:25	05:31
45	1033	Pedro Castro	Individual	Veterano M35	55:09	+24:28	05:31
46	1027	Mickael Dos Santos Pereira	Individual	Veterano M35	55:31	+24:50	05:33
47	980	André Belo	Individual	Veterano M35	55:43	+25:02	05:34

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48	990	Carlos Alves	Individual	Veterano M35	56:07	+25:26	05:37
49	1021	Leandro dos Santos Fernandes	Individual	Veterano M35	56:08	+25:27	05:37
50	1034	Pedro Ferreira	Individual	Veterano M35	56:20	+25:39	05:38
51	339	Nuno Maia	Hospital da Luz	Veterano M35	57:32	+26:51	05:45
52	985	André Pinto	Individual	Veterano M35	57:38	+26:57	05:46
53	1015	Jesus Reinoza	Individual	Veterano M35	57:38	+26:57	05:46
54	1020	Jorge Oliveira	Individual	Veterano M35	57:49	+27:08	05:47
55	239	JOÃO PEDRO FERREIRA CANILHO	esKUDUS Team	Veterano M35	57:49	+27:08	05:47
56	12	Diogo Mendes	#LEIRIAEXISTE	Veterano M35	58:06	+27:25	05:49
57	1040	Raul Almeida	Individual	Veterano M35	58:15	+27:34	05:50
58	1007	Fábio Pereira Bento	Individual	Veterano M35	58:29	+27:48	05:51
59	1370	Miguel Rolim	Ln Runners	Veterano M35	58:40	+27:59	05:52
60	338	Jackson Pedro da Silva	Hospital da Luz	Veterano M35	58:42	+28:01	05:52
61	993	César André	Individual	Veterano M35	58:58	+28:17	05:54
62	1054	Walter Moraes Weigert	Individual	Veterano M35	59:00	+28:19	05:54
63	1476	Tiago Jesus	RM Runners	Veterano M35	59:25	+28:44	05:57
64	1039	Ramiro Lima	Individual	Veterano M35	59:37	+28:57	05:58
65	1008	Fábio Ramos	Individual	Veterano M35	59:38	+28:57	05:58
66	1595	David Marques	Talentos Objetivos	Veterano M35	59:55	+29:14	06:00
67	996	Daniel Afonso Rodrigues	Individual	Veterano M35	01:00:57	+30:16	06:06
68	1035	Pedro Ferreira	Individual	Veterano M35	01:01:31	+30:51	06:09
69	272	Nuno Simões	FOCUS_TUU	Veterano M35	01:01:49	+31:08	06:11
70	102	Luís Pereira	As francesinhas	Veterano M35	01:02:04	+31:23	06:12
71	1019	Joey thévenaz	Individual	Veterano M35	01:02:22	+31:42	06:14
72	1512	Nuno Santos	Sem sede	Veterano M35	01:02:34	+31:53	06:15
73	1002	Douglas Ribeiro	Individual	Veterano M35	01:03:40	+32:59	06:22
74	1017	João Pedro Soares Oliveira	Individual	Veterano M35	01:03:59	+33:18	06:24
75	63	Joel Santos	ACRM Silveirinha Grande e Claras	Veterano M35	01:04:07	+33:26	06:25
76	130	Carlo Inácio	BenMax	Veterano M35	01:04:13	+33:32	06:25
77	1036	Pedro José Ramalho Rodrigues	Individual	Veterano M35	01:04:40	+33:59	06:28
78	1032	Pedro Cardoso	Individual	Veterano M35	01:06:21	+35:40	06:38
79	38	Rafael Loureiro Abreu	233RunClub	Veterano M35	01:06:25	+35:45	06:39
80	1029	Mykola Florynskyi	Individual	Veterano M35	01:06:27	+35:46	06:39
81	981	André de Lemos Violante	Individual	Veterano M35	01:06:43	+36:02	06:40
82	1005	Emanuel Graça	Individual	Veterano M35	01:07:04	+36:23	06:42
83	1041	RENAN ROMANO	Individual	Veterano M35	01:09:13	+38:32	06:55
84	987	Ayode Nicolai Latifo	Individual	Veterano M35	01:09:43	+39:02	06:58
85	199	Eduardo Naoru Pacheco Chin	Construa & Corra	Veterano M35	01:10:19	+39:38	07:02
86	1045	Rui Alexandre da Silva Mendes	Individual	Veterano M35	01:11:04	+40:23	07:06
87	986	Anthony lassogna	Individual	Veterano M35	01:12:51	+42:10	07:17
88	200	Gabriel Rodrigues	Construa & Corra	Veterano M35	01:13:22	+42:41	07:20
89	1001	Diogo Matos	Individual	Veterano M35	01:14:39	+43:58	07:28
90	1009	Francisco Catarino	Individual	Veterano M35	01:14:41	+44:00	07:28
91	1024	Marco Marques	Individual	Veterano M35	01:15:33	+44:52	07:33
92	997	Daniel Couceiro	Individual	Veterano M35	01:19:51	+49:10	07:59
93	1567	André Gonçalves Casqueira Rodrigues	Verallia Portugal	Veterano M35	01:21:11	+50:30	08:07

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OFFICIAL RESULT

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94	1052	TRACA Pierre	Individual	Veterano M35	01:23:04	+52:23	08:18
95	1391	Luís António Martins dos Santos	Missao Verão 25	Veterano M35	01:26:05	+55:24	08:37
96	1023	Magno Santos	Individual	Veterano M35	01:28:37	+57:56	08:52
97	1537	Rumitchi de Campos	team 13 pt	Veterano M35	01:34:18	+01:03:37	09:26
98	1051	tim holmstrup	Individual	Veterano M35	01:34:43	+01:04:02	09:28
99	1049	Tauan Oliveira	Individual	Veterano M35	01:44:12	+01:13:31	10:25
100	47	Ricardo Jorge Gonçalves Oliveira	4U studio	Veterano M35	02:17:51	+01:47:10	13:47

