

CORRIDA - 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
43	191	Sérgio Louros	tasqueiros team	Senior Masculino	43:12	+08:34	04:19
44	199	Humberto Coelho de Oliveira	união clube eirense	Veterano M40	43:16	+08:39	04:20
45	79	PAULO BAPTISTA	gazelas running figueira	Veterano M40	43:18	+08:41	04:20
46	142	Carlos Cunha	individual	Veterano M50	43:19	+08:41	04:20
47	70	Adriano Silva Tabanez	freguesia de sanguinheira	Veterano M40	43:19	+08:42	04:20
48	78	Rafael Matias	gazelas running figueira	Senior Masculino	43:22	+08:44	04:20
49	55	Ricardo Santos	dci/ccdrp	Senior Masculino	43:35	+08:58	04:22
50	48	Sérgio Camarinho	colnatur - especialistas em colagénio	Veterano M40	43:36	+08:59	04:22
51	130	Calisto Faria	individual	Veterano M40	43:38	+09:00	04:22
52	9	Bruno Manuel de Jesus Torreira	acdrs quinhendros	Senior Masculino	43:43	+09:05	04:22
53	180	Paulo Jorge Ribeiro da Silva Pereira	papa léguas	Senior Masculino	43:44	+09:07	04:22
54	120	RENATO MIGUEL AZENHA TEIXEIRA	individual	Senior Masculino	43:52	+09:15	04:23
55	101	Carlos Rodrigues	individual	Senior Masculino	43:55	+09:17	04:24
56	85	Célia Cristina Matias	individual	Senior Feminino	43:58	+09:21	04:24
57	50	Filipe Lopes	cvp figueira team	Senior Masculino	44:11	+09:33	04:25
58	53	Bruno Gomes	dci/ccdrp	Senior Masculino	44:58	+10:20	04:30
59	103	Fabio André Santos e Silva	individual	Senior Masculino	44:59	+10:21	04:30
60	119	Paulo Fidalgo	individual	Senior Masculino	45:01	+10:23	04:30
61	47	António Batata	colnatur - especialistas em colagénio	Veterano M40	45:06	+10:28	04:31
62	108	João Imaginário	individual	Senior Masculino	45:31	+10:53	04:33
63	166	Gabriel Santos	mountain trails	Senior Masculino	45:47	+11:10	04:35
64	58	José Pimpão	decortocha	Veterano M40	45:56	+11:18	04:36
65	201	Cláudio Pereira	veteranos páraquedistas	Senior Masculino	45:57	+11:19	04:36
66	71	Daniel Tabanez	freguesia de sanguinheira	Veterano M40	45:59	+11:21	04:36
67	172	Paulo Açafrão	mountain trails	Veterano M40	46:08	+11:31	04:37
68	123	Ricardo Santos	individual	Senior Masculino	46:14	+11:36	04:37
69	176	Nilo Devigili	nilo devigili	Senior Masculino	46:21	+11:44	04:38
70	91	Lora pereira	individual	Senior Feminino	47:20	+12:43	04:44
71	8	Bruno Maciel Maia Rodrigues	acdrs quinhendros	Senior Masculino	47:37	+12:59	04:46
72	162	Luís Gaspar	moinhos da gândara trail	Senior Masculino	47:43	+13:06	04:46
73	113	José Jorge	individual	Senior Masculino	47:44	+13:06	04:46
74	154	Luis Narciso	luis narciso	Senior Masculino	47:59	+13:21	04:48
75	140	Rui Varanda	individual	Veterano M40	48:02	+13:24	04:48
76	148	Narciso Arromba	cluve	Veterano M60	48:02	+13:24	04:48
77	18	Rui Mateus	arcd venda da luisa	Veterano M40	48:04	+13:27	04:48
78	116	Nélio Oliveira	individual	Senior Masculino	48:10	+13:33	04:49
79	207	Mário Silva	individual	Senior Masculino	48:13	+13:36	04:49
80	92	Ricardo Oliveira	individual	Senior Masculino	48:15	+13:37	04:50
81	97	Sónia Almeida	individual	Senior Feminino	48:17	+13:39	04:50
82	136	Luis Almeida	individual	Veterano M40	48:45	+14:07	04:53
83	63	Ricardo Azenha	directores de segurança região centro	Senior Masculino	48:47	+14:10	04:53
84	57	João Cavadas	dci/ccdrp	Veterano M50	49:04	+14:26	04:54
85	102	Durval Nuno Simões Pires	individual	Senior Masculino	49:06	+14:29	04:55
86	112	Joel Pedrosa Simões	individual	Senior Masculino	49:13	+14:35	04:55
87	105	Filipe Carvalheiro	individual	Senior Masculino	49:14	+14:36	04:55

