

4 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	14:15	31,2°C	35%
End	15:40	31.2°C	35%

Official Timekeeper: Lap2Go	1 / 5	generate 19-set.-2026 17:19
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4 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	57	José Gama	Grupo O Setenta	33:38	+14:37	08:24	
43	55	Feliciano Silva	Grupo O Setenta	33:38	+14:37	08:25	
44	7	Ana Viana	Arena Training Club	33:57	+14:56	08:29	
45	261	Pedro Luís Guimarães Rodrigues	Wacky APEFB	34:01	+15:00	08:30	
46	208	Susana Freitas	TaskForce1	34:50	+15:49	08:43	
47	129	Carla Costa	Nós e seja o que DEUS quiser	34:52	+15:51	08:43	
48	9	Sandra Rodrigues	Arena Training Club	35:04	+16:03	08:46	
49	157	Sandra de Sousa Costa	Rusty Tigers	35:20	+16:19	08:50	
50	155	Maria Fernandes	Rusty Tigers	35:21	+16:20	08:50	
51	156	Marta Oliveira	Rusty Tigers	35:22	+16:21	08:50	
52	161	Pedro Fernandes	Rusty Tigers	35:22	+16:21	08:51	
53	132	Paula Pereira	Nós e seja o que DEUS quiser	35:24	+16:23	08:51	
54	137	Nuno Casimiro	Nós e seja o que DEUS quiser	35:26	+16:25	08:51	
55	160	Mário Viana	Rusty Tigers	35:29	+16:28	08:52	
56	159	João Pedro Ribeiro Azevedo	Rusty Tigers	36:06	+17:05	09:02	
57	64	Carla Oliveira	Individual	36:07	+17:06	09:02	
58	115	Leonesa Uwanekwo	Invictus	36:15	+17:14	09:04	
59	91	Filipe Afonso	Individual	36:23	+17:22	09:06	
60	61	Andreia Garcês	Individual	36:24	+17:23	09:06	
61	148	João Brito	PM Warriors	36:40	+17:39	09:10	
62	152	Romeu Lopes	PM Warriors	36:42	+17:41	09:11	
63	149	Pedro Gonçalves	PM Warriors	36:43	+17:42	09:11	
64	145	Olga Vieira	PM Warriors	36:47	+17:46	09:12	
65	146	Armando Silva	PM Warriors	36:48	+17:47	09:12	
66	144	Daniela Leite	PM Warriors	36:49	+17:48	09:12	
67	150	Pedro Moreira	PM Warriors	36:50	+17:49	09:12	
68	94	João Faria	Individual	36:50	+17:49	09:13	
69	106	Rafael gonçalves ferreira	Individual	36:53	+17:52	09:13	
70	27	Camila Oliveira	BVBRAGA	37:09	+18:08	09:17	
71	13	José Ferreira	Arena Training Club	37:10	+18:09	09:18	
72	75	Natália Ferreira	Individual	37:11	+18:10	09:18	
73	69	Helena Sofia Silva	Individual	37:28	+18:27	09:22	
74	29	André Duarte	BVBRAGA	37:52	+18:51	09:28	
75	31	Tiago Cação	BVBRAGA	37:53	+18:52	09:28	
76	28	Maria João Martins	BVBRAGA	37:53	+18:52	09:28	
77	139	Ana Pinto	Panic Warriors	39:29	+20:28	09:52	
78	82	Bruno Pinto	Individual	39:43	+20:42	09:56	
79	104	Pedro Borracha	Individual	39:45	+20:44	09:56	
80	63	Beatriz Fernandes	Individual	39:59	+20:58	10:00	
81	89	Fernando Pinto	Individual	41:41	+22:40	10:25	
82	185	André Costa	Shapeup	42:38	+23:37	10:39	
83	186	André Cunha	Shapeup	42:39	+23:38	10:40	
84	73	Maria Emanuela lima marques	Individual	42:40	+23:39	10:40	
85	100	José Pizarro Dias	Individual	43:09	+24:08	10:47	
86	71	Mara Gomes	Individual	43:09	+24:08	10:47	
87	78	Valdécia Silveira	Individual	43:09	+24:08	10:47	

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	79	André Ferreira	Individual	43:09	+24:08	10:47	
