Trilho das Lampas
São João das Lampas
09-maio-2026

20KM - STAGE 1

20 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	17:00	14,9ºC	87%
End	20:50	14,9ºC	87%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	110	Bruno Sousa	CPA CHESMAS	01:40:47		05:02	
2	118	João Ginja	Individual	01:42:18	+01:31	05:07	
3	54	andre alves	Individual	01:42:25	+01:38	05:07	
4	19	Nelson DIogo	Individual	01:44:31	+03:44	05:14	
5	53	João Guterres	1º Dezembro Queijas	01:47:42	+06:55	05:23	
6	126	Cláudio Canavilhas	2600TR	01:47:55	+07:08	05:24	
7	85	Fábio Zuada	2600TR	01:48:17	+07:30	05:25	
8	104	Diogo Rolo Pereira	Individual	01:48:25	+07:38	05:25	
9	158	Luís Valério	MSTT	01:49:55	+09:08	05:30	
10	131	Martim Silva	MSTT	01:52:10	+11:23	05:37	
11	142	David Soares	2600TR	01:52:48	+12:01	05:38	
12	111	Gustavo Andrade do Nascimento	XTEAM	01:57:00	+16:13	05:51	
13	144	Jorge Carvalho	Individual	01:57:01	+16:14	05:51	
14	84	Adolfo Leal	G. D. São Domingos	01:57:02	+16:15	05:51	
15	14	Sérgio Baptista	Individual	01:58:28	+17:41	05:55	
16	33	Ricardo Pinto	Grupo Desportivo e Recreativo da Reboleira	01:59:05	+18:18	05:57	
17	138	Paulo Mateus	Individual	01:59:12	+18:25	05:58	
18	101	João Carlos Rocha Soares	Individual	01:59:45	+18:58	05:59	
19	73	Nélio Barreiro	Amigos do Atletismo de Mafra	02:00:21	+19:34	06:01	
20	7	Bernardo Borbinha	CPA CHESMAS	02:00:43	+19:56	06:02	
21	130	David Nicholas	Individual	02:01:05	+20:18	06:03	
22	41	Pedro Barros	Individual	02:01:07	+20:20	06:03	
23	11	Francisco Ramos	clube tap portugal	02:01:16	+20:29	06:04	
24	48	Carlos Gonçalves	Monsanting GMCJamor	02:02:03	+21:16	06:06	
25	8	Pedro Vicente	2600TR	02:02:11	+21:24	06:07	
26	77	João Neto	2600TR	02:02:41	+21:54	06:08	
27	116	João casinhas	CPA CHESMAS	02:02:57	+22:10	06:09	
28	83	Arlindo Paixão	G. D. São Domingos	02:04:06	+23:19	06:12	
29	95	Bruno Campos	Individual	02:04:20	+23:33	06:13	
30	57	Nuno Gomes	Trail dos Calhaus	02:05:40	+24:53	06:17	
31	18	Gijs-Jan Groeneveld	Individual	02:06:22	+25:35	06:19	
32	152	Raisa Kolevatova	Individual	02:06:43	+25:56	06:20	
33	87	Angelo Luis	Individual	02:07:01	+26:14	06:21	
34	39	Paulo Póvoa	Individual	02:07:27	+26:40	06:22	
35	148	Manuel Moreira	FICALHO DC-CLUBE DOS TRILHOS	02:07:33	+26:46	06:23	
36	163	Pedro Franco	Individual	02:08:03	+27:16	06:24	
37	63	Pedro Francisco	MSTT	02:08:35	+27:48	06:26	
38	124	Rodrigo Brás	Individual	02:08:43	+27:56	06:26	
39	42	Paulo Tomás	Monsanting GMCJamor	02:10:10	+29:23	06:31	
40	74	João Gomes Cardoso	CCDSINTRENSE	02:11:16	+30:29	06:34	
41	107	nelson ribeiro	Individual	02:11:19	+30:32	06:34	
42	6	Luisa Palminhas	CPA CHESMAS	02:11:23	+30:36	06:34	

20KM - STAGE 1

20 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	76	António Sales Henriques	Individual	02:11:48	+31:01	06:35	
44	37	PEDRO PINTO	Chamusca Trail	02:11:53	+31:06	06:36	
45	22	Dan Balsemão	Individual	02:12:51	+32:04	06:39	
46	12	Dina Ferreira	clube tap portugal	02:15:39	+34:52	06:47	
47	132	Pedro Quinto	Individual	02:16:10	+35:23	06:49	
48	134	Paulo silva	Individual	02:16:27	+35:40	06:49	
49	100	Tiago Pinto	My Little Poney	02:16:33	+35:46	06:50	
50	128	César Bermúdez	clube tap portugal	02:18:55	+38:08	06:57	
51	141	Diogo Leite	Individual	02:19:19	+38:32	06:58	
52	164	Everlyn Pinilla	Individual	02:21:17	+40:30	07:04	
53	155	Gonçalo Valente Guerreiro	Individual	02:22:28	+41:41	07:07	
54	67	Hugo Miguel	Individual	02:22:40	+41:53	07:08	
55	31	Helder Rosário	Grcd Leião-Cobras Trailistas	02:23:24	+42:37	07:10	
56	162	Jorge Prazeres	Individual	02:23:44	+42:57	07:11	
57	99	David Brás	MSTT	02:23:50	+43:03	07:12	
58	46	Júlio Paulo	MSTT	02:23:55	+43:08	07:12	
59	108	Álvaro Santos	Os Galgos Audazes	02:23:56	+43:09	07:12	
60	34	António Luís Tavares Teixeira Ferreira	Individual	02:24:04	+43:17	07:12	
61	86	Tiago Ramos	Individual	02:24:50	+44:03	07:14	
62	113	Afonso Mil-Homens	Individual	02:25:44	+44:57	07:17	
63	147	Edgar Filipe Martins Pereira	Individual	02:26:12	+45:25	07:19	
64	59	Patrícia Soares	MSTT	02:26:48	+46:01	07:20	
65	90	João Pereira	CORRER LISBOA	02:27:05	+46:18	07:21	
66	38	Pedro Luis	STRENDURE Running Team	02:27:15	+46:28	07:22	
67	114	Tiago Tiago Santos	Be healthy running	02:27:53	+47:06	07:24	
68	93	Joaquim Branquinho	Seixal Natura Sports	02:28:10	+47:23	07:24	
69	94	João Pereira	Individual	02:28:57	+48:10	07:27	
70	109	Tiago Garcia	Individual	02:29:02	+48:15	07:27	
71	2	Nelson Marques	Monsanting GMCJamo	02:29:23	+48:36	07:28	
72	91	Paulo Henrique Costa	Individual	02:29:28	+48:41	07:28	
73	96	José Tomás	Trail4U	02:30:35	+49:48	07:32	
74	17	Pedro Almeida	Individual	02:30:56	+50:09	07:33	
75	129	José Manuel Costa Alves	Individual	02:31:21	+50:34	07:34	
76	146	Hélder Silva	Já te venho buscar	02:31:56	+51:09	07:36	
77	133	Valter Fontão	Individual	02:31:56	+51:09	07:36	
78	154	Tiago Henriques	Individual	02:31:56	+51:09	07:36	
79	20	Mario Marcelino	Individual	02:32:04	+51:17	07:36	
80	88	Nuno Bogalheiro	Individual	02:32:10	+51:23	07:36	
81	120	António Guerreiro	Individual	02:32:10	+51:23	07:37	
82	60	Tobias De Pellegrin	Individual	02:32:39	+51:52	07:38	
83	61	Alexis Leveratto	Individual	02:32:39	+51:52	07:38	
84	26	Luís Miguel Nogueira	Grcd Leião-Cobras Trailistas	02:32:52	+52:05	07:39	
85	30	Luis Miguel Martinho	Individual	02:33:26	+52:39	07:40	
86	47	José Relvas	Individual	02:33:35	+52:48	07:41	
87	139	André Batista	MSTT	02:35:01	+54:14	07:45	

