

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	21:30	8,5°C	88%
End	23:10	8.5°C	86%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	4923	João Pedro Gomes Rodrigues	cmf	Senior Masculino	31:19		03:08
2	984	Tiago Freitas	cmfamalicão	Senior Masculino	31:29	+00:10	03:09
3	766	Rui Oliveira	earo	Senior Masculino	31:34	+00:15	03:09
4	4959	Eduardo Salazar	liberdade fc	Senior Masculino	32:00	+00:40	03:12
5	4983	Ricardo Vieira	s.c.braga	Senior Masculino	32:19	+00:59	03:14
6	4981	Gabriel Figueiredo	s.c.braga	Senior Masculino	32:19	+00:59	03:14
7	244	Mário Costa	arc vale s. cosme	Senior Masculino	33:06	+01:46	03:19
8	4989	Joao Ferreira	individual	Senior Masculino	33:16	+01:57	03:20
9	4555	Hugo Araújo	quebrarritmo	Senior Masculino	33:46	+02:27	03:23
10	4368	Ricardo Azevedo	one more	Senior Masculino	34:05	+02:45	03:24
11	737	Bruno Miguel Da Silva Ferreira	dragon club	Veterano M40	34:07	+02:48	03:25
12	1030	Ricardo Filipe Machado Neves	grupo desportivo de airão	Senior Masculino	34:15	+02:56	03:26
13	56	Luís Gonzaga	365 running project	Senior Masculino	34:16	+02:57	03:26
14	966	Diogo de Lima Miranda	individual	Senior Masculino	34:24	+03:05	03:26
15	762	Gonçalo Rodrigues	earo	Senior Masculino	34:31	+03:12	03:27
16	600	Joaquim Cruz	cmfamalicão	Veterano M45	34:42	+03:23	03:28
17	4681	Rui Diogo Monteiro da Cunha	smartfit	Senior Masculino	34:53	+03:33	03:29
18	3455	André Figueiredo	individual	Veterano M40	34:57	+03:37	03:30
19	4946	Andreia Santos	cast	Veterana F40	35:08	+03:49	03:31
20	4810	André Viana	ud varzea	Senior Masculino	35:16	+03:57	03:32
21	779	Rui Ramos	earo	Veterano M45	35:18	+03:59	03:32
22	744	Miguel Carvalho	duros da santa team running	Senior Masculino	35:19	+04:00	03:32
23	2810	Pedro Cardoso	individual	Senior Masculino	35:23	+04:04	03:32
24	2919	Ricardo Areias	individual	Senior Masculino	36:02	+04:43	03:36
25	800	Alice Oliveira	adrap	Senior Feminino	36:05	+04:46	03:37
26	3842	Rui Silva	individual	Veterano M45	36:05	+04:46	03:37
27	4426	Luís Miguel Sousa Mendes	paços runners	Veterano M40	36:06	+04:47	03:37
28	245	Pedro Costa	arc vale s. cosme	Senior Masculino	36:12	+04:52	03:37
29	2595	Luís André Da Costa Lima Ribeiro	individual	Senior Masculino	36:17	+04:57	03:38
30	103	Nuno Costa	active running	Senior Masculino	36:27	+05:07	03:39
31	152	Paulo Leça	afr&f	Veterano M40	36:31	+05:12	03:39
32	6	Marco André Carvalho Pinheiro	dragon club	Veterano M40	36:32	+05:13	03:39
33	3218	Bruno Andrade	amve - associação moinhos de vermoim	Senior Masculino	36:39	+05:20	03:40
34	3328	Estela melo	individual	Veterana F45	36:48	+05:28	03:41
35	777	Jose Freitas	earo	Veterano M45	36:53	+05:34	03:41
36	1174	João Almeida	impact korpus	Senior Masculino	37:04	+05:45	03:42
37	963	Pedro Seixas	gd natação famalicão	Senior Masculino	37:10	+05:51	03:43
38	106	Rui Costa	active running	Senior Masculino	37:20	+06:00	03:44
39	2052	David Queiroz	individual	Senior Masculino	37:23	+06:04	03:44
40	2335	Ivan Mostepanov	individual	Senior Masculino	37:24	+06:04	03:44
41	463	Helder Fernandes Pereira	clube de atletismo de ferreira do zêzere	Veterano M45	37:24	+06:05	03:44

Official Timekeeper: Lap2Go	1 / 98	generate 23-dez.-2025 23:16
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PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	1004	Pedro Alexandre Magalhaes Castro	individual	Veterano M45	37:28	+06:08	03:45
43	2006	Constantino Nogueira	individual	Senior Masculino	37:29	+06:10	03:45
44	3580	Nelson Leitão	individual	Veterano M40	37:30	+06:11	03:45
45	246	Pedro Carreiras	arc vale s. cosme	Senior Masculino	37:31	+06:12	03:45
46	4679	Rodrigo Fernandes18	smartfit	Senior Masculino	37:36	+06:16	03:46
47	3867	Adelino fernandes	individual	Veterano M50	37:37	+06:18	03:46
48	102	Jorge Pereira	active running	Senior Masculino	37:37	+06:18	03:46
49	2309	Hugo Cardoso	individual	Senior Masculino	37:38	+06:19	03:46
50	2756	Nuno Manuel Dias da Costa	individual	Senior Masculino	37:41	+06:22	03:46
51	1162	Pedro Correia	hb - centro de treino	Senior Masculino	37:42	+06:23	03:46
52	1829	Adriano Martim Monteiro Matos	individual	Senior Masculino	37:45	+06:26	03:46
53	2630	Luís Nogueira	individual	Senior Masculino	37:49	+06:30	03:47
54	3712	David Gonçalves Ribeiro	individual	Veterano M45	37:53	+06:34	03:47
55	209	Fábio Daniel Paiva Rodrigues	apgs1	Senior Masculino	37:54	+06:35	03:47
56	4707	Paulo Oliveira	sporting clube de espinho	Veterano M55	37:55	+06:36	03:48
57	66	Renato Oliveira	365 running project	Veterano M40	37:58	+06:39	03:48
58	970	Joao Oliveira	individual	Senior Masculino	38:03	+06:44	03:48
59	3949	Miguel Manuel Silva Neves	individual	Veterano M50	38:06	+06:47	03:49
60	2486	Joel Silva	individual	Senior Masculino	38:14	+06:55	03:49
61	3669	Adao vasco Correia vaz	individual	Veterano M45	38:16	+06:57	03:50
62	4584	Arthur Rocha	rocha automóveis	Senior Masculino	38:16	+06:57	03:50
63	57	Marko Santos	365 running project	Senior Masculino	38:18	+06:59	03:50
64	730	Andreia Sofia Moreira da Cunha	dragon club	Senior Feminino	38:19	+07:00	03:50
65	3556	luis Miguel	individual	Veterano M40	38:23	+07:04	03:50
66	4196	Mário Martins	lincs do marão	Veterano M40	38:29	+07:10	03:51
67	2543	José Nogueira	individual	Senior Masculino	38:32	+07:13	03:51
68	3512	Hélder Leal	individual	Veterano M40	38:37	+07:18	03:52
69	4960	Frederico Vilhena	liberdade fc	Senior Masculino	38:44	+07:25	03:52
70	2565	José Silva	individual	Senior Masculino	38:49	+07:29	03:53
71	2621	Luis Mendes	individual	Senior Masculino	38:50	+07:31	03:53
72	2010	Daniel Ribeiro	individual	Senior Masculino	38:54	+07:34	03:53
73	127	Pedro Silva	adeca - associação desportiva de castelões	Senior Masculino	38:55	+07:36	03:54
74	4562	sergio araujo campos	quebrarritmo	Veterano M50	38:58	+07:39	03:54
75	3680	André Neves	individual	Veterano M45	38:59	+07:40	03:54
76	2558	José Ricardo	individual	Senior Masculino	39:00	+07:41	03:54
77	3577	Miguel Vasques	individual	Veterano M40	39:00	+07:41	03:54
78	3096	Tiago Antunes	individual	Senior Masculino	39:00	+07:41	03:54
79	247	Rafael Aleixo	arc vale s. cosme	Senior Masculino	39:01	+07:42	03:54
80	4543	Nelson Fernandes	promessas do atletismo	Veterano M40	39:05	+07:46	03:54
81	4748	Pedro Coelho	team lanthemil	Veterano M40	39:05	+07:46	03:55
82	582	Bruno Rodrigues	cmfamalicão	Veterano M40	39:07	+07:48	03:55
83	158	LILIANA SILVA	águias de alvelos	Veterana F40	39:08	+07:49	03:55
84	2207	Filipe Ramos	individual	Senior Masculino	39:09	+07:50	03:55
85	2056	DF 47	individual	Senior Masculino	39:10	+07:51	03:55

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[illegible]

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	3056	Sérgio Alexandre Santos Leite	individual	Senior Masculino	39:13	+07:53	03:55
87	4942	Joao Manuel Paiva Fernandes	individual	Senior Masculino	39:14	+07:55	03:55
88	3984	RUI MANUEL DA SILVA ABREU	individual	Veterano M50	39:15	+07:55	03:55
89	121	Paulo costa gomes Magalhães	active running	Veterano M55	39:17	+07:57	03:56
90	2667	Marco Sampaio	individual	Senior Masculino	39:20	+08:01	03:56
91	675	Sergio Almeida	credithora - intermediários de crédito	Veterana F40	39:24	+08:05	03:56
92	939	José Barquero	gaviões	Veterano M50	39:25	+08:06	03:56
93	210	Vítor Coelho	apgsi mercainox	Veterano M50	39:29	+08:10	03:57
94	3644	Samuel cunha	individual	Veterano M40	39:31	+08:12	03:57
95	861	Pedro Oliveira	famagraph	Senior Masculino	39:31	+08:12	03:57
96	4492	Nuno Guimarães	porminho	Veterano M40	39:39	+08:19	03:58
97	2078	Diogo Costa	individual	Senior Masculino	39:41	+08:22	03:58
98	8	Mariana Machado	amve - associação moinhos de vermoim	Senior Feminino	39:41	+08:22	03:58
99	157	Pedro Rodrigues	águias de alvelos	Senior Masculino	39:43	+08:24	03:58
100	105	Raul Neves	active running	Senior Masculino	39:45	+08:25	03:58
101	2785	Paulo Castro	individual	Senior Masculino	39:50	+08:31	03:59
102	4578	Eduardo Ferreira	retiros do vale	Senior Masculino	39:55	+08:36	04:00
103	4198	Joaquim Aires	love tiles	Senior Masculino	39:57	+08:38	04:00
104	3091	Thomas Freitas	individual	Senior Masculino	39:58	+08:39	04:00
105	2191	Fernando Marinho	individual	Senior Masculino	40:02	+08:42	04:00
106	4345	Jose Martins	núcleo desportivo silva	Senior Masculino	40:02	+08:42	04:00
107	2814	Pedro Catarino	individual	Senior Masculino	40:05	+08:46	04:00
108	128	Romário Pinho	adepe	Senior Masculino	40:06	+08:47	04:01
109	3777	Manuel André Pereira Ferreira	individual	Veterano M45	40:10	+08:51	04:01
110	111	João Mesquita	active running	Veterano M40	40:12	+08:53	04:01
111	2131	Diogo Valentim	individual	Senior Masculino	40:13	+08:54	04:01
112	4616	Nelson Silva	runçados	Senior Masculino	40:14	+08:55	04:01
113	2128	Diogo Silva	individual	Senior Masculino	40:14	+08:55	04:01
114	2378	João Ferreira	individual	Senior Masculino	40:15	+08:56	04:02
115	958	Jorge Ferreira	gd airão curviã	Veterano M45	40:18	+08:59	04:02
116	3861	Vítor Ferreira	individual	Veterano M45	40:19	+09:00	04:02
117	4495	João Gilberto	porminho	Veterano M45	40:21	+09:01	04:02
118	658	Willian Afonso	corga da físgua	Senior Masculino	40:29	+09:10	04:03
119	132	Joao Marques	adespo_run	Senior Masculino	40:30	+09:11	04:03
120	2032	Daniel Ribeiro	individual	Senior Masculino	40:31	+09:12	04:03
121	4629	Telmo Nunes	running espinho	Senior Masculino	40:33	+09:14	04:03
122	1850	Alexandre Carneiro Araújo	individual	Senior Masculino	40:35	+09:16	04:04
123	2883	Pedro Teixeira Costa	individual	Senior Masculino	40:36	+09:17	04:04
124	4001	VITOR Silva	individual	Veterano M50	40:38	+09:18	04:04
125	2513	José Antune	individual	Senior Masculino	40:38	+09:19	04:04
126	3110	Tiago Dias	individual	Senior Masculino	40:48	+09:29	04:05
127	2956	Ricardo Sá	individual	Senior Masculino	40:49	+09:29	04:05
128	3151	Tiago Silva	individual	Senior Masculino	40:49	+09:30	04:05
129	785	Hélder Dias	eat-escola de atletismo da trofa	Veterano M40	40:51	+09:32	04:05
130	723	Diogo Mirita	dm pro training	Senior Masculino	40:52	+09:33	04:05

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
131	4296	José Dinis	moutados team	Senior Masculino	40:54	+09:35	04:05
132	3824	Rodrigo Silva	individual	Veterano M45	40:55	+09:35	04:05
133	3592	Nuno silva	individual	Veterano M40	40:57	+09:37	04:06
134	3664	Vitor Marques	individual	Veterano M40	40:57	+09:38	04:06
135	3077	Simao Montwiro	individual	Senior Masculino	40:59	+09:40	04:06
136	312	Armindo Araújo	b. v. famalicenses	Veterano M60	41:06	+09:47	04:07
137	367	David Mendes	bia e david	Senior Masculino	41:09	+09:50	04:07
138	2803	Pedro Alves	individual	Senior Masculino	41:12	+09:53	04:07
139	112	Pedro Castro	active running	Veterano M40	41:13	+09:54	04:07
140	2457	João saldanha	individual	Senior Masculino	41:15	+09:55	04:07
141	2489	Jorge Araújo	individual	Senior Masculino	41:15	+09:55	04:07
142	772	Bruno Pereira	earo	Veterano M40	41:15	+09:56	04:07
143	3849	Sérgio Silva	individual	Veterano M45	41:17	+09:58	04:08
144	134	Marco António Maia Costa	adespo_run	Senior Masculino	41:18	+09:59	04:08
145	4301	Vitor Pontes	nai - núcleo amador idaes	Senior Masculino	41:21	+10:02	04:08
146	3041	Rui Soares	individual	Senior Masculino	41:22	+10:03	04:08
147	3156	Tiago Teixeira	individual	Senior Masculino	41:24	+10:05	04:08
148	2051	David Peliteiro	individual	Senior Masculino	41:24	+10:05	04:08
149	3446	Adelino Sousa	individual	Veterano M40	41:25	+10:06	04:09
150	110	Emanuel Freitas	active running	Veterano M40	41:25	+10:06	04:09
151	264	Paulo Araújo	arc vale s. cosme	Veterano M50	41:25	+10:06	04:09
152	3163	Tomás Moura	individual	Senior Masculino	41:26	+10:07	04:09
153	4583	Ruben Ribeiro	riba	Veterano M40	41:27	+10:08	04:09
154	925	Nélson Almeida	futebol clube landim	Veterano M40	41:30	+10:11	04:09
155	2685	Martin Fedorchuk	individual	Senior Masculino	41:35	+10:16	04:10
156	3715	Eduardo Oliveira	individual	Veterano M45	41:36	+10:17	04:10
157	4896	Tiago Borges	vivavita training and social club	Senior Masculino	41:36	+10:17	04:10
158	585	Duarte Fernandes	cmfamalicão	Veterano M40	41:37	+10:18	04:10
159	3920	Jose Dias	individual	Veterano M50	41:39	+10:20	04:10
160	205	Sergio Miguel Fernandes Rodrigues	amve - associação moinhos de vermoim	Senior Masculino	41:40	+10:20	04:10
161	3759	Jorge Fontes	individual	Veterano M45	41:42	+10:23	04:10
162	3985	Rui Marques	individual	Veterano M50	41:45	+10:25	04:10
163	1910	André Vilas Boas	individual	Senior Masculino	41:45	+10:26	04:10
164	3570	Miguel Carvalho	individual	Veterano M40	41:51	+10:31	04:11
165	1569	Leonor Freitas	individual	Senior Feminino	41:51	+10:32	04:11
166	4034	Jose Azevedo	individual	Veterano M55	41:52	+10:33	04:11
167	4631	Nuno Sousa	running espinho	Veterano M50	41:53	+10:33	04:11
168	2027	Daniel Lopes	individual	Senior Masculino	41:54	+10:35	04:11
169	2880	Pedro Sousa	individual	Senior Masculino	41:59	+10:40	04:12
170	4257	Rafael Carvalho	milhafres	Senior Masculino	41:59	+10:40	04:12
171	5	Filipe Manuel Ferreira Fontes	vieira de castro	Veterano M45	41:59	+10:40	04:12
172	1090	David Jose Marques Pinto	gymstar	Senior Masculino	42:02	+10:43	04:12
173	2184	Fábio Silva	individual	Senior Masculino	42:04	+10:45	04:12
174	4293	Rui Gomes	moove/afacycles/aloft	Veterano M40	42:06	+10:47	04:13
175	3541	José da Silveira Júnior	individual	Veterano M40	42:06	+10:47	04:13

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
176	1886	André Filipe Maia Silva1	individual	Senior Masculino	42:07	+10:48	04:13
177	4409	Miguel carriço	os carriços	Senior Masculino	42:10	+10:50	04:13
178	473	José Cruz	clube união idanhense	Veterano M50	42:10	+10:51	04:13
179	3661	Vitor José costa cunha	individual	Veterano M40	42:11	+10:52	04:13
180	593	Ricardo Silva	cmfamalicão	Veterano M40	42:11	+10:52	04:13
181	3507	Helder Araújo	individual	Veterano M40	42:13	+10:53	04:13
182	59	Rui Silva	365 running project	Senior Masculino	42:14	+10:55	04:13
183	60	Andreia Rocha	365 running project	Veterana F40	42:15	+10:55	04:13
184	4311	TOMÁS BARBOSA	norcanarun	Senior Masculino	42:17	+10:58	04:14
185	20	Tiago Xavier	100pernas	Senior Masculino	42:18	+10:59	04:14
186	146	Diogo Costa	afipre team	Senior Masculino	42:19	+10:59	04:14
187	4275	Jose Manuel	mka	Veterano M55	42:20	+11:00	04:14
188	3129	Tiago Magalhães	individual	Senior Masculino	42:22	+11:02	04:14
189	3127	TIAGO JOSE TEIXEIRA RIBEIRO	individual	Senior Masculino	42:22	+11:02	04:14
190	500	Carlos Pacheco	cmfamalicão	Senior Masculino	42:23	+11:04	04:14
191	1868	André Araújo	individual	Senior Masculino	42:24	+11:05	04:14
192	3850	Sidonio Silva	individual	Veterano M45	42:25	+11:06	04:14
193	487	Gabriela Martins	cmfamalicão	Senior Feminino	42:26	+11:06	04:15
194	263	António Cunha	arc vale s. cosme	Veterano M50	42:26	+11:07	04:15
195	3063	Sérgio Oliveira	individual	Senior Masculino	42:28	+11:09	04:15
196	113	Ricardo Mendes	active running	Veterano M40	42:29	+11:10	04:15
197	780	Miguel Castro	earo	Veterano M50	42:30	+11:10	04:15
198	4731	Tiago Lamas	team 2run	Senior Masculino	42:32	+11:13	04:15
199	3008	Rui Cunha	individual	Senior Masculino	42:35	+11:15	04:15
200	2965	Ricardo Silva	individual	Senior Masculino	42:38	+11:19	04:16
201	745	Simao Oliveira	duros da santa team running	Senior Masculino	42:40	+11:21	04:16
202	2054	Davide Emanuel Oliveira Ribeiro	individual	Senior Masculino	42:42	+11:22	04:16
203	4891	DANIEL CUNHA	vivavita training and social club	Senior Masculino	42:45	+11:25	04:16
204	3035	Rui Rodrigues	individual	Senior Masculino	42:47	+11:28	04:17
205	2086	Diogo Ferreira	individual	Senior Masculino	42:48	+11:29	04:17
206	2932	Ricardo Ferrão	individual	Senior Masculino	42:49	+11:30	04:17
207	750	Jorge Barbosa	duros da santa team running	Veterano M40	42:50	+11:31	04:17
208	3859	VALDO NUNES DE OLIVEIRA	individual	Veterano M45	42:54	+11:34	04:17
209	2390	João Henrique	individual	Senior Masculino	42:54	+11:34	04:17
210	2228	Francisco Ferreira	individual	Senior Masculino	42:56	+11:36	04:18
211	1924	Augusto Coelho	individual	Senior Masculino	42:59	+11:40	04:18
212	863	Sergio silva	famagraph	Veterano M45	43:01	+11:41	04:18
213	4209	Luis Leite	maia runners	Veterano M45	43:01	+11:42	04:18
214	4043	José Rebuge	individual	Veterano M55	43:02	+11:43	04:18
215	3599	Paulo Pereira	individual	Veterano M40	43:04	+11:44	04:18
216	4425	André Santos	os senis	Senior Masculino	43:06	+11:47	04:19
217	4269	Tiago Dias	mka	Senior Masculino	43:08	+11:49	04:19
218	4183	Artur Araújo	kilosmoda - silva & barroso	Veterano M60	43:10	+11:51	04:19
219	2327	Hugo Ribeiro	individual	Senior Masculino	43:13	+11:54	04:19
220	604	Miguel Santos	cmfamalicão	Veterano M45	43:13	+11:54	04:19

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
221	2905	Rafael Silva	individual	Senior Masculino	43:15	+11:56	04:20
222	1119	Rafael Sousa	gymstar	Senior Masculino	43:17	+11:57	04:20
223	2849	Pedro Miguel Alves Sousa	individual	Senior Masculino	43:17	+11:58	04:20
224	724	Diogo Pinto	dm pro training	Senior Masculino	43:18	+11:59	04:20
225	3836	Rui Freitas	individual	Veterano M45	43:19	+12:00	04:20
226	2804	Pedro André Marques Lima	individual	Senior Masculino	43:20	+12:00	04:20
227	3171	Tomás Silva	individual	Senior Masculino	43:20	+12:01	04:20
228	3175	Vasco Figueiredo	individual	Senior Masculino	43:21	+12:02	04:20
229	118	Pedro Neves	active running	Veterano M50	43:22	+12:02	04:20
230	3728	Flávio Gomes	individual	Veterano M45	43:22	+12:03	04:20
231	3757	João Vieira	individual	Veterano M45	43:24	+12:04	04:20
232	351	Carlos Jorge Sacramento Sousa	bbg runners by bbox&gym	Veterano M50	43:24	+12:05	04:20
233	1006	HUMBERTO C F M SILVA	individual	Veterano M50	43:27	+12:08	04:21
234	2444	João Pinheiro	individual	Senior Masculino	43:30	+12:10	04:21
235	2009	CRISTIANO SOUSA	individual	Senior Masculino	43:32	+12:13	04:21
236	4462	Tiago Carvalho	pipachills	Senior Masculino	43:32	+12:13	04:21
237	1966	Carlos Azevedo	individual	Senior Masculino	43:35	+12:15	04:21
238	4747	Marco silva sousa	team lanthemil	Veterano M40	43:35	+12:16	04:22
239	2876	Pedro Silva	individual	Senior Masculino	43:37	+12:18	04:22
240	4746	Filipe Azevedo Rodrigues	team lanthemil	Veterano M40	43:37	+12:18	04:22
241	100	Amaro Barbosa	active running	Senior Masculino	43:38	+12:18	04:22
242	3748	Hugo Prazeres	individual	Veterano M45	43:38	+12:19	04:22
243	3624	Ricardo Manuel Araújo leite	individual	Veterano M40	43:39	+12:19	04:22
244	119	Abílio Faria	active running	Veterano M55	43:40	+12:21	04:22
245	3971	Pedro Ferreira	individual	Veterano M50	43:41	+12:22	04:22
246	4675	Hugo Machado	smartfit	Senior Masculino	43:42	+12:23	04:22
247	4674	Carlos Braga	smartfit	Senior Masculino	43:43	+12:24	04:22
248	2365	João Cruz	individual	Senior Masculino	43:44	+12:25	04:22
249	3621	Ricardo Doria Duarte	individual	Veterano M40	43:48	+12:28	04:23
250	2339	Ivo Ferreira	individual	Senior Masculino	43:48	+12:29	04:23
251	1894	André Martins	individual	Senior Masculino	43:49	+12:30	04:23
252	2441	João Pereira	individual	Senior Masculino	43:51	+12:32	04:23
253	9	Micaela Martins	earo	Veterana F45	43:52	+12:32	04:23
254	3989	Sebastião Pinto	individual	Veterano M50	43:54	+12:34	04:23
255	3794	NUNO FEAP	individual	Veterano M45	43:54	+12:34	04:23
256	1917	António Pedro Miranda	individual	Senior Masculino	43:55	+12:36	04:24
257	3088	Telmo Costa	individual	Senior Masculino	44:00	+12:41	04:24
258	2062	Diogo Alexandre Oliveira Araújo	individual	Senior Masculino	44:01	+12:41	04:24
259	843	Diogo Pereira	exercise4you	Senior Masculino	44:01	+12:42	04:24
260	4558	Rogério Moreira	quebrarritmo	Veterano M45	44:02	+12:43	04:24
261	4957	Tânia Silva	liberdade fc	Senior Feminino	44:03	+12:44	04:24
262	4335	Miguel Machado	núcleo de atletismo das taipas	Veterano M45	44:03	+12:44	04:24
263	3983	Rui Lopes	individual	Veterano M50	44:04	+12:45	04:24
264	1995	Cesar Dias	individual	Senior Masculino	44:05	+12:46	04:24
265	678	Diogo Rafael	credithora - intermediários de crédito	Senior Masculino	44:05	+12:46	04:25

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
266	2659	Marco Ferreira Carvalho	individual	Senior Masculino	44:06	+12:46	04:25
267	4844	José Rafael Pereira	vieira de castro	Senior Masculino	44:06	+12:46	04:25
268	1115	Paulo Manuel Silva Dias	gymstar	Senior Masculino	44:08	+12:49	04:25
269	2945	Ricardo Martins	individual	Senior Masculino	44:09	+12:50	04:25
270	2492	Jorge Daniel Silva Forte	individual	Senior Masculino	44:11	+12:51	04:25
271	2929	Ricardo Duarte	individual	Senior Masculino	44:11	+12:51	04:25
272	3930	José Sá	individual	Veterano M50	44:14	+12:55	04:25
273	2187	Fernando Araujo	individual	Senior Masculino	44:15	+12:56	04:25
274	4104	Paulo Dias	individual	Veterano M60	44:21	+13:02	04:26
275	2888	Rafael Adriano Da Costa Ferreira	individual	Senior Masculino	44:21	+13:02	04:26
276	3953	Modesto Pinto	individual	Veterano M50	44:21	+13:02	04:26
277	2869	Pedro Ponciano	individual	Senior Masculino	44:22	+13:03	04:26
278	2046	David Faria Castanheira	individual	Senior Masculino	44:22	+13:03	04:26
279	2794	Paulo Miranda	individual	Senior Masculino	44:22	+13:03	04:26
280	4569	Marcos Leão	refit	Senior Masculino	44:25	+13:05	04:26
281	525	Paulo Fernandes	cmfamalicão	Senior Masculino	44:26	+13:07	04:27
282	756	Fernando Moreira	duros da santa team running	Veterano M60	44:27	+13:08	04:27
283	4061	Paulo Martins	individual	Veterano M55	44:27	+13:08	04:27
284	418	Luís Pais de Sousa	break	Veterano M55	44:27	+13:08	04:27
285	1120	Ricardo Manuel Moreira Penedo	gymstar	Senior Masculino	44:28	+13:08	04:27
286	3031	Rui Pedro Castro Coelho	individual	Senior Masculino	44:29	+13:10	04:27
287	531	Rui Carvalho	cmfamalicão	Senior Masculino	44:31	+13:12	04:27
288	842	Diogo Mendes	exercise4you	Senior Masculino	44:36	+13:16	04:28
289	3578	Nelson Castro	individual	Veterano M40	44:36	+13:17	04:28
290	4261	Jorge Filipe Reis da Costa	milhafres	Veterano M40	44:37	+13:17	04:28
291	2721	Miguel Oliveira Marques	individual	Senior Masculino	44:37	+13:18	04:28
292	3812	Pedro Miguel Martins Henriques	individual	Veterano M45	44:39	+13:19	04:28
293	1410	Daniela Filipa Canedo Nogueira	individual	Senior Feminino	44:39	+13:20	04:28
294	4274	Tonanha MKA	mka	Veterano M50	44:41	+13:21	04:28
295	529	Ricardo Maia	cmfamalicão	Senior Masculino	44:41	+13:21	04:28
296	2768	Nuno Rodrigues	individual	Senior Masculino	44:41	+13:21	04:28
297	4559	Manuel Esteves	quebrarritmo	Veterano M50	44:41	+13:22	04:28
298	3863	Vitor MS Lopes	individual	Veterano M45	44:44	+13:25	04:28
299	2752	Nuno Guimarães	individual	Senior Masculino	44:44	+13:25	04:28
300	1940	Bruno Costa	individual	Senior Masculino	44:45	+13:25	04:28
301	4570	Rui Santos	refit	Senior Masculino	44:45	+13:26	04:29
302	3980	Rui Azevedo	individual	Veterano M50	44:48	+13:29	04:29
303	4479	Jorge Silva	porminho	Senior Masculino	44:49	+13:30	04:29
304	4255	Helder Gonçalves	milhafres	Senior Masculino	44:51	+13:32	04:29
305	3753	Joao Paiva	individual	Veterano M45	44:51	+13:32	04:29
306	642	Pedro Nóvoa	cmfamalicão	Veterano M60	44:52	+13:32	04:29
307	109	Marlene Azevedo	active running	Veterana F40	44:52	+13:33	04:29
308	4994	Jose Dias RIbeiro	individual	Veterano M60	44:52	+13:33	04:29

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
309	4031	Joaquim Costa	individual	Veterano M55	44:52	+13:33	04:29
310	120	Joaquim Oliveira	active running	Veterano M55	44:53	+13:33	04:29
311	4279	Artur Manuel Barroso Lima	moldamirco	Senior Masculino	44:53	+13:33	04:29
312	617	Ângelo Peixoto	cmfamalicão	Veterano M50	44:55	+13:35	04:29
313	640	José Fernandes	cmfamalicão	Veterano M60	44:55	+13:35	04:29
314	2306	Hugo Azevedo	individual	Senior Masculino	44:55	+13:36	04:30
315	894	Paulo Vilas Boas	filiborda	Senior Masculino	44:56	+13:36	04:30
316	708	Luís Santos	devesa run club	Senior Masculino	44:58	+13:39	04:30
317	4411	Carlos carriço	os carriços	Veterano M45	44:58	+13:39	04:30
318	4410	Liliana carriço	os carriços	Veterana F40	44:59	+13:40	04:30
319	2615	Luís Lameira	individual	Senior Masculino	45:00	+13:41	04:30
320	4772	Carlos Silva	torcatense	Senior Masculino	45:01	+13:42	04:30
321	4062	Pedro Barbosa	individual	Veterano M55	45:01	+13:42	04:30
322	4560	Paulo Araújo	quebraritmo	Veterano M50	45:02	+13:42	04:30
323	2015	Daniel Costa	individual	Senior Masculino	45:02	+13:43	04:30
324	1832	Afonso Abreu	individual	Senior Masculino	45:04	+13:44	04:30
325	3553	Luís Filipe Vilas Boas Campos	individual	Veterano M40	45:05	+13:46	04:31
326	3986	Rui Martins	individual	Veterano M50	45:06	+13:47	04:31
327	122	Domingos Freitas	active running	Veterano M60	45:06	+13:47	04:31
328	4106	Porfírio Lírio	individual	Veterano M60	45:08	+13:48	04:31
329	3134	Tiago Martins	individual	Senior Masculino	45:09	+13:50	04:31
330	169	Jairo Lourenço	alexianos	Veterano M40	45:09	+13:50	04:31
331	3708	César Leão	individual	Veterano M45	45:12	+13:53	04:31
332	1923	Artur Filipe Lima Ferreira	individual	Senior Masculino	45:13	+13:53	04:31
333	862	Filipe Carvalho	famagraph	Veterano M40	45:13	+13:54	04:31
334	4197	Casimiro Fernando Queirós Correia	lixa runing team	Veterano M50	45:14	+13:55	04:31
335	208	Andreia Conceição	andreia conceição	Veterana F45	45:14	+13:55	04:31
336	1154	Vasco Rafael Costa Amaral	gymstar	Veterano M45	45:16	+13:57	04:32
337	3045	Rui Tiago Ferreira	individual	Senior Masculino	45:16	+13:57	04:32
338	2012	Daniel Araújo Campos	individual	Senior Masculino	45:17	+13:57	04:32
339	1737	Rita Rodrigues	individual	Senior Feminino	45:17	+13:58	04:32
340	4964	Ricardo Oliveira	liberdade fc	Veterano M40	45:17	+13:58	04:32
341	2502	Jorge Miguel Mendes Gomes	individual	Senior Masculino	45:18	+13:59	04:32
342	743	Jorge Ferreira	duros da santa team running	Senior Masculino	45:19	+13:59	04:32
343	4291	José Sebastião da Silva	moldamirco	Veterano M40	45:19	+14:00	04:32
344	754	Victor Almeida	duros da santa team running	Veterano M45	45:20	+14:01	04:32
345	341	Narciso Miguel Silva Faria	bbg runners by bbox&gym	Senior Masculino	45:21	+14:01	04:32
346	4176	David Monteiro	kilosmoda - silva & barroso	Veterano M50	45:24	+14:04	04:32
347	2601	Luís Carvalho	individual	Senior Masculino	45:24	+14:05	04:32
348	3493	Eduardo Ferreira	individual	Veterano M40	45:27	+14:07	04:33
349	3978	Rogério Silva	individual	Veterano M50	45:28	+14:09	04:33
350	784	Deolinda Oliveira	eat-escola de atletismo da trofa	Veterana F55	45:28	+14:09	04:33
351	3117	Tiago Filipe Azevedo Moreira	individual	Senior Masculino	45:29	+14:09	04:33
352	2683	Martim Sousa	individual	Senior Masculino	45:29	+14:09	04:33
353	778	Rui Martins	earo	Veterano M45	45:29	+14:10	04:33

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
354	2249	Frederico Araújo da Costa	individual	Senior Masculino	45:30	+14:10	04:33
355	4561	Paulo Pereira	quebrarritmo	Veterano M50	45:30	+14:11	04:33
356	1055	Andreia Costa	gymstar	Senior Feminino	45:30	+14:11	04:33
357	1827	Adão Carvalho	individual	Senior Masculino	45:32	+14:12	04:33
358	4757	Hugo Teixeira	team pinhas	Senior Masculino	45:32	+14:13	04:33
359	2063	Diogo Almeida	individual	Senior Masculino	45:32	+14:13	04:33
360	4267	Dinis Oliveira	mka	Senior Masculino	45:33	+14:14	04:33
361	3144	Tiago Pereira	individual	Senior Masculino	45:34	+14:15	04:33
362	687	Nuno Machado	d.n.a	Senior Masculino	45:37	+14:18	04:34
363	1285	André Rafael	body performance	Veterano M40	45:38	+14:19	04:34
364	3787	Miguel Castro	individual	Veterano M45	45:39	+14:19	04:34
365	159	Abel Gomes	águias de alvelos	Veterano M40	45:40	+14:21	04:34
366	2608	Luís Fernandes	individual	Senior Masculino	45:41	+14:22	04:34
367	4580	Fábio Vale	retiros do vale	Senior Masculino	45:41	+14:22	04:34
368	1865	Anderson kruger	individual	Senior Masculino	45:42	+14:23	04:34
369	3511	Helder Gonçalves	individual	Veterano M40	45:42	+14:23	04:34
370	2065	Diogo Alves	individual	Senior Masculino	45:44	+14:25	04:34
371	131	Filipe Ribeiro	adespo_run	Senior Masculino	45:47	+14:27	04:35
372	4593	Joao Lima	rorizaventura	Veterano M40	45:47	+14:28	04:35
373	3670	Adão Virgílio Teixeira Marinho	individual	Veterano M45	45:48	+14:29	04:35
374	4423	Hugo Choupina	os machos bravos do louro e arredores	Senior Masculino	45:48	+14:29	04:35
375	4764	Ricardo Costa	teamrun habcarpintaria	Senior Masculino	45:50	+14:31	04:35
376	844	Domingos Pereira	exercise4you	Senior Masculino	45:51	+14:32	04:35
377	4308	Emanuel Neves	neves	Senior Masculino	45:52	+14:33	04:35
378	608	Rui Carvalho	cmfamalicão	Veterano M45	45:53	+14:34	04:35
379	701	Ivo Barbosa	devasta trilhos	Senior Masculino	45:53	+14:34	04:35
380	947	Manuel Silva	gaviões	Veterano M55	45:54	+14:35	04:35
381	948	Paulo Moreira	gaviões	Veterano M55	45:54	+14:35	04:35
382	2802	Paulo Vieira	individual	Senior Masculino	45:54	+14:35	04:35
383	2004	Cláudio Macedo	individual	Senior Masculino	45:55	+14:36	04:36
384	3988	Rui Monteiro	individual	Veterano M50	45:55	+14:36	04:36
385	2822	Pedro Duração	individual	Senior Masculino	45:56	+14:37	04:36
386	450	ANGÊLO CARDOSO	central runners	Veterano M45	45:56	+14:37	04:36
387	1089	Daniel Cunha	gymstar	Senior Masculino	45:57	+14:38	04:36
388	3653	Tiago Fernando Castro Cardoso	individual	Veterano M40	45:58	+14:38	04:36
389	2222	Francisco Castro Oliveira	individual	Senior Masculino	45:58	+14:39	04:36
390	759	Ana Fernandes	eao	Senior Feminino	45:58	+14:39	04:36
391	4455	Sérgio Mendes	pioneiros do parque	Veterano M40	45:58	+14:39	04:36
392	2689	Maurício Leite	individual	Senior Masculino	45:59	+14:40	04:36
393	3538	Jorge Lopes	individual	Veterano M40	45:59	+14:40	04:36
394	533	Sérgio Monteiro	cmfamalicão	Senior Masculino	46:00	+14:41	04:36
395	2263	Gonçalo Araújo	individual	Senior Masculino	46:02	+14:42	04:36
396	503	David Miranda	cmfamalicão	Senior Masculino	46:02	+14:43	04:36
397	4306	Luís Claro	neurónio comum	Senior Masculino	46:03	+14:44	04:36
398	4262	Rui Carneiro	milhafres	Veterano M50	46:03	+14:44	04:36

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
399	2258	Gil Marques	individual	Senior Masculino	46:06	+14:46	04:37
400	602	Marco Boas	cmfamalicão	Veterano M45	46:07	+14:48	04:37
401	3964	Paulo Renato Pereira da Silva	individual	Veterano M50	46:08	+14:48	04:37
402	2557	José Ribeiro	individual	Senior Masculino	46:08	+14:49	04:37
403	4179	Pedro Silva	kilosmoda - silva & barroso	Veterano M50	46:08	+14:49	04:37
404	104	Paulo Gomes	active running	Senior Masculino	46:09	+14:50	04:37
405	4181	José Alves	kilosmoda - silva & barroso	Veterano M55	46:10	+14:50	04:37
406	742	João Silva	duros da santa team running	Senior Masculino	46:10	+14:51	04:37
407	2780	Pascoal Sebastião Matiue	individual	Senior Masculino	46:11	+14:51	04:37
408	3795	Nuno Miguel Meneses	individual	Veterano M45	46:12	+14:52	04:37
409	254	Leandro Ferreira	arc vale s. cosme	Veterano M40	46:12	+14:53	04:37
410	465	Manuel Sousa	clube desportivo infante	Veterano M45	46:12	+14:53	04:37
411	311	Rui Carvalho	b. v. famalicenses	Veterano M40	46:13	+14:53	04:37
412	4730	Cláudia Soares	team 2run	Senior Feminino	46:14	+14:54	04:37
413	1895	André Martins	individual	Senior Masculino	46:14	+14:55	04:37
414	160	luis mota	airorun	Veterano M55	46:16	+14:57	04:38
415	3007	Rui Costa	individual	Senior Masculino	46:16	+14:57	04:38
416	61	Angélica Rocha	365 running project	Veterana F40	46:18	+14:58	04:38
417	7	Ana Azevedo	amve - associação moinhos de vermoim	Senior Feminino	46:21	+15:02	04:38
418	2386	João Freitas	individual	Senior Masculino	46:22	+15:03	04:38
419	731	Liliana Silva	dragon club	Senior Feminino	46:24	+15:05	04:38
420	2928	RICARDO DIAS	individual	Senior Masculino	46:26	+15:07	04:39
421	537	Vitor Navio	cmfamalicão	Senior Masculino	46:27	+15:08	04:39
422	2278	Goncalo lima cruz	individual	Senior Masculino	46:27	+15:08	04:39
423	4614	André Coelho	runçados	Senior Masculino	46:29	+15:10	04:39
424	2744	Nuno Azevedo	individual	Senior Masculino	46:32	+15:13	04:39
425	2480	Joel Carvalho	individual	Senior Masculino	46:32	+15:13	04:39
426	3198	Vitor Pacheco	individual	Senior Masculino	46:33	+15:14	04:39
427	395	Miguel Sampaio	body performance	Senior Masculino	46:34	+15:15	04:39
428	4021	Eduardo Paiva	individual	Veterano M55	46:34	+15:15	04:39
429	4962	Ramiro Costa	liberdade fc	Senior Masculino	46:34	+15:15	04:39
430	962	Gonçalo Traila	gd natação famalicão	Senior Masculino	46:35	+15:16	04:40
431	2135	Duarte Faria	individual	Senior Masculino	46:35	+15:16	04:40
432	4525	Bruno Oliveira	prime sports center	Senior Masculino	46:35	+15:16	04:40
433	3740	Helder Bruno Braga Lima	individual	Veterano M45	46:37	+15:17	04:40
434	3848	Sérgio Silva	individual	Veterano M45	46:38	+15:19	04:40
435	611	Sérgio Alves	cmfamalicão	Veterano M45	46:38	+15:19	04:40
436	3472	Bruno Vilaça	individual	Veterano M40	46:41	+15:21	04:40
437	2899	Rafael Gomes Carneiro	individual	Senior Masculino	46:41	+15:22	04:40
438	2417	João Oliveira	individual	Senior Masculino	46:44	+15:25	04:40
439	4182	António Fernandes	kilosmoda - silva & barroso	Veterano M60	46:45	+15:26	04:41
440	4347	Vitor Osorio	núcleo sporting vn famalicão	Senior Masculino	46:49	+15:29	04:41
441	3049	Samuel Alves	individual	Senior Masculino	46:49	+15:30	04:41
442	1669	Mariana Silva	individual	Senior Feminino	46:50	+15:30	04:41
443	3006	Rui Costa	individual	Senior Masculino	46:50	+15:30	04:41
444	2859	Pedro Nuno Araújo Mendes	individual	Senior Masculino	46:51	+15:32	04:41

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
445	2488	Jorge Afonso Mendes Gomes	individual	Senior Masculino	46:51	+15:32	04:41
446	1997	César Rocha	individual	Senior Masculino	46:51	+15:32	04:41
447	3735	Francisco Oliveira	individual	Veterano M45	46:52	+15:32	04:41
448	39	Henrique Sena	247 culture	Senior Masculino	46:53	+15:33	04:41
449	467	JOANA MIRANDA OLIVEIRA	clube millennium bcp	Senior Feminino	46:53	+15:34	04:41
450	166	Nelson Tomé	alexandra carvalho team	Veterano M40	46:53	+15:34	04:41
451	232	Carlos Pinheiro	arc vale s. cosme	Senior Masculino	46:54	+15:35	04:41
452	4478	Hélder Melo	porminho	Senior Masculino	46:56	+15:36	04:42
453	2124	Diogo Saleiro	individual	Senior Masculino	46:57	+15:37	04:42
454	2414	João Nuno Fonseca	individual	Senior Masculino	46:57	+15:38	04:42
455	2819	Pedro Daniel Silva Faria	individual	Senior Masculino	46:57	+15:38	04:42
456	2477	joaquim figueiredo	individual	Senior Masculino	46:57	+15:38	04:42
457	4630	Carlos Rocha	running espinho	Veterano M50	46:58	+15:38	04:42
458	3082	Simão Rodrigues	individual	Senior Masculino	46:58	+15:39	04:42
459	2605	Luís Estanislau	individual	Senior Masculino	46:58	+15:39	04:42
460	1904	André Silva	individual	Senior Masculino	46:58	+15:39	04:42
461	98	Leandra Pereira	active running	Senior Feminino	47:00	+15:41	04:42
462	53	Sandra Castro	365 running project	Senior Feminino	47:01	+15:41	04:42
463	115	Paulo Rebelo	active running	Veterano M45	47:01	+15:42	04:42
464	2828	Pedro Ferreira	individual	Senior Masculino	47:01	+15:42	04:42
465	117	Marcelo Costa	active running	Veterano M50	47:01	+15:42	04:42
466	2188	Fernando Batista	individual	Senior Masculino	47:02	+15:42	04:42
467	4266	Bruno Silva	mka	Senior Masculino	47:02	+15:42	04:42
468	3630	Roberto Torres	individual	Veterano M40	47:02	+15:42	04:42
469	2436	João Pedro Ferreira Martins	individual	Senior Masculino	47:03	+15:44	04:42
470	2644	Manuel Lopes	individual	Senior Masculino	47:05	+15:46	04:43
471	445	Carlos Pepê	campo maior trail runners	Veterano M50	47:06	+15:47	04:43
472	2349	João André Costa Pereira	individual	Senior Masculino	47:07	+15:48	04:43
473	1105	João Pedro Azevedo Guimarães	gymstar	Senior Masculino	47:07	+15:48	04:43
474	4486	Rui Silva	porminho	Senior Masculino	47:07	+15:48	04:43
475	763	Helder Mendes	earo	Senior Masculino	47:08	+15:49	04:43
476	41	Ricardo Alberto Pereira Machado	247 culture	Senior Masculino	47:09	+15:49	04:43
477	3170	Tomas Silva	individual	Senior Masculino	47:09	+15:50	04:43
478	4900	José Borges	vivavita training and social club	Veterano M60	47:10	+15:50	04:43
479	3721	Fernando Ribeiro	individual	Veterano M45	47:11	+15:51	04:43
480	1028	João Rodrigues	grupo desportivo 4 caminhos	Senior Masculino	47:11	+15:51	04:43
481	2369	João Duarte Magalhães	individual	Senior Masculino	47:11	+15:52	04:43
482	3543	José Ferreira	individual	Veterano M40	47:12	+15:53	04:43
483	1813	Vera Silva	individual	Senior Feminino	47:14	+15:55	04:43
484	1912	Aníbal Magalhães	individual	Senior Masculino	47:15	+15:56	04:43
485	3336	Joy Jefferson	individual	Veterana F45	47:18	+15:58	04:44
486	1143	Miguel Ferreira	gymstar	Veterano M40	47:18	+15:59	04:44
487	4544	José Félix	promessas do atletismo	Veterano M45	47:19	+16:00	04:44
488	4542	Luís Félix	promessas do atletismo	Senior Masculino	47:19	+16:00	04:44
489	108	Isabel Ribeiro	active running	Veterana F40	47:20	+16:01	04:44

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
490	3057	Sergio Azevedo	individual	Senior Masculino	47:20	+16:01	04:44
491	2072	Diogo Castro	individual	Senior Masculino	47:22	+16:03	04:44
492	4482	Nelson Mesquita	porminho	Senior Masculino	47:23	+16:04	04:44
493	2045	David Azevedo Vieira	individual	Senior Masculino	47:24	+16:05	04:44
494	440	Luciano Silva	cabritos saltadores	Senior Masculino	47:26	+16:06	04:45
495	725	Rui Fernandes	dm pro training	Senior Masculino	47:27	+16:08	04:45
496	726	Tomás Almeida	dm pro training	Senior Masculino	47:28	+16:08	04:45
497	3714	Eduardo Barbosa	individual	Veterano M45	47:28	+16:09	04:45
498	4935	Ana Gil Abreu Marques	individual	Senior Feminino	47:29	+16:10	04:45
499	3591	Nuno Santos	individual	Veterano M40	47:29	+16:10	04:45
500	1097	Hélder Filipe Silva Ferreira	gymstar	Senior Masculino	47:30	+16:11	04:45
501	865	FILIPE NASCIMENTO	famalicats	Veterano M45	47:31	+16:12	04:45
502	2244	Francisco Silva	individual	Senior Masculino	47:31	+16:12	04:45
503	781	Joaquim Coelho	earo	Veterano M60	47:31	+16:12	04:45
504	3212	ana águas	individual	Veterana F40	47:32	+16:13	04:45
505	1130	Adriana Todorivna Kyselytsya	gymstar	Veterana F45	47:32	+16:13	04:45
506	1148	Hugo Alexandre Pimentel de Sá Lima	gymstar	Veterano M45	47:32	+16:13	04:45
507	2918	Ricardo Araújo	individual	Senior Masculino	47:32	+16:13	04:45
508	2873	Pedro Samuel Dias Moreira	individual	Senior Masculino	47:33	+16:14	04:45
509	126	Fábio Quintas	adc reguenga	Senior Masculino	47:33	+16:14	04:45
510	397	Pedro Campos	body performance	Senior Masculino	47:36	+16:16	04:46
511	3203	Vítor Silva	individual	Senior Masculino	47:36	+16:17	04:46
512	2456	João Rodrigo Silva Machado	individual	Senior Masculino	47:39	+16:19	04:46
513	3466	Bruno Gonçalo Simões Filipe	individual	Veterano M40	47:39	+16:20	04:46
514	3513	Helder Miranda	individual	Veterano M40	47:40	+16:21	04:46
515	3061	Sérgio Fonseca	individual	Senior Masculino	47:41	+16:21	04:46
516	2073	Diogo Castro	individual	Senior Masculino	47:41	+16:22	04:46
517	803	Gabriela Ferreira dos Santos Gaspar	eugenios	Senior Feminino	47:41	+16:22	04:46
518	2980	Rodrigo João Afonso Braz	individual	Senior Masculino	47:42	+16:22	04:46
519	78	Rui Neto	a passo	Senior Masculino	47:45	+16:26	04:46
520	2074	Diogo Coelho	individual	Senior Masculino	47:45	+16:26	04:46
521	46	hugo magalhaes	247 culture	Veterano M40	47:45	+16:26	04:47
522	2136	Duarte Ferreira	individual	Senior Masculino	47:45	+16:26	04:47
523	1851	Alexandre Emanuel Araújo Marques	individual	Senior Masculino	47:46	+16:27	04:47
524	4533	Tiago Miranda da Silva	prime sports center	Senior Masculino	47:47	+16:27	04:47
525	2793	Paulo Lima	individual	Senior Masculino	47:48	+16:28	04:47
526	3146	Tiago Rodrigues	individual	Senior Masculino	47:48	+16:28	04:47
527	2294	Helder Pinto	individual	Senior Masculino	47:48	+16:28	04:47
528	2523	José Coelho	individual	Senior Masculino	47:48	+16:29	04:47
529	393	João Gomes	body performance	Senior Masculino	47:50	+16:31	04:47
530	4617	Rui Ferraz	runçados	Senior Masculino	47:50	+16:31	04:47
531	1878	André Cunha	individual	Senior Masculino	47:50	+16:31	04:47
532	717	Milton Cabral	dive into the mountains	Veterano M45	47:50	+16:31	04:47
533	2068	Diogo Araújo	individual	Senior Masculino	47:51	+16:31	04:47

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
534	2075	Diogo Correia	individual	Senior Masculino	47:52	+16:33	04:47
535	929	Pedro Marques	futebol clube landim	Veterano M50	47:52	+16:33	04:47
536	2482	Joel Faria	individual	Senior Masculino	47:52	+16:33	04:47
537	4579	Fábio Cabral	retiros do vale	Senior Masculino	47:53	+16:34	04:47
538	4778	André Martins	três oito um	Senior Masculino	47:53	+16:34	04:47
539	3828	Rogério Silva	individual	Veterano M45	47:54	+16:35	04:47
540	2855	Pedro miranda	individual	Senior Masculino	47:55	+16:36	04:48
541	4961	Helder Fernandes	liberdade fc	Senior Masculino	47:56	+16:37	04:48
542	3699	Carlos Barbosa	individual	Veterano M45	47:57	+16:38	04:48
543	4590	Vitor Fernandes	rorizaventura	Senior Masculino	47:58	+16:39	04:48
544	3482	Daniel Cunha	individual	Veterano M40	47:59	+16:39	04:48
545	2840	Pedro Henriques	individual	Senior Masculino	48:00	+16:40	04:48
546	350	André Vaz da Costa	bbg runners by bbox&gym	Veterano M45	48:00	+16:41	04:48
547	3826	Rogério Ferreira	individual	Veterano M45	48:01	+16:41	04:48
548	3586	Nuno Ferreira	individual	Veterano M40	48:01	+16:41	04:48
549	415	Carlos Alberto peliteiro Ferreira	box 180	Veterano M45	48:02	+16:42	04:48
550	2553	José Pedro Torres Piloto	individual	Senior Masculino	48:02	+16:43	04:48
551	2021	Daniel Cunha	individual	Senior Masculino	48:02	+16:43	04:48
552	3875	Antonio Ferreira	individual	Veterano M50	48:03	+16:44	04:48
553	17	Filipe Rocha	100pernas	Senior Masculino	48:05	+16:46	04:48
554	4045	Lino Vilaça	individual	Veterano M55	48:05	+16:46	04:49
555	2372	João Faria	individual	Senior Masculino	48:06	+16:46	04:49
556	3520	Ireneu Oliveira	individual	Veterano M40	48:06	+16:47	04:49
557	2454	Joao Rocha	individual	Senior Masculino	48:06	+16:47	04:49
558	2058	Dinis Oliveira	individual	Senior Masculino	48:06	+16:47	04:49
559	4620	Joana Gomes	runners mermões	Senior Feminino	48:07	+16:47	04:49
560	2716	Miguel Martins	individual	Senior Masculino	48:07	+16:48	04:49
561	4655	Marco Rocha	serlaca team	Veterano M50	48:08	+16:49	04:49
562	3529	Joao Magalhaes	individual	Veterano M40	48:08	+16:49	04:49
563	4979	José Faria	runningdolls acura team	Veterano M45	48:09	+16:50	04:49
564	2428	João Pedro	individual	Senior Masculino	48:11	+16:51	04:49
565	2636	Luís Pereira	individual	Senior Masculino	48:12	+16:52	04:49
566	83	Jaime André	individual	Veterano M45	48:12	+16:53	04:49
567	1928	Bernardo Cepeda	individual	Senior Masculino	48:12	+16:53	04:49
568	2696	Miguel Alexandre Machado Araújo	individual	Senior Masculino	48:13	+16:54	04:49
569	3833	Rui Campos	individual	Veterano M45	48:15	+16:56	04:50
570	2152	Eduardo Lemos	individual	Senior Masculino	48:16	+16:56	04:50
571	1925	Belmiro Pereira	individual	Senior Masculino	48:16	+16:57	04:50
572	2796	Paulo Pereira	individual	Senior Masculino	48:16	+16:57	04:50
573	2235	Francisco Miguel Carneiro de Castro	individual	Senior Masculino	48:18	+16:59	04:50
574	2562	José Santos	individual	Senior Masculino	48:18	+16:59	04:50
575	2652	Márcio Costa	individual	Senior Masculino	48:19	+16:59	04:50
576	924	Bruno Silva	futebol clube landim	Veterano M40	48:19	+17:00	04:50
577	233	Eduardo Machado	arc vale s. cosme	Senior Masculino	48:20	+17:01	04:50
578	1869	André Azevedo	individual	Senior Masculino	48:20	+17:01	04:50

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
579	3546	Jose Osório	individual	Veterano M40	48:20	+17:01	04:50
580	2274	Gonçalo Forte Lima	individual	Senior Masculino	48:20	+17:01	04:50
581	3090	Thiago Dias	individual	Senior Masculino	48:20	+17:01	04:50
582	752	Ricardo Gomes	duros da santa team running	Veterano M45	48:21	+17:01	04:50
583	831	Hugo Manuel Barbosa Alves	eugenios	Veterano M50	48:21	+17:02	04:50
584	4713	Carlos Emanuel Vilela da Costa	surrasco	Senior Masculino	48:22	+17:03	04:50
585	260	Miguel Peliteiro	arc vale s. cosme	Veterano M45	48:22	+17:03	04:50
586	1860	Álvaro Fernandes	individual	Senior Masculino	48:23	+17:03	04:50
587	1209	Ana Catarina Oliveira	individual	Senior Feminino	48:23	+17:04	04:50
588	2125	Diogo Santa Marinha	individual	Senior Masculino	48:23	+17:04	04:50
589	3610	Pedro Silva	individual	Veterano M40	48:24	+17:05	04:50
590	4509	PAULO RIBEIRO	potes de ouro	Veterano M50	48:25	+17:06	04:51
591	149	Ruben Silva	afipre team	Senior Masculino	48:26	+17:07	04:51
592	2089	Diogo Filipe Pinto Costa	individual	Senior Masculino	48:27	+17:07	04:51
593	4965	Antonio Fernandes	liberdade fc	Veterano M55	48:28	+17:09	04:51
594	242	Marco Oliveira	arc vale s. cosme	Senior Masculino	48:29	+17:10	04:51
595	240	Lionel Azevedo	arc vale s. cosme	Senior Masculino	48:29	+17:10	04:51
596	3502	Flávio Silva	individual	Veterano M40	48:29	+17:10	04:51
597	598	Angelo Costa	cmfamalicão	Veterano M45	48:29	+17:10	04:51
598	961	Rita Sousa	gd natação famalicão	Senior Feminino	48:30	+17:11	04:51
599	2936	Ricardo Filipe Pereira Neves	individual	Senior Masculino	48:30	+17:11	04:51
600	3560	Manuel Justino silva Taveira	individual	Veterano M40	48:30	+17:11	04:51
601	2788	Paulo Fernandes	individual	Senior Masculino	48:31	+17:12	04:51
602	2175	Fábio José Gonçalves Oliveira	individual	Senior Masculino	48:32	+17:12	04:51
603	3830	Ruben Barbosa	individual	Veterano M45	48:32	+17:12	04:51
604	72	Pedro Daniel Neto Monteiro	96s plus one	Senior Masculino	48:33	+17:13	04:51
605	3937	Luís Gonçalves	individual	Veterano M50	48:33	+17:14	04:51
606	4056	Nuno Carvalho	individual	Veterano M55	48:34	+17:14	04:51
607	846	Manuel Abreu	exercise4you	Senior Masculino	48:34	+17:14	04:51
608	3872	Alfredo Roriz	individual	Veterano M50	48:36	+17:17	04:52
609	4596	Emanuel Fernandes	rorizaventura	Veterano M45	48:36	+17:17	04:52
610	175	Diana Filipa Cerqueira Rocha	alfa estúdio	Senior Feminino	48:37	+17:17	04:52
611	3555	Luís Machado	individual	Veterano M40	48:37	+17:18	04:52
612	2041	Daniel Vieira	individual	Senior Masculino	48:38	+17:19	04:52
613	283	Nuno Does	atletas.com dores	Veterano M40	48:40	+17:20	04:52
614	3864	Vítor Pereira	individual	Veterano M45	48:40	+17:20	04:52
615	297	Paulo Jorge Leal Freitas	aves runners	Veterano M40	48:41	+17:22	04:52
616	2241	Francisco Sardo Dinis	individual	Senior Masculino	48:43	+17:24	04:52
617	486	Daniela Cruz	cmfamalicão	Senior Feminino	48:43	+17:24	04:52
618	266	Miguel Mendes	arc vale s. cosme	Veterano M55	48:43	+17:24	04:52
619	235	Fábio Silva	arc vale s. cosme	Senior Masculino	48:43	+17:24	04:52
620	3164	Tomás Oliveira	individual	Senior Masculino	48:44	+17:25	04:52
621	448	RICARDO FERREIRA	central runners	Senior Masculino	48:45	+17:25	04:52
622	3673	Alexandre Miguel Gomes Guimarães	individual	Veterano M45	48:45	+17:26	04:52
623	349	Roberto Costa	bbg runners by bbox&gym	Veterano M40	48:46	+17:26	04:53

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
624	4268	Pedro Ferreira	mka	Senior Masculino	48:46	+17:27	04:53
625	4270	Marco Ferreira	mka	Veterano M40	48:46	+17:27	04:53
626	3071	Silvio Neto	individual	Senior Masculino	48:48	+17:29	04:53
627	3909	Joao pereira	individual	Veterano M50	48:49	+17:29	04:53
628	3508	Helder Catarino	individual	Veterano M40	48:49	+17:29	04:53
629	2682	Martim Pereira	individual	Senior Masculino	48:49	+17:30	04:53
630	2955	Ricardo Rodrigues	individual	Senior Masculino	48:49	+17:30	04:53
631	2448	João Queiroga	individual	Senior Masculino	48:51	+17:32	04:53
632	2575	Leandro Gonçalves	individual	Senior Masculino	48:52	+17:32	04:53
633	3181	Vitor Bezerra	individual	Senior Masculino	48:53	+17:34	04:53
634	2776	Nuno Teixeira	individual	Senior Masculino	48:55	+17:35	04:53
635	686	António Ferreira	cruise car runners	Veterano M55	48:57	+17:38	04:54
636	1722	Rita Alves	individual	Senior Feminino	48:57	+17:38	04:54
637	928	Alvarino Sampaio	futebol clube landim	Veterano M50	48:57	+17:38	04:54
638	684	André Silva	cruise car runners	Senior Masculino	48:57	+17:38	04:54
639	1178	Miguel Oliveira	impact korpus	Senior Masculino	48:58	+17:38	04:54
640	1175	João Pedro Silva	impact korpus	Senior Masculino	48:58	+17:39	04:54
641	3209	Zé Moreira	individual	Senior Masculino	48:59	+17:39	04:54
642	1836	Afonso Costa	individual	Senior Masculino	48:59	+17:40	04:54
643	1173	Fernando Marques	impact korpus	Senior Masculino	48:59	+17:40	04:54
644	951	Justino Pereira	gaviões	Veterano M60	48:59	+17:40	04:54
645	3029	Rui Oliveira	individual	Senior Masculino	49:00	+17:41	04:54
646	3900	Hercilio Amaral da Silva	individual	Veterano M50	49:01	+17:41	04:54
647	2449	João Rafael Silva Fernandes	individual	Senior Masculino	49:01	+17:41	04:54
648	1029	Fábio Vaz	grupo desportivo arenense	Senior Masculino	49:01	+17:42	04:54
649	4237	Paulo Carvalho	marretas do norte	Senior Masculino	49:01	+17:42	04:54
650	3684	António Pedro Leitão Ferreira	individual	Veterano M45	49:02	+17:42	04:54
651	4615	André Martins	runçados	Senior Masculino	49:03	+17:44	04:54
652	2574	Leandro Duarte	individual	Senior Masculino	49:05	+17:46	04:55
653	2276	Gonçalo Gomes	individual	Senior Masculino	49:05	+17:46	04:55
654	4595	Samuel bessa	rorizaventura	Veterano M40	49:05	+17:46	04:55
655	3272	Marylene Lopes	individual	Veterana F40	49:07	+17:47	04:55
656	760	Joana Azevedo	earo	Senior Feminino	49:08	+17:49	04:55
657	4199	Cláudia Filipa Gomes da Costa	ls bike team	Senior Feminino	49:08	+17:49	04:55
658	2295	Helder ribeiro	individual	Senior Masculino	49:08	+17:49	04:55
659	2118	Diogo Rafael Oliveira Fonseca	individual	Senior Masculino	49:09	+17:50	04:55
660	4165	Pedro Rocha	juvmar	Veterano M45	49:09	+17:50	04:55
661	3816	Renato Lopes	individual	Veterano M45	49:10	+17:51	04:55
662	2845	Pedro Martins	individual	Senior Masculino	49:11	+17:52	04:55
663	4988	Hugo Azevedo	individual	Senior Masculino	49:12	+17:53	04:55
664	3819	Ricardo Gomes	individual	Veterano M45	49:12	+17:53	04:55
665	2172	Fábio Bezerra Ribeiro	individual	Senior Masculino	49:12	+17:53	04:55
666	918	ANDRE OLIVEIRA	fordfamalicao	Veterano M55	49:13	+17:54	04:55
667	1158	José Alberto Costa	gymstar	Veterano M55	49:14	+17:55	04:55
668	923	Diogo Silva	futebol clube landim	Senior Masculino	49:14	+17:55	04:55
669	318	Hugo Ribeiro	barbatana trail team	Veterano M50	49:15	+17:56	04:56

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
670	3504	Francisco Silva	individual	Veterano M40	49:18	+17:59	04:56
671	549	Liliana Soares	cmfamalicão	Veterana F45	49:20	+18:00	04:56
672	2412	João Nogueira	individual	Senior Masculino	49:20	+18:01	04:56
673	4925	Jose Filipe Silva Lemos	cmf	Senior Masculino	49:20	+18:01	04:56
674	1110	José Miguel Macedo Maia	gymstar	Senior Masculino	49:20	+18:01	04:56
675	40	Pedro Gomes	247 culture	Senior Masculino	49:20	+18:01	04:56
676	3869	Agostinho Cruz	individual	Veterano M50	49:20	+18:01	04:56
677	3604	Pedro Miguel	individual	Veterano M40	49:21	+18:01	04:56
678	2816	Pedro Costa	individual	Senior Masculino	49:21	+18:02	04:56
679	972	Vitor silva	individual	Veterano M40	49:21	+18:02	04:56
680	3720	Fernando Jorge Da Silva Coelho	individual	Veterano M45	49:23	+18:03	04:56
681	3202	VÍTOR SILVA	individual	Senior Masculino	49:23	+18:04	04:56
682	443	Rafael Pepê	campo maior trail runners	Senior Masculino	49:25	+18:06	04:57
683	2134	Duarte Brandão	individual	Senior Masculino	49:25	+18:06	04:57
684	4178	Paulo Monteiro	kilosmoda - silva & barroso	Veterano M50	49:25	+18:06	04:57
685	1046	Márcio Daniel Ferreira Martins	grupo secreto da box	Senior Masculino	49:26	+18:06	04:57
686	4168	Miguel Barroso	kilosmoda - silva & barroso	Senior Masculino	49:26	+18:07	04:57
687	2778	Nuno Vidal	individual	Senior Masculino	49:27	+18:07	04:57
688	2292	Hélder Filipe Silva	individual	Senior Masculino	49:27	+18:08	04:57
689	2183	Fábio Rocha	individual	Senior Masculino	49:28	+18:08	04:57
690	4503	Ivo Costa	portela mens	Veterano M40	49:28	+18:08	04:57
691	204	Vera Pinheiro	amve - associação moinhos de vermoim	Senior Feminino	49:28	+18:09	04:57
692	489	Joana Carvalho	cmfamalicão	Senior Feminino	49:28	+18:09	04:57
693	4004	Albino Faria	individual	Veterano M55	49:28	+18:09	04:57
694	2854	Pedro Miguel Vaz Pereira	individual	Senior Masculino	49:31	+18:11	04:57
695	236	João Reis	arc vale s. cosme	Senior Masculino	49:31	+18:12	04:57
696	170	Nuno Marinho	alexianos	Veterano M45	49:31	+18:12	04:57
697	3831	RUBEN MOURA	individual	Veterano M45	49:32	+18:13	04:57
698	980	Rogério Pereira	individual	Veterano M45	49:32	+18:13	04:57
699	2022	Daniel da Maia	individual	Senior Masculino	49:33	+18:13	04:57
700	3141	Tiago Nogueira Coelho	individual	Senior Masculino	49:33	+18:14	04:57
701	4627	Carla Costa	running espinho	Senior Feminino	49:33	+18:14	04:57
702	224	Sofia Merelim	arc vale s. cosme	Senior Feminino	49:35	+18:16	04:57
703	773	Joel Cunha	earo	Veterano M40	49:35	+18:16	04:58
704	774	Alexandre Simões	earo	Veterano M45	49:36	+18:17	04:58
705	2310	Hugo Carlos	individual	Senior Masculino	49:36	+18:17	04:58
706	1108	Jorge Nogueira	gymstar	Senior Masculino	49:37	+18:18	04:58
707	69	Paulo Machado	365 running project	Veterano M50	49:37	+18:18	04:58
708	2197	Filipe Daniel Oliveira da Silva	individual	Senior Masculino	49:38	+18:19	04:58
709	2598	Luís Barbosa	individual	Senior Masculino	49:38	+18:19	04:58
710	4622	Rui Martins	runners mermões	Senior Masculino	49:38	+18:19	04:58
711	4621	Paulo Figueiredo	runners mermões	Senior Masculino	49:39	+18:19	04:58
712	1117	Pedro Cunha	gymstar	Senior Masculino	49:41	+18:21	04:58
713	2060	Dino Carvalho	individual	Senior Masculino	49:41	+18:22	04:58
714	2733	Nélson Silva	individual	Senior Masculino	49:42	+18:23	04:58

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
715	4284	Márcio Filipe Araújo Amaro Carneiro	moldamirco	Senior Masculino	49:42	+18:23	04:58
716	702	Eduardo Xavier	devasta trilhos	Veterano M45	49:43	+18:23	04:58
717	4646	Tiago Dinis	scoot recuperação/aldi running clube	Senior Masculino	49:43	+18:24	04:58
718	3392	Ivone Ribeiro	individual	Veterana F50	49:43	+18:24	04:58
719	688	Rui silva	dá-lhe gás trail team	Veterano M40	49:44	+18:25	04:58
720	4526	Eduardo Gonçalo de Sousa Samuco	prime sports center	Senior Masculino	49:44	+18:25	04:58
721	3845	Sergio Fernandes Duarte	individual	Veterano M45	49:45	+18:25	04:58
722	182	Pedro Pereira	alfa estúdio	Senior Masculino	49:45	+18:25	04:58
723	2847	Pedro micalael carvalho fernandes	individual	Senior Masculino	49:45	+18:26	04:59
724	454	CARLOS LOBO	central runners	Veterano M50	49:45	+18:26	04:59
725	3914	Jorge Machado	individual	Veterano M50	49:46	+18:27	04:59
726	3774	Luís Sampaio	individual	Veterano M45	49:46	+18:27	04:59
727	4300	Antenor Costa	moutados team	Veterano M60	49:47	+18:28	04:59
728	1402	Cristina Faria	individual	Senior Feminino	49:47	+18:28	04:59
729	2481	Joel Costa	individual	Senior Masculino	49:50	+18:31	04:59
730	4055	Miguel Rodrigues	individual	Veterano M55	49:51	+18:31	04:59
731	504	David Sampaio	cmfamalicão	Senior Masculino	49:52	+18:32	04:59
732	4450	Filipe Pires	pés velozes	Senior Masculino	49:52	+18:33	04:59
733	4313	Bruno Barbosa	norcanarun	Veterano M40	49:53	+18:34	04:59
734	2576	Leandro Martins Veloso da Silva	individual	Senior Masculino	49:53	+18:34	04:59
735	3491	Diogo santos	individual	Veterano M40	49:54	+18:35	04:59
736	615	Vitor Mendes	cmfamalicão	Veterano M45	49:54	+18:35	04:59
737	2147	Edson Silva	individual	Senior Masculino	49:55	+18:35	04:59
738	3211	Adriana Lima	individual	Veterana F40	49:55	+18:36	04:59
739	3459	Armando Costa	individual	Veterano M40	49:56	+18:36	05:00
740	4969	Paulo Moreira	mka	Senior Masculino	49:56	+18:37	05:00
741	4644	Pedro Magalhães	scoot recuperação/aldi running clube	Senior Masculino	49:58	+18:39	05:00
742	931	Silvio Castro	gaviões	Senior Masculino	49:59	+18:40	05:00
743	3522	Ivo Pinto	individual	Veterano M40	49:59	+18:40	05:00
744	2317	Hugo Gonçalves	individual	Senior Masculino	50:00	+18:41	05:00
745	21	Bruno Marques	100pernas	Veterano M40	50:01	+18:41	05:00
746	4294	Filipe Neves	moove/afacycles/aloft	Veterano M45	50:01	+18:42	05:00
747	4292	Nuno Pereira	moove /afacycles /ironbrain /aloft	Veterano M40	50:01	+18:42	05:00
748	3501	Filipe Marques	individual	Veterano M40	50:03	+18:43	05:00
749	4567	Eduardo Machado	refit	Senior Masculino	50:03	+18:44	05:00
750	4512	Jorge Silva	potes de ouro	Veterano M55	50:03	+18:44	05:00
751	4083	Avelino Ferreira Machado	individual	Veterano M60	50:03	+18:44	05:00
752	1919	Antônio Ricardo mesquita	individual	Senior Masculino	50:03	+18:44	05:00
753	2104	Diogo Miranda	individual	Senior Masculino	50:04	+18:44	05:00
754	4060	Paulo Lobo	individual	Veterano M55	50:04	+18:45	05:00
755	2911	Renaldo Cruz	individual	Senior Masculino	50:05	+18:45	05:00
756	1900	André Rodrigues	individual	Senior Masculino	50:05	+18:45	05:00
757	631	Carlos Costa	cmfamalicão	Veterano M55	50:05	+18:46	05:01

