

ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	20,8°C	78%
End	13:38	20,8°C	78%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	109	Nelson Loureiro	pegasus ocr proteam	Senior Masculino	57:46		05:47
2	68	Carlos Pinto	exército de portugal	Senior Masculino	01:05:30	+07:43	06:33
3	73	Antonio Santos	individual	Senior Masculino	01:09:27	+11:40	06:57
4	112	Ricardo Campos	pegasus ocr proteam	Senior Masculino	01:10:23	+12:36	07:02
5	107	Henrique Loureiro	pegasus ocr proteam	Senior Masculino	01:11:15	+13:29	07:08
6	100	Miguel Costa	lourosa em movimento	Senior Masculino	01:13:18	+15:31	07:20
7	41	Helder Azevedo	alcateia cinzenta	Senior Masculino	01:17:11	+19:24	07:43
8	51	Tiago Alexandre Santos Moreira Maia	alcateia cinzenta	Senior Masculino	01:18:00	+20:13	07:48
9	110	Leida Bello	pés no asfalto	Senior Feminino	01:18:26	+20:40	07:51
10	54	João Sousa	bravos e bravitas	Senior Masculino	01:19:52	+22:05	07:59
11	59	Fernando Nobre	cf perosinho trail & running	Senior Masculino	01:20:51	+23:04	08:05
12	60	Joel Ramos	cf perosinho trail & running	Senior Masculino	01:21:06	+23:19	08:07
13	86	Mário Pereira	individual	Senior Masculino	01:21:13	+23:26	08:07
14	88	Simão Capitão	individual	Senior Masculino	01:22:46	+25:00	08:17
15	79	Gilberto Cunha	individual	Senior Masculino	01:24:07	+26:20	08:25
16	52	Tiago Lourenço	alcateia cinzenta	Senior Masculino	01:26:57	+29:10	08:42
17	80	Gustavo Lima	individual	Senior Masculino	01:27:27	+29:40	08:45
18	36	Daniel Fernandes da Cruz	alcateia cinzenta	Senior Masculino	01:27:37	+29:50	08:46
19	111	Fernando lima	pés no asfalto	Senior Masculino	01:29:22	+31:35	08:56
20	104	Joana Filipa da Costa fernandes	ocr4500	Senior Feminino	01:29:29	+31:42	08:57
21	66	Inacio Martim	equipa pai e filho	Senior Masculino	01:31:04	+33:17	09:06
22	85	Márcio Moura	individual	Senior Masculino	01:32:48	+35:02	09:17
23	105	Pedro Filipe Oliveira vigario	ocr4500	Senior Masculino	01:32:51	+35:04	09:17
24	50	Silvério Pereira	alcateia cinzenta	Senior Masculino	01:35:49	+38:02	09:35
25	81	Iúri Gil	individual	Senior Masculino	01:36:10	+38:24	09:37
26	63	Pawel Rutka	crows	Senior Masculino	01:36:11	+38:24	09:37
27	69	Ana Maria Rosca	individual	Senior Feminino	01:36:36	+38:49	09:40
28	62	Joel Vieira	crows	Senior Masculino	01:36:58	+39:11	09:42
29	64	Samuel Simões	crows	Senior Masculino	01:37:09	+39:22	09:43
30	98	Ricardo Sousa	lama até às orelhas	Senior Masculino	01:38:00	+40:13	09:48
31	70	Carolina Lima	individual	Senior Feminino	01:38:30	+40:43	09:51
32	82	João Lima	individual	Senior Masculino	01:38:49	+41:02	09:53
33	10	Beatriz Machado	alcateia cinzenta	Senior Feminino	01:40:34	+42:47	10:03
34	94	Francisco Cardona	lama até às orelhas	Senior Masculino	01:40:56	+43:09	10:06
35	76	diogo sousa	individual	Senior Masculino	01:41:07	+43:20	10:07
36	99	Salvador Santos	lama até às orelhas	Senior Masculino	01:41:17	+43:30	10:08
37	77	Edgar Silva	individual	Senior Masculino	01:42:37	+44:50	10:16
38	87	Pedro Granja	individual	Senior Masculino	01:42:38	+44:51	10:16
39	84	Leandro Carnide	individual	Senior Masculino	01:44:20	+46:34	10:26
40	65	Sandro Remígio	crows	Senior Masculino	01:46:09	+48:22	10:37

ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	61	Flávio Carreira	crows	Senior Masculino	01:46:09	+48:22	10:37
42	97	José Silva	lama até às orelhas	Senior Masculino	01:48:19	+50:33	10:50
43	113	Vitor Rodrigues	individual	Senior Masculino	01:48:49	+51:02	10:53
44	114	Enzo Rodrigues	individual	Senior Masculino	01:48:49	+51:02	10:53
45	78	Frank Coelho	individual	Senior Masculino	01:50:16	+52:29	11:02
46	2	Diogo Sousa	adn	Senior Masculino	01:52:26	+54:39	11:15
47	4	Paulo Sousa	adn	Senior Masculino	01:52:27	+54:40	11:15
48	3	José Sousa	adn	Senior Masculino	01:53:14	+55:27	11:19
49	67	Inacio Romuald	equipa pai e filho	Senior Masculino	01:53:37	+55:50	11:22
50	91	Isabel Santos	lama até às orelhas	Senior Feminino	01:54:32	+56:45	11:27
51	95	José Leal	lama até às orelhas	Senior Masculino	01:54:58	+57:11	11:30
52	90	Ilaria Bonfante	lama até às orelhas	Senior Feminino	01:55:08	+57:21	11:31
53	96	José Rodrigues	lama até às orelhas	Senior Masculino	01:55:16	+57:29	11:32
54	43	João Matos	alcateia cinzenta	Senior Masculino	01:56:46	+58:59	11:41
55	1936	Roberto Rosca	masuro	Senior Masculino	01:56:47	+59:00	11:41
56	93	Américo Ribeiro	lama até às orelhas	Senior Masculino	01:58:19	+01:00:32	11:50
57	72	Alberto Rodrigues Silva	individual	Senior Masculino	01:59:53	+01:02:06	11:59
58	83	Jorge Sacramento	individual	Senior Masculino	02:00:11	+01:02:24	12:01
59	103	Roberto Rosca	masuro	Senior Masculino	02:02:25	+01:04:38	12:14
60	102	Suzana Ferreira Ribeiro	masuro	Senior Feminino	02:02:42	+01:04:55	12:16
61	75	Diogo Peixinho	individual	Senior Masculino	02:04:28	+01:06:41	12:27
62	101	Marina Rosca	masuro	Senior Feminino	02:07:20	+01:09:33	12:44
63	17	Helena Barbosa	alcateia cinzenta	Senior Feminino	02:10:57	+01:13:11	13:06
64	49	Rui Lapa	alcateia cinzenta	Senior Masculino	02:10:58	+01:13:11	13:06
65	275	Rui Sousa	alcateia cinzenta	Senior Masculino	02:15:03	+01:17:16	13:30
66	274	Ruben Teixeira	alcateia cinzenta	Senior Masculino	02:15:03	+01:17:17	13:30
67	272	João Ascenção	alcateia cinzenta	Senior Masculino	02:15:04	+01:17:17	13:30
68	6	Ana Paula Lima Santos	alcateia cinzenta	Senior Feminino	02:16:05	+01:18:18	13:36
69	92	Madalena Santos	lama até às orelhas	Senior Feminino	02:17:11	+01:19:24	13:43
70	48	Ricardo Guedes	alcateia cinzenta	Senior Masculino	02:26:58	+01:29:11	14:42
71	35	António Queirós	alcateia cinzenta	Senior Masculino	02:26:58	+01:29:11	14:42
72	34	Adalberto Teixeira	alcateia cinzenta	Senior Masculino	02:27:02	+01:29:15	14:42
73	45	Marco Costa	alcateia cinzenta	Senior Masculino	02:32:31	+01:34:44	15:15
74	16	Elisabete Soares	alcateia cinzenta	Senior Feminino	02:32:31	+01:34:44	15:15
75	13	Cristiana Maria Lopes Jesus	alcateia cinzenta	Senior Feminino	02:32:31	+01:34:44	15:15
76	31	Soraia Dias	alcateia cinzenta	Senior Feminino	02:45:49	+01:48:02	16:35
77	38	Diogo Pinheiro	alcateia cinzenta	Senior Masculino	02:53:09	+01:55:23	17:19
78	19	Joana Raquel	alcateia cinzenta	Senior Feminino	02:53:10	+01:55:23	17:19
79	273	João Moreira	alcateia cinzenta	Senior Masculino	02:53:11	+01:55:25	17:19
80	7	Andreia Lopes	alcateia cinzenta	Senior Feminino	02:53:30	+01:55:43	17:21
81	271	Luísa Graciano	alcateia cinzenta	Senior Feminino	02:53:30	+01:55:43	17:21
82	28	Sílvia Gonçalves Dantas	alcateia cinzenta	Senior Feminino	03:42:21	+02:44:35	22:14
83	14	Daniela Ferreira	alcateia cinzenta	Senior Feminino	03:42:23	+02:44:36	22:14
84	42	Isaac Pereira	alcateia cinzenta	Senior Masculino	03:42:28	+02:44:41	22:15
85	32	Tânia Ribeiro	alcateia cinzenta	Senior Feminino	03:42:30	+02:44:44	22:15
86	23	Patrícia Oliveira	alcateia cinzenta	Senior Feminino	03:42:31	+02:44:45	22:15

ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	9	Aurora Maria da Rocha Ferreira Coelho	alcateia cinzenta	Senior Feminino	03:42:32	+02:44:45	22:15
88	22	Marta Ribeiro	alcateia cinzenta	Senior Feminino	03:42:39	+02:44:52	22:16
89	53	Vasco Gomes	alcateia cinzenta	Senior Masculino	04:08:56	+03:11:09	24:54
90	21	Maria Miguel Abreu	alcateia cinzenta	Senior Feminino	04:08:56	+03:11:09	24:54
91	33	Viviana xavier	alcateia cinzenta	Senior Feminino	04:08:57	+03:11:10	24:54
92	39	Eduardo Peneda	alcateia cinzenta	Senior Masculino	04:08:58	+03:11:11	24:54
93	40	Gil Azevedo	alcateia cinzenta	Senior Masculino	04:09:01	+03:11:14	24:54
94	5	Ana Moreira	alcateia cinzenta	Senior Feminino	04:09:33	+03:11:46	24:57
95	47	Rafael Queirós	alcateia cinzenta	Senior Masculino	04:30:47	+03:33:00	27:05
96	30	Sónia Raquel Dias	alcateia cinzenta	Senior Feminino	04:34:15	+03:36:28	27:25
97	24	Rosa Branca Dias	alcateia cinzenta	Senior Feminino	04:38:39	+03:40:52	27:52
98	44	Manuel Dias	alcateia cinzenta	Senior Masculino	04:38:39	+03:40:52	27:52
99	29	Sónia Patrícia Queirós	alcateia cinzenta	Senior Feminino	04:38:39	+03:40:52	27:52

Obs

BIB	NOTE	NAME	TEAM	CAT
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Elite

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	20,8°C	78%
End	13:38	20.8°C	78%

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

1	110	Leida Bello	Pés no Asfalto	Senior Feminino	01:18:26	07:51:26
2	104	Joana Filipa da Costa fernandes	OCR4500	Senior Feminino	01:29:29	+11:02 08:57:26
3	69	Ana Maria Rosca	Individual	Senior Feminino	01:36:36	+18:09 09:40:26
4	70	Carolina Lima	Individual	Senior Feminino	01:38:30	+20:03 09:51:26
5	10	Beatriz Machado	Alcateia Cinzenta	Senior Feminino	01:40:34	+22:07 10:03:26
6	91	Isabel Santos	Lama até às orelhas	Senior Feminino	01:54:32	+36:05 11:27:26
7	90	Ilaria Bonfante	Lama até às orelhas	Senior Feminino	01:55:08	+36:41 11:31:26
8	102	Suzana Ferreira Ribeiro	MaSuRo	Senior Feminino	02:02:42	+44:15 12:16:26
9	101	Marina Rosca	MaSuRo	Senior Feminino	02:07:20	+48:53 12:44:26
10	17	Helena Barbosa	Alcateia Cinzenta	Senior Feminino	02:10:57	+52:30 13:06:26
11	6	Ana Paula Lima Santos	Alcateia Cinzenta	Senior Feminino	02:16:05	+57:38 13:36:26
12	92	Madalena Santos	Lama até às orelhas	Senior Feminino	02:17:11	+58:44 13:43:26
13	16	Elisabete Soares	Alcateia Cinzenta	Senior Feminino	02:32:31	+01:14:04 15:15:26
14	13	Cristiana Maria Lopes Jesus	Alcateia Cinzenta	Senior Feminino	02:32:31	+01:14:04 15:15:26
15	31	Soraia Dias	Alcateia Cinzenta	Senior Feminino	02:45:49	+01:27:22 16:35:26
16	19	Joana Raquel	Alcateia Cinzenta	Senior Feminino	02:53:10	+01:34:43 17:19:26
17	7	Andreia Lopes	Alcateia Cinzenta	Senior Feminino	02:53:30	+01:35:03 17:21:26
18	271	Luísa Graciano	Alcateia Cinzenta	Senior Feminino	02:53:30	+01:35:03 17:21:26
19	28	Sílvia Gonçalves Dantas	Alcateia Cinzenta	Senior Feminino	03:42:21	+02:23:55 22:14:26
20	14	Daniela Ferreira	Alcateia Cinzenta	Senior Feminino	03:42:23	+02:23:56 22:14:26
21	32	Tânia Ribeiro	Alcateia Cinzenta	Senior Feminino	03:42:30	+02:24:04 22:15:26
22	23	Patrícia Oliveira	Alcateia Cinzenta	Senior Feminino	03:42:31	+02:24:04 22:15:26
23	9	Aurora Maria da Rocha Ferreira Coelho	Alcateia Cinzenta	Senior Feminino	03:42:32	+02:24:05 22:15:26
24	22	Marta Ribeiro	Alcateia Cinzenta	Senior Feminino	03:42:39	+02:24:12 22:16:26
25	21	Maria Miguel Abreu	Alcateia Cinzenta	Senior Feminino	04:08:56	+02:50:29 24:54:26
26	33	Viviana xavier	Alcateia Cinzenta	Senior Feminino	04:08:57	+02:50:30 24:54:26
27	5	Ana Moreira	Alcateia Cinzenta	Senior Feminino	04:09:33	+02:51:06 24:57:26
28	30	Sónia Raquel Dias	Alcateia Cinzenta	Senior Feminino	04:34:15	+03:15:48 27:25:26
29	24	Rosa Branca Dias	Alcateia Cinzenta	Senior Feminino	04:38:39	+03:20:12 27:52:26
30	29	Sónia Patrícia Queirós	Alcateia Cinzenta	Senior Feminino	04:38:39	+03:20:12 27:52:26

Senior Masculino

1	109	Nelson Loureiro	Pegasus OCR ProTeam	Senior Masculino	57:46	05:47
2	68	Carlos Pinto	Exército de Portugal	Senior Masculino	01:05:30	+07:43 06:33
3	73	Antonio Santos	Individual	Senior Masculino	01:09:27	+11:40 06:57
4	112	Ricardo Campos	Pegasus OCR ProTeam	Senior Masculino	01:10:23	+12:36 07:02
5	107	Henrique Loureiro	Pegasus OCR ProTeam	Senior Masculino	01:11:15	+13:29 07:08
6	100	Miguel Costa	Lourosa Em Movimento	Senior Masculino	01:13:18	+15:31 07:20

Official Timekeeper: Lap2Go	1 / 3	generate 18-jul.-2026 19:21
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Elite

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

7	41	Helder Azevedo	Alcateia Cinzenta	Senior Masculino	01:17:11	+19:24	07:43
8	51	Tiago Alexandre Santos Moreira Maia	Alcateia Cinzenta	Senior Masculino	01:18:00	+20:13	07:48
9	54	João Sousa	Bravos e Bravitas	Senior Masculino	01:19:52	+22:05	07:59
10	59	Fernando Nobre	CF PEROSINHO TRAIL & RUNNING	Senior Masculino	01:20:51	+23:04	08:05
11	60	Joel Ramos	CF PEROSINHO TRAIL & RUNNING	Senior Masculino	01:21:06	+23:19	08:07
12	86	Mário Pereira	Individual	Senior Masculino	01:21:13	+23:26	08:07
13	88	Simão Capitão	Individual	Senior Masculino	01:22:46	+25:00	08:17
14	79	Gilberto Cunha	Individual	Senior Masculino	01:24:07	+26:20	08:25
15	52	Tiago Lourenço	Alcateia Cinzenta	Senior Masculino	01:26:57	+29:10	08:42
16	80	Gustavo Lima	Individual	Senior Masculino	01:27:27	+29:40	08:45
17	36	Daniel Fernandes da Cruz	Alcateia Cinzenta	Senior Masculino	01:27:37	+29:50	08:46
18	111	Fernando lima	Pés no Asfalto	Senior Masculino	01:29:22	+31:35	08:56
19	66	Inacio Martim	Equipa Pai e Filho	Senior Masculino	01:31:04	+33:17	09:06
20	85	Márcio Moura	Individual	Senior Masculino	01:32:48	+35:02	09:17
21	105	Pedro Filipe Oliveira vigario	OCR4500	Senior Masculino	01:32:51	+35:04	09:17
22	50	Silvério Pereira	Alcateia Cinzenta	Senior Masculino	01:35:49	+38:02	09:35
23	81	Iúri Gil	Individual	Senior Masculino	01:36:10	+38:24	09:37
24	63	Pawel Rutka	Crows	Senior Masculino	01:36:11	+38:24	09:37
25	62	Joel Vieira	Crows	Senior Masculino	01:36:58	+39:11	09:42
26	64	Samuel Simões	Crows	Senior Masculino	01:37:09	+39:22	09:43
27	98	Ricardo Sousa	Lama até às orelhas	Senior Masculino	01:38:00	+40:13	09:48
28	82	João Lima	Individual	Senior Masculino	01:38:49	+41:02	09:53
29	94	Francisco Cardona	Lama até às orelhas	Senior Masculino	01:40:56	+43:09	10:06
30	76	diogo sousa	Individual	Senior Masculino	01:41:07	+43:20	10:07
31	99	Salvador Santos	Lama até às orelhas	Senior Masculino	01:41:17	+43:30	10:08
32	77	Edgar Silva	Individual	Senior Masculino	01:42:37	+44:50	10:16
33	87	Pedro Granja	Individual	Senior Masculino	01:42:38	+44:51	10:16
34	84	Leandro Carnide	Individual	Senior Masculino	01:44:20	+46:34	10:26
35	65	Sandro Remígio	Crows	Senior Masculino	01:46:09	+48:22	10:37
36	61	Flávio Carreira	Crows	Senior Masculino	01:46:09	+48:22	10:37
37	97	José Silva	Lama até às orelhas	Senior Masculino	01:48:19	+50:33	10:50
38	113	Vítor Rodrigues	Individual	Senior Masculino	01:48:49	+51:02	10:53
39	114	Enzo Rodrigues	Individual	Senior Masculino	01:48:49	+51:02	10:53
40	78	Frank Coelho	Individual	Senior Masculino	01:50:16	+52:29	11:02
41	2	Diogo Sousa	ADN	Senior Masculino	01:52:26	+54:39	11:15
42	4	Paulo Sousa	ADN	Senior Masculino	01:52:27	+54:40	11:15
43	3	José Sousa	ADN	Senior Masculino	01:53:14	+55:27	11:19
44	67	Inacio Romuald	Equipa Pai e Filho	Senior Masculino	01:53:37	+55:50	11:22
45	95	José Leal	Lama até às orelhas	Senior Masculino	01:54:58	+57:11	11:30
46	96	José Rodrigues	Lama até às orelhas	Senior Masculino	01:55:16	+57:29	11:32
47	43	João Matos	Alcateia Cinzenta	Senior Masculino	01:56:46	+58:59	11:41
48	1936	Roberto Rosca	MaSuRo	Senior Masculino	01:56:47	+59:00	11:41
49	93	Américo Ribeiro	Lama até às orelhas	Senior Masculino	01:58:19	+01:00:32	11:50
50	72	Alberto Rodrigues Silva	Individual	Senior Masculino	01:59:53	+01:02:06	11:59
51	83	Jorge Sacramento	Individual	Senior Masculino	02:00:11	+01:02:24	12:02

Elite

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

52	103	Roberto Rosca	MaSuRo	Senior Masculino	02:02:25	+01:04:38	12:14
53	75	Diogo Peixinho	Individual	Senior Masculino	02:04:28	+01:06:41	12:27
54	49	Rui Lapa	Alcateia Cinzenta	Senior Masculino	02:10:58	+01:13:11	13:06
55	275	Rui Sousa	Alcateia Cinzenta	Senior Masculino	02:15:03	+01:17:16	13:30
56	274	Ruben Teixeira	Alcateia Cinzenta	Senior Masculino	02:15:03	+01:17:17	13:30
57	272	João Ascensão	Alcateia Cinzenta	Senior Masculino	02:15:04	+01:17:17	13:30
58	48	Ricardo Guedes	Alcateia Cinzenta	Senior Masculino	02:26:58	+01:29:11	14:42
59	35	António Queirós	Alcateia Cinzenta	Senior Masculino	02:26:58	+01:29:11	14:42
60	34	Adalberto Teixeira	Alcateia Cinzenta	Senior Masculino	02:27:02	+01:29:15	14:42
61	45	Marco Costa	Alcateia Cinzenta	Senior Masculino	02:32:31	+01:34:44	15:15
62	38	Diogo Pinheiro	Alcateia Cinzenta	Senior Masculino	02:53:09	+01:55:23	17:19
63	273	João Moreira	Alcateia Cinzenta	Senior Masculino	02:53:11	+01:55:25	17:19
64	42	Isaac Pereira	Alcateia Cinzenta	Senior Masculino	03:42:28	+02:44:41	22:15
65	53	Vasco Gomes	Alcateia Cinzenta	Senior Masculino	04:08:56	+03:11:09	24:54
66	39	Eduardo Peneda	Alcateia Cinzenta	Senior Masculino	04:08:58	+03:11:11	24:54
67	40	Gil Azevedo	Alcateia Cinzenta	Senior Masculino	04:09:01	+03:11:14	24:54
68	47	Rafael Queirós	Alcateia Cinzenta	Senior Masculino	04:30:47	+03:33:00	27:05
69	44	Manuel Dias	Alcateia Cinzenta	Senior Masculino	04:38:39	+03:40:52	27:52

SEMI-ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:05	27°C	62%
End	19:11	27°C	62%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1550	Marco Pinho	power studio	Senior Masculino	01:13:27		07:21
2	665	Victor Silva	chamas na pista	Senior Masculino	01:14:31	+01:03	07:27
3	1272	André Filipe Magalhães Machado	ninjas	Senior Masculino	01:14:39	+01:11	07:28
4	1273	Bruno Miguel Fernandes da Silva	ninjas	Senior Masculino	01:14:40	+01:12	07:28
5	631	Francisca Santos	chamas na pista	Senior Feminino	01:17:44	+04:16	07:46
6	1755	Amandio Mexicano	task force raven	Senior Masculino	01:18:46	+05:18	07:53
7	1503	Pedro Silva	pernetas de alfena	Senior Masculino	01:20:52	+07:24	08:05
8	1499	César Martins	pernetas de alfena	Senior Masculino	01:21:23	+07:55	08:08
9	954	Diogo Silva	improve fitness studio	Senior Masculino	01:23:03	+09:35	08:18
10	564	Vasco Fernandes	caminheiros de canedo	Senior Masculino	01:23:57	+10:29	08:24
11	1044	Francisco dos Santos Almeida	individual	Senior Masculino	01:24:38	+11:10	08:28
12	1088	Ruben Silva	individual	Senior Masculino	01:24:40	+11:12	08:28
13	1204	Luís Oliveira	mach1	Senior Masculino	01:24:47	+11:19	08:29
14	1203	Eliseu Laranjeira	mach1	Senior Masculino	01:24:48	+11:20	08:29
15	1080	Pedro Simoes	individual	Senior Masculino	01:24:57	+11:29	08:30
16	1022	André Filipe Sousa Punho	individual	Senior Masculino	01:24:58	+11:30	08:30
17	968	Miguel Pereira	improve fitness studio	Senior Masculino	01:24:59	+11:31	08:30
18	1275	Alcides Gomes	no go	Senior Masculino	01:26:26	+12:58	08:39
19	561	Filipe Costa	caminheiros de canedo	Senior Masculino	01:26:52	+13:24	08:41
20	967	Marco Bernardino	improve fitness studio	Senior Masculino	01:27:07	+13:39	08:43
21	1770	Sofia Gomes	team alfa	Senior Feminino	01:27:15	+13:47	08:44
22	1609	André Tavares	quem se lembrou???	Senior Masculino	01:27:32	+14:04	08:45
23	1690	Fernando Brandão	sentir escariz running	Senior Masculino	01:27:57	+14:29	08:48
24	1784	Pedro Miguel Ferreira Costa	team alfa	Senior Masculino	01:28:06	+14:38	08:49
25	1125	rodrigo rodrigues	korpi	Senior Masculino	01:29:03	+15:35	08:54
26	651	Eurico Bento	chamas na pista	Senior Masculino	01:29:09	+15:41	08:55
27	1123	Joao miguel gomes da silva	korpi	Senior Masculino	01:29:15	+15:47	08:56
28	1611	Marcelo Martins Barbosa	quem se lembrou???	Senior Masculino	01:29:39	+16:11	08:58
29	1610	Leonardo Oliveira	quem se lembrou???	Senior Masculino	01:29:46	+16:18	08:59
30	563	Sérgio Costa	caminheiros de canedo	Senior Masculino	01:30:06	+16:38	09:01
31	1643	Bernardo Sousa	running mozelos	Senior Masculino	01:31:04	+17:36	09:06
32	1642	Afonso Fonseca	running mozelos	Senior Masculino	01:31:04	+17:36	09:06
33	1046	Francisco Vicente	individual	Senior Masculino	01:31:51	+18:23	09:11
34	254	Gonçalo Araújo	acdcsmf os laranjinhas	Senior Masculino	01:32:19	+18:51	09:14
35	258	Pedro Francisco	acdcsmf os laranjinhas	Senior Masculino	01:32:20	+18:52	09:14
36	259	Rui sousa	acdcsmf os laranjinhas	Senior Masculino	01:32:25	+18:57	09:15
37	453	Vando Castro	bravos do candal	Senior Masculino	01:32:34	+19:06	09:15
38	452	Pedro Tiago Novais	bravos do candal	Senior Masculino	01:32:34	+19:06	09:15
39	1713	Roberto Bastos	susana gomes	Senior Masculino	01:32:39	+19:11	09:16
40	1513	Tiago Gonçalves	pés no asfalto	Senior Masculino	01:32:40	+19:12	09:16

SEMI-ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	257	Paulo Almeida	acdcdsmf os laranjinhas	Senior Masculino	01:32:49	+19:21	09:17
42	1018	Alcino Santos	individual	Senior Masculino	01:33:33	+20:05	09:21
43	1041	Fernando Manuel Ribeiro de Sousa	individual	Senior Masculino	01:33:47	+20:19	09:23
44	1122	Francisco Manuel Pinheiro Guedes Mota	korpi	Senior Masculino	01:33:50	+20:22	09:23
45	1396	Diogo Rodrigo Santos Costa	os que correm só para comer	Senior Masculino	01:35:06	+21:38	09:31
46	705	Jose Antonio Pamplona Barbosa Vinhas	coronado runners	Senior Masculino	01:35:15	+21:47	09:31
47	1394	Catarina Barbosa	os que correm só para comer	Senior Feminino	01:35:31	+22:03	09:33
48	1395	Claudio Gonçalves	os que correm só para comer	Senior Masculino	01:35:32	+22:04	09:33
49	1397	Marco André Sousa Lourenço	os que correm só para comer	Senior Masculino	01:35:32	+22:04	09:33
50	1786	Ruben André Pinto Soares	team alfa	Senior Masculino	01:35:50	+22:22	09:35
51	1070	Nelson Mourão	individual	Senior Masculino	01:36:22	+22:54	09:38
52	1097	Tiago Ramos	individual	Senior Masculino	01:36:24	+22:56	09:38
53	1179	Pedro Sousa	lourosa em movimento	Senior Masculino	01:36:32	+23:04	09:39
54	1110	Carlos Rafael	justiceiras da noite	Senior Masculino	01:36:57	+23:29	09:42
55	1111	Rodrigo Coelho	justiceiras da noite	Senior Masculino	01:36:58	+23:30	09:42
56	742	Cristiana Fernandes	empenados	Senior Feminino	01:37:16	+23:48	09:44
57	743	Marcelo Pinho	empenados	Senior Masculino	01:37:23	+23:55	09:44
58	335	Patrícia Reis	atrofiado e atrofiada	Senior Feminino	01:38:26	+24:58	09:51
59	336	João Almeida	atrofiado e atrofiada	Senior Masculino	01:38:26	+24:58	09:51
60	1812	Diogo Teixeira	team dartação	Senior Masculino	01:39:35	+26:07	09:57
61	1938	Telmo Melo	task force raven	Senior Masculino	01:41:07	+27:39	10:07
62	1151	Tomás Nicola	lama, suor & risadas	Senior Masculino	01:42:00	+28:32	10:12
63	1691	Paulo Sérgio Silva Gomes	sentir escariz running	Senior Masculino	01:42:12	+28:44	10:13
64	1072	Nuno Santos	individual	Senior Masculino	01:42:15	+28:47	10:14
65	1448	Francisco Couto	outlaw runners	Senior Masculino	01:42:25	+28:57	10:15
66	1447	Carlos Couto	outlaw runners	Senior Masculino	01:42:25	+28:57	10:15
67	1007	Sandra Ribeiro	individual	Senior Feminino	01:43:07	+29:39	10:19
68	729	José Carlos Cepeda Coelho	eles & elas	Senior Masculino	01:43:46	+30:18	10:23
69	730	Rui Manuel Oliveira Coelho	eles & elas	Senior Masculino	01:44:12	+30:44	10:25
70	1172	Vera Oliveira	lourosa em movimento	Senior Feminino	01:44:28	+31:00	10:27
71	1176	Fernando Pinheiro	lourosa em movimento	Senior Masculino	01:44:30	+31:02	10:27
72	1184	Vitor Moreira	lourosa em movimento	Senior Masculino	01:44:30	+31:02	10:27
73	1180	Ricardo Duarte	lourosa em movimento	Senior Masculino	01:44:34	+31:06	10:27
74	1084	Rodrigo Lopes	individual	Senior Masculino	01:44:37	+31:09	10:28
75	1076	Pedro Matos	individual	Senior Masculino	01:44:38	+31:10	10:28
76	1533	Jorge coelho	portal da queixa	Senior Masculino	01:44:38	+31:10	10:28
77	1096	Tiago Ganihlo	individual	Senior Masculino	01:44:56	+31:28	10:30
78	910	Daniel Gomes	grupo o setenta	Senior Masculino	01:45:00	+31:32	10:30
79	1037	Diogo Silva	individual	Senior Masculino	01:45:02	+31:34	10:30
80	1071	Nuno Lopes	individual	Senior Masculino	01:45:10	+31:42	10:31
81	1445	Patrick Schuster	os tugamães	Senior Masculino	01:45:21	+31:53	10:32
82	1446	Sergio Oliveira	os tugamães	Senior Masculino	01:45:22	+31:54	10:32
83	1090	Samuel Duarte	individual	Senior Masculino	01:45:29	+32:01	10:33
84	1042	Filipe Ribeiro	individual	Senior Masculino	01:45:37	+32:09	10:34

SEMI-ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	1792	Alexandra Micaela Marques Costa	team dartacção	Senior Feminino	01:46:01	+32:33	10:36
86	912	Paulo Alves	grupo o setenta	Senior Masculino	01:46:08	+32:40	10:37
87	911	José Rocha	grupo o setenta	Senior Masculino	01:46:09	+32:41	10:37
88	955	Emanuel Domingues	improve fitness studio	Senior Masculino	01:46:12	+32:44	10:37
89	913	Rafael Surrador	grupo o setenta	Senior Masculino	01:46:15	+32:47	10:38
90	719	Marco Moreira	dieta d'água	Senior Masculino	01:47:08	+33:40	10:43
91	1422	Rodrigo Coimbra	os resistentes	Senior Masculino	01:47:13	+33:45	10:43
92	1410	Bruno Novo	os resistentes	Senior Masculino	01:47:13	+33:45	10:43
93	1147	Cristina Tavares	lama, suor & risadas	Senior Feminino	01:47:20	+33:52	10:44
94	1019	ÁLVARO ANTÓNIO ROCHA ALEIXO	individual	Senior Masculino	01:47:28	+34:00	10:45
95	1150	Miguel Nicola	lama, suor & risadas	Senior Masculino	01:47:36	+34:08	10:46
96	1060	José Ferrão	individual	Senior Masculino	01:47:48	+34:20	10:47
97	1829	Natália Silva	timeout aventura	Senior Feminino	01:48:03	+34:35	10:48
98	667	Yvon Jaouen	chamas na pista	Senior Masculino	01:48:19	+34:51	10:50
99	1639	Zé Manuel	running esmoriz	Senior Masculino	01:48:27	+34:59	10:51
100	1599	Pedro Pombal	pupilos do zé-tó	Senior Masculino	01:48:43	+35:15	10:52
101	1528	Diogo Moreira pinto	portal da queixa	Senior Masculino	01:48:48	+35:20	10:53
102	476	Rafael Soares	bravos do copofit	Senior Masculino	01:48:52	+35:24	10:53
103	961	Jose. Carvalho	improve fitness studio	Senior Masculino	01:49:04	+35:36	10:54
104	469	Dinis Lima	bravos do copofit	Senior Masculino	01:49:11	+35:43	10:55
105	1270	Ana Cristina Campos Magalhaes	ninjas	Senior Feminino	01:49:32	+36:04	10:57
106	1274	Sergio Paulo Moreira Dionísio	ninjas	Senior Masculino	01:49:32	+36:04	10:57
107	470	Diogo Maia	bravos do copofit	Senior Masculino	01:49:43	+36:15	10:58
108	609	Ana Machado	castelo corte & cose	Senior Feminino	01:49:47	+36:19	10:59
109	610	Paula Sousa	castelo corte & cose	Senior Feminino	01:49:47	+36:19	10:59
110	616	Nuno Gomes	castelo corte & cose	Senior Masculino	01:49:47	+36:19	10:59
111	613	Braulio Gomes	castelo corte & cose	Senior Masculino	01:49:47	+36:19	10:59
112	608	Alexandra Ferreira	castelo corte & cose	Senior Feminino	01:49:47	+36:19	10:59
113	617	Osmar Machado	castelo corte & cose	Senior Masculino	01:49:47	+36:19	10:59
114	612	Álvaro Costa	castelo corte & cose	Senior Masculino	01:49:47	+36:19	10:59
115	615	Hugo Couto	castelo corte & cose	Senior Masculino	01:49:47	+36:19	10:59
116	619	Vasco Bessa	castelo corte & cose	Senior Masculino	01:49:47	+36:19	10:59
117	626	Nélson Tavares	centro marcha vale de cambra	Senior Masculino	01:49:47	+36:19	10:59
118	611	Rosa Chaves	castelo corte & cose	Senior Feminino	01:49:47	+36:19	10:59
119	614	Diogo Ramos	castelo corte & cose	Senior Masculino	01:49:47	+36:19	10:59
120	260	Tony bri	acdcdsmf os laranjinhas	Senior Masculino	01:49:48	+36:20	10:59
121	249	Sandra Silva	acdcdsmf os laranjinhas	Senior Feminino	01:49:48	+36:20	10:59
122	1087	Rúben Joel Pinho da Silva	individual	Senior Masculino	01:50:57	+37:29	11:06
123	1061	Leandro Gomes Baptista	individual	Senior Masculino	01:50:57	+37:30	11:06
124	1026	Bruno Miguel Valente de Jesus	individual	Senior Masculino	01:50:58	+37:30	11:06
125	548	Pedro Brazinha	brazas team	Senior Masculino	01:51:03	+37:35	11:06
126	546	David Malheiros	brazas team	Senior Masculino	01:51:03	+37:35	11:06
127	720	Nuno Almeida	dieta d'água	Senior Masculino	01:51:56	+38:28	11:12
128	251	Adriano Oliveira	acdcdsmf os laranjinhas	Senior Masculino	01:52:22	+38:54	11:14

SEMI-ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
129	261	Vitor Pereira	active -carolina	Senior Feminino	01:52:43	+39:15	11:16
130	1465	Luis Oliveira	pelotão de queda controlada (pqc)	Senior Masculino	01:53:01	+39:33	11:18
131	876	Amine El Bahi	g6 - esan	Senior Masculino	01:53:13	+39:45	11:19
132	1426	Francisco Gomes	os salta pocinhas	Senior Masculino	01:53:57	+40:29	11:24
133	831	Andreea Cociorva	fúria brava	Senior Feminino	01:54:13	+40:45	11:25
134	1427	João Oliveira	os salta pocinhas	Senior Masculino	01:54:20	+40:52	11:26
135	841	Stefan Cociorva	fúria brava	Senior Masculino	01:54:20	+40:52	11:26
136	1428	Tiago Gomes	os salta pocinhas	Senior Masculino	01:54:24	+40:56	11:26
137	1193	Joel Maia	lowlanders	Senior Masculino	01:54:28	+41:00	11:27
138	1580	André Almeida	prime ginásio	Senior Masculino	01:54:45	+41:17	11:28
139	1577	Matilde Sousa	prime ginásio	Senior Feminino	01:54:45	+41:17	11:28
140	1582	Daniel Almeida	prime ginásio	Senior Masculino	01:54:45	+41:17	11:28
141	550	Pedro Seabra	c3	Senior Masculino	01:55:00	+41:32	11:30
142	549	Cristiana Seabra	c3	Senior Feminino	01:55:02	+41:34	11:30
143	1555	Xavier Pinho	power studio	Senior Masculino	01:55:20	+41:52	11:32
144	269	Liliana Mota	adc santa isabel	Senior Feminino	01:55:55	+42:27	11:36
145	1024	Augusto Vicente Canedo dos Santos	individual	Senior Masculino	01:56:16	+42:48	11:38
146	1783	Pedro Gilde	team alfa	Senior Masculino	01:56:36	+43:08	11:40
147	1782	Pedro Brandão	team alfa	Senior Masculino	01:56:36	+43:08	11:40
148	1789	Mabel Provazi	team castro	Senior Feminino	01:56:39	+43:11	11:40
149	1791	Vitor Castro	team castro	Senior Masculino	01:56:40	+43:12	11:40
150	551	Celso Ribeiro	caminhadas da amizade	Senior Masculino	01:56:50	+43:22	11:41
151	552	Francisco Moreira	caminhadas da amizade	Senior Masculino	01:56:50	+43:22	11:41
152	1045	Francisco Marques	individual	Senior Masculino	01:57:05	+43:37	11:43
153	1788	Carolina Figueiredo	team castro	Senior Feminino	01:57:19	+43:51	11:44
154	830	José Almeida	fox team	Senior Masculino	01:57:38	+44:10	11:46
155	829	João Almeida	fox team	Senior Masculino	01:57:38	+44:10	11:46
156	1830	Filipe Alves	timeout aventura	Senior Masculino	01:58:06	+44:38	11:49
157	562	Mário Oliveira	caminheiros de canedo	Senior Masculino	01:59:25	+45:57	11:57
158	1418	Mário Fonseca	os resistentes	Senior Masculino	01:59:26	+45:58	11:57
159	654	Jaouen Eugene	chamas na pista	Senior Masculino	01:59:28	+46:00	11:57
160	1420	Ricardo Gomes	os resistentes	Senior Masculino	01:59:37	+46:09	11:58
161	456	Daniela Silva	bravos do copofit	Senior Feminino	02:01:14	+47:46	12:07
162	726	Yasmin Pires	duo monster	Senior Feminino	02:01:33	+48:05	12:09
163	727	Myckael Nicolich	duo monster	Senior Masculino	02:01:34	+48:06	12:09
164	1689	Danilo Borges	sentir escariz running	Senior Masculino	02:01:43	+48:15	12:10
165	706	Manuel António Barbosa Ferreira	coronado runners	Senior Masculino	02:01:55	+48:27	12:12
166	1357	Tiago Almeida	os bravos de arões	Senior Masculino	02:02:00	+48:32	12:12
167	1352	Beatriz Rodrigues	os bravos de arões	Senior Feminino	02:02:00	+48:32	12:12
168	965	Manuel Silva	improve fitness studio	Senior Masculino	02:02:01	+48:33	12:12
169	603	Pedro Filipe Vilar alves	casa dos dragões de fiães	Senior Masculino	02:02:04	+48:36	12:12
170	704	Hugo Bezerra	coronado runners	Senior Masculino	02:02:05	+48:37	12:12
171	255	João sousa	acdcdsmf os laranjinhas	Senior Masculino	02:02:07	+48:39	12:13
172	252	Bruno Albergaria	acdcdsmf os laranjinhas	Senior Masculino	02:02:10	+48:42	12:13
173	648	Claúdio Pinto	chamas na pista	Senior Masculino	02:02:21	+48:53	12:14

