

PROVA PRINCIPAL - STAGE 1

5 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
559	322	Ana Ferreira	individual	Senior Feminino	30:07	+16:04	06:01
560	532	Kollyn Serralheiro Martins	individual	Senior Feminino	30:08	+16:05	06:02
561	648	Rita Serra	individual	Senior Feminino	30:08	+16:05	06:02
562	1095	Ana Eunice Oliveira	individual	Veterana F55	30:08	+16:05	06:02
563	1330	Rafael Bettencourt	running4fun team viseu	Veterano M50	30:09	+16:05	06:02
564	16	Cláudia Almeida	1002	Veterana F50	30:10	+16:07	06:02
565	397	Carolina Ribeiro	individual	Senior Feminino	30:11	+16:07	06:02
566	348	Anaëlle Boissonnet	individual	Senior Feminino	30:11	+16:08	06:02
567	1260	Ana Maria Eva Miguéis	miguéis & companhia	Veterana F60	30:12	+16:09	06:02
568	295	Diana Fernandes	individual	Junior Feminino	30:12	+16:09	06:02
569	263	António Figueiredo	healthy move	Veterano M35	30:13	+16:10	06:03
570	1284	Paula Tavares	os papa milhas	Veterana F50	30:15	+16:12	06:03
571	865	Soraia Simoes Santos	individual	Veterana F35	30:17	+16:13	06:03
572	457	Eugénia Peixoto	individual	Senior Feminino	30:17	+16:13	06:03
573	472	Gabriela Silva	individual	Senior Feminino	30:17	+16:14	06:03
574	736	José Augusto de Nobre Torres	individual	Senior Masculino	30:20	+16:17	06:04
575	345	Ana Sofia da Silva Coutinho	individual	Senior Feminino	30:20	+16:17	06:04
576	1286	António Sousa	os papa milhas	Veterano M50	30:20	+16:17	06:04
577	1315	Silvana Marques	run & fun	Veterana F40	30:22	+16:19	06:04
578	537	Laura Seromenho Sousa Duarte	individual	Senior Feminino	30:23	+16:20	06:05
579	1219	Fernando Marques	individual	Veterano M60	30:25	+16:22	06:05
580	37	André Silva	amigosdotoy	Senior Masculino	30:27	+16:23	06:05
581	376	Beatriz Morim	individual	Senior Feminino	30:27	+16:24	06:05
582	243	Véronique Seco	grupo remax white	Veterana F40	30:28	+16:25	06:06
583	995	Catarina Bastos	individual	Veterana F45	30:29	+16:25	06:06
584	473	Gabriela Silva	individual	Senior Feminino	30:29	+16:26	06:06
585	1278	Luís Mota	msc – mais saúde coimbra	Veterano M65	30:31	+16:28	06:06
586	360	Ariana Nunes	individual	Senior Feminino	30:31	+16:28	06:06
587	849	Mishellyne Tomaz	individual	Veterana F35	30:33	+16:30	06:07
588	620	Patrícia Cavaco	individual	Senior Feminino	30:35	+16:31	06:07
589	1120	Norma Cuellar	individual	Veterana F60	30:35	+16:32	06:07
590	441	Diana Kareli Coria Pacheco	individual	Senior Feminino	30:35	+16:32	06:07
591	870	Tania Santos	individual	Veterana F35	30:35	+16:32	06:07
592	750	Matheus Seidel	individual	Senior Masculino	30:36	+16:32	06:07
593	851	Naomi Teles Fazendeiro	individual	Veterana F35	30:36	+16:33	06:07
594	1030	Paula Carvalho	individual	Veterana F45	30:36	+16:33	06:07
595	1156	Bernardo Teles Fazendeiro	individual	Veterano M40	30:37	+16:33	06:07
596	283	Cláudio Tenreiro	hyundai rodada	Veterano M35	30:39	+16:36	06:08
597	568	Maria Silva	individual	Senior Feminino	30:40	+16:37	06:08
598	854	Rita Pereira	individual	Veterana F35	30:42	+16:38	06:08
599	1252	Maria Costa	masters power run	Veterana F45	30:42	+16:39	06:08
600	553	Mafalda de Oliveira Griné	individual	Senior Feminino	30:43	+16:39	06:09
601	1159	Filipe Curto	individual	Veterano M40	30:47	+16:44	06:09
602	882	Ana Domingues	individual	Veterana F40	30:47	+16:44	06:09
603	574	Mariana Brito Martins	individual	Senior Feminino	30:47	+16:44	06:09

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OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
647	409	Catarina Santos	individual	Senior Feminino	31:19	+17:16	06:16
648	1367	Juliana Diniz Claro	snails	Senior Feminino	31:19	+17:16	06:16
649	207	Mónica Dias	girasol	Veterana F40	31:20	+17:17	06:16
650	11	Maria João	1002	Junior Feminino	31:21	+17:18	06:16
651	399	Caroline Rocha da Silva	individual	Senior Feminino	31:23	+17:19	06:17
652	496	Janaina Martins do Nascimento Silva	individual	Senior Feminino	31:25	+17:22	06:17
653	926	Mafalda Cunha	individual	Veterana F40	31:25	+17:22	06:17
654	603	Mirelly Maria da Silva Cabral Soares	individual	Senior Feminino	31:26	+17:22	06:17
655	1081	MICHELA APARECIDA LACERDA DE SOUZA	individual	Veterana F50	31:27	+17:23	06:17
656	709	Erik Böbel	individual	Senior Masculino	31:28	+17:24	06:18
657	63	A Burnay	atletas ao domingo	Veterana F45	31:28	+17:25	06:18
658	320	Ana Cristiano Isusi	individual	Senior Feminino	31:29	+17:26	06:18
659	41	Inês Isusi	arcad venda da luísa	Senior Feminino	31:29	+17:26	06:18
660	302	Laura Pereira	individual	Junior Feminino	31:29	+17:26	06:18
661	357	Ângela Silva Santos	individual	Senior Feminino	31:30	+17:27	06:18
662	720	Gutierys Silva Custódio	individual	Senior Masculino	31:30	+17:27	06:18
663	789	Andreia Castro	individual	Veterana F35	31:31	+17:28	06:18
664	951	Rita Sofia Mendes da Silva	individual	Veterana F40	31:33	+17:30	06:19
665	449	Diana Vaz	individual	Senior Feminino	31:33	+17:30	06:19
666	855	Rosana Santos	individual	Veterana F35	31:33	+17:30	06:19
667	1307	Francisca Pereira	racemakers	Junior Feminino	31:36	+17:33	06:19
668	889	Ana Sofia Lourenço	individual	Veterana F40	31:37	+17:34	06:19
669	497	Jasmine Barreto	individual	Senior Feminino	31:39	+17:36	06:20
670	1115	Paula Ribeiro	individual	Veterana F55	31:40	+17:37	06:20
671	52	Cidália Maria Barrico Almeida Canais	arcad venda da luísa	Veterana F55	31:41	+17:38	06:20
672	50	Gabriela Lopes	arcad venda da luísa	Veterana F50	31:41	+17:38	06:20
673	637	Raquel Saiz Fernández	individual	Senior Feminino	31:41	+17:38	06:20
674	47	Graça Simões	arcad venda da luísa	Veterana F45	31:41	+17:38	06:20
675	51	Judite Duarte	arcad venda da luísa	Veterana F50	31:42	+17:38	06:20
676	1308	Adriana Pereira	racemakers	Senior Feminino	31:43	+17:40	06:21
677	757	Nuno reis	individual	Senior Masculino	31:44	+17:40	06:21
678	256	Sandra Liceia	grvilaverdense	Veterana F45	31:44	+17:41	06:21
679	614	Nicole Vides	individual	Senior Feminino	31:50	+17:47	06:22
680	434	Daniela Moio	individual	Senior Feminino	31:51	+17:48	06:22
681	1062	Carla Bornes	individual	Veterana F50	31:52	+17:48	06:22
682	1179	Filipe Pratas	individual	Veterano M45	31:52	+17:49	06:22
683	1012	Judite dos Santos	individual	Veterana F45	31:53	+17:49	06:23
684	580	Mariana Mendes	individual	Senior Feminino	31:53	+17:50	06:23
685	328	Ana Julia Schmidt	individual	Senior Feminino	31:55	+17:52	06:23
686	1366	Daniela Gandarez Caramujo	snails	Senior Feminino	31:55	+17:52	06:23
687	382	Brena Lucas Costa	individual	Senior Feminino	31:55	+17:52	06:23
688	633	Radharani Claro de Amorim	individual	Senior Feminino	31:57	+17:54	06:23
689	903	Daniela Tavares	individual	Veterana F40	31:59	+17:56	06:24

PROVA PRINCIPAL - STAGE 1

5 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
735	993	Carla Sofia Salvado Batista	individual	Veterana F45	32:24	+18:21	06:29
736	1088	sandra nascimento	individual	Veterana F50	32:26	+18:22	06:29
737	820	Gessica Peçanha Reis	individual	Veterana F35	32:26	+18:23	06:29
738	1391	Isabel Ventura	tribo nr	Veterana F60	32:27	+18:23	06:29
739	794	Bianca Cristina dos Santos Souzaa Salgado	individual	Veterana F35	32:27	+18:23	06:29
740	1032	Paula Fernando	individual	Veterana F45	32:27	+18:24	06:29
741	330	Ana Letra	individual	Senior Feminino	32:27	+18:24	06:29
742	271	Tomás Matos Aidos	hyundai rodca	Junior Masculino	32:28	+18:24	06:30
743	909	Elainia Lima	individual	Veterana F40	32:28	+18:25	06:30
744	285	André Melo Aidos	hyundai rodca	Veterano M45	32:29	+18:25	06:30
745	1368	Sofia Domingues Almeida	snails	Senior Feminino	32:29	+18:26	06:30
746	177	Joana Cruz	ferticentro	Veterana F35	32:29	+18:26	06:30
747	781	Ana Carolina Guerra da Costa Minas	individual	Veterana F35	32:30	+18:26	06:30
748	894	Aryana Maux	individual	Veterana F40	32:32	+18:29	06:30
749	867	Susana Lareiro	individual	Veterana F35	32:32	+18:29	06:30
750	506	Joana Baio	individual	Senior Feminino	32:32	+18:29	06:30
751	374	Beatriz Marques	individual	Senior Feminino	32:33	+18:30	06:31
752	78	Luisa Baptista	botão camp	Veterana F50	32:33	+18:30	06:31
753	1105	Isabel Pinto	individual	Veterana F55	32:33	+18:30	06:31
754	354	Andreia Menezes	individual	Senior Feminino	32:34	+18:30	06:31
755	607	Mónica Vilão	individual	Senior Feminino	32:34	+18:30	06:31
756	631	Priscillia Moutinho	individual	Senior Feminino	32:34	+18:30	06:31
757	379	Beatriz Salomé	individual	Senior Feminino	32:34	+18:30	06:31
758	1395	Ana Carolina Ferreira Roque	turbo rural	Senior Feminino	32:35	+18:31	06:31
759	1396	Claudia Filipa Francisco Fortunato	turbo rural	Senior Feminino	32:35	+18:31	06:31
760	616	Olga Loureiro	individual	Senior Feminino	32:35	+18:32	06:31
761	433	Daniela Mendes	individual	Senior Feminino	32:35	+18:32	06:31
762	176	Sergey Kornienko	familia	Veterano M35	32:36	+18:32	06:31
763	400	Cassandra Sousa	individual	Senior Feminino	32:36	+18:33	06:31
764	1297	Katarina Augusto	pagámos para sofrer	Veterana F45	32:36	+18:33	06:31
765	824	Joana Araújo	individual	Veterana F35	32:37	+18:33	06:31
766	1024	Micaela Pires	individual	Veterana F45	32:39	+18:36	06:32
767	1215	António Sá Gonçalves	individual	Veterano M60	32:39	+18:36	06:32
768	1390	Inês sobral	trendy bazaar	Veterana F40	32:40	+18:37	06:32
769	513	Joana Pratas	individual	Senior Feminino	32:40	+18:37	06:32
770	355	Ángela Saraiva	individual	Senior Feminino	32:40	+18:37	06:32
771	902	Daniela Simões	individual	Veterana F40	32:42	+18:39	06:32
772	298	Joana Nobre	individual	Junior Feminino	32:43	+18:39	06:33
773	1085	Rosnelly cabello Requena	individual	Veterana F50	32:43	+18:39	06:33
774	1224	Artur Cordeiro	individual	Veterano M65	32:44	+18:41	06:33
775	94	Tina Carreira	ccrd arrimal/morcegos	Veterana F50	32:45	+18:42	06:33
776	678	Tatiana Mesquita	individual	Senior Feminino	32:46	+18:42	06:33
777	344	Ana Rodrigues	individual	Senior Feminino	32:46	+18:43	06:33
778	69	Nazaré Saimeira	biciarca run team	Veterana F55	32:47	+18:43	06:33

PROVA PRINCIPAL - STAGE 1

5 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
779	1382	Maria Luisa Gil	taganga teams	Veterana F40	32:47	+18:44	06:33
780	862	Silvia Pereira	individual	Veterana F35	32:47	+18:44	06:33
781	786	Ana Inácio	individual	Veterana F35	32:48	+18:44	06:34
782	861	Sarah Freitas Magalhães Silva	individual	Veterana F35	32:50	+18:46	06:34
783	1100	Fátima Malta	individual	Veterana F55	32:51	+18:48	06:34
784	1324	Ana Miguel Soares	run for fun	Veterana F35	32:51	+18:48	06:34
785	877	Vanessa Cruz	individual	Veterana F35	32:52	+18:49	06:34
786	594	Marta Leonor Gomçaves Correia	individual	Senior Feminino	32:55	+18:52	06:35
787	1402	Ivone Dilella	vermelha	Veterana F60	32:56	+18:52	06:35
788	1047	Sónia Conceição	individual	Veterana F45	32:56	+18:52	06:35
789	803	Cristiana da Silva Galo	individual	Veterana F35	32:56	+18:53	06:35
790	361	Bárbara Bento	individual	Senior Feminino	32:56	+18:53	06:35
791	180	Tânia Rodrigues	fitness elite (and gossip)	Veterana F45	32:58	+18:54	06:36
792	427	Cristiana Santos	individual	Senior Feminino	32:58	+18:55	06:36
793	1071	Elisabete Silva	individual	Veterana F50	33:00	+18:56	06:36
794	286	Andre Pega Figueiredo	hyundai rodga	Veterano M45	33:02	+18:58	06:36
795	536	Laura Marques	individual	Senior Feminino	33:03	+19:00	06:37
796	1152	Telmo Manuel das Neves Simões	individual	Veterano M35	33:03	+19:00	06:37
797	615	Océane Jade Marine Elisabeth COOREN	individual	Senior Feminino	33:04	+19:00	06:37
798	638	Renata Cristina Costa Accioly teles	individual	Senior Feminino	33:04	+19:01	06:37
799	1320	Beatriz Silva	run for fun	Senior Feminino	33:05	+19:02	06:37
800	1322	Patrícia Semião	run for fun	Senior Feminino	33:05	+19:02	06:37
801	541	Liliana Craveiro	individual	Senior Feminino	33:06	+19:02	06:37
802	471	Gabriela Silva	individual	Senior Feminino	33:06	+19:03	06:37
803	549	Luísa Carvalho	individual	Senior Feminino	33:07	+19:04	06:37
804	1206	Hervé BRUNESSEAU	individual	Veterano M55	33:07	+19:04	06:37
805	123	Nuno Eduardo	corre que dá	Veterano M45	33:09	+19:05	06:38
806	1317	Erica Guedes	run & glow	Veterana F35	33:09	+19:06	06:38
807	697	Clife Silva	individual	Senior Masculino	33:11	+19:07	06:38
808	324	Ana Filipa Costa	individual	Senior Feminino	33:11	+19:08	06:38
809	936	Mónica Vasconcelos	individual	Veterana F40	33:13	+19:10	06:39
810	1007	Joana Espírito-Santo	individual	Veterana F45	33:13	+19:10	06:39
811	1348	Sonia Simoes	sanfil medicina	Veterana F40	33:15	+19:12	06:39
812	526	Juliana Silva dos Santos	individual	Senior Feminino	33:15	+19:12	06:39
813	1244	Cátia Alexandra Primo Martins	maltha glass recycling portugal	Veterana F45	33:16	+19:12	06:39
814	586	Marisa cordeiro	individual	Senior Feminino	33:16	+19:13	06:39
815	73	Sara Lopes	botão camp	Senior Feminino	33:17	+19:13	06:39
816	577	Mariana Duarte	individual	Senior Feminino	33:17	+19:14	06:39
817	316	Ana Braga	individual	Senior Feminino	33:17	+19:14	06:39
818	1188	ANTÓNIO ROSARIO	individual	Veterano M50	33:18	+19:15	06:40
819	436	Daniela Rosário	individual	Senior Feminino	33:19	+19:15	06:40
820	184	Vera Cordeiro	focus_tuu	Veterana F40	33:20	+19:17	06:40
821	277	Filipa Custodio	hyundai rodga	Veterana F45	33:21	+19:17	06:40

