

OFFICIAL RESULT

Competitive 12K | sou atleta da liga portuguesa OCR

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1010	Joel Santos	VIEIRAFIT Team	AG20-24M	01:11:22		05:57
2	8	João Branco	Exército de Portugal	AG35-39M	01:13:45	+02:22	06:09
3	208	Pedro Silva	Pegasus OCR ProTeam	AG40-44M	01:17:43	+06:20	06:29
4	822	Gustavo Emanuel Marques Francisco	Exército de Portugal	AG30-34M	01:17:56	+06:33	06:30
5	898	António Guerra	Ninja Factory	AG16-17M	01:20:05	+08:42	06:40
6	925	Adelino Moreira	Black Bull	AG35-39M	01:20:09	+08:46	06:41
7	171	Pedro Sousa	Exército de Portugal	AG40-44M	01:20:10	+08:47	06:41
8	904	Nuno Garcia	XTEAM	AG40-44M	01:21:50	+10:28	06:49
9	833	Fabio Nunes	XTEAM	AG40-44M	01:22:23	+11:00	06:52
10	955	Ana Isabel Frazão Guilherme	Exército de Portugal	AG35-39F	01:23:24	+12:01	06:57
11	851	Paulo Vieira	XTEAM	AG45-49M	01:26:21	+14:58	07:12
12	933	Miguel Machado	Ninja Factory	AG35-39M	01:29:02	+17:39	07:25
13	979	Nelson Jesus	Individual	AG40-44M	01:30:02	+18:39	07:30
14	924	Telmo Pereira	Black Bull	AG45-49M	01:32:26	+21:03	07:42
15	809	Nélio Fraga	Individual	AG30-34M	01:40:18	+28:55	08:22
16	988	Margarida Toureiro	XTEAM	AG25-29F	01:40:25	+29:02	08:22
17	196	Luis Correia	XTEAM	AG40-44M	01:41:05	+29:43	08:25
18	950	Sabina Muduc	XTEAM	AG25-29F	01:42:06	+30:43	08:30
19	845	Alexandre Gonçalves	Individual	AG16-17M	01:42:42	+31:19	08:33
20	854	Edgar Lança	Individual	AG45-49M	01:44:35	+33:12	08:43
21	885	Salvador Gaio	Clube Naus OCR	AG16-17M	01:45:10	+33:47	08:46
22	385	Sérgio Gomes	Clube Naus OCR	AG45-49M	01:59:18	+47:56	09:57
23	927	Paulo Coelho	Black Bull	AG30-34M	01:59:34	+48:11	09:58
24	747	Leonor Barreiros	XTEAM	AG20-24F	02:01:43	+50:20	10:09
25	623	Paulo Cardoso	Individual	AG45-49M	02:10:34	+59:12	10:53
26	926	Ricardo Pereira	Black Bull	AG30-34M	02:22:07	+01:10:44	11:51
27	709	Adriana Martins	Clube Naus OCR	AG30-34F	02:22:54	+01:11:31	11:54
28	778	Tiago Brito	Clube Naus OCR	AG35-39M	02:33:01	+01:21:39	12:45
29	952	Jose Saavedra	XTEAM	AG20-24M	02:33:25	+01:22:02	12:47

Competitive 3K | sou atleta da liga portuguesa OCR

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	6011	Fabio Nunes	XTEAM	AG40-44M	20:09		06:43
2	6001	Telmo Pereira	Black Bull	AG45-49M	22:17	+02:07	07:26
3	6007	Edgar Lança	Individual	AG45-49M	26:16	+06:06	08:45
4	6002	Ricardo Pereira	Black Bull	AG30-34M	38:24	+18:14	12:48
5	6014	Ana Margarida Bernardo Toureiro	XTEAM	AG25-29F	40:07	+19:58	13:22

Official Timekeeper: Lap2Go	1 / 4	generate 07-set-2025 11:26
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OFFICIAL RESULT

6	6012	Jose Saavedra	XTEAM	AG20-24M	45:50	+25:40	15:17
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Elite 12K | sou atleta da liga portuguesa OCR

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	9	Duarte Alves	OCR Portugal LAB Club	AG25-29M	55:10		04:36
2	683	António Vilhena	Exército de Portugal	AG30-34M	56:08	+00:58	04:41
3	162	Nelson Loureiro	Pegasus OCR ProTeam	AG45-49M	56:31	+01:21	04:43
4	685	José Machado	Exército de Portugal	AG30-34M	58:46	+03:36	04:54
5	218	Bruno Torres	Limited Edition Team	AG40-44M	59:56	+04:46	05:00
6	625	Rui Silva	Pegasus OCR ProTeam	AG30-34M	01:00:14	+05:04	05:01
7	319	Filipe Serra	OCR Portugal LAB Club	AG18-19M	01:00:33	+05:23	05:03
8	796	Gonçalo Araújo Spinola	Academia militar	AG20-24M	01:02:49	+07:39	05:14
9	213	Gonçalo Martins	Individual	AG25-29M	01:04:52	+09:42	05:24
10	389	Carlos Pinto	Exército de Portugal	AG35-39M	01:05:07	+09:57	05:26
11	789	Romel Agreda	Flavius Challenge OCR	AG30-34M	01:06:38	+11:28	05:33
12	34	Ruben Carvalho	XTEAM	AG30-34M	01:07:01	+11:51	05:35
13	315	Alexandre Florindo	OCR Portugal LAB Club	AG18-19M	01:07:41	+12:31	05:38
14	119	Marco lopes	Pegasus OCR ProTeam	AG45-49M	01:08:37	+13:27	05:43
15	221	João Casimiro	OCR Portugal LAB Club	AG25-29M	01:09:27	+14:17	05:47
16	105	Hélder Rodrigues	Pegasus OCR ProTeam	AG45-49M	01:09:53	+14:43	05:49
17	396	Ricardo Salgueiro	XTEAM	AG40-44M	01:10:16	+15:05	05:51
18	343	Henrique Antunes	XTEAM	AG20-24M	01:10:52	+15:42	05:54
19	948	Paulo Silva	XTEAM	AG40-44M	01:11:07	+15:57	05:56
20	909	Manu Rúa	Flavius Challenge OCR	AG35-39M	01:11:15	+16:05	05:56
21	828	Filipe Rosa	OCR Portugal LAB Club	AG40-44M	01:11:31	+16:20	05:58
22	369	Diogo Alves	Flavius Challenge OCR	AG25-29M	01:12:15	+17:05	06:01
23	659	Mafalda Nogueira	Grupo Recreativo Gonçalvinhense	AG20-24F	01:12:53	+17:43	06:04
24	473	Cláudio Bagulho	Exército de Portugal	AG35-39M	01:12:58	+17:48	06:05
25	836	Gonçalo Sousa	XTEAM	AG25-29M	01:13:04	+17:54	06:05
26	303	Marco Moura	NOVA MORADA LYNX	AG45-49M	01:14:03	+18:52	06:10
27	911	João Pedroso	GR REC GONÇALVINHENSE	AG25-29M	01:14:53	+19:43	06:14
28	163	Henrique Loureiro	Pegasus OCR ProTeam	AG40-44M	01:15:37	+20:27	06:18
29	256	João Paulo Marques	Unique Adventure	AG50-54M	01:17:13	+22:03	06:26
30	94	Hugo Magalhães	Pegasus OCR ProTeam	AG35-39M	01:17:50	+22:40	06:29
31	698	João Alves	Pegasus OCR ProTeam	AG40-44M	01:19:15	+24:05	06:36
32	86	Sérgio Ramos	NOVA MORADA LYNX	AG50-54M	01:20:08	+24:58	06:41
33	228	Nuno Café	NOVA MORADA LYNX	AG45-49M	01:20:10	+24:59	06:41
34	829	Marco Alexandre Pereira Duarte	XTEAM	AG35-39M	01:20:28	+25:18	06:42

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35	910	Pedro Miranda	Grupo Recreativo Gonçalvinhense	AG25-29M	01:20:50	+25:40	06:44
36	25	Bruno Sousa	OCR Portugal LAB Club	AG50-54M	01:20:52	+25:41	06:44
37	110	Carlos Miranda	Pegasus OCR ProTeam	AG45-49M	01:21:55	+26:45	06:50
38	397	Juliana Salgueiro	XTEAM	AG40-44F	01:21:57	+26:47	06:50
39	779	Fernando Narciso	XTEAM	AG25-29M	01:22:38	+27:28	06:53
40	329	Pedro Miguel Barbosa Lopes	Pegasus OCR ProTeam	AG25-29M	01:22:57	+27:46	06:55
41	743	Daniel Soares	T22	AG30-34M	01:24:39	+29:29	07:03
42	82	Rui Cunha	OCR Portugal LAB Club	AG50-54M	01:24:44	+29:34	07:04
43	166	Joana Lopes	XTEAM	AG35-39F	01:25:10	+30:00	07:06
44	966	Ricardo Laneiro	Strong Team OCR, Trail e Atletismo	AG40-44M	01:25:32	+30:22	07:08
45	234	Elsa Rodrigues	Pegasus OCR ProTeam	AG40-44F	01:25:56	+30:46	07:10
46	821	Marisa Ferreira Hipólito	Exército de Portugal	AG30-34F	01:26:23	+31:13	07:12
47	976	João Brás Arrais	Academia militar	AG20-24M	01:31:07	+35:57	07:36
48	832	Tania Miller	XTEAM	AG40-44F	01:40:01	+44:51	08:20
49	291	Tiago Soares Garcia	Academia militar	AG25-29M	01:41:00	+45:50	08:25
50	856	Francisco Rodal	Flavius Challenge OCR	AG30-34M	01:42:36	+47:25	08:33
51	693	Vicente Paixão	AVP	AG40-44M	01:42:56	+47:46	08:35
52	74	Eugénia Martins	OCR Portugal LAB Club	AG55-59F	01:43:24	+48:14	08:37
53	840	Francisco Varela	Strong Team OCR, Trail e Atletismo	AG20-24M	01:51:20	+56:10	09:17
54	502	Carolina Lopes	Pegasus OCR ProTeam	AG30-34F	02:00:20	+01:05:10	10:02
55	888	Silvia Carballal	Flavius Challenge OCR	AG30-34F	02:20:25	+01:25:15	11:42
56	991	Vasco Alves	Clube Simius	AG25-29M	02:27:06	+01:31:56	12:16
57	665	Cíntia Nunes	NOVA MORADA LYNX	AG40-44F	02:34:33	+01:39:23	12:53
58	868	Isabel Costa Matos	NOVA MORADA LYNX	AG45-49F	02:40:55	+01:45:45	13:25
59	849	Jorge Calado	Ninja Factory	AG35-39M	03:00:45	+02:05:35	15:04

Elite 3K | sou atleta da liga portuguesa OCR

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5033	Henrique Antunes	XTEAM	AG20-24M	14:30		04:50
2	5006	Romel Agreda	Flavius Challenge OCR	AG30-34M	15:33	+01:02	05:11
3	5010	Manu Rúa	Flavius Challenge OCR	AG35-39M	16:21	+01:51	05:27
4	5013	João Pedroso	GR REC GONÇALVINHENSE	AG25-29M	16:30	+02:00	05:30
5	5041	Paulo Silva	XTEAM	AG40-44M	17:22	+02:52	05:47
6	5026	Filipe Rosa	OCR Portugal LAB Club	AG40-44M	17:29	+02:59	05:50
7	5025	Alexandre Florindo	OCR Portugal LAB Club	AG18-19M	19:48	+05:18	06:36
8	5001	Gonçalo Araújo Spinola	Academia militar	AG20-24M	20:31	+06:01	06:50
9	5014	Mafalda Nogueira	Grupo Recreativo Gonçalvinhense	AG20-24F	20:35	+06:05	06:52

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OFFICIAL RESULT

[illegible]

10	5039	Fernando Narciso	XTEAM	AG25-29M	21:21	+06:50	07:07
11	5031	Cristóvão Pedrosa	XTEAM	AG35-39M	21:48	+07:18	07:16
12	5030	Francisco Ribeiro	Sem limites	AG18-19M	22:46	+08:16	07:35
13	5029	Lucas Silveira	Sem limites	AG18-19M	22:47	+08:16	07:36
14	5034	Ricardo Salgueiro	XTEAM	AG40-44M	23:37	+09:07	07:52
15	5002	Pedro Marques	Exército de Portugal	AG35-39M	23:49	+09:19	07:57
16	5037	Juliana Salgueiro	XTEAM	AG40-44F	25:02	+10:31	08:21
17	5005	Jorge Silva	Flavius Challenge OCR	AG40-44M	26:14	+11:44	08:45
18	5016	Francisco Azougado	Grupo Recreativo Gonçalvinhense	AG12-13M	28:05	+13:34	09:22
19	5023	Bruno Pereira	Individual	AG30-34M	30:20	+15:50	10:07
20	5009	Silvia Carballal	Flavius Challenge OCR	AG30-34F	42:36	+28:06	14:12
21	5024	Eugénia Martins	OCR Portugal LAB Club	AG55-59F	43:51	+29:21	14:37
22	5015	Pedro Miranda	Grupo Recreativo Gonçalvinhense	AG25-29M	55:25	+40:55	18:28
23	5022	Miguel Graça	Individual	AG40-44M	01:00:26	+45:56	20:09

OFFICIAL RESULT

Competitive 12K | sou atleta da liga portuguesa OCR | AG16-17M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	898	António Guerra	Ninja Factory	AG16-17M	01:20:05		06:40
2	845	Alexandre Gonçalves	Individual	AG16-17M	01:42:42	+22:37	08:33
3	885	Salvador Gaio	Clube Naus OCR	AG16-17M	01:45:10	+25:05	08:46

Competitive 12K | sou atleta da liga portuguesa OCR | AG20-24F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	747	Leonor Barreiros	XTEAM	AG20-24F	02:01:43		10:09

Competitive 12K | sou atleta da liga portuguesa OCR | AG20-24M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1010	Joel Santos	VIEIRAFIT Team	AG20-24M	01:11:22		05:57
2	952	Jose Saavedra	XTEAM	AG20-24M	02:33:25	+01:22:02	12:47

Competitive 12K | sou atleta da liga portuguesa OCR | AG25-29F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	988	Margarida Toureiro	XTEAM	AG25-29F	01:40:25		08:22
2	950	Sabina Muduc	XTEAM	AG25-29F	01:42:06	+01:40	08:30

Competitive 12K | sou atleta da liga portuguesa OCR | AG30-34F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	709	Adriana Martins	Clube Naus OCR	AG30-34F	02:22:54		11:54

Competitive 12K | sou atleta da liga portuguesa OCR | AG30-34M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	822	Gustavo Emanuel Marques Francisco	Exército de Portugal	AG30-34M	01:17:56		06:30
2	809	Nélio Fraga	Individual	AG30-34M	01:40:18	+22:22	08:22
3	927	Paulo Coelho	Black Bull	AG30-34M	01:59:34	+41:37	09:58
4	926	Ricardo Pereira	Black Bull	AG30-34M	02:22:07	+01:04:11	11:51

