

0,3 KM

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:15	25°C	64%
End	10:17	25°C	64%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	540	Davi Ribeiro	individual	Bambis Masculino	01:12		-
2	523	Ravi Sampaio	cdbbr clube desportivo do bombarral	Bambis Masculino	01:14	+00:02	-
3	579	Manuel Carvalho	individual	Bambis Masculino	01:18	+00:05	-
4	537	Eleonore Nunes	individual	Bambis Feminino	01:19	+00:06	-
5	580	Miguel Carvalho	individual	Bambis Masculino	01:23	+00:11	-
6	538	Maria alicia Lima	individual	Bambis Feminino	01:24	+00:12	-
7	541	Miguel Cordeiro	individual	Bambis Masculino	01:24	+00:12	-
8	501	Beatriz Santos	asfic - ribeira de são joão	Bambis Feminino	01:25	+00:13	-
9	536	Manel Luís	grf benedita - atletismo	Bambis Masculino	01:31	+00:19	-
10	502	Daniel Demchuk	asfic - ribeira de são joão	Bambis Masculino	01:36	+00:24	-
11	565	Isaac Silva	zombies	Bambis Masculino	02:12	+00:59	-

Obs

BIB	NOTE	NAME	TEAM	CAT
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Bambis

0,3 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:15	25°C	64%
End	10:17	25°C	64%

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

1	537	Eleonore Nunes	Individual	Bambis Feminino	01:19	-
2	538	Maria alicia Lima	Individual	Bambis Feminino	01:24	+00:05
3	501	Beatriz Santos	ASFIC - Ribeira de São João	Bambis Feminino	01:25	+00:06

Bambis Masculino

1	540	Davi Ribeiro	Individual	Bambis Masculino	01:12	-
2	523	Ravi Sampaio	CDBBR Clube Desportivo do Bombarral	Bambis Masculino	01:14	+00:02
3	579	Manuel Carvalho	Individual	Bambis Masculino	01:18	+00:05
4	580	Miguel Carvalho	Individual	Bambis Masculino	01:23	+00:11
5	541	Miguel Cordeiro	Individual	Bambis Masculino	01:24	+00:12
6	536	Manel Luís	GRF Benedita - Atletismo	Bambis Masculino	01:31	+00:19
7	502	Daniel Demchuk	ASFIC - Ribeira de São João	Bambis Masculino	01:36	+00:24
8	565	Isaac Silva	Zombies	Bambis Masculino	02:12	+00:59

BENJAMINS A - STAGE 1

0,3 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:15	25,5°C	76%
End	10:20	25.5°C	76%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	550	Tomás cordeiro	individual	Benjamim A Masculino	00:57		-
2	549	Salvador Gomes	individual	Benjamim A Masculino	00:58	+00:00	-
3	510	Santiago Vicente	asfic - ribeira de são joão	Benjamim A Masculino	00:58	+00:01	-
4	505	Sofia Vieira	asfic - ribeira de são joão	Benjamim A Feminino	00:59	+00:01	-
5	504	Laura Mendes	asfic - ribeira de são joão	Benjamim A Feminino	01:01	+00:03	-
6	551	Vicente Crespo Dinis	individual	Benjamim A Masculino	01:02	+00:04	-
7	582	Manel Santos	individual	Benjamim A Masculino	01:05	+00:07	-
8	566	Matilde Silva	zombies	Benjamim A Feminino	01:05	+00:07	-
9	524	Théo Sampaio	cdbbr clube desportivo do bombarral	Benjamim A Masculino	01:06	+00:08	-
10	543	Ana Almeida	individual	Benjamim A Feminino	01:07	+00:09	-
11	532	Maria Inês Rodrigues	clube de natação de rio maior	Benjamim A Feminino	01:08	+00:10	-
12	503	Francisca Santos	asfic - ribeira de são joão	Benjamim A Feminino	01:08	+00:11	-
13	548	Miguel Luís	individual	Benjamim A Masculino	01:10	+00:12	-
14	508	Gabriel Sabino	asfic - ribeira de são joão	Benjamim A Masculino	01:11	+00:13	-
15	583	Rafael Dinis de Madeira Vieira	individual	Benjamim A Masculino	01:11	+00:13	-
16	542	Alice Maria Casimiro da Silva	individual	Benjamim A Feminino	01:11	+00:14	-
17	507	Dinis Silva	asfic - ribeira de são joão	Benjamim A Masculino	01:12	+00:15	-
18	509	João Correia	asfic - ribeira de são joão	Benjamim A Masculino	01:15	+00:18	-
19	553	Vicente Miguel Jacinto Lopes	individual	Benjamim A Masculino	01:19	+00:22	-
20	569	Letícia Silva	br em movimento	Benjamim A Feminino	01:23	+00:25	-

Obs

BIB	NOTE	NAME	TEAM	CAT
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Benjamins A

0,3 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:15	25,5°C	76%
End	10:20	25.5°C	76%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Benjamim A Feminino

1	505	Sofia Vieira	ASFIC - Ribeira de São João	Benjamim A Feminino	00:59	-
2	504	Laura Mendes	ASFIC - Ribeira de São João	Benjamim A Feminino	01:01	+00:01
3	566	Matilde Silva	Zombies	Benjamim A Feminino	01:05	+00:05
4	543	Ana Almeida	Individual	Benjamim A Feminino	01:07	+00:07
5	532	Maria Inês Rodrigues	Clube de Natação de Rio Maior	Benjamim A Feminino	01:08	+00:08
6	503	Francisca Santos	ASFIC - Ribeira de São João	Benjamim A Feminino	01:08	+00:09
7	542	Alice Maria Casimiro da Silva	Individual	Benjamim A Feminino	01:11	+00:12
8	569	Letícia Silva	Br em Movimento	Benjamim A Feminino	01:23	+00:23

Benjamim A Masculino

1	550	Tomás cordeiro	Individual	Benjamim A Masculino	00:57	-
2	549	Salvador Gomes	Individual	Benjamim A Masculino	00:58	+00:00
3	510	Santiago Vicente	ASFIC - Ribeira de São João	Benjamim A Masculino	00:58	+00:01
4	551	Vicente Crespo Dinis	Individual	Benjamim A Masculino	01:02	+00:04
5	582	Manel Santos	Individual	Benjamim A Masculino	01:05	+00:07
6	524	Théo Sampaio	CDBBR Clube Desportivo do Bombarral	Benjamim A Masculino	01:06	+00:08
7	548	Miguel Luís	Individual	Benjamim A Masculino	01:10	+00:12
8	508	Gabriel Sabino	ASFIC - Ribeira de São João	Benjamim A Masculino	01:11	+00:13
9	583	Rafael Dinis de Madeira Vieira	Individual	Benjamim A Masculino	01:11	+00:13
10	507	Dinis Silva	ASFIC - Ribeira de São João	Benjamim A Masculino	01:12	+00:15
11	509	João Correia	ASFIC - Ribeira de São João	Benjamim A Masculino	01:15	+00:18
12	553	Vicente Miguel Jacinto Lopes	Individual	Benjamim A Masculino	01:19	+00:22

BENJAMINS B - STAGE 1

0,5 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:15	25,5°C	76%
End	10:26	25,5°C	76%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	558	Miguel Nunes	individual	Benjamim B Masculino	01:39		-
2	533	Maria Alice Rodrigues	clube de natação de rio maior	Benjamim B Feminino	01:42	+00:02	-
3	534	Rafael Mateus Henriques Lopes	clube de natação de rio maior	Benjamim B Masculino	01:42	+00:03	-
4	525	Rosamar Gomes	cdbbr clube desportivo do bombarral	Benjamim B Feminino	01:47	+00:08	-
5	570	Ema Esmail	c n rio maior	Benjamim B Feminino	01:54	+00:15	-
6	511	Eduarda Ferreira	asfic - ribeira de são joão	Benjamim B Feminino	01:56	+00:16	-
7	526	Martim Ferreira	cdbbr clube desportivo do bombarral	Benjamim B Masculino	01:56	+00:17	-
8	559	Rómulo Vilela	individual	Benjamim B Masculino	02:04	+00:25	-
9	527	Tomás Fonseca	cdbbr clube desportivo do bombarral	Benjamim B Masculino	02:05	+00:25	-
10	555	Matilde Fortunato	individual	Benjamim B Feminino	02:09	+00:30	-
11	512	Margarida Santos	asfic - ribeira de são joão	Benjamim B Feminino	02:10	+00:31	-
12	513	João Silva	asfic - ribeira de são joão	Benjamim B Masculino	02:12	+00:33	-
13	554	Letícia Vitorino	individual	Benjamim B Feminino	03:35	+01:56	-

Obs

BIB	NOTE	NAME	TEAM	CAT
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Benjamins B

0,5 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:15	25,5°C	76%
End	10:26	25.5°C	76%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Benjamim B Feminino

1	533	Maria Alice Rodrigues	Clube de Natação de Rio Maior	Benjamim B Feminino	01:42	-
2	525	Rosamar Gomes	CDBBR Clube Desportivo do Bombarral	Benjamim B Feminino	01:47	+00:05
3	570	Ema Esmail	C N Rio Maior	Benjamim B Feminino	01:54	+00:12
4	511	Eduarda Ferreira	ASFIC - Ribeira de São João	Benjamim B Feminino	01:56	+00:13
5	555	Matilde Fortunato	Individual	Benjamim B Feminino	02:09	+00:27
6	512	Margarida Santos	ASFIC - Ribeira de São João	Benjamim B Feminino	02:10	+00:28
7	554	Leticia Vitorino	Individual	Benjamim B Feminino	03:35	+01:53