CORRIDA - STAGE 1**10 KM****OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	89	Eva Faim	individual	Senior Feminino	49:16	+14:38	04:56
89	170	Lurdes Gil	mountain trails	Veterana F40	49:18	+14:41	04:56
90	67	Joel Araujo	freguesia de sanguinheira	Senior Masculino	49:36	+14:59	04:58
91	124	Rui Gomes Gonçalves	individual	Senior Masculino	49:48	+15:11	04:59
92	43	Ricardo Meira	charon	Veterano M40	49:55	+15:17	05:00
93	100	Carlos Neves	individual	Senior Masculino	49:55	+15:18	05:00
94	110	João Pedro Rodrigues da Silva	individual	Senior Masculino	49:56	+15:18	05:00
95	204	Stephen Santos	individual	Senior Masculino	50:05	+15:28	05:01
96	11	Nelson Marques	acrm silveirinha grande claras	Senior Masculino	50:06	+15:28	05:01
97	147	Jorge Ramos	individual	Veterano M60	50:26	+15:49	05:03
98	169	José Andrade	mountain trails	Senior Masculino	50:32	+15:55	05:03
99	150	André Teixeira	infertocho	Senior Masculino	50:41	+16:04	05:04
100	17	Luis Moniz da Silva	appacdm - tocha	Senior Masculino	50:45	+16:07	05:05
101	177	Gabriel Maia	os maias	Senior Masculino	50:46	+16:08	05:05
102	182	Ruben Tabanez	portinsurance	Senior Masculino	50:47	+16:09	05:05
103	128	Celeste Domingues Jorge	individual	Veterana F50	50:50	+16:12	05:05
104	75	Bruno Maricato	gazelas running figueira	Senior Masculino	50:58	+16:21	05:06
105	19	Carla Soares	arism - associação recreativa de s. miguel	Senior Feminino	50:59	+16:22	05:06
106	22	Ana Morais	arism - associação recreativa de s. miguel	Veterana F50	51:13	+16:35	05:07
107	23	José Guilherme Féteira	arism - associação recreativa de s. miguel	Veterano M40	51:13	+16:35	05:07
108	80	Nelso Azenha	gazelas running figueira	Veterano M40	51:36	+16:58	05:10
109	12	João Graça	acrm silveirinha grande claras	Veterano M60	51:45	+17:08	05:11
110	160	Bruno Matos	moinhos da gândara trail	Senior Masculino	51:57	+17:19	05:12
111	163	Samuel Cabete	moinhos da gândara trail	Senior Masculino	52:05	+17:28	05:13
112	77	Pedro Cação	gazelas running figueira	Senior Masculino	52:07	+17:30	05:13
113	76	João Saltão	gazelas running figueira	Senior Masculino	52:08	+17:30	05:13
114	156	Célia Marinheiro	moinhos da gândara trail	Senior Feminino	52:08	+17:30	05:13
115	210	Silvia Franco	individual	Veterana F40	52:14	+17:37	05:13
116	139	Paulo Lopes	individual	Veterano M40	52:15	+17:37	05:14
117	106	Gabriel Dinis Oliveira Santos	individual	Senior Masculino	52:28	+17:50	05:15
118	157	Laura Cabete	moinhos da gândara trail	Senior Feminino	52:53	+18:16	05:17
119	99	André Silva	individual	Senior Masculino	53:10	+18:32	05:19
120	141	Américo de Almeida Curto	individual	Veterano M50	53:12	+18:34	05:19
121	114	Micael Ricardo De Oliveira Sacarrão	individual	Senior Masculino	53:14	+18:36	05:19
122	122	Ricardo Costa	individual	Senior Masculino	53:15	+18:38	05:20
123	151	Vitor Rodrigues	infertocho	Veterano M40	53:21	+18:43	05:20
124	32	Isabel Gomes	bio team run	Veterana F40	53:40	+19:03	05:22
125	33	Valter Rainho	bio team run	Veterano M40	53:40	+19:03	05:22
126	198	Elsa Maria Carvalho Pires	união clube eirense	Veterana F40	53:50	+19:12	05:23
127	20	Catarina Gomes	arism - associação recreativa de s. miguel	Senior Feminino	54:13	+19:35	05:25
128	195	Anabela Correia	tondela runners	Veterana F40	54:17	+19:40	05:26
129	200	Carlos Alves	veteranos páraquedistas	Senior Masculino	54:23	+19:45	05:26
130	196	Inês Gomes	tondela runners	Veterana F40	54:29	+19:51	05:27
131	213	Maria Pascoal	individual	Senior Feminino	55:00	+20:22	05:30
132	35	Tiago Gregório	cadima team	Senior Masculino	55:05	+20:27	05:31

