

5KM - STAGE 1

5 KM

[illegible]

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	16:00	23,3°C	69%
End	17:26	23.3°C	69%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	194	INES GONÇALVES	Clube Atletismo de Ovar	18:50		03:46	
2	216	Sandra Ferreira	GDC Guilhovai	18:56	+00:06	03:47	
3	550	Lara Costa	Lara Costa	19:14	+00:24	03:51	
4	439	Juliana Figueiras	Individual	21:21	+02:31	04:16	
5	353	Tânia Vieira	Individual	21:48	+02:58	04:22	
6	556	Catarina Ribeiro	Mau Feitio	22:16	+03:26	04:27	
7	1	Mónica Oliveira	Individual	22:18	+03:28	04:28	
8	584	Rejane Pontes	Sport Comércio e Salgueiros	22:19	+03:29	04:28	
9	370	Carla Martins	Individual	22:21	+03:31	04:28	
10	579	Alexandra Mayer Caldas Portela	Run Tejo - Prevent Sprain	22:25	+03:35	04:29	
11	558	Maria Machado Costa	Miles & Vibes	22:28	+03:38	04:30	
12	553	Fátima Santos	Lusitânia de Lourosa	22:31	+03:41	04:30	
13	298	Joana Trindade	Individual	23:02	+04:12	04:36	
14	569	Raquel Correia	PCRunners	23:09	+04:19	04:38	
15	59	Perpétua Silva	Brandoenses Running	23:13	+04:23	04:39	
16	81	Filomena Marques	CF Os Marialvas	23:21	+04:31	04:40	
17	437	Joana Rocha	Individual	23:22	+04:32	04:40	
18	557	Vânia Ferreira	Mau Feitio	23:23	+04:33	04:41	
19	521	Teresa paiva	Run For Fun Laranjinhas	23:24	+04:34	04:41	
20	7	Sónia Vidal	Arrifana Running	23:27	+04:37	04:41	
21	545	MATILDE BAPTISTA	JAM Juventude Atlético Mozelense	23:31	+04:41	04:42	
22	255	Catarina Pereira de Sá	Individual	23:35	+04:45	04:43	
23	14	Helena Silva	Arrifana Running	23:38	+04:48	04:44	
24	109	Ana Paula Ribeiro Águas	Individual	23:42	+04:52	04:44	
25	187	Brígida Lima	AZTrail	23:43	+04:53	04:45	
26	195	Cátia Coelho	Clube Desportivo Feirense	23:54	+05:04	04:47	
27	544	CÁTIA BAPTISTA	JAM Juventude Atlético Mozelense	24:13	+05:23	04:51	
28	131	Tânia Mateus	Individual	24:30	+05:40	04:54	
29	580	Raquel Caracitas	RUNNING4FUN Team Viseu	24:34	+05:44	04:55	
30	34	Célia Santos	Lourosa em Movimento	24:35	+05:45	04:55	
31	466	Anna Quialheiro	Individual	24:45	+05:55	04:57	
32	338	Patrícia da Silva Tavares	Individual	24:54	+06:04	04:59	
33	481	Idalina Ribeiro	Individual	24:59	+06:09	05:00	
34	577	Olga Gomes	Run & Fun	25:07	+06:17	05:01	
35	474	Cláudia Santos	Individual	25:19	+06:29	05:04	
36	499	CELESTE MARIA SILVA BARROQUEIRO DIAS	Individual	25:26	+06:36	05:05	
37	495	Carla Martins	Individual	25:27	+06:37	05:05	
38	395	Manuela Nunes	Individual	25:30	+06:40	05:06	
39	77	Sónia Beleza	Rosinhas	25:33	+06:43	05:07	
40	591	Gorete Pereira	Viriathvs Runners Viseu	25:35	+06:45	05:07	
41	532	Paula Oliveira	Individual	25:39	+06:49	05:08	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	278	Ines Pereira	Individual	25:40	+06:50	05:08	
43	20	Carla Cardoso	Arrifana Running	25:44	+06:54	05:09	
44	13	Vânia Silva	Arrifana Running	25:44	+06:54	05:09	
45	404	Paula Santos	Individual	25:50	+07:00	05:10	
46	8	Mária Calmeiro	Arrifana Running	25:56	+07:06	05:11	
47	581	Maria Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	26:01	+07:11	05:12	
48	560	Teresa Almeida	NUCLEO DE ATLETISMO DE CUCUJÃES	26:03	+07:13	05:13	
49	129	Sónia Gama	Individual	26:08	+07:18	05:14	
50	200	Sandra Marques	CPR A-DO-BARBAS	26:10	+07:20	05:14	
51	406	Sara Cândido	Individual	26:12	+07:22	05:14	
52	435	Ivone Carla Moreira Pinho de Matos	Individual	26:16	+07:26	05:15	
53	535	Teresa Remédios	Individual	26:20	+07:30	05:16	
54	210	Aida Queirós	Entas	26:23	+07:33	05:17	
55	54	Vera Leite	Bravos e bravitas	26:26	+07:36	05:17	
56	50	Paula Soares	Bravos e bravitas	26:32	+07:42	05:18	
57	130	Susana Vieira	Individual	26:44	+07:54	05:21	
58	258	Cátia Costa	Individual	26:45	+07:55	05:21	
59	436	Joana Araújo	Individual	26:45	+07:55	05:21	
60	33	Vera Oliveira	Lourosa em Movimento	26:57	+08:07	05:23	
61	231	Ana Patrícia Oliveira Garrido	Individual	26:57	+08:07	05:23	
62	367	Ana santos	Individual	27:06	+08:16	05:25	
63	462	Tânia Margarida Azenha Rodrigues	Individual	27:07	+08:17	05:25	
64	533	Tália Martins	Individual	27:08	+08:18	05:26	
65	484	Maria Fátima Relvas	Individual	27:13	+08:23	05:27	
66	317	Mariana Caetano Monteiro	Individual	27:16	+08:26	05:27	
67	4	Céu Vilar	Run & Fun	27:19	+08:29	05:28	
68	375	Catia Moreira	Individual	27:21	+08:31	05:28	
69	264	Diana Cardoso Alves	Individual	27:21	+08:31	05:28	
70	45	Cristina Tavares	SOREMA	27:26	+08:36	05:29	
71	207	Elizabete Silva	Elizabete Silva	27:31	+08:41	05:30	
72	174	Anabelle Vaz	ARADA ATLÉTICO CLUBE	27:34	+08:44	05:31	
73	188	Mariana Filipa Silva Pereira	Cambra Runners	27:34	+08:44	05:31	
74	447	Odete Silva	Individual	27:35	+08:45	05:31	
75	342	Raquel Queirós	Individual	27:36	+08:46	05:31	
76	487	Patricia Iaranjeira	Individual	27:36	+08:46	05:31	
77	398	Mariana Iglésias	Individual	27:38	+08:48	05:32	
78	37	Alice Neves	Lourosa em Movimento	27:44	+08:54	05:33	
79	49	Fatinha Lopes	Bravos e bravitas	27:44	+08:54	05:33	
80	96	Kelvia Oliveira	Individual	27:48	+08:58	05:34	
81	434	Gracinda Teixeira Cabral	Individual	27:52	+09:02	05:34	
82	522	Teresa Reis	Individual	27:57	+09:07	05:35	
83	284	Isabella Cristina dos Santos	Individual	28:00	+09:10	05:36	
84	559	Patrícia Ferreira	Nem Rápidas, Nem Erradas	28:02	+09:12	05:36	
85	461	Suzete Alves dos Santos Silva	Individual	28:03	+09:13	05:37	
86	16	Andréia Assunção	Arrifana Running	28:03	+09:13	05:37	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	201	Rosa Silva	DUELO D'OCASIÃO	28:06	+09:16	05:37	
88	590	Vera Miguel	TiMim	28:06	+09:16	05:37	
89	500	Célia Aguiar	Individual	28:06	+09:16	05:37	
90	516	Porcina Oliveira	Individual	28:06	+09:16	05:37	
91	10	Ana Almeida	Arrifana Running	28:08	+09:18	05:38	
92	197	Joana Oliveira de Almeida Pinho	CMMC Vale de Cambra	28:12	+09:22	05:38	
93	409	Sofia Oliveira	Individual	28:17	+09:27	05:39	
94	362	Yasmin Reis bodo	Individual	28:17	+09:27	05:39	
95	202	Diana Guerra	Elevate Studio	28:18	+09:28	05:40	
96	415	Vanessa Pires	Individual	28:19	+09:29	05:40	
97	203	Joana Oliveira Sousa	Elevate Studio	28:20	+09:30	05:40	
98	413	Susana Rodrigues	Individual	28:21	+09:31	05:40	
99	570	Sandra Oliveira	Pinkadelas	28:24	+09:34	05:41	
100	133	Carla Augusta Sá Pereira	Individual	28:28	+09:38	05:42	
101	5	Marta Oliveira	Arrifana Running	28:28	+09:38	05:42	
102	480	Filipa Abranches Saraiva	Individual	28:29	+09:39	05:42	
103	292	Joana Bastos Oliveira	Individual	28:33	+09:43	05:43	
104	52	Sílvia Ferreira	Bravos e bravitas	28:37	+09:47	05:43	
105	505	Isabel neves	Individual	28:38	+09:48	05:44	
106	498	Carmo paiva	Individual	28:39	+09:49	05:44	
107	358	Vanessa matos	Individual	28:40	+09:50	05:44	
108	433	Ester Rocha	Individual	28:41	+09:51	05:44	
109	9	Maria José Reis	Arrifana Running	28:46	+09:56	05:45	
110	380	Diana Marques	Individual	28:50	+10:00	05:46	
111	407	Sara Lúcia Almeida Baptista	Individual	28:50	+10:00	05:46	
112	465	Ana Vinha	Individual	28:52	+10:02	05:46	
113	303	Karen Milhomem Bastos	Individual	28:55	+10:05	05:47	
114	501	Conceição Soares	Individual	28:57	+10:07	05:47	
115	488	Paula Cristina Almeida Rodrigues	Individual	28:57	+10:07	05:47	
116	566	Carina Vieira	PAC Running Academy	29:02	+10:12	05:48	
117	265	Diana Vilas Boas	Individual	29:02	+10:12	05:48	
118	262	Cláudia Sofia Ferreira Almeida	Individual	29:03	+10:13	05:49	
119	304	Karina Sotska	Individual	29:04	+10:14	05:49	
120	31	Peresa Ventura	Lourosa em Movimento	29:08	+10:18	05:50	
121	3	Paula Martins	Arrifana Running	29:17	+10:27	05:51	
122	75	Maria Gaspar	Amigos da Corrida	29:19	+10:29	05:52	
123	567	Jéssica Luz	PAC Running Academy	29:23	+10:33	05:53	
124	369	Carina Novo	Individual	29:24	+10:34	05:53	
125	97	Maria Vasconcelos	Individual	29:25	+10:35	05:53	
126	114	Luzia de Fátima Ferreira Dias Soares	Individual	29:28	+10:38	05:54	
127	70	Ana paula Fernandes	Amigos da Corrida	29:29	+10:39	05:54	
128	105	Lília Martins	Individual	29:34	+10:44	05:55	
129	360	Vera Cordeiro	Individual	29:39	+10:49	05:56	
130	323	Mariana Lourenço	Individual	29:53	+11:03	05:59	
131	113	Lúcia Cândido	Individual	29:53	+11:03	05:59	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