89	109	Tiago Homem	Individual	43:10	+24:09	10:47	
90	2	Sandra Correia	2 mulheres e 1 problema	43:50	+24:49	10:57	
91	1	Catarina Soares	2 mulheres e 1 problema	43:51	+24:50	10:58	
92	3	Joel Soares	2 mulheres e 1 problema	43:52	+24:51	10:58	
93	207	Sofia Machado	TaskForce1	43:57	+24:56	10:59	
94	209	Carlos Vilaça	TaskForce1	44:07	+25:06	11:02	
95	202	Inês Vilaça	TaskForce1	44:10	+25:09	11:02	
96	143	Rafael Martins Raimundo	Panic Warriors	44:18	+25:17	11:04	
97	142	Luis Raimundo	Panic Warriors	44:18	+25:17	11:05	
98	141	Sandra Raimundo	Panic Warriors	44:19	+25:18	11:05	
99	140	Marta Martins	Panic Warriors	44:19	+25:18	11:05	
100	130	Diana Pita	Nós e seja o que DEUS quiser	44:58	+25:57	11:15	
101	133	Sara Pereira	Nós e seja o que DEUS quiser	45:02	+26:01	11:16	
102	199	Fátima Cerqueira	TaskForce1	45:25	+26:24	11:21	
103	206	Sara Lemos	TaskForce1	45:26	+26:25	11:21	
104	12	João Pedro Teixeira dos santos	Arena Training Club	45:32	+26:31	11:23	
105	200	Filipa Borlido	TaskForce1	45:37	+26:36	11:24	
106	197	Ana Clara Borlido Lemos	TaskForce1	45:38	+26:37	11:25	
107	10	Bruno lopes	Arena Training Club	45:40	+26:39	11:25	
108	217	Vasco Lemos	TaskForce1	45:40	+26:39	11:25	
109	171	Ana Santos	Shapeup	45:45	+26:44	11:26	
110	204	Lara Borlido	TaskForce1	45:49	+26:48	11:27	
111	169	Albertina Sousa	Shapeup	45:53	+26:52	11:28	
112	173	Claudia Barros	Shapeup	46:00	+26:59	11:30	
113	230	Joana Sofia Vilela de Sousa Neves	Vida Mais	46:04	+27:03	11:31	
114	170	Alicia Ferreira	Shapeup	46:05	+27:04	11:31	
115	232	Sara Raquel Gonçalves Dias	Vida Mais	46:15	+27:14	11:34	
116	228	Beatriz Mendonça Couto	Vida Mais	46:16	+27:15	11:34	
117	236	Vicente Luís de Matos Vieira	Vida Mais	46:16	+27:15	11:34	
118	235	Tomás Mosconi	Vida Mais	46:16	+27:15	11:34	
119	231	Margarida de Jesus Martins Pires	Vida Mais	46:16	+27:15	11:34	
120	229	Elisabete Cristina Gonçalves da Costa Vieira	Vida Mais	46:16	+27:15	11:34	
121	233	Carlos Delfim Conceição Pereira	Vida Mais	46:16	+27:15	11:34	
122	174	Helena Terroso	Shapeup	46:26	+27:25	11:36	
123	190	João Paulo Moura	Shapeup	46:26	+27:25	11:37	
124	24	Bruno Milhão	BoxRM	46:34	+27:33	11:39	
125	188	Dimitri Magalhães	Shapeup	46:37	+27:36	11:39	
126	23	Tânia Tavares	BoxRM	46:38	+27:37	11:39	
127	166	Rodrigo Caldas de França	Sem Fronteiras	46:39	+27:38	11:40	
128	194	Tiago Carvalho	Shapeup	46:41	+27:40	11:40	
129	168	Yovany bastidas	Sem Fronteiras	46:42	+27:41	11:41	
130	167	Thiago Andreu Macedo arellano	Sem Fronteiras	46:43	+27:42	11:41	
131	178	Raquel Vieira	Shapeup	46:46	+27:45	11:41	
132	164	Yuanri Macedo	Sem Fronteiras	46:47	+27:46	11:42	

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	162	Fernanda Cajado	Sem Fronteiras	46:48	+27:47	11:42	
134	198	Eliana Mota Carvalho	TaskForce1	46:48	+27:47	11:42	
135	201	Helena Maria Marques pinto Vilaça	TaskForce1	46:54	+27:53	11:43	