20KM - STAGE 1

20 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	65	Eva Silva	Individual	02:36:39	+55:52	07:50	
89	15	Filipe Veigas	Individual	02:36:41	+55:54	07:50	
90	1	Sérgio Pedro	Individual	02:37:48	+57:01	07:53	
91	151	MARIIA KHOZIAIENKO	Monsanting GMCJamor	02:37:56	+57:09	07:54	
92	115	Alexandre Jardim	R4F	02:38:22	+57:35	07:55	
93	156	Antonio Caetano	Individual	02:39:33	+58:46	07:59	
94	70	Filipe Drade	Individual	02:39:44	+58:57	07:59	
95	140	Nuno Nunes	Amigos do Atletismo de Mafra	02:39:47	+59:00	07:59	
96	49	Hugo Guerreiro	Clube TAP	02:40:23	+59:36	08:01	
97	51	NUNO SALGADO	Individual	02:41:14	+01:00:27	08:04	
98	106	Hugo Martins	Individual	02:42:11	+01:01:24	08:07	
99	119	Ricardo Nobre	FIDELIDADE GDC	02:43:37	+01:02:50	08:11	
100	45	José Barroco	Individual	02:48:01	+01:07:14	08:24	
101	29	SONIA SARAMAGO	Individual	02:48:08	+01:07:21	08:24	
102	103	Sara Camões	Individual	02:48:36	+01:07:49	08:26	
103	102	André Rebelo da Silva Fialho	Individual	02:48:37	+01:07:50	08:26	
104	66	Daniel Cunha	2600TR	02:49:17	+01:08:30	08:28	
105	24	José Carlos Honorato Junior	Individual	02:50:37	+01:09:50	08:32	
106	135	Joel papu	Individual	02:51:10	+01:10:23	08:34	
107	750	Carlos G Marques	Monsanting GMCJamor	02:51:26	+01:10:39	08:34	
108	123	Pedro Tavares	Individual	02:51:30	+01:10:43	08:35	
109	97	Gustavo Vinha	Individual	02:52:39	+01:11:52	08:38	
110	72	Tânia Mota	Amigos do Atletismo de Mafra	02:53:12	+01:12:25	08:40	
111	79	JOSÉ PEDRO PEREIRA	Individual	02:56:26	+01:15:39	08:49	
112	80	CLAUDIO MIGUEL DA COSTA TEODORO TIMOTEO	Individual	02:56:27	+01:15:40	08:49	
113	52	Carlos Jesus	Individual	02:56:44	+01:15:57	08:50	
114	92	Cátia Santos	Seixal Natura Sports	02:57:28	+01:16:41	08:52	
115	143	Andreia Ferreira	2600TR	02:59:21	+01:18:34	08:58	
116	68	Carlos Rangel	Individual	03:00:18	+01:19:31	09:01	
117	105	Ana Martins	Individual	03:01:15	+01:20:28	09:04	
118	13	Maria João Anastácio Alves	SUC Colarense	03:02:47	+01:22:00	09:08	
119	161	Bruno David da Silva Costa	Monsanting GMCJamor	03:03:02	+01:22:15	09:09	
120	56	Maria Luísa Alberto	Monsanting GMCJamor	03:04:31	+01:23:44	09:14	
121	58	Vitor Lourenço	MSTT	03:06:04	+01:25:17	09:18	
122	28	Rogério Mordido Venâncio	Individual	03:10:42	+01:29:55	09:32	
123	157	Jorge Humberto Nunes Pereira	MSTT	03:11:35	+01:30:48	09:35	
124	4	ANA PEREIRA	Individual	03:11:48	+01:31:01	09:35	
125	69	Maria da Luz da Cruz Conchinha	Individual	03:11:48	+01:31:01	09:35	
126	62	Lurdes palmeiro	MSTT	03:14:39	+01:33:52	09:44	
127	35	RUI MANUEL NUNES MENA	Clube BBVA Portugal	03:16:12	+01:35:25	09:49	
128	36	HUGO CARLOS MIRANDA BELO	Clube BBVA Portugal	03:16:12	+01:35:25	09:49	
129	40	Nuno Manuel Cristino Afonso	Individual	03:16:12	+01:35:25	09:49	
130	122	Rita Noritake	Individual	03:18:42	+01:37:55	09:56	
131	121	Marcos Noritake	Individual	03:18:42	+01:37:55	09:56	
132	44	Sonia Fernandes	Monsanting GMCJamor	03:21:53	+01:41:06	10:06	

20KM - STAGE 1

20 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	145	Jaime Abreu	Monsanting GMCJamor	03:21:53	+01:41:06	10:06	
134	125	Paulo Gonçalves	Monsanting GMCJamor	03:21:53	+01:41:06	10:06	
135	78	Eduardo Pinto	Clube TAP	03:22:21	+01:41:34	10:07	
136	3	Sónia Castro	Individual	03:33:23	+01:52:36	10:40	
137	5	HUGO LAMPREIA	Individual	03:47:56	+02:07:09	11:24	
138	150	Marta Rita Jacinto	Individual	03:49:48	+02:09:01	11:29	
139	153	Bruno Sousa	Individual	03:49:48	+02:09:01	11:29	
140	71	Nelson António Carlos Mota	Individual	03:49:51	+02:09:04	11:30	

Trilho das Lampas
São João das Lampas
09-maio-2026

20KM **20 KM**

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	17:00	14,9ºC	87%
End	20:50	14,9ºC	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM

Senior Feminino

1	152	Raisa Kolevatova	Individual	Senior Feminino	02:06:43		06:20
2	164	Everlyn Pinilla	Individual	Senior Feminino	02:21:17	+14:33	07:04
3	59	Patrícia Soares	MSTT	Senior Feminino	02:26:48	+20:05	07:20
4	72	Tânia Mota	Amigos do Atletismo de Mafra	Senior Feminino	02:53:12	+46:28	08:40
5	143	Andreia Ferreira	2600TR	Senior Feminino	02:59:21	+52:37	08:58
6	122	Rita Noritake	Individual	Senior Feminino	03:18:42	+01:11:58	09:56

Senior Masculino

1	85	Fábio Zuada	2600TR	Senior Masculino	01:48:17		05:25
2	158	Luís Valério	MSTT	Senior Masculino	01:49:55	+01:37	05:30
3	111	Gustavo Andrade do Nascimento	XTEAM	Senior Masculino	01:57:00	+08:43	05:51
4	14	Sérgio Baptista	Individual	Senior Masculino	01:58:28	+10:11	05:55
5	101	João Carlos Rocha Soares	Individual	Senior Masculino	01:59:45	+11:28	05:59
6	7	Bernardo Borbinha	CPA CHESMAS	Senior Masculino	02:00:43	+12:25	06:02
7	130	David Nicholas	Individual	Senior Masculino	02:01:05	+12:47	06:03
8	41	Pedro Barros	Individual	Senior Masculino	02:01:07	+12:49	06:03
9	77	João Neto	2600TR	Senior Masculino	02:02:41	+14:23	06:08
10	18	Gijs-Jan Groeneveld	Individual	Senior Masculino	02:06:22	+18:04	06:19
11	63	Pedro Francisco	MSTT	Senior Masculino	02:08:35	+20:17	06:26
12	124	Rodrigo Brás	Individual	Senior Masculino	02:08:43	+20:25	06:26
13	155	Gonçalo Valente Guerreiro	Individual	Senior Masculino	02:22:28	+34:10	07:07
14	99	David Brás	MSTT	Senior Masculino	02:23:50	+35:32	07:12
15	46	Júlio Paulo	MSTT	Senior Masculino	02:23:55	+35:37	07:12
16	147	Edgar Filipe Martins Pereira	Individual	Senior Masculino	02:26:12	+37:54	07:19
17	109	Tiago Garcia	Individual	Senior Masculino	02:29:02	+40:44	07:27
18	154	Tiago Henriques	Individual	Senior Masculino	02:31:56	+43:39	07:36
19	60	Tobias De Pellegrin	Individual	Senior Masculino	02:32:39	+44:21	07:38
20	61	Alexis Leveratto	Individual	Senior Masculino	02:32:39	+44:21	07:38
21	139	André Batista	MSTT	Senior Masculino	02:35:01	+46:43	07:45
22	66	Daniel Cunha	2600TR	Senior Masculino	02:49:17	+01:00:59	08:28
23	24	José Carlos Honorato Junior	Individual	Senior Masculino	02:50:37	+01:02:19	08:32
24	79	JOSÉ PEDRO PEREIRA	Individual	Senior Masculino	02:56:26	+01:08:08	08:49

Sub 23 Feminino

1	65	Eva Silva	Individual	Sub 23 Feminino	02:36:39		07:50

Sub 23 Masculino

1	104	Diogo Rolo Pereira	Individual	Sub 23 Masculino	01:48:25		05:25
2	131	Martim Silva	MSTT	Sub 23 Masculino	01:52:10	+03:44	05:37
3	113	Afonso Mil-Homens	Individual	Sub 23 Masculino	02:25:44	+37:18	07:17

Veterana F40

1	151	MARIIA KHOZIAIENKO	Monsanting GMCJamor	Veterana F40	02:37:56		07:54

Veterana F45

1	12	Dina Ferreira	clube tap portugal	Veterana F45	02:15:39		06:47
2	103	Sara Camões	Individual	Veterana F45	02:48:36	+32:57	08:26
3	92	Cátia Santos	Seixal Natura Sports	Veterana F45	02:57:28	+41:49	08:52
4	44	Sonia Fernandes	Monsanting GMCJamor	Veterana F45	03:21:53	+01:06:13	10:06
5	150	Marta Rita Jacinto	Individual	Veterana F45	03:49:48	+01:34:09	11:29

