

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 Ascensão	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
2	104	Joana Filipa da Costa fernandes	OCR4500	Senior Feminino	01:29:29	+11:02 08:57
3	69	Ana Maria Rosca	Individual	Senior Feminino	01:36:36	+18:09 09:40
4	70	Carolina Lima	Individual	Senior Feminino	01:38:30	+20:03 09:51
5	10	Beatriz Machado	Alcateia Cinzenta	Senior Feminino	01:40:34	+22:07 10:03
6	91	Isabel Santos	Lama até às orelhas	Senior Feminino	01:54:32	+36:05 11:27
7	90	Ilaria Bonfante	Lama até às orelhas	Senior Feminino	01:55:08	+36:41 11:31
8	102	Suzana Ferreira Ribeiro	MaSuRo	Senior Feminino	02:02:42	+44:15 12:16
9	101	Marina Rosca	MaSuRo	Senior Feminino	02:07:20	+48:53 12:44
10	17	Helena Barbosa	Alcateia Cinzenta	Senior Feminino	02:10:57	+52:30 13:06
11	6	Ana Paula Lima Santos	Alcateia Cinzenta	Senior Feminino	02:16:05	+57:38 13:36
12	92	Madalena Santos	Lama até às orelhas	Senior Feminino	02:17:11	+58:44 13:43
13	16	Elisabete Soares	Alcateia Cinzenta	Senior Feminino	02:32:31	+01:14:04 15:15
14	13	Cristiana Maria Lopes Jesus	Alcateia Cinzenta	Senior Feminino	02:32:31	+01:14:04 15:15
15	31	Soraia Dias	Alcateia Cinzenta	Senior Feminino	02:45:49	+01:27:22 16:35
16	19	Joana Raquel	Alcateia Cinzenta	Senior Feminino	02:53:10	+01:34:43 17:19
17	7	Andreia Lopes	Alcateia Cinzenta	Senior Feminino	02:53:30	+01:35:03 17:21
18	271	Luísa Graciano	Alcateia Cinzenta	Senior Feminino	02:53:30	+01:35:03 17:21
19	28	Sílvia Gonçalves Dantas	Alcateia Cinzenta	Senior Feminino	03:42:21	+02:23:55 22:14
20	14	Daniela Ferreira	Alcateia Cinzenta	Senior Feminino	03:42:23	+02:23:56 22:14
21	32	Tânia Ribeiro	Alcateia Cinzenta	Senior Feminino	03:42:30	+02:24:04 22:15
22	23	Patrícia Oliveira	Alcateia Cinzenta	Senior Feminino	03:42:31	+02:24:04 22:15
23	9	Aurora Maria da Rocha Ferreira Coelho	Alcateia Cinzenta	Senior Feminino	03:42:32	+02:24:05 22:15
24	22	Marta Ribeiro	Alcateia Cinzenta	Senior Feminino	03:42:39	+02:24:12 22:16
25	21	Maria Miguel Abreu	Alcateia Cinzenta	Senior Feminino	04:08:56	+02:50:29 24:54
26	33	Viviana xavier	Alcateia Cinzenta	Senior Feminino	04:08:57	+02:50:30 24:54
27	5	Ana Moreira	Alcateia Cinzenta	Senior Feminino	04:09:33	+02:51:06 24:57
28	30	Sónia Raquel Dias	Alcateia Cinzenta	Senior Feminino	04:34:15	+03:15:48 27:25
29	24	Rosa Branca Dias	Alcateia Cinzenta	Senior Feminino	04:38:39	+03:20:12 27:52
30	29	Sónia Patrícia Queirós	Alcateia Cinzenta	Senior Feminino	04:38:39	+03:20:12 27:52

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 21-jul.-2026 10:08
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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	08:1
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	Vitor 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	12:0

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 Ascenção	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	acdcdsmf os laranjinhas	Senior Masculino	01:32:19	+18:51	09:14
35	258	Pedro Francisco	acdcdsmf os laranjinhas	Senior Masculino	01:32:20	+18:52	09:14
36	259	Rui sousa	acdcdsmf 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

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OFFICIAL RESULT

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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

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	1792	Alexandra Micaela Marques Costa	team dartacão	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

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OFFICIAL RESULT

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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

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OFFICIAL RESULT

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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 Moraes	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	Mário 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	620	Cesar Nunes	cavalos cansados	Senior Masculino	02:16:47	+01:03:19	13:41
293	622	Marco Correia	cavalos cansados	Senior Masculino	02:16:47	+01:03:19	13:41
294	624	Renato Pereira	cavalos cansados	Senior Masculino	02:16:47	+01:03:19	13:41
295	625	Wilson Andrade	cavalos cansados	Senior Masculino	02:16:47	+01:03:19	13:41
296	623	Miguel Correia	cavalos cansados	Senior Masculino	02:16:48	+01:03:20	13:41
297	621	João Costa	cavalos cansados	Senior Masculino	02:16:49	+01:03:21	13:41
298	769	João Martins	famalicão em forma	Senior Masculino	02:17:02	+01:03:34	13:42
299	768	Bruno Amorim	famalicão em forma	Senior Masculino	02:17:02	+01:03:34	13:42
300	772	Marco Martins	famalicão em forma	Senior Masculino	02:17:05	+01:03:37	13:42
301	771	Luís Azevedo	famalicão em forma	Senior Masculino	02:17:06	+01:03:38	13:43
302	1757	Mario parros	task force raven	Senior Masculino	02:17:08	+01:03:40	13:43
303	972	Ana Cláudia Lobo Ferreira Da Silva	individual	Senior Feminino	02:17:15	+01:03:47	13:44
304	977	Andreia Barreira	individual	Senior Feminino	02:17:23	+01:03:55	13:44
305	1048	Gonçalo Pires	individual	Senior Masculino	02:17:24	+01:03:56	13:44

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
306	1068	Miguel Rocha	individual	Senior Masculino	02:17:25	+01:03:57	13:44
307	460	Joana Teixeira	bravos do copofit	Senior Feminino	02:17:30	+01:04:02	13:45
308	477	Ricardo Lima	bravos do copofit	Senior Masculino	02:17:30	+01:04:02	13:45
309	1025	Bruno Manuel Soares dos Santos	individual	Senior Masculino	02:18:02	+01:04:34	13:48
310	1086	Rozaldo Ardelino da Silva Júnior	individual	Senior Masculino	02:18:05	+01:04:37	13:48
311	988	Filipa Santos	individual	Senior Feminino	02:18:11	+01:04:43	13:49
312	978	Bárbara Caldas	individual	Senior Feminino	02:18:11	+01:04:43	13:49
313	994	Joana Gonçalves	individual	Senior Feminino	02:18:11	+01:04:43	13:49
314	1780	Luis Coutinho	team alfa	Senior Masculino	02:18:24	+01:04:56	13:50
315	1177	Luis Pereira	lourosa em movimento	Senior Masculino	02:18:39	+01:05:11	13:52
316	839	João Paulo Alves Capitão	fúria brava	Senior Masculino	02:18:54	+01:05:26	13:53
317	834	Vera Lúcia Magalhães dos Santos	fúria brava	Senior Feminino	02:18:54	+01:05:26	13:53
318	1098	Catarina Reis	joca	Senior Feminino	02:19:31	+01:06:03	13:57
319	643	Sónia Oliveira	chamas na pista	Senior Feminino	02:19:47	+01:06:19	13:59
320	388	Rafael Bento	bentcar	Senior Masculino	02:20:48	+01:07:20	14:05
321	390	Tiago Adriano	bentcar	Senior Masculino	02:20:48	+01:07:20	14:05
322	384	Joao Correia	bentcar	Senior Masculino	02:20:48	+01:07:20	14:05
323	1319	Susana Tavares da Silva	o bando dos 3	Senior Feminino	02:21:07	+01:07:39	14:07
324	1318	Ana Catarina Ferreira Reis	o bando dos 3	Senior Feminino	02:21:07	+01:07:39	14:07
325	1320	Jorge Filipe Oliveira Duarte	o bando dos 3	Senior Masculino	02:21:08	+01:07:40	14:07
326	1551	Miguel Costa	power studio	Senior Masculino	02:21:19	+01:07:51	14:08
327	1553	Pedro Valqueresma	power studio	Senior Masculino	02:21:20	+01:07:52	14:08
328	960	Joao silva	improve fitness studio	Senior Masculino	02:21:58	+01:08:30	14:12
329	379	Derlyvan sousa	banhas assassinas	Senior Masculino	02:22:41	+01:09:13	14:16
330	1170	Mena Silva	lourosa em movimento	Senior Feminino	02:22:51	+01:09:23	14:17
331	1174	António Silva	lourosa em movimento	Senior Masculino	02:22:51	+01:09:23	14:17
332	1168	Cristiana Monteiro	lourosa em movimento	Senior Feminino	02:22:51	+01:09:23	14:17
333	1675	Inês Cardoso	sem medo do charco	Senior Feminino	02:23:03	+01:09:35	14:18
334	1682	Nuno Relvas	sem medo do charco	Senior Masculino	02:23:03	+01:09:35	14:18
335	1306	DAVIDE SILVA	o alves vai casar	Senior Masculino	02:23:10	+01:09:42	14:19
336	471	Joao Ferro	bravos do copofit	Senior Masculino	02:23:44	+01:10:16	14:22
337	461	Liliana Ferro	bravos do copofit	Senior Feminino	02:23:44	+01:10:16	14:22
338	1545	Loide Pinho	power studio	Senior Feminino	02:23:49	+01:10:21	14:23
339	1542	Ana Costa	power studio	Senior Feminino	02:23:49	+01:10:21	14:23
340	1549	Jorge Neves	power studio	Senior Masculino	02:23:50	+01:10:22	14:23
341	1851	Marcelo Oliveira	transform fitness studio	Senior Masculino	02:23:51	+01:10:23	14:23
342	1850	Alexandre Leite	transform fitness studio	Senior Masculino	02:23:51	+01:10:23	14:23
343	1847	Elisabete Silva	transform fitness studio	Senior Feminino	02:23:51	+01:10:23	14:23
344	1846	Carla Ferreira	transform fitness studio	Senior Feminino	02:23:51	+01:10:23	14:23
345	1848	Rosa Santos	transform fitness studio	Senior Feminino	02:23:51	+01:10:23	14:23
346	1849	Vanessa Bastos	transform fitness studio	Senior Feminino	02:23:51	+01:10:23	14:23
347	1827	Oriana Silva	team playground	Senior Feminino	02:24:12	+01:10:44	14:25
348	1825	Bela Arrojado	team playground	Senior Feminino	02:24:12	+01:10:44	14:25
349	1828	Nelson Simões	team playground	Senior Masculino	02:24:12	+01:10:44	14:25

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
350	989	Francisca Almeida	individual	Senior Feminino	02:24:34	+01:11:06	14:27
351	1000	Márcia Marques	individual	Senior Feminino	02:24:34	+01:11:06	14:27
352	300	ROSA SALDANHA	ama-associação mondim atletismo	Senior Feminino	02:24:35	+01:11:07	14:28
353	298	KATALIN SZAKACS	ama-associação mondim atletismo	Senior Feminino	02:24:36	+01:11:08	14:28
354	299	Marisa Fernandes	ama-associação mondim atletismo	Senior Feminino	02:24:36	+01:11:08	14:28
355	1773	Bernardo Tavares	team alfa	Senior Masculino	02:24:47	+01:11:19	14:29
356	1118	marta sofia gomes rodrigues	korpi	Senior Feminino	02:24:59	+01:11:31	14:30
357	1117	Maria do Céu Sardoura Ferreira	korpi	Senior Feminino	02:24:59	+01:11:31	14:30
358	1116	juliana marques melo	korpi	Senior Feminino	02:24:59	+01:11:31	14:30
359	301	JOSÉ CERDEIRA	ama-associação mondim atletismo	Senior Masculino	02:25:24	+01:11:56	14:32
360	1508	Dulce Bastos	pés no asfalto	Senior Feminino	02:25:59	+01:12:31	14:36
361	664	Serafim Almeida	chamas na pista	Senior Masculino	02:26:28	+01:13:00	14:39
362	1833	Miguel Ferreira	titãs	Senior Masculino	02:26:42	+01:13:14	14:40
363	1832	Diogo Dias	titãs	Senior Masculino	02:26:42	+01:13:14	14:40
364	1831	Catarina Costa	titãs	Senior Feminino	02:26:42	+01:13:14	14:40
365	1014	Vanessa silva	individual	Senior Feminino	02:27:00	+01:13:32	14:42
366	553	Hugo Taipa	caminhadas da amizade	Senior Masculino	02:27:00	+01:13:32	14:42
367	1073	Paulo Barbosa	individual	Senior Masculino	02:27:01	+01:13:33	14:42
368	554	Manuel Nunes	caminhadas da amizade	Senior Masculino	02:27:01	+01:13:33	14:42
369	1106	Daniel Rebelo	juf acc	Senior Masculino	02:27:24	+01:13:56	14:44
370	1104	Cannigia Oliveira	juf acc	Senior Masculino	02:27:24	+01:13:56	14:44
371	1102	Rosário Resende	juf acc	Senior Feminino	02:27:24	+01:13:56	14:44
372	1103	Alberto Ferreira	juf acc	Senior Masculino	02:27:24	+01:13:56	14:44
373	1101	Rosária Oliveira	juf acc	Senior Feminino	02:27:24	+01:13:56	14:44
374	1109	Telmo Nogueira	juf acc	Senior Masculino	02:27:24	+01:13:56	14:44
375	1100	Maria Lino	juf acc	Senior Feminino	02:27:24	+01:13:56	14:44
376	1105	Carlos Freitas	juf acc	Senior Masculino	02:27:24	+01:13:56	14:44
377	1108	Miguel Barbosa	juf acc	Senior Masculino	02:27:24	+01:13:56	14:44
378	1107	Fernando Oliveira	juf acc	Senior Masculino	02:27:24	+01:13:56	14:44
379	1512	Rui Oliveira	pés no asfalto	Senior Masculino	02:28:14	+01:14:46	14:49
380	979	Beatriz Tavares	individual	Senior Feminino	02:28:19	+01:14:51	14:50
381	1063	Lucas Gomes	individual	Senior Masculino	02:28:19	+01:14:51	14:50
382	1361	Tiago Sousa	os duros	Senior Masculino	02:28:34	+01:15:06	14:51
383	1360	Gualter Pereira	os duros	Senior Masculino	02:28:35	+01:15:07	14:52
384	1358	Bruno Sousa	os duros	Senior Masculino	02:28:35	+01:15:07	14:52
385	1359	Dinis Pereira	os duros	Senior Masculino	02:28:38	+01:15:10	14:52
386	1623	Sergio Dias	retornados	Senior Masculino	02:28:47	+01:15:19	14:53
387	267	Henry Amaral	active -carolina	Senior Masculino	02:28:52	+01:15:24	14:53
388	268	João Moreira	active -carolina	Senior Masculino	02:28:52	+01:15:24	14:53
389	266	Alexandre Dias	active -carolina	Senior Masculino	02:28:53	+01:15:25	14:53
390	219	CARLA ALVES	3 f's	Senior Feminino	02:28:54	+01:15:26	14:53
391	218	Beatriz Melo	3 f's	Senior Feminino	02:28:54	+01:15:26	14:53
392	1495	Lurdes Gomes	pernetas de alfena	Senior Feminino	02:29:05	+01:15:37	14:54
393	1497	Rita Magalhães	pernetas de alfena	Senior Feminino	02:29:10	+01:15:42	14:55
394	473	Luís Pires	bravos do copofit	Senior Masculino	02:29:25	+01:15:57	14:57

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	1079	Pedro Pinho	individual	Senior Masculino	02:29:55	+01:16:27	15:00
396	992	Inês Costa Ferreira	individual	Senior Feminino	02:29:55	+01:16:27	15:00
397	635	Maria de Fátima Jaouen	chamas na pista	Senior Feminino	02:30:00	+01:16:32	15:00
398	1449	Bárbara Oliveira	pandilhas do europeu	Senior Feminino	02:30:12	+01:16:44	15:01
399	981	Cátia Coelho	individual	Senior Feminino	02:30:12	+01:16:44	15:01
400	1454	Pedro Benfeito	pandilhas do europeu	Senior Masculino	02:30:12	+01:16:44	15:01
401	1453	Tânia Mateus	pandilhas do europeu	Senior Feminino	02:30:12	+01:16:44	15:01
402	1451	Conceição Correia	pandilhas do europeu	Senior Feminino	02:30:12	+01:16:44	15:01
403	1450	Carlinda Santos	pandilhas do europeu	Senior Feminino	02:30:12	+01:16:44	15:01
404	1455	Pedro Santos	pandilhas do europeu	Senior Masculino	02:30:12	+01:16:44	15:01
405	1939	Joni Costa	individual	Senior Masculino	02:30:12	+01:16:44	15:01
406	1930	Susana Lopes	zinde	Senior Feminino	02:30:28	+01:17:00	15:03
407	1931	David Silva	zinde	Senior Masculino	02:30:29	+01:17:01	15:03
408	722	Rui Nunes	dieta d'água	Senior Masculino	02:30:30	+01:17:02	15:03
409	717	Cátia Valente	dieta d'água	Senior Feminino	02:30:31	+01:17:03	15:03
410	1637	João Damião	running esmoriz	Senior Masculino	02:30:32	+01:17:04	15:03
411	1638	Lucas Aleixo	running esmoriz	Senior Masculino	02:30:32	+01:17:04	15:03
412	999	Manuela Pinho	individual	Senior Feminino	02:30:39	+01:17:11	15:04
413	1011	Teresa Taveira	individual	Senior Feminino	02:30:49	+01:17:21	15:05
414	1028	Carlos Ribeiro	individual	Senior Masculino	02:30:51	+01:17:23	15:05
415	246	Pedro Emanuel	a catarina disse que era fácil	Senior Masculino	02:31:09	+01:17:41	15:07
416	239	Filipa Silva	a catarina disse que era fácil	Senior Feminino	02:31:09	+01:17:41	15:07
417	238	Daniela Almeida	a catarina disse que era fácil	Senior Feminino	02:31:09	+01:17:41	15:07
418	241	Igor Neves	a catarina disse que era fácil	Senior Masculino	02:31:10	+01:17:42	15:07
419	466	Bruno Cardoso	bravos do copofit	Senior Masculino	02:31:11	+01:17:43	15:07
420	467	Bruno Carvalho	bravos do copofit	Senior Masculino	02:31:12	+01:17:44	15:07
421	210	Nelson Abrantes	100espinhas	Senior Masculino	02:31:16	+01:17:48	15:08
422	206	Ailton Cruz	100espinhas	Senior Masculino	02:31:16	+01:17:48	15:08
423	209	Marco Borges	100espinhas	Senior Masculino	02:31:17	+01:17:49	15:08
424	205	Ana Rita Pereira Duarte	100espinhas	Senior Feminino	02:31:18	+01:17:50	15:08
425	208	Jorge Silva	100espinhas	Senior Masculino	02:31:19	+01:17:51	15:08
426	1058	Joaquim Pepe Roque	individual	Senior Masculino	02:31:44	+01:18:16	15:10
427	1056	João Pedro Roque	individual	Senior Masculino	02:31:44	+01:18:16	15:10
428	1005	Salomé Machado	individual	Senior Feminino	02:31:56	+01:18:28	15:12
429	1484	Tiago Azevedo	perdidos no monte	Senior Masculino	02:31:56	+01:18:28	15:12
430	1483	Sónia Raquel Almeida Ribeiro	perdidos no monte	Senior Feminino	02:31:57	+01:18:29	15:12
431	1482	Sofia Santos	perdidos no monte	Senior Feminino	02:31:57	+01:18:29	15:12
432	1485	Tiago Leite	perdidos no monte	Senior Masculino	02:31:58	+01:18:30	15:12
433	1033	Daniel Cunha	individual	Senior Masculino	02:31:59	+01:18:31	15:12
434	997	Mafalda Sofia Bastos de Oliveira	individual	Senior Feminino	02:32:35	+01:19:07	15:15
435	1030	César de Oliveira Gonçalves	individual	Senior Masculino	02:32:35	+01:19:07	15:16
436	1271	Liliana Teixeira Pereira	ninjas	Senior Feminino	02:32:50	+01:19:22	15:17
437	1269	Alexandrina Manuela Rodrigues da Silva	ninjas	Senior Feminino	02:32:50	+01:19:22	15:17
438	1817	João Soares	team dartação	Senior Masculino	02:33:14	+01:19:46	15:19
439	1813	Elson Margarido	team dartação	Senior Masculino	02:33:14	+01:19:46	15:19

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
440	1802	Maria Soares	team dartacão	Senior Feminino	02:33:22	+01:19:54	15:20
441	1809	Sónia Pereira	team dartacão	Senior Feminino	02:33:32	+01:20:04	15:21
442	1814	Frederico Almeida	team dartacão	Senior Masculino	02:33:32	+01:20:04	15:21
443	1795	Cláudia Rodrigues	team dartacão	Senior Feminino	02:33:36	+01:20:08	15:22
444	244	Mateus Mian de Almeida Mendes	a catarina disse que era fácil	Senior Masculino	02:33:47	+01:20:19	15:23
445	237	Catarina Almeida	a catarina disse que era fácil	Senior Feminino	02:33:47	+01:20:19	15:23
446	1797	Cristina Rodrigues	team dartacão	Senior Feminino	02:33:49	+01:20:21	15:23
447	714	Josué Moreira	diana pimenta	Senior Masculino	02:34:09	+01:20:41	15:25
448	712	Elisabete Gomes	diana pimenta	Senior Feminino	02:34:10	+01:20:42	15:25
449	713	João Santos	diana pimenta	Senior Masculino	02:34:11	+01:20:43	15:25
450	711	Diana Pimenta	diana pimenta	Senior Feminino	02:34:12	+01:20:44	15:25
451	715	Xavier Alves	diana pimenta	Senior Masculino	02:34:13	+01:20:45	15:25
452	900	Ana Cardoso	gondovikings	Senior Feminino	02:34:27	+01:20:59	15:27
453	901	Sara Pinto	gondovikings	Senior Feminino	02:34:28	+01:21:00	15:27
454	556	Ana Rita	caminheiros de canedo	Senior Feminino	02:34:28	+01:21:00	15:27
455	555	Ana Isabel Oliveira	caminheiros de canedo	Senior Feminino	02:34:28	+01:21:00	15:27
456	902	Bruno Figueiredo	gondovikings	Senior Masculino	02:34:32	+01:21:04	15:27
457	1345	Francisco Monteiro	os 7 maravilhas	Senior Masculino	02:34:37	+01:21:10	15:28
458	281	Catarina Marques	alpha studio	Senior Feminino	02:34:50	+01:21:22	15:29
459	373	André Andrade	banhas assassinas	Senior Masculino	02:34:53	+01:21:25	15:29
460	220	Carla Morais	3 f's	Senior Feminino	02:34:55	+01:21:27	15:30
461	222	Marina Ishunina	3 f's	Senior Feminino	02:34:57	+01:21:29	15:30
462	658	Márcio Cardoso	chamas na pista	Senior Masculino	02:35:01	+01:21:33	15:30
463	224	ANTONIO RESENDE	3 f's	Senior Masculino	02:35:02	+01:21:34	15:30
464	627	Alexandra Neves	chamas na pista	Senior Feminino	02:35:02	+01:21:34	15:30
465	655	João Cardoso	chamas na pista	Senior Masculino	02:35:02	+01:21:34	15:30
466	1139	Tiago Aleixo	labregos	Senior Masculino	02:35:23	+01:21:55	15:32
467	207	Herlander Santos	100espinhas	Senior Masculino	02:35:35	+01:22:07	15:34
468	1538	Renato Paiva	portal da queixa	Senior Masculino	02:36:36	+01:23:08	15:40
469	1534	Leonardo Paiva Ferreira	portal da queixa	Senior Masculino	02:36:36	+01:23:08	15:40
470	1539	Ricardo da Silva Ferreira	portal da queixa	Senior Masculino	02:36:39	+01:23:11	15:40
471	1530	Ilidio Manuel Almeida Lemos	portal da queixa	Senior Masculino	02:36:40	+01:23:12	15:40
472	400	Joaquim José Ferreira dos Santos	bombeiros de arrifana	Senior Masculino	02:36:53	+01:23:25	15:41
473	401	Joaquim Ribeiro Dos Santos	bombeiros de arrifana	Senior Masculino	02:37:30	+01:24:02	15:45
474	1366	Tatiane Machado	os fixes do balio	Senior Feminino	02:37:35	+01:24:07	15:46
475	1365	Rita Teixeira	os fixes do balio	Senior Feminino	02:37:35	+01:24:07	15:46
476	1368	Ricardo Jorge Teixeira da Cunha	os fixes do balio	Senior Masculino	02:37:39	+01:24:11	15:46
477	1363	Ana Adrego	os fixes do balio	Senior Feminino	02:37:39	+01:24:11	15:46
478	832	Cindy Vanessa Henriques Marques	fúria brava	Senior Feminino	02:37:40	+01:24:12	15:46
479	838	Fábio Daniel Coelho Gomes	fúria brava	Senior Masculino	02:37:40	+01:24:12	15:46
480	836	Diogo Marques	fúria brava	Senior Masculino	02:37:41	+01:24:13	15:46
481	835	Arménio da Mota Marques e Silva	fúria brava	Senior Masculino	02:37:51	+01:24:23	15:47

