

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:00	22,7°C	73%
End	19:27	20,2°C	81%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	67	Carlos Filipe Leite Costa	ev- peraltafil	Veterano M35	34:19		03:26
2	8	João Silva	acbatalha	Senior Masculino	34:42	+00:22	03:28
3	81	Vitor Dinis	gdrc unidos	Veterano M50	35:06	+00:46	03:31
4	38	Emanuel Cardoso	clube atletismo de marinha grande	Senior Masculino	35:34	+01:15	03:33
5	474	Tiago Ferreira	sb vidros - vidrala	Senior Masculino	35:46	+01:27	03:35
6	408	MICKAEL PIRES	industrial desportivo vieirense	Veterano M35	36:25	+02:06	03:39
7	410	HUGO DUARTE	industrial desportivo vieirense	Veterano M40	36:25	+02:06	03:39
8	158	Edgar Faria	individual	Senior Masculino	36:49	+02:29	03:41
9	70	David Alves Carreira	fátima trail team	Senior Masculino	37:17	+02:58	03:44
10	277	Fábio Mendes	individual	Veterano M35	37:30	+03:11	03:45
11	407	ALÉXIS ROCHA	industrial desportivo vieirense	Senior Masculino	37:50	+03:30	03:47
12	33	Paulo Renato Mesquita Monteiro	casa do povo de lavos	Veterano M50	38:19	+04:00	03:50
13	7	Pedro Rocha	academia do pro	Junior Masculino	38:21	+04:01	03:50
14	50	Milton Ferreira	clube veteranos do lis	Senior Masculino	38:29	+04:09	03:51
15	13	João Santana	adr mata	Veterano M35	38:53	+04:33	03:53
16	311	António Fonseca Oliveira	individual	Veterano M40	38:55	+04:36	03:54
17	37	Joao Paulo Magro	club união idanhense	Veterano M50	39:02	+04:42	03:54
18	341	Nilton Silva	individual	Veterano M40	39:03	+04:43	03:54
19	326	Filipe Brilhante	individual	Veterano M40	39:15	+04:55	03:55
20	79	Renato Casimiro	gdrc unidos	Senior Masculino	39:30	+05:10	03:57
21	413	QUIM DUARTE	industrial desportivo vieirense	Veterano M40	39:43	+05:24	03:58
22	172	Gabriel Henriques Santos	individual	Senior Masculino	39:51	+05:32	03:59
23	478	Rui Cardoso	team elcomandante	Veterano M50	39:54	+05:34	03:59
24	185	João Pedro Astolfi da Costa	individual	Senior Masculino	40:00	+05:40	04:00
25	201	Luís Correia	individual	Senior Masculino	40:02	+05:42	04:00
26	430	Jordan Silva	ndap	Senior Masculino	40:12	+05:52	04:01
27	284	Joao Lopes	individual	Veterano M35	40:43	+06:24	04:04
28	356	Ricardo Henriques	individual	Veterano M40	40:44	+06:25	04:04
29	5	Leonardo Bento	grupo alegre unido bajouca	Senior Masculino	40:58	+06:38	04:06
30	304	Tiago Fernandes	individual	Veterano M35	41:20	+07:01	04:08
31	466	lucio faria sabino	os travessos	Veterano M35	41:22	+07:02	04:08
32	92	Mário Carvalho	grupo vilarinho cima	Veterano M60	41:24	+07:04	04:08
33	368	Carlos Manuel Bispo de Matos	individual	Veterano M50	41:35	+07:15	04:09
34	290	Mauro Pereira dos Santos	individual	Veterano M35	41:37	+07:18	04:10
35	165	Fábio Ruivaco	individual	Senior Masculino	41:38	+07:19	04:10
36	91	João Cordeiro	grupo desportivo das pedreiras	Senior Masculino	41:39	+07:19	04:10
37	82	José Raimundo	gdrc unidos	Veterano M60	41:46	+07:26	04:11
38	78	João Reis	gdrc unidos	Senior Masculino	41:52	+07:32	04:11
39	404	Micael Pereira	industrial desportivo vieirense	Junior Masculino	42:10	+07:51	04:13
40	103	Tiago Gaspar	individual	Junior Masculino	42:12	+07:53	04:13
41	206	Paulo Brites	individual	Senior Masculino	42:13	+07:53	04:13

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
42	225	Vitor Coelho	individual	Senior Masculino	42:51	+08:32	04:17
43	196	José Ribeiro	individual	Senior Masculino	42:55	+08:36	04:18
44	487	Jorge Miguel Porfirio Dionísio	individual	Senior Masculino	42:57	+08:37	04:18
45	336	Márcio Cruz	individual	Veterano M40	42:58	+08:38	04:18
46	328	FILIPE SERRARIO	individual	Veterano M40	43:15	+08:56	04:20
47	9	Tomás Carvalheiro	acrm silveirinha grande e claras	Junior Masculino	43:16	+08:56	04:20
48	340	Nelson Santos	individual	Veterano M40	43:24	+09:04	04:20
49	90	André Salgueiro	grupo desportivo das pedreiras	Senior Masculino	43:26	+09:06	04:21
50	338	Marco Gomes	individual	Veterano M40	43:31	+09:11	04:21
51	57	Paulo Monteiro	cpr a-do-barbas	Veterano M50	43:43	+09:24	04:22
52	66	Hugo Amaro	desportivo náutico da marinha grande	Senior Masculino	43:50	+09:31	04:23
53	218	Tiago Duarte	individual	Senior Masculino	43:59	+09:40	04:24
54	409	AMÍLCAR BRITO	industrial desportivo vieirense	Veterano M40	44:04	+09:44	04:24
55	394	Francico Ferreira	individual	Veterano M60	44:17	+09:58	04:26
56	388	Vitor Nelson	individual	Veterano M50	44:29	+10:09	04:27
57	49	Raquel Pedrosa	clube veteranos do lis	Senior Feminino	44:31	+10:12	04:27
58	15	Manuel Ferreira	adr mata	Veterano M60	44:43	+10:24	04:28
59	219	Tiago Martins	individual	Senior Masculino	44:50	+10:31	04:29
60	401	Pedro Vicente	individual	Veterano M60	44:53	+10:33	04:29
61	65	Maria Domingues	desportivo náutico da marinha grande	Senior Feminino	44:55	+10:35	04:29
62	178	Gustavo Rocha de Abreu Proença	individual	Senior Masculino	45:04	+10:44	04:30
63	306	Tiago Manuel Mendes do Carmo	individual	Veterano M35	45:16	+10:57	04:32
64	101	Marco Silva	individual	Junior Masculino	45:33	+11:14	04:33
65	51	Tiago Cardoso	clube veteranos do lis	Senior Masculino	45:37	+11:17	04:34
66	405	ADRIANA COELHO	industrial desportivo vieirense	Senior Feminino	45:38	+11:19	04:34
67	182	João Grilo	individual	Senior Masculino	45:42	+11:23	04:34
68	351	Pedro Pereira	individual	Veterano M40	45:44	+11:25	04:34
69	463	Wagnel Rodrigues Silva	os travessos	Senior Masculino	45:49	+11:29	04:35
70	298	Ricardo Carvalho	individual	Veterano M35	45:51	+11:32	04:35
71	318	Dany Grilo	grupo alegre unido bajouca	Veterano M40	45:54	+11:34	04:35
72	20	Miguel Sousa	amigos do bacalhau	Veterano M40	45:58	+11:39	04:36
73	180	João Gomes	individual	Senior Masculino	46:17	+11:58	04:38
74	282	João Alexandre	individual	Veterano M35	46:19	+12:00	04:38
75	460	Mário Matos	os de matos	Veterano M40	46:20	+12:01	04:38
76	366	António Morgado	individual	Veterano M50	46:21	+12:01	04:38
77	309	Alexandre Pereira	individual	Veterano M40	46:24	+12:04	04:38
78	53	Diogo Ferreira	clube veteranos do lis	Veterano M40	46:24	+12:05	04:38
79	476	Leandro Santos	sb vidros - vidrala	Veterano M40	46:27	+12:08	04:39
80	382	Pedro Francisco Moreira de Oliveira	individual	Veterano M50	46:28	+12:08	04:39
81	325	filipe bragança	individual	Veterano M40	46:35	+12:16	04:40
82	148	Alexandre Jesus	individual	Senior Masculino	46:50	+12:31	04:41
83	217	Talysson Soares	individual	Senior Masculino	46:51	+12:31	04:41
84	479	João Cruz	team neckmolde / evocycle / sbmolde.com	Veterano M35	46:54	+12:35	04:41

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	418	Pedro Jerónimo	lizrunners	Veterano M40	47:02	+12:43	04:42
86	224	Vinicius Abussafi	individual	Senior Masculino	47:06	+12:47	04:43
87	212	Rafael Soares	individual	Senior Masculino	47:10	+12:50	04:43
88	171	Francisco Santos Rodrigues	individual	Senior Masculino	47:16	+12:57	04:44
89	188	Joao Santos	individual	Senior Masculino	47:17	+12:57	04:44
90	202	Luís Ladeira	individual	Senior Masculino	47:20	+13:00	04:44
91	381	Paulo Rodrigues	individual	Veterano M50	47:28	+13:08	04:45
92	472	João Fernandes	prosystem.runners	Veterano M50	47:29	+13:10	04:45
93	28	Carla Marques	c partners group	Senior Feminino	47:29	+13:10	04:45
94	286	JOEL GOMES	individual	Veterano M35	47:34	+13:14	04:45
95	278	Filipe Dinis	individual	Veterano M35	47:35	+13:15	04:45
96	204	MIGUEL ANGELO ALVES FAZENDEIRO	individual	Senior Masculino	47:40	+13:20	04:46
97	220	Tiago Matos	individual	Senior Masculino	47:43	+13:24	04:46
98	12	Luís Carvalho	acrm silveirinha grande e claras	Veterano M50	47:47	+13:27	04:47
99	184	João Monteiro	individual	Senior Masculino	47:53	+13:34	04:47
100	194	Jonas Ferreira	individual	Senior Masculino	48:03	+13:43	04:48
101	350	Pedro Pereira	individual	Veterano M40	48:10	+13:51	04:49
102	88	Diogo Serrario	grupo btt de manteigas	Senior Masculino	48:21	+14:01	04:50
103	23	Vitor Rascão	atrasados	Veterano M40	48:24	+14:04	04:50
104	289	Marcio Vitorino	individual	Veterano M35	48:24	+14:05	04:50
105	397	José Fernando Santiago	individual	Veterano M60	48:27	+14:07	04:51
106	399	Pedro Trabucho	individual	Veterano M60	48:31	+14:11	04:51
107	364	Válter Luís	individual	Veterano M40	48:31	+14:12	04:51
108	486	Paulo Vieira	xteam	Veterano M40	48:32	+14:12	04:51
109	27	EDGAR FERNANDES	be runners	Veterano M40	48:33	+14:13	04:51
110	10	Mónica Jordão	acrm silveirinha grande e claras	Veterana F40	48:48	+14:28	04:53
111	453	Tiago Esperança	opraticante.pt	Veterano M40	48:49	+14:29	04:53
112	391	Emilio Leal Santos	individual	Veterano M60	48:52	+14:32	04:53
113	151	André Serra	individual	Senior Masculino	48:53	+14:33	04:53
114	480	Rodrigo Carrão	thomar athletics	Senior Masculino	48:55	+14:36	04:54
115	150	André Fonseca Ruivo	individual	Senior Masculino	48:59	+14:39	04:54
116	322	Eric Domingues	individual	Veterano M40	49:03	+14:44	04:54
117	87	Virgilio Mota Alberto	grupo alegre unido bajouca	Veterano M50	49:11	+14:52	04:55
118	395	João Barreiros	individual	Veterano M60	49:12	+14:53	04:55
119	29	Rui Gaspar	ca barreira	Veterano M50	49:14	+14:54	04:55
120	320	Edgar Jacinto	individual	Veterano M40	49:17	+14:57	04:56
121	95	Tomás Cardoso	improve run club	Senior Masculino	49:17	+14:57	04:56
122	98	Filipe Rodrigues Constâncio	individual	Junior Masculino	49:17	+14:58	04:56
123	332	John PIVOST	individual	Veterano M40	49:31	+15:12	04:57
124	25	Roberto Fiuza	barras e bolinhos	Veterano M40	49:37	+15:18	04:58
125	361	Rúben Évora	individual	Veterano M40	49:42	+15:22	04:58
126	84	Marcelo Carvalho	gou running club	Veterano M35	49:50	+15:30	04:59
127	426	Evangelista Santos	magníficos runners	Veterano M60	49:57	+15:37	05:00
128	398	José Garrafão	individual	Veterano M60	50:10	+15:51	05:01
129	378	Luis Manuel Barosa Costa Moreira	individual	Veterano M50	50:15	+15:55	05:01

