lap2go TIMING SOLUTION

Prova do Bodo 2017
Pombal, PT
29-julho-2017

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

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

	Time	Temperature	Humidity
Start	19:00	21ºC	77%
End	20:13	21ºC	73%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1	Rui Pinto	sport lisboa e benfica	Senior Masculino	30:11		03:01
2	282	Bruno Paixão	individual	Senior Masculino	30:13	+00:01	03:01
3	580	tiago costa	sport lisboa e benfica	Senior Masculino	30:24	+00:13	03:02
4	583	Andralino Furtado	sporting clube de portugal	Senior Masculino	30:44	+00:32	03:04
5	586	José moreira	sporting clube de portugal	Veterano M35	30:50	+00:39	03:05
6	111	Nuno Lopes	centro de atletismo de seia	Senior Masculino	31:07	+00:56	03:07
7	584	Fernando Ferrão	sporting clube de portugal	Senior Masculino	31:19	+01:08	03:08
8	587	Licínio Pimentel	sporting clube de portugal	Veterano M40	31:39	+01:28	03:10
9	579	Samuel freire	sport lisboa e benfica	Senior Masculino	32:00	+01:49	03:12
10	16	BRUNO MIGUEL SILVA GASPAR	ac vermoil	Veterano M35	32:39	+02:27	03:16
11	544	Gil Ferreira	recreio desportivo de águeda	Veterano M45	34:16	+04:05	03:26
12	233	Fernando Matos	grupo de convívio e amizade nas donas	Veterano M50	34:17	+04:05	03:26
13	250	Manuel belinha	grupo desportivo s. paio de oleiros	Veterano M35	34:28	+04:17	03:27
14	533	JOÃO PEREIRA	peregrinos de coimbra - b	Veterano M40	34:29	+04:17	03:27
15	249	Rui alves	grupo desportivo s. paio de oleiros	Senior Masculino	34:32	+04:20	03:27
16	548	MÁRIO SILVA	s.s. dos trabalhadores de são joão madeira	Veterano M50	34:34	+04:22	03:27
17	199	Andre Reis	ga caranguejeira	Senior Masculino	34:35	+04:23	03:28
18	173	Vasco Pereira	escola de atletismo de coimbra /jpaiva	Senior Masculino	34:45	+04:33	03:29
19	1015	JOÃO EDUARDO MOTA FERREIRA	ac vermoil	Senior Masculino	34:46	+04:35	03:29
20	99	JOÃO SALDANHA	casa do povo de alcanena	Senior Masculino	34:49	+04:38	03:29
21	9	CRISTIANO OLIVEIRA ANTONIO	ac vermoil	Senior Masculino	34:49	+04:38	03:29
22	23	MIGUEL ANGELO	ac vermoil	Veterano M45	35:03	+04:52	03:30
23	516	VÍTOR PLENO	peregrinos de coimbra - a	Senior Masculino	35:10	+04:58	03:31
24	514	CARLOS COSTA	peregrinos de coimbra - a	Senior Masculino	35:14	+05:03	03:31
25	529	TIAGO NEVES	peregrinos de coimbra - b	Senior Masculino	35:15	+05:03	03:32
26	338	Claudia Pereira	gfd running	Senior Feminino	35:17	+05:06	03:32
27	534	RUI LOPES	peregrinos de coimbra - b	Veterano M40	35:17	+05:06	03:32
28	113	Emanuel Cardoso	clube atletismo de marinha grande	Senior Masculino	35:19	+05:07	03:32
29	205	Luis Miguel Oliveira Gomes	ga caranguejeira	Veterano M35	35:24	+05:13	03:32
30	258	Emilia Pisoeiro	individual	Senior Feminino	35:27	+05:15	03:33
31	196	jose fernandes	g d 3 santos populares	Veterano M50	35:28	+05:17	03:33