Benjamim B Masculino

1	558	Miguel Nunes	Individual	Benjamim B Masculino	01:39	-
2	534	Rafael Mateus Henriques Lopes	Clube de Natação de Rio Maior	Benjamim B Masculino	01:42	+00:03
3	526	Martim Ferreira	CDBBR Clube Desportivo do Bombarral	Benjamim B Masculino	01:56	+00:17
4	559	Rómulo Vilela	Individual	Benjamim B Masculino	02:04	+00:25
5	527	Tomás Fonseca	CDBBR Clube Desportivo do Bombarral	Benjamim B Masculino	02:05	+00:25
6	513	João Silva	ASFIC - Ribeira de São João	Benjamim B Masculino	02:12	+00:33

INFANTIS - STAGE 1

0,5 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:15	25,5°C	73%
End	10:30	25,5°C	73%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	529	Gabriel Fonseca	cdbbr clube desportivo do bombarral	Infantil Masculino	01:32		-
2	572	Rafael Ribeiro	c n rio maior	Infantil Masculino	01:36	+00:04	-
3	514	Madalena Figueiredo	asfic - ribeira de são joão	Infantil Feminino	01:37	+00:05	-
4	517	Soraia Vicente	asfic - ribeira de são joão	Infantil Feminino	01:41	+00:09	-
5	573	Ricardo Santos	c n rio maior	Infantil Masculino	01:45	+00:12	-
6	563	Martim Vaz	individual	Infantil Masculino	01:46	+00:13	-
7	515	Matilde Custódio	asfic - ribeira de são joão	Infantil Feminino	01:46	+00:14	-
8	571	Lia Esmail	c n rio maior	Infantil Feminino	01:47	+00:15	-
9	516	Matilde Figueiredo	asfic - ribeira de são joão	Infantil Feminino	01:49	+00:17	-
10	568	Matilde Fróis	asfic - ribeira de são joão	Infantil Feminino	01:51	+00:18	-
11	530	Rodrigo Morgado	cdbbr clube desportivo do bombarral	Infantil Masculino	01:51	+00:18	-
12	561	Thalyta Bertoldi Pamplona	individual	Infantil Feminino	01:53	+00:20	-
13	560	Lia Almeida	individual	Infantil Feminino	01:54	+00:21	-
14	519	Rodrigo Lopes	asfic - ribeira de são joão	Infantil Masculino	02:01	+00:28	-
15	518	José Pedro Esteves	asfic - ribeira de são joão	Infantil Masculino	02:03	+00:30	-
16	577	Margarida Nunes	casa do povo de alcanena	Infantil Feminino	02:06	+00:34	-

Obs

BIB	NOTE	NAME	TEAM	CAT
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Infantis

0,5 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:15	25,5°C	73%
End	10:30	25.5°C	73%

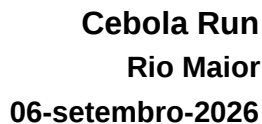
RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Infantil Feminino

1	514	Madalena Figueiredo	ASFIC - Ribeira de São João	Infantil Feminino	01:37	-
2	517	Soraia Vicente	ASFIC - Ribeira de São João	Infantil Feminino	01:41	+00:04
3	515	Matilde Custódio	ASFIC - Ribeira de São João	Infantil Feminino	01:46	+00:08
4	571	Lia Esmail	C N Rio Maior	Infantil Feminino	01:47	+00:10
5	516	Matilde Figueiredo	ASFIC - Ribeira de São João	Infantil Feminino	01:49	+00:11
6	568	Matilde Fróis	ASFIC - Ribeira de São João	Infantil Feminino	01:51	+00:13
7	561	Thalyta Bertoldi Pamplona	Individual	Infantil Feminino	01:53	+00:15
8	560	Lia Almeida	Individual	Infantil Feminino	01:54	+00:16
9	577	Margarida Nunes	CASA DO POVO DE ALCANENA	Infantil Feminino	02:06	+00:28

Infantil Masculino

1	529	Gabriel Fonseca	CDBBR Clube Desportivo do Bombarral	Infantil Masculino	01:32	-
2	572	Rafael Ribeiro	C N Rio Maior	Infantil Masculino	01:36	+00:04
3	573	Ricardo Santos	C N Rio Maior	Infantil Masculino	01:45	+00:12
4	563	Martim Vaz	Individual	Infantil Masculino	01:46	+00:13
5	530	Rodrigo Morgado	CDBBR Clube Desportivo do Bombarral	Infantil Masculino	01:51	+00:18
6	519	Rodrigo Lopes	ASFIC - Ribeira de São João	Infantil Masculino	02:01	+00:28
7	518	José Pedro Esteves	ASFIC - Ribeira de São João	Infantil Masculino	02:03	+00:30



0,5 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	10:15	25,5°C	73%
End	10:29	25,5°C	73%

Obs

Official Timekeeper: Lap2Go	1 / 1	generate 06-set.-2026 12:37
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Iniciados

0,5 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:15	25,5°C	73%
End	10:29	25,5°C	73%

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

1	520	Leonor Ferreira	ASFIC - Ribeira de São João	Iniciado Feminino	01:34	-
2	564	Maria Vieira Martins	Individual	Iniciado Feminino	01:51	+00:16

Iniciado Masculino

1	522	Kélvyn Sales	Br em Movimento	Iniciado Masculino	01:24	-
2	574	Enzo Esmail	C N Rio Maior	Iniciado Masculino	01:39	+00:14

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	11:00	27,2°C	69%
End	12:32	27,2°C	69%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	54	Rogério Amaral	cptsc	Senior Masculino	31:11		03:07
2	52	Tomás Cerveira	cnrm	Senior Masculino	34:04	+02:53	03:24
3	240	César Emanuel Gomes Oliveira Isidro Isidro	individual	Veterano M40	34:36	+03:24	03:28
4	324	Joana Ferreira	sport club beira-mar	Senior Feminino	34:54	+03:42	03:29
5	325	Marco Martins	sporting clube moitense	Veterano M45	35:10	+03:59	03:31
6	53	Rodrigo Baptista	cptsc	Senior Masculino	35:40	+04:28	03:34
7	48	Emilia Kumós Písoeiro	clube desportivo de espite	Veterana F40	35:40	+04:28	03:34
8	21	Tiago Andrónico	associação desportiva cultural e recreativa de paços negros	Veterano M35	35:47	+04:36	03:35
9	309	Rita Costa	mcp	Senior Feminino	35:51	+04:39	03:35
10	59	CARLOS SILVA	gdrcp - ponterrolense	Senior Masculino	36:53	+05:41	03:41
11	227	Márcio Coelho	individual	Veterano M35	37:46	+06:34	03:47
12	76	Benvinda Santos	individual	Senior Feminino	38:33	+07:21	03:51
13	106	António Boné	individual	Senior Masculino	38:51	+07:39	03:53
14	60	PEDRO DA SILVA PORFIRIO	gdrcp - ponterrolense	Veterano M40	38:53	+07:42	03:53
15	287	Sérgio Vieira	individual	Veterano M50	39:13	+08:02	03:55
16	217	Fábio Carvalho	individual	Veterano M35	39:20	+08:08	03:56
17	27	Jose Felício	bpbox	Senior Masculino	39:26	+08:14	03:57
18	314	Sérgio Pacheco	peniche a correr	Veterano M45	39:31	+08:19	03:57
19	311	Hugo Miguel Dias Gomes	ontrisports	Veterano M40	39:33	+08:22	03:57
20	157	Miguel Santos	individual	Senior Masculino	39:44	+08:33	03:58
21	63	Luís Silva	grf benedita - atletismo	Veterano M35	39:56	+08:44	04:00
22	117	David Matos	individual	Senior Masculino	39:58	+08:47	04:00
23	130	Francisco Martins	individual	Senior Masculino	40:18	+09:07	04:02
24	315	Joaquim leal	ponterrolense	Veterano M50	40:44	+09:33	04:04
25	233	Tiago Cardoso	individual	Veterano M35	40:55	+09:43	04:05
26	151	Marcelo Rêgo	individual	Senior Masculino	41:11	+10:00	04:07
27	220	Gelies Afonso	individual	Veterano M35	41:20	+10:09	04:08
28	253	NELSON SEABRA	individual	Veterano M40	41:42	+10:30	04:10
29	177	Filipa Neves	individual	Veterana F35	41:46	+10:34	04:11
30	223	Helio Cordeiro	individual	Veterano M35	41:55	+10:43	04:11
31	109	Antonio Marcos Lacerda de Oliveira Júnior	individual	Senior Masculino	42:24	+11:12	04:14
32	313	Miguel Barba	peniche a correr	Veterano M45	42:26	+11:14	04:15
33	319	Humberto Santos	run-hyii	Veterano M50	42:47	+11:36	04:17
34	168	Simão Pinheiro	individual	Senior Masculino	42:48	+11:36	04:17
35	307	Joao Pateira	jp running coaching	Veterano M45	42:48	+11:36	04:17
36	222	Gonçalo Henriques	individual	Veterano M35	42:51	+11:39	04:17
37	14	Daniel Laurentino	alcobertas trail team	Senior Masculino	42:54	+11:43	04:17
38	243	Gonçalo Santos	individual	Veterano M40	42:58	+11:46	04:18
39	32	Cleverson Araújo	br em movimento	Senior Masculino	43:18	+12:06	04:20
40	70	Ana Rebelo	individual	Senior Feminino	43:25	+12:13	04:20