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	250	Teresa Pinho	acdcdsmf os laranjinhas	Senior Feminino	02:37:58	+01:24:30	15:48
483	840	Paulo Jorge Pinho Capitão	fúria brava	Senior Masculino	02:38:02	+01:24:34	15:48
484	1034	Daniel Moreira	individual	Senior Masculino	02:38:38	+01:25:10	15:52
485	1064	Manuel Paiva	individual	Senior Masculino	02:38:51	+01:25:23	15:53
486	1016	Viviana Afonso	individual	Senior Feminino	02:38:52	+01:25:24	15:53
487	973	Ana Lemos	individual	Senior Feminino	02:38:58	+01:25:30	15:54
488	256	Joaquim Fernando	acdcdsmf os laranjinhas	Senior Masculino	02:39:11	+01:25:43	15:55
489	1889	André Ricardo Oliveira Cardoso	tropeça-mas-vai	Senior Masculino	02:39:17	+01:25:49	15:56
490	1886	Ana Raquel Gomes fidalgo	tropeça-mas-vai	Senior Feminino	02:39:17	+01:25:49	15:56
491	1890	Marcos André correia Moreira	tropeça-mas-vai	Senior Masculino	02:39:17	+01:25:49	15:56
492	1887	Eduarda Catarina Oliveira Cardoso	tropeça-mas-vai	Senior Feminino	02:39:18	+01:25:50	15:56
493	1888	Márcia Filipa Oliveira Cardoso	tropeça-mas-vai	Senior Feminino	02:39:19	+01:25:51	15:56
494	1505	Bárbara santos	pés no asfalto	Senior Feminino	02:40:43	+01:27:15	16:04
495	1510	Susana Gomes	pés no asfalto	Senior Feminino	02:40:44	+01:27:16	16:04
496	1507	Carmo Paiva	pés no asfalto	Senior Feminino	02:40:44	+01:27:16	16:04
497	1509	Sandra Gomes	pés no asfalto	Senior Feminino	02:40:44	+01:27:16	16:04
498	1511	Joel Jesus	pés no asfalto	Senior Masculino	02:40:44	+01:27:16	16:04
499	1190	Rita ascenso	lowlanders	Senior Feminino	02:40:50	+01:27:22	16:05
500	934	Miguel Rodrigues Domingues	impocolor ti-tans	Senior Masculino	02:41:20	+01:27:52	16:08
501	1346	João Carvalho dos Santos	os 7 maravilhas	Senior Masculino	02:41:21	+01:27:53	16:08
502	595	Thiago Seabra Cavalcanti	caps jj	Senior Masculino	02:41:24	+01:27:56	16:08
503	585	Luna Liberal Freire	caps jj	Senior Feminino	02:41:24	+01:27:56	16:08
504	594	Matheus de Oliveira Seabra Cavalcanti	caps jj	Senior Masculino	02:41:24	+01:27:56	16:08
505	1194	Marco Almeida	lowlanders	Senior Masculino	02:41:25	+01:27:57	16:09
506	936	Rafael Vasconcelos	impocolor ti-tans	Senior Masculino	02:41:26	+01:27:58	16:09
507	931	GLEISSON SOUZA RAMOS	impocolor ti-tans	Senior Masculino	02:41:26	+01:27:58	16:09
508	927	Maribel Rodrigues	impocolor ti-tans	Senior Feminino	02:41:38	+01:28:10	16:10
509	1821	Serafim Gouveia	team dartação	Senior Masculino	02:41:54	+01:28:26	16:11
510	1595	Sara Rodrigues	pupilos do zé-tó	Senior Feminino	02:42:25	+01:28:57	16:14
511	1500	Miguel Teixeira	pernetas de alfena	Senior Masculino	02:42:47	+01:29:19	16:17
512	464	António Bessa	bravos do copofit	Senior Masculino	02:42:52	+01:29:24	16:17
513	1600	Tiago Araújo	pupilos do zé-tó	Senior Masculino	02:43:06	+01:29:38	16:19
514	1597	Bruno Pina	pupilos do zé-tó	Senior Masculino	02:43:10	+01:29:42	16:19
515	1804	Maryna Skliar	team dartação	Senior Feminino	02:43:11	+01:29:43	16:19
516	1594	Lara Pina	pupilos do zé-tó	Senior Feminino	02:43:11	+01:29:43	16:19
517	1799	Elisabete Pinto	team dartação	Senior Feminino	02:43:11	+01:29:43	16:19
518	1806	Rosa Marques	team dartação	Senior Feminino	02:43:12	+01:29:44	16:19
519	1807	SANDRA NEVES	team dartação	Senior Feminino	02:43:12	+01:29:44	16:19
520	1591	Ana Rita Gaspar	pupilos do zé-tó	Senior Feminino	02:43:13	+01:29:45	16:19
521	1195	Nuno Gonçalves	lowlanders	Senior Masculino	02:43:14	+01:29:46	16:19
522	1880	Carlos Manuel Pinto Gomes	trinta e quatro	Senior Masculino	02:43:42	+01:30:14	16:22
523	1881	Diogo Alexandre Fiteira Dias	trinta e quatro	Senior Masculino	02:43:42	+01:30:14	16:22
524	1885	Vasco Leandro Valente Gomes	trinta e quatro	Senior Masculino	02:43:42	+01:30:14	16:22
525	1884	Ruben Micael Calçada Soares	trinta e quatro	Senior Masculino	02:43:43	+01:30:15	16:22

SEMI-ELITE - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
526	1879	Marta Ferreira Dias	trinta e quatro	Senior Feminino	02:43:43	+01:30:15	16:22
527	1882	João Pedro da Costa Oliveira	trinta e quatro	Senior Masculino	02:43:44	+01:30:16	16:22
528	1877	Filomena Carminda Moreira da Silva	trinta e quatro	Senior Feminino	02:43:45	+01:30:17	16:22
529	1875	Catarina Pinho Pereira	trinta e quatro	Senior Feminino	02:43:45	+01:30:17	16:22
530	1878	Mariana Costa Brito	trinta e quatro	Senior Feminino	02:43:45	+01:30:17	16:22
531	455	Andreia Moreira	bravos do copofit	Senior Feminino	02:43:45	+01:30:17	16:22
532	1124	martim campos freitas	korpi	Senior Masculino	02:43:50	+01:30:22	16:23
533	1673	Ana Silva	sem medo do charco	Senior Feminino	02:44:06	+01:30:38	16:25
534	1681	Joaquim Lopes	sem medo do charco	Senior Masculino	02:44:07	+01:30:39	16:25
535	1593	Cristina Lima	pupilos do zé-tó	Senior Feminino	02:44:09	+01:30:41	16:25
536	1501	Paulo Luz	pernetas de alfena	Senior Masculino	02:44:10	+01:30:42	16:25
537	1596	Suzana Duarte	pupilos do zé-tó	Senior Feminino	02:44:13	+01:30:45	16:25
538	1883	João Gomes	trinta e quatro	Senior Masculino	02:44:14	+01:30:46	16:25
539	1598	José Rodrigues	pupilos do zé-tó	Senior Masculino	02:44:14	+01:30:46	16:25
540	1494	Isabel Geraledes	pernetas de alfena	Senior Feminino	02:44:22	+01:30:54	16:26
541	1504	Ricardo Lima	pernetas de alfena	Senior Masculino	02:44:23	+01:30:55	16:26
542	1556	Ana Azevedo	powerfulrunners	Senior Feminino	02:44:35	+01:31:07	16:28
543	1558	Sara Faria	powerfulrunners	Senior Feminino	02:44:35	+01:31:07	16:28
544	1559	Vanessa Dinis	powerfulrunners	Senior Feminino	02:44:35	+01:31:07	16:28
545	1764	Cristiana Cortes	team alfa	Senior Feminino	02:44:49	+01:31:22	16:29
546	1771	António Carlos Gomes Freitas	team alfa	Senior Masculino	02:44:50	+01:31:22	16:29
547	974	Ana Lúcia Silva	individual	Senior Feminino	02:44:54	+01:31:26	16:29
548	990	Greissys Pereira	individual	Senior Feminino	02:44:54	+01:31:26	16:29
549	976	Andrea Chaves	individual	Senior Feminino	02:44:54	+01:31:26	16:29
550	1069	Miguel Silva	individual	Senior Masculino	02:44:54	+01:31:26	16:29
551	1008	sara filipa castro lobo	individual	Senior Feminino	02:44:54	+01:31:27	16:29
552	245	Nuno Azeitona	a catarina disse que era fácil	Senior Masculino	02:45:03	+01:31:35	16:30
553	242	João Brandão	a catarina disse que era fácil	Senior Masculino	02:45:10	+01:31:42	16:31
554	247	Raphael Chiarella	a catarina disse que era fácil	Senior Masculino	02:45:10	+01:31:42	16:31
555	1552	Pedro Silva	power studio	Senior Masculino	02:45:25	+01:31:57	16:33
556	1543	Ana Ferreira	power studio	Senior Feminino	02:45:26	+01:31:58	16:33
557	1544	Catarina Farreira	power studio	Senior Feminino	02:45:28	+01:32:00	16:33
558	1547	Bruno Miguel Pais Oliveira	power studio	Senior Masculino	02:45:29	+01:32:01	16:33
559	1411	Eduardo Mota	os resistentes	Senior Masculino	02:45:48	+01:32:20	16:35
560	468	Bruno Lima	bravos do copofit	Senior Masculino	02:45:58	+01:32:30	16:36
561	462	Sonia Rocha	bravos do copofit	Senior Feminino	02:46:00	+01:32:32	16:36
562	463	Andre Teixeira	bravos do copofit	Senior Masculino	02:46:03	+01:32:35	16:36
563	454	Andreia Cardoso	bravos do copofit	Senior Feminino	02:46:05	+01:32:37	16:37
564	1189	Marta Duarte	lowlanders	Senior Feminino	02:46:07	+01:32:39	16:37
565	1188	Marina Gonçalves	lowlanders	Senior Feminino	02:46:08	+01:32:40	16:37
566	1196	Oscar Soares	lowlanders	Senior Masculino	02:46:08	+01:32:40	16:37
567	1197	Valter Soares	lowlanders	Senior Masculino	02:46:08	+01:32:40	16:37
568	1421	Ricardo Pereira	os resistentes	Senior Masculino	02:46:09	+01:32:41	16:37
569	1785	Pedro Miguel Gonçalves Santos	team alfa	Senior Masculino	02:46:11	+01:32:43	16:37
570	1192	Christophe ascenso	lowlanders	Senior Masculino	02:46:14	+01:32:46	16:37

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
571	1191	Bruno Gonçalves	lowlanders	Senior Masculino	02:46:20	+01:32:52	16:38
572	1405	Matilde Brandão	os resistentes	Senior Feminino	02:46:22	+01:32:54	16:38
573	1404	Leonor Xará	os resistentes	Senior Feminino	02:46:23	+01:32:55	16:38
574	1424	Victor Pinto	os resistentes	Senior Masculino	02:46:23	+01:32:55	16:38
575	1362	Vitor Silva	os duros	Senior Masculino	02:46:32	+01:33:04	16:39
576	589	Diego Freire Netto	caps jj	Senior Masculino	02:46:38	+01:33:10	16:40
577	1922	Duarte Palavra	vingalentos	Senior Masculino	02:46:50	+01:33:22	16:41
578	1919	Carolina Real	vingalentos	Senior Feminino	02:46:50	+01:33:22	16:41
579	581	Káthia Marisol da Silva Liberal	caps jj	Senior Feminino	02:46:55	+01:33:27	16:41
580	1921	Alexandre Barreira Reis	vingalentos	Senior Masculino	02:46:58	+01:33:30	16:42
581	1920	Mariana Arada	vingalentos	Senior Feminino	02:46:58	+01:33:30	16:42
582	1923	tomas areias	vingalentos	Senior Masculino	02:46:58	+01:33:30	16:42
583	1236	Angélica Santos	marés vivas	Senior Feminino	02:47:39	+01:34:11	16:46
584	1237	Daniela Alexandra Tavares Oliveira	marés vivas	Senior Feminino	02:47:39	+01:34:11	16:46
585	1240	Susana Filipa Proença Miguel	marés vivas	Senior Feminino	02:47:39	+01:34:11	16:46
586	1239	Natália Gomes	marés vivas	Senior Feminino	02:47:39	+01:34:11	16:46
587	277	Adriana Cruz	alpha studio	Senior Feminino	02:47:44	+01:34:16	16:46
588	928	Bruno Miguel Ribeiro da Silva	impecolor ti-tans	Senior Masculino	02:47:47	+01:34:19	16:47
589	316	Ana del Pino	as cinco	Senior Feminino	02:48:04	+01:34:36	16:48
590	320	Rosa Teixeira	as cinco	Senior Feminino	02:48:04	+01:34:36	16:48
591	317	Carminho Loureiro	as cinco	Senior Feminino	02:48:05	+01:34:37	16:48
592	318	Lucinda Gomes	as cinco	Senior Feminino	02:48:05	+01:34:37	16:48
593	319	Olga Oliveira	as cinco	Senior Feminino	02:48:09	+01:34:41	16:49
594	1715	Andreia Ferreira	tartarugas em fuga	Senior Feminino	02:48:42	+01:35:14	16:52
595	1722	Sandra Moreira	tartarugas em fuga	Senior Feminino	02:48:42	+01:35:14	16:52
596	1718	Erika Jesus	tartarugas em fuga	Senior Feminino	02:48:42	+01:35:14	16:52
597	1730	Ruben Oliveira	tartarugas em fuga	Senior Masculino	02:48:44	+01:35:16	16:52
598	1720	Francisca Silva	tartarugas em fuga	Senior Feminino	02:48:45	+01:35:17	16:52
599	1726	Francisco Silva	tartarugas em fuga	Senior Masculino	02:48:45	+01:35:17	16:53
600	230	Renata Paiva	3naopodeseri	Senior Feminino	02:49:03	+01:35:35	16:54
601	232	Gonçalo Malho	3naopodeseri	Senior Masculino	02:49:03	+01:35:35	16:54
602	428	Apólo Silva	bravini	Senior Masculino	02:49:05	+01:35:37	16:55
603	427	Sandra Magalhães	bravini	Senior Feminino	02:49:06	+01:35:38	16:55
604	424	Ana Santiago	bravini	Senior Feminino	02:49:07	+01:35:39	16:55
605	429	Emanuel Alves	bravini	Senior Masculino	02:49:08	+01:35:40	16:55
606	433	Marco Costa	bravini	Senior Masculino	02:49:08	+01:35:41	16:55
607	432	João Pedro Silva sales Mendes Azevedo	bravini	Senior Masculino	02:49:09	+01:35:41	16:55
608	426	Mariana Paiva	bravini	Senior Feminino	02:49:09	+01:35:41	16:55
609	436	Pedro Pinho	bravini	Senior Masculino	02:49:10	+01:35:42	16:55
610	435	Nelson Santos	bravini	Senior Masculino	02:49:10	+01:35:42	16:55
611	423	Ana Madeira	bravini	Senior Feminino	02:49:10	+01:35:42	16:55
612	434	Micael Conceição	bravini	Senior Masculino	02:49:10	+01:35:42	16:55
613	430	Hugo Oliveira	bravini	Senior Masculino	02:49:10	+01:35:42	16:55
614	431	João Moreira	bravini	Senior Masculino	02:49:11	+01:35:43	16:55
615	438	Tiago Madureira	bravini	Senior Masculino	02:49:11	+01:35:43	16:55

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
616	425	Maria Albergaria	bravini	Senior Feminino	02:49:11	+01:35:43	16:55
617	437	Pedro Vieira	bravini	Senior Masculino	02:49:12	+01:35:44	16:55
618	996	Laura Lavoura	individual	Senior Feminino	02:49:17	+01:35:49	16:56
619	924	Erica Santos	impocolor ti-tans	Senior Feminino	02:49:18	+01:35:50	16:56
620	920	Anita André	impocolor ti-tans	Senior Feminino	02:49:18	+01:35:50	16:56
621	1012	Vanessa Fonseca	individual	Senior Feminino	02:49:24	+01:35:56	16:56
622	1062	Lívio Santos	individual	Senior Masculino	02:49:24	+01:35:56	16:56
623	1043	Flávio Oliveira	individual	Senior Masculino	02:49:26	+01:35:58	16:57
624	350	Fátima Pinto	bacelo	Senior Feminino	02:49:28	+01:36:00	16:57
625	975	Anabela Barbosa	individual	Senior Feminino	02:49:34	+01:36:06	16:57
626	349	Elisabete Bacelo	bacelo	Senior Feminino	02:49:35	+01:36:07	16:58
627	351	Carlos Oliveira	bacelo	Senior Masculino	02:49:35	+01:36:07	16:58
628	1564	Vânia Pinto	prime dentalab	Senior Feminino	02:49:46	+01:36:18	16:59
629	1561	Daniela Valente	prime dentalab	Senior Feminino	02:49:46	+01:36:18	16:59
630	1857	Alexandra Valinhas	trepatrilhos trail team	Senior Feminino	02:49:56	+01:36:28	17:00
631	1566	Eduardo Curado	prime dentalab	Senior Masculino	02:50:01	+01:36:33	17:00
632	547	Henrique Silva	brazas team	Senior Masculino	02:50:35	+01:37:07	17:03
633	545	Paula Brazinha	brazas team	Senior Feminino	02:50:35	+01:37:07	17:03
634	1225	Paula Melo	magicfriendsrunners	Senior Feminino	02:50:39	+01:37:11	17:04
635	1227	Sandra Leal	magicfriendsrunners	Senior Feminino	02:50:39	+01:37:11	17:04
636	1229	Leandro Martins	magicfriendsrunners	Senior Masculino	02:50:39	+01:37:11	17:04
637	1226	Paula Silva	magicfriendsrunners	Senior Feminino	02:50:39	+01:37:11	17:04
638	1228	Armando Oliveira	magicfriendsrunners	Senior Masculino	02:50:40	+01:37:12	17:04
639	1230	Paulo Moreira	magicfriendsrunners	Senior Masculino	02:50:40	+01:37:12	17:04
640	1223	Elia Oliveira	magicfriendsrunners	Senior Feminino	02:50:40	+01:37:12	17:04
641	1232	Carolina Limas	mamamia	Senior Feminino	02:51:11	+01:37:43	17:07
642	1234	Bruno costa	mamamia	Senior Masculino	02:51:12	+01:37:44	17:07
643	1233	Rita Almeida	mamamia	Senior Feminino	02:51:13	+01:37:45	17:07
644	1235	Rafael Almeida	mamamia	Senior Masculino	02:51:13	+01:37:45	17:07
645	1231	Andreia Silva	mamamia	Senior Feminino	02:51:14	+01:37:46	17:07
646	1314	PEDRO ALVES	o alves vai casar	Senior Masculino	02:51:22	+01:37:54	17:08
647	1307	DIOGO COSTA	o alves vai casar	Senior Masculino	02:51:22	+01:37:54	17:08
648	1312	LUÍS ROCHA	o alves vai casar	Senior Masculino	02:51:23	+01:37:55	17:08
649	1316	RICARDO ALVES	o alves vai casar	Senior Masculino	02:51:23	+01:37:55	17:08
650	1317	TIAGO ALVES	o alves vai casar	Senior Masculino	02:51:23	+01:37:55	17:08
651	1305	BRUNO CLARO	o alves vai casar	Senior Masculino	02:51:23	+01:37:55	17:08
652	1310	JORGE URBANO	o alves vai casar	Senior Masculino	02:51:23	+01:37:55	17:08
653	1313	NELSON CORREIA	o alves vai casar	Senior Masculino	02:51:24	+01:37:56	17:08
654	1315	PEDRO ROCHA	o alves vai casar	Senior Masculino	02:51:24	+01:37:56	17:08
655	1311	LUÍS ALVES	o alves vai casar	Senior Masculino	02:51:24	+01:37:56	17:08
656	1308	JOÃO BRITO	o alves vai casar	Senior Masculino	02:51:24	+01:37:56	17:08
657	1309	JOÃO ROCHA	o alves vai casar	Senior Masculino	02:51:25	+01:37:57	17:08
658	1679	Rafaela Costa	sem medo do charco	Senior Feminino	02:51:32	+01:38:04	17:09
659	1678	Priscila Gondim	sem medo do charco	Senior Feminino	02:51:32	+01:38:04	17:09
660	1676	Juliana Gonçalves	sem medo do charco	Senior Feminino	02:51:32	+01:38:04	17:09
661	1672	Adriana Alves	sem medo do charco	Senior Feminino	02:51:34	+01:38:06	17:09

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
662	1687	Vasco Sousa	sem medo do charco	Senior Masculino	02:51:35	+01:38:07	17:09
663	1684	Ricardo Sacramento Ribeiro	sem medo do charco	Senior Masculino	02:51:36	+01:38:08	17:10
664	1688	Xavier Duarte	sem medo do charco	Senior Masculino	02:51:36	+01:38:08	17:10
665	1680	Eduardo José	sem medo do charco	Senior Masculino	02:51:37	+01:38:09	17:10
666	1685	Ricardo Silva	sem medo do charco	Senior Masculino	02:51:37	+01:38:09	17:10
667	1683	Ricardo Matias	sem medo do charco	Senior Masculino	02:51:39	+01:38:11	17:10
668	1055	João Lázaro	individual	Senior Masculino	02:51:42	+01:38:14	17:10
669	1092	Sérgio Soares	individual	Senior Masculino	02:51:42	+01:38:14	17:10
670	1009	Sónia Lopes	individual	Senior Feminino	02:51:43	+01:38:15	17:10
671	1001	Mariana Moreira	individual	Senior Feminino	02:51:43	+01:38:15	17:10
672	1121	Francisco Ferreira	korpi	Senior Masculino	02:52:15	+01:38:47	17:13
673	721	Raul Costa	dieta d'água	Senior Masculino	02:52:15	+01:38:47	17:13
674	716	Ana Costa	dieta d'água	Senior Feminino	02:52:15	+01:38:47	17:13
675	1115	Fernanda maria marques ferreira	korpi	Senior Feminino	02:52:16	+01:38:48	17:14
676	1113	Diana Guedes	korpi	Senior Feminino	02:52:18	+01:38:50	17:14
677	1430	Beatriz Couto	os sanguedenses	Senior Feminino	02:52:38	+01:39:10	17:16
678	1432	Solange Silva	os sanguedenses	Senior Feminino	02:52:39	+01:39:11	17:16
679	1431	Juliana Couto	os sanguedenses	Senior Feminino	02:52:39	+01:39:11	17:16
680	1436	Vítor Neves	os sanguedenses	Senior Masculino	02:52:42	+01:39:14	17:16
681	919	Ana Barbosa	impocolor ti-tans	Senior Feminino	02:52:44	+01:39:16	17:16
682	1434	Bruno Teixeira	os sanguedenses	Senior Masculino	02:52:49	+01:39:21	17:17
683	1435	Francisco Teixeira	os sanguedenses	Senior Masculino	02:52:49	+01:39:21	17:17
684	1587	Paulo Martins	prime ginásio	Senior Masculino	02:52:50	+01:39:22	17:17
685	1579	Susana Rocha	prime ginásio	Senior Feminino	02:52:50	+01:39:22	17:17
686	1576	Joana Costa	prime ginásio	Senior Feminino	02:52:50	+01:39:22	17:17
687	1578	Patrícia Soares	prime ginásio	Senior Feminino	02:52:50	+01:39:22	17:17
688	1572	Claudia Silva	prime ginásio	Senior Feminino	02:52:51	+01:39:23	17:17
689	1581	Carlos Pereira	prime ginásio	Senior Masculino	02:52:51	+01:39:23	17:17
690	1575	Diana Almeida	prime ginásio	Senior Feminino	02:52:51	+01:39:23	17:17
691	1573	Cristiana Amorim	prime ginásio	Senior Feminino	02:52:51	+01:39:23	17:17
692	1574	Cristiana Martins	prime ginásio	Senior Feminino	02:52:51	+01:39:23	17:17
693	1571	Carina Ramalho	prime ginásio	Senior Feminino	02:52:51	+01:39:23	17:17
694	1583	Filipe Pinho	prime ginásio	Senior Masculino	02:52:51	+01:39:23	17:17
695	1588	Paulo Martins	prime ginásio	Senior Masculino	02:52:52	+01:39:24	17:17
696	1584	Jorge Santos	prime ginásio	Senior Masculino	02:52:52	+01:39:24	17:17
697	1589	Tiago Fonseca	prime ginásio	Senior Masculino	02:52:52	+01:39:24	17:17
698	1433	Ângelo Couto	os sanguedenses	Senior Masculino	02:53:00	+01:39:32	17:18
699	1457	André Ferreira	papa figos	Senior Masculino	02:53:55	+01:40:27	17:23
700	1460	Tiago Oliveira	papa figos	Senior Masculino	02:53:55	+01:40:27	17:24
701	1458	Francisco Tavares	papa figos	Senior Masculino	02:54:08	+01:40:40	17:25
702	1456	Márcia Costa	papa figos	Senior Feminino	02:54:09	+01:40:41	17:25
703	1459	João Pinho	papa figos	Senior Masculino	02:54:09	+01:40:41	17:25
704	652	Gonçalo Silva	chamas na pista	Senior Masculino	02:54:17	+01:40:49	17:26
705	629	Beatriz Bento	chamas na pista	Senior Feminino	02:54:20	+01:40:52	17:26
706	632	Helena Fonseca	chamas na pista	Senior Feminino	02:54:20	+01:40:52	17:26