Veterano M40

1	1	Rui Teixeira	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	30:52	+00:12	03:05
2	1366	António Fonseca Oliveira	Lizrunners	Veterano M40	39:30	+08:49	03:57
3	185	João Margarido	CLTT - Clínica Litoral Trail Team	Veterano M40	39:42	+09:01	03:58
4	1058	Bruno Carvalheiro	Individual	Veterano M40	41:25	+10:44	04:09
5	1063	Bruno Primo	Individual	Veterano M40	41:55	+11:14	04:12
6	1103	NELSON MECO	Individual	Veterano M40	42:46	+12:05	04:1
7	78	Hélio José Esteves Simões	AFIPRE Team	Veterano M40	44:20	+13:39	04:26
8	115	Paulo Bernardo	AUCHAN	Veterano M40	44:45	+14:05	04:29
9	209	Daniel Filipe da Silva Chipelo	CR7 RUNNERS AVEIRO	Veterano M40	44:51	+14:11	04:29
10	1099	Michel Oliveira	Individual	Veterano M40	45:04	+14:23	04:30
11	1128	Tiago Monteiro	Individual	Veterano M40	45:18	+14:37	04:32
12	1569	Nuno Coutinho	Verallia Portugal	Veterano M40	45:33	+14:52	04:33
13	309	Luís Miguel Campos	Grupo Alegre Unido Bajouca	Veterano M40	46:00	+15:19	04:36
14	116	Ricardo Jorge Pinto Gouveia Angelino	AUCHAN	Veterano M40	46:09	+15:28	04:37
15	1110	Paulo Miguel Santos Vilela	Individual	Veterano M40	46:43	+16:02	04:40
16	1130	Tiago Simão Alves Antunes	Individual	Veterano M40	46:57	+16:16	04:42
17	1111	Pedro Coelho	Individual	Veterano M40	46:57	+16:16	04:42
18	64	Henrique Carvalheiro	ACRM Silveirinha Grande e Claras	Veterano M40	47:05	+16:24	04:43
19	1109	Paulo Gomes Ferreira	Individual	Veterano M40	47:13	+16:32	04:43
20	1117	Ricardo Bexiga	Individual	Veterano M40	47:17	+16:36	04:44
21	173	Jorge Alexandre de Freitas Delgado	Casa do Povo de Lavos	Veterano M40	47:30	+16:49	04:45
22	73	Pedro Belas	Adega Taurina running	Veterano M40	47:37	+16:56	04:46
23	1436	Lino Albano	Papakilometros	Veterano M40	48:00	+17:19	04:48
24	1070	Fernando Neves	Individual	Veterano M40	48:24	+17:43	04:50
25	1069	Eugénio Santos	Individual	Veterano M40	48:58	+18:17	04:54
26	1089	José Luís Correia de Almeida	Individual	Veterano M40	49:07	+18:26	04:55
27	39	André Guerra	233RunClub	Veterano M40	49:26	+18:45	04:57
28	1437	Ricardo Santos	Papakilometros	Veterano M40	49:56	+19:15	05:00
29	1352	Filipe Alves Silva	Lama Solta	Veterano M40	49:59	+19:18	05:00
30	1093	Luis Paulo de Sousa	Individual	Veterano M40	50:19	+19:38	05:02
31	1059	Bruno Concha	Individual	Veterano M40	50:27	+19:46	05:03
32	1097	Mariano Veiga	Individual	Veterano M40	50:28	+19:47	05:03
33	13	Ricardo Nogueira	#LEIRIAEXISTE	Veterano M40	51:03	+20:22	05:06
34	1531	Diogo Rodrigues	Sunday Run-Day	Veterano M40	51:19	+20:38	05:08
35	1067	César Silva	Individual	Veterano M40	51:20	+20:39	05:08

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36	1337	Carlos António Rodrigues Seara Ferreira da Costa	Junta Freguesia Buarcos e São Julião	Veterano M40	51:28	+20:48	05:09
37	201	Sérgio Valente	Construa & Corra	Veterano M40	51:34	+20:53	05:09
38	1118	Ricardo Daniel dos Santos Pimentel	Individual	Veterano M40	51:38	+20:57	05:10
39	1114	Pedro Miguel Nunes	Individual	Veterano M40	51:40	+20:59	05:10
40	1106	Nuno Valentim	Individual	Veterano M40	51:54	+21:13	05:11
41	340	Manuel Joaquim Carinhas Ferreira	Hospital da Luz	Veterano M40	51:55	+21:14	05:12
42	179	Messias Pereira Batista da Silva	Casal nota 20	Veterano M40	52:25	+21:44	05:15
43	1112	Pedro Luís Maia	Individual	Veterano M40	52:46	+22:05	05:17
44	1579	Vagner Filipe	VIKINGS TRAIL RUNNERS/CCR ALCABIDEQUE	Veterano M40	52:47	+22:06	05:17
45	1074	Gonçalo Silva	Individual	Veterano M40	53:15	+22:34	05:20
46	1490	Thiago João Martins Figueiredo	Run4happychild	Veterano M40	53:38	+22:57	05:22
47	14	Rui Miguel da Silva Pereira	#LEIRIAEXISTE	Veterano M40	53:42	+23:01	05:22
48	1107	Paulo Baptista	Individual	Veterano M40	53:56	+23:15	05:24
49	275	Fabiano Freitas	FOCUS_TUU	Veterano M40	54:06	+23:25	05:25
50	1082	Joao Duarte De Abreu	Individual	Veterano M40	54:19	+23:38	05:26
51	1081	João Dias	Individual	Veterano M40	54:25	+23:44	05:27
52	1353	Marco Manuel Duque Murgeiro	Lama Solta	Veterano M40	54:29	+23:48	05:27
53	1468	Luis Sá Bastardo	Revolution Fitness	Veterano M40	54:56	+24:15	05:30
54	1073	Gonçalo Guedes	Individual	Veterano M40	55:56	+25:16	05:36
55	1095	Marco Jordao	Individual	Veterano M40	55:57	+25:16	05:36
56	1125	Sócrates Eder de Oliveira	Individual	Veterano M40	56:29	+25:48	05:39
57	1057	Ângelo Lopes	Individual	Veterano M40	56:31	+25:50	05:39
58	1126	Sorokin Sergei	Individual	Veterano M40	56:52	+26:11	05:41
59	1065	Carlos Figueiredo	Individual	Veterano M40	57:20	+26:40	05:44
60	1071	Filipe Tomás	Individual	Veterano M40	57:45	+27:04	05:47
61	1060	Bruno Fernandes Pereira	Individual	Veterano M40	58:42	+28:01	05:52
62	1129	Tiago Rosa	Individual	Veterano M40	58:54	+28:13	05:53
63	1083	João Fernandes	Individual	Veterano M40	58:55	+28:14	05:54
64	1568	Edgar Faria	Verallia Portugal	Veterano M40	59:01	+28:20	05:54
65	1571	Rui Ferraz	Verallia Portugal	Veterano M40	59:21	+28:40	05:56
66	56	Bruno Costa	Academia de Desportos de Condeixa	Veterano M40	59:44	+29:03	05:58
67	1477	jose tavares	RM Runners	Veterano M40	59:50	+29:09	05:59
68	341	Vilson Edgar Gouveia Fontinha	Hospital da Luz	Veterano M40	01:00:20	+29:39	06:02
69	1092	Luís Jesus	Individual	Veterano M40	01:00:21	+29:40	06:02
70	1068	Daniel Serra	Individual	Veterano M40	01:00:22	+29:41	06:02
71	1116	Ricardo André da Fonseca Costa	Individual	Veterano M40	01:00:49	+30:08	06:05
72	1558	Jorge Correia	Velocidade Furiosa (slow version)	Veterano M40	01:01:03	+30:22	06:06
73	1570	Pedro Freitas	Verallia Portugal	Veterano M40	01:01:16	+30:35	06:08
74	1094	Márcio Sousa	Individual	Veterano M40	01:01:21	+30:40	06:08
75	1123	Rui Simões	Individual	Veterano M40	01:01:43	+31:02	06:10
76	1489	Pedro Gil	RUN FOREST RUN	Veterano M40	01:01:45	+31:04	06:11
77	86	Eduardo Montanhini	AMC crossfit	Veterano M40	01:02:29	+31:48	06:15
78	243	Douglas Cândido	Família Cândido	Veterano M40	01:02:39	+31:58	06:16
79	1077	Humberto José Costa Duarte	Individual	Veterano M40	01:03:23	+32:42	06:20