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
758	3683	António Neto	individual	Veterano M45	50:05	+18:46	05:01
759	927	José Filipe Machado	futebol clube landim	Veterano M45	50:05	+18:46	05:01
760	2370	João Faria	individual	Senior Masculino	50:06	+18:46	05:01
761	3973	Pedro Manuel Sampaio Pereira de Melo	individual	Veterano M50	50:06	+18:46	05:01
762	2121	Diogo Renato Teixeira Lemos	individual	Senior Masculino	50:06	+18:47	05:01
763	2050	David Oliveira Gunzel	individual	Senior Masculino	50:07	+18:48	05:01
764	2695	Miguel Afonso Alves de Sousa	individual	Senior Masculino	50:07	+18:48	05:01
765	4743	Luis Miguel	team lanthemil	Senior Masculino	50:07	+18:48	05:01
766	65	Pedro Oliveira	365 running project	Veterano M40	50:09	+18:49	05:01
767	2978	Rodrigo Castro Silva	individual	Senior Masculino	50:09	+18:50	05:01
768	3040	Rui Silva	individual	Senior Masculino	50:10	+18:50	05:01
769	63	Filipe Oliveira	365 running project	Veterano M40	50:10	+18:50	05:01
770	4201	Luís Fonseca Junior	luis fonseca	Senior Masculino	50:10	+18:51	05:01
771	396	Nuno Martins	body performance	Senior Masculino	50:10	+18:51	05:01
772	2938	Ricardo Gonçalves	individual	Senior Masculino	50:11	+18:51	05:01
773	4568	Hélder Silva	refit	Senior Masculino	50:11	+18:51	05:01
774	4202	Luís Fonseca	luis fonseca	Veterano M45	50:11	+18:52	05:01
775	1288	Andreia Francisca Lopes de Sousa	individual	Senior Feminino	50:12	+18:53	05:01
776	2681	Martim Noé Alves Costa	individual	Senior Masculino	50:12	+18:53	05:01
777	3742	Helder Marinho	individual	Veterano M45	50:14	+18:54	05:01
778	2791	Paulo Jorge Gonçalves Silva	individual	Senior Masculino	50:14	+18:54	05:01
779	4028	Horácio Fernandes	individual	Veterano M55	50:14	+18:55	05:01
780	676	Daniela Bezerra	credithora - intermediários de crédito	Senior Feminino	50:15	+18:56	05:01
781	3030	Rui Oliveira	individual	Senior Masculino	50:15	+18:56	05:02
782	4208	Ceu Costa	maia runners	Veterana F50	50:16	+18:56	05:02
783	981	Pedro Salgado	ginásio status	Senior Masculino	50:17	+18:58	05:02
784	728	Armando Gomes	domingueiros on tour	Veterano M55	50:18	+18:59	05:02
785	3804	Paulo jorge Gonçalves carreiras	individual	Veterano M45	50:19	+18:59	05:02
786	3681	Ângelo Ribeiro	individual	Veterano M45	50:19	+19:00	05:02
787	2322	Hugo Miranda da Cunha	individual	Senior Masculino	50:19	+19:00	05:02
788	1092	Eduardo Araújo Costa	gymstar	Senior Masculino	50:20	+19:01	05:02
789	1681	Marta lemos	individual	Senior Feminino	50:20	+19:01	05:02
790	139	Vítor Silva	adespo_run	Veterano M40	50:20	+19:01	05:02
791	2174	Fábio Fernandes	individual	Senior Masculino	50:21	+19:01	05:02
792	3688	Armando Pinto	individual	Veterano M45	50:23	+19:04	05:02
793	680	Rui Rosa	credithora - intermediários de crédito	Veterano M40	50:23	+19:04	05:02
794	3026	Rui Miguel Novais Barbosa Torres	individual	Senior Masculino	50:24	+19:04	05:02
795	28	Ana Isabel Pereira Silva	247 culture	Senior Feminino	50:24	+19:05	05:02
796	424	Susana Fernandes	brufe btt run	Veterana F45	50:25	+19:05	05:02
797	2308	Hugo Borges	individual	Senior Masculino	50:25	+19:06	05:02
798	3778	Manuel Ferreira	individual	Veterano M45	50:25	+19:06	05:03
799	4736	Miguel Ribeiro	team feet on the ground	Senior Masculino	50:27	+19:07	05:03
800	2242	Francisco Silva	individual	Senior Masculino	50:27	+19:08	05:03

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
801	1169	Rodrigo Araújo Moura Sá	healthy running	Senior Masculino	50:27	+19:08	05:03
802	1504	Isabela Silva Gonzaga	individual	Senior Feminino	50:28	+19:08	05:03
803	2699	Miguel Araújo	individual	Senior Masculino	50:28	+19:09	05:03
804	179	Cláudio Costa	alfa estúdio	Senior Masculino	50:28	+19:09	05:03
805	4811	Miguel Saraiva	uma dose e duas meias	Senior Masculino	50:29	+19:10	05:03
806	2421	Joao Paredes	individual	Senior Masculino	50:29	+19:10	05:03
807	2556	José Pinheiro	individual	Senior Masculino	50:31	+19:11	05:03
808	3702	Carlos Lopes	individual	Veterano M45	50:31	+19:12	05:03
809	3046	Rui Veloso	individual	Senior Masculino	50:32	+19:13	05:03
810	974	Jorge Rui Oliveira	porminho	Senior Masculino	50:32	+19:13	05:03
811	4499	Francisco Gomes	porminho	Veterano M55	50:33	+19:14	05:03
812	4613	Beatriz Freitas	runçados	Senior Feminino	50:34	+19:14	05:03
813	2830	Pedro Ferreira	individual	Senior Masculino	50:35	+19:16	05:04
814	2076	Diogo Costa	individual	Senior Masculino	50:36	+19:17	05:04
815	4340	Guilherme Silva	núcleo de atletismo das taipas	Veterano M55	50:37	+19:17	05:04
816	2862	Pedro Pereira	individual	Senior Masculino	50:37	+19:17	05:04
817	1977	Carlos Freitas	individual	Senior Masculino	50:37	+19:18	05:04
818	3188	Vitor Hugo Barbosa Ferreira	individual	Senior Masculino	50:37	+19:18	05:04
819	2762	Nuno Oliveira	individual	Senior Masculino	50:37	+19:18	05:04
820	2520	jose candido	individual	Senior Masculino	50:38	+19:18	05:04
821	1026	João Faria	great runners	Senior Masculino	50:38	+19:19	05:04
822	1805	Vanessa Sousa	individual	Senior Feminino	50:39	+19:20	05:04
823	71	João Pedro Pinto da Silva	96s plus one	Senior Masculino	50:40	+19:21	05:04
824	1961	Bruno Santos	individual	Senior Masculino	50:40	+19:21	05:04
825	4036	JOSE FERREIRA PAULA	individual	Veterano M55	50:42	+19:22	05:04
826	1884	André Fernandes	individual	Senior Masculino	50:43	+19:24	05:04
827	3423	Ângela Costa	individual	Veterana F55	50:44	+19:25	05:04
828	2711	Miguel Gomes	individual	Senior Masculino	50:47	+19:28	05:05
829	4984	Simão Peixoto	individual	Senior Masculino	50:47	+19:28	05:05
830	294	Eva Gouveia	aves runners	Veterana F50	50:47	+19:28	05:05
831	4945	Tiago Gaspar	individual	Senior Masculino	50:48	+19:28	05:05
832	305	Rafael Gouveia	aves runners	Veterano M50	50:48	+19:28	05:05
833	1831	Adriano Sousa	individual	Senior Masculino	50:48	+19:29	05:05
834	3526	João Costa	individual	Veterano M40	50:54	+19:35	05:05
835	3589	Nuno Manuel Fontes da Fonseca	individual	Veterano M40	50:55	+19:36	05:06
836	3367	Alice Costa	individual	Veterana F50	50:56	+19:37	05:06
837	2092	Diogo Isac Marques Silva	individual	Senior Masculino	50:56	+19:37	05:06
838	4260	Diogo Aguiar	milhafres	Veterano M40	50:56	+19:37	05:06
839	2485	Joel Neiva	individual	Senior Masculino	50:58	+19:38	05:06
840	2797	Paulo Rafael Almeida	individual	Senior Masculino	50:58	+19:39	05:06
841	2729	Nelson Miguel Carvalho da Silva Guimarães	individual	Senior Masculino	50:59	+19:39	05:06
842	3739	Hélder Miguel Martins Coelho	individual	Veterano M45	50:59	+19:40	05:06
843	2664	marco Paiva	individual	Senior Masculino	50:59	+19:40	05:06
844	3519	Hugo Oliveira	individual	Veterano M40	51:00	+19:41	05:06
845	3821	Ricardo Manuel Martins Vale	individual	Veterano M45	51:01	+19:42	05:06

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
846	3260	Juliana Andreia Dias Silva	individual	Veterana F40	51:02	+19:42	05:06
847	661	João Maia	coronado runners	Veterano M45	51:02	+19:43	05:06
848	2407	João Miguel Faria Leite	individual	Senior Masculino	51:03	+19:43	05:06
849	452	SÉRGIO FERREIRA	central runners	Veterano M45	51:03	+19:44	05:06
850	933	Bruno Carneiro	gaviões	Veterano M40	51:04	+19:44	05:06
851	2344	Jhonatar Wesley Araújo da Silva	individual	Senior Masculino	51:04	+19:45	05:06
852	4297	Hélio Machado	moutados team	Veterano M40	51:04	+19:45	05:06
853	1540	Joana Pereira	individual	Senior Feminino	51:05	+19:45	05:06
854	2320	Hugo Miguel Salazar Monteiro	individual	Senior Masculino	51:05	+19:46	05:06
855	1437	Eduarda Alves Machado	individual	Senior Feminino	51:05	+19:46	05:07
856	3636	Rui Guedes	individual	Veterano M40	51:06	+19:46	05:07
857	771	Rosa Oliveira	earo	Veterana F60	51:06	+19:47	05:07
858	769	Renata Barros	earo	Veterana F45	51:06	+19:47	05:07
859	3420	Ana Carvalho	individual	Veterana F55	51:06	+19:47	05:07
860	2713	Miguel Leite	individual	Senior Masculino	51:07	+19:47	05:07
861	1116	Pedro Alexandre M. Pinto	gymstar	Senior Masculino	51:07	+19:48	05:07
862	3771	Kadu Mori	individual	Veterano M45	51:07	+19:48	05:07
863	3048	Samuel Agostinho Costa Pinto	individual	Senior Masculino	51:08	+19:48	05:07
864	4132	Helder Fernandes	joane corre corre	Veterano M40	51:09	+19:50	05:07
865	427	Nuno Silva	brufebtt run	Veterano M50	51:09	+19:50	05:07
866	281	Fábio Matos	associação desportiva mont blue team	Senior Masculino	51:11	+19:52	05:07
867	2462	João Silva	individual	Senior Masculino	51:11	+19:52	05:07
868	3264	Luísa marques	individual	Veterana F40	51:12	+19:53	05:07
869	4258	Rui Vieira	milhafres	Senior Masculino	51:13	+19:53	05:07
870	73	Samuel Eduardo Barros Silva	96s plus one	Senior Masculino	51:13	+19:54	05:07
871	2232	Francisco Lobo	individual	Senior Masculino	51:13	+19:54	05:07
872	4171	Diana Sampaio	kilosmoda - silva & barroso	Veterana F50	51:15	+19:56	05:07
873	361	Filipe Ferreira	bf hair transplant	Senior Masculino	51:15	+19:56	05:07
874	4174	JOÃO SAMPAIO	kilosmoda - silva & barroso	Veterano M45	51:16	+19:56	05:08
875	3192	Vítor Macedo	individual	Senior Masculino	51:16	+19:57	05:08
876	3537	Joel silva	individual	Veterano M40	51:16	+19:57	05:08
877	4365	João António Fonseca Ribeiro	on track run club	Senior Masculino	51:16	+19:57	05:08
878	304	Filipe Pedrosa	aves runners	Veterano M50	51:16	+19:57	05:08
879	4173	Helder Fereira	kilosmoda - silva & barroso	Veterano M45	51:16	+19:57	05:08
880	4170	Mara Sampaio	kilosmoda - silva & barroso	Veterana F45	51:16	+19:57	05:08
881	4845	Luidy Gomes	vieira de castro	Senior Masculino	51:17	+19:58	05:08
882	4180	Fernando Gonçalves	kilosmoda - silva & barroso	Veterano M55	51:17	+19:58	05:08
883	219	Elisabete castro	arc vale s. cosme	Senior Feminino	51:17	+19:58	05:08
884	2529	José Gabriel Gomes Leal	individual	Senior Masculino	51:18	+19:59	05:08
885	3281	Raquel Abreu	individual	Veterana F40	51:18	+19:59	05:08
886	2704	Miguel Costa e Silva	individual	Senior Masculino	51:18	+19:59	05:08
887	239	José Pedro Ribeiro	arc vale s. cosme	Senior Masculino	51:20	+20:00	05:08
888	2218	Francisco Azevedo	individual	Senior Masculino	51:20	+20:01	05:08
889	4022	Fernando Gomes	individual	Veterano M55	51:21	+20:02	05:08
890	4393	André Brito	os 3	Senior Masculino	51:23	+20:04	05:08

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
891	3692	Bruno Azevedo	individual	Veterano M45	51:24	+20:05	05:08
892	3561	Marcelino Araújo de Faria	individual	Veterano M40	51:24	+20:05	05:08
893	4589	Sócrates Martins	rorizaventura	Senior Masculino	51:24	+20:05	05:08
894	2769	Nuno Sa	individual	Senior Masculino	51:24	+20:05	05:08
895	3015	Rui Gomes	individual	Senior Masculino	51:24	+20:05	05:08
896	4041	José Pereira	individual	Veterano M55	51:25	+20:06	05:08
897	1304	Beatriz Carvalho	individual	Senior Feminino	51:25	+20:06	05:09
898	2084	Diogo Ferreira	individual	Senior Masculino	51:25	+20:06	05:09
899	718	Pedro Costa	dive into the mountains	Veterano M45	51:25	+20:06	05:09
900	714	Clara Costa	dive into the mountains	Senior Feminino	51:26	+20:06	05:09
901	3765	José Faria	individual	Veterano M45	51:26	+20:07	05:09
902	3603	Pedro José Ferreira de Faria	individual	Veterano M40	51:27	+20:08	05:09
903	3460	Augusto Ribeiro	individual	Veterano M40	51:27	+20:08	05:09
904	2603	Luis Duarte Fernandes Pinho	individual	Senior Masculino	51:30	+20:11	05:09
905	2337	Ivo André de Sá Maia	individual	Senior Masculino	51:31	+20:12	05:09
906	4084	Carlos cardoso	individual	Veterano M60	51:34	+20:15	05:09
907	1624	Maria João	individual	Senior Feminino	51:35	+20:15	05:09
908	968	Sara Oliveira	individual	Senior Feminino	51:35	+20:16	05:10
909	3645	Sérgio Lafuente	individual	Veterano M40	51:36	+20:16	05:10
910	4518	Catarina Silva	primas	Senior Feminino	51:36	+20:17	05:10
911	937	Daniel Marinho	gaviões	Veterano M50	51:37	+20:18	05:10
912	2069	Diogo Araújo Soares da Silva Costa	individual	Senior Masculino	51:37	+20:18	05:10
913	2724	Miguel Sousa	individual	Senior Masculino	51:37	+20:18	05:10
914	2279	Goncalo Lobo	individual	Senior Masculino	51:38	+20:18	05:10
915	1947	Bruno Gonçalves	individual	Senior Masculino	51:38	+20:19	05:10
916	932	Maria Magalhães	gaviões	Veterana F45	51:38	+20:19	05:10
917	2471	João Vicente Carvalho Araújo	individual	Senior Masculino	51:39	+20:19	05:10
918	3101	Tiago Campos	individual	Senior Masculino	51:39	+20:20	05:10
919	1677	Marta Barroso	individual	Senior Feminino	51:40	+20:20	05:10
920	4367	Carlos Vieira dos Santos	on track run club	Veterano M40	51:41	+20:21	05:10
921	2192	Fernando Pinheiro	individual	Senior Masculino	51:41	+20:22	05:10
922	2650	marcelo teixeira	individual	Senior Masculino	51:41	+20:22	05:10
923	3474	Carlos Ferreira	individual	Veterano M40	51:41	+20:22	05:10
924	2519	José Campos	individual	Senior Masculino	51:42	+20:23	05:10
925	1150	José Humberto Araújo dos Santos	gymstar	Veterano M45	51:42	+20:23	05:10
926	2638	Luís Silva	individual	Senior Masculino	51:43	+20:23	05:10
927	4665	Henrique Branco	sisint	Veterano M50	51:43	+20:24	05:10
928	850	Alexandre Dias	exercise4you	Veterano M45	51:43	+20:24	05:10
929	1902	André Silba	individual	Senior Masculino	51:44	+20:24	05:10
930	3829	Romeu Alves	individual	Veterano M45	51:44	+20:25	05:10
931	4664	Renato Pinheiro	sisint	Veterano M40	51:44	+20:25	05:10
932	342	Paulo Machado	bbg runners by bbox&gym	Senior Masculino	51:44	+20:25	05:10
933	4303	RENATO RIBEIRO	nast	Veterano M45	51:44	+20:25	05:10
934	430	JOAQUIM SANTOS	brufebtt run	Veterano M65	51:45	+20:25	05:10
935	4302	ALICE LOPES	nast	Veterana F45	51:45	+20:25	05:10

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
936	2946	Ricardo Martins	individual	Senior Masculino	51:45	+20:26	05:11
937	841	Brás Sousa	exercise4you	Senior Masculino	51:45	+20:26	05:11
938	1035	Luís Peixoto	grupo jorge oculista	Senior Masculino	51:46	+20:26	05:11
939	757	Guilherme Coelho	duros do trail	Senior Masculino	51:46	+20:26	05:11
940	2591	Luí Carlos Silva	individual	Senior Masculino	51:46	+20:27	05:11
941	2272	Gonçalo Ferreira	individual	Senior Masculino	51:46	+20:27	05:11
942	1882	André Ezequiel Gonçalves Ribeiro	individual	Senior Masculino	51:47	+20:28	05:11
943	3183	Vitor Correia	individual	Senior Masculino	51:47	+20:28	05:11
944	2960	Ricardo Silva	individual	Senior Masculino	51:48	+20:28	05:11
945	3929	José Paulo Teixeira	individual	Veterano M50	51:48	+20:28	05:11
946	3011	Rui Ferreira	individual	Senior Masculino	51:48	+20:29	05:11
947	4709	Tomás Ferreira	store.enventsmtb.com	Senior Masculino	51:48	+20:29	05:11
948	2385	joao freitas	individual	Senior Masculino	51:49	+20:30	05:11
949	125	Jorge Correia	ad nós acreditamos	Veterano M45	51:50	+20:30	05:11
950	1012	Sérgio Sorte	individual	Senior Masculino	51:51	+20:32	05:11
951	3051	Samuel lameira	individual	Senior Masculino	51:54	+20:35	05:11
952	826	Gilberto Augusto Sampaio Moreira	eugenios	Veterano M40	51:55	+20:36	05:12
953	220	Helena Catarina Ribeiro	arc vale s. cosme	Senior Feminino	51:56	+20:36	05:12
954	54	Sara Machado	365 running project	Senior Feminino	51:56	+20:37	05:12
955	4351	Nuno Carneiro	nuno carneiro	Veterano M45	51:57	+20:38	05:12
956	4097	José Monteiro	individual	Veterano M60	51:58	+20:38	05:12
957	4346	André Meira	núcleo sporting vn famalicão	Senior Masculino	51:58	+20:39	05:12
958	2684	Martim Viana	individual	Senior Masculino	51:58	+20:39	05:12
959	1607	Margarida Leite Ferreira	individual	Senior Feminino	51:59	+20:39	05:12
960	4349	J Ferreira	núcleo sporting vn famalicão	Veterano M60	51:59	+20:40	05:12
961	2734	Nelson Tiago Silva Sousa	individual	Senior Masculino	52:00	+20:41	05:12
962	2371	João Faria	individual	Senior Masculino	52:00	+20:41	05:12
963	878	Francisco Feio	feios	Senior Masculino	52:01	+20:42	05:12
964	2273	Gonçalo Ferreira Gomes	individual	Senior Masculino	52:01	+20:42	05:12
965	188	Fábio Barbosa	alfa estúdio	Veterano M40	52:02	+20:42	05:12
966	3177	Vasco Gomes	individual	Senior Masculino	52:02	+20:43	05:12
967	677	Marisa Ferreira	credithora - intermediários de crédito	Senior Feminino	52:03	+20:44	05:12
968	2857	Pedro Moreira	individual	Senior Masculino	52:03	+20:44	05:12
969	1163	Ricardo Miguel Gonçalves Ferreira	hb - centro de treino	Senior Masculino	52:05	+20:45	05:12
970	776	João Almeida	earo	Veterano M45	52:05	+20:46	05:12
971	2416	João Oliveira	individual	Senior Masculino	52:06	+20:47	05:13
972	3499	Filipe André Martins Ferreira	individual	Veterano M40	52:07	+20:48	05:13
973	3609	Pedro Seara	individual	Veterano M40	52:07	+20:48	05:13
974	2977	Rodrigo Barbosa Nascimento	individual	Senior Masculino	52:08	+20:48	05:13
975	301	Helder Costa	aves runners	Veterano M45	52:08	+20:49	05:13
976	299	Alcino Sampaio	aves runners	Veterano M45	52:09	+20:50	05:13
977	303	Toni Neto	aves runners	Veterano M45	52:09	+20:50	05:13
978	672	Humberto Jorge Antunes Correia	cr candoso	Veterano M55	52:09	+20:50	05:13

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
979	671	Maximino Lopes da Silva	cr candoso	Veterano M50	52:09	+20:50	05:13
980	3581	Nilton Nascimento	individual	Veterano M40	52:10	+20:50	05:13
981	2059	Dinis Vilaça	individual	Senior Masculino	52:10	+20:51	05:13
982	1280	Anabela Pereira	individual	Senior Feminino	52:10	+20:51	05:13
983	4095	Jose carlos de Abreu pereira	individual	Veterano M60	52:10	+20:51	05:13
984	1492	Inês Moraes da Costa	individual	Senior Feminino	52:10	+20:51	05:13
985	3967	Paulo Rodrigues	individual	Veterano M50	52:10	+20:51	05:13
986	3969	Paulo Vilaça	individual	Veterano M50	52:10	+20:51	05:13
987	4974	Pedro Alves	runningdolls acura team	Veterano M40	52:11	+20:52	05:13
988	3724	FILIPE LOURENÇO	individual	Veterano M45	52:12	+20:53	05:13
989	4038	Jose Manuel Neiva Sa	individual	Veterano M55	52:13	+20:53	05:13
990	3809	Pedro beiramar	individual	Veterano M45	52:13	+20:53	05:13
991	1916	Antonio Leal	individual	Senior Masculino	52:13	+20:54	05:13
992	3532	João Pedro Sá	individual	Veterano M40	52:14	+20:55	05:13
993	3165	Tomás Paiva	individual	Senior Masculino	52:15	+20:56	05:13
994	1790	Sónia Ramos	individual	Senior Feminino	52:15	+20:56	05:14
995	2200	Filipe Lima	individual	Senior Masculino	52:16	+20:57	05:14
996	1146	Arezki Baha	gymstar	Veterano M45	52:16	+20:57	05:14
997	727	Élio Silva	domingueiros on tour	Veterano M45	52:17	+20:58	05:14
998	2208	Filipe Rocha	individual	Senior Masculino	52:18	+20:59	05:14
999	26	Pedro Paulino	18 voltz	Senior Masculino	52:19	+20:59	05:14
1000	2071	Diogo Barbosa	individual	Senior Masculino	52:20	+21:00	05:14
1001	4632	Simão Pereira	s&p	Senior Masculino	52:20	+21:01	05:14
1002	3893	Fernando costa Guimarães	individual	Veterano M50	52:21	+21:02	05:14
1003	3895	Fernando Manuel Martins Ferreira	individual	Veterano M50	52:23	+21:03	05:14
1004	636	Manuel Fonseca	cmfamacção	Veterano M55	52:23	+21:03	05:14
1005	1766	Sílvia Almeida	individual	Senior Feminino	52:23	+21:04	05:14
1006	3618	Ricardo Campos	individual	Veterano M40	52:24	+21:05	05:14
1007	2237	Francisco Moreira Lopes	individual	Senior Masculino	52:25	+21:06	05:14
1008	1720	Renata Endres Dalmolin	individual	Senior Feminino	52:25	+21:06	05:14
1009	3013	Rui Filipe Sousa Barbosa	individual	Senior Masculino	52:26	+21:07	05:15
1010	3685	António Ribeiro de Carvalho	individual	Veterano M45	52:27	+21:07	05:15
1011	796	Rui Russo dos Santos	erdinger haus	Veterano M60	52:27	+21:08	05:15
1012	4980	Mariana Machado Carvalho	s.c.braga	Senior Feminino	52:27	+21:08	05:15
1013	4066	Ricardo Ribeiro	individual	Veterano M55	52:27	+21:08	05:15
1014	2984	Rodrigo Pita	individual	Senior Masculino	52:27	+21:08	05:15
1015	2151	Eduardo JDS Pimentel	individual	Senior Masculino	52:27	+21:08	05:15
1016	4280	Francisco Manuel Carvalho da Silva	moldamirco	Senior Masculino	52:28	+21:09	05:15
1017	2342	Ivo Rafael Oliveira Silva	individual	Senior Masculino	52:28	+21:09	05:15
1018	4982	Ricardo Vale	s.c.braga	Senior Masculino	52:29	+21:09	05:15
1019	464	Jose Matos	clube desportivo beira mar	Veterano M60	52:29	+21:10	05:15
1020	3050	Samuel Gil	individual	Senior Masculino	52:30	+21:11	05:15
1021	4328	Cristiano Ferreira	núcleo de atletismo das taipas	Senior Masculino	52:30	+21:11	05:15
1022	87	Vítor Costa	a.c. vermoim	Veterano M50	52:31	+21:12	05:15
1023	2453	João Roberto	individual	Senior Masculino	52:31	+21:12	05:15

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1024	4116	Jorge Pereira	individual	Veterano M65	52:31	+21:12	05:15
1025	3562	Marco lopes	individual	Veterano M40	52:32	+21:12	05:15
1026	4929	Daniel Sousa	cmf	Veterano M40	52:33	+21:13	05:15
1027	1493	Inês Oliveira Silva	individual	Senior Feminino	52:33	+21:14	05:15
1028	3184	Vitor Costa	individual	Senior Masculino	52:34	+21:15	05:15
1029	4534	Tiago Vilas Boas	prime sports center	Senior Masculino	52:34	+21:15	05:15
1030	1957	Bruno Rapoao	individual	Senior Masculino	52:35	+21:15	05:15
1031	4424	Patrícia Lima	os senis	Senior Feminino	52:35	+21:16	05:15
1032	3822	Ricardo Mota	individual	Veterano M45	52:35	+21:16	05:16
1033	3651	Tiago Azevedo	individual	Veterano M40	52:36	+21:17	05:16
1034	1874	André Carvalho	individual	Senior Masculino	52:37	+21:18	05:16
1035	2368	João Diogo Ferreira Rodrigues	individual	Senior Masculino	52:37	+21:18	05:16
1036	2993	Rúben Ricardo Fonseca Ferreira	individual	Senior Masculino	52:38	+21:18	05:16
1037	853	Paulo Lamego	f.c. famalicão de geneve	Veterano M40	52:39	+21:19	05:16
1038	4125	Rui Peixoto	it runners	Senior Masculino	52:39	+21:20	05:16
1039	2528	Jose Freitas Da Costa	individual	Senior Masculino	52:40	+21:20	05:16
1040	3641	Rui Sengo	individual	Veterano M40	52:40	+21:21	05:16
1041	286	Filipa Ferreira	aves runners	Senior Feminino	52:40	+21:21	05:16
1042	3054	Saul Costa	individual	Senior Masculino	52:40	+21:21	05:16
1043	3839	Rui Miguel Gomes Ferreira	individual	Veterano M45	52:41	+21:21	05:16
1044	4299	Sérgio Mirra	moutados team	Veterano M45	52:41	+21:22	05:16
1045	936	Augusto Lima	gaviões	Veterano M50	52:41	+21:22	05:16
1046	2926	Ricardo Cruz	individual	Senior Masculino	52:41	+21:22	05:16
1047	938	Fernando Roldão	gaviões	Veterano M50	52:42	+21:22	05:16
1048	2169	Ernesto Sousa	individual	Senior Masculino	52:42	+21:23	05:16
1049	4976	Armando Silva	runningdolls acura team	Veterano M45	52:42	+21:23	05:16
1050	2181	Fabio Pena	individual	Senior Masculino	52:42	+21:23	05:16
1051	2420	João Paiva	individual	Senior Masculino	52:42	+21:23	05:16
1052	2967	Ricardo Sousa	individual	Senior Masculino	52:45	+21:25	05:16
1053	422	Tiago Côto	brigada do reumático	Senior Masculino	52:45	+21:25	05:16
1054	1852	Alexandre Gomes Pinto Ferreira	individual	Senior Masculino	52:45	+21:26	05:16
1055	4556	Alice Miranda	quebraritmo	Veterana F55	52:45	+21:26	05:16
1056	2831	Pedro Ferreira	individual	Senior Masculino	52:45	+21:26	05:17
1057	3122	Tiago Gonçalves	individual	Senior Masculino	52:46	+21:27	05:17
1058	1962	Bruno Silva	individual	Senior Masculino	52:47	+21:28	05:17
1059	387	Laura Pacheco	blanc, rouge ou rosé	Veterana F50	52:47	+21:28	05:17
1060	2170	Ewerton Ferreira	individual	Senior Masculino	52:47	+21:28	05:17
1061	749	Carlos Carvalho	duros da santa team running	Veterano M40	52:49	+21:29	05:17
1062	2773	Nuno Silva	individual	Senior Masculino	52:50	+21:31	05:17
1063	3606	Pedro Miguel Costa Marçal	individual	Veterano M40	52:50	+21:31	05:17
1064	2564	José Silva	individual	Senior Masculino	52:50	+21:31	05:17
1065	2801	Paulo Veloso	individual	Senior Masculino	52:51	+21:31	05:17
1066	288	Daniel Castro	aves runners	Senior Masculino	52:51	+21:31	05:17
1067	1780	Sofia Mesquita	individual	Senior Feminino	52:51	+21:32	05:17
1068	466	Miguel Dias	clube do vento	Veterano M40	52:53	+21:34	05:17

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1069	2157	Eduardo Rego	individual	Senior Masculino	52:54	+21:35	05:17
1070	4145	Flávio Moreira	jp studio	Senior Masculino	52:54	+21:35	05:17
1071	559	Ângela Rocha	cmfamalicão	Veterana F50	52:54	+21:35	05:17
1072	3162	Tomás Lima Oliveira da Costa	individual	Senior Masculino	52:54	+21:35	05:17
1073	2259	Gil Oliveira	individual	Senior Masculino	52:54	+21:35	05:17
1074	3454	André Dinid	individual	Veterano M40	52:55	+21:36	05:17
1075	2355	João Campos Cunha	individual	Senior Masculino	52:56	+21:37	05:18
1076	1614	Maria Carolina Cunha	individual	Senior Feminino	52:56	+21:37	05:18
1077	874	Renato Ferreira	família ferreira	Veterano M50	52:57	+21:38	05:18
1078	2745	Nuno Barbosa	individual	Senior Masculino	52:58	+21:39	05:18
1079	2842	Pedro Laranjeira	individual	Senior Masculino	52:58	+21:39	05:18
1080	1582	Lúcia Garcez	individual	Senior Feminino	52:59	+21:39	05:18
1081	3182	Vítor Cardoso	individual	Senior Masculino	52:59	+21:40	05:18
1082	1412	Daniela Maria Fernandes Faria	individual	Senior Feminino	53:00	+21:41	05:18
1083	660	Miguel Maia	coronado runners	Senior Masculino	53:00	+21:41	05:18
1084	2901	Rafael Maia	individual	Senior Masculino	53:00	+21:41	05:18
1085	588	Filipe Araújo	cmfamalicão	Veterano M40	53:01	+21:41	05:18
1086	2578	Leandro Silva	individual	Senior Masculino	53:01	+21:42	05:18
1087	2120	Diogo Reis	individual	Senior Masculino	53:02	+21:42	05:18
1088	2947	Ricardo Mesquita Moreira	individual	Senior Masculino	53:02	+21:42	05:18
1089	1702	Patrícia Correia	individual	Senior Feminino	53:02	+21:42	05:18
1090	674	Carina Matos	credithora - intermediários de crédito	Senior Feminino	53:02	+21:43	05:18
1091	469	AUGUSTO FERNANDO TEIXEIRA MAGALHAES	clube millennium bcp	Veterano M55	53:03	+21:44	05:18
1092	147	João Pinto	afipre team	Senior Masculino	53:04	+21:45	05:18
1093	506	Fábio Cunha	cmfamalicão	Senior Masculino	53:04	+21:45	05:18
1094	3823	Ricardo Peixoto	individual	Veterano M45	53:05	+21:45	05:18
1095	3195	Vitor Moreira	individual	Senior Masculino	53:05	+21:46	05:19
1096	2141	Edgar Carneiro	individual	Senior Masculino	53:05	+21:46	05:19
1097	4680	Rui Araújo	smartfit	Senior Masculino	53:06	+21:47	05:19
1098	4361	Pedro Pires	olha e anda	Senior Masculino	53:07	+21:47	05:19
1099	4545	Gabriel Azevedo	pt gabriel azevedo	Senior Masculino	53:07	+21:48	05:19
1100	732	Vânia Campos	dragon club	Senior Feminino	53:08	+21:49	05:19
1101	2215	Flávio Ribeiro	individual	Senior Masculino	53:09	+21:50	05:19
1102	3817	Renato Miguel Martins Silva	individual	Veterano M45	53:09	+21:50	05:19
1103	3611	Pedro Silva	individual	Veterano M40	53:10	+21:50	05:19
1104	4254	Vasco Moreira	migas trips	Senior Masculino	53:11	+21:51	05:19
1105	3678	André Barbosa	individual	Veterano M45	53:12	+21:53	05:19
1106	609	Rui Silva	cmfamalicão	Veterano M45	53:12	+21:53	05:19
1107	2221	Francisco Carvalho	individual	Senior Masculino	53:13	+21:53	05:19
1108	2579	Leonardo Araújo	individual	Senior Masculino	53:13	+21:53	05:19
1109	3461	Aurélio Manuel dos Santos Queirós	individual	Veterano M40	53:13	+21:54	05:19
1110	3647	Sérgio Pereira	individual	Veterano M40	53:14	+21:55	05:19
1111	2406	João Miguel Araújo	individual	Senior Masculino	53:15	+21:56	05:19
1112	2176	Fábio Leite	individual	Senior Masculino	53:15	+21:56	05:20
1113	1579	Linda Cunha	individual	Senior Feminino	53:15	+21:56	05:20

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1114	3730	Francisco Duarte	individual	Veterano M45	53:15	+21:56	05:20
1115	536	Tomás Fernandes	cmfamalicão	Senior Masculino	53:16	+21:57	05:20
1116	1198	ana carolina	individual	Senior Feminino	53:17	+21:58	05:20
1117	3186	Vitor Gomes	individual	Senior Masculino	53:17	+21:58	05:20
1118	3028	Rui Oliveira	individual	Senior Masculino	53:17	+21:58	05:20
1119	4119	Daniel Oliveira	inhos&ados	Senior Masculino	53:17	+21:58	05:20
1120	2719	Miguel Oliveira	individual	Senior Masculino	53:17	+21:58	05:20
1121	498	Bruno Machado	cmfamalicão	Senior Masculino	53:17	+21:58	05:20
1122	4511	Carlos Ferreira	potes de ouro	Veterano M55	53:18	+21:58	05:20
1123	3225	Carla Lopes	individual	Veterana F40	53:18	+21:59	05:20
1124	589	Francisco Silva	cmfamalicão	Veterano M40	53:19	+22:00	05:20
1125	227	Vânia Mendes	arc vale s. cosme	Senior Feminino	53:20	+22:01	05:20
1126	259	José Campos	arc vale s. cosme	Veterano M45	53:20	+22:01	05:20
1127	2226	Francisco Fernandes	individual	Senior Masculino	53:21	+22:01	05:20
1128	221	Isabel Ribeiro	arc vale s. cosme	Senior Feminino	53:21	+22:02	05:20
1129	262	Roberto Magalhães	arc vale s. cosme	Veterano M45	53:21	+22:02	05:20
1130	3915	Jorge Silva	individual	Veterano M50	53:22	+22:03	05:20
1131	586	Eduardo Silva	cmfamalicão	Veterano M40	53:22	+22:03	05:20
1132	2266	Gonçalo Costa	individual	Senior Masculino	53:23	+22:03	05:20
1133	1091	Edgar Rafael Pinto	gymstar	Senior Masculino	53:27	+22:08	05:21
1134	2099	Diogo Mesquita	individual	Senior Masculino	53:28	+22:09	05:21
1135	4048	Luís Melo	individual	Veterano M55	53:28	+22:09	05:21
1136	3159	Tomás Carvalho	individual	Senior Masculino	53:29	+22:10	05:21
1137	4643	José Martins	scoot recuperação/aldi running clube	Senior Masculino	53:30	+22:11	05:21
1138	2841	Pedro Jorge Fernandes Carvalho	individual	Senior Masculino	53:30	+22:11	05:21
1139	4971	Mario Alves Passos	individual	Senior Masculino	53:30	+22:11	05:21
1140	2083	Diogo Fernandes	individual	Senior Masculino	53:31	+22:11	05:21
1141	3262	Lilian Almeida	individual	Veterana F40	53:31	+22:11	05:21
1142	2190	Fernando Maia	individual	Senior Masculino	53:32	+22:12	05:21
1143	2020	Daniel Cruzeiro	individual	Senior Masculino	53:33	+22:14	05:21
1144	2834	Pedro Freitas	individual	Senior Masculino	53:33	+22:14	05:21
1145	2203	Filipe Pinheiro	individual	Senior Masculino	53:34	+22:15	05:21
1146	628	Alfredo Ribeiro	cmfamalicão	Veterano M55	53:34	+22:15	05:21
1147	455	JOAQUIM PEREIRA	central runners	Veterano M65	53:34	+22:15	05:21
1148	3242	Dora Raquel Oliveira da Cunha	individual	Veterana F40	53:34	+22:15	05:21
1149	2920	Ricardo Azevedo	individual	Senior Masculino	53:34	+22:15	05:21
1150	514	João Ribeiro	cmfamalicão	Senior Masculino	53:34	+22:15	05:21
1151	412	Diogo Carvalho	box 180	Senior Masculino	53:34	+22:15	05:21
1152	3115	Tiago Ferreira Martins	individual	Senior Masculino	53:34	+22:15	05:21
1153	1817	Virgínia Barbosa	individual	Senior Feminino	53:35	+22:16	05:21
1154	651	José Barbosa	cmfamalicão	Veterano M65	53:35	+22:16	05:22
1155	2055	Davide Frutuoso	individual	Senior Masculino	53:35	+22:16	05:22
1156	2102	Diogo Miguel Dias Pereira	individual	Senior Masculino	53:35	+22:16	05:22
1157	3790	Nelson Andrade	individual	Veterano M45	53:36	+22:17	05:22
1158	3393	Duarte Pinto	individual	Senior Masculino	53:37	+22:17	05:22

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1159	4501	Jorge Oliveira	porminho	Veterano M60	53:39	+22:20	05:22
1160	101	Bruno Aguiar	active running	Senior Masculino	53:39	+22:20	05:22
1161	99	Mariana Araújo	active running	Senior Feminino	53:39	+22:20	05:22
1162	70	Manuel Araujo	9:15	Veterano M40	53:40	+22:21	05:22
1163	3884	César guedes	individual	Veterano M50	53:40	+22:21	05:22
1164	2680	Mário Pereira	individual	Senior Masculino	53:40	+22:21	05:22
1165	107	Ana Oliveira	active running	Veterana F40	53:40	+22:21	05:22
1166	1635	Maria Medon	individual	Senior Feminino	53:40	+22:21	05:22
1167	3103	Tiago Carvalho	individual	Senior Masculino	53:41	+22:22	05:22
1168	2246	Francisco Sousa	individual	Senior Masculino	53:41	+22:22	05:22
1169	3154	Tiago Sousa	individual	Senior Masculino	53:42	+22:22	05:22
1170	1568	Leonor Carvalho	individual	Senior Feminino	53:42	+22:22	05:22
1171	4359	Jorge Sousa	olha aquela é estrangeira	Senior Masculino	53:42	+22:22	05:22
1172	584	Daniel Leal	cmfamalicão	Veterano M40	53:43	+22:23	05:22
1173	3567	Mário Saraiva	individual	Veterano M40	53:43	+22:24	05:22
1174	2336	Ivan Torres	individual	Senior Masculino	53:43	+22:24	05:22
1175	4213	Rui Monteiro	malandros family	Senior Masculino	53:44	+22:24	05:22
1176	2626	Luís Miguel Macedo Oliveira	individual	Senior Masculino	53:45	+22:26	05:23
1177	474	Pedro Joel Carvalho e Castro	cmf	Veterano M45	53:46	+22:27	05:23
1178	2618	Luís Magalhães	individual	Senior Masculino	53:47	+22:28	05:23
1179	2360	João Castro	individual	Senior Masculino	53:48	+22:29	05:23
1180	4040	José Oliveira	individual	Veterano M55	53:48	+22:29	05:23
1181	2465	João Silva	individual	Senior Masculino	53:49	+22:30	05:23
1182	679	Pedro Paiva	credithora - intermediários de crédito	Senior Masculino	53:50	+22:30	05:23
1183	468	DIOGO GONCALVES ARAUJO	clube millennium bcp	Senior Masculino	53:50	+22:31	05:23
1184	2214	Flávio Maia	individual	Senior Masculino	53:50	+22:31	05:23
1185	1981	Carlos Maia	individual	Senior Masculino	53:51	+22:32	05:23
1186	432	Luis Mouta	bufas	Senior Masculino	53:52	+22:32	05:23
1187	2548	José Pedro Lopes	individual	Senior Masculino	53:52	+22:33	05:23
1188	1896	André Oliveira	individual	Senior Masculino	53:52	+22:33	05:23
1189	431	Alexandra Mouta	bufas	Senior Feminino	53:52	+22:33	05:23
1190	557	Vera Gonçalves	cmfamalicão	Veterana F45	53:52	+22:33	05:23
1191	3238	Daniela Castro	individual	Veterana F40	53:56	+22:36	05:24
1192	4217	Andre viana	mancaquinhos	Senior Masculino	53:57	+22:38	05:24
1193	1838	Afonso Laranjo	individual	Senior Masculino	53:58	+22:39	05:24
1194	2763	Nuno Oliveira	individual	Senior Masculino	54:01	+22:41	05:24
1195	447	Sérgio Nogueira	cd aves ciclismo	Senior Masculino	54:01	+22:42	05:24
1196	124	Cátia Correia	ad nós acreditamos	Senior Feminino	54:02	+22:42	05:24
1197	2112	Diogo Passos	individual	Senior Masculino	54:02	+22:43	05:24
1198	1921	Armando Jorge Dias da Costa	individual	Senior Masculino	54:02	+22:43	05:24
1199	2057	Dinis Lobo	individual	Senior Masculino	54:02	+22:43	05:24
1200	2617	Luís lobo	individual	Senior Masculino	54:02	+22:43	05:24
1201	3876	António Luciano Mendes Ferreira	individual	Veterano M50	54:03	+22:43	05:24
1202	4571	Vitor Coelho	refit	Senior Masculino	54:03	+22:44	05:24

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1203	3119	Tiago Francisco Moreira Fernandes	individual	Senior Masculino	54:03	+22:44	05:24
1204	2760	Nuno Miguel Silva Gonçalves Serodio	individual	Senior Masculino	54:04	+22:45	05:24
1205	4531	Pedro Nuno Carneiro da Cunha e Sousa	prime sports center	Senior Masculino	54:04	+22:45	05:24
1206	4263	Tomas Machado Costa	mitos de corrida	Senior Masculino	54:04	+22:45	05:24
1207	1127	Marta Leitão	gymstar	Veterana F40	54:06	+22:47	05:25
1208	1233	Ana Lopes	individual	Senior Feminino	54:07	+22:47	05:25
1209	4011	António Rompante	individual	Veterano M55	54:07	+22:47	05:25
1210	1862	Amaro Silva	individual	Senior Masculino	54:07	+22:48	05:25
1211	2848	Pedro miguel	individual	Senior Masculino	54:08	+22:48	05:25
1212	3847	Sérgio Nicolau Macedo Moreira	individual	Veterano M45	54:08	+22:48	05:25
1213	3467	Bruno Marques	individual	Veterano M40	54:09	+22:50	05:25
1214	2770	Nuno Sá	individual	Senior Masculino	54:09	+22:50	05:25
1215	2362	João Coeho Lima	individual	Senior Masculino	54:09	+22:50	05:25
1216	1528	Joana Gonçalves	individual	Senior Feminino	54:09	+22:50	05:25
1217	2594	Luís André	individual	Senior Masculino	54:09	+22:50	05:25
1218	3226	Carla Sofia Cardoso	individual	Veterana F40	54:10	+22:51	05:25
1219	62	Ana Carneiro	365 running project	Veterana F50	54:11	+22:52	05:25
1220	2511	José Alexandre Gonçalves Amaral	individual	Senior Masculino	54:11	+22:52	05:25
1221	3143	Tiago Pereira	individual	Senior Masculino	54:11	+22:52	05:25
1222	1952	Bruno Miguel Salgado André Alves	individual	Senior Masculino	54:11	+22:52	05:25
1223	3036	Rui Sá	individual	Senior Masculino	54:12	+22:53	05:25
1224	64	João Machado	365 running project	Veterano M40	54:12	+22:53	05:25
1225	67	Miguel Silva	365 running project	Veterano M50	54:12	+22:53	05:25
1226	2658	Marco Correia	individual	Senior Masculino	54:15	+22:55	05:25
1227	3982	Rui jorge da silva amorim	individual	Veterano M50	54:15	+22:56	05:26
1228	519	José Miguel Vilas Boas	cmfamalicão	Senior Masculino	54:16	+22:57	05:26
1229	4295	Jorge Oliveira	mouquim - triauto	Senior Masculino	54:16	+22:57	05:26
1230	971	David Santos	ginásio status	Senior Masculino	54:17	+22:58	05:26
1231	3161	Tomás Lemos	individual	Senior Masculino	54:18	+22:59	05:26
1232	3917	José Campos	individual	Veterano M50	54:19	+22:59	05:26
1233	3280	Paulinha Pereira	individual	Veterana F40	54:20	+23:01	05:26
1234	211	Miguel Silva	araújo cruz e silva	Senior Masculino	54:21	+23:02	05:26
1235	505	Diogo Pereira	cmfamalicão	Senior Masculino	54:24	+23:04	05:26
1236	1027	Pedro Maia	great runners	Senior Masculino	54:27	+23:07	05:27
1237	3318	Carla Maria de Araújo Lopes Costa	individual	Veterana F45	54:27	+23:07	05:27
1238	3619	Ricardo Carvalho	individual	Veterano M40	54:28	+23:09	05:27
1239	1834	Afonso Cardo	individual	Senior Masculino	54:29	+23:09	05:27
1240	2766	Nuno Polónia Valente	individual	Senior Masculino	54:29	+23:09	05:27
1241	2673	Marinho Pereira	individual	Senior Masculino	54:29	+23:10	05:27
1242	562	Célia Alves	cmfamalicão	Veterana F50	54:29	+23:10	05:27
1243	4489	Vasco Valente	porminho	Senior Masculino	54:29	+23:10	05:27

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1244	2340	Ivo Lima	individual	Senior Masculino	54:29	+23:10	05:27
1245	2753	Nuno Guito	individual	Senior Masculino	54:30	+23:11	05:27
1246	913	Rui Azevedo	fora da curva	Senior Masculino	54:30	+23:11	05:27
1247	2792	Paulo Jorge Simões Costa	individual	Senior Masculino	54:30	+23:11	05:27
1248	2789	Paulo Gonçalves	individual	Senior Masculino	54:32	+23:13	05:27
1249	1062	Erclia Lapo	gymstar	Senior Feminino	54:33	+23:14	05:27
1250	429	PAULO RODRIGUES	brufebt run	Veterano M55	54:34	+23:15	05:27
1251	3894	Fernando Lino Bezerra Cardoso	individual	Veterano M50	54:34	+23:15	05:27
1252	346	Margarida Tanoeiro	bbg runners by bbox&gym	Veterana F40	54:34	+23:15	05:27
1253	3558	Luis Regala	individual	Veterano M40	54:34	+23:15	05:27
1254	2547	José Pedro Lobo Machado	individual	Senior Masculino	54:36	+23:16	05:28
1255	3330	Fernanda Faria	individual	Veterana F45	54:36	+23:16	05:28
1256	3523	João Amorim	individual	Veterano M40	54:36	+23:16	05:28
1257	2005	Cláudio Rafael Ribeiro Pereira	individual	Senior Masculino	54:36	+23:17	05:28
1258	1824	Abílio Azevedo	individual	Senior Masculino	54:36	+23:17	05:28
1259	3805	Paulo Jorge Lemos Coelho	individual	Veterano M45	54:37	+23:17	05:28
1260	1984	Carlos Miguel Fernandes Gonçalves	individual	Senior Masculino	54:37	+23:18	05:28
1261	2694	Miguel Macedo	individual	Senior Masculino	54:37	+23:18	05:28
1262	2500	Jorge Miguel	individual	Senior Masculino	54:38	+23:19	05:28
1263	3145	Tiago Pinto	individual	Senior Masculino	54:39	+23:19	05:28
1264	2966	Ricardo Simões	individual	Senior Masculino	54:39	+23:20	05:28
1265	2599	Luís Barbosa	individual	Senior Masculino	54:40	+23:20	05:28
1266	1835	Afonso Carvalhl	individual	Senior Masculino	54:40	+23:21	05:28
1267	2233	Francisco Luz	individual	Senior Masculino	54:40	+23:21	05:28
1268	3486	Daniel Sousa	individual	Veterano M40	54:40	+23:21	05:28
1269	4322	Tiago Silva	not process related	Senior Masculino	54:41	+23:21	05:28
1270	2103	Diogo Miranda	individual	Senior Masculino	54:41	+23:21	05:28
1271	1414	Daniela Monteiro	individual	Senior Feminino	54:41	+23:22	05:28
1272	1905	André Sousa	individual	Senior Masculino	54:43	+23:24	05:28
1273	4133	ANTÓNIO MACHADO	joane corre corre	Veterano M65	54:43	+23:24	05:28
1274	198	Rosa Saldanha	ama associação mondim atletismo	Veterana F50	54:43	+23:24	05:28
1275	2764	Nuno Pimenta	individual	Senior Masculino	54:43	+23:24	05:28
1276	1515	Jéssica Silva	individual	Senior Feminino	54:44	+23:24	05:28
1277	2321	Hugo Miranda	individual	Senior Masculino	54:44	+23:25	05:28
1278	2949	Ricardo Moreira	individual	Senior Masculino	54:45	+23:26	05:28
1279	4506	JORGE FERREIRA	potes de ouro	Veterano M50	54:46	+23:26	05:29
1280	4504	Vítor Lourenço	potes de ouro	Veterano M40	54:46	+23:26	05:29
1281	2571	Júnio Xavier	individual	Senior Masculino	54:46	+23:26	05:29
1282	1936	Bruno cardoso	individual	Senior Masculino	54:46	+23:27	05:29
1283	1417	Daniela Novais	individual	Senior Feminino	54:46	+23:27	05:29
1284	4027	Germano Carvalhal	individual	Veterano M55	54:46	+23:27	05:29
1285	2388	João Gama Lobo	individual	Senior Masculino	54:46	+23:27	05:29
1286	1871	André Borges	individual	Senior Masculino	54:46	+23:27	05:29
1287	3584	Nuno Dias	individual	Veterano M40	54:46	+23:27	05:29
1288	3745	Hugo Carvalho	individual	Veterano M45	54:47	+23:27	05:29

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1289	1956	Bruno Paulo	individual	Senior Masculino	54:47	+23:27	05:29
1290	289	Gonalo Teixeira	aves runners	Senior Masculino	54:47	+23:28	05:29
1291	4200	Ricardo Silva	Is bike team	Veterano M40	54:49	+23:30	05:29
1292	3160	Tom�s da Silva Vaz	individual	Senior Masculino	54:50	+23:31	05:29
1293	2921	Ricardo Barbosa Ribeiro	individual	Senior Masculino	54:51	+23:31	05:29
1294	2014	Daniel Borges	individual	Senior Masculino	54:51	+23:32	05:29
1295	3843	Rui Sim�es	individual	Veterano M45	54:52	+23:32	05:29
1296	55	Erick Ara�jo	365 running project	Senior Masculino	54:52	+23:33	05:29
1297	472	Sandro Silva	clube naval de s�o vicente	Veterano M45	54:52	+23:33	05:29
1298	51	Paula Barbosa	365 running project	Senior Feminino	54:53	+23:33	05:29
1299	3791	Nelson Jorge Silva Ferreira	individual	Veterano M45	54:53	+23:33	05:29
1300	3785	MEIRIVALDO RIBEIRO Martins	individual	Veterano M45	54:53	+23:34	05:29
1301	2439	Jo�o Pedro Oliveira Martins	individual	Senior Masculino	54:54	+23:34	05:29
1302	1216	Ana Falc�o	individual	Senior Feminino	54:54	+23:35	05:29
1303	864	Ant�nio Oliveira	famagraph	Veterano M50	54:54	+23:35	05:29
1304	4098	Lic�nio Jorge Sousa Gonalves	individual	Veterano M60	54:55	+23:36	05:29
1305	4010	Ant�nio Reis	individual	Veterano M55	54:56	+23:37	05:30
1306	930	Duarte Granja	gavi�es	Senior Masculino	54:56	+23:37	05:30
1307	782	Miguel Marinho	earo	Veterano M60	54:56	+23:37	05:30
1308	946	Manuel Granja	gavi�es	Veterano M55	54:57	+23:38	05:30
1309	4014	Armando Manuel Lopes Fernandes	individual	Veterano M55	54:58	+23:39	05:30
1310	3289	S�lvia Lopes	individual	Veterana F40	54:58	+23:39	05:30
1311	2559	Jos� Roberto Freitas Pinto	individual	Senior Masculino	54:58	+23:39	05:30
1312	2898	Rafael Freitas	individual	Senior Masculino	55:00	+23:40	05:30
1313	3531	Jo�o Pedro Faria Leite barroso	individual	Veterano M40	55:00	+23:41	05:30
1314	3974	Pedro Martins da Silva	individual	Veterano M50	55:01	+23:42	05:30
1315	3601	Paulo Silva	individual	Veterano M40	55:01	+23:42	05:30
1316	4625	S�rgio Silva	running dolls	Veterano M45	55:01	+23:42	05:30
1317	2260	Gilberto Duarte Castro Lima	individual	Senior Masculino	55:01	+23:42	05:30
1318	3106	Tiago Couto	individual	Senior Masculino	55:03	+23:43	05:30
1319	23	Fernando Monteiro	100pernas	Veterano M45	55:03	+23:44	05:30
1320	2912	Renato Ferreira Cunha Silva	individual	Senior Masculino	55:03	+23:44	05:30
1321	3716	Eliseo Mart�nez	individual	Veterano M45	55:03	+23:44	05:30
1322	2779	Nuno Vilas Boas	individual	Senior Masculino	55:04	+23:45	05:30
1323	4812	Nuno Borregana Meireles	uma dose e duas meias	Senior Masculino	55:04	+23:45	05:30
1324	3540	Jorge Silva	individual	Veterano M40	55:05	+23:46	05:30
1325	813	Gonalo Ribeiro	eugenios	Senior Masculino	55:05	+23:46	05:31
1326	2347	Jo�o Alves	individual	Senior Masculino	55:06	+23:46	05:31
1327	3148	Tiago Sardo	individual	Senior Masculino	55:06	+23:47	05:31
1328	2211	Filipe Teixeira	individual	Senior Masculino	55:06	+23:47	05:31
1329	2717	Miguel Moreira	individual	Senior Masculino	55:06	+23:47	05:31
1330	2996	Rui Herlander Fernandes Pereira	individual	Senior Masculino	55:06	+23:47	05:31
1331	2550	Jos� Pedro Moreira Macedo	individual	Senior Masculino	55:07	+23:47	05:31
1332	3834	Rui Costa	individual	Veterano M45	55:08	+23:49	05:31

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1333	2687	Mateus Antunes	individual	Senior Masculino	55:09	+23:50	05:31
1334	2957	Ricardo Sá	individual	Senior Masculino	55:09	+23:50	05:31
1335	2505	Jorge Ramos	individual	Senior Masculino	55:10	+23:51	05:31
1336	2838	Pedro Gonçalves	individual	Senior Masculino	55:10	+23:51	05:31
1337	4635	tiago barros	sante opo	Senior Masculino	55:11	+23:52	05:31
1338	4637	TERESA MAIA	sante opo	Veterana F50	55:11	+23:52	05:31
1339	638	Rui Santos	cmfamiliarção	Veterano M55	55:13	+23:53	05:31
1340	4151	Pedro Oliveira	jp studio	Senior Masculino	55:13	+23:53	05:31
1341	1469	Francisca Simoes	individual	Senior Feminino	55:13	+23:53	05:31
1342	3347	Marina Lopes	individual	Veterana F45	55:13	+23:53	05:31
1343	4766	João Silva	temos pena	Veterano M65	55:13	+23:54	05:31
1344	1118	Rafael Correia	gymstar	Senior Masculino	55:13	+23:54	05:31
1345	1899	André Rafael	individual	Senior Masculino	55:14	+23:54	05:31
1346	414	Vasco Ribeiro	box 180	Senior Masculino	55:14	+23:55	05:31
1347	917	TONI PEREIRA	fora da curva	Veterano M50	55:15	+23:56	05:32
1348	335	Diogo Pedroso	bbg runners by bbox&gym	Senior Masculino	55:15	+23:56	05:32
1349	3477	Carlos Silva	individual	Veterano M40	55:15	+23:56	05:32
1350	1080	Sandra Moreira	gymstar	Senior Feminino	55:17	+23:57	05:32
1351	2590	Ludovic Ferreira de Ascenção	individual	Senior Masculino	55:17	+23:58	05:32
1352	375	Marco Maia	bigode de tinto	Veterano M40	55:18	+23:59	05:32
1353	1445	Elsa Ribeiro	individual	Senior Feminino	55:19	+24:00	05:32
1354	3387	Estela Correia	individual	Veterana F50	55:20	+24:01	05:32
1355	4741	Marcelo André Marques Barbosa	team gandhi	Senior Masculino	55:21	+24:02	05:32
1356	2284	Guilherme Costa	individual	Senior Masculino	55:21	+24:02	05:32
1357	3503	Francisco Nuno Barbosa Soares	individual	Veterano M40	55:22	+24:02	05:32
1358	2983	Rodrigo Oliveira Fernandes	individual	Senior Masculino	55:22	+24:03	05:32
1359	3928	José Oliveira	individual	Veterano M50	55:22	+24:03	05:32
1360	4737	António Daniel Mendes Oliveira	team gandhi	Senior Masculino	55:22	+24:03	05:32
1361	3003	Rui Brandão	individual	Senior Masculino	55:24	+24:05	05:32
1362	2040	Daniel Vale	individual	Senior Masculino	55:24	+24:05	05:32
1363	1203	Ana Catarina	individual	Senior Feminino	55:24	+24:05	05:32
1364	2376	João Ferreira	individual	Senior Masculino	55:24	+24:05	05:32
1365	3058	Sérgio Bento Alves Oliveira	individual	Senior Masculino	55:24	+24:05	05:32
1366	2908	Raimundo Joel de Oliveira Pint	individual	Senior Masculino	55:25	+24:06	05:32
1367	376	Rui Faria	bigode de tinto	Veterano M40	55:25	+24:06	05:33
1368	2373	Joao Ferreira	individual	Senior Masculino	55:25	+24:06	05:33
1369	11	Ilda Pinheiro	.	Veterana F50	55:26	+24:07	05:33
1370	3734	Francisco Marinha	individual	Veterano M45	55:26	+24:07	05:33
1371	4076	Aires da Costa Oliveira	individual	Veterano M60	55:26	+24:07	05:33
1372	4816	Gonçalo Cunha	união metalúrgica da trofa	Senior Masculino	55:26	+24:07	05:33
1373	3972	Pedro Ferreira	individual	Veterano M50	55:27	+24:07	05:33
1374	1684	Marta Raquel Alves Oliveira	individual	Senior Feminino	55:27	+24:08	05:33
1375	3052	Samuel Santos	individual	Senior Masculino	55:27	+24:08	05:33
1376	3706	Celso Dinis	individual	Veterano M45	55:27	+24:08	05:33

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1377	3627	Ricardo Raimundo	individual	Veterano M40	55:28	+24:08	05:33
1378	3723	Filipe Coelho	individual	Veterano M45	55:28	+24:09	05:33
1379	1221	Ana Filipa Noivo	individual	Senior Feminino	55:28	+24:09	05:33
1380	621	Jose Faria	cmfamalição	Veterano M50	55:28	+24:09	05:33
1381	348	Kim Luís Silva	bbg runners by bbox&gym	Veterano M40	55:29	+24:10	05:33
1382	4636	tomas rodrigues	sante opo	Senior Masculino	55:30	+24:10	05:33
1383	3038	Rui Silva	individual	Senior Masculino	55:31	+24:12	05:33
1384	560	Candida Pinheiro	cmfamalição	Veterana F50	55:33	+24:14	05:33
1385	4475	Daniel Oliveira	porminho	Senior Masculino	55:34	+24:15	05:33
1386	3886	David Alves	individual	Veterano M50	55:35	+24:16	05:34
1387	3579	Nelson Faria	individual	Veterano M40	55:36	+24:16	05:34
1388	1145	Andre Silva	gymstar	Veterano M45	55:36	+24:16	05:34
1389	2262	Gonçalo Araújo	individual	Senior Masculino	55:37	+24:17	05:34
1390	3977	Ricardo Lopes	individual	Veterano M50	55:37	+24:18	05:34
1391	4325	Carlos Costa	not process related	Veterano M50	55:38	+24:19	05:34
1392	618	Carlos Gomes	cmfamalição	Veterano M50	55:39	+24:20	05:34
1393	2415	Joao Oliveira	individual	Senior Masculino	55:39	+24:20	05:34
1394	2149	Eduardo Carvalho	individual	Senior Masculino	55:39	+24:20	05:34
1395	1076	Patrick Campelo de Sousa	gymstar	Senior Feminino	55:41	+24:22	05:34
1396	2943	Ricardo Machado	individual	Senior Masculino	55:42	+24:22	05:34
1397	2784	Paulo Barreiro	individual	Senior Masculino	55:42	+24:23	05:34
1398	2991	Rúben Machado	individual	Senior Masculino	55:43	+24:24	05:34
1399	2209	Filipe Silva Vilela	individual	Senior Masculino	55:43	+24:24	05:34
1400	2881	Pedro Sousa	individual	Senior Masculino	55:43	+24:24	05:34
1401	2895	Rafael Fernandes	individual	Senior Masculino	55:44	+24:25	05:34
1402	58	Miguel Cruz	365 running project	Senior Masculino	55:44	+24:25	05:34
1403	2714	Miguel Magalhaes	individual	Senior Masculino	55:45	+24:25	05:34
1404	4032	Joaquim Dias	individual	Veterano M55	55:45	+24:26	05:34
1405	52	Rita Cruz	365 running project	Senior Feminino	55:45	+24:26	05:35
1406	911	LEONOR PEREIRA	fora da curva	Senior Feminino	55:45	+24:26	05:35
1407	3506	Helder Araujo	individual	Veterano M40	55:46	+24:27	05:35
1408	2672	Marcos Muondo	individual	Senior Masculino	55:46	+24:27	05:35
1409	4049	Manuel Domingues	individual	Veterano M55	55:48	+24:28	05:35
1410	1584	Luciana Gonçalves Bica de Sousa	individual	Senior Feminino	55:49	+24:29	05:35
1411	2649	Marcelo Silva	individual	Senior Masculino	55:50	+24:31	05:35
1412	2567	José Silva	individual	Senior Masculino	55:52	+24:32	05:35
1413	2518	José Brandão	individual	Senior Masculino	55:52	+24:33	05:35
1414	3371	Anabela lopes	individual	Veterana F50	55:53	+24:34	05:35
1415	2577	Leandro Pinto	individual	Senior Masculino	55:53	+24:34	05:35
1416	3623	Ricardo Manuel Antunes Carneiro	individual	Veterano M40	55:54	+24:35	05:35
1417	2706	Miguel Faria	individual	Senior Masculino	55:54	+24:35	05:35
1418	3574	Miguel Ribeiro	individual	Veterano M40	55:55	+24:36	05:36
1419	3405	Natália Maria Faria Alves	individual	Veterana F50	55:56	+24:37	05:36
1420	2979	Rodrigo dias	individual	Senior Masculino	55:58	+24:39	05:36
1421	2560	José Rocha	individual	Senior Masculino	55:58	+24:39	05:36

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1422	2397	João Manuel Castro Freitas	individual	Senior Masculino	55:59	+24:39	05:36
1423	620	Jorge Gonçalves	cmfamalicão	Veterano M50	55:59	+24:39	05:36
1424	4624	Rui Bastos	running dolls	Senior Masculino	55:59	+24:40	05:36
1425	3654	Rui Mota	individual	Veterano M45	55:59	+24:40	05:36
1426	140	Avelino Grainha	adespo_run	Veterano M50	55:59	+24:40	05:36
1427	419	Bruno Araújo	brigada do reumático	Senior Masculino	56:00	+24:41	05:36
1428	420	Diogo Côto	brigada do reumático	Senior Masculino	56:00	+24:41	05:36
1429	1856	Alexandre Pimenta	individual	Senior Masculino	56:00	+24:41	05:36
1430	4434	Ricardo Alves	pcrunners	Veterano M40	56:00	+24:41	05:36
1431	2738	Nuno Afonso da Cruz Vareiro de Oliveira	individual	Senior Masculino	56:01	+24:42	05:36
1432	3837	Rui Gonçalves	individual	Veterano M45	56:01	+24:42	05:36
1433	2582	Lissandro Lopes	individual	Senior Masculino	56:02	+24:43	05:36
1434	3194	Vitor Martins	individual	Senior Masculino	56:02	+24:43	05:36
1435	3542	José Fernando Andrade Silva	individual	Veterano M40	56:04	+24:45	05:36
1436	507	Fábio Silva	cmfamalicão	Senior Masculino	56:05	+24:46	05:37
1437	184	Rúben Rodrigues	alfa estúdio	Senior Masculino	56:05	+24:46	05:37
1438	807	Celso Nunes Doces Santos Filho	eugenios	Senior Masculino	56:06	+24:46	05:37
1439	3399	Maria do Céu Correia da Silva	individual	Veterana F50	56:06	+24:47	05:37
1440	215	César Araújo	araújos	Senior Masculino	56:06	+24:47	05:37
1441	4890	BRUNO COELHO	vivavita training and social club	Senior Masculino	56:06	+24:47	05:37
1442	4623	Simão Costa	runners mermões	Senior Masculino	56:08	+24:49	05:37
1443	1384	Cláudia Carvalho	individual	Senior Feminino	56:08	+24:49	05:37
1444	2042	Danilo Oliveira	individual	Senior Masculino	56:09	+24:50	05:37
1445	4750	Luis Ferreira Gomes	team lantermil	Veterano M50	56:11	+24:52	05:37
1446	4121	Tiago Santos	inhos&ados	Veterano M40	56:11	+24:52	05:37
1447	3168	Tomás Ribeiro	individual	Senior Masculino	56:11	+24:52	05:37
1448	3888	Domingos Martins	individual	Veterano M50	56:12	+24:53	05:37
1449	3116	Tiago Filipe Alves Ferreira	individual	Senior Masculino	56:12	+24:53	05:37
1450	3657	Vasco Costa	individual	Veterano M40	56:12	+24:53	05:37
1451	4732	Daniel Vieira	team elite by batmen	Senior Masculino	56:12	+24:53	05:37
1452	4734	Helder Antunes	team elite by batmen	Veterano M40	56:13	+24:53	05:37
1453	3862	Vitor Hugo Reis Ferreira	individual	Veterano M45	56:13	+24:54	05:37
1454	4566	Augusto Moura	refit	Senior Masculino	56:14	+24:54	05:37
1455	2430	João Pedro Brás Machado	individual	Senior Masculino	56:17	+24:58	05:38
1456	3979	Roque Ferreira	individual	Veterano M50	56:18	+24:58	05:38
1457	2470	João Teixeira	individual	Senior Masculino	56:18	+24:59	05:38
1458	2747	Nuno Carvalhais	individual	Senior Masculino	56:20	+25:01	05:38
1459	619	Jorge Andrade	cmfamalicão	Veterano M50	56:21	+25:02	05:38
1460	2359	João Castro	individual	Senior Masculino	56:21	+25:02	05:38
1461	4016	Artur Neves	individual	Veterano M55	56:22	+25:03	05:38
1462	2426	João Paulo Pereira Ribeiro	individual	Senior Masculino	56:22	+25:03	05:38
1463	2808	Pedro Barbosa Leite	individual	Senior Masculino	56:22	+25:03	05:38
1464	3911	Joaquim Costa	individual	Veterano M50	56:23	+25:04	05:38
1465	3229	Cátia Navio	individual	Veterana F40	56:23	+25:04	05:38
1466	2829	Pedro Ferreira	individual	Senior Masculino	56:27	+25:07	05:39

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1467	3187	Vítor Gonçalves	individual	Senior Masculino	56:27	+25:07	05:39
1468	2497	Jorge Filipe Silva Santos	individual	Senior Masculino	56:28	+25:09	05:39
1469	345	Filipa Araújo	bbg runners by bbox&gym	Veterana F40	56:29	+25:10	05:39
1470	1623	Maria Inês Moreira	individual	Senior Feminino	56:29	+25:10	05:39
1471	2732	Nelson Silva	individual	Senior Masculino	56:29	+25:10	05:39
1472	1323	Bruna Martins	individual	Senior Feminino	56:30	+25:11	05:39
1473	4781	PAULO BARBOSA	trilha longa	Veterano M40	56:30	+25:11	05:39
1474	2740	Nuno Araujo	individual	Senior Masculino	56:31	+25:11	05:39
1475	3314	Carla duart	individual	Veterana F45	56:31	+25:11	05:39
1476	1983	Carlos Manuel Santos Coelho	individual	Senior Masculino	56:31	+25:12	05:39
1477	3948	Miguel Machado	individual	Veterano M50	56:31	+25:12	05:39
1478	711	Daniel Araújo	dida	Senior Masculino	56:32	+25:13	05:39
1479	1505	Isadora Padovani Garcia	individual	Senior Feminino	56:32	+25:13	05:39
1480	2606	Luis Fernandes	individual	Senior Masculino	56:32	+25:13	05:39
1481	716	Maria Sá	dive into the mountains	Veterana F55	56:32	+25:13	05:39
1482	715	Diana Moura	dive into the mountains	Veterana F45	56:33	+25:14	05:39
1483	423	Martim Fernandes	brufe btt run	Senior Masculino	56:33	+25:14	05:39
1484	2179	Fábio Miguel Gama Fernandes	individual	Senior Masculino	56:34	+25:15	05:39
1485	3509	Helder Coutinho	individual	Veterano M40	56:35	+25:15	05:39
1486	811	Eduardo sergio Rebelo da Ssilva Gonçalves	eugenios	Senior Masculino	56:35	+25:16	05:40
1487	4898	ELISA CRUZ	vivavita training and social club	Veterana F55	56:35	+25:16	05:40
1488	1941	Bruno Cunha	individual	Senior Masculino	56:36	+25:17	05:40
1489	2640	Luis Sousa	individual	Senior Masculino	56:36	+25:17	05:40
1490	2992	Ruben Miguel Rodrigues Lopes	individual	Senior Masculino	56:37	+25:17	05:40
1491	4074	Abilio Lopes da Silva	individual	Veterano M60	56:37	+25:18	05:40
1492	4577	José Castro	rep&refresh	Veterano M40	56:37	+25:18	05:40
1493	1872	André Brites	individual	Senior Masculino	56:37	+25:18	05:40
1494	4054	Miguel Carneiro	individual	Veterano M55	56:37	+25:18	05:40
1495	4477	Diogo Rocha	porminho	Senior Masculino	56:38	+25:19	05:40
1496	1442	Elisabete Alves	individual	Senior Feminino	56:39	+25:19	05:40
1497	4572	Dulce Fernandes	rep&refresh	Senior Feminino	56:39	+25:19	05:40
1498	1913	António Coentrão	individual	Senior Masculino	56:39	+25:20	05:40
1499	425	Jorge Fernandes	brufe btt run	Veterano M50	56:39	+25:20	05:40
1500	3665	Vitor Morais	individual	Veterano M40	56:39	+25:20	05:40
1501	2588	Lucas Vieira de Moura	individual	Senior Masculino	56:40	+25:21	05:40
1502	4887	Jaime Alves	vitória sport clube	Veterano M55	56:40	+25:21	05:40
1503	2345	João Abreu	individual	Senior Masculino	56:40	+25:21	05:40
1504	4708	André Caridade	store.enventsmtb.com	Senior Masculino	56:41	+25:21	05:40
1505	4710	André Caridade	store.enventsmtb.com	Veterano M45	56:42	+25:22	05:40
1506	3789	Miguel Gonçalves	individual	Veterano M45	56:42	+25:23	05:40
1507	3085	Simão silva	individual	Senior Masculino	56:42	+25:23	05:40
1508	3300	Vera Azevedo	individual	Veterana F40	56:43	+25:24	05:40
1509	1621	Maria Gonçalves	individual	Senior Feminino	56:43	+25:24	05:40
1510	136	Rui Marques	adespo_run	Senior Masculino	56:44	+25:24	05:40

