

33KM - STAGE 1

33 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	14,6°C	93%
End	15:05	14.6°C	93%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	14	André Luís	Clube de Atletismo de Ferreira do Zêzere	02:50:02		05:09	
2	71	Hugo Machado	THOMAR ATHLETICS	02:51:53	+01:51	05:13	
3	86	Fernando Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:53:24	+03:22	05:15	
4	69	André Rosário	THOMAR ATHLETICS	02:57:21	+07:19	05:22	
5	4	Carlos Manuel Dias Simões	Ama(dores) Trail Team/ACRU	02:57:25	+07:23	05:23	
6	51	Gonçalo Campos	Carinos Team Run	02:59:17	+09:15	05:26	
7	19	Luiz Mota	Clube de Atletismo de Ferreira do Zêzere	02:59:43	+09:41	05:27	
8	49	Abel Francisco Pires	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	03:02:36	+12:34	05:32	
9	75	Paulo Alexandre correia	Trilho Perdido Eventos / Importlux	03:02:57	+12:55	05:33	
10	13	António Simões	Chamusca Trail	03:03:11	+13:09	05:33	
11	16	Hélder Fernandes Pereira	Clube de Atletismo de Ferreira do Zêzere	03:13:27	+23:25	05:52	
12	52	Nuno Filipe Ceifão Pereira	MBT - Monforte Bike Run Team	03:14:24	+24:22	05:53	
13	11	João Borda d'Água	CASA DO BENFICA EM ABRANTES	03:14:58	+24:56	05:54	
14	40	Marco Ferreira	Individual	03:22:39	+32:37	06:08	
15	62	Miguel Santos	MUVE	03:24:29	+34:27	06:12	
16	72	Tiago Santos	THOMAR ATHLETICS	03:28:23	+38:21	06:19	
17	59	José de Matos	MBT - Monforte Bike Run Team	03:32:19	+42:17	06:26	
18	43	Vítor Marques	Quenianos do Ribatejo	03:34:02	+44:00	06:29	
19	64	Manuel Filipe	Núcleo de Colmeias Atletismo - Águias	03:35:00	+44:58	06:31	
20	70	Dino Bento	THOMAR ATHLETICS	03:37:15	+47:13	06:35	
21	30	Pedro Manso	Fátima Trail Team	03:40:14	+50:12	06:40	
22	12	Rui Dias	CASA DO BENFICA EM ABRANTES	03:42:06	+52:04	06:44	
23	25	Cláudio Silva	Condenados Tomar Running Team	03:43:21	+53:19	06:46	
24	85	Rui Silva	Trilhos dos Templários / ACR Santa Cita	03:43:24	+53:22	06:46	
25	57	Ricardo Martins Maia	LZ Car Solutions	03:43:44	+53:42	06:47	
26	18	Vítor Diniz	Clube de Atletismo de Ferreira do Zêzere	03:45:16	+55:14	06:50	
27	23	Hilário Louro	Clube de Trilhos Mãos do Zêzere	03:46:58	+56:56	06:53	
28	82	Luis Boino	Trilhos dos Templários / ACR Santa Cita	03:47:19	+57:17	06:53	
29	58	Bruno Peixoto	MBT - Monforte Bike Run Team	03:48:29	+58:27	06:55	
30	21	Sergio Pita	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	03:51:47	+01:01:45	07:01	
31	76	Manuela Cunha	Trilhos do Costume	03:55:53	+01:05:51	07:09	
32	44	Wil Benson	Individual	03:57:36	+01:07:34	07:12	
33	7	Ricardo Gonçalves	Associação Desportiva de Ílhavo	03:58:11	+01:08:09	07:13	
34	73	João Roque	THOMAR ATHLETICS	03:59:00	+01:08:58	07:15	
35	8	Ricardo Patrício	Boavista Trail	03:59:39	+01:09:37	07:16	
36	63	Pedro Silva	MUVE	04:01:46	+01:11:44	07:20	
37	53	Rui Almeida	Individual	04:04:31	+01:14:29	07:25	
38	56	Joel Silva	Linces do Marão	04:05:38	+01:15:36	07:27	
39	54	FERNANDO RODRIGUES	Individual	04:07:02	+01:17:00	07:29	
40	60	João Gomes	MUVE	04:07:29	+01:17:27	07:30	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	10	Edgar Gaspar	CASA DO BENFICA EM ABRANTES	04:09:14	+01:19:12	07:33	
42	6	Micael Pereira	Associação Desportiva de Ílhavo	04:09:25	+01:19:23	07:33	
43	17	Jorge Rosa	Clube de Atletismo de Ferreira do Zêzere	04:11:54	+01:21:52	07:38	
44	9	Valérie Antunes dos Santos	CASA DO BENFICA EM ABRANTES	04:24:46	+01:34:44	08:01	
45	67	Magda Caldeira	SCFZ Trail Runners	04:24:47	+01:34:45	08:01	
46	50	Bruno Dinis	Individual	04:25:39	+01:35:37	08:03	
47	83	Jorge Nunes	Trilhos dos Templários / ACR Santa Cita	04:28:00	+01:37:58	08:07	
48	33	IVONE PATRÍCIA ABREU PÃO MOLE DA COSTA	Grupo Desportivo do Pinheiro Grande	04:41:52	+01:51:50	08:32	
49	74	Jose Fonseca	THOMAR ATHLETICS	04:43:58	+01:53:56	08:36	
50	31	Isabel Gomes	GATOES TRAIL	04:45:07	+01:55:05	08:38	
51	29	Paulo Gomes	Fátima Trail Team	04:46:05	+01:56:03	08:40	
52	37	Isadora Costa	Individual	04:46:39	+01:56:37	08:41	
53	77	Maria João Almeida	Trilhos do Costume	05:11:46	+02:21:44	09:27	
54	79	Kátia Almeida	Trilhos do Costume	05:13:44	+02:23:42	09:30	
55	35	Filipa Carvalho Machado e Pinto Pereira	Individual	05:13:44	+02:23:42	09:30	
56	42	Tiago Alexandre de Jesus Mendes	Individual	05:24:48	+02:34:46	09:51	
57	81	Luís Santana	Trilhos do Costume	05:25:08	+02:35:06	09:51	
58	66	Vladimiro Alves	run2eat	05:44:36	+02:54:34	10:27	
59	39	Célia Maria Azenha	Individual	05:50:06	+03:00:04	10:37	
60	55	Agostinho Barros	Individual	05:57:21	+03:07:19	10:50	
61	38	Jacinta Fonte	Individual	06:10:01	+03:19:59	11:13	
62	22	Bruno Marquês	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	06:12:02	+03:22:00	11:16	
63	78	Carmen Cristino	Trilhos do Costume	06:29:27	+03:39:25	11:48	
64	28	David Clemente	Desafios Positivos D+	06:29:27	+03:39:25	11:48	

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33 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	08:30	14,6°C	93%
End	15:05	14,6°C	93%

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

1	35	Filipa Carvalho Machado e Pinto Pereira	Individual	Senior Feminino	05:13:44	09:30
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Senior Masculino

1	14	André Luís	Clube de Atletismo de Ferreira do Zêzere	Senior Masculino	02:50:02		05:09:11
2	62	Miguel Santos	MUVE	Senior Masculino	03:24:29	+34:26	06:12:47
3	63	Pedro Silva	MUVE	Senior Masculino	04:01:46	+01:11:44	07:20:33
4	60	João Gomes	MUVE	Senior Masculino	04:07:29	+01:17:27	07:30:00

Veterana F35

1	67	Magda Caldeira	SCFZ Trail Runners	Veterana F35	04:24:47	08:01
2	37	Isadora Costa	Individual	Veterana F35	04:46:39	+21:51 08:41

Veterana F40

1	76	Manuela Cunha	Trilhos do Costume	Veterana F40	03:55:53	07:09
2	9	Valérie Antunes dos Santos	CASA DO BENFICA EM ABRANTES	Veterana F40	04:24:46	+28:53 08:01
3	33	IVONE PATRÍCIA ABREU PÃO MOLE DA COSTA	Grupo Desportivo do Pinheiro Grande	Veterana F40	04:41:52	+45:59 08:32

Veterana F45

1	77	Maria João Almeida	Trilhos do Costume	Veterana F45	05:11:46	09:27
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Veterana F50

1	79	Kátia Almeida	Trilhos do Costume	Veterana F50	05:13:44	09:30:00
2	78	Carmen Cristino	Trilhos do Costume	Veterana F50	06:29:27	+01:15:42 11:48:00

Veterana F55

1	31	Isabel Gomes	GATOES TRAIL	Veterana F55	04:45:07	08:38:00
2	38	Jacinta Fonte	Individual	Veterana F55	06:10:01	+01:24:53 11:13:00

Official Timekeeper: Lap2Go	1 / 3	generate 18-mai.-2025 15:06
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OFFICIAL RESULT

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Veterana F60

1	39	Célia Maria Azenha	Individual	Veterana F60	05:50:06	10:37
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Veterano M35

1	86	Fernando Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M35	02:53:24	05:15
2	69	André Rosário	THOMAR ATHLETICS	Veterano M35	02:57:21	+03:56 05:22
3	40	Marco Ferreira	Individual	Veterano M35	03:22:39	+29:15 06:08
4	43	Vítor Marques	Quenianos do Ribatejo	Veterano M35	03:34:02	+40:37 06:29
5	57	Ricardo Martins Maia	LZ Car Solutions	Veterano M35	03:43:44	+50:20 06:47
6	44	Wil Benson	Individual	Veterano M35	03:57:36	+01:04:11 07:12
7	7	Ricardo Gonçalves	Associação Desportiva de Ílhavo	Veterano M35	03:58:11	+01:04:46 07:13
8	6	Micael Pereira	Associação Desportiva de Ílhavo	Veterano M35	04:09:25	+01:16:00 07:33
9	42	Tiago Alexandre de Jesus Mendes	Individual	Veterano M35	05:24:48	+02:31:23 09:51

Veterano M40

1	4	Carlos Manuel Dias Simões	Ama(dores) Trail Team/ACRU	Veterano M40	02:57:25	05:23
2	11	João Borda d'Água	CASA DO BENFICA EM ABRANTES	Veterano M40	03:14:58	+17:32 05:54
3	70	Dino Bento	THOMAR ATHLETICS	Veterano M40	03:37:15	+39:50 06:35
4	25	Cláudio Silva	Condenados Tomar Running Team	Veterano M40	03:43:21	+45:56 06:46
5	82	Luis Boino	Trilhos dos Templários / ACR Santa Cita	Veterano M40	03:47:19	+49:54 06:53
6	58	Bruno Peixoto	MBT - Monforte Bike Run Team	Veterano M40	03:48:29	+51:04 06:55
7	21	Sergio Pita	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	Veterano M40	03:51:47	+54:22 07:01
8	10	Edgar Gaspar	CASA DO BENFICA EM ABRANTES	Veterano M40	04:09:14	+01:11:49 07:33
9	28	David Clemente	Desafios Positivos D+	Veterano M40	06:29:27	+03:32:02 11:48

Veterano M45

1	71	Hugo Machado	THOMAR ATHLETICS	Veterano M45	02:51:53	05:13
2	51	Gonalo Campos	Carinos Team Run	Veterano M45	02:59:17	+07:24 05:26
3	49	Abel Francisco Pires	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	Veterano M45	03:02:36	+10:43 05:32
4	13	Ant3nio Sim3es	Chamusca Trail	Veterano M45	03:03:11	+11:18 05:33
5	16	H3lder Fernandes Pereira	Clube de Atletismo de Ferreira do Z3zere	Veterano M45	03:13:27	+21:34 05:52
6	52	Nuno Filipe Ceif3o Pereira	MBT - Monforte Bike Run Team	Veterano M45	03:14:24	+22:31 05:53
7	72	Tiago Santos	THOMAR ATHLETICS	Veterano M45	03:28:23	+36:30 06:19
8	85	Rui Silva	Trilhos dos Templ3rios / ACR Santa Cita	Veterano M45	03:43:24	+51:31 06:46

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OFFICIAL RESULT

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9	8	Ricardo Patrício	Boavista Trail	Veterano M45	03:59:39	+01:07:46	07:16
10	53	Rui Almeida	Individual	Veterano M45	04:04:31	+01:12:38	07:25
11	17	Jorge Rosa	Clube de Atletismo de Ferreira do Zêzere	Veterano M45	04:11:54	+01:20:01	07:38
12	50	Bruno Dinis	Individual	Veterano M45	04:25:39	+01:33:46	08:03
13	83	Jorge Nunes	Trilhos dos Templários / ACR Santa Cita	Veterano M45	04:28:00	+01:36:07	08:07
14	29	Paulo Gomes	Fátima Trail Team	Veterano M45	04:46:05	+01:54:12	08:40
15	22	Bruno Marquês	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	Veterano M45	06:12:02	+03:20:09	11:16

Veterano M50

1	30	Pedro Manso	Fátima Trail Team	Veterano M50	03:40:14		06:40
2	12	Rui Dias	CASA DO BENFICA EM ABRANTES	Veterano M50	03:42:06	+01:52	06:44
3	18	Vitor Diniz	Clube de Atletismo de Ferreira do Zêzere	Veterano M50	03:45:16	+05:01	06:50
4	23	Hilário Louro	Clube de Trilhos Mãos do Zêzere	Veterano M50	03:46:58	+06:43	06:53
5	56	Joel Silva	Linces do Marão	Veterano M50	04:05:38	+25:24	07:27
6	54	FERNANDO RODRIGUES	Individual	Veterano M50	04:07:02	+26:47	07:29
7	66	Vladimiro Alves	run2eat	Veterano M50	05:44:36	+02:04:21	10:27