SEMI-ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
174	1775	Edson Júnior	team alfa	Senior Masculino	02:02:41	+49:13	12:16
175	1040	Eduardo Xavier Oliveira Sá	individual	Senior Masculino	02:02:46	+49:18	12:17
176	1032	Daniel Alexandre Tavares Ferreira	individual	Senior Masculino	02:02:47	+49:19	12:17
177	1081	Rafael Ribeiro Silva	individual	Senior Masculino	02:02:47	+49:19	12:17
178	475	Pedro Ribeiro	bravos do copofit	Senior Masculino	02:03:04	+49:36	12:18
179	1592	Carla Soares	pupilos do zé-tó	Senior Feminino	02:03:18	+49:50	12:20
180	386	Marco Silva	bentcar	Senior Masculino	02:03:19	+49:51	12:20
181	953	Carlos Bernardino	improve fitness studio	Senior Masculino	02:03:28	+50:00	12:21
182	701	Maria Pamplona Barbosa Vinhas	coronado runners	Senior Feminino	02:03:39	+50:11	12:22
183	702	Augusto Gil da Costa Vinhas	coronado runners	Senior Masculino	02:03:40	+50:12	12:22
184	942	Andreia Bastos	improve fitness studio	Senior Feminino	02:03:42	+50:14	12:22
185	793	Ana Pinto	fitness flow	Senior Feminino	02:03:51	+50:23	12:23
186	792	Ana Magalhães	fitness flow	Senior Feminino	02:03:51	+50:23	12:23
187	1729	Paulo Mota	tartarugas em fuga	Senior Masculino	02:03:54	+50:26	12:23
188	795	Bruna Morais	fitness flow	Senior Feminino	02:04:02	+50:34	12:24
189	969	Rodrigo Encarnação	improve fitness studio	Senior Masculino	02:04:16	+50:48	12:26
190	958	Joao Encarnacao	improve fitness studio	Senior Masculino	02:04:17	+50:49	12:26
191	1247	MARA CÉLIA	mc	Senior Feminino	02:04:28	+51:00	12:27
192	1304	Nuno Soares	nuno soares	Senior Masculino	02:05:24	+51:56	12:32
193	587	Silvia Pinto	caps jj	Senior Feminino	02:05:36	+52:08	12:34
194	582	Kelly Cristhina Almeida Silva	caps jj	Senior Feminino	02:05:48	+52:20	12:35
195	1822	Thomas Cravo	team dartação	Senior Masculino	02:05:52	+52:24	12:35
196	1798	Elder Neves	team dartação	Senior Feminino	02:05:52	+52:24	12:35
197	1801	Juliana Fresco	team dartação	Senior Feminino	02:05:52	+52:24	12:35
198	1816	João Pina	team dartação	Senior Masculino	02:05:52	+52:24	12:35
199	1644	Daniel Serralva	running mozelos	Senior Masculino	02:05:57	+52:29	12:36
200	1640	Diana Resende	running mozelos	Senior Feminino	02:05:57	+52:29	12:36
201	1645	Elivelton Santos	running mozelos	Senior Masculino	02:05:58	+52:30	12:36
202	1641	Juliana Rosário	running mozelos	Senior Feminino	02:05:58	+52:30	12:36
203	215	Rafael António Claro Domingues	100nome	Senior Masculino	02:06:03	+52:35	12:36
204	216	Ricardo Miguel Claro Domingues	100nome	Senior Masculino	02:06:04	+52:36	12:36
205	212	Ana Filipa Barbosa Silva Santos	100nome	Senior Feminino	02:06:04	+52:36	12:36
206	656	Luís Santos	chamas na pista	Senior Masculino	02:06:21	+52:53	12:38
207	659	Martim Almeida	chamas na pista	Senior Masculino	02:06:21	+52:53	12:38
208	650	Fábio Martins	chamas na pista	Senior Masculino	02:06:21	+52:53	12:38
209	593	Manuel Simão Sebastião	caps jj	Senior Masculino	02:07:01	+53:33	12:42
210	1836	Brena Carvalho	trail brokers	Senior Feminino	02:07:23	+53:55	12:44
211	1175	Carlos Ferreira	lourosa em movimento	Senior Masculino	02:07:52	+54:24	12:47
212	1779	João Fortes	team alfa	Senior Masculino	02:07:54	+54:26	12:47
213	1772	António Carlos Gomes Freitas	team alfa	Senior Masculino	02:07:59	+54:31	12:48
214	1353	Joana Almeida	os bravos de arões	Senior Feminino	02:08:10	+54:42	12:49
215	1355	Luís Soares	os bravos de arões	Senior Masculino	02:08:10	+54:42	12:49

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
216	1051	Hugo Miguel Campos Barbosa	individual	Senior Masculino	02:08:17	+54:49	12:50
217	758	Catarina Hermida	equipo plp	Senior Feminino	02:08:26	+54:58	12:51
218	759	Raúl Rodríguez	equipo plp	Senior Masculino	02:08:26	+54:58	12:51
219	1185	João Tiago	low power	Senior Masculino	02:08:26	+54:58	12:51
220	1186	Mario Santos	low power	Senior Masculino	02:08:27	+54:59	12:51
221	1187	Sérgio Rocha	low power	Senior Masculino	02:08:27	+54:59	12:51
222	607	Valdemar Almeida	casa dos dragões de fiães	Senior Masculino	02:08:44	+55:16	12:52
223	1031	Cristiano Carvalho	individual	Senior Masculino	02:08:51	+55:23	12:53
224	376	Patrícia Oliveira	banhas assassinas	Senior Feminino	02:08:51	+55:24	12:53
225	1075	Paulo Sousa	individual	Senior Masculino	02:08:52	+55:24	12:53
226	1717	Carla Ribeiro	tartarugas em fuga	Senior Feminino	02:09:13	+55:45	12:55
227	1099	José Martins	joca	Senior Masculino	02:09:21	+55:53	12:56
228	1870	Paulo Tavares	trepatrihos trail team	Senior Masculino	02:09:22	+55:54	12:56
229	1473	Inês Soares	perdidos mas felizes	Senior Feminino	02:10:14	+56:46	13:01
230	1479	Edgar Pereira	perdidos mas felizes	Senior Masculino	02:10:16	+56:48	13:02
231	601	Nelson Domingos da Silva Reis	casa dos dragões de fiães	Senior Masculino	02:10:20	+56:52	13:02
232	770	José Rebola	famalição em forma	Senior Masculino	02:10:35	+57:07	13:04
233	580	Bárbara Silva	caps jj	Senior Feminino	02:10:51	+57:23	13:05
234	583	Kiara Liberal Freire	caps jj	Senior Feminino	02:10:51	+57:23	13:05
235	661	Renato Pereira	chamas na pista	Senior Masculino	02:10:54	+57:26	13:05
236	657	Manoel Silva	chamas na pista	Senior Masculino	02:10:54	+57:26	13:05
237	660	Nuno Brandão	chamas na pista	Senior Masculino	02:10:55	+57:27	13:06
238	647	Claudio Ferreira	chamas na pista	Senior Masculino	02:10:55	+57:27	13:06
239	662	Ruben Correia	chamas na pista	Senior Masculino	02:10:55	+57:27	13:06
240	588	Ailton Ferreira da Silva Junior	caps jj	Senior Masculino	02:11:06	+57:38	13:07
241	1065	Marco Leite	individual	Senior Masculino	02:11:13	+57:45	13:07
242	1095	Tiago Coelho	individual	Senior Masculino	02:11:13	+57:45	13:07
243	1067	Miguel Leirião	individual	Senior Masculino	02:11:13	+57:45	13:07
244	1002	Marta Beatriz Neto Veríssimo	individual	Senior Feminino	02:11:13	+57:45	13:07
245	1502	Pedro Policiano	pernetas de alfena	Senior Masculino	02:11:26	+57:58	13:09
246	1493	Guilhermina Amaral	pernetas de alfena	Senior Feminino	02:11:27	+57:59	13:09
247	1498	Sónia Monteiro	pernetas de alfena	Senior Feminino	02:11:27	+57:59	13:09
248	404	Kauã Vitor Souza Oliveira	bombeiros de arrifana	Senior Masculino	02:11:35	+58:07	13:10
249	411	Rúben Carlos Nascimento Almeida	bombeiros de arrifana	Senior Masculino	02:11:35	+58:07	13:10
250	646	António Pereira	chamas na pista	Senior Masculino	02:11:47	+58:19	13:11
251	472	João Rocha	bravos do copofit	Senior Masculino	02:11:48	+58:20	13:11
252	586	Sara Pinto	caps jj	Senior Feminino	02:11:59	+58:31	13:12
253	590	Duarte Barbosa	caps jj	Senior Masculino	02:11:59	+58:31	13:12
254	591	Helber Nicolau Bernardo	caps jj	Senior Masculino	02:12:00	+58:32	13:12
255	1178	Pedro Moreira	lourosa em movimento	Senior Masculino	02:12:08	+58:40	13:13
256	1181	Rúben Magalhaes	lourosa em movimento	Senior Masculino	02:12:08	+58:40	13:13
257	1169	Maria João Lima	lourosa em movimento	Senior Feminino	02:12:08	+58:40	13:13
258	709	Filipa Costa	cruzadex	Senior Feminino	02:12:29	+59:01	13:15
259	710	Nuno Monteiro	cruzadex	Senior Masculino	02:12:32	+59:04	13:15
260	265	Paula Martins	active -carolina	Senior Feminino	02:12:33	+59:05	13:15

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
261	263	Mária Calmeiro	active -carolina	Senior Feminino	02:12:33	+59:05	13:15
262	264	Maria Martins	active -carolina	Senior Feminino	02:12:34	+59:06	13:15
263	228	Inês Santos	3naopodeseri	Senior Feminino	02:13:08	+59:40	13:19
264	233	Ivo Gomes	3naopodeseri	Senior Masculino	02:13:08	+59:40	13:19
265	304	HELENA CUNHA	arrastassolas	Senior Feminino	02:13:34	+01:00:06	13:21
266	305	JOSE MARTINEZ	arrastassolas	Senior Masculino	02:13:34	+01:00:06	13:21
267	306	PEDRO CARVALHO	arrastassolas	Senior Masculino	02:13:35	+01:00:07	13:21
268	307	PEDRO MAGALHAES	arrastassolas	Senior Masculino	02:13:35	+01:00:07	13:21
269	957	Helio ribeiro	improve fitness studio	Senior Masculino	02:13:40	+01:00:12	13:22
270	956	Fernando Fernandes	improve fitness studio	Senior Masculino	02:13:43	+01:00:15	13:22
271	939	Ana Borges	improve fitness studio	Senior Feminino	02:14:18	+01:00:50	13:26
272	962	Leandro Araujo	improve fitness studio	Senior Masculino	02:14:18	+01:00:50	13:26
273	966	Marcelo Edgar	improve fitness studio	Senior Masculino	02:14:19	+01:00:51	13:26
274	1440	João Matos	os sem freios	Senior Masculino	02:15:05	+01:01:37	13:31
275	1438	jessica diane souza da costa	os sem freios	Senior Feminino	02:15:05	+01:01:37	13:31
276	1443	Tiago Santos	os sem freios	Senior Masculino	02:15:05	+01:01:37	13:31
277	1437	Catarina Ferreira	os sem freios	Senior Feminino	02:15:06	+01:01:38	13:31
278	1441	Ranilson Santos Padilha	os sem freios	Senior Masculino	02:15:06	+01:01:38	13:31
279	1442	Sérgio Araujo	os sem freios	Senior Masculino	02:15:06	+01:01:38	13:31
280	1354	Patrícia Almeida	os bravos de arões	Senior Feminino	02:15:25	+01:01:57	13:32
281	1356	Pedro Alves	os bravos de arões	Senior Masculino	02:15:25	+01:01:57	13:32
282	1546	Rita Figueiredo	power studio	Senior Feminino	02:15:36	+01:02:08	13:34
283	1554	Rafael Pinho	power studio	Senior Masculino	02:15:37	+01:02:09	13:34
284	597	Luana da Silva Vilar Alves	casa dos dragões de fiães	Senior Feminino	02:16:12	+01:02:44	13:37
285	600	Dany da Silva Vilar Alves	casa dos dragões de fiães	Senior Masculino	02:16:15	+01:02:47	13:38
286	459	Joana Almeida	bravos do copofit	Senior Feminino	02:16:24	+01:02:56	13:38
287	1766	Ivone Matos	team alfa	Senior Feminino	02:16:30	+01:03:02	13:39
288	1562	Isabelle Fernandes	prime dentalab	Senior Feminino	02:16:37	+01:03:09	13:40
289	1570	Pierre Rodrigues	prime dentalab	Senior Masculino	02:16:37	+01:03:09	13:40
290	1569	Luís Tavares	prime dentalab	Senior Masculino	02:16:37	+01:03:09	13:40
291	1568	Lucas Souza	prime dentalab	Senior Masculino	02:16:38	+01:03:10	13:40
292	769	João Martins	famalicão em forma	Senior Masculino	02:17:02	+01:03:34	13:42
293	768	Bruno Amorim	famalicão em forma	Senior Masculino	02:17:02	+01:03:34	13:42
294	772	Marco Martins	famalicão em forma	Senior Masculino	02:17:05	+01:03:37	13:42
295	771	Luís Azevedo	famalicão em forma	Senior Masculino	02:17:06	+01:03:38	13:43
296	1757	Mario parros	task force raven	Senior Masculino	02:17:08	+01:03:40	13:43
297	972	Ana Cláudia Lobo Ferreira Da Silva	individual	Senior Feminino	02:17:15	+01:03:47	13:44
298	977	Andreia Barreira	individual	Senior Feminino	02:17:23	+01:03:55	13:44
299	1048	Gonçalo Pires	individual	Senior Masculino	02:17:24	+01:03:56	13:44
300	1068	Miguel Rocha	individual	Senior Masculino	02:17:25	+01:03:57	13:44
301	460	Joana Teixeira	bravos do copofit	Senior Feminino	02:17:30	+01:04:02	13:45
302	477	Ricardo Lima	bravos do copofit	Senior Masculino	02:17:30	+01:04:02	13:45
303	1025	Bruno Manuel Soares dos Santos	individual	Senior Masculino	02:18:02	+01:04:34	13:48
304	1086	Rozaldo Ardelino da Silva Júnior	individual	Senior Masculino	02:18:05	+01:04:37	13:48

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
305	988	Filipa Santos	individual	Senior Feminino	02:18:11	+01:04:43	13:49
306	978	Bárbara Caldas	individual	Senior Feminino	02:18:11	+01:04:43	13:49
307	994	Joana Gonçalves	individual	Senior Feminino	02:18:11	+01:04:43	13:49
308	1780	Luis Coutinho	team alfa	Senior Masculino	02:18:24	+01:04:56	13:50
309	1177	Luis Pereira	lourosa em movimento	Senior Masculino	02:18:39	+01:05:11	13:52
310	839	João Paulo Alves Capitão	fúria brava	Senior Masculino	02:18:54	+01:05:26	13:53
311	834	Vera Lúcia Magalhães dos Santos	fúria brava	Senior Feminino	02:18:54	+01:05:26	13:53
312	1098	Catarina Reis	joca	Senior Feminino	02:19:31	+01:06:03	13:57
313	643	Sónia Oliveira	chamas na pista	Senior Feminino	02:19:47	+01:06:19	13:59
314	388	Rafael Bento	bentcar	Senior Masculino	02:20:48	+01:07:20	14:05
315	390	Tiago Adriano	bentcar	Senior Masculino	02:20:48	+01:07:20	14:05
316	384	Joao Correia	bentcar	Senior Masculino	02:20:48	+01:07:20	14:05
317	1319	Susana Tavares da Silva	o bando dos 3	Senior Feminino	02:21:07	+01:07:39	14:07
318	1318	Ana Catarina Ferreira Reis	o bando dos 3	Senior Feminino	02:21:07	+01:07:39	14:07
319	1320	Jorge Filipe Oliveira Duarte	o bando dos 3	Senior Masculino	02:21:08	+01:07:40	14:07
320	1551	Miguel Costa	power studio	Senior Masculino	02:21:19	+01:07:51	14:08
321	1553	Pedro Valqueresma	power studio	Senior Masculino	02:21:20	+01:07:52	14:08
322	960	Joao silva	improve fitness studio	Senior Masculino	02:21:58	+01:08:30	14:12
323	379	Derlyvan sousa	banhas assassinas	Senior Masculino	02:22:41	+01:09:13	14:16
324	1170	Mena Silva	lourosa em movimento	Senior Feminino	02:22:51	+01:09:23	14:17
325	1174	António Silva	lourosa em movimento	Senior Masculino	02:22:51	+01:09:23	14:17
326	1168	Cristiana Monteiro	lourosa em movimento	Senior Feminino	02:22:51	+01:09:23	14:17
327	1675	Inês Cardoso	sem medo do charco	Senior Feminino	02:23:03	+01:09:35	14:18
328	1682	Nuno Relvas	sem medo do charco	Senior Masculino	02:23:03	+01:09:35	14:18
329	1306	DAVIDE SILVA	o alves vai casar	Senior Masculino	02:23:10	+01:09:42	14:19
330	471	Joao Ferro	bravos do copofit	Senior Masculino	02:23:44	+01:10:16	14:22
331	461	Liliana Ferro	bravos do copofit	Senior Feminino	02:23:44	+01:10:16	14:22
332	1545	Loide Pinho	power studio	Senior Feminino	02:23:49	+01:10:21	14:23
333	1542	Ana Costa	power studio	Senior Feminino	02:23:49	+01:10:21	14:23
334	1549	Jorge Neves	power studio	Senior Masculino	02:23:50	+01:10:22	14:23
335	1851	Marcelo Oliveira	transform fitness studio	Senior Masculino	02:23:51	+01:10:23	14:23
336	1850	Alexandre Leite	transform fitness studio	Senior Masculino	02:23:51	+01:10:23	14:23
337	1847	Elisabete Silva	transform fitness studio	Senior Feminino	02:23:51	+01:10:23	14:23
338	1846	Carla Ferreira	transform fitness studio	Senior Feminino	02:23:51	+01:10:23	14:23
339	1848	Rosa Santos	transform fitness studio	Senior Feminino	02:23:51	+01:10:23	14:23
340	1849	Vanessa Bastos	transform fitness studio	Senior Feminino	02:23:51	+01:10:23	14:23
341	1827	Oriana Silva	team playground	Senior Feminino	02:24:12	+01:10:44	14:25
342	1825	Bela Arrojado	team playground	Senior Feminino	02:24:12	+01:10:44	14:25
343	1828	Nelson Simões	team playground	Senior Masculino	02:24:12	+01:10:44	14:25
344	989	Francisca Almeida	individual	Senior Feminino	02:24:34	+01:11:06	14:27
345	1000	Márcia Marques	individual	Senior Feminino	02:24:34	+01:11:06	14:27
346	300	ROSA SALDANHA	ama-associação mondim atletismo	Senior Feminino	02:24:35	+01:11:07	14:28
347	298	KATALIN SZAKACS	ama-associação mondim atletismo	Senior Feminino	02:24:36	+01:11:08	14:28
348	299	Marisa Fernandes	ama-associação mondim atletismo	Senior Feminino	02:24:36	+01:11:08	14:28
349	1773	Bernardo Tavares	team alfa	Senior Masculino	02:24:47	+01:11:19	14:29

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
350	1118	marta sofia gomes rodrigues	korpi	Senior Feminino	02:24:59	+01:11:31	14:30
351	1117	Maria do Céu Sardoura Ferreira	korpi	Senior Feminino	02:24:59	+01:11:31	14:30
352	1116	juliana marques melo	korpi	Senior Feminino	02:24:59	+01:11:31	14:30
353	301	JOSÉ CERDEIRA	ama-associação mondim atletismo	Senior Masculino	02:25:24	+01:11:56	14:32
354	1508	Dulce Bastos	pés no asfalto	Senior Feminino	02:25:59	+01:12:31	14:36
355	664	Serafim Almeida	chamas na pista	Senior Masculino	02:26:28	+01:13:00	14:39
356	1833	Miguel Ferreira	titãs	Senior Masculino	02:26:42	+01:13:14	14:40
357	1832	Diogo Dias	titãs	Senior Masculino	02:26:42	+01:13:14	14:40
358	1831	Catarina Costa	titãs	Senior Feminino	02:26:42	+01:13:14	14:40
359	1014	Vanessa silva	individual	Senior Feminino	02:27:00	+01:13:32	14:42
360	553	Hugo Taipa	caminhadas da amizade	Senior Masculino	02:27:00	+01:13:32	14:42
361	1073	Paulo Barbosa	individual	Senior Masculino	02:27:01	+01:13:33	14:42
362	554	Manuel Nunes	caminhadas da amizade	Senior Masculino	02:27:01	+01:13:33	14:42
363	1106	Daniel Rebelo	juf acc	Senior Masculino	02:27:24	+01:13:56	14:44
364	1104	Cannigia Oliveira	juf acc	Senior Masculino	02:27:24	+01:13:56	14:44
365	1102	Rosário Resende	juf acc	Senior Feminino	02:27:24	+01:13:56	14:44
366	1103	Alberto Ferreira	juf acc	Senior Masculino	02:27:24	+01:13:56	14:44
367	1101	Rosária Oliveira	juf acc	Senior Feminino	02:27:24	+01:13:56	14:44
368	1109	Telmo Nogueira	juf acc	Senior Masculino	02:27:24	+01:13:56	14:44
369	1100	Maria Lino	juf acc	Senior Feminino	02:27:24	+01:13:56	14:44
370	1105	Carlos Freitas	juf acc	Senior Masculino	02:27:24	+01:13:56	14:44
371	1108	Miguel Barbosa	juf acc	Senior Masculino	02:27:24	+01:13:56	14:44
372	1107	Fernando Oliveira	juf acc	Senior Masculino	02:27:24	+01:13:56	14:44
373	1512	Rui Oliveira	pés no asfalto	Senior Masculino	02:28:14	+01:14:46	14:49
374	979	Beatriz Tavares	individual	Senior Feminino	02:28:19	+01:14:51	14:50
375	1063	Lucas Gomes	individual	Senior Masculino	02:28:19	+01:14:51	14:50
376	1361	Tiago Sousa	os duros	Senior Masculino	02:28:34	+01:15:06	14:51
377	1360	Gualter Pereira	os duros	Senior Masculino	02:28:35	+01:15:07	14:52
378	1358	Bruno Sousa	os duros	Senior Masculino	02:28:35	+01:15:07	14:52
379	1359	Dinis Pereira	os duros	Senior Masculino	02:28:38	+01:15:10	14:52
380	1623	Sergio Dias	retornados	Senior Masculino	02:28:47	+01:15:19	14:53
381	267	Henry Amaral	active -carolina	Senior Masculino	02:28:52	+01:15:24	14:53
382	268	João Moreira	active -carolina	Senior Masculino	02:28:52	+01:15:24	14:53
383	266	Alexandre Dias	active -carolina	Senior Masculino	02:28:53	+01:15:25	14:53
384	219	CARLA ALVES	3 f's	Senior Feminino	02:28:54	+01:15:26	14:53
385	218	Beatriz Melo	3 f's	Senior Feminino	02:28:54	+01:15:26	14:53
386	1495	Lurdes Gomes	pernetas de alfena	Senior Feminino	02:29:05	+01:15:37	14:54
387	1497	Rita Magalhães	pernetas de alfena	Senior Feminino	02:29:10	+01:15:42	14:55
388	473	Luís Pires	bravos do copofit	Senior Masculino	02:29:25	+01:15:57	14:57
389	1079	Pedro Pinho	individual	Senior Masculino	02:29:55	+01:16:27	15:00
390	992	Inês Costa Ferreira	individual	Senior Feminino	02:29:55	+01:16:27	15:00
391	635	Maria de Fátima Jaouen	chamas na pista	Senior Feminino	02:30:00	+01:16:32	15:00
392	1449	Bárbara Oliveira	pandilhas do europearque	Senior Feminino	02:30:12	+01:16:44	15:01
393	981	Cátia Coelho	individual	Senior Feminino	02:30:12	+01:16:44	15:01
394	1454	Pedro Benfeito	pandilhas do europearque	Senior Masculino	02:30:12	+01:16:44	15:01

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
395	1453	Tânia Mateus	pandilhas do europeu	Senior Feminino	02:30:12	+01:16:44	15:01
396	1451	Conceição Correia	pandilhas do europeu	Senior Feminino	02:30:12	+01:16:44	15:01
397	1450	Carlinda Santos	pandilhas do europeu	Senior Feminino	02:30:12	+01:16:44	15:01
398	1455	Pedro Santos	pandilhas do europeu	Senior Masculino	02:30:12	+01:16:44	15:01
399	1939	Joni Costa	individual	Senior Masculino	02:30:12	+01:16:44	15:01
400	1930	Susana Lopes	zinde	Senior Feminino	02:30:28	+01:17:00	15:03
401	1931	David Silva	zinde	Senior Masculino	02:30:29	+01:17:01	15:03
402	722	Rui Nunes	dieta d'água	Senior Masculino	02:30:30	+01:17:02	15:03
403	717	Cátia Valente	dieta d'água	Senior Feminino	02:30:31	+01:17:03	15:03
404	1637	João Damião	running esmoriz	Senior Masculino	02:30:32	+01:17:04	15:03
405	1638	Lucas Aleixo	running esmoriz	Senior Masculino	02:30:32	+01:17:04	15:03
406	999	Manuela Pinho	individual	Senior Feminino	02:30:39	+01:17:11	15:04
407	1011	Teresa Taveira	individual	Senior Feminino	02:30:49	+01:17:21	15:05
408	1028	Carlos Ribeiro	individual	Senior Masculino	02:30:51	+01:17:23	15:05
409	246	Pedro Emanuel	a catarina disse que era fácil	Senior Masculino	02:31:09	+01:17:41	15:07
410	239	Filipa Silva	a catarina disse que era fácil	Senior Feminino	02:31:09	+01:17:41	15:07
411	238	Daniela Almeida	a catarina disse que era fácil	Senior Feminino	02:31:09	+01:17:41	15:07
412	241	Igor Neves	a catarina disse que era fácil	Senior Masculino	02:31:10	+01:17:42	15:07
413	466	Bruno Cardoso	bravos do copofit	Senior Masculino	02:31:11	+01:17:43	15:07
414	467	Bruno Carvalho	bravos do copofit	Senior Masculino	02:31:12	+01:17:44	15:07
415	210	Nelson Abrantes	100espinhas	Senior Masculino	02:31:16	+01:17:48	15:08
416	206	Ailton Cruz	100espinhas	Senior Masculino	02:31:16	+01:17:48	15:08
417	209	Marco Borges	100espinhas	Senior Masculino	02:31:17	+01:17:49	15:08
418	205	Ana Rita Pereira Duarte	100espinhas	Senior Feminino	02:31:18	+01:17:50	15:08
419	208	Jorge Silva	100espinhas	Senior Masculino	02:31:19	+01:17:51	15:08
420	1058	Joaquim Pepe Roque	individual	Senior Masculino	02:31:44	+01:18:16	15:10
421	1056	João Pedro Roque	individual	Senior Masculino	02:31:44	+01:18:16	15:10
422	1005	Salomé Machado	individual	Senior Feminino	02:31:56	+01:18:28	15:12
423	1484	Tiago Azevedo	perdidos no monte	Senior Masculino	02:31:56	+01:18:28	15:12
424	1483	Sónia Raquel Almeida Ribeiro	perdidos no monte	Senior Feminino	02:31:57	+01:18:29	15:12
425	1482	Sofia Santos	perdidos no monte	Senior Feminino	02:31:57	+01:18:29	15:12
426	1485	Tiago Leite	perdidos no monte	Senior Masculino	02:31:58	+01:18:30	15:12
427	1033	Daniel Cunha	individual	Senior Masculino	02:31:59	+01:18:31	15:12
428	997	Mafalda Sofia Bastos de Oliveira	individual	Senior Feminino	02:32:35	+01:19:07	15:15
429	1030	César de Oliveira Gonçalves	individual	Senior Masculino	02:32:35	+01:19:07	15:16
430	1271	Liliana Teixeira Pereira	ninjas	Senior Feminino	02:32:50	+01:19:22	15:17
431	1269	Alexandrina Manuela Rodrigues da Silva	ninjas	Senior Feminino	02:32:50	+01:19:22	15:17
432	1817	João Soares	team dartação	Senior Masculino	02:33:14	+01:19:46	15:19
433	1813	Elson Margarido	team dartação	Senior Masculino	02:33:14	+01:19:46	15:19
434	1802	Maria Soares	team dartação	Senior Feminino	02:33:22	+01:19:54	15:20
435	1809	Sónia Pereira	team dartação	Senior Feminino	02:33:32	+01:20:04	15:21
436	1814	Frederico Almeida	team dartação	Senior Masculino	02:33:32	+01:20:04	15:21
437	1795	Cláudia Rodrigues	team dartação	Senior Feminino	02:33:36	+01:20:08	15:22
438	244	Mateus Mian de Almeida Mendes	a catarina disse que era fácil	Senior Masculino	02:33:47	+01:20:19	15:23

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
439	237	Catarina Almeida	a catarina disse que era fácil	Senior Feminino	02:33:47	+01:20:19	15:23
440	1797	Cristina Rodrigues	team dartação	Senior Feminino	02:33:49	+01:20:21	15:23
441	714	Josué Moreira	diana pimenta	Senior Masculino	02:34:09	+01:20:41	15:25
442	712	Elisabete Gomes	diana pimenta	Senior Feminino	02:34:10	+01:20:42	15:25
443	713	João Santos	diana pimenta	Senior Masculino	02:34:11	+01:20:43	15:25
444	711	Diana Pimenta	diana pimenta	Senior Feminino	02:34:12	+01:20:44	15:25
445	715	Xavier Alves	diana pimenta	Senior Masculino	02:34:13	+01:20:45	15:25
446	900	Ana Cardoso	gondovikings	Senior Feminino	02:34:27	+01:20:59	15:27
447	901	Sara Pinto	gondovikings	Senior Feminino	02:34:28	+01:21:00	15:27
448	556	Ana Rita	caminheiros de canedo	Senior Feminino	02:34:28	+01:21:00	15:27
449	555	Ana Isabel Oliveira	caminheiros de canedo	Senior Feminino	02:34:28	+01:21:00	15:27
450	902	Bruno Figueiredo	gondovikings	Senior Masculino	02:34:32	+01:21:04	15:27
451	1345	Francisco Monteiro	os 7 maravilhas	Senior Masculino	02:34:37	+01:21:10	15:28
452	281	Catarina Marques	alpha studio	Senior Feminino	02:34:50	+01:21:22	15:29
453	373	André Andrade	banhas assassinas	Senior Masculino	02:34:53	+01:21:25	15:29
454	220	Carla Morais	3 f's	Senior Feminino	02:34:55	+01:21:27	15:30
455	222	Marina Ishunina	3 f's	Senior Feminino	02:34:57	+01:21:29	15:30
456	658	Márcio Cardoso	chamas na pista	Senior Masculino	02:35:01	+01:21:33	15:30
457	224	ANTONIO RESENDE	3 f's	Senior Masculino	02:35:02	+01:21:34	15:30
458	627	Alexandra Neves	chamas na pista	Senior Feminino	02:35:02	+01:21:34	15:30
459	655	João Cardoso	chamas na pista	Senior Masculino	02:35:02	+01:21:34	15:30
460	1139	Tiago Aleixo	labregos	Senior Masculino	02:35:23	+01:21:55	15:32
461	207	Herlander Santos	100espinhas	Senior Masculino	02:35:35	+01:22:07	15:34
462	1538	Renato Paiva	portal da queixa	Senior Masculino	02:36:36	+01:23:08	15:40
463	1534	Leonardo Paiva Ferreira	portal da queixa	Senior Masculino	02:36:36	+01:23:08	15:40
464	1539	Ricardo da Silva Ferreira	portal da queixa	Senior Masculino	02:36:39	+01:23:11	15:40
465	1530	Ilidio Manuel Almeida Lemos	portal da queixa	Senior Masculino	02:36:40	+01:23:12	15:40
466	400	Joaquim José Ferreira dos Santos	bombeiros de arrifana	Senior Masculino	02:36:53	+01:23:25	15:41
467	401	Joaquim Ribeiro Dos Santos	bombeiros de arrifana	Senior Masculino	02:37:30	+01:24:02	15:45
468	1366	Tatiane Machado	os fixes do balio	Senior Feminino	02:37:35	+01:24:07	15:46
469	1365	Rita Teixeira	os fixes do balio	Senior Feminino	02:37:35	+01:24:07	15:46
470	1368	Ricardo Jorge Teixeira da Cunha	os fixes do balio	Senior Masculino	02:37:39	+01:24:11	15:46
471	1363	Ana Adrego	os fixes do balio	Senior Feminino	02:37:39	+01:24:11	15:46
472	832	Cindy Vanessa Henriques Marques	fúria brava	Senior Feminino	02:37:40	+01:24:12	15:46
473	838	Fábio Daniel Coelho Gomes	fúria brava	Senior Masculino	02:37:40	+01:24:12	15:46
474	836	Diogo Marques	fúria brava	Senior Masculino	02:37:41	+01:24:13	15:46
475	835	Arménio da Mota Marques e Silva	fúria brava	Senior Masculino	02:37:51	+01:24:23	15:47
476	250	Teresa Pinho	acdcdsmf os laranjinhas	Senior Feminino	02:37:58	+01:24:30	15:48
477	840	Paulo Jorge Pinho Capitão	fúria brava	Senior Masculino	02:38:02	+01:24:34	15:48
478	1034	Daniel Moreira	individual	Senior Masculino	02:38:38	+01:25:10	15:52
479	1064	Manuel Paiva	individual	Senior Masculino	02:38:51	+01:25:23	15:53
480	1016	Viviana Afonso	individual	Senior Feminino	02:38:52	+01:25:24	15:53
481	973	Ana Lemos	individual	Senior Feminino	02:38:58	+01:25:30	15:54

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
482	256	Joaquim Fernando	acdcdsmf os laranjinhas	Senior Masculino	02:39:11	+01:25:43	15:55
483	1889	André Ricardo Oliveira Cardoso	tropeça-mas-vai	Senior Masculino	02:39:17	+01:25:49	15:56
484	1886	Ana Raquel Gomes fidalgo	tropeça-mas-vai	Senior Feminino	02:39:17	+01:25:49	15:56
485	1890	Marcos André correia Moreira	tropeça-mas-vai	Senior Masculino	02:39:17	+01:25:49	15:56
486	1887	Eduarda Catarina Oliveira Cardoso	tropeça-mas-vai	Senior Feminino	02:39:18	+01:25:50	15:56
487	1888	Márcia Filipa Oliveira Cardoso	tropeça-mas-vai	Senior Feminino	02:39:19	+01:25:51	15:56
488	1505	Bárbara santos	pés no asfalto	Senior Feminino	02:40:43	+01:27:15	16:04
489	1510	Susana Gomes	pés no asfalto	Senior Feminino	02:40:44	+01:27:16	16:04
490	1507	Carmo Paiva	pés no asfalto	Senior Feminino	02:40:44	+01:27:16	16:04
491	1509	Sandra Gomes	pés no asfalto	Senior Feminino	02:40:44	+01:27:16	16:04
492	1511	Joel Jesus	pés no asfalto	Senior Masculino	02:40:44	+01:27:16	16:04
493	1190	Rita ascenso	lowlanders	Senior Feminino	02:40:50	+01:27:22	16:05
494	934	Miguel Rodrigues Domingues	impocolor ti-tans	Senior Masculino	02:41:20	+01:27:52	16:08
495	1346	João Carvalho dos Santos	os 7 maravilhas	Senior Masculino	02:41:21	+01:27:53	16:08
496	595	Thiago Seabra Cavalcanti	caps jj	Senior Masculino	02:41:24	+01:27:56	16:08
497	585	Luna Liberal Freire	caps jj	Senior Feminino	02:41:24	+01:27:56	16:08
498	594	Matheus de Oliveira Seabra Cavalcanti	caps jj	Senior Masculino	02:41:24	+01:27:56	16:08
499	1194	Marco Almeida	lowlanders	Senior Masculino	02:41:25	+01:27:57	16:09
500	936	Rafael Vasconcelos	impocolor ti-tans	Senior Masculino	02:41:26	+01:27:58	16:09
501	931	GLEISSON SOUZA RAMOS	impocolor ti-tans	Senior Masculino	02:41:26	+01:27:58	16:09
502	927	Maribel Rodrigues	impocolor ti-tans	Senior Feminino	02:41:38	+01:28:10	16:10
503	1821	Serafim Gouveia	team dartação	Senior Masculino	02:41:54	+01:28:26	16:11
504	1595	Sara Rodrigues	pupilos do zé-tó	Senior Feminino	02:42:25	+01:28:57	16:14
505	1500	Miguel Teixeira	pernetas de alfena	Senior Masculino	02:42:47	+01:29:19	16:17
506	464	António Bessa	bravos do copofit	Senior Masculino	02:42:52	+01:29:24	16:17
507	1600	Tiago Araújo	pupilos do zé-tó	Senior Masculino	02:43:06	+01:29:38	16:19
508	1597	Bruno Pina	pupilos do zé-tó	Senior Masculino	02:43:10	+01:29:42	16:19
509	1804	Maryna Skliar	team dartação	Senior Feminino	02:43:11	+01:29:43	16:19
510	1594	Lara Pina	pupilos do zé-tó	Senior Feminino	02:43:11	+01:29:43	16:19
511	1799	Elisabete Pinto	team dartação	Senior Feminino	02:43:11	+01:29:43	16:19
512	1806	Rosa Marques	team dartação	Senior Feminino	02:43:12	+01:29:44	16:19
513	1807	SANDRA NEVES	team dartação	Senior Feminino	02:43:12	+01:29:44	16:19
514	1591	Ana Rita Gaspar	pupilos do zé-tó	Senior Feminino	02:43:13	+01:29:45	16:19
515	1195	Nuno Gonçalves	lowlanders	Senior Masculino	02:43:14	+01:29:46	16:19
516	1880	Carlos Manuel Pinto Gomes	trinta e quatro	Senior Masculino	02:43:42	+01:30:14	16:22
517	1881	Diogo Alexandre Fiteira Dias	trinta e quatro	Senior Masculino	02:43:42	+01:30:14	16:22
518	1885	Vasco Leandro Valente Gomes	trinta e quatro	Senior Masculino	02:43:42	+01:30:14	16:22
519	1884	Ruben Micael Calçada Soares	trinta e quatro	Senior Masculino	02:43:43	+01:30:15	16:22
520	1879	Marta Ferreira Dias	trinta e quatro	Senior Feminino	02:43:43	+01:30:15	16:22
521	1882	João Pedro da Costa Oliveira	trinta e quatro	Senior Masculino	02:43:44	+01:30:16	16:22
522	1877	Filomena Carminda Moreira da Silva	trinta e quatro	Senior Feminino	02:43:45	+01:30:17	16:22
523	1875	Catarina Pinho Pereira	trinta e quatro	Senior Feminino	02:43:45	+01:30:17	16:22
524	1878	Mariana Costa Brito	trinta e quatro	Senior Feminino	02:43:45	+01:30:17	16:22