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	288	Vítor Chagas	individual	Veterano M50	43:50	+12:39	04:23
42	235	Tiago Silva	individual	Veterano M35	43:54	+12:43	04:23
43	104	Agostinho Vasco Culila	individual	Senior Masculino	44:14	+13:03	04:25
44	178	Inês Castelo	individual	Veterana F35	44:17	+13:06	04:26
45	330	Luis Rebelo	thomar athletics	Veterano M60	44:19	+13:07	04:26
46	62	Joana Silva	grf benedita - atletismo	Veterana F35	44:27	+13:15	04:27
47	121	Diogo Nunes Abelho	individual	Senior Masculino	44:31	+13:20	04:27
48	277	Alexandre Borges Pamplona Júnior	individual	Veterano M50	44:58	+13:47	04:30
49	26	Bernardo Portela	bpbox	Senior Masculino	45:03	+13:51	04:30
50	115	Daniel Remigio	individual	Senior Masculino	45:07	+13:55	04:31
51	61	João Travado	gdrcp - ponterrolense	Veterano M55	45:11	+13:59	04:31
52	24	Nuno Correia	belzebus	Veterano M40	45:18	+14:06	04:32
53	248	Julien Samaha	individual	Veterano M40	45:24	+14:12	04:32
54	341	Afonso Carvalho	asfic - ribeira de são joão	Senior Masculino	45:25	+14:14	04:33
55	97	Rafaela Marques	individual	Senior Feminino	45:32	+14:20	04:33
56	142	João Lindo	individual	Senior Masculino	45:42	+14:30	04:34
57	174	Vitor Sousa	individual	Senior Masculino	45:52	+14:40	04:35
58	225	Luís Gomes	individual	Veterano M35	45:55	+14:43	04:35
59	90	Maria Gorjão	individual	Senior Feminino	45:56	+14:45	04:36
60	281	Duarte Neto	individual	Veterano M50	45:56	+14:45	04:36
61	246	JOSE ALEXANDRE GOULART VIEIRA	individual	Veterano M40	45:57	+14:45	04:36
62	68	Pedro Alexandre	individual	Juvenil Masculino	46:03	+14:51	04:36
63	268	Marco António Vareda Lopes	individual	Veterano M45	46:05	+14:53	04:37
64	284	Miguel Teixeira	individual	Veterano M50	46:25	+15:14	04:39
65	219	Fabio Ribeiro Andre	individual	Veterano M35	46:55	+15:44	04:42
66	164	Rafael Rodrigues	individual	Senior Masculino	47:04	+15:52	04:42
67	326	Amândio Faustino Caetano	sporting clube moitense	Veterano M60	47:18	+16:06	04:44
68	116	David Fortunato	individual	Senior Masculino	47:23	+16:11	04:44
69	226	Luís Silva	individual	Veterano M35	47:28	+16:17	04:45
70	312	José Passos	peniche a correr	Veterano M45	47:33	+16:22	04:45
71	88	Mara Ribeiro	individual	Senior Feminino	48:01	+16:49	04:48
72	239	Carlos Lourenço	individual	Veterano M40	48:01	+16:49	04:48
73	123	Fábio Marques	individual	Senior Masculino	48:12	+17:01	04:49
74	163	Pedro Oliveira	individual	Senior Masculino	48:19	+17:07	04:50
75	367	Fábio Santos	individual	Veterano M35	48:23	+17:11	04:50
76	124	Fábio sá	individual	Senior Masculino	48:33	+17:21	04:51
77	126	Flavio Santos	individual	Senior Masculino	48:36	+17:24	04:52
78	283	MÁRIO COSTA	individual	Veterano M50	48:38	+17:26	04:52
79	150	Luís Gustavo Pereira	individual	Senior Masculino	48:41	+17:29	04:52
80	295	Josué Francisco	individual	Veterano M55	48:41	+17:29	04:52
81	276	Ricardo José de Vasconcelos Gonçalves	individual	Veterano M45	48:44	+17:32	04:52
82	195	Susana Cristina Henriques	individual	Veterana F40	48:45	+17:33	04:52
83	29	Xavier Adrião	bpbox	Senior Masculino	48:54	+17:43	04:53
84	152	Márcio Martins	individual	Senior Masculino	48:59	+17:48	04:54

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	5	Rui Henriques	+ corrida rio maior	Veterano M45	49:06	+17:54	04:55
86	187	Carla Neves	individual	Veterana F40	49:23	+18:12	04:56
87	247	José Marques	individual	Veterano M40	49:35	+18:24	04:58
88	231	Pedro Rodrigues Dos Santos	individual	Veterano M35	49:38	+18:26	04:58
89	259	Pedro Santos	individual	Veterano M40	49:38	+18:26	04:58
90	160	Nuno Ribeiro	individual	Senior Masculino	49:52	+18:40	04:59
91	221	Gonçalo Bolas	individual	Veterano M35	49:58	+18:46	05:00
92	218	Fábio Nunes	individual	Veterano M35	50:07	+18:55	05:01
93	183	Susana Fialho	individual	Veterana F35	50:08	+18:56	05:01
94	256	Pedro Olivato	individual	Veterano M40	50:08	+18:57	05:01
95	299	Sérgio Santos	individual	Veterano M55	50:10	+18:59	05:01
96	38	Gerson Sales	br em movimento	Veterano M35	50:20	+19:08	05:02
97	215	Dmitrii Bushev	individual	Veterano M35	50:23	+19:12	05:02
98	340	Hugo Silva	zombies	Veterano M45	50:29	+19:17	05:03
99	310	Filipa Jacinto	na dúvida, faz!	Veterana F45	50:31	+19:19	05:03
100	114	Daniel correia	individual	Senior Masculino	50:38	+19:27	05:04
101	270	Nelson Carrasquinha	individual	Veterano M45	50:54	+19:42	05:05
102	125	Filipe Ribeiro Henriques	individual	Senior Masculino	50:56	+19:44	05:06
103	327	Tiago Lança	sporting clube vila maria	Veterano M40	51:06	+19:55	05:07
104	43	Filipe Carvalho	ccd crédito agrícola	Veterano M40	51:11	+20:00	05:07
105	265	Jorge Almeida	individual	Veterano M45	51:14	+20:03	05:07
106	191	Liza caballero	individual	Veterana F40	51:20	+20:08	05:08
107	305	José Manuel Marques	individual	Veterano M70	51:22	+20:11	05:08
108	257	Pedro Santos	individual	Veterano M40	51:33	+20:21	05:09
109	371	Miguel Loureiro	individual	Veterano M50	51:35	+20:24	05:10
110	214	Diogo Marques	individual	Veterano M35	51:39	+20:27	05:10
111	293	Jorge Canteiro	individual	Veterano M55	51:54	+20:42	05:11
112	292	Joaquim Cerveira	individual	Veterano M55	51:56	+20:44	05:12
113	180	Inês Teixeira	individual	Veterana F35	52:04	+20:52	05:12
114	286	Renato Fernandes	individual	Veterano M50	52:07	+20:55	05:13
115	42	Raquel Anacleto	casa do povo de amiais de baixo	Senior Feminino	52:12	+21:01	05:13
116	372	Gonçalo Querido	my garage box	Veterano M35	52:15	+21:03	05:13
117	355	Leonardo Marques	individual	Senior Masculino	52:16	+21:04	05:14
118	266	Jorge Frazão	individual	Veterano M45	52:23	+21:11	05:14
119	23	Vânia Frazão	belzebus	Veterana F40	52:28	+21:17	05:15
120	15	Duarte Romão	alcobertas trail team	Senior Masculino	52:51	+21:39	05:17
121	17	Marcelo Romão	alcobertas trail team	Senior Masculino	52:51	+21:39	05:17
122	331	Daniel Martins	trilho dos cágados	Veterano M35	52:57	+21:45	05:18
123	1	Rita Seabra	+ corrida rio maior	Senior Feminino	53:04	+21:53	05:18
124	112	Bruno Santos	individual	Senior Masculino	53:09	+21:57	05:19
125	134	Gabriel Belo Santos	individual	Senior Masculino	53:26	+22:14	05:21
126	122	Duarte Sequeira	individual	Senior Masculino	53:28	+22:16	05:21
127	91	Mariana Antão	individual	Senior Feminino	53:28	+22:17	05:21
128	254	Nuno Vaz	individual	Veterano M40	53:31	+22:19	05:21
129	147	José Júnior	individual	Senior Masculino	53:32	+22:20	05:21
130	369	Samuel Filipe	individual	Veterano M40	53:34	+22:22	05:21

