

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	19:00	26,9°C	27%
End	20:43	22.9°C	51%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	515	Davide Silva	sporting clube de braga	Senior Masculino	30:33		03:03
2	500	Bernardo Rocha	s.c salgueiros	Senior Masculino	30:34	+00:00	03:03
3	3	Francisco Daniel Veloso Rodrigues	sporting clube de braga	Senior Masculino	30:36	+00:02	03:04
4	157	SAID AMEQRANE	gdrc ponterrolense	Senior Masculino	30:37	+00:03	03:04
5	151	Vitor oliveira	gdc guilhovai	Veterano M40	31:33	+00:59	03:09
6	536	Bruno Silva	vizela corre	Veterano M40	32:06	+01:32	03:13
7	251	Gustavo do Canto	individual	Senior Masculino	32:25	+01:51	03:15
8	295	Valter Costa	individual	Senior Masculino	32:54	+02:20	03:17
9	150	António Castro	gdc guilhovai	Veterano M40	33:06	+02:32	03:19
10	126	Rui Alves	escola de atletismo da trofa	Senior Masculino	33:34	+03:00	03:21
11	112	Sérgio Junqueira	cpr a-do-barbas	Veterano M45	33:45	+03:11	03:23
12	517	Ana Mafalda Ferreira	sporting clube de portugal	Veterana F35	34:05	+03:31	03:24
13	442	Joaquim Figueiredo	individual	Veterano M55	34:21	+03:47	03:26
14	154	António Fernandes	gdc guilhovai	Veterano M55	34:40	+04:06	03:28
15	171	Tiago Ferreira	grf benedita - atletismo	Senior Masculino	34:41	+04:07	03:28
16	153	Artur Rodrigues	gdc guilhovai	Veterano M50	34:43	+04:09	03:28
17	169	Vitor Dinis	gdrc unidos	Veterano M50	34:45	+04:11	03:28
18	280	Paulo Pereira	individual	Senior Masculino	34:46	+04:12	03:29
19	514	Vanessa Carvalho	sporting clube de braga	Senior Feminino	34:50	+04:17	03:29
20	408	Joel Couto	grupo alegre unido bajouca	Veterano M45	35:06	+04:32	03:31
21	176	Fábio André Abrantes	grupo recreativo eirense	Senior Masculino	35:12	+04:38	03:31
22	509	Daniel Antunes	sicótrilhos	Senior Masculino	35:13	+04:39	03:31
23	130	Vasco Pereira	a.r.casaense - escola atletismo de coimbra/ j paiva	Veterano M35	35:16	+04:42	03:32
24	302	Emília Kumós Pisoeiro	individual	Veterana F35	35:32	+04:58	03:33
25	149	André Adriano	gdc guilhovai	Veterano M40	35:39	+05:05	03:34
26	75	Carlos Nunes	casa do povo de mangualde	Veterano M40	35:57	+05:23	03:36
27	30	JOÃO SILVA	acbatalha	Senior Masculino	36:06	+05:32	03:37
28	129	Cristiano Oliveira	a.r.casaense - escola atletismo de coimbra/ j paiva	Senior Masculino	36:11	+05:38	03:37
29	173	Fernando Matos	grupo de convívio e amizade nas donas	Veterano M55	36:13	+05:39	03:37
30	146	Leandro Pereira	gdc guilhovai	Senior Masculino	36:14	+05:40	03:37
31	90	Emanuel Cardoso	clube atletismo marinha grande	Senior Masculino	36:17	+05:43	03:38
32	497	Carla Martinho	recreio desportivo de águeda	Veterana F40	36:17	+05:43	03:38
33	436	Sérgio Paiva	núcleoeiras	Veterano M50	36:26	+05:52	03:39
34	513	João Carlos Machado Rocha Pires	sport comércio e salgueiros	Senior Masculino	36:34	+06:00	03:39
35	5	Ulisses Miguel Maia Rodrigues	a.r. casaense - escola atletismo de coimbra / jpaiva	Senior Masculino	36:46	+06:12	03:41
36	165	Pawel Rutka	gdrc unidos	Veterano M35	36:52	+06:18	03:41
37	92	Paulo Ferreira	clube de atletismo de ferreira do zêzere	Veterano M45	36:54	+06:20	03:41
38	105	Filipe Azevedo	cpr a-do-barbas	Senior Masculino	37:09	+06:35	03:43
39	15	RICARDO GONÇALVES	ac vermoil	Veterano M40	37:13	+06:39	03:43

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	168	Virgílio Bastos	gdrc unidos	Veterano M45	37:16	+06:42	03:44
41	109	André Veloso	cpr a-do-barbas	Veterano M45	37:23	+06:49	03:44
42	395	Tiago Menino	individual	Veterano M40	37:37	+07:03	03:46
43	103	Nikita Yuriev	cppea	Senior Masculino	37:45	+07:11	03:46
44	14	MARCO GOMES	ac vermoil	Veterano M40	37:45	+07:11	03:46
45	458	ALÉXIS ROCHA	industrial desportivo vieirense	Senior Masculino	37:48	+07:14	03:47
46	222	DE OLIVEIRA JOAQUIM MATTHIEU	individual	Senior Masculino	37:49	+07:15	03:47
47	121	Nuno Silva	dar recardães	Veterano M45	37:50	+07:16	03:47
48	122	filipe ismael maia rocha	destemidos/a.r.sequeirô	Veterano M45	37:51	+07:17	03:47
49	117	Vitor Pleno	cpt sobral de ceira	Veterano M40	37:53	+07:19	03:47
50	21	PEDRO FERREIRA	ac vermoil	Veterano M50	37:58	+07:24	03:48
51	175	Rui Henriques	grupo desportivo santander totta	Veterano M50	38:22	+07:48	03:50
52	106	Pedro Silva	cpr a-do-barbas	Senior Masculino	38:34	+08:00	03:51
53	533	Diogo Simões	vilaventura trail	Veterano M35	38:36	+08:02	03:52
54	254	João Alves	individual	Senior Masculino	38:45	+08:11	03:53
55	183	Ana Paula Gorjão Rodrigues	individual	Senior Feminino	38:46	+08:12	03:53
56	46	João Santana	adr mata	Veterano M35	38:55	+08:21	03:53
57	159	PEDRO CARDOSO	gdrc ponterrolense	Veterano M35	38:59	+08:25	03:54
58	399	Davide Marques da Silva	individual	Veterano M45	39:03	+08:29	03:54
59	53	JULIO CESAR DA COSTA LEGENTIL	arvor associação recreativa os veteranos d'ovar	Veterano M45	39:09	+08:35	03:55
60	361	António Fonseca Oliveira	individual	Veterano M40	39:15	+08:41	03:56
61	411	Nilton Silva	individual	Veterano M45	39:25	+08:51	03:57
62	148	Sandra Ferreira	gdc guilhovai	Veterana F40	39:30	+08:56	03:57
63	307	Mafalda Rodrigues Martinho	individual	Veterana F35	39:33	+08:59	03:57
64	402	Filipe Brilhante	individual	Veterano M45	39:36	+09:02	03:58
65	161	JOAQUIM LEAL	gdrc ponterrolense	Veterano M50	39:38	+09:04	03:58
66	8	Márcio Filipe Simões Pereira	a.r.casaense - escola atletismo de coimbra/ j paiva	Veterano M45	39:41	+09:07	03:58
67	164	Flavio Esperança	gdrc unidos	Veterano M35	39:46	+09:12	03:59
68	461	QUIM DUARTE	industrial desportivo vieirense	Veterano M45	40:01	+09:27	04:00
69	52	Domingos Fortunato	arlu-trail	Veterano M40	40:10	+09:36	04:01
70	163	Renato Casimiro	gdrc unidos	Senior Masculino	40:19	+09:45	04:02
71	480	Jordan Silva	ndap - núcleo do desporto amador de pombal	Senior Masculino	40:23	+09:49	04:02
72	162	JOSÉ LEMOS	gdrc ponterrolense	Veterano M60	40:29	+09:55	04:03
73	51	Tiago André Gomes Alves	arcuda	Senior Masculino	40:36	+10:02	04:04
74	360	Tiago Fernandes	individual	Veterano M35	40:38	+10:04	04:04
75	487	David Marques	os tolinhos	Senior Masculino	40:42	+10:08	04:04
76	50	Bernardo Gomes Alves	arcuda	Senior Masculino	40:42	+10:08	04:04
77	464	CARLOS SIMÕES	industrial desportivo vieirense	Veterano M55	40:50	+10:16	04:05
78	353	Rafael da Penha Matoso	individual	Veterano M35	41:03	+10:29	04:06
79	389	Ricardo Gomes	gdc guilhovai	Veterano M40	41:05	+10:31	04:06
80	400	Fernando Carvalho	individual	Veterano M45	41:05	+10:31	04:06
81	516	João Trigueiros	sporting clube de espinho	Senior Masculino	41:05	+10:31	04:07
82	16	JOSÉ MENDES	ac vermoil	Veterano M45	41:05	+10:31	04:07

10 KM

[illegible][illegible]

Official Timekeeper: Lap2Go	3 / 12	generate 26-jul.-2025 20:47
-----------------------------	--------	-----------------------------

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
128	413	Pascoal Pinto Lopes	individual	Veterano M45	45:02	+14:28	04:30
129	249	Guilherme Gaspar	individual	Senior Masculino	45:02	+14:28	04:30
130	525	Marco Oliveira	trail da ladeia running team	Veterano M45	45:04	+14:30	04:30
131	257	João Gomes	individual	Senior Masculino	45:07	+14:33	04:31
132	33	Henrique Carvaheiro	acrm silveirinha grande e claras	Veterano M40	45:09	+14:35	04:31
133	398	Bruno Gonalo de Sousa Rodrigues	individual	Veterano M45	45:12	+14:38	04:31
134	541	Miguel Barros	individual	Senior Masculino	45:13	+14:39	04:31
135	484	Helder Marco Domingues	ndap - ncleo do desporto amador de pombal	Veterano M45	45:15	+14:41	04:32
136	277	Marcos Maia	individual	Senior Masculino	45:18	+14:44	04:32
137	510	Joo Antunes	sictrilhos	Senior Masculino	45:21	+14:47	04:32
138	352	Paulo Marques	individual	Veterano M35	45:25	+14:51	04:33
139	167	Sandro Vilela	gdrc unidos	Veterano M45	45:27	+14:53	04:33
140	215	Celestin Buzzi	individual	Senior Masculino	45:36	+15:02	04:34
141	62	Pedro Pereira	barras e bolinhos	Veterano M45	45:42	+15:08	04:34
142	273	Lus Ladeira	individual	Senior Masculino	45:47	+15:13	04:35
143	412	Nuno Alexandre Duarte da Mota	individual	Veterano M45	45:49	+15:15	04:35
144	492	Paulo Amaro	pelaestradafora	Veterano M55	45:52	+15:18	04:35
145	501	Eduardo Marques	sandoeira run club	Senior Masculino	45:54	+15:20	04:35
146	374	Gonalo Pedrosa Oliveira	individual	Veterano M40	45:55	+15:21	04:36
147	120	Maribel Cardoso	dar recardes	Veterana F40	45:57	+15:23	04:36
148	386	Pedro Pereira	individual	Veterano M40	45:57	+15:23	04:36
149	425	Emdio Alves	individual	Veterano M50	46:00	+15:26	04:36
150	365	Carlos Correia	individual	Veterano M40	46:03	+15:29	04:36
151	462	JOO DOMINGOS	industrial desportivo vieirense	Veterano M50	46:03	+15:29	04:36
152	47	Jos Alves	adr mata	Veterano M55	46:07	+15:34	04:37
153	73	Anbal Godinho	caracol trail team	Veterano M60	46:09	+15:35	04:37
154	466	ACCIO CAMPOS	industrial desportivo vieirense	Veterano M60	46:10	+15:36	04:37
155	407	Joel Costa	individual	Veterano M45	46:12	+15:38	04:37
156	267	Jos Miguel dos Santos Ventura	individual	Senior Masculino	46:15	+15:41	04:37
157	481	Nichita Ticu	ndap - ncleo do desporto amador de pombal	Senior Masculino	46:24	+15:50	04:38
158	264	Joo Santos Silva	individual	Senior Masculino	46:24	+15:50	04:38
159	454	Mendes Joo	individual	Veterano M60	46:30	+15:56	04:39
160	388	Pedro Temporo	individual	Veterano M40	46:46	+16:13	04:41
161	237	Filipe Ferreira	individual	Senior Masculino	46:48	+16:14	04:41
162	279	Patrick Camara	individual	Senior Masculino	47:01	+16:27	04:42
163	39	Lucidio Dias	acrm silveirinha grande e claras	Veterano M60	47:01	+16:28	04:42
164	512	Jorge Henriques	sictrilhos	Veterano M35	47:03	+16:29	04:42
165	420	BERNIER Jrme	individual	Veterano M50	47:06	+16:32	04:43
166	241	Francisco Gameiro Costa Martins Pedro	individual	Senior Masculino	47:08	+16:34	04:43
167	537	Joo Pedro da Silva Dmaso	amantes trail & run	Veterano M40	47:13	+16:39	04:43
168	177	Mrio Carvalho	grupo vilarinho cima	Veterano M60	47:17	+16:44	04:44
169	250	Guilherme Mariano	individual	Senior Masculino	47:18	+16:44	04:44