Veterano M55

1	19	Luiz Mota	Clube de Atletismo de Ferreira do Zêzere	Veterano M55	02:59:43	05:27
2	75	Paulo Alexandre correia	Trilho Perdido Eventos / Importlux	Veterano M55	03:02:57	+03:14 05:33
3	59	José de Matos	MBT - Monforte Bike Run Team	Veterano M55	03:32:19	+32:35 06:26
4	64	Manuel Filipe	Núcleo de Colmeias Atletismo - Águias	Veterano M55	03:35:00	+35:17 06:31
5	55	Agostinho Barros	Individual	Veterano M55	05:57:21	+02:57:37 10:50

Veterano M60

1	73	João Roque	THOMAR ATHLETICS	Veterano M60	03:59:00	07:15
2	74	Jose Fonseca	THOMAR ATHLETICS	Veterano M60	04:43:58	+44:57 08:36
3	81	Luís Santana	Trilhos do Costume	Veterano M60	05:25:08	+01:26:07 09:51

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Official Timekeeper: Lap2Go	1 / 1	generate 18-mai.-2025 15:07
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18KM - STAGE 1

18 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	15,2°C	92%
End	13:21	21.4°C	60%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	591	João Pedro Pereira	Grupito_TheDogPack	01:29:45		04:59	
2	578	Flavio Boto	cpalcanenatrail	01:33:09	+03:24	05:10	
3	513	Patrício Gaspar	Ama(dores) Trail Team/ACRU	01:34:41	+04:56	05:16	
4	559	Zé Pedro Vieira	Clube de Atletismo de Ferreira do Zêzere	01:38:05	+08:20	05:27	
5	503	Igor Neves	ACDRS QUINHENDROS	01:38:49	+09:04	05:29	
6	582	Ivo Castro	cpalcanenatrail	01:38:55	+09:10	05:30	
7	509	Ivo Oliveira	Ama(dores) Trail Team/ACRU	01:39:52	+10:07	05:33	
8	583	Renato Saturnino	cpalcanenatrail	01:40:46	+11:01	05:36	
9	511	Alexandre Henriques	Ama(dores) Trail Team/ACRU	01:40:55	+11:10	05:36	
10	592	Ricardo Antunes	Grupito_TheDogPack	01:41:01	+11:16	05:37	
11	593	João Ferreira	Grupito_TheDogPack	01:41:20	+11:35	05:38	
12	751	Alexandre Vieira	Serra D'Aire Trail Team	01:41:31	+11:46	05:38	
13	766	António Daniel Ferreira	THOMAR ATHLETICS	01:41:43	+11:58	05:39	
14	521	Nelson Heleno	ASSSCC - Ar Livre e Aventura	01:42:00	+12:15	05:40	
15	617	David Santos	Individual	01:44:48	+15:03	05:49	
16	531	Bruno Silvério	CASA DO BENFICA EM ABRANTES	01:45:34	+15:49	05:52	
17	510	Tiago Silva	Ama(dores) Trail Team/ACRU	01:45:53	+16:08	05:53	
18	753	Pedro Marques	Serra D'Aire Trail Team	01:46:04	+16:19	05:54	
19	754	Bruno Dias	Serra D'Aire Trail Team	01:46:05	+16:20	05:54	
20	660	Daniel Franco	Individual	01:46:18	+16:33	05:54	
21	532	Ricardo Justo	CASA DO BENFICA EM ABRANTES	01:46:32	+16:47	05:55	
22	595	Márcio Fernandes	Grupito_TheDogPack	01:46:58	+17:13	05:57	
23	587	Nuno Reis	Fátima Trail Team	01:48:57	+19:12	06:03	
24	508	Bruno Mendes	Ama(dores) Trail Team/ACRU	01:49:09	+19:24	06:04	
25	557	Carlos Correia	CLAC Entroncamento	01:49:18	+19:33	06:04	
26	699	Rui galinha	Grupo Desportivo do Pinheiro Grande	01:50:08	+20:23	06:07	
27	683	Sérgio gameiro	Fátima Trail Team	01:50:16	+20:31	06:08	
28	675	Lino Guerreiro	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	01:50:31	+20:46	06:08	
29	772	Vitor Pereira	THOMAR ATHLETICS	01:50:54	+21:09	06:10	
30	656	Agostinho Pereira	Individual	01:51:02	+21:17	06:10	
31	548	Sérgio Antunes	Chamusca Trail	01:51:54	+22:09	06:13	
32	650	Jean-Rémi Chapelon	Individual	01:51:58	+22:13	06:13	
33	590	Beatriz Alves	Furfor Running Project	01:51:59	+22:14	06:13	
34	755	João Pereira	Serra D'Aire Trail Team	01:52:41	+22:56	06:16	
35	787	Luis Alexandre	Trilhos dos Templários / ACR Santa Cita	01:53:01	+23:16	06:17	
36	536	Cláudio Tomás	CASA DO BENFICA EM ABRANTES	01:55:04	+25:19	06:24	
37	742	Daniel Vieira	SARTIM	01:55:30	+25:45	06:25	
38	740	Helder Machado	SARTIM	01:55:34	+25:49	06:25	
39	710	Carlos Gonçalves	Juventude Ouriense	01:56:09	+26:24	06:27	
40	692	José Vicente Pereira Marques	Individual	01:56:23	+26:38	06:28	
41	711	Francisco Pereira	Juventude Ouriense	01:56:33	+26:48	06:29	

18KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	703	Luís Marques	tramagal sport união	01:56:38	+26:53	06:29	
43	620	Tânia Sofia Henriques Padilha	Individual	01:56:44	+26:59	06:29	
44	542	Paulo Batista	CASA DO BENFICA EM ABRANTES	01:57:05	+27:20	06:30	
45	597	Marco José Pereira Alves	Grupo de Cicloturismo Barquinhense	01:57:23	+27:38	06:31	
46	761	Daniel Pais	Team P. Moles	01:57:42	+27:57	06:32	
47	504	Hélder António Rosa Brás	ACR da Linhaceira / Trilho do Nabão	01:58:20	+28:35	06:34	
48	648	Edgar Ferreira	Individual	01:58:42	+28:57	06:36	
49	609	Fábio Ferreira	Thomar Athletics	01:58:45	+29:00	06:36	
50	615	Tiago Paz	Individual	01:58:46	+29:01	06:36	
51	771	Luís Sousa	THOMAR ATHLETICS	01:59:09	+29:24	06:37	
52	544	ANTÓNIO Grunho	CDCR	01:59:18	+29:33	06:38	
53	630	Cristina pedro	Individual	02:00:05	+30:20	06:40	
54	749	Tiago Domingos de Aguiar Esteves	SCFZ Trail Runners	02:00:09	+30:24	06:41	
55	661	Diogo Cardoso	Individual	02:00:18	+30:33	06:41	
56	664	José Presado	Individual	02:01:39	+31:54	06:45	
57	736	Jorge José Dias Catarino	run2eat	02:02:13	+32:28	06:47	
58	527	Nelson Neto de Sousa	Cacau Training run	02:02:22	+32:37	06:48	
59	666	Nuno Rodrigues	Individual	02:02:36	+32:51	06:49	
60	598	Horacio Domingues Barata	Grupo desportivo do Cabril	02:02:45	+33:00	06:49	
61	571	Bruno Carmo	Constância Mountain Runners	02:02:53	+33:08	06:50	
62	770	Nuno Arnauth	THOMAR ATHLETICS	02:03:29	+33:44	06:52	
63	647	Carlos Miguel Monteiro Esteves	Casa do Benfica em Abrantes	02:03:35	+33:50	06:52	
64	715	Antonio Ventura	KBT	02:04:23	+34:38	06:55	
65	747	Pedro Martins	SCFZ Trail Runners	02:04:23	+34:38	06:55	
66	775	Omar Garcia	Trilho Perdido Eventos / Importlux	02:04:51	+35:06	06:56	
67	789	Joel Westerman	União Desportiva de Tancos	02:04:53	+35:08	06:56	
68	657	Bruno Cacão	Individual	02:04:54	+35:09	06:56	
69	774	Jorge Lercas	THOMAR ATHLETICS	02:05:03	+35:18	06:57	
70	505	João Montez	ADAR - Associação Desportiva de Aldeia da Ribeira	02:05:09	+35:24	06:57	
71	516	Elio Gouveia	APCTT - ASSOCIAÇÃO PORTO DA CRUZ TRAIL TEAM	02:05:23	+35:38	06:58	
72	677	Nelson Ribeiro costa	Individual	02:06:01	+36:16	07:00	
73	781	João Proença	Trilhos dos Templários / ACR Santa Cita	02:06:06	+36:21	07:00	
74	652	Jorge Neves	Individual	02:07:18	+37:33	07:04	
75	763	Nuno Fernandes	Team P. Moles	02:07:50	+38:05	07:06	
76	764	Ricardo Santos	Team P. Moles	02:08:13	+38:28	07:07	
77	579	Silvia Costa	cpalcanenatrail	02:08:13	+38:28	07:07	
78	688	Filipe Amorim	Individual	02:08:24	+38:39	07:08	
79	756	Eduardo Silva	Silva & Silva	02:08:44	+38:59	07:09	
80	726	Virgínia Simões	Núcleo de Colmeias Atletismo - Águias	02:09:26	+39:41	07:11	
81	558	Leonel Campos	CLAC Entroncamento	02:09:37	+39:52	07:12	
82	684	Simão Dias	Individual	02:09:51	+40:06	07:13	
83	512	Miguel Ribeiro Lopes	Ama(dores) Trail Team/ACRU	02:10:23	+40:38	07:15	
84	760	Bruno Faustino	Team P. Moles	02:11:02	+41:17	07:17	
85	713	Pedro Abreu	Juventude Ouriense	02:11:44	+41:59	07:19	
86	724	Artur Rodrigues	Natucas	02:11:46	+42:01	07:19	

18 KM

OFFICIAL RESULT

Official Timekeeper: Lap2Go	3 / 6	generate 18-mai.-2025 13:22
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18KM - STAGE 1

18 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
131	706	viktor baltazar	Individual	02:27:46	+58:01	08:13	
132	700	Tiago Costa	Individual	02:28:50	+59:05	08:16	
133	669	Tiago David	Individual	02:28:52	+59:07	08:16	
134	586	André Relvas	DAP Trail Team	02:29:02	+59:17	08:17	
135	673	Elcides Silva	Individual	02:29:31	+59:46	08:18	
136	581	ALEXANDRA LOPES NEVES	cpalcanenatrail	02:29:37	+59:52	08:19	
137	541	João Jacinto	CASA DO BENFICA EM ABRANTES	02:29:59	+01:00:14	08:20	
138	757	Miguel Matias	SSCGD	02:30:38	+01:00:53	08:22	
139	518	Hugo Costa	ARCAR Team - Trail do Vale	02:31:05	+01:01:20	08:24	
140	680	Pedro Miguel Branco	Individual	02:31:14	+01:01:29	08:24	
141	784	Renato André	Trilhos dos Templários / ACR Santa Cita	02:32:17	+01:02:32	08:28	
142	682	Ricardo Costa	Individual	02:32:18	+01:02:33	08:28	
143	596	Sofia Vieira	Grupo de Cicloturismo Barquinhense	02:33:19	+01:03:34	08:31	
144	605	Bruno Ferreira	Individual	02:34:12	+01:04:27	08:34	
145	535	Cláudia Mendes	CASA DO BENFICA EM ABRANTES	02:34:15	+01:04:30	08:34	
146	767	Ana Gracio	THOMAR ATHLETICS	02:34:18	+01:04:33	08:34	
147	690	José Miguel Lopes Santos Caetano	Individual	02:34:18	+01:04:33	08:34	
148	714	Maria Ventura	KBT	02:34:36	+01:04:51	08:35	
149	507	Sandra Freixo	Alverca Urban Runners	02:34:59	+01:05:14	08:37	
150	638	Sónia Pereira	Individual	02:35:22	+01:05:37	08:38	
151	663	Jorge Sarca	Individual	02:36:06	+01:06:21	08:40	
152	574	Virgílio Quintino	Constância Mountain Runners	02:36:10	+01:06:25	08:41	
153	655	Nuno Marques	Individual	02:36:13	+01:06:28	08:41	
154	653	Nuno Anastácio	Individual	02:36:18	+01:06:33	08:41	
155	621	Elsa Henriques	Individual	02:36:21	+01:06:36	08:41	
156	534	Rita Guedes	CASA DO BENFICA EM ABRANTES	02:36:28	+01:06:43	08:42	
157	561	Maria João Oliveira Anastácio	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	02:36:32	+01:06:47	08:42	
158	696	Nuno Ferreira	Individual	02:37:44	+01:07:59	08:46	
159	719	Lurdes vital	Serra D`aire trail Team	02:38:54	+01:09:09	08:50	
160	625	Tatiana Iria	Individual	02:39:10	+01:09:25	08:51	
161	611	Guilherme Afonso Pedro Mendes	Individual	02:40:32	+01:10:47	08:55	
162	659	Cristóvão Reis	Individual	02:41:16	+01:11:31	08:58	
163	667	Pedro Tomás	Individual	02:41:38	+01:11:53	08:59	
164	716	Sérgio Almeida	Lentidão Furiosa - Freixianda	02:42:06	+01:12:21	09:00	
165	721	José António Garcez Rufino	MBT - Monforte Bike Run Team	02:42:41	+01:12:56	09:02	
166	515	João Pedro da Silva Dâmaso	Amantes Trail & Run	02:44:02	+01:14:17	09:07	
167	674	Jorge Rocha	Individual	02:44:32	+01:14:47	09:08	
168	629	Cláudia Catarina Mendes Cordeiro	Individual	02:44:57	+01:15:12	09:10	
169	565	Rodrigo Ferreira	Constância Mountain Runners	02:45:04	+01:15:19	09:10	
170	782	Mafalda Duarte	Trilhos dos Templários / ACR Santa Cita	02:45:26	+01:15:41	09:11	
171	635	Sofia galinha	Grupo Desportivo do Pinheiro Grande	02:45:37	+01:15:52	09:12	
172	551	M Glória Ferreira	Chitas de Alcobaça	02:46:03	+01:16:18	09:14	
173	566	Marlene Pinto	Constância Mountain Runners	02:46:04	+01:16:19	09:14	
174	568	Silvia Baião	Constância Mountain Runners	02:46:29	+01:16:44	09:15	
175	543	João Rosado	CASA DO BENFICA EM ABRANTES	02:46:35	+01:16:50	09:15	