136	212	Francisco Manuel Gonçalves de Carvalho Vilaça	TaskForce1	46:58	+27:57	11:44	
137	21	Catarina Pereira	BoxRM	46:58	+27:57	11:45	
138	26	Roberto Correia	BoxRM	46:59	+27:58	11:45	
139	246	PAULO COELHO VELOSO COELHO	VIDA MAIS 18E30	46:59	+27:58	11:45	
140	175	Ines Sofia	Shapeup	47:00	+27:59	11:45	
141	22	Luana Passarelli	BoxRM	47:01	+28:00	11:45	
142	25	Marco De Araújo	BoxRM	47:01	+28:00	11:45	
143	189	Diogo Barbosa	Shapeup	47:54	+28:53	11:58	
144	184	Teresa Soares	Shapeup	47:59	+28:58	12:00	
145	177	Mariana Costa	Shapeup	48:01	+29:00	12:00	
146	179	Sandra Vieira	Shapeup	48:02	+29:01	12:00	
147	195	Tiago Gonçalves	Shapeup	48:04	+29:03	12:01	
148	193	Pedro Duarte	Shapeup	48:04	+29:03	12:01	
149	255	Joana Margarida Guimarães Rodrigues	Wacky APEFB	48:07	+29:06	12:02	
150	183	Sonia Ferreira	Shapeup	48:07	+29:06	12:02	
151	196	Vitor Costa	Shapeup	48:08	+29:07	12:02	
152	191	João Pedro	Shapeup	48:10	+29:09	12:02	
153	187	David Gomes	Shapeup	48:22	+29:21	12:06	
154	172	Carmo Ferreira	Shapeup	48:23	+29:22	12:06	
155	205	Marlene Sofia Duarte Fernandes	TaskForce1	48:25	+29:24	12:06	
156	203	Joana Freitas	TaskForce1	48:25	+29:24	12:06	
157	259	Luís Simas Meném	Wacky APEFB	48:29	+29:28	12:07	
158	253	Bárbara Daniela Pinto Silva	Wacky APEFB	48:32	+29:31	12:08	
159	258	Helder Manuel Peixoto Ferreira	Wacky APEFB	48:35	+29:34	12:09	
160	257	Bruno Daniel Pinto Silva Ribeiro	Wacky APEFB	48:48	+29:47	12:12	
161	252	Ana Maria Pitães Cibrão	Wacky APEFB	48:48	+29:47	12:12	
162	60	Alexandra Teles	Individual	48:49	+29:48	12:12	
163	256	Liliana Manuela Meleiro Esteves	Wacky APEFB	48:51	+29:51	12:13	
164	251	Ana Margarida Malheiro Guimarães	Wacky APEFB	48:54	+29:53	12:13	
165	247	Bruna Alvarães	Voltaren	48:54	+29:53	12:14	
166	260	Pedro João Baptista Cardoso	Wacky APEFB	48:58	+29:57	12:15	
167	249	Hugo Alvarães	Voltaren	49:23	+30:22	12:21	
168	74	Natália da Conceição Ferreira Marques	Individual	49:46	+30:45	12:27	
169	51	Tânia Ribeiro	Do You Good	49:58	+30:57	12:30	
170	163	Maysa Milena e Silva Almeida	Sem Fronteiras	50:19	+31:18	12:35	
171	165	Idelvan Santos de Sousa Júnior	Sem Fronteiras	50:19	+31:18	12:35	
172	245	JOÃO BRAGA MACEDO	VIDA MAIS 18E30	50:21	+31:20	12:35	
173	242	LUANA BENETTI	VIDA MAIS 18E30	50:45	+31:44	12:41	
174	244	CARLOS EDUARDO BERNARDO	VIDA MAIS 18E30	50:52	+31:51	12:43	
175	241	LILIAN CREPALDI	VIDA MAIS 18E30	50:56	+31:55	12:44	

4 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
176	239	GABRIELA DIAS VELOSO BRAGA	VIDA MAIS 18E30	51:07	+32:06	12:47	
177	243	MARIA DE FATIMA DIAS VELOSO	VIDA MAIS 18E30	52:10	+33:09	13:02	
178	240	JULIANA BRAGA SOARES	VIDA MAIS 18E30	52:13	+33:12	13:03	
179	238	BRUNA PETIAN DE MELLO	VIDA MAIS 18E30	53:27	+34:26	13:22	
180	237	BEATRIZ PETIAN DE MELLO	VIDA MAIS 18E30	53:31	+34:30	13:23	
181	176	Ines Vieira	Shapeup	53:42	+34:41	13:25	
182	88	Juliana Silva	Individual	53:49	+34:48	13:27	