PROVA PRINCIPAL - STAGE 1**5 KM**

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
822	275	Rita Albuquerque Figueiredo	hyundai rod da	Veterana F40	33:21	+19:18	06:40
823	1271	Raquel Tavares	msc – mais saúde coimbra	Veterana F35	33:21	+19:18	06:40
824	499	Jéssica Lourenço	individual	Senior Feminino	33:21	+19:18	06:40
825	540	Liliana Amaral	individual	Senior Feminino	33:22	+19:18	06:40
826	514	Joana Rodrigues Simões	individual	Senior Feminino	33:22	+19:19	06:40
827	779	Adriana Maria Pinto de Matos Rodrigues	individual	Veterana F35	33:23	+19:20	06:41
828	81	EMERSON MADEIRA VIANA	bragunci madeira	Veterano M50	33:24	+19:21	06:41
829	1140	João Rama	individual	Veterano M35	33:25	+19:22	06:41
830	1038	Rita Gomes	individual	Veterana F45	33:25	+19:22	06:41
831	1388	Rita Oliveira	tons de rosa	Senior Feminino	33:25	+19:22	06:41
832	964	Suzy Vartan Amaral Cordeiro	individual	Veterana F40	33:25	+19:22	06:41
833	643	Rita Couto	individual	Senior Feminino	33:26	+19:23	06:41
834	530	Kemilly andressa silva	individual	Senior Feminino	33:27	+19:24	06:41
835	1057	Zosima Pinto	individual	Veterana F45	33:28	+19:25	06:42
836	48	Tânia Nunes	arcd venda da luísa	Veterana F45	33:28	+19:25	06:42
837	840	Maria José Reis	individual	Veterana F35	33:31	+19:28	06:42
838	922	Juliana Costa	individual	Veterana F40	33:31	+19:28	06:42
839	949	Rita Maria Marques Saraiva	individual	Veterana F40	33:32	+19:28	06:42
840	104	CAREN TEIXEIRA	cmcoimbra	Veterana F35	33:32	+19:29	06:42
841	1049	Sónia Neves	individual	Veterana F45	33:33	+19:29	06:43
842	1129	António José Nobre Aguiar Salgueiro	individual	Veterano M35	33:33	+19:29	06:43
843	351	Andreia Filipa Rijo Gomes	individual	Senior Feminino	33:33	+19:30	06:43
844	437	Daryna Misyura	individual	Senior Feminino	33:33	+19:30	06:43
845	857	Sara Beth Mitchell	individual	Veterana F35	33:33	+19:30	06:43
846	486	Inês Isabel Reis Rodrigues	individual	Senior Feminino	33:33	+19:30	06:43
847	178	Ana Vieira	finally arrived	Veterana F50	33:34	+19:30	06:43
848	1198	Pedro André Duarte Correia	individual	Veterano M50	33:34	+19:31	06:43
849	947	Rita Cunha	individual	Veterana F40	33:36	+19:33	06:43
850	356	Ângela Silva	individual	Senior Feminino	33:36	+19:33	06:43
851	825	Joana Correia Morais	individual	Veterana F35	33:36	+19:33	06:43
852	533	Lara Capitão	individual	Senior Feminino	33:37	+19:34	06:43
853	339	Ana Raquel de Sousa da Costa	individual	Senior Feminino	33:37	+19:34	06:43
854	708	Emanuel Gonçalves Marmelo	individual	Senior Masculino	33:39	+19:36	06:44
855	624	Patrícia Isabel Sobral Rodrigues	individual	Senior Feminino	33:39	+19:36	06:44
856	542	Livia Nunes Barbosa	individual	Senior Feminino	33:41	+19:37	06:44
857	714	Francico Santos	individual	Senior Masculino	33:42	+19:39	06:44
858	365	Beatriz Araújo	individual	Senior Feminino	33:43	+19:39	06:45
859	1003	Elisabete Santos	individual	Veterana F45	33:43	+19:40	06:45
860	593	Marta Isabel Baptista Ferreira	individual	Senior Feminino	33:43	+19:40	06:45
861	548	Lucie Plchotová	individual	Senior Feminino	33:44	+19:40	06:45
862	60	Telma Dias	as bilhas	Junior Feminino	33:46	+19:42	06:45
863	201	Lurdes Rovisco	geladólicos anónimos	Senior Feminino	33:46	+19:43	06:45
864	202	Veronika Duarte	geladólicos anónimos	Senior Feminino	33:47	+19:44	06:45

PROVA PRINCIPAL - STAGE 1

5 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
865	203	Carlos Pais	geladólicos anónimos	Senior Masculino	33:47	+19:44	06:45
866	656	Sandra Pereira	individual	Senior Feminino	33:47	+19:44	06:45
867	430	Cristina Pardal	individual	Senior Feminino	33:48	+19:44	06:46
868	467	Filipa Nogueira	individual	Senior Feminino	33:48	+19:45	06:46
869	332	Ana Lúcia Sá	individual	Senior Feminino	33:48	+19:45	06:46
870	715	Geyson bezerra da silva	individual	Senior Masculino	33:48	+19:45	06:46
871	93	Lara Teseso	ccrd arrimal/morcegos	Senior Feminino	33:50	+19:46	06:46
872	92	Inês Cordeiro	ccrd arrimal/morcegos	Senior Feminino	33:50	+19:46	06:46
873	617	Pamela José	individual	Senior Feminino	33:53	+19:50	06:47
874	1292	Beatriz Gomes Lopes	ou meta ou ambulância	Senior Feminino	33:55	+19:51	06:47
875	377	Beatriz Pinto	individual	Senior Feminino	33:56	+19:53	06:47
876	733	Joel Ferreira	individual	Senior Masculino	33:57	+19:53	06:47
877	329	Ana Karina de Sousa Fernandes	individual	Senior Feminino	33:57	+19:54	06:47
878	475	Helena Antunes	individual	Senior Feminino	33:57	+19:54	06:47
879	904	Débora Martins	individual	Veterana F40	34:00	+19:57	06:48
880	292	Bianca Craveiro	individual	Junior Feminino	34:05	+20:02	06:49
881	393	Carolina de Oliveira Griné	individual	Senior Feminino	34:06	+20:02	06:49
882	491	Iria Pereira	individual	Senior Feminino	34:07	+20:03	06:49
883	1013	Lídia Maria de Jesus Mira	individual	Veterana F45	34:08	+20:04	06:50
884	1020	Maria Mira	individual	Veterana F45	34:08	+20:04	06:50
885	1331	Ana Teresa Mateus Rebelo	sanfil medicina	Senior Feminino	34:08	+20:05	06:50
886	1337	Tânia Filipa Costa Cravo	sanfil medicina	Senior Feminino	34:08	+20:05	06:50
887	1185	Miguel Marques	individual	Veterano M45	34:08	+20:05	06:50
888	558	Maria Alexandra Carrilho	individual	Senior Feminino	34:09	+20:05	06:50
889	385	Bruna Margarida Almeida Prazeres	individual	Senior Feminino	34:10	+20:07	06:50
890	485	Inês Filipa Narciso Dias	individual	Senior Feminino	34:13	+20:10	06:51
891	671	Sophia Caroline Bortoluzzi	individual	Senior Feminino	34:14	+20:10	06:51
892	507	Joana Carrapiço	individual	Senior Feminino	34:14	+20:10	06:51
893	371	Beatriz Lopes	individual	Senior Feminino	34:14	+20:11	06:51
894	717	Gonçalo Simões	individual	Senior Masculino	34:14	+20:11	06:51
895	890	Ana Torres Oliveira	individual	Veterana F40	34:14	+20:11	06:51
896	917	Ivone da Silva	individual	Veterana F40	34:15	+20:11	06:51
897	1273	Ana Mendes	msc - mais saúde coimbra	Veterana F50	34:15	+20:12	06:51
898	1272	Claudia Almeida	msc - mais saúde coimbra	Veterana F40	34:16	+20:12	06:51
899	321	Ana Cristina Graça	individual	Senior Feminino	34:17	+20:14	06:51
900	739	Leandro Craveiro	individual	Senior Masculino	34:17	+20:14	06:51
901	244	Marcela Martins	grupo remax white	Veterana F45	34:17	+20:14	06:51
902	67	Cindy Neves Ferreira	bambinas	Senior Feminino	34:18	+20:14	06:52
903	66	Ana Marília Leal dos Santos	bambinas	Senior Feminino	34:18	+20:14	06:52
904	1072	Helena Pinto	individual	Veterana F50	34:19	+20:15	06:52
905	573	Mariana Borges Pinto Pereira	individual	Senior Feminino	34:19	+20:16	06:52
906	181	Laudelina Teixeira	fitness elite (and gossip)	Veterana F50	34:19	+20:16	06:52
907	911	FABIANA CRISTINA RIBEIRO SEVERIANO GONCALVES	individual	Veterana F40	34:21	+20:18	06:52
908	799	Cátia Conceição	individual	Veterana F35	34:23	+20:19	06:53

PROVA PRINCIPAL - STAGE 1

5 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
909	282	Patricia Seabra	hyundai rodada	Veterana F45	34:24	+20:20	06:53
910	280	Joana Sifredo	hyundai rodada	Veterana F45	34:24	+20:20	06:53
911	411	Catarina Sousa	individual	Senior Feminino	34:25	+20:21	06:53
912	426	Cristiana Moreira	individual	Senior Feminino	34:25	+20:22	06:53
913	1234	Sintik Ferreira	jonas nogueira assessoria	Senior Feminino	34:26	+20:22	06:53
914	1094	Alexandra André	individual	Veterana F55	34:26	+20:23	06:53
915	929	Margarida Isabel Cruz	individual	Veterana F40	34:27	+20:23	06:53
916	450	Domynike Galarce	individual	Senior Feminino	34:27	+20:23	06:53
917	965	Tatiane de Freitas Oliveira	individual	Veterana F40	34:27	+20:23	06:53
918	605	Mónica Dâmaso	individual	Senior Feminino	34:27	+20:24	06:53
919	303	Leonor Cruz	individual	Junior Feminino	34:27	+20:24	06:54
920	358	Ângela Sousa	individual	Senior Feminino	34:28	+20:25	06:54
921	732	João Pedro Domingues Cordeiro	individual	Senior Masculino	34:28	+20:25	06:54
922	831	Joana Santos	individual	Veterana F35	34:30	+20:26	06:54
923	481	Inês Barreto	individual	Senior Feminino	34:32	+20:28	06:54
924	1022	Marta Quatorze Pereira	individual	Veterana F45	34:32	+20:29	06:54
925	602	Mikaela Soares da Silva Araujo	individual	Senior Feminino	34:35	+20:31	06:55
926	502	Jessica Saboia	individual	Senior Feminino	34:37	+20:34	06:55
927	710	Erik Saboia Dantas	individual	Senior Masculino	34:37	+20:34	06:55
928	185	Carla Vieira	focus_tuu	Veterana F55	34:37	+20:34	06:55
929	878	Vanessa Machado	individual	Veterana F35	34:39	+20:35	06:56
930	504	Jikke Otte	individual	Senior Feminino	34:40	+20:37	06:56
931	281	Maria João Azevedo Quintas	hyundai rodada	Veterana F45	34:41	+20:38	06:56
932	1193	Jorge Pereira	individual	Veterano M50	34:42	+20:39	06:56
933	1295	Mélanie Pinto	pace de caracol	Senior Feminino	34:43	+20:40	06:57
934	43	Joana Campos	arcd venda da luisa	Veterana F35	34:49	+20:45	06:58
935	1058	Ana Liceia	individual	Veterana F50	34:50	+20:47	06:58
936	1400	Beatriz Gonçalves	velhotas	Senior Feminino	34:50	+20:47	06:58
937	539	Leonor Gonçalves	individual	Senior Feminino	34:51	+20:48	06:58
938	235	Maria João Lopes	grupo remax white	Veterana F35	34:52	+20:49	06:58
939	251	Fábio Gil	grupo remax white	Veterano M35	34:52	+20:49	06:58
940	945	Renata Lopes	individual	Veterana F40	34:53	+20:50	06:59
941	649	Rita Silva	individual	Senior Feminino	34:54	+20:51	06:59
942	931	Marina de Fátima Rodrigues Dias	individual	Veterana F40	34:54	+20:51	06:59
943	601	Matilde Teixeira	individual	Senior Feminino	34:55	+20:51	06:59
944	306	Gabriel Malva	individual	Junior Masculino	34:55	+20:52	06:59
945	370	Beatriz Francisco	individual	Senior Feminino	34:58	+20:54	07:00
946	829	Joana Raquel da Costa Dias	individual	Veterana F35	35:00	+20:56	07:00
947	140	Sara ribeiro	dalila barroca	Veterana F45	35:01	+20:58	07:00
948	644	Rita Cunha	individual	Senior Feminino	35:01	+20:58	07:00
949	806	Diana Carrito	individual	Veterana F35	35:01	+20:58	07:00
950	1025	Mónica Ferreira	individual	Veterana F45	35:02	+20:58	07:00
951	404	Catarina Correia	individual	Senior Feminino	35:02	+20:59	07:00
952	15	Dalila Barroca	1002	Veterana F35	35:02	+20:59	07:00
953	1200	Ricardo Pinho	individual	Veterano M50	35:03	+20:59	07:01

PROVA PRINCIPAL - STAGE 1

5 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1090	1079	marina sousa	individual	Veterana F50	37:50	+23:47	07:34
1091	531	Kiluange Beth	individual	Senior Feminino	37:51	+23:48	07:34
1092	569	Maria Simões	individual	Senior Feminino	37:52	+23:48	07:34
1093	950	Rita Neves	individual	Veterana F40	37:52	+23:48	07:34
1094	1070	Elisabete Craveiro	individual	Veterana F50	37:52	+23:49	07:34
1095	1043	Sofia Agostinho	individual	Veterana F45	37:53	+23:50	07:35
1096	1314	Sandra Guilherme	run & fun	Senior Feminino	37:53	+23:50	07:35
1097	1376	Susana Bárbara	speedy team	Veterana F45	37:53	+23:50	07:35
1098	474	Gabriella Gomes	individual	Senior Feminino	37:54	+23:51	07:35
1099	278	Filipa Palhares Bernardo	hyundai rodदा	Veterana F45	37:55	+23:51	07:35
1100	270	Maria Afonso	hyundai rodदा	Junior Feminino	37:55	+23:52	07:35
1101	318	Ana Clara Reis	individual	Senior Feminino	37:57	+23:54	07:35
1102	860	Sarah Cai	individual	Veterana F35	37:58	+23:54	07:36
1103	901	Daniela Chan	individual	Veterana F40	37:58	+23:54	07:36
1104	946	Rina Espiritu	individual	Veterana F40	37:58	+23:55	07:36
1105	1347	Maria Carolina Pinto de Matos Rodrigues	sanfil medicina	Veterana F40	38:12	+24:09	07:38
1106	1044	Sofia Ascenso	individual	Veterana F45	38:14	+24:11	07:39
1107	782	Ana Carvalho	individual	Veterana F35	38:14	+24:11	07:39
1108	1090	Suzana Calretas	individual	Veterana F50	38:16	+24:13	07:39
1109	760	Pedro Ferreira	individual	Senior Masculino	38:19	+24:15	07:40
1110	367	Beatriz Coelho	individual	Senior Feminino	38:19	+24:15	07:40
1111	1343	Antonia Pereira	sanfil medicina	Veterana F40	38:23	+24:20	07:41
1112	59	Maria Luís	as bilhas	Junior Feminino	38:35	+24:31	07:43
1113	498	Jessica Jesus	individual	Senior Feminino	38:41	+24:38	07:44
1114	650	Rosinda Fernandes	individual	Senior Feminino	38:50	+24:47	07:46
1115	1061	Carla Alexandra Mendes	individual	Veterana F50	38:51	+24:47	07:46
1116	597	MATILDE BATISTA FERREIRA	individual	Senior Feminino	38:51	+24:48	07:46
1117	559	Maria Beatriz de Oliveira Conniot	individual	Senior Feminino	38:51	+24:48	07:46
1118	956	Sandra Cristina Silva de Oliveira	individual	Veterana F40	38:56	+24:53	07:47
1119	816	Filipa Daniela Silva de Oliveira	individual	Veterana F35	38:56	+24:53	07:47
1120	353	Andreia Mendes	individual	Senior Feminino	38:59	+24:56	07:48
1121	971	Vera Martins	individual	Veterana F40	39:01	+24:57	07:48
1122	788	Ana Teresa Neves	individual	Veterana F35	39:04	+25:01	07:49
1123	682	Viviane Rebelo	individual	Senior Feminino	39:11	+25:07	07:50
1124	663	Sílvia Rosa	individual	Senior Feminino	39:17	+25:14	07:51
1125	639	Renata Ohana de Albuquerque e silva	individual	Senior Feminino	39:30	+25:27	07:54
1126	107	Cláudia Souto	cmcoimbra	Veterana F45	39:33	+25:29	07:55
1127	913	Fátima Carrolo	individual	Veterana F40	39:39	+25:36	07:56
1128	612	Nathale Rayara de Araújo Nascimento	individual	Senior Feminino	39:44	+25:41	07:57
1129	938	Nélia Costa	individual	Veterana F40	39:53	+25:50	07:59
1130	808	Diana Neto	individual	Veterana F35	39:53	+25:50	07:59
1131	866	Susana Jorge	individual	Veterana F35	39:54	+25:50	07:59

PROVA PRINCIPAL - STAGE 1

5 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1132	116	António Ferreira	cmcoimbra	Veterano M40	39:55	+25:52	07:59
1133	349	Anastasiia Domaranska	individual	Senior Feminino	39:57	+25:54	07:59
1134	279	Helena Alexandra Pedroso Lima Oliveira Figueiredo	hyundai rodga	Veterana F45	40:04	+26:01	08:01
1135	859	Sara Oliveira	individual	Veterana F35	40:08	+26:04	08:02
1136	642	Rita Casaleiro	individual	Senior Feminino	40:12	+26:09	08:02
1137	606	Mónica sofia Bastos Martins	individual	Senior Feminino	40:13	+26:09	08:03
1138	1005	Helena Correia	individual	Veterana F45	40:17	+26:13	08:03
1139	1380	Lourdes Sebrie	taganga teams	Senior Feminino	40:19	+26:15	08:04
1140	1383	Carlos Montenegro	taganga teams	Veterano M45	40:24	+26:20	08:05
1141	832	Joana Sarraipa	individual	Veterana F35	40:24	+26:21	08:05
1142	508	Joana costa	individual	Senior Feminino	40:24	+26:21	08:05
1143	214	Patrícia Grilo	grilos	Senior Feminino	40:32	+26:28	08:06
1144	879	Yeniree Naranjo	individual	Veterana F35	40:43	+26:39	08:09
1145	465	Fernanda Tayná Fernandes Fontes da Silva	individual	Senior Feminino	40:43	+26:39	08:09
1146	477	Helida Isabel Lira de Miranda Pinto	individual	Senior Feminino	40:43	+26:40	08:09
1147	19	Céu Loureiro	233 club	Veterana F45	40:48	+26:45	08:10
1148	79	Fernando Silva	botão camp	Veterano M45	40:52	+26:49	08:10
1149	1045	Sofia Seïça	individual	Veterana F45	40:53	+26:50	08:11
1150	1398	Mafalda Patrícia Ferreira Roque	turbo rural	Veterana F35	40:59	+26:55	08:12
1151	1399	Andréia Isabel canas Simões santos	turbo rural	Veterana F40	40:59	+26:56	08:12
1152	54	Humberto Manuel Rodrigues Emídio	arestas team run	Veterano M60	41:06	+27:03	08:13
1153	1127	André Melo	individual	Veterano M35	41:08	+27:05	08:14
1154	662	Silvia Oliveira	individual	Senior Feminino	41:10	+27:06	08:14
1155	970	VERA LÚCIA LEAL ALVES	individual	Veterana F40	41:13	+27:10	08:15
1156	1361	Filipe Duarte	sexto sentido portugal	Veterano M40	41:22	+27:19	08:16
1157	1360	Eunice Santos	sexto sentido portugal	Veterana F45	41:22	+27:19	08:16
1158	108	Joana Monteiro	cmcoimbra	Veterana F45	41:30	+27:26	08:18
1159	998	Cinde Guerreiro	individual	Veterana F45	41:37	+27:34	08:19
1160	815	Evgeniia Isaeva	individual	Veterana F35	41:39	+27:36	08:20
1161	1172	Roman Isaev	individual	Veterano M40	41:39	+27:36	08:20
1162	655	Salomé Lima	individual	Senior Feminino	41:43	+27:40	08:21
1163	1112	Maria Manuel Gomes Rebocho	individual	Veterana F55	41:43	+27:40	08:21
1164	807	Diana Cotas	individual	Veterana F35	41:45	+27:42	08:21
1165	1137	Fábio Faria	individual	Veterano M35	41:54	+27:51	08:23
1166	525	Juliana Rosa da Silva Ascenso	individual	Senior Feminino	41:55	+27:52	08:23
1167	609	Naiara Rodrigues	individual	Senior Feminino	41:56	+27:53	08:23
1168	712	Fernando Moreira	individual	Senior Masculino	41:56	+27:53	08:23
1169	368	Beatriz Dias	individual	Senior Feminino	41:56	+27:53	08:23
1170	665	Sofia Arnaut	individual	Senior Feminino	41:57	+27:54	08:23
1171	17	Ana Marques	233 club	Senior Feminino	41:57	+27:54	08:23
1172	276	Ana Rita Freitas Coutinho	hyundai rodga	Veterana F45	42:01	+27:58	08:24
1173	983	Ana Queirós	individual	Veterana F45	42:02	+27:59	08:24