Veterana F50

1	29	SONIA SARAMAGO	Individual	Veterana F50	02:48:08		08:24
2	105	Ana Martins	Individual	Veterana F50	03:01:15	+13:06	09:04
3	13	Maria João Anastácio Alves	SUC Colarense	Veterana F50	03:02:47	+14:38	09:08

Veterana F55

1	6	Luisa Palminhas	CPA CHESMAS	Veterana F55	02:11:23		06:34
2	4	ANA PEREIRA	Individual	Veterana F55	03:11:48	+01:00:24	09:35
3	62	Lurdes palmeiro	MSTT	Veterana F55	03:14:39	+01:03:15	09:44
4	3	Sónia Castro	Individual	Veterana F55	03:33:23	+01:21:59	10:40

Veterana F60

1	56	Maria Luísa Alberto	Monsanting GMCJamor	Veterana F60	03:04:31		09:14

Veterana F65

1	69	Maria da Luz da Cruz Conchinha	Individual	Veterana F65	03:11:48		09:35

Veterano M40

1	54	andre alves	Individual	Veterano M40	01:42:25		05:07
2	126	Cláudio Canavilhas	2600TR	Veterano M40	01:47:55	+05:30	05:24

3	142	David Soares	2600TR	Veterano M40	01:52:48	+10:23	05:38
4	33	Ricardo Pinto	Grupo Desportivo e Recreativo da Reboleira	Veterano M40	01:59:05	+16:40	05:57
5	37	PEDRO PINTO	Chamusca Trail	Veterano M40	02:11:53	+29:28	06:36
6	22	Dan Balsemão	Individual	Veterano M40	02:12:51	+30:26	06:39
7	34	António Luís Tavares Teixeira Ferreira	Individual	Veterano M40	02:24:04	+41:39	07:12
8	114	Tiago Tiago Santos	Be healthy running	Veterano M40	02:27:53	+45:28	07:24
9	2	Nelson Marques	Monsanting GMCJamo	Veterano M40	02:29:23	+46:58	07:28
10	70	Filipe Drade	Individual	Veterano M40	02:39:44	+57:19	07:59
11	135	Joel papu	Individual	Veterano M40	02:51:10	+01:08:45	08:34
12	80	CLAUDIO MIGUEL DA COSTA TEODORO TIMOTEO	Individual	Veterano M40	02:56:27	+01:14:02	08:49
13	161	Bruno David da Silva Costa	Monsanting GMCJamor	Veterano M40	03:03:02	+01:20:37	09:09
14	153	Bruno Sousa	Individual	Veterano M40	03:49:48	+02:07:23	11:29

Veterano M45

1	110	Bruno Sousa	CPA CHESMAS	Veterano M45	01:40:47		05:02
2	19	Nelson DIogo	Individual	Veterano M45	01:44:31	+03:43	05:14
3	138	Paulo Mateus	Individual	Veterano M45	01:59:12	+18:25	05:58
4	8	Pedro Vicente	2600TR	Veterano M45	02:02:11	+21:23	06:07
5	87	Angelo Luis	Individual	Veterano M45	02:07:01	+26:14	06:21
6	163	Pedro Franco	Individual	Veterano M45	02:08:03	+27:16	06:24
7	132	Pedro Quinto	Individual	Veterano M45	02:16:10	+35:23	06:49
8	100	Tiago Pinto	My Little Poney	Veterano M45	02:16:33	+35:46	06:50
9	128	César Bermúdez	clube tap portugal	Veterano M45	02:18:55	+38:08	06:57
10	67	Hugo Miguel	Individual	Veterano M45	02:22:40	+41:53	07:08
11	31	Helder Rosário	Grcd Leião-Cobras Trailistas	Veterano M45	02:23:24	+42:37	07:10
12	93	Joaquim Branquinho	Seixal Natura Sports	Veterano M45	02:28:10	+47:22	07:24
13	94	João Pereira	Individual	Veterano M45	02:28:57	+48:09	07:27
14	91	Paulo Henrique Costa	Individual	Veterano M45	02:29:28	+48:41	07:28
15	146	Hélder Silva	Já te venho buscar	Veterano M45	02:31:56	+51:09	07:36
16	133	Valter Fontão	Individual	Veterano M45	02:31:56	+51:09	07:36
17	20	Mario Marcelino	Individual	Veterano M45	02:32:04	+51:17	07:36
18	15	Filipe Veigas	Individual	Veterano M45	02:36:41	+55:54	07:50
19	1	Sérgio Pedro	Individual	Veterano M45	02:37:48	+57:01	07:53
20	49	Hugo Guerreiro	Clube TAP	Veterano M45	02:40:23	+59:36	08:01
21	51	NUNO SALGADO	Individual	Veterano M45	02:41:14	+01:00:26	08:04
22	106	Hugo Martins	Individual	Veterano M45	02:42:11	+01:01:24	08:07
23	119	Ricardo Nobre	FIDELIDADE GDC	Veterano M45	02:43:37	+01:02:49	08:11
24	102	André Rebelo da Silva Fialho	Individual	Veterano M45	02:48:37	+01:07:49	08:26
25	97	Gustavo Vinha	Individual	Veterano M45	02:52:39	+01:11:51	08:38
26	36	HUGO CARLOS MIRANDA BELO	Clube BBVA Portugal	Veterano M45	03:16:12	+01:35:25	09:49
27	40	Nuno Manuel Cristino Afonso	Individual	Veterano M45	03:16:12	+01:35:25	09:49
28	125	Paulo Gonçalves	Monsanting GMCJamor	Veterano M45	03:21:53	+01:41:06	10:06

29	78	Eduardo Pinto	Clube TAP	Veterano M45	03:22:21	+01:41:33	10:07

Veterano M50

1	53	João Guterres	1º Dezembro Queijas	Veterano M50	01:47:42		05:23
2	73	Nélio Barreiro	Amigos do Atletismo de Mafra	Veterano M50	02:00:21	+12:38	06:01
3	11	Francisco Ramos	clube tap portugal	Veterano M50	02:01:16	+13:34	06:04
4	48	Carlos Gonçalves	Monsanting GMCJamor	Veterano M50	02:02:03	+14:21	06:06
5	116	João casinhas	CPA CHESMAS	Veterano M50	02:02:57	+15:14	06:09
6	95	Bruno Campos	Individual	Veterano M50	02:04:20	+16:38	06:13
7	57	Nuno Gomes	Trail dos Calhaus	Veterano M50	02:05:40	+17:58	06:17
8	74	João Gomes Cardoso	CCDSINTRENSE	Veterano M50	02:11:16	+23:33	06:34
9	107	nelson ribeiro	Individual	Veterano M50	02:11:19	+23:36	06:34
10	76	António Sales Henriques	Individual	Veterano M50	02:11:48	+24:05	06:35
11	134	Paulo silva	Individual	Veterano M50	02:16:27	+28:44	06:49
12	162	Jorge Prazeres	Individual	Veterano M50	02:23:44	+36:02	07:11
13	108	Álvaro Santos	Os Galgos Audazes	Veterano M50	02:23:56	+36:13	07:12
14	86	Tiago Ramos	Individual	Veterano M50	02:24:50	+37:07	07:14
15	38	Pedro Luis	STRENDURE Running Team	Veterano M50	02:27:15	+39:32	07:22
16	96	José Tomás	Trail4U	Veterano M50	02:30:35	+42:52	07:32
17	17	Pedro Almeida	Individual	Veterano M50	02:30:56	+43:13	07:33
18	88	Nuno Bogalheiro	Individual	Veterano M50	02:32:10	+44:27	07:36
19	26	Luís Miguel Nogueira	Grcd Leião-Cobras Trailistas	Veterano M50	02:32:52	+45:10	07:39
20	30	Luis Miguel Martinho	Individual	Veterano M50	02:33:26	+45:43	07:40
21	115	Alexandre Jardim	R4F	Veterano M50	02:38:22	+50:40	07:55
22	140	Nuno Nunes	Amigos do Atletismo de Mafra	Veterano M50	02:39:47	+52:05	07:59
23	123	Pedro Tavares	Individual	Veterano M50	02:51:30	+01:03:47	08:35
24	145	Jaime Abreu	Monsanting GMCJamor	Veterano M50	03:21:53	+01:34:11	10:06
25	5	HUGO LAMPREIA	Individual	Veterano M50	03:47:56	+02:00:13	11:24

Veterano M55

1	144	Jorge Carvalho	Individual	Veterano M55	01:57:01		05:51
2	84	Adolfo Leal	G. D. São Domingos	Veterano M55	01:57:02	+00:00	05:51
3	148	Manuel Moreira	FICALHO DC-CLUBE DOS TRILHOS	Veterano M55	02:07:33	+10:32	06:23
4	42	Paulo Tomás	Monsanting GMCJamor	Veterano M55	02:10:10	+13:09	06:31
5	141	Diogo Leite	Individual	Veterano M55	02:19:19	+22:17	06:58
6	90	João Pereira	CORRER LISBOA	Veterano M55	02:27:05	+30:03	07:21
7	129	José Manuel Costa Alves	Individual	Veterano M55	02:31:21	+34:20	07:34
8	47	José Relvas	Individual	Veterano M55	02:33:35	+36:34	07:41
9	156	Antonio Caetano	Individual	Veterano M55	02:39:33	+42:32	07:59
10	58	Vitor Lourenço	MSTT	Veterano M55	03:06:04	+01:09:02	09:18
11	35	RUI MANUEL NUNES MENA	Clube BBVA Portugal	Veterano M55	03:16:12	+01:19:11	09:49