18KM - STAGE 1

18 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
176	718	Susana Ferreira	Linces do Marão	02:48:06	+01:18:21	09:20	
177	735	Miguel Andrade	run2eat	02:48:47	+01:19:02	09:23	
178	553	Teresa Ventura	CLAC Entroncamento	02:48:52	+01:19:07	09:23	
179	649	Fábio Oliveira	Individual	02:49:04	+01:19:19	09:24	
180	628	Carla Gomes	Individual	02:50:16	+01:20:31	09:28	
181	502	Marisa Gomes	100 Gás Trail Team	02:50:16	+01:20:31	09:28	
182	779	Duarte Lopes	Trilhos do Costume	02:50:22	+01:20:37	09:28	
183	729	João Faria	OS MATRECOS	02:51:48	+01:22:03	09:33	
184	614	Paulo Dias	Individual	02:51:54	+01:22:09	09:33	
185	612	Miguel Oliveira	Individual	02:51:55	+01:22:10	09:33	
186	552	António Oliveira	Chitas de Alcobaça	02:52:31	+01:22:46	09:35	
187	717	PEDRO ESTANQUEIRO	Lentos e Destemidos	02:52:47	+01:23:02	09:36	
188	707	Albino Jesus Tavares Vicente	Individual	02:53:32	+01:23:47	09:38	
189	704	Paulo Iouro	Individual	02:54:02	+01:24:17	09:40	
190	687	CÉSAR FERREIRA	Individual	02:54:29	+01:24:44	09:42	
191	723	Luís Pimentel	Chamusca Trail	02:55:23	+01:25:38	09:45	
192	564	Eduardo Crespo	Constância Mountain Runners	02:55:26	+01:25:41	09:45	
193	737	Dário Marreiros	run2eat	02:55:47	+01:26:02	09:46	
194	640	Cristina Mendes	Individual	02:55:58	+01:26:13	09:47	
195	560	Anastácia Oliveira Correia	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	02:58:07	+01:28:22	09:54	
196	790	Gary Quintal	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	03:00:09	+01:30:24	10:01	
197	758	Inês Lourenço	Team P. Moles	03:00:12	+01:30:27	10:01	
198	744	Andreia Ribeiro	SCFZ Trail Runners	03:00:15	+01:30:30	10:01	
199	686	Alexandre Domingos	Individual	03:00:44	+01:30:59	10:02	
200	734	João Carvalheiro	run2eat	03:01:14	+01:31:29	10:04	
201	567	Sandra Santos	Constância Mountain Runners	03:01:31	+01:31:46	10:05	
202	788	Fernando Neves	Trilhos dos Templários / ACR Santa Cita	03:02:45	+01:33:00	10:09	
203	555	Mónica Ventura	CLAC Entroncamento	03:03:20	+01:33:35	10:11	
204	616	Inês Amaro	Individual	03:04:02	+01:34:17	10:13	
205	644	Graça Roldão	Individual	03:04:40	+01:34:55	10:16	
206	701	Carlos Antunes	Trilhos dos Templários / ACR Santa Cita	03:05:17	+01:35:32	10:18	
207	745	André Teles Lopes	SCFZ Trail Runners	03:06:03	+01:36:18	10:20	
208	641	Iúclia santos	Individual	03:07:18	+01:37:33	10:24	
209	522	Sofia Branco	Bora!!!	03:07:41	+01:37:56	10:26	
210	523	Rafaela Sobreiro	Bora!!!	03:07:42	+01:37:57	10:26	
211	681	Pedro Oliveira	Individual	03:07:49	+01:38:04	10:26	
212	725	Mauro Cardoso	NOCTURNOS DE PAREDES	03:09:53	+01:40:08	10:33	
213	519	Pedro Miguel Ventura Alves	ARCAR Team - Trail do Vale	03:11:28	+01:41:43	10:38	
214	722	Lurdes palmeiro	MSTT	03:13:50	+01:44:05	10:46	
215	533	Mara Lavrador	CASA DO BENFICA EM ABRANTES	03:14:22	+01:44:37	10:48	
216	554	Ana Carmo	CLAC Entroncamento	03:14:22	+01:44:37	10:48	
217	517	Joana Tereso	ARCAR Team - Trail do Vale	03:14:28	+01:44:43	10:48	
218	738	ANTONIO CARVALHO	S C POVOENSE-CARACOES DE CORRIDA	03:15:54	+01:46:09	10:53	
219	697	Nuno Ramalho	Individual	03:15:57	+01:46:12	10:53	
220	643	Teresa Silva	Individual	03:16:40	+01:46:55	10:56	

18KM - STAGE 1

18 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
221	550	Tiago Santos	CHÍCHARO RUN TEAM A.ALVAIÁZERE	03:19:19	+01:49:34	11:04	
222	632	IRMA KENNEDY	Individual	03:20:31	+01:50:46	11:08	
223	705	SIMON KENNEDY	Individual	03:20:36	+01:50:51	11:09	
224	626	Ana Vieira	Individual	03:20:41	+01:50:56	11:09	
225	573	Fernando Estriga	Constância Mountain Runners	03:21:06	+01:51:21	11:10	
226	569	Tânia Ferreira	Constância Mountain Runners	03:21:06	+01:51:21	11:10	
227	562	João Vinagre	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	03:22:40	+01:52:55	11:16	
228	732	Andreia Reis	run2eat	03:23:51	+01:54:06	11:20	
229	576	Janilce Negrão	Corridas no Terreno	03:24:13	+01:54:28	11:21	
230	577	Antonio Martins	Corridas no Terreno	03:24:14	+01:54:29	11:21	
231	765	Helena Pedradas	Terrantêz Trail Team	03:24:44	+01:54:59	11:22	
232	1	António Calhau	Constância Mountain Runners	03:27:23	+01:57:38	11:31	
233	691	Jose Padre Eterno	Individual	03:27:40	+01:57:55	11:32	
234	613	Nuno Lourenço	Individual	03:29:33	+01:59:48	11:38	
235	777	Cristina Barbosa	Trilhos do Costume	03:39:54	+02:10:09	12:13	
236	780	Luis Belbute	Trilhos do Costume	03:39:54	+02:10:09	12:13	
237	623	JOANA ALVES COSTA	Individual	03:43:10	+02:13:25	12:24	
238	631	Fátima Pereira	Individual	03:47:11	+02:17:26	12:37	
239	645	Maria Andrade	Individual	03:49:53	+02:20:08	12:46	
240	637	Maria Graça	Individual	03:52:27	+02:22:42	12:55	
241	633	Jazelina Gomes	Casa do Benfica em Abrantes	03:55:14	+02:25:29	13:04	
242	606	Diogo felix	Individual	03:55:16	+02:25:31	13:04	
243	733	Joana Isabel Pinto Coelho	run2eat	04:05:05	+02:35:20	13:37	
244	563	Paula Pedro	COA / Corvus Trail Team	04:17:05	+02:47:20	14:17	
245	570	Helena Teixeira	Constância Mountain Runners	04:17:05	+02:47:20	14:17	
246	2	Otilia Vedor	Chamusca Trail	04:17:06	+02:47:21	14:17	
247	750	Daniel Garizo	SCFZ Trail Runners	04:17:10	+02:47:25	14:17	
248	791	Liliana Figueiredo	SCFZ Trail Runners	04:17:10	+02:47:25	14:17	

18 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	590	Beatriz Alves	Furfor Running Project	Senior Feminino	01:51:59	06:13
2	759	Salomé Duarte	Team P. Moles	Senior Feminino	02:14:38	+22:38 07:29
3	604	Joana Amado	Individual	Senior Feminino	02:21:18	+29:18 07:51
4	502	Marisa Gomes	100 Gás Trail Team	Senior Feminino	02:50:16	+58:16 09:28
5	758	Inês Lourenço	Team P. Moles	Senior Feminino	03:00:12	+01:08:12 10:01
6	744	Andreia Ribeiro	SCFZ Trail Runners	Senior Feminino	03:00:15	+01:08:15 10:01
7	522	Sofia Branco	Bora!!!	Senior Feminino	03:07:41	+01:15:41 10:26
8	732	Andreia Reis	run2eat	Senior Feminino	03:23:51	+01:31:51 11:20

1	578	Flavio Boto	cpalcanenatrail	Senior Masculino	01:33:09	05:10
2	559	Zé Pedro Vieira	Clube de Atletismo de Ferreira do Zézere	Senior Masculino	01:38:05	+04:55 05:27
3	509	Ivo Oliveira	Ama(dores) Trail Team/ACRU	Senior Masculino	01:39:52	+06:43 05:33
4	751	Alexandre Vieira	Serra D'Aire Trail Team	Senior Masculino	01:41:31	+08:21 05:38
5	766	António Daniel Ferreira	THOMAR ATHLETICS	Senior Masculino	01:41:43	+08:33 05:39
6	531	Bruno Silvério	CASA DO BENFICA EM ABRANTES	Senior Masculino	01:45:34	+12:24 05:52
7	510	Tiago Silva	Ama(dores) Trail Team/ACRU	Senior Masculino	01:45:53	+12:44 05:53
8	508	Bruno Mendes	Ama(dores) Trail Team/ACRU	Senior Masculino	01:49:09	+15:59 06:04
9	710	Carlos Gonçalves	Juventude Ouriense	Senior Masculino	01:56:09	+22:59 06:27
10	761	Daniel Pais	Team P. Moles	Senior Masculino	01:57:42	+24:33 06:32
11	609	Fábio Ferreira	Thomar Athletics	Senior Masculino	01:58:45	+25:36 06:36
12	615	Tiago Paz	Individual	Senior Masculino	01:58:46	+25:37 06:36
13	747	Pedro Martins	SCFZ Trail Runners	Senior Masculino	02:04:23	+31:14 06:55
14	789	Joel Westerman	União Desportiva de Tancos	Senior Masculino	02:04:53	+31:43 06:56
15	781	João Proença	Trilhos dos Templários / ACR Santa Cita	Senior Masculino	02:06:06	+32:56 07:00
16	763	Nuno Fernandes	Team P. Moles	Senior Masculino	02:07:50	+34:40 07:06
17	760	Bruno Faustino	Team P. Moles	Senior Masculino	02:11:02	+37:53 07:17
18	724	Artur Rodrigues	Natucas	Senior Masculino	02:11:46	+38:36 07:19
19	731	Ruben Vicente	Ruben Vicente	Senior Masculino	02:13:47	+40:37 07:26
20	746	Carlos Manso	SCFZ Trail Runners	Senior Masculino	02:15:52	+42:42 07:33
21	610	Fábio Nunes	Individual	Senior Masculino	02:17:44	+44:35 07:39
22	605	Bruno Ferreira	Individual	Senior Masculino	02:34:12	+01:01:03 08:34
23	611	Guilherme Afonso Pedro Mendes	Individual	Senior Masculino	02:40:32	+01:07:22 08:55
24	614	Paulo Dias	Individual	Senior Masculino	02:51:54	+01:18:44 09:33
25	612	Miguel Oliveira	Individual	Senior Masculino	02:51:55	+01:18:46 09:33
26	564	Eduardo Crespo	Constância Mountain Runners	Senior Masculino	02:55:26	+01:22:17 09:45

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OFFICIAL RESULT

27	745	André Teles Lopes	SCFZ Trail Runners	Senior Masculino	03:06:03	+01:32:53	10:20
28	613	Nuno Lourenço	Individual	Senior Masculino	03:29:33	+01:56:23	11:38
29	606	Diogo felix	Individual	Senior Masculino	03:55:16	+02:22:06	13:04

1	616	Inês Amaro	Individual	Sub 23 Feminino	03:04:02	10:13
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1	617	David Santos	Individual	Sub 23 Masculino	01:44:48		05:49
2	532	Ricardo Justo	CASA DO BENFICA EM ABRANTES	Sub 23 Masculino	01:46:32	+01:43	05:55
3	565	Rodrigo Ferreira	Constância Mountain Runners	Sub 23 Masculino	02:45:04	+01:00:15	09:10