Prova Principal

5 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	18:30	19°C	62%
End	19:43	19°C	62%

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

1	152	Sofia Lima Costa	Escola de Atletismo de Coimbra/JPaiva	Junior Feminino	21:20		04:16
2	300	Lara Ferreira Neves	Individual	Junior Feminino	22:07	+00:46	04:25
3	126	Francisca Amado	CPT SOBRAL CEIRA	Junior Feminino	24:45	+03:24	04:57
4	293	Claudina Carvalho	Individual	Junior Feminino	25:33	+04:12	05:07
5	1369	Alice Raimundo	Sobreviventes	Junior Feminino	28:13	+06:52	05:39
6	1372	Maria Baptista	Sobreviventes	Junior Feminino	28:13	+06:53	05:39
7	297	Inês Martins	Individual	Junior Feminino	29:12	+07:51	05:50
8	304	Mariana Areias	Individual	Junior Feminino	29:54	+08:34	05:59
9	299	Júlia pires	Individual	Junior Feminino	30:02	+08:41	06:00
10	295	Diana Fernandes	Individual	Junior Feminino	30:12	+08:52	06:02
11	11	Maria João	1002	Junior Feminino	31:21	+10:00	06:16
12	302	Laura Pereira	Individual	Junior Feminino	31:29	+10:09	06:18
13	1307	Francisca Pereira	RaceMakers	Junior Feminino	31:36	+10:15	06:19
14	301	Lara Mendes Luís	Individual	Junior Feminino	32:12	+10:52	06:26
15	298	Joana Nobre	Individual	Junior Feminino	32:43	+11:22	06:33
16	60	Telma Dias	As bilhas	Junior Feminino	33:46	+12:25	06:45
17	292	Bianca Craveiro	Individual	Junior Feminino	34:05	+12:45	06:49
18	303	Leonor Cruz	Individual	Junior Feminino	34:27	+13:07	06:54
19	58	Madalena Gonçalves	As bilhas	Junior Feminino	35:30	+14:10	07:06
20	294	Daniela Pires	Individual	Junior Feminino	36:44	+15:24	07:21
21	1357	Leonor Semblano	santosendárias	Junior Feminino	37:45	+16:24	07:33
22	270	Maria Afonso	Hyundai Rodda	Junior Feminino	37:55	+16:34	07:35
23	59	Maria Luís	As bilhas	Junior Feminino	38:35	+17:14	07:43
24	1370	Carlota Santos	Sobreviventes	Junior Feminino	45:14	+23:53	09:03
25	1371	Constança Góis	Sobreviventes	Junior Feminino	45:14	+23:53	09:03
26	101	CARLOTA SANTOS FRADE	Clube Millennium BCP	Junior Feminino	01:02:10	+40:49	12:26

Junior Masculino

1	305	Bernardo André Vieira Martins	Individual	Junior Masculino	27:51		05:34
2	271	Tomás Matos Aidos	Hyundai Rodda	Junior Masculino	32:28	+04:36	06:30
3	306	Gabriel Malva	Individual	Junior Masculino	34:55	+07:03	06:59

Juvenil Feminino

1	154	Maria Clara Pires	Escola de Atletismo de Coimbra/JPaiva	Juvenil Feminino	17:28		03:30
2	127	Alexandra Vogado	CPT SOBRAL CEIRA	Juvenil Feminino	18:52	+01:23	03:46

Prova Principal

5 KM

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

OFFICIAL RESULT

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

3	307	Sofia salgado azambuja	Individual	Juvenil Feminino	35:43	+18:15	07:09
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Juvenil Masculino

1	155	Afonso Marreiros	Escola de Atletismo de Coimbra/JPaiva	Juvenil Masculino	15:53		03:11
2	156	Guilherme Lobo Magalhães	Escola de Atletismo de Coimbra/JPaiva	Juvenil Masculino	16:05	+00:11	03:13
3	1409	Gabriel Duarte	Individual	Juvenil Masculino	17:08	+01:15	03:26
4	157	Rodrigo Santo	Escola de Atletismo de Coimbra/JPaiva	Juvenil Masculino	17:42	+01:49	03:32
5	309	João Miguel	Individual	Juvenil Masculino	25:36	+09:42	05:07
6	308	André Duarte	Individual	Juvenil Masculino	26:18	+10:25	05:16

Senior Feminino

1	5	Mariana Machado	SC BRAGA	Senior Feminino	15:55		03:11
2	100	Eva Bento	Clube Desportivo Areias São João	Senior Feminino	20:19	+04:24	04:04
3	604	Miriam Raquel	Individual	Senior Feminino	21:12	+05:17	04:14
4	227	Joana Rodrigues	Grupo Remax White	Senior Feminino	21:15	+05:20	04:15
5	1379	Sara Cruz	Sprint the tea	Senior Feminino	21:33	+05:38	04:19
6	578	Mariana Gonçalves	Individual	Senior Feminino	21:51	+05:56	04:22
7	194	Alexandrina Leitão	FunRunners Fit&Fun	Senior Feminino	22:05	+06:10	04:25
8	600	Matilde Ruas	Individual	Senior Feminino	22:18	+06:23	04:28
9	1293	Sofia freire	Ou meta ou ambulância	Senior Feminino	22:28	+06:33	04:30
10	342	Ana Rita Ferreira Ribeiro	Individual	Senior Feminino	22:30	+06:35	04:30
11	562	Maria Isabel Pereira	Individual	Senior Feminino	22:35	+06:40	04:31
12	210	Lúisa Pereira	Grecas- vagos	Senior Feminino	22:53	+06:58	04:35
13	1229	Jéssica souza	Industrial desportivo vierense	Senior Feminino	23:04	+07:09	04:37
14	1327	Raquel Caracitas	Running4Fun Team Viseu	Senior Feminino	23:08	+07:13	04:38
15	462	Fátima Fernandes	Individual	Senior Feminino	23:33	+07:38	04:43
16	547	Luana Silva	Individual	Senior Feminino	23:33	+07:38	04:43
17	204	Luana Filipa dos Santos Marques	GiraSol	Senior Feminino	23:38	+07:42	04:44
18	510	Joana Maximino	Individual	Senior Feminino	23:44	+07:49	04:45
19	405	Catarina Ferreira	Individual	Senior Feminino	23:59	+08:04	04:48
20	71	Cristiana Sousa	Bombeiros Voluntários de Castro Daire	Senior Feminino	24:06	+08:11	04:49
21	21	Diana Batista	Academia de Desportos de Condeixa	Senior Feminino	24:06	+08:11	04:49
22	534	Lara Martins	Individual	Senior Feminino	24:12	+08:16	04:50
23	645	Rita Ferreira	Individual	Senior Feminino	24:13	+08:18	04:51
24	454	Elisabete Serém	Individual	Senior Feminino	24:16	+08:21	04:51
25	444	Diana Paredes	Individual	Senior Feminino	24:28	+08:33	04:54
26	396	Carolina Palos	Individual	Senior Feminino	24:29	+08:33	04:54
27	660	Sara Ribeiro de Menezes Amador	Individual	Senior Feminino	24:30	+08:35	04:54
28	1408	Gabriela de Jesus Martins	SC BEIRA MAR	Senior Feminino	24:32	+08:37	04:54

Prova Principal

5 KM

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

OFFICIAL RESULT

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

29	482	Inês Carneiro	Individual	Senior Feminino	24:41	+08:45	04:56
30	484	Inês Cruz	Individual	Senior Feminino	24:41	+08:46	04:56
31	394	Carolina Maria Acates Bernardino	Individual	Senior Feminino	24:50	+08:55	04:58
32	1264	Filipa Bento Nogueira	Milefulness	Senior Feminino	25:04	+09:09	05:01
33	226	Joana Maria Rodrigues Guerreiro	Grupo Remax White	Senior Feminino	25:05	+09:10	05:01
34	313	Alexandra Campos	Individual	Senior Feminino	25:13	+09:18	05:03
35	1270	Sandra Campos	MSC – Mais Saúde Coimbra	Senior Feminino	25:21	+09:26	05:04
36	340	Ana Rita Costa Rosa	Individual	Senior Feminino	25:31	+09:36	05:06
37	200	Ana Veiga	Geladólicos anónimos	Senior Feminino	25:39	+09:43	05:08
38	428	Cristiana Sofia Amaral Bento	Individual	Senior Feminino	25:41	+09:46	05:08
39	632	Quilza Menezes	Individual	Senior Feminino	25:49	+09:54	05:10
40	672	Soraia Gavinhos	Individual	Senior Feminino	25:52	+09:57	05:10
41	664	Sofia Amaro	Individual	Senior Feminino	25:57	+10:02	05:11
42	659	Sara Oliveira	Individual	Senior Feminino	26:01	+10:06	05:12
43	1280	Tatiana Barroco	Óculos Baixa Pace	Senior Feminino	26:03	+10:08	05:13
44	582	Mariana Silva	Individual	Senior Feminino	26:06	+10:10	05:13
45	590	Marta dos Santos Lopes	Individual	Senior Feminino	26:07	+10:12	05:13
46	446	Diana Reis	Individual	Senior Feminino	26:11	+10:15	05:14
47	554	Mafalda Marques	Individual	Senior Feminino	26:22	+10:27	05:16
48	1381	Sara Nicolle Amaya Bejaranp	Taganga teams	Senior Feminino	26:25	+10:30	05:17
49	529	Kelvia Nadine Sibel Oliveira	Individual	Senior Feminino	26:33	+10:38	05:19
50	515	Joana Silva	Individual	Senior Feminino	26:38	+10:42	05:20
51	273	Rafaela Alexandra Reis Faria	Hyundai Rodda	Senior Feminino	26:39	+10:44	05:20
52	459	Eva Xénard	Individual	Senior Feminino	26:41	+10:46	05:20
53	654	Rute Viseu	Individual	Senior Feminino	26:41	+10:46	05:20
54	388	Carina Azevedo	Individual	Senior Feminino	26:46	+10:51	05:21
55	421	Cláudia Costa	Individual	Senior Feminino	26:52	+10:57	05:22
56	392	Carolina Costa	Individual	Senior Feminino	26:52	+10:57	05:23
57	466	Filipa Domingos	Individual	Senior Feminino	26:53	+10:58	05:23
58	414	Cátia Andreia Dias Teixeira	Individual	Senior Feminino	26:56	+11:01	05:23
59	401	Catarina Bastos	Individual	Senior Feminino	26:56	+11:01	05:23
60	389	Carla Santos	Individual	Senior Feminino	26:57	+11:02	05:23
61	1386	Nicole Lopes	Tios d Alice e da Júlia	Senior Feminino	27:02	+11:07	05:24
62	229	Laura Seco	Grupo Remax White	Senior Feminino	27:09	+11:14	05:26
63	579	Mariana Martins	Individual	Senior Feminino	27:10	+11:14	05:26
64	640	Renata Soares	Individual	Senior Feminino	27:12	+11:17	05:26
65	72	Andreia Ventura	Botão Camp	Senior Feminino	27:13	+11:18	05:27
66	383	Bruna Alves	Individual	Senior Feminino	27:21	+11:26	05:28
67	618	Patrícia Alexandra Trindade Milheiro	Individual	Senior Feminino	27:22	+11:27	05:28
68	1279	Mariana Ferreira	Óculos Baixa Pace	Senior Feminino	27:29	+11:34	05:30
69	610	Natália Martins Leite	Individual	Senior Feminino	27:32	+11:37	05:30
70	199	Marta Martins	GeckoBlueprints	Senior Feminino	27:36	+11:41	05:31
71	599	Matilde Pedrosa Monteiro	Individual	Senior Feminino	27:36	+11:41	05:31
72	83	Clara Campelo	Campeleira	Senior Feminino	27:36	+11:41	05:31
73	589	Marlene Mota	Individual	Senior Feminino	27:39	+11:44	05:32
74	595	Marta Monteiro Almeida	Individual	Senior Feminino	27:47	+11:52	05:33

Prova Principal

5 KM

OFFICIAL RESULT

75	468	Francisca Calçada	Individual	Senior Feminino	27:48	+11:53	05:34
76	470	Francisca Pimentel	Individual	Senior Feminino	27:49	+11:54	05:34
77	528	Katia Simões	Individual	Senior Feminino	27:49	+11:54	05:34
78	561	Maria Figueiró	Individual	Senior Feminino	27:50	+11:55	05:34
79	666	Sofia Figueiró	Individual	Senior Feminino	27:50	+11:55	05:34
80	538	Leana Raquel Cruzio Grilo	Individual	Senior Feminino	27:52	+11:57	05:34
81	512	Joana Oliveira	Individual	Senior Feminino	27:56	+12:00	05:35
82	372	Beatriz Maria	Individual	Senior Feminino	27:56	+12:01	05:35
83	14	Marlene Patusco	1002	Senior Feminino	27:57	+12:02	05:35
84	626	Patrícia Santos	Individual	Senior Feminino	27:59	+12:04	05:36
85	352	Andréia Freitas	Individual	Senior Feminino	28:00	+12:04	05:36
86	325	Ana Filipa Jesus de Carvalho	Individual	Senior Feminino	28:02	+12:07	05:36
87	551	Luiza Rezende	Individual	Senior Feminino	28:05	+12:10	05:37
88	516	Joana Silva	Individual	Senior Feminino	28:08	+12:13	05:38
89	1316	Joice da Silva Campos	Run & Glow	Senior Feminino	28:08	+12:13	05:38
90	443	Diana Monteiro	Individual	Senior Feminino	28:10	+12:14	05:38
91	480	Inês Baptista	Individual	Senior Feminino	28:11	+12:16	05:38
92	490	Inês Silvestre	Individual	Senior Feminino	28:12	+12:17	05:38
93	494	Isabelle Melo	Individual	Senior Feminino	28:13	+12:18	05:39
94	337	Ana Neves	Individual	Senior Feminino	28:15	+12:20	05:39
95	350	Andreia Filipa Lopes Fernandes	Individual	Senior Feminino	28:18	+12:23	05:40
96	403	Catarina Cartaxo da Costa	Individual	Senior Feminino	28:18	+12:23	05:40
97	623	Patrícia Gambóias	Individual	Senior Feminino	28:18	+12:23	05:40
98	429	Cristiana Tinoco	Individual	Senior Feminino	28:23	+12:28	05:41
99	1269	Felícia Costa	MSC – Mais Saúde Coimbra	Senior Feminino	28:25	+12:29	05:41
100	390	Carolina Baptista	Individual	Senior Feminino	28:26	+12:31	05:41
101	442	Diana Luísa da Cunha Lopes	Individual	Senior Feminino	28:28	+12:33	05:42
102	596	Marta Portulez Gigante	Individual	Senior Feminino	28:31	+12:35	05:42
103	453	Elisabete Santos	Individual	Senior Feminino	28:38	+12:43	05:44
104	677	Tatiana Costa	Individual	Senior Feminino	28:38	+12:43	05:44
105	575	Mariana Costa	Individual	Senior Feminino	28:38	+12:43	05:44
106	260	Sofia Silva	Healthy Move	Senior Feminino	28:43	+12:48	05:45
107	585	Marina Salvado	Individual	Senior Feminino	28:45	+12:50	05:45
108	448	Diana Valbom Gonçalves	Individual	Senior Feminino	28:48	+12:52	05:46
109	13	Mariana Nunes	1002	Senior Feminino	28:48	+12:53	05:46
110	483	Inês Costa	Individual	Senior Feminino	28:50	+12:55	05:46
111	487	Inês Limas Da Silva	Individual	Senior Feminino	28:51	+12:56	05:46
112	535	Larissa Lopes Fernandes Da Luz	Individual	Senior Feminino	28:52	+12:57	05:46
113	1403	Mariana Fernandes	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	28:54	+12:59	05:47
114	501	Jéssica Rodrigues	Individual	Senior Feminino	28:57	+13:02	05:47
115	224	Angela Rita da Silva Ribeiro	Grupo Remax White	Senior Feminino	28:59	+13:04	05:48
116	395	Carolina Martins Ribeiro	Individual	Senior Feminino	28:59	+13:04	05:48
117	341	Ana Rita Duarte	Individual	Senior Feminino	29:00	+13:04	05:48
118	564	Maria João Mendes Nunes	Individual	Senior Feminino	29:00	+13:05	05:48
119	630	Poliana Carvalho Nascimento	Individual	Senior Feminino	29:00	+13:05	05:48
120	524	Juliana Pires	Individual	Senior Feminino	29:02	+13:07	05:48

