Grande Prémio da Páscoa de Constância

Constância

04-abril-2026

PROVA PRINCIPAL - STAGE 1 — 10 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

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

	Time	Temperature	Humidity
Start	10:25	19,2ºC	61%
End	12:11	19,2ºC	61%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	126	Filipe Vitorino	Clube de Natação de Rio Maior	30:29		03:03	
2	127	Tomás Cerveira	Clube de Natação de Rio Maior	31:50	+01:21	03:11	
3	655	Alexandre Silva	THOMAR ATHLETICS	32:32	+02:03	03:15	
4	657	Kylix Afonso	THOMAR ATHLETICS	33:16	+02:47	03:20	
5	567	Martim Rodrigo Gomes Salvador	Núcleo do Sporting de Almada	33:18	+02:49	03:20	
6	89	Luis Quintas	CASA DO BENFICA EM ABRANTES	33:43	+03:14	03:22	
7	289	Paulo Pereira	Individual	34:23	+03:54	03:26	
8	41	José Augusto Sobral Gomes	Agualva Runners	34:42	+04:13	03:28	
9	153	Filipe Azevedo	CPR A-DO-BARBAS	34:42	+04:13	03:28	
10	685	Rui Martins	Triatlo Sporting	35:10	+04:41	03:31	
11	658	Nuno Filipe Gonçalves Ferreira	THOMAR ATHLETICS	35:29	+05:00	03:33	
12	659	Nuno Santos	THOMAR ATHLETICS	35:34	+05:05	03:33	
13	45	Romario Almeida	Agualva Runners	35:40	+05:11	03:34	
14	279	João Santos	Individual	36:00	+05:31	03:36	
15	673	ALVARO SOARES	THOMAR ATHLETICS	36:07	+05:38	03:37	
16	80	Gonçalo Campos	Carinos Team Run	36:13	+05:44	03:37	
17	536	ALÉXIS ROCHA	INDUSTRIAL DESPORTIVO VIEIRENSE	36:22	+05:53	03:38	
18	188	David Carreira	Fátima Trail Team	36:33	+06:04	03:39	
19	416	João Paulo da Silva Borges	Individual	36:43	+06:14	03:40	
20	25	LICÍNIO CARREIRA	AC VERMOIL	36:47	+06:18	03:41	
21	125	Paulo Ferreira	Clube de Atletismo de Ferreira do Zêzere	37:00	+06:31	03:42	
22	26	PEDRO FERREIRA	AC VERMOIL	37:03	+06:34	03:42	
23	284	Malte Langager Christensen	Individual	37:17	+06:48	03:44	
24	189	Paulo Alves	GDCTINCM	37:21	+06:52	03:44	
25	682	Hugo Matos	TRAMAGAL SPORT UNIÃO	37:27	+06:58	03:45	
26	554	Hugo Palmeiro	Linda-A-Pastora Sporting Clube	37:36	+07:07	03:46	
27	431	Ricardo Ferreira	Individual	37:40	+07:11	03:46	
28	197	Nuno Silva	HeCaTEAM	37:42	+07:13	03:46	
29	664	André Ferreira	THOMAR ATHLETICS	37:43	+07:14	03:46	
30	193	Ricardo Antunes	Grupito_thedogpack	37:44	+07:15	03:46	
31	542	PAULO PONTES	INDUSTRIAL DESPORTIVO VIEIRENSE	37:46	+07:17	03:47	
32	37	Justin Vos	Agualva Runners	37:48	+07:19	03:47	
33	509	Luiz Mota	Individual	37:53	+07:24	03:47	
34	665	Paulo Marques	THOMAR ATHLETICS	37:53	+07:24	03:47	
35	400	Filipe Gomes	Individual	37:54	+07:25	03:47	
36	95	Jose Carlos Marques Durão	CASA DO BENFICA EM ABRANTES	37:58	+07:29	03:48	
37	128	Cláudio Bica	Clube Desportivo em Movimento	38:06	+07:37	03:49	
38	526	José Custódio	Clube Futebol Os Belenenses	38:08	+07:39	03:49	
39	432	Ricardo Neves	Individual	38:09	+07:40	03:49	
40	671	Tiago Santos	THOMAR ATHLETICS	38:17	+07:48	03:50	
41	205	Pedro Rafael do Carmo Rocha	Individual	38:20	+07:51	03:50	
42	668	Dino Bento	THOMAR ATHLETICS	38:20	+07:51	03:50	

PROVA PRINCIPAL - STAGE 1 — 10 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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	656	João Silva	THOMAR ATHLETICS	38:23	+07:54	03:50	
44	100	JOÃO SALDANHA	CASA POVO ALCANENA	38:35	+08:06	03:52	
45	283	Maksym Kravets	Individual	38:36	+08:07	03:52	
46	303	Rodrigo Arsénio	Individual	38:37	+08:08	03:52	
47	422	Nuno Garrinhas	Individual	38:42	+08:13	03:52	
48	192	Nuno Miguel Manteigas Romão	GFD Running	38:44	+08:15	03:52	
49	226	Ingrid Andersen	Individual	38:45	+08:16	03:53	
50	414	João Ferreira	Individual	38:56	+08:27	03:54	
51	662	Tiago Paz	THOMAR ATHLETICS	39:09	+08:40	03:55	
52	191	José Raimundo	GDRC UNIDOS	39:11	+08:42	03:55	
53	248	André Filipe Marques Abreu	Individual	39:13	+08:44	03:55	
54	78	Gilberto Fernandes	C.D."Os Águias " De Alpiarça	39:19	+08:50	03:56	
55	184	Gonçalo Dias	Escola atletismo cartaxo	39:20	+08:51	03:56	
56	13	GUILHERME GASPAR	AC VERMOIL	39:27	+08:58	03:57	
57	313	Tiago Fábrica	Individual	39:29	+09:00	03:57	
58	605	Rita Furtado	RUN TEJO - PREVENT SPRAIN	39:36	+09:07	03:58	
59	499	Elton Prado	Individual	39:55	+09:26	04:00	
60	455	Miguel Fernandes	Individual	40:00	+09:31	04:00	
61	562	João Bogalheiro	NAZA	40:04	+09:35	04:00	
62	117	David Leal Conde	Chamusca Trail	40:06	+09:37	04:01	
63	118	Filipe Maurício	Chamusca Trail	40:08	+09:39	04:01	
64	337	Sónia Ribeiro	Individual	40:09	+09:40	04:01	
65	485	Nelson Fradique	Individual	40:11	+09:42	04:01	
66	494	Armando José Claro	Individual	40:34	+10:05	04:03	
67	11	Paulo Martins	Abranlógica/CBA	40:39	+10:10	04:04	
68	20	HELDER MIRANDA	AC VERMOIL	40:41	+10:12	04:04	
69	541	ANTÓNIO SILVA	INDUSTRIAL DESPORTIVO VIEIRENSE	40:45	+10:16	04:04	
70	539	JORGE MARCELINO	INDUSTRIAL DESPORTIVO VIEIRENSE	40:46	+10:17	04:05	
71	535	ADRIANA COELHO	INDUSTRIAL DESPORTIVO VIEIRENSE	40:47	+10:18	04:05	
72	514	Rui Afonso	Individual	40:52	+10:23	04:05	
73	162	Luciano Maros	CPR A-DO-BARBAS	40:59	+10:30	04:06	
74	486	Paulo Vieira	Individual	41:03	+10:34	04:06	
75	19	JORGE BARROS	AC VERMOIL	41:09	+10:40	04:07	
76	386	Nelson Coelho	Individual	41:10	+10:41	04:07	
77	405	Gonçalo Lopes	Individual	41:10	+10:41	04:07	
78	278	João Piloto	Individual	41:26	+10:57	04:09	
79	21	JOSÉ MENDES	AC VERMOIL	41:30	+11:01	04:09	
80	24	JOAQUIM QUITÉRIO	AC VERMOIL	41:30	+11:01	04:09	
81	467	Sérgio Silva	Individual	41:31	+11:02	04:09	
82	669	Hugo Costa	THOMAR ATHLETICS	41:34	+11:05	04:09	
83	36	Ivandro Moreira	Agualva Runners	41:36	+11:07	04:10	
84	374	João Janeiro	Individual	41:39	+11:10	04:10	
85	285	Marco Guerra	Individual	41:41	+11:12	04:10	
86	591	Fábio Miguel Lopes Abreu	OUTCORE	41:43	+11:14	04:10	
87	250	Bruno Catarino	Individual	42:11	+11:42	04:13	
88	670	Tiago Rosa	THOMAR ATHLETICS	42:14	+11:45	04:13	

PROVA PRINCIPAL - STAGE 1 — 10 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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	38	Carolina Guedes	Agualva Runners	42:15	+11:46	04:14	
90	22	NUNO MOTA	AC VERMOIL	42:16	+11:47	04:14	
91	75	Joao Nunes	C.D."Os Águias " De Alpiarça	42:18	+11:49	04:14	
92	496	Carlos manuel Bispo de Matos	Individual	42:19	+11:50	04:14	
93	169	LUIS SANTOS	CSCR LITEIROS	42:20	+11:51	04:14	
94	506	João Manuel Cordeiro Mendes	Individual	42:25	+11:56	04:14	
95	87	Tiago Silvério	CASA DO BENFICA EM ABRANTES	42:27	+11:58	04:15	
96	93	João Paulo Jacinto	CASA DO BENFICA EM ABRANTES	42:27	+11:58	04:15	
97	74	Paulo Fernandes	C.C.D. "O ALVITEJO "	42:30	+12:01	04:15	
98	15	CATARINA SANTOS	AC VERMOIL	42:33	+12:04	04:15	
99	488	Pedro Miguel Mendes Pereira Nunes	Individual	42:35	+12:06	04:16	
100	158	Alexandre Sousa	CPR A-DO-BARBAS	42:40	+12:11	04:16	
101	674	Alexandre Evariato	THOMAR ATHLETICS	42:42	+12:13	04:16	
102	642	Francisco Alarico	Team P. Moles	42:45	+12:16	04:16	
103	483	LUIS SOUSA	Individual	42:48	+12:19	04:17	
104	104	JOÃO PAULO LUIS	CASA POVO ALCANENA	42:51	+12:22	04:17	
105	132	Bruno Rodrigues	Clube Desportivo Moitense	42:54	+12:25	04:17	
106	201	Luisa jorge	IDV	42:57	+12:28	04:18	
107	686	João Proença	Trilhos dos Templários / ACR Santa Cita	42:57	+12:28	04:18	
108	105	JOAQUIM SANTOS	CASA POVO ALCANENA	43:01	+12:32	04:18	
109	480	Luís Caetano	Individual	43:06	+12:37	04:19	
110	275	Jorge Sirgado	Clube de Atletismo de Ferreira do Zêzere	43:06	+12:37	04:19	
111	252	Bruno Melo	Individual	43:09	+12:40	04:19	
112	195	Luís Jesus	Grupo de Convívio e Amizade nas Donas	43:11	+12:42	04:19	
113	51	Fernando Rodrigues	Arripiadinhos	43:14	+12:45	04:19	
114	566	Magda Ribeiro	Núcleo de Juventude do Concelho de Proença-a-Nova (NJCPN)	43:22	+12:53	04:20	
115	196	Helena Moreira	HeCaTEAM	43:23	+12:54	04:20	
116	426	Octávio Vicente	Individual	43:24	+12:55	04:20	
117	553	Joel Mourão	Katsu Run Club	43:25	+12:56	04:20	
118	430	Pedro Santos	Individual	43:26	+12:57	04:21	
119	381	Luís Fazenda	Individual	43:29	+13:00	04:21	
120	442	Carlos Santos	Individual	43:30	+13:01	04:21	
121	60	Joao Fernandes	B.E.J.A	43:39	+13:10	04:22	
122	631	José Pedro Mota Tadeia	Tadeia	43:45	+13:16	04:23	
123	141	Tiago Lázaro	Individual	43:45	+13:16	04:23	
124	393	Valter Pinho	Individual	43:46	+13:17	04:23	
125	538	JOÃO DOMINGOS	INDUSTRIAL DESPORTIVO VIEIRENSE	43:47	+13:18	04:23	
126	76	Fernando Vital	C.D."Os Águias " De Alpiarça	43:56	+13:27	04:24	
127	466	Sérgio Bento Lopes	Individual	44:02	+13:33	04:24	
128	478	João casinhas	Individual	44:04	+13:35	04:24	
129	401	Flávio Carvalho	Individual	44:05	+13:36	04:25	
130	17	DEONILDE COSTA	AC VERMOIL	44:12	+13:43	04:25	
131	609	João Francisco Velez	RX RUNNERS	44:16	+13:47	04:26	
132	534	Pedro Vicente	Individual	44:21	+13:52	04:26	
133	150	David Pereira	CPR A-DO-BARBAS	44:23	+13:54	04:26	

PROVA PRINCIPAL - STAGE 1 — 10 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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	272	Guilherme Mourão	Individual	44:24	+13:55	04:26	
135	502	Horácio L. Ferreira	Individual	44:24	+13:55	04:26	
136	643	Nuno Fernandes	Team P. Moles	44:25	+13:56	04:27	
137	611	Paulo Marques	Sandoeira Run Club	44:29	+14:00	04:27	
138	650	Ricardo Santos	Team P. Moles	44:33	+14:04	04:27	
139	545	RUI DINIS	INDUSTRIAL DESPORTIVO VIEIRENSE	44:40	+14:11	04:28	
140	544	LICÍNIO PEREIRA	INDUSTRIAL DESPORTIVO VIEIRENSE	44:40	+14:11	04:28	
141	441	Carlos França	Individual	44:45	+14:16	04:29	
142	573	Gonçalo Porêlo	Nucleo SCP Minde	44:47	+14:18	04:29	
143	636	Paula Cardoso	Taebaek Triângulo Taekwondo	44:47	+14:18	04:29	
144	703	João Graça	RUN TEJO - PREVENT SPRAIN	44:55	+14:26	04:30	
145	101	MARYAN TERESHKEVYCH	CASA POVO ALCANENA	44:58	+14:29	04:30	
146	510	Nuno Falcão Rodrigues	Individual	44:59	+14:30	04:30	
147	28	ANTONIO SILVINO	AC VERMOIL	45:03	+14:34	04:30	
148	194	Ricardo Machado	Grupo de Cicloturismo Barquinhense	45:09	+14:40	04:31	
149	522	Francisco José Mira Gaio	Individual	45:13	+14:44	04:31	
150	484	Mário Salgueiro	Individual	45:17	+14:48	04:32	
151	576	Jorge Formiga	Nucleo SCP Minde	45:18	+14:49	04:32	
152	305	Ruben Miguel Rodrigues Vilela	Individual	45:19	+14:50	04:32	
153	472	Vitor Almeida	Individual	45:28	+14:59	04:33	
154	362	André Lima	Individual	45:31	+15:02	04:33	
155	462	Ricardo Patricio	Individual	45:32	+15:03	04:33	
156	23	JAIME SANTOS	AC VERMOIL	45:34	+15:05	04:33	
157	507	Jorge polidoro	Individual	45:38	+15:09	04:34	
158	412	João Martins	Individual	45:38	+15:09	04:34	
159	204	Gonçalo Duarte	Individual	45:38	+15:09	04:34	
160	543	ANTÓNIO POEIRAS	INDUSTRIAL DESPORTIVO VIEIRENSE	45:39	+15:10	04:34	
161	433	Rogério Veras	Individual	45:44	+15:15	04:34	
162	661	Rodrigo Carrão	THOMAR ATHLETICS	45:46	+15:17	04:35	
163	521	Fernando Rosa	SIMECQ	45:47	+15:18	04:35	
164	419	Jorge Vieira	Individual	45:48	+15:19	04:35	
165	311	Simão Alves	Individual	45:50	+15:21	04:35	
166	640	Alexandre Emanuel Ramos Marques	Team P. Moles	45:50	+15:21	04:35	
167	581	JORGE LERCAS	Ortiga - Mação	45:51	+15:22	04:35	
168	537	HUGO DUARTE	INDUSTRIAL DESPORTIVO VIEIRENSE	45:52	+15:23	04:35	
169	394	Vitor Pereira	Individual	45:53	+15:24	04:35	
170	385	Miguel Ribeiro Lopes	Individual	45:57	+15:28	04:36	
171	315	Tiago Magno	Individual	45:57	+15:28	04:36	
172	293	Pedro Oliveira	Individual	45:59	+15:30	04:36	
173	77	Antonio Duarte	C.D."Os Águias " De Alpiarça	46:01	+15:32	04:36	
174	115	Miguel Rento	CDRConcavada Running	46:03	+15:34	04:36	
175	468	Tiago Bispo	Individual	46:03	+15:34	04:36	
176	30	FERNANDO GASPAR	AC VERMOIL	46:04	+15:35	04:36	
177	451	João Pedro Ferreira	Individual	46:20	+15:51	04:38	
178	199	Martim Lopes	Hugo Lopes	46:24	+15:55	04:38	