Competitive 12K | sou atleta da liga portuguesa OCR | AG35-39F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	955	Ana Isabel Frazão Guilherme	Exército de Portugal	AG35-39F	01:23:24		06:57

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Competitive 12K | sou atleta da liga portuguesa OCR | AG35-39M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	8	João Branco	Exército de Portugal	AG35-39M	01:13:45		06:09
2	925	Adelino Moreira	Black Bull	AG35-39M	01:20:09	+06:23	06:41
3	933	Miguel Machado	Ninja Factory	AG35-39M	01:29:02	+15:17	07:25
4	778	Tiago Brito	Clube Naus OCR	AG35-39M	02:33:01	+01:19:16	12:45

Competitive 12K | sou atleta da liga portuguesa OCR | AG40-44M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	208	Pedro Silva	Pegasus OCR ProTeam	AG40-44M	01:17:43		06:29
2	171	Pedro Sousa	Exército de Portugal	AG40-44M	01:20:10	+02:26	06:41
3	904	Nuno Garcia	XTEAM	AG40-44M	01:21:50	+04:07	06:49
4	833	Fabio Nunes	XTEAM	AG40-44M	01:22:23	+04:39	06:52
5	979	Nelson Jesus	Individual	AG40-44M	01:30:02	+12:18	07:30
6	196	Luis Correia	XTEAM	AG40-44M	01:41:05	+23:22	08:25

Competitive 12K | sou atleta da liga portuguesa OCR | AG45-49M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	851	Paulo Vieira	XTEAM	AG45-49M	01:26:21		07:12
2	924	Telmo Pereira	Black Bull	AG45-49M	01:32:26	+06:05	07:42
3	854	Edgar Lança	Individual	AG45-49M	01:44:35	+18:13	08:43
4	385	Sérgio Gomes	Clube Naus OCR	AG45-49M	01:59:18	+32:57	09:57
5	623	Paulo Cardoso	Individual	AG45-49M	02:10:34	+44:13	10:53

Competitive 3K | sou atleta da liga portuguesa OCR | AG20-24M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	6012	Jose Saavedra	XTEAM	AG20-24M	45:50		15:17

Competitive 3K | sou atleta da liga portuguesa OCR | AG25-29F

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	6014	Ana Margarida Bernardo Toureiro	XTEAM	AG25-29F	40:07		13:22

Competitive 3K | sou atleta da liga portuguesa OCR | AG30-34M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	6002	Ricardo Pereira	Black Bull	AG30-34M	38:24		12:48

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Competitive 3K | sou atleta da liga portuguesa OCR | AG40-44M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	6011	Fabio Nunes	XTEAM	AG40-44M	20:09		06:43

Competitive 3K | sou atleta da liga portuguesa OCR | AG45-49M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	6001	Telmo Pereira	Black Bull	AG45-49M	22:17		07:26
2	6007	Edgar Lança	Individual	AG45-49M	26:16	+03:58	08:45

Elite 12K | sou atleta da liga portuguesa OCR | AG18-19M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	319	Filipe Serra	OCR Portugal LAB Club	AG18-19M	01:00:33		05:03
2	315	Alexandre Florindo	OCR Portugal LAB Club	AG18-19M	01:07:41	+07:07	05:38

Elite 12K | sou atleta da liga portuguesa OCR | AG20-24F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	659	Mafalda Nogueira	Grupo Recreativo Gonçalvinhense	AG20-24F	01:12:53		06:04

Elite 12K | sou atleta da liga portuguesa OCR | AG20-24M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	796	Gonalo Araujo Spinola	Academia militar	AG20-24M	01:02:49		05:14
2	343	Henrique Antunes	XTEAM	AG20-24M	01:10:52	+08:02	05:54
3	976	Joo Brs Arrais	Academia militar	AG20-24M	01:31:07	+28:17	07:36
4	840	Francisco Varela	Strong Team OCR, Trail e Atletismo	AG20-24M	01:51:20	+48:31	09:17

Elite 12K | sou atleta da liga portuguesa OCR | AG25-29M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	9	Duarte Alves	OCR Portugal LAB Club	AG25-29M	55:10		04:36
2	213	Gonalo Martins	Individual	AG25-29M	01:04:52	+09:42	05:24
3	221	Joo Casimiro	OCR Portugal LAB Club	AG25-29M	01:09:27	+14:17	05:47
4	369	Diogo Alves	Flavius Challenge OCR	AG25-29M	01:12:15	+17:05	06:01
5	836	Gonalo Sousa	XTEAM	AG25-29M	01:13:04	+17:54	06:05
6	911	Joo Pedroso	GR REC GONALVINHENSE	AG25-29M	01:14:53	+19:43	06:14
7	910	Pedro Miranda	Grupo Recreativo Gonalvinhense	AG25-29M	01:20:50	+25:40	06:44
8	779	Fernando Narciso	XTEAM	AG25-29M	01:22:38	+27:28	06:53
9	329	Pedro Miguel Barbosa Lopes	Pegasus OCR ProTeam	AG25-29M	01:22:57	+27:46	06:55

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10	291	Tiago Soares Garcia	Academia militar	AG25-29M	01:41:00	+45:50	08:25:50
11	991	Vasco Alves	Clube Simius	AG25-29M	02:27:06	+01:31:56	12:16:02

Elite 12K | sou atleta da liga portuguesa OCR | AG30-34F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	821	Marisa Ferreira Hipólito	Exército de Portugal	AG30-34F	01:26:23		07:12
2	502	Carolina Lopes	Pegasus OCR ProTeam	AG30-34F	02:00:20	+33:56	10:02
3	888	Silvia Carballal	Flavius Challenge OCR	AG30-34F	02:20:25	+54:01	11:42

Elite 12K | sou atleta da liga portuguesa OCR | AG30-34M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	683	António Vilhena	Exército de Portugal	AG30-34M	56:08		04:41
2	685	José Machado	Exército de Portugal	AG30-34M	58:46	+02:38	04:54
3	625	Rui Silva	Pegasus OCR ProTeam	AG30-34M	01:00:14	+04:05	05:01
4	789	Romel Agreda	Flavius Challenge OCR	AG30-34M	01:06:38	+10:29	05:33
5	34	Ruben Carvalho	XTEAM	AG30-34M	01:07:01	+10:53	05:35
6	743	Daniel Soares	T22	AG30-34M	01:24:39	+28:30	07:03
7	856	Francisco Rodal	Flavius Challenge OCR	AG30-34M	01:42:36	+46:27	08:33

Elite 12K | sou atleta da liga portuguesa OCR | AG35-39F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	166	Joana Lopes	XTEAM	AG35-39F	01:25:10		07:06

Elite 12K | sou atleta da liga portuguesa OCR | AG35-39M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	389	Carlos Pinto	Exército de Portugal	AG35-39M	01:05:07		05:26
2	909	Manu Rúa	Flavius Challenge OCR	AG35-39M	01:11:15	+06:08	05:56
3	473	Cláudio Bagulho	Exército de Portugal	AG35-39M	01:12:58	+07:51	06:05
4	94	Hugo Magalhães	Pegasus OCR ProTeam	AG35-39M	01:17:50	+12:43	06:29
5	829	Marco Alexandre Pereira Duarte	XTEAM	AG35-39M	01:20:28	+15:21	06:42
6	849	Jorge Calado	Ninja Factory	AG35-39M	03:00:45	+01:55:38	15:04

Elite 12K | sou atleta da liga portuguesa OCR | AG40-44F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	397	Juliana Salgueiro	XTEAM	AG40-44F	01:21:57		06:50
2	234	Elsa Rodrigues	Pegasus OCR ProTeam	AG40-44F	01:25:56	+03:59	07:10
3	832	Tania Miller	XTEAM	AG40-44F	01:40:01	+18:03	08:20
4	665	Cíntia Nunes	NOVA MORADA LYNX	AG40-44F	02:34:33	+01:12:36	12:53

OFFICIAL RESULT

Elite 12K | sou atleta da liga portuguesa OCR | AG40-44M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	218	Bruno Torres	Limited Edition Team	AG40-44M	59:56		05:00
2	396	Ricardo Salgueiro	XTEAM	AG40-44M	01:10:16	+10:19	05:51
3	948	Paulo Silva	XTEAM	AG40-44M	01:11:07	+11:11	05:56
4	828	Filipe Rosa	OCR Portugal LAB Club	AG40-44M	01:11:31	+11:34	05:58
5	163	Henrique Loureiro	Pegasus OCR ProTeam	AG40-44M	01:15:37	+15:41	06:18
6	698	João Alves	Pegasus OCR ProTeam	AG40-44M	01:19:15	+19:19	06:36
7	966	Ricardo Laneiro	Strong Team OCR, Trail e Atletismo	AG40-44M	01:25:32	+25:36	07:08
8	693	Vicente Paixão	AVP	AG40-44M	01:42:56	+43:00	08:35

Elite 12K | sou atleta da liga portuguesa OCR | AG45-49F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	868	Isabel Costa Matos	NOVA MORADA LYNX	AG45-49F	02:40:55		13:25

Elite 12K | sou atleta da liga portuguesa OCR | AG45-49M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	162	Nelson Loureiro	Pegasus OCR ProTeam	AG45-49M	56:31		04:43
2	119	Marco lopes	Pegasus OCR ProTeam	AG45-49M	01:08:37	+12:06	05:43
3	105	Hélder Rodrigues	Pegasus OCR ProTeam	AG45-49M	01:09:53	+13:22	05:49
4	303	Marco Moura	NOVA MORADA LYNX	AG45-49M	01:14:03	+17:31	06:10
5	228	Nuno Café	NOVA MORADA LYNX	AG45-49M	01:20:10	+23:38	06:41
6	110	Carlos Miranda	Pegasus OCR ProTeam	AG45-49M	01:21:55	+25:24	06:50

Elite 12K | sou atleta da liga portuguesa OCR | AG50-54M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	256	João Paulo Marques	Unique Adventure	AG50-54M	01:17:13		06:26
2	86	Sérgio Ramos	NOVA MORADA LYNX	AG50-54M	01:20:08	+02:55	06:41
3	25	Bruno Sousa	OCR Portugal LAB Club	AG50-54M	01:20:52	+03:38	06:44
4	82	Rui Cunha	OCR Portugal LAB Club	AG50-54M	01:24:44	+07:30	07:04

Elite 12K | sou atleta da liga portuguesa OCR | AG55-59F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	74	Eugénia Martins	OCR Portugal LAB Club	AG55-59F	01:43:24		08:37

OFFICIAL RESULT

Elite 3K | sou atleta da liga portuguesa OCR | AG12-13M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5016	Francisco Azougado	Grupo Recreativo Gonçalvinhense	AG12-13M	28:05		09:22

Elite 3K | sou atleta da liga portuguesa OCR | AG18-19M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5025	Alexandre Florindo	OCR Portugal LAB Club	AG18-19M	19:48		06:36
2	5030	Francisco Ribeiro	Sem limites	AG18-19M	22:46	+02:58	07:35
3	5029	Lucas Silveira	Sem limites	AG18-19M	22:47	+02:58	07:36

Elite 3K | sou atleta da liga portuguesa OCR | AG20-24F

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5014	Mafalda Nogueira	Grupo Recreativo Gonçalvinhense	AG20-24F	20:35		06:52

Elite 3K | sou atleta da liga portuguesa OCR | AG20-24M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5033	Henrique Antunes	XTEAM	AG20-24M	14:30		04:50
2	5001	Gonçalo Araújo Spinola	Academia militar	AG20-24M	20:31	+06:01	06:50

Elite 3K | sou atleta da liga portuguesa OCR | AG25-29M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5013	João Pedroso	GR REC GONÇALVINHENSE	AG25-29M	16:30		05:30
2	5039	Fernando Narciso	XTEAM	AG25-29M	21:21	+04:50	07:07
3	5015	Pedro Miranda	Grupo Recreativo Gonçalvinhense	AG25-29M	55:25	+38:55	18:28

Elite 3K | sou atleta da liga portuguesa OCR | AG30-34F

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5009	Silvia Carballal	Flavius Challenge OCR	AG30-34F	42:36		14:12

Elite 3K | sou atleta da liga portuguesa OCR | AG30-34M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5006	Romel Agreda	Flavius Challenge OCR	AG30-34M	15:33		05:11
2	5023	Bruno Pereira	Individual	AG30-34M	30:20	+14:47	10:07

OFFICIAL RESULT

Elite 3K | sou atleta da liga portuguesa OCR | AG35-39M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5010	Manu Rúa	Flavius Challenge OCR	AG35-39M	16:21		05:27
2	5031	Cristóvão Pedrosa	XTEAM	AG35-39M	21:48	+05:26	07:16
3	5002	Pedro Marques	Exército de Portugal	AG35-39M	23:49	+07:28	07:57

Elite 3K | sou atleta da liga portuguesa OCR | AG40-44F

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5037	Juliana Salgueiro	XTEAM	AG40-44F	25:02		08:21

Elite 3K | sou atleta da liga portuguesa OCR | AG40-44M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5041	Paulo Silva	XTEAM	AG40-44M	17:22		05:47
2	5026	Filipe Rosa	OCR Portugal LAB Club	AG40-44M	17:29	+00:07	05:50
3	5034	Ricardo Salgueiro	XTEAM	AG40-44M	23:37	+06:14	07:52
4	5005	Jorge Silva	Flavius Challenge OCR	AG40-44M	26:14	+08:52	08:45
5	5022	Miguel Graça	Individual	AG40-44M	01:00:26	+43:04	20:09

Elite 3K | sou atleta da liga portuguesa OCR | AG55-59F

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5024	Eugénia Martins	OCR Portugal LAB Club	AG55-59F	43:51		14:37

