

BENJAMINS A - STAGE 1

0,4 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:30	19,4°C	91%
End	10:31	19,4°C	92%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	110	Bárbara Santos	Individual	01:44		-	
2	121	Francisca Pedro	SC Beira-Mar	01:45	+00:01	-	
3	127	Leandro Cruz	DAR-Recardães	01:49	+00:05	-	
4	114	Mariana Veiga Outeiro	Individual	01:51	+00:07	-	
5	102	Carlota Santos	ADI-ILHAVO	02:03	+00:19	-	
6	112	LIVIA MAYA RODRIGUES	Individual	02:11	+00:27	-	
7	111	Constança Marques	Individual	02:17	+00:33	-	

Benjamins A

0,4 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:30	19,4°C	91%
End	10:31	19.4°C	92%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Benjamim A Feminino

1	110	Bárbara Santos	Individual	Benjamim A Feminino	01:44	-
2	121	Francisca Pedro	SC Beira-Mar	Benjamim A Feminino	01:45	+00:01
3	114	Mariana Veiga Outeiro	Individual	Benjamim A Feminino	01:51	+00:06
4	102	Carlota Santos	ADI-ILHAVO	Benjamim A Feminino	02:03	+00:19
5	112	LIVIA MAYA RODRIGUES	Individual	Benjamim A Feminino	02:11	+00:26
6	111	Constança Marques	Individual	Benjamim A Feminino	02:17	+00:33

Benjamim A Masculino

1	127	Leandro Cruz	DAR-Recardões	Benjamim A Masculino	01:49	-
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BENJAMINS B - STAGE 1

0,8 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:20	19,4°C	91%
End	10:27	19.4°C	91%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	103	Leonor Resende	ARADA ATLÉTICO CLUBE	03:10		-	
2	104	Sofia Marin	Clube de atletismo HM Training Group de Sangalhos (CASHM)	03:14	+00:04	-	
3	118	Ricardo Salvador Marques de Carvalho Pinto Portugal	Os Portugal	03:31	+00:21	-	
4	107	Lucas Serôdio	DAR Recardães	03:32	+00:22	-	
5	115	Leticija Zieniute Silva	Individual	04:23	+01:13	-	
6	120	Laura Filipe	RECREIO DESPORTIVO DE ÁGUEDA	04:34	+01:24	-	

Benjamins B

0,8 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:20	19,4°C	91%
End	10:27	19.4°C	91%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Benjamim B Feminino

1	103	Leonor Resende	ARADA ATLÉTICO CLUBE	Benjamim B Feminino	03:10	-
2	104	Sofia Marin	Clube de atletismo HM Training Group de Sangalhos (CASHM)	Benjamim B Feminino	03:14	+00:04
3	115	Leticija Zieniute Silva	Individual	Benjamim B Feminino	04:23	+01:13
4	120	Laura Filipe	RECREIO DESPORTIVO DE ÁGUEDA	Benjamim B Feminino	04:34	+01:23

Benjamim B Masculino

1	118	Ricardo Salvador Marques de Carvalho Pinto Portugal	Os Portugal	Benjamim B Masculino	03:31	-
2	107	Lucas Serôdio	DAR Recardães	Benjamim B Masculino	03:32	+00:01

INFANTIS - STAGE 1

1,6 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:10	18,9°C	91%
End	10:21	19,4°C	91%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	101	Adriana Moreira	ACR Vale de Cambra	05:58		-	
2	108	Camila Isabel Antunes Moreira	DAR Recardães	06:10	+00:12	-	
3	119	Benedita Marques Portugal de Carvalho Pinto	Os Portugal	06:49	+00:51	-	
4	123	Íris Horta	DAR-Recardães	07:23	+01:25	-	
5	122	Constança Coimbra	DAR-Recardães	09:10	+03:12	-	
6	116	Sofija Zieniute Silva	Individual	10:17	+04:19	-	

Infantis

1,6 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:10	18,9°C	91%
End	10:21	19,4°C	91%

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

1	101	Adriana Moreira	ACR Vale de Cambra	Infantil Feminino	05:58	-
2	108	Camila Isabel Antunes Moreira	DAR Recardães	Infantil Feminino	06:10	+00:12
3	119	Benedita Marques Portugal de Carvalho Pinto	Os Portugal	Infantil Feminino	06:49	+00:50
4	123	Íris Horta	DAR-Recardães	Infantil Feminino	07:23	+01:25
5	122	Constança Coimbra	DAR-Recardães	Infantil Feminino	09:10	+03:11
6	116	Sofija Zieniute Silva	Individual	Infantil Feminino	10:17	+04:18