32	164	Telmo Nascimento	dci/pedrulha-mealhada	Senior Masculino	35:32	+05:21	03:33
33	6	BRUNO MIGUEL CALADO GOMES	ac vermoil	Senior Masculino	35:36	+05:24	03:34
34	547	MARISA BARROS	s. c. salgueiros	Veterana F35	35:38	+05:27	03:34
35	201	Fabio Durão	ga caranguejeira	Senior Masculino	35:39	+05:28	03:34
36	502	Susana Cunha	linda-a-pastora sporting clube	Senior Feminino	35:44	+05:33	03:34
37	84	Tiago Manuel Gomes Godinho	caracol trail team	Senior Masculino	35:51	+05:40	03:35
38	613	Messias Dias	individual	Veterano M45	35:55	+05:44	03:36
39	519	RUI RODRIGUES	peregrinos de coimbra - a	Veterano M40	35:56	+05:45	03:36

PROVA PRINCIPAL - STAGE 1 — 10 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	162	Paulo Pereira	dci/pedrulha-mealhada	Senior Masculino	35:57	+05:45	03:36
41	197	jose tojal	g d 3 santos populares	Veterano M50	35:57	+05:46	03:36
42	126	Rui Parrochinha	clube desportivo ribeirense	Veterano M40	36:00	+05:49	03:36
43	649	CLAUDIO JOSÉ CARDOSO LOUREIRO	ac vermoil	Senior Masculino	36:02	+05:51	03:36
44	546	Vanessa Carvalho	s. c. braga	Senior Feminino	36:06	+05:54	03:37
45	198	toze velha	g d 3 santos populares	Veterano M55	36:07	+05:55	03:37
46	237	Luís Martins	grupo desportivo e recreativo das figueiras - marinha grande	Veterano M35	36:12	+06:01	03:37
47	191	João Pimentel	fullprotein	Senior Masculino	36:17	+06:06	03:38
48	577	Silvana Dias	sport lisboa e benfica	Senior Feminino	36:23	+06:12	03:38
49	7	CARLOS RAFAEL DE JESUS ALVES	ac vermoil	Senior Masculino	36:24	+06:13	03:38
50	614	Nuno Costa	são salvador do campo	Senior Masculino	36:25	+06:14	03:39
51	174	Marcio Filipe simoes Pereira	escola de atletismo de coimbra /jpaiva	Veterano M35	36:34	+06:23	03:39
52	481	GABRIEL RODRIGUES	industrial desportivo vieirense	Veterano M50	36:37	+06:26	03:40
53	83	Pedro Crispim	caracol trail team	Senior Masculino	36:47	+06:35	03:41
54	440	António Ferreira	individual	Veterano M50	36:52	+06:41	03:41
55	253	Jorge luz	grupo desportivo s. paio de oleiros	Veterano M50	37:02	+06:50	03:42
56	176	Mauro Azevedo	escola de atletismo de coimbra /jpaiva	Veterano M45	37:06	+06:54	03:43
57	585	SANDRA TEIXEIRA	sporting clube de portugal	Veterana F35	37:10	+06:58	03:43
58	203	Ricardo Filipe de Oliveira Carreira	ga caranguejeira	Senior Masculino	37:12	+07:00	03:43
59	206	Nuno Ribeiro Casalinho	ga caranguejeira	Veterano M35	37:14	+07:02	03:43
60	474	PETRO PASKAR	industrial desportivo vieirense	Senior Masculino	37:18	+07:07	03:44
61	132	JOSE RAIMUNDO	clube recreativo amieirinhense	Veterano M50	37:25	+07:14	03:45
62	50	Sara Carvalho	acrsd-napo	Senior Feminino	37:35	+07:24	03:46
63	490	Sandra Protásio	joma	Senior Feminino	37:46	+07:35	03:47
64	21	PEDRO FERREIRA	ac vermoil	Veterano M40	37:48	+07:36	03:47
65	122	Paulo Ferreira	clube desportivo ribeirense	Veterano M35	37:51	+07:39	03:47