132	328	Marta Esteves	Individual	29:56	+11:06	05:59	
133	128	Rita Sousa	Individual	29:57	+11:07	05:59	
134	333	MiMi Ladeira	Individual	29:57	+11:07	05:59	
135	592	Carolina Duarte	Viriathvs Runners Viseu	29:58	+11:08	06:00	
136	209	Vera Leite	Entas	29:58	+11:08	06:00	
137	163	Filipa Estrafalhote	1002	29:59	+11:09	06:00	
138	164	Lúcia Rocha	1002	29:59	+11:09	06:00	
139	166	Marlene Patusco	1002	29:59	+11:09	06:00	
140	363	Adelaide Marques	Individual	30:01	+11:11	06:00	
141	479	Elisabete Santos	Individual	30:02	+11:12	06:00	
142	412	Susana Martins	Individual	30:05	+11:15	06:01	
143	291	Joana Baio	Individual	30:18	+11:28	06:04	
144	469	Catarina Sequeira	Individual	30:18	+11:28	06:04	
145	473	Cláudia Cordeiro	Individual	30:18	+11:28	06:04	
146	507	Margarida de Sousa Ribeiro	Individual	30:19	+11:29	06:04	
147	483	Luisa Anjos	Individual	30:27	+11:37	06:05	
148	347	Rute Forte	Individual	30:33	+11:43	06:07	
149	55	Sónia Oliveira	Bravos e bravitas	30:41	+11:51	06:08	
150	19	Lurdes Fernandes	Arrifana Running	30:42	+11:52	06:08	
151	24	Orquídea Gomes	Arrifana Running	30:43	+11:53	06:09	
152	6	Susana Gomes	Arrifana Running	30:44	+11:54	06:09	
153	12	Sandra Gomes	Arrifana Running	30:44	+11:54	06:09	
154	222	Ana Beatriz Silva Mendes	Individual	30:45	+11:55	06:09	
155	92	Daniela Simões Cabete Mendes	Individual	30:45	+11:55	06:09	
156	537	Lucia santos	Individual	30:47	+11:57	06:09	
157	61	Victória Bernardes	Brandoenses Running	30:48	+11:58	06:10	
158	104	Diana Rodrigues	Individual	30:50	+12:00	06:10	
159	485	Michelle Rosana Ferreira Silva	Individual	30:51	+12:01	06:10	
160	410	Soraia Martins	Individual	30:54	+12:04	06:11	
161	555	Rosa Gonçalves	manas	30:54	+12:04	06:11	
162	18	Rosa Silva	Arrifana Running	30:55	+12:05	06:11	
163	21	Fátima Pereira	Arrifana Running	30:56	+12:06	06:11	
164	116	Marlene enes	Individual	30:57	+12:07	06:11	
165	352	Sofia Silva	Individual	31:04	+12:14	06:13	
166	186	Isila Correia	As Sereias	31:04	+12:14	06:13	
167	392	Joana Fonseca	Individual	31:05	+12:15	06:13	
168	237	Ana Soares	Individual	31:07	+12:17	06:13	
169	348	Sara Sousa	Individual	31:07	+12:17	06:13	
170	122	Márcia Nunes	Individual	31:11	+12:21	06:14	
171	229	Ana Martins	Individual	31:17	+12:27	06:15	
172	204	Lara Raquel Pereira Bastos	Elevate Studio	31:20	+12:30	06:16	
173	206	Dalila Filipa Rodrigues Cardal	Elevate Studio	31:20	+12:30	06:16	
174	583	Lina Tavares	Sport Clube Nelas e Veteranos	31:21	+12:31	06:16	
175	196	Joana Rita Teixeira de Sousa	CMMC Vale de Cambra	31:22	+12:32	06:16	
176	80	Elisabete correia	ARCD Venda da Luisa	31:24	+12:34	06:17	
177	305	Katerine da Silva Besvoglio	Individual	31:25	+12:35	06:17	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	471	Catia Liana Andrade Lopes	Individual	31:26	+12:36	06:17	
179	51	Isa Dias	Bravos e bravitas	31:28	+12:38	06:18	
180	276	Ines Chaby	Individual	31:28	+12:38	06:18	
181	107	Tânia Dias	Individual	31:29	+12:39	06:18	
182	475	Claudia Teixeira	Individual	31:30	+12:40	06:18	
183	451	Paula Catarino	Individual	31:30	+12:40	06:18	
184	220	Cátia Ferreira	HappyRunners	31:31	+12:41	06:18	
185	218	Andreia Oliveira	HappyRunners	31:31	+12:41	06:18	
186	219	Joana Almeida	HappyRunners	31:31	+12:41	06:18	
187	349	SOFIA FILIPA CADETE FERREIRA	Individual	31:31	+12:41	06:18	
188	330	May Gomes	Individual	31:32	+12:42	06:18	
189	527	Luz Almeida	Individual	31:35	+12:45	06:19	
190	168	Patrícia Oliveira Santos	1002	31:36	+12:46	06:19	
191	399	Mariana Pinto	Individual	31:37	+12:47	06:19	
192	299	Joice da silva campos	Individual	31:39	+12:49	06:20	
193	189	Cristina Coutinho	Casa do Benfica da Bairrada	31:42	+12:52	06:20	
194	79	Luísa Pires	Rosinhas	31:42	+12:52	06:20	
195	552	Diana Martins	Lobitas	31:43	+12:53	06:21	
196	296	Joana Nogueira	Individual	31:45	+12:55	06:21	
197	489	Paula Rocha	Individual	31:46	+12:56	06:21	
198	29	Ana Teixeira	Lourosa em Movimento	31:49	+12:59	06:22	
199	94	Fátima Andrade	Individual	31:49	+12:59	06:22	
200	65	Ana Rita Ferraz	Brandoenses Running	31:51	+13:01	06:22	
201	384	Elza Ribeiro	Individual	31:57	+13:07	06:23	
202	417	Alice Pereira	Individual	31:57	+13:07	06:23	
203	571	Carla Novais	Pinkadelas	31:59	+13:09	06:24	
204	169	Rosa Figueiredo	3emlinha	31:59	+13:09	06:24	
205	111	Anabela Batista	Individual	32:01	+13:11	06:24	
206	424	Catarina Alexandra Castro Costa	Individual	32:01	+13:11	06:24	
207	43	Joana Couto	SOREMA	32:03	+13:13	06:25	
208	270	Franciele De Fátima Oliarski	Individual	32:04	+13:14	06:25	
209	151	Mariana Ferreira	KGB	32:09	+13:19	06:26	
210	152	Tatiana Barroco	KGB	32:09	+13:19	06:26	
211	256	Catarina Sousa	Individual	32:12	+13:22	06:26	
212	341	Paula ferreira	Individual	32:12	+13:22	06:26	
213	36	Palmira Fontes	Lourosa em Movimento	32:14	+13:24	06:27	
214	84	Rute Marcelo	Correr Queluz	32:15	+13:25	06:27	
215	217	Isabel Fernanda Lopes de Andrade	Grupo da Céu	32:21	+13:31	06:28	
216	372	Catarina Maia	Individual	32:22	+13:32	06:28	
217	526	Lucília Santos	Individual	32:25	+13:35	06:29	
218	147	Izaura izabel Barbosa Bonet	Individual	32:25	+13:35	06:29	
219	141	Sandra Monteiro	Individual	32:27	+13:37	06:29	
220	534	Teresa Brito	Individual	32:27	+13:37	06:29	
221	313	Maria Faria	Individual	32:28	+13:38	06:30	
222	478	Eliana silva	Individual	32:28	+13:38	06:30	
223	126	Nélia Vitorino	Individual	32:32	+13:42	06:30	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
224	517	Regina Correa	Individual	32:33	+13:43	06:31	
225	493	Brigite Areias	Individual	32:36	+13:46	06:31	
226	99	Patricia Costa	Individual	32:40	+13:50	06:32	
227	325	Mariana Parente	Individual	32:42	+13:52	06:32	
228	243	Beatriz Machado	Individual	32:44	+13:54	06:33	
229	280	Inês Sofia Moreira da Cunha	Individual	32:47	+13:57	06:33	
230	57	Mariana Ribeiro	Bravos e bravitas	32:49	+13:59	06:34	
231	167	Dalila Barroca	1002	32:53	+14:03	06:35	
232	411	Susana Almeida	Individual	32:56	+14:06	06:35	
233	515	Paula Leite	Individual	32:59	+14:09	06:36	
234	277	Inês Filipa Oliveira Guedes	Individual	33:05	+14:15	06:37	
235	250	Carolina Leite	Individual	33:06	+14:16	06:37	
236	297	Joana Silva	Individual	33:06	+14:16	06:37	
237	213	Paula Loureiro	Fitness Lafões Club	33:07	+14:17	06:37	
238	212	Inês Ferreira	Fitness Lafões Club	33:07	+14:17	06:37	
239	233	Ana Pavanita	Individual	33:07	+14:17	06:37	
240	310	Maria Cainé	Individual	33:09	+14:19	06:38	
241	536	Fátima Pires da Silva Silva	Individual	33:17	+14:27	06:39	
242	472	Cecilia Almeida	Individual	33:20	+14:30	06:40	
243	418	Aline Araújo	Individual	33:22	+14:32	06:40	
244	225	Ana Catarina Lei	Individual	33:24	+14:34	06:41	
245	538	Maria Isabel Leite	Individual	33:24	+14:34	06:41	
246	326	Marieta Dias Ferreira	Individual	33:26	+14:36	06:41	
247	224	Ana Brandão	Individual	33:26	+14:36	06:41	
248	562	Ana Catarina Nogueira Pacheco	Os Pit Stop	33:29	+14:39	06:42	
249	120	Ana Manso	Individual	33:30	+14:40	06:42	
250	157	Maria Martins Carvalho	Os Pit Stop	33:31	+14:41	06:42	
251	272	Francisca Oliveira Martins	Individual	33:33	+14:43	06:43	
252	266	Eduarda Apolinário	Individual	33:33	+14:43	06:43	
253	11	Virgínia Moreira	Arrifana Running	33:33	+14:43	06:43	
254	539	Maria Melo	Individual	33:34	+14:44	06:43	
255	554	Cláudia Gonçalves	manas	33:39	+14:49	06:44	
256	83	Isabel sousa	Clube Trilheiros e Amigos	33:44	+14:54	06:45	
257	351	Sofia Raquel Cardoso Lopes	Individual	33:47	+14:57	06:45	
258	301	Juliana Rosario	Individual	33:49	+14:59	06:46	
259	546	Andresa Ferreira	JonasRun	33:53	+15:03	06:47	
260	228	Ana Filipa Neves da Rocha	Individual	33:55	+15:05	06:47	
261	356	Teresa Maria Cardoso Martins	Individual	33:56	+15:06	06:47	
262	364	Amanda Cruz	Individual	33:59	+15:09	06:48	
263	259	Cátia Henriques	Individual	33:59	+15:09	06:48	
264	235	Ana Raquel Sousa Martins	Individual	34:02	+15:12	06:48	
265	182	Rita Maria Reia	As rápidas	34:02	+15:12	06:48	
266	513	Olga Brandão	Individual	34:05	+15:15	06:49	
267	56	Lúcia Correia	Bravos e bravitas	34:10	+15:20	06:50	
268	547	Maria Inês Oliveira	JonasRun	34:12	+15:22	06:50	
269	494	Carla Bornes	Individual	34:12	+15:22	06:50	

