

BODO 10KM - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	19:00	34°C	24%
End	20:43	34°C	24%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	183	Bruno Paixão	grupo desportivo 3 santos populares - carregal do sal	Veterano M40	31:56		03:12
2	109	Guilherme Martins	clube de campismo de são joão da madeira	Senior Masculino	32:37	+00:41	03:16
3	187	Márcio Dias	grupo recreativo eirense	Senior Masculino	32:42	+00:46	03:16
4	177	Nuno Miguel	grecas	Veterano M40	32:53	+00:57	03:17
5	115	Rafael Pais	clube desportivo de tondela	Senior Masculino	32:56	+01:00	03:18
6	473	Tiago Marques	individual	Veterano M40	33:00	+01:04	03:18
7	61	Tiago Madureira	adcp pedralva	Veterano M35	33:27	+01:31	03:21
8	404	Carlos Costa	individual	Veterano M35	33:47	+01:51	03:23
9	120	Mário Coelho	clube desportivo em movimento	Veterano M45	33:51	+01:55	03:23
10	153	Vasco Pereira	escola de atletismo de coimbra / jpaiva	Veterano M35	33:51	+01:55	03:23
11	406	Cláudio Loureiro	gac- grupo de atletismo da caranguejeira	Veterano M35	34:00	+02:03	03:24
12	110	Gabriel Henriques Santos	clube desportivo de espite	Senior Masculino	34:12	+02:16	03:25
13	662	Daniel Antunes	sicótrilhos	Senior Masculino	34:35	+02:39	03:28
14	119	Luís Rufino	clube desportivo em movimento	Veterano M40	34:47	+02:51	03:29
15	172	Vitor Dinis	gdrc unidos	Veterano M50	34:49	+02:53	03:29
16	543	Luciano Gordo	individual	Veterano M55	34:56	+03:00	03:30
17	111	Emília Kumós Pisoeiro	clube desportivo de espite	Veterana F40	35:09	+03:13	03:31
18	698	Fernando Matos	grupo de convívio e amizade nas donas	Veterano M60	35:11	+03:15	03:31
19	490	Joel Couto	grupo alegre unido bajouca	Veterano M45	35:13	+03:17	03:31
20	359	Yvane Silva	individual	Senior Masculino	35:22	+03:26	03:32
21	60	Ricardo Andrade	adcp pedralva	Veterano M35	35:26	+03:30	03:33
22	694	André Machado	vitória sc	Veterano M35	35:36	+03:40	03:34
23	264	Diogo Lima Pereira	individual	Senior Masculino	35:52	+03:56	03:35
24	117	Rui Rodrigues	clube desportivo de tondela	Veterano M45	36:04	+04:08	03:36
25	342	Sebastião Gôrne	individual	Senior Masculino	36:10	+04:14	03:37
26	571	ALÉXIS ROCHA	industrial desportivo vieirense	Senior Masculino	36:17	+04:21	03:38
27	105	EMANUEL SOPAS CARDOSO	clube atletismo marinha grande	Veterano M35	36:19	+04:23	03:38
28	108	Paulo Ferreira	clube de atletismo de ferreira do zêzere	Veterano M45	36:41	+04:45	03:40
29	59	Maurício Fernandes	adcp pedralva	Senior Masculino	36:45	+04:49	03:41
30	537	Sérgio Paiva	individual	Veterano M50	36:56	+05:00	03:42
31	62	Óscar Maia	adcp pedralva	Veterano M40	37:00	+05:04	03:42
32	161	Nuno Casalinho	gac- grupo de atletismo da caranguejeira	Veterano M45	37:03	+05:07	03:42
33	116	João Alves	clube desportivo de tondela	Veterano M40	37:04	+05:08	03:42
34	348	Tiago Lé	individual	Senior Masculino	37:08	+05:12	03:43
35	90	João Plácido	caracol trail team	Veterano M40	37:12	+05:16	03:43
36	160	Luis Campino	gac- grupo de atletismo da caranguejeira	Veterano M40	37:19	+05:23	03:44
37	50	Joao Silva	acbatalha	Senior Masculino	37:20	+05:24	03:44
38	65	João Santana	adr mata	Veterano M35	37:27	+05:31	03:45
39	446	Filipe Gomes	individual	Veterano M40	37:29	+05:33	03:45
40	579	PAULO PONTES	industrial desportivo vieirense	Veterano M55	37:30	+05:34	03:45
41	472	Tadhg Lyne	individual	Veterano M40	37:32	+05:36	03:45

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	9	José Galvão	a.r.casaence/ escola atletismo de coimbra/ j paiva	Senior Masculino	37:33	+05:37	03:45
43	399	Bruno Figueiredo	individual	Veterano M35	37:38	+05:42	03:46
44	185	Rui Henriques	grupo desportivo santander totta	Veterano M50	37:46	+05:50	03:47
45	402	Bruno Silva	grupo alegre unido bajouca	Veterano M35	37:59	+06:03	03:48
46	103	Alexandra Oliveira	club sport marítimo	Senior Feminino	38:12	+06:16	03:49
47	639	Fernando santos	reumaticos	Veterano M50	38:13	+06:17	03:49
48	28	MARCO GOMES	ac vermoil	Veterano M45	38:17	+06:21	03:50
49	13	GUILHERME GASPAR	ac vermoil	Senior Masculino	38:34	+06:38	03:51
50	545	Luiz Mota	individual	Veterano M55	38:36	+06:40	03:52
51	683	José Oliveira	trail da amizade runners	Veterano M40	38:36	+06:40	03:52
52	605	Rui Pedro Luís Gaio Gaio	ndap - núcleo do desporto amador de pombal	Veterano M35	38:36	+06:40	03:52
53	54	Henrique Carvalheiro	acrm silveirinha grande e claras	Veterano M40	38:37	+06:41	03:52
54	40	PEDRO FERREIRA	ac vermoil	Veterano M50	38:37	+06:41	03:52
55	627	JOÃO NEVES	quem bebe 1, bebe 2	Senior Masculino	38:40	+06:44	03:52
56	163	Bernardo Alves	gacv	Senior Masculino	38:46	+06:50	03:53
57	126	Milton Ferreira	clube veteranos do lis	Veterano M35	38:56	+07:00	03:54
58	573	FILIPE BRILHANTE	industrial desportivo vieirense	Veterano M45	38:58	+07:02	03:54
59	122	Raquel Frade Cabaço	clube raquel cabaço	Veterana F35	39:08	+07:12	03:55
60	123	João André	clube raquel cabaço	Veterano M40	39:09	+07:13	03:55
61	405	Carlos Silva	individual	Veterano M35	39:10	+07:14	03:55
62	143	André Calado	equipa diamantino jorge & filho, sa	Senior Masculino	39:18	+07:22	03:56
63	294	João Miguel Santos Bruno	individual	Senior Masculino	39:20	+07:24	03:56
64	524	Hugo Prazeres	individual	Veterano M50	39:28	+07:32	03:57
65	574	JOAQUIM DUARTE	industrial desportivo vieirense	Veterano M45	39:33	+07:37	03:57
66	52	Rafael Matoso	acdc	Veterano M35	39:36	+07:40	03:58
67	599	Hélder Henriques	miro trail	Veterano M35	39:37	+07:41	03:58
68	24	EDUARDO CARDEIRA	ac vermoil	Veterano M40	39:39	+07:43	03:58
69	323	PAULO BRITES	individual	Senior Masculino	39:43	+07:47	03:58
70	254	Bruno Neves	individual	Senior Masculino	39:45	+07:49	03:58
71	688	Bruno Antunes	vilaventura trail	Senior Masculino	39:47	+07:51	03:59
72	85	Délio Pascoal	bbc run team	Veterano M40	39:55	+07:59	03:59
73	166	Tiago Alves	gacv	Senior Masculino	40:03	+08:07	04:00
74	410	DIOGO OLIVEIRA	individual	Veterano M35	40:03	+08:07	04:00
75	578	LEONEL SOUSA	industrial desportivo vieirense	Veterano M55	40:15	+08:19	04:02
76	121	Pedro Jogo	clube desportivo em movimento	Veterano M50	40:23	+08:27	04:02
77	73	Diogo Gonçalves	associação académica de coimbra	Senior Masculino	40:28	+08:32	04:03
78	11	Márcio Pereira	a.r.casaence/ escola atletismo de coimbra/ j paiva	Veterano M45	40:32	+08:36	04:03
79	640	Paulo pereira	reumaticos	Veterano M50	40:36	+08:40	04:04
80	572	HUGO MARQUES	industrial desportivo vieirense	Veterano M40	40:42	+08:46	04:04
81	592	António Fonseca Oliveira	liz runners	Veterano M40	40:55	+08:59	04:05
82	64	Hélder Piedade	adcrpereira trail e btt	Veterano M55	41:16	+09:20	04:08
83	26	HELDER MIRANDA	ac vermoil	Veterano M45	41:18	+09:22	04:08
84	286	Guilherme Afonso Natário de Figueiredo	individual	Senior Masculino	41:18	+09:22	04:08
85	689	DAVID MARQUES	vilaventura trail	Senior Masculino	41:31	+09:35	04:09

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	582	CARLOS SIMÕES	industrial desportivo vieirense	Veterano M60	41:33	+09:37	04:09
87	27	JOSÉ MENDES	ac vermoil	Veterano M45	41:41	+09:45	04:10
88	312	Marcos Maia	individual	Senior Masculino	41:44	+09:48	04:10
89	647	Sara Pedrosa	sacatrilhos anadia	Senior Feminino	41:45	+09:49	04:10
90	169	Mário Carvalho	gd vilarinho de cima	Veterano M60	41:52	+09:56	04:11
91	97	Edgar Rafael Nunes Manso	ccd sertã	Veterano M40	41:53	+09:57	04:11
92	148	Nuno Arnauth	equipa diamantino jorge & filho, sa	Veterano M45	41:56	+10:00	04:12
93	443	Daniel Silva	acbatalha	Veterano M40	41:59	+10:03	04:12
94	581	ANTÓNIO ALVES	industrial desportivo vieirense	Veterano M60	42:02	+10:06	04:12
95	106	Tetyana Vakulyuk	clube de atletismo de ferreira do zêzere	Veterana F40	42:02	+10:06	04:12
96	677	josé carlos santos	team el comandante	Veterano M60	42:08	+10:12	04:13
97	424	Paulo Serra	individual	Veterano M35	42:12	+10:16	04:13
98	607	HENRIQUE FERNANDES	ndap - núcleo do desporto amador de pombal	Veterano M40	42:16	+10:20	04:14
99	18	CATARINA SANTOS	ac vermoil	Veterana F40	42:17	+10:21	04:14
100	403	Carlos Alves	individual	Veterano M35	42:20	+10:24	04:14
101	186	RICARDO LOPES	grupo maravilha	Veterano M40	42:21	+10:25	04:14
102	494	José Ribeiro	individual	Veterano M45	42:22	+10:26	04:14
103	513	Antonio Jorge Martins Francisco	individual	Veterano M50	42:29	+10:33	04:15
104	352	Tomás Redondo	individual	Senior Masculino	42:30	+10:34	04:15
105	37	JOAQUIM QUITERIO	ac vermoil	Veterano M50	42:30	+10:34	04:15
106	19	DEONILDE COSTA	ac vermoil	Veterana F40	42:33	+10:37	04:15
107	25	JORGE BARROS	ac vermoil	Veterano M40	42:34	+10:38	04:15
108	5	Paulo Fernandes	individual	Veterano M50	42:34	+10:38	04:15
109	444	Dany Grilo	grupo alegre unido bajouca	Veterano M40	42:35	+10:39	04:15
110	517	Coleta Thierry	individual	Veterano M50	42:36	+10:40	04:16
111	31	NUNO MOTA	ac vermoil	Veterano M45	42:44	+10:48	04:16
112	497	Marco Pais	individual	Veterano M45	42:45	+10:49	04:17
113	526	Joel Silva	individual	Veterano M50	42:47	+10:51	04:17
114	576	ANTÓNIO SILVA	industrial desportivo vieirense	Veterano M55	42:59	+11:03	04:18
115	625	Daniela Cordeiro	quem bebe 1, bebe 2	Senior Feminino	43:04	+11:08	04:18
116	79	David Ferreira	bbc run team	Senior Masculino	43:09	+11:13	04:19
117	431	TIAGO MATOS	individual	Veterano M35	43:11	+11:15	04:19
118	493	Jose Leitao	individual	Veterano M45	43:12	+11:16	04:19
119	434	Valter Pinho	individual	Veterano M35	43:12	+11:16	04:19
120	451	Gonçalo Pedrosa Oliveira	individual	Veterano M40	43:23	+11:26	04:20
121	290	João Domingues	individual	Senior Masculino	43:25	+11:29	04:21
122	164	Bruno Pedro	gacv	Senior Masculino	43:29	+11:33	04:21
123	349	Tiago Mendes	individual	Senior Masculino	43:33	+11:37	04:21
124	663	JOÃO ANTUNES	sicótrilhos	Senior Masculino	43:36	+11:40	04:22
125	321	Ottavio Buzzi	individual	Senior Masculino	43:38	+11:42	04:22
126	609	Nuno Moreira	ndap - núcleo do desporto amador de pombal	Veterano M45	43:38	+11:42	04:22
127	88	Filipe Serrario	ca barreira	Veterano M40	43:42	+11:46	04:22
128	350	Tomás Adão	individual	Senior Masculino	43:54	+11:58	04:23
129	687	BERNARDO MONTEIRO	vilaventura trail	Senior Masculino	43:54	+11:58	04:23

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
130	315	MIGUEL BARROS	individual	Senior Masculino	43:57	+12:01	04:24
131	173	João Gomes	gdrc unidos	Veterano M60	43:57	+12:01	04:24
132	507	RENATO MARTINS	individual	Veterano M45	43:58	+12:02	04:24
133	421	Luis Cardoso	individual	Veterano M35	43:59	+12:03	04:24
134	551	Vitor Nelson	individual	Veterano M55	44:00	+12:04	04:24
135	690	Marco Lopes	vilaventura trail	Senior Masculino	44:02	+12:06	04:24
136	30	NELSON FERREIRA	ac vermoil	Veterano M45	44:07	+12:11	04:25
137	271	FERNANDEZ PETER	individual	Senior Masculino	44:12	+12:16	04:25
138	42	ANTONIO SILVINO	ac vermoil	Veterano M60	44:13	+12:17	04:25
139	320	Nuno Silva	individual	Senior Masculino	44:20	+12:24	04:26
140	305	Louis Steullet	individual	Senior Masculino	44:22	+12:26	04:26
141	133	Paulo Monteiro	cpr a-do-barbas	Veterano M55	44:23	+12:27	04:26
142	534	Rui Dinis	individual	Veterano M50	44:26	+12:30	04:27
143	608	Helder Marco Silva Domingues	ndap - núcleo do desporto amador de pombal	Veterano M45	44:27	+12:31	04:27
144	425	ricardo joao	individual	Veterano M35	44:27	+12:31	04:27
145	411	Enrik SCHMIDT DA SILVA	individual	Veterano M35	44:33	+12:37	04:27
146	125	Carla Carvalho	clube veteranos do lis	Veterana F35	44:35	+12:39	04:27
147	124	Raquel Pedrosa	clube veteranos do lis	Senior Feminino	44:35	+12:39	04:28
148	134	Pedro Rodrigues	cpr a-do-barbas	Veterano M55	44:43	+12:47	04:28
149	447	FILIPE MATEUS	individual	Veterano M40	44:44	+12:48	04:28
150	101	João Manuel Inácio Ferreira	centro de cultura e desporto do credito agricola mutuo	Senior Masculino	44:44	+12:48	04:28
151	261	David Monteiro	individual	Senior Masculino	44:45	+12:49	04:28
152	168	Alexandre de Souza Oliveira	gacv	Veterano M45	44:45	+12:49	04:29
153	33	EMIDIO ALVES	ac vermoil	Veterano M50	44:48	+12:52	04:29
154	255	Bryan dos Santos Rodrigues	individual	Senior Masculino	44:52	+12:56	04:29
155	68	António Patrício	adr4e	Veterano M60	44:57	+13:01	04:30
156	463	Nelson Seabra	individual	Veterano M40	44:58	+13:02	04:30
157	487	GUERRA PAULO	individual	Veterano M45	44:59	+13:03	04:30
158	6	Pedro Costa	individual	Senior Masculino	45:01	+13:05	04:30
159	648	Paulo Marques	sandoeira run club	Veterano M35	45:01	+13:05	04:30
160	326	Pedro Lebre	individual	Senior Masculino	45:03	+13:07	04:30
161	276	FRANCISCO JOSÉ FONSECA FERREIRA	individual	Senior Masculino	45:04	+13:08	04:30
162	277	Francisco Maia Mineiro	individual	Senior Masculino	45:04	+13:08	04:30
163	529	Miguel Freire	individual	Veterano M50	45:05	+13:09	04:30
164	461	Maurício Madruga	individual	Veterano M40	45:05	+13:09	04:31
165	409	Diogo André Andrade da Silva	individual	Veterano M35	45:19	+13:23	04:32
166	678	Rodrigo Carrão	thomar athletics	Senior Masculino	45:20	+13:24	04:32
167	328	PEDRO NOGUEIRA	individual	Senior Masculino	45:24	+13:28	04:32
168	618	JOÃO DÂMASO	pedrosa vending	Veterano M40	45:28	+13:32	04:33
169	104	CATARINA FERREIRA BISPO	clube atletismo marinha grande	Senior Feminino	45:36	+13:40	04:34
170	178	Leonardo Bento	grupo alegre unido bajouca	Senior Masculino	45:37	+13:41	04:34
171	407	Damien Gaspar	individual	Veterano M35	45:37	+13:41	04:34
172	619	Paulo Samuel Jesus Amaro	pelaestradafora	Veterano M55	45:38	+13:42	04:34
173	448	Filipe Silva	individual	Veterano M40	45:38	+13:42	04:34

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
174	180	Natália Pereira	grupo atletismo da caranguejeira	Veterana F40	45:40	+13:44	04:34
175	466	PEDRO PEREIRA	individual	Veterano M40	45:41	+13:45	04:34
176	697	Pietro Denna	individual	Senior Masculino	45:45	+13:49	04:34
177	568	PEDRO VICENTE	individual	Veterano M60	45:45	+13:49	04:35
178	660	António Conde	serranos run team	Veterano M35	45:47	+13:51	04:35
179	118	Carlos Ribeiro	clube desportivo de tondela	Veterano M50	45:49	+13:53	04:35
180	531	Paul Domingues	individual	Veterano M50	45:52	+13:56	04:35
181	465	Pedro Miguel Oliveira	individual	Veterano M40	45:53	+13:57	04:35
182	69	Dale Mark Desautel	amazing global runners	Veterano M60	45:53	+13:57	04:35
183	471	Samuel Filipe	individual	Veterano M40	45:56	+14:00	04:36
184	113	ARNALDO SANTOS	clube desportivo de espite	Veterano M45	45:57	+14:01	04:36
185	686	Patrícia Gameiro Gomes	trilho do castelejo	Senior Feminino	45:57	+14:01	04:36
186	691	RUBEN VIEIRA	vilaventura trail	Senior Masculino	46:02	+14:06	04:36
187	75	RODRIGO SILVA	b.v.pombal	Senior Masculino	46:03	+14:07	04:36
188	356	Vieira filho	individual	Senior Masculino	46:04	+14:08	04:36
189	588	Pedro Pereira	kineticsoul by krisgraphics	Veterano M45	46:06	+14:10	04:37
190	174	Fernando Marques	gm team	Veterano M55	46:11	+14:15	04:37
191	612	FERNANDO NEVES	ndap - núcleo do desporto amador de pombal	Veterano M50	46:11	+14:15	04:37
192	15	MARCO ROQUE	ac vermoil	Senior Masculino	46:11	+14:15	04:37
193	577	ARTUR LOPES	industrial desportivo vieirense	Veterano M55	46:12	+14:16	04:37
194	646	João Graça	run tejo - prevent sprain	Veterano M60	46:13	+14:17	04:37
195	680	Luis Nunes	thomar athletics	Veterano M50	46:14	+14:18	04:37
196	521	Gilberto Carvalho	individual	Veterano M50	46:15	+14:19	04:38
197	479	António Miguel Cabral do Ó	individual	Veterano M45	46:18	+14:22	04:38
198	171	Romeu Bento	gdrc unidos	Veterano M50	46:23	+14:27	04:38
199	330	Pedro Rodrigues	individual	Senior Masculino	46:24	+14:28	04:38
200	477	vit0r santos	individual	Veterano M40	46:24	+14:28	04:38
201	29	MIGUEL FELGUEIRAS	ac vermoil	Veterano M45	46:26	+14:30	04:39
202	275	Francisco Henriques Monsanto dos Santos	individual	Senior Masculino	46:29	+14:33	04:39
203	610	Pedro Gomes	ndap - núcleo do desporto amador de pombal	Veterano M45	46:30	+14:34	04:39
204	12	FRANCISCO FERREIRA	ac vermoil	Senior Masculino	46:32	+14:36	04:39
205	509	Ricardo Manuel Teixeira Oliveira	individual	Veterano M45	46:38	+14:42	04:40
206	155	Filomena Carvalho	filomena carvalho	Veterana F40	46:38	+14:42	04:40
207	44	FERNANDO GASPAR	ac vermoil	Veterano M60	46:43	+14:47	04:40
208	505	Pedro dos Santos Lopes	individual	Veterano M45	46:54	+14:58	04:41
209	269	Duarte Pimenta	individual	Senior Masculino	46:56	+15:00	04:42
210	623	João Martins	purple rain	Senior Masculino	47:02	+15:06	04:42
211	622	Diogo Pereira	purple rain	Senior Masculino	47:02	+15:06	04:42
212	70	Aníbal Godinho	anibal godinho training team	Veterano M60	47:03	+15:07	04:42
213	267	Diogo Teixeira e Silva	individual	Senior Masculino	47:08	+15:12	04:43
214	259	DANIEL MARTINS	individual	Senior Masculino	47:11	+15:15	04:43
215	357	Vítor Mendes	individual	Senior Masculino	47:12	+15:16	04:43
216	454	João Romeiro	individual	Veterano M40	47:15	+15:19	04:43