PROVA PRINCIPAL - STAGE 1 — 10 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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
179	159	Edgar Jacinto	CPR A-DO-BARBAS	46:25	+15:56	04:38	
180	200	Hugo Lopes	Hugo Lopes	46:25	+15:56	04:39	
181	122	António Morgado	Chitas de Alcobaça	46:26	+15:57	04:39	
182	90	Pedro Silva	CASA DO BENFICA EM ABRANTES	46:27	+15:58	04:39	
183	458	Nuno Manuel Lopes Vieira	Individual	46:27	+15:58	04:39	
184	498	David Lopes	Individual	46:32	+16:03	04:39	
185	399	Emmanuel Domingos	Individual	46:34	+16:05	04:39	
186	647	João Mendonça	Team P. Moles	46:40	+16:11	04:40	
187	33	Renato Madureira	ADNO Nucleoeiras	46:41	+16:12	04:40	
188	103	HUGO NUNES	CASA POVO ALCANENA	46:44	+16:15	04:40	
189	420	Luis Fernandes	Individual	46:47	+16:18	04:41	
190	375	João Rodrigues	Individual	46:49	+16:20	04:41	
191	435	Sérgio Martinho	Individual	46:55	+16:26	04:42	
192	524	José Alberto Pereira Monteiro	Individual	46:56	+16:27	04:42	
193	247	André Atalaia Martins	Individual	47:03	+16:34	04:42	
194	489	Raul Jorge	Individual	47:05	+16:36	04:43	
195	369	Fábio Costa	Individual	47:06	+16:37	04:43	
196	211	Bárbara Nunes Poupino	Individual	47:11	+16:42	04:43	
197	280	Jose Carvalho	Individual	47:12	+16:43	04:43	
198	336	Minervina Oliveira Soares	Individual	47:12	+16:43	04:43	
199	84	Ana Damas	CASA DO BENFICA EM ABRANTES	47:21	+16:52	04:44	
200	291	Pedro Correia	Individual	47:25	+16:56	04:44	
201	471	Tiago Moreira	Individual	47:25	+16:56	04:45	
202	116	Tiago Alexandre Pombo dos Santos	CDRConcavada Running	47:28	+16:59	04:45	
203	175	Filipe Cotovio	DevíamosTerFicadoEmCasa	47:34	+17:05	04:45	
204	600	Wesley Rando	Rando	47:35	+17:06	04:46	
205	167	William Benson	CRCPZ Brasões	47:36	+17:07	04:46	
206	475	Carlos Mendes	Individual	47:38	+17:09	04:46	
207	254	Cláudio Antunes	Individual	47:38	+17:09	04:46	
208	559	José Carola	MFGRUPO	47:40	+17:11	04:46	
209	297	Ricardo Alegria	Individual	47:42	+17:13	04:46	
210	94	Manuel António	CASA DO BENFICA EM ABRANTES	47:42	+17:13	04:46	
211	274	Henrique Pinheiro	Individual	47:43	+17:14	04:46	
212	68	Patrícia Lopes	C.C.D. "O ALVITEJO "	47:46	+17:17	04:47	
213	687	Tomás Rodrigues	Trilhos dos Templários / ACR Santa Cita	47:47	+17:18	04:47	
214	694	Luis Alves	Urban Familiy	47:48	+17:19	04:47	
215	523	Hélder Ferreira	Individual	47:54	+17:25	04:47	
216	367	Diogo Trincão	Individual	47:54	+17:25	04:47	
217	14	BLANDINA LOURENÇO	AC VERMOIL	47:54	+17:25	04:47	
218	92	Rui Salgueiro	CASA DO BENFICA EM ABRANTES	47:59	+17:30	04:48	
219	18	DAVID MENDES	AC VERMOIL	48:00	+17:31	04:48	
220	595	Irina Pinto	Pedrógão Triatlo	48:01	+17:32	04:48	
221	623	Paulo Serra	SIMECQ	48:02	+17:33	04:48	
222	120	Pedro Pinto	Chamusca Trail	48:10	+17:41	04:49	
223	231	Margarida Silvestre	Individual	48:11	+17:42	04:49	
224	312	Talysson Soares	Individual	48:12	+17:43	04:49	

PROVA PRINCIPAL - STAGE 1 — 10 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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
225	565	Érica Dias	Núcleo de Juventude do Concelho de Proença-a-Nova (NJCPN)	48:12	+17:43	04:49	
226	628	Afonso Palos	Strix Running/Pata na Poça Flexdata	48:12	+17:43	04:49	
227	546	Jose Santos	Juventude Ouriense	48:14	+17:45	04:49	
228	549	Patrício Gonçalves	Juventude Ouriense	48:14	+17:45	04:49	
229	144	Bruno Carmo	Constância Mountain Runners	48:15	+17:46	04:49	
230	178	Bruno Oliveira	DevíamosTerFicadoEmCasa	48:19	+17:50	04:50	
231	82	João Paulo de Oliveira Jacinto	Carrapiteiro Bike Team	48:22	+17:53	04:50	
232	123	Leonel Campos	CLAC Entroncamento	48:23	+17:54	04:50	
233	183	Paulo Providência	Equipa Diamantino Jorge	48:31	+18:02	04:51	
234	304	Ruben Aleixo	Individual	48:34	+18:05	04:51	
235	296	Ricardo Abreu	Individual	48:34	+18:05	04:51	
236	244	Afonso Gonçalves	Individual	48:35	+18:06	04:51	
237	678	Manuel Martins	THOMAR ATHLETICS	48:37	+18:08	04:52	
238	633	Alberto Carlos Henriques Tadeia	Tadeia	48:43	+18:14	04:52	
239	48	Aníbal Godinho	Aníbal Godinho Training Team	48:44	+18:15	04:52	
240	410	Hilário Silva	Individual	48:45	+18:16	04:52	
241	53	João Serra	Associação de Moradores de Amoreira	48:48	+18:19	04:53	
242	263	Edgar Filipe Gomes Simões	Individual	48:48	+18:19	04:53	
243	482	Luis Miguel Gameiro Inácio Lopes Lopes	Individual	48:51	+18:22	04:53	
244	637	Antonio Cardoso	Taebaek Triângulo Taekwondo	48:53	+18:24	04:53	
245	366	Diogo Malveiro	Individual	48:54	+18:25	04:53	
246	365	Diogo Antunes	Individual	48:55	+18:26	04:53	
247	9	Bruno Fernandes	20cl / km	48:55	+18:26	04:54	
248	403	Gonçalo Águas	Individual	48:56	+18:27	04:54	
249	513	Pedro Ramos	Individual	48:56	+18:27	04:54	
250	470	Tiago Manuel Baptista da Silva Ferreira	Individual	48:59	+18:30	04:54	
251	212	Beatriz Da Luz Nabeiro	Individual	49:01	+18:32	04:54	
252	326	Mónica Ramos	Individual	49:01	+18:32	04:54	
253	58	Telma Azevedo	Autocarro das 6h	49:03	+18:34	04:54	
254	143	Catarina Duarte	Clube Raquel Cabaço	49:04	+18:35	04:54	
255	517	Victor Marques	Individual	49:04	+18:35	04:54	
256	501	Hélder Moringa	Individual	49:09	+18:40	04:55	
257	398	David Fragoso	Individual	49:11	+18:42	04:55	
258	325	Joana Sofia Gomes Leitão	Individual	49:11	+18:42	04:55	
259	219	Claudia Vicentek	Individual	49:14	+18:45	04:55	
260	592	Paulo Silva	OUTCORE	49:17	+18:48	04:56	
261	111	Paulo Guedes	CCDTMetroLX	49:21	+18:52	04:56	
262	257	David Duarte Lopes Pereira	Individual	49:40	+19:11	04:58	
263	382	Luis Mário Résio Fidalgo	Individual	49:40	+19:11	04:58	
264	27	VITOR LOPES	AC VERMOIL	49:46	+19:17	04:59	
265	238	Patrícia Fazenda	Individual	49:48	+19:19	04:59	
266	654	Soraia Fonseca	THOMAR ATHLETICS	49:48	+19:19	04:59	
267	402	flavio santos	Individual	49:50	+19:21	04:59	
268	561	Júlio Cruz	MJJ	49:51	+19:22	04:59	

PROVA PRINCIPAL - STAGE 1 — 10 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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
269	560	João Andrade	MJJ	49:52	+19:23	04:59	
270	695	Joaquim Jesus	Velhos do atletismo	49:53	+19:24	04:59	
271	533	Paulo Fonseca	Individual	49:56	+19:27	05:00	
272	519	Armando Cruz	Individual	49:56	+19:27	05:00	
273	47	Joaquim Vieira	Ama(dores) trail team/ACRU	50:05	+19:36	05:01	
274	171	Diogo Custódio	Daniel Matias	50:07	+19:38	05:01	
275	170	Daniel Matias	Daniel Matias	50:08	+19:39	05:01	
276	345	Rita Alexandra Pereira dos Reis	Individual	50:08	+19:39	05:01	
277	91	Carlos Isidro	CASA DO BENFICA EM ABRANTES	50:09	+19:40	05:01	
278	286	Marco Luís	Individual	50:14	+19:45	05:01	
279	110	Nuno Alexandre Pita	CCDTMetroLX	50:15	+19:46	05:02	
280	277	João Pedro de Sousa Simões	Individual	50:18	+19:49	05:02	
281	307	Rui Lopes	Individual	50:24	+19:55	05:02	
282	705	Fausto Campos	Constância Mountain Runners	50:31	+20:02	05:03	
283	448	Hugo Miguel Martins Fazendeiro	Individual	50:32	+20:03	05:03	
284	684	Luís Marques	TRAMAGAL SPORT UNIÃO	50:33	+20:04	05:03	
285	358	Susana gomes	Individual	50:36	+20:07	05:04	
286	427	Pedro Filipe Cardoso Ferreira	Individual	50:36	+20:07	05:04	
287	504	João José Mendes Moreira Venâncio	Individual	50:36	+20:07	05:04	
288	619	Sandra Silva	SIMECQ	50:44	+20:15	05:04	
289	574	Manuel Torrinha	Nucleo SCP Minde	50:46	+20:17	05:05	
290	163	Nuno Ferreira	CPR A-DO-BARBAS	50:48	+20:19	05:05	
291	635	Maria Abreu	Taebaek Triângulo Taekwondo	50:50	+20:21	05:05	
292	527	Jose Fonseca	Individual	50:54	+20:25	05:05	
293	676	Ernesto Parente	THOMAR ATHLETICS	50:54	+20:25	05:05	
294	10	Patricia Martins	Abranlógica/CBA	50:55	+20:26	05:05	
295	646	Délia Varino	Team P. Moles	50:55	+20:26	05:05	
296	683	JOÃO JOSÉ	TRAMAGAL SPORT UNIÃO	51:00	+20:31	05:06	
297	456	Nelson Moringa	Individual	51:06	+20:37	05:07	
298	378	José Simão	Individual	51:09	+20:40	05:07	
299	417	João Ribeiro	Individual	51:25	+20:56	05:08	
300	156	Sandra Marques	CPR A-DO-BARBAS	51:31	+21:02	05:09	
301	241	Rita Ferreira	Individual	51:31	+21:02	05:09	
302	40	Mariana Grade	Agualva Runners	51:35	+21:06	05:09	
303	203	Dinis Antão	Individual	51:36	+21:07	05:10	
304	681	Marco Andrade	TRAMAGAL SPORT UNIÃO	51:39	+21:10	05:10	
305	390	Tiago Cardoso	Individual	51:46	+21:17	05:11	
306	180	Liliana Lopes	Equipa Diamantino Jorge	51:48	+21:19	05:11	
307	182	Jorge Ribeiro	Equipa Diamantino Jorge	51:48	+21:19	05:11	
308	706	Daniel Cotrim	Individual	51:49	+21:20	05:11	
309	446	Gabriel Rodrigues	Individual	51:49	+21:20	05:11	
310	98	Raquel Anacleto	Casa do Povo de Amiais de Baixo	52:01	+21:32	05:12	
311	531	Mario Correia	Individual	52:01	+21:32	05:12	
312	99	Leonardo Lista	Casa do Povo de Amiais de Baixo	52:02	+21:33	05:12	
313	601	Rubens Rando	Rando	52:11	+21:42	05:13	

PROVA PRINCIPAL - STAGE 1 — 10 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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
314	135	Mario Duarte	Clube Desportivo Moitense	52:18	+21:49	05:14	
315	7	Isabel Antunes	1º Dezembro Queijas	52:22	+21:53	05:14	
316	243	Teresa Santos	Individual	52:23	+21:54	05:14	
317	245	Afonso Mendes	Individual	52:23	+21:54	05:14	
318	445	Frederico Costa	Individual	52:26	+21:57	05:15	
319	649	Ricardo Dias	Team P. Moles	52:28	+21:59	05:15	
320	124	Ana Silva	Clube de Atletismo de Ferreira do Zêzere	52:32	+22:03	05:15	
321	463	Roger Olle Ballus	Individual	52:34	+22:05	05:15	
322	328	Sara Marques	Individual	52:35	+22:06	05:16	
323	409	Hernan Rodriguez	Individual	52:37	+22:08	05:16	
324	236	MATILDE BICO	Individual	52:45	+22:16	05:16	
325	207	Ana Cecília Cruz da Rocha	Individual	52:47	+22:18	05:17	
326	290	Pedro Campos	Individual	52:51	+22:22	05:17	
327	372	George Turner	Individual	52:51	+22:22	05:17	
328	354	Nicky Botwright	Individual	52:51	+22:22	05:17	
329	83	Arlindo Maduro	Casa do Benfica de Tomar	52:53	+22:24	05:17	
330	356	Sónia Bento	Individual	52:53	+22:24	05:17	
331	338	Tânia Santo	Individual	52:53	+22:24	05:17	
332	380	Leonardo Mota	Individual	52:58	+22:29	05:18	
333	558	Alexandre Carola	MFGRUPO	53:01	+22:32	05:18	
334	663	Joana Tereso	THOMAR ATHLETICS	53:07	+22:38	05:19	
335	493	António Marques	Individual	53:11	+22:42	05:19	
336	679	Paulo Saldanha	THOMAR ATHLETICS	53:14	+22:45	05:19	
337	568	Catarina costa	Nucleo SCP Minde	53:14	+22:45	05:19	
338	594	Margarida Salomé de Magalhães Lopes	Pedrógão Triatlo	53:16	+22:47	05:20	
339	397	Bruno Miguel Eufrázio Morais	Individual	53:17	+22:48	05:20	
340	260	Diogo Governo	Individual	53:17	+22:48	05:20	
341	298	Ricardo Ferreira	Individual	53:25	+22:56	05:21	
342	693	Fabiana Oliveira	Urban Familiy	53:25	+22:56	05:21	
343	301	Ricardo São Pedro	Individual	53:30	+23:01	05:21	
344	585	Catia Isabel Verissimo Silva	OUTCORE	53:37	+23:08	05:22	
345	675	Antonio Serafim	THOMAR ATHLETICS	53:38	+23:09	05:22	
346	465	Sérgio Augusto Sanches Rodrigues	Individual	53:39	+23:10	05:22	
347	551	Alesandra Nunes Batista	Kai e Ale	53:40	+23:11	05:22	
348	139	LUIS MANUEL DA SILVA CARVALHO DOS SANTOS	CLUBE ESTRELA VERDE	53:41	+23:12	05:22	
349	518	Albino Jesus Tavares Vicente	Individual	53:43	+23:14	05:22	
350	613	Carlos Duarte	SCOCS - Sport Clube Operário de Cem Soldos	53:46	+23:17	05:23	
351	550	Renato Lopes	Juventude Ouriense	53:48	+23:19	05:23	
352	363	Antonio Coutinho	Individual	53:50	+23:21	05:23	
353	612	Carla Silvério	SCOCS - Sport Clube Operário de Cem Soldos	53:53	+23:24	05:23	
354	436	Sérgio Miguel Santos Pereira de Oliveira	Individual	53:55	+23:26	05:24	
355	616	José Luís	Serviços Sociais Montepio	53:56	+23:27	05:24	
356	379	Juliano de Assis dos Santos Branco	Individual	53:56	+23:27	05:24	
357	292	Pedro Maçarico	Individual	53:57	+23:28	05:24	

PROVA PRINCIPAL - STAGE 1 — 10 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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
358	395	André Franco	Individual	54:05	+23:36	05:25	
359	121	Anabela Ferreira	Chitas de Alcobaça	54:09	+23:40	05:25	
360	377	José Guia	Individual	54:12	+23:43	05:25	
361	547	Eva Reis	Juventude Ouriense	54:13	+23:44	05:25	
362	339	Tatiana Iria	Individual	54:15	+23:46	05:25	
363	505	João Luis Geada	Individual	54:17	+23:48	05:26	
364	578	Bauduino Ferreira	Nucleo SCP Minde	54:22	+23:53	05:26	
365	406	Helder Henrique Nunes Martins	Individual	54:22	+23:53	05:26	
366	12	MARTA FONSECA	AC VERMOIL	54:24	+23:55	05:26	
367	329	Solange Ribeiro	Individual	54:36	+24:07	05:28	
368	391	Tiago Domingues	Individual	54:36	+24:07	05:28	
369	418	João Teles	Individual	54:38	+24:09	05:28	
370	300	Ricardo Pimentel	Individual	54:39	+24:10	05:28	
371	413	João Fernandes	Individual	54:50	+24:21	05:29	
372	131	Fernando POmbo	Clube Desportivo em Movimento	54:54	+24:25	05:29	
373	152	Soraia Cardeira	CPR A-DO-BARBAS	55:00	+24:31	05:30	
374	651	Inês Melo Roque	THOMAR ATHLETICS	55:01	+24:32	05:30	
375	677	João Manuel Mendonça Roque	THOMAR ATHLETICS	55:03	+24:34	05:30	
376	490	Rodrigo da Costa Martins	Individual	55:04	+24:35	05:30	
377	447	Gonçalo Nuno Neto Pereira	Individual	55:11	+24:42	05:31	
378	564	João Martins	NO TOMORROW	55:13	+24:44	05:31	
379	563	Diogo Pereira	NO TOMORROW	55:13	+24:44	05:31	
380	495	Carlos Magalhães	Individual	55:23	+24:54	05:32	
381	270	Guilherme Filipe Marques Almeida	Individual	55:28	+24:59	05:33	
382	689	Francisco Confraria	Trilhos dos Templários / ACR Santa Cita	55:35	+25:06	05:34	
383	690	Leonel Dionísio	Trilhos dos Templários / ACR Santa Cita	55:35	+25:06	05:34	
384	423	Nuno Luz Camara Pestana	Individual	55:38	+25:09	05:34	
385	318	Tomás Ornelas	Individual	55:39	+25:10	05:34	
386	599	Dino Ramos	Ramos & Pereira	55:43	+25:14	05:34	
387	641	Daniel Pais	Team P. Moles	55:49	+25:20	05:35	
388	569	Vera Ferreira	Nucleo SCP Minde	55:54	+25:25	05:35	
389	571	David Gonçalves	Nucleo SCP Minde	55:54	+25:25	05:35	
390	86	Mara Lavrador	CASA DO BENFICA EM ABRANTES	55:56	+25:27	05:36	
391	173	Bárbara Oliveira	DevíamosTerFicadoEmCasa	56:01	+25:32	05:36	
392	452	Jorge sousa silva	Individual	56:05	+25:36	05:36	
393	590	Sónia Patrício	OUTCORE	56:07	+25:38	05:37	
394	515	Rui Manuel Farinha Freire Rodrigues	Individual	56:21	+25:52	05:38	
395	644	Marisa Silva	Team P. Moles	56:21	+25:52	05:38	
396	8	Jorge Monteiro	1º Dezembro Queijas	56:21	+25:52	05:38	
397	648	Fábio Oliveira	Team P. Moles	56:21	+25:52	05:38	
398	512	PEDRO BICO	Individual	56:25	+25:56	05:38	
399	508	José Pinheiro	Individual	56:29	+26:00	05:39	
400	532	Miguel Bastos	Individual	56:34	+26:05	05:39	
401	261	Diogo Henriques	Individual	56:35	+26:06	05:40	
402	530	MANUEL GRACIO	Individual	56:38	+26:09	05:40	