OFFICIAL RESULT

Competitive 12K | sou atleta da liga portuguesa OCR

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1010	Joel Santos	VIEIRAFIT Team	AG20-24M	01:11:22		05:57
2	8	João Branco	Exército de Portugal	AG35-39M	01:13:45	+02:22	06:09
3	208	Pedro Silva	Pegasus OCR ProTeam	AG40-44M	01:17:43	+06:20	06:29
4	822	Gustavo Emanuel Marques Francisco	Exército de Portugal	AG30-34M	01:17:56	+06:33	06:30
5	898	António Guerra	Ninja Factory	AG16-17M	01:20:05	+08:42	06:40
6	925	Adelino Moreira	Black Bull	AG35-39M	01:20:09	+08:46	06:41
7	171	Pedro Sousa	Exército de Portugal	AG40-44M	01:20:10	+08:47	06:41
8	904	Nuno Garcia	XTEAM	AG40-44M	01:21:50	+10:28	06:49
9	833	Fabio Nunes	XTEAM	AG40-44M	01:22:23	+11:00	06:52
10	955	Ana Isabel Frazão Guilherme	Exército de Portugal	AG35-39F	01:23:24	+12:01	06:57
11	851	Paulo Vieira	XTEAM	AG45-49M	01:26:21	+14:58	07:12
12	933	Miguel Machado	Ninja Factory	AG35-39M	01:29:02	+17:39	07:25
13	979	Nelson Jesus	Individual	AG40-44M	01:30:02	+18:39	07:30
14	924	Telmo Pereira	Black Bull	AG45-49M	01:32:26	+21:03	07:42
15	809	Nélio Fraga	Individual	AG30-34M	01:40:18	+28:55	08:22
16	988	Margarida Toureiro	XTEAM	AG25-29F	01:40:25	+29:02	08:22
17	196	Luis Correia	XTEAM	AG40-44M	01:41:05	+29:43	08:25
18	950	Sabina Muduc	XTEAM	AG25-29F	01:42:06	+30:43	08:30
19	845	Alexandre Gonçalves	Individual	AG16-17M	01:42:42	+31:19	08:33
20	854	Edgar Lança	Individual	AG45-49M	01:44:35	+33:12	08:43
21	885	Salvador Gaio	Clube Naus OCR	AG16-17M	01:45:10	+33:47	08:46
22	385	Sérgio Gomes	Clube Naus OCR	AG45-49M	01:59:18	+47:56	09:57
23	927	Paulo Coelho	Black Bull	AG30-34M	01:59:34	+48:11	09:58
24	747	Leonor Barreiros	XTEAM	AG20-24F	02:01:43	+50:20	10:09
25	623	Paulo Cardoso	Individual	AG45-49M	02:10:34	+59:12	10:53
26	926	Ricardo Pereira	Black Bull	AG30-34M	02:22:07	+01:10:44	11:51
27	709	Adriana Martins	Clube Naus OCR	AG30-34F	02:22:54	+01:11:31	11:54
28	778	Tiago Brito	Clube Naus OCR	AG35-39M	02:33:01	+01:21:39	12:45
29	952	Jose Saavedra	XTEAM	AG20-24M	02:33:25	+01:22:02	12:47

Competitive 3K | sou atleta da liga portuguesa OCR

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	6011	Fabio Nunes	XTEAM	AG40-44M	20:09		06:43
2	6001	Telmo Pereira	Black Bull	AG45-49M	22:17	+02:07	07:26
3	6007	Edgar Lança	Individual	AG45-49M	26:16	+06:06	08:45
4	6002	Ricardo Pereira	Black Bull	AG30-34M	38:24	+18:14	12:48
5	6014	Ana Margarida Bernardo Toureiro	XTEAM	AG25-29F	40:07	+19:58	13:22

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OFFICIAL RESULT

6	6012	Jose Saavedra	XTEAM	AG20-24M	45:50	+25:40	15:17
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Elite 12K | sou atleta da liga portuguesa OCR

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	9	Duarte Alves	OCR Portugal LAB Club	AG25-29M	55:10		04:36
2	683	António Vilhena	Exército de Portugal	AG30-34M	56:08	+00:58	04:41
3	162	Nelson Loureiro	Pegasus OCR ProTeam	AG45-49M	56:31	+01:21	04:43
4	685	José Machado	Exército de Portugal	AG30-34M	58:46	+03:36	04:54
5	218	Bruno Torres	Limited Edition Team	AG40-44M	59:56	+04:46	05:00
6	625	Rui Silva	Pegasus OCR ProTeam	AG30-34M	01:00:14	+05:04	05:01
7	319	Filipe Serra	OCR Portugal LAB Club	AG18-19M	01:00:33	+05:23	05:03
8	796	Gonçalo Araújo Spinola	Academia militar	AG20-24M	01:02:49	+07:39	05:14
9	213	Gonçalo Martins	Individual	AG25-29M	01:04:52	+09:42	05:24
10	389	Carlos Pinto	Exército de Portugal	AG35-39M	01:05:07	+09:57	05:26
11	789	Romel Agreda	Flavius Challenge OCR	AG30-34M	01:06:38	+11:28	05:33
12	34	Ruben Carvalho	XTEAM	AG30-34M	01:07:01	+11:51	05:35
13	315	Alexandre Florindo	OCR Portugal LAB Club	AG18-19M	01:07:41	+12:31	05:38
14	119	Marco lopes	Pegasus OCR ProTeam	AG45-49M	01:08:37	+13:27	05:43
15	221	João Casimiro	OCR Portugal LAB Club	AG25-29M	01:09:27	+14:17	05:47
16	105	Hélder Rodrigues	Pegasus OCR ProTeam	AG45-49M	01:09:53	+14:43	05:49
17	396	Ricardo Salgueiro	XTEAM	AG40-44M	01:10:16	+15:05	05:51
18	343	Henrique Antunes	XTEAM	AG20-24M	01:10:52	+15:42	05:54
19	948	Paulo Silva	XTEAM	AG40-44M	01:11:07	+15:57	05:56
20	909	Manu Rúa	Flavius Challenge OCR	AG35-39M	01:11:15	+16:05	05:56
21	828	Filipe Rosa	OCR Portugal LAB Club	AG40-44M	01:11:31	+16:20	05:58
22	369	Diogo Alves	Flavius Challenge OCR	AG25-29M	01:12:15	+17:05	06:01
23	659	Mafalda Nogueira	Grupo Recreativo Gonçalvinhense	AG20-24F	01:12:53	+17:43	06:04
24	473	Cláudio Bagulho	Exército de Portugal	AG35-39M	01:12:58	+17:48	06:05
25	836	Gonçalo Sousa	XTEAM	AG25-29M	01:13:04	+17:54	06:05
26	303	Marco Moura	NOVA MORADA LYNX	AG45-49M	01:14:03	+18:52	06:10
27	911	João Pedroso	GR REC GONÇALVINHENSE	AG25-29M	01:14:53	+19:43	06:14
28	163	Henrique Loureiro	Pegasus OCR ProTeam	AG40-44M	01:15:37	+20:27	06:18
29	256	João Paulo Marques	Unique Adventure	AG50-54M	01:17:13	+22:03	06:26
30	94	Hugo Magalhães	Pegasus OCR ProTeam	AG35-39M	01:17:50	+22:40	06:29
31	698	João Alves	Pegasus OCR ProTeam	AG40-44M	01:19:15	+24:05	06:36
32	86	Sérgio Ramos	NOVA MORADA LYNX	AG50-54M	01:20:08	+24:58	06:41
33	228	Nuno Café	NOVA MORADA LYNX	AG45-49M	01:20:10	+24:59	06:41
34	829	Marco Alexandre Pereira Duarte	XTEAM	AG35-39M	01:20:28	+25:18	06:42

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OFFICIAL RESULT

35	910	Pedro Miranda	Grupo Recreativo Gonçalvinhense	AG25-29M	01:20:50	+25:40	06:44
36	25	Bruno Sousa	OCR Portugal LAB Club	AG50-54M	01:20:52	+25:41	06:44
37	110	Carlos Miranda	Pegasus OCR ProTeam	AG45-49M	01:21:55	+26:45	06:50
38	397	Juliana Salgueiro	XTEAM	AG40-44F	01:21:57	+26:47	06:50
39	779	Fernando Narciso	XTEAM	AG25-29M	01:22:38	+27:28	06:53
40	329	Pedro Miguel Barbosa Lopes	Pegasus OCR ProTeam	AG25-29M	01:22:57	+27:46	06:55
41	743	Daniel Soares	T22	AG30-34M	01:24:39	+29:29	07:03
42	82	Rui Cunha	OCR Portugal LAB Club	AG50-54M	01:24:44	+29:34	07:04
43	166	Joana Lopes	XTEAM	AG35-39F	01:25:10	+30:00	07:06
44	966	Ricardo Laneiro	Strong Team OCR, Trail e Atletismo	AG40-44M	01:25:32	+30:22	07:08
45	234	Elsa Rodrigues	Pegasus OCR ProTeam	AG40-44F	01:25:56	+30:46	07:10
46	821	Marisa Ferreira Hipólito	Exército de Portugal	AG30-34F	01:26:23	+31:13	07:12
47	976	João Brás Arrais	Academia militar	AG20-24M	01:31:07	+35:57	07:36
48	832	Tania Miller	XTEAM	AG40-44F	01:40:01	+44:51	08:20
49	291	Tiago Soares Garcia	Academia militar	AG25-29M	01:41:00	+45:50	08:25
50	856	Francisco Rodal	Flavius Challenge OCR	AG30-34M	01:42:36	+47:25	08:33
51	693	Vicente Paixão	AVP	AG40-44M	01:42:56	+47:46	08:35
52	74	Eugénia Martins	OCR Portugal LAB Club	AG55-59F	01:43:24	+48:14	08:37
53	840	Francisco Varela	Strong Team OCR, Trail e Atletismo	AG20-24M	01:51:20	+56:10	09:17
54	502	Carolina Lopes	Pegasus OCR ProTeam	AG30-34F	02:00:20	+01:05:10	10:02
55	888	Silvia Carballal	Flavius Challenge OCR	AG30-34F	02:20:25	+01:25:15	11:42
56	991	Vasco Alves	Clube Simius	AG25-29M	02:27:06	+01:31:56	12:16
57	665	Cíntia Nunes	NOVA MORADA LYNX	AG40-44F	02:34:33	+01:39:23	12:53
58	868	Isabel Costa Matos	NOVA MORADA LYNX	AG45-49F	02:40:55	+01:45:45	13:25
59	849	Jorge Calado	Ninja Factory	AG35-39M	03:00:45	+02:05:35	15:04

Elite 3K | sou atleta da liga portuguesa OCR

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5033	Henrique Antunes	XTEAM	AG20-24M	14:30		04:50
2	5006	Romel Agreda	Flavius Challenge OCR	AG30-34M	15:33	+01:02	05:11
3	5010	Manu Rúa	Flavius Challenge OCR	AG35-39M	16:21	+01:51	05:27
4	5013	João Pedroso	GR REC GONÇALVINHENSE	AG25-29M	16:30	+02:00	05:30
5	5041	Paulo Silva	XTEAM	AG40-44M	17:22	+02:52	05:47
6	5026	Filipe Rosa	OCR Portugal LAB Club	AG40-44M	17:29	+02:59	05:50
7	5025	Alexandre Florindo	OCR Portugal LAB Club	AG18-19M	19:48	+05:18	06:36
8	5001	Gonçalo Araújo Spinola	Academia militar	AG20-24M	20:31	+06:01	06:50
9	5014	Mafalda Nogueira	Grupo Recreativo Gonçalvinhense	AG20-24F	20:35	+06:05	06:52

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[illegible]

OFFICIAL RESULT

[illegible]

10	5039	Fernando Narciso	XTEAM	AG25-29M	21:21	+06:50	07:07
11	5031	Cristóvão Pedrosa	XTEAM	AG35-39M	21:48	+07:18	07:16
12	5030	Francisco Ribeiro	Sem limites	AG18-19M	22:46	+08:16	07:35
13	5029	Lucas Silveira	Sem limites	AG18-19M	22:47	+08:16	07:36
14	5034	Ricardo Salgueiro	XTEAM	AG40-44M	23:37	+09:07	07:52
15	5002	Pedro Marques	Exército de Portugal	AG35-39M	23:49	+09:19	07:57
16	5037	Juliana Salgueiro	XTEAM	AG40-44F	25:02	+10:31	08:21
17	5005	Jorge Silva	Flavius Challenge OCR	AG40-44M	26:14	+11:44	08:45
18	5016	Francisco Azougado	Grupo Recreativo Gonçalvinhense	AG12-13M	28:05	+13:34	09:22
19	5023	Bruno Pereira	Individual	AG30-34M	30:20	+15:50	10:07
20	5009	Silvia Carballal	Flavius Challenge OCR	AG30-34F	42:36	+28:06	14:12
21	5024	Eugénia Martins	OCR Portugal LAB Club	AG55-59F	43:51	+29:21	14:37
22	5015	Pedro Miranda	Grupo Recreativo Gonçalvinhense	AG25-29M	55:25	+40:55	18:28
23	5022	Miguel Graça	Individual	AG40-44M	01:00:26	+45:56	20:09

OFFICIAL RESULT

Competitive 12K | sou atleta da liga portuguesa OCR | AG16-17M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	898	António Guerra	Ninja Factory	AG16-17M	01:20:05		06:40
2	845	Alexandre Gonçalves	Individual	AG16-17M	01:42:42	+22:37	08:33
3	885	Salvador Gaio	Clube Naus OCR	AG16-17M	01:45:10	+25:05	08:46

Competitive 12K | sou atleta da liga portuguesa OCR | AG20-24F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	747	Leonor Barreiros	XTEAM	AG20-24F	02:01:43		10:09

Competitive 12K | sou atleta da liga portuguesa OCR | AG20-24M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1010	Joel Santos	VIEIRAFIT Team	AG20-24M	01:11:22		05:57
2	952	Jose Saavedra	XTEAM	AG20-24M	02:33:25	+01:22:02	12:47

Competitive 12K | sou atleta da liga portuguesa OCR | AG25-29F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	988	Margarida Toureiro	XTEAM	AG25-29F	01:40:25		08:22
2	950	Sabina Muduc	XTEAM	AG25-29F	01:42:06	+01:40	08:30

Competitive 12K | sou atleta da liga portuguesa OCR | AG30-34F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	709	Adriana Martins	Clube Naus OCR	AG30-34F	02:22:54		11:54

Competitive 12K | sou atleta da liga portuguesa OCR | AG30-34M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	822	Gustavo Emanuel Marques Francisco	Exército de Portugal	AG30-34M	01:17:56		06:30
2	809	Nélio Fraga	Individual	AG30-34M	01:40:18	+22:22	08:22
3	927	Paulo Coelho	Black Bull	AG30-34M	01:59:34	+41:37	09:58
4	926	Ricardo Pereira	Black Bull	AG30-34M	02:22:07	+01:04:11	11:51

Competitive 12K | sou atleta da liga portuguesa OCR | AG35-39F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	955	Ana Isabel Frazão Guilherme	Exército de Portugal	AG35-39F	01:23:24		06:57

OFFICIAL RESULT

Competitive 12K | sou atleta da liga portuguesa OCR | AG35-39M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	8	João Branco	Exército de Portugal	AG35-39M	01:13:45		06:09
2	925	Adelino Moreira	Black Bull	AG35-39M	01:20:09	+06:23	06:41
3	933	Miguel Machado	Ninja Factory	AG35-39M	01:29:02	+15:17	07:25
4	778	Tiago Brito	Clube Naus OCR	AG35-39M	02:33:01	+01:19:16	12:45