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80	1078	Ilia Rumiantcev	Individual	Veterano M40	01:03:27	+32:46	06:21
81	1362	Rudy Rivera	LITOFISH	Veterano M40	01:04:01	+33:20	06:24
82	1098	Mário Rui Tomé	Individual	Veterano M40	01:04:04	+33:23	06:24
83	114	Bruno Jose Seguro Alves	AUCHAN	Veterano M40	01:04:22	+33:41	06:26
84	58	Miguel Nora	Académica de Coimbra	Veterano M40	01:04:51	+34:10	06:29
85	1075	Gustavo Pelichos	Individual	Veterano M40	01:05:04	+34:23	06:30
86	333	Pedro Filipe Lopes Cação	Gyptec Ibérica	Veterano M40	01:05:39	+34:58	06:34
87	1507	José Gaspar Schwalbach	Schwalbach	Veterano M40	01:06:04	+35:23	06:36
88	1466	Gonçalo Gonçalves	Revolution Fitness	Veterano M40	01:06:21	+35:40	06:38
89	1115	Pedro Rolo	Individual	Veterano M40	01:06:37	+35:56	06:40
90	1119	Ricardo Domingues	Individual	Veterano M40	01:06:46	+36:05	06:41
91	49	PAULO Silva	4U studio	Veterano M40	01:06:54	+36:13	06:41
92	48	Bruno Mota	4U studio	Veterano M40	01:06:54	+36:13	06:41
93	1467	Luís Filipe Gomes Balsas	Revolution Fitness	Veterano M40	01:07:16	+36:35	06:44
94	1127	Telmo Carvalho	Individual	Veterano M40	01:07:40	+36:59	06:46
95	1379	Pedro Costa	MATIZ	Veterano M40	01:08:02	+37:22	06:48
96	1380	Pedro Manuel Abrantes Lourenço Valente	MATIZ	Veterano M40	01:08:03	+37:22	06:48
97	1104	Nilton Lopes	Individual	Veterano M40	01:09:38	+38:57	06:58
98	1124	Sebastian Plaetzer	Individual	Veterano M40	01:10:02	+39:21	07:00
99	1066	Carlos Manuel Fernandez de Carvalho	Individual	Veterano M40	01:10:09	+39:28	07:01
100	132	José Moreira da Silva Júnior	BenMax	Veterano M40	01:11:59	+41:18	07:12
101	1505	Samuel Galinha	Salesianos Team	Veterano M40	01:12:30	+41:49	07:15
102	1080	João Barros	Individual	Veterano M40	01:15:09	+44:28	07:31
103	276	Luís Cunha	FOCUS_TUU	Veterano M40	01:16:02	+45:21	07:36
104	1504	João reto	Salesianos Team	Veterano M40	01:16:58	+46:17	07:42
105	274	Carlos Andres Montenegro	FOCUS_TUU	Veterano M40	01:17:28	+46:48	07:45
106	1121	Ruben Portal	Individual	Veterano M40	01:17:45	+47:04	07:47
107	1120	Rodrigo Braga	Individual	Veterano M40	01:25:23	+54:42	08:32
108	1108	Paulo Borloth	Individual	Veterano M40	01:26:06	+55:25	08:37
109	1084	Joao Filipe Parente Abreu Nunes	Individual	Veterano M40	01:26:23	+55:42	08:38
110	1085	João Manuel Bicho Lopes Cardoso	Individual	Veterano M40	01:27:35	+56:54	08:46
111	1096	Marco Ramos	Individual	Veterano M40	01:37:50	+01:07:09	09:47
112	1101	MIKHAIL BYKOV	Individual	Veterano M40	01:52:19	+01:21:38	11:14
113	1088	Jorge Eliecer Ramirez Gomez	Individual	Veterano M40	01:56:39	+01:25:58	11:40
114	1105	Nuno Caetano	Individual	Veterano M40	01:57:53	+01:27:12	11:47
115	1079	Javier Ávila Miguel	Individual	Veterano M40	02:00:42	+01:30:01	12:04
116	1333	Pedro Lourenco	JLPI	Veterano M40	02:05:19	+01:34:38	12:32
117	1522	TIAGO PEGO	SILVAS S.A.	Veterano M40	02:05:35	+01:34:55	12:34
118	1513	Bruno Adão	Sem sede	Veterano M40	02:09:48	+01:39:07	12:59

Veterano M45

1	214	Nuno Silva	DAR-Recardães	Veterano M45	38:13	+07:32	03:49
2	213	Alex Tondela	DAR-Recardães	Veterano M45	39:09	+08:28	03:55
3	59	Rui Rodrigues	Académica de Coimbra	Veterano M45	39:20	+08:39	03:56

