

10KM - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	18:00	13,9°C	78%
End	19:25	13.9°C	78%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	383	Nuno Lopes	U.F.C.I COMERCIO E INDUSTRIA	30:32		03:03	
2	390	Said Ameqrane	UCRD Praiense	30:50	+00:18	03:05	
3	382	Bruno Santos	U.F.C.I COMERCIO E INDUSTRIA	31:02	+00:30	03:06	
4	61	Pedro Monteiro	GD Estreito	31:38	+01:06	03:10	
5	19	André Filipe Rodrigues Luna Costa	Casa do Benfica de Reguengos de Monsaraz	32:11	+01:39	03:13	
6	67	VICTOR CERQUEIRA	GDRC Ponterrolense	32:34	+02:02	03:15	
7	156	Miguel Malho	Individual	32:59	+02:27	03:18	
8	33	Marco tavares	Clube Desportivo Recreativo Rebeirinho	33:25	+02:53	03:20	
9	77	Guilherme Fernandes	Individual	35:11	+04:39	03:31	
10	138	Ivo Cruz	Individual	35:23	+04:51	03:32	
11	135	Gonçalo Peixoto	Individual	35:44	+05:12	03:34	
12	26	Ricardo Jordão	Clube de Praças da Armada	35:48	+05:16	03:35	
13	406	Filipe Correia	VITÓRIA FUTEBOL CLUBE	36:01	+05:29	03:36	
14	385	Paulo Torres	U.F.C.I COMERCIO E INDUSTRIA	36:12	+05:40	03:37	
15	300	José Augusto Sobral Gomes	Individual	36:38	+06:06	03:40	
16	386	Artur Santiago	U.F.C.I COMERCIO E INDUSTRIA	36:48	+06:16	03:41	
17	248	João Costa	Individual	36:50	+06:18	03:41	
18	18	Rui Oliveira	Bando dos Tolos	36:53	+06:21	03:41	
19	187	Joana Fonseca	Individual	36:56	+06:24	03:42	
20	17	Margarida Mira Silva	Associação Cultural e Desportiva do Jardim da Serra	37:08	+06:36	03:43	
21	305	Pedro Loureiro	Individual	37:09	+06:37	03:43	
22	307	Rui Santos	Individual	37:12	+06:40	03:43	
23	154	Marvin Scheulen	Individual	37:24	+06:52	03:44	
24	75	Nuno Silva	HeCaTEAM	37:33	+07:01	03:45	
25	271	Fernando Francisco	Individual	37:44	+07:12	03:46	
26	177	Tomás Gameiro	Individual	38:06	+07:34	03:49	
27	159	Miguel Pedro	Individual	38:09	+07:37	03:49	
28	146	João Rebelo	Individual	38:33	+08:01	03:51	
29	289	Bruno Ganchinho	Individual	38:39	+08:07	03:52	
30	142	João Carrajola	Individual	38:50	+08:18	03:53	
31	164	Pedro Botelho	Individual	39:10	+08:38	03:55	
32	60	Ana Monteiro	GD Estreito	39:21	+08:49	03:56	
33	357	Rodrigo Leitão	RIGOR ACTUAL	39:21	+08:49	03:56	
34	402	Daniel José Rodrigues Neves	VITÓRIA FUTEBOL CLUBE	39:49	+09:17	03:59	
35	384	Pedro Fernandes	U.F.C.I COMERCIO E INDUSTRIA	40:00	+09:28	04:00	
36	262	Ricardo da Costa Figueiredo	Individual	40:04	+09:32	04:00	
37	408	Hernani Francisco	VITÓRIA FUTEBOL CLUBE	40:14	+09:42	04:01	
38	409	Luis Manuel Trigo	VITÓRIA FUTEBOL CLUBE	40:21	+09:49	04:02	
39	401	Leticia Magalhães	VITÓRIA FUTEBOL CLUBE	40:30	+09:58	04:03	
40	131	Filipe Madeira	Individual	40:32	+10:00	04:03	
41	380	Filipe Graça	Team El Comandante	40:32	+10:00	04:03	
42	69	Miguel Moreno	Grupo Desportivo Os Amarelos	40:33	+10:01	04:03	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	245	Flávio Costa	Individual	40:43	+10:11	04:04	
44	6	Diogo Lobato	2800 Move	40:53	+10:21	04:05	
45	25	Tiago Encarnação	Clube de Praças da Armada	41:04	+10:32	04:06	
46	22	Laura Grilo	Clube de Praças da Armada	41:05	+10:33	04:06	
47	353	Rodrigo Costa	Palmelense Futebol Clube	41:07	+10:35	04:07	
48	126	Diogo Henrique Rodrigues Miranda Vieira Portas	Individual	41:07	+10:35	04:07	
49	389	José ferreira	UCRD Praiense	41:07	+10:35	04:07	
50	397	Nuno Reis	UCRD Praiense	41:08	+10:36	04:07	
51	396	Ricardo alves	UCRD Praiense	41:16	+10:44	04:08	
52	254	Jorge Duarte	Individual	41:26	+10:54	04:09	
53	20	Luís Manuel Dias	Centro Ciclista Azeitonense	42:32	+12:00	04:15	
54	359	Bruno Ferreira	RIGOR ACTUAL	42:41	+12:09	04:16	
55	250	João Polido	Individual	42:48	+12:16	04:17	
56	283	Rui Manuel Dias Maltez	Individual	42:51	+12:19	04:17	
57	144	João Garcia	Individual	42:51	+12:19	04:17	
58	168	Pedro Rodrigues	Individual	42:51	+12:19	04:17	
59	321	Carlos Alberto Alves Lima	Individual	43:07	+12:35	04:19	
60	351	Manuel silva	OCS - Arrábida Trail Team	43:09	+12:37	04:19	
61	381	Caua Nunes	U.F.C.I COMERCIO E INDUSTRIA	43:10	+12:38	04:19	
62	316	Manuel Martins	Individual	43:21	+12:49	04:20	
63	298	Jorge Romão	Individual	43:27	+12:55	04:21	
64	310	Fernando Alves	Individual	43:49	+13:17	04:23	
65	130	Fábio oliveira	Individual	44:11	+13:39	04:25	
66	277	Miguel Albon	Individual	44:14	+13:42	04:25	
67	302	Paulo Algrvio	Individual	44:16	+13:44	04:26	
68	375	Luís dos Santos Vansconcelos de Jesus Malaia	Setúbal Running Club	44:20	+13:48	04:26	
69	74	Helena Moreira	HeCaTEAM	44:23	+13:51	04:26	
70	29	António Branco	Clube de Praças da Armada	44:32	+14:00	04:27	
71	115	André Batista	Individual	44:40	+14:08	04:28	
72	323	Jorge Dinis	Individual	44:41	+14:09	04:28	
73	246	Gonçalo Martins	Individual	44:43	+14:11	04:28	
74	236	Cláudio Rodrigues Tavares	Individual	44:44	+14:12	04:28	
75	145	João Pedro Cruz	Individual	44:48	+14:16	04:29	
76	118	Bruno Jota	Individual	44:53	+14:21	04:29	
77	66	Gonçalo Santos	GDC Portos de Sines e do Algarve	44:58	+14:26	04:30	
78	312	Jorge Azevedo	Individual	45:01	+14:29	04:30	
79	303	Pedro Borregana	Individual	45:04	+14:32	04:30	
80	166	Pedro Fonseca	Individual	45:08	+14:36	04:31	
81	367	António Joaquim	Setúbal Running Club	45:21	+14:49	04:32	
82	327	Gilles Abalea	Individual	45:23	+14:51	04:32	
83	378	Hugo Lopes	SRBBV	45:24	+14:52	04:32	
84	348	Alexandre Martins	OCS - Arrábida Trail Team	45:37	+15:05	04:34	
85	282	Ruben Pereira	Individual	45:43	+15:11	04:34	
86	73	Vasco Agostinho	Grupo Desportivo Os Amarelos	45:53	+15:21	04:35	
87	342	Jorge Rosa	Marretas d'Arrábida	46:07	+15:35	04:37	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	54	Paulo Machado	EXPOSERVE Run Club	46:10	+15:38	04:37	
89	319	Samuel Raposo	Individual	46:17	+15:45	04:38	
90	71	Angelo Mendes	Grupo Desportivo Os Amarelos	46:21	+15:49	04:38	
91	356	Afonso Leitão	RIGOR ACTUAL	46:21	+15:49	04:38	
92	170	Ricardo Jorge Barreiras Pontes	Individual	46:21	+15:49	04:38	
93	133	Francisco Pardal	Individual	46:21	+15:49	04:38	
94	279	Nuno Martins	Individual	46:28	+15:56	04:39	
95	405	Bruno Vicente	VITÓRIA FUTEBOL CLUBE	46:39	+16:07	04:40	
96	315	Luis Carvalho	Individual	46:40	+16:08	04:40	
97	251	Joao Santos	Individual	46:45	+16:13	04:40	
98	239	Dário Lourenço	Individual	46:50	+16:18	04:41	
99	276	Luis Marques	Individual	47:07	+16:35	04:43	
100	391	Carla pereira	UCRD Praiense	47:08	+16:36	04:43	
101	340	Nuno Domingues	Lobitos	47:09	+16:37	04:43	
102	247	Ionut Diacu	Individual	47:10	+16:38	04:43	
103	125	Diogo Folião	Individual	47:11	+16:39	04:43	
104	172	Tiago Dias	Individual	47:14	+16:42	04:43	
105	345	António Francisco Bastos Pires	NRD IDOLOS DA PRAÇA	47:17	+16:45	04:44	
106	332	João Peralta	Jornal Mapa	47:19	+16:47	04:44	
107	160	Miguel Pratas	Individual	47:21	+16:49	04:44	
108	173	TIAGO JOAO LOPES DOS SANTOS	Individual	47:23	+16:51	04:44	
109	117	António Guerreiro	Individual	47:23	+16:51	04:44	
110	149	Leonardo Nogueira	Individual	47:25	+16:53	04:45	
111	253	João Silva	Individual	47:36	+17:04	04:46	
112	334	Pedro Ramos	Lebres Vermelhas	47:39	+17:07	04:46	
113	161	Newton Santos	Individual	47:39	+17:07	04:46	
114	361	Ricardo Leitão	RIGOR ACTUAL	47:42	+17:10	04:46	
115	169	Rafael Agostinho de Oliveira Narciso	Individual	47:51	+17:19	04:47	
116	281	Pedro Oliveira	Individual	47:57	+17:25	04:48	
117	243	Fábio Veríssimo	Individual	48:01	+17:29	04:48	
118	65	Pedro Miguel	GDC Portos de Sines e do Algarve	48:03	+17:31	04:48	
119	350	Nuno Abílio	OCS - Arrábida Trail Team	48:06	+17:34	04:49	
120	343	José Manuel Ribeiro Ruaz	Marretas d'Arrábida	48:09	+17:37	04:49	
121	341	Bruno Alexandre Ferreira Ramos	Marretas d'Arrábida	48:09	+17:37	04:49	
122	171	Sérgio de Oliveira Narciso	Individual	48:10	+17:38	04:49	
123	147	João Silva	Individual	48:13	+17:41	04:49	
124	255	Jorge Polido	Individual	48:16	+17:44	04:50	
125	403	Roberta Melo	VITÓRIA FUTEBOL CLUBE	48:18	+17:46	04:50	
126	301	Nuno Alves	Individual	48:19	+17:47	04:50	
127	31	Alvaro Coelho	Clube de Praças da Armada	48:21	+17:49	04:50	
128	392	Goreti borges	UCRD Praiense	48:23	+17:51	04:50	
129	387	Catarina borges	UCRD Praiense	48:23	+17:51	04:50	
130	288	António Lopes	Individual	48:29	+17:57	04:51	
131	412	Sofia Pinheiro	Individual	48:32	+18:00	04:51	