66	226	Daniel Jaulino	grupo alegre unido bajouca	Veterano M50	37:53	+07:42	03:47
67	208	Luis Pereira Guarda	ga caranguejeira	Veterano M50	37:54	+07:43	03:47
68	142	João Carmo	cpr. a-do-barbas	Senior Masculino	37:58	+07:46	03:48
69	498	Telmo Almeida	lágrimas team	Veterano M40	37:58	+07:47	03:48
70	387	Carlos Pimenta	dci/pedrulha-mealhada	Veterano M40	37:59	+07:47	03:48
71	98	CLAUDIO COTRIM	casa do povo de alcanena	Senior Masculino	37:59	+07:48	03:48
72	477	JOÃO DOMINGOS	industrial desportivo vieirense	Veterano M45	38:00	+07:48	03:48
73	479	ARTUR LOPES	industrial desportivo vieirense	Veterano M50	38:00	+07:48	03:48
74	117	Marco Franco	clube de atletismo de ferreira do zêzere	Veterano M35	38:02	+07:50	03:48
75	610	Catarina Carvalho	adrap	Senior Feminino	38:08	+07:57	03:49
76	485	ANTÓNIO POEIRAS	industrial desportivo vieirense	Veterano M55	38:25	+08:14	03:51
77	20	NARCISO FABIÃO	ac vermoil	Veterano M40	38:33	+08:22	03:51
78	32	CASIMIRO GOMES	acbatalha	Veterano M40	38:34	+08:23	03:51
79	40	Ricardo Lopes	acrm silveirinha grande claras	Senior Masculino	38:40	+08:28	03:52
80	503	Manuela Gaspar Martins	manuela	Senior Feminino	38:41	+08:29	03:52
81	134	JOAO GOMES	clube recreativo amieirinhense	Veterano M55	38:42	+08:30	03:52
82	275	Alfredo Gaspar	individual	Senior Masculino	38:43	+08:32	03:52

PROVA PRINCIPAL - STAGE 1 — 10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
83	41	Ricardo Nunes	acrm silveirinha grande claras	Senior Masculino	38:44	+08:32	03:52
84	313	Paulo Alexandre Santos	individual	Senior Masculino	38:45	+08:34	03:53
85	403	Lourenço Filipe	individual	Veterano M40	38:45	+08:34	03:53
86	127	Amândio Paulo	clube desportivo ribeirense	Veterano M45	38:49	+08:38	03:53
87	200	Bruno Marques Reis	ga caranguejeira	Senior Masculino	38:51	+08:40	03:53
88	22	MÁRIO HENRIQUES	ac vermoil	Veterano M45	38:51	+08:40	03:53
89	175	Augusto Manuel Canelas Figueiredo	escola de atletismo de coimbra /jpaiva	Veterano M45	38:52	+08:40	03:53
90	393	DOMINGUES CARVALHO	individual	Veterano M40	38:54	+08:43	03:53
91	18	JOAQUIM QUITÉRIO	ac vermoil	Veterano M40	38:54	+08:43	03:53
92	103	ANTONIO SILVA	casa do povo de alcanena	Veterano M50	38:55	+08:43	03:54
93	96	ALEXANDRA OLIVEIRA	casa do povo de alcanena	Senior Feminino	38:55	+08:44	03:54
94	59	Cláudio Bica	ama(dores) trail team	Senior Masculino	38:59	+08:48	03:54
95	118	Nuno Coutinho	clube de condeixa	Senior Masculino	39:03	+08:51	03:54
96	252	Avelino freitas	grupo desportivo s. paio de oleiros	Veterano M40	39:06	+08:54	03:55
97	480	CARLOS SIMÕES	industrial desportivo vieirense	Veterano M50	39:08	+08:56	03:55
98	576	Rui Daniel Dinis de Melo	sport clube beira-mar	Senior Masculino	39:11	+09:00	03:55
99	290	Duarte Cruz	individual	Senior Masculino	39:13	+09:01	03:55