BODO 10KM - STAGE 1

10 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
217	613	Luís Carreira	ninho team	Veterano M55	47:17	+15:21	04:44
218	151	Ernesto Parente	equipa diamantino jorge & filho, sa	Veterano M60	47:21	+15:25	04:44
219	243	Adrien DIAS	individual	Senior Masculino	47:23	+15:27	04:44
220	430	TIAGO GAMEIRO	individual	Veterano M35	47:24	+15:28	04:44
221	429	Tiago Filipe Mendes Andrade	individual	Veterano M35	47:27	+15:31	04:45
222	565	Martins Anibal	individual	Veterano M60	47:33	+15:37	04:45
223	681	GUILHERME MARTINS	time de que(m) se fala	Senior Masculino	47:34	+15:38	04:45
224	515	Carlos Alberto Oliveira	individual	Veterano M50	47:35	+15:39	04:46
225	336	Rúben José Martins Gonçalves	individual	Senior Masculino	47:36	+15:40	04:46
226	319	Nelson Manuel Santos Rodrigues	individual	Senior Masculino	47:37	+15:41	04:46
227	478	António Luís Cordeiro Gomes	individual	Veterano M45	47:38	+15:42	04:46
228	523	HENRIQUE RODRIGUES	individual	Veterano M50	47:44	+15:48	04:46
229	358	Wilson Ferreira	individual	Senior Masculino	47:46	+15:50	04:47
230	76	ROBERTO BEATRIZ	barras e bolinhos	Veterano M50	47:48	+15:52	04:47
231	418	João Francisco	individual	Veterano M35	47:49	+15:53	04:47
232	32	ALBERTO LEMOS	ac vermoil	Veterano M50	47:52	+15:56	04:47
233	512	Tiago Ferreira	individual	Veterano M45	47:54	+15:58	04:47
234	597	Nuno Alves	marques alves	Veterano M40	47:54	+15:58	04:47
235	246	Alexandre Santos	individual	Senior Masculino	47:55	+15:59	04:47
236	616	Rodolfo Orfao	os cinco	Veterano M45	47:57	+16:01	04:48
237	666	SARA NEVES	sicótrilhos	Veterana F35	47:58	+16:02	04:48
238	282	Gabriel Rangel	individual	Senior Masculino	48:00	+16:04	04:48
239	396	André Pedro	individual	Veterano M35	48:10	+16:14	04:49
240	158	RAFAEL SILVA	fittraining academy	Veterano M35	48:13	+16:17	04:49
241	307	Luís Rodrigues	individual	Senior Masculino	48:13	+16:17	04:49
242	645	Paulo Domingues	run & pray	Veterano M45	48:15	+16:19	04:50
243	260	Daniel Sousa	individual	Senior Masculino	48:18	+16:22	04:50
244	159	CARLOS GONÇALVES	fullprotein trail team	Veterano M50	48:19	+16:23	04:50
245	464	Nuno Barros	individual	Veterano M40	48:20	+16:24	04:50
246	375	Carla Neves	individual	Veterana F40	48:22	+16:26	04:50
247	289	Joao Carrasqueira	individual	Senior Masculino	48:24	+16:28	04:50
248	179	Virgílio Alberto	grupo alegre unido bajouca	Veterano M55	48:24	+16:28	04:50
249	593	Jose costa	lousada runners	Veterano M45	48:28	+16:32	04:51
250	670	João Pereira	talentos objetivos	Senior Masculino	48:28	+16:32	04:51
251	298	Joel Lopes	individual	Senior Masculino	48:28	+16:32	04:51
252	427	Telmo Filipe	individual	Veterano M35	48:30	+16:34	04:51
253	641	Paulo ramos	reumaticos	Veterano M50	48:30	+16:34	04:51
254	147	Jorge Arnauth	equipa diamantino jorge & filho, sa	Veterano M45	48:33	+16:37	04:51
255	17	BLANDINA LOURENÇO	ac vermoil	Veterana F40	48:38	+16:42	04:52
256	14	JOÃO MONTEIRO	ac vermoil	Senior Masculino	48:41	+16:45	04:52
257	533	Pedro Pimenta	individual	Veterano M50	48:46	+16:50	04:53
258	23	DAVID MENDES	ac vermoil	Veterano M40	48:48	+16:52	04:53
259	127	José Martins	clube veteranos do lis	Veterano M60	48:50	+16:54	04:53
260	462	Micael Ferreira	individual	Veterano M40	48:51	+16:55	04:53
261	438	Andre Silva	individual	Veterano M40	48:54	+16:58	04:53

BODO 10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
262	518	Daniel Fragoso	individual	Veterano M50	48:56	+17:00	04:54
263	483	Filipe Ramos	individual	Veterano M45	49:00	+17:04	04:54
264	318	Nelson Ferreira	individual	Senior Masculino	49:01	+17:05	04:54
265	589	Marisa Silva	lama solta	Veterana F40	49:01	+17:05	04:54
266	55	HENRIQUE LAVAREDDAS	acrm silveirinha grande e claras	Veterano M50	49:02	+17:06	04:54
267	435	Yurii Chukhii	individual	Veterano M35	49:03	+17:07	04:54
268	49	Samuel Anjos	academia de desportos de condeixa	Veterano M50	49:05	+17:09	04:55
269	413	Flavio Silva	individual	Veterano M35	49:05	+17:09	04:55
270	502	PAULO FRANCES	individual	Veterano M45	49:09	+17:13	04:55
271	538	SÉRGIO SILVA	individual	Veterano M50	49:12	+17:16	04:55
272	4	Ricardo Alexandre das Neves Silva	individual	Veterano M40	49:14	+17:18	04:55
273	562	José Garraão	individual	Veterano M60	49:15	+17:19	04:55
274	667	Joni Correia	sicótrilhos	Veterano M35	49:16	+17:20	04:56
275	278	Francisco Santana	individual	Senior Masculino	49:17	+17:21	04:56
276	500	Nuno Rosa - Z LOOK - Pombal	individual	Veterano M45	49:17	+17:21	04:56
277	270	Énio Carrasqueira	individual	Senior Masculino	49:18	+17:22	04:56
278	635	ANTÓNIO MENDES	ratatui team	Veterano M45	49:20	+17:24	04:56
279	485	Frederico Domingues	individual	Veterano M45	49:20	+17:24	04:56
280	304	Le Blevec	individual	Senior Masculino	49:23	+17:27	04:56
281	310	Marco Oliveira	individual	Senior Masculino	49:23	+17:27	04:56
282	387	Lucia Ribeiro	individual	Veterana F40	49:32	+17:36	04:57
283	98	Vítor Barata	ccd sertã	Veterano M55	49:35	+17:39	04:57
284	668	Tiago Lança	sporting clube vila maria	Veterano M40	49:42	+17:46	04:58
285	547	Paulo Oliveira	individual	Veterano M55	49:44	+17:48	04:58
286	345	Stephane Lopes	individual	Senior Masculino	49:45	+17:49	04:59
287	631	TIAGO RODRIGUES	quem bebe 1, bebe 2	Senior Masculino	49:45	+17:49	04:59
288	630	RICARDO RUA	quem bebe 1, bebe 2	Senior Masculino	49:46	+17:50	04:59
289	316	Miguel Bernardes	individual	Senior Masculino	49:49	+17:53	04:59
290	561	José Alberto Pereira Monteiro	individual	Veterano M60	49:49	+17:53	04:59
291	604	Susana Moreira	ndap - núcleo do desporto amador de pombal	Veterana F40	49:50	+17:54	04:59
292	470	Rui Silva	individual	Veterano M40	49:52	+17:56	04:59
293	36	JOÃO BARATA	ac vermoil	Veterano M50	49:58	+18:02	05:00
294	35	JAIME SANTOS	ac vermoil	Veterano M50	49:58	+18:02	05:00
295	420	Joel Gaspar	individual	Veterano M35	49:59	+18:03	05:00
296	165	Helder Paixão	gacv	Senior Masculino	50:00	+18:04	05:00
297	215	Ines Ramos	individual	Senior Feminino	50:02	+18:06	05:00
298	422	Micael Dias	individual	Veterano M35	50:03	+18:07	05:00
299	152	Paulo Providência	equipa diamantino jorge & filho, sa	Veterano M60	50:03	+18:07	05:00
300	644	Filipe Lima	run & pray	Veterano M45	50:04	+18:08	05:00
301	417	Ismael Costa	individual	Veterano M35	50:05	+18:09	05:00
302	280	Frederico José Gomes Marques	individual	Senior Masculino	50:10	+18:14	05:01
303	53	Helder Ribeiro	acdc	Veterano M40	50:10	+18:14	05:01
304	606	Daniel Santos Gaspar	ndap - núcleo do desporto amador de pombal	Veterano M40	50:17	+18:21	05:02

BODO 10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
305	546	Paulo Jorge Costa Rodrigues	individual	Veterano M55	50:17	+18:21	05:02
306	685	Pedro Mateus	trail da ladeia running team	Veterano M50	50:18	+18:22	05:02
307	408	David Filipe Capitão Martins	individual	Veterano M35	50:20	+18:24	05:02
308	51	EVANGELINO CARDEIRA	acbatalha	Veterano M60	50:23	+18:27	05:02
309	95	HELDER NUNES	ccd credito agricola	Veterano M50	50:24	+18:28	05:02
310	228	Mariana Mendes	individual	Senior Feminino	50:30	+18:33	05:03
311	540	Vitor Martins	individual	Veterano M50	50:33	+18:37	05:03
312	273	Filipe Marques	individual	Senior Masculino	50:39	+18:43	05:04
313	372	Amanda Guapo	individual	Veterana F40	50:49	+18:53	05:05
314	587	Lara Cordeiro	kineticsoul by krisgraphics	Senior Feminino	50:49	+18:53	05:05
315	265	Diogo Melo loureiro	individual	Senior Masculino	50:50	+18:54	05:05
316	566	Narciso Garcia Simões Arromba	individual	Veterano M60	50:55	+18:59	05:05
317	498	Norberto Abreu	individual	Veterano M45	50:58	+19:02	05:06
318	634	ANDRÉ GOMES	ratatui team	Veterano M45	51:00	+19:04	05:06
319	548	PAULO PINA	individual	Veterano M55	51:02	+19:06	05:06
320	299	JORDAN SILVA	individual	Senior Masculino	51:03	+19:07	05:06
321	439	Bruno Alexandre Fonseca Santos	individual	Veterano M40	51:06	+19:10	05:07
322	197	Beatriz Adagas	individual	Senior Feminino	51:08	+19:12	05:07
323	567	Paulo Fonseca	individual	Veterano M60	51:12	+19:16	05:07
324	22	TÂNIA COELHO	ac vermoil	Veterana F40	51:15	+19:19	05:07
325	468	Raphaël Silva	individual	Veterano M40	51:17	+19:21	05:08
326	170	Nuno Bento	gdrc unidos	Veterano M50	51:19	+19:23	05:08
327	452	Hugo D' Água	individual	Veterano M40	51:19	+19:23	05:08
328	684	alfredo valente	trail da amizade runners	Veterano M60	51:23	+19:27	05:08
329	390	Nicky Botwright	individual	Veterana F40	51:26	+19:30	05:09
330	659	Elsa Felicidade	serranos run team	Veterana F40	51:30	+19:34	05:09
331	309	Manuel Ascenso	individual	Senior Masculino	51:35	+19:39	05:10
332	665	Rúben Simões	sicótrilhos	Senior Masculino	51:36	+19:40	05:10
333	333	Ricardo Bernardo	individual	Senior Masculino	51:36	+19:40	05:10
334	329	pedro ribeiro	individual	Senior Masculino	51:37	+19:41	05:10
335	102	Carlos Gaspar	chícharo run team a.alvaiázere	Veterano M55	51:41	+19:45	05:10
336	426	Rodrigo Leal	individual	Veterano M35	51:57	+20:01	05:12
337	488	Hugo Alves	individual	Veterano M45	52:05	+20:09	05:13
338	34	FILIPE SILVA	ac vermoil	Veterano M50	52:08	+20:12	05:13
339	489	Hugo Gomes	individual	Veterano M45	52:08	+20:12	05:13
340	339	SAMUEL GASPAR	individual	Senior Masculino	52:24	+20:28	05:14
341	415	Gualter Gaspar	individual	Veterano M35	52:28	+20:32	05:15
342	347	Tiago francisco	individual	Senior Masculino	52:29	+20:33	05:15
343	272	Filipe Agostinho	individual	Senior Masculino	52:32	+20:36	05:15
344	664	Rúben Marques	sicótrilhos	Senior Masculino	52:35	+20:39	05:15
345	281	GABRIEL LEMOS	individual	Senior Masculino	52:38	+20:42	05:16
346	258	Damien Gaspar	individual	Senior Masculino	52:38	+20:42	05:16
347	138	David Rodrigues Fernandes	cscrfrcharneca	Veterano M45	52:40	+20:44	05:16
348	317	Miguel Henriques	individual	Senior Masculino	52:40	+20:44	05:16
349	225	Mariana Estêvão	individual	Senior Feminino	52:42	+20:46	05:16

BODO 10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
350	238	Sara Pereira	individual	Senior Feminino	52:44	+20:48	05:16
351	369	Sílvia Silva	individual	Veterana F35	52:45	+20:49	05:17
352	56	João Sintra	acrm silveirinha grande e claras	Veterano M60	52:47	+20:51	05:17
353	327	Pedro Marques	individual	Senior Masculino	52:48	+20:52	05:17
354	661	Inês Freitas	sicótrilhos	Senior Feminino	52:49	+20:53	05:17
355	614	Acacio Gonçalves	noisy-le-grand running club	Veterano M60	52:53	+20:57	05:17
356	475	TONY SANTOS	individual	Veterano M40	52:54	+20:58	05:17
357	504	PEDRO DINIS	individual	Veterano M45	53:01	+21:05	05:18
358	86	Patrick Maduro	best	Veterano M40	53:05	+21:09	05:19
359	656	Milton Cordeiro	se tu vais, eu vou!	Veterano M40	53:06	+21:10	05:19
360	499	Nuno Bandarra	individual	Veterano M45	53:07	+21:11	05:19
361	536	Samuel Costa	individual	Veterano M50	53:09	+21:13	05:19
362	41	VITOR LOPES	ac vermoil	Veterano M55	53:09	+21:13	05:19
363	441	bruno miguel Ribeiro	individual	Veterano M40	53:14	+21:18	05:19
364	83	Natália Mota	bbc run team	Veterana F40	53:14	+21:18	05:19
365	442	Carlos Pinto	individual	Veterano M40	53:16	+21:20	05:20
366	256	Carlos Guilherme Fernandes Santos	individual	Senior Masculino	53:17	+21:21	05:20
367	92	BRUNO LIMA	ccd credito agricola	Veterano M35	53:18	+21:22	05:20
368	190	Adriana Coimbra	individual	Senior Feminino	53:24	+21:28	05:20
369	93	ANDRÉ LOPES	ccd credito agricola	Veterano M40	53:27	+21:31	05:21
370	476	Valério Santos	individual	Veterano M40	53:34	+21:38	05:21
371	145	Liliana Lopes	equipa diamantino jorge & filho, sa	Veterana F40	53:38	+21:42	05:22
372	252	Bernardo Rodrigues	individual	Senior Masculino	53:40	+21:44	05:22
373	620	Tatiana Costa	pereira trail	Senior Feminino	53:42	+21:46	05:22
374	226	mariana gomes	individual	Senior Feminino	53:43	+21:47	05:22
375	669	MIGUEL MATIAS	sscgd	Veterano M50	53:46	+21:50	05:23
376	340	Samuel Oliveira	individual	Senior Masculino	53:54	+21:58	05:23
377	202	Carina Gonçalves	individual	Senior Feminino	53:55	+21:59	05:23
378	362	Cloé Carreira	individual	Veterana F35	53:58	+22:02	05:24
379	501	PAULO BERNARDES	individual	Veterano M45	53:58	+22:02	05:24
380	224	MARGAUX NICOLE ISABELLE HERAULT	individual	Senior Feminino	54:03	+22:07	05:24
381	247	ALEXIS ERIC MARIE VABRE	individual	Senior Masculino	54:04	+22:08	05:24
382	570	Vitor Manuel Borges Fontes	individual	Veterano M60	54:04	+22:08	05:24
383	94	HUMBERTO SANTOS	ccd credito agricola	Veterano M40	54:08	+22:12	05:25
384	564	MANUEL GONÇALVES DOS SANTOS	individual	Veterano M60	54:08	+22:12	05:25
385	162	Dora Gomes	gacv	Senior Feminino	54:21	+22:25	05:26
386	167	Nuno miguel Gomes alves	gacv	Veterano M35	54:22	+22:26	05:26
387	658	Pedro Ribeiro	se tu vais, eu vou!	Veterano M45	54:24	+22:28	05:26
388	230	Marta Oliveira	individual	Senior Feminino	54:24	+22:28	05:26
389	491	Joel Martins	individual	Veterano M45	54:27	+22:31	05:27
390	150	Almerindo Ferreira	equipa diamantino jorge & filho, sa	Veterano M60	54:29	+22:33	05:27
391	361	Chloe MARCO	individual	Veterana F35	54:30	+22:34	05:27
392	149	Jorge Ribeiro	equipa diamantino jorge & filho, sa	Veterano M55	54:33	+22:37	05:27
393	628	José Gonçalves	quem bebe 1, bebe 2	Senior Masculino	54:39	+22:43	05:28

