

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

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

	Time	Temperature	Humidity
Start	19:30	27,9°C	47%
End	20:43	27,9°C	47%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	352	JORGE MARCELINO	industrial desportivo vieirense	Veterano M40	34:08		03:25
2	141	Ricardo Henriques	cr amieirinhense	Senior Masculino	34:20	+00:12	03:26
3	379	Luís Cancela	núcleo sporting c p torres novas	Veterano M40	34:36	+00:28	03:28
4	424	Paulo Pinheiro	conquista ginásio	Veterano M40	35:09	+01:01	03:31
5	154	Luis Miguel de Oliveira Gomes	gac-grupo de atletismo da caranguejeira	Veterano M35	35:16	+01:08	03:32
6	151	André Filipe Reis	gac-grupo de atletismo da caranguejeira	Senior Masculino	35:27	+01:19	03:33
7	2	Ana Mafalda Ferreira	sporting clube de portugal	Senior Feminino	35:30	+01:22	03:33
8	353	RUI CABEÇAS	industrial desportivo vieirense	Veterano M40	35:37	+01:29	03:34
9	413	Diogo Azevedo	vitória futebol clube	Veterano M35	35:38	+01:30	03:34
10	9	CLAUDIO LOUREIRO	ac vermoil	Senior Masculino	35:39	+01:31	03:34
11	10	Hugo Duarte	ac vermoil	Senior Masculino	35:45	+01:37	03:35
12	359	GABRIEL RODRIGUES	industrial desportivo vieirense	Veterano M50	36:29	+02:21	03:39
13	142	Virgilio Bastos	cr amieirinhense	Veterano M35	36:30	+02:22	03:39
14	104	Luís Avelar	chitas de alcobaça	Veterano M40	36:42	+02:34	03:40
15	13	PEDRO FERREIRA	ac vermoil	Veterano M40	36:49	+02:40	03:41
16	155	Nuno Ribeiro Casalinho	gac-grupo de atletismo da caranguejeira	Veterano M35	36:59	+02:51	03:42
17	144	Jose Raimundo	cr amieirinhense	Veterano M50	37:10	+03:02	03:43
18	300	Jaime Nunes	individual	Veterano M45	37:12	+03:04	03:43
19	152	Ilidio Dias	gac-grupo de atletismo da caranguejeira	Senior Masculino	37:23	+03:15	03:44
20	357	ARTUR LOPES	industrial desportivo vieirense	Veterano M50	37:26	+03:18	03:45
21	45	RICARDO SIMÕES	c.c.d. "o alvitejo"	Veterano M50	37:31	+03:23	03:45
22	140	Eduardo Cardeira	cr amieirinhense	Senior Masculino	37:34	+03:26	03:45
23	157	Luis Pereira Guarda	gac-grupo de atletismo da caranguejeira	Veterano M50	37:46	+03:38	03:47
24	74	Jose Figueira	ccrd burinhosa	Veterano M45	37:53	+03:45	03:47
25	350	PETRO PASKAR	industrial desportivo vieirense	Senior Masculino	38:03	+03:55	03:48
26	143	João Guerreiro	cr amieirinhense	Veterano M50	38:08	+04:00	03:49
27	128	Paulo Ferreira	clube desportivo ribeirense	Veterano M35	38:11	+04:03	03:49
28	1	Tiago Conde	clube de atletismo da nazaré	Junior Masculino	38:14	+04:06	03:49
29	355	JOÃO DOMINGOS	industrial desportivo vieirense	Veterano M45	38:17	+04:09	03:50
30	358	Carlos Manuel Silva Simões	industrial desportivo vieirense	Veterano M50	38:24	+04:16	03:50
31	361	ANTÓNIO POEIRAS	industrial desportivo vieirense	Veterano M55	38:26	+04:18	03:51
32	224	Valter Costa	individual	Senior Masculino	38:32	+04:24	03:51
33	223	Tiago Nascimento Tomás	individual	Senior Masculino	38:36	+04:28	03:52
34	135	DANIEL PINTO	clube sem	Senior Masculino	38:40	+04:32	03:52
35	363	LICÍNIO PEREIRA	industrial desportivo vieirense	Veterano M60	38:48	+04:40	03:53
36	145	Armenio Pereira	cr amieirinhense	Veterano M55	38:55	+04:47	03:54
37	60	Miguel Gonçalves	ccd crédito agrícola mútuo	Veterano M35	38:57	+04:49	03:54
38	34	Bruno Silva	admata	Senior Masculino	38:59	+04:51	03:54
39	285	Mário Rui Tordo Dias	individual	Veterano M40	39:05	+04:57	03:55
40	187	André Filipe Correia Queijo	individual	Senior Masculino	39:12	+05:04	03:55
41	146	João Gomes	cr amieirinhense	Veterano M55	39:18	+05:10	03:56
42	422	Bruno Amaro	conquista ginásio	Veterano M35	39:36	+05:28	03:58

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**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 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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
43	348	Luís Costa	industrial desportivo vieirense	Senior Masculino	39:42	+05:34	03:58
44	8	Ana Petinga	aac-associação académica de coimbra	Veterana F35	39:42	+05:34	03:58
45	420	Miguel Caetano	conquista ginásio	Senior Masculino	40:06	+05:58	04:01
46	59	João Pedro Rezinho Louro	cccdav/ondalux	Veterano M40	40:07	+05:59	04:01
47	61	Diogo Duarte	ccrd burinhosa	Senior Masculino	40:09	+06:01	04:01
48	131	Amandio Paulo	clube desportivo ribeirense	Veterano M45	40:16	+06:08	04:02
49	27	CASIMIRO GOMES	acbatalha	Veterano M40	40:18	+06:10	04:02
50	126	RICARDO TEODÓSIO OLIVEIRA	clube desportivo náutico da marinha grande	Veterano M35	40:20	+06:12	04:02
51	204	jorge gameiro filipe	individual	Senior Masculino	40:21	+06:13	04:02
52	430	Jorge Barreiro	ccrd burinhosa	Veterano M40	40:23	+06:15	04:02
53	12	JOSÉ SANTOS	ac vermoil	Veterano M40	40:28	+06:20	04:03
54	139	ANTONIO ALVES	clube sem	Veterano M55	40:32	+06:24	04:03
55	391	Paulo silva	roodinhas—santos silva/oxygen fitness	Veterano M45	40:45	+06:36	04:05
56	388	Jose Freitas silva	pato bravo fisio massagem	Veterano M55	40:46	+06:38	04:05
57	158	Hugo Barqueiro	gau bajouca	Senior Masculino	40:47	+06:39	04:05
58	79	Carlos Duarte	ccrd burinhosa	Veterano M50	40:47	+06:39	04:05
59	429	Alexandre Ferreira Valente	abc caxarias	Senior Masculino	40:47	+06:39	04:05
60	402	José Lito Rodrigues	trail do dragão	Senior Masculino	40:47	+06:39	04:05
61	156	Diamantino Lopes	gac-grupo de atletismo da caranguejeira	Veterano M45	40:47	+06:39	04:05
62	69	Nuno Mendes	ccrd burinhosa	Veterano M35	40:48	+06:40	04:05
63	407	leandro santos	veteranos do lis	Veterano M35	40:57	+06:49	04:06
64	406	Cristóvão Gomes	veteranos do lis	Veterano M35	40:58	+06:50	04:06
65	275	Joao Duarte	individual	Veterano M40	41:07	+06:59	04:07
66	70	Dário Cabete	ccrd burinhosa	Veterano M40	41:21	+07:13	04:08
67	28	FRANCISCO BRÍGIDO	acbatalha	Veterano M40	41:21	+07:13	04:08
68	215	Pedro Mesquita	individual	Senior Masculino	41:25	+07:17	04:09
69	423	Nuno Calisto	conquista ginásio	Veterano M40	41:26	+07:18	04:09
70	147	Victor Teixeira	cr amieirinhense	Veterano M55	41:26	+07:18	04:09
71	265	Nuno Santos	individual	Veterano M35	41:30	+07:22	04:09
72	417	Jorge Rodrigues	gau bajouca	Veterano M45	41:43	+07:35	04:10
73	46	Rui Roberto	ca barreira	Veterano M45	41:56	+07:48	04:12
74	72	André Salgueiro	ccrd burinhosa	Senior Masculino	42:01	+07:53	04:12
75	360	ACÁCIO CAMPOS	industrial desportivo vieirense	Veterano M55	42:15	+08:07	04:14
76	349	MIGUEL COELHO	industrial desportivo vieirense	Senior Masculino	42:16	+08:08	04:14
77	153	Dulcinea Maria Santos Silva	gac-grupo de atletismo da caranguejeira	Veterana F45	42:20	+08:12	04:14
78	31	PAULO MONTEIRO	acbatalha	Veterano M45	42:28	+08:20	04:15
79	274	Emanuel Pereira Lopes	individual	Veterano M40	42:30	+08:22	04:15
80	322	José Rafael	individual	Veterano M50	42:42	+08:34	04:16
81	428	Tetyana Vakulyuk	caracol trail team	Veterana F40	42:44	+08:36	04:16
82	362	CELESTINO MARQUES	industrial desportivo vieirense	Veterano M55	42:46	+08:38	04:17
83	119	Rafael Pinto	clube desportivo moitense	Junior Masculino	42:47	+08:39	04:17
84	108	António Morgado	chitas de alcobaça	Veterano M50	42:49	+08:41	04:17
85	233	Deonilde Costa	ac vermoil	Veterana F40	42:51	+08:43	04:17
86	124	Carlos Pinto	clube desportivo moitense	Veterano M45	42:54	+08:45	04:17
87	306	Paulo Caldeira	individual	Veterano M45	42:54	+08:46	04:17