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
525	455	Andreia Moreira	bravos do copofit	Senior Feminino	02:43:45	+01:30:17	16:22
526	1124	martim campos freitas	korpi	Senior Masculino	02:43:50	+01:30:22	16:23
527	1673	Ana Silva	sem medo do charco	Senior Feminino	02:44:06	+01:30:38	16:25
528	1681	Joaquim Lopes	sem medo do charco	Senior Masculino	02:44:07	+01:30:39	16:25
529	1593	Cristina Lima	pupilos do zé-tó	Senior Feminino	02:44:09	+01:30:41	16:25
530	1501	Paulo Luz	pernetas de alfena	Senior Masculino	02:44:10	+01:30:42	16:25
531	1596	Suzana Duarte	pupilos do zé-tó	Senior Feminino	02:44:13	+01:30:45	16:25
532	1883	João Gomes	trinta e quatro	Senior Masculino	02:44:14	+01:30:46	16:25
533	1598	José Rodrigues	pupilos do zé-tó	Senior Masculino	02:44:14	+01:30:46	16:25
534	1494	Isabel Geraledes	pernetas de alfena	Senior Feminino	02:44:22	+01:30:54	16:26
535	1504	Ricardo Lima	pernetas de alfena	Senior Masculino	02:44:23	+01:30:55	16:26
536	1556	Ana Azevedo	powerfulrunners	Senior Feminino	02:44:35	+01:31:07	16:28
537	1558	Sara Faria	powerfulrunners	Senior Feminino	02:44:35	+01:31:07	16:28
538	1559	Vanessa Dinis	powerfulrunners	Senior Feminino	02:44:35	+01:31:07	16:28
539	1764	Cristiana Cortes	team alfa	Senior Feminino	02:44:49	+01:31:22	16:29
540	1771	António Carlos Gomes Freitas	team alfa	Senior Masculino	02:44:50	+01:31:22	16:29
541	974	Ana Lúcia Silva	individual	Senior Feminino	02:44:54	+01:31:26	16:29
542	990	Greissys Pereira	individual	Senior Feminino	02:44:54	+01:31:26	16:29
543	976	Andrea Chaves	individual	Senior Feminino	02:44:54	+01:31:26	16:29
544	1069	Miguel Silva	individual	Senior Masculino	02:44:54	+01:31:26	16:29
545	1008	sara filipa castro lobo	individual	Senior Feminino	02:44:54	+01:31:27	16:29
546	245	Nuno Azeitona	a catarina disse que era fácil	Senior Masculino	02:45:03	+01:31:35	16:30
547	242	João Brandão	a catarina disse que era fácil	Senior Masculino	02:45:10	+01:31:42	16:31
548	247	Raphael Chiarella	a catarina disse que era fácil	Senior Masculino	02:45:10	+01:31:42	16:31
549	1552	Pedro Silva	power studio	Senior Masculino	02:45:25	+01:31:57	16:33
550	1543	Ana Ferreira	power studio	Senior Feminino	02:45:26	+01:31:58	16:33
551	1544	Catarina Farreira	power studio	Senior Feminino	02:45:28	+01:32:00	16:33
552	1547	Bruno Miguel Pais Oliveira	power studio	Senior Masculino	02:45:29	+01:32:01	16:33
553	1411	Eduardo Mota	os resistentes	Senior Masculino	02:45:48	+01:32:20	16:35
554	468	Bruno Lima	bravos do copofit	Senior Masculino	02:45:58	+01:32:30	16:36
555	462	Sonia Rocha	bravos do copofit	Senior Feminino	02:46:00	+01:32:32	16:36
556	463	Andre Teixeira	bravos do copofit	Senior Masculino	02:46:03	+01:32:35	16:36
557	454	Andreia Cardoso	bravos do copofit	Senior Feminino	02:46:05	+01:32:37	16:37
558	1189	Marta Duarte	lowlanders	Senior Feminino	02:46:07	+01:32:39	16:37
559	1188	Marina Gonçalves	lowlanders	Senior Feminino	02:46:08	+01:32:40	16:37
560	1196	Oscar Soares	lowlanders	Senior Masculino	02:46:08	+01:32:40	16:37
561	1197	Valter Soares	lowlanders	Senior Masculino	02:46:08	+01:32:40	16:37
562	1421	Ricardo Pereira	os resistentes	Senior Masculino	02:46:09	+01:32:41	16:37
563	1785	Pedro Miguel Gonçalves Santos	team alfa	Senior Masculino	02:46:11	+01:32:43	16:37
564	1192	Christophe ascenso	lowlanders	Senior Masculino	02:46:14	+01:32:46	16:37
565	1191	Bruno Gonçalves	lowlanders	Senior Masculino	02:46:20	+01:32:52	16:38
566	1405	Matilde Brandão	os resistentes	Senior Feminino	02:46:22	+01:32:54	16:38
567	1404	Leonor Xará	os resistentes	Senior Feminino	02:46:23	+01:32:55	16:38
568	1424	Victor Pinto	os resistentes	Senior Masculino	02:46:23	+01:32:55	16:38
569	1362	Vitor Silva	os duros	Senior Masculino	02:46:32	+01:33:04	16:39

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
570	589	Diego Freire Netto	caps jj	Senior Masculino	02:46:38	+01:33:10	16:40
571	1922	Duarte Palavra	vingalentos	Senior Masculino	02:46:50	+01:33:22	16:41
572	1919	Carolina Real	vingalentos	Senior Feminino	02:46:50	+01:33:22	16:41
573	581	Káthia Marisol da Silva Liberal	caps jj	Senior Feminino	02:46:55	+01:33:27	16:41
574	1921	Alexandre Barreira Reis	vingalentos	Senior Masculino	02:46:58	+01:33:30	16:42
575	1920	Mariana Arada	vingalentos	Senior Feminino	02:46:58	+01:33:30	16:42
576	1923	tomas areias	vingalentos	Senior Masculino	02:46:58	+01:33:30	16:42
577	1236	Angélica Santos	marés vivas	Senior Feminino	02:47:39	+01:34:11	16:46
578	1237	Daniela Alexandra Tavares Oliveira	marés vivas	Senior Feminino	02:47:39	+01:34:11	16:46
579	1240	Susana Filipa Proença Miguel	marés vivas	Senior Feminino	02:47:39	+01:34:11	16:46
580	1239	Natália Gomes	marés vivas	Senior Feminino	02:47:39	+01:34:11	16:46
581	277	Adriana Cruz	alpha studio	Senior Feminino	02:47:44	+01:34:16	16:46
582	928	Bruno Miguel Ribeiro da Silva	impocolor ti-tans	Senior Masculino	02:47:47	+01:34:19	16:47
583	316	Ana del Pino	as cinco	Senior Feminino	02:48:04	+01:34:36	16:48
584	320	Rosa Teixeira	as cinco	Senior Feminino	02:48:04	+01:34:36	16:48
585	317	Carminho Loureiro	as cinco	Senior Feminino	02:48:05	+01:34:37	16:48
586	318	Lucinda Gomes	as cinco	Senior Feminino	02:48:05	+01:34:37	16:48
587	319	Olga Oliveira	as cinco	Senior Feminino	02:48:09	+01:34:41	16:49
588	1715	Andreia Ferreira	tartarugas em fuga	Senior Feminino	02:48:42	+01:35:14	16:52
589	1722	Sandra Moreira	tartarugas em fuga	Senior Feminino	02:48:42	+01:35:14	16:52
590	1718	Erika Jesus	tartarugas em fuga	Senior Feminino	02:48:42	+01:35:14	16:52
591	1730	Ruben Oliveira	tartarugas em fuga	Senior Masculino	02:48:44	+01:35:16	16:52
592	1720	Francisca Silva	tartarugas em fuga	Senior Feminino	02:48:45	+01:35:17	16:52
593	1726	Francisco Silva	tartarugas em fuga	Senior Masculino	02:48:45	+01:35:17	16:53
594	230	Renata Paiva	3naopodeseri	Senior Feminino	02:49:03	+01:35:35	16:54
595	232	Gonçalo Malho	3naopodeseri	Senior Masculino	02:49:03	+01:35:35	16:54
596	428	Apólo Silva	bravini	Senior Masculino	02:49:05	+01:35:37	16:55
597	427	Sandra Magalhães	bravini	Senior Feminino	02:49:06	+01:35:38	16:55
598	424	Ana Santiago	bravini	Senior Feminino	02:49:07	+01:35:39	16:55
599	429	Emanuel Alves	bravini	Senior Masculino	02:49:08	+01:35:40	16:55
600	433	Marco Costa	bravini	Senior Masculino	02:49:08	+01:35:41	16:55
601	432	João Pedro Silva sales Mendes Azevedo	bravini	Senior Masculino	02:49:09	+01:35:41	16:55
602	426	Mariana Paiva	bravini	Senior Feminino	02:49:09	+01:35:41	16:55
603	436	Pedro Pinho	bravini	Senior Masculino	02:49:10	+01:35:42	16:55
604	435	Nelson Santos	bravini	Senior Masculino	02:49:10	+01:35:42	16:55
605	423	Ana Madeira	bravini	Senior Feminino	02:49:10	+01:35:42	16:55
606	434	Micael Conceição	bravini	Senior Masculino	02:49:10	+01:35:42	16:55
607	430	Hugo Oliveira	bravini	Senior Masculino	02:49:10	+01:35:42	16:55
608	431	João Moreira	bravini	Senior Masculino	02:49:11	+01:35:43	16:55
609	438	Tiago Madureira	bravini	Senior Masculino	02:49:11	+01:35:43	16:55
610	425	Maria Albergaria	bravini	Senior Feminino	02:49:11	+01:35:43	16:55
611	437	Pedro Vieira	bravini	Senior Masculino	02:49:12	+01:35:44	16:55
612	996	Laura Lavoura	individual	Senior Feminino	02:49:17	+01:35:49	16:56
613	924	Erica Santos	impocolor ti-tans	Senior Feminino	02:49:18	+01:35:50	16:56
614	920	Anita André	impocolor ti-tans	Senior Feminino	02:49:18	+01:35:50	16:56

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
615	1012	Vanessa Fonseca	individual	Senior Feminino	02:49:24	+01:35:56	16:56
616	1062	Lívio Santos	individual	Senior Masculino	02:49:24	+01:35:56	16:56
617	1043	Flávio Oliveira	individual	Senior Masculino	02:49:26	+01:35:58	16:57
618	350	Fátima Pinto	bacelo	Senior Feminino	02:49:28	+01:36:00	16:57
619	975	Anabela Barbosa	individual	Senior Feminino	02:49:34	+01:36:06	16:57
620	349	Elisabete Bacelo	bacelo	Senior Feminino	02:49:35	+01:36:07	16:58
621	351	Carlos Oliveira	bacelo	Senior Masculino	02:49:35	+01:36:07	16:58
622	1564	Vânia Pinto	prime dentalab	Senior Feminino	02:49:46	+01:36:18	16:59
623	1561	Daniela Valente	prime dentalab	Senior Feminino	02:49:46	+01:36:18	16:59
624	1857	Alexandra Valinhas	trepatrihos trail team	Senior Feminino	02:49:56	+01:36:28	17:00
625	1566	Eduardo Curado	prime dentalab	Senior Masculino	02:50:01	+01:36:33	17:00
626	547	Henrique Silva	brazas team	Senior Masculino	02:50:35	+01:37:07	17:03
627	545	Paula Brazinha	brazas team	Senior Feminino	02:50:35	+01:37:07	17:03
628	1225	Paula Melo	magicfriendsrunners	Senior Feminino	02:50:39	+01:37:11	17:04
629	1227	Sandra Leal	magicfriendsrunners	Senior Feminino	02:50:39	+01:37:11	17:04
630	1229	Leandro Martins	magicfriendsrunners	Senior Masculino	02:50:39	+01:37:11	17:04
631	1226	Paula Silva	magicfriendsrunners	Senior Feminino	02:50:39	+01:37:11	17:04
632	1228	Armando Oliveira	magicfriendsrunners	Senior Masculino	02:50:40	+01:37:12	17:04
633	1230	Paulo Moreira	magicfriendsrunners	Senior Masculino	02:50:40	+01:37:12	17:04
634	1223	Elia Oliveira	magicfriendsrunners	Senior Feminino	02:50:40	+01:37:12	17:04
635	1232	Carolina Limas	mamamia	Senior Feminino	02:51:11	+01:37:43	17:07
636	1234	Bruno costa	mamamia	Senior Masculino	02:51:12	+01:37:44	17:07
637	1233	Rita Almeida	mamamia	Senior Feminino	02:51:13	+01:37:45	17:07
638	1235	Rafael Almeida	mamamia	Senior Masculino	02:51:13	+01:37:45	17:07
639	1231	Andreia Silva	mamamia	Senior Feminino	02:51:14	+01:37:46	17:07
640	1314	PEDRO ALVES	o alves vai casar	Senior Masculino	02:51:22	+01:37:54	17:08
641	1307	DIOGO COSTA	o alves vai casar	Senior Masculino	02:51:22	+01:37:54	17:08
642	1312	LUÍS ROCHA	o alves vai casar	Senior Masculino	02:51:23	+01:37:55	17:08
643	1316	RICARDO ALVES	o alves vai casar	Senior Masculino	02:51:23	+01:37:55	17:08
644	1317	TIAGO ALVES	o alves vai casar	Senior Masculino	02:51:23	+01:37:55	17:08
645	1305	BRUNO CLARO	o alves vai casar	Senior Masculino	02:51:23	+01:37:55	17:08
646	1310	JORGE URBANO	o alves vai casar	Senior Masculino	02:51:23	+01:37:55	17:08
647	1313	NELSON CORREIA	o alves vai casar	Senior Masculino	02:51:24	+01:37:56	17:08
648	1315	PEDRO ROCHA	o alves vai casar	Senior Masculino	02:51:24	+01:37:56	17:08
649	1311	LUÍS ALVES	o alves vai casar	Senior Masculino	02:51:24	+01:37:56	17:08
650	1308	JOÃO BRITO	o alves vai casar	Senior Masculino	02:51:24	+01:37:56	17:08
651	1309	JOÃO ROCHA	o alves vai casar	Senior Masculino	02:51:25	+01:37:57	17:08
652	1679	Rafaela Costa	sem medo do charco	Senior Feminino	02:51:32	+01:38:04	17:09
653	1678	Priscila Gondim	sem medo do charco	Senior Feminino	02:51:32	+01:38:04	17:09
654	1676	Juliana Gonçalves	sem medo do charco	Senior Feminino	02:51:32	+01:38:04	17:09
655	1672	Adriana Alves	sem medo do charco	Senior Feminino	02:51:34	+01:38:06	17:09
656	1687	Vasco Sousa	sem medo do charco	Senior Masculino	02:51:35	+01:38:07	17:09
657	1684	Ricardo Sacramento Ribeiro	sem medo do charco	Senior Masculino	02:51:36	+01:38:08	17:10
658	1688	Xavier Duarte	sem medo do charco	Senior Masculino	02:51:36	+01:38:08	17:10
659	1680	Eduardo José	sem medo do charco	Senior Masculino	02:51:37	+01:38:09	17:10
660	1685	Ricardo Silva	sem medo do charco	Senior Masculino	02:51:37	+01:38:09	17:10

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
661	1683	Ricardo Matias	sem medo do charco	Senior Masculino	02:51:39	+01:38:11	17:10
662	1055	João Lázaro	individual	Senior Masculino	02:51:42	+01:38:14	17:10
663	1092	Sérgio Soares	individual	Senior Masculino	02:51:42	+01:38:14	17:10
664	1009	Sónia Lopes	individual	Senior Feminino	02:51:43	+01:38:15	17:10
665	1001	Mariana Moreira	individual	Senior Feminino	02:51:43	+01:38:15	17:10
666	1121	Francisco Ferreira	korpi	Senior Masculino	02:52:15	+01:38:47	17:13
667	721	Raul Costa	dieta d'água	Senior Masculino	02:52:15	+01:38:47	17:13
668	716	Ana Costa	dieta d'água	Senior Feminino	02:52:15	+01:38:47	17:13
669	1115	Fernanda maria marques ferreira	korpi	Senior Feminino	02:52:16	+01:38:48	17:14
670	1113	Diana Guedes	korpi	Senior Feminino	02:52:18	+01:38:50	17:14
671	1430	Beatriz Couto	os sanguedenses	Senior Feminino	02:52:38	+01:39:10	17:16
672	1432	Solange Silva	os sanguedenses	Senior Feminino	02:52:39	+01:39:11	17:16
673	1431	Juliana Couto	os sanguedenses	Senior Feminino	02:52:39	+01:39:11	17:16
674	1436	Vítor Neves	os sanguedenses	Senior Masculino	02:52:42	+01:39:14	17:16
675	919	Ana Barbosa	impocolor ti-tans	Senior Feminino	02:52:44	+01:39:16	17:16
676	1434	Bruno Teixeira	os sanguedenses	Senior Masculino	02:52:49	+01:39:21	17:17
677	1435	Francisco Teixeira	os sanguedenses	Senior Masculino	02:52:49	+01:39:21	17:17
678	1587	Paulo Martins	prime ginásio	Senior Masculino	02:52:50	+01:39:22	17:17
679	1579	Susana Rocha	prime ginásio	Senior Feminino	02:52:50	+01:39:22	17:17
680	1576	Joana Costa	prime ginásio	Senior Feminino	02:52:50	+01:39:22	17:17
681	1578	Patrícia Soares	prime ginásio	Senior Feminino	02:52:50	+01:39:22	17:17
682	1572	Claudia Silva	prime ginásio	Senior Feminino	02:52:51	+01:39:23	17:17
683	1581	Carlos Pereira	prime ginásio	Senior Masculino	02:52:51	+01:39:23	17:17
684	1575	Diana Almeida	prime ginásio	Senior Feminino	02:52:51	+01:39:23	17:17
685	1573	Cristiana Amorim	prime ginásio	Senior Feminino	02:52:51	+01:39:23	17:17
686	1574	Cristiana Martins	prime ginásio	Senior Feminino	02:52:51	+01:39:23	17:17
687	1571	Carina Ramalho	prime ginásio	Senior Feminino	02:52:51	+01:39:23	17:17
688	1583	Filipe Pinho	prime ginásio	Senior Masculino	02:52:51	+01:39:23	17:17
689	1588	Paulo Martins	prime ginásio	Senior Masculino	02:52:52	+01:39:24	17:17
690	1584	Jorge Santos	prime ginásio	Senior Masculino	02:52:52	+01:39:24	17:17
691	1589	Tiago Fonseca	prime ginásio	Senior Masculino	02:52:52	+01:39:24	17:17
692	1433	Ângelo Couto	os sanguedenses	Senior Masculino	02:53:00	+01:39:32	17:18
693	1457	André Ferreira	papa figos	Senior Masculino	02:53:55	+01:40:27	17:23
694	1460	Tiago Oliveira	papa figos	Senior Masculino	02:53:55	+01:40:27	17:24
695	1458	Francisco Tavares	papa figos	Senior Masculino	02:54:08	+01:40:40	17:25
696	1456	Márcia Costa	papa figos	Senior Feminino	02:54:09	+01:40:41	17:25
697	1459	João Pinho	papa figos	Senior Masculino	02:54:09	+01:40:41	17:25
698	652	Gonçalo Silva	chamas na pista	Senior Masculino	02:54:17	+01:40:49	17:26
699	629	Beatriz Bento	chamas na pista	Senior Feminino	02:54:20	+01:40:52	17:26
700	632	Helena Fonseca	chamas na pista	Senior Feminino	02:54:20	+01:40:52	17:26
701	1696	Gustavo Miguel Martins Leite	só viemos pelo lanche	Senior Masculino	02:54:21	+01:40:53	17:26
702	639	Matilde Silva	chamas na pista	Senior Feminino	02:54:21	+01:40:53	17:26
703	1692	Beatriz Isabel Ferreira da Rocha	só viemos pelo lanche	Senior Feminino	02:54:21	+01:40:53	17:26
704	1695	Eduardo Resende Pires	só viemos pelo lanche	Senior Masculino	02:54:21	+01:40:53	17:26
705	1697	Kevin Silva	só viemos pelo lanche	Senior Masculino	02:54:21	+01:40:53	17:26

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
706	395	João costa	bitxos 4445	Senior Masculino	02:54:30	+01:41:02	17:27
707	393	Daniela guedes	bitxos 4445	Senior Feminino	02:54:30	+01:41:02	17:27
708	392	Anabela Castro	bitxos 4445	Senior Feminino	02:54:30	+01:41:02	17:27
709	397	Rafael Oliveira	bitxos 4445	Senior Masculino	02:54:30	+01:41:02	17:27
710	396	Miguel dias	bitxos 4445	Senior Masculino	02:54:31	+01:41:03	17:27
711	394	Monica Martins	bitxos 4445	Senior Feminino	02:54:34	+01:41:06	17:27
712	789	João Carlos Coval	feras da lama	Senior Masculino	02:54:46	+01:41:18	17:29
713	782	Catarina Costa	feras da lama	Senior Feminino	02:54:46	+01:41:18	17:29
714	790	Marcelo Jesus	feras da lama	Senior Masculino	02:54:47	+01:41:19	17:29
715	925	Eugénia Leite	impocolor ti-tans	Senior Feminino	02:54:47	+01:41:19	17:29
716	952	Bruno Ribeiro	improve fitness studio	Senior Masculino	02:54:47	+01:41:19	17:29
717	944	Catarina Silva	improve fitness studio	Senior Feminino	02:54:48	+01:41:20	17:29
718	781	Ana Teresa Correia	feras da lama	Senior Feminino	02:54:50	+01:41:22	17:29
719	788	Valeria Castro	feras da lama	Senior Feminino	02:54:51	+01:41:23	17:29
720	787	Telma Sofia Moreira	feras da lama	Senior Feminino	02:54:51	+01:41:23	17:29
721	921	CIDALIA RAQUEL MOREIRA BORGES	impocolor ti-tans	Senior Feminino	02:55:07	+01:41:39	17:31
722	935	Óscar José Neves Ferreira da Rocha	impocolor ti-tans	Senior Masculino	02:55:08	+01:41:40	17:31
723	414	Ana Manuela da Rocha Torres	bombeiros paços de ferreira	Senior Feminino	02:55:20	+01:41:52	17:32
724	421	Virginio Fernando Martins Santos Carneiro	bombeiros paços de ferreira	Senior Masculino	02:55:21	+01:41:53	17:32
725	923	ELSA RODRIGUES DOMINGUES	impocolor ti-tans	Senior Feminino	02:55:53	+01:42:25	17:35
726	929	Carlos Miguel Silva Passos	impocolor ti-tans	Senior Masculino	02:55:54	+01:42:26	17:35
727	640	Rafaela Gomes	chamas na pista	Senior Feminino	02:56:11	+01:42:43	17:37
728	946	Joana Amado	improve fitness studio	Senior Feminino	02:56:21	+01:42:53	17:38
729	1601	Cristiana Silva	quase atletas	Senior Feminino	02:56:21	+01:42:53	17:38
730	1602	Tiago Ferreira da Silva	quase atletas	Senior Masculino	02:56:22	+01:42:54	17:38
731	1725	Fernando Vieira	tartarugas em fuga	Senior Masculino	02:56:41	+01:43:13	17:40
732	1719	Fátima Moreira	tartarugas em fuga	Senior Feminino	02:56:42	+01:43:14	17:40
733	1714	Alexandra Vieira	tartarugas em fuga	Senior Feminino	02:56:42	+01:43:14	17:40
734	1721	Karina Moreira	tartarugas em fuga	Senior Feminino	02:56:42	+01:43:14	17:40
735	1723	Sónia Silva	tartarugas em fuga	Senior Feminino	02:56:44	+01:43:16	17:40
736	1724	Alexandre Oliveira	tartarugas em fuga	Senior Masculino	02:56:44	+01:43:16	17:40
737	1665	Gracinda Azevedo	sem medo	Senior Feminino	02:56:49	+01:43:21	17:41
738	1667	Rita Fernandes	sem medo	Senior Feminino	02:56:50	+01:43:22	17:41
739	1663	Antónia Fernandes	sem medo	Senior Feminino	02:56:50	+01:43:22	17:41
740	1664	Carla Sampaio	sem medo	Senior Feminino	02:56:51	+01:43:23	17:41
741	1668	Sandra Carvalho	sem medo	Senior Feminino	02:56:51	+01:43:23	17:41
742	1666	Leonor Vilas Boas	sem medo	Senior Feminino	02:56:52	+01:43:24	17:41
743	1670	José Vilas Boas	sem medo	Senior Masculino	02:56:52	+01:43:24	17:41
744	1669	Armindo Carvalho	sem medo	Senior Masculino	02:56:53	+01:43:25	17:41
745	1671	Libório Vilela	sem medo	Senior Masculino	02:56:54	+01:43:26	17:41
746	1264	Filipe Almeida	mental energy	Senior Masculino	02:57:38	+01:44:10	17:46
747	1261	Cátia Castro	mental energy	Senior Feminino	02:57:38	+01:44:10	17:46
748	1266	Francisco Sampaio	mental energy	Senior Masculino	02:57:38	+01:44:10	17:46

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
749	893	Ana Miguel Martins Ribeiro	game on 4,0	Senior Feminino	02:57:40	+01:44:12	17:46
750	895	Daniela Filipa Martins Ribeiro	game on 4,0	Senior Feminino	02:57:40	+01:44:12	17:46
751	897	Gonalo Valente da Silva	game on 4,0	Senior Masculino	02:57:43	+01:44:15	17:46
752	898	Joo Marcelo Mateus dos Santos	game on 4,0	Senior Masculino	02:57:44	+01:44:16	17:46
753	896	David Cardoso Silva	game on 4,0	Senior Masculino	02:57:46	+01:44:18	17:47
754	1241	ANA LOPES	mc	Senior Feminino	02:58:16	+01:44:48	17:50
755	1256	PAULO TOM	mc	Senior Masculino	02:58:16	+01:44:48	17:50
756	1257	RUBEN MELO	mc	Senior Masculino	02:58:16	+01:44:48	17:50
757	1242	ANA RESENDE	mc	Senior Feminino	02:58:16	+01:44:48	17:50
758	1017	Adrito Videira	individual	Senior Masculino	02:58:18	+01:44:50	17:50
759	991	Guilhermina Carvalho	individual	Senior Feminino	02:58:19	+01:44:51	17:50
760	638	Marisa Pinho	chamas na pista	Senior Feminino	02:58:22	+01:44:54	17:50
761	630	Cristiana Costa	chamas na pista	Senior Feminino	02:58:22	+01:44:54	17:50
762	634	Lcia Correia	chamas na pista	Senior Feminino	02:58:25	+01:44:57	17:51
763	633	Liliana Correia	chamas na pista	Senior Feminino	02:58:26	+01:44:58	17:51
764	645	Tnia Pereira	chamas na pista	Senior Feminino	02:58:29	+01:45:01	17:51
765	636	Maria dos Anjos Santos	chamas na pista	Senior Feminino	02:58:29	+01:45:01	17:51
766	1796	Cristiana Leite	team dartao	Senior Feminino	02:58:38	+01:45:10	17:52
767	474	Nuno Rodrigues	bravos do copofit	Senior Masculino	02:58:41	+01:45:13	17:52
768	1815	Ivo Batista	team dartao	Senior Masculino	02:58:41	+01:45:13	17:52
769	1808	Sara Gomes	team dartao	Senior Feminino	02:58:42	+01:45:14	17:52
770	385	Jorge Fortuna	bentcar	Senior Masculino	02:58:43	+01:45:15	17:52
771	1636	Antnia Cardoso	running esmoriz	Senior Feminino	02:58:50	+01:45:22	17:53
772	1413	Joo Costa	os resistentes	Senior Masculino	02:59:12	+01:45:44	17:55
773	1423	Tiago Bastos	os resistentes	Senior Masculino	02:59:13	+01:45:45	17:55
774	478	Tiago Moreira	bravos do copofit	Senior Masculino	02:59:22	+01:45:54	17:56
775	408	Paulo Alexandre Martins	bombeiros de arrifana	Senior Masculino	02:59:28	+01:46:00	17:57
776	409	Paulo Jorge Da Cunha Santos	bombeiros de arrifana	Senior Masculino	02:59:29	+01:46:01	17:57
777	331	Beatriz Rodrigues	as mulheres dos ciclistas	Senior Feminino	02:59:41	+01:46:13	17:58
778	330	Ana Bastos	as mulheres dos ciclistas	Senior Feminino	02:59:41	+01:46:13	17:58
779	332	Ilda Vieira	as mulheres dos ciclistas	Senior Feminino	02:59:41	+01:46:13	17:58
780	1163	Micaela Assuno	lesmas atlticas	Senior Feminino	02:59:42	+01:46:14	17:58
781	1731	Carina Palha Oliveira	tartarugas furiosas	Senior Feminino	02:59:43	+01:46:15	17:58
782	1164	Milena Magalhes	lesmas atlticas	Senior Feminino	02:59:44	+01:46:16	17:58
783	1166	Jorge Nogueira	lesmas atlticas	Senior Masculino	02:59:44	+01:46:16	17:58
784	1167	Marco Resende	lesmas atlticas	Senior Masculino	02:59:44	+01:46:16	17:58
785	1165	Joo Costa	lesmas atlticas	Senior Masculino	02:59:44	+01:46:16	17:58
786	723	Filipa Alves	dobra mas no parte	Senior Feminino	03:00:10	+01:46:42	18:01
787	724	Mylene Oliveira	dobra mas no parte	Senior Feminino	03:00:10	+01:46:42	18:01
788	725	Sara Silva	dobra mas no parte	Senior Feminino	03:00:11	+01:46:43	18:01
789	807	Tatiana Pinho	fitness flow	Senior Feminino	03:00:16	+01:46:48	18:02
790	849	Mnica Ferreira	g.e.m.e	Senior Feminino	03:00:16	+01:46:48	18:02
791	809	Diogo Araujo	fitness flow	Senior Masculino	03:00:16	+01:46:48	18:02
792	844	Ctia Ferreira	g.e.m.e	Senior Feminino	03:00:17	+01:46:49	18:02
793	457	Flavia Brazao	bravos do copofit	Senior Feminino	03:00:21	+01:46:53	18:02

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
794	1112	catia sofia campos patricio	korpi	Senior Feminino	03:00:24	+01:46:56	18:02
795	1114	diva freias	korpi	Senior Feminino	03:00:24	+01:46:56	18:02
796	803	Isa Oliveira	fitness flow	Senior Feminino	03:00:25	+01:46:57	18:03
797	798	Carmen Fagundes	fitness flow	Senior Feminino	03:00:27	+01:46:59	18:03
798	496	Manuela Adriano	bravos e bravitas	Senior Feminino	03:00:39	+01:47:11	18:04
799	485	Cristina Soares	bravos e bravitas	Senior Feminino	03:00:40	+01:47:12	18:04
800	930	EDUARDO MIGUEL COUTO FERREIRA	impocolor ti-tans	Senior Masculino	03:00:51	+01:47:23	18:05
801	1417	Luis Henriques	os resistentes	Senior Masculino	03:01:44	+01:48:16	18:10
802	1754	Tiago Alexandre Pinho Gomes	tartarugas furiosas	Senior Masculino	03:02:06	+01:48:38	18:13
803	1268	Tiago Costa	mental energy	Senior Masculino	03:02:21	+01:48:53	18:14
804	1267	João Rodrigues	mental energy	Senior Masculino	03:02:23	+01:48:55	18:14
805	1049	Guilherme Pains Pereira	individual	Senior Masculino	03:02:37	+01:49:09	18:16
806	995	Juliana de Lima Ferreira Pains Pereira	individual	Senior Feminino	03:02:39	+01:49:11	18:16
807	1893	André Miguel Mota da Costa Oliveira	unidos pela sede	Senior Masculino	03:03:15	+01:49:47	18:20
808	1892	Stephanie dos Santos Jesus	unidos pela sede	Senior Feminino	03:03:16	+01:49:48	18:20
809	1894	Paulo Jorge Ferreira Coelho	unidos pela sede	Senior Masculino	03:03:16	+01:49:48	18:20
810	1891	Ana Oliveira Tavares	unidos pela sede	Senior Feminino	03:03:16	+01:49:48	18:20
811	1462	Patrícia Silva	pelotão de queda controlada (pqc)	Senior Feminino	03:03:17	+01:49:49	18:20
812	1461	Mafalda Silva	pelotão de queda controlada (pqc)	Senior Feminino	03:03:17	+01:49:49	18:20
813	1467	Pedro Silva	pelotão de queda controlada (pqc)	Senior Masculino	03:03:17	+01:49:49	18:20
814	1466	Miguel Martins	pelotão de queda controlada (pqc)	Senior Masculino	03:03:17	+01:49:49	18:20
815	1464	Jose Carlos Goncalves	pelotão de queda controlada (pqc)	Senior Masculino	03:03:18	+01:49:50	18:20
816	1902	Leandro Pinto	vagabundos	Senior Masculino	03:03:18	+01:49:50	18:20
817	1896	Bárbara Pinto	vagabundos	Senior Feminino	03:03:18	+01:49:50	18:20
818	1904	Tiago Silva	vagabundos	Senior Masculino	03:03:19	+01:49:51	18:20
819	1463	Daniel Silva	pelotão de queda controlada (pqc)	Senior Masculino	03:03:19	+01:49:51	18:20
820	1903	Mário Araújo	vagabundos	Senior Masculino	03:03:20	+01:49:52	18:20
821	1897	Carina Caldeira	vagabundos	Senior Feminino	03:03:21	+01:49:53	18:20
822	1899	Diana Amorim	vagabundos	Senior Feminino	03:03:21	+01:49:53	18:20
823	732	Carla Santos	elfos	Senior Feminino	03:03:21	+01:49:53	18:20
824	1895	Andreia Pinto	vagabundos	Senior Feminino	03:03:22	+01:49:54	18:20
825	739	Fábio Silva	elfos	Senior Masculino	03:03:23	+01:49:55	18:20
826	737	Cecílio Ferreira	elfos	Senior Masculino	03:03:23	+01:49:55	18:20
827	1900	Eva Vilar	vagabundos	Senior Feminino	03:03:23	+01:49:55	18:20
828	1898	Catarina Pinho	vagabundos	Senior Feminino	03:03:23	+01:49:55	18:20
829	741	Pedro Lopes	elfos	Senior Masculino	03:03:24	+01:49:56	18:20
830	1901	Fábio Amorim	vagabundos	Senior Masculino	03:03:25	+01:49:57	18:20
831	736	Carlos Correia	elfos	Senior Masculino	03:03:26	+01:49:58	18:21
832	733	Cristiana Santos	elfos	Senior Feminino	03:03:26	+01:49:58	18:21
833	458	Isabel Soares	bravos do copofit	Senior Feminino	03:03:30	+01:50:02	18:21
834	808	André Sousa	fitness flow	Senior Masculino	03:03:44	+01:50:16	18:22
835	815	Miguel Ribeiro	fitness flow	Senior Masculino	03:03:44	+01:50:16	18:22
836	796	Carina Barbedo	fitness flow	Senior Feminino	03:03:45	+01:50:17	18:23
837	816	Pedro Borges	fitness flow	Senior Masculino	03:03:46	+01:50:19	18:23

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
838	812	Frank Pérez	fitness flow	Senior Masculino	03:03:48	+01:50:20	18:23
839	805	Leticia Tomazi	fitness flow	Senior Feminino	03:03:50	+01:50:22	18:23
840	1615	Daniel Raro Fernandes	rehab & run	Senior Masculino	03:04:30	+01:51:02	18:27
841	1614	André Miguel Sousa Oliveira	rehab & run	Senior Masculino	03:04:31	+01:51:03	18:27
842	1613	Catarina Monteiro Gouveia	rehab & run	Senior Feminino	03:04:31	+01:51:03	18:27
843	1612	Ana Catarina Tavares Albergaria	rehab & run	Senior Feminino	03:04:31	+01:51:03	18:27
844	1617	Leonardo Pinto Martins	rehab & run	Senior Masculino	03:04:32	+01:51:04	18:27
845	1616	José Pedro Gonçalves Castro	rehab & run	Senior Masculino	03:04:32	+01:51:04	18:27
846	1618	Tiago Óscar Gaspar da Silva	rehab & run	Senior Masculino	03:04:32	+01:51:04	18:27
847	1746	Leonardo Daniel Oliveira Leite	tartarugas furiosas	Senior Masculino	03:04:41	+01:51:13	18:28
848	1732	Catarina Adriana Duarte Oliveira	tartarugas furiosas	Senior Feminino	03:04:44	+01:51:16	18:28
849	1010	Tânia lavoura	individual	Senior Feminino	03:04:54	+01:51:26	18:29
850	1093	Sérgio valente	individual	Senior Masculino	03:04:56	+01:51:28	18:30
851	1066	Miguel Costa	individual	Senior Masculino	03:05:22	+01:51:54	18:32
852	1535	Luís Violas	portal da queixa	Senior Masculino	03:05:36	+01:52:08	18:34
853	1519	Joana Silva	portal da queixa	Senior Feminino	03:05:36	+01:52:08	18:34
854	699	Pedro Leite	coragem coletiva	Senior Masculino	03:05:37	+01:52:09	18:34
855	1200	Luís Miguel	m4	Senior Masculino	03:05:44	+01:52:16	18:34
856	1198	Beatriz Marques	m4	Senior Feminino	03:05:45	+01:52:17	18:34
857	1199	Carolina Preto	m4	Senior Feminino	03:05:45	+01:52:17	18:34
858	1201	Nelson Carreira	m4	Senior Masculino	03:05:45	+01:52:17	18:34
859	837	Eurico Domingos Soares da Silva	fúria brava	Senior Masculino	03:05:46	+01:52:18	18:35
860	833	Vera Cristina Coelho Alves	fúria brava	Senior Feminino	03:05:50	+01:52:22	18:35
861	1408	Sandra Costa	os resistentes	Senior Feminino	03:05:53	+01:52:25	18:35
862	926	Mariana Antunes	impocolor ti-tans	Senior Feminino	03:05:57	+01:52:29	18:36
863	1006	Sandra Almeida	individual	Senior Feminino	03:06:06	+01:52:38	18:37
864	1677	Mary Silva	sem medo do charco	Senior Feminino	03:06:12	+01:52:44	18:37
865	922	Cristina Ferreira	impocolor ti-tans	Senior Feminino	03:06:12	+01:52:44	18:37
866	932	Hugo Correia	impocolor ti-tans	Senior Masculino	03:06:12	+01:52:44	18:37
867	1486	Ana Maia	peregrinos bravos	Senior Feminino	03:06:19	+01:52:51	18:38
868	1488	Márcia Martins	peregrinos bravos	Senior Feminino	03:06:20	+01:52:52	18:38
869	1490	Mário Rocha	peregrinos bravos	Senior Masculino	03:06:20	+01:52:52	18:38
870	1487	Joana Ribeiro	peregrinos bravos	Senior Feminino	03:06:20	+01:52:52	18:38
871	628	Ana Claudia Teixeira	chamas na pista	Senior Feminino	03:06:28	+01:53:00	18:39
872	653	Hélder Tavares	chamas na pista	Senior Masculino	03:06:29	+01:53:01	18:39
873	1205	Ricardo Santos	mach1	Senior Masculino	03:06:31	+01:53:03	18:39
874	1202	Patrícia Teixeira	mach1	Senior Feminino	03:06:31	+01:53:03	18:39
875	1489	Carlos Raposo	peregrinos bravos	Senior Masculino	03:06:31	+01:53:04	18:39
876	1343	Cristiana Silva	os 7 maravilhas	Senior Feminino	03:06:56	+01:53:28	18:42
877	1344	Micaela Brandão	os 7 maravilhas	Senior Feminino	03:06:56	+01:53:28	18:42
878	933	MIGUEL JORGE BESSA FERREIRA DE LEMOS	impocolor ti-tans	Senior Masculino	03:06:58	+01:53:30	18:42
879	416	Carla Luisa da Costa Machado1009	bombeiros paços de ferreira	Senior Feminino	03:07:01	+01:53:33	18:42

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
880	415	Andreia Filipa de Sousa Ferreira	bombeiros paços de ferreira	Senior Feminino	03:07:01	+01:53:33	18:42
881	422	Vladimiro Franclim Pinto Neto	bombeiros paços de ferreira	Senior Masculino	03:07:01	+01:53:33	18:42
882	419	Sara Raquel de Moura Pereira	bombeiros paços de ferreira	Senior Feminino	03:07:01	+01:53:33	18:42
883	418	Joana Filipa Ferreira da Rocha	bombeiros paços de ferreira	Senior Feminino	03:07:01	+01:53:33	18:42
884	417	Joana Catarina Gomes Pinto	bombeiros paços de ferreira	Senior Feminino	03:07:02	+01:53:34	18:42
885	420	Miguel Pereira	bombeiros paços de ferreira	Senior Masculino	03:07:02	+01:53:34	18:42
886	1348	Tiago Sousa	os 7 maravilhas	Senior Masculino	03:07:09	+01:53:41	18:43
887	1347	Ricardo Alves	os 7 maravilhas	Senior Masculino	03:07:12	+01:53:44	18:43
888	801	Cláudia Silva	fitness flow	Senior Feminino	03:08:00	+01:54:32	18:48
889	817	Raul Reis	fitness flow	Senior Masculino	03:08:24	+01:54:56	18:50
890	813	Manuel Sousa	fitness flow	Senior Masculino	03:08:32	+01:55:04	18:51
891	797	Carla Silva	fitness flow	Senior Feminino	03:08:32	+01:55:04	18:51
892	784	Maria Alice Costa	feras da lama	Senior Feminino	03:08:49	+01:55:21	18:53
893	786	Susana Pereira	feras da lama	Senior Feminino	03:08:50	+01:55:22	18:53
894	783	Liliana Costa	feras da lama	Senior Feminino	03:08:51	+01:55:23	18:53
895	572	Sandra Moreira	cansados de fresco	Senior Feminino	03:08:52	+01:55:24	18:53
896	566	Ana Luísa	cansados de fresco	Senior Feminino	03:08:52	+01:55:24	18:53
897	576	José Fernandes	cansados de fresco	Senior Masculino	03:08:52	+01:55:24	18:53
898	567	Carina Faria	cansados de fresco	Senior Feminino	03:08:52	+01:55:24	18:53
899	568	Carla Marinho	cansados de fresco	Senior Feminino	03:08:53	+01:55:25	18:53
900	579	Vasco Amaral	cansados de fresco	Senior Masculino	03:08:53	+01:55:25	18:53
901	574	André Azevedo	cansados de fresco	Senior Masculino	03:08:53	+01:55:25	18:53
902	565	Ana Carneiro	cansados de fresco	Senior Feminino	03:08:53	+01:55:25	18:53
903	578	Sérgio Sousa	cansados de fresco	Senior Masculino	03:08:53	+01:55:25	18:53
904	571	Maria Teixeira	cansados de fresco	Senior Feminino	03:08:53	+01:55:25	18:53
905	577	Nelson Pereira	cansados de fresco	Senior Masculino	03:08:54	+01:55:26	18:53
906	573	Vânia Pereira	cansados de fresco	Senior Feminino	03:08:54	+01:55:26	18:53
907	575	Celso Gomes	cansados de fresco	Senior Masculino	03:08:54	+01:55:26	18:53
908	785	Méllissa Reis	feras da lama	Senior Feminino	03:08:54	+01:55:26	18:53
909	1492	Gabriela Silva	pernetas de alfena	Senior Feminino	03:08:58	+01:55:30	18:54
910	1496	Mariana Lima	pernetas de alfena	Senior Feminino	03:08:58	+01:55:30	18:54
911	297	Marco Pais	alpha studio	Senior Masculino	03:09:00	+01:55:32	18:54
912	1781	Marcelo Xavier Capelo Almeida	team alfa	Senior Masculino	03:09:26	+01:55:58	18:57
913	1761	Ana Patrícia Santos Reis	team alfa	Senior Feminino	03:09:27	+01:55:59	18:57
914	1527	David Andrade	portal da queixa	Senior Masculino	03:09:27	+01:55:59	18:57
915	1536	Manuel da Costa Leal	portal da queixa	Senior Masculino	03:09:46	+01:56:18	18:59
916	1132	Sofia Registo	labregos	Senior Feminino	03:09:54	+01:56:26	18:59
917	1135	Fábio Rocha	labregos	Senior Masculino	03:09:54	+01:56:26	18:59
918	1127	Ana Aleixo	labregos	Senior Feminino	03:09:55	+01:56:27	18:59
919	1137	Pedro Aleixo	labregos	Senior Masculino	03:09:55	+01:56:27	18:59
920	1133	Bruno Barbosa	labregos	Senior Masculino	03:09:55	+01:56:27	19:00
921	1136	Francisco Ribeiro	labregos	Senior Masculino	03:09:56	+01:56:28	19:00
922	1131	Sofia Fernandinho	labregos	Senior Feminino	03:09:56	+01:56:28	19:00
923	1515	Cristiana Conceição dias	portal da queixa	Senior Feminino	03:10:09	+01:56:41	19:01
924	1332	Francisca Maia	os 10 da vidairada	Senior Feminino	03:10:09	+01:56:41	19:01