PROVA PRINCIPAL - STAGE 1 — 10 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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
403	309	Rui Pereira	Individual	56:39	+26:10	05:40	
404	645	Magda Bretes	Team P. Moles	56:43	+26:14	05:40	
405	618	Cristina Oliveira	SIMECQ	56:47	+26:18	05:41	
406	627	Vitor Vital	SIMECQ	56:48	+26:19	05:41	
407	215	Camila Fernandes	Individual	56:52	+26:23	05:41	
408	552	Kaichiro Celso Fukuda Godoi	Kai e Ale	56:52	+26:23	05:41	
409	443	Daniel Cabrita	Individual	56:55	+26:26	05:41	
410	308	Rui Mendes	Individual	56:55	+26:26	05:42	
411	46	António Gonçalves	Alverca Urban Runners	56:58	+26:29	05:42	
412	72	Horácio Ruivo	C.C.D. "O ALVITEJO "	57:02	+26:33	05:42	
413	57	Carlos Miguel Cardoso	Associação Humanitária Bombeiros Voluntários Vila de Rei	57:05	+26:36	05:43	
414	235	Marina R Jorge	Individual	57:20	+26:51	05:44	
415	429	Pedro Pereira	Individual	57:23	+26:54	05:44	
416	181	Mónica Parente	Equipa Diamantino Jorge	57:33	+27:04	05:45	
417	691	rui estanqueiro	U.D.R.ZONA ALTA	57:39	+27:10	05:46	
418	322	Célia Domingues	Individual	57:41	+27:12	05:46	
419	629	Nuno Oliveira	Strix Running/Pata na Poça Flexdata	57:41	+27:12	05:46	
420	474	Carlos Manuel Rodrigues de Matos	Individual	57:43	+27:14	05:46	
421	696	Ruth Lopes	ZTH	57:46	+27:17	05:47	
422	587	Mariana Costa	OUTCORE	57:50	+27:21	05:47	
423	168	Cristiano Ribeiro	cristiano ribeiro	57:51	+27:22	05:47	
424	469	Tiago Freitas	Individual	57:51	+27:22	05:47	
425	697	José Lopes	ZTH	57:57	+27:28	05:48	
426	460	Paulo Pereira	Individual	58:01	+27:32	05:48	
427	142	MARIO RUI TAVARES ROMAO	Clube Millennium BCP	58:01	+27:32	05:48	
428	346	Rita Jorge	Individual	58:03	+27:34	05:48	
429	582	Sandra Arraias	Os Arraias	58:05	+27:36	05:48	
430	349	Cristina Castanheiro	Individual	58:15	+27:46	05:50	
431	16	ELSA SOARES	AC VERMOIL	58:18	+27:49	05:50	
432	176	Hugo Pereira	DevíamosTerFicadoEmCasa	58:19	+27:50	05:50	
433	59	Luís Pires	Autocarro das 6h	58:20	+27:51	05:50	
434	137	Daniela Lopes	CLUBE ESTRELA VERDE	58:22	+27:53	05:50	
435	138	Daniel Bexiga	CLUBE ESTRELA VERDE	58:23	+27:54	05:50	
436	79	João Resende	CA Barreira	58:25	+27:56	05:50	
437	288	Miguel Leitão	Individual	58:37	+28:08	05:52	
438	688	Renato André	Trilhos dos Templários / ACR Santa Cita	58:42	+28:13	05:52	
439	709	TIAGO MIGUEL PATRICIO ROSA	Clube Millennium BCP	58:44	+28:15	05:52	
440	69	Helena Pereira	C.C.D. "O ALVITEJO "	58:48	+28:19	05:53	
441	335	Marlene Pinto	Individual	58:52	+28:23	05:53	
442	348	Sofia galinha	Individual	58:52	+28:23	05:53	
443	516	Rui Oliveira	Individual	58:53	+28:24	05:53	
444	373	Gonçalo Leitão	Individual	58:54	+28:25	05:53	
445	342	Esther Turner	Individual	58:57	+28:28	05:54	
446	603	Nair Barroso	Revolution	59:02	+28:33	05:54	
447	425	Nuno sousa	Individual	59:05	+28:36	05:54	

PROVA PRINCIPAL - STAGE 1 — 10 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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
448	556	Ana Correia	Mary's	59:14	+28:45	05:55	
449	557	Sofia Alcobia	Mary's	59:14	+28:45	05:55	
450	580	Célia de Almeida	Opticalia de Abrantes	59:15	+28:46	05:56	
451	434	Rui Carvalho	Individual	59:18	+28:49	05:56	
452	230	Lea Lourenço	Individual	59:28	+28:59	05:57	
453	610	Victor Agostinho	RX RUNNERS	59:30	+29:01	05:57	
454	96	Vera Tolêdo	Casa do Benfica em Algueirão Mem Martins	59:34	+29:05	05:57	
455	266	Francisco godinho	Individual	59:36	+29:07	05:58	
456	251	Bruno Matias	Individual	59:39	+29:10	05:58	
457	179	Vera Dias	Equipa Diamantino Jorge	59:40	+29:11	05:58	
458	31	LEANDRO SANTOS	AC VERMOIL	59:42	+29:13	05:58	
459	624	Miguel Lourenço	SIMECQ	59:44	+29:15	05:58	
460	617	André Viseu	SIMECQ	59:44	+29:15	05:58	
461	97	Adalberto Grilo	Casa do Benfica em Algueirão Mem Martins	59:47	+29:18	05:59	
462	281	José Manuel dos Reis Prazeres	Individual	59:48	+29:19	05:59	
463	232	Mariana Almeida	Individual	59:49	+29:20	05:59	
464	491	Sérgio Mendes	Individual	59:51	+29:22	05:59	
465	588	Mariana Parente Pereira	OUTCORE	59:51	+29:22	05:59	
466	389	Ricardo Farinha	Individual	59:53	+29:24	05:59	
467	206	Ana Carolina Inocencio	Individual	59:53	+29:24	05:59	
468	454	Luís Esteves	Individual	59:59	+29:30	06:00	
469	586	Inês Rodrigues	OUTCORE	01:00:00	+29:31	06:00	
470	85	Joana Garcia	CASA DO BENFICA EM ABRANTES	01:00:02	+29:33	06:00	
471	589	Sofia Alcobia	OUTCORE	01:00:09	+29:40	06:01	
472	344	Paula Cruz	Individual	01:00:18	+29:49	06:02	
473	54	Alice Ferreira	Associação de Toledo	01:00:24	+29:55	06:02	
474	473	Carlos fontinha	Individual	01:00:25	+29:56	06:03	
475	225	Inês Moreira	Individual	01:00:29	+30:00	06:03	
476	340	Veronica Almeida	Individual	01:00:30	+30:01	06:03	
477	415	João Gameiro	Individual	01:00:37	+30:08	06:04	
478	439	Tiago Miguel Baptista Dias	Individual	01:00:51	+30:22	06:05	
479	620	Ana Paula Nunes	SIMECQ	01:01:14	+30:45	06:07	
480	384	Martinho Silvestre	Individual	01:01:16	+30:47	06:08	
481	625	Flamino Santos	SIMECQ	01:01:16	+30:47	06:08	
482	321	Carin Silvestre	Individual	01:01:17	+30:48	06:08	
483	457	Nuno Contente	Individual	01:01:24	+30:55	06:08	
484	140	MARINA ISABEL FERREIRA MORGADO	Clube Millennium BCP	01:01:31	+31:02	06:09	
485	198	Ana Ascenção	Hipódromo da Abrançalha	01:01:32	+31:03	06:09	
486	242	Tânia Santos	Individual	01:01:39	+31:10	06:10	
487	221	Cristiana Santos	Individual	01:01:43	+31:14	06:10	
488	222	Ester Lima	Individual	01:01:50	+31:21	06:11	
489	32	Joao Graça	ACRM Silveirinha Grande Claras	01:01:50	+31:21	06:11	
490	347	Sandra Cristina Dias de Matos	Individual	01:01:52	+31:23	06:11	
491	229	Joana Silva	Individual	01:02:01	+31:32	06:12	
492	692	Maria Ferreira	Unidos Run Team / As Oliveirinhas	01:02:01	+31:32	06:12	

PROVA PRINCIPAL - STAGE 1 — 10 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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
493	233	Mariana Carqueija Casimiro	Individual	01:02:03	+31:34	06:12	
494	258	David Miguel Clérigo Fernandes	Individual	01:02:04	+31:35	06:12	
495	172	Flávio Costa	Daniel Matias	01:02:20	+31:51	06:14	
496	112	Rui Pastor	CCDTMetroLX	01:02:24	+31:55	06:14	
497	440	Antono Castanheira	Individual	01:02:32	+32:03	06:15	
498	476	Eusébio Pratas Mendes Abreu	Individual	01:02:37	+32:08	06:16	
499	64	David Polido	Beer Squad Run	01:02:40	+32:11	06:16	
500	302	Ricardo Silvares	Individual	01:02:44	+32:15	06:16	
501	602	Verónica Raposo	Revolution	01:02:50	+32:21	06:17	
502	253	Bruno Pescador	Individual	01:02:51	+32:22	06:17	
503	487	Pedro Lopes	Individual	01:02:56	+32:27	06:18	
504	500	Filipe Cadima	Individual	01:02:56	+32:27	06:18	
505	639	Leila Regina Homem Duarte	Team P. Moles	01:02:59	+32:30	06:18	
506	218	Catarina Ferreira	Individual	01:03:06	+32:37	06:19	
507	213	Beatriz Henriques	Individual	01:03:21	+32:52	06:20	
508	282	Leonardo Leiria	Individual	01:03:23	+32:54	06:20	
509	577	Antonio Seca	Nucleo SCP Minde	01:03:24	+32:55	06:20	
510	332	Carla Macedo	Individual	01:03:30	+33:01	06:21	
511	187	Mário Pereira	Eu sou mais bolos	01:03:58	+33:29	06:24	
512	477	Fernando Martins	Individual	01:04:04	+33:35	06:24	
513	102	PAULA FEITOR	CASA POVO ALCANENA	01:04:26	+33:57	06:27	
514	330	Tatiana Madeira	Individual	01:04:32	+34:03	06:27	
515	343	Marcia Isabel Dias Santosu	Individual	01:04:42	+34:13	06:28	
516	341	Ana Lúcia Macide	Individual	01:04:45	+34:16	06:29	
517	306	Rui Branco	Individual	01:04:47	+34:18	06:29	
518	209	Ana Rita Júlio	Individual	01:04:48	+34:19	06:29	
519	81	Helena Isabel Campos Damas	Carrapiteiro Bike Team	01:04:51	+34:22	06:29	
520	334	Filipa Moutinho	Individual	01:04:53	+34:24	06:29	
521	540	PAULO JESUS	INDUSTRIAL DESPORTIVO VIEIRENSE	01:04:54	+34:25	06:29	
522	273	Henrique José Lopes Matos	Individual	01:05:01	+34:32	06:30	
523	634	Rita Cardoso	Taebaek Triângulo Taekwondo	01:05:12	+34:43	06:31	
524	371	Francisco Andre	Individual	01:05:30	+35:01	06:33	
525	699	Júlio Batista	Individual	01:05:45	+35:16	06:34	
526	707	Ana Campenhe	Individual	01:05:45	+35:16	06:35	
527	479	João Rosa	Individual	01:06:06	+35:37	06:37	
528	520	Assael Guzinski	Individual	01:06:11	+35:42	06:37	
529	208	Ana Moreira	Individual	01:06:16	+35:47	06:38	
530	202	Cristiano Garcia	Individual	01:06:20	+35:51	06:38	
531	174	Brenda Oliveira	DevíamosTerFicadoEmCasa	01:06:22	+35:53	06:38	
532	177	Micael Cotovio	DevíamosTerFicadoEmCasa	01:06:45	+36:16	06:40	
533	299	Ricardo Mendes	Individual	01:06:46	+36:17	06:41	
534	185	Filipa Casimiro	Eu sou mais bolos	01:07:05	+36:36	06:42	
535	350	Elsa Soares	Individual	01:07:07	+36:38	06:43	
536	583	Beatriz Graça	OUTCORE	01:07:09	+36:40	06:43	
537	114	Francisco Plínio	CCDTMetroLX	01:07:17	+36:48	06:44	
538	575	Paulo Vicente	Nucleo SCP Minde	01:07:19	+36:50	06:44	

PROVA PRINCIPAL - STAGE 1 — 10 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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
539	615	Sónia Borrego	Serviços Sociais Montepio	01:07:38	+37:09	06:46	
540	217	Carolina Silva	Individual	01:07:38	+37:09	06:46	
541	228	Joana Nunes	Individual	01:07:52	+37:23	06:47	
542	353	Margarida Rodrigues	Individual	01:07:53	+37:24	06:47	
543	579	Inês Tome	Opticalia de Abrantes	01:08:07	+37:38	06:49	
544	408	Hermenegildo Quelopa Chitocota Augusto	Individual	01:08:16	+37:47	06:50	
545	136	Albano da Silva Furtado Ginja	CLUBE DO SARGENTO DA ARMADA	01:08:20	+37:51	06:50	
546	570	Teresa Ferreira	Nucleo SCP Minde	01:08:21	+37:52	06:50	
547	324	Helia Jeremias	Individual	01:08:22	+37:53	06:50	
548	147	Carla Alexandra Lousã Machado	Correr os km a sorrir	01:08:29	+38:00	06:51	
549	146	Lidia Vaculenco	Correr os km a sorrir	01:08:29	+38:00	06:51	
550	52	Rui Gonçalves	Arripiadinhos	01:08:38	+38:09	06:52	
551	67	Rui Perdigão	C.A.S.P.A - CLUBE DE ATLETISMO SÓ PARA ATLETISMO	01:08:59	+38:30	06:54	
552	511	Paulo Jorge Almeida Fernandes	Individual	01:09:00	+38:31	06:54	
553	294	Rafael Ferreira	Individual	01:09:03	+38:34	06:54	
554	555	Claudia Barreiro	Mar.Team.Chel	01:09:07	+38:38	06:55	
555	319	Vasco Braguês Marcelo	Individual	01:09:15	+38:46	06:55	
556	148	Janilce Negrão	Corridas no Terreno	01:09:22	+38:53	06:56	
557	149	Antonio Martins	Corridas no Terreno	01:09:22	+38:53	06:56	
558	333	Fabiana Lima de Sá	Individual	01:09:26	+38:57	06:57	
559	55	Cláudia Moreira	Associação de Toledo	01:09:39	+39:10	06:58	
560	584	Beatriz Pimpão	OUTCORE	01:09:41	+39:12	06:58	
561	411	Ivo Ricardo Dias Rosa	Individual	01:09:54	+39:25	06:59	
562	220	Cristiana Pereira	Individual	01:10:19	+39:50	07:02	
563	357	Anabela Fonseca	Individual	01:10:23	+39:54	07:02	
564	237	Patrícia Dias	Individual	01:10:27	+39:58	07:03	
565	660	Pedro Lopes	THOMAR ATHLETICS	01:10:27	+39:58	07:03	
566	256	Daniel Filipe	Individual	01:10:33	+40:04	07:03	
567	214	Camila Alves da Silva	Individual	01:11:10	+40:41	07:07	
568	444	Filipe Pires	Individual	01:11:33	+41:04	07:09	
569	271	Guilherme Francisco	Individual	01:11:33	+41:04	07:09	
570	368	Emanuel Coelho	Individual	01:11:52	+41:23	07:11	
571	73	José Marques	C.C.D. "O ALVITEJO "	01:12:04	+41:35	07:12	
572	70	Helena Pires	C.C.D. "O ALVITEJO "	01:12:14	+41:45	07:13	
573	355	Sara Castelo	Individual	01:12:24	+41:55	07:14	
574	259	Dinis Gaspar Godinho	Individual	01:12:25	+41:56	07:15	
575	255	Cristiano Coelho	Individual	01:12:26	+41:57	07:15	
576	359	Isabel Caldelas	Individual	01:13:17	+42:48	07:20	
577	223	Inês Braguês Marcelo	Individual	01:13:47	+43:18	07:23	
578	227	Íris Maria Falcão Bexiga Costa	Individual	01:13:47	+43:18	07:23	
579	351	Laurinda Isabel Marques de Almeida Braguês Marcelo	Individual	01:13:48	+43:19	07:23	
580	331	Vânia carina Ferreira Garcia	Individual	01:14:10	+43:41	07:25	
581	65	Carolina Salgueiro	C.A.S.P.A - CLUBE DE ATLETISMO SÓ PARA ATLETISMO	01:14:15	+43:46	07:25	

PROVA PRINCIPAL - STAGE 1 — 10 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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
582	66	Pedro Salgueiro	C.A.S.P.A - CLUBE DE ATLETISMO SÓ PARA ATLETISMO	01:14:16	+43:47	07:26	
583	49	Ana Gonçalves	Arripiadinhos	01:14:25	+43:56	07:26	
584	310	Sandro Jacinto	Individual	01:14:25	+43:56	07:27	
585	327	Nadia Oliveira	Individual	01:14:41	+44:12	07:28	
586	364	António Oliveira	Individual	01:14:41	+44:12	07:28	
587	704	Maria Campos	Constância Mountain Runners	01:15:11	+44:42	07:31	
588	264	Emanuel Gonçalves Marmelo	Individual	01:15:21	+44:52	07:32	
589	239	Patrícia Isabel Sobral Rodrigues	Individual	01:15:22	+44:53	07:32	
590	572	Franscico Vicente	Nucleo SCP Minde	01:15:39	+45:10	07:34	
591	210	Bárbara Mendonça	Individual	01:16:00	+45:31	07:36	
592	461	Ricardo Brízido	Individual	01:16:05	+45:36	07:36	
593	438	Tiago Dionizio	Individual	01:16:37	+46:08	07:40	
594	186	Renata Casimiro	Eu sou mais bolos	01:16:57	+46:28	07:42	
595	234	Mariana Varela	Individual	01:17:23	+46:54	07:44	
596	287	Martim Henriques	Individual	01:17:23	+46:54	07:44	
597	622	Madalena Magalhães	SIMECQ	01:17:41	+47:12	07:46	
598	216	Carolina Baptista	Individual	01:19:15	+48:46	07:55	
599	62	Joana Castanheira	Beer Squad Run	01:19:15	+48:46	07:56	
600	119	OTILIA VEDOR	Chamusca Trail	01:22:57	+52:28	08:18	
601	50	Ana Casaleiro	Arripiadinhos	01:23:47	+53:18	08:23	
602	56	Teresa Alves	Associação de Toledo	01:25:15	+54:46	08:32	
603	71	António Moura	C.C.D. "O ALVITEJO "	01:25:48	+55:19	08:35	
604	450	João Carlos Neto Cordeiro da Cruz Dias	Individual	01:28:16	+57:47	08:50	
605	638	Rui Melão	Taebaek Triângulo Taekwondo	01:37:18	+01:06:49	09:44	

Prova Principal — 10 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

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

	Time	Temperature	Humidity
Start	10:25	19,2ºC	61%
End	12:11	19,2ºC	61%

Junior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	651	Inês Melo Roque	THOMAR ATHLETICS	Junior Feminino	55:01		05:30
2	54	Alice Ferreira	Associação de Toledo	Junior Feminino	01:00:24	+05:22	06:02

Junior Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	205	Pedro Rafael do Carmo Rocha	Individual	Junior Masculino	38:20		03:50
2	150	David Pereira	CPR A-DO-BARBAS	Junior Masculino	44:23	+06:02	04:26
3	204	Gonçalo Duarte	Individual	Junior Masculino	45:38	+07:18	04:34
4	203	Dinis Antão	Individual	Junior Masculino	51:36	+13:15	05:10
5	202	Cristiano Garcia	Individual	Junior Masculino	01:06:20	+28:00	06:38