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
131	127	Francisco Carvalho	individual	Senior Masculino	53:36	+22:24	05:22
132	92	Mariana Cavaleiro de Aguiar Estêvão	individual	Senior Feminino	53:36	+22:24	05:22
133	133	Francisco Valente	individual	Senior Masculino	53:40	+22:28	05:22
134	344	João Pedro Cadaveira Franco	individual	Junior Masculino	53:45	+22:34	05:23
135	153	Marco Garutti	individual	Senior Masculino	53:48	+22:36	05:23
136	294	José Costa	individual	Veterano M55	53:52	+22:41	05:23
137	188	Carolina de Nóbrega Rodrigues	individual	Veterana F40	54:02	+22:50	05:24
138	224	João Silva	individual	Veterano M35	54:02	+22:51	05:24
139	39	Andrade Ferreira	br em movimento	Veterano M40	54:14	+23:03	05:25
140	100	Sara Urbano	individual	Senior Feminino	54:31	+23:20	05:27
141	252	Micael Ribeiro	individual	Veterano M40	54:33	+23:21	05:27
142	262	Sérgio Lopes	individual	Veterano M40	54:37	+23:26	05:28
143	161	Pedro Bandarra	individual	Senior Masculino	54:48	+23:36	05:29
144	322	Pedro Santos	santa cac	Senior Masculino	54:58	+23:46	05:30
145	363	Eliana Lagrante	individual	Veterana F35	55:00	+23:49	05:30
146	200	Salomé Vitorino	individual	Veterana F45	55:02	+23:50	05:30
147	173	Tomás Silva	individual	Senior Masculino	55:03	+23:52	05:30
148	12	Nuno Lucas	acr fonte da bica	Senior Masculino	55:05	+23:53	05:30
149	94	Matilde Lopes	individual	Senior Feminino	55:05	+23:54	05:31
150	199	Rita Alexandra Pereira dos Reis	individual	Veterana F45	55:10	+23:58	05:31
151	155	Miguel Fialho	individual	Senior Masculino	55:14	+24:03	05:31
152	269	Marco Vintem	individual	Veterano M45	55:29	+24:18	05:33
153	228	MARCO ANDRÉ DUQUE FERNANDES	individual	Veterano M35	55:30	+24:18	05:33
154	156	Miguel Giada	individual	Senior Masculino	55:43	+24:31	05:34
155	69	Adriana Correia	individual	Senior Feminino	55:53	+24:42	05:35
156	308	Joana Ribeiro	made in dagorda	Senior Feminino	55:54	+24:43	05:35
157	230	Nuno Miguel Silva pinheiro	individual	Veterano M35	56:05	+24:54	05:37
158	338	MIGUEL COSTA	vintage motoclubede sarzedo	Veterano M50	56:07	+24:55	05:37
159	110	Antonio Ramos	individual	Senior Masculino	56:10	+24:58	05:37
160	301	António Bruno Fernandes	individual	Veterano M60	56:19	+25:08	05:38
161	99	Sara Anica	individual	Senior Feminino	56:20	+25:09	05:38
162	317	Bruna Santos	run-hyii	Senior Feminino	56:22	+25:10	05:38
163	318	Maria Ferreira	run-hyii	Veterana F50	56:22	+25:10	05:38
164	66	Martim Conde	asfic - malta da rebera	Junior Masculino	56:22	+25:10	05:38
165	350	Bruno Vieira	individual	Senior Masculino	56:22	+25:10	05:38
166	304	Rui Lageira	individual	Veterano M60	56:45	+25:34	05:41
167	216	Fábio Alexandre	individual	Veterano M35	56:45	+25:34	05:41
168	234	Tiago Rebelo Marques	individual	Veterano M35	56:47	+25:36	05:41
169	204	Manuela Machado	individual	Veterana F50	57:03	+25:51	05:42
170	167	Samuel Silva	individual	Senior Masculino	57:23	+26:11	05:44
171	51	Rute Gomes	clubede natação de rio maior	Veterana F45	57:39	+26:28	05:46
172	272	Nuno Nunes	individual	Veterano M45	57:51	+26:39	05:47
173	297	Pedro Guedes	individual	Veterano M55	58:08	+26:56	05:49

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
174	354	João Rebelo	individual	Senior Masculino	58:21	+27:09	05:50
175	238	Augusto Figueiredo	individual	Veterano M40	58:39	+27:28	05:52
176	289	Vitor Martins	individual	Veterano M50	58:44	+27:32	05:52
177	273	Nuno Pimenta	individual	Veterano M45	58:49	+27:37	05:53
178	323	Rafael Ribeiro	santa cac	Senior Masculino	58:52	+27:40	05:53
179	140	João Costa	individual	Senior Masculino	59:01	+27:50	05:54
180	278	António Ferreira	individual	Veterano M50	59:02	+27:50	05:54
181	264	Élson Grilo	individual	Veterano M45	59:08	+27:56	05:55
182	146	José Ferreira	individual	Senior Masculino	59:13	+28:01	05:55
183	249	Lino Laurentino	individual	Veterano M40	59:19	+28:07	05:56
184	339	Filipa Vicente	zombies	Veterana F35	59:43	+28:31	05:58
185	172	Tomás Sá	individual	Senior Masculino	59:50	+28:38	05:59
186	16	Guilherme Costa	alcobertas trail team	Senior Masculino	59:54	+28:42	05:59
187	302	Carlos Ribeiro	individual	Veterano M60	01:00:06	+28:54	06:01
188	186	Ana Freire	individual	Veterana F40	01:00:08	+28:57	06:01
189	181	Joana Caetano	individual	Veterana F35	01:00:13	+29:01	06:01
190	102	Telma Barreto	individual	Senior Feminino	01:00:13	+29:01	06:01
191	135	Gonçalo Domingues	individual	Senior Masculino	01:00:22	+29:10	06:02
192	87	Mafalda Ribeiro	individual	Senior Feminino	01:00:26	+29:15	06:03
193	211	Antonio Rodrigues	individual	Veterano M35	01:00:28	+29:17	06:03
194	205	Silvia Martins	individual	Veterana F50	01:00:35	+29:24	06:04
195	198	Patrícia Piedade	individual	Veterana F45	01:00:48	+29:36	06:05
196	271	Nelson Miguel Jesus dos Santos	individual	Veterano M45	01:00:48	+29:36	06:05
197	237	Alberto Antonio	individual	Veterano M40	01:01:02	+29:50	06:06
198	170	Tiago Oliveira	individual	Senior Masculino	01:01:08	+29:57	06:07
199	4	Romina Guedes	+ corrida rio maior	Veterana F40	01:01:09	+29:57	06:07
200	47	Tiago Ramos	chitas de alcobaça	Veterano M45	01:01:19	+30:07	06:08
201	244	Goncalo Vieira	individual	Veterano M40	01:01:42	+30:30	06:10
202	44	Carolina Brás da Silva	centro d	Senior Feminino	01:01:51	+30:40	06:11
203	93	Marta Santos	individual	Senior Feminino	01:02:13	+31:01	06:13
204	129	Francisco loureiro	individual	Senior Masculino	01:02:13	+31:01	06:13
205	96	Rafaela Barros	individual	Senior Feminino	01:02:17	+31:06	06:14
206	11	João Lopes	acr fonte da bica	Senior Masculino	01:02:24	+31:12	06:14
207	368	Amaro Fernandes	individual	Veterano M40	01:02:30	+31:18	06:15
208	353	Guilherme Ferreira	individual	Senior Masculino	01:02:33	+31:22	06:15
209	89	Maria Carolina Pereira	individual	Senior Feminino	01:02:38	+31:27	06:16
210	279	Carlos Costa	individual	Veterano M50	01:02:49	+31:37	06:17
211	128	Francisco José da Silva Santos	individual	Senior Masculino	01:03:29	+32:18	06:21
212	298	Rui Oliveira	individual	Veterano M55	01:03:31	+32:19	06:21
213	81	Inês Marquês Mateus	individual	Senior Feminino	01:03:32	+32:20	06:21
214	209	Filipa Matias	individual	Veterana F55	01:04:07	+32:56	06:25
215	280	Carlos Lopes	individual	Veterano M50	01:04:14	+33:03	06:25
216	40	Todorka Calisto	bugatuga	Veterana F40	01:04:15	+33:03	06:25
217	41	Miguel Calisto	bugatuga	Veterano M50	01:04:15	+33:03	06:25
218	58	Liliana Ferreira	fgs run	Veterana F45	01:04:16	+33:04	06:26