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
925	1338	Rui Santos	os 10 da vidairada	Senior Masculino	03:10:09	+01:56:41	19:01
926	1329	Ariana Soares	os 10 da vidairada	Senior Feminino	03:10:09	+01:56:42	19:01
927	1334	Francisco Almeida	os 10 da vidairada	Senior Masculino	03:10:10	+01:56:42	19:01
928	1331	Catarina Costa	os 10 da vidairada	Senior Feminino	03:10:10	+01:56:42	19:01
929	1333	Gabriela Silva	os 10 da vidairada	Senior Feminino	03:10:10	+01:56:42	19:01
930	1330	Beatriz Magalhães	os 10 da vidairada	Senior Feminino	03:10:10	+01:56:42	19:01
931	1337	Ricardo Cardoso	os 10 da vidairada	Senior Masculino	03:10:10	+01:56:42	19:01
932	1522	Mariana Soares	portal da queixa	Senior Feminino	03:10:12	+01:56:44	19:01
933	1525	Albano Soares	portal da queixa	Senior Masculino	03:10:12	+01:56:44	19:01
934	1540	Wallaph oliveira	portal da queixa	Senior Masculino	03:10:14	+01:56:46	19:01
935	1838	Diana Matos	trail brokers	Senior Feminino	03:10:24	+01:56:56	19:02
936	1845	Vera Coelho	trail brokers	Senior Feminino	03:10:24	+01:56:56	19:02
937	1842	Marta Coelho	trail brokers	Senior Feminino	03:10:24	+01:56:56	19:02
938	1839	Fátima Rocha	trail brokers	Senior Feminino	03:10:25	+01:56:57	19:02
939	1843	Telma Borges	trail brokers	Senior Feminino	03:10:25	+01:56:57	19:02
940	1523	Sandra Moraes	portal da queixa	Senior Feminino	03:10:35	+01:57:07	19:03
941	1529	Diogo Sousa	portal da queixa	Senior Masculino	03:10:35	+01:57:07	19:04
942	1541	Wilson Santos	portal da queixa	Senior Masculino	03:10:38	+01:57:10	19:04
943	1339	Kornél Menyhárt	os 4 estarolas	Senior Masculino	03:11:02	+01:57:34	19:06
944	1340	Mário Pereira	os 4 estarolas	Senior Masculino	03:11:02	+01:57:34	19:06
945	1342	Tiago Barbosa	os 4 estarolas	Senior Masculino	03:11:02	+01:57:34	19:06
946	1341	Santiago Barbosa	os 4 estarolas	Senior Masculino	03:11:03	+01:57:35	19:06
947	1737	Adriano Bessa Pinho	tartarugas furiosas	Senior Masculino	03:11:04	+01:57:36	19:06
948	1747	Lucas Ferreira Pinho	tartarugas furiosas	Senior Masculino	03:11:05	+01:57:37	19:06
949	1911	Diogo Emanuel Lamas e Silva	veteranos da barrinha	Senior Masculino	03:11:20	+01:57:52	19:08
950	1915	Leonardo Manuel Ferreira dos Santos	veteranos da barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
951	1912	Joao Oliveira Rocha	veteranos da barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
952	1918	Samuel Campos	veteranos da barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
953	1917	Pedro Oliveira	veteranos da barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
954	1914	João Paulo Pacheco	veteranos da barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
955	1910	Daniel Pinto Costa	veteranos da barrinha	Senior Masculino	03:11:27	+01:57:59	19:09
956	1906	Daniela Rodrigues	veteranos da barrinha	Senior Feminino	03:11:28	+01:58:00	19:09
957	1913	João Paulo Almeida	veteranos da barrinha	Senior Masculino	03:11:30	+01:58:02	19:09
958	760	Débora Oliveira	falsos atletas	Senior Feminino	03:11:40	+01:58:12	19:10
959	761	Maria Oliveira	falsos atletas	Senior Feminino	03:11:40	+01:58:12	19:10
960	762	Rita Moreira	falsos atletas	Senior Feminino	03:11:40	+01:58:12	19:10
961	763	Zélia Oliveira	falsos atletas	Senior Feminino	03:11:42	+01:58:14	19:10
962	764	Tomás Fernandes	falsos atletas	Senior Masculino	03:11:45	+01:58:17	19:10
963	1620	Joana Gomes	retornados	Senior Feminino	03:13:11	+01:59:43	19:19
964	1622	Samuel Cardoso	retornados	Senior Masculino	03:13:11	+01:59:43	19:19
965	1138	Rafael Ferreira	labregos	Senior Masculino	03:13:13	+01:59:45	19:19
966	1130	Carolina Figueiredo	labregos	Senior Feminino	03:13:15	+01:59:47	19:19
967	1134	David Araújo	labregos	Senior Masculino	03:13:15	+01:59:47	19:19
968	1129	Bruna Barbosa	labregos	Senior Feminino	03:13:17	+01:59:49	19:20
969	1740	Carlos Alves	tartarugas furiosas	Senior Masculino	03:13:45	+02:00:17	19:22

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
970	1742	Edgar Alexandre Oliveira Gomes	tartarugas furiosas	Senior Masculino	03:13:51	+02:00:23	19:23
971	1749	Martim Alexandre Pinho Gomes	tartarugas furiosas	Senior Masculino	03:13:54	+02:00:26	19:23
972	1656	Vera Pereira	sem fôlego	Senior Feminino	03:14:13	+02:00:45	19:25
973	1659	Pedro Pereira	sem fôlego	Senior Masculino	03:14:14	+02:00:46	19:25
974	1655	Beatriz Fidalgo	sem fôlego	Senior Feminino	03:14:14	+02:00:46	19:25
975	1657	Claudio Pereira	sem fôlego	Senior Masculino	03:14:15	+02:00:47	19:26
976	1520	Juliana castro	portal da queixa	Senior Feminino	03:14:47	+02:01:19	19:29
977	1518	Jéssica Filipa Da Silva Robalinho	portal da queixa	Senior Feminino	03:14:51	+02:01:23	19:29
978	1608	Nuno Micael Alvim Coelho da Silva	queixosos anónimos	Senior Masculino	03:14:51	+02:01:23	19:29
979	1604	Gabriela Maria Alvim Guedes Pinto	queixosos anónimos	Senior Feminino	03:14:52	+02:01:24	19:29
980	1607	Sílvia Alexandra Pereira da Silva	queixosos anónimos	Senior Feminino	03:14:53	+02:01:25	19:29
981	1603	Eva Joana Alvim Silva	queixosos anónimos	Senior Feminino	03:14:53	+02:01:25	19:29
982	1606	Sandra Pinto	queixosos anónimos	Senior Feminino	03:14:54	+02:01:26	19:29
983	744	Ana Maria Vieira de Pinho	epme	Senior Feminino	03:14:57	+02:01:29	19:30
984	1940	André Oliveira	individual	Senior Masculino	03:14:58	+02:01:30	19:30
985	746	Joana Isabel Ribeiro Campos de Oliveira	epme	Senior Feminino	03:15:00	+02:01:32	19:30
986	749	Sérgio Filipe Ferreira do Amaral Garcia	epme	Senior Masculino	03:15:23	+02:01:55	19:32
987	1327	Duarte Vaz Batista	ocr4500	Senior Masculino	03:15:28	+02:02:00	19:33
988	1517	Goreti Almeida	portal da queixa	Senior Feminino	03:15:47	+02:02:19	19:35
989	1537	Nuno Rocha	portal da queixa	Senior Masculino	03:15:52	+02:02:24	19:35
990	596	Claudia Filipe Almeida da Silva	casa dos dragões de fiães	Senior Feminino	03:15:56	+02:02:28	19:36
991	606	Ricardo Manuel Ferreira Lopes	casa dos dragões de fiães	Senior Masculino	03:15:56	+02:02:28	19:36
992	604	Quintino Alexandre Sousa Ramos	casa dos dragões de fiães	Senior Masculino	03:15:56	+02:02:28	19:36
993	598	Maísa Isabel Nunes da Silva	casa dos dragões de fiães	Senior Feminino	03:15:56	+02:02:28	19:36
994	1027	Carlos Alberto Fernandes mota	individual	Senior Masculino	03:15:57	+02:02:29	19:36
995	602	Nelson Pedro Oliveira Silva	casa dos dragões de fiães	Senior Masculino	03:15:58	+02:02:30	19:36
996	1059	Joel Ferreira Tavares	individual	Senior Masculino	03:15:58	+02:02:30	19:36
997	1325	Daniel Oliveira	ocr4500	Senior Masculino	03:15:59	+02:02:31	19:36
998	1326	Diogo Silva	ocr4500	Senior Masculino	03:15:59	+02:02:31	19:36
999	1322	Andreia Cabral	ocr4500	Senior Feminino	03:15:59	+02:02:31	19:36
1000	1321	Ana Luísa Bonito	ocr4500	Senior Feminino	03:16:00	+02:02:32	19:36
1001	1324	Nicole dos Santos Vaz	ocr4500	Senior Feminino	03:16:00	+02:02:32	19:36
1002	1328	João Miguel Santos	ocr4500	Senior Masculino	03:16:00	+02:02:32	19:36
1003	599	Maria Isabel Freitas da Silva	casa dos dragões de fiães	Senior Feminino	03:16:00	+02:02:32	19:36
1004	1057	Duarte Silva	individual	Senior Masculino	03:16:34	+02:03:06	19:39
1005	637	Mariana Machango	chamas na pista	Senior Feminino	03:16:43	+02:03:15	19:40
1006	542	João Melo Bártolo	bravos mansos	Senior Masculino	03:16:46	+02:03:18	19:41
1007	539	Diogo Ferreira Neves	bravos mansos	Senior Masculino	03:16:46	+02:03:18	19:41
1008	644	Soraia Silva	chamas na pista	Senior Feminino	03:16:59	+02:03:31	19:42
1009	641	Rute Sousa	chamas na pista	Senior Feminino	03:17:00	+02:03:32	19:42

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1010	649	Eduardo Silva	chamas na pista	Senior Masculino	03:17:03	+02:03:35	19:42
1011	642	Sara Reis	chamas na pista	Senior Feminino	03:17:03	+02:03:35	19:42
1012	1155	Mariana Henriques Almeida	legítimos e emprestados	Senior Feminino	03:17:13	+02:03:45	19:43
1013	1158	Leandro Almeida Santos	legítimos e emprestados	Senior Masculino	03:17:14	+02:03:46	19:43
1014	1157	José Filipe Sousa Teixeira	legítimos e emprestados	Senior Masculino	03:17:14	+02:03:46	19:43
1015	1154	Daniela Filipa Gonçalves de Almeida	legítimos e emprestados	Senior Feminino	03:17:15	+02:03:47	19:43
1016	1152	Adriana Marisa Almeida Santos	legítimos e emprestados	Senior Feminino	03:17:15	+02:03:47	19:43
1017	1162	Telmo Santos Mota	legítimos e emprestados	Senior Masculino	03:17:15	+02:03:47	19:44
1018	1156	Patrícia Henriques Almeida	legítimos e emprestados	Senior Feminino	03:17:16	+02:03:48	19:44
1019	1159	Ricardo José Tavares Oliveira	legítimos e emprestados	Senior Masculino	03:17:16	+02:03:48	19:44
1020	1160	Ricardo Manuel Almeida Santos	legítimos e emprestados	Senior Masculino	03:17:16	+02:03:48	19:44
1021	1153	Ana Rita Leal da Silva	legítimos e emprestados	Senior Feminino	03:17:22	+02:03:54	19:44
1022	202	Maria João	1002	Senior Feminino	03:17:24	+02:03:56	19:44
1023	204	Sofia Fontes	1002	Senior Feminino	03:17:24	+02:03:56	19:44
1024	203	Mariana Nunes	1002	Senior Feminino	03:17:24	+02:03:56	19:44
1025	201	Joaninha P	1002	Senior Feminino	03:17:24	+02:03:57	19:44
1026	1646	Bárbara Miranda	salamanca	Senior Feminino	03:17:28	+02:04:00	19:45
1027	1649	Sofia Dionísio	salamanca	Senior Feminino	03:17:28	+02:04:00	19:45
1028	1647	Rita Dionísio	salamanca	Senior Feminino	03:17:28	+02:04:00	19:45
1029	1477	Natália Moreira	perdidos mas felizes	Senior Feminino	03:17:39	+02:04:11	19:46
1030	1478	Rita Baptista	perdidos mas felizes	Senior Feminino	03:17:39	+02:04:11	19:46
1031	1471	Denise Rocha Peleteiro	perdidos mas felizes	Senior Feminino	03:17:39	+02:04:11	19:46
1032	1470	Catarina Silva	perdidos mas felizes	Senior Feminino	03:17:39	+02:04:11	19:46
1033	1474	Isa Silva	perdidos mas felizes	Senior Feminino	03:17:40	+02:04:12	19:46
1034	1472	Diana Sofia Azevedo	perdidos mas felizes	Senior Feminino	03:17:42	+02:04:14	19:46
1035	1481	Vasco Pinto Silva	perdidos mas felizes	Senior Masculino	03:17:42	+02:04:14	19:46
1036	1469	Ana Pedrosa	perdidos mas felizes	Senior Feminino	03:17:52	+02:04:24	19:47
1037	1468	Ana Catarina Pedrosa	perdidos mas felizes	Senior Feminino	03:17:52	+02:04:24	19:47
1038	1374	Carla Alexandra dos Santos Patela	os fogo no cu	Senior Feminino	03:18:04	+02:04:36	19:48
1039	1389	Pedro Gonçalves	os fogo no cu	Senior Masculino	03:18:04	+02:04:36	19:48
1040	1370	Ana Amorim	os fogo no cu	Senior Feminino	03:18:04	+02:04:36	19:48
1041	1388	Manuel Arnaldo Oliveira	os fogo no cu	Senior Masculino	03:18:04	+02:04:36	19:48
1042	1379	Daniela Sá	os fogo no cu	Senior Feminino	03:18:04	+02:04:36	19:48
1043	1385	Daniel Fernando da Silva	os fogo no cu	Senior Masculino	03:18:04	+02:04:36	19:48
1044	1373	Beatriz Catarino Rocha	os fogo no cu	Senior Feminino	03:18:05	+02:04:37	19:48
1045	1386	JOÃO CARDOSO	os fogo no cu	Senior Masculino	03:18:05	+02:04:37	19:48
1046	1387	Leonel Resende Rocha	os fogo no cu	Senior Masculino	03:18:05	+02:04:37	19:49
1047	1380	Joana Sá	os fogo no cu	Senior Feminino	03:18:05	+02:04:37	19:49
1048	1376	Cecilia Freitas	os fogo no cu	Senior Feminino	03:18:05	+02:04:37	19:49
1049	1371	Andreia Oliveira	os fogo no cu	Senior Feminino	03:18:05	+02:04:37	19:49
1050	1383	Artur Brandão	os fogo no cu	Senior Masculino	03:18:06	+02:04:38	19:49
1051	1384	Carlos Rodrigues	os fogo no cu	Senior Masculino	03:18:06	+02:04:38	19:49

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1052	1382	Paula Alexandra Braga Catarino	os fogo no cu	Senior Feminino	03:18:06	+02:04:38	19:49
1053	1369	Alexandra de Castro e Silva	os fogo no cu	Senior Feminino	03:18:06	+02:04:38	19:49
1054	1381	Maria Nunes Rocha	os fogo no cu	Senior Feminino	03:18:06	+02:04:38	19:49
1055	1377	Claudia Pereira Pires Teixeira	os fogo no cu	Senior Feminino	03:18:06	+02:04:38	19:49
1056	1372	Bárbara Fonseca	os fogo no cu	Senior Feminino	03:18:06	+02:04:38	19:49
1057	1378	CRISTINA COSTA	os fogo no cu	Senior Feminino	03:18:08	+02:04:40	19:49
1058	1375	Carla Pereira	os fogo no cu	Senior Feminino	03:18:08	+02:04:40	19:49
1059	1476	Mariana Rocha	perdidos mas felizes	Senior Feminino	03:18:11	+02:04:43	19:49
1060	1415	Joel Santos	os resistentes	Senior Masculino	03:18:49	+02:05:21	19:53
1061	1400	Ana Libras	os resistentes	Senior Feminino	03:18:50	+02:05:22	19:53
1062	1406	Mónica Silva	os resistentes	Senior Feminino	03:18:50	+02:05:22	19:53
1063	1399	Ana Gomes	os resistentes	Senior Feminino	03:18:50	+02:05:22	19:53
1064	1412	Fernando Gonçalves	os resistentes	Senior Masculino	03:18:51	+02:05:23	19:53
1065	1759	Ana Beatriz Silva Mendes Couto	team alfa	Senior Feminino	03:18:51	+02:05:23	19:53
1066	1760	Ana Carla Tavares de Pinho	team alfa	Senior Feminino	03:18:51	+02:05:23	19:53
1067	1769	Mariana Teixeira Gomes Martins dos Santos	team alfa	Senior Feminino	03:18:51	+02:05:23	19:53
1068	1774	Carlos Monteiro	team alfa	Senior Masculino	03:18:52	+02:05:24	19:53
1069	1140	Ana Ribeiro	lama sem medo	Senior Feminino	03:18:59	+02:05:31	19:54
1070	1142	Raquel Ramos	lama sem medo	Senior Feminino	03:19:00	+02:05:32	19:54
1071	1145	Pedro Bento	lama sem medo	Senior Masculino	03:19:00	+02:05:32	19:54
1072	1144	João Bento	lama sem medo	Senior Masculino	03:19:00	+02:05:32	19:54
1073	1141	Beatriz Santos	lama sem medo	Senior Feminino	03:19:00	+02:05:32	19:54
1074	1143	Sofia Santos	lama sem medo	Senior Feminino	03:19:00	+02:05:32	19:54
1075	1402	Inês Bastos	os resistentes	Senior Feminino	03:19:06	+02:05:38	19:55
1076	747	Sónia Cristina da Silva de Sousa Carvalho	epme	Senior Feminino	03:19:09	+02:05:41	19:55
1077	748	Ricardo Valentim Ferreira dos Santos	epme	Senior Masculino	03:19:09	+02:05:41	19:55
1078	1409	António Teixeira	os resistentes	Senior Masculino	03:19:21	+02:05:53	19:56
1079	1414	Joaquim Calafate	os resistentes	Senior Masculino	03:19:21	+02:05:53	19:56
1080	1401	Anabela Teixeira	os resistentes	Senior Feminino	03:19:21	+02:05:53	19:56
1081	1407	Rosária Martins	os resistentes	Senior Feminino	03:19:25	+02:05:57	19:57
1082	1516	Cristiana Gomes Valente ferreira	portal da queixa	Senior Feminino	03:20:55	+02:07:27	20:05
1083	1521	Juliana Moreira coelho	portal da queixa	Senior Feminino	03:20:55	+02:07:27	20:06
1084	310	Helena Castro	as bravas	Senior Feminino	03:21:06	+02:07:38	20:07
1085	308	Alexandra Valente	as bravas	Senior Feminino	03:21:06	+02:07:38	20:07
1086	311	Marisa Correia	as bravas	Senior Feminino	03:21:06	+02:07:38	20:07
1087	309	Elisabete Soares	as bravas	Senior Feminino	03:21:06	+02:07:38	20:07
1088	313	Susana Aguiar	as bravas	Senior Feminino	03:21:06	+02:07:38	20:07
1089	314	Vânia Cunha	as bravas	Senior Feminino	03:21:06	+02:07:38	20:07
1090	315	Jose Velho	as bravas	Senior Masculino	03:21:06	+02:07:38	20:07
1091	312	Marisa Ribeiro	as bravas	Senior Feminino	03:21:06	+02:07:38	20:07
1092	773	Júlia Da Rocha Neiva Santos	família na lama	Senior Feminino	03:21:08	+02:07:40	20:07
1093	774	Leonor Fernandes Dos Santos	família na lama	Senior Feminino	03:21:09	+02:07:41	20:07

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1094	777	Virginia Patricia Rocha Santos	família na lama	Senior Feminino	03:21:09	+02:07:41	20:07
1095	775	Miriam Dos santos Pereira	família na lama	Senior Feminino	03:21:09	+02:07:41	20:07
1096	776	Natália Maria Da Rocha Pereira Neiva	família na lama	Senior Feminino	03:21:09	+02:07:41	20:07
1097	399	César Filipe Carvalho Gomes	bombeiros de arrifana	Senior Masculino	03:21:12	+02:07:44	20:07
1098	407	Moisés Pinto Dos Santos	bombeiros de arrifana	Senior Masculino	03:21:13	+02:07:45	20:07
1099	1243	CARLA FAMILIAR	mc	Senior Feminino	03:21:20	+02:07:52	20:08
1100	1254	CLAUDIO OLIVEIRA	mc	Senior Masculino	03:21:21	+02:07:53	20:08
1101	767	Tiago Reis	falsos lentos	Senior Masculino	03:21:21	+02:07:53	20:08
1102	1253	VERA OLIVEIRA	mc	Senior Feminino	03:21:21	+02:07:53	20:08
1103	1245	ISAURA SOARES	mc	Senior Feminino	03:21:22	+02:07:54	20:08
1104	766	Rodrigo Silva	falsos lentos	Senior Masculino	03:21:22	+02:07:54	20:08
1105	1248	RITA OLIVEIRA	mc	Senior Feminino	03:21:22	+02:07:54	20:08
1106	1255	DANIEL OLIVEIRA	mc	Senior Masculino	03:21:22	+02:07:54	20:08
1107	1250	SONIA CARVALHO	mc	Senior Feminino	03:21:22	+02:07:54	20:08
1108	1252	VANIA SILVA	mc	Senior Feminino	03:21:23	+02:07:55	20:08
1109	1251	SONIA LIMA	mc	Senior Feminino	03:21:24	+02:07:56	20:08
1110	971	Alice João Coanhas Gonçalves	individual	Senior Feminino	03:21:27	+02:07:59	20:09
1111	765	Marco Silva	falsos lentos	Senior Masculino	03:21:27	+02:07:59	20:09
1112	1662	Gonçalo Pinho	sem limites	Senior Masculino	03:21:50	+02:08:22	20:11
1113	1661	Ana Santos	sem limites	Senior Feminino	03:21:51	+02:08:23	20:11
1114	1925	Xavier Oliveira	vita	Senior Masculino	03:21:51	+02:08:23	20:11
1115	1924	Tatiana Figueiredo	vita	Senior Feminino	03:21:51	+02:08:23	20:11
1116	1660	Ana Correia	sem limites	Senior Feminino	03:21:51	+02:08:23	20:11
1117	1128	Andréia Ribeiro	labregos	Senior Feminino	03:22:05	+02:08:37	20:12
1118	1126	Ádria Lemos	labregos	Senior Feminino	03:22:08	+02:08:40	20:13
1119	347	Rodrigo Pombinho	auauauauau cães da pradaria	Senior Masculino	03:22:33	+02:09:05	20:15
1120	339	Diogo Oliveira	auauauauau cães da pradaria	Senior Masculino	03:22:33	+02:09:05	20:15
1121	343	Joel Oliveira Pinto	auauauauau cães da pradaria	Senior Masculino	03:22:35	+02:09:07	20:15
1122	346	Roberto Oliveira	auauauauau cães da pradaria	Senior Masculino	03:22:38	+02:09:10	20:16
1123	344	Gabriela Silva	auauauauau cães da pradaria	Senior Masculino	03:22:38	+02:09:10	20:16
1124	345	Matias Fernandes	auauauauau cães da pradaria	Senior Feminino	03:22:39	+02:09:11	20:16
1125	348	Vasco Matos	auauauauau cães da pradaria	Senior Masculino	03:22:39	+02:09:11	20:16
1126	1739	Bruno Filipe de Oliveira Pinho	tartarugas furiosas	Senior Masculino	03:23:21	+02:09:53	20:20
1127	1706	Edgar Almeida	stump fight team	Senior Masculino	03:23:35	+02:10:07	20:21
1128	1711	Luis Oliveira	stump fight team	Senior Masculino	03:23:36	+02:10:08	20:22
1129	1710	Henrique Caldeira	stump fight team	Senior Masculino	03:23:36	+02:10:08	20:22
1130	1708	Filipe Almeida	stump fight team	Senior Masculino	03:23:36	+02:10:08	20:22
1131	1705	Diogo Granja	stump fight team	Senior Masculino	03:23:37	+02:10:09	20:22
1132	1712	Márcio Couto	stump fight team	Senior Masculino	03:23:37	+02:10:09	20:22
1133	1699	Maria Reis	stump fight team	Senior Feminino	03:23:38	+02:10:10	20:22
1134	1701	Soraia Soreira	stump fight team	Senior Feminino	03:23:38	+02:10:10	20:22
1135	1707	Fabio Silva	stump fight team	Senior Masculino	03:23:38	+02:10:10	20:22
1136	1698	Marcela Gomes	stump fight team	Senior Feminino	03:23:38	+02:10:10	20:22
1137	1700	Sofia Azevedo	stump fight team	Senior Feminino	03:23:39	+02:10:11	20:22
1138	1703	Alexandre Oliveira	stump fight team	Senior Masculino	03:23:39	+02:10:11	20:22

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1139	1704	Catarina Valente	stump fight team	Senior Masculino	03:23:40	+02:10:12	20:22
1140	1702	Tania Soreira	stump fight team	Senior Feminino	03:23:40	+02:10:12	20:22
1141	1709	Filipe Posio	stump fight team	Senior Masculino	03:23:41	+02:10:13	20:22
1142	378	Pollyanna pacheco	banhas assassinas	Senior Feminino	03:23:43	+02:10:15	20:22
1143	341	João Oliveira	auauauauau cães da pradaria	Senior Masculino	03:23:53	+02:10:25	20:23
1144	214	João Lopes	100nome	Senior Masculino	03:23:53	+02:10:25	20:23
1145	338	Rafaela Grave	auauauauau cães da pradaria	Senior Feminino	03:23:53	+02:10:25	20:23
1146	337	Diana Ribeiro	auauauauau cães da pradaria	Senior Feminino	03:23:54	+02:10:26	20:23
1147	1652	Adilson Nascimento	segura o bloqueio	Senior Masculino	03:24:30	+02:11:02	20:27
1148	1650	Alyne Rodrigues	segura o bloqueio	Senior Feminino	03:24:30	+02:11:02	20:27
1149	1651	Mônica Esteve Araújo nascimento	segura o bloqueio	Senior Feminino	03:24:30	+02:11:02	20:27
1150	1653	Bruno Pedro	segura o bloqueio	Senior Masculino	03:24:31	+02:11:03	20:27
1151	410	Ricardo Luís Resende Amorim	bombeiros de arrifana	Senior Masculino	03:24:34	+02:11:06	20:27
1152	403	José Rui Araújo Da Silva	bombeiros de arrifana	Senior Masculino	03:24:35	+02:11:07	20:27
1153	398	Beatriz da Conceição Dias Serdoura	bombeiros de arrifana	Senior Feminino	03:24:35	+02:11:07	20:27
1154	413	Rui Miguel de Assunção Duarte	bombeiros de arrifana	Senior Masculino	03:24:35	+02:11:07	20:27
1155	405	Manuel Fernando Resende Freitas	bombeiros de arrifana	Senior Masculino	03:24:35	+02:11:07	20:28
1156	406	Manuel José Martins Oliveira	bombeiros de arrifana	Senior Masculino	03:24:36	+02:11:08	20:28
1157	402	Jorge Filipe Rocha Pereira	bombeiros de arrifana	Senior Masculino	03:24:40	+02:11:12	20:28
1158	236	Caroline Jacobsen	a catarina disse que era fácil	Senior Feminino	03:24:56	+02:11:28	20:30
1159	248	Talles Jacobsen	a catarina disse que era fácil	Senior Masculino	03:24:57	+02:11:29	20:30
1160	329	Sónia Alexandra Fernandes	as do costume	Senior Feminino	03:25:04	+02:11:36	20:30
1161	328	Sandra Isabel da Silva Pinto	as do costume	Senior Feminino	03:25:04	+02:11:36	20:30
1162	327	Flávia Mendes	as do costume	Senior Feminino	03:25:04	+02:11:36	20:30
1163	1805	Patrícia da Paula	team dartação	Senior Feminino	03:25:29	+02:12:01	20:33
1164	1803	Marta Limas	team dartação	Senior Feminino	03:25:29	+02:12:01	20:33
1165	1630	Cristiana Pinto	running esmoriz	Senior Feminino	03:25:30	+02:12:02	20:33
1166	1631	Fátima Lemos	running esmoriz	Senior Feminino	03:25:30	+02:12:02	20:33
1167	1632	Jeanete Valente	running esmoriz	Senior Feminino	03:25:30	+02:12:02	20:33
1168	1634	Margarida Tavares	running esmoriz	Senior Feminino	03:25:32	+02:12:04	20:33
1169	1635	Rosana Pereira	running esmoriz	Senior Feminino	03:25:32	+02:12:04	20:33
1170	1633	liliana Ferreira	running esmoriz	Senior Feminino	03:25:33	+02:12:05	20:33
1171	1628	Catarina Moreira	running esmoriz	Senior Feminino	03:25:42	+02:12:14	20:34
1172	1629	Cátia Costa	running esmoriz	Senior Feminino	03:25:42	+02:12:14	20:34
1173	673	Miguel Sousa	chico deus	Senior Masculino	03:26:06	+02:12:38	20:37
1174	671	Bruno Morais	chico deus	Senior Masculino	03:26:07	+02:12:39	20:37
1175	668	Daniela Rocha	chico deus	Senior Feminino	03:26:09	+02:12:41	20:37
1176	669	Mariana Duarte	chico deus	Senior Feminino	03:26:10	+02:12:42	20:37
1177	672	Francisco Monteiro	chico deus	Senior Masculino	03:26:10	+02:12:42	20:37
1178	674	Miguel Teixeira	chico deus	Senior Masculino	03:26:10	+02:12:42	20:37
1179	670	Vanessa Ferraz	chico deus	Senior Feminino	03:26:14	+02:12:46	20:37
1180	1743	Fernando Paulo Sousa Freitas	tartarugas furiosas	Senior Masculino	03:26:33	+02:13:05	20:39
1181	1738	Armenio Duarte Pinho	tartarugas furiosas	Senior Masculino	03:26:34	+02:13:06	20:39

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1182	1744	Horácio Manuel Ferreira Dos Santos	tartarugas furiosas	Senior Masculino	03:26:41	+02:13:13	20:40
1183	1735	Mariana Carvalho Cancela Felix	tartarugas furiosas	Senior Feminino	03:26:41	+02:13:13	20:40
1184	1733	Claudia Patrícia Gomes Pinho	tartarugas furiosas	Senior Feminino	03:26:42	+02:13:14	20:40
1185	1751	Paulo Sérgio De Oliveira Pinho	tartarugas furiosas	Senior Masculino	03:26:42	+02:13:14	20:40
1186	1753	Pedro tiago de Oliveira Pinho	tartarugas furiosas	Senior Masculino	03:26:45	+02:13:17	20:40
1187	1853	Filipe Assunção	tremoços olímpicos	Senior Masculino	03:27:07	+02:13:39	20:43
1188	1750	Nelson Palha Cadilhe	tartarugas furiosas	Senior Masculino	03:27:09	+02:13:41	20:43
1189	688	Filipa Fonseca	coragem coletiva	Senior Feminino	03:27:09	+02:13:41	20:43
1190	691	Mónica Santos	coragem coletiva	Senior Feminino	03:27:09	+02:13:41	20:43
1191	694	Fernando Alves	coragem coletiva	Senior Masculino	03:27:09	+02:13:41	20:43
1192	1748	Manuel Neves de Oliveira	tartarugas furiosas	Senior Masculino	03:27:09	+02:13:41	20:43
1193	1736	Susana Palha Cadilhe	tartarugas furiosas	Senior Feminino	03:27:09	+02:13:41	20:43
1194	1852	André Lopes	tremoços olímpicos	Senior Masculino	03:27:10	+02:13:42	20:43
1195	1855	Ricardo Santos	tremoços olímpicos	Senior Masculino	03:27:12	+02:13:44	20:43
1196	1854	Mario Ferreira	tremoços olímpicos	Senior Masculino	03:27:13	+02:13:45	20:43
1197	693	André Pereira	coragem coletiva	Senior Masculino	03:27:28	+02:14:00	20:45
1198	1036	Diogo Reis	individual	Senior Masculino	03:27:28	+02:14:00	20:45
1199	696	Miguel Silva	coragem coletiva	Senior Masculino	03:27:28	+02:14:00	20:45
1200	697	Paulo Moreira	coragem coletiva	Senior Masculino	03:27:29	+02:14:01	20:45
1201	780	Francisco José Oliveira Santos	familia santos	Senior Masculino	03:27:51	+02:14:23	20:47
1202	779	Carolina Sousa Santos	familia santos	Senior Feminino	03:28:06	+02:14:38	20:49
1203	778	Ana Elisabete Ribeiro de Sousa Lopes	familia santos	Senior Feminino	03:28:07	+02:14:39	20:49
1204	1263	Daniel Almeida	mental energy	Senior Masculino	03:28:21	+02:14:53	20:50
1205	1259	Ana Couto	mental energy	Senior Feminino	03:28:21	+02:14:53	20:50
1206	1260	Catarina Nogueira	mental energy	Senior Feminino	03:28:21	+02:14:53	20:50
1207	1258	Alice Couto	mental energy	Senior Feminino	03:28:21	+02:14:53	20:50
1208	1262	Joana Coelho	mental energy	Senior Feminino	03:28:21	+02:14:53	20:50
1209	1391	Vergilio Silva Teixeira	os fogo no cu	Senior Masculino	03:30:14	+02:16:46	21:01
1210	1288	Inês Sousa	no knees	Senior Feminino	03:30:31	+02:17:03	21:03
1211	1287	Inês Silva	no knees	Senior Feminino	03:30:31	+02:17:03	21:03
1212	1279	Ana Alves	no knees	Senior Feminino	03:30:31	+02:17:03	21:03
1213	1286	Flaviana Teixeira	no knees	Senior Feminino	03:30:31	+02:17:03	21:03
1214	1298	Joel Gonçalves	no knees	Senior Masculino	03:30:32	+02:17:04	21:03
1215	1280	Ana Cristina	no knees	Senior Feminino	03:30:32	+02:17:04	21:03
1216	1297	João Simões	no knees	Senior Masculino	03:30:32	+02:17:04	21:03
1217	1290	Sandrina Marques	no knees	Senior Feminino	03:30:33	+02:17:05	21:03
1218	1285	Filipa Silva	no knees	Senior Feminino	03:30:33	+02:17:05	21:03
1219	1299	Mário Santos	no knees	Senior Masculino	03:30:33	+02:17:05	21:03
1220	1284	Filipa Loureiro	no knees	Senior Feminino	03:30:33	+02:17:05	21:03
1221	1300	Paulo Santos	no knees	Senior Masculino	03:30:34	+02:17:06	21:03
1222	1295	Carlos Tavares	no knees	Senior Masculino	03:30:34	+02:17:06	21:03
1223	1303	Rúben Pires	no knees	Senior Masculino	03:30:34	+02:17:06	21:03
1224	752	Rogério Couto	equipa metalarda	Senior Masculino	03:30:48	+02:17:20	21:05
1225	751	Joaquim Moreira	equipa metalarda	Senior Masculino	03:30:49	+02:17:21	21:05

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1226	750	Leandra Oliveira	equipa metalarda	Senior Feminino	03:30:55	+02:17:27	21:06
1227	905	Hugo Costa	grupo jr	Senior Masculino	03:31:00	+02:17:32	21:06
1228	986	Elisabete Vitorino	individual	Senior Feminino	03:31:01	+02:17:33	21:06
1229	680	Matilde Sousa	clã 57	Senior Feminino	03:31:02	+02:17:34	21:06
1230	984	Dulce Adrêgo	individual	Senior Feminino	03:31:02	+02:17:34	21:06
1231	682	Rafaela Guedes	clã 57	Senior Feminino	03:31:02	+02:17:34	21:06
1232	683	Raquel Oliveira	clã 57	Senior Feminino	03:31:02	+02:17:34	21:06
1233	675	Ana Sousa	clã 57	Senior Feminino	03:31:03	+02:17:35	21:06
1234	676	Cláudia Susana Maia	clã 57	Senior Feminino	03:31:03	+02:17:35	21:06
1235	678	Karina Matos	clã 57	Senior Feminino	03:31:04	+02:17:36	21:06
1236	677	Joana Filipa Mota	clã 57	Senior Feminino	03:31:04	+02:17:36	21:06
1237	681	Nádia Santos	clã 57	Senior Feminino	03:31:05	+02:17:37	21:06
1238	679	Luísa Gil	clã 57	Senior Feminino	03:31:06	+02:17:38	21:07
1239	686	Ricardo Bento	clã 57	Senior Masculino	03:31:06	+02:17:38	21:07
1240	685	José Marques	clã 57	Senior Masculino	03:31:09	+02:17:41	21:07
1241	909	Vítor Figueira	grupo jr	Senior Masculino	03:31:10	+02:17:42	21:07
1242	904	Filipe Soares	grupo jr	Senior Masculino	03:31:11	+02:17:43	21:07
1243	903	Armando Ferreira	grupo jr	Senior Masculino	03:31:11	+02:17:43	21:07
1244	908	Ricardo França	grupo jr	Senior Masculino	03:31:11	+02:17:43	21:07
1245	1246	IVETE SOUZA	mc	Senior Feminino	03:32:10	+02:18:42	21:13
1246	1244	FABIOLA SANTOS	mc	Senior Feminino	03:32:12	+02:18:44	21:13
1247	296	João Santos	alpha studio	Senior Masculino	03:32:49	+02:19:21	21:17
1248	292	Vera Martins	alpha studio	Senior Feminino	03:32:50	+02:19:22	21:17
1249	280	Ana Patrícia Moreira	alpha studio	Senior Feminino	03:32:50	+02:19:22	21:17
1250	278	Ana Beatriz Gomes	alpha studio	Senior Feminino	03:32:50	+02:19:22	21:17
1251	282	Cecília Mota	alpha studio	Senior Feminino	03:32:50	+02:19:22	21:17
1252	294	João Miguel Ferreira	alpha studio	Senior Masculino	03:32:51	+02:19:23	21:17
1253	279	Ana Cristina Silva	alpha studio	Senior Feminino	03:32:51	+02:19:23	21:17
1254	293	Anthony Silva	alpha studio	Senior Masculino	03:32:51	+02:19:23	21:17
1255	288	Maria Teresa Martins	alpha studio	Senior Feminino	03:32:52	+02:19:24	21:17
1256	284	Diana Azevedo	alpha studio	Senior Feminino	03:32:52	+02:19:24	21:17
1257	291	Sílvia Cardoso	alpha studio	Senior Feminino	03:32:53	+02:19:25	21:17
1258	285	Jéssica Pais	alpha studio	Senior Feminino	03:32:53	+02:19:25	21:17
1259	848	Mariana Lameira	g.e.m.e	Senior Feminino	03:33:55	+02:20:27	21:23
1260	851	Solange Moreira	g.e.m.e	Senior Feminino	03:33:55	+02:20:27	21:23
1261	845	Cristiana Moreira	g.e.m.e	Senior Feminino	03:33:56	+02:20:28	21:24
1262	852	Vanessa Oliveira	g.e.m.e	Senior Feminino	03:33:57	+02:20:29	21:24
1263	866	Sérgio Santos	g.e.m.e	Senior Masculino	03:33:58	+02:20:30	21:24
1264	859	Eduardo Ferreira	g.e.m.e	Senior Masculino	03:33:59	+02:20:31	21:24
1265	846	Fabiana Andrade	g.e.m.e	Senior Feminino	03:33:59	+02:20:31	21:24
1266	843	Bruna Lameira	g.e.m.e	Senior Feminino	03:34:01	+02:20:33	21:24
1267	847	Inês Barata	g.e.m.e	Senior Feminino	03:34:01	+02:20:33	21:24
1268	864	Ricardo Ramos	g.e.m.e	Senior Masculino	03:34:05	+02:20:37	21:24
1269	853	Américo Castanheira	g.e.m.e	Senior Masculino	03:34:07	+02:20:39	21:25
1270	855	Armando Ribeiro	g.e.m.e	Senior Masculino	03:34:10	+02:20:42	21:25
1271	854	André Paiva	g.e.m.e	Senior Masculino	03:34:14	+02:20:46	21:25