BODO 10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
394	306	Luis Pedro Gonçalves Martins	individual	Senior Masculino	54:42	+22:46	05:28
395	583	CELESTINO MARQUES	industrial desportivo vieirense	Veterano M60	54:42	+22:46	05:28
396	699	Patricio Alves	individual	Veterano M45	54:50	+22:54	05:29
397	343	Simão Martins Ferreira	individual	Senior Masculino	54:50	+22:54	05:29
398	508	Ricardo Estrada	individual	Veterano M45	54:52	+22:56	05:29
399	615	Cristina Barros	os cinco	Veterana F40	54:52	+22:56	05:29
400	100	Ana Sofia Rodrigues Santos	centro de cultura e desporto do credito agricola mutuo	Senior Feminino	54:53	+22:57	05:29
401	176	José Manuel Magalhães Oliveira	gonçalves	Veterano M55	54:54	+22:58	05:29
402	569	Rui Eduardo Leal da Costa	individual	Veterano M60	54:54	+22:58	05:29
403	175	RODOLFO COSTA	gonçalves	Senior Masculino	54:54	+22:58	05:29
404	128	João Costa	comandos pombal	Veterano M35	54:54	+22:58	05:29
405	397	André Silva	individual	Veterano M35	54:55	+22:59	05:29
406	8	Márcio Martins	100 gás trail team	Veterano M45	55:09	+23:13	05:31
407	601	José Domingues	move up fitness action	Senior Masculino	55:26	+23:30	05:33
408	676	João jorge	team el comandante	Veterano M45	55:27	+23:31	05:33
409	617	Alexandre Soares Blanco	os tolinhos	Veterano M55	55:34	+23:38	05:33
410	38	JOSÉ LOPES	ac vermoil	Veterano M50	55:40	+23:44	05:34
411	43	EUGENIO MENDES	ac vermoil	Veterano M60	55:40	+23:44	05:34
412	594	Vanuza Reis	machine run club	Veterana F40	55:48	+23:52	05:35
413	596	Nuno Reis	machine run club	Veterano M45	55:49	+23:53	05:35
414	331	Rafael Silva	individual	Senior Masculino	55:49	+23:53	05:35
415	206	Cindy Faria	individual	Senior Feminino	55:50	+23:54	05:35
416	212	Inês Henriques	individual	Senior Feminino	55:52	+23:56	05:35
417	353	Tomás Ruivo	individual	Senior Masculino	55:54	+23:58	05:35
418	218	KATIA SIMÕES	individual	Senior Feminino	55:57	+24:01	05:36
419	539	Victor Calado	individual	Veterano M50	56:02	+24:06	05:36
420	400	BRUNO PEREIRA	individual	Veterano M35	56:04	+24:08	05:36
421	240	tamara barros barros	individual	Senior Feminino	56:05	+24:09	05:36
422	386	liliana ribeiro	individual	Veterana F40	56:12	+24:16	05:37
423	139	Jorge Manuel Fernandes Figueiral	cscrfcharneca	Veterano M60	56:16	+24:20	05:38
424	188	Bruna Ramalho	híbridos fc	Senior Feminino	56:19	+24:23	05:38
425	91	Augusto Dourado	casa pires nazaré	Veterano M60	56:19	+24:23	05:38
426	314	Miguel Ângelo Santos Silva	individual	Senior Masculino	56:21	+24:25	05:38
427	303	José Pedrosa	individual	Senior Masculino	56:22	+24:26	05:38
428	674	Sandra Maciel	team el comandante	Veterana F40	56:29	+24:33	05:39
429	257	CÉSAR GASPAR	individual	Senior Masculino	56:30	+24:34	05:39
430	643	Bruno Pimenta	run & pray	Veterano M45	56:31	+24:35	05:39
431	492	Jorge Silva	individual	Veterano M45	56:38	+24:42	05:40
432	650	FÁTIMA RODRIGUES	se tu vais, eu vou!	Senior Feminino	56:42	+24:46	05:40
433	651	MÓNICA CAIRES	se tu vais, eu vou!	Senior Feminino	56:42	+24:46	05:40
434	45	HELDER GOMES	ac vermoil	Veterano M60	56:44	+24:48	05:40
435	520	Filipe Mata Almeida	individual	Veterano M50	56:45	+24:49	05:40
436	556	Arlindo Silva Santos	individual	Veterano M60	56:45	+24:49	05:41
437	655	Ticha Ribeiro	se tu vais, eu vou!	Veterana F40	56:52	+24:56	05:41

BODO 10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
438	129	Laurinda Pereira	condeixa karate	Veterana F40	56:54	+24:58	05:41
439	283	Gonalo Courelas	individual	Senior Masculino	56:56	+25:00	05:42
440	208	D�bora Vaz�o	individual	Senior Feminino	57:02	+25:06	05:42
441	325	Pedro Couto	individual	Senior Masculino	57:03	+25:07	05:42
442	89	Rui Gaspar	ca barreira	Veterano M55	57:09	+25:13	05:43
443	293	Jo�o Manuel Batista Costa	individual	Senior Masculino	57:19	+25:23	05:44
444	332	Rafael Sim�es	individual	Senior Masculino	57:22	+25:26	05:44
445	234	Patricia Bento	individual	Senior Feminino	57:23	+25:27	05:44
446	598	Filipa Bento Nogueira	milefulness	Senior Feminino	57:23	+25:27	05:44
447	87	Ana Rocha	bva team	Veterana F35	57:23	+25:27	05:44
448	673	T�nia Fernandes	talentos objetivos	Veterana F40	57:29	+25:33	05:45
449	66	Fernando Passadouro	adr mata	Veterano M40	57:29	+25:33	05:45
450	67	Nuno Vitorino	adr mata	Veterano M40	57:30	+25:34	05:45
451	637	Sandra calheira	reumaticos	Veterana F40	57:31	+25:35	05:45
452	459	Luis Rito	individual	Veterano M40	57:35	+25:39	05:46
453	486	GONALO LOPES	individual	Veterano M45	57:35	+25:39	05:46
454	553	Albino Dos Santos Jordao	individual	Veterano M60	57:37	+25:41	05:46
455	395	Valentina estrada	individual	Veterana F40	57:43	+25:47	05:46
456	209	Eduarda Carvalho	individual	Senior Feminino	57:47	+25:51	05:47
457	210	Francisca Duarte	individual	Senior Feminino	57:48	+25:52	05:47
458	657	Alex Gonalves	se tu vais, eu vou!	Veterano M45	57:50	+25:54	05:47
459	245	Alexandre Pereira	individual	Senior Masculino	57:51	+25:55	05:47
460	363	Filipa Serafim	individual	Veterana F35	58:04	+26:08	05:48
461	236	PATR�CIA MENDES	individual	Senior Feminino	58:07	+26:11	05:49
462	237	rita santos	individual	Senior Feminino	58:10	+26:14	05:49
463	48	Sandra Ponte	academia de desportos de condeixa	Veterana F40	58:15	+26:19	05:49
464	47	Ana Marques	academia de desportos de condeixa	Veterana F40	58:15	+26:19	05:49
465	20	ELSA SOARES	ac vermoil	Veterana F40	58:16	+26:20	05:50
466	401	Bruno Rodrigues	individual	Veterano M35	58:21	+26:25	05:50
467	146	M�nica Parente	equipa diamantino jorge & filho, sa	Veterana F40	58:37	+26:41	05:52
468	632	Z� PEDRO	quem bebe 1, bebe 2	Senior Masculino	58:44	+26:48	05:52
469	242	XAMBRE LOBO	individual	Senior Feminino	58:45	+26:49	05:53
470	541	Agostinho Silva	individual	Veterano M55	58:48	+26:52	05:53
471	211	Helga Afonso	individual	Senior Feminino	58:49	+26:53	05:53
472	201	Bruna Gomes Pato Estrela Santos	individual	Senior Feminino	58:51	+26:55	05:53
473	279	Francisco Vieira	individual	Senior Masculino	58:54	+26:58	05:53
474	39	PAULO SIM�ES	ac vermoil	Veterano M50	59:05	+27:09	05:55
475	16	ANA PAULA BRITES	ac vermoil	Veterana F40	59:05	+27:09	05:55
476	633	Tom�s Abreu	ratatui team	Senior Masculino	59:07	+27:11	05:55
477	636	Pedro Abreu	ratatui team	Veterano M45	59:13	+27:17	05:55
478	484	Francisco Sousa	individual	Veterano M45	59:19	+27:23	05:56
479	344	Sim�o Mendes	individual	Senior Masculino	59:19	+27:23	05:56
480	302	Kevin Marques	individual	Senior Masculino	59:20	+27:24	05:56
481	384	Estefania Alves	individual	Veterana F40	59:36	+27:40	05:58
482	192	Alexandra Mateus Barreto	individual	Senior Feminino	59:39	+27:43	05:58

BODO 10KM - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
483	672	lidia chouco	talentos objetivos	Veterana F40	01:00:08	+28:12	06:01
484	557	Assael Guzinski	individual	Veterano M60	01:00:19	+28:23	06:02
485	233	Océane Demange	individual	Senior Feminino	01:00:21	+28:25	06:02
486	46	LEANDRO SANTOS	ac vermoil	Veterano M60	01:00:22	+28:26	06:02
487	57	LUCÍDIO DIAS	acrm silveirinha grande e claras	Veterano M60	01:00:24	+28:28	06:02
488	214	Inês Paixão	individual	Senior Feminino	01:00:42	+28:46	06:04
489	250	Ayrton Moraes	individual	Senior Masculino	01:00:44	+28:48	06:04
490	482	Fernando Ferreira	individual	Veterano M45	01:00:49	+28:53	06:05
491	642	Sophie Cláudio	run & pray	Veterana F40	01:00:51	+28:55	06:05
492	221	Lisa Cordeiro	individual	Senior Feminino	01:01:00	+29:04	06:06
493	373	Ana Raquel Gomes	individual	Veterana F40	01:01:02	+29:06	06:06
494	288	Ivo Fernandes	individual	Senior Masculino	01:01:11	+29:15	06:07
495	232	Melanie Dias Gomes	individual	Senior Feminino	01:01:19	+29:23	06:08
496	195	Aylanne Araújo	individual	Senior Feminino	01:01:31	+29:35	06:09
497	21	SILVIA FERREIRA	ac vermoil	Veterana F40	01:01:34	+29:38	06:09
498	380	Celina Santos	individual	Veterana F40	01:01:35	+29:39	06:09
499	136	Carla Sofia	cpt coimbra	Veterana F40	01:01:40	+29:44	06:10
500	527	Licínio Neves	individual	Veterano M50	01:01:46	+29:50	06:11
501	621	JOÃO BENTO	pulse	Senior Masculino	01:01:52	+29:56	06:11
502	693	HELDER MONTEIRO	vilaventura trail	Veterano M60	01:01:57	+30:01	06:12
503	291	João Gonçalves Santos Cravo	individual	Senior Masculino	01:01:57	+30:01	06:12
504	284	Gonçalo Ferreira Gameiro	individual	Senior Masculino	01:01:58	+30:02	06:12
505	354	Vasco Marreiros	individual	Senior Masculino	01:01:58	+30:02	06:12
506	253	Bruno Miguel Domingos João	individual	Senior Masculino	01:01:58	+30:02	06:12
507	249	ANDRÉ RODRIGUES	individual	Senior Masculino	01:02:13	+30:17	06:13
508	235	PATRICIA CRAVO	individual	Senior Feminino	01:02:16	+30:20	06:14
509	600	Joana Graça	move up fitness action	Senior Feminino	01:02:17	+30:21	06:14
510	266	Diogo Paquim	individual	Senior Masculino	01:02:30	+30:34	06:15
511	351	Tomás Ramos da Silva	individual	Senior Masculino	01:02:35	+30:39	06:15
512	308	Luís Rodrigues	individual	Senior Masculino	01:02:49	+30:53	06:17
513	495	Luís Mendes	individual	Veterano M45	01:02:50	+30:54	06:17
514	591	Amílcar Freire	lentidão furiosa- freixianda	Veterano M45	01:03:07	+31:11	06:19
515	516	Carlos Lopes	individual	Veterano M50	01:03:07	+31:11	06:19
516	229	Mariana Semião	individual	Senior Feminino	01:03:10	+31:14	06:19
517	458	LUIS NUNES	individual	Veterano M40	01:03:13	+31:17	06:19
518	558	Joao Graça	individual	Veterano M60	01:03:19	+31:23	06:20
519	419	João Pereira	individual	Veterano M35	01:03:25	+31:29	06:20
520	371	TÂNIA DOMINGUES	individual	Veterana F35	01:03:26	+31:30	06:21
521	81	Carina Sousa	bbc run team	Veterana F40	01:03:26	+31:30	06:21
522	682	CLÁUDIA MOTA	time de que(m) se fala	Veterana F40	01:03:26	+31:30	06:21
523	654	Cátia Gaioso	se tu vais, eu vou!	Veterana F40	01:03:38	+31:42	06:22
524	393	Sónia Reis	individual	Veterana F40	01:03:42	+31:46	06:22
525	84	Cassiano José Maçorano Madaleno	bbc run team	Veterano M40	01:03:44	+31:48	06:22
526	360	Adriana Martins	individual	Veterana F35	01:03:46	+31:50	06:23
527	506	Pedro Temporão	individual	Veterano M45	01:03:46	+31:50	06:23

BODO 10KM - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
528	391	Silvia Costa	individual	Veterana F40	01:03:48	+31:52	06:23
529	653	Vanessa Francisco	se tu vais, eu vou!	Veterana F35	01:04:18	+32:22	06:26
530	652	Cátia Domingues	se tu vais, eu vou!	Veterana F35	01:04:21	+32:25	06:26
531	338	Ruben Ponte	individual	Senior Masculino	01:04:37	+32:41	06:28
532	535	Rui Pastor	individual	Veterano M50	01:04:41	+32:45	06:28
533	514	ANTONIO TRIGO	individual	Veterano M50	01:04:41	+32:45	06:28
534	525	Joao Quitério	individual	Veterano M50	01:04:52	+32:56	06:29
535	337	Ruben Marques	individual	Senior Masculino	01:04:53	+32:57	06:29
536	80	Eduardo Lagoa	bbc run team	Senior Masculino	01:05:13	+33:17	06:31
537	78	Daniela Marques	bbc run team	Senior Feminino	01:05:13	+33:17	06:31
538	671	Ana Baptista	talentos objetivos	Veterana F35	01:05:14	+33:18	06:31
539	649	Emilie Rebillard	se tu vais, eu vou!	Senior Feminino	01:05:38	+33:42	06:34
540	624	DALINDA EUSÉBIO	quem bebe 1, bebe 2	Senior Feminino	01:05:39	+33:43	06:34
541	629	KEVIN NEVES	quem bebe 1, bebe 2	Senior Masculino	01:05:39	+33:43	06:34
542	532	Paulo Jorge	individual	Veterano M50	01:05:42	+33:46	06:34
543	248	André Cardoso	individual	Senior Masculino	01:05:55	+33:59	06:36
544	205	Catarina Vieira	individual	Senior Feminino	01:05:59	+34:03	06:36
545	549	pedro Gameiro	individual	Veterano M55	01:06:11	+34:15	06:37
546	184	Sandra Cunha	grupo desportivo santander totta	Veterana F40	01:06:33	+34:37	06:39
547	381	Cristina Dias Ribeiro	individual	Veterana F40	01:06:37	+34:41	06:40
548	563	Manuel Fernandes	individual	Veterano M60	01:06:44	+34:48	06:40
549	378	Cátia Sofia da Ponte Gonçalves Lopes	individual	Veterana F40	01:06:47	+34:51	06:41
550	244	Afonso Monteiro	individual	Senior Masculino	01:06:47	+34:51	06:41
551	603	Leonor Gomes	ndap - núcleo do desporto amador de pombal	Senior Feminino	01:06:48	+34:52	06:41
552	389	Natalia Mendes	individual	Veterana F40	01:06:51	+34:55	06:41
553	297	Joao Santos	individual	Senior Masculino	01:07:36	+35:40	06:46
554	216	Janayne S Izidoro	individual	Senior Feminino	01:07:44	+35:48	06:46
555	423	Nelson Barbosa	individual	Veterano M35	01:07:46	+35:50	06:47
556	366	Mariana Barbosa	individual	Veterana F35	01:07:46	+35:50	06:47
557	368	Nathalia Viecei	individual	Veterana F35	01:07:47	+35:51	06:47
558	239	Sofia Andrade	individual	Senior Feminino	01:08:00	+36:04	06:48
559	365	Mafalda Viveiros	individual	Veterana F35	01:08:00	+36:04	06:48
560	392	Sofia Ferreira	individual	Veterana F40	01:08:02	+36:06	06:48
561	156	Arlindo de Jesus Oliveira	fitness factory pombal	Veterano M55	01:08:05	+36:09	06:49
562	112	SANDRA SANTOS	clube desportivo de espite	Veterana F40	01:08:06	+36:09	06:49
563	219	Kiara Simões	individual	Senior Feminino	01:08:58	+37:02	06:54
564	194	ANDREIA NEVES	individual	Senior Feminino	01:09:03	+37:07	06:54
565	130	Regina Ferreira	cpr a-do-barbas	Veterana F40	01:09:14	+37:18	06:55
566	449	Francisco Aguiar	individual	Veterano M40	01:09:33	+37:37	06:57
567	198	Beatriz Dias da Silva	individual	Senior Feminino	01:09:45	+37:49	06:59
568	377	CATARINA SILVA	individual	Veterana F40	01:10:03	+38:07	07:00
569	511	TIAGO CARDOSO	individual	Veterano M45	01:10:03	+38:07	07:00
570	268	Duarte Carolino	individual	Senior Masculino	01:10:14	+38:18	07:01
571	144	Ana Rita Castanheira	equipa diamantino jorge & filho, sa	Veterana F40	01:10:22	+38:26	07:02
572	554	Amaro Rocha	individual	Veterano M60	01:10:59	+39:03	07:06

BODO 10KM - STAGE 1

10 KM

[illegible]

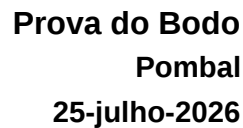
OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
573	251	Bernardo António Silva Poiares	individual	Senior Masculino	01:11:34	+39:38	07:09
574	394	Teresa Zuna	individual	Veterana F40	01:11:48	+39:52	07:11
575	217	Joana Margarida Pereira Pinto	individual	Senior Feminino	01:12:43	+40:47	07:16
576	263	Dinis Oliveira	individual	Senior Masculino	01:12:43	+40:47	07:16
577	191	Alexandra Manata	individual	Senior Feminino	01:12:45	+40:49	07:17
578	207	Debora Mendez	individual	Senior Feminino	01:13:20	+41:24	07:20
579	213	Inês M. Morgado da Silva	individual	Senior Feminino	01:13:45	+41:49	07:22
580	383	Elsa Leal	individual	Veterana F40	01:14:12	+42:16	07:25
581	382	Eliana Jorge Cordeiro Varalonga	individual	Veterana F40	01:14:15	+42:19	07:26
582	559	Johnny Thomassen	individual	Veterano M60	01:14:20	+42:24	07:26
583	457	JORGE SANTOS	individual	Veterano M40	01:14:40	+42:44	07:28
584	432	Tiago Santos	individual	Veterano M35	01:15:54	+43:58	07:35
585	77	Adriana Lagoa	bbc run team	Senior Feminino	01:16:29	+44:33	07:39
586	204	Carolina Martinho	individual	Senior Feminino	01:17:41	+45:45	07:46
587	82	Carla Machado Agostinho	bbc run team	Veterana F40	01:23:11	+51:15	08:19
588	590	DIOGO OLIVEIRA	leiria marcha atlética clube	Veterano M35	01:42:57	+01:11:01	10:18

Obs

BIB	NOTE	NAME	TEAM	CAT
436	DQ	ALEXANDRE GONÇALVES	Individual	Veterano M40
496	DQ	MARCELO FERREIRA	Individual	Veterano M45
1	DNF	PEDRO PIMPAO	Individual	Veterano M45
2	DNF	MARCO FERREIRA	Individual	Veterano M45
107	DNF	Marco Franco	Clube de Atletismo de Ferreira do Zêzere	Veterano M45
114	DNF	André Pais	Clube Desportivo de Tondela	Senior Masculino
140	DNF	Pedro Silva	DaPortas	Senior Masculino
141	DNF	Helder Lopes	DCI/Trilhos Luso Bussaco	Veterano M35
199	DNF	Beatriz Sílvia Carreiró	Individual	Senior Feminino
322	DNF	Patrick Camara	Individual	Senior Masculino
334	DNF	Richard Campos	Individual	Senior Masculino
335	DNF	Rodrigo Carreira	Individual	Senior Masculino
341	DNF	Sandro Silva	Individual	Senior Masculino
346	DNF	Tiago Campos	Individual	Senior Masculino
376	DNF	Carla Pinhal- Núcleo SCP de Famalicão	Individual	Veterana F40
398	DNF	António Paiva	Individual	Veterano M35
440	DNF	Bruno De Matos	Individual	Veterano M40
460	DNF	Márcio Tremura Figueiredo	Individual	Veterano M40
469	DNF	RICARDO BATISTA	Individual	Veterano M40
480	DNF	Arnaldo de Jesus Filipe	Individual	Veterano M45
528	DNF	Luis Silva	Individual	Veterano M50
552	DNF	Abel Batalha	Individual	Veterano M60
575	DNF	JORGE MARCELINO	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50
586	DNF	Tiago Oliveira	Juventude Desportiva Almansor	Senior Masculino
595	DNF	Hugo Moutinho	Machine Run Club	Veterano M35
611	DNF	Ricardo Gomes	NDAP - Núcleo do Desporto Amador de Pombal	Veterano M45