CORRIDA - 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	t/KM
133	146	Ademar Manuel Gomes Tereso	individual	Veterano M60	55:13	+20:36	05:31
134	61	João Silva	directores de segurança região centro	Senior Masculino	55:24	+20:46	05:32
135	159	Sofia Simões	moinhos da gândara trail	Senior Feminino	55:36	+20:58	05:34
136	46	Alexandre Costa	colnatur - especialistas em colagénio	Veterano M40	55:38	+21:00	05:34
137	29	Juliana Rainho	bio team run	Senior Feminino	56:26	+21:48	05:39
138	205	Ricardo Santos	individual	Senior Masculino	56:47	+22:09	05:41
139	214	Sérgio Teixeira	individual	Senior Masculino	56:51	+22:13	05:41
140	36	Rui Santos	cadima team	Veterano M40	56:53	+22:15	05:41
141	90	Laura Nadine Oliveira Santos	individual	Senior Feminino	57:02	+22:25	05:42
142	126	Sérgio Matias Galvão	individual	Senior Masculino	57:19	+22:42	05:44
143	152	Fernando Teixeira	infotocha	Veterano M50	57:58	+23:21	05:48
144	31	Claudia Rocha	bio team run	Veterana F40	58:02	+23:25	05:48
145	131	Dina Domingues	individual	Veterano M40	58:17	+23:39	05:50
146	158	Olga Felamino	moinhos da gândara trail	Senior Feminino	59:22	+24:45	05:56
147	94	Patrícia Henriques	individual	Senior Feminino	59:49	+25:12	05:59
148	60	Alexandre Figueira	directores de segurança região centro	Senior Masculino	59:50	+25:12	05:59
149	125	Samuel Martinho	individual	Senior Masculino	59:50	+25:12	05:59
150	178	Micael Maia	os maias	Senior Masculino	01:00:58	+26:20	06:06
151	107	Helder Jorge	individual	Senior Masculino	01:01:00	+26:23	06:06
152	153	Helena Sofia Lopes	jogging lovers coimbra	Veterana F40	01:01:07	+26:30	06:07
153	111	João Santos	individual	Senior Masculino	01:01:31	+26:54	06:09
154	145	Mário Antunes	individual	Veterano M50	01:02:09	+27:32	06:13
155	98	André Pinto	individual	Senior Masculino	01:02:11	+27:34	06:13
156	73	Carlos Morais	freguesia de sanguinheira	Veterano M50	01:02:28	+27:50	06:15
157	41	Adalberto Silva	charon	Veterano M40	01:02:39	+28:02	06:16
158	96	Sofia Ferreira	individual	Senior Feminino	01:02:43	+28:06	06:16
159	86	Cláudia Tomé	individual	Senior Feminino	01:02:47	+28:09	06:17
160	74	Liliana Azenha	gazelas running figueira	Senior Feminino	01:02:55	+28:18	06:18
161	190	Lannys Martins	tasqueiros team	Senior Feminino	01:02:59	+28:21	06:18
162	137	Manuel Teixeira	individual	Veterano M40	01:05:23	+30:45	06:32
163	16	Joaquim António da Masculino Marques	agora prontus	Veterano M40	01:07:49	+33:11	06:47
164	155	Carla Simões	moinhos da gândara trail	Senior Feminino	01:07:49	+33:11	06:47
165	87	Daniela Simões Cabete Mendes	individual	Senior Feminino	01:09:19	+34:42	06:56
166	115	Miguel Silva	individual	Senior Masculino	01:10:12	+35:35	07:01
167	212	Vitor Rato	individual	Veterano M50	01:16:59	+42:22	07:42
168	93	Matilde Teixeira	individual	Senior Feminino	01:16:59	+42:22	07:42
169	211	Ramiro Simões	individual	Veterano M40	01:17:00	+42:22	07:42