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1272	862	Pedro Alves	g.e.m.e	Senior Masculino	03:34:14	+02:20:46	21:25
1273	863	Rafael Fernandes	g.e.m.e	Senior Masculino	03:34:14	+02:20:46	21:25
1274	842	Adriana Ventura	g.e.m.e	Senior Feminino	03:34:15	+02:20:47	21:25
1275	857	David Moura	g.e.m.e	Senior Masculino	03:34:15	+02:20:47	21:26
1276	858	Diogo Ferreira	g.e.m.e	Senior Masculino	03:34:16	+02:20:48	21:26
1277	536	Mariana Oliveira Vasconcelos Rosadas	bravos mansos	Senior Feminino	03:34:22	+02:20:54	21:26
1278	535	Mariana de Melo Tavares	bravos mansos	Senior Feminino	03:34:22	+02:20:54	21:26
1279	537	Marta Sofia Lopes Dias	bravos mansos	Senior Feminino	03:34:23	+02:20:55	21:26
1280	538	Viviana Almeida Costa	bravos mansos	Senior Feminino	03:34:23	+02:20:55	21:26
1281	532	Ana Filipa Pinho Vilar	bravos mansos	Senior Feminino	03:34:23	+02:20:55	21:26
1282	544	Xavier Neto	bravos mansos	Senior Masculino	03:34:23	+02:20:55	21:26
1283	533	Catarina Ferreira Gonçalves da Silva	bravos mansos	Senior Feminino	03:34:24	+02:20:56	21:26
1284	540	Francisco Barbosa	bravos mansos	Senior Masculino	03:34:24	+02:20:56	21:26
1285	1762	Beatriz Campos	team alfa	Senior Feminino	03:34:41	+02:21:13	21:28
1286	1627	Rúben Santos	runners aguada de cima	Senior Masculino	03:34:44	+02:21:16	21:28
1287	1624	Silvia da Silva	runners aguada de cima	Senior Feminino	03:34:44	+02:21:16	21:28
1288	1778	Ivo Paiva	team alfa	Senior Masculino	03:34:44	+02:21:16	21:28
1289	1625	Bruno Silva	runners aguada de cima	Senior Masculino	03:34:45	+02:21:17	21:29
1290	1626	Felipe Pereira	runners aguada de cima	Senior Masculino	03:34:46	+02:21:18	21:29
1291	1937	Daisy Silva	runners aguada de cima	Senior Masculino	03:34:46	+02:21:18	21:29
1292	881	Ruben Gomes	g6 - esan	Senior Masculino	03:34:51	+02:21:23	21:29
1293	868	Catarina Freitas	g6 - esan	Senior Feminino	03:34:51	+02:21:23	21:29
1294	1767	Lara Sofia Almeida Oliveira	team alfa	Senior Feminino	03:34:59	+02:21:31	21:30
1295	1293	André Oliveira	no knees	Senior Masculino	03:35:26	+02:21:58	21:33
1296	1292	Virgínia Fernandes	no knees	Senior Feminino	03:35:27	+02:21:59	21:33
1297	1777	Gustavo Soares	team alfa	Senior Masculino	03:35:27	+02:21:59	21:33
1298	1283	Dionísia Laranjeiro	no knees	Senior Feminino	03:35:27	+02:21:59	21:33
1299	1294	Carlos Oliveira	no knees	Senior Masculino	03:35:28	+02:22:00	21:33
1300	1296	João Laranjeiro	no knees	Senior Masculino	03:35:28	+02:22:00	21:33
1301	861	Osvaldo Santos	g.e.m.e	Senior Masculino	03:35:32	+02:22:04	21:33
1302	865	Rui Oliveira	g.e.m.e	Senior Masculino	03:36:06	+02:22:38	21:37
1303	1281	Andreia Simões	no knees	Senior Feminino	03:37:17	+02:23:49	21:44
1304	1301	Paulo Santos	no knees	Senior Masculino	03:37:17	+02:23:49	21:44
1305	1291	Susana Florindo	no knees	Senior Feminino	03:37:17	+02:23:49	21:44
1306	1302	Pedro Santos	no knees	Senior Masculino	03:37:17	+02:23:49	21:44
1307	1745	Joaquim José Pereira da Silva	tartarugas furiosas	Senior Masculino	03:38:18	+02:24:50	21:50
1308	1741	Daniel Leite Moreira	tartarugas furiosas	Senior Masculino	03:38:21	+02:24:53	21:50
1309	1734	Daniela Cristina Palha de Oliveira Silva	tartarugas furiosas	Senior Feminino	03:38:35	+02:25:07	21:51
1310	1207	Bárbara Hernandez	magia do boteco	Senior Feminino	03:39:18	+02:25:50	21:56
1311	1215	Erick Borba	magia do boteco	Senior Masculino	03:39:18	+02:25:50	21:56
1312	1219	Luís Sequeira	magia do boteco	Senior Masculino	03:39:18	+02:25:50	21:56
1313	1220	Rafael Melo	magia do boteco	Senior Masculino	03:39:19	+02:25:51	21:56
1314	1208	Catarina Inácio	magia do boteco	Senior Feminino	03:39:20	+02:25:52	21:56
1315	1212	Silvia Moreira	magia do boteco	Senior Feminino	03:39:20	+02:25:52	21:56

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1316	1217	Helder Silva	magia do boteco	Senior Masculino	03:39:20	+02:25:52	21:56
1317	1211	Juliana Castro	magia do boteco	Senior Feminino	03:39:20	+02:25:52	21:56
1318	1222	Rodolfo Jorge	magia do boteco	Senior Masculino	03:39:20	+02:25:52	21:56
1319	1210	Filipa Almeida	magia do boteco	Senior Feminino	03:39:20	+02:25:52	21:56
1320	1218	João Machado	magia do boteco	Senior Masculino	03:39:20	+02:25:52	21:56
1321	1213	Albérissom Júnior	magia do boteco	Senior Masculino	03:39:20	+02:25:52	21:56
1322	1221	Ricardo Magalhães	magia do boteco	Senior Masculino	03:39:21	+02:25:53	21:56
1323	1216	Fernando Xavier	magia do boteco	Senior Masculino	03:39:22	+02:25:54	21:56
1324	1209	Cláudia Silva	magia do boteco	Senior Feminino	03:39:24	+02:25:56	21:56
1325	1214	Andrey Fernandes	magia do boteco	Senior Masculino	03:39:24	+02:25:56	21:56
1326	1206	Ana Cruz	magia do boteco	Senior Feminino	03:39:24	+02:25:56	21:56
1327	883	Silvio Abrantes	g6 - esan	Senior Masculino	03:40:27	+02:26:59	22:03
1328	878	Jorge Luís	g6 - esan	Senior Masculino	03:40:27	+02:26:59	22:03
1329	867	Ana Rita Batista	g6 - esan	Senior Feminino	03:40:27	+02:26:59	22:03
1330	872	Katherine Oliveira	g6 - esan	Senior Feminino	03:40:28	+02:27:00	22:03
1331	874	Liliana Sousa	g6 - esan	Senior Feminino	03:40:28	+02:27:00	22:03
1332	880	Miguel Cruz	g6 - esan	Senior Masculino	03:40:28	+02:27:00	22:03
1333	882	Rui Gomes	g6 - esan	Senior Masculino	03:40:28	+02:27:00	22:03
1334	871	Joana Braga	g6 - esan	Senior Feminino	03:40:28	+02:27:00	22:03
1335	869	Catarina Gomes	g6 - esan	Senior Feminino	03:40:28	+02:27:00	22:03
1336	877	Gonçalo Santos	g6 - esan	Senior Masculino	03:40:28	+02:27:00	22:03
1337	875	Yineska Becerra	g6 - esan	Senior Feminino	03:40:28	+02:27:00	22:03
1338	873	Laura Santos	g6 - esan	Senior Feminino	03:40:29	+02:27:01	22:03
1339	352	Ana Almeida	bairradinos relaxados	Senior Feminino	03:40:50	+02:27:22	22:05
1340	359	REGINA HENRIQUES	bairradinos relaxados	Senior Feminino	03:40:50	+02:27:22	22:05
1341	366	Jorge Miguel Alves Fernandes	bairradinos relaxados	Senior Masculino	03:40:50	+02:27:22	22:05
1342	361	Tânia Bastos	bairradinos relaxados	Senior Feminino	03:40:50	+02:27:22	22:05
1343	357	MARIA CLARA HENRIQUES	bairradinos relaxados	Senior Feminino	03:40:50	+02:27:22	22:05
1344	369	Martim Miguel Jesus Silva	bairradinos relaxados	Senior Masculino	03:40:51	+02:27:23	22:05
1345	358	Michelle Navega	bairradinos relaxados	Senior Feminino	03:40:51	+02:27:23	22:05
1346	362	Akashkumar Girishkumar	bairradinos relaxados	Senior Masculino	03:40:51	+02:27:23	22:05
1347	355	Inês Tavares	bairradinos relaxados	Senior Feminino	03:40:52	+02:27:24	22:05
1348	368	M. José Bastos	bairradinos relaxados	Senior Masculino	03:40:52	+02:27:24	22:05
1349	370	MIGUEL SANTOS	bairradinos relaxados	Senior Masculino	03:40:53	+02:27:25	22:05
1350	367	Lino Rodrigues Silva	bairradinos relaxados	Senior Masculino	03:40:55	+02:27:27	22:05
1351	356	Margarida Sofia Jesus Silva	bairradinos relaxados	Senior Feminino	03:40:55	+02:27:27	22:05
1352	363	Celso Moreira	bairradinos relaxados	Senior Masculino	03:40:55	+02:27:27	22:06
1353	371	RÚBEN GORJÃO	bairradinos relaxados	Senior Masculino	03:40:56	+02:27:28	22:06
1354	698	Pedro Cunha	coragem coletiva	Senior Masculino	03:42:12	+02:28:44	22:13
1355	690	Maria Dias	coragem coletiva	Senior Feminino	03:42:12	+02:28:44	22:13
1356	692	Susana Silva	coragem coletiva	Senior Feminino	03:42:13	+02:28:45	22:13
1357	380	Luís Ferraz	banhas assassinas	Senior Masculino	03:42:59	+02:29:31	22:18
1358	382	Santiago Ferraz	banhas assassinas	Senior Masculino	03:42:59	+02:29:31	22:18
1359	375	Mariana oliveira	banhas assassinas	Senior Feminino	03:42:59	+02:29:31	22:18
1360	372	Kinder Singh	banhas assassinas	Senior Masculino	03:43:00	+02:29:32	22:18
1361	374	Elsa valente	banhas assassinas	Senior Feminino	03:43:00	+02:29:32	22:18

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1362	377	Patrícia sousa	banhas assassinas	Senior Feminino	03:43:01	+02:29:33	22:18
1363	381	Rui rocha	banhas assassinas	Senior Masculino	03:43:02	+02:29:34	22:18
1364	1871	Pedro Sousa	trepatrilhos trail team	Senior Masculino	03:45:17	+02:31:49	22:32
1365	1867	Filipe Costa	trepatrilhos trail team	Senior Masculino	03:45:28	+02:32:00	22:33
1366	1861	Nádia Silva	trepatrilhos trail team	Senior Feminino	03:45:31	+02:32:03	22:33
1367	1868	José Carlos Silva	trepatrilhos trail team	Senior Masculino	03:45:59	+02:32:31	22:36
1368	1862	Paula Dias	trepatrilhos trail team	Senior Feminino	03:45:59	+02:32:31	22:36
1369	1865	Susana Oliveira	trepatrilhos trail team	Senior Feminino	03:46:00	+02:32:32	22:36
1370	1873	Sandro Jorge	trepatrilhos trail team	Senior Masculino	03:46:09	+02:32:41	22:37
1371	1858	Andreia Jorge	trepatrilhos trail team	Senior Feminino	03:46:15	+02:32:47	22:37
1372	1863	Paula Silva	trepatrilhos trail team	Senior Feminino	03:46:22	+02:32:54	22:38
1373	1869	Manuel Santos	trepatrilhos trail team	Senior Masculino	03:46:22	+02:32:54	22:38
1374	1866	Elísio Dias	trepatrilhos trail team	Senior Masculino	03:46:57	+02:33:29	22:42
1375	1864	Sandra Ferreira	trepatrilhos trail team	Senior Feminino	03:46:59	+02:33:31	22:42
1376	823	Leticia Pereira	flores de estufa!	Senior Feminino	03:52:31	+02:39:03	23:15
1377	824	Rita Pereira	flores de estufa!	Senior Feminino	03:52:31	+02:39:03	23:15
1378	818	Cátia Santos	flores de estufa!	Senior Feminino	03:52:31	+02:39:03	23:15
1379	825	Sara Pinho Coelho	flores de estufa!	Senior Feminino	03:52:31	+02:39:03	23:15
1380	819	Diana Pinto	flores de estufa!	Senior Feminino	03:52:31	+02:39:03	23:15
1381	828	Vítor Costa	flores de estufa!	Senior Masculino	03:52:35	+02:39:07	23:16
1382	826	Carlos Miguel Silva	flores de estufa!	Senior Masculino	03:52:36	+02:39:08	23:16
1383	822	Helena Pereira	flores de estufa!	Senior Feminino	03:52:36	+02:39:08	23:16
1384	820	Diana Tavares	flores de estufa!	Senior Feminino	03:52:36	+02:39:08	23:16
1385	827	David Pereira	flores de estufa!	Senior Masculino	03:52:37	+02:39:09	23:16
1386	695	Jaime Silva	coragem coletiva	Senior Masculino	03:54:10	+02:40:42	23:25
1387	689	Gabriela Silva	coragem coletiva	Senior Feminino	03:54:11	+02:40:43	23:25
1388	687	Cristina Teixeira	coragem coletiva	Senior Feminino	03:54:11	+02:40:43	23:25
1389	888	Diogo Azevedo	gambuzinos	Senior Masculino	03:57:44	+02:44:16	23:46
1390	886	Mónica Mota	gambuzinos	Senior Feminino	03:57:44	+02:44:16	23:46
1391	884	Joana Leite	gambuzinos	Senior Feminino	03:57:44	+02:44:16	23:46
1392	890	Fábio Almeida	gambuzinos	Senior Masculino	03:57:46	+02:44:18	23:47
1393	887	Veronique Sousa	gambuzinos	Senior Feminino	03:57:46	+02:44:18	23:47
1394	891	Ricardo Leite	gambuzinos	Senior Masculino	03:57:47	+02:44:19	23:47
1395	892	Ricardo Oliveira	gambuzinos	Senior Masculino	03:57:51	+02:44:23	23:47
1396	889	Diogo Carvalho	gambuzinos	Senior Masculino	03:57:51	+02:44:23	23:47
1397	323	Líliana Silva	as damas e o vagabundo	Senior Feminino	04:00:08	+02:46:40	24:01
1398	321	Cátia Silva	as damas e o vagabundo	Senior Feminino	04:00:09	+02:46:41	24:01
1399	324	Tânia Silva	as damas e o vagabundo	Senior Feminino	04:00:09	+02:46:41	24:01
1400	325	João Oliveira	as damas e o vagabundo	Senior Masculino	04:00:09	+02:46:41	24:01
1401	322	Iva Danin	as damas e o vagabundo	Senior Feminino	04:00:09	+02:46:41	24:01
1402	440	Célia Neto	bravos da treta team	Senior Feminino	04:06:29	+02:53:01	24:39
1403	447	Marcella Bizerra	bravos da treta team	Senior Feminino	04:06:30	+02:53:02	24:39
1404	444	Jacinta Fonseca	bravos da treta team	Senior Feminino	04:06:31	+02:53:03	24:39
1405	442	Isabel Sousa	bravos da treta team	Senior Feminino	04:06:31	+02:53:03	24:39
1406	451	Virginio Costa	bravos da treta team	Senior Masculino	04:06:31	+02:53:03	24:39
1407	445	Luísa Fernandes	bravos da treta team	Senior Feminino	04:06:33	+02:53:05	24:39

SEMI-ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1408	439	Ana Neto	bravos da treta team	Senior Feminino	04:06:33	+02:53:05	24:39
1409	441	Emilia Teixeira	bravos da treta team	Senior Feminino	04:06:33	+02:53:05	24:39
1410	449	José Andrade	bravos da treta team	Senior Masculino	04:06:34	+02:53:06	24:39
1411	443	Isabelle Ferreira	bravos da treta team	Senior Feminino	04:06:36	+02:53:08	24:40
1412	450	Rui Neto	bravos da treta team	Senior Masculino	04:06:36	+02:53:08	24:40
1413	448	Patricia Leal	bravos da treta team	Senior Feminino	04:06:37	+02:53:09	24:40
1414	446	Luísa Leão	bravos da treta team	Senior Feminino	04:06:41	+02:53:13	24:40

Obs

BIB	NOTE	NAME	TEAM	CAT
620	DQ	Cesar Nunes	Cavalos Cansados	Senior Masculino
621	DQ	João Costa	Cavalos Cansados	Senior Masculino
622	DQ	Marco Correia	Cavalos Cansados	Senior Masculino
623	DQ	Miguel Correia	Cavalos Cansados	Senior Masculino
624	DQ	Renato Pereira	Cavalos Cansados	Senior Masculino
625	DQ	Wilson Andrade	Cavalos Cansados	Senior Masculino
734	DQ	Diana Sousa	Elfos	Senior Feminino
735	DQ	Márcia Pinhal	Elfos	Senior Feminino
738	DQ	Cristian Moreno	Elfos	Senior Masculino
740	DQ	Paulo Filho	Elfos	Senior Masculino
753	DQ	Daiane Custódio	Equipe para pipoca	Senior Feminino
754	DQ	Lorena Custódio	Equipe para pipoca	Senior Feminino
755	DQ	Yasmim Custódio	Equipe para pipoca	Senior Feminino
756	DQ	Alexandre Custódio	Equipe para pipoca	Senior Masculino
757	DQ	Antonio Yan artigas	Equipe para pipoca	Senior Masculino
894	DQ	Andreia Filipa de Almeida Rodrigues	Game on 4,0	Senior Feminino
899	DQ	Leandro Paiva dos Santos	Game on 4,0	Senior Masculino
914	DQ	Tânia Margarida Azenha Rodrigues	GRVilaverdense	Senior Feminino
917	DQ	Leonor Silva	Guisande Trail Runnig	Senior Feminino
918	DQ	Nuno Silva	Guisande Trail Runnig	Senior Masculino
987	DQ	Filipa Lima	Individual	Senior Feminino
1035	DQ	Diogo Moreira	Individual	Senior Masculino
1119	DQ	andre freitas	korpi	Senior Masculino
1265	DQ	Filipe Pinho	Mental Energy	Senior Masculino
1335	DQ	Paulo Ferreira	Os 10 da vidairada	Senior Masculino
1398	DQ	Ricardo da Silva Ferreira	Os que correm só para comer	Senior Masculino
1548	DQ	Diogo Santos	Power Studio	Senior Masculino
1560	DQ	Alessandra Nalin	Prime Dentalab	Senior Feminino
1563	DQ	Raquel Magalhães	Prime Dentalab	Senior Feminino
1565	DQ	André Santos	Prime Dentalab	Senior Masculino
1567	DQ	João Alves	Prime Dentalab	Senior Masculino
1790	DQ	Diego Echenagucia	Team Castro	Senior Masculino
1823	DQ	marisa viana	team kichapada	Senior Feminino

Semi-Elite

10 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:05	27°C	62%
End	19:11	27°C	62%

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

1	631	Francisca Santos	Chamas na Pista	Senior Feminino	01:17:44	07:46
2	1770	Sofia Gomes	TEAM ALFA	Senior Feminino	01:27:15	+09:31 08:44
3	1394	Catarina Barbosa	Os que correm só para comer	Senior Feminino	01:35:31	+17:47 09:33
4	742	Cristiana Fernandes	Empenados	Senior Feminino	01:37:16	+19:31 09:44
5	335	Patrícia Reis	Atrofiado e atrofiada	Senior Feminino	01:38:26	+20:42 09:51
6	1007	Sandra Ribeiro	Individual	Senior Feminino	01:43:07	+25:23 10:19
7	1172	Vera Oliveira	Lourosa Em Movimento	Senior Feminino	01:44:28	+26:44 10:27
8	1792	Alexandra Micaela Marques Costa	Team Dartação	Senior Feminino	01:46:01	+28:16 10:36
9	1147	Cristina Tavares	Lama, Suor & Risadas	Senior Feminino	01:47:20	+29:35 10:44
10	1829	Natália Silva	Timeout Aventura	Senior Feminino	01:48:03	+30:19 10:48
11	1270	Ana Cristina Campos Magalhaes	NINJAS	Senior Feminino	01:49:32	+31:48 10:57
12	609	Ana Machado	Castelo Corte & Cose	Senior Feminino	01:49:47	+32:03 10:59
13	610	Paula Sousa	Castelo Corte & Cose	Senior Feminino	01:49:47	+32:03 10:59
14	608	Alexandra Ferreira	Castelo Corte & Cose	Senior Feminino	01:49:47	+32:03 10:59
15	611	Rosa Chaves	Castelo Corte & Cose	Senior Feminino	01:49:47	+32:03 10:59
16	249	Sandra Silva	ACDCDSMF os Laranjinhas	Senior Feminino	01:49:48	+32:03 10:59
17	261	Vitor Pereira	Active -Carolina	Senior Feminino	01:52:43	+34:59 11:16
18	831	Andreea Cociorva	Fúria Brava	Senior Feminino	01:54:13	+36:29 11:25
19	1577	Matilde Sousa	PRIME Ginásio	Senior Feminino	01:54:45	+37:00 11:28
20	549	Cristiana Seabra	C3	Senior Feminino	01:55:02	+37:17 11:30
21	269	Liliana Mota	ADC SANTA ISABEL	Senior Feminino	01:55:55	+38:11 11:36
22	1789	Mabel Provazi	Team Castro	Senior Feminino	01:56:39	+38:55 11:40
23	1788	Carolina Figueiredo	Team Castro	Senior Feminino	01:57:19	+39:34 11:44
24	456	Daniela Silva	Bravos do Copofit	Senior Feminino	02:01:14	+43:30 12:07
25	726	Yasmin Pires	Duo monster	Senior Feminino	02:01:33	+43:49 12:09
26	1352	Beatriz Rodrigues	Os Bravos de Arões	Senior Feminino	02:02:00	+44:16 12:12
27	1592	Carla Soares	Pupilos do Zé-Tó	Senior Feminino	02:03:18	+45:34 12:20
28	701	Maria Pamplona Barbosa Vinhas	Coronado runners	Senior Feminino	02:03:39	+45:54 12:22
29	942	Andreia Bastos	Improve Fitness Studio	Senior Feminino	02:03:42	+45:57 12:22
30	793	Ana Pinto	Fitness Flow	Senior Feminino	02:03:51	+46:06 12:23
31	792	Ana Magalhães	Fitness Flow	Senior Feminino	02:03:51	+46:07 12:23
32	795	Bruna Moraes	Fitness Flow	Senior Feminino	02:04:02	+46:17 12:24
33	1247	MARA CÉLIA	MC	Senior Feminino	02:04:28	+46:43 12:27
34	587	Silvia Pinto	CAPS JJ	Senior Feminino	02:05:36	+47:52 12:34
35	582	Kelly Cristhina Almeida Silva	CAPS JJ	Senior Feminino	02:05:48	+48:03 12:35
36	1798	Elder Neves	Team Dartação	Senior Feminino	02:05:52	+48:07 12:35
37	1801	Juliana Fresco	Team Dartação	Senior Feminino	02:05:52	+48:08 12:35
38	1640	Diana Resende	Running Mozelos	Senior Feminino	02:05:57	+48:13 12:36
39	1641	Juliana Rosário	Running Mozelos	Senior Feminino	02:05:58	+48:14 12:36

Official Timekeeper: Lap2Go	1 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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OFFICIAL RESULT

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40	212	Ana Filipa Barbosa Silva Santos	100NOME	Senior Feminino	02:06:04	+48:20	12:36
41	1836	Brena Carvalho	Trail brokers	Senior Feminino	02:07:23	+49:39	12:44
42	1353	Joana Almeida	Os Bravos de Arões	Senior Feminino	02:08:10	+50:25	12:49
43	758	Catarina Hermida	Equipo PLP	Senior Feminino	02:08:26	+50:41	12:51
44	376	Patrícia Oliveira	Banhas assassinas	Senior Feminino	02:08:51	+51:07	12:53
45	1717	Carla Ribeiro	Tartarugas em Fuga	Senior Feminino	02:09:13	+51:28	12:55
46	1473	Inês Soares	Perdidos mas Felizes	Senior Feminino	02:10:14	+52:29	13:01
47	580	Bárbara Silva	CAPS JJ	Senior Feminino	02:10:51	+53:06	13:05
48	583	Kiara Liberal Freire	CAPS JJ	Senior Feminino	02:10:51	+53:06	13:05
49	1002	Marta Beatriz Neto Veríssimo	Individual	Senior Feminino	02:11:13	+53:29	13:07
50	1493	Guilhermina Amaral	Pernetas de Alfena	Senior Feminino	02:11:27	+53:42	13:09
51	1498	Sónia Monteiro	Pernetas de Alfena	Senior Feminino	02:11:27	+53:42	13:09
52	586	Sara Pinto	CAPS JJ	Senior Feminino	02:11:59	+54:14	13:12
53	1169	Maria João Lima	Lourosa Em Movimento	Senior Feminino	02:12:08	+54:24	13:13
54	709	Filipa Costa	Cruzadex	Senior Feminino	02:12:29	+54:45	13:15
55	265	Paula Martins	Active -Carolina	Senior Feminino	02:12:33	+54:49	13:15
56	263	Mária Calmeiro	Active -Carolina	Senior Feminino	02:12:33	+54:49	13:15
57	264	Maria Martins	Active -Carolina	Senior Feminino	02:12:34	+54:49	13:15
58	228	Inês Santos	3naopodeseri	Senior Feminino	02:13:08	+55:23	13:19
59	304	HELENA CUNHA	ARRASTASSOLAS	Senior Feminino	02:13:34	+55:50	13:21
60	939	Ana Borges	Improve Fitness Studio	Senior Feminino	02:14:18	+56:33	13:26
61	1438	jessica diane souza da costa	Os Sem Freios	Senior Feminino	02:15:05	+57:21	13:31
62	1437	Catarina Ferreira	Os Sem Freios	Senior Feminino	02:15:06	+57:21	13:31
63	1354	Patrícia Almeida	Os Bravos de Arões	Senior Feminino	02:15:25	+57:40	13:32
64	1546	Rita Figueiredo	Power Studio	Senior Feminino	02:15:36	+57:52	13:34
65	597	Luana da Silva Vilar Alves	Casa Dos Dragões de Fiães	Senior Feminino	02:16:12	+58:27	13:37
66	459	Joana Almeida	Bravos do Copofit	Senior Feminino	02:16:24	+58:40	13:38
67	1766	Ivone Matos	TEAM ALFA	Senior Feminino	02:16:30	+58:46	13:39
68	1562	Isabelle Fernandes	Prime Dentalab	Senior Feminino	02:16:37	+58:53	13:40
69	972	Ana Cláudia Lobo Ferreira Da Silva	Individual	Senior Feminino	02:17:15	+59:31	13:44
70	977	Andreia Barreira	Individual	Senior Feminino	02:17:23	+59:39	13:44
71	460	Joana Teixeira	Bravos do Copofit	Senior Feminino	02:17:30	+59:46	13:45
72	988	Filipa Santos	Individual	Senior Feminino	02:18:11	+01:00:26	13:49
73	978	Bárbara Caldas	Individual	Senior Feminino	02:18:11	+01:00:27	13:49
74	994	Joana Gonçalves	Individual	Senior Feminino	02:18:11	+01:00:27	13:49
75	834	Vera Lúcia Magalhães dos Santos	Fúria Brava	Senior Feminino	02:18:54	+01:01:10	13:53
76	1098	Catarina Reis	JoCa	Senior Feminino	02:19:31	+01:01:47	13:57
77	643	Sónia Oliveira	Chamas na Pista	Senior Feminino	02:19:47	+01:02:03	13:59
78	1319	Susana Tavares da Silva	O bando dos 3	Senior Feminino	02:21:07	+01:03:22	14:07
79	1318	Ana Catarina Ferreira Reis	O bando dos 3	Senior Feminino	02:21:07	+01:03:23	14:07
80	1170	Mena Silva	Lourosa Em Movimento	Senior Feminino	02:22:51	+01:05:07	14:17
81	1168	Cristiana Monteiro	Lourosa Em Movimento	Senior Feminino	02:22:51	+01:05:07	14:17
82	1675	Inês Cardoso	Sem Medo do Charco	Senior Feminino	02:23:03	+01:05:19	14:18
83	461	Liliana Ferro	Bravos do Copofit	Senior Feminino	02:23:44	+01:06:00	14:22
84	1545	Loide Pinho	Power Studio	Senior Feminino	02:23:49	+01:06:05	14:23
85	1542	Ana Costa	Power Studio	Senior Feminino	02:23:49	+01:06:05	14:23

Official Timekeeper: Lap2Go	2 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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OFFICIAL RESULT

[illegible]

86	1847	Elisabete Silva	Transform Fitness Studio	Senior Feminino	02:23:51	+01:06:07	14:23
87	1846	Carla Ferreira	Transform Fitness Studio	Senior Feminino	02:23:51	+01:06:07	14:23
88	1848	Rosa Santos	Transform Fitness Studio	Senior Feminino	02:23:51	+01:06:07	14:23
89	1849	Vanessa Bastos	Transform Fitness Studio	Senior Feminino	02:23:51	+01:06:07	14:23
90	1827	Oriana Silva	Team Playground	Senior Feminino	02:24:12	+01:06:27	14:25
91	1825	Bela Arrojado	Team Playground	Senior Feminino	02:24:12	+01:06:28	14:25
92	989	Francisca Almeida	Individual	Senior Feminino	02:24:34	+01:06:50	14:27
93	1000	Márcia Marques	Individual	Senior Feminino	02:24:34	+01:06:50	14:27
94	300	ROSA SALDANHA	AMA-ASSOCIAÇÃO MONDIM ATLETISMO	Senior Feminino	02:24:35	+01:06:51	14:28
95	298	KATALIN SZAKACS	AMA-ASSOCIAÇÃO MONDIM ATLETISMO	Senior Feminino	02:24:36	+01:06:52	14:28
96	299	Marisa Fernandes	AMA-ASSOCIAÇÃO MONDIM ATLETISMO	Senior Feminino	02:24:36	+01:06:52	14:28
97	1118	marta sofia gomes rodrigues	korpi	Senior Feminino	02:24:59	+01:07:15	14:30
98	1117	Maria do Céu Sardoura Ferreira	korpi	Senior Feminino	02:24:59	+01:07:15	14:30
99	1116	juliana marques melo	korpi	Senior Feminino	02:24:59	+01:07:15	14:30
100	1508	Dulce Bastos	Pés no Asfalto	Senior Feminino	02:25:59	+01:08:15	14:36
101	1831	Catarina Costa	Titãs	Senior Feminino	02:26:42	+01:08:58	14:40
102	1014	Vanessa silva	Individual	Senior Feminino	02:27:00	+01:09:16	14:42
103	1102	Rosário Resende	JUF ACC	Senior Feminino	02:27:24	+01:09:40	14:44
104	1101	Rosária Oliveira	JUF ACC	Senior Feminino	02:27:24	+01:09:40	14:44
105	1100	Maria Lino	JUF ACC	Senior Feminino	02:27:24	+01:09:40	14:44
106	979	Beatriz Tavares	Individual	Senior Feminino	02:28:19	+01:10:35	14:50
107	219	CARLA ALVES	3 F's	Senior Feminino	02:28:54	+01:11:10	14:53
108	218	Beatriz Melo	3 F's	Senior Feminino	02:28:54	+01:11:10	14:53
109	1495	Lurdes Gomes	Pernetas de Alfena	Senior Feminino	02:29:05	+01:11:21	14:54
110	1497	Rita Magalhães	Pernetas de Alfena	Senior Feminino	02:29:10	+01:11:25	14:55
111	992	Inês Costa Ferreira	Individual	Senior Feminino	02:29:55	+01:12:11	15:00
112	635	Maria de Fátima Jaouen	Chamas na Pista	Senior Feminino	02:30:00	+01:12:15	15:00
113	1449	Bárbara Oliveira	Pandilhas do Europarque	Senior Feminino	02:30:12	+01:12:27	15:01
114	981	Cátia Coelho	Individual	Senior Feminino	02:30:12	+01:12:27	15:01
115	1453	Tânia Mateus	Pandilhas do Europarque	Senior Feminino	02:30:12	+01:12:27	15:01
116	1451	Conceição Correia	Pandilhas do Europarque	Senior Feminino	02:30:12	+01:12:27	15:01
117	1450	Carlinda Santos	Pandilhas do Europarque	Senior Feminino	02:30:12	+01:12:27	15:01
118	1930	Susana Lopes	Zinde	Senior Feminino	02:30:28	+01:12:44	15:03
119	717	Cátia Valente	Dieta D'água	Senior Feminino	02:30:31	+01:12:47	15:03
120	999	Manuela Pinho	Individual	Senior Feminino	02:30:39	+01:12:55	15:04
121	1011	Teresa Taveira	Individual	Senior Feminino	02:30:49	+01:13:05	15:05
122	239	Filipa Silva	A Catarina disse que era fácil	Senior Feminino	02:31:09	+01:13:25	15:07
123	238	Daniela Almeida	A Catarina disse que era fácil	Senior Feminino	02:31:09	+01:13:25	15:07
124	205	Ana Rita Pereira Duarte	100espinhas	Senior Feminino	02:31:18	+01:13:34	15:08
125	1005	Salomé Machado	Individual	Senior Feminino	02:31:56	+01:14:12	15:12
126	1483	Sónia Raquel Almeida Ribeiro	Perdidos no monte	Senior Feminino	02:31:57	+01:14:13	15:12
127	1482	Sofia Santos	Perdidos no monte	Senior Feminino	02:31:57	+01:14:13	15:12
128	997	Mafalda Sofia Bastos de Oliveira	Individual	Senior Feminino	02:32:35	+01:14:50	15:15
129	1271	Liliana Teixeira Pereira	NINJAS	Senior Feminino	02:32:50	+01:15:06	15:17

Official Timekeeper: Lap2Go	3 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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130	1269	Alexandrina Manuela Rodrigues da Silva	NINJAS	Senior Feminino	02:32:50	+01:15:06	15:17
131	1802	Maria Soares	Team Dartação	Senior Feminino	02:33:22	+01:15:38	15:20
132	1809	Sónia Pereira	Team Dartação	Senior Feminino	02:33:32	+01:15:48	15:21
133	1795	Cláudia Rodrigues	Team Dartação	Senior Feminino	02:33:36	+01:15:52	15:22
134	237	Catarina Almeida	A Catarina disse que era fácil	Senior Feminino	02:33:47	+01:16:03	15:23
135	1797	Cristina Rodrigues	Team Dartação	Senior Feminino	02:33:49	+01:16:04	15:23
136	712	Elisabete Gomes	Diana Pimenta	Senior Feminino	02:34:10	+01:16:26	15:25
137	711	Diana Pimenta	Diana Pimenta	Senior Feminino	02:34:12	+01:16:28	15:25
138	900	Ana Cardoso	Gondovikings	Senior Feminino	02:34:27	+01:16:43	15:27
139	901	Sara Pinto	Gondovikings	Senior Feminino	02:34:28	+01:16:43	15:27
140	556	Ana Rita	Caminheiros de Canedo	Senior Feminino	02:34:28	+01:16:44	15:27
141	555	Ana Isabel Oliveira	Caminheiros de Canedo	Senior Feminino	02:34:28	+01:16:44	15:27
142	281	Catarina Marques	Alpha Studio	Senior Feminino	02:34:50	+01:17:06	15:29
143	220	Carla Morais	3 F's	Senior Feminino	02:34:55	+01:17:11	15:30
144	222	Marina Ishunina	3 F's	Senior Feminino	02:34:57	+01:17:13	15:30
145	627	Alexandra Neves	Chamas na Pista	Senior Feminino	02:35:02	+01:17:17	15:30
146	1366	Tatiane Machado	Os fixes do Balio	Senior Feminino	02:37:35	+01:19:51	15:46
147	1365	Rita Teixeira	Os fixes do Balio	Senior Feminino	02:37:35	+01:19:51	15:46
148	1363	Ana Adrego	Os fixes do Balio	Senior Feminino	02:37:39	+01:19:54	15:46
149	832	Cindy Vanessa Henriques Marques	Fúria Brava	Senior Feminino	02:37:40	+01:19:56	15:46
150	250	Teresa Pinho	ACDCDSMF os Laranjinhas	Senior Feminino	02:37:58	+01:20:14	15:48
151	1016	Viviana Afonso	Individual	Senior Feminino	02:38:52	+01:21:08	15:53
152	973	Ana Lemos	Individual	Senior Feminino	02:38:58	+01:21:14	15:54
153	1886	Ana Raquel Gomes fidalgo	Tropeça-mas-vai	Senior Feminino	02:39:17	+01:21:33	15:56
154	1887	Eduarda Catarina Oliveira Cardoso	Tropeça-mas-vai	Senior Feminino	02:39:18	+01:21:33	15:56
155	1888	Márcia Filipa Oliveira Cardoso	Tropeça-mas-vai	Senior Feminino	02:39:19	+01:21:35	15:56
156	1505	Bárbara santos	Pés no Asfalto	Senior Feminino	02:40:43	+01:22:59	16:04
157	1510	Susana Gomes	Pés no Asfalto	Senior Feminino	02:40:44	+01:22:59	16:04
158	1507	Carmo Paiva	Pés no Asfalto	Senior Feminino	02:40:44	+01:22:59	16:04
159	1509	Sandra Gomes	Pés no Asfalto	Senior Feminino	02:40:44	+01:22:59	16:04
160	1190	Rita ascenso	Lowlanders	Senior Feminino	02:40:50	+01:23:06	16:05
161	585	Luna Liberal Freire	CAPS JJ	Senior Feminino	02:41:24	+01:23:40	16:08
162	927	Maribel Rodrigues	Impocolor Ti-tans	Senior Feminino	02:41:38	+01:23:53	16:10
163	1595	Sara Rodrigues	Pupilos do Zé-Tó	Senior Feminino	02:42:25	+01:24:41	16:14
164	1804	Maryna Skliar	Team Dartação	Senior Feminino	02:43:11	+01:25:27	16:19
165	1594	Lara Pina	Pupilos do Zé-Tó	Senior Feminino	02:43:11	+01:25:27	16:19
166	1799	Elisabete Pinto	Team Dartação	Senior Feminino	02:43:11	+01:25:27	16:19
167	1806	Rosa Marques	Team Dartação	Senior Feminino	02:43:12	+01:25:27	16:19
168	1807	SANDRA NEVES	Team Dartação	Senior Feminino	02:43:12	+01:25:28	16:19
169	1591	Ana Rita Gaspar	Pupilos do Zé-Tó	Senior Feminino	02:43:13	+01:25:29	16:19
170	1879	Marta Ferreira Dias	Trinta e quatro	Senior Feminino	02:43:43	+01:25:58	16:22
171	1877	Filomena Carminda Moreira da Silva	Trinta e quatro	Senior Feminino	02:43:45	+01:26:00	16:22
172	1875	Catarina Pinho Pereira	Trinta e quatro	Senior Feminino	02:43:45	+01:26:00	16:22
173	1878	Mariana Costa Brito	Trinta e quatro	Senior Feminino	02:43:45	+01:26:00	16:22
174	455	Andreia Moreira	Bravos do Copofit	Senior Feminino	02:43:45	+01:26:00	16:22
175	1673	Ana Silva	Sem Medo do Charco	Senior Feminino	02:44:06	+01:26:22	16:25