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
130	339	Miguel Sanches	individual	Veterano M40	50:16	+15:57	05:02
131	159	Eduardo Eusébio	individual	Senior Masculino	50:21	+16:02	05:02
132	348	Pedro Cruz	individual	Veterano M40	50:25	+16:06	05:03
133	411	HUGO MARQUES	industrial desportivo vieirense	Veterano M40	50:28	+16:08	05:03
134	358	Ricardo Pitta-Groz	individual	Veterano M40	50:36	+16:16	05:04
135	213	Renato Gaspar	individual	Senior Masculino	50:37	+16:18	05:04
136	161	Eduardo Marques	individual	Senior Masculino	50:41	+16:22	05:04
137	86	Carla Carvalho	grupo alegre unido bajouca	Senior Feminino	50:41	+16:22	05:04
138	303	Tiago Carvalho	grupo alegre unido bajouca	Veterano M35	50:42	+16:23	05:04
139	295	Mike Pascoal	individual	Veterano M35	50:44	+16:25	05:04
140	482	Tatiana Alvares-Sanches	tyne bridge harriers	Veterana F40	50:49	+16:29	05:05
141	481	Jorge Miguel Domingues Patrício	turtles & rabbits	Veterano M40	50:54	+16:34	05:05
142	258	Valeria Carpalhoso	individual	Veterana F40	50:59	+16:39	05:06
143	54	José Martins	clube veteranos do lis	Veterano M50	51:02	+16:43	05:06
144	330	Hugo Miguel Florindo Oliveira	individual	Veterano M40	51:06	+16:46	05:07
145	240	Carla Neves	individual	Veterana F40	51:12	+16:53	05:07
146	288	Luis Lopes	individual	Veterano M35	51:17	+16:57	05:08
147	42	Rafael Pinheiro	clube recreativo chãs	Senior Masculino	51:20	+17:01	05:08
148	157	David Lisboa	individual	Senior Masculino	51:27	+17:08	05:09
149	187	João Pereira	individual	Senior Masculino	51:28	+17:08	05:09
150	210	Pedro Miguel Vasconcelos Ferreira	individual	Senior Masculino	51:34	+17:14	05:09
151	384	Rui Godinho	individual	Veterano M50	51:35	+17:16	05:10
152	208	Pedro Garcia	individual	Senior Masculino	51:41	+17:21	05:10
153	39	Narciso Garcia Simões Arromba	clube de veteranos de coimbra _ cluve	Veterano M60	51:43	+17:24	05:10
154	379	Miguel Carreira	individual	Veterano M50	51:49	+17:29	05:11
155	94	Miguel Alves	improve run club	Senior Masculino	51:51	+17:32	05:11
156	96	Daniel Pereira	individual	Junior Masculino	52:00	+17:40	05:12
157	376	jorge gaspar mendes	individual	Veterano M50	52:06	+17:46	05:13
158	181	João Gonçalo	individual	Senior Masculino	52:11	+17:51	05:13
159	300	Rodrigo Esperança	individual	Veterano M35	52:11	+17:51	05:13
160	475	Paula Rodrigues	sb vidros - vidrala	Veterana F50	52:12	+17:52	05:13
161	276	Eurico Sousa	individual	Veterano M35	52:16	+17:57	05:14
162	362	Rui Filipe Rosa Barroquinho da Silva	individual	Veterano M40	52:21	+18:01	05:14
163	363	Sérgio Filipe	individual	Veterano M40	52:22	+18:03	05:14
164	40	João Miguel	clube desportivo moitense	Veterano M50	52:26	+18:06	05:15
165	380	Paulo Marrazes	individual	Veterano M50	52:39	+18:19	05:16
166	226	WESLEY KARVAT CARNEIRO	individual	Senior Masculino	52:41	+18:22	05:16
167	55	Sandra Maques	cpr a-do-barbas	Veterana F40	52:51	+18:31	05:17
168	68	Franco Fernandes	f. fernandes	Veterano M40	52:53	+18:33	05:17
169	119	Daniela Silva	individual	Senior Feminino	52:55	+18:35	05:17
170	152	André Sousa	individual	Senior Masculino	53:09	+18:50	05:19
171	211	Rafael Carreira	individual	Senior Masculino	53:10	+18:51	05:19

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
172	60	Anabela Monteiro	cumibroa running team	Veterana F50	53:12	+18:53	05:19
173	62	Jorge Faria	cumibroa running team	Veterano M50	53:13	+18:53	05:19
174	31	Tiago Costa	canita´s	Senior Masculino	53:25	+19:06	05:21
175	30	Beatriz Carpalhoso	canita´s	Senior Feminino	53:25	+19:06	05:21
176	34	Rui Manuel de Faria Ferreira	casa do povo de lavos	Veterano M50	53:29	+19:10	05:21
177	89	joao balau	grupo btt de manteigas	Veterano M50	53:33	+19:14	05:21
178	267	Sandra Aguiar	individual	Veterana F50	53:35	+19:15	05:21
179	215	Ruben Martins	individual	Senior Masculino	53:37	+19:17	05:22
180	149	André Filipe Alves Carnide	individual	Senior Masculino	53:47	+19:28	05:23
181	183	João Lopes	individual	Senior Masculino	53:50	+19:31	05:23
182	329	Hugo Cordeiro	individual	Veterano M40	53:51	+19:32	05:23
183	315	carlos Alberto de Jesus ferreira	individual	Veterano M40	53:52	+19:32	05:23
184	74	Pedro Bento	gado bravo	Veterano M35	53:53	+19:33	05:23
185	249	Minervina Oliveira Soares	individual	Veterana F40	53:54	+19:34	05:23
186	127	Kedyma Ketlen Almeida Silva Chaves	individual	Senior Feminino	53:54	+19:34	05:23
187	313	Bruno Ferreira	individual	Veterano M40	53:55	+19:35	05:23
188	35	Rafael Alexandre Monteiro Correia Pereira	chamusca trail	Senior Masculino	53:57	+19:38	05:24
189	331	Isaac Inácio	individual	Veterano M40	53:58	+19:39	05:24
190	246	Joana Valente	individual	Veterana F40	54:02	+19:42	05:24
191	283	João Canilho	individual	Veterano M35	54:10	+19:50	05:25
192	270	Alice Francisco	individual	Veterana F60	54:13	+19:54	05:25
193	6	Jose Carlos Lopes	ac vermoil	Veterano M50	54:13	+19:54	05:25
194	359	Roberto José Miragaia Guerra	individual	Veterano M40	54:15	+19:56	05:26
195	342	Nuno Batista	individual	Veterano M40	54:17	+19:57	05:26
196	321	Edgar Vieira Novo	individual	Veterano M40	54:17	+19:58	05:26
197	415	PEDRO COIMBRA	industrial desportivo vieirense	Veterano M50	54:19	+19:59	05:26
198	198	leandro santos	individual	Senior Masculino	54:20	+20:00	05:26
199	168	Francisco Leal	individual	Senior Masculino	54:22	+20:02	05:26
200	370	Carlos vitorino	individual	Veterano M50	54:24	+20:05	05:26
201	462	Tales Oliveira Pereira	os travessos	Senior Masculino	54:24	+20:05	05:26
202	296	Nuno Mendes	individual	Veterano M35	54:30	+20:10	05:27
203	100	Lucas Sousa	individual	Junior Masculino	54:31	+20:11	05:27
204	83	Ana Filipa da Silva Guarda	gou running club	Veterana F35	54:33	+20:13	05:27
205	316	Carlos Serpa	individual	Veterano M40	54:37	+20:18	05:28
206	473	Goreti Gaudêncio	sb vidros - vidrala	Senior Feminino	54:49	+20:29	05:29
207	170	Francisco Madeira	individual	Senior Masculino	54:52	+20:32	05:29
208	275	Eduardo Jesus	individual	Veterano M35	54:58	+20:38	05:30
209	319	Diogo Cunha e Silva	individual	Veterano M40	55:01	+20:42	05:30
210	406	MARIA MARQUES	industrial desportivo vieirense	Senior Feminino	55:18	+20:59	05:32
211	199	Lucas Matias	individual	Senior Masculino	55:20	+21:00	05:32
212	285	João Pedrosa	individual	Veterano M35	55:25	+21:06	05:33
213	21	Catarina Palmeiro	associação desportiva do fundão	Veterana F40	55:27	+21:08	05:33
214	393	Fernando Palmeiro	individual	Veterano M60	55:29	+21:10	05:33
215	162	Emanuel Miquéias Cavalcante da Rocha	individual	Senior Masculino	55:31	+21:12	05:33