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
170	286	Rodrigo Duarte	individual	Senior Masculino	47:21	+16:47	04:44
171	261	João Pacheco Mendes	individual	Senior Masculino	47:25	+16:51	04:45
172	247	Gonçalo Marques	individual	Senior Masculino	47:29	+16:55	04:45
173	490	Pedro Ribeiro	osmanos2026	Veterano M45	47:33	+16:59	04:45
174	333	Bruno Simões	individual	Veterano M35	47:35	+17:01	04:46
175	186	Carla Marques	individual	Senior Feminino	47:37	+17:03	04:46
176	36	Amilcar Costa	acrm silveirinha grande e claras	Veterano M55	47:43	+17:09	04:46
177	128	Valdemar Alves	escola de atletismo da trofa	Veterano M60	47:47	+17:13	04:47
178	475	Pedro Jerónimo	lizrunners	Veterano M45	47:48	+17:14	04:47
179	223	Dineros Barreiro	individual	Senior Masculino	47:51	+17:17	04:47
180	535	Vitor Monteiro	vilaventura trail	Veterano M55	47:57	+17:23	04:48
181	111	Nuno Ferreira	cpr a-do-barbas	Veterano M45	47:59	+17:26	04:48
182	145	Fernando Jacinto	gasoutos	Veterano M55	48:01	+17:27	04:48
183	88	RICARDO COSTA	clube atletismo gaspar & costa	Veterano M50	48:03	+17:29	04:48
184	337	Diogo Rosa	individual	Veterano M35	48:04	+17:30	04:48
185	274	Marcelo Cleiton	individual	Senior Masculino	48:05	+17:31	04:49
186	524	Dale Mark Desautel	todos os sábados	Veterano M60	48:08	+17:34	04:49
187	421	Carlos Olivo	individual	Veterano M50	48:09	+17:35	04:49
188	427	Gil Carvalho	individual	Veterano M50	48:09	+17:35	04:49
189	101	Miguel Gineto	clube desportivo ribeirense	Veterano M50	48:16	+17:42	04:50
190	136	Jorge Barros	forunners	Veterano M35	48:23	+17:49	04:50
191	303	Isabel Perez	individual	Veterana F35	48:24	+17:51	04:50
192	13	DAVID MENDES	ac vermoil	Veterano M40	48:25	+17:51	04:50
193	24	FERNANDO GASPAR	ac vermoil	Veterano M60	48:25	+17:51	04:50
194	272	Lucas Jesus Gonçalves Neves	individual	Senior Masculino	48:25	+17:51	04:51
195	283	Pedro Mendes Nogueira	individual	Senior Masculino	48:26	+17:52	04:51
196	468	ANTÓNIO POEIRAS	industrial desportivo vieirense	Veterano M60	48:28	+17:55	04:51
197	485	Mário Salgado	ndap - núcleo do desporto amador de pombal	Veterano M50	48:32	+17:58	04:51
198	320	Flávia Ferraz	individual	Veterana F40	48:33	+17:59	04:51
199	316	Catarina Alexandra Carvalho dos Santos	individual	Veterana F40	48:39	+18:05	04:52
200	288	Rodrigo Trindade Penteado	individual	Senior Masculino	48:40	+18:06	04:52
201	96	Arnaldo Santos	clube desportivo de espite	Veterano M45	48:42	+18:08	04:52
202	301	Elizeth Tavares	individual	Veterana F35	48:55	+18:21	04:53
203	124	Guilherme Martins	equipa de que se fala	Senior Masculino	48:59	+18:25	04:54
204	418	Ricardo Jorge Gonçalves da Silva	individual	Veterano M45	49:04	+18:30	04:54
205	391	Ruany da Silva Souza	individual	Veterano M40	49:05	+18:31	04:54
206	410	Marcos Lisboa	individual	Veterano M45	49:05	+18:31	04:55
207	29	Samuel Anjos	academia de desportos de condeixa	Veterano M50	49:07	+18:33	04:55
208	291	Tiago Gameiro	individual	Senior Masculino	49:18	+18:44	04:56
209	32	Mónica Jordão	acrm silveirinha grande e claras	Veterana F40	49:19	+18:45	04:56
210	499	João Antunes	run 4 fun	Veterano M35	49:21	+18:48	04:56
211	426	Fernando Neves	individual	Veterano M50	49:22	+18:48	04:56
212	233	Énio Carrasqueira	individual	Senior Masculino	49:28	+18:54	04:57
213	104	Daniela Pereira	cpr a-do-barbas	Senior Feminino	49:30	+18:56	04:57

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
214	431	Luís Carreira	individual	Veterano M50	49:33	+18:59	04:57
215	260	João Marcos Domingues Esteves	individual	Senior Masculino	49:33	+18:59	04:57
216	370	Filipe Mateus	individual	Veterano M40	49:36	+19:02	04:58
217	532	Ruben Vieir	vilaventura trail	Senior Masculino	49:38	+19:04	04:58
218	67	Rodrigo Silva	bombeiros v. pombal	Senior Masculino	49:38	+19:04	04:58
219	144	Carlos Gonçalves	fullprotein trail team	Veterano M50	49:39	+19:05	04:58
220	54	Nuno Marques	asas nos pés	Veterano M50	49:39	+19:05	04:58
221	356	Rui Pereira	individual	Veterano M35	49:44	+19:10	04:58
222	59	Jorge Santos	avelar sunset team	Veterano M60	49:45	+19:11	04:58
223	17	NELSON FERREIRA	ac vermoil	Veterano M45	49:48	+19:14	04:59
224	310	Vanessa Abreu	individual	Veterana F35	49:50	+19:16	04:59
225	85	PAULO DOMINGUES	clube atletismo gaspar & costa	Veterano M40	49:53	+19:19	04:59
226	226	Diogo José Fernandes	individual	Senior Masculino	49:53	+19:19	04:59
227	76	Augusto Dourado	casa pias de nazaré	Veterano M60	49:56	+19:22	05:00
228	234	Fabio miranda	individual	Senior Masculino	49:56	+19:22	05:00
229	201	Mariana Duarte	individual	Senior Feminino	49:58	+19:24	05:00
230	123	Natalia Silva	epic mess	Veterana F40	50:07	+19:33	05:01
231	380	Milton Cordeiro	individual	Veterano M40	50:10	+19:36	05:01
232	217	COZEMA Kevin	individual	Senior Masculino	50:18	+19:44	05:02
233	289	Rodrigo Victorino	individual	Senior Masculino	50:20	+19:46	05:02
234	387	Pedro Pereira	individual	Veterano M40	50:21	+19:47	05:02
235	236	Ferreira David	individual	Senior Masculino	50:25	+19:51	05:03
236	422	Da Silva Sérgio	individual	Veterano M50	50:27	+19:53	05:03
237	363	BRuNo CLaRo	individual	Veterano M40	50:30	+19:56	05:03
238	488	Alexandre Blanco	os tolinhos	Veterano M45	50:30	+19:57	05:03
239	314	Carla Neves	individual	Veterana F40	50:32	+19:58	05:03
240	147	Paula Oliveira	gdc guilhovai	Veterana F40	50:34	+20:00	05:03
241	244	Francisco Santos	individual	Senior Masculino	50:38	+20:04	05:04
242	80	NUNO ROSA	ccd credito agricola	Veterano M45	50:38	+20:04	05:04
243	34	Henrique Lavaredas	acrm silveirinha grande e claras	Veterano M50	50:39	+20:05	05:04
244	429	Jaime Santos	individual	Veterano M50	50:42	+20:08	05:04
245	93	Narciso Garcia Simões Arromba	clube de veteranos de coimbra - cluve	Veterano M60	50:43	+20:09	05:04
246	504	Paula Rodrigues	sb vidros - vidrala	Veterana F40	50:44	+20:10	05:04
247	212	André Filipe Ramos Sousa	individual	Senior Masculino	50:45	+20:11	05:04
248	265	Joel Lopes	individual	Senior Masculino	50:58	+20:24	05:06
249	256	João Eusébio	individual	Senior Masculino	50:59	+20:25	05:06
250	100	Mario Duarte	clube desportivo moitense	Veterano M60	51:01	+20:27	05:06
251	63	Roberto Fiúza	barras e bolinhos	Veterano M45	51:18	+20:44	05:08
252	287	Rodrigo Lopes	individual	Senior Masculino	51:23	+20:49	05:08
253	452	José Monteiro	individual	Veterano M60	51:25	+20:51	05:08
254	448	CARLOS CRUZ	individual	Veterano M60	51:27	+20:53	05:09
255	439	Armando Cruz	individual	Veterano M55	51:28	+20:54	05:09
256	443	Paulo Oliveira	individual	Veterano M55	51:29	+20:56	05:09
257	245	Gabriel de Jesus Lemls	individual	Senior Masculino	51:33	+20:59	05:09
258	502	Luís Gomes	sandoeira run club	Veterano M35	51:38	+21:04	05:10

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
259	343	Ismael Mendes Costa	individual	Veterano M35	51:40	+21:06	05:10
260	232	Emanuel Gonçalves	individual	Senior Masculino	51:41	+21:07	05:10
261	22	ANTONIO SILVINO	ac vermoil	Veterano M60	51:43	+21:09	05:10
262	218	Daniel Silva Gaspar	individual	Senior Masculino	51:46	+21:12	05:11
263	455	Paulo Fonseca	individual	Veterano M60	51:50	+21:16	05:11
264	529	BERNARDO MONTEIRO	vilaventura trail	Senior Masculino	51:58	+21:24	05:12
265	526	Eleandro Andrade	twopikas	Senior Masculino	51:59	+21:25	05:12
266	433	Pedro Pimenta	individual	Veterano M50	52:01	+21:27	05:12
267	238	Flávio Silva	individual	Senior Masculino	52:02	+21:28	05:12
268	235	Ferreira Da Silva Loïc	individual	Senior Masculino	52:05	+21:31	05:12
269	483	Ricardo Gomes	ndap - núcleo do desporto amador de pombal	Veterano M40	52:10	+21:36	05:13
270	423	Daniel Fragoso	individual	Veterano M50	52:12	+21:38	05:13
271	406	João Nuno Teixeira Domingues	individual	Veterano M45	52:12	+21:38	05:13
272	508	Sara da Silva Gonçalves	sicótrilhos	Senior Feminino	52:16	+21:42	05:14
273	394	SAMUEL GALDINO DA SILVA NEVES	individual	Veterano M40	52:20	+21:46	05:14
274	338	Diogo Silva	individual	Veterano M35	52:23	+21:49	05:14
275	359	Tiago Andrade	individual	Veterano M35	52:28	+21:54	05:15
276	58	Mário Medeiros	ats - avelar sunset team	Veterano M55	52:32	+21:58	05:15
277	451	Jorge Justo	individual	Veterano M60	52:32	+21:58	05:15
278	355	Rodrigo Leal	individual	Veterano M35	52:37	+22:03	05:16
279	511	Sara Gonçalves das Neves	sicótrilhos	Veterana F35	52:39	+22:05	05:16
280	396	Tony Santos	individual	Veterano M40	52:40	+22:06	05:16
281	211	Alexandre Pereira	individual	Senior Masculino	52:46	+22:12	05:17
282	40	Sandra Rodrigues da Silva	active	Senior Feminino	52:52	+22:19	05:17
283	48	alfredo valente	alfredo valente	Veterano M60	53:01	+22:27	05:18
284	246	Gabriel Ribeiro	individual	Senior Masculino	53:08	+22:34	05:19
285	262	João Pedro Martins Gonçalves	individual	Senior Masculino	53:11	+22:37	05:19
286	221	David Henriques	individual	Senior Masculino	53:12	+22:38	05:19
287	133	Jorge Eduardo Vieira da Silva	etap	Veterano M50	53:19	+22:45	05:20
288	9	Luís Manuel Seco de Oliveira	a.r.casaense - escola atletismo de coimbra/ j paiva	Veterano M55	53:21	+22:48	05:20
289	213	André Mendes	individual	Senior Masculino	53:28	+22:54	05:21
290	495	António Mendes	ratatui team	Veterano M45	53:33	+22:59	05:21
291	131	António João Duarte Santana	etap	Veterano M40	53:35	+23:01	05:21
292	335	Daniel Gomes Bento	individual	Veterano M35	53:39	+23:05	05:22
293	345	joao manuel almeida costa	individual	Veterano M35	53:39	+23:05	05:22
294	98	Alberto Vinagre	clube desportivo moitense	Veterano M60	53:41	+23:07	05:22
295	446	Abel Manuel da Costa Batalha	individual	Veterano M60	53:52	+23:19	05:23
296	132	David Rodrigues Fernandes	etap	Veterano M45	54:00	+23:26	05:24
297	445	Paulo Santos	individual	Veterano M55	54:01	+23:27	05:24
298	444	Paulo Pina	individual	Veterano M55	54:07	+23:33	05:25
299	460	HUGO MARQUES	industrial desportivo vieirense	Veterano M40	54:07	+23:33	05:25
300	20	JOSÉ LOPES	ac vermoil	Veterano M50	54:11	+23:37	05:25
301	350	Michael baiguini	individual	Veterano M35	54:13	+23:39	05:25

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
302	281	Pedro Fernandes	individual	Senior Masculino	54:18	+23:44	05:26
303	43	Henrique Santos	active	Veterano M45	54:23	+23:49	05:26
304	216	Célio Mendes	individual	Senior Masculino	54:25	+23:51	05:27
305	78	ANDRE LOPES	ccd credito agricola	Veterano M40	54:27	+23:53	05:27
306	224	Diogo Dias	individual	Senior Masculino	54:28	+23:54	05:27
307	393	Rui Neves	individual	Veterano M40	54:40	+24:06	05:28
308	229	Duarte Pimenta	individual	Senior Masculino	54:41	+24:07	05:28
309	270	Le Blevect Elliot	individual	Senior Masculino	54:44	+24:10	05:28
310	435	Samuel Ferraz Costa	individual	Veterano M50	54:50	+24:16	05:29
311	37	Lino Carraco	acrm silveirinha grande e claras	Veterano M55	54:59	+24:25	05:30
312	346	João Meneses	individual	Veterano M35	55:14	+24:40	05:31
313	368	Eduardo Martins	individual	Veterano M40	55:21	+24:47	05:32
314	77	BRUNO LIMA	ccd credito agricola	Veterano M35	55:22	+24:48	05:32
315	41	Susana Moreira	active	Veterana F40	55:24	+24:50	05:32
316	404	Hugo Ponte	individual	Veterano M45	55:25	+24:51	05:32
317	156	MARISA ESTEVES	gdrc ponterrolense	Senior Feminino	55:35	+25:01	05:33
318	72	Patrícia Ramos Cravo	caracóis velozes	Senior Feminino	55:49	+25:15	05:35
319	205	Rute Ferreira	individual	Senior Feminino	55:52	+25:18	05:35
320	349	Micael Dias	individual	Veterano M35	56:15	+25:41	05:38
321	342	Gualter Gaspar	individual	Veterano M35	56:27	+25:53	05:39
322	383	Paulo Silva	individual	Veterano M40	56:29	+25:55	05:39
323	336	Dário Neves	individual	Veterano M35	56:32	+25:58	05:39
324	566	Márcio Martins	fullprotein trail team	Veterano M45	56:34	+26:00	05:39
325	187	Catarina Lobo	individual	Senior Feminino	56:35	+26:01	05:39
326	25	HELDER GOMES	ac vermoil	Veterano M60	56:36	+26:02	05:40
327	227	Duarte Domingues	individual	Senior Masculino	56:36	+26:02	05:40
328	491	Diogo Abade	papa-montanhas	Senior Masculino	56:37	+26:03	05:40
329	312	Ana Silva	individual	Veterana F40	56:40	+26:06	05:40
330	474	Inês Jerónimo	lizrunners	Veterana F40	56:46	+26:12	05:41
331	297	Vítor Mendes	individual	Senior Masculino	56:48	+26:14	05:41
332	38	João Sintra	acrm silveirinha grande e claras	Veterano M60	56:51	+26:17	05:41
333	528	Barbara Monteiro	vilaventura trail	Senior Feminino	56:54	+26:20	05:41
334	219	David Coelho Saavedra	individual	Senior Masculino	57:04	+26:30	05:42
335	200	Margarida Susana	individual	Senior Feminino	57:21	+26:47	05:44
336	292	Tomás Conceição	individual	Senior Masculino	57:22	+26:48	05:44
337	379	Miguel Santos	individual	Veterano M40	57:25	+26:51	05:44
338	403	Francisco Sousa	individual	Veterano M45	57:30	+26:56	05:45
339	449	Filipe Cruz	individual	Veterano M60	57:46	+27:12	05:47
340	453	Manuel santos	individual	Veterano M60	57:46	+27:12	05:47
341	332	André Pinto	individual	Veterano M35	57:54	+27:20	05:47
342	199	Leonor Gomes	individual	Senior Feminino	57:57	+27:23	05:48
343	417	Pedro Gomes	individual	Veterano M45	57:58	+27:24	05:48
344	519	João Carlos Dias de Carvalho	team do avô	Veterano M60	57:59	+27:25	05:48
345	321	Isabel Maria Moniz Vieira	individual	Veterana F40	58:02	+27:28	05:48
346	457	Vitor Manuel Borges Fontes	individual	Veterano M60	58:06	+27:32	05:49
347	266	Jordana John Birk	individual	Senior Masculino	58:06	+27:33	05:49