INICIADOS - STAGE 1

2,1 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:55	18,9°C	91%
End	10:05	18,9°C	91%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	105	Leticia Muniz	Clube de atletismo HM Training Group de Sangalhos (CASHM)	10:12		04:51	

JUVENIS - STAGE 1

3,4 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	18,9°C	91%
End	09:42	18,9°C	91%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	109	Gonalo de Matos Carvalho	Escola de Atletismo Carlos Lopes de Viseu	10:05		02:58	
2	106	Fernando Margalho	Clube de atletismo HM Training Group de Sangalhos (CASHM)	10:15	+00:10	03:01	

Juvenis

3,4 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	18,9°C	91%
End	09:42	18,9°C	91%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Juvenil Masculino

1	109	Gonalo de Matos Carvalho	Escola de Atletismo Carlos Lopes de Viseu	Juvenil Masculino	10:05	02:58
2	106	Fernando Margalho	Clube de atletismo HM Training Group de Sangalhos (CASHM)	Juvenil Masculino	10:15	+00:10 03:01

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	11:00	20°C	92%
End	12:15	20°C	92%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	36	Tiago André Abrantes Madureira	Individual	31:57		03:12	
2	22	Helder Lopes	DCI/Trilhos Luso Bussaco	32:00	+00:03	03:12	
3	24	Cristiano Oliveira	ESCOLA DE ATLETISMO DE COIMBRA	32:38	+00:41	03:16	
4	56	André Fonte	Pistacito Team	32:59	+01:02	03:18	
5	3	Bruno Freitas	ACR Vale de Cambra	33:58	+02:01	03:24	
6	57	Alberto Fonte	Pistacito Team	35:08	+03:11	03:31	
7	1	André Santos	A.C.D OS Ilhavos	35:19	+03:22	03:32	
8	5	Óscar Maia	ADCP PEDRALVA	36:00	+04:03	03:36	
9	16	DAVIDE SILVA	DAR Recardães	36:11	+04:14	03:37	
10	14	Bruno Rodrigues	DAR Recardães	37:14	+05:17	03:43	
11	59	Fernando santos	Reumaticos	37:42	+05:45	03:46	
12	11	Mário Silva	Clube de atletismo HM Training Group de Sangalhos (CASHM)	37:44	+05:47	03:46	
13	21	Diogo Reis	DCI/Trilhos Luso Bussaco	37:44	+05:47	03:46	
14	55	Filipe Fonte	Pistacito Team	38:41	+06:44	03:52	
15	23	João Pedro Oliveira	DCI/Trilhos Luso Bussaco	38:56	+06:59	03:54	
16	49	RUI MACHADO	Individual	39:18	+07:21	03:56	
17	4	Carlos Seguel	ADCP PEDRALVA	39:28	+07:31	03:57	
18	60	Paulo pereira	Reumaticos	39:56	+07:59	04:00	
19	35	Felipe Gomes Araujo	Individual	40:18	+08:21	04:02	
20	12	FRANCISCO LIMA	DAR Recardães	42:18	+10:21	04:14	
21	25	Filipe Silva	Filipe Silva	42:35	+10:38	04:16	
22	41	António Trigueiro	Individual	42:52	+10:55	04:17	
23	54	Nuno Ribeiro	Nuno Ribeiro	43:04	+11:07	04:18	
24	52	José Carlos Gomes	Ligeirinhos	43:27	+11:30	04:21	
25	10	Márcio Silva	Clube de atletismo HM Training Group de Sangalhos (CASHM)	44:03	+12:06	04:24	
26	13	IVO PINTO	DAR Recardães	44:06	+12:09	04:25	
27	63	Nuno Sarabando	Individual	44:37	+12:40	04:28	
28	37	Víctor Figueiredo	Individual	44:42	+12:45	04:28	
29	62	Raul teixeira	Reumaticos	44:51	+12:54	04:29	
30	38	Vitor Cruz	Individual	45:00	+13:03	04:30	
31	15	MARIBEL CARDOSO	DAR Recardães	45:05	+13:08	04:30	
32	58	Luis ramos	Reumaticos	45:45	+13:48	04:34	
33	44	Marco Marques	Individual	46:29	+14:32	04:39	
34	43	Luís André Santos Matos	Individual	46:37	+14:40	04:40	
35	61	Paulo ramos	Reumaticos	46:43	+14:46	04:40	
36	7	Patrícia Vieira	Clube de atletismo HM Training Group de Sangalhos (CASHM)	46:46	+14:49	04:41	
37	47	Jean François Rodrigues	Individual	46:52	+14:55	04:41	
38	32	César Gomes	Individual	47:26	+15:29	04:45	
39	33	Diogo Moniz	Individual	48:09	+16:12	04:49	
40	18	PAULO JORGE	DAR Recardães	50:08	+18:11	05:01	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	39	Ana cleris Silva	Individual	51:15	+19:18	05:07	
42	45	Marquilandro Ferreira	Individual	51:15	+19:18	05:07	
43	46	JACINTO JOÃO TAVARES DA CUNHA	Individual	51:17	+19:20	05:08	
44	8	Helena Mourão	Clube de atletismo HM Training Group de Sangalhos (CASHM)	52:21	+20:24	05:14	
45	6	Luis Santos	ADI-ILHAVO	52:33	+20:36	05:15	
46	50	Deolinda Camarinha	Ligeirinhos	53:40	+21:43	05:22	
47	17	ARLINDO SANTOS	DAR Recardães	55:37	+23:40	05:34	
48	9	Augusto Muniz	Clube de atletismo HM Training Group de Sangalhos (CASHM)	56:04	+24:07	05:36	
49	26	Aida Adams	Individual	56:30	+24:33	05:39	
50	29	Fabiola dos Santos Rodrigues	Individual	01:06:18	+34:21	06:38	
51	42	Douglas Pacheco Santos Silva	Individual	01:06:37	+34:40	06:40	
52	27	Ana Rita Ferreira	Individual	01:09:08	+37:11	06:55	
53	30	Milene Silva	Individual	01:15:45	+43:48	07:34	
54	28	Cristiana Norte Lopes	Individual	01:15:45	+43:48	07:34	