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
216	134	Maria Luiza de Paiva	individual	Senior Feminino	55:32	+21:12	05:33
217	371	Claudio Henriques Abrunhosa	individual	Veterano M50	55:34	+21:14	05:33
218	349	Pedro Guarda	individual	Veterano M40	55:43	+21:23	05:34
219	99	Leonardo Monteiro	individual	Junior Masculino	55:47	+21:28	05:35
220	11	Lino Carraco	acrm silveirinha grande e claras	Veterano M50	55:49	+21:30	05:35
221	203	Mateus Almeida	individual	Senior Masculino	55:54	+21:35	05:35
222	255	Stephanie Lopes	individual	Veterana F40	55:58	+21:39	05:36
223	72	António Barbas	filmsat	Veterano M50	55:59	+21:40	05:36
224	417	Inês Jerónimo	lizrunners	Veterana F40	56:09	+21:50	05:37
225	416	ACÁCIO LAVOS	industrial desportivo vieirense	Veterano M60	56:10	+21:50	05:37
226	59	Rúben Ferreira	crows	Senior Masculino	56:12	+21:53	05:37
227	110	Beatriz Gomes	individual	Senior Feminino	56:15	+21:55	05:37
228	470	João Peixoto	projectbox leiria	Veterano M35	56:21	+22:01	05:38
229	403	Vítor Manuel Carmo Ferreira Ervilha	individual	Veterano M60	56:22	+22:02	05:38
230	242	Cátia Matias	individual	Veterana F40	56:31	+22:11	05:39
231	228	Ana Bárbara	individual	Veterana F35	56:33	+22:13	05:39
232	334	Luís Santos	individual	Veterano M40	56:33	+22:13	05:39
233	75	Paulo Ferreira	gado bravo	Veterano M50	56:34	+22:15	05:39
234	107	Ana Marta Rodrigues Nascimento	individual	Senior Feminino	56:34	+22:15	05:39
235	488	Carlos André Rodrigues Ferreira	individual	Senior Masculino	56:37	+22:17	05:40
236	265	Regina Lisboa	individual	Veterana F50	56:42	+22:22	05:40
237	36	Anabela Ferreira	chitas de alcobaça	Veterana F50	56:45	+22:26	05:41
238	177	Gustavo Bastos	individual	Senior Masculino	56:47	+22:27	05:41
239	147	ALAN DE PAULA CARVALHO	individual	Senior Masculino	56:54	+22:35	05:41
240	317	César alves	individual	Veterano M40	56:56	+22:37	05:42
241	169	Francisco Lopes	individual	Senior Masculino	56:56	+22:37	05:42
242	121	Inês Cunha	individual	Senior Feminino	56:56	+22:37	05:42
243	139	Monica Santos	individual	Senior Feminino	57:08	+22:48	05:43
244	250	Mónia Costa	individual	Veterana F40	57:12	+22:52	05:43
245	195	Jorge Costa	individual	Senior Masculino	57:12	+22:53	05:43
246	46	Ricardo Gaspar	clube recreativo chãs	Veterano M35	57:13	+22:54	05:43
247	449	João Teixeira	nunca...	Veterano M50	57:18	+22:59	05:44
248	137	Mariana Rolo	individual	Senior Feminino	57:19	+23:00	05:44
249	133	Maria João Dâmaso	individual	Senior Feminino	57:19	+23:00	05:44
250	227	Willian felipe dos Santos Pereira	individual	Senior Masculino	57:21	+23:01	05:44
251	69	Sandro Gonçalves Guerra	factor3	Veterano M40	57:22	+23:02	05:44
252	115	CÁTIA ANTUNES	individual	Senior Feminino	57:25	+23:05	05:44
253	126	Joana Santos	individual	Senior Feminino	57:27	+23:08	05:45
254	76	Carolina Duarte	gdrc unidos	Senior Feminino	57:37	+23:18	05:46
255	135	Maria Silva Carvalho	individual	Senior Feminino	57:48	+23:28	05:47
256	186	João Pedro da Silva Henriques	individual	Senior Masculino	57:52	+23:33	05:47
257	131	Madalena Duarte	individual	Senior Feminino	57:54	+23:34	05:47
258	154	Dani Sousa	individual	Senior Masculino	57:55	+23:35	05:47

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
259	111	BEATRIZ PEREIRA	individual	Senior Feminino	58:01	+23:41	05:48
260	400	Pedro Vale Silva	individual	Veterano M60	58:12	+23:53	05:49
261	467	Ana Filipa Martins	projectbox leiria	Veterana F35	58:27	+24:07	05:51
262	263	Patrícia Bruniero Franciscato Augusto	individual	Veterana F50	58:28	+24:09	05:51
263	456	Nuno Fernandes	opraticante.pt	Veterano M50	58:31	+24:11	05:51
264	294	Miguel Mota	individual	Veterano M35	58:31	+24:12	05:51
265	140	Mylene Leal	individual	Senior Feminino	58:31	+24:12	05:51
266	259	Cláudia Lopes	individual	Veterana F50	58:32	+24:13	05:51
267	448	Marta Teixeira	nunca...	Junior Feminino	58:32	+24:13	05:51
268	104	Amélia Lameiras	individual	Senior Feminino	58:34	+24:14	05:51
269	385	Sérgio Lopes Rodrigues	individual	Veterano M50	58:41	+24:22	05:52
270	354	Pedro Virgílio	individual	Veterano M40	58:43	+24:24	05:52
271	105	Ana Filipa Alves Branco	individual	Senior Feminino	58:44	+24:25	05:52
272	58	Martine Rainho	crc22junhoamor	Veterana F50	58:51	+24:31	05:53
273	262	nelsa simoes	individual	Veterana F50	58:51	+24:32	05:53
274	108	Ana Rita Loureiro Guímaro	individual	Senior Feminino	58:53	+24:33	05:53
275	106	Ana Guerra	individual	Senior Feminino	59:02	+24:42	05:54
276	445	Luís Manuel Carreira Mónico	nel-joelette	Veterano M50	59:03	+24:43	05:54
277	442	Ricardo Grácio	nel-joelette	Veterano M40	59:03	+24:43	05:54
278	444	João Carlos Santos Antunes	nel-joelette	Veterano M50	59:04	+24:44	05:54
279	446	Rui Soares Monteiro	nel-joelette	Veterano M50	59:04	+24:44	05:54
280	441	Paulo Alexandre da Silva Dias	nel-joelette	Veterano M40	59:04	+24:44	05:54
281	85	Daniel Jaulino	grupo alegre unido bajouca	Veterano M50	59:07	+24:47	05:55
282	314	Bruno Oliveira	individual	Veterano M40	59:07	+24:48	05:55
283	234	Susana Luís	individual	Veterana F35	59:27	+25:08	05:57
284	245	Joana Ascenso	individual	Veterana F40	59:27	+25:08	05:57
285	221	Tiago Sousa	individual	Senior Masculino	59:31	+25:12	05:57
286	273	Diogo Eusébio	individual	Veterano M35	59:32	+25:12	05:57
287	440	Nuno Rouxinol	nel-joelette	Veterano M40	59:44	+25:24	05:58
288	447	Fernando Lourenço Vieira	nel-joelette	Veterano M60	59:44	+25:25	05:58
289	432	Maria Gaspar Oliveira	nel-joelette	Junior Feminino	59:44	+25:25	05:58
290	435	Joana Frazão	nel-joelette	Veterana F40	59:45	+25:25	05:58
291	439	Nuno Lopes	nel-joelette	Veterano M40	59:45	+25:25	05:58
292	443	Teófilo Pequicho	nel-joelette	Veterano M40	59:45	+25:26	05:59
293	438	Miguel Pereira	nel-joelette	Veterano M40	59:45	+25:26	05:59
294	44	André Gaspar	clube recreativo chãs	Veterano M35	59:49	+25:30	05:59
295	175	Gonçalo Miguel Vigário Henriques	individual	Senior Masculino	59:54	+25:35	05:59
296	436	Julieta M. C. G. Lourenço	nel-joelette	Veterana F60	01:00:01	+25:42	06:00
297	390	António Tafula	individual	Veterano M60	01:00:02	+25:43	06:00
298	357	Ricardo Oliveira	individual	Veterano M40	01:00:04	+25:45	06:00
299	383	Ricardo Pinho	individual	Veterano M50	01:00:05	+25:45	06:00
300	367	Carlos Barroso	individual	Veterano M50	01:00:05	+25:46	06:01
301	396	João Pereira da Graça	individual	Veterano M60	01:00:16	+25:56	06:02
302	377	Júlio Gaspar	individual	Veterano M50	01:00:25	+26:06	06:03
303	132	Maria Delgado	individual	Senior Feminino	01:00:25	+26:06	06:03

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
304	281	Ivan Silva	individual	Veterano M35	01:00:28	+26:09	06:03
305	237	Ana Santos	individual	Veterana F40	01:00:30	+26:10	06:03
306	118	Daniela Marcelino	individual	Senior Feminino	01:00:45	+26:25	06:04
307	109	Beatriz Ferreira Pedrosa	individual	Senior Feminino	01:00:57	+26:37	06:06
308	61	Carlos Mendes	cumibroa running team	Veterano M40	01:01:00	+26:40	06:06
309	293	Miguel Branco	individual	Veterano M35	01:01:03	+26:43	06:06
310	22	Sónia Rascão	atrasados	Veterana F40	01:01:06	+26:47	06:07
311	301	Samuel Domingues	individual	Veterano M35	01:01:08	+26:48	06:07
312	238	Andreia Vieira	individual	Veterana F40	01:01:08	+26:49	06:07
313	176	Guilherme Gwadera	individual	Senior Masculino	01:01:17	+26:58	06:08
314	45	Marco Gaspar	clube recreativo chãs	Veterano M35	01:01:23	+27:04	06:08
315	471	Nuno Ricardo Lourenço Martins	projecto blue o / fpad	Veterano M40	01:01:33	+27:13	06:09
316	468	Flor Silva	projectbox leiria	Veterana F35	01:01:34	+27:15	06:09
317	344	Nuno Gaudêncio	individual	Veterano M40	01:01:36	+27:17	06:10
318	156	Daniel carreira	individual	Senior Masculino	01:01:39	+27:19	06:10
319	243	Inês Lopes Sousa	individual	Veterana F40	01:01:48	+27:28	06:11
320	424	Didier Lopes	magníficos runners	Veterano M50	01:01:59	+27:40	06:12
321	222	Tomás Reis	individual	Senior Masculino	01:02:07	+27:48	06:13
322	252	Rita Fugas	individual	Veterana F40	01:02:12	+27:52	06:13
323	333	Luís Manuel da Silva Almeida e Lopes	individual	Veterano M40	01:02:15	+27:55	06:13
324	179	Jackson Rodrigues	individual	Senior Masculino	01:02:19	+28:00	06:14
325	353	Pedro Vareda	individual	Veterano M40	01:02:21	+28:02	06:14
326	102	Nuno Presa	individual	Junior Masculino	01:02:24	+28:04	06:14
327	312	BRUNO FERNANDES PEREIRA	individual	Veterano M40	01:02:30	+28:10	06:15
328	253	Sónia Cristina Dionísio Santos	individual	Veterana F40	01:02:44	+28:25	06:16
329	17	Magda Aires	amigos do bacalhau	Veterana F35	01:02:47	+28:27	06:17
330	16	Beatriz Soares	amigos do bacalhau	Senior Feminino	01:02:47	+28:27	06:17
331	18	Márcio Duarte	amigos do bacalhau	Veterano M35	01:02:47	+28:27	06:17
332	19	Gonçalo Pedrosa	amigos do bacalhau	Veterano M40	01:02:50	+28:30	06:17
333	153	Carlos Xavier	individual	Senior Masculino	01:02:50	+28:30	06:17
334	120	Filipa Brito	individual	Senior Feminino	01:02:50	+28:31	06:17
335	163	Emanuel Silva	individual	Senior Masculino	01:02:54	+28:34	06:17
336	291	Mauro Rosa	individual	Veterano M35	01:02:57	+28:38	06:18
337	431	Sonia Reis	nel - pédatleta	Veterana F40	01:03:26	+29:07	06:21
338	412	PAULO JESUS	industrial desportivo vieirense	Veterano M40	01:03:38	+29:19	06:22
339	52	Tina Maria	clube veteranos do lis	Veterana F60	01:03:47	+29:28	06:23
340	369	Carlos NOVO	individual	Veterano M50	01:04:07	+29:48	06:25
341	130	Luísa Gaspar Duarte	individual	Senior Feminino	01:04:08	+29:48	06:25
342	117	Daniela de Sousa	individual	Senior Feminino	01:04:32	+30:12	06:27
343	433	Adriana Loureiro	nel-joelette	Senior Feminino	01:04:59	+30:40	06:30
344	355	Ricardo Baptista	individual	Veterano M40	01:05:08	+30:48	06:31
345	214	Ruben Leone Freitas Rosa	individual	Senior Masculino	01:05:09	+30:49	06:31
346	200	Lucas Remígio	individual	Senior Masculino	01:05:11	+30:51	06:31
347	374	Joaquim Duarte	individual	Veterano M50	01:05:14	+30:54	06:31