5KM - STAGE 1

5 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
270	401	Mónica Dias	Individual	34:15	+15:25	06:51	
271	88	Andreia Susana Tavares Figueira	Individual	34:17	+15:27	06:51	
272	529	Maria Joaquina Oliveira Peixoto	Individual	34:18	+15:28	06:52	
273	548	Rita Silva	JonasRun	34:18	+15:28	06:52	
274	549	Tatiana Gomes	JonasRun	34:18	+15:28	06:52	
275	48	Arminda Fantasca	Bravos e bravitas	34:19	+15:29	06:52	
276	46	Manuela Adriano	Bravos e bravitas	34:22	+15:32	06:52	
277	64	Isabel Ventura	Brandoenses Running	34:27	+15:37	06:53	
278	290	Jéssica Catarina Gomes regalado de castro	Individual	34:33	+15:43	06:55	
279	253	Catarina Almeida Pinto	Individual	34:37	+15:47	06:55	
280	378	Daniela Patrícia de Pinho Correia	Individual	34:38	+15:48	06:56	
281	294	Joana Martins	Individual	34:50	+16:00	06:58	
282	454	Quezia Fernandes	Individual	34:51	+16:01	06:58	
283	540	Maria Novo	Individual	34:51	+16:01	06:58	
284	518	Sandra Matos Viegas	Individual	34:59	+16:09	07:00	
285	2	Sara Teles	SOREMA	35:01	+16:11	07:00	
286	450	Patricia Oliveira	Individual	35:04	+16:14	07:01	
287	561	Elisabete Fonseca	Os Kágados	35:04	+16:14	07:01	
288	63	Carlota Joaquina	Brandoenses Running	35:08	+16:18	07:02	
289	214	Ângela Espinha	Gazelas em Rosa Choque	35:10	+16:20	07:02	
290	542	Rosa Dias	Individual	35:15	+16:25	07:03	
291	170	Sílvia Cunha	3emlinha	35:16	+16:26	07:03	
292	171	Anabela Matos	3emlinha	35:18	+16:28	07:04	
293	331	Melanie Pinheiro	Individual	35:19	+16:29	07:04	
294	420	Ana Isabel Oliveira Silva	Individual	35:21	+16:31	07:04	
295	319	Mariana Castelhana	Individual	35:22	+16:32	07:04	
296	572	Ana Filipa Correia Santos Rufino	Pink-Corre-doras	35:22	+16:32	07:04	
297	308	Mafalda Silva	Individual	35:24	+16:34	07:05	
298	508	Maria Barbosa	Individual	35:25	+16:35	07:05	
299	421	Andreia Sá	Individual	35:28	+16:38	07:06	
300	285	Jacilene Santos Santana olanda	Individual	35:31	+16:41	07:06	
301	371	Catarina Bastos	Individual	35:35	+16:45	07:07	
302	315	Mariana Almeida	Individual	35:36	+16:46	07:07	
303	455	Sandra Azevedo	Individual	35:36	+16:46	07:07	
304	468	Carla Moniz	Individual	35:37	+16:47	07:07	
305	78	Karla Oliveira	Rosinhas	35:40	+16:50	07:08	
306	492	Andreia Ruela	Individual	35:45	+16:55	07:09	
307	444	Marta Silva	Individual	35:47	+16:57	07:09	
308	283	Isabel Silva	Individual	35:47	+16:57	07:09	
309	339	Patrícia Daniela Leite Sampaio	Individual	35:48	+16:58	07:10	
310	27	Vera Nogueira	Arrifana Running	35:49	+16:59	07:10	
311	242	Bárbara Meireles	Individual	35:50	+17:00	07:10	
312	391	Janis Anhaia	Individual	35:53	+17:03	07:11	
313	124	Marta Ribeiro	Individual	35:56	+17:06	07:11	
314	261	Cláudia Soares Oliveira	Individual	35:58	+17:08	07:12	

5KM - STAGE 1

5 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
315	165	Mariana Nunes	1002	36:01	+17:11	07:12	
316	397	Maria Almeida	Individual	36:05	+17:15	07:13	
317	377	Cláudia Carvalho	Individual	36:09	+17:19	07:14	
318	254	Catarina Jesus	Individual	36:09	+17:19	07:14	
319	249	Carolina Ferreira	Individual	36:13	+17:23	07:15	
320	87	Ana Rodrigues	Individual	36:15	+17:25	07:15	
321	185	Catarina Silva	As Sereias	36:18	+17:28	07:16	
322	184	Catarina Sales	As Sereias	36:19	+17:29	07:16	
323	47	Marta Carvalho	Bravos e bravitas	36:21	+17:31	07:16	
324	432	Elisabete Sá Couto da Silva	Individual	36:22	+17:32	07:16	
325	400	Marta Costa	Individual	36:22	+17:32	07:16	
326	361	Vitória Silva Reis	Individual	36:22	+17:32	07:16	
327	311	Maria Eduarda Brandão	Individual	36:22	+17:32	07:16	
328	366	Ana Rosa Brás Rocha	Individual	36:24	+17:34	07:17	
329	112	Kenia Figueiredo	Individual	36:24	+17:34	07:17	
330	318	Mariana Cardoso	Individual	36:24	+17:34	07:17	
331	245	Beatriz Monteiro	Individual	36:24	+17:34	07:17	
332	314	Maria João Catarino Branco	Individual	36:25	+17:35	07:17	
333	9020	Arminda Oliveira	Individual	36:32	+17:42	07:18	
334	390	Inês Santos	Individual	36:32	+17:42	07:18	
335	289	Jéssica Amaral	Individual	36:33	+17:43	07:19	
336	234	Ana Pereira	Individual	36:34	+17:44	07:19	
337	530	Neusa Ramalho	Individual	36:43	+17:53	07:21	
338	388	Graça Melo	Individual	36:49	+17:59	07:22	
339	312	Maria Eduarda dos Reis Ala	Individual	36:49	+17:59	07:22	
340	327	Marina Liuzzi	Individual	36:49	+17:59	07:22	
341	316	Mariana Barata	Individual	36:50	+18:00	07:22	
342	162	Catarina Fernandes	1002	36:55	+18:05	07:23	
343	329	Marta Santos	Individual	36:55	+18:05	07:23	
344	76	Isabel Cortês	Pink Ladies	37:02	+18:12	07:24	
345	564	Joana Cruz	Os Pit Stop	37:04	+18:14	07:25	
346	374	Cátia Marrão	Individual	37:09	+18:19	07:26	
347	17	Mariana Soares	Arrifana Running	37:10	+18:20	07:26	
348	509	Maria de Fátima Pereira ramos	Individual	37:11	+18:21	07:26	
349	91	Catarina Silva	Individual	37:12	+18:22	07:26	
350	136	Nazaré Peixoto	Individual	37:20	+18:30	07:28	
351	438	Joana Santos	Individual	37:22	+18:32	07:28	
352	464	Ana Rita Mota	Individual	37:22	+18:32	07:28	
353	271	Francisca Melo	Individual	37:22	+18:32	07:28	
354	302	Jussara Braz	Individual	37:22	+18:32	07:28	
355	139	Rosa Santos	Individual	37:32	+18:42	07:30	
356	335	Nicolý Barbosa	Individual	37:36	+18:46	07:31	
357	53	Virgínia Moreira	Bravos e bravitas	37:39	+18:49	07:32	
358	28	Sandra Silva	Lourosa em Movimento	37:39	+18:49	07:32	
359	192	Marely Pena	Chicas super colpt	37:41	+18:51	07:32	
360	191	Liliana Forero	Chicas super colpt	37:42	+18:52	07:32	