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
219	356	Nuno Oliveira	individual	Senior Masculino	01:04:16	+33:04	06:26
220	203	Joana Maria da Conceição Veríssimo Costa	individual	Veterana F50	01:04:22	+33:11	06:26
221	72	Ânia Marques Almeida	individual	Senior Feminino	01:04:22	+33:11	06:26
222	149	Luis Colaço	individual	Senior Masculino	01:04:40	+33:28	06:28
223	274	Ricardo Baptista	individual	Veterano M45	01:04:47	+33:35	06:29
224	98	Rita Casimiro	individual	Senior Feminino	01:04:57	+33:45	06:30
225	192	Maria Goreti Oliveira	individual	Veterana F40	01:05:03	+33:52	06:30
226	267	Kripsong Enrique Anez Echenagucia	individual	Veterano M45	01:05:14	+34:02	06:31
227	55	Sónia Lobato	desafios positivos d+	Veterana F45	01:05:18	+34:07	06:32
228	352	Eduardo Fragoso	individual	Senior Masculino	01:05:33	+34:22	06:33
229	18	Pedro Miguel Ferreira Duarte	alcobertas trail team	Senior Masculino	01:05:34	+34:23	06:33
230	347	Inês Silva	individual	Senior Feminino	01:05:37	+34:26	06:34
231	103	Teresa Margarida Montalto Candeias	individual	Senior Feminino	01:05:45	+34:34	06:35
232	194	Suélen Duarte	individual	Veterana F40	01:06:27	+35:15	06:39
233	345	Beatriz Duarte Silva	individual	Senior Feminino	01:06:30	+35:18	06:39
234	229	Marco Túlio Filho	individual	Veterano M35	01:06:34	+35:22	06:39
235	346	Beatriz Valentim	individual	Senior Feminino	01:06:56	+35:45	06:42
236	6	Lídia Vieira	aa lebres do sado	Veterana F50	01:07:06	+35:54	06:43
237	119	Diogo Carvalho	individual	Senior Masculino	01:07:11	+35:59	06:43
238	320	Joana Valente	santa cac	Senior Feminino	01:07:24	+36:13	06:44
239	329	Rui Monteiro Rodrigues	tartarugas do minho	Veterano M70	01:07:33	+36:22	06:45
240	333	Sara Santos	trilhos pina manique	Senior Feminino	01:07:42	+36:31	06:46
241	336	Sara Barata	trilhos pina manique	Veterana F40	01:07:43	+36:31	06:46
242	334	João Marques	trilhos pina manique	Senior Masculino	01:07:44	+36:32	06:46
243	332	Ana Sousa	trilhos pina manique	Senior Feminino	01:07:44	+36:32	06:46
244	335	João Simões	trilhos pina manique	Senior Masculino	01:07:44	+36:33	06:46
245	337	Cesar Rodrigues	trilhos pina manique	Veterano M50	01:07:45	+36:33	06:46
246	33	Elias Goll	br em movimento	Senior Masculino	01:08:18	+37:07	06:50
247	258	Pedro Santos	individual	Veterano M40	01:08:57	+37:45	06:54
248	158	Miguel Seabra	individual	Senior Masculino	01:09:33	+38:21	06:57
249	75	Beatriz Rodrigues Correia	individual	Senior Feminino	01:09:34	+38:23	06:57
250	348	Joana Silva	individual	Senior Feminino	01:10:21	+39:09	07:02
251	351	Diogo Pires	individual	Senior Masculino	01:10:49	+39:37	07:05
252	80	Gabriela Alves	individual	Senior Feminino	01:11:09	+39:58	07:07
253	86	Luana Ribeiro	individual	Senior Feminino	01:11:09	+39:58	07:07
254	107	António Branco	individual	Senior Masculino	01:11:15	+40:04	07:08
255	56	Diva Sousa	fast but not furious	Senior Feminino	01:11:21	+40:10	07:08
256	357	Paulo Lucas	individual	Senior Masculino	01:11:22	+40:10	07:08
257	165	Rafael Soveral	individual	Senior Masculino	01:11:25	+40:13	07:08
258	364	Tânia Almeida	individual	Veterana F35	01:11:32	+40:20	07:09
259	79	Diana Madaleno	individual	Senior Feminino	01:11:32	+40:20	07:09
260	25	Célia Pereira	bombeiros voluntários de rio maior	Veterana F50	01:11:47	+40:35	07:11
261	10	Maria Lopes	acr fonte da bica	Senior Feminino	01:11:48	+40:36	07:11
262	250	Luis Henrique	individual	Veterano M40	01:11:49	+40:37	07:11

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
263	189	Helena Patrício	individual	Veterana F40	01:11:55	+40:43	07:11
264	139	Hugo Pimentel	individual	Senior Masculino	01:12:34	+41:23	07:15
265	85	Lara Duarte	individual	Senior Feminino	01:12:52	+41:40	07:17
266	321	Maria Silva	santa cac	Senior Feminino	01:12:57	+41:46	07:18
267	349	André Henriques	individual	Senior Masculino	01:13:05	+41:53	07:18
268	49	Cremilde Graça	clube do mato	Veterana F55	01:13:44	+42:33	07:22
269	171	Tomás Frazão	individual	Senior Masculino	01:14:41	+43:30	07:28
270	111	Antonio Silva	individual	Senior Masculino	01:15:31	+44:20	07:33
271	136	Gonçalo Ferreira	individual	Senior Masculino	01:15:37	+44:25	07:34
272	45	Eugénia Santos	centro d	Veterana F55	01:15:51	+44:40	07:35
273	73	Bárbara Morgado de Loureiro	individual	Senior Feminino	01:17:06	+45:54	07:43
274	185	Tânia Martins	individual	Veterana F35	01:18:27	+47:16	07:51
275	328	Carla Joana C. Rodrigues	tartarugas do minho	Veterana F45	01:18:28	+47:16	07:51
276	20	José Pinto	amigos do desporto rm	Veterano M75	01:19:02	+47:50	07:54
277	30	Lara Santos	br em movimento	Juvenil Feminino	01:19:04	+47:53	07:54
278	148	Leonardo pereira	individual	Senior Masculino	01:19:05	+47:53	07:55
279	159	Nuno Prazeres Vieira	individual	Senior Masculino	01:19:05	+47:54	07:55
280	95	Nayara Ribeiro	individual	Senior Feminino	01:20:07	+48:55	08:01
281	3	Tatiana Ferreira	+ corrida rio maior	Veterana F35	01:20:49	+49:38	08:05
282	212	Bruno Ferreira	individual	Veterano M35	01:20:50	+49:38	08:05
283	101	Sílvia Filipe	individual	Senior Feminino	01:24:09	+52:58	08:25
284	190	Joana Oliveira	individual	Veterana F40	01:24:10	+52:58	08:25
285	342	Cristina Silva	br em movimento	Veterana F35	01:26:25	+55:14	08:39
286	343	João silva	br em movimento	Veterano M45	01:26:26	+55:14	08:39
287	34	Estefani Gomes	br em movimento	Veterana F35	01:26:26	+55:15	08:39
288	36	Nance loureiro	br em movimento	Veterana F35	01:26:27	+55:15	08:39
289	71	Andressa Nascimento	individual	Senior Feminino	01:26:27	+55:16	08:39
290	84	Keyla medeiros	individual	Senior Feminino	01:26:27	+55:16	08:39
291	35	Meire Carvalho	br em movimento	Veterana F35	01:26:28	+55:16	08:39
292	197	Helena Isabel da Graça de Magalhães Correia	individual	Veterana F45	01:26:36	+55:25	08:40
293	50	Helena Frazao	clube do mato	Veterana F55	01:26:40	+55:28	08:40
294	22	Vítor prata	aza-azambuja com alma	Veterano M60	01:26:57	+55:45	08:42
295	31	Natacila Luz	br em movimento	Senior Feminino	01:27:04	+55:52	08:42

Obs

BIB	NOTE	NAME	TEAM	CAT
2	DNF	Luís Carlos Ferreira	+ Corrida Rio Maior	Senior Masculino
37	DNF	Mariane Zanchetta Hoff	Br em Movimento	Veterana F45
138	DNF	Hugo Abreu	Individual	Senior Masculino
232	DNF	Renato Cotrim	Individual	Veterano M35
241	DNF	Dário Oliveira	Individual	Veterano M40
260	DNF	Rahim Esmail	Individual	Veterano M40
285	DNF	Pedro Tavares	Individual	Veterano M50
365	DNF	Carla Silveira Rosa	Individual	Veterana F50

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	11:00	27,2°C	69%
End	12:32	27.2°C	69%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Junior Masculino

1	344	João Pedro Cadaveira Franco	Individual	Junior Masculino	53:45	05:23
2	66	Martim Conde	ASFIC - Malta da Rebera	Junior Masculino	56:22	+02:36 05:38

Juvenil Feminino

1	30	Lara Santos	Br em Movimento	Juvenil Feminino	01:19:04	07:54
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Juvenil Masculino

1	68	Pedro Alexandre	Individual	Juvenil Masculino	46:03	04:36
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Senior Feminino

1	324	Joana Ferreira	Sport Club Beira-Mar	Senior Feminino	34:54	03:29
2	309	Rita Costa	MCP	Senior Feminino	35:51	+00:56 03:35
3	76	Benvinda Santos	Individual	Senior Feminino	38:33	+03:38 03:51
4	70	Ana Rebelo	Individual	Senior Feminino	43:25	+08:30 04:20
5	97	Rafaela Marques	Individual	Senior Feminino	45:32	+10:37 04:33
6	90	Maria Gorção	Individual	Senior Feminino	45:56	+11:02 04:36
7	88	Mara Ribeiro	Individual	Senior Feminino	48:01	+13:06 04:48
8	42	Raquel Anacleto	Casa do Povo de Amiais de Baixo	Senior Feminino	52:12	+17:18 05:13
9	1	Rita Seabra	+ Corrida Rio Maior	Senior Feminino	53:04	+18:10 05:18
10	91	Mariana Antão	Individual	Senior Feminino	53:28	+18:34 05:21
11	92	Mariana Cavaleiro de Aguiar Estêvão	Individual	Senior Feminino	53:36	+18:41 05:22
12	100	Sara Urbano	Individual	Senior Feminino	54:31	+19:37 05:27
13	94	Matilde Lopes	Individual	Senior Feminino	55:05	+20:11 05:31
14	69	Adriana Correia	Individual	Senior Feminino	55:53	+20:59 05:35
15	308	Joana Ribeiro	Made in Dagorda	Senior Feminino	55:54	+21:00 05:35
16	99	Sara Anica	Individual	Senior Feminino	56:20	+21:26 05:38
17	317	Bruna Santos	Run-HYII	Senior Feminino	56:22	+21:27 05:38
18	102	Telma Barreto	Individual	Senior Feminino	01:00:13	+25:18 06:01
19	87	Mafalda Ribeiro	Individual	Senior Feminino	01:00:26	+25:32 06:03
20	44	Carolina Brás da Silva	Centro d	Senior Feminino	01:01:51	+26:57 06:11
21	93	Marta Santos	Individual	Senior Feminino	01:02:13	+27:18 06:13
22	96	Rafaela Barros	Individual	Senior Feminino	01:02:17	+27:23 06:14
23	89	Maria Carolina Pereira	Individual	Senior Feminino	01:02:38	+27:44 06:16
24	81	Inês Marquês Mateus	Individual	Senior Feminino	01:03:32	+28:37 06:21
25	72	Ânia Marques Almeida	Individual	Senior Feminino	01:04:22	+29:28 06:26