Prova Principal

5 KM

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

OFFICIAL RESULT

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

121	1321	Joana Dias	Run for Fun	Senior Feminino	29:04	+13:09	05:49
122	629	Paula Mikaela Cabello	Individual	Senior Feminino	29:06	+13:11	05:49
123	440	Diana Farinha	Individual	Senior Feminino	29:10	+13:15	05:50
124	628	Patrícia Tavares	Individual	Senior Feminino	29:15	+13:20	05:51
125	423	Cláudia Sofia dos Reis Carçoço Barata	Individual	Senior Feminino	29:16	+13:21	05:51
126	402	Catarina Borges	Individual	Senior Feminino	29:18	+13:23	05:52
127	667	Sofia Oliveira	Individual	Senior Feminino	29:19	+13:24	05:52
128	619	Patrícia Cardoso	Individual	Senior Feminino	29:22	+13:27	05:52
129	621	Patricia Costa	Individual	Senior Feminino	29:22	+13:27	05:52
130	416	Chi Lam Ma	Individual	Senior Feminino	29:25	+13:30	05:53
131	386	Camila alves da Silva	Individual	Senior Feminino	29:26	+13:31	05:53
132	380	Beatriz Sousa de Matos	Individual	Senior Feminino	29:26	+13:31	05:53
133	518	Joana Vicente	Individual	Senior Feminino	29:31	+13:36	05:54
134	543	Lou Facchin	Individual	Senior Feminino	29:34	+13:39	05:55
135	522	Júlia Matos	Individual	Senior Feminino	29:35	+13:40	05:55
136	503	Jheniffer Silva	Individual	Senior Feminino	29:36	+13:41	05:55
137	452	Eliana Monteiro	Individual	Senior Feminino	29:37	+13:42	05:55
138	591	Marta Ferreira	Individual	Senior Feminino	29:38	+13:43	05:56
139	676	Tânia Oliveira	Individual	Senior Feminino	29:41	+13:46	05:56
140	12	Catarina Fernandes	1002	Senior Feminino	29:42	+13:47	05:56
141	311	Adriana Lourenço	Individual	Senior Feminino	29:42	+13:47	05:56
142	1242	Marta Pereira Fernandes de Morgado Serra	Maltha Glass Recycling Portugal	Senior Feminino	29:43	+13:48	05:57
143	557	Margarida Marques	Individual	Senior Feminino	29:45	+13:49	05:57
144	572	Mariana Antunes	Individual	Senior Feminino	29:45	+13:50	05:57
145	560	Maria Eduarda Sobrero Rodrigues	Individual	Senior Feminino	29:45	+13:50	05:57
146	493	Isabelle Araujo	Individual	Senior Feminino	29:50	+13:54	05:58
147	336	Ana Marques	Individual	Senior Feminino	29:52	+13:57	05:58
148	463	Fernanda Gomide	Individual	Senior Feminino	29:54	+13:58	05:59
149	432	Daniela Matos	Individual	Senior Feminino	29:54	+13:59	05:59
150	622	Patrícia dos Santos Cravo	Individual	Senior Feminino	29:56	+14:01	05:59
151	563	Maria João Álvaro Martins	Individual	Senior Feminino	30:00	+14:05	06:00
152	451	Eduarda Martins	Individual	Senior Feminino	30:01	+14:05	06:00
153	258	Andreia Filipa	Healthy Move	Senior Feminino	30:01	+14:06	06:00
154	1326	Rafaela Caracitas	Running4Fun Team Viseu	Senior Feminino	30:05	+14:10	06:01
155	425	Cristiana Machado	Individual	Senior Feminino	30:05	+14:10	06:01
156	592	Marta Fonseca	Individual	Senior Feminino	30:07	+14:12	06:01
157	322	Ana Ferreira	Individual	Senior Feminino	30:07	+14:12	06:01
158	532	Kollyn Serralheiro Martins	Individual	Senior Feminino	30:08	+14:13	06:02
159	648	Rita Serra	Individual	Senior Feminino	30:08	+14:13	06:02
160	397	Carolina Ribeiro	Individual	Senior Feminino	30:11	+14:16	06:02
161	348	Anaëlle Boissonnet	Individual	Senior Feminino	30:11	+14:16	06:02
162	457	Eugénia Peixoto	Individual	Senior Feminino	30:17	+14:22	06:03
163	472	Gabriela Silva	Individual	Senior Feminino	30:17	+14:22	06:03
164	345	Ana Sofia da Silva Coutinho	Individual	Senior Feminino	30:20	+14:25	06:04
165	537	Laura Seromenho Sousa Duarte	Individual	Senior Feminino	30:23	+14:28	06:05
166	376	Beatriz Morim	Individual	Senior Feminino	30:27	+14:32	06:05

Prova Principal

5 KM

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

OFFICIAL RESULT

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

167	473	Gabriela Silva	Individual	Senior Feminino	30:29	+14:34	06:06
168	360	Ariana Nunes	Individual	Senior Feminino	30:31	+14:36	06:06
169	620	Patrícia Cavaco	Individual	Senior Feminino	30:35	+14:39	06:07
170	441	Diana Kareli Coria Pacheco	Individual	Senior Feminino	30:35	+14:40	06:07
171	568	Maria Silva	Individual	Senior Feminino	30:40	+14:45	06:08
172	553	Mafalda de Oliveira Griné	Individual	Senior Feminino	30:43	+14:48	06:09
173	574	Mariana Brito Martins	Individual	Senior Feminino	30:47	+14:52	06:09
174	327	Ana Henriques	Individual	Senior Feminino	30:48	+14:53	06:10
175	681	Vitória Oliveira	Individual	Senior Feminino	30:51	+14:56	06:10
176	495	Janaína Almeida	Individual	Senior Feminino	30:52	+14:57	06:10
177	346	Ana Sofia Marques	Individual	Senior Feminino	30:52	+14:57	06:10
178	511	Joana Mendes	Individual	Senior Feminino	30:52	+14:57	06:10
179	418	Clara Ganhão Gabriel	Individual	Senior Feminino	30:53	+14:58	06:11
180	272	Bruna Alexandra Coimbra Neves	Hyundai Rodda	Senior Feminino	30:54	+14:59	06:11
181	364	Beatriz Anselmo Henriques	Individual	Senior Feminino	30:54	+14:59	06:11
182	625	Patrícia Pereirinha	Individual	Senior Feminino	30:55	+15:00	06:11
183	363	Bárbara Morais	Individual	Senior Feminino	31:00	+15:05	06:12
184	26	Maria Abrunheiro	ADCR Pereira	Senior Feminino	31:02	+15:07	06:12
185	1365	Andreia Gandarez Caramujo	SNAILS	Senior Feminino	31:09	+15:13	06:14
186	653	Rute Matos	Individual	Senior Feminino	31:11	+15:16	06:14
187	455	Eloïse BRUNESSEAU	Individual	Senior Feminino	31:18	+15:23	06:16
188	611	Nataliya Samodyelkina	Individual	Senior Feminino	31:19	+15:24	06:16
189	409	Catarina Santos	Individual	Senior Feminino	31:19	+15:24	06:16
190	1367	Juliana Diniz Claro	SNAILS	Senior Feminino	31:19	+15:24	06:16
191	399	Caroline Rocha da Silva	Individual	Senior Feminino	31:23	+15:28	06:17
192	496	Janaina Martins do Nascimento Silva	Individual	Senior Feminino	31:25	+15:30	06:17
193	603	Mirelly Maria da Silva Cabral Soares	Individual	Senior Feminino	31:26	+15:30	06:17
194	320	Ana Cristiano Isusi	Individual	Senior Feminino	31:29	+15:34	06:18
195	41	Inês Isusi	ARCD Venda da Luísa	Senior Feminino	31:29	+15:34	06:18
196	357	Ângela Silva Santos	Individual	Senior Feminino	31:30	+15:35	06:18
197	449	Diana Vaz	Individual	Senior Feminino	31:33	+15:38	06:19
198	497	Jasmine Barreto	Individual	Senior Feminino	31:39	+15:44	06:20
199	637	Raquel Saiz Fernández	Individual	Senior Feminino	31:41	+15:46	06:20
200	1308	Adriana Pereira	RaceMakers	Senior Feminino	31:43	+15:48	06:21
201	614	Nicole Vides	Individual	Senior Feminino	31:50	+15:55	06:22
202	434	Daniela Moio	Individual	Senior Feminino	31:51	+15:56	06:22
203	580	Mariana Mendes	Individual	Senior Feminino	31:53	+15:58	06:23
204	328	Ana Julia Schmidt	Individual	Senior Feminino	31:55	+16:00	06:23
205	1366	Daniela Gandarez Caramujo	SNAILS	Senior Feminino	31:55	+16:00	06:23
206	382	Brena Lucas Costa	Individual	Senior Feminino	31:55	+16:00	06:23
207	633	Radharani Claro de Amorim	Individual	Senior Feminino	31:57	+16:02	06:23
208	509	Joana Lopes	Individual	Senior Feminino	32:00	+16:05	06:24
209	391	Carolina Barreiros	Individual	Senior Feminino	32:00	+16:05	06:24
210	458	Eunice Pratas	Individual	Senior Feminino	32:02	+16:07	06:24
211	410	Catarina Santos	Individual	Senior Feminino	32:03	+16:07	06:25
212	521	Jucinara Rodrigues Mendes	Individual	Senior Feminino	32:06	+16:11	06:25

Official Timekeeper: Lap2Go	6 / 30	generate 02-mai.-2026 19:48
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Prova Principal
5 KM

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

OFFICIAL RESULT

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

213	641	Rita Camarneiro	Individual	Senior Feminino	32:07	+16:12	06:25
214	1263	Catarina Salvado	Milefulness	Senior Feminino	32:10	+16:15	06:26
215	613	Neuza Cordeiro	Individual	Senior Feminino	32:12	+16:17	06:26
216	652	Rute Madaleno	Individual	Senior Feminino	32:13	+16:18	06:27
217	408	Catarina Neuza Ramos	Individual	Senior Feminino	32:17	+16:22	06:27
218	505	Joana André	Individual	Senior Feminino	32:19	+16:24	06:28
219	369	Beatriz dos Santos Reis	Individual	Senior Feminino	32:21	+16:26	06:28
220	588	Marlene Leitão	Individual	Senior Feminino	32:22	+16:26	06:28
221	1239	Inês Teixeira	MakeIt Real	Senior Feminino	32:23	+16:28	06:29
222	584	Marina Murgeiro	Individual	Senior Feminino	32:24	+16:29	06:29
223	635	Raquel Martins	Individual	Senior Feminino	32:24	+16:29	06:29
224	330	Ana Letra	Individual	Senior Feminino	32:27	+16:32	06:29
225	1368	Sofia Domingues Almeida	SNAILS	Senior Feminino	32:29	+16:34	06:30
226	506	Joana Baio	Individual	Senior Feminino	32:32	+16:37	06:30
227	374	Beatriz Marques	Individual	Senior Feminino	32:33	+16:38	06:31
228	354	Andreia Menezes	Individual	Senior Feminino	32:34	+16:38	06:31
229	607	Mónica Vilão	Individual	Senior Feminino	32:34	+16:38	06:31
230	631	Priscillia Moutinho	Individual	Senior Feminino	32:34	+16:38	06:31
231	379	Beatriz Salomé	Individual	Senior Feminino	32:34	+16:39	06:31
232	1395	Ana Carolina Ferreira Roque	Turbo Rural	Senior Feminino	32:35	+16:40	06:31
233	1396	Claudia Filipa Francisco Fortunato	Turbo Rural	Senior Feminino	32:35	+16:40	06:31
234	616	Olga Loureiro	Individual	Senior Feminino	32:35	+16:40	06:31
235	433	Daniela Mendes	Individual	Senior Feminino	32:35	+16:40	06:31
236	400	Cassandra Sousa	Individual	Senior Feminino	32:36	+16:41	06:31
237	513	Joana Pratas	Individual	Senior Feminino	32:40	+16:45	06:32
238	355	Ângela Saraiva	Individual	Senior Feminino	32:40	+16:45	06:32
239	678	Tatiana Mesquita	Individual	Senior Feminino	32:46	+16:51	06:33
240	344	Ana Rodrigues	Individual	Senior Feminino	32:46	+16:51	06:33
241	594	Marta Leonor Gonçalves Correia	Individual	Senior Feminino	32:55	+17:00	06:35
242	361	Bárbara Bento	Individual	Senior Feminino	32:56	+17:01	06:35
243	427	Cristiana Santos	Individual	Senior Feminino	32:58	+17:03	06:36
244	536	Laura Marques	Individual	Senior Feminino	33:03	+17:08	06:37
245	615	Océane Jade Marine Elisabeth COOREN	Individual	Senior Feminino	33:04	+17:09	06:37
246	638	Renata Cristina Costa Accioly teles	Individual	Senior Feminino	33:04	+17:09	06:37
247	1320	Beatriz Silva	Run for Fun	Senior Feminino	33:05	+17:10	06:37
248	1322	Patrícia Semião	Run for Fun	Senior Feminino	33:05	+17:10	06:37
249	541	Liliana Craveiro	Individual	Senior Feminino	33:06	+17:10	06:37
250	471	Gabriela Silva	Individual	Senior Feminino	33:06	+17:11	06:37
251	549	Lúisa Carvalho	Individual	Senior Feminino	33:07	+17:12	06:37
252	324	Ana Filipa Costa	Individual	Senior Feminino	33:11	+17:16	06:38
253	526	Juliana Silva dos Santos	Individual	Senior Feminino	33:15	+17:20	06:39
254	586	Marisa cordeiro	Individual	Senior Feminino	33:16	+17:21	06:39
255	73	Sara Lopes	Botão Camp	Senior Feminino	33:17	+17:21	06:39
256	577	Mariana Duarte	Individual	Senior Feminino	33:17	+17:22	06:39
257	316	Ana Braga	Individual	Senior Feminino	33:17	+17:22	06:39
258	436	Daniela Rosário	Individual	Senior Feminino	33:19	+17:23	06:40

Prova Principal

5 KM

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

OFFICIAL RESULT

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

259	499	Jéssica Lourenço	Individual	Senior Feminino	33:21	+17:26	06:40
260	540	Liliana Amaral	Individual	Senior Feminino	33:22	+17:26	06:40
261	514	Joana Rodrigues Simões	Individual	Senior Feminino	33:22	+17:27	06:40
262	1388	Rita Oliveira	Tons de Rosa	Senior Feminino	33:25	+17:30	06:41
263	643	Rita Couto	Individual	Senior Feminino	33:26	+17:31	06:41
264	530	Kemilly andressa silva	Individual	Senior Feminino	33:27	+17:32	06:41
265	351	Andreia Filipa Rijo Gomes	Individual	Senior Feminino	33:33	+17:38	06:43
266	437	Daryna Misyura	Individual	Senior Feminino	33:33	+17:38	06:43
267	486	Inês Isabel Reis Rodrigues	Individual	Senior Feminino	33:33	+17:38	06:43
268	356	Ângela Silva	Individual	Senior Feminino	33:36	+17:41	06:43
269	533	Lara Capitão	Individual	Senior Feminino	33:37	+17:42	06:43
270	339	Ana Raquel de Sousa da Costa	Individual	Senior Feminino	33:37	+17:42	06:43
271	624	Patrícia Isabel Sobral Rodrigues	Individual	Senior Feminino	33:39	+17:44	06:44
272	542	Livia Nunes Barbosa	Individual	Senior Feminino	33:41	+17:45	06:44
273	365	Beatriz Araújo	Individual	Senior Feminino	33:43	+17:47	06:45
274	593	Marta Isabel Baptista Ferreira	Individual	Senior Feminino	33:43	+17:48	06:45
275	548	Lucie Pichotová	Individual	Senior Feminino	33:44	+17:48	06:45
276	201	Lurdes Rovisco	Geladólicos anónimos	Senior Feminino	33:46	+17:51	06:45
277	202	Veronika Duarte	Geladólicos anónimos	Senior Feminino	33:47	+17:52	06:45
278	656	Sandra Pereira	Individual	Senior Feminino	33:47	+17:52	06:45
279	430	Cristina Pardal	Individual	Senior Feminino	33:48	+17:53	06:46
280	467	Filipa Nogueira	Individual	Senior Feminino	33:48	+17:53	06:46
281	332	Ana Lúcia Sá	Individual	Senior Feminino	33:48	+17:53	06:46
282	93	Lara Tereso	Ccrd Arrimal/Morcegos	Senior Feminino	33:50	+17:54	06:46
283	92	Inês Cordeiro	Ccrd Arrimal/Morcegos	Senior Feminino	33:50	+17:55	06:46
284	617	Pamela José	Individual	Senior Feminino	33:53	+17:58	06:47
285	1292	Beatriz Gomes Lopes	Ou meta ou ambulância	Senior Feminino	33:55	+17:59	06:47
286	377	Beatriz Pinto	Individual	Senior Feminino	33:56	+18:01	06:47
287	329	Ana Karina de Sousa Fernandes	Individual	Senior Feminino	33:57	+18:02	06:47
288	475	Helena Antunes	Individual	Senior Feminino	33:57	+18:02	06:47
289	393	Carolina de Oliveira Griné	Individual	Senior Feminino	34:06	+18:11	06:49
290	491	Iria Pereira	Individual	Senior Feminino	34:07	+18:11	06:49
291	1331	Ana Teresa Mateus Rebelo	Sanfil Medicina	Senior Feminino	34:08	+18:13	06:50
292	1337	Tânia Filipa Costa Cravo	Sanfil Medicina	Senior Feminino	34:08	+18:13	06:50
293	558	Maria Alexandra Carrilho	Individual	Senior Feminino	34:09	+18:14	06:50
294	385	Bruna Margarida Almeida Prazeres	Individual	Senior Feminino	34:10	+18:15	06:50
295	485	Inês Filipa Narciso Dias	Individual	Senior Feminino	34:13	+18:18	06:51
296	671	Sophia Caroline Bortoluzzi	Individual	Senior Feminino	34:14	+18:18	06:51
297	507	Joana Carrapiço	Individual	Senior Feminino	34:14	+18:18	06:51
298	371	Beatriz Lopes	Individual	Senior Feminino	34:14	+18:19	06:51
299	321	Ana Cristina Graça	Individual	Senior Feminino	34:17	+18:22	06:51
300	67	Cindy Neves Ferreira	Bambinas	Senior Feminino	34:18	+18:23	06:52
301	66	Ana Marília Leal dos Santos	Bambinas	Senior Feminino	34:18	+18:23	06:52
302	573	Mariana Borges Pinto Pereira	Individual	Senior Feminino	34:19	+18:24	06:52
303	411	Catarina Sousa	Individual	Senior Feminino	34:25	+18:29	06:53
304	426	Cristiana Moreira	Individual	Senior Feminino	34:25	+18:30	06:53