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1511	3943	MARIO JOSE DOS SANTOS LOGARINHO	individual	Veterano M50	56:45	+25:26	05:40
1512	2915	Ricardo Amorim	individual	Senior Masculino	56:45	+25:26	05:41
1513	2303	Hugo André Matos Longras	individual	Senior Masculino	56:46	+25:26	05:41
1514	3689	Artur Ferreira	individual	Veterano M45	56:46	+25:27	05:41
1515	2913	Renato Graça	individual	Senior Masculino	56:46	+25:27	05:41
1516	3639	Rui Passos	individual	Veterano M40	56:47	+25:27	05:41
1517	1903	Andre Silva	individual	Senior Masculino	56:47	+25:27	05:41
1518	2130	Diogo Silva	individual	Senior Masculino	56:47	+25:27	05:41
1519	3157	Timóteo da Silva Miranda	individual	Senior Masculino	56:47	+25:28	05:41
1520	2318	Hugo Lopes	individual	Senior Masculino	56:47	+25:28	05:41
1521	4953	Filipa Fernandes	liberdade fc	Senior Feminino	56:48	+25:29	05:41
1522	2346	João Almeida	individual	Senior Masculino	56:48	+25:29	05:41
1523	847	Rodrigo Lamego	exercise4you	Senior Masculino	56:49	+25:30	05:41
1524	4563	José Oliveira	quebrarritmo	Veterano M60	56:49	+25:30	05:41
1525	1436	Edna Marinheiro Espírito Santo Oliveira	individual	Senior Feminino	56:51	+25:32	05:41
1526	912	Fernando Araújo	fora da curva	Senior Masculino	56:52	+25:33	05:41
1527	32	Filipa Alves	247 culture	Senior Feminino	56:52	+25:33	05:41
1528	1041	Luís Neiva	grupo jorge oculista	Veterano M40	56:52	+25:33	05:41
1529	977	João Azevedo	ginásio status	Senior Masculino	56:53	+25:34	05:41
1530	1841	Afonso Marques Machado	individual	Senior Masculino	56:53	+25:34	05:41
1531	1844	Afonso Simões Oliveira	individual	Senior Masculino	56:53	+25:34	05:41
1532	627	Vitor Araújo	cmfamalicão	Veterano M50	56:53	+25:34	05:41
1533	1502	Isabel Oliveira	individual	Senior Feminino	56:54	+25:34	05:41
1534	3263	Lisete Campos	individual	Veterana F40	56:54	+25:35	05:41
1535	1352	Catarina Fernandes	individual	Senior Feminino	56:55	+25:35	05:41
1536	2907	Rafel de Araújo Casanova	individual	Senior Masculino	56:55	+25:35	05:41
1537	4893	DIOGO NOGUEIRA	vivavita training and social club	Senior Masculino	56:55	+25:36	05:42
1538	4899	NUNO FERREIRA	vivavita training and social club	Veterano M55	56:56	+25:36	05:42
1539	4460	António Almeida	pipachills	Senior Masculino	56:56	+25:36	05:42
1540	2775	Nuno Simão Coelho da Silva	individual	Senior Masculino	56:57	+25:38	05:42
1541	1701	Patrícia Carneiro	individual	Senior Feminino	56:57	+25:38	05:42
1542	1935	Bruno Bueno da Silva	individual	Senior Masculino	56:58	+25:39	05:42
1543	2666	Marco Ribeiro	individual	Senior Masculino	56:58	+25:39	05:42
1544	4013	António Valinhas	individual	Veterano M55	56:59	+25:39	05:42
1545	572	Mª Manuela Ribeiro	cmfamalicão	Veterana F55	56:59	+25:40	05:42
1546	2772	Nuno Senra	individual	Senior Masculino	56:59	+25:40	05:42
1547	643	Saul Vilhena	cmfamalicão	Veterano M60	56:59	+25:40	05:42
1548	413	João Braga	box 180	Senior Masculino	56:59	+25:40	05:42
1549	1278	Anabela cortez	individual	Senior Feminino	57:00	+25:41	05:42
1550	1699	Patrícia Alexandra Alves Couto de Abreu	individual	Senior Feminino	57:00	+25:41	05:42
1551	1111	Luís Fonseca	gymstar	Senior Masculino	57:01	+25:42	05:42
1552	1897	André Oliveira Barbosa	individual	Senior Masculino	57:02	+25:42	05:42
1553	3249	Helena Lopes	individual	Veterana F40	57:03	+25:44	05:42

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1599	1842	Afonso Mesquita	individual	Senior Masculino	57:18	+25:59	05:44
1600	2115	Diogo Pinho	individual	Senior Masculino	57:18	+25:59	05:44
1601	4733	Rúben Vieira	team elite by batmen	Senior Masculino	57:18	+25:59	05:44
1602	3137	Tiago Miguel Amorim Rosa	individual	Senior Masculino	57:18	+25:59	05:44
1603	2781	Paulo Alexandre Rodrigues Carvalho	individual	Senior Masculino	57:18	+25:59	05:44
1604	4557	Olívia Oliveira	quebrarritmo	Veterana F55	57:19	+26:00	05:44
1605	4259	Graça Fernandes	milhafres	Veterana F60	57:19	+26:00	05:44
1606	267	CARLOS CARNEIRO	arpo	Veterano M45	57:20	+26:00	05:44
1607	2629	Luís Moreira	individual	Senior Masculino	57:20	+26:01	05:44
1608	2874	Pedro Silva	individual	Senior Masculino	57:20	+26:01	05:44
1609	3027	Rui Olivei	individual	Senior Masculino	57:20	+26:01	05:44
1610	768	Rita Teixeira	earo	Veterana F40	57:21	+26:02	05:44
1611	37	Daniel Marques	247 culture	Senior Masculino	57:21	+26:02	05:44
1612	1636	Maria Pereira	individual	Senior Feminino	57:21	+26:02	05:44
1613	4970	Ricardo Ferreira	mka	Senior Masculino	57:22	+26:03	05:44
1614	1010	Pedro Nunes	247 culture	Senior Masculino	57:22	+26:03	05:44
1615	3573	Miguel Montenegro Silva	individual	Veterano M40	57:23	+26:04	05:44
1616	2877	Pedro Silva	individual	Senior Masculino	57:23	+26:04	05:44
1617	2625	Luís Miguel Gonçalves Duarte	individual	Senior Masculino	57:24	+26:04	05:44
1618	2186	Fernando Alves	individual	Senior Masculino	57:24	+26:05	05:44
1619	2316	Hugo Filipe Silva Soares	individual	Senior Masculino	57:24	+26:05	05:44
1620	3860	Vasco Guimarães	individual	Veterano M45	57:24	+26:05	05:44
1621	2925	Ricardo Costa	individual	Senior Masculino	57:25	+26:05	05:44
1622	4819	Miguel Machado	união metalúrgica da trofa	Senior Masculino	57:25	+26:06	05:44
1623	2783	Paulo Araújo	individual	Senior Masculino	57:26	+26:07	05:45
1624	1479	Inês Almeida	individual	Senior Feminino	57:26	+26:07	05:45
1625	4350	Virgílio Oliveira	núcleo sporting vn famalicão	Veterano M60	57:26	+26:07	05:45
1626	2283	Gonçalo Veloso	individual	Senior Masculino	57:27	+26:08	05:45
1627	1011	Nuno Lima	ginásio status	Veterano M45	57:27	+26:08	05:45
1628	2036	Daniel Silva	individual	Senior Masculino	57:27	+26:08	05:45
1629	2392	João Lage	individual	Senior Masculino	57:28	+26:09	05:45
1630	3572	Miguel Lopes	individual	Veterano M40	57:29	+26:09	05:45
1631	3856	Tiago da Cunha Santos	individual	Veterano M45	57:29	+26:10	05:45
1632	2113	Diogo Peliteiro	individual	Senior Masculino	57:31	+26:12	05:45
1633	3705	Cedric Silva	individual	Veterano M45	57:31	+26:12	05:45
1634	352	Álvaro Carvalho	be better centro de treino	Senior Masculino	57:32	+26:13	05:45
1635	353	Rui Ferreira	be better centro de treino	Senior Masculino	57:32	+26:13	05:45
1636	849	Carlos Carvalho	exercise4you	Veterano M40	57:33	+26:13	05:45
1637	4007	Álvaro Costa	individual	Veterano M55	57:33	+26:14	05:45
1638	1087	César Carvalhal	gymstar	Senior Masculino	57:33	+26:14	05:45
1639	4897	HELENA SALGADO	vivavita training and social club	Veterana F45	57:34	+26:15	05:45
1640	1277	Ana Teresa Azevedo Oliveira	individual	Senior Feminino	57:35	+26:16	05:46
1641	3098	Tiago Barreiro	individual	Senior Masculino	57:35	+26:16	05:46
1642	4256	Marco André Figueiredo Martins	milhafres	Senior Masculino	57:36	+26:16	05:46
1643	1877	André cruz	individual	Senior Masculino	57:36	+26:16	05:46

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
2839	3087	Suan Soares Schramm	individual	Senior Masculino	01:05:56	+34:37	06:36
2840	1969	Carlos correia	individual	Senior Masculino	01:05:56	+34:37	06:36
2841	1420	Daniela Teixeira	individual	Senior Feminino	01:05:57	+34:37	06:36
2842	2361	Joao Castro Cunha	individual	Senior Masculino	01:05:57	+34:38	06:36
2843	2182	Fábio Pereira	individual	Senior Masculino	01:05:58	+34:39	06:36
2844	791	Luis Sousa	equipa patrocinada	Senior Masculino	01:05:59	+34:40	06:36
2845	4218	Cristiano oliveira	mancaquinhos	Senior Masculino	01:06:00	+34:40	06:36
2846	1859	Alexandre Silva	individual	Senior Masculino	01:06:00	+34:41	06:36
2847	1892	Andre Lopes Barbosa	individual	Senior Masculino	01:06:00	+34:41	06:36
2848	2963	Ricardo Silva	individual	Senior Masculino	01:06:00	+34:41	06:36
2849	2003	Claudeilson Junior	individual	Senior Masculino	01:06:01	+34:41	06:36
2850	4003	Aires Augusto Nogueira da Silva	individual	Veterano M55	01:06:01	+34:41	06:36
2851	790	João Araújo	equipa patrocinada	Senior Masculino	01:06:01	+34:42	06:36
2852	2705	Miguel Cracel	individual	Senior Masculino	01:06:01	+34:42	06:36
2853	2552	José Pedro Simões	individual	Senior Masculino	01:06:02	+34:43	06:36
2854	3401	Marta Neto	individual	Veterana F50	01:06:03	+34:43	06:36
2855	290	João Calvão	aves runners	Senior Masculino	01:06:03	+34:44	06:36
2856	1418	Daniela Oliveira	individual	Senior Feminino	01:06:03	+34:44	06:36
2857	2937	Ricardo Gomws	individual	Senior Masculino	01:06:03	+34:44	06:36
2858	3373	Anabela Gonçalves	individual	Veterana F50	01:06:03	+34:44	06:36
2859	3497	Félix Carvalho	individual	Veterano M40	01:06:03	+34:44	06:36
2860	1008	Sara Granja	individual	Veterana F40	01:06:04	+34:45	06:36
2861	162	Joana Oliveira	alexandra carvalho team	Senior Feminino	01:06:04	+34:45	06:36
2862	2997	Rui Abreu	individual	Senior Masculino	01:06:04	+34:45	06:36
2863	1104	João Lucas de Sá Tavares	gymstar	Senior Masculino	01:06:04	+34:45	06:36
2864	130	Susana santos	adesmeriz	Veterana F40	01:06:04	+34:45	06:36
2865	888	Rafael Filipe Ribeiro Freitas	ff studio	Senior Masculino	01:06:04	+34:45	06:36
2866	1292	Andreia Raquel Neves da Silva	individual	Senior Feminino	01:06:05	+34:45	06:36
2867	3841	Rui Ribeiro	individual	Veterano M45	01:06:05	+34:46	06:36
2868	3496	Fabio Sousa	individual	Veterano M40	01:06:05	+34:46	06:36
2869	3193	vit0r Manuel Pereira Ribeiro	individual	Senior Masculino	01:06:05	+34:46	06:36
2870	2061	Diogo abreu	individual	Senior Masculino	01:06:06	+34:46	06:37
2871	1574	Liliana Abreu	individual	Senior Feminino	01:06:06	+34:47	06:37
2872	1391	Claudia machado	individual	Senior Feminino	01:06:06	+34:47	06:37
2873	4706	Antonio almeida	sportaz	Veterano M45	01:06:07	+34:48	06:37
2874	2334	Isaque Reis	individual	Senior Masculino	01:06:07	+34:48	06:37
2875	2941	Ricardo Jorge Cunha Fernandes	individual	Senior Masculino	01:06:08	+34:49	06:37
2876	3913	Jorge Encarnação	individual	Veterano M50	01:06:08	+34:49	06:37
2877	2367	João Dias	individual	Senior Masculino	01:06:08	+34:49	06:37
2878	4886	Vítor Sá	villa cesari	Veterano M50	01:06:09	+34:49	06:37
2879	4903	Pedro Silva	wolves 502	Senior Masculino	01:06:09	+34:50	06:37
2880	4902	Leonel Ribeiro	wolves 502	Senior Masculino	01:06:09	+34:50	06:37
2881	340	Mário Alexandre Lima Machado	bbg runners by bbox&gym	Senior Masculino	01:06:10	+34:51	06:37
2882	34	Sara Borges	247 culture	Senior Feminino	01:06:10	+34:51	06:37

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
2883	38	Daniel Rocha	247 culture	Senior Masculino	01:06:11	+34:52	06:37
2884	4414	Paulo Ferreira	os ferreira	Senior Masculino	01:06:13	+34:53	06:37
2885	3659	Vitor Fernando Azevedo Rodrigues	individual	Veterano M40	01:06:13	+34:54	06:37
2886	4072	Victor Fontes	individual	Veterano M55	01:06:14	+34:54	06:37
2887	4215	Joana da SILVA Ferreira	manas ferreira	Senior Feminino	01:06:14	+34:54	06:37
2888	4517	Carmo Couto	primas	Senior Feminino	01:06:14	+34:55	06:37
2889	2223	Francisco Daniel Fernandes Oliveira	individual	Senior Masculino	01:06:14	+34:55	06:37
2890	4216	Sara da Silva Ferreira	manas ferreira	Senior Feminino	01:06:15	+34:56	06:37
2891	1045	Luís António Ferreira Miranda da Silva	grupo secreto da box	Senior Masculino	01:06:16	+34:57	06:38
2892	632	João Cruz	cmfamalicão	Veterano M55	01:06:17	+34:58	06:38
2893	1372	Catarina Valente	individual	Senior Feminino	01:06:18	+34:59	06:38
2894	3293	SUSAN ZIMMERMANN BOGNAR	individual	Veterana F40	01:06:18	+34:59	06:38
2895	4530	Pedro David Costa	prime sports center	Senior Masculino	01:06:19	+35:00	06:38
2896	2451	João Ribeiro	individual	Senior Masculino	01:06:19	+35:00	06:38
2897	2139	Edgar Santos	individual	Senior Masculino	01:06:19	+35:00	06:38
2898	4694	Celio Pinto	smashrunners	Senior Masculino	01:06:19	+35:00	06:38
2899	4691	Susana Silva	smashrunners	Senior Feminino	01:06:19	+35:00	06:38
2900	4914	Vânia Raquel Oliveira Rego	xuxa pitos	Senior Feminino	01:06:20	+35:01	06:38
2901	449	NISA MARTINS	central runners	Veterana F45	01:06:20	+35:01	06:38
2902	3938	Luís Miguel Machado Pereira	individual	Veterano M50	01:06:20	+35:01	06:38
2903	1023	Catarina Moreira Dias	gonrina moreirós	Senior Feminino	01:06:21	+35:01	06:38
2904	4689	Joana Sousa	smashrunners	Senior Feminino	01:06:21	+35:01	06:38
2905	1742	Rita Tavares Ribeiro	individual	Senior Feminino	01:06:21	+35:02	06:38
2906	2447	João Pinto	individual	Senior Masculino	01:06:24	+35:05	06:38
2907	2109	Diogo Oliveira	individual	Senior Masculino	01:06:25	+35:06	06:38
2908	1619	Maria Florbela Oliveira Ribeiro	individual	Senior Feminino	01:06:27	+35:07	06:39
2909	2491	Jorge da Torre Fernandes	individual	Senior Masculino	01:06:27	+35:08	06:39
2910	4618	Inês Lacerda	runners mermões	Senior Feminino	01:06:29	+35:09	06:39
2911	1709	Paula Anjo	individual	Senior Feminino	01:06:29	+35:10	06:39
2912	997	Christina Pinto	ginásio status	Veterana F60	01:06:29	+35:10	06:39
2913	4619	Inês Martins	runners mermões	Senior Feminino	01:06:29	+35:10	06:39
2914	181	Luís Daniel Silva	alfa estúdio	Senior Masculino	01:06:30	+35:10	06:39
2915	1009	Nuno Alves	ginásio status	Veterano M45	01:06:30	+35:11	06:39
2916	2544	José Pedro Cruz Rios	individual	Senior Masculino	01:06:31	+35:12	06:39
2917	2531	José Guedes	individual	Senior Masculino	01:06:31	+35:12	06:39
2918	1517	Joana Abreu	individual	Senior Feminino	01:06:33	+35:14	06:39
2919	2952	Ricardo Reis	individual	Senior Masculino	01:06:33	+35:14	06:39
2920	3270	Marta Oliveira	individual	Veterana F40	01:06:33	+35:14	06:39
2921	3539	Jorge Rodrigues	individual	Veterano M40	01:06:33	+35:14	06:39
2922	14	Cátia Rodrigues	100 fôlego	Senior Feminino	01:06:35	+35:16	06:40
2923	1723	Rita Bastos	individual	Senior Feminino	01:06:38	+35:18	06:40
2924	1382	Clara Bastos	individual	Senior Feminino	01:06:38	+35:19	06:40
2925	4457	João Ferreira	pionono	Senior Masculino	01:06:38	+35:19	06:40

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
2926	4456	Fábio Oliveira	pionono	Senior Masculino	01:06:39	+35:20	06:40
2927	4429	Alvaro Araújo	pai & filhas	Veterano M65	01:06:39	+35:20	06:40
2928	1556	Juliana Vanessa Lopes Ferreira	individual	Senior Feminino	01:06:43	+35:23	06:40
2929	3278	Patrícia Domingos	individual	Veterana F40	01:06:43	+35:23	06:40
2930	2743	Nuno Azevedo	individual	Senior Masculino	01:06:43	+35:24	06:40
2931	2718	Miguel Moreira	individual	Senior Masculino	01:06:43	+35:24	06:40
2932	1520	Joana Costa	individual	Senior Feminino	01:06:44	+35:24	06:40
2933	2142	Edgar José Ribeiro Simões	individual	Senior Masculino	01:06:44	+35:25	06:40
2934	1524	Joana Filipa Sampaio da Costa	individual	Senior Feminino	01:06:45	+35:26	06:40
2935	2081	Diogo Cruz	individual	Senior Masculino	01:06:46	+35:26	06:41
2936	1294	Angela Ferreira	individual	Senior Feminino	01:06:46	+35:26	06:41
2937	197	Pedro Castro	aloft runners	Veterano M50	01:06:46	+35:27	06:41
2938	3851	Simão Fonseca	individual	Veterano M45	01:06:46	+35:27	06:41
2939	325	Carolina Terroso	bbg runners by bbox&gym	Senior Feminino	01:06:47	+35:28	06:41
2940	1025	Paulo Ribeiro	grac	Veterano M55	01:06:47	+35:28	06:41
2941	2483	Joel Fonseca	individual	Senior Masculino	01:06:47	+35:28	06:41
2942	1313	Beatriz Pimenta	individual	Senior Feminino	01:06:48	+35:29	06:41
2943	4386	Celeste Cristina Alves Fonseca	one more personal training	Veterana F45	01:06:49	+35:30	06:41
2944	2710	Miguel Gomes	individual	Senior Masculino	01:06:49	+35:30	06:41
2945	2409	João Miguel Silva Saldanha	individual	Senior Masculino	01:06:50	+35:31	06:41
2946	722	Lúcia Fernandes	dm pro training	Senior Feminino	01:06:53	+35:33	06:41
2947	2632	Luís Pacheco	individual	Senior Masculino	01:06:53	+35:33	06:41
2948	1461	Francisca Carvalho	individual	Senior Feminino	01:06:53	+35:34	06:41
2949	2914	Renato Mendes	individual	Senior Masculino	01:06:53	+35:34	06:41
2950	1818	Vitoria Dantas	individual	Senior Feminino	01:06:54	+35:34	06:41
2951	721	Joana Pereira	dm pro training	Senior Feminino	01:06:54	+35:35	06:41
2952	3025	Rui Miguel Dias Quintas	individual	Senior Masculino	01:06:54	+35:35	06:41
2953	4601	Ana Rita Dias	run crew	Senior Feminino	01:06:55	+35:36	06:41
2954	3206	Xavier Campos	individual	Senior Masculino	01:06:58	+35:38	06:42
2955	25	Francisco Paulino	18 voltz	Senior Masculino	01:06:58	+35:38	06:42
2956	3321	Daniela Pereira	individual	Veterana F45	01:06:59	+35:40	06:42
2957	3075	Simão Freitas	individual	Senior Masculino	01:07:00	+35:41	06:42
2958	755	Carlos Manuel Pinto Fontão	duros da santa team running	Veterano M60	01:07:01	+35:42	06:42
2959	1950	Bruno Martins	individual	Senior Masculino	01:07:01	+35:42	06:42
2960	1256	Ana Rita Barros	individual	Senior Feminino	01:07:01	+35:42	06:42
2961	3323	Dolores Vázquez	individual	Veterana F45	01:07:01	+35:42	06:42
2962	1795	Tânia Andreia Ferreira Correia	individual	Senior Feminino	01:07:02	+35:43	06:42
2963	579	Olivia Magalhães	cmfamalicão	Veterana F60	01:07:03	+35:44	06:42
2964	3919	José Carlos Silva Gomes	individual	Veterano M50	01:07:04	+35:45	06:42
2965	343	Tiago Santos	bbg runners by bbox&gym	Senior Masculino	01:07:04	+35:45	06:42
2966	4427	Claudia Araujo	pai & filhas	Senior Feminino	01:07:05	+35:46	06:42
2967	1389	Claudia Lemos	individual	Senior Feminino	01:07:06	+35:46	06:43
2968	4091	João Paulo Araújo	individual	Veterano M60	01:07:06	+35:47	06:43
2969	4052	Márcio Braga de Vasconcellos	individual	Veterano M55	01:07:09	+35:49	06:43
2970	4581	Daniela Alexandra Dias Azevedo	riba	Senior Feminino	01:07:09	+35:50	06:43

Official Timekeeper: Lap2Go	67 / 98	generate 23-dez.-2025 23:16
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PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
2971	1572	Lidia Marques	individual	Senior Feminino	01:07:09	+35:50	06:43
2972	437	Rita Isabel Robalo Espinho Pimenta Ribeiro	bullying freitas	Veterana F45	01:07:10	+35:51	06:43
2973	4956	Susana Malheiro	liberdade fc	Senior Feminino	01:07:10	+35:51	06:43
2974	238	Jorge Ribeiro	arc vale s. cosme	Senior Masculino	01:07:10	+35:51	06:43
2975	228	Agostinho Ribeiro	arc vale s. cosme	Senior Masculino	01:07:11	+35:51	06:43
2976	4143	Vânia Costa	jp studio	Senior Feminino	01:07:11	+35:51	06:43
2977	3374	Anabela Oliveira	individual	Veterana F50	01:07:11	+35:52	06:43
2978	362	Alvaro Ferreira	bf hair transplant	Veterano M65	01:07:12	+35:53	06:43
2979	3758	Jorge Castro	individual	Veterano M45	01:07:12	+35:53	06:43
2980	3355	Ruth Gomes do Rosário	individual	Veterana F45	01:07:13	+35:54	06:43
2981	2410	João Monteiro	individual	Senior Masculino	01:07:13	+35:54	06:43
2982	2466	João Simões	individual	Senior Masculino	01:07:14	+35:55	06:43
2983	22	Daniel Ávila	100pernas	Veterano M45	01:07:14	+35:55	06:43
2984	606	Paulo Sousa	cmfamalicão	Veterano M45	01:07:15	+35:55	06:43
2985	1537	Joana Oliveira	individual	Senior Feminino	01:07:15	+35:56	06:43
2986	1267	Ana Silva	individual	Senior Feminino	01:07:15	+35:56	06:44
2987	1697	Olympe Bailly	individual	Senior Feminino	01:07:15	+35:56	06:44
2988	4428	Cristina Aarujo	pai & filhas	Senior Feminino	01:07:15	+35:56	06:44
2989	3643	Salvador Gonçalves	individual	Veterano M40	01:07:16	+35:57	06:44
2990	3284	S. Gonçalves	individual	Veterana F40	01:07:17	+35:57	06:44
2991	1419	Daniela Ribeiro	individual	Senior Feminino	01:07:17	+35:58	06:44
2992	2013	Daniel Araújo Mota	individual	Senior Masculino	01:07:17	+35:58	06:44
2993	3995	Vasco Araújo	individual	Veterano M50	01:07:18	+35:59	06:44
2994	1132	Sandra Pereira	gymstar	Veterana F45	01:07:19	+36:00	06:44
2995	659	Diana Andreia Moreira Oliveira	coronado runners	Senior Feminino	01:07:20	+36:00	06:44
2996	1931	Breno Fontes	individual	Senior Masculino	01:07:20	+36:01	06:44
2997	1229	Ana Isabel Sousa	individual	Senior Feminino	01:07:21	+36:01	06:44
2998	2177	Fábio Lopes	individual	Senior Masculino	01:07:21	+36:02	06:44
2999	2358	Joao Castanho	individual	Senior Masculino	01:07:22	+36:03	06:44
3000	4141	Mariana Martins	jp studio	Senior Feminino	01:07:23	+36:04	06:44
3001	2962	RICArdo Silva	individual	Senior Masculino	01:07:24	+36:04	06:44
3002	2767	Nuno Rocha	individual	Senior Masculino	01:07:24	+36:05	06:44
3003	3102	Tiago Cardoso	individual	Senior Masculino	01:07:24	+36:05	06:44
3004	1959	Bruno Rocha	individual	Senior Masculino	01:07:25	+36:05	06:44
3005	2739	Nuno Alves	individual	Senior Masculino	01:07:25	+36:05	06:44
3006	669	Philippe Silva	costas com silvas	Senior Masculino	01:07:25	+36:06	06:45
3007	668	Sara Costa	costas com silvas	Senior Feminino	01:07:26	+36:06	06:45
3008	1360	Catarina Gonçalves de Azevedo	individual	Senior Feminino	01:07:27	+36:07	06:45
3009	4862	Patrícia Costa	vieira de castro	Veterana F45	01:07:28	+36:09	06:45
3010	2257	Gil Azevedo	individual	Senior Masculino	01:07:29	+36:10	06:45
3011	1474	Gracinda Delgado	individual	Senior Feminino	01:07:29	+36:10	06:45
3012	3814	Pedro Rodrigues	individual	Veterano M45	01:07:29	+36:10	06:45
3013	1703	Patrícia Daniela Mota Silva	individual	Senior Feminino	01:07:30	+36:10	06:45
3014	1196	Ana Beatriz Mota Silva	individual	Senior Feminino	01:07:30	+36:11	06:45
3015	4608	Lara Leal	run for the outfits	Senior Feminino	01:07:30	+36:11	06:45

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3016	1745	Rosa Isabel Silva Casa Nova	individual	Senior Feminino	01:07:30	+36:11	06:45
3017	4609	Mafalda Mesquita	run for the outfits	Senior Feminino	01:07:31	+36:11	06:45
3018	3310	Ângela Gomes	individual	Veterana F45	01:07:31	+36:12	06:45
3019	384	Bruno Pinto	blanc, rouge ou rosé	Senior Masculino	01:07:32	+36:12	06:45
3020	4941	Jesus gutierrez	individual	Senior Masculino	01:07:32	+36:13	06:45
3021	3650	Tiago Amorim	individual	Veterano M40	01:07:32	+36:13	06:45
3022	4117	Jose Costa	individual	Veterano M65	01:07:32	+36:13	06:45
3023	3274	Nelinha Mesquita	individual	Veterana F40	01:07:33	+36:13	06:45
3024	4474	Cláudio Francisco	porminho	Senior Masculino	01:07:33	+36:13	06:45
3025	4767	Susana Ribeiro	the brave ones	Senior Feminino	01:07:33	+36:14	06:45
3026	3815	Pedro Tiago Ribeiro Costa	individual	Veterano M45	01:07:33	+36:14	06:45
3027	4768	Vera Durães	the brave ones	Senior Feminino	01:07:34	+36:15	06:45
3028	4769	Lúcia Lemos	the brave ones	Veterana F40	01:07:34	+36:15	06:45
3029	592	Ricardo Ribeiro	cmfamalicão	Veterano M40	01:07:35	+36:15	06:45
3030	3906	João Manuel da Silva Machado	individual	Veterano M50	01:07:36	+36:16	06:46
3031	3854	TIAGO ARAÚJO	individual	Veterano M45	01:07:36	+36:16	06:46
3032	4822	Rui Carneiro	união metalúrgica da trofa	Senior Masculino	01:07:37	+36:17	06:46
3033	3180	Vasco Vilaça Fontes Moutinho	individual	Senior Masculino	01:07:37	+36:18	06:46
3034	741	Francisco Vaz	duros da santa team running	Senior Masculino	01:07:37	+36:18	06:46
3035	1449	Fabíola de Oliveira Quintanilha	individual	Senior Feminino	01:07:38	+36:19	06:46
3036	4437	Carina Peixoto	peixotex	Senior Feminino	01:07:40	+36:20	06:46
3037	2204	Filipe Pinto	individual	Senior Masculino	01:07:41	+36:22	06:46
3038	1373	Catarina Vaz	individual	Senior Feminino	01:07:42	+36:23	06:46
3039	2892	Rafael Costa	individual	Senior Masculino	01:07:42	+36:23	06:46
3040	3252	Isabel Marques	individual	Veterana F40	01:07:43	+36:24	06:46
3041	4937	Bruno zabot	individual	Senior Masculino	01:07:43	+36:24	06:46
3042	3626	Ricardo Miguel Da Silva Torres	individual	Veterano M40	01:07:44	+36:24	06:46
3043	3500	Filipe Araújo	individual	Veterano M40	01:07:44	+36:25	06:46
3044	1602	Margarida Antunes	individual	Senior Feminino	01:07:46	+36:27	06:47
3045	719	Paulo Pinheiro	dive into the mountains	Veterano M55	01:07:49	+36:30	06:47
3046	3422	Anabela Pereira	individual	Veterana F55	01:07:49	+36:30	06:47
3047	293	Ângela Marília Martins Pimenta	aves runners	Veterana F40	01:07:50	+36:31	06:47
3048	3782	Marco Carvalho	individual	Veterano M45	01:07:50	+36:31	06:47
3049	4364	Paula Machado	on track run club	Senior Feminino	01:07:50	+36:31	06:47
3050	4366	Luís Marcelo Azevedo Doreis	on track run club	Senior Masculino	01:07:51	+36:31	06:47
3051	1839	Afonso Maria Araújo de Freitas	individual	Senior Masculino	01:07:51	+36:32	06:47
3052	296	Miguel Sampaio	aves runners	Veterano M40	01:07:51	+36:32	06:47
3053	1987	Carlos Ochoa Leite	individual	Senior Masculino	01:07:51	+36:32	06:47
3054	2853	Pedro Miguel Sousa Ferreira	individual	Senior Masculino	01:07:52	+36:32	06:47
3055	3288	Silvia Bettencourt	individual	Veterana F40	01:07:52	+36:33	06:47
3056	2503	Jorge Nunes	individual	Senior Masculino	01:07:52	+36:33	06:47
3057	1271	Ana Sofia Ramos	individual	Senior Feminino	01:07:53	+36:33	06:47
3058	150	Vitor Hugo Carvalho da Costa	afipre team	Senior Masculino	01:07:53	+36:33	06:47
3059	3410	Rosa Maria Silva Carvalho Costa	individual	Veterana F50	01:07:53	+36:34	06:47
3060	3112	Tiago Faria	individual	Senior Masculino	01:07:53	+36:34	06:47

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3061	1268	Ana Sofia Costa	individual	Senior Feminino	01:07:53	+36:34	06:47
3062	1019	Jorge Vale	ginásio status	Veterano M60	01:07:54	+36:34	06:47
3063	145	Ana Costa	afipre team	Senior Feminino	01:07:54	+36:35	06:47
3064	1711	Rafaela Costa	individual	Senior Feminino	01:07:54	+36:35	06:47
3065	4906	João Soares	xallenge runners	Veterano M55	01:07:54	+36:35	06:47
3066	2101	Diogo Miguel Costa Azevedo	individual	Senior Masculino	01:07:54	+36:35	06:47
3067	1061	Claudia Costa	gymstar	Senior Feminino	01:07:55	+36:36	06:47
3068	4384	Rui André Costa Rodrigues	one more personal training	Senior Masculino	01:07:55	+36:36	06:48
3069	2275	Gonçalo Freitas	individual	Senior Masculino	01:07:55	+36:36	06:48
3070	223	Raquel Marques	arc vale s. cosme	Senior Feminino	01:07:56	+36:36	06:48
3071	3396	Luz Barbosa	individual	Veterana F50	01:07:56	+36:36	06:48
3072	2884	Pedro Vale da Cunha	individual	Senior Masculino	01:07:56	+36:37	06:48
3073	1125	Tiago Lopes	gymstar	Senior Masculino	01:07:56	+36:37	06:48
3074	4814	Bruno Pessoa	união metalúrgica da trofa	Senior Masculino	01:07:57	+36:37	06:48
3075	3642	Rui Silva	individual	Veterano M40	01:07:57	+36:38	06:48
3076	4815	Carlos Rodrigues	união metalúrgica da trofa	Senior Masculino	01:07:58	+36:39	06:48
3077	2035	Daniel Silva	individual	Senior Masculino	01:07:58	+36:39	06:48
3078	4954	Luísa Gomes	liberdade fc	Senior Feminino	01:07:59	+36:40	06:48
3079	616	Adalberto Machado	cmfamalicão	Veterano M50	01:08:00	+36:41	06:48
3080	3855	Tiago Azevedo	individual	Veterano M45	01:08:04	+36:44	06:48
3081	738	Catarina Pinto	duros	Senior Feminino	01:08:04	+36:45	06:48
3082	1968	Carlos Cerqueira	individual	Senior Masculino	01:08:05	+36:45	06:48
3083	4288	ORQUIDIA MARIA	moldamirco	Veterana F45	01:08:05	+36:46	06:49
3084	739	Fernando Pinto	duros	Veterano M55	01:08:06	+36:47	06:49
3085	4866	Luísa Maria Araújo da Silva Pinheiro	vieira de castro	Veterana F50	01:08:06	+36:47	06:49
3086	1563	Lara Sá Silva	individual	Senior Feminino	01:08:07	+36:48	06:49
3087	1250	Ana Pinto	individual	Senior Feminino	01:08:07	+36:48	06:49
3088	1782	Sofia Pereira	individual	Senior Feminino	01:08:07	+36:48	06:49
3089	655	Nelson Santos	cmfamalicão	Veterano M65	01:08:11	+36:52	06:49
3090	2432	João Pedro Carvalho Ferreira	individual	Senior Masculino	01:08:12	+36:53	06:49
3091	2777	Nuno Teixeira	individual	Senior Masculino	01:08:12	+36:53	06:49
3092	1366	Catarina Mendes	individual	Senior Feminino	01:08:13	+36:54	06:49
3093	3439	Teresa Brito	individual	Veterana F55	01:08:14	+36:54	06:49
3094	4448	Joana Barbosa	pés velozes	Senior Feminino	01:08:14	+36:54	06:49
3095	3282	Regina Pinho	individual	Veterana F40	01:08:14	+36:55	06:49
3096	492	Lucia Oliveira	cmfamalicão	Senior Feminino	01:08:14	+36:55	06:49
3097	1072	Mariana Pinto Carvalho	gymstar	Senior Feminino	01:08:14	+36:55	06:49
3098	1325	Bruna Silva	individual	Senior Feminino	01:08:14	+36:55	06:49
3099	3362	Susana Maria Silva Costa	individual	Veterana F45	01:08:15	+36:56	06:50
3100	3412	Sandra Monteiro	individual	Veterana F50	01:08:15	+36:56	06:50
3101	1953	Bruno Miranda	individual	Senior Masculino	01:08:16	+36:57	06:50
3102	4528	Gonçalo Rodrigues	prime sports center	Senior Masculino	01:08:16	+36:57	06:50
3103	3932	Julio Azevedo	individual	Veterano M50	01:08:16	+36:57	06:50
3104	4397	Maria alice da silva Oliveira	os 3 em fuga	Veterana F55	01:08:19	+37:00	06:50
3105	4396	Rafael alexandre silva carneiro	os 3 em fuga	Senior Masculino	01:08:20	+37:01	06:50

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3106	4395	vânia daniela oliveira azevedo	os 3 em fuga	Senior Feminino	01:08:20	+37:01	06:50
3107	4394	nancy oliveira azevedo	os 3 em fuga	Senior Feminino	01:08:20	+37:01	06:50
3108	1861	Alvaro Xavier Pereira Gonçalves	individual	Senior Masculino	01:08:21	+37:02	06:50
3109	1707	Patrícia Rosário	individual	Senior Feminino	01:08:22	+37:03	06:50
3110	4592	Ivo Pontes	rorizaventura	Veterano M40	01:08:22	+37:03	06:50
3111	3718	FERNANDO AMARO SILVA FERNANDES	individual	Veterano M45	01:08:22	+37:03	06:50
3112	3629	Ricardo Soares	individual	Veterano M40	01:08:23	+37:03	06:50
3113	1802	Tânia Sofia Nogueira de Moraes	individual	Senior Feminino	01:08:24	+37:04	06:50
3114	410	Luisa Oliveira	box 180	Senior Feminino	01:08:24	+37:05	06:50
3115	2833	Pedro Freitas	individual	Senior Masculino	01:08:25	+37:05	06:50
3116	2535	José Manuel Machado Lisboa	individual	Senior Masculino	01:08:25	+37:05	06:50
3117	4968	Joao Martins	mka	Senior Masculino	01:08:25	+37:06	06:51
3118	1549	Joyce Caroline Rosa	individual	Senior Feminino	01:08:25	+37:06	06:51
3119	1509	Jaqueline Torresilha Campos	individual	Senior Feminino	01:08:26	+37:07	06:51
3120	3703	Carlos Pereira	individual	Veterano M45	01:08:28	+37:09	06:51
3121	4687	José Antunes	smartfit	Veterano M60	01:08:28	+37:09	06:51
3122	1478	Idalina Lima Pereira	individual	Senior Feminino	01:08:31	+37:12	06:51
3123	4449	Raquel Gonçalves	pés velozes	Senior Feminino	01:08:31	+37:12	06:51
3124	822	Maria Leonor Vieira Silva Carvalho	eugenios	Veterana F40	01:08:32	+37:13	06:51
3125	830	Carlos Miguel Rocha Fernandes	eugenios	Veterano M50	01:08:32	+37:13	06:51
3126	3200	Vitor Rodrigo Lopes	individual	Senior Masculino	01:08:32	+37:13	06:51
3127	3338	Lúcia Campos da Costa	individual	Veterana F45	01:08:32	+37:13	06:51
3128	1678	Marta Costa d Almeida	individual	Senior Feminino	01:08:33	+37:13	06:51
3129	1764	Sara Pereira de Sousa	individual	Senior Feminino	01:08:33	+37:13	06:51
3130	1552	Juliana Pinheiro	individual	Senior Feminino	01:08:33	+37:14	06:51
3131	1490	Inês Marques	individual	Senior Feminino	01:08:33	+37:14	06:51
3132	1826	Adam Selling	individual	Senior Masculino	01:08:33	+37:14	06:51
3133	4915	José Pinheiro	ze&ana	Veterano M55	01:08:34	+37:14	06:51
3134	1946	Bruno Gonçalves	individual	Senior Masculino	01:08:34	+37:14	06:51
3135	2133	Douglas Emidio da Silva	individual	Senior Masculino	01:08:36	+37:17	06:52
3136	4339	Emanuel Antunes	núcleo de atletismo das taipas	Veterano M55	01:08:37	+37:17	06:52
3137	4774	Sergio costa	torcatense	Veterano M40	01:08:37	+37:18	06:52
3138	4775	Jose Fernandes	torcatense	Veterano M50	01:08:37	+37:18	06:52
3139	4777	Tânia Dias	três oito um	Senior Feminino	01:08:38	+37:18	06:52
3140	3099	Tiago Barros	individual	Senior Masculino	01:08:38	+37:18	06:52
3141	2469	João Taipa	individual	Senior Masculino	01:08:39	+37:19	06:52
3142	2856	Pedro Monteiro	individual	Senior Masculino	01:08:41	+37:21	06:52
3143	3248	Goreti Couto	individual	Veterana F40	01:08:42	+37:22	06:52
3144	4986	Angela Silva	individual	Veterana F45	01:08:42	+37:22	06:52
3145	4220	Gonçalo Castilho	mancaquinhos	Senior Masculino	01:08:43	+37:23	06:52
3146	2429	João Pedro Alves Ribeiro	individual	Senior Masculino	01:08:45	+37:25	06:52
3147	406	Teresa Cardoso	bosch girls	Senior Feminino	01:08:45	+37:26	06:53

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3148	1663	Mariana Nunes	individual	Senior Feminino	01:08:45	+37:26	06:53
3149	3927	José Mota	individual	Veterano M50	01:08:45	+37:26	06:53
3150	1510	Jéssica Cardoso Maciel	individual	Senior Feminino	01:08:47	+37:28	06:53
3151	4047	Luis Filipe Ferreira	individual	Veterano M55	01:08:47	+37:28	06:53
3152	1362	Catarina Júnior	individual	Senior Feminino	01:08:47	+37:28	06:53
3153	1210	Ana Catarina Santos Reis	individual	Senior Feminino	01:08:48	+37:28	06:53
3154	1400	Cristiana Sofia Cunha da Costa	individual	Senior Feminino	01:08:48	+37:28	06:53
3155	4704	Paulo Sousa	sousas	Veterano M45	01:08:48	+37:29	06:53
3156	2487	John lima	individual	Senior Masculino	01:08:49	+37:30	06:53
3157	4586	José Rodrigues	rocha automóveis	Veterano M60	01:08:49	+37:30	06:53
3158	4372	Diana Ribeiro Braga da Silva	one more personal training	Senior Feminino	01:08:50	+37:31	06:53
3159	2700	Miguel Barbosa	individual	Senior Masculino	01:08:52	+37:33	06:53
3160	2011	Daniel Araujo	individual	Senior Masculino	01:08:53	+37:34	06:53
3161	2954	Ricardo Rodrigues	individual	Senior Masculino	01:08:54	+37:35	06:53
3162	4369	Ana Rita Maia Josefino	one more personal training	Senior Feminino	01:08:55	+37:35	06:53
3163	4377	Rute Isabel Carvalho Vale da Silva	one more personal training	Senior Feminino	01:08:55	+37:36	06:53
3164	1368	Catarina oliveira	individual	Senior Feminino	01:08:55	+37:36	06:54
3165	4380	José Miguel Carvalho Araújo	one more personal training	Senior Masculino	01:08:56	+37:37	06:54
3166	2825	Pedro Eusébio	individual	Senior Masculino	01:08:56	+37:37	06:54
3167	3768	José Miguel Maia Azevedo	individual	Veterano M45	01:08:57	+37:37	06:54
3168	3364	Vera Gomes	individual	Veterana F45	01:08:57	+37:38	06:54
3169	1626	Maria João	individual	Senior Feminino	01:08:58	+37:39	06:54
3170	3441	Ligia Buldrini	individual	Veterana F60	01:08:59	+37:39	06:54
3171	1693	Mónica Vilela	individual	Senior Feminino	01:08:59	+37:40	06:54
3172	3492	Edgar Silva	individual	Veterano M40	01:08:59	+37:40	06:54
3173	1114	Paulo Gabriel Costa Rodrigues	gymstar	Senior Masculino	01:09:01	+37:42	06:54
3174	3899	Filipe Ribeiro	individual	Veterano M50	01:09:01	+37:42	06:54
3175	3368	Amélia Ferreira	individual	Veterana F50	01:09:02	+37:42	06:54
3176	4936	Maria Manuel de Paiva Veiga	individual	Senior Feminino	01:09:03	+37:43	06:54
3177	801	Carolina Vilaça do Santos	eugenios	Senior Feminino	01:09:03	+37:44	06:54
3178	829	Rui Pedro Silva Araújo	eugenios	Veterano M45	01:09:03	+37:44	06:54
3179	1374	Catia Andrade Henriques	individual	Senior Feminino	01:09:04	+37:45	06:54
3180	1407	Daniela Carvalho	individual	Senior Feminino	01:09:06	+37:47	06:55
3181	364	Nuno Mendes	bhstudio	Senior Masculino	01:09:07	+37:48	06:55
3182	1729	Rita Gama Lobo	individual	Senior Feminino	01:09:08	+37:48	06:55
3183	4573	Lídia Alves	rep&refresh	Senior Feminino	01:09:08	+37:49	06:55
3184	3235	Clara Ribeiro	individual	Veterana F40	01:09:12	+37:52	06:55
3185	1721	Renata Santos	individual	Senior Feminino	01:09:12	+37:53	06:55
3186	1514	Jessica Lopes	individual	Senior Feminino	01:09:12	+37:53	06:55
3187	3275	Oinda Dias	individual	Veterana F40	01:09:12	+37:53	06:55
3188	4755	Carla Souto	team one more	Veterana F45	01:09:13	+37:54	06:55
3189	3060	Sergio Faustino Oliveira Santos	individual	Senior Masculino	01:09:13	+37:54	06:55
3190	3121	Tiago Gomes	individual	Senior Masculino	01:09:14	+37:54	06:55
3191	3416	Teresa Cunha	individual	Veterana F50	01:09:14	+37:55	06:55

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3192	4388	Hugo Correia	one more personal training	Veterano M40	01:09:16	+37:57	06:56
3193	4389	Nuno Correia	one more personal training	Veterano M40	01:09:17	+37:58	06:56
3194	2970	Roberto Carlos Monteiro da Costa	individual	Senior Masculino	01:09:17	+37:58	06:56
3195	1156	José Ribeiro	gymstar	Veterano M50	01:09:18	+37:59	06:56
3196	1075	Oceane Ribeiro	gymstar	Senior Feminino	01:09:18	+37:59	06:56
3197	4126	Vitor Diogo Faria Pereira	it runners	Senior Masculino	01:09:19	+38:00	06:56
3198	4918	Isabel Freitas	cmf	Senior Feminino	01:09:20	+38:00	06:56
3199	4441	Carolina Campos	pernas em crise	Senior Feminino	01:09:20	+38:01	06:56
3200	4919	Rute Azevedo	cmf	Senior Feminino	01:09:21	+38:01	06:56
3201	4446	Armindo Dinis	pernas em crise	Veterano M55	01:09:22	+38:03	06:56
3202	4440	Bárbara Santos	pernas em crise	Senior Feminino	01:09:23	+38:03	06:56
3203	1891	André Lopes	individual	Senior Masculino	01:09:25	+38:06	06:57
3204	1658	Mariana Guerreiro	individual	Senior Feminino	01:09:26	+38:07	06:57
3205	1906	André Topete	individual	Senior Masculino	01:09:26	+38:07	06:57
3206	875	Hélder Adelino Oliveira Simões	família simões	Veterano M40	01:09:27	+38:08	06:57
3207	1392	Cláudia Maia	individual	Senior Feminino	01:09:27	+38:08	06:57
3208	4594	Jorge Costa	rorizaventura	Veterano M40	01:09:27	+38:08	06:57
3209	33	Ricardina Coelho	247 culture	Senior Feminino	01:09:28	+38:08	06:57
3210	4314	Ana Costa	not process related	Senior Feminino	01:09:28	+38:09	06:57
3211	1333	Carla Arnaud	individual	Senior Feminino	01:09:29	+38:09	06:57
3212	1676	Marine Ferreira	individual	Senior Feminino	01:09:29	+38:10	06:57
3213	4666	Susana Ribeiro	smach runners	Senior Feminino	01:09:30	+38:10	06:57
3214	4319	Nuno Martins	not process related	Senior Masculino	01:09:30	+38:11	06:57
3215	657	Ankush Shirsath	corga da físgua	Senior Masculino	01:09:30	+38:11	06:57
3216	4598	Armando Barroso	rorizaventura	Veterano M50	01:09:31	+38:11	06:57
3217	2972	Rodolfo Lucas Ribeiro de Castro	individual	Senior Masculino	01:09:31	+38:11	06:57
3218	1401	Cristina Brás	individual	Senior Feminino	01:09:31	+38:12	06:57
3219	1973	Carlos Daniel Ribeiro Marques	individual	Senior Masculino	01:09:32	+38:13	06:57
3220	3751	JOÃO COSTA	individual	Veterano M45	01:09:32	+38:13	06:57
3221	3671	Adelino Reis	individual	Veterano M45	01:09:33	+38:13	06:57
3222	4315	Ana Rocha	not process related	Senior Feminino	01:09:33	+38:14	06:57
3223	1356	Catarina Gomes	individual	Senior Feminino	01:09:34	+38:15	06:57
3224	4316	Catarina Brito	not process related	Senior Feminino	01:09:34	+38:15	06:57
3225	2202	Filipe Marques	individual	Senior Masculino	01:09:35	+38:15	06:57
3226	3097	Tiago Barbosa Mendes de Carvalho	individual	Senior Masculino	01:09:35	+38:16	06:58
3227	3880	Carlos Azevedo	individual	Veterano M50	01:09:35	+38:16	06:58
3228	3878	Armando César	individual	Veterano M50	01:09:36	+38:17	06:58
3229	1494	Inês Organista	individual	Senior Feminino	01:09:36	+38:17	06:58
3230	1416	Daniela Moreira	individual	Senior Feminino	01:09:36	+38:17	06:58
3231	1393	Claudia Moura	individual	Senior Feminino	01:09:36	+38:17	06:58
3232	1771	Sofia Barros	individual	Senior Feminino	01:09:37	+38:18	06:58
3233	1470	Gabriela Barros	individual	Senior Feminino	01:09:39	+38:19	06:58
3234	2236	Francisco Mora	individual	Senior Masculino	01:09:39	+38:19	06:58
3235	3297	Teresa Abreu	individual	Veterana F40	01:09:39	+38:20	06:58

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3236	2023	Daniel DE PINHO MOREIRA	individual	Senior Masculino	01:09:41	+38:22	06:58
3237	1433	Diana Santos	individual	Senior Feminino	01:09:41	+38:22	06:58
3238	201	José Junior	amigos	Veterano M50	01:09:42	+38:23	06:58
3239	18	João Tiago Magalhães Gomes Ribeiro	100pernas	Senior Masculino	01:09:42	+38:23	06:58
3240	2515	José Araújo	individual	Senior Masculino	01:09:42	+38:23	06:58
3241	3652	Tiago Bernardino Lopes Gomes	individual	Veterano M40	01:09:44	+38:25	06:58
3242	2296	Helder Ricardo Ribeiro Martins	individual	Senior Masculino	01:09:44	+38:25	06:58
3243	1706	Patricia Oliveira Patrício	individual	Senior Feminino	01:09:45	+38:25	06:58
3244	804	Isabela Cristina Morais de Oliveira Nunes	eugenios	Senior Feminino	01:09:45	+38:26	06:58
3245	3389	Fatima Pinho	individual	Veterana F50	01:09:45	+38:26	06:59
3246	2323	Hugo Monteiro	individual	Senior Masculino	01:09:45	+38:26	06:59
3247	1266	Ana Rita Teixeira	individual	Senior Feminino	01:09:46	+38:27	06:59
3248	3109	Tiago da Silva Vieira	individual	Senior Masculino	01:09:47	+38:28	06:59
3249	871	Rui Martins	família costa e associados	Senior Masculino	01:09:48	+38:28	06:59
3250	4515	Conceição Costa	poveiras	Veterana F50	01:09:48	+38:28	06:59
3251	4516	Cristina Flores	poveiras	Veterana F50	01:09:48	+38:28	06:59
3252	682	Cristiana Rocha	cristiana	Senior Feminino	01:09:48	+38:29	06:59
3253	1144	Nuno Jose Costa	gymstar	Veterano M40	01:09:49	+38:30	06:59
3254	4585	Raphael Rocha	rocha automóveis	Veterano M40	01:09:49	+38:30	06:59
3255	4868	Palmira Ferreira	vieira de castro	Veterana F50	01:09:50	+38:31	06:59
3256	1124	Tiago André Azevedo Oliveira	gymstar	Senior Masculino	01:09:50	+38:31	06:59
3257	3772	Levi Guimarães	individual	Veterano M45	01:09:51	+38:31	06:59
3258	1427	Diana Ferreira	individual	Senior Feminino	01:09:52	+38:32	06:59
3259	1409	Daniela Coutinho	individual	Senior Feminino	01:09:53	+38:34	06:59
3260	1980	Carlos Lopes	individual	Senior Masculino	01:09:54	+38:34	06:59
3261	4870	Suana Ribeiro	vieira de castro	Veterana F50	01:09:55	+38:35	06:59
3262	4481	Luís Faria	porminho	Senior Masculino	01:09:56	+38:36	07:00
3263	4488	Tiago Araújo	porminho	Senior Masculino	01:09:56	+38:37	07:00
3264	4828	Claúdia Ribeiro	vieira de castro	Senior Feminino	01:09:56	+38:37	07:00
3265	663	João Sousa	corre que é super	Senior Masculino	01:09:56	+38:37	07:00
3266	4931	Armando Costa	cmf	Veterano M45	01:10:00	+38:40	07:00
3267	4318	Sofia Pereira	not process related	Senior Feminino	01:10:00	+38:40	07:00
3268	4792	Simão Ribeiro	trofama run squad	Senior Masculino	01:10:01	+38:41	07:00
3269	1597	Marcela Azevedo	individual	Senior Feminino	01:10:01	+38:42	07:00
3270	2521	José Carlos Fernandes	individual	Senior Masculino	01:10:01	+38:42	07:00
3271	470	ARMANDO RUI CARDOSO PIRES MARTINS	clube millennium bcp	Veterano M60	01:10:01	+38:42	07:00
3272	4789	Eduardo Cunha	trofama run squad	Senior Masculino	01:10:02	+38:43	07:00
3273	1985	Carlos Miguel Ferreira de Freitas	individual	Senior Masculino	01:10:02	+38:43	07:00
3274	1979	Carlos Jesus	individual	Senior Masculino	01:10:03	+38:43	07:00
3275	1381	Cidália Freitas	individual	Senior Feminino	01:10:03	+38:44	07:00
3276	2159	Eduardo Silva	individual	Senior Masculino	01:10:03	+38:44	07:00
3277	2654	Márcio Soares	individual	Senior Masculino	01:10:06	+38:47	07:01

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3278	2348	João Alves	individual	Senior Masculino	01:10:06	+38:47	07:01
3279	3233	Céu Sampaio	individual	Veterana F40	01:10:06	+38:47	07:01
3280	1305	Beatriz Costa	individual	Senior Feminino	01:10:06	+38:47	07:01
3281	3613	Pedro Silva	individual	Veterano M40	01:10:07	+38:48	07:01
3282	1761	Sara Filipa Meireles Monteiro	individual	Senior Feminino	01:10:07	+38:48	07:01
3283	1705	Patrícia Nogueira	individual	Senior Feminino	01:10:07	+38:48	07:01
3284	1149	Jose Carlos Slva	gymstar	Veterano M45	01:10:08	+38:48	07:01
3285	3335	Ivone Cristina da Costa Ferreira	individual	Veterana F45	01:10:08	+38:49	07:01
3286	1588	Mafalda Castro	individual	Senior Feminino	01:10:09	+38:49	07:01
3287	1748	Sandra Filipa Silva Gonçalves	individual	Senior Feminino	01:10:09	+38:49	07:01
3288	3517	Hugo Alexandre	individual	Veterano M40	01:10:09	+38:50	07:01
3289	1314	Beatriz Pinto	individual	Senior Feminino	01:10:09	+38:50	07:01
3290	3305	Alexandra Oliveira	individual	Veterana F45	01:10:09	+38:50	07:01
3291	2806	Pedro Azevedo	individual	Senior Masculino	01:10:09	+38:50	07:01
3292	2171	Fabiano Correia Moreira da Silva	individual	Senior Masculino	01:10:09	+38:50	07:01
3293	3342	Maria Caridade Cunha	individual	Veterana F45	01:10:10	+38:50	07:01
3294	1853	Alexandre Malheiro Silva	individual	Senior Masculino	01:10:10	+38:50	07:01
3295	144	Lucinda Silva	adtr travassós running fafe	Veterana F60	01:10:10	+38:50	07:01
3296	4662	Martinho Silva	silva	Senior Masculino	01:10:10	+38:50	07:01
3297	1043	Pedro Cerejeira	grupo jorge oculista	Veterano M60	01:10:10	+38:51	07:01
3298	3382	CRISTINA MANUELA SILVA LOPES	individual	Veterana F50	01:10:10	+38:51	07:01
3299	1738	Rita Santos	individual	Senior Feminino	01:10:10	+38:51	07:01
3300	3385	Dora Marinela Soares Rodrigues Adeganha	individual	Veterana F50	01:10:11	+38:52	07:01
3301	3435	Maria José Gonçalves da Silva	individual	Veterana F55	01:10:11	+38:52	07:01
3302	4005	Alcino Adeganha	individual	Veterano M55	01:10:11	+38:52	07:01
3303	143	Vânia Cunha	adtr travassós running fafe	Senior Feminino	01:10:11	+38:52	07:01
3304	2423	João Paulo Cunha Silva	individual	Senior Masculino	01:10:12	+38:52	07:01
3305	3958	Paulo César Gonçalves Silva	individual	Veterano M50	01:10:12	+38:53	07:01
3306	381	Ana Dulce Silva	blanc, rouge ou rosé	Senior Feminino	01:10:12	+38:53	07:01
3307	1194	Ana azevedo	individual	Senior Feminino	01:10:12	+38:53	07:01
3308	4663	Pedro Ferreira da Silva	silva	Veterano M40	01:10:12	+38:53	07:01
3309	2499	Jorge martins	individual	Senior Masculino	01:10:12	+38:53	07:01
3310	4000	Vitor Martins	individual	Veterano M50	01:10:14	+38:55	07:01
3311	1867	André Arantes	individual	Senior Masculino	01:10:14	+38:55	07:01
3312	2422	João Paulo Barreiro	individual	Senior Masculino	01:10:15	+38:56	07:02
3313	4432	Thiago Santos	papa-léguas	Senior Masculino	01:10:16	+38:56	07:02
3314	3449	Alexandre Ribeiro	individual	Veterano M40	01:10:16	+38:57	07:02
3315	3037	Rui Santos	individual	Senior Masculino	01:10:17	+38:57	07:02
3316	710	Rui Azevedo	devesa run club	Senior Masculino	01:10:17	+38:57	07:02
3317	3487	David Carlos Emídio Henriques	individual	Veterano M40	01:10:17	+38:58	07:02
3318	1592	Mafalda Oliveira	individual	Senior Feminino	01:10:19	+38:59	07:02
3319	1784	Sofia Queiroz	individual	Senior Feminino	01:10:19	+39:00	07:02
3320	1744	Rosa Fernandes	individual	Senior Feminino	01:10:20	+39:01	07:02

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3321	1562	Lara Cunha	individual	Senior Feminino	01:10:20	+39:01	07:02
3322	3898	Filipe Luis Martins Casanova	individual	Veterano M50	01:10:20	+39:01	07:02
3323	4799	João Pedro Mota Baptista	tuguini bombini	Senior Masculino	01:10:21	+39:02	07:02
3324	4798	Diogo Araújo	tuguini bombini	Senior Masculino	01:10:22	+39:02	07:02
3325	2593	Luis Alexandfe	individual	Senior Masculino	01:10:23	+39:04	07:02
3326	1788	Solange sousa	individual	Senior Feminino	01:10:24	+39:04	07:02
3327	4785	Ana Dias	trofama run squad	Senior Feminino	01:10:25	+39:05	07:02
3328	3470	Bruno Rocha	individual	Veterano M40	01:10:25	+39:06	07:02
3329	1507	Iva Oliveira	individual	Senior Feminino	01:10:25	+39:06	07:02
3330	1646	Mariana Areal	individual	Senior Feminino	01:10:25	+39:06	07:02
3331	2973	Rodrigo Areal	individual	Senior Masculino	01:10:25	+39:06	07:02
3332	3240	Delmira Carina Sousa Oliveira	individual	Veterana F40	01:10:25	+39:06	07:02
3333	4790	João Campos	trofama run squad	Senior Masculino	01:10:25	+39:06	07:03
3334	3628	Ricardo Sérgio Oliveira Cruz	individual	Veterano M40	01:10:26	+39:06	07:03
3335	554	Silvia Oliveira	cmfamalicão	Veterana F45	01:10:27	+39:08	07:03
3336	4245	ELISABETE CARVALHO	migas e meireles	Senior Feminino	01:10:27	+39:08	07:03
3337	569	Mónica Oliveira	cmfamalicão	Veterana F50	01:10:27	+39:08	07:03
3338	4797	Daniel Henrique Cracel Rodrigues	tuguini bombini	Senior Masculino	01:10:27	+39:08	07:03
3339	1425	Diana Cardoso	individual	Senior Feminino	01:10:27	+39:08	07:03
3340	3366	Wanecleia Aguiar Nascimento	individual	Veterana F45	01:10:28	+39:09	07:03
3341	2490	Jorge cardoso	individual	Senior Masculino	01:10:28	+39:09	07:03
3342	1202	Ana Catarina	individual	Senior Feminino	01:10:30	+39:11	07:03
3343	2746	Nuno Barbosa	individual	Senior Masculino	01:10:31	+39:12	07:03
3344	2512	José Alfredo Rodrigues Ribeiro	individual	Senior Masculino	01:10:32	+39:13	07:03
3345	4112	Francisco Granja	individual	Veterano M65	01:10:32	+39:13	07:03
3346	3798	Nuno Silva	individual	Veterano M45	01:10:34	+39:14	07:03
3347	3990	Sérgio Ferraz	individual	Veterano M50	01:10:34	+39:15	07:03
3348	1234	Ana Lopes	individual	Senior Feminino	01:10:34	+39:15	07:03
3349	1454	Filipa Ferreira	individual	Senior Feminino	01:10:34	+39:15	07:03
3350	1319	Bi Simões	individual	Senior Feminino	01:10:36	+39:17	07:04
3351	2206	Filipe Rafael Veloso Araújo	individual	Senior Masculino	01:10:37	+39:17	07:04
3352	3230	Cátia Santos	individual	Veterana F40	01:10:37	+39:18	07:04
3353	3697	Bruno Silva	individual	Veterano M45	01:10:37	+39:18	07:04
3354	1220	Ana Filipa da Silva Barreiras	individual	Senior Feminino	01:10:37	+39:18	07:04
3355	4317	Cátia Carronda	not process related	Senior Feminino	01:10:37	+39:18	07:04
3356	2096	Diogo Magalhães	individual	Senior Masculino	01:10:38	+39:19	07:04
3357	3596	Óscar Salgado	individual	Veterano M40	01:10:38	+39:19	07:04
3358	3476	Carlos Rocha	individual	Veterano M40	01:10:40	+39:21	07:04
3359	625	Rui Faria	cmfamalicão	Veterano M50	01:10:41	+39:22	07:04
3360	2525	José Faria	individual	Senior Masculino	01:10:41	+39:22	07:04
3361	1988	Carlos Pereira	individual	Senior Masculino	01:10:41	+39:22	07:04
3362	2999	rui amorim	individual	Senior Masculino	01:10:41	+39:22	07:04
3363	1760	Sara Ferreira	individual	Senior Feminino	01:10:43	+39:23	07:04
3364	2843	Pedro Lima	individual	Senior Masculino	01:10:43	+39:24	07:04
3365	3485	Daniel Oliveira	individual	Veterano M40	01:10:43	+39:24	07:04

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3366	1915	António Ferrão Mendes	individual	Senior Masculino	01:10:44	+39:25	07:04
3367	4203	Andre Borges	macacos socialistas do rock	Senior Masculino	01:10:45	+39:26	07:05
3368	957	Raquel Nunes	gazelas sem fronteiras	Senior Feminino	01:10:46	+39:26	07:05
3369	1291	Andreia Pereira	individual	Senior Feminino	01:10:46	+39:27	07:05
3370	4204	Fabio Vieira	macacos socialistas do rock	Senior Masculino	01:10:46	+39:27	07:05
3371	4205	Simão Ferreira	macacos socialistas do rock	Senior Masculino	01:10:46	+39:27	07:05
3372	4321	Rui Miguel Reis Silva	not process related	Senior Masculino	01:10:48	+39:28	07:05
3373	4320	Rui Costa	not process related	Senior Masculino	01:10:49	+39:29	07:05
3374	203	Marta Andrade	amv	Veterana F45	01:10:51	+39:31	07:05
3375	4641	Margarida Machado	scoot recuperação/aldi running clube	Senior Feminino	01:10:51	+39:31	07:05
3376	1863	Américo Domingos Gonçalves da Cunha	individual	Senior Masculino	01:10:51	+39:32	07:05
3377	202	Anabela Carvalho Martins	amv	Veterana F45	01:10:52	+39:32	07:05
3378	129	Sara Carneiro	adesmeriz	Senior Feminino	01:10:52	+39:33	07:05
3379	3901	Hilario Santos	individual	Veterano M50	01:10:53	+39:34	07:05
3380	4647	Angela Andrade	scoot recuperação/aldi running clube	Veterana F40	01:10:53	+39:34	07:05
3381	3345	Maria Oliveira	individual	Veterana F45	01:10:54	+39:34	07:05
3382	4932	Fernando Freitas	cmf	Veterano M45	01:10:54	+39:35	07:05
3383	2338	Ivo Brandão	individual	Senior Masculino	01:10:55	+39:35	07:05
3384	1394	Cláudia Pereira	individual	Senior Feminino	01:10:55	+39:36	07:05
3385	2975	Rodrigo Barbosa Duarte	individual	Senior Masculino	01:10:55	+39:36	07:06
3386	1157	António Costa	gymstar	Veterano M55	01:10:55	+39:36	07:06
3387	2910	Raúl Garcia	individual	Senior Masculino	01:10:56	+39:36	07:06
3388	16	António Monteiro	100pernas	Senior Masculino	01:10:56	+39:36	07:06
3389	3245	Fátima Santos	individual	Veterana F40	01:10:56	+39:37	07:06
3390	3285	Sandra Cardoso	individual	Veterana F40	01:10:57	+39:37	07:06
3391	3315	Carla Guimaraes	individual	Veterana F45	01:10:57	+39:37	07:06
3392	1875	André Costa	individual	Senior Masculino	01:10:57	+39:38	07:06
3393	2648	Marcelo Leite	individual	Senior Masculino	01:11:00	+39:41	07:06
3394	1428	Diana Gomes	individual	Senior Feminino	01:11:01	+39:41	07:06
3395	1661	Mariana Melo	individual	Senior Feminino	01:11:03	+39:44	07:06
3396	4795	João Luís Pereira alves	tropa	Senior Masculino	01:11:04	+39:44	07:06
3397	4793	Anabela Alves	tropa	Senior Feminino	01:11:04	+39:45	07:06
3398	4794	Cristiana Alves	tropa	Senior Feminino	01:11:04	+39:45	07:06
3399	3214	Ana costa	individual	Veterana F40	01:11:05	+39:45	07:06
3400	4796	Maria Pereira	tropa	Veterana F55	01:11:05	+39:45	07:06
3401	700	Luís Machado	desigual escola de condução	Veterano M45	01:11:06	+39:47	07:07
3402	2823	Pedro Emanuel Pereira	individual	Senior Masculino	01:11:06	+39:47	07:07
3403	4575	Pedro Oliveira	rep&refresh	Senior Masculino	01:11:06	+39:47	07:07
3404	698	Micaela Martins	desigual escola de condução	Veterana F50	01:11:07	+39:47	07:07
3405	1901	André Salgado Ribeiro	individual	Senior Masculino	01:11:07	+39:47	07:07
3406	697	Luís Torres	desigual escola de condução	Senior Masculino	01:11:07	+39:47	07:07
3407	4065	Pedro Sousa	individual	Veterano M55	01:11:07	+39:48	07:07
3408	1195	Ana Beatriz Da Silva	individual	Senior Feminino	01:11:07	+39:48	07:07
3409	1324	Bruna Rocha	individual	Senior Feminino	01:11:08	+39:49	07:07
3410	196	Susana Vasconcelos	aloft runners	Veterana F50	01:11:08	+39:49	07:07