Competitive 12K | sou atleta da liga portuguesa OCR | AG40-44M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	208	Pedro Silva	Pegasus OCR ProTeam	AG40-44M	01:17:43		06:29
2	171	Pedro Sousa	Exército de Portugal	AG40-44M	01:20:10	+02:26	06:41
3	904	Nuno Garcia	XTEAM	AG40-44M	01:21:50	+04:07	06:49
4	833	Fabio Nunes	XTEAM	AG40-44M	01:22:23	+04:39	06:52
5	979	Nelson Jesus	Individual	AG40-44M	01:30:02	+12:18	07:30
6	196	Luis Correia	XTEAM	AG40-44M	01:41:05	+23:22	08:25

Competitive 12K | sou atleta da liga portuguesa OCR | AG45-49M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	851	Paulo Vieira	XTEAM	AG45-49M	01:26:21		07:12
2	924	Telmo Pereira	Black Bull	AG45-49M	01:32:26	+06:05	07:42
3	854	Edgar Lança	Individual	AG45-49M	01:44:35	+18:13	08:43
4	385	Sérgio Gomes	Clube Naus OCR	AG45-49M	01:59:18	+32:57	09:57
5	623	Paulo Cardoso	Individual	AG45-49M	02:10:34	+44:13	10:53

Competitive 3K | sou atleta da liga portuguesa OCR | AG20-24M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	6012	Jose Saavedra	XTEAM	AG20-24M	45:50		15:17

Competitive 3K | sou atleta da liga portuguesa OCR | AG25-29F

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	6014	Ana Margarida Bernardo Toureiro	XTEAM	AG25-29F	40:07		13:22

Competitive 3K | sou atleta da liga portuguesa OCR | AG30-34M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	6002	Ricardo Pereira	Black Bull	AG30-34M	38:24		12:48

OFFICIAL RESULT

Competitive 3K | sou atleta da liga portuguesa OCR | AG40-44M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	6011	Fabio Nunes	XTEAM	AG40-44M	20:09		06:43

Competitive 3K | sou atleta da liga portuguesa OCR | AG45-49M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	6001	Telmo Pereira	Black Bull	AG45-49M	22:17		07:26
2	6007	Edgar Lança	Individual	AG45-49M	26:16	+03:58	08:45

Elite 12K | sou atleta da liga portuguesa OCR | AG18-19M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	319	Filipe Serra	OCR Portugal LAB Club	AG18-19M	01:00:33		05:03
2	315	Alexandre Florindo	OCR Portugal LAB Club	AG18-19M	01:07:41	+07:07	05:38

Elite 12K | sou atleta da liga portuguesa OCR | AG20-24F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	659	Mafalda Nogueira	Grupo Recreativo Gonçalvinhense	AG20-24F	01:12:53		06:04

Elite 12K | sou atleta da liga portuguesa OCR | AG20-24M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	796	Gonalo Arajo Spinola	Academia militar	AG20-24M	01:02:49		05:14
2	343	Henrique Antunes	XTEAM	AG20-24M	01:10:52	+08:02	05:54
3	976	Joo Brs Arrais	Academia militar	AG20-24M	01:31:07	+28:17	07:36
4	840	Francisco Varela	Strong Team OCR, Trail e Atletismo	AG20-24M	01:51:20	+48:31	09:17

Elite 12K | sou atleta da liga portuguesa OCR | AG25-29M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	9	Duarte Alves	OCR Portugal LAB Club	AG25-29M	55:10		04:36
2	213	Gonalo Martins	Individual	AG25-29M	01:04:52	+09:42	05:24
3	221	Joo Casimiro	OCR Portugal LAB Club	AG25-29M	01:09:27	+14:17	05:47
4	369	Diogo Alves	Flavius Challenge OCR	AG25-29M	01:12:15	+17:05	06:01
5	836	Gonalo Sousa	XTEAM	AG25-29M	01:13:04	+17:54	06:05
6	911	Joo Pedroso	GR REC GONALVINHENSE	AG25-29M	01:14:53	+19:43	06:14
7	910	Pedro Miranda	Grupo Recreativo Gonalvinhense	AG25-29M	01:20:50	+25:40	06:44
8	779	Fernando Narciso	XTEAM	AG25-29M	01:22:38	+27:28	06:53
9	329	Pedro Miguel Barbosa Lopes	Pegasus OCR ProTeam	AG25-29M	01:22:57	+27:46	06:55

OFFICIAL RESULT

10	291	Tiago Soares Garcia	Academia militar	AG25-29M	01:41:00	+45:50	08:25
11	991	Vasco Alves	Clube Simius	AG25-29M	02:27:06	+01:31:56	12:16

Elite 12K | sou atleta da liga portuguesa OCR | AG30-34F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	821	Marisa Ferreira Hipólito	Exército de Portugal	AG30-34F	01:26:23		07:12
2	502	Carolina Lopes	Pegasus OCR ProTeam	AG30-34F	02:00:20	+33:56	10:02
3	888	Silvia Carballal	Flavius Challenge OCR	AG30-34F	02:20:25	+54:01	11:42

Elite 12K | sou atleta da liga portuguesa OCR | AG30-34M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	683	António Vilhena	Exército de Portugal	AG30-34M	56:08		04:41
2	685	José Machado	Exército de Portugal	AG30-34M	58:46	+02:38	04:54
3	625	Rui Silva	Pegasus OCR ProTeam	AG30-34M	01:00:14	+04:05	05:01
4	789	Romel Agreda	Flavius Challenge OCR	AG30-34M	01:06:38	+10:29	05:33
5	34	Ruben Carvalho	XTEAM	AG30-34M	01:07:01	+10:53	05:35
6	743	Daniel Soares	T22	AG30-34M	01:24:39	+28:30	07:03
7	856	Francisco Rodal	Flavius Challenge OCR	AG30-34M	01:42:36	+46:27	08:33

Elite 12K | sou atleta da liga portuguesa OCR | AG35-39F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	166	Joana Lopes	XTEAM	AG35-39F	01:25:10		07:06

Elite 12K | sou atleta da liga portuguesa OCR | AG35-39M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	389	Carlos Pinto	Exército de Portugal	AG35-39M	01:05:07		05:26
2	909	Manu Rúa	Flavius Challenge OCR	AG35-39M	01:11:15	+06:08	05:56
3	473	Cláudio Bagulho	Exército de Portugal	AG35-39M	01:12:58	+07:51	06:05
4	94	Hugo Magalhães	Pegasus OCR ProTeam	AG35-39M	01:17:50	+12:43	06:29
5	829	Marco Alexandre Pereira Duarte	XTEAM	AG35-39M	01:20:28	+15:21	06:42
6	849	Jorge Calado	Ninja Factory	AG35-39M	03:00:45	+01:55:38	15:04

Elite 12K | sou atleta da liga portuguesa OCR | AG40-44F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	397	Juliana Salgueiro	XTEAM	AG40-44F	01:21:57		06:50
2	234	Elsa Rodrigues	Pegasus OCR ProTeam	AG40-44F	01:25:56	+03:59	07:10
3	832	Tania Miller	XTEAM	AG40-44F	01:40:01	+18:03	08:20
4	665	Cíntia Nunes	NOVA MORADA LYNX	AG40-44F	02:34:33	+01:12:36	12:53

OFFICIAL RESULT

Elite 12K | sou atleta da liga portuguesa OCR | AG40-44M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	218	Bruno Torres	Limited Edition Team	AG40-44M	59:56		05:00
2	396	Ricardo Salgueiro	XTEAM	AG40-44M	01:10:16	+10:19	05:51
3	948	Paulo Silva	XTEAM	AG40-44M	01:11:07	+11:11	05:56
4	828	Filipe Rosa	OCR Portugal LAB Club	AG40-44M	01:11:31	+11:34	05:58
5	163	Henrique Loureiro	Pegasus OCR ProTeam	AG40-44M	01:15:37	+15:41	06:18
6	698	João Alves	Pegasus OCR ProTeam	AG40-44M	01:19:15	+19:19	06:36
7	966	Ricardo Laneiro	Strong Team OCR, Trail e Atletismo	AG40-44M	01:25:32	+25:36	07:08
8	693	Vicente Paixão	AVP	AG40-44M	01:42:56	+43:00	08:35

Elite 12K | sou atleta da liga portuguesa OCR | AG45-49F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	868	Isabel Costa Matos	NOVA MORADA LYNX	AG45-49F	02:40:55		13:25

Elite 12K | sou atleta da liga portuguesa OCR | AG45-49M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	162	Nelson Loureiro	Pegasus OCR ProTeam	AG45-49M	56:31		04:43
2	119	Marco lopes	Pegasus OCR ProTeam	AG45-49M	01:08:37	+12:06	05:43
3	105	Hélder Rodrigues	Pegasus OCR ProTeam	AG45-49M	01:09:53	+13:22	05:49
4	303	Marco Moura	NOVA MORADA LYNX	AG45-49M	01:14:03	+17:31	06:10
5	228	Nuno Café	NOVA MORADA LYNX	AG45-49M	01:20:10	+23:38	06:41
6	110	Carlos Miranda	Pegasus OCR ProTeam	AG45-49M	01:21:55	+25:24	06:50

Elite 12K | sou atleta da liga portuguesa OCR | AG50-54M

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	256	João Paulo Marques	Unique Adventure	AG50-54M	01:17:13		06:26
2	86	Sérgio Ramos	NOVA MORADA LYNX	AG50-54M	01:20:08	+02:55	06:41
3	25	Bruno Sousa	OCR Portugal LAB Club	AG50-54M	01:20:52	+03:38	06:44
4	82	Rui Cunha	OCR Portugal LAB Club	AG50-54M	01:24:44	+07:30	07:04

Elite 12K | sou atleta da liga portuguesa OCR | AG55-59F

12000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	74	Eugénia Martins	OCR Portugal LAB Club	AG55-59F	01:43:24		08:37

OFFICIAL RESULT

Elite 3K | sou atleta da liga portuguesa OCR | AG12-13M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5016	Francisco Azougado	Grupo Recreativo Gonçalvinhense	AG12-13M	28:05		09:22

Elite 3K | sou atleta da liga portuguesa OCR | AG18-19M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5025	Alexandre Florindo	OCR Portugal LAB Club	AG18-19M	19:48		06:36
2	5030	Francisco Ribeiro	Sem limites	AG18-19M	22:46	+02:58	07:35
3	5029	Lucas Silveira	Sem limites	AG18-19M	22:47	+02:58	07:36

Elite 3K | sou atleta da liga portuguesa OCR | AG20-24F

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5014	Mafalda Nogueira	Grupo Recreativo Gonçalvinhense	AG20-24F	20:35		06:52

Elite 3K | sou atleta da liga portuguesa OCR | AG20-24M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5033	Henrique Antunes	XTEAM	AG20-24M	14:30		04:50
2	5001	Gonçalo Araújo Spinola	Academia militar	AG20-24M	20:31	+06:01	06:50

Elite 3K | sou atleta da liga portuguesa OCR | AG25-29M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5013	João Pedroso	GR REC GONÇALVINHENSE	AG25-29M	16:30		05:30
2	5039	Fernando Narciso	XTEAM	AG25-29M	21:21	+04:50	07:07
3	5015	Pedro Miranda	Grupo Recreativo Gonçalvinhense	AG25-29M	55:25	+38:55	18:28

Elite 3K | sou atleta da liga portuguesa OCR | AG30-34F

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5009	Silvia Carballal	Flavius Challenge OCR	AG30-34F	42:36		14:12

Elite 3K | sou atleta da liga portuguesa OCR | AG30-34M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5006	Romel Agreda	Flavius Challenge OCR	AG30-34M	15:33		05:11
2	5023	Bruno Pereira	Individual	AG30-34M	30:20	+14:47	10:07

OFFICIAL RESULT

Elite 3K | sou atleta da liga portuguesa OCR | AG35-39M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5010	Manu Rúa	Flavius Challenge OCR	AG35-39M	16:21		05:27
2	5031	Cristóvão Pedrosa	XTEAM	AG35-39M	21:48	+05:26	07:16
3	5002	Pedro Marques	Exército de Portugal	AG35-39M	23:49	+07:28	07:57

Elite 3K | sou atleta da liga portuguesa OCR | AG40-44F

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5037	Juliana Salgueiro	XTEAM	AG40-44F	25:02		08:21

Elite 3K | sou atleta da liga portuguesa OCR | AG40-44M

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5041	Paulo Silva	XTEAM	AG40-44M	17:22		05:47
2	5026	Filipe Rosa	OCR Portugal LAB Club	AG40-44M	17:29	+00:07	05:50
3	5034	Ricardo Salgueiro	XTEAM	AG40-44M	23:37	+06:14	07:52
4	5005	Jorge Silva	Flavius Challenge OCR	AG40-44M	26:14	+08:52	08:45
5	5022	Miguel Graça	Individual	AG40-44M	01:00:26	+43:04	20:09

Elite 3K | sou atleta da liga portuguesa OCR | AG55-59F

3000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5024	Eugénia Martins	OCR Portugal LAB Club	AG55-59F	43:51		14:37