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
348	18	FILIPE SILVA	ac vermoil	Veterano M50	58:10	+27:36	05:49
349	194	Joana Maria Paredes Pote	individual	Senior Feminino	58:22	+27:48	05:50
350	185	Camila Ferreira	individual	Senior Feminino	58:28	+27:54	05:51
351	4	PEDRO NATÁRIO	100 gás trail team	Veterano M45	58:44	+28:10	05:52
352	42	Bruno Gaspar	active	Veterano M45	58:47	+28:13	05:53
353	456	Ramos da Silva	individual	Veterano M60	58:49	+28:16	05:53
354	507	Rita Mendes	seleção lá de casa	Veterana F40	58:57	+28:23	05:54
355	182	Adriana Coimbra	individual	Senior Feminino	59:00	+28:26	05:54
356	296	Vasco Cotrim	individual	Senior Masculino	59:07	+28:33	05:55
357	306	Lucinda Alves	individual	Veterana F35	59:09	+28:36	05:55
358	450	João Pereira da Graça	individual	Veterano M60	59:14	+28:40	05:55
359	377	Luis mendes	individual	Veterano M40	59:18	+28:44	05:56
360	27	Ana Marques	academia de desportos de condeixa	Veterana F40	59:24	+28:50	05:56
361	28	Sandra Ponte	academia de desportos de condeixa	Veterana F40	59:24	+28:50	05:56
362	26	LEANDRO SANTOS	ac vermoil	Veterano M60	59:34	+29:00	05:57
363	505	Catarina Mota	seca adegas das achadas	Senior Feminino	59:34	+29:00	05:57
364	357	Samuel Santos	individual	Veterano M35	59:54	+29:20	05:59
365	68	Luis Carlos	bombeiros v. pombal	Veterano M35	01:00:13	+29:39	06:01
366	494	André Gomes	ratatui team	Veterano M40	01:00:19	+29:45	06:02
367	305	Joana Gomes	individual	Veterana F35	01:00:20	+29:46	06:02
368	447	Assel Guzinski	individual	Veterano M60	01:00:24	+29:50	06:02
369	12	ELSA SOARES	ac vermoil	Veterana F40	01:00:29	+29:55	06:03
370	392	Rui Fernandes	individual	Veterano M40	01:00:43	+30:10	06:04
371	542	Natalia Mendes	individual	Veterana F40	01:00:48	+30:14	06:05
372	416	Paulo Frances	individual	Veterano M45	01:00:49	+30:15	06:05
373	304	Joana Ferreira	individual	Veterana F35	01:00:58	+30:24	06:06
374	263	João Ribeiro	individual	Senior Masculino	01:01:03	+30:30	06:06
375	477	Albino Dos Santos Jordao	não precisamos de asas quando temos amigos	Veterano M55	01:01:05	+30:31	06:06
376	438	Albino Dos Santos Jordao	individual	Veterano M55	01:01:05	+30:31	06:07
377	309	Rita Silva	individual	Veterana F35	01:01:27	+30:53	06:09
378	326	Natália Gomes	individual	Veterana F40	01:01:29	+30:55	06:09
379	434	Rui Gomes	individual	Veterano M50	01:01:29	+30:56	06:09
380	478	Antonio Manuel Pereira Geraldes	não precisamos de asas quando temos amigos	Veterano M60	01:01:35	+31:01	06:09
381	366	David Santos	individual	Veterano M40	01:01:54	+31:20	06:11
382	23	EUGENIO MENDES	ac vermoil	Veterano M60	01:02:22	+31:48	06:14
383	315	Carriço Sophie	individual	Veterana F40	01:02:23	+31:49	06:14
384	97	Adriano Fonte	clubesportivo moitense	Veterano M60	01:02:25	+31:51	06:15
385	437	Agostinho Barros	individual	Veterano M55	01:02:41	+32:07	06:16
386	99	Diamantino Cruz	clubesportivo moitense	Veterano M60	01:03:16	+32:42	06:20
387	489	Ticha Ribeiro	osmanos2026	Veterana F40	01:03:17	+32:43	06:20
388	506	Cláudia Agostinho	seca adegas das achadas	Senior Feminino	01:03:27	+32:53	06:21
389	351	NELSON SEABRA	individual	Veterano M35	01:03:41	+33:07	06:22
390	45	Fernando Passadouro	adr mata	Veterano M35	01:03:42	+33:08	06:22
391	331	Sílvia Pereira	individual	Veterana F40	01:03:46	+33:12	06:23
392	231	Emanuel Goncalves	individual	Senior Masculino	01:03:46	+33:12	06:23

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
393	179	André Ferreira	ilda runners	Senior Masculino	01:04:12	+33:38	06:25
394	181	Carlos Ferreira	ilda runners	Veterano M55	01:04:12	+33:38	06:25
395	539	Mónica Gomes	individual	Senior Feminino	01:04:54	+34:20	06:29
396	382	Patricio Alves	individual	Veterano M40	01:05:36	+35:02	06:34
397	385	Pedro Carvalho	individual	Veterano M40	01:06:01	+35:27	06:36
398	340	Filipe Marques Cordeiro	individual	Veterano M35	01:06:04	+35:30	06:36
399	190	Emilie Junqueira	individual	Senior Feminino	01:06:05	+35:31	06:37
400	549	João Nogueira	vilaventura trail	Veterano M35	01:06:05	+35:31	06:37
401	409	Luís Pinto	individual	Veterano M45	01:06:17	+35:43	06:38
402	397	Alexandre Gonçalves	individual	Veterano M45	01:06:27	+35:54	06:39
403	543	Pedro Dinis	individual	Veterano M40	01:06:37	+36:03	06:40
404	83	Antonio Jose Fernandes Pereira	cercipom trail team	Veterano M40	01:06:39	+36:05	06:40
405	64	Bruna Soares	bff	Senior Feminino	01:06:45	+36:11	06:40
406	66	Filipe Lourenço	bff	Veterano M35	01:06:46	+36:12	06:41
407	330	Sandra salgado	individual	Veterana F40	01:07:09	+36:35	06:43
408	188	Diana Silva	individual	Senior Feminino	01:07:10	+36:36	06:43
409	523	Chris Davison	todos os sábados	Veterano M60	01:07:24	+36:50	06:44
410	294	Tony lopes	individual	Senior Masculino	01:07:47	+37:13	06:47
411	476	Mélanie Jordao	não precisamos de asas quando temos amigos	Veterana F35	01:07:47	+37:13	06:47
412	498	Ana Chocalheiro	run 4 fun	Senior Feminino	01:07:49	+37:15	06:47
413	203	Matilde Fernandes	individual	Senior Feminino	01:07:59	+37:25	06:48
414	278	Marcos Vinicius	individual	Senior Masculino	01:08:04	+37:30	06:48
415	108	Regina Ferreira	cpr a-do-barbas	Veterana F40	01:08:26	+37:52	06:51
416	135	Arlindo Oliveira	fitness factory pombal	Veterano M55	01:08:27	+37:53	06:51
417	339	Fabio Dias	individual	Veterano M35	01:08:38	+38:04	06:52
418	311	Vanessa Francisco	individual	Veterana F35	01:08:41	+38:07	06:52
419	323	Lucette Neto	individual	Veterana F40	01:08:53	+38:19	06:53
420	317	Cátia Gaioso	individual	Veterana F40	01:08:58	+38:24	06:54
421	299	Cátia Domingues	individual	Veterana F35	01:08:58	+38:24	06:54
422	174	Sandra Cunha	grupo desportivo santander totta	Veterana F40	01:09:28	+38:54	06:57
423	441	João Carlos Almeida Santos	individual	Veterano M55	01:09:42	+39:08	06:58
424	298	Ana Patrícia Serra Sousa	individual	Veterana F35	01:10:25	+39:52	07:03
425	196	Joana Rodrigues Pacheco	individual	Senior Feminino	01:10:43	+40:10	07:04
426	325	Marlene Gomes	individual	Veterana F40	01:10:47	+40:13	07:05
427	290	Rui Miranda	individual	Senior Masculino	01:11:03	+40:29	07:06
428	198	Leonor Cruz	individual	Senior Feminino	01:11:39	+41:05	07:10
429	373	Francisco Aguiar	individual	Veterano M40	01:12:18	+41:44	07:14
430	376	Jorge Mateus Simão dos Santos	individual	Veterano M40	01:13:13	+42:40	07:19
431	300	Dias Mélanie	individual	Veterana F35	01:13:28	+42:54	07:21
432	178	Lê Hoang Dieu Hà	ilda runners	Senior Feminino	01:13:31	+42:57	07:21
433	204	Mónica Dâmaso	individual	Senior Feminino	01:14:32	+43:58	07:27
434	208	Tatiana Gomes	individual	Senior Feminino	01:15:13	+44:39	07:31
435	207	Tania Rodrigues	individual	Senior Feminino	01:15:13	+44:39	07:31
436	94	Sandra Santos	clube desportivo de espite	Veterana F40	01:15:45	+45:11	07:35

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
437	479	Inês Ferreira	ndap - núcleo do desporto amador de pombal	Senior Feminino	01:15:46	+45:12	07:35
438	486	Nuno Ferreira	ndap - núcleo do desporto amador de pombal	Veterano M50	01:15:47	+45:13	07:35
439	57	Dulce Medeiros	ats - avelar sunset team	Veterana F40	01:16:17	+45:43	07:38
440	324	Mariana Ramos	individual	Veterana F40	01:16:58	+46:24	07:42
441	82	Diogo André Marques Santos	cercipom trail team	Veterano M35	01:17:20	+46:46	07:44
442	180	Daniel Costa	ilda runners	Senior Masculino	01:18:23	+47:49	07:50
443	49	Manuel Fernandes	amantes trail & run	Veterano M60	01:18:59	+48:25	07:54
444	116	Carla Lisboa	cpt sobral de ceira	Veterana F40	01:20:18	+49:44	08:02
445	70	António Moura	c.c.d. "o alvitejo "	Veterano M60	01:24:01	+53:28	08:24
446	540	Tamara Domingues	individual	Senior Feminino	01:26:11	+55:37	08:37
447	225	Diogo foscarim cardoso	individual	Senior Masculino	01:30:48	+01:00:14	09:05
448	322	Luana Sena Rodrigues	individual	Veterana F40	01:30:48	+01:00:14	09:05

Obs

BIB	NOTE	NAME	TEAM	CAT
86	DQ	LEONEL FRANCISCO	CLUBE ATLETISMO GASPAR & COSTA	Veterano M45
87	DQ	CARLOS GASPAR	CLUBE ATLETISMO GASPAR & COSTA	Veterano M50
140	DQ	Andreia Lucas	FULLPROTEIN TRAIL TEAM	Veterana F40
141	DQ	Olga Antunes	FULLPROTEIN TRAIL TEAM	Veterana F40
166	DQ	Ricardo Henriques	GDRC UNIDOS	Veterano M40
220	DQ	David Gameiro	Individual	Senior Masculino
282	DQ	Pedro Ferreira	Individual	Senior Masculino
347	DQ	Jorge Gabriel Marques Mendes	Individual	Veterano M35
401	DQ	Fernando Ferreira	Individual	Veterano M45
518	DQ	Miguel Neves Matias	SSCGD	Veterano M50
6	DNF	João Daniel Serra Carvalho Freitas	A.R.Casaense - Escola Atletismo de Coimbra/ J Paiva	Senior Masculino
44	DNF	Inés Corbalán	ADR "O Relâmpago"	Veterana F40
65	DNF	Inês Soares	BFF	Senior Feminino
71	DNF	Rui Gaspar	CA Barreira	Veterano M60
81	DNF	Tiago Lopes	Cercipom Trail Team	Senior Masculino
91	DNF	Marco Franco	Clube de Atletismo de Ferreira do Zêzere	Veterano M45
138	DNF	Márcia Gonçalves	FULLPROTEIN TRAIL TEAM	Veterana F35
139	DNF	Nélia Neto	FULLPROTEIN TRAIL TEAM	Veterana F35
155	DNF	António Santos	GDC Guilhovai	Veterano M55
184	DNF	Ana rita claro ferreira	Individual	Senior Feminino
202	DNF	Mariana Semião	Individual	Senior Feminino
228	DNF	Duarte Lopes	Individual	Senior Masculino
253	DNF	Hellton maia	Individual	Senior Masculino
269	DNF	Júlio Lopes	Individual	Senior Masculino
318	DNF	Edite Pereira	Individual	Veterana F40
327	DNF	Neuza Fortunato	Individual	Veterana F40
329	DNF	Rita Fragoso	Individual	Veterana F40
354	DNF	Rodrigo Carvalho	Individual	Veterano M35
424	DNF	DE OLIVEIRA JOAQUIM PAUL	Individual	Veterano M50

10 KM

OFFICIAL RESULT

BIB	NOTE	NAME	TEAM	CAT
482	DNF	Diogo Oliveira	NDAP - Núcleo do Desporto Amador de Pombal	Veterano M35
496	DNF	Alexandre Venâncio	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino
522	DNF	Luísa Ribeiro	Thomar Athletics	Senior Feminino
527	DNF	Miguel Bernardo	Twopikas	Veterano M50
545	DNF	Eliana Varalonga	Individual	Veterana F40

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	19:00	26,9°C	27%
End	20:43	22.9°C	51%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