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
707	1696	Gustavo Miguel Martins Leite	só vemos pelo lanche	Senior Masculino	02:54:21	+01:40:53	17:26
708	639	Matilde Silva	chamas na pista	Senior Feminino	02:54:21	+01:40:53	17:26
709	1692	Beatriz Isabel Ferreira da Rocha	só vemos pelo lanche	Senior Feminino	02:54:21	+01:40:53	17:26
710	1695	Eduardo Resende Pires	só vemos pelo lanche	Senior Masculino	02:54:21	+01:40:53	17:26
711	1697	Kevin Silva	só vemos pelo lanche	Senior Masculino	02:54:21	+01:40:53	17:26
712	395	João costa	bitxos 4445	Senior Masculino	02:54:30	+01:41:02	17:27
713	393	Daniela guedes	bitxos 4445	Senior Feminino	02:54:30	+01:41:02	17:27
714	392	Anabela Castro	bitxos 4445	Senior Feminino	02:54:30	+01:41:02	17:27
715	397	Rafael Oliveira	bitxos 4445	Senior Masculino	02:54:30	+01:41:02	17:27
716	396	Miguel dias	bitxos 4445	Senior Masculino	02:54:31	+01:41:03	17:27
717	394	Monica Martins	bitxos 4445	Senior Feminino	02:54:34	+01:41:06	17:27
718	789	João Carlos Coval	feras da lama	Senior Masculino	02:54:46	+01:41:18	17:29
719	782	Catarina Costa	feras da lama	Senior Feminino	02:54:46	+01:41:18	17:29
720	790	Marcelo Jesus	feras da lama	Senior Masculino	02:54:47	+01:41:19	17:29
721	925	Eugénia Leite	impocolor ti-tans	Senior Feminino	02:54:47	+01:41:19	17:29
722	952	Bruno Ribeiro	improve fitness studio	Senior Masculino	02:54:47	+01:41:19	17:29
723	944	Catarina Silva	improve fitness studio	Senior Feminino	02:54:48	+01:41:20	17:29
724	781	Ana Teresa Correia	feras da lama	Senior Feminino	02:54:50	+01:41:22	17:29
725	788	Valeria Castro	feras da lama	Senior Feminino	02:54:51	+01:41:23	17:29
726	787	Telma Sofia Moreira	feras da lama	Senior Feminino	02:54:51	+01:41:23	17:29
727	921	CIDALIA RAQUEL MOREIRA BORGES	impocolor ti-tans	Senior Feminino	02:55:07	+01:41:39	17:31
728	935	Óscar José Neves Ferreira da Rocha	impocolor ti-tans	Senior Masculino	02:55:08	+01:41:40	17:31
729	414	Ana Manuela da Rocha Torres	bombeiros paços de ferreira	Senior Feminino	02:55:20	+01:41:52	17:32
730	421	Virginio Fernando Martins Santos Carneiro	bombeiros paços de ferreira	Senior Masculino	02:55:21	+01:41:53	17:32
731	923	ELSA RODRIGUES DOMINGUES	impocolor ti-tans	Senior Feminino	02:55:53	+01:42:25	17:35
732	929	Carlos Miguel Silva Passos	impocolor ti-tans	Senior Masculino	02:55:54	+01:42:26	17:35
733	640	Rafaela Gomes	chamas na pista	Senior Feminino	02:56:11	+01:42:43	17:37
734	946	Joana Amado	improve fitness studio	Senior Feminino	02:56:21	+01:42:53	17:38
735	1601	Cristiana Silva	quase atletas	Senior Feminino	02:56:21	+01:42:53	17:38
736	1602	Tiago Ferreira da Silva	quase atletas	Senior Masculino	02:56:22	+01:42:54	17:38
737	1725	Fernando Vieira	tartarugas em fuga	Senior Masculino	02:56:41	+01:43:13	17:40
738	1719	Fátima Moreira	tartarugas em fuga	Senior Feminino	02:56:42	+01:43:14	17:40
739	1714	Alexandra Vieira	tartarugas em fuga	Senior Feminino	02:56:42	+01:43:14	17:40
740	1721	Karina Moreira	tartarugas em fuga	Senior Feminino	02:56:42	+01:43:14	17:40
741	1723	Sónia Silva	tartarugas em fuga	Senior Feminino	02:56:44	+01:43:16	17:40
742	1724	Alexandre Oliveira	tartarugas em fuga	Senior Masculino	02:56:44	+01:43:16	17:40
743	1665	Gracinda Azevedo	sem medo	Senior Feminino	02:56:49	+01:43:21	17:41
744	1667	Rita Fernandes	sem medo	Senior Feminino	02:56:50	+01:43:22	17:41
745	1663	Antónia Fernandes	sem medo	Senior Feminino	02:56:50	+01:43:22	17:41
746	1664	Carla Sampaio	sem medo	Senior Feminino	02:56:51	+01:43:23	17:41
747	1668	Sandra Carvalho	sem medo	Senior Feminino	02:56:51	+01:43:23	17:41
748	1666	Leonor Vilas Boas	sem medo	Senior Feminino	02:56:52	+01:43:24	17:41

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
749	1670	José Vilas Boas	sem medo	Senior Masculino	02:56:52	+01:43:24	17:41
750	1669	Armindo Carvalho	sem medo	Senior Masculino	02:56:53	+01:43:25	17:41
751	1671	Libório Vilela	sem medo	Senior Masculino	02:56:54	+01:43:26	17:41
752	1264	Filipe Almeida	mental energy	Senior Masculino	02:57:38	+01:44:10	17:46
753	1261	Cátia Castro	mental energy	Senior Feminino	02:57:38	+01:44:10	17:46
754	1266	Francisco Sampaio	mental energy	Senior Masculino	02:57:38	+01:44:10	17:46
755	893	Ana Miguel Martins Ribeiro	game on 4,0	Senior Feminino	02:57:40	+01:44:12	17:46
756	895	Daniela Filipa Martins Ribeiro	game on 4,0	Senior Feminino	02:57:40	+01:44:12	17:46
757	897	Gonçalo Valente da Silva	game on 4,0	Senior Masculino	02:57:43	+01:44:15	17:46
758	898	João Marcelo Mateus dos Santos	game on 4,0	Senior Masculino	02:57:44	+01:44:16	17:46
759	896	David Cardoso Silva	game on 4,0	Senior Masculino	02:57:46	+01:44:18	17:47
760	1241	ANA LOPES	mc	Senior Feminino	02:58:16	+01:44:48	17:50
761	1256	PAULO TOMÉ	mc	Senior Masculino	02:58:16	+01:44:48	17:50
762	1257	RUBEN MELO	mc	Senior Masculino	02:58:16	+01:44:48	17:50
763	1242	ANA RESENDE	mc	Senior Feminino	02:58:16	+01:44:48	17:50
764	1017	Adérito Videira	individual	Senior Masculino	02:58:18	+01:44:50	17:50
765	991	Guilhermina Carvalho	individual	Senior Feminino	02:58:19	+01:44:51	17:50
766	638	Marisa Pinho	chamas na pista	Senior Feminino	02:58:22	+01:44:54	17:50
767	630	Cristiana Costa	chamas na pista	Senior Feminino	02:58:22	+01:44:54	17:50
768	634	Lúcia Correia	chamas na pista	Senior Feminino	02:58:25	+01:44:57	17:51
769	633	Liliana Correia	chamas na pista	Senior Feminino	02:58:26	+01:44:58	17:51
770	645	Tânia Pereira	chamas na pista	Senior Feminino	02:58:29	+01:45:01	17:51
771	636	Maria dos Anjos Santos	chamas na pista	Senior Feminino	02:58:29	+01:45:01	17:51
772	1796	Cristiana Leite	team dartação	Senior Feminino	02:58:38	+01:45:10	17:52
773	474	Nuno Rodrigues	bravos do copofit	Senior Masculino	02:58:41	+01:45:13	17:52
774	1815	Ivo Batista	team dartação	Senior Masculino	02:58:41	+01:45:13	17:52
775	1808	Sara Gomes	team dartação	Senior Feminino	02:58:42	+01:45:14	17:52
776	385	Jorge Fortuna	bentcar	Senior Masculino	02:58:43	+01:45:15	17:52
777	1636	Antónia Cardoso	running esmoriz	Senior Feminino	02:58:50	+01:45:22	17:53
778	1413	João Costa	os resistentes	Senior Masculino	02:59:12	+01:45:44	17:55
779	1423	Tiago Bastos	os resistentes	Senior Masculino	02:59:13	+01:45:45	17:55
780	478	Tiago Moreira	bravos do copofit	Senior Masculino	02:59:22	+01:45:54	17:56
781	408	Paulo Alexandre Martins	bombeiros de arrifana	Senior Masculino	02:59:28	+01:46:00	17:57
782	409	Paulo Jorge Da Cunha Santos	bombeiros de arrifana	Senior Masculino	02:59:29	+01:46:01	17:57
783	331	Beatriz Rodrigues	as mulheres dos ciclistas	Senior Feminino	02:59:41	+01:46:13	17:58
784	330	Ana Bastos	as mulheres dos ciclistas	Senior Feminino	02:59:41	+01:46:13	17:58
785	332	Ilda Vieira	as mulheres dos ciclistas	Senior Feminino	02:59:41	+01:46:13	17:58
786	1163	Micaela Assunção	lesmas atléticas	Senior Feminino	02:59:42	+01:46:14	17:58
787	1731	Carina Palha Oliveira	tartarugas furiosas	Senior Feminino	02:59:43	+01:46:15	17:58
788	1164	Milena Magalhães	lesmas atléticas	Senior Feminino	02:59:44	+01:46:16	17:58
789	1166	Jorge Nogueira	lesmas atléticas	Senior Masculino	02:59:44	+01:46:16	17:58
790	1167	Marco Resende	lesmas atléticas	Senior Masculino	02:59:44	+01:46:16	17:58
791	1165	João Costa	lesmas atléticas	Senior Masculino	02:59:44	+01:46:16	17:58
792	723	Filipa Alves	dobra mas não parte	Senior Feminino	03:00:10	+01:46:42	18:01
793	724	Mylene Oliveira	dobra mas não parte	Senior Feminino	03:00:10	+01:46:42	18:01

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
794	725	Sara Silva	dobra mas não parte	Senior Feminino	03:00:11	+01:46:43	18:01
795	807	Tatiana Pinho	fitness flow	Senior Feminino	03:00:16	+01:46:48	18:02
796	849	Mónica Ferreira	g.e.m.e	Senior Feminino	03:00:16	+01:46:48	18:02
797	809	Diogo Araujo	fitness flow	Senior Masculino	03:00:16	+01:46:48	18:02
798	844	Cátia Ferreira	g.e.m.e	Senior Feminino	03:00:17	+01:46:49	18:02
799	457	Flavia Brazao	bravos do copofit	Senior Feminino	03:00:21	+01:46:53	18:02
800	1112	catia sofia campos patricio	korpi	Senior Feminino	03:00:24	+01:46:56	18:02
801	1114	diva freias	korpi	Senior Feminino	03:00:24	+01:46:56	18:02
802	803	Isa Oliveira	fitness flow	Senior Feminino	03:00:25	+01:46:57	18:03
803	798	Carmen Fagundes	fitness flow	Senior Feminino	03:00:27	+01:46:59	18:03
804	496	Manuela Adriano	bravos e bravitas	Senior Feminino	03:00:39	+01:47:11	18:04
805	485	Cristina Soares	bravos e bravitas	Senior Feminino	03:00:40	+01:47:12	18:04
806	930	EDUARDO MIGUEL COUTO FERREIRA	impocolor ti-tans	Senior Masculino	03:00:51	+01:47:23	18:05
807	1417	Luis Henriques	os resistentes	Senior Masculino	03:01:44	+01:48:16	18:10
808	1754	Tiago Alexandre Pinho Gomes	tartarugas furiosas	Senior Masculino	03:02:06	+01:48:38	18:13
809	1268	Tiago Costa	mental energy	Senior Masculino	03:02:21	+01:48:53	18:14
810	1267	João Rodrigues	mental energy	Senior Masculino	03:02:23	+01:48:55	18:14
811	1049	Guilherme Pains Pereira	individual	Senior Masculino	03:02:37	+01:49:09	18:16
812	995	Juliana de Lima Ferreira Pains Pereira	individual	Senior Feminino	03:02:39	+01:49:11	18:16
813	1893	André Miguel Mota da Costa Oliveira	unidos pela sede	Senior Masculino	03:03:15	+01:49:47	18:20
814	1892	Stephanie dos Santos Jesus	unidos pela sede	Senior Feminino	03:03:16	+01:49:48	18:20
815	1894	Paulo Jorge Ferreira Coelho	unidos pela sede	Senior Masculino	03:03:16	+01:49:48	18:20
816	1891	Ana Oliveira Tavares	unidos pela sede	Senior Feminino	03:03:16	+01:49:48	18:20
817	1462	Patrícia Silva	pelotão de queda controlada (pqc)	Senior Feminino	03:03:17	+01:49:49	18:20
818	1461	Mafalda Silva	pelotão de queda controlada (pqc)	Senior Feminino	03:03:17	+01:49:49	18:20
819	1467	Pedro Silva	pelotão de queda controlada (pqc)	Senior Masculino	03:03:17	+01:49:49	18:20
820	1466	Miguel Martins	pelotão de queda controlada (pqc)	Senior Masculino	03:03:17	+01:49:49	18:20
821	1464	Jose Carlos Goncalves	pelotão de queda controlada (pqc)	Senior Masculino	03:03:18	+01:49:50	18:20
822	1902	Leandro Pinto	vagabundos	Senior Masculino	03:03:18	+01:49:50	18:20
823	1896	Bárbara Pinto	vagabundos	Senior Feminino	03:03:18	+01:49:50	18:20
824	1904	Tiago Silva	vagabundos	Senior Masculino	03:03:19	+01:49:51	18:20
825	1463	Daniel Silva	pelotão de queda controlada (pqc)	Senior Masculino	03:03:19	+01:49:51	18:20
826	1903	Mário Araújo	vagabundos	Senior Masculino	03:03:20	+01:49:52	18:20
827	1897	Carina Caldeira	vagabundos	Senior Feminino	03:03:21	+01:49:53	18:20
828	1899	Diana Amorim	vagabundos	Senior Feminino	03:03:21	+01:49:53	18:20
829	732	Carla Santos	elfos	Senior Feminino	03:03:21	+01:49:53	18:20
830	1895	Andreia Pinto	vagabundos	Senior Feminino	03:03:22	+01:49:54	18:20
831	739	Fábio Silva	elfos	Senior Masculino	03:03:23	+01:49:55	18:20
832	737	Cecílio Ferreira	elfos	Senior Masculino	03:03:23	+01:49:55	18:20
833	1900	Eva Vilar	vagabundos	Senior Feminino	03:03:23	+01:49:55	18:20
834	1898	Catarina Pinho	vagabundos	Senior Feminino	03:03:23	+01:49:55	18:20
835	741	Pedro Lopes	elfos	Senior Masculino	03:03:24	+01:49:56	18:20
836	1901	Fábio Amorim	vagabundos	Senior Masculino	03:03:25	+01:49:57	18:20
837	736	Carlos Correia	elfos	Senior Masculino	03:03:26	+01:49:58	18:21

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	733	Cristiana Santos	elfos	Senior Feminino	03:03:26	+01:49:58	18:21
839	458	Isabel Soares	bravos do copofit	Senior Feminino	03:03:30	+01:50:02	18:21
840	808	André Sousa	fitness flow	Senior Masculino	03:03:44	+01:50:16	18:22
841	815	Miguel Ribeiro	fitness flow	Senior Masculino	03:03:44	+01:50:16	18:22
842	796	Carina Barbedo	fitness flow	Senior Feminino	03:03:45	+01:50:17	18:23
843	816	Pedro Borges	fitness flow	Senior Masculino	03:03:46	+01:50:19	18:23
844	812	Frank Pérez	fitness flow	Senior Masculino	03:03:48	+01:50:20	18:23
845	805	Leticia Tomazi	fitness flow	Senior Feminino	03:03:50	+01:50:22	18:23
846	1615	Daniel Raro Fernandes	rehab & run	Senior Masculino	03:04:30	+01:51:02	18:27
847	1614	André Miguel Sousa Oliveira	rehab & run	Senior Masculino	03:04:31	+01:51:03	18:27
848	1613	Catarina Monteiro Gouveia	rehab & run	Senior Feminino	03:04:31	+01:51:03	18:27
849	1612	Ana Catarina Tavares Albergaria	rehab & run	Senior Feminino	03:04:31	+01:51:03	18:27
850	1617	Leonardo Pinto Martins	rehab & run	Senior Masculino	03:04:32	+01:51:04	18:27
851	1616	José Pedro Gonçalves Castro	rehab & run	Senior Masculino	03:04:32	+01:51:04	18:27
852	1618	Tiago Óscar Gaspar da Silva	rehab & run	Senior Masculino	03:04:32	+01:51:04	18:27
853	1746	Leonardo Daniel Oliveira Leite	tartarugas furiosas	Senior Masculino	03:04:41	+01:51:13	18:28
854	1732	Catarina Adriana Duarte Oliveira	tartarugas furiosas	Senior Feminino	03:04:44	+01:51:16	18:28
855	1010	Tânia lavoura	individual	Senior Feminino	03:04:54	+01:51:26	18:29
856	1093	Sérgio valente	individual	Senior Masculino	03:04:56	+01:51:28	18:30
857	1066	Miguel Costa	individual	Senior Masculino	03:05:22	+01:51:54	18:32
858	1535	Luís Violas	portal da queixa	Senior Masculino	03:05:36	+01:52:08	18:34
859	1519	Joana Silva	portal da queixa	Senior Feminino	03:05:36	+01:52:08	18:34
860	699	Pedro Leite	coragem coletiva	Senior Masculino	03:05:37	+01:52:09	18:34
861	1200	Luís Miguel	m4	Senior Masculino	03:05:44	+01:52:16	18:34
862	1198	Beatriz Marques	m4	Senior Feminino	03:05:45	+01:52:17	18:34
863	1199	Carolina Preto	m4	Senior Feminino	03:05:45	+01:52:17	18:34
864	1201	Nelson Carreira	m4	Senior Masculino	03:05:45	+01:52:17	18:34
865	837	Eurico Domingos Soares da Silva	fúria brava	Senior Masculino	03:05:46	+01:52:18	18:35
866	833	Vera Cristina Coelho Alves	fúria brava	Senior Feminino	03:05:50	+01:52:22	18:35
867	1408	Sandra Costa	os resistentes	Senior Feminino	03:05:53	+01:52:25	18:35
868	926	Mariana Antunes	impocolor ti-tans	Senior Feminino	03:05:57	+01:52:29	18:36
869	1006	Sandra Almeida	individual	Senior Feminino	03:06:06	+01:52:38	18:37
870	1677	Mary Silva	sem medo do charco	Senior Feminino	03:06:12	+01:52:44	18:37
871	922	Cristina Ferreira	impocolor ti-tans	Senior Feminino	03:06:12	+01:52:44	18:37
872	932	Hugo Correia	impocolor ti-tans	Senior Masculino	03:06:12	+01:52:44	18:37
873	1486	Ana Maia	peregrinos bravos	Senior Feminino	03:06:19	+01:52:51	18:38
874	1488	Márcia Martins	peregrinos bravos	Senior Feminino	03:06:20	+01:52:52	18:38
875	1490	Mário Rocha	peregrinos bravos	Senior Masculino	03:06:20	+01:52:52	18:38
876	1487	Joana Ribeiro	peregrinos bravos	Senior Feminino	03:06:20	+01:52:52	18:38
877	628	Ana Claudia Teixeira	chamas na pista	Senior Feminino	03:06:28	+01:53:00	18:39
878	653	Hélder Tavares	chamas na pista	Senior Masculino	03:06:29	+01:53:01	18:39
879	1205	Ricardo Santos	mach1	Senior Masculino	03:06:31	+01:53:03	18:39
880	1202	Patrícia Teixeira	mach1	Senior Feminino	03:06:31	+01:53:03	18:39
881	1489	Carlos Raposo	peregrinos bravos	Senior Masculino	03:06:31	+01:53:04	18:39

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
882	1343	Cristiana Silva	os 7 maravilhas	Senior Feminino	03:06:56	+01:53:28	18:42
883	1344	Micaela Brandão	os 7 maravilhas	Senior Feminino	03:06:56	+01:53:28	18:42
884	933	MIGUEL JORGE BESSA FERREIRA DE LEMOS	impocolor ti-tans	Senior Masculino	03:06:58	+01:53:30	18:42
885	416	Carla Luisa da Costa Machado1009	bombeiros paços de ferreira	Senior Feminino	03:07:01	+01:53:33	18:42
886	415	Andreia Filipa de Sousa Ferreira	bombeiros paços de ferreira	Senior Feminino	03:07:01	+01:53:33	18:42
887	422	Vladimiro Francim Pinto Neto	bombeiros paços de ferreira	Senior Masculino	03:07:01	+01:53:33	18:42
888	419	Sara Raquel de Moura Pereira	bombeiros paços de ferreira	Senior Feminino	03:07:01	+01:53:33	18:42
889	418	Joana Filipa Ferreira da Rocha	bombeiros paços de ferreira	Senior Feminino	03:07:01	+01:53:33	18:42
890	417	Joana Catarina Gomes Pinto	bombeiros paços de ferreira	Senior Feminino	03:07:02	+01:53:34	18:42
891	420	Miguel Pereira	bombeiros paços de ferreira	Senior Masculino	03:07:02	+01:53:34	18:42
892	1348	Tiago Sousa	os 7 maravilhas	Senior Masculino	03:07:09	+01:53:41	18:43
893	1347	Ricardo Alves	os 7 maravilhas	Senior Masculino	03:07:12	+01:53:44	18:43
894	801	Cláudia Silva	fitness flow	Senior Feminino	03:08:00	+01:54:32	18:48
895	817	Raul Reis	fitness flow	Senior Masculino	03:08:24	+01:54:56	18:50
896	813	Manuel Sousa	fitness flow	Senior Masculino	03:08:32	+01:55:04	18:51
897	797	Carla Silva	fitness flow	Senior Feminino	03:08:32	+01:55:04	18:51
898	784	Maria Alice Costa	feras da lama	Senior Feminino	03:08:49	+01:55:21	18:53
899	786	Susana Pereira	feras da lama	Senior Feminino	03:08:50	+01:55:22	18:53
900	783	Liliana Costa	feras da lama	Senior Feminino	03:08:51	+01:55:23	18:53
901	572	Sandra Moreira	cansados de fresco	Senior Feminino	03:08:52	+01:55:24	18:53
902	566	Ana Luísa	cansados de fresco	Senior Feminino	03:08:52	+01:55:24	18:53
903	576	José Fernandes	cansados de fresco	Senior Masculino	03:08:52	+01:55:24	18:53
904	567	Carina Faria	cansados de fresco	Senior Feminino	03:08:52	+01:55:24	18:53
905	568	Carla Marinho	cansados de fresco	Senior Feminino	03:08:53	+01:55:25	18:53
906	579	Vasco Amaral	cansados de fresco	Senior Masculino	03:08:53	+01:55:25	18:53
907	574	André Azevedo	cansados de fresco	Senior Masculino	03:08:53	+01:55:25	18:53
908	565	Ana Carneiro	cansados de fresco	Senior Feminino	03:08:53	+01:55:25	18:53
909	578	Sérgio Sousa	cansados de fresco	Senior Masculino	03:08:53	+01:55:25	18:53
910	571	Maria Teixeira	cansados de fresco	Senior Feminino	03:08:53	+01:55:25	18:53
911	577	Nelson Pereira	cansados de fresco	Senior Masculino	03:08:54	+01:55:26	18:53
912	573	Vânia Pereira	cansados de fresco	Senior Feminino	03:08:54	+01:55:26	18:53
913	575	Celso Gomes	cansados de fresco	Senior Masculino	03:08:54	+01:55:26	18:53
914	785	Mélissa Reis	feras da lama	Senior Feminino	03:08:54	+01:55:26	18:53
915	1492	Gabriela Silva	pernetas de alfena	Senior Feminino	03:08:58	+01:55:30	18:54
916	1496	Mariana Lima	pernetas de alfena	Senior Feminino	03:08:58	+01:55:30	18:54
917	297	Marco Pais	alpha studio	Senior Masculino	03:09:00	+01:55:32	18:54
918	1781	Marcelo Xavier Capelo Almeida	team alfa	Senior Masculino	03:09:26	+01:55:58	18:57
919	1761	Ana Patrícia Santos Reis	team alfa	Senior Feminino	03:09:27	+01:55:59	18:57
920	1527	David Andrade	portal da queixa	Senior Masculino	03:09:27	+01:55:59	18:57
921	1536	Manuel da Costa Leal	portal da queixa	Senior Masculino	03:09:46	+01:56:18	18:59
922	1132	Sofia Registo	labregos	Senior Feminino	03:09:54	+01:56:26	18:59
923	1135	Fábio Rocha	labregos	Senior Masculino	03:09:54	+01:56:26	18:59
924	1127	Ana Aleixo	labregos	Senior Feminino	03:09:55	+01:56:27	18:59

