





















**CORRIDA - STAGE 1****10 KM**

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

**OFFICIAL RESULT**

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
354	239	Pedro Marques	Individual	01:13:07	+42:47	07:19	
355	399	Eulália Vitorino	STR Turtles	01:14:18	+43:58	07:26	
356	400	Fernando Silva	STR Turtles	01:14:18	+43:58	07:26	
357	377	Ana Paula Prehaz Da Graça	Sapas	01:14:53	+44:33	07:29	
358	177	Rodrigo Castanheira	Individual	01:15:27	+45:07	07:33	
359	225	Daniel Braun	Individual	01:17:16	+46:56	07:44	
360	118	Gisela Oliveira	Individual	01:18:20	+48:00	07:50	
361	131	Maria João Tavares Martins Sêco	Individual	01:18:33	+48:13	07:51	
362	186	Tomás Silva	Individual	01:20:08	+49:48	08:01	
363	140	Sofia Alves	Individual	01:20:08	+49:48	08:01	
364	64	Francisco Dengel Bastos	Corrida Nocturna de Setúbal	01:21:48	+51:28	08:11	
365	63	Filipa Mendes dos Santos	Corrida Nocturna de Setúbal	01:21:53	+51:33	08:11	
366	352	Susana Ferreira	Miles & Vibes	01:24:40	+54:20	08:28	
367	401	Cidalia Oliveira	Tâmentos	01:30:10	+59:50	09:01	
368	10	Tereza Prates	AA Lebres do Sado	01:30:35	+01:00:15	09:04	
369	125	Joana Filipa Joaquim Ferreira	Individual	01:32:48	+01:02:28	09:17	

## Corrida

10 KM

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

## OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	18:00	-99°C	-99%
End	19:36	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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### Junior Feminino

1	424	Letícia Magalhães	Vitória Futebol Clube - VFC	Junior Feminino	42:08		04:13
2	338	Sofia leão pulquério	javalis das poças	Junior Feminino	58:51	+16:43	05:53
3	110	Ana Catalão	Individual	Junior Feminino	01:07:53	+25:44	06:47

### Junior Masculino

1	420	Diogo Oliveira	Vikings Barreiro	Junior Masculino	53:54		05:23
2	71	João Neto	Cross Sado	Junior Masculino	56:58	+03:03	05:42

### Senior Feminino

1	138	Rita Ribeiro	Individual	Senior Feminino	37:58		03:48
2	114	Anabela Aguiar	Individual	Senior Feminino	38:08	+00:09	03:49
3	30	Margarida Esteves Mira Silva	Associação cultural e desportiva do Jardim da Serra	Senior Feminino	38:27	+00:28	03:51
4	74	Liliana Domingues	Cross Sado	Senior Feminino	48:24	+10:25	04:50
5	73	Inês Oliveira	Cross Sado	Senior Feminino	50:39	+12:40	05:04
6	137	Rita Garrido	Individual	Senior Feminino	50:43	+12:44	05:04
7	122	Inês Miguel	Individual	Senior Feminino	51:05	+13:06	05:06
8	339	Inês Gomes	javalis das poças	Senior Feminino	51:39	+13:40	05:10
9	395	Sofia Gonçalves	Speedy Gonçalves	Senior Feminino	52:39	+14:40	05:16
10	136	Paula Caliman	Individual	Senior Feminino	53:29	+15:31	05:21
11	139	Sara Raminhos	Individual	Senior Feminino	55:07	+17:09	05:31
12	101	Rita Rocha	Grupo Pegada Ribeirinha	Senior Feminino	55:08	+17:09	05:31
13	133	Matilde Pereira Ferro	Individual	Senior Feminino	55:59	+18:00	05:36
14	72	Ana Filipa	Cross Sado	Senior Feminino	56:42	+18:43	05:40
15	113	Ana Rita Marçal	Individual	Senior Feminino	57:01	+19:02	05:42
16	112	Ana Catarina Baião	Individual	Senior Feminino	57:42	+19:43	05:46
17	130	Maria Antunes Marques	Individual	Senior Feminino	57:50	+19:51	05:47
18	115	Carol Pereira	Individual	Senior Feminino	57:56	+19:57	05:48
19	126	Laura Curtaz	Individual	Senior Feminino	58:10	+20:11	05:49
20	124	Ines Nogueira Pires	Individual	Senior Feminino	58:21	+20:22	05:50
21	141	Sofia Ginja	Individual	Senior Feminino	58:53	+20:54	05:53
22	132	Marta Maria Courelas Fidalgo Sérgio	Individual	Senior Feminino	59:08	+21:09	05:55
23	421	Mariana Rosa	Vikings Barreiro	Senior Feminino	59:31	+21:32	05:57
24	116	Catarina Esperança	Individual	Senior Feminino	01:00:00	+22:02	06:00
25	367	Diana Almeida	Samaras e a Marta	Senior Feminino	01:00:35	+22:36	06:04
26	335	Inês Carvalho	Int3ntion	Senior Feminino	01:01:40	+23:42	06:10
27	17	Joana Rita	ACA Running/ E&V Comporta	Senior Feminino	01:02:13	+24:14	06:13