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3411	1508	Jaqueline Barbosa	individual	Senior Feminino	01:11:08	+39:49	07:07
3412	3346	Maria Soares	individual	Veterana F45	01:11:08	+39:49	07:07
3413	4574	Sónia Abreu	rep&refresh	Senior Feminino	01:11:08	+39:49	07:07
3414	1463	Francisca Coelho	individual	Senior Feminino	01:11:08	+39:49	07:07
3415	356	Francisca Gomes	bem entregue	Senior Feminino	01:11:09	+39:49	07:07
3416	694	Bruno Pinto	datacol	Veterano M45	01:11:09	+39:50	07:07
3417	3469	Bruno Noé Maia	individual	Veterano M40	01:11:09	+39:50	07:07
3418	1546	Joana Santos	individual	Senior Feminino	01:11:09	+39:50	07:07
3419	354	Catarina Lobão	bem entregue	Senior Feminino	01:11:10	+39:50	07:07
3420	1541	Joana Pereira	individual	Senior Feminino	01:11:10	+39:50	07:07
3421	4445	Silvia Veloso	pernas em crise	Veterana F50	01:11:10	+39:51	07:07
3422	3600	Paulo Serra	individual	Veterano M40	01:11:10	+39:51	07:07
3423	358	João Abreu	bem entregue	Senior Masculino	01:11:10	+39:51	07:07
3424	1085	António Marinho	gymstar	Senior Masculino	01:11:10	+39:51	07:07
3425	1123	Tiago Alexandre Torres Mesquita	gymstar	Senior Masculino	01:11:10	+39:51	07:07
3426	1048	Adriana Filipa Ferreira Pinto	gymstar	Senior Feminino	01:11:11	+39:51	07:07
3427	4484	Pedro Vilas Boas	porminho	Senior Masculino	01:11:11	+39:52	07:07
3428	3691	Bruno Amorim	individual	Veterano M45	01:11:14	+39:55	07:07
3429	1432	Diana Raquel Sousa Carvalho	individual	Senior Feminino	01:11:15	+39:56	07:07
3430	1322	Bruna Leal	individual	Senior Feminino	01:11:15	+39:56	07:08
3431	174	Cláudia da Silva Oliveira	alfa estúdio	Senior Feminino	01:11:17	+39:58	07:08
3432	1519	Joana Costa	individual	Senior Feminino	01:11:17	+39:58	07:08
3433	1561	Lara Campinho	individual	Senior Feminino	01:11:17	+39:58	07:08
3434	3279	Paula Cunha	individual	Veterana F40	01:11:19	+39:59	07:08
3435	823	Silvia Patrícia Barbosa Araújo	eugenios	Veterana F40	01:11:20	+40:01	07:08
3436	3852	Simao Ricardo Silva Novais	individual	Veterano M45	01:11:20	+40:01	07:08
3437	460	Sofia Bastos	cheios de fama	Senior Feminino	01:11:20	+40:01	07:08
3438	1466	Francisca Leite	individual	Senior Feminino	01:11:22	+40:03	07:08
3439	462	Tomás Sanches	cheios de fama	Senior Masculino	01:11:22	+40:03	07:08
3440	1286	Andreia Filipa	individual	Senior Feminino	01:11:24	+40:04	07:08
3441	3152	Tiago Silva	individual	Senior Masculino	01:11:24	+40:05	07:08
3442	471	Ana Cruz	clube naval de são vicente	Veterana F40	01:11:24	+40:05	07:08
3443	3376	Ângela Pereira	individual	Veterana F50	01:11:25	+40:06	07:08
3444	635	Luís Melo	cmfamalicão	Veterano M55	01:11:25	+40:06	07:09
3445	808	Cristiano Emanuel Coelho da Costa Rocha	eugenios	Senior Masculino	01:11:26	+40:07	07:09
3446	1439	Eduarda Lima	individual	Senior Feminino	01:11:26	+40:07	07:09
3447	165	André Silva	alexandra carvalho team	Veterano M40	01:11:26	+40:07	07:09
3448	4895	SIMÃO MACHADO	vivavita training and social club	Senior Masculino	01:11:27	+40:08	07:09
3449	802	Cátia Soraia da Silva Freitas	eugenios	Senior Feminino	01:11:27	+40:08	07:09
3450	834	Daniela Azevedo	exercise4you	Senior Feminino	01:11:28	+40:09	07:09
3451	3881	Carlos Dinis Ferreira	individual	Veterano M50	01:11:28	+40:09	07:09
3452	3377	Armanda Vilaça	individual	Veterana F50	01:11:30	+40:10	07:09
3453	1617	Maria Fernandes	individual	Senior Feminino	01:11:30	+40:11	07:09
3454	4808	Liliana Ferreira	two friends	Veterana F40	01:11:30	+40:11	07:09
3455	2484	Joel Gouveia	individual	Senior Masculino	01:11:32	+40:13	07:09

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3456	3155	Tiago Teixeira	individual	Senior Masculino	01:11:33	+40:14	07:09
3457	4420	Alice Castro	os guardiões	Veterana F45	01:11:34	+40:14	07:09
3458	1405	Daniela Alves	individual	Senior Feminino	01:11:34	+40:15	07:09
3459	4809	Liliana Ferreira	two friends	Veterana F45	01:11:34	+40:15	07:09
3460	4421	Francisco Freitas	os guardiões	Veterano M50	01:11:34	+40:15	07:09
3461	2832	Pedro Filipe da Silva Torres	individual	Senior Masculino	01:11:35	+40:15	07:09
3462	3386	Elisabete Lopes	individual	Veterana F50	01:11:35	+40:16	07:10
3463	540	Cátia Faria	cmfamalicão	Veterana F40	01:11:35	+40:16	07:10
3464	2314	Hugo Filipe de Almeida Correia	individual	Senior Masculino	01:11:37	+40:18	07:10
3465	3326	Elsa Mariana Carvalho Reis	individual	Veterana F45	01:11:38	+40:18	07:10
3466	2403	João Mendes	individual	Senior Masculino	01:11:38	+40:19	07:10
3467	1396	Cristiana Costa	individual	Senior Feminino	01:11:39	+40:19	07:10
3468	1227	Ana Isabel Mendes Pereira	individual	Senior Feminino	01:11:39	+40:20	07:10
3469	81	Renato Henrique Oliveira dos Santos	a última do ano	Senior Masculino	01:11:39	+40:20	07:10
3470	547	Elsa Costa	cmfamalicão	Veterana F45	01:11:40	+40:21	07:10
3471	4683	Susana Freitas	smartfit	Veterana F40	01:11:40	+40:21	07:10
3472	3632	Ronaldo C R Da Silva	individual	Veterano M40	01:11:41	+40:22	07:10
3473	4685	Hélder Azevedo	smartfit	Veterano M40	01:11:42	+40:22	07:10
3474	1858	Alexandre Silva	individual	Senior Masculino	01:11:42	+40:23	07:10
3475	1208	Ana Catarina Mendes Bessa	individual	Senior Feminino	01:11:42	+40:23	07:10
3476	3442	Maria Beatriz Gomes Reis	individual	Veterana F60	01:11:42	+40:23	07:10
3477	4035	José Azevedo Carvalho	individual	Veterano M55	01:11:44	+40:25	07:10
3478	4417	Sónia Tato	os gomes	Veterana F45	01:11:45	+40:26	07:11
3479	3582	Noel Freitas	individual	Veterano M40	01:11:45	+40:26	07:11
3480	869	Aida Peliteiro	família costa e associados	Senior Feminino	01:11:46	+40:26	07:11
3481	4653	Vânia Ribeiro	sempre	Veterana F40	01:11:47	+40:27	07:11
3482	1793	Stephanie Rodrigues	individual	Senior Feminino	01:11:47	+40:28	07:11
3483	4652	Tiago Faria	sempre	Senior Masculino	01:11:47	+40:28	07:11
3484	4654	Vítor Ribeiro	sempre	Veterano M40	01:11:48	+40:29	07:11
3485	1348	Catarina Carneiro	individual	Senior Feminino	01:11:48	+40:29	07:11
3486	212	Rute Araújo	araújo cruz e silva	Veterana F40	01:11:51	+40:32	07:11
3487	3749	Ivo Araújo	individual	Veterano M45	01:11:51	+40:32	07:11
3488	3246	Fernanda Gori	individual	Veterana F40	01:11:51	+40:32	07:11
3489	2123	Diogo Ribeiro	individual	Senior Masculino	01:11:54	+40:35	07:11
3490	4391	Liliana Maciel	os 3	Senior Feminino	01:11:54	+40:35	07:11
3491	1581	Lúcia Dias	individual	Senior Feminino	01:11:55	+40:35	07:11
3492	693	Paulo Machado	datacol	Veterano M40	01:11:56	+40:37	07:12
3493	2620	Luis Manuel Francisco Ribeiro	individual	Senior Masculino	01:11:57	+40:38	07:12
3494	3760	José Antunes	individual	Veterano M45	01:11:58	+40:38	07:12
3495	692	Catarina Pinto	datacol	Veterana F40	01:11:58	+40:39	07:12
3496	696	Paulo Sousa	datacol	Veterano M45	01:11:59	+40:40	07:12
3497	989	Patrícia Pereira	ginásio status	Veterana F40	01:11:59	+40:40	07:12
3498	1015	Pedro Melo	ginásio status	Veterano M50	01:12:00	+40:40	07:12
3499	1205	Ana Catarina Machado	individual	Senior Feminino	01:12:00	+40:41	07:12
3500	461	Renato Alexandre Ribeiro Fontão	cheios de fama	Senior Masculino	01:12:01	+40:42	07:12

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3501	1743	Rita Viana	individual	Senior Feminino	01:12:01	+40:42	07:12
3502	3375	ANDREIA GONCALVES DE CASTRO	individual	Veterana F50	01:12:02	+40:43	07:12
3503	1328	Camila Couto	individual	Senior Feminino	01:12:04	+40:45	07:12
3504	4051	Manuel Moreira	individual	Veterano M55	01:12:06	+40:46	07:13
3505	4607	Thomas Fernandes	run florest run	Senior Masculino	01:12:06	+40:47	07:13
3506	889	Catarina Almeida	ffc	Senior Feminino	01:12:10	+40:51	07:13
3507	1567	Laure Seyssel	individual	Senior Feminino	01:12:11	+40:52	07:13
3508	891	Pedro Ciriaco	ffc	Senior Masculino	01:12:12	+40:52	07:13
3509	890	Joana Paiva	ffc	Senior Feminino	01:12:12	+40:53	07:13
3510	328	Joana Sofia Oliveira Nogueira	bbg runners by bbox&gym	Senior Feminino	01:12:13	+40:54	07:13
3511	323	Ana João Moreira Novo	bbg runners by bbox&gym	Senior Feminino	01:12:13	+40:54	07:13
3512	334	Bruno Joel Costa Mendes	bbg runners by bbox&gym	Senior Masculino	01:12:15	+40:56	07:13
3513	344	Vitor Hugo Oliveira Castro	bbg runners by bbox&gym	Senior Masculino	01:12:15	+40:56	07:14
3514	2461	João Silva	individual	Senior Masculino	01:12:16	+40:57	07:14
3515	4363	Pedro Paiva	olha e anda	Veterano M50	01:12:22	+41:03	07:14
3516	1736	Rita Rocha	individual	Senior Feminino	01:12:23	+41:03	07:14
3517	1776	Sofia Ferreira Fonseca da Costa	individual	Senior Feminino	01:12:23	+41:04	07:14
3518	4383	Pedro Daniel Barroso Sampaio	one more personal training	Senior Masculino	01:12:23	+41:04	07:14
3519	1243	Ana Margarida Silva	individual	Senior Feminino	01:12:25	+41:05	07:14
3520	4239	José Correia	mau feio	Senior Masculino	01:12:25	+41:06	07:15
3521	840	Susana Paiva	exercise4you	Senior Feminino	01:12:26	+41:07	07:15
3522	2619	Luís Maia	individual	Senior Masculino	01:12:26	+41:07	07:15
3523	4376	Patrícia Carvalho Miranda	one more personal training	Senior Feminino	01:12:27	+41:08	07:15
3524	851	Carlos Paiva	exercise4you	Veterano M55	01:12:27	+41:08	07:15
3525	548	Isabel Castro	cmfamalicão	Veterana F45	01:12:28	+41:08	07:15
3526	1511	Jessica Chaves Reuter	individual	Senior Feminino	01:12:28	+41:09	07:15
3527	1532	Joana Meireles	individual	Senior Feminino	01:12:28	+41:09	07:15
3528	558	Zelia Cardoso	cmfamalicão	Veterana F45	01:12:28	+41:09	07:15
3529	1109	José André Gomes Pinto	gymstar	Senior Masculino	01:12:28	+41:09	07:15
3530	3663	Vitor Manuel Gomes Cardoso	individual	Veterano M40	01:12:28	+41:09	07:15
3531	626	Sergio Rocha	cmfamalicão	Veterano M50	01:12:30	+41:10	07:15
3532	1698	Palmira João Oliveira de Carvalho	individual	Senior Feminino	01:12:33	+41:14	07:15
3533	1404	Cristina Vilaça	individual	Senior Feminino	01:12:34	+41:15	07:15
3534	4519	Margarida Gomes	primas run	Senior Feminino	01:12:35	+41:16	07:15
3535	4582	Pedro Miguel Dias Azevedo	riba	Senior Masculino	01:12:38	+41:19	07:16
3536	4951	Carolina Mourão	liberdade fc	Senior Feminino	01:12:38	+41:19	07:16
3537	1446	EMMA RODRIGUES	individual	Senior Feminino	01:12:38	+41:19	07:16
3538	3942	Manuel Mourão	individual	Veterano M50	01:12:39	+41:20	07:16
3539	2935	Ricardo Filipe Leite couto	individual	Senior Masculino	01:12:40	+41:21	07:16
3540	1180	Adriana Barbosa	individual	Senior Feminino	01:12:41	+41:21	07:16
3541	1265	Ana Rita Sousa Carvalho	individual	Senior Feminino	01:12:41	+41:21	07:16
3542	2238	Francisco Oliveira de Azevedo	individual	Senior Masculino	01:12:43	+41:23	07:16
3543	1641	Maria Silva	individual	Senior Feminino	01:12:47	+41:27	07:17
3544	3729	Francisco Arteiro	individual	Veterano M45	01:12:47	+41:28	07:17

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3545	4947	Paulo Jorge Oliveira	individual	Veterano M40	01:12:47	+41:28	07:17
3546	4940	Francisco Guimarães	individual	Senior Masculino	01:12:47	+41:28	07:17
3547	1653	MARIANA CRAVEIRO SOARES	individual	Senior Feminino	01:12:47	+41:28	07:17
3548	1986	Carlos Miranda	individual	Senior Masculino	01:12:48	+41:28	07:17
3549	1302	Beatriz Andreia Faria Campos	individual	Senior Feminino	01:12:48	+41:29	07:17
3550	3440	Filomena Carneiro	individual	Veterana F60	01:12:49	+41:29	07:17
3551	2988	Rúben Edgar Guimarães de Sousa	individual	Senior Masculino	01:12:50	+41:31	07:17
3552	3975	Renato da Silva Ferreira	individual	Veterano M50	01:12:51	+41:32	07:17
3553	3797	Nuno Pinto	individual	Veterano M45	01:12:52	+41:32	07:17
3554	3780	Marcelo Ferreira	individual	Veterano M45	01:12:53	+41:33	07:17
3555	4821	Pedro Dinis	união metalúrgica da trofa	Senior Masculino	01:12:53	+41:34	07:17
3556	176	Elsa Cruzinha	alfa estúdio	Senior Feminino	01:12:55	+41:36	07:18
3557	4252	Raquel Cunha	migas trips	Senior Feminino	01:12:57	+41:38	07:18
3558	457	Tiago Rodrigues	cesar a correr	Senior Masculino	01:12:57	+41:38	07:18
3559	459	Manuel Conceição	cesar a correr	Veterano M50	01:12:58	+41:39	07:18
3560	458	ISABEL AZEVEDO	cesar a correr	Veterana F50	01:12:58	+41:39	07:18
3561	3309	Ana Santos	individual	Veterana F45	01:13:01	+41:41	07:18
3562	3047	Salomão Costa Barata	individual	Senior Masculino	01:13:03	+41:43	07:18
3563	1768	Sílvia Simões	individual	Senior Feminino	01:13:03	+41:43	07:18
3564	2811	Pedro Carneiro	individual	Senior Masculino	01:13:03	+41:44	07:18
3565	2697	Miguel Ângelo Martins Guimarães	individual	Senior Masculino	01:13:03	+41:44	07:18
3566	1675	Marina Arantes	individual	Senior Feminino	01:13:03	+41:44	07:18
3567	1803	Tânia Sofia Vilaça Peliteiro	individual	Senior Feminino	01:13:04	+41:44	07:18
3568	97	Diogo Alves	abstract	Senior Masculino	01:13:04	+41:45	07:18
3569	2580	Leonardo Barroso	individual	Senior Masculino	01:13:04	+41:45	07:18
3570	2835	Pedro Frutuoso	individual	Senior Masculino	01:13:06	+41:46	07:19
3571	827	Manuel Fernando Rebelo Ferreira da Silva	eugenios	Veterano M40	01:13:06	+41:47	07:19
3572	380	Adriana Sousa	blanc, rouge ou rosé	Senior Feminino	01:13:08	+41:48	07:19
3573	1301	Bárbara Sofia Martins Ribeiro	individual	Senior Feminino	01:13:09	+41:50	07:19
3574	2974	Rodrigo Azevedo	individual	Senior Masculino	01:13:11	+41:51	07:19
3575	3363	Tina Pereira	individual	Veterana F45	01:13:11	+41:52	07:19
3576	2066	Diogo António Araújo Martins	individual	Senior Masculino	01:13:11	+41:52	07:19
3577	1186	Aira Sousa	individual	Senior Feminino	01:13:11	+41:52	07:19
3578	1804	Teresa Jesus Martins Silva	individual	Senior Feminino	01:13:11	+41:52	07:19
3579	1290	Andréia Marques	individual	Senior Feminino	01:13:11	+41:52	07:19
3580	4312	PATRICIA SÁ	norcanarun	Veterana F40	01:13:11	+41:52	07:19
3581	1794	Susana Marina Pereira Caetano	individual	Senior Feminino	01:13:13	+41:53	07:19
3582	4438	Claudia peixoto	peixotex	Senior Feminino	01:13:13	+41:54	07:19
3583	4439	Helder peixoto	peixotex	Senior Masculino	01:13:13	+41:54	07:19
3584	199	José Cerdeira	ama associação mondim atletismo	Veterano M60	01:13:13	+41:54	07:19
3585	4521	Ana Carneiro Cunha	prime sports center	Senior Feminino	01:13:13	+41:54	07:19
3586	3265	Manuela Rocha	individual	Veterana F40	01:13:13	+41:54	07:19

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3587	1340	Carolina Couto	individual	Senior Feminino	01:13:13	+41:54	07:19
3588	1184	Adriana Pereira	individual	Senior Feminino	01:13:13	+41:54	07:19
3589	3622	Ricardo Machado	individual	Veterano M40	01:13:13	+41:54	07:19
3590	3131	Tiago Manuel Ferreira Santos Diniz	individual	Senior Masculino	01:13:14	+41:54	07:19
3591	1359	Catarina Gonçalves	individual	Senior Feminino	01:13:15	+41:55	07:19
3592	4071	Vicente Carvalho Gonçalves	individual	Veterano M55	01:13:15	+41:56	07:19
3593	4524	António João Moreira Brandão	prime sports center	Senior Masculino	01:13:15	+41:56	07:20
3594	4190	Joana Arantes	las muchachas	Senior Feminino	01:13:16	+41:57	07:20
3595	4189	Catarina Neves	las muchachas	Senior Feminino	01:13:16	+41:57	07:20
3596	2196	Filipe Barroso	individual	Senior Masculino	01:13:16	+41:57	07:20
3597	481	Bárbara Passos	cmfamalicão	Senior Feminino	01:13:18	+41:59	07:20
3598	4355	Helena Azevedo	o trio	Veterana F50	01:13:19	+42:00	07:20
3599	4354	Cidália Ferreira	o trio	Veterana F40	01:13:19	+42:00	07:20
3600	3055	Sérgio Abreu	individual	Senior Masculino	01:13:19	+42:00	07:20
3601	4724	João Paulo	taylors	Senior Masculino	01:13:20	+42:01	07:20
3602	1610	Maria Araújo	individual	Senior Feminino	01:13:20	+42:01	07:20
3603	4771	Filipe Oliveira	timeout aventura	Senior Masculino	01:13:20	+42:01	07:20
3604	1039	Isabel Ferraz	grupo jorge oculista	Veterana F45	01:13:20	+42:01	07:20
3605	4770	Natália silva	timeout aventura	Senior Feminino	01:13:20	+42:01	07:20
3606	4991	Elisabete Ferreira	individual	Senior Feminino	01:13:21	+42:01	07:20
3607	309	Ricardo Pereira da Costa	avf team	Senior Masculino	01:13:22	+42:03	07:20
3608	1491	Inês Marques Ferreira	individual	Senior Feminino	01:13:22	+42:03	07:20
3609	1155	Vítor Romeu da Costa Gonçalves	gymstar	Veterano M45	01:13:24	+42:04	07:20
3610	1647	Mariana Batista	individual	Senior Feminino	01:13:24	+42:04	07:20
3611	3383	Cristina ribeiro	individual	Veterana F50	01:13:26	+42:06	07:21
3612	3432	Manuela ribeiro	individual	Veterana F55	01:13:26	+42:07	07:21
3613	3408	Olga Ribeiro	individual	Veterana F50	01:13:26	+42:07	07:21
3614	3905	João Maciel	individual	Veterano M50	01:13:27	+42:08	07:21
3615	3337	Lídia Ramos	individual	Veterana F45	01:13:28	+42:08	07:21
3616	4760	Ricardo Torres	team pinhas	Senior Masculino	01:13:29	+42:09	07:21
3617	543	Alexandra Lopes	cmfamalicão	Veterana F45	01:13:29	+42:09	07:21
3618	3431	Luz Almeida	individual	Veterana F55	01:13:29	+42:09	07:21
3619	1447	Érica Costa	individual	Senior Feminino	01:13:29	+42:10	07:21
3620	4248	VANESSA SILVA	migas e meireles	Senior Feminino	01:13:30	+42:11	07:21
3621	1645	Mariana Andrade	individual	Senior Feminino	01:13:31	+42:12	07:21
3622	4244	DANIELA SILVA	migas e meireles	Senior Feminino	01:13:31	+42:12	07:21
3623	590	Luis Lima	cmfamalicão	Veterano M40	01:13:31	+42:12	07:21
3624	1262	Ana Rita Santos	individual	Senior Feminino	01:13:31	+42:12	07:21
3625	1937	Bruno Carneiro	individual	Senior Masculino	01:13:32	+42:12	07:21
3626	541	Micaela Costa	cmfamalicão	Veterana F40	01:13:32	+42:13	07:21
3627	3176	Vasco Gama Lobo	individual	Senior Masculino	01:13:33	+42:13	07:21
3628	3236	Cristiana Campos	individual	Veterana F40	01:13:33	+42:14	07:21
3629	555	Sónia Braga	cmfamalicão	Veterana F45	01:13:34	+42:15	07:21
3630	1609	Margarida Rosa Pimenta	individual	Senior Feminino	01:13:35	+42:16	07:21
3631	3575	Miguel Salgado	individual	Veterano M40	01:13:35	+42:16	07:22

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3632	3802	PAULO FERNANDES	individual	Veterano M45	01:13:35	+42:16	07:22
3633	1207	Ana Catarina Matos Dias	individual	Senior Feminino	01:13:36	+42:16	07:22
3634	2670	Marcos Azevedo	individual	Senior Masculino	01:13:37	+42:18	07:22
3635	2383	João Filipe Sousa Freitas	individual	Senior Masculino	01:13:38	+42:19	07:22
3636	3073	Simão Crista	individual	Senior Masculino	01:13:39	+42:20	07:22
3637	1799	Tânia Moreira	individual	Senior Feminino	01:13:40	+42:21	07:22
3638	2787	Paulo Costa	individual	Senior Masculino	01:13:41	+42:22	07:22
3639	3294	Susana Moreira	individual	Veterana F40	01:13:42	+42:23	07:22
3640	1662	Mariana Meneses Cardoso	individual	Senior Feminino	01:13:42	+42:23	07:22
3641	1756	Sara Cristina Silva Rocha	individual	Senior Feminino	01:13:43	+42:24	07:22
3642	3086	Simão Sousa	individual	Senior Masculino	01:13:43	+42:24	07:22
3643	3471	Bruno Torres	individual	Veterano M40	01:13:43	+42:24	07:22
3644	93	Rita Gomes	abafados anónimos	Senior Feminino	01:13:44	+42:25	07:22
3645	729	Ana Oliveira	dragon club	Senior Feminino	01:13:44	+42:25	07:22
3646	1733	Rita Neves	individual	Senior Feminino	01:13:44	+42:25	07:22
3647	95	Filipe Carneiro	abafados anónimos	Senior Masculino	01:13:45	+42:25	07:22
3648	3395	Luísa Queiroga	individual	Veterana F50	01:13:45	+42:26	07:23
3649	1806	Vânia Castro	individual	Senior Feminino	01:13:46	+42:26	07:23
3650	4740	José Alexandre Couto Pereira	team gandhi	Senior Masculino	01:13:47	+42:28	07:23
3651	1375	Cátia Azevedo	individual	Senior Feminino	01:13:47	+42:28	07:23
3652	1503	Isabel sousa	individual	Senior Feminino	01:13:48	+42:29	07:23
3653	4739	João Pedro Sousa Alves	team gandhi	Senior Masculino	01:13:48	+42:29	07:23
3654	4160	Pedro Alexandre Gomes da Silva Pereira	judo arcap e afins	Senior Masculino	01:13:49	+42:30	07:23
3655	330	Rita Pinheiro	bbg runners by bbox&gym	Senior Feminino	01:13:49	+42:30	07:23
3656	337	João Lopes	bbg runners by bbox&gym	Senior Masculino	01:13:49	+42:30	07:23
3657	4164	Tomás Neves	judo arcap e afins	Senior Masculino	01:13:50	+42:31	07:23
3658	4888	FRANCISCA MOTA LEITE	vivavita training and social club	Senior Feminino	01:13:51	+42:32	07:23
3659	4889	MARIA JOÃO SILVA	vivavita training and social club	Senior Feminino	01:13:51	+42:32	07:23
3660	3940	Manuel Azevedo	individual	Veterano M50	01:13:52	+42:32	07:23
3661	1637	Maria salgueirinho	individual	Senior Feminino	01:13:52	+42:33	07:23
3662	3114	Tiago Ferreira	individual	Senior Masculino	01:13:52	+42:33	07:23
3663	4400	Helder moreira	os amadores	Veterano M45	01:13:52	+42:33	07:23
3664	478	Ana Luís Couto Monteiro	cmfamalicão	Senior Feminino	01:14:00	+42:40	07:24
3665	4726	Guilherme Mateus	team dinha	Senior Masculino	01:14:03	+42:44	07:24
3666	2944	Ricardo Manuel Carvalho da Silva	individual	Senior Masculino	01:14:05	+42:45	07:24
3667	3247	Fernanda Lima	individual	Veterana F40	01:14:05	+42:45	07:24
3668	1303	Beatriz Azevedo	individual	Senior Feminino	01:14:07	+42:48	07:25
3669	319	José António Silva	batata aos molhos	Senior Masculino	01:14:08	+42:49	07:25
3670	4467	Marina Oliveira	piruçarunners	Senior Feminino	01:14:13	+42:54	07:25
3671	2498	Jorge Gonçalves	individual	Senior Masculino	01:14:14	+42:55	07:25
3672	1399	Cristiana Silva	individual	Senior Feminino	01:14:14	+42:55	07:25
3673	4356	Teresa Pinheiro	o trio	Veterana F55	01:14:14	+42:55	07:25
3674	4468	Vítor Cardoso	piruçarunners	Senior Masculino	01:14:14	+42:55	07:25
3675	3190	Vítor Hugo Fernandes Costa Tavares Maçalhães	individual	Senior Masculino	01:14:15	+42:55	07:25

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3676	491	Liliana Patrícia Leite	cmfamalicão	Senior Feminino	01:14:15	+42:56	07:25
3677	327	Cristiana da Silva Correia	bbg runners by bbox&gym	Senior Feminino	01:14:15	+42:56	07:26
3678	3874	Antonio Araújo	individual	Veterano M50	01:14:15	+42:56	07:26
3679	3726	Filipe Manuel Carvalho Ferreira	individual	Veterano M45	01:14:16	+42:57	07:26
3680	10	Carla Cristina Castro Dias	vieira de castro	Veterana F50	01:14:16	+42:57	07:26
3681	1390	Claudia Lopes	individual	Senior Feminino	01:14:16	+42:57	07:26
3682	1811	Vera Jacinta Pereira Costa	individual	Senior Feminino	01:14:16	+42:57	07:26
3683	3701	Carlos Lemos	individual	Veterano M45	01:14:16	+42:57	07:26
3684	1408	Daniela Costa Couto	individual	Senior Feminino	01:14:16	+42:57	07:26
3685	1380	Chloé Angélique Silva Rodrigues	individual	Senior Feminino	01:14:17	+42:57	07:26
3686	4849	Anabela Cruz	vieira de castro	Veterana F40	01:14:17	+42:57	07:26
3687	1603	Margarida Faria	individual	Senior Feminino	01:14:18	+42:59	07:26
3688	3327	EMILIA DE LURDES DA COSTA BARBOSA	individual	Veterana F45	01:14:22	+43:02	07:26
3689	1754	Sara Bezerra	individual	Senior Feminino	01:14:22	+43:03	07:26
3690	4493	Vitor Araújo	porminho	Veterano M40	01:14:23	+43:03	07:26
3691	838	Joana Nicole	exercise4you	Senior Feminino	01:14:24	+43:04	07:26
3692	1245	Ana Marques	individual	Senior Feminino	01:14:25	+43:05	07:26
3693	1126	Liliana Sofia Vieira	gymstar	Veterana F40	01:14:30	+43:10	07:27
3694	4253	Tiago Silva	migas trips	Senior Masculino	01:14:32	+43:12	07:27
3695	527	Pedro Almeida	cmfamalicão	Senior Masculino	01:14:35	+43:16	07:27
3696	1343	Caroline Belei	individual	Senior Feminino	01:14:36	+43:17	07:28
3697	4776	Sónia Raquel Castro Silva	três oito um	Senior Feminino	01:14:37	+43:18	07:28
3698	417	Filomena Magalhães	braguinhas runners	Veterana F65	01:14:40	+43:21	07:28
3699	4277	ANA CATARINA	moldamirco	Senior Feminino	01:14:40	+43:21	07:28
3700	2508	Jorge Silva	individual	Senior Masculino	01:14:40	+43:21	07:28
3701	416	Julia Magalhães	braguinhas runners	Veterana F60	01:14:41	+43:22	07:28
3702	2569	José Venâncio	individual	Senior Masculino	01:14:42	+43:22	07:28
3703	251	Susana Faria	arc vale s. cosme	Veterana F40	01:14:42	+43:23	07:28
3704	3124	Tiago João Oliveira Teixeira	individual	Senior Masculino	01:14:42	+43:23	07:28
3705	3750	Ivo Mesquita	individual	Veterano M45	01:14:44	+43:24	07:28
3706	1533	Joana Mendes	individual	Senior Feminino	01:14:45	+43:26	07:29
3707	3059	Sérgio da Silva Pereira	individual	Senior Masculino	01:14:45	+43:26	07:29
3708	1336	Carla Paixão	individual	Senior Feminino	01:14:47	+43:28	07:29
3709	1460	Francisca Carvalhal	individual	Senior Feminino	01:14:47	+43:28	07:29
3710	2661	Marco Marques	individual	Senior Masculino	01:14:48	+43:29	07:29
3711	1769	Sofia Alexandra Macedo Maia	individual	Senior Feminino	01:14:48	+43:29	07:29
3712	3954	Norberto Gavina	individual	Veterano M50	01:14:49	+43:29	07:29
3713	1565	Laura Mendes	individual	Senior Feminino	01:14:49	+43:30	07:29
3714	2917	Ricardo Araújo	individual	Senior Masculino	01:14:50	+43:31	07:29
3715	3747	Hugo Esteves	individual	Veterano M45	01:14:52	+43:33	07:29
3716	3462	Avelino Miguel Magalhães	individual	Veterano M40	01:14:53	+43:34	07:29
3717	4727	Lourenço Mateus	team dinha	Senior Masculino	01:14:54	+43:35	07:29
3718	1283	Andreia Azevedo	individual	Senior Feminino	01:14:54	+43:35	07:29
3719	2646	Marcelo Costa	individual	Senior Masculino	01:14:59	+43:39	07:30

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3720	4452	Rita Ferreira	picheiros	Senior Feminino	01:15:01	+43:42	07:30
3721	940	José Oliveira	gaviões	Veterano M50	01:15:02	+43:43	07:30
3722	2077	Diogo Costa	individual	Senior Masculino	01:15:02	+43:43	07:30
3723	4454	Pedro Teixeira	picheiros	Senior Masculino	01:15:03	+43:44	07:30
3724	953	Sara Micaela Gonçalves Lima da Costa	gavionas	Veterana F45	01:15:03	+43:44	07:30
3725	3219	Ana Teixeira	individual	Veterana F40	01:15:04	+43:45	07:30
3726	1724	Rita Daniela Pereira Fernandes	individual	Senior Feminino	01:15:07	+43:47	07:31
3727	4278	ANA COUTO	moldamirco	Senior Feminino	01:15:07	+43:48	07:31
3728	1816	Veronique De Raedemaeker	individual	Senior Feminino	01:15:08	+43:48	07:31
3729	3463	BERNARDINO MIRANDA	individual	Veterano M40	01:15:08	+43:49	07:31
3730	3675	Alexandre Rodrigues	individual	Veterano M45	01:15:11	+43:52	07:31
3731	2826	Pedro Faria	individual	Senior Masculino	01:15:13	+43:53	07:31
3732	287	Sara Martins	aves runners	Senior Feminino	01:15:13	+43:54	07:31
3733	650	Jacinto Faria	cmfamalicão	Veterano M65	01:15:17	+43:58	07:32
3734	1228	Ana Isabel Santos	individual	Senior Feminino	01:15:18	+43:58	07:32
3735	856	Ricardo Marinho	fama minds	Senior Masculino	01:15:18	+43:59	07:32
3736	1974	Carlos Faria	individual	Senior Masculino	01:15:18	+43:59	07:32
3737	1807	Vânia Martins	individual	Senior Feminino	01:15:18	+43:59	07:32
3738	1632	Maria João Sampaio	individual	Senior Feminino	01:15:19	+43:59	07:32
3739	1876	André Cruz	individual	Senior Masculino	01:15:20	+44:01	07:32
3740	4392	Telma Ferreira	os 3	Senior Feminino	01:15:22	+44:02	07:32
3741	2137	Duarte Pinto	individual	Senior Masculino	01:15:23	+44:04	07:32
3742	666	Tiago Campos	corre que é super	Senior Masculino	01:15:24	+44:05	07:32
3743	1989	Carlos Portugal Nunes	individual	Senior Masculino	01:15:25	+44:06	07:33
3744	876	Alexandra Ribeiro	fast and furious	Senior Feminino	01:15:29	+44:10	07:33
3745	877	Cátia Castro Ferreira	fast and furious	Senior Feminino	01:15:30	+44:10	07:33
3746	566	Mª José Nóvoa	cmfamalicão	Veterana F50	01:15:32	+44:13	07:33
3747	291	Rui Castro	aves runners	Senior Masculino	01:15:34	+44:15	07:33
3748	1599	Márcia Daniela Cunha da Silva	individual	Senior Feminino	01:15:34	+44:15	07:33
3749	1338	Carolina Aguiar	individual	Senior Feminino	01:15:34	+44:15	07:33
3750	574	Amélia Aguiar	cmfamalicão	Veterana F60	01:15:36	+44:17	07:34
3751	1631	Maria João Pinto	individual	Senior Feminino	01:15:37	+44:18	07:34
3752	4554	Mª João Silva	quebrarritmo	Senior Feminino	01:15:38	+44:19	07:34
3753	1596	Mara Lia Marques Pinto	individual	Senior Feminino	01:15:39	+44:19	07:34
3754	833	Carolina Saraiva	exercise4you	Senior Feminino	01:15:39	+44:20	07:34
3755	1571	Leonor Vicente	individual	Senior Feminino	01:15:40	+44:21	07:34
3756	360	Rui Graniço	bem entregue	Senior Masculino	01:15:40	+44:21	07:34
3757	4111	António Vicente	individual	Veterano M65	01:15:40	+44:21	07:34
3758	357	Rita Abreu	bem entregue	Senior Feminino	01:15:42	+44:23	07:34
3759	3344	Maria Dias	individual	Veterana F45	01:15:42	+44:23	07:34
3760	4463	Ana Oliveira	pipineira club	Senior Feminino	01:15:43	+44:23	07:34
3761	4836	Raquel Alana Pinto	vieira de castro	Senior Feminino	01:15:43	+44:24	07:34
3762	1682	Marta Martins	individual	Senior Feminino	01:15:45	+44:26	07:35
3763	2366	João Cunha	individual	Senior Masculino	01:15:45	+44:26	07:35
3764	4978	Jorge Magalhães	runningdolls acura team	Veterano M45	01:15:46	+44:27	07:35

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3765	4714	Nuno Afonso Cardoso Fonseca	surrasco	Senior Masculino	01:15:48	+44:28	07:35
3766	2158	Eduardo Silva	individual	Senior Masculino	01:15:48	+44:29	07:35
3767	4715	Simao Pedro de Sá Oliveira	surrasco	Senior Masculino	01:15:49	+44:30	07:35
3768	4712	Catarina Alexandra Silva Correia	surrasco	Senior Feminino	01:15:50	+44:31	07:35
3769	4711	Ana margarida Matos Bezerra	surrasco	Senior Feminino	01:15:50	+44:31	07:35
3770	1476	Helena Soares	individual	Senior Feminino	01:15:54	+44:35	07:35
3771	2019	Daniel Covas	individual	Senior Masculino	01:15:55	+44:36	07:36
3772	4939	Filipe Nascimento	individual	Senior Masculino	01:15:56	+44:37	07:36
3773	75	Carolina Bessa	a passo	Senior Feminino	01:15:56	+44:37	07:36
3774	1258	Ana Rita Costa	individual	Senior Feminino	01:15:56	+44:37	07:36
3775	1475	Helena Albuquerque	individual	Senior Feminino	01:15:57	+44:38	07:36
3776	4167	Márcio Araújo	k/21	Veterano M40	01:15:59	+44:39	07:36
3777	1014	Pinto Da Silva Inês	individual	Senior Feminino	01:16:00	+44:41	07:36
3778	1810	Vera Duarte	individual	Senior Feminino	01:16:00	+44:41	07:36
3779	2100	Diogo Miguel Arantes Matos	individual	Senior Masculino	01:16:00	+44:41	07:36
3780	389	Daniel Rodrigues	bloom.bijuteria	Senior Masculino	01:16:00	+44:41	07:36
3781	388	Inês Rodrigues	bloom.bijuteria	Senior Feminino	01:16:02	+44:43	07:36
3782	1649	Mariana Castro	individual	Senior Feminino	01:16:02	+44:43	07:36
3783	3490	Diamantino Monteiro	individual	Veterano M40	01:16:02	+44:43	07:36
3784	1310	Beatriz Gomes	individual	Senior Feminino	01:16:03	+44:43	07:36
3785	4754	Guilherme Torres	team noivos	Senior Masculino	01:16:04	+44:45	07:36
3786	4753	Ana Pereira	team noivos	Senior Feminino	01:16:05	+44:46	07:37
3787	2364	João Correia	individual	Senior Masculino	01:16:06	+44:47	07:37
3788	1057	Ariana Moreira Costa	gymstar	Senior Feminino	01:16:07	+44:48	07:37
3789	2354	João Campos	individual	Senior Masculino	01:16:11	+44:52	07:37
3790	237	Jorge Ferreira	arc vale s. cosme	Senior Masculino	01:16:11	+44:52	07:37
3791	806	Valéria Sofia Carvalho Marques	eugenios	Senior Feminino	01:16:11	+44:52	07:37
3792	2252	Gabriel Malheiro Machado	individual	Senior Masculino	01:16:12	+44:52	07:37
3793	218	Daniela Vilaça	arc vale s. cosme	Senior Feminino	01:16:12	+44:52	07:37
3794	4130	Joana Pires	joana pires	Senior Feminino	01:16:12	+44:53	07:37
3795	1778	Sofia Lima	individual	Senior Feminino	01:16:13	+44:54	07:37
3796	4129	Inês Alves	joana pires	Senior Feminino	01:16:14	+44:54	07:37
3797	1965	Carlos André da Silva Monteiro	individual	Senior Masculino	01:16:14	+44:55	07:37
3798	4128	Diana Martins	joana pires	Senior Feminino	01:16:14	+44:55	07:37
3799	3267	Maria Castro	individual	Veterana F40	01:16:15	+44:56	07:37
3800	35	Tânia Cristina da Costa Nunes	247 culture	Senior Feminino	01:16:15	+44:56	07:37
3801	1590	Mafalda Leite	individual	Senior Feminino	01:16:17	+44:58	07:38
3802	1942	Bruno Fernandes	individual	Senior Masculino	01:16:18	+44:59	07:38
3803	1424	Diana Cardona	individual	Senior Feminino	01:16:19	+45:00	07:38
3804	703	Beatriz Pinto	devesa run club	Senior Feminino	01:16:20	+45:00	07:38
3805	4466	Zé Baldaia	pipineira club	Senior Masculino	01:16:20	+45:01	07:38
3806	704	Margarida Rompante	devesa run club	Senior Feminino	01:16:20	+45:01	07:38
3807	3365	VERA SILVA	individual	Veterana F45	01:16:20	+45:01	07:38
3808	1141	João Cunha Gomes	gymstar	Veterano M40	01:16:21	+45:02	07:38
3809	3394	JUDITE PEREIRA	individual	Veterana F50	01:16:21	+45:02	07:38

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3810	3549	José reis	individual	Veterano M40	01:16:22	+45:03	07:38
3811	2527	José Ferreira	individual	Senior Masculino	01:16:24	+45:05	07:38
3812	1685	Marta Sá Pereira	individual	Senior Feminino	01:16:25	+45:05	07:38
3813	3166	Tomás Peixoto Ferreira	individual	Senior Masculino	01:16:25	+45:06	07:39
3814	402	Claudio da Silva Maciel	boomfit / drible	Senior Masculino	01:16:26	+45:07	07:39
3815	404	Tiago Xavier	boomfit / drible	Senior Masculino	01:16:27	+45:08	07:39
3816	399	Claudia Pereira	boomfit / drible	Senior Feminino	01:16:27	+45:08	07:39
3817	1112	Luis Pereira	gymstar	Senior Masculino	01:16:30	+45:11	07:39
3818	1081	Tânia Catarina Araújo Bento	gymstar	Senior Feminino	01:16:32	+45:13	07:39
3819	4759	Luís Miranda	team pinhas	Senior Masculino	01:16:33	+45:14	07:39
3820	4800	Alexandre Filipe Mota Lopes	tuking	Senior Masculino	01:16:34	+45:14	07:39
3821	1192	Alzira Pinheiro	individual	Senior Feminino	01:16:34	+45:15	07:39
3822	4801	Filipe Emanuel Meira Lopes	tuking	Veterano M50	01:16:34	+45:15	07:39
3823	4833	Joana Rodrigues	vieira de castro	Senior Feminino	01:16:36	+45:17	07:40
3824	4721	Sérgio André Azevedo Araújo	tartaruga	Veterano M45	01:16:36	+45:17	07:40
3825	4720	Liliana Daniela Soares Pereira Araújo	tartaruga	Veterana F40	01:16:37	+45:17	07:40
3826	1809	Vera Carvalho	individual	Senior Feminino	01:16:39	+45:19	07:40
3827	1747	Sandra Amaro	individual	Senior Feminino	01:16:41	+45:22	07:40
3828	475	Adriana Barbosa	cmfamalicão	Senior Feminino	01:16:41	+45:22	07:40
3829	4326	Alexandra Martinho	núcleo de atletismo das taipas	Senior Feminino	01:16:45	+45:26	07:41
3830	4194	Beatriz Ferreira	lesmas	Senior Feminino	01:16:45	+45:26	07:41
3831	2611	Luis Filipe Silva Ferreira	individual	Senior Masculino	01:16:46	+45:27	07:41
3832	4195	Simão Ferreira	lesmas	Senior Masculino	01:16:46	+45:27	07:41
3833	4327	Diana Santos	núcleo de atletismo das taipas	Senior Feminino	01:16:46	+45:27	07:41
3834	1241	Ana Margarida da Costa Pinto	individual	Senior Feminino	01:16:47	+45:28	07:41
3835	3885	DAN FRIDJA	individual	Veterano M50	01:16:48	+45:29	07:41
3836	1622	Maria Inês Cardoso Azevedo	individual	Senior Feminino	01:16:48	+45:29	07:41
3837	2299	Henrique Pinto	individual	Senior Masculino	01:16:49	+45:29	07:41
3838	1890	André Lemos	individual	Senior Masculino	01:16:49	+45:30	07:41
3839	1434	Diana Silva	individual	Senior Feminino	01:16:50	+45:31	07:41
3840	978	Isabel Ngueve Dorina Laurindo Fernandes	individual	Veterana F40	01:16:51	+45:31	07:41
3841	43	Marcia Monteiro	247 culture	Veterana F45	01:16:55	+45:36	07:42
3842	2025	Daniel Ferreira Carvalho	individual	Senior Masculino	01:16:57	+45:37	07:42
3843	1691	Melyssa Ferreira Carvalho	individual	Senior Feminino	01:16:57	+45:38	07:42
3844	4134	José Antonio freitas	jose antonio freitas	Veterano M60	01:16:57	+45:38	07:42
3845	4863	Raquel Castro	vieira de castro	Veterana F45	01:17:01	+45:41	07:42
3846	854	Catarina Paiva	fama minds	Senior Feminino	01:17:01	+45:42	07:42
3847	4839	Rita Pinto	vieira de castro	Senior Feminino	01:17:02	+45:42	07:42
3848	4791	Marco Azevedo	trofama run squad	Senior Masculino	01:17:02	+45:43	07:42
3849	3873	André fernandes	individual	Veterano M50	01:17:04	+45:44	07:42
3850	1223	Ana Francisca Castro Neves	individual	Senior Feminino	01:17:04	+45:45	07:42
3851	1792	Sónia Raquel da Silva Carneiro	individual	Senior Feminino	01:17:05	+45:46	07:43
3852	955	Ana Moura	gazelas sem fronteiras	Senior Feminino	01:17:11	+45:52	07:43
3853	852	Pedro Matos	ey sports club	Senior Masculino	01:17:11	+45:52	07:43
3854	1197	Ana Bezerra	individual	Senior Feminino	01:17:13	+45:54	07:43

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3855	3095	Tiago André Teixeira Peixoto	individual	Senior Masculino	01:17:14	+45:54	07:43
3856	2786	Paulo César	individual	Senior Masculino	01:17:14	+45:55	07:43
3857	2114	Diogo Pereira	individual	Senior Masculino	01:17:14	+45:55	07:43
3858	3136	Tiago Mendes	individual	Senior Masculino	01:17:15	+45:56	07:44
3859	4458	Filipa Carvalho	pipachills	Senior Feminino	01:17:16	+45:56	07:44
3860	4459	Joana Pereira	pipachills	Senior Feminino	01:17:16	+45:56	07:44
3861	4461	Pedro Cunha	pipachills	Senior Masculino	01:17:17	+45:58	07:44
3862	2596	Luís André Marques Areal	individual	Senior Masculino	01:17:20	+46:00	07:44
3863	1501	Isabel Morgado Eira	individual	Senior Feminino	01:17:20	+46:00	07:44
3864	1473	Gabriella Falcão	individual	Senior Feminino	01:17:21	+46:02	07:44
3865	2080	Diogo Costa	individual	Senior Masculino	01:17:22	+46:02	07:44
3866	648	Carlos Machado	cmfamalicão	Veterano M65	01:17:25	+46:05	07:44
3867	4677	João Mirra	smartfit	Senior Masculino	01:17:25	+46:06	07:45
3868	3505	Gildilon Santos de Oliveira	individual	Veterano M40	01:17:26	+46:07	07:45
3869	4820	Pedro Carneiro	união metalúrgica da trofa	Senior Masculino	01:17:29	+46:10	07:45
3870	1032	Bárbara Borges	grupo jorge oculista	Senior Feminino	01:17:30	+46:11	07:45
3871	1247	Ana Monteiro	individual	Senior Feminino	01:17:30	+46:11	07:45
3872	1037	Pedro Fortes	grupo jorge oculista	Senior Masculino	01:17:32	+46:12	07:45
3873	2029	Daniel Melo	individual	Senior Masculino	01:17:32	+46:12	07:45
3874	1547	Joana Sousa	individual	Senior Feminino	01:17:33	+46:14	07:45
3875	3244	Emília Moreira	individual	Veterana F40	01:17:35	+46:16	07:46
3876	1321	Bruna Filipa Sousa Silva	individual	Senior Feminino	01:17:37	+46:18	07:46
3877	1165	DIANA MAMEDE DE OLIVEIRA	hb - centro de treino	Veterana F40	01:17:38	+46:19	07:46
3878	1164	CELIA MARIA CUNHA	hb - centro de treino	Veterana F40	01:17:38	+46:19	07:46
3879	1578	Liliana Patrícia Faria Mendes	individual	Senior Feminino	01:17:39	+46:20	07:46
3880	2154	Eduardo Manuel Azevedo de Sousa	individual	Senior Masculino	01:17:39	+46:20	07:46
3881	1518	Joana Araújo	individual	Senior Feminino	01:17:40	+46:21	07:46
3882	4786	Ana Ribeiro	trofama run squad	Senior Feminino	01:17:47	+46:28	07:47
3883	4787	Bárbara Maia	trofama run squad	Senior Feminino	01:17:47	+46:28	07:47
3884	644	Severino Ribeiro	cmfamalicão	Veterano M60	01:17:50	+46:31	07:47
3885	2408	João Miguel Silva Ribeiro	individual	Senior Masculino	01:17:50	+46:31	07:47
3886	3343	Maria Costa	individual	Veterana F45	01:17:51	+46:31	07:47
3887	3430	Jacqueline Ennes	individual	Veterana F55	01:17:53	+46:34	07:47
3888	819	Ricardo Diogo Azevedo Monteiro	eugenios	Senior Masculino	01:17:54	+46:35	07:47
3889	4247	MARTA MATOS	migas e meireles	Senior Feminino	01:17:55	+46:35	07:47
3890	4246	Joana Almeida	migas e meireles	Senior Feminino	01:17:55	+46:36	07:47
3891	3291	Sofia Guimas	individual	Veterana F40	01:17:55	+46:36	07:48
3892	809	Cristiano Manuel Gomes da Silva	eugenios	Senior Masculino	01:17:55	+46:36	07:48
3893	1133	Susana Veloso	gymstar	Veterana F45	01:17:56	+46:36	07:48
3894	1355	catarina ferreira	individual	Senior Feminino	01:18:00	+46:40	07:48
3895	1337	Carla Santos Castro	individual	Senior Feminino	01:18:02	+46:43	07:48
3896	1411	Daniela Gavina	individual	Senior Feminino	01:18:03	+46:44	07:48
3897	1429	Diana Isabel Rocha Oliveira	individual	Senior Feminino	01:18:03	+46:44	07:48

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3898	2301	Henrique soares	individual	Senior Masculino	01:18:12	+46:52	07:49
3899	3239	Daniela Pereira	individual	Veterana F40	01:18:13	+46:54	07:49
3900	3360	Sonia maia	individual	Veterana F45	01:18:14	+46:54	07:49
3901	368	Catarina Pacheco	biba mais	Senior Feminino	01:18:14	+46:55	07:49
3902	370	Manuela Fontão	biba mais	Veterana F55	01:18:15	+46:56	07:49
3903	3417	Aida Seixas	individual	Veterana F55	01:18:23	+47:04	07:50
3904	699	José Ribeiro	desigual escola de condução	Veterano M45	01:18:24	+47:04	07:50
3905	3755	João Pedro Oliveira Francisco	individual	Veterano M45	01:18:24	+47:05	07:50
3906	3316	CARLA MANUELA MAIA FERREIRA DA SILVA	individual	Veterana F45	01:18:26	+47:07	07:51
3907	477	Ana Isabel Ribeiro	cmfamalicão	Senior Feminino	01:18:27	+47:08	07:51
3908	2380	João Filipe da Costa Mesquita	individual	Senior Masculino	01:18:27	+47:08	07:51
3909	2375	João Ferreira	individual	Senior Masculino	01:18:32	+47:12	07:51
3910	168	André Silva	alexianos	Veterano M40	01:18:35	+47:15	07:51
3911	1226	Ana Isabel Alves de Sá	individual	Senior Feminino	01:18:35	+47:15	07:51
3912	1746	Salomé Macedo	individual	Senior Feminino	01:18:35	+47:15	07:51
3913	167	Liliana Dias	alexianos	Senior Feminino	01:18:35	+47:16	07:52
3914	1235	Ana lopes	individual	Senior Feminino	01:18:37	+47:18	07:52
3915	322	Ana Carolina Coelho da Silva e Sousa	bbg runners by bbox&gym	Senior Feminino	01:18:38	+47:19	07:52
3916	746	Andreia Senra	duros da santa team running	Veterana F40	01:18:42	+47:22	07:52
3917	4024	Fernando Soares	individual	Veterano M55	01:18:44	+47:25	07:52
3918	1300	Bárbara Soares	individual	Senior Feminino	01:18:45	+47:25	07:52
3919	4398	Carla Mesquita	os amadores	Veterana F45	01:18:45	+47:25	07:52
3920	1787	Sofia Teixeira	individual	Senior Feminino	01:18:45	+47:26	07:52
3921	1078	Paula Costa	gymstar	Senior Feminino	01:18:45	+47:26	07:53
3922	314	Fernanda Reis	bando dos 4	Veterana F55	01:18:45	+47:26	07:53
3923	1815	Verónica Ferreira	individual	Senior Feminino	01:18:46	+47:26	07:53
3924	956	Mariana Sousa	gazelas sem fronteiras	Senior Feminino	01:18:46	+47:27	07:53
3925	1128	Sandra Carreira	gymstar	Veterana F40	01:18:50	+47:31	07:53
3926	1554	Juliana Santos	individual	Senior Feminino	01:18:52	+47:33	07:53
3927	4240	Catarina Heitor	migas	Senior Feminino	01:18:53	+47:34	07:53
3928	1318	Beatriz Silva	individual	Senior Feminino	01:19:03	+47:44	07:54
3929	1696	Olinda Silva	individual	Senior Feminino	01:19:04	+47:44	07:54
3930	1773	Sofia Cavadas	individual	Senior Feminino	01:19:05	+47:46	07:55
3931	1002	Filipa Cruz	individual	Senior Feminino	01:19:05	+47:46	07:55
3932	1040	Cristina Ferreira	grupo jorge oculista	Veterana F50	01:19:12	+47:53	07:55
3933	365	Jorge Silva	bhstudio	Veterano M45	01:19:14	+47:55	07:55
3934	4418	Elisabete Johansson	os gomes	Veterana F50	01:19:15	+47:56	07:56
3935	2067	Diogo António Castro Antunes	individual	Senior Masculino	01:19:15	+47:56	07:56
3936	363	Joana Silva	bhstudio	Senior Feminino	01:19:16	+47:56	07:56
3937	1230	Ana João	individual	Senior Feminino	01:19:17	+47:57	07:56
3938	4782	Anabela da Rocha Casal	trilhos de viana	Veterana F45	01:19:17	+47:58	07:56
3939	3763	José Domingos Coelho	individual	Veterano M45	01:19:20	+48:01	07:56
3940	2043	Danilo Silva	individual	Senior Masculino	01:19:20	+48:01	07:56
3941	1580	Lorena Martins Silva Costa	individual	Senior Feminino	01:19:22	+48:03	07:56

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3942	1308	Beatriz de Jesus Marques da Costa	individual	Senior Feminino	01:19:23	+48:04	07:56
3943	1342	Carolina Miguel Cardoso Dias de Araújo	individual	Senior Feminino	01:19:24	+48:05	07:56
3944	436	Tiago Afonso Freitas Mesquita Guimarães	bullying freitas	Senior Masculino	01:19:26	+48:07	07:57
3945	439	Camilo Barreiros Lopes de Freitas	bullying freitas	Veterano M55	01:19:26	+48:07	07:57
3946	434	Beatriz de Freitas Dias	bullying freitas	Senior Feminino	01:19:27	+48:08	07:57
3947	435	Maria Gabriela Freitas Mesquita Guimarães	bullying freitas	Senior Feminino	01:19:27	+48:08	07:57
3948	433	Ana Miguel Cardoso Lopes de Freitas	bullying freitas	Senior Feminino	01:19:27	+48:08	07:57
3949	155	PEDRO MOREIRA	agência moreira	Veterano M50	01:19:29	+48:10	07:57
3950	1257	Ana Rita Costa	individual	Senior Feminino	01:19:29	+48:10	07:57
3951	156	MÁRIO VELOSO	agência moreira	Veterano M60	01:19:30	+48:11	07:57
3952	1762	Sara Machado da Silva	individual	Senior Feminino	01:19:35	+48:16	07:58
3953	324	Andreia de Freitas Monteiro	bbg runners by bbox&gym	Senior Feminino	01:19:38	+48:19	07:58
3954	1683	Marta Queiroz Ribeiro	individual	Senior Feminino	01:19:39	+48:19	07:58
3955	1134	Fabiola Sabina Reis Moura	gymstar	Veterana F50	01:19:40	+48:21	07:58
3956	249	Tiago Gomes	arc vale s. cosme	Senior Masculino	01:19:48	+48:29	07:59
3957	3232	Célia Silva	individual	Veterana F40	01:19:52	+48:32	07:59
3958	1160	Helena Pontes	hb - centro de treino	Senior Feminino	01:19:57	+48:37	08:00
3959	3308	Ana Rita Silva	individual	Veterana F45	01:19:58	+48:39	08:00
3960	3445	Sameiro Ferreira	individual	Veterana F60	01:20:00	+48:41	08:00
3961	1879	André da Silva Ramos	individual	Senior Masculino	01:20:00	+48:41	08:00
3962	2400	João Marques	individual	Senior Masculino	01:20:02	+48:43	08:00
3963	1082	Vitória Prete	gymstar	Senior Feminino	01:20:03	+48:44	08:00
3964	4166	Bruno Oliveira	k/21	Senior Masculino	01:20:05	+48:46	08:00
3965	1201	Ana Castro	individual	Senior Feminino	01:20:05	+48:46	08:01
3966	3695	Bruno Pereira	individual	Veterano M45	01:20:05	+48:46	08:01
3967	3312	Armanda Rocha	individual	Veterana F45	01:20:06	+48:47	08:01
3968	1726	Rita Ferreira	individual	Senior Feminino	01:20:08	+48:49	08:01
3969	2333	Isaac Araújo	individual	Senior Masculino	01:20:08	+48:49	08:01
3970	1255	Ana Ribeiro	individual	Senior Feminino	01:20:08	+48:49	08:01
3971	2882	Pedro Sousa	individual	Senior Masculino	01:20:10	+48:50	08:01
3972	2812	Pedro Carneiro	individual	Senior Masculino	01:20:11	+48:51	08:01
3973	3313	Carla Adriana Oliveira Novais	individual	Veterana F45	01:20:12	+48:53	08:01
3974	4206	Elena Liso Ungria	machado liso	Veterana F40	01:20:18	+48:59	08:02
3975	4207	Márcio Machado	machado liso	Veterano M45	01:20:19	+48:59	08:02
3976	3571	Miguel Ferreira	individual	Veterano M40	01:20:19	+49:00	08:02
3977	400	Cristiana Macedo	boomfit / drible	Senior Feminino	01:20:21	+49:01	08:02
3978	4867	Maria do Rosário Cruz	vieira de castro	Veterana F50	01:20:22	+49:02	08:02
3979	4827	Clara Machado	vieira de castro	Senior Feminino	01:20:24	+49:05	08:02
3980	1222	Ana Filipa Rocha Araújo Marques	individual	Senior Feminino	01:20:26	+49:07	08:03
3981	1242	Ana Margarida Rodrigues Vaz Vieira	individual	Senior Feminino	01:20:28	+49:08	08:03

Official Timekeeper: Lap2Go	90 / 98	generate 23-dez.-2025 23:16
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PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
3982	1215	Ana Elisa Sá Araújo	individual	Senior Feminino	01:20:28	+49:09	08:03
3983	3043	Rui Taveira	individual	Senior Masculino	01:20:28	+49:09	08:03
3984	1361	Catarina Isabel Araujo Branco	individual	Senior Feminino	01:20:28	+49:09	08:03
3985	2703	Miguel Campos Vieira dos Santos	individual	Senior Masculino	01:20:35	+49:15	08:03
3986	2976	Rodrigo Barbosa Durão	individual	Senior Masculino	01:20:35	+49:16	08:04
3987	3094	Tiago André Ribeiro Silva	individual	Senior Masculino	01:20:41	+49:22	08:04
3988	2546	José Pedro Lamego	individual	Senior Masculino	01:20:42	+49:23	08:04
3989	1644	Maria Susano do Vale	individual	Senior Feminino	01:20:48	+49:29	08:05
3990	1730	Rita Isabel Ribeiro Freiras	individual	Senior Feminino	01:20:50	+49:30	08:05
3991	4605	Vanessa Batista	run florest run	Senior Feminino	01:20:54	+49:35	08:05
3992	4604	Ana V. Fernandes	run florest run	Senior Feminino	01:20:55	+49:36	08:06
3993	1238	Ana Mafalda Mesquita	individual	Senior Feminino	01:20:59	+49:40	08:06
3994	1455	Filipa Manuela Soares Abreu	individual	Senior Feminino	01:21:00	+49:40	08:06
3995	1441	Elisa Novais	individual	Senior Feminino	01:21:02	+49:42	08:06
3996	1611	Maria Beatriz	individual	Senior Feminino	01:21:02	+49:43	08:06
3997	2343	Ivo Santos Ptashnyuk	individual	Senior Masculino	01:21:11	+49:52	08:07
3998	1438	Eduarda Brito	individual	Senior Feminino	01:21:12	+49:53	08:07
3999	1712	Rafaela Costa Campos	individual	Senior Feminino	01:21:12	+49:53	08:07
4000	2627	Luís Miguel Rio da Silva	individual	Senior Masculino	01:21:13	+49:54	08:07
4001	2624	Luís Miguel Gomes Faria	individual	Senior Masculino	01:21:13	+49:54	08:07
4002	1317	Beatriz Santos	individual	Senior Feminino	01:21:14	+49:55	08:07
4003	2087	Diogo Filipe da Costa Marques	individual	Senior Masculino	01:21:15	+49:55	08:07
4004	1643	Maria Sousa Carvalho	individual	Senior Feminino	01:21:15	+49:55	08:07
4005	2759	Nuno Miguel Gondar Faria	individual	Senior Masculino	01:21:23	+50:04	08:08
4006	2616	Luís Leal	individual	Senior Masculino	01:21:27	+50:08	08:09
4007	1038	Carla Pereira	grupo jorge oculista	Veterana F45	01:21:33	+50:13	08:09
4008	3443	Maria Queiroz	individual	Veterana F60	01:21:33	+50:14	08:09
4009	1716	Raquel Moreira	individual	Senior Feminino	01:21:35	+50:16	08:10
4010	3352	Paula Santos	individual	Veterana F45	01:21:42	+50:22	08:10
4011	403	Manuel Amorim	boomfit / drible	Senior Masculino	01:21:43	+50:24	08:10
4012	401	Rita Marques	boomfit / drible	Senior Feminino	01:21:43	+50:24	08:10
4013	1276	Ana Teixeira	individual	Senior Feminino	01:21:49	+50:29	08:11
4014	2657	Marco Antonio Matos Carvalho	individual	Senior Masculino	01:21:52	+50:32	08:11
4015	1758	Sara Dias	individual	Senior Feminino	01:21:53	+50:33	08:11
4016	1633	Maria Jorge	individual	Senior Feminino	01:21:53	+50:34	08:11
4017	4705	João leite	sportaz	Senior Masculino	01:21:56	+50:37	08:12
4018	4473	Filipa Silva	porminho	Senior Feminino	01:22:05	+50:46	08:12
4019	1692	Milene Gaspar	individual	Senior Feminino	01:22:07	+50:48	08:13
4020	2352	João Bernardo	individual	Senior Masculino	01:22:07	+50:48	08:13
4021	1798	Tânia Machado	individual	Senior Feminino	01:22:08	+50:49	08:13
4022	1654	Mariana Fernandes	individual	Senior Feminino	01:22:09	+50:50	08:13
4023	313	Liliana Azevedo	bando dos 4	Senior Feminino	01:22:16	+50:56	08:14
4024	2173	Fábio Campos	individual	Senior Masculino	01:22:16	+50:56	08:14
4025	315	André Reis	bando dos 4	Veterano M40	01:22:16	+50:57	08:14
4026	2604	Luís Emanuel Queirós dos Reis	individual	Senior Masculino	01:22:22	+51:02	08:14

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
4027	225	Soraia Sampaio	arc vale s. cosme	Senior Feminino	01:22:23	+51:04	08:14
4028	1248	Ana Paula Pereira	individual	Senior Feminino	01:22:23	+51:04	08:14
4029	257	António Barbosa	arc vale s. cosme	Veterano M45	01:22:25	+51:06	08:15
4030	4390	Romeu Matos	one more personal training	Veterano M45	01:22:27	+51:07	08:15
4031	1050	Ana Beatriz Ferreira Campos	gymstar	Senior Feminino	01:22:27	+51:08	08:15
4032	4387	Teresa Ramalho	one more personal training	Veterana F45	01:22:27	+51:08	08:15
4033	1065	Joana Isabel Gomes Ribeiro	gymstar	Senior Feminino	01:22:28	+51:09	08:15
4034	3384	Daniela maria Veloso mais	individual	Veterana F50	01:22:28	+51:09	08:15
4035	3307	Ana Rita Mesquita Guimarães	individual	Veterana F45	01:22:29	+51:09	08:15
4036	1887	André Filipe Mendes Águas	individual	Senior Masculino	01:22:31	+51:11	08:15
4037	3717	Fabiano Adão Paixão	individual	Veterano M45	01:22:37	+51:18	08:16
4038	4430	Samara Lopes	papa-léguas	Senior Feminino	01:22:40	+51:20	08:16
4039	4250	Ana Loureiro	migas trips	Senior Feminino	01:22:43	+51:23	08:16
4040	3524	João Batista de Melo junior	individual	Veterano M40	01:22:43	+51:24	08:16
4041	2677	Mário Fontes Pedrosa	individual	Senior Masculino	01:22:45	+51:25	08:16
4042	1589	Mafalda Duarte Domingues	individual	Senior Feminino	01:22:45	+51:26	08:16
4043	4102	Marcondes Miranda	individual	Veterano M60	01:22:45	+51:26	08:17
4044	3234	Clara Machado	individual	Veterana F40	01:22:46	+51:26	08:17
4045	1783	SOFIA PINHEIRO MOREIRA	individual	Senior Feminino	01:22:47	+51:28	08:17
4046	4431	Lucas Rocha	papa-léguas	Senior Masculino	01:22:47	+51:28	08:17
4047	1136	Sandra Lima	gymstar	Veterana F60	01:22:49	+51:30	08:17
4048	3333	Graça Sousa	individual	Veterana F45	01:22:54	+51:35	08:17
4049	1135	Isabel Rassoul	gymstar	Veterana F60	01:22:55	+51:35	08:17
4050	797	Lucinda Goncalves	esquiadores	Veterana F45	01:22:57	+51:38	08:18
4051	799	Marco Rocha	esquiadores	Veterano M50	01:22:57	+51:38	08:18
4052	3370	Ana Rosa Antunes de Oliveira	individual	Veterana F50	01:22:59	+51:39	08:18
4053	798	Domingos Soares	esquiadores	Veterano M50	01:23:00	+51:41	08:18
4054	3251	Irene Gavina	individual	Veterana F40	01:23:07	+51:47	08:19
4055	3400	maria do Céu Oliveira Gomes	individual	Veterana F50	01:23:07	+51:48	08:19
4056	3892	Fernando Ayres Mendonça	individual	Veterano M50	01:23:08	+51:49	08:19
4057	3437	Paula Moreira	individual	Veterana F55	01:23:12	+51:53	08:19
4058	2890	Rafael Carvalho Correia	individual	Senior Masculino	01:23:21	+52:02	08:20
4059	1448	Fabiii Braga	individual	Senior Feminino	01:23:21	+52:02	08:20
4060	338	João Pedro da Silva Correia	bbg runners by bbox&gym	Senior Masculino	01:23:24	+52:05	08:20
4061	333	Yuan Yuan Wu	bbg runners by bbox&gym	Senior Feminino	01:23:24	+52:05	08:20
4062	2438	Joao Pedro Machado da Costa	individual	Senior Masculino	01:23:26	+52:07	08:21
4063	1351	Catarina Costa	individual	Senior Feminino	01:23:26	+52:07	08:21
4064	2805	Pedro Araújo	individual	Senior Masculino	01:23:36	+52:16	08:22
4065	1326	Bruna Silva	individual	Senior Feminino	01:23:36	+52:17	08:22
4066	3866	Xavier Salgado	individual	Veterano M45	01:23:41	+52:22	08:22
4067	1601	Margarida Almendra	individual	Senior Feminino	01:23:45	+52:26	08:23
4068	1666	Mariana Sampaio Machado	individual	Senior Feminino	01:23:47	+52:28	08:23
4069	3991	Sergio Machado	individual	Veterano M50	01:23:48	+52:28	08:23
4070	3353	Rosa Clara	individual	Veterana F45	01:23:50	+52:31	08:23
4071	1576	Liliana Cristina Santos Silva Castro	individual	Senior Feminino	01:23:53	+52:34	08:23

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
4072	1536	Joana Oliveira	individual	Senior Feminino	01:23:56	+52:37	08:24
4073	1430	Diana Meira	individual	Senior Feminino	01:23:57	+52:38	08:24
4074	870	Pedro Nogueira	família costa e associados	Senior Masculino	01:23:58	+52:39	08:24
4075	4070	Valdemar Vale	individual	Veterano M55	01:24:00	+52:40	08:24
4076	1084	André Azevedo	gymstar	Senior Masculino	01:24:00	+52:41	08:24
4077	1058	Cátia Costa	gymstar	Senior Feminino	01:24:01	+52:42	08:24
4078	1066	Joana Rocha	gymstar	Senior Feminino	01:24:02	+52:43	08:24
4079	1095	Gonçalo Carneiro	gymstar	Senior Masculino	01:24:02	+52:43	08:24
4080	1093	Fábio Ramos	gymstar	Senior Masculino	01:24:02	+52:43	08:24
4081	1070	Mariana Pereira Azevedo	gymstar	Senior Feminino	01:24:02	+52:43	08:24
4082	1064	Hedvigés Carvalho	gymstar	Senior Feminino	01:24:03	+52:43	08:24
4083	3444	Milagros Dillen	individual	Veterana F60	01:24:03	+52:43	08:24
4084	189	Manuel Fernandes Silva	alfa estúdio	Veterano M40	01:24:03	+52:43	08:24
4085	1060	Célia Beatriz Azevedo Sá	gymstar	Senior Feminino	01:24:03	+52:44	08:24
4086	1608	margarida pereira coentrão	individual	Senior Feminino	01:24:04	+52:45	08:24
4087	1049	Alexandra Pinho	gymstar	Senior Feminino	01:24:04	+52:45	08:24
4088	1443	Elsa Cristina Sousa Pereira	individual	Senior Feminino	01:24:05	+52:46	08:24
4089	1068	Maria Carolina Pimenta Ramalho	gymstar	Senior Feminino	01:24:05	+52:46	08:24
4090	1106	Jorge Anselmo Pimenta Ramalho	gymstar	Senior Masculino	01:24:05	+52:46	08:24
4091	4371	Diana da Silva Azevedo	one more personal training	Senior Feminino	01:24:06	+52:47	08:25
4092	4162	Tiago Filipe Silva Castro	judo arcap e afins	Senior Masculino	01:24:06	+52:47	08:25
4093	2612	Luís Freitas	individual	Senior Masculino	01:24:08	+52:49	08:25
4094	1591	Mafalda Morgado	individual	Senior Feminino	01:24:09	+52:49	08:25
4095	4606	Marvin Tortas	run florest run	Senior Masculino	01:24:17	+52:58	08:26
4096	1315	Beatriz Reis	individual	Senior Feminino	01:24:19	+53:00	08:26
4097	3411	Rosária Costa	individual	Veterana F50	01:24:20	+53:01	08:26
4098	839	Marta Monte	exercise4you	Senior Feminino	01:24:22	+53:02	08:26
4099	1387	Cláudia Isabel Costa Sampaio	individual	Senior Feminino	01:24:22	+53:02	08:26
4100	845	João Sousa	exercise4you	Senior Masculino	01:24:22	+53:03	08:26
4101	1978	Carlos Gonçalo Castro Campos	individual	Senior Masculino	01:24:23	+53:03	08:26
4102	3325	Elisabete Silva	individual	Veterana F45	01:24:33	+53:14	08:27
4103	4602	Gonçalo Rito	run crew	Senior Masculino	01:24:34	+53:15	08:27
4104	3271	Mary Ferreira	individual	Veterana F40	01:24:34	+53:15	08:27
4105	3319	Catarina Silva	individual	Veterana F45	01:24:39	+53:20	08:28
4106	3205	Vítor Simões	individual	Senior Masculino	01:24:43	+53:24	08:28
4107	1480	Inês Alves	individual	Senior Feminino	01:24:45	+53:25	08:28
4108	3853	Tiago Alexandre Castro Lopes	individual	Veterano M45	01:24:45	+53:26	08:29
4109	1204	Ana Catarina Cunha Machado	individual	Senior Feminino	01:24:51	+53:32	08:29
4110	580	Sameiro Pereira	cmfamalicão	Veterana F60	01:25:10	+53:51	08:31
4111	355	Diana Granico	bem entregue	Senior Feminino	01:25:14	+53:54	08:31
4112	359	João Silva	bem entregue	Senior Masculino	01:25:14	+53:55	08:31
4113	3361	Sónia Marta Teixeira Martins	individual	Veterana F45	01:25:15	+53:56	08:32
4114	3299	Vânia Filipa Magalhães Grenha	individual	Veterana F40	01:25:18	+53:58	08:32