12	71	Nelson António Carlos Mota	Individual	Veterano M55	03:49:51	+01:52:49	11:30

Veterano M60

1	118	João Ginja	Individual	Veterano M60	01:42:18		05:07
2	83	Arlindo Paixão	G. D. São Domingos	Veterano M60	02:04:06	+21:47	06:12
3	39	Paulo Póvoa	Individual	Veterano M60	02:07:27	+25:08	06:22
4	120	António Guerreiro	Individual	Veterano M60	02:32:10	+49:52	07:37
5	750	Carlos G Marques	Monsanting GMCJamor	Veterano M60	02:51:26	+01:09:08	08:34
6	52	Carlos Jesus	Individual	Veterano M60	02:56:44	+01:14:25	08:50
7	157	Jorge Humberto Nunes Pereira	MSTT	Veterano M60	03:11:35	+01:29:16	09:35
8	121	Marcos Noritake	Individual	Veterano M60	03:18:42	+01:36:24	09:56

Veterano M65

1	45	José Barroco	Individual	Veterano M65	02:48:01		08:24

Veterano M70

1	68	Carlos Rangel	Individual	Veterano M70	03:00:18		09:01
2	28	Rogério Mordido Venâncio	Individual	Veterano M70	03:10:42	+10:24	09:32

Trilho das Lampas
São João das Lampas
09-maio-2026

13KM - STAGE 1

13 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	17:00	14,9ºC	87%
End	20:48	14,9ºC	87%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	622	António Pinto	CPA CHESMAS	58:17		04:29	
2	705	Pedro Simões	BELOURA TEAM	01:04:00	+05:43	04:55	
3	641	Paulo Machado	CLUBE DESPORTIVO ESCOLA SANTANA - CDES	01:08:35	+10:18	05:17	
4	758	Bruno Dias	CPA CHESMAS	01:09:09	+10:52	05:19	
5	678	Diogo Lavrador	Individual	01:10:26	+12:09	05:25	
6	564	Pedro Silva	BELOURA TEAM	01:13:23	+15:06	05:39	
7	691	Sérgio Dinis Pereira Marques	Trail dos Calhaus	01:15:46	+17:29	05:50	
8	679	Rúben Lavrador Santos	Amadora Running Team	01:17:11	+18:54	05:56	
9	733	Arménio Mendes	Individual	01:17:43	+19:26	05:59	
10	532	Ricardo Rodrigues	Individual	01:18:11	+19:54	06:01	
11	624	Paulo Carôco	Individual	01:18:17	+20:00	06:01	
12	708	Filipe Silva	Individual	01:19:25	+21:08	06:07	
13	545	Luis Baleia	CPA CHESMAS	01:19:26	+21:09	06:07	
14	718	Thomas Mateus	Individual	01:20:01	+21:44	06:09	
15	732	Bruno Miguel Acúrcio Teotónio	Individual	01:20:01	+21:44	06:09	
16	563	Mécia Frias	BELOURA TEAM	01:20:10	+21:53	06:10	
17	565	João Carlos Dias	BELOURA TEAM	01:23:02	+24:45	06:23	
18	612	Daniela Bata	2600TR	01:25:16	+26:59	06:34	
19	754	Daniel Moura	Individual	01:25:34	+27:17	06:35	
20	580	Ricardo Margarido	Amigos do Atletismo de Mafra	01:26:38	+28:21	06:40	
21	579	Flávio Ferreira	Amigos do Atletismo de Mafra	01:26:38	+28:21	06:40	
22	551	Márcio Pereira	Seixal Natura Sports	01:27:54	+29:37	06:46	
23	578	Nuno Nobre	Individual	01:27:54	+29:37	06:46	
24	663	Miguel Rodrigues	Individual	01:27:55	+29:38	06:46	
25	665	Afonso Marques	Individual	01:29:12	+30:55	06:52	
26	511	Alexandre Guerra	XTEAM	01:29:20	+31:03	06:52	
27	657	Sandra Pires	FIDELIDADE GDC	01:29:21	+31:04	06:52	
28	555	Mauro Serra	Individual	01:29:51	+31:34	06:55	
29	749	Ruben Taborda	Amadora Running Team	01:30:54	+32:37	07:00	
30	717	Keila Moacho	MINDSET WARRIOR	01:30:55	+32:38	07:00	
31	731	David Gabriel	Individual	01:31:24	+33:07	07:02	
32	666	Adriana Duarte	Individual	01:31:25	+33:08	07:02	
33	716	Tiago Moacho	MINDSET WARRIOR	01:31:57	+33:40	07:04	
34	585	Rui Manuel Castro Velez	Individual	01:32:57	+34:40	07:09	
35	572	Márcia Aguiar	BELOURA TEAM	01:33:04	+34:47	07:10	
36	677	João Fernandes	Individual	01:33:35	+35:18	07:12	
37	581	Manuel Polido Pedro	Individual	01:34:20	+36:03	07:15	
38	620	Bruno Vidigal	Individual	01:34:20	+36:03	07:15	
39	639	Vilma Borges	Trail dos Calhaus	01:34:37	+36:20	07:17	
40	729	Orlando Duarte	Individual	01:35:32	+37:15	07:21	
41	604	Nelson Pena Milagre	Individual	01:36:11	+37:54	07:24	
42	560	Pedro Sérgio Sampaio Nunes	Individual	01:36:12	+37:55	07:24	

13KM - STAGE 1

13 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	625	Mariana Martins Mourão	Individual	01:36:25	+38:08	07:25	
44	582	Arlete Costa Ferreira	Individual	01:37:54	+39:37	07:32	
45	621	Marisa Costa	Individual	01:37:54	+39:37	07:32	
46	696	Luís Vitorino	Azeitão Runners	01:38:01	+39:44	07:32	
47	697	Raquel Peças	Azeitão Runners	01:38:02	+39:45	07:32	
48	693	Joana Santo	Individual	01:38:02	+39:45	07:32	
49	636	João Pinto	Filhos da Mãe	01:38:47	+40:30	07:36	
50	728	Caroline Leonel	Individual	01:38:53	+40:36	07:36	
51	528	Vítor Manuel Faustico Carôco	Individual	01:39:05	+40:48	07:37	
52	687	Alexandre Saldanha	R4F	01:39:52	+41:35	07:41	
53	686	Raquel Saldanha	R4F	01:39:55	+41:38	07:41	
54	681	Diana Araújo	Individual	01:39:58	+41:41	07:41	
55	543	Luís Bettencourt	Grcd Leião-Cobras Trailistas	01:40:37	+42:20	07:44	
56	635	Célia Reis	Filhos da Mãe	01:40:52	+42:35	07:46	
57	539	Alice Alexandre	Individual	01:40:56	+42:39	07:46	
58	720	Anastasiya Felenchak	Individual	01:42:01	+43:44	07:51	
59	721	Alexandre Gouveia	Individual	01:42:13	+43:56	07:52	
60	671	Nuno O'Neill	M's & N	01:42:46	+44:29	07:54	
61	670	Margarida Severino	M's & N	01:42:46	+44:29	07:54	
62	763	Madalena Boaventura	Individual	01:42:55	+44:38	07:55	
63	669	Mónica Batista	M's & N	01:43:01	+44:44	07:56	
64	748	Marta Pimenta	Individual	01:43:21	+45:04	07:57	
65	631	António Teixeira Duarte	Trilhos do Costume	01:43:32	+45:15	07:58	
66	583	Ines Sebastião	2600TR	01:46:33	+48:16	08:12	
67	584	Matheus Oliveira	2600TR	01:46:34	+48:17	08:12	
68	723	Raquel Inês Fonseca de Almeida e Botelho Teles	Individual	01:48:19	+50:02	08:20	
69	531	Sandra Maria Figueira Florentino	Individual	01:48:28	+50:11	08:21	
70	688	Flávio Domingues	Individual	01:48:45	+50:28	08:22	
71	634	Ana Patrocinio	Individual	01:48:56	+50:39	08:23	
72	516	Magda Barreira	Individual	01:51:04	+52:47	08:33	
73	735	Sónia Sequeira	Linda-A-Pastora Sporting Clube	01:51:58	+53:41	08:37	
74	734	Miguel Sequeira	Linda-A-Pastora Sporting Clube	01:51:58	+53:41	08:37	
75	507	Vitor Silva	Associação de atletismo Lebres do sado	01:54:39	+56:22	08:49	
76	722	Mónica Bartolomeu da Silva	Individual	01:57:22	+59:05	09:02	
77	672	Rui loureiro	Individual	01:57:34	+59:17	09:03	
78	724	João André Botelho Teles	Individual	01:58:46	+01:00:29	09:08	
79	529	Sílvia Henriques Vaz	Individual	02:00:02	+01:01:45	09:14	
80	559	Maria SebasTião	Individual	02:01:40	+01:03:23	09:22	
81	649	Ana Mendes	Individual	02:01:45	+01:03:28	09:22	
82	537	Alexis Deniz Antunes Valseiro	Bombacias	02:02:08	+01:03:51	09:24	
83	535	Antonio Jorge Nunes Dias Da Silva	Bombacias	02:02:09	+01:03:52	09:24	
84	698	Ricardo Peças	Azeitão Runners	02:02:09	+01:03:52	09:24	
85	699	Carla Peças	Azeitão Runners	02:02:10	+01:03:53	09:24	
86	756	Susana Pimentel	Individual	02:03:12	+01:04:55	09:29	
87	640	Teresa Reis	Trail4U	02:03:12	+01:04:55	09:29	