Prova Principal

5 KM

OFFICIAL RESULT

351	417	Cíntia Simões	Individual	Senior Feminino	36:07	+20:12	07:13
352	1258	Andreia Gaspar	Maxfinance Square	Senior Feminino	36:12	+20:17	07:14
353	657	Sara Cravo	Individual	Senior Feminino	36:15	+20:20	07:15
354	646	Rita Paulete	Individual	Senior Feminino	36:21	+20:26	07:16
355	570	Maria Simões	Individual	Senior Feminino	36:22	+20:26	07:16
356	634	Raquel Ladeiro	Individual	Senior Feminino	36:22	+20:27	07:16
357	680	Tereza Peixoto	Individual	Senior Feminino	36:28	+20:33	07:18
358	520	Jordana John Birck	Individual	Senior Feminino	36:28	+20:33	07:18
359	679	Tatiana Pratas	Individual	Senior Feminino	36:29	+20:34	07:18
360	583	Mariana Soares	Individual	Senior Feminino	36:36	+20:41	07:19
361	225	Beatriz Bento Barranquinho	Grupo Remax White	Senior Feminino	36:38	+20:43	07:20
362	228	Juliana da Costa Almeida	Grupo Remax White	Senior Feminino	36:39	+20:43	07:20
363	565	Maria José Sanches Viseu	Individual	Senior Feminino	36:48	+20:53	07:22
364	598	Matilde Mendes	Individual	Senior Feminino	36:50	+20:54	07:22
365	479	Inês André	Individual	Senior Feminino	36:59	+21:04	07:24
366	608	Myrella Duarte	Individual	Senior Feminino	37:09	+21:14	07:26
367	527	Kamilla Neris Silva	Individual	Senior Feminino	37:30	+21:35	07:30
368	335	Ana Maria Santos Conceição	Individual	Senior Feminino	37:35	+21:40	07:31
369	464	Fernanda SANTANA	Individual	Senior Feminino	37:36	+21:41	07:31
370	636	Raquel Sabrine Schwarz	Individual	Senior Feminino	37:36	+21:41	07:31
371	670	Sónia Santos	Individual	Senior Feminino	37:44	+21:49	07:33
372	1358	Mariana Cardoso	santosendárias	Senior Feminino	37:44	+21:49	07:33
373	213	Inês Lopes	Grilos	Senior Feminino	37:46	+21:51	07:33
374	413	Cátia Alexandra Ferreira	Individual	Senior Feminino	37:48	+21:53	07:34
375	658	Sara da Encarnação Reis	Individual	Senior Feminino	37:48	+21:53	07:34
376	375	Beatriz Moreira Ferreira	Individual	Senior Feminino	37:49	+21:53	07:34
377	415	Cátia Nunes	Individual	Senior Feminino	37:49	+21:53	07:34
378	326	Ana Filipa Pereira Sampaio	Individual	Senior Feminino	37:49	+21:53	07:34
379	531	Kiluanje Beth	Individual	Senior Feminino	37:51	+21:56	07:34
380	569	Maria Simões	Individual	Senior Feminino	37:52	+21:57	07:34
381	1314	Sandra Guilherme	Run & Fun	Senior Feminino	37:53	+21:58	07:35
382	474	Gabriella Gomes	Individual	Senior Feminino	37:54	+21:59	07:35
383	318	Ana Clara Reis	Individual	Senior Feminino	37:57	+22:02	07:35
384	367	Beatriz Coelho	Individual	Senior Feminino	38:19	+22:24	07:40
385	498	Jessica Jesus	Individual	Senior Feminino	38:41	+22:46	07:44
386	650	Rosinda Fernandes	Individual	Senior Feminino	38:50	+22:55	07:46
387	597	MATILDE BATISTA FERREIRA	Individual	Senior Feminino	38:51	+22:56	07:46
388	559	Maria Beatriz de Oliveira Conniot	Individual	Senior Feminino	38:51	+22:56	07:46
389	353	Andreia Mendes	Individual	Senior Feminino	38:59	+23:04	07:48
390	682	Viviane Rebelo	Individual	Senior Feminino	39:11	+23:15	07:50
391	663	Sílvia Rosa	Individual	Senior Feminino	39:17	+23:22	07:51
392	639	Renata Ohana de Albuquerque e silva	Individual	Senior Feminino	39:30	+23:35	07:54
393	612	Nathale Rayara de Araújo Nascimento	Individual	Senior Feminino	39:44	+23:49	07:57
394	349	Anastasiia Domaranska	Individual	Senior Feminino	39:57	+24:02	07:59
395	642	Rita Casaleiro	Individual	Senior Feminino	40:12	+24:17	08:02
396	606	Mónica sofia Bastos Martins	Individual	Senior Feminino	40:13	+24:17	08:03

Prova Principal

5 KM

OFFICIAL RESULT

397	1380	Lourdes Sebrie	Taganga teams	Senior Feminino	40:19	+24:23	08:04
398	508	Joana costa	Individual	Senior Feminino	40:24	+24:29	08:05
399	214	Patrícia Grilo	Grilos	Senior Feminino	40:32	+24:37	08:06
400	465	Fernanda Tayná Fernandes Fontes da Silva	Individual	Senior Feminino	40:43	+24:48	08:09
401	477	Helida Isabel Lira de Miranda Pinto	Individual	Senior Feminino	40:43	+24:48	08:09
402	662	Silvia Oliveira	Individual	Senior Feminino	41:10	+25:15	08:14
403	655	Salomé Lima	Individual	Senior Feminino	41:43	+25:48	08:21
404	525	Juliana Rosa da Silva Ascenso	Individual	Senior Feminino	41:55	+26:00	08:23
405	609	Naiara Rodrigues	Individual	Senior Feminino	41:56	+26:01	08:23
406	368	Beatriz Dias	Individual	Senior Feminino	41:56	+26:01	08:23
407	665	Sofia Arnaut	Individual	Senior Feminino	41:57	+26:02	08:23
408	17	Ana Marques	233 Club	Senior Feminino	41:57	+26:02	08:23
409	587	Marisa Daniela Quintal Oliveira	Individual	Senior Feminino	42:20	+26:25	08:28
410	398	Caroline Queiroz	Individual	Senior Feminino	42:27	+26:32	08:29
411	461	Fabiana Maia Pessoa	Individual	Senior Feminino	42:52	+26:57	08:35
412	669	Sónia Amaral	Individual	Senior Feminino	43:19	+27:24	08:40
413	1407	Ana Carolina Silva	Frutibairrada	Senior Feminino	43:23	+27:28	08:41
414	188	Carina Monteiro	Frutibairrada	Senior Feminino	43:24	+27:29	08:41
415	478	Inês Almeida	Individual	Senior Feminino	43:50	+27:55	08:46
416	489	inês silva cardoso	Individual	Senior Feminino	43:50	+27:55	08:46
417	1310	Diana Batista Santos	Refúgio Estúdio	Senior Feminino	45:44	+29:49	09:09
418	422	Claudia Jose	Individual	Senior Feminino	46:48	+30:53	09:22
419	476	Helena Figueiredo	Individual	Senior Feminino	46:48	+30:53	09:22
420	1265	Maria Margarida Luxo	Milefulness	Senior Feminino	46:54	+30:59	09:23
421	445	Diana Raquel Gonçalves Silva	Individual	Senior Feminino	50:33	+34:38	10:07
422	647	Rita Pires	Individual	Senior Feminino	53:41	+37:46	10:44
423	519	Joanna Andara	Individual	Senior Feminino	54:49	+38:54	10:58
424	439	Diana da Silva Mendes	Individual	Senior Feminino	58:26	+42:31	11:41
425	319	Ana Cortesão	Individual	Senior Feminino	58:27	+42:32	11:41
426	312	Adriana Reis	Individual	Senior Feminino	58:29	+42:34	11:42
427	315	Ana Albuquerque	Individual	Senior Feminino	58:30	+42:34	11:42
428	435	Daniela Patrício	Individual	Senior Feminino	59:56	+44:01	11:59
429	627	Patrícia Sofia Fernandes Timóteo	Individual	Senior Feminino	01:02:12	+46:17	12:26
430	191	Inês Mendes	Frutorra	Senior Feminino	01:07:28	+51:33	13:30
431	1241	Maria Isabel Rodrigues Ferraz	Maltha Glass Recycling Portugal	Senior Feminino	01:09:52	+53:57	13:58

Senior Masculino

1	7	André Pereira	GDR Santa Tecla	Senior Masculino	14:03		02:49
2	6	Davide Silva	SC BRAGA	Senior Masculino	14:19	+00:16	02:52
3	130	Francisco Graça	CPT SOBRAL CEIRA	Senior Masculino	15:08	+01:05	03:02
4	128	Afonso Oliveira	CPT SOBRAL CEIRA	Senior Masculino	15:15	+01:11	03:03
5	129	António Cunha	CPT SOBRAL CEIRA	Senior Masculino	16:20	+02:16	03:16
6	701	Diogo Araújo	Individual	Senior Masculino	17:07	+03:03	03:25
7	215	Hugo Neves	grupo desportivo 3 santos populares - Carregal do Sal	Senior Masculino	17:11	+03:08	03:26

Official Timekeeper: Lap2Go	11 / 30	generate 02-mai.-2026 19:48
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Prova Principal

5 KM

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

OFFICIAL RESULT

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

8	160	Diogo Teixeira	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	17:19	+03:16	03:28
9	162	Pedro António Teixeira Fidalgo de Oliveira	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	17:32	+03:29	03:30
10	743	Lourenço Silva Ferreira	Individual	Senior Masculino	17:46	+03:43	03:33
11	707	Eduardo Silva Andrade	Individual	Senior Masculino	18:11	+04:08	03:38
12	703	Duarte Santos	Individual	Senior Masculino	18:26	+04:23	03:41
13	131	Joao Pedro Vieira	CPT SOBRAL CEIRA	Senior Masculino	18:52	+04:49	03:46
14	1329	Hugo Bastos	Running4Fun Team Viseu	Senior Masculino	19:06	+05:02	03:49
15	761	Pedro Junior	Individual	Senior Masculino	19:49	+05:46	03:58
16	689	António Sales	Individual	Senior Masculino	19:55	+05:52	03:59
17	745	Luis Carlos Santos Fernandes	Individual	Senior Masculino	20:14	+06:11	04:03
18	1387	Ricardo Agostinho	Tios d Alice e da Júlia	Senior Masculino	20:20	+06:17	04:04
19	55	Rodrigo Hernandez Pereira	Arqueo Logos	Senior Masculino	20:25	+06:22	04:05
20	695	Carlos Goncalves	Individual	Senior Masculino	20:32	+06:29	04:06
21	768	Rodrigo José Santos Marques	Individual	Senior Masculino	20:38	+06:35	04:08
22	730	João Narciso	Individual	Senior Masculino	20:47	+06:44	04:09
23	189	Francisco Ferraz	Frutibarrada	Senior Masculino	20:58	+06:55	04:12
24	763	R DE MELO FERNANDES	Individual	Senior Masculino	21:04	+07:01	04:13
25	1401	Gabriel Abichara	Vermelha	Senior Masculino	21:09	+07:06	04:14
26	146	Tomás Gaspar Cortesão Branco	Desporto UC	Senior Masculino	21:23	+07:20	04:17
27	704	Eduardo Castilho	Individual	Senior Masculino	21:31	+07:28	04:18
28	698	Daniel Loureiro	Individual	Senior Masculino	21:32	+07:29	04:18
29	740	Leandro Moscardini Garcia	Individual	Senior Masculino	21:48	+07:45	04:22
30	771	Ruben Costa	Individual	Senior Masculino	21:53	+07:50	04:23
31	751	Matias Recalde	Individual	Senior Masculino	22:22	+08:18	04:28
32	274	Jair dos Santos Muniz Junior	Hyundai Rodda	Senior Masculino	22:23	+08:19	04:29
33	748	Luis Marques	Individual	Senior Masculino	22:24	+08:21	04:29
34	774	tiago luis	Individual	Senior Masculino	22:33	+08:30	04:31
35	741	Leandro Pina	Individual	Senior Masculino	22:50	+08:47	04:34
36	196	Ruben Branco	Gangue de Pereira	Senior Masculino	22:58	+08:55	04:36
37	727	João Lopes	Individual	Senior Masculino	23:20	+09:17	04:40
38	683	Ádrian Del Rio Rocha	Individual	Senior Masculino	23:21	+09:17	04:40
39	691	Bernardo Mota Veiga	Individual	Senior Masculino	23:22	+09:19	04:40
40	762	Pedro Marques	Individual	Senior Masculino	23:34	+09:31	04:43
41	713	Flávio Dias	Individual	Senior Masculino	23:34	+09:31	04:43
42	773	Rui Canas	Individual	Senior Masculino	24:12	+10:08	04:50
43	702	Duarte Meneses	Individual	Senior Masculino	24:22	+10:19	04:52
44	775	Warya G	Individual	Senior Masculino	24:25	+10:22	04:53
45	706	Eduardo Miguel Mendes Matias	Individual	Senior Masculino	24:39	+10:36	04:56
46	764	Rafael Ribeiro	Individual	Senior Masculino	24:41	+10:37	04:56
47	726	João Granadeiro	Individual	Senior Masculino	25:06	+11:02	05:01
48	212	Rodrigo Grilo	Grilinhos	Senior Masculino	25:10	+11:06	05:02
49	716	Gonçalo dos Santos de Carvalho Saraiva	Individual	Senior Masculino	25:20	+11:16	05:04
50	766	Ricardo Rodrigues	Individual	Senior Masculino	26:04	+12:00	05:13
51	725	João Godinho	Individual	Senior Masculino	26:09	+12:06	05:14

Prova Principal

5 KM

OFFICIAL RESULT

52	737	José Sebadelhe	Individual	Senior Masculino	26:11	+12:08	05:14
53	753	Micael Neves	Individual	Senior Masculino	26:14	+12:10	05:15
54	696	Christopher Bieze Cesar	Individual	Senior Masculino	26:36	+12:33	05:19
55	770	Rúben Antunes	Individual	Senior Masculino	26:38	+12:35	05:20
56	724	João Fonseca	Individual	Senior Masculino	27:09	+13:05	05:26
57	747	Luis Gomes	Individual	Senior Masculino	27:16	+13:13	05:27
58	692	Bruno Guerreiro Silva	Individual	Senior Masculino	27:17	+13:14	05:27
59	723	João Carlos Mendes Machado	Individual	Senior Masculino	27:29	+13:26	05:30
60	700	David Correia Reis	Individual	Senior Masculino	27:33	+13:29	05:31
61	145	Guilherme Afonso Oliveira Caldeira	Desporto UC	Senior Masculino	27:42	+13:38	05:32
62	699	Daniel Rozas	Individual	Senior Masculino	27:44	+13:41	05:33
63	746	Luís Ferreira	Individual	Senior Masculino	27:52	+13:49	05:34
64	142	Nuno Lucas	DCI/Trilhos Luso Bussaco	Senior Masculino	27:55	+13:52	05:35
65	752	Mauro Afonso	Individual	Senior Masculino	27:57	+13:54	05:35
66	721	Henrique Penim	Individual	Senior Masculino	28:06	+14:03	05:37
67	769	Rúben Almeida	Individual	Senior Masculino	28:06	+14:03	05:37
68	694	Bruno Rafael Antunes Morgado	Individual	Senior Masculino	28:07	+14:04	05:37
69	729	João Mestre	Individual	Senior Masculino	28:27	+14:24	05:41
70	754	Miguel Capinha	Individual	Senior Masculino	28:30	+14:27	05:42
71	777	Yevhen Vinnichenko	Individual	Senior Masculino	29:00	+14:57	05:48
72	776	Wesllen de Souza santos	Individual	Senior Masculino	29:23	+15:20	05:53
73	738	José Sousa	Individual	Senior Masculino	29:30	+15:27	05:54
74	749	Marco Daniel Silva Sá	Individual	Senior Masculino	29:41	+15:38	05:56
75	756	Nathan Souza	Individual	Senior Masculino	29:46	+15:43	05:57
76	758	Nuno silva	Individual	Senior Masculino	29:55	+15:51	05:59
77	687	André Neves Rodrigues	Individual	Senior Masculino	29:55	+15:52	05:59
78	736	José Augusto de Nobre Torres	Individual	Senior Masculino	30:20	+16:17	06:04
79	37	André Silva	AmigosDoToy	Senior Masculino	30:27	+16:23	06:05
80	750	Matheus Seidel	Individual	Senior Masculino	30:36	+16:32	06:07
81	772	Ruben Miguel Tomé Prata	Individual	Senior Masculino	31:14	+17:11	06:15
82	709	Erik Böbel	Individual	Senior Masculino	31:28	+17:24	06:18
83	720	Gutierrys Silva Custódio	Individual	Senior Masculino	31:30	+17:27	06:18
84	757	Nuno reis	Individual	Senior Masculino	31:44	+17:40	06:21
85	742	Leonardo Falcão	Individual	Senior Masculino	32:22	+18:18	06:28
86	1240	Hugo Marques	Makelt Real	Senior Masculino	32:23	+18:20	06:29
87	693	Bruno Neves	Individual	Senior Masculino	32:24	+18:20	06:29
88	697	Clife Silva	Individual	Senior Masculino	33:11	+19:07	06:38
89	708	Emanuel Gonçalves Marmelo	Individual	Senior Masculino	33:39	+19:36	06:44
90	714	Francico Santos	Individual	Senior Masculino	33:42	+19:39	06:44
91	203	Carlos Pais	Geladólicos anónimos	Senior Masculino	33:47	+19:44	06:45
92	715	Geyson bezerra da silva	Individual	Senior Masculino	33:48	+19:45	06:46
93	733	Joel Ferreira	Individual	Senior Masculino	33:57	+19:53	06:47
94	717	Gonçalo Simões	Individual	Senior Masculino	34:14	+20:11	06:51
95	739	Leandro Craveiro	Individual	Senior Masculino	34:17	+20:14	06:51
96	732	João Pedro Domingues Cordeiro	Individual	Senior Masculino	34:28	+20:25	06:54
97	710	Erik Saboia Dantas	Individual	Senior Masculino	34:37	+20:34	06:55

Prova Principal

5 KM

OFFICIAL RESULT

98	685	André Monteiro	Individual	Senior Masculino	35:09	+21:06	07:02
99	735	José antonio correia Lima	Individual	Senior Masculino	35:13	+21:10	07:03
100	731	João Patrício	Individual	Senior Masculino	35:27	+21:24	07:05
101	728	João Madeira	Individual	Senior Masculino	35:27	+21:24	07:05
102	1375	Fábio Azevedo	Sola dura	Senior Masculino	35:37	+21:33	07:07
103	261	Diogo Lourenço	Healthy Move	Senior Masculino	35:42	+21:39	07:08
104	262	João Lourenço	Healthy Move	Senior Masculino	35:43	+21:40	07:09
105	705	Eduardo Ferreira	Individual	Senior Masculino	35:52	+21:49	07:10
106	711	Fábio Fonseca	Individual	Senior Masculino	36:20	+22:17	07:16
107	688	António Figueiredo	Individual	Senior Masculino	36:36	+22:32	07:19
108	719	Gustavo Pereira de Oliveira	Individual	Senior Masculino	37:31	+23:27	07:30
109	760	Pedro Ferreira	Individual	Senior Masculino	38:19	+24:15	07:40
110	712	Fernando Moreira	Individual	Senior Masculino	41:56	+27:53	08:23
111	718	Guilherme Pains Pereira	Individual	Senior Masculino	43:19	+29:16	08:40
112	684	André Fontes	Individual	Senior Masculino	58:27	+44:23	11:41