5KM - STAGE 1

5 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
361	190	Maria Luisa Hurtado	Chicas super colpt	37:42	+18:52	07:32	
362	382	Elaine Conceição	Individual	37:45	+18:55	07:33	
363	365	Ana Paula Sérgio Lima	Individual	37:45	+18:55	07:33	
364	30	Daniela Marques	Lourosa em Movimento	37:48	+18:58	07:34	
365	402	Monique Trindade	Individual	37:52	+19:02	07:34	
366	578	Dulce Maria	Run For Fun Laranjinhas	38:14	+19:24	07:39	
367	58	Gabriela Dias	Bravos e bravitas	38:30	+19:40	07:42	
368	446	Neusa Quatorze	Individual	38:35	+19:45	07:43	
369	135	Mena Silva	Individual	38:35	+19:45	07:43	
370	321	Mariana de Oliveira Cortez	Individual	38:36	+19:46	07:43	
371	236	Ana Rita Justino	Individual	38:42	+19:52	07:44	
372	482	Lisete Pereira	Individual	38:54	+20:04	07:47	
373	205	Maria João Alves Amaral	Elevate Studio	38:56	+20:06	07:47	
374	340	Patrícia Silva	Individual	38:59	+20:09	07:48	
375	62	Micaela Pires	Brandoenses Running	39:00	+20:10	07:48	
376	396	Margarida Duarte	Individual	39:04	+20:14	07:49	
377	512	Mónica Barros	Individual	39:08	+20:18	07:50	
378	346	Rosa Frade	Individual	39:13	+20:23	07:51	
379	257	Cátia Cardoso	Individual	39:14	+20:24	07:51	
380	172	Andreia Alvadia	A Brigada	39:15	+20:25	07:51	
381	173	Sofia Pereira	A Brigada	39:16	+20:26	07:51	
382	9022	Carla Maria Gomes Moreira	Individual	39:16	+20:26	07:51	
383	486	Nanda Costa	Individual	39:20	+20:30	07:52	
384	523	Antonia Azevedo	Individual	39:21	+20:31	07:52	
385	355	Telma Ferreira	Individual	39:27	+20:37	07:53	
386	449	Patricia Costa	Individual	39:29	+20:39	07:54	
387	101	Vivian Mendonça	Individual	39:38	+20:48	07:56	
388	153	Ana Carolino Santos	NFC Running Team	39:46	+20:56	07:57	
389	156	Helena Jorge	NFC Running Team	39:49	+20:59	07:58	
390	263	Débora Pato	Individual	39:52	+21:02	07:58	
391	82	Gloria Moraes	Clube Trilheiros e Amigos	40:01	+21:11	08:00	
392	440	Liliana Oliveira	Individual	40:01	+21:11	08:00	
393	274	Giovanna Capelli Santos	Individual	40:07	+21:17	08:01	
394	244	Beatriz Miguel Santos	Individual	40:09	+21:19	08:02	
395	110	Ana Pereira	Individual	40:19	+21:29	08:04	
396	145	Cristina Portela	Individual	40:19	+21:29	08:04	
397	98	Nathalia Martins	Individual	40:21	+21:31	08:04	
398	405	Sabina Santos	Individual	40:22	+21:32	08:04	
399	181	Ana Rita Morgado Ramos	As rápidas	40:51	+22:01	08:10	
400	247	Bruna Salomé da Costa Moreira	Individual	40:53	+22:03	08:11	
401	260	Célia Moreira	Individual	41:01	+22:11	08:12	
402	86	Vanessa Alves	Doce	41:15	+22:25	08:15	
403	85	Mel Oliveira	Doce	41:15	+22:25	08:15	
404	344	Rita Pinho	Individual	41:19	+22:29	08:16	
405	359	Vânia Lopes	Individual	41:19	+22:29	08:16	

5 KM

OFFICIAL RESULT

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

Official Timekeeper: Lap2Go	10 / 11	generate 01-set.-2025 10:05
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5KM - STAGE 1

5 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
450	117	Michelle Cristina Ramos dos Santos Lima	Individual	50:53	+32:03	10:11	
451	22	Ema Pinto	Arrifana Running	51:16	+32:26	10:15	
452	23	Margarida Pinto	Arrifana Running	51:18	+32:28	10:16	
453	279	Inês Rocha	Individual	51:24	+32:34	10:17	
454	295	Joana Nogueira	Individual	51:24	+32:34	10:17	
455	134	Lurdes Castro	Individual	52:43	+33:53	10:33	
456	232	Ana Paula Cordeiro de Vasconcelos	Individual	52:46	+33:56	10:33	
457	443	Lucília Cardoso	Individual	52:47	+33:57	10:33	
458	306	Letícia Pimentel	Individual	53:52	+35:02	10:46	
459	42	Maria José Tavares	Lourosa em Movimento	54:44	+35:54	10:57	
460	223	Ana Beira	Individual	54:59	+36:09	11:00	
461	179	Ana Maia	As Maia	55:01	+36:11	11:00	
462	180	Cátia Maia	As Maia	55:01	+36:11	11:00	
463	427	Cristiana Moreira	Individual	55:24	+36:34	11:05	
464	72	Carla silva	Amigos da Corrida	55:28	+36:38	11:06	
465	66	Carla Marçalo	Amigos da Corrida	55:29	+36:39	11:06	
466	67	Diana Cardoso	Amigos da Corrida	55:30	+36:40	11:06	
467	574	Cristina Jesus Dias	Pink-Corre-doras	58:00	+39:10	11:36	
468	575	Joana Jesus Dias	Pink-Corre-doras	58:01	+39:11	11:36	
469	60	Carla Marques	Brandoenses Running	58:46	+39:56	11:45	
470	431	Elisabete Sá Couto da Silva	Individual	01:00:09	+41:19	12:02	
471	503	Elsa Palma	Individual	01:00:32	+41:42	12:06	
472	320	Mariana Correia	Individual	01:00:46	+41:56	12:09	
473	520	Susana Almeida	Individual	01:00:54	+42:04	12:11	
474	281	Íris Oliveira	Individual	01:00:55	+42:05	12:11	
475	458	Sara Oliveira	Individual	01:00:58	+42:08	12:12	
476	199	Cristiana Vanzeler	Costa & Vanzeler	01:01:28	+42:38	12:18	
477	198	Inês Costa	Costa & Vanzeler	01:01:28	+42:38	12:18	
478	452	Paula Cristina de Andrade Moura Pina Loureiro	Individual	01:02:20	+43:30	12:28	
479	138	Paula Susana Tavares da silva	Individual	01:03:28	+44:38	12:42	
480	394	Larisa Shilova	Individual	01:04:28	+45:38	12:54	

5KM

5 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	16:00	23,3°C	69%
End	17:26	23.3°C	69%

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

1	194	INES GONÇALVES	Clube Atletismo de Ovar	Senior Feminino	18:50	03:46
2	550	Lara Costa	Lara Costa	Senior Feminino	19:14	+00:24 03:51
3	353	Tânia Vieira	Individual	Senior Feminino	21:48	+02:57 04:22
4	558	Maria Machado Costa	Miles & Vibes	Senior Feminino	22:28	+03:37 04:30
5	298	Joana Trindade	Individual	Senior Feminino	23:02	+04:11 04:36
6	569	Raquel Correia	PCRunners	Senior Feminino	23:09	+04:19 04:38
7	255	Catarina Pereira de Sá	Individual	Senior Feminino	23:35	+04:44 04:43
8	195	Cátia Coelho	Clube Desportivo Feirense	Senior Feminino	23:54	+05:03 04:47
9	544	CÁTIA BAPTISTA	JAM Juventude Atlético Mozelense	Senior Feminino	24:13	+05:23 04:51
10	580	Raquel Caracitas	RUNNING4FUN Team Viseu	Senior Feminino	24:34	+05:44 04:55
11	338	Patrícia da Silva Tavares	Individual	Senior Feminino	24:54	+06:03 04:59
12	278	Ines Pereira	Individual	Senior Feminino	25:40	+06:49 05:08
13	8	Mária Calmeiro	Arrifana Running	Senior Feminino	25:56	+07:05 05:11
14	258	Cátia Costa	Individual	Senior Feminino	26:45	+07:54 05:21
15	231	Ana Patrícia Oliveira Garrido	Individual	Senior Feminino	26:57	+08:06 05:23
16	317	Mariana Caetano Monteiro	Individual	Senior Feminino	27:16	+08:25 05:27
17	264	Diana Cardoso Alves	Individual	Senior Feminino	27:21	+08:30 05:28
18	188	Mariana Filipa Silva Pereira	Cambra Runners	Senior Feminino	27:34	+08:43 05:31
19	342	Raquel Queirós	Individual	Senior Feminino	27:36	+08:46 05:31
20	96	Kelvia Oliveira	Individual	Senior Feminino	27:48	+08:58 05:34
21	284	Isabella Cristina dos Santos	Individual	Senior Feminino	28:00	+09:10 05:36
22	10	Ana Almeida	Arrifana Running	Senior Feminino	28:08	+09:17 05:38
23	362	Yasmin Reis bodo	Individual	Senior Feminino	28:17	+09:26 05:39
24	202	Diana Guerra	Elevate Studio	Senior Feminino	28:18	+09:28 05:40
25	203	Joana Oliveira Sousa	Elevate Studio	Senior Feminino	28:20	+09:30 05:40
26	292	Joana Bastos Oliveira	Individual	Senior Feminino	28:33	+09:42 05:43
27	358	Vanessa matos	Individual	Senior Feminino	28:40	+09:49 05:44
28	303	Karen Milhomem Bastos	Individual	Senior Feminino	28:55	+10:05 05:47
29	566	Carina Vieira	PAC Running Academy	Senior Feminino	29:02	+10:11 05:48
30	265	Diana Vilas Boas	Individual	Senior Feminino	29:02	+10:12 05:48
31	262	Cláudia Sofia Ferreira Almeida	Individual	Senior Feminino	29:03	+10:13 05:49
32	304	Karina Sotska	Individual	Senior Feminino	29:04	+10:14 05:49
33	75	Maria Gaspar	Amigos da Corrida	Senior Feminino	29:19	+10:29 05:52
34	567	Jéssica Luz	PAC Running Academy	Senior Feminino	29:23	+10:33 05:53
35	97	Maria Vasconcelos	Individual	Senior Feminino	29:25	+10:34 05:53
36	360	Vera Cordeiro	Individual	Senior Feminino	29:39	+10:49 05:56
37	323	Mariana Lourenço	Individual	Senior Feminino	29:53	+11:02 05:59
38	328	Marta Esteves	Individual	Senior Feminino	29:56	+11:06 05:59
39	333	MiMi Ladeira	Individual	Senior Feminino	29:57	+11:07 05:59

Official Timekeeper: Lap2Go	1 / 12	generate 01-set.-2025 10:05
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5KM

5 KM

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OFFICIAL RESULT

[illegible]