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	226	Ingrid Andersen	Individual	Senior Feminino	38:45		03:53
2	605	Rita Furtado	RUN TEJO - PREVENT SPRAIN	Senior Feminino	39:36	+00:50	03:58
3	535	ADRIANA COELHO	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Feminino	40:47	+02:01	04:05
4	211	Bárbara Nunes Poupino	Individual	Senior Feminino	47:11	+08:25	04:43
5	231	Margarida Silvestre	Individual	Senior Feminino	48:11	+09:25	04:49
6	212	Beatriz Da Luz Nabeiro	Individual	Senior Feminino	49:01	+10:15	04:54
7	143	Catarina Duarte	Clube Raquel Cabaço	Senior Feminino	49:04	+10:18	04:54
8	219	Claudia Vicentek	Individual	Senior Feminino	49:14	+10:28	04:55
9	238	Patrícia Fazenda	Individual	Senior Feminino	49:48	+11:02	04:59
10	654	Soraia Fonseca	THOMAR ATHLETICS	Senior Feminino	49:48	+11:02	04:59
11	241	Rita Ferreira	Individual	Senior Feminino	51:31	+12:46	05:09
12	98	Raquel Anacleto	Casa do Povo de Amiais de Baixo	Senior Feminino	52:01	+13:15	05:12
13	243	Teresa Santos	Individual	Senior Feminino	52:23	+13:37	05:14
14	236	MATILDE BICO	Individual	Senior Feminino	52:45	+13:59	05:16
15	207	Ana Cecília Cruz da Rocha	Individual	Senior Feminino	52:47	+14:02	05:17
16	693	Fabiana Oliveira	Urban Familiy	Senior Feminino	53:25	+14:40	05:21
17	585	Catia Isabel Verissimo Silva	OUTCORE	Senior Feminino	53:37	+14:52	05:22
18	12	MARTA FONSECA	AC VERMOIL	Senior Feminino	54:24	+15:38	05:26
19	152	Soraia Cardeira	CPR A-DO-BARBAS	Senior Feminino	55:00	+16:14	05:30
20	173	Bárbara Oliveira	DevíamosTerFicadoEmCasa	Senior Feminino	56:01	+17:16	05:36
21	590	Sónia Patrício	OUTCORE	Senior Feminino	56:07	+17:22	05:37
22	215	Camila Fernandes	Individual	Senior Feminino	56:52	+18:06	05:41
23	235	Marina R Jorge	Individual	Senior Feminino	57:20	+18:34	05:44
24	587	Mariana Costa	OUTCORE	Senior Feminino	57:50	+19:05	05:47
25	137	Daniela Lopes	CLUBE ESTRELA VERDE	Senior Feminino	58:22	+19:36	05:50

Prova Principal — 10 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

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

26	556	Ana Correia	Mary's	Senior Feminino	59:14	+20:28	05:55
27	557	Sofia Alcobia	Mary's	Senior Feminino	59:14	+20:28	05:55
28	230	Lea Lourenço	Individual	Senior Feminino	59:28	+20:42	05:57
29	232	Mariana Almeida	Individual	Senior Feminino	59:49	+21:03	05:59
30	588	Mariana Parente Pereira	OUTCORE	Senior Feminino	59:51	+21:05	05:59
31	206	Ana Carolina Inocencio	Individual	Senior Feminino	59:53	+21:08	05:59
32	586	Inês Rodrigues	OUTCORE	Senior Feminino	01:00:00	+21:14	06:00
33	589	Sofia Alcobia	OUTCORE	Senior Feminino	01:00:09	+21:23	06:01
34	225	Inês Moreira	Individual	Senior Feminino	01:00:29	+21:43	06:03
35	242	Tânia Santos	Individual	Senior Feminino	01:01:39	+22:53	06:10
36	221	Cristiana Santos	Individual	Senior Feminino	01:01:43	+22:57	06:10
37	222	Ester Lima	Individual	Senior Feminino	01:01:50	+23:04	06:11
38	229	Joana Silva	Individual	Senior Feminino	01:02:01	+23:15	06:12
39	692	Maria Ferreira	Unidos Run Team / As Oliveirinhas	Senior Feminino	01:02:01	+23:15	06:12
40	233	Mariana Carqueija Casimiro	Individual	Senior Feminino	01:02:03	+23:18	06:12
41	602	Verónica Raposo	Revolution	Senior Feminino	01:02:50	+24:04	06:17
42	639	Leila Regina Homem Duarte	Team P. Moles	Senior Feminino	01:02:59	+24:13	06:18
43	218	Catarina Ferreira	Individual	Senior Feminino	01:03:06	+24:20	06:19
44	213	Beatriz Henriques	Individual	Senior Feminino	01:03:21	+24:36	06:20
45	209	Ana Rita Júlio	Individual	Senior Feminino	01:04:48	+26:02	06:29
46	634	Rita Cardoso	Taebaek Triângulo Taekwondo	Senior Feminino	01:05:12	+26:26	06:31
47	208	Ana Moreira	Individual	Senior Feminino	01:06:16	+27:30	06:38
48	174	Brenda Oliveira	DevíamosTerFicadoEmCasa	Senior Feminino	01:06:22	+27:36	06:38
49	583	Beatriz Graça	OUTCORE	Senior Feminino	01:07:09	+28:23	06:43
50	217	Carolina Silva	Individual	Senior Feminino	01:07:38	+28:52	06:46
51	228	Joana Nunes	Individual	Senior Feminino	01:07:52	+29:06	06:47
52	146	Lidia Vaculenco	Correr os km a sorrir	Senior Feminino	01:08:29	+29:43	06:51
53	584	Beatriz Pimpão	OUTCORE	Senior Feminino	01:09:41	+30:55	06:58
54	220	Cristiana Pereira	Individual	Senior Feminino	01:10:19	+31:33	07:02
55	237	Patrícia Dias	Individual	Senior Feminino	01:10:27	+31:41	07:03
56	214	Camila Alves da Silva	Individual	Senior Feminino	01:11:10	+32:24	07:07
57	223	Inês Braguês Marcelo	Individual	Senior Feminino	01:13:47	+35:01	07:23
58	227	Íris Maria Falcão Bexiga Costa	Individual	Senior Feminino	01:13:47	+35:01	07:23
59	65	Carolina Salgueiro	C.A.S.P.A - CLUBE DE ATLETISMO SÓ PARA ATLETISMO	Senior Feminino	01:14:15	+35:29	07:25
60	49	Ana Gonçalves	Arripiadinhos	Senior Feminino	01:14:25	+35:39	07:26
61	239	Patrícia Isabel Sobral Rodrigues	Individual	Senior Feminino	01:15:22	+36:36	07:32
62	210	Bárbara Mendonça	Individual	Senior Feminino	01:16:00	+37:14	07:36
63	234	Mariana Varela	Individual	Senior Feminino	01:17:23	+38:37	07:44
64	216	Carolina Baptista	Individual	Senior Feminino	01:19:15	+40:29	07:55

Senior Masculino

1	126	Filipe Vitorino	Clube de Natação de Rio Maior	Senior Masculino	30:29		03:03
2	127	Tomás Cerveira	Clube de Natação de Rio Maior	Senior Masculino	31:50	+01:21	03:11
3	655	Alexandre Silva	THOMAR ATHLETICS	Senior Masculino	32:32	+02:02	03:15

Prova Principal — 10 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

OFFICIAL RESULT

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4	657	Kylix Afonso	THOMAR ATHLETICS	Senior Masculino	33:16	+02:46	03:20
5	567	Martim Rodrigo Gomes Salvador	Núcleo do Sporting de Almada	Senior Masculino	33:18	+02:48	03:20
6	289	Paulo Pereira	Individual	Senior Masculino	34:23	+03:54	03:26
7	153	Filipe Azevedo	CPR A-DO-BARBAS	Senior Masculino	34:42	+04:13	03:28
8	658	Nuno Filipe Gonçalves Ferreira	THOMAR ATHLETICS	Senior Masculino	35:29	+04:59	03:33
9	659	Nuno Santos	THOMAR ATHLETICS	Senior Masculino	35:34	+05:05	03:33
10	279	João Santos	Individual	Senior Masculino	36:00	+05:30	03:36
11	536	ALÉXIS ROCHA	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Masculino	36:22	+05:53	03:38
12	188	David Carreira	Fátima Trail Team	Senior Masculino	36:33	+06:03	03:39
13	284	Malte Langager Christensen	Individual	Senior Masculino	37:17	+06:47	03:44
14	37	Justin Vos	Agualva Runners	Senior Masculino	37:48	+07:19	03:47
15	128	Cláudio Bica	Clube Desportivo em Movimento	Senior Masculino	38:06	+07:37	03:49
16	656	João Silva	THOMAR ATHLETICS	Senior Masculino	38:23	+07:53	03:50
17	100	JOÃO SALDANHA	CASA POVO ALCANENA	Senior Masculino	38:35	+08:06	03:52
18	283	Maksym Kravets	Individual	Senior Masculino	38:36	+08:06	03:52
19	303	Rodrigo Arsénio	Individual	Senior Masculino	38:37	+08:08	03:52
20	662	Tiago Paz	THOMAR ATHLETICS	Senior Masculino	39:09	+08:40	03:55
21	248	André Filipe Marques Abreu	Individual	Senior Masculino	39:13	+08:44	03:55
22	13	GUILHERME GASPAR	AC VERMOIL	Senior Masculino	39:27	+08:57	03:57
23	313	Tiago Fábrica	Individual	Senior Masculino	39:29	+09:00	03:57
24	117	David Leal Conde	Chamusca Trail	Senior Masculino	40:06	+09:37	04:01
25	118	Filipe Maurício	Chamusca Trail	Senior Masculino	40:08	+09:38	04:01
26	278	João Piloto	Individual	Senior Masculino	41:26	+10:56	04:09
27	36	Ivandro Moreira	Agualva Runners	Senior Masculino	41:36	+11:06	04:10
28	285	Marco Guerra	Individual	Senior Masculino	41:41	+11:12	04:10
29	591	Fábio Miguel Lopes Abreu	OUTCORE	Senior Masculino	41:43	+11:14	04:10
30	250	Bruno Catarino	Individual	Senior Masculino	42:11	+11:42	04:13
31	642	Francisco Alarico	Team P. Moles	Senior Masculino	42:45	+12:15	04:16
32	686	João Proença	Trilhos dos Templários / ACR Santa Cita	Senior Masculino	42:57	+12:28	04:18
33	252	Bruno Melo	Individual	Senior Masculino	43:09	+12:39	04:19
34	553	Joel Mourão	Katsu Run Club	Senior Masculino	43:25	+12:55	04:20
35	631	José Pedro Mota Tadeia	Tadeia	Senior Masculino	43:45	+13:16	04:23
36	141	Tiago Lázaro	Individual	Senior Masculino	43:45	+13:16	04:23
37	272	Guilherme Mourão	Individual	Senior Masculino	44:24	+13:54	04:26
38	643	Nuno Fernandes	Team P. Moles	Senior Masculino	44:25	+13:56	04:27
39	101	MARYAN TERESHKEVYCH	CASA POVO ALCANENA	Senior Masculino	44:58	+14:29	04:30
40	305	Ruben Miguel Rodrigues Vilela	Individual	Senior Masculino	45:19	+14:50	04:32
41	661	Rodrigo Carrão	THOMAR ATHLETICS	Senior Masculino	45:46	+15:17	04:35
42	311	Simão Alves	Individual	Senior Masculino	45:50	+15:21	04:35
43	640	Alexandre Emanuel Ramos Marques	Team P. Moles	Senior Masculino	45:50	+15:21	04:35
44	315	Tiago Magno	Individual	Senior Masculino	45:57	+15:28	04:36
45	293	Pedro Oliveira	Individual	Senior Masculino	45:59	+15:29	04:36
46	115	Miguel Rento	CDRConcavada Running	Senior Masculino	46:03	+15:33	04:36
47	199	Martim Lopes	Hugo Lopes	Senior Masculino	46:24	+15:55	04:38
48	247	André Atalaia Martins	Individual	Senior Masculino	47:03	+16:34	04:42

Prova Principal — 10 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

OFFICIAL RESULT

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49	280	Jose Carvalho	Individual	Senior Masculino	47:12	+16:43	04:43
50	291	Pedro Correia	Individual	Senior Masculino	47:25	+16:55	04:44
51	175	Filipe Cotovio	DevíamosTerFicadoEmCasa	Senior Masculino	47:34	+17:04	04:45
52	600	Wesley Rando	Rando	Senior Masculino	47:35	+17:06	04:46
53	254	Cláudio Antunes	Individual	Senior Masculino	47:38	+17:09	04:46
54	297	Ricardo Alegria	Individual	Senior Masculino	47:42	+17:13	04:46
55	274	Henrique Pinheiro	Individual	Senior Masculino	47:43	+17:13	04:46
56	687	Tomás Rodrigues	Trilhos dos Templários / ACR Santa Cita	Senior Masculino	47:47	+17:17	04:47
57	312	Talysson Soares	Individual	Senior Masculino	48:12	+17:42	04:49
58	628	Afonso Palos	Strix Running/Pata na Poça Flexdata	Senior Masculino	48:12	+17:43	04:49
59	546	Jose Santos	Juventude Ouriense	Senior Masculino	48:14	+17:45	04:49
60	304	Ruben Aleixo	Individual	Senior Masculino	48:34	+18:04	04:51
61	296	Ricardo Abreu	Individual	Senior Masculino	48:34	+18:04	04:51
62	244	Afonso Gonçalves	Individual	Senior Masculino	48:35	+18:05	04:51
63	263	Edgar Filipe Gomes Simões	Individual	Senior Masculino	48:48	+18:19	04:53
64	592	Paulo Silva	OUTCORE	Senior Masculino	49:17	+18:48	04:56
65	257	David Duarte Lopes Pereira	Individual	Senior Masculino	49:40	+19:10	04:58
66	170	Daniel Matias	Daniel Matias	Senior Masculino	50:08	+19:38	05:01
67	286	Marco Luís	Individual	Senior Masculino	50:14	+19:44	05:01
68	277	João Pedro de Sousa Simões	Individual	Senior Masculino	50:18	+19:48	05:02
69	307	Rui Lopes	Individual	Senior Masculino	50:24	+19:55	05:02
70	706	Daniel Cotrim	Individual	Senior Masculino	51:49	+21:19	05:11
71	99	Leonardo Lista	Casa do Povo de Amiais de Baixo	Senior Masculino	52:02	+21:32	05:12
72	245	Afonso Mendes	Individual	Senior Masculino	52:23	+21:53	05:14
73	290	Pedro Campos	Individual	Senior Masculino	52:51	+22:21	05:17
74	558	Alexandre Carola	MFGRUPO	Senior Masculino	53:01	+22:31	05:18
75	260	Diogo Governo	Individual	Senior Masculino	53:17	+22:48	05:20
76	298	Ricardo Ferreira	Individual	Senior Masculino	53:25	+22:56	05:21
77	301	Ricardo São Pedro	Individual	Senior Masculino	53:30	+23:00	05:21
78	292	Pedro Maçarico	Individual	Senior Masculino	53:57	+23:28	05:24
79	300	Ricardo Pimentel	Individual	Senior Masculino	54:39	+24:09	05:28
80	564	João Martins	NO TOMORROW	Senior Masculino	55:13	+24:43	05:31
81	563	Diogo Pereira	NO TOMORROW	Senior Masculino	55:13	+24:43	05:31
82	270	Guilherme Filipe Marques Almeida	Individual	Senior Masculino	55:28	+24:59	05:33
83	318	Tomás Ornelas	Individual	Senior Masculino	55:39	+25:09	05:34
84	641	Daniel Pais	Team P. Moles	Senior Masculino	55:49	+25:20	05:35
85	261	Diogo Henriques	Individual	Senior Masculino	56:35	+26:06	05:40
86	309	Rui Pereira	Individual	Senior Masculino	56:39	+26:09	05:40
87	308	Rui Mendes	Individual	Senior Masculino	56:55	+26:26	05:42
88	629	Nuno Oliveira	Strix Running/Pata na Poça Flexdata	Senior Masculino	57:41	+27:11	05:46
89	168	Cristiano Ribeiro	cristiano ribeiro	Senior Masculino	57:51	+27:21	05:47
90	176	Hugo Pereira	DevíamosTerFicadoEmCasa	Senior Masculino	58:19	+27:49	05:50
91	138	Daniel Bexiga	CLUBE ESTRELA VERDE	Senior Masculino	58:23	+27:53	05:50
92	288	Miguel Leitão	Individual	Senior Masculino	58:37	+28:07	05:52

Prova Principal — 10 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

OFFICIAL RESULT

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93	266	Francisco godinho	Individual	Senior Masculino	59:36	+29:06	05:58
94	251	Bruno Matias	Individual	Senior Masculino	59:39	+29:09	05:58
95	617	André Viseu	SIMECQ	Senior Masculino	59:44	+29:14	05:58
96	281	José Manuel dos Reis Prazeres	Individual	Senior Masculino	59:48	+29:18	05:59
97	258	David Miguel Clérigo Fernandes	Individual	Senior Masculino	01:02:04	+31:34	06:12
98	302	Ricardo Silvares	Individual	Senior Masculino	01:02:44	+32:15	06:16
99	253	Bruno Pescador	Individual	Senior Masculino	01:02:51	+32:21	06:17
100	282	Leonardo Leiria	Individual	Senior Masculino	01:03:23	+32:53	06:20
101	306	Rui Branco	Individual	Senior Masculino	01:04:47	+34:17	06:29
102	273	Henrique José Lopes Matos	Individual	Senior Masculino	01:05:01	+34:32	06:30
103	699	Júlio Batista	Individual	Senior Masculino	01:05:45	+35:15	06:34
104	177	Micael Cotovio	DevíamosTerFicadoEmCasa	Senior Masculino	01:06:45	+36:15	06:40
105	299	Ricardo Mendes	Individual	Senior Masculino	01:06:46	+36:17	06:41
106	294	Rafael Ferreira	Individual	Senior Masculino	01:09:03	+38:34	06:54
107	319	Vasco Braguês Marcelo	Individual	Senior Masculino	01:09:15	+38:45	06:55
108	660	Pedro Lopes	THOMAR ATHLETICS	Senior Masculino	01:10:27	+39:58	07:03
109	256	Daniel Filipe	Individual	Senior Masculino	01:10:33	+40:04	07:03
110	271	Guilherme Francisco	Individual	Senior Masculino	01:11:33	+41:03	07:09
111	259	Dinis Gaspar Godinho	Individual	Senior Masculino	01:12:25	+41:56	07:15
112	255	Cristiano Coelho	Individual	Senior Masculino	01:12:26	+41:56	07:15
113	66	Pedro Salgueiro	C.A.S.P.A - CLUBE DE ATLETISMO SÓ PARA ATLETISMO	Senior Masculino	01:14:16	+43:46	07:26
114	310	Sandro Jacinto	Individual	Senior Masculino	01:14:25	+43:56	07:27
115	264	Emanuel Gonçalves Marmelo	Individual	Senior Masculino	01:15:21	+44:51	07:32
116	287	Martim Henriques	Individual	Senior Masculino	01:17:23	+46:54	07:44