10 KM

OFFICIAL RESULT

[illegible]

Official Timekeeper: Lap2Go	15 / 15	generate 25-jul.-2026 20:51
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Bodo 10Km

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	19:00	34°C	24%
End	20:43	34°C	24%

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

1	103	Alexandra Oliveira	Club Sport Marítimo	Senior Feminino	38:12	03:49
2	647	Sara Pedrosa	Sacatrilhos Anadia	Senior Feminino	41:45	+03:33 04:10
3	625	Daniela Cordeiro	QUEM BEBE 1, BEBE 2	Senior Feminino	43:04	+04:52 04:18
4	124	Raquel Pedrosa	CLUBE VETERANOS DO LIS	Senior Feminino	44:35	+06:23 04:28
5	104	CATARINA FERREIRA BISPO	Clube Atletismo Marinha Grande	Senior Feminino	45:36	+07:24 04:34
6	686	Patrícia Gameiro Gomes	Trilho do Castelejo	Senior Feminino	45:57	+07:45 04:36
7	215	Ines Ramos	Individual	Senior Feminino	50:02	+11:50 05:00
8	228	Mariana Mendes	Individual	Senior Feminino	50:30	+12:17 05:03
9	587	Lara Cordeiro	KineticSoul by Krisgraphics	Senior Feminino	50:49	+12:37 05:05
10	197	Beatriz Adagas	Individual	Senior Feminino	51:08	+12:56 05:07
11	225	Mariana Estêvão	Individual	Senior Feminino	52:42	+14:29 05:16
12	238	Sara Pereira	Individual	Senior Feminino	52:44	+14:32 05:16
13	661	Inês Freitas	SicóTrilhos	Senior Feminino	52:49	+14:37 05:17
14	190	Adriana Coimbra	Individual	Senior Feminino	53:24	+15:12 05:20
15	620	Tatiana Costa	Pereira Trail	Senior Feminino	53:42	+15:30 05:22
16	226	mariana gomes	Individual	Senior Feminino	53:43	+15:31 05:22
17	202	Carina Gonçalves	Individual	Senior Feminino	53:55	+15:43 05:23
18	224	MARGAUX NICOLE ISABELLE HERAULT	Individual	Senior Feminino	54:03	+15:51 05:24
19	162	Dora Gomes	GACV	Senior Feminino	54:21	+16:09 05:26
20	230	Marta Oliveira	Individual	Senior Feminino	54:24	+16:12 05:26
21	100	Ana Sofia Rodrigues Santos	Centro De Cultura E Desporto Do Credito Agricola Mutuo	Senior Feminino	54:53	+16:41 05:29
22	206	Cindy Faria	Individual	Senior Feminino	55:50	+17:38 05:35
23	212	Inês Henriques	Individual	Senior Feminino	55:52	+17:40 05:35
24	218	KATIA SIMÕES	Individual	Senior Feminino	55:57	+17:45 05:36
25	240	tamara barros barros	Individual	Senior Feminino	56:05	+17:53 05:36
26	188	Bruna Ramalho	Híbridos FC	Senior Feminino	56:19	+18:07 05:38
27	650	FÁTIMA RODRIGUES	Se tu vais, eu vou!	Senior Feminino	56:42	+18:30 05:40
28	651	MÓNICA CAIRES	Se tu vais, eu vou!	Senior Feminino	56:42	+18:30 05:40
29	208	Débora Vazão	Individual	Senior Feminino	57:02	+18:50 05:42
30	234	Patricia Bento	Individual	Senior Feminino	57:23	+19:11 05:44
31	598	Filipa Bento Nogueira	Milefulness	Senior Feminino	57:23	+19:11 05:44
32	209	Eduarda Carvalho	Individual	Senior Feminino	57:47	+19:35 05:47
33	210	Francisca Duarte	Individual	Senior Feminino	57:48	+19:36 05:47
34	236	PATRÍCIA MENDES	Individual	Senior Feminino	58:07	+19:55 05:49
35	237	rita santos	Individual	Senior Feminino	58:10	+19:58 05:49
36	242	XAMBRE LOBO	Individual	Senior Feminino	58:45	+20:33 05:53
37	211	Helga Afonso	Individual	Senior Feminino	58:49	+20:37 05:53
38	201	Bruna Gomes Pato Estrela Santos	Individual	Senior Feminino	58:51	+20:39 05:53

Official Timekeeper: Lap2Go	1 / 15	generate 25-jul.-2026 20:52
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Bodo 10Km

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

39	192	Alexandra Mateus Barreto	Individual	Senior Feminino	59:39	+21:27	05:58
40	233	Océane Demange	Individual	Senior Feminino	01:00:21	+22:09	06:02
41	214	Inês Paixão	Individual	Senior Feminino	01:00:42	+22:30	06:04
42	221	Lisa Cordeiro	Individual	Senior Feminino	01:01:00	+22:47	06:06
43	232	Melanie Dias Gomes	Individual	Senior Feminino	01:01:19	+23:07	06:08
44	195	Aylanne Araújo	Individual	Senior Feminino	01:01:31	+23:19	06:09
45	235	PATRICIA CRAVO	Individual	Senior Feminino	01:02:16	+24:04	06:14
46	600	Joana Graça	MOVE UP Fitness Action	Senior Feminino	01:02:17	+24:05	06:14
47	229	Mariana Semião	Individual	Senior Feminino	01:03:10	+24:58	06:19
48	78	Daniela Marques	BBC Run Team	Senior Feminino	01:05:13	+27:01	06:31
49	649	Emilie Rebillard	Se tu vais, eu vou!	Senior Feminino	01:05:38	+27:26	06:34
50	624	DALINDA EUSÉBIO	QUEM BEBE 1, BEBE 2	Senior Feminino	01:05:39	+27:27	06:34
51	205	Catarina Vieira	Individual	Senior Feminino	01:05:59	+27:47	06:36
52	603	Leonor Gomes	NDAP - Núcleo do Desporto Amador de Pombal	Senior Feminino	01:06:48	+28:36	06:41
53	216	Janayne S Izidoro	Individual	Senior Feminino	01:07:44	+29:32	06:46
54	239	Sofia Andrade	Individual	Senior Feminino	01:08:00	+29:48	06:48
55	219	Kiara Simões	Individual	Senior Feminino	01:08:58	+30:46	06:54
56	194	ANDREIA NEVES	Individual	Senior Feminino	01:09:03	+30:51	06:54
57	198	Beatriz Dias da Silva	Individual	Senior Feminino	01:09:45	+31:33	06:59
58	217	Joana Margarida Pereira Pinto	Individual	Senior Feminino	01:12:43	+34:31	07:16
59	191	Alexandra Manata	Individual	Senior Feminino	01:12:45	+34:33	07:17
60	207	Debora Mendez	Individual	Senior Feminino	01:13:20	+35:08	07:20
61	213	Inês M. Morgado da Silva	Individual	Senior Feminino	01:13:45	+35:33	07:22
62	77	Adriana Lagoa	BBC Run Team	Senior Feminino	01:16:29	+38:17	07:39
63	204	Carolina Martinho	Individual	Senior Feminino	01:17:41	+39:29	07:46

Senior Masculino

1	109	Guilherme Martins	Clube de Campismo de São João da Madeira	Senior Masculino	32:37	03:16
2	187	Márcio Dias	Grupo Recreativo Eirense	Senior Masculino	32:42	+00:05 03:16
3	115	Rafael Pais	Clube Desportivo de Tondela	Senior Masculino	32:56	+00:19 03:18
4	110	Gabriel Henriques Santos	Clube Desportivo de Espite	Senior Masculino	34:12	+01:35 03:25
5	662	Daniel Antunes	SicóTrilhos	Senior Masculino	34:35	+01:58 03:28
6	359	Yvane Silva	Individual	Senior Masculino	35:22	+02:45 03:32
7	264	Diogo Lima Pereira	Individual	Senior Masculino	35:52	+03:15 03:35
8	342	Sebastião Görne	Individual	Senior Masculino	36:10	+03:33 03:37
9	571	ALÉXIS ROCHA	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Masculino	36:17	+03:40 03:38
10	59	Maurício Fernandes	ADCP PEDRALVA	Senior Masculino	36:45	+04:08 03:41
11	348	Tiago Lé	Individual	Senior Masculino	37:08	+04:31 03:43
12	50	Joao Silva	ACBATALHA	Senior Masculino	37:20	+04:43 03:44
13	9	José Galvão	A.R.Casaence/ Escola Atletismo de Coimbra/ J Paiva	Senior Masculino	37:33	+04:56 03:45
14	13	GUILHERME GASPAR	AC VERMOIL	Senior Masculino	38:34	+05:57 03:51
15	627	JOÃO NEVES	QUEM BEBE 1, BEBE 2	Senior Masculino	38:40	+06:03 03:52

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16	163	Bernardo Alves	GACV	Senior Masculino	38:46	+06:09	03:53
17	143	André Calado	Equipa Diamantino Jorge & Filho, SA	Senior Masculino	39:18	+06:41	03:56
18	294	João Miguel Santos Bruno	Individual	Senior Masculino	39:20	+06:43	03:56
19	323	PAULO BRITES	Individual	Senior Masculino	39:43	+07:06	03:58
20	254	Bruno Neves	Individual	Senior Masculino	39:45	+07:08	03:58
21	688	Bruno Antunes	Vilaventura Trail	Senior Masculino	39:47	+07:10	03:59
22	166	Tiago Alves	GACV	Senior Masculino	40:03	+07:26	04:00
23	73	Diogo Gonçalves	Associação Académica de Coimbra	Senior Masculino	40:28	+07:51	04:03
24	286	Guilherme Afonso Natário de Figueiredo	Individual	Senior Masculino	41:18	+08:41	04:08
25	689	DAVID MARQUES	Vilaventura Trail	Senior Masculino	41:31	+08:54	04:09
26	312	Marcos Maia	Individual	Senior Masculino	41:44	+09:07	04:10
27	352	Tomás Redondo	Individual	Senior Masculino	42:30	+09:53	04:15
28	79	David Ferreira	BBC Run Team	Senior Masculino	43:09	+10:32	04:19
29	290	João Domingues	Individual	Senior Masculino	43:25	+10:48	04:21
30	164	Bruno Pedro	GACV	Senior Masculino	43:29	+10:52	04:21
31	349	Tiago Mendes	Individual	Senior Masculino	43:33	+10:56	04:21
32	663	JOÃO ANTUNES	SicóTrilhos	Senior Masculino	43:36	+10:59	04:22
33	321	Ottavio Buzzi	Individual	Senior Masculino	43:38	+11:01	04:22
34	350	Tomás Adão	Individual	Senior Masculino	43:54	+11:17	04:23
35	687	BERNARDO MONTEIRO	Vilaventura Trail	Senior Masculino	43:54	+11:17	04:23
36	315	MIGUEL BARROS	Individual	Senior Masculino	43:57	+11:20	04:24
37	690	Marco Lopes	Vilaventura Trail	Senior Masculino	44:02	+11:25	04:24
38	271	FERNANDEZ PETER	Individual	Senior Masculino	44:12	+11:35	04:25
39	320	Nuno Silva	Individual	Senior Masculino	44:20	+11:43	04:26
40	305	Louis Steullet	Individual	Senior Masculino	44:22	+11:45	04:26
41	101	João Manuel Inácio Ferreira	Centro De Cultura E Desporto Do Credito Agricola Mutuo	Senior Masculino	44:44	+12:07	04:28
42	261	David Monteiro	Individual	Senior Masculino	44:45	+12:08	04:28
43	255	Bryan dos Santos Rodrigues	Individual	Senior Masculino	44:52	+12:15	04:29
44	6	Pedro Costa	Individual	Senior Masculino	45:01	+12:24	04:30
45	326	Pedro Lebre	Individual	Senior Masculino	45:03	+12:26	04:30
46	276	FRANCISCO JOSÉ FONSECA FERREIRA	Individual	Senior Masculino	45:04	+12:26	04:30
47	277	Francisco Maia Mineiro	Individual	Senior Masculino	45:04	+12:27	04:30
48	678	Rodrigo Carrão	Thomar Athletics	Senior Masculino	45:20	+12:43	04:32
49	328	PEDRO NOGUEIRA	Individual	Senior Masculino	45:24	+12:47	04:32
50	178	Leonardo Bento	Grupo Alegre Unido Bajouca	Senior Masculino	45:37	+13:00	04:34
51	697	Pietro Denna	Individual	Senior Masculino	45:45	+13:08	04:34
52	691	RUBEN VIEIRA	Vilaventura Trail	Senior Masculino	46:02	+13:25	04:36
53	75	RODRIGO SILVA	B.V.Pombal	Senior Masculino	46:03	+13:26	04:36
54	356	Vieira filho	Individual	Senior Masculino	46:04	+13:27	04:36
55	15	MARCO ROQUE	AC VERMOIL	Senior Masculino	46:11	+13:34	04:37
56	330	Pedro Rodrigues	Individual	Senior Masculino	46:24	+13:47	04:38
57	275	Francisco Henriques Monsanto dos Santos	Individual	Senior Masculino	46:29	+13:52	04:39

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58	12	FRANCISCO FERREIRA	AC VERMOIL	Senior Masculino	46:32	+13:55	04:39
59	269	Duarte Pimenta	Individual	Senior Masculino	46:56	+14:19	04:42
60	623	João Martins	PURPLE RAIN	Senior Masculino	47:02	+14:25	04:42
61	622	Diogo Pereira	PURPLE RAIN	Senior Masculino	47:02	+14:25	04:42
62	267	Diogo Teixeira e Silva	Individual	Senior Masculino	47:08	+14:31	04:43
63	259	DANIEL MARTINS	Individual	Senior Masculino	47:11	+14:34	04:43
64	357	Vítor Mendes	Individual	Senior Masculino	47:12	+14:35	04:43
65	243	Adrien DIAS	Individual	Senior Masculino	47:23	+14:46	04:44
66	681	GUILHERME MARTINS	Time de que(m) se fala	Senior Masculino	47:34	+14:57	04:45
67	336	Rúben José Martins Gonçalves	Individual	Senior Masculino	47:36	+14:59	04:46
68	319	Nelson Manuel Santos Rodrigues	Individual	Senior Masculino	47:37	+15:00	04:46
69	358	Wilson Ferreira	Individual	Senior Masculino	47:46	+15:09	04:47
70	246	Alexandre Santos	Individual	Senior Masculino	47:55	+15:18	04:47
71	282	Gabriel Rangel	Individual	Senior Masculino	48:00	+15:23	04:48
72	307	Luís Rodrigues	Individual	Senior Masculino	48:13	+15:36	04:49
73	260	Daniel Sousa	Individual	Senior Masculino	48:18	+15:41	04:50
74	289	Joao Carrasqueira	Individual	Senior Masculino	48:24	+15:46	04:50
75	670	João Pereira	Talentos Objetivos	Senior Masculino	48:28	+15:51	04:51
76	298	Joel Lopes	Individual	Senior Masculino	48:28	+15:51	04:51
77	14	JOÃO MONTEIRO	AC VERMOIL	Senior Masculino	48:41	+16:04	04:52
78	318	Nelson Ferreira	Individual	Senior Masculino	49:01	+16:24	04:54
79	278	Francisco Santana	Individual	Senior Masculino	49:17	+16:40	04:56
80	270	Énio Carrasqueira	Individual	Senior Masculino	49:18	+16:41	04:56
81	304	Le Blevec	Individual	Senior Masculino	49:23	+16:45	04:56
82	310	Marco Oliveira	Individual	Senior Masculino	49:23	+16:46	04:56
83	345	Stephane Lopes	Individual	Senior Masculino	49:45	+17:08	04:59
84	631	TIAGO RODRIGUES	QUEM BEBE 1, BEBE 2	Senior Masculino	49:45	+17:08	04:59
85	630	RICARDO RUA	QUEM BEBE 1, BEBE 2	Senior Masculino	49:46	+17:09	04:59
86	316	Miguel Bernardes	Individual	Senior Masculino	49:49	+17:12	04:59
87	165	Helder Paixão	GACV	Senior Masculino	50:00	+17:23	05:00
88	280	Frederico José Gomes Marques	Individual	Senior Masculino	50:10	+17:33	05:01
89	273	Filipe Marques	Individual	Senior Masculino	50:39	+18:02	05:04
90	265	Diogo Melo loureiro	Individual	Senior Masculino	50:50	+18:13	05:05
91	299	JORDAN SILVA	Individual	Senior Masculino	51:03	+18:26	05:06
92	309	Manuel Ascenso	Individual	Senior Masculino	51:35	+18:58	05:10
93	665	Rúben Simões	SicóTrilhos	Senior Masculino	51:36	+18:59	05:10
94	333	Ricardo Bernardo	Individual	Senior Masculino	51:36	+18:59	05:10
95	329	pedro ribeiro	Individual	Senior Masculino	51:37	+19:00	05:10
96	339	SAMUEL GASPAR	Individual	Senior Masculino	52:24	+19:47	05:14
97	347	Tiago francisco	Individual	Senior Masculino	52:29	+19:52	05:15
98	272	Filipe Agostinho	Individual	Senior Masculino	52:32	+19:55	05:15
99	664	Rúben Marques	SicóTrilhos	Senior Masculino	52:35	+19:58	05:15
100	281	GABRIEL LEMOS	Individual	Senior Masculino	52:38	+20:00	05:16
101	258	Damien Gaspar	Individual	Senior Masculino	52:38	+20:01	05:16
102	317	Miguel Henriques	Individual	Senior Masculino	52:40	+20:03	05:16
103	327	Pedro Marques	Individual	Senior Masculino	52:48	+20:11	05:17