100	204	Valter Alexandre Pescada Costa	ga caranguejeira	Senior Masculino	39:14	+09:02	03:55
101	106	Miguel Gonçalves	ccd crédito agrícola mútuo	Veterano M35	39:15	+09:03	03:56
102	582	OLGA SERBYN	sporting clube de portugal	Senior Feminino	39:21	+09:09	03:56
103	460	Mendes	individual	Veterano M55	39:24	+09:12	03:56
104	177	Fernando Carvalho	fernando	Veterano M40	39:29	+09:18	03:57
105	427	JOEL DA SILVA	individual	Veterano M45	39:31	+09:20	03:57
106	531	RENATO RODRIGUES	peregrinos de coimbra - b	Veterano M35	39:35	+09:24	03:58
107	115	Pedro Falcão	clube atletismo de marinha grande	Veterano M40	39:37	+09:25	03:58
108	550	Gabriel Alves	escola de atletimo do cartaxo	Veterano M50	39:38	+09:27	03:58
109	281	Bruno Onofre Monteiro de Araújo	individual	Senior Masculino	39:39	+09:27	03:58
110	522	Alberto Freches	peregrinos de coimbra - a	Veterano M55	39:39	+09:27	03:58
111	248	Marcelo silva	grupo desportivo s. paio de oleiros	Senior Masculino	39:40	+09:28	03:58
112	235	João Silva	grupo desportivo e recreativo das figueiras - marinha grande	Senior Masculino	39:44	+09:33	03:58
113	82	Hugo Neves	caracol trail team	Senior Masculino	39:45	+09:34	03:59
114	195	nuno lopes	g d 3 santos populares	Veterano M40	39:46	+09:34	03:59
115	19	JOSÉ SANTOS	ac vermoil	Veterano M40	39:47	+09:35	03:59
116	72	Ricardo silva	atletismo clube da tocha	Veterano M35	39:49	+09:37	03:59
117	102	BRUNO VIEIRA	casa do povo de alcanena	Veterano M40	39:49	+09:37	03:59
118	224	José Gonçalves	grupo alegre unido bajouca	Veterano M45	39:49	+09:38	03:59
119	101	RICARDO MENDES	casa do povo de alcanena	Veterano M35	39:50	+09:38	03:59
120	521	FERNANDO ANTUNES	peregrinos de coimbra - a	Veterano M50	39:58	+09:46	04:00
121	163	Ricardo Teixeira	dci/pedrulha-mealhada	Senior Masculino	40:02	+09:50	04:00
122	319	Ricardo Mendes	individual	Senior Masculino	40:02	+09:50	04:00
123	65	Álvaro Castelão	associação pombal jovem	Senior Masculino	40:05	+09:53	04:01
124	538	RICARDO SARAIVA	peregrinos de coimbra - b	Veterano M45	40:10	+09:58	04:01
125	537	PEDRO VARELA	peregrinos de coimbra - b	Veterano M45	40:11	+09:59	04:01

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
126	569	Ernesto Manuel Contente Nabeiro	soure mov	Veterano M45	40:11	+10:00	04:01
127	418	VITOR ARAUJO	individual	Veterano M40	40:13	+10:01	04:01
128	396	Fernando Miguel	individual	Veterano M40	40:15	+10:04	04:02
129	286	David Marques	individual	Senior Masculino	40:17	+10:06	04:02
130	240	Jucelino Monteiro	grupo desportivo e recreativo das figueiras - marinha grande	Veterano M50	40:21	+10:10	04:02
131	181	Henrique Fernandes	fonte nova runners	Veterano M35	40:26	+10:15	04:03
132	251	Alcindo dias	grupo desportivo s. paio de oleiros	Veterano M40	40:33	+10:22	04:03
133	228	Jorge Silva	grupo alegre unido bajouca	Veterano M50	40:37	+10:25	04:04