Senior Feminino

1	514	Vanessa Carvalho	Sporting Clube de Braga	Senior Feminino	34:50	+04:17	03:29
2	183	Ana Paula Gorção Rodrigues	Individual	Senior Feminino	38:45	+08:12	03:53
3	544	Sara Pedrosa	Sacatrilhos Anadia	Senior Feminino	41:37	+11:04	04:10
4	538	Mariana Duarte	Clube de Natação de Torres Novas	Senior Feminino	42:47	+12:13	04:17
5	189	DRILHOL ILONA	Individual	Senior Feminino	44:38	+14:04	04:28
6	186	Carla Marques	Individual	Senior Feminino	47:37	+17:03	04:46
7	104	Daniela Pereira	CPR A-DO-BARBAS	Senior Feminino	49:30	+18:56	04:57
8	201	Mariana Duarte	Individual	Senior Feminino	49:57	+19:24	05:00
9	508	Sara da Silva Gonçalves	SicóTrilhos	Senior Feminino	52:15	+21:42	05:14
10	40	Sandra Rodrigues da Silva	ACTIVE	Senior Feminino	52:52	+22:19	05:17
11	156	MARISA ESTEVES	GDRC Ponterrolense	Senior Feminino	55:34	+25:01	05:33
12	72	Patrícia Ramos Cravo	Caracóis Velozes	Senior Feminino	55:48	+25:15	05:35
13	205	Rute Ferreira	Individual	Senior Feminino	55:51	+25:18	05:35
14	187	Catarina Lobo	Individual	Senior Feminino	56:34	+26:01	05:39
15	528	Barbara Monteiro	Vilaventura Trail	Senior Feminino	56:53	+26:20	05:41
16	200	Margarida Susana	Individual	Senior Feminino	57:21	+26:47	05:44
17	199	Leonor Gomes	Individual	Senior Feminino	57:56	+27:23	05:48
18	194	Joana Maria Paredes Pote	Individual	Senior Feminino	58:21	+27:48	05:50
19	185	Camila Ferreira	Individual	Senior Feminino	58:28	+27:54	05:51
20	182	Adriana Coimbra	Individual	Senior Feminino	59:00	+28:26	05:54
21	505	Catarina Mota	Seca Adega das Achadas	Senior Feminino	59:33	+29:00	05:57
22	506	Cláudia Agostinho	Seca Adega das Achadas	Senior Feminino	01:03:26	+32:53	06:21
23	539	Mónica Gomes	Individual	Senior Feminino	01:04:53	+34:20	06:29
24	190	Emilie Junqueira	Individual	Senior Feminino	01:06:05	+35:31	06:37
25	64	Bruna Soares	BFF	Senior Feminino	01:06:44	+36:11	06:40
26	188	Diana Silva	Individual	Senior Feminino	01:07:10	+36:36	06:43
27	498	Ana Chocalheiro	RUN 4 FUN	Senior Feminino	01:07:49	+37:15	06:47
28	203	Matilde Fernandes	Individual	Senior Feminino	01:07:59	+37:25	06:48
29	196	Joana Rodrigues Pacheco	Individual	Senior Feminino	01:10:43	+40:10	07:04
30	198	Leonor Cruz	Individual	Senior Feminino	01:11:39	+41:05	07:10
31	178	Lê Hoang Dieu Hà	Ilda Runners	Senior Feminino	01:13:31	+42:57	07:21
32	204	Mónica Dâmaso	Individual	Senior Feminino	01:14:32	+43:58	07:27
33	208	Tatiana Gomes	Individual	Senior Feminino	01:15:12	+44:39	07:31
34	207	Tania Rodrigues	Individual	Senior Feminino	01:15:12	+44:39	07:31
35	479	Inês Ferreira	NDAP - Núcleo do Desporto Amador de Pombal	Senior Feminino	01:15:46	+45:12	07:35
36	540	Tamara Domingues	Individual	Senior Feminino	01:26:10	+55:37	08:37

Official Timekeeper: Lap2Go	1 / 12	generate 26-jul.-2025 20:48
-----------------------------	--------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

Senior Masculino

1	515	Davide Silva	Sporting Clube de Braga	Senior Masculino	30:33	03:03
2	500	Bernardo Rocha	S.C Salgueiros	Senior Masculino	30:33	+00:00 03:03
3	3	Francisco Daniel Veloso Rodrigues	Sporting Clube de Braga	Senior Masculino	30:35	+00:02 03:04
4	157	SAID AMEQRANE	GDRC Ponterrolense	Senior Masculino	30:36	+00:03 03:04
5	251	Gustavo do Canto	Individual	Senior Masculino	32:25	+01:51 03:15
6	295	Valter Costa	Individual	Senior Masculino	32:53	+02:20 03:17
7	126	Rui Alves	Escola de Atletismo da Trofa	Senior Masculino	33:34	+03:00 03:21
8	171	Tiago Ferreira	GRF Benedita - Atletismo	Senior Masculino	34:40	+04:07 03:28
9	280	Paulo Pereira	Individual	Senior Masculino	34:45	+04:12 03:29
10	176	Fábio André Abrantes	Grupo Recreativo Eirense	Senior Masculino	35:11	+04:38 03:31
11	509	Daniel Antunes	SicóTrilhos	Senior Masculino	35:13	+04:39 03:31
12	30	JOÃO SILVA	ACBATALHA	Senior Masculino	36:06	+05:32 03:37
13	129	Cristiano Oliveira	A.R.Casaense - Escola Atletismo de Coimbra/ J Paiva	Senior Masculino	36:11	+05:38 03:37
14	146	Leandro Pereira	GDC Guilhovai	Senior Masculino	36:14	+05:40 03:37
15	90	Emanuel Cardoso	Clube Atletismo Marinha Grande	Senior Masculino	36:17	+05:43 03:38
16	513	João Carlos Machado Rocha Pires	Sport Comércio e Salgueiros	Senior Masculino	36:33	+06:00 03:39
17	5	Ulisses Miguel Maia Rodrigues	A.R. Casaense - Escola Atletismo de Coimbra / JPaiva	Senior Masculino	36:45	+06:12 03:41
18	105	Filipe Azevedo	CPR A-DO-BARBAS	Senior Masculino	37:09	+06:35 03:43
19	103	Nikita Yuriev	CPPEA	Senior Masculino	37:44	+07:11 03:46
20	458	ALÉXIS ROCHA	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Masculino	37:48	+07:14 03:47
21	222	DE OLIVEIRA JOAQUIM MATTHIEU	Individual	Senior Masculino	37:48	+07:15 03:47
22	106	Pedro Silva	CPR A-DO-BARBAS	Senior Masculino	38:34	+08:00 03:51
23	254	João Alves	Individual	Senior Masculino	38:45	+08:11 03:53
24	163	Renato Casimiro	GDRC UNIDOS	Senior Masculino	40:19	+09:45 04:02
25	480	Jordan Silva	NDAP - Núcleo do Desporto Amador de Pombal	Senior Masculino	40:23	+09:49 04:02
26	51	Tiago André Gomes Alves	Arcuda	Senior Masculino	40:36	+10:02 04:04
27	487	David Marques	Os tolinhos	Senior Masculino	40:41	+10:08 04:04
28	50	Bernardo Gomes Alves	Arcuda	Senior Masculino	40:41	+10:08 04:04
29	516	João Trigueiros	Sporting clube de Espinho	Senior Masculino	41:05	+10:31 04:07
30	259	João Lopes	Individual	Senior Masculino	41:27	+10:54 04:09
31	493	João Paiva	Pereira Trail	Senior Masculino	41:34	+11:01 04:09
32	531	Rafael Matias	Vilaventura Trail	Senior Masculino	41:38	+11:05 04:10
33	271	Lheur-fernandes Corentin	Individual	Senior Masculino	41:50	+11:17 04:11
34	11	PEDRO ROCHA	AC VERMOIL	Senior Masculino	42:58	+12:25 04:18
35	252	Gustavo Vinagre	Individual	Senior Masculino	43:00	+12:27 04:18
36	214	Bruno Vieira	Individual	Senior Masculino	43:10	+12:37 04:19
37	56	Miguel Medeiros	ATS - Avelar Sunset Team	Senior Masculino	43:32	+12:58 04:21
38	209	Alexandre Abreu	Individual	Senior Masculino	44:19	+13:45 04:26
39	10	MARTIM SANTOS	AC VERMOIL	Senior Masculino	44:41	+14:07 04:28
40	255	Joao Domingues	Individual	Senior Masculino	44:47	+14:14 04:29
41	268	José Pedro Ferreira Custódio Pires	Individual	Senior Masculino	44:53	+14:19 04:29
42	276	Marco Santos	Individual	Senior Masculino	45:00	+14:26 04:30

Official Timekeeper: Lap2Go	2 / 12	generate 26-jul.-2025 20:48
-----------------------------	--------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

43	249	Guilherme Gaspar	Individual	Senior Masculino	45:02	+14:28	04:30
44	257	João Gomes	Individual	Senior Masculino	45:06	+14:33	04:31
45	541	Miguel Barros	Individual	Senior Masculino	45:12	+14:39	04:31
46	277	Marcos Maia	Individual	Senior Masculino	45:17	+14:44	04:32
47	510	João Antunes	SicóTrilhos	Senior Masculino	45:20	+14:47	04:32
48	215	Celestin Buzzi	Individual	Senior Masculino	45:35	+15:02	04:34
49	273	Luís Ladeira	Individual	Senior Masculino	45:47	+15:13	04:35
50	501	Eduardo Marques	Sandoeira Run Club	Senior Masculino	45:53	+15:20	04:35
51	267	José Miguel dos Santos Ventura	Individual	Senior Masculino	46:14	+15:41	04:37
52	481	Nichita Ticu	NDAP - Núcleo do Desporto Amador de Pombal	Senior Masculino	46:23	+15:50	04:38
53	264	João Santos Silva	Individual	Senior Masculino	46:24	+15:50	04:38
54	237	Filipe Ferreira	Individual	Senior Masculino	46:48	+16:14	04:41
55	279	Patrick Camara	Individual	Senior Masculino	47:01	+16:27	04:42
56	241	Francisco Gameiro Costa Martins Pedro	Individual	Senior Masculino	47:07	+16:34	04:43
57	250	Guilherme Mariano	Individual	Senior Masculino	47:18	+16:44	04:44
58	286	Rodrigo Duarte	Individual	Senior Masculino	47:21	+16:47	04:44
59	261	João Pacheco Mendes	Individual	Senior Masculino	47:25	+16:51	04:45
60	247	Gonçalo Marques	Individual	Senior Masculino	47:28	+16:55	04:45
61	223	Dineros Barreiro	Individual	Senior Masculino	47:50	+17:17	04:47
62	274	Marcelo Cleiton	Individual	Senior Masculino	48:05	+17:31	04:49
63	272	Lucas Jesus Gonçalves Neves	Individual	Senior Masculino	48:25	+17:51	04:51
64	283	Pedro Mendes Nogueira	Individual	Senior Masculino	48:25	+17:52	04:51
65	288	Rodrigo Trindade Penteado	Individual	Senior Masculino	48:40	+18:06	04:52
66	124	Guilherme Martins	Equipa de que se fala	Senior Masculino	48:59	+18:25	04:54
67	291	Tiago Gameiro	Individual	Senior Masculino	49:18	+18:44	04:56
68	233	Énio Carrasqueira	Individual	Senior Masculino	49:27	+18:54	04:57
69	260	João Marcos Domingues Esteves	Individual	Senior Masculino	49:33	+18:59	04:57
70	532	Ruben Vieir	Vilaventura Trail	Senior Masculino	49:37	+19:04	04:58
71	67	Rodrigo Silva	Bombeiros V. Pombal	Senior Masculino	49:38	+19:04	04:58
72	226	Diogo José Fernandes	Individual	Senior Masculino	49:52	+19:19	04:59
73	234	Fabio miranda	Individual	Senior Masculino	49:55	+19:22	05:00
74	217	COZEMA Kevin	Individual	Senior Masculino	50:18	+19:44	05:02
75	289	Rodrigo Victorino	Individual	Senior Masculino	50:20	+19:46	05:02
76	236	Ferreira David	Individual	Senior Masculino	50:25	+19:51	05:03
77	244	Francisco Santos	Individual	Senior Masculino	50:38	+20:04	05:04
78	212	André Filipe Ramos Sousa	Individual	Senior Masculino	50:44	+20:11	05:04
79	265	Joel Lopes	Individual	Senior Masculino	50:58	+20:24	05:06
80	256	João Eusébio	Individual	Senior Masculino	50:59	+20:25	05:06
81	287	Rodrigo Lopes	Individual	Senior Masculino	51:22	+20:49	05:08
82	245	Gabriel de Jesus Lemls	Individual	Senior Masculino	51:33	+20:59	05:09
83	232	Emanuel Gonçalves	Individual	Senior Masculino	51:40	+21:07	05:10
84	218	Daniel Silva Gaspar	Individual	Senior Masculino	51:45	+21:12	05:11
85	529	BERNARDO MONTEIRO	Vilaventura Trail	Senior Masculino	51:57	+21:24	05:12
86	526	Eleandro Andrade	Twopikas	Senior Masculino	51:59	+21:25	05:12
87	238	Flávio Silva	Individual	Senior Masculino	52:01	+21:28	05:12

Official Timekeeper: Lap2Go	3 / 12	generate 26-jul.-2025 20:48
-----------------------------	--------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

88	235	Ferreira Da Silva Loïc	Individual	Senior Masculino	52:04	+21:31	05:12
89	211	Alexandre Pereira	Individual	Senior Masculino	52:45	+22:12	05:17
90	246	Gabriel Ribeiro	Individual	Senior Masculino	53:07	+22:34	05:19
91	262	João Pedro Martins Gonçalves	Individual	Senior Masculino	53:11	+22:37	05:19
92	221	David Henriques	Individual	Senior Masculino	53:11	+22:38	05:19
93	213	André Mendes	Individual	Senior Masculino	53:28	+22:54	05:21
94	281	Pedro Fernandes	Individual	Senior Masculino	54:17	+23:44	05:26
95	216	Célio Mendes	Individual	Senior Masculino	54:25	+23:51	05:27
96	224	Diogo Dias	Individual	Senior Masculino	54:28	+23:54	05:27
97	229	Duarte Pimenta	Individual	Senior Masculino	54:41	+24:07	05:28
98	270	Le Blevec Elliot	Individual	Senior Masculino	54:44	+24:10	05:28
99	227	Duarte Domingues	Individual	Senior Masculino	56:36	+26:02	05:40
100	491	Diogo Abade	Papa-Montanhas	Senior Masculino	56:37	+26:03	05:40
101	297	Vítor Mendes	Individual	Senior Masculino	56:47	+26:14	05:41
102	219	David Coelho Saavedra	Individual	Senior Masculino	57:03	+26:30	05:42
103	292	Tomás Conceição	Individual	Senior Masculino	57:21	+26:48	05:44
104	266	Jordana John Birck	Individual	Senior Masculino	58:06	+27:33	05:49
105	296	Vasco Cotrim	Individual	Senior Masculino	59:06	+28:33	05:55
106	263	João Ribeiro	Individual	Senior Masculino	01:01:03	+30:30	06:06
107	231	Emanuel Goncalves	Individual	Senior Masculino	01:03:46	+33:12	06:23
108	179	André Ferreira	Ilda Runners	Senior Masculino	01:04:11	+33:38	06:25
109	294	Tony lopes	Individual	Senior Masculino	01:07:47	+37:13	06:47
110	278	Marcos Vinicius	Individual	Senior Masculino	01:08:04	+37:30	06:48
111	290	Rui Miranda	Individual	Senior Masculino	01:11:02	+40:29	07:06
112	180	Daniel Costa	Ilda Runners	Senior Masculino	01:18:23	+47:49	07:50
113	225	Diogo foscarm cardoso	Individual	Senior Masculino	01:30:47	+01:00:14	09:05

Veterana F35

1	517	Ana Mafalda Ferreira	Sporting Clube de Portugal	Veterana F35	34:04	+03:31	03:24
2	302	Emilia Kumós Pisoeiro	Individual	Veterana F35	35:32	+04:58	03:33
3	307	Mafalda Rodrigues Martinho	Individual	Veterana F35	39:32	+08:59	03:57
4	303	Isabel Perez	Individual	Veterana F35	48:24	+17:51	04:50
5	301	Elizeth Tavares	Individual	Veterana F35	48:54	+18:21	04:53
6	310	Vanessa Abreu	Individual	Veterana F35	49:49	+19:16	04:59
7	511	Sara Gonçalves das Neves	SicóTrilhos	Veterana F35	52:38	+22:05	05:16
8	306	Lucinda Alves	Individual	Veterana F35	59:09	+28:36	05:55
9	305	Joana Gomes	Individual	Veterana F35	01:00:19	+29:46	06:02
10	304	Joana Ferreira	Individual	Veterana F35	01:00:57	+30:24	06:06
11	309	Rita Silva	Individual	Veterana F35	01:01:27	+30:53	06:09
12	476	Mélanie Jordao	Não precisamos de asas quando temos Amigos	Veterana F35	01:07:47	+37:13	06:47
13	311	Vanessa Francisco	Individual	Veterana F35	01:08:40	+38:07	06:52
14	299	Cátia Domingues	Individual	Veterana F35	01:08:58	+38:24	06:54
15	298	Ana Patrícia Serra Sousa	Individual	Veterana F35	01:10:25	+39:52	07:03