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104	256	Carlos Guilherme Fernandes Santos	Individual	Senior Masculino	53:17	+20:40	05:20
105	252	Bernardo Rodrigues	Individual	Senior Masculino	53:40	+21:03	05:22
106	340	Samuel Oliveira	Individual	Senior Masculino	53:54	+21:17	05:23
107	247	ALEXIS ERIC MARIE VABRE	Individual	Senior Masculino	54:04	+21:27	05:24
108	628	José Gonçalves	QUEM BEBE 1, BEBE 2	Senior Masculino	54:39	+22:02	05:28
109	306	Luis Pedro Gonçalves Martins	Individual	Senior Masculino	54:42	+22:05	05:28
110	343	Simão Martins Ferreira	Individual	Senior Masculino	54:50	+22:13	05:29
111	175	RODOLFO COSTA	Gonçalves	Senior Masculino	54:54	+22:17	05:29
112	601	José Domingues	MOVE UP Fitness Action	Senior Masculino	55:26	+22:49	05:33
113	331	Rafael Silva	Individual	Senior Masculino	55:49	+23:12	05:35
114	353	Tomás Ruivo	Individual	Senior Masculino	55:54	+23:17	05:35
115	314	Miguel Ângelo Santos Silva	Individual	Senior Masculino	56:21	+23:44	05:38
116	303	José Pedrosa	Individual	Senior Masculino	56:22	+23:45	05:38
117	257	CÉSAR GASPAR	Individual	Senior Masculino	56:30	+23:53	05:39
118	283	Gonçalo Courelas	Individual	Senior Masculino	56:56	+24:19	05:42
119	325	Pedro Couto	Individual	Senior Masculino	57:03	+24:25	05:42
120	293	João Manuel Batista Costa	Individual	Senior Masculino	57:19	+24:42	05:44
121	332	Rafael Simões	Individual	Senior Masculino	57:22	+24:45	05:44
122	245	Alexandre Pereira	Individual	Senior Masculino	57:51	+25:14	05:47
123	632	ZÉ PEDRO	QUEM BEBE 1, BEBE 2	Senior Masculino	58:44	+26:07	05:52
124	279	Francisco Vieira	Individual	Senior Masculino	58:54	+26:17	05:53
125	633	Tomás Abreu	Ratatui Team	Senior Masculino	59:07	+26:30	05:55
126	344	Simão Mendes	Individual	Senior Masculino	59:19	+26:42	05:56
127	302	Kevin Marques	Individual	Senior Masculino	59:20	+26:43	05:56
128	250	Ayrton Moraes	Individual	Senior Masculino	01:00:44	+28:07	06:04
129	288	Ivo Fernandes	Individual	Senior Masculino	01:01:11	+28:34	06:07
130	621	JOÃO BENTO	Pulse	Senior Masculino	01:01:52	+29:15	06:11
131	291	João Gonçalves Santos Cravo	Individual	Senior Masculino	01:01:57	+29:20	06:12
132	284	Gonçalo Ferreira Gameiro	Individual	Senior Masculino	01:01:58	+29:21	06:12
133	354	Vasco Marreiros	Individual	Senior Masculino	01:01:58	+29:21	06:12
134	253	Bruno Miguel Domingos João	Individual	Senior Masculino	01:01:58	+29:21	06:12
135	249	ANDRÉ RODRIGUES	Individual	Senior Masculino	01:02:13	+29:36	06:13
136	266	Diogo Paquim	Individual	Senior Masculino	01:02:30	+29:53	06:15
137	351	Tomás Ramos da Silva	Individual	Senior Masculino	01:02:35	+29:58	06:15
138	308	Luís Rodrigues	Individual	Senior Masculino	01:02:49	+30:12	06:17
139	338	Ruben Ponte	Individual	Senior Masculino	01:04:37	+32:00	06:28
140	337	Ruben Marques	Individual	Senior Masculino	01:04:53	+32:16	06:29
141	80	Eduardo Lagoa	BBC Run Team	Senior Masculino	01:05:13	+32:36	06:31
142	629	KEVIN NEVES	QUEM BEBE 1, BEBE 2	Senior Masculino	01:05:39	+33:02	06:34
143	248	André Cardoso	Individual	Senior Masculino	01:05:55	+33:18	06:36
144	244	Afonso Monteiro	Individual	Senior Masculino	01:06:47	+34:10	06:41
145	297	Joao Santos	Individual	Senior Masculino	01:07:36	+34:59	06:46
146	268	Duarte Carolino	Individual	Senior Masculino	01:10:14	+37:37	07:01
147	251	Bernardo António Silva Poiares	Individual	Senior Masculino	01:11:34	+38:57	07:09
148	263	Dinis Oliveira	Individual	Senior Masculino	01:12:43	+40:06	07:16

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Veterana F35

1	122	Raquel Frade Cabaço	Clube Raquel Cabaço	Veterana F35	39:08		03:55
2	125	Carla Carvalho	CLUBE VETERANOS DO LIS	Veterana F35	44:35	+05:26	04:27
3	666	SARA NEVES	SicóTrilhos	Veterana F35	47:58	+08:49	04:48
4	369	Sílvia Silva	Individual	Veterana F35	52:45	+13:36	05:17
5	362	Cloé Carreira	Individual	Veterana F35	53:58	+14:49	05:24
6	361	Chloe MARCO	Individual	Veterana F35	54:30	+15:21	05:27
7	87	Ana Rocha	BVA Team	Veterana F35	57:23	+18:15	05:44
8	363	Filipa Serafim	Individual	Veterana F35	58:04	+18:55	05:48
9	371	TÂNIA DOMINGUES	Individual	Veterana F35	01:03:26	+24:17	06:21
10	360	Adriana Martins	Individual	Veterana F35	01:03:46	+24:37	06:23
11	653	Vanessa Francisco	Se tu vais, eu vou!	Veterana F35	01:04:18	+25:10	06:26
12	652	Cátia Domingues	Se tu vais, eu vou!	Veterana F35	01:04:21	+25:13	06:26
13	671	Ana Baptista	Talentos Objetivos	Veterana F35	01:05:14	+26:06	06:31
14	366	Mariana Barbosa	Individual	Veterana F35	01:07:46	+28:37	06:47
15	368	Nathalia Viecei	Individual	Veterana F35	01:07:47	+28:39	06:47
16	365	Mafalda Viveiros	Individual	Veterana F35	01:08:00	+28:51	06:48

Veterana F40

1	111	Emília Kumós Piseiro	Clube Desportivo de Espite	Veterana F40	35:09		03:31
2	106	Tetyana Vakulyuk	Clube de Atletismo de Ferreira do Zézere	Veterana F40	42:02	+06:53	04:12
3	18	CATARINA SANTOS	AC VERMOIL	Veterana F40	42:17	+07:08	04:14
4	19	DEONILDE COSTA	AC VERMOIL	Veterana F40	42:33	+07:23	04:15
5	180	Natália Pereira	Grupo Atletismo da Caranguejeira	Veterana F40	45:40	+10:31	04:34
6	155	Filomena Carvalho	Filomena Carvalho	Veterana F40	46:38	+11:28	04:40
7	375	Carla Neves	Individual	Veterana F40	48:22	+13:12	04:50
8	17	BLANDINA LOURENÇO	AC VERMOIL	Veterana F40	48:38	+13:29	04:52
9	589	Marisa Silva	Lama Solta	Veterana F40	49:01	+13:52	04:54
10	387	Lucia Ribeiro	Individual	Veterana F40	49:32	+14:23	04:57
11	604	Susana Moreira	NDAP - Núcleo do Desporto Amador de Pombal	Veterana F40	49:50	+14:40	04:59
12	372	Amanda Guapo	Individual	Veterana F40	50:49	+15:39	05:05
13	22	TÂNIA COELHO	AC VERMOIL	Veterana F40	51:15	+16:05	05:07
14	390	Nicky Botwright	Individual	Veterana F40	51:26	+16:16	05:09
15	659	Elsa Felicidade	Serranos Run Team	Veterana F40	51:30	+16:21	05:09
16	83	Natália Mota	BBC Run Team	Veterana F40	53:14	+18:05	05:19
17	145	Liliana Lopes	Equipa Diamantino Jorge & Filho, SA	Veterana F40	53:38	+18:29	05:22
18	615	Cristina Barros	Os cinco	Veterana F40	54:52	+19:43	05:29
19	594	Vanuza Reis	Machine Run Club	Veterana F40	55:48	+20:39	05:35
20	386	liliana ribeiro	Individual	Veterana F40	56:12	+21:03	05:37
21	674	Sandra Maciel	Team El Comandante	Veterana F40	56:29	+21:19	05:39
22	655	Ticha Ribeiro	Se tu vais, eu vou!	Veterana F40	56:52	+21:43	05:41
23	129	Laurinda Pereira	Condeixa Karate	Veterana F40	56:54	+21:44	05:41

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24	673	Tânia Fernandes	Talentos Objetivos	Veterana F40	57:29	+22:19	05:45
25	637	Sandra calheira	Reumaticos	Veterana F40	57:31	+22:21	05:45
26	395	Valentina estrada	Individual	Veterana F40	57:43	+22:34	05:46
27	48	Sandra Ponte	Academia de Desportos de Condeixa	Veterana F40	58:15	+23:05	05:49
28	47	Ana Marques	Academia de Desportos de Condeixa	Veterana F40	58:15	+23:05	05:49
29	20	ELSA SOARES	AC VERMOIL	Veterana F40	58:16	+23:06	05:50
30	146	Mónica Parente	Equipa Diamantino Jorge & Filho, SA	Veterana F40	58:37	+23:27	05:52
31	16	ANA PAULA BRITES	AC VERMOIL	Veterana F40	59:05	+23:56	05:55
32	384	Estefania Alves	Individual	Veterana F40	59:36	+24:26	05:58
33	672	lidia chouco	Talentos Objetivos	Veterana F40	01:00:08	+24:58	06:01
34	642	Sophie Cláudio	Run & Pray	Veterana F40	01:00:51	+25:41	06:05
35	373	Ana Raquel Gomes	Individual	Veterana F40	01:01:02	+25:53	06:06
36	21	SILVIA FERREIRA	AC VERMOIL	Veterana F40	01:01:34	+26:24	06:09
37	380	Celina Santos	Individual	Veterana F40	01:01:35	+26:25	06:09
38	136	Carla Sofia	CPT Coimbra	Veterana F40	01:01:40	+26:30	06:10
39	81	Carina Sousa	BBC Run Team	Veterana F40	01:03:26	+28:17	06:21
40	682	CLÁUDIA MOTA	Time de que(m) se fala	Veterana F40	01:03:26	+28:17	06:21
41	654	Cátia Gaioso	Se tu vais, eu vou!	Veterana F40	01:03:38	+28:29	06:22
42	393	Sónia Reis	Individual	Veterana F40	01:03:42	+28:33	06:22
43	391	Silvia Costa	Individual	Veterana F40	01:03:48	+28:38	06:23
44	184	Sandra Cunha	GRUPO DESPORTIVO SANTANDER TOTTA	Veterana F40	01:06:33	+31:24	06:39
45	381	Cristina Dias Ribeiro	Individual	Veterana F40	01:06:37	+31:27	06:40
46	378	Cátia Sofia da Ponte Gonçalves Lopes	Individual	Veterana F40	01:06:47	+31:37	06:41
47	389	Natalia Mendes	Individual	Veterana F40	01:06:51	+31:42	06:41
48	392	Sofia Ferreira	Individual	Veterana F40	01:08:02	+32:53	06:48
49	112	SANDRA SANTOS	Clube Desportivo de Espite	Veterana F40	01:08:06	+32:56	06:49
50	130	Regina Ferreira	CPR A-DO-BARBAS	Veterana F40	01:09:14	+34:05	06:55
51	377	CATARINA SILVA	Individual	Veterana F40	01:10:03	+34:53	07:00
52	144	Ana Rita Castanheira	Equipa Diamantino Jorge & Filho, SA	Veterana F40	01:10:22	+35:12	07:02
53	394	Teresa Zuna	Individual	Veterana F40	01:11:48	+36:39	07:11
54	383	Elsa Leal	Individual	Veterana F40	01:14:12	+39:03	07:25
55	382	Eliana Jorge Cordeiro Varalonga	Individual	Veterana F40	01:14:15	+39:06	07:26
56	82	Carla Machado Agostinho	BBC Run Team	Veterana F40	01:23:11	+48:02	08:19

Veterano M35

1	61	Tiago Madureira	ADCP PEDRALVA	Veterano M35	33:27	03:21
2	404	Carlos Costa	Individual	Veterano M35	33:47	+00:20 03:23
3	153	Vasco Pereira	Escola de Atletismo de Coimbra / JPaiva	Veterano M35	33:51	+00:24 03:23
4	406	Cláudio Loureiro	GAC- Grupo de Atletismo da Caranguejeira	Veterano M35	34:00	+00:32 03:24
5	60	Ricardo Andrade	ADCP PEDRALVA	Veterano M35	35:26	+01:59 03:33

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6	694	André Machado	Vitória SC	Veterano M35	35:36	+02:09	03:34
7	105	EMANUEL SOPAS CARDOSO	Clube Atletismo Marinha Grande	Veterano M35	36:19	+02:51	03:38
8	65	João Santana	ADR Mata	Veterano M35	37:27	+04:00	03:45
9	399	Bruno Figueiredo	Individual	Veterano M35	37:38	+04:10	03:46
10	402	Bruno Silva	Grupo Alegre Unido Bajouca	Veterano M35	37:59	+04:31	03:48
11	605	Rui Pedro Luís Gaio Gaio	NDAP - Núcleo do Desporto Amador de Pombal	Veterano M35	38:36	+05:09	03:52
12	126	Milton Ferreira	CLUBE VETERANOS DO LIS	Veterano M35	38:56	+05:28	03:54
13	405	Carlos Silva	Individual	Veterano M35	39:10	+05:43	03:55
14	52	Rafael Matoso	ACDC	Veterano M35	39:36	+06:09	03:58
15	599	Hélder Henriques	Miro Trail	Veterano M35	39:37	+06:09	03:58
16	410	DIOGO OLIVEIRA	Individual	Veterano M35	40:03	+06:36	04:00
17	424	Paulo Serra	Individual	Veterano M35	42:12	+08:44	04:13
18	403	Carlos Alves	Individual	Veterano M35	42:20	+08:52	04:14
19	431	TIAGO MATOS	Individual	Veterano M35	43:11	+09:43	04:19
20	434	Valter Pinho	Individual	Veterano M35	43:12	+09:45	04:19
21	421	Luis Cardoso	Individual	Veterano M35	43:59	+10:32	04:24
22	425	ricardo joao	Individual	Veterano M35	44:27	+11:00	04:27
23	411	Enrik SCHMIDT DA SILVA	Individual	Veterano M35	44:33	+11:06	04:27
24	648	Paulo Marques	Sandoeira Run Club	Veterano M35	45:01	+11:34	04:30
25	409	Diogo André Andrade da Silva	Individual	Veterano M35	45:19	+11:52	04:32
26	407	Damien Gaspar	Individual	Veterano M35	45:37	+12:10	04:34
27	660	António Conde	Serranos Run Team	Veterano M35	45:47	+12:19	04:35
28	430	TIAGO GAMEIRO	Individual	Veterano M35	47:24	+13:56	04:44
29	429	Tiago Filipe Mendes Andrade	Individual	Veterano M35	47:27	+13:59	04:45
30	418	João Francisco	Individual	Veterano M35	47:49	+14:21	04:47
31	396	André Pedro	Individual	Veterano M35	48:10	+14:43	04:49
32	158	RAFAEL SILVA	FitTraining Academy	Veterano M35	48:13	+14:45	04:49
33	427	Telmo Filipe	Individual	Veterano M35	48:30	+15:02	04:51
34	435	Yurii Chukhii	Individual	Veterano M35	49:03	+15:35	04:54
35	413	Flavio Silva	Individual	Veterano M35	49:05	+15:38	04:55
36	667	Joni Correia	SicóTrilhos	Veterano M35	49:16	+15:48	04:56
37	420	Joel Gaspar	Individual	Veterano M35	49:59	+16:31	05:00
38	422	Micael Dias	Individual	Veterano M35	50:03	+16:35	05:00
39	417	Ismael Costa	Individual	Veterano M35	50:05	+16:37	05:00
40	408	David Filipe Capitão Martins	Individual	Veterano M35	50:20	+16:52	05:02
41	426	Rodrigo Leal	Individual	Veterano M35	51:57	+18:30	05:12
42	415	Gualter Gaspar	Individual	Veterano M35	52:28	+19:00	05:15
43	92	BRUNO LIMA	CCD CREDITO AGRICOLA	Veterano M35	53:18	+19:50	05:20
44	167	Nuno miguel Gomes alves	GACV	Veterano M35	54:22	+20:54	05:26
45	128	João Costa	Comandos Pombal	Veterano M35	54:54	+21:26	05:29
46	397	André Silva	Individual	Veterano M35	54:55	+21:27	05:29
47	400	BRUNO PEREIRA	Individual	Veterano M35	56:04	+22:37	05:36
48	401	Bruno Rodrigues	Individual	Veterano M35	58:21	+24:54	05:50
49	419	João Pereira	Individual	Veterano M35	01:03:25	+29:57	06:20
50	423	Nelson Barbosa	Individual	Veterano M35	01:07:46	+34:18	06:47
51	432	Tiago Santos	Individual	Veterano M35	01:15:54	+42:26	07:35

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52	590	DIOGO OLIVEIRA	Leiria Marcha Atlético Clube	Veterano M35	01:42:57	+01:09:30	10:18
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Veterano M40

1	183	Bruno Paixão	grupo desportivo 3 santos populares - Carregal do Sal	Veterano M40	31:56	03:12
2	177	Nuno Miguel	GRECAS	Veterano M40	32:53	+00:57 03:17
3	473	Tiago Marques	Individual	Veterano M40	33:00	+01:04 03:18
4	119	Luís Rufino	Clube Desportivo em Movimento	Veterano M40	34:47	+02:51 03:29
5	62	Óscar Maia	ADCP PEDRALVA	Veterano M40	37:00	+05:04 03:42
6	116	João Alves	Clube Desportivo de Tondela	Veterano M40	37:04	+05:08 03:42
7	90	João Plácido	Caracol Trail Team	Veterano M40	37:12	+05:16 03:43
8	160	Luis Campino	GAC- Grupo de Atletismo da Caranguejeira	Veterano M40	37:19	+05:23 03:44
9	446	Filipe Gomes	Individual	Veterano M40	37:29	+05:33 03:45
10	472	Tadhg Lyne	Individual	Veterano M40	37:32	+05:36 03:45
11	683	José Oliveira	Trail da Amizade Runners	Veterano M40	38:36	+06:40 03:52
12	54	Henrique Carvalheiro	ACRM Silveirinha Grande e Claras	Veterano M40	38:37	+06:41 03:52
13	123	João André	Clube Raquel Cabaço	Veterano M40	39:09	+07:13 03:55
14	24	EDUARDO CARDEIRA	AC VERMOIL	Veterano M40	39:39	+07:43 03:58
15	85	Délio Pascoal	BBC Run Team	Veterano M40	39:55	+07:59 03:59
16	572	HUGO MARQUES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M40	40:42	+08:46 04:04
17	592	António Fonseca Oliveira	LIZ RUNNERS	Veterano M40	40:55	+08:59 04:05
18	97	Edgar Rafael Nunes Manso	CCD Sertã	Veterano M40	41:53	+09:57 04:11
19	443	Daniel Silva	ACBATALHA	Veterano M40	41:59	+10:03 04:12
20	607	HENRIQUE FERNANDES	NDAP - Núcleo do Desporto Amador de Pombal	Veterano M40	42:16	+10:20 04:14
21	186	RICARDO LOPES	Grupo Maravilha	Veterano M40	42:21	+10:25 04:14
22	25	JORGE BARROS	AC VERMOIL	Veterano M40	42:34	+10:38 04:15
23	444	Dany Grilo	Grupo Alegre Unido Bajouca	Veterano M40	42:35	+10:39 04:15
24	451	Gonçalo Pedrosa Oliveira	Individual	Veterano M40	43:23	+11:26 04:20
25	88	Filipe Serrario	CA Barreira	Veterano M40	43:42	+11:46 04:22
26	447	FILIPE MATEUS	Individual	Veterano M40	44:44	+12:48 04:28
27	463	Nelson Seabra	Individual	Veterano M40	44:58	+13:02 04:30
28	461	Maurício Madruga	Individual	Veterano M40	45:05	+13:09 04:31
29	618	JOÃO DÂMASO	Pedrosa Vending	Veterano M40	45:28	+13:32 04:33
30	448	Filipe Silva	Individual	Veterano M40	45:38	+13:42 04:34
31	466	PEDRO PEREIRA	Individual	Veterano M40	45:41	+13:45 04:34
32	465	Pedro Miguel Oliveira	Individual	Veterano M40	45:53	+13:57 04:35
33	471	Samuel Filipe	Individual	Veterano M40	45:56	+14:00 04:36
34	477	vitor santos	Individual	Veterano M40	46:24	+14:28 04:38
35	454	João Romeiro	Individual	Veterano M40	47:15	+15:19 04:43
36	597	Nuno Alves	Marques Alves	Veterano M40	47:54	+15:58 04:47
37	464	Nuno Barros	Individual	Veterano M40	48:20	+16:24 04:50
38	23	DAVID MENDES	AC VERMOIL	Veterano M40	48:48	+16:52 04:53