Official Timekeeper: Lap2Go	4 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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176	1593	Cristina Lima	Pupilos do Zé-Tó	Senior Feminino	02:44:09	+01:26:24	16:25
177	1596	Suzana Duarte	Pupilos do Zé-Tó	Senior Feminino	02:44:13	+01:26:29	16:25
178	1494	Isabel Galdes	Pernetas de Alfena	Senior Feminino	02:44:22	+01:26:38	16:26
179	1556	Ana Azevedo	PowerfulRunners	Senior Feminino	02:44:35	+01:26:51	16:28
180	1558	Sara Faria	PowerfulRunners	Senior Feminino	02:44:35	+01:26:51	16:28
181	1559	Vanessa Dinis	PowerfulRunners	Senior Feminino	02:44:35	+01:26:51	16:28
182	1764	Cristiana Cortes	TEAM ALFA	Senior Feminino	02:44:49	+01:27:05	16:29
183	974	Ana Lúcia Silva	Individual	Senior Feminino	02:44:54	+01:27:10	16:29
184	990	Greissys Pereira	Individual	Senior Feminino	02:44:54	+01:27:10	16:29
185	976	Andrea Chaves	Individual	Senior Feminino	02:44:54	+01:27:10	16:29
186	1008	sara filipa castro lobo	Individual	Senior Feminino	02:44:54	+01:27:10	16:29
187	1543	Ana Ferreira	Power Studio	Senior Feminino	02:45:26	+01:27:42	16:33
188	1544	Catarina Farreira	Power Studio	Senior Feminino	02:45:28	+01:27:44	16:33
189	462	Sonia Rocha	Bravos do Copofit	Senior Feminino	02:46:00	+01:28:15	16:36
190	454	Andreia Cardoso	Bravos do Copofit	Senior Feminino	02:46:05	+01:28:21	16:37
191	1189	Marta Duarte	Lowlanders	Senior Feminino	02:46:07	+01:28:23	16:37
192	1188	Marina Gonçalves	Lowlanders	Senior Feminino	02:46:08	+01:28:23	16:37
193	1405	Matilde Brandão	Os resistentes	Senior Feminino	02:46:22	+01:28:38	16:38
194	1404	Leonor Xará	Os resistentes	Senior Feminino	02:46:23	+01:28:38	16:38
195	1919	Carolina Real	Vingalentos	Senior Feminino	02:46:50	+01:29:06	16:41
196	581	Káthia Marisol da Silva Liberal	CAPS JJ	Senior Feminino	02:46:55	+01:29:10	16:41
197	1920	Mariana Arada	Vingalentos	Senior Feminino	02:46:58	+01:29:13	16:42
198	1236	Angélica Santos	Marés Vivas	Senior Feminino	02:47:39	+01:29:54	16:46
199	1237	Daniela Alexandra Tavares Oliveira	Marés Vivas	Senior Feminino	02:47:39	+01:29:55	16:46
200	1240	Susana Filipa Proença Miguel	Marés Vivas	Senior Feminino	02:47:39	+01:29:55	16:46
201	1239	Natália Gomes	Marés Vivas	Senior Feminino	02:47:39	+01:29:55	16:46
202	277	Adriana Cruz	Alpha Studio	Senior Feminino	02:47:44	+01:30:00	16:46
203	316	Ana del Pino	as cinco	Senior Feminino	02:48:04	+01:30:20	16:48
204	320	Rosa Teixeira	as cinco	Senior Feminino	02:48:04	+01:30:20	16:48
205	317	Carminho Loureiro	as cinco	Senior Feminino	02:48:05	+01:30:20	16:48
206	318	Lucinda Gomes	as cinco	Senior Feminino	02:48:05	+01:30:20	16:48
207	319	Olga Oliveira	as cinco	Senior Feminino	02:48:09	+01:30:25	16:49
208	1715	Andreia Ferreira	Tartarugas em Fuga	Senior Feminino	02:48:42	+01:30:57	16:52
209	1722	Sandra Moreira	Tartarugas em Fuga	Senior Feminino	02:48:42	+01:30:58	16:52
210	1718	Erika Jesus	Tartarugas em Fuga	Senior Feminino	02:48:42	+01:30:58	16:52
211	1720	Francisca Silva	Tartarugas em Fuga	Senior Feminino	02:48:45	+01:31:01	16:52
212	230	Renata Paiva	3naopodeseri	Senior Feminino	02:49:03	+01:31:18	16:54
213	427	Sandra Magalhães	Bravini	Senior Feminino	02:49:06	+01:31:22	16:55
214	424	Ana Santiago	Bravini	Senior Feminino	02:49:07	+01:31:22	16:55
215	426	Mariana Paiva	Bravini	Senior Feminino	02:49:09	+01:31:24	16:55
216	423	Ana Madeira	Bravini	Senior Feminino	02:49:10	+01:31:25	16:55
217	425	Maria Albergaria	Bravini	Senior Feminino	02:49:11	+01:31:27	16:55
218	996	Laura Lavoura	Individual	Senior Feminino	02:49:17	+01:31:33	16:56
219	924	Erica Santos	Impocolor Ti-tans	Senior Feminino	02:49:18	+01:31:33	16:56
220	920	Anita André	Impocolor Ti-tans	Senior Feminino	02:49:18	+01:31:33	16:56
221	1012	Vanessa Fonseca	Individual	Senior Feminino	02:49:24	+01:31:39	16:58

Official Timekeeper: Lap2Go	5 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

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222	350	Fátima Pinto	Bacelo	Senior Feminino	02:49:28	+01:31:44	16:57
223	975	Anabela Barbosa	Individual	Senior Feminino	02:49:34	+01:31:50	16:57
224	349	Elisabete Bacelo	Bacelo	Senior Feminino	02:49:35	+01:31:51	16:58
225	1564	Vânia Pinto	Prime Dentalab	Senior Feminino	02:49:46	+01:32:02	16:59
226	1561	Daniela Valente	Prime Dentalab	Senior Feminino	02:49:46	+01:32:02	16:59
227	1857	Alexandra Valinhas	TrepaTrilhos Trail Team	Senior Feminino	02:49:56	+01:32:12	17:00
228	545	Paula Brazinha	Brazas Team	Senior Feminino	02:50:35	+01:32:50	17:03
229	1225	Paula Melo	Magicfriendsrunners	Senior Feminino	02:50:39	+01:32:55	17:04
230	1227	Sandra Leal	Magicfriendsrunners	Senior Feminino	02:50:39	+01:32:55	17:04
231	1226	Paula Silva	Magicfriendsrunners	Senior Feminino	02:50:39	+01:32:55	17:04
232	1223	Elia Oliveira	Magicfriendsrunners	Senior Feminino	02:50:40	+01:32:56	17:04
233	1232	Carolina Limas	Mamamia	Senior Feminino	02:51:11	+01:33:27	17:07
234	1233	Rita Almeida	Mamamia	Senior Feminino	02:51:13	+01:33:28	17:07
235	1231	Andreia Silva	Mamamia	Senior Feminino	02:51:14	+01:33:29	17:07
236	1679	Rafaela Costa	Sem Medo do Charco	Senior Feminino	02:51:32	+01:33:48	17:09
237	1678	Priscila Gondim	Sem Medo do Charco	Senior Feminino	02:51:32	+01:33:48	17:09
238	1676	Juliana Gonçalves	Sem Medo do Charco	Senior Feminino	02:51:32	+01:33:48	17:09
239	1672	Adriana Alves	Sem Medo do Charco	Senior Feminino	02:51:34	+01:33:49	17:09
240	1009	Sónia Lopes	Individual	Senior Feminino	02:51:43	+01:33:58	17:10
241	1001	Mariana Moreira	Individual	Senior Feminino	02:51:43	+01:33:58	17:10
242	716	Ana Costa	Dieta D'água	Senior Feminino	02:52:15	+01:34:30	17:13
243	1115	Fernanda maria marques ferreira	korpi	Senior Feminino	02:52:16	+01:34:32	17:14
244	1113	Diana Guedes	korpi	Senior Feminino	02:52:18	+01:34:33	17:14
245	1430	Beatriz Couto	Os Sanguedenses	Senior Feminino	02:52:38	+01:34:53	17:16
246	1432	Solange Silva	Os Sanguedenses	Senior Feminino	02:52:39	+01:34:54	17:16
247	1431	Juliana Couto	Os Sanguedenses	Senior Feminino	02:52:39	+01:34:54	17:16
248	919	Ana Barbosa	Impocolor Ti-tans	Senior Feminino	02:52:44	+01:35:00	17:16
249	1579	Susana Rocha	PRIME Ginásio	Senior Feminino	02:52:50	+01:35:06	17:17
250	1576	Joana Costa	PRIME Ginásio	Senior Feminino	02:52:50	+01:35:06	17:17
251	1578	Patrícia Soares	PRIME Ginásio	Senior Feminino	02:52:50	+01:35:06	17:17
252	1572	Claudia Silva	PRIME Ginásio	Senior Feminino	02:52:51	+01:35:06	17:17
253	1575	Diana Almeida	PRIME Ginásio	Senior Feminino	02:52:51	+01:35:06	17:17
254	1573	Cristiana Amorim	PRIME Ginásio	Senior Feminino	02:52:51	+01:35:07	17:17
255	1574	Cristiana Martins	PRIME Ginásio	Senior Feminino	02:52:51	+01:35:07	17:17
256	1571	Carina Ramalho	PRIME Ginásio	Senior Feminino	02:52:51	+01:35:07	17:17
257	1456	Márcia Costa	PAPA FIGOS	Senior Feminino	02:54:09	+01:36:25	17:25
258	629	Beatriz Bento	Chamas na Pista	Senior Feminino	02:54:20	+01:36:36	17:26
259	632	Helena Fonseca	Chamas na Pista	Senior Feminino	02:54:20	+01:36:36	17:26
260	639	Matilde Silva	Chamas na Pista	Senior Feminino	02:54:21	+01:36:36	17:26
261	1692	Beatriz Isabel Ferreira da Rocha	Só Viemos Pelo Lanche	Senior Feminino	02:54:21	+01:36:36	17:26
262	393	Daniela guedes	Bitxos 4445	Senior Feminino	02:54:30	+01:36:45	17:27
263	392	Anabela Castro	Bitxos 4445	Senior Feminino	02:54:30	+01:36:46	17:27
264	394	Monica Martins	Bitxos 4445	Senior Feminino	02:54:34	+01:36:49	17:27
265	782	Catarina Costa	Feras da Lama	Senior Feminino	02:54:46	+01:37:02	17:29
266	925	Eugénia Leite	Impocolor Ti-tans	Senior Feminino	02:54:47	+01:37:02	17:29
267	944	Catarina Silva	Improve Fitness Studio	Senior Feminino	02:54:48	+01:37:04	17:29

Official Timekeeper: Lap2Go	6 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

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268	781	Ana Teresa Correia	Feras da Lama	Senior Feminino	02:54:50	+01:37:06	17:29
269	788	Valeria Castro	Feras da Lama	Senior Feminino	02:54:51	+01:37:06	17:29
270	787	Telma Sofia Moreira	Feras da Lama	Senior Feminino	02:54:51	+01:37:07	17:29
271	921	CIDALIA RAQUEL MOREIRA BORGES	Impocolor Ti-tans	Senior Feminino	02:55:07	+01:37:23	17:31
272	414	Ana Manuela da Rocha Torres	Bombeiros Paços de Ferreira	Senior Feminino	02:55:20	+01:37:35	17:32
273	923	ELSA RODRIGUES DOMINGUES	Impocolor Ti-tans	Senior Feminino	02:55:53	+01:38:09	17:35
274	640	Rafaela Gomes	Chamas na Pista	Senior Feminino	02:56:11	+01:38:26	17:37
275	946	Joana Amado	Improve Fitness Studio	Senior Feminino	02:56:21	+01:38:37	17:38
276	1601	Cristiana Silva	Quase Atletas	Senior Feminino	02:56:21	+01:38:37	17:38
277	1719	Fátima Moreira	Tartarugas em Fuga	Senior Feminino	02:56:42	+01:38:57	17:40
278	1714	Alexandra Vieira	Tartarugas em Fuga	Senior Feminino	02:56:42	+01:38:58	17:40
279	1721	Karina Moreira	Tartarugas em Fuga	Senior Feminino	02:56:42	+01:38:58	17:40
280	1723	Sónia Silva	Tartarugas em Fuga	Senior Feminino	02:56:44	+01:39:00	17:40
281	1665	Gracinda Azevedo	Sem Medo	Senior Feminino	02:56:49	+01:39:05	17:41
282	1667	Rita Fernandes	Sem Medo	Senior Feminino	02:56:50	+01:39:05	17:41
283	1663	Antónia Fernandes	Sem Medo	Senior Feminino	02:56:50	+01:39:06	17:41
284	1664	Carla Sampaio	Sem Medo	Senior Feminino	02:56:51	+01:39:06	17:41
285	1668	Sandra Carvalho	Sem Medo	Senior Feminino	02:56:51	+01:39:07	17:41
286	1666	Leonor Vilas Boas	Sem Medo	Senior Feminino	02:56:52	+01:39:08	17:41
287	1261	Cátia Castro	Mental Energy	Senior Feminino	02:57:38	+01:39:54	17:46
288	893	Ana Miguel Martins Ribeiro	Game on 4,0	Senior Feminino	02:57:40	+01:39:55	17:46
289	895	Daniela Filipa Martins Ribeiro	Game on 4,0	Senior Feminino	02:57:40	+01:39:56	17:46
290	1241	ANA LOPES	MC	Senior Feminino	02:58:16	+01:40:31	17:50
291	1242	ANA RESENDE	MC	Senior Feminino	02:58:16	+01:40:32	17:50
292	991	Guilhermina Carvalho	Individual	Senior Feminino	02:58:19	+01:40:34	17:50
293	638	Marisa Pinho	Chamas na Pista	Senior Feminino	02:58:22	+01:40:37	17:50
294	630	Cristiana Costa	Chamas na Pista	Senior Feminino	02:58:22	+01:40:37	17:50
295	634	Lúcia Correia	Chamas na Pista	Senior Feminino	02:58:25	+01:40:41	17:51
296	633	Liliana Correia	Chamas na Pista	Senior Feminino	02:58:26	+01:40:42	17:51
297	645	Tânia Pereira	Chamas na Pista	Senior Feminino	02:58:29	+01:40:44	17:51
298	636	Maria dos Anjos Santos	Chamas na Pista	Senior Feminino	02:58:29	+01:40:45	17:51
299	1796	Cristiana Leite	Team Dartação	Senior Feminino	02:58:38	+01:40:54	17:52
300	1808	Sara Gomes	Team Dartação	Senior Feminino	02:58:42	+01:40:58	17:52
301	1636	Antónia Cardoso	Running Esmoriz	Senior Feminino	02:58:50	+01:41:06	17:53
302	331	Beatriz Rodrigues	As mulheres dos ciclistas	Senior Feminino	02:59:41	+01:41:56	17:58
303	330	Ana Bastos	As mulheres dos ciclistas	Senior Feminino	02:59:41	+01:41:57	17:58
304	332	Ilda Vieira	As mulheres dos ciclistas	Senior Feminino	02:59:41	+01:41:57	17:58
305	1163	Micaela Assunção	Lesmas atléticas	Senior Feminino	02:59:42	+01:41:58	17:58
306	1731	Carina Palha Oliveira	Tartarugas Furiosas	Senior Feminino	02:59:43	+01:41:58	17:58
307	1164	Milena Magalhães	Lesmas atléticas	Senior Feminino	02:59:44	+01:41:59	17:58
308	723	Filipa Alves	Dobra mas não parte	Senior Feminino	03:00:10	+01:42:26	18:01
309	724	Mylene Oliveira	Dobra mas não parte	Senior Feminino	03:00:10	+01:42:26	18:01
310	725	Sara Silva	Dobra mas não parte	Senior Feminino	03:00:11	+01:42:26	18:01
311	807	Tatiana Pinho	Fitness Flow	Senior Feminino	03:00:16	+01:42:31	18:02
312	849	Mónica Ferreira	G.E.M.E	Senior Feminino	03:00:16	+01:42:32	18:02
313	844	Cátia Ferreira	G.E.M.E	Senior Feminino	03:00:17	+01:42:33	18:02

Official Timekeeper: Lap2Go	7 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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OFFICIAL RESULT

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314	457	Flavia Brazao	Bravos do Copofit	Senior Feminino	03:00:21	+01:42:37	18:02
315	1112	catia sofia campos patricio	korpi	Senior Feminino	03:00:24	+01:42:39	18:02
316	1114	diva freias	korpi	Senior Feminino	03:00:24	+01:42:39	18:02
317	803	Isa Oliveira	Fitness Flow	Senior Feminino	03:00:25	+01:42:41	18:03
318	798	Carmen Fagundes	Fitness Flow	Senior Feminino	03:00:27	+01:42:43	18:03
319	496	Manuela Adriano	Bravos e Bravitas	Senior Feminino	03:00:39	+01:42:55	18:04
320	485	Cristina Soares	Bravos e Bravitas	Senior Feminino	03:00:40	+01:42:56	18:04
321	995	Juliana de Lima Ferreira Pains Pereira	Individual	Senior Feminino	03:02:39	+01:44:55	18:16
322	1892	Stephanie dos Santos Jesus	Unidos pela sede	Senior Feminino	03:03:16	+01:45:31	18:20
323	1891	Ana Oliveira Tavares	Unidos pela sede	Senior Feminino	03:03:16	+01:45:32	18:20
324	1462	Patrícia Silva	Pelotão de Queda Controlada (PQC)	Senior Feminino	03:03:17	+01:45:33	18:20
325	1461	Mafalda Silva	Pelotão de Queda Controlada (PQC)	Senior Feminino	03:03:17	+01:45:33	18:20
326	1896	Bárbara Pinto	Vagabundos	Senior Feminino	03:03:18	+01:45:34	18:20
327	1897	Carina Caldeira	Vagabundos	Senior Feminino	03:03:21	+01:45:36	18:20
328	1899	Diana Amorim	Vagabundos	Senior Feminino	03:03:21	+01:45:36	18:20
329	732	Carla Santos	Elfos	Senior Feminino	03:03:21	+01:45:37	18:20
330	1895	Andreia Pinto	Vagabundos	Senior Feminino	03:03:22	+01:45:38	18:20
331	1900	Eva Vilar	Vagabundos	Senior Feminino	03:03:23	+01:45:39	18:20
332	1898	Catarina Pinho	Vagabundos	Senior Feminino	03:03:23	+01:45:39	18:20
333	733	Cristiana Santos	Elfos	Senior Feminino	03:03:26	+01:45:42	18:21
334	458	Isabel Soares	Bravos do Copofit	Senior Feminino	03:03:30	+01:45:45	18:21
335	796	Carina Barbedo	Fitness Flow	Senior Feminino	03:03:45	+01:46:01	18:23
336	805	Leticia Tomazi	Fitness Flow	Senior Feminino	03:03:50	+01:46:06	18:23
337	1613	Catarina Monteiro Gouveia	Rehab & Run	Senior Feminino	03:04:31	+01:46:47	18:27
338	1612	Ana Catarina Tavares Albergaria	Rehab & Run	Senior Feminino	03:04:31	+01:46:47	18:27
339	1732	Catarina Adriana Duarte Oliveira	Tartarugas Furiosas	Senior Feminino	03:04:44	+01:46:59	18:28
340	1010	Tânia lavoura	Individual	Senior Feminino	03:04:54	+01:47:09	18:29
341	1519	Joana Silva	Portal da queixa	Senior Feminino	03:05:36	+01:47:52	18:34
342	1198	Beatriz Marques	M4	Senior Feminino	03:05:45	+01:48:00	18:34
343	1199	Carolina Preto	M4	Senior Feminino	03:05:45	+01:48:00	18:34
344	833	Vera Cristina Coelho Alves	Fúria Brava	Senior Feminino	03:05:50	+01:48:06	18:35
345	1408	Sandra Costa	Os resistentes	Senior Feminino	03:05:53	+01:48:08	18:35
346	926	Mariana Antunes	Impocolor Ti-tans	Senior Feminino	03:05:57	+01:48:13	18:36
347	1006	Sandra Almeida	Individual	Senior Feminino	03:06:06	+01:48:22	18:37
348	1677	Mary Silva	Sem Medo do Charco	Senior Feminino	03:06:12	+01:48:27	18:37
349	922	Cristina Ferreira	Impocolor Ti-tans	Senior Feminino	03:06:12	+01:48:28	18:37
350	1486	Ana Maia	Peregrinos Bravos	Senior Feminino	03:06:19	+01:48:35	18:38
351	1488	Márcia Martins	Peregrinos Bravos	Senior Feminino	03:06:20	+01:48:35	18:38
352	1487	Joana Ribeiro	Peregrinos Bravos	Senior Feminino	03:06:20	+01:48:36	18:38
353	628	Ana Claudia Teixeira	Chamas na Pista	Senior Feminino	03:06:28	+01:48:44	18:39
354	1202	Patrícia Teixeira	Mach1	Senior Feminino	03:06:31	+01:48:47	18:39
355	1343	Cristiana Silva	Os 7 maravilhas	Senior Feminino	03:06:56	+01:49:11	18:42
356	1344	Micaela Brandão	Os 7 maravilhas	Senior Feminino	03:06:56	+01:49:12	18:42
357	416	Carla Luisa da Costa Machado1009	Bombeiros Paços de Ferreira	Senior Feminino	03:07:01	+01:49:16	18:42
358	415	Andreia Filipa de Sousa Ferreira	Bombeiros Paços de Ferreira	Senior Feminino	03:07:01	+01:49:16	18:42

Official Timekeeper: Lap2Go	8 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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359	419	Sara Raquel de Moura Pereira	Bombeiros Paços de Ferreira	Senior Feminino	03:07:01	+01:49:16	18:42
360	418	Joana Filipa Ferreira da Rocha	Bombeiros Paços de Ferreira	Senior Feminino	03:07:01	+01:49:17	18:42
361	417	Joana Catarina Gomes Pinto	Bombeiros Paços de Ferreira	Senior Feminino	03:07:02	+01:49:17	18:42
362	801	Cláudia Silva	Fitness Flow	Senior Feminino	03:08:00	+01:50:15	18:48
363	797	Carla Silva	Fitness Flow	Senior Feminino	03:08:32	+01:50:48	18:51
364	784	Maria Alice Costa	Feras da Lama	Senior Feminino	03:08:49	+01:51:05	18:53
365	786	Susana Pereira	Feras da Lama	Senior Feminino	03:08:50	+01:51:06	18:53
366	783	Liliana Costa	Feras da Lama	Senior Feminino	03:08:51	+01:51:07	18:53
367	572	Sandra Moreira	Cansados de Fresco	Senior Feminino	03:08:52	+01:51:08	18:53
368	566	Ana Luísa	Cansados de Fresco	Senior Feminino	03:08:52	+01:51:08	18:53
369	567	Carina Faria	Cansados de Fresco	Senior Feminino	03:08:52	+01:51:08	18:53
370	568	Carla Marinho	Cansados de Fresco	Senior Feminino	03:08:53	+01:51:08	18:53
371	565	Ana Carneiro	Cansados de Fresco	Senior Feminino	03:08:53	+01:51:09	18:53
372	571	Maria Teixeira	Cansados de Fresco	Senior Feminino	03:08:53	+01:51:09	18:53
373	573	Vânia Pereira	Cansados de Fresco	Senior Feminino	03:08:54	+01:51:09	18:53
374	785	Méllissa Reis	Feras da Lama	Senior Feminino	03:08:54	+01:51:10	18:53
375	1492	Gabriela Silva	Pernetas de Alfena	Senior Feminino	03:08:58	+01:51:13	18:54
376	1496	Mariana Lima	Pernetas de Alfena	Senior Feminino	03:08:58	+01:51:14	18:54
377	1761	Ana Patrícia Santos Reis	TEAM ALFA	Senior Feminino	03:09:27	+01:51:42	18:57
378	1132	Sofia Registo	Labregos	Senior Feminino	03:09:54	+01:52:10	18:59
379	1127	Ana Aleixo	Labregos	Senior Feminino	03:09:55	+01:52:10	18:59
380	1131	Sofia Fernandinho	Labregos	Senior Feminino	03:09:56	+01:52:12	19:00
381	1515	Cristiana Conceição dias	Portal da queixa	Senior Feminino	03:10:09	+01:52:25	19:01
382	1332	Francisca Maia	Os 10 da vidairada	Senior Feminino	03:10:09	+01:52:25	19:01
383	1329	Ariana Soares	Os 10 da vidairada	Senior Feminino	03:10:09	+01:52:25	19:01
384	1331	Catarina Costa	Os 10 da vidairada	Senior Feminino	03:10:10	+01:52:25	19:01
385	1333	Gabriela Silva	Os 10 da vidairada	Senior Feminino	03:10:10	+01:52:25	19:01
386	1330	Beatriz Magalhães	Os 10 da vidairada	Senior Feminino	03:10:10	+01:52:25	19:01
387	1522	Mariana Soares	Portal da queixa	Senior Feminino	03:10:12	+01:52:28	19:01
388	1838	Diana Matos	Trail brokers	Senior Feminino	03:10:24	+01:52:40	19:02
389	1845	Vera Coelho	Trail brokers	Senior Feminino	03:10:24	+01:52:40	19:02
390	1842	Marta Coelho	Trail brokers	Senior Feminino	03:10:24	+01:52:40	19:02
391	1839	Fátima Rocha	Trail brokers	Senior Feminino	03:10:25	+01:52:40	19:02
392	1843	Telma Borges	Trail brokers	Senior Feminino	03:10:25	+01:52:40	19:02
393	1523	Sandra Morais	Portal da queixa	Senior Feminino	03:10:35	+01:52:50	19:03
394	1906	Daniela Rodrigues	Veteranos da Barrinha	Senior Feminino	03:11:28	+01:53:43	19:09
395	760	Débora Oliveira	Falsos Atletas	Senior Feminino	03:11:40	+01:53:55	19:10
396	761	Maria Oliveira	Falsos Atletas	Senior Feminino	03:11:40	+01:53:55	19:10
397	762	Rita Moreira	Falsos Atletas	Senior Feminino	03:11:40	+01:53:56	19:10
398	763	Zélia Oliveira	Falsos Atletas	Senior Feminino	03:11:42	+01:53:58	19:10
399	1620	Joana Gomes	Retornados	Senior Feminino	03:13:11	+01:55:26	19:19
400	1130	Carolina Figueiredo	Labregos	Senior Feminino	03:13:15	+01:55:30	19:19
401	1129	Bruna Barbosa	Labregos	Senior Feminino	03:13:17	+01:55:32	19:20
402	1656	Vera Pereira	Sem fôlego	Senior Feminino	03:14:13	+01:56:29	19:25
403	1655	Beatriz Fidalgo	Sem fôlego	Senior Feminino	03:14:14	+01:56:30	19:25
404	1520	Juliana castro	Portal da queixa	Senior Feminino	03:14:47	+01:57:03	19:29

Official Timekeeper: Lap2Go	9 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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405	1518	Jéssica Filipa Da Silva Robalinho	Portal da queixa	Senior Feminino	03:14:51	+01:57:06	19:29
406	1604	Gabriela Maria Alvim Guedes Pinto	Queixosos anónimos	Senior Feminino	03:14:52	+01:57:08	19:29
407	1607	Sílvia Alexandra Pereira da Silva	Queixosos anónimos	Senior Feminino	03:14:53	+01:57:08	19:29
408	1603	Eva Joana Alvim Silva	Queixosos anónimos	Senior Feminino	03:14:53	+01:57:08	19:29
409	1606	Sandra Pinto	Queixosos anónimos	Senior Feminino	03:14:54	+01:57:10	19:29
410	744	Ana Maria Vieira de Pinho	EPME	Senior Feminino	03:14:57	+01:57:13	19:30
411	746	Joana Isabel Ribeiro Campos de Oliveira	EPME	Senior Feminino	03:15:00	+01:57:16	19:30
412	1517	Goreti Almeida	Portal da queixa	Senior Feminino	03:15:47	+01:58:03	19:35
413	596	Claudia Filipe Almeida da Silva	Casa Dos Dragões de Fiães	Senior Feminino	03:15:56	+01:58:11	19:36
414	598	Maisa Isabel Nunes da Silva	Casa Dos Dragões de Fiães	Senior Feminino	03:15:56	+01:58:12	19:36
415	1322	Andreia Cabral	OCR4500	Senior Feminino	03:15:59	+01:58:15	19:36
416	1321	Ana Luísa Bonito	OCR4500	Senior Feminino	03:16:00	+01:58:15	19:36
417	1324	Nicole dos Santos Vaz	OCR4500	Senior Feminino	03:16:00	+01:58:15	19:36
418	599	Maria Isabel Freitas da Silva	Casa Dos Dragões de Fiães	Senior Feminino	03:16:00	+01:58:16	19:36
419	637	Mariana Machango	Chamas na Pista	Senior Feminino	03:16:43	+01:58:58	19:40
420	644	Soraia Silva	Chamas na Pista	Senior Feminino	03:16:59	+01:59:15	19:42
421	641	Rute Sousa	Chamas na Pista	Senior Feminino	03:17:00	+01:59:16	19:42
422	642	Sara Reis	Chamas na Pista	Senior Feminino	03:17:03	+01:59:18	19:42
423	1155	Mariana Henriques Almeida	Legítimos e Emprestados	Senior Feminino	03:17:13	+01:59:29	19:43
424	1154	Daniela Filipa Gonçalves de Almeida	Legítimos e Emprestados	Senior Feminino	03:17:15	+01:59:30	19:43
425	1152	Adriana Marisa Almeida Santos	Legítimos e Emprestados	Senior Feminino	03:17:15	+01:59:30	19:43
426	1156	Patrícia Henriques Almeida	Legítimos e Emprestados	Senior Feminino	03:17:16	+01:59:31	19:44
427	1153	Ana Rita Leal da Silva	Legítimos e Emprestados	Senior Feminino	03:17:22	+01:59:38	19:44
428	202	Maria João	1002	Senior Feminino	03:17:24	+01:59:40	19:44
429	204	Sofia Fontes	1002	Senior Feminino	03:17:24	+01:59:40	19:44
430	203	Mariana Nunes	1002	Senior Feminino	03:17:24	+01:59:40	19:44
431	201	Joaninha P	1002	Senior Feminino	03:17:24	+01:59:40	19:44
432	1646	Bárbara Miranda	salamanca	Senior Feminino	03:17:28	+01:59:44	19:45
433	1649	Sofia Dionísio	salamanca	Senior Feminino	03:17:28	+01:59:44	19:45
434	1647	Rita Dionísio	salamanca	Senior Feminino	03:17:28	+01:59:44	19:45
435	1477	Natália Moreira	Perdidos mas Felizes	Senior Feminino	03:17:39	+01:59:54	19:46
436	1478	Rita Baptista	Perdidos mas Felizes	Senior Feminino	03:17:39	+01:59:55	19:46
437	1471	Denise Rocha Peleteiro	Perdidos mas Felizes	Senior Feminino	03:17:39	+01:59:55	19:46
438	1470	Catarina Silva	Perdidos mas Felizes	Senior Feminino	03:17:39	+01:59:55	19:46
439	1474	Isa Silva	Perdidos mas Felizes	Senior Feminino	03:17:40	+01:59:56	19:46
440	1472	Diana Sofia Azevedo	Perdidos mas Felizes	Senior Feminino	03:17:42	+01:59:58	19:46
441	1469	Ana Pedrosa	Perdidos mas Felizes	Senior Feminino	03:17:52	+02:00:07	19:47
442	1468	Ana Catarina Pedrosa	Perdidos mas Felizes	Senior Feminino	03:17:52	+02:00:07	19:47
443	1374	Carla Alexandra dos Santos Patela	Os fogo no cu	Senior Feminino	03:18:04	+02:00:19	19:48
444	1370	Ana Amorim	Os fogo no cu	Senior Feminino	03:18:04	+02:00:20	19:48
445	1379	Daniela Sá	Os fogo no cu	Senior Feminino	03:18:04	+02:00:20	19:48
446	1373	Beatriz Catarino Rocha	Os fogo no cu	Senior Feminino	03:18:05	+02:00:21	19:48
447	1380	Joana Sá	Os fogo no cu	Senior Feminino	03:18:05	+02:00:21	19:49
448	1376	Cecilia Freitas	Os fogo no cu	Senior Feminino	03:18:05	+02:00:21	19:49
449	1371	Andreia Oliveira	Os fogo no cu	Senior Feminino	03:18:05	+02:00:21	19:49
450	1382	Paula Alexandra Braga Catarino	Os fogo no cu	Senior Feminino	03:18:06	+02:00:21	19:49

Official Timekeeper: Lap2Go	10 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

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OFFICIAL RESULT

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451	1369	Alexandra de Castro e Silva	Os fogo no cu	Senior Feminino	03:18:06	+02:00:21	19:49
452	1381	Maria Nunes Rocha	Os fogo no cu	Senior Feminino	03:18:06	+02:00:22	19:49
453	1377	Claudia Pereira Pires Teixeira	Os fogo no cu	Senior Feminino	03:18:06	+02:00:22	19:49
454	1372	Bárbara Fonseca	Os fogo no cu	Senior Feminino	03:18:06	+02:00:22	19:49
455	1378	CRISTINA COSTA	Os fogo no cu	Senior Feminino	03:18:08	+02:00:23	19:49
456	1375	Carla Pereira	Os fogo no cu	Senior Feminino	03:18:08	+02:00:24	19:49
457	1476	Mariana Rocha	Perdidos mas Felizes	Senior Feminino	03:18:11	+02:00:27	19:49
458	1400	Ana Libras	Os resistentes	Senior Feminino	03:18:50	+02:01:05	19:53
459	1406	Mónica Silva	Os resistentes	Senior Feminino	03:18:50	+02:01:05	19:53
460	1399	Ana Gomes	Os resistentes	Senior Feminino	03:18:50	+02:01:06	19:53
461	1759	Ana Beatriz Silva Mendes Couto	TEAM ALFA	Senior Feminino	03:18:51	+02:01:07	19:53
462	1760	Ana Carla Tavares de Pinho	TEAM ALFA	Senior Feminino	03:18:51	+02:01:07	19:53
463	1769	Mariana Teixeira Gomes Martins dos Santos	TEAM ALFA	Senior Feminino	03:18:51	+02:01:07	19:53
464	1140	Ana Ribeiro	Lama sem medo	Senior Feminino	03:18:59	+02:01:15	19:54
465	1142	Raquel Ramos	Lama sem medo	Senior Feminino	03:19:00	+02:01:15	19:54
466	1141	Beatriz Santos	Lama sem medo	Senior Feminino	03:19:00	+02:01:15	19:54
467	1143	Sofia Santos	Lama sem medo	Senior Feminino	03:19:00	+02:01:15	19:54
468	1402	Inês Bastos	Os resistentes	Senior Feminino	03:19:06	+02:01:22	19:55
469	747	Sónia Cristina da Silva de Sousa Carvalho	EPME	Senior Feminino	03:19:09	+02:01:24	19:55
470	1401	Anabela Teixeira	Os resistentes	Senior Feminino	03:19:21	+02:01:37	19:56
471	1407	Rosária Martins	Os resistentes	Senior Feminino	03:19:25	+02:01:41	19:57
472	1516	Cristiana Gomes Valente ferreira	Portal da queixa	Senior Feminino	03:20:55	+02:03:11	20:05
473	1521	Juliana Moreira coelho	Portal da queixa	Senior Feminino	03:20:55	+02:03:11	20:06
474	310	Helena Castro	As Bravas	Senior Feminino	03:21:06	+02:03:22	20:07
475	308	Alexandra Valente	As Bravas	Senior Feminino	03:21:06	+02:03:22	20:07
476	311	Marisa Correia	As Bravas	Senior Feminino	03:21:06	+02:03:22	20:07
477	309	Elisabete Soares	As Bravas	Senior Feminino	03:21:06	+02:03:22	20:07
478	313	Susana Aguiar	As Bravas	Senior Feminino	03:21:06	+02:03:22	20:07
479	314	Vânia Cunha	As Bravas	Senior Feminino	03:21:06	+02:03:22	20:07
480	312	Marisa Ribeiro	As Bravas	Senior Feminino	03:21:06	+02:03:22	20:07
481	773	Júlia Da Rocha Neiva Santos	Família na Lama	Senior Feminino	03:21:08	+02:03:24	20:07
482	774	Leonor Fernandes Dos Santos	Família na Lama	Senior Feminino	03:21:09	+02:03:24	20:07
483	777	Virginia Patricia Rocha Santos	Família na Lama	Senior Feminino	03:21:09	+02:03:24	20:07
484	775	Miriam Dos santos Pereira	Família na Lama	Senior Feminino	03:21:09	+02:03:24	20:07
485	776	Natália Maria Da Rocha Pereira Neiva	Família na Lama	Senior Feminino	03:21:09	+02:03:24	20:07
486	1243	CARLA FAMILIAR	MC	Senior Feminino	03:21:20	+02:03:35	20:08
487	1253	VERA OLIVEIRA	MC	Senior Feminino	03:21:21	+02:03:36	20:08
488	1245	ISAURA SOARES	MC	Senior Feminino	03:21:22	+02:03:37	20:08
489	1248	RITA OLIVEIRA	MC	Senior Feminino	03:21:22	+02:03:38	20:08
490	1250	SONIA CARVALHO	MC	Senior Feminino	03:21:22	+02:03:38	20:08
491	1252	VANIA SILVA	MC	Senior Feminino	03:21:23	+02:03:38	20:08
492	1251	SONIA LIMA	MC	Senior Feminino	03:21:24	+02:03:40	20:08
493	971	Alice João Coanhas Gonçalves	Individual	Senior Feminino	03:21:27	+02:03:42	20:09
494	1661	Ana Santos	Sem limites	Senior Feminino	03:21:51	+02:04:06	20:11
495	1924	Tatiana Figueiredo	Vita	Senior Feminino	03:21:51	+02:04:07	20:11

Semi-Elite

10 KM

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OFFICIAL RESULT

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496	1660	Ana Correia	Sem limites	Senior Feminino	03:21:51	+02:04:07	20:11
497	1128	Andréia Ribeiro	Labregos	Senior Feminino	03:22:05	+02:04:21	20:12
498	1126	Ádria Lemos	Labregos	Senior Feminino	03:22:08	+02:04:23	20:13
499	345	Matias Fernandes	Auauauauau cães da pradaria	Senior Feminino	03:22:39	+02:04:54	20:16
500	1699	Maria Reis	Stump Fight Team	Senior Feminino	03:23:38	+02:05:53	20:22
501	1701	Soraia Soreira	Stump Fight Team	Senior Feminino	03:23:38	+02:05:54	20:22
502	1698	Marcela Gomes	Stump Fight Team	Senior Feminino	03:23:38	+02:05:54	20:22
503	1700	Sofia Azevedo	Stump Fight Team	Senior Feminino	03:23:39	+02:05:54	20:22
504	1702	Tania Soreira	Stump Fight Team	Senior Feminino	03:23:40	+02:05:56	20:22
505	378	Pollyanna pacheco	Banhas assassinas	Senior Feminino	03:23:43	+02:05:58	20:22
506	338	Rafaela Grave	Auauauauau cães da pradaria	Senior Feminino	03:23:53	+02:06:09	20:23
507	337	Diana Ribeiro	Auauauauau cães da pradaria	Senior Feminino	03:23:54	+02:06:10	20:23
508	1650	Alyne Rodrigues	Segura o bloqueio	Senior Feminino	03:24:30	+02:06:46	20:27
509	1651	Mônica Esteve Araújo nascimento	Segura o bloqueio	Senior Feminino	03:24:30	+02:06:46	20:27
510	398	Beatriz da Conceição Dias Serdoura	Bombeiros de Arrifana	Senior Feminino	03:24:35	+02:06:50	20:27
511	236	Caroline Jacobsen	A Catarina disse que era fácil	Senior Feminino	03:24:56	+02:07:12	20:30
512	329	Sónia Alexandra Fernandes	As do costume	Senior Feminino	03:25:04	+02:07:19	20:30
513	328	Sandra Isabel da Silva Pinto	As do costume	Senior Feminino	03:25:04	+02:07:19	20:30
514	327	Flávia Mendes	As do costume	Senior Feminino	03:25:04	+02:07:19	20:30
515	1805	Patrícia da Paula	Team Dartação	Senior Feminino	03:25:29	+02:07:45	20:33
516	1803	Marta Limas	Team Dartação	Senior Feminino	03:25:29	+02:07:45	20:33
517	1630	Cristiana Pinto	Running Esmoriz	Senior Feminino	03:25:30	+02:07:45	20:33
518	1631	Fátima Lemos	Running Esmoriz	Senior Feminino	03:25:30	+02:07:45	20:33
519	1632	Jeanete Valente	Running Esmoriz	Senior Feminino	03:25:30	+02:07:46	20:33
520	1634	Margarida Tavares	Running Esmoriz	Senior Feminino	03:25:32	+02:07:47	20:33
521	1635	Rosana Pereira	Running Esmoriz	Senior Feminino	03:25:32	+02:07:48	20:33
522	1633	Ililiana Ferreira	Running Esmoriz	Senior Feminino	03:25:33	+02:07:49	20:33
523	1628	Catarina Moreira	Running Esmoriz	Senior Feminino	03:25:42	+02:07:58	20:34
524	1629	Cátia Costa	Running Esmoriz	Senior Feminino	03:25:42	+02:07:58	20:34
525	668	Daniela Rocha	Chico Deus	Senior Feminino	03:26:09	+02:08:25	20:37
526	669	Mariana Duarte	Chico Deus	Senior Feminino	03:26:10	+02:08:25	20:37
527	670	Vanessa Ferraz	Chico Deus	Senior Feminino	03:26:14	+02:08:29	20:37
528	1735	Mariana Carvalho Cancela Felix	Tartarugas Furiosas	Senior Feminino	03:26:41	+02:08:57	20:40
529	1733	Claudia Patrícia Gomes Pinho	Tartarugas Furiosas	Senior Feminino	03:26:42	+02:08:57	20:40
530	688	Filipa Fonseca	Coragem Coletiva	Senior Feminino	03:27:09	+02:09:24	20:43
531	691	Mónica Santos	Coragem Coletiva	Senior Feminino	03:27:09	+02:09:24	20:43
532	1736	Susana Palha Cadilhe	Tartarugas Furiosas	Senior Feminino	03:27:09	+02:09:25	20:43
533	779	Carolina Sousa Santos	Familia Santos	Senior Feminino	03:28:06	+02:10:21	20:49
534	778	Ana Elisabete Ribeiro de Sousa Lopes	Familia Santos	Senior Feminino	03:28:07	+02:10:23	20:49
535	1259	Ana Couto	Mental Energy	Senior Feminino	03:28:21	+02:10:36	20:50
536	1260	Catarina Nogueira	Mental Energy	Senior Feminino	03:28:21	+02:10:36	20:50
537	1258	Alice Couto	Mental Energy	Senior Feminino	03:28:21	+02:10:36	20:50
538	1262	Joana Coelho	Mental Energy	Senior Feminino	03:28:21	+02:10:36	20:50
539	1288	Inês Sousa	No knees	Senior Feminino	03:30:31	+02:12:47	21:03
540	1287	Inês Silva	No knees	Senior Feminino	03:30:31	+02:12:47	21:03
541	1279	Ana Alves	No knees	Senior Feminino	03:30:31	+02:12:47	21:03