13KM - STAGE 1

13 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	607	Paula Soares	BELOURA TEAM	02:04:00	+01:05:43	09:32	
89	605	Bruna Barros	BELOURA TEAM	02:04:02	+01:05:45	09:32	
90	706	Cláudia Simões	BELOURA TEAM	02:04:02	+01:05:45	09:32	
91	574	Nélia Branquinho	Seixal Natura Sports	02:06:05	+01:07:48	09:42	
92	664	Mónica Barreira Gomes	Seixal Natura Sports	02:06:05	+01:07:48	09:42	
93	550	Cláudia Ramos	Seixal Natura Sports	02:06:05	+01:07:48	09:42	
94	658	Albano Pires	FIDELIDADE GDC	02:06:08	+01:07:51	09:42	
95	642	Sérgio Charrua	Individual	02:06:36	+01:08:19	09:44	
96	586	Miguel Santos	FIDELIDADE GDC	02:07:47	+01:09:30	09:50	
97	603	Soraia Neto	2600TR	02:09:39	+01:11:22	09:58	
98	617	Liliana Sobral	2600TR	02:09:39	+01:11:22	09:58	
99	746	Joana Marta	Individual	02:13:26	+01:15:09	10:16	
100	764	Joana Lima	Individual	02:13:40	+01:15:23	10:17	
101	765	Gonçalo da Silva	Individual	02:13:40	+01:15:23	10:17	
102	508	Elisabete Silva	Associação de atletismo Lebres do sado	02:15:02	+01:16:45	10:23	
103	573	Mónica Silva	Individual	02:15:02	+01:16:45	10:23	
104	753	Claudia Soares	MSTT	02:15:30	+01:17:13	10:25	
105	752	Joana Valério	MSTT	02:15:31	+01:17:14	10:25	
106	547	Paulo de Jesus Vieira Antunes	Individual	02:15:46	+01:17:29	10:27	
107	629	José Marques	Monsanting GMCJamor	02:16:02	+01:17:45	10:28	
108	541	Susana Crespo	Monsanting GMCJamor	02:16:02	+01:17:45	10:28	
109	623	Margarida Barreiros	Monsanting GMCJamor	02:16:03	+01:17:46	10:28	
110	627	Rui Alexandre Taumaturgo	Monsanting GMCJamor	02:16:04	+01:17:47	10:28	
111	704	Verónica Rodrigues	Individual	02:16:50	+01:18:33	10:32	
112	715	André Pereira	Individual	02:16:50	+01:18:33	10:32	
113	632	Vitor Hugo Boto	Individual	02:21:26	+01:23:09	10:53	
114	633	Ana Isabel Boto	Individual	02:21:27	+01:23:10	10:53	
115	683	Sofia Jardim	R4F	02:21:32	+01:23:15	10:53	
116	685	Sérgio Esperanca	R4F	02:21:33	+01:23:16	10:53	
117	599	Maria Piedade Ambrósio	CCDSINTRENSE	02:21:59	+01:23:42	10:55	
118	600	Antónia Maria Jacinto	CCDSINTRENSE	02:22:07	+01:23:50	10:56	
119	598	Rita Alexandra Carmo	CCDSINTRENSE	02:22:08	+01:23:51	10:56	
120	596	Maria Cremilde Gonçalves	CCDSINTRENSE	02:22:11	+01:23:54	10:56	
121	654	Teresa Margarida Filipe	CCD Sintrense	02:22:11	+01:23:54	10:56	
122	597	Cátia Sofia Pinto	CCDSINTRENSE	02:22:12	+01:23:55	10:56	
123	684	Micaela Silva	R4F	02:22:28	+01:24:11	10:58	
124	569	Luis Esteves	Individual	02:27:42	+01:29:25	11:22	
125	730	André Correia	Individual	02:27:45	+01:29:28	11:22	
126	568	Gonçalo Pinto	Individual	02:27:46	+01:29:29	11:22	
127	674	Joana Silva	Individual	02:28:59	+01:30:42	11:28	
128	509	Valter Machado	FIDELIDADE GDC	02:29:13	+01:30:56	11:29	
129	510	Mário Silva	FIDELIDADE GDC	02:29:13	+01:30:56	11:29	
130	549	Vítor Vicente	Se não estavas capaz não vinhas	02:30:35	+01:32:18	11:35	
131	548	Carolina Vicente	Se não estavas capaz não vinhas	02:30:35	+01:32:18	11:35	
132	613	Anaísa Faria	Individual	02:31:47	+01:33:30	11:41	
133	751	Dora Cordeiro	BELOURA TEAM	02:31:48	+01:33:31	11:41	

13KM - STAGE 1

13 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	614	Cátea Mendes	Individual	02:31:49	+01:33:32	11:41	
135	561	Ana Reis	Individual	02:32:43	+01:34:26	11:45	
136	562	Solange Silva	Individual	02:32:43	+01:34:26	11:45	
137	544	Marisa Bettencourt	Grcd Leião-Cobras Trailistas	02:33:09	+01:34:52	11:47	
138	673	Mariana Silva	Individual	02:34:01	+01:35:44	11:51	
139	700	João Cornélio	Individual	02:34:02	+01:35:45	11:51	
140	766	Maria Cristina	Individual	02:35:01	+01:36:44	11:55	
141	767	Ana Seabra	Monsanting GMCJamor	02:35:53	+01:37:36	11:59	
142	725	João Américo Duarte Cartaxo	Individual	02:36:03	+01:37:46	12:00	
143	727	Marta Botelho Teles	Individual	02:36:03	+01:37:46	12:00	
144	726	Marina Duarte	Individual	02:36:04	+01:37:47	12:00	
145	525	Nádia Coelho	Individual	02:36:30	+01:38:13	12:02	
146	747	Marisa Peixoto	Individual	02:36:30	+01:38:13	12:02	
147	740	Patricia Fernandes Valente	Individual	02:36:30	+01:38:13	12:02	
148	592	Joana Filipa Nunes Gaspar	CCDSINTRENSE	02:36:36	+01:38:19	12:03	
149	661	Ana Teresa Conceição Borges	Individual	02:41:06	+01:42:49	12:24	
150	668	Carla Susana Loureiro Ribeiro dos Santos	Individual	02:41:06	+01:42:49	12:24	
151	660	Jessica Novais	Individual	02:44:48	+01:46:31	12:41	
152	662	Pedro Miguel Vicente Gomes Graça	Individual	02:44:48	+01:46:31	12:41	
153	615	EVERTON FLAVIO DE OLIVEIRA PIRES	Individual	02:45:04	+01:46:47	12:42	
154	616	Iryna Ryzhenko Pires	Individual	02:45:04	+01:46:47	12:42	
155	710	Filomena Jacinto	Individual	02:45:31	+01:47:14	12:44	
156	656	Paula Quelhas	Monsanting GMCJamor	02:45:32	+01:47:15	12:44	
157	738	Pedro Grossinho Reino Pires	Individual	02:46:03	+01:47:46	12:46	
158	739	Aline Vaz Silva	Individual	02:46:03	+01:47:46	12:46	
159	689	Roberto Hallal	Individual	02:46:31	+01:48:14	12:49	
160	690	Gustavo Oliveira	Individual	02:46:32	+01:48:15	12:49	
161	513	Ana Clemente	Individual	02:48:22	+01:50:05	12:57	
162	514	Bernardo Clemente	Individual	02:48:23	+01:50:06	12:57	
163	512	Joana Salvador	Individual	02:50:26	+01:52:09	13:07	
164	712	Luís Filipe Paço	Individual	02:50:58	+01:52:41	13:09	
165	714	Diogo Pinto	Individual	02:50:58	+01:52:41	13:09	
166	682	Cristina S Marques	Monsanting GMCJamor	02:51:26	+01:53:09	13:11	
167	534	Rafael Santos Cardoso	Individual	02:52:22	+01:54:05	13:16	
168	553	Flávia Pessoa	Individual	02:54:17	+01:56:00	13:24	
169	554	Liliana Patrícia Justino Garcia	Individual	02:54:17	+01:56:00	13:24	
170	744	Carolina Moita	Individual	02:54:49	+01:56:32	13:27	
171	745	Margarida Marques	Individual	02:54:50	+01:56:33	13:27	
172	533	Teresa Moreira dos Santos Cardoso	Individual	02:54:51	+01:56:34	13:27	
173	645	Sofia Gomes	My Little Poney	02:55:15	+01:56:58	13:29	
174	702	Sandro Cunha	Individual	02:55:17	+01:57:00	13:29	
175	646	Susana Esperto	My Little Poney	02:55:17	+01:57:00	13:29	
176	523	Maria Póvoa	Individual	02:55:17	+01:57:00	13:29	
177	644	Ana Silva	My Little Poney	02:55:19	+01:57:02	13:29	