1	620	Tânia Sofia Henriques Padilha	Individual	Veterana F35	01:56:44	06:29
2	579	Sílvia Costa	cpalcanenatrail	Veterana F35	02:08:13	+11:28 07:07
3	525	Andreia Tojeiro	Cacau Training run	Veterana F35	02:21:34	+24:49 07:52
4	566	Marlene Pinto	Constância Mountain Runners	Veterana F35	02:46:04	+49:19 09:14
5	523	Rafaela Sobreiro	Bora!!!	Veterana F35	03:07:42	+01:10:57 10:26
6	791	Liliana Figueiredo	SCFZ Trail Runners	Veterana F35	04:17:10	+02:20:25 14:17

1	624	Maria Sousa	Individual	Veterana F40	02:12:04	07:20
2	528	Ana Sofia Junqueira de Pinho	Carrapiteiro Bike Team	Veterana F40	02:13:45	+01:41 07:26
3	622	Francisca Silva	Individual	Veterana F40	02:19:55	+07:51 07:46
4	580	Marisa Ferreira	cpalcanenatrail	Veterana F40	02:26:00	+13:56 08:07
5	767	Ana Gracio	THOMAR ATHLETICS	Veterana F40	02:34:18	+22:13 08:34
6	621	Elsa Henriques	Individual	Veterana F40	02:36:21	+24:17 08:41
7	534	Rita Guedes	CASA DO BENFICA EM ABRANTES	Veterana F40	02:36:28	+24:24 08:42
8	625	Tatiana Iria	Individual	Veterana F40	02:39:10	+27:06 08:51
9	553	Teresa Ventura	CLAC Entroncamento	Veterana F40	02:48:52	+36:48 09:23
10	725	Mauro Cardoso	NOCTURNOS DE PAREDES	Veterana F40	03:09:53	+57:49 10:33
11	533	Mara Lavrador	CASA DO BENFICA EM ABRANTES	Veterana F40	03:14:22	+01:02:18 10:48
12	517	Joana Tereso	ARCAR Team - Trail do Vale	Veterana F40	03:14:28	+01:02:24 10:48
13	623	JOANA ALVES COSTA	Individual	Veterana F40	03:43:10	+01:31:06 12:24

1	630	Cristina pedro	Individual	Veterana F45	02:00:05	06:40
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18KM

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18 KM

OFFICIAL RESULT

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2	627	Carla Angueira	Individual	Veterana F45	02:23:21	+23:16	07:58
3	506	Marília Teixeira	Agroal Trail Team	Veterana F45	02:23:35	+23:30	07:59
4	581	ALEXANDRA LOPES NEVES	cpalcanenatrail	Veterana F45	02:29:37	+29:31	08:19
5	596	Sofia Vieira	Grupo de Cicloturismo Barquinense	Veterana F45	02:33:19	+33:14	08:31
6	507	Sandra Freixo	Alverca Urban Runners	Veterana F45	02:34:59	+34:54	08:37
7	629	Cláudia Catarina Mendes Cordeiro	Individual	Veterana F45	02:44:57	+44:52	09:10
8	782	Mafalda Duarte	Trilhos dos Templários / ACR Santa Cita	Veterana F45	02:45:26	+45:21	09:11
9	635	Sofia galinha	Grupo Desportivo do Pinheiro Grande	Veterana F45	02:45:37	+45:32	09:12
10	568	Silvia Baião	Constância Mountain Runners	Veterana F45	02:46:29	+46:24	09:15
11	718	Susana Ferreira	Linces do Marão	Veterana F45	02:48:06	+48:00	09:20
12	628	Carla Gomes	Individual	Veterana F45	02:50:16	+50:11	09:28
13	567	Sandra Santos	Constância Mountain Runners	Veterana F45	03:01:31	+01:01:26	10:05
14	555	Mónica Ventura	CLAC Entroncamento	Veterana F45	03:03:20	+01:03:15	10:11
15	554	Ana Carmo	CLAC Entroncamento	Veterana F45	03:14:22	+01:14:17	10:48
16	632	IRMA KENNEDY	Individual	Veterana F45	03:20:31	+01:20:25	11:08
17	626	Ana Vieira	Individual	Veterana F45	03:20:41	+01:20:36	11:09
18	569	Tânia Ferreira	Constância Mountain Runners	Veterana F45	03:21:06	+01:21:01	11:10
19	631	Fátima Pereira	Individual	Veterana F45	03:47:11	+01:47:06	12:37
20	633	Jazolina Gomes	Casa do Benfica em Abrantes	Veterana F45	03:55:14	+01:55:09	13:04
21	733	Joana Isabel Pinto Coelho	run2eat	Veterana F45	04:05:05	+02:04:59	13:37
22	563	Paula Pedro	COA / Corvus Trail Team	Veterana F45	04:17:05	+02:17:00	14:17

Veterana F50

1	726	Virgínia Simões	Núcleo de Colmeias Atletismo - Águias	Veterana F50	02:09:26		07:11
2	636	Ana Sílvia Gomes	Individual	Veterana F50	02:16:26	+07:00	07:35
3	535	Cláudia Mendes	CASA DO BENFICA EM ABRANTES	Veterana F50	02:34:15	+24:48	08:34
4	714	Maria Ventura	KBT	Veterana F50	02:34:36	+25:10	08:35
5	638	Sónia Pereira	Individual	Veterana F50	02:35:22	+25:55	08:38
6	719	Lurdes vital	Serra D`aire trail Team	Veterana F50	02:38:54	+29:28	08:50
7	722	Lurdes palmeiro	MSTT	Veterana F50	03:13:50	+01:04:24	10:46
8	777	Cristina Barbosa	Trilhos do Costume	Veterana F50	03:39:54	+01:30:27	12:13
9	637	Maria Graça	Individual	Veterana F50	03:52:27	+01:43:00	12:55
10	2	Otilia Vedor	Chamusca Trail	Veterana F50	04:17:06	+02:07:39	14:17

Veterana F55

1	768	Maria de Fátima Mendes Duarte	THOMAR ATHLETICS	Veterana F55	02:14:21	07:28
2	551	M Glória Ferreira	Chitas de Alcobaça	Veterana F55	02:46:03	+31:41 09:14
3	640	Cristina Mendes	Individual	Veterana F55	02:55:58	+41:36 09:47
4	641	lucilia santos	Individual	Veterana F55	03:07:18	+52:56 10:24
5	643	Teresa Silva	Individual	Veterana F55	03:16:40	+01:02:18 10:56

Official Timekeeper: Lap2Go	3 / 8	generate 18-mai.-2025 13:22
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18KM

18 KM

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OFFICIAL RESULT

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6	570	Helena Teixeira	Constância Mountain Runners	Veterana F55	04:17:05	+02:02:43	14:17
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Veterana F60

1	561	Maria João Oliveira Anastácio	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	Veterana F60	02:36:32		08:42
2	560	Anastácia Oliveira Correia	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	Veterana F60	02:58:07	+21:35	09:54
3	644	Graça Roldão	Individual	Veterana F60	03:04:40	+28:08	10:16
4	576	Janilce Negrão	Corridas no Terreno	Veterana F60	03:24:13	+47:40	11:21
5	645	Maria Andrade	Individual	Veterana F60	03:49:53	+01:13:21	12:46

Veterana F65

1	765	Helena Pedradas	Terrantêz Trail Team	Veterana F65	03:24:44	11:22
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Veterano M35

1	591	João Pedro Pereira	Grupito_TheDogPack	Veterano M35	01:29:45	04:59
2	513	Patrício Gaspar	Ama(dores) Trail Team/ACRU	Veterano M35	01:34:41	+04:56 05:16
3	511	Alexandre Henriques	Ama(dores) Trail Team/ACRU	Veterano M35	01:40:55	+11:09 05:36
4	592	Ricardo Antunes	Grupito_TheDogPack	Veterano M35	01:41:01	+11:16 05:37
5	521	Nelson Heleno	ASSSCC - Ar Livre e Aventura	Veterano M35	01:42:00	+12:14 05:40
6	753	Pedro Marques	Serra D'Aire Trail Team	Veterano M35	01:46:04	+16:19 05:54
7	650	Jean-Rémi Chapelon	Individual	Veterano M35	01:51:58	+22:12 06:13
8	740	Helder Machado	SARTIM	Veterano M35	01:55:34	+25:49 06:25
9	597	Marco José Pereira Alves	Grupo de Cicloturismo Barquinhense	Veterano M35	01:57:23	+27:37 06:31
10	648	Edgar Ferreira	Individual	Veterano M35	01:58:42	+28:56 06:36
11	647	Carlos Miguel Monteiro Esteves	Casa do Benfica em Abrantes	Veterano M35	02:03:35	+33:50 06:52
12	505	João Montez	ADAR - Associação Desportiva de Aldeia da Ribeira	Veterano M35	02:05:09	+35:23 06:57
13	652	Jorge Neves	Individual	Veterano M35	02:07:18	+37:33 07:04
14	512	Miguel Ribeiro Lopes	Ama(dores) Trail Team/ACRU	Veterano M35	02:10:23	+40:37 07:15
15	546	Luis Ruivo	Chamusca Trail	Veterano M35	02:11:59	+42:13 07:20
16	654	Nuno Galhardas	Individual	Veterano M35	02:13:00	+43:15 07:23
17	720	LUÍS FILIPE RODRIGUES MARTINS	LZ Car Solutions	Veterano M35	02:14:40	+44:54 07:29
18	748	Bruno Silva	SCFZ Trail Runners	Veterano M35	02:22:20	+52:34 07:54
19	585	André Matos	DAP Trail Team	Veterano M35	02:23:39	+53:54 07:59
20	526	Luís Ezequiel	Cacau Training run	Veterano M35	02:26:02	+56:16 08:07
21	655	Nuno Marques	Individual	Veterano M35	02:36:13	+01:06:28 08:41
22	653	Nuno Anastácio	Individual	Veterano M35	02:36:18	+01:06:33 08:41
23	721	José António Garcez Rufino	MBT - Monforte Bike Run Team	Veterano M35	02:42:41	+01:12:56 09:02
24	735	Miguel Andrade	run2eat	Veterano M35	02:48:47	+01:19:02 09:23
25	649	Fábio Oliveira	Individual	Veterano M35	02:49:04	+01:19:19 09:24

18KM

18 KM

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OFFICIAL RESULT

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26	734	João Carneiro	run2eat	Veterano M35	03:01:14	+01:31:29	10:04
27	550	Tiago Santos	CHÍCHARO RUN TEAM A.ALVAIÁZERE	Veterano M35	03:19:19	+01:49:34	11:04

Veterano M40

1	503	Igor Neves	ACDRS QUINHENDROS	Veterano M40	01:38:49		05:29
2	582	Ivo Castro	cpalcanenatrail	Veterano M40	01:38:55	+00:05	05:30
3	583	Renato Saturnino	cpalcanenatrail	Veterano M40	01:40:46	+01:57	05:36
4	593	João Ferreira	Grupito_TheDogPack	Veterano M40	01:41:20	+02:31	05:38
5	754	Bruno Dias	Serra D'Aire Trail Team	Veterano M40	01:46:05	+07:15	05:54
6	660	Daniel Franco	Individual	Veterano M40	01:46:18	+07:29	05:54
7	656	Agostinho Pereira	Individual	Veterano M40	01:51:02	+12:13	06:10
8	755	João Pereira	Serra D'Aire Trail Team	Veterano M40	01:52:41	+13:51	06:16
9	536	Cláudio Tomás	CASA DO BENFICA EM ABRANTES	Veterano M40	01:55:04	+16:15	06:24
10	711	Francisco Pereira	Juventude Ouriense	Veterano M40	01:56:33	+17:44	06:29
11	661	Diogo Cardoso	Individual	Veterano M40	02:00:18	+21:28	06:41
12	664	José Presado	Individual	Veterano M40	02:01:39	+22:49	06:45
13	666	Nuno Rodrigues	Individual	Veterano M40	02:02:36	+23:46	06:49
14	571	Bruno Carmo	Constância Mountain Runners	Veterano M40	02:02:53	+24:04	06:50
15	657	Bruno Cacão	Individual	Veterano M40	02:04:54	+26:05	06:56
16	516	Elio Gouveia	APCTT - ASSOCIAÇÃO PORTO DA CRUZ TRAIL TEAM	Veterano M40	02:05:23	+26:33	06:58
17	713	Pedro Abreu	Juventude Ouriense	Veterano M40	02:11:44	+32:55	07:19
18	575	Ilidio Faria	Copofonia Team	Veterano M40	02:13:46	+34:56	07:26
19	668	Ricardo Pires	Individual	Veterano M40	02:18:49	+40:00	07:43
20	594	ricardo grave	LZ Car Solutions	Veterano M40	02:21:05	+42:15	07:50
21	776	Duarte Manuel da Conceição Trindade	Trilhos cdp	Veterano M40	02:21:06	+42:16	07:50
22	712	JOAO CARLOS VIEIRA DOS SANTOS	Juventude Ouriense	Veterano M40	02:22:56	+44:06	07:56
23	665	Nuno Miguel da Silva Ferreira	Individual	Veterano M40	02:25:14	+46:25	08:04
24	547	Rodolfo Salvaterra	Chamusca Trail	Veterano M40	02:27:36	+48:46	08:12
25	669	Tiago David	Individual	Veterano M40	02:28:52	+50:02	08:16
26	586	André Relvas	DAP Trail Team	Veterano M40	02:29:02	+50:13	08:17
27	518	Hugo Costa	ARCAR Team - Trail do Vale	Veterano M40	02:31:05	+52:16	08:24
28	784	Renato André	Trilhos dos Templários / ACR Santa Cita	Veterano M40	02:32:17	+53:27	08:28
29	663	Jorge Sarca	Individual	Veterano M40	02:36:06	+57:17	08:40
30	659	Cristóvão Reis	Individual	Veterano M40	02:41:16	+01:02:27	08:58
31	667	Pedro Tomás	Individual	Veterano M40	02:41:38	+01:02:49	08:59
32	515	João Pedro da Silva Dâmaso	Amantes Trail & Run	Veterano M40	02:44:02	+01:05:13	09:07
33	519	Pedro Miguel Ventura Alves	ARCAR Team - Trail do Vale	Veterano M40	03:11:28	+01:32:38	10:38