ELITE 12K - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	15:00	25,8°C	29%
End	18:08	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	9	Duarte Alves	OCR Portugal LAB Club	55:10		04:36	
2	683	António Vilhena	Exército de Portugal	56:08	+00:58	04:41	
3	162	Nelson Loureiro	Pegasus OCR ProTeam	56:31	+01:21	04:43	
4	685	José Machado	Exército de Portugal	58:46	+03:36	04:54	
5	218	Bruno Torres	Limited Edition Team	59:56	+04:46	05:00	
6	625	Rui Silva	Pegasus OCR ProTeam	01:00:14	+05:04	05:01	
7	319	Filipe Serra	OCR Portugal LAB Club	01:00:33	+05:23	05:03	
8	796	Gonçalo Araújo Spinola	Academia militar	01:02:49	+07:39	05:14	
9	213	Gonçalo Martins	Individual	01:04:52	+09:42	05:24	
10	389	Carlos Pinto	Exército de Portugal	01:05:07	+09:57	05:26	
11	789	Romel Agreda	Flavius Challenge OCR	01:06:38	+11:28	05:33	
12	34	Ruben Carvalho	XTEAM	01:07:01	+11:51	05:35	
13	315	Alexandre Florindo	OCR Portugal LAB Club	01:07:41	+12:31	05:38	
14	119	Marco lopes	Pegasus OCR ProTeam	01:08:37	+13:27	05:43	
15	221	João Casimiro	OCR Portugal LAB Club	01:09:27	+14:17	05:47	
16	105	Hélder Rodrigues	Pegasus OCR ProTeam	01:09:53	+14:43	05:49	
17	396	Ricardo Salgueiro	XTEAM	01:10:16	+15:06	05:51	
18	343	Henrique Antunes	XTEAM	01:10:52	+15:42	05:54	
19	948	Paulo Silva	XTEAM	01:11:07	+15:57	05:56	
20	909	Manu Rúa	Flavius Challenge OCR	01:11:15	+16:05	05:56	
21	2004	João Afonso	Individual	01:11:20	+16:10	05:57	
22	828	Filipe Rosa	OCR Portugal LAB Club	01:11:31	+16:21	05:58	
23	369	Diogo Alves	Flavius Challenge OCR	01:12:15	+17:05	06:01	
24	659	Mafalda Nogueira	Grupo Recreativo Gonçalveshense	01:12:53	+17:43	06:04	
25	473	Cláudio Bagulho	Exército de Portugal	01:12:58	+17:48	06:05	
26	836	Gonçalo Sousa	XTEAM	01:13:04	+17:54	06:05	
27	303	Marco Moura	NOVA MORADA LYNX	01:14:03	+18:53	06:10	
28	911	João Pedroso	GR REC GONÇALVINHENSE	01:14:53	+19:43	06:14	
29	163	Henrique Loureiro	Pegasus OCR ProTeam	01:15:37	+20:27	06:18	
30	256	João Paulo Marques	Unique Adventure	01:17:13	+22:03	06:26	
31	94	Hugo Magalhães	Pegasus OCR ProTeam	01:17:50	+22:40	06:29	
32	2009	José Magalhães	NINJAS	01:18:07	+22:57	06:31	
33	698	João Alves	Pegasus OCR ProTeam	01:19:15	+24:05	06:36	
34	86	Sérgio Ramos	NOVA MORADA LYNX	01:20:08	+24:58	06:41	
35	228	Nuno Café	NOVA MORADA LYNX	01:20:10	+25:00	06:41	
36	829	Marco Alexandre Pereira Duarte	XTEAM	01:20:28	+25:18	06:42	
37	910	Pedro Miranda	Grupo Recreativo Gonçalveshense	01:20:50	+25:40	06:44	
38	25	Bruno Sousa	OCR Portugal LAB Club	01:20:52	+25:42	06:44	
39	110	Carlos Miranda	Pegasus OCR ProTeam	01:21:55	+26:45	06:50	
40	397	Juliana Salgueiro	XTEAM	01:21:57	+26:47	06:50	
41	779	Fernando Narciso	XTEAM	01:22:38	+27:28	06:53	
42	329	Pedro Miguel Barbosa Lopes	Pegasus OCR ProTeam	01:22:57	+27:47	06:55	

Official Timekeeper: Lap2Go	1 / 2	generate 07-set-2025 11:25
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ELITE 12K - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	2016	Bruno Miguel Fernandes da Silva	NINJAS	01:23:19	+28:09	06:57	
44	743	Daniel Soares	T22	01:24:39	+29:29	07:03	
45	82	Rui Cunha	OCR Portugal LAB Club	01:24:44	+29:34	07:04	
46	166	Joana Lopes	XTEAM	01:25:10	+30:00	07:06	
47	966	Ricardo Laneiro	Strong Team OCR, Trail e Atletismo	01:25:32	+30:22	07:08	
48	234	Elsa Rodrigues	Pegasus OCR ProTeam	01:25:56	+30:46	07:10	
49	821	Marisa Ferreira Hipólito	Exército de Portugal	01:26:23	+31:13	07:12	
50	2018	Eduardo silva	NINJAS	01:27:54	+32:44	07:19	
51	2006	Joel Montenegro Varela	Individual	01:30:49	+35:39	07:34	
52	976	João Brás Arrais	Academia militar	01:31:07	+35:57	07:36	
53	2017	Ricardo Manuel Resende Pereira	NINJAS	01:33:42	+38:32	07:48	
54	2011	André Filipe Magalhães machado	NINJAS	01:34:42	+39:32	07:53	
55	2019	João Miguel Gomes da Silva	NINJAS	01:34:48	+39:38	07:54	
56	2008	Veronica Vazquez Grande	Individual	01:39:58	+44:48	08:20	
57	832	Tania Miller	XTEAM	01:40:01	+44:51	08:20	
58	291	Tiago Soares Garcia	Academia militar	01:41:00	+45:50	08:25	
59	856	Francisco Rodal	Flavius Challenge OCR	01:42:36	+47:26	08:33	
60	693	Vicente Paixão	AVP	01:42:56	+47:46	08:35	
61	74	Eugénia Martins	OCR Portugal LAB Club	01:43:24	+48:14	08:37	
62	840	Francisco Varela	Strong Team OCR, Trail e Atletismo	01:51:20	+56:10	09:17	
63	2005	Cecilia González Justo	Individual	01:58:16	+01:03:06	09:51	
64	502	Carolina Lopes	Pegasus OCR ProTeam	02:00:20	+01:05:10	10:02	
65	2003	Diego Pérez Vieites	Individual	02:00:44	+01:05:34	10:04	
66	2002	David Taboada Núñez	Individual	02:02:17	+01:07:07	10:11	
67	2013	Sérgio Paulo Moreira Dionísio	NINJAS	02:11:41	+01:16:31	10:58	
68	2012	Ana Cristina Campos Magalhães	NINJAS	02:11:41	+01:16:31	10:58	
69	2020	Luis Casimiro	OCR Portugal LAB Club	02:13:22	+01:18:12	11:07	
70	2007	Tristán Failde Fernández	Individual	02:16:05	+01:20:55	11:20	
71	888	Silvia Carballal	Flavius Challenge OCR	02:20:25	+01:25:15	11:42	
72	2010	Ana Machado	NINJAS	02:24:32	+01:29:22	12:03	
73	2015	Liliana Teixeira Pereira	NINJAS	02:25:40	+01:30:30	12:08	
74	2014	Alexandrina Manuela Rodrigues da Silva	NINJAS	02:25:40	+01:30:30	12:08	
75	991	Vasco Alves	Clube Simius	02:27:06	+01:31:56	12:16	
76	665	Cíntia Nunes	NOVA MORADA LYNX	02:34:33	+01:39:23	12:53	
77	868	Isabel Costa Matos	NOVA MORADA LYNX	02:40:55	+01:45:45	13:25	
78	849	Jorge Calado	Ninja Factory	03:00:45	+02:05:35	15:04	

Elite 12K

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	15:00	25,8°C	29%
End	18:08	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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AG18-19M

1	319	Filipe Serra	OCR Portugal LAB Club	AG18-19M	01:00:33	05:03
2	315	Alexandre Florindo	OCR Portugal LAB Club	AG18-19M	01:07:41	+07:07 05:38

AG20-24F

1	659	Mafalda Nogueira	Grupo Recreativo Gonçalves	AG20-24F	01:12:53	06:04
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AG20-24M

1	796	Gonalo Araujo Spinola	Academia militar	AG20-24M	01:02:49	05:14
2	343	Henrique Antunes	XTEAM	AG20-24M	01:10:52	+08:02 05:54
3	2006	Joel Montenegro Varela	Individual	AG20-24M	01:30:49	+27:59 07:34
4	976	Joo Brs Arrais	Academia militar	AG20-24M	01:31:07	+28:17 07:36
5	840	Francisco Varela	Strong Team OCR, Trail e Atletismo	AG20-24M	01:51:20	+48:31 09:17
6	2002	David Taboada Nñez	Individual	AG20-24M	02:02:17	+59:28 10:11

AG25-29F

1	2010	Ana Machado	NINJAS	AG25-29F	02:24:32	12:03
2	2015	Liliana Teixeira Pereira	NINJAS	AG25-29F	02:25:40	+01:07 12:08
3	2014	Alexandrina Manuela Rodrigues da Silva	NINJAS	AG25-29F	02:25:40	+01:08 12:08

AG25-29M

1	9	Duarte Alves	OCR Portugal LAB Club	AG25-29M	55:10	04:36
2	213	Gonalo Martins	Individual	AG25-29M	01:04:52	+09:42 05:24
3	221	Joo Casimiro	OCR Portugal LAB Club	AG25-29M	01:09:27	+14:17 05:47
4	369	Diogo Alves	Flavius Challenge OCR	AG25-29M	01:12:15	+17:05 06:01
5	836	Gonalo Sousa	XTEAM	AG25-29M	01:13:04	+17:54 06:05
6	911	Joo Pedroso	GR REC GONALVINHENSE	AG25-29M	01:14:53	+19:43 06:14
7	910	Pedro Miranda	Grupo Recreativo Gonalvinhense	AG25-29M	01:20:50	+25:40 06:44
8	779	Fernando Narciso	XTEAM	AG25-29M	01:22:38	+27:28 06:53
9	329	Pedro Miguel Barbosa Lopes	Pegasus OCR ProTeam	AG25-29M	01:22:57	+27:46 06:55
10	291	Tiago Soares Garcia	Academia militar	AG25-29M	01:41:00	+45:50 08:25
11	991	Vasco Alves	Clube Simius	AG25-29M	02:27:06	+01:31:56 12:16

Elite 12K

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

AG30-34F

1	821	Marisa Ferreira Hipólito	Exército de Portugal	AG30-34F	01:26:23		07:12:30
2	502	Carolina Lopes	Pegasus OCR ProTeam	AG30-34F	02:00:20	+33:56	10:02:26
3	888	Silvia Carballal	Flavius Challenge OCR	AG30-34F	02:20:25	+54:01	11:42:51

AG30-34M

1	683	António Vilhena	Exército de Portugal	AG30-34M	56:08	04:41
2	685	José Machado	Exército de Portugal	AG30-34M	58:46	+02:38 04:54
3	625	Rui Silva	Pegasus OCR ProTeam	AG30-34M	01:00:14	+04:05 05:01
4	789	Romel Agreda	Flavius Challenge OCR	AG30-34M	01:06:38	+10:29 05:33
5	34	Ruben Carvalho	XTEAM	AG30-34M	01:07:01	+10:53 05:35
6	2004	João Afonso	Individual	AG30-34M	01:11:20	+15:11 05:57
7	2009	José Magalhães	NINJAS	AG30-34M	01:18:07	+21:59 06:31
8	743	Daniel Soares	T22	AG30-34M	01:24:39	+28:30 07:03
9	2011	André Filipe Magalhães machado	NINJAS	AG30-34M	01:34:42	+38:33 07:53
10	856	Francisco Rodal	Flavius Challenge OCR	AG30-34M	01:42:36	+46:27 08:33
11	2007	Tristán Failde Fernández	Individual	AG30-34M	02:16:05	+01:19:56 11:20

AG35-39F

1	166	Joana Lopes	XTEAM	AG35-39F	01:25:10	07:06
2	2008	Veronica Vazquez Grande	Individual	AG35-39F	01:39:58	+14:48 08:20
3	2005	Cecilia González Justo	Individual	AG35-39F	01:58:16	+33:06 09:51

AG35-39M

1	389	Carlos Pinto	Exército de Portugal	AG35-39M	01:05:07	05:26
2	909	Manu Rúa	Flavius Challenge OCR	AG35-39M	01:11:15	+06:08 05:56
3	473	Cláudio Bagulho	Exército de Portugal	AG35-39M	01:12:58	+07:51 06:05
4	94	Hugo Magalhães	Pegasus OCR ProTeam	AG35-39M	01:17:50	+12:43 06:29
5	829	Marco Alexandre Pereira Duarte	XTEAM	AG35-39M	01:20:28	+15:21 06:42
6	2018	Eduardo silva	NINJAS	AG35-39M	01:27:54	+22:47 07:19
7	849	Jorge Calado	Ninja Factory	AG35-39M	03:00:45	+01:55:38 15:04

AG40-44F

1	397	Juliana Salgueiro	XTEAM	AG40-44F	01:21:57	06:50
2	234	Elsa Rodrigues	Pegasus OCR ProTeam	AG40-44F	01:25:56	+03:59 07:10
3	832	Tania Miller	XTEAM	AG40-44F	01:40:01	+18:03 08:20
4	2012	Ana Cristina Campos Magalhães	NINJAS	AG40-44F	02:11:41	+49:43 10:58
5	665	Cíntia Nunes	NOVA MORADA LYNX	AG40-44F	02:34:33	+01:12:36 12:53

Elite 12K

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

AG40-44M

1	218	Bruno Torres	Limited Edition Team	AG40-44M	59:56	05:00
2	396	Ricardo Salgueiro	XTEAM	AG40-44M	01:10:16	+10:19 05:51
3	948	Paulo Silva	XTEAM	AG40-44M	01:11:07	+11:11 05:56
4	828	Filipe Rosa	OCR Portugal LAB Club	AG40-44M	01:11:31	+11:34 05:58
5	163	Henrique Loureiro	Pegasus OCR ProTeam	AG40-44M	01:15:37	+15:41 06:18
6	698	João Alves	Pegasus OCR ProTeam	AG40-44M	01:19:15	+19:19 06:36
7	2016	Bruno Miguel Fernandes da Silva	NINJAS	AG40-44M	01:23:19	+23:23 06:57
8	966	Ricardo Laneiro	Strong Team OCR, Trail e Atletismo	AG40-44M	01:25:32	+25:36 07:08
9	2017	Ricardo Manuel Resende Pereira	NINJAS	AG40-44M	01:33:42	+33:46 07:48
10	2019	João Miguel Gomes da Silva	NINJAS	AG40-44M	01:34:48	+34:52 07:54
11	693	Vicente Paixão	AVP	AG40-44M	01:42:56	+43:00 08:35
12	2003	Diego Pérez Vieites	Individual	AG40-44M	02:00:44	+01:00:48 10:04

AG45-49F

1	868	Isabel Costa Matos	NOVA MORADA LYNX	AG45-49F	02:40:55	13:25
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AG45-49M

1	162	Nelson Loureiro	Pegasus OCR ProTeam	AG45-49M	56:31	04:43
2	119	Marco lopes	Pegasus OCR ProTeam	AG45-49M	01:08:37	+12:06 05:43
3	105	Hélder Rodrigues	Pegasus OCR ProTeam	AG45-49M	01:09:53	+13:22 05:49
4	303	Marco Moura	NOVA MORADA LYNX	AG45-49M	01:14:03	+17:31 06:10
5	228	Nuno Café	NOVA MORADA LYNX	AG45-49M	01:20:10	+23:38 06:41
6	110	Carlos Miranda	Pegasus OCR ProTeam	AG45-49M	01:21:55	+25:24 06:50

AG50-54M

1	256	João Paulo Marques	Unique Adventure	AG50-54M	01:17:13	06:26:11
2	86	Sérgio Ramos	NOVA MORADA LYNX	AG50-54M	01:20:08	+02:55 06:41:16
3	25	Bruno Sousa	OCR Portugal LAB Club	AG50-54M	01:20:52	+03:38 06:44:54
4	82	Rui Cunha	OCR Portugal LAB Club	AG50-54M	01:24:44	+07:30 07:04:24
5	2013	Sérgio Paulo Moreira Dionísio	NINJAS	AG50-54M	02:11:41	+54:27 10:58:52