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39	462	Micael Ferreira	Individual	Veterano M40	48:51	+16:55	04:53
40	438	Andre Silva	Individual	Veterano M40	48:54	+16:58	04:53
41	4	Ricardo Alexandre das Neves Silva	Individual	Veterano M40	49:14	+17:18	04:55
42	668	Tiago Lança	Sporting Clube Vila Maria	Veterano M40	49:42	+17:46	04:58
43	470	Rui Silva	Individual	Veterano M40	49:52	+17:56	04:59
44	53	Helder Ribeiro	ACDC	Veterano M40	50:10	+18:14	05:01
45	606	Daniel Santos Gaspar	NDAP - Núcleo do Desporto Amador de Pombal	Veterano M40	50:17	+18:21	05:02
46	439	Bruno Alexandre Fonseca Santos	Individual	Veterano M40	51:06	+19:10	05:07
47	468	Raphaël Silva	Individual	Veterano M40	51:17	+19:21	05:08
48	452	Hugo D' Água	Individual	Veterano M40	51:19	+19:23	05:08
49	475	TONY SANTOS	Individual	Veterano M40	52:54	+20:58	05:17
50	86	Patrick Maduro	BEST	Veterano M40	53:05	+21:09	05:19
51	656	Milton Cordeiro	Se tu vais, eu vou!	Veterano M40	53:06	+21:10	05:19
52	441	bruno miguel Ribeiro	Individual	Veterano M40	53:14	+21:18	05:19
53	442	Carlos Pinto	Individual	Veterano M40	53:16	+21:20	05:20
54	93	ANDRÉ LOPES	CCD CREDITO AGRICOLA	Veterano M40	53:27	+21:31	05:21
55	476	Valério Santos	Individual	Veterano M40	53:34	+21:38	05:21
56	94	HUMBERTO SANTOS	CCD CREDITO AGRICOLA	Veterano M40	54:08	+22:12	05:25
57	66	Fernando Passadouro	ADR Mata	Veterano M40	57:29	+25:33	05:45
58	67	Nuno Vitorino	ADR Mata	Veterano M40	57:30	+25:34	05:45
59	459	Luis Rito	Individual	Veterano M40	57:35	+25:39	05:46
60	458	LUIS NUNES	Individual	Veterano M40	01:03:13	+31:17	06:19
61	84	Cassiano José Maçorano Madaleno	BBC Run Team	Veterano M40	01:03:44	+31:48	06:22
62	449	Francisco Aguiar	Individual	Veterano M40	01:09:33	+37:37	06:57
63	457	JORGE SANTOS	Individual	Veterano M40	01:14:40	+42:44	07:28

Veterano M45

1	120	Mário Coelho	Clube Desportivo em Movimento	Veterano M45	33:51	03:23
2	490	Joel Couto	Grupo Alegre Unido Bajouca	Veterano M45	35:13	+01:21 03:31
3	117	Rui Rodrigues	Clube Desportivo de Tondela	Veterano M45	36:04	+02:13 03:36
4	108	Paulo Ferreira	Clube de Atletismo de Ferreira do Zêzere	Veterano M45	36:41	+02:50 03:40
5	161	Nuno Casalinho	GAC- Grupo de Atletismo da Caranguejeira	Veterano M45	37:03	+03:11 03:42
6	28	MARCO GOMES	AC VERMOIL	Veterano M45	38:17	+04:25 03:50
7	573	FILIPE BRILHANTE	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	38:58	+05:07 03:54
8	574	JOAQUIM DUARTE	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	39:33	+05:42 03:57
9	11	Márcio Pereira	A.R.Casaence/ Escola Atletismo de Coimbra/ J Paiva	Veterano M45	40:32	+06:41 04:03
10	26	HELDER MIRANDA	AC VERMOIL	Veterano M45	41:18	+07:27 04:08
11	27	JOSÉ MENDES	AC VERMOIL	Veterano M45	41:41	+07:50 04:10
12	148	Nuno Arnauth	Equipa Diamantino Jorge & Filho, SA	Veterano M45	41:56	+08:04 04:12
13	494	José Ribeiro	Individual	Veterano M45	42:22	+08:31 04:14

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14	31	NUNO MOTA	AC VERMOIL	Veterano M45	42:44	+08:52	04:16
15	497	Marco Pais	Individual	Veterano M45	42:45	+08:54	04:17
16	493	Jose Leitao	Individual	Veterano M45	43:12	+09:21	04:19
17	609	Nuno Moreira	NDAP - Núcleo do Desporto Amador de Pombal	Veterano M45	43:38	+09:47	04:22
18	507	RENATO MARTINS	Individual	Veterano M45	43:58	+10:06	04:24
19	30	NELSON FERREIRA	AC VERMOIL	Veterano M45	44:07	+10:15	04:25
20	608	Helder Marco Silva Domingues	NDAP - Núcleo do Desporto Amador de Pombal	Veterano M45	44:27	+10:35	04:27
21	168	Alexandre de Souza Oliveira	GACV	Veterano M45	44:45	+10:54	04:29
22	487	GUERRA PAULO	Individual	Veterano M45	44:59	+11:08	04:30
23	113	ARNALDO SANTOS	Clube Desportivo de Espite	Veterano M45	45:57	+12:06	04:36
24	588	Pedro Pereira	KineticSoul by Krisgraphics	Veterano M45	46:06	+12:14	04:37
25	479	António Miguel Cabral do Ó	Individual	Veterano M45	46:18	+12:27	04:38
26	29	MIGUEL FELGUEIRAS	AC VERMOIL	Veterano M45	46:26	+12:35	04:39
27	610	Pedro Gomes	NDAP - Núcleo do Desporto Amador de Pombal	Veterano M45	46:30	+12:38	04:39
28	509	Ricardo Manuel Teixeira Oliveira	Individual	Veterano M45	46:38	+12:46	04:40
29	505	Pedro dos Santos Lopes	Individual	Veterano M45	46:54	+13:03	04:41
30	478	António Luís Cordeiro Gomes	Individual	Veterano M45	47:38	+13:46	04:46
31	512	Tiago Ferreira	Individual	Veterano M45	47:54	+14:02	04:47
32	616	Rodolfo Orfao	Os cinco	Veterano M45	47:57	+14:06	04:48
33	645	Paulo Domingues	Run & Pray	Veterano M45	48:15	+14:24	04:50
34	593	Jose costa	LOUSADA RUNNERS	Veterano M45	48:28	+14:37	04:51
35	147	Jorge Arnauth	Equipa Diamantino Jorge & Filho, SA	Veterano M45	48:33	+14:41	04:51
36	483	Filipe Ramos	Individual	Veterano M45	49:00	+15:09	04:54
37	502	PAULO FRANCES	Individual	Veterano M45	49:09	+15:18	04:55
38	500	Nuno Rosa - Z LOOK - Pombal	Individual	Veterano M45	49:17	+15:25	04:56
39	635	ANTÓNIO MENDES	Ratatui Team	Veterano M45	49:20	+15:29	04:56
40	485	Frederico Domingues	Individual	Veterano M45	49:20	+15:29	04:56
41	644	Filipe Lima	Run & Pray	Veterano M45	50:04	+16:13	05:00
42	498	Norberto Abreu	Individual	Veterano M45	50:58	+17:06	05:06
43	634	ANDRÉ GOMES	Ratatui Team	Veterano M45	51:00	+17:09	05:06
44	488	Hugo Alves	Individual	Veterano M45	52:05	+18:14	05:13
45	489	Hugo Gomes	Individual	Veterano M45	52:08	+18:17	05:13
46	138	David Rodrigues Fernandes	cscrfcharneca	Veterano M45	52:40	+18:48	05:16
47	504	PEDRO DINIS	Individual	Veterano M45	53:01	+19:09	05:18
48	499	Nuno Bandarra	Individual	Veterano M45	53:07	+19:16	05:19
49	501	PAULO BERNARDES	Individual	Veterano M45	53:58	+20:06	05:24
50	658	Pedro Ribeiro	Se tu vais, eu vou!	Veterano M45	54:24	+20:32	05:26
51	491	Joel Martins	Individual	Veterano M45	54:27	+20:36	05:27
52	699	Patricio Alves	Individual	Veterano M45	54:50	+20:58	05:29
53	508	Ricardo Estrada	Individual	Veterano M45	54:52	+21:01	05:29
54	8	Márcio Martins	100 Gás Trail Team	Veterano M45	55:09	+21:17	05:31
55	676	João jorge	Team El Comandante	Veterano M45	55:27	+21:36	05:33
56	596	Nuno Reis	Machine Run Club	Veterano M45	55:49	+21:58	05:35
57	643	Bruno Pimenta	Run & Pray	Veterano M45	56:31	+22:40	05:39

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58	492	Jorge Silva	Individual	Veterano M45	56:38	+22:46	05:40
59	486	GONÇALO LOPES	Individual	Veterano M45	57:35	+23:44	05:46
60	657	Alex Gonçalves	Se tu vais, eu vou!	Veterano M45	57:50	+23:59	05:47
61	636	Pedro Abreu	Ratatui Team	Veterano M45	59:13	+25:21	05:55
62	484	Francisco Sousa	Individual	Veterano M45	59:19	+25:27	05:56
63	482	Fernando Ferreira	Individual	Veterano M45	01:00:49	+26:57	06:05
64	495	Luís Mendes	Individual	Veterano M45	01:02:50	+28:59	06:17
65	591	Amílcar Freire	Lentidão Furiosa- Freixianda	Veterano M45	01:03:07	+29:16	06:19
66	506	Pedro Temporão	Individual	Veterano M45	01:03:46	+29:55	06:23
67	511	TIAGO CARDOSO	Individual	Veterano M45	01:10:03	+36:12	07:00

Veterano M50

1	172	Vitor Dinis	GDRC UNIDOS	Veterano M50	34:49		03:29
2	537	Sérgio Paiva	Individual	Veterano M50	36:56	+02:07	03:42
3	185	Rui Henriques	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M50	37:46	+02:56	03:47
4	639	Fernando santos	Reumaticos	Veterano M50	38:13	+03:23	03:49
5	40	PEDRO FERREIRA	AC VERMOIL	Veterano M50	38:37	+03:48	03:52
6	524	Hugo Prazeres	Individual	Veterano M50	39:28	+04:38	03:57
7	121	Pedro Jogo	Clube Desportivo em Movimento	Veterano M50	40:23	+05:33	04:02
8	640	Paulo pereira	Reumaticos	Veterano M50	40:36	+05:47	04:04
9	513	Antonio Jorge Martins Francisco	Individual	Veterano M50	42:29	+07:40	04:15
10	37	JOAQUIM QUITERIO	AC VERMOIL	Veterano M50	42:30	+07:41	04:15
11	5	Paulo Fernandes	Individual	Veterano M50	42:34	+07:45	04:15
12	517	Coleta Thierry	Individual	Veterano M50	42:36	+07:47	04:16
13	526	Joel Silva	Individual	Veterano M50	42:47	+07:58	04:17
14	534	Rui Dinis	Individual	Veterano M50	44:26	+09:37	04:27
15	33	EMIDIO ALVES	AC VERMOIL	Veterano M50	44:48	+09:59	04:29
16	529	Miguel Freire	Individual	Veterano M50	45:05	+10:16	04:30
17	118	Carlos Ribeiro	Clube Desportivo de Tondela	Veterano M50	45:49	+10:59	04:35
18	531	Paul Domingues	Individual	Veterano M50	45:52	+11:03	04:35
19	612	FERNANDO NEVES	NDAP - Núcleo do Desporto Amador de Pombal	Veterano M50	46:11	+11:22	04:37
20	680	Luis Nunes	Thomar Athletics	Veterano M50	46:14	+11:25	04:37
21	521	Gilberto Carvalho	Individual	Veterano M50	46:15	+11:26	04:38
22	171	Romeu Bento	GDRC UNIDOS	Veterano M50	46:23	+11:34	04:38
23	515	Carlos Alberto Oliveira	Individual	Veterano M50	47:35	+12:46	04:46
24	523	HENRIQUE RODRIGUES	Individual	Veterano M50	47:44	+12:55	04:46
25	76	ROBERTO BEATRIZ	Barras e Bolinhos	Veterano M50	47:48	+12:59	04:47
26	32	ALBERTO LEMOS	AC VERMOIL	Veterano M50	47:52	+13:03	04:47
27	159	CARLOS GONÇALVES	FULLPROTEIN TRAIL TEAM	Veterano M50	48:19	+13:29	04:50
28	641	Paulo ramos	Reumaticos	Veterano M50	48:30	+13:41	04:51
29	533	Pedro Pimenta	Individual	Veterano M50	48:46	+13:57	04:53
30	518	Daniel Fragoso	Individual	Veterano M50	48:56	+14:07	04:54
31	55	HENRIQUE LAVAREDAS	ACRM Silveirinha Grande e Claras	Veterano M50	49:02	+14:13	04:54

Bodo 10Km

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

32	49	Samuel Anjos	Academia de Desportos de Condeixa	Veterano M50	49:05	+14:16	04:55
33	538	SÉRGIO SILVA	Individual	Veterano M50	49:12	+14:23	04:55
34	36	JOÃO BARATA	AC VERMOIL	Veterano M50	49:58	+15:09	05:00
35	35	JAIME SANTOS	AC VERMOIL	Veterano M50	49:58	+15:09	05:00
36	685	Pedro Mateus	Trail da Ladeia Running Team	Veterano M50	50:18	+15:29	05:02
37	95	HELDER NUNES	CCD CREDITO AGRICOLA	Veterano M50	50:24	+15:35	05:02
38	540	Vitor Martins	Individual	Veterano M50	50:33	+15:43	05:03
39	170	Nuno Bento	GDRC UNIDOS	Veterano M50	51:19	+16:29	05:08
40	34	FILIPE SILVA	AC VERMOIL	Veterano M50	52:08	+17:19	05:13
41	536	Samuel Costa	Individual	Veterano M50	53:09	+18:20	05:19
42	669	MIGUEL MATIAS	SSCGD	Veterano M50	53:46	+18:57	05:23
43	38	JOSÉ LOPES	AC VERMOIL	Veterano M50	55:40	+20:50	05:34
44	539	Victor Calado	Individual	Veterano M50	56:02	+21:13	05:36
45	520	Filipe Mata Almeida	Individual	Veterano M50	56:45	+21:56	05:40
46	39	PAULO SIMÕES	AC VERMOIL	Veterano M50	59:05	+24:16	05:55
47	527	Licínio Neves	Individual	Veterano M50	01:01:46	+26:57	06:11
48	516	Carlos Lopes	Individual	Veterano M50	01:03:07	+28:18	06:19
49	535	Rui Pastor	Individual	Veterano M50	01:04:41	+29:52	06:28
50	514	ANTONIO TRIGO	Individual	Veterano M50	01:04:41	+29:52	06:28
51	525	Joao Quitério	Individual	Veterano M50	01:04:52	+30:03	06:29
52	532	Paulo Jorge	Individual	Veterano M50	01:05:42	+30:53	06:34

Veterano M55

1	543	Luciano Gordo	Individual	Veterano M55	34:56		03:30
2	579	PAULO PONTES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	37:30	+02:33	03:45
3	545	Luiz Mota	Individual	Veterano M55	38:36	+03:39	03:52
4	578	LEONEL SOUSA	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	40:15	+05:19	04:02
5	64	Hélder Piedade	ADCRPEREIRA TRAIL E BTT	Veterano M55	41:16	+06:19	04:08
6	576	ANTÓNIO SILVA	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	42:59	+08:02	04:18
7	551	Vitor Nelson	Individual	Veterano M55	44:00	+09:03	04:24
8	133	Paulo Monteiro	CPR A-DO-BARBAS	Veterano M55	44:23	+09:26	04:26
9	134	Pedro Rodrigues	CPR A-DO-BARBAS	Veterano M55	44:43	+09:47	04:28
10	619	Paulo Samuel Jesus Amaro	PelaEstradaFora	Veterano M55	45:38	+10:41	04:34
11	174	Fernando Marques	GM TEAM	Veterano M55	46:11	+11:14	04:37
12	577	ARTUR LOPES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	46:12	+11:15	04:37
13	613	Luís Carreira	Ninho Team	Veterano M55	47:17	+12:21	04:44
14	179	Virgílio Alberto	Grupo Alegre Unido Bajouca	Veterano M55	48:24	+13:28	04:50
15	98	Vitor Barata	CCD Sertã	Veterano M55	49:35	+14:38	04:57
16	547	Paulo Oliveira	Individual	Veterano M55	49:44	+14:47	04:58
17	546	Paulo Jorge Costa Rodrigues	Individual	Veterano M55	50:17	+15:21	05:02
18	548	PAULO PINA	Individual	Veterano M55	51:02	+16:05	05:06

Official Timekeeper: Lap2Go	13 / 15	generate 25-jul.-2026 20:52
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Bodo 10Km

10 KM

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OFFICIAL RESULT

[illegible]

19	102	Carlos Gaspar	CHÍCHARO RUN TEAM A.ALVAIAZERE	Veterano M55	51:41	+16:44	05:10
20	41	VITOR LOPES	AC VERMOIL	Veterano M55	53:09	+18:13	05:19
21	149	Jorge Ribeiro	Equipa Diamantino Jorge & Filho, SA	Veterano M55	54:33	+19:37	05:27
22	176	José Manuel Magalhães Oliveira	Gonçalves	Veterano M55	54:54	+19:57	05:29
23	617	Alexandre Soares Blanco	Os tolinhos	Veterano M55	55:34	+20:37	05:33
24	89	Rui Gaspar	CA Barreira	Veterano M55	57:09	+22:13	05:43
25	541	Agostinho Silva	Individual	Veterano M55	58:48	+23:51	05:53
26	549	pedro Gameiro	Individual	Veterano M55	01:06:11	+31:14	06:37
27	156	Arlindo de Jesus Oliveira	Fitness Factory Pombal	Veterano M55	01:08:05	+33:09	06:49

Veterano M60

1	698	Fernando Matos	Grupo de Convívio e Amizade nas Donas	Veterano M60	35:11	03:31
2	582	CARLOS SIMÕES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	41:33	+06:22 04:09
3	169	Mário Carvalho	GD Vilarinho de Cima	Veterano M60	41:52	+06:41 04:11
4	581	ANTÓNIO ALVES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	42:02	+06:51 04:13
5	677	josé carlos santos	Team El Comandante	Veterano M60	42:08	+06:56 04:13
6	173	João Gomes	GDRC UNIDOS	Veterano M60	43:57	+08:46 04:24
7	42	ANTONIO SILVINO	AC VERMOIL	Veterano M60	44:13	+09:02 04:25
8	68	António Patrício	ADR4E	Veterano M60	44:57	+09:46 04:30
9	568	PEDRO VICENTE	Individual	Veterano M60	45:45	+10:34 04:35
10	69	Dale Mark Desautel	Amazing Global Runners	Veterano M60	45:53	+10:42 04:35
11	646	João Graça	Run Tejo - Prevent Sprain	Veterano M60	46:13	+11:02 04:37
12	44	FERNANDO GASPAR	AC VERMOIL	Veterano M60	46:43	+11:32 04:40
13	70	Aníbal Godinho	Aníbal Godinho Training Team	Veterano M60	47:03	+11:52 04:42
14	151	Ernesto Parente	Equipa Diamantino Jorge & Filho, SA	Veterano M60	47:21	+12:10 04:44
15	565	Martins Anibal	Individual	Veterano M60	47:33	+12:22 04:45
16	127	José Martins	CLUBE VETERANOS DO LIS	Veterano M60	48:50	+13:39 04:53
17	562	José Garraão	Individual	Veterano M60	49:15	+14:04 04:55
18	561	José Alberto Pereira Monteiro	Individual	Veterano M60	49:49	+14:38 04:59
19	152	Paulo Providência	Equipa Diamantino Jorge & Filho, SA	Veterano M60	50:03	+14:52 05:00
20	51	EVANGELINO CARDEIRA	ACBATALHA	Veterano M60	50:23	+15:12 05:02
21	566	Narciso Garcia Simões Arromba	Individual	Veterano M60	50:55	+15:44 05:05
22	567	Paulo Fonseca	Individual	Veterano M60	51:12	+16:00 05:07
23	684	alfredo valente	Trail da Amizade Runners	Veterano M60	51:23	+16:12 05:08
24	56	João Sintra	ACRM Silveirinha Grande e Claras	Veterano M60	52:47	+17:36 05:17
25	614	Acacio Gonçalves	Noisy-le-Grand Running Club	Veterano M60	52:53	+17:41 05:17
26	570	Vitor Manuel Borges Fontes	Individual	Veterano M60	54:04	+18:53 05:24
27	564	MANUEL GONÇALVES DOS SANTOS	Individual	Veterano M60	54:08	+18:57 05:25
28	150	Almerindo Ferreira	Equipa Diamantino Jorge & Filho, SA	Veterano M60	54:29	+19:18 05:27