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

16	300	Dias Mélanie	Individual	Veterana F35	01:13:27	+42:54	07:21
----	-----	--------------	------------	--------------	----------	--------	-------

Veterana F40

1	497	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F40	36:17	+05:43	03:38
2	148	Sandra Ferreira	GDC Guilhovai	Veterana F40	39:29	+08:56	03:57
3	313	Carla Lourenço	Individual	Veterana F40	43:31	+12:57	04:21
4	158	ANABELA VINHA	GDRC Ponterrolense	Veterana F40	44:05	+13:32	04:25
5	107	Joana Grácio	CPR A-DO-BARBAS	Veterana F40	44:34	+14:01	04:27
6	120	Maribel Cardoso	DAR Recardães	Veterana F40	45:56	+15:23	04:36
7	320	Flávia Ferraz	Individual	Veterana F40	48:32	+17:59	04:51
8	316	Catarina Alexandra Carvalho dos Santos	Individual	Veterana F40	48:38	+18:05	04:52
9	32	Mónica Jordão	ACRM Silveirinha Grande e Claras	Veterana F40	49:19	+18:45	04:56
10	123	Natalia Silva	Epic Mess	Veterana F40	50:07	+19:33	05:01
11	314	Carla Neves	Individual	Veterana F40	50:31	+19:58	05:03
12	147	Paula Oliveira	GDC Guilhovai	Veterana F40	50:34	+20:00	05:03
13	504	Paula Rodrigues	SB VIDROS - VIDRALA	Veterana F40	50:43	+20:10	05:04
14	41	Susana Moreira	ACTIVE	Veterana F40	55:24	+24:50	05:32
15	312	Ana Silva	Individual	Veterana F40	56:40	+26:06	05:40
16	474	Inês Jerónimo	Lizrunners	Veterana F40	56:45	+26:12	05:41
17	321	Isabel Maria Moniz Vieira	Individual	Veterana F40	58:01	+27:28	05:48
18	507	Rita Mendes	Seleção lá de casa	Veterana F40	58:56	+28:23	05:54
19	27	Ana Marques	Academia de Desportos de Condeixa	Veterana F40	59:23	+28:50	05:56
20	28	Sandra Ponte	Academia de Desportos de Condeixa	Veterana F40	59:24	+28:50	05:56
21	12	ELSA SOARES	AC VERMOIL	Veterana F40	01:00:29	+29:55	06:03
22	542	Natalia Mendes	Individual	Veterana F40	01:00:47	+30:14	06:05
23	326	Nátália Gomes	Individual	Veterana F40	01:01:28	+30:55	06:09
24	315	Carriço Sophie	Individual	Veterana F40	01:02:22	+31:49	06:14
25	489	Ticha Ribeiro	osmanos2026	Veterana F40	01:03:16	+32:43	06:20
26	331	Sílvia Pereira	Individual	Veterana F40	01:03:45	+33:12	06:23
27	330	Sandra salgado	Individual	Veterana F40	01:07:08	+36:35	06:43
28	108	Regina Ferreira	CPR A-DO-BARBAS	Veterana F40	01:08:26	+37:52	06:51
29	323	Lucette Neto	Individual	Veterana F40	01:08:53	+38:19	06:53
30	317	Cátia Gaioso	Individual	Veterana F40	01:08:58	+38:24	06:54
31	174	Sandra Cunha	GRUPO DESPORTIVO SANTANDER TOTTA	Veterana F40	01:09:28	+38:54	06:57
32	325	Marlene Gomes	Individual	Veterana F40	01:10:46	+40:13	07:05
33	94	Sandra Santos	Clube Desportivo de Espite	Veterana F40	01:15:45	+45:11	07:35
34	57	Dulce Medeiros	ATS - Avelar Sunset Team	Veterana F40	01:16:17	+45:43	07:38
35	324	Mariana Ramos	Individual	Veterana F40	01:16:57	+46:24	07:42
36	116	Carla Lisboa	CPT Sobral de Ceira	Veterana F40	01:20:17	+49:44	08:02

Official Timekeeper: Lap2Go	5 / 12	generate 26-jul.-2025 20:48
-----------------------------	--------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

37	322	Luana Sena Rodrigues	Individual	Veterana F40	01:30:48	+01:00:14	09:05
----	-----	----------------------	------------	--------------	----------	-----------	-------

Veterano M35

1	130	Vasco Pereira	A.R.Casaense - Escola Atletismo de Coimbra/ J Paiva	Veterano M35	35:16	+04:42	03:32
2	165	Pawel Rutka	GDRC UNIDOS	Veterano M35	36:52	+06:18	03:41
3	533	Diogo Simões	Vilaventura Trail	Veterano M35	38:35	+08:02	03:52
4	46	João Santana	ADR Mata	Veterano M35	38:54	+08:21	03:53
5	159	PEDRO CARDOSO	GDRC Ponterrolense	Veterano M35	38:58	+08:25	03:54
6	164	Flavio Esperança	GDRC UNIDOS	Veterano M35	39:45	+09:12	03:59
7	360	Tiago Fernandes	Individual	Veterano M35	40:37	+10:04	04:04
8	353	Rafael da Penha Matoso	Individual	Veterano M35	41:03	+10:29	04:06
9	348	Luis Cardoso	Individual	Veterano M35	42:16	+11:43	04:14
10	334	Daniel Batista	Individual	Veterano M35	43:03	+12:29	04:18
11	352	Paulo Marques	Individual	Veterano M35	45:25	+14:51	04:33
12	512	Jorge Henriques	SicóTrilhos	Veterano M35	47:02	+16:29	04:42
13	333	Bruno Simões	Individual	Veterano M35	47:35	+17:01	04:46
14	337	Diogo Rosa	Individual	Veterano M35	48:04	+17:30	04:48
15	136	Jorge Barros	FORunners	Veterano M35	48:22	+17:49	04:50
16	499	João Antunes	RUN 4 FUN	Veterano M35	49:21	+18:48	04:56
17	356	Rui Pereira	Individual	Veterano M35	49:43	+19:10	04:58
18	502	Luís Gomes	Sandoeira Run Club	Veterano M35	51:37	+21:04	05:10
19	343	Ismael Mendes Costa	Individual	Veterano M35	51:40	+21:06	05:10
20	338	Diogo Silva	Individual	Veterano M35	52:22	+21:49	05:14
21	359	Tiago Andrade	Individual	Veterano M35	52:27	+21:54	05:15
22	355	Rodrigo Leal	Individual	Veterano M35	52:36	+22:03	05:16
23	335	Daniel Gomes Bento	Individual	Veterano M35	53:39	+23:05	05:22
24	345	joao manuel almeida costa	Individual	Veterano M35	53:39	+23:05	05:22
25	350	Michael baiguini	Individual	Veterano M35	54:12	+23:39	05:25
26	346	João Meneses	Individual	Veterano M35	55:14	+24:40	05:31
27	77	BRUNO LIMA	CCD CREDITO AGRICOLA	Veterano M35	55:22	+24:48	05:32
28	349	Micael Dias	Individual	Veterano M35	56:15	+25:41	05:38
29	342	Gualter Gaspar	Individual	Veterano M35	56:27	+25:53	05:39
30	336	Dário Neves	Individual	Veterano M35	56:31	+25:58	05:39
31	332	André Pinto	Individual	Veterano M35	57:54	+27:20	05:47
32	357	Samuel Santos	Individual	Veterano M35	59:53	+29:20	05:59
33	68	Luis Carlos	Bombeiros V. Pombal	Veterano M35	01:00:12	+29:39	06:01
34	351	NELSON SEABRA	Individual	Veterano M35	01:03:41	+33:07	06:22
35	45	Fernando Passadouro	ADR Mata	Veterano M35	01:03:42	+33:08	06:22
36	340	Filipe Marques Cordeiro	Individual	Veterano M35	01:06:03	+35:30	06:36
37	549	João Nogueira	Vilaventura Trail	Veterano M35	01:06:05	+35:31	06:37
38	66	Filipe Lourenço	BFF	Veterano M35	01:06:45	+36:12	06:41
39	339	Fabio Dias	Individual	Veterano M35	01:08:38	+38:04	06:52

Official Timekeeper: Lap2Go	6 / 12	generate 26-jul.-2025 20:48
-----------------------------	--------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

40	82	Diogo André Marques Santos	Cercipom Trail Team	Veterano M35	01:17:19	+46:46	07:44
----	----	----------------------------	---------------------	--------------	----------	--------	-------

Veterano M40

1	151	Vitor oliveira	GDC Guilhovai	Veterano M40	31:33	+00:59	03:09
2	536	Bruno Silva	Vizela Corre	Veterano M40	32:06	+01:32	03:13
3	150	António Castro	GDC Guilhovai	Veterano M40	33:05	+02:32	03:19
4	149	André Adriano	GDC Guilhovai	Veterano M40	35:39	+05:05	03:34
5	75	Carlos Nunes	CASA DO POVO DE MANGUALDE	Veterano M40	35:56	+05:23	03:36
6	15	RICARDO GONÇALVES	AC VERMOIL	Veterano M40	37:13	+06:39	03:43
7	395	Tiago Menino	Individual	Veterano M40	37:37	+07:03	03:46
8	14	MARCO GOMES	AC VERMOIL	Veterano M40	37:44	+07:11	03:46
9	117	Vitor Pleno	CPT Sobral de Ceira	Veterano M40	37:53	+07:19	03:47
10	361	António Fonseca Oliveira	Individual	Veterano M40	39:15	+08:41	03:56
11	52	Domingos Fortunato	ARLU-TRAIL	Veterano M40	40:10	+09:36	04:01
12	389	Ricardo Gomes	GDC Guilhovai	Veterano M40	41:04	+10:31	04:06
13	473	Filipe Carraco Cerejo	Lama Solta	Veterano M40	41:43	+11:10	04:10
14	372	Filipe Silva	Individual	Veterano M40	42:05	+11:31	04:13
15	534	Pedro Sousa	Vilaventura Trail	Veterano M40	42:27	+11:54	04:15
16	31	Daniel Silva	ACBATALHA	Veterano M40	43:10	+12:37	04:19
17	371	FILIPE SERRARIO	Individual	Veterano M40	43:13	+12:39	04:19
18	378	Micael Santos	Individual	Veterano M40	43:22	+12:49	04:20
19	364	Bruno Silva	Individual	Veterano M40	43:55	+13:21	04:24
20	369	Eurico João	Individual	Veterano M40	44:57	+14:24	04:30
21	33	Henrique Carvaheiro	ACRM Silveirinha Grande e Claras	Veterano M40	45:08	+14:35	04:31
22	374	Gonçalo Pedrosa Oliveira	Individual	Veterano M40	45:55	+15:21	04:36
23	386	Pedro Pereira	Individual	Veterano M40	45:57	+15:23	04:36
24	365	Carlos Correia	Individual	Veterano M40	46:02	+15:29	04:36
25	388	Pedro Temporão	Individual	Veterano M40	46:46	+16:13	04:41
26	537	João Pedro da Silva Dâmaso	Amantes Trail & Run	Veterano M40	47:12	+16:39	04:43
27	13	DAVID MENDES	AC VERMOIL	Veterano M40	48:24	+17:51	04:50
28	391	Ruany da Silva Souza	Individual	Veterano M40	49:04	+18:31	04:54
29	370	Filipe Mateus	Individual	Veterano M40	49:35	+19:02	04:58
30	85	PAULO DOMINGUES	CLUBE ATLETISMO GASPAS & COSTA	Veterano M40	49:52	+19:19	04:59
31	380	Milton Cordeiro	Individual	Veterano M40	50:09	+19:36	05:01
32	387	Pedro Pereira	Individual	Veterano M40	50:20	+19:47	05:02
33	363	BRuNo CLaRo	Individual	Veterano M40	50:30	+19:56	05:03
34	483	Ricardo Gomes	NDAP - Núcleo do Desporto Amador de Pombal	Veterano M40	52:09	+21:36	05:13
35	394	SAMUEL GALDINO DA SILVA NEVES	Individual	Veterano M40	52:20	+21:46	05:14
36	396	Tony Santos	Individual	Veterano M40	52:39	+22:06	05:16
37	131	António João Duarte Santana	ETAP	Veterano M40	53:34	+23:01	05:21
38	460	HUGO MARQUES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M40	54:07	+23:33	05:25

Official Timekeeper: Lap2Go	7 / 12	generate 26-jul.-2025 20:48
-----------------------------	--------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

39	78	ANDRE LOPES	CCD CREDITO AGRICOLA	Veterano M40	54:27	+23:53	05:27
40	393	Rui Neves	Individual	Veterano M40	54:39	+24:06	05:28
41	368	Eduardo Martins	Individual	Veterano M40	55:20	+24:47	05:32
42	383	Paulo Silva	Individual	Veterano M40	56:29	+25:55	05:39
43	379	Miguel Santos	Individual	Veterano M40	57:24	+26:51	05:44
44	377	Luis mendes	Individual	Veterano M40	59:18	+28:44	05:56
45	494	André Gomes	Ratatui Team	Veterano M40	01:00:18	+29:45	06:02
46	392	Rui Fernandes	Individual	Veterano M40	01:00:43	+30:10	06:04
47	366	David Santos	Individual	Veterano M40	01:01:54	+31:20	06:11
48	382	Patricio Alves	Individual	Veterano M40	01:05:36	+35:02	06:34
49	385	Pedro Carvalho	Individual	Veterano M40	01:06:00	+35:27	06:36
50	543	Pedro Dinis	Individual	Veterano M40	01:06:37	+36:03	06:40
51	83	Antonio Jose Fernandes Pereira	Cercipom Trail Team	Veterano M40	01:06:39	+36:05	06:40
52	373	Francisco Aguiar	Individual	Veterano M40	01:12:17	+41:44	07:14
53	376	Jorge Mateus Simão dos Santos	Individual	Veterano M40	01:13:13	+42:40	07:19