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
4115	1994	Celso Duarte Monteiro de Sousa	individual	Senior Masculino	01:25:19	+53:59	08:32
4116	3250	Inês Oliveira	individual	Veterana F40	01:25:37	+54:18	08:34
4117	1051	Ana Filipa Ferreira	gymstar	Senior Feminino	01:25:44	+54:25	08:34
4118	1797	Tânia Cunha	individual	Senior Feminino	01:25:48	+54:29	08:35
4119	1512	Jéssica Ferreira	individual	Senior Feminino	01:25:48	+54:29	08:35
4120	252	Inês Augusta	arc vale s. cosme	Veterana F45	01:25:49	+54:30	08:35
4121	1801	Tânia Oliveira	individual	Senior Feminino	01:25:49	+54:30	08:35
4122	217	Daniela Gomes	arc vale s. cosme	Senior Feminino	01:25:50	+54:31	08:35
4123	226	Tânia Gomes	arc vale s. cosme	Senior Feminino	01:25:50	+54:31	08:35
4124	3266	Maria Graça	individual	Veterana F40	01:25:56	+54:37	08:36
4125	1667	Mariana Silva	individual	Senior Feminino	01:25:56	+54:37	08:36
4126	1739	Rita Silva	individual	Senior Feminino	01:26:00	+54:41	08:36
4127	1316	Beatriz Ribeiro da Silva	individual	Senior Feminino	01:26:07	+54:48	08:37
4128	662	Catarina Lobo	corre que é super	Senior Feminino	01:26:08	+54:48	08:37
4129	484	Catarino Pinheiro	cmfamalicão	Senior Feminino	01:26:08	+54:49	08:37
4130	1309	Beatriz Dias	individual	Senior Feminino	01:26:08	+54:49	08:37
4131	1583	Luciana Ferreira	individual	Senior Feminino	01:26:09	+54:50	08:37
4132	1944	Bruno Gavina	individual	Senior Masculino	01:26:33	+55:13	08:39
4133	1193	Ana Araújo	individual	Senior Feminino	01:26:35	+55:15	08:39
4134	903	Pedro Rodrigues	fit n farra	Senior Masculino	01:26:39	+55:20	08:40
4135	898	Diana Raquel Peixoto Marques	fit n farra	Senior Feminino	01:26:40	+55:20	08:40
4136	1350	Catarina Costa	individual	Senior Feminino	01:26:44	+55:25	08:40
4137	3515	Henrique Faria	individual	Veterano M40	01:26:45	+55:26	08:41
4138	4522	Helena Lemos	prime sports center	Senior Feminino	01:27:00	+55:41	08:42
4139	4523	Maria Carneiro Cunha	prime sports center	Senior Feminino	01:27:00	+55:41	08:42
4140	1625	Maria João	individual	Senior Feminino	01:27:06	+55:47	08:43
4141	1232	Ana Lia Alves Teixeira	individual	Senior Feminino	01:27:08	+55:49	08:43
4142	4136	Catarina Silva	jp studio	Senior Feminino	01:27:11	+55:52	08:43
4143	4154	Ricardo Silva	jp studio	Senior Masculino	01:27:13	+55:54	08:43
4144	1972	CARLOS COSTA	individual	Senior Masculino	01:27:20	+56:01	08:44
4145	271	Matilde Gomes	as alentejanas	Senior Feminino	01:27:33	+56:13	08:45
4146	4688	Beatriz Ribeiro	smashrunners	Senior Feminino	01:27:35	+56:16	08:45
4147	4385	Vitor Hugo da Costa Novais	one more personal training	Senior Masculino	01:27:35	+56:16	08:46
4148	4696	Hugo Ferreira	smashrunners	Senior Masculino	01:27:37	+56:17	08:46
4149	1176	José Pedro Silva	impact korpus	Senior Masculino	01:27:42	+56:23	08:46
4150	4156	Ângela Silva	jp studio	Veterana F40	01:27:49	+56:30	08:47
4151	4157	Miguel Silva	jp studio	Veterano M40	01:27:51	+56:31	08:47
4152	4042	JOSE PINHEIRO	individual	Veterano M55	01:27:51	+56:32	08:47
4153	4159	Mariana Silva Almeida	judo arcap e afins	Senior Feminino	01:27:51	+56:32	08:47
4154	2239	Francisco Rodrigues	individual	Senior Masculino	01:27:52	+56:32	08:47
4155	4163	Tiago Martins	judo arcap e afins	Senior Masculino	01:27:52	+56:33	08:47
4156	1240	Ana Margarida Antunes	individual	Senior Feminino	01:27:53	+56:33	08:47
4157	1190	Alexandra Rodrigues Lopes Cunha	individual	Senior Feminino	01:28:02	+56:43	08:48
4158	2387	João Gabriel Martins de Sousa Saraiva	individual	Senior Masculino	01:28:03	+56:44	08:48

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
4159	92	Ana Fernandes	abafados anónimos	Senior Feminino	01:28:04	+56:45	08:48
4160	96	Rafael Santos	abafados anónimos	Senior Masculino	01:28:04	+56:45	08:48
4161	3426	Elsa Carla Santos	individual	Veterana F55	01:28:07	+56:47	08:49
4162	2002	Christopher Martins Mendes	individual	Senior Masculino	01:28:07	+56:48	08:49
4163	3104	Tiago Carvalho	individual	Senior Masculino	01:28:13	+56:54	08:49
4164	1299	Bárbara Sá	individual	Senior Feminino	01:28:14	+56:55	08:49
4165	897	Daniela Patricia	fit n farra	Senior Feminino	01:28:22	+57:03	08:50
4166	1159	Juan Rassoul	gymstar	Veterano M60	01:28:23	+57:04	08:50
4167	4650	Paula Sulpino	semnoçao	Veterana F40	01:28:34	+57:15	08:51
4168	4651	Vânia Canelas	semnoçao	Veterana F40	01:28:39	+57:20	08:52
4169	1660	Mariana Magalhaes	individual	Senior Feminino	01:28:41	+57:22	08:52
4170	3331	Filipa Ribeiro	individual	Veterana F45	01:28:42	+57:23	08:52
4171	3427	Fátima Faria	individual	Veterana F55	01:29:01	+57:41	08:54
4172	27	Pedro Pinto	18 voltz	Senior Masculino	01:29:15	+57:55	08:55
4173	1750	Sandra Sousa	individual	Senior Feminino	01:29:15	+57:56	08:56
4174	2048	David Machado	individual	Senior Masculino	01:29:33	+58:14	08:57
4175	1458	Filipa Silva	individual	Senior Feminino	01:29:35	+58:16	08:57
4176	3637	Rui Miguel Fernandes Ferreira	individual	Veterano M40	01:29:40	+58:21	08:58
4177	4374	Joana Marina Guedes Salgado	one more personal training	Senior Feminino	01:29:42	+58:23	08:58
4178	3222	Angela Salgado	individual	Veterana F40	01:29:42	+58:23	08:58
4179	1298	BARBARA GOMES	individual	Senior Feminino	01:31:08	+59:49	09:07
4180	1341	Carolina Dias Azevedo	individual	Senior Feminino	01:31:19	+01:00:00	09:08
4181	3083	Simão Sá	individual	Senior Masculino	01:31:21	+01:00:01	09:08
4182	4161	Simão Pedro Silva Castro	judo arcap e afins	Senior Masculino	01:31:22	+01:00:02	09:08
4183	1073	Matilde Sousa Valente	gymstar	Senior Feminino	01:31:39	+01:00:19	09:10
4184	1151	José Miguel Araújo Martins	gymstar	Veterano M45	01:31:39	+01:00:20	09:10
4185	4433	Flávia Rocha	papa-léguas	Veterana F40	01:31:46	+01:00:27	09:11
4186	1717	Raquel Silva	individual	Senior Feminino	01:32:54	+01:01:35	09:17
4187	3535	Joao Santos	individual	Veterano M40	01:32:54	+01:01:35	09:17
4188	177	Mariana Filipa Teles Silva	alfa estúdio	Senior Feminino	01:33:01	+01:01:42	09:18
4189	183	Rúben Filipe Barbosa Fernandes	alfa estúdio	Senior Masculino	01:33:01	+01:01:42	09:18
4190	186	Sónia Esmeralda Santo Marques Silva	alfa estúdio	Veterana F40	01:33:03	+01:01:44	09:18
4191	1377	Cátia Monteiro	individual	Senior Feminino	01:33:12	+01:01:53	09:19
4192	4090	Hilário Costa	individual	Veterano M60	01:33:54	+01:02:35	09:23
4193	1415	Daniela Moraes	individual	Senior Feminino	01:34:24	+01:03:05	09:26
4194	902	Marco Maia	fit n farra	Senior Masculino	01:38:40	+01:07:20	09:52
4195	1385	Claudia Costa	individual	Senior Feminino	01:38:40	+01:07:20	09:52
4196	901	Diogo Lopes Ramos	fit n farra	Senior Masculino	01:38:41	+01:07:21	09:52
4197	1593	Mafalda Vilela	individual	Senior Feminino	01:38:41	+01:07:22	09:52
4198	3253	Jeane Aparecida Dias Fantini	individual	Veterana F40	01:39:43	+01:08:23	09:58
4199	1695	Natália Mendes	individual	Senior Feminino	01:39:43	+01:08:24	09:58
4200	3268	Maria Isabel Alves Esteves Severo	individual	Veterana F40	01:39:44	+01:08:25	09:58
4201	1655	Mariana Fernandes	individual	Senior Feminino	01:39:44	+01:08:25	09:58
4202	899	Sofia Tavares	fit n farra	Senior Feminino	01:39:46	+01:08:27	09:59

10 KM

OFFICIAL RESULT

Obs

Official Timekeeper: Lap2Go	96 / 98	generate 23-dez.-2025 23:16
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10 KM

OFFICIAL RESULT

BIB	NOTE	NAME	TEAM	CAT
712	DNF	Diogo Silva	DIDA	Senior Masculino
775	DNF	Filipe Coelho	EARO	Veterano M45
879	DNF	Cristina Costa	Feios	Veterana F45
880	DNF	Vitor Feio	Feios	Veterano M50
900	DNF	Susana Gomes	FIT n Farra	Senior Feminino
915	DNF	Pedro Miguel Lemos Ferreira	Fora da Curva	Veterano M45
944	DNF	Augusto Mendes	GAVIÕES	Veterano M55
1016	DNF	Marlene Araujo	Individual	Veterana F45
1211	DNF	ANA COSTA	Uniao Desportiva da Varzea	Senior Feminino
1225	DNF	Ana Gonçalves	Individual	Senior Feminino
1249	DNF	Ana Pinto	Individual	Senior Feminino
1284	DNF	Andreia Carvalho	Individual	Senior Feminino
1329	DNF	Camila Santos	Individual	Senior Feminino
1395	DNF	Cláudia Silva	Individual	Senior Feminino
1486	DNF	Inês Isabel Silva Sousa	Individual	Senior Feminino
1497	DNF	Inês Pinheiro da Costa Oliveira	Individual	Senior Feminino
1522	DNF	Joana Filipa Carneiro Maia	Individual	Senior Feminino
1570	DNF	Leonor Gonçalves	Individual	Senior Feminino
1630	DNF	Maria João Moura Gonçalves	Individual	Senior Feminino
1652	DNF	Mariana Costa	Individual	Senior Feminino
1670	DNF	Mariana Sofia Gomes Ferreira	Individual	Senior Feminino
1710	DNF	Rafaela Castro	Individual	Senior Feminino
1791	DNF	Sónia Raquel Araújo Silva	Individual	Senior Feminino
1808	DNF	Vânia Moraes	Individual	Senior Feminino
2289	DNF	Guilherme Moreira	Individual	Senior Masculino
2300	DNF	Henrique Rafael Ferreira Couto	Individual	Senior Masculino
2401	DNF	João Marques	Individual	Senior Masculino
2464	DNF	João Silva	Individual	Senior Masculino
2742	DNF	Nuno Araújo	Individual	Senior Masculino
2875	DNF	Pedro Silva	Individual	Senior Masculino
3024	DNF	Rui Miguel Areias Ribeiro	Individual	Senior Masculino
3034	DNF	Rui Pedro Monteiro Guedes	Individual	Senior Masculino
3130	DNF	Tiago Maia	Individual	Senior Masculino
3173	DNF	Vasco Barros	Individual	Senior Masculino
3303	DNF	Adelaide Martins	Individual	Veterana F45
3311	DNF	Angélica Amorim	Individual	Veterana F45
3340	DNF	Magda Sequeira	Individual	Veterana F45
3348	DNF	Marina Martins	Individual	Veterana F45
3398	DNF	Maria Denisa Ferreira Martins	Individual	Veterana F50
3406	DNF	Natália Santos	Individual	Veterana F50
3428	DNF	Fátima Fernandes	Individual	Veterana F55
3557	DNF	Luís Miguel Frutuoso Campos	Individual	Veterano M40
3569	DNF	Michel Machado	Individual	Veterano M40
3682	DNF	ANTONIO ALBERTO PIMENTA CASTRO	Individual	Veterano M45
3870	DNF	Agostinho Moura	Individual	Veterano M50
3912	DNF	Joaquim Jorge Pacheco martins	Individual	Veterano M50

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

BIB	NOTE	NAME	TEAM	CAT
3981	DNF	Rui Castro	Individual	Veterano M50
4096	DNF	José mendes	Individual	Veterano M60
4210	DNF	Ana Isabel Monteiro Castro	Malandros Family	Senior Feminino
4212	DNF	João Pedro Gonçalves Cunha	Malandros Family	Senior Masculino
4227	DNF	Paulo Vieira	Mancos, aleijados, miúdas giras e o Helder	Senior Masculino
4290	DNF	Jorge Ricardo dos Santos Pereira	Moldamirco	Veterano M40
4307	DNF	Lídia Ferreira	NEVES	Senior Feminino
4336	DNF	Pedro Regueiras	Núcleo de Atletismo das Taipas	Veterano M45
4375	DNF	Margarida Maria Marques Abreu	ONE MORE PERSONAL TRAINING	Senior Feminino
4381	DNF	Miguel Ângelo da Costa Guimarães	ONE MORE PERSONAL TRAINING	Senior Masculino
4401	DNF	Leonel Veloso	Os amadores	Veterano M50
4402	DNF	Mário Silva	Os amadores	Veterano M50
4498	DNF	Pedro Gomes	Porminho	Veterano M50
4529	DNF	Jorge Freitas	Prime Sports Center	Senior Masculino
4536	DNF	Sofia Andrade	Prime Sports Center	Veterana F40
4537	DNF	Ana Sofia Raposo de Abreu	Prime Sports Center	Veterana F45
4538	DNF	Filipa Veloso Campos Ferreira	Prime Sports Center	Veterana F45
4738	DNF	João Paulo Dias Fernandes	Team Gandhi	Senior Masculino
4765	DNF	Goreti Silva	TEMOS PENA	Veterana F60
4784	DNF	Ana Almeida	TroFama Run Squad	Senior Feminino
4788	DNF	Carlos Cardoso	TroFama Run Squad	Senior Masculino
4840	DNF	Carlos Xavier Passos Mesquita	Vieira de Castro	Senior Masculino
4851	DNF	Mónica Patricia Silva Ribeiro	Vieira de Castro	Veterana F40
4854	DNF	Beatriz Borges Matos Pereira	Vieira de Castro	Veterana F45
4858	DNF	Isabel Cristina Ferreira	Vieira de Castro	Veterana F45
4859	DNF	Maria de Lurdes Vidal Silva	Vieira de Castro	Veterana F45
4860	DNF	Maria José Carvalho	Vieira de Castro	Veterana F45
4864	DNF	Clarinda Pereira Carvalho	Vieira de Castro	Veterana F50
4871	DNF	Teresa Maria Pinto	Vieira de Castro	Veterana F50
4873	DNF	Maria Alcina Vidal Silva	Vieira de Castro	Veterana F55
4875	DNF	Esmeralda Silva Ferreira	Vieira de Castro	Veterana F60
4909	DNF	Andreia Rodrigues Oliveira	XuXa Pitos	Senior Feminino
4910	DNF	Diana Rita Marques Pinto	XuXa Pitos	Senior Feminino
4911	DNF	Joana Carina Freitas Coimbra	XuXa Pitos	Senior Feminino
4913	DNF	Rita Sá Ribeiro	XuXa Pitos	Senior Feminino
4922	DNF	João Fernando Silva Louro	CMF	Senior Masculino
4943	DNF	Jose Gonçalo Lima	Individual	Senior Masculino
4949	DNF	JORGE MANUEL DE SÁ RIBEIRO	Individual	Veterano M50
4966	DNF	Lara Beatriz Barbosa	GYMSTAR	Senior Feminino
4973	DNF	Bruno Teixeira	Runningdolls acura team	Veterano M40

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	21:30	8,5°C	88%
End	23:10	8.5°C	86%

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

1	800	Alice Oliveira	ADRAP	Senior Feminino	36:05	+04:46	03:37
2	730	Andreia Sofia Moreira da Cunha	Dragon club	Senior Feminino	38:18	+07:00	03:50
3	8	Mariana Machado	AMVE - ASSOCIAÇÃO MOINHOS DE VERMOIM	Senior Feminino	39:40	+08:22	03:58
4	1569	Leonor Freitas	Individual	Senior Feminino	41:51	+10:32	04:11
5	487	Gabriela Martins	CMFamalicão	Senior Feminino	42:25	+11:06	04:15
6	4957	Tânia Silva	Liberdade FC	Senior Feminino	44:03	+12:44	04:24
7	1410	Daniela Filipa Canedo Nogueira	Individual	Senior Feminino	44:39	+13:20	04:28
8	1737	Rita Rodrigues	Individual	Senior Feminino	45:16	+13:58	04:32
9	1055	Andreia Costa	GYMSTAR	Senior Feminino	45:30	+14:11	04:33
10	759	Ana Fernandes	EARO	Senior Feminino	45:58	+14:39	04:36
11	4730	Cláudia Soares	Team 2Run	Senior Feminino	46:13	+14:54	04:37
12	7	Ana Azevedo	AMVE - ASSOCIAÇÃO MOINHOS DE VERMOIM	Senior Feminino	46:21	+15:02	04:38
13	731	Liliana Silva	Dragon club	Senior Feminino	46:24	+15:05	04:38
14	1669	Mariana Silva	Individual	Senior Feminino	46:49	+15:30	04:41
15	467	JOANA MIRANDA OLIVEIRA	Clube Millennium BCP	Senior Feminino	46:52	+15:34	04:41
16	98	Leandra Pereira	Active Running	Senior Feminino	47:00	+15:41	04:42
17	53	Sandra Castro	365 running project	Senior Feminino	47:00	+15:41	04:42
18	1813	Vera Silva	Individual	Senior Feminino	47:13	+15:55	04:43
19	4935	Ana Gil Abreu Marques	Individual	Senior Feminino	47:29	+16:10	04:45
20	803	Gabriela Ferreira dos Santos Gaspar	Eugenios	Senior Feminino	47:41	+16:22	04:46
21	4620	Joana Gomes	Runners Mermões	Senior Feminino	48:06	+16:47	04:49
22	1209	Ana Catarina Oliveira	Individual	Senior Feminino	48:22	+17:04	04:50
23	961	Rita Sousa	GD Natação Famalicão	Senior Feminino	48:29	+17:11	04:51
24	175	Diana Filipa Cerqueira Rocha	Alfa Estúdio	Senior Feminino	48:36	+17:17	04:52
25	486	Daniela Cruz	CMFamalicão	Senior Feminino	48:42	+17:24	04:52
26	1722	Rita Alves	Individual	Senior Feminino	48:56	+17:38	04:54
27	760	Joana Azevedo	EARO	Senior Feminino	49:07	+17:49	04:55
28	4199	Cláudia Filipa Gomes da Costa	LS Bike Team	Senior Feminino	49:08	+17:49	04:55
29	204	Vera Pinheiro	AMVE - ASSOCIAÇÃO MOINHOS DE VERMOIM	Senior Feminino	49:28	+18:09	04:57
30	489	Joana Carvalho	CMFamalicão	Senior Feminino	49:28	+18:09	04:57
31	4627	Carla Costa	RUNNING ESPINHO	Senior Feminino	49:33	+18:14	04:57
32	224	Sofia Merelim	ARC Vale S. Cosme	Senior Feminino	49:34	+18:16	04:57
33	1402	Cristina Faria	Individual	Senior Feminino	49:47	+18:28	04:59
34	1288	Andreia Francisca Lopes de Sousa	Individual	Senior Feminino	50:11	+18:53	05:01
35	676	Daniela Bezerra	CREDITHORA - INTERMEDIÁRIOS DE CRÉDITO	Senior Feminino	50:14	+18:56	05:01
36	1681	Marta lemos	Individual	Senior Feminino	50:20	+19:01	05:02
37	28	Ana Isabel Pereira Silva	247 Culture	Senior Feminino	50:23	+19:05	05:02

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Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

38	1504	Isabela Silva Gonzaga	Individual	Senior Feminino	50:27	+19:08	05:03
39	4613	Beatriz Freitas	Runçados	Senior Feminino	50:33	+19:14	05:03
40	1805	Vanessa Sousa	Individual	Senior Feminino	50:39	+19:20	05:04
41	1540	Joana Pereira	Individual	Senior Feminino	51:04	+19:45	05:06
42	1437	Eduarda Alves Machado	Individual	Senior Feminino	51:05	+19:46	05:07
43	219	Elisabete castro	ARC Vale S. Cosme	Senior Feminino	51:17	+19:58	05:08
44	1304	Beatriz Carvalho	Individual	Senior Feminino	51:25	+20:06	05:09
45	714	Clara Costa	Dive into the Mountains	Senior Feminino	51:25	+20:06	05:09
46	1624	Maria João	Individual	Senior Feminino	51:34	+20:15	05:09
47	968	Sara Oliveira	Individual	Senior Feminino	51:35	+20:16	05:10
48	4518	Catarina Silva	Primas	Senior Feminino	51:36	+20:17	05:10
49	1677	Marta Barroso	Individual	Senior Feminino	51:39	+20:20	05:10
50	220	Helena Catarina Ribeiro	ARC Vale S. Cosme	Senior Feminino	51:55	+20:36	05:12
51	54	Sara Machado	365 running project	Senior Feminino	51:55	+20:37	05:12
52	1607	Margarida Leite Ferreira	Individual	Senior Feminino	51:58	+20:39	05:12
53	677	Marisa Ferreira	CREDITHORA - INTERMEDIÁRIOS DE CRÉDITO	Senior Feminino	52:02	+20:44	05:12
54	1280	Anabela Pereira	Individual	Senior Feminino	52:09	+20:51	05:13
55	1492	Inês Morais da Costa	Individual	Senior Feminino	52:10	+20:51	05:13
56	1790	Sónia Ramos	Individual	Senior Feminino	52:15	+20:56	05:14
57	1766	Sílvia Almeida	Individual	Senior Feminino	52:22	+21:04	05:14
58	1720	Renata Endres Dalmolin	Individual	Senior Feminino	52:24	+21:06	05:14
59	4980	Mariana Machado Carvalho	S.C.BRAGA	Senior Feminino	52:26	+21:08	05:15
60	1493	Inês Oliveira Silva	Individual	Senior Feminino	52:33	+21:14	05:15
61	4424	Patrícia Lima	Os senis	Senior Feminino	52:34	+21:16	05:15
62	286	Filipa Ferreira	Aves Runners	Senior Feminino	52:39	+21:21	05:16
63	1780	Sofia Mesquita	Individual	Senior Feminino	52:51	+21:32	05:17
64	1614	Maria Carolina Cunha	Individual	Senior Feminino	52:56	+21:37	05:18
65	1582	Lúcia Garcez	Individual	Senior Feminino	52:58	+21:39	05:18
66	1412	Daniela Maria Fernandes Faria	Individual	Senior Feminino	52:59	+21:41	05:18
67	1702	Patrícia Correia	Individual	Senior Feminino	53:01	+21:42	05:18
68	674	Carina Matos	CREDITHORA - INTERMEDIÁRIOS DE CRÉDITO	Senior Feminino	53:02	+21:43	05:18
69	732	Vânia Campos	Dragon club	Senior Feminino	53:07	+21:49	05:19
70	1579	Linda Cunha	Individual	Senior Feminino	53:15	+21:56	05:20
71	1198	ana carolina	Individual	Senior Feminino	53:16	+21:58	05:20
72	227	Vânia Mendes	ARC Vale S. Cosme	Senior Feminino	53:19	+22:01	05:20
73	221	Isabel Ribeiro	ARC Vale S. Cosme	Senior Feminino	53:20	+22:02	05:20
74	1817	Virgínia Barbosa	Individual	Senior Feminino	53:34	+22:16	05:21
75	99	Mariana Araújo	Active Running	Senior Feminino	53:39	+22:20	05:22
76	1635	Maria Medon	Individual	Senior Feminino	53:39	+22:21	05:22
77	1568	Leonor Carvalho	Individual	Senior Feminino	53:41	+22:22	05:22
78	431	Alexandra Mouta	Bufas	Senior Feminino	53:52	+22:33	05:23
79	124	Cátia Correia	AD Nós Acreditamos	Senior Feminino	54:01	+22:42	05:24
80	1233	Ana Lopes	Individual	Senior Feminino	54:06	+22:47	05:25
81	1528	Joana Gonçalves	Individual	Senior Feminino	54:09	+22:50	05:25
82	1062	Ercília Lapo	GYMSTAR	Senior Feminino	54:32	+23:14	05:27

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Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

83	1414	Daniela Monteiro	Individual	Senior Feminino	54:41	+23:22	05:28
84	1515	Jéssica Silva	Individual	Senior Feminino	54:43	+23:24	05:28
85	1417	Daniela Novais	Individual	Senior Feminino	54:46	+23:27	05:29
86	51	Paula Barbosa	365 running project	Senior Feminino	54:52	+23:33	05:29
87	1216	Ana Falcão	Individual	Senior Feminino	54:54	+23:35	05:29
88	1469	Francisca Simoes	Individual	Senior Feminino	55:12	+23:53	05:31
89	1080	Sandra Moreira	GYMSTAR	Senior Feminino	55:16	+23:57	05:32
90	1445	Elsa Ribeiro	Individual	Senior Feminino	55:18	+24:00	05:32
91	1203	Ana Catarina	Individual	Senior Feminino	55:24	+24:05	05:32
92	1684	Marta Raquel Alves Oliveira	Individual	Senior Feminino	55:26	+24:08	05:33
93	1221	Ana Filipa Noivo	Individual	Senior Feminino	55:28	+24:09	05:33
94	1076	Patrick Campelo de Sousa	GYMSTAR	Senior Feminino	55:41	+24:22	05:34
95	52	Rita Cruz	365 running project	Senior Feminino	55:45	+24:26	05:35
96	911	LEONOR PEREIRA	Fora da Curva	Senior Feminino	55:45	+24:26	05:35
97	1584	Luciana Gonçalves Bica de Sousa	Individual	Senior Feminino	55:48	+24:29	05:35
98	1384	Cláudia Carvalho	Individual	Senior Feminino	56:08	+24:49	05:37
99	1623	Maria Inês Moreira	Individual	Senior Feminino	56:29	+25:10	05:39
100	1323	Bruna Martins	Individual	Senior Feminino	56:29	+25:11	05:39
101	1505	Isadora Padovani Garcia	Individual	Senior Feminino	56:31	+25:13	05:39
102	1442	Elisabete Alves	Individual	Senior Feminino	56:38	+25:19	05:40
103	4572	Dulce Fernandes	Rep&Refresh	Senior Feminino	56:38	+25:19	05:40
104	1621	Maria Gonçalves	Individual	Senior Feminino	56:43	+25:24	05:40
105	4953	Filipa Fernandes	Liberdade FC	Senior Feminino	56:48	+25:29	05:41
106	1436	Edna Marinheiro Espírito Santo Oliveira	Individual	Senior Feminino	56:51	+25:32	05:41
107	32	Filipa Alves	247 Culture	Senior Feminino	56:52	+25:33	05:41
108	1502	Isabel Oliveira	Individual	Senior Feminino	56:53	+25:34	05:41
109	1352	Catarina Fernandes	Individual	Senior Feminino	56:54	+25:35	05:41
110	1701	Patrícia Carneiro	Individual	Senior Feminino	56:57	+25:38	05:42
111	1278	Anabela cortez	Individual	Senior Feminino	57:00	+25:41	05:42
112	1699	Patrícia Alexandra Alves Couto de Abreu	Individual	Senior Feminino	57:00	+25:41	05:42
113	2651	Márcia Alexandra Campos Lopes	Individual	Senior Feminino	57:03	+25:44	05:42
114	79	Liliana Alexandra Pinto da Silva	A última do ano	Senior Feminino	57:03	+25:45	05:42
115	976	Ana Rita Ferreira Pinto	Individual	Senior Feminino	57:05	+25:46	05:43
116	1659	Mariana Lopes	Individual	Senior Feminino	57:14	+25:56	05:43
117	1354	Catarina Ferreira	Individual	Senior Feminino	57:15	+25:56	05:44
118	1498	Inês Pontes	Individual	Senior Feminino	57:15	+25:56	05:44
119	1636	Maria Pereira	Individual	Senior Feminino	57:21	+26:02	05:44
120	1479	Inês Almeida	Individual	Senior Feminino	57:25	+26:07	05:45
121	1277	Ana Teresa Azevedo Oliveira	Individual	Senior Feminino	57:35	+26:16	05:46
122	1053	Ana Santos	GYMSTAR	Senior Feminino	57:36	+26:18	05:46
123	4185	Sofia Costa	La Galigne Sedentaire	Senior Feminino	57:38	+26:19	05:46
124	1759	Sara Duarte	Individual	Senior Feminino	57:39	+26:21	05:46
125	1059	Cecília Cunha	GYMSTAR	Senior Feminino	57:41	+26:22	05:46
126	1772	Sofia Carvalho	Individual	Senior Feminino	57:46	+26:27	05:47
127	1534	Joana Mesquita	Individual	Senior Feminino	57:51	+26:32	05:47
128	30	Carina Neiva	247 Culture	Senior Feminino	57:55	+26:37	05:48

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Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

129	1575	Liliana Almeida Santos	Individual	Senior Feminino	57:58	+26:39	05:48
130	835	Diana Silva	EXERCISE4YOU	Senior Feminino	57:58	+26:40	05:48
131	1293	Andreia Silva	Individual	Senior Feminino	58:00	+26:41	05:48
132	4657	Sónia Santos	SHARING IS CARING	Senior Feminino	58:02	+26:43	05:48
133	4640	Helena Machado	SCOOT Recuperação/Aldi Running Clube	Senior Feminino	58:02	+26:43	05:48
134	332	Teresa Ferreira	BBG RUNNERS BY BBOX&GYM	Senior Feminino	58:03	+26:44	05:48
135	1789	Sónia Matos	Individual	Senior Feminino	58:04	+26:45	05:48
136	1627	Maria João Barbosa Pimenta	Individual	Senior Feminino	58:13	+26:54	05:49
137	1358	Catarina Gonçalves	Individual	Senior Feminino	58:21	+27:03	05:50
138	1335	Carla Oliveira	Individual	Senior Feminino	58:25	+27:06	05:51
139	1577	Liliana Ferreira	Individual	Senior Feminino	58:28	+27:09	05:51
140	720	Bruna Carneiro	DM PRO TRAINING	Senior Feminino	58:28	+27:09	05:51
141	805	Soraia Daniela Coelho Rocha	Eugenios	Senior Feminino	58:30	+27:11	05:51
142	1244	Ana Marinho	Individual	Senior Feminino	58:30	+27:12	05:51
143	866	Catarina Lourenço	Família Araújo	Senior Feminino	58:31	+27:12	05:51
144	1451	Fernanda do Céu Azevedo Rodrigues	Individual	Senior Feminino	58:31	+27:13	05:51
145	1566	Laura Silva	Individual	Senior Feminino	58:32	+27:13	05:51
146	411	Mariana Freitas	Box 180	Senior Feminino	58:32	+27:13	05:51
147	409	Francisca Ferreira	Box 180	Senior Feminino	58:33	+27:14	05:51
148	1585	Luísa Novais	Individual	Senior Feminino	58:35	+27:17	05:52
149	836	Elisabete Moreira	EXERCISE4YOU	Senior Feminino	58:36	+27:17	05:52
150	837	Isabel Magalhães	EXERCISE4YOU	Senior Feminino	58:36	+27:18	05:52
151	1606	Margarida Jesus	Individual	Senior Feminino	58:36	+27:18	05:52
152	1755	Sara Brandão Lopes	Individual	Senior Feminino	58:46	+27:27	05:53
153	1181	Adriana Isabel Pereira de Sousa	Individual	Senior Feminino	58:47	+27:28	05:53
154	1224	Ana Gabriela Gonçalves	Individual	Senior Feminino	58:48	+27:29	05:53
155	1496	Ines Paredes	Individual	Senior Feminino	58:48	+27:30	05:53
156	1785	Sofia Rebelo	Individual	Senior Feminino	58:49	+27:30	05:53
157	1462	Francisca Coelho	Individual	Senior Feminino	58:49	+27:30	05:53
158	713	Catarina Duarte	Dive into the Mountains	Senior Feminino	58:51	+27:32	05:53
159	1595	Manuela Novais	Individual	Senior Feminino	58:52	+27:34	05:53
160	1586	Luísa Pires da Cruz	Individual	Senior Feminino	58:56	+27:37	05:54
161	1371	Catarina Silva	Individual	Senior Feminino	58:56	+27:37	05:54
162	1464	Francisca Fernandes	Individual	Senior Feminino	58:58	+27:39	05:54
163	4304	Rita Rocha	Neurónio Comum	Senior Feminino	58:59	+27:40	05:54
164	29	Ana Rita Marques Sousa	247 Culture	Senior Feminino	59:00	+27:41	05:54
165	1056	Ângela Filipa P. Carvalho	GYMSTAR	Senior Feminino	59:04	+27:46	05:54
166	1665	Mariana Pinto	Individual	Senior Feminino	59:07	+27:48	05:55
167	4802	Juliana Silva	TURBULENTOS	Senior Feminino	59:12	+27:54	05:55
168	1668	Mariana Silva	Individual	Senior Feminino	59:26	+28:07	05:57
169	1513	Jéssica Ferreira	Individual	Senior Feminino	59:29	+28:10	05:57
170	316	Maria Ribeiro	Barbatana Trail Team	Senior Feminino	59:34	+28:16	05:57
171	1689	Matilde Vieira	Individual	Senior Feminino	59:35	+28:16	05:58
172	4139	Joana Claro	JP STUDIO	Senior Feminino	59:38	+28:19	05:58
173	382	Clarisse Pacheco	Blanc, rouge ou rosé	Senior Feminino	59:39	+28:21	05:58
174	1819	Vitória Gil	Individual	Senior Feminino	59:42	+28:23	05:58

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Prova Principal

10 KM

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OFFICIAL RESULT

[illegible]

175	1339	Carolina Albuquerque	Individual	Senior Feminino	59:43	+28:24	05:58
176	1295	Ângela Fraga	Individual	Senior Feminino	59:45	+28:26	05:59
177	1200	Ana Castilho	Individual	Senior Feminino	59:46	+28:27	05:59
178	4472	Eliana Ceita	Porminho	Senior Feminino	59:48	+28:30	05:59
179	494	Mariana Ribeiro	CMFamalicão	Senior Feminino	59:53	+28:34	05:59
180	479	Ângela Santos	CMFamalicão	Senior Feminino	59:57	+28:38	06:00
181	1031	Sara Silva	Grupo Desportivo de Covelas	Senior Feminino	59:59	+28:40	06:00
182	1261	Ana Rita Oliveira	Individual	Senior Feminino	01:00:00	+28:42	06:00
183	1715	Raquel Fonseca	Individual	Senior Feminino	01:00:03	+28:44	06:00
184	1378	Cátia Oliveira	Individual	Senior Feminino	01:00:05	+28:46	06:01
185	4638	Ana Sofia Salgado	SCOOT Recuperação/Aldi Running Clube	Senior Feminino	01:00:05	+28:47	06:01
186	1353	Catarina Ferreira	Individual	Senior Feminino	01:00:06	+28:47	06:01
187	4408	Marta Silva	OS BRAVOS DOS TRILHOS	Senior Feminino	01:00:10	+28:51	06:01
188	31	Elisabete Jesus	247 Culture	Senior Feminino	01:00:11	+28:52	06:01
189	1628	Maria João Gomes	Individual	Senior Feminino	01:00:14	+28:55	06:01
190	1573	Lidya Luísa Marques Crisóstomo	Individual	Senior Feminino	01:00:18	+28:59	06:02
191	1033	Cristina Costa	Grupo Jorge Oculista	Senior Feminino	01:00:19	+29:00	06:02
192	4952	Daniela Costa	Liberdade FC	Senior Feminino	01:00:20	+29:01	06:02
193	1052	Ana Filipa Silva Martins	GYMSTAR	Senior Feminino	01:00:22	+29:03	06:02
194	1781	Sofia Oliveira	Individual	Senior Feminino	01:00:23	+29:04	06:02
195	1172	Sara Costa	IMPACT KORPUS	Senior Feminino	01:00:23	+29:04	06:02
196	4628	Dulce Ferreira	RUNNING ESPINHO	Senior Feminino	01:00:31	+29:12	06:03
197	1074	Nídia Marques	GYMSTAR	Senior Feminino	01:00:33	+29:14	06:03
198	441	Bárbara Félix	Café con Ron	Senior Feminino	01:00:36	+29:17	06:04
199	1485	Inês Ferreira	Individual	Senior Feminino	01:00:36	+29:17	06:04
200	442	Cristiana Machado	Café con Ron	Senior Feminino	01:00:36	+29:17	06:04
201	4917	Ana Isabel Costa Ferreira	CMF	Senior Feminino	01:00:37	+29:19	06:04
202	1413	Daniela Marques	Individual	Senior Feminino	01:00:39	+29:20	06:04
203	4370	Beatriz Alves Azevedo	ONE MORE PERSONAL TRAINING	Senior Feminino	01:00:39	+29:20	06:04
204	1306	Beatriz Costa	Individual	Senior Feminino	01:00:40	+29:21	06:04
205	4442	Lara Sousa	Pernas em crise	Senior Feminino	01:00:42	+29:24	06:04
206	1034	Rita Ribeiro	Grupo Jorge Oculista	Senior Feminino	01:00:44	+29:26	06:04
207	1796	Tânia Araújo	Individual	Senior Feminino	01:00:47	+29:28	06:05
208	1651	Mariana Costa	Individual	Senior Feminino	01:00:48	+29:30	06:05
209	1620	Maria Gomes	Individual	Senior Feminino	01:00:50	+29:31	06:05
210	1467	Francisca Oliveira Guimarães Silva	Individual	Senior Feminino	01:00:50	+29:31	06:05
211	1814	Verónica Carneiro	Individual	Senior Feminino	01:00:50	+29:32	06:05
212	280	Carina Oliveira	Associação Desportiva Mont blue team	Senior Feminino	01:00:50	+29:32	06:05
213	1484	Inês Ferreira	Individual	Senior Feminino	01:00:51	+29:32	06:05
214	4912	Mafalda de Castro Ferreira	XuXa Pitos	Senior Feminino	01:00:54	+29:35	06:05
215	4908	Ana Catarina Martins Silva	XuXa Pitos	Senior Feminino	01:00:55	+29:36	06:06
216	1664	Mariana Peixoto Araújo	Individual	Senior Feminino	01:00:56	+29:37	06:06
217	4671	Joana Monteiro Antunes	SmartFit	Senior Feminino	01:00:57	+29:38	06:06
218	1612	Maria Beatriz Pinto Martins	Individual	Senior Feminino	01:01:00	+29:41	06:06

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Prova Principal

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219	1605	Margarida Gomes Coelho	Individual	Senior Feminino	01:01:02	+29:44	06:06
220	1673	Marília Cruz	Individual	Senior Feminino	01:01:06	+29:47	06:07
221	1236	Ana Luísa Lopes Costa	Individual	Senior Feminino	01:01:07	+29:48	06:07
222	4806	Sara Martins	Twins Martins	Senior Feminino	01:01:09	+29:50	06:07
223	855	Mariana Amaral	FAMA MINDS	Senior Feminino	01:01:17	+29:58	06:08
224	4241	Leonor Meneses	Migas	Senior Feminino	01:01:17	+29:58	06:08
225	1719	Raquel Vilaça	Individual	Senior Feminino	01:01:18	+30:00	06:08
226	1459	Florinda Silva	Individual	Senior Feminino	01:01:19	+30:00	06:08
227	1629	Maria João Mendonça	Individual	Senior Feminino	01:01:19	+30:00	06:08
228	4443	Mariana Campos	Pernas em crise	Senior Feminino	01:01:20	+30:02	06:08
229	4950	Carmen Dias	Liberdade FC	Senior Feminino	01:01:21	+30:02	06:08
230	1714	Raquel Baptista	Individual	Senior Feminino	01:01:27	+30:09	06:09
231	1525	Joana Fonseca	Individual	Senior Feminino	01:01:28	+30:10	06:09
232	4140	Maria Silva	JP STUDIO	Senior Feminino	01:01:29	+30:10	06:09
233	1199	Ana Carolina Feminino Alves	Individual	Senior Feminino	01:01:29	+30:11	06:09
234	1388	Cláudia Leite	Individual	Senior Feminino	01:01:32	+30:13	06:09
235	905	Sofia Ferreira	Flores de estufa	Senior Feminino	01:01:32	+30:14	06:09
236	904	Inês Ferreira	Flores de estufa	Senior Feminino	01:01:33	+30:14	06:09
237	1481	Inês Azevedo	Individual	Senior Feminino	01:01:33	+30:15	06:09
238	1054	Ana Santos	GYMSTAR	Senior Feminino	01:01:34	+30:15	06:09
239	1482	Inês Azevedo	Individual	Senior Feminino	01:01:36	+30:17	06:10
240	1598	Márcia Barroso	Individual	Senior Feminino	01:01:36	+30:17	06:10
241	1686	Marta Soares	Individual	Senior Feminino	01:01:41	+30:22	06:10
242	1539	Joana Pacheco	Individual	Senior Feminino	01:01:41	+30:22	06:10
243	1786	Sofia Teixeira	Individual	Senior Feminino	01:01:42	+30:23	06:10
244	4719	Inês Pereira Araújo	Tartaruga	Senior Feminino	01:01:44	+30:25	06:10
245	1456	Filipa Silva	Individual	Senior Feminino	01:01:45	+30:26	06:11
246	216	Aline D'Ávila	ARC Vale S. Cosme	Senior Feminino	01:01:47	+30:28	06:11
247	1613	Maria Carneiro	Individual	Senior Feminino	01:01:48	+30:29	06:11
248	4672	Mafalda Oliveira	SmartFit	Senior Feminino	01:01:49	+30:30	06:11
249	1289	Andreia Luisa Rodrigues	Individual	Senior Feminino	01:01:51	+30:32	06:11
250	1423	Diana Barroso	Individual	Senior Feminino	01:01:56	+30:37	06:12
251	4243	Mariana Gonçalves	Migas	Senior Feminino	01:01:57	+30:38	06:12
252	482	Bruna Ribeiro	CMFamalicão	Senior Feminino	01:01:57	+30:39	06:12
253	1273	Ana Sousa	Individual	Senior Feminino	01:01:57	+30:39	06:12
254	163	Olívia Fernandes	Alexandra Carvalho Team	Senior Feminino	01:01:58	+30:39	06:12
255	1734	Rita Novais	Individual	Senior Feminino	01:01:59	+30:40	06:12
256	1642	Maria Silva Barros	Individual	Senior Feminino	01:01:59	+30:40	06:12
257	1499	Inês Teixeira	Individual	Senior Feminino	01:02:00	+30:41	06:12
258	4138	Cristiana Costa	JP STUDIO	Senior Feminino	01:02:02	+30:43	06:12
259	4612	Ana Marques	Runçados	Senior Feminino	01:02:02	+30:43	06:12
260	1161	Patricia Abreu	HB - Centro de Treino	Senior Feminino	01:02:02	+30:44	06:12
261	4626	Anabela Pinto	RUNNING ESPINHO	Senior Feminino	01:02:06	+30:47	06:13
262	222	Joana Ribeiro	ARC Vale S. Cosme	Senior Feminino	01:02:12	+30:53	06:13
263	1332	Carla Manuela Martins Gonçalves	Individual	Senior Feminino	01:02:12	+30:53	06:13
264	4639	Catarina Silva	SCOOT Recuperação/Aldi Running Clube	Senior Feminino	01:02:14	+30:56	06:13

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265	1182	Adriana Loureiro	Individual	Senior Feminino	01:02:15	+30:56	06:14
266	4762	Ana Isabel Santos	Team Turco Running	Senior Feminino	01:02:16	+30:58	06:14
267	965	Maria Silva	Ginásio Status	Senior Feminino	01:02:20	+31:01	06:14
268	1775	Sofia Coutinho	Individual	Senior Feminino	01:02:23	+31:04	06:14
269	1679	Marta Fernandes	Individual	Senior Feminino	01:02:30	+31:11	06:15
270	1217	Ana Fernandes	Individual	Senior Feminino	01:02:32	+31:13	06:15
271	1752	Sara Arrotêa	Individual	Senior Feminino	01:02:36	+31:18	06:16
272	1297	Babi Ferreira	Individual	Senior Feminino	01:02:41	+31:22	06:16
273	1264	Ana Rita Sequeira Cortinhas	Individual	Senior Feminino	01:02:41	+31:23	06:16
274	1774	Sofia Cortinhas	Individual	Senior Feminino	01:02:42	+31:23	06:16
275	1680	Marta Francisca Costa Antunes	Individual	Senior Feminino	01:02:42	+31:23	06:16
276	1450	Fátima Dias	Individual	Senior Feminino	01:02:44	+31:25	06:16
277	1468	Francisca Santos Lopes	Individual	Senior Feminino	01:02:44	+31:26	06:17
278	1489	Inês Machado	Individual	Senior Feminino	01:02:54	+31:35	06:17
279	1543	Joana Rasteiro	Individual	Senior Feminino	01:02:55	+31:36	06:18
280	1820	Wendy Baron	Individual	Senior Feminino	01:02:55	+31:36	06:18
281	1219	Ana Filipa Azevedo Magalhães	Individual	Senior Feminino	01:02:56	+31:37	06:18
282	285	Ana Castro	Aves Runners	Senior Feminino	01:02:56	+31:37	06:18
283	969	Rute Dantas	Ginásio Status	Senior Feminino	01:02:56	+31:37	06:18
284	1370	Catarina Ribeiro	Individual	Senior Feminino	01:02:57	+31:38	06:18
285	4669	Beatriz Lucas	SmartFit	Senior Feminino	01:02:57	+31:39	06:18
286	1320	Bruna Alexandra Simões Oliveira	Individual	Senior Feminino	01:02:58	+31:39	06:18
287	1471	Gabriela Cardoso	Individual	Senior Feminino	01:02:58	+31:39	06:18
288	1311	Beatriz Isabel Silva Sousa	Individual	Senior Feminino	01:02:58	+31:40	06:18
289	4158	Lídia Daniela Lemos Ribeiro	JUDO ARCAP E AFINS	Senior Feminino	01:03:04	+31:45	06:18
290	1550	Juliana Dias	Individual	Senior Feminino	01:03:09	+31:50	06:19
291	1259	Ana Rita Ferreira Machado	Individual	Senior Feminino	01:03:09	+31:51	06:19
292	1191	Alice Oliveira	Individual	Senior Feminino	01:03:18	+31:59	06:20
293	992	Filipa Roldao	Individual	Senior Feminino	01:03:18	+31:59	06:20
294	1527	Joana Gomes	Individual	Senior Feminino	01:03:23	+32:05	06:20
295	4656	Filipa Simões	SHARING IS CARING	Senior Feminino	01:03:33	+32:14	06:21
296	4658	Tânia Figueiredo	SHARING IS CARING	Senior Feminino	01:03:33	+32:14	06:21
297	1431	Diana Oliveira	Individual	Senior Feminino	01:03:35	+32:16	06:22
298	1694	Natália Castro	Individual	Senior Feminino	01:03:38	+32:19	06:22
299	1488	Inês Machado	Individual	Senior Feminino	01:03:39	+32:21	06:22
300	1650	Mariana Costa	Individual	Senior Feminino	01:03:43	+32:24	06:22
301	1500	Isa Ferraz	Individual	Senior Feminino	01:03:44	+32:25	06:22
302	1312	Beatriz Moreira	Individual	Senior Feminino	01:03:48	+32:29	06:23
303	4373	Filipa João Carvalho Silva	ONE MORE PERSONAL TRAINING	Senior Feminino	01:03:52	+32:33	06:23
304	1363	Catarina Maria Veloso Martins	Individual	Senior Feminino	01:03:55	+32:36	06:24
305	4838	Rita Peixoto	Vieira de Castro	Senior Feminino	01:03:55	+32:36	06:24
306	1403	Cristina Gomes da Costa	Individual	Senior Feminino	01:03:59	+32:40	06:24
307	1187	Alexandra Araújo	Individual	Senior Feminino	01:04:02	+32:44	06:24
308	4224	Eduarda Fernandes	Mancos, aleijados, miúdas giras e o Helder	Senior Feminino	01:04:04	+32:45	06:24
309	1674	Mariline Pereira	Individual	Senior Feminino	01:04:06	+32:47	06:25

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310	1741	Rita Sousa	Individual	Senior Feminino	01:04:09	+32:50	06:25
311	1634	Maria Marques	Individual	Senior Feminino	01:04:12	+32:53	06:25
312	4447	Ana Ferreira	Pés Velozes	Senior Feminino	01:04:12	+32:53	06:25
313	4717	Luciana Rodrigues	T3Primos	Senior Feminino	01:04:12	+32:53	06:25
314	1521	Joana Ferreira	Individual	Senior Feminino	01:04:13	+32:54	06:25
315	1639	Maria Santos	Individual	Senior Feminino	01:04:15	+32:56	06:26
316	1465	Francisca Freitas	Individual	Senior Feminino	01:04:16	+32:58	06:26
317	4716	Lara Carvalho	T3Primos	Senior Feminino	01:04:16	+32:58	06:26
318	1365	Catarina Martins	Individual	Senior Feminino	01:04:18	+32:59	06:26
319	1282	Andreia Araújo	Individual	Senior Feminino	01:04:18	+33:00	06:26
320	1557	JULIE RODRIGUES	Individual	Senior Feminino	01:04:20	+33:01	06:26
321	4955	Sandra Fernandes	Liberdade FC	Senior Feminino	01:04:26	+33:07	06:27
322	1821	Xana Martins	Individual	Senior Feminino	01:04:29	+33:10	06:27
323	1252	Ana Raquel da Silva Fernandes	Individual	Senior Feminino	01:04:30	+33:11	06:27
324	1487	Inês Leitão	Individual	Senior Feminino	01:04:33	+33:14	06:27
325	1357	Catarina Gomes Coelho	Individual	Senior Feminino	01:04:34	+33:15	06:27
326	4235	Mariana Malva	Mariana Malva	Senior Feminino	01:04:35	+33:16	06:28
327	4236	Sofia Machado	Mariana Malva	Senior Feminino	01:04:35	+33:17	06:28
328	1483	Ines Carvalho	Individual	Senior Feminino	01:04:36	+33:17	06:28
329	369	Leonor Pacheco	BIBA MAIS	Senior Feminino	01:04:40	+33:22	06:28
330	4135	Ana Gonçalves	JP STUDIO	Senior Feminino	01:04:41	+33:23	06:28
331	1237	Ana Luísa Rodrigues Ferreira	Individual	Senior Feminino	01:04:46	+33:27	06:29
332	173	Ana da Conceição Gomes Castro	Alfa Estúdio	Senior Feminino	01:04:48	+33:29	06:29
333	683	Sara Ferreira	Cruise Car Runners	Senior Feminino	01:04:49	+33:30	06:29
334	1331	Carina Martins	Individual	Senior Feminino	01:04:51	+33:32	06:29
335	1218	Ana Fernandes	Individual	Senior Feminino	01:04:52	+33:33	06:29
336	1600	Marcia Oliveira	Individual	Senior Feminino	01:04:52	+33:33	06:29
337	1383	Clara Ferreira	Individual	Senior Feminino	01:04:52	+33:34	06:29
338	1526	Joana Furtado	Individual	Senior Feminino	01:05:00	+33:41	06:30
339	1269	Ana Sofia Martins	Individual	Senior Feminino	01:05:00	+33:41	06:30
340	269	Patricia Ferreira	Art & Craft	Senior Feminino	01:05:02	+33:44	06:30
341	4668	Beatriz Araújo	SmartFit	Senior Feminino	01:05:05	+33:46	06:31
342	4670	Francisca Costa Carneiro	SmartFit	Senior Feminino	01:05:06	+33:47	06:31
343	673	Ana Martins	CREDITHORA - INTERMEDIÁRIOS DE CRÉDITO	Senior Feminino	01:05:07	+33:48	06:31
344	1272	Ana Sofia Silva	Individual	Senior Feminino	01:05:09	+33:50	06:31
345	76	Inês Lopes	A PASSO	Senior Feminino	01:05:16	+33:57	06:32
346	1213	Ana Dias	Individual	Senior Feminino	01:05:16	+33:57	06:32
347	1345	Catarina Araujo	Individual	Senior Feminino	01:05:18	+33:59	06:32
348	1253	Ana Raquel Guimarães	Individual	Senior Feminino	01:05:18	+34:00	06:32
349	1398	Cristiana Mendes	Individual	Senior Feminino	01:05:19	+34:01	06:32
350	383	Tatiana Martins	Blanc, rouge ou rosé	Senior Feminino	01:05:24	+34:05	06:32
351	1542	Joana Raquel Gomes Carvalho	Individual	Senior Feminino	01:05:24	+34:05	06:32
352	1765	Sara Silva	Individual	Senior Feminino	01:05:25	+34:06	06:33
353	483	Camryn Bent	CMFamalicão	Senior Feminino	01:05:27	+34:09	06:33
354	1516	Joana Sampaio	Individual	Senior Feminino	01:05:28	+34:10	06:33
355	1246	Ana Micaela	Individual	Senior Feminino	01:05:28	+34:10	06:33

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356	490	Kirsten Bent	CMFamalição	Senior Feminino	01:05:30	+34:11	06:33
357	1079	Rosana Matos	GYMSTAR	Senior Feminino	01:05:31	+34:12	06:33
358	1751	Sara Araújo Carvalho	Individual	Senior Feminino	01:05:32	+34:13	06:33
359	4690	Sara Costa	SmashRunners	Senior Feminino	01:05:33	+34:14	06:33
360	1753	Sara Azevedo	Individual	Senior Feminino	01:05:34	+34:15	06:33
361	1558	Klaudia Fonseca	Individual	Senior Feminino	01:05:36	+34:18	06:34
362	331	Susana Viegas	BBG RUNNERS BY BBOX&GYM	Senior Feminino	01:05:37	+34:19	06:34
363	1495	Inês Osório Azevedo	Individual	Senior Feminino	01:05:40	+34:21	06:34
364	1731	Rita Leite	Individual	Senior Feminino	01:05:44	+34:25	06:34
365	1713	Rafaela Mesquita	Individual	Senior Feminino	01:05:44	+34:25	06:34
366	1421	Diana Almeida	Individual	Senior Feminino	01:05:44	+34:26	06:35
367	1708	Patrícia Soares	Individual	Senior Feminino	01:05:46	+34:27	06:35
368	1551	Juliana pereira	Individual	Senior Feminino	01:05:46	+34:28	06:35
369	1330	Carina Amaro Sampaio	Individual	Senior Feminino	01:05:48	+34:29	06:35
370	1063	Filipa Cunha	GYMSTAR	Senior Feminino	01:05:48	+34:30	06:35
371	1274	Ana Sousa	Individual	Senior Feminino	01:05:52	+34:33	06:35
372	4137	Clara Azevedo	JP STUDIO	Senior Feminino	01:05:54	+34:36	06:35
373	1548	Josiane Duarte	Individual	Senior Feminino	01:05:55	+34:36	06:36
374	4416	Britta Johansson	Os Gomes	Senior Feminino	01:05:55	+34:36	06:36
375	1420	Daniela Teixeira	Individual	Senior Feminino	01:05:56	+34:37	06:36
376	1418	Daniela Oliveira	Individual	Senior Feminino	01:06:02	+34:44	06:36
377	162	Joana Oliveira	Alexandra Carvalho Team	Senior Feminino	01:06:03	+34:45	06:36
378	1292	Andreia Raquel Neves da Silva	Individual	Senior Feminino	01:06:04	+34:45	06:36
379	1574	Liliana Abreu	Individual	Senior Feminino	01:06:05	+34:47	06:37
380	1391	Claudia machado	Individual	Senior Feminino	01:06:06	+34:47	06:37
381	34	Sara Borges	247 Culture	Senior Feminino	01:06:10	+34:51	06:37
382	4215	Joana da SILVA Ferreira	Manas Ferreira	Senior Feminino	01:06:13	+34:54	06:37
383	4517	Carmo Couto	Primas	Senior Feminino	01:06:14	+34:55	06:37
384	4216	Sara da Silva Ferreira	Manas Ferreira	Senior Feminino	01:06:14	+34:56	06:37
385	1372	Catarina Valente	Individual	Senior Feminino	01:06:17	+34:59	06:38
386	4691	Susana Silva	SmashRunners	Senior Feminino	01:06:19	+35:00	06:38
387	4914	Vânia Raquel Oliveira Rego	XuXa Pitos	Senior Feminino	01:06:19	+35:01	06:38
388	1023	Catarina Moreira Dias	Gonrina Moreirós	Senior Feminino	01:06:20	+35:01	06:38
389	4689	Joana Sousa	SmashRunners	Senior Feminino	01:06:20	+35:01	06:38
390	1742	Rita Tavares Ribeiro	Individual	Senior Feminino	01:06:20	+35:02	06:38
391	1619	Maria Florbela Oliveira Ribeiro	Individual	Senior Feminino	01:06:26	+35:07	06:39
392	4618	Inês Lacerda	Runners Mermões	Senior Feminino	01:06:28	+35:09	06:39
393	1709	Paula Anjo	Individual	Senior Feminino	01:06:28	+35:10	06:39
394	4619	Inês Martins	Runners Mermões	Senior Feminino	01:06:29	+35:10	06:39
395	1517	Joana Abreu	Individual	Senior Feminino	01:06:33	+35:14	06:39
396	14	Cátia Rodrigues	100 Fôlego	Senior Feminino	01:06:35	+35:16	06:40
397	1723	Rita Bastos	Individual	Senior Feminino	01:06:37	+35:18	06:40
398	1382	Clara Bastos	Individual	Senior Feminino	01:06:38	+35:19	06:40
399	1556	Juliana Vanessa Lopes Ferreira	Individual	Senior Feminino	01:06:42	+35:23	06:40
400	1520	Joana Costa	Individual	Senior Feminino	01:06:43	+35:24	06:40
401	1524	Joana Filipa Sampaio da Costa	Individual	Senior Feminino	01:06:44	+35:26	06:40

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Prova Principal

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402	1294	Angela Ferreira	Individual	Senior Feminino	01:06:45	+35:26	06:41
403	325	Carolina Terroso	BBG RUNNERS BY BBOX&GYM	Senior Feminino	01:06:47	+35:28	06:41
404	1313	Beatriz Pimenta	Individual	Senior Feminino	01:06:48	+35:29	06:41
405	722	Lúcia Fernandes	DM PRO TRAINING	Senior Feminino	01:06:52	+35:33	06:41
406	1461	Francisca Carvalho	Individual	Senior Feminino	01:06:52	+35:34	06:41
407	1818	Vitoria Dantas	Individual	Senior Feminino	01:06:53	+35:34	06:41
408	721	Joana Pereira	DM PRO TRAINING	Senior Feminino	01:06:53	+35:35	06:41
409	4601	Ana Rita Dias	Run Crew	Senior Feminino	01:06:54	+35:36	06:41
410	1256	Ana Rita Barros	Individual	Senior Feminino	01:07:01	+35:42	06:42
411	1795	Tânia Andreia Ferreira Correia	Individual	Senior Feminino	01:07:01	+35:43	06:42
412	4427	Claudia Araujo	Pai & Filhas	Senior Feminino	01:07:04	+35:46	06:42
413	1389	Claudia Lemos	Individual	Senior Feminino	01:07:05	+35:46	06:43
414	4581	Daniela Alexandra Dias Azevedo	riba	Senior Feminino	01:07:08	+35:50	06:43
415	1572	Lidia Marques	Individual	Senior Feminino	01:07:09	+35:50	06:43
416	4956	Susana Malheiro	Liberdade FC	Senior Feminino	01:07:10	+35:51	06:43
417	4143	Vânia Costa	JP STUDIO	Senior Feminino	01:07:10	+35:51	06:43
418	1537	Joana Oliveira	Individual	Senior Feminino	01:07:14	+35:56	06:43
419	1267	Ana Silva	Individual	Senior Feminino	01:07:15	+35:56	06:44
420	1697	Olympe Bailly	Individual	Senior Feminino	01:07:15	+35:56	06:44
421	4428	Cristina Aarujo	Pai & Filhas	Senior Feminino	01:07:15	+35:56	06:44
422	1419	Daniela Ribeiro	Individual	Senior Feminino	01:07:17	+35:58	06:44
423	659	Diana Andreia Moreira Oliveira	Coronado runners	Senior Feminino	01:07:19	+36:00	06:44
424	1229	Ana Isabel Sousa	Individual	Senior Feminino	01:07:20	+36:01	06:44
425	4141	Mariana Martins	JP STUDIO	Senior Feminino	01:07:22	+36:04	06:44
426	668	Sara Costa	Costas com Silvas	Senior Feminino	01:07:25	+36:06	06:45
427	1360	Catarina Gonçalves de Azevedo	Individual	Senior Feminino	01:07:26	+36:07	06:45
428	1474	Gracinda Delgado	Individual	Senior Feminino	01:07:29	+36:10	06:45
429	1703	Patrícia Daniela Mota Silva	Individual	Senior Feminino	01:07:29	+36:10	06:45
430	1196	Ana Beatriz Mota Silva	Individual	Senior Feminino	01:07:30	+36:11	06:45
431	4608	Lara Leal	Run for the Outfits	Senior Feminino	01:07:30	+36:11	06:45
432	1745	Rosa Isabel Silva Casa Nova	Individual	Senior Feminino	01:07:30	+36:11	06:45
433	4609	Mafalda Mesquita	Run for the Outfits	Senior Feminino	01:07:30	+36:11	06:45
434	4767	Susana Ribeiro	The Brave Ones	Senior Feminino	01:07:32	+36:14	06:45
435	4768	Vera Durães	The Brave Ones	Senior Feminino	01:07:33	+36:15	06:45
436	1449	Fabíola de Oliveira Quintanilha	Individual	Senior Feminino	01:07:38	+36:19	06:46
437	4437	Carina Peixoto	Peixotex	Senior Feminino	01:07:39	+36:20	06:46
438	1373	Catarina Vaz	Individual	Senior Feminino	01:07:41	+36:23	06:46
439	1602	Margarida Antunes	Individual	Senior Feminino	01:07:46	+36:27	06:47
440	4364	Paula Machado	On track run club	Senior Feminino	01:07:50	+36:31	06:47
441	1271	Ana Sofia Ramos	Individual	Senior Feminino	01:07:52	+36:33	06:47
442	1268	Ana Sofia Costa	Individual	Senior Feminino	01:07:53	+36:34	06:47
443	145	Ana Costa	AFIPRE Team	Senior Feminino	01:07:53	+36:35	06:47
444	1711	Rafaela Costa	Individual	Senior Feminino	01:07:54	+36:35	06:47
445	1061	Claudia Costa	GYMSTAR	Senior Feminino	01:07:54	+36:36	06:47
446	223	Raquel Marques	ARC Vale S. Cosme	Senior Feminino	01:07:55	+36:36	06:48
447	4954	Luísa Gomes	Liberdade FC	Senior Feminino	01:07:58	+36:40	06:48

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448	738	Catarina Pinto	Duros	Senior Feminino	01:08:04	+36:45	06:48
449	1563	Lara Sá Silva	Individual	Senior Feminino	01:08:06	+36:48	06:49
450	1250	Ana Pinto	Individual	Senior Feminino	01:08:07	+36:48	06:49
451	1782	Sofia Pereira	Individual	Senior Feminino	01:08:07	+36:48	06:49
452	1366	Catarina Mendes	Individual	Senior Feminino	01:08:13	+36:54	06:49
453	4448	Joana Barbosa	Pés Velozes	Senior Feminino	01:08:13	+36:54	06:49
454	492	Lucia Oliveira	CMFamalicão	Senior Feminino	01:08:13	+36:55	06:49
455	1072	Mariana Pinto Carvalho	GYMSTAR	Senior Feminino	01:08:14	+36:55	06:49
456	1325	Bruna Silva	Individual	Senior Feminino	01:08:14	+36:55	06:49
457	4395	vânia daniela oliveira azevedo	Os 3 em fuga	Senior Feminino	01:08:20	+37:01	06:50
458	4394	nancy oliveira azevedo	Os 3 em fuga	Senior Feminino	01:08:20	+37:01	06:50
459	1707	Patrícia Rosário	Individual	Senior Feminino	01:08:22	+37:03	06:50
460	1802	Tânia Sofia Nogueira de Morais	Individual	Senior Feminino	01:08:23	+37:04	06:50
461	410	Luisa Oliveira	Box 180	Senior Feminino	01:08:24	+37:05	06:50
462	1549	Joyce Caroline Rosa	Individual	Senior Feminino	01:08:25	+37:06	06:51
463	1509	Jaqueline Torresilha Campos	Individual	Senior Feminino	01:08:26	+37:07	06:51
464	1478	Idalina Lima Pereira	Individual	Senior Feminino	01:08:30	+37:12	06:51
465	4449	Raquel Gonçalves	Pés Velozes	Senior Feminino	01:08:31	+37:12	06:51
466	1678	Marta Costa d Almeida	Individual	Senior Feminino	01:08:32	+37:13	06:51
467	1764	Sara Pereira de Sousa	Individual	Senior Feminino	01:08:32	+37:13	06:51
468	1552	Juliana Pinheiro	Individual	Senior Feminino	01:08:32	+37:14	06:51
469	1490	Inês Marques	Individual	Senior Feminino	01:08:33	+37:14	06:51
470	4777	Tânia Dias	Três Oito Um	Senior Feminino	01:08:37	+37:18	06:52
471	406	Teresa Cardoso	Bosch Girls	Senior Feminino	01:08:45	+37:26	06:53
472	1663	Mariana Nunes	Individual	Senior Feminino	01:08:45	+37:26	06:53
473	1510	Jéssica Cardoso Maciel	Individual	Senior Feminino	01:08:46	+37:28	06:53
474	1362	Catarina Júnior	Individual	Senior Feminino	01:08:47	+37:28	06:53
475	1210	Ana Catarina Santos Reis	Individual	Senior Feminino	01:08:47	+37:28	06:53
476	1400	Cristiana Sofia Cunha da Costa	Individual	Senior Feminino	01:08:47	+37:28	06:53
477	4372	Diana Ribeiro Braga da Silva	ONE MORE PERSONAL TRAINING	Senior Feminino	01:08:50	+37:31	06:53
478	4369	Ana Rita Maia Josefino	ONE MORE PERSONAL TRAINING	Senior Feminino	01:08:54	+37:35	06:53
479	4377	Rute Isabel Carvalho Vale da Silva	ONE MORE PERSONAL TRAINING	Senior Feminino	01:08:54	+37:36	06:53
480	1368	Catarina oliveira	Individual	Senior Feminino	01:08:55	+37:36	06:54
481	1626	Maria João	Individual	Senior Feminino	01:08:58	+37:39	06:54
482	1693	Mónica Vilela	Individual	Senior Feminino	01:08:58	+37:40	06:54
483	4936	Maria Manuel de Paiva Veiga	Individual	Senior Feminino	01:09:02	+37:43	06:54
484	801	Carolina Vilaça do Santos	Eugenios	Senior Feminino	01:09:02	+37:44	06:54
485	1374	Catia Andrade Henriques	Individual	Senior Feminino	01:09:04	+37:45	06:54
486	1407	Daniela Carvalho	Individual	Senior Feminino	01:09:06	+37:47	06:55
487	1729	Rita Gama Lobo	Individual	Senior Feminino	01:09:07	+37:48	06:55
488	4573	Lídia Alves	Rep&Refresh	Senior Feminino	01:09:08	+37:49	06:55
489	1721	Renata Santos	Individual	Senior Feminino	01:09:12	+37:53	06:55
490	1514	Jessica Lopes	Individual	Senior Feminino	01:09:12	+37:53	06:55
491	1075	Oceane Ribeiro	GYMSTAR	Senior Feminino	01:09:17	+37:59	06:55

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492	4918	Isabel Freitas	CMF	Senior Feminino	01:09:19	+38:00	06:56
493	4441	Carolina Campos	Pernas em crise	Senior Feminino	01:09:19	+38:01	06:56
494	4919	Rute Azevedo	CMF	Senior Feminino	01:09:20	+38:01	06:56
495	4440	Bárbara Santos	Pernas em crise	Senior Feminino	01:09:22	+38:03	06:56
496	1658	Mariana Guerreiro	Individual	Senior Feminino	01:09:25	+38:07	06:57
497	1392	Cláudia Maia	Individual	Senior Feminino	01:09:27	+38:08	06:57
498	33	Ricardina Coelho	247 Culture	Senior Feminino	01:09:27	+38:08	06:57
499	4314	Ana Costa	Not Process Related	Senior Feminino	01:09:28	+38:09	06:57
500	1333	Carla Arnaud	Individual	Senior Feminino	01:09:28	+38:09	06:57
501	1676	Marine Ferreira	Individual	Senior Feminino	01:09:29	+38:10	06:57
502	4666	Susana Ribeiro	Smach Runners	Senior Feminino	01:09:29	+38:10	06:57
503	1401	Cristina Brás	Individual	Senior Feminino	01:09:31	+38:12	06:57
504	4315	Ana Rocha	Not Process Related	Senior Feminino	01:09:33	+38:14	06:57
505	1356	Catarina Gomes	Individual	Senior Feminino	01:09:33	+38:15	06:57
506	4316	Catarina Brito	Not Process Related	Senior Feminino	01:09:34	+38:15	06:57
507	1494	Inês Organista	Individual	Senior Feminino	01:09:36	+38:17	06:58
508	1416	Daniela Moreira	Individual	Senior Feminino	01:09:36	+38:17	06:58
509	1393	Claudia Moura	Individual	Senior Feminino	01:09:36	+38:17	06:58
510	1771	Sofia Barros	Individual	Senior Feminino	01:09:37	+38:18	06:58
511	1470	Gabriela Barros	Individual	Senior Feminino	01:09:38	+38:19	06:58
512	1433	Diana Santos	Individual	Senior Feminino	01:09:40	+38:22	06:58
513	1706	Patricia Oliveira Patrício	Individual	Senior Feminino	01:09:44	+38:25	06:58
514	804	Isabela Cristina Morais de Oliveira Nunes	Eugenios	Senior Feminino	01:09:44	+38:26	06:58
515	1266	Ana Rita Teixeira	Individual	Senior Feminino	01:09:45	+38:27	06:59
516	682	Cristiana Rocha	Cristiana	Senior Feminino	01:09:47	+38:29	06:59
517	1427	Diana Ferreira	Individual	Senior Feminino	01:09:51	+38:32	06:59
518	1409	Daniela Coutinho	Individual	Senior Feminino	01:09:53	+38:34	06:59
519	4828	Claúdia Ribeiro	Vieira de Castro	Senior Feminino	01:09:55	+38:37	07:00
520	4318	Sofia Pereira	Not Process Related	Senior Feminino	01:09:59	+38:40	07:00
521	1597	Marcela Azevedo	Individual	Senior Feminino	01:10:00	+38:42	07:00
522	1381	Cidália Freitas	Individual	Senior Feminino	01:10:02	+38:44	07:00
523	1305	Beatriz Costa	Individual	Senior Feminino	01:10:06	+38:47	07:01
524	1761	Sara Filipa Meireles Monteiro	Individual	Senior Feminino	01:10:06	+38:48	07:01
525	1705	Patrícia Nogueira	Individual	Senior Feminino	01:10:07	+38:48	07:01
526	1588	Mafalda Castro	Individual	Senior Feminino	01:10:08	+38:49	07:01
527	1748	Sandra Filipa Silva Gonçalves	Individual	Senior Feminino	01:10:08	+38:49	07:01
528	1314	Beatriz Pinto	Individual	Senior Feminino	01:10:09	+38:50	07:01
529	1738	Rita Santos	Individual	Senior Feminino	01:10:10	+38:51	07:01
530	143	Vânia Cunha	ADTTR travassós running Fafe	Senior Feminino	01:10:11	+38:52	07:01
531	381	Ana Dulce Silva	Blanc, rouge ou rosé	Senior Feminino	01:10:11	+38:53	07:01
532	1194	Ana azevedo	Individual	Senior Feminino	01:10:12	+38:53	07:01
533	1592	Mafalda Oliveira	Individual	Senior Feminino	01:10:18	+38:59	07:02
534	1784	Sofia Queiroz	Individual	Senior Feminino	01:10:18	+39:00	07:02
535	1744	Rosa Fernandes	Individual	Senior Feminino	01:10:19	+39:01	07:02
536	1562	Lara Cunha	Individual	Senior Feminino	01:10:20	+39:01	07:02
537	1788	Solange sousa	Individual	Senior Feminino	01:10:23	+39:04	07:02