Corrida

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	18:45	18.2°C	85%
End	20:21	18.2°C	85%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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Senior Feminino

1	21	Cristina Couceiro	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	41:40		04:10
2	85	Célia Cristina Matias	Individual	Senior Feminino	43:58	+02:18	04:24
3	91	Lora pereira	Individual	Senior Feminino	47:20	+05:40	04:44
4	97	Sónia Almeida	Individual	Senior Feminino	48:17	+06:36	04:50
5	89	Eva Faim	Individual	Senior Feminino	49:16	+07:35	04:56
6	19	Carla Soares	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	50:59	+09:19	05:06
7	156	Célia Marinheiro	Moinhos da Gândara Trail	Senior Feminino	52:08	+10:27	05:13
8	157	Laura Cabete	Moinhos da Gândara Trail	Senior Feminino	52:53	+11:13	05:17
9	20	Catarina Gomes	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	54:13	+12:32	05:25
10	213	Maria Pascoal	Individual	Senior Feminino	55:00	+13:19	05:30
11	159	Sofia Simões	Moinhos da Gândara Trail	Senior Feminino	55:36	+13:55	05:34
12	29	Juliana Rainho	Bio Team Run	Senior Feminino	56:26	+14:45	05:39
13	90	Laura Nadine Oliveira Santos	Individual	Senior Feminino	57:02	+15:22	05:42
14	158	Olga Felamino	Moinhos da Gândara Trail	Senior Feminino	59:22	+17:42	05:56
15	94	Patrícia Henriques	Individual	Senior Feminino	59:49	+18:09	05:59
16	96	Sofia Ferreira	Individual	Senior Feminino	01:02:43	+21:03	06:16
17	86	Cláudia Tomé	Individual	Senior Feminino	01:02:47	+21:06	06:17
18	74	Liliana Azenha	GAZELAS RUNNING FIGUEIRA	Senior Feminino	01:02:55	+21:15	06:18
19	190	Lannys Martins	TASQUEIROS TEAM	Senior Feminino	01:02:59	+21:18	06:18
20	155	Carla Simões	Moinhos da Gândara Trail	Senior Feminino	01:07:49	+26:08	06:47
21	87	Daniela Simões Cabete Mendes	Individual	Senior Feminino	01:09:19	+27:39	06:56
22	93	Matilde Teixeira	Individual	Senior Feminino	01:16:59	+35:19	07:42