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## Corrida

## 10 KM

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

## OFFICIAL RESULT

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27	324	Joao Rui Nogueira Pires	Individual	Senior Masculino	47:59	+17:39	04:48
28	149	Diogo Soeiro	Individual	Senior Masculino	48:05	+17:44	04:48
29	185	Tiago Pereira	Individual	Senior Masculino	48:50	+18:30	04:53
30	396	Francisco Gonçalves	Speedy Gonçalves	Senior Masculino	48:52	+18:32	04:53
31	165	João Sousa	Individual	Senior Masculino	49:05	+18:44	04:54
32	414	Daniel Batoque	Ultras	Senior Masculino	49:05	+18:45	04:54
33	166	Leonardo Nogueira	Individual	Senior Masculino	49:45	+19:25	04:59
34	180	Ruben Paiva	Individual	Senior Masculino	49:46	+19:26	04:59
35	176	Renato Batista	Individual	Senior Masculino	50:03	+19:42	05:00
36	173	Pedro Pinheiro	Individual	Senior Masculino	50:05	+19:45	05:01
37	150	Diogo Trindade	Individual	Senior Masculino	50:12	+19:52	05:01
38	168	Miguel Miguel	Individual	Senior Masculino	50:40	+20:20	05:04
39	145	David Fernandes	Individual	Senior Masculino	51:00	+20:40	05:06
40	422	Pedro Ortiz	Vikings Barreiro	Senior Masculino	51:03	+20:43	05:06
41	404	Paulo Santos	trail da ladeia running team	Senior Masculino	52:44	+22:23	05:16
42	184	Tiago Jorge de Jesus Nunes Dias	Individual	Senior Masculino	53:55	+23:35	05:23
43	151	Eduardo Silva	Individual	Senior Masculino	53:58	+23:38	05:24
44	45	Lucas Praça	Chinchila	Senior Masculino	54:42	+24:22	05:28
45	174	Pedro Sousa	Individual	Senior Masculino	54:55	+24:34	05:29
46	393	Gustavo Ribeiro	Só vim pra beber	Senior Masculino	55:09	+24:49	05:31
47	164	João Polido	Individual	Senior Masculino	55:12	+24:51	05:31
48	18	Duarte Carvalho	ACA Running/ E&V Comporta	Senior Masculino	55:37	+25:16	05:34
49	156	Filipe Miguel Ramos Martins	Individual	Senior Masculino	55:39	+25:18	05:34
50	178	Rodrigo Manuel da Silva Rodrigues Vitorino	Individual	Senior Masculino	55:39	+25:19	05:34
51	179	Rúben Lota	Individual	Senior Masculino	56:22	+26:01	05:38
52	153	Filipe Farinha	Individual	Senior Masculino	56:58	+26:38	05:42
53	403	Marco Santos	trail da ladeia running team	Senior Masculino	57:38	+27:17	05:46
54	143	Daniel Escudeiro Abrantes	Individual	Senior Masculino	58:55	+28:34	05:53
55	157	gonçalo chilrito	Individual	Senior Masculino	01:00:23	+30:03	06:02
56	148	Diogo Machado	Individual	Senior Masculino	01:02:17	+31:57	06:14
57	170	Miguel Sousa	Individual	Senior Masculino	01:04:26	+34:06	06:27
58	175	Rafael Português	Individual	Senior Masculino	01:11:35	+41:14	07:09
59	177	Rodrigo Castanheira	Individual	Senior Masculino	01:15:27	+45:07	07:33
60	186	Tomás Silva	Individual	Senior Masculino	01:20:08	+49:48	08:01
61	64	Francisco Dengel Bastos	Corrida Nocturna de Setúbal	Senior Masculino	01:21:48	+51:27	08:11