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**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 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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	366	Jorge Luis Gonçalves Vieira	juventude vidigalense	Senior Masculino	42:54	+08:46	04:17
89	55	Hugo Xavier Pinto Coutinho	ccodav/ondalux	Senior Masculino	42:55	+08:47	04:18
90	130	João Justo	clube desportivo ribeirense	Veterano M40	43:00	+08:52	04:18
91	334	nelson dias	individual	Veterano M55	43:04	+08:56	04:18
92	18	HUGO MEDEIROS	acbatalha	Senior Masculino	43:12	+09:04	04:19
93	212	Paulo Dias	individual	Senior Masculino	43:12	+09:04	04:19
94	123	Ricardo Vicente	clube desportivo moitense	Veterano M40	43:13	+09:05	04:19
95	425	Amândio Caetano	conquista ginásio	Veterano M50	43:16	+09:08	04:20
96	68	Mauricio Rodrigues	ccrd burinhosa	Veterano M35	43:23	+09:15	04:20
97	356	JOÃO MARCELINO	industrial desportivo vieirense	Veterano M45	43:25	+09:17	04:21
98	412	JOSE FARO	viriatvhs runners viseu	Veterano M45	43:25	+09:17	04:21
99	344	Peter Steinhausen	individual	Veterano M65	43:26	+09:18	04:21
100	229	RUI LAMEIRO	acbatalha	Senior Masculino	43:28	+09:20	04:21
101	29	HELDER SANTOS	acbatalha	Veterano M40	43:30	+09:22	04:21
102	219	Ricardo Filipe Vieira da Costa	individual	Senior Masculino	43:30	+09:22	04:21
103	295	Amilcar Costa	individual	Veterano M45	43:37	+09:29	04:22
104	39	José Alves	admata	Veterano M50	43:38	+09:30	04:22
105	421	Adriano Araújo	conquista ginásio	Veterano M40	43:39	+09:31	04:22
106	106	Arménio Morgado de Oliveira	chitas de alcobaça	Veterano M45	43:41	+09:33	04:22
107	25	CLAUDIO MATIAS	acbatalha	Veterano M35	43:42	+09:34	04:22
108	138	RUI ANDRADE	clube sem	Veterano M40	43:46	+09:38	04:23
109	316	Carlos Ribeiro	individual	Veterano M50	43:49	+09:41	04:23
110	257	Gonçalo	individual	Veterano M35	44:01	+09:53	04:24
111	44	Rui Merujo	armada torreense	Veterano M55	44:05	+09:57	04:25
112	409	Vitor Godinho	veteranos do lis	Veterano M40	44:06	+09:58	04:25
113	76	Nuno Lorvão	ccrd burinhosa	Veterano M45	44:09	+10:01	04:25
114	127	Nuno Moleano	clube desportivo ribeirense	Veterano M35	44:12	+10:04	04:25
115	129	António Palmeira	clube desportivo ribeirense	Veterano M40	44:13	+10:05	04:25
116	331	JOAO ALMADA	individual	Veterano M55	44:19	+10:11	04:26
117	107	Paulo Santos	chitas de alcobaça	Veterano M45	44:20	+10:12	04:26
118	38	António Carreira	admata	Veterano M40	44:24	+10:16	04:26
119	191	Daniel Mário	individual	Senior Masculino	44:24	+10:16	04:26
120	93	Fabio Silva	chitas de alcobaça	Senior Masculino	44:46	+10:38	04:29
121	220	Tiago Clara	individual	Senior Masculino	44:51	+10:43	04:29
122	408	vasco marques	veteranos do lis	Veterano M40	44:56	+10:48	04:30
123	199	João Pedro Costa	individual	Senior Masculino	44:58	+10:50	04:30
124	313	António Manuel Mateus da Silva	individual	Veterano M50	44:59	+10:51	04:30
125	20	MARIO FERREIRA	acbatalha	Senior Masculino	45:01	+10:53	04:30
126	80	Luís Estrelinha	ccrd burinhosa	Veterano M50	45:06	+10:58	04:31
127	160	David Marques	gln move on	Senior Masculino	45:15	+11:07	04:32
128	315	Carlos Mauricio	individual	Veterano M50	45:23	+11:15	04:32
129	319	João Coutinho	individual	Veterano M50	45:24	+11:16	04:32
130	43	Rafael Lopes	ameixa team	Senior Masculino	45:28	+11:20	04:33
131	432	José Carlos	acbatalha	Veterano M55	45:28	+11:20	04:33
132	137	LUIS CARREIRA	clube sem	Veterano M40	45:29	+11:21	04:33

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	287	Nuno Gonçalves	individual	Veterano M40	45:34	+11:26	04:33
134	448	JOAQUIM OLIVEIRA	acbatalha	Veterano M45	45:35	+11:27	04:34
135	444	Jorge Galhispo	gac-grupo de atletismo da caranguejeira	Veterano M45	45:36	+11:28	04:34
136	37	Nuno Vitorino	adrmata	Senior Masculino	45:36	+11:28	04:34
137	269	António Esperança	individual	Veterano M40	45:37	+11:29	04:34
138	263	Marco Constantino	individual	Veterano M35	45:39	+11:31	04:34
139	94	Helder Miguel Peralta dos Santos	chitas de alcobaça	Senior Masculino	45:41	+11:33	04:34
140	301	Joaquim Ramalho	individual	Veterano M45	45:48	+11:40	04:35
141	310	Vitor Galego	individual	Veterano M45	45:51	+11:43	04:35
142	81	Paulo Duarte	ccrd burinhosa	Veterano M50	45:52	+11:44	04:35
143	67	Fabio Reis	ccrd burinhosa	Veterano M35	45:53	+11:45	04:35
144	367	Pedro Barros Roberto	juventude vidigalense	Senior Masculino	45:53	+11:45	04:35
145	42	Bráulio Mendes Luís	ameixa team	Senior Masculino	45:55	+11:47	04:36
146	279	José Manuel Ferreira Marques	individual	Veterano M40	46:00	+11:52	04:36
147	370	Sandra Faustino	juventude vidigalense	Veterana F45	46:16	+12:08	04:38
148	134	CARLA CANTANTE	clube sem	Senior Feminino	46:20	+12:12	04:38
149	56	Márcio Daniel David Andrade	cccdav/ondalux	Senior Masculino	46:21	+12:13	04:38
150	195	Gonçalo Xavier	individual	Senior Masculino	46:23	+12:14	04:38
151	294	Telmo Romeu Vieira Campos	individual	Veterano M40	46:31	+12:23	04:39
152	193	Fábio Piló	individual	Senior Masculino	46:32	+12:24	04:39
153	354	JOÃO BENTO	industrial desportivo vieirense	Veterano M45	46:38	+12:30	04:40
154	21	Sofia Ligeiro	acbatalha	Veterana F35	46:45	+12:36	04:41
155	118	Vitor Parreira	clube de atletismo da nazaré	Veterano M60	46:46	+12:38	04:41
156	7	Filipe Tomás	a.c. s. mamede	Veterano M65	46:54	+12:46	04:41
157	58	Hugo Miguel Marques de Abreu Lopes	cccdav/ondalux	Veterano M40	46:57	+12:49	04:42
158	110	Pedro Honório	chitas de alcobaça	Veterano M50	47:08	+13:00	04:43
159	85	Rui Ventura	ccrd burinhosa	Veterano M55	47:11	+13:03	04:43
160	208	Miguel angelo agostinho rodrigues	individual	Senior Masculino	47:13	+13:05	04:43
161	411	LUIS LOUREIRO	virithvs runners viseu	Veterano M40	47:13	+13:05	04:43
162	405	Miguel Bernardo	twopikas	Veterano M40	47:18	+13:10	04:44
163	277	Jorge Alexandre Légua Anastácio	individual	Veterano M40	47:19	+13:11	04:44
164	336	LEANDRO estevez camiña	individual	Veterano M60	47:27	+13:19	04:45
165	325	Pedro Leal	individual	Veterano M50	47:30	+13:22	04:45
166	35	Fernando Passadouro	adrmata	Senior Masculino	47:32	+13:24	04:45
167	340	Eduardo da Conceição Ferreira Graça	individual	Veterano M65	47:45	+13:37	04:47
168	259	Hugo Pereira	individual	Veterano M35	47:48	+13:40	04:47
169	264	Marco Paulo Oliveira Costa	individual	Veterano M35	47:48	+13:40	04:47
170	419	Ana Isabel Vígia	ccrd burinhosa	Veterana F45	47:51	+13:43	04:47
171	15	ALFREDO SANTOS	ac vermoil	Veterano M60	47:56	+13:48	04:48
172	132	Domingos Lavinha	clube desportivo ribeirense	Veterano M55	48:01	+13:53	04:48
173	163	José adrião	imasams	Veterano M45	48:08	+14:00	04:49
174	14	EUGENIO MENDES	ac vermoil	Veterano M55	48:24	+14:16	04:50