Senior Masculino

1	81	MIGUEL FIGUEIRA	Gira Sol	Senior Masculino	36:08		03:37
2	194	Luis Martins	Tondela Runners	Senior Masculino	37:36	+01:28	03:46
3	28	Alexandre Mestre	ASCV-ASSOCIAÇÃO SÓCIO CULTURAL DA VALEIRINHA	Senior Masculino	38:06	+01:59	03:49
4	202	Paulo Cunha	Veteranos Páraquedistas	Senior Masculino	38:51	+02:43	03:53
5	68	José Sousa	Freguesia de Sanguinheira	Senior Masculino	39:28	+03:21	03:57
6	183	Rui Daniel Dinis de Melo	Rui Melo	Senior Masculino	39:39	+03:32	03:58
7	84	Helder Reigota	Greca	Senior Masculino	39:56	+03:49	04:00
8	188	Márcio Loureiro	SR Jardoeira/RunCrossTrail	Senior Masculino	40:08	+04:01	04:01
9	45	Daniel Batata	Colnatur - Especialistas em Colagénio	Senior Masculino	40:25	+04:17	04:03
10	40	Cláudio Araujo	CHARON	Senior Masculino	40:46	+04:39	04:05

Corrida

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

11	54	Marco Almeida	DCI/CCDRP	Senior Masculino	42:01	+05:53	04:12
12	30	Tony Vieira	Bio Team Run	Senior Masculino	42:04	+05:56	04:12
13	161	José Miguel Ferreira Rodrigues	Moinhos da Gândara Trail	Senior Masculino	42:18	+06:11	04:14
14	51	Márcio Ferreira	CVP Figueira Team	Senior Masculino	42:29	+06:22	04:15
15	121	Ricardo Bexiga	Individual	Senior Masculino	42:42	+06:35	04:16
16	109	João Oiveira	Individual	Senior Masculino	42:57	+06:50	04:18
17	191	Sérgio Louros	TASQUEIROS TEAM	Senior Masculino	43:12	+07:04	04:19
18	78	Rafael Matias	GAZELAS RUNNING FIGUEIRA	Senior Masculino	43:22	+07:14	04:20
19	55	Ricardo Santos	DCI/CCDRP	Senior Masculino	43:35	+07:28	04:22
20	9	Bruno Manuel de Jesus Torreira	ACDRS QUINHENDROS	Senior Masculino	43:43	+07:35	04:22
21	180	Paulo Jorge Ribeiro da Silva Pereira	Papa Léguas	Senior Masculino	43:44	+07:37	04:22
22	120	RENATO MIGUEL AZENHA TEIXEIRA	Individual	Senior Masculino	43:52	+07:45	04:23
23	101	Carlos Rodrigues	Individual	Senior Masculino	43:55	+07:47	04:24
24	50	Filipe Lopes	CVP Figueira Team	Senior Masculino	44:11	+08:03	04:25
25	53	Bruno Gomes	DCI/CCDRP	Senior Masculino	44:58	+08:50	04:30
26	103	Fabio André Santos e Silva	Individual	Senior Masculino	44:59	+08:51	04:30
27	119	Paulo Fidalgo	Individual	Senior Masculino	45:01	+08:53	04:30
28	108	João Imaginário	Individual	Senior Masculino	45:31	+09:23	04:33
29	166	Gabriel Santos	Mountain trails	Senior Masculino	45:47	+09:40	04:35
30	201	Cláudio Pereira	Veteranos Páraquedistas	Senior Masculino	45:57	+09:49	04:36
31	123	Ricardo Santos	Individual	Senior Masculino	46:14	+10:06	04:37
32	176	Nilo Devigli	Nilo Devigli	Senior Masculino	46:21	+10:14	04:38
33	8	Bruno Maciel Maia Rodrigues	ACDRS QUINHENDROS	Senior Masculino	47:37	+11:29	04:46
34	162	Luis Gaspar	Moinhos da Gândara Trail	Senior Masculino	47:43	+11:36	04:46
35	113	José Jorge	Individual	Senior Masculino	47:44	+11:36	04:46
36	154	Luis Narciso	Luis Narciso	Senior Masculino	47:59	+11:51	04:48
37	116	Nélio Oliveira	Individual	Senior Masculino	48:10	+12:03	04:49
38	207	Mário Silva	Individual	Senior Masculino	48:13	+12:06	04:49
39	92	Ricardo Oliveira	Individual	Senior Masculino	48:15	+12:07	04:50
40	63	Ricardo Azenha	Directores de Segurança Região Centro	Senior Masculino	48:47	+12:40	04:53
41	102	Durval Nuno Simões Pires	Individual	Senior Masculino	49:06	+12:59	04:55
42	112	Joel Pedrosa Simões	Individual	Senior Masculino	49:13	+13:05	04:55
43	105	Filipe Carvalheiro	Individual	Senior Masculino	49:14	+13:06	04:55
44	67	Joel Araujo	Freguesia de Sanguinheira	Senior Masculino	49:36	+13:29	04:58
45	124	Rui Gomes Gonçalves	Individual	Senior Masculino	49:48	+13:41	04:59
46	100	Carlos Neves	Individual	Senior Masculino	49:55	+13:48	05:00
47	110	João Pedro Rodrigues da Silva	Individual	Senior Masculino	49:56	+13:48	05:00
48	204	Stephen Santos	Individual	Senior Masculino	50:05	+13:58	05:01
49	11	Nelson Marques	ACRM Silveirinha Grande Claras	Senior Masculino	50:06	+13:58	05:01
50	169	José Andrade	Mountain trails	Senior Masculino	50:32	+14:25	05:03
51	150	André Teixeira	INFORTOCHA	Senior Masculino	50:41	+14:34	05:04
52	17	Luis Moniz da Silva	APPACDM - TOCHA	Senior Masculino	50:45	+14:37	05:05
53	177	Gabriel Maia	OS MAIAS	Senior Masculino	50:46	+14:38	05:05
54	182	Ruben Tabanez	PORTINSURANCE	Senior Masculino	50:47	+14:39	05:05
55	75	Bruno Maricato	GAZELAS RUNNING FIGUEIRA	Senior Masculino	50:58	+14:51	05:06
56	160	Bruno Matos	Moinhos da Gândara Trail	Senior Masculino	51:57	+15:49	05:12