Official Timekeeper: Lap2Go	1 / 8	generate 06-set.-2026 12:37
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Prova Principal

10 KM

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OFFICIAL RESULT

[illegible]

26	98	Rita Casimiro	Individual	Senior Feminino	01:04:57	+30:02	06:30
27	347	Inês Silva	Individual	Senior Feminino	01:05:37	+30:43	06:34
28	103	Teresa Margarida Montalto Candeias	Individual	Senior Feminino	01:05:45	+30:51	06:35
29	345	Beatriz Duarte Silva	Individual	Senior Feminino	01:06:30	+31:35	06:39
30	346	Beatriz Valentim	Individual	Senior Feminino	01:06:56	+32:02	06:42
31	320	Joana Valente	Santa CAC	Senior Feminino	01:07:24	+32:30	06:44
32	333	Sara Santos	Trilhos Pina Manique	Senior Feminino	01:07:42	+32:48	06:46
33	332	Ana Sousa	Trilhos Pina Manique	Senior Feminino	01:07:44	+32:49	06:46
34	75	Beatriz Rodrigues Correia	Individual	Senior Feminino	01:09:34	+34:40	06:57
35	348	Joana Silva	Individual	Senior Feminino	01:10:21	+35:27	07:02
36	80	Gabriela Alves	Individual	Senior Feminino	01:11:09	+36:15	07:07
37	86	Luana Ribeiro	Individual	Senior Feminino	01:11:09	+36:15	07:07
38	56	Diva Sousa	FAST BUT NOT FURIOUS	Senior Feminino	01:11:21	+36:27	07:08
39	79	Diana Madaleno	Individual	Senior Feminino	01:11:32	+36:37	07:09
40	10	Maria Lopes	ACR Fonte da Bica	Senior Feminino	01:11:48	+36:53	07:11
41	85	Lara Duarte	Individual	Senior Feminino	01:12:52	+37:57	07:17
42	321	Maria Silva	Santa CAC	Senior Feminino	01:12:57	+38:03	07:18
43	73	Bárbara Morgado de Loureiro	Individual	Senior Feminino	01:17:06	+42:11	07:43
44	95	Nayara Ribeiro	Individual	Senior Feminino	01:20:07	+45:12	08:01
45	101	Sílvia Filipe	Individual	Senior Feminino	01:24:09	+49:15	08:25
46	71	Andressa Nascimento	Individual	Senior Feminino	01:26:27	+51:33	08:39
47	84	Keyla medeiros	Individual	Senior Feminino	01:26:27	+51:33	08:39
48	31	Natacil Luz	Br em Movimento	Senior Feminino	01:27:04	+52:09	08:42

Senior Masculino

1	54	Rogério Amaral	CPTSC	Senior Masculino	31:11	03:07
2	52	Tomás Cerveira	CNRM	Senior Masculino	34:04	+02:53 03:24
3	53	Rodrigo Baptista	CPTSC	Senior Masculino	35:40	+04:28 03:34
4	59	CARLOS SILVA	GDRCP - Ponterrolense	Senior Masculino	36:53	+05:41 03:41
5	106	António Boné	Individual	Senior Masculino	38:51	+07:39 03:53
6	27	Jose Felício	BPBox	Senior Masculino	39:26	+08:14 03:57
7	157	Miguel Santos	Individual	Senior Masculino	39:44	+08:33 03:58
8	117	David Matos	Individual	Senior Masculino	39:58	+08:47 04:00
9	130	Francisco Martins	Individual	Senior Masculino	40:18	+09:07 04:02
10	151	Marcelo Rêgo	Individual	Senior Masculino	41:11	+10:00 04:07
11	109	Antonio Marcos Lacerda de Oliveira Júnior	Individual	Senior Masculino	42:24	+11:12 04:14
12	168	Simão Pinheiro	Individual	Senior Masculino	42:48	+11:36 04:17
13	14	Daniel Laurentino	Alcobertas Trail Team	Senior Masculino	42:54	+11:43 04:17
14	32	Cleverson Araújo	Br em Movimento	Senior Masculino	43:18	+12:06 04:20
15	104	Agostinho Vasco Culila	Individual	Senior Masculino	44:14	+13:03 04:25
16	121	Diogo Nunes Abelho	Individual	Senior Masculino	44:31	+13:20 04:27
17	26	Bernardo Portela	BPBox	Senior Masculino	45:03	+13:51 04:30
18	115	Daniel Remigio	Individual	Senior Masculino	45:07	+13:55 04:31
19	341	Afonso Carvalho	ASFIC - Ribeira de São João	Senior Masculino	45:25	+14:14 04:33

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

20	142	João Lindo	Individual	Senior Masculino	45:42	+14:30	04:34
21	174	Vitor Sousa	Individual	Senior Masculino	45:52	+14:40	04:35
22	164	Rafael Rodrigues	Individual	Senior Masculino	47:04	+15:52	04:42
23	116	David Fortunato	Individual	Senior Masculino	47:23	+16:11	04:44
24	123	Fábio Marques	Individual	Senior Masculino	48:12	+17:01	04:49
25	163	Pedro Oliveira	Individual	Senior Masculino	48:19	+17:07	04:50
26	124	Fábio sá	Individual	Senior Masculino	48:33	+17:21	04:51
27	126	Flavio Santos	Individual	Senior Masculino	48:36	+17:24	04:52
28	150	Luís Gustavo Pereira	Individual	Senior Masculino	48:41	+17:29	04:52
29	29	Xavier Adrião	BPBox	Senior Masculino	48:54	+17:43	04:53
30	152	Márcio Martins	Individual	Senior Masculino	48:59	+17:48	04:54
31	160	Nuno Ribeiro	Individual	Senior Masculino	49:52	+18:40	04:59
32	114	Daniel correia	Individual	Senior Masculino	50:38	+19:27	05:04
33	125	Filipe Ribeiro Henriques	Individual	Senior Masculino	50:56	+19:44	05:06
34	355	Leonardo Marques	Individual	Senior Masculino	52:16	+21:04	05:14
35	15	Duarte Romão	Alcobertas Trail Team	Senior Masculino	52:51	+21:39	05:17
36	17	Marcelo Romão	Alcobertas Trail Team	Senior Masculino	52:51	+21:39	05:17
37	112	Bruno Santos	Individual	Senior Masculino	53:09	+21:57	05:19
38	134	Gabriel Belo Santos	Individual	Senior Masculino	53:26	+22:14	05:21
39	122	Duarte Sequeira	Individual	Senior Masculino	53:28	+22:16	05:21
40	147	José Júnior	Individual	Senior Masculino	53:32	+22:20	05:21
41	127	Francisco Carvalho	Individual	Senior Masculino	53:36	+22:24	05:22
42	133	Francisco Valente	Individual	Senior Masculino	53:40	+22:28	05:22
43	153	Marco Garutti	Individual	Senior Masculino	53:48	+22:36	05:23
44	161	Pedro Bandarra	Individual	Senior Masculino	54:48	+23:36	05:29
45	322	Pedro Santos	Santa CAC	Senior Masculino	54:58	+23:46	05:30
46	173	Tomás Silva	Individual	Senior Masculino	55:03	+23:52	05:30
47	12	Nuno Lucas	ACR Fonte da Bica	Senior Masculino	55:05	+23:53	05:30
48	155	Miguel Fialho	Individual	Senior Masculino	55:14	+24:03	05:31
49	156	Miguel Giada	Individual	Senior Masculino	55:43	+24:31	05:34
50	110	Antonio Ramos	Individual	Senior Masculino	56:10	+24:58	05:37
51	350	Bruno Vieira	Individual	Senior Masculino	56:22	+25:10	05:38
52	167	Samuel Silva	Individual	Senior Masculino	57:23	+26:11	05:44
53	354	João Rebelo	Individual	Senior Masculino	58:21	+27:09	05:50
54	323	Rafael Ribeiro	Santa CAC	Senior Masculino	58:52	+27:40	05:53
55	140	João Costa	Individual	Senior Masculino	59:01	+27:50	05:54
56	146	José Ferreira	Individual	Senior Masculino	59:13	+28:01	05:55
57	172	Tomás Sá	Individual	Senior Masculino	59:50	+28:38	05:59
58	16	Guilherme Costa	Alcobertas Trail Team	Senior Masculino	59:54	+28:42	05:59
59	135	Gonçalo Domingues	Individual	Senior Masculino	01:00:22	+29:10	06:02
60	170	Tiago Oliveira	Individual	Senior Masculino	01:01:08	+29:57	06:07
61	129	Francisco loureiro	Individual	Senior Masculino	01:02:13	+31:01	06:13
62	11	João Lopes	ACR Fonte da Bica	Senior Masculino	01:02:24	+31:12	06:14
63	353	Guilherme Ferreira	Individual	Senior Masculino	01:02:33	+31:22	06:15
64	128	Francisco José da Silva Santos	Individual	Senior Masculino	01:03:29	+32:18	06:21
65	356	Nuno Oliveira	Individual	Senior Masculino	01:04:16	+33:04	06:26