**PROVA PRINCIPAL - STAGE 1****10 KM**

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
175	11	Liliana neves	ac vermeil	Veterana F35	48:24	+14:16	04:50
176	30	JONH KELLY	acbatalha	Veterano M45	48:26	+14:18	04:51
177	338	Marinho Delgado	individual	Veterano M60	48:37	+14:29	04:52
178	51	António Manuel Oliveira Fazendeiro	carapaus de corrida	Veterano M50	48:45	+14:37	04:53
179	36	João Sousa	adrmata	Senior Masculino	48:52	+14:44	04:53
180	122	Edgar Rosa	clube desportivo moitense	Veterano M40	48:55	+14:47	04:54
181	192	David Gonçalves	individual	Senior Masculino	48:57	+14:48	04:54
182	112	José Parrilha	chitas de alcobaça	Veterano M65	49:01	+14:53	04:54
183	393	Fernando Carlos Lopes	saldo válido	Veterano M50	49:04	+14:56	04:54
184	392	Rui Miguel Feijão	saldo válido	Veterano M45	49:04	+14:56	04:55
185	298	Helder Alexandre Silverio	individual	Veterano M45	49:06	+14:58	04:55
186	436	Vítor Manuel Estrelinha Esgaio	individual	Veterano M50	49:12	+15:04	04:55
187	312	Vítor Varela	individual	Veterano M45	49:12	+15:04	04:55
188	217	pedro santos	individual	Senior Masculino	49:15	+15:07	04:56
189	383	Diogo Arraias	os arraias	Veterano M60	49:22	+15:14	04:56
190	196	Hugo fonseca	individual	Senior Masculino	49:23	+15:15	04:56
191	194	Frederico Agostinho	individual	Senior Masculino	49:27	+15:19	04:57
192	75	Marco Ribeiro	ccrd burinhosa	Veterano M45	49:31	+15:23	04:57
193	175	Joana Ribeiro	individual	Senior Feminino	49:36	+15:28	04:58
194	100	Ricardo Almeida	chitas de alcobaça	Veterano M35	49:38	+15:30	04:58
195	435	JOZSEF BLETAN	acbatalha	Veterano M55	49:38	+15:30	04:58
196	351	HELENA HENRIQUES	industrial desportivo vieirense	Veterana F45	49:39	+15:31	04:58
197	364	ACÁCIO LAVOS	industrial desportivo vieirense	Veterano M65	49:39	+15:31	04:58
198	207	Marcelo Chagas	individual	Senior Masculino	49:40	+15:32	04:58
199	332	José Gradil Balbino Gradil	individual	Veterano M55	49:44	+15:36	04:58
200	404	Daniel Delgado	twopikas	Senior Masculino	49:52	+15:44	04:59
201	272	Bernardo	individual	Veterano M40	50:05	+15:57	05:01
202	77	Octavio Mariano	ccrd burinhosa	Veterano M45	50:09	+16:01	05:01
203	201	João Vital Cruz	individual	Senior Masculino	50:13	+16:05	05:01
204	256	Frederico Gonçalves dos Santos	individual	Veterano M35	50:19	+16:11	05:02
205	244	Maria De Fatima Antunes Ferreira Neves	individual	Veterana F45	50:21	+16:13	05:02
206	26	THIAGO FIGUEREDO	acbatalha	Veterano M35	50:22	+16:14	05:02
207	40	NUNO LOURENÇO	aldeia fiscal	Veterano M40	50:23	+16:15	05:02
208	73	Telmo Pedroso	ccrd burinhosa	Veterano M40	50:29	+16:21	05:03
209	24	MARIA PEREIRA	acbatalha	Veterana F55	50:33	+16:25	05:03
210	396	Flávio Carvalho	silva team	Senior Masculino	50:40	+16:32	05:04
211	397	Bruno Silva	silva team	Veterano M35	50:41	+16:33	05:04
212	198	João Florindo	individual	Senior Masculino	50:41	+16:33	05:04
213	231	Anabela Cláudia Meireles Ribeiro	individual	Veterana F40	50:45	+16:37	05:05
214	150	Rita Ferreira Camponês	gac-grupo de atletismo da caranguejeira	Junior Feminino	50:49	+16:41	05:05
215	78	Anibal Silva	ccrd burinhosa	Veterano M50	50:53	+16:45	05:05
216	203	Joel Pedrosa Simões	individual	Senior Masculino	50:56	+16:48	05:06

PROVA PRINCIPAL - STAGE 1

10 KM

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
217	320	Joaquim Artur Fonseca Ventura	individual	Veterano M50	51:02	+16:54	05:06
218	33	João Duarte	adc tagarro	Senior Masculino	51:02	+16:54	05:06
219	290	Pedro Figueiredo	individual	Veterano M40	51:05	+16:57	05:07
220	209	Nelson Santos	individual	Senior Masculino	51:08	+17:00	05:07
221	218	Renato Serra	individual	Senior Masculino	51:13	+17:05	05:07
222	317	Gilberto Lopes	individual	Veterano M50	51:15	+17:07	05:08
223	441	Rui Mota	individual	Senior Masculino	51:17	+17:09	05:08
224	281	JUSTINO SILVA	individual	Veterano M40	51:17	+17:09	05:08
225	373	Bruno Pereira	lebres da nazaré	Senior Masculino	51:19	+17:11	05:08
226	103	Carlos Manix	chitas de alcobaça	Veterano M40	51:21	+17:13	05:08
227	276	Joaquim Maranhão	individual	Veterano M40	51:23	+17:15	05:08
228	381	João Saraiva	os armadilhas	Veterano M50	51:25	+17:17	05:09
229	17	ODETE OLIVEIRA	acbatalha	Senior Feminino	51:28	+17:20	05:09
230	307	Paulo Gomes	individual	Veterano M45	51:33	+17:25	05:09
231	165	Matilde Lérias	individual	Junior Feminino	51:46	+17:38	05:11
232	394	Margarida Vieira	salt trunks	Veterana F40	51:46	+17:38	05:11
233	395	Hugo Neves	salt trunks	Veterano M40	51:47	+17:39	05:11
234	270	António José Alexandre Castanheira	individual	Veterano M40	51:47	+17:39	05:11
235	120	teresa cristiana de jesus rosa	clube desportivo moitense	Veterana F35	52:04	+17:56	05:12
236	200	João Ribeiro	individual	Senior Masculino	52:08	+18:00	05:13
237	386	Sérgio Artilheiro	os tolinhos	Veterano M35	52:11	+18:03	05:13
238	414	Fábio Francisco	xiripiti team	Senior Masculino	52:11	+18:03	05:13
239	228	Elisabete Meco Fonte da Florência	individual	Veterana F35	52:14	+18:06	05:13
240	346	ANA SILVA	industrial desportivo vieirense	Senior Feminino	52:14	+18:06	05:13
241	84	Luis Conceição	ccrd burinhosa	Veterano M55	52:15	+18:07	05:14
242	136	SANDRA FERREIRA	clube sem	Veterana F40	52:30	+18:21	05:15
243	368	Rita Garcia Dias	juventude vidigalense	Veterana F40	52:33	+18:25	05:15
244	52	Paulo Jorge da Silva Santos	carapaus de corrida	Veterano M50	52:41	+18:33	05:16
245	372	Liliana Balau	lebres da nazaré	Senior Feminino	52:42	+18:34	05:16
246	374	Ana Lazarino	lebres da nazaré	Veterana F35	52:43	+18:35	05:16
247	105	Pedro Vigário Chitas de Alcobaça	chitas de alcobaça	Veterano M40	52:44	+18:36	05:16
248	267	Rui Manuel Fernandes Nunes	individual	Veterano M35	52:45	+18:37	05:17
249	376	Duarte Nuno Alves Martelo	lusitano de olivença	Veterano M40	52:47	+18:39	05:17
250	387	Carlos Ribeiro	os tolinhos	Veterano M40	52:50	+18:42	05:17
251	253	Filomena Bombas da Florência Santos	individual	Veterana F55	52:53	+18:45	05:17
252	205	Jorge Pestana	individual	Senior Masculino	53:03	+18:55	05:18
253	82	Jose Rato	ccrd burinhosa	Veterano M55	53:06	+18:58	05:19
254	390	dj Bruno Vintém	pontével a mexer	Senior Masculino	53:12	+19:04	05:19
255	343	Manuel Clemente	individual	Veterano M65	53:13	+19:05	05:19
256	32	David Fortunato	adc tagarro	Senior Masculino	53:16	+19:08	05:20
257	251	Teresa Remédios	individual	Veterana F50	53:21	+19:13	05:20
258	65	Ana Paula Santos	ccrd burinhosa	Veterana F55	53:27	+19:19	05:21