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4	1137	Carlos Patrão	Individual	Veterano M45	39:34	+08:53	03:57
5	1147	Filipe Brilhante	Individual	Veterano M45	42:00	+11:19	04:12
6	106	Rui Sarmento	Associação Corrida Noturna Parque das Nações	Veterano M45	42:24	+11:43	04:14
7	204	Mário Manuel Gonçalves Moreira	Correr Queluz	Veterano M45	42:48	+12:08	04:17
8	93	Jorge Melo	ARCD Venda da Luísa	Veterano M45	44:40	+14:00	04:28
9	1187	Ricardo Costa	Individual	Veterano M45	45:40	+14:59	04:34
10	1172	Nuno Alexandre Duarte da Mota	Individual	Veterano M45	45:40	+15:00	04:34
11	190	Pedro Pereira	Coimbra Trail Running	Veterano M45	46:28	+15:47	04:39
12	1179	Pedro Ferreira	Individual	Veterano M45	46:37	+15:56	04:40
13	1138	Cesar Tafula	Individual	Veterano M45	47:41	+17:00	04:46
14	1149	Francisco Graça	Individual	Veterano M45	47:51	+17:10	04:47
15	1181	Pedro Manuel dos Santos Teixeira	Individual	Veterano M45	49:44	+19:03	04:58
16	41	Luís Ferreira	233RunClub	Veterano M45	49:48	+19:07	04:59
17	1354	Lino Bento	Lama Solta	Veterano M45	49:49	+19:08	04:59
18	1453	Luis matos	Reumaticos	Veterano M45	50:11	+19:30	05:01
19	1399	Tiago Esperança	OPraticante	Veterano M45	50:34	+19:53	05:03
20	1572	Ricardo Curado Torres	Verallia Portugal	Veterano M45	51:06	+20:25	05:07
21	292	Pedro Coelho	Fresenius Kabi RUNNERS	Veterano M45	51:20	+20:39	05:08
22	208	RUI FIGUEIREDO	CPT - SOBRAL DE CEIRA	Veterano M45	51:37	+20:56	05:10
23	329	João Bairrão	GRVilaverdense	Veterano M45	51:50	+21:09	05:11
24	1160	João Maria Da Silva	Individual	Veterano M45	52:13	+21:32	05:13
25	1185	Raimundo Ferreira	Individual	Veterano M45	52:18	+21:37	05:14
26	16	Tiago Nazaré	#LEIRIAEXISTE	Veterano M45	52:22	+21:41	05:14
27	1438	Nuno Alberto	Papakilometros	Veterano M45	52:33	+21:52	05:15
28	1194	Telmo Pedro	Individual	Veterano M45	52:51	+22:10	05:17
29	1189	Ricardo José Cerveira de Melo	Individual	Veterano M45	53:00	+22:19	05:18
30	15	Carlos Lopes	#LEIRIAEXISTE	Veterano M45	53:11	+22:30	05:19
31	1159	João Fernando de Castro Costa	Individual	Veterano M45	53:32	+22:51	05:21
32	1175	Nuno Ricardo Pereira Leal	Individual	Veterano M45	53:44	+23:03	05:22
33	1153	Gonçalo Lopes	Individual	Veterano M45	53:47	+23:06	05:23
34	1184	Pierre DuBuisson	Individual	Veterano M45	54:17	+23:36	05:26
35	1196	Vitor Miguel de Sousa Guedes	Individual	Veterano M45	54:44	+24:03	05:28
36	1469	Rui Silva	Revolution Fitness	Veterano M45	54:56	+24:15	05:30
37	1182	Pedro Miguel Veiga Lopes	Individual	Veterano M45	55:24	+24:43	05:32
38	1167	MARCO ALEXANDRE MIRANDA SILVA	Individual	Veterano M45	55:58	+25:17	05:36
39	1553	Nuno Oliveira	URB TEODORA RUNNING TEAM	Veterano M45	56:06	+25:25	05:37
40	1151	Francisco Moreira	Individual	Veterano M45	57:00	+26:19	05:42
41	313	João Miranda	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M45	57:06	+26:25	05:43
42	246	Nuno Bandarra	Figueira Kayak Clube	Veterano M45	57:39	+26:58	05:46
43	1134	Bruno Leite Santos	Individual	Veterano M45	57:45	+27:04	05:47
44	245	Luís Felipe Neves Gueiros Sobrinho	Família Gueiros	Veterano M45	57:57	+27:16	05:48
45	1154	Gonçalo Rafael Soares dos Santos	Individual	Veterano M45	58:12	+27:31	05:49
46	40	BruNo Mendes	233RunClub	Veterano M45	58:25	+27:44	05:51
47	1158	João Carlos Perdigão	Individual	Veterano M45	58:29	+27:48	05:51