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	1137	Pedro Aleixo	labregos	Senior Masculino	03:09:55	+01:56:27	18:59
926	1133	Bruno Barbosa	labregos	Senior Masculino	03:09:55	+01:56:27	19:00
927	1136	Francisco Ribeiro	labregos	Senior Masculino	03:09:56	+01:56:28	19:00
928	1131	Sofia Fernandinho	labregos	Senior Feminino	03:09:56	+01:56:28	19:00
929	1515	Cristiana Conceição dias	portal da queixa	Senior Feminino	03:10:09	+01:56:41	19:01
930	1332	Francisca Maia	os 10 da vaidrada	Senior Feminino	03:10:09	+01:56:41	19:01
931	1338	Rui Santos	os 10 da vaidrada	Senior Masculino	03:10:09	+01:56:41	19:01
932	1329	Ariana Soares	os 10 da vaidrada	Senior Feminino	03:10:09	+01:56:42	19:01
933	1334	Francisco Almeida	os 10 da vaidrada	Senior Masculino	03:10:10	+01:56:42	19:01
934	1331	Catarina Costa	os 10 da vaidrada	Senior Feminino	03:10:10	+01:56:42	19:01
935	1333	Gabriela Silva	os 10 da vaidrada	Senior Feminino	03:10:10	+01:56:42	19:01
936	1330	Beatriz Magalhães	os 10 da vaidrada	Senior Feminino	03:10:10	+01:56:42	19:01
937	1337	Ricardo Cardoso	os 10 da vaidrada	Senior Masculino	03:10:10	+01:56:42	19:01
938	1522	Mariana Soares	portal da queixa	Senior Feminino	03:10:12	+01:56:44	19:01
939	1525	Albano Soares	portal da queixa	Senior Masculino	03:10:12	+01:56:44	19:01
940	1540	Wallaph oliveira	portal da queixa	Senior Masculino	03:10:14	+01:56:46	19:01
941	1838	Diana Matos	trail brokers	Senior Feminino	03:10:24	+01:56:56	19:02
942	1845	Vera Coelho	trail brokers	Senior Feminino	03:10:24	+01:56:56	19:02
943	1842	Marta Coelho	trail brokers	Senior Feminino	03:10:24	+01:56:56	19:02
944	1839	Fátima Rocha	trail brokers	Senior Feminino	03:10:25	+01:56:57	19:02
945	1843	Telma Borges	trail brokers	Senior Feminino	03:10:25	+01:56:57	19:02
946	1523	Sandra Morais	portal da queixa	Senior Feminino	03:10:35	+01:57:07	19:03
947	1529	Diogo Sousa	portal da queixa	Senior Masculino	03:10:35	+01:57:07	19:04
948	1541	Wilson Santos	portal da queixa	Senior Masculino	03:10:38	+01:57:10	19:04
949	1339	Kornél Menyhárt	os 4 estarolas	Senior Masculino	03:11:02	+01:57:34	19:06
950	1340	Mário Pereira	os 4 estarolas	Senior Masculino	03:11:02	+01:57:34	19:06
951	1342	Tiago Barbosa	os 4 estarolas	Senior Masculino	03:11:02	+01:57:34	19:06
952	1341	Santiago Barbosa	os 4 estarolas	Senior Masculino	03:11:03	+01:57:35	19:06
953	1737	Adriano Bessa Pinho	tartarugas furiosas	Senior Masculino	03:11:04	+01:57:36	19:06
954	1747	Lucas Ferreira Pinho	tartarugas furiosas	Senior Masculino	03:11:05	+01:57:37	19:06
955	1911	Diogo Emanuel Lamas e Silva	veteranos da barrinha	Senior Masculino	03:11:20	+01:57:52	19:08
956	1915	Leonardo Manuel Ferreira dos Santos	veteranos da barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
957	1912	Joao Oliveira Rocha	veteranos da barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
958	1918	Samuel Campos	veteranos da barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
959	1917	Pedro Oliveira	veteranos da barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
960	1914	João Paulo Pacheco	veteranos da barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
961	1910	Daniel Pinto Costa	veteranos da barrinha	Senior Masculino	03:11:27	+01:57:59	19:09
962	1906	Daniela Rodrigues	veteranos da barrinha	Senior Feminino	03:11:28	+01:58:00	19:09
963	1913	João Paulo Almeida	veteranos da barrinha	Senior Masculino	03:11:30	+01:58:02	19:09
964	760	Débora Oliveira	falsos atletas	Senior Feminino	03:11:40	+01:58:12	19:10
965	761	Maria Oliveira	falsos atletas	Senior Feminino	03:11:40	+01:58:12	19:10
966	762	Rita Moreira	falsos atletas	Senior Feminino	03:11:40	+01:58:12	19:10
967	763	Zélia Oliveira	falsos atletas	Senior Feminino	03:11:42	+01:58:14	19:10
968	764	Tomás Fernandes	falsos atletas	Senior Masculino	03:11:45	+01:58:17	19:10
969	1620	Joana Gomes	retornados	Senior Feminino	03:13:11	+01:59:43	19:19

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	1622	Samuel Cardoso	retornados	Senior Masculino	03:13:11	+01:59:43	19:19
971	1138	Rafael Ferreira	labregos	Senior Masculino	03:13:13	+01:59:45	19:19
972	1130	Carolina Figueiredo	labregos	Senior Feminino	03:13:15	+01:59:47	19:19
973	1134	David Araújo	labregos	Senior Masculino	03:13:15	+01:59:47	19:19
974	1129	Bruna Barbosa	labregos	Senior Feminino	03:13:17	+01:59:49	19:20
975	1740	Carlos Alves	tartarugas furiosas	Senior Masculino	03:13:45	+02:00:17	19:22
976	1742	Edgar Alexandre Oliveira Gomes	tartarugas furiosas	Senior Masculino	03:13:51	+02:00:23	19:23
977	1749	Martim Alexandre Pinho Gomes	tartarugas furiosas	Senior Masculino	03:13:54	+02:00:26	19:23
978	1656	Vera Pereira	sem fôlego	Senior Feminino	03:14:13	+02:00:45	19:25
979	1659	Pedro Pereira	sem fôlego	Senior Masculino	03:14:14	+02:00:46	19:25
980	1655	Beatriz Fidalgo	sem fôlego	Senior Feminino	03:14:14	+02:00:46	19:25
981	1657	Claudio Pereira	sem fôlego	Senior Masculino	03:14:15	+02:00:47	19:26
982	1520	Juliana castro	portal da queixa	Senior Feminino	03:14:47	+02:01:19	19:29
983	1518	Jéssica Filipa Da Silva Robalinho	portal da queixa	Senior Feminino	03:14:51	+02:01:23	19:29
984	1608	Nuno Micael Alvim Coelho da Silva	queixosos anónimos	Senior Masculino	03:14:51	+02:01:23	19:29
985	1604	Gabriela Maria Alvim Guedes Pinto	queixosos anónimos	Senior Feminino	03:14:52	+02:01:24	19:29
986	1607	Sílvia Alexandra Pereira da Silva	queixosos anónimos	Senior Feminino	03:14:53	+02:01:25	19:29
987	1603	Eva Joana Alvim Silva	queixosos anónimos	Senior Feminino	03:14:53	+02:01:25	19:29
988	1606	Sandra Pinto	queixosos anónimos	Senior Feminino	03:14:54	+02:01:26	19:29
989	744	Ana Maria Vieira de Pinho	epme	Senior Feminino	03:14:57	+02:01:29	19:30
990	1940	André Oliveira	individual	Senior Masculino	03:14:58	+02:01:30	19:30
991	746	Joana Isabel Ribeiro Campos de Oliveira	epme	Senior Feminino	03:15:00	+02:01:32	19:30
992	749	Sérgio Filipe Ferreira do Amaral Garcia	epme	Senior Masculino	03:15:23	+02:01:55	19:32
993	1327	Duarte Vaz Batista	ocr4500	Senior Masculino	03:15:28	+02:02:00	19:33
994	1517	Goreti Almeida	portal da queixa	Senior Feminino	03:15:47	+02:02:19	19:35
995	1537	Nuno Rocha	portal da queixa	Senior Masculino	03:15:52	+02:02:24	19:35
996	596	Claudia Filipe Almeida da Silva	casa dos dragões de fiães	Senior Feminino	03:15:56	+02:02:28	19:36
997	606	Ricardo Manuel Ferreira Lopes	casa dos dragões de fiães	Senior Masculino	03:15:56	+02:02:28	19:36
998	604	Quintino Alexandre Sousa Ramos	casa dos dragões de fiães	Senior Masculino	03:15:56	+02:02:28	19:36
999	598	Maísa Isabel Nunes da Silva	casa dos dragões de fiães	Senior Feminino	03:15:56	+02:02:28	19:36
1000	1027	Carlos Alberto Fernandes mota	individual	Senior Masculino	03:15:57	+02:02:29	19:36
1001	602	Nelson Pedro Oliveira Silva	casa dos dragões de fiães	Senior Masculino	03:15:58	+02:02:30	19:36
1002	1059	Joel Ferreira Tavares	individual	Senior Masculino	03:15:58	+02:02:30	19:36
1003	1325	Daniel Oliveira	ocr4500	Senior Masculino	03:15:59	+02:02:31	19:36
1004	1326	Diogo Silva	ocr4500	Senior Masculino	03:15:59	+02:02:31	19:36
1005	1322	Andreia Cabral	ocr4500	Senior Feminino	03:15:59	+02:02:31	19:36
1006	1321	Ana Luísa Bonito	ocr4500	Senior Feminino	03:16:00	+02:02:32	19:36
1007	1324	Nicole dos Santos Vaz	ocr4500	Senior Feminino	03:16:00	+02:02:32	19:36
1008	1328	João Miguel Santos	ocr4500	Senior Masculino	03:16:00	+02:02:32	19:36
1009	599	Maria Isabel Freitas da Silva	casa dos dragões de fiães	Senior Feminino	03:16:00	+02:02:32	19:36

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	1057	Duarte Silva	individual	Senior Masculino	03:16:34	+02:03:06	19:39
1011	637	Mariana Machango	chamas na pista	Senior Feminino	03:16:43	+02:03:15	19:40
1012	542	João Melo Bártolo	bravos mansos	Senior Masculino	03:16:46	+02:03:18	19:41
1013	539	Diogo Ferreira Neves	bravos mansos	Senior Masculino	03:16:46	+02:03:18	19:41
1014	644	Soraia Silva	chamas na pista	Senior Feminino	03:16:59	+02:03:31	19:42
1015	641	Rute Sousa	chamas na pista	Senior Feminino	03:17:00	+02:03:32	19:42
1016	649	Eduardo Silva	chamas na pista	Senior Masculino	03:17:03	+02:03:35	19:42
1017	642	Sara Reis	chamas na pista	Senior Feminino	03:17:03	+02:03:35	19:42
1018	1155	Mariana Henriques Almeida	legítimos e emprestados	Senior Feminino	03:17:13	+02:03:45	19:43
1019	1158	Leandro Almeida Santos	legítimos e emprestados	Senior Masculino	03:17:14	+02:03:46	19:43
1020	1157	José Filipe Sousa Teixeira	legítimos e emprestados	Senior Masculino	03:17:14	+02:03:46	19:43
1021	1154	Daniela Filipa Gonçalves de Almeida	legítimos e emprestados	Senior Feminino	03:17:15	+02:03:47	19:43
1022	1152	Adriana Marisa Almeida Santos	legítimos e emprestados	Senior Feminino	03:17:15	+02:03:47	19:43
1023	1162	Telmo Santos Mota	legítimos e emprestados	Senior Masculino	03:17:15	+02:03:47	19:44
1024	1156	Patrícia Henriques Almeida	legítimos e emprestados	Senior Feminino	03:17:16	+02:03:48	19:44
1025	1159	Ricardo José Tavares Oliveira	legítimos e emprestados	Senior Masculino	03:17:16	+02:03:48	19:44
1026	1160	Ricardo Manuel Almeida Santos	legítimos e emprestados	Senior Masculino	03:17:16	+02:03:48	19:44
1027	1153	Ana Rita Leal da Silva	legítimos e emprestados	Senior Feminino	03:17:22	+02:03:54	19:44
1028	202	Maria João	1002	Senior Feminino	03:17:24	+02:03:56	19:44
1029	204	Sofia Fontes	1002	Senior Feminino	03:17:24	+02:03:56	19:44
1030	203	Mariana Nunes	1002	Senior Feminino	03:17:24	+02:03:56	19:44
1031	201	Joaninha P	1002	Senior Feminino	03:17:24	+02:03:57	19:44
1032	1646	Bárbara Miranda	salamanca	Senior Feminino	03:17:28	+02:04:00	19:45
1033	1649	Sofia Dionísio	salamanca	Senior Feminino	03:17:28	+02:04:00	19:45
1034	1647	Rita Dionísio	salamanca	Senior Feminino	03:17:28	+02:04:00	19:45
1035	1477	Natália Moreira	perdidos mas felizes	Senior Feminino	03:17:39	+02:04:11	19:46
1036	1478	Rita Baptista	perdidos mas felizes	Senior Feminino	03:17:39	+02:04:11	19:46
1037	1471	Denise Rocha Peleteiro	perdidos mas felizes	Senior Feminino	03:17:39	+02:04:11	19:46
1038	1470	Catarina Silva	perdidos mas felizes	Senior Feminino	03:17:39	+02:04:11	19:46
1039	1474	Isa Silva	perdidos mas felizes	Senior Feminino	03:17:40	+02:04:12	19:46
1040	1472	Diana Sofia Azevedo	perdidos mas felizes	Senior Feminino	03:17:42	+02:04:14	19:46
1041	1481	Vasco Pinto Silva	perdidos mas felizes	Senior Masculino	03:17:42	+02:04:14	19:46
1042	1469	Ana Pedrosa	perdidos mas felizes	Senior Feminino	03:17:52	+02:04:24	19:47
1043	1468	Ana Catarina Pedrosa	perdidos mas felizes	Senior Feminino	03:17:52	+02:04:24	19:47
1044	1374	Carla Alexandra dos Santos Patela	os fogo no cu	Senior Feminino	03:18:04	+02:04:36	19:48
1045	1389	Pedro Gonçalves	os fogo no cu	Senior Masculino	03:18:04	+02:04:36	19:48
1046	1370	Ana Amorim	os fogo no cu	Senior Feminino	03:18:04	+02:04:36	19:48
1047	1388	Manuel Arnaldo Oliveira	os fogo no cu	Senior Masculino	03:18:04	+02:04:36	19:48
1048	1379	Daniela Sá	os fogo no cu	Senior Feminino	03:18:04	+02:04:36	19:48
1049	1385	Daniel Fernando da Silva	os fogo no cu	Senior Masculino	03:18:04	+02:04:36	19:48
1050	1373	Beatriz Catarino Rocha	os fogo no cu	Senior Feminino	03:18:05	+02:04:37	19:48
1051	1386	JOÃO CARDOSO	os fogo no cu	Senior Masculino	03:18:05	+02:04:37	19:48
1052	1387	Leonel Resende Rocha	os fogo no cu	Senior Masculino	03:18:05	+02:04:37	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
1053	1380	Joana Sá	os fogo no cu	Senior Feminino	03:18:05	+02:04:37	19:49
1054	1376	Cecília Freitas	os fogo no cu	Senior Feminino	03:18:05	+02:04:37	19:49
1055	1371	Andreia Oliveira	os fogo no cu	Senior Feminino	03:18:05	+02:04:37	19:49
1056	1383	Artur Brandão	os fogo no cu	Senior Masculino	03:18:06	+02:04:38	19:49
1057	1384	Carlos Rodrigues	os fogo no cu	Senior Masculino	03:18:06	+02:04:38	19:49
1058	1382	Paula Alexandra Braga Catarino	os fogo no cu	Senior Feminino	03:18:06	+02:04:38	19:49
1059	1369	Alexandra de Castro e Silva	os fogo no cu	Senior Feminino	03:18:06	+02:04:38	19:49
1060	1381	Maria Nunes Rocha	os fogo no cu	Senior Feminino	03:18:06	+02:04:38	19:49
1061	1377	Claudia Pereira Pires Teixeira	os fogo no cu	Senior Feminino	03:18:06	+02:04:38	19:49
1062	1372	Bárbara Fonseca	os fogo no cu	Senior Feminino	03:18:06	+02:04:38	19:49
1063	1378	CRISTINA COSTA	os fogo no cu	Senior Feminino	03:18:08	+02:04:40	19:49
1064	1375	Carla Pereira	os fogo no cu	Senior Feminino	03:18:08	+02:04:40	19:49
1065	1476	Mariana Rocha	perdidos mas felizes	Senior Feminino	03:18:11	+02:04:43	19:49
1066	1415	Joel Santos	os resistentes	Senior Masculino	03:18:49	+02:05:21	19:53
1067	1400	Ana Libras	os resistentes	Senior Feminino	03:18:50	+02:05:22	19:53
1068	1406	Mónica Silva	os resistentes	Senior Feminino	03:18:50	+02:05:22	19:53
1069	1399	Ana Gomes	os resistentes	Senior Feminino	03:18:50	+02:05:22	19:53
1070	1412	Fernando Gonçalves	os resistentes	Senior Masculino	03:18:51	+02:05:23	19:53
1071	1759	Ana Beatriz Silva Mendes Couto	team alfa	Senior Feminino	03:18:51	+02:05:23	19:53
1072	1760	Ana Carla Tavares de Pinho	team alfa	Senior Feminino	03:18:51	+02:05:23	19:53
1073	1769	Mariana Teixeira Gomes Martins dos Santos	team alfa	Senior Feminino	03:18:51	+02:05:23	19:53
1074	1774	Carlos Monteiro	team alfa	Senior Masculino	03:18:52	+02:05:24	19:53
1075	1140	Ana Ribeiro	lama sem medo	Senior Feminino	03:18:59	+02:05:31	19:54
1076	1142	Raquel Ramos	lama sem medo	Senior Feminino	03:19:00	+02:05:32	19:54
1077	1145	Pedro Bento	lama sem medo	Senior Masculino	03:19:00	+02:05:32	19:54
1078	1144	João Bento	lama sem medo	Senior Masculino	03:19:00	+02:05:32	19:54
1079	1141	Beatriz Santos	lama sem medo	Senior Feminino	03:19:00	+02:05:32	19:54
1080	1143	Sofia Santos	lama sem medo	Senior Feminino	03:19:00	+02:05:32	19:54
1081	1402	Inês Bastos	os resistentes	Senior Feminino	03:19:06	+02:05:38	19:55
1082	747	Sónia Cristina da Silva de Sousa Carvalho	epme	Senior Feminino	03:19:09	+02:05:41	19:55
1083	748	Ricardo Valentim Ferreira dos Santos	epme	Senior Masculino	03:19:09	+02:05:41	19:55
1084	1409	António Teixeira	os resistentes	Senior Masculino	03:19:21	+02:05:53	19:56
1085	1414	Joaquim Calafate	os resistentes	Senior Masculino	03:19:21	+02:05:53	19:56
1086	1401	Anabela Teixeira	os resistentes	Senior Feminino	03:19:21	+02:05:53	19:56
1087	1407	Rosária Martins	os resistentes	Senior Feminino	03:19:25	+02:05:57	19:57
1088	1516	Cristiana Gomes Valente ferreira	portal da queixa	Senior Feminino	03:20:55	+02:07:27	20:05
1089	1521	Juliana Moreira coelho	portal da queixa	Senior Feminino	03:20:55	+02:07:27	20:06
1090	310	Helena Castro	as bravas	Senior Feminino	03:21:06	+02:07:38	20:07
1091	308	Alexandra Valente	as bravas	Senior Feminino	03:21:06	+02:07:38	20:07
1092	311	Marisa Correia	as bravas	Senior Feminino	03:21:06	+02:07:38	20:07
1093	309	Elisabete Soares	as bravas	Senior Feminino	03:21:06	+02:07:38	20:07
1094	313	Susana Aguiar	as bravas	Senior Feminino	03:21:06	+02:07:38	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
1095	314	Vânia Cunha	as bravas	Senior Feminino	03:21:06	+02:07:38	20:07
1096	315	Jose Velho	as bravas	Senior Masculino	03:21:06	+02:07:38	20:07
1097	312	Marisa Ribeiro	as bravas	Senior Feminino	03:21:06	+02:07:38	20:07
1098	773	Júlia Da Rocha Neiva Santos	família na lama	Senior Feminino	03:21:08	+02:07:40	20:07
1099	774	Leonor Fernandes Dos Santos	família na lama	Senior Feminino	03:21:09	+02:07:41	20:07
1100	777	Virginia Patricia Rocha Santos	família na lama	Senior Feminino	03:21:09	+02:07:41	20:07
1101	775	Miriam Dos santos Pereira	família na lama	Senior Feminino	03:21:09	+02:07:41	20:07
1102	776	Natália Maria Da Rocha Pereira Neiva	família na lama	Senior Feminino	03:21:09	+02:07:41	20:07
1103	399	César Filipe Carvalho Gomes	bombeiros de arrifana	Senior Masculino	03:21:12	+02:07:44	20:07
1104	407	Moisés Pinto Dos Santos	bombeiros de arrifana	Senior Masculino	03:21:13	+02:07:45	20:07
1105	1243	CARLA FAMILIAR	mc	Senior Feminino	03:21:20	+02:07:52	20:08
1106	1254	CLAUDIO OLIVEIRA	mc	Senior Masculino	03:21:21	+02:07:53	20:08
1107	767	Tiago Reis	falsos lentos	Senior Masculino	03:21:21	+02:07:53	20:08
1108	1253	VERA OLIVEIRA	mc	Senior Feminino	03:21:21	+02:07:53	20:08
1109	1245	ISAURA SOARES	mc	Senior Feminino	03:21:22	+02:07:54	20:08
1110	766	Rodrigo Silva	falsos lentos	Senior Masculino	03:21:22	+02:07:54	20:08
1111	1248	RITA OLIVEIRA	mc	Senior Feminino	03:21:22	+02:07:54	20:08
1112	1255	DANIEL OLIVEIRA	mc	Senior Masculino	03:21:22	+02:07:54	20:08
1113	1250	SONIA CARVALHO	mc	Senior Feminino	03:21:22	+02:07:54	20:08
1114	1252	VANIA SILVA	mc	Senior Feminino	03:21:23	+02:07:55	20:08
1115	1251	SONIA LIMA	mc	Senior Feminino	03:21:24	+02:07:56	20:08
1116	971	Alice João Coanhas Gonçalves	individual	Senior Feminino	03:21:27	+02:07:59	20:09
1117	765	Marco Silva	falsos lentos	Senior Masculino	03:21:27	+02:07:59	20:09
1118	1662	Gonçalo Pinho	sem limites	Senior Masculino	03:21:50	+02:08:22	20:11
1119	1661	Ana Santos	sem limites	Senior Feminino	03:21:51	+02:08:23	20:11
1120	1925	Xavier Oliveira	vita	Senior Masculino	03:21:51	+02:08:23	20:11
1121	1924	Tatiana Figueiredo	vita	Senior Feminino	03:21:51	+02:08:23	20:11
1122	1660	Ana Correia	sem limites	Senior Feminino	03:21:51	+02:08:23	20:11
1123	1128	Andréia Ribeiro	labregos	Senior Feminino	03:22:05	+02:08:37	20:12
1124	1126	Ádria Lemos	labregos	Senior Feminino	03:22:08	+02:08:40	20:13
1125	347	Rodrigo Pombinho	auauauauau cães da pradaria	Senior Masculino	03:22:33	+02:09:05	20:15
1126	339	Diogo Oliveira	auauauauau cães da pradaria	Senior Masculino	03:22:33	+02:09:05	20:15
1127	343	Joel Oliveira Pinto	auauauauau cães da pradaria	Senior Masculino	03:22:35	+02:09:07	20:15
1128	346	Roberto Oliveira	auauauauau cães da pradaria	Senior Masculino	03:22:38	+02:09:10	20:16
1129	344	Gabriela Silva	auauauauau cães da pradaria	Senior Masculino	03:22:38	+02:09:10	20:16
1130	345	Matias Fernandes	auauauauau cães da pradaria	Senior Feminino	03:22:39	+02:09:11	20:16
1131	348	Vasco Matos	auauauauau cães da pradaria	Senior Masculino	03:22:39	+02:09:11	20:16
1132	1739	Bruno Filipe de Oliveira Pinho	tartarugas furiosas	Senior Masculino	03:23:21	+02:09:53	20:20
1133	1706	Edgar Almeida	stump fight team	Senior Masculino	03:23:35	+02:10:07	20:21
1134	1711	Luis Oliveira	stump fight team	Senior Masculino	03:23:36	+02:10:08	20:22
1135	1710	Henrique Caldeira	stump fight team	Senior Masculino	03:23:36	+02:10:08	20:22
1136	1708	Filipe Almeida	stump fight team	Senior Masculino	03:23:36	+02:10:08	20:22
1137	1705	Diogo Granja	stump fight team	Senior Masculino	03:23:37	+02:10:09	20:22
1138	1712	Márcio Couto	stump fight team	Senior Masculino	03:23:37	+02:10:09	20:22
1139	1699	Maria Reis	stump fight team	Senior Feminino	03:23:38	+02:10:10	20:22