40	163	Filipa Estrafalhote	1002	Senior Feminino	29:59	+11:08	06:00
41	164	Lúcia Rocha	1002	Senior Feminino	29:59	+11:08	06:00
42	166	Marlene Patusco	1002	Senior Feminino	29:59	+11:08	06:00
43	291	Joana Baio	Individual	Senior Feminino	30:18	+11:28	06:04
44	347	Rute Forte	Individual	Senior Feminino	30:33	+11:42	06:07
45	222	Ana Beatriz Silva Mendes	Individual	Senior Feminino	30:45	+11:54	06:09
46	92	Daniela Simões Cabete Mendes	Individual	Senior Feminino	30:45	+11:54	06:09
47	352	Sofia Silva	Individual	Senior Feminino	31:04	+12:14	06:13
48	186	Isila Correia	As Sereias	Senior Feminino	31:04	+12:14	06:13
49	237	Ana Soares	Individual	Senior Feminino	31:07	+12:17	06:13
50	348	Sara Sousa	Individual	Senior Feminino	31:07	+12:17	06:13
51	229	Ana Martins	Individual	Senior Feminino	31:17	+12:26	06:15
52	204	Lara Raquel Pereira Bastos	Elevate Studio	Senior Feminino	31:20	+12:29	06:16
53	196	Joana Rita Teixeira de Sousa	CMMC Vale de Cambra	Senior Feminino	31:22	+12:31	06:16
54	305	Katerine da Silva Besvoglio	Individual	Senior Feminino	31:25	+12:35	06:17
55	276	Ines Chaby	Individual	Senior Feminino	31:28	+12:37	06:18
56	218	Andreia Oliveira	HappyRunners	Senior Feminino	31:31	+12:40	06:18
57	219	Joana Almeida	HappyRunners	Senior Feminino	31:31	+12:40	06:18
58	349	SOFIA FILIPA CADETE FERREIRA	Individual	Senior Feminino	31:31	+12:41	06:18
59	330	May Gomes	Individual	Senior Feminino	31:32	+12:42	06:18
60	299	Joice da silva campos	Individual	Senior Feminino	31:39	+12:49	06:20
61	79	Luísa Pires	Rosinhas	Senior Feminino	31:42	+12:52	06:20
62	296	Joana Nogueira	Individual	Senior Feminino	31:45	+12:55	06:21
63	94	Fátima Andrade	Individual	Senior Feminino	31:49	+12:58	06:22
64	270	Franciele De Fátima Oliarski	Individual	Senior Feminino	32:04	+13:14	06:25
65	151	Mariana Ferreira	KGB	Senior Feminino	32:09	+13:18	06:26
66	152	Tatiana Barroco	KGB	Senior Feminino	32:09	+13:18	06:26
67	256	Catarina Sousa	Individual	Senior Feminino	32:12	+13:21	06:26
68	341	Paula ferreira	Individual	Senior Feminino	32:12	+13:22	06:26
69	313	Maria Faria	Individual	Senior Feminino	32:28	+13:37	06:30
70	99	Patricia Costa	Individual	Senior Feminino	32:40	+13:50	06:32
71	325	Mariana Parente	Individual	Senior Feminino	32:42	+13:52	06:32
72	243	Beatriz Machado	Individual	Senior Feminino	32:44	+13:54	06:33
73	280	Inês Sofia Moreira da Cunha	Individual	Senior Feminino	32:47	+13:57	06:33
74	57	Mariana Ribeiro	Bravos e bravitas	Senior Feminino	32:49	+13:58	06:34
75	277	Inês Filipa Oliveira Guedes	Individual	Senior Feminino	33:05	+14:15	06:37
76	250	Carolina Leite	Individual	Senior Feminino	33:06	+14:16	06:37
77	297	Joana Silva	Individual	Senior Feminino	33:06	+14:16	06:37
78	212	Inês Ferreira	Fitness Lafões Club	Senior Feminino	33:07	+14:16	06:37
79	233	Ana Pavanita	Individual	Senior Feminino	33:07	+14:17	06:37
80	310	Maria Cainé	Individual	Senior Feminino	33:09	+14:19	06:38
81	225	Ana Catarina Lei	Individual	Senior Feminino	33:24	+14:33	06:41
82	326	Marieta Dias Ferreira	Individual	Senior Feminino	33:26	+14:35	06:41
83	224	Ana Brandão	Individual	Senior Feminino	33:26	+14:35	06:41
84	562	Ana Catarina Nogueira Pacheco	Os Pit Stop	Senior Feminino	33:29	+14:39	06:42
85	157	Maria Martins Carvalho	Os Pit Stop	Senior Feminino	33:31	+14:41	06:42

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86	272	Francisca Oliveira Martins	Individual	Senior Feminino	33:33	+14:42	06:43
87	266	Eduarda Apolinário	Individual	Senior Feminino	33:33	+14:43	06:43
88	351	Sofia Raquel Cardoso Lopes	Individual	Senior Feminino	33:47	+14:57	06:45
89	301	Juliana Rosario	Individual	Senior Feminino	33:49	+14:59	06:46
90	546	Andresa Ferreira	JonasRun	Senior Feminino	33:53	+15:02	06:47
91	228	Ana Filipa Neves da Rocha	Individual	Senior Feminino	33:55	+15:04	06:47
92	356	Teresa Maria Cardoso Martins	Individual	Senior Feminino	33:56	+15:06	06:47
93	259	Cátia Henriques	Individual	Senior Feminino	33:59	+15:09	06:48
94	235	Ana Raquel Sousa Martins	Individual	Senior Feminino	34:02	+15:11	06:48
95	182	Rita Maria Reia	As rápidas	Senior Feminino	34:02	+15:12	06:48
96	547	Maria Inês Oliveira	JonasRun	Senior Feminino	34:12	+15:21	06:50
97	88	Andreia Susana Tavares Figueira	Individual	Senior Feminino	34:17	+15:26	06:51
98	548	Rita Silva	JonasRun	Senior Feminino	34:18	+15:27	06:52
99	549	Tatiana Gomes	JonasRun	Senior Feminino	34:18	+15:28	06:52
100	290	Jéssica Catarina Gomes regalado de castro	Individual	Senior Feminino	34:33	+15:42	06:55
101	253	Catarina Almeida Pinto	Individual	Senior Feminino	34:37	+15:47	06:55
102	294	Joana Martins	Individual	Senior Feminino	34:50	+15:59	06:58
103	331	Melanie Pinheiro	Individual	Senior Feminino	35:19	+16:28	07:04
104	319	Mariana Castelhana	Individual	Senior Feminino	35:22	+16:31	07:04
105	572	Ana Filipa Correia Santos Rufino	Pink-Corre-doras	Senior Feminino	35:22	+16:31	07:04
106	308	Mafalda Silva	Individual	Senior Feminino	35:24	+16:33	07:05
107	285	Jacilene Santos Santana olanda	Individual	Senior Feminino	35:31	+16:40	07:06
108	315	Mariana Almeida	Individual	Senior Feminino	35:36	+16:45	07:07
109	283	Isabel Silva	Individual	Senior Feminino	35:47	+16:56	07:09
110	339	Patrícia Daniela Leite Sampaio	Individual	Senior Feminino	35:48	+16:58	07:10
111	242	Bárbara Meireles	Individual	Senior Feminino	35:50	+16:59	07:10
112	261	Cláudia Soares Oliveira	Individual	Senior Feminino	35:58	+17:07	07:12
113	165	Mariana Nunes	1002	Senior Feminino	36:01	+17:10	07:12
114	254	Catarina Jesus	Individual	Senior Feminino	36:09	+17:18	07:14
115	249	Carolina Ferreira	Individual	Senior Feminino	36:13	+17:23	07:15
116	87	Ana Rodrigues	Individual	Senior Feminino	36:15	+17:24	07:15
117	185	Catarina Silva	As Sereias	Senior Feminino	36:18	+17:28	07:16
118	184	Catarina Sales	As Sereias	Senior Feminino	36:19	+17:28	07:16
119	361	Vitória Silva Reis	Individual	Senior Feminino	36:22	+17:31	07:16
120	311	Maria Eduarda Brandão	Individual	Senior Feminino	36:22	+17:32	07:16
121	318	Mariana Cardoso	Individual	Senior Feminino	36:24	+17:33	07:17
122	245	Beatriz Monteiro	Individual	Senior Feminino	36:24	+17:34	07:17
123	314	Maria João Catarino Branco	Individual	Senior Feminino	36:25	+17:34	07:17
124	289	Jéssica Amaral	Individual	Senior Feminino	36:33	+17:42	07:19
125	234	Ana Pereira	Individual	Senior Feminino	36:34	+17:44	07:19
126	312	Maria Eduarda dos Reis Ala	Individual	Senior Feminino	36:49	+17:58	07:22
127	327	Marina Liuzzi	Individual	Senior Feminino	36:49	+17:58	07:22
128	316	Mariana Barata	Individual	Senior Feminino	36:50	+18:00	07:22
129	162	Catarina Fernandes	1002	Senior Feminino	36:55	+18:04	07:23
130	329	Marta Santos	Individual	Senior Feminino	36:55	+18:04	07:23
131	564	Joana Cruz	Os Pit Stop	Senior Feminino	37:04	+18:14	07:25

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OFFICIAL RESULT

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132	17	Mariana Soares	Arrifana Running	Senior Feminino	37:10	+18:20	07:26
133	91	Catarina Silva	Individual	Senior Feminino	37:12	+18:21	07:26
134	271	Francisca Melo	Individual	Senior Feminino	37:22	+18:32	07:28
135	302	Jussara Braz	Individual	Senior Feminino	37:22	+18:32	07:28
136	335	Nicolý Barbosa	Individual	Senior Feminino	37:36	+18:46	07:31
137	190	Maria Luisa Hurtado	Chicas super colpt	Senior Feminino	37:42	+18:51	07:32
138	30	Daniela Marques	Lourosa em Movimento	Senior Feminino	37:48	+18:58	07:34
139	58	Gabriela Dias	Bravos e bravitas	Senior Feminino	38:30	+19:39	07:42
140	321	Mariana de Oliveira Cortez	Individual	Senior Feminino	38:36	+19:46	07:43
141	236	Ana Rita Justino	Individual	Senior Feminino	38:42	+19:51	07:44
142	205	Maria João Alves Amaral	Elevate Studio	Senior Feminino	38:56	+20:06	07:47
143	340	Patrícia Silva	Individual	Senior Feminino	38:59	+20:09	07:48
144	346	Rosa Frade	Individual	Senior Feminino	39:13	+20:22	07:51
145	257	Cátia Cardoso	Individual	Senior Feminino	39:14	+20:23	07:51
146	355	Telma Ferreira	Individual	Senior Feminino	39:27	+20:37	07:53
147	101	Vivian Mendonça	Individual	Senior Feminino	39:38	+20:48	07:56
148	263	Débora Pato	Individual	Senior Feminino	39:52	+21:01	07:58
149	274	Giovanna Capelli Santos	Individual	Senior Feminino	40:07	+21:16	08:01
150	244	Beatriz Miguel Santos	Individual	Senior Feminino	40:09	+21:18	08:02
151	98	Nathalia Martins	Individual	Senior Feminino	40:21	+21:30	08:04
152	181	Ana Rita Morgado Ramos	As rápidas	Senior Feminino	40:51	+22:01	08:10
153	247	Bruna Salomé da Costa Moreira	Individual	Senior Feminino	40:53	+22:02	08:11
154	260	Célia Moreira	Individual	Senior Feminino	41:01	+22:10	08:12
155	85	Mel Oliveira	Doce	Senior Feminino	41:15	+22:25	08:15
156	344	Rita Pinho	Individual	Senior Feminino	41:19	+22:29	08:16
157	359	Vânia Lopes	Individual	Senior Feminino	41:19	+22:29	08:16
158	343	RENATA OHANA DE ALBUQUERQUE E SILVA	Individual	Senior Feminino	41:22	+22:32	08:16
159	300	Juliana Rocha	Individual	Senior Feminino	42:49	+23:58	08:34
160	354	Tatiana Rosário	Individual	Senior Feminino	42:49	+23:59	08:34
161	288	Jehniffer Bueno	Individual	Senior Feminino	42:50	+24:00	08:34
162	286	Jadiele Santos	Individual	Senior Feminino	42:55	+24:04	08:35
163	336	Pamela Silva Neves	Individual	Senior Feminino	43:26	+24:36	08:41
164	275	Inês Alves	Individual	Senior Feminino	43:28	+24:37	08:42
165	273	Geovanna vilela	Individual	Senior Feminino	43:39	+24:49	08:44
166	25	Isabel Silva	Arrifana Running	Senior Feminino	44:00	+25:09	08:48
167	573	Ana Morgado	Pink-Corre-doras	Senior Feminino	44:28	+25:38	08:54
168	563	Beatriz Vieira e Silva	Os Pit Stop	Senior Feminino	45:25	+26:35	09:05
169	26	Ana Silva	Arrifana Running	Senior Feminino	45:27	+26:36	09:05
170	240	ANDREIA QUEIROZ XIMENES DO PRADO	Individual	Senior Feminino	46:08	+27:18	09:14
171	73	Catarina Silva	Amigos da Corrida	Senior Feminino	46:16	+27:26	09:15
172	251	Carolina Ribeiro	Individual	Senior Feminino	46:19	+27:29	09:16
173	74	Marta Cruz	Amigos da Corrida	Senior Feminino	46:27	+27:37	09:17
174	89	Ariane Rodrigues Carneiro	Individual	Senior Feminino	47:12	+28:21	09:26
175	22	Ema Pinto	Arrifana Running	Senior Feminino	51:16	+32:26	10:15
176	23	Margarida Pinto	Arrifana Running	Senior Feminino	51:18	+32:27	10:16