Official Timekeeper: Lap2Go	3 / 8	generate 06-set.-2026 12:37
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Prova Principal

10 KM

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OFFICIAL RESULT

[illegible]

66	149	Luis Colaço	Individual	Senior Masculino	01:04:40	+33:28	06:28
67	352	Eduardo Fragoso	Individual	Senior Masculino	01:05:33	+34:22	06:33
68	18	Pedro Miguel Ferreira Duarte	Alcobertas Trail Team	Senior Masculino	01:05:34	+34:23	06:33
69	119	Diogo Carvalho	Individual	Senior Masculino	01:07:11	+35:59	06:43
70	334	João Marques	Trilhos Pina Manique	Senior Masculino	01:07:44	+36:32	06:46
71	335	João Simões	Trilhos Pina Manique	Senior Masculino	01:07:44	+36:33	06:46
72	33	Elias Goll	Br em Movimento	Senior Masculino	01:08:18	+37:07	06:50
73	158	Miguel Seabra	Individual	Senior Masculino	01:09:33	+38:21	06:57
74	351	Diogo Pires	Individual	Senior Masculino	01:10:49	+39:37	07:05
75	107	António Branco	Individual	Senior Masculino	01:11:15	+40:04	07:08
76	357	Paulo Lucas	Individual	Senior Masculino	01:11:22	+40:10	07:08
77	165	Rafael Soveral	Individual	Senior Masculino	01:11:25	+40:13	07:08
78	139	Hugo Pimentel	Individual	Senior Masculino	01:12:34	+41:23	07:15
79	349	André Henriques	Individual	Senior Masculino	01:13:05	+41:53	07:18
80	171	Tomás Frazão	Individual	Senior Masculino	01:14:41	+43:30	07:28
81	111	Antonio Silva	Individual	Senior Masculino	01:15:31	+44:20	07:33
82	136	Gonçalo Ferreira	Individual	Senior Masculino	01:15:37	+44:25	07:34
83	148	Leonardo pereira	Individual	Senior Masculino	01:19:05	+47:53	07:55
84	159	Nuno Prazeres Vieira	Individual	Senior Masculino	01:19:05	+47:54	07:55

Veterana F35

1	177	Filipa Neves	Individual	Veterana F35	41:46		04:11
2	178	Inês Castelo	Individual	Veterana F35	44:17	+02:31	04:26
3	62	Joana Silva	GRF Benedita - Atletismo	Veterana F35	44:27	+02:40	04:27
4	183	Susana Fialho	Individual	Veterana F35	50:08	+08:21	05:01
5	180	Inês Teixeira	Individual	Veterana F35	52:04	+10:17	05:12
6	363	Eliana Lagrante	Individual	Veterana F35	55:00	+13:14	05:30
7	339	Filipa Vicente	Zombies	Veterana F35	59:43	+17:56	05:58
8	181	Joana Caetano	Individual	Veterana F35	01:00:13	+18:26	06:01
9	364	Tânia Almeida	Individual	Veterana F35	01:11:32	+29:45	07:09
10	185	Tânia Martins	Individual	Veterana F35	01:18:27	+36:41	07:51
11	3	Tatiana Ferreira	+ Corrida Rio Maior	Veterana F35	01:20:49	+39:03	08:05
12	342	Cristina Silva	Br em Movimento	Veterana F35	01:26:25	+44:39	08:39
13	34	Estefani Gomes	Br em Movimento	Veterana F35	01:26:26	+44:40	08:39
14	36	Nance loureiro	Br em Movimento	Veterana F35	01:26:27	+44:40	08:39
15	35	Meire Carvalho	Br em Movimento	Veterana F35	01:26:28	+44:41	08:39

Veterana F40

1	48	Emília Kumós Pisoeiro	Clube Desportivo de Espite	Veterana F40	35:40	03:34
2	195	Susana Cristina Henriques	Individual	Veterana F40	48:45	+13:04 04:52
3	187	Carla Neves	Individual	Veterana F40	49:23	+13:43 04:56
4	191	Liza caballero	Individual	Veterana F40	51:20	+15:39 05:08
5	23	Vânia Frazão	Belzebus	Veterana F40	52:28	+16:48 05:15
6	188	Carolina de Nóbrega Rodrigues	Individual	Veterana F40	54:02	+18:22 05:24

Official Timekeeper: Lap2Go	4 / 8	generate 06-set.-2026 12:37
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Prova Principal

10 KM

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OFFICIAL RESULT

[illegible]

7	186	Ana Freire	Individual	Veterana F40	01:00:08	+24:28	06:01
8	4	Romina Guedes	+ Corrida Rio Maior	Veterana F40	01:01:09	+25:28	06:07
9	40	Todorka Calisto	Bugatuga	Veterana F40	01:04:15	+28:34	06:25
10	192	Maria Goreti Oliveira	Individual	Veterana F40	01:05:03	+29:23	06:30
11	194	Suélen Duarte	Individual	Veterana F40	01:06:27	+30:46	06:39
12	336	Sara Barata	Trilhos Pina Manique	Veterana F40	01:07:43	+32:02	06:46
13	189	Helena Patrício	Individual	Veterana F40	01:11:55	+36:14	07:11
14	190	Joana Oliveira	Individual	Veterana F40	01:24:10	+48:30	08:25

Veterana F45

1	310	Filipa Jacinto	Na Dúvida, Faz!	Veterana F45	50:31	05:03
2	200	Salomé Vitorino	Individual	Veterana F45	55:02	+04:31 05:30
3	199	Rita Alexandra Pereira dos Reis	Individual	Veterana F45	55:10	+04:39 05:31
4	51	Rute Gomes	Clube Natação de Rio Maior	Veterana F45	57:39	+07:08 05:46
5	198	Patrícia Piedade	Individual	Veterana F45	01:00:48	+10:17 06:05
6	58	Liliana Ferreira	FGS Run	Veterana F45	01:04:16	+13:44 06:26
7	55	Sónia Lobato	Desafios Positivos D+	Veterana F45	01:05:18	+14:47 06:32
8	328	Carla Joana C. Rodrigues	Tartarugas do Minho	Veterana F45	01:18:28	+27:57 07:51
9	197	Helena Isabel da Graça de Magalhães Correia	Individual	Veterana F45	01:26:36	+36:05 08:40

Veterana F50

1	318	Maria Ferreira	Run-HYII	Veterana F50	56:22		05:38
2	204	Manuela Machado	Individual	Veterana F50	57:03	+00:41	05:42
3	205	Sílvia Martins	Individual	Veterana F50	01:00:35	+04:13	06:04
4	203	Joana Maria da Conceição Veríssimo Costa	Individual	Veterana F50	01:04:22	+08:00	06:26
5	6	Lídia Vieira	AA Lebres do Sado	Veterana F50	01:07:06	+10:44	06:43
6	25	Célia Pereira	Bombeiros Voluntários de Rio Maior	Veterana F50	01:11:47	+15:25	07:11

Veterana F55

1	209	Filipa Matias	Individual	Veterana F55	01:04:07	06:25
2	49	Cremilde Graça	Clube do Mato	Veterana F55	01:13:44	+09:37 07:22
3	45	Eugénia Santos	Centro d	Veterana F55	01:15:51	+11:44 07:35
4	50	Helena Frazao	Clube do Mato	Veterana F55	01:26:40	+22:32 08:40

Veterano M35

1	21	Tiago Andrónico	Associação Desportiva Cultural e Recreativa de Paços Negros	Veterano M35	35:47	03:35
2	227	Márcio Coelho	Individual	Veterano M35	37:46	+01:58 03:47
3	217	Fábio Carvalho	Individual	Veterano M35	39:20	+03:32 03:56

Prova Principal

10 KM

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OFFICIAL RESULT

[illegible]

4	63	Luís Silva	GRF Benedita - Atletismo	Veterano M35	39:56	+04:08	04:00
5	233	Tiago Cardoso	Individual	Veterano M35	40:55	+05:07	04:05
6	220	Gelies Afonso	Individual	Veterano M35	41:20	+05:32	04:08
7	223	Helio Cordeiro	Individual	Veterano M35	41:55	+06:07	04:11
8	222	Gonçalo Henriques	Individual	Veterano M35	42:51	+07:03	04:17
9	235	Tiago Silva	Individual	Veterano M35	43:54	+08:07	04:23
10	225	Luís Gomes	Individual	Veterano M35	45:55	+10:07	04:35
11	219	Fabio Ribeiro Andre	Individual	Veterano M35	46:55	+11:07	04:42
12	226	Luís Silva	Individual	Veterano M35	47:28	+11:40	04:45
13	367	Fábio Santos	Individual	Veterano M35	48:23	+12:35	04:50
14	231	Pedro Rodrigues Dos Santos	Individual	Veterano M35	49:38	+13:50	04:58
15	221	Gonçalo Bolas	Individual	Veterano M35	49:58	+14:10	05:00
16	218	Fábio Nunes	Individual	Veterano M35	50:07	+14:19	05:01
17	38	Gerson Sales	Br em Movimento	Veterano M35	50:20	+14:32	05:02
18	215	Dmitrii Bushev	Individual	Veterano M35	50:23	+14:36	05:02
19	214	Diogo Marques	Individual	Veterano M35	51:39	+15:51	05:10
20	372	Gonçalo Querido	My Garage Box	Veterano M35	52:15	+16:27	05:13
21	331	Daniel Martins	TRILHO DOS CÁGADOS	Veterano M35	52:57	+17:09	05:18
22	224	João Silva	Individual	Veterano M35	54:02	+18:14	05:24
23	228	MARCO ANDRÉ DUQUE FERNANDES	Individual	Veterano M35	55:30	+19:42	05:33
24	230	Nuno Miguel Silva pinheiro	Individual	Veterano M35	56:05	+20:18	05:37
25	216	Fábio Alexandre	Individual	Veterano M35	56:45	+20:58	05:41
26	234	Tiago Rebelo Marques	Individual	Veterano M35	56:47	+20:59	05:41
27	211	Antonio Rodrigues	Individual	Veterano M35	01:00:28	+24:41	06:03
28	229	Marco Túlio Filho	Individual	Veterano M35	01:06:34	+30:46	06:39
29	212	Bruno Ferreira	Individual	Veterano M35	01:20:50	+45:02	08:05