Veterana F35

1	3	Solange Jesus	SC BRAGA	Veterana F35	16:39		03:20
2	793	Belisa Pires	Individual	Veterana F35	21:34	+04:54	04:19
3	1392	Cátia Fernandes	Trilhos CDP	Veterana F35	23:06	+06:27	04:37
4	853	Rita Bandarra	Individual	Veterana F35	23:13	+06:33	04:39
5	826	Joana Faria	Individual	Veterana F35	23:18	+06:39	04:40
6	784	Ana Cunha	Individual	Veterana F35	23:38	+06:59	04:44
7	834	Karolina Mello	Individual	Veterana F35	24:24	+07:44	04:53
8	1393	Sofia Pereira	Trilobitches	Veterana F35	24:42	+08:02	04:56
9	267	Helena Gonçalves	Helena Gonçalves	Veterana F35	24:44	+08:05	04:57
10	143	ANDREA MARQUES	DCI/Trilhos Luso Bussaco	Veterana F35	24:57	+08:17	04:59
11	790	Andreia Fernandes	Individual	Veterana F35	25:17	+08:38	05:03
12	850	Mónica Dias	Individual	Veterana F35	25:59	+09:19	05:12
13	801	Cátia Nunes	Individual	Veterana F35	26:01	+09:22	05:12
14	1338	Ana Carolina Domingues Dinis	Sanfil Medicina	Veterana F35	26:18	+09:39	05:16
15	814	Estephany Alvarado	Individual	Veterana F35	26:25	+09:45	05:17
16	875	Thaís Rocha	Individual	Veterana F35	26:31	+09:52	05:18
17	216	Andreia Bernardo	grupo desportivo 3 santos populares - Carregal do Sal	Veterana F35	26:33	+09:53	05:19
18	778	Raquel Lobão	Individual	Veterana F35	26:45	+10:06	05:21
19	791	Andreia Pais	Individual	Veterana F35	27:00	+10:20	05:24
20	18	Dora Marques	233 Club	Veterana F35	27:23	+10:44	05:29
21	1247	Giedre Pekarskyte	Masters Power Run	Veterana F35	27:26	+10:47	05:29
22	844	Mariana Soares	Individual	Veterana F35	27:28	+10:48	05:30
23	871	Tânia Silva	Individual	Veterana F35	27:32	+10:53	05:30
24	44	Soraia Martins	ARCD Venda da Luísa	Veterana F35	27:42	+11:02	05:32
25	1266	Cristiana Duarte	Milefulness	Veterana F35	27:45	+11:06	05:33
26	874	Tatiana Cunha	Individual	Veterana F35	27:55	+11:15	05:35
27	205	Juliana Catarino	GiraSol	Veterana F35	27:55	+11:16	05:35

Prova Principal

5 KM

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

OFFICIAL RESULT

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

28	847	Marta Oliveira	Individual	Veterana F35	27:59	+11:19	05:36
29	183	Carolina Rato	FOCUS_TUU	Veterana F35	28:05	+11:25	05:37
30	797	Catarina Gonçalves	Individual	Veterana F35	28:34	+11:54	05:43
31	823	Inês Labela	Individual	Veterana F35	28:38	+11:58	05:44
32	818	Flávia Raquel Fernandes Mendes	Individual	Veterana F35	28:56	+12:17	05:47
33	876	Vanessa Correia Ramos	Individual	Veterana F35	29:36	+12:56	05:55
34	842	Mariana Canelas	Individual	Veterana F35	29:37	+12:57	05:55
35	830	Joana Raquel da Silva Lourenço rodrigues	Individual	Veterana F35	29:42	+13:03	05:56
36	1318	Katherine Flores	Run & Glow	Veterana F35	29:43	+13:04	05:57
37	805	Danielle Bueno	Individual	Veterana F35	29:44	+13:04	05:57
38	856	Rosângela Xavier da Silva	Individual	Veterana F35	29:50	+13:11	05:58
39	783	Ana Catarina Colaço Reganha	Individual	Veterana F35	29:52	+13:12	05:58
40	810	Dina Isabel Neves dos Santos	Individual	Veterana F35	29:52	+13:12	05:58
41	233	Ana Sofia Sousa Melo	Grupo Remax White	Veterana F35	29:54	+13:14	05:59
42	802	Cláudia Amaral	Individual	Veterana F35	30:07	+13:27	06:01
43	865	Soraia Simoes Santos	Individual	Veterana F35	30:17	+13:37	06:03
44	849	Mishellyne Tomaz	Individual	Veterana F35	30:33	+13:54	06:07
45	870	Tania Santos	Individual	Veterana F35	30:35	+13:56	06:07
46	851	Naomi Teles Fazendeiro	Individual	Veterana F35	30:36	+13:57	06:07
47	854	Rita Pereira	Individual	Veterana F35	30:42	+14:02	06:08
48	1296	Bianca Fontana	Pace de Caracol	Veterana F35	30:49	+14:10	06:10
49	1325	Vanessa Braga	Run for Fun	Veterana F35	30:53	+14:14	06:11
50	873	Tassia Lino	Individual	Veterana F35	30:55	+14:15	06:11
51	813	Elsa Caetano	Individual	Veterana F35	31:14	+14:34	06:15
52	789	Andreia Castro	Individual	Veterana F35	31:31	+14:52	06:18
53	855	Rosana Santos	Individual	Veterana F35	31:33	+14:54	06:19
54	872	Tânia Simões	Individual	Veterana F35	32:06	+15:26	06:25
55	175	Viktoriia Kornienko	Familia	Veterana F35	32:21	+15:41	06:28
56	206	Tânia Faria	GiraSol	Veterana F35	32:21	+15:41	06:28
57	820	Gessica Peçanha Reis	Individual	Veterana F35	32:26	+15:47	06:29
58	794	Bianca Cristina dos Santos Souzaa Salgado	Individual	Veterana F35	32:27	+15:47	06:29
59	177	Joana Cruz	Ferticentro	Veterana F35	32:29	+15:50	06:30
60	781	Ana Carolina Guerra da Costa Minas	Individual	Veterana F35	32:30	+15:50	06:30
61	867	Susana Lareiro	Individual	Veterana F35	32:32	+15:53	06:30
62	824	Joana Araújo	Individual	Veterana F35	32:37	+15:57	06:31
63	862	Silvia Pereira	Individual	Veterana F35	32:47	+16:08	06:33
64	786	Ana Inácio	Individual	Veterana F35	32:48	+16:08	06:34
65	861	Sarah Freitas Magalhães Silva	Individual	Veterana F35	32:50	+16:10	06:34
66	1324	Ana Miguel Soares	Run for Fun	Veterana F35	32:51	+16:12	06:34
67	877	Vanessa Cruz	Individual	Veterana F35	32:52	+16:13	06:34
68	803	Cristiana da Silva Galo	Individual	Veterana F35	32:56	+16:17	06:35
69	1317	Erica Guedes	Run & Glow	Veterana F35	33:09	+16:30	06:38
70	1271	Raquel Tavares	MSC – Mais Saúde Coimbra	Veterana F35	33:21	+16:41	06:40
71	779	Adriana Maria Pinto de Matos Rodrigues	Individual	Veterana F35	33:23	+16:44	06:41

Prova Principal

5 KM

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

OFFICIAL RESULT

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

72	840	Maria José Reis	Individual	Veterana F35	33:31	+16:52	06:42
73	104	CAREN TEIXEIRA	CMCoimbra	Veterana F35	33:32	+16:53	06:42
74	857	Sara Beth Mitchell	Individual	Veterana F35	33:33	+16:54	06:43
75	825	Joana Correia Morais	Individual	Veterana F35	33:36	+16:57	06:43
76	799	Cátia Conceição	Individual	Veterana F35	34:23	+17:43	06:53
77	831	Joana Santos	Individual	Veterana F35	34:30	+17:50	06:54
78	878	Vanessa Machado	Individual	Veterana F35	34:39	+17:59	06:56
79	43	Joana Campos	ARCD Venda da Luísa	Veterana F35	34:49	+18:09	06:58
80	235	Maria João Lopes	Grupo Remax White	Veterana F35	34:52	+18:13	06:58
81	829	Joana Raquel da Costa Dias	Individual	Veterana F35	35:00	+18:20	07:00
82	806	Diana Carrito	Individual	Veterana F35	35:01	+18:22	07:00
83	15	Dalila Barroca	1002	Veterana F35	35:02	+18:23	07:00
84	841	Maria Miguel Rosmaninho	Individual	Veterana F35	35:03	+18:24	07:01
85	817	Filipa Ferraz	Individual	Veterana F35	35:03	+18:24	07:01
86	835	Laetitia Flora	Individual	Veterana F35	35:05	+18:25	07:01
87	1246	Ana Lúcia Fonseca Santos	Masters Power Run	Veterana F35	35:05	+18:25	07:01
88	787	ANA LUIZA SANTOS SOUZA	Individual	Veterana F35	35:08	+18:28	07:02
89	785	Ana Gomes	Individual	Veterana F35	35:09	+18:29	07:02
90	780	Amanda Ramos	Individual	Veterana F35	35:10	+18:30	07:02
91	812	Elena Peteleva	Individual	Veterana F35	35:31	+18:51	07:06
92	804	Daniela Batista	Individual	Veterana F35	35:34	+18:55	07:07
93	839	Margarida Duque	Individual	Veterana F35	35:39	+18:59	07:08
94	1311	Filipa Santos	Refúgio Estúdio	Veterana F35	35:40	+19:01	07:08
95	1312	Mónica Ruivo	Refúgio Estúdio	Veterana F35	35:40	+19:01	07:08
96	868	Susana Santos	Individual	Veterana F35	35:52	+19:13	07:10
97	869	Sylvie Cardoso	Individual	Veterana F35	36:04	+19:24	07:13
98	792	Angélica Sousa	Individual	Veterana F35	36:09	+19:30	07:14
99	811	Dora Santos	Individual	Veterana F35	36:18	+19:38	07:16
100	821	Inês Batista	Individual	Veterana F35	36:22	+19:42	07:16
101	827	Joana Loureiro	Individual	Veterana F35	36:24	+19:44	07:17
102	822	Inês Catarina Barbosa Gonçalves	Individual	Veterana F35	36:35	+19:56	07:19
103	800	Cátia Micaela Barros Rebelo	Individual	Veterana F35	36:37	+19:58	07:19
104	796	Carolina Inés Torrado	Individual	Veterana F35	36:54	+20:14	07:23
105	860	Sarah Cai	Individual	Veterana F35	37:58	+21:18	07:36
106	782	Ana Carvalho	Individual	Veterana F35	38:14	+21:35	07:39
107	816	Filipa Daniela Silva de Oliveira	Individual	Veterana F35	38:56	+22:17	07:47
108	788	Ana Teresa Neves	Individual	Veterana F35	39:04	+22:25	07:49
109	808	Diana Neto	Individual	Veterana F35	39:53	+23:14	07:59
110	866	Susana Jorge	Individual	Veterana F35	39:54	+23:14	07:59
111	859	Sara Oliveira	Individual	Veterana F35	40:08	+23:28	08:02
112	832	Joana Sarraipa	Individual	Veterana F35	40:24	+23:45	08:05
113	879	Yeniree Naranjo	Individual	Veterana F35	40:43	+24:03	08:09
114	1398	Mafalda Patrícia Ferreira Roque	Turbo Rural	Veterana F35	40:59	+24:19	08:12
115	815	Evgeniia Isaeva	Individual	Veterana F35	41:39	+25:00	08:20
116	807	Diana Cotas	Individual	Veterana F35	41:45	+25:05	08:21
117	846	Marta Falcão	Individual	Veterana F35	42:50	+26:11	08:34

Official Timekeeper: Lap2Go	16 / 30	generate 02-mai.-2026 19:48
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Prova Principal**5 KM****OFFICIAL RESULT**

38	941	Patrícia ramalho	Individual	Veterana F40	28:54	+06:43	05:47
39	236	Anabela Santiago Marques	Grupo Remax White	Veterana F40	28:59	+06:48	05:48
40	45	Carla Cotas	ARCD Venda da Luísa	Veterana F40	29:00	+06:48	05:48
41	963	Susana Ramos	Individual	Veterana F40	29:04	+06:53	05:49
42	95	Diana Sofia Gaioso Dias	CF Os Marialvas	Veterana F40	29:16	+07:05	05:51
43	925	Liliana Porto	Individual	Veterana F40	29:20	+07:09	05:52
44	27	Viviana Leitão	ADCR Pereira	Veterana F40	29:23	+07:12	05:53
45	924	Líliã Martins	Individual	Veterana F40	29:44	+07:33	05:57
46	916	Isabel Pereira Marques	Individual	Veterana F40	29:47	+07:36	05:57
47	240	Monica Isabel Rodrigues da Silva	Grupo Remax White	Veterana F40	29:54	+07:43	05:59
48	884	Ana Lúcia Santos	Individual	Veterana F40	30:03	+07:52	06:01
49	1315	Silvana Marques	Run & Fun	Veterana F40	30:22	+08:11	06:04
50	243	Véronique Seco	Grupo Remax White	Veterana F40	30:28	+08:17	06:06
51	882	Ana Domingues	Individual	Veterana F40	30:47	+08:36	06:09
52	883	Ana Filipa Brito Martins	Individual	Veterana F40	30:48	+08:37	06:10
53	934	Marta Sofia dos Santos Falcão	Individual	Veterana F40	30:51	+08:40	06:10
54	940	Patrícia Cordinhã	Individual	Veterana F40	31:05	+08:54	06:13
55	1406	Cristina Isabel Paiva Figueiredo	Grupo Remax White	Veterana F40	31:17	+09:06	06:15
56	207	Mónica Dias	GiraSol	Veterana F40	31:20	+09:09	06:16
57	926	Mafalda Cunha	Individual	Veterana F40	31:25	+09:14	06:17
58	951	Rita Sofia Mendes da Silva	Individual	Veterana F40	31:33	+09:22	06:19
59	889	Ana Sofia Lourenço	Individual	Veterana F40	31:37	+09:26	06:19
60	903	Daniela Tavares	Individual	Veterana F40	31:59	+09:48	06:24
61	895	Caroline Relva de Moraes	Individual	Veterana F40	32:08	+09:57	06:26
62	1267	Carla Cunha Martins	Milefulness	Veterana F40	32:10	+09:59	06:26
63	906	Diana Maura dos Santos Rodrigues	Individual	Veterana F40	32:14	+10:03	06:27
64	74	Rita Trindade	Botão Camp	Veterana F40	32:15	+10:04	06:27
65	241	Rita Maria Vieira de Carvalho	Grupo Remax White	Veterana F40	32:24	+10:13	06:29
66	909	Elainia Lima	Individual	Veterana F40	32:28	+10:17	06:30
67	894	Aryana Maux	Individual	Veterana F40	32:32	+10:21	06:30
68	1390	Inês sobral	Trendy Bazaar	Veterana F40	32:40	+10:29	06:32
69	902	Daniela Simões	Individual	Veterana F40	32:42	+10:31	06:32
70	1382	Maria Luisa Gil	Taganga teams	Veterana F40	32:47	+10:36	06:33
71	936	Mónica Vasconcelos	Individual	Veterana F40	33:13	+11:02	06:39
72	1348	Sonia Simoes	Sanfil Medicina	Veterana F40	33:15	+11:04	06:39
73	184	Vera Cordeiro	FOCUS_TUU	Veterana F40	33:20	+11:09	06:40
74	275	Rita Albuquerque Figueiredo	Hyundai Rodda	Veterana F40	33:21	+11:10	06:40
75	964	Suzy Vartan Amaral Cordeiro	Individual	Veterana F40	33:25	+11:14	06:41
76	922	Juliana Costa	Individual	Veterana F40	33:31	+11:20	06:42
77	949	Rita Maria Marques Saraiva	Individual	Veterana F40	33:32	+11:21	06:42
78	947	Rita Cunha	Individual	Veterana F40	33:36	+11:25	06:43
79	904	Débora Martins	Individual	Veterana F40	34:00	+11:49	06:48
80	890	Ana Torres Oliveira	Individual	Veterana F40	34:14	+12:03	06:51
81	917	Ivone da Silva	Individual	Veterana F40	34:15	+12:04	06:51
82	1272	Claudia Almeida	MSC – Mais Saúde Coimbra	Veterana F40	34:16	+12:05	06:51
83	911	FABIANA CRISTINA RIBEIRO SEVERIANO GONCALVES	Individual	Veterana F40	34:21	+12:10	06:52

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Prova Principal
5 KM
OFFICIAL RESULT