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48	1132	Anderson Ferreira Cavalcante	Individual	Veterano M45	58:39	+27:58	05:52
49	1165	Luís Miguel Pinto Sampaio	Individual	Veterano M45	58:41	+28:00	05:52
50	1136	CARLOS CERDEIRA	Individual	Veterano M45	58:42	+28:01	05:52
51	1178	Paulo Ribeiro	Individual	Veterano M45	58:43	+28:02	05:52
52	242	RUI MOISÉS PINHEIRO MARTINS	esKUDUS Team	Veterano M45	01:00:15	+29:34	06:02
53	1486	Miguel	RUN 4 FUN	Veterano M45	01:00:37	+29:56	06:04
54	1162	João Pedro da Silva Mendes	Individual	Veterano M45	01:00:49	+30:08	06:05
55	1146	Énio Rodrigues	Individual	Veterano M45	01:00:50	+30:09	06:05
56	1150	Francisco Javier Gómez Ruiz	Individual	Veterano M45	01:01:06	+30:26	06:07
57	136	Ricardo Firmino	Botão Camp	Veterano M45	01:01:08	+30:27	06:07
58	1142	Daniel André Matos Rebelo	Individual	Veterano M45	01:01:09	+30:28	06:07
59	343	Nuno Gabriel Vaz Ribeiro	Hospital da Luz	Veterano M45	01:02:17	+31:36	06:14
60	146	Armando Penedo	Bulldog team	Veterano M45	01:02:27	+31:47	06:15
61	1166	Luis Pedro Rodrigues	Individual	Veterano M45	01:02:51	+32:11	06:17
62	1171	Miguel Silveira	Individual	Veterano M45	01:03:32	+32:51	06:21
63	1156	Hertz Gomes Fernandes Vieira	Individual	Veterano M45	01:03:48	+33:07	06:23
64	1145	Eduardo Reis	Individual	Veterano M45	01:03:51	+33:10	06:23
65	1371	Alexandre Nogueira	Ln Runners	Veterano M45	01:03:54	+33:13	06:23
66	1363	Carlos Gois	LITOFISH	Veterano M45	01:04:01	+33:20	06:24
67	1403	Ricardo Costa	Os Costa	Veterano M45	01:04:19	+33:38	06:26
68	1161	João Miguel Ferreira Pereira	Individual	Veterano M45	01:05:03	+34:22	06:30
69	1193	Sérgio José Pinto Albuquerque	Individual	Veterano M45	01:05:05	+34:24	06:31
70	1394	Nelson Pedro Fonseca de Matos	Monteiro&Matos	Veterano M45	01:05:41	+35:00	06:34
71	1170	Miguel João Feteira Simões Lopes	Individual	Veterano M45	01:05:44	+35:03	06:34
72	1191	Rui Aleixo	Individual	Veterano M45	01:06:53	+36:12	06:41
73	1555	DAVID SALTÃO	Varino & Saltão	Veterano M45	01:07:00	+36:19	06:42
74	1478	Filipe Canudo	RM Runners	Veterano M45	01:07:04	+36:23	06:42
75	1195	Vagner Paixao	Individual	Veterano M45	01:07:23	+36:42	06:44
76	98	Carlos Rodrigues	Arena Prime Box	Veterano M45	01:07:44	+37:03	06:46
77	172	João Oliveira	CARAPUS DE CORRIDA	Veterano M45	01:07:57	+37:16	06:48
78	342	Hugo Raimundo	Hospital da Luz	Veterano M45	01:08:02	+37:21	06:48
79	1554	NUNO PATRÍCIO	URB TEODORA RUNNING TEAM	Veterano M45	01:09:48	+39:07	06:59
80	1573	Rui Maia	Verallia Portugal	Veterano M45	01:09:57	+39:16	07:00
81	1176	Óscar Mendes	Individual	Veterano M45	01:10:01	+39:20	07:00
82	1133	Bruno Carlos Nunes Gomes Pita	Individual	Veterano M45	01:10:33	+39:52	07:03
83	1163	Joel Ricardo de Almeida Loureiro	Individual	Veterano M45	01:10:50	+40:09	07:05
84	1491	Pedro César Patrocínio Bastos	Run4happychild	Veterano M45	01:11:14	+40:33	07:07
85	1168	Mário Vaz	Individual	Veterano M45	01:12:01	+41:20	07:12
86	1506	Nuno Oliveira	Salesianos Team	Veterano M45	01:12:36	+41:55	07:16
87	1514	Amílcar Batata	Sem sede	Veterano M45	01:15:11	+44:31	07:31
88	1174	Nuno Rasteiro	Individual	Veterano M45	01:15:12	+44:31	07:31
89	1367	Luis Joaquim	Lizrunners	Veterano M45	01:16:04	+45:24	07:36
90	1443	Jordao Martins Laranja	Puro Judo	Veterano M45	01:16:42	+46:01	07:40
91	1140	claudio vicente	Individual	Veterano M45	01:17:46	+47:05	07:47
92	1190	Ricardo Veiga	Individual	Veterano M45	01:17:46	+47:05	07:47
93	277	Milton Tobos	FOCUS_TUU	Veterano M45	01:22:13	+51:32	08:13

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94	1348	DOUGLAS SANTOS	Lá ele	Veterano M45	01:24:34	+53:53	08:27
95	1364	João Matias	LITOFISH	Veterano M45	01:25:48	+55:07	08:35
96	1144	EDUARDO DA SILVA	Individual	Veterano M45	01:26:49	+56:08	08:41
97	1183	Pedro Ramos	Individual	Veterano M45	01:30:10	+59:29	09:01
98	1197	Vitor Tomaz	Individual	Veterano M45	01:34:43	+01:04:02	09:28
99	1135	Camilo Matos	Individual	Veterano M45	01:47:07	+01:16:26	10:43
100	1169	Matt Faultless	Individual	Veterano M45	02:01:11	+01:30:30	12:07
101	147	Nelson silva	Bulldog team	Veterano M45	02:10:41	+01:40:00	13:04
102	1474	Fernando Colaço	Rijos	Veterano M45	02:28:56	+01:58:15	14:54

Veterano M50

1	1326	Luis Ricardo Sequeira Paulo	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	36:08	+05:27	03:37
2	234	Jorge santos	Escola de Atletismo de Coimbra/JPaiva	Veterano M50	37:27	+06:46	03:45
3	103	Rui Roque	Associação Académica da Bela Vista	Veterano M50	38:01	+07:21	03:48
4	1441	Marco Cardoso	Patricia Basilio	Veterano M50	38:23	+07:42	03:50
5	175	Paulo Renato Mesquita Monteiro	Casa do Povo de Lavos	Veterano M50	38:59	+08:18	03:54
6	1223	Joaquim nogueira	Individual	Veterano M50	40:04	+09:23	04:00
7	1439	Antonio Santos	Papakilometros	Veterano M50	40:26	+09:45	04:03
8	1374	João Carvalho	Lobos da Serra - Loureiro	Veterano M50	41:30	+10:49	04:09
9	1232	Manuel Sérgio Marques Pinto	Individual	Veterano M50	42:17	+11:36	04:14
10	1203	Carlos Alexandre Gomes pagaimo	Individual	Veterano M50	42:32	+11:51	04:15
11	1377	Carlos Pimenta	Luso Team	Veterano M50	43:08	+12:27	04:19
12	1454	Paulo pereira	Reumaticos	Veterano M50	43:57	+13:16	04:24
13	1551	João Paulo Nobre Santos Marques	Trilhos da Baga	Veterano M50	44:30	+13:49	04:27
14	104	José Carlos Simões	Associação Académica de Coimbra	Veterano M50	45:08	+14:27	04:31
15	1325	JORGE MARCELINO	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	45:24	+14:43	04:32
16	1368	Nelson Perpétua	Lizrunners	Veterano M50	45:51	+15:10	04:35
17	1324	JOÃO DOMINGOS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	45:55	+15:14	04:36
18	1500	Luis Miguel Reis	Running4Fun Team Viseu	Veterano M50	45:58	+15:17	04:36
19	1413	Rui Silva	Os Papa Milhas	Veterano M50	46:34	+15:53	04:39
20	1373	António Ferreira	Lobos da Serra - Loureiro	Veterano M50	46:48	+16:07	04:41
21	1575	João Loureiro	Verallia Portugal	Veterano M50	47:10	+16:29	04:43
22	1213	Filipe Mamede	Individual	Veterano M50	47:45	+17:04	04:47
23	1456	Raul teixeira	Reumaticos	Veterano M50	48:02	+17:21	04:48
24	1219	Jan Baksteen	Individual	Veterano M50	48:06	+17:26	04:49
25	314	Pedro Lopes	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M50	48:30	+17:49	04:51
26	66	Luís Filipe Carvalheiro	ACRM Silveirinha Grande e Claras	Veterano M50	48:44	+18:03	04:52
27	1525	Carlos Lopes	SOCIEDADE RECREIO CEPANENSE	Veterano M50	49:53	+19:12	04:59
28	65	Henrique Lavaredas	ACRM Silveirinha Grande e Claras	Veterano M50	50:11	+19:30	05:01