AG55-59F

1	74	Eugénia Martins	OCR Portugal LAB Club	AG55-59F	01:43:24	08:37
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12 KM

OFFICIAL RESULT

[illegible]

1	2020	Luis Casimiro	OCR Portugal LAB Club	AG55-59M	02:13:22	11:07
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[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 07-set-2025 11:30
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COMPETITIVE 12K - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	15:15	25,1°C	35%
End	18:00	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	3002	Pedro Simões	Beloura Team	01:11:03		05:55	
2	1010	Joel Santos	VIEIRAFIT Team	01:11:22	+00:19	05:57	
3	8	João Branco	Exército de Portugal	01:13:45	+02:42	06:09	
4	208	Pedro Silva	Pegasus OCR ProTeam	01:17:43	+06:40	06:29	
5	822	Gustavo Emanuel Marques Francisco	Exército de Portugal	01:17:56	+06:53	06:30	
6	3041	António Vila Franca	Queijo Bornes	01:19:50	+08:47	06:39	
7	898	António Guerra	Ninja Factory	01:20:05	+09:02	06:40	
8	925	Adelino Moreira	Black Bull	01:20:09	+09:06	06:41	
9	171	Pedro Sousa	Exército de Portugal	01:20:10	+09:07	06:41	
10	904	Nuno Garcia	XTEAM	01:21:50	+10:47	06:49	
11	3025	Leonel Guerra	POWER FITNESS STUDIO	01:22:22	+11:19	06:52	
12	833	Fabio Nunes	XTEAM	01:22:23	+11:20	06:52	
13	3012	Eduardo Marques	Individual	01:23:00	+11:57	06:55	
14	955	Ana Isabel Frazão Guilherme	Exército de Portugal	01:23:24	+12:21	06:57	
15	3021	Rafel Guerra	POWER FITNESS STUDIO	01:25:49	+14:46	07:09	
16	851	Paulo Vieira	XTEAM	01:26:21	+15:18	07:12	
17	3040	João Reis	Queijo Bornes	01:27:41	+16:38	07:18	
18	3043	Luis Filipe Freitas Costa	T22	01:28:53	+17:50	07:24	
19	933	Miguel Machado	Ninja Factory	01:29:02	+17:59	07:25	
20	979	Nelson Jesus	Individual	01:30:02	+18:59	07:30	
21	924	Telmo Pereira	Black Bull	01:32:26	+21:23	07:42	
22	809	Nélio Fraga	Individual	01:40:18	+29:15	08:22	
23	988	Margarida Toureiro	XTEAM	01:40:25	+29:22	08:22	
24	196	Luis Correia	XTEAM	01:41:05	+30:02	08:25	
25	950	Sabina Muduc	XTEAM	01:42:06	+31:03	08:30	
26	845	Alexandre Gonçalves	Individual	01:42:42	+31:39	08:33	
27	3011	Sara Alves	Individual	01:43:46	+32:43	08:39	
28	854	Edgar Lança	Individual	01:44:35	+33:32	08:43	
29	885	Salvador Gaio	Clube Naus OCR	01:45:10	+34:07	08:46	
30	3007	David Pinto Assunção	Individual	01:47:36	+36:33	08:58	
31	3036	Fábio Martins	POWER FITNESS STUDIO	01:49:22	+38:19	09:07	
32	3003	Bruno Delgado	Black Bull	01:51:55	+40:52	09:20	
33	3037	Jéssica Silva	POWER FITNESS STUDIO	01:53:16	+42:13	09:26	
34	3014	Aitor Couñago Figueroa	Individual	01:53:39	+42:36	09:28	
35	3042	Daniel Azevedo	Queijo Bornes	01:53:45	+42:42	09:29	
36	3016	Pedro Eugénio Barbosa Gomes	Individual	01:54:25	+43:22	09:32	
37	3005	João Caetano	Black Bull	01:54:27	+43:24	09:32	
38	3004	Paulo Alves	Black Bull	01:54:27	+43:24	09:32	
39	3015	Jorge Vigário	Individual	01:54:53	+43:50	09:34	
40	3017	Carlos Manuel da Silva Barbosa	Individual	01:58:22	+47:19	09:52	
41	385	Sérgio Gomes	Clube Naus OCR	01:59:18	+48:15	09:57	

COMPETITIVE 12K - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	927	Paulo Coelho	Black Bull	01:59:34	+48:31	09:58	
43	3001	Cláudia Miranda Simões	Beloura Team	02:00:10	+49:07	10:01	
44	3045	Atleta 3045	Individual	02:00:59	+49:56	10:05	
45	747	Leonor Barreiros	XTEAM	02:01:43	+50:40	10:09	
46	3030	Nilza Figueiredo	POWER FITNESS STUDIO	02:01:56	+50:53	10:10	
47	3020	Adriana Pereira	POWER FITNESS STUDIO	02:02:00	+50:57	10:10	
48	3018	José Manuel Santos Resende	POWER FITNESS STUDIO	02:02:01	+50:58	10:10	
49	3031	José Diogo	POWER FITNESS STUDIO	02:03:44	+52:41	10:19	
50	3044	ANDREIA CAFÉ	NOVA MORADA LYNX	02:04:29	+53:26	10:22	
51	3010	Francisco Vicente	Individual	02:08:16	+57:13	10:41	
52	623	Paulo Cardoso	Individual	02:10:34	+59:31	10:53	
53	3023	Marco Brás	POWER FITNESS STUDIO	02:13:25	+01:02:22	11:07	
54	3024	Ricardo Simão	POWER FITNESS STUDIO	02:13:25	+01:02:22	11:07	
55	3029	Luis Alves	POWER FITNESS STUDIO	02:15:43	+01:04:40	11:19	
56	926	Ricardo Pereira	Black Bull	02:22:07	+01:11:04	11:51	
57	709	Adriana Martins	Clube Naus OCR	02:22:54	+01:11:51	11:54	
58	778	Tiago Brito	Clube Naus OCR	02:33:01	+01:21:58	12:45	
59	952	Jose Saavedra	XTEAM	02:33:25	+01:22:22	12:47	

Competitive 12K

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	15:15	25,1°C	35%
End	18:00	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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AG16-17M

1	898	António Guerra	Ninja Factory	AG16-17M	01:20:05		06:40
2	845	Alexandre Gonçalves	Individual	AG16-17M	01:42:42	+22:37	08:33
3	885	Salvador Gaio	Clube Naus OCR	AG16-17M	01:45:10	+25:05	08:46

AG18-19M

1	3018	José Manuel Santos Resende	POWER FITNESS STUDIO	AG18-19M	02:02:01	10:10
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AG20-24F

1	3011	Sara Alves	Individual	AG20-24F	01:43:46	08:39:29
2	3037	Jéssica Silva	POWER FITNESS STUDIO	AG20-24F	01:53:16	+09:29 09:26:29
3	747	Leonor Barreiros	XTEAM	AG20-24F	02:01:43	+17:56 10:09:29
4	3020	Adriana Pereira	POWER FITNESS STUDIO	AG20-24F	02:02:00	+18:13 10:10:29

AG20-24M

1	1010	Joel Santos	VIEIRAFIT Team	AG20-24M	01:11:22	05:57:00
2	952	Jose Saavedra	XTEAM	AG20-24M	02:33:25	+01:22:02 12:47:00

AG25-29F

1	988	Margarida Toureiro	XTEAM	AG25-29F	01:40:25	08:22
2	950	Sabina Muduc	XTEAM	AG25-29F	01:42:06	+01:40 08:30

AG25-29M

1	3007	David Pinto Assunção	Individual	AG25-29M	01:47:36	08:58:00
2	3031	José Diogo	POWER FITNESS STUDIO	AG25-29M	02:03:44	+16:07 10:19:00
3	3010	Francisco Vicente	Individual	AG25-29M	02:08:16	+20:39 10:41:00
4	3029	Luis Alves	POWER FITNESS STUDIO	AG25-29M	02:15:43	+28:06 11:19:00

AG30-34F

1	709	Adriana Martins	Clube Naus OCR	AG30-34F	02:22:54	11:54
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Competitive 12K

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

AG30-34M

1	822	Gustavo Emanuel Marques Francisco	Exército de Portugal	AG30-34M	01:17:56	06:30
2	3041	António Vila Franca	Queijo Bornes	AG30-34M	01:19:50	+01:53 06:39
3	3012	Eduardo Marques	Individual	AG30-34M	01:23:00	+05:04 06:55
4	3021	Rafel Guerra	POWER FITNESS STUDIO	AG30-34M	01:25:49	+07:53 07:09
5	809	Nélio Fraga	Individual	AG30-34M	01:40:18	+22:22 08:22
6	3036	Fábio Martins	POWER FITNESS STUDIO	AG30-34M	01:49:22	+31:25 09:07
7	3016	Pedro Eugénio Barbosa Gomes	Individual	AG30-34M	01:54:25	+36:28 09:32
8	927	Paulo Coelho	Black Bull	AG30-34M	01:59:34	+41:37 09:58
9	926	Ricardo Pereira	Black Bull	AG30-34M	02:22:07	+01:04:11 11:51

AG35-39F

1	955	Ana Isabel Frazão Guilherme	Exército de Portugal	AG35-39F	01:23:24	06:57
2	3001	Cláudia Miranda Simões	Beloura Team	AG35-39F	02:00:10	+36:45 10:01

AG35-39M

1	3002	Pedro Simões	Beloura Team	AG35-39M	01:11:03	05:55
2	8	João Branco	Exército de Portugal	AG35-39M	01:13:45	+02:41 06:09
3	925	Adelino Moreira	Black Bull	AG35-39M	01:20:09	+09:05 06:41
4	3025	Leonel Guerra	POWER FITNESS STUDIO	AG35-39M	01:22:22	+11:19 06:52
5	933	Miguel Machado	Ninja Factory	AG35-39M	01:29:02	+17:59 07:25
6	3014	Aitor Couñago Figueroa	Individual	AG35-39M	01:53:39	+42:35 09:28
7	3015	Jorge Vigário	Individual	AG35-39M	01:54:53	+43:50 09:34
8	3045	Atleta 3045	Individual	AG35-39M	02:00:59	+49:56 10:05
9	778	Tiago Brito	Clube Naus OCR	AG35-39M	02:33:01	+01:21:58 12:45

AG40-44F

1	3044	ANDREIA CAFÉ	NOVA MORADA LYNX	AG40-44F	02:04:29	10:22
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AG40-44M

1	208	Pedro Silva	Pegasus OCR ProTeam	AG40-44M	01:17:43		06:29
2	171	Pedro Sousa	Exército de Portugal	AG40-44M	01:20:10	+02:26	06:41
3	904	Nuno Garcia	XTEAM	AG40-44M	01:21:50	+04:07	06:49
4	833	Fabio Nunes	XTEAM	AG40-44M	01:22:23	+04:39	06:52
5	979	Nelson Jesus	Individual	AG40-44M	01:30:02	+12:18	07:30
6	196	Luis Correia	XTEAM	AG40-44M	01:41:05	+23:22	08:25
7	3042	Daniel Azevedo	Queijo Bornes	AG40-44M	01:53:45	+36:01	09:29
8	3005	João Caetano	Black Bull	AG40-44M	01:54:27	+36:43	09:32
9	3017	Carlos Manuel da Silva Barbosa	Individual	AG40-44M	01:58:22	+40:38	09:52

Competitive 12K

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

10	3023	Marco Brás	POWER FITNESS STUDIO	AG40-44M	02:13:25	+55:41	11:07
11	3024	Ricardo Simão	POWER FITNESS STUDIO	AG40-44M	02:13:25	+55:41	11:07

AG45-49M

1	851	Paulo Vieira	XTEAM	AG45-49M	01:26:21	07:12
2	3040	João Reis	Queijo Bornes	AG45-49M	01:27:41	+01:20 07:18
3	3043	Luis Filipe Freitas Costa	T22	AG45-49M	01:28:53	+02:31 07:24
4	924	Telmo Pereira	Black Bull	AG45-49M	01:32:26	+06:05 07:42
5	854	Edgar Lança	Individual	AG45-49M	01:44:35	+18:13 08:43
6	3003	Bruno Delgado	Black Bull	AG45-49M	01:51:55	+25:33 09:20
7	3004	Paulo Alves	Black Bull	AG45-49M	01:54:27	+28:06 09:32
8	385	Sérgio Gomes	Clube Naus OCR	AG45-49M	01:59:18	+32:57 09:57
9	623	Paulo Cardoso	Individual	AG45-49M	02:10:34	+44:13 10:53

AG50-54F

1	3030	Nilza Figueiredo	POWER FITNESS STUDIO	AG50-54F	02:01:56	10:10
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[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 07-set-2025 11:30
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FUN 12K - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	15:45	25°C	29%
End	18:31	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	4082	Rui da Silva	OCR*alhos	01:31:30		07:38	
2	4057	João Paiva	Individual	01:31:56	+00:26	07:40	
3	4060	Vitor Silva	Individual	01:31:56	+00:26	07:40	
4	4058	Paulo José Almeida Soares	Individual	01:34:52	+03:22	07:54	
5	4021	Tiago Marinho	Black Bull	01:34:52	+03:22	07:54	
6	4018	João Soares	Black Bull	01:35:03	+03:33	07:55	
7	4050	João Cerveira	Individual	01:35:36	+04:06	07:58	
8	4068	Miguel Mota	Individual	01:36:16	+04:46	08:01	
9	4091	Vitor Azevedo	Os Fúria do Lamaçal	01:36:17	+04:47	08:01	
10	4056	Dany Costa	Individual	01:37:11	+05:41	08:06	
11	4051	Samuel Salcedo	Individual	01:40:28	+08:58	08:22	
12	4028	Hugo Peudru	Individual	01:40:44	+09:14	08:24	
13	4110	Joaquim Pepe Roque	The Rocks	01:41:11	+09:41	08:26	
14	4052	Luís Moura	Individual	01:41:50	+10:20	08:29	
15	4024	José Saraiva	CROSSBOX CHAVES	01:43:06	+11:36	08:36	
16	4069	Filipe Manuel de Sousa Ferreira	Individual	01:43:45	+12:15	08:39	
17	4055	Hélder Manuel Fernandes Martins	Individual	01:45:10	+13:40	08:46	
18	4054	Tiago Emanuel Gomes Silva	Individual	01:45:10	+13:40	08:46	
19	4123	Orlando Lima	Flavius Challenge OCR	01:47:22	+15:52	08:57	
20	4065	Simão da Cunha	Individual	01:48:01	+16:31	09:00	
21	4053	Marcelo Cunha	Individual	01:48:16	+16:46	09:01	
22	4049	Gilberto Cunha	Individual	01:48:22	+16:52	09:02	
23	4067	André Nogueira	Individual	01:51:06	+19:36	09:16	
24	4011	Joana Rocha	Black Bull	01:51:42	+20:12	09:19	
25	4012	Joana Barbosa	Black Bull	01:51:42	+20:12	09:19	
26	4075	Gilda Silva	OCR*alhos	01:52:38	+21:08	09:23	
27	4076	André Sobreiro	OCR*alhos	01:52:38	+21:08	09:23	
28	4086	Elsa Dias	OCR*alhos	01:52:39	+21:09	09:23	
29	4077	Pedro Soares	OCR*alhos	01:52:39	+21:09	09:23	
30	4078	Telma Silva	OCR*alhos	01:52:39	+21:09	09:23	
31	4087	Nuno Oliveira	OCR*alhos	01:52:40	+21:10	09:23	
32	4081	Bruno Araújo	OCR*alhos	01:52:40	+21:10	09:23	
33	4079	Davide Rua Carneiro	OCR*alhos	01:52:40	+21:10	09:23	
34	4116	Manuel Alves	VIEIRAFIT Team	01:55:21	+23:51	09:37	
35	4118	Nelson Silva	VIEIRAFIT Team	01:55:31	+24:01	09:38	
36	4119	Alfredo Pereira	VIEIRAFIT Team	01:55:31	+24:01	09:38	
37	4117	Isabel Abreu	VIEIRAFIT Team	01:55:31	+24:01	09:38	
38	4112	Henrique Roque	The Rocks	01:57:28	+25:58	09:47	
39	4111	João Roque	The Rocks	01:57:30	+26:00	09:47	
40	4120	José Machado	VIEIRAFIT Team	01:58:35	+27:05	09:53	
41	4061	Ricardo Marques	Individual	02:03:11	+31:41	10:16	
42	4062	Ines Soeiro	Individual	02:03:11	+31:41	10:16	