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
348	207	Pedro Caldeira	individual	Senior Masculino	01:05:39	+31:20	06:34
349	209	Pedro José Carmo dos Santos	individual	Senior Masculino	01:05:48	+31:28	06:35
350	173	Gonçalo Francisco Armindo	individual	Senior Masculino	01:06:02	+31:42	06:36
351	485	Rodrigo Dinis	weedle	Senior Masculino	01:06:08	+31:48	06:37
352	125	Joana Santos	individual	Senior Feminino	01:06:09	+31:50	06:37
353	402	Raul Matos	individual	Veterano M60	01:06:21	+32:01	06:38
354	113	Carolina Marto	individual	Senior Feminino	01:06:23	+32:03	06:38
355	392	Fernando António das Neves Novo	individual	Veterano M60	01:06:24	+32:05	06:38
356	73	Luis Lopes	gado bravo	Veterano M35	01:06:28	+32:09	06:39
357	197	Leandro moscardini garcia	individual	Senior Masculino	01:06:31	+32:12	06:39
358	236	Ana Figueiredo	individual	Veterana F40	01:06:35	+32:15	06:39
359	122	Joana Baio	individual	Senior Feminino	01:06:39	+32:19	06:40
360	373	João Carlos Oliveira	individual	Veterano M50	01:06:39	+32:19	06:40
361	292	Micael Carneiro	individual	Veterano M35	01:06:55	+32:35	06:41
362	297	Pedro Oliveira	individual	Veterano M35	01:06:55	+32:36	06:42
363	352	Pedro Silva	individual	Veterano M40	01:06:55	+32:36	06:42
364	77	Fabio Gaspar	gdrc unidos	Senior Masculino	01:07:18	+32:58	06:44
365	272	Colette de Sousa	individual	Veterana F60	01:07:24	+33:05	06:44
366	143	Suellen Fernandes	individual	Senior Feminino	01:07:37	+33:18	06:46
367	193	Joel Espírito Santo Cunha	individual	Senior Masculino	01:07:50	+33:31	06:47
368	437	Pedro Miguel Silva Pereira	nel-joelette	Veterano M35	01:07:56	+33:37	06:48
369	491	Luisa Ferreira	individual	Veterana F50	01:08:18	+33:58	06:50
370	124	Joana Filipa	individual	Senior Feminino	01:08:19	+33:59	06:50
371	268	Sandrina Pereira	individual	Veterana F50	01:08:30	+34:10	06:51
372	256	Telma Duarte	individual	Veterana F40	01:08:39	+34:20	06:52
373	257	Thayane Recka	individual	Veterana F40	01:08:48	+34:29	06:53
374	123	Joana Bernardino	individual	Senior Feminino	01:08:59	+34:39	06:54
375	260	Claudia Regina Ferreira	individual	Veterana F50	01:09:44	+35:24	06:58
376	64	Janaina Martins	desbravadoras	Veterana F35	01:09:48	+35:29	06:59
377	142	Natacha Rodrigues	individual	Senior Feminino	01:10:16	+35:56	07:02
378	337	Márcio Eidt	individual	Veterano M40	01:10:18	+35:59	07:02
379	274	Diogo Rodrigues	individual	Veterano M35	01:10:27	+36:08	07:03
380	93	Sandra Liceia	grvilaverdense	Veterana F40	01:10:49	+36:29	07:05
381	26	Susana Pinheira	be runners	Veterana F40	01:11:01	+36:41	07:06
382	116	Daniela Agostinho	individual	Senior Feminino	01:11:12	+36:53	07:07
383	231	Mariline Claro Lopes	individual	Veterana F35	01:11:17	+36:57	07:08
384	469	Cátia Soares	projectbox leiria	Veterana F40	01:11:28	+37:08	07:09
385	279	Flávio Alves	individual	Veterano M35	01:11:32	+37:13	07:09
386	43	Isabel António	clube recreativo chãs	Veterana F50	01:11:37	+37:17	07:10
387	136	Mariana Oliveira	individual	Senior Feminino	01:11:42	+37:22	07:10
388	71	FATIMA ALMEIDA	flsat	Veterana F60	01:12:39	+38:20	07:16
389	241	Carolina Brás	individual	Veterana F40	01:13:12	+38:53	07:19
390	365	Vasco Medeiros	individual	Veterano M40	01:13:19	+38:59	07:20
391	145	Tatiana Alves	individual	Senior Feminino	01:13:56	+39:37	07:24
392	167	Flávio Alves	individual	Senior Masculino	01:13:57	+39:37	07:24

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
393	261	Elisangela Clazer Cabral	individual	Veterana F50	01:14:11	+39:51	07:25
394	128	Liliana Lopes	individual	Senior Feminino	01:14:12	+39:52	07:25
395	477	Mariya Oliveira	sun-day run-day	Veterana F40	01:14:21	+40:01	07:26
396	280	Hugo Boiça	individual	Veterano M35	01:15:26	+41:06	07:33
397	48	Carlos Sebastião	clube recreativo chãs	Veterano M50	01:15:28	+41:08	07:33
398	229	Cátia Casimiro	individual	Veterana F35	01:15:38	+41:19	07:34
399	244	Inês Pereira	individual	Veterana F40	01:15:44	+41:24	07:34
400	251	Nilda Moreira	individual	Veterana F40	01:15:44	+41:24	07:34
401	192	Joao vitor lapa felix	individual	Senior Masculino	01:15:48	+41:29	07:35
402	129	Livia nunes Barbosa	individual	Senior Feminino	01:15:49	+41:29	07:35
403	63	Julia Silva	desbravadoras	Senior Feminino	01:16:45	+42:25	07:40
404	324	Fabricio Gwadera	individual	Veterano M40	01:16:49	+42:29	07:41
405	483	Vera Ramos	vejo	Veterana F40	01:17:03	+42:43	07:42
406	484	Jorge Almeida	vejo	Veterano M40	01:17:04	+42:44	07:42
407	160	Eduardo Godinho	individual	Senior Masculino	01:17:18	+42:58	07:44
408	264	Patrícia Catarino	individual	Veterana F50	01:17:20	+43:00	07:44
409	345	Paulo Borloth	individual	Veterano M40	01:17:22	+43:02	07:44
410	389	António Moura	individual	Veterano M60	01:19:56	+45:36	08:00
411	248	Luciana Leite Rodrigues Constâncio	individual	Veterana F40	01:20:04	+45:45	08:00
412	335	Luís Teixeira	individual	Veterano M40	01:20:59	+46:40	08:06
413	233	Sílvia Góis	individual	Veterana F35	01:21:45	+47:25	08:10
414	421	Pedro Fernandes	macacos voadores	Senior Masculino	01:22:05	+47:46	08:13
415	419	Diogo Lopes de Almeida	macacos voadores	Senior Masculino	01:22:05	+47:46	08:13
416	422	Tiago Roriz Ferreira	macacos voadores	Senior Masculino	01:22:06	+47:46	08:13
417	429	Pedro Hugo Mota Cardoso	multimoços	Senior Masculino	01:24:56	+50:36	08:30
418	427	Maria Miguel Mota Cardoso	multimoços	Senior Feminino	01:24:56	+50:37	08:30
419	428	Rim El Berdaye	multimoços	Senior Feminino	01:24:57	+50:37	08:30
420	420	João Monteiro	macacos voadores	Senior Masculino	01:26:01	+51:42	08:36
421	114	Carolina Peixoto	individual	Senior Feminino	01:27:39	+53:19	08:46

Obs

BIB	NOTE	NAME	TEAM	CAT
97	DQ	David Pereira	Individual	Junior Masculino
189	DQ	João Silva	Individual	Senior Masculino
232	DQ	Mónica Claro	Individual	Veterana F35
254	DQ	SÓNIA FRADE	Individual	Veterana F40
451	DQ	Zina Fernandes	opraticante.pt	Veterana F40
302	DNS	Telmo Filipe	Individual	Veterano M35
464	DNS	Sabrina B Ferreira	Os travessos	Veterana F35
465	DNS	Mércia N Bezerra	Os travessos	Veterana F40
266	DNF	Regina rito	Individual	Veterana F50
423	DNF	Nuno Duarte	Magníficos Runners	Veterano M40
425	DNF	Luís Almeida	Magníficos Runners	Veterano M50
434	DNF	Tony Jonathan Sequeira de Oliveira	NEL-Joelette	Senior Masculino
459	DNF	David Silva	opraticante.pt	Veterano M60

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:00	22,7°C	73%
End	19:27	20.2°C	81%

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

1	448	Marta Teixeira	Nunca...	Junior Feminino	58:32	+24:13	05:51
2	432	Maria Gaspar Oliveira	NEL-Joelette	Junior Feminino	59:44	+25:25	05:58