Veterano M45

1	112	Sérgio Junqueira	CPR A-DO-BARBAS	Veterano M45	33:45	+03:11	03:23
2	408	Joel Couto	Grupo Alegre Unido Bajouca	Veterano M45	35:06	+04:32	03:31
3	92	Paulo Ferreira	Clube de Atletismo de Ferreira do Zêzere	Veterano M45	36:54	+06:20	03:41
4	168	Virgílio Bastos	GDRC UNIDOS	Veterano M45	37:15	+06:42	03:44
5	109	André Veloso	CPR A-DO-BARBAS	Veterano M45	37:23	+06:49	03:44
6	121	Nuno Silva	DAR Recardães	Veterano M45	37:50	+07:16	03:47
7	122	filipe ismael maia rocha	Destemidos/A.R.Sequeirô	Veterano M45	37:51	+07:17	03:47
8	399	Davide Marques da Silva	Individual	Veterano M45	39:03	+08:29	03:54
9	53	JULIO CESAR DA COSTA LEGENTIL	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D 'OVAR	Veterano M45	39:08	+08:35	03:55
10	411	Nilton Silva	Individual	Veterano M45	39:25	+08:51	03:57
11	402	Filipe Brilhante	Individual	Veterano M45	39:35	+09:02	03:58
12	8	Márcio Filipe Simões Pereira	A.R.Casaense - Escola Atletismo de Coimbra/ J Paiva	Veterano M45	39:40	+09:07	03:58
13	461	QUIM DUARTE	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	40:01	+09:27	04:00
14	400	Fernando Carvalho	Individual	Veterano M45	41:04	+10:31	04:06
15	16	JOSÉ MENDES	AC VERMOIL	Veterano M45	41:05	+10:31	04:07
16	419	Victor Hugo Simões	Individual	Veterano M45	41:11	+10:37	04:07
17	405	Hugo Prazeres	Individual	Veterano M45	41:50	+11:16	04:11
18	7	André Ferreira calado da Fonte	A.R.Casaense - Escola Atletismo de Coimbra/ J Paiva	Veterano M45	42:37	+12:04	04:16
19	160	FERNANDO SILVA	GDRC Ponterrolense	Veterano M45	43:55	+13:22	04:24
20	413	Pascoal Pinto Lopes	Individual	Veterano M45	45:01	+14:28	04:30
21	525	Marco Oliveira	Trail da Ladeia Running Team	Veterano M45	45:03	+14:30	04:30
22	398	Bruno Gonçalo de Sousa Rodrigues	Individual	Veterano M45	45:12	+14:38	04:31
23	484	Helder Marco Domingues	NDAP - Núcleo do Desporto Amador de Pombal	Veterano M45	45:15	+14:41	04:32

Official Timekeeper: Lap2Go	8 / 12	generate 26-jul.-2025 20:48
-----------------------------	--------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

24	167	Sandro Vilela	GDRC UNIDOS	Veterano M45	45:26	+14:53	04:33
25	62	Pedro Pereira	Barras e Bolinhos	Veterano M45	45:42	+15:08	04:34
26	412	Nuno Alexandre Duarte da Mota	Individual	Veterano M45	45:48	+15:15	04:35
27	407	Joel Costa	Individual	Veterano M45	46:12	+15:38	04:37
28	490	Pedro Ribeiro	osmanos2026	Veterano M45	47:32	+16:59	04:45
29	475	Pedro Jerónimo	Lizrunners	Veterano M45	47:48	+17:14	04:47
30	111	Nuno Ferreira	CPR A-DO-BARBAS	Veterano M45	47:59	+17:26	04:48
31	96	Arnaldo Santos	Clube Desportivo de Espite	Veterano M45	48:42	+18:08	04:52
32	418	Ricardo Jorge Gonçalves da Silva	Individual	Veterano M45	49:03	+18:30	04:54
33	410	Marcos Lisboa	Individual	Veterano M45	49:05	+18:31	04:55
34	17	NELSON FERREIRA	AC VERMOIL	Veterano M45	49:47	+19:14	04:59
35	488	Alexandre Blanco	Os tolinhos	Veterano M45	50:30	+19:57	05:03
36	80	NUNO ROSA	CCD CREDITO AGRICOLA	Veterano M45	50:38	+20:04	05:04
37	63	Roberto Fiúza	Barras e Bolinhos	Veterano M45	51:17	+20:44	05:08
38	406	João Nuno Teixeira Domingues	Individual	Veterano M45	52:12	+21:38	05:13
39	495	António Mendes	Ratatui Team	Veterano M45	53:33	+22:59	05:21
40	132	David Rodrigues Fernandes	ETAP	Veterano M45	54:00	+23:26	05:24
41	43	Henrique Santos	ACTIVE	Veterano M45	54:23	+23:49	05:26
42	404	Hugo Ponte	Individual	Veterano M45	55:24	+24:51	05:32
43	566	Márcio Martins	FULLPROTEIN TRAIL TEAM	Veterano M45	56:34	+26:00	05:39
44	403	Francisco Sousa	Individual	Veterano M45	57:29	+26:56	05:45
45	417	Pedro Gomes	Individual	Veterano M45	57:58	+27:24	05:48
46	4	PEDRO NATÁRIO	100 Gás Trail Team	Veterano M45	58:43	+28:10	05:52
47	42	Bruno Gaspar	ACTIVE	Veterano M45	58:46	+28:13	05:53
48	416	Paulo Frances	Individual	Veterano M45	01:00:48	+30:15	06:05
49	409	Luís Pinto	Individual	Veterano M45	01:06:16	+35:43	06:38
50	397	Alexandre Gonçalves	Individual	Veterano M45	01:06:27	+35:54	06:39

Veterano M50

1	153	Artur Rodrigues	GDC Guilhovai	Veterano M50	34:42	+04:09	03:28
2	169	Vitor Dinis	GDRC UNIDOS	Veterano M50	34:44	+04:11	03:28
3	436	Sérgio Paiva	Núcleoeiras	Veterano M50	36:26	+05:52	03:39
4	21	PEDRO FERREIRA	AC VERMOIL	Veterano M50	37:58	+07:24	03:48
5	175	Rui Henriques	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M50	38:21	+07:48	03:50
6	161	JOAQUIM LEAL	GDRC Ponterrolense	Veterano M50	39:38	+09:04	03:58
7	430	Joel da Silva	Individual	Veterano M50	41:13	+10:39	04:07
8	19	JOAQUIM QUITÉRIO	AC VERMOIL	Veterano M50	42:57	+12:24	04:18
9	118	Celso Pereira	CPT Sobral de Ceira	Veterano M50	44:19	+13:46	04:26
10	425	Emídio Alves	Individual	Veterano M50	46:00	+15:26	04:36
11	462	JOÃO DOMINGOS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	46:03	+15:29	04:36
12	420	BERNIER Jérôme	Individual	Veterano M50	47:05	+16:32	04:43
13	88	RICARDO COSTA	CLUBE ATLETISMO GASPAR & COSTA	Veterano M50	48:03	+17:29	04:48
14	421	Carlos Olivo	Individual	Veterano M50	48:09	+17:35	04:49

Official Timekeeper: Lap2Go	9 / 12	generate 26-jul.-2025 20:48
-----------------------------	--------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

15	427	Gil Carvalho	Individual	Veterano M50	48:09	+17:35	04:49
16	101	Miguel Gineto	Clube Desportivo Ribeirense	Veterano M50	48:16	+17:42	04:50
17	485	Mário Salgado	NDAP - Núcleo do Desporto Amador de Pombal	Veterano M50	48:31	+17:58	04:51
18	29	Samuel Anjos	Academia de Desportos de Condeixa	Veterano M50	49:06	+18:33	04:55
19	426	Fernando Neves	Individual	Veterano M50	49:21	+18:48	04:56
20	431	Luís Carreira	Individual	Veterano M50	49:32	+18:59	04:57
21	144	Carlos Gonçalves	FULLPROTEIN TRAIL TEAM	Veterano M50	49:38	+19:05	04:58
22	54	Nuno Marques	Asas nos Pés	Veterano M50	49:39	+19:05	04:58
23	422	Da Silva Sérgio	Individual	Veterano M50	50:27	+19:53	05:03
24	34	Henrique Lavaredas	ACRM Silveirinha Grande e Claras	Veterano M50	50:39	+20:05	05:04
25	429	Jaime Santos	Individual	Veterano M50	50:41	+20:08	05:04
26	433	Pedro Pimenta	Individual	Veterano M50	52:01	+21:27	05:12
27	423	Daniel Fragoso	Individual	Veterano M50	52:12	+21:38	05:13
28	133	Jorge Eduardo Vieira da Silva	ETAP	Veterano M50	53:18	+22:45	05:20
29	20	JOSÉ LOPES	AC VERMOIL	Veterano M50	54:11	+23:37	05:25
30	435	Samuel Ferraz Costa	Individual	Veterano M50	54:50	+24:16	05:29
31	18	FILIPE SILVA	AC VERMOIL	Veterano M50	58:09	+27:36	05:49
32	434	Rui Gomes	Individual	Veterano M50	01:01:29	+30:56	06:09
33	486	Nuno Ferreira	NDAP - Núcleo do Desporto Amador de Pombal	Veterano M50	01:15:46	+45:13	07:35

Veterano M55

1	442	Joaquim Figueiredo	Individual	Veterano M55	34:20	+03:47	03:26
2	154	António Fernandes	GDC Guilhovai	Veterano M55	34:39	+04:06	03:28
3	173	Fernando Matos	Grupo de Convívio e Amizade nas Donas	Veterano M55	36:12	+05:39	03:37
4	464	CARLOS SIMÕES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	40:50	+10:16	04:05
5	172	Martinho Pedrosa	Grupo Alegre Unido Bajouca	Veterano M55	42:18	+11:45	04:14
6	113	Paulo Monteiro	CPR A-DO-BARBAS	Veterano M55	43:30	+12:57	04:21
7	84	Vitor Nelson	Cerveira Team Running	Veterano M55	43:33	+12:59	04:21
8	463	ARTUR LOPES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	44:27	+13:54	04:27
9	114	Pedro Rodrigues	CPR A-DO-BARBAS	Veterano M55	44:40	+14:07	04:28
10	492	Paulo Amaro	PelaEstradaFora	Veterano M55	45:52	+15:18	04:35
11	47	José Alves	ADR Mata	Veterano M55	46:07	+15:34	04:37
12	36	Amilcar Costa	ACRM Silveirinha Grande e Claras	Veterano M55	47:43	+17:09	04:46
13	535	Vitor Monteiro	Vilaventura Trail	Veterano M55	47:57	+17:23	04:48
14	145	Fernando Jacinto	Gasoutos	Veterano M55	48:00	+17:27	04:48
15	439	Armando Cruz	Individual	Veterano M55	51:27	+20:54	05:09
16	443	Paulo Oliveira	Individual	Veterano M55	51:29	+20:56	05:09
17	58	Mário Medeiros	ATS - Avelar Sunset Team	Veterano M55	52:31	+21:58	05:15
18	9	Luís Manuel Seco de Oliveira	A.R.Casaense - Escola Atletismo de Coimbra/ J Paiva	Veterano M55	53:21	+22:48	05:20
19	445	Paulo Santos	Individual	Veterano M55	54:01	+23:27	05:24

Official Timekeeper: Lap2Go	10 / 12	generate 26-jul.-2025 20:48
-----------------------------	---------	-----------------------------

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

20	444	Paulo Pina	Individual	Veterano M55	54:07	+23:33	05:25
21	37	Lino Carraco	ACRM Silveirinha Grande e Claras	Veterano M55	54:59	+24:25	05:30
22	477	Albino Dos Santos Jordao	Não precisamos de asas quando temos Amigos	Veterano M55	01:01:04	+30:31	06:06
23	438	Albino Dos Santos Jordao	Individual	Veterano M55	01:01:05	+30:31	06:07
24	437	Agostinho Barros	Individual	Veterano M55	01:02:40	+32:07	06:16
25	181	Carlos Ferreira	Ilda Runners	Veterano M55	01:04:11	+33:38	06:25
26	135	Arlindo Oliveira	Fitness Factory Pombal	Veterano M55	01:08:26	+37:53	06:51
27	441	João Carlos Almeida Santos	Individual	Veterano M55	01:09:41	+39:08	06:58

Veterano M60

1	162	JOSÉ LEMOS	GDRC Ponterrolense	Veterano M60	40:28	+09:55	04:03
2	170	José Raimundo	GDRC UNIDOS	Veterano M60	41:05	+10:31	04:07
3	467	ANTÓNIO ALVES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	41:15	+10:41	04:08
4	89	AQUILINO FERREIRA	CLUBE ATLETISMO GASPAS & COSTA	Veterano M60	42:45	+12:12	04:17
5	119	David Patrício	CPT Sobral de Ceira	Veterano M60	44:55	+14:22	04:30
6	73	Aníbal Godinho	Caracol Trail Team	Veterano M60	46:08	+15:35	04:37
7	466	ACÁCIO CAMPOS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	46:09	+15:36	04:37
8	454	Mendes João	Individual	Veterano M60	46:30	+15:56	04:39
9	39	Lucidio Dias	ACRM Silveirinha Grande e Claras	Veterano M60	47:01	+16:28	04:42
10	177	Mário Carvalho	Grupo Vilarinho Cima	Veterano M60	47:17	+16:44	04:44
11	128	Valdemar Alves	Escola de Atletismo da Trofa	Veterano M60	47:47	+17:13	04:47
12	524	Dale Mark Desautel	Todos os Sábados	Veterano M60	48:08	+17:34	04:49
13	24	FERNANDO GASPAS	AC VERMOIL	Veterano M60	48:24	+17:51	04:50
14	468	ANTÓNIO POEIRAS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	48:28	+17:55	04:51
15	59	Jorge Santos	Avelar Sunset Team	Veterano M60	49:44	+19:11	04:58
16	76	Augusto Dourado	Casa Pias de Nazaré	Veterano M60	49:55	+19:22	05:00
17	93	Narciso Garcia Simões Arromba	Clube de Veteranos de Coimbra - CLUVE	Veterano M60	50:43	+20:09	05:04
18	100	Mario Duarte	Clube Desportivo Moitense	Veterano M60	51:00	+20:27	05:06
19	452	José Monteiro	Individual	Veterano M60	51:24	+20:51	05:08
20	448	CARLOS CRUZ	Individual	Veterano M60	51:27	+20:53	05:09
21	22	ANTONIO SILVINO	AC VERMOIL	Veterano M60	51:42	+21:09	05:10
22	455	Paulo Fonseca	Individual	Veterano M60	51:49	+21:16	05:11
23	451	Jorge Justo	Individual	Veterano M60	52:32	+21:58	05:15
24	48	alfredo valente	alfredo valente	Veterano M60	53:00	+22:27	05:18
25	98	Alberto Vinagre	Clube Desportivo Moitense	Veterano M60	53:40	+23:07	05:22
26	446	Abel Manuel da Costa Batalha	Individual	Veterano M60	53:52	+23:19	05:23
27	25	HELDER GOMES	AC VERMOIL	Veterano M60	56:35	+26:02	05:40
28	38	João Sintra	ACRM Silveirinha Grande e Claras	Veterano M60	56:50	+26:17	05:41
29	449	Filipe Cruz	Individual	Veterano M60	57:45	+27:12	05:47
30	453	Manuel santos	Individual	Veterano M60	57:45	+27:12	05:47
31	519	João Carlos Dias de Carvalho	TEAM DO AVÔ	Veterano M60	57:59	+27:25	05:48

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

32	457	Vitor Manuel Borges Fontes	Individual	Veterano M60	58:05	+27:32	05:49
33	456	Ramos da Silva	Individual	Veterano M60	58:49	+28:16	05:53
34	450	João Pereira da Graça	Individual	Veterano M60	59:13	+28:40	05:55
35	26	LEANDRO SANTOS	AC VERMOIL	Veterano M60	59:33	+29:00	05:57
36	447	Assel Guzinski	Individual	Veterano M60	01:00:24	+29:50	06:02
37	478	Antonio Manuel Pereira Geraldes	Não precisamos de asas quando temos Amigos	Veterano M60	01:01:34	+31:01	06:09
38	23	EUGENIO MENDES	AC VERMOIL	Veterano M60	01:02:22	+31:48	06:14
39	97	Adriano Fonte	Clube Desportivo Moitense	Veterano M60	01:02:25	+31:51	06:15
40	99	Diamantino Cruz	Clube Desportivo Moitense	Veterano M60	01:03:16	+32:42	06:20
41	523	Chris Davison	Todos os Sábados	Veterano M60	01:07:23	+36:50	06:44
42	49	Manuel Fernandes	Amantes Trail & Run	Veterano M60	01:18:58	+48:25	07:54
43	70	António Moura	C.C.D. "O ALVITEJO "	Veterano M60	01:24:01	+53:28	08:24