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538	4785	Ana Dias	TroFama Run Squad	Senior Feminino	01:10:24	+39:05	07:02
539	1507	Iva Oliveira	Individual	Senior Feminino	01:10:24	+39:06	07:02
540	1646	Mariana Areal	Individual	Senior Feminino	01:10:24	+39:06	07:02
541	4245	ELISABETE CARVALHO	MIGAS E MEIRELES	Senior Feminino	01:10:26	+39:08	07:03
542	1425	Diana Cardoso	Individual	Senior Feminino	01:10:27	+39:08	07:03
543	1202	Ana Catarina	Individual	Senior Feminino	01:10:30	+39:11	07:03
544	1234	Ana Lopes	Individual	Senior Feminino	01:10:34	+39:15	07:03
545	1454	Filipa Ferreira	Individual	Senior Feminino	01:10:34	+39:15	07:03
546	1319	Bi Simões	Individual	Senior Feminino	01:10:36	+39:17	07:04
547	1220	Ana Filipa da Silva Barreiras	Individual	Senior Feminino	01:10:37	+39:18	07:04
548	4317	Cátia Carronda	Not Process Related	Senior Feminino	01:10:37	+39:18	07:04
549	1760	Sara Ferreira	Individual	Senior Feminino	01:10:42	+39:23	07:04
550	957	Raquel Nunes	Gazelas sem fronteiras	Senior Feminino	01:10:45	+39:26	07:05
551	1291	Andreia Pereira	Individual	Senior Feminino	01:10:45	+39:27	07:05
552	4641	Margarida Machado	SCOOT Recuperação/Aldi Running Clube	Senior Feminino	01:10:50	+39:31	07:05
553	129	Sara Carneiro	ADesmeriz	Senior Feminino	01:10:52	+39:33	07:05
554	1394	Cláudia Pereira	Individual	Senior Feminino	01:10:54	+39:36	07:05
555	1428	Diana Gomes	Individual	Senior Feminino	01:11:00	+39:41	07:06
556	1661	Mariana Melo	Individual	Senior Feminino	01:11:03	+39:44	07:06
557	4793	Anabela Alves	Tropa	Senior Feminino	01:11:04	+39:45	07:06
558	4794	Cristiana Alves	Tropa	Senior Feminino	01:11:04	+39:45	07:06
559	1195	Ana Beatriz Da Silva	Individual	Senior Feminino	01:11:07	+39:48	07:07
560	1324	Bruna Rocha	Individual	Senior Feminino	01:11:07	+39:49	07:07
561	1508	Jaqueline Barbosa	Individual	Senior Feminino	01:11:07	+39:49	07:07
562	4574	Sónia Abreu	Rep&Refresh	Senior Feminino	01:11:08	+39:49	07:07
563	1463	Francisca Coelho	Individual	Senior Feminino	01:11:08	+39:49	07:07
564	356	Francisca Gomes	Bem Entregue	Senior Feminino	01:11:08	+39:49	07:07
565	1546	Joana Santos	Individual	Senior Feminino	01:11:09	+39:50	07:07
566	354	Catarina Lobão	Bem Entregue	Senior Feminino	01:11:09	+39:50	07:07
567	1541	Joana Pereira	Individual	Senior Feminino	01:11:09	+39:50	07:07
568	1048	Adriana Filipa Ferreira Pinto	GYMSTAR	Senior Feminino	01:11:10	+39:51	07:07
569	1432	Diana Raquel Sousa Carvalho	Individual	Senior Feminino	01:11:14	+39:56	07:07
570	1322	Bruna Leal	Individual	Senior Feminino	01:11:15	+39:56	07:08
571	174	Cláudia da Silva Oliveira	Alfa Estúdio	Senior Feminino	01:11:16	+39:58	07:08
572	1519	Joana Costa	Individual	Senior Feminino	01:11:17	+39:58	07:08
573	1561	Lara Campinho	Individual	Senior Feminino	01:11:17	+39:58	07:08
574	460	Sofia Bastos	Cheios de FAMA	Senior Feminino	01:11:20	+40:01	07:08
575	1466	Francisca Leite	Individual	Senior Feminino	01:11:21	+40:03	07:08
576	1286	Andreia Filipa	Individual	Senior Feminino	01:11:23	+40:04	07:08
577	1439	Eduarda Lima	Individual	Senior Feminino	01:11:26	+40:07	07:09
578	802	Cátia Soraia da Silva Freitas	Eugenios	Senior Feminino	01:11:27	+40:08	07:09
579	834	Daniela Azevedo	EXERCISE4YOU	Senior Feminino	01:11:28	+40:09	07:09
580	1617	Maria Fernandes	Individual	Senior Feminino	01:11:30	+40:11	07:09
581	1405	Daniela Alves	Individual	Senior Feminino	01:11:33	+40:15	07:09
582	1396	Cristiana Costa	Individual	Senior Feminino	01:11:38	+40:19	07:10
583	1227	Ana Isabel Mendes Pereira	Individual	Senior Feminino	01:11:39	+40:20	07:10

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584	1208	Ana Catarina Mendes Bessa	Individual	Senior Feminino	01:11:41	+40:23	07:10
585	869	Aida Peliteiro	Família Costa e Associados	Senior Feminino	01:11:45	+40:26	07:11
586	1793	Stephanie Rodrigues	Individual	Senior Feminino	01:11:47	+40:28	07:11
587	1348	Catarina Carneiro	Individual	Senior Feminino	01:11:48	+40:29	07:11
588	4391	Liliana Maciel	Os 3	Senior Feminino	01:11:54	+40:35	07:11
589	1581	Lúcia Dias	Individual	Senior Feminino	01:11:54	+40:35	07:11
590	1205	Ana Catarina Machado	Individual	Senior Feminino	01:12:00	+40:41	07:12
591	1743	Rita Viana	Individual	Senior Feminino	01:12:01	+40:42	07:12
592	1328	Camila Couto	Individual	Senior Feminino	01:12:04	+40:45	07:12
593	889	Catarina Almeida	FFC	Senior Feminino	01:12:10	+40:51	07:13
594	1567	Laure Seyssel	Individual	Senior Feminino	01:12:11	+40:52	07:13
595	890	Joana Paiva	FFC	Senior Feminino	01:12:12	+40:53	07:13
596	328	Joana Sofia Oliveira Nogueira	BBG RUNNERS BY BBOX&GYM	Senior Feminino	01:12:12	+40:54	07:13
597	323	Ana João Moreira Novo	BBG RUNNERS BY BBOX&GYM	Senior Feminino	01:12:13	+40:54	07:13
598	1736	Rita Rocha	Individual	Senior Feminino	01:12:22	+41:03	07:14
599	1776	Sofia Ferreira Fonseca da Costa	Individual	Senior Feminino	01:12:23	+41:04	07:14
600	1243	Ana Margarida Silva	Individual	Senior Feminino	01:12:24	+41:05	07:14
601	840	Susana Paiva	EXERCISE4YOU	Senior Feminino	01:12:26	+41:07	07:15
602	4376	Patrícia Carvalho Miranda	ONE MORE PERSONAL TRAINING	Senior Feminino	01:12:26	+41:08	07:15
603	1511	Jessica Chaves Reuter	Individual	Senior Feminino	01:12:27	+41:09	07:15
604	1532	Joana Meireles	Individual	Senior Feminino	01:12:27	+41:09	07:15
605	1698	Palmira João Oliveira de Carvalho	Individual	Senior Feminino	01:12:32	+41:14	07:15
606	1404	Cristina Vilaça	Individual	Senior Feminino	01:12:34	+41:15	07:15
607	4519	Margarida Gomes	Primas Run	Senior Feminino	01:12:34	+41:16	07:15
608	4951	Carolina Mourão	Liberdade FC	Senior Feminino	01:12:38	+41:19	07:16
609	1446	EMMA RODRIGUES	Individual	Senior Feminino	01:12:38	+41:19	07:16
610	1180	Adriana Barbosa	Individual	Senior Feminino	01:12:40	+41:21	07:16
611	1265	Ana Rita Sousa Carvalho	Individual	Senior Feminino	01:12:40	+41:21	07:16
612	1641	Maria Silva	Individual	Senior Feminino	01:12:46	+41:27	07:17
613	1653	MARIANA CRAVEIRO SOARES	Individual	Senior Feminino	01:12:47	+41:28	07:17
614	1302	Beatriz Andreia Faria Campos	Individual	Senior Feminino	01:12:48	+41:29	07:17
615	176	Elsa Cruzinha	Alfa Estúdio	Senior Feminino	01:12:55	+41:36	07:18
616	4252	Raquel Cunha	Migas Trips	Senior Feminino	01:12:56	+41:38	07:18
617	1768	Sílvia Simões	Individual	Senior Feminino	01:13:02	+41:43	07:18
618	1675	Marina Arantes	Individual	Senior Feminino	01:13:03	+41:44	07:18
619	1803	Tânia Sofia Vilaça Peliteiro	Individual	Senior Feminino	01:13:03	+41:44	07:18
620	380	Adriana Sousa	Blanc, rouge ou rosé	Senior Feminino	01:13:07	+41:48	07:19
621	1301	Bárbara Sofia Martins Ribeiro	Individual	Senior Feminino	01:13:08	+41:50	07:19
622	1186	Aira Sousa	Individual	Senior Feminino	01:13:11	+41:52	07:19
623	1804	Teresa Jesus Martins Silva	Individual	Senior Feminino	01:13:11	+41:52	07:19
624	1290	Andréia Marques	Individual	Senior Feminino	01:13:11	+41:52	07:19
625	1794	Susana Marina Pereira Caetano	Individual	Senior Feminino	01:13:12	+41:53	07:19
626	4438	Claudia peixoto	Peixotex	Senior Feminino	01:13:12	+41:54	07:19
627	4521	Ana Carneiro Cunha	Prime Sports Center	Senior Feminino	01:13:12	+41:54	07:19
628	1340	Carolina Couto	Individual	Senior Feminino	01:13:13	+41:54	07:19
629	1184	Adriana Pereira	Individual	Senior Feminino	01:13:13	+41:54	07:19

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630	1359	Catarina Gonçalves	Individual	Senior Feminino	01:13:14	+41:55	07:19
631	4190	Joana Arantes	Las Muchachas	Senior Feminino	01:13:15	+41:57	07:20
632	4189	Catarina Neves	Las Muchachas	Senior Feminino	01:13:15	+41:57	07:20
633	481	Bárbara Passos	CMFamalicão	Senior Feminino	01:13:18	+41:59	07:20
634	1610	Maria Araújo	Individual	Senior Feminino	01:13:20	+42:01	07:20
635	4770	Natália Silva	Timeout Aventura	Senior Feminino	01:13:20	+42:01	07:20
636	4991	Elisabete Ferreira	Individual	Senior Feminino	01:13:20	+42:01	07:20
637	1491	Inês Marques Ferreira	Individual	Senior Feminino	01:13:22	+42:03	07:20
638	1647	Mariana Batista	Individual	Senior Feminino	01:13:23	+42:04	07:20
639	1447	Érica Costa	Individual	Senior Feminino	01:13:28	+42:10	07:21
640	4248	VANESSA SILVA	MIGAS E MEIRELES	Senior Feminino	01:13:30	+42:11	07:21
641	1645	Mariana Andrade	Individual	Senior Feminino	01:13:30	+42:12	07:21
642	4244	DANIELA SILVA	MIGAS E MEIRELES	Senior Feminino	01:13:31	+42:12	07:21
643	1262	Ana Rita Santos	Individual	Senior Feminino	01:13:31	+42:12	07:21
644	1609	Margarida Rosa Pimenta	Individual	Senior Feminino	01:13:34	+42:16	07:21
645	1207	Ana Catarina Matos Dias	Individual	Senior Feminino	01:13:35	+42:16	07:22
646	1799	Tânia Moreira	Individual	Senior Feminino	01:13:39	+42:21	07:22
647	1662	Mariana Meneses Cardoso	Individual	Senior Feminino	01:13:42	+42:23	07:22
648	1756	Sara Cristina Silva Rocha	Individual	Senior Feminino	01:13:42	+42:24	07:22
649	93	Rita Gomes	Abafados Anónimos	Senior Feminino	01:13:43	+42:25	07:22
650	729	Ana Oliveira	Dragon club	Senior Feminino	01:13:44	+42:25	07:22
651	1733	Rita Neves	Individual	Senior Feminino	01:13:44	+42:25	07:22
652	1806	Vânia Castro	Individual	Senior Feminino	01:13:45	+42:26	07:23
653	1375	Cátia Azevedo	Individual	Senior Feminino	01:13:47	+42:28	07:23
654	1503	Isabel Sousa	Individual	Senior Feminino	01:13:47	+42:29	07:23
655	330	Rita Pinheiro	BBG RUNNERS BY BBOX&GYM	Senior Feminino	01:13:49	+42:30	07:23
656	4888	FRANCISCA MOTA LEITE	VIVAVITA TRAINING AND SOCIAL CLUB	Senior Feminino	01:13:50	+42:32	07:23
657	4889	MARIA JOÃO SILVA	VIVAVITA TRAINING AND SOCIAL CLUB	Senior Feminino	01:13:51	+42:32	07:23
658	1637	Maria salgueirinho	Individual	Senior Feminino	01:13:51	+42:33	07:23
659	478	Ana Luís Couto Monteiro	CMFamalicão	Senior Feminino	01:13:59	+42:40	07:24
660	1303	Beatriz Azevedo	Individual	Senior Feminino	01:14:06	+42:48	07:25
661	4467	Marina Oliveira	PiruçasRunners	Senior Feminino	01:14:13	+42:54	07:25
662	1399	Cristiana Silva	Individual	Senior Feminino	01:14:13	+42:55	07:25
663	491	Liliana Patrícia Leite	CMFamalicão	Senior Feminino	01:14:14	+42:56	07:25
664	327	Cristiana da Silva Correia	BBG RUNNERS BY BBOX&GYM	Senior Feminino	01:14:15	+42:56	07:26
665	1390	Claudia Lopes	Individual	Senior Feminino	01:14:16	+42:57	07:26
666	1811	Vera Jacinta Pereira Costa	Individual	Senior Feminino	01:14:16	+42:57	07:26
667	1408	Daniela Costa Couto	Individual	Senior Feminino	01:14:16	+42:57	07:26
668	1380	Chloé Angélique Silva Rodrigues	Individual	Senior Feminino	01:14:16	+42:57	07:26
669	1603	Margarida Faria	Individual	Senior Feminino	01:14:18	+42:59	07:26
670	1754	Sara Bezerra	Individual	Senior Feminino	01:14:22	+43:03	07:26
671	838	Joana Nicole	EXERCISE4YOU	Senior Feminino	01:14:23	+43:04	07:26
672	1245	Ana Marques	Individual	Senior Feminino	01:14:24	+43:05	07:26
673	1343	Caroline Belei	Individual	Senior Feminino	01:14:36	+43:17	07:28
674	4776	Sónia Raquel Castro Silva	Três Oito Um	Senior Feminino	01:14:37	+43:18	07:28

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675	4277	ANA CATARINA	Moldamirco	Senior Feminino	01:14:40	+43:21	07:28
676	1533	Joana Mendes	Individual	Senior Feminino	01:14:45	+43:26	07:29
677	1336	Carla Paixão	Individual	Senior Feminino	01:14:46	+43:28	07:29
678	1460	Francisca Carvalhal	Individual	Senior Feminino	01:14:47	+43:28	07:29
679	1769	Sofia Alexandra Macedo Maia	Individual	Senior Feminino	01:14:48	+43:29	07:29
680	1565	Laura Mendes	Individual	Senior Feminino	01:14:49	+43:30	07:29
681	1283	Andreia Azevedo	Individual	Senior Feminino	01:14:54	+43:35	07:29
682	4452	Rita Ferreira	Picheleiros	Senior Feminino	01:15:00	+43:42	07:30
683	1724	Rita Daniela Pereira Fernandes	Individual	Senior Feminino	01:15:06	+43:47	07:31
684	4278	ANA COUTO	Moldamirco	Senior Feminino	01:15:06	+43:48	07:31
685	1816	Veronique De Raedemaeker	Individual	Senior Feminino	01:15:07	+43:48	07:31
686	287	Sara Martins	Aves Runners	Senior Feminino	01:15:12	+43:54	07:31
687	1228	Ana Isabel Santos	Individual	Senior Feminino	01:15:17	+43:58	07:32
688	1807	Vânia Martins	Individual	Senior Feminino	01:15:18	+43:59	07:32
689	1632	Maria João Sampaio	Individual	Senior Feminino	01:15:18	+43:59	07:32
690	4392	Telma Ferreira	Os 3	Senior Feminino	01:15:21	+44:02	07:32
691	876	Alexandra Ribeiro	Fast and Furious	Senior Feminino	01:15:29	+44:10	07:33
692	877	Cátia Castro Ferreira	Fast and Furious	Senior Feminino	01:15:29	+44:10	07:33
693	1599	Márcia Daniela Cunha da Silva	Individual	Senior Feminino	01:15:34	+44:15	07:33
694	1338	Carolina Aguiar	Individual	Senior Feminino	01:15:34	+44:15	07:33
695	1631	Maria João Pinto	Individual	Senior Feminino	01:15:37	+44:18	07:34
696	4554	Mª João Silva	Quebrarritmo	Senior Feminino	01:15:38	+44:19	07:34
697	1596	Mara Lia Marques Pinto	Individual	Senior Feminino	01:15:38	+44:19	07:34
698	833	Carolina Saraiva	EXERCISE4YOU	Senior Feminino	01:15:39	+44:20	07:34
699	1571	Leonor Vicente	Individual	Senior Feminino	01:15:39	+44:21	07:34
700	357	Rita Abreu	Bem Entregue	Senior Feminino	01:15:42	+44:23	07:34
701	4463	Ana Oliveira	Pipineira Club	Senior Feminino	01:15:42	+44:23	07:34
702	4836	Raquel Alana Pinto	Vieira de Castro	Senior Feminino	01:15:43	+44:24	07:34
703	1682	Marta Martins	Individual	Senior Feminino	01:15:45	+44:26	07:35
704	4712	Catarina Alexandra Silva Correia	Surrasco	Senior Feminino	01:15:50	+44:31	07:35
705	4711	Ana margarida Matos Bezerra	Surrasco	Senior Feminino	01:15:50	+44:31	07:35
706	1476	Helena Soares	Individual	Senior Feminino	01:15:54	+44:35	07:35
707	75	Carolina Bessa	A PASSO	Senior Feminino	01:15:55	+44:37	07:36
708	1258	Ana Rita Costa	Individual	Senior Feminino	01:15:56	+44:37	07:36
709	1475	Helena Albuquerque	Individual	Senior Feminino	01:15:57	+44:38	07:36
710	1014	Pinto Da Silva Inês	Individual	Senior Feminino	01:16:00	+44:41	07:36
711	1810	Vera Duarte	Individual	Senior Feminino	01:16:00	+44:41	07:36
712	388	Inês Rodrigues	Bloom.bijuteria	Senior Feminino	01:16:01	+44:43	07:36
713	1649	Mariana Castro	Individual	Senior Feminino	01:16:01	+44:43	07:36
714	1310	Beatriz Gomes	Individual	Senior Feminino	01:16:02	+44:43	07:36
715	4753	Ana Pereira	Team Noivos	Senior Feminino	01:16:05	+44:46	07:37
716	1057	Ariana Moreira Costa	GYMSTAR	Senior Feminino	01:16:07	+44:48	07:37
717	806	Valéria Sofia Carvalho Marques	Eugenios	Senior Feminino	01:16:11	+44:52	07:37
718	218	Daniela Vilaça	ARC Vale S. Cosme	Senior Feminino	01:16:11	+44:52	07:37
719	4130	Joana Pires	Joana Pires	Senior Feminino	01:16:12	+44:53	07:37
720	1778	Sofia Lima	Individual	Senior Feminino	01:16:13	+44:54	07:37

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721	4129	Inês Alves	Joana Pires	Senior Feminino	01:16:13	+44:54	07:37
722	4128	Diana Martins	Joana Pires	Senior Feminino	01:16:13	+44:55	07:37
723	35	Tânia Cristina da Costa Nunes	247 Culture	Senior Feminino	01:16:14	+44:56	07:37
724	1590	Mafalda Leite	Individual	Senior Feminino	01:16:17	+44:58	07:38
725	1424	Diana Cardona	Individual	Senior Feminino	01:16:19	+45:00	07:38
726	703	Beatriz Pinto	Devesa Run Club	Senior Feminino	01:16:19	+45:00	07:38
727	704	Margarida Rompante	Devesa Run Club	Senior Feminino	01:16:20	+45:01	07:38
728	1685	Marta Sá Pereira	Individual	Senior Feminino	01:16:24	+45:05	07:38
729	399	Claudia Pereira	Boomfit / Drible	Senior Feminino	01:16:27	+45:08	07:39
730	1081	Tânia Catarina Araújo Bento	GYMSTAR	Senior Feminino	01:16:32	+45:13	07:39
731	1192	Alzira Pinheiro	Individual	Senior Feminino	01:16:33	+45:15	07:39
732	4833	Joana Rodrigues	Vieira de Castro	Senior Feminino	01:16:36	+45:17	07:40
733	1809	Vera Carvalho	Individual	Senior Feminino	01:16:38	+45:19	07:40
734	1747	Sandra Amaro	Individual	Senior Feminino	01:16:41	+45:22	07:40
735	475	Adriana Barbosa	CMFamalicão	Senior Feminino	01:16:41	+45:22	07:40
736	4326	Alexandra Martinho	Núcleo de Atletismo das Taipas	Senior Feminino	01:16:45	+45:26	07:41
737	4194	Beatriz Ferreira	Lesmas	Senior Feminino	01:16:45	+45:26	07:41
738	4327	Diana Santos	Núcleo de Atletismo das Taipas	Senior Feminino	01:16:46	+45:27	07:41
739	1241	Ana Margarida da Costa Pinto	Individual	Senior Feminino	01:16:46	+45:28	07:41
740	1622	Maria Inês Cardoso Azevedo	Individual	Senior Feminino	01:16:48	+45:29	07:41
741	1434	Diana Silva	Individual	Senior Feminino	01:16:50	+45:31	07:41
742	1691	Melyssa Ferreira Carvalho	Individual	Senior Feminino	01:16:56	+45:38	07:42
743	854	Catarina Paiva	FAMA MINDS	Senior Feminino	01:17:00	+45:42	07:42
744	4839	Rita Pinto	Vieira de Castro	Senior Feminino	01:17:01	+45:42	07:42
745	1223	Ana Francisca Castro Neves	Individual	Senior Feminino	01:17:03	+45:45	07:42
746	1792	Sónia Raquel da Silva Carneiro	Individual	Senior Feminino	01:17:05	+45:46	07:43
747	955	Ana Moura	Gazelas sem fronteiras	Senior Feminino	01:17:10	+45:52	07:43
748	1197	Ana Bezerra	Individual	Senior Feminino	01:17:12	+45:54	07:43
749	4458	Filipa Carvalho	Pipachills	Senior Feminino	01:17:15	+45:56	07:44
750	4459	Joana Pereira	Pipachills	Senior Feminino	01:17:15	+45:56	07:44
751	1501	Isabel Morgado Eira	Individual	Senior Feminino	01:17:19	+46:00	07:44
752	1473	Gabriella Falcão	Individual	Senior Feminino	01:17:21	+46:02	07:44
753	1032	Bárbara Borges	Grupo Jorge Oculista	Senior Feminino	01:17:29	+46:11	07:45
754	1247	Ana Monteiro	Individual	Senior Feminino	01:17:30	+46:11	07:45
755	1547	Joana Sousa	Individual	Senior Feminino	01:17:32	+46:14	07:45
756	1321	Bruna Filipa Sousa Silva	Individual	Senior Feminino	01:17:37	+46:18	07:46
757	1578	Liliana Patrícia Faria Mendes	Individual	Senior Feminino	01:17:39	+46:20	07:46
758	1518	Joana Araújo	Individual	Senior Feminino	01:17:40	+46:21	07:46
759	4786	Ana Ribeiro	TroFama Run Squad	Senior Feminino	01:17:47	+46:28	07:47
760	4787	Bárbara Maia	TroFama Run Squad	Senior Feminino	01:17:47	+46:28	07:47
761	4247	MARTA MATOS	MIGAS E MEIRELES	Senior Feminino	01:17:54	+46:35	07:47
762	4246	Joana Almeida	MIGAS E MEIRELES	Senior Feminino	01:17:54	+46:36	07:47
763	1355	catarina ferreira	Individual	Senior Feminino	01:17:59	+46:40	07:48
764	1337	Carla Santos Castro	Individual	Senior Feminino	01:18:02	+46:43	07:48
765	1411	Daniela Gavina	Individual	Senior Feminino	01:18:02	+46:44	07:48
766	1429	Diana Isabel Rocha Oliveira	Individual	Senior Feminino	01:18:03	+46:44	07:48

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767	368	Catarina Pacheco	BIBA MAIS	Senior Feminino	01:18:14	+46:55	07:49
768	477	Ana Isabel Ribeiro	CMFamalição	Senior Feminino	01:18:26	+47:08	07:51
769	1226	Ana Isabel Alves de Sá	Individual	Senior Feminino	01:18:34	+47:15	07:51
770	1746	Salomé Macedo	Individual	Senior Feminino	01:18:34	+47:15	07:51
771	167	Liliana Dias	Alexianos	Senior Feminino	01:18:35	+47:16	07:52
772	1235	Ana lopes	Individual	Senior Feminino	01:18:36	+47:18	07:52
773	322	Ana Carolina Coelho da Silva e Sousa	BBG RUNNERS BY BBOX&GYM	Senior Feminino	01:18:38	+47:19	07:52
774	1300	Bárbara Soares	Individual	Senior Feminino	01:18:44	+47:25	07:52
775	1787	Sofia Teixeira	Individual	Senior Feminino	01:18:44	+47:26	07:52
776	1078	Paula Costa	GYMSTAR	Senior Feminino	01:18:45	+47:26	07:53
777	1815	Verónica Ferreira	Individual	Senior Feminino	01:18:45	+47:26	07:53
778	956	Mariana Sousa	Gazelas sem fronteiras	Senior Feminino	01:18:46	+47:27	07:53
779	1554	Juliana Santos	Individual	Senior Feminino	01:18:51	+47:33	07:53
780	4240	Catarina Heitor	Migas	Senior Feminino	01:18:52	+47:34	07:53
781	1318	Beatriz Silva	Individual	Senior Feminino	01:19:02	+47:44	07:54
782	1696	Olinda Silva	Individual	Senior Feminino	01:19:03	+47:44	07:54
783	1773	Sofia Cavadas	Individual	Senior Feminino	01:19:05	+47:46	07:55
784	1002	Filipa Cruz	Individual	Senior Feminino	01:19:05	+47:46	07:55
785	363	Joana Silva	BHSTUDIO	Senior Feminino	01:19:15	+47:56	07:56
786	1230	Ana João	Individual	Senior Feminino	01:19:16	+47:57	07:56
787	1580	Lorena Martins Silva Costa	Individual	Senior Feminino	01:19:22	+48:03	07:56
788	1308	Beatriz de Jesus Marques da Costa	Individual	Senior Feminino	01:19:23	+48:04	07:56
789	1342	Carolina Miguel Cardoso Dias de Araújo	Individual	Senior Feminino	01:19:23	+48:05	07:56
790	434	Beatriz de Freitas Dias	Bullying Freitas	Senior Feminino	01:19:27	+48:08	07:57
791	435	Maria Gabriela Freitas Mesquita Guimarães	Bullying Freitas	Senior Feminino	01:19:27	+48:08	07:57
792	433	Ana Miguel Cardoso Lopes de Freitas	Bullying Freitas	Senior Feminino	01:19:27	+48:08	07:57
793	1257	Ana Rita Costa	Individual	Senior Feminino	01:19:29	+48:10	07:57
794	1762	Sara Machado da Silva	Individual	Senior Feminino	01:19:35	+48:16	07:58
795	324	Andreia de Freitas Monteiro	BBG RUNNERS BY BBOX&GYM	Senior Feminino	01:19:37	+48:19	07:58
796	1683	Marta Queiroz Ribeiro	Individual	Senior Feminino	01:19:38	+48:19	07:58
797	1160	Helena Pontes	HB - Centro de Treino	Senior Feminino	01:19:56	+48:37	08:00
798	1082	Vitória Prete	GYMSTAR	Senior Feminino	01:20:03	+48:44	08:00
799	1201	Ana Castro	Individual	Senior Feminino	01:20:05	+48:46	08:01
800	1726	Rita Ferreira	Individual	Senior Feminino	01:20:07	+48:49	08:01
801	1255	Ana Ribeiro	Individual	Senior Feminino	01:20:08	+48:49	08:01
802	400	Cristiana Macedo	Boomfit / Drible	Senior Feminino	01:20:20	+49:01	08:02
803	4827	Clara Machado	Vieira de Castro	Senior Feminino	01:20:23	+49:05	08:02
804	1222	Ana Filipa Rocha Araújo Marques	Individual	Senior Feminino	01:20:26	+49:07	08:03
805	1242	Ana Margarida Rodrigues Vaz Vieira	Individual	Senior Feminino	01:20:27	+49:08	08:03
806	1215	Ana Elisa Sá Araújo	Individual	Senior Feminino	01:20:27	+49:09	08:03
807	1361	Catarina Isabel Araujo Branco	Individual	Senior Feminino	01:20:28	+49:09	08:03
808	1644	Maria Susano do Vale	Individual	Senior Feminino	01:20:47	+49:29	08:05
809	1730	Rita Isabel Ribeiro Freiras	Individual	Senior Feminino	01:20:49	+49:30	08:05
810	4605	Vanessa Batista	RUN FLOREST RUN	Senior Feminino	01:20:53	+49:35	08:05
811	4604	Ana V. Fernandes	RUN FLOREST RUN	Senior Feminino	01:20:55	+49:36	08:06

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Prova Principal

10 KM

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OFFICIAL RESULT

812	1238	Ana Mafalda Mesquita	Individual	Senior Feminino	01:20:58	+49:40	08:06
813	1455	Filipa Manuela Soares Abreu	Individual	Senior Feminino	01:20:59	+49:40	08:06
814	1441	Elisa Novais	Individual	Senior Feminino	01:21:01	+49:42	08:06
815	1611	Maria Beatriz	Individual	Senior Feminino	01:21:01	+49:43	08:06
816	1438	Eduarda Brito	Individual	Senior Feminino	01:21:12	+49:53	08:07
817	1712	Rafaela Costa Campos	Individual	Senior Feminino	01:21:12	+49:53	08:07
818	1317	Beatriz Santos	Individual	Senior Feminino	01:21:13	+49:55	08:07
819	1643	Maria Sousa Carvalho	Individual	Senior Feminino	01:21:14	+49:55	08:07
820	1716	Raquel Moreira	Individual	Senior Feminino	01:21:35	+50:16	08:10
821	401	Rita Marques	Boomfit / Drible	Senior Feminino	01:21:43	+50:24	08:10
822	1276	Ana Teixeira	Individual	Senior Feminino	01:21:48	+50:29	08:11
823	1758	Sara Dias	Individual	Senior Feminino	01:21:52	+50:33	08:11
824	1633	Maria Jorge	Individual	Senior Feminino	01:21:53	+50:34	08:11
825	4473	Filipa Silva	Porminho	Senior Feminino	01:22:04	+50:46	08:12
826	1692	Milene Gaspar	Individual	Senior Feminino	01:22:07	+50:48	08:13
827	1798	Tânia Machado	Individual	Senior Feminino	01:22:08	+50:49	08:13
828	1654	Mariana Fernandes	Individual	Senior Feminino	01:22:09	+50:50	08:13
829	313	Liliana Azevedo	Bando dos 4	Senior Feminino	01:22:15	+50:56	08:14
830	225	Soraia Sampaio	ARC Vale S. Cosme	Senior Feminino	01:22:22	+51:04	08:14
831	1248	Ana Paula Pereira	Individual	Senior Feminino	01:22:22	+51:04	08:14
832	1050	Ana Beatriz Ferreira Campos	GYMSTAR	Senior Feminino	01:22:27	+51:08	08:15
833	1065	Joana Isabel Gomes Ribeiro	GYMSTAR	Senior Feminino	01:22:28	+51:09	08:15
834	4430	Samara Lopes	PAPA-LÉGUAS	Senior Feminino	01:22:39	+51:20	08:16
835	4250	Ana Loureiro	Migas Trips	Senior Feminino	01:22:42	+51:23	08:16
836	1589	Mafalda Duarte Domingues	Individual	Senior Feminino	01:22:44	+51:26	08:16
837	1783	SOFIA PINHEIRO MOREIRA	Individual	Senior Feminino	01:22:47	+51:28	08:17
838	1448	Fabiii Braga	Individual	Senior Feminino	01:23:21	+52:02	08:20
839	333	Yuan Yuan Wu	BBG RUNNERS BY BBOX&GYM	Senior Feminino	01:23:24	+52:05	08:20
840	1351	Catarina Costa	Individual	Senior Feminino	01:23:26	+52:07	08:21
841	1326	Bruna Silva	Individual	Senior Feminino	01:23:36	+52:17	08:22
842	1601	Margarida Almendra	Individual	Senior Feminino	01:23:45	+52:26	08:23
843	1666	Mariana Sampaio Machado	Individual	Senior Feminino	01:23:47	+52:28	08:23
844	1576	Liliana Cristina Santos Silva Castro	Individual	Senior Feminino	01:23:52	+52:34	08:23
845	1536	Joana Oliveira	Individual	Senior Feminino	01:23:56	+52:37	08:24
846	1430	Diana Meira	Individual	Senior Feminino	01:23:56	+52:38	08:24
847	1058	Cátia Costa	GYMSTAR	Senior Feminino	01:24:00	+52:42	08:24
848	1066	Joana Rocha	GYMSTAR	Senior Feminino	01:24:01	+52:43	08:24
849	1070	Mariana Pereira Azevedo	GYMSTAR	Senior Feminino	01:24:02	+52:43	08:24
850	1064	Hedvigés Carvalho	GYMSTAR	Senior Feminino	01:24:02	+52:43	08:24
851	1060	Célia Beatriz Azevedo Sá	GYMSTAR	Senior Feminino	01:24:03	+52:44	08:24
852	1608	margarida pereira coentrão	Individual	Senior Feminino	01:24:04	+52:45	08:24
853	1049	Alexandra Pinho	GYMSTAR	Senior Feminino	01:24:04	+52:45	08:24
854	1443	Elsa Cristina Sousa Pereira	Individual	Senior Feminino	01:24:04	+52:46	08:24
855	1068	Maria Carolina Pimenta Ramalho	GYMSTAR	Senior Feminino	01:24:04	+52:46	08:24
856	4371	Diana da Silva Azevedo	ONE MORE PERSONAL TRAINING	Senior Feminino	01:24:05	+52:47	08:25
857	1591	Mafalda Morgado	Individual	Senior Feminino	01:24:08	+52:49	08:25

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Prova Principal

10 KM

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OFFICIAL RESULT

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Prova Principal

10 KM

OFFICIAL RESULT

904	1385	Claudia Costa	Individual	Senior Feminino	01:38:39	+01:07:20	09:52
905	1593	Mafalda Vilela	Individual	Senior Feminino	01:38:40	+01:07:22	09:52
906	1695	Natália Mendes	Individual	Senior Feminino	01:39:43	+01:08:24	09:58
907	1655	Mariana Fernandes	Individual	Senior Feminino	01:39:44	+01:08:25	09:58
908	899	Sofia Tavares	FIT n Farra	Senior Feminino	01:39:46	+01:08:27	09:59

Senior Masculino

1	4923	João Pedro Gomes Rodrigues	CMF	Senior Masculino	31:18		03:08
2	984	Tiago Freitas	CMFamalição	Senior Masculino	31:29	+00:10	03:09
3	766	Rui Oliveira	EARO	Senior Masculino	31:34	+00:15	03:09
4	4959	Eduardo Salazar	Liberdade FC	Senior Masculino	31:59	+00:40	03:12
5	4983	Ricardo Vieira	S.C.BRAGA	Senior Masculino	32:18	+00:59	03:14
6	4981	Gabriel Figueiredo	S.C.BRAGA	Senior Masculino	32:18	+00:59	03:14
7	244	Mário Costa	ARC Vale S. Cosme	Senior Masculino	33:05	+01:46	03:19
8	4989	Joao Ferreira	Individual	Senior Masculino	33:16	+01:57	03:20
9	4555	Hugo Araújo	Quebrarritmo	Senior Masculino	33:45	+02:27	03:23
10	4368	Ricardo Azevedo	One More	Senior Masculino	34:04	+02:45	03:24
11	1030	Ricardo Filipe Machado Neves	Grupo Desportivo de Airão	Senior Masculino	34:15	+02:56	03:26
12	56	Luís Gonzaga	365 running project	Senior Masculino	34:16	+02:57	03:26
13	966	Diogo de Lima Miranda	Individual	Senior Masculino	34:24	+03:05	03:26
14	762	Gonçalo Rodrigues	EARO	Senior Masculino	34:31	+03:12	03:27
15	4681	Rui Diogo Monteiro da Cunha	SmartFit	Senior Masculino	34:52	+03:33	03:29
16	4810	André Viana	UD VARZEA	Senior Masculino	35:16	+03:57	03:32
17	744	Miguel Carvalho	Duros da Santa Team running	Senior Masculino	35:19	+04:00	03:32
18	2810	Pedro Cardoso	Individual	Senior Masculino	35:22	+04:04	03:32
19	2919	Ricardo Areias	Individual	Senior Masculino	36:02	+04:43	03:36
20	245	Pedro Costa	ARC Vale S. Cosme	Senior Masculino	36:11	+04:52	03:37
21	2595	Luís André Da Costa Lima Ribeiro	Individual	Senior Masculino	36:16	+04:57	03:38
22	103	Nuno Costa	Active Running	Senior Masculino	36:26	+05:07	03:39
23	3218	Bruno Andrade	AMVE - ASSOCIAÇÃO MOINHOS DE VERMOIM	Senior Masculino	36:38	+05:20	03:40
24	1174	João Almeida	IMPACT KORPUS	Senior Masculino	37:04	+05:45	03:42
25	963	Pedro Seixas	GD Natação Famalição	Senior Masculino	37:09	+05:51	03:43
26	106	Rui Costa	Active Running	Senior Masculino	37:19	+06:00	03:44
27	2052	David Queiroz	Individual	Senior Masculino	37:23	+06:04	03:44
28	2335	Ivan Mostepanov	Individual	Senior Masculino	37:23	+06:04	03:44
29	2006	Constantino Nogueira	Individual	Senior Masculino	37:28	+06:10	03:45
30	246	Pedro Carreiras	ARC Vale S. Cosme	Senior Masculino	37:31	+06:12	03:45
31	4679	Rodrigo Fernandes18	SmartFit	Senior Masculino	37:35	+06:16	03:46
32	102	Jorge Pereira	Active Running	Senior Masculino	37:37	+06:18	03:46
33	2309	Hugo Cardoso	Individual	Senior Masculino	37:38	+06:19	03:46
34	2756	Nuno Manuel Dias da Costa	Individual	Senior Masculino	37:40	+06:22	03:46
35	1162	Pedro Correia	HB - Centro de Treino	Senior Masculino	37:41	+06:23	03:46
36	1829	Adriano Martim Monteiro Matos	Individual	Senior Masculino	37:44	+06:26	03:46
37	2630	Luís Nogueira	Individual	Senior Masculino	37:48	+06:30	03:47

Prova Principal

10 KM

OFFICIAL RESULT

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Prova Principal

10 KM

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Official Timekeeper: Lap2Go	23 / 94	generate 23-dez.-2025 23:16
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Prova Principal

10 KM

OFFICIAL RESULT

Official Timekeeper: Lap2Go	24 / 94	generate 23-dez.-2025 23:16
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Prova Principal

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OFFICIAL RESULT

Official Timekeeper: Lap2Go	25 / 94	generate 23-dez.-2025 23:16
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Prova Principal

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OFFICIAL RESULT

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Prova Principal

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OFFICIAL RESULT

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Prova Principal

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OFFICIAL RESULT

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Prova Principal

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Prova Principal

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OFFICIAL RESULT

Prova Principal

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OFFICIAL RESULT

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449	2242	Francisco Silva	Individual	Senior Masculino	50:27	+19:08	05:03
450	1169	Rodrigo Araújo Moura Sá	Healthy running	Senior Masculino	50:27	+19:08	05:03
451	2699	Miguel Araújo	Individual	Senior Masculino	50:28	+19:09	05:03
452	179	Cláudio Costa	Alfa Estúdio	Senior Masculino	50:28	+19:09	05:03
453	4811	Miguel Saraiva	Uma dose e duas meias	Senior Masculino	50:28	+19:10	05:03
454	2421	Joao Paredes	Individual	Senior Masculino	50:28	+19:10	05:03
455	2556	José Pinheiro	Individual	Senior Masculino	50:30	+19:11	05:03
456	3046	Rui Veloso	Individual	Senior Masculino	50:31	+19:13	05:03
457	974	Jorge Rui Oliveira	Porminho	Senior Masculino	50:32	+19:13	05:03
458	2830	Pedro Ferreira	Individual	Senior Masculino	50:35	+19:16	05:04
459	2076	Diogo Costa	Individual	Senior Masculino	50:36	+19:17	05:04
460	2862	Pedro Pereira	Individual	Senior Masculino	50:36	+19:17	05:04
461	1977	Carlos Freitas	Individual	Senior Masculino	50:36	+19:18	05:04
462	3188	Vitor Hugo Barbosa Ferreira	Individual	Senior Masculino	50:37	+19:18	05:04
463	2762	Nuno Oliveira	Individual	Senior Masculino	50:37	+19:18	05:04
464	2520	jose candido	Individual	Senior Masculino	50:37	+19:18	05:04
465	1026	João Faria	Great Runners	Senior Masculino	50:38	+19:19	05:04
466	71	João Pedro Pinto da Silva	96s plus one	Senior Masculino	50:40	+19:21	05:04
467	1961	Bruno Santos	Individual	Senior Masculino	50:40	+19:21	05:04
468	1884	André Fernandes	Individual	Senior Masculino	50:43	+19:24	05:04
469	2711	Miguel Gomes	Individual	Senior Masculino	50:46	+19:28	05:05
470	4984	Simão Peixoto	Individual	Senior Masculino	50:47	+19:28	05:05
471	4945	Tiago Gaspar	Individual	Senior Masculino	50:47	+19:28	05:05
472	1831	Adriano Sousa	Individual	Senior Masculino	50:47	+19:29	05:05
473	2092	Diogo Isac Marques Silva	Individual	Senior Masculino	50:55	+19:37	05:06
474	2485	Joel Neiva	Individual	Senior Masculino	50:57	+19:38	05:06
475	2797	Paulo Rafael Almeida	Individual	Senior Masculino	50:57	+19:39	05:06
476	2729	Nelson Miguel Carvalho da Silva Guimarães	Individual	Senior Masculino	50:58	+19:39	05:06
477	2664	marco Paiva	Individual	Senior Masculino	50:59	+19:40	05:06
478	2407	João Miguel Faria Leite	Individual	Senior Masculino	51:02	+19:43	05:06
479	2344	Jhonatar Wesley Araújo da Silva	Individual	Senior Masculino	51:03	+19:45	05:06
480	2320	Hugo Miguel Salazar Monteiro	Individual	Senior Masculino	51:04	+19:46	05:06
481	2713	Miguel Leite	Individual	Senior Masculino	51:06	+19:47	05:07
482	1116	Pedro Alexandre M. Pinto	GYMSTAR	Senior Masculino	51:07	+19:48	05:07
483	3048	Samuel Agostinho Costa Pinto	Individual	Senior Masculino	51:07	+19:48	05:07
484	281	Fábio Matos	Associação Desportiva Mont blue team	Senior Masculino	51:10	+19:52	05:07
485	2462	João Silva	Individual	Senior Masculino	51:10	+19:52	05:07
486	4258	Rui Vieira	Milhafres	Senior Masculino	51:12	+19:53	05:07
487	73	Samuel Eduardo Barros Silva	96s plus one	Senior Masculino	51:13	+19:54	05:07
488	2232	Francisco Lobo	Individual	Senior Masculino	51:13	+19:54	05:07
489	361	Filipe Ferreira	BF Hair Transplant	Senior Masculino	51:14	+19:56	05:07
490	3192	Vitor Macedo	Individual	Senior Masculino	51:15	+19:57	05:08
491	4365	João António Fonseca Ribeiro	On track run club	Senior Masculino	51:16	+19:57	05:08
492	4845	Luidy Gomes	Vieira de Castro	Senior Masculino	51:16	+19:58	05:08
493	2529	José Gabriel Gomes Leal	Individual	Senior Masculino	51:17	+19:59	05:08

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Prova Principal

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OFFICIAL RESULT

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540	2977	Rodrigo Barbosa Nascimento	Individual	Senior Masculino	52:07	+20:48	05:13
541	2059	Dinis Vilaça	Individual	Senior Masculino	52:09	+20:51	05:13
542	1916	Antonio Leal	Individual	Senior Masculino	52:13	+20:54	05:13
543	3165	Tomás Paiva	Individual	Senior Masculino	52:14	+20:56	05:13
544	2200	Filipe Lima	Individual	Senior Masculino	52:15	+20:57	05:14
545	2208	Filipe Rocha	Individual	Senior Masculino	52:18	+20:59	05:14
546	26	Pedro Paulino	18 Voltz	Senior Masculino	52:18	+20:59	05:14
547	2071	Diogo Barbosa	Individual	Senior Masculino	52:19	+21:00	05:14
548	4632	Simão Pereira	S&P	Senior Masculino	52:20	+21:01	05:14
549	2237	Francisco Moreira Lopes	Individual	Senior Masculino	52:24	+21:06	05:14
550	3013	Rui Filipe Sousa Barbosa	Individual	Senior Masculino	52:25	+21:07	05:15
551	2984	Rodrigo Pita	Individual	Senior Masculino	52:27	+21:08	05:15
552	2151	Eduardo JDS Pimentel	Individual	Senior Masculino	52:27	+21:08	05:15
553	4280	Francisco Manuel Carvalho da Silva	Moldamirco	Senior Masculino	52:27	+21:09	05:15
554	2342	Ivo Rafael Oliveira Silva	Individual	Senior Masculino	52:28	+21:09	05:15
555	4982	Ricardo Vale	S.C.BRAGA	Senior Masculino	52:28	+21:09	05:15
556	3050	Samuel Gil	Individual	Senior Masculino	52:30	+21:11	05:15
557	4328	Cristiano Ferreira	Núcleo de Atletismo das Taipas	Senior Masculino	52:30	+21:11	05:15
558	2453	João Roberto	Individual	Senior Masculino	52:30	+21:12	05:15
559	3184	Vitor Costa	Individual	Senior Masculino	52:33	+21:15	05:15
560	4534	Tiago Vilas Boas	Prime Sports Center	Senior Masculino	52:34	+21:15	05:15
561	1957	Bruno Rapoao	Individual	Senior Masculino	52:34	+21:15	05:15
562	1874	André Carvalho	Individual	Senior Masculino	52:36	+21:18	05:16
563	2368	João Diogo Ferreira Rodrigues	Individual	Senior Masculino	52:37	+21:18	05:16
564	2993	Rúben Ricardo Fonseca Ferreira	Individual	Senior Masculino	52:37	+21:18	05:16
565	4125	Rui Peixoto	IT RUNNERS	Senior Masculino	52:39	+21:20	05:16
566	2528	Jose Freitas Da Costa	Individual	Senior Masculino	52:39	+21:20	05:16
567	3054	Saul Costa	Individual	Senior Masculino	52:40	+21:21	05:16
568	2926	Ricardo Cruz	Individual	Senior Masculino	52:41	+21:22	05:16
569	2169	Ernesto Sousa	Individual	Senior Masculino	52:41	+21:23	05:16
570	2181	Fabio Pena	Individual	Senior Masculino	52:42	+21:23	05:16
571	2420	João Paiva	Individual	Senior Masculino	52:42	+21:23	05:16
572	2967	Ricardo Sousa	Individual	Senior Masculino	52:44	+21:25	05:16
573	422	Tiago Côto	Brigada do Reumático	Senior Masculino	52:44	+21:25	05:16
574	1852	Alexandre Gomes Pinto Ferreira	Individual	Senior Masculino	52:44	+21:26	05:16
575	2831	Pedro Ferreira	Individual	Senior Masculino	52:45	+21:26	05:17
576	3122	Tiago Gonçalves	Individual	Senior Masculino	52:46	+21:27	05:17
577	1962	Bruno Silva	Individual	Senior Masculino	52:47	+21:28	05:17
578	2170	Ewerton Ferreira	Individual	Senior Masculino	52:47	+21:28	05:17
579	2773	Nuno Silva	Individual	Senior Masculino	52:50	+21:31	05:17
580	2564	José Silva	Individual	Senior Masculino	52:50	+21:31	05:17
581	2801	Paulo Veloso	Individual	Senior Masculino	52:50	+21:31	05:17
582	288	Daniel Castro	Aves Runners	Senior Masculino	52:50	+21:31	05:17
583	2157	Eduardo Rego	Individual	Senior Masculino	52:53	+21:35	05:17
584	4145	Flávio Moreira	JP STUDIO	Senior Masculino	52:53	+21:35	05:17
585	3162	Tomás Lima Oliveira da Costa	Individual	Senior Masculino	52:53	+21:35	05:17

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Prova Principal

10 KM

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OFFICIAL RESULT

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586	2259	Gil Oliveira	Individual	Senior Masculino	52:54	+21:35	05:17
587	2355	João Campos Cunha	Individual	Senior Masculino	52:55	+21:37	05:18
588	2745	Nuno Barbosa	Individual	Senior Masculino	52:57	+21:39	05:18
589	2842	Pedro Laranjeira	Individual	Senior Masculino	52:58	+21:39	05:18
590	3182	Vitor Cardoso	Individual	Senior Masculino	52:59	+21:40	05:18
591	660	Miguel Maia	Coronado runners	Senior Masculino	53:00	+21:41	05:18
592	2901	Rafael Maia	Individual	Senior Masculino	53:00	+21:41	05:18
593	2578	Leandro Silva	Individual	Senior Masculino	53:00	+21:42	05:18
594	2120	Diogo Reis	Individual	Senior Masculino	53:01	+21:42	05:18
595	2947	Ricardo Mesquita Moreira	Individual	Senior Masculino	53:01	+21:42	05:18
596	147	João Pinto	AFIPRE Team	Senior Masculino	53:04	+21:45	05:18
597	506	Fábio Cunha	CMFamalicão	Senior Masculino	53:04	+21:45	05:18
598	3195	Vitor Moreira	Individual	Senior Masculino	53:05	+21:46	05:19
599	2141	Edgar Carneiro	Individual	Senior Masculino	53:05	+21:46	05:19
600	4680	Rui Araújo	SmartFit	Senior Masculino	53:05	+21:47	05:19
601	4361	Pedro Pires	OLHA E ANDA	Senior Masculino	53:06	+21:47	05:19
602	4545	Gabriel Azevedo	PT GABRIEL AZEVEDO	Senior Masculino	53:07	+21:48	05:19
603	2215	Flávio Ribeiro	Individual	Senior Masculino	53:08	+21:50	05:19
604	4254	Vasco Moreira	Migas Trips	Senior Masculino	53:10	+21:51	05:19
605	2221	Francisco Carvalho	Individual	Senior Masculino	53:12	+21:53	05:19
606	2579	Leonardo Araújo	Individual	Senior Masculino	53:12	+21:53	05:19
607	2406	João Miguel Araújo	Individual	Senior Masculino	53:14	+21:56	05:19
608	2176	Fábio Leite	Individual	Senior Masculino	53:14	+21:56	05:20
609	536	Tomás Fernandes	CMFamalicão	Senior Masculino	53:16	+21:57	05:20
610	3186	Vitor Gomes	Individual	Senior Masculino	53:16	+21:58	05:20
611	3028	Rui Oliveira	Individual	Senior Masculino	53:17	+21:58	05:20
612	4119	Daniel Oliveira	Inhos&Ados	Senior Masculino	53:17	+21:58	05:20
613	2719	Miguel Oliveira	Individual	Senior Masculino	53:17	+21:58	05:20
614	498	Bruno Machado	CMFamalicão	Senior Masculino	53:17	+21:58	05:20
615	2226	Francisco Fernandes	Individual	Senior Masculino	53:20	+22:01	05:20
616	2266	Gonçalo Costa	Individual	Senior Masculino	53:22	+22:03	05:20
617	1091	Edgar Rafael Pinto	GYMSTAR	Senior Masculino	53:27	+22:08	05:21
618	2099	Diogo Mesquita	Individual	Senior Masculino	53:28	+22:09	05:21
619	3159	Tomás Carvalho	Individual	Senior Masculino	53:28	+22:10	05:21
620	4643	José Martins	SCOOT Recuperação/Aldi Running Clube	Senior Masculino	53:29	+22:11	05:21
621	2841	Pedro Jorge Fernandes Carvalho	Individual	Senior Masculino	53:30	+22:11	05:21
622	4971	Mario Alves Passos	Individual	Senior Masculino	53:30	+22:11	05:21
623	2083	Diogo Fernandes	Individual	Senior Masculino	53:30	+22:11	05:21
624	2190	Fernando Maia	Individual	Senior Masculino	53:31	+22:12	05:21
625	2020	Daniel Cruzeiro	Individual	Senior Masculino	53:32	+22:14	05:21
626	2834	Pedro Freitas	Individual	Senior Masculino	53:32	+22:14	05:21
627	2203	Filipe Pinheiro	Individual	Senior Masculino	53:33	+22:15	05:21
628	2920	Ricardo Azevedo	Individual	Senior Masculino	53:34	+22:15	05:21
629	514	João Ribeiro	CMFamalicão	Senior Masculino	53:34	+22:15	05:21
630	412	Diogo Carvalho	Box 180	Senior Masculino	53:34	+22:15	05:21
631	3115	Tiago Ferreira Martins	Individual	Senior Masculino	53:34	+22:15	05:21

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Prova Principal

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OFFICIAL RESULT

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632	2055	Davide Frutuoso	Individual	Senior Masculino	53:35	+22:16	05:22
633	2102	Diogo Miguel Dias Pereira	Individual	Senior Masculino	53:35	+22:16	05:22
634	3393	Duarte Pinto	Individual	Senior Masculino	53:36	+22:17	05:22
635	101	Bruno Aguiar	Active Running	Senior Masculino	53:39	+22:20	05:22
636	2680	Mário Pereira	Individual	Senior Masculino	53:39	+22:21	05:22
637	3103	Tiago Carvalho	Individual	Senior Masculino	53:41	+22:22	05:22
638	2246	Francisco Sousa	Individual	Senior Masculino	53:41	+22:22	05:22
639	3154	Tiago Sousa	Individual	Senior Masculino	53:41	+22:22	05:22
640	4359	Jorge Sousa	Olha aquela é estrangeira	Senior Masculino	53:41	+22:22	05:22
641	2336	Ivan Torres	Individual	Senior Masculino	53:43	+22:24	05:22
642	4213	Rui Monteiro	Malandros Family	Senior Masculino	53:43	+22:24	05:22
643	2626	Luís Miguel Macedo Oliveira	Individual	Senior Masculino	53:45	+22:26	05:23
644	2618	Luís Magalhães	Individual	Senior Masculino	53:46	+22:28	05:23
645	2360	João Castro	Individual	Senior Masculino	53:47	+22:29	05:23
646	2465	João Silva	Individual	Senior Masculino	53:49	+22:30	05:23
647	679	Pedro Paiva	CREDITHORA - INTERMEDIÁRIOS DE CRÉDITO	Senior Masculino	53:49	+22:30	05:23
648	468	DIOGO GONCALVES ARAUJO	Clube Millennium BCP	Senior Masculino	53:49	+22:31	05:23
649	2214	Flávio Maia	Individual	Senior Masculino	53:50	+22:31	05:23
650	1981	Carlos Maia	Individual	Senior Masculino	53:50	+22:32	05:23
651	432	Luis Mouta	Bufas	Senior Masculino	53:51	+22:32	05:23
652	2548	José Pedro Lopes	Individual	Senior Masculino	53:51	+22:33	05:23
653	1896	André Oliveira	Individual	Senior Masculino	53:52	+22:33	05:23
654	4217	Andre viana	maNcaquinhos	Senior Masculino	53:57	+22:38	05:24
655	1838	Afonso Laranjo	Individual	Senior Masculino	53:58	+22:39	05:24
656	2763	Nuno Oliveira	Individual	Senior Masculino	54:00	+22:41	05:24
657	447	Sérgio Nogueira	CD Aves Ciclismo	Senior Masculino	54:01	+22:42	05:24
658	2112	Diogo Passos	Individual	Senior Masculino	54:01	+22:43	05:24
659	1921	Armando Jorge Dias da Costa	Individual	Senior Masculino	54:01	+22:43	05:24
660	2057	Dinis Lobo	Individual	Senior Masculino	54:01	+22:43	05:24
661	2617	Luís lobo	Individual	Senior Masculino	54:02	+22:43	05:24
662	4571	Vitor Coelho	Refit	Senior Masculino	54:03	+22:44	05:24
663	3119	Tiago Francisco Moreira Fernandes	Individual	Senior Masculino	54:03	+22:44	05:24
664	2760	Nuno Miguel Silva Gonçalves Serodio	Individual	Senior Masculino	54:03	+22:45	05:24
665	4531	Pedro Nuno Carneiro da Cunha e Sousa	Prime Sports Center	Senior Masculino	54:03	+22:45	05:24
666	4263	Tomas Machado Costa	Mitos de corrida	Senior Masculino	54:03	+22:45	05:24
667	1862	Amaro Silva	Individual	Senior Masculino	54:06	+22:48	05:25
668	2848	Pedro miguel	Individual	Senior Masculino	54:07	+22:48	05:25
669	2770	Nuno Sá	Individual	Senior Masculino	54:09	+22:50	05:25
670	2362	João Coeho Lima	Individual	Senior Masculino	54:09	+22:50	05:25
671	2594	Luís André	Individual	Senior Masculino	54:09	+22:50	05:25
672	2511	José Alexandre Gonçalves Amaral	Individual	Senior Masculino	54:11	+22:52	05:25
673	3143	Tiago Pereira	Individual	Senior Masculino	54:11	+22:52	05:25
674	1952	Bruno Miguel Salgado André Alves	Individual	Senior Masculino	54:11	+22:52	05:25
675	3036	Rui Sá	Individual	Senior Masculino	54:11	+22:53	05:25
676	2658	Marco Correia	Individual	Senior Masculino	54:14	+22:55	05:25

Prova Principal

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OFFICIAL RESULT

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677	519	José Miguel Vilas Boas	CMFamalicão	Senior Masculino	54:15	+22:57	05:26
678	4295	Jorge Oliveira	Mouquim - Triauto	Senior Masculino	54:16	+22:57	05:26
679	971	David Santos	Ginásio Status	Senior Masculino	54:17	+22:58	05:26
680	3161	Tomás Lemos	Individual	Senior Masculino	54:18	+22:59	05:26
681	211	Miguel Silva	Araújo Cruz e Silva	Senior Masculino	54:20	+23:02	05:26
682	505	Diogo Pereira	CMFamalicão	Senior Masculino	54:23	+23:04	05:26
683	1027	Pedro Maia	Great Runners	Senior Masculino	54:26	+23:07	05:27
684	1834	Afonso Cardo	Individual	Senior Masculino	54:28	+23:09	05:27
685	2766	Nuno Polónia Valente	Individual	Senior Masculino	54:28	+23:09	05:27
686	2673	Marinho Pereira	Individual	Senior Masculino	54:28	+23:10	05:27
687	4489	Vasco Valente	Porminho	Senior Masculino	54:29	+23:10	05:27
688	2340	Ivo Lima	Individual	Senior Masculino	54:29	+23:10	05:27
689	2753	Nuno Guito	Individual	Senior Masculino	54:29	+23:11	05:27
690	913	Rui Azevedo	Fora da Curva	Senior Masculino	54:29	+23:11	05:27
691	2792	Paulo Jorge Simões Costa	Individual	Senior Masculino	54:30	+23:11	05:27
692	2789	Paulo Gonçalves	Individual	Senior Masculino	54:32	+23:13	05:27
693	2547	José Pedro Lobo Machado	Individual	Senior Masculino	54:35	+23:16	05:28
694	2005	Cláudio Rafael Ribeiro Pereira	Individual	Senior Masculino	54:35	+23:17	05:28
695	1824	Abílio Azevedo	Individual	Senior Masculino	54:36	+23:17	05:28
696	1984	Carlos Miguel Fernandes Gonçalves	Individual	Senior Masculino	54:36	+23:18	05:28
697	2694	Miguel Macedo	Individual	Senior Masculino	54:37	+23:18	05:28
698	2500	Jorge Miguel	Individual	Senior Masculino	54:38	+23:19	05:28
699	3145	Tiago Pinto	Individual	Senior Masculino	54:38	+23:19	05:28
700	2966	Ricardo Simões	Individual	Senior Masculino	54:39	+23:20	05:28
701	2599	Luís Barbosa	Individual	Senior Masculino	54:39	+23:20	05:28
702	1835	Afonso Carvalhl	Individual	Senior Masculino	54:39	+23:21	05:28
703	2233	Francisco Luz	Individual	Senior Masculino	54:40	+23:21	05:28
704	4322	Tiago Silva	Not Process Related	Senior Masculino	54:40	+23:21	05:28
705	2103	Diogo Miranda	Individual	Senior Masculino	54:40	+23:21	05:28
706	1905	André Sousa	Individual	Senior Masculino	54:42	+23:24	05:28
707	2764	Nuno Pimenta	Individual	Senior Masculino	54:43	+23:24	05:28
708	2321	Hugo Miranda	Individual	Senior Masculino	54:44	+23:25	05:28
709	2949	Ricardo Moreira	Individual	Senior Masculino	54:44	+23:26	05:28
710	2571	Júnio Xavier	Individual	Senior Masculino	54:45	+23:26	05:29
711	1936	Bruno cardoso	Individual	Senior Masculino	54:45	+23:27	05:29
712	2388	João Gama Lobo	Individual	Senior Masculino	54:46	+23:27	05:29
713	1871	André Borges	Individual	Senior Masculino	54:46	+23:27	05:29
714	1956	Bruno Paulo	Individual	Senior Masculino	54:46	+23:27	05:29
715	289	Gonçalo Teixeira	Aves Runners	Senior Masculino	54:46	+23:28	05:29
716	3160	Tomás da Silva Vaz	Individual	Senior Masculino	54:50	+23:31	05:29
717	2921	Ricardo Barbosa Ribeiro	Individual	Senior Masculino	54:50	+23:31	05:29
718	2014	Daniel Borges	Individual	Senior Masculino	54:51	+23:32	05:29
719	55	Erick Araújo	365 running project	Senior Masculino	54:52	+23:33	05:29
720	2439	João Pedro Oliveira Martins	Individual	Senior Masculino	54:53	+23:34	05:29
721	930	Duarte Granja	GAVIÕES	Senior Masculino	54:55	+23:37	05:30
722	2559	José Roberto Freitas Pinto	Individual	Senior Masculino	54:58	+23:39	05:30

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OFFICIAL RESULT

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723	2898	Rafael Freitas	Individual	Senior Masculino	54:59	+23:40	05:30
724	2260	Gilberto Duarte Castro Lima	Individual	Senior Masculino	55:01	+23:42	05:30
725	3106	Tiago Couto	Individual	Senior Masculino	55:02	+23:43	05:30
726	2912	Renato Ferreira Cunha Silva	Individual	Senior Masculino	55:03	+23:44	05:30
727	2779	Nuno Vilas Boas	Individual	Senior Masculino	55:04	+23:45	05:30
728	4812	Nuno Borregana Meireles	Uma dose e duas meias	Senior Masculino	55:04	+23:45	05:30
729	813	Gonalo Ribeiro	Eugenios	Senior Masculino	55:05	+23:46	05:31
730	2347	Joo Alves	Individual	Senior Masculino	55:05	+23:46	05:31
731	3148	Tiago Sardo	Individual	Senior Masculino	55:05	+23:47	05:31
732	2211	Filipe Teixeira	Individual	Senior Masculino	55:05	+23:47	05:31
733	2717	Miguel Moreira	Individual	Senior Masculino	55:06	+23:47	05:31
734	2996	Rui Herlander Fernandes Pereira	Individual	Senior Masculino	55:06	+23:47	05:31
735	2550	Jos Pedro Moreira Macedo	Individual	Senior Masculino	55:06	+23:47	05:31
736	2687	Mateus Antunes	Individual	Senior Masculino	55:09	+23:50	05:31
737	2957	Ricardo S	Individual	Senior Masculino	55:09	+23:50	05:31
738	2505	Jorge Ramos	Individual	Senior Masculino	55:09	+23:51	05:31
739	2838	Pedro Gonalves	Individual	Senior Masculino	55:10	+23:51	05:31
740	4635	tiago barros	SANTE OPO	Senior Masculino	55:10	+23:52	05:31
741	4151	Pedro Oliveira	JP STUDIO	Senior Masculino	55:12	+23:53	05:31
742	1118	Rafael Correia	GYMSTAR	Senior Masculino	55:13	+23:54	05:31
743	1899	Andr Rafael	Individual	Senior Masculino	55:13	+23:54	05:31
744	414	Vasco Ribeiro	Box 180	Senior Masculino	55:13	+23:55	05:31
745	335	Diogo Pedroso	BBG RUNNERS BY BBOX&GYM	Senior Masculino	55:15	+23:56	05:32
746	2590	Ludovic Ferreira de Asceno	Individual	Senior Masculino	55:17	+23:58	05:32
747	4741	Marcelo Andr Marques Barbosa	Team Gandhi	Senior Masculino	55:21	+24:02	05:32
748	2284	Guilherme Costa	Individual	Senior Masculino	55:21	+24:02	05:32
749	2983	Rodrigo Oliveira Fernandes	Individual	Senior Masculino	55:22	+24:03	05:32
750	4737	Antnio Daniel Mendes Oliveira	Team Gandhi	Senior Masculino	55:22	+24:03	05:32
751	3003	Rui Brando	Individual	Senior Masculino	55:23	+24:05	05:32
752	2040	Daniel Vale	Individual	Senior Masculino	55:23	+24:05	05:32
753	2376	Joo Ferreira	Individual	Senior Masculino	55:24	+24:05	05:32
754	3058	Srgio Bento Alves Oliveira	Individual	Senior Masculino	55:24	+24:05	05:32
755	2908	Raimundo Joel de Oliveira Pint	Individual	Senior Masculino	55:24	+24:06	05:32
756	2373	Joao Ferreira	Individual	Senior Masculino	55:25	+24:06	05:33
757	4816	Gonalo Cunha	Unio Metalrgica da Trofa	Senior Masculino	55:26	+24:07	05:33
758	3052	Samuel Santos	Individual	Senior Masculino	55:27	+24:08	05:33
759	4636	tomas rodrigues	SANTE OPO	Senior Masculino	55:29	+24:10	05:33
760	3038	Rui Silva	Individual	Senior Masculino	55:31	+24:12	05:33
761	4475	Daniel Oliveira	Porminho	Senior Masculino	55:34	+24:15	05:33
762	2262	Gonalo Arajo	Individual	Senior Masculino	55:36	+24:17	05:34
763	2415	Joao Oliveira	Individual	Senior Masculino	55:39	+24:20	05:34
764	2149	Eduardo Carvalho	Individual	Senior Masculino	55:39	+24:20	05:34
765	2943	Ricardo Machado	Individual	Senior Masculino	55:41	+24:22	05:34
766	2784	Paulo Barreiro	Individual	Senior Masculino	55:41	+24:23	05:34
767	2991	Rben Machado	Individual	Senior Masculino	55:42	+24:24	05:34
768	2209	Filipe Silva Vilela	Individual	Senior Masculino	55:43	+24:24	05:34

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769	2881	Pedro Sousa	Individual	Senior Masculino	55:43	+24:24	05:34
770	2895	Rafael Fernandes	Individual	Senior Masculino	55:43	+24:25	05:34
771	58	Miguel Cruz	365 running project	Senior Masculino	55:44	+24:25	05:34
772	2714	Miguel Magalhaes	Individual	Senior Masculino	55:44	+24:25	05:34
773	2672	Marcos Muondo	Individual	Senior Masculino	55:46	+24:27	05:35
774	2649	Marcelo Silva	Individual	Senior Masculino	55:49	+24:31	05:35
775	2567	José Silva	Individual	Senior Masculino	55:51	+24:32	05:35
776	2518	José Brandão	Individual	Senior Masculino	55:52	+24:33	05:35
777	2577	Leandro Pinto	Individual	Senior Masculino	55:53	+24:34	05:35
778	2706	Miguel Faria	Individual	Senior Masculino	55:54	+24:35	05:35
779	2979	Rodrigo dias	Individual	Senior Masculino	55:57	+24:39	05:36
780	2560	José Rocha	Individual	Senior Masculino	55:58	+24:39	05:36
781	2397	João Manuel Castro Freitas	Individual	Senior Masculino	55:58	+24:39	05:36
782	4624	Rui Bastos	Running Dolls	Senior Masculino	55:58	+24:40	05:36
783	419	Bruno Araújo	Brigada do Reumático	Senior Masculino	56:00	+24:41	05:36
784	420	Diogo Côtó	Brigada do Reumático	Senior Masculino	56:00	+24:41	05:36
785	1856	Alexandre Pimenta	Individual	Senior Masculino	56:00	+24:41	05:36
786	2738	Nuno Afonso da Cruz Vareiro de Oliveira	Individual	Senior Masculino	56:00	+24:42	05:36
787	2582	Lissandro Lopes	Individual	Senior Masculino	56:02	+24:43	05:36
788	3194	Vitor Martins	Individual	Senior Masculino	56:02	+24:43	05:36
789	507	Fábio Silva	CMFamalicão	Senior Masculino	56:05	+24:46	05:37
790	184	Rúben Rodrigues	Alfa Estúdio	Senior Masculino	56:05	+24:46	05:37
791	807	Celso Nunes Doces Santos Filho	Eugenios	Senior Masculino	56:05	+24:46	05:37
792	215	César Araújo	ARAÚJOS	Senior Masculino	56:05	+24:47	05:37
793	4890	BRUNO COELHO	VIVAVITA TRAINING AND SOCIAL CLUB	Senior Masculino	56:06	+24:47	05:37
794	4623	Simão Costa	Runners Mermões	Senior Masculino	56:07	+24:49	05:37
795	2042	Danilo Oliveira	Individual	Senior Masculino	56:08	+24:50	05:37
796	3168	Tomás Ribeiro	Individual	Senior Masculino	56:11	+24:52	05:37
797	3116	Tiago Filipe Alves Ferreira	Individual	Senior Masculino	56:12	+24:53	05:37
798	4732	Daniel Vieira	Team Elite by Batmen	Senior Masculino	56:12	+24:53	05:37
799	4566	Augusto Moura	Refit	Senior Masculino	56:13	+24:54	05:37
800	2430	João Pedro Brás Machado	Individual	Senior Masculino	56:17	+24:58	05:38
801	2470	João Teixeira	Individual	Senior Masculino	56:18	+24:59	05:38
802	2747	Nuno Carvalhais	Individual	Senior Masculino	56:20	+25:01	05:38
803	2359	João Castro	Individual	Senior Masculino	56:21	+25:02	05:38
804	2426	João Paulo Pereira Ribeiro	Individual	Senior Masculino	56:22	+25:03	05:38
805	2808	Pedro Barbosa Leite	Individual	Senior Masculino	56:22	+25:03	05:38
806	2829	Pedro Ferreira	Individual	Senior Masculino	56:26	+25:07	05:39
807	3187	Vítor Gonçalves	Individual	Senior Masculino	56:26	+25:07	05:39
808	2497	Jorge Filipe Silva Santos	Individual	Senior Masculino	56:27	+25:09	05:39
809	2732	Nelson Silva	Individual	Senior Masculino	56:29	+25:10	05:39
810	2740	Nuno Araujo	Individual	Senior Masculino	56:30	+25:11	05:39
811	1983	Carlos Manuel Santos Coelho	Individual	Senior Masculino	56:31	+25:12	05:39
812	711	Daniel Araújo	DIDA	Senior Masculino	56:31	+25:13	05:39
813	2606	Luis Fernandes	Individual	Senior Masculino	56:31	+25:13	05:39