Junior Masculino

1	7	Pedro Rocha	Academia do Pro	Junior Masculino	38:20	+04:01	03:50
2	404	Micael Pereira	INDUSTRIAL DESPORTIVO VIEIRENSE	Junior Masculino	42:10	+07:51	04:13
3	103	Tiago Gaspar	Individual	Junior Masculino	42:12	+07:53	04:13
4	9	Tomás Carvalho	ACRM Silveirinha Grande e Claras	Junior Masculino	43:15	+08:56	04:20
5	101	Marco Silva	Individual	Junior Masculino	45:33	+11:14	04:33
6	98	Filipe Rodrigues Constâncio	Individual	Junior Masculino	49:17	+14:58	04:56
7	96	Daniel Pereira	Individual	Junior Masculino	51:59	+17:40	05:12
8	100	Lucas Sousa	Individual	Junior Masculino	54:30	+20:11	05:27
9	99	Leonardo Monteiro	Individual	Junior Masculino	55:47	+21:28	05:35
10	102	Nuno Presa	Individual	Junior Masculino	01:02:23	+28:04	06:14

Senior Feminino

1	49	Raquel Pedrosa	CLUBE VETERANOS DO LIS	Senior Feminino	44:31	+10:12	04:27
2	65	Maria Domingues	Desportivo Náutico da Marinha Grande	Senior Feminino	44:54	+10:35	04:29
3	405	ADRIANA COELHO	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Feminino	45:38	+11:19	04:34
4	28	Carla Marques	C Partners Group	Senior Feminino	47:29	+13:10	04:45
5	86	Carla Carvalho	Grupo Alegre Unido Bajouca	Senior Feminino	50:41	+16:22	05:04
6	119	Daniela Silva	Individual	Senior Feminino	52:54	+18:35	05:17
7	30	Beatriz Carpalhoso	Canita's	Senior Feminino	53:25	+19:06	05:21
8	127	Kedyma Ketlen Almeida Silva Chaves	Individual	Senior Feminino	53:53	+19:34	05:23
9	473	Goreti Gaudêncio	SB VIDROS - VIDRALA	Senior Feminino	54:48	+20:29	05:29
10	406	MARIA MARQUES	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Feminino	55:18	+20:59	05:32
11	134	Maria Luiza de Paiva	Individual	Senior Feminino	55:31	+21:12	05:33
12	110	Beatriz Gomes	Individual	Senior Feminino	56:14	+21:55	05:37
13	107	Ana Marta Rodrigues Nascimento	Individual	Senior Feminino	56:34	+22:15	05:39
14	121	Inês Cunha	Individual	Senior Feminino	56:56	+22:37	05:42
15	139	Monica Santos	Individual	Senior Feminino	57:07	+22:48	05:43
16	137	Mariana Rolo	Individual	Senior Feminino	57:19	+23:00	05:44
17	133	Maria João Dâmaso	Individual	Senior Feminino	57:19	+23:00	05:44
18	115	CÁTIA ANTUNES	Individual	Senior Feminino	57:24	+23:05	05:44

Prova Principal

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19	126	Joana Santos	Individual	Senior Feminino	57:27	+23:08	05:45
20	76	Carolina Duarte	GDRC UNIDOS	Senior Feminino	57:37	+23:18	05:46
21	135	Maria Silva Carvalho	Individual	Senior Feminino	57:47	+23:28	05:47
22	131	Madalena Duarte	Individual	Senior Feminino	57:53	+23:34	05:47
23	111	BEATRIZ PEREIRA	Individual	Senior Feminino	58:00	+23:41	05:48
24	140	Mylene Leal	Individual	Senior Feminino	58:31	+24:12	05:51
25	104	Amélia Lameiras	Individual	Senior Feminino	58:33	+24:14	05:51
26	105	Ana Filipa Alves Branco	Individual	Senior Feminino	58:44	+24:25	05:52
27	108	Ana Rita Loureiro Guímaro	Individual	Senior Feminino	58:52	+24:33	05:53
28	106	Ana Guerra	Individual	Senior Feminino	59:01	+24:42	05:54
29	132	Maria Delgado	Individual	Senior Feminino	01:00:25	+26:06	06:03
30	118	Daniela Marcelino	Individual	Senior Feminino	01:00:44	+26:25	06:04
31	109	Beatriz Ferreira Pedrosa	Individual	Senior Feminino	01:00:56	+26:37	06:06
32	16	Beatriz Soares	AMIGOS DO BACALHAU	Senior Feminino	01:02:46	+28:27	06:17
33	120	Filipa Brito	Individual	Senior Feminino	01:02:50	+28:31	06:17
34	130	Luísa Gaspar Duarte	Individual	Senior Feminino	01:04:07	+29:48	06:25
35	117	Daniela de Sousa	Individual	Senior Feminino	01:04:31	+30:12	06:27
36	433	Adriana Loureiro	NEL-Joelette	Senior Feminino	01:04:59	+30:40	06:30
37	125	Joana Santos	Individual	Senior Feminino	01:06:09	+31:50	06:37
38	113	Carolina Marto	Individual	Senior Feminino	01:06:22	+32:03	06:38
39	122	Joana Baio	Individual	Senior Feminino	01:06:38	+32:19	06:40
40	143	Suellen Fernandes	Individual	Senior Feminino	01:07:37	+33:18	06:46
41	124	Joana Filipa	Individual	Senior Feminino	01:08:18	+33:59	06:50
42	123	Joana Bernardino	Individual	Senior Feminino	01:08:58	+34:39	06:54
43	142	Natacha Rodrigues	Individual	Senior Feminino	01:10:15	+35:56	07:02
44	116	Daniela Agostinho	Individual	Senior Feminino	01:11:12	+36:53	07:07
45	136	Mariana Oliveira	Individual	Senior Feminino	01:11:41	+37:22	07:10
46	145	Tatiana Alves	Individual	Senior Feminino	01:13:56	+39:37	07:24
47	128	Liliana Lopes	Individual	Senior Feminino	01:14:11	+39:52	07:25
48	129	Livia nunes Barbosa	Individual	Senior Feminino	01:15:48	+41:29	07:35
49	63	Julia Silva	Desbravadoras	Senior Feminino	01:16:44	+42:25	07:40
50	427	Maria Miguel Mota Cardoso	Multimoços	Senior Feminino	01:24:56	+50:37	08:30
51	428	Rim El Berdaye	Multimoços	Senior Feminino	01:24:56	+50:37	08:30
52	114	Carolina Peixoto	Individual	Senior Feminino	01:27:38	+53:19	08:46

Senior Masculino

1	8	João Silva	ACBATALHA	Senior Masculino	34:41	+00:22	03:28
2	38	Emanuel Cardoso	CLUBE ATLETISMO DE MARINHA GRANDE	Senior Masculino	35:34	+01:15	03:33
3	474	Tiago Ferreira	SB VIDROS - VIDRALA	Senior Masculino	35:46	+01:27	03:35
4	158	Edgar Faria	Individual	Senior Masculino	36:48	+02:29	03:41
5	70	David Alves Carreira	Fátima Trail Team	Senior Masculino	37:17	+02:58	03:44
6	407	ALÉXIS ROCHA	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Masculino	37:49	+03:30	03:47
7	50	Milton Ferreira	CLUBE VETERANOS DO LIS	Senior Masculino	38:28	+04:09	03:51
8	79	Renato Casimiro	GDRC UNIDOS	Senior Masculino	39:29	+05:10	03:57

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9	172	Gabriel Henriques Santos	Individual	Senior Masculino	39:51	+05:32	03:59
10	185	João Pedro Astolfi da Costa	Individual	Senior Masculino	39:59	+05:40	04:00
11	201	Luís Correia	Individual	Senior Masculino	40:01	+05:42	04:00
12	430	Jordan Silva	NDAP	Senior Masculino	40:11	+05:52	04:01
13	5	Leonardo Bento	Grupo Alegre Unido Bajouca	Senior Masculino	40:57	+06:38	04:06
14	165	Fábio Ruivaco	Individual	Senior Masculino	41:38	+07:19	04:10
15	91	João Cordeiro	Grupo Desportivo das Pedreiras	Senior Masculino	41:38	+07:19	04:10
16	78	João Reis	GDRC UNIDOS	Senior Masculino	41:51	+07:32	04:11
17	206	Paulo Brites	Individual	Senior Masculino	42:12	+07:53	04:13
18	225	Vitor Coelho	Individual	Senior Masculino	42:51	+08:32	04:17
19	196	José Ribeiro	Individual	Senior Masculino	42:55	+08:36	04:18
20	487	Jorge Miguel Porfírio Dionísio	Individual	Senior Masculino	42:56	+08:37	04:18
21	90	André Salgueiro	Grupo Desportivo das Pedreiras	Senior Masculino	43:25	+09:06	04:21
22	66	Hugo Amaro	Desportivo Náutico da Marinha Grande	Senior Masculino	43:50	+09:31	04:23
23	218	Tiago Duarte	Individual	Senior Masculino	43:59	+09:40	04:24
24	219	Tiago Martins	Individual	Senior Masculino	44:50	+10:31	04:29
25	178	Gustavo Rocha de Abreu Proença	Individual	Senior Masculino	45:03	+10:44	04:30
26	51	Tiago Cardoso	CLUBE VETERANOS DO LIS	Senior Masculino	45:36	+11:17	04:34
27	182	João Grilo	Individual	Senior Masculino	45:42	+11:23	04:34
28	463	Wagnel Rodrigues Silva	Os travessos	Senior Masculino	45:48	+11:29	04:35
29	180	João Gomes	Individual	Senior Masculino	46:17	+11:58	04:38
30	148	Alexandre Jesus	Individual	Senior Masculino	46:50	+12:31	04:41
31	217	Talysson Soares	Individual	Senior Masculino	46:50	+12:31	04:41
32	224	Vinicius Abussafi	Individual	Senior Masculino	47:06	+12:47	04:43
33	212	Rafael Soares	Individual	Senior Masculino	47:09	+12:50	04:43
34	171	Francisco Santos Rodrigues	Individual	Senior Masculino	47:16	+12:57	04:44
35	188	Joao Santos	Individual	Senior Masculino	47:16	+12:57	04:44
36	202	Luís Ladeira	Individual	Senior Masculino	47:19	+13:00	04:44
37	204	MIGUEL ANGELO ALVES FAZENDEIRO	Individual	Senior Masculino	47:39	+13:20	04:46
38	220	Tiago Matos	Individual	Senior Masculino	47:43	+13:24	04:46
39	184	João Monteiro	Individual	Senior Masculino	47:53	+13:34	04:47
40	194	Jonas Ferreira	Individual	Senior Masculino	48:02	+13:43	04:48
41	88	Diogo Serrario	Grupo BTT de Manteigas	Senior Masculino	48:20	+14:01	04:50
42	151	André Serra	Individual	Senior Masculino	48:52	+14:33	04:53
43	480	Rodrigo Carrão	Thomar Athletics	Senior Masculino	48:55	+14:36	04:54
44	150	André Fonseca Ruivo	Individual	Senior Masculino	48:58	+14:39	04:54
45	95	Tomás Cardoso	Improve Run Club	Senior Masculino	49:16	+14:57	04:56
46	159	Eduardo Eusébio	Individual	Senior Masculino	50:21	+16:02	05:02
47	213	Renato Gaspar	Individual	Senior Masculino	50:37	+16:18	05:04
48	161	Eduardo Marques	Individual	Senior Masculino	50:41	+16:22	05:04
49	42	Rafael Pinheiro	Clube recreativo Chãs	Senior Masculino	51:20	+17:01	05:08
50	157	David Lisboa	Individual	Senior Masculino	51:27	+17:08	05:09
51	187	João Pereira	Individual	Senior Masculino	51:27	+17:08	05:09
52	210	Pedro Miguel Vasconcelos Ferreira	Individual	Senior Masculino	51:33	+17:14	05:09
53	208	Pedro Garcia	Individual	Senior Masculino	51:40	+17:21	05:10