Corrida

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 - 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

57	163	Samuel Cabete	Moinhos da Gândara Trail	Senior Masculino	52:05	+15:58	05:13
58	77	Pedro Cação	GAZELAS RUNNING FIGUEIRA	Senior Masculino	52:07	+16:00	05:13
59	76	João Saltão	GAZELAS RUNNING FIGUEIRA	Senior Masculino	52:08	+16:00	05:13
60	106	Gabriel Dinis Oliveira Santos	Individual	Senior Masculino	52:28	+16:20	05:15
61	99	André Silva	Individual	Senior Masculino	53:10	+17:02	05:19
62	114	Micael Ricardo De Oliveira Sacarrão	Individual	Senior Masculino	53:14	+17:06	05:19
63	122	Ricardo Costa	Individual	Senior Masculino	53:15	+17:08	05:20
64	200	Carlos Alves	Veteranos Páraquedistas	Senior Masculino	54:23	+18:15	05:26
65	35	Tiago Gregório	Cadima Team	Senior Masculino	55:05	+18:57	05:31
66	61	João Silva	Directores de Segurança Região Centro	Senior Masculino	55:24	+19:16	05:32
67	205	Ricardo Santos	Individual	Senior Masculino	56:47	+20:39	05:41
68	214	Sérgio Teixeira	Individual	Senior Masculino	56:51	+20:43	05:41
69	126	Sérgio Matias Galvão	Individual	Senior Masculino	57:19	+21:12	05:44
70	60	Alexandre Figueira	Directores de Segurança Região Centro	Senior Masculino	59:50	+23:42	05:59
71	125	Samuel Martinho	Individual	Senior Masculino	59:50	+23:42	05:59
72	178	Micael Maia	OS MAIAS	Senior Masculino	01:00:58	+24:50	06:06
73	107	Helder Jorge	Individual	Senior Masculino	01:01:00	+24:53	06:06
74	111	João Santos	Individual	Senior Masculino	01:01:31	+25:24	06:09
75	98	André Pinto	Individual	Senior Masculino	01:02:11	+26:04	06:13
76	115	Miguel Silva	Individual	Senior Masculino	01:10:12	+34:05	07:01