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1140	1701	Soraia Soreira	stump fight team	Senior Feminino	03:23:38	+02:10:10	20:22
1141	1707	Fabio Silva	stump fight team	Senior Masculino	03:23:38	+02:10:10	20:22
1142	1698	Marcela Gomes	stump fight team	Senior Feminino	03:23:38	+02:10:10	20:22
1143	1700	Sofia Azevedo	stump fight team	Senior Feminino	03:23:39	+02:10:11	20:22
1144	1703	Alexandre Oliveira	stump fight team	Senior Masculino	03:23:39	+02:10:11	20:22
1145	1704	Catarina Valente	stump fight team	Senior Masculino	03:23:40	+02:10:12	20:22
1146	1702	Tania Soreira	stump fight team	Senior Feminino	03:23:40	+02:10:12	20:22
1147	1709	Filipe Posio	stump fight team	Senior Masculino	03:23:41	+02:10:13	20:22
1148	378	Pollyanna pacheco	banhas assassinas	Senior Feminino	03:23:43	+02:10:15	20:22
1149	341	João Oliveira	auauauauau cães da pradaria	Senior Masculino	03:23:53	+02:10:25	20:23
1150	214	João Lopes	100nome	Senior Masculino	03:23:53	+02:10:25	20:23
1151	338	Rafaela Grave	auauauauau cães da pradaria	Senior Feminino	03:23:53	+02:10:25	20:23
1152	337	Diana Ribeiro	auauauauau cães da pradaria	Senior Feminino	03:23:54	+02:10:26	20:23
1153	1652	Adilson Nascimento	segura o bloqueio	Senior Masculino	03:24:30	+02:11:02	20:27
1154	1650	Alyne Rodrigues	segura o bloqueio	Senior Feminino	03:24:30	+02:11:02	20:27
1155	1651	Mônica Esteve Araújo nascimento	segura o bloqueio	Senior Feminino	03:24:30	+02:11:02	20:27
1156	1653	Bruno Pedro	segura o bloqueio	Senior Masculino	03:24:31	+02:11:03	20:27
1157	410	Ricardo Luís Resende Amorim	bombeiros de arrifana	Senior Masculino	03:24:34	+02:11:06	20:27
1158	403	José Rui Araújo Da Silva	bombeiros de arrifana	Senior Masculino	03:24:35	+02:11:07	20:27
1159	398	Beatriz da Conceição Dias Serdoura	bombeiros de arrifana	Senior Feminino	03:24:35	+02:11:07	20:27
1160	413	Rui Miguel de Assunção Duarte	bombeiros de arrifana	Senior Masculino	03:24:35	+02:11:07	20:27
1161	405	Manuel Fernando Resende Freitas	bombeiros de arrifana	Senior Masculino	03:24:35	+02:11:07	20:28
1162	406	Manuel José Martins Oliveira	bombeiros de arrifana	Senior Masculino	03:24:36	+02:11:08	20:28
1163	402	Jorge Filipe Rocha Pereira	bombeiros de arrifana	Senior Masculino	03:24:40	+02:11:12	20:28
1164	236	Caroline Jacobsen	a catarina disse que era fácil	Senior Feminino	03:24:56	+02:11:28	20:30
1165	248	Talles Jacobsen	a catarina disse que era fácil	Senior Masculino	03:24:57	+02:11:29	20:30
1166	329	Sónia Alexandra Fernandes	as do costume	Senior Feminino	03:25:04	+02:11:36	20:30
1167	328	Sandra Isabel da Silva Pinto	as do costume	Senior Feminino	03:25:04	+02:11:36	20:30
1168	327	Flávia Mendes	as do costume	Senior Feminino	03:25:04	+02:11:36	20:30
1169	1805	Patrícia da Paula	team dartação	Senior Feminino	03:25:29	+02:12:01	20:33
1170	1803	Marta Limas	team dartação	Senior Feminino	03:25:29	+02:12:01	20:33
1171	1630	Cristiana Pinto	running esmoriz	Senior Feminino	03:25:30	+02:12:02	20:33
1172	1631	Fátima Lemos	running esmoriz	Senior Feminino	03:25:30	+02:12:02	20:33
1173	1632	Jeanete Valente	running esmoriz	Senior Feminino	03:25:30	+02:12:02	20:33
1174	1634	Margarida Tavares	running esmoriz	Senior Feminino	03:25:32	+02:12:04	20:33
1175	1635	Rosana Pereira	running esmoriz	Senior Feminino	03:25:32	+02:12:04	20:33
1176	1633	liliana Ferreira	running esmoriz	Senior Feminino	03:25:33	+02:12:05	20:33
1177	1628	Catarina Moreira	running esmoriz	Senior Feminino	03:25:42	+02:12:14	20:34
1178	1629	Cátia Costa	running esmoriz	Senior Feminino	03:25:42	+02:12:14	20:34
1179	673	Miguel Sousa	chico deus	Senior Masculino	03:26:06	+02:12:38	20:37
1180	671	Bruno Morais	chico deus	Senior Masculino	03:26:07	+02:12:39	20:37
1181	668	Daniela Rocha	chico deus	Senior Feminino	03:26:09	+02:12:41	20:37
1182	669	Mariana Duarte	chico deus	Senior Feminino	03:26:10	+02:12:42	20:37

SEMI-ELITE - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1183	672	Francisco Monteiro	chico deus	Senior Masculino	03:26:10	+02:12:42	20:37
1184	674	Miguel Teixeira	chico deus	Senior Masculino	03:26:10	+02:12:42	20:37
1185	670	Vanessa Ferraz	chico deus	Senior Feminino	03:26:14	+02:12:46	20:37
1186	1743	Fernando Paulo Sousa Freitas	tartarugas furiosas	Senior Masculino	03:26:33	+02:13:05	20:39
1187	1738	Armenio Duarte Pinho	tartarugas furiosas	Senior Masculino	03:26:34	+02:13:06	20:39
1188	1744	Horácio Manuel Ferreira Dos Santos	tartarugas furiosas	Senior Masculino	03:26:41	+02:13:13	20:40
1189	1735	Mariana Carvalho Cancela Felix	tartarugas furiosas	Senior Feminino	03:26:41	+02:13:13	20:40
1190	1733	Claudia Patrícia Gomes Pinho	tartarugas furiosas	Senior Feminino	03:26:42	+02:13:14	20:40
1191	1751	Paulo Sérgio De Oliveira Pinho	tartarugas furiosas	Senior Masculino	03:26:42	+02:13:14	20:40
1192	1753	Pedro tiago de Oliveira Pinho	tartarugas furiosas	Senior Masculino	03:26:45	+02:13:17	20:40
1193	1853	Filipe Assunção	tremoços olímpicos	Senior Masculino	03:27:07	+02:13:39	20:43
1194	1750	Nelson Palha Cadilhe	tartarugas furiosas	Senior Masculino	03:27:09	+02:13:41	20:43
1195	688	Filipa Fonseca	coragem coletiva	Senior Feminino	03:27:09	+02:13:41	20:43
1196	691	Mónica Santos	coragem coletiva	Senior Feminino	03:27:09	+02:13:41	20:43
1197	694	Fernando Alves	coragem coletiva	Senior Masculino	03:27:09	+02:13:41	20:43
1198	1748	Manuel Neves de Oliveira	tartarugas furiosas	Senior Masculino	03:27:09	+02:13:41	20:43
1199	1736	Susana Palha Cadilhe	tartarugas furiosas	Senior Feminino	03:27:09	+02:13:41	20:43
1200	1852	André Lopes	tremoços olímpicos	Senior Masculino	03:27:10	+02:13:42	20:43
1201	1855	Ricardo Santos	tremoços olímpicos	Senior Masculino	03:27:12	+02:13:44	20:43
1202	1854	Mario Ferreira	tremoços olímpicos	Senior Masculino	03:27:13	+02:13:45	20:43
1203	693	André Pereira	coragem coletiva	Senior Masculino	03:27:28	+02:14:00	20:45
1204	1036	Diogo Reis	individual	Senior Masculino	03:27:28	+02:14:00	20:45
1205	696	Miguel Silva	coragem coletiva	Senior Masculino	03:27:28	+02:14:00	20:45
1206	697	Paulo Moreira	coragem coletiva	Senior Masculino	03:27:29	+02:14:01	20:45
1207	780	Francisco José Oliveira Santos	familia santos	Senior Masculino	03:27:51	+02:14:23	20:47
1208	779	Carolina Sousa Santos	familia santos	Senior Feminino	03:28:06	+02:14:38	20:49
1209	778	Ana Elisabete Ribeiro de Sousa Lopes	familia santos	Senior Feminino	03:28:07	+02:14:39	20:49
1210	1263	Daniel Almeida	mental energy	Senior Masculino	03:28:21	+02:14:53	20:50
1211	1259	Ana Couto	mental energy	Senior Feminino	03:28:21	+02:14:53	20:50
1212	1260	Catarina Nogueira	mental energy	Senior Feminino	03:28:21	+02:14:53	20:50
1213	1258	Alice Couto	mental energy	Senior Feminino	03:28:21	+02:14:53	20:50
1214	1262	Joana Coelho	mental energy	Senior Feminino	03:28:21	+02:14:53	20:50
1215	1391	Vergilio Silva Teixeira	os fogo no cu	Senior Masculino	03:30:14	+02:16:46	21:01
1216	1288	Inês Sousa	no knees	Senior Feminino	03:30:31	+02:17:03	21:03
1217	1287	Inês Silva	no knees	Senior Feminino	03:30:31	+02:17:03	21:03
1218	1279	Ana Alves	no knees	Senior Feminino	03:30:31	+02:17:03	21:03
1219	1286	Flaviana Teixeira	no knees	Senior Feminino	03:30:31	+02:17:03	21:03
1220	1298	Joel Gonçalves	no knees	Senior Masculino	03:30:32	+02:17:04	21:03
1221	1280	Ana Cristina	no knees	Senior Feminino	03:30:32	+02:17:04	21:03
1222	1297	João Simões	no knees	Senior Masculino	03:30:32	+02:17:04	21:03
1223	1290	Sandrina Marques	no knees	Senior Feminino	03:30:33	+02:17:05	21:03
1224	1285	Filipa Silva	no knees	Senior Feminino	03:30:33	+02:17:05	21:03
1225	1299	Mário Santos	no knees	Senior Masculino	03:30:33	+02:17:05	21:03
1226	1284	Filipa Loureiro	no knees	Senior Feminino	03:30:33	+02:17:05	21:03

SEMI-ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1227	1300	Paulo Santos	no knees	Senior Masculino	03:30:34	+02:17:06	21:03
1228	1295	Carlos Tavares	no knees	Senior Masculino	03:30:34	+02:17:06	21:03
1229	1303	Rúben Pires	no knees	Senior Masculino	03:30:34	+02:17:06	21:03
1230	752	Rogério Couto	equipa metalarda	Senior Masculino	03:30:48	+02:17:20	21:05
1231	751	Joaquim Moreira	equipa metalarda	Senior Masculino	03:30:49	+02:17:21	21:05
1232	750	Leandra Oliveira	equipa metalarda	Senior Feminino	03:30:55	+02:17:27	21:06
1233	905	Hugo Costa	grupo jr	Senior Masculino	03:31:00	+02:17:32	21:06
1234	986	Elisabete Vitorino	individual	Senior Feminino	03:31:01	+02:17:33	21:06
1235	680	Matilde Sousa	clã 57	Senior Feminino	03:31:02	+02:17:34	21:06
1236	984	Dulce Adrêgo	individual	Senior Feminino	03:31:02	+02:17:34	21:06
1237	682	Rafaela Guedes	clã 57	Senior Feminino	03:31:02	+02:17:34	21:06
1238	683	Raquel Oliveira	clã 57	Senior Feminino	03:31:02	+02:17:34	21:06
1239	675	Ana Sousa	clã 57	Senior Feminino	03:31:03	+02:17:35	21:06
1240	676	Cláudia Susana Maia	clã 57	Senior Feminino	03:31:03	+02:17:35	21:06
1241	678	Karina Matos	clã 57	Senior Feminino	03:31:04	+02:17:36	21:06
1242	677	Joana Filipa Mota	clã 57	Senior Feminino	03:31:04	+02:17:36	21:06
1243	681	Nádía Santos	clã 57	Senior Feminino	03:31:05	+02:17:37	21:06
1244	679	Luísa Gil	clã 57	Senior Feminino	03:31:06	+02:17:38	21:07
1245	686	Ricardo Bento	clã 57	Senior Masculino	03:31:06	+02:17:38	21:07
1246	685	José Marques	clã 57	Senior Masculino	03:31:09	+02:17:41	21:07
1247	909	Vítor Figueira	grupo jr	Senior Masculino	03:31:10	+02:17:42	21:07
1248	904	Filipe Soares	grupo jr	Senior Masculino	03:31:11	+02:17:43	21:07
1249	903	Armando Ferreira	grupo jr	Senior Masculino	03:31:11	+02:17:43	21:07
1250	908	Ricardo França	grupo jr	Senior Masculino	03:31:11	+02:17:43	21:07
1251	1246	IVETE SOUZA	mc	Senior Feminino	03:32:10	+02:18:42	21:13
1252	1244	FABIOLA SANTOS	mc	Senior Feminino	03:32:12	+02:18:44	21:13
1253	296	João Santos	alpha studio	Senior Masculino	03:32:49	+02:19:21	21:17
1254	292	Vera Martins	alpha studio	Senior Feminino	03:32:50	+02:19:22	21:17
1255	280	Ana Patrícia Moreira	alpha studio	Senior Feminino	03:32:50	+02:19:22	21:17
1256	278	Ana Beatriz Gomes	alpha studio	Senior Feminino	03:32:50	+02:19:22	21:17
1257	282	Cecília Mota	alpha studio	Senior Feminino	03:32:50	+02:19:22	21:17
1258	294	João Miguel Ferreira	alpha studio	Senior Masculino	03:32:51	+02:19:23	21:17
1259	279	Ana Cristina Silva	alpha studio	Senior Feminino	03:32:51	+02:19:23	21:17
1260	293	Anthony Silva	alpha studio	Senior Masculino	03:32:51	+02:19:23	21:17
1261	288	Maria Teresa Martins	alpha studio	Senior Feminino	03:32:52	+02:19:24	21:17
1262	284	Diana Azevedo	alpha studio	Senior Feminino	03:32:52	+02:19:24	21:17
1263	291	Sílvia Cardoso	alpha studio	Senior Feminino	03:32:53	+02:19:25	21:17
1264	285	Jéssica Pais	alpha studio	Senior Feminino	03:32:53	+02:19:25	21:17
1265	848	Mariana Lameira	g.e.m.e	Senior Feminino	03:33:55	+02:20:27	21:23
1266	851	Solange Moreira	g.e.m.e	Senior Feminino	03:33:55	+02:20:27	21:23
1267	845	Cristiana Moreira	g.e.m.e	Senior Feminino	03:33:56	+02:20:28	21:24
1268	852	Vanessa Oliveira	g.e.m.e	Senior Feminino	03:33:57	+02:20:29	21:24
1269	866	Sérgio Santos	g.e.m.e	Senior Masculino	03:33:58	+02:20:30	21:24
1270	859	Eduardo Ferreira	g.e.m.e	Senior Masculino	03:33:59	+02:20:31	21:24
1271	846	Fabiana Andrade	g.e.m.e	Senior Feminino	03:33:59	+02:20:31	21:24
1272	843	Bruna Lameira	g.e.m.e	Senior Feminino	03:34:01	+02:20:33	21:24

SEMI-ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1273	847	Inês Barata	g.e.m.e	Senior Feminino	03:34:01	+02:20:33	21:24
1274	864	Ricardo Ramos	g.e.m.e	Senior Masculino	03:34:05	+02:20:37	21:24
1275	853	Américo Castanheira	g.e.m.e	Senior Masculino	03:34:07	+02:20:39	21:25
1276	855	Armando Ribeiro	g.e.m.e	Senior Masculino	03:34:10	+02:20:42	21:25
1277	854	André Paiva	g.e.m.e	Senior Masculino	03:34:14	+02:20:46	21:25
1278	862	Pedro Alves	g.e.m.e	Senior Masculino	03:34:14	+02:20:46	21:25
1279	863	Rafael Fernandes	g.e.m.e	Senior Masculino	03:34:14	+02:20:46	21:25
1280	842	Adriana Ventura	g.e.m.e	Senior Feminino	03:34:15	+02:20:47	21:25
1281	857	David Moura	g.e.m.e	Senior Masculino	03:34:15	+02:20:47	21:26
1282	858	Diogo Ferreira	g.e.m.e	Senior Masculino	03:34:16	+02:20:48	21:26
1283	536	Mariana Oliveira Vasconcelos Rosadas	bravos mansos	Senior Feminino	03:34:22	+02:20:54	21:26
1284	535	Mariana de Melo Tavares	bravos mansos	Senior Feminino	03:34:22	+02:20:54	21:26
1285	537	Marta Sofia Lopes Dias	bravos mansos	Senior Feminino	03:34:23	+02:20:55	21:26
1286	538	Viviana Almeida Costa	bravos mansos	Senior Feminino	03:34:23	+02:20:55	21:26
1287	532	Ana Filipa Pinho Vilar	bravos mansos	Senior Feminino	03:34:23	+02:20:55	21:26
1288	544	Xavier Neto	bravos mansos	Senior Masculino	03:34:23	+02:20:55	21:26
1289	533	Catarina Ferreira Gonçalves da Silva	bravos mansos	Senior Feminino	03:34:24	+02:20:56	21:26
1290	540	Francisco Barbosa	bravos mansos	Senior Masculino	03:34:24	+02:20:56	21:26
1291	1762	Beatriz Campos	team alfa	Senior Feminino	03:34:41	+02:21:13	21:28
1292	1627	Rúben Santos	runners aguada de cima	Senior Masculino	03:34:44	+02:21:16	21:28
1293	1624	Silvia da Silva	runners aguada de cima	Senior Feminino	03:34:44	+02:21:16	21:28
1294	1778	Ivo Paiva	team alfa	Senior Masculino	03:34:44	+02:21:16	21:28
1295	1625	Bruno Silva	runners aguada de cima	Senior Masculino	03:34:45	+02:21:17	21:29
1296	1626	Felipe Pereira	runners aguada de cima	Senior Masculino	03:34:46	+02:21:18	21:29
1297	1937	Daisy Silva	runners aguada de cima	Senior Masculino	03:34:46	+02:21:18	21:29
1298	881	Ruben Gomes	g6 - esan	Senior Masculino	03:34:51	+02:21:23	21:29
1299	868	Catarina Freitas	g6 - esan	Senior Feminino	03:34:51	+02:21:23	21:29
1300	1767	Lara Sofia Almeida Oliveira	team alfa	Senior Feminino	03:34:59	+02:21:31	21:30
1301	1293	André Oliveira	no knees	Senior Masculino	03:35:26	+02:21:58	21:33
1302	1292	Virgínia Fernandes	no knees	Senior Feminino	03:35:27	+02:21:59	21:33
1303	1777	Gustavo Soares	team alfa	Senior Masculino	03:35:27	+02:21:59	21:33
1304	1283	Dionísia Laranjeiro	no knees	Senior Feminino	03:35:27	+02:21:59	21:33
1305	1294	Carlos Oliveira	no knees	Senior Masculino	03:35:28	+02:22:00	21:33
1306	1296	João Laranjeiro	no knees	Senior Masculino	03:35:28	+02:22:00	21:33
1307	861	Oswaldo Santos	g.e.m.e	Senior Masculino	03:35:32	+02:22:04	21:33
1308	865	Rui Oliveira	g.e.m.e	Senior Masculino	03:36:06	+02:22:38	21:37
1309	1281	Andreia Simões	no knees	Senior Feminino	03:37:17	+02:23:49	21:44
1310	1301	Paulo Santos	no knees	Senior Masculino	03:37:17	+02:23:49	21:44
1311	1291	Susana Florindo	no knees	Senior Feminino	03:37:17	+02:23:49	21:44
1312	1302	Pedro Santos	no knees	Senior Masculino	03:37:17	+02:23:49	21:44
1313	1745	Joaquim José Pereira da Silva	tartarugas furiosas	Senior Masculino	03:38:18	+02:24:50	21:50
1314	1741	Daniel Leite Moreira	tartarugas furiosas	Senior Masculino	03:38:21	+02:24:53	21:50
1315	1734	Daniela Cristina Palha de Oliveira Silva	tartarugas furiosas	Senior Feminino	03:38:35	+02:25:07	21:51
1316	1207	Bárbara Hernandez	magia do boteco	Senior Feminino	03:39:18	+02:25:50	21:56

SEMI-ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1317	1215	Erick Borba	magia do boteco	Senior Masculino	03:39:18	+02:25:50	21:56
1318	1219	Luís Sequeira	magia do boteco	Senior Masculino	03:39:18	+02:25:50	21:56
1319	1220	Rafael Melo	magia do boteco	Senior Masculino	03:39:19	+02:25:51	21:56
1320	1208	Catarina Inácio	magia do boteco	Senior Feminino	03:39:20	+02:25:52	21:56
1321	1212	Silvia Moreira	magia do boteco	Senior Feminino	03:39:20	+02:25:52	21:56
1322	1217	Helder Silva	magia do boteco	Senior Masculino	03:39:20	+02:25:52	21:56
1323	1211	Juliana Castro	magia do boteco	Senior Feminino	03:39:20	+02:25:52	21:56
1324	1222	Rodolfo Jorge	magia do boteco	Senior Masculino	03:39:20	+02:25:52	21:56
1325	1210	Filipa Almeida	magia do boteco	Senior Feminino	03:39:20	+02:25:52	21:56
1326	1218	João Machado	magia do boteco	Senior Masculino	03:39:20	+02:25:52	21:56
1327	1213	Albérisson Júnior	magia do boteco	Senior Masculino	03:39:20	+02:25:52	21:56
1328	1221	Ricardo Magalhães	magia do boteco	Senior Masculino	03:39:21	+02:25:53	21:56
1329	1216	Fernando Xavier	magia do boteco	Senior Masculino	03:39:22	+02:25:54	21:56
1330	1209	Cláudia Silva	magia do boteco	Senior Feminino	03:39:24	+02:25:56	21:56
1331	1214	Andrey Fernandes	magia do boteco	Senior Masculino	03:39:24	+02:25:56	21:56
1332	1206	Ana Cruz	magia do boteco	Senior Feminino	03:39:24	+02:25:56	21:56
1333	883	Silvio Abrantes	g6 - esan	Senior Masculino	03:40:27	+02:26:59	22:03
1334	878	Jorge Luís	g6 - esan	Senior Masculino	03:40:27	+02:26:59	22:03
1335	867	Ana Rita Batista	g6 - esan	Senior Feminino	03:40:27	+02:26:59	22:03
1336	872	Katherine Oliveira	g6 - esan	Senior Feminino	03:40:28	+02:27:00	22:03
1337	874	Liliana Sousa	g6 - esan	Senior Feminino	03:40:28	+02:27:00	22:03
1338	880	Miguel Cruz	g6 - esan	Senior Masculino	03:40:28	+02:27:00	22:03
1339	882	Rui Gomes	g6 - esan	Senior Masculino	03:40:28	+02:27:00	22:03
1340	871	Joana Braga	g6 - esan	Senior Feminino	03:40:28	+02:27:00	22:03
1341	869	Catarina Gomes	g6 - esan	Senior Feminino	03:40:28	+02:27:00	22:03
1342	877	Gonçalo Santos	g6 - esan	Senior Masculino	03:40:28	+02:27:00	22:03
1343	875	Yineska Becerra	g6 - esan	Senior Feminino	03:40:28	+02:27:00	22:03
1344	873	Laura Santos	g6 - esan	Senior Feminino	03:40:29	+02:27:01	22:03
1345	352	Ana Almeida	bairradinos relaxados	Senior Feminino	03:40:50	+02:27:22	22:05
1346	359	REGINA HENRIQUES	bairradinos relaxados	Senior Feminino	03:40:50	+02:27:22	22:05
1347	366	Jorge Miguel Alves Fernandes	bairradinos relaxados	Senior Masculino	03:40:50	+02:27:22	22:05
1348	361	Tânia Bastos	bairradinos relaxados	Senior Feminino	03:40:50	+02:27:22	22:05
1349	357	MARIA CLARA HENRIQUES	bairradinos relaxados	Senior Feminino	03:40:50	+02:27:22	22:05
1350	369	Martim Miguel Jesus Silva	bairradinos relaxados	Senior Masculino	03:40:51	+02:27:23	22:05
1351	358	Michelle Navega	bairradinos relaxados	Senior Feminino	03:40:51	+02:27:23	22:05
1352	362	Akashkumar Girishkumar	bairradinos relaxados	Senior Masculino	03:40:51	+02:27:23	22:05
1353	355	Inês Tavares	bairradinos relaxados	Senior Feminino	03:40:52	+02:27:24	22:05
1354	368	M. José Bastos	bairradinos relaxados	Senior Masculino	03:40:52	+02:27:24	22:05
1355	370	MIGUEL SANTOS	bairradinos relaxados	Senior Masculino	03:40:53	+02:27:25	22:05
1356	367	Lino Rodrigues Silva	bairradinos relaxados	Senior Masculino	03:40:55	+02:27:27	22:05
1357	356	Margarida Sofia Jesus Silva	bairradinos relaxados	Senior Feminino	03:40:55	+02:27:27	22:05
1358	363	Celso Moreira	bairradinos relaxados	Senior Masculino	03:40:55	+02:27:27	22:06
1359	371	RÚBEN GORJÃO	bairradinos relaxados	Senior Masculino	03:40:56	+02:27:28	22:06
1360	698	Pedro Cunha	coragem coletiva	Senior Masculino	03:42:12	+02:28:44	22:13
1361	690	Maria Dias	coragem coletiva	Senior Feminino	03:42:12	+02:28:44	22:13
1362	692	Susana Silva	coragem coletiva	Senior Feminino	03:42:13	+02:28:45	22:13