Veterano M45

1	595	Márcio Fernandes	Grupito_TheDogPack	Veterano M45	01:46:58	05:57
2	587	Nuno Reis	Fátima Trail Team	Veterano M45	01:48:57	+01:58 06:03

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18KM

18 KM

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OFFICIAL RESULT

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3	683	Sérgio gameiro	Fátima Trail Team	Veterano M45	01:50:16	+03:17	06:08
4	675	Lino Guerreiro	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	Veterano M45	01:50:31	+03:32	06:08
5	548	Sérgio Antunes	Chamusca Trail	Veterano M45	01:51:54	+04:55	06:13
6	742	Daniel Vieira	SARTIM	Veterano M45	01:55:30	+08:31	06:25
7	504	Hélder António Rosa Brás	ACR da Linhaceira / Trilho do Nabão	Veterano M45	01:58:20	+11:21	06:34
8	544	ANTÓNIO Grunho	CDCR	Veterano M45	01:59:18	+12:19	06:38
9	749	Tiago Domingos de Aguiar Esteves	SCFZ Trail Runners	Veterano M45	02:00:09	+13:10	06:41
10	736	Jorge José Dias Catarino	run2eat	Veterano M45	02:02:13	+15:14	06:47
11	527	Nelson Neto de Sousa	Cacau Training run	Veterano M45	02:02:22	+15:23	06:48
12	770	Nuno Arnauth	THOMAR ATHLETICS	Veterano M45	02:03:29	+16:30	06:52
13	775	Omar Garcia	Trilho Perdido Eventos / Importlux	Veterano M45	02:04:51	+17:52	06:56
14	677	Nelson Ribeiro costa	Individual	Veterano M45	02:06:01	+19:02	07:00
15	764	Ricardo Santos	Team P. Moles	Veterano M45	02:08:13	+21:14	07:07
16	684	Simão Dias	Individual	Veterano M45	02:09:51	+22:53	07:13
17	778	Arménio Silva	Trilhos do Costume	Veterano M45	02:11:55	+24:57	07:20
18	672	Daniel Alho	Individual	Veterano M45	02:17:07	+30:08	07:37
19	589	Rui Pereira	Fátima Trail Team	Veterano M45	02:17:54	+30:55	07:40
20	676	Marco Gralha	Individual	Veterano M45	02:18:13	+31:14	07:41
21	678	Pedro Alfaiate	Individual	Veterano M45	02:23:30	+36:32	07:58
22	600	Luís Silva	Grupo Desportivo do Pinheiro Grande	Veterano M45	02:25:05	+38:06	08:04
23	556	Pedro Carmo	CLAC Entroncamento	Veterano M45	02:26:06	+39:07	08:07
24	539	Pedro Silva	CASA DO BENFICA EM ABRANTES	Veterano M45	02:27:34	+40:35	08:12
25	673	Elcides Silva	Individual	Veterano M45	02:29:31	+42:32	08:18
26	680	Pedro Miguel Branco	Individual	Veterano M45	02:31:14	+44:15	08:24
27	682	Ricardo Costa	Individual	Veterano M45	02:32:18	+45:19	08:28
28	716	Sérgio Almeida	Lentidão Furiosa - Freixianda	Veterano M45	02:42:06	+55:07	09:00
29	674	Jorge Rocha	Individual	Veterano M45	02:44:32	+57:33	09:08
30	790	Gary Quintal	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	03:00:09	+01:13:10	10:01
31	681	Pedro Oliveira	Individual	Veterano M45	03:07:49	+01:20:50	10:26
32	1	António Calhau	Constância Mountain Runners	Veterano M45	03:27:23	+01:40:25	11:31

Veterano M50

1	557	Carlos Correia	CLAC Entroncamento	Veterano M50	01:49:18	06:04
2	699	Rui galinha	Grupo Desportivo do Pinheiro Grande	Veterano M50	01:50:08	+00:50 06:07
3	772	Vitor Pereira	THOMAR ATHLETICS	Veterano M50	01:50:54	+01:36 06:10
4	787	Luis Alexandre	Trilhos dos Templários / ACR Santa Cita	Veterano M50	01:53:01	+03:42 06:17
5	692	José Vicente Pereira Marques	Individual	Veterano M50	01:56:23	+07:05 06:28
6	771	Luís Sousa	THOMAR ATHLETICS	Veterano M50	01:59:09	+09:50 06:37
7	715	Antonio Ventura	KBT	Veterano M50	02:04:23	+15:04 06:55
8	688	Filipe Amorim	Individual	Veterano M50	02:08:24	+19:06 07:08

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18KM

18 KM

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OFFICIAL RESULT

[illegible]

9	756	Eduardo Silva	Silva & Silva	Veterano M50	02:08:44	+19:25	07:09
10	694	Nuno Barreiro	Individual	Veterano M50	02:15:52	+26:34	07:33
11	602	Rui Pança	GT10.30SX	Veterano M50	02:16:26	+27:08	07:35
12	514	Jorge Rodrigues	Ama(dores) Trail Team/ACRU	Veterano M50	02:16:47	+27:28	07:36
13	785	Alexandre Vaqueiro	Trilhos dos Templários / ACR Santa Cita	Veterano M50	02:17:06	+27:47	07:37
14	698	Paulo Nunes	Individual	Veterano M50	02:20:52	+31:34	07:50
15	700	Tiago Costa	Individual	Veterano M50	02:28:50	+39:31	08:16
16	757	Miguel Matias	SSCGD	Veterano M50	02:30:38	+41:20	08:22
17	690	José Miguel Lopes Santos Caetano	Individual	Veterano M50	02:34:18	+44:59	08:34
18	574	Virgílio Quintino	Constância Mountain Runners	Veterano M50	02:36:10	+46:51	08:41
19	696	Nuno Ferreira	Individual	Veterano M50	02:37:44	+48:26	08:46
20	729	João Faria	OS MATRECOS	Veterano M50	02:51:48	+01:02:29	09:33
21	687	CÉSAR FERREIRA	Individual	Veterano M50	02:54:29	+01:05:11	09:42
22	686	Alexandre Domingos	Individual	Veterano M50	03:00:44	+01:11:26	10:02
23	697	Nuno Ramalho	Individual	Veterano M50	03:15:57	+01:26:39	10:53
24	573	Fernando Estriga	Constância Mountain Runners	Veterano M50	03:21:06	+01:31:48	11:10
25	691	Jose Padre Eterno	Individual	Veterano M50	03:27:40	+01:38:22	11:32
26	750	Daniel Garizo	SCFZ Trail Runners	Veterano M50	04:17:10	+02:27:52	14:17

Veterano M55

1	703	Luís Marques	tramagal sport união	Veterano M55	01:56:38	06:29
2	542	Paulo Batista	CASA DO BENFICA EM ABRANTES	Veterano M55	01:57:05	+00:27 06:30
3	598	Horacio Domingues Barata	Grupo desportivo do Cabril	Veterano M55	02:02:45	+06:07 06:49
4	501	Jorge Sirgado	(AUR)Alverca Urban Runners	Veterano M55	02:18:33	+21:54 07:42
5	730	Manuel Silva	OS MATRECOS	Veterano M55	02:22:12	+25:34 07:54
6	706	vit0r baltazar	Individual	Veterano M55	02:27:46	+31:07 08:13
7	779	Duarte Lopes	Trilhos do Costume	Veterano M55	02:50:22	+53:44 09:28
8	552	António Oliveira	Chitas de Alcobaça	Veterano M55	02:52:31	+55:53 09:35
9	717	PEDRO ESTANQUEIRO	Lentos e Destemidos	Veterano M55	02:52:47	+56:09 09:36
10	704	Paulo louro	Individual	Veterano M55	02:54:02	+57:23 09:40
11	737	Dário Marreiros	run2eat	Veterano M55	02:55:47	+59:09 09:46
12	788	Fernando Neves	Trilhos dos Templários / ACR Santa Cita	Veterano M55	03:02:45	+01:06:07 10:09
13	701	Carlos Antunes	Trilhos dos Templários / ACR Santa Cita	Veterano M55	03:05:17	+01:08:39 10:18
14	705	SIMON KENNEDY	Individual	Veterano M55	03:20:36	+01:23:58 11:09
15	780	Luis Belbute	Trilhos do Costume	Veterano M55	03:39:54	+01:43:16 12:13

Veterano M60

1	774	Jorge Lercas	THOMAR ATHLETICS	Veterano M60	02:05:03	06:57
2	558	Leonel Campos	CLAC Entroncamento	Veterano M60	02:09:37	+04:33 07:12
3	708	Fernando Martins	Individual	Veterano M60	02:16:45	+11:42 07:36
4	549	Vitor Manuel dos Reis Braz	Chamusca Trail	Veterano M60	02:24:57	+19:53 08:03

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18 KM

OFFICIAL RESULT

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13KM - STAGE 1

13 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:30	15,3°C	91%
End	12:51	21.1°C	63%

RANK	BIB	NAME	TEAM	RESULT	DIFF	T/KM	CARD
1	1067	Rito Moreira	Federação da Família para a Paz Mundial e Unificação	59:43		04:36	
2	1064	Ailton Semedo	Federação da Família para a Paz Mundial e Unificação	01:04:03	+04:20	04:56	
3	1094	Adriano Silva	Individual	01:08:37	+08:54	05:17	
4	1068	Carlos Mota	Federação da Família para a Paz Mundial e Unificação	01:09:49	+10:06	05:22	
5	1180	Pedro Marques Lourenço	Individual	01:11:18	+11:35	05:29	
6	1046	Diogo Marques	Constância Mountain Runners	01:15:07	+15:24	05:47	
7	1258	Ricardo Oliveira	Quenianos do Ribatejo	01:16:10	+16:27	05:52	
8	1008	David Dias	Amigos de Atletismo de Vila Franca de Xira	01:16:48	+17:05	05:54	
9	1288	Vitor Rita	Trilhos dos Templários / ACR Santa Cita	01:17:52	+18:09	05:59	
10	1106	Samuel Silva	Individual	01:20:03	+20:20	06:09	
11	1194	Nilton Muller Soares	Individual	01:20:52	+21:09	06:13	
12	1177	Jorge Fernando Valentim Nunes Cartaxo	run2eat	01:22:37	+22:54	06:21	
13	1215	Vitor Chagas	Individual	01:23:06	+23:23	06:24	
14	1074	PAULO MARQUES	FERREIRA GOMES & FILHOS, LDA	01:23:16	+23:33	06:24	
15	1267	Tiago Joaquim	SCFZ Trail Runners	01:23:48	+24:05	06:27	
16	1206	Luis gomes	Individual	01:25:09	+25:26	06:33	
17	1076	MARCO FERNANDES	FERREIRA GOMES & FILHOS, LDA	01:25:15	+25:32	06:33	
18	1283	Juvenal Silva	THOMAR ATHLETICS	01:25:18	+25:35	06:34	
19	1020	Rui Branco	CDRConcavada Running	01:25:20	+25:37	06:34	
20	662	Flávio Lopes Francisco	Individual	01:25:25	+25:42	06:34	
21	679	Pedro Guerra	ARLU Trail	01:25:55	+26:12	06:37	
22	1179	Nelson Tomás	Individual	01:26:05	+26:22	06:37	
23	1035	Marco Miguel	Clube de Atletismo de Ferreira do Zêzere	01:26:15	+26:32	06:38	
24	1095	Bernardo César	Individual	01:26:43	+27:00	06:40	
25	1115	Simão silva	Individual	01:26:57	+27:14	06:41	
26	1204	Diogo Caseiro	Liz Runners	01:26:59	+27:16	06:41	
27	1036	Marco Franco	Clube de Atletismo de Ferreira do Zêzere	01:27:22	+27:39	06:43	
28	1246	Francisco Borges Farinha	MTT Montes Saloios	01:27:33	+27:50	06:44	
29	1111	João Henrique Costa Martins	Individual	01:27:46	+28:03	06:45	
30	1208	Miguel Mendes	Chamusca Trail	01:28:02	+28:19	06:46	
31	1236	Ricardo Antunes Henriques	MR Team	01:28:03	+28:20	06:46	
32	1105	Ruben Miguel Jesus Santos	Individual	01:28:15	+28:32	06:47	
33	1175	João Paulo da Graça Godinho	Individual	01:28:24	+28:41	06:48	
34	1251	João Ferreira	OK RUNNERS	01:28:40	+28:57	06:49	
35	1018	João Paulo de Oliveira Jacinto	Carrapiteiro Bike Team	01:29:17	+29:34	06:52	
36	1189	Flávio Carvalho	Chamusca Trail	01:29:17	+29:34	06:52	
37	1069	Jorge Sobrinho	Federação da Família para a Paz Mundial e Unificação	01:29:39	+29:56	06:54	
38	1063	Catarina Araújo	Federação da Família para a Paz Mundial e Unificação	01:29:48	+30:05	06:54	