Official Timekeeper: Lap2Go	1 / 2	generate 07-set-2025 11:28
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FUN 12K - STAGE 1

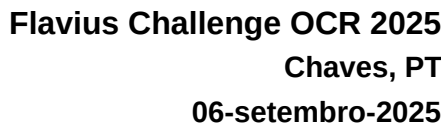
12 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	4113	David Melo	The Temple Gym	02:03:51	+32:21	10:19	
44	4088	João Lago	OCR*alhos	02:05:56	+34:26	10:30	
45	4083	Diogo Guimarães	OCR*alhos	02:05:56	+34:26	10:30	
46	4085	Maria João Castro	OCR*alhos	02:05:57	+34:27	10:30	
47	4124	IZAN GARROTE	Flavius Challenge OCR	02:06:09	+34:39	10:31	
48	4047	Rafael Peixoto	Gou	02:10:59	+39:29	10:55	
49	4048	Soraia Matias	Gou	02:10:59	+39:29	10:55	
50	4027	Tiago Lopes	CROSSBOX CHAVES	02:15:00	+43:30	11:15	
51	4026	Diogo Ribeiro	CROSSBOX CHAVES	02:15:01	+43:31	11:15	
52	4025	João Ribeiro	CROSSBOX CHAVES	02:15:01	+43:31	11:15	
53	4031	Silvia Proença	Crossfesteiras	02:15:23	+43:53	11:17	
54	4034	Cátia Sofia Silva Gonçalves Barros	Crossfesteiras	02:17:50	+46:20	11:29	
55	4030	Susana Cristina Vale Pereira	Crossfesteiras	02:17:50	+46:20	11:29	
56	4015	Sandra Teixeira	Black Bull	02:18:16	+46:46	11:31	
57	4023	Ana Sousa	Black Bull	02:18:16	+46:46	11:31	
58	4017	Cristiana Gonçalves	Black Bull	02:20:44	+49:14	11:44	
59	4016	Pedro Caçote	Black Bull	02:20:53	+49:23	11:44	
60	4020	Inês Carvalho	Black Bull	02:21:28	+49:58	11:47	
61	4019	Luís Sousa	Black Bull	02:21:31	+50:01	11:48	
62	4071	David Martins	it is what it is	02:27:05	+55:35	12:15	
63	4073	Luís Almeida	it is what it is	02:27:06	+55:36	12:16	
64	4070	Mykhailo Bentsa	it is what it is	02:27:07	+55:37	12:16	
65	4004	Andreia Costa	Amigos da Posta	02:27:27	+55:57	12:17	
66	4009	Ricardo Faria	Amigos da Posta	02:27:27	+55:57	12:17	
67	4001	João Silva	Amigos da Posta	02:27:27	+55:57	12:17	
68	4008	Cláudia Campos	Amigos da Posta	02:27:27	+55:57	12:17	
69	4002	João Pereira	Amigos da Posta	02:27:28	+55:58	12:17	
70	4007	José Marques	Amigos da Posta	02:27:28	+55:58	12:17	
71	4006	Márcia Moreira	Amigos da Posta	02:27:28	+55:58	12:17	
72	4005	Ricardo Peixoto	Amigos da Posta	02:27:29	+55:59	12:17	
73	4003	Miguel Almeida	Amigos da Posta	02:27:30	+56:00	12:17	
74	4108	Margarida Azevedo	Queijo Bornes	02:27:44	+56:14	12:19	
75	4104	Maria Luís Azevedo	Queijo Bornes	02:27:44	+56:14	12:19	
76	4105	Inês Barbosa	Queijo Bornes	02:27:45	+56:15	12:19	
77	4045	Sara Guedes	Equipa D'Elite	02:46:30	+01:15:00	13:52	
78	4036	Mariana Domingues	Equipa D'Elite	02:46:30	+01:15:00	13:52	
79	4044	Escarlet Trindade de Souza	Equipa D'Elite	02:46:30	+01:15:00	13:52	
80	4042	Sónia Enes	Equipa D'Elite	02:46:30	+01:15:00	13:53	
81	4041	Vanda Teixeira	Equipa D'Elite	02:46:30	+01:15:00	13:53	
82	4037	Diana Cardoso	Equipa D'Elite	02:46:30	+01:15:00	13:53	



12 KM

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	4011	Joana Rocha	Black Bull	Elite Feminino	01:51:42	09:19:30
2	4012	Joana Barbosa	Black Bull	Elite Feminino	01:51:42	09:19:30
3	4075	Gilda Silva	OCR*alhos	Elite Feminino	01:52:38	+00:55 09:23:25
4	4086	Elsa Dias	OCR*alhos	Elite Feminino	01:52:39	+00:56 09:23:26
5	4078	Telma Silva	OCR*alhos	Elite Feminino	01:52:39	+00:56 09:23:26
6	4117	Isabel Abreu	VIEIRAFIT Team	Elite Feminino	01:55:31	+03:48 09:38:18
7	4062	Ines Soeiro	Individual	Elite Feminino	02:03:11	+11:28 10:16:49
8	4085	Maria João Castro	OCR*alhos	Elite Feminino	02:05:57	+14:14 10:30:01
9	4048	Soraia Matias	Gou	Elite Feminino	02:10:59	+19:16 10:55:12
10	4031	Silvia Proença	Crossfesteiras	Elite Feminino	02:15:23	+23:40 11:17:03
11	4034	Cátia Sofia Silva Gonçalves Barros	Crossfesteiras	Elite Feminino	02:17:50	+26:07 11:29:34
12	4030	Susana Cristina Vale Pereira	Crossfesteiras	Elite Feminino	02:17:50	+26:07 11:29:34
13	4015	Sandra Teixeira	Black Bull	Elite Feminino	02:18:16	+26:33 11:31:07
14	4023	Ana Sousa	Black Bull	Elite Feminino	02:18:16	+26:34 11:31:07
15	4017	Cristiana Gonçalves	Black Bull	Elite Feminino	02:20:44	+29:01 11:44:12
16	4020	Inês Carvalho	Black Bull	Elite Feminino	02:21:28	+29:45 11:47:07
17	4004	Andreia Costa	Amigos da Posta	Elite Feminino	02:27:27	+35:44 12:17:01
18	4008	Cláudia Campos	Amigos da Posta	Elite Feminino	02:27:27	+35:45 12:17:01
19	4006	Márcia Moreira	Amigos da Posta	Elite Feminino	02:27:28	+35:46 12:17:01
20	4108	Margarida Azevedo	Queijo Bornes	Elite Feminino	02:27:44	+36:01 12:19:06
21	4104	Maria Luís Azevedo	Queijo Bornes	Elite Feminino	02:27:44	+36:02 12:19:06
22	4105	Inês Barbosa	Queijo Bornes	Elite Feminino	02:27:45	+36:02 12:19:06
23	4045	Sara Guedes	Equipa D'Elite	Elite Feminino	02:46:30	+54:47 13:52:33
24	4036	Mariana Domingues	Equipa D'Elite	Elite Feminino	02:46:30	+54:47 13:52:33
25	4044	Escarlet Trindade de Souza	Equipa D'Elite	Elite Feminino	02:46:30	+54:47 13:52:33
26	4042	Sónia Enes	Equipa D'Elite	Elite Feminino	02:46:30	+54:47 13:53:00
27	4041	Vanda Teixeira	Equipa D'Elite	Elite Feminino	02:46:30	+54:47 13:53:00
28	4037	Diana Cardoso	Equipa D'Elite	Elite Feminino	02:46:30	+54:48 13:53:00

1	4082	Rui da Silva	OCR*alhos	Elite Masculino	01:31:30	07:38
2	4057	João Paiva	Individual	Elite Masculino	01:31:56	+00:25 07:40
3	4060	Vitor Silva	Individual	Elite Masculino	01:31:56	+00:25 07:40
4	4058	Paulo José Almeida Soares	Individual	Elite Masculino	01:34:52	+03:21 07:54
5	4021	Tiago Marinho	Black Bull	Elite Masculino	01:34:52	+03:21 07:54
6	4018	João Soares	Black Bull	Elite Masculino	01:35:03	+03:32 07:55
7	4050	João Cerveira	Individual	Elite Masculino	01:35:36	+04:05 07:58
8	4068	Miguel Mota	Individual	Elite Masculino	01:36:16	+04:45 08:01

Official Timekeeper: Lap2Go	1 / 3	generate 07-set-2025 11:28
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Fun 12K

12 KM

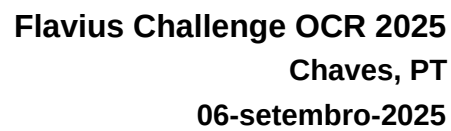
[illegible]

OFFICIAL RESULT

[illegible]

9	4091	Vítor Azevedo	Os Fúria do Lamaçal	Elite Masculino	01:36:17	+04:46	08:01
10	4056	Dany Costa	Individual	Elite Masculino	01:37:11	+05:40	08:06
11	4051	Samuel Salcedo	Individual	Elite Masculino	01:40:28	+08:57	08:22
12	4028	Hugo Peudru	Individual	Elite Masculino	01:40:44	+09:13	08:24
13	4110	Joaquim Pepe Roque	The Rocks	Elite Masculino	01:41:11	+09:40	08:26
14	4052	Luís Moura	Individual	Elite Masculino	01:41:50	+10:19	08:29
15	4024	José Saraiva	CROSSBOX CHAVES	Elite Masculino	01:43:06	+11:35	08:36
16	4069	Filipe Manuel de Sousa Ferreira	Individual	Elite Masculino	01:43:45	+12:14	08:39
17	4055	Hélder Manuel Fernandes Martins	Individual	Elite Masculino	01:45:10	+13:39	08:46
18	4054	Tiago Emanuel Gomes Silva	Individual	Elite Masculino	01:45:10	+13:39	08:46
19	4123	Orlando Lima	Flavius Challenge OCR	Elite Masculino	01:47:22	+15:51	08:57
20	4065	Simão da Cunha	Individual	Elite Masculino	01:48:01	+16:30	09:00
21	4053	Marcelo Cunha	Individual	Elite Masculino	01:48:16	+16:45	09:01
22	4049	Gilberto Cunha	Individual	Elite Masculino	01:48:22	+16:51	09:02
23	4067	André Nogueira	Individual	Elite Masculino	01:51:06	+19:35	09:16
24	4076	André Sobreiro	OCR*alhos	Elite Masculino	01:52:38	+21:07	09:23
25	4077	Pedro Soares	OCR*alhos	Elite Masculino	01:52:39	+21:08	09:23
26	4087	Nuno Oliveira	OCR*alhos	Elite Masculino	01:52:40	+21:09	09:23
27	4081	Bruno Araújo	OCR*alhos	Elite Masculino	01:52:40	+21:09	09:23
28	4079	Davide Rua Carneiro	OCR*alhos	Elite Masculino	01:52:40	+21:09	09:23
29	4116	Manuel Alves	VIEIRAFIT Team	Elite Masculino	01:55:21	+23:50	09:37
30	4118	Nelson Silva	VIEIRAFIT Team	Elite Masculino	01:55:31	+24:00	09:38
31	4119	Alfredo Pereira	VIEIRAFIT Team	Elite Masculino	01:55:31	+24:00	09:38
32	4112	Henrique Roque	The Rocks	Elite Masculino	01:57:28	+25:58	09:47
33	4111	João Roque	The Rocks	Elite Masculino	01:57:30	+25:59	09:47
34	4120	José Machado	VIEIRAFIT Team	Elite Masculino	01:58:35	+27:04	09:53
35	4061	Ricardo Marques	Individual	Elite Masculino	02:03:11	+31:40	10:16
36	4113	David Melo	The Temple Gym	Elite Masculino	02:03:51	+32:20	10:19
37	4088	João Lago	OCR*alhos	Elite Masculino	02:05:56	+34:25	10:30
38	4083	Diogo Guimarães	OCR*alhos	Elite Masculino	02:05:56	+34:25	10:30
39	4124	IZAN GARROTE	Flavius Challenge OCR	Elite Masculino	02:06:09	+34:38	10:31
40	4047	Rafael Peixoto	Gou	Elite Masculino	02:10:59	+39:28	10:55
41	4027	Tiago Lopes	CROSSBOX CHAVES	Elite Masculino	02:15:00	+43:29	11:15
42	4026	Diogo Ribeiro	CROSSBOX CHAVES	Elite Masculino	02:15:01	+43:30	11:15
43	4025	João Ribeiro	CROSSBOX CHAVES	Elite Masculino	02:15:01	+43:30	11:15
44	4016	Pedro Caçote	Black Bull	Elite Masculino	02:20:53	+49:22	11:44
45	4019	Luís Sousa	Black Bull	Elite Masculino	02:21:31	+50:00	11:48
46	4071	David Martins	it is what it is	Elite Masculino	02:27:05	+55:34	12:15
47	4073	Luís Almeida	it is what it is	Elite Masculino	02:27:06	+55:35	12:16
48	4070	Mykhailo Bentsa	it is what it is	Elite Masculino	02:27:07	+55:36	12:16
49	4009	Ricardo Faria	Amigos da Posta	Elite Masculino	02:27:27	+55:56	12:17
50	4001	João Silva	Amigos da Posta	Elite Masculino	02:27:27	+55:56	12:17
51	4002	João Pereira	Amigos da Posta	Elite Masculino	02:27:28	+55:57	12:17
52	4007	José Marques	Amigos da Posta	Elite Masculino	02:27:28	+55:57	12:17
53	4005	Ricardo Peixoto	Amigos da Posta	Elite Masculino	02:27:29	+55:58	12:17