183	182	Sofia Pereira	Shapeup	54:02	+35:01	13:31	
184	32	Adriane Rosa	Do You Good	54:14	+35:13	13:34	
185	218	Catarina Almendra	V de Vitalis	01:02:12	+43:11	15:33	
186	221	Jaqueline Foresto	V de Vitalis	01:02:13	+43:12	15:33	
187	220	Francisca Dias	V de Vitalis	01:02:18	+43:17	15:35	
188	227	João Martins	V de Vitalis	01:02:19	+43:18	15:35	
189	222	Mariana Bonan	V de Vitalis	01:02:32	+43:31	15:38	
190	224	Marta Franco	V de Vitalis	01:02:37	+43:36	15:39	
191	223	Mariana Martins	V de Vitalis	01:02:42	+43:41	15:41	
192	219	Emely Mendonça	V de Vitalis	01:02:44	+43:43	15:41	
193	226	João Barrulas	V de Vitalis	01:02:50	+43:49	15:43	
194	225	Gabriel Pereira	V de Vitalis	01:02:51	+43:50	15:43	
195	36	Débora Preisler	Do You Good	01:03:32	+44:31	15:53	
196	42	Maria Cunha	Do You Good	01:03:33	+44:32	15:53	
197	52	Vânia Ribeiro	Do You Good	01:03:55	+44:54	15:59	
198	40	Joana Novais	Do You Good	01:03:55	+44:54	15:59	
199	43	Maria Cunha	Do You Good	01:03:55	+44:54	15:59	
200	44	Maria Cunha	Do You Good	01:03:55	+44:54	15:59	
201	35	Carla Ferreira	Do You Good	01:03:56	+44:55	15:59	
202	39	Helena Macedo	Do You Good	01:03:56	+44:55	15:59	
203	37	Elisabete Gomes	Do You Good	01:03:56	+44:55	15:59	
204	49	Raissa Gomes	Do You Good	01:03:56	+44:55	15:59	
205	38	Filipa Sousa	Do You Good	01:03:56	+44:55	15:59	
206	48	Priscylla Isabelle Mendes Ferreira	Do You Good	01:03:56	+44:55	15:59	
207	46	Maria do Carmo Carvalho	Do You Good	01:03:56	+44:55	15:59	
208	34	Ana Teresa Duarte Oliveira	Do You Good	01:03:56	+44:55	15:59	
209	50	Sandra Martins	Do You Good	01:03:57	+44:56	15:59	
210	41	Luna Cardoso	Do You Good	01:03:58	+44:57	16:00	
211	47	Olga Miranda	Do You Good	01:04:02	+45:01	16:01	

4 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	77	Taísa Cebotari	Individual	Senior Feminino	29:06	07:16
2	68	Diana Alves	Individual	Senior Feminino	29:27	+00:21 07:22
3	128	Ana Ribeiro	Nós e seja o que DEUS quiser	Senior Feminino	30:00	+00:54 07:30
4	254	Francisca Pinto Ferreira	Wacky APEFB	Senior Feminino	30:22	+01:16 07:35
5	72	Margarida Cunha	Individual	Senior Feminino	31:20	+02:13 07:50
6	124	Rita Barbosa	Mancos Apressados	Senior Feminino	31:40	+02:34 07:55
7	7	Ana Viana	Arena Training Club	Senior Feminino	33:57	+04:50 08:29
8	208	Susana Freitas	TaskForce1	Senior Feminino	34:50	+05:44 08:43
9	129	Carla Costa	Nós e seja o que DEUS quiser	Senior Feminino	34:52	+05:46 08:43
10	9	Sandra Rodrigues	Arena Training Club	Senior Feminino	35:04	+05:58 08:46
11	157	Sandra de Sousa Costa	Rusty Tigers	Senior Feminino	35:20	+06:14 08:50
12	155	Maria Fernandes	Rusty Tigers	Senior Feminino	35:21	+06:15 08:50
13	156	Marta Oliveira	Rusty Tigers	Senior Feminino	35:22	+06:16 08:50
14	132	Paula Pereira	Nós e seja o que DEUS quiser	Senior Feminino	35:24	+06:18 08:51
15	64	Carla Oliveira	Individual	Senior Feminino	36:07	+07:01 09:02
16	115	Leonesa Uwanekwo	Invictus	Senior Feminino	36:15	+07:09 09:04