Bodo 10Km

10 KM

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OFFICIAL RESULT

[illegible]

29	583	CELESTINO MARQUES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	54:42	+19:31	05:28
30	569	Rui Eduardo Leal da Costa	Individual	Veterano M60	54:54	+19:43	05:29
31	43	EUGENIO MENDES	AC VERMOIL	Veterano M60	55:40	+20:29	05:34
32	139	Jorge Manuel Fernandes Figueiral	cscrfcharneca	Veterano M60	56:16	+21:05	05:38
33	91	Augusto Dourado	Casa Pires Nazaré	Veterano M60	56:19	+21:08	05:38
34	45	HELDER GOMES	AC VERMOIL	Veterano M60	56:44	+21:32	05:40
35	556	Arlindo Silva Santos	Individual	Veterano M60	56:45	+21:34	05:41
36	553	Albino Dos Santos Jordao	Individual	Veterano M60	57:37	+22:26	05:46
37	557	Assael Guzinski	Individual	Veterano M60	01:00:19	+25:08	06:02
38	46	LEANDRO SANTOS	AC VERMOIL	Veterano M60	01:00:22	+25:11	06:02
39	57	LUCÍDIO DIAS	ACRM Silveirinha Grande e Claras	Veterano M60	01:00:24	+25:13	06:02
40	693	HELDER MONTEIRO	Vilaventura Trail	Veterano M60	01:01:57	+26:46	06:12
41	558	Joao Graça	Individual	Veterano M60	01:03:19	+28:08	06:20
42	563	Manuel Fernandes	Individual	Veterano M60	01:06:44	+31:33	06:40
43	554	Amaro Rocha	Individual	Veterano M60	01:10:59	+35:48	07:06
44	559	Johnny Thomassen	Individual	Veterano M60	01:14:20	+39:08	07:26

CORRIDA DAS FARTURAS 3KM - STAGE 1

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	20:00	33,2°C	26%
End	20:48	33,2°C	26%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1007	Francisco Ferreira	a. c. s. mamede	Senior Masculino	10:26		03:29
2	1123	Alexandre Pinto	individual	Senior Masculino	10:40	+00:13	03:33
3	1177	Renato Costa	ndap - núcleo do desporto amador de pombal	Senior Masculino	10:48	+00:21	03:36
4	1145	João Morouço	individual	Senior Masculino	10:57	+00:31	03:39
5	1048	João Diogo Granja	clube atletismo marinha grande	Senior Masculino	11:00	+00:33	03:40
6	1124	Alexandre Santos	individual	Senior Masculino	11:09	+00:42	03:43
7	1051	Alexander Matsyuk	cpr a-do-barbas	Senior Masculino	11:39	+01:13	03:53
8	1188	André Lemos	team el comandante	Senior Masculino	11:45	+01:19	03:55
9	1142	João Calvario	individual	Senior Masculino	11:53	+01:27	03:58
10	1200	Hernâni Gonçalves Ferreira	vilaventura trail	Senior Masculino	11:57	+01:30	03:59
11	1131	Eduardo Ferreira	individual	Senior Masculino	12:00	+01:33	04:00
12	1120	Alex Sintra	individual	Senior Masculino	12:13	+01:46	04:04
13	1046	Joana Caseiro	clube atletismo marinha grande	Senior Feminino	12:15	+01:49	04:05
14	1121	Alexandre Conceição Serra e Silva	individual	Senior Masculino	12:26	+02:00	04:09
15	1006	André Ferreira	a. c. s. mamede	Senior Masculino	12:29	+02:03	04:10
16	1156	Manuel Guapo Reis	individual	Senior Masculino	12:35	+02:09	04:12
17	1130	David Silva	individual	Senior Masculino	12:58	+02:31	04:19
18	1163	Pedro Ferreira	individual	Senior Masculino	13:03	+02:37	04:21
19	1129	David Rocha	individual	Senior Masculino	13:04	+02:38	04:21
20	1047	Marta Ferreira	clube atletismo marinha grande	Senior Feminino	13:06	+02:40	04:22
21	1140	Humberto santos	individual	Senior Masculino	13:14	+02:47	04:25
22	1171	Tiago Roberto	individual	Senior Masculino	13:19	+02:53	04:26
23	1192	Robin Gransart	team eyrieux	Senior Masculino	13:25	+02:58	04:28
24	1165	Rafael Lopes	individual	Senior Masculino	13:28	+03:02	04:29
25	1169	TIAGO MATOS	individual	Senior Masculino	13:47	+03:20	04:36
26	1159	Mateus Pincho	individual	Senior Masculino	13:50	+03:23	04:37
27	1147	Joel Filipe Neves Marques	individual	Senior Masculino	13:59	+03:32	04:40
28	1062	Diana Carvalho Neto	gdrc unidos	Senior Feminino	14:01	+03:34	04:40
29	1031	Ricardo Silva	acdc	Senior Masculino	14:02	+03:36	04:41
30	1181	Luís P.T. Leal	pataquinhos	Senior Masculino	14:06	+03:40	04:42
31	1173	Tomé Ferreira	individual	Senior Masculino	14:13	+03:47	04:44
32	1132	Emanuel Gonçalves	individual	Senior Masculino	14:24	+03:57	04:48
33	1191	Matheo Roumeas	team eyrieux	Senior Masculino	14:33	+04:07	04:51
34	1178	Diogo Orfao	os cinco	Senior Masculino	14:39	+04:13	04:53
35	1196	Sabine Ferreira	trail da ladeia running team	Senior Feminino	14:48	+04:22	04:56
36	1151	Kenzo Mamezer Marques	individual	Senior Masculino	14:53	+04:27	04:58
37	1190	Mae Rouveyrol	team eyrieux	Senior Masculino	14:56	+04:30	04:59
38	1193	Soraia Fonseca	thomar athletics	Senior Feminino	15:00	+04:33	05:00
39	1201	Vitor Monteiro	vilaventura trail	Senior Masculino	15:03	+04:36	05:01
40	1189	Alexis Gransart	team eyrieux	Senior Masculino	15:17	+04:51	05:06
41	1134	Filipe Sousa E Silva Gomes	individual	Senior Masculino	15:19	+04:53	05:06

CORRIDA DAS FARTURAS 3KM - STAGE 1

3 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	1027	Diogo Mendes	acdc	Senior Masculino	15:26	+04:59	05:09
43	1029	marco fonseca	acdc	Senior Masculino	15:29	+05:02	05:10
44	1026	Carlos Emanuel Silva Francisco	acdc	Senior Masculino	15:36	+05:10	05:12
45	1135	Francisco Gabriel Mendes de Araújo	individual	Senior Masculino	15:41	+05:14	05:14
46	1128	Carlos Miguel Gomes de Araújo	individual	Senior Masculino	15:41	+05:15	05:14
47	1060	Ricardo Correia	folgadinhos	Senior Masculino	15:52	+05:26	05:17
48	1061	Sebastião Sotto Mayor	folgadinhos	Senior Masculino	15:53	+05:27	05:18
49	1187	Tomás Carrasqueira	talc	Senior Masculino	16:00	+05:34	05:20
50	1138	Guilherme Ferreira	individual	Senior Masculino	16:20	+05:53	05:27
51	1078	Diana Carolina Inácio de Araújo	individual	Senior Feminino	16:21	+05:54	05:27
52	1184	Gonçalo Neves	rebound team	Senior Masculino	16:27	+06:00	05:29
53	1197	Lucia Pedrosa	triomaravilha	Senior Feminino	16:37	+06:11	05:32
54	1125	André Batista Teixeira	individual	Senior Masculino	16:41	+06:15	05:34
55	1092	Lara Costa	individual	Senior Feminino	16:45	+06:19	05:35
56	1143	Joao Grunho	individual	Senior Masculino	17:01	+06:35	05:40
57	1202	Manuela Frias	individual	Senior Feminino	17:35	+07:08	05:52
58	1136	Francisco Neves	individual	Senior Masculino	17:43	+07:17	05:54
59	1199	Diogo Dias	triomaravilha	Senior Masculino	17:49	+07:22	05:56
60	1153	Kevin Marques	individual	Senior Masculino	17:50	+07:24	05:57
61	1158	Martim Gameiro Cruz	individual	Senior Masculino	17:51	+07:25	05:57
62	1148	José Branco	individual	Senior Masculino	17:56	+07:29	05:59
63	1032	Sérgio Santos	acdc	Senior Masculino	18:01	+07:35	06:00
64	1119	Adauto Lopes	individual	Senior Masculino	18:15	+07:49	06:05
65	1108	Nicole Almeida Gomes	individual	Senior Feminino	18:17	+07:51	06:06
66	1012	Diana Gonçalves	acdc	Senior Feminino	18:30	+08:04	06:10
67	1004	Pedro Nogueira	3émuito	Senior Masculino	18:31	+08:04	06:10
68	1003	Eduardo Pais	3émuito	Senior Masculino	18:31	+08:04	06:10
69	1002	David Gemard	3émuito	Senior Masculino	18:31	+08:05	06:10
70	1005	Simão Nogueira	3émuito	Senior Masculino	18:32	+08:05	06:11
71	1066	Ana Maria Coimbra	individual	Senior Feminino	18:34	+08:08	06:11
72	1194	Pedro Lopes	thomar athletics	Senior Masculino	18:36	+08:10	06:12
73	1065	Ana Colete Duarte Gonçalves	individual	Senior Feminino	18:39	+08:13	06:13
74	1146	João Pereira Coucelo	individual	Senior Masculino	18:40	+08:13	06:13
75	1008	Ana Catarina Ferreira	acdc	Senior Feminino	18:43	+08:16	06:14
76	1063	Alicia Vieira Quitério	individual	Senior Feminino	18:45	+08:18	06:15
77	1127	Arlindo Marques	individual	Senior Masculino	18:51	+08:24	06:17
78	1081	Eva Santos	individual	Senior Feminino	18:52	+08:26	06:17
79	1086	Jéssica Garcia	individual	Senior Feminino	18:53	+08:27	06:18
80	1182	Bruna Abreu	ratatui team	Senior Feminino	19:08	+08:42	06:23
81	1088	Joana Ferreira	individual	Senior Feminino	19:08	+08:42	06:23
82	1022	Sílvia Sousa Neves	acdc	Senior Feminino	19:10	+08:43	06:23
83	1141	Ilídio Manuel Freitas dos Santos	individual	Senior Masculino	19:12	+08:45	06:24

CORRIDA DAS FARTURAS 3KM - STAGE 1

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
84	1025	Virgínia Gabriel	acdc	Senior Feminino	19:12	+08:45	06:24
85	1023	Soraia Gomes	acdc	Senior Feminino	19:12	+08:45	06:24
86	1059	Raquel Correia	folgadinhos	Senior Feminino	19:13	+08:47	06:24
87	1058	Fernando Estrela	fitness factory pombal	Senior Masculino	19:14	+08:47	06:25
88	1052	Anne-Sophie Correia das Neves Ribeiro	fitness factory pombal	Senior Feminino	19:14	+08:47	06:25
89	1055	Mayara Rosa dos Santos Estrela	fitness factory pombal	Senior Feminino	19:15	+08:48	06:25
90	1162	Nuno Silva	individual	Senior Masculino	19:40	+09:14	06:33
91	1112	Sofia Martinho	individual	Senior Feminino	19:44	+09:18	06:35
92	1083	Helga Costa	individual	Senior Feminino	19:47	+09:20	06:36
93	1103	Matilde Gonçalves Marques	individual	Senior Feminino	19:48	+09:21	06:36
94	1084	Inês Teixeira Dias	individual	Senior Feminino	19:49	+09:22	06:36
95	1067	Ana Sofia Roque Gomes	individual	Senior Feminino	19:49	+09:23	06:36
96	1186	Ricardo Carrasqueira	talc	Senior Masculino	20:05	+09:39	06:42
97	1185	Raquel Lourenço	talc	Senior Feminino	20:05	+09:39	06:42
98	1056	Rita Rodrigues Jordão	fitness factory pombal	Senior Feminino	20:08	+09:42	06:43
99	1050	Joaquim Bacalhau	codfish team	Senior Masculino	20:12	+09:46	06:44
100	1091	Juliana paiva	individual	Senior Feminino	20:14	+09:47	06:45
101	1154	Leandro ribeiro	individual	Senior Masculino	20:14	+09:47	06:45
102	1116	Vanessa Fontes	individual	Senior Feminino	20:18	+09:52	06:46
103	1011	Cidalia Amorim	acdc	Senior Feminino	20:19	+09:53	06:46
104	1014	Fernanda Larissa Lucas	acdc	Senior Feminino	20:19	+09:53	06:46
105	1095	Lisa Vanessa da Silva Barbosa	individual	Senior Feminino	20:23	+09:56	06:48
106	1097	maria gomes	individual	Senior Feminino	20:25	+09:59	06:48
107	1183	Filipa Mendes	ratatui team	Senior Feminino	20:25	+09:59	06:48
108	1122	Alexandre dos Santos	individual	Senior Masculino	20:30	+10:04	06:50
109	1085	Inês Trancho	individual	Senior Feminino	20:31	+10:04	06:50
110	3	Ana Carolina Jesus	individual	Senior Feminino	20:45	+10:19	06:55
111	1074	Carolina Mota Simões	individual	Senior Feminino	20:52	+10:25	06:57
112	1104	Matilde Moderno Salvador	individual	Senior Feminino	20:52	+10:25	06:57
113	1160	Miguel Ângelo Francisco Prazeres	individual	Senior Masculino	20:53	+10:27	06:58
114	1137	Gaspar Gonçalves Aguiar	individual	Senior Masculino	20:53	+10:27	06:58
115	1034	Ana Pereira	barras e bolinhos	Senior Feminino	20:56	+10:30	06:59
116	1155	Lourenço Marquea	individual	Senior Masculino	21:02	+10:35	07:01
117	1166	Ricardo Andre Pereira Dos Reis	individual	Senior Masculino	21:02	+10:36	07:01
118	1094	Laura Ferreira	individual	Senior Feminino	21:03	+10:37	07:01
119	1089	Joana Pacheco	individual	Senior Feminino	21:05	+10:38	07:02
120	1073	Carolina Dias	individual	Senior Feminino	21:07	+10:40	07:02
121	1149	José Godinho	individual	Senior Masculino	21:07	+10:40	07:02
122	1113	Sonia Godinho	individual	Senior Feminino	21:10	+10:43	07:03
123	1157	Márcio cruz	individual	Senior Masculino	21:10	+10:44	07:03
124	1038	Pedro Santos	barras e bolinhos	Senior Masculino	21:16	+10:49	07:05
125	1035	Nini Nascimento	barras e bolinhos	Senior Feminino	21:16	+10:49	07:05

CORRIDA DAS FARTURAS 3KM - STAGE 1

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
126	1037	MIGUEL BRANCO	barras e bolinhos	Senior Masculino	21:16	+10:49	07:05
127	1016	Leonor Ferraria	acdc	Senior Feminino	21:29	+11:02	07:10
128	1030	Nuno Mendes	acdc	Senior Masculino	21:41	+11:14	07:14
129	1072	Bruna Pereira de Sá	individual	Senior Feminino	21:41	+11:15	07:14
130	1096	Lívia Acácio	individual	Senior Feminino	21:50	+11:23	07:17
131	1036	Lucas Roque Mendes Gomes	barras e bolinhos	Senior Masculino	21:51	+11:24	07:17
132	1045	Tiago Domingues Lopes	cercipom trail team	Senior Masculino	22:12	+11:46	07:24
133	1098	Mariana Arcanjo	individual	Senior Feminino	22:19	+11:52	07:26
134	1044	Diogo Andre MARques SANTOS	cercipom trail team	Senior Masculino	22:21	+11:55	07:27
135	1110	Rita Boto	individual	Senior Feminino	22:24	+11:57	07:28
136	1079	Dyane Sousa	individual	Senior Feminino	22:33	+12:07	07:31
137	1164	Rafael Braga	individual	Senior Masculino	22:45	+12:19	07:35
138	1033	Alane dos Santos Silva Gomes Alonso	barras e bolinhos	Senior Feminino	23:02	+12:36	07:41
139	1099	Mariana Carvalho	individual	Senior Feminino	23:07	+12:40	07:42
140	1019	Naiara Eusébio	acdc	Senior Feminino	23:19	+12:52	07:46
141	1009	Ariana Ferreira	acdc	Senior Feminino	23:19	+12:53	07:46
142	1071	Beatriz Gonçalves	individual	Senior Feminino	23:20	+12:53	07:47
143	1170	Tiago Oliveira	individual	Senior Masculino	23:20	+12:53	07:47
144	1168	Sergio Moreira	individual	Senior Masculino	23:23	+12:56	07:48
145	1082	Helena Correia	individual	Senior Feminino	23:26	+12:59	07:49
146	1018	Monica Eusebio	acdc	Senior Feminino	23:29	+13:03	07:50
147	1017	Maria Lucília Abreu Leal	acdc	Senior Feminino	23:29	+13:03	07:50
148	1070	Beatriz Godinho	individual	Senior Feminino	23:29	+13:03	07:50
149	1117	Vanessa Gonçalves	individual	Senior Feminino	23:40	+13:14	07:53
150	1198	Patrícia Eira	triomaravilha	Senior Feminino	23:42	+13:15	07:54
151	1114	Susana Catarina Rodrigues dos Santos	individual	Senior Feminino	23:42	+13:15	07:54
152	1069	Beatriz Ferreira	individual	Senior Feminino	23:43	+13:16	07:54
153	1109	Patrícia Sousa	individual	Senior Feminino	23:45	+13:19	07:55
154	1020	Patrícia Silva	acdc	Senior Feminino	23:50	+13:23	07:57
155	1100	Mariana Neves	individual	Senior Feminino	23:52	+13:25	07:57
156	1087	Jéssica Pereira	individual	Senior Feminino	24:08	+13:41	08:03
157	1101	Marisa de Sá	individual	Senior Feminino	24:19	+13:53	08:06
158	1028	Eurico Gabriel Sintra Nogueira	acdc	Senior Masculino	24:45	+14:18	08:15
159	1107	Nelia Domingues	individual	Senior Feminino	24:45	+14:19	08:15
160	1090	Julia Beatriz Silveira	individual	Senior Feminino	24:55	+14:28	08:18
161	1111	Rita Martins	individual	Senior Feminino	24:56	+14:30	08:19
162	1024	Vilma Eusébio	acdc	Senior Feminino	25:44	+15:18	08:35
163	1076	Cheila Alves	individual	Senior Feminino	26:12	+15:46	08:44
164	1105	Matilde Santos	individual	Senior Feminino	26:26	+16:00	08:49
165	1075	Catarina Rodrigues do Paço	individual	Senior Feminino	26:26	+16:00	08:49
166	1180	Telma Pataco	pataquinhos	Senior Feminino	26:30	+16:04	08:50
167	1064	Alison Quiterio Kremer	individual	Senior Feminino	26:39	+16:12	08:53
168	1093	Lara Graça	individual	Senior Feminino	26:39	+16:13	08:53
169	1001	Bernardo Mendes	3émuito	Senior Masculino	27:01	+16:35	09:00
170	1068	Andreia Sofia Ferreira Marques	individual	Senior Feminino	27:28	+17:01	09:09

CORRIDA DAS FARTURAS 3KM - STAGE 1

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
171	1152	Kevin Corte Real	individual	Senior Masculino	27:49	+17:23	09:16
172	1077	Daniela Serra	individual	Senior Feminino	29:11	+18:45	09:44
173	1042	Martim Martins	bmgg	Senior Masculino	29:40	+19:14	09:53
174	1039	Ana Sousa	bmgg	Senior Feminino	29:40	+19:14	09:53
175	1040	Helena Sousa	bmgg	Senior Feminino	30:33	+20:07	10:11
176	1041	Jaime Lopes	bmgg	Senior Masculino	30:33	+20:07	10:11
177	1043	Arlindo de Jesus Oliveira	cercipom trail team	Senior Masculino	33:16	+22:49	11:05
178	1021	Rosa Pedro	acdc	Senior Feminino	34:49	+24:22	11:36
179	1057	Stephanie Santos	fitness factory pombal	Senior Feminino	38:42	+28:16	12:54
180	1195	Reinaldo Ramos	tou só a ber	Senior Masculino	41:32	+31:05	13:51
181	1133	Esteban Domingues	individual	Senior Masculino	48:12	+37:46	16:04