84	929	Margarida Isabel Cruz	Individual	Veterana F40	34:27	+12:15	06:53
85	965	Tatiane de Freitas Oliveira	Individual	Veterana F40	34:27	+12:16	06:53
86	945	Renata Lopes	Individual	Veterana F40	34:53	+12:42	06:59
87	931	Marina de Fátima Rodrigues Dias	Individual	Veterana F40	34:54	+12:43	06:59
88	955	Sandra cristina marques pereira	Individual	Veterana F40	35:06	+12:55	07:01
89	918	Joana Alexandre da Silva	Individual	Veterana F40	35:13	+13:02	07:03
90	969	Vanda Santos	Individual	Veterana F40	35:15	+13:04	07:03
91	952	Rosa Otero	Individual	Veterana F40	35:39	+13:28	07:08
92	122	Carina soares	Corre que dá	Veterana F40	35:59	+13:48	07:12
93	942	Paula Angelo	Individual	Veterana F40	36:16	+14:05	07:15
94	919	Joana Simões	Individual	Veterana F40	36:20	+14:09	07:16
95	915	Ines Costa	Individual	Veterana F40	36:40	+14:29	07:20
96	914	Helena Simões	Individual	Veterana F40	36:41	+14:29	07:20
97	885	Ana MALEIRO	Individual	Veterana F40	36:52	+14:41	07:22
98	80	Lydiane Bragunci Bedeschi	Bragunci Madeira	Veterana F40	36:55	+14:44	07:23
99	75	Rute Simões	Botão Camp	Veterana F40	36:56	+14:45	07:23
100	959	Soraia Fernandes	Individual	Veterana F40	37:00	+14:49	07:24
101	132	Carla Lisboa	CPT SOBRAL CEIRA	Veterana F40	37:07	+14:56	07:25
102	22	Ana Marques	Academia de Desportos de Condeixa	Veterana F40	37:16	+15:05	07:27
103	957	Sofia Costa	Individual	Veterana F40	37:43	+15:32	07:33
104	944	Raquel Dias	Individual	Veterana F40	37:48	+15:37	07:34
105	950	Rita Neves	Individual	Veterana F40	37:52	+15:41	07:34
106	901	Daniela Chan	Individual	Veterana F40	37:58	+15:47	07:36
107	946	Rina Espiritu	Individual	Veterana F40	37:58	+15:47	07:36
108	1347	Maria Carolina Pinto de Matos Rodrigues	Sanfil Medicina	Veterana F40	38:12	+16:01	07:38
109	1343	Antonia Pereira	Sanfil Medicina	Veterana F40	38:23	+16:12	07:41
110	956	Sandra Cristina Silva de Oliveira	Individual	Veterana F40	38:56	+16:45	07:47
111	971	Vera Martins	Individual	Veterana F40	39:01	+16:50	07:48
112	913	Fátima Carrolo	Individual	Veterana F40	39:39	+17:28	07:56
113	938	Nélia Costa	Individual	Veterana F40	39:53	+17:42	07:59
114	1399	Andréia Isabel canas Simões santos	Turbo Rural	Veterana F40	40:59	+18:48	08:12
115	970	VERA LÚCIA LEAL ALVES	Individual	Veterana F40	41:13	+19:02	08:15
116	921	Julia Ferreira	Individual	Veterana F40	44:53	+22:42	08:59
117	967	Telma Pereira	Individual	Veterana F40	01:01:33	+39:22	12:19
118	935	Monica Dias	Individual	Veterana F40	01:02:02	+39:51	12:24
119	239	Marta Baptista	Grupo Remax White	Veterana F40	01:09:05	+46:54	13:49
120	238	Ângela Muxana	Grupo Remax White	Veterana F40	01:09:05	+46:54	13:49

Veterana F45

1	8	Carla Martinho	SC BEIRA MAR	Veterana F45	17:03		03:25
2	994	Catarina Alexandra Carvalho dos Santos	Individual	Veterana F45	19:34	+02:30	03:55
3	166	Célia Alves	Escola de Atletismo de Coimbra/JPaiva	Veterana F45	19:58	+02:54	04:00

Prova Principal

5 KM

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

OFFICIAL RESULT

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4	217	Maria Coimbras	grupo desportivo 3 santos populares - Carregal do Sal	Veterana F45	20:37	+03:33	04:07
5	24	Mónica Jordão	ACRM Silveirinha Grande e Claras	Veterana F45	21:33	+04:29	04:19
6	1019	Margarida Vidal	Individual	Veterana F45	21:58	+04:54	04:24
7	133	Ana Eustáquio	CPT SOBRAL CEIRA	Veterana F45	22:01	+04:57	04:24
8	1008	Joana Mota	Individual	Veterana F45	22:18	+05:14	04:28
9	82	Perpetua Silva	Brandoeenses running	Veterana F45	22:31	+05:27	04:30
10	96	Filomena Marques	CF Os Marialvas	Veterana F45	22:43	+05:39	04:33
11	1048	Sónia Gama	Individual	Veterana F45	23:10	+06:06	04:38
12	68	Natália Mota	BBC Run	Veterana F45	24:07	+07:03	04:49
13	165	Ana Rebola	Escola de Atletismo de Coimbra/JPaiva	Veterana F45	24:08	+07:04	04:50
14	33	CATARINA SEQUEIRA	Almatrail	Veterana F45	24:31	+07:27	04:54
15	1006	Irislene Soares	Individual	Veterana F45	25:03	+07:59	05:01
16	988	Andreia Costa	Individual	Veterana F45	25:15	+08:11	05:03
17	39	Christiane Almeida de Queiroz	Antigravity	Veterana F45	25:23	+08:19	05:05
18	31	Jacinta Manata	Adões Trail	Veterana F45	25:34	+08:30	05:07
19	1009	Joana Tavares	Individual	Veterana F45	26:13	+09:09	05:15
20	975	Ana Daniela Dias	Individual	Veterana F45	26:30	+09:26	05:18
21	1051	Susana Margarida Malva Baptista	Individual	Veterana F45	26:32	+09:28	05:18
22	35	Ana Lucas	Ameal Trail	Veterana F45	26:38	+09:34	05:20
23	985	Andrea Canelas	Individual	Veterana F45	27:25	+10:21	05:29
24	977	Ana Isolina dos Santos Azêdo	Individual	Veterana F45	27:27	+10:23	05:29
25	1046	Sofia Silva	Individual	Veterana F45	28:02	+10:58	05:36
26	1031	Paula Cristina Canetas	Individual	Veterana F45	28:05	+11:01	05:37
27	102	SONIA CLARA SANTOS FRADE	Clube Millennium BCP	Veterana F45	28:09	+11:05	05:38
28	982	Ana Paula Martins Cruz	Individual	Veterana F45	28:10	+11:06	05:38
29	979	Angela Vieira	Individual	Veterana F45	28:15	+11:11	05:39
30	997	Catarina Neves	Individual	Veterana F45	28:21	+11:17	05:40
31	1291	Liliana Madeira Rodrigues	OS PE NA COVA	Veterana F45	28:37	+11:33	05:43
32	111	Sandra Sofia Pereira Simões	CMCoimbra	Veterana F45	28:51	+11:47	05:46
33	245	Sandra Simões	Grupo Remax White	Veterana F45	29:03	+11:59	05:49
34	1016	Liliana Serra	Individual	Veterana F45	29:12	+12:08	05:50
35	1004	Elsa Carvalho	Individual	Veterana F45	29:16	+12:12	05:51
36	984	Andrea Azevedo	Individual	Veterana F45	29:21	+12:17	05:52
37	1349	Carla Cristina Mendes Ângelo	Sanfil Medicina	Veterana F45	29:21	+12:17	05:52
38	1040	Rute Santos	Individual	Veterana F45	29:22	+12:18	05:52
39	1017	Márcia Santos	Individual	Veterana F45	29:32	+12:28	05:54
40	1029	Olga Oliveira	Individual	Veterana F45	29:34	+12:30	05:55
41	1253	Patrícia Cruz	Masters Power Run	Veterana F45	29:35	+12:31	05:55
42	1023	Marta Vieira	Individual	Veterana F45	29:48	+12:44	05:58
43	1254	Rita Barroso	Masters Power Run	Veterana F45	29:55	+12:51	05:59
44	1042	Sandra Rei	Individual	Veterana F45	30:01	+12:58	06:00
45	995	Catarina Bastos	Individual	Veterana F45	30:29	+13:25	06:06
46	1030	Paula Carvalho	Individual	Veterana F45	30:36	+13:32	06:07
47	1252	Maria Costa	Masters Power Run	Veterana F45	30:42	+13:38	06:08
48	989	Andreia Ventura	Individual	Veterana F45	30:54	+13:50	06:11

Prova Principal

5 KM

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

OFFICIAL RESULT

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49	980	Ana Luísa da Costa Cristo	Individual	Veterana F45	30:56	+13:52	06:11
50	1055	Teresa alves	Individual	Veterana F45	30:57	+13:53	06:11
51	1052	Susana Rodrigues	Individual	Veterana F45	30:59	+13:55	06:12
52	208	Patrícia Ribeiro	GiraSol	Veterana F45	31:07	+14:03	06:13
53	1002	Dulce Alves	Individual	Veterana F45	31:12	+14:08	06:14
54	1299	Sónia Matos	Pagámos para Sofrer	Veterana F45	31:14	+14:10	06:15
55	63	A Burnay	Atletas ao Domingo	Veterana F45	31:28	+14:24	06:18
56	47	Graça Simões	ARCD Venda da Luísa	Veterana F45	31:41	+14:37	06:20
57	256	Sandra Liceia	GRVilaverdense	Veterana F45	31:44	+14:40	06:21
58	1012	Judite dos Santos	Individual	Veterana F45	31:53	+14:49	06:23
59	1298	Paula Santos	Pagámos para Sofrer	Veterana F45	32:06	+15:02	06:25
60	1035	Raquel Nobre	Individual	Veterana F45	32:06	+15:02	06:25
61	167	Nadea Goreti Fonseca Morais	Escola de Atletismo de Coimbra/JPaiva	Veterana F45	32:12	+15:08	06:26
62	76	Teresa Sofia Oliveira	Botão Camp	Veterana F45	32:15	+15:11	06:27
63	106	Carla Cardoso	CMCoimbra	Veterana F45	32:16	+15:12	06:27
64	973	Adélia Pedrosa	Individual	Veterana F45	32:16	+15:12	06:27
65	1000	Cláudia Fontes	Individual	Veterana F45	32:18	+15:14	06:28
66	987	Andreia Canelas	Individual	Veterana F45	32:23	+15:19	06:29
67	993	Carla Sofia Salvado Batista	Individual	Veterana F45	32:24	+15:20	06:29
68	1032	Paula Fernando	Individual	Veterana F45	32:27	+15:23	06:29
69	1297	Katarina Augusto	Pagámos para Sofrer	Veterana F45	32:36	+15:32	06:31
70	1024	Micaela Pires	Individual	Veterana F45	32:39	+15:35	06:32
71	1047	Sónia Conceição	Individual	Veterana F45	32:56	+15:52	06:35
72	180	Tânia Rodrigues	Fitness elite (and gossip)	Veterana F45	32:58	+15:54	06:36
73	1007	Joana Espirito-Santo	Individual	Veterana F45	33:13	+16:09	06:39
74	1244	Cátia Alexandra Primo Martins	Maltha Glass Recycling Portugal	Veterana F45	33:16	+16:12	06:39
75	277	Filipa Custodio	Hyundai Rodda	Veterana F45	33:21	+16:17	06:40
76	1038	Rita Gomes	Individual	Veterana F45	33:25	+16:21	06:41
77	1057	Zosima Pinto	Individual	Veterana F45	33:28	+16:24	06:42
78	48	Tânia Nunes	ARCD Venda da Luísa	Veterana F45	33:28	+16:24	06:42
79	1049	Sónia Neves	Individual	Veterana F45	33:33	+16:29	06:43
80	1003	Elisabete Santos	Individual	Veterana F45	33:43	+16:39	06:45
81	1013	Lídia Maria de Jesus Mira	Individual	Veterana F45	34:08	+17:04	06:50
82	1020	Maria Mira	Individual	Veterana F45	34:08	+17:04	06:50
83	244	Marcela Martins	Grupo Remax White	Veterana F45	34:17	+17:13	06:51
84	282	Patrícia Seabra	Hyundai Rodda	Veterana F45	34:24	+17:20	06:53
85	280	Joana Sifredo	Hyundai Rodda	Veterana F45	34:24	+17:20	06:53
86	1022	Marta Quatorze Pereira	Individual	Veterana F45	34:32	+17:28	06:54
87	281	Maria João Azevedo Quintas	Hyundai Rodda	Veterana F45	34:41	+17:37	06:56
88	140	Sara ribeiro	Dalila Barroca	Veterana F45	35:01	+17:57	07:00
89	1025	Mónica Ferreira	Individual	Veterana F45	35:02	+17:58	07:00
90	1037	Raquel Vieira	Individual	Veterana F45	35:03	+17:59	07:01
91	1251	Mafalda Jesus	Masters Power Run	Veterana F45	35:05	+18:01	07:01
92	1021	Marta Otero	Individual	Veterana F45	35:13	+18:09	07:03
93	990	Carina Mendes	Individual	Veterana F45	36:05	+19:01	07:13
94	1033	Raquel Barragão	Individual	Veterana F45	36:10	+19:06	07:14

Prova Principal

5 KM

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

OFFICIAL RESULT

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

95	999	Cláudia Duarte	Individual	Veterana F45	36:42	+19:38	07:20
96	1041	Sandra Condesso	Individual	Veterana F45	36:42	+19:38	07:20
97	992	Carla Sofia Gomes	Individual	Veterana F45	36:44	+19:40	07:21
98	1027	Mónica Maleiro	Individual	Veterana F45	36:53	+19:49	07:23
99	1043	Sofia Agostinho	Individual	Veterana F45	37:53	+20:49	07:35
100	1376	Susana Bárbara	Speedy Team	Veterana F45	37:53	+20:49	07:35
101	278	Filipa Palhares Bernardo	Hyundai Rodda	Veterana F45	37:55	+20:51	07:35
102	1044	Sofia Ascenso	Individual	Veterana F45	38:14	+21:10	07:39
103	107	Cláudia Souto	CMCoimbra	Veterana F45	39:33	+22:29	07:55
104	279	Helena Alexandra Pedrosa Lima Oliveira Figueiredo	Hyundai Rodda	Veterana F45	40:04	+23:00	08:01
105	1005	Helena Correia	Individual	Veterana F45	40:17	+23:13	08:03
106	19	Céu Loureiro	233 Club	Veterana F45	40:48	+23:44	08:10
107	1045	Sofia Seíça	Individual	Veterana F45	40:53	+23:49	08:11
108	1360	Eunice Santos	Sexto Sentido Portugal	Veterana F45	41:22	+24:18	08:16
109	108	Joana Monteiro	CMCoimbra	Veterana F45	41:30	+24:26	08:18
110	998	Cinde Guerreiro	Individual	Veterana F45	41:37	+24:33	08:19
111	276	Ana Rita Freitas Coutinho	Hyundai Rodda	Veterana F45	42:01	+24:57	08:24
112	983	Ana Queirós	Individual	Veterana F45	42:02	+24:58	08:24
113	976	Ana Dias	Individual	Veterana F45	42:02	+24:58	08:24
114	1053	Telma Alexandra de Oliveira Costa	Individual	Veterana F45	42:49	+25:45	08:34
115	1026	Mônica Ferreira	Individual	Veterana F45	43:22	+26:18	08:40
116	1350	Carla Patrícia Varela Braz	Sanfil Medicina	Veterana F45	44:52	+27:48	08:58
117	991	Carla Marques	Individual	Veterana F45	50:57	+33:53	10:11
118	1001	Dora Oliveira	Individual	Veterana F45	53:08	+36:04	10:38
119	981	Ana Margarida Monteiro Cruz	Individual	Veterana F45	53:41	+36:37	10:44
120	1250	Helena Henriques	Masters Power Run	Veterana F45	55:50	+38:46	11:10
121	1231	Anabela Correia de Almeida	IPNrunners	Veterana F45	57:49	+40:45	11:34
122	978	Tânia Ferreira	Individual	Veterana F45	01:02:01	+44:57	12:24

Veterana F50

1	1069	Deonilde Costa	Individual	Veterana F50	20:06		04:01
2	1281	Maria de Fátima Fidalgo Lopes	Os Gasparens	Veterana F50	22:20	+02:14	04:28
3	218	Rosário Miranda	grupo desportivo 3 santos populares - Carregal do Sal	Veterana F50	23:01	+02:55	04:36
4	168	Dora Serra	Escola de Atletismo de Coimbra/JPaiva	Veterana F50	23:04	+02:58	04:37
5	195	Eduarda Vinagre	G.D.A Atletismo Assempark	Veterana F50	23:17	+03:11	04:39
6	209	Carla Martins	GiraSol	Veterana F50	24:16	+04:10	04:51
7	1364	Elsa Marques	Sky.runners	Veterana F50	24:28	+04:22	04:54
8	1352	Sara Elisabete Silvestre Pinheiro	Sanfil Medicina	Veterana F50	25:10	+05:04	05:02
9	1060	Ana Rodrigues	Individual	Veterana F50	25:14	+05:08	05:03
10	1076	Lurdes Graça	Individual	Veterana F50	25:59	+05:53	05:12
11	268	Helena Lopes	Helena Lopes	Veterana F50	26:02	+05:56	05:12
12	1083	Porcina Oliveira	Individual	Veterana F50	26:13	+06:07	05:15
13	49	Cristina Melo	ARCD Venda da Luísa	Veterana F50	26:35	+06:29	05:19

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Prova Principal

5 KM

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

OFFICIAL RESULT

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14	70	Mónica Martins	Bombeiros Voluntários de Brasfemes	Veterana F50	27:10	+07:04	05:26
15	246	Sandra Mendes	Grupo Remax White	Veterana F50	27:18	+07:12	05:28
16	169	Joana Silva	Escola de Atletismo de Coimbra/JPaiva	Veterana F50	27:54	+07:48	05:35
17	112	MARIA DE FATIMA DELGADO	CMCoimbra	Veterana F50	27:58	+07:52	05:36
18	1067	Cristina Isabel Gândara de Carvalho	Individual	Veterana F50	28:30	+08:24	05:42
19	1274	Vanda Marques	MSC – Mais Saúde Coimbra	Veterana F50	28:33	+08:27	05:43
20	1351	Sandra Paulo	Sanfil Medicina	Veterana F50	29:25	+09:19	05:53
21	1066	Claudia Lopes	Individual	Veterana F50	29:28	+09:22	05:54
22	1257	Mariana Vasconcelos	Masters Power Run	Veterana F50	29:36	+09:30	05:55
23	16	Cláudia Almeida	1002	Veterana F50	30:10	+10:04	06:02
24	1284	Paula Tavares	Os Papa Milhas	Veterana F50	30:15	+10:09	06:03
25	1068	Cristina Silva	Individual	Veterana F50	31:10	+11:04	06:14
26	1064	Carla Silva	Individual	Veterana F50	31:14	+11:08	06:15
27	1081	MICHELA APARECIDA LACERDA DE SOUZA	Individual	Veterana F50	31:27	+11:21	06:17
28	50	Gabriela Lopes	ARCD Venda da Luísa	Veterana F50	31:41	+11:35	06:20
29	51	Judite Duarte	ARCD Venda da Luísa	Veterana F50	31:42	+11:36	06:20
30	1062	Carla Bornes	Individual	Veterana F50	31:52	+11:46	06:22
31	1059	Ana Matias	Individual	Veterana F50	32:00	+11:54	06:24
32	1256	Ana Manuel Lemos	Masters Power Run	Veterana F50	32:04	+11:58	06:25
33	1077	Mafalda Gomes	Individual	Veterana F50	32:11	+12:05	06:26
34	77	Cecília Lopes	Botão Camp	Veterana F50	32:16	+12:10	06:27
35	1088	sandra nascimento	Individual	Veterana F50	32:26	+12:19	06:29
36	78	Luisa Baptista	Botão Camp	Veterana F50	32:33	+12:27	06:31
37	1085	Rosnelly cabelo Requena	Individual	Veterana F50	32:43	+12:37	06:33
38	94	Tina Carreira	Ccrd Arrimal/Morcegos	Veterana F50	32:45	+12:39	06:33
39	1071	Elisabete Silva	Individual	Veterana F50	33:00	+12:54	06:36
40	178	Ana Vieira	Finally Arrived	Veterana F50	33:34	+13:28	06:43
41	1273	Ana Mendes	MSC – Mais Saúde Coimbra	Veterana F50	34:15	+14:09	06:51
42	1072	Helena Pinto	Individual	Veterana F50	34:19	+14:13	06:52
43	181	Laudelina Teixeira	Fitness elite (and gossip)	Veterana F50	34:19	+14:13	06:52
44	1058	Ana Liceia	Individual	Veterana F50	34:50	+14:44	06:58
45	1073	idalina albuquerque	Individual	Veterana F50	35:07	+15:01	07:01
46	1080	Marta Oliveira	Individual	Veterana F50	35:26	+15:20	07:05
47	1075	Isabel Coimbra	Individual	Veterana F50	36:06	+16:00	07:13
48	1087	Sandra Ferrão	Individual	Veterana F50	36:09	+16:03	07:14
49	1078	Maria João Martins	Individual	Veterana F50	36:27	+16:21	07:17
50	1086	Sandra Carla Borges de Lima	Individual	Veterana F50	36:27	+16:21	07:17
51	1092	zurita dias	Individual	Veterana F50	36:44	+16:38	07:21
52	1074	Iris Barbosa	Individual	Veterana F50	36:53	+16:47	07:23
53	1300	Margarida Ferreira	Pagámos para Sofrer	Veterana F50	37:29	+17:23	07:30
54	1091	Teresa Oliveira	Individual	Veterana F50	37:50	+17:44	07:34
55	1079	marina sousa	Individual	Veterana F50	37:50	+17:44	07:34
56	1070	Elisabete Craveiro	Individual	Veterana F50	37:52	+17:46	07:34
57	1090	Suzana Calretas	Individual	Veterana F50	38:16	+18:10	07:39