132	7	Américo Santos	A Natureza Ensina	48:32	+18:00	04:51	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	286	Tiago Crespo	Individual	48:38	+18:06	04:52	
134	158	Miguel Oliveira	Individual	48:42	+18:10	04:52	
135	79	Rodrigo Bravo de Oliveira	Individual	48:57	+18:25	04:54	
136	240	Dário Nobre	Individual	48:58	+18:26	04:54	
137	174	Tiago Miguel Martins Candeias	Individual	48:59	+18:27	04:54	
138	72	Pedro Correia	Grupo Desportivo Os Amarelos	49:07	+18:35	04:55	
139	88	Andressa Andrade	Individual	49:12	+18:40	04:55	
140	306	Ricardo Nuno Palma Emídio	Individual	49:28	+18:56	04:57	
141	195	Tânia Carmo	Individual	49:31	+18:59	04:57	
142	153	Marcelo Almeida	Individual	49:44	+19:12	04:58	
143	148	João Viana	Individual	49:51	+19:19	04:59	
144	162	Nuno Rola	Individual	50:01	+19:29	05:00	
145	333	ANTÓNIO ALVES	JOULES	50:01	+19:29	05:00	
146	128	Duarte Barata	Individual	50:03	+19:31	05:00	
147	355	João Fernandes	Pinhal Novo a Correr	50:06	+19:34	05:01	
148	354	Carlos S. Oliveira	Pinhal Novo a Correr	50:06	+19:34	05:01	
149	80	Tomás Mesquita	Individual	50:06	+19:34	05:01	
150	30	Fernando Santos	Clube de Praças da Armada	50:07	+19:35	05:01	
151	167	Pedro Lemos	Individual	50:08	+19:36	05:01	
152	275	Lúcio Português	Individual	50:11	+19:39	05:01	
153	150	Leonardo vieira rodrigues	Individual	50:16	+19:44	05:02	
154	46	Eduardo Silva	Coxosontheway	50:31	+19:59	05:03	
155	347	Sofia Farto	OCS - Arrábida Trail Team	50:32	+20:00	05:03	
156	324	Jose Manuel Vesteeas dos Santos	Individual	50:45	+20:13	05:04	
157	265	Vasco Olaio	Individual	50:50	+20:18	05:05	
158	42	FÁTIMA DIAS	Corrida Nocturna de Setúbal	51:00	+20:28	05:06	
159	411	Diogo Rodrigues	Individual	51:01	+20:29	05:06	
160	183	Ana Rita Santos	Individual	51:19	+20:47	05:08	
161	294	João Brito	Individual	51:21	+20:49	05:08	
162	393	Joana picarra	UCRD Praiense	51:23	+20:51	05:08	
163	273	Joao Filipe Silva Cortegano	Individual	51:24	+20:52	05:08	
164	190	Maria Laura Carvalho Pinheiro De Seixas Matos	Individual	51:25	+20:53	05:08	
165	63	Marcos Lima	GDC Portos de Sines e do Algarve	51:50	+21:18	05:11	
166	299	Jorge Vicente	Individual	51:51	+21:19	05:11	
167	241	David Pereira	Individual	51:57	+21:25	05:12	
168	178	Tomás Marques Martins	Individual	52:06	+21:34	05:13	
169	15	Andreia Pombo	Andreia Pombo	52:11	+21:39	05:13	
170	43	Bruno Silva	Corrida Nocturna de Setúbal	52:11	+21:39	05:13	
171	152	Manuel Silva	Individual	52:18	+21:46	05:14	
172	122	David Gonçalves	Individual	52:19	+21:47	05:14	
173	13	Guilherme Parrulas	ADRA Azeda	52:21	+21:49	05:14	
174	213	Andréa Rosa	Individual	52:30	+21:58	05:15	
175	346	João Santos	NRD IDOLOS DA PRAÇA	52:32	+22:00	05:15	
176	358	Catarina Serrinha	RIGOR ACTUAL	52:39	+22:07	05:16	
177	155	Miguel Gonçalves	Individual	52:51	+22:19	05:17	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	266	Bonifacio Manjate	Individual	52:51	+22:19	05:17	
179	331	João Frade Garrinhas	Jornal Mapa	52:51	+22:19	05:17	
180	200	Ângela Mendes	Individual	53:07	+22:35	05:19	
181	249	João Fernandes	Individual	53:12	+22:40	05:19	
182	379	Hélder Constantino	Tálenos Team	53:15	+22:43	05:19	
183	35	Filipa Calvário	Coelhinhos	53:21	+22:49	05:20	
184	264	Telmo Clemente	Individual	53:25	+22:53	05:20	
185	257	Luís Capitulo	Individual	53:25	+22:53	05:21	
186	325	Luís Natal Pires	Individual	53:31	+22:59	05:21	
187	320	Sérgio Reisinho	Individual	53:32	+23:00	05:21	
188	32	Fernando Sousa	Clube de Praças da Armada	53:41	+23:09	05:22	
189	272	Hugo Reis	Individual	53:42	+23:10	05:22	
190	291	Carlos Iudovino	Individual	53:44	+23:12	05:22	
191	198	Ana Luisa Silva	Individual	53:46	+23:14	05:23	
192	136	Guilherme Rabelo	Individual	53:50	+23:18	05:23	
193	120	Daniel Pimenta de Sousa Duarte Casimiro	Individual	53:50	+23:18	05:23	
194	165	Pedro Farinha	Individual	54:08	+23:36	05:25	
195	62	Ricardo Farinha	GDC Portos de Sines e do Algarve	54:08	+23:36	05:25	
196	369	Carolina Mascarenhas	Setúbal Running Club	54:09	+23:37	05:25	
197	256	José Duque	Individual	54:09	+23:37	05:25	
198	216	Catarina Pereira	Individual	54:11	+23:39	05:25	
199	318	Rui Brites	Setúbal Running Club	54:12	+23:40	05:25	
200	58	Carmen Henriques	G.D.R. São Francisco da Serra	54:12	+23:40	05:25	
201	151	Luís Miguel Ferreira José	Individual	54:20	+23:48	05:26	
202	229	Mónica Mendonça	Individual	54:47	+24:15	05:29	
203	317	Paulo Mendonça	Individual	54:47	+24:15	05:29	
204	203	Eliana Silva	Individual	54:56	+24:24	05:30	
205	329	Paulo Dias	Individual	55:04	+24:32	05:30	
206	263	Rúben Bonito	Individual	55:06	+24:34	05:31	
207	97	Helena Isabel Viegas Banha dos Santos	Individual	55:09	+24:37	05:31	
208	129	Duarte Graça	Individual	55:10	+24:38	05:31	
209	47	Filipe Martins	Coxosontheway	55:10	+24:38	05:31	
210	371	Susana Isabel Couto	Setúbal Running Club	55:11	+24:39	05:31	
211	85	Ana Pasadas Bexiga	Individual	55:11	+24:39	05:31	
212	114	Alisson Ribeiro Gonçalves	Individual	55:19	+24:47	05:32	
213	186	Cheila Dias	Individual	55:20	+24:48	05:32	
214	16	Mafalda Fortuna	Associação a minha corrida	55:24	+24:52	05:32	
215	224	SANDRA ANICETO	Individual	55:27	+24:55	05:33	
216	57	João Pité	EXPOSERVE Run Club	55:27	+24:55	05:33	
217	304	Pedro José Cardoso da Rocha	Individual	55:47	+25:15	05:35	
218	398	Domingos gato	UCRD Praiense	55:51	+25:19	05:35	
219	40	Célia Anacleto	Corrida Nocturna de Setúbal	55:57	+25:25	05:36	
220	11	Manuel Pardal	AA Lebres do Sado	56:06	+25:34	05:37	
221	90	Carolina Pedro Carlos	Individual	56:12	+25:40	05:37	
222	64	Filipe Silvestre	GDC Portos de Sines e do Algarve	56:14	+25:42	05:37	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
223	82	Ana Diniz	Individual	56:28	+25:56	05:39	
224	185	Catarina Andrade Rodrigues	Individual	56:45	+26:13	05:40	
225	328	Júlio Gamito	Individual	56:45	+26:13	05:41	
226	96	Fernanda Ribeiro Dos Santos	Individual	56:51	+26:19	05:41	
227	364	Mariana Canhão	Setúbal Running Club	56:53	+26:21	05:41	
228	119	Carlos Santos	Individual	57:09	+26:37	05:43	
229	39	Gonçalo henriques	Corrida Nocturna de Setúbal	57:22	+26:50	05:44	
230	36	João Coelho	Coelhinhos	57:23	+26:51	05:44	
231	233	Maria Augusta	Individual	57:32	+27:00	05:45	
232	132	Francisco Martins	Individual	57:35	+27:03	05:45	
233	207	LILIANA FILIPA PEREIRA DE ABREU	Individual	57:36	+27:04	05:46	
234	295	João Crespo	Individual	57:37	+27:05	05:46	
235	217	Diana da Rocha	Individual	57:49	+27:17	05:47	
236	210	Rita botelho	Individual	57:50	+27:18	05:47	
237	238	Daniel Escudeiro Abrantes	Individual	57:52	+27:20	05:47	
238	242	Eduardo Knopfli	Individual	57:53	+27:21	05:47	
239	400	Francisco Covas	Vietnamesss	57:57	+27:25	05:48	
240	84	Ana Maria Lopes Oliveira	Individual	58:05	+27:33	05:49	
241	56	Rui Amador	EXPOSERVE Run Club	58:08	+27:36	05:49	
242	70	Fabio Silva	Grupo Desportivo Os Amarelos	58:11	+27:39	05:49	
243	209	Polyanne Ferreira Gonçalves	Individual	58:11	+27:39	05:49	
244	197	Ana Filipa Lázaro	Individual	58:12	+27:40	05:49	
245	407	João Lázaro	VITÓRIA FUTEBOL CLUBE	58:12	+27:40	05:49	
246	368	Gonçalo Henriques	Setúbal Running Club	58:31	+27:59	05:51	
247	225	Sara Mileu	Individual	58:41	+28:09	05:52	
248	227	Carla Ramalho	Individual	58:46	+28:14	05:53	
249	116	André Monteiro	Individual	58:47	+28:15	05:53	
250	395	André valente	UCRD Praiense	58:48	+28:16	05:53	
251	388	Mariana dos Santos	UCRD Praiense	58:48	+28:16	05:53	
252	280	Pedro Araujo	Individual	58:52	+28:20	05:53	
253	34	Mário Santana	Clube EDP - Lisboa	58:55	+28:23	05:53	
254	270	Feliciano Botas	Individual	58:58	+28:26	05:54	
255	89	Carina Dias	Individual	59:01	+28:29	05:54	
256	226	Tatiana Santos	Individual	59:02	+28:30	05:54	
257	228	Luciane Kimura	Individual	59:05	+28:33	05:54	
258	37	David Martins	Compinchas	59:08	+28:36	05:55	
259	38	Diogo Soeiro	Compinchas	59:09	+28:37	05:55	
260	127	Diogo Rosa	Individual	59:09	+28:37	05:55	
261	105	Maria Beatriz Pinela David	Individual	59:26	+28:54	05:57	
262	134	Gonçalo chilrito	Individual	59:26	+28:54	05:57	
263	106	Maria Cunha	Individual	59:42	+29:10	05:58	
264	258	Luís Narciso	Individual	59:44	+29:12	05:58	
265	413	Goretti Correia	Individual	59:46	+29:14	05:59	
266	55	Ricardo André	EXPOSERVE Run Club	59:49	+29:17	05:59	
267	373	Diogo Bispo	Setúbal Running Club	59:54	+29:22	05:59	