17	61	Andreia Garcês	Individual	Senior Feminino	36:24	+07:18 09:06
18	145	Olga Vieira	PM Warriors	Senior Feminino	36:47	+07:41 09:12
19	144	Daniela Leite	PM Warriors	Senior Feminino	36:49	+07:43 09:12
20	27	Camila Oliveira	BVBRAGA	Senior Feminino	37:09	+08:03 09:17
21	75	Natália Ferreira	Individual	Senior Feminino	37:11	+08:05 09:18
22	69	Helena Sofia Silva	Individual	Senior Feminino	37:28	+08:22 09:22
23	28	Maria João Martins	BVBRAGA	Senior Feminino	37:53	+08:47 09:28
24	139	Ana Pinto	Panic Warriors	Senior Feminino	39:29	+10:22 09:52
25	63	Beatriz Fernandes	Individual	Senior Feminino	39:59	+10:53 10:00
26	73	Maria Emanuela lima marques	Individual	Senior Feminino	42:40	+13:34 10:40
27	71	Mara Gomes	Individual	Senior Feminino	43:09	+14:03 10:47
28	78	Valdécia Silveira	Individual	Senior Feminino	43:09	+14:03 10:47
29	2	Sandra Correia	2 mulheres e 1 problema	Senior Feminino	43:50	+14:44 10:57
30	1	Catarina Soares	2 mulheres e 1 problema	Senior Feminino	43:51	+14:45 10:58
31	207	Sofia Machado	TaskForce1	Senior Feminino	43:57	+14:51 10:59
32	202	Inês Vilaça	TaskForce1	Senior Feminino	44:10	+15:04 11:02
33	141	Sandra Raimundo	Panic Warriors	Senior Feminino	44:19	+15:13 11:05
34	140	Marta Martins	Panic Warriors	Senior Feminino	44:19	+15:13 11:05
35	130	Diana Pita	Nós e seja o que DEUS quiser	Senior Feminino	44:58	+15:52 11:15
36	133	Sara Pereira	Nós e seja o que DEUS quiser	Senior Feminino	45:02	+15:56 11:16
37	199	Fátima Cerqueira	TaskForce1	Senior Feminino	45:25	+16:18 11:21
38	206	Sara Lemos	TaskForce1	Senior Feminino	45:26	+16:19 11:21
39	200	Filipa Borlido	TaskForce1	Senior Feminino	45:37	+16:31 11:24

Official Timekeeper: Lap2Go	1 / 5	generate 19-set.-2026 17:19
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OFFICIAL RESULT

40	197	Ana Clara Borlido Lemos	TaskForce1	Senior Feminino	45:38	+16:32	11:25
41	171	Ana Santos	Shapeup	Senior Feminino	45:45	+16:39	11:26
42	204	Lara Borlido	TaskForce1	Senior Feminino	45:49	+16:43	11:27
43	169	Albertina Sousa	Shapeup	Senior Feminino	45:53	+16:47	11:28
44	173	Claudia Barros	Shapeup	Senior Feminino	46:00	+16:53	11:30
45	230	Joana Sofia Vilela de Sousa Neves	Vida Mais	Senior Feminino	46:04	+16:58	11:31
46	170	Alicia Ferreira	Shapeup	Senior Feminino	46:05	+16:59	11:31
47	232	Sara Raquel Gonçalves Dias	Vida Mais	Senior Feminino	46:15	+17:09	11:34
48	228	Beatriz Mendonça Couto	Vida Mais	Senior Feminino	46:16	+17:09	11:34
49	231	Margarida de Jesus Martins Pires	Vida Mais	Senior Feminino	46:16	+17:10	11:34
50	229	Elisabete Cristina Gonçalves da Costa Vieira	Vida Mais	Senior Feminino	46:16	+17:10	11:34
51	174	Helena Terroso	Shapeup	Senior Feminino	46:26	+17:20	11:36
52	23	Tânia Tavares	BoxRM	Senior Feminino	46:38	+17:31	11:39
53	178	Raquel Vieira	Shapeup	Senior Feminino	46:46	+17:40	11:41
54	164	Yuanri Macedo	Sem Fronteiras	Senior Feminino	46:47	+17:40	11:42