Obs

BIB	NOTE	NAME	TEAM	CAT
1080	DQ	Eduarda Marques Ramos	Individual	Senior Feminino
1106	DQ	Michaela Marques	Individual	Senior Feminino
1174	DQ	Joana Mota	JMJ	Senior Feminino
1175	DQ	Juliana Lopes	JMJ	Senior Feminino
1176	DQ	Maria Pedrosa	JMJ	Senior Feminino

Corrida das Farturas 3Km

3 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	20:00	33,2°C	26%
End	20:48	33,2°C	26%

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

1	1046	Joana Caseiro	Clube Atletismo Marinha Grande	Senior Feminino	12:15	04:05
2	1047	Marta Ferreira	Clube Atletismo Marinha Grande	Senior Feminino	13:06	+00:51 04:22
3	1062	Diana Carvalho Neto	GDRC UNIDOS	Senior Feminino	14:01	+01:45 04:40
4	1196	Sabine Ferreira	Trail da Ladeia Running Team	Senior Feminino	14:48	+02:33 04:56
5	1193	Soraia Fonseca	Thomar Athletics	Senior Feminino	15:00	+02:44 05:00
6	1078	Diana Carolina Inácio de Araújo	Individual	Senior Feminino	16:21	+04:05 05:27
7	1197	Lucia Pedrosa	triomaravilha	Senior Feminino	16:37	+04:21 05:32
8	1092	Lara Costa	Individual	Senior Feminino	16:45	+04:29 05:35
9	1202	Manuela Frias	Individual	Senior Feminino	17:35	+05:19 05:52
10	1108	Nicole Almeida Gomes	Individual	Senior Feminino	18:17	+06:01 06:06
11	1012	Diana Gonçalves	ACDC	Senior Feminino	18:30	+06:15 06:10
12	1066	Ana Maria Coimbra	Individual	Senior Feminino	18:34	+06:18 06:11
13	1065	Ana Colete Duarte Gonçalves	Individual	Senior Feminino	18:39	+06:24 06:13
14	1008	Ana Catarina Ferreira	ACDC	Senior Feminino	18:43	+06:27 06:14
15	1063	Alicia Vieira Quitério	Individual	Senior Feminino	18:45	+06:29 06:15
16	1081	Eva Santos	Individual	Senior Feminino	18:52	+06:37 06:17
17	1086	Jéssica Garcia	Individual	Senior Feminino	18:53	+06:38 06:18
18	1182	Bruna Abreu	Ratatui Team	Senior Feminino	19:08	+06:53 06:23
19	1088	Joana Ferreira	Individual	Senior Feminino	19:08	+06:53 06:23
20	1022	Silvia Sousa Neves	ACDC	Senior Feminino	19:10	+06:54 06:23
21	1025	Virgínia Gabriel	ACDC	Senior Feminino	19:12	+06:56 06:24
22	1023	Soraia Gomes	ACDC	Senior Feminino	19:12	+06:56 06:24
23	1059	Raquel Correia	Folgadinhos	Senior Feminino	19:13	+06:57 06:24
24	1052	Anne-Sophie Correia das Neves Ribeiro	Fitness Factory Pombal	Senior Feminino	19:14	+06:58 06:25
25	1055	Mayara Rosa dos Santos Estrela	Fitness Factory Pombal	Senior Feminino	19:15	+06:59 06:25
26	1112	Sofia Martinho	Individual	Senior Feminino	19:44	+07:29 06:35
27	1083	Helga Costa	Individual	Senior Feminino	19:47	+07:31 06:36
28	1103	Matilde Gonçalves Marques	Individual	Senior Feminino	19:48	+07:32 06:36
29	1084	Inês Teixeira Dias	Individual	Senior Feminino	19:49	+07:33 06:36
30	1067	Ana Sofia Roque Gomes	Individual	Senior Feminino	19:49	+07:34 06:36
31	1185	Raquel Lourenço	TALC	Senior Feminino	20:05	+07:50 06:42
32	1056	Rita Rodrigues Jordão	Fitness Factory Pombal	Senior Feminino	20:08	+07:53 06:43
33	1091	Juliana paiva	Individual	Senior Feminino	20:14	+07:58 06:45
34	1116	Vanessa Fontes	Individual	Senior Feminino	20:18	+08:03 06:46
35	1011	Cidalia Amorim	ACDC	Senior Feminino	20:19	+08:03 06:46
36	1014	Fernanda Larissa Lucas	ACDC	Senior Feminino	20:19	+08:04 06:46
37	1095	Lisa Vanessa da Silva Barbosa	Individual	Senior Feminino	20:23	+08:07 06:48
38	1097	maria gomes	Individual	Senior Feminino	20:25	+08:10 06:48
39	1183	Filipa Mendes	Ratatui Team	Senior Feminino	20:25	+08:10 06:48

Official Timekeeper: Lap2Go	1 / 5	generate 25-jul.-2026 20:52
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Corrida das Farturas 3Km

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

40	1085	Inês Trancho	Individual	Senior Feminino	20:31	+08:15	06:50
41	3	Ana Carolina Jesus	Individual	Senior Feminino	20:45	+08:30	06:55
42	1074	Carolina Mota Simões	Individual	Senior Feminino	20:52	+08:36	06:57
43	1104	Matilde Moderno Salvador	Individual	Senior Feminino	20:52	+08:36	06:57
44	1034	Ana Pereira	Barras e Bolinhos	Senior Feminino	20:56	+08:40	06:59
45	1094	Laura Ferreira	Individual	Senior Feminino	21:03	+08:48	07:01
46	1089	Joana Pacheco	Individual	Senior Feminino	21:05	+08:49	07:02
47	1073	Carolina Dias	Individual	Senior Feminino	21:07	+08:51	07:02
48	1113	Sonia Godinho	Individual	Senior Feminino	21:10	+08:54	07:03
49	1035	Nini Nascimento	Barras e Bolinhos	Senior Feminino	21:16	+09:00	07:05
50	1016	Leonor Ferraria	ACDC	Senior Feminino	21:29	+09:13	07:10
51	1072	Bruna Pereira de Sá	Individual	Senior Feminino	21:41	+09:26	07:14
52	1096	Lívia Acácio	Individual	Senior Feminino	21:50	+09:34	07:17
53	1098	Mariana Arcanjo	Individual	Senior Feminino	22:19	+10:03	07:26
54	1110	Rita Boto	Individual	Senior Feminino	22:24	+10:08	07:28
55	1079	Dyane Sousa	Individual	Senior Feminino	22:33	+10:17	07:31
56	1033	Alane dos Santos Silva Gomes Alonso	Barras e Bolinhos	Senior Feminino	23:02	+10:47	07:41
57	1099	Mariana Carvalho	Individual	Senior Feminino	23:07	+10:51	07:42
58	1019	Naiara Eusébio	ACDC	Senior Feminino	23:19	+11:03	07:46
59	1009	Ariana Ferreira	ACDC	Senior Feminino	23:19	+11:04	07:46
60	1071	Beatriz Gonçalves	Individual	Senior Feminino	23:20	+11:04	07:47
61	1082	Helena Correia	Individual	Senior Feminino	23:26	+11:10	07:49
62	1018	Monica Eusebio	ACDC	Senior Feminino	23:29	+11:13	07:50
63	1017	Maria Lucília Abreu Leal	ACDC	Senior Feminino	23:29	+11:13	07:50
64	1070	Beatriz Godinho	Individual	Senior Feminino	23:29	+11:14	07:50
65	1117	Vanessa Gonçalves	Individual	Senior Feminino	23:40	+11:25	07:53
66	1198	Patricia Eira	triomaravilha	Senior Feminino	23:42	+11:26	07:54
67	1114	Susana Catarina Rodrigues dos Santos	Individual	Senior Feminino	23:42	+11:26	07:54
68	1069	Beatriz Ferreira	Individual	Senior Feminino	23:43	+11:27	07:54
69	1109	Patrícia Sousa	Individual	Senior Feminino	23:45	+11:29	07:55
70	1020	Patrícia Silva	ACDC	Senior Feminino	23:50	+11:34	07:57
71	1100	Mariana Neves	Individual	Senior Feminino	23:52	+11:36	07:57
72	1087	Jéssica Pereira	Individual	Senior Feminino	24:08	+11:52	08:03
73	1101	Marisa de Sá	Individual	Senior Feminino	24:19	+12:03	08:06
74	1107	Nelia Domingues	Individual	Senior Feminino	24:45	+12:30	08:15
75	1090	Julia Beatriz Silveira	Individual	Senior Feminino	24:55	+12:39	08:18
76	1111	Rita Martins	Individual	Senior Feminino	24:56	+12:41	08:19
77	1024	Vilma Eusébio	ACDC	Senior Feminino	25:44	+13:28	08:35
78	1076	Cheila Alves	Individual	Senior Feminino	26:12	+13:57	08:44
79	1105	Matilde Santos	Individual	Senior Feminino	26:26	+14:10	08:49
80	1075	Catarina Rodrigues do Paço	Individual	Senior Feminino	26:26	+14:11	08:49
81	1180	Telma Pataco	Pataquinhos	Senior Feminino	26:30	+14:15	08:50
82	1064	Alison Quiterio Kremer	Individual	Senior Feminino	26:39	+14:23	08:53
83	1093	Lara Graça	Individual	Senior Feminino	26:39	+14:24	08:53
84	1068	Andreia Sofia Ferreira Marques	Individual	Senior Feminino	27:28	+15:12	09:09
85	1077	Daniela Serra	Individual	Senior Feminino	29:11	+16:55	09:44

Official Timekeeper: Lap2Go	2 / 5	generate 25-jul.-2026 20:52
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Corrida das Farturas 3Km

3 KM

[illegible]

OFFICIAL RESULT

[illegible]

86	1039	Ana Sousa	BMGG	Senior Feminino	29:40	+17:24	09:53
87	1040	Helena Sousa	BMGG	Senior Feminino	30:33	+18:17	10:11
88	1021	Rosa Pedro	ACDC	Senior Feminino	34:49	+22:33	11:36
89	1057	Stephanie Santos	Fitness Factory Pombal	Senior Feminino	38:42	+26:27	12:54

Senior Masculino

1	1007	Francisco Ferreira	A. C. S. Mamede	Senior Masculino	10:26	03:29
2	1123	Alexandre Pinto	Individual	Senior Masculino	10:40	+00:13 03:33
3	1177	Renato Costa	NDAP - Núcleo do Desporto Amador de Pombal	Senior Masculino	10:48	+00:21 03:36
4	1145	João Morouço	Individual	Senior Masculino	10:57	+00:31 03:39
5	1048	João Diogo Granja	Clube Atletismo Marinha Grande	Senior Masculino	11:00	+00:33 03:40
6	1124	Alexandre Santos	Individual	Senior Masculino	11:09	+00:42 03:43
7	1051	Alexander Matsyuk	CPR A-DO-BARBAS	Senior Masculino	11:39	+01:13 03:53
8	1188	André Lemos	Team El Comandante	Senior Masculino	11:45	+01:19 03:55
9	1142	João Calvario	Individual	Senior Masculino	11:53	+01:27 03:58
10	1200	Hernâni Gonçalves Ferreira	Vilaventura Trail	Senior Masculino	11:57	+01:30 03:59
11	1131	Eduardo Ferreira	Individual	Senior Masculino	12:00	+01:33 04:00
12	1120	Alex Sintra	Individual	Senior Masculino	12:13	+01:46 04:04
13	1121	Alexandre Conceição Serra e Silva	Individual	Senior Masculino	12:26	+02:00 04:09
14	1006	André Ferreira	A. C. S. Mamede	Senior Masculino	12:29	+02:03 04:10
15	1156	Manuel Guapo Reis	Individual	Senior Masculino	12:35	+02:09 04:12
16	1130	David Silva	Individual	Senior Masculino	12:58	+02:31 04:19
17	1163	Pedro Ferreira	Individual	Senior Masculino	13:03	+02:37 04:21
18	1129	David Rocha	Individual	Senior Masculino	13:04	+02:38 04:21
19	1140	Humberto santos	Individual	Senior Masculino	13:14	+02:47 04:25
20	1171	Tiago Roberto	Individual	Senior Masculino	13:19	+02:53 04:26
21	1192	Robin Gransart	Team Eyrieux	Senior Masculino	13:25	+02:58 04:28
22	1165	Rafael Lopes	Individual	Senior Masculino	13:28	+03:02 04:29
23	1169	TIAGO MATOS	Individual	Senior Masculino	13:47	+03:20 04:36
24	1159	Mateus Pincho	Individual	Senior Masculino	13:50	+03:23 04:37
25	1147	Joel Filipe Neves Marques	Individual	Senior Masculino	13:59	+03:32 04:40
26	1031	Ricardo Silva	ACDC	Senior Masculino	14:02	+03:36 04:41
27	1181	Luís P.T. Leal	Pataquinhos	Senior Masculino	14:06	+03:40 04:42
28	1173	Tomé Ferreira	Individual	Senior Masculino	14:13	+03:47 04:44
29	1132	Emanuel Gonçalves	Individual	Senior Masculino	14:24	+03:57 04:48
30	1191	Matheo Roumeas	Team Eyrieux	Senior Masculino	14:33	+04:07 04:51
31	1178	Diogo Orfao	Os cinco	Senior Masculino	14:39	+04:13 04:53
32	1151	Kenzo Mamezer Marques	Individual	Senior Masculino	14:53	+04:27 04:58
33	1190	Mae Rouveyrol	Team Eyrieux	Senior Masculino	14:56	+04:30 04:59
34	1201	Vitor Monteiro	Vilaventura Trail	Senior Masculino	15:03	+04:36 05:01
35	1189	Alexis Gransart	Team Eyrieux	Senior Masculino	15:17	+04:51 05:06
36	1134	Filipe Sousa E Silva Gomes	Individual	Senior Masculino	15:19	+04:53 05:06
37	1027	Diogo Mendes	ACDC	Senior Masculino	15:26	+04:59 05:09
38	1029	marco fonseca	ACDC	Senior Masculino	15:29	+05:02 05:10

Official Timekeeper: Lap2Go	3 / 5	generate 25-jul.-2026 20:52
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Corrida das Farturas 3Km

3 KM

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OFFICIAL RESULT

[illegible]

39	1026	Carlos Emanuel Silva Francisco	ACDC	Senior Masculino	15:36	+05:10	05:12
40	1135	Francisco Gabriel Mendes de Araújo	Individual	Senior Masculino	15:41	+05:14	05:14
41	1128	Carlos Miguel Gomes de Araújo	Individual	Senior Masculino	15:41	+05:15	05:14
42	1060	Ricardo Correia	Folgadinhos	Senior Masculino	15:52	+05:26	05:17
43	1061	Sebastião Sotto Mayor	Folgadinhos	Senior Masculino	15:53	+05:27	05:18
44	1187	Tomás Carrasqueira	TALC	Senior Masculino	16:00	+05:34	05:20
45	1138	Guilherme Ferreira	Individual	Senior Masculino	16:20	+05:53	05:27
46	1184	Gonçalo Neves	REBOUNCE Team	Senior Masculino	16:27	+06:00	05:29
47	1125	André Batista Teixeira	Individual	Senior Masculino	16:41	+06:15	05:34
48	1143	Joao Grunho	Individual	Senior Masculino	17:01	+06:35	05:40
49	1136	Francisco Neves	Individual	Senior Masculino	17:43	+07:17	05:54
50	1199	Diogo Dias	triomaravilha	Senior Masculino	17:49	+07:22	05:56
51	1153	Kevin Marques	Individual	Senior Masculino	17:50	+07:24	05:57
52	1158	Martim Gameiro Cruz	Individual	Senior Masculino	17:51	+07:25	05:57
53	1148	José Branco	Individual	Senior Masculino	17:56	+07:29	05:59
54	1032	Sérgio Santos	ACDC	Senior Masculino	18:01	+07:35	06:00
55	1119	Adauto Lopes	Individual	Senior Masculino	18:15	+07:49	06:05
56	1004	Pedro Nogueira	3émuito	Senior Masculino	18:31	+08:04	06:10
57	1003	Eduardo Pais	3émuito	Senior Masculino	18:31	+08:04	06:10
58	1002	David Gemard	3émuito	Senior Masculino	18:31	+08:05	06:10
59	1005	Simão Nogueira	3émuito	Senior Masculino	18:32	+08:05	06:11
60	1194	Pedro Lopes	Thomar Athletics	Senior Masculino	18:36	+08:10	06:12
61	1146	João Pereira Coucelo	Individual	Senior Masculino	18:40	+08:13	06:13
62	1127	Arlindo Marques	Individual	Senior Masculino	18:51	+08:24	06:17
63	1141	Ilídio Manuel Freitas dos Santos	Individual	Senior Masculino	19:12	+08:45	06:24
64	1058	Fernando Estrela	Fitness Factory Pombal	Senior Masculino	19:14	+08:47	06:25
65	1162	Nuno Silva	Individual	Senior Masculino	19:40	+09:14	06:33
66	1186	Ricardo Carrasqueira	TALC	Senior Masculino	20:05	+09:39	06:42
67	1050	Joaquim Bacalhau	CODFISH TEAM	Senior Masculino	20:12	+09:46	06:44
68	1154	Leandro ribeiro	Individual	Senior Masculino	20:14	+09:47	06:45
69	1122	Alexandre dos Santos	Individual	Senior Masculino	20:30	+10:04	06:50
70	1160	Miguel Ângelo Francisco Prazeres	Individual	Senior Masculino	20:53	+10:27	06:58
71	1137	Gaspar Gonçalves Aguiar	Individual	Senior Masculino	20:53	+10:27	06:58
72	1155	Lourenço Marquea	Individual	Senior Masculino	21:02	+10:35	07:01
73	1166	Ricardo Andre Pereira Dos Reis	Individual	Senior Masculino	21:02	+10:36	07:01
74	1149	José Godinho	Individual	Senior Masculino	21:07	+10:40	07:02
75	1157	Márcio cruz	Individual	Senior Masculino	21:10	+10:44	07:03
76	1038	Pedro Santos	Barras e Bolinhos	Senior Masculino	21:16	+10:49	07:05
77	1037	MIGUEL BRANCO	Barras e Bolinhos	Senior Masculino	21:16	+10:49	07:05
78	1030	Nuno Mendes	ACDC	Senior Masculino	21:41	+11:14	07:14
79	1036	Lucas Roque Mendes Gomes	Barras e Bolinhos	Senior Masculino	21:51	+11:24	07:17
80	1045	Tiago Domingues Lopes	Cercipom Trail Team	Senior Masculino	22:12	+11:46	07:24
81	1044	Diogo Andre MARques SAntos	Cercipom Trail Team	Senior Masculino	22:21	+11:55	07:27
82	1164	Rafael Braga	Individual	Senior Masculino	22:45	+12:19	07:35
83	1170	Tiago Oliveira	Individual	Senior Masculino	23:20	+12:53	07:47
84	1168	Sergio Moreira	Individual	Senior Masculino	23:23	+12:56	07:48

Official Timekeeper: Lap2Go	4 / 5	generate 25-jul.-2026 20:52
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Corrida das Farturas 3Km

3 KM

[illegible]

OFFICIAL RESULT

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85	1028	Eurico Gabriel Sintra Nogueira	ACDC	Senior Masculino	24:45	+14:18	08:15
86	1001	Bernardo Mendes	3émuito	Senior Masculino	27:01	+16:35	09:00
87	1152	Kevin Corte Real	Individual	Senior Masculino	27:49	+17:23	09:16
88	1042	Martim Martins	BMGG	Senior Masculino	29:40	+19:14	09:53
89	1041	Jaime Lopes	BMGG	Senior Masculino	30:33	+20:07	10:11
90	1043	Arlindo de Jesus Oliveira	Cercipom Trail Team	Senior Masculino	33:16	+22:49	11:05
91	1195	Reinaldo Ramos	Tou Só a Ber	Senior Masculino	41:32	+31:05	13:51
92	1133	Esteban Domingues	Individual	Senior Masculino	48:12	+37:46	16:04

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Official Timekeeper: Lap2Go	1 / 1	generate 25-jul.-2026 20:52
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