# PROVA PRINCIPAL - STAGE 1

## 10 KM

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
259	71	Hélder S G Pinto	ccrd burinhosa	Veterano M40	53:27	+19:19	05:21
260	170	Cláudia Costa	individual	Senior Feminino	53:29	+19:21	05:21
261	278	Jose fonseca	individual	Veterano M40	53:30	+19:22	05:21
262	398	Rui Silva	silva team	Veterano M35	53:50	+19:42	05:23
263	286	Nelson Hilário	individual	Veterano M40	53:54	+19:46	05:23
264	323	MÁRIO JÚLIO RODRIGUES LÚCIO	individual	Veterano M50	54:00	+19:52	05:24
265	380	François Escolastico	os armadilhas	Veterano M45	54:08	+20:00	05:25
266	111	Tony Wolstenholme	chitas de alcobaça	Veterano M60	54:08	+20:00	05:25
267	296	Carlos NOVO	individual	Veterano M45	54:17	+20:09	05:26
268	115	Joana Carmo	cisterunners	Senior Feminino	54:39	+20:31	05:28
269	189	Bruno Graça	individual	Senior Masculino	54:39	+20:31	05:28
270	190	Bruno Reis	individual	Senior Masculino	54:39	+20:31	05:28
271	121	Eva Rosa	clube desportivo moitense	Veterana F45	54:41	+20:33	05:28
272	311	Vítor Manuel Santos Silva	individual	Veterano M45	54:42	+20:34	05:28
273	345	ADRIANA COELHO	industrial desportivo vieirense	Junior Feminino	54:44	+20:36	05:28
274	174	Iris Lameiro Petinga	individual	Senior Feminino	54:57	+20:49	05:30
275	97	Marlene Oliveira	chitas de alcobaça	Veterana F35	55:01	+20:53	05:30
276	378	Carla Ribas	não fazemos nem mais um...km	Veterana F45	55:07	+20:59	05:31
277	64	Ivone Andrade Vieira	ccrd burinhosa	Veterana F40	55:09	+21:01	05:31
278	280	José Santos	individual	Veterano M40	55:14	+21:06	05:31
279	292	Pedro Miguel Mendes Patita	individual	Veterano M40	55:14	+21:06	05:31
280	225	Valter serrano vieira	individual	Senior Masculino	55:14	+21:06	05:31
281	289	Paulo Fernandes	individual	Veterano M40	55:23	+21:15	05:32
282	188	Bruno Alves	individual	Senior Masculino	55:26	+21:18	05:33
283	273	Bruno Abrantes	individual	Veterano M40	55:34	+21:26	05:33
284	382	Sandra Arraias	os arraias	Veterana F35	55:34	+21:26	05:33
285	213	Pedro Gonçalo da Silva Almeida	individual	Senior Masculino	55:36	+21:28	05:34
286	341	Joaquim Estrelinha Vagos	ccrd burinhosa	Veterano M65	56:02	+21:54	05:36
287	431	Emanuel Rito	acbatalha	Junior Masculino	56:04	+21:56	05:36
288	89	Márcia Alexandra Ferreira Machado	chitas de alcobaça	Senior Feminino	56:04	+21:56	05:36
289	86	Daniela Filipa Ferreira Traquina	chitas de alcobaça	Senior Feminino	56:05	+21:57	05:37
290	183	Rita Agostinho	individual	Senior Feminino	56:11	+22:03	05:37
291	258	Hugo Monteiro	individual	Veterano M35	56:14	+22:06	05:37
292	48	Laureano Jorge Bem Gonçalves	canhões da nazaré	Veterano M35	56:15	+22:07	05:38
293	47	Gonçalo Moita	canhões da nazaré	Veterano M35	56:15	+22:07	05:38
294	371	Tina Silva	juventude vidigalense	Veterana F50	56:25	+22:17	05:39
295	339	António Xavier Ribeiro	individual	Veterano M65	57:11	+23:03	05:43
296	255	Flávio Ferreira	individual	Veterano M35	57:12	+23:04	05:43
297	321	José Areias	individual	Veterano M50	57:19	+23:11	05:44
298	91	Patrícia libanio	chitas de alcobaça	Senior Feminino	57:20	+23:12	05:44
299	252	Fátima Martins	individual	Veterana F55	57:21	+23:13	05:44
300	238	Natalia Fernandes	individual	Veterana F40	57:25	+23:17	05:45





PROVA PRINCIPAL - STAGE 1

10 KM

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
345	324	Paulo Lousada	individual	Veterano M50	01:02:48	+28:40	06:17
346	172	Diana Eustáquio	individual	Senior Feminino	01:02:51	+28:43	06:17
347	179	Mafalda Martins	individual	Senior Feminino	01:02:52	+28:44	06:17
348	178	Iurdes santos	individual	Senior Feminino	01:02:52	+28:44	06:17
349	176	Leila	individual	Senior Feminino	01:03:09	+29:01	06:19
350	239	Patrícia Leal Ferreira	individual	Veterana F40	01:03:10	+29:02	06:19
351	243	Eunice Silva	individual	Veterana F45	01:03:32	+29:24	06:21
352	226	Ana Galhardo	individual	Veterana F35	01:03:44	+29:36	06:22
353	41	David Alexandre Magalhães Milhinhos	ameixa team	Senior Masculino	01:04:06	+29:58	06:25
354	184	Susana Bento	individual	Senior Feminino	01:04:11	+30:03	06:25
355	418	Marta Sofia Zarro Balau	lebres da nazaré	Senior Feminino	01:04:19	+30:11	06:26
356	427	Paula Caseiro	lebres da nazaré	Veterana F45	01:04:19	+30:11	06:26
357	53	Magda Carvalho	cbteam	Veterana F40	01:05:26	+31:18	06:33
358	54	Rui Bogalho	cbteam	Veterano M45	01:05:27	+31:19	06:33
359	185	Tânia Lopes	individual	Senior Feminino	01:05:28	+31:20	06:33
360	168	Bianca Jorge	individual	Senior Feminino	01:05:33	+31:25	06:33
361	337	Manuel lopes de Sousa antunes	individual	Veterano M60	01:05:33	+31:25	06:33
362	22	CRISTINA FERREIRA	acbatilha	Veterana F40	01:06:08	+32:00	06:37
363	433	Jorge Monteiro	acbatilha	Veterano M40	01:06:09	+32:01	06:37
364	181	Mariana rodrigues	individual	Senior Feminino	01:06:28	+32:20	06:39
365	327	Rui Melão	individual	Veterano M50	01:06:46	+32:38	06:41
366	109	Eng. Pedro Mendes	chitas de alcobaça	Veterano M50	01:06:51	+32:43	06:41
367	240	Sofia Nogueira	individual	Veterana F40	01:07:21	+33:13	06:44
368	23	PAULA CRUZ	acbatilha	Veterana F50	01:07:30	+33:22	06:45
369	437	Rute Salome Pequicho Da Costa	individual	Veterana F35	01:07:43	+33:35	06:46
370	230	Liliana machado	individual	Veterana F35	01:08:14	+34:06	06:49
371	260	José António Seródio Aldinhas	individual	Veterano M35	01:08:16	+34:08	06:50
372	438	Filipe Barroso da Luz Bento Jordão	individual	Veterano M35	01:08:46	+34:38	06:53
373	328	Albino Pacheco	individual	Veterano M55	01:09:23	+35:15	06:56
374	177	Luana Granada Almeida	individual	Senior Feminino	01:09:49	+35:41	06:59
375	19	JOÃO FERNANDES ELIAS	acbatilha	Senior Masculino	01:10:04	+35:56	07:00
376	16	JÂNIA AMARO LAUREANO	acbatilha	Senior Feminino	01:10:05	+35:57	07:01
377	237	Lidia Castela	individual	Veterana F40	01:10:12	+36:04	07:01
378	249	Maria joao Alves da Cruz	lebres da nazaré	Veterana F50	01:11:10	+37:02	07:07
379	161	Paulo Rodrigues	gln move on	Veterano M45	01:11:11	+37:03	07:07
380	214	Pedro lopes	individual	Senior Masculino	01:12:13	+38:05	07:13
381	88	Laura Oliveira	chitas de alcobaça	Senior Feminino	01:12:58	+38:50	07:18

## Prova Principal

**10 KM**

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

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

	Time	Temperature	Humidity
Start	19:30	27,9°C	47%
End	20:43	27,9°C	47%

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

1	150	Rita Ferreira Camponês	GAC-Grupo de Atletismo da Caranguejeira	Junior Feminino	50:49	+16:41	05:05
2	165	Matilde Lérias	Individual	Junior Feminino	51:46	+17:38	05:11
3	345	ADRIANA COELHO	INDUSTRIAL DESPORTIVO VIEIRENSE	Junior Feminino	54:44	+20:36	05:28

### Junior Masculino

1	1	Tiago Conde	Clube de Atletismo da Nazaré	Junior Masculino	38:14	+04:06	03:49
2	119	Rafael Pinto	Clube Desportivo Moitense	Junior Masculino	42:47	+08:39	04:17
3	431	Emanuel Rito	ACBATALHA	Junior Masculino	56:04	+21:56	05:36