134	78	Paulo Cruz	ca barreira	Veterano M45	40:38	+10:27	04:04
135	289	Diogo Viana	individual	Senior Masculino	40:39	+10:28	04:04
136	95	Jose freitas da silva	casa do benfica de abrantes	Veterano M55	40:42	+10:31	04:04
137	133	ARMENIO PEREIRA	clube recreativo amieirinhense	Veterano M55	40:43	+10:32	04:04
138	475	VITOR DINIS	industrial desportivo vieirense	Veterano M40	40:44	+10:32	04:04
139	87	carlos nuno santos ferreira	caracol trail team	Veterano M45	40:44	+10:33	04:04
140	182	Luis Silva	fonte nova runners	Veterano M35	40:48	+10:37	04:05
141	33	FRANCISCO BRÍGIDO	acbatalha	Veterano M40	40:53	+10:42	04:05
142	316	Renato Henriques	individual	Senior Masculino	40:56	+10:44	04:06
143	136	Leandro Soares	clube veteranos do lis	Veterano M35	40:59	+10:47	04:06
144	3	Jorge Quarenta	40's e duartes	Veterano M45	41:00	+10:48	04:06
145	74	José Zananar	atletismo clube da tocha	Veterano M50	41:02	+10:50	04:06
146	143	Ruben Gomes	cpr. a-do-barbas	Senior Masculino	41:02	+10:51	04:06
147	581	Catarina gonçalves	sporting clube de portugal	Senior Feminino	41:04	+10:52	04:06
148	483	RUI DINIS	industrial desportivo vieirense	Veterano M50	41:04	+10:53	04:06
149	220	Pedro Capela	grupo alegre unido bajouca	Veterano M35	41:08	+10:57	04:07
150	527	ÁLVARO COELHO	peregrinos de coimbra - a	Veterano M60	41:09	+10:58	04:07
151	566	Jorge Rodrigues	soure mov	Veterano M40	41:12	+11:01	04:07
152	178	Joao Malheiro	fonte nova runners	Senior Masculino	41:14	+11:02	04:07
153	592	Cristóvão Ginja	t.r.o.l.l.s. - tralhos oficiais leves lentos e sensacionais	Veterano M35	41:20	+11:09	04:08
154	68	Nuno Mendes	associação pombal jovem	Senior Masculino	41:26	+11:15	04:09
155	38	João Tazo	acrm silveirinha grande claras	Senior Masculino	41:26	+11:15	04:09
156	380	Sérgio Junqueira	individual	Veterano M35	41:31	+11:19	04:09
157	377	Rui Joao	individual	Veterano M35	41:31	+11:20	04:09
158	511	Paulo Samuel Jesus Amaro	pelaestradafora	Veterano M45	41:32	+11:21	04:09
159	497	H.Horta	lacerferrunners	Veterano M35	41:33	+11:21	04:09
160	227	Filipe Carvalheiro	grupo alegre unido bajouca	Veterano M50	41:35	+11:24	04:10
161	77	Germano Capela	ca barreira	Veterano M45	41:36	+11:25	04:10
162	139	ADRIANO ARAÚJO	conquista ginásio - cadaval	Veterano M40	41:48	+11:36	04:11
163	404	Luís Caetano	individual	Veterano M40	41:48	+11:37	04:11
164	615	Vanda Ribeiro	individual	Veterana F40	41:50	+11:39	04:11
165	202	Ricardo Batista	ga caranguejeira	Senior Masculino	41:51	+11:40	04:11
166	86	Tetyana Vakulyuk	caracol trail team	Veterana F40	41:52	+11:40	04:11
167	89	Anibal Godinho	caracol trail team	Veterano M50	41:52	+11:41	04:11
168	590	Vítor Bruno	t.r.o.l.l.s. - tralhos oficiais leves lentos e sensacionais	Senior Masculino	41:54	+11:42	04:11
169	125	Miguel Gineto	clube desportivo ribeirense	Veterano M40	41:56	+11:44	04:12