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29	18	José Godinho	#LEIRIAEXISTE	Veterano M50	50:19	+19:38	05:02
30	107	António Miranda	Associação Desportiva do Fundão	Veterano M50	50:48	+20:07	05:05
31	1598	Helder Simões	Figueira Kayak Clube	Veterano M50	51:15	+20:34	05:08
32	1253	Vitor Saltão	Individual	Veterano M50	51:22	+20:41	05:08
33	100	Luis Barosa	Arena Prime Box	Veterano M50	51:41	+21:00	05:10
34	1499	Humberto Dias	Running4Fun Team Viseu	Veterano M50	51:53	+21:12	05:11
35	1202	Arlindo Manuel Silva de Jesus	Individual	Veterano M50	52:05	+21:24	05:13
36	1435	José loureiro	Panela de Barro	Veterano M50	53:02	+22:21	05:18
37	1470	Pedro Boia	Revolution Fitness	Veterano M50	53:25	+22:44	05:2
38	1515	Carlos Silva	Sem sede	Veterano M50	53:43	+23:02	05:22
39	1228	Luís Manaia	Individual	Veterano M50	53:52	+23:11	05:23
40	1574	David Cardoso	Verallia Portugal	Veterano M50	53:54	+23:13	05:23
41	248	Hugo Paz	Figueira Kayak Clube	Veterano M50	53:59	+23:18	05:24
42	331	Luis Lopes	GRVilaverdense	Veterano M50	54:30	+23:49	05:27
43	43	Paulo Sordo Carvalho	233RunClub	Veterano M50	55:59	+25:18	05:36
44	124	José Martins	Barra Ocean Runners	Veterano M50	56:04	+25:23	05:36
45	1434	Abel Condesso	Panela de Barro	Veterano M50	56:33	+25:52	05:39
46	1238	Paulo Barros	Individual	Veterano M50	56:33	+25:52	05:39
47	1234	Miguel relvão	Individual	Veterano M50	56:42	+26:01	05:40
48	330	Hermínio Almeida	GRVilaverdense	Veterano M50	57:10	+26:29	05:43
49	1216	Guillermo Cabrera	Individual	Veterano M50	57:27	+26:46	05:45
50	17	Carlos Nogueira	#LEIRIAEXISTE	Veterano M50	57:31	+26:51	05:45
51	109	Pedro B	Atletas ao Domingo	Veterano M50	57:34	+26:53	05:45
52	1252	Tito Carlos S. Vieira	Individual	Veterano M50	57:36	+26:55	05:46
53	1552	PEDRO SERRALHA	UNIÃO DESPORTIVA ODEMIRA	Veterano M50	57:52	+27:11	05:47
54	1199	Antonio Bem Haja	Individual	Veterano M50	58:08	+27:27	05:49
55	42	Miguel Neves	233RunClub	Veterano M50	58:13	+27:32	05:49
56	1201	Antonio Soares	Individual	Veterano M50	58:13	+27:33	05:49
57	1338	Nuno Miguel Lucas Alves	Junta Freguesia Buarcos e São Julião	Veterano M50	58:31	+27:51	05:51
58	1249	Ricardo Pinho	Individual	Veterano M50	58:35	+27:54	05:52
59	19	Renato Antunes	#LEIRIAEXISTE	Veterano M50	58:43	+28:02	05:52
60	1372	Fernando Ferreira	Ln Runners	Veterano M50	58:44	+28:03	05:52
61	1236	Nuno Santos	Individual	Veterano M50	58:49	+28:08	05:53
62	1427	António Marinheiro	Outsiders	Veterano M50	58:59	+28:18	05:54
63	110	Zé Sandinha	Atletas ao Domingo	Veterano M50	59:07	+28:26	05:55
64	1198	Anderson Pacheco	Individual	Veterano M50	59:26	+28:45	05:57
65	1229	Luis Miguel Melo Santos	Individual	Veterano M50	59:28	+28:47	05:57
66	1235	Nuno Oliveira	Individual	Veterano M50	59:36	+28:55	05:58
67	1455	Paulo ramos	Reumaticos	Veterano M50	59:53	+29:12	05:59
68	1230	Luis Pais	Individual	Veterano M50	59:54	+29:13	05:59
69	1248	RICARDO NOBRE	Individual	Veterano M50	01:00:26	+29:45	06:03
70	1440	Pedro Miguel	Papakilometros	Veterano M50	01:00:58	+30:17	06:06
71	1207	Dirk Baksteen	Individual	Veterano M50	01:01:21	+30:40	06:08
72	138	Martinho Marques	Bricomarché	Veterano M50	01:01:27	+30:46	06:09
73	139	Paulo Dias	Bricomarché	Veterano M50	01:01:27	+30:46	06:09
74	1233	Mário António Malva Melo da Silva	Individual	Veterano M50	01:01:42	+31:01	06:10