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 26-jul.-2025 20:48
-----------------------------	-------	-----------------------------

CORRIDA DAS FARTURAS - STAGE 1

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	20:00	25,9°C	34%
End	20:43	22.9°C	51%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1150	André Lemos	team el comandante	Senior Masculino	10:55		03:38
2	1020	JOÃO DIOGO DURÃES GRANJA	clube atletismo marinha grande	Senior Masculino	11:36	+00:40	03:52
3	1123	Tomás Pereira	individual	Senior Masculino	12:15	+01:19	04:05
4	1083	Alexandre serra e silva	individual	Senior Masculino	12:19	+01:23	04:06
5	1138	Guilherme Figueiredo	mateus e gui	Senior Masculino	12:35	+01:39	04:12
6	1087	Bruno Mota	individual	Senior Masculino	12:42	+01:46	04:14
7	1117	robin gransart	individual	Senior Masculino	12:44	+01:48	04:15
8	1018	Vera Portela	club sport marítimo	Senior Feminino	13:10	+02:14	04:23
9	1088	Daniel Martins	individual	Senior Masculino	13:13	+02:17	04:24
10	1001	PEDRO ROCHA	ac vermoil	Senior Masculino	13:20	+02:24	04:27
11	1093	Francisco Henriques Monsanto dos Santos	individual	Senior Masculino	13:37	+02:41	04:32
12	1142	Dinis Simões	os bons pombalenses	Senior Masculino	13:58	+03:02	04:39
13	1101	Leandro Costa	individual	Senior Masculino	13:59	+03:03	04:40
14	1043	Matias Grilo	grilos team	Senior Masculino	14:01	+03:05	04:40
15	1109	Martim Silva e Neves	individual	Senior Masculino	14:06	+03:10	04:42
16	1017	Ricardo Fernandes	barras e bolinhos	Senior Masculino	14:10	+03:14	04:43
17	1108	Martim Lopes Natário	individual	Senior Masculino	14:27	+03:31	04:49
18	1080	Afonso Miguel Lopes Gonçalves	individual	Senior Masculino	14:27	+03:31	04:49
19	1085	André Neves Rodrigues	individual	Senior Masculino	14:35	+03:39	04:52
20	1084	alexis gransart	individual	Senior Masculino	14:45	+03:49	04:55
21	1151	Soraia Fonseca	thomar athletics	Senior Feminino	14:56	+04:00	04:59
22	1119	Simão Mendes	individual	Senior Masculino	15:00	+04:04	05:00
23	1019	MARTA MENDO FERREIRA	clube atletismo marinha grande	Senior Feminino	15:02	+04:06	05:01
24	1059	Inês Ferreira	individual	Senior Feminino	15:08	+04:12	05:03
25	1120	Tiago Francisco	individual	Senior Masculino	15:12	+04:16	05:04
26	1094	Gabriel Lopes da Mota	individual	Senior Masculino	15:27	+04:31	05:09
27	1091	Enzo Domingues Ferreira	individual	Senior Masculino	15:30	+04:34	05:10
28	1148	João Ferreira	ratatui team	Senior Masculino	15:36	+04:40	05:12
29	1006	Ana Gonçalves	barras e bolinhos	Senior Feminino	15:39	+04:43	05:13
30	1113	Paulo Bernardes	individual	Senior Masculino	15:44	+04:48	05:15
31	1092	Francisco Gabriel Mendes de Araújo	individual	Senior Masculino	15:46	+04:50	05:15
32	1106	Manuel Bispo	individual	Senior Masculino	16:12	+05:16	05:24
33	1103	Luis Carlos Ribeiro Gonçalves	individual	Senior Masculino	16:21	+05:25	05:27
34	1044	Nuno Gri980	grilos team	Senior Masculino	16:25	+05:29	05:28
35	1099	João Pereira Coucelo	individual	Senior Masculino	16:30	+05:34	05:30
36	1063	Júlia Silva	individual	Senior Feminino	16:33	+05:37	05:31
37	1010	Sandra Pereira	barras e bolinhos	Senior Feminino	16:40	+05:44	05:33
38	1111	Nuno Alexandre Duarte da Mota	individual	Senior Masculino	16:43	+05:47	05:34

CORRIDA DAS FARTURAS - STAGE 1

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
39	1053	Cecília Alexandra Carvalho da Mota	individual	Senior Feminino	16:43	+05:47	05:34
40	1090	Duarte Alexandre Carvalho da Mota	individual	Senior Masculino	16:43	+05:47	05:34
41	1052	Catarina Alexandra Carvalho dos Santos	individual	Senior Feminino	16:43	+05:47	05:34
42	1105	Luis Pereira	individual	Senior Masculino	16:44	+05:48	05:35
43	1077	Tania Domingues	individual	Senior Feminino	16:46	+05:50	05:35
44	1036	Fernando Estrela	fitness factory pombal	Senior Masculino	17:07	+06:11	05:42
45	1095	Gonçalo Neves	individual	Senior Masculino	17:15	+06:19	05:45
46	1139	Mateus Pincho	mateus e gui	Senior Masculino	17:20	+06:25	05:47
47	1082	Alexandre Pontes Simões	individual	Senior Masculino	17:21	+06:25	05:47
48	1060	Isabel Resende	individual	Senior Feminino	17:24	+06:28	05:48
49	1107	Martim Lopes Liberal Duarte	individual	Senior Masculino	17:28	+06:32	05:49
50	1121	Tiago Oliveira	individual	Senior Masculino	17:28	+06:33	05:49
51	1118	Rodrigo Valente	individual	Senior Masculino	17:32	+06:36	05:51
52	1125	André Ramos	its a ramos thing	Senior Masculino	17:42	+06:46	05:54
53	1133	Diogo Mendes	mães dos caseirinhos	Senior Masculino	17:58	+07:03	05:59
54	1114	Pedro Lopes	individual	Senior Masculino	18:06	+07:10	06:02
55	1079	Adriano Capote	individual	Senior Masculino	18:08	+07:12	06:03
56	1034	Stephanie Santos	fitness factory pombal	Senior Feminino	18:08	+07:12	06:03
57	1039	Jorge Silva	fitness factory pombal	Senior Masculino	18:08	+07:13	06:03
58	1047	Ana Maria Coimbra	individual	Senior Feminino	18:10	+07:14	06:03
59	1097	Henrique Nogueira Luís	individual	Senior Masculino	18:53	+07:57	06:18
60	1028	Anabela da Ponte Lopes Rodrigues	fitness factory pombal	Senior Feminino	19:00	+08:04	06:20
61	1	Pedro Pimpão	individual	Senior Masculino	19:08	+08:12	06:23
62	1002	Arlete António	arlete antonio	Senior Feminino	19:12	+08:16	06:24
63	1073	Patrícia dos Santos Cravo	individual	Senior Feminino	19:28	+08:32	06:29
64	1146	Filipa Mendes	ratatui team	Senior Feminino	19:30	+08:34	06:30
65	1147	Joana Ferreira	ratatui team	Senior Feminino	19:30	+08:34	06:30
66	1071	Maria Gomes	individual	Senior Feminino	19:31	+08:35	06:30
67	1062	Joana Carvalho	individual	Senior Feminino	19:34	+08:38	06:31
68	1141	Matilde Salvador	os bons pombalenses	Senior Feminino	19:35	+08:39	06:32
69	1140	Carolina Simões	os bons pombalenses	Senior Feminino	19:35	+08:39	06:32
70	1144	Nuno Salvador	os bons pombalenses	Senior Masculino	19:35	+08:39	06:32
71	1076	Rita Quina Bota	individual	Senior Feminino	19:47	+08:51	06:36
72	1026	Cláudia Mota	equipa de que se fala	Senior Feminino	20:11	+09:15	06:44
73	1124	Vera Ferreira Ramos	its a ramos thing	Senior Feminino	20:18	+09:22	06:46
74	1049	Ana Sofia Rodrigues	individual	Senior Feminino	20:25	+09:29	06:48
75	1098	João Paulo Rodrigues	individual	Senior Masculino	20:25	+09:29	06:48
76	1045	Adriana Nascimento	individual	Senior Feminino	20:42	+09:46	06:54
77	1081	Alexandre Fernandes Marques	individual	Senior Masculino	20:42	+09:46	06:54
78	1015	Miguel Branco	barras e bolinhos	Senior Masculino	20:43	+09:47	06:54
79	1149	Mariya Oliveira	sun-day run - day	Senior Feminino	20:44	+09:49	06:55
80	1007	Ana Santos	barras e bolinhos	Senior Feminino	20:53	+09:57	06:58
81	1021	Joaquim Bacalhau	codfish team	Senior Masculino	21:22	+10:26	07:07

CORRIDA DAS FARTURAS - STAGE 1

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
82	1027	Liliana Adelina Gonçalves da Silva	etap	Senior Feminino	21:23	+10:27	07:08
83	1048	Ana Paula Gameiro da Costa Martins Pedro	individual	Senior Feminino	21:29	+10:33	07:10
84	1145	Bruna Abreu	ratatui team	Senior Feminino	21:32	+10:36	07:11
85	1061	Jessica Lopes da Mota	individual	Senior Feminino	21:35	+10:39	07:12
86	1086	André Tasqueiro	individual	Senior Masculino	21:45	+10:49	07:15
87	1067	Lívia Acácio	individual	Senior Feminino	21:45	+10:49	07:15
88	1029	Carla Alexandra dos Santos Henriques Silva	fitness factory pombal	Senior Feminino	22:06	+11:10	07:22
89	1031	Edna Alexandra Francisco Salgueiro	fitness factory pombal	Senior Feminino	22:06	+11:11	07:22
90	1013	Jorge Santos	barras e bolinhos	Senior Masculino	22:21	+11:25	07:27
91	1070	Márcia Neves	individual	Senior Feminino	22:26	+11:30	07:29
92	1009	Nini Barreiras	barras e bolinhos	Senior Feminino	22:30	+11:34	07:30
93	1033	Marta Neves	fitness factory pombal	Senior Feminino	22:39	+11:43	07:33
94	1096	Guilherme Ferreira	individual	Senior Masculino	23:09	+12:13	07:43
95	1046	Alexandra Duarte Oliveira	individual	Senior Feminino	23:20	+12:24	07:47
96	1058	Helena Correia	individual	Senior Feminino	23:29	+12:33	07:50
97	1074	Raquel Bento	individual	Senior Feminino	23:37	+12:41	07:52
98	1050	Andreia Domingues	individual	Senior Feminino	23:43	+12:47	07:54
99	1057	Filipa Antunes	individual	Senior Feminino	23:46	+12:50	07:55
100	1075	Rita Boto	individual	Senior Feminino	23:49	+12:53	07:56
101	1068	Lucia Pascoal	individual	Senior Feminino	24:38	+13:42	08:13
102	1069	Luciana Ponte	individual	Senior Feminino	24:40	+13:44	08:13
103	1102	Lucas Ferreira	individual	Senior Masculino	24:41	+13:45	08:14
104	1112	Paula Jorge de Oliveira Martins Pedro	individual	Senior Masculino	25:00	+14:04	08:20
105	1005	Ricardo Pereira	bah ça va	Senior Masculino	25:44	+14:48	08:35
106	1003	Alexandra Ferreira	bah ça va	Senior Feminino	25:44	+14:48	08:35
107	1004	Dorothee Ferreira	bah ça va	Senior Feminino	25:44	+14:48	08:35
108	1152	Tânia Freire	trail da ladeia running team	Senior Feminino	25:52	+14:56	08:37
109	1024	Adriana Martins	equipa de que se fala	Senior Feminino	26:28	+15:32	08:49
110	1025	Carmina Mota	equipa de que se fala	Senior Feminino	26:29	+15:33	08:50
111	1129	Patrícia Silva	mães dos caseirinhos	Senior Feminino	27:05	+16:09	09:02
112	1065	Laura Ferreira	individual	Senior Feminino	27:59	+17:03	09:20
113	1153	Afonso Monteiro	individual	Senior Masculino	27:59	+17:03	09:20
114	1072	Naiara Eusébio	individual	Senior Feminino	28:05	+17:09	09:22
115	1078	Vilma Eusébio	individual	Senior Feminino	28:30	+17:34	09:30
116	1066	Leticia Beatriz Romão Moreira	individual	Senior Feminino	28:31	+17:35	09:30
117	1032	Mafalda Faustino	fitness factory pombal	Senior Feminino	28:37	+17:41	09:32
118	1136	Paulo Santos	mães dos caseirinhos	Senior Masculino	29:05	+18:09	09:42
119	1126	Cila Leal	mães dos caseirinhos	Senior Feminino	29:06	+18:10	09:42
120	1130	Rosa Pedro	mães dos caseirinhos	Senior Feminino	29:06	+18:10	09:42
121	1051	Beatriz Ramalho Ferreira	individual	Senior Feminino	30:04	+19:08	10:01
122	1064	Laura Ferreira	individual	Senior Feminino	30:05	+19:09	10:02
123	1008	Dejane Santos	barras e bolinhos	Senior Feminino	31:12	+20:17	10:24

CORRIDA DAS FARTURAS - STAGE 1

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
124	1054	Daniela serra	individual	Senior Feminino	32:16	+21:20	10:45
125	1011	Sílvia Ferreira	barras e bolinhos	Senior Feminino	32:58	+22:02	10:59
126	1016	Nuno Alves	barras e bolinhos	Senior Masculino	32:58	+22:02	10:59
127	1134	Edgar Gomes Estrada	mães dos caseirinhos	Senior Masculino	35:36	+24:40	11:52
128	1127	Fátima Jesus Coelho	mães dos caseirinhos	Senior Feminino	35:37	+24:41	11:52
129	1037	João Mário Faustino	fitness factory pombal	Senior Masculino	38:21	+27:25	12:47
130	1040	Lourenço Nuno	fitness factory pombal	Senior Masculino	38:21	+27:25	12:47
131	1035	Alfredo Faustino	fitness factory pombal	Senior Masculino	38:21	+27:25	12:47
132	1038	Jorge Faustino	fitness factory pombal	Senior Masculino	39:59	+29:03	13:20
133	1131	Sílvia Neves	mães dos caseirinhos	Senior Feminino	40:24	+29:28	13:28
134	1135	Joaquim Neves Santos	mães dos caseirinhos	Senior Masculino	40:24	+29:28	13:28

Obs

BIB	NOTE	NAME	TEAM	CAT
1	DQ	Pedro Pimpão	Individual	Senior Masculino
1056	DQ	Ema Laureano	Individual	Senior Feminino
1022	DNF	André Ferreira	CPR A-DO-BARBAS	Senior Masculino
1116	DNF	Rafael Braga	Individual	Senior Masculino
1128	DNF	Maribel Domingues Esteves	Mães dos Caseirinhos	Senior Feminino
1132	DNF	Vanda Marisa Coelho	Mães dos Caseirinhos	Senior Feminino
1137	DNF	Samuel Mateus Freire	Mães dos Caseirinhos	Senior Masculino