SEMI-ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1363	380	Luís Ferraz	banhas assassinas	Senior Masculino	03:42:59	+02:29:31	22:18
1364	382	Santiago Ferraz	banhas assassinas	Senior Masculino	03:42:59	+02:29:31	22:18
1365	375	Mariana oliveira	banhas assassinas	Senior Feminino	03:42:59	+02:29:31	22:18
1366	372	Kinder Singh	banhas assassinas	Senior Masculino	03:43:00	+02:29:32	22:18
1367	374	Elsa valente	banhas assassinas	Senior Feminino	03:43:00	+02:29:32	22:18
1368	377	Patrícia sousa	banhas assassinas	Senior Feminino	03:43:01	+02:29:33	22:18
1369	381	Rui rocha	banhas assassinas	Senior Masculino	03:43:02	+02:29:34	22:18
1370	1871	Pedro Sousa	trepatrilhos trail team	Senior Masculino	03:45:17	+02:31:49	22:32
1371	1867	Filipe Costa	trepatrilhos trail team	Senior Masculino	03:45:28	+02:32:00	22:33
1372	1861	Nádia Silva	trepatrilhos trail team	Senior Feminino	03:45:31	+02:32:03	22:33
1373	1868	José Carlos Silva	trepatrilhos trail team	Senior Masculino	03:45:59	+02:32:31	22:36
1374	1862	Paula Dias	trepatrilhos trail team	Senior Feminino	03:45:59	+02:32:31	22:36
1375	1865	Susana Oliveira	trepatrilhos trail team	Senior Feminino	03:46:00	+02:32:32	22:36
1376	1873	Sandro Jorge	trepatrilhos trail team	Senior Masculino	03:46:09	+02:32:41	22:37
1377	1858	Andreia Jorge	trepatrilhos trail team	Senior Feminino	03:46:15	+02:32:47	22:37
1378	1863	Paula Silva	trepatrilhos trail team	Senior Feminino	03:46:22	+02:32:54	22:38
1379	1869	Manuel Santos	trepatrilhos trail team	Senior Masculino	03:46:22	+02:32:54	22:38
1380	1866	Elísio Dias	trepatrilhos trail team	Senior Masculino	03:46:57	+02:33:29	22:42
1381	1864	Sandra Ferreira	trepatrilhos trail team	Senior Feminino	03:46:59	+02:33:31	22:42
1382	823	Letícia Pereira	flores de estufa!	Senior Feminino	03:52:31	+02:39:03	23:15
1383	824	Rita Pereira	flores de estufa!	Senior Feminino	03:52:31	+02:39:03	23:15
1384	818	Cátia Santos	flores de estufa!	Senior Feminino	03:52:31	+02:39:03	23:15
1385	825	Sara Pinho Coelho	flores de estufa!	Senior Feminino	03:52:31	+02:39:03	23:15
1386	819	Diana Pinto	flores de estufa!	Senior Feminino	03:52:31	+02:39:03	23:15
1387	828	Vítor Costa	flores de estufa!	Senior Masculino	03:52:35	+02:39:07	23:16
1388	826	Carlos Miguel Silva	flores de estufa!	Senior Masculino	03:52:36	+02:39:08	23:16
1389	822	Helena Pereira	flores de estufa!	Senior Feminino	03:52:36	+02:39:08	23:16
1390	820	Diana Tavares	flores de estufa!	Senior Feminino	03:52:36	+02:39:08	23:16
1391	827	David Pereira	flores de estufa!	Senior Masculino	03:52:37	+02:39:09	23:16
1392	695	Jaime Silva	coragem coletiva	Senior Masculino	03:54:10	+02:40:42	23:25
1393	689	Gabriela Silva	coragem coletiva	Senior Feminino	03:54:11	+02:40:43	23:25
1394	687	Cristina Teixeira	coragem coletiva	Senior Feminino	03:54:11	+02:40:43	23:25
1395	888	Diogo Azevedo	gambuzinos	Senior Masculino	03:57:44	+02:44:16	23:46
1396	886	Mónica Mota	gambuzinos	Senior Feminino	03:57:44	+02:44:16	23:46
1397	884	Joana Leite	gambuzinos	Senior Feminino	03:57:44	+02:44:16	23:46
1398	890	Fábio Almeida	gambuzinos	Senior Masculino	03:57:46	+02:44:18	23:47
1399	887	Veronique Sousa	gambuzinos	Senior Feminino	03:57:46	+02:44:18	23:47
1400	891	Ricardo Leite	gambuzinos	Senior Masculino	03:57:47	+02:44:19	23:47
1401	892	Ricardo Oliveira	gambuzinos	Senior Masculino	03:57:51	+02:44:23	23:47
1402	889	Diogo Carvalho	gambuzinos	Senior Masculino	03:57:51	+02:44:23	23:47
1403	323	Líliana Silva	as damas e o vagabundo	Senior Feminino	04:00:08	+02:46:40	24:01
1404	321	Cátia Silva	as damas e o vagabundo	Senior Feminino	04:00:09	+02:46:41	24:01
1405	324	Tânia Silva	as damas e o vagabundo	Senior Feminino	04:00:09	+02:46:41	24:01
1406	325	João Oliveira	as damas e o vagabundo	Senior Masculino	04:00:09	+02:46:41	24:01
1407	322	Iva Danin	as damas e o vagabundo	Senior Feminino	04:00:09	+02:46:41	24:01
1408	440	Célia Neto	bravos da treta team	Senior Feminino	04:06:29	+02:53:01	24:39

SEMI-ELITE - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1409	447	Marcella Bizerra	bravos da treta team	Senior Feminino	04:06:30	+02:53:02	24:39
1410	444	Jacinta Fonseca	bravos da treta team	Senior Feminino	04:06:31	+02:53:03	24:39
1411	442	Isabel Sousa	bravos da treta team	Senior Feminino	04:06:31	+02:53:03	24:39
1412	451	Virginio Costa	bravos da treta team	Senior Masculino	04:06:31	+02:53:03	24:39
1413	445	Luísa Fernandes	bravos da treta team	Senior Feminino	04:06:33	+02:53:05	24:39
1414	439	Ana Neto	bravos da treta team	Senior Feminino	04:06:33	+02:53:05	24:39
1415	441	Emília Teixeira	bravos da treta team	Senior Feminino	04:06:33	+02:53:05	24:39
1416	449	José Andrade	bravos da treta team	Senior Masculino	04:06:34	+02:53:06	24:39
1417	443	Isabelle Ferreira	bravos da treta team	Senior Feminino	04:06:36	+02:53:08	24:40
1418	450	Rui Neto	bravos da treta team	Senior Masculino	04:06:36	+02:53:08	24:40
1419	448	Patricia Leal	bravos da treta team	Senior Feminino	04:06:37	+02:53:09	24:40
1420	446	Luísa Leão	bravos da treta team	Senior Feminino	04:06:41	+02:53:13	24:40

Obs

BIB	NOTE	NAME	TEAM	CAT
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

[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
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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

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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

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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

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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

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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

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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

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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

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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

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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

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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

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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

Official Timekeeper: Lap2Go	11 / 32	generate 21-jul.-2026 10:09
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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

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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

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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

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

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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

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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

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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

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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	620	Cesar Nunes	Cavalos Cansados	Senior Masculino	02:16:47	+01:03:19	13:41
225	622	Marco Correia	Cavalos Cansados	Senior Masculino	02:16:47	+01:03:19	13:41
226	624	Renato Pereira	Cavalos Cansados	Senior Masculino	02:16:47	+01:03:19	13:41
227	625	Wilson Andrade	Cavalos Cansados	Senior Masculino	02:16:47	+01:03:19	13:41
228	623	Miguel Correia	Cavalos Cansados	Senior Masculino	02:16:48	+01:03:20	13:41
229	621	João Costa	Cavalos Cansados	Senior Masculino	02:16:49	+01:03:21	13:41
230	769	João Martins	Famalicão em Forma	Senior Masculino	02:17:02	+01:03:34	13:42
231	768	Bruno Amorim	Famalicão em Forma	Senior Masculino	02:17:02	+01:03:34	13:42
232	772	Marco Martins	Famalicão em Forma	Senior Masculino	02:17:05	+01:03:37	13:42
233	771	Luís Azevedo	Famalicão em Forma	Senior Masculino	02:17:06	+01:03:38	13:43
234	1757	Mario parros	Task Force Raven	Senior Masculino	02:17:08	+01:03:40	13:43
235	1048	Gonçalo Pires	Individual	Senior Masculino	02:17:24	+01:03:56	13:44
236	1068	Miguel Rocha	Individual	Senior Masculino	02:17:25	+01:03:57	13:44
237	477	Ricardo Lima	Bravos do Copofit	Senior Masculino	02:17:30	+01:04:02	13:45
238	1025	Bruno Manuel Soares dos Santos	Individual	Senior Masculino	02:18:02	+01:04:34	13:48
239	1086	Rozaldo Ardelino da Silva Júnior	Individual	Senior Masculino	02:18:05	+01:04:37	13:48
240	1780	Luis Coutinho	TEAM ALFA	Senior Masculino	02:18:24	+01:04:56	13:50
241	1177	Luis Pereira	Lourosa Em Movimento	Senior Masculino	02:18:39	+01:05:11	13:52
242	839	João Paulo Alves Capitão	Fúria Brava	Senior Masculino	02:18:54	+01:05:26	13:53
243	388	Rafael Bento	Bentcar	Senior Masculino	02:20:48	+01:07:20	14:05
244	390	Tiago Adriano	Bentcar	Senior Masculino	02:20:48	+01:07:20	14:05
245	384	Joao Correia	Bentcar	Senior Masculino	02:20:48	+01:07:20	14:05
246	1320	Jorge Filipe Oliveira Duarte	O bando dos 3	Senior Masculino	02:21:08	+01:07:40	14:07
247	1551	Miguel Costa	Power Studio	Senior Masculino	02:21:19	+01:07:51	14:08
248	1553	Pedro Valqueresma	Power Studio	Senior Masculino	02:21:20	+01:07:52	14:08
249	960	Joao silva	Improve Fitness Studio	Senior Masculino	02:21:58	+01:08:30	14:12
250	379	Derlyvan sousa	Banhas assassinas	Senior Masculino	02:22:41	+01:09:13	14:16
251	1174	António Silva	Lourosa Em Movimento	Senior Masculino	02:22:51	+01:09:23	14:17
252	1682	Nuno Relvas	Sem Medo do Charco	Senior Masculino	02:23:03	+01:09:35	14:18
253	1306	DAVIDE SILVA	O ALVES VAI CASAR	Senior Masculino	02:23:10	+01:09:42	14:19
254	471	Joao Ferro	Bravos do Copofit	Senior Masculino	02:23:44	+01:10:16	14:22
255	1549	Jorge Neves	Power Studio	Senior Masculino	02:23:50	+01:10:22	14:23

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256	1851	Marcelo Oliveira	Transform Fitness Studio	Senior Masculino	02:23:51	+01:10:23	14:23
257	1850	Alexandre Leite	Transform Fitness Studio	Senior Masculino	02:23:51	+01:10:23	14:23
258	1828	Nelson Simões	Team Playground	Senior Masculino	02:24:12	+01:10:44	14:25
259	1773	Bernardo Tavares	TEAM ALFA	Senior Masculino	02:24:47	+01:11:19	14:29
260	301	JOSÉ CERDEIRA	AMA-ASSOCIAÇÃO MONDIM ATLETISMO	Senior Masculino	02:25:24	+01:11:56	14:32
261	664	Serafim Almeida	Chamas na Pista	Senior Masculino	02:26:28	+01:13:00	14:39
262	1833	Miguel Ferreira	Titãs	Senior Masculino	02:26:42	+01:13:14	14:40
263	1832	Diogo Dias	Titãs	Senior Masculino	02:26:42	+01:13:14	14:40
264	553	Hugo Taipa	Caminhadas da Amizade	Senior Masculino	02:27:00	+01:13:32	14:42
265	1073	Paulo Barbosa	Individual	Senior Masculino	02:27:01	+01:13:33	14:42
266	554	Manuel Nunes	Caminhadas da Amizade	Senior Masculino	02:27:01	+01:13:33	14:42
267	1106	Daniel Rebelo	JUF ACC	Senior Masculino	02:27:24	+01:13:56	14:44
268	1104	Cannigia Oliveira	JUF ACC	Senior Masculino	02:27:24	+01:13:56	14:44
269	1103	Alberto Ferreira	JUF ACC	Senior Masculino	02:27:24	+01:13:56	14:44
270	1109	Telmo Nogueira	JUF ACC	Senior Masculino	02:27:24	+01:13:56	14:44
271	1105	Carlos Freitas	JUF ACC	Senior Masculino	02:27:24	+01:13:56	14:44
272	1108	Miguel Barbosa	JUF ACC	Senior Masculino	02:27:24	+01:13:56	14:44
273	1107	Fernando Oliveira	JUF ACC	Senior Masculino	02:27:24	+01:13:56	14:44
274	1512	Rui Oliveira	Pés no Asfalto	Senior Masculino	02:28:14	+01:14:46	14:49
275	1063	Lucas Gomes	Individual	Senior Masculino	02:28:19	+01:14:51	14:50
276	1361	Tiago Sousa	OS DUROS	Senior Masculino	02:28:34	+01:15:06	14:51
277	1360	Gualter Pereira	OS DUROS	Senior Masculino	02:28:35	+01:15:07	14:52
278	1358	Bruno Sousa	OS DUROS	Senior Masculino	02:28:35	+01:15:07	14:52
279	1359	Dinis Pereira	OS DUROS	Senior Masculino	02:28:38	+01:15:10	14:52
280	1623	Sergio Dias	Retornados	Senior Masculino	02:28:47	+01:15:19	14:53
281	267	Henry Amaral	Active -Carolina	Senior Masculino	02:28:52	+01:15:24	14:53
282	268	João Moreira	Active -Carolina	Senior Masculino	02:28:52	+01:15:24	14:53
283	266	Alexandre Dias	Active -Carolina	Senior Masculino	02:28:53	+01:15:25	14:53
284	473	Luís Pires	Bravos do Copofit	Senior Masculino	02:29:25	+01:15:57	14:57
285	1079	Pedro Pinho	Individual	Senior Masculino	02:29:55	+01:16:27	15:00
286	1454	Pedro Benfeito	Pandilhas do Europarque	Senior Masculino	02:30:12	+01:16:44	15:01
287	1455	Pedro Santos	Pandilhas do Europarque	Senior Masculino	02:30:12	+01:16:44	15:01
288	1939	Joni Costa	Individual	Senior Masculino	02:30:12	+01:16:44	15:01
289	1931	David Silva	Zinde	Senior Masculino	02:30:29	+01:17:01	15:03
290	722	Rui Nunes	Dieta D'água	Senior Masculino	02:30:30	+01:17:02	15:03
291	1637	João Damião	Running Esmoriz	Senior Masculino	02:30:32	+01:17:04	15:03
292	1638	Lucas Aleixo	Running Esmoriz	Senior Masculino	02:30:32	+01:17:04	15:03
293	1028	Carlos Ribeiro	Individual	Senior Masculino	02:30:51	+01:17:23	15:05
294	246	Pedro Emanuel	A Catarina disse que era fácil	Senior Masculino	02:31:09	+01:17:41	15:07
295	241	Igor Neves	A Catarina disse que era fácil	Senior Masculino	02:31:10	+01:17:42	15:07
296	466	Bruno Cardoso	Bravos do Copofit	Senior Masculino	02:31:11	+01:17:43	15:07
297	467	Bruno Carvalho	Bravos do Copofit	Senior Masculino	02:31:12	+01:17:44	15:07
298	210	Nelson Abrantes	100espinhas	Senior Masculino	02:31:16	+01:17:48	15:08
299	206	Ailton Cruz	100espinhas	Senior Masculino	02:31:16	+01:17:48	15:08
300	209	Marco Borges	100espinhas	Senior Masculino	02:31:17	+01:17:49	15:08
301	208	Jorge Silva	100espinhas	Senior Masculino	02:31:19	+01:17:51	15:08

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302	1058	Joaquim Pepe Roque	Individual	Senior Masculino	02:31:44	+01:18:16	15:10
303	1056	João Pedro Roque	Individual	Senior Masculino	02:31:44	+01:18:16	15:10
304	1484	Tiago Azevedo	Perdidos no monte	Senior Masculino	02:31:56	+01:18:28	15:12
305	1485	Tiago Leite	Perdidos no monte	Senior Masculino	02:31:58	+01:18:30	15:12
306	1033	Daniel Cunha	Individual	Senior Masculino	02:31:59	+01:18:31	15:12
307	1030	César de Oliveira Gonçalves	Individual	Senior Masculino	02:32:35	+01:19:07	15:16
308	1817	João Soares	Team Dartação	Senior Masculino	02:33:14	+01:19:46	15:19
309	1813	Elson Margarido	Team Dartação	Senior Masculino	02:33:14	+01:19:46	15:19
310	1814	Frederico Almeida	Team Dartação	Senior Masculino	02:33:32	+01:20:04	15:21
311	244	Mateus Mian de Almeida Mendes	A Catarina disse que era fácil	Senior Masculino	02:33:47	+01:20:19	15:23
312	714	Josué Moreira	Diana Pimenta	Senior Masculino	02:34:09	+01:20:41	15:25
313	713	João Santos	Diana Pimenta	Senior Masculino	02:34:11	+01:20:43	15:25
314	715	Xavier Alves	Diana Pimenta	Senior Masculino	02:34:13	+01:20:45	15:25
315	902	Bruno Figueiredo	Gondovikings	Senior Masculino	02:34:32	+01:21:04	15:27
316	1345	Francisco Monteiro	Os 7 maravilhas	Senior Masculino	02:34:37	+01:21:10	15:28
317	373	André Andrade	Banhas assassinas	Senior Masculino	02:34:53	+01:21:25	15:29
318	658	Márcio Cardoso	Chamas na Pista	Senior Masculino	02:35:01	+01:21:33	15:30
319	224	ANTONIO RESENDE	3 F's	Senior Masculino	02:35:02	+01:21:34	15:30
320	655	João Cardoso	Chamas na Pista	Senior Masculino	02:35:02	+01:21:34	15:30
321	1139	Tiago Aleixo	Labregos	Senior Masculino	02:35:23	+01:21:55	15:32
322	207	Herlander Santos	100espinhas	Senior Masculino	02:35:35	+01:22:07	15:34
323	1538	Renato Paiva	Portal da queixa	Senior Masculino	02:36:36	+01:23:08	15:40
324	1534	Leonardo Paiva Ferreira	Portal da queixa	Senior Masculino	02:36:36	+01:23:08	15:40
325	1539	Ricardo da Silva Ferreira	Portal da queixa	Senior Masculino	02:36:39	+01:23:11	15:40
326	1530	Ilidio Manuel Almeida Lemos	Portal da queixa	Senior Masculino	02:36:40	+01:23:12	15:40
327	400	Joaquim José Ferreira dos Santos	Bombeiros de Arrifana	Senior Masculino	02:36:53	+01:23:25	15:41
328	401	Joaquim Ribeiro Dos Santos	Bombeiros de Arrifana	Senior Masculino	02:37:30	+01:24:02	15:45
329	1368	Ricardo Jorge Teixeira da Cunha	Os fixos do Balio	Senior Masculino	02:37:39	+01:24:11	15:46
330	838	Fábio Daniel Coelho Gomes	Fúria Brava	Senior Masculino	02:37:40	+01:24:12	15:46
331	836	Diogo Marques	Fúria Brava	Senior Masculino	02:37:41	+01:24:13	15:46
332	835	Arménio da Mota Marques e Silva	Fúria Brava	Senior Masculino	02:37:51	+01:24:23	15:47
333	840	Paulo Jorge Pinho Capitão	Fúria Brava	Senior Masculino	02:38:02	+01:24:34	15:48
334	1034	Daniel Moreira	Individual	Senior Masculino	02:38:38	+01:25:10	15:52
335	1064	Manuel Paiva	Individual	Senior Masculino	02:38:51	+01:25:23	15:53
336	256	Joaquim Fernando	ACDCDSMF os Laranjinhas	Senior Masculino	02:39:11	+01:25:43	15:55
337	1889	André Ricardo Oliveira Cardoso	Tropeça-mas-vai	Senior Masculino	02:39:17	+01:25:49	15:56
338	1890	Marcos André correia Moreira	Tropeça-mas-vai	Senior Masculino	02:39:17	+01:25:49	15:56
339	1511	Joel Jesus	Pés no Asfalto	Senior Masculino	02:40:44	+01:27:16	16:04
340	934	Miguel Rodrigues Domingues	Impocolor Ti-tans	Senior Masculino	02:41:20	+01:27:52	16:08
341	1346	João Carvalho dos Santos	Os 7 maravilhas	Senior Masculino	02:41:21	+01:27:53	16:08
342	595	Thiago Seabra Cavalcanti	CAPS JJ	Senior Masculino	02:41:24	+01:27:56	16:08
343	594	Matheus de Oliveira Seabra Cavalcanti	CAPS JJ	Senior Masculino	02:41:24	+01:27:56	16:08
344	1194	Marco Almeida	Lowlanders	Senior Masculino	02:41:25	+01:27:57	16:09
345	936	Rafael Vasconcelos	Impocolor Ti-tans	Senior Masculino	02:41:26	+01:27:58	16:09
346	931	GLEISSON SOUZA RAMOS	Impocolor Ti-tans	Senior Masculino	02:41:26	+01:27:58	16:09
347	1821	Serafim Gouveia	Team Dartação	Senior Masculino	02:41:54	+01:28:26	16:11