10KM - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
268	404	Beatriz Cardadeiro	VITÓRIA FUTEBOL CLUBE	59:57	+29:25	06:00	
269	123	David Miguel Ferro Tomás	Individual	59:58	+29:26	06:00	
270	414	Manuel Jacinto	Clube de Praças da Armada	59:58	+29:26	06:00	
271	399	Madalena Antunes	Vietnamesss	01:00:01	+29:29	06:00	
272	182	Ana Rita Aguadeiro	Individual	01:00:11	+29:39	06:01	
273	202	Cristina Martins	Individual	01:00:12	+29:40	06:01	
274	349	Marco Pinto	OCS - Arrábida Trail Team	01:00:12	+29:40	06:01	
275	365	Raquel Cardoso	Setúbal Running Club	01:00:13	+29:41	06:01	
276	313	Jorge Miranda	Individual	01:00:20	+29:48	06:02	
277	274	João Tiago Silva	Individual	01:00:20	+29:48	06:02	
278	95	Cristiana Fernandes	Individual	01:00:23	+29:51	06:02	
279	93	Cláudia Dionísio	Individual	01:00:27	+29:55	06:03	
280	83	Ana Margarida Batista Antunes	Individual	01:00:28	+29:56	06:03	
281	366	Rita Almeida	Setúbal Running Club	01:00:33	+30:01	06:03	
282	374	João Correia	Setúbal Running Club	01:00:34	+30:02	06:03	
283	199	Ana Sales	Individual	01:00:34	+30:02	06:03	
284	48	Tiago Batista	DREAM TEAM	01:00:40	+30:08	06:04	
285	297	Jorge Miguel Neves Reis	Individual	01:00:54	+30:22	06:05	
286	51	Luís Trindade	E se corre bem?	01:01:22	+30:50	06:08	
287	49	Flávio Rocha	E se corre bem?	01:01:22	+30:50	06:08	
288	113	Telma Santos	Individual	01:01:30	+30:58	06:09	
289	394	Helena borges	UCRD Praiense	01:01:39	+31:07	06:10	
290	112	Sofia Santos	Individual	01:01:46	+31:14	06:11	
291	137	Heberton Santos	Individual	01:02:05	+31:33	06:13	
292	24	Teresa Branco	Clube de Praças da Armada	01:02:14	+31:42	06:13	
293	76	Afonso Fernandes Ribeiro	Individual	01:02:39	+32:07	06:16	
294	208	Milene Bernardo	Individual	01:02:39	+32:07	06:16	
295	78	Luís Sobreira	Individual	01:02:39	+32:07	06:16	
296	290	Bruno Rodrigues	Individual	01:02:46	+32:14	06:17	
297	235	Carlos Manuel Domingos Lucas	Individual	01:03:09	+32:37	06:19	
298	268	Bruno Sobral	Individual	01:03:19	+32:47	06:20	
299	86	Ana Raquel Marques Assenhas	Individual	01:03:31	+32:59	06:21	
300	206	Inês Naires	Individual	01:03:33	+33:01	06:21	
301	52	Marcelo Mota	E se corre bem?	01:03:47	+33:15	06:23	
302	50	Frederico Reis	E se corre bem?	01:03:47	+33:15	06:23	
303	222	Oleksandra Câmara	Individual	01:04:01	+33:29	06:24	
304	163	Paulo Rosinha	Individual	01:04:01	+33:29	06:24	
305	360	Juan Carlos Bautista Ballén	RIGOR ACTUAL	01:04:31	+33:59	06:27	
306	230	Sandra Gomes	Individual	01:04:37	+34:05	06:28	
307	9	Maria Teresa Marques	AA Lebres do Sado	01:04:54	+34:22	06:29	
308	261	Rafael Martins Ribeiro	Individual	01:05:22	+34:50	06:32	
309	91	Catarina Almeida	Individual	01:05:28	+34:56	06:33	
310	81	Ana Carolina dos Santos Augusto Costa Mira	Individual	01:05:30	+34:58	06:33	
311	99	Inês Rodrigues	Individual	01:05:31	+34:59	06:33	
312	362	Beatriz Amora	Setúbal Running Club	01:05:44	+35:12	06:34	