13KM - STAGE 1

13 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	647	Alexandra Pinto	My Little Poney	02:55:20	+01:57:03	13:29	
179	648	Maria Pinto	My Little Poney	02:55:21	+01:57:04	13:29	
180	713	Catia Ramos	Individual	02:56:50	+01:58:33	13:36	
181	711	Iolanda Queiroz	Individual	02:56:50	+01:58:33	13:36	
182	759	Sandra almeida	Individual	02:58:37	+02:00:20	13:44	
183	518	Olga correia	Individual	02:58:37	+02:00:20	13:44	
184	760	Ana Sofia Inglês	Individual	02:59:09	+02:00:52	13:47	
185	558	Maria Filipe	Individual	03:02:00	+02:03:43	14:00	
186	571	Ana Cipriano	Individual	03:02:43	+02:04:26	14:03	
187	762	Catarina Vicente	Individual	03:02:43	+02:04:26	14:03	
188	149	Sofia Oliveira	Individual	03:02:44	+02:04:27	14:03	
189	570	Carla Esteves	Individual	03:02:44	+02:04:27	14:03	
190	694	Ana Torres	Individual	03:08:01	+02:09:44	14:28	
191	757	Angela Dias	CPA CHESMAS	03:08:01	+02:09:44	14:28	
192	695	Lina Graça	Individual	03:08:01	+02:09:44	14:28	
193	566	Maria Leonor Costa	Individual	03:08:38	+02:10:21	14:31	
194	755	Miguel Pires	Individual	03:18:03	+02:19:46	15:14	
195	692	Lora Pavlova	Individual	03:21:12	+02:22:55	15:29	
196	552	Gonçalo Rosario	Individual	03:22:59	+02:24:42	15:37	
197	503	Carlos Jorge Silvério	Individual	03:33:59	+02:35:42	16:28	
198	502	Ana Malta	Individual	03:33:59	+02:35:42	16:28	
199	504	Maria de Jesus Silvério	Individual	03:34:03	+02:35:46	16:28	
200	676	Susana Sofia Negrão Campos Paulino	Individual	03:34:06	+02:35:49	16:28	
201	675	Valério Henrique Nunes Paulino	Individual	03:34:07	+02:35:50	16:28	
202	501	Clara Câmara	Monsanting GMCJamor	03:47:54	+02:49:37	17:32	

Trilho das Lampas
São João das Lampas
09-maio-2026

13KM **13 KM**

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	17:00	14,9ºC	87%
End	20:48	14,9ºC	87%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	612	Daniela Bata	2600TR	Senior Feminino	01:25:16		06:34
2	717	Keila Moacho	MINDSET WARRIOR	Senior Feminino	01:30:55	+05:39	07:00
3	625	Mariana Martins Mourão	Individual	Senior Feminino	01:36:25	+11:09	07:25
4	693	Joana Santo	Individual	Senior Feminino	01:38:02	+12:46	07:32
5	728	Caroline Leonel	Individual	Senior Feminino	01:38:53	+13:37	07:36
6	681	Diana Araújo	Individual	Senior Feminino	01:39:58	+14:42	07:41
7	720	Anastasiya Felenchak	Individual	Senior Feminino	01:42:01	+16:45	07:51
8	763	Madalena Boaventura	Individual	Senior Feminino	01:42:55	+17:39	07:55
9	583	Ines Sebastião	2600TR	Senior Feminino	01:46:33	+21:17	08:12
10	516	Magda Barreira	Individual	Senior Feminino	01:51:04	+25:48	08:33
11	607	Paula Soares	BELOURA TEAM	Senior Feminino	02:04:00	+38:44	09:32
12	706	Cláudia Simões	BELOURA TEAM	Senior Feminino	02:04:02	+38:46	09:32
13	603	Soraia Neto	2600TR	Senior Feminino	02:09:39	+44:23	09:58
14	617	Liliana Sobral	2600TR	Senior Feminino	02:09:39	+44:23	09:58
15	746	Joana Marta	Individual	Senior Feminino	02:13:26	+48:10	10:16
16	764	Joana Lima	Individual	Senior Feminino	02:13:40	+48:24	10:17
17	573	Mónica Silva	Individual	Senior Feminino	02:15:02	+49:46	10:23
18	753	Claudia Soares	MSTT	Senior Feminino	02:15:30	+50:14	10:25
19	752	Joana Valério	MSTT	Senior Feminino	02:15:31	+50:15	10:25
20	704	Verónica Rodrigues	Individual	Senior Feminino	02:16:50	+51:34	10:32
21	674	Joana Silva	Individual	Senior Feminino	02:28:59	+01:03:43	11:28
22	548	Carolina Vicente	Se não estavas capaz não vinhas	Senior Feminino	02:30:35	+01:05:19	11:35
23	613	Anaísa Faria	Individual	Senior Feminino	02:31:47	+01:06:31	11:41
24	614	Cátea Mendes	Individual	Senior Feminino	02:31:49	+01:06:33	11:41
25	766	Maria Cristina	Individual	Senior Feminino	02:35:01	+01:09:45	11:55
26	767	Ana Seabra	Monsanting GMCJamor	Senior Feminino	02:35:53	+01:10:37	11:59
27	747	Marisa Peixoto	Individual	Senior Feminino	02:36:30	+01:11:14	12:02
28	740	Patricia Fernandes Valente	Individual	Senior Feminino	02:36:30	+01:11:14	12:02
29	660	Jessica Novais	Individual	Senior Feminino	02:44:48	+01:19:32	12:41
30	513	Ana Clemente	Individual	Senior Feminino	02:48:22	+01:23:06	12:57
31	553	Flávia Pessoa	Individual	Senior Feminino	02:54:17	+01:29:01	13:24
32	554	Liliana Patrícia Justino Garcia	Individual	Senior Feminino	02:54:17	+01:29:01	13:24
33	744	Carolina Moita	Individual	Senior Feminino	02:54:49	+01:29:33	13:27
34	745	Margarida Marques	Individual	Senior Feminino	02:54:50	+01:29:34	13:27
35	644	Ana Silva	My Little Poney	Senior Feminino	02:55:19	+01:30:03	13:29
36	759	Sandra almeida	Individual	Senior Feminino	02:58:37	+01:33:21	13:44
37	760	Ana Sofia Inglês	Individual	Senior Feminino	02:59:09	+01:33:53	13:47
38	692	Lora Pavlova	Individual	Senior Feminino	03:21:12	+01:55:56	15:29

Senior Masculino

1	678	Diogo Lavrador	Individual	Senior Masculino	01:10:26		05:25
2	679	Rúben Lavrador Santos	Amadora Running Team	Senior Masculino	01:17:11	+06:45	05:56
3	532	Ricardo Rodrigues	Individual	Senior Masculino	01:18:11	+07:45	06:01
4	732	Bruno Miguel Acúrcio Teotónio	Individual	Senior Masculino	01:20:01	+09:35	06:09
5	663	Miguel Rodrigues	Individual	Senior Masculino	01:27:55	+17:29	06:46
6	665	Afonso Marques	Individual	Senior Masculino	01:29:12	+18:46	06:52
7	749	Ruben Taborda	Amadora Running Team	Senior Masculino	01:30:54	+20:28	07:00
8	731	David Gabriel	Individual	Senior Masculino	01:31:24	+20:58	07:02
9	716	Tiago Moacho	MINDSET WARRIOR	Senior Masculino	01:31:57	+21:31	07:04
10	677	João Fernandes	Individual	Senior Masculino	01:33:35	+23:09	07:12
11	721	Alexandre Gouveia	Individual	Senior Masculino	01:42:13	+31:47	07:52
12	584	Matheus Oliveira	2600TR	Senior Masculino	01:46:34	+36:08	08:12
13	688	Flávio Domingues	Individual	Senior Masculino	01:48:45	+38:19	08:22
14	765	Gonçalo da Silva	Individual	Senior Masculino	02:13:40	+01:03:14	10:17
15	715	André Pereira	Individual	Senior Masculino	02:16:50	+01:06:24	10:32
16	509	Valter Machado	FIDELIDADE GDC	Senior Masculino	02:29:13	+01:18:47	11:29
17	514	Bernardo Clemente	Individual	Senior Masculino	02:48:23	+01:37:57	12:57
18	534	Rafael Santos Cardoso	Individual	Senior Masculino	02:52:22	+01:41:56	13:16