Veterana F40

1	170	Lurdes Gil	Mountain trails	Veterana F40	49:18		04:56
2	210	Silvia Franco	Individual	Veterana F40	52:14	+02:56	05:13
3	32	Isabel Gomes	Bio Team Run	Veterana F40	53:40	+04:22	05:22
4	198	Elsa Maria Carvalho Pires	União Clube Eirense	Veterana F40	53:50	+04:31	05:23
5	195	Anabela Correia	Tondela Runners	Veterana F40	54:17	+04:59	05:26
6	196	Inês Gomes	Tondela Runners	Veterana F40	54:29	+05:10	05:27
7	31	Claudia Rocha	Bio Team Run	Veterana F40	58:02	+08:44	05:48
8	153	Helena Sofia Lopes	Jogging Lovers Coimbra	Veterana F40	01:01:07	+11:49	06:07

Veterana F50

1	128	Celeste Domingues Jorge	Individual	Veterana F50	50:50		05:05
2	22	Ana Morais	ARSM - Associação Recreativa de S. Miguel	Veterana F50	51:13	+00:23	05:07

Veterano M40

1	6	Rui Dodrigues	A.A.Coimbra	Veterano M40	34:37		03:28
2	13	Paulo Ferreira	ADERCUS	Veterano M40	35:27	+00:49	03:33
3	208	Messias Dias	Individual	Veterano M40	36:47	+02:10	03:41

Corrida

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

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4	24	Orlando Pires	ARSM - Associação Recreativa de S. Miguel	Veterano M40	37:12	+02:35	03:43
5	197	Carlos Alberto Ferreira Ribeiro	Tondela Runners	Veterano M40	37:31	+02:54	03:45
6	164	Pedro Graça	Moinhos da Gândara Trail	Veterano M40	37:40	+03:03	03:46
7	42	Álvaro Sousa	CHARON	Veterano M40	39:13	+04:35	03:55
8	134	João Paulo Almeida	Individual	Veterano M40	39:28	+04:51	03:57
9	25	PEDRO SIMÕES	ARSM - Associação Recreativa de S. Miguel	Veterano M40	40:27	+05:49	04:03
10	135	João Paulo Cunha Silva	Individual	Veterano M40	40:37	+06:00	04:04
11	132	Eugénio Paulo Briga Claro	Individual	Veterano M40	40:52	+06:14	04:05
12	133	Hélder Batista Ferreira Piedade	Individual	Veterano M40	41:19	+06:42	04:08
13	5	Pedro Varela	A.A.Coimbra	Veterano M40	42:12	+07:35	04:13
14	129	Artur Jorge Branco	Individual	Veterano M40	42:16	+07:38	04:14
15	37	Rui Faria	Casa do Benfica da Figueira da Foz	Veterano M40	42:42	+08:04	04:16
16	199	Humberto Coelho de Oliveira	União Clube Eirense	Veterano M40	43:16	+08:39	04:20
17	79	PAULO BAPTISTA	GAZELAS RUNNING FIGUEIRA	Veterano M40	43:18	+08:41	04:20
18	70	Adriano Silva Tabanez	Freguesia de Sanguinheira	Veterano M40	43:19	+08:42	04:20
19	48	Sérgio Camarinho	Colnatur - Especialistas em Colagénio	Veterano M40	43:36	+08:59	04:22
20	130	Calisto Faria	Individual	Veterano M40	43:38	+09:00	04:22
21	47	António Batata	Colnatur - Especialistas em Colagénio	Veterano M40	45:06	+10:28	04:31
22	58	José Pimpão	DECORTOCHA	Veterano M40	45:56	+11:18	04:36
23	71	Daniel Tabanez	Freguesia de Sanguinheira	Veterano M40	45:59	+11:21	04:36
24	172	Paulo Açafão	Mountain trails	Veterano M40	46:08	+11:31	04:37
25	140	Rui Varanda	Individual	Veterano M40	48:02	+13:24	04:48
26	18	Rui Mateus	ARCD VENDA DA LUISA	Veterano M40	48:04	+13:27	04:48
27	136	Luis Almeida	Individual	Veterano M40	48:45	+14:07	04:53
28	43	Ricardo Meira	CHARON	Veterano M40	49:55	+15:17	05:00
29	23	José Guilherme Féteira	ARSM - Associação Recreativa de S. Miguel	Veterano M40	51:13	+16:35	05:07
30	80	Nelso Azenha	GAZELAS RUNNING FIGUEIRA	Veterano M40	51:36	+16:58	05:10
31	139	Paulo Lopes	Individual	Veterano M40	52:15	+17:37	05:14
32	151	Vitor Rodrigues	INFORTOCHA	Veterano M40	53:21	+18:43	05:20
33	33	Valter Rainho	Bio Team Run	Veterano M40	53:40	+19:03	05:22
34	46	Alexandre Costa	Colnatur - Especialistas em Colagénio	Veterano M40	55:38	+21:00	05:34
35	36	Rui Santos	Cadima Team	Veterano M40	56:53	+22:15	05:41
36	131	Dina Domingues	Individual	Veterano M40	58:17	+23:39	05:50
37	41	Adalberto Silva	CHARON	Veterano M40	01:02:39	+28:02	06:16
38	137	Manuel Teixeira	Individual	Veterano M40	01:05:23	+30:45	06:32
39	16	Joaquim António da Masculino Marques	Agora Prontus	Veterano M40	01:07:49	+33:11	06:47
40	211	Ramiro Simões	Individual	Veterano M40	01:17:00	+42:22	07:42