## Veterana F35

1	35	Mirian Couto	C.D.R. RIBEIRINHO	Veterana F35	45:26		04:33
2	189	Ana Pinela	Individual	Veterana F35	48:58	+03:32	04:54
3	202	Tânia Carmo	Individual	Veterana F35	51:14	+05:48	05:07
4	381	Célia Lopes	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz Quebradense	Veterana F35	51:20	+05:53	05:08
5	200	Sandra Tavares Freitas	Individual	Veterana F35	55:16	+09:49	05:32
6	192	Catarina Santos	Individual	Veterana F35	55:48	+10:21	05:35

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Corrida

10 KM

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OFFICIAL RESULT

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

7	187	Ana Gião	Individual	Veterana F35	56:17	+10:50	05:38
8	365	Cheila dias	REN	Veterana F35	56:26	+11:00	05:39
9	196	Lúcia Batista	Individual	Veterana F35	57:22	+11:55	05:44
10	198	Nádia Tranca	Individual	Veterana F35	59:52	+14:25	05:59
11	193	Diana Branco	Individual	Veterana F35	01:03:54	+18:28	06:23
12	21	Tânia Trejeira	ACA Running/ E&V Comporta	Veterana F35	01:04:06	+18:39	06:25
13	190	Ana Rita Aguadeiro	Individual	Veterana F35	01:09:05	+23:38	06:54
14	188	Ana Nunes	Individual	Veterana F35	01:09:05	+23:39	06:55
15	201	Sara Contente	Individual	Veterana F35	01:10:20	+24:53	07:02
16	406	Teresa Aveiro	UCRD Praiense	Veterana F35	01:10:40	+25:13	07:04
17	199	Patrícia Silva	Individual	Veterana F35	01:10:48	+25:21	07:05

Veterana F40

1	46	Laura Grilo	Clube de Praças da Armada	Veterana F40	37:21		03:44
2	103	Carla Pereira	Grupo Pegada Ribeirinha	Veterana F40	44:22	+07:00	04:26
3	102	Andreia Castanheira	Grupo Pegada Ribeirinha	Veterana F40	48:54	+11:32	04:53
4	205	Claudia Baião	Individual	Veterana F40	49:39	+12:18	04:58
5	371	Ligia Melitão	Samaras e a Marta	Veterana F40	50:12	+12:50	05:01
6	372	Marta Cruz	Samaras e a Marta	Veterana F40	51:50	+14:28	05:11
7	204	Ângela Mendes	Individual	Veterana F40	56:23	+19:02	05:38
8	6	Marta Palongo	AA Lebres do Sado	Veterana F40	56:31	+19:10	05:39
9	206	Filipa Melo	Individual	Veterana F40	57:09	+19:48	05:43
10	203	Ana Filipa Lázaro	Individual	Veterana F40	01:02:13	+24:51	06:13
11	370	Cristina Rosado	Samaras e a Marta	Veterana F40	01:05:05	+27:43	06:30
12	369	Ana Canastra	Samaras e a Marta	Veterana F40	01:05:12	+27:50	06:31
13	306	Maria Candida	Individual	Veterana F40	01:06:03	+28:42	06:36
14	378	Ana Sofia Casares	Sapas	Veterana F40	01:06:18	+28:56	06:38
15	207	Marta Rocha Ribeiro	Individual	Veterana F40	01:07:27	+30:05	06:45
16	79	Dulce Domingues	Domingues	Veterana F40	01:08:25	+31:04	06:51
17	104	Sofia Rocha	Grupo Pegada Ribeirinha	Veterana F40	01:10:47	+33:25	07:05
18	209	Sara Fonseca	Individual	Veterana F40	01:11:45	+34:23	07:10
19	377	Ana Paula Prehaz Da Graça	Sapas	Veterana F40	01:14:53	+37:31	07:29

Veterana F45

1	214	Palmira Quinhama	Individual	Veterana F45	41:04		04:06
2	105	Olga Araujo	Grupo Pegada Ribeirinha	Veterana F45	47:15	+06:10	04:44
3	430	Sofia Pinheiro	UCRD Praiense	Veterana F45	47:48	+06:43	04:47
4	353	Amelia Pereira	Monsanto Running Team	Veterana F45	48:32	+07:27	04:51
5	215	Paula Pina	Individual	Veterana F45	50:49	+09:44	05:05
6	210	Ana Pereira	Individual	Veterana F45	51:22	+10:17	05:08
7	384	Sandra Silva	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz Quebradense	Veterana F45	52:35	+11:30	05:15
8	342	Sara Gomes	javalis das poças	Veterana F45	52:46	+11:41	05:17

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