Official Timekeeper: Lap2Go	1 / 6	generate 18-mai.-2025 12:54
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13KM - STAGE 1

13 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
39	1292	Rúben Henriques	WILD ATHLETES	01:29:59	+30:16	06:55	
40	1193	Luis Alves	Individual	01:30:02	+30:19	06:56	
41	24	Vera Silva	Condenados Tomar Running Team	01:30:23	+30:40	06:57	
42	1107	Tiago Simões	Individual	01:30:49	+31:06	06:59	
43	670	Vitor Carvalho	Individual	01:30:56	+31:13	07:00	
44	1178	Luis Martins	Individual	01:31:07	+31:24	07:01	
45	1254	Francisca Perna	Pernalhães Run Team	01:31:30	+31:47	07:02	
46	1255	Gonçalo Magalhães	Pernalhães Run Team	01:31:30	+31:47	07:02	
47	1199	Luís Morgado	Individual	01:32:17	+32:34	07:06	
48	1196	Pedro Castro	Individual	01:32:27	+32:44	07:07	
49	1272	Francisco Alarico	Team P. Moles	01:33:05	+33:22	07:10	
50	1075	VASCO PEREIRA	FERREIRA GOMES & FILHOS, LDA	01:33:11	+33:28	07:10	
51	1073	MARCO GOMES	FERREIRA GOMES & FILHOS, LDA	01:33:12	+33:29	07:10	
52	1239	Nuno Gomes	MR Team	01:33:13	+33:30	07:10	
53	1233	Luís Bastos	Lentidão Furiosa - Freixianda	01:33:14	+33:31	07:10	
54	1216	Carlos Sousa	Chamusca Trail	01:34:03	+34:20	07:14	
55	1104	Rodrigo Penteado	Individual	01:34:37	+34:54	07:17	
56	1257	Ademar Rodrigues	Porca Team	01:34:52	+35:09	07:18	
57	1241	Luís Santos	MR Team	01:35:45	+36:02	07:22	
58	1274	Marisa Silva	Team P. Moles	01:36:31	+36:48	07:25	
59	1017	Ricardo Jorge Ferreira Carreira	Carrapiteiro Bike Team	01:36:42	+36:59	07:26	
60	1100	Joel Pereira Mourão	Individual	01:36:58	+37:15	07:28	
61	1001	Daniela Pereira	Abacate e meio	01:37:02	+37:19	07:28	
62	1207	Manuel Pereira	Individual	01:37:28	+37:45	07:30	
63	1101	Júlio André Labrincha Calão	Individual	01:37:55	+38:12	07:32	
64	3	Lulís Jesus	Não interessa como interessa é ir	01:38:05	+38:22	07:33	
65	1072	EDUARDO FERREIRA	FERREIRA GOMES & FILHOS, LDA	01:38:40	+38:57	07:35	
66	1022	Carlos Gaspar	CHÍCHARO RUN TEAM A.ALVAIÁZERE	01:38:41	+38:58	07:35	
67	1242	Rogério Reis	MR Team	01:38:57	+39:14	07:37	
68	1259	Gonçalo Barreto	run2eat	01:39:40	+39:57	07:40	
69	1141	Susana Maria Ferreira Baptista	Individual	01:39:49	+40:06	07:41	
70	1264	Raquel Costa	SCFZ Trail Runners	01:40:11	+40:28	07:42	
71	1223	João PAulo O Silva	Individual	01:40:12	+40:29	07:42	
72	1161	Gisela Brás	Individual	01:40:22	+40:39	07:43	
73	693	Miguel Marques	Individual	01:40:28	+40:45	07:44	
74	1162	Joana Beja	Individual	01:40:45	+41:02	07:45	
75	1083	Luis Moura	Grupo Desportivo Nabância	01:41:05	+41:22	07:47	
76	1276	Andreia Alexandra Fernandes Coelho	Team P. Moles	01:42:02	+42:19	07:51	
77	1229	Mariana Valério	Lentidão Furiosa - Freixianda	01:43:39	+43:56	07:58	
78	1065	Gonçalo Zananar	Federação da Família para a Paz Mundial e Unificação	01:44:07	+44:24	08:01	
79	1190	Hugo Carlos Albuquerque Rodrigues	Individual	01:44:10	+44:27	08:01	
80	1182	Renato Valério	Individual	01:44:10	+44:27	08:01	
81	1287	Claudia Rosario	Trilhos dos Templários / ACR Santa Cita	01:44:20	+44:37	08:02	
82	1293	Joana Garcia	ZeCarlosCompostela	01:44:24	+44:41	08:02	

13 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	3 / 6	generate 18-mai.-2025 12:54
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13 KM

OFFICIAL RESULT

Official Timekeeper: Lap2Go	4 / 6	generate 18-mai.-2025 12:54
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13 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
173	1140	Susana Diogo	Individual	02:11:57	+01:12:14	10:09	
174	1226	Jaime Areia	Individual	02:12:00	+01:12:17	10:09	
175	15	Cláudio Alves	Clube de Atletismo de Ferreira do Zêzere	02:12:12	+01:12:29	10:10	
176	1037	Rodrigo Dias Lopes	Clube de Atletismo de Ferreira do Zêzere	02:12:12	+01:12:29	10:10	
177	1243	Nelson Silva	MR Team	02:12:13	+01:12:30	10:10	
178	1118	Joana Mendes	Individual	02:12:51	+01:13:08	10:13	
179	1625	Esmeralda Gomes	Individual	02:12:56	+01:13:13	10:14	
180	1261	Sandra Correia	Trilho Perdido Eventos / Importlux	02:13:04	+01:13:21	10:14	
181	1121	Olga Vorobeva	Individual	02:13:25	+01:13:42	10:16	
182	1103	Nikita Puzankov	Individual	02:13:25	+01:13:42	10:16	
183	1290	Mónica Silva	WILD ATHLETES	02:13:31	+01:13:48	10:16	
184	1143	ANA LUISA POMBEIRO DE JESUS	Individual	02:14:12	+01:14:29	10:19	
185	1156	ANA CRISTINA POMBEIRO DE JESUS	Individual	02:14:17	+01:14:34	10:20	
186	1142	Vânia Valente	Individual	02:14:28	+01:14:45	10:21	
187	1269	Sofia Martins	SicóTrilhos	02:14:55	+01:15:12	10:23	
188	1268	Luísa Monteiro	SicóTrilhos	02:14:58	+01:15:15	10:23	
189	1023	Íris Fernandes	Chiquezas pelo Mundo	02:15:18	+01:15:35	10:24	
190	1133	Iza Rodrigues da Silva	Individual	02:16:09	+01:16:26	10:28	
191	1256	Andreia Soares	Porca Team	02:17:36	+01:17:53	10:35	
192	1081	Rita Rodrigues	Grupo Desportivo do Pinheiro Grande	02:17:37	+01:17:54	10:35	
193	1230	Adriana Gomes	Lentidão Furiosa - Freixianda	02:18:22	+01:18:39	10:39	
194	1042	Carlos Filipe Santos Lopes	Condenados Tomar Running Team	02:18:31	+01:18:48	10:39	
195	1247	Ana Coelho	Não interessa como interessa é ir	02:19:19	+01:19:36	10:43	
196	1271	Fernando Silva	STR Turtles	02:19:25	+01:19:42	10:43	
197	1270	Eulália Vitorino	STR Turtles	02:19:25	+01:19:42	10:43	
198	1117	Joana Filipa Nunes Freire Mendes Antunes	Individual	02:21:21	+01:21:38	10:52	
199	1049	Andreia Basílio	Constância Mountain Runners	02:21:37	+01:21:54	10:54	
200	1087	Diana António	Individual	02:23:38	+01:23:55	11:03	
201	1237	Vânia Henriques	MR Team	02:24:45	+01:25:02	11:08	
202	1238	Silvia Sousa	MR Team	02:24:54	+01:25:11	11:09	
203	1014	Juliana Gregório	C.D. "Os Águias " de Alpiarça	02:25:34	+01:25:51	11:12	
204	1205	João Facadas	Individual	02:26:00	+01:26:17	11:14	
205	1282	Olinda Serrador	Terrantêz Trail Team	02:26:00	+01:26:17	11:14	
206	1110	Maria ferreira	Individual	02:26:15	+01:26:32	11:15	
207	1235	Zita Abreu	Lentos e Destemidos	02:26:25	+01:26:42	11:16	
208	1029	SANDRA ANTUNES	Clube Atletismo Amigos de Belém	02:26:48	+01:27:05	11:18	
209	1129	Aurélie Claude Yvette Marchand	Individual	02:27:33	+01:27:50	11:21	
210	1285	Bruno Miguel Amaral	Trilhos cdp	02:30:57	+01:31:14	11:37	
211	1144	Ana Milheiro	Individual	02:32:47	+01:33:04	11:45	
212	1249	Luisa Cardoso	NOCTURNOS DE PAREDES	02:33:41	+01:33:58	11:49	
213	1172	Eugenia Borda d Água	Individual	02:34:06	+01:34:23	11:51	
214	1281	Miguel Vitório	Team P. Moles	02:34:10	+01:34:27	11:52	
215	1051	Maria dos Santos Jesus Neves Conceição	Constância Mountain Runners	02:34:47	+01:35:04	11:54	
216	1291	Valentina Guedes	WILD ATHLETES	02:37:24	+01:37:41	12:06	

13 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
217	1146	Carla Martins	Individual	02:38:35	+01:38:52	12:12	
218	1203	Carlos Vasconcelos	Individual	02:40:20	+01:40:37	12:20	
219	1150	Marta Vasconcelos	Individual	02:40:20	+01:40:37	12:20	
220	1532	Ana Palricas	Individual	02:41:25	+01:41:43	12:25	
221	1039	Carla Palricas	Condenados Tomar Running Team	02:41:38	+01:41:55	12:26	
222	1148	Lina Calado	Individual	02:41:58	+01:42:15	12:28	
223	1137	Sara Alexandra Duarte Alves Areias	Individual	02:41:59	+01:42:16	12:28	
224	1147	Elisa Serra	Individual	02:41:59	+01:42:16	12:28	
225	1250	Manuel Dias	NOCTURNOS DE PAREDES	02:42:06	+01:42:23	12:28	
226	1165	Susana Lourenco	Individual	02:45:13	+01:45:30	12:43	
227	1198	Artur Gomes	Individual	02:45:13	+01:45:30	12:43	
228	1130	Cátia Neves	Individual	02:45:14	+01:45:31	12:43	
229	1128	Andreia Pereira Serra	Individual	02:51:35	+01:51:52	13:12	
230	1088	Érica Andrade	Individual	02:51:35	+01:51:52	13:12	
231	1028	ISABEL VIDAL MARQUES	Clube Atletismo Amigos de Belém	02:51:51	+01:52:08	13:13	
232	1033	ISABEL NOBRE	Clube Atletismo Amigos de Belém	02:52:03	+01:52:20	13:14	
233	1027	Joaquim Ventura	CLAC Entroncamento	02:56:43	+01:57:00	13:36	
234	1645	Joana Pereira	Condenados Tomar Running Team	02:58:49	+01:59:06	13:45	
235	1030	SANDRA FERNANDES	Clube Atletismo Amigos de Belém	03:00:14	+02:00:31	13:52	
236	1032	ISABEL SEGURA	Clube Atletismo Amigos de Belém	03:01:58	+02:02:15	14:00	
237	1031	HELENA MACHADO	Clube Atletismo Amigos de Belém	03:07:26	+02:07:43	14:25	
238	1152	Sónia Pereira	Individual	03:10:39	+02:10:56	14:40	
239	1170	Natalina Nunes	Individual	03:12:28	+02:12:45	14:48	
240	1021	Maria Fernandes	Chamusca Trail	03:17:51	+02:18:08	15:13	
241	1191	Ivo Fernandes	Individual	03:17:52	+02:18:09	15:13	

13KM

13 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	15,3°C	91%
End	12:51	21.1°C	63%