Veterana F35

1	38	Carolina Guedes	Agualva Runners	Veterana F35	42:15		04:14
2	565	Érica Dias	Núcleo de Juventude do Concelho de Proença-a-Nova (NJCPN)	Veterana F35	48:12	+05:57	04:49
3	326	Mónica Ramos	Individual	Veterana F35	49:01	+06:46	04:54
4	58	Telma Azevedo	Autocarro das 6h	Veterana F35	49:03	+06:48	04:54
5	325	Joana Sofia Gomes Leitão	Individual	Veterana F35	49:11	+06:55	04:55
6	635	Maria Abreu	Taebaek Triângulo Taekwondo	Veterana F35	50:50	+08:35	05:05
7	328	Sara Marques	Individual	Veterana F35	52:35	+10:20	05:16
8	594	Margarida Salomé de Magalhães Lopes	Pedrógão Triatlo	Veterana F35	53:16	+11:00	05:20
9	551	Alesandra Nunes Batista	Kai e Ale	Veterana F35	53:40	+11:24	05:22
10	329	Solange Ribeiro	Individual	Veterana F35	54:36	+12:20	05:28
11	644	Marisa Silva	Team P. Moles	Veterana F35	56:21	+14:05	05:38
12	322	Célia Domingues	Individual	Veterana F35	57:41	+15:25	05:46
13	603	Nair Barroso	Revolution	Veterana F35	59:02	+16:46	05:54
14	179	Vera Dias	Equipa Diamantino Jorge	Veterana F35	59:40	+17:25	05:58
15	321	Carin Silvestre	Individual	Veterana F35	01:01:17	+19:01	06:08
16	140	MARINA ISABEL FERREIRA MORGADO	Clube Millennium BCP	Veterana F35	01:01:31	+19:16	06:09

Prova Principal — 10 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

OFFICIAL RESULT

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17	330	Tatiana Madeira	Individual	Veterana F35	01:04:32	+22:17	06:27
18	707	Ana Campenhe	Individual	Veterana F35	01:05:45	+23:30	06:35
19	185	Filipa Casimiro	Eu sou mais bolos	Veterana F35	01:07:05	+24:49	06:42
20	579	Inês Tome	Opticalia de Abrantes	Veterana F35	01:08:07	+25:51	06:49
21	324	Helia Jeremias	Individual	Veterana F35	01:08:22	+26:06	06:50
22	331	Vânia carina Ferreira Garcia	Individual	Veterana F35	01:14:10	+31:54	07:25
23	327	Nadia Oliveira	Individual	Veterana F35	01:14:41	+32:25	07:28
24	186	Renata Casimiro	Eu sou mais bolos	Veterana F35	01:16:57	+34:41	07:42
25	62	Joana Castanheira	Beer Squad Run	Veterana F35	01:19:15	+37:00	07:56

Veterana F40

1	337	Sónia Ribeiro	Individual	Veterana F40	40:09		04:01
2	336	Minervina Oliveira Soares	Individual	Veterana F40	47:12	+07:03	04:43
3	84	Ana Damas	CASA DO BENFICA EM ABRANTES	Veterana F40	47:21	+07:12	04:44
4	68	Patrícia Lopes	C.C.D. "O ALVITEJO "	Veterana F40	47:46	+07:36	04:47
5	595	Irina Pinto	Pedrógão Triatlo	Veterana F40	48:01	+07:51	04:48
6	156	Sandra Marques	CPR A-DO-BARBAS	Veterana F40	51:31	+11:21	05:09
7	180	Liliana Lopes	Equipa Diamantino Jorge	Veterana F40	51:48	+11:38	05:11
8	338	Tânia Santo	Individual	Veterana F40	52:53	+12:44	05:17
9	663	Joana Tereso	THOMAR ATHLETICS	Veterana F40	53:07	+12:58	05:19
10	568	Catarina costa	Nucleo SCP Minde	Veterana F40	53:14	+13:05	05:19
11	339	Tatiana Iria	Individual	Veterana F40	54:15	+14:05	05:25
12	86	Mara Lavrador	CASA DO BENFICA EM ABRANTES	Veterana F40	55:56	+15:47	05:36
13	181	Mónica Parente	Equipa Diamantino Jorge	Veterana F40	57:33	+17:23	05:45
14	582	Sandra Arraias	Os Arraias	Veterana F40	58:05	+17:55	05:48
15	335	Marlene Pinto	Individual	Veterana F40	58:52	+18:42	05:53
16	580	Célia de Almeida	Opticalia de Abrantes	Veterana F40	59:15	+19:06	05:56
17	85	Joana Garcia	CASA DO BENFICA EM ABRANTES	Veterana F40	01:00:02	+19:53	06:00
18	340	Veronica Almeida	Individual	Veterana F40	01:00:30	+20:20	06:03
19	332	Carla Macedo	Individual	Veterana F40	01:03:30	+23:21	06:21
20	81	Helena Isabel Campos Damas	Carrapiteiro Bike Team	Veterana F40	01:04:51	+24:41	06:29
21	334	Filipa Moutinho	Individual	Veterana F40	01:04:53	+24:43	06:29
22	555	Claudia Barreiro	Mar.Team.Chel	Veterana F40	01:09:07	+28:57	06:55
23	333	Fabiana Lima de Sá	Individual	Veterana F40	01:09:26	+29:16	06:57

Veterana F45

1	15	CATARINA SANTOS	AC VERMOIL	Veterana F45	42:33		04:15
2	201	Luisa jorge	IDV	Veterana F45	42:57	+00:23	04:18
3	566	Magda Ribeiro	Núcleo de Juventude do Concelho de Proença-a-Nova (NJCPN)	Veterana F45	43:22	+00:48	04:20
4	196	Helena Moreira	HeCaTEAM	Veterana F45	43:23	+00:50	04:20
5	636	Paula Cardoso	Taebaek Triângulo Taekwondo	Veterana F45	44:47	+02:14	04:29

Prova Principal — 10 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

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

6	14	BLANDINA LOURENÇO	AC VERMOIL	Veterana F45	47:54	+05:21	04:47
7	345	Rita Alexandra Pereira dos Reis	Individual	Veterana F45	50:08	+07:35	05:01
8	619	Sandra Silva	SIMECQ	Veterana F45	50:44	+08:10	05:04
9	10	Patricia Martins	Abranlógica/CBA	Veterana F45	50:55	+08:21	05:05
10	612	Carla Silvério	SCOCS - Sport Clube Operário de Cem Soldos	Veterana F45	53:53	+11:20	05:23
11	547	Eva Reis	Juventude Ouriense	Veterana F45	54:13	+11:40	05:25
12	569	Vera Ferreira	Nucleo SCP Minde	Veterana F45	55:54	+13:20	05:35
13	645	Magda Bretes	Team P. Moles	Veterana F45	56:43	+14:10	05:40
14	618	Cristina Oliveira	SIMECQ	Veterana F45	56:47	+14:14	05:41
15	346	Rita Jorge	Individual	Veterana F45	58:03	+15:30	05:48
16	16	ELSA SOARES	AC VERMOIL	Veterana F45	58:18	+15:45	05:50
17	348	Sofia galinha	Individual	Veterana F45	58:52	+16:19	05:53
18	342	Esther Turner	Individual	Veterana F45	58:57	+16:23	05:54
19	344	Paula Cruz	Individual	Veterana F45	01:00:18	+17:44	06:02
20	198	Ana Ascenção	Hipódromo da Abrançalha	Veterana F45	01:01:32	+18:58	06:09
21	347	Sandra Cristina Dias de Matos	Individual	Veterana F45	01:01:52	+19:19	06:11
22	343	Marcia Isabel Dias Santosu	Individual	Veterana F45	01:04:42	+22:08	06:28
23	341	Ana Lúcia Macide	Individual	Veterana F45	01:04:45	+22:12	06:29
24	615	Sónia Borrego	Serviços Sociais Montepio	Veterana F45	01:07:38	+25:04	06:46
25	147	Carla Alexandra Lousã Machado	Correr os km a sorrir	Veterana F45	01:08:29	+25:56	06:51

Veterana F50

1	17	DEONILDE COSTA	AC VERMOIL	Veterana F50	44:12		04:25
2	646	Délia Varino	Team P. Moles	Veterana F50	50:55	+06:43	05:05
3	7	Isabel Antunes	1º Dezembro Queijas	Veterana F50	52:22	+08:10	05:14
4	124	Ana Silva	Clube de Atletismo de Ferreira do Zêzere	Veterana F50	52:32	+08:20	05:15
5	354	Nicky Botwright	Individual	Veterana F50	52:51	+08:39	05:17
6	356	Sónia Bento	Individual	Veterana F50	52:53	+08:41	05:17
7	349	Cristina Castanheiro	Individual	Veterana F50	58:15	+14:03	05:50
8	69	Helena Pereira	C.C.D. "O ALVITEJO "	Veterana F50	58:48	+14:36	05:53
9	96	Vera Tolêdo	Casa do Benfica em Algueirão Mem Martins	Veterana F50	59:34	+15:22	05:57
10	620	Ana Paula Nunes	SIMECQ	Veterana F50	01:01:14	+17:02	06:07
11	102	PAULA FEITOR	CASA POVO ALCANENA	Veterana F50	01:04:26	+20:14	06:27
12	350	Elsa Soares	Individual	Veterana F50	01:07:07	+22:55	06:43
13	353	Margarida Rodrigues	Individual	Veterana F50	01:07:53	+23:41	06:47
14	55	Cláudia Moreira	Associação de Toledo	Veterana F50	01:09:39	+25:27	06:58
15	355	Sara Castelo	Individual	Veterana F50	01:12:24	+28:12	07:14
16	351	Laurinda Isabel Marques de Almeida Braguês Marcelo	Individual	Veterana F50	01:13:48	+29:36	07:23
17	704	Maria Campos	Constância Mountain Runners	Veterana F50	01:15:11	+30:59	07:31
18	119	OTILIA VEDOR	Chamusca Trail	Veterana F50	01:22:57	+38:45	08:18

Prova Principal — 10 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

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

Veterana F55

1	358	Susana gomes	Individual	Veterana F55	50:36		05:04
2	121	Anabela Ferreira	Chitas de Alcobaça	Veterana F55	54:09	+03:32	05:25
3	696	Ruth Lopes	ZTH	Veterana F55	57:46	+07:09	05:47
4	357	Anabela Fonseca	Individual	Veterana F55	01:10:23	+19:47	07:02
5	70	Helena Pires	C.C.D. "O ALVITEJO "	Veterana F55	01:12:14	+21:37	07:13
6	622	Madalena Magalhães	SIMECQ	Veterana F55	01:17:41	+27:05	07:46
7	50	Ana Casaleiro	Arripiadinhos	Veterana F55	01:23:47	+33:10	08:23
8	56	Teresa Alves	Associação de Toledo	Veterana F55	01:25:15	+34:38	08:32

Veterana F60

1	40	Mariana Grade	Agualva Runners	Veterana F60	51:35		05:09
2	570	Teresa Ferreira	Nucleo SCP Minde	Veterana F60	01:08:21	+16:46	06:50
3	148	Janilce Negrão	Corridas no Terreno	Veterana F60	01:09:22	+17:47	06:56
4	359	Isabel Caldelas	Individual	Veterana F60	01:13:17	+21:42	07:20

Veterano M35

1	664	André Ferreira	THOMAR ATHLETICS	Veterano M35	37:43		03:46
2	193	Ricardo Antunes	Grupito_thedogpack	Veterano M35	37:44	+00:00	03:46
3	665	Paulo Marques	THOMAR ATHLETICS	Veterano M35	37:53	+00:09	03:47
4	386	Nelson Coelho	Individual	Veterano M35	41:10	+03:26	04:07
5	374	João Janeiro	Individual	Veterano M35	41:39	+03:55	04:10
6	75	Joao Nunes	C.D."Os Águias " De Alpiarça	Veterano M35	42:18	+04:34	04:14
7	87	Tiago Silvério	CASA DO BENFICA EM ABRANTES	Veterano M35	42:27	+04:43	04:15
8	158	Alexandre Sousa	CPR A-DO-BARBAS	Veterano M35	42:40	+04:56	04:16
9	381	Luís Fazenda	Individual	Veterano M35	43:29	+05:45	04:21
10	393	Valter Pinho	Individual	Veterano M35	43:46	+06:02	04:23
11	611	Paulo Marques	Sandoeira Run Club	Veterano M35	44:29	+06:45	04:27
12	362	André Lima	Individual	Veterano M35	45:31	+07:48	04:33
13	394	Vitor Pereira	Individual	Veterano M35	45:53	+08:09	04:35
14	385	Miguel Ribeiro Lopes	Individual	Veterano M35	45:57	+08:13	04:36
15	647	João Mendonça	Team P. Moles	Veterano M35	46:40	+08:56	04:40
16	33	Renato Madureira	ADNO Nucleoeiras	Veterano M35	46:41	+08:57	04:40
17	375	João Rodrigues	Individual	Veterano M35	46:49	+09:05	04:41
18	369	Fábio Costa	Individual	Veterano M35	47:06	+09:22	04:43
19	167	William Benson	CRCPZ Brasões	Veterano M35	47:36	+09:52	04:46
20	367	Diogo Trincão	Individual	Veterano M35	47:54	+10:10	04:47
21	178	Bruno Oliveira	DevíamosTerFicadoEmCasa	Veterano M35	48:19	+10:35	04:50
22	366	Diogo Malveiro	Individual	Veterano M35	48:54	+11:10	04:53
23	365	Diogo Antunes	Individual	Veterano M35	48:55	+11:11	04:53
24	382	Luis Mário Résio Fidalgo	Individual	Veterano M35	49:40	+11:56	04:58
25	171	Diogo Custódio	Daniel Matias	Veterano M35	50:07	+12:24	05:01

Prova Principal — 10 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

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

26	378	José Simão	Individual	Veterano M35	51:09	+13:25	05:07
27	681	Marco Andrade	TRAMAGAL SPORT UNIÃO	Veterano M35	51:39	+13:55	05:10
28	390	Tiago Cardoso	Individual	Veterano M35	51:46	+14:02	05:11
29	372	George Turner	Individual	Veterano M35	52:51	+15:07	05:17
30	380	Leonardo Mota	Individual	Veterano M35	52:58	+15:14	05:18
31	363	Antonio Coutinho	Individual	Veterano M35	53:50	+16:06	05:23
32	379	Juliano de Assis dos Santos Branco	Individual	Veterano M35	53:56	+16:12	05:24
33	377	José Guia	Individual	Veterano M35	54:12	+16:28	05:25
34	391	Tiago Domingues	Individual	Veterano M35	54:36	+16:52	05:28
35	552	Kaichiro Celso Fukuda Godoi	Kai e Ale	Veterano M35	56:52	+19:08	05:41
36	373	Gonçalo Leitão	Individual	Veterano M35	58:54	+21:10	05:53
37	389	Ricardo Farinha	Individual	Veterano M35	59:53	+22:09	05:59
38	384	Martinho Silvestre	Individual	Veterano M35	01:01:16	+23:32	06:08
39	172	Flávio Costa	Daniel Matias	Veterano M35	01:02:20	+24:36	06:14
40	371	Francisco Andre	Individual	Veterano M35	01:05:30	+27:46	06:33
41	368	Emanuel Coelho	Individual	Veterano M35	01:11:52	+34:08	07:11
42	364	António Oliveira	Individual	Veterano M35	01:14:41	+36:57	07:28

Veterano M40

1	685	Rui Martins	Triatlo Sporting	Veterano M40	35:10		03:31
2	416	João Paulo da Silva Borges	Individual	Veterano M40	36:43	+01:33	03:40
3	682	Hugo Matos	TRAMAGAL SPORT UNIÃO	Veterano M40	37:27	+02:16	03:45
4	431	Ricardo Ferreira	Individual	Veterano M40	37:40	+02:29	03:46
5	400	Filipe Gomes	Individual	Veterano M40	37:54	+02:44	03:47
6	432	Ricardo Neves	Individual	Veterano M40	38:09	+02:59	03:49
7	668	Dino Bento	THOMAR ATHLETICS	Veterano M40	38:20	+03:10	03:50
8	422	Nuno Garrinhas	Individual	Veterano M40	38:42	+03:31	03:52
9	414	João Ferreira	Individual	Veterano M40	38:56	+03:45	03:54
10	184	Gonçalo Dias	Escola atletismo cartaxo	Veterano M40	39:20	+04:09	03:56
11	19	JORGE BARROS	AC VERMOIL	Veterano M40	41:09	+05:59	04:07
12	405	Gonçalo Lopes	Individual	Veterano M40	41:10	+06:00	04:07
13	669	Hugo Costa	THOMAR ATHLETICS	Veterano M40	41:34	+06:23	04:09
14	670	Tiago Rosa	THOMAR ATHLETICS	Veterano M40	42:14	+07:04	04:13
15	426	Octávio Vicente	Individual	Veterano M40	43:24	+08:14	04:20
16	430	Pedro Santos	Individual	Veterano M40	43:26	+08:15	04:21
17	60	Joao Fernandes	B.E.J.A	Veterano M40	43:39	+08:29	04:22
18	401	Flávio Carvalho	Individual	Veterano M40	44:05	+08:55	04:25
19	609	João Francisco Velez	RX RUNNERS	Veterano M40	44:16	+09:05	04:26
20	573	Gonçalo Porêlo	Nucleo SCP Minde	Veterano M40	44:47	+09:37	04:29
21	194	Ricardo Machado	Grupo de Cicloturismo Barquinhense	Veterano M40	45:09	+09:59	04:31
22	412	João Martins	Individual	Veterano M40	45:38	+10:27	04:34
23	433	Rogério Veras	Individual	Veterano M40	45:44	+10:34	04:34
24	419	Jorge Vieira	Individual	Veterano M40	45:48	+10:37	04:35
25	537	HUGO DUARTE	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M40	45:52	+10:42	04:35