10KM - STAGE 1

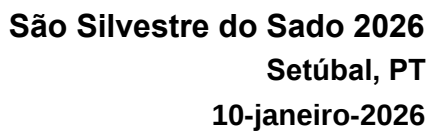
10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
313	370	Patricia Jesus	Setúbal Running Club	01:05:51	+35:19	06:35	
314	204	Elisa Mendonça	Individual	01:05:51	+35:19	06:35	
315	376	Nuno Teixeira	Setúbal Running Club	01:05:51	+35:19	06:35	
316	41	Gina Santos	Corrida Nocturna de Setúbal	01:06:04	+35:32	06:36	
317	107	Maria Joao Abreu de Miranda	Individual	01:06:16	+35:44	06:38	
318	215	Ângela Sofia coelho pires Pinto	Individual	01:06:27	+35:55	06:39	
319	184	ANA SOFIA OLÍVIA CORREIA	Individual	01:06:30	+35:58	06:39	
320	221	Mónica Isabel Boto da Cruz	Individual	01:06:39	+36:07	06:40	
321	231	Vanda Lamúria	Individual	01:07:08	+36:36	06:43	
322	27	luis conceição	Clube de Praças da Armada	01:07:10	+36:38	06:43	
323	124	Diogo Brito	Individual	01:07:15	+36:43	06:44	
324	181	Ana Leonor Almeida Santos e Sousa Loureiro	Individual	01:07:20	+36:48	06:44	
325	363	Joana Henriques	Setúbal Running Club	01:07:44	+37:12	06:46	
326	59	Isabel Ferreira	G.D.R. São Francisco da Serra	01:08:09	+37:37	06:49	
327	143	João Catraio	Individual	01:08:29	+37:57	06:51	
328	220	Marisa Ricardo	Individual	01:08:32	+38:00	06:51	
329	12	Manuel Prates	AA Lebres do Sado	01:08:41	+38:09	06:52	
330	196	Vanessa Mateus	Individual	01:08:41	+38:09	06:52	
331	14	Ana Carvalho	Andreia Pombo	01:08:49	+38:17	06:53	
332	232	Vanda Sousa	Individual	01:09:01	+38:29	06:54	
333	110	Rute Eleuterio	Individual	01:09:25	+38:53	06:57	
334	68	Rita Santos	Grupo Desportivo Os Amarelos	01:09:29	+38:57	06:57	
335	372	Paula Nunes	Setúbal Running Club	01:09:45	+39:13	06:58	
336	237	Daniel dos Reis Nunes	Individual	01:10:06	+39:34	07:01	
337	94	Claudia Esteves	Individual	01:10:12	+39:40	07:01	
338	92	Catarina Pires	Individual	01:10:44	+40:12	07:04	
339	326	Paulo Pires	Individual	01:10:44	+40:12	07:04	
340	212	Telma Bentes	Individual	01:11:04	+40:32	07:06	
341	292	Frederico Batista	Individual	01:12:04	+41:32	07:12	
342	223	Rute Rosario	Individual	01:12:22	+41:50	07:14	
343	191	Natacha Joaquim	Individual	01:12:51	+42:19	07:17	
344	98	Inês Candeias	Individual	01:14:49	+44:17	07:29	
345	192	Nicia Crespo	Individual	01:14:49	+44:17	07:29	
346	337	Ligia Santos	Lisbon South Bay Running Club	01:15:59	+45:27	07:36	
347	336	Sara Patrocinio	Lisbon South Bay Running Club	01:16:00	+45:28	07:36	
348	335	Ilda Jesus	Lisbon South Bay Running Club	01:16:00	+45:28	07:36	
349	194	Sharon Oliveira	Individual	01:18:01	+47:29	07:48	
350	309	Valter Oliveira	Individual	01:18:01	+47:29	07:48	
351	53	Sónia Fernandes	EXPOSERVE Run Club	01:18:10	+47:38	07:49	
352	339	Pedro Silva	Lisbon South Bay Running Club	01:19:22	+48:50	07:56	
353	193	Sara Contente	Individual	01:19:43	+49:11	07:58	
354	179	Tomás Silva	Individual	01:23:03	+52:31	08:18	
355	111	Sofia Alexandra Conim Alves	Individual	01:23:03	+52:31	08:18	
356	109	Raquel Santos	Individual	01:23:49	+53:17	08:23	
357	103	Liliana Silva	Individual	01:23:49	+53:17	08:23	



10 KM

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Official Timekeeper: Lap2Go	9 / 9	generate 12-jan.-2026 16:13
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10KM

10 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:00	13,9°C	78%
End	19:25	13.9°C	78%

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

1	401	Leticia Magalhães	VITÓRIA FUTEBOL CLUBE	Junior Feminino	40:30	04:03
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Junior Masculino

1	77	Guilherme Fernandes	Individual	Junior Masculino	35:11		03:31
2	357	Rodrigo Leitão	RIGOR ACTUAL	Junior Masculino	39:21	+04:10	03:56
3	356	Afonso Leitão	RIGOR ACTUAL	Junior Masculino	46:21	+11:09	04:38
4	79	Rodrigo Bravo de Oliveira	Individual	Junior Masculino	48:57	+13:45	04:54
5	80	Tomás Mesquita	Individual	Junior Masculino	50:06	+14:55	05:01
6	39	Gonçalo henriques	Corrida Nocturna de Setúbal	Junior Masculino	57:22	+22:11	05:44
7	76	Afonso Fernandes Ribeiro	Individual	Junior Masculino	01:02:39	+27:28	06:16
8	78	Luís Sobreira	Individual	Junior Masculino	01:02:39	+27:28	06:16

Senior Feminino

1	17	Margarida Mira Silva	Associação Cultural e Desportiva do Jardim da Serra	Senior Feminino	37:08	03:43
2	60	Ana Monteiro	GD Estreito	Senior Feminino	39:21	+02:12 03:56
3	387	Catarina borges	UCRD Praiense	Senior Feminino	48:23	+11:15 04:50
4	88	Andressa Andrade	Individual	Senior Feminino	49:12	+12:03 04:55
5	358	Catarina Serrinha	RIGOR ACTUAL	Senior Feminino	52:39	+15:30 05:16
6	97	Helena Isabel Viegas Banha dos Santos	Individual	Senior Feminino	55:09	+18:00 05:31
7	85	Ana Pasadas Bexiga	Individual	Senior Feminino	55:11	+18:02 05:31
8	90	Carolina Pedro Carlos	Individual	Senior Feminino	56:12	+19:03 05:37
9	82	Ana Diniz	Individual	Senior Feminino	56:28	+19:19 05:39
10	96	Fernanda Ribeiro Dos Santos	Individual	Senior Feminino	56:51	+19:42 05:41
11	364	Mariana Canhão	Setúbal Running Club	Senior Feminino	56:53	+19:44 05:41
12	84	Ana Maria Lopes Oliveira	Individual	Senior Feminino	58:05	+20:56 05:49
13	388	Mariana dos Santos	UCRD Praiense	Senior Feminino	58:48	+21:40 05:53
14	89	Carina Dias	Individual	Senior Feminino	59:01	+21:52 05:54
15	105	Maria Beatriz Pinela David	Individual	Senior Feminino	59:26	+22:17 05:57
16	106	Maria Cunha	Individual	Senior Feminino	59:42	+22:33 05:58
17	399	Madalena Antunes	Vietnamesss	Senior Feminino	01:00:01	+22:52 06:00
18	365	Raquel Cardoso	Setúbal Running Club	Senior Feminino	01:00:13	+23:04 06:01
19	95	Cristiana Fernandes	Individual	Senior Feminino	01:00:23	+23:14 06:02
20	93	Cláudia Dionísio	Individual	Senior Feminino	01:00:27	+23:18 06:03
21	83	Ana Margarida Batista Antunes	Individual	Senior Feminino	01:00:28	+23:19 06:03
22	366	Rita Almeida	Setúbal Running Club	Senior Feminino	01:00:33	+23:24 06:03