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814	423	Martim Fernandes	BRUFE BTT RUN	Senior Masculino	56:33	+25:14	05:39
815	2179	Fábio Miguel Gama Fernandes	Individual	Senior Masculino	56:34	+25:15	05:39
816	811	Eduardo sergio Rebelo da Ssilva Gonçalves	Eugenios	Senior Masculino	56:35	+25:16	05:40
817	1941	Bruno Cunha	Individual	Senior Masculino	56:35	+25:17	05:40
818	2640	Luis Sousa	Individual	Senior Masculino	56:35	+25:17	05:40
819	2992	Ruben Miguel Rodrigues Lopes	Individual	Senior Masculino	56:36	+25:17	05:40
820	1872	André Brites	Individual	Senior Masculino	56:37	+25:18	05:40
821	4477	Diogo Rocha	Porminho	Senior Masculino	56:38	+25:19	05:40
822	1913	António Coentrão	Individual	Senior Masculino	56:39	+25:20	05:40
823	2588	Lucas Vieira de Moura	Individual	Senior Masculino	56:40	+25:21	05:40
824	2345	João Abreu	Individual	Senior Masculino	56:40	+25:21	05:40
825	4708	André Caridade	Store.Enventsmtb.com	Senior Masculino	56:40	+25:21	05:40
826	3085	Simão silva	Individual	Senior Masculino	56:41	+25:23	05:40
827	136	Rui Marques	ADESPO_RUN	Senior Masculino	56:43	+25:24	05:40
828	2915	Ricardo Amorim	Individual	Senior Masculino	56:45	+25:26	05:41
829	2303	Hugo André Matos Longras	Individual	Senior Masculino	56:45	+25:26	05:41
830	2913	Renato Graça	Individual	Senior Masculino	56:46	+25:27	05:41
831	1903	Andre Silva	Individual	Senior Masculino	56:46	+25:27	05:41
832	2130	Diogo Silva	Individual	Senior Masculino	56:46	+25:27	05:41
833	3157	Timóteo da Silva Miranda	Individual	Senior Masculino	56:47	+25:28	05:41
834	2318	Hugo Lopes	Individual	Senior Masculino	56:47	+25:28	05:41
835	2346	João Almeida	Individual	Senior Masculino	56:48	+25:29	05:41
836	847	Rodrigo Lamego	EXERCISE4YOU	Senior Masculino	56:48	+25:30	05:41
837	912	Fernando Araújo	Fora da Curva	Senior Masculino	56:52	+25:33	05:41
838	977	João Azevedo	Ginásio Status	Senior Masculino	56:52	+25:34	05:41
839	1841	Afonso Marques Machado	Individual	Senior Masculino	56:53	+25:34	05:41
840	1844	Afonso Simões Oliveira	Individual	Senior Masculino	56:53	+25:34	05:41
841	2907	Rafel de Araújo Casanova	Individual	Senior Masculino	56:54	+25:35	05:41
842	4893	DIOGO NOGUEIRA	VIVAVITA TRAINING AND SOCIAL CLUB	Senior Masculino	56:55	+25:36	05:42
843	4460	António Almeida	Pipachills	Senior Masculino	56:55	+25:36	05:42
844	2775	Nuno Simão Coelho da Silva	Individual	Senior Masculino	56:56	+25:38	05:42
845	1935	Bruno Bueno da Silva	Individual	Senior Masculino	56:57	+25:39	05:42
846	2666	Marco Ribeiro	Individual	Senior Masculino	56:58	+25:39	05:42
847	2772	Nuno Senra	Individual	Senior Masculino	56:59	+25:40	05:42
848	413	João Braga	Box 180	Senior Masculino	56:59	+25:40	05:42
849	1111	Luís Fonseca	GYMSTAR	Senior Masculino	57:01	+25:42	05:42
850	1897	André Oliveira Barbosa	Individual	Senior Masculino	57:01	+25:42	05:42
851	4642	Bertinho Costa	SCOOT Recuperação/Aldi Running Clube	Senior Masculino	57:03	+25:45	05:42
852	4124	Miguel Dias	IT RUNNERS	Senior Masculino	57:04	+25:45	05:42
853	3070	Silvano Alves	Individual	Senior Masculino	57:05	+25:46	05:43
854	3172	Tomás Teixeira	Individual	Senior Masculino	57:06	+25:47	05:43
855	2311	Hugo Costa	Individual	Senior Masculino	57:08	+25:50	05:43
856	1955	Bruno Novais	Individual	Senior Masculino	57:09	+25:51	05:43
857	2127	Diogo silva	Individual	Senior Masculino	57:10	+25:51	05:43

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Prova Principal

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858	2030	Daniel Moreira	Individual	Senior Masculino	57:12	+25:53	05:43
859	4332	Pedro Gomes	Núcleo de Atletismo das Taipas	Senior Masculino	57:13	+25:54	05:43
860	2971	Roberto Silva	Individual	Senior Masculino	57:14	+25:55	05:43
861	2889	Rafael Carvalho	Individual	Senior Masculino	57:15	+25:56	05:44
862	2298	Henrique Macedo	Individual	Senior Masculino	57:15	+25:57	05:44
863	200	Dinis Junior	Amigos	Senior Masculino	57:17	+25:58	05:44
864	4813	Victor Meireles da Silva	Uma dose e duas meias	Senior Masculino	57:17	+25:58	05:44
865	2455	João Rocha	Individual	Senior Masculino	57:17	+25:58	05:44
866	3080	Simão Pedro Salgado Oliveira	Individual	Senior Masculino	57:17	+25:58	05:44
867	1842	Afonso Mesquita	Individual	Senior Masculino	57:17	+25:59	05:44
868	2115	Diogo Pinho	Individual	Senior Masculino	57:18	+25:59	05:44
869	4733	Rúben Vieira	Team Elite by Batman	Senior Masculino	57:18	+25:59	05:44
870	3137	Tiago Miguel Amorim Rosa	Individual	Senior Masculino	57:18	+25:59	05:44
871	2781	Paulo Alexandre Rodrigues Carvalho	Individual	Senior Masculino	57:18	+25:59	05:44
872	2629	Luís Moreira	Individual	Senior Masculino	57:19	+26:01	05:44
873	2874	Pedro Silva	Individual	Senior Masculino	57:19	+26:01	05:44
874	3027	Rui Olivei	Individual	Senior Masculino	57:20	+26:01	05:44
875	37	Daniel Marques	247 Culture	Senior Masculino	57:21	+26:02	05:44
876	4970	Ricardo Ferreira	MKA	Senior Masculino	57:21	+26:03	05:44
877	1010	Pedro Nunes	247 Culture	Senior Masculino	57:22	+26:03	05:44
878	2877	Pedro Silva	Individual	Senior Masculino	57:23	+26:04	05:44
879	2625	Luís Miguel Gonçalves Duarte	Individual	Senior Masculino	57:23	+26:04	05:44
880	2186	Fernando Alves	Individual	Senior Masculino	57:24	+26:05	05:44
881	2316	Hugo Filipe Silva Soares	Individual	Senior Masculino	57:24	+26:05	05:44
882	2925	Ricardo Costa	Individual	Senior Masculino	57:24	+26:05	05:44
883	4819	Miguel Machado	União Metalúrgica da Trofa	Senior Masculino	57:24	+26:06	05:44
884	2783	Paulo Araújo	Individual	Senior Masculino	57:25	+26:07	05:45
885	2283	Gonçalo Veloso	Individual	Senior Masculino	57:27	+26:08	05:45
886	2036	Daniel Silva	Individual	Senior Masculino	57:27	+26:08	05:45
887	2392	João Lage	Individual	Senior Masculino	57:27	+26:09	05:45
888	2113	Diogo Peliteiro	Individual	Senior Masculino	57:31	+26:12	05:45
889	352	Álvaro Carvalho	Be Better Centro de Treino	Senior Masculino	57:31	+26:13	05:45
890	353	Rui Ferreira	Be Better Centro de Treino	Senior Masculino	57:32	+26:13	05:45
891	1087	César Carvalhal	GYMSTAR	Senior Masculino	57:33	+26:14	05:45
892	3098	Tiago Barreiro	Individual	Senior Masculino	57:35	+26:16	05:46
893	4256	Marco André Figueiredo Martins	Milhafres	Senior Masculino	57:35	+26:16	05:46
894	1877	André cruz	Individual	Senior Masculino	57:35	+26:16	05:46
895	2467	João Soares	Individual	Senior Masculino	57:35	+26:17	05:46
896	3210	Zé Nuno Ferreira	Individual	Senior Masculino	57:35	+26:17	05:46
897	3021	Rui Machado	Individual	Senior Masculino	57:37	+26:18	05:46
898	3005	Rui Carvalho	Individual	Senior Masculino	57:37	+26:18	05:46
899	2748	Nuno Dinis Alves	Individual	Senior Masculino	57:37	+26:18	05:46
900	1889	André Gonçalves	Individual	Senior Masculino	57:39	+26:20	05:46
901	1854	Alexandre Manuel Lima da Silva	Individual	Senior Masculino	57:39	+26:20	05:46
902	2959	Ricardo Santos	Individual	Senior Masculino	57:41	+26:23	05:46
903	1971	Carlos Costa	Individual	Senior Masculino	57:42	+26:24	05:46

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904	2220	Francisco Cabral	Individual	Senior Masculino	57:43	+26:24	05:46
905	2675	Mário Cabral	Individual	Senior Masculino	57:44	+26:25	05:46
906	994	Hugo Souza	Individual	Senior Masculino	57:44	+26:26	05:46
907	2472	João Vitor Miranda dos Santos	Individual	Senior Masculino	57:45	+26:26	05:47
908	1843	Afonso Ramos	Individual	Senior Masculino	57:45	+26:26	05:47
909	2053	David Ribeiro	Individual	Senior Masculino	57:46	+26:27	05:47
910	3066	Sérgio Serra	Individual	Senior Masculino	57:46	+26:27	05:47
911	887	Leonardo Filipe Silva Pinto	FF STUDIO	Senior Masculino	57:46	+26:27	05:47
912	2585	Lucas Iagoa do Carmo	Individual	Senior Masculino	57:46	+26:27	05:47
913	2951	Ricardo Pereira	Individual	Senior Masculino	57:46	+26:28	05:47
914	2597	Luís Antunes	Individual	Senior Masculino	57:49	+26:30	05:47
915	2496	Jorge Filipe Faria Maia	Individual	Senior Masculino	57:49	+26:30	05:47
916	2867	Pedro Pinto	Individual	Senior Masculino	57:49	+26:30	05:47
917	2540	José Miguel Rodrigues Silva	Individual	Senior Masculino	57:50	+26:31	05:47
918	1945	Bruno Gomes	Individual	Senior Masculino	57:50	+26:31	05:47
919	2213	Flávio Almeida	Individual	Senior Masculino	57:51	+26:33	05:47
920	818	Paulo Manuel Barreiro Cavaco	Eugenios	Senior Masculino	57:53	+26:34	05:47
921	4360	Pedro Barbosa	Olha aquela é estrangeira	Senior Masculino	57:53	+26:35	05:47
922	4358	João Garcia	Oldschool	Senior Masculino	57:53	+26:35	05:47
923	1908	Andre Veloso	Individual	Senior Masculino	57:58	+26:39	05:48
924	2028	Daniel Macedo	Individual	Senior Masculino	58:00	+26:42	05:48
925	1922	Artur Correia	Individual	Senior Masculino	58:01	+26:42	05:48
926	2419	João Paiva	Individual	Senior Masculino	58:01	+26:42	05:48
927	2554	José Pereira	Individual	Senior Masculino	58:01	+26:42	05:48
928	2690	Mauro Costa	Individual	Senior Masculino	58:01	+26:43	05:48
929	1898	André Pereira	Individual	Senior Masculino	58:02	+26:43	05:48
930	4331	Guilherme Martinho	Núcleo de Atletismo das Taipas	Senior Masculino	58:03	+26:44	05:48
931	3201	Vitor Silva	Individual	Senior Masculino	58:04	+26:45	05:48
932	3153	Tiago Soares	Individual	Senior Masculino	58:06	+26:47	05:49
933	3167	Tomás Rego	Individual	Senior Masculino	58:06	+26:47	05:49
934	2085	Diogo Ferreira	Individual	Senior Masculino	58:06	+26:47	05:49
935	1848	Alexandre Barroso	Individual	Senior Masculino	58:06	+26:47	05:49
936	817	José Martin da Costa Araujo	Eugenios	Senior Masculino	58:07	+26:48	05:49
937	821	Tomas Campos Oliveira	Eugenios	Senior Masculino	58:07	+26:48	05:49
938	278	Martim Teixeira	Associação Desportiva da Pouna	Senior Masculino	58:08	+26:49	05:49
939	975	Hugo Santos	Ginásio Status	Senior Masculino	58:08	+26:49	05:49
940	2584	Lucas Gomes	Individual	Senior Masculino	58:08	+26:49	05:49
941	2293	Helder Pereira	Individual	Senior Masculino	58:08	+26:50	05:49
942	2389	João Gomes	Individual	Senior Masculino	58:09	+26:50	05:49
943	2902	Rafael Moura	Individual	Senior Masculino	58:09	+26:51	05:49
944	1975	Carlos Fernandes	Individual	Senior Masculino	58:09	+26:51	05:49
945	814	Ivo Ribeiro	Eugenios	Senior Masculino	58:10	+26:51	05:49
946	276	Gabriel Couto	Associação Desportiva da Pouna	Senior Masculino	58:11	+26:52	05:49
947	1930	Bernardo Lobo	Individual	Senior Masculino	58:11	+26:52	05:49
948	2391	Joao Henrique Oliveira Saldanha Marques	Individual	Senior Masculino	58:11	+26:52	05:49
949	1885	André Ferreira Sousa Vale	Individual	Senior Masculino	58:11	+26:53	05:49

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950	2939	Ricardo Guedes	Individual	Senior Masculino	58:13	+26:55	05:49
951	2602	Luis Dias	Individual	Senior Masculino	58:13	+26:55	05:49
952	2709	Miguel Figueiredo	Individual	Senior Masculino	58:16	+26:57	05:50
953	691	Pedro Guimas	Datacol	Senior Masculino	58:17	+26:58	05:50
954	758	Rúben Freitas	Duros do Trail	Senior Masculino	58:17	+26:58	05:50
955	512	João Fernandes	CMFamalicão	Senior Masculino	58:19	+27:00	05:50
956	3185	Vitor Fernandes	Individual	Senior Masculino	58:19	+27:00	05:50
957	2007	Cristiano Pimenta	Individual	Senior Masculino	58:24	+27:05	05:50
958	1825	Abraão Fernandez Celestino de Araújo	Individual	Senior Masculino	58:25	+27:06	05:51
959	4992	Brais Concha Represas	Individual	Senior Masculino	58:28	+27:09	05:51
960	2692	Micael Rodrigues	Individual	Senior Masculino	58:29	+27:10	05:51
961	2312	Hugo Fernandes	Individual	Senior Masculino	58:29	+27:10	05:51
962	4894	DIOGO SILVA	VIVAVITA TRAINING AND SOCIAL CLUB	Senior Masculino	58:30	+27:11	05:51
963	2931	Ricardo Faria	Individual	Senior Masculino	58:30	+27:11	05:51
964	867	Hilário Araújo	Família Araújo	Senior Masculino	58:30	+27:11	05:51
965	2622	Luís Miguel	Individual	Senior Masculino	58:30	+27:11	05:51
966	2817	Pedro Couto	Individual	Senior Masculino	58:31	+27:12	05:51
967	2725	Miguel TINOCO	Individual	Senior Masculino	58:32	+27:13	05:51
968	398	Rui Landeira	Body Performance	Senior Masculino	58:33	+27:14	05:51
969	2609	Luís Filipe Cunha Silva	Individual	Senior Masculino	58:37	+27:19	05:52
970	2538	José Mendes	Individual	Senior Masculino	58:38	+27:19	05:52
971	2573	Kevin Manuel	Individual	Senior Masculino	58:38	+27:19	05:52
972	2255	Gaston Spon Sak	Individual	Senior Masculino	58:38	+27:19	05:52
973	3197	Vítor Oliveira	Individual	Senior Masculino	58:39	+27:20	05:52
974	2088	Diogo Filipe Ferreira Abreu	Individual	Senior Masculino	58:40	+27:21	05:52
975	4305	João Guedes	Neurónio Comum	Senior Masculino	58:43	+27:25	05:52
976	3020	RUI MACHADO	Individual	Senior Masculino	58:44	+27:25	05:52
977	2844	Pedro Machado	Individual	Senior Masculino	58:45	+27:26	05:53
978	2522	José Carlos Sousa	Individual	Senior Masculino	58:45	+27:26	05:53
979	277	Henrique Júnior	Associação Desportiva da Pouna	Senior Masculino	58:47	+27:28	05:53
980	3072	Simão Carvalho Monteiro	Individual	Senior Masculino	58:47	+27:28	05:53
981	2105	Diogo Monteiro	Individual	Senior Masculino	58:48	+27:29	05:53
982	2277	Gonçalo Leão.	Individual	Senior Masculino	58:48	+27:29	05:53
983	2440	João Pedro Santos Dias	Individual	Senior Masculino	58:48	+27:29	05:53
984	2728	Miguel Vilaça Duarte	Individual	Senior Masculino	58:48	+27:29	05:53
985	2205	Filipe Rafael Augusto Valente	Individual	Senior Masculino	58:49	+27:31	05:53
986	4329	Diogo Antunes	Núcleo de Atletismo das Taipas	Senior Masculino	58:50	+27:31	05:53
987	2155	Eduardo Marques Faria	Individual	Senior Masculino	58:50	+27:31	05:53
988	2039	Daniel Sousa	Individual	Senior Masculino	58:51	+27:33	05:53
989	1970	Carlos Costa	Individual	Senior Masculino	58:53	+27:35	05:53
990	2070	Diogo Barbosa	Individual	Senior Masculino	58:54	+27:35	05:53
991	3023	Rui Miguel Araújo Ferreira	Individual	Senior Masculino	58:55	+27:37	05:54
992	3079	Simão Oliveira	Individual	Senior Masculino	58:56	+27:37	05:54
993	2924	Ricardo Cordeiro	Individual	Senior Masculino	58:56	+27:37	05:54
994	390	Luís Costa	Bloom.bijuteria	Senior Masculino	58:56	+27:38	05:54
995	2394	João Lima	Individual	Senior Masculino	58:57	+27:38	05:54

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996	1846	Alex Helder	Individual	Senior Masculino	58:57	+27:39	05:54
997	2886	Pedro Vieira	Individual	Senior Masculino	58:59	+27:40	05:54
998	4382	Nuno Filipe da Silva Fernandes	ONE MORE PERSONAL TRAINING	Senior Masculino	59:00	+27:41	05:54
999	36	André Bessa	247 Culture	Senior Masculino	59:01	+27:42	05:54
1000	2735	Nikolas Lima	Individual	Senior Masculino	59:02	+27:43	05:54
1001	385	José Pimenta	Blanc, rouge ou rosé	Senior Masculino	59:02	+27:43	05:54
1002	1993	Carlos Vieira	Individual	Senior Masculino	59:02	+27:43	05:54
1003	2798	Paulo Ribeiro	Individual	Senior Masculino	59:03	+27:44	05:54
1004	270	Cristiano Ferreira	Art & Craft	Senior Masculino	59:05	+27:46	05:55
1005	3150	Tiago Silva	Individual	Senior Masculino	59:06	+27:47	05:55
1006	2267	Gonçalo de Albuquerque Rodrigues Sousa Fiadeiro	Individual	Senior Masculino	59:06	+27:48	05:55
1007	2663	Marco Oliveira	Individual	Senior Masculino	59:07	+27:48	05:55
1008	2254	Gabriel Pinheiro Pereira Vilar	Individual	Senior Masculino	59:07	+27:48	05:55
1009	2506	Jorge Ribeiro	Individual	Senior Masculino	59:08	+27:50	05:55
1010	2741	Nuno Araújo	Individual	Senior Masculino	59:09	+27:51	05:55
1011	3022	Rui Miguel	Individual	Senior Masculino	59:11	+27:52	05:55
1012	3120	Tiago Freitas	Individual	Senior Masculino	59:12	+27:54	05:55
1013	922	Bruno Batista	Futebol Clube Landim	Senior Masculino	59:14	+27:55	05:55
1014	2897	Rafael Filipe Silva Costa	Individual	Senior Masculino	59:15	+27:56	05:56
1015	2473	João Zamith	Individual	Senior Masculino	59:17	+27:58	05:56
1016	2879	Pedro Sousa	Individual	Senior Masculino	59:17	+27:58	05:56
1017	2402	João Martins	Individual	Senior Masculino	59:18	+27:59	05:56
1018	2551	José Pedro Oliveira Costa	Individual	Senior Masculino	59:18	+27:59	05:56
1019	2536	José Martins	Individual	Senior Masculino	59:21	+28:02	05:56
1020	2315	Hugo Filipe Dias Silva	Individual	Senior Masculino	59:21	+28:02	05:56
1021	4938	Clemente Raposo	Individual	Senior Masculino	59:22	+28:04	05:56
1022	4803	Rui Ferreira	TURBULENTOS	Senior Masculino	59:24	+28:05	05:56
1023	142	Casimiro Cunha	Adriano Cunha - Seguros	Senior Masculino	59:24	+28:05	05:56
1024	664	Leonardo Costa	Corre Que É Super	Senior Masculino	59:24	+28:06	05:56
1025	4146	Fransico Moreira	JP STUDIO	Senior Masculino	59:25	+28:06	05:57
1026	2730	nelson barbosa	Individual	Senior Masculino	59:25	+28:06	05:57
1027	2290	Guilherme Ribeiro	Individual	Senior Masculino	59:25	+28:06	05:57
1028	2727	Miguel Vieira Pereira	Individual	Senior Masculino	59:25	+28:07	05:57
1029	2656	Marco André Seabra Lopes	Individual	Senior Masculino	59:25	+28:07	05:57
1030	180	João Pedro da Silva Mesquita Ferreira	Alfa Estúdio	Senior Masculino	59:26	+28:08	05:57
1031	2887	Pierre Marcel Grandfils	Individual	Senior Masculino	59:26	+28:08	05:57
1032	1933	Bruno Araújo	Individual	Senior Masculino	59:27	+28:08	05:57
1033	2795	Paulo Pereira	Individual	Senior Masculino	59:27	+28:08	05:57
1034	2872	Pedro Ribeiro	Individual	Senior Masculino	59:28	+28:09	05:57
1035	2404	João Mesquita	Individual	Senior Masculino	59:28	+28:09	05:57
1036	907	Marco Freitas	Flores de estufa	Senior Masculino	59:30	+28:11	05:57
1037	4483	Nuno Martins	Porminho	Senior Masculino	59:30	+28:12	05:57
1038	2044	Dário Gomes	Individual	Senior Masculino	59:32	+28:13	05:57
1039	2986	Ruan Almeida	Individual	Senior Masculino	59:32	+28:14	05:57
1040	1833	AFONSO ARAUJO OLIVEIRA	Individual	Senior Masculino	59:34	+28:15	05:57

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1041	4357	André Silva	Oldschool	Senior Masculino	59:34	+28:15	05:57
1042	2374	João Ferreira	Individual	Senior Masculino	59:35	+28:16	05:58
1043	2281	Gonçalo Polónia	Individual	Senior Masculino	59:37	+28:18	05:58
1044	3076	Simão Matos	Individual	Senior Masculino	59:37	+28:18	05:58
1045	881	Casimiro Oliveira	Ferversabores	Senior Masculino	59:38	+28:19	05:58
1046	4282	José Fernando Leite Monteiro	Moldamirco	Senior Masculino	59:38	+28:19	05:58
1047	2452	João Ricardo Carvalho e Silva	Individual	Senior Masculino	59:39	+28:21	05:58
1048	2463	João Silva	Individual	Senior Masculino	59:41	+28:22	05:58
1049	4188	Kennedy de Almada Ribeiro Filho	Laceiras Team	Senior Masculino	59:41	+28:22	05:58
1050	2570	Júlio Rodrigues	Individual	Senior Masculino	59:42	+28:24	05:58
1051	2722	Miguel Reis	Individual	Senior Masculino	59:44	+28:25	05:58
1052	2758	Nuno Miguel Ferreira Faria Rego	Individual	Senior Masculino	59:45	+28:27	05:59
1053	2194	Filipe Alberto Serre Miranda	Individual	Senior Masculino	59:48	+28:29	05:59
1054	4487	Sérgio Costa	Porminho	Senior Masculino	59:48	+28:29	05:59
1055	515	Jorge Ribeiro	CMFamalicão	Senior Masculino	59:51	+28:32	05:59
1056	1828	Adão Viana Pinto	Individual	Senior Masculino	59:51	+28:32	05:59
1057	982	Ricardo Marinho da Silva	FF STUDIO	Senior Masculino	59:52	+28:33	05:59
1058	2350	João Antunes	Individual	Senior Masculino	59:56	+28:37	06:00
1059	2903	Rafael Pinto	Individual	Senior Masculino	59:57	+28:38	06:00
1060	815	Joao Pedro Rego Silva Marques	Eugenios	Senior Masculino	59:57	+28:38	06:00
1061	2581	Leonardo Lopes Ramalho	Individual	Senior Masculino	59:57	+28:38	06:00
1062	2150	Eduardo Costa Santos	Individual	Senior Masculino	59:59	+28:40	06:00
1063	2600	Luís Carvalho	Individual	Senior Masculino	01:00:00	+28:41	06:00
1064	2442	João Pereira	Individual	Senior Masculino	01:00:00	+28:41	06:00
1065	2026	Daniel Gomes da Silva	Individual	Senior Masculino	01:00:00	+28:42	06:00
1066	812	Gaspar Rodrigues Monteiro	Eugenios	Senior Masculino	01:00:01	+28:42	06:00
1067	2878	Pedro Simao Leitão Moreira	Individual	Senior Masculino	01:00:01	+28:42	06:00
1068	2813	Pedro Castro	Individual	Senior Masculino	01:00:02	+28:43	06:00
1069	2079	Diogo Costa	Individual	Senior Masculino	01:00:03	+28:44	06:00
1070	810	Daniel Guimarães Silva	Eugenios	Senior Masculino	01:00:05	+28:46	06:01
1071	2264	Gonçalo Barbosa	Individual	Senior Masculino	01:00:05	+28:46	06:01
1072	234	Emanuel Ferreira	ARC Vale S. Cosme	Senior Masculino	01:00:05	+28:47	06:01
1073	4645	Rafael Machado	SCOOT Recuperação/Aldi Running Clube	Senior Masculino	01:00:05	+28:47	06:01
1074	670	Telmo Silva	Costas com Silvas	Senior Masculino	01:00:06	+28:47	06:01
1075	2969	Roberto Batista	Individual	Senior Masculino	01:00:06	+28:47	06:01
1076	3010	Rui Ferdinando Coelho Bessa	Individual	Senior Masculino	01:00:07	+28:48	06:01
1077	3004	Rui Carneiro	Individual	Senior Masculino	01:00:07	+28:49	06:01
1078	1870	André Azevedo	Individual	Senior Masculino	01:00:07	+28:49	06:01
1079	735	Marco Silva	Dragon club	Senior Masculino	01:00:07	+28:49	06:01
1080	2863	Pedro Pereira	Individual	Senior Masculino	01:00:08	+28:49	06:01
1081	3135	Tiago Matias	Individual	Senior Masculino	01:00:08	+28:49	06:01
1082	85	Miguel Costa	A.C. VERMOIM	Senior Masculino	01:00:09	+28:50	06:01
1083	2180	Fábio Oliveira	Individual	Senior Masculino	01:00:10	+28:51	06:01
1084	4465	Pedro Oliveira	Pipineira Club	Senior Masculino	01:00:11	+28:52	06:01
1085	2707	Miguel Faustino Oliveira Santos	Individual	Senior Masculino	01:00:11	+28:52	06:01
1086	2761	Nuno miranda	Individual	Senior Masculino	01:00:12	+28:53	06:01

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Prova Principal

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1087	1094	Filipe Gonçalves	GYMSTAR	Senior Masculino	01:00:13	+28:54	06:01
1088	2268	Gonçalo Dourado	Individual	Senior Masculino	01:00:13	+28:54	06:01
1089	2353	João Bernardo Ribeiro e Silva	Individual	Senior Masculino	01:00:14	+28:56	06:01
1090	2189	Fernando Fernandes	Individual	Senior Masculino	01:00:16	+28:57	06:02
1091	2790	Paulo Jorge da Silva Pinheiro	Individual	Senior Masculino	01:00:16	+28:58	06:02
1092	2434	João Pedro de Pinho Martins	Individual	Senior Masculino	01:00:17	+28:58	06:02
1093	2445	João Pinheiro	Individual	Senior Masculino	01:00:17	+28:58	06:02
1094	2234	Francisco Manuel Martins de Sousa	Individual	Senior Masculino	01:00:18	+28:59	06:02
1095	2271	Gonçalo Ferreira	Individual	Senior Masculino	01:00:20	+29:02	06:02
1096	2161	Elvis da Rocha Costa	Individual	Senior Masculino	01:00:20	+29:02	06:02
1097	1954	Bruno Nogueira	Individual	Senior Masculino	01:00:21	+29:02	06:02
1098	3001	Rui Araújo	Individual	Senior Masculino	01:00:21	+29:03	06:02
1099	2510	Jorge Tavares	Individual	Senior Masculino	01:00:24	+29:05	06:02
1100	4149	Michel Gomes	JP STUDIO	Senior Masculino	01:00:24	+29:05	06:02
1101	2818	Pedro Cunha	Individual	Senior Masculino	01:00:25	+29:06	06:03
1102	2198	Filipe de Araújo Casanova	Individual	Senior Masculino	01:00:27	+29:08	06:03
1103	4352	Guilherme Sousa	Nursiano Sousa	Senior Masculino	01:00:27	+29:08	06:03
1104	2201	Filipe Manuel Magalhaes Ferreira	Individual	Senior Masculino	01:00:28	+29:09	06:03
1105	2655	Marco alves	Individual	Senior Masculino	01:00:28	+29:09	06:03
1106	707	José Vieira	Devesa Run Club	Senior Masculino	01:00:28	+29:10	06:03
1107	2162	Emanuel Carvalho	Individual	Senior Masculino	01:00:28	+29:10	06:03
1108	15	André Marques	100 Fôlego	Senior Masculino	01:00:29	+29:10	06:03
1109	1998	César Rodrigues	Individual	Senior Masculino	01:00:30	+29:11	06:03
1110	2891	Rafael Conceição Pinto	Individual	Senior Masculino	01:00:31	+29:12	06:03
1111	2850	Pedro Miguel Leal Brandão	Individual	Senior Masculino	01:00:32	+29:13	06:03
1112	2097	Diogo Manuel Costa Silva	Individual	Senior Masculino	01:00:34	+29:16	06:03
1113	532	Rui Pedro Lima de Sousa	CMFamalicão	Senior Masculino	01:00:34	+29:16	06:03
1114	2229	Francisco Filipe Soares	Individual	Senior Masculino	01:00:35	+29:16	06:04
1115	1018	Rui Filipe Pereira	Individual	Senior Masculino	01:00:36	+29:17	06:04
1116	1934	Bruno Assunção	Individual	Senior Masculino	01:00:37	+29:19	06:04
1117	229	André Couto	ARC Vale S. Cosme	Senior Masculino	01:00:38	+29:19	06:04
1118	2049	David Neves Marques Silva	Individual	Senior Masculino	01:00:38	+29:20	06:04
1119	884	Gonçalo da Silva Ferreira	FF STUDIO	Senior Masculino	01:00:38	+29:20	06:04
1120	241	Marco Antonio Correia Marques Teixeira	ARC Vale S. Cosme	Senior Masculino	01:00:39	+29:20	06:04
1121	231	Bruno Oliveira	ARC Vale S. Cosme	Senior Masculino	01:00:40	+29:21	06:04
1122	2008	Cristiano Rodrigues	Individual	Senior Masculino	01:00:40	+29:21	06:04
1123	2460	Joao Silva	Individual	Senior Masculino	01:00:41	+29:23	06:04
1124	2507	Jorge santos	Individual	Senior Masculino	01:00:42	+29:23	06:04
1125	4148	João Silva	JP STUDIO	Senior Masculino	01:00:45	+29:26	06:05
1126	2111	Diogo Oliveira	Individual	Senior Masculino	01:00:47	+29:28	06:05
1127	1918	António Pereira	Individual	Senior Masculino	01:00:47	+29:29	06:05
1128	2341	Ivo Monteiro	Individual	Senior Masculino	01:00:47	+29:29	06:05
1129	2750	Nuno Gomes	Individual	Senior Masculino	01:00:48	+29:29	06:05
1130	2146	Edmundo Klironomos	Individual	Senior Masculino	01:00:49	+29:30	06:05
1131	2534	José Manuel da Silva Faria	Individual	Senior Masculino	01:00:49	+29:31	06:05
1132	1101	João Esteves Rodrigues	GYMSTAR	Senior Masculino	01:00:50	+29:31	06:05

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Prova Principal

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1133	3139	Tiago Moreira	Individual	Senior Masculino	01:00:51	+29:32	06:05
1134	2384	João Filipe Torres Costa	Individual	Senior Masculino	01:00:51	+29:32	06:05
1135	1122	Simão Manuel Santos Fonseca	GYMSTAR	Senior Masculino	01:00:52	+29:33	06:05
1136	885	João Carlos Carvalho Ribeiro	FF STUDIO	Senior Masculino	01:00:52	+29:33	06:05
1137	883	Fábio André da Silva Ferreira	FF STUDIO	Senior Masculino	01:00:52	+29:34	06:05
1138	4444	Diogo Cruz	Pernas em crise	Senior Masculino	01:00:53	+29:34	06:05
1139	983	Tiago Amorim	Ginásio Status	Senior Masculino	01:00:58	+29:39	06:06
1140	528	Pedro Oliveira	CMFamalicão	Senior Masculino	01:01:01	+29:42	06:06
1141	2647	Marcelo Filipe Amaral de Pinho	Individual	Senior Masculino	01:01:03	+29:45	06:06
1142	2549	José Pedro Melo	Individual	Senior Masculino	01:01:03	+29:45	06:06
1143	2377	João Ferreira	Individual	Senior Masculino	01:01:04	+29:46	06:06
1144	2282	Gonçalo Silva e Sá	Individual	Senior Masculino	01:01:06	+29:47	06:07
1145	3125	Tiago José Campos Gonçalves	Individual	Senior Masculino	01:01:06	+29:48	06:07
1146	2399	João Maques	Individual	Senior Masculino	01:01:07	+29:48	06:07
1147	3089	Telmo Santos	Individual	Senior Masculino	01:01:07	+29:49	06:07
1148	4285	Mário Manuel Cruz Martins	Moldamirco	Senior Masculino	01:01:07	+29:49	06:07
1149	2906	Rafael Vinha de Sousa	Individual	Senior Masculino	01:01:07	+29:49	06:07
1150	2723	Miguel Santos	Individual	Senior Masculino	01:01:08	+29:49	06:07
1151	4281	João Miguel Marques Costa	Moldamirco	Senior Masculino	01:01:08	+29:49	06:07
1152	292	Vítor Azevedo	Aves Runners	Senior Masculino	01:01:09	+29:50	06:07
1153	4807	Lázaro Martins	Twins Martins	Senior Masculino	01:01:09	+29:51	06:07
1154	1960	Bruno Rodrigues	Individual	Senior Masculino	01:01:10	+29:52	06:07
1155	2413	João Nogueira	Individual	Senior Masculino	01:01:12	+29:53	06:07
1156	2645	Manuel Marques	Individual	Senior Masculino	01:01:13	+29:54	06:07
1157	2427	João Pedro	Individual	Senior Masculino	01:01:16	+29:57	06:08
1158	1943	Bruno fernandes	Individual	Senior Masculino	01:01:17	+29:58	06:08
1159	243	Marcos Olindino	ARC Vale S. Cosme	Senior Masculino	01:01:17	+29:58	06:08
1160	2095	Diogo Machado	Individual	Senior Masculino	01:01:19	+30:00	06:08
1161	709	Miguel Pereira	Devesa Run Club	Senior Masculino	01:01:20	+30:01	06:08
1162	706	João Tinoco	Devesa Run Club	Senior Masculino	01:01:20	+30:01	06:08
1163	886	João Paulo Ferreira Leal	FF STUDIO	Senior Masculino	01:01:23	+30:04	06:08
1164	4283	Jose Roxinol	Moldamirco	Senior Masculino	01:01:23	+30:05	06:08
1165	2807	Pedro Azevedo	Individual	Senior Masculino	01:01:25	+30:06	06:09
1166	2589	Ludgero Barbosa	Individual	Senior Masculino	01:01:27	+30:08	06:09
1167	2227	Francisco Fernandes	Individual	Senior Masculino	01:01:29	+30:10	06:09
1168	307	Hugo Costa	AVF Team	Senior Masculino	01:01:30	+30:11	06:09
1169	308	Ricardo Gomes	AVF Team	Senior Masculino	01:01:31	+30:12	06:09
1170	906	Francisco Oliveira	Flores de estufa	Senior Masculino	01:01:32	+30:13	06:09
1171	2126	Diogo Santos	Individual	Senior Masculino	01:01:34	+30:15	06:09
1172	2291	Gustavo Campos	Individual	Senior Masculino	01:01:35	+30:17	06:10
1173	2458	João seara	Individual	Senior Masculino	01:01:36	+30:17	06:10
1174	665	Ricardo Ribeiro	Corre Que É Super	Senior Masculino	01:01:38	+30:19	06:10
1175	2098	Diogo Manuel Rodrigues Pereira	Individual	Senior Masculino	01:01:38	+30:20	06:10
1176	522	Manuel Ferreira	CMFamalicão	Senior Masculino	01:01:38	+30:20	06:10
1177	2771	Nuno Salgado	Individual	Senior Masculino	01:01:39	+30:20	06:10
1178	2024	Daniel Ferreira	Individual	Senior Masculino	01:01:41	+30:22	06:10

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1179	1881	André Diogo Araújo Pereira	Individual	Senior Masculino	01:01:44	+30:26	06:10
1180	3191	Vitor Hugo Gonçalves	Individual	Senior Masculino	01:01:45	+30:26	06:11
1181	178	Carlos Borges Abreu	Alfa Estúdio	Senior Masculino	01:01:46	+30:27	06:11
1182	2517	José Brandão	Individual	Senior Masculino	01:01:47	+30:28	06:11
1183	2094	Diogo José Rodrigues Vaz Vieira	Individual	Senior Masculino	01:01:47	+30:29	06:11
1184	2351	João Barroso	Individual	Senior Masculino	01:01:47	+30:29	06:11
1185	4761	Tiago André Oliveira Mesquita	Team Pinhas	Senior Masculino	01:01:47	+30:29	06:11
1186	4756	David Fonseca	Team Pinhas	Senior Masculino	01:01:48	+30:30	06:11
1187	4758	João Oliveira	Team Pinhas	Senior Masculino	01:01:49	+30:30	06:12
1188	3033	Rui Pedro Mendes Pinto	Individual	Senior Masculino	01:01:51	+30:32	06:11
1189	1044	Jorge Miguel Afonseca da Silva Costa	Grupo Secreto da Box	Senior Masculino	01:01:53	+30:34	06:11
1190	2998	Rui Alvaro Oliveira Ferreira	Individual	Senior Masculino	01:01:54	+30:35	06:11
1191	1847	Alexandre Alves	Individual	Senior Masculino	01:01:54	+30:35	06:11
1192	2634	Luís Pedro Araújo	Individual	Senior Masculino	01:01:55	+30:36	06:12
1193	3044	Rui Teixeira	Individual	Senior Masculino	01:01:56	+30:37	06:12
1194	2033	Daniel Silva	Individual	Senior Masculino	01:01:56	+30:37	06:12
1195	1888	André Gomes	Individual	Senior Masculino	01:01:56	+30:38	06:12
1196	4310	Bruno Lopes	NO NAME NO TOUR	Senior Masculino	01:01:57	+30:38	06:12
1197	4378	Alexandre Carvalho Lima	ONE MORE PERSONAL TRAINING	Senior Masculino	01:01:57	+30:38	06:12
1198	2382	João Filipe Oliveira Lopes de Sá	Individual	Senior Masculino	01:01:58	+30:39	06:12
1199	2934	Ricardo Filipe Correia da Silva	Individual	Senior Masculino	01:01:58	+30:39	06:12
1200	1963	Bruno Vilaça	Individual	Senior Masculino	01:02:00	+30:41	06:12
1201	3147	Tiago Santos	Individual	Senior Masculino	01:02:00	+30:42	06:12
1202	4150	Nuno Oliveira	JP STUDIO	Senior Masculino	01:02:00	+30:42	06:12
1203	4152	Rafael Rosas	JP STUDIO	Senior Masculino	01:02:01	+30:43	06:12
1204	386	Tiago Sousa	Blanc, rouge ou rosé	Senior Masculino	01:02:05	+30:46	06:13
1205	2329	Hugo Sousa	Individual	Senior Masculino	01:02:06	+30:47	06:13
1206	4678	Rafael Pereira	SmartFit	Senior Masculino	01:02:07	+30:48	06:13
1207	4676	João Fernandes	SmartFit	Senior Masculino	01:02:07	+30:48	06:13
1208	3123	Tiago Gonçalves Duarte	Individual	Senior Masculino	01:02:07	+30:48	06:13
1209	2193	Fernando Silva	Individual	Senior Masculino	01:02:08	+30:50	06:13
1210	2230	Francisco Ilhão	Individual	Senior Masculino	01:02:09	+30:50	06:13
1211	1939	Bruno Costa	Individual	Senior Masculino	01:02:09	+30:51	06:13
1212	230	André Ribeiro	ARC Vale S. Cosme	Senior Masculino	01:02:11	+30:52	06:13
1213	2261	Gilmar Fernandes Semedo	Individual	Senior Masculino	01:02:12	+30:53	06:13
1214	4920	Eduardo Manuel Cortes Pina Moreira da Costa	CMF	Senior Masculino	01:02:13	+30:54	06:13
1215	2405	João Mesquita	Individual	Senior Masculino	01:02:13	+30:55	06:13
1216	1102	João Gomes	GYMSTAR	Senior Masculino	01:02:13	+30:55	06:13
1217	501	Carlos Ribeiro	CMFamalicão	Senior Masculino	01:02:15	+30:56	06:14
1218	4763	Miguel António Andrade Alves dos Santos	Team Turco Running	Senior Masculino	01:02:16	+30:58	06:14
1219	2669	Marcos Álvarezi	Individual	Senior Masculino	01:02:17	+30:58	06:14
1220	2866	Pedro Pereira	Individual	Senior Masculino	01:02:19	+31:00	06:14
1221	872	Vitor Parente	Família Costa e Associados	Senior Masculino	01:02:22	+31:03	06:14
1222	3140	Tiago Neves	Individual	Senior Masculino	01:02:22	+31:03	06:14

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1223	2607	Luís Fernandes	Individual	Senior Masculino	01:02:23	+31:05	06:14
1224	1883	Andre Faria Gomes	Individual	Senior Masculino	01:02:25	+31:06	06:15
1225	2660	Marco Filipe Vale Azevedo	Individual	Senior Masculino	01:02:25	+31:07	06:15
1226	2379	João Filipe costa	Individual	Senior Masculino	01:02:31	+31:12	06:15
1227	2566	José Silva	Individual	Senior Masculino	01:02:31	+31:12	06:15
1228	3126	Tiago José Santos Costa	Individual	Senior Masculino	01:02:31	+31:12	06:15
1229	518	José João Magalhães	CMFamalicão	Senior Masculino	01:02:33	+31:14	06:15
1230	1855	Alexandre Oliveira Fernandes	Individual	Senior Masculino	01:02:33	+31:15	06:15
1231	4226	Carlos Ramos	Mancos, aleijados, miúdas giras e o Helder	Senior Masculino	01:02:36	+31:17	06:16
1232	2216	Francisco Almeida Oliveira	Individual	Senior Masculino	01:02:38	+31:19	06:16
1233	282	André Dorés	Atletas.com Dorés	Senior Masculino	01:02:38	+31:19	06:16
1234	2751	Nuno Gonçalves Silva	Individual	Senior Masculino	01:02:39	+31:20	06:16
1235	2885	Pedro Viana	Individual	Senior Masculino	01:02:39	+31:21	06:16
1236	2900	Rafael José Pereira Silva	Individual	Senior Masculino	01:02:39	+31:21	06:16
1237	3078	Simao Oliveira	Individual	Senior Masculino	01:02:39	+31:21	06:16
1238	2138	Dudu Cruz	Individual	Senior Masculino	01:02:40	+31:21	06:16
1239	2332	Igor Lino	Individual	Senior Masculino	01:02:40	+31:21	06:16
1240	2820	Pedro Daniel Vieira Carneiro	Individual	Senior Masculino	01:02:41	+31:22	06:16
1241	2509	Jorge Silva	Individual	Senior Masculino	01:02:41	+31:22	06:16
1242	2868	Pedro Pinto	Individual	Senior Masculino	01:02:41	+31:22	06:16
1243	3100	Tiago Batista	Individual	Senior Masculino	01:02:43	+31:24	06:16
1244	2827	Pedro Fernandes	Individual	Senior Masculino	01:02:43	+31:24	06:16
1245	84	Abmael Neto	A&A	Senior Masculino	01:02:44	+31:25	06:16
1246	2082	Diogo da Venda Azevedo Pessegueiro	Individual	Senior Masculino	01:02:44	+31:25	06:16
1247	3016	Rui Gomes	Individual	Senior Masculino	01:02:44	+31:26	06:16
1248	733	André Pinho	Dragon club	Senior Masculino	01:02:46	+31:27	06:17
1249	734	André Tinoco	Dragon club	Senior Masculino	01:02:46	+31:27	06:17
1250	523	Nuno Alves	CMFamalicão	Senior Masculino	01:02:49	+31:31	06:17
1251	19	José Miguel Ribeiro Ferreira	100Pernas	Senior Masculino	01:02:51	+31:33	06:17
1252	2674	Mário André Bastos Machado	Individual	Senior Masculino	01:02:52	+31:33	06:17
1253	74	Sérgio Nuno Martins Morais	96s plus one	Senior Masculino	01:02:53	+31:34	06:17
1254	656	Nuno Ribeiro	Colfitas/Nuno Ribeiro-Cortinados, Colchões e Reparações	Senior Masculino	01:02:53	+31:35	06:17
1255	1036	Pedro Alves Cerejeira	Grupo Jorge Oculista	Senior Masculino	01:02:54	+31:35	06:17
1256	4453	Joep van de Vondervoort	Picheleiros	Senior Masculino	01:02:55	+31:36	06:18
1257	2964	Ricardo Silva	Individual	Senior Masculino	01:02:55	+31:37	06:18
1258	2799	Paulo Rodrigues	Individual	Senior Masculino	01:02:55	+31:37	06:18
1259	2265	Gonçalo Cardoso	Individual	Senior Masculino	01:02:57	+31:38	06:18
1260	4587	Fábio Miguel Melo Torres	RorizAventura	Senior Masculino	01:02:58	+31:39	06:18
1261	4476	Diogo Monteiro	Porminho	Senior Masculino	01:02:59	+31:40	06:18
1262	3174	Vasco Faria	Individual	Senior Masculino	01:03:00	+31:41	06:18
1263	979	João Veloso	Ginásio Status	Senior Masculino	01:03:02	+31:44	06:18
1264	2968	Riccardo Dainese	Individual	Senior Masculino	01:03:02	+31:44	06:18
1265	1086	António Serino	GYMSTAR	Senior Masculino	01:03:04	+31:45	06:18
1266	4286	Miguel Ângelo da Cruz Maia	Moldamirco	Senior Masculino	01:03:04	+31:46	06:18
1267	2156	Eduardo Miguel Couto de Oliveira	Individual	Senior Masculino	01:03:08	+31:49	06:19

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Prova Principal

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OFFICIAL RESULT

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1268	2668	Marco Soares	Individual	Senior Masculino	01:03:08	+31:49	06:19
1269	4703	Afonso Sousa	Sousas	Senior Masculino	01:03:09	+31:50	06:19
1270	1907	André Vale	Individual	Senior Masculino	01:03:10	+31:51	06:19
1271	3113	Tiago Ferreira	Individual	Senior Masculino	01:03:11	+31:53	06:19
1272	1113	Nelson Daniel Machado Rodrigues	GYMSTAR	Senior Masculino	01:03:12	+31:53	06:19
1273	2643	Manuel Couto	Individual	Senior Masculino	01:03:16	+31:58	06:20
1274	2852	Pedro Miguel Silva Morais	Individual	Senior Masculino	01:03:17	+31:58	06:20
1275	2140	Edgar Araújo	Individual	Senior Masculino	01:03:18	+32:00	06:20
1276	2418	João Oliveira	Individual	Senior Masculino	01:03:19	+32:00	06:20
1277	2164	Emanuel Dias	Individual	Senior Masculino	01:03:19	+32:01	06:20
1278	998	Miguel Salgado	Individual	Senior Masculino	01:03:20	+32:01	06:20
1279	530	Rosendo Silva	CMFamalicão	Senior Masculino	01:03:20	+32:01	06:20
1280	192	André Peixoto	Ali Além	Senior Masculino	01:03:21	+32:02	06:20
1281	2018	Daniel Costa	Individual	Senior Masculino	01:03:22	+32:03	06:20
1282	4155	Tiago Santos	JP STUDIO	Senior Masculino	01:03:22	+32:03	06:20
1283	535	Tiago Oliveira	CMFamalicão	Senior Masculino	01:03:22	+32:03	06:20
1284	3107	Tiago Cunha	Individual	Senior Masculino	01:03:23	+32:04	06:20
1285	2909	Ralfe Mariano	Individual	Senior Masculino	01:03:26	+32:07	06:21
1286	2516	José Azevedo	Individual	Senior Masculino	01:03:26	+32:08	06:21
1287	2922	Ricardo Campos	Individual	Senior Masculino	01:03:29	+32:10	06:21
1288	191	André Martins	Ali Além	Senior Masculino	01:03:31	+32:12	06:21
1289	4660	João Pedro Pinho	SHARING IS CARING	Senior Masculino	01:03:31	+32:13	06:21
1290	194	Ricardo Correia	Ali Além	Senior Masculino	01:03:32	+32:13	06:21
1291	4659	Adriano Couto	SHARING IS CARING	Senior Masculino	01:03:32	+32:13	06:21
1292	4661	Nelson Monteiro	SHARING IS CARING	Senior Masculino	01:03:33	+32:14	06:21
1293	2639	Luís Soares	Individual	Senior Masculino	01:03:33	+32:15	06:21
1294	508	Francisco Carneiro	CMFamalicão	Senior Masculino	01:03:35	+32:16	06:22
1295	2985	Rodrigo Sampaio	Individual	Senior Masculino	01:03:35	+32:16	06:22
1296	3084	Simao Santos	Individual	Senior Masculino	01:03:36	+32:17	06:22
1297	496	Afonso Macedo	CMFamalicão	Senior Masculino	01:03:36	+32:17	06:22
1298	4701	Bruce Ascensão	Sole Mates	Senior Masculino	01:03:37	+32:19	06:22
1299	2280	Gonçalo Marques Guedes	Individual	Senior Masculino	01:03:39	+32:20	06:22
1300	2765	Nuno Pinheiro	Individual	Senior Masculino	01:03:41	+32:22	06:22
1301	2688	Matias Nicolau Araújo	Individual	Senior Masculino	01:03:43	+32:25	06:22
1302	705	João Tiago Araújo	Devesa Run Club	Senior Masculino	01:03:44	+32:25	06:22
1303	2846	Pedro Mesquita Azevedo	Individual	Senior Masculino	01:03:46	+32:27	06:23
1304	1837	Afonso Cruz	Individual	Senior Masculino	01:03:49	+32:30	06:23
1305	3133	Tiago Marques Araújo	Individual	Senior Masculino	01:03:50	+32:31	06:23
1306	3069	Sergio Teixeira	Individual	Senior Masculino	01:03:54	+32:36	06:23
1307	603	Daniel Silva	Individual	Senior Masculino	01:03:55	+32:36	06:24
1308	3169	Tomás Rodrigues	Individual	Senior Masculino	01:03:55	+32:36	06:24
1309	1967	Carlos Barreiro	Individual	Senior Masculino	01:03:57	+32:38	06:24
1310	2633	Luis Paulo Novais Silva	Individual	Senior Masculino	01:03:58	+32:39	06:24
1311	816	Jorge miguel Dias Oliveira	Eugenios	Senior Masculino	01:03:58	+32:39	06:24
1312	80	Elias Luís da Silva	A última do ano	Senior Masculino	01:03:58	+32:39	06:24
1313	3105	Tiago Carvalho	Individual	Senior Masculino	01:03:59	+32:40	06:24

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Prova Principal

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OFFICIAL RESULT

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1314	2396	João Magalhães	Individual	Senior Masculino	01:03:59	+32:40	06:24
1315	4634	jose rodrigues	SANTE OPO	Senior Masculino	01:04:00	+32:41	06:24
1316	2587	Lucas Silva	Individual	Senior Masculino	01:04:04	+32:45	06:24
1317	4222	Jorge Sa	maNcaquinhos	Senior Masculino	01:04:07	+32:48	06:25
1318	4122	Carlos Martins	IT RUNNERS	Senior Masculino	01:04:10	+32:51	06:25
1319	4123	Ivo Sampaio	IT RUNNERS	Senior Masculino	01:04:10	+32:52	06:25
1320	520	Luís Azevedo	CMFamalicão	Senior Masculino	01:04:10	+32:52	06:25
1321	526	PAULO Oliveira	CMFamalicão	Senior Masculino	01:04:12	+32:53	06:25
1322	2893	Rafael Costa	Individual	Senior Masculino	01:04:12	+32:54	06:25
1323	2662	Marco Moreira	Individual	Senior Masculino	01:04:13	+32:54	06:25
1324	4718	Pedro gomes	T3Primos	Senior Masculino	01:04:13	+32:54	06:25
1325	2749	Nuno Filipe Cardoso Barbosa	Individual	Senior Masculino	01:04:13	+32:55	06:25
1326	1938	Bruno Correia	Individual	Senior Masculino	01:04:15	+32:56	06:26
1327	2286	Guilherme Figueiredo Machado Silva	Individual	Senior Masculino	01:04:15	+32:56	06:26
1328	2165	Emanuel Ferreira	Individual	Senior Masculino	01:04:16	+32:58	06:26
1329	2251	Gabriel Lopes	Individual	Senior Masculino	01:04:17	+32:58	06:26
1330	2119	Diogo Rato	Individual	Senior Masculino	01:04:18	+32:59	06:26
1331	2031	Daniel Oliveira	Individual	Senior Masculino	01:04:20	+33:01	06:26
1332	497	Bruno Araújo	CMFamalicão	Senior Masculino	01:04:25	+33:06	06:27
1333	2117	Diogo Queirós	Individual	Senior Masculino	01:04:25	+33:07	06:27
1334	2425	João Paulo Mesquita	Individual	Senior Masculino	01:04:26	+33:07	06:27
1335	1107	Jorge Manuel Faria Vilaça	GYMSTAR	Senior Masculino	01:04:26	+33:07	06:27
1336	2896	rafael ferreira	Individual	Senior Masculino	01:04:28	+33:09	06:27
1337	214	André Araújo	ARAÚJOS	Senior Masculino	01:04:28	+33:09	06:27
1338	4742	Bruno Moreira	TEAM LANTEMIL	Senior Masculino	01:04:30	+33:11	06:27
1339	4527	Filipe Costa	Prime Sports Center	Senior Masculino	01:04:31	+33:12	06:27
1340	3179	Vasco Pantaleão	Individual	Senior Masculino	01:04:34	+33:15	06:27
1341	2297	Hélder Sá	Individual	Senior Masculino	01:04:37	+33:18	06:28
1342	2160	Eduardo Zanardi	Individual	Senior Masculino	01:04:37	+33:18	06:28
1343	1100	Hugo Silva	GYMSTAR	Senior Masculino	01:04:37	+33:19	06:28
1344	4993	Nuno Leitao	Individual	Senior Masculino	01:04:38	+33:19	06:28
1345	1964	Caio Leonardo Silva Quevedo	Individual	Senior Masculino	01:04:39	+33:20	06:28
1346	4153	Ricardo Amorim	JP STUDIO	Senior Masculino	01:04:40	+33:21	06:28
1347	4144	Afonso Costa	JP STUDIO	Senior Masculino	01:04:42	+33:24	06:28
1348	2824	Pedro Emanuel Viana Pedroso	Individual	Senior Masculino	01:04:42	+33:24	06:28
1349	2493	Jorge Faria Miranda	Individual	Senior Masculino	01:04:43	+33:24	06:28
1350	3009	Rui Esteves	Individual	Senior Masculino	01:04:45	+33:27	06:29
1351	4211	Cassiano Costa	Malandros Family	Senior Masculino	01:04:46	+33:27	06:29
1352	3118	Tiago Filipe Gonçalves Pereira	Individual	Senior Masculino	01:04:46	+33:27	06:29
1353	2016	Daniel Costa	Individual	Senior Masculino	01:04:46	+33:28	06:29
1354	2635	Luís Pedro Ferreira	Individual	Senior Masculino	01:04:47	+33:29	06:29
1355	4532	Rúben Silva	Prime Sports Center	Senior Masculino	01:04:49	+33:30	06:29
1356	4698	Nuno José Lopes Lemos	SmashRunners	Senior Masculino	01:04:49	+33:31	06:29
1357	3053	Santiago Melo	Individual	Senior Masculino	01:04:51	+33:32	06:29
1358	148	Luís Barbosa	AFIPRE Team	Senior Masculino	01:04:52	+33:33	06:29
1359	2755	Nuno Lopes	Individual	Senior Masculino	01:04:53	+33:34	06:29

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Prova Principal

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1360	2712	Miguel Guelinho Ribeiro	Individual	Senior Masculino	01:04:54	+33:35	06:29
1361	1982	CARLOS MANUEL MARQUES FERREIRA	Individual	Senior Masculino	01:04:55	+33:36	06:30
1362	1909	André Vieira	Individual	Senior Masculino	01:04:55	+33:36	06:30
1363	4697	Miguel Alves	SmashRunners	Senior Masculino	01:04:55	+33:37	06:30
1364	153	EDUARDO MOREIRA	AGÊNCIA MOREIRA	Senior Masculino	01:04:56	+33:37	06:30
1365	2708	Miguel Ferreira	Individual	Senior Masculino	01:04:57	+33:38	06:30
1366	2530	José Graça	Individual	Senior Masculino	01:04:59	+33:40	06:30
1367	1949	Bruno Lobo Costa	Individual	Senior Masculino	01:05:00	+33:41	06:30
1368	685	Miguel Costa	Cruise Car Runners	Senior Masculino	01:05:02	+33:43	06:30
1369	2948	Ricardo Miranda	Individual	Senior Masculino	01:05:03	+33:44	06:30
1370	2933	Ricardo Ferreira	Individual	Senior Masculino	01:05:06	+33:47	06:31
1371	3002	Rui Bessa	Individual	Senior Masculino	01:05:07	+33:48	06:31
1372	1992	Carlos Teixeira	Individual	Senior Masculino	01:05:07	+33:48	06:31
1373	2185	Felipe Gomes	Individual	Senior Masculino	01:05:08	+33:49	06:31
1374	3196	Vitor Oliveira	Individual	Senior Masculino	01:05:08	+33:49	06:31
1375	4464	Augusto Amorim	Pipelineira Club	Senior Masculino	01:05:10	+33:51	06:31
1376	2982	Rodrigo Martins	Individual	Senior Masculino	01:05:10	+33:51	06:31
1377	2446	João Pinho	Individual	Senior Masculino	01:05:11	+33:53	06:31
1378	2987	Rúben Azevedo	Individual	Senior Masculino	01:05:12	+33:53	06:31
1379	2754	Nuno Lima	Individual	Senior Masculino	01:05:17	+33:59	06:32
1380	2940	Ricardo Guimarães	Individual	Senior Masculino	01:05:18	+34:00	06:32
1381	4287	Ruben Marques da Costa	Moldamirco	Senior Masculino	01:05:20	+34:01	06:32
1382	2225	Francisco Enes	Individual	Senior Masculino	01:05:20	+34:01	06:32
1383	1849	Alexandre Carneiro	Individual	Senior Masculino	01:05:22	+34:03	06:32
1384	1958	Bruno Rios	Individual	Senior Masculino	01:05:24	+34:05	06:32
1385	2288	Guilherme Machado	Individual	Senior Masculino	01:05:24	+34:05	06:32
1386	2153	Eduardo Machado	Individual	Senior Masculino	01:05:25	+34:06	06:33
1387	2231	Francisco José Ferreira Rosa	Individual	Senior Masculino	01:05:27	+34:08	06:33
1388	2572	Kaio Sousa Constantino	Individual	Senior Masculino	01:05:28	+34:09	06:33
1389	2324	Hugo Oliveira	Individual	Senior Masculino	01:05:32	+34:13	06:33
1390	2715	Miguel Martins	Individual	Senior Masculino	01:05:32	+34:14	06:33
1391	4693	Artur Ferreira	SmashRunners	Senior Masculino	01:05:34	+34:15	06:33
1392	2253	Gabriel Pereira Carneiro	Individual	Senior Masculino	01:05:34	+34:15	06:33
1393	2144	Edgar Rodrigues	Individual	Senior Masculino	01:05:34	+34:16	06:33
1394	4223	Sergio Vilaça	maNcaquinhos	Senior Masculino	01:05:35	+34:16	06:34
1395	2894	Rafael Costa	Individual	Senior Masculino	01:05:36	+34:17	06:34
1396	4817	Hugo Monteiro	União Metalúrgica da Trofa	Senior Masculino	01:05:36	+34:17	06:34
1397	1857	Alexandre Pinto	Individual	Senior Masculino	01:05:36	+34:18	06:34
1398	135	Marco Sousa	ADESPO_RUN	Senior Masculino	01:05:37	+34:18	06:34
1399	4818	João Salgueiro	União Metalúrgica da Trofa	Senior Masculino	01:05:37	+34:18	06:34
1400	4692	Artur Alves	SmashRunners	Senior Masculino	01:05:40	+34:21	06:34
1401	2132	Diogo Viana	Individual	Senior Masculino	01:05:42	+34:23	06:34
1402	690	Miguel Santos	Datacol	Senior Masculino	01:05:44	+34:25	06:34
1403	689	Dario Cunha	Datacol	Senior Masculino	01:05:45	+34:26	06:35
1404	789	Helder Gomes	Equipa patrocinada	Senior Masculino	01:05:45	+34:27	06:35
1405	4667	Raul Almeida	Smach Runners	Senior Masculino	01:05:46	+34:27	06:35

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1406	1121	Ruben Miguel Tinoco	GYMSTAR	Senior Masculino	01:05:46	+34:28	06:35
1407	336	Emanuel Carneiro	BBG RUNNERS BY BBOX&GYM	Senior Masculino	01:05:51	+34:32	06:35
1408	2613	Luis Gomes	Individual	Senior Masculino	01:05:51	+34:33	06:35
1409	1171	Diogo Alves	HR Estúdio	Senior Masculino	01:05:53	+34:34	06:35
1410	2923	Ricardo cardoso	Individual	Senior Masculino	01:05:53	+34:34	06:35
1411	1873	André Cardoso	Individual	Senior Masculino	01:05:53	+34:34	06:35
1412	2514	José Araújo	Individual	Senior Masculino	01:05:53	+34:34	06:35
1413	788	Gonçalo Cardeiras	Equipa patrocinada	Senior Masculino	01:05:53	+34:34	06:35
1414	2800	Paulo Sousa	Individual	Senior Masculino	01:05:53	+34:35	06:35
1415	2143	Edgar Neves	Individual	Senior Masculino	01:05:55	+34:36	06:36
1416	3087	Suan Soares Schramm	Individual	Senior Masculino	01:05:55	+34:37	06:36
1417	1969	Carlos correia	Individual	Senior Masculino	01:05:56	+34:37	06:36
1418	2361	Joao Castro Cunha	Individual	Senior Masculino	01:05:57	+34:38	06:36
1419	2182	Fábio Pereira	Individual	Senior Masculino	01:05:57	+34:39	06:36
1420	791	Luis Sousa	Equipa patrocinada	Senior Masculino	01:05:59	+34:40	06:36
1421	4218	Cristiano oliveira	maNcaquinhos	Senior Masculino	01:05:59	+34:40	06:36
1422	1859	Alexandre Silva	Individual	Senior Masculino	01:06:00	+34:41	06:36
1423	1892	Andre Lopes Barbosa	Individual	Senior Masculino	01:06:00	+34:41	06:36
1424	2963	Ricardo Silva	Individual	Senior Masculino	01:06:00	+34:41	06:36
1425	2003	Claudeilson Junior	Individual	Senior Masculino	01:06:00	+34:41	06:36
1426	790	João Araújo	Equipa patrocinada	Senior Masculino	01:06:00	+34:42	06:36
1427	2705	Miguel Cracel	Individual	Senior Masculino	01:06:01	+34:42	06:36
1428	2552	José Pedro Simões	Individual	Senior Masculino	01:06:01	+34:43	06:36
1429	290	João Calvão	Aves Runners	Senior Masculino	01:06:02	+34:44	06:36
1430	2937	Ricardo Gomws	Individual	Senior Masculino	01:06:03	+34:44	06:36
1431	2997	Rui Abreu	Individual	Senior Masculino	01:06:04	+34:45	06:36
1432	1104	João Lucas de Sá Tavares	GYMSTAR	Senior Masculino	01:06:04	+34:45	06:36
1433	888	Rafael Filipe Ribeiro Freitas	FF STUDIO	Senior Masculino	01:06:04	+34:45	06:36
1434	3193	vit0r Manuel Pereira Ribeiro	Individual	Senior Masculino	01:06:04	+34:46	06:36
1435	2061	Diogo abreu	Individual	Senior Masculino	01:06:05	+34:46	06:37
1436	2334	Isaque Reis	Individual	Senior Masculino	01:06:06	+34:48	06:37
1437	2941	Ricardo Jorge Cunha Fernandes	Individual	Senior Masculino	01:06:07	+34:49	06:37
1438	2367	João Dias	Individual	Senior Masculino	01:06:08	+34:49	06:37
1439	4903	Pedro Silva	Wolves 502	Senior Masculino	01:06:09	+34:50	06:37
1440	4902	Leonel Ribeiro	Wolves 502	Senior Masculino	01:06:09	+34:50	06:37
1441	340	Mário Alexandre Lima Machado	BBG RUNNERS BY BBOX&GYM	Senior Masculino	01:06:09	+34:51	06:37
1442	38	Daniel Rocha	247 Culture	Senior Masculino	01:06:10	+34:52	06:37
1443	4414	Paulo Ferreira	OS FERREIRA	Senior Masculino	01:06:12	+34:53	06:37
1444	2223	Francisco Daniel Fernandes Oliveira	Individual	Senior Masculino	01:06:14	+34:55	06:37
1445	1045	Luís António Ferreira Miranda da Silva	Grupo Secreto da Box	Senior Masculino	01:06:15	+34:57	06:38
1446	4530	Pedro David Costa	Prime Sports Center	Senior Masculino	01:06:18	+35:00	06:38
1447	2451	João Ribeiro	Individual	Senior Masculino	01:06:19	+35:00	06:38
1448	2139	Edgar Santos	Individual	Senior Masculino	01:06:19	+35:00	06:38
1449	4694	Celio Pinto	SmashRunners	Senior Masculino	01:06:19	+35:00	06:38
1450	2447	João Pinto	Individual	Senior Masculino	01:06:24	+35:05	06:38
1451	2109	Diogo Oliveira	Individual	Senior Masculino	01:06:24	+35:06	06:38

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1452	2491	Jorge da Torre Fernandes	Individual	Senior Masculino	01:06:27	+35:08	06:39
1453	181	Luís Daniel Silva	Alfa Estúdio	Senior Masculino	01:06:29	+35:10	06:39
1454	2544	José Pedro Cruz Rios	Individual	Senior Masculino	01:06:31	+35:12	06:39
1455	2531	José Guedes	Individual	Senior Masculino	01:06:31	+35:12	06:39
1456	2952	Ricardo Reis	Individual	Senior Masculino	01:06:33	+35:14	06:39
1457	4457	João Ferreira	Pionono	Senior Masculino	01:06:38	+35:19	06:40
1458	4456	Fábio Oliveira	Pionono	Senior Masculino	01:06:38	+35:20	06:40
1459	2743	Nuno Azevedo	Individual	Senior Masculino	01:06:42	+35:24	06:40
1460	2718	Miguel Moreira	Individual	Senior Masculino	01:06:43	+35:24	06:40
1461	2142	Edgar José Ribeiro Simões	Individual	Senior Masculino	01:06:43	+35:25	06:40
1462	2081	Diogo Cruz	Individual	Senior Masculino	01:06:45	+35:26	06:41
1463	2483	Joel Fonseca	Individual	Senior Masculino	01:06:47	+35:28	06:41
1464	2710	Miguel Gomes	Individual	Senior Masculino	01:06:49	+35:30	06:41
1465	2409	João Miguel Silva Saldanha	Individual	Senior Masculino	01:06:50	+35:31	06:41
1466	2632	Luís Pacheco	Individual	Senior Masculino	01:06:52	+35:33	06:41
1467	2914	Renato Mendes	Individual	Senior Masculino	01:06:53	+35:34	06:41
1468	3025	Rui Miguel Dias Quintas	Individual	Senior Masculino	01:06:53	+35:35	06:41
1469	3206	Xavier Campos	Individual	Senior Masculino	01:06:57	+35:38	06:42
1470	25	Francisco Paulino	18 Voltz	Senior Masculino	01:06:57	+35:38	06:42
1471	3075	Simão Freitas	Individual	Senior Masculino	01:07:00	+35:41	06:42
1472	1950	Bruno Martins	Individual	Senior Masculino	01:07:01	+35:42	06:42
1473	343	Tiago Santos	BBG RUNNERS BY BBOX&GYM	Senior Masculino	01:07:04	+35:45	06:42
1474	238	Jorge Ribeiro	ARC Vale S. Cosme	Senior Masculino	01:07:10	+35:51	06:43
1475	228	Agostinho Ribeiro	ARC Vale S. Cosme	Senior Masculino	01:07:10	+35:51	06:43
1476	2410	João Monteiro	Individual	Senior Masculino	01:07:13	+35:54	06:43
1477	2466	João Simões	Individual	Senior Masculino	01:07:14	+35:55	06:43
1478	2013	Daniel Araújo Mota	Individual	Senior Masculino	01:07:17	+35:58	06:44
1479	1931	Breno Fontes	Individual	Senior Masculino	01:07:20	+36:01	06:44
1480	2177	Fábio Lopes	Individual	Senior Masculino	01:07:20	+36:02	06:44
1481	2358	Joao Castanho	Individual	Senior Masculino	01:07:22	+36:03	06:44
1482	2962	RICArdo Silva	Individual	Senior Masculino	01:07:23	+36:04	06:44
1483	2767	Nuno Rocha	Individual	Senior Masculino	01:07:23	+36:05	06:44
1484	3102	Tiago Cardoso	Individual	Senior Masculino	01:07:24	+36:05	06:44
1485	1959	Bruno Rocha	Individual	Senior Masculino	01:07:24	+36:05	06:44
1486	2739	Nuno Alves	Individual	Senior Masculino	01:07:24	+36:05	06:44
1487	669	Philippe Silva	Costas com Silvas	Senior Masculino	01:07:25	+36:06	06:45
1488	2257	Gil Azevedo	Individual	Senior Masculino	01:07:29	+36:10	06:45
1489	384	Bruno Pinto	Blanc, rouge ou rosé	Senior Masculino	01:07:31	+36:12	06:45
1490	4941	Jesus gutierrez	Individual	Senior Masculino	01:07:31	+36:13	06:45
1491	4474	Cláudio Francisco	Porminho	Senior Masculino	01:07:32	+36:13	06:45
1492	4822	Rui Carneiro	União Metalúrgica da Trofa	Senior Masculino	01:07:36	+36:17	06:46
1493	3180	Vasco Vilaça Fontes Moutinho	Individual	Senior Masculino	01:07:37	+36:18	06:46
1494	741	Francisco Vaz	Duros da Santa Team running	Senior Masculino	01:07:37	+36:18	06:46
1495	2204	Filipe Pinto	Individual	Senior Masculino	01:07:41	+36:22	06:46
1496	2892	Rafael Costa	Individual	Senior Masculino	01:07:42	+36:23	06:46
1497	4937	Bruno zabot	Individual	Senior Masculino	01:07:43	+36:24	06:46