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75	1412	António Sousa	Os Papa Milhas	Veterano M50	01:01:51	+31:10	06:11
76	1222	João Soares	Individual	Veterano M50	01:02:09	+31:28	06:13
77	1221	Joao Sequeira	Individual	Veterano M50	01:02:54	+32:13	06:17
78	1243	Pedro Antunes	Individual	Veterano M50	01:02:56	+32:15	06:18
79	1225	José Teixeira	Individual	Veterano M50	01:03:14	+32:33	06:19
80	1217	Hélder Lopes	Individual	Veterano M50	01:03:20	+32:39	06:20
81	1211	Fernando Martins	Individual	Veterano M50	01:03:51	+33:10	06:23
82	121	Henrique Gonçalves	Balirocos	Veterano M50	01:04:06	+33:25	06:25
83	1240	Paulo Marques	Individual	Veterano M50	01:05:35	+34:54	06:34
84	1206	Cláudio Neves	Individual	Veterano M50	01:05:50	+35:09	06:35
85	1226	Julio Afonso	Individual	Veterano M50	01:06:00	+35:19	06:36
86	1209	Fernando Alexandre	Individual	Veterano M50	01:08:35	+37:54	06:52
87	1212	Fernando Matos	Individual	Veterano M50	01:09:20	+38:39	06:56
88	1251	Rui Jorge Ribeiro Gomes	Individual	Veterano M50	01:09:37	+38:57	06:58
89	1208	Domingos Dias de São José	Individual	Veterano M50	01:09:51	+39:10	06:59
90	1241	Paulo Santos	Individual	Veterano M50	01:10:24	+39:43	07:02
91	1237	Orlando Martins	Individual	Veterano M50	01:10:45	+40:04	07:05
92	1576	Paulo Jesus	Verallia Portugal	Veterano M50	01:10:48	+40:07	07:05
93	1508	Paulo Lima	Schwalbach	Veterano M50	01:11:23	+40:42	07:08
94	81	Ivan Lins Gregório	AG	Veterano M50	01:11:24	+40:43	07:08
95	1246	PEDRO NUNO ROMANO DOS SANTOS BURACA	Individual	Veterano M50	01:12:02	+41:21	07:12
96	1214	Gonçalo Crisanto	Individual	Veterano M50	01:13:52	+43:11	07:23
97	1548	Carlos Abrunheiro	TEAMBALA	Veterano M50	01:15:13	+44:32	07:31
98	1549	Rui Faria	TEAMBALA	Veterano M50	01:15:14	+44:33	07:31
99	1407	Carlos Sousa	Os Murganheiras	Veterano M50	01:15:34	+44:53	07:33
100	1227	Luís Fonseca	Individual	Veterano M50	01:16:10	+45:29	07:37
101	1250	Rúben Batista	Individual	Veterano M50	01:16:47	+46:06	07:41
102	1365	Luis Rodrigues	LITOFISH	Veterano M50	01:17:28	+46:47	07:45
103	1450	Helder Henrique Oliveira Duarte	Remax White	Veterano M50	01:18:48	+48:07	07:53
104	1244	Pedro Fernando dos Reis Moleiro	Individual	Veterano M50	01:19:11	+48:30	07:55
105	1245	Pedro Loureiro	Individual	Veterano M50	01:25:02	+54:21	08:30
106	1231	Manuel Pedro Oliveira	Individual	Veterano M50	01:27:48	+57:07	08:47
107	1210	Fernando Marques	Individual	Veterano M50	01:30:21	+59:40	09:02
108	252	Luís Alves	Flashover	Veterano M50	02:00:02	+01:29:21	12:00
109	1523	ANTÓNIO PEGO	SILVAS S.A.	Veterano M50	02:10:41	+01:40:00	13:04
110	1215	Guilherme Soares	Individual	Veterano M50	02:32:06	+02:01:25	15:13

Veterano M55

1	1327	ANTÓNIO FERREIRA	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	41:20	+10:39	04:08
2	1329	LEONEL SOUSA	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	41:33	+10:52	04:09
3	1328	CARLOS SIMÕES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	41:41	+11:00	04:10
4	1266	José Brás	Individual	Veterano M55	44:22	+13:41	04:26

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5	1270	Lúcio ventura	Individual	Veterano M55	46:51	+16:10	04:41
6	1275	Manuel Cabete	Individual	Veterano M55	47:45	+17:04	04:47
7	217	António Gomes	Draco Runners	Veterano M55	51:24	+20:43	05:08
8	1283	Rui Godinho	Individual	Veterano M55	52:04	+21:23	05:12
9	236	Luís Oliveira	Escola de Atletismo de Coimbra/JPaiva	Veterano M55	52:34	+21:53	05:15
10	1276	Octávio Oliveira	Individual	Veterano M55	53:30	+22:49	05:21
11	187	Garcia Parreira Matias	Clube PT Coimbra	Veterano M55	54:32	+23:51	05:27
12	1278	Paulo José Rodrigues Fernandes	Individual	Veterano M55	54:34	+23:53	05:27
13	1271	Luís António Jesus Carvalheiro	Individual	Veterano M55	55:47	+25:06	05:35
14	304	telmo Salazar	GINÁSIO CLUBE DE BRAGANÇA	Veterano M55	56:36	+25:55	05:40
15	1375	Luís Filipe Manaia Amado	Lobos da Serra - Loureiro	Veterano M55	56:40	+25:59	05:40
16	1540	Rui Correia	Team El Comandante	Veterano M55	56:42	+26:01	05:40
17	119	Mário Medeiros	Avelar Sunset Team	Veterano M55	57:07	+26:26	05:43
18	1261	Carlos Barroso	Individual	Veterano M55	58:36	+27:55	05:52
19	1265	jorge pedro	Individual	Veterano M55	58:46	+28:05	05:53
20	67	Lino Carraco	ACRM Silveirinha Grande e Claras	Veterano M55	58:51	+28:10	05:53
21	1429	Paulo Caetano	Outsiders	Veterano M55	58:59	+28:18	05:54
22	1255	Antonio João Lopes Carvalheiro	Individual	Veterano M55	59:03	+28:22	05:54
23	1260	Carlos Araújo	Individual	Veterano M55	59:35	+28:54	05:58
24	1414	Pedro Roque	Os Papa Milhas	Veterano M55	59:44	+29:03	05:58
25	1268	José Ferreira	Individual	Veterano M55	59:58	+29:17	06:00
26	1284	Rui Miguel Azevedo Inácio da Conceição	Individual	Veterano M55	01:01:38	+30:57	06:10
27	1536	Ricardo Santos Rosa	Talentos Objetivos	Veterano M55	01:03:04	+32:23	06:18
28	1262	Carlos Carreira	Individual	Veterano M55	01:03:13	+32:32	06:19
29	307	António Lopes	Grupeta running team	Veterano M55	01:03:53	+33:12	06:23
30	1280	Pedro Medina	Individual	Veterano M55	01:04:13	+33:33	06:25
31	157	Raul Oliveira	Calminheiros	Veterano M55	01:04:35	+33:54	06:28
32	1286	Viriato Coelho	Individual	Veterano M55	01:05:38	+34:57	06:34
33	1281	Raul Cardosa	Individual	Veterano M55	01:06:16	+35:35	06:38
34	235	Jorge Alves	Escola de Atletismo de Coimbra/JPaiva	Veterano M55	01:06:17	+35:36	06:38
35	1428	João Maia	Outsiders	Veterano M55	01:06:24	+35:43	06:38
36	1257	António Manuel Esteves Joaquim	Individual	Veterano M55	01:07:37	+36:56	06:46
37	1282	Rogério Ximenes de Barros	Individual	Veterano M55	01:08:29	+37:48	06:51
38	1516	Pedro Ponte	Sem sede	Veterano M55	01:08:58	+38:17	06:54
39	1258	António Ornelas	Individual	Veterano M55	01:09:25	+38:44	06:57
40	1273	Luis Paulo Silva Ferreira	Individual	Veterano M55	01:10:25	+39:44	07:03
41	203	Vítor M Cardoso	Corre São João	Veterano M55	01:11:14	+40:33	07:07
42	148	Joaquim Pinharanda	Bulldog team	Veterano M55	01:12:04	+41:23	07:12
43	156	José Paulo	Calminheiros	Veterano M55	01:13:15	+42:34	07:20
44	186	António Saraiva	Clube OGMA	Veterano M55	01:13:39	+42:58	07:22
45	1272	Luis Filipe Gomes Rito	Individual	Veterano M55	01:15:12	+44:31	07:31
46	279	Pedro Calisto	FOCUS_TUU	Veterano M55	01:16:02	+45:21	07:36
47	278	Alfredo Cortesão	FOCUS_TUU	Veterano M55	01:16:02	+45:21	07:36
48	1256	António José Ferraz Tarrafa	Individual	Veterano M55	01:20:31	+49:50	08:03