Official Timekeeper: Lap2Go	1 / 10	generate 12-jan.-2026 16:12
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OFFICIAL RESULT

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23	113	Telma Santos	Individual	Senior Feminino	01:01:30	+24:21	06:09
24	112	Sofia Santos	Individual	Senior Feminino	01:01:46	+24:38	06:11
25	86	Ana Raquel Marques Assenhas	Individual	Senior Feminino	01:03:31	+26:22	06:21
26	91	Catarina Almeida	Individual	Senior Feminino	01:05:28	+28:19	06:33
27	81	Ana Carolina dos Santos Augusto Costa Mira	Individual	Senior Feminino	01:05:30	+28:21	06:33
28	99	Inês Rodrigues	Individual	Senior Feminino	01:05:31	+28:22	06:33
29	362	Beatriz Amora	Setúbal Running Club	Senior Feminino	01:05:44	+28:35	06:34
30	107	Maria Joao Abreu de Miranda	Individual	Senior Feminino	01:06:16	+29:07	06:38
31	363	Joana Henriques	Setúbal Running Club	Senior Feminino	01:07:44	+30:35	06:46
32	110	Rute Eleuterio	Individual	Senior Feminino	01:09:25	+32:16	06:57
33	68	Rita Santos	Grupo Desportivo Os Amarelos	Senior Feminino	01:09:29	+32:20	06:57
34	94	Claudia Esteves	Individual	Senior Feminino	01:10:12	+33:03	07:01
35	92	Catarina Pires	Individual	Senior Feminino	01:10:44	+33:35	07:04
36	98	Inês Candeias	Individual	Senior Feminino	01:14:49	+37:40	07:29
37	111	Sofia Alexandra Conim Alves	Individual	Senior Feminino	01:23:03	+45:54	08:18
38	109	Raquel Santos	Individual	Senior Feminino	01:23:49	+46:40	08:23
39	103	Liliana Silva	Individual	Senior Feminino	01:23:49	+46:40	08:23
40	101	Laura Herrera	Individual	Senior Feminino	01:25:33	+48:24	08:33

Senior Masculino

1	390	Said Ameqrane	UCRD Praisense	Senior Masculino	30:50	03:05
2	61	Pedro Monteiro	GD Estreito	Senior Masculino	31:38	+00:47 03:10
3	67	VICTOR CERQUEIRA	GDRC Ponterrolense	Senior Masculino	32:34	+01:43 03:15
4	156	Miguel Malho	Individual	Senior Masculino	32:59	+02:09 03:18
5	33	Marco tavares	Clube Desportivo Recreativo Rebeirinho	Senior Masculino	33:25	+02:34 03:20
6	138	Ivo Cruz	Individual	Senior Masculino	35:23	+04:32 03:32
7	135	Gonalo Peixoto	Individual	Senior Masculino	35:44	+04:53 03:34
8	154	Marvin Scheulen	Individual	Senior Masculino	37:24	+06:33 03:44
9	177	Tom�s Gameiro	Individual	Senior Masculino	38:06	+07:15 03:49
10	159	Miguel Pedro	Individual	Senior Masculino	38:09	+07:18 03:49
11	146	Jo�o Rebelo	Individual	Senior Masculino	38:33	+07:43 03:51
12	142	Jo�o Carrajola	Individual	Senior Masculino	38:50	+07:59 03:53
13	164	Pedro Botelho	Individual	Senior Masculino	39:10	+08:19 03:55
14	402	Daniel Jos� Rodrigues Neves	VIT�RIA FUTEBOL CLUBE	Senior Masculino	39:49	+08:58 03:59
15	131	Filipe Madeira	Individual	Senior Masculino	40:32	+09:41 04:03
16	69	Miguel Moreno	Grupo Desportivo Os Amarelos	Senior Masculino	40:33	+09:42 04:03
17	6	Diogo Lobato	2800 Move	Senior Masculino	40:53	+10:02 04:05
18	353	Rodrigo Costa	Palmelense Futebol Clube	Senior Masculino	41:07	+10:16 04:07
19	126	Diogo Henrique Rodrigues Miranda Vieira Portas	Individual	Senior Masculino	41:07	+10:16 04:07
20	389	Jos� ferreira	UCRD Praisense	Senior Masculino	41:07	+10:16 04:07
21	359	Bruno Ferreira	RIGOR ACTUAL	Senior Masculino	42:41	+11:50 04:16
22	144	Jo�o Garcia	Individual	Senior Masculino	42:51	+12:00 04:17
23	168	Pedro Rodrigues	Individual	Senior Masculino	42:51	+12:00 04:17

Official Timekeeper: Lap2Go	2 / 10	generate 12-jan.-2026 16:12
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10KM

10 KM

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OFFICIAL RESULT

[illegible]

24	381	Caua Nunes	U.F.C.I COMERCIO E INDUSTRIA	Senior Masculino	43:10	+12:20	04:19
25	130	Fábio oliveira	Individual	Senior Masculino	44:11	+13:20	04:25
26	115	André Batista	Individual	Senior Masculino	44:40	+13:49	04:28
27	145	João Pedro Cruz	Individual	Senior Masculino	44:48	+13:57	04:29
28	118	Bruno Jota	Individual	Senior Masculino	44:53	+14:02	04:29
29	166	Pedro Fonseca	Individual	Senior Masculino	45:08	+14:18	04:31
30	367	António Joaquim	Setúbal Running Club	Senior Masculino	45:21	+14:30	04:32
31	170	Ricardo Jorge Barreiras Pontes	Individual	Senior Masculino	46:21	+15:30	04:38
32	133	Francisco Pardal	Individual	Senior Masculino	46:21	+15:30	04:38
33	125	Diogo Folião	Individual	Senior Masculino	47:11	+16:20	04:43
34	172	Tiago Dias	Individual	Senior Masculino	47:14	+16:23	04:43
35	160	Miguel Pratas	Individual	Senior Masculino	47:21	+16:30	04:44
36	173	TIAGO JOAO LOPES DOS SANTOS	Individual	Senior Masculino	47:23	+16:32	04:44
37	117	António Guerreiro	Individual	Senior Masculino	47:23	+16:32	04:44
38	149	Leonardo Nogueira	Individual	Senior Masculino	47:25	+16:34	04:45
39	161	Newton Santos	Individual	Senior Masculino	47:39	+16:48	04:46
40	169	Rafael Agostinho de Oliveira Narciso	Individual	Senior Masculino	47:51	+17:00	04:47
41	171	Sérgio de Oliveira Narciso	Individual	Senior Masculino	48:10	+17:19	04:49
42	147	João Silva	Individual	Senior Masculino	48:13	+17:22	04:49
43	158	Miguel Oliveira	Individual	Senior Masculino	48:42	+17:51	04:52
44	174	Tiago Miguel Martins Candeias	Individual	Senior Masculino	48:59	+18:08	04:54
45	153	Marcelo Almeida	Individual	Senior Masculino	49:44	+18:54	04:58
46	148	João Viana	Individual	Senior Masculino	49:51	+19:00	04:59
47	162	Nuno Rola	Individual	Senior Masculino	50:01	+19:10	05:00
48	128	Duarte Barata	Individual	Senior Masculino	50:03	+19:12	05:00
49	167	Pedro Lemos	Individual	Senior Masculino	50:08	+19:17	05:01
50	150	Leonardo vieira rodrigues	Individual	Senior Masculino	50:16	+19:25	05:02
51	46	Eduardo Silva	Coxosontheway	Senior Masculino	50:31	+19:40	05:03
52	178	Tomás Marques Martins	Individual	Senior Masculino	52:06	+21:15	05:13
53	152	Manuel Silva	Individual	Senior Masculino	52:18	+21:27	05:14
54	122	David Gonçalves	Individual	Senior Masculino	52:19	+21:29	05:14
55	13	Guilherme Parrulas	ADRA Azeda	Senior Masculino	52:21	+21:30	05:14
56	155	Miguel Gonçalves	Individual	Senior Masculino	52:51	+22:00	05:17
57	136	Guilherme Rabelo	Individual	Senior Masculino	53:50	+22:59	05:23
58	120	Daniel Pimenta de Sousa Duarte Casimiro	Individual	Senior Masculino	53:50	+22:59	05:23
59	165	Pedro Farinha	Individual	Senior Masculino	54:08	+23:17	05:25
60	62	Ricardo Farinha	GDC Portos de Sines e do Algarve	Senior Masculino	54:08	+23:17	05:25
61	151	Luís Miguel Ferreira José	Individual	Senior Masculino	54:20	+23:29	05:26
62	129	Duarte Graça	Individual	Senior Masculino	55:10	+24:19	05:31
63	47	Filipe Martins	Coxosontheway	Senior Masculino	55:10	+24:20	05:31
64	114	Alisson Ribeiro Gonçalves	Individual	Senior Masculino	55:19	+24:28	05:32
65	119	Carlos Santos	Individual	Senior Masculino	57:09	+26:18	05:43
66	132	Francisco Martins	Individual	Senior Masculino	57:35	+26:44	05:45
67	400	Francisco Covas	Vietnamesss	Senior Masculino	57:57	+27:06	05:48
68	368	Gonçalo Henriques	Setúbal Running Club	Senior Masculino	58:31	+27:40	05:51
69	116	André Monteiro	Individual	Senior Masculino	58:47	+27:57	05:53