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348	1500	Miguel Teixeira	Pernetas de Alfena	Senior Masculino	02:42:47	+01:29:19	16:17
349	464	António Bessa	Bravos do Copofit	Senior Masculino	02:42:52	+01:29:24	16:17
350	1600	Tiago Araújo	Pupilos do Zé-Tó	Senior Masculino	02:43:06	+01:29:38	16:19
351	1597	Bruno Pina	Pupilos do Zé-Tó	Senior Masculino	02:43:10	+01:29:42	16:19
352	1195	Nuno Gonçalves	Lowlanders	Senior Masculino	02:43:14	+01:29:46	16:19
353	1880	Carlos Manuel Pinto Gomes	Trinta e quatro	Senior Masculino	02:43:42	+01:30:14	16:22
354	1881	Diogo Alexandre Fiteira Dias	Trinta e quatro	Senior Masculino	02:43:42	+01:30:14	16:22
355	1885	Vasco Leandro Valente Gomes	Trinta e quatro	Senior Masculino	02:43:42	+01:30:14	16:22
356	1884	Ruben Micael Calçada Soares	Trinta e quatro	Senior Masculino	02:43:43	+01:30:15	16:22
357	1882	João Pedro da Costa Oliveira	Trinta e quatro	Senior Masculino	02:43:44	+01:30:16	16:22
358	1124	martim campos freitas	korpi	Senior Masculino	02:43:50	+01:30:22	16:23
359	1681	Joaquim Lopes	Sem Medo do Charco	Senior Masculino	02:44:07	+01:30:39	16:25
360	1501	Paulo Luz	Pernetas de Alfena	Senior Masculino	02:44:10	+01:30:42	16:25
361	1883	João Gomes	Trinta e quatro	Senior Masculino	02:44:14	+01:30:46	16:25
362	1598	José Rodrigues	Pupilos do Zé-Tó	Senior Masculino	02:44:14	+01:30:46	16:25
363	1504	Ricardo Lima	Pernetas de Alfena	Senior Masculino	02:44:23	+01:30:55	16:26
364	1771	António Carlos Gomes Freitas	TEAM ALFA	Senior Masculino	02:44:50	+01:31:22	16:29
365	1069	Miguel Silva	Individual	Senior Masculino	02:44:54	+01:31:26	16:29
366	245	Nuno Azeitona	A Catarina disse que era fácil	Senior Masculino	02:45:03	+01:31:35	16:30
367	242	João Brandão	A Catarina disse que era fácil	Senior Masculino	02:45:10	+01:31:42	16:31
368	247	Raphael Chiarella	A Catarina disse que era fácil	Senior Masculino	02:45:10	+01:31:42	16:31
369	1552	Pedro Silva	Power Studio	Senior Masculino	02:45:25	+01:31:57	16:33
370	1547	Bruno Miguel Pais Oliveira	Power Studio	Senior Masculino	02:45:29	+01:32:01	16:33
371	1411	Eduardo Mota	Os resistentes	Senior Masculino	02:45:48	+01:32:20	16:35
372	468	Bruno Lima	Bravos do Copofit	Senior Masculino	02:45:58	+01:32:30	16:36
373	463	Andre Teixeira	Bravos do Copofit	Senior Masculino	02:46:03	+01:32:35	16:36
374	1196	Oscar Soares	Lowlanders	Senior Masculino	02:46:08	+01:32:40	16:37
375	1197	Valter Soares	Lowlanders	Senior Masculino	02:46:08	+01:32:40	16:37
376	1421	Ricardo Pereira	Os resistentes	Senior Masculino	02:46:09	+01:32:41	16:37
377	1785	Pedro Miguel Gonçalves Santos	TEAM ALFA	Senior Masculino	02:46:11	+01:32:43	16:37
378	1192	Christophe ascenso	Lowlanders	Senior Masculino	02:46:14	+01:32:46	16:37
379	1191	Bruno Gonçalves	Lowlanders	Senior Masculino	02:46:20	+01:32:52	16:38
380	1424	Victor Pinto	Os resistentes	Senior Masculino	02:46:23	+01:32:55	16:38
381	1362	Vitor Silva	OS DUROS	Senior Masculino	02:46:32	+01:33:04	16:39
382	589	Diego Freire Netto	CAPS JJ	Senior Masculino	02:46:38	+01:33:10	16:40
383	1922	Duarte Palavra	Vingalentos	Senior Masculino	02:46:50	+01:33:22	16:41
384	1921	Alexandre Barreira Reis	Vingalentos	Senior Masculino	02:46:58	+01:33:30	16:42
385	1923	tomas areias	Vingalentos	Senior Masculino	02:46:58	+01:33:30	16:42
386	928	Bruno Miguel Ribeiro da Silva	Impocolor Ti-tans	Senior Masculino	02:47:47	+01:34:19	16:47
387	1730	Ruben Oliveira	Tartarugas em Fuga	Senior Masculino	02:48:44	+01:35:16	16:52
388	1726	Francisco Silva	Tartarugas em Fuga	Senior Masculino	02:48:45	+01:35:17	16:53
389	232	Gonçalo Malho	3naopodeseri	Senior Masculino	02:49:03	+01:35:35	16:54
390	428	Apólo Silva	Bravini	Senior Masculino	02:49:05	+01:35:37	16:55
391	429	Emanuel Alves	Bravini	Senior Masculino	02:49:08	+01:35:40	16:55
392	433	Marco Costa	Bravini	Senior Masculino	02:49:08	+01:35:41	16:55
393	432	João Pedro Silva sales Mendes Azevedo	Bravini	Senior Masculino	02:49:09	+01:35:41	16:55

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394	436	Pedro Pinho	Bravini	Senior Masculino	02:49:10	+01:35:42	16:55
395	435	Nelson Santos	Bravini	Senior Masculino	02:49:10	+01:35:42	16:55
396	434	Micael Conceição	Bravini	Senior Masculino	02:49:10	+01:35:42	16:55
397	430	Hugo Oliveira	Bravini	Senior Masculino	02:49:10	+01:35:42	16:55
398	431	João Moreira	Bravini	Senior Masculino	02:49:11	+01:35:43	16:55
399	438	Tiago Madureira	Bravini	Senior Masculino	02:49:11	+01:35:43	16:55
400	437	Pedro Vieira	Bravini	Senior Masculino	02:49:12	+01:35:44	16:55
401	1062	Lívio Santos	Individual	Senior Masculino	02:49:24	+01:35:56	16:56
402	1043	Flávio Oliveira	Individual	Senior Masculino	02:49:26	+01:35:58	16:57
403	351	Carlos Oliveira	Bacelo	Senior Masculino	02:49:35	+01:36:07	16:58
404	1566	Eduardo Curado	Prime Dentalab	Senior Masculino	02:50:01	+01:36:33	17:00
405	547	Henrique Silva	Brazas Team	Senior Masculino	02:50:35	+01:37:07	17:03
406	1229	Leandro Martins	Magicfriendsrunners	Senior Masculino	02:50:39	+01:37:11	17:04
407	1228	Armando Oliveira	Magicfriendsrunners	Senior Masculino	02:50:40	+01:37:12	17:04
408	1230	Paulo Moreira	Magicfriendsrunners	Senior Masculino	02:50:40	+01:37:12	17:04
409	1234	Bruno costa	Mamamia	Senior Masculino	02:51:12	+01:37:44	17:07
410	1235	Rafael Almeida	Mamamia	Senior Masculino	02:51:13	+01:37:45	17:07
411	1314	PEDRO ALVES	O ALVES VAI CASAR	Senior Masculino	02:51:22	+01:37:54	17:08
412	1307	DIOGO COSTA	O ALVES VAI CASAR	Senior Masculino	02:51:22	+01:37:54	17:08
413	1312	LUÍS ROCHA	O ALVES VAI CASAR	Senior Masculino	02:51:23	+01:37:55	17:08
414	1316	RICARDO ALVES	O ALVES VAI CASAR	Senior Masculino	02:51:23	+01:37:55	17:08
415	1317	TIAGO ALVES	O ALVES VAI CASAR	Senior Masculino	02:51:23	+01:37:55	17:08
416	1305	BRUNO CLARO	O ALVES VAI CASAR	Senior Masculino	02:51:23	+01:37:55	17:08
417	1310	JORGE URBANO	O ALVES VAI CASAR	Senior Masculino	02:51:23	+01:37:55	17:08
418	1313	NELSON CORREIA	O ALVES VAI CASAR	Senior Masculino	02:51:24	+01:37:56	17:08
419	1315	PEDRO ROCHA	O ALVES VAI CASAR	Senior Masculino	02:51:24	+01:37:56	17:08
420	1311	LUÍS ALVES	O ALVES VAI CASAR	Senior Masculino	02:51:24	+01:37:56	17:08
421	1308	JOÃO BRITO	O ALVES VAI CASAR	Senior Masculino	02:51:24	+01:37:56	17:08
422	1309	JOÃO ROCHA	O ALVES VAI CASAR	Senior Masculino	02:51:25	+01:37:57	17:08
423	1687	Vasco Sousa	Sem Medo do Charco	Senior Masculino	02:51:35	+01:38:07	17:09
424	1684	Ricardo Sacramento Ribeiro	Sem Medo do Charco	Senior Masculino	02:51:36	+01:38:08	17:10
425	1688	Xavier Duarte	Sem Medo do Charco	Senior Masculino	02:51:36	+01:38:08	17:10
426	1680	Eduardo José	Sem Medo do Charco	Senior Masculino	02:51:37	+01:38:09	17:10
427	1685	Ricardo Silva	Sem Medo do Charco	Senior Masculino	02:51:37	+01:38:09	17:10
428	1683	Ricardo Matias	Sem Medo do Charco	Senior Masculino	02:51:39	+01:38:11	17:10
429	1055	João Lázaro	Individual	Senior Masculino	02:51:42	+01:38:14	17:10
430	1092	Sérgio Soares	Individual	Senior Masculino	02:51:42	+01:38:14	17:10
431	1121	Francisco Ferreira	korpi	Senior Masculino	02:52:15	+01:38:47	17:13
432	721	Raul Costa	Dieta D'água	Senior Masculino	02:52:15	+01:38:47	17:13
433	1436	Vítor Neves	Os Sanguedenses	Senior Masculino	02:52:42	+01:39:14	17:16
434	1434	Bruno Teixeira	Os Sanguedenses	Senior Masculino	02:52:49	+01:39:21	17:17
435	1435	Francisco Teixeira	Os Sanguedenses	Senior Masculino	02:52:49	+01:39:21	17:17
436	1587	Paulo Martins	PRIME Ginásio	Senior Masculino	02:52:50	+01:39:22	17:17
437	1581	Carlos Pereira	PRIME Ginásio	Senior Masculino	02:52:51	+01:39:23	17:17
438	1583	Filipe Pinho	PRIME Ginásio	Senior Masculino	02:52:51	+01:39:23	17:17
439	1588	Paulo Martins	PRIME Ginásio	Senior Masculino	02:52:52	+01:39:24	17:17

Semi-Elite

10 KM

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OFFICIAL RESULT

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440	1584	Jorge Santos	PRIME Ginásio	Senior Masculino	02:52:52	+01:39:24	17:17
441	1589	Tiago Fonseca	PRIME Ginásio	Senior Masculino	02:52:52	+01:39:24	17:17
442	1433	Ângelo Couto	Os Sanguedenses	Senior Masculino	02:53:00	+01:39:32	17:18
443	1457	André Ferreira	PAPA FIGOS	Senior Masculino	02:53:55	+01:40:27	17:23
444	1460	Tiago Oliveira	PAPA FIGOS	Senior Masculino	02:53:55	+01:40:27	17:24
445	1458	Francisco Tavares	PAPA FIGOS	Senior Masculino	02:54:08	+01:40:40	17:25
446	1459	João Pinho	PAPA FIGOS	Senior Masculino	02:54:09	+01:40:41	17:25
447	652	Gonçalo Silva	Chamas na Pista	Senior Masculino	02:54:17	+01:40:49	17:26
448	1696	Gustavo Miguel Martins Leite	Só Vemos Pelo Lanche	Senior Masculino	02:54:21	+01:40:53	17:26
449	1695	Eduardo Resende Pires	Só Vemos Pelo Lanche	Senior Masculino	02:54:21	+01:40:53	17:26
450	1697	Kevin Silva	Só Vemos Pelo Lanche	Senior Masculino	02:54:21	+01:40:53	17:26
451	395	João costa	Bitxos 4445	Senior Masculino	02:54:30	+01:41:02	17:27
452	397	Rafael Oliveira	Bitxos 4445	Senior Masculino	02:54:30	+01:41:02	17:27
453	396	Miguel dias	Bitxos 4445	Senior Masculino	02:54:31	+01:41:03	17:27
454	789	João Carlos Coval	Feras da Lama	Senior Masculino	02:54:46	+01:41:18	17:29
455	790	Marcelo Jesus	Feras da Lama	Senior Masculino	02:54:47	+01:41:19	17:29
456	952	Bruno Ribeiro	Improve Fitness Studio	Senior Masculino	02:54:47	+01:41:19	17:29
457	935	Óscar José Neves Ferreira da Rocha	Impocolor Ti-tans	Senior Masculino	02:55:08	+01:41:40	17:31
458	421	Virginio Fernando Martins Santos Carneiro	Bombeiros Paços de Ferreira	Senior Masculino	02:55:21	+01:41:53	17:32
459	929	Carlos Miguel Silva Passos	Impocolor Ti-tans	Senior Masculino	02:55:54	+01:42:26	17:35
460	1602	Tiago Ferreira da Silva	Quase Atletas	Senior Masculino	02:56:22	+01:42:54	17:38
461	1725	Fernando Vieira	Tartarugas em Fuga	Senior Masculino	02:56:41	+01:43:13	17:40
462	1724	Alexandre Oliveira	Tartarugas em Fuga	Senior Masculino	02:56:44	+01:43:16	17:40
463	1670	José Vilas Boas	Sem Medo	Senior Masculino	02:56:52	+01:43:24	17:41
464	1669	Armindo Carvalho	Sem Medo	Senior Masculino	02:56:53	+01:43:25	17:41
465	1671	Libório Vilela	Sem Medo	Senior Masculino	02:56:54	+01:43:26	17:41
466	1264	Filipe Almeida	Mental Energy	Senior Masculino	02:57:38	+01:44:10	17:46
467	1266	Francisco Sampaio	Mental Energy	Senior Masculino	02:57:38	+01:44:10	17:46
468	897	Gonçalo Valente da Silva	Game on 4,0	Senior Masculino	02:57:43	+01:44:15	17:46
469	898	João Marcelo Mateus dos Santos	Game on 4,0	Senior Masculino	02:57:44	+01:44:16	17:46
470	896	David Cardoso Silva	Game on 4,0	Senior Masculino	02:57:46	+01:44:18	17:47
471	1256	PAULO TOMÉ	MC	Senior Masculino	02:58:16	+01:44:48	17:50
472	1257	RUBEN MELO	MC	Senior Masculino	02:58:16	+01:44:48	17:50
473	1017	Adérito Videira	Individual	Senior Masculino	02:58:18	+01:44:50	17:50
474	474	Nuno Rodrigues	Bravos do Copofit	Senior Masculino	02:58:41	+01:45:13	17:52
475	1815	Ivo Batista	Team Dartação	Senior Masculino	02:58:41	+01:45:13	17:52
476	385	Jorge Fortuna	Bentcar	Senior Masculino	02:58:43	+01:45:15	17:52
477	1413	João Costa	Os resistentes	Senior Masculino	02:59:12	+01:45:44	17:55
478	1423	Tiago Bastos	Os resistentes	Senior Masculino	02:59:13	+01:45:45	17:55
479	478	Tiago Moreira	Bravos do Copofit	Senior Masculino	02:59:22	+01:45:54	17:56
480	408	Paulo Alexandre Martins	Bombeiros de Arrifana	Senior Masculino	02:59:28	+01:46:00	17:57
481	409	Paulo Jorge Da Cunha Santos	Bombeiros de Arrifana	Senior Masculino	02:59:29	+01:46:01	17:57
482	1166	Jorge Nogueira	Lesmas atléticas	Senior Masculino	02:59:44	+01:46:16	17:58
483	1167	Marco Resende	Lesmas atléticas	Senior Masculino	02:59:44	+01:46:16	17:58
484	1165	João Costa	Lesmas atléticas	Senior Masculino	02:59:44	+01:46:16	17:58
485	809	Diogo Araujo	Fitness Flow	Senior Masculino	03:00:16	+01:46:48	18:02

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486	930	EDUARDO MIGUEL COUTO FERREIRA	Impocolor Ti-tans	Senior Masculino	03:00:51	+01:47:23	18:05
487	1417	Luis Henriques	Os resistentes	Senior Masculino	03:01:44	+01:48:16	18:10
488	1754	Tiago Alexandre Pinho Gomes	Tartarugas Furiosas	Senior Masculino	03:02:06	+01:48:38	18:13
489	1268	Tiago Costa	Mental Energy	Senior Masculino	03:02:21	+01:48:53	18:14
490	1267	João Rodrigues	Mental Energy	Senior Masculino	03:02:23	+01:48:55	18:14
491	1049	Guilherme Pains Pereira	Individual	Senior Masculino	03:02:37	+01:49:09	18:16
492	1893	André Miguel Mota da Costa Oliveira	Unidos pela sede	Senior Masculino	03:03:15	+01:49:47	18:20
493	1894	Paulo Jorge Ferreira Coelho	Unidos pela sede	Senior Masculino	03:03:16	+01:49:48	18:20
494	1467	Pedro Silva	Pelotão de Queda Controlada (PQC)	Senior Masculino	03:03:17	+01:49:49	18:20
495	1466	Miguel Martins	Pelotão de Queda Controlada (PQC)	Senior Masculino	03:03:17	+01:49:49	18:20
496	1464	Jose Carlos Goncalves	Pelotão de Queda Controlada (PQC)	Senior Masculino	03:03:18	+01:49:50	18:20
497	1902	Leandro Pinto	Vagabundos	Senior Masculino	03:03:18	+01:49:50	18:20
498	1904	Tiago Silva	Vagabundos	Senior Masculino	03:03:19	+01:49:51	18:20
499	1463	Daniel Silva	Pelotão de Queda Controlada (PQC)	Senior Masculino	03:03:19	+01:49:51	18:20
500	1903	Mário Araújo	Vagabundos	Senior Masculino	03:03:20	+01:49:52	18:20
501	739	Fábio Silva	Elfos	Senior Masculino	03:03:23	+01:49:55	18:20
502	737	Cecílio Ferreira	Elfos	Senior Masculino	03:03:23	+01:49:55	18:20
503	741	Pedro Lopes	Elfos	Senior Masculino	03:03:24	+01:49:56	18:20
504	1901	Fábio Amorim	Vagabundos	Senior Masculino	03:03:25	+01:49:57	18:20
505	736	Carlos Correia	Elfos	Senior Masculino	03:03:26	+01:49:58	18:21
506	808	André Sousa	Fitness Flow	Senior Masculino	03:03:44	+01:50:16	18:22
507	815	Miguel Ribeiro	Fitness Flow	Senior Masculino	03:03:44	+01:50:16	18:22
508	816	Pedro Borges	Fitness Flow	Senior Masculino	03:03:46	+01:50:19	18:23
509	812	Frank Pérez	Fitness Flow	Senior Masculino	03:03:48	+01:50:20	18:23
510	1615	Daniel Raro Fernandes	Rehab & Run	Senior Masculino	03:04:30	+01:51:02	18:27
511	1614	André Miguel Sousa Oliveira	Rehab & Run	Senior Masculino	03:04:31	+01:51:03	18:27
512	1617	Leonardo Pinto Martins	Rehab & Run	Senior Masculino	03:04:32	+01:51:04	18:27
513	1616	José Pedro Gonçalves Castro	Rehab & Run	Senior Masculino	03:04:32	+01:51:04	18:27
514	1618	Tiago Óscar Gaspar da Silva	Rehab & Run	Senior Masculino	03:04:32	+01:51:04	18:27
515	1746	Leonardo Daniel Oliveira Leite	Tartarugas Furiosas	Senior Masculino	03:04:41	+01:51:13	18:28
516	1093	Sérgio valente	Individual	Senior Masculino	03:04:56	+01:51:28	18:30
517	1066	Miguel Costa	Individual	Senior Masculino	03:05:22	+01:51:54	18:32
518	1535	Luís Violas	Portal da queixa	Senior Masculino	03:05:36	+01:52:08	18:34
519	699	Pedro Leite	Coragem Coletiva	Senior Masculino	03:05:37	+01:52:09	18:34
520	1200	Luís Miguel	M4	Senior Masculino	03:05:44	+01:52:16	18:34
521	1201	Nelson Carreira	M4	Senior Masculino	03:05:45	+01:52:17	18:34
522	837	Eurico Domingos Soares da Silva	Fúria Brava	Senior Masculino	03:05:46	+01:52:18	18:35
523	932	Hugo Correia	Impocolor Ti-tans	Senior Masculino	03:06:12	+01:52:44	18:37
524	1490	Mário Rocha	Peregrinos Bravos	Senior Masculino	03:06:20	+01:52:52	18:38
525	653	Hélder Tavares	Chamas na Pista	Senior Masculino	03:06:29	+01:53:01	18:39
526	1205	Ricardo Santos	Mach1	Senior Masculino	03:06:31	+01:53:03	18:39
527	1489	Carlos Raposo	Peregrinos Bravos	Senior Masculino	03:06:31	+01:53:04	18:39

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528	933	MIGUEL JORGE BESSA FERREIRA DE LEMOS	Impocolor Ti-tans	Senior Masculino	03:06:58	+01:53:30	18:42
529	422	Vladimiro Franclim Pinto Neto	Bombeiros Paços de Ferreira	Senior Masculino	03:07:01	+01:53:33	18:42
530	420	Miguel Pereira	Bombeiros Paços de Ferreira	Senior Masculino	03:07:02	+01:53:34	18:42
531	1348	Tiago Sousa	Os 7 maravilhas	Senior Masculino	03:07:09	+01:53:41	18:43
532	1347	Ricardo Alves	Os 7 maravilhas	Senior Masculino	03:07:12	+01:53:44	18:43
533	817	Raul Reis	Fitness Flow	Senior Masculino	03:08:24	+01:54:56	18:50
534	813	Manuel Sousa	Fitness Flow	Senior Masculino	03:08:32	+01:55:04	18:51
535	576	José Fernandes	Cansados de Fresco	Senior Masculino	03:08:52	+01:55:24	18:53
536	579	Vasco Amaral	Cansados de Fresco	Senior Masculino	03:08:53	+01:55:25	18:53
537	574	André Azevedo	Cansados de Fresco	Senior Masculino	03:08:53	+01:55:25	18:53
538	578	Sérgio Sousa	Cansados de Fresco	Senior Masculino	03:08:53	+01:55:25	18:53
539	577	Nelson Pereira	Cansados de Fresco	Senior Masculino	03:08:54	+01:55:26	18:53
540	575	Celso Gomes	Cansados de Fresco	Senior Masculino	03:08:54	+01:55:26	18:53
541	297	Marco Pais	Alpha Studio	Senior Masculino	03:09:00	+01:55:32	18:54
542	1781	Marcelo Xavier Capelo Almeida	TEAM ALFA	Senior Masculino	03:09:26	+01:55:58	18:57
543	1527	David Andrade	Portal da queixa	Senior Masculino	03:09:27	+01:55:59	18:57
544	1536	Manuel da Costa Leal	Portal da queixa	Senior Masculino	03:09:46	+01:56:18	18:59
545	1135	Fábio Rocha	Labregos	Senior Masculino	03:09:54	+01:56:26	18:59
546	1137	Pedro Aleixo	Labregos	Senior Masculino	03:09:55	+01:56:27	18:59
547	1133	Bruno Barbosa	Labregos	Senior Masculino	03:09:55	+01:56:27	19:00
548	1136	Francisco Ribeiro	Labregos	Senior Masculino	03:09:56	+01:56:28	19:00
549	1338	Rui Santos	Os 10 da vidairada	Senior Masculino	03:10:09	+01:56:41	19:01
550	1334	Francisco Almeida	Os 10 da vidairada	Senior Masculino	03:10:10	+01:56:42	19:01
551	1337	Ricardo Cardoso	Os 10 da vidairada	Senior Masculino	03:10:10	+01:56:42	19:01
552	1525	Albano Soares	Portal da queixa	Senior Masculino	03:10:12	+01:56:44	19:01
553	1540	Wallaph oliveira	Portal da queixa	Senior Masculino	03:10:14	+01:56:46	19:01
554	1529	Diogo Sousa	Portal da queixa	Senior Masculino	03:10:35	+01:57:07	19:04
555	1541	Wilson Santos	Portal da queixa	Senior Masculino	03:10:38	+01:57:10	19:04
556	1339	Kornél Menyhárt	Os 4 Estarolas	Senior Masculino	03:11:02	+01:57:34	19:06
557	1340	Mário Pereira	Os 4 Estarolas	Senior Masculino	03:11:02	+01:57:34	19:06
558	1342	Tiago Barbosa	Os 4 Estarolas	Senior Masculino	03:11:02	+01:57:34	19:06
559	1341	Santiago Barbosa	Os 4 Estarolas	Senior Masculino	03:11:03	+01:57:35	19:06
560	1737	Adriano Bessa Pinho	Tartarugas Furiosas	Senior Masculino	03:11:04	+01:57:36	19:06
561	1747	Lucas Ferreira Pinho	Tartarugas Furiosas	Senior Masculino	03:11:05	+01:57:37	19:06
562	1911	Diogo Emanuel Lamas e Silva	Veteranos da Barrinha	Senior Masculino	03:11:20	+01:57:52	19:08
563	1915	Leonardo Manuel Ferreira dos Santos	Veteranos da Barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
564	1912	Joao Oliveira Rocha	Veteranos da Barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
565	1918	Samuel Campos	Veteranos da Barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
566	1917	Pedro Oliveira	Veteranos da Barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
567	1914	João Paulo Pacheco	Veteranos da Barrinha	Senior Masculino	03:11:21	+01:57:53	19:08
568	1910	Daniel Pinto Costa	Veteranos da Barrinha	Senior Masculino	03:11:27	+01:57:59	19:09
569	1913	João Paulo Almeida	Veteranos da Barrinha	Senior Masculino	03:11:30	+01:58:02	19:09
570	764	Tomás Fernandes	Falsos Atletas	Senior Masculino	03:11:45	+01:58:17	19:10
571	1622	Samuel Cardoso	Retornados	Senior Masculino	03:13:11	+01:59:43	19:19
572	1138	Rafael Ferreira	Labregos	Senior Masculino	03:13:13	+01:59:45	19:19
573	1134	David Araújo	Labregos	Senior Masculino	03:13:15	+01:59:47	19:19