55	162	Fernanda Cajado	Sem Fronteiras	Senior Feminino	46:48	+17:42	11:42
56	198	Eliana Mota Carvalho	TaskForce1	Senior Feminino	46:48	+17:42	11:42
57	201	Helena Maria Marques pinto Vilaça	TaskForce1	Senior Feminino	46:54	+17:48	11:43
58	21	Catarina Pereira	BoxRM	Senior Feminino	46:58	+17:52	11:45
59	175	Ines Sofia	Shapeup	Senior Feminino	47:00	+17:54	11:45
60	22	Luana Passarelli	BoxRM	Senior Feminino	47:01	+17:54	11:45
61	184	Teresa Soares	Shapeup	Senior Feminino	47:59	+18:53	12:00
62	177	Mariana Costa	Shapeup	Senior Feminino	48:01	+18:55	12:00
63	179	Sandra Vieira	Shapeup	Senior Feminino	48:02	+18:55	12:00
64	255	Joana Margarida Guimarães Rodrigues	Wacky APEFB	Senior Feminino	48:07	+19:01	12:02
65	183	Sonia Ferreira	Shapeup	Senior Feminino	48:07	+19:01	12:02
66	172	Carmo Ferreira	Shapeup	Senior Feminino	48:23	+19:17	12:06
67	205	Marlene Sofia Duarte Fernandes	TaskForce1	Senior Feminino	48:25	+19:19	12:06
68	203	Joana Freitas	TaskForce1	Senior Feminino	48:25	+19:19	12:06
69	253	Bárbara Daniela Pinto Silva	Wacky APEFB	Senior Feminino	48:32	+19:26	12:08
70	252	Ana Maria Pitães Cibrão	Wacky APEFB	Senior Feminino	48:48	+19:42	12:12
71	60	Alexandra Teles	Individual	Senior Feminino	48:49	+19:43	12:12
72	256	Liliana Manuela Meleiro Esteves	Wacky APEFB	Senior Feminino	48:51	+19:45	12:13
73	251	Ana Margarida Malheiro Guimarães	Wacky APEFB	Senior Feminino	48:54	+19:47	12:13
74	247	Bruna Alvarães	Voltaren	Senior Feminino	48:54	+19:48	12:14
75	74	Natália da Conceição Ferreira Marques	Individual	Senior Feminino	49:46	+20:40	12:27
76	51	Tânia Ribeiro	Do You Good	Senior Feminino	49:58	+20:52	12:30
77	163	Maysa Milena e Silva Almeida	Sem Fronteiras	Senior Feminino	50:19	+21:13	12:35
78	242	LUANA BENETTI	VIDA MAIS 18E30	Senior Feminino	50:45	+21:39	12:41
79	241	LILIAN CREPALDI	VIDA MAIS 18E30	Senior Feminino	50:56	+21:49	12:44
80	239	GABRIELA DIAS VELOSO BRAGA	VIDA MAIS 18E30	Senior Feminino	51:07	+22:01	12:47
81	243	MARIA DE FATIMA DIAS VELOSO	VIDA MAIS 18E30	Senior Feminino	52:10	+23:04	13:02
82	240	JULIANA BRAGA SOARES	VIDA MAIS 18E30	Senior Feminino	52:13	+23:07	13:03
83	238	BRUNA PETIAN DE MELLO	VIDA MAIS 18E30	Senior Feminino	53:27	+24:21	13:22
84	237	BEATRIZ PETIAN DE MELLO	VIDA MAIS 18E30	Senior Feminino	53:31	+24:25	13:23
85	176	Ines Vieira	Shapeup	Senior Feminino	53:42	+24:36	13:25

4 KM

OFFICIAL RESULT

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Senior Masculino

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17	213	João Dinis Pinto de Carvalho Vilaça	TaskForce1	Senior Masculino	27:45	+08:44	06:56
18	138	Pedro Moreira	Nós e seja o que DEUS quiser	Senior Masculino	28:00	+08:59	07:00
19	136	João Paulo Rodrigues	Nós e seja o que DEUS quiser	Senior Masculino	28:01	+09:00	07:00
20	90	Fernando ribeiro	Individual	Senior Masculino	29:29	+10:28	07:22
21	84	Daniel Jesus	Individual	Senior Masculino	30:52	+11:51	07:43