Sub 23 Feminino

1	597	Cátia Sofia Pinto	CCDSINTRENSE	Sub 23 Feminino	02:22:12		10:56
2	673	Mariana Silva	Individual	Sub 23 Feminino	02:34:01	+11:49	11:51
3	648	Maria Pinto	My Little Poney	Sub 23 Feminino	02:55:21	+33:09	13:29

Sub 23 Masculino

1	718	Thomas Mateus	Individual	Sub 23 Masculino	01:20:01		06:09
2	537	Alexis Deniz Antunes Valseiro	Bombacias	Sub 23 Masculino	02:02:08	+42:07	09:24
3	700	João Cornélio	Individual	Sub 23 Masculino	02:34:02	+01:14:01	11:51

Veterana F40

1	563	Mécia Frias	BELOURA TEAM	Veterana F40	01:20:10		06:10
2	666	Adriana Duarte	Individual	Veterana F40	01:31:25	+11:14	07:02
3	639	Vilma Borges	Trail dos Calhaus	Veterana F40	01:34:37	+14:26	07:17
4	686	Raquel Saldanha	R4F	Veterana F40	01:39:55	+19:45	07:41
5	670	Margarida Severino	M's & N	Veterana F40	01:42:46	+22:36	07:54
6	723	Raquel Inês Fonseca de Almeida e Botelho Teles	Individual	Veterana F40	01:48:19	+28:09	08:20
7	559	Maria SebasTião	Individual	Veterana F40	02:01:40	+41:30	09:22
8	605	Bruna Barros	BELOURA TEAM	Veterana F40	02:04:02	+43:52	09:32
9	574	Nélia Branquinho	Seixal Natura Sports	Veterana F40	02:06:05	+45:54	09:42

10	562	Solange Silva	Individual	Veterana F40	02:32:43	+01:12:33	11:45
11	592	Joana Filipa Nunes Gaspar	CCDSINTRENSE	Veterana F40	02:36:36	+01:16:25	12:03
12	616	Iryna Ryzhenko Pires	Individual	Veterana F40	02:45:04	+01:24:54	12:42
13	645	Sofia Gomes	My Little Poney	Veterana F40	02:55:15	+01:35:04	13:29
14	647	Alexandra Pinto	My Little Poney	Veterana F40	02:55:20	+01:35:09	13:29
15	713	Catia Ramos	Individual	Veterana F40	02:56:50	+01:36:39	13:36
16	570	Carla Esteves	Individual	Veterana F40	03:02:44	+01:42:33	14:03

Veterana F45

1	657	Sandra Pires	FIDELIDADE GDC	Veterana F45	01:29:21		06:52
2	621	Marisa Costa	Individual	Veterana F45	01:37:54	+08:32	07:32
3	697	Raquel Peças	Azeitão Runners	Veterana F45	01:38:02	+08:41	07:32
4	635	Célia Reis	Filhos da Mãe	Veterana F45	01:40:52	+11:30	07:46
5	748	Marta Pimenta	Individual	Veterana F45	01:43:21	+13:59	07:57
6	699	Carla Peças	Azeitão Runners	Veterana F45	02:02:10	+32:48	09:24
7	756	Susana Pimentel	Individual	Veterana F45	02:03:12	+33:50	09:29
8	683	Sofia Jardim	R4F	Veterana F45	02:21:32	+52:11	10:53
9	727	Marta Botelho Teles	Individual	Veterana F45	02:36:03	+01:06:41	12:00
10	726	Marina Duarte	Individual	Veterana F45	02:36:04	+01:06:42	12:00
11	525	Nádia Coelho	Individual	Veterana F45	02:36:30	+01:07:08	12:02
12	739	Aline Vaz Silva	Individual	Veterana F45	02:46:03	+01:16:41	12:46
13	512	Joana Salvador	Individual	Veterana F45	02:50:26	+01:21:04	13:07
14	711	Iolanda Queiroz	Individual	Veterana F45	02:56:50	+01:27:28	13:36
15	762	Catarina Vicente	Individual	Veterana F45	03:02:43	+01:33:22	14:03
16	149	Sofia Oliveira	Individual	Veterana F45	03:02:44	+01:33:22	14:03
17	695	Lina Graça	Individual	Veterana F45	03:08:01	+01:38:40	14:28
18	676	Susana Sofia Negrão Campos Paulino	Individual	Veterana F45	03:34:06	+02:04:44	16:28

Veterana F50

1	572	Márcia Aguiar	BELOURA TEAM	Veterana F50	01:33:04		07:10
2	582	Arlete Costa Ferreira	Individual	Veterana F50	01:37:54	+04:49	07:32
3	539	Alice Alexandre	Individual	Veterana F50	01:40:56	+07:52	07:46
4	634	Ana Patrocinio	Individual	Veterana F50	01:48:56	+15:51	08:23
5	735	Sónia Sequeira	Linda-A-Pastora Sporting Clube	Veterana F50	01:51:58	+18:53	08:37
6	529	Sílvia Henriques Vaz	Individual	Veterana F50	02:00:02	+26:57	09:14
7	640	Teresa Reis	Trail4U	Veterana F50	02:03:12	+30:07	09:29
8	664	Mónica Barreira Gomes	Seixal Natura Sports	Veterana F50	02:06:05	+33:01	09:42
9	550	Cláudia Ramos	Seixal Natura Sports	Veterana F50	02:06:05	+33:01	09:42
10	598	Rita Alexandra Carmo	CCDSINTRENSE	Veterana F50	02:22:08	+49:03	10:56
11	654	Teresa Margarida Filipe	CCD Sintrense	Veterana F50	02:22:11	+49:07	10:56
12	561	Ana Reis	Individual	Veterana F50	02:32:43	+59:38	11:45
13	544	Marisa Bettencourt	Grcd Leião-Cobras Trailistas	Veterana F50	02:33:09	+01:00:04	11:47
14	656	Paula Quelhas	Monsanting GMCJamor	Veterana F50	02:45:32	+01:12:27	12:44
15	646	Susana Esperto	My Little Poney	Veterana F50	02:55:17	+01:22:13	13:29

16	523	Maria Póvoa	Individual	Veterana F50	02:55:17	+01:22:13	13:29
17	518	Olga correia	Individual	Veterana F50	02:58:37	+01:25:32	13:44
18	558	Maria Filipe	Individual	Veterana F50	03:02:00	+01:28:55	14:00
19	571	Ana Cipriano	Individual	Veterana F50	03:02:43	+01:29:38	14:03
20	694	Ana Torres	Individual	Veterana F50	03:08:01	+01:34:56	14:28
21	757	Angela Dias	CPA CHESMAS	Veterana F50	03:08:01	+01:34:57	14:28
22	566	Maria Leonor Costa	Individual	Veterana F50	03:08:38	+01:35:34	14:31

Veterana F55

1	669	Mónica Batista	M's & N	Veterana F55	01:43:01		07:56
2	531	Sandra Maria Figueira Florentino	Individual	Veterana F55	01:48:28	+05:26	08:21
3	722	Mónica Bartolomeu da Silva	Individual	Veterana F55	01:57:22	+14:20	09:02
4	649	Ana Mendes	Individual	Veterana F55	02:01:45	+18:43	09:22
5	508	Elisabete Silva	Associação de atletismo Lebres do sado	Veterana F55	02:15:02	+32:00	10:23
6	541	Susana Crespo	Monsanting GMCJamor	Veterana F55	02:16:02	+33:00	10:28
7	633	Ana Isabel Boto	Individual	Veterana F55	02:21:27	+38:25	10:53
8	600	Antónia Maria Jacinto	CCDSINTRENSE	Veterana F55	02:22:07	+39:05	10:56
9	596	Maria Cremilde Gonçalves	CCDSINTRENSE	Veterana F55	02:22:11	+39:09	10:56
10	684	Micaela Silva	R4F	Veterana F55	02:22:28	+39:26	10:58
11	661	Ana Teresa Conceição Borges	Individual	Veterana F55	02:41:06	+58:04	12:24
12	668	Carla Susana Loureiro Ribeiro dos Santos	Individual	Veterana F55	02:41:06	+58:04	12:24
13	533	Teresa Moreira dos Santos Cardoso	Individual	Veterana F55	02:54:51	+01:11:49	13:27
14	504	Maria de Jesus Silvério	Individual	Veterana F55	03:34:03	+01:51:01	16:28