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OFFICIAL RESULT

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177	279	Inês Rocha	Individual	Senior Feminino	51:24	+32:33	10:17
178	295	Joana Nogueira	Individual	Senior Feminino	51:24	+32:34	10:17
179	232	Ana Paula Cordeiro de Vasconcelos	Individual	Senior Feminino	52:46	+33:56	10:33
180	306	Leticia Pimentel	Individual	Senior Feminino	53:52	+35:02	10:46
181	223	Ana Beira	Individual	Senior Feminino	54:59	+36:08	11:00
182	179	Ana Maia	As Maia	Senior Feminino	55:01	+36:10	11:00
183	180	Cátia Maia	As Maia	Senior Feminino	55:01	+36:11	11:00
184	574	Cristina Jesus Dias	Pink-Corre-doras	Senior Feminino	58:00	+39:10	11:36
185	575	Joana Jesus Dias	Pink-Corre-doras	Senior Feminino	58:01	+39:10	11:36
186	320	Mariana Correia	Individual	Senior Feminino	01:00:46	+41:56	12:09
187	281	Íris Oliveira	Individual	Senior Feminino	01:00:55	+42:05	12:11

Veterana F35

1	556	Catarina Ribeiro	Mau Feitio	Veterana F35	22:16		04:27
2	370	Carla Martins	Individual	Veterana F35	22:21	+00:05	04:28
3	395	Manuela Nunes	Individual	Veterana F35	25:30	+03:14	05:06
4	13	Vânia Silva	Arrifana Running	Veterana F35	25:44	+03:28	05:09
5	404	Paula Santos	Individual	Veterana F35	25:50	+03:34	05:10
6	406	Sara Cândido	Individual	Veterana F35	26:12	+03:56	05:13
7	33	Vera Oliveira	Lourosa em Movimento	Veterana F35	26:57	+04:41	05:23
8	367	Ana santos	Individual	Veterana F35	27:06	+04:50	05:25
9	375	Catia Moreira	Individual	Veterana F35	27:21	+05:04	05:28
10	174	Anabelle Vaz	ARADA ATLÉTICO CLUBE	Veterana F35	27:34	+05:17	05:31
11	398	Mariana Iglésias	Individual	Veterana F35	27:38	+05:22	05:32
12	559	Patrícia Ferreira	Nem Rápidas, Nem Erradas	Veterana F35	28:02	+05:46	05:36
13	409	Sofia Oliveira	Individual	Veterana F35	28:17	+06:00	05:39
14	415	Vanessa Pires	Individual	Veterana F35	28:19	+06:03	05:40
15	413	Susana Rodrigues	Individual	Veterana F35	28:21	+06:05	05:40
16	5	Marta Oliveira	Arrifana Running	Veterana F35	28:28	+06:12	05:42
17	380	Diana Marques	Individual	Veterana F35	28:50	+06:34	05:46
18	407	Sara Lúcia Almeida Baptista	Individual	Veterana F35	28:50	+06:34	05:46
19	369	Carina Novo	Individual	Veterana F35	29:24	+07:08	05:53
20	105	Lília Martins	Individual	Veterana F35	29:34	+07:18	05:55
21	363	Adelaide Marques	Individual	Veterana F35	30:01	+07:45	06:00
22	412	Susana Martins	Individual	Veterana F35	30:05	+07:49	06:01
23	104	Diana Rodrigues	Individual	Veterana F35	30:50	+08:34	06:10
24	410	Soraia Martins	Individual	Veterana F35	30:54	+08:38	06:11
25	392	Joana Fonseca	Individual	Veterana F35	31:05	+08:49	06:13
26	206	Dalila Filipa Rodrigues Cardal	Elevate Studio	Veterana F35	31:20	+09:04	06:16
27	107	Tânia Dias	Individual	Veterana F35	31:29	+09:13	06:18
28	220	Cátia Ferreira	HappyRunners	Veterana F35	31:31	+09:14	06:18
29	168	Patrícia Oliveira Santos	1002	Veterana F35	31:36	+09:20	06:19
30	399	Mariana Pinto	Individual	Veterana F35	31:37	+09:21	06:19
31	552	Diana Martins	Lobitas	Veterana F35	31:43	+09:26	06:21
32	65	Ana Rita Ferraz	Brandoenses Running	Veterana F35	31:51	+09:35	06:22

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33	384	Elza Ribeiro	Individual	Veterana F35	31:57	+09:41	06:23
34	372	Catarina Maia	Individual	Veterana F35	32:22	+10:06	06:28
35	167	Dalila Barroca	1002	Veterana F35	32:53	+10:37	06:35
36	411	Susana Almeida	Individual	Veterana F35	32:56	+10:40	06:35
37	213	Paula Loureiro	Fitness Lafões Club	Veterana F35	33:07	+10:50	06:37
38	364	Amanda Cruz	Individual	Veterana F35	33:59	+11:43	06:48
39	56	Lúcia Correia	Bravos e bravitas	Veterana F35	34:10	+11:54	06:50
40	401	Mónica Dias	Individual	Veterana F35	34:15	+11:59	06:51
41	48	Arminda Fantasca	Bravos e bravitas	Veterana F35	34:19	+12:03	06:52
42	378	Daniela Patrícia de Pinho Correia	Individual	Veterana F35	34:38	+12:21	06:56
43	2	Sara Teles	SOREMA	Veterana F35	35:01	+12:45	07:00
44	371	Catarina Bastos	Individual	Veterana F35	35:35	+13:19	07:07
45	78	Karla Oliveira	Rosinhas	Veterana F35	35:40	+13:24	07:08
46	391	Janis Anhaia	Individual	Veterana F35	35:53	+13:37	07:11
47	397	Maria Almeida	Individual	Veterana F35	36:05	+13:49	07:13
48	377	Cláudia Carvalho	Individual	Veterana F35	36:09	+13:52	07:14
49	400	Marta Costa	Individual	Veterana F35	36:22	+14:06	07:16
50	366	Ana Rosa Brás Rocha	Individual	Veterana F35	36:24	+14:08	07:17
51	390	Inês Santos	Individual	Veterana F35	36:32	+14:16	07:18
52	388	Graça Melo	Individual	Veterana F35	36:49	+14:33	07:22
53	374	Cátia Marrão	Individual	Veterana F35	37:09	+14:53	07:26
54	382	Elaine Conceição	Individual	Veterana F35	37:45	+15:29	07:33
55	365	Ana Paula Sérgio Lima	Individual	Veterana F35	37:45	+15:29	07:33
56	402	Monique Trindade	Individual	Veterana F35	37:52	+15:36	07:34
57	396	Margarida Duarte	Individual	Veterana F35	39:04	+16:47	07:49
58	405	Sabina Santos	Individual	Veterana F35	40:22	+18:06	08:04
59	86	Vanessa Alves	Doce	Veterana F35	41:15	+18:59	08:15
60	416	Vânia Gomes	Individual	Veterana F35	42:31	+20:15	08:30
61	383	Eliedina Silva	Individual	Veterana F35	43:26	+21:10	08:41
62	403	Patrícia Lira Pereira da Conceição	Individual	Veterana F35	45:03	+22:47	09:01
63	102	Alessandra Fantoni	Individual	Veterana F35	46:04	+23:48	09:13
64	414	Vanessa Furuya	Individual	Veterana F35	46:30	+24:14	09:18
65	393	Karine Cordeiro Ribeiro	Individual	Veterana F35	49:34	+27:18	09:55
66	67	Diana Cardoso	Amigos da Corrida	Veterana F35	55:30	+33:14	11:06
67	394	Larisa Shilova	Individual	Veterana F35	01:04:28	+42:12	12:54

Veterana F40

1	439	Juliana Figueiras	Individual	Veterana F40	21:21		04:16
2	437	Joana Rocha	Individual	Veterana F40	23:22	+02:00	04:40
3	109	Ana Paula Ribeiro Águas	Individual	Veterana F40	23:42	+02:21	04:44
4	187	Brígida Lima	AZTrail	Veterana F40	23:43	+02:21	04:45
5	200	Sandra Marques	CPR A-DO-BARBAS	Veterana F40	26:10	+04:48	05:14
6	435	Ivone Carla Moreira Pinho de Matos	Individual	Veterana F40	26:16	+04:54	05:15
7	54	Vera Leite	Bravos e bravitas	Veterana F40	26:26	+05:04	05:17
8	436	Joana Araújo	Individual	Veterana F40	26:45	+05:23	05:21