PROVA PRINCIPAL - STAGE 1 — 10 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
170	473	MIGUEL COELHO	industrial desportivo vieirense	Senior Masculino	41:59	+11:47	04:12
171	525	FERNANDO AGANTE	peregrinos de coimbra - a	Veterano M55	42:01	+11:49	04:12
172	365	Jose António Mendes Costa	individual	Veterano M35	42:03	+11:51	04:12
173	145	Márcio Sousa	cpr. a-do-barbas	Veterano M35	42:04	+11:53	04:12
174	535	CELSO PEREIRA	peregrinos de coimbra - b	Veterano M45	42:08	+11:57	04:13
175	73	PAULO BAPTISTA	atletismo clube da tocha	Veterano M40	42:12	+12:00	04:13
176	254	Valdemar alves	grupo desportivo s. paio de oleiros	Veterano M50	42:14	+12:03	04:13
177	291	Edgar Filipe da Silva Domingues	individual	Senior Masculino	42:14	+12:03	04:13
178	648	Luis Leite	4 caminhos	Veterano M40	42:14	+12:03	04:14
179	309	Marco Pimenta	individual	Senior Masculino	42:18	+12:06	04:14
180	366	José Miguel Ferreira Santos	individual	Veterano M35	42:18	+12:07	04:14
181	35	PAULO MONTEIRO	acbatalha	Veterano M45	42:19	+12:07	04:14
182	315	Pedro Marques	individual	Senior Masculino	42:20	+12:09	04:14
183	135	Diogo Ferreira	clube veteranos do lis	Veterano M35	42:20	+12:09	04:14
184	79	Jorge Agostinho	ca barreira	Veterano M55	42:21	+12:10	04:14
185	15	DEONILDE JORDÃO DA COSTA	ac vermoil	Veterana F40	42:22	+12:11	04:14
186	166	Jose Carlos Mendes	dream team	Veterano M35	42:23	+12:11	04:14
187	148	Nuno Jorge	cpr. a-do-barbas	Veterano M40	42:24	+12:13	04:14
188	353	Daniel Santos Gaspar	individual	Veterano M35	42:24	+12:13	04:14
189	553	António Luís Cordeiro Gomes	slow runners pombal	Veterano M35	42:29	+12:17	04:15
190	217	Hugo Barqueiro	grupo alegre unido bajouca	Senior Masculino	42:32	+12:21	04:15
191	554	LEONARDO JOSE RODRIGUES ARAUJO	slow runners pombal	Veterano M35	42:33	+12:22	04:15
192	486	CELESTINO MARQUES	industrial desportivo vieirense	Veterano M55	42:36	+12:24	04:16
193	482	LUIS PEDROSA	industrial desportivo vieirense	Veterano M50	42:36	+12:25	04:16
194	478	JOÃO MARCELINO	industrial desportivo vieirense	Veterano M45	42:37	+12:26	04:16
195	496	Énio Lacerda	lacerferrunners	Veterano M35	42:43	+12:31	04:16
196	165	Vítor Castro	dci/pedrulha-mealhada	Veterano M40	42:44	+12:32	04:16
197	606	Eduardo Meireles	umelga runners	Veterano M55	42:44	+12:33	04:16
198	223	Jorge Rodrigues	grupo alegre unido bajouca	Veterano M45	42:45	+12:34	04:17
199	53	José Alves	adrm mata	Veterano M50	42:52	+12:40	04:17
200	302	João Carlos Balças da Silva	individual	Senior Masculino	42:55	+12:43	04:18
201	207	Joaquim Santos	ga caranguejeira	Veterano M45	42:55	+12:44	04:18
202	472	ALEXIS ROCHA	industrial desportivo vieirense	Senior Masculino	42:57	+12:46	04:18
203	564	Luis Batalha	soure mov	Veterano M35	42:59	+12:48	04:18
204	180	Filipe Moreira	fonte nova runners	Veterano M35	43:03	+12:52	04:18