### Senior Feminino

1	2	Ana Mafalda Ferreira	Sporting Clube de Portugal	Senior Feminino	35:30	+01:22	03:33
2	134	CARLA CANTANTE	Clube SEM	Senior Feminino	46:20	+12:12	04:38
3	175	Joana Ribeiro	Individual	Senior Feminino	49:36	+15:28	04:58
4	17	ODETE OLIVEIRA	ACBATALHA	Senior Feminino	51:28	+17:20	05:09
5	346	ANA SILVA	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Feminino	52:14	+18:06	05:13
6	372	Liliana Balau	Lebres da Nazaré	Senior Feminino	52:42	+18:34	05:16
7	170	Cláudia Costa	Individual	Senior Feminino	53:29	+19:21	05:21
8	115	Joana Carmo	CisteRunners	Senior Feminino	54:39	+20:31	05:28
9	174	Iris Lameiro Petinga	Individual	Senior Feminino	54:57	+20:49	05:30
10	89	Márcia Alexandra Ferreira Machado	Chitas de Alcobaça	Senior Feminino	56:04	+21:56	05:36
11	86	Daniela Filipa Ferreira Traquina	Chitas de Alcobaça	Senior Feminino	56:05	+21:57	05:37
12	183	Rita Agostinho	Individual	Senior Feminino	56:11	+22:03	05:37
13	91	Patrícia libanio	Chitas de Alcobaça	Senior Feminino	57:20	+23:12	05:44
14	90	Patrícia Guerra	Chitas de Alcobaça	Senior Feminino	57:34	+23:26	05:45
15	92	Rafaela Moreira	Chitas de Alcobaça	Senior Feminino	57:34	+23:26	05:45
16	169	Carina Amaro	Individual	Senior Feminino	59:16	+25:08	05:56
17	347	SÓNIA BARREIROS	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Feminino	59:42	+25:34	05:58
18	166	Ana Maurício	Individual	Senior Feminino	01:00:16	+26:08	06:02
19	114	Inês Silva	CisteRunners	Senior Feminino	01:00:16	+26:08	06:02
20	180	Mara custodio rebelo	Individual	Senior Feminino	01:00:18	+26:10	06:02
21	167	Tatiana Granada	Individual	Senior Feminino	01:00:44	+26:36	06:04
22	401	Vera Constâncio	Trail do dragão	Senior Feminino	01:01:02	+26:54	06:06
23	87	Filipa Couto	Chitas de Alcobaça	Senior Feminino	01:01:46	+27:38	06:11
24	172	Diana Eustáquio	Individual	Senior Feminino	01:02:51	+28:43	06:17

**Prova Principal****10 KM**

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

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

25	179	Mafalda Martins	Individual	Senior Feminino	01:02:52	+28:44	06:17
26	178	Iurdes Santos	Individual	Senior Feminino	01:02:52	+28:44	06:17
27	176	Leila	Individual	Senior Feminino	01:03:09	+29:01	06:19
28	184	Susana Bento	Individual	Senior Feminino	01:04:11	+30:03	06:25
29	418	Marta Sofia Zarro Balau	Lebres da Nazaré	Senior Feminino	01:04:19	+30:11	06:26
30	185	Tânia Lopes	Individual	Senior Feminino	01:05:28	+31:20	06:33
31	168	Bianca Jorge	Individual	Senior Feminino	01:05:33	+31:25	06:33
32	181	Mariana Rodrigues	Individual	Senior Feminino	01:06:28	+32:20	06:39
33	177	Luana Granada Almeida	Individual	Senior Feminino	01:09:49	+35:41	06:59
34	16	JÂNIA AMARO LAUREANO	ACBATALHA	Senior Feminino	01:10:05	+35:57	07:01
35	88	Laura Oliveira	Chitas de Alcobaça	Senior Feminino	01:12:58	+38:50	07:18

**Senior Masculino**

1	141	Ricardo Henriques	CR AMIEIRINHENSE	Senior Masculino	34:20	+00:12	03:26
2	151	André Filipe Reis	GAC-Grupo de Atletismo da Caranguejeira	Senior Masculino	35:27	+01:19	03:33
3	9	CLAUDIO LOUREIRO	AC VERMOIL	Senior Masculino	35:39	+01:31	03:34
4	10	Hugo Duarte	AC VERMOIL	Senior Masculino	35:45	+01:37	03:35
5	152	Ilidio Dias	GAC-Grupo de Atletismo da Caranguejeira	Senior Masculino	37:23	+03:15	03:44
6	140	Eduardo Cardeira	CR AMIEIRINHENSE	Senior Masculino	37:34	+03:26	03:45
7	350	PETRO PASKAR	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Masculino	38:03	+03:55	03:48
8	224	Valter Costa	Individual	Senior Masculino	38:32	+04:24	03:51
9	223	Tiago Nascimento Tomás	Individual	Senior Masculino	38:36	+04:28	03:52
10	135	DANIEL PINTO	Clube SEM	Senior Masculino	38:40	+04:32	03:52
11	34	Bruno Silva	ADRMata	Senior Masculino	38:59	+04:51	03:54
12	187	André Filipe Correia Queijo	Individual	Senior Masculino	39:12	+05:04	03:55
13	348	Luís Costa	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Masculino	39:42	+05:34	03:58
14	420	Miguel Caetano	Conquista Ginásio	Senior Masculino	40:06	+05:58	04:01
15	61	Diogo Duarte	CCRD Burinhosa	Senior Masculino	40:09	+06:01	04:01
16	204	Jorge Gameiro Filipe	Individual	Senior Masculino	40:21	+06:13	04:02
17	158	Hugo Barqueiro	GAU Bajouca	Senior Masculino	40:47	+06:39	04:05
18	429	Alexandre Ferreira Valente	ABC Caxarias	Senior Masculino	40:47	+06:39	04:05
19	402	José Lito Rodrigues	Trail do dragão	Senior Masculino	40:47	+06:39	04:05
20	215	Pedro Mesquita	Individual	Senior Masculino	41:25	+07:17	04:09
21	72	André Salgueiro	CCRD Burinhosa	Senior Masculino	42:01	+07:53	04:12
22	349	MIGUEL COELHO	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Masculino	42:16	+08:08	04:14
23	366	Jorge Luis Gonçalves Vieira	Juventude Vidigalense	Senior Masculino	42:54	+08:46	04:17
24	55	Hugo Xavier Pinto Coutinho	CCCDV/Onalux	Senior Masculino	42:55	+08:47	04:18
25	18	HUGO MEDEIROS	ACBATALHA	Senior Masculino	43:12	+09:04	04:19
26	212	Paulo Dias	Individual	Senior Masculino	43:12	+09:04	04:19
27	229	RUI LAMEIRO	ACBATALHA	Senior Masculino	43:28	+09:20	04:21
28	219	Ricardo Filipe Vieira da Costa	Individual	Senior Masculino	43:30	+09:22	04:21
29	191	Daniel Mário	Individual	Senior Masculino	44:24	+10:16	04:26