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54	94	Miguel Alves	Improve Run Club	Senior Masculino	51:51	+17:32	05:11
55	181	João Gonçalo	Individual	Senior Masculino	52:10	+17:51	05:13
56	226	WESLEY KARVAT CARNEIRO	Individual	Senior Masculino	52:41	+18:22	05:16
57	152	André Sousa	Individual	Senior Masculino	53:09	+18:50	05:19
58	211	Rafael Carreira	Individual	Senior Masculino	53:10	+18:51	05:19
59	31	Tiago Costa	Canita´s	Senior Masculino	53:25	+19:06	05:21
60	215	Ruben Martins	Individual	Senior Masculino	53:36	+19:17	05:22
61	149	André Filipe Alves Carnide	Individual	Senior Masculino	53:47	+19:28	05:23
62	183	João Lopes	Individual	Senior Masculino	53:50	+19:31	05:23
63	35	Rafael Alexandre Monteiro Correia Pereira	Chamusca Trail	Senior Masculino	53:57	+19:38	05:24
64	198	leandro santos	Individual	Senior Masculino	54:19	+20:00	05:26
65	168	Francisco Leal	Individual	Senior Masculino	54:21	+20:02	05:26
66	462	Tales Oliveira Pereira	Os travessos	Senior Masculino	54:24	+20:05	05:26
67	170	Francisco Madeira	Individual	Senior Masculino	54:51	+20:32	05:29
68	199	Lucas Matias	Individual	Senior Masculino	55:19	+21:00	05:32
69	162	Emanuel Miquéias Cavalcante da Rocha	Individual	Senior Masculino	55:31	+21:12	05:33
70	203	Mateus Almeida	Individual	Senior Masculino	55:54	+21:35	05:35
71	59	Rúben Ferreira	Crows	Senior Masculino	56:12	+21:53	05:37
72	488	Carlos André Rodrigues Ferreira	Individual	Senior Masculino	56:36	+22:17	05:40
73	177	Gustavo Bastos	Individual	Senior Masculino	56:46	+22:27	05:41
74	147	ALAN DE PAULA CARVALHO	Individual	Senior Masculino	56:54	+22:35	05:41
75	169	Francisco Lopes	Individual	Senior Masculino	56:56	+22:37	05:42
76	195	Jorge Costa	Individual	Senior Masculino	57:12	+22:53	05:43
77	227	Willian felipe dos Santos Pereira	Individual	Senior Masculino	57:20	+23:01	05:44
78	186	João Pedro da Silva Henriques	Individual	Senior Masculino	57:52	+23:33	05:47
79	154	Dani Sousa	Individual	Senior Masculino	57:54	+23:35	05:47
80	221	Tiago Sousa	Individual	Senior Masculino	59:31	+25:12	05:57
81	175	Gonçalo Miguel Vigário Henriques	Individual	Senior Masculino	59:54	+25:35	05:59
82	176	Guilherme Gwadera	Individual	Senior Masculino	01:01:17	+26:58	06:08
83	156	Daniel carreira	Individual	Senior Masculino	01:01:38	+27:19	06:10
84	222	Tomás Reis	Individual	Senior Masculino	01:02:07	+27:48	06:13
85	179	Jackson Rodrigues	Individual	Senior Masculino	01:02:19	+28:00	06:14
86	153	Carlos Xavier	Individual	Senior Masculino	01:02:49	+28:30	06:17
87	163	Emanuel Silva	Individual	Senior Masculino	01:02:53	+28:34	06:17
88	214	Ruben Leone Freitas Rosa	Individual	Senior Masculino	01:05:08	+30:49	06:31
89	200	Lucas Remígio	Individual	Senior Masculino	01:05:10	+30:51	06:31
90	207	Pedro Caldeira	Individual	Senior Masculino	01:05:39	+31:20	06:34
91	209	Pedro José Carmo dos Santos	Individual	Senior Masculino	01:05:47	+31:28	06:35
92	173	Gonçalo Francisco Armindo	Individual	Senior Masculino	01:06:01	+31:42	06:36
93	485	Rodrigo Dinis	Weedle	Senior Masculino	01:06:07	+31:48	06:37
94	197	Leandro moscardini garcia	Individual	Senior Masculino	01:06:31	+32:12	06:39
95	77	Fabio Gaspar	GDRC UNIDOS	Senior Masculino	01:07:17	+32:58	06:44
96	193	Joel Espírito Santo Cunha	Individual	Senior Masculino	01:07:50	+33:31	06:47
97	167	Flávio Alves	Individual	Senior Masculino	01:13:56	+39:37	07:24
98	192	Joao vitor lapa felix	Individual	Senior Masculino	01:15:48	+41:29	07:35

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99	160	Eduardo Godinho	Individual	Senior Masculino	01:17:17	+42:58	07:44
100	421	Pedro Fernandes	Macacos Voadores	Senior Masculino	01:22:05	+47:46	08:13
101	419	Diogo Lopes de Almeida	Macacos Voadores	Senior Masculino	01:22:05	+47:46	08:13
102	422	Tiago Roriz Ferreira	Macacos Voadores	Senior Masculino	01:22:05	+47:46	08:13
103	429	Pedro Hugo Mota Cardoso	Multimoços	Senior Masculino	01:24:55	+50:36	08:30
104	420	João Monteiro	Macacos Voadores	Senior Masculino	01:26:01	+51:42	08:36

Veterana F35

1	83	Ana Filipa da Silva Guarda	Gou running club	Veterana F35	54:32	+20:13	05:27
2	228	Ana Bárbara	Individual	Veterana F35	56:32	+22:13	05:39
3	467	Ana Filipa Martins	Projectbox Leiria	Veterana F35	58:26	+24:07	05:51
4	234	Susana Luís	Individual	Veterana F35	59:27	+25:08	05:57
5	468	Flor Silva	Projectbox Leiria	Veterana F35	01:01:34	+27:15	06:09
6	17	Magda Aires	AMIGOS DO BACALHAU	Veterana F35	01:02:46	+28:27	06:17
7	64	Janafna Martins	Desbravadoras	Veterana F35	01:09:48	+35:29	06:59
8	231	Marilene Claro Lopes	Individual	Veterana F35	01:11:16	+36:57	07:08
9	229	Cátia Casimiro	Individual	Veterana F35	01:15:38	+41:19	07:34
10	233	Silvia Góis	Individual	Veterana F35	01:21:44	+47:25	08:10

Veterana F40

1	10	Mónica Jordão	ACRM Silveirinha Grande e Claras	Veterana F40	48:47	+14:28	04:53
2	482	Tatiana Alvares-Sanches	Tyne Bridge Harriers	Veterana F40	50:48	+16:29	05:05
3	258	Valeria Carpalhoso	Individual	Veterana F40	50:58	+16:39	05:06
4	240	Carla Neves	Individual	Veterana F40	51:12	+16:53	05:07
5	55	Sandra Maques	CPR A-DO-BARBAS	Veterana F40	52:50	+18:31	05:17
6	249	Minervina Oliveira Soares	Individual	Veterana F40	53:53	+19:34	05:23
7	246	Joana Valente	Individual	Veterana F40	54:01	+19:42	05:24
8	21	Catarina Palmeiro	Associação Desportiva do Fundão	Veterana F40	55:27	+21:08	05:33
9	255	Stephanie Lopes	Individual	Veterana F40	55:58	+21:39	05:36
10	417	Inês Jerónimo	Lizrunners	Veterana F40	56:09	+21:50	05:37
11	242	Cátia Matias	Individual	Veterana F40	56:30	+22:11	05:39
12	250	Mónia Costa	Individual	Veterana F40	57:11	+22:52	05:43
13	245	Joana Ascenso	Individual	Veterana F40	59:27	+25:08	05:57
14	435	Joana Frazão	NEL-Joelette	Veterana F40	59:44	+25:25	05:58
15	237	Ana Santos	Individual	Veterana F40	01:00:29	+26:10	06:03
16	22	Sónia Rascão	Atrasados	Veterana F40	01:01:06	+26:47	06:07
17	238	Andreia Vieira	Individual	Veterana F40	01:01:08	+26:49	06:07
18	243	Inês Lopes Sousa	Individual	Veterana F40	01:01:47	+27:28	06:11
19	252	Rita Fugas	Individual	Veterana F40	01:02:11	+27:52	06:13
20	253	Sónia Cristina Dionísio Santos	Individual	Veterana F40	01:02:44	+28:25	06:16
21	431	Sonia Reis	NEL - Pédatleta	Veterana F40	01:03:26	+29:07	06:21
22	236	Ana Figueiredo	Individual	Veterana F40	01:06:34	+32:15	06:39
23	256	Telma Duarte	Individual	Veterana F40	01:08:39	+34:20	06:52
24	257	Thayane Recka	Individual	Veterana F40	01:08:48	+34:29	06:53

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25	93	Sandra Liceia	GRVilaverdense	Veterana F40	01:10:48	+36:29	07:05
26	26	Susana Pinheira	Be Runners	Veterana F40	01:11:00	+36:41	07:06
27	469	Cátia Soares	Projectbox Leiria	Veterana F40	01:11:27	+37:08	07:09
28	241	Carolina Brás	Individual	Veterana F40	01:13:12	+38:53	07:19
29	477	Mariya Oliveira	Sun-Day Run-Day	Veterana F40	01:14:21	+40:01	07:26
30	244	Inês Pereira	Individual	Veterana F40	01:15:43	+41:24	07:34
31	251	Nilda Moreira	Individual	Veterana F40	01:15:44	+41:24	07:34
32	483	Vera Ramos	Vejo	Veterana F40	01:17:02	+42:43	07:42
33	248	Luciana Leite Rodrigues Constâncio	Individual	Veterana F40	01:20:04	+45:45	08:00