Corrida das Farturas

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	20:00	25,9°C	34%
End	20:43	22.9°C	51%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

Senior Feminino

1	1018	Vera Portela	Club Sport Marítimo	Senior Feminino	13:09	+02:14	04:23
2	1151	Soraia Fonseca	Thomar Athletics	Senior Feminino	14:56	+04:00	04:59
3	1019	MARTA MENDO FERREIRA	Clube Atletismo Marinha Grande	Senior Feminino	15:02	+04:06	05:01
4	1059	Inês Ferreira	Individual	Senior Feminino	15:08	+04:12	05:03
5	1006	Ana Gonçalves	Barras e Bolinhos	Senior Feminino	15:38	+04:43	05:13
6	1063	Júlia Silva	Individual	Senior Feminino	16:32	+05:37	05:31
7	1010	Sandra Pereira	Barras e Bolinhos	Senior Feminino	16:39	+05:44	05:33
8	1053	Cecília Alexandra Carvalho da Mota	Individual	Senior Feminino	16:42	+05:47	05:34
9	1052	Catarina Alexandra Carvalho dos Santos	Individual	Senior Feminino	16:43	+05:47	05:34
10	1077	Tania Domingues	Individual	Senior Feminino	16:45	+05:50	05:35
11	1060	Isabel Resende	Individual	Senior Feminino	17:24	+06:28	05:48
12	1034	Stephanie Santos	Fitness Factory Pombal	Senior Feminino	18:08	+07:12	06:03
13	1047	Ana Maria Coimbra	Individual	Senior Feminino	18:10	+07:14	06:03
14	1028	Anabela da Ponte Lopes Rodrigues	Fitness Factory Pombal	Senior Feminino	18:59	+08:04	06:20
15	1002	Arlete António	Arlete Antonio	Senior Feminino	19:11	+08:16	06:24
16	1073	Patrícia dos Santos Cravo	Individual	Senior Feminino	19:28	+08:32	06:29
17	1146	Filipa Mendes	Ratatui Team	Senior Feminino	19:30	+08:34	06:30
18	1147	Joana Ferreira	Ratatui Team	Senior Feminino	19:30	+08:34	06:30
19	1071	Maria Gomes	Individual	Senior Feminino	19:30	+08:35	06:30
20	1062	Joana Carvalho	Individual	Senior Feminino	19:34	+08:38	06:31
21	1141	Matilde Salvador	OS BONS POMBALENSES	Senior Feminino	19:34	+08:39	06:32
22	1140	Carolina Simões	OS BONS POMBALENSES	Senior Feminino	19:34	+08:39	06:32
23	1076	Rita Quina Bota	Individual	Senior Feminino	19:46	+08:51	06:36
24	1026	Cláudia Mota	Equipa de que se fala	Senior Feminino	20:11	+09:15	06:44
25	1124	Vera Ferreira Ramos	Its a Ramos thing	Senior Feminino	20:17	+09:22	06:46
26	1049	Ana Sofia Rodrigues	Individual	Senior Feminino	20:24	+09:29	06:48
27	1045	Adriana Nascimento	Individual	Senior Feminino	20:42	+09:46	06:54
28	1149	Mariya Oliveira	Sun-day Run - Day	Senior Feminino	20:44	+09:49	06:55
29	1007	Ana Santos	Barras e Bolinhos	Senior Feminino	20:53	+09:57	06:58
30	1027	Liliana Adelina Gonçalves da Silva	ETAP	Senior Feminino	21:22	+10:27	07:08
31	1048	Ana Paula Gameiro da Costa Martins Pedro	Individual	Senior Feminino	21:28	+10:33	07:10
32	1145	Bruna Abreu	Ratatui Team	Senior Feminino	21:32	+10:36	07:11
33	1061	Jessica Lopes da Mota	Individual	Senior Feminino	21:34	+10:39	07:12
34	1067	Lívia Acácio	Individual	Senior Feminino	21:44	+10:49	07:15
35	1029	Carla Alexandra dos Santos Henriques Silva	Fitness Factory Pombal	Senior Feminino	22:06	+11:10	07:22
36	1031	Edna Alexandra Francisco Salgueiro	Fitness Factory Pombal	Senior Feminino	22:06	+11:11	07:22
37	1070	Márcia Neves	Individual	Senior Feminino	22:25	+11:30	07:29

Official Timekeeper: Lap2Go	1 / 4	generate 26-jul.-2025 20:49
-----------------------------	-------	-----------------------------

Corrida das Farturas

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

38	1009	Nini Barreiras	Barras e Bolinhos	Senior Feminino	22:29	+11:34	07:30
39	1033	Marta Neves	Fitness Factory Pombal	Senior Feminino	22:38	+11:43	07:33
40	1046	Alexandra Duarte Oliveira	Individual	Senior Feminino	23:20	+12:24	07:47
41	1058	Helena Correia	Individual	Senior Feminino	23:29	+12:33	07:50
42	1074	Raquel Bento	Individual	Senior Feminino	23:37	+12:41	07:52
43	1050	Andreia Domingues	Individual	Senior Feminino	23:43	+12:47	07:54
44	1057	Filipa Antunes	Individual	Senior Feminino	23:46	+12:50	07:55
45	1075	Rita Boto	Individual	Senior Feminino	23:48	+12:53	07:56
46	1068	Lucia Pascoal	Individual	Senior Feminino	24:37	+13:42	08:13
47	1069	Luciana Ponte	Individual	Senior Feminino	24:40	+13:44	08:13
48	1003	Alexandra Ferreira	Bah ça va	Senior Feminino	25:43	+14:48	08:35
49	1004	Dorothee Ferreira	Bah ça va	Senior Feminino	25:44	+14:48	08:35
50	1152	Tânia Freire	Trail da Ladeia Running Team	Senior Feminino	25:52	+14:56	08:37
51	1024	Adriana Martins	Equipa de que se fala	Senior Feminino	26:27	+15:32	08:49
52	1025	Carmina Mota	Equipa de que se fala	Senior Feminino	26:28	+15:33	08:50
53	1129	Patrícia Silva	Mães dos Caseirinhos	Senior Feminino	27:05	+16:09	09:02
54	1065	Laura Ferreira	Individual	Senior Feminino	27:58	+17:03	09:20
55	1072	Naiara Eusébio	Individual	Senior Feminino	28:04	+17:09	09:22
56	1078	Vilma Eusébio	Individual	Senior Feminino	28:29	+17:34	09:30
57	1066	Leticia Beatriz Romão Moreira	Individual	Senior Feminino	28:30	+17:35	09:30
58	1032	Mafalda Faustino	Fitness Factory Pombal	Senior Feminino	28:37	+17:41	09:32
59	1126	Cila Leal	Mães dos Caseirinhos	Senior Feminino	29:05	+18:10	09:42
60	1130	Rosa Pedro	Mães dos Caseirinhos	Senior Feminino	29:05	+18:10	09:42
61	1051	Beatriz Ramalho Ferreira	Individual	Senior Feminino	30:04	+19:08	10:01
62	1064	Laura Ferreira	Individual	Senior Feminino	30:04	+19:09	10:02
63	1008	Dejane Santos	Barras e Bolinhos	Senior Feminino	31:12	+20:17	10:24
64	1054	Daniela serra	Individual	Senior Feminino	32:15	+21:20	10:45
65	1011	Silvia Ferreira	Barras e Bolinhos	Senior Feminino	32:58	+22:02	10:59
66	1127	Fátima Jesus Coelho	Mães dos Caseirinhos	Senior Feminino	35:36	+24:41	11:52
67	1131	Silvia Neves	Mães dos Caseirinhos	Senior Feminino	40:23	+29:28	13:28

Senior Masculino

1	1150	André Lemos	Team El Comandante	Senior Masculino	10:55	03:38
2	1020	JOÃO DIOGO DURÃES GRANJA	Clube Atletismo Marinha Grande	Senior Masculino	11:35	+00:40 03:52
3	1123	Tomás Pereira	Individual	Senior Masculino	12:14	+01:19 04:05
4	1083	Alexandre serra e silva	Individual	Senior Masculino	12:18	+01:23 04:06
5	1138	Guilherme Figueiredo	Mateus e Gui	Senior Masculino	12:34	+01:39 04:12
6	1087	Bruno Mota	Individual	Senior Masculino	12:41	+01:46 04:14
7	1117	robin gransart	Individual	Senior Masculino	12:43	+01:48 04:15
8	1088	Daniel Martins	Individual	Senior Masculino	13:12	+02:17 04:24
9	1001	PEDRO ROCHA	AC VERMOIL	Senior Masculino	13:20	+02:24 04:27
10	1093	Francisco Henriques Monsanto dos Santos	Individual	Senior Masculino	13:37	+02:41 04:32
11	1142	Dinis Simões	OS BONS POMBALENSES	Senior Masculino	13:58	+03:02 04:39
12	1101	Leandro Costa	Individual	Senior Masculino	13:59	+03:03 04:40

Official Timekeeper: Lap2Go	2 / 4	generate 26-jul.-2025 20:49
-----------------------------	-------	-----------------------------

Corrida das Farturas

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

13	1043	Matias Grilo	Grilos Team	Senior Masculino	14:00	+03:05	04:40
14	1109	Martim Silva e Neves	Individual	Senior Masculino	14:06	+03:10	04:42
15	1017	Ricardo Fernandes	Barras e Bolinhos	Senior Masculino	14:09	+03:14	04:43
16	1108	Martim Lopes Natário	Individual	Senior Masculino	14:27	+03:31	04:49
17	1080	Afonso Miguel Lopes Gonçalves	Individual	Senior Masculino	14:27	+03:31	04:49
18	1085	André Neves Rodrigues	Individual	Senior Masculino	14:34	+03:39	04:52
19	1084	alexis gransart	Individual	Senior Masculino	14:44	+03:49	04:55
20	1119	Simão Mendes	Individual	Senior Masculino	15:00	+04:04	05:00
21	1120	Tiago Francisco	Individual	Senior Masculino	15:11	+04:16	05:04
22	1094	Gabriel Lopes da Mota	Individual	Senior Masculino	15:27	+04:31	05:09
23	1091	Enzo Domingues Ferreira	Individual	Senior Masculino	15:29	+04:34	05:10
24	1148	João Ferreira	Ratatui Team	Senior Masculino	15:35	+04:40	05:12
25	1113	Paulo Bernardes	Individual	Senior Masculino	15:44	+04:48	05:15
26	1092	Francisco Gabriel Mendes de Araújo	Individual	Senior Masculino	15:45	+04:50	05:15
27	1106	Manuel Bispo	Individual	Senior Masculino	16:12	+05:16	05:24
28	1103	Luis Carlos Ribeiro Gonçalves	Individual	Senior Masculino	16:20	+05:25	05:27
29	1044	Nuno Griog980	Grilos Team	Senior Masculino	16:25	+05:29	05:28
30	1099	João Pereira Coucelo	Individual	Senior Masculino	16:30	+05:34	05:30
31	1111	Nuno Alexandre Duarte da Mota	Individual	Senior Masculino	16:42	+05:47	05:34
32	1090	Duarte Alexandre Carvalho da Mota	Individual	Senior Masculino	16:43	+05:47	05:34
33	1105	Luis Pereira	Individual	Senior Masculino	16:43	+05:48	05:35
34	1036	Fernando Estrela	Fitness Factory Pombal	Senior Masculino	17:06	+06:11	05:42
35	1095	Gonçalo Neves	Individual	Senior Masculino	17:14	+06:19	05:45
36	1139	Mateus Pincho	Mateus e Gui	Senior Masculino	17:20	+06:25	05:47
37	1082	Alexandre Pontes Simões	Individual	Senior Masculino	17:21	+06:25	05:47
38	1107	Martim Lopes Liberal Duarte	Individual	Senior Masculino	17:27	+06:32	05:49
39	1121	Tiago Oliveira	Individual	Senior Masculino	17:28	+06:33	05:49
40	1118	Rodrigo Valente	Individual	Senior Masculino	17:32	+06:36	05:51
41	1125	André Ramos	Its a Ramos thing	Senior Masculino	17:41	+06:46	05:54
42	1133	Diogo Mendes	Mães dos Caseirinhos	Senior Masculino	17:58	+07:03	05:59
43	1114	Pedro Lopes	Individual	Senior Masculino	18:05	+07:10	06:02
44	1079	Adriano Capote	Individual	Senior Masculino	18:08	+07:12	06:03
45	1039	Jorge Silva	Fitness Factory Pombal	Senior Masculino	18:08	+07:13	06:03
46	1097	Henrique Nogueira Luís	Individual	Senior Masculino	18:53	+07:57	06:18
47	1	Pedro Pimpão	Individual	Senior Masculino	19:08	+08:12	06:23
48	1144	Nuno Salvador	OS BONS POMBALENSES	Senior Masculino	19:35	+08:39	06:32
49	1098	João Paulo Rodrigues	Individual	Senior Masculino	20:24	+09:29	06:48
50	1081	Alexandre Fernandes Marques	Individual	Senior Masculino	20:42	+09:46	06:54
51	1015	Miguel Branco	Barras e Bolinhos	Senior Masculino	20:43	+09:47	06:54
52	1021	Joaquim Bacalhau	CODFISH TEAM	Senior Masculino	21:21	+10:26	07:07
53	1086	André Tasqueiro	Individual	Senior Masculino	21:44	+10:49	07:15
54	1013	Jorge Santos	Barras e Bolinhos	Senior Masculino	22:21	+11:25	07:27
55	1096	Guilherme Ferreira	Individual	Senior Masculino	23:08	+12:13	07:43
56	1102	Lucas Ferreira	Individual	Senior Masculino	24:40	+13:45	08:14
57	1112	Paula Jorge de Oliveira Martins Pedro	Individual	Senior Masculino	24:59	+14:04	08:20
58	1005	Ricardo Pereira	Bah ça va	Senior Masculino	25:43	+14:48	08:38

Official Timekeeper: Lap2Go	3 / 4	generate 26-jul.-2025 20:49
-----------------------------	-------	-----------------------------

3 KM

OFFICIAL RESULT

59	1153	Afonso Monteiro	Individual	Senior Masculino	27:59	+17:03	09:20
60	1136	Paulo Santos	Mães dos Caseirinhos	Senior Masculino	29:04	+18:09	09:42
61	1016	Nuno Alves	Barras e Bolinhos	Senior Masculino	32:58	+22:02	10:59
62	1134	Edgar Gomes Estrada	Mães dos Caseirinhos	Senior Masculino	35:35	+24:40	11:52
63	1037	João Mário Faustino	Fitness Factory Pombal	Senior Masculino	38:20	+27:25	12:47
64	1040	Lourenço Nuno	Fitness Factory Pombal	Senior Masculino	38:20	+27:25	12:47
65	1035	Alfredo Faustino	Fitness Factory Pombal	Senior Masculino	38:21	+27:25	12:47
66	1038	Jorge Faustino	Fitness Factory Pombal	Senior Masculino	39:59	+29:03	13:20
67	1135	Joaquim Neves Santos	Mães dos Caseirinhos	Senior Masculino	40:24	+29:28	13:28