Official Timekeeper: Lap2Go

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## Prova Principal

10 KM

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

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

30	93	Fabio Silva	Chitas de Alcobaça	Senior Masculino	44:46	+10:38	04:29
31	220	Tiago Clara	Individual	Senior Masculino	44:51	+10:43	04:29
32	199	João Pedro Costa	Individual	Senior Masculino	44:58	+10:50	04:30
33	20	MARIO FERREIRA	ACBATALHA	Senior Masculino	45:01	+10:53	04:30
34	160	David Marques	GLN Move On	Senior Masculino	45:15	+11:07	04:32
35	43	Rafael Lopes	Ameixa Team	Senior Masculino	45:28	+11:20	04:33
36	37	Nuno Vitorino	ADRMata	Senior Masculino	45:36	+11:28	04:34
37	94	Helder Miguel Peralta dos Santos	Chitas de Alcobaça	Senior Masculino	45:41	+11:33	04:34
38	367	Pedro Barros Roberto	Juventude Vidigalense	Senior Masculino	45:53	+11:45	04:35
39	42	Bráulio Mendes Luís	Ameixa Team	Senior Masculino	45:55	+11:47	04:36
40	56	Márcio Daniel David Andrade	CCCDV//Ondalux	Senior Masculino	46:21	+12:13	04:38
41	195	Gonçalo Xavier	Individual	Senior Masculino	46:23	+12:14	04:38
42	193	Fábio Piló	Individual	Senior Masculino	46:32	+12:24	04:39
43	208	Miguel angelo agostinho rodrigues	Individual	Senior Masculino	47:13	+13:05	04:43
44	35	Fernando Passadouro	ADRMata	Senior Masculino	47:32	+13:24	04:45
45	36	João Sousa	ADRMata	Senior Masculino	48:52	+14:44	04:53
46	192	David Gonçalves	Individual	Senior Masculino	48:57	+14:48	04:54
47	217	pedro santos	Individual	Senior Masculino	49:15	+15:07	04:56
48	196	Hugo fonseca	Individual	Senior Masculino	49:23	+15:15	04:56
49	194	Frederico Agostinho	Individual	Senior Masculino	49:27	+15:19	04:57
50	207	Marcelo Chagas	Individual	Senior Masculino	49:40	+15:32	04:58
51	404	Daniel Delgado	Twopikas	Senior Masculino	49:52	+15:44	04:59
52	201	João Vital Cruz	Individual	Senior Masculino	50:13	+16:05	05:01
53	396	Flávio Carvalho	Silva Team	Senior Masculino	50:40	+16:32	05:04
54	198	João Florindo	Individual	Senior Masculino	50:41	+16:33	05:04
55	203	Joel Pedrosa Simões	Individual	Senior Masculino	50:56	+16:48	05:06
56	33	João Duarte	ADC Tagarro	Senior Masculino	51:02	+16:54	05:06
57	209	Nelson Santos	Individual	Senior Masculino	51:08	+17:00	05:07
58	218	Renato Serra	Individual	Senior Masculino	51:13	+17:05	05:07
59	441	Rui Mota	Individual	Senior Masculino	51:17	+17:09	05:08
60	373	Bruno Pereira	Lebres da Nazaré	Senior Masculino	51:19	+17:11	05:08
61	200	João Ribeiro	Individual	Senior Masculino	52:08	+18:00	05:13
62	414	Fábio Francisco	Xiripiti Team	Senior Masculino	52:11	+18:03	05:13
63	205	Jorge Pestana	Individual	Senior Masculino	53:03	+18:55	05:18
64	390	dj Bruno Vintém	Pontével a Mexer	Senior Masculino	53:12	+19:04	05:19
65	32	David Fortunato	ADC Tagarro	Senior Masculino	53:16	+19:08	05:20
66	189	Bruno Graça	Individual	Senior Masculino	54:39	+20:31	05:28
67	190	Bruno Reis	Individual	Senior Masculino	54:39	+20:31	05:28
68	225	Valter serrano vieira	Individual	Senior Masculino	55:14	+21:06	05:31
69	188	Bruno Alves	Individual	Senior Masculino	55:26	+21:18	05:33
70	213	Pedro Gonçalo da Silva Almeida	Individual	Senior Masculino	55:36	+21:28	05:34
71	415	Pedro Leal	Xiripiti Team	Senior Masculino	57:40	+23:32	05:46
72	96	Milton Pedro Inácio Rodrigues	Chitas de Alcobaça	Senior Masculino	59:12	+25:04	05:55
73	159	António Cardoso	GLN Move On	Senior Masculino	59:15	+25:07	05:56
74	95	Lúcio Tomé	Chitas de Alcobaça	Senior Masculino	59:55	+25:47	06:00
75	202	Joaquim Carrilho	Individual	Senior Masculino	01:01:14	+27:06	06:07



## Prova Principal

**10 KM**

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

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

### Veterana F45

1	153	Dulcinea Maria Santos Silva	GAC-Grupo de Atletismo da Caranguejeira	Veterana F45	42:20	+08:12	04:14
2	370	Sandra Faustino	Juventude Vidigalense	Veterana F45	46:16	+12:08	04:38
3	419	Ana Isabel Vigia	CCRD Burinhosa	Veterana F45	47:51	+13:43	04:47
4	351	HELENA HENRIQUES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterana F45	49:39	+15:31	04:58
5	244	Maria De Fatima Antunes Ferreira Neves	Individual	Veterana F45	50:21	+16:13	05:02
6	121	Eva Rosa	Clube Desportivo Moitense	Veterana F45	54:41	+20:33	05:28
7	378	Carla Ribas	Não Fazemos Nem Mais Um...Km	Veterana F45	55:07	+20:59	05:31
8	245	Teresa Paula Lebre Antunes Almeida	Individual	Veterana F45	58:50	+24:42	05:53
9	375	Anabela Vidinha Pescadinha	Lebres da Nazaré	Veterana F45	59:35	+25:27	05:58
10	242	Esmeralda Ramalho	Individual	Veterana F45	59:40	+25:32	05:58
11	369	Maria do Rosário Santos Barros	Juventude Vidigalense	Veterana F45	01:01:56	+27:48	06:12
12	243	Eunice Silva	Individual	Veterana F45	01:03:32	+29:24	06:21
13	427	Paula Caseiro	Lebres da Nazaré	Veterana F45	01:04:19	+30:11	06:26

### Veterana F50

1	251	Teresa Remédios	Individual	Veterana F50	53:21	+19:13	05:20
2	371	Tina Silva	Juventude Vidigalense	Veterana F50	56:25	+22:17	05:39
3	250	Rosália Maria Rosa	Juventude Vidigalense	Veterana F50	59:13	+25:05	05:55
4	246	Aida Silva	Individual	Veterana F50	01:01:53	+27:45	06:11
5	247	Isolina Silva	Individual	Veterana F50	01:02:26	+28:18	06:15
6	23	PAULA CRUZ	ACBATALHA	Veterana F50	01:07:30	+33:22	06:45
7	249	Maria joao Alves da Cruz	Lebres da Nazaré	Veterana F50	01:11:10	+37:02	07:07

### Veterana F55

1	24	MARIA PEREIRA	ACBATALHA	Veterana F55	50:33	+16:25	05:03
2	253	Filomena Bombas da Florência Santos	Individual	Veterana F55	52:53	+18:45	05:17
3	65	Ana Paula Santos	CCRD Burinhosa	Veterana F55	53:27	+19:19	05:21
4	252	Fátima Martins	Individual	Veterana F55	57:21	+23:13	05:44
5	434	Eugénia Vale	ACBATALHA	Veterana F55	58:57	+24:49	05:54

### Veterano M35

1	154	Luis Miguel de Oliveira Gomes	GAC-Grupo de Atletismo da Caranguejeira	Veterano M35	35:16	+01:08	03:32
2	413	Diogo Azevedo	VITÓRIA FUTEBOL CLUBE	Veterano M35	35:38	+01:30	03:34
3	142	Virgilio Bastos	CR AMIEIRINHENSE	Veterano M35	36:30	+02:22	03:39
4	155	Nuno Ribeiro Casalinho	GAC-Grupo de Atletismo da Caranguejeira	Veterano M35	36:59	+02:51	03:42
5	128	Paulo Ferreira	Clube Desportivo Ribeirense	Veterano M35	38:11	+04:03	03:49

## Prova Principal

10 KM

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

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

6	60	Miguel Gonçalves	CCD Crédito Agrícola Mútuo	Veterano M35	38:57	+04:49	03:54
7	422	Bruno Amaro	Conquista Ginásio	Veterano M35	39:36	+05:28	03:58
8	126	RICARDO TEODÓSIO OLIVEIRA	Clube Desportivo Náutico da Marinha Grande	Veterano M35	40:20	+06:12	04:02
9	69	Nuno Mendes	CCRD Burinhosa	Veterano M35	40:48	+06:40	04:05
10	407	leandro santos	veteranos do Lis	Veterano M35	40:57	+06:49	04:06
11	406	Cristóvão Gomes	veteranos do Lis	Veterano M35	40:58	+06:50	04:06
12	265	Nuno Santos	Individual	Veterano M35	41:30	+07:22	04:09
13	68	Mauricio Rodrigues	CCRD Burinhosa	Veterano M35	43:23	+09:15	04:20
14	25	CLAUDIO MATIAS	ACBATALHA	Veterano M35	43:42	+09:34	04:22
15	257	Gonçalo	Individual	Veterano M35	44:01	+09:53	04:24
16	127	Nuno Moleano	Clube Desportivo Ribeirense	Veterano M35	44:12	+10:04	04:25
17	263	Marco Constantino	Individual	Veterano M35	45:39	+11:31	04:34
18	67	Fabio Reis	CCRD Burinhosa	Veterano M35	45:53	+11:45	04:35
19	259	Hugo Pereira	Individual	Veterano M35	47:48	+13:40	04:47
20	264	Marco Paulo Oliveira Costa	Individual	Veterano M35	47:48	+13:40	04:47
21	100	Ricardo Almeida	Chitas de Alcobaça	Veterano M35	49:38	+15:30	04:58
22	256	Frederico Gonçalves dos Santos	Individual	Veterano M35	50:19	+16:11	05:02
23	26	THIAGO FIGUEREDO	ACBATALHA	Veterano M35	50:22	+16:14	05:02
24	397	Bruno Silva	Silva Team	Veterano M35	50:41	+16:33	05:04
25	386	Sérgio Artilheiro	Os tolinhos	Veterano M35	52:11	+18:03	05:13
26	267	Rui Manuel Fernandes Nunes	Individual	Veterano M35	52:45	+18:37	05:17
27	398	Rui Silva	Silva Team	Veterano M35	53:50	+19:42	05:23
28	258	Hugo Monteiro	Individual	Veterano M35	56:14	+22:06	05:37
29	48	Laureano Jorge Bem Gonçalves	Canhões da Nazaré	Veterano M35	56:15	+22:07	05:38
30	47	Gonçalo Moita	Canhões da Nazaré	Veterano M35	56:15	+22:07	05:38
31	255	Flávio Ferreira	Individual	Veterano M35	57:12	+23:04	05:43
32	416	Ricardo Miguel Brízido Pereira	Individual	Veterano M35	57:50	+23:42	05:47
33	254	André Chanoca	Individual	Veterano M35	58:40	+24:32	05:52
34	57	João Filipe David Andrade	CCCDAV/Ondalux	Veterano M35	59:48	+25:40	05:59
35	102	Tiago Miguel Araujo Ramos	Chitas de Alcobaça	Veterano M35	59:55	+25:47	06:00
36	268	Valter Filipe dos Santos Ribeiro	Individual	Veterano M35	01:02:39	+28:31	06:16
37	260	José António Seródio Aldinhas	Individual	Veterano M35	01:08:16	+34:08	06:50
38	438	Filipe Barroso da Luz Bento Jordão	Individual	Veterano M35	01:08:46	+34:38	06:53