Veterano M50

1	39	Manuel Luís Faria	CCR.PMira	Veterano M50	37:24		03:44
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Official Timekeeper: Lap2Go	4 / 5	generate 02-Jul-2016 20:30
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Corrida

10 KM

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2	209	Filipe Carvalheiro	Individual	Veterano M50	41:06	+03:41	04:07
3	49	Vitor Faim	Colnatur - Especialistas em Colagénio	Veterano M50	41:37	+04:13	04:10
4	7	Fernando Agante	A.A.Coimbra	Veterano M50	41:41	+04:16	04:10
5	83	Aderito Curto	Gira Sol	Veterano M50	42:49	+05:25	04:17
6	143	joao jose oliveira castro	Individual	Veterano M50	43:00	+05:36	04:18
7	34	João Rainho	Bio Team Run	Veterano M50	43:02	+05:37	04:18
8	165	Manuel Cabete	Moinhos da Gândara Trail	Veterano M50	43:05	+05:40	04:19
9	142	Carlos Cunha	Individual	Veterano M50	43:19	+05:54	04:20
10	57	João Cavadas	DCI/CCDRP	Veterano M50	49:04	+11:39	04:54
11	141	Américo de Almeida Curto	Individual	Veterano M50	53:12	+15:47	05:19
12	152	Fernando Teixeira	INFORTOCHA	Veterano M50	57:58	+20:34	05:48
13	145	Mário Antunes	Individual	Veterano M50	01:02:09	+24:45	06:13
14	73	Carlos Morais	Freguesia de Sanguinheira	Veterano M50	01:02:28	+25:03	06:15
15	212	Vitor Rato	Individual	Veterano M50	01:16:59	+39:35	07:42

Veterano M60

1	27	António Silva	ARSM - Associação Recreativa de S. Miguel	Veterano M60	43:07		04:19
2	14	Fernando Pato	ADREP	Veterano M60	43:07	+00:01	04:19
3	148	Narciso Arromba	Cluve	Veterano M60	48:02	+04:55	04:48
4	147	Jorge Ramos	Individual	Veterano M60	50:26	+07:20	05:03
5	12	João Graça	ACRM Silveirinha Grande Claras	Veterano M60	51:45	+08:39	05:11
6	146	Ademar Manuel Gomes Tereso	Individual	Veterano M60	55:13	+12:07	05:31