Official Timekeeper: Lap2Go	2 / 3	generate 07-set-2025 11:28
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12 KM

OFFICIAL RESULT

54	4003	Miguel Almeida	Amigos da Posta	Elite Masculino	02:27:30	+55:59	12:17
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ELITE 3K - STAGE 1

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	17,7°C	76%
End	11:20	17.7°C	76%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	6019	Duarte Alves	OCR Portugal LAB Club	13:40		04:33	
2	5033	Henrique Antunes	XTEAM	14:30	+00:50	04:50	
3	5027	Carlos Pinto	Exército de Portugal	15:23	+01:43	05:08	
4	5006	Romel Agreda	Flavius Challenge OCR	15:33	+01:53	05:11	
5	5044	Luís Silva	Individual	15:54	+02:14	05:18	
6	5045	João Almeida	Individual	16:00	+02:20	05:20	
7	5010	Manu Rúa	Flavius Challenge OCR	16:21	+02:41	05:27	
8	5013	João Pedroso	GR REC GONÇALVINHENSE	16:30	+02:50	05:30	
9	5041	Paulo Silva	XTEAM	17:22	+03:42	05:47	
10	5026	Filipe Rosa	OCR Portugal LAB Club	17:29	+03:49	05:50	
11	5025	Alexandre Florindo	OCR Portugal LAB Club	19:48	+06:08	06:36	
12	5047	Ruben Carvalho	XTEAM	20:12	+06:32	06:44	
13	5001	Gonçalo Araújo Spinola	Academia militar	20:31	+06:51	06:50	
14	5014	Mafalda Nogueira	Grupo Recreativo Gonçalveshense	20:35	+06:55	06:52	
15	5039	Fernando Narciso	XTEAM	21:21	+07:41	07:07	
16	5031	Cristóvão Pedrosa	XTEAM	21:48	+08:08	07:16	
17	5036	Joel Montenegro Varela	Individual	22:29	+08:49	07:30	
18	5030	Francisco Ribeiro	Sem limites	22:46	+09:06	07:35	
19	5029	Lucas Silveira	Sem limites	22:47	+09:07	07:36	
20	5034	Ricardo Salgueiro	XTEAM	23:37	+09:57	07:52	
21	5002	Pedro Marques	Exército de Portugal	23:49	+10:10	07:57	
22	5037	Juliana Salgueiro	XTEAM	25:02	+11:22	08:21	
23	5005	Jorge Silva	Flavius Challenge OCR	26:14	+12:34	08:45	
24	5016	Francisco Azougado	Grupo Recreativo Gonçalveshense	28:05	+14:25	09:22	
25	5023	Bruno Pereira	Individual	30:20	+16:40	10:07	
26	5046	Jorge Calado	Ninja Factory	37:59	+24:19	12:40	
27	5042	Tristán Failde Fernández	Individual	41:14	+27:34	13:45	
28	5009	Silvia Carballal	Flavius Challenge OCR	42:36	+28:56	14:12	
29	5024	Eugénia Martins	OCR Portugal LAB Club	43:51	+30:11	14:37	
30	5015	Pedro Miranda	Grupo Recreativo Gonçalveshense	55:25	+41:45	18:28	
31	5022	Miguel Graça	Individual	01:00:26	+46:46	20:09	

Elite 3K

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	17,7°C	76%
End	11:20	17.7°C	76%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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AG12-13M

1	5016	Francisco Azougado	Grupo Recreativo Gonçalveshense	AG12-13M	28:05	09:22
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AG14-15M

1	5044	Luís Silva	Individual	AG14-15M	15:54	05:18
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AG18-19M

1	5025	Alexandre Florindo	OCR Portugal LAB Club	AG18-19M	19:48	06:36
2	5030	Francisco Ribeiro	Sem limites	AG18-19M	22:46	+02:58 07:35
3	5029	Lucas Silveira	Sem limites	AG18-19M	22:47	+02:58 07:36

AG20-24F

1	5014	Mafalda Nogueira	Grupo Recreativo Gonçalveshense	AG20-24F	20:35	06:52
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AG20-24M

1	5033	Henrique Antunes	XTEAM	AG20-24M	14:30		04:50
2	5001	Gonalo Araujo Spinola	Academia militar	AG20-24M	20:31	+06:01	06:50
3	5036	Joel Montenegro Varela	Individual	AG20-24M	22:29	+07:59	07:30

AG25-29M

1	6019	Duarte Alves	OCR Portugal LAB Club	AG25-29M	13:40	04:33
2	5045	João Almeida	Individual	AG25-29M	16:00	+02:20 05:20
3	5013	João Pedroso	GR REC GONÇALVINHENSE	AG25-29M	16:30	+02:50 05:30
4	5039	Fernando Narciso	XTEAM	AG25-29M	21:21	+07:41 07:07
5	5015	Pedro Miranda	Grupo Recreativo Gonçalveshense	AG25-29M	55:25	+41:45 18:28

AG30-34F

1	5009	Silvia Carballal	Flavius Challenge OCR	AG30-34F	42:36	14:12
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Elite 3K

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

AG30-34M

1	5006	Romel Agreda	Flavius Challenge OCR	AG30-34M	15:33	05:11
2	5047	Ruben Carvalho	XTEAM	AG30-34M	20:12	+04:39 06:44
3	5023	Bruno Pereira	Individual	AG30-34M	30:20	+14:47 10:07
4	5042	Tristán Failde Fernández	Individual	AG30-34M	41:14	+25:41 13:45

AG35-39M

1	5027	Carlos Pinto	Exército de Portugal	AG35-39M	15:23	05:08
2	5010	Manu Rúa	Flavius Challenge OCR	AG35-39M	16:21	+00:57 05:27
3	5031	Cristóvão Pedrosa	XTEAM	AG35-39M	21:48	+06:24 07:16
4	5002	Pedro Marques	Exército de Portugal	AG35-39M	23:49	+08:26 07:57
5	5046	Jorge Calado	Ninja Factory	AG35-39M	37:59	+22:35 12:40

AG40-44F

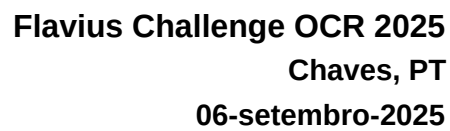
1	5037	Juliana Salgueiro	XTEAM	AG40-44F	25:02	08:21
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AG40-44M

1	5041	Paulo Silva	XTEAM	AG40-44M	17:22	05:47
2	5026	Filipe Rosa	OCR Portugal LAB Club	AG40-44M	17:29	+00:07 05:50
3	5034	Ricardo Salgueiro	XTEAM	AG40-44M	23:37	+06:14 07:52
4	5005	Jorge Silva	Flavius Challenge OCR	AG40-44M	26:14	+08:52 08:45
5	5022	Miguel Graça	Individual	AG40-44M	01:00:26	+43:04 20:09

AG55-59F

1	5024	Eugénia Martins	OCR Portugal LAB Club	AG55-59F	43:51	14:37
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[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 07-set-2025 11:31
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COMPETITIVE 3K - STAGE 1

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:20	17,7°C	76%
End	11:19	17,7°C	76%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	6017	António Guerra	Ninja Factory	19:49		06:36	
2	6011	Fabio Nunes	XTEAM	20:09	+00:20	06:43	
3	6001	Telmo Pereira	Black Bull	22:17	+02:28	07:26	
4	6007	Edgar Lança	Individual	26:16	+06:27	08:45	
5	6015	Jorge Vigário	Individual	37:34	+17:45	12:31	
6	6016	Pedro Eugénio Barbosa Gomes	Individual	37:34	+17:45	12:31	
7	6002	Ricardo Pereira	Black Bull	38:24	+18:35	12:48	
8	6014	Ana Margarida Bernardo Toureiro	XTEAM	40:07	+20:18	13:22	
9	6012	Jose Saavedra	XTEAM	45:50	+26:01	15:17	

Competitive 3K

[illegible]

3 KM

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:20	17,7°C	76%
End	11:19	17,7°C	76%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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AG16-17M

1	6017	António Guerra	Ninja Factory	AG16-17M	19:49	06:36
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AG20-24M

1	6012	Jose Saavedra	XTEAM	AG20-24M	45:50	15:17
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AG25-29F

1	6014	Ana Margarida Bernardo Toureiro	XTEAM	AG25-29F	40:07	13:22
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AG30-34M

1	6016	Pedro Eugénio Barbosa Gomes	Individual	AG30-34M	37:34	12:31
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2	6002	Ricardo Pereira	Black Bull	AG30-34M	38:24	+00:49	12:48
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AG35-39M

1	6015	Jorge Vigário	Individual	AG35-39M	37:34	12:31
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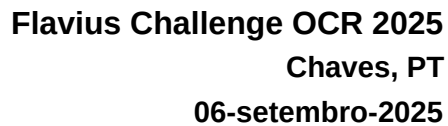
AG40-44M

1	6011	Fabio Nunes	XTEAM	AG40-44M	20:09	06:43
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AG45-49M

1	6001	Telmo Pereira	Black Bull	AG45-49M	22:17	07:26
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2	6007	Edgar Lança	Individual	AG45-49M	26:16	+03:58	08:45
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[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 07-set-2025 11:31
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FUN 3K - STAGE 1

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:25	17,6°C	72%
End	11:15	17,6°C	72%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	7011	João Cerveira	Individual	23:57		07:59	
2	7022	Filipe Manuel de Sousa Ferreira	Individual	24:23	+00:26	08:08	
3	7033	Luís Moura	Individual	26:08	+02:11	08:43	
4	7001	Andreia Café	NOVA MORADA LYNX	29:01	+05:04	09:40	
5	7045	Nuno Café	NOVA MORADA LYNX	29:01	+05:04	09:40	
6	7034	Ricardo Marques	Individual	29:27	+05:30	09:49	
7	7026	Ines Soeiro	Individual	29:28	+05:31	09:49	
8	7040	Tiago Lopes	CROSSBOX CHAVES	31:46	+07:49	10:35	
9	7021	Diogo Ribeiro	CROSSBOX CHAVES	31:47	+07:50	10:36	
10	7028	João Ribeiro	CROSSBOX CHAVES	31:48	+07:51	10:36	
11	7032	José Saraiva	CROSSBOX CHAVES	33:05	+09:08	11:02	
12	7014	Filipa Pinto	POWER FITNESS STUDIO	34:22	+10:25	11:27	
13	7016	Joana Sernache	POWER FITNESS STUDIO	34:22	+10:25	11:27	
14	7015	Cláudia Botelho	POWER FITNESS STUDIO	34:22	+10:25	11:27	
15	7038	Susana Cristina Vale Pereira	Crossfesteiras	35:06	+11:09	11:42	
16	7036	Silvia Proença	Crossfesteiras	35:07	+11:10	11:42	
17	7009	Jennifer Santos	Os Ciroos	36:47	+12:50	12:16	
18	7013	André Pinheiro	Os Pintas	36:47	+12:50	12:16	
19	7010	Fabio Rodrigues	Os Ciroos	36:47	+12:50	12:16	
20	7044	Diana	Individual	38:11	+14:14	12:44	
21	7043	Tiago	Individual	38:12	+14:15	12:44	
22	7039	Tiago Emanuel Gomes Silva	Individual	38:34	+14:37	12:51	
23	7008	Eulália Catarina Pereira Antunes	Individual	38:52	+14:55	12:57	
24	7007	Beatriz Gomes Silva	Individual	39:04	+15:07	13:01	
25	7024	Hélder Manuel Fernandes Martins	Individual	39:57	+16:00	13:19	

Fun 3K

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:25	17,6°C	72%
End	11:15	17,6°C	72%

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

1	7001	Andreia Café	NOVA MORADA LYNX	Elite Feminino	29:01	09:40
2	7026	Ines Soeiro	Individual	Elite Feminino	29:28	+00:26 09:49
3	7014	Filipa Pinto	POWER FITNESS STUDIO	Elite Feminino	34:22	+05:20 11:27
4	7016	Joana Sernache	POWER FITNESS STUDIO	Elite Feminino	34:22	+05:20 11:27
5	7015	Cláudia Botelho	POWER FITNESS STUDIO	Elite Feminino	34:22	+05:20 11:27
6	7038	Susana Cristina Vale Pereira	Crossfesteiras	Elite Feminino	35:06	+06:04 11:42
7	7036	Silvia Proença	Crossfesteiras	Elite Feminino	35:07	+06:05 11:42
8	7009	Jennifer Santos	Os Ciroos	Elite Feminino	36:47	+07:45 12:16
9	7044	Diana	Individual	Elite Feminino	38:11	+09:10 12:44
10	7008	Eulália Catarina Pereira Antunes	Individual	Elite Feminino	38:52	+09:51 12:57
11	7007	Beatriz Gomes Silva	Individual	Elite Feminino	39:04	+10:02 13:01

Elite Masculino

1	7011	João Cerveira	Individual	Elite Masculino	23:57	07:59
2	7022	Filipe Manuel de Sousa Ferreira	Individual	Elite Masculino	24:23	+00:25 08:08
3	7033	Luís Moura	Individual	Elite Masculino	26:08	+02:11 08:43
4	7045	Nuno Café	NOVA MORADA LYNX	Elite Masculino	29:01	+05:03 09:40
5	7034	Ricardo Marques	Individual	Elite Masculino	29:27	+05:29 09:49
6	7040	Tiago Lopes	CROSSBOX CHAVES	Elite Masculino	31:46	+07:48 10:35
7	7021	Diogo Ribeiro	CROSSBOX CHAVES	Elite Masculino	31:47	+07:49 10:36
8	7028	João Ribeiro	CROSSBOX CHAVES	Elite Masculino	31:48	+07:50 10:36
9	7032	José Saraiva	CROSSBOX CHAVES	Elite Masculino	33:05	+09:08 11:02
10	7013	André Pinheiro	Os Pintas	Elite Masculino	36:47	+12:49 12:16
11	7010	Fabio Rodrigues	Os Ciroos	Elite Masculino	36:47	+12:49 12:16
12	7043	Tiago	Individual	Elite Masculino	38:12	+14:14 12:44
13	7039	Tiago Emanuel Gomes Silva	Individual	Elite Masculino	38:34	+14:36 12:51
14	7024	Hélder Manuel Fernandes Martins	Individual	Elite Masculino	39:57	+15:59 13:19