Official Timekeeper: Lap2Go	3 / 10	generate 12-jan.-2026 16:12
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10KM

10 KM

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OFFICIAL RESULT

[illegible]

70	37	David Martins	Compinchas	Senior Masculino	59:08	+28:17	05:55
71	38	Diogo Soeiro	Compinchas	Senior Masculino	59:09	+28:18	05:55
72	127	Diogo Rosa	Individual	Senior Masculino	59:09	+28:18	05:55
73	134	Gonçalo chilrito	Individual	Senior Masculino	59:26	+28:35	05:57
74	123	David Miguel Ferro Tomás	Individual	Senior Masculino	59:58	+29:07	06:00
75	48	Tiago Batista	DREAM TEAM	Senior Masculino	01:00:40	+29:50	06:04
76	137	Heberton Santos	Individual	Senior Masculino	01:02:05	+31:14	06:13
77	163	Paulo Rosinha	Individual	Senior Masculino	01:04:01	+33:10	06:24
78	124	Diogo Brito	Individual	Senior Masculino	01:07:15	+36:24	06:44
79	143	João Catraio	Individual	Senior Masculino	01:08:29	+37:38	06:51
80	179	Tomás Silva	Individual	Senior Masculino	01:23:03	+52:12	08:18

Veterana F35

1	187	Joana Fonseca	Individual	Veterana F35	36:56		03:42
2	195	Tânia Carmo	Individual	Veterana F35	49:31	+12:35	04:57
3	183	Ana Rita Santos	Individual	Veterana F35	51:19	+14:22	05:08
4	190	Maria Laura Carvalho Pinheiro De Seixas Matos	Individual	Veterana F35	51:25	+14:29	05:08
5	369	Carolina Mascarenhas	Setúbal Running Club	Veterana F35	54:09	+17:12	05:25
6	186	Cheila Dias	Individual	Veterana F35	55:20	+18:23	05:32
7	185	Catarina Andrade Rodrigues	Individual	Veterana F35	56:45	+19:48	05:40
8	182	Ana Rita Aguiar	Individual	Veterana F35	01:00:11	+23:15	06:01
9	184	ANA SOFIA OLÍVIA CORREIA	Individual	Veterana F35	01:06:30	+29:33	06:39
10	181	Ana Leonor Almeida Santos e Sousa Loureiro	Individual	Veterana F35	01:07:20	+30:24	06:44
11	196	Vanessa Mateus	Individual	Veterana F35	01:08:41	+31:45	06:52
12	191	Natacha Joaquim	Individual	Veterana F35	01:12:51	+35:54	07:17
13	192	Nicia Crespo	Individual	Veterana F35	01:14:49	+37:53	07:29
14	194	Sharon Oliveira	Individual	Veterana F35	01:18:01	+41:05	07:48
15	193	Sara Contente	Individual	Veterana F35	01:19:43	+42:46	07:58

Veterana F40

1	22	Laura Grilo	Clube de Praças da Armada	Veterana F40	41:05	04:06
2	391	Carla pereira	UCRD Praiense	Veterana F40	47:08	+06:03 04:43
3	347	Sofia Farto	OCS - Arrábida Trail Team	Veterana F40	50:32	+09:26 05:03
4	200	Ângela Mendes	Individual	Veterana F40	53:07	+12:01 05:19
5	35	Filipa Calvário	Coelhinhos	Veterana F40	53:21	+12:16 05:20
6	198	Ana Luisa Silva	Individual	Veterana F40	53:46	+12:41 05:23
7	203	Eliana Silva	Individual	Veterana F40	54:56	+13:50 05:30
8	16	Mafalda Fortuna	Associação a minha corrida	Veterana F40	55:24	+14:19 05:32
9	207	LILIANA FILIPA PEREIRA DE ABREU	Individual	Veterana F40	57:36	+16:31 05:46
10	210	Rita botelho	Individual	Veterana F40	57:50	+16:44 05:47
11	209	Polyanne Ferreira Gonçalves	Individual	Veterana F40	58:11	+17:06 05:49
12	197	Ana Filipa Lázaro	Individual	Veterana F40	58:12	+17:06 05:49

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13	202	Cristina Martins	Individual	Veterana F40	01:00:12	+19:06	06:01
14	199	Ana Sales	Individual	Veterana F40	01:00:34	+19:29	06:03
15	208	Milene Bernardo	Individual	Veterana F40	01:02:39	+21:34	06:16
16	206	Inês Naires	Individual	Veterana F40	01:03:33	+22:28	06:21
17	370	Patricia Jesus	Setúbal Running Club	Veterana F40	01:05:51	+24:46	06:35
18	204	Elisa Mendonça	Individual	Veterana F40	01:05:51	+24:46	06:35
19	212	Telma Bentes	Individual	Veterana F40	01:11:04	+29:59	07:06
20	336	Sara Patrocinio	Lisbon South Bay Running Club	Veterana F40	01:16:00	+34:54	07:36
21	335	Ilda Jesus	Lisbon South Bay Running Club	Veterana F40	01:16:00	+34:55	07:36

Veterana F45

1	74	Helena Moreira	HeCaTEAM	Veterana F45	44:23		04:26
2	15	Andreia Pombo	Andreia Pombo	Veterana F45	52:11	+07:48	05:13
3	213	Andréa Rosa	Individual	Veterana F45	52:30	+08:07	05:15
4	216	Catarina Pereira	Individual	Veterana F45	54:11	+09:48	05:25
5	58	Carmen Henriques	G.D.R. São Francisco da Serra	Veterana F45	54:12	+09:49	05:25
6	371	Susana Isabel Couto	Setúbal Running Club	Veterana F45	55:11	+10:48	05:31
7	224	SANDRA ANICETO	Individual	Veterana F45	55:27	+11:04	05:33
8	40	Célia Anacleto	Corrida Nocturna de Setúbal	Veterana F45	55:57	+11:34	05:36
9	217	Diana da Rocha	Individual	Veterana F45	57:49	+13:26	05:47
10	225	Sara Mileu	Individual	Veterana F45	58:41	+14:18	05:52
11	226	Tatiana Santos	Individual	Veterana F45	59:02	+14:39	05:54
12	413	Goretti Correia	Individual	Veterana F45	59:46	+15:23	05:59
13	222	Oleksandra Câmara	Individual	Veterana F45	01:04:01	+19:38	06:24
14	41	Gina Santos	Corrida Nocturna de Setúbal	Veterana F45	01:06:04	+21:41	06:36
15	215	Ângela Sofia coelho pires Pinto	Individual	Veterana F45	01:06:27	+22:04	06:39
16	221	Mónica Isabel Boto da Cruz	Individual	Veterana F45	01:06:39	+22:16	06:40
17	59	Isabel Ferreira	G.D.R. São Francisco da Serra	Veterana F45	01:08:09	+23:46	06:49
18	220	Marisa Ricardo	Individual	Veterana F45	01:08:32	+24:09	06:51
19	14	Ana Carvalho	Andreia Pombo	Veterana F45	01:08:49	+24:26	06:53
20	223	Rute Rosario	Individual	Veterana F45	01:12:22	+27:59	07:14
21	337	Ligia Santos	Lisbon South Bay Running Club	Veterana F45	01:15:59	+31:36	07:36
22	53	Sónia Fernandes	EXPOSERVE Run Club	Veterana F45	01:18:10	+33:47	07:49

Veterana F50

1	403	Roberta Melo	VITÓRIA FUTEBOL CLUBE	Veterana F50	48:18		04:50
2	392	Goreti borges	UCRD Praiense	Veterana F50	48:23	+00:05	04:50
3	412	Sofia Pinheiro	Individual	Veterana F50	48:32	+00:14	04:51
4	42	FÁTIMA DIAS	Corrida Nocturna de Setúbal	Veterana F50	51:00	+02:42	05:06
5	393	Joana picarra	UCRD Praiense	Veterana F50	51:23	+03:04	05:08
6	229	Mónica Mendonça	Individual	Veterana F50	54:47	+06:29	05:29
7	227	Carla Ramalho	Individual	Veterana F50	58:46	+10:28	05:53
8	228	Luciane Kimura	Individual	Veterana F50	59:05	+10:47	05:54
9	24	Teresa Branco	Clube de Pracas da Armada	Veterana F50	01:02:14	+13:56	06:13