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49	1279	Paulo Silva	Individual	Veterano M55	01:23:26	+52:45	08:21
50	1590	Odair vitoretti	Zukas	Veterano M55	01:29:17	+58:36	08:56
51	44	Paulo Ferreira	233RunClub	Veterano M55	01:29:25	+58:44	08:57
52	1287	Vitor Boavida	Individual	Veterano M55	01:52:18	+01:21:37	11:14
53	1267	José Cardoso	Individual	Veterano M55	02:19:47	+01:49:06	13:59

Veterano M60

1	316	Manuel Machado	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M60	43:39	+12:58	04:22
2	105	Mário Carapinheiro	Associação Académica de Coimbra	Veterano M60	48:09	+17:28	04:49
3	111	Orlando Ferreira	Atletas do Parque	Veterano M60	48:21	+17:40	04:50
4	1596	Mário Carvalho	Vilarinho de Cima	Veterano M60	50:16	+19:35	05:02
5	1330	RUI DINIS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	52:27	+21:46	05:15
6	281	Francisco Folgado	Folgado	Veterano M60	52:30	+21:49	05:15
7	1577	José Batata	Verallia Portugal	Veterano M60	53:51	+23:10	05:23
8	1293	Fernando M L M Lopes	Individual	Veterano M60	54:42	+24:01	05:28
9	1378	José Maçaria	Maresia Bar Fig Foz	Veterano M60	55:01	+24:21	05:30
10	1305	Rui Ventura2502	Individual	Veterano M60	55:24	+24:43	05:32
11	1291	Carlos Mota	Individual	Veterano M60	56:31	+25:50	05:39
12	1290	Carlos lobo	Individual	Veterano M60	57:00	+26:19	05:42
13	1301	Pedro Cruz	Individual	Veterano M60	58:58	+28:18	05:54
14	1299	Manuel Pinto Gabriel	Individual	Veterano M60	01:00:34	+29:53	06:03
15	1395	José A. Massano Monteiro	MTG Running	Veterano M60	01:04:05	+33:24	06:25
16	1288	Abilio B	Individual	Veterano M60	01:05:44	+35:03	06:34
17	1300	PEDRO ALFERES	Individual	Veterano M60	01:07:04	+36:23	06:42
18	1289	António José Estudante de Oliveira	Individual	Veterano M60	01:08:28	+37:47	06:51
19	1430	Adão Abreu	Outsiders	Veterano M60	01:09:09	+38:28	06:55
20	1302	Pedro Gonçalves	Individual	Veterano M60	01:09:48	+39:07	06:59
21	1303	Pedro Teixeira	Individual	Veterano M60	01:10:13	+39:32	07:01
22	1298	José Manuel Mendes Vitorino Faria	Individual	Veterano M60	01:11:58	+41:18	07:12
23	1304	Rob de Boer	Individual	Veterano M60	01:12:33	+41:52	07:15
24	1297	João Grilo	Individual	Veterano M60	01:55:18	+01:24:37	11:32
25	1292	Carlos Santos	Individual	Veterano M60	01:55:47	+01:25:06	11:35

Veterano M65

1	1332	LICÍNIO PEREIRA	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M65	44:33	+13:52	04:27
2	1331	ANTÓNIO POEIRAS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M65	45:00	+14:19	04:30
3	318	Manuel Sá	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M65	45:13	+14:32	04:31
4	1357	José Carlos Gomes	Ligeirinhos	Veterano M65	45:50	+15:09	04:35
5	1309	António Manuel Gonçalves Seródio	Individual	Veterano M65	50:10	+19:29	05:01

Prova Principal

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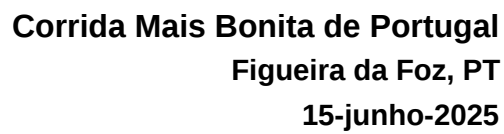
OFFICIAL RESULT

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6	1310	António Teixeira Moreira	Individual	Veterano M65	50:24	+19:43	05:02
7	188	Narciso Arromba	CLUVE	Veterano M65	51:58	+21:17	05:12
8	1316	Henrique Dias	Individual	Veterano M65	52:25	+21:44	05:15
9	317	JOÃO BARROCO	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M65	52:32	+21:51	05:15
10	149	Jorge Agostinho	CA Barreira	Veterano M65	53:21	+22:40	05:20
11	79	António De Neiva Rodrigues	AFIPRE Team	Veterano M65	54:31	+23:50	05:27
12	1308	António Lemos	Individual	Veterano M65	55:50	+25:09	05:35
13	1320	Joaquim Pereira	Individual	Veterano M65	57:42	+27:01	05:46
14	1318	João José de Almeida Gaspar de Matos	Individual	Veterano M65	59:14	+28:33	05:55
15	1314	Fernando Santos	Individual	Veterano M65	01:00:27	+29:46	06:03
16	1306	António Tafula	Individual	Veterano M65	01:00:56	+30:15	06:06
17	1312	carlos andrade	Individual	Veterano M65	01:02:29	+31:48	06:15
18	1346	Ivo Amorim	La Carrera	Veterano M65	01:03:38	+32:57	06:22
19	189	Victor Pereira	cluve de veteranos de atletismo de coimbra	Veterano M65	01:04:09	+33:28	06:25
20	1311	Assel Guzinski	Individual	Veterano M65	01:07:21	+36:40	06:44
21	1313	EDSON SANTOS REZENDE	Individual	Veterano M65	01:08:33	+37:53	06:51
22	177	Armando Jorge Delgado	Casa do Povo de Lavos	Veterano M65	01:08:43	+38:03	06:52
23	1317	Jeff Boehlert	Individual	Veterano M65	01:10:16	+39:35	07:02
24	1322	Manuel dos Santos Carvalho Fernandes	Individual	Veterano M65	01:10:32	+39:51	07:03
25	1319	João Marques Silva	Individual	Veterano M65	01:23:26	+52:45	08:21

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