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9	462	Tânia Margarida Azenha Rodrigues	Individual	Veterana F40	27:07	+05:45	05:25
10	447	Odete Silva	Individual	Veterana F40	27:35	+06:13	05:31
11	434	Gracinda Teixeira Cabral	Individual	Veterana F40	27:52	+06:30	05:34
12	461	Suzete Alves dos Santos Silva	Individual	Veterana F40	28:03	+06:41	05:37
13	201	Rosa Silva	DUELO D'OCASIÃO	Veterana F40	28:06	+06:44	05:37
14	590	Vera Miguel	TiMim	Veterana F40	28:06	+06:44	05:37
15	197	Joana Oliveira de Almeida Pinho	CMMC Vale de Cambra	Veterana F40	28:12	+06:50	05:38
16	570	Sandra Oliveira	Pinkadelas	Veterana F40	28:24	+07:02	05:41
17	52	Sílvia Ferreira	Bravos e bravitas	Veterana F40	28:37	+07:15	05:43
18	433	Ester Rocha	Individual	Veterana F40	28:41	+07:19	05:44
19	114	Luzia de Fátima Ferreira Dias Soares	Individual	Veterana F40	29:28	+08:06	05:54
20	113	Lúcia Cândido	Individual	Veterana F40	29:53	+08:31	05:59
21	116	Marlene enes	Individual	Veterana F40	30:57	+09:35	06:11
22	583	Lina Tavares	Sport Clube Nelas e Veteranos	Veterana F40	31:21	+09:59	06:16
23	80	Elisabete correia	ARCD Venda da Luisa	Veterana F40	31:24	+10:02	06:17
24	451	Paula Catarino	Individual	Veterana F40	31:30	+10:09	06:18
25	417	Alice Pereira	Individual	Veterana F40	31:57	+10:35	06:23
26	111	Anabela Batista	Individual	Veterana F40	32:01	+10:39	06:24
27	424	Catarina Alexandra Castro Costa	Individual	Veterana F40	32:01	+10:40	06:24
28	418	Aline Araújo	Individual	Veterana F40	33:22	+12:00	06:40
29	454	Quezia Fernandes	Individual	Veterana F40	34:51	+13:29	06:58
30	450	Patricia Oliveira	Individual	Veterana F40	35:04	+13:42	07:01
31	214	Ângela Espinha	Gazelas em Rosa Choque	Veterana F40	35:10	+13:48	07:02
32	420	Ana Isabel Oliveira Silva	Individual	Veterana F40	35:21	+13:59	07:04
33	421	Andreia Sá	Individual	Veterana F40	35:28	+14:06	07:06
34	455	Sandra Azevedo	Individual	Veterana F40	35:36	+14:14	07:07
35	444	Marta Silva	Individual	Veterana F40	35:47	+14:25	07:09
36	27	Vera Nogueira	Arrifana Running	Veterana F40	35:49	+14:27	07:10
37	432	Elisabete Sá Couto da Silva	Individual	Veterana F40	36:22	+15:00	07:16
38	112	Kenia Figueiredo	Individual	Veterana F40	36:24	+15:02	07:17
39	438	Joana Santos	Individual	Veterana F40	37:22	+16:00	07:28
40	192	Marely Pena	Chicas super colpt	Veterana F40	37:41	+16:20	07:32
41	191	Liliana Forero	Chicas super colpt	Veterana F40	37:42	+16:20	07:32
42	446	Neusa Quatorze	Individual	Veterana F40	38:35	+17:13	07:43
43	172	Andreia Alvadia	A Brigada	Veterana F40	39:15	+17:53	07:51
44	173	Sofia Pereira	A Brigada	Veterana F40	39:16	+17:54	07:51
45	449	Patricia Costa	Individual	Veterana F40	39:29	+18:07	07:54
46	153	Ana Carolino Santos	NFC Running Team	Veterana F40	39:46	+18:24	07:57
47	440	Liliana Oliveira	Individual	Veterana F40	40:01	+18:39	08:00
48	110	Ana Pereira	Individual	Veterana F40	40:19	+18:57	08:04
49	457	Sandra pire	Individual	Veterana F40	42:31	+21:09	08:30
50	430	Diany Sousa	Individual	Veterana F40	42:51	+21:29	08:34
51	442	Luciana Estegue	Individual	Veterana F40	43:10	+21:48	08:38
52	441	Lorena Louback	Individual	Veterana F40	44:26	+23:04	08:53
53	445	Melina Faria	Individual	Veterana F40	44:30	+23:08	08:54
54	565	Flora Marisa Durães Martins	Os Pit Stop	Veterana F40	45:26	+24:04	09:00

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55	419	ANA ANTUNES	Individual	Veterana F40	45:31	+24:09	09:06
56	215	Diana Oliveira	Gazelas em Rosa Choque	Veterana F40	46:30	+25:08	09:18
57	117	Michelle Cristina Ramos dos Santos Lima	Individual	Veterana F40	50:53	+29:31	10:11
58	443	Lucilia Cardoso	Individual	Veterana F40	52:47	+31:25	10:33
59	427	Cristiana Moreira	Individual	Veterana F40	55:24	+34:02	11:05
60	66	Carla Marçalo	Amigos da Corrida	Veterana F40	55:29	+34:07	11:06
61	431	Elisabete Sá Couto da Silva	Individual	Veterana F40	01:00:09	+38:47	12:02
62	458	Sara Oliveira	Individual	Veterana F40	01:00:58	+39:36	12:12
63	198	Inês Costa	Costa & Vanzeler	Veterana F40	01:01:28	+40:06	12:18
64	452	Paula Cristina de Andrade Moura Pina Loureiro	Individual	Veterana F40	01:02:20	+40:58	12:28

Veterana F45

1	216	Sandra Ferreira	GDC Guilhovai	Veterana F45	18:56	03:47
2	584	Rejane Pontes	Sport Comércio e Salgueiros	Veterana F45	22:19	+03:23 04:28
3	59	Perpétua Silva	Brandoenses Running	Veterana F45	23:13	+04:16 04:39
4	81	Filomena Marques	CF Os Marialvas	Veterana F45	23:21	+04:24 04:40
5	557	Vânia Ferreira	Mau Feitio	Veterana F45	23:23	+04:26 04:41
6	7	Sónia Vidal	Arrifana Running	Veterana F45	23:27	+04:30 04:44
7	131	Tânia Mateus	Individual	Veterana F45	24:30	+05:34 04:54
8	34	Célia Santos	Lourosa em Movimento	Veterana F45	24:35	+05:38 04:55
9	466	Anna Quialheiro	Individual	Veterana F45	24:45	+05:48 04:57
10	481	Idalina Ribeiro	Individual	Veterana F45	24:59	+06:02 05:00
11	474	Cláudia Santos	Individual	Veterana F45	25:19	+06:22 05:04
12	77	Sónia Beleza	Rosinhas	Veterana F45	25:33	+06:36 05:07
13	591	Gorete Pereira	Viriathvs Runners Viseu	Veterana F45	25:35	+06:38 05:07
14	129	Sónia Gama	Individual	Veterana F45	26:08	+07:11 05:14
15	50	Paula Soares	Bravos e bravitas	Veterana F45	26:32	+07:35 05:18
16	130	Susana Vieira	Individual	Veterana F45	26:44	+07:47 05:21
17	484	Maria Fátima Relvas	Individual	Veterana F45	27:13	+08:16 05:27
18	4	Céu Vilar	Run & Fun	Veterana F45	27:19	+08:23 05:28
19	45	Cristina Tavares	SOREMA	Veterana F45	27:26	+08:29 05:29
20	487	Patricia Iaranjeira	Individual	Veterana F45	27:36	+08:40 05:31
21	16	Andréia Assunção	Arrifana Running	Veterana F45	28:03	+09:06 05:37
22	480	Filipa Abranches Saraiva	Individual	Veterana F45	28:29	+09:32 05:42
23	465	Ana Vinha	Individual	Veterana F45	28:52	+09:55 05:46
24	488	Paula Cristina Almeida Rodrigues	Individual	Veterana F45	28:57	+10:00 05:47
25	128	Rita Sousa	Individual	Veterana F45	29:57	+11:00 05:59
26	209	Vera Leite	Entas	Veterana F45	29:58	+11:01 06:00
27	479	Elisabete Santos	Individual	Veterana F45	30:02	+11:06 06:00
28	469	Catarina Sequeira	Individual	Veterana F45	30:18	+11:22 06:04
29	473	Cláudia Cordeiro	Individual	Veterana F45	30:18	+11:22 06:04
30	483	Luisa Anjos	Individual	Veterana F45	30:27	+11:30 06:05
31	55	Sónia Oliveira	Bravos e bravitas	Veterana F45	30:41	+11:44 06:08
32	12	Sandra Gomes	Arrifana Running	Veterana F45	30:44	+11:47 06:09

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33	61	Victória Bernardes	Brandoenses Running	Veterana F45	30:48	+11:52	06:10
34	485	Michelle Rosana Ferreira Silva	Individual	Veterana F45	30:51	+11:54	06:10
35	122	Márcia Nunes	Individual	Veterana F45	31:11	+12:14	06:14
36	471	Catia Liana Andrade Lopes	Individual	Veterana F45	31:26	+12:29	06:17
37	51	Isa Dias	Bravos e bravitas	Veterana F45	31:28	+12:31	06:18
38	475	Claudia Teixeira	Individual	Veterana F45	31:30	+12:33	06:18
39	489	Paula Rocha	Individual	Veterana F45	31:46	+12:50	06:21
40	571	Carla Novais	Pinkadelas	Veterana F45	31:59	+13:02	06:24
41	169	Rosa Figueiredo	3emlinha	Veterana F45	31:59	+13:02	06:24
42	43	Joana Couto	SOREMA	Veterana F45	32:03	+13:06	06:25
43	84	Rute Marcelo	Correr Queluz	Veterana F45	32:15	+13:18	06:27
44	478	Eliana silva	Individual	Veterana F45	32:28	+13:31	06:30
45	126	Nélia Vitorino	Individual	Veterana F45	32:32	+13:35	06:30
46	472	Cecilia Almeida	Individual	Veterana F45	33:20	+14:23	06:40
47	120	Ana Manso	Individual	Veterana F45	33:30	+14:34	06:42
48	554	Cláudia Gonçalves	manas	Veterana F45	33:39	+14:42	06:44
49	46	Manuela Adriano	Bravos e bravitas	Veterana F45	34:22	+15:25	06:52
50	170	Sílvia Cunha	3emlinha	Veterana F45	35:16	+16:19	07:03
51	468	Carla Moniz	Individual	Veterana F45	35:37	+16:40	07:07
52	124	Marta Ribeiro	Individual	Veterana F45	35:56	+16:59	07:11
53	47	Marta Carvalho	Bravos e bravitas	Veterana F45	36:21	+17:25	07:16
54	76	Isabel Cortês	Pink Ladies	Veterana F45	37:02	+18:05	07:24
55	464	Ana Rita Mota	Individual	Veterana F45	37:22	+18:25	07:28
56	28	Sandra Silva	Lourosa em Movimento	Veterana F45	37:39	+18:42	07:32
57	482	Lisete Pereira	Individual	Veterana F45	38:54	+19:57	07:47
58	62	Micaela Pires	Brandoenses Running	Veterana F45	39:00	+20:03	07:48
59	9022	Carla Maria Gomes Moreira	Individual	Veterana F45	39:16	+20:19	07:51
60	486	Nanda Costa	Individual	Veterana F45	39:20	+20:24	07:52
61	490	Telma Pereira	Individual	Veterana F45	41:27	+22:30	08:17
62	463	ANA PAULA MOTHÉ DE CASTRO	Individual	Veterana F45	42:43	+23:46	08:33
63	121	Luciene Mendonça Oliveira Lopes	Individual	Veterana F45	43:14	+24:17	08:39
64	39	Paula Maia	Lourosa em Movimento	Veterana F45	43:43	+24:46	08:45
65	60	Carla Marques	Brandoenses Running	Veterana F45	58:46	+39:49	11:45
66	199	Cristiana Vanzeler	Costa & Vanzeler	Veterana F45	01:01:28	+42:31	12:18