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10	230	Sandra Gomes	Individual	Veterana F50	01:04:37	+16:19	06:28
11	231	Vanda Lamúria	Individual	Veterana F50	01:07:08	+18:50	06:43
12	232	Vanda Sousa	Individual	Veterana F50	01:09:01	+20:42	06:54
13	372	Paula Nunes	Setúbal Running Club	Veterana F50	01:09:45	+21:27	06:58

Veterana F55

1	233	Maria Augusta	Individual	Veterana F55	57:32	05:45
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Veterana F60

1	404	Beatriz Cardadeiro	VITÓRIA FUTEBOL CLUBE	Veterana F60	59:57	06:00
2	394	Helena borges	UCRD Praisense	Veterana F60	01:01:39	+01:42 06:10
3	9	Maria Teresa Marques	AA Lebres do Sado	Veterana F60	01:04:54	+04:57 06:29

Veterano M35

1	383	Nuno Lopes	U.F.C.I COMERCIO E INDUSTRIA	Veterano M35	30:32	03:03
2	382	Bruno Santos	U.F.C.I COMERCIO E INDUSTRIA	Veterano M35	31:02	+00:30 03:06
3	19	André Filipe Rodrigues Luna Costa	Casa do Benfica de Reguengos de Monsaraz	Veterano M35	32:11	+01:39 03:13
4	248	João Costa	Individual	Veterano M35	36:50	+06:17 03:41
5	262	Ricardo da Costa Figueiredo	Individual	Veterano M35	40:04	+09:31 04:00
6	380	Filipe Graça	Team El Comandante	Veterano M35	40:32	+10:00 04:03
7	245	Flávio Costa	Individual	Veterano M35	40:43	+10:10 04:04
8	25	Tiago Encarnação	Clube de Praças da Armada	Veterano M35	41:04	+10:32 04:06
9	254	Jorge Duarte	Individual	Veterano M35	41:26	+10:54 04:09
10	250	João Polido	Individual	Veterano M35	42:48	+12:15 04:17
11	246	Gonçalo Martins	Individual	Veterano M35	44:43	+14:11 04:28
12	236	Cláudio Rodrigues Tavares	Individual	Veterano M35	44:44	+14:12 04:28
13	251	Joao Santos	Individual	Veterano M35	46:45	+16:12 04:40
14	239	Dário Lourenço	Individual	Veterano M35	46:50	+16:17 04:41
15	247	Ionut Diacu	Individual	Veterano M35	47:10	+16:38 04:43
16	332	João Peralta	Jornal Mapa	Veterano M35	47:19	+16:47 04:44
17	253	João Silva	Individual	Veterano M35	47:36	+17:03 04:46
18	243	Fábio Veríssimo	Individual	Veterano M35	48:01	+17:28 04:48
19	255	Jorge Polido	Individual	Veterano M35	48:16	+17:44 04:50
20	240	Dário Nobre	Individual	Veterano M35	48:58	+18:26 04:54
21	265	Vasco Olaio	Individual	Veterano M35	50:50	+20:18 05:05
22	63	Marcos Lima	GDC Portos de Sines e do Algarve	Veterano M35	51:50	+21:17 05:11
23	241	David Pereira	Individual	Veterano M35	51:57	+21:24 05:12
24	331	João Frade Garrinhas	Jornal Mapa	Veterano M35	52:51	+22:19 05:17
25	249	João Fernandes	Individual	Veterano M35	53:12	+22:39 05:19
26	264	Telmo Clemente	Individual	Veterano M35	53:25	+22:52 05:20
27	257	Luís Capitulo	Individual	Veterano M35	53:25	+22:53 05:21

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28	256	José Duque	Individual	Veterano M35	54:09	+23:36	05:25
29	263	Rúben Bonito	Individual	Veterano M35	55:06	+24:34	05:31
30	238	Daniel Escudeiro Abrantes	Individual	Veterano M35	57:52	+27:20	05:47
31	242	Eduardo Knopfli	Individual	Veterano M35	57:53	+27:20	05:47
32	258	Luís Narciso	Individual	Veterano M35	59:44	+29:12	05:58
33	373	Diogo Bispo	Setúbal Running Club	Veterano M35	59:54	+29:21	05:59
34	374	João Correia	Setúbal Running Club	Veterano M35	01:00:34	+30:02	06:03
35	51	Luís Trindade	E se corre bem?	Veterano M35	01:01:22	+30:49	06:08
36	49	Flávio Rocha	E se corre bem?	Veterano M35	01:01:22	+30:50	06:08
37	235	Carlos Manuel Domingos Lucas	Individual	Veterano M35	01:03:09	+32:37	06:19
38	52	Marcelo Mota	E se corre bem?	Veterano M35	01:03:47	+33:14	06:23
39	50	Frederico Reis	E se corre bem?	Veterano M35	01:03:47	+33:15	06:23
40	261	Rafael Martins Ribeiro	Individual	Veterano M35	01:05:22	+34:50	06:32
41	237	Daniel dos Reis Nunes	Individual	Veterano M35	01:10:06	+39:33	07:01

Veterano M40

1	26	Ricardo Jordão	Clube de Praças da Armada	Veterano M40	35:48		03:35
2	406	Filipe Correia	VITÓRIA FUTEBOL CLUBE	Veterano M40	36:01	+00:13	03:36
3	18	Rui Oliveira	Bando dos Tolos	Veterano M40	36:53	+01:05	03:41
4	271	Fernando Francisco	Individual	Veterano M40	37:44	+01:56	03:46
5	384	Pedro Fernandes	U.F.C.I COMERCIO E INDUSTRIA	Veterano M40	40:00	+04:12	04:00
6	396	Ricardo alves	UCRD Praiense	Veterano M40	41:16	+05:28	04:08
7	283	Rui Manuel Dias Maltez	Individual	Veterano M40	42:51	+07:02	04:17
8	277	Miguel Albon	Individual	Veterano M40	44:14	+08:26	04:25
9	375	Luís dos Santos Vansconcelos de Jesus Malaia	Setúbal Running Club	Veterano M40	44:20	+08:32	04:26
10	348	Alexandre Martins	OCS - Arrábida Trail Team	Veterano M40	45:37	+09:49	04:34
11	282	Ruben Pereira	Individual	Veterano M40	45:43	+09:55	04:34
12	279	Nuno Martins	Individual	Veterano M40	46:28	+10:40	04:39
13	405	Bruno Vicente	VITÓRIA FUTEBOL CLUBE	Veterano M40	46:39	+10:51	04:40
14	276	Luis Marques	Individual	Veterano M40	47:07	+11:19	04:43
15	340	Nuno Domingues	Lobitos	Veterano M40	47:09	+11:21	04:43
16	281	Pedro Oliveira	Individual	Veterano M40	47:57	+12:09	04:48
17	65	Pedro Miguel	GDC Portos de Sines e do Algarve	Veterano M40	48:03	+12:15	04:48
18	286	Tiago Crespo	Individual	Veterano M40	48:38	+12:50	04:52
19	275	Lúcio Português	Individual	Veterano M40	50:11	+14:23	05:01
20	411	Diogo Rodrigues	Individual	Veterano M40	51:01	+15:13	05:06
21	273	Joao Filipe Silva Cortegano	Individual	Veterano M40	51:24	+15:36	05:08
22	266	Bonifacio Manjate	Individual	Veterano M40	52:51	+17:03	05:17
23	272	Hugo Reis	Individual	Veterano M40	53:42	+17:54	05:22
24	64	Filipe Silvestre	GDC Portos de Sines e do Algarve	Veterano M40	56:14	+20:25	05:37
25	407	João Lázaro	VITÓRIA FUTEBOL CLUBE	Veterano M40	58:12	+22:24	05:49
26	395	André valente	UCRD Praiense	Veterano M40	58:48	+23:00	05:53
27	280	Pedro Araujo	Individual	Veterano M40	58:52	+23:04	05:53
28	270	Feliciano Botas	Individual	Veterano M40	58:58	+23:10	05:54

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29	349	Marco Pinto	OCS - Arrábida Trail Team	Veterano M40	01:00:12	+24:24	06:01
30	274	João Tiago Silva	Individual	Veterano M40	01:00:20	+24:32	06:02
31	268	Bruno Sobral	Individual	Veterano M40	01:03:19	+27:31	06:20