22	214	Marcos Borlido	TaskForce1	Senior Masculino	31:11	+12:10	07:48
23	87	Diogo Taxa	Individual	Senior Masculino	31:18	+12:17	07:49
24	101	Luís Manuel Monteiro Barboza	Individual	Senior Masculino	31:19	+12:17	07:50
25	134	Carlos Ferreira	Nós e seja o que DEUS quiser	Senior Masculino	31:22	+12:21	07:51
26	135	João Mirante	Nós e seja o que DEUS quiser	Senior Masculino	31:26	+12:24	07:51
27	126	Pedro Teixeira	Mancos Apressados	Senior Masculino	31:38	+12:37	07:54
28	125	Daniel Mota	Mancos Apressados	Senior Masculino	31:38	+12:37	07:55
29	127	Rui Vilaça	Mancos Apressados	Senior Masculino	31:39	+12:38	07:55
30	211	Domingos Silva Carvalho	TaskForce1	Senior Masculino	31:42	+12:41	07:55
31	96	João Nunes	Individual	Senior Masculino	33:23	+14:22	08:21
32	122	Rodrigo queiros	Irmãos Queirós	Senior Masculino	33:24	+14:23	08:21
33	30	Pedro Rodrigues	BVBRAGA	Senior Masculino	33:28	+14:27	08:22
34	53	Abner Baptista	Grupo O Setenta	Senior Masculino	33:36	+14:35	08:24
35	58	Paulo Alves	Grupo O Setenta	Senior Masculino	33:37	+14:36	08:24
36	57	José Gama	Grupo O Setenta	Senior Masculino	33:38	+14:37	08:24
37	55	Feliciano Silva	Grupo O Setenta	Senior Masculino	33:38	+14:37	08:25
38	261	Pedro Luís Guimarães Rodrigues	Wacky APEFB	Senior Masculino	34:01	+15:00	08:30
39	161	Pedro Fernandes	Rusty Tigers	Senior Masculino	35:22	+16:21	08:51
40	137	Nuno Casimiro	Nós e seja o que DEUS quiser	Senior Masculino	35:26	+16:24	08:51
41	160	Mário Viana	Rusty Tigers	Senior Masculino	35:29	+16:28	08:52
42	159	João Pedro Ribeiro Azevedo	Rusty Tigers	Senior Masculino	36:06	+17:05	09:02
43	91	Filipe Afonso	Individual	Senior Masculino	36:23	+17:22	09:06
44	148	João Brito	PM Warriors	Senior Masculino	36:40	+17:39	09:10
45	152	Romeu Lopes	PM Warriors	Senior Masculino	36:42	+17:41	09:11
46	149	Pedro Gonçalves	PM Warriors	Senior Masculino	36:43	+17:42	09:11
47	146	Armando Silva	PM Warriors	Senior Masculino	36:48	+17:47	09:12
48	150	Pedro Moreira	PM Warriors	Senior Masculino	36:50	+17:49	09:12
49	94	João Faria	Individual	Senior Masculino	36:50	+17:49	09:13
50	106	Rafael gonçalves ferreira	Individual	Senior Masculino	36:53	+17:51	09:13
51	13	José Ferreira	Arena Training Club	Senior Masculino	37:10	+18:09	09:18
52	29	André Duarte	BVBRAGA	Senior Masculino	37:52	+18:51	09:28
53	31	Tiago Cação	BVBRAGA	Senior Masculino	37:53	+18:51	09:28
54	82	Bruno Pinto	Individual	Senior Masculino	39:43	+20:42	09:56
55	104	Pedro Borracha	Individual	Senior Masculino	39:45	+20:44	09:56
56	89	Fernando Pinto	Individual	Senior Masculino	41:41	+22:39	10:25
57	185	André Costa	Shapeup	Senior Masculino	42:38	+23:37	10:39
58	186	André Cunha	Shapeup	Senior Masculino	42:39	+23:38	10:40
59	100	José Pizarro Dias	Individual	Senior Masculino	43:09	+24:08	10:47
60	79	André Ferreira	Individual	Senior Masculino	43:09	+24:08	10:47
61	109	Tiago Homem	Individual	Senior Masculino	43:10	+24:08	10:47