Veterana F50

1	475	Paula Rodrigues	SB VIDROS - VIDRALA	Veterana F50	52:11	+17:52	05:13
2	60	Anabela Monteiro	CUMIBROA RUNNING TEAM	Veterana F50	53:12	+18:53	05:19
3	267	Sandra Aguiar	Individual	Veterana F50	53:34	+19:15	05:21
4	265	Regina Lisboa	Individual	Veterana F50	56:41	+22:22	05:40
5	36	Anabela Ferreira	Chitas de Alcobaça	Veterana F50	56:45	+22:26	05:41
6	263	Patrícia Bruniero Franciscato Augusto	Individual	Veterana F50	58:28	+24:09	05:51
7	259	Cláudia Lopes	Individual	Veterana F50	58:32	+24:13	05:51
8	58	Martine Rainho	crc22junhoamor	Veterana F50	58:50	+24:31	05:53
9	262	nelsa simoes	Individual	Veterana F50	58:51	+24:32	05:53
10	491	Luisa Ferreira	Individual	Veterana F50	01:08:17	+33:58	06:50
11	268	Sandrina Pereira	Individual	Veterana F50	01:08:29	+34:10	06:51
12	260	Claudia Regina Ferreira	Individual	Veterana F50	01:09:43	+35:24	06:58
13	43	Isabel António	Clube recreativo Chãs	Veterana F50	01:11:36	+37:17	07:10
14	261	Elisangela Clazer Cabral	Individual	Veterana F50	01:14:10	+39:51	07:25
15	264	Patrícia Catarino	Individual	Veterana F50	01:17:19	+43:00	07:44

Veterana F60

1	270	Alice Francisco	Individual	Veterana F60	54:13	+19:54	05:25
2	436	Julieta M. C. G. Lourenço	NEL-Joelette	Veterana F60	01:00:01	+25:42	06:00
3	52	Tina Maria	CLUBE VETERANOS DO LIS	Veterana F60	01:03:47	+29:28	06:23
4	272	Colette de Sousa	Individual	Veterana F60	01:07:24	+33:05	06:44
5	71	FATIMA ALMEIDA	Filsat	Veterana F60	01:12:39	+38:20	07:16

Veterano M35

1	67	Carlos Filipe Leite Costa	EV- Peraltafil	Veterano M35	34:19	03:26
2	408	MICKAEL PIRES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M35	36:25	+02:06 03:39
3	277	Fábio Mendes	Individual	Veterano M35	37:30	+03:11 03:45
4	13	João Santana	ADR Mata	Veterano M35	38:52	+04:33 03:53
5	284	Joao Lopes	Individual	Veterano M35	40:43	+06:24 04:04
6	304	Tiago Fernandes	Individual	Veterano M35	41:20	+07:01 04:08

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7	466	lucio faria sabino	Os travessos	Veterano M35	41:21	+07:02	04:08
8	290	Mauro Pereira dos Santos	Individual	Veterano M35	41:37	+07:18	04:10
9	306	Tiago Manuel Mendes do Carmo	Individual	Veterano M35	45:16	+10:57	04:32
10	298	Ricardo Carvalho	Individual	Veterano M35	45:51	+11:32	04:35
11	282	João Alexandre	Individual	Veterano M35	46:19	+12:00	04:38
12	479	João Cruz	Team Neckmolde / Evocycle / SBmolde.com	Veterano M35	46:54	+12:35	04:41
13	286	JOEL GOMES	Individual	Veterano M35	47:33	+13:14	04:45
14	278	Filipe Dinis	Individual	Veterano M35	47:34	+13:15	04:45
15	289	Marcio Vitorino	Individual	Veterano M35	48:24	+14:05	04:50
16	84	Marcelo Carvalho	Gou running club	Veterano M35	49:49	+15:30	04:59
17	303	Tiago Carvalho	Grupo Alegre Unido Bajouca	Veterano M35	50:42	+16:23	05:04
18	295	Mike Pascoal	Individual	Veterano M35	50:44	+16:25	05:04
19	288	Luis Lopes	Individual	Veterano M35	51:16	+16:57	05:08
20	300	Rodrigo Esperança	Individual	Veterano M35	52:10	+17:51	05:13
21	276	Eurico Sousa	Individual	Veterano M35	52:16	+17:57	05:14
22	74	Pedro Bento	Gado Bravo	Veterano M35	53:52	+19:33	05:23
23	283	João Canilho	Individual	Veterano M35	54:09	+19:50	05:25
24	296	Nuno Mendes	Individual	Veterano M35	54:29	+20:10	05:27
25	275	Eduardo Jesus	Individual	Veterano M35	54:57	+20:38	05:30
26	285	João Pedrosa	Individual	Veterano M35	55:25	+21:06	05:33
27	470	João Peixoto	Projectbox Leiria	Veterano M35	56:20	+22:01	05:38
28	46	Ricardo Gaspar	Clube recreativo Châs	Veterano M35	57:13	+22:54	05:43
29	294	Miguel Mota	Individual	Veterano M35	58:31	+24:12	05:51
30	273	Diogo Eusébio	Individual	Veterano M35	59:31	+25:12	05:57
31	44	André Gaspar	Clube recreativo Châs	Veterano M35	59:49	+25:30	05:59
32	281	Ivan Silva	Individual	Veterano M35	01:00:28	+26:09	06:03
33	293	Miguel Branco	Individual	Veterano M35	01:01:02	+26:43	06:06
34	301	Samuel Domingues	Individual	Veterano M35	01:01:07	+26:48	06:07
35	45	Marco Gaspar	Clube recreativo Châs	Veterano M35	01:01:23	+27:04	06:08
36	18	Márcio Duarte	AMIGOS DO BACALHAU	Veterano M35	01:02:46	+28:27	06:17
37	291	Mauro Rosa	Individual	Veterano M35	01:02:57	+28:38	06:18
38	73	Luis Lopes	Gado Bravo	Veterano M35	01:06:28	+32:09	06:39
39	292	Micael Carneiro	Individual	Veterano M35	01:06:54	+32:35	06:41
40	297	Pedro Oliveira	Individual	Veterano M35	01:06:55	+32:36	06:42
41	437	Pedro Miguel Silva Pereira	NEL-Joelette	Veterano M35	01:07:56	+33:37	06:48
42	274	Diogo Rodrigues	Individual	Veterano M35	01:10:27	+36:08	07:03
43	279	Flávio Alves	Individual	Veterano M35	01:11:32	+37:13	07:09
44	280	Hugo Boiça	Individual	Veterano M35	01:15:25	+41:06	07:33

Veterano M40

1	410	HUGO DUARTE	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M40	36:25	+02:06	03:39
2	311	António Fonseca Oliveira	Individual	Veterano M40	38:55	+04:36	03:54
3	341	Nilton Silva	Individual	Veterano M40	39:02	+04:43	03:54
4	326	Filipe Brilhante	Individual	Veterano M40	39:14	+04:55	03:55

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5	413	QUIM DUARTE	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M40	39:43	+05:24	03:58
6	356	Ricardo Henriques	Individual	Veterano M40	40:44	+06:25	04:04
7	336	Márcio Cruz	Individual	Veterano M40	42:57	+08:38	04:18
8	328	FILIPE SERRARIO	Individual	Veterano M40	43:15	+08:56	04:20
9	340	Nelson Santos	Individual	Veterano M40	43:23	+09:04	04:20
10	338	Marco Gomes	Individual	Veterano M40	43:30	+09:11	04:21
11	409	AMÍLCAR BRITO	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M40	44:03	+09:44	04:24
12	351	Pedro Pereira	Individual	Veterano M40	45:44	+11:25	04:34
13	318	Dany Grilo	Grupo Alegre Unido Bajouca	Veterano M40	45:53	+11:34	04:35
14	20	Miguel Sousa	AMIGOS DO BACALHAU	Veterano M40	45:58	+11:39	04:36
15	460	Mário Matos	Os De Matos	Veterano M40	46:20	+12:01	04:38
16	309	Alexandre Pereira	Individual	Veterano M40	46:23	+12:04	04:38
17	53	Diogo Ferreira	CLUBE VETERANOS DO LIS	Veterano M40	46:24	+12:05	04:38
18	476	Leandro Santos	SB VIDROS - VIDRALA	Veterano M40	46:27	+12:08	04:39
19	325	filipe bragança	Individual	Veterano M40	46:35	+12:16	04:40
20	418	Pedro Jerónimo	Lizrunners	Veterano M40	47:02	+12:43	04:42
21	350	Pedro Pereira	Individual	Veterano M40	48:10	+13:51	04:49
22	23	Vitor Rascão	Atrasados	Veterano M40	48:23	+14:04	04:50
23	364	Válter Luís	Individual	Veterano M40	48:31	+14:12	04:51
24	486	Paulo Vieira	Xteam	Veterano M40	48:31	+14:12	04:51
25	27	EDGAR FERNANDES	Be Runners	Veterano M40	48:32	+14:13	04:51
26	453	Tiago Esperança	opraticante.pt	Veterano M40	48:48	+14:29	04:53
27	322	Eric Domingues	Individual	Veterano M40	49:03	+14:44	04:54
28	320	Edgar Jacinto	Individual	Veterano M40	49:16	+14:57	04:56
29	332	John PIVOST	Individual	Veterano M40	49:31	+15:12	04:57
30	25	Roberto Fiuza	Barras e Bolinhos	Veterano M40	49:37	+15:18	04:58
31	361	Rúben Évora	Individual	Veterano M40	49:41	+15:22	04:58
32	339	Miguel Sanches	Individual	Veterano M40	50:16	+15:57	05:02
33	348	Pedro Cruz	Individual	Veterano M40	50:25	+16:06	05:03
34	411	HUGO MARQUES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M40	50:27	+16:08	05:03
35	358	Ricardo Pitta-Groz	Individual	Veterano M40	50:35	+16:16	05:04
36	481	Jorge Miguel Domingues Patrício	TURTLES & RABBITS	Veterano M40	50:53	+16:34	05:05
37	330	Hugo Miguel Florindo Oliveira	Individual	Veterano M40	51:05	+16:46	05:07
38	362	Rui Filipe Rosa Barroquinho da Silva	Individual	Veterano M40	52:20	+18:01	05:14
39	363	Sérgio Filipe	Individual	Veterano M40	52:22	+18:03	05:14
40	68	Franco Fernandes	F. Fernandes	Veterano M40	52:52	+18:33	05:17
41	329	Hugo Cordeiro	Individual	Veterano M40	53:51	+19:32	05:23
42	315	carlos Alberto de Jesus ferreira	Individual	Veterano M40	53:51	+19:32	05:23
43	313	Bruno Ferreira	Individual	Veterano M40	53:54	+19:35	05:23
44	331	Isaac Inácio	Individual	Veterano M40	53:58	+19:39	05:24
45	359	Roberto José Miragaia Guerra	Individual	Veterano M40	54:15	+19:56	05:26
46	342	Nuno Batista	Individual	Veterano M40	54:16	+19:57	05:26
47	321	Edgar Vieira Novo	Individual	Veterano M40	54:17	+19:58	05:26
48	316	Carlos Serpa	Individual	Veterano M40	54:37	+20:18	05:28