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

1	1063	Catarina Araújo	Federação da Família para a Paz Mundial e Unificação	Senior Feminino	01:29:48	06:54
2	1254	Francisca Perna	Pernalhães Run Team	Senior Feminino	01:31:30	+01:41 07:02
3	1001	Daniela Pereira	Abacate e meio	Senior Feminino	01:37:02	+07:14 07:28
4	1229	Mariana Valério	Lentidão Furiosa - Freixianda	Senior Feminino	01:43:39	+13:51 07:58
5	1002	Sónia Patrício	Abacate e meio	Senior Feminino	01:48:28	+18:40 08:21
6	1005	Marisa Pereira Alves	Agroal Trail Team	Senior Feminino	01:51:15	+21:26 08:33
7	1011	Cátia Madail	ARCAR Team - Trail do Vale	Senior Feminino	01:53:50	+24:01 08:45
8	1089	Fernanda Catarina Amaro Cavalheiro	Individual	Senior Feminino	01:59:36	+29:47 09:12
9	1091	Inês Ramalho	Individual	Senior Feminino	02:03:02	+33:14 09:28
10	1004	Élia Oliveira	Agroal Trail Team	Senior Feminino	02:03:47	+33:58 09:31
11	1090	Filipa Mendes	Individual	Senior Feminino	02:06:26	+36:38 09:44
12	1092	Marta Madruga	Individual	Senior Feminino	02:08:02	+38:13 09:51
13	1025	Jacinta Mendes	Cimo do Monte	Senior Feminino	02:09:39	+39:50 09:58
14	1290	Mónica Silva	WILD ATHLETES	Senior Feminino	02:13:31	+43:42 10:16
15	1087	Diana António	Individual	Senior Feminino	02:23:38	+53:49 11:03
16	1291	Valentina Guedes	WILD ATHLETES	Senior Feminino	02:37:24	+01:07:35 12:06
17	1088	Érica Andrade	Individual	Senior Feminino	02:51:35	+01:21:46 13:12
18	1645	Joana Pereira	Condenados Tomar Running Team	Senior Feminino	02:58:49	+01:29:00 13:45

Senior Masculino

1	1064	Ailton Semedo	Federação da Família para a Paz Mundial e Unificação	Senior Masculino	01:04:03	04:56
2	1094	Adriano Silva	Individual	Senior Masculino	01:08:37	+04:33 05:17
3	1046	Diogo Marques	Constância Mountain Runners	Senior Masculino	01:15:07	+11:03 05:47
4	1106	Samuel Silva	Individual	Senior Masculino	01:20:03	+15:59 06:09
5	1020	Rui Branco	CDRConcavada Running	Senior Masculino	01:25:20	+21:16 06:34
6	1035	Marco Miguel	Clube de Atletismo de Ferreira do Zêzere	Senior Masculino	01:26:15	+22:11 06:38
7	1095	Bernardo César	Individual	Senior Masculino	01:26:43	+22:39 06:40
8	1105	Ruben Miguel Jesus Santos	Individual	Senior Masculino	01:28:15	+24:11 06:47
9	1292	Rúben Henriques	WILD ATHLETES	Senior Masculino	01:29:59	+25:55 06:55
10	1107	Tiago Simões	Individual	Senior Masculino	01:30:49	+26:45 06:59
11	1255	Gonçalo Magalhães	Pernalhães Run Team	Senior Masculino	01:31:30	+27:26 07:02
12	1272	Francisco Alarico	Team P. Moles	Senior Masculino	01:33:05	+29:01 07:10
13	1104	Rodrigo Penteado	Individual	Senior Masculino	01:34:37	+30:33 07:17
14	1100	Joel Pereira Mourão	Individual	Senior Masculino	01:36:58	+32:54 07:28
15	1101	Júlio André Labrincha Calão	Individual	Senior Masculino	01:37:55	+33:51 07:32

Official Timekeeper: Lap2Go	1 / 8	generate 18-mai.-2025 12:54
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13 KM

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16	1065	Gonalo Zananar	Federao da Famlia para a Paz Mundial e Unificao	Senior Masculino	01:44:07	+40:03	08:01
17	1099	Joo Pereira	Individual	Senior Masculino	01:45:09	+41:05	08:05
18	1026	Joo Ferreira	Cimo do Monte	Senior Masculino	01:53:12	+49:08	08:42
19	1071	RUI FERREIRA	FERREIRA GOMES & FILHOS, LDA	Senior Masculino	01:56:02	+51:58	08:56
20	1102	Marco Alves	Individual	Senior Masculino	02:06:26	+01:02:22	09:44
21	1103	Nikita Puzankov	Individual	Senior Masculino	02:13:25	+01:09:21	10:16

Sub 23 Feminino

1	1108	Ana Antunes	Individual	Sub 23 Feminino	01:54:29	08:48
2	1047	Inês Santos	Constância Mountain Runners	Sub 23 Feminino	01:59:14	+04:45 09:10
3	1109	Beatriz Cotrim Leitão	Individual	Sub 23 Feminino	02:05:56	+11:26 09:41
4	1006	Inês Rodrigues	Agroal Trail Team	Sub 23 Feminino	02:08:25	+13:56 09:53
5	1110	Maria ferreira	Individual	Sub 23 Feminino	02:26:15	+31:46 11:15

Sub 23 Masculino

1	1115	Simão silva	Individual	Sub 23 Masculino	01:26:57		06:41
2	1111	João Henrique Costa Martins	Individual	Sub 23 Masculino	01:27:46	+00:48	06:45
3	1236	Ricardo Antunes Henriques	MR Team	Sub 23 Masculino	01:28:03	+01:05	06:46
4	1082	Rodrigo Tiburcio	Grupo Desportivo Nabância	Sub 23 Masculino	01:44:33	+17:36	08:03
5	1113	Luís pimenta	Individual	Sub 23 Masculino	01:49:14	+22:16	08:24
6	1114	Pedro capitão	Individual	Sub 23 Masculino	01:54:29	+27:32	08:48
7	1048	Tomás Freitas	Constância Mountain Runners	Sub 23 Masculino	01:59:14	+32:16	09:10

Veterana F35

1	24	Vera Silva	Condenados Tomar Running Team	Veterana F35	01:30:23	06:57
2	1274	Marisa Silva	Team P. Moles	Veterana F35	01:36:31	+06:07 07:25
3	1293	Joana Garcia	ZeCarlosCompostela	Veterana F35	01:44:24	+14:01 08:02
4	1124	Rita Souto	Individual	Veterana F35	01:45:32	+15:09 08:07
5	1284	Cátia Fernandes	Trilhos cdp	Veterana F35	01:47:17	+16:54 08:15
6	1231	Célia Marques	Lentidão Furiosa - Freixianda	Veterana F35	01:55:07	+24:44 08:51
7	1077	Raquel Rocha	Grupo de Cicloturismo Barquinhense	Veterana F35	01:57:57	+27:33 09:04
8	1016	Helena Isabel Campos Damas	Carrapiteiro Bike Team	Veterana F35	01:59:57	+29:33 09:14
9	1122	Paula Valério	Individual	Veterana F35	02:01:13	+30:50 09:19
10	1125	Tânia Brites	Individual	Veterana F35	02:03:09	+32:45 09:28
11	1118	Joana Mendes	Individual	Veterana F35	02:12:51	+42:27 10:13
12	1121	Olga Vorobeva	Individual	Veterana F35	02:13:25	+43:01 10:16
13	1269	Sofia Martins	SicóTrilhos	Veterana F35	02:14:55	+44:32 10:23
14	1268	Luísa Monteiro	SicóTrilhos	Veterana F35	02:14:58	+44:35 10:23
15	1023	Íris Fernandes	Chiquezas pelo Mundo	Veterana F35	02:15:18	+44:55 10:24
16	1230	Adriana Gomes	Lentidão Furiosa - Freixianda	Veterana F35	02:18:22	+47:59 10:39

13KM

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13 KM

OFFICIAL RESULT

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17	1117	Joana Filipa Nunes Freire Mendes Antunes	Individual	Veterana F35	02:21:21	+50:58	10:52
18	1049	Andreia Basílio	Constância Mountain Runners	Veterana F35	02:21:37	+51:14	10:54
19	1237	Vânia Henriques	MR Team	Veterana F35	02:24:45	+54:22	11:08
20	1532	Ana Palricas	Individual	Veterana F35	02:41:25	+01:11:02	12:25

Veterana F40

1	1141	Susana Maria Ferreira Baptista	Individual	Veterana F40	01:39:49		07:41
2	1264	Raquel Costa	SCFZ Trail Runners	Veterana F40	01:40:11	+00:21	07:42
3	1019	Cátia Ramalho	Catia Ramalho	Veterana F40	01:49:46	+09:56	08:27
4	1131	Claudia Barreiro	Individual	Veterana F40	01:56:40	+16:50	08:58
5	1139	Sofia Rendeiro	Individual	Veterana F40	02:02:54	+23:04	09:27
6	1289	Helena Miranda	UCC - União Casal e Curvaceira	Veterana F40	02:03:55	+24:06	09:32
7	1138	Sara Quitéria	Individual	Veterana F40	02:03:56	+24:06	09:32
8	1136	Sandra Martins	Individual	Veterana F40	02:04:44	+24:54	09:36
9	1126	Ana Gonçalves	Individual	Veterana F40	02:05:37	+25:48	09:40
10	1132	Filipa Costa	Individual	Veterana F40	02:08:54	+29:04	09:55
11	1140	Susana Diogo	Individual	Veterana F40	02:11:57	+32:07	10:09
12	1142	Vânia Valente	Individual	Veterana F40	02:14:28	+34:38	10:21
13	1133	Iza Rodrigues da Silva	Individual	Veterana F40	02:16:09	+36:19	10:28
14	1256	Andreia Soares	Porca Team	Veterana F40	02:17:36	+37:47	10:35
15	1238	Silvia Sousa	MR Team	Veterana F40	02:24:54	+45:04	11:09
16	1014	Juliana Gregório	C.D. "Os Águias " de Alpiarça	Veterana F40	02:25:34	+45:44	11:12
17	1129	Aurélie Claude Yvette Marchand	Individual	Veterana F40	02:27:33	+47:43	11:21
18	1137	Sara Alexandra Duarte Alves Areias	Individual	Veterana F40	02:41:59	+01:02:10	12:28
19	1130	Cátia Neves	Individual	Veterana F40	02:45:14	+01:05:24	12:43
20	1128	Andreia Pereira Serra	Individual	Veterana F40	02:51:35	+01:11:45	13:12

Veterana F45

1	1276	Andreia Alexandra Fernandes Coelho	Team P. Moles	Veterana F45	01:42:02	07:51
2	1287	Claudia Rosario	Trilhos dos Templários / ACR Santa Cita	Veterana F45	01:44:20	+02:18 08:02
3	1078	Margarida Sousa	Grupo de Cicloturismo Barquinhense	Veterana F45	01:49:18	+07:16 08:24
4	1062	Susana Madeira	Desafios Positivos D+	Veterana F45	01:55:16	+13:14 08:52
5	1151	Rita Coelho	Individual	Veterana F45	01:57:45	+15:43 09:03
6	1145	Andrea Graça	Individual	Veterana F45	01:59:27	+17:25 09:11
7	1149	Maria Joao Francisco	Grupo Desportivo do Pinheiro Grande	Veterana F45	02:00:03	+18:01 09:14
8	1054	Vera Loureiro	Copofonia Team	Veterana F45	02:01:23	+19:21 09:20
9	1244	Marisa Isabel Sobral Rianço	MSTT	Veterana F45	02:02:49	+20:47 09:27
10	1154	Tânia costa	Individual	Veterana F45	02:03:10	+21:08 09:28
11	545	Ana Garrido	Chamusca Trail	Veterana F45	02:09:16	+27:14 09:57
12	1155	Teresa Oliveira	Individual	Veterana F45	02:10:06	+28:04 10:00
13	1232	Dulce Almeida	Lentidão Furiosa - Freixianda	Veterana F45	02:10:43	+28:41 10:03

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14	1143	ANA LUISA POMBEIRO DE JESUS	Individual	Veterana F45	02:14:12	+32:10	10:19
15	1081	Rita Rodrigues	Grupo Desportivo do Pinheiro Grande	Veterana F45	02:17:37	+35:35	10:35
16	1235	Zita Abreu	Lentos e Destemidos	Veterana F45	02:26:25	+44:23	11:16
17	1029	SANDRA ANTUNES	Clube Atletismo Amigos de Belém	Veterana F45	02:26:48	+44:46	11:18
18	1144	Ana Milheiro	Individual	Veterana F45	02:32:47	+50:45	11:45
19	1146	Carla Martins	Individual	Veterana F45	02:38:35	+56:33	12:12
20	1150	Marta Vasconcelos	Individual	Veterana F45	02:40:20	+58:18	12:20
21	1039	Carla Palricas	Condenados Tomar Running Team	Veterana F45	02:41:38	+59:36	12:26
22	1148	Lina Calado	Individual	Veterana F45	02:41:58	+59:56	12:28
23	1147	Elisa Serra	Individual	Veterana F45	02:41:59	+59:57	12:28
24	1028	ISABEL VIDAL MARQUES	Clube Atletismo Amigos de Belém	Veterana F45	02:51:51	+01:09:49	13:13
25	1152	Sónia Pereira	Individual	Veterana F45	03:10:39	+01:28:37	14:40

Veterana F50

1	1161	Gisela Brás	Individual	Veterana F50	01:40:22	07:43
2	1162	Joana Beja	Individual	Veterana F50	01:40:45	+00:23 07:45
3	1157	ANA FERREIRA	Individual	Veterana F50	01:51:00	+10:38 08:32
4	1277	Délia Varino	Team P. Moles	Veterana F50	02:01:21	+20:59 09:20
5	1159	Carla Picoto	Individual	Veterana F50	02:06:18	+25:55 09:43
6	1163	Maria de Fátima Neves	Individual	Veterana F50	02:08:55	+28:33 09:55
7	1156	ANA CRISTINA POMBEIRO DE JESUS	Individual	Veterana F50	02:14:17	+33:54 10:20
8	1165	Susana Lourenco	Individual	Veterana F50	02:45:13	+01:04:51 12:43
9	1030	SANDRA FERNANDES	Clube Atletismo Amigos de Belém	Veterana F50	03:00:14	+01:19:52 13:52
10	1021	Maria Fernandes	Chamusca Trail	Veterana F50	03:17:51	+01:37:29 15:13