## Veterano M40

1	352	JORGE MARCELINO	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M40	34:08		03:25
2	379	Luís Cancela	Núcleo Sporting C P Torres Novas	Veterano M40	34:36	+00:28	03:28
3	424	Paulo Pinheiro	Conquista Ginásio	Veterano M40	35:09	+01:01	03:31
4	353	RUI CABEÇAS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M40	35:37	+01:29	03:34
5	104	Luís Avelar	Chitas de Alcobaça	Veterano M40	36:42	+02:34	03:40
6	13	PEDRO FERREIRA	AC VERMOIL	Veterano M40	36:49	+02:40	03:41
7	285	Mário Rui Tordo Dias	Individual	Veterano M40	39:05	+04:57	03:55
8	59	João Pedro Rezinho Louro	CCCDAV/Ondalux	Veterano M40	40:07	+05:59	04:01

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## Prova Principal

**10 KM**

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

### OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

9	27	CASIMIRO GOMES	ACBATALHA	Veterano M40	40:18	+06:10	04:02
10	430	Jorge Barreiro	CCRD Burinhosa	Veterano M40	40:23	+06:15	04:02
11	12	JOSÉ SANTOS	AC VERMOIL	Veterano M40	40:28	+06:20	04:03
12	275	Joao Duarte	Individual	Veterano M40	41:07	+06:59	04:07
13	70	Dário Cabete	CCRD Burinhosa	Veterano M40	41:21	+07:13	04:08
14	28	FRANCISCO BRÍGIDO	ACBATALHA	Veterano M40	41:21	+07:13	04:08
15	423	Nuno Calisto	Conquista Ginásio	Veterano M40	41:26	+07:18	04:09
16	274	Emanuel Pereira Lopes	Individual	Veterano M40	42:30	+08:22	04:15
17	130	João Justo	Clube Desportivo Ribeirense	Veterano M40	43:00	+08:52	04:18
18	123	Ricardo Vicente	Clube Desportivo Moitense	Veterano M40	43:13	+09:05	04:19
19	29	HELDER SANTOS	ACBATALHA	Veterano M40	43:30	+09:22	04:21
20	421	Adriano Araújo	Conquista Ginásio	Veterano M40	43:39	+09:31	04:22
21	138	RUI ANDRADE	Clube SEM	Veterano M40	43:46	+09:38	04:23
22	409	Vitor Godinho	veteranos do Lis	Veterano M40	44:06	+09:58	04:25
23	129	António Palmeira	Clube Desportivo Ribeirense	Veterano M40	44:13	+10:05	04:25
24	38	António Carreira	ADRMata	Veterano M40	44:24	+10:16	04:26
25	408	vasco marques	veteranos do Lis	Veterano M40	44:56	+10:48	04:30
26	137	LUIS CARREIRA	Clube SEM	Veterano M40	45:29	+11:21	04:33
27	287	Nuno Gonçalves	Individual	Veterano M40	45:34	+11:26	04:33
28	269	António Esperança	Individual	Veterano M40	45:37	+11:29	04:34
29	279	José Manuel Ferreira Marques	Individual	Veterano M40	46:00	+11:52	04:36
30	294	Telmo Romeu Vieira Campos	Individual	Veterano M40	46:31	+12:23	04:39
31	58	Hugo Miguel Marques de Abreu Lopes	CCCDV/Ondalux	Veterano M40	46:57	+12:49	04:42
32	411	LUIS LOUREIRO	Viriathvs Runners Viseu	Veterano M40	47:13	+13:05	04:43
33	405	Miguel Bernardo	Twopikas	Veterano M40	47:18	+13:10	04:44
34	277	Jorge Alexandre Légua Anastácio	Individual	Veterano M40	47:19	+13:11	04:44
35	122	Edgar Rosa	Clube Desportivo Moitense	Veterano M40	48:55	+14:47	04:54
36	272	Bernardo	Individual	Veterano M40	50:05	+15:57	05:01
37	40	NUNO LOURENÇO	ALDEIA FISCAL	Veterano M40	50:23	+16:15	05:02
38	73	Telmo Pedroso	CCRD Burinhosa	Veterano M40	50:29	+16:21	05:03
39	290	Pedro Figueiredo	Individual	Veterano M40	51:05	+16:57	05:07
40	281	JUSTINO SILVA	Individual	Veterano M40	51:17	+17:09	05:08
41	103	Carlos Manix	Chitas de Alcobaça	Veterano M40	51:21	+17:13	05:08
42	276	Joaquim Maranhão	Individual	Veterano M40	51:23	+17:15	05:08
43	395	Hugo Neves	Salt Trunks	Veterano M40	51:47	+17:39	05:11
44	270	António José Alexandre Castanheira	Individual	Veterano M40	51:47	+17:39	05:11
45	105	Pedro Vigário Chitas de Alcobaça	Chitas de Alcobaça	Veterano M40	52:44	+18:36	05:16
46	376	Duarte Nuno Alves Martelo	Lusitano de Olivença	Veterano M40	52:47	+18:39	05:17
47	387	Carlos Ribeiro	Os tolinhos	Veterano M40	52:50	+18:42	05:17
48	71	Hélder S G Pinto	CCRD Burinhosa	Veterano M40	53:27	+19:19	05:21
49	278	Jose fonseca	Individual	Veterano M40	53:30	+19:22	05:21
50	286	Nelson Hilário	Individual	Veterano M40	53:54	+19:46	05:23
51	280	José Santos	Individual	Veterano M40	55:14	+21:06	05:31
52	292	Pedro Miguel Mendes Patita	Individual	Veterano M40	55:14	+21:06	05:31
53	289	Paulo Fernandes	Individual	Veterano M40	55:23	+21:15	05:32
54	273	Bruno Abrantes	Individual	Veterano M40	55:34	+21:26	05:33



Prova Principal

10 KM

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

OFFICIAL RESULT

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55	282	Marco Mangas	CCRD Burinhosa	Veterano M40	59:36	+25:28	05:58
56	433	Jorge Monteiro	ACBATALHA	Veterano M40	01:06:09	+32:01	06:37

Veterano M45

1	300	Jaime Nunes	Individual	Veterano M45	37:12	+03:04	03:43
2	74	Jose Figueira	CCRD Burinhosa	Veterano M45	37:53	+03:45	03:47
3	355	JOÃO DOMINGOS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	38:17	+04:09	03:50
4	131	Amandio Paulo	Clube Desportivo Ribeirense	Veterano M45	40:16	+06:08	04:02
5	391	Paulo silva	Roodinhas—santos silva/oxygem fitness	Veterano M45	40:45	+06:36	04:05
6	156	Diamantino Lopes	GAC-Grupo de Atletismo da Caranguejeira	Veterano M45	40:47	+06:39	04:05
7	417	Jorge Rodrigues	GAU Bajouca	Veterano M45	41:43	+07:35	04:10
8	46	Rui Roberto	CA Barreira	Veterano M45	41:56	+07:48	04:12
9	31	PAULO MONTEIRO	ACBATALHA	Veterano M45	42:28	+08:20	04:15
10	124	Carlos Pinto	Clube Desportivo Moitense	Veterano M45	42:54	+08:45	04:17
11	306	Paulo Caldeira	Individual	Veterano M45	42:54	+08:46	04:17
12	356	JOÃO MARCELINO	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	43:25	+09:17	04:21
13	412	JOSE FARO	Viriathvs Runners Viseu	Veterano M45	43:25	+09:17	04:21
14	295	Amílcar Costa	Individual	Veterano M45	43:37	+09:29	04:22
15	106	Arménio Morgado de Oliveira	Chitas de Alcobaça	Veterano M45	43:41	+09:33	04:22
16	76	Nuno Lorrão	CCRD Burinhosa	Veterano M45	44:09	+10:01	04:25
17	107	Paulo Santos	Chitas de Alcobaça	Veterano M45	44:20	+10:12	04:26
18	448	JOAQUIM OLIVEIRA	ACBATALHA	Veterano M45	45:35	+11:27	04:34
19	444	Jorge Galhispo	GAC-Grupo de Atletismo da Caranguejeira	Veterano M45	45:36	+11:28	04:34
20	301	Joaquim Ramalho	Individual	Veterano M45	45:48	+11:40	04:35
21	310	Vitor Galego	Individual	Veterano M45	45:51	+11:43	04:35
22	354	JOÃO BENTO	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	46:38	+12:30	04:40
23	163	José adrião	IMASAMS	Veterano M45	48:08	+14:00	04:49
24	30	JONH KELLY	ACBATALHA	Veterano M45	48:26	+14:18	04:51
25	392	Rui Miguel Feijão	Saldo Válido	Veterano M45	49:04	+14:56	04:55
26	298	Helder Alexandre Silverio	Individual	Veterano M45	49:06	+14:58	04:55
27	312	Vitor Varela	Individual	Veterano M45	49:12	+15:04	04:55
28	75	Marco Ribeiro	CCRD Burinhosa	Veterano M45	49:31	+15:23	04:57
29	77	Octavio Mariano	CCRD Burinhosa	Veterano M45	50:09	+16:01	05:01
30	307	Paulo Gomes	Individual	Veterano M45	51:33	+17:25	05:09
31	380	François Escolastico	Os Armadilhas	Veterano M45	54:08	+20:00	05:25
32	296	Carlos NOVO	Individual	Veterano M45	54:17	+20:09	05:26
33	311	Vitor Manuel Santos Silva	Individual	Veterano M45	54:42	+20:34	05:28
34	133	RUI MANUEL COELHO RODRIGUES	Clube Millennium BCP	Veterano M45	01:01:56	+27:48	06:12
35	54	Rui Bogalho	CBTEAM	Veterano M45	01:05:27	+31:19	06:33
36	161	Paulo Rodrigues	GLN Move On	Veterano M45	01:11:11	+37:03	07:07