Prova Principal

10 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

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

26	159	Edgar Jacinto	CPR A-DO-BARBAS	Veterano M40	46:25	+11:14	04:38
27	399	Emmanuel Domingos	Individual	Veterano M40	46:34	+11:24	04:39
28	103	HUGO NUNES	CASA POVO ALCANENA	Veterano M40	46:44	+11:33	04:40
29	420	Luis Fernandes	Individual	Veterano M40	46:47	+11:36	04:41
30	435	Sérgio Martinho	Individual	Veterano M40	46:55	+11:45	04:42
31	116	Tiago Alexandre Pombo dos Santos	CDRConcavada Running	Veterano M40	47:28	+12:18	04:45
32	18	DAVID MENDES	AC VERMOIL	Veterano M40	48:00	+12:50	04:48
33	120	Pedro Pinto	Chamusca Trail	Veterano M40	48:10	+12:59	04:49
34	144	Bruno Carmo	Constância Mountain Runners	Veterano M40	48:15	+13:05	04:49
35	410	Hilário Silva	Individual	Veterano M40	48:45	+13:34	04:52
36	9	Bruno Fernandes	20cl / km	Veterano M40	48:55	+13:45	04:54
37	403	Gonçalo Águas	Individual	Veterano M40	48:56	+13:46	04:54
38	398	David Fragoso	Individual	Veterano M40	49:11	+14:00	04:55
39	402	flavio santos	Individual	Veterano M40	49:50	+14:40	04:59
40	427	Pedro Filipe Cardoso Ferreira	Individual	Veterano M40	50:36	+15:26	05:04
41	574	Manuel Torrinha	Nucleo SCP Minde	Veterano M40	50:46	+15:35	05:05
42	417	João Ribeiro	Individual	Veterano M40	51:25	+16:14	05:08
43	601	Rubens Rando	Rando	Veterano M40	52:11	+17:00	05:13
44	409	Hernan Rodriguez	Individual	Veterano M40	52:37	+17:26	05:16
45	397	Bruno Miguel Eufrázio Morais	Individual	Veterano M40	53:17	+18:06	05:20
46	436	Sérgio Miguel Santos Pereira de Oliveira	Individual	Veterano M40	53:55	+18:45	05:24
47	395	André Franco	Individual	Veterano M40	54:05	+18:55	05:25
48	406	Helder Henrique Nunes Martins	Individual	Veterano M40	54:22	+19:12	05:26
49	418	João Teles	Individual	Veterano M40	54:38	+19:27	05:28
50	413	João Fernandes	Individual	Veterano M40	54:50	+19:40	05:29
51	423	Nuno Luz Camara Pestana	Individual	Veterano M40	55:38	+20:28	05:34
52	599	Dino Ramos	Ramos & Pereira	Veterano M40	55:43	+20:33	05:34
53	571	David Gonçalves	Nucleo SCP Minde	Veterano M40	55:54	+20:44	05:35
54	648	Fábio Oliveira	Team P. Moles	Veterano M40	56:21	+21:11	05:38
55	57	Carlos Miguel Cardoso	Associação Humanitária Bombeiros Voluntários Vila de Rei	Veterano M40	57:05	+21:55	05:43
56	429	Pedro Pereira	Individual	Veterano M40	57:23	+22:13	05:44
57	59	Luís Pires	Autocarro das 6h	Veterano M40	58:20	+23:09	05:50
58	688	Renato André	Trilhos dos Templários / ACR Santa Cita	Veterano M40	58:42	+23:31	05:52
59	709	TIAGO MIGUEL PATRICIO ROSA	Clube Millennium BCP	Veterano M40	58:44	+23:33	05:52
60	425	Nuno sousa	Individual	Veterano M40	59:05	+23:54	05:54
61	434	Rui Carvalho	Individual	Veterano M40	59:18	+24:08	05:56
62	610	Victor Agostinho	RX RUNNERS	Veterano M40	59:30	+24:20	05:57
63	415	João Gameiro	Individual	Veterano M40	01:00:37	+25:27	06:04
64	439	Tiago Miguel Baptista Dias	Individual	Veterano M40	01:00:51	+25:41	06:05
65	187	Mário Pereira	Eu sou mais bolos	Veterano M40	01:03:58	+28:48	06:24
66	575	Paulo Vicente	Nucleo SCP Minde	Veterano M40	01:07:19	+32:09	06:44
67	408	Hermenegildo Quelopa Chitocota Augusto	Individual	Veterano M40	01:08:16	+33:06	06:50
68	411	Ivo Ricardo Dias Rosa	Individual	Veterano M40	01:09:54	+34:43	06:59
69	572	Franscico Vicente	Nucleo SCP Minde	Veterano M40	01:15:39	+40:28	07:34

70	438	Tiago Dionizio	Individual	Veterano M40	01:16:37	+41:26	07:40

Veterano M45

1	89	Luis Quintas	CASA DO BENFICA EM ABRANTES	Veterano M45	33:43		03:22
2	41	José Augusto Sobral Gomes	Agualva Runners	Veterano M45	34:42	+00:59	03:28
3	80	Gonçalo Campos	Carinos Team Run	Veterano M45	36:13	+02:30	03:37
4	125	Paulo Ferreira	Clube de Atletismo de Ferreira do Zêzere	Veterano M45	37:00	+03:17	03:42
5	189	Paulo Alves	GDCTINCM	Veterano M45	37:21	+03:38	03:44
6	197	Nuno Silva	HeCaTEAM	Veterano M45	37:42	+03:59	03:46
7	671	Tiago Santos	THOMAR ATHLETICS	Veterano M45	38:17	+04:34	03:50
8	455	Miguel Fernandes	Individual	Veterano M45	40:00	+06:17	04:00
9	20	HELDER MIRANDA	AC VERMOIL	Veterano M45	40:41	+06:58	04:04
10	162	Luciano Maros	CPR A-DO-BARBAS	Veterano M45	40:59	+07:16	04:06
11	21	JOSÉ MENDES	AC VERMOIL	Veterano M45	41:30	+07:47	04:09
12	467	Sérgio Silva	Individual	Veterano M45	41:31	+07:48	04:09
13	22	NUNO MOTA	AC VERMOIL	Veterano M45	42:16	+08:32	04:14
14	442	Carlos Santos	Individual	Veterano M45	43:30	+09:46	04:21
15	466	Sérgio Bento Lopes	Individual	Veterano M45	44:02	+10:18	04:24
16	650	Ricardo Santos	Team P. Moles	Veterano M45	44:33	+10:50	04:27
17	441	Carlos França	Individual	Veterano M45	44:45	+11:02	04:29
18	472	Vitor Almeida	Individual	Veterano M45	45:28	+11:45	04:33
19	462	Ricardo Patricio	Individual	Veterano M45	45:32	+11:49	04:33
20	468	Tiago Bispo	Individual	Veterano M45	46:03	+12:20	04:36
21	451	João Pedro Ferreira	Individual	Veterano M45	46:20	+12:37	04:38
22	90	Pedro Silva	CASA DO BENFICA EM ABRANTES	Veterano M45	46:27	+12:44	04:39
23	458	Nuno Manuel Lopes Vieira	Individual	Veterano M45	46:27	+12:44	04:39
24	471	Tiago Moreira	Individual	Veterano M45	47:25	+13:42	04:45
25	623	Paulo Serra	SIMECQ	Veterano M45	48:02	+14:19	04:48
26	549	Patrício Gonçalves	Juventude Ouriense	Veterano M45	48:14	+14:31	04:49
27	53	João Serra	Associação de Moradores de Amoreira	Veterano M45	48:48	+15:05	04:53
28	470	Tiago Manuel Baptista da Silva Ferreira	Individual	Veterano M45	48:59	+15:16	04:54
29	561	Júlio Cruz	MJJ	Veterano M45	49:51	+16:08	04:59
30	560	João Andrade	MJJ	Veterano M45	49:52	+16:09	04:59
31	705	Fausto Campos	Constância Mountain Runners	Veterano M45	50:31	+16:48	05:03
32	448	Hugo Miguel Martins Fazendeiro	Individual	Veterano M45	50:32	+16:49	05:03
33	163	Nuno Ferreira	CPR A-DO-BARBAS	Veterano M45	50:48	+17:05	05:05
34	456	Nelson Moringa	Individual	Veterano M45	51:06	+17:23	05:07
35	446	Gabriel Rodrigues	Individual	Veterano M45	51:49	+18:06	05:11
36	445	Frederico Costa	Individual	Veterano M45	52:26	+18:43	05:15
37	649	Ricardo Dias	Team P. Moles	Veterano M45	52:28	+18:45	05:15
38	463	Roger Olle Ballus	Individual	Veterano M45	52:34	+18:51	05:15

Prova Principal — 10 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

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

39	465	Sérgio Augusto Sanches Rodrigues	Individual	Veterano M45	53:39	+19:55	05:22
40	447	Gonçalo Nuno Neto Pereira	Individual	Veterano M45	55:11	+21:27	05:31
41	452	Jorge sousa silva	Individual	Veterano M45	56:05	+22:22	05:36
42	443	Daniel Cabrita	Individual	Veterano M45	56:55	+23:12	05:41
43	691	rui estanqueiro	U.D.R.ZONA ALTA	Veterano M45	57:39	+23:56	05:46
44	469	Tiago Freitas	Individual	Veterano M45	57:51	+24:08	05:47
45	460	Paulo Pereira	Individual	Veterano M45	58:01	+24:17	05:48
46	454	Luís Esteves	Individual	Veterano M45	59:59	+26:16	06:00
47	457	Nuno Contente	Individual	Veterano M45	01:01:24	+27:40	06:08
48	440	Antono Castanheira	Individual	Veterano M45	01:02:32	+28:49	06:15
49	64	David Polido	Beer Squad Run	Veterano M45	01:02:40	+28:57	06:16
50	444	Filipe Pires	Individual	Veterano M45	01:11:33	+37:49	07:09
51	461	Ricardo Brízido	Individual	Veterano M45	01:16:05	+42:22	07:36
52	450	João Carlos Neto Cordeiro da Cruz Dias	Individual	Veterano M45	01:28:16	+54:32	08:50

Veterano M50

1	45	Romario Almeida	Agualva Runners	Veterano M50	35:40		03:34
2	25	LICÍNIO CARREIRA	AC VERMOIL	Veterano M50	36:47	+01:07	03:41
3	26	PEDRO FERREIRA	AC VERMOIL	Veterano M50	37:03	+01:23	03:42
4	554	Hugo Palmeiro	Linda-A-Pastora Sporting Clube	Veterano M50	37:36	+01:56	03:46
5	192	Nuno Miguel Manteigas Romão	GFD Running	Veterano M50	38:44	+03:03	03:52
6	485	Nelson Fradique	Individual	Veterano M50	40:11	+04:31	04:01
7	539	JORGE MARCELINO	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	40:46	+05:06	04:05
8	486	Paulo Vieira	Individual	Veterano M50	41:03	+05:23	04:06
9	24	JOAQUIM QUITÉRIO	AC VERMOIL	Veterano M50	41:30	+05:50	04:09
10	488	Pedro Miguel Mendes Pereira Nunes	Individual	Veterano M50	42:35	+06:55	04:16
11	483	LUIS SOUSA	Individual	Veterano M50	42:48	+07:08	04:17
12	132	Bruno Rodrigues	Clube Desportivo Moitense	Veterano M50	42:54	+07:14	04:17
13	480	Luís Caetano	Individual	Veterano M50	43:06	+07:26	04:19
14	195	Luís Jesus	Grupo de Convívio e Amizade nas Donas	Veterano M50	43:11	+07:31	04:19
15	538	JOÃO DOMINGOS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	43:47	+08:07	04:23
16	478	João casinhas	Individual	Veterano M50	44:04	+08:23	04:24
17	484	Mário Salgueiro	Individual	Veterano M50	45:17	+09:36	04:32
18	576	Jorge Formiga	Nucleo SCP Minde	Veterano M50	45:18	+09:38	04:32
19	23	JAIME SANTOS	AC VERMOIL	Veterano M50	45:34	+09:54	04:33
20	200	Hugo Lopes	Hugo Lopes	Veterano M50	46:25	+10:45	04:39
21	489	Raul Jorge	Individual	Veterano M50	47:05	+11:25	04:43
22	475	Carlos Mendes	Individual	Veterano M50	47:38	+11:58	04:46
23	559	José Carola	MFGRUPO	Veterano M50	47:40	+11:59	04:46
24	694	Luis Alves	Urban Familiy	Veterano M50	47:48	+12:08	04:47
25	92	Rui Salgueiro	CASA DO BENFICA EM ABRANTES	Veterano M50	47:59	+12:18	04:48
26	82	João Paulo de Oliveira Jacinto	Carrapiteiro Bike Team	Veterano M50	48:22	+12:42	04:50

Prova Principal — 10 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

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

27	482	Luis Miguel Gameiro Inácio Lopes Lopes	Individual	Veterano M50	48:51	+13:11	04:53
28	637	Antonio Cardoso	Taebaek Triângulo Taekwondo	Veterano M50	48:53	+13:12	04:53
29	111	Paulo Guedes	CCDTMetroLX	Veterano M50	49:21	+13:41	04:56
30	91	Carlos Isidro	CASA DO BENFICA EM ABRANTES	Veterano M50	50:09	+14:29	05:01
31	110	Nuno Alexandre Pita	CCDTMetroLX	Veterano M50	50:15	+14:35	05:02
32	683	JOÃO JOSÉ	TRAMAGAL SPORT UNIÃO	Veterano M50	51:00	+15:20	05:06
33	550	Renato Lopes	Juventude Ouriense	Veterano M50	53:48	+18:08	05:23
34	490	Rodrigo da Costa Martins	Individual	Veterano M50	55:04	+19:24	05:30
35	689	Francisco Confraria	Trilhos dos Templários / ACR Santa Cita	Veterano M50	55:35	+19:55	05:34
36	474	Carlos Manuel Rodrigues de Matos	Individual	Veterano M50	57:43	+22:03	05:46
37	142	MARIO RUI TAVARES ROMAO	Clube Millennium BCP	Veterano M50	58:01	+22:21	05:48
38	491	Sérgio Mendes	Individual	Veterano M50	59:51	+24:10	05:59
39	473	Carlos fontinha	Individual	Veterano M50	01:00:25	+24:45	06:03
40	112	Rui Pastor	CCDTMetroLX	Veterano M50	01:02:24	+26:44	06:14
41	476	Eusébio Pratas Mendes Abreu	Individual	Veterano M50	01:02:37	+26:57	06:16
42	487	Pedro Lopes	Individual	Veterano M50	01:02:56	+27:15	06:18
43	477	Fernando Martins	Individual	Veterano M50	01:04:04	+28:23	06:24
44	540	PAULO JESUS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	01:04:54	+29:14	06:29
45	479	João Rosa	Individual	Veterano M50	01:06:06	+30:26	06:37

Veterano M55

1	673	ALVARO SOARES	THOMAR ATHLETICS	Veterano M55	36:07		03:37
2	542	PAULO PONTES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	37:46	+01:39	03:47
3	509	Luiz Mota	Individual	Veterano M55	37:53	+01:46	03:47
4	499	Elton Prado	Individual	Veterano M55	39:55	+03:48	04:00
5	562	João Bogalheiro	NAZA	Veterano M55	40:04	+03:57	04:00
6	494	Armando José Claro	Individual	Veterano M55	40:34	+04:27	04:03
7	11	Paulo Martins	Abranlógica/CBA	Veterano M55	40:39	+04:32	04:04
8	541	ANTÓNIO SILVA	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	40:45	+04:38	04:04
9	514	Rui Afonso	Individual	Veterano M55	40:52	+04:45	04:05
10	496	Carlos manuel Bispo de Matos	Individual	Veterano M55	42:19	+06:12	04:14
11	169	LUIS SANTOS	CSCR LITEIROS	Veterano M55	42:20	+06:13	04:14
12	506	João Manuel Cordeiro Mendes	Individual	Veterano M55	42:25	+06:17	04:14
13	93	João Paulo Jacinto	CASA DO BENFICA EM ABRANTES	Veterano M55	42:27	+06:20	04:15
14	104	JOÃO PAULO LUIS	CASA POVO ALCANENA	Veterano M55	42:51	+06:44	04:17
15	105	JOAQUIM SANTOS	CASA POVO ALCANENA	Veterano M55	43:01	+06:54	04:18
16	275	Jorge Sirgado	Clube de Atletismo de Ferreira do Zêzere	Veterano M55	43:06	+06:59	04:19
17	51	Fernando Rodrigues	Arripiadinhos	Veterano M55	43:14	+07:07	04:19
18	76	Fernando Vital	C.D."Os Águias " De Alpiarça	Veterano M55	43:56	+07:48	04:24

Prova Principal — 10 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

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

19	502	Horácio L. Ferreira	Individual	Veterano M55	44:24	+08:17	04:26
20	510	Nuno Falcão Rodrigues	Individual	Veterano M55	44:59	+08:52	04:30
21	507	Jorge polidoro	Individual	Veterano M55	45:38	+09:31	04:34
22	122	António Morgado	Chitas de Alcobaça	Veterano M55	46:26	+10:19	04:39
23	498	David Lopes	Individual	Veterano M55	46:32	+10:24	04:39
24	94	Manuel António	CASA DO BENFICA EM ABRANTES	Veterano M55	47:42	+11:35	04:46
25	633	Alberto Carlos Henriques Tadeia	Tadeia	Veterano M55	48:43	+12:36	04:52
26	513	Pedro Ramos	Individual	Veterano M55	48:56	+12:49	04:54
27	517	Victor Marques	Individual	Veterano M55	49:04	+12:57	04:54
28	501	Hélder Moringa	Individual	Veterano M55	49:09	+13:02	04:55
29	27	VITOR LOPES	AC VERMOIL	Veterano M55	49:46	+13:39	04:59
30	47	Joaquim Vieira	Ama(dores) trail team/ACRU	Veterano M55	50:05	+13:58	05:01
31	684	Luís Marques	TRAMAGAL SPORT UNIÃO	Veterano M55	50:33	+14:26	05:03
32	504	João José Mendes Moreira Venâncio	Individual	Veterano M55	50:36	+14:29	05:04
33	182	Jorge Ribeiro	Equipa Diamantino Jorge	Veterano M55	51:48	+15:41	05:11
34	493	António Marques	Individual	Veterano M55	53:11	+17:04	05:19
35	613	Carlos Duarte	SCOCS - Sport Clube Operário de Cem Soldos	Veterano M55	53:46	+17:39	05:23
36	505	João Luis Geada	Individual	Veterano M55	54:17	+18:10	05:26
37	495	Carlos Magalhães	Individual	Veterano M55	55:23	+19:16	05:32
38	690	Leonel Dionísio	Trilhos dos Templários / ACR Santa Cita	Veterano M55	55:35	+19:28	05:34
39	515	Rui Manuel Farinha Freire Rodrigues	Individual	Veterano M55	56:21	+20:14	05:38
40	8	Jorge Monteiro	1º Dezembro Queijas	Veterano M55	56:21	+20:14	05:38
41	512	PEDRO BICO	Individual	Veterano M55	56:25	+20:17	05:38
42	508	José Pinheiro	Individual	Veterano M55	56:29	+20:22	05:39
43	697	José Lopes	ZTH	Veterano M55	57:57	+21:50	05:48
44	79	João Resende	CA Barreira	Veterano M55	58:25	+22:17	05:50
45	516	Rui Oliveira	Individual	Veterano M55	58:53	+22:46	05:53
46	624	Miguel Lourenço	SIMECQ	Veterano M55	59:44	+23:36	05:58
47	500	Filipe Cadima	Individual	Veterano M55	01:02:56	+26:49	06:18
48	67	Rui Perdigão	C.A.S.P.A - CLUBE DE ATLETISMO SÓ PARA ATLETISMO	Veterano M55	01:08:59	+32:52	06:54
49	511	Paulo Jorge Almeida Fernandes	Individual	Veterano M55	01:09:00	+32:53	06:54