Semi-Elite

10 KM

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OFFICIAL RESULT

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542	1286	Flaviana Teixeira	No knees	Senior Feminino	03:30:31	+02:12:47	21:03
543	1280	Ana Cristina	No knees	Senior Feminino	03:30:32	+02:12:48	21:03
544	1290	Sandrina Marques	No knees	Senior Feminino	03:30:33	+02:12:49	21:03
545	1285	Filipa Silva	No knees	Senior Feminino	03:30:33	+02:12:49	21:03
546	1284	Filipa Loureiro	No knees	Senior Feminino	03:30:33	+02:12:49	21:03
547	750	Leandra Oliveira	Equipa Metalarda	Senior Feminino	03:30:55	+02:13:11	21:06
548	986	Elisabete Vitorino	Individual	Senior Feminino	03:31:01	+02:13:17	21:06
549	680	Matilde Sousa	Clã 57	Senior Feminino	03:31:02	+02:13:17	21:06
550	984	Dulce Adrêgo	Individual	Senior Feminino	03:31:02	+02:13:17	21:06
551	682	Rafaela Guedes	Clã 57	Senior Feminino	03:31:02	+02:13:18	21:06
552	683	Raquel Oliveira	Clã 57	Senior Feminino	03:31:02	+02:13:18	21:06
553	675	Ana Sousa	Clã 57	Senior Feminino	03:31:03	+02:13:19	21:06
554	676	Cláudia Susana Maia	Clã 57	Senior Feminino	03:31:03	+02:13:19	21:06
555	678	Karina Matos	Clã 57	Senior Feminino	03:31:04	+02:13:20	21:06
556	677	Joana Filipa Mota	Clã 57	Senior Feminino	03:31:04	+02:13:20	21:06
557	681	Nádia Santos	Clã 57	Senior Feminino	03:31:05	+02:13:20	21:06
558	679	Luísa Gil	Clã 57	Senior Feminino	03:31:06	+02:13:21	21:07
559	1246	IVETE SOUZA	MC	Senior Feminino	03:32:10	+02:14:26	21:13
560	1244	FABIOLA SANTOS	MC	Senior Feminino	03:32:12	+02:14:27	21:13
561	292	Vera Martins	Alpha Studio	Senior Feminino	03:32:50	+02:15:05	21:17
562	280	Ana Patrícia Moreira	Alpha Studio	Senior Feminino	03:32:50	+02:15:05	21:17
563	278	Ana Beatriz Gomes	Alpha Studio	Senior Feminino	03:32:50	+02:15:06	21:17
564	282	Cecília Mota	Alpha Studio	Senior Feminino	03:32:50	+02:15:06	21:17
565	279	Ana Cristina Silva	Alpha Studio	Senior Feminino	03:32:51	+02:15:07	21:17
566	288	Maria Teresa Martins	Alpha Studio	Senior Feminino	03:32:52	+02:15:08	21:17
567	284	Diana Azevedo	Alpha Studio	Senior Feminino	03:32:52	+02:15:08	21:17
568	291	Sílvia Cardoso	Alpha Studio	Senior Feminino	03:32:53	+02:15:08	21:17
569	285	Jéssica Pais	Alpha Studio	Senior Feminino	03:32:53	+02:15:09	21:17
570	848	Mariana Lameira	G.E.M.E	Senior Feminino	03:33:55	+02:16:10	21:23
571	851	Solange Moreira	G.E.M.E	Senior Feminino	03:33:55	+02:16:10	21:23
572	845	Cristiana Moreira	G.E.M.E	Senior Feminino	03:33:56	+02:16:12	21:24
573	852	Vanessa Oliveira	G.E.M.E	Senior Feminino	03:33:57	+02:16:13	21:24
574	846	Fabiana Andrade	G.E.M.E	Senior Feminino	03:33:59	+02:16:15	21:24
575	843	Bruna Lameira	G.E.M.E	Senior Feminino	03:34:01	+02:16:16	21:24
576	847	Inês Barata	G.E.M.E	Senior Feminino	03:34:01	+02:16:17	21:24
577	842	Adriana Ventura	G.E.M.E	Senior Feminino	03:34:15	+02:16:30	21:25
578	536	Mariana Oliveira Vasconcelos Rosadas	Bravos Mansos	Senior Feminino	03:34:22	+02:16:38	21:26
579	535	Mariana de Melo Tavares	Bravos Mansos	Senior Feminino	03:34:22	+02:16:38	21:26
580	537	Marta Sofia Lopes Dias	Bravos Mansos	Senior Feminino	03:34:23	+02:16:38	21:26
581	538	Viviana Almeida Costa	Bravos Mansos	Senior Feminino	03:34:23	+02:16:38	21:26
582	532	Ana Filipa Pinho Vilar	Bravos Mansos	Senior Feminino	03:34:23	+02:16:38	21:26
583	533	Catarina Ferreira Gonçalves da Silva	Bravos Mansos	Senior Feminino	03:34:24	+02:16:39	21:26
584	1762	Beatriz Campos	TEAM ALFA	Senior Feminino	03:34:41	+02:16:57	21:28
585	1624	Silvia da Silva	Runners Aguada de Cima	Senior Feminino	03:34:44	+02:16:59	21:28
586	868	Catarina Freitas	G6 - ESAN	Senior Feminino	03:34:51	+02:17:07	21:29
587	1767	Lara Sofia Almeida Oliveira	TEAM ALFA	Senior Feminino	03:34:59	+02:17:14	21:30

Semi-Elite

10 KM

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OFFICIAL RESULT

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588	1292	Virgínia Fernandes	No knees	Senior Feminino	03:35:27	+02:17:43	21:33
589	1283	Dionísia Laranjeiro	No knees	Senior Feminino	03:35:27	+02:17:43	21:33
590	1281	Andreia Simões	No knees	Senior Feminino	03:37:17	+02:19:33	21:44
591	1291	Susana Florindo	No knees	Senior Feminino	03:37:17	+02:19:33	21:44
592	1734	Daniela Cristina Palha de Oliveira Silva	Tartarugas Furiosas	Senior Feminino	03:38:35	+02:20:50	21:51
593	1207	Bárbara Hernandez	Magia do Boteco	Senior Feminino	03:39:18	+02:21:34	21:56
594	1208	Catarina Inácio	Magia do Boteco	Senior Feminino	03:39:20	+02:21:35	21:56
595	1212	Silvia Moreira	Magia do Boteco	Senior Feminino	03:39:20	+02:21:35	21:56
596	1211	Juliana Castro	Magia do Boteco	Senior Feminino	03:39:20	+02:21:36	21:56
597	1210	Filipa Almeida	Magia do Boteco	Senior Feminino	03:39:20	+02:21:36	21:56
598	1209	Cláudia Silva	Magia do Boteco	Senior Feminino	03:39:24	+02:21:40	21:56
599	1206	Ana Cruz	Magia do Boteco	Senior Feminino	03:39:24	+02:21:40	21:56
600	867	Ana Rita Batista	G6 - ESAN	Senior Feminino	03:40:27	+02:22:43	22:03
601	872	Katherine Oliveira	G6 - ESAN	Senior Feminino	03:40:28	+02:22:43	22:03
602	874	Liliana Sousa	G6 - ESAN	Senior Feminino	03:40:28	+02:22:44	22:03
603	871	Joana Braga	G6 - ESAN	Senior Feminino	03:40:28	+02:22:44	22:03
604	869	Catarina Gomes	G6 - ESAN	Senior Feminino	03:40:28	+02:22:44	22:03
605	875	Yneska Becerra	G6 - ESAN	Senior Feminino	03:40:28	+02:22:44	22:03
606	873	Laura Santos	G6 - ESAN	Senior Feminino	03:40:29	+02:22:44	22:03
607	352	Ana Almeida	BAIRRADINOS RELAXADOS	Senior Feminino	03:40:50	+02:23:06	22:05
608	359	REGINA HENRIQUES	BAIRRADINOS RELAXADOS	Senior Feminino	03:40:50	+02:23:06	22:05
609	361	Tânia Bastos	BAIRRADINOS RELAXADOS	Senior Feminino	03:40:50	+02:23:06	22:05
610	357	MARIA CLARA HENRIQUES	BAIRRADINOS RELAXADOS	Senior Feminino	03:40:50	+02:23:06	22:05
611	358	Michelle Navega	BAIRRADINOS RELAXADOS	Senior Feminino	03:40:51	+02:23:06	22:05
612	355	Inês Tavares	BAIRRADINOS RELAXADOS	Senior Feminino	03:40:52	+02:23:07	22:05
613	356	Margarida Sofia Jesus Silva	BAIRRADINOS RELAXADOS	Senior Feminino	03:40:55	+02:23:10	22:05
614	690	Maria Dias	Coragem Coletiva	Senior Feminino	03:42:12	+02:24:28	22:13
615	692	Susana Silva	Coragem Coletiva	Senior Feminino	03:42:13	+02:24:28	22:13
616	375	Mariana oliveira	Banhas assassinas	Senior Feminino	03:42:59	+02:25:15	22:18
617	374	Elsa valente	Banhas assassinas	Senior Feminino	03:43:00	+02:25:16	22:18
618	377	Patrícia sousa	Banhas assassinas	Senior Feminino	03:43:01	+02:25:16	22:18
619	1861	Nádia Silva	TrepaTrilhos Trail Team	Senior Feminino	03:45:31	+02:27:47	22:33
620	1862	Paula Dias	TrepaTrilhos Trail Team	Senior Feminino	03:45:59	+02:28:15	22:36
621	1865	Susana Oliveira	TrepaTrilhos Trail Team	Senior Feminino	03:46:00	+02:28:16	22:36
622	1858	Andreia Jorge	TrepaTrilhos Trail Team	Senior Feminino	03:46:15	+02:28:30	22:37
623	1863	Paula Silva	TrepaTrilhos Trail Team	Senior Feminino	03:46:22	+02:28:37	22:38
624	1864	Sandra Ferreira	TrepaTrilhos Trail Team	Senior Feminino	03:46:59	+02:29:14	22:42
625	823	Letícia Pereira	Flores de Estufa!	Senior Feminino	03:52:31	+02:34:46	23:15
626	824	Rita Pereira	Flores de Estufa!	Senior Feminino	03:52:31	+02:34:46	23:15
627	818	Cátia Santos	Flores de Estufa!	Senior Feminino	03:52:31	+02:34:46	23:15
628	825	Sara Pinho Coelho	Flores de Estufa!	Senior Feminino	03:52:31	+02:34:46	23:15
629	819	Diana Pinto	Flores de Estufa!	Senior Feminino	03:52:31	+02:34:47	23:15
630	822	Helena Pereira	Flores de Estufa!	Senior Feminino	03:52:36	+02:34:52	23:16
631	820	Diana Tavares	Flores de Estufa!	Senior Feminino	03:52:36	+02:34:52	23:16
632	689	Gabriela Silva	Coragem Coletiva	Senior Feminino	03:54:11	+02:36:26	23:25
633	687	Cristina Teixeira	Coragem Coletiva	Senior Feminino	03:54:11	+02:36:27	23:25

Semi-Elite

10 KM

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OFFICIAL RESULT

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634	886	Mónica Mota	Gambuzinos	Senior Feminino	03:57:44	+02:40:00	23:46
635	884	Joana Leite	Gambuzinos	Senior Feminino	03:57:44	+02:40:00	23:46
636	887	Veronique Sousa	Gambuzinos	Senior Feminino	03:57:46	+02:40:02	23:47
637	323	Líliana Silva	As Damas e o Vagabundo	Senior Feminino	04:00:08	+02:42:24	24:01
638	321	Cátia Silva	As Damas e o Vagabundo	Senior Feminino	04:00:09	+02:42:24	24:01
639	324	Tânia Silva	As Damas e o Vagabundo	Senior Feminino	04:00:09	+02:42:24	24:01
640	322	Iva Danin	As Damas e o Vagabundo	Senior Feminino	04:00:09	+02:42:24	24:01
641	440	Célia Neto	Bravos da Treta Team	Senior Feminino	04:06:29	+02:48:45	24:39
642	447	Marcella Bizerra	Bravos da Treta Team	Senior Feminino	04:06:30	+02:48:46	24:39
643	444	Jacinta Fonseca	Bravos da Treta Team	Senior Feminino	04:06:31	+02:48:46	24:39
644	442	Isabel Sousa	Bravos da Treta Team	Senior Feminino	04:06:31	+02:48:46	24:39
645	445	Luísa Fernandes	Bravos da Treta Team	Senior Feminino	04:06:33	+02:48:48	24:39
646	439	Ana Neto	Bravos da Treta Team	Senior Feminino	04:06:33	+02:48:49	24:39
647	441	Emília Teixeira	Bravos da Treta Team	Senior Feminino	04:06:33	+02:48:49	24:39
648	443	Isabelle Ferreira	Bravos da Treta Team	Senior Feminino	04:06:36	+02:48:52	24:40
649	448	Patricia Leal	Bravos da Treta Team	Senior Feminino	04:06:37	+02:48:53	24:40
650	446	Luísa Leão	Bravos da Treta Team	Senior Feminino	04:06:41	+02:48:57	24:40

Senior Masculino

1	1550	Marco Pinho	Power Studio	Senior Masculino	01:13:27	07:21
2	665	Victor Silva	Chamas na Pista	Senior Masculino	01:14:31	+01:03 07:27
3	1272	André Filipe Magalhães Machado	NINJAS	Senior Masculino	01:14:39	+01:11 07:28
4	1273	Bruno Miguel Fernandes da Silva	NINJAS	Senior Masculino	01:14:40	+01:12 07:28
5	1755	Amandio Mexicano	Task Force Raven	Senior Masculino	01:18:46	+05:18 07:53
6	1503	Pedro Silva	Pernetas de Alfena	Senior Masculino	01:20:52	+07:24 08:05
7	1499	César Martins	Pernetas de Alfena	Senior Masculino	01:21:23	+07:55 08:08
8	954	Diogo Silva	Improve Fitness Studio	Senior Masculino	01:23:03	+09:35 08:18
9	564	Vasco Fernandes	Caminheiros de Canedo	Senior Masculino	01:23:57	+10:29 08:24
10	1044	Francisco dos Santos Almeida	Individual	Senior Masculino	01:24:38	+11:10 08:28
11	1088	Ruben Silva	Individual	Senior Masculino	01:24:40	+11:12 08:28
12	1204	Luís Oliveira	Mach1	Senior Masculino	01:24:47	+11:19 08:29
13	1203	Eliseu Laranjeira	Mach1	Senior Masculino	01:24:48	+11:20 08:29
14	1080	Pedro Simoes	Individual	Senior Masculino	01:24:57	+11:29 08:30
15	1022	André Filipe Sousa Punho	Individual	Senior Masculino	01:24:58	+11:30 08:30
16	968	Miguel Pereira	Improve Fitness Studio	Senior Masculino	01:24:59	+11:31 08:30
17	1275	Alcides Gomes	NO GO	Senior Masculino	01:26:26	+12:58 08:39
18	561	Filipe Costa	Caminheiros de Canedo	Senior Masculino	01:26:52	+13:24 08:41
19	967	Marco Bernardino	Improve Fitness Studio	Senior Masculino	01:27:07	+13:39 08:43
20	1609	André Tavares	Quem se lembrou???	Senior Masculino	01:27:32	+14:04 08:45
21	1690	Fernando Brandão	Sentir Escariz running	Senior Masculino	01:27:57	+14:29 08:48
22	1784	Pedro Miguel Ferreira Costa	TEAM ALFA	Senior Masculino	01:28:06	+14:38 08:49
23	1125	rodrigo rodrigues	korpi	Senior Masculino	01:29:03	+15:35 08:54
24	651	Eurico Bento	Chamas na Pista	Senior Masculino	01:29:09	+15:41 08:55
25	1123	Joao miguel gomes da silva	korpi	Senior Masculino	01:29:15	+15:47 08:56
26	1611	Marcelo Martins Barbosa	Quem se lembrou???	Senior Masculino	01:29:39	+16:11 08:58

Official Timekeeper: Lap2Go	15 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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OFFICIAL RESULT

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27	1610	Leonardo Oliveira	Quem se lembrou???	Senior Masculino	01:29:46	+16:18	08:59
28	563	Sérgio Costa	Caminheiros de Canedo	Senior Masculino	01:30:06	+16:38	09:01
29	1643	Bernardo Sousa	Running Mozelos	Senior Masculino	01:31:04	+17:36	09:06
30	1642	Afonso Fonseca	Running Mozelos	Senior Masculino	01:31:04	+17:36	09:06
31	1046	Francisco Vicente	Individual	Senior Masculino	01:31:51	+18:23	09:11
32	254	Gonçalo Araújo	ACDCDSMF os Laranjinhas	Senior Masculino	01:32:19	+18:51	09:14
33	258	Pedro Francisco	ACDCDSMF os Laranjinhas	Senior Masculino	01:32:20	+18:52	09:14
34	259	Rui sousa	ACDCDSMF os Laranjinhas	Senior Masculino	01:32:25	+18:57	09:15
35	453	Vando Castro	Bravos do Candal	Senior Masculino	01:32:34	+19:06	09:15
36	452	Pedro Tiago Novais	Bravos do Candal	Senior Masculino	01:32:34	+19:06	09:15
37	1713	Roberto Bastos	Susana Gomes	Senior Masculino	01:32:39	+19:11	09:16
38	1513	Tiago Gonçalves	Pés no Asfalto	Senior Masculino	01:32:40	+19:12	09:16
39	257	Paulo Almeida	ACDCDSMF os Laranjinhas	Senior Masculino	01:32:49	+19:21	09:17
40	1018	Alcino Santos	Individual	Senior Masculino	01:33:33	+20:05	09:21
41	1041	Fernando Manuel Ribeiro de Sousa	Individual	Senior Masculino	01:33:47	+20:19	09:23
42	1122	Francisco Manuel Pinheiro Guedes Mota	korpi	Senior Masculino	01:33:50	+20:22	09:23
43	1396	Diogo Rodrigo Santos Costa	Os que correm só para comer	Senior Masculino	01:35:06	+21:38	09:31
44	705	Jose Antonio Pamplona Barbosa Vinhas	Coronado runners	Senior Masculino	01:35:15	+21:47	09:31
45	1395	Claudio Gonçalves	Os que correm só para comer	Senior Masculino	01:35:32	+22:04	09:33
46	1397	Marco André Sousa Lourenço	Os que correm só para comer	Senior Masculino	01:35:32	+22:04	09:33
47	1786	Ruben André Pinto Soares	TEAM ALFA	Senior Masculino	01:35:50	+22:22	09:35
48	1070	Nelson Mourão	Individual	Senior Masculino	01:36:22	+22:54	09:38
49	1097	Tiago Ramos	Individual	Senior Masculino	01:36:24	+22:56	09:38
50	1179	Pedro Sousa	Lourosa Em Movimento	Senior Masculino	01:36:32	+23:04	09:39
51	1110	Carlos Rafael	Justiceiras da Noite	Senior Masculino	01:36:57	+23:29	09:42
52	1111	Rodrigo Coelho	Justiceiras da Noite	Senior Masculino	01:36:58	+23:30	09:42
53	743	Marcelo Pinho	Empenados	Senior Masculino	01:37:23	+23:55	09:44
54	336	João Almeida	Atrofiado e atrofiada	Senior Masculino	01:38:26	+24:58	09:51
55	1812	Diogo Teixeira	Team Dartação	Senior Masculino	01:39:35	+26:07	09:57
56	1938	Telmo Melo	Task Force Raven	Senior Masculino	01:41:07	+27:39	10:07
57	1151	Tomás Nicola	Lama, Suor & Risadas	Senior Masculino	01:42:00	+28:32	10:12
58	1691	Paulo Sérgio Silva Gomes	Sentir Escariz running	Senior Masculino	01:42:12	+28:44	10:13
59	1072	Nuno Santos	Individual	Senior Masculino	01:42:15	+28:47	10:14
60	1448	Francisco Couto	Outlaw Runners	Senior Masculino	01:42:25	+28:57	10:15
61	1447	Carlos Couto	Outlaw Runners	Senior Masculino	01:42:25	+28:57	10:15
62	729	José Carlos Cepeda Coelho	Eles & Elas	Senior Masculino	01:43:46	+30:18	10:23
63	730	Rui Manuel Oliveira Coelho	Eles & Elas	Senior Masculino	01:44:12	+30:44	10:25
64	1176	Fernando Pinheiro	Lourosa Em Movimento	Senior Masculino	01:44:30	+31:02	10:27
65	1184	Vitor Moreira	Lourosa Em Movimento	Senior Masculino	01:44:30	+31:02	10:27
66	1180	Ricardo Duarte	Lourosa Em Movimento	Senior Masculino	01:44:34	+31:06	10:27
67	1084	Rodrigo Lopes	Individual	Senior Masculino	01:44:37	+31:09	10:28
68	1076	Pedro Matos	Individual	Senior Masculino	01:44:38	+31:10	10:28
69	1533	Jorge coelho	Portal da queixa	Senior Masculino	01:44:38	+31:10	10:28
70	1096	Tiago Ganilho	Individual	Senior Masculino	01:44:56	+31:28	10:30
71	910	Daniel Gomes	Grupo O Setenta	Senior Masculino	01:45:00	+31:32	10:30

Official Timekeeper: Lap2Go	16 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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OFFICIAL RESULT

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72	1037	Diogo Silva	Individual	Senior Masculino	01:45:02	+31:34	10:30
73	1071	Nuno Lopes	Individual	Senior Masculino	01:45:10	+31:42	10:31
74	1445	Patrick Schuster	Os Tugamães	Senior Masculino	01:45:21	+31:53	10:32
75	1446	Sergio Oliveira	Os Tugamães	Senior Masculino	01:45:22	+31:54	10:32
76	1090	Samuel Duarte	Individual	Senior Masculino	01:45:29	+32:01	10:33
77	1042	Filipe Ribeiro	Individual	Senior Masculino	01:45:37	+32:09	10:34
78	912	Paulo Alves	Grupo O Setenta	Senior Masculino	01:46:08	+32:40	10:37
79	911	José Rocha	Grupo O Setenta	Senior Masculino	01:46:09	+32:41	10:37
80	955	Emanuel Domingues	Improve Fitness Studio	Senior Masculino	01:46:12	+32:44	10:37
81	913	Rafael Surrador	Grupo O Setenta	Senior Masculino	01:46:15	+32:47	10:38
82	719	Marco Moreira	Dieta D'água	Senior Masculino	01:47:08	+33:40	10:43
83	1422	Rodrigo Coimbra	Os resistentes	Senior Masculino	01:47:13	+33:45	10:43
84	1410	Bruno Novo	Os resistentes	Senior Masculino	01:47:13	+33:45	10:43
85	1019	ÁLVARO ANTÓNIO ROCHA ALEIXO	Individual	Senior Masculino	01:47:28	+34:00	10:45
86	1150	Miguel Nicola	Lama, Suor & Risadas	Senior Masculino	01:47:36	+34:08	10:46
87	1060	José Ferrão	Individual	Senior Masculino	01:47:48	+34:20	10:47
88	667	Yvon Jaouen	Chamas na Pista	Senior Masculino	01:48:19	+34:51	10:50
89	1639	Zé Manuel	Running Esmoriz	Senior Masculino	01:48:27	+34:59	10:51
90	1599	Pedro Pombal	Pupilos do Zé-Tó	Senior Masculino	01:48:43	+35:15	10:52
91	1528	Diogo Moreira pinto	Portal da queixa	Senior Masculino	01:48:48	+35:20	10:53
92	476	Rafael Soares	Bravos do Copofit	Senior Masculino	01:48:52	+35:24	10:53
93	961	Jose. Carvalho	Improve Fitness Studio	Senior Masculino	01:49:04	+35:36	10:54
94	469	Dinis Lima	Bravos do Copofit	Senior Masculino	01:49:11	+35:43	10:55
95	1274	Sergio Paulo Moreira Dionísio	NINJAS	Senior Masculino	01:49:32	+36:04	10:57
96	470	Diogo Maia	Bravos do Copofit	Senior Masculino	01:49:43	+36:15	10:58
97	616	Nuno Gomes	Castelo Corte & Cose	Senior Masculino	01:49:47	+36:19	10:59
98	613	Braulio Gomes	Castelo Corte & Cose	Senior Masculino	01:49:47	+36:19	10:59
99	617	Osmar Machado	Castelo Corte & Cose	Senior Masculino	01:49:47	+36:19	10:59
100	612	Álvaro Costa	Castelo Corte & Cose	Senior Masculino	01:49:47	+36:19	10:59
101	615	Hugo Couto	Castelo Corte & Cose	Senior Masculino	01:49:47	+36:19	10:59
102	619	Vasco Bessa	Castelo Corte & Cose	Senior Masculino	01:49:47	+36:19	10:59
103	626	Nélson Tavares	Centro Marcha Vale de Cambra	Senior Masculino	01:49:47	+36:19	10:59
104	614	Diogo Ramos	Castelo Corte & Cose	Senior Masculino	01:49:47	+36:19	10:59
105	260	Tony bri	ACDCDSMF os Laranjinhas	Senior Masculino	01:49:48	+36:20	10:59
106	1087	Rúben Joel Pinho da Silva	Individual	Senior Masculino	01:50:57	+37:29	11:06
107	1061	Leandro Gomes Baptista	Individual	Senior Masculino	01:50:57	+37:30	11:06
108	1026	Bruno Miguel Valente de Jesus	Individual	Senior Masculino	01:50:58	+37:30	11:06
109	548	Pedro Brazinha	Brazas Team	Senior Masculino	01:51:03	+37:35	11:06
110	546	David Malheiros	Brazas Team	Senior Masculino	01:51:03	+37:35	11:06
111	720	Nuno Almeida	Dieta D'água	Senior Masculino	01:51:56	+38:28	11:12
112	251	Adriano Oliveira	ACDCDSMF os Laranjinhas	Senior Masculino	01:52:22	+38:54	11:14
113	1465	Luis Oliveira	Pelotão de Queda Controlada (PQC)	Senior Masculino	01:53:01	+39:33	11:18
114	876	Amine El Bahi	G6 - ESAN	Senior Masculino	01:53:13	+39:45	11:19
115	1426	Francisco Gomes	Os Salta Pocinhas	Senior Masculino	01:53:57	+40:29	11:24
116	1427	João Oliveira	Os Salta Pocinhas	Senior Masculino	01:54:20	+40:52	11:26
117	841	Stefan Cociorva	Fúria Brava	Senior Masculino	01:54:20	+40:52	11:26

Semi-Elite

10 KM

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OFFICIAL RESULT

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118	1428	Tiago Gomes	Os Salta Pocinhas	Senior Masculino	01:54:24	+40:56	11:26
119	1193	Joel Maia	Lowlanders	Senior Masculino	01:54:28	+41:00	11:27
120	1580	André Almeida	PRIME Ginásio	Senior Masculino	01:54:45	+41:17	11:28
121	1582	Daniel Almeida	PRIME Ginásio	Senior Masculino	01:54:45	+41:17	11:28
122	550	Pedro Seabra	C3	Senior Masculino	01:55:00	+41:32	11:30
123	1555	Xavier Pinho	Power Studio	Senior Masculino	01:55:20	+41:52	11:32
124	1024	Augusto Vicente Canedo dos Santos	Individual	Senior Masculino	01:56:16	+42:48	11:38
125	1783	Pedro Gilde	TEAM ALFA	Senior Masculino	01:56:36	+43:08	11:40
126	1782	Pedro Brandão	TEAM ALFA	Senior Masculino	01:56:36	+43:08	11:40
127	1791	Vitor Castro	Team Castro	Senior Masculino	01:56:40	+43:12	11:40
128	551	Celso Ribeiro	Caminhadas da Amizade	Senior Masculino	01:56:50	+43:22	11:41
129	552	Francisco Moreira	Caminhadas da Amizade	Senior Masculino	01:56:50	+43:22	11:41
130	1045	Francisco Marques	Individual	Senior Masculino	01:57:05	+43:37	11:43
131	830	José Almeida	Fox Team	Senior Masculino	01:57:38	+44:10	11:46
132	829	João Almeida	Fox Team	Senior Masculino	01:57:38	+44:10	11:46
133	1830	Filipe Alves	Timeout Aventura	Senior Masculino	01:58:06	+44:38	11:49
134	562	Mário Oliveira	Caminheiros de Canedo	Senior Masculino	01:59:25	+45:57	11:57
135	1418	Mário Fonseca	Os resistentes	Senior Masculino	01:59:26	+45:58	11:57
136	654	Jaouen Eugene	Chamas na Pista	Senior Masculino	01:59:28	+46:00	11:57
137	1420	Ricardo Gomes	Os resistentes	Senior Masculino	01:59:37	+46:09	11:58
138	727	Myckael Nicolich	Duo monster	Senior Masculino	02:01:34	+48:06	12:09
139	1689	Danilo Borges	Sentir Escariz running	Senior Masculino	02:01:43	+48:15	12:10
140	706	Manuel António Barbosa Ferreira	Coronado runners	Senior Masculino	02:01:55	+48:27	12:12
141	1357	Tiago Almeida	Os Bravos de Arões	Senior Masculino	02:02:00	+48:32	12:12
142	965	Manuel Silva	Improve Fitness Studio	Senior Masculino	02:02:01	+48:33	12:12
143	603	Pedro Filipe Vilar alves	Casa Dos Dragões de Fiães	Senior Masculino	02:02:04	+48:36	12:12
144	704	Hugo Bezerra	Coronado runners	Senior Masculino	02:02:05	+48:37	12:12
145	255	João sousa	ACDCDSMF os Laranjinhas	Senior Masculino	02:02:07	+48:39	12:13
146	252	Bruno Albergaria	ACDCDSMF os Laranjinhas	Senior Masculino	02:02:10	+48:42	12:13
147	648	Claúdio Pinto	Chamas na Pista	Senior Masculino	02:02:21	+48:53	12:14
148	1775	Edson Júnior	TEAM ALFA	Senior Masculino	02:02:41	+49:13	12:16
149	1040	Eduardo Xavier Oliveira Sá	Individual	Senior Masculino	02:02:46	+49:18	12:17
150	1032	Daniel Alexandre Tavares Ferreira	Individual	Senior Masculino	02:02:47	+49:19	12:17
151	1081	Rafael Ribeiro Silva	Individual	Senior Masculino	02:02:47	+49:19	12:17
152	475	Pedro Ribeiro	Bravos do Copofit	Senior Masculino	02:03:04	+49:36	12:18
153	386	Marco Silva	Bentcar	Senior Masculino	02:03:19	+49:51	12:20
154	953	Carlos Bernardino	Improve Fitness Studio	Senior Masculino	02:03:28	+50:00	12:21
155	702	Augusto Gil da Costa Vinhas	Coronado runners	Senior Masculino	02:03:40	+50:12	12:22
156	1729	Paulo Mota	Tartarugas em Fuga	Senior Masculino	02:03:54	+50:26	12:23
157	969	Rodrigo Encarnação	Improve Fitness Studio	Senior Masculino	02:04:16	+50:48	12:26
158	958	Joao Encarnacao	Improve Fitness Studio	Senior Masculino	02:04:17	+50:49	12:26
159	1304	Nuno Soares	Nuno Soares	Senior Masculino	02:05:24	+51:56	12:32
160	1822	Thomas Cravo	Team Dartação	Senior Masculino	02:05:52	+52:24	12:35
161	1816	João Pina	Team Dartação	Senior Masculino	02:05:52	+52:24	12:35
162	1644	Daniel Serralva	Running Mozelos	Senior Masculino	02:05:57	+52:29	12:36
163	1645	Elivelton Santos	Running Mozelos	Senior Masculino	02:05:58	+52:30	12:36

Official Timekeeper: Lap2Go	18 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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OFFICIAL RESULT

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164	215	Rafael António Claro Domingues	100NOME	Senior Masculino	02:06:03	+52:35	12:36
165	216	Ricardo Miguel Claro Domingues	100NOME	Senior Masculino	02:06:04	+52:36	12:36
166	656	Luís Santos	Chamas na Pista	Senior Masculino	02:06:21	+52:53	12:38
167	659	Martim Almeida	Chamas na Pista	Senior Masculino	02:06:21	+52:53	12:38
168	650	Fábio Martins	Chamas na Pista	Senior Masculino	02:06:21	+52:53	12:38
169	593	Manuel Simão Sebastião	CAPS JJ	Senior Masculino	02:07:01	+53:33	12:42
170	1175	Carlos Ferreira	Lourosa Em Movimento	Senior Masculino	02:07:52	+54:24	12:47
171	1779	João Fortes	TEAM ALFA	Senior Masculino	02:07:54	+54:26	12:47
172	1772	António Carlos Gomes Freitas	TEAM ALFA	Senior Masculino	02:07:59	+54:31	12:48
173	1355	Luís Soares	Os Bravos de Arões	Senior Masculino	02:08:10	+54:42	12:49
174	1051	Hugo Miguel Campos Barbosa	Individual	Senior Masculino	02:08:17	+54:49	12:50
175	759	Raúl Rodríguez	Equipo PLP	Senior Masculino	02:08:26	+54:58	12:51
176	1185	João Tiago	Low Power	Senior Masculino	02:08:26	+54:58	12:51
177	1186	Mario Santos	Low Power	Senior Masculino	02:08:27	+54:59	12:51
178	1187	Sérgio Rocha	Low Power	Senior Masculino	02:08:27	+54:59	12:51
179	607	Valdemar Almeida	Casa Dos Dragões de Fiães	Senior Masculino	02:08:44	+55:16	12:52
180	1031	Cristiano Carvalho	Individual	Senior Masculino	02:08:51	+55:23	12:53
181	1075	Paulo Sousa	Individual	Senior Masculino	02:08:52	+55:24	12:53
182	1099	José Martins	JoCa	Senior Masculino	02:09:21	+55:53	12:56
183	1870	Paulo Tavares	TrepaTrilhos Trail Team	Senior Masculino	02:09:22	+55:54	12:56
184	1479	Edgar Pereira	Perdidos mas Felizes	Senior Masculino	02:10:16	+56:48	13:02
185	601	Nelson Domingos da Silva Reis	Casa Dos Dragões de Fiães	Senior Masculino	02:10:20	+56:52	13:02
186	770	José Rebola	Famalicão em Forma	Senior Masculino	02:10:35	+57:07	13:04
187	661	Renato Pereira	Chamas na Pista	Senior Masculino	02:10:54	+57:26	13:05
188	657	Manoel Silva	Chamas na Pista	Senior Masculino	02:10:54	+57:26	13:05
189	660	Nuno Brandão	Chamas na Pista	Senior Masculino	02:10:55	+57:27	13:06
190	647	Claudio Ferreira	Chamas na Pista	Senior Masculino	02:10:55	+57:27	13:06
191	662	Ruben Correia	Chamas na Pista	Senior Masculino	02:10:55	+57:27	13:06
192	588	Ailton Ferreira da Silva Junior	CAPS JJ	Senior Masculino	02:11:06	+57:38	13:07
193	1065	Marco Leite	Individual	Senior Masculino	02:11:13	+57:45	13:07
194	1095	Tiago Coelho	Individual	Senior Masculino	02:11:13	+57:45	13:07
195	1067	Miguel Leirião	Individual	Senior Masculino	02:11:13	+57:45	13:07
196	1502	Pedro Policiano	Pernetas de Alfena	Senior Masculino	02:11:26	+57:58	13:09
197	404	Kauã Vitor Souza Oliveira	Bombeiros de Arrifana	Senior Masculino	02:11:35	+58:07	13:10
198	411	Rúben Carlos Nascimento Almeida	Bombeiros de Arrifana	Senior Masculino	02:11:35	+58:07	13:10
199	646	António Pereira	Chamas na Pista	Senior Masculino	02:11:47	+58:19	13:11
200	472	João Rocha	Bravos do Copofit	Senior Masculino	02:11:48	+58:20	13:11
201	590	Duarte Barbosa	CAPS JJ	Senior Masculino	02:11:59	+58:31	13:12
202	591	Helber Nicolau Bernardo	CAPS JJ	Senior Masculino	02:12:00	+58:32	13:12
203	1178	Pedro Moreira	Lourosa Em Movimento	Senior Masculino	02:12:08	+58:40	13:13
204	1181	Rúben Magalhaes	Lourosa Em Movimento	Senior Masculino	02:12:08	+58:40	13:13
205	710	Nuno Monteiro	Cruzadex	Senior Masculino	02:12:32	+59:04	13:15
206	233	Ivo Gomes	3naopodeseri	Senior Masculino	02:13:08	+59:40	13:19
207	305	JOSE MARTINEZ	ARRASTASSOLAS	Senior Masculino	02:13:34	+01:00:06	13:21
208	306	PEDRO CARVALHO	ARRASTASSOLAS	Senior Masculino	02:13:35	+01:00:07	13:21
209	307	PEDRO MAGALHAES	ARRASTASSOLAS	Senior Masculino	02:13:35	+01:00:07	13:21

Official Timekeeper: Lap2Go	19 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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OFFICIAL RESULT

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210	957	Helio ribeiro	Improve Fitness Studio	Senior Masculino	02:13:40	+01:00:12	13:22
211	956	Fernando Fernandes	Improve Fitness Studio	Senior Masculino	02:13:43	+01:00:15	13:22
212	962	Leandro Araujo	Improve Fitness Studio	Senior Masculino	02:14:18	+01:00:50	13:26
213	966	Marcelo Edgar	Improve Fitness Studio	Senior Masculino	02:14:19	+01:00:51	13:26
214	1440	João Matos	Os Sem Freios	Senior Masculino	02:15:05	+01:01:37	13:31
215	1443	Tiago Santos	Os Sem Freios	Senior Masculino	02:15:05	+01:01:37	13:31
216	1441	Ranilson Santos Padilha	Os Sem Freios	Senior Masculino	02:15:06	+01:01:38	13:31
217	1442	Sérgio Araujo	Os Sem Freios	Senior Masculino	02:15:06	+01:01:38	13:31
218	1356	Pedro Alves	Os Bravos de Arões	Senior Masculino	02:15:25	+01:01:57	13:32
219	1554	Rafael Pinho	Power Studio	Senior Masculino	02:15:37	+01:02:09	13:34
220	600	Dany da Silva Vilar Alves	Casa Dos Dragões de Fiães	Senior Masculino	02:16:15	+01:02:47	13:38
221	1570	Pierre Rodrigues	Prime Dentalab	Senior Masculino	02:16:37	+01:03:09	13:40
222	1569	Luís Tavares	Prime Dentalab	Senior Masculino	02:16:37	+01:03:09	13:40
223	1568	Lucas Souza	Prime Dentalab	Senior Masculino	02:16:38	+01:03:10	13:40
224	769	João Martins	Famalicão em Forma	Senior Masculino	02:17:02	+01:03:34	13:42
225	768	Bruno Amorim	Famalicão em Forma	Senior Masculino	02:17:02	+01:03:34	13:42
226	772	Marco Martins	Famalicão em Forma	Senior Masculino	02:17:05	+01:03:37	13:42
227	771	Luís Azevedo	Famalicão em Forma	Senior Masculino	02:17:06	+01:03:38	13:43
228	1757	Mario parros	Task Force Raven	Senior Masculino	02:17:08	+01:03:40	13:43
229	1048	Gonçalo Pires	Individual	Senior Masculino	02:17:24	+01:03:56	13:44
230	1068	Miguel Rocha	Individual	Senior Masculino	02:17:25	+01:03:57	13:44
231	477	Ricardo Lima	Bravos do Copofit	Senior Masculino	02:17:30	+01:04:02	13:45
232	1025	Bruno Manuel Soares dos Santos	Individual	Senior Masculino	02:18:02	+01:04:34	13:48
233	1086	Rozaldo Ardelino da Silva Júnior	Individual	Senior Masculino	02:18:05	+01:04:37	13:48
234	1780	Luis Coutinho	TEAM ALFA	Senior Masculino	02:18:24	+01:04:56	13:50
235	1177	Luis Pereira	Lourosa Em Movimento	Senior Masculino	02:18:39	+01:05:11	13:52
236	839	João Paulo Alves Capitão	Fúria Brava	Senior Masculino	02:18:54	+01:05:26	13:53
237	388	Rafael Bento	Bentcar	Senior Masculino	02:20:48	+01:07:20	14:05
238	390	Tiago Adriano	Bentcar	Senior Masculino	02:20:48	+01:07:20	14:05
239	384	Joao Correia	Bentcar	Senior Masculino	02:20:48	+01:07:20	14:05
240	1320	Jorge Filipe Oliveira Duarte	O bando dos 3	Senior Masculino	02:21:08	+01:07:40	14:07
241	1551	Miguel Costa	Power Studio	Senior Masculino	02:21:19	+01:07:51	14:08
242	1553	Pedro Valqueresma	Power Studio	Senior Masculino	02:21:20	+01:07:52	14:08
243	960	Joao silva	Improve Fitness Studio	Senior Masculino	02:21:58	+01:08:30	14:12
244	379	Derlyvan sousa	Banhas assassinas	Senior Masculino	02:22:41	+01:09:13	14:16
245	1174	António Silva	Lourosa Em Movimento	Senior Masculino	02:22:51	+01:09:23	14:17
246	1682	Nuno Relvas	Sem Medo do Charco	Senior Masculino	02:23:03	+01:09:35	14:18
247	1306	DAVIDE SILVA	O ALVES VAI CASAR	Senior Masculino	02:23:10	+01:09:42	14:19
248	471	Joao Ferro	Bravos do Copofit	Senior Masculino	02:23:44	+01:10:16	14:22
249	1549	Jorge Neves	Power Studio	Senior Masculino	02:23:50	+01:10:22	14:23
250	1851	Marcelo Oliveira	Transform Fitness Studio	Senior Masculino	02:23:51	+01:10:23	14:23
251	1850	Alexandre Leite	Transform Fitness Studio	Senior Masculino	02:23:51	+01:10:23	14:23
252	1828	Nelson Simões	Team Playground	Senior Masculino	02:24:12	+01:10:44	14:25
253	1773	Bernardo Tavares	TEAM ALFA	Senior Masculino	02:24:47	+01:11:19	14:29
254	301	JOSÉ CERDEIRA	AMA-ASSOCIAÇÃO MONDIM ATLETISMO	Senior Masculino	02:25:24	+01:11:56	14:32
255	664	Serafim Almeida	Chamas na Pista	Senior Masculino	02:26:28	+01:13:00	14:39