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49	319	Diogo Cunha e Silva	Individual	Veterano M40	55:01	+20:42	05:30
50	349	Pedro Guarda	Individual	Veterano M40	55:42	+21:23	05:34
51	334	Luís Santos	Individual	Veterano M40	56:32	+22:13	05:39
52	317	César alves	Individual	Veterano M40	56:56	+22:37	05:42
53	69	Sandro Gonçalves Guerra	Factor3	Veterano M40	57:21	+23:02	05:44
54	354	Pedro Virgílio	Individual	Veterano M40	58:43	+24:24	05:52
55	442	Ricardo Grácio	NEL-Joelette	Veterano M40	59:02	+24:43	05:54
56	441	Paulo Alexandre da Silva Dias	NEL-Joelette	Veterano M40	59:03	+24:44	05:54
57	314	Bruno Oliveira	Individual	Veterano M40	59:07	+24:48	05:55
58	440	Nuno Rouxinol	NEL-Joelette	Veterano M40	59:43	+25:24	05:58
59	439	Nuno Lopes	NEL-Joelette	Veterano M40	59:44	+25:25	05:58
60	443	Teófilo Pequicho	NEL-Joelette	Veterano M40	59:45	+25:26	05:59
61	438	Miguel Pereira	NEL-Joelette	Veterano M40	59:45	+25:26	05:59
62	357	Ricardo Oliveira	Individual	Veterano M40	01:00:04	+25:45	06:00
63	61	Carlos Mendes	CUMIBROA RUNNING TEAM	Veterano M40	01:00:59	+26:40	06:06
64	471	Nuno Ricardo Lourenço Martins	Projecto blue O / FPAD	Veterano M40	01:01:32	+27:13	06:09
65	344	Nuno Gaudêncio	Individual	Veterano M40	01:01:36	+27:17	06:10
66	333	Luís Manuel da Silva Almeida e Lopes	Individual	Veterano M40	01:02:14	+27:55	06:13
67	353	Pedro Vareda	Individual	Veterano M40	01:02:21	+28:02	06:14
68	312	BRUNO FERNANDES PEREIRA	Individual	Veterano M40	01:02:29	+28:10	06:15
69	19	Gonçalo Pedrosa	AMIGOS DO BACALHAU	Veterano M40	01:02:49	+28:30	06:17
70	412	PAULO JESUS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M40	01:03:38	+29:19	06:22
71	355	Ricardo Baptista	Individual	Veterano M40	01:05:07	+30:48	06:31
72	352	Pedro Silva	Individual	Veterano M40	01:06:55	+32:36	06:42
73	337	Márcio Eidt	Individual	Veterano M40	01:10:18	+35:59	07:02
74	365	Vasco Medeiros	Individual	Veterano M40	01:13:18	+38:59	07:20
75	324	Fabricio Gwadera	Individual	Veterano M40	01:16:48	+42:29	07:41
76	484	Jorge Almeida	Vejo	Veterano M40	01:17:03	+42:44	07:42
77	345	Paulo Borloth	Individual	Veterano M40	01:17:21	+43:02	07:44
78	335	Luis Teixeira	Individual	Veterano M40	01:20:59	+46:40	08:06

Veterano M50

1	81	Vitor Dinis	GDRC UNIDOS	Veterano M50	35:05	+00:46	03:31
2	33	Paulo Renato Mesquita Monteiro	Casa do Povo de Lavos	Veterano M50	38:19	+04:00	03:50
3	37	Joao Paulo Magro	Club União Idanhense	Veterano M50	39:01	+04:42	03:54
4	478	Rui Cardoso	Team ELComandante	Veterano M50	39:53	+05:34	03:59
5	368	Carlos Manuel Bispo de Matos	Individual	Veterano M50	41:34	+07:15	04:09
6	57	Paulo Monteiro	CPR A-DO-BARBAS	Veterano M50	43:43	+09:24	04:22
7	388	Vitor Nelson	Individual	Veterano M50	44:28	+10:09	04:27
8	366	António Morgado	Individual	Veterano M50	46:20	+12:01	04:38
9	382	Pedro Francisco Moreira de Oliveira	Individual	Veterano M50	46:27	+12:08	04:39
10	381	Paulo Rodrigues	Individual	Veterano M50	47:27	+13:08	04:45
11	472	João Fernandes	PROSISTEM.runners	Veterano M50	47:29	+13:10	04:45
12	12	Luís Carvalho	ACRM Silveirinha Grande e Claras	Veterano M50	47:46	+13:27	04:47

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13	87	Virgilio Mota Alberto	Grupo Alegre Unido Bajouca	Veterano M50	49:11	+14:52	04:55
14	29	Rui Gaspar	CA Barreira	Veterano M50	49:13	+14:54	04:55
15	378	Luis Manuel Barosa Costa Moreira	Individual	Veterano M50	50:14	+15:55	05:01
16	54	José Martins	CLUBE VETERANOS DO LIS	Veterano M50	51:02	+16:43	05:06
17	384	Rui Godinho	Individual	Veterano M50	51:35	+17:16	05:10
18	379	Miguel Carreira	Individual	Veterano M50	51:48	+17:29	05:11
19	376	jorge gaspar mendes	Individual	Veterano M50	52:05	+17:46	05:13
20	40	João Miguel	Clube Desportivo Moitense	Veterano M50	52:25	+18:06	05:15
21	380	Paulo Marrazes	Individual	Veterano M50	52:38	+18:19	05:16
22	62	Jorge Faria	CUMIBROA RUNNING TEAM	Veterano M50	53:12	+18:53	05:19
23	34	Rui Manuel de Faria Ferreira	Casa do Povo de Lavos	Veterano M50	53:29	+19:10	05:21
24	89	joao balau	Grupo BTT de Manteigas	Veterano M50	53:33	+19:14	05:21
25	6	Jose Carlos Lopes	AC VERMOIL	Veterano M50	54:13	+19:54	05:25
26	415	PEDRO COIMBRA	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	54:18	+19:59	05:26
27	370	Carlos vitorino	Individual	Veterano M50	54:24	+20:05	05:26
28	371	Claudio Henriques Abrunhosa	Individual	Veterano M50	55:33	+21:14	05:33
29	11	Lino Carraco	ACRM Silveirinha Grande e Claras	Veterano M50	55:49	+21:30	05:35
30	72	António Barbas	Filsat	Veterano M50	55:59	+21:40	05:36
31	75	Paulo Ferreira	Gado Bravo	Veterano M50	56:34	+22:15	05:39
32	449	João Teixeira	Nunca...	Veterano M50	57:18	+22:59	05:44
33	456	Nuno Fernandes	opraticante.pt	Veterano M50	58:30	+24:11	05:51
34	385	Sérgio Lopes Rodrigues	Individual	Veterano M50	58:41	+24:22	05:52
35	445	Luís Manuel Carreira Mónico	NEL-Joelette	Veterano M50	59:02	+24:43	05:54
36	444	João Carlos Santos Antunes	NEL-Joelette	Veterano M50	59:03	+24:44	05:54
37	446	Rui Soares Monteiro	NEL-Joelette	Veterano M50	59:03	+24:44	05:54
38	85	Daniel Jaulino	Grupo Alegre Unido Bajouca	Veterano M50	59:06	+24:47	05:55
39	383	Ricardo Pinho	Individual	Veterano M50	01:00:04	+25:45	06:00
40	367	Carlos Barroso	Individual	Veterano M50	01:00:05	+25:46	06:01
41	377	Júlio Gaspar	Individual	Veterano M50	01:00:25	+26:06	06:03
42	424	Didier Lopes	Magníficos Runners	Veterano M50	01:01:59	+27:40	06:12
43	369	Carlos NOVO	Individual	Veterano M50	01:04:07	+29:48	06:25
44	374	Joaquim Duarte	Individual	Veterano M50	01:05:13	+30:54	06:31
45	373	João Carlos Oliveira	Individual	Veterano M50	01:06:38	+32:19	06:40
46	48	Carlos Sebastião	Clube recreativo Chãs	Veterano M50	01:15:27	+41:08	07:33

Veterano M60

1	92	Mário Carvalho	Grupo Vilarinho Cima	Veterano M60	41:23	+07:04	04:08
2	82	José Raimundo	GDRC UNIDOS	Veterano M60	41:45	+07:26	04:11
3	394	Francico Ferreira	Individual	Veterano M60	44:17	+09:58	04:26
4	15	Manuel Ferreira	ADR Mata	Veterano M60	44:43	+10:24	04:28
5	401	Pedro Vicente	Individual	Veterano M60	44:52	+10:33	04:29
6	397	José Fernando Santiago	Individual	Veterano M60	48:26	+14:07	04:51
7	399	Pedro Trabucho	Individual	Veterano M60	48:30	+14:11	04:51
8	391	Emilio Leal Santos	Individual	Veterano M60	48:51	+14:32	04:53

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9	395	João Barreiros	Individual	Veterano M60	49:12	+14:53	04:55
10	426	Evangelista Santos	Magníficos Runners	Veterano M60	49:56	+15:37	05:00
11	398	José Garrafão	Individual	Veterano M60	50:10	+15:51	05:01
12	39	Narciso Garcia Simões Arromba	Clube de veteranos de Coimbra – CluVe	Veterano M60	51:43	+17:24	05:10
13	393	Fernando Palmeiro	Individual	Veterano M60	55:29	+21:10	05:33
14	416	ACÁCIO LAVOS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	56:09	+21:50	05:37
15	403	Vítor Manuel Carmo Ferreira Ervilha	Individual	Veterano M60	56:21	+22:02	05:38
16	400	Pedro Vale Silva	Individual	Veterano M60	58:12	+23:53	05:49
17	447	Fernando Lourenço Vieira	NEL-Joelette	Veterano M60	59:44	+25:25	05:58
18	390	Antônio Tafula	Individual	Veterano M60	01:00:02	+25:43	06:00
19	396	João Pereira da Graça	Individual	Veterano M60	01:00:15	+25:56	06:02
20	402	Raul Matos	Individual	Veterano M60	01:06:20	+32:01	06:38
21	392	Fernando António das Neves Novo	Individual	Veterano M60	01:06:24	+32:05	06:38
22	389	António Moura	Individual	Veterano M60	01:19:55	+45:36	08:00