Veterano M60

1	95	Jose Carlos Marques Durão	CASA DO BENFICA EM ABRANTES	Veterano M60	37:58		03:48
2	526	José Custódio	Clube Futebol Os Belenenses	Veterano M60	38:08	+00:10	03:49
3	191	José Raimundo	GDRC UNIDOS	Veterano M60	39:11	+01:13	03:55
4	78	Gilberto Fernandes	C.D."Os Águias " De Alpiarça	Veterano M60	39:19	+01:20	03:56
5	74	Paulo Fernandes	C.C.D. "O ALVITEJO "	Veterano M60	42:30	+04:32	04:15
6	674	Alexandre Evariato	THOMAR ATHLETICS	Veterano M60	42:42	+04:44	04:16
7	534	Pedro Vicente	Individual	Veterano M60	44:21	+06:23	04:26

Prova Principal — 10 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

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

8	545	RUI DINIS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	44:40	+06:41	04:28
9	544	LICÍNIO PEREIRA	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	44:40	+06:42	04:28
10	703	João Graça	RUN TEJO - PREVENT SPRAIN	Veterano M60	44:55	+06:57	04:30
11	28	ANTONIO SILVINO	AC VERMOIL	Veterano M60	45:03	+07:05	04:30
12	522	Francisco José Mira Gaio	Individual	Veterano M60	45:13	+07:15	04:31
13	543	ANTÓNIO POEIRAS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	45:39	+07:40	04:34
14	521	Fernando Rosa	SIMECQ	Veterano M60	45:47	+07:48	04:35
15	581	JORGE LERCAS	Ortiga - Mação	Veterano M60	45:51	+07:53	04:35
16	77	Antonio Duarte	C.D."Os Águias " De Alpiarça	Veterano M60	46:01	+08:03	04:36
17	30	FERNANDO GASPAR	AC VERMOIL	Veterano M60	46:04	+08:06	04:36
18	524	José Alberto Pereira Monteiro	Individual	Veterano M60	46:56	+08:58	04:42
19	523	Hélder Ferreira	Individual	Veterano M60	47:54	+09:56	04:47
20	123	Leonel Campos	CLAC Entroncamento	Veterano M60	48:23	+10:25	04:50
21	183	Paulo Providência	Equipa Diamantino Jorge	Veterano M60	48:31	+10:33	04:51
22	678	Manuel Martins	THOMAR ATHLETICS	Veterano M60	48:37	+10:39	04:52
23	48	Aníbal Godinho	Aníbal Godinho Training Team	Veterano M60	48:44	+10:46	04:52
24	695	Joaquim Jesus	Velhos do atletismo	Veterano M60	49:53	+11:55	04:59
25	533	Paulo Fonseca	Individual	Veterano M60	49:56	+11:58	05:00
26	519	Armando Cruz	Individual	Veterano M60	49:56	+11:58	05:00
27	527	Jose Fonseca	Individual	Veterano M60	50:54	+12:56	05:05
28	676	Ernesto Parente	THOMAR ATHLETICS	Veterano M60	50:54	+12:56	05:05
29	531	Mario Correia	Individual	Veterano M60	52:01	+14:03	05:12
30	135	Mario Duarte	Clube Desportivo Moitense	Veterano M60	52:18	+14:19	05:14
31	83	Arlindo Maduro	Casa do Benfica de Tomar	Veterano M60	52:53	+14:55	05:17
32	679	Paulo Saldanha	THOMAR ATHLETICS	Veterano M60	53:14	+15:16	05:19
33	675	Antonio Serafim	THOMAR ATHLETICS	Veterano M60	53:38	+15:40	05:22
34	139	LUIS MANUEL DA SILVA CARVALHO DOS SANTOS	CLUBE ESTRELA VERDE	Veterano M60	53:41	+15:43	05:22
35	518	Albino Jesus Tavares Vicente	Individual	Veterano M60	53:43	+15:45	05:22
36	616	José Luís	Serviços Sociais Montepio	Veterano M60	53:56	+15:57	05:24
37	578	Bauduino Ferreira	Nucleo SCP Minde	Veterano M60	54:22	+16:24	05:26
38	131	Fernando POmbo	Clube Desportivo em Movimento	Veterano M60	54:54	+16:56	05:29
39	677	João Manuel Mendonça Roque	THOMAR ATHLETICS	Veterano M60	55:03	+17:04	05:30
40	532	Miguel Bastos	Individual	Veterano M60	56:34	+18:35	05:39
41	530	MANUEL GRACIO	Individual	Veterano M60	56:38	+18:40	05:40
42	627	Vitor Vital	SIMECQ	Veterano M60	56:48	+18:49	05:41
43	46	António Gonçalves	Alverca Urban Runners	Veterano M60	56:58	+19:00	05:42
44	72	Horácio Ruivo	C.C.D. "O ALVITEJO "	Veterano M60	57:02	+19:04	05:42
45	31	LEANDRO SANTOS	AC VERMOIL	Veterano M60	59:42	+21:44	05:58
46	97	Adalberto Grilo	Casa do Benfica em Algueirão Mem Martins	Veterano M60	59:47	+21:49	05:59
47	625	Flamino Santos	SIMECQ	Veterano M60	01:01:16	+23:18	06:08
48	32	Joao Graça	ACRM Silveirinha Grande Claras	Veterano M60	01:01:50	+23:52	06:11
49	577	Antonio Seca	Nucleo SCP Minde	Veterano M60	01:03:24	+25:26	06:20
50	520	Assael Guzinski	Individual	Veterano M60	01:06:11	+28:13	06:37

Prova Principal — 10 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

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

51	114	Francisco Plínio	CCDTMetroLX	Veterano M60	01:07:17	+29:19	06:44
52	136	Albano da Silva Furtado Ginja	CLUBE DO SARGENTO DA ARMADA	Veterano M60	01:08:20	+30:22	06:50
53	52	Rui Gonçalves	Arripiadinhos	Veterano M60	01:08:38	+30:40	06:52
54	149	Antonio Martins	Corridas no Terreno	Veterano M60	01:09:22	+31:24	06:56
55	73	José Marques	C.C.D. "O ALVITEJO "	Veterano M60	01:12:04	+34:06	07:12
56	71	António Moura	C.C.D. "O ALVITEJO "	Veterano M60	01:25:48	+47:50	08:35
57	638	Rui Melão	Taebaek Triângulo Taekwondo	Veterano M60	01:37:18	+59:20	09:44

Grande Prémio da Páscoa de Constância

Constância

04-abril-2026

BENJAMINS A - STAGE 1 — 0,3 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

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

	Time	Temperature	Humidity
Start	10:35	18,2ºC	62%
End	10:25	18,2ºC	62%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1080	Madalena Silvestre	CPR A-DO-BARBAS	00:57		-	
2	1066	Simão Cruz	CASA DO BENFICA EM ABRANTES	00:57		-	
3	1081	Mariana Pinto	CPR A-DO-BARBAS	00:59	+00:02	-	
4	1023	Diogo Costa	Casa do Benfica do Entroncamento	01:01	+00:04	-	
5	1025	Henrique Cortesão	Casa do Benfica do Entroncamento	01:01	+00:04	-	
6	1065	Sebastos Lourenço	CASA DO BENFICA EM ABRANTES	01:03	+00:06	-	
7	1082	Gustavo Vieira	CPR A-DO-BARBAS	01:05	+00:08	-	
8	1001	Camila Mugarro	ADNO Nucleoeiras	01:06	+00:09	-	
9	1061	Madalena Falcão	CASA DO BENFICA EM ABRANTES	01:07	+00:10	-	
10	1026	João Serra	Casa do Benfica do Entroncamento	01:08	+00:11	-	
11	1060	Joelma Lourenço	CASA DO BENFICA EM ABRANTES	01:09	+00:12	-	
12	1062	Vitória Brito	CASA DO BENFICA EM ABRANTES	01:10	+00:13	-	
13	1097	Maria Freire	Individual	01:10	+00:13	-	
14	1101	Miguel Batista	Individual	01:10	+00:13	-	
15	1127	Áurea Ferreira	THOMAR ATHLETICS	01:11	+00:14	-	
16	1064	Diogo Ferreira	CASA DO BENFICA EM ABRANTES	01:12	+00:15	-	
17	1063	David Kulyk	CASA DO BENFICA EM ABRANTES	01:14	+00:17	-	
18	1146	lourenço santos	U.D.R.ZONA ALTA	01:15	+00:18	-	
19	1018	Mafalda Costa Lopes	Casa do Benfica do Entroncamento	01:15	+00:18	-	
20	1102	Santiago Martins	Individual	01:17	+00:20	-	
21	1098	Matilde Pimentel	Individual	01:18	+00:21	-	
22	1029	Xavier Lopes	Casa do Benfica do Entroncamento	01:18	+00:21	-	
23	1095	Alice Silva Neves	Individual	01:19	+00:22	-	
24	1020	Maria Rita Heleno	Casa do Benfica do Entroncamento	01:22	+00:25	-	
25	1100	Francisco Pinto	Individual	01:23	+00:26	-	
26	1096	Francisca Santana	Individual	01:31	+00:34	-	
27	1099	António Nunes	Individual	01:32	+00:35	-	
28	1125	Afonso Marques	Sandoeira Run Club	01:38	+00:41	-	
29	1124	Maria Luísa	Sandoeira Run Club	01:44	+00:47	-	
30	1141	Afonso Alves	traquinas	01:45	+00:48	-	
31	1123	Caetana Lopes	Run2Eat	04:00	+03:03	-	
32	1145	carolina vieira	U.D.R.ZONA ALTA	05:03	+04:06	-	

Grande Prémio da Páscoa de Constância

Constância

04-abril-2026

Benjamins A

0,3 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

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

	Time	Temperature	Humidity
Start	10:35	18,2ºC	62%
End	10:25	18,2ºC	62%

Benjamim A Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1080	Madalena Silvestre	CPR A-DO-BARBAS	Benjamim A Feminino	00:57		-
2	1081	Mariana Pinto	CPR A-DO-BARBAS	Benjamim A Feminino	00:59	+00:02	-
3	1001	Camila Mugarro	ADNO Nucleoeiras	Benjamim A Feminino	01:06	+00:09	-
4	1061	Madalena Falcão	CASA DO BENFICA EM ABRANTES	Benjamim A Feminino	01:07	+00:10	-
5	1060	Joelma Lourenço	CASA DO BENFICA EM ABRANTES	Benjamim A Feminino	01:09	+00:12	-
6	1062	Vitória Brito	CASA DO BENFICA EM ABRANTES	Benjamim A Feminino	01:10	+00:13	-
7	1097	Maria Freire	Individual	Benjamim A Feminino	01:10	+00:13	-
8	1127	Áurea Ferreira	THOMAR ATHLETICS	Benjamim A Feminino	01:11	+00:14	-
9	1018	Mafalda Costa Lopes	Casa do Benfica do Entroncamento	Benjamim A Feminino	01:15	+00:18	-
10	1098	Matilde Pimentel	Individual	Benjamim A Feminino	01:18	+00:20	-
11	1095	Alice Silva Neves	Individual	Benjamim A Feminino	01:19	+00:22	-
12	1020	Maria Rita Heleno	Casa do Benfica do Entroncamento	Benjamim A Feminino	01:22	+00:25	-
13	1096	Francisca Santana	Individual	Benjamim A Feminino	01:31	+00:34	-
14	1124	Maria Luísa	Sandoeira Run Club	Benjamim A Feminino	01:44	+00:47	-
15	1123	Caetana Lopes	Run2Eat	Benjamim A Feminino	04:00	+03:03	-
16	1145	carolina vieira	U.D.R.ZONA ALTA	Benjamim A Feminino	05:03	+04:06	-

Benjamim A Masculino

1	1066	Simão Cruz	CASA DO BENFICA EM ABRANTES	Benjamim A Masculino	00:57		-
2	1023	Diogo Costa	Casa do Benfica do Entroncamento	Benjamim A Masculino	01:01	+00:04	-
3	1025	Henrique Cortesão	Casa do Benfica do Entroncamento	Benjamim A Masculino	01:01	+00:04	-
4	1065	Sebastos Lourenço	CASA DO BENFICA EM ABRANTES	Benjamim A Masculino	01:03	+00:06	-
5	1082	Gustavo Vieira	CPR A-DO-BARBAS	Benjamim A Masculino	01:05	+00:07	-
6	1026	João Serra	Casa do Benfica do Entroncamento	Benjamim A Masculino	01:08	+00:11	-
7	1101	Miguel Batista	Individual	Benjamim A Masculino	01:10	+00:13	-
8	1064	Diogo Ferreira	CASA DO BENFICA EM ABRANTES	Benjamim A Masculino	01:12	+00:14	-
9	1063	David Kulyk	CASA DO BENFICA EM ABRANTES	Benjamim A Masculino	01:14	+00:17	-
10	1146	lourenço santos	U.D.R.ZONA ALTA	Benjamim A Masculino	01:15	+00:18	-
11	1102	Santiago Martins	Individual	Benjamim A Masculino	01:17	+00:19	-

Benjamins A

0,3 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

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

12	1029	Xavier Lopes	Casa do Benfica do Entroncamento	Benjamim A Masculino	01:18	+00:20	-
13	1100	Francisco Pinto	Individual	Benjamim A Masculino	01:23	+00:26	-
14	1099	António Nunes	Individual	Benjamim A Masculino	01:32	+00:35	-
15	1125	Afonso Marques	Sandoeira Run Club	Benjamim A Masculino	01:38	+00:41	-
16	1141	Afonso Alves	traquinas	Benjamim A Masculino	01:45	+00:48	-

Grande Prémio da Páscoa de Constância

Constância

04-abril-2026

BENJAMINS B - STAGE 1 — 0,5 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

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

	Time	Temperature	Humidity
Start	10:40	18,2ºC	62%
End	10:29	18,2ºC	62%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1111	Pedro Carvalho	Individual	01:34		-	
2	1002	Rodrigo Madureira	ADNO Nucleoeiras	01:35	+00:01	-	
3	1032	Lourenço Martins	Casa do Benfica do Entroncamento	01:36	+00:02	-	
4	1083	Kevin Vieira	CPR A-DO-BARBAS	01:37	+00:03	-	
5	1084	Tomás Lopes	CPR A-DO-BARBAS	01:43	+00:09	-	
6	1132	Diogo Ferreira	THOMAR ATHLETICS	01:45	+00:11	-	
7	1069	Matilde Rodrigues	CASA DO BENFICA EM ABRANTES	01:46	+00:12	-	
8	1071	Tiago Barroso	CASA DO BENFICA EM ABRANTES	01:49	+00:15	-	
9	1068	Matilde Ferreira	CASA DO BENFICA EM ABRANTES	01:51	+00:17	-	
10	1151	ines gonçalves	U.D.R.ZONA ALTA	01:52	+00:18	-	
11	1088	Carolina Brito	CPR A-DO-BARBAS	01:52	+00:18	-	
12	1033	Matias Morgado	Casa do Benfica do Entroncamento	01:55	+00:21	-	
13	1152	rita graça	U.D.R.ZONA ALTA	01:56	+00:22	-	
14	1105	Íris Lamarosa Maia	Individual	01:56	+00:22	-	
15	1034	Pedro Costa	Casa do Benfica do Entroncamento	01:58	+00:24	-	
16	1169	Lara Mateus	Team P. Moles	01:58	+00:24	-	
17	1126	Bianca Mendonça	Team P. Moles	02:00	+00:26	-	
18	1170	Maria Clara	Team P. Moles	02:01	+00:27	-	
19	1107	Rute Lopes	Individual	02:01	+00:27	-	
20	1131	António Santos	THOMAR ATHLETICS	02:02	+00:28	-	
21	1133	Gonçalo Honrado	THOMAR ATHLETICS	02:03	+00:29	-	
22	1103	Èlia Oliveira	Individual	02:03	+00:29	-	
23	1148	clara freitas	U.D.R.ZONA ALTA	02:04	+00:30	-	
24	1016	Miguel Mendes	C.C.D. "O ALVITEJO "	02:07	+00:33	-	
25	1149	constança ribeiro	U.D.R.ZONA ALTA	02:08	+00:34	-	
26	1147	alice silva	U.D.R.ZONA ALTA	02:08	+00:34	-	
27	1108	Sofia Silvério Tavares	Individual	02:08	+00:34	-	
28	1150	francisca gonçalves	U.D.R.ZONA ALTA	02:10	+00:36	-	
29	1030	Mariana Costa	Casa do Benfica do Entroncamento	02:10	+00:36	-	
30	1110	Lourenço Ferreira	Individual	02:11	+00:37	-	
31	1104	Gabriela Sofia Lamarosa Ribeiro	Individual	02:12	+00:38	-	
32	1067	Clara Brito	CASA DO BENFICA EM ABRANTES	02:12	+00:38	-	
33	1128	Madalena Farinha	THOMAR ATHLETICS	02:13	+00:39	-	
34	1106	Leonor de Almeida Ferro Luiz Romano	Individual	02:13	+00:39	-	
35	1109	Eric Pinto	Individual	02:18	+00:44	-	
36	1129	Madalena Motta	THOMAR ATHLETICS	02:39	+01:05	-	
37	1130	Mariana Silva	THOMAR ATHLETICS	03:06	+01:32	-	

Grande Prémio da Páscoa de Constância

Constância

04-abril-2026

Benjamins B

0,5 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

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

	Time	Temperature	Humidity
Start	10:40	18,2ºC	62%
End	10:29	18,2ºC	62%

Benjamim B Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1069	Matilde Rodrigues	CASA DO BENFICA EM ABRANTES	Benjamim B Feminino	01:46		-
2	1068	Matilde Ferreira	CASA DO BENFICA EM ABRANTES	Benjamim B Feminino	01:51	+00:04	-
3	1151	ines gonçalves	U.D.R.ZONA ALTA	Benjamim B Feminino	01:52	+00:05	-
4	1088	Carolina Brito	CPR A-DO-BARBAS	Benjamim B Feminino	01:52	+00:05	-
5	1152	rita graça	U.D.R.ZONA ALTA	Benjamim B Feminino	01:56	+00:09	-
6	1105	Íris Lamarosa Maia	Individual	Benjamim B Feminino	01:56	+00:09	-
7	1169	Lara Mateus	Team P. Moles	Benjamim B Feminino	01:58	+00:12	-
8	1126	Bianca Mendonça	Team P. Moles	Benjamim B Feminino	02:00	+00:13	-
9	1170	Maria Clara	Team P. Moles	Benjamim B Feminino	02:01	+00:14	-
10	1107	Rute Lopes	Individual	Benjamim B Feminino	02:01	+00:15	-
11	1103	Èlia Oliveira	Individual	Benjamim B Feminino	02:03	+00:16	-
12	1148	clara freitas	U.D.R.ZONA ALTA	Benjamim B Feminino	02:04	+00:17	-
13	1149	constança ribeiro	U.D.R.ZONA ALTA	Benjamim B Feminino	02:08	+00:21	-
14	1147	alice silva	U.D.R.ZONA ALTA	Benjamim B Feminino	02:08	+00:21	-
15	1108	Sofia Silvério Tavares	Individual	Benjamim B Feminino	02:08	+00:21	-
16	1150	francisca gonçalves	U.D.R.ZONA ALTA	Benjamim B Feminino	02:10	+00:23	-
17	1030	Mariana Costa	Casa do Benfica do Entroncamento	Benjamim B Feminino	02:10	+00:23	-
18	1104	Gabriela Sofia Lamarosa Ribeiro	Individual	Benjamim B Feminino	02:12	+00:25	-
19	1067	Clara Brito	CASA DO BENFICA EM ABRANTES	Benjamim B Feminino	02:12	+00:26	-
20	1128	Madalena Farinha	THOMAR ATHLETICS	Benjamim B Feminino	02:13	+00:26	-
21	1106	Leonor de Almeida Ferro Luiz Romano	Individual	Benjamim B Feminino	02:13	+00:26	-
22	1129	Madalena Motta	THOMAR ATHLETICS	Benjamim B Feminino	02:39	+00:52	-
23	1130	Mariana Silva	THOMAR ATHLETICS	Benjamim B Feminino	03:06	+01:19	-