Veterano M40

1	240	César Emanuel Gomes Oliveira Isidro	Individual	Veterano M40	34:36	03:28
2	60	PEDRO DA SILVA PORFIRIO	GDRCP - Ponterrolense	Veterano M40	38:53	+04:17 03:53
3	311	Hugo Miguel Dias Gomes	ONTRISPORTS	Veterano M40	39:33	+04:57 03:57
4	253	NELSON SEABRA	Individual	Veterano M40	41:42	+07:05 04:10
5	243	Gonçalo Santos	Individual	Veterano M40	42:58	+08:22 04:18
6	24	Nuno Correia	Belzebus	Veterano M40	45:18	+10:41 04:32
7	248	Julien Samaha	Individual	Veterano M40	45:24	+10:48 04:32
8	246	JOSE ALEXANDRE GOULART VIEIRA	Individual	Veterano M40	45:57	+11:21 04:36
9	239	Carlos Lourenço	Individual	Veterano M40	48:01	+13:25 04:48
10	247	José Marques	Individual	Veterano M40	49:35	+14:59 04:58
11	259	Pedro Santos	Individual	Veterano M40	49:38	+15:02 04:58
12	256	Pedro Olivato	Individual	Veterano M40	50:08	+15:32 05:01
13	327	Tiago Lança	Sporting Clube Vila Maria	Veterano M40	51:06	+16:30 05:07
14	43	Filipe Carvalho	CCD CRÉDITO AGRÍCOLA	Veterano M40	51:11	+16:35 05:07
15	257	Pedro Santos	Individual	Veterano M40	51:33	+16:57 05:09
16	254	Nuno Vaz	Individual	Veterano M40	53:31	+18:54 05:21

Official Timekeeper: Lap2Go	6 / 8	generate 06-set.-2026 12:37
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Prova Principal

10 KM

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OFFICIAL RESULT

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17	369	Samuel Filipe	Individual	Veterano M40	53:34	+18:58	05:21
18	39	Andrade Ferreira	Br em Movimento	Veterano M40	54:14	+19:38	05:25
19	252	Micael Ribeiro	Individual	Veterano M40	54:33	+19:57	05:27
20	262	Sérgio Lopes	Individual	Veterano M40	54:37	+20:01	05:28
21	238	Augusto Figueiredo	Individual	Veterano M40	58:39	+24:03	05:52
22	249	Lino Laurentino	Individual	Veterano M40	59:19	+24:43	05:56
23	237	Alberto Antonio	Individual	Veterano M40	01:01:02	+26:25	06:06
24	244	Goncalo Vieira	Individual	Veterano M40	01:01:42	+27:06	06:10
25	368	Amaro Fernandes	Individual	Veterano M40	01:02:30	+27:54	06:15
26	258	Pedro Santos	Individual	Veterano M40	01:08:57	+34:20	06:54
27	250	Luis Henrique	Individual	Veterano M40	01:11:49	+37:13	07:11

Veterano M45

1	325	Marco Martins	sporting clube moitense	Veterano M45	35:10		03:31
2	314	Sérgio Pacheco	Peniche a Correr	Veterano M45	39:31	+04:20	03:57
3	313	Miguel Barba	Peniche a Correr	Veterano M45	42:26	+07:15	04:15
4	307	Joao Pateira	JP Running Coaching	Veterano M45	42:48	+07:37	04:19
5	268	Marco António Vareda Lopes	Individual	Veterano M45	46:05	+10:54	04:37
6	312	José Passos	Peniche a Correr	Veterano M45	47:33	+12:23	04:45
7	276	Ricardo José de Vasconcelos Gonçalves	Individual	Veterano M45	48:44	+13:33	04:52
8	5	Rui Henriques	+ Corrida Rio Maior	Veterano M45	49:06	+13:55	04:55
9	340	Hugo Silva	Zombies	Veterano M45	50:29	+15:18	05:03
10	270	Nelson Carrasquinha	Individual	Veterano M45	50:54	+15:43	05:05
11	265	Jorge Almeida	Individual	Veterano M45	51:14	+16:04	05:07
12	266	Jorge Frazão	Individual	Veterano M45	52:23	+17:12	05:14
13	269	Marco Vintem	Individual	Veterano M45	55:29	+20:19	05:33
14	272	Nuno Nunes	Individual	Veterano M45	57:51	+22:40	05:47
15	273	Nuno Pimenta	Individual	Veterano M45	58:49	+23:38	05:53
16	264	Élson Grilo	Individual	Veterano M45	59:08	+23:57	05:55
17	271	Nelson Miguel Jesus dos Santos	Individual	Veterano M45	01:00:48	+25:37	06:05
18	47	Tiago Ramos	Chitas de Alcobaça	Veterano M45	01:01:19	+26:08	06:08
19	274	Ricardo Baptista	Individual	Veterano M45	01:04:47	+29:36	06:29
20	267	Kripsong Enrique Anez Echenagucia	Individual	Veterano M45	01:05:14	+30:03	06:31
21	343	João silva	Br em Movimento	Veterano M45	01:26:26	+51:15	08:39

Veterano M50

1	287	Sérgio Vieira	Individual	Veterano M50	39:13		03:55
2	315	Joaquim leal	Ponterrolense	Veterano M50	40:44	+01:31	04:04
3	319	Humberto Santos	Run-HYII	Veterano M50	42:47	+03:34	04:17
4	288	Vítor Chagas	Individual	Veterano M50	43:50	+04:37	04:23
5	277	Alexandre Borges Pamplona Júnior	Individual	Veterano M50	44:58	+05:45	04:30
6	281	Duarte Neto	Individual	Veterano M50	45:56	+06:43	04:36
7	284	Miguel Teixeira	Individual	Veterano M50	46:25	+07:12	04:39

Prova Principal

10 KM

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OFFICIAL RESULT

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8	283	MÁRIO COSTA	Individual	Veterano M50	48:38	+09:24	04:52
9	371	Miguel Loureiro	Individual	Veterano M50	51:35	+12:22	05:10
10	286	Renato Fernandes	Individual	Veterano M50	52:07	+12:53	05:13
11	338	MIGUEL COSTA	Vintage Motoclube Sarzedo	Veterano M50	56:07	+16:53	05:37
12	289	Vitor Martins	Individual	Veterano M50	58:44	+19:30	05:52
13	278	António Ferreira	Individual	Veterano M50	59:02	+19:48	05:54
14	279	Carlos Costa	Individual	Veterano M50	01:02:49	+23:35	06:17
15	280	Carlos Lopes	Individual	Veterano M50	01:04:14	+25:01	06:25
16	41	Miguel Calisto	Bugatuga	Veterano M50	01:04:15	+25:01	06:25
17	337	Cesar Rodrigues	Trilhos Pina Manique	Veterano M50	01:07:45	+28:31	06:46

Veterano M55

1	61	João Travado	GDRCP - Ponterrolense	Veterano M55	45:11	04:31
2	295	Josué Francisco	Individual	Veterano M55	48:41	+03:29 04:52
3	299	Sérgio Santos	Individual	Veterano M55	50:10	+04:59 05:01
4	293	Jorge Canteiro	Individual	Veterano M55	51:54	+06:43 05:11
5	292	Joaquim Cerveira	Individual	Veterano M55	51:56	+06:44 05:12
6	294	José Costa	Individual	Veterano M55	53:52	+08:41 05:23
7	297	Pedro Guedes	Individual	Veterano M55	58:08	+12:57 05:49
8	298	Rui Oliveira	Individual	Veterano M55	01:03:31	+18:20 06:21

Veterano M60

1	330	Luis Rebelo	Thomar Athletics	Veterano M60	44:19	04:26
2	326	Amândio Faustino Caetano	sporting clube moitense	Veterano M60	47:18	+02:58 04:44
3	301	António Bruno Fernandes	Individual	Veterano M60	56:19	+12:00 05:38
4	304	Rui Lageira	Individual	Veterano M60	56:45	+12:26 05:41
5	302	Carlos Ribeiro	Individual	Veterano M60	01:00:06	+15:47 06:01
6	22	Vítor prata	Aza-Azambuja com alma	Veterano M60	01:26:57	+42:37 08:42

Veterano M70

1	305	José Manuel Marques	Individual	Veterano M70	51:22	05:08
2	329	Rui Monteiro Rodrigues	Tartarugas do Minho	Veterano M70	01:07:33	+16:11 06:45

Veterano M75

1	20	José Pinto	Amigos do Desporto RM	Veterano M75	01:19:02	07:54
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