Prova Principal

10 KM

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

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

Veterano M50

1	359	GABRIEL RODRIGUES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	36:29	+02:21	03:39
2	144	Jose Raimundo	CR AMIEIRINHENSE	Veterano M50	37:10	+03:02	03:43
3	357	ARTUR LOPES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	37:26	+03:18	03:45
4	45	RICARDO SIMÕES	C.C.D. "O ALVITEJO"	Veterano M50	37:31	+03:23	03:45
5	157	Luis Pereira Guarda	GAC-Grupo de Atletismo da Caranguejeira	Veterano M50	37:46	+03:38	03:47
6	143	João Guerreiro	CR AMIEIRINHENSE	Veterano M50	38:08	+04:00	03:49
7	358	Carlos Manuel Silva Simões	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	38:24	+04:16	03:50
8	79	Carlos Duarte	CCRD Burinhosa	Veterano M50	40:47	+06:39	04:05
9	322	José Rafael	Individual	Veterano M50	42:42	+08:34	04:16
10	108	António Morgado	Chitas de Alcobaça	Veterano M50	42:49	+08:41	04:17
11	425	Amândio Caetano	Conquista Ginásio	Veterano M50	43:16	+09:08	04:20
12	39	José Alves	ADRMata	Veterano M50	43:38	+09:30	04:22
13	316	Carlos Ribeiro	Individual	Veterano M50	43:49	+09:41	04:23
14	313	António Manuel Mateus da Silva	Individual	Veterano M50	44:59	+10:51	04:30
15	80	Luís Estrelinha	CCRD Burinhosa	Veterano M50	45:06	+10:58	04:31
16	315	Carlos Mauricio	Individual	Veterano M50	45:23	+11:15	04:32
17	319	João Coutinho	Individual	Veterano M50	45:24	+11:16	04:32
18	81	Paulo Duarte	CCRD Burinhosa	Veterano M50	45:52	+11:44	04:35
19	110	Pedro Honório	Chitas de Alcobaça	Veterano M50	47:08	+13:00	04:43
20	325	Pedro Leal	Individual	Veterano M50	47:30	+13:22	04:45
21	51	António Manuel Oliveira Fazendeiro	CARAPPAUS DE CORRIDA	Veterano M50	48:45	+14:37	04:53
22	393	Fernando Carlos Lopes	Saldo Válido	Veterano M50	49:04	+14:56	04:54
23	436	Vítor Manuel Estrelinha Esgaio	Individual	Veterano M50	49:12	+15:04	04:55
24	78	Anibal Silva	CCRD Burinhosa	Veterano M50	50:53	+16:45	05:05
25	320	Joaquim Artur Fonseca Ventura	Individual	Veterano M50	51:02	+16:54	05:06
26	317	Gilberto Lopes	Individual	Veterano M50	51:15	+17:07	05:08
27	381	João Saraiva	Os Armadilhas	Veterano M50	51:25	+17:17	05:09
28	52	Paulo Jorge da Silva Santos	CARAPPAUS DE CORRIDA	Veterano M50	52:41	+18:33	05:16
29	323	MÁRIO JÚLIO RODRIGUES LÚCIO	Individual	Veterano M50	54:00	+19:52	05:24
30	321	José Areias	Individual	Veterano M50	57:19	+23:11	05:44
31	447	Marcelino Gomes	Individual	Veterano M50	59:03	+24:55	05:54
32	318	Hélio Bulhoes	Individual	Veterano M50	59:13	+25:05	05:55
33	314	António Moitalta	Individual	Veterano M50	01:02:48	+28:40	06:17
34	324	Paulo Lousada	Individual	Veterano M50	01:02:48	+28:40	06:17
35	327	Rui Melão	Individual	Veterano M50	01:06:46	+32:38	06:41
36	109	Eng. Pedro Mendes	Chitas de Alcobaça	Veterano M50	01:06:51	+32:43	06:41

Veterano M55

1	361	ANTÓNIO POEIRAS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	38:26	+04:18	03:51
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**Prova Principal**

**10 KM**

**OFFICIAL RESULT**

2	145	Armenio Pereira	CR AMIEIRINHENSE	Veterano M55	38:55	+04:47	03:54
3	146	João Gomes	CR AMIEIRINHENSE	Veterano M55	39:18	+05:10	03:56
4	139	ANTONIO ALVES	Clube SEM	Veterano M55	40:32	+06:24	04:03
5	388	Jose freitas silva	Pato bravo fisio massagem	Veterano M55	40:46	+06:38	04:05
6	147	Victor Teixeira	CR AMIEIRINHENSE	Veterano M55	41:26	+07:18	04:09
7	360	ACÁCIO CAMPOS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	42:15	+08:07	04:14
8	362	CELESTINO MARQUES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	42:46	+08:38	04:17
9	334	nelson dias	Individual	Veterano M55	43:04	+08:56	04:18
10	44	Rui Merujo	armada torreense	Veterano M55	44:05	+09:57	04:25
11	331	JOAO ALMADA	Individual	Veterano M55	44:19	+10:11	04:26
12	432	José Carlos	ACBATALHA	Veterano M55	45:28	+11:20	04:33
13	85	Rui Ventura	CCRD Burinhosa	Veterano M55	47:11	+13:03	04:43
14	132	Domingos Lavinha	Clube Desportivo Ribeirense	Veterano M55	48:01	+13:53	04:48
15	14	EUGENIO MENDES	AC VERMOIL	Veterano M55	48:24	+14:16	04:50
16	435	JOZSEF BLETAN	ACBATALHA	Veterano M55	49:38	+15:30	04:58
17	332	José Gradil Balbino Gradil	Individual	Veterano M55	49:44	+15:36	04:58
18	84	Luis Conceição	CCRD Burinhosa	Veterano M55	52:15	+18:07	05:14
19	82	Jose Rato	CCRD Burinhosa	Veterano M55	53:06	+18:58	05:19
20	83	Jose Soares	CCRD Burinhosa	Veterano M55	59:26	+25:18	05:57
21	328	Albino Pacheco	Individual	Veterano M55	01:09:23	+35:15	06:56

**Veterano M60**

1	363	LICÍNIO PEREIRA	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	38:48	+04:40	03:53
2	118	Vitor Parreira	Clube de Atletismo da Nazaré	Veterano M60	46:46	+12:38	04:41
3	336	LEANDRO estevez camiña	Individual	Veterano M60	47:27	+13:19	04:45
4	15	ALFREDO SANTOS	AC VERMOIL	Veterano M60	47:56	+13:48	04:48
5	338	Marinho Delgado	Individual	Veterano M60	48:37	+14:29	04:52
6	383	Diogo Arraias	Os Arraias	Veterano M60	49:22	+15:14	04:56
7	111	Tony Wolstenholme	Chitas de Alcobaça	Veterano M60	54:08	+20:00	05:25
8	337	Manuel lopes de Sousa antunes	Individual	Veterano M60	01:05:33	+31:25	06:33

**Veterano M65**

1	344	Peter Steinhausen	Individual	Veterano M65	43:26	+09:18	04:21
2	7	Filipe Tomás	A.C. S. Mamede	Veterano M65	46:54	+12:46	04:41
3	340	Eduardo da Conceição Ferreira Graça	Individual	Veterano M65	47:45	+13:37	04:47
4	112	José Parrilha	Chitas de Alcobaça	Veterano M65	49:01	+14:53	04:54
5	364	ACÁCIO LAVOS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M65	49:39	+15:31	04:58
6	343	Manuel Clemente	Individual	Veterano M65	53:13	+19:05	05:19
7	341	Joaquim Estrelinha Vagos	CCRD Burinhosa	Veterano M65	56:02	+21:54	05:36
8	339	António Xavier Ribeiro	Individual	Veterano M65	57:11	+23:03	05:43