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1498	4366	Luís Marcelo Azevedo Dorés	On track run club	Senior Masculino	01:07:50	+36:31	06:47
1499	1839	Afonso Maria Araújo de Freitas	Individual	Senior Masculino	01:07:51	+36:32	06:47
1500	1987	Carlos Ochoa Leite	Individual	Senior Masculino	01:07:51	+36:32	06:47
1501	2853	Pedro Miguel Sousa Ferreira	Individual	Senior Masculino	01:07:51	+36:32	06:47
1502	2503	Jorge Nunes	Individual	Senior Masculino	01:07:52	+36:33	06:47
1503	150	Vitor Hugo Carvalho da Costa	AFIPRE Team	Senior Masculino	01:07:52	+36:33	06:47
1504	3112	Tiago Faria	Individual	Senior Masculino	01:07:53	+36:34	06:47
1505	2101	Diogo Miguel Costa Azevedo	Individual	Senior Masculino	01:07:54	+36:35	06:47
1506	4384	Rui André Costa Rodrigues	ONE MORE PERSONAL TRAINING	Senior Masculino	01:07:55	+36:36	06:48
1507	2275	Gonçalo Freitas	Individual	Senior Masculino	01:07:55	+36:36	06:48
1508	2884	Pedro Vale da Cunha	Individual	Senior Masculino	01:07:55	+36:37	06:48
1509	1125	Tiago Lopes	GYMSTAR	Senior Masculino	01:07:56	+36:37	06:48
1510	4814	Bruno Pessoa	União Metalúrgica da Trofa	Senior Masculino	01:07:56	+36:37	06:48
1511	4815	Carlos Rodrigues	União Metalúrgica da Trofa	Senior Masculino	01:07:58	+36:39	06:48
1512	2035	Daniel Silva	Individual	Senior Masculino	01:07:58	+36:39	06:48
1513	1968	Carlos Cerqueira	Individual	Senior Masculino	01:08:04	+36:45	06:48
1514	2432	João Pedro Carvalho Ferreira	Individual	Senior Masculino	01:08:12	+36:53	06:49
1515	2777	Nuno Teixeira	Individual	Senior Masculino	01:08:12	+36:53	06:49
1516	1953	Bruno Miranda	Individual	Senior Masculino	01:08:15	+36:57	06:50
1517	4528	Gonçalo Rodrigues	Prime Sports Center	Senior Masculino	01:08:16	+36:57	06:50
1518	4396	Rafael alexandre silva carneiro	Os 3 em fuga	Senior Masculino	01:08:19	+37:01	06:50
1519	1861	Alvaro Xavier Pereira Gonçalves	Individual	Senior Masculino	01:08:21	+37:02	06:50
1520	2833	Pedro Freitas	Individual	Senior Masculino	01:08:24	+37:05	06:50
1521	2535	José Manuel Machado Lisboa	Individual	Senior Masculino	01:08:24	+37:05	06:50
1522	4968	Joao Martins	MKA	Senior Masculino	01:08:25	+37:06	06:51
1523	3200	Vitor Rodrigo Lopes	Individual	Senior Masculino	01:08:32	+37:13	06:51
1524	1826	Adam Selling	Individual	Senior Masculino	01:08:33	+37:14	06:51
1525	1946	Bruno Gonçalves	Individual	Senior Masculino	01:08:33	+37:14	06:51
1526	2133	Douglas Emidio da Silva	Individual	Senior Masculino	01:08:36	+37:17	06:52
1527	3099	Tiago Barros	Individual	Senior Masculino	01:08:37	+37:18	06:52
1528	2469	João Taipa	Individual	Senior Masculino	01:08:38	+37:19	06:52
1529	2856	Pedro Monteiro	Individual	Senior Masculino	01:08:40	+37:21	06:52
1530	4220	Gonçalo Castilho	maNcaquinhos	Senior Masculino	01:08:42	+37:23	06:52
1531	2429	João Pedro Alves Ribeiro	Individual	Senior Masculino	01:08:44	+37:25	06:52
1532	2487	John lima	Individual	Senior Masculino	01:08:49	+37:30	06:53
1533	2700	Miguel Barbosa	Individual	Senior Masculino	01:08:51	+37:33	06:53
1534	2011	Daniel Araujo	Individual	Senior Masculino	01:08:52	+37:34	06:53
1535	2954	Ricardo Rodrigues	Individual	Senior Masculino	01:08:54	+37:35	06:53
1536	4380	José Miguel Carvalho Araújo	ONE MORE PERSONAL TRAINING	Senior Masculino	01:08:55	+37:37	06:54
1537	2825	Pedro Eusébio	Individual	Senior Masculino	01:08:56	+37:37	06:54
1538	1114	Paulo Gabriel Costa Rodrigues	GYMSTAR	Senior Masculino	01:09:01	+37:42	06:54
1539	364	Nuno Mendes	BHSTUDIO	Senior Masculino	01:09:07	+37:48	06:55
1540	3060	Sergio Faustino Oliveira Santos	Individual	Senior Masculino	01:09:13	+37:54	06:55
1541	3121	Tiago Gomes	Individual	Senior Masculino	01:09:13	+37:54	06:55
1542	2970	Roberto Carlos Monteiro da Costa	Individual	Senior Masculino	01:09:17	+37:58	06:56

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1543	4126	Vitor Diogo Faria Pereira	IT RUNNERS	Senior Masculino	01:09:19	+38:00	06:56
1544	1891	André Lopes	Individual	Senior Masculino	01:09:25	+38:06	06:57
1545	1906	André Topete	Individual	Senior Masculino	01:09:26	+38:07	06:57
1546	4319	Nuno Martins	Not Process Related	Senior Masculino	01:09:29	+38:11	06:57
1547	657	Ankush Shirsath	Corga da Físqua	Senior Masculino	01:09:29	+38:11	06:57
1548	2972	Rodolfo Lucas Ribeiro de Castro	Individual	Senior Masculino	01:09:30	+38:11	06:57
1549	1973	Carlos Daniel Ribeiro Marques	Individual	Senior Masculino	01:09:32	+38:13	06:57
1550	2202	Filipe Marques	Individual	Senior Masculino	01:09:34	+38:15	06:57
1551	3097	Tiago Barbosa Mendes de Carvalho	Individual	Senior Masculino	01:09:35	+38:16	06:58
1552	2236	Francisco Mora	Individual	Senior Masculino	01:09:38	+38:19	06:58
1553	2023	Daniel DE PINHO MOREIRA	Individual	Senior Masculino	01:09:40	+38:22	06:58
1554	18	João Tiago Magalhães Gomes Ribeiro	100Pernas	Senior Masculino	01:09:42	+38:23	06:58
1555	2515	José Araújo	Individual	Senior Masculino	01:09:42	+38:23	06:58
1556	2296	Helder Ricardo Ribeiro Martins	Individual	Senior Masculino	01:09:44	+38:25	06:58
1557	2323	Hugo Monteiro	Individual	Senior Masculino	01:09:45	+38:26	06:59
1558	3109	Tiago da Silva Vieira	Individual	Senior Masculino	01:09:47	+38:28	06:59
1559	871	Rui Martins	Família Costa e Associados	Senior Masculino	01:09:47	+38:28	06:59
1560	1124	Tiago André Azevedo Oliveira	GYMSTAR	Senior Masculino	01:09:50	+38:31	06:59
1561	1980	Carlos Lopes	Individual	Senior Masculino	01:09:53	+38:34	06:59
1562	4481	Luís Faria	Porminho	Senior Masculino	01:09:55	+38:36	07:00
1563	4488	Tiago Araújo	Porminho	Senior Masculino	01:09:55	+38:37	07:00
1564	663	João Sousa	Corre Que É Super	Senior Masculino	01:09:56	+38:37	07:00
1565	4792	Simão Ribeiro	TroFama Run Squad	Senior Masculino	01:10:00	+38:41	07:00
1566	2521	José Carlos Fernandes	Individual	Senior Masculino	01:10:00	+38:42	07:00
1567	4789	Eduardo Cunha	TroFama Run Squad	Senior Masculino	01:10:02	+38:43	07:00
1568	1985	Carlos Miguel Ferreira de Freitas	Individual	Senior Masculino	01:10:02	+38:43	07:00
1569	1979	Carlos Jesus	Individual	Senior Masculino	01:10:02	+38:43	07:00
1570	2159	Eduardo Silva	Individual	Senior Masculino	01:10:03	+38:44	07:00
1571	2654	Márcio Soares	Individual	Senior Masculino	01:10:06	+38:47	07:01
1572	2348	João Alves	Individual	Senior Masculino	01:10:06	+38:47	07:01
1573	2806	Pedro Azevedo	Individual	Senior Masculino	01:10:09	+38:50	07:01
1574	2171	Fabiano Correia Moreira da Silva	Individual	Senior Masculino	01:10:09	+38:50	07:01
1575	1853	Alexandre Malheiro Silva	Individual	Senior Masculino	01:10:09	+38:50	07:01
1576	4662	Martinho Silva	Silva	Senior Masculino	01:10:09	+38:50	07:01
1577	2423	João Paulo Cunha Silva	Individual	Senior Masculino	01:10:11	+38:52	07:01
1578	2499	Jorge martins	Individual	Senior Masculino	01:10:12	+38:53	07:01
1579	1867	André Arantes	Individual	Senior Masculino	01:10:14	+38:55	07:01
1580	2422	João Paulo Barreiro	Individual	Senior Masculino	01:10:15	+38:56	07:02
1581	4432	Thiago Santos	PAPA-LÉGUAS	Senior Masculino	01:10:15	+38:56	07:02
1582	3037	Rui Santos	Individual	Senior Masculino	01:10:16	+38:57	07:02
1583	710	Rui Azevedo	Devesa Run Club	Senior Masculino	01:10:16	+38:57	07:02
1584	4799	João Pedro Mota Baptista	Tuguini Bombini	Senior Masculino	01:10:21	+39:02	07:02
1585	4798	Diogo Araújo	Tuguini Bombini	Senior Masculino	01:10:21	+39:02	07:02
1586	2593	Luis Alexandfe	Individual	Senior Masculino	01:10:23	+39:04	07:02
1587	2973	Rodrigo Areal	Individual	Senior Masculino	01:10:24	+39:06	07:02
1588	4790	João Campos	TroFama Run Squad	Senior Masculino	01:10:25	+39:06	07:02

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1589	4797	Daniel Henrique Cracel Rodrigues	Tuguini Bombini	Senior Masculino	01:10:26	+39:08	07:03
1590	2490	Jorge cardoso	Individual	Senior Masculino	01:10:28	+39:09	07:03
1591	2746	Nuno Barbosa	Individual	Senior Masculino	01:10:31	+39:12	07:03
1592	2512	José Alfredo Rodrigues Ribeiro	Individual	Senior Masculino	01:10:31	+39:13	07:03
1593	2206	Filipe Rafael Veloso Araújo	Individual	Senior Masculino	01:10:36	+39:17	07:04
1594	2096	Diogo Magalhães	Individual	Senior Masculino	01:10:37	+39:19	07:04
1595	2525	José Faria	Individual	Senior Masculino	01:10:41	+39:22	07:04
1596	1988	Carlos Pereira	Individual	Senior Masculino	01:10:41	+39:22	07:04
1597	2999	rui amorim	Individual	Senior Masculino	01:10:41	+39:22	07:04
1598	2843	Pedro Lima	Individual	Senior Masculino	01:10:42	+39:24	07:04
1599	1915	António Ferrão Mendes	Individual	Senior Masculino	01:10:44	+39:25	07:04
1600	4203	Andre Borges	Macacos Socialistas do Rock	Senior Masculino	01:10:45	+39:26	07:05
1601	4204	Fabio Vieira	Macacos Socialistas do Rock	Senior Masculino	01:10:46	+39:27	07:05
1602	4205	Simão Ferreira	Macacos Socialistas do Rock	Senior Masculino	01:10:46	+39:27	07:05
1603	4321	Rui Miguel Reis Silva	Not Process Related	Senior Masculino	01:10:47	+39:28	07:05
1604	4320	Rui Costa	Not Process Related	Senior Masculino	01:10:48	+39:29	07:05
1605	1863	Américo Domingos Gonçalves da Cunha	Individual	Senior Masculino	01:10:50	+39:32	07:05
1606	2338	Ivo Brandão	Individual	Senior Masculino	01:10:54	+39:35	07:05
1607	2975	Rodrigo Barbosa Duarte	Individual	Senior Masculino	01:10:55	+39:36	07:06
1608	2910	Raúl Garcia	Individual	Senior Masculino	01:10:55	+39:36	07:06
1609	16	António Monteiro	100Pernas	Senior Masculino	01:10:55	+39:36	07:06
1610	1875	André Costa	Individual	Senior Masculino	01:10:57	+39:38	07:06
1611	2648	Marcelo Leite	Individual	Senior Masculino	01:10:59	+39:41	07:06
1612	4795	João Luís Pereira alves	Tropa	Senior Masculino	01:11:03	+39:44	07:06
1613	2823	Pedro Emanuel Pereira	Individual	Senior Masculino	01:11:06	+39:47	07:07
1614	4575	Pedro Oliveira	Rep&Refresh	Senior Masculino	01:11:06	+39:47	07:07
1615	1901	André Salgado Ribeiro	Individual	Senior Masculino	01:11:06	+39:47	07:07
1616	697	Luís Torres	Desigual Escola de Condução	Senior Masculino	01:11:06	+39:47	07:07
1617	358	João Abreu	Bem Entregue	Senior Masculino	01:11:10	+39:51	07:07
1618	1085	António Marinho	GYMSTAR	Senior Masculino	01:11:10	+39:51	07:07
1619	1123	Tiago Alexandre Torres Mesquita	GYMSTAR	Senior Masculino	01:11:10	+39:51	07:07
1620	4484	Pedro Vilas Boas	Porminho	Senior Masculino	01:11:10	+39:52	07:07
1621	462	Tomás Sanches	Cheios de FAMA	Senior Masculino	01:11:21	+40:03	07:08
1622	3152	Tiago Silva	Individual	Senior Masculino	01:11:24	+40:05	07:08
1623	808	Cristiano Emanuel Coelho da Costa Rocha	Eugenios	Senior Masculino	01:11:26	+40:07	07:09
1624	4895	SIMÃO MACHADO	VIVAVITA TRAINING AND SOCIAL CLUB	Senior Masculino	01:11:26	+40:08	07:09
1625	2484	Joel Gouveia	Individual	Senior Masculino	01:11:31	+40:13	07:09
1626	3155	Tiago Teixeira	Individual	Senior Masculino	01:11:32	+40:14	07:09
1627	2832	Pedro Filipe da Silva Torres	Individual	Senior Masculino	01:11:34	+40:15	07:09
1628	2314	Hugo Filipe de Almeida Correia	Individual	Senior Masculino	01:11:37	+40:18	07:10
1629	2403	João Mendes	Individual	Senior Masculino	01:11:38	+40:19	07:10
1630	81	Renato Henrique Oliveira dos Santos	A última do ano	Senior Masculino	01:11:39	+40:20	07:10
1631	1858	Alexandre Silva	Individual	Senior Masculino	01:11:41	+40:23	07:10
1632	4652	Tiago Faria	Sempre	Senior Masculino	01:11:47	+40:28	07:11

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1633	2123	Diogo Ribeiro	Individual	Senior Masculino	01:11:53	+40:35	07:11
1634	2620	Luis Manuel Francisco Ribeiro	Individual	Senior Masculino	01:11:57	+40:38	07:12
1635	461	Renato Alexandre Ribeiro Fontão	Cheios de FAMA	Senior Masculino	01:12:00	+40:42	07:12
1636	4607	Thomas Fernandes	RUN FLOREST RUN	Senior Masculino	01:12:06	+40:47	07:13
1637	891	Pedro Ciriaco	FFC	Senior Masculino	01:12:11	+40:52	07:13
1638	334	Bruno Joel Costa Mendes	BBG RUNNERS BY BBOX&GYM	Senior Masculino	01:12:14	+40:56	07:13
1639	344	Vitor Hugo Oliveira Castro	BBG RUNNERS BY BBOX&GYM	Senior Masculino	01:12:15	+40:56	07:14
1640	2461	João Silva	Individual	Senior Masculino	01:12:15	+40:57	07:14
1641	4383	Pedro Daniel Barroso Sampaio	ONE MORE PERSONAL TRAINING	Senior Masculino	01:12:23	+41:04	07:14
1642	4239	José Correia	MAU FEITIO	Senior Masculino	01:12:25	+41:06	07:15
1643	2619	Luís Maia	Individual	Senior Masculino	01:12:26	+41:07	07:15
1644	1109	José André Gomes Pinto	GYMSTAR	Senior Masculino	01:12:27	+41:09	07:15
1645	4582	Pedro Miguel Dias Azevedo	riba	Senior Masculino	01:12:37	+41:19	07:16
1646	2935	Ricardo Filipe Leite couto	Individual	Senior Masculino	01:12:40	+41:21	07:16
1647	2238	Francisco Oliveira de Azevedo	Individual	Senior Masculino	01:12:42	+41:23	07:16
1648	4940	Francisco Guimarães	Individual	Senior Masculino	01:12:47	+41:28	07:17
1649	1986	Carlos Miranda	Individual	Senior Masculino	01:12:47	+41:28	07:17
1650	2988	Rúben Edgar Guimarães de Sousa	Individual	Senior Masculino	01:12:49	+41:31	07:17
1651	4821	Pedro Dinis	União Metalúrgica da Trofa	Senior Masculino	01:12:52	+41:34	07:17
1652	457	Tiago Rodrigues	CESAR A CORRER	Senior Masculino	01:12:57	+41:38	07:18
1653	3047	Salomão Costa Barata	Individual	Senior Masculino	01:13:02	+41:43	07:18
1654	2811	Pedro Carneiro	Individual	Senior Masculino	01:13:03	+41:44	07:18
1655	2697	Miguel Ângelo Martins Guimarães	Individual	Senior Masculino	01:13:03	+41:44	07:18
1656	97	Diogo Alves	Abstract	Senior Masculino	01:13:04	+41:45	07:18
1657	2580	Leonardo Barroso	Individual	Senior Masculino	01:13:04	+41:45	07:18
1658	2835	Pedro Frutuoso	Individual	Senior Masculino	01:13:05	+41:46	07:19
1659	2974	Rodrigo Azevedo	Individual	Senior Masculino	01:13:10	+41:51	07:19
1660	2066	Diogo António Araújo Martins	Individual	Senior Masculino	01:13:10	+41:52	07:19
1661	4439	Helder peixoto	Peixotex	Senior Masculino	01:13:12	+41:54	07:19
1662	3131	Tiago Manuel Ferreira Santos Diniz	Individual	Senior Masculino	01:13:13	+41:54	07:19
1663	4524	António João Moreira Brandão	Prime Sports Center	Senior Masculino	01:13:15	+41:56	07:20
1664	2196	Filipe Barroso	Individual	Senior Masculino	01:13:16	+41:57	07:20
1665	3055	Sérgio Abreu	Individual	Senior Masculino	01:13:19	+42:00	07:20
1666	4724	João Paulo	Taylors	Senior Masculino	01:13:19	+42:01	07:20
1667	4771	Filipe Oliveira	Timeout Aventura	Senior Masculino	01:13:20	+42:01	07:20
1668	309	Ricardo Pereira da Costa	AVF Team	Senior Masculino	01:13:22	+42:03	07:20
1669	4760	Ricardo Torres	Team Pinhas	Senior Masculino	01:13:28	+42:09	07:21
1670	1937	Bruno Carneiro	Individual	Senior Masculino	01:13:31	+42:12	07:21
1671	3176	Vasco Gama Lobo	Individual	Senior Masculino	01:13:32	+42:13	07:21
1672	2670	Marcos Azevedo	Individual	Senior Masculino	01:13:37	+42:18	07:22
1673	2383	João Filipe Sousa Freitas	Individual	Senior Masculino	01:13:38	+42:19	07:22
1674	3073	Simão Crista	Individual	Senior Masculino	01:13:38	+42:20	07:22
1675	2787	Paulo Costa	Individual	Senior Masculino	01:13:41	+42:22	07:22
1676	3086	Simão Sousa	Individual	Senior Masculino	01:13:42	+42:24	07:22
1677	95	Filipe Carneiro	Abafados Anónimos	Senior Masculino	01:13:44	+42:25	07:22
1678	4740	José Alexandre Couto Pereira	Team Gandhi	Senior Masculino	01:13:46	+42:28	07:23

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OFFICIAL RESULT

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1724	1965	Carlos André da Silva Monteiro	Individual	Senior Masculino	01:16:13	+44:55	07:37
1725	1942	Bruno Fernandes	Individual	Senior Masculino	01:16:18	+44:59	07:38
1726	4466	Zé Baldaia	Pipineira Club	Senior Masculino	01:16:20	+45:01	07:38
1727	2527	José Ferreira	Individual	Senior Masculino	01:16:23	+45:05	07:38
1728	3166	Tomás Peixoto Ferreira	Individual	Senior Masculino	01:16:25	+45:06	07:39
1729	402	Claudio da Silva Maciel	Boomfit / Drible	Senior Masculino	01:16:25	+45:07	07:39
1730	404	Tiago Xavier	Boomfit / Drible	Senior Masculino	01:16:26	+45:08	07:39
1731	1112	Luis Pereira	GYMSTAR	Senior Masculino	01:16:30	+45:11	07:39
1732	4759	Luís Miranda	Team Pinhas	Senior Masculino	01:16:33	+45:14	07:39
1733	4800	Alexandre Filipe Mota Lopes	TUKING	Senior Masculino	01:16:33	+45:14	07:39
1734	2611	Luis Filipe Silva Ferreira	Individual	Senior Masculino	01:16:45	+45:27	07:41
1735	4195	Simão Ferreira	Lesmas	Senior Masculino	01:16:45	+45:27	07:41
1736	2299	Henrique Pinto	Individual	Senior Masculino	01:16:48	+45:29	07:41
1737	1890	André Lemos	Individual	Senior Masculino	01:16:48	+45:30	07:41
1738	2025	Daniel Ferreira Carvalho	Individual	Senior Masculino	01:16:56	+45:37	07:42
1739	4791	Marco Azevedo	TroFama Run Squad	Senior Masculino	01:17:02	+45:43	07:42
1740	852	Pedro Matos	EY Sports Club	Senior Masculino	01:17:11	+45:52	07:43
1741	3095	Tiago André Teixeira Peixoto	Individual	Senior Masculino	01:17:13	+45:54	07:43
1742	2786	Paulo César	Individual	Senior Masculino	01:17:14	+45:55	07:43
1743	2114	Diogo Pereira	Individual	Senior Masculino	01:17:14	+45:55	07:43
1744	3136	Tiago Mendes	Individual	Senior Masculino	01:17:15	+45:56	07:44
1745	4461	Pedro Cunha	Pipachills	Senior Masculino	01:17:16	+45:58	07:44
1746	2596	Luís André Marques Areal	Individual	Senior Masculino	01:17:19	+46:00	07:44
1747	2080	Diogo Costa	Individual	Senior Masculino	01:17:21	+46:02	07:44
1748	4677	João Mirra	SmartFit	Senior Masculino	01:17:25	+46:06	07:45
1749	4820	Pedro Carneiro	União Metalúrgica da Trofa	Senior Masculino	01:17:28	+46:10	07:45
1750	1037	Pedro Fortes	Grupo Jorge Oculista	Senior Masculino	01:17:31	+46:12	07:45
1751	2029	Daniel Melo	Individual	Senior Masculino	01:17:31	+46:12	07:45
1752	2154	Eduardo Manuel Azevedo de Sousa	Individual	Senior Masculino	01:17:39	+46:20	07:46
1753	2408	João Miguel Silva Ribeiro	Individual	Senior Masculino	01:17:50	+46:31	07:47
1754	819	Ricardo Diogo Azevedo Monteiro	Eugenios	Senior Masculino	01:17:54	+46:35	07:47
1755	809	Cristiano Manuel Gomes da Silva	Eugenios	Senior Masculino	01:17:55	+46:36	07:48
1756	2301	Henrique soares	Individual	Senior Masculino	01:18:11	+46:52	07:49
1757	2380	João Filipe da Costa Mesquita	Individual	Senior Masculino	01:18:27	+47:08	07:51
1758	2375	João Ferreira	Individual	Senior Masculino	01:18:31	+47:12	07:51
1759	2067	Diogo António Castro Antunes	Individual	Senior Masculino	01:19:15	+47:56	07:56
1760	2043	Danilo Silva	Individual	Senior Masculino	01:19:20	+48:01	07:56
1761	436	Tiago Afonso Freitas Mesquita Guimarães	Bullying Freitas	Senior Masculino	01:19:25	+48:07	07:57
1762	249	Tiago Gomes	ARC Vale S. Cosme	Senior Masculino	01:19:48	+48:29	07:59
1763	1879	André da Silva Ramos	Individual	Senior Masculino	01:20:00	+48:41	08:00
1764	2400	João Marques	Individual	Senior Masculino	01:20:02	+48:43	08:00
1765	4166	Bruno Oliveira	K/21	Senior Masculino	01:20:04	+48:46	08:00
1766	2333	Isaac Araújo	Individual	Senior Masculino	01:20:07	+48:49	08:01
1767	2882	Pedro Sousa	Individual	Senior Masculino	01:20:09	+48:50	08:01
1768	2812	Pedro Carneiro	Individual	Senior Masculino	01:20:10	+48:51	08:01
1769	3043	Rui Taveira	Individual	Senior Masculino	01:20:28	+49:09	08:03

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1770	2703	Miguel Campos Vieira dos Santos	Individual	Senior Masculino	01:20:34	+49:15	08:03
1771	2976	Rodrigo Barbosa Durão	Individual	Senior Masculino	01:20:35	+49:16	08:04
1772	3094	Tiago André Ribeiro Silva	Individual	Senior Masculino	01:20:41	+49:22	08:04
1773	2546	José Pedro Lamego	Individual	Senior Masculino	01:20:41	+49:23	08:04
1774	2343	Ivo Santos Ptashnyuk	Individual	Senior Masculino	01:21:11	+49:52	08:07
1775	2627	Luís Miguel Rio da Silva	Individual	Senior Masculino	01:21:13	+49:54	08:07
1776	2624	Luís Miguel Gomes Faria	Individual	Senior Masculino	01:21:13	+49:54	08:07
1777	2087	Diogo Filipe da Costa Marques	Individual	Senior Masculino	01:21:14	+49:55	08:07
1778	2759	Nuno Miguel Gondar Faria	Individual	Senior Masculino	01:21:22	+50:04	08:08
1779	2616	Luís Leal	Individual	Senior Masculino	01:21:26	+50:08	08:09
1780	403	Manuel Amorim	Boomfit / Drible	Senior Masculino	01:21:43	+50:24	08:10
1781	2657	Marco Antonio Matos Carvalho	Individual	Senior Masculino	01:21:51	+50:32	08:11
1782	4705	João leite	Sportaz	Senior Masculino	01:21:56	+50:37	08:12
1783	2352	João Bernardo	Individual	Senior Masculino	01:22:07	+50:48	08:13
1784	2173	Fábio Campos	Individual	Senior Masculino	01:22:15	+50:56	08:14
1785	2604	Luís Emanuel Queirós dos Reis	Individual	Senior Masculino	01:22:21	+51:02	08:14
1786	1887	André Filipe Mendes Águas	Individual	Senior Masculino	01:22:30	+51:11	08:15
1787	2677	Mário Fontes Pedrosa	Individual	Senior Masculino	01:22:44	+51:25	08:16
1788	4431	Lucas Rocha	PAPA-LÉGUAS	Senior Masculino	01:22:47	+51:28	08:17
1789	2890	Rafael Carvalho Correia	Individual	Senior Masculino	01:23:20	+52:02	08:20
1790	338	João Pedro da Silva Correia	BBG RUNNERS BY BBOX&GYM	Senior Masculino	01:23:24	+52:05	08:20
1791	2438	Joao Pedro Machado da Costa	Individual	Senior Masculino	01:23:25	+52:07	08:21
1792	2805	Pedro Araújo	Individual	Senior Masculino	01:23:35	+52:16	08:22
1793	870	Pedro Nogueira	Família Costa e Associados	Senior Masculino	01:23:58	+52:39	08:24
1794	1084	André Azevedo	GYMSTAR	Senior Masculino	01:23:59	+52:41	08:24
1795	1095	Gonçalo Carneiro	GYMSTAR	Senior Masculino	01:24:01	+52:43	08:24
1796	1093	Fábio Ramos	GYMSTAR	Senior Masculino	01:24:02	+52:43	08:24
1797	1106	Jorge Anselmo Pimenta Ramalho	GYMSTAR	Senior Masculino	01:24:04	+52:46	08:24
1798	4162	Tiago Filipe Silva Castro	JUDO ARCAP E AFINS	Senior Masculino	01:24:05	+52:47	08:25
1799	2612	Luís Freitas	Individual	Senior Masculino	01:24:08	+52:49	08:25
1800	4606	Marvin Tortas	RUN FLOREST RUN	Senior Masculino	01:24:16	+52:58	08:26
1801	845	João Sousa	EXERCISE4YOU	Senior Masculino	01:24:21	+53:03	08:26
1802	1978	Carlos Gonçalo Castro Campos	Individual	Senior Masculino	01:24:22	+53:03	08:26
1803	4602	Gonçalo Rito	Run Crew	Senior Masculino	01:24:34	+53:15	08:27
1804	3205	Vitor Simões	Individual	Senior Masculino	01:24:43	+53:24	08:28
1805	359	João Silva	Bem Entregue	Senior Masculino	01:25:13	+53:55	08:31
1806	1994	Celso Duarte Monteiro de Sousa	Individual	Senior Masculino	01:25:18	+53:59	08:32
1807	1944	Bruno Gavina	Individual	Senior Masculino	01:26:32	+55:13	08:39
1808	903	Pedro Rodrigues	FIT n Farra	Senior Masculino	01:26:39	+55:20	08:40
1809	4154	Ricardo Silva	JP STUDIO	Senior Masculino	01:27:13	+55:54	08:43
1810	1972	CARLOS COSTA	Individual	Senior Masculino	01:27:20	+56:01	08:44
1811	4385	Vitor Hugo da Costa Novais	ONE MORE PERSONAL TRAINING	Senior Masculino	01:27:35	+56:16	08:46
1812	4696	Hugo Ferreira	SmashRunners	Senior Masculino	01:27:36	+56:17	08:46
1813	1176	José Pedro Silva	IMPACT KORPUS	Senior Masculino	01:27:42	+56:23	08:46
1814	2239	Francisco Rodrigues	Individual	Senior Masculino	01:27:51	+56:32	08:47
1815	4163	Tiago Martins	JUDO ARCAP E AFINS	Senior Masculino	01:27:51	+56:33	08:47

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1816	2387	João Gabriel Martins de Sousa Saraiva	Individual	Senior Masculino	01:28:02	+56:44	08:48
1817	96	Rafael Santos	Abafados Anónimos	Senior Masculino	01:28:03	+56:45	08:48
1818	2002	Christopher Martins Mendes	Individual	Senior Masculino	01:28:07	+56:48	08:49
1819	3104	Tiago Carvalho	Individual	Senior Masculino	01:28:13	+56:54	08:49
1820	27	Pedro Pinto	18 Voltz	Senior Masculino	01:29:14	+57:55	08:55
1821	2048	David Machado	Individual	Senior Masculino	01:29:33	+58:14	08:57
1822	3083	Simão Sá	Individual	Senior Masculino	01:31:20	+01:00:01	09:08
1823	4161	Simão Pedro Silva Castro	JUDO ARCAP E AFINS	Senior Masculino	01:31:21	+01:00:02	09:08
1824	183	Rúben Filipe Barbosa Fernandes	Alfa Estúdio	Senior Masculino	01:33:01	+01:01:42	09:18
1825	902	Marco Maia	FIT n Farra	Senior Masculino	01:38:39	+01:07:20	09:52
1826	901	Diogo Lopes Ramos	FIT n Farra	Senior Masculino	01:38:40	+01:07:21	09:52

Veterana F40

1	4946	Andreia Santos	CAST	Veterana F40	35:07	+03:49	03:31
2	158	LILIANA SILVA	ÁGUIAS DE ALVELOS	Veterana F40	39:07	+07:49	03:55
3	675	Sergio Almeida	CREDITHORA - INTERMEDIÁRIOS DE CRÉDITO	Veterana F40	39:24	+08:05	03:56
4	60	Andreia Rocha	365 running project	Veterana F40	42:14	+10:55	04:13
5	109	Marlene Azevedo	Active Running	Veterana F40	44:51	+13:33	04:29
6	4410	Liliana carriço	Os Carriços	Veterana F40	44:58	+13:40	04:30
7	61	Angélica Rocha	365 running project	Veterana F40	46:17	+14:58	04:38
8	108	Isabel Ribeiro	Active Running	Veterana F40	47:19	+16:01	04:44
9	3212	ana águas	Individual	Veterana F40	47:31	+16:13	04:45
10	3272	Marylene Lopes	Individual	Veterana F40	49:06	+17:47	04:55
11	3211	Adriana Lima	Individual	Veterana F40	49:54	+18:36	04:59
12	3260	Juliana Andreia Dias Silva	Individual	Veterana F40	51:01	+19:42	05:06
13	3264	Luísa marques	Individual	Veterana F40	51:12	+19:53	05:07
14	3281	Raquel Abreu	Individual	Veterana F40	51:17	+19:59	05:08
15	3225	Carla Lopes	Individual	Veterana F40	53:18	+21:59	05:20
16	3262	Lilian Almeida	Individual	Veterana F40	53:30	+22:11	05:21
17	3242	Dora Raquel Oliveira da Cunha	Individual	Veterana F40	53:34	+22:15	05:21
18	107	Ana Oliveira	Active Running	Veterana F40	53:39	+22:21	05:22
19	3238	Daniela Castro	Individual	Veterana F40	53:55	+22:36	05:24
20	1127	Marta Leitão	GYMSTAR	Veterana F40	54:06	+22:47	05:25
21	3226	Carla Sofia Cardoso	Individual	Veterana F40	54:10	+22:51	05:25
22	3280	Paulinha Pereira	Individual	Veterana F40	54:20	+23:01	05:26
23	346	Margarida Tanoeiro	BBG RUNNERS BY BBOX&GYM	Veterana F40	54:34	+23:15	05:27
24	3289	Silvia Lopes	Individual	Veterana F40	54:58	+23:39	05:30
25	3229	Cátia Navio	Individual	Veterana F40	56:23	+25:04	05:38
26	345	Filipa Araújo	BBG RUNNERS BY BBOX&GYM	Veterana F40	56:29	+25:10	05:39
27	3300	Vera Azevedo	Individual	Veterana F40	56:43	+25:24	05:40
28	3263	Lisete Campos	Individual	Veterana F40	56:54	+25:35	05:41
29	3249	Helena Lopes	Individual	Veterana F40	57:03	+25:44	05:42
30	4610	Paula Maia	Run2gether	Veterana F40	57:06	+25:47	05:43
31	768	Rita Teixeira	EARO	Veterana F40	57:21	+26:02	05:44

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78	3248	Goreti Couto	Individual	Veterana F40	01:08:41	+37:22	06:52
79	3235	Clara Ribeiro	Individual	Veterana F40	01:09:11	+37:52	06:55
80	3275	Oinda Dias	Individual	Veterana F40	01:09:12	+37:53	06:55
81	3297	Teresa Abreu	Individual	Veterana F40	01:09:39	+38:20	06:58
82	3233	Céu Sampaio	Individual	Veterana F40	01:10:06	+38:47	07:01
83	3240	Delmira Carina Sousa Oliveira	Individual	Veterana F40	01:10:24	+39:06	07:02
84	3230	Cátia Santos	Individual	Veterana F40	01:10:36	+39:18	07:04
85	4647	Angela Andrade	SCOOT Recuperação/Aldi Running Clube	Veterana F40	01:10:53	+39:34	07:05
86	3245	Fátima Santos	Individual	Veterana F40	01:10:55	+39:37	07:06
87	3285	Sandra Cardoso	Individual	Veterana F40	01:10:56	+39:37	07:06
88	3214	Ana costa	Individual	Veterana F40	01:11:04	+39:45	07:06
89	3279	Paula Cunha	Individual	Veterana F40	01:11:18	+39:59	07:08
90	823	Silvia Patrícia Barbosa Araújo	Eugenios	Veterana F40	01:11:19	+40:01	07:08
91	471	Ana Cruz	Clube Naval de São Vicente	Veterana F40	01:11:24	+40:05	07:08
92	4808	Liliana Ferreira	Two Friends	Veterana F40	01:11:30	+40:11	07:09
93	540	Cátia Faria	CMFamalicão	Veterana F40	01:11:35	+40:16	07:10
94	4683	Susana Freitas	SmartFit	Veterana F40	01:11:40	+40:21	07:10
95	4653	Vânia Ribeiro	Sempre	Veterana F40	01:11:46	+40:27	07:11
96	212	Rute Araújo	Araújo Cruz e Silva	Veterana F40	01:11:51	+40:32	07:11
97	3246	Fernanda Gori	Individual	Veterana F40	01:11:51	+40:32	07:11
98	692	Catarina Pinto	Datacol	Veterana F40	01:11:58	+40:39	07:12
99	989	Patrícia Pereira	Ginásio Status	Veterana F40	01:11:59	+40:40	07:12
100	4312	PATRICIA SÁ	NORCANARUN	Veterana F40	01:13:11	+41:52	07:19
101	3265	Manuela Rocha	Individual	Veterana F40	01:13:13	+41:54	07:19
102	4354	Cidália Ferreira	O TRIO	Veterana F40	01:13:18	+42:00	07:20
103	541	Micaela Costa	CMFamalicão	Veterana F40	01:13:32	+42:13	07:21
104	3236	Cristiana Campos	Individual	Veterana F40	01:13:33	+42:14	07:21
105	3294	Susana Moreira	Individual	Veterana F40	01:13:41	+42:23	07:22
106	3247	Fernanda Lima	Individual	Veterana F40	01:14:04	+42:45	07:24
107	4849	Anabela Cruz	Vieira de Castro	Veterana F40	01:14:16	+42:57	07:26
108	1126	Liliana Sofia Vieira	GYMSTAR	Veterana F40	01:14:29	+43:10	07:27
109	251	Susana Faria	ARC Vale S. Cosme	Veterana F40	01:14:41	+43:23	07:28
110	3219	Ana Teixeira	Individual	Veterana F40	01:15:04	+43:45	07:30
111	3267	Maria Castro	Individual	Veterana F40	01:16:14	+44:56	07:37
112	4720	Liliana Daniela Soares Pereira Araújo	Tartaruga	Veterana F40	01:16:36	+45:17	07:40
113	978	Isabel Ngueve Dorina Laurindo Fernandes	Individual	Veterana F40	01:16:50	+45:31	07:41
114	3244	Emília Moreira	Individual	Veterana F40	01:17:35	+46:16	07:46
115	1165	DIANA MAMEDE DE OLIVEIRA	HB - Centro de Treino	Veterana F40	01:17:37	+46:19	07:46
116	1164	CELIA MARIA CUNHA	HB - Centro de Treino	Veterana F40	01:17:38	+46:19	07:46
117	3291	Sofia Guimas	Individual	Veterana F40	01:17:55	+46:36	07:48
118	3239	Daniela Pereira	Individual	Veterana F40	01:18:13	+46:54	07:49
119	746	Andreia Senra	Duros da Santa Team running	Veterana F40	01:18:41	+47:22	07:52
120	1128	Sandra Carreira	GYMSTAR	Veterana F40	01:18:50	+47:31	07:53
121	3232	Célia Silva	Individual	Veterana F40	01:19:51	+48:32	07:59
122	4206	Elena Liso Ungria	Machado Liso	Veterana F40	01:20:18	+48:59	08:02

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123	3234	Clara Machado	Individual	Veterana F40	01:22:45	+51:26	08:17
124	3251	Irene Gavina	Individual	Veterana F40	01:23:06	+51:47	08:19
125	3271	Mary Ferreira	Individual	Veterana F40	01:24:34	+53:15	08:27
126	3299	Vânia Filipa Magalhães Grenha	Individual	Veterana F40	01:25:17	+53:58	08:32
127	3250	Inês Oliveira	Individual	Veterana F40	01:25:36	+54:18	08:34
128	3266	Maria Graça	Individual	Veterana F40	01:25:56	+54:37	08:36
129	4156	Ângela Silva	JP STUDIO	Veterana F40	01:27:49	+56:30	08:47
130	4650	Paula Sulpino	SemNoçao	Veterana F40	01:28:34	+57:15	08:51
131	4651	Vânia Canelas	SemNoçao	Veterana F40	01:28:39	+57:20	08:52
132	3222	Angela Salgado	Individual	Veterana F40	01:29:41	+58:23	08:58
133	4433	Flávia Rocha	PAPA-LÉGUAS	Veterana F40	01:31:46	+01:00:27	09:11
134	186	Sónia Esmeralda Santo Marques Silva	Alfa Estúdio	Veterana F40	01:33:03	+01:01:44	09:18
135	3253	Jeane Aparecida Dias Fantini	Individual	Veterana F40	01:39:42	+01:08:23	09:58
136	3268	Maria Isabel Alves Esteves Severo	Individual	Veterana F40	01:39:43	+01:08:25	09:58

Veterana F45

1	3328	Estela melo	Individual	Veterana F45	36:47	+05:28	03:41
2	9	Micaela Martins	EARO	Veterana F45	43:51	+12:32	04:23
3	208	Andreia Conceição	Andreia Conceição	Veterana F45	45:14	+13:55	04:31
4	3336	Joy Jefferson	Individual	Veterana F45	47:17	+15:58	04:44
5	1130	Adriana Todorivna Kyselytsya	GYMSTAR	Veterana F45	47:31	+16:13	04:45
6	549	Liliana Soares	CMFamalicão	Veterana F45	49:19	+18:00	04:56
7	424	Susana Fernandes	BRUFE BTT RUN	Veterana F45	50:24	+19:05	05:02
8	769	Renata Barros	EARO	Veterana F45	51:06	+19:47	05:07
9	4170	Mara Sampaio	Kilosmoda - Silva & Barroso	Veterana F45	51:16	+19:57	05:08
10	932	Maria Magalhães	GAVIÕES	Veterana F45	51:38	+20:19	05:10
11	4302	ALICE LOPES	NAST	Veterana F45	51:44	+20:25	05:10
12	557	Vera Gonçalves	CMFamalicão	Veterana F45	53:52	+22:33	05:23
13	3318	Carla Maria de Araújo Lopes Costa	Individual	Veterana F45	54:26	+23:07	05:27
14	3330	Fernanda Faria	Individual	Veterana F45	54:35	+23:16	05:28
15	3347	Marina Lopes	Individual	Veterana F45	55:12	+23:53	05:31
16	3314	Carla duart	Individual	Veterana F45	56:30	+25:11	05:39
17	715	Diana Moura	Dive into the Mountains	Veterana F45	56:32	+25:14	05:39
18	4333	Maria José lima	Núcleo de Atletismo das Taipas	Veterana F45	57:13	+25:54	05:43
19	4897	HELENA SALGADO	VIVAVITA TRAINING AND SOCIAL CLUB	Veterana F45	57:34	+26:15	05:45
20	3359	Sónia Carvalho	Individual	Veterana F45	57:45	+26:26	05:47
21	3357	Sara Alexandra Rodrigues Araújo Barbosa	Individual	Veterana F45	58:14	+26:55	05:49
22	747	Susana Silva	Duros da Santa Team running	Veterana F45	58:29	+27:10	05:51
23	3339	Luísa Maria Barbosa Martins	Individual	Veterana F45	58:50	+27:32	05:53
24	4745	Raquel Neiva	TEAM LANTEMIL	Veterana F45	59:19	+28:00	05:56
25	4539	Patrícia Ferreira	Prime Sports Center	Veterana F45	59:20	+28:01	05:56
26	3332	Filomena salazar	Individual	Veterana F45	59:44	+28:26	05:58
27	4927	Paula Silva	CMF	Veterana F45	59:57	+28:39	06:00
28	4323	Marisa Pinheiro	Not Process Related	Veterana F45	01:00:06	+28:47	06:01

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Prova Principal

10 KM

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Prova Principal

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74	3315	Carla Guimaraes	Individual	Veterana F45	01:10:56	+39:37	07:06
75	3346	Maria Soares	Individual	Veterana F45	01:11:07	+39:49	07:07
76	4420	Alice Castro	Os Guardiões	Veterana F45	01:11:33	+40:14	07:09
77	4809	Liliana Ferreira	Two Friends	Veterana F45	01:11:34	+40:15	07:09
78	3326	Elsa Mariana Carvalho Reis	Individual	Veterana F45	01:11:37	+40:18	07:10
79	547	Elsa Costa	CMFamalição	Veterana F45	01:11:40	+40:21	07:10
80	4417	Sónia Tato	Os Gomes	Veterana F45	01:11:45	+40:26	07:11
81	548	Isabel Castro	CMFamalição	Veterana F45	01:12:27	+41:08	07:15
82	558	Zelia Cardoso	CMFamalição	Veterana F45	01:12:27	+41:09	07:15
83	3309	Ana Santos	Individual	Veterana F45	01:13:00	+41:41	07:18
84	3363	Tina Pereira	Individual	Veterana F45	01:13:10	+41:52	07:19
85	1039	Isabel Ferraz	Grupo Jorge Oculista	Veterana F45	01:13:20	+42:01	07:20
86	3337	Lídia Ramos	Individual	Veterana F45	01:13:27	+42:08	07:21
87	543	Alexandra Lopes	CMFamalição	Veterana F45	01:13:28	+42:09	07:21
88	555	Sónia Braga	CMFamalição	Veterana F45	01:13:34	+42:15	07:21
89	3327	EMILIA DE LURDES DA COSTA BARBOSA	Individual	Veterana F45	01:14:21	+43:02	07:26
90	953	Sara Micaela Gonçalves Lima da Costa	Gavionas	Veterana F45	01:15:03	+43:44	07:30
91	3344	Maria Dias	Individual	Veterana F45	01:15:42	+44:23	07:34
92	3365	VERA SILVA	Individual	Veterana F45	01:16:20	+45:01	07:38
93	43	Marcia Monteiro	247 Culture	Veterana F45	01:16:55	+45:36	07:42
94	4863	Raquel Castro	Vieira de Castro	Veterana F45	01:17:00	+45:41	07:42
95	3343	Maria Costa	Individual	Veterana F45	01:17:50	+46:31	07:47
96	1133	Susana Veloso	GYMSTAR	Veterana F45	01:17:55	+46:36	07:48
97	3360	Sonia maia	Individual	Veterana F45	01:18:13	+46:54	07:49
98	3316	CARLA MANUELA MAIA FERREIRA DA SILVA	Individual	Veterana F45	01:18:26	+47:07	07:51
99	4398	Carla Mesquita	Os amadores	Veterana F45	01:18:44	+47:25	07:52
100	4782	Anabela da Rocha Casal	Trilhos de Viana	Veterana F45	01:19:17	+47:58	07:56
101	3308	Ana Rita Silva	Individual	Veterana F45	01:19:58	+48:39	08:00
102	3312	Armanda Rocha	Individual	Veterana F45	01:20:06	+48:47	08:01
103	3313	Carla Adriana Oliveira Novais	Individual	Veterana F45	01:20:11	+48:53	08:01
104	1038	Carla Pereira	Grupo Jorge Oculista	Veterana F45	01:21:32	+50:13	08:09
105	3352	Paula Santos	Individual	Veterana F45	01:21:41	+50:22	08:10
106	4387	Teresa Ramalho	ONE MORE PERSONAL TRAINING	Veterana F45	01:22:27	+51:08	08:15
107	3307	Ana Rita Mesquita Guimarães	Individual	Veterana F45	01:22:28	+51:09	08:15
108	3333	Graça Sousa	Individual	Veterana F45	01:22:54	+51:35	08:17
109	797	Lucinda Goncalves	Esquiadores	Veterana F45	01:22:57	+51:38	08:18
110	3353	Rosa Clara	Individual	Veterana F45	01:23:50	+52:31	08:23
111	3325	Elisabete Silva	Individual	Veterana F45	01:24:32	+53:14	08:27
112	3319	Catarina Silva	Individual	Veterana F45	01:24:39	+53:20	08:28
113	3361	Sónia Marta Teixeira Martins	Individual	Veterana F45	01:25:15	+53:56	08:32
114	252	Inês Augusta	ARC Vale S. Cosme	Veterana F45	01:25:48	+54:30	08:35
115	3331	Filipa Ribeiro	Individual	Veterana F45	01:28:41	+57:23	08:52

Prova Principal

10 KM

OFFICIAL RESULT

Veterana F50

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Prova Principal

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OFFICIAL RESULT

Veterana F55

1	784	Deolinda Oliveira	EAT-Escola de Atletismo da Trofa	Veterana F55	45:28	+14:09	04:33
2	3423	Ângela Costa	Individual	Veterana F55	50:44	+19:25	05:04
3	3420	Ana Carvalho	Individual	Veterana F55	51:06	+19:47	05:07
4	4556	Alice Miranda	Quebrarritmo	Veterana F55	52:44	+21:26	05:16

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5	716	Maria Sá	Dive into the Mountains	Veterana F55	56:32	+25:13	05:39
6	4898	ELISA CRUZ	VIVAVITA TRAINING AND SOCIAL CLUB	Veterana F55	56:35	+25:16	05:40
7	572	Mª Manuela Ribeiro	CMFamalicão	Veterana F55	56:58	+25:40	05:42
8	295	Carmina Castro	Aves Runners	Veterana F55	57:08	+25:49	05:43
9	4557	Olivia Oliveira	Quebrarritmo	Veterana F55	57:19	+26:00	05:44
10	253	Isabel Fernandes	ARC Vale S. Cosme	Veterana F55	57:45	+26:26	05:47
11	4804	Teresa Silva	TURBULENTOS	Veterana F55	59:13	+27:54	05:55
12	748	Manuela Carvalho	Duros da Santa Team running	Veterana F55	59:34	+28:15	05:57
13	4928	Élia Oliveira	CMF	Veterana F55	59:57	+28:38	06:00
14	3424	Aurora Silva	Individual	Veterana F55	01:00:18	+28:59	06:02
15	3438	Rita Araújo	Individual	Veterana F55	01:02:11	+30:52	06:13
16	4648	Carmo Machado	SCOOT Recuperação/Aldi Running Clube	Veterana F55	01:02:14	+30:56	06:13
17	3433	Margarida Gomes	Individual	Veterana F55	01:03:16	+31:57	06:20
18	3429	Isabel Ribeiro	Individual	Veterana F55	01:03:43	+32:24	06:22
19	4825	Isaura Mesquita	ViaSaudável	Veterana F55	01:04:09	+32:50	06:25
20	3436	Natália Ferreira	Individual	Veterana F55	01:05:07	+33:48	06:31
21	3434	Maria Fernanda bernardes Ferreira	Individual	Veterana F55	01:05:14	+33:56	06:31
22	3418	Alice Pontes	Individual	Veterana F55	01:05:38	+34:19	06:34
23	3422	Anabela Pereira	Individual	Veterana F55	01:07:49	+36:30	06:47
24	3439	Teresa Brito	Individual	Veterana F55	01:08:13	+36:54	06:49
25	4397	Maria alicé da silva Oliveira	Os 3 em fuga	Veterana F55	01:08:19	+37:00	06:50
26	3435	Maria José Gonçalves da Silva	Individual	Veterana F55	01:10:11	+38:52	07:01
27	4796	Maria Pereira	Tropa	Veterana F55	01:11:04	+39:45	07:06
28	3432	Manuela ribeiro	Individual	Veterana F55	01:13:26	+42:07	07:21
29	3431	Luz Almeida	Individual	Veterana F55	01:13:28	+42:09	07:21
30	4356	Teresa Pinheiro	O TRIO	Veterana F55	01:14:14	+42:55	07:25
31	3430	Jacqueline Ennes	Individual	Veterana F55	01:17:53	+46:34	07:47
32	370	Manuela Fontão	BIBA MAIS	Veterana F55	01:18:14	+46:56	07:49
33	3417	Aida Seixas	Individual	Veterana F55	01:18:23	+47:04	07:50
34	314	Fernanda Reis	Bando dos 4	Veterana F55	01:18:45	+47:26	07:53
35	3437	Paula Moreira	Individual	Veterana F55	01:23:11	+51:53	08:19
36	3426	Elsa Carla Santos	Individual	Veterana F55	01:28:06	+56:47	08:49
37	3427	Fátima Faria	Individual	Veterana F55	01:29:00	+57:41	08:54

Veterana F60

1	771	Rosa Oliveira	EARO	Veterana F60	51:06	+19:47	05:07
2	4259	Graça Fernandes	Milhafres	Veterana F60	57:19	+26:00	05:44
3	4186	Fátima Marques	La Galigne Sedentaire	Veterana F60	01:00:54	+29:36	06:05
4	576	Cândida Alves	CMFamalicão	Veterana F60	01:04:41	+33:22	06:28
5	997	Christina Pinto	Ginásio Status	Veterana F60	01:06:29	+35:10	06:39
6	579	Olivia Magalhães	CMFamalicão	Veterana F60	01:07:03	+35:44	06:42
7	3441	Ligia Buldrini	Individual	Veterana F60	01:08:58	+37:39	06:54
8	144	Lucinda Silva	ADTTR travassós running Fafe	Veterana F60	01:10:09	+38:50	07:01
9	3442	Maria Beatriz Gomes Reis	Individual	Veterana F60	01:11:42	+40:23	07:10

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10	3440	Filomena Carneiro	Individual	Veterana F60	01:12:48	+41:29	07:17
11	416	Julia Magalhães	Braguinhas Runners	Veterana F60	01:14:41	+43:22	07:28
12	574	Amélia Aguiar	CMFamalicão	Veterana F60	01:15:35	+44:17	07:34
13	3445	Sameiro Ferreira	Individual	Veterana F60	01:19:59	+48:41	08:00
14	3443	Maria Queiroz	Individual	Veterana F60	01:21:33	+50:14	08:09
15	1136	Sandra Lima	GYMSTAR	Veterana F60	01:22:49	+51:30	08:17
16	1135	Isabel Rassoul	GYMSTAR	Veterana F60	01:22:54	+51:35	08:17
17	3444	Milagros Dillen	Individual	Veterana F60	01:24:02	+52:43	08:24
18	580	Sameiro Pereira	CMFamalicão	Veterana F60	01:25:09	+53:51	08:31

Veterana F65

1	999	Rosa Vilhena	Ginásio Status	Veterana F65	01:03:17	+31:58	06:20
2	417	Filomena Magalhães	Braguinhas Runners	Veterana F65	01:14:40	+43:21	07:28

Veterano M40

1	737	Bruno Miguel Da Silva Ferreira	Dragon club	Veterano M40	34:07	+02:48	03:25
2	3455	André Figueiredo	Individual	Veterano M40	34:56	+03:37	03:30
3	4426	Luís Miguel Sousa Mendes	Paços runners	Veterano M40	36:06	+04:47	03:37
4	152	Paulo Leça	AFR&F	Veterano M40	36:30	+05:12	03:39
5	6	Marco André Carvalho Pinheiro	Dragon club	Veterano M40	36:32	+05:13	03:39
6	3580	Nelson Leitão	Individual	Veterano M40	37:30	+06:11	03:45
7	66	Renato Oliveira	365 running project	Veterano M40	37:58	+06:39	03:48
8	3556	luis Miguel	Individual	Veterano M40	38:22	+07:04	03:50
9	4196	Mário Martins	Linces do Marão	Veterano M40	38:28	+07:10	03:51
10	3512	Hélder Leal	Individual	Veterano M40	38:36	+07:18	03:52
11	3577	Miguel Vasques	Individual	Veterano M40	38:59	+07:41	03:54
12	4543	Nelson Fernandes	Promessas do Atletismo	Veterano M40	39:04	+07:46	03:54
13	4748	Pedro Coelho	TEAM LANTEMIL	Veterano M40	39:05	+07:46	03:55
14	582	Bruno Rodrigues	CMFamalicação	Veterano M40	39:07	+07:48	03:55
15	3644	Samuel cunha	Individual	Veterano M40	39:31	+08:12	03:57
16	4492	Nuno Guimarães	Porminho	Veterano M40	39:38	+08:19	03:58
17	111	João Mesquita	Active Running	Veterano M40	40:12	+08:53	04:01
18	785	Hélder Dias	EAT-Escola de Atletismo da Trofa	Veterano M40	40:50	+09:32	04:05
19	3592	Nuno silva	Individual	Veterano M40	40:56	+09:37	04:06
20	3664	Vitor Marques	Individual	Veterano M40	40:57	+09:38	04:06
21	112	Pedro Castro	Active Running	Veterano M40	41:12	+09:54	04:07
22	772	Bruno Pereira	EARO	Veterano M40	41:14	+09:56	04:07
23	3446	Adelino Sousa	Individual	Veterano M40	41:25	+10:06	04:09
24	110	Emanuel Freitas	Active Running	Veterano M40	41:25	+10:06	04:09
25	4583	Ruben Ribeiro	riba	Veterano M40	41:27	+10:08	04:09
26	925	Nélson Almeida	Futebol Clube Landim	Veterano M40	41:30	+10:11	04:09
27	585	Duarte Fernandes	CMFamalicação	Veterano M40	41:36	+10:18	04:10
28	3570	Miguel Carvalho	Individual	Veterano M40	41:50	+10:31	04:11
29	4293	Rui Gomes	MOOVE/AfaCycles/Aloft	Veterano M40	42:05	+10:47	04:13

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30	3541	José da Silveira Júnior	Individual	Veterano M40	42:05	+10:47	04:13
31	3661	Vitor José costa cunha	Individual	Veterano M40	42:11	+10:52	04:13
32	593	Ricardo Silva	CMFamalicão	Veterano M40	42:11	+10:52	04:13
33	3507	Helder Araújo	Individual	Veterano M40	42:12	+10:53	04:13
34	113	Ricardo Mendes	Active Running	Veterano M40	42:29	+11:10	04:15
35	750	Jorge Barbosa	Duros da Santa Team running	Veterano M40	42:49	+11:31	04:17
36	3599	Paulo Pereira	Individual	Veterano M40	43:03	+11:44	04:18
37	4747	Marco silva sousa	TEAM LANTEMIL	Veterano M40	43:35	+12:16	04:22
38	4746	Filipe Azevedo Rodrigues	TEAM LANTEMIL	Veterano M40	43:37	+12:18	04:22
39	3624	Ricardo Manuel Araújo leite	Individual	Veterano M40	43:38	+12:19	04:22
40	3621	Ricardo Doria Duarte	Individual	Veterano M40	43:47	+12:28	04:23
41	3578	Nelson Castro	Individual	Veterano M40	44:36	+13:17	04:28
42	4261	Jorge Filipe Reis da Costa	Milhafres	Veterano M40	44:36	+13:17	04:28
43	3553	Luís Filipe Vilas Boas Campos	Individual	Veterano M40	45:05	+13:46	04:31
44	169	Jairo Lourenço	Alexianos	Veterano M40	45:09	+13:50	04:31
45	862	Filipe Carvalho	Famagraph	Veterano M40	45:13	+13:54	04:31
46	4964	Ricardo Oliveira	Liberdade FC	Veterano M40	45:17	+13:58	04:32
47	4291	José Sebastião da Silva	Moldamirco	Veterano M40	45:18	+14:00	04:32
48	3493	Eduardo Ferreira	Individual	Veterano M40	45:26	+14:07	04:33
49	1285	André Rafael	Body Performance	Veterano M40	45:37	+14:19	04:34
50	159	Abel Gomes	ÂGUIAS DE ALVELOS	Veterano M40	45:39	+14:21	04:34
51	3511	Helder Gonçalves	Individual	Veterano M40	45:42	+14:23	04:34
52	4593	Joao Lima	RorizAventura	Veterano M40	45:47	+14:28	04:35
53	3653	Tiago Fernando Castro Cardoso	Individual	Veterano M40	45:57	+14:38	04:36
54	4455	Sérgio Mendes	Pioneiros do Parque	Veterano M40	45:58	+14:39	04:36
55	3538	Jorge Lopes	Individual	Veterano M40	45:59	+14:40	04:36
56	254	Leandro Ferreira	ARC Vale S. Cosme	Veterano M40	46:12	+14:53	04:37
57	311	Rui Carvalho	B. V. Famalicense	Veterano M40	46:12	+14:53	04:37
58	3472	Bruno Vilaça	Individual	Veterano M40	46:40	+15:21	04:40
59	166	Nelson Tomé	Alexandra Carvalho Team	Veterano M40	46:53	+15:34	04:41
60	3630	Roberto Torres	Individual	Veterano M40	47:01	+15:42	04:42
61	3543	José Ferreira	Individual	Veterano M40	47:11	+15:53	04:43
62	1143	Miguel Ferreira	GYMSTAR	Veterano M40	47:17	+15:59	04:44
63	3591	Nuno Santos	Individual	Veterano M40	47:29	+16:10	04:45
64	3466	Bruno Gonçalo Simões Filipe	Individual	Veterano M40	47:38	+16:20	04:46
65	3513	Helder Miranda	Individual	Veterano M40	47:39	+16:21	04:46
66	46	hugo magalhaes	247 Culture	Veterano M40	47:45	+16:26	04:47
67	3482	Daniel Cunha	Individual	Veterano M40	47:58	+16:39	04:48
68	3586	Nuno Ferreira	Individual	Veterano M40	48:00	+16:41	04:48
69	3520	Ireneu Oliveira	Individual	Veterano M40	48:06	+16:47	04:49
70	3529	Joao Magalhaes	Individual	Veterano M40	48:08	+16:49	04:49
71	924	Bruno Silva	Futebol Clube Landim	Veterano M40	48:19	+17:00	04:50
72	3546	Jose Osório	Individual	Veterano M40	48:20	+17:01	04:50
73	3610	Pedro Silva	Individual	Veterano M40	48:24	+17:05	04:50
74	3502	Flávio Silva	Individual	Veterano M40	48:29	+17:10	04:51
75	3560	Manuel Justino silva Taveira	Individual	Veterano M40	48:30	+17:11	04:51

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213	446	Duarte Pinto	CCD Matosinhos	Veterano M40	59:47	+28:28	05:59
214	595	Virgínia Santas	CMFamalicão	Veterano M40	59:52	+28:33	05:59
215	3530	João Miguel Cruz	Individual	Veterano M40	01:00:02	+28:44	06:00
216	828	Pedro Rodrigues Pereira	Eugenios	Veterano M40	01:00:04	+28:46	06:00
217	255	Luís Morais	ARC Vale S. Cosme	Veterano M40	01:00:05	+28:46	06:01
218	3547	José Paiva	Individual	Veterano M40	01:00:19	+29:01	06:02
219	1139	Carlos Gustavo Martins Barbosa	GYMSTAR	Veterano M40	01:00:22	+29:03	06:02
220	4930	Jose Raposo Aguilar Cerqueira	CMF	Veterano M40	01:00:23	+29:05	06:02
221	4502	Carlos Maia	Portela Mens	Veterano M40	01:00:24	+29:05	06:02
222	3625	Ricardo Marques	Individual	Veterano M40	01:00:33	+29:14	06:03
223	596	Vítor Olivieira	CMFamalicão	Veterano M40	01:00:34	+29:15	06:03
224	190	Tiago Pereira	Alfacoop/Freitas Turismo	Veterano M40	01:00:34	+29:15	06:03
225	4880	Pedro Filipe Rebelo Freitas	Vieira de Castro	Veterano M40	01:00:52	+29:33	06:05
226	320	Leonel Monteiro	Batata aos molhos	Veterano M40	01:01:05	+29:47	06:07
227	256	Pedro Araujo	ARC Vale S. Cosme	Veterano M40	01:01:07	+29:48	06:07
228	3534	João Reigoto	Individual	Veterano M40	01:01:08	+29:49	06:07
229	3533	João Rabaça	Individual	Veterano M40	01:01:22	+30:04	06:08
230	3660	Vítor hugo monteiro saraiva Gonçalves	Individual	Veterano M40	01:01:23	+30:04	06:08
231	4491	Bruno Pinheiro	Porminho	Veterano M40	01:01:30	+30:11	06:09
232	310	Mikael Pereira	AVF Team	Veterano M40	01:01:31	+30:12	06:09
233	3587	Nuno Leandro Rodrigues	Individual	Veterano M40	01:01:34	+30:15	06:09
234	374	Jonas Maia	Bigode de Tinto	Veterano M40	01:01:41	+30:22	06:10
235	373	Bruno Marante	Bigode de Tinto	Veterano M40	01:02:01	+30:42	06:12
236	3602	Pedro Costa Pereira	Individual	Veterano M40	01:02:04	+30:45	06:12
237	3481	Cristiano Castro	Individual	Veterano M40	01:02:06	+30:47	06:13
238	4684	André Gomes	SmartFit	Veterano M40	01:02:07	+30:48	06:13
239	4412	Nuno Barbosa	Os dois	Veterano M40	01:02:18	+30:59	06:14
240	3607	Pedro Santos	Individual	Veterano M40	01:02:20	+31:01	06:14
241	1005	Simão Carneiro	Ginásio Status	Veterano M40	01:02:20	+31:01	06:14
242	3640	Rui Pedro Dias da Mota	Individual	Veterano M40	01:02:20	+31:01	06:14
243	3585	Nuno Fari	Individual	Veterano M40	01:02:23	+31:05	06:14
244	926	Ricardo Almeida	Futebol Clube Landim	Veterano M40	01:02:34	+31:15	06:15
245	3631	Rogério Cunha	Individual	Veterano M40	01:02:39	+31:20	06:16
246	3576	Miguel Sena	Individual	Veterano M40	01:02:46	+31:27	06:17
247	4948	Ricardo Miguel Barroso Miranda	Individual	Veterano M40	01:03:04	+31:45	06:18
248	3593	Nuno Soares	Individual	Veterano M40	01:03:09	+31:50	06:19
249	3484	Daniel Martinho	Individual	Veterano M40	01:03:16	+31:57	06:20
250	3488	David Silva	Individual	Veterano M40	01:03:18	+31:59	06:20
251	4271	Sergio Rodrigues	MKA	Veterano M40	01:03:20	+32:01	06:20
252	3563	Marco Machado	Individual	Veterano M40	01:03:22	+32:04	06:20
253	4399	Manuel veloso	Os amadores	Veterano M40	01:03:24	+32:06	06:20
254	187	António José Matos	Alfa Estúdio	Veterano M40	01:03:25	+32:06	06:21
255	594	Tiago Cunha	CMFamalicão	Veterano M40	01:03:27	+32:09	06:21
256	1047	Hugo Miguel Fernandes Machado	Grupo Secreto da Box	Veterano M40	01:03:29	+32:11	06:21
257	4728	Ricardo Silva	Team Dinha	Veterano M40	01:03:31	+32:12	06:21
258	3448	Alexandre Lemos	Individual	Veterano M40	01:03:34	+32:15	06:21

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Prova Principal

10 KM

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Prova Principal

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Veterano M45

1	600	Joaquim Cruz	CMFamalição	Veterano M45	34:41	+03:23	03:28
2	779	Rui Ramos	EARO	Veterano M45	35:17	+03:59	03:32

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Prova Principal

10 KM

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OFFICIAL RESULT

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3	3842	Rui Silva	Individual	Veterano M45	36:05	+04:46	03:37
4	777	Jose Freitas	EARO	Veterano M45	36:53	+05:34	03:41
5	463	Helder Fernandes Pereira	Clube de Atletismo de Ferreira do Zêzere	Veterano M45	37:23	+06:05	03:44
6	1004	Pedro Alexandre Magalhaes Castro	Individual	Veterano M45	37:27	+06:08	03:45
7	3712	David Gonçalves Ribeiro	Individual	Veterano M45	37:53	+06:34	03:47
8	3669	Adao vasco Correia vaz	Individual	Veterano M45	38:16	+06:57	03:50
9	3680	André Neves	Individual	Veterano M45	38:58	+07:40	03:54
10	3777	Manuel André Pereira Ferreira	Individual	Veterano M45	40:10	+08:51	04:00
11	958	Jorge Ferreira	GD AIRÃO CURVIÃ	Veterano M45	40:18	+08:59	04:02
12	3861	Vitor Ferreira	Individual	Veterano M45	40:19	+09:00	04:02
13	4495	João Gilberto	Porminho	Veterano M45	40:20	+09:01	04:02
14	3824	Rodrigo Silva	Individual	Veterano M45	40:54	+09:35	04:05
15	3849	Sérgio Silva	Individual	Veterano M45	41:16	+09:58	04:08
16	3715	Eduardo Oliveira	Individual	Veterano M45	41:36	+10:17	04:10
17	3759	Jorge Fontes	Individual	Veterano M45	41:41	+10:23	04:10
18	5	Filipe Manuel Ferreira Fontes	Vieira de Castro	Veterano M45	41:59	+10:40	04:12
19	3850	Sidonio Silva	Individual	Veterano M45	42:24	+11:06	04:14
20	3859	VALDO NUNES DE OLIVEIRA	Individual	Veterano M45	42:53	+11:34	04:17
21	863	Sergio silva	Famagraph	Veterano M45	43:00	+11:41	04:18
22	4209	Luis Leite	MAIA RUNNERS	Veterano M45	43:00	+11:42	04:18
23	604	Miguel Santos	CMFamalicão	Veterano M45	43:13	+11:54	04:19
24	3836	Rui Freitas	Individual	Veterano M45	43:19	+12:00	04:20
25	3728	Flávio Gomes	Individual	Veterano M45	43:22	+12:03	04:20
26	3757	João Vieira	Individual	Veterano M45	43:23	+12:04	04:20
27	3748	Hugo Prazeres	Individual	Veterano M45	43:38	+12:19	04:22
28	3794	NUNO FEAP	Individual	Veterano M45	43:53	+12:34	04:23
29	4558	Rogério Moreira	Quebrarritmo	Veterano M45	44:01	+12:43	04:24
30	4335	Miguel Machado	Núcleo de Atletismo das Taipas	Veterano M45	44:03	+12:44	04:24
31	3812	Pedro Miguel Martins Henriques	Individual	Veterano M45	44:38	+13:19	04:28
32	3863	Vitor MS Lopes	Individual	Veterano M45	44:44	+13:25	04:28
33	3753	Joao Paiva	Individual	Veterano M45	44:51	+13:32	04:29
34	4411	Carlos carriço	Os Carriços	Veterano M45	44:58	+13:39	04:30
35	3708	César Leão	Individual	Veterano M45	45:12	+13:53	04:31
36	1154	Vasco Rafael Costa Amaral	GYMSTAR	Veterano M45	45:15	+13:57	04:32
37	754	Victor Almeida	Duros da Santa Team running	Veterano M45	45:20	+14:01	04:32
38	778	Rui Martins	EARO	Veterano M45	45:29	+14:10	04:33
39	3787	Miguel Castro	Individual	Veterano M45	45:38	+14:19	04:34
40	3670	Adão Virgílio Teixeira Marinho	Individual	Veterano M45	45:48	+14:29	04:35
41	608	Rui Carvalho	CMFamalicão	Veterano M45	45:53	+14:34	04:35
42	450	ANGÉLO CARDOSO	CENTRAL RUNNERS	Veterano M45	45:56	+14:37	04:36
43	602	Marco Boas	CMFamalicão	Veterano M45	46:07	+14:48	04:37
44	3795	Nuno Miguel Meneses	Individual	Veterano M45	46:11	+14:52	04:37
45	465	Manuel Sousa	Clube Desportivo Infante	Veterano M45	46:12	+14:53	04:37
46	3740	Helder Bruno Braga Lima	Individual	Veterano M45	46:36	+15:17	04:40
47	3848	Sérgio Silva	Individual	Veterano M45	46:38	+15:19	04:40
48	611	Sérgio Alves	CMFamalicão	Veterano M45	46:38	+15:19	04:40

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Prova Principal

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Prova Principal

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Prova Principal

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Prova Principal

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Prova Principal

10 KM

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Prova Principal

10 KM

OFFICIAL RESULT

Veterano M50

Prova Principal

10 KM

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Prova Principal

10 KM

OFFICIAL RESULT

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Prova Principal

10 KM

OFFICIAL RESULT

Official Timekeeper: Lap2Go	87 / 94	generate 23-dez.-2025 23:16
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Prova Principal

10 KM

OFFICIAL RESULT

Official Timekeeper: Lap2Go	88 / 94	generate 23-dez.-2025 23:16
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Prova Principal

10 KM

OFFICIAL RESULT

Veterano M55

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Prova Principal

10 KM

OFFICIAL RESULT

Official Timekeeper: Lap2Go	90 / 94	generate 23-dez.-2025 23:16
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Prova Principal

10 KM

OFFICIAL RESULT

Official Timekeeper: Lap2Go	91 / 94	generate 23-dez.-2025 23:16
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Prova Principal

10 KM

OFFICIAL RESULT

Veterano M60

Prova Principal

10 KM

OFFICIAL RESULT

Veterano M65