Veterana F50

1	1	Mónica Oliveira	Individual	Veterana F50	22:18		04:28
2	521	Teresa paiva	Run For Fun Laranjinhas	Veterana F50	23:24	+01:06	04:41
3	14	Helena Silva	Arrifana Running	Veterana F50	23:38	+01:19	04:44
4	499	CELESTE MARIA SILVA BARROQUEIRO DIAS	Individual	Veterana F50	25:26	+03:08	05:05
5	495	Carla Martins	Individual	Veterana F50	25:27	+03:08	05:05
6	20	Carla Cardoso	Arrifana Running	Veterana F50	25:44	+03:26	05:09
7	560	Teresa Almeida	NUCLEO DE ATLETISMO DE CUCUJÃES	Veterana F50	26:03	+03:45	05:13
8	210	Aida Queirós	Entas	Veterana F50	26:23	+04:05	05:17

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9	49	Fatinha Lopes	Bravos e bravitas	Veterana F50	27:44	+05:26	05:33
10	522	Teresa Reis	Individual	Veterana F50	27:57	+05:39	05:35
11	500	Célia Aguiar	Individual	Veterana F50	28:06	+05:48	05:37
12	516	Porcina Oliveira	Individual	Veterana F50	28:06	+05:48	05:37
13	133	Carla Augusta Sá Pereira	Individual	Veterana F50	28:28	+06:10	05:42
14	505	Isabel neves	Individual	Veterana F50	28:38	+06:20	05:44
15	498	Carmo paiva	Individual	Veterana F50	28:39	+06:21	05:44
16	501	Conceição Soares	Individual	Veterana F50	28:57	+06:38	05:47
17	31	Peresa Ventura	Lourosa em Movimento	Veterana F50	29:08	+06:50	05:50
18	3	Paula Martins	Arrifana Running	Veterana F50	29:17	+06:59	05:51
19	592	Carolina Duarte	Viriathvs Runners Viseu	Veterana F50	29:58	+07:39	06:00
20	507	Margarida de Sousa Ribeiro	Individual	Veterana F50	30:19	+08:01	06:04
21	6	Susana Gomes	Arrifana Running	Veterana F50	30:44	+08:26	06:09
22	555	Rosa Gonçalves	manas	Veterana F50	30:54	+08:36	06:11
23	18	Rosa Silva	Arrifana Running	Veterana F50	30:55	+08:37	06:11
24	29	Ana Teixeira	Lourosa em Movimento	Veterana F50	31:49	+09:30	06:22
25	217	Isabel Fernanda Lopes de Andrade	Grupo da Céu	Veterana F50	32:21	+10:02	06:28
26	141	Sandra Monteiro	Individual	Veterana F50	32:27	+10:09	06:29
27	517	Regina Correa	Individual	Veterana F50	32:33	+10:15	06:31
28	493	Brigite Areias	Individual	Veterana F50	32:36	+10:18	06:31
29	515	Paula Leite	Individual	Veterana F50	32:59	+10:41	06:36
30	513	Olga Brandão	Individual	Veterana F50	34:05	+11:47	06:49
31	494	Carla Bornes	Individual	Veterana F50	34:12	+11:54	06:50
32	518	Sandra Matos Viegas	Individual	Veterana F50	34:59	+12:41	07:00
33	63	Carlota Joaquina	Brandoenses Running	Veterana F50	35:08	+12:50	07:02
34	171	Anabela Matos	3emlinha	Veterana F50	35:18	+13:00	07:04
35	508	Maria Barbosa	Individual	Veterana F50	35:25	+13:06	07:05
36	492	Andreia Ruela	Individual	Veterana F50	35:45	+13:27	07:09
37	509	Maria de Fátima Pereira ramos	Individual	Veterana F50	37:11	+14:53	07:26
38	136	Nazaré Peixoto	Individual	Veterana F50	37:20	+15:02	07:28
39	139	Rosa Santos	Individual	Veterana F50	37:32	+15:14	07:30
40	53	Virgínia Moreira	Bravos e bravitas	Veterana F50	37:39	+15:20	07:32
41	135	Mena Silva	Individual	Veterana F50	38:35	+16:17	07:43
42	512	Mónica Barros	Individual	Veterana F50	39:08	+16:50	07:50
43	137	Odete Matos	Individual	Veterana F50	41:56	+19:38	08:23
44	69	Lucy Alcatrão	Amigos da Corrida	Veterana F50	43:44	+21:26	08:45
45	143	Teresa Martins	Individual	Veterana F50	43:44	+21:26	08:45
46	134	Lurdes Castro	Individual	Veterana F50	52:43	+30:25	10:33
47	72	Carla silva	Amigos da Corrida	Veterana F50	55:28	+33:10	11:06
48	503	Elsa Palma	Individual	Veterana F50	01:00:32	+38:14	12:06
49	520	Susana Almeida	Individual	Veterana F50	01:00:54	+38:36	12:11
50	138	Paula Susana Tavares da silva	Individual	Veterana F50	01:03:28	+41:10	12:42

Veterana F55

1	579	Alexandra Mayer Caldas Portela	Run Tejo - Prevent Sprain	Veterana F55	22:25	04:29
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OFFICIAL RESULT

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2	553	Fátima Santos	Lusitânia de Lourosa	Veterana F55	22:31	+00:06	04:30
3	545	MATILDE BAPTISTA	JAM Juventude Atlético Mozelense	Veterana F55	23:31	+01:06	04:42
4	577	Olga Gomes	Run & Fun	Veterana F55	25:07	+02:42	05:01
5	532	Paula Oliveira	Individual	Veterana F55	25:39	+03:14	05:08
6	535	Teresa Remédios	Individual	Veterana F55	26:20	+03:55	05:16
7	533	Tália Martins	Individual	Veterana F55	27:08	+04:43	05:26
8	207	Elizabete Silva	Elizabete Silva	Veterana F55	27:31	+05:06	05:30
9	37	Alice Neves	Lourosa em Movimento	Veterana F55	27:44	+05:19	05:33
10	70	Ana paula Fernandes	Amigos da Corrida	Veterana F55	29:29	+07:04	05:54
11	19	Lurdes Fernandes	Arrifana Running	Veterana F55	30:42	+08:17	06:08
12	24	Orquídea Gomes	Arrifana Running	Veterana F55	30:43	+08:18	06:09
13	527	Luz Almeida	Individual	Veterana F55	31:35	+09:10	06:19
14	189	Cristina Coutinho	Casa do Benfica da Bairrada	Veterana F55	31:42	+09:17	06:20
15	36	Palmira Fontes	Lourosa em Movimento	Veterana F55	32:14	+09:49	06:27
16	526	Lucília Santos	Individual	Veterana F55	32:25	+10:00	06:29
17	147	Izaura izabel Barbosa Bonet	Individual	Veterana F55	32:25	+10:00	06:29
18	534	Teresa Brito	Individual	Veterana F55	32:27	+10:02	06:29
19	529	Maria Joaquina Oliveira Peixoto	Individual	Veterana F55	34:18	+11:53	06:52
20	561	Elisabete Fonseca	Os Kágados	Veterana F55	35:04	+12:39	07:01
21	530	Neusa Ramalho	Individual	Veterana F55	36:43	+14:18	07:21
22	523	Antonia Azevedo	Individual	Veterana F55	39:21	+16:56	07:52
23	156	Helena Jorge	NFC Running Team	Veterana F55	39:49	+17:24	07:58
24	82	Gloria Morais	Clube Trilheiros e Amigos	Veterana F55	40:01	+17:36	08:00
25	145	Cristina Portela	Individual	Veterana F55	40:19	+17:54	08:04
26	531	Paula Martins	Individual	Veterana F55	42:09	+19:44	08:26
27	155	Carla Coelho	NFC Running Team	Veterana F55	43:00	+20:35	08:36
28	146	Isilda Rabasquinho	Individual	Veterana F55	47:26	+25:01	09:29
29	42	Maria José Tavares	Lourosa em Movimento	Veterana F55	54:44	+32:19	10:57

Veterana F60

			SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR			
1	581	Maria Costa		Veterana F60	26:01	05:12
2	9	Maria José Reis	Arrifana Running	Veterana F60	28:46	+02:45 05:45
3	537	Lucia santos	Individual	Veterana F60	30:47	+04:46 06:09
4	21	Fátima Pereira	Arrifana Running	Veterana F60	30:56	+04:55 06:11
5	536	Fátima Pires da Silva Silva	Individual	Veterana F60	33:17	+07:16 06:39
6	538	Maria Isabel Leite	Individual	Veterana F60	33:24	+07:23 06:41
7	11	Virgínia Moreira	Arrifana Running	Veterana F60	33:33	+07:32 06:43
8	539	Maria Melo	Individual	Veterana F60	33:34	+07:33 06:43
9	83	Isabel sousa	Clube Trilheiros e Amigos	Veterana F60	33:44	+07:43 06:45
10	64	Isabel Ventura	Brandoenses Running	Veterana F60	34:27	+08:26 06:53
11	540	Maria Novo	Individual	Veterana F60	34:51	+08:50 06:58
12	542	Rosa Dias	Individual	Veterana F60	35:15	+09:14 07:03
13	9020	Arminda Oliveira	Individual	Veterana F60	36:32	+10:31 07:18
14	578	Dulce Maria	Run For Fun Laranjinhas	Veterana F60	38:14	+12:13 07:39

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5 KM

OFFICIAL RESULT

15	543	Simone Biondo	Individual	Veterana F60	43:06	+17:05	08:37
16	541	Marisela Maio	Individual	Veterana F60	44:53	+18:52	08:59
17	150	Elvira Venâncio	Individual	Veterana F60	47:30	+21:29	09:30

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Official Timekeeper: Lap2Go	1 / 1	generate 30-ago.-2025 17:33
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