Veterano M45

1	385	Paulo Torres	U.F.C.I COMERCIO E INDUSTRIA	Veterano M45	36:12	03:37
2	300	José Augusto Sobral Gomes	Individual	Veterano M45	36:38	+00:26 03:40
3	305	Pedro Loureiro	Individual	Veterano M45	37:09	+00:57 03:43
4	307	Rui Santos	Individual	Veterano M45	37:12	+01:00 03:43
5	75	Nuno Silva	HeCaTEAM	Veterano M45	37:33	+01:21 03:45
6	289	Bruno Ganchinho	Individual	Veterano M45	38:39	+02:27 03:52
7	397	Nuno Reis	UCRD Praiense	Veterano M45	41:08	+04:56 04:07
8	20	Luís Manuel Dias	Centro Ciclista Azeitonense	Veterano M45	42:32	+06:20 04:15
9	298	Jorge Romão	Individual	Veterano M45	43:27	+07:15 04:21
10	302	Paulo Algrvio	Individual	Veterano M45	44:16	+08:04 04:26
11	303	Pedro Borregana	Individual	Veterano M45	45:04	+08:52 04:30
12	378	Hugo Lopes	SRBBV	Veterano M45	45:24	+09:12 04:32
13	342	Jorge Rosa	Marretas d'Arrábida	Veterano M45	46:07	+09:55 04:37
14	54	Paulo Machado	EXPOSERVE Run Club	Veterano M45	46:10	+09:58 04:37
15	334	Pedro Ramos	Lebres Vermelhas	Veterano M45	47:39	+11:26 04:46
16	361	Ricardo Leitão	RIGOR ACTUAL	Veterano M45	47:42	+11:30 04:46
17	350	Nuno Abílio	OCS - Arrábida Trail Team	Veterano M45	48:06	+11:54 04:49
18	343	José Manuel Ribeiro Ruaz	Marretas d'Arrábida	Veterano M45	48:09	+11:57 04:49
19	341	Bruno Alexandre Ferreira Ramos	Marretas d'Arrábida	Veterano M45	48:09	+11:57 04:49
20	301	Nuno Alves	Individual	Veterano M45	48:19	+12:07 04:50
21	288	António Lopes	Individual	Veterano M45	48:29	+12:17 04:51
22	306	Ricardo Nuno Palma Emídio	Individual	Veterano M45	49:28	+13:16 04:57
23	355	João Fernandes	Pinhal Novo a Correr	Veterano M45	50:06	+13:54 05:01
24	354	Carlos S. Oliveira	Pinhal Novo a Correr	Veterano M45	50:06	+13:54 05:01
25	294	João Brito	Individual	Veterano M45	51:21	+15:09 05:08
26	299	Jorge Vicente	Individual	Veterano M45	51:51	+15:39 05:11
27	291	Carlos Iudovino	Individual	Veterano M45	53:44	+17:32 05:22
28	304	Pedro José Cardoso da Rocha	Individual	Veterano M45	55:47	+19:35 05:35
29	36	João Coelho	Coelhinhos	Veterano M45	57:23	+21:11 05:44
30	295	João Crespo	Individual	Veterano M45	57:37	+21:25 05:46
31	56	Rui Amador	EXPOSERVE Run Club	Veterano M45	58:08	+21:56 05:49
32	70	Fabio Silva	Grupo Desportivo Os Amarelos	Veterano M45	58:11	+21:59 05:49
33	34	Mário Santana	Clube EDP - Lisboa	Veterano M45	58:55	+22:42 05:53
34	55	Ricardo André	EXPOSERVE Run Club	Veterano M45	59:49	+23:36 05:59
35	297	Jorge Miguel Neves Reis	Individual	Veterano M45	01:00:54	+24:42 06:05
36	290	Bruno Rodrigues	Individual	Veterano M45	01:02:46	+26:34 06:17
37	360	Juan Carlos Bautista Ballén	RIGOR ACTUAL	Veterano M45	01:04:31	+28:19 06:27
38	376	Nuno Teixeira	Setúbal Running Club	Veterano M45	01:05:51	+29:39 06:35
39	27	luis conceição	Clube de Praças da Armada	Veterano M45	01:07:10	+30:58 06:43
40	292	Frederico Batista	Individual	Veterano M45	01:12:04	+35:52 07:12

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41	309	Valter Oliveira	Individual	Veterano M45	01:18:01	+41:49	07:48
42	339	Pedro Silva	Lisbon South Bay Running Club	Veterano M45	01:19:22	+43:10	07:56

Veterano M50

1	386	Artur Santiago	U.F.C.I COMERCIO E INDUSTRIA	Veterano M50	36:48	03:41
2	351	Manuel silva	OCS - Arrábida Trail Team	Veterano M50	43:09	+06:20 04:19
3	316	Manuel Martins	Individual	Veterano M50	43:21	+06:32 04:20
4	310	Fernando Alves	Individual	Veterano M50	43:49	+07:01 04:23
5	66	Gonçalo Santos	GDC Portos de Sines e do Algarve	Veterano M50	44:58	+08:09 04:30
6	312	Jorge Azevedo	Individual	Veterano M50	45:01	+08:12 04:30
7	319	Samuel Raposo	Individual	Veterano M50	46:17	+09:28 04:38
8	71	Angelo Mendes	Grupo Desportivo Os Amarelos	Veterano M50	46:21	+09:32 04:38
9	315	Luis Carvalho	Individual	Veterano M50	46:40	+09:51 04:40
10	72	Pedro Correia	Grupo Desportivo Os Amarelos	Veterano M50	49:07	+12:18 04:55
11	43	Bruno Silva	Corrida Nocturna de Setúbal	Veterano M50	52:11	+15:22 05:13
12	320	Sérgio Reisinho	Individual	Veterano M50	53:32	+16:43 05:21
13	318	Rui Brites	Setúbal Running Club	Veterano M50	54:12	+17:23 05:25
14	317	Paulo Mendonça	Individual	Veterano M50	54:47	+17:58 05:29
15	57	João Pité	EXPOSERVE Run Club	Veterano M50	55:27	+18:39 05:33
16	398	Domingos gato	UCRD Praiense	Veterano M50	55:51	+19:02 05:35
17	313	Jorge Miranda	Individual	Veterano M50	01:00:20	+23:31 06:02

Veterano M55

1	408	Hernani Francisco	VITÓRIA FUTEBOL CLUBE	Veterano M55	40:14	04:01
2	321	Carlos Alberto Alves Lima	Individual	Veterano M55	43:07	+02:52 04:19
3	323	Jorge Dinis	Individual	Veterano M55	44:41	+04:26 04:28
4	345	António Francisco Bastos Pires	NRD IDOLOS DA PRAÇA	Veterano M55	47:17	+07:02 04:44
5	333	ANTÓNIO ALVES	JOULES	Veterano M55	50:01	+09:47 05:00
6	324	Jose Manuel Vestear dos Santos	Individual	Veterano M55	50:45	+10:30 05:04
7	379	Hélder Constantino	Tálenos Team	Veterano M55	53:15	+13:00 05:19
8	325	Luís Natal Pires	Individual	Veterano M55	53:31	+13:16 05:21
9	326	Paulo Pires	Individual	Veterano M55	01:10:44	+30:30 07:04

Veterano M60

1	409	Luis Manuel Trigo	VITÓRIA FUTEBOL CLUBE	Veterano M60	40:21		04:02
2	29	António Branco	Clube de Praças da Armada	Veterano M60	44:32	+04:11	04:27
3	327	Gilles Abalea	Individual	Veterano M60	45:23	+05:01	04:32
4	73	Vasco Agostinho	Grupo Desportivo Os Amarelos	Veterano M60	45:53	+05:32	04:35
5	30	Fernando Santos	Clube de Praças da Armada	Veterano M60	50:07	+09:45	05:01
6	346	João Santos	NRD IDOLOS DA PRAÇA	Veterano M60	52:32	+12:10	05:15
7	329	Paulo Dias	Individual	Veterano M60	55:04	+14:43	05:30

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OFFICIAL RESULT

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Veterano M65

1	31	Alvaro Coelho	Clube de Praças da Armada	Veterano M65	48:21	04:50
2	7	Américo Santos	A Natureza Ensina	Veterano M65	48:32	+00:11 04:51
3	32	Fernando Sousa	Clube de Praças da Armada	Veterano M65	53:41	+05:19 05:22
4	11	Manuel Pardal	AA Lebres do Sado	Veterano M65	56:06	+07:44 05:37
5	414	Manuel Jacinto	Clube de Praças da Armada	Veterano M65	59:58	+11:37 06:00
6	12	Manuel Prates	AA Lebres do Sado	Veterano M65	01:08:41	+20:19 06:52

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 10-jan.-2026 19:14
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[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	UCRD PRAIENSE	7 + 9 + 10	26
2	VITÓRIA FUTEBOL CLUBE	4 + 8 + 58	70
3	SETÚBAL RUNNING CLUB	25 + 31 + 41	97
4	CORRIDA NOCTURNA DE SETÚBAL	15 + 36 + 84	135