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	11:00	20°C	92%
End	12:15	20°C	92%

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

1	55	Filipe Fonte	Pistacito Team	Junior Masculino	38:41	03:52
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Senior Feminino

1	7	Patrícia Vieira	Clube de atletismo HM Training Group de Sangalhos (CASHM)	Senior Feminino	46:46		04:41
2	26	Aida Adams	Individual	Senior Feminino	56:30	+09:43	05:39
3	29	Fábiola dos Santos Rodrigues	Individual	Senior Feminino	01:06:18	+19:31	06:38
4	27	Ana Rita Ferreira	Individual	Senior Feminino	01:09:08	+22:22	06:55
5	30	Milene Silva	Individual	Senior Feminino	01:15:45	+28:58	07:34
6	28	Cristiana Norte Lopes	Individual	Senior Feminino	01:15:45	+28:58	07:34

Senior Masculino

1	36	Tiago André Abrantes Madureira	Individual	Senior Masculino	31:57	03:12
2	22	Helder Lopes	DCI/Trilhos Luso Bussaco	Senior Masculino	32:00	+00:03 03:12
3	24	Cristiano Oliveira	ESCOLA DE ATLETISMO DE COIMBRA	Senior Masculino	32:38	+00:41 03:16
4	56	André Fonte	Pistacito Team	Senior Masculino	32:59	+01:02 03:18
5	21	Diogo Reis	DCI/Trilhos Luso Bussaco	Senior Masculino	37:44	+05:47 03:46
6	35	Felipe Gomes Araujo	Individual	Senior Masculino	40:18	+08:21 04:02
7	12	FRANCISCO LIMA	DAR Recardães	Senior Masculino	42:18	+10:21 04:14
8	25	Filipe Silva	Filipe Silva	Senior Masculino	42:35	+10:38 04:16
9	13	IVO PINTO	DAR Recardães	Senior Masculino	44:06	+12:09 04:25
10	63	Nuno Sarabando	Individual	Senior Masculino	44:37	+12:40 04:28
11	37	Victor Figueiredo	Individual	Senior Masculino	44:42	+12:45 04:28
12	38	Vitor Cruz	Individual	Senior Masculino	45:00	+13:03 04:30
13	32	César Gomes	Individual	Senior Masculino	47:26	+15:29 04:45
14	33	Diogo Moniz	Individual	Senior Masculino	48:09	+16:11 04:49