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574	1740	Carlos Alves	Tartarugas Furiosas	Senior Masculino	03:13:45	+02:00:17	19:22
575	1742	Edgar Alexandre Oliveira Gomes	Tartarugas Furiosas	Senior Masculino	03:13:51	+02:00:23	19:23
576	1749	Martim Alexandre Pinho Gomes	Tartarugas Furiosas	Senior Masculino	03:13:54	+02:00:26	19:23
577	1659	Pedro Pereira	Sem fôlego	Senior Masculino	03:14:14	+02:00:46	19:25
578	1657	Claudio Pereira	Sem fôlego	Senior Masculino	03:14:15	+02:00:47	19:26
579	1608	Nuno Micael Alvim Coelho da Silva	Queixosos anónimos	Senior Masculino	03:14:51	+02:01:23	19:29
580	1940	André Oliveira	Individual	Senior Masculino	03:14:58	+02:01:30	19:30
581	749	Sérgio Filipe Ferreira do Amaral Garcia	EPME	Senior Masculino	03:15:23	+02:01:55	19:32
582	1327	Duarte Vaz Batista	OCR4500	Senior Masculino	03:15:28	+02:02:00	19:33
583	1537	Nuno Rocha	Portal da queixa	Senior Masculino	03:15:52	+02:02:24	19:35
584	606	Ricardo Manuel Ferreira Lopes	Casa Dos Dragões de Fiães	Senior Masculino	03:15:56	+02:02:28	19:36
585	604	Quintino Alexandre Sousa Ramos	Casa Dos Dragões de Fiães	Senior Masculino	03:15:56	+02:02:28	19:36
586	1027	Carlos Alberto Fernandes mota	Individual	Senior Masculino	03:15:57	+02:02:29	19:36
587	602	Nelson Pedro Oliveira Silva	Casa Dos Dragões de Fiães	Senior Masculino	03:15:58	+02:02:30	19:36
588	1059	Joel Ferreira Tavares	Individual	Senior Masculino	03:15:58	+02:02:30	19:36
589	1325	Daniel Oliveira	OCR4500	Senior Masculino	03:15:59	+02:02:31	19:36
590	1326	Diogo Silva	OCR4500	Senior Masculino	03:15:59	+02:02:31	19:36
591	1328	João Miguel Santos	OCR4500	Senior Masculino	03:16:00	+02:02:32	19:36
592	1057	Duarte Silva	Individual	Senior Masculino	03:16:34	+02:03:06	19:39
593	542	João Melo Bártoło	Bravos Mansos	Senior Masculino	03:16:46	+02:03:18	19:41
594	539	Diogo Ferreira Neves	Bravos Mansos	Senior Masculino	03:16:46	+02:03:18	19:41
595	649	Eduardo Silva	Chamas na Pista	Senior Masculino	03:17:03	+02:03:35	19:42
596	1158	Leandro Almeida Santos	Legítimos e Emprestados	Senior Masculino	03:17:14	+02:03:46	19:43
597	1157	José Filipe Sousa Teixeira	Legítimos e Emprestados	Senior Masculino	03:17:14	+02:03:46	19:43
598	1162	Telmo Santos Mota	Legítimos e Emprestados	Senior Masculino	03:17:15	+02:03:47	19:44
599	1159	Ricardo José Tavares Oliveira	Legítimos e Emprestados	Senior Masculino	03:17:16	+02:03:48	19:44
600	1160	Ricardo Manuel Almeida Santos	Legítimos e Emprestados	Senior Masculino	03:17:16	+02:03:48	19:44
601	1481	Vasco Pinto Silva	Perdidos mas Felizes	Senior Masculino	03:17:42	+02:04:14	19:46
602	1389	Pedro Gonçalves	Os fogo no cu	Senior Masculino	03:18:04	+02:04:36	19:48
603	1388	Manuel Arnaldo Oliveira	Os fogo no cu	Senior Masculino	03:18:04	+02:04:36	19:48
604	1385	Daniel Fernando da Silva	Os fogo no cu	Senior Masculino	03:18:04	+02:04:36	19:48
605	1386	JOÃO CARDOSO	Os fogo no cu	Senior Masculino	03:18:05	+02:04:37	19:48
606	1387	Leonel Resende Rocha	Os fogo no cu	Senior Masculino	03:18:05	+02:04:37	19:49
607	1383	Artur Brandão	Os fogo no cu	Senior Masculino	03:18:06	+02:04:38	19:49
608	1384	Carlos Rodrigues	Os fogo no cu	Senior Masculino	03:18:06	+02:04:38	19:49
609	1415	Joel Santos	Os resistentes	Senior Masculino	03:18:49	+02:05:21	19:53
610	1412	Fernando Gonçalves	Os resistentes	Senior Masculino	03:18:51	+02:05:23	19:53
611	1774	Carlos Monteiro	TEAM ALFA	Senior Masculino	03:18:52	+02:05:24	19:53
612	1145	Pedro Bento	Lama sem medo	Senior Masculino	03:19:00	+02:05:32	19:54
613	1144	João Bento	Lama sem medo	Senior Masculino	03:19:00	+02:05:32	19:54
614	748	Ricardo Valentim Ferreira dos Santos	EPME	Senior Masculino	03:19:09	+02:05:41	19:55
615	1409	António Teixeira	Os resistentes	Senior Masculino	03:19:21	+02:05:53	19:56
616	1414	Joaquim Calafate	Os resistentes	Senior Masculino	03:19:21	+02:05:53	19:56
617	315	Jose Velho	As Bravas	Senior Masculino	03:21:06	+02:07:38	20:07
618	399	César Filipe Carvalho Gomes	Bombeiros de Arrifana	Senior Masculino	03:21:12	+02:07:44	20:07
619	407	Moisés Pinto Dos Santos	Bombeiros de Arrifana	Senior Masculino	03:21:13	+02:07:45	20:07

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620	1254	CLAUDIO OLIVEIRA	MC	Senior Masculino	03:21:21	+02:07:53	20:08
621	767	Tiago Reis	Falsos lentos	Senior Masculino	03:21:21	+02:07:53	20:08
622	766	Rodrigo Silva	Falsos lentos	Senior Masculino	03:21:22	+02:07:54	20:08
623	1255	DANIEL OLIVEIRA	MC	Senior Masculino	03:21:22	+02:07:54	20:08
624	765	Marco Silva	Falsos lentos	Senior Masculino	03:21:27	+02:07:59	20:09
625	1662	Gonalo Pinho	Sem limites	Senior Masculino	03:21:50	+02:08:22	20:11
626	1925	Xavier Oliveira	Vita	Senior Masculino	03:21:51	+02:08:23	20:11
627	347	Rodrigo Pombinho	Auauauauau ces da pradaria	Senior Masculino	03:22:33	+02:09:05	20:15
628	339	Diogo Oliveira	Auauauauau ces da pradaria	Senior Masculino	03:22:33	+02:09:05	20:15
629	343	Joel Oliveira Pinto	Auauauauau ces da pradaria	Senior Masculino	03:22:35	+02:09:07	20:15
630	346	Roberto Oliveira	Auauauauau ces da pradaria	Senior Masculino	03:22:38	+02:09:10	20:16
631	344	Gabriela Silva	Auauauauau ces da pradaria	Senior Masculino	03:22:38	+02:09:10	20:16
632	348	Vasco Matos	Auauauauau ces da pradaria	Senior Masculino	03:22:39	+02:09:11	20:16
633	1739	Bruno Filipe de Oliveira Pinho	Tartarugas Furiosas	Senior Masculino	03:23:21	+02:09:53	20:20
634	1706	Edgar Almeida	Stump Fight Team	Senior Masculino	03:23:35	+02:10:07	20:21
635	1711	Luis Oliveira	Stump Fight Team	Senior Masculino	03:23:36	+02:10:08	20:22
636	1710	Henrique Caldeira	Stump Fight Team	Senior Masculino	03:23:36	+02:10:08	20:22
637	1708	Filipe Almeida	Stump Fight Team	Senior Masculino	03:23:36	+02:10:08	20:22
638	1705	Diogo Granja	Stump Fight Team	Senior Masculino	03:23:37	+02:10:09	20:22
639	1712	Mrcio Couto	Stump Fight Team	Senior Masculino	03:23:37	+02:10:09	20:22
640	1707	Fabio Silva	Stump Fight Team	Senior Masculino	03:23:38	+02:10:10	20:22
641	1703	Alexandre Oliveira	Stump Fight Team	Senior Masculino	03:23:39	+02:10:11	20:22
642	1704	Catarina Valente	Stump Fight Team	Senior Masculino	03:23:40	+02:10:12	20:22
643	1709	Filipe Posio	Stump Fight Team	Senior Masculino	03:23:41	+02:10:13	20:22
644	341	Joo Oliveira	Auauauauau ces da pradaria	Senior Masculino	03:23:53	+02:10:25	20:23
645	214	Joo Lopes	100NOME	Senior Masculino	03:23:53	+02:10:25	20:23
646	1652	Adilson Nascimento	Segura o bloqueio	Senior Masculino	03:24:30	+02:11:02	20:27
647	1653	Bruno Pedro	Segura o bloqueio	Senior Masculino	03:24:31	+02:11:03	20:27
648	410	Ricardo Lus Resende Amorim	Bombeiros de Arrifana	Senior Masculino	03:24:34	+02:11:06	20:27
649	403	Jos Rui Arajo Da Silva	Bombeiros de Arrifana	Senior Masculino	03:24:35	+02:11:07	20:27
650	413	Rui Miguel de Assuno Duarte	Bombeiros de Arrifana	Senior Masculino	03:24:35	+02:11:07	20:27
651	405	Manuel Fernando Resende Freitas	Bombeiros de Arrifana	Senior Masculino	03:24:35	+02:11:07	20:28
652	406	Manuel Jos Martins Oliveira	Bombeiros de Arrifana	Senior Masculino	03:24:36	+02:11:08	20:28
653	402	Jorge Filipe Rocha Pereira	Bombeiros de Arrifana	Senior Masculino	03:24:40	+02:11:12	20:28
654	248	Talles Jacobsen	A Catarina disse que era fcil	Senior Masculino	03:24:57	+02:11:29	20:30
655	673	Miguel Sousa	Chico Deus	Senior Masculino	03:26:06	+02:12:38	20:37
656	671	Bruno Moraes	Chico Deus	Senior Masculino	03:26:07	+02:12:39	20:37
657	672	Francisco Monteiro	Chico Deus	Senior Masculino	03:26:10	+02:12:42	20:37
658	674	Miguel Teixeira	Chico Deus	Senior Masculino	03:26:10	+02:12:42	20:37
659	1743	Fernando Paulo Sousa Freitas	Tartarugas Furiosas	Senior Masculino	03:26:33	+02:13:05	20:39
660	1738	Armenio Duarte Pinho	Tartarugas Furiosas	Senior Masculino	03:26:34	+02:13:06	20:39
661	1744	Horcio Manuel Ferreira Dos Santos	Tartarugas Furiosas	Senior Masculino	03:26:41	+02:13:13	20:40
662	1751	Paulo Srgio De Oliveira Pinho	Tartarugas Furiosas	Senior Masculino	03:26:42	+02:13:14	20:40
663	1753	Pedro tiago de Oliveira Pinho	Tartarugas Furiosas	Senior Masculino	03:26:45	+02:13:17	20:40
664	1853	Filipe Assuno	Tremoos Olmpicos	Senior Masculino	03:27:07	+02:13:39	20:43
665	1750	Nelson Palha Cadilhe	Tartarugas Furiosas	Senior Masculino	03:27:09	+02:13:41	20:43

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666	694	Fernando Alves	Coragem Coletiva	Senior Masculino	03:27:09	+02:13:41	20:43
667	1748	Manuel Neves de Oliveira	Tartarugas Furiosas	Senior Masculino	03:27:09	+02:13:41	20:43
668	1852	André Lopes	Tremoços Olímpicos	Senior Masculino	03:27:10	+02:13:42	20:43
669	1855	Ricardo Santos	Tremoços Olímpicos	Senior Masculino	03:27:12	+02:13:44	20:43
670	1854	Mario Ferreira	Tremoços Olímpicos	Senior Masculino	03:27:13	+02:13:45	20:43
671	693	André Pereira	Coragem Coletiva	Senior Masculino	03:27:28	+02:14:00	20:45
672	1036	Diogo Reis	Individual	Senior Masculino	03:27:28	+02:14:00	20:45
673	696	Miguel Silva	Coragem Coletiva	Senior Masculino	03:27:28	+02:14:00	20:45
674	697	Paulo Moreira	Coragem Coletiva	Senior Masculino	03:27:29	+02:14:01	20:45
675	780	Francisco José Oliveira Santos	Familia Santos	Senior Masculino	03:27:51	+02:14:23	20:47
676	1263	Daniel Almeida	Mental Energy	Senior Masculino	03:28:21	+02:14:53	20:50
677	1391	Vergílio Silva Teixeira	Os fogo no cu	Senior Masculino	03:30:14	+02:16:46	21:01
678	1298	Joel Gonçalves	No knees	Senior Masculino	03:30:32	+02:17:04	21:03
679	1297	João Simões	No knees	Senior Masculino	03:30:32	+02:17:04	21:03
680	1299	Mário Santos	No knees	Senior Masculino	03:30:33	+02:17:05	21:03
681	1300	Paulo Santos	No knees	Senior Masculino	03:30:34	+02:17:06	21:03
682	1295	Carlos Tavares	No knees	Senior Masculino	03:30:34	+02:17:06	21:03
683	1303	Rúben Pires	No knees	Senior Masculino	03:30:34	+02:17:06	21:03
684	752	Rogério Couto	Equipa Metalarda	Senior Masculino	03:30:48	+02:17:20	21:05
685	751	Joaquim Moreira	Equipa Metalarda	Senior Masculino	03:30:49	+02:17:21	21:05
686	905	Hugo Costa	GRUPO JR	Senior Masculino	03:31:00	+02:17:32	21:06
687	686	Ricardo Bento	Clã 57	Senior Masculino	03:31:06	+02:17:38	21:07
688	685	José Marques	Clã 57	Senior Masculino	03:31:09	+02:17:41	21:07
689	909	Vítor Figueira	GRUPO JR	Senior Masculino	03:31:10	+02:17:42	21:07
690	904	Filipe Soares	GRUPO JR	Senior Masculino	03:31:11	+02:17:43	21:07
691	903	Armando Ferreira	GRUPO JR	Senior Masculino	03:31:11	+02:17:43	21:07
692	908	Ricardo França	GRUPO JR	Senior Masculino	03:31:11	+02:17:43	21:07
693	296	João Santos	Alpha Studio	Senior Masculino	03:32:49	+02:19:21	21:17
694	294	João Miguel Ferreira	Alpha Studio	Senior Masculino	03:32:51	+02:19:23	21:17
695	293	Anthony Silva	Alpha Studio	Senior Masculino	03:32:51	+02:19:23	21:17
696	866	Sérgio Santos	G.E.M.E	Senior Masculino	03:33:58	+02:20:30	21:24
697	859	Eduardo Ferreira	G.E.M.E	Senior Masculino	03:33:59	+02:20:31	21:24
698	864	Ricardo Ramos	G.E.M.E	Senior Masculino	03:34:05	+02:20:37	21:24
699	853	Américo Castanheira	G.E.M.E	Senior Masculino	03:34:07	+02:20:39	21:25
700	855	Armando Ribeiro	G.E.M.E	Senior Masculino	03:34:10	+02:20:42	21:25
701	854	André Paiva	G.E.M.E	Senior Masculino	03:34:14	+02:20:46	21:25
702	862	Pedro Alves	G.E.M.E	Senior Masculino	03:34:14	+02:20:46	21:25
703	863	Rafael Fernandes	G.E.M.E	Senior Masculino	03:34:14	+02:20:46	21:25
704	857	David Moura	G.E.M.E	Senior Masculino	03:34:15	+02:20:47	21:26
705	858	Diogo Ferreira	G.E.M.E	Senior Masculino	03:34:16	+02:20:48	21:26
706	544	Xavier Neto	Bravos Mansos	Senior Masculino	03:34:23	+02:20:55	21:26
707	540	Francisco Barbosa	Bravos Mansos	Senior Masculino	03:34:24	+02:20:56	21:26
708	1627	Rúben Santos	Runners Aguada de Cima	Senior Masculino	03:34:44	+02:21:16	21:28
709	1778	Ivo Paiva	TEAM ALFA	Senior Masculino	03:34:44	+02:21:16	21:28
710	1625	Bruno Silva	Runners Aguada de Cima	Senior Masculino	03:34:45	+02:21:17	21:29
711	1626	Felipe Pereira	Runners Aguada de Cima	Senior Masculino	03:34:46	+02:21:18	21:29

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712	1937	Daisy Silva	Runners Aguada de Cima	Senior Masculino	03:34:46	+02:21:18	21:29
713	881	Ruben Gomes	G6 - ESAN	Senior Masculino	03:34:51	+02:21:23	21:29
714	1293	André Oliveira	No knees	Senior Masculino	03:35:26	+02:21:58	21:33
715	1777	Gustavo Soares	TEAM ALFA	Senior Masculino	03:35:27	+02:21:59	21:33
716	1294	Carlos Oliveira	No knees	Senior Masculino	03:35:28	+02:22:00	21:33
717	1296	João Laranjeiro	No knees	Senior Masculino	03:35:28	+02:22:00	21:33
718	861	Oswaldo Santos	G.E.M.E	Senior Masculino	03:35:32	+02:22:04	21:33
719	865	Rui Oliveira	G.E.M.E	Senior Masculino	03:36:06	+02:22:38	21:37
720	1301	Paulo Santos	No knees	Senior Masculino	03:37:17	+02:23:49	21:44
721	1302	Pedro Santos	No knees	Senior Masculino	03:37:17	+02:23:49	21:44
722	1745	Joaquim José Pereira da Silva	Tartarugas Furiosas	Senior Masculino	03:38:18	+02:24:50	21:50
723	1741	Daniel Leite Moreira	Tartarugas Furiosas	Senior Masculino	03:38:21	+02:24:53	21:50
724	1215	Erick Borba	Magia do Boteco	Senior Masculino	03:39:18	+02:25:50	21:56
725	1219	Luís Sequeira	Magia do Boteco	Senior Masculino	03:39:18	+02:25:50	21:56
726	1220	Rafael Melo	Magia do Boteco	Senior Masculino	03:39:19	+02:25:51	21:56
727	1217	Helder Silva	Magia do Boteco	Senior Masculino	03:39:20	+02:25:52	21:56
728	1222	Rodolfo Jorge	Magia do Boteco	Senior Masculino	03:39:20	+02:25:52	21:56
729	1218	João Machado	Magia do Boteco	Senior Masculino	03:39:20	+02:25:52	21:56
730	1213	Albérissom Júnior	Magia do Boteco	Senior Masculino	03:39:20	+02:25:52	21:56
731	1221	Ricardo Magalhães	Magia do Boteco	Senior Masculino	03:39:21	+02:25:53	21:56
732	1216	Fernando Xavier	Magia do Boteco	Senior Masculino	03:39:22	+02:25:54	21:56
733	1214	Andrey Fernandes	Magia do Boteco	Senior Masculino	03:39:24	+02:25:56	21:56
734	883	Silvio Abrantes	G6 - ESAN	Senior Masculino	03:40:27	+02:26:59	22:03
735	878	Jorge Luís	G6 - ESAN	Senior Masculino	03:40:27	+02:26:59	22:03
736	880	Miguel Cruz	G6 - ESAN	Senior Masculino	03:40:28	+02:27:00	22:03
737	882	Rui Gomes	G6 - ESAN	Senior Masculino	03:40:28	+02:27:00	22:03
738	877	Gonçalo Santos	G6 - ESAN	Senior Masculino	03:40:28	+02:27:00	22:03
739	366	Jorge Miguel Alves Fernandes	BAIRRADINOS RELAXADOS	Senior Masculino	03:40:50	+02:27:22	22:05
740	369	Martim Miguel Jesus Silva	BAIRRADINOS RELAXADOS	Senior Masculino	03:40:51	+02:27:23	22:05
741	362	Akashkumar Girishkumar	BAIRRADINOS RELAXADOS	Senior Masculino	03:40:51	+02:27:23	22:05
742	368	M. José Bastos	BAIRRADINOS RELAXADOS	Senior Masculino	03:40:52	+02:27:24	22:05
743	370	MIGUEL SANTOS	BAIRRADINOS RELAXADOS	Senior Masculino	03:40:53	+02:27:25	22:05
744	367	Lino Rodrigues Silva	BAIRRADINOS RELAXADOS	Senior Masculino	03:40:55	+02:27:27	22:05
745	363	Celso Moreira	BAIRRADINOS RELAXADOS	Senior Masculino	03:40:55	+02:27:27	22:06
746	371	RÚBEN GORJÃO	BAIRRADINOS RELAXADOS	Senior Masculino	03:40:56	+02:27:28	22:06
747	698	Pedro Cunha	Coragem Coletiva	Senior Masculino	03:42:12	+02:28:44	22:13
748	380	Luís Ferraz	Banhas assassinas	Senior Masculino	03:42:59	+02:29:31	22:18
749	382	Santiago Ferraz	Banhas assassinas	Senior Masculino	03:42:59	+02:29:31	22:18
750	372	Kinder Singh	Banhas assassinas	Senior Masculino	03:43:00	+02:29:32	22:18
751	381	Rui rocha	Banhas assassinas	Senior Masculino	03:43:02	+02:29:34	22:18
752	1871	Pedro Sousa	TrepaTrilhos Trail Team	Senior Masculino	03:45:17	+02:31:49	22:32
753	1867	Filipe Costa	TrepaTrilhos Trail Team	Senior Masculino	03:45:28	+02:32:00	22:33
754	1868	José Carlos Silva	TrepaTrilhos Trail Team	Senior Masculino	03:45:59	+02:32:31	22:36
755	1873	Sandro Jorge	TrepaTrilhos Trail Team	Senior Masculino	03:46:09	+02:32:41	22:37
756	1869	Manuel Santos	TrepaTrilhos Trail Team	Senior Masculino	03:46:22	+02:32:54	22:38
757	1866	Elísio Dias	TrepaTrilhos Trail Team	Senior Masculino	03:46:57	+02:33:29	22:42

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758	828	Vítor Costa	Flores de Estufa!	Senior Masculino	03:52:35	+02:39:07	23:16
759	826	Carlos Miguel Silva	Flores de Estufa!	Senior Masculino	03:52:36	+02:39:08	23:16
760	827	David Pereira	Flores de Estufa!	Senior Masculino	03:52:37	+02:39:09	23:16
761	695	Jaime Silva	Coragem Coletiva	Senior Masculino	03:54:10	+02:40:42	23:25
762	888	Diogo Azevedo	Gambuzinos	Senior Masculino	03:57:44	+02:44:16	23:46
763	890	Fábio Almeida	Gambuzinos	Senior Masculino	03:57:46	+02:44:18	23:47
764	891	Ricardo Leite	Gambuzinos	Senior Masculino	03:57:47	+02:44:19	23:47
765	892	Ricardo Oliveira	Gambuzinos	Senior Masculino	03:57:51	+02:44:23	23:47
766	889	Diogo Carvalho	Gambuzinos	Senior Masculino	03:57:51	+02:44:23	23:47
767	325	João Oliveira	As Damas e o Vagabundo	Senior Masculino	04:00:09	+02:46:41	24:01
768	451	Virginio Costa	Bravos da Treta Team	Senior Masculino	04:06:31	+02:53:03	24:39
769	449	José Andrade	Bravos da Treta Team	Senior Masculino	04:06:34	+02:53:06	24:39
770	450	Rui Neto	Bravos da Treta Team	Senior Masculino	04:06:36	+02:53:08	24:40