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Prova Principal

5 KM

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OFFICIAL RESULT

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Veterana F60

1	1260	Ana Maria Eva Miguéis	Miguéis & Companhia	Veterana F60	30:12		06:02
2	1120	Norma Cuellar	Individual	Veterana F60	30:35	+00:22	06:07
3	1391	Isabel Ventura	TRIBO NR	Veterana F60	32:27	+02:14	06:29
4	1402	Ivone Dilella	Vermelha	Veterana F60	32:56	+02:43	06:35

Veterana F65

1	1262	Maria Amélia Mendes	Miguéis & Companhia	Veterana F65	28:57		05:47
2	249	Zulmira Augusta Lopes da Silva Ribeiro	Grupo Remax White	Veterana F65	28:59	+00:01	05:48
3	1125	Rosário Ramos	Individual	Veterana F65	30:50	+01:52	06:10
4	269	Fernanda Duarte	HOT.Runners	Veterana F65	31:05	+02:07	06:13
5	1121	Fatima Pires da dilva	Individual	Veterana F65	31:06	+02:08	06:13

Veterano M35

1	170	Vasco Pereira	Escola de Atletismo de Coimbra/JPaiva	Veterano M35	16:39		03:20
2	220	Ricardo Neves	Grupo Recreativo Eirense	Veterano M35	17:23	+00:43	03:29
3	221	Ricardo Sousa	Grupo Recreativo Eirense	Veterano M35	17:41	+01:01	03:32
4	1268	Helder Henriques	Miro Trail	Veterano M35	18:21	+01:41	03:40
5	98	Luis Santos	CLTT - Clínica Litoral Trail Team	Veterano M35	19:00	+02:20	03:48
6	186	Ricardo Ramos	FOCUS_TUU	Veterano M35	19:00	+02:20	03:48
7	1153	Valter Simoes	Individual	Veterano M35	19:00	+02:21	03:48
8	1128	André Monteiro	Individual	Veterano M35	20:29	+03:50	04:06
9	1133	Bruno Simões Martins	Individual	Veterano M35	20:40	+04:00	04:08
10	1126	André Domingues	Individual	Veterano M35	20:43	+04:03	04:09
11	250	André Monteiro	Grupo Remax White	Veterano M35	20:46	+04:06	04:09
12	65	Paulo Santos	Autosport77	Veterano M35	20:55	+04:16	04:11
13	20	Luis Cação	233 Club	Veterano M35	21:32	+04:52	04:18
14	1151	Sérgio Pereira	Individual	Veterano M35	22:21	+05:41	04:28
15	1132	Bruno Pereira	Individual	Veterano M35	22:53	+06:13	04:35
16	1146	Marco Manta	Individual	Veterano M35	23:02	+06:23	04:36
17	1141	Joel Fernandes	Individual	Veterano M35	23:13	+06:33	04:39
18	1275	Rui Couto	MSC – Mais Saúde Coimbra	Veterano M35	23:37	+06:57	04:43
19	115	Nuno Gonçalo Lourenço de Almeida	CMCoimbra	Veterano M35	24:21	+07:42	04:52
20	1131	Bruno Góis	Individual	Veterano M35	26:08	+09:28	05:14
21	1134	Carlos Miguel Ferreira	Individual	Veterano M35	26:24	+09:44	05:17
22	1143	Juan Jose Flores	Individual	Veterano M35	26:49	+10:10	05:22
23	1147	Nelson Heleno	Individual	Veterano M35	28:06	+11:26	05:37
24	1150	Romeu Neves	Individual	Veterano M35	28:29	+11:49	05:42
25	1130	Bruno Alexandre Gomes Godet Ferreira Agria	Individual	Veterano M35	28:47	+12:08	05:45
26	1139	João Francisco de Oliveira Matafome	Individual	Veterano M35	29:13	+12:33	05:51
27	1149	Nuno Santos	Individual	Veterano M35	29:30	+12:50	05:54

Prova Principal

5 KM

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

OFFICIAL RESULT

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28	1138	Fábio Santos	Individual	Veterano M35	29:52	+13:13	05:58
29	252	Filipe João Costa Sardo	Grupo Remax White	Veterano M35	29:59	+13:19	06:00
30	1145	Luís Sardo	Individual	Veterano M35	29:59	+13:19	06:00
31	263	António Figueiredo	Healthy Move	Veterano M35	30:13	+13:34	06:03
32	283	Cláudio Tenreiro	Hyundai Rodda	Veterano M35	30:39	+13:59	06:08
33	1135	Cláudio Coelho	Individual	Veterano M35	30:52	+14:12	06:10
34	1136	Fábio Correia	Individual	Veterano M35	32:06	+15:26	06:25
35	176	Sergey Kornienko	Familia	Veterano M35	32:36	+15:56	06:31
36	1152	Telmo Manuel das Neves Simões	Individual	Veterano M35	33:03	+16:24	06:37
37	1140	João Rama	Individual	Veterano M35	33:25	+16:45	06:41
38	1129	António José Nobre Aguiar Salgueiro	Individual	Veterano M35	33:33	+16:53	06:43
39	251	Fábio Gil	Grupo Remax White	Veterano M35	34:52	+18:12	06:58
40	1127	André Melo	Individual	Veterano M35	41:08	+24:29	08:14
41	1137	Fábio Faria	Individual	Veterano M35	41:54	+25:15	08:23

Veterano M40

1	4	Hermano Ferreira	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	14:58		03:00
2	90	Carlos Nunes	CASA DO POVO DE MANGUALDE	Veterano M40	16:46	+01:47	03:21
3	134	Vitor Pleno	CPT SOBRAL CEIRA	Veterano M40	17:16	+02:17	03:27
4	1168	Raphael Simoes dos santos	Individual	Veterano M40	19:17	+04:18	03:51
5	1170	Renato Rodrigues	Individual	Veterano M40	20:36	+05:38	04:07
6	1162	Hélio Varela	Individual	Veterano M40	20:43	+05:44	04:09
7	28	Mário Maseira	ADCR Pereira	Veterano M40	20:48	+05:49	04:10
8	1160	Francisco Martins	Individual	Veterano M40	21:03	+06:04	04:13
9	1157	Carlos António Rodrigues Junior	Individual	Veterano M40	21:30	+06:31	04:18
10	190	Bruno Concha	Frutibairrada	Veterano M40	22:49	+07:51	04:34
11	222	Fausto Reis	Grupo Recreativo Eirense	Veterano M40	22:50	+07:52	04:34
12	1173	Tiago Filipe Pereira Carvalho	Individual	Veterano M40	23:36	+08:37	04:43
13	1161	Gonçalo Duarte	Individual	Veterano M40	23:44	+08:46	04:45
14	1394	Vasco Mantas	Trilobitches	Veterano M40	24:21	+09:22	04:52
15	1166	NORTON DA SILVA JUNIOR	Individual	Veterano M40	24:46	+09:47	04:57
16	29	Ricardo Gonçalves	ADCR Pereira	Veterano M40	25:13	+10:14	05:03
17	1405	João Ramalhetete	Grupo Remax White	Veterano M40	25:47	+10:49	05:10
18	1164	Manuel Rebelo	Individual	Veterano M40	26:21	+11:22	05:16
19	1171	Ricardo Craveiro	Individual	Veterano M40	26:30	+11:31	05:18
20	1154	Filipe Reis	Individual	Veterano M40	26:40	+11:42	05:20
21	1163	Hugo Madeira	Individual	Veterano M40	26:53	+11:55	05:23
22	1276	António Santos	MSC – Mais Saúde Coimbra	Veterano M40	27:12	+12:13	05:26
23	1167	PAULO ALEXANDRE CARREIRA DOS SANTOS	Individual	Veterano M40	27:25	+12:26	05:29
24	264	Bruno Costa	Healthy Move	Veterano M40	28:44	+13:45	05:45
25	253	Daniel Batista	Grupo Remax White	Veterano M40	29:04	+14:05	05:49
26	1156	Bernardo Teles Fazendeiro	Individual	Veterano M40	30:37	+15:38	06:07
27	1159	Filipe Curto	Individual	Veterano M40	30:47	+15:48	06:09

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Prova Principal

5 KM

OFFICIAL RESULT

28	138	Mário Salumbongo Ezequiel Pereira	Cristo-Run Club	Veterano M40	30:58	+15:59	06:12
29	1169	Renato Martins	Individual	Veterano M40	31:12	+16:13	06:14
30	1158	Fabio Florido	Individual	Veterano M40	36:49	+21:50	07:22
31	116	António Ferreira	CMCoimbra	Veterano M40	39:55	+24:57	07:59
32	1361	Filipe Duarte	Sexto Sentido Portugal	Veterano M40	41:22	+26:24	08:16
33	1172	Roman Isaev	Individual	Veterano M40	41:39	+26:41	08:20
34	1245	Francisco Herlon Alves Serafim	Maltha Glass Recycling Portugal	Veterano M40	54:40	+39:41	10:56

Veterano M45

1	219	carlos figueiredo	grupo desportivo 3 santos populares - Carregal do Sal	Veterano M45	17:35		03:31
2	1186	Nelson Mecó	Individual	Veterano M45	17:56	+00:21	03:35
3	1354	Aurélio Luís Bessa Saúde	Sanfil Medicina	Veterano M45	18:38	+01:02	03:44
4	1183	Márcio Silva	Individual	Veterano M45	18:50	+01:15	03:46
5	1182	José Manuel Seromenho Duarte	Individual	Veterano M45	20:01	+02:25	04:00
6	1174	Alexandre Mestre	Individual	Veterano M45	20:16	+02:41	04:03
7	288	Nuno Miguel Sampaio	Hyundai Rodda	Veterano M45	20:56	+03:21	04:11
8	117	Luís Bispo	CMCoimbra	Veterano M45	21:12	+03:37	04:14
9	97	Filipe Soto	CF Os Marialvas	Veterano M45	22:43	+05:08	04:33
10	30	Miguel Ferreira	ADCR Pereira	Veterano M45	23:22	+05:47	04:40
11	1180	Francisco Martins	Individual	Veterano M45	23:44	+06:09	04:45
12	86	Marco Santiago	Casa do Benfica da Bairrada	Veterano M45	24:10	+06:34	04:50
13	1178	Filipe José Gonçalves Ferreira	Individual	Veterano M45	24:13	+06:38	04:51
14	1181	Francisco Silva	Individual	Veterano M45	24:14	+06:38	04:51
15	287	Joao Pedro Figueiredo	Hyundai Rodda	Veterano M45	24:25	+06:50	04:53
16	144	Marco Simões	DCI/Trilhos Luso Bussaco	Veterano M45	24:58	+07:23	05:00
17	1232	Carlos Lopes	IPNrunners	Veterano M45	25:01	+07:26	05:00
18	32	Hugo Silva	Adões Trail	Veterano M45	26:10	+08:35	05:14
19	290	Sérgio Nuno Coimbra Castanheira	Hyundai Rodda	Veterano M45	27:46	+10:11	05:33
20	1175	Mário Pereira	Individual	Veterano M45	27:59	+10:24	05:36
21	124	Luís Gonçalves1	Corrinheiros	Veterano M45	28:10	+10:34	05:38
22	1187	Paulo Bandeira	Individual	Veterano M45	28:52	+11:17	05:46
23	1384	Milton Tobos	Taganga teams	Veterano M45	28:56	+11:21	05:47
24	1404	Eugénio Pedro Moura Melo Agostinho	Grupo Remax White	Veterano M45	29:15	+11:40	05:51
25	289	Pedro Afonso	Hyundai Rodda	Veterano M45	29:33	+11:58	05:55
26	1179	Filipe Pratas	Individual	Veterano M45	31:52	+14:17	06:22
27	1410	Pedro Ricardo Gomes Sequeira	Individual	Veterano M45	32:13	+14:38	06:27
28	1176	Bruno Almeida	Individual	Veterano M45	32:19	+14:44	06:28
29	285	André Melo Aidos	Hyundai Rodda	Veterano M45	32:29	+14:54	06:30
30	286	Andre Pega Figueiredo	Hyundai Rodda	Veterano M45	33:02	+15:26	06:36
31	123	Nuno Eduardo	Corre que dá	Veterano M45	33:09	+15:33	06:38
32	1185	Miguel Marques	Individual	Veterano M45	34:08	+16:33	06:50
33	1383	Carlos Montenegro	Taganga teams	Veterano M45	40:24	+22:49	08:05
34	79	Fernando Silva	Botão Camp	Veterano M45	40:52	+23:17	08:10

Prova Principal
5 KM
OFFICIAL RESULT

35	1177	Fábio da Costa Iago	Individual	Veterano M45	45:19	+27:44	09:04
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Veterano M50

1	87	Paulo Renato Mesquita Monteiro	Casa do Povo de Lavos	Veterano M50	17:03		03:25
2	171	Jorge santos	Escola de Atletismo de Coimbra/JPaiva	Veterano M50	17:41	+00:37	03:32
3	1197	Nuno Mendes	Individual	Veterano M50	19:57	+02:53	03:59
4	1288	Rui Silva	Os Papa Milhas	Veterano M50	20:39	+03:35	04:08
5	25	Luís Filipe Carvalheiro	ACRM Silveirinha Grande e Claras	Veterano M50	21:34	+04:30	04:19
6	36	Carlos Campos	Ameal Trail	Veterano M50	23:09	+06:05	04:38
7	1196	Nuno Adelino	Individual	Veterano M50	23:32	+06:28	04:42
8	197	Ricardo Nobre	Gangue de Pereira	Veterano M50	23:41	+06:37	04:44
9	1303	Joao Fernandes	PROSISTEM.runners	Veterano M50	25:04	+08:00	05:01
10	64	Nuno Pinto	Atletas ao Domingo	Veterano M50	25:13	+08:09	05:03
11	1277	Michel Almeida	MSC – Mais Saúde Coimbra	Veterano M50	25:22	+08:18	05:04
12	1195	Luis Pais	Individual	Veterano M50	25:51	+08:47	05:10
13	1190	Carlos Rei	Individual	Veterano M50	27:13	+10:09	05:27
14	34	Victor Cunha	Almatrail	Veterano M50	27:48	+10:44	05:34
15	1192	João Pedro Vasconcelos Lucas	Individual	Veterano M50	28:13	+11:09	05:39
16	1309	Pedro Pereira	RaceMakers	Veterano M50	29:07	+12:03	05:49
17	56	Sérgio Simões Pereira	Arqueo Logos	Veterano M50	29:29	+12:25	05:54
18	1330	Rafael Bettencourt	Running4Fun Team Viseu	Veterano M50	30:09	+13:05	06:02
19	1286	António Sousa	Os Papa Milhas	Veterano M50	30:20	+13:17	06:04
20	1287	Helder Duarte	Os Papa Milhas	Veterano M50	30:54	+13:50	06:11
21	120	Ricardo Silva	CMCoimbra	Veterano M50	31:03	+13:59	06:13
22	119	Pedro Varanda	CMCoimbra	Veterano M50	32:16	+15:12	06:27
23	1188	ANTÓNIO ROSARIO	Individual	Veterano M50	33:18	+16:14	06:40
24	81	EMERSON MADEIRA VIANA	Bragunci Madeira	Veterano M50	33:24	+16:20	06:41
25	1198	Pedro André Duarte Correia	Individual	Veterano M50	33:34	+16:30	06:43
26	1193	Jorge Pereira	Individual	Veterano M50	34:42	+17:38	06:56
27	1200	Ricardo Pinho	Individual	Veterano M50	35:03	+17:59	07:01

Veterano M55

1	1212	Paulo Costa	Individual	Veterano M55	17:24		03:29
2	1230	antonio silva	Industrial desportivo vierense	Veterano M55	18:44	+01:19	03:45
3	135	Pedro roque	CPT SOBRAL CEIRA	Veterano M55	21:51	+04:26	04:22
4	149	António Gomes	Draco Runners	Veterano M55	22:16	+04:51	04:27
5	62	PAULO SANTOS	ASSOCIAÇÃO CULTURAL SAMBRASENSE	Veterano M55	22:27	+05:02	04:29
6	1203	Antonio Marques	Individual	Veterano M55	23:27	+06:02	04:41
7	265	António Gonçalves	Healthy Move	Veterano M55	23:47	+06:22	04:45
8	40	Fernando Itapá Moreira	Antigravity	Veterano M55	24:34	+07:09	04:55
9	1208	Luís António Jesus Carvalheiro	Individual	Veterano M55	24:41	+07:16	04:56