Official Timekeeper: Lap2Go	20 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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OFFICIAL RESULT

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10 KM

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OFFICIAL RESULT

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Official Timekeeper: Lap2Go	22 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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OFFICIAL RESULT

Official Timekeeper: Lap2Go	23 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

OFFICIAL RESULT

Official Timekeeper: Lap2Go	24 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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OFFICIAL RESULT

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440	1459	João Pinho	PAPA FIGOS	Senior Masculino	02:54:09	+01:40:41	17:25
441	652	Gonçalo Silva	Chamas na Pista	Senior Masculino	02:54:17	+01:40:49	17:26
442	1696	Gustavo Miguel Martins Leite	Só Viemos Pelo Lanche	Senior Masculino	02:54:21	+01:40:53	17:26
443	1695	Eduardo Resende Pires	Só Viemos Pelo Lanche	Senior Masculino	02:54:21	+01:40:53	17:26
444	1697	Kevin Silva	Só Viemos Pelo Lanche	Senior Masculino	02:54:21	+01:40:53	17:26
445	395	João costa	Bitxos 4445	Senior Masculino	02:54:30	+01:41:02	17:27
446	397	Rafael Oliveira	Bitxos 4445	Senior Masculino	02:54:30	+01:41:02	17:27
447	396	Miguel dias	Bitxos 4445	Senior Masculino	02:54:31	+01:41:03	17:27
448	789	João Carlos Coval	Feras da Lama	Senior Masculino	02:54:46	+01:41:18	17:29
449	790	Marcelo Jesus	Feras da Lama	Senior Masculino	02:54:47	+01:41:19	17:29
450	952	Bruno Ribeiro	Improve Fitness Studio	Senior Masculino	02:54:47	+01:41:19	17:29
451	935	Óscar José Neves Ferreira da Rocha	Impocolor Ti-tans	Senior Masculino	02:55:08	+01:41:40	17:31
452	421	Virginio Fernando Martins Santos Carneiro	Bombeiros Paços de Ferreira	Senior Masculino	02:55:21	+01:41:53	17:32
453	929	Carlos Miguel Silva Passos	Impocolor Ti-tans	Senior Masculino	02:55:54	+01:42:26	17:35
454	1602	Tiago Ferreira da Silva	Quase Atletas	Senior Masculino	02:56:22	+01:42:54	17:38
455	1725	Fernando Vieira	Tartarugas em Fuga	Senior Masculino	02:56:41	+01:43:13	17:40
456	1724	Alexandre Oliveira	Tartarugas em Fuga	Senior Masculino	02:56:44	+01:43:16	17:40
457	1670	José Vilas Boas	Sem Medo	Senior Masculino	02:56:52	+01:43:24	17:41
458	1669	Armindo Carvalho	Sem Medo	Senior Masculino	02:56:53	+01:43:25	17:41
459	1671	Libório Vilela	Sem Medo	Senior Masculino	02:56:54	+01:43:26	17:41
460	1264	Filipe Almeida	Mental Energy	Senior Masculino	02:57:38	+01:44:10	17:46
461	1266	Francisco Sampaio	Mental Energy	Senior Masculino	02:57:38	+01:44:10	17:46
462	897	Gonçalo Valente da Silva	Game on 4,0	Senior Masculino	02:57:43	+01:44:15	17:46
463	898	João Marcelo Mateus dos Santos	Game on 4,0	Senior Masculino	02:57:44	+01:44:16	17:46
464	896	David Cardoso Silva	Game on 4,0	Senior Masculino	02:57:46	+01:44:18	17:47
465	1256	PAULO TOMÉ	MC	Senior Masculino	02:58:16	+01:44:48	17:50
466	1257	RUBEN MELO	MC	Senior Masculino	02:58:16	+01:44:48	17:50
467	1017	Adérito Videira	Individual	Senior Masculino	02:58:18	+01:44:50	17:50
468	474	Nuno Rodrigues	Bravos do Copofit	Senior Masculino	02:58:41	+01:45:13	17:52
469	1815	Ivo Batista	Team Dartação	Senior Masculino	02:58:41	+01:45:13	17:52
470	385	Jorge Fortuna	Bentcar	Senior Masculino	02:58:43	+01:45:15	17:52
471	1413	João Costa	Os resistentes	Senior Masculino	02:59:12	+01:45:44	17:55
472	1423	Tiago Bastos	Os resistentes	Senior Masculino	02:59:13	+01:45:45	17:55
473	478	Tiago Moreira	Bravos do Copofit	Senior Masculino	02:59:22	+01:45:54	17:56
474	408	Paulo Alexandre Martins	Bombeiros de Arrifana	Senior Masculino	02:59:28	+01:46:00	17:57
475	409	Paulo Jorge Da Cunha Santos	Bombeiros de Arrifana	Senior Masculino	02:59:29	+01:46:01	17:57
476	1166	Jorge Nogueira	Lesmas atléticas	Senior Masculino	02:59:44	+01:46:16	17:58
477	1167	Marco Resende	Lesmas atléticas	Senior Masculino	02:59:44	+01:46:16	17:58
478	1165	João Costa	Lesmas atléticas	Senior Masculino	02:59:44	+01:46:16	17:58
479	809	Diogo Araujo	Fitness Flow	Senior Masculino	03:00:16	+01:46:48	18:02
480	930	EDUARDO MIGUEL COUTO FERREIRA	Impocolor Ti-tans	Senior Masculino	03:00:51	+01:47:23	18:05
481	1417	Luis Henriques	Os resistentes	Senior Masculino	03:01:44	+01:48:16	18:10
482	1754	Tiago Alexandre Pinho Gomes	Tartarugas Furiosas	Senior Masculino	03:02:06	+01:48:38	18:13
483	1268	Tiago Costa	Mental Energy	Senior Masculino	03:02:21	+01:48:53	18:14
484	1267	João Rodrigues	Mental Energy	Senior Masculino	03:02:23	+01:48:55	18:14

Official Timekeeper: Lap2Go	25 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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485	1049	Guilherme Pains Pereira	Individual	Senior Masculino	03:02:37	+01:49:09	18:16
486	1893	André Miguel Mota da Costa Oliveira	Unidos pela sede	Senior Masculino	03:03:15	+01:49:47	18:20
487	1894	Paulo Jorge Ferreira Coelho	Unidos pela sede	Senior Masculino	03:03:16	+01:49:48	18:20
488	1467	Pedro Silva	Pelotão de Queda Controlada (PQC)	Senior Masculino	03:03:17	+01:49:49	18:20
489	1466	Miguel Martins	Pelotão de Queda Controlada (PQC)	Senior Masculino	03:03:17	+01:49:49	18:20
490	1464	Jose Carlos Goncalves	Pelotão de Queda Controlada (PQC)	Senior Masculino	03:03:18	+01:49:50	18:20
491	1902	Leandro Pinto	Vagabundos	Senior Masculino	03:03:18	+01:49:50	18:20
492	1904	Tiago Silva	Vagabundos	Senior Masculino	03:03:19	+01:49:51	18:20
493	1463	Daniel Silva	Pelotão de Queda Controlada (PQC)	Senior Masculino	03:03:19	+01:49:51	18:20
494	1903	Mário Araújo	Vagabundos	Senior Masculino	03:03:20	+01:49:52	18:20
495	739	Fábio Silva	Elfos	Senior Masculino	03:03:23	+01:49:55	18:20
496	737	Cecílio Ferreira	Elfos	Senior Masculino	03:03:23	+01:49:55	18:20
497	741	Pedro Lopes	Elfos	Senior Masculino	03:03:24	+01:49:56	18:20
498	1901	Fábio Amorim	Vagabundos	Senior Masculino	03:03:25	+01:49:57	18:20
499	736	Carlos Correia	Elfos	Senior Masculino	03:03:26	+01:49:58	18:21
500	808	André Sousa	Fitness Flow	Senior Masculino	03:03:44	+01:50:16	18:22
501	815	Miguel Ribeiro	Fitness Flow	Senior Masculino	03:03:44	+01:50:16	18:22
502	816	Pedro Borges	Fitness Flow	Senior Masculino	03:03:46	+01:50:19	18:23
503	812	Frank Pérez	Fitness Flow	Senior Masculino	03:03:48	+01:50:20	18:23
504	1615	Daniel Raro Fernandes	Rehab & Run	Senior Masculino	03:04:30	+01:51:02	18:27
505	1614	André Miguel Sousa Oliveira	Rehab & Run	Senior Masculino	03:04:31	+01:51:03	18:27
506	1617	Leonardo Pinto Martins	Rehab & Run	Senior Masculino	03:04:32	+01:51:04	18:27
507	1616	José Pedro Gonçalves Castro	Rehab & Run	Senior Masculino	03:04:32	+01:51:04	18:27
508	1618	Tiago Óscar Gaspar da Silva	Rehab & Run	Senior Masculino	03:04:32	+01:51:04	18:27
509	1746	Leonardo Daniel Oliveira Leite	Tartarugas Furiosas	Senior Masculino	03:04:41	+01:51:13	18:28
510	1093	Sérgio valente	Individual	Senior Masculino	03:04:56	+01:51:28	18:30
511	1066	Miguel Costa	Individual	Senior Masculino	03:05:22	+01:51:54	18:32
512	1535	Luís Violas	Portal da queixa	Senior Masculino	03:05:36	+01:52:08	18:34
513	699	Pedro Leite	Coragem Coletiva	Senior Masculino	03:05:37	+01:52:09	18:34
514	1200	Luís Miguel	M4	Senior Masculino	03:05:44	+01:52:16	18:34
515	1201	Nelson Carreira	M4	Senior Masculino	03:05:45	+01:52:17	18:34
516	837	Eurico Domingos Soares da Silva	Fúria Brava	Senior Masculino	03:05:46	+01:52:18	18:35
517	932	Hugo Correia	Impocolor Ti-tans	Senior Masculino	03:06:12	+01:52:44	18:37
518	1490	Mário Rocha	Peregrinos Bravos	Senior Masculino	03:06:20	+01:52:52	18:38
519	653	Hélder Tavares	Chamas na Pista	Senior Masculino	03:06:29	+01:53:01	18:39
520	1205	Ricardo Santos	Mach1	Senior Masculino	03:06:31	+01:53:03	18:39
521	1489	Carlos Raposo	Peregrinos Bravos	Senior Masculino	03:06:31	+01:53:04	18:39
522	933	MIGUEL JORGE BESSA FERREIRA DE LEMOS	Impocolor Ti-tans	Senior Masculino	03:06:58	+01:53:30	18:42
523	422	Vladimiro Franclim Pinto Neto	Bombeiros Paços de Ferreira	Senior Masculino	03:07:01	+01:53:33	18:42
524	420	Miguel Pereira	Bombeiros Paços de Ferreira	Senior Masculino	03:07:02	+01:53:34	18:42
525	1348	Tiago Sousa	Os 7 maravilhas	Senior Masculino	03:07:09	+01:53:41	18:43
526	1347	Ricardo Alves	Os 7 maravilhas	Senior Masculino	03:07:12	+01:53:44	18:43
527	817	Raul Reis	Fitness Flow	Senior Masculino	03:08:24	+01:54:56	18:50

Semi-Elite

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OFFICIAL RESULT

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528	813	Manuel Sousa	Fitness Flow	Senior Masculino	03:08:32	+01:55:04	18:51
529	576	José Fernandes	Cansados de Fresco	Senior Masculino	03:08:52	+01:55:24	18:53
530	579	Vasco Amaral	Cansados de Fresco	Senior Masculino	03:08:53	+01:55:25	18:53
531	574	André Azevedo	Cansados de Fresco	Senior Masculino	03:08:53	+01:55:25	18:53
532	578	Sérgio Sousa	Cansados de Fresco	Senior Masculino	03:08:53	+01:55:25	18:53
533	577	Nelson Pereira	Cansados de Fresco	Senior Masculino	03:08:54	+01:55:26	18:53
534	575	Celso Gomes	Cansados de Fresco	Senior Masculino	03:08:54	+01:55:26	18:53
535	297	Marco Pais	Alpha Studio	Senior Masculino	03:09:00	+01:55:32	18:54
536	1781	Marcelo Xavier Capelo Almeida	TEAM ALFA	Senior Masculino	03:09:26	+01:55:58	18:57
537	1527	David Andrade	Portal da queixa	Senior Masculino	03:09:27	+01:55:59	18:57
538	1536	Manuel da Costa Leal	Portal da queixa	Senior Masculino	03:09:46	+01:56:18	18:59
539	1135	Fábio Rocha	Labregos	Senior Masculino	03:09:54	+01:56:26	18:59
540	1137	Pedro Aleixo	Labregos	Senior Masculino	03:09:55	+01:56:27	18:59
541	1133	Bruno Barbosa	Labregos	Senior Masculino	03:09:55	+01:56:27	19:00
542	1136	Francisco Ribeiro	Labregos	Senior Masculino	03:09:56	+01:56:28	19:00
543	1338	Rui Santos	Os 10 da vidairada	Senior Masculino	03:10:09	+01:56:41	19:01
544	1334	Francisco Almeida	Os 10 da vidairada	Senior Masculino	03:10:10	+01:56:42	19:01
545	1337	Ricardo Cardoso	Os 10 da vidairada	Senior Masculino	03:10:10	+01:56:42	19:01
546	1525	Albano Soares	Portal da queixa	Senior Masculino	03:10:12	+01:56:44	19:01
547	1540	Wallaph oliveira	Portal da queixa	Senior Masculino	03:10:14	+01:56:46	19:01
548	1529	Diogo Sousa	Portal da queixa	Senior Masculino	03:10:35	+01:57:07	19:04
549	1541	Wilson Santos	Portal da queixa	Senior Masculino	03:10:38	+01:57:10	19:04
550	1339	Kornél Menyhárt	Os 4 Estarolas	Senior Masculino	03:11:02	+01:57:34	19:06
551	1340	Mário Pereira	Os 4 Estarolas	Senior Masculino	03:11:02	+01:57:34	19:06
552	1342	Tiago Barbosa	Os 4 Estarolas	Senior Masculino	03:11:02	+01:57:34	19:06
553	1341	Santiago Barbosa	Os 4 Estarolas	Senior Masculino	03:11:03	+01:57:35	19:06
554	1737	Adriano Bessa Pinho	Tartarugas Furiosas	Senior Masculino	03:11:04	+01:57:36	19:06
555	1747	Lucas Ferreira Pinho	Tartarugas Furiosas	Senior Masculino	03:11:05	+01:57:37	19:06
556	1911	Diogo Emanuel Lamas e Silva	Veteranos da Barrinha	Senior Masculino	03:11:20	+01:57:52	19:08
557	1915	Leonardo Manuel Ferreira dos Santos	Veteranos da Barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
558	1912	Joao Oliveira Rocha	Veteranos da Barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
559	1918	Samuel Campos	Veteranos da Barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
560	1917	Pedro Oliveira	Veteranos da Barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
561	1914	João Paulo Pacheco	Veteranos da Barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
562	1910	Daniel Pinto Costa	Veteranos da Barrinha	Senior Masculino	03:11:27	+01:57:59	19:09
563	1913	João Paulo Almeida	Veteranos da Barrinha	Senior Masculino	03:11:30	+01:58:02	19:09
564	764	Tomás Fernandes	Falsos Atletas	Senior Masculino	03:11:45	+01:58:17	19:10
565	1622	Samuel Cardoso	Retornados	Senior Masculino	03:13:11	+01:59:43	19:19
566	1138	Rafael Ferreira	Labregos	Senior Masculino	03:13:13	+01:59:45	19:19
567	1134	David Araújo	Labregos	Senior Masculino	03:13:15	+01:59:47	19:19
568	1740	Carlos Alves	Tartarugas Furiosas	Senior Masculino	03:13:45	+02:00:17	19:22
569	1742	Edgar Alexandre Oliveira Gomes	Tartarugas Furiosas	Senior Masculino	03:13:51	+02:00:23	19:23
570	1749	Martim Alexandre Pinho Gomes	Tartarugas Furiosas	Senior Masculino	03:13:54	+02:00:26	19:23
571	1659	Pedro Pereira	Sem fôlego	Senior Masculino	03:14:14	+02:00:46	19:25
572	1657	Claudio Pereira	Sem fôlego	Senior Masculino	03:14:15	+02:00:47	19:26
573	1608	Nuno Micael Alvim Coelho da Silva	Queixosos anónimos	Senior Masculino	03:14:51	+02:01:23	19:29

Official Timekeeper: Lap2Go	27 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

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574	1940	André Oliveira	Individual	Senior Masculino	03:14:58	+02:01:30	19:30
575	749	Sérgio Filipe Ferreira do Amaral Garcia	EPME	Senior Masculino	03:15:23	+02:01:55	19:32
576	1327	Duarte Vaz Batista	OCR4500	Senior Masculino	03:15:28	+02:02:00	19:33
577	1537	Nuno Rocha	Portal da queixa	Senior Masculino	03:15:52	+02:02:24	19:35
578	606	Ricardo Manuel Ferreira Lopes	Casa Dos Dragões de Fiães	Senior Masculino	03:15:56	+02:02:28	19:36
579	604	Quintino Alexandre Sousa Ramos	Casa Dos Dragões de Fiães	Senior Masculino	03:15:56	+02:02:28	19:36
580	1027	Carlos Alberto Fernandes mota	Individual	Senior Masculino	03:15:57	+02:02:29	19:36
581	602	Nelson Pedro Oliveira Silva	Casa Dos Dragões de Fiães	Senior Masculino	03:15:58	+02:02:30	19:36
582	1059	Joel Ferreira Tavares	Individual	Senior Masculino	03:15:58	+02:02:30	19:36
583	1325	Daniel Oliveira	OCR4500	Senior Masculino	03:15:59	+02:02:31	19:36
584	1326	Diogo Silva	OCR4500	Senior Masculino	03:15:59	+02:02:31	19:36
585	1328	João Miguel Santos	OCR4500	Senior Masculino	03:16:00	+02:02:32	19:36
586	1057	Duarte Silva	Individual	Senior Masculino	03:16:34	+02:03:06	19:39
587	542	João Melo Bártoło	Bravos Mansos	Senior Masculino	03:16:46	+02:03:18	19:41
588	539	Diogo Ferreira Neves	Bravos Mansos	Senior Masculino	03:16:46	+02:03:18	19:41
589	649	Eduardo Silva	Chamas na Pista	Senior Masculino	03:17:03	+02:03:35	19:42
590	1158	Leandro Almeida Santos	Legítimos e Emprestados	Senior Masculino	03:17:14	+02:03:46	19:43
591	1157	José Filipe Sousa Teixeira	Legítimos e Emprestados	Senior Masculino	03:17:14	+02:03:46	19:43
592	1162	Telmo Santos Mota	Legítimos e Emprestados	Senior Masculino	03:17:15	+02:03:47	19:44
593	1159	Ricardo José Tavares Oliveira	Legítimos e Emprestados	Senior Masculino	03:17:16	+02:03:48	19:44
594	1160	Ricardo Manuel Almeida Santos	Legítimos e Emprestados	Senior Masculino	03:17:16	+02:03:48	19:44
595	1481	Vasco Pinto Silva	Perdidos mas Felizes	Senior Masculino	03:17:42	+02:04:14	19:46
596	1389	Pedro Gonçalves	Os fogo no cu	Senior Masculino	03:18:04	+02:04:36	19:48
597	1388	Manuel Arnaldo Oliveira	Os fogo no cu	Senior Masculino	03:18:04	+02:04:36	19:48
598	1385	Daniel Fernando da Silva	Os fogo no cu	Senior Masculino	03:18:04	+02:04:36	19:48
599	1386	JOÃO CARDOSO	Os fogo no cu	Senior Masculino	03:18:05	+02:04:37	19:48
600	1387	Leonel Resende Rocha	Os fogo no cu	Senior Masculino	03:18:05	+02:04:37	19:49
601	1383	Artur Brandão	Os fogo no cu	Senior Masculino	03:18:06	+02:04:38	19:49
602	1384	Carlos Rodrigues	Os fogo no cu	Senior Masculino	03:18:06	+02:04:38	19:49
603	1415	Joel Santos	Os resistentes	Senior Masculino	03:18:49	+02:05:21	19:53
604	1412	Fernando Gonçalves	Os resistentes	Senior Masculino	03:18:51	+02:05:23	19:53
605	1774	Carlos Monteiro	TEAM ALFA	Senior Masculino	03:18:52	+02:05:24	19:53
606	1145	Pedro Bento	Lama sem medo	Senior Masculino	03:19:00	+02:05:32	19:54
607	1144	João Bento	Lama sem medo	Senior Masculino	03:19:00	+02:05:32	19:54
608	748	Ricardo Valentim Ferreira dos Santos	EPME	Senior Masculino	03:19:09	+02:05:41	19:55
609	1409	António Teixeira	Os resistentes	Senior Masculino	03:19:21	+02:05:53	19:56
610	1414	Joaquim Calafate	Os resistentes	Senior Masculino	03:19:21	+02:05:53	19:56
611	315	Jose Velho	As Bravas	Senior Masculino	03:21:06	+02:07:38	20:07
612	399	César Filipe Carvalho Gomes	Bombeiros de Arrifana	Senior Masculino	03:21:12	+02:07:44	20:07
613	407	Moisés Pinto Dos Santos	Bombeiros de Arrifana	Senior Masculino	03:21:13	+02:07:45	20:07
614	1254	CLAUDIO OLIVEIRA	MC	Senior Masculino	03:21:21	+02:07:53	20:08
615	767	Tiago Reis	Falsos lentos	Senior Masculino	03:21:21	+02:07:53	20:08
616	766	Rodrigo Silva	Falsos lentos	Senior Masculino	03:21:22	+02:07:54	20:08
617	1255	DANIEL OLIVEIRA	MC	Senior Masculino	03:21:22	+02:07:54	20:08
618	765	Marco Silva	Falsos lentos	Senior Masculino	03:21:27	+02:07:59	20:09
619	1662	Gonçalo Pinho	Sem limites	Senior Masculino	03:21:50	+02:08:22	20:11

Official Timekeeper: Lap2Go	28 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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620	1925	Xavier Oliveira	Vita	Senior Masculino	03:21:51	+02:08:23	20:11
621	347	Rodrigo Pombinho	Auauauauau cães da pradaria	Senior Masculino	03:22:33	+02:09:05	20:15
622	339	Diogo Oliveira	Auauauauau cães da pradaria	Senior Masculino	03:22:33	+02:09:05	20:15
623	343	Joel Oliveira Pinto	Auauauauau cães da pradaria	Senior Masculino	03:22:35	+02:09:07	20:15
624	346	Roberto Oliveira	Auauauauau cães da pradaria	Senior Masculino	03:22:38	+02:09:10	20:16
625	344	Gabriela Silva	Auauauauau cães da pradaria	Senior Masculino	03:22:38	+02:09:10	20:16
626	348	Vasco Matos	Auauauauau cães da pradaria	Senior Masculino	03:22:39	+02:09:11	20:16
627	1739	Bruno Filipe de Oliveira Pinho	Tartarugas Furiosas	Senior Masculino	03:23:21	+02:09:53	20:20
628	1706	Edgar Almeida	Stump Fight Team	Senior Masculino	03:23:35	+02:10:07	20:21
629	1711	Luis Oliveira	Stump Fight Team	Senior Masculino	03:23:36	+02:10:08	20:22
630	1710	Henrique Caldeira	Stump Fight Team	Senior Masculino	03:23:36	+02:10:08	20:22
631	1708	Filipe Almeida	Stump Fight Team	Senior Masculino	03:23:36	+02:10:08	20:22
632	1705	Diogo Granja	Stump Fight Team	Senior Masculino	03:23:37	+02:10:09	20:22
633	1712	Márcio Couto	Stump Fight Team	Senior Masculino	03:23:37	+02:10:09	20:22
634	1707	Fabio Silva	Stump Fight Team	Senior Masculino	03:23:38	+02:10:10	20:22
635	1703	Alexandre Oliveira	Stump Fight Team	Senior Masculino	03:23:39	+02:10:11	20:22
636	1704	Catarina Valente	Stump Fight Team	Senior Masculino	03:23:40	+02:10:12	20:22
637	1709	Filipe Posio	Stump Fight Team	Senior Masculino	03:23:41	+02:10:13	20:22
638	341	João Oliveira	Auauauauau cães da pradaria	Senior Masculino	03:23:53	+02:10:25	20:23
639	214	João Lopes	100NOME	Senior Masculino	03:23:53	+02:10:25	20:23
640	1652	Adilson Nascimento	Segura o bloqueio	Senior Masculino	03:24:30	+02:11:02	20:27
641	1653	Bruno Pedro	Segura o bloqueio	Senior Masculino	03:24:31	+02:11:03	20:27
642	410	Ricardo Luís Resende Amorim	Bombeiros de Arrifana	Senior Masculino	03:24:34	+02:11:06	20:27
643	403	José Rui Araújo Da Silva	Bombeiros de Arrifana	Senior Masculino	03:24:35	+02:11:07	20:27
644	413	Rui Miguel de Assunção Duarte	Bombeiros de Arrifana	Senior Masculino	03:24:35	+02:11:07	20:27
645	405	Manuel Fernando Resende Freitas	Bombeiros de Arrifana	Senior Masculino	03:24:35	+02:11:07	20:28
646	406	Manuel José Martins Oliveira	Bombeiros de Arrifana	Senior Masculino	03:24:36	+02:11:08	20:28
647	402	Jorge Filipe Rocha Pereira	Bombeiros de Arrifana	Senior Masculino	03:24:40	+02:11:12	20:28
648	248	Talles Jacobsen	A Catarina disse que era fácil	Senior Masculino	03:24:57	+02:11:29	20:30
649	673	Miguel Sousa	Chico Deus	Senior Masculino	03:26:06	+02:12:38	20:37
650	671	Bruno Moraes	Chico Deus	Senior Masculino	03:26:07	+02:12:39	20:37
651	672	Francisco Monteiro	Chico Deus	Senior Masculino	03:26:10	+02:12:42	20:37
652	674	Miguel Teixeira	Chico Deus	Senior Masculino	03:26:10	+02:12:42	20:37
653	1743	Fernando Paulo Sousa Freitas	Tartarugas Furiosas	Senior Masculino	03:26:33	+02:13:05	20:39
654	1738	Armenio Duarte Pinho	Tartarugas Furiosas	Senior Masculino	03:26:34	+02:13:06	20:39
655	1744	Horácio Manuel Ferreira Dos Santos	Tartarugas Furiosas	Senior Masculino	03:26:41	+02:13:13	20:40
656	1751	Paulo Sérgio De Oliveira Pinho	Tartarugas Furiosas	Senior Masculino	03:26:42	+02:13:14	20:40
657	1753	Pedro tiago de Oliveira Pinho	Tartarugas Furiosas	Senior Masculino	03:26:45	+02:13:17	20:40
658	1853	Filipe Assunção	Tremoços Olímpicos	Senior Masculino	03:27:07	+02:13:39	20:43
659	1750	Nelson Palha Cadilhe	Tartarugas Furiosas	Senior Masculino	03:27:09	+02:13:41	20:43
660	694	Fernando Alves	Coragem Coletiva	Senior Masculino	03:27:09	+02:13:41	20:43
661	1748	Manuel Neves de Oliveira	Tartarugas Furiosas	Senior Masculino	03:27:09	+02:13:41	20:43
662	1852	André Lopes	Tremoços Olímpicos	Senior Masculino	03:27:10	+02:13:42	20:43
663	1855	Ricardo Santos	Tremoços Olímpicos	Senior Masculino	03:27:12	+02:13:44	20:43
664	1854	Mario Ferreira	Tremoços Olímpicos	Senior Masculino	03:27:13	+02:13:45	20:43
665	693	André Pereira	Coragem Coletiva	Senior Masculino	03:27:28	+02:14:00	20:45

Official Timekeeper: Lap2Go	29 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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666	1036	Diogo Reis	Individual	Senior Masculino	03:27:28	+02:14:00	20:45
667	696	Miguel Silva	Coragem Coletiva	Senior Masculino	03:27:28	+02:14:00	20:45
668	697	Paulo Moreira	Coragem Coletiva	Senior Masculino	03:27:29	+02:14:01	20:45
669	780	Francisco José Oliveira Santos	Familia Santos	Senior Masculino	03:27:51	+02:14:23	20:47
670	1263	Daniel Almeida	Mental Energy	Senior Masculino	03:28:21	+02:14:53	20:50
671	1391	Vergilio Silva Teixeira	Os fogo no cu	Senior Masculino	03:30:14	+02:16:46	21:01
672	1298	Joel Gonçalves	No knees	Senior Masculino	03:30:32	+02:17:04	21:03
673	1297	João Simões	No knees	Senior Masculino	03:30:32	+02:17:04	21:03
674	1299	Mário Santos	No knees	Senior Masculino	03:30:33	+02:17:05	21:03
675	1300	Paulo Santos	No knees	Senior Masculino	03:30:34	+02:17:06	21:03
676	1295	Carlos Tavares	No knees	Senior Masculino	03:30:34	+02:17:06	21:03
677	1303	Rúben Pires	No knees	Senior Masculino	03:30:34	+02:17:06	21:03
678	752	Rogério Couto	Equipa Metalarda	Senior Masculino	03:30:48	+02:17:20	21:05
679	751	Joaquim Moreira	Equipa Metalarda	Senior Masculino	03:30:49	+02:17:21	21:05
680	905	Hugo Costa	GRUPO JR	Senior Masculino	03:31:00	+02:17:32	21:06
681	686	Ricardo Bento	Clã 57	Senior Masculino	03:31:06	+02:17:38	21:07
682	685	José Marques	Clã 57	Senior Masculino	03:31:09	+02:17:41	21:07
683	909	Vítor Figueira	GRUPO JR	Senior Masculino	03:31:10	+02:17:42	21:07
684	904	Filipe Soares	GRUPO JR	Senior Masculino	03:31:11	+02:17:43	21:07
685	903	Armando Ferreira	GRUPO JR	Senior Masculino	03:31:11	+02:17:43	21:07
686	908	Ricardo França	GRUPO JR	Senior Masculino	03:31:11	+02:17:43	21:07
687	296	João Santos	Alpha Studio	Senior Masculino	03:32:49	+02:19:21	21:17
688	294	João Miguel Ferreira	Alpha Studio	Senior Masculino	03:32:51	+02:19:23	21:17
689	293	Anthony Silva	Alpha Studio	Senior Masculino	03:32:51	+02:19:23	21:17
690	866	Sérgio Santos	G.E.M.E	Senior Masculino	03:33:58	+02:20:30	21:24
691	859	Eduardo Ferreira	G.E.M.E	Senior Masculino	03:33:59	+02:20:31	21:24
692	864	Ricardo Ramos	G.E.M.E	Senior Masculino	03:34:05	+02:20:37	21:24
693	853	Américo Castanheira	G.E.M.E	Senior Masculino	03:34:07	+02:20:39	21:25
694	855	Armando Ribeiro	G.E.M.E	Senior Masculino	03:34:10	+02:20:42	21:25
695	854	André Paiva	G.E.M.E	Senior Masculino	03:34:14	+02:20:46	21:25
696	862	Pedro Alves	G.E.M.E	Senior Masculino	03:34:14	+02:20:46	21:25
697	863	Rafael Fernandes	G.E.M.E	Senior Masculino	03:34:14	+02:20:46	21:25
698	857	David Moura	G.E.M.E	Senior Masculino	03:34:15	+02:20:47	21:26
699	858	Diogo Ferreira	G.E.M.E	Senior Masculino	03:34:16	+02:20:48	21:26
700	544	Xavier Neto	Bravos Mansos	Senior Masculino	03:34:23	+02:20:55	21:26
701	540	Francisco Barbosa	Bravos Mansos	Senior Masculino	03:34:24	+02:20:56	21:26
702	1627	Rúben Santos	Runners Aguada de Cima	Senior Masculino	03:34:44	+02:21:16	21:28
703	1778	Ivo Paiva	TEAM ALFA	Senior Masculino	03:34:44	+02:21:16	21:28
704	1625	Bruno Silva	Runners Aguada de Cima	Senior Masculino	03:34:45	+02:21:17	21:29
705	1626	Felipe Pereira	Runners Aguada de Cima	Senior Masculino	03:34:46	+02:21:18	21:29
706	1937	Daisy Silva	Runners Aguada de Cima	Senior Masculino	03:34:46	+02:21:18	21:29
707	881	Ruben Gomes	G6 - ESAN	Senior Masculino	03:34:51	+02:21:23	21:29
708	1293	André Oliveira	No knees	Senior Masculino	03:35:26	+02:21:58	21:33
709	1777	Gustavo Soares	TEAM ALFA	Senior Masculino	03:35:27	+02:21:59	21:33
710	1294	Carlos Oliveira	No knees	Senior Masculino	03:35:28	+02:22:00	21:33
711	1296	João Laranjeiro	No knees	Senior Masculino	03:35:28	+02:22:00	21:33

Official Timekeeper: Lap2Go	30 / 32	generate 18-jul.-2026 19:22
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Semi-Elite

10 KM

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712	861	Oswaldo Santos	G.E.M.E	Senior Masculino	03:35:32	+02:22:04	21:33
713	865	Rui Oliveira	G.E.M.E	Senior Masculino	03:36:06	+02:22:38	21:37
714	1301	Paulo Santos	No knees	Senior Masculino	03:37:17	+02:23:49	21:44
715	1302	Pedro Santos	No knees	Senior Masculino	03:37:17	+02:23:49	21:44
716	1745	Joaquim José Pereira da Silva	Tartarugas Furiosas	Senior Masculino	03:38:18	+02:24:50	21:50
717	1741	Daniel Leite Moreira	Tartarugas Furiosas	Senior Masculino	03:38:21	+02:24:53	21:50
718	1215	Erick Borba	Magia do Boteco	Senior Masculino	03:39:18	+02:25:50	21:56
719	1219	Luís Sequeira	Magia do Boteco	Senior Masculino	03:39:18	+02:25:50	21:56
720	1220	Rafael Melo	Magia do Boteco	Senior Masculino	03:39:19	+02:25:51	21:56
721	1217	Helder Silva	Magia do Boteco	Senior Masculino	03:39:20	+02:25:52	21:56
722	1222	Rodolfo Jorge	Magia do Boteco	Senior Masculino	03:39:20	+02:25:52	21:56
723	1218	João Machado	Magia do Boteco	Senior Masculino	03:39:20	+02:25:52	21:56
724	1213	Albérissou Júnior	Magia do Boteco	Senior Masculino	03:39:20	+02:25:52	21:56
725	1221	Ricardo Magalhães	Magia do Boteco	Senior Masculino	03:39:21	+02:25:53	21:56
726	1216	Fernando Xavier	Magia do Boteco	Senior Masculino	03:39:22	+02:25:54	21:56
727	1214	Andrey Fernandes	Magia do Boteco	Senior Masculino	03:39:24	+02:25:56	21:56
728	883	Silvio Abrantes	G6 - ESAN	Senior Masculino	03:40:27	+02:26:59	22:03
729	878	Jorge Luís	G6 - ESAN	Senior Masculino	03:40:27	+02:26:59	22:03
730	880	Miguel Cruz	G6 - ESAN	Senior Masculino	03:40:28	+02:27:00	22:03
731	882	Rui Gomes	G6 - ESAN	Senior Masculino	03:40:28	+02:27:00	22:03
732	877	Gonçalo Santos	G6 - ESAN	Senior Masculino	03:40:28	+02:27:00	22:03
733	366	Jorge Miguel Alves Fernandes	BAIRRADINOS RELAXADOS	Senior Masculino	03:40:50	+02:27:22	22:05
734	369	Martim Miguel Jesus Silva	BAIRRADINOS RELAXADOS	Senior Masculino	03:40:51	+02:27:23	22:05
735	362	Akashkumar Girishkumar	BAIRRADINOS RELAXADOS	Senior Masculino	03:40:51	+02:27:23	22:05
736	368	M. José Bastos	BAIRRADINOS RELAXADOS	Senior Masculino	03:40:52	+02:27:24	22:05
737	370	MIGUEL SANTOS	BAIRRADINOS RELAXADOS	Senior Masculino	03:40:53	+02:27:25	22:05
738	367	Lino Rodrigues Silva	BAIRRADINOS RELAXADOS	Senior Masculino	03:40:55	+02:27:27	22:05
739	363	Celso Moreira	BAIRRADINOS RELAXADOS	Senior Masculino	03:40:55	+02:27:27	22:06
740	371	RÚBEN GORJÃO	BAIRRADINOS RELAXADOS	Senior Masculino	03:40:56	+02:27:28	22:06
741	698	Pedro Cunha	Coragem Coletiva	Senior Masculino	03:42:12	+02:28:44	22:13
742	380	Luís Ferraz	Banhas assassinas	Senior Masculino	03:42:59	+02:29:31	22:18
743	382	Santiago Ferraz	Banhas assassinas	Senior Masculino	03:42:59	+02:29:31	22:18
744	372	Kinder Singh	Banhas assassinas	Senior Masculino	03:43:00	+02:29:32	22:18
745	381	Rui rocha	Banhas assassinas	Senior Masculino	03:43:02	+02:29:34	22:18
746	1871	Pedro Sousa	TrepaTrilhos Trail Team	Senior Masculino	03:45:17	+02:31:49	22:32
747	1867	Filipe Costa	TrepaTrilhos Trail Team	Senior Masculino	03:45:28	+02:32:00	22:33
748	1868	José Carlos Silva	TrepaTrilhos Trail Team	Senior Masculino	03:45:59	+02:32:31	22:36
749	1873	Sandro Jorge	TrepaTrilhos Trail Team	Senior Masculino	03:46:09	+02:32:41	22:37
750	1869	Manuel Santos	TrepaTrilhos Trail Team	Senior Masculino	03:46:22	+02:32:54	22:38
751	1866	Elísio Dias	TrepaTrilhos Trail Team	Senior Masculino	03:46:57	+02:33:29	22:42
752	828	Vítor Costa	Flores de Estufa!	Senior Masculino	03:52:35	+02:39:07	23:16
753	826	Carlos Miguel Silva	Flores de Estufa!	Senior Masculino	03:52:36	+02:39:08	23:16
754	827	David Pereira	Flores de Estufa!	Senior Masculino	03:52:37	+02:39:09	23:16
755	695	Jaime Silva	Coragem Coletiva	Senior Masculino	03:54:10	+02:40:42	23:25
756	888	Diogo Azevedo	Gambuzinos	Senior Masculino	03:57:44	+02:44:16	23:46
757	890	Fábio Almeida	Gambuzinos	Senior Masculino	03:57:46	+02:44:18	23:47

Official Timekeeper: Lap2Go	31 / 32	generate 18-jul.-2026 19:22
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