Veterana F40

1	15	MARIBEL CARDOSO	DAR Recardães	Veterana F40	45:05	04:30
2	39	Ana cleris Silva	Individual	Veterana F40	51:15	+06:09 05:07
3	8	Helena Mourão	Clube de atletismo HM Training Group de Sangalhos (CASHM)	Veterana F40	52:21	+07:16 05:14
4	50	Deolinda Camarinha	Ligeirinhos	Veterana F40	53:40	+08:35 05:22

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterano M40

1	3	Bruno Freitas	ACR Vale de Cambra	Veterano M40	33:58	03:24
2	1	André Santos	A.C.D OS Ilhавos	Veterano M40	35:19	+01:20 03:32
3	5	Óscar Maia	ADCP PEDRALVA	Veterano M40	36:00	+02:02 03:36
4	16	DAVIDE SILVA	DAR Recardões	Veterano M40	36:11	+02:13 03:37
5	14	Bruno Rodrigues	DAR Recardões	Veterano M40	37:14	+03:15 03:43
6	23	João Pedro Oliveira	DCI/Trilhos Luso Bussaco	Veterano M40	38:56	+04:58 03:54
7	4	Carlos Seguel	ADCP PEDRALVA	Veterano M40	39:28	+05:30 03:57
8	41	António Trigueiro	Individual	Veterano M40	42:52	+08:54 04:17
9	54	Nuno Ribeiro	Nuno Ribeiro	Veterano M40	43:04	+09:06 04:18
10	10	Márcio Silva	Clube de atletismo HM Training Group de Sangalhos (CASHM)	Veterano M40	44:03	+10:05 04:24
11	58	Luis ramos	Reumaticos	Veterano M40	45:45	+11:46 04:34
12	44	Marco Marques	Individual	Veterano M40	46:29	+12:31 04:39
13	43	Luís André Santos Matos	Individual	Veterano M40	46:37	+12:39 04:40
14	45	Marquilandro Ferreira	Individual	Veterano M40	51:15	+17:17 05:07
15	6	Luis Santos	ADI-ILHAVO	Veterano M40	52:33	+18:35 05:15
16	9	Augusto Muniz	Clube de atletismo HM Training Group de Sangalhos (CASHM)	Veterano M40	56:04	+22:06 05:36
17	42	Douglas Pacheco Santos Silva	Individual	Veterano M40	01:06:37	+32:39 06:40

Veterano M50

1	57	Alberto Fonte	Pistacito Team	Veterano M50	35:08	03:31
2	59	Fernando santos	Reumaticos	Veterano M50	37:42	+02:33 03:46
3	11	Mário Silva	Clube de atletismo HM Training Group de Sangalhos (CASHM)	Veterano M50	37:44	+02:35 03:46
4	49	RUI MACHADO	Individual	Veterano M50	39:18	+04:09 03:56
5	60	Paulo pereira	Reumaticos	Veterano M50	39:56	+04:47 04:00
6	52	José Carlos Gomes	Ligeirinhos	Veterano M50	43:27	+08:18 04:21
7	62	Raul teixeira	Reumaticos	Veterano M50	44:51	+09:42 04:29
8	61	Paulo ramos	Reumaticos	Veterano M50	46:43	+11:34 04:40
9	47	Jean François Rodrigues	Individual	Veterano M50	46:52	+11:43 04:41
10	18	PAULO JORGE	DAR Recardães	Veterano M50	50:08	+14:59 05:01
11	46	JACINTO JOÃO TAVARES DA CUNHA	Individual	Veterano M50	51:17	+16:08 05:08
12	17	ARLINDO SANTOS	DAR Recardães	Veterano M50	55:37	+20:28 05:34

TEAM RESULTS - PROVA PRINCIPAL MASC

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	PISTACITO TEAM	4 + 6 + 14	24
2	DCI/TRILHOS LUSO BUSSACO	2 + 13 + 15	30
3	DAR RECARDÃES	9 + 10 + 20	39
4	REUMATICOS	11 + 18 + 29	58
5	CLUBE DE ATLETISMO HM TRAINING GROUP DE SANGALHOS (CASHM)	12 + 25 + 43	80

PROVA PRINCIPAL CADEIRA DE RODAS - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	11:00	20°C	92%
End	11:54	20°C	92%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	125	Jaime Catarino	Reumaticos	56:27		05:39	