62	3	Joel Soares	2 mulheres e 1 problema	Senior Masculino	43:52	+24:51	10:58

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63	209	Carlos Vilaça	TaskForce1	Senior Masculino	44:07	+25:06	11:02
64	143	Rafael Martins Raimundo	Panic Warriors	Senior Masculino	44:18	+25:17	11:04
65	142	Luis Raimundo	Panic Warriors	Senior Masculino	44:18	+25:17	11:05
66	12	João Pedro Teixeira dos santos	Arena Training Club	Senior Masculino	45:32	+26:31	11:23
67	10	Bruno lopes	Arena Training Club	Senior Masculino	45:40	+26:38	11:25
68	217	Vasco Lemos	TaskForce1	Senior Masculino	45:40	+26:39	11:25
69	236	Vicente Luís de Matos Vieira	Vida Mais	Senior Masculino	46:16	+27:14	11:34
70	235	Tomás Mosconi	Vida Mais	Senior Masculino	46:16	+27:15	11:34
71	233	Carlos Delfim Conceição Pereira	Vida Mais	Senior Masculino	46:16	+27:15	11:34
72	190	João Paulo Moura	Shapeup	Senior Masculino	46:26	+27:25	11:37
73	24	Bruno Milhão	BoxRM	Senior Masculino	46:34	+27:33	11:39
74	188	Dimitri Magalhães	Shapeup	Senior Masculino	46:37	+27:36	11:39
75	166	Rodrigo Caldas de França	Sem Fronteiras	Senior Masculino	46:39	+27:38	11:40
76	194	Tiago Carvalho	Shapeup	Senior Masculino	46:41	+27:40	11:40
77	168	Yovany bastidas	Sem Fronteiras	Senior Masculino	46:42	+27:41	11:41
78	167	Thiago Andreu Macedo arellano	Sem Fronteiras	Senior Masculino	46:43	+27:42	11:41
79	212	Francisco Manuel Gonçalves de Carvalho Vilaça	TaskForce1	Senior Masculino	46:58	+27:56	11:44
80	26	Roberto Correia	BoxRM	Senior Masculino	46:59	+27:57	11:45
81	246	PAULO COELHO VELOSO COELHO	VIDA MAIS 18E30	Senior Masculino	46:59	+27:58	11:45
82	25	Marco De Araújo	BoxRM	Senior Masculino	47:01	+28:00	11:45
83	189	Diogo Barbosa	Shapeup	Senior Masculino	47:54	+28:53	11:58
84	195	Tiago Gonçalves	Shapeup	Senior Masculino	48:04	+29:02	12:01
85	193	Pedro Duarte	Shapeup	Senior Masculino	48:04	+29:03	12:01
86	196	Vitor Costa	Shapeup	Senior Masculino	48:08	+29:07	12:02
87	191	João Pedro	Shapeup	Senior Masculino	48:10	+29:09	12:02
88	187	David Gomes	Shapeup	Senior Masculino	48:22	+29:21	12:06
89	259	Luís Simas Meném	Wacky APEFB	Senior Masculino	48:29	+29:28	12:07
90	258	Helder Manuel Peixoto Ferreira	Wacky APEFB	Senior Masculino	48:35	+29:34	12:09
91	257	Bruno Daniel Pinto Silva Ribeiro	Wacky APEFB	Senior Masculino	48:48	+29:47	12:12
92	260	Pedro João Baptista Cardoso	Wacky APEFB	Senior Masculino	48:58	+29:57	12:15
93	249	Hugo Alvarães	Voltaren	Senior Masculino	49:23	+30:22	12:21
94	165	Idelvan Santos de Sousa Júnior	Sem Fronteiras	Senior Masculino	50:19	+31:18	12:35
95	245	JOÃO BRAGA MACEDO	VIDA MAIS 18E30	Senior Masculino	50:21	+31:20	12:35
96	244	CARLOS EDUARDO BERNARDO	VIDA MAIS 18E30	Senior Masculino	50:52	+31:51	12:43
97	227	João Martins	V de Vitalis	Senior Masculino	01:02:19	+43:18	15:35
98	226	João Barrulas	V de Vitalis	Senior Masculino	01:02:50	+43:49	15:43
99	225	Gabriel Pereira	V de Vitalis	Senior Masculino	01:02:51	+43:49	15:43