Veterana F60

1	623	Margarida Barreiros	Monsanting GMCJamor	Veterana F60	02:16:03		10:28
2	599	Maria Piedade Ambrósio	CCDSINTRENSE	Veterana F60	02:21:59	+05:56	10:55
3	751	Dora Cordeiro	BELOURA TEAM	Veterana F60	02:31:48	+15:45	11:41
4	710	Filomena Jacinto	Individual	Veterana F60	02:45:31	+29:28	12:44
5	682	Cristina S Marques	Monsanting GMCJamor	Veterana F60	02:51:26	+35:23	13:11
6	502	Ana Malta	Individual	Veterana F60	03:33:59	+01:17:56	16:28

Veterana F70

1	501	Clara Câmara	Monsanting GMCJamor	Veterana F70	03:47:54		17:32

Veterano M40

1	705	Pedro Simões	BELOURA TEAM	Veterano M40	01:04:00		04:55
2	641	Paulo Machado	CLUBE DESPORTIVO ESCOLA SANTANA - CDES	Veterano M40	01:08:35	+04:34	05:17
3	564	Pedro Silva	BELOURA TEAM	Veterano M40	01:13:23	+09:22	05:39

4	580	Ricardo Margarido	Amigos do Atletismo de Mafra	Veterano M40	01:26:38	+22:37	06:40
5	555	Mauro Serra	Individual	Veterano M40	01:29:51	+25:51	06:55
6	734	Miguel Sequeira	Linda-A-Pastora Sporting Clube	Veterano M40	01:51:58	+47:57	08:37
7	724	João André Botelho Teles	Individual	Veterano M40	01:58:46	+54:45	09:08
8	569	Luis Esteves	Individual	Veterano M40	02:27:42	+01:23:41	11:22
9	730	André Correia	Individual	Veterano M40	02:27:45	+01:23:44	11:22
10	568	Gonçalo Pinto	Individual	Veterano M40	02:27:46	+01:23:45	11:22
11	615	EVERTON FLAVIO DE OLIVEIRA PIRES	Individual	Veterano M40	02:45:04	+01:41:03	12:42
12	738	Pedro Grossinho Reino Pires	Individual	Veterano M40	02:46:03	+01:42:02	12:46
13	690	Gustavo Oliveira	Individual	Veterano M40	02:46:32	+01:42:31	12:49
14	714	Diogo Pinto	Individual	Veterano M40	02:50:58	+01:46:58	13:09

Veterano M45

1	691	Sérgio Dinis Pereira Marques	Trail dos Calhaus	Veterano M45	01:15:46		05:50
2	624	Paulo Carôco	Individual	Veterano M45	01:18:17	+02:30	06:01
3	708	Filipe Silva	Individual	Veterano M45	01:19:25	+03:38	06:07
4	545	Luis Baleia	CPA CHESMAS	Veterano M45	01:19:26	+03:39	06:07
5	754	Daniel Moura	Individual	Veterano M45	01:25:34	+09:47	06:35
6	551	Márcio Pereira	Seixal Natura Sports	Veterano M45	01:27:54	+12:07	06:46
7	620	Bruno Vidigal	Individual	Veterano M45	01:34:20	+18:33	07:15
8	604	Nelson Pena Milagre	Individual	Veterano M45	01:36:11	+20:24	07:24
9	560	Pedro Sérgio Sampaio Nunes	Individual	Veterano M45	01:36:12	+20:25	07:24
10	696	Luís Vitorino	Azeitão Runners	Veterano M45	01:38:01	+22:14	07:32
11	528	Vítor Manuel Faustico Carôco	Individual	Veterano M45	01:39:05	+23:18	07:37
12	672	Rui loureiro	Individual	Veterano M45	01:57:34	+41:47	09:03
13	698	Ricardo Peças	Azeitão Runners	Veterano M45	02:02:09	+46:22	09:24
14	658	Albano Pires	FIDELIDADE GDC	Veterano M45	02:06:08	+50:21	09:42
15	642	Sérgio Charrua	Individual	Veterano M45	02:06:36	+50:50	09:44
16	586	Miguel Santos	FIDELIDADE GDC	Veterano M45	02:07:47	+52:00	09:50
17	510	Mário Silva	FIDELIDADE GDC	Veterano M45	02:29:13	+01:13:27	11:29
18	712	Luís Filipe Paço	Individual	Veterano M45	02:50:58	+01:35:11	13:09
19	755	Miguel Pires	Individual	Veterano M45	03:18:03	+02:02:16	15:14
20	675	Valério Henrique Nunes Paulino	Individual	Veterano M45	03:34:07	+02:18:20	16:28

Veterano M50

1	622	António Pinto	CPA CHESMAS	Veterano M50	58:17		04:29
2	758	Bruno Dias	CPA CHESMAS	Veterano M50	01:09:09	+10:52	05:19
3	579	Flávio Ferreira	Amigos do Atletismo de Mafra	Veterano M50	01:26:38	+28:21	06:40
4	578	Nuno Nobre	Individual	Veterano M50	01:27:54	+29:37	06:46
5	511	Alexandre Guerra	XTEAM	Veterano M50	01:29:20	+31:03	06:52
6	581	Manuel Polido Pedro	Individual	Veterano M50	01:34:20	+36:02	07:15
7	636	João Pinto	Filhos da Mãe	Veterano M50	01:38:47	+40:30	07:36
8	687	Alexandre Saldanha	R4F	Veterano M50	01:39:52	+41:35	07:41

9	535	Antonio Jorge Nunes Dias Da Silva	Bombacias	Veterano M50	02:02:09	+01:03:52	09:24
10	685	Sérgio Esperanca	R4F	Veterano M50	02:21:33	+01:23:16	10:53
11	725	João Américo Duarte Cartaxo	Individual	Veterano M50	02:36:03	+01:37:46	12:00
12	689	Roberto Hallal	Individual	Veterano M50	02:46:31	+01:48:13	12:49
13	552	Gonçalo Rosario	Individual	Veterano M50	03:22:59	+02:24:42	15:37

Veterano M55

1	547	Paulo de Jesus Vieira Antunes	Individual	Veterano M55	02:15:46		10:27
2	627	Rui Alexandre Taumaturgo	Monsanting GMCJamor	Veterano M55	02:16:04	+00:17	10:28
3	632	Vitor Hugo Boto	Individual	Veterano M55	02:21:26	+05:39	10:53
4	549	Vítor Vicente	Se não estavas capaz não vinhas	Veterano M55	02:30:35	+14:48	11:35
5	662	Pedro Miguel Vicente Gomes Graça	Individual	Veterano M55	02:44:48	+29:01	12:41
6	702	Sandro Cunha	Individual	Veterano M55	02:55:17	+39:30	13:29
7	503	Carlos Jorge Silvério	Individual	Veterano M55	03:33:59	+01:18:12	16:28

Veterano M60

1	733	Arménio Mendes	Individual	Veterano M60	01:17:43		05:59
2	565	João Carlos Dias	BELOURA TEAM	Veterano M60	01:23:02	+05:18	06:23
3	585	Rui Manuel Castro Velez	Individual	Veterano M60	01:32:57	+15:14	07:09
4	671	Nuno O'Neill	M's & N	Veterano M60	01:42:46	+25:03	07:54
5	631	António Teixeira Duarte	Trilhos do Costume	Veterano M60	01:43:32	+25:48	07:58
6	507	Vitor Silva	Associação de atletismo Lebres do sado	Veterano M60	01:54:39	+36:55	08:49

Veterano M65

1	729	Orlando Duarte	Individual	Veterano M65	01:35:32		07:21

Veterano M70

1	543	Luís Bettencourt	Grcd Leião-Cobras Trailistas	Veterano M70	01:40:37		07:44
2	629	José Marques	Monsanting GMCJamor	Veterano M70	02:16:02	+35:24	10:28

TEAM RESULTS - 20KM

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

RANK	TEAM	DESCRIPTION	POINTS
1	2600TR	6 + 7 + 11	24
2	CPA CHESMAS	1 + 20 + 27	48
3	MSTT	9 + 10 + 37	56
4	CLUBE TAP PORTUGAL	23 + 46 + 50	119
5	MONSANTING GMCJAMOR	24 + 39 + 91	154
6	AMIGOS DO ATLETISMO DE MAFRA	19 + 95 + 110	224

TEAM RESULTS - 13KM

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

RANK	TEAM	DESCRIPTION	POINTS
1	CPA CHESMAS	1 + 4 + 13	18
2	BELOURA TEAM	2 + 6 + 16	24
3	2600TR	18 + 66 + 67	151
4	AZEITÃO RUNNERS	46 + 47 + 84	177
5	M'S & N	60 + 61 + 63	184
6	SEIXAL NATURA SPORTS	22 + 91 + 92	205
7	FIDELIDADE GDC	27 + 94 + 96	217
8	R4F	52 + 53 + 115	220
9	MONSANTING GMCJAMOR	107 + 108 + 109	324
10	CCDSINTRENSE	117 + 118 + 119	354