Benjamim B Masculino

1	1111	Pedro Carvalho	Individual	Benjamim B Masculino	01:34		-
2	1002	Rodrigo Madureira	ADNO Nucleoeiras	Benjamim B Masculino	01:35	+00:01	-
3	1032	Lourenço Martins	Casa do Benfica do Entroncamento	Benjamim B Masculino	01:36	+00:02	-
4	1083	Kevin Vieira	CPR A-DO-BARBAS	Benjamim B Masculino	01:37	+00:03	-
5	1084	Tomás Lopes	CPR A-DO-BARBAS	Benjamim B Masculino	01:43	+00:08	-
6	1132	Diogo Ferreira	THOMAR ATHLETICS	Benjamim B Masculino	01:45	+00:11	-
7	1071	Tiago Barroso	CASA DO BENFICA EM ABRANTES	Benjamim B Masculino	01:49	+00:14	-
8	1033	Matias Morgado	Casa do Benfica do Entroncamento	Benjamim B Masculino	01:55	+00:21	-

Benjamins B

0,5 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

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

9	1034	Pedro Costa	Casa do Benfica do Entroncamento	Benjamim B Masculino	01:58	+00:23	-
10	1131	António Santos	THOMAR ATHLETICS	Benjamim B Masculino	02:02	+00:27	-
11	1133	Gonçalo Honrado	THOMAR ATHLETICS	Benjamim B Masculino	02:03	+00:29	-
12	1016	Miguel Mendes	C.C.D. "O ALVITEJO "	Benjamim B Masculino	02:07	+00:32	-
13	1110	Lourenço Ferreira	Individual	Benjamim B Masculino	02:11	+00:37	-
14	1109	Eric Pinto	Individual	Benjamim B Masculino	02:18	+00:44	-

Grande Prémio da Páscoa de Constância

Constância

04-abril-2026

INFANTIS - STAGE 1 — 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

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

	Time	Temperature	Humidity
Start	09:30	16,1ºC	66%
End	09:39	16,1ºC	66%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1044	Martim Morgado	Casa do Benfica do Entroncamento	05:09		-	
2	1006	Tomás Silvério	Ase	05:18	+00:09	-	
3	1042	Francisco Costa	Casa do Benfica do Entroncamento	05:49	+00:40	-	
4	1086	Lara Vieira	CPR A-DO-BARBAS	05:49	+00:40	-	
5	1087	Duarte Jacinto	CPR A-DO-BARBAS	05:58	+00:49	-	
6	1136	Daniel Veras	THOMAR ATHLETICS	06:01	+00:52	-	
7	1119	Henrique Pereira	Núcleo de Juventude do Concelho de Proença-a-Nova (NJCPN)	06:08	+00:59	-	
8	1144	Santiago Martins	Triatlo Sporting	06:09	+01:00	-	
9	1159	Pedro Martins	CLAC - ENTRONCAMENTO	06:09	+01:00	-	
10	1135	Daniel Saldanha	THOMAR ATHLETICS	06:11	+01:02	-	
11	1154	ines cabeleira	U.D.R.ZONA ALTA	06:12	+01:03	-	
12	1153	ana vasques	U.D.R.ZONA ALTA	06:15	+01:06	-	
13	1089	Leonardo Neves	CPR A-DO-BARBAS	06:18	+01:09	-	
14	1156	leonor henriques	U.D.R.ZONA ALTA	06:19	+01:10	-	
15	1046	Tomás Lopes	Casa do Benfica do Entroncamento	06:23	+01:14	-	
16	1160	Bernardo Ventura	CLAC - ENTRONCAMENTO	06:25	+01:16	-	
17	1162	Clara Reis	CLAC - ENTRONCAMENTO	06:34	+01:25	-	
18	1134	Adriana Godinho	THOMAR ATHLETICS	06:39	+01:30	-	
19	1085	Briana Lameiro	CPR A-DO-BARBAS	06:45	+01:36	-	
20	1161	Martinho Marques	CLAC - ENTRONCAMENTO	07:19	+02:10	-	
21	1077	MARGARIDA NUNES	CASA POVO ALCANENA	07:32	+02:23	-	
22	1112	Maria Leonor Tomé Dias	Individual	07:45	+02:36	-	
23	1143	lucas Alves	traquinas	08:31	+03:22	-	

Grande Prémio da Páscoa de Constância

Constância

04-abril-2026

Infantis

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

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

	Time	Temperature	Humidity
Start	09:30	16,1ºC	66%
End	09:39	16,1ºC	66%

Infantil Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1086	Lara Vieira	CPR A-DO-BARBAS	Infantil Feminino	05:49		-
2	1154	ines cabeleira	U.D.R.ZONA ALTA	Infantil Feminino	06:12	+00:23	-
3	1153	ana vasques	U.D.R.ZONA ALTA	Infantil Feminino	06:15	+00:25	-
4	1156	leonor henriques	U.D.R.ZONA ALTA	Infantil Feminino	06:19	+00:30	-
5	1162	Clara Reis	CLAC - ENTRONCAMENTO	Infantil Feminino	06:34	+00:45	-
6	1134	Adriana Godinho	THOMAR ATHLETICS	Infantil Feminino	06:39	+00:49	-
7	1085	Briana Lameiro	CPR A-DO-BARBAS	Infantil Feminino	06:45	+00:56	-
8	1077	MARGARIDA NUNES	CASA POVO ALCANENA	Infantil Feminino	07:32	+01:43	-
9	1112	Maria Leonor Tomé Dias	Individual	Infantil Feminino	07:45	+01:55	-

Infantil Masculino

1	1044	Martim Morgado	Casa do Benfica do Entroncamento	Infantil Masculino	05:09		-
2	1006	Tomás Silvério	Ase	Infantil Masculino	05:18	+00:09	-
3	1042	Francisco Costa	Casa do Benfica do Entroncamento	Infantil Masculino	05:49	+00:39	-
4	1087	Duarte Jacinto	CPR A-DO-BARBAS	Infantil Masculino	05:58	+00:48	-
5	1136	Daniel Veras	THOMAR ATHLETICS	Infantil Masculino	06:01	+00:51	-
6	1119	Henrique Pereira	Núcleo de Juventude do Concelho de Proença-a-Nova (NJCPN)	Infantil Masculino	06:08	+00:58	-
7	1144	Santiago Martins	Triatlo Sporting	Infantil Masculino	06:09	+00:59	-
8	1159	Pedro Martins	CLAC - ENTRONCAMENTO	Infantil Masculino	06:09	+01:00	-
9	1135	Daniel Saldanha	THOMAR ATHLETICS	Infantil Masculino	06:11	+01:02	-
10	1089	Leonardo Neves	CPR A-DO-BARBAS	Infantil Masculino	06:18	+01:09	-
11	1046	Tomás Lopes	Casa do Benfica do Entroncamento	Infantil Masculino	06:23	+01:13	-
12	1160	Bernardo Ventura	CLAC - ENTRONCAMENTO	Infantil Masculino	06:25	+01:15	-
13	1161	Martinho Marques	CLAC - ENTRONCAMENTO	Infantil Masculino	07:19	+02:09	-
14	1143	lucas Alves	traquinas	Infantil Masculino	08:31	+03:22	-

Grande Prémio da Páscoa de Constância

Constância

04-abril-2026

INICIADOS - STAGE 1

1,8 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

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

	Time	Temperature	Humidity
Start	09:40	16,9ºC	57%
End	09:50	16,9ºC	57%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1004	Diogo Mugarro	ADNO Nucleoeiras	05:34		-	
2	1050	André Martins	Casa do Benfica do Entroncamento	05:40	+00:06	-	
3	1051	Bernardo Miranda	Casa do Benfica do Entroncamento	05:55	+00:21	-	
4	1003	Carolina Madureira	ADNO Nucleoeiras	06:05	+00:31	-	
5	1164	Miguel Henriques	CLAC - ENTRONCAMENTO	06:26	+00:52	-	
6	1137	Lana Raaymakers	THOMAR ATHLETICS	06:28	+00:54	-	
7	1047	Luana Coelho	Casa do Benfica do Entroncamento	06:28	+00:54	-	
8	1140	Martim Ferreira	THOMAR ATHLETICS	06:40	+01:06	-	
9	1091	Knowledge Ndapuka	CPR A-DO-BARBAS	06:49	+01:15	-	
10	1115	Martim David Lamarosa Ribeiro	Individual	06:49	+01:15	-	
11	1090	Laura Valinho	CPR A-DO-BARBAS	06:57	+01:23	-	
12	1120	Cristiana Serrano	Núcleo de Juventude do Concelho de Proença-a-Nova (NJCPN)	07:02	+01:28	-	
13	1166	Laura Oliveira	CLAC - ENTRONCAMENTO	07:03	+01:29	-	
14	1114	Matilde Vieira Fernandes	CASA POVO ALCANENA	07:13	+01:39	-	
15	1007	Sofia Ferreira	Ase	07:21	+01:47	-	
16	1049	Vânia Crispim	Casa do Benfica do Entroncamento	07:25	+01:51	-	
17	1009	Ema Ferreira	Associação de Toledo	07:27	+01:53	-	
18	1013	Micaela Paulo	Associação de Toledo	07:30	+01:56	-	
19	1138	Madalena Pereira	THOMAR ATHLETICS	07:30	+01:56	-	
20	1139	Maria Pita	THOMAR ATHLETICS	07:37	+02:03	-	
21	1011	ERICA BERNARDES	Associação de Toledo	07:39	+02:05	-	
22	1165	Laura Santos	CLAC - ENTRONCAMENTO	07:42	+02:08	-	
23	1163	Dinis Lopes	CLAC - ENTRONCAMENTO	07:49	+02:15	-	
24	1074	Rita Simões	CASA DO BENFICA EM ABRANTES	07:58	+02:24	-	
25	1052	Guilherme Cortesão	Casa do Benfica do Entroncamento	08:41	+03:07	-	
26	1175	Inês Mano	CLAC - ENTRONCAMENTO	08:43	+03:09	-	

Grande Prémio da Páscoa de Constância

Constância

04-abril-2026

Iniciados

1,8 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

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

	Time	Temperature	Humidity
Start	09:40	16,9ºC	57%
End	09:50	16,9ºC	57%

Iniciado Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1003	Carolina Madureira	ADNO Nucleoeiras	Iniciado Feminino	06:05		-
2	1137	Lana Raaymakers	THOMAR ATHLETICS	Iniciado Feminino	06:28	+00:22	-
3	1047	Luana Coelho	Casa do Benfica do Entroncamento	Iniciado Feminino	06:28	+00:23	-
4	1090	Laura Valinho	CPR A-DO-BARBAS	Iniciado Feminino	06:57	+00:52	-
5	1120	Cristiana Serrano	Núcleo de Juventude do Concelho de Proença-a-Nova (NJCPN)	Iniciado Feminino	07:02	+00:57	-
6	1166	Laura Oliveira	CLAC - ENTRONCAMENTO	Iniciado Feminino	07:03	+00:58	-
7	1114	Matilde Vieira Fernandes	CASA POVO ALCANENA	Iniciado Feminino	07:13	+01:08	-
8	1007	Sofia Ferreira	Ase	Iniciado Feminino	07:21	+01:16	-
9	1049	Vânia Crispim	Casa do Benfica do Entroncamento	Iniciado Feminino	07:25	+01:19	-
10	1009	Ema Ferreira	Associação de Toledo	Iniciado Feminino	07:27	+01:21	-
11	1013	Micaela Paulo	Associação de Toledo	Iniciado Feminino	07:30	+01:24	-
12	1138	Madalena Pereira	THOMAR ATHLETICS	Iniciado Feminino	07:30	+01:25	-
13	1139	Maria Pita	THOMAR ATHLETICS	Iniciado Feminino	07:37	+01:32	-
14	1011	ERICA BERNARDES	Associação de Toledo	Iniciado Feminino	07:39	+01:33	-
15	1165	Laura Santos	CLAC - ENTRONCAMENTO	Iniciado Feminino	07:42	+01:36	-
16	1074	Rita Simões	CASA DO BENFICA EM ABRANTES	Iniciado Feminino	07:58	+01:53	-
17	1175	Inês Mano	CLAC - ENTRONCAMENTO	Iniciado Feminino	08:43	+02:38	-

Iniciado Masculino

1	1004	Diogo Mugarro	ADNO Nucleoeiras	Iniciado Masculino	05:34		-
2	1050	André Martins	Casa do Benfica do Entroncamento	Iniciado Masculino	05:40	+00:05	-
3	1051	Bernardo Miranda	Casa do Benfica do Entroncamento	Iniciado Masculino	05:55	+00:20	-
4	1164	Miguel Henriques	CLAC - ENTRONCAMENTO	Iniciado Masculino	06:26	+00:51	-
5	1140	Martim Ferreira	THOMAR ATHLETICS	Iniciado Masculino	06:40	+01:05	-
6	1091	Knowledge Ndapuka	CPR A-DO-BARBAS	Iniciado Masculino	06:49	+01:14	-
7	1115	Martim David Lamarosa Ribeiro	Individual	Iniciado Masculino	06:49	+01:14	-
8	1163	Dinis Lopes	CLAC - ENTRONCAMENTO	Iniciado Masculino	07:49	+02:14	-
9	1052	Guilherme Cortesão	Casa do Benfica do Entroncamento	Iniciado Masculino	08:41	+03:06	-

Grande Prémio da Páscoa de Constância

Constância

04-abril-2026

JUVENIS - STAGE 1

3 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

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

	Time	Temperature	Humidity
Start	09:55	17,5ºC	53%
End	10:18	17,5ºC	53%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1121	Laura Martins	Núcleo de Juventude do Concelho de Proença-a-Nova (NJCPN)	12:42		04:14	
2	1116	Catarina Dias	Individual	12:51	+00:09	04:17	
3	1008	Leonor Vitória	Ase	13:00	+00:18	04:20	
4	1054	Camila Franco	Casa do Benfica do Entroncamento	13:04	+00:22	04:21	
5	1093	Ivan Silva	CPR A-DO-BARBAS	13:53	+01:11	03:28	
6	1092	Alexander Matsyuk	CPR A-DO-BARBAS	14:26	+01:44	03:36	
7	1076	Bernardo Barroso	CASA DO BENFICA EM ABRANTES	16:20	+03:38	04:05	
8	1118	Tomás Alexandre da Silva Botas	Individual	16:39	+03:57	04:10	
9	1117	Joaquim martins ragageles	Individual	16:46	+04:04	04:12	
10	1014	Alcino Ribeiro	Associação de Toledo	16:59	+04:17	04:15	
11	1122	Mariana Cunha	Núcleo de Juventude do Concelho de Proença-a-Nova (NJCPN)	23:13	+10:31	07:44	

Grande Prémio da Páscoa de Constância

Constância

04-abril-2026

Juvenis

3 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

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

	Time	Temperature	Humidity
Start	09:55	17,5ºC	53%
End	10:18	17,5ºC	53%

Juvenil Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1121	Laura Martins	Núcleo de Juventude do Concelho de Proença-a-Nova (NJCPN)	Juvenil Feminino	12:42		04:14
2	1116	Catarina Dias	Individual	Juvenil Feminino	12:51	+00:08	04:17
3	1008	Leonor Vitória	Ase	Juvenil Feminino	13:00	+00:17	04:20
4	1054	Camila Franco	Casa do Benfica do Entroncamento	Juvenil Feminino	13:04	+00:21	04:21
5	1122	Mariana Cunha	Núcleo de Juventude do Concelho de Proença-a-Nova (NJCPN)	Juvenil Feminino	23:13	+10:30	07:44

Juvenil Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1093	Ivan Silva	CPR A-DO-BARBAS	Juvenil Masculino	13:53		04:38
2	1092	Alexander Matsyuk	CPR A-DO-BARBAS	Juvenil Masculino	14:26	+00:32	04:49
3	1076	Bernardo Barroso	CASA DO BENFICA EM ABRANTES	Juvenil Masculino	16:20	+02:26	05:27
4	1118	Tomás Alexandre da Silva Botas	Individual	Juvenil Masculino	16:39	+02:45	05:33
5	1117	Joaquim martins ragageles	Individual	Juvenil Masculino	16:46	+02:52	05:35
6	1014	Alcino Ribeiro	Associação de Toledo	Juvenil Masculino	16:59	+03:05	05:40

Grande Prémio da Páscoa de Constância

Constância

04-abril-2026

TEAM RESULTS - GP

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 - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	CPR A-DO-BARBAS	14 [1, 1, 1, 2, ...]	98
2	CASA DO BENFICA DO ENTRONCAMENTO	19 [1, 2, 2, 3, ...]	91
3	CASA DO BENFICA EM ABRANTES	13 [1, 1, 2, 3, ...]	71
4	U.D.R.ZONA ALTA	11 [2, 3, 3, 4, ...]	39
5	ADNO NUCLEOEIRAS	4 [1, 1, 2, 3]	37
6	THOMAR ATHLETICS	14 [2, 5, 5, 6, ...]	37
7	NÚCLEO DE JUVENTUDE DO CONCELHO DE PROENÇA-A-NOVA (NJCPN)	4 [1, 5, 5, 6]	27
8	CLAC - ENTRONCAMENTO	9 [4, 5, 6, 8, ...]	24
9	ASE	3 [2, 3, 8]	20
10	TEAM P. MOLES	3 [7, 8, 9]	9
11	CASA POVO ALCANENA	2 [7, 8]	7
12	ASSOCIAÇÃO DE TOLEDO	4 [6, 10, 11, 14]	6
13	TRIATLO SPORTING	1 [7]	4