Veterana F55

1	1169	Maria do Rosário	Individual	Veterana F55	01:44:53	08:04
2	1166	Alice Maria Hipólito Santos	Individual	Veterana F55	01:47:51	+02:58 08:18
3	1168	Cristina Marcos	Individual	Veterana F55	02:06:17	+21:24 09:43
4	1261	Sandra Correia	Trilho Perdido Eventos / Imporlux	Veterana F55	02:13:04	+28:11 10:14
5	1247	Ana Coelho	Não interessa como interessa é ir	Veterana F55	02:19:19	+34:26 10:43
6	1282	Olinda Serrador	Terrantêz Trail Team	Veterana F55	02:26:00	+41:07 11:14
7	1032	ISABEL SEGURA	Clube Atletismo Amigos de Belém	Veterana F55	03:01:58	+01:17:05 14:00
8	1031	HELENA MACHADO	Clube Atletismo Amigos de Belém	Veterana F55	03:07:26	+01:22:33 14:25
9	1170	Natalina Nunes	Individual	Veterana F55	03:12:28	+01:27:35 14:48

Veterana F60

1	1245	Teresa Teixeira	MSTT	Veterana F60	02:02:51		09:27
2	1057	Adelaide Levy Silva Gomes	Correr Ourém	Veterana F60	02:04:31	+01:40	09:35
3	1625	Esmeralda Gomes	Individual	Veterana F60	02:12:56	+10:05	10:14
4	1270	Eulália Vitorino	STR Turtles	Veterana F60	02:19:25	+16:34	10:43

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5	1249	Luisa Cardoso	NOCTURNOS DE PAREDES	Veterana F60	02:33:41	+30:50	11:49
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Veterana F65

1	1172	Eugenia Borda d'Água	Individual	Veterana F65	02:34:06	11:51
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Veterana F70

1	1051	Maria dos Santos Jesus Neves	Constância Mountain Runners	Veterana F70	02:34:47	11:54
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2	1033	ISABEL NOBRE	Clube Atletismo Amigos de Belém	Veterana F70	02:52:03	+17:16	13:14
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Veterano M35

1	1067	Rito Moreira	Federação da Família para a Paz	Veterano M35	59:13	04:36
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2	1180	Pedro Marques Lourenço	Individual	Veterano M35	01:11:18	+11:35	05:29
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3	1258	Ricardo Oliveira	Quenianos do Ribatejo	Veterano M35	01:16:10	+16:26	05:52
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4	1177	Jorge Fernando Valentim Nunes Cartaxo	run2eat	Veterano M35	01:22:37	+22:53	06:21
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5	1074	PAULO MARQUES	FERREIRA GOMES & FILHOS, LDA	Veterano M35	01:23:16	+23:32	06:24
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6	1179	Nelson Tomás	Individual	Veterano M35	01:26:05	+26:21	06:37
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7	1175	João Paulo da Graca Godinho	Individual	Veterano M35	01:28:24	+28:40	06:48
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8	1251	João Ferreira	OK RUNNERS	Veterano M35	01:28:40	+28:56	06:49
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9	1178	Luis Martins	Individual	Veterano M35	01:31:07	+31:23	07:01
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10	1075	VASCO PEREIRA	FERREIRA GOMES & FILHOS, LDA	Veterano M35	01:33:11	+33:28	07:10
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11	1073	MARCO GOMES	FERREIRA GOMES & FILHOS, LDA	Veterano M35	01:33:12	+33:28	07:10
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12	1239	Nuno Gomes	MR Team	Veterano M35	01:33:13	+33:29	07:10
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13	1072	EDUARDO FERREIRA	FERREIRA GOMES & FILHOS, LDA	Veterano M35	01:38:40	+38:56	07:35
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14	1259	Gonçalo Barreto	run2eat	Veterano M35	01:39:40	+39:57	07:40
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15	1182	Renato Valério	Individual	Veterano M35	01:44:10	+44:27	08:01
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16	1174	Igor Pinheiro	Individual	Veterano M35	01:45:51	+46:07	08:09
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17	1183	Ricardo Coruche	Individual	Veterano M35	01:46:10	+46:26	08:10
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18	1041	Tiago Pereira	Condenados Tomar Running Team Veterano M35	01:52:28	+52:45	08:39
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19	1040	João Lopes	Condenados Tomar Running Team Veterano M35	01:55:24	+55:40	08:53
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Veterano M40

1	1068	Carlos Mota	Federação da Família para a Paz	Veterano M40	01:09:49	05:22
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1	1998	Canes Mota	Mundial e Unificação	Veteranos M-19	01.00.10	1992
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2	1194	Nilton Muller Soares	Individual	Veterano M40	01:20:52	+11:02	06:13
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4	1076	MARCO FERNANDES	FERREIRA GOMES & FILHOS, LDA	Veterano M40	01:25:15	+15:25	06:33
5	662	Flávio Lopes Francisco	Individual	Veterano M40	01:25:25	+15:36	06:34
6	1246	Francisco Borges Farinha	MTT Montes Saloios	Veterano M40	01:27:33	+17:43	06:44
7	1189	Flávio Carvalho	Chamusca Trail	Veterano M40	01:29:17	+19:28	06:52
8	1193	Luis Alves	Individual	Veterano M40	01:30:02	+20:13	06:56
9	670	Vitor Carvalho	Individual	Veterano M40	01:30:56	+21:06	07:00
10	1196	Pedro Castro	Individual	Veterano M40	01:32:27	+22:38	07:07
11	1233	Luís Bastos	Lentidão Furiosa - Freixianda	Veterano M40	01:33:14	+23:24	07:10
12	1257	Ademar Rodrigues	Porca Team	Veterano M40	01:34:52	+25:03	07:18
13	1241	Luís Santos	MR Team	Veterano M40	01:35:45	+25:55	07:22
14	1017	Ricardo Jorge Ferreira Carreira	Carrapiteiro Bike Team	Veterano M40	01:36:42	+26:53	07:26
15	1242	Rogério Reis	MR Team	Veterano M40	01:38:57	+29:07	07:37
16	1083	Luis Moura	Grupo Desportivo Nabância	Veterano M40	01:41:05	+31:16	07:47
17	1190	Hugo Carlos Albuquerque Rodrigues	Individual	Veterano M40	01:44:10	+34:20	08:01
18	1192	João Oliveira	Individual	Veterano M40	01:46:45	+36:56	08:13
19	1043	Tiago Oliveira	Condenados Tomar Running Team	Veterano M40	01:47:49	+37:59	08:18
20	1260	Sérgio Marques	RX RUNNERS	Veterano M40	01:52:26	+42:36	08:39
21	1188	Fabício Matias	Individual	Veterano M40	01:58:55	+49:06	09:09
22	1197	Roberto Gonçalves	Individual	Veterano M40	02:01:48	+51:58	09:22
23	1055	Nelson Seródio	Copofonia Team	Veterano M40	02:02:23	+52:33	09:25
24	1195	Pedro Cabaço	Individual	Veterano M40	02:02:55	+53:05	09:27
25	45	Bruno Chainho	Individual	Veterano M40	02:03:09	+53:20	09:28
26	1187	Dinis Vieira	Individual	Veterano M40	02:08:32	+58:43	09:53
27	15	Cláudio Alves	Clube de Atletismo de Ferreira do Zêzere	Veterano M40	02:12:12	+01:02:22	10:10
28	1042	Carlos Filipe Santos Lopes	Condenados Tomar Running Team	Veterano M40	02:18:31	+01:08:42	10:39
29	1191	Ivo Fernandes	Individual	Veterano M40	03:17:52	+02:08:03	15:13

Veterano M45

1	1008	David Dias	Amigos de Atletismo de Vila Franca de Xira	Veterano M45	01:16:48	05:54
2	1288	Vitor Rita	Trilhos dos Templários / ACR Santa Cita	Veterano M45	01:17:52	+01:04 05:59
3	679	Pedro Guerra	ARLU Trail	Veterano M45	01:25:55	+09:07 06:37
4	1036	Marco Franco	Clube de Atletismo de Ferreira do Zêzere	Veterano M45	01:27:22	+10:34 06:43
5	1018	João Paulo de Oliveira Jacinto	Carrapiteiro Bike Team	Veterano M45	01:29:17	+12:29 06:52
6	1199	Luís Morgado	Individual	Veterano M45	01:32:17	+15:29 07:06
7	1286	João Martins	Trilhos do Costume	Veterano M45	01:51:42	+34:54 08:36
8	1202	Victor Gonçalves	Individual	Veterano M45	01:57:57	+41:09 09:04
9	1009	Hugo Oliveira	ANTeam	Veterano M45	02:04:10	+47:22 09:33
10	1037	Rodrigo Dias Lopes	Clube de Atletismo de Ferreira do Zêzere	Veterano M45	02:12:12	+55:24 10:10
11	1243	Nelson Silva	MR Team	Veterano M45	02:12:13	+55:25 10:10
12	1285	Bruno Miguel Amaral	Trilhos cdp	Veterano M45	02:30:57	+01:14:09 11:37
13	1281	Miguel Vitório	Team P. Moles	Veterano M45	02:34:10	+01:17:22 11:52

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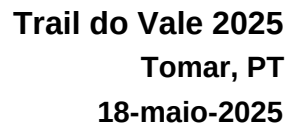
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14	1198	Artur Gomes	Individual	Veterano M45	02:45:13	+01:28:25	12:43
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1	1215	Vítor Chagas	Individual	Veterano M50	01:23:06	06:24
2	1206	Luis gomes	Individual	Veterano M50	01:25:09	+02:03 06:33
3	1204	Diogo Caseiro	Liz Runners	Veterano M50	01:26:59	+03:53 06:41
4	1208	Miguel Mendes	Chamusca Trail	Veterano M50	01:28:02	+04:55 06:46
5	1207	Manuel Pereira	Individual	Veterano M50	01:37:28	+14:22 07:30
6	3	Lulís Jesus	Não interessa como interessa é ir	Veterano M50	01:38:05	+14:59 07:33
7	693	Miguel Marques	Individual	Veterano M50	01:40:28	+17:22 07:44
8	1214	Sérgio Mendes	Individual	Veterano M50	01:48:01	+24:55 08:19
9	1209	Nelson Santos	Individual	Veterano M50	01:48:49	+25:43 08:22
10	1213	Pedro Novo	Individual	Veterano M50	01:49:55	+26:49 08:27
11	1084	Fernando Godinho	Grupo Desportivo Nabância	Veterano M50	01:51:24	+28:18 08:34
12	1248	Sérgio Belo	Não interessa como interessa é ir	Veterano M50	01:51:27	+28:21 08:34
13	1044	Milas Santos	Condenados Tomar Running Team	Veterano M50	01:58:12	+35:06 09:06
14	1210	Paulo Gaspar	Individual	Veterano M50	02:03:56	+40:50 09:32
15	1010	Rui Almas	ANTeam	Veterano M50	02:04:00	+40:54 09:32
16	1205	João Facadas	Individual	Veterano M50	02:26:00	+01:02:54 11:14
17	1203	Carlos Vasconcelos	Individual	Veterano M50	02:40:20	+01:17:14 12:20

1	1283	Juvenal Silva	THOMAR ATHLETICS	Veterano M55	01:25:18	06:34
2	1069	Jorge Sobrinho	Federação da Família para a Paz Mundial e Unificação	Veterano M55	01:29:39	+04:21 06:54
3	1216	Carlos Sousa	Chamusca Trail	Veterano M55	01:34:03	+08:45 07:14
4	1022	Carlos Gaspar	CHÍCHARO RUN TEAM A.ALVAIÁZERE	Veterano M55	01:38:41	+13:23 07:35
5	1217	José Correia	Individual	Veterano M55	01:56:35	+31:17 08:58
6	1218	Vitor Boavida	Individual	Veterano M55	01:56:51	+31:33 08:59
7	1034	RUI ANTÃO	Clube Atletismo Amigos de Belém	Veterano M55	02:02:31	+37:13 09:25

1	1223	João PAulo O Silva	Individual	Veterano M60	01:40:12	07:42
2	1070	Manuel Araújo	Federação da Família para a Paz Mundial e Unificação	Veterano M60	01:45:23	+05:10 08:06
3	1225	José Manuel Moleira de Oliveira	Individual	Veterano M60	01:48:50	+08:38 08:22
4	1219	Arlindo Maduro	Individual	Veterano M60	01:52:39	+12:27 08:40
5	1221	Carlos Jesus	Individual	Veterano M60	01:58:50	+18:38 09:08
6	1222	Hugo Luz	Individual	Veterano M60	02:05:55	+25:43 09:41



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7	1271	Fernando Silva	STR Turtles	Veterano M60	02:19:25	+39:13	10:43
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1	1226	Jaime Areia	Individual	Veterano M65	02:12:00	10:09
2	1250	Manuel Dias	NOCTURNOS DE PAREDES	Veterano M65	02:42:06	+30:05 12:28

1	1228	Jose Matias Mendes	Individual	Veterano M70	01:46:07	08:10
2	1227	João Gaspar Gomes de Oliveira	Individual	Veterano M70	02:07:33	+21:25 09:49
3	1027	Joaquim Ventura	CLAC Entroncamento	Veterano M70	02:56:43	+01:10:35 13:36

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