205	241	Antonio Ferreira	grupo desportivo e recreativo das figueiras - marinha grande	Veterano M55	43:04	+12:52	04:18
206	506	Pedro Ribeiro	osprimos2017	Veterano M35	43:04	+12:53	04:18
207	60	Tomé Pereira	ama(dores) trail team	Senior Masculino	43:05	+12:54	04:19
208	187	João Ferreira	free runners	Senior Masculino	43:13	+13:02	04:19
209	255	Jorge Henriques	h2m5o+	Senior Masculino	43:14	+13:03	04:19
210	345	Aberto Gomes	individual	Veterano M35	43:15	+13:03	04:20
211	10	DANIEL FILIPE GOMES ANTUNES	ac vermoil	Senior Masculino	43:18	+13:06	04:20

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
212	238	Carlos Filipe	grupo desportivo e recreativo das figueiras - marinha grande	Veterano M50	43:24	+13:12	04:20
213	462	orlando cordeiro ribeiro	individual	Veterano M55	43:29	+13:17	04:21
214	438	alfredo valente	individual	Veterano M50	43:30	+13:18	04:21
215	493	Luís Almeida	kaleijados	Veterano M40	43:30	+13:19	04:21
216	212	José Monteiro	gdc banco de portugal	Veterano M60	43:31	+13:20	04:21
217	131	JOEL SALGUEIRO	clube recreativo amieirinhense	Veterano M35	43:33	+13:22	04:21
218	44	Amilcar Costa	acrm silveirinha grande claras	Veterano M45	43:35	+13:23	04:22
219	430	Jose Rodrigues	individual	Veterano M45	43:36	+13:25	04:22
220	400	Hilário Louro	individual	Veterano M40	43:40	+13:29	04:22
221	494	Nuno Pessoa	kaleijados	Veterano M40	43:40	+13:29	04:22
222	608	Paul de oliveira	union athlétique de montereau	Veterano M45	43:41	+13:30	04:22
223	611	Marisa João	dci/pedrulha-mealhada	Veterana F40	43:45	+13:34	04:23
224	93	Jorge Alexandre de Freitas Delgado	casa do benfica da figueira da foz	Senior Masculino	43:47	+13:36	04:23
225	17	HELDER GOMES MIRANDA	ac vermoil	Veterano M35	43:50	+13:38	04:23
226	52	António Carreira	adrm mata	Veterano M40	43:55	+13:44	04:24
227	34	HÉLDER MATOS	acbatalha	Veterano M40	43:56	+13:44	04:24
228	92	João Nuno Ferreira Santos	casa do benfica da figueira da foz	Senior Masculino	43:57	+13:46	04:24
229	310	Micael Santos	individual	Senior Masculino	43:59	+13:47	04:24
230	5	ANA CAROLINA SILVA MATIAS	ac vermoil	Senior Feminino	44:00	+13:49	04:24
231	572	Abel Batalha	soure mov	Veterano M50	44:04	+13:52	04:24
232	510	Paulo Oliveira	pelaestradafora	Veterano M45	44:07	+13:56	04:25
233	243	Mario Duarte	grupo desportivo e recreativo das figueiras - marinha grande	Veterano M55	44:08	+13:56	04:25
234	48	Manuel Fernandes	acrm silveirinha grande claras	Veterano M60	44:11	+13:59	04:25
235	146	Nuno Ferreira	cpr. a-do-barbas	Veterano M35	44:12	+14:01	04:25
236	66	Diogo Nunes	associação pombal jovem	Senior Masculino	44:14	+14:03	04:25
237	489	Ivónio Martins	intrilhos	Veterano M35	44:17	+14:06	04:26
238	375	Renato Osório	individual	Veterano M35	44:23	+14:12	04:26
239	378	Rui Pereira	individual	Veterano M35	44:29	+14:17	04:27
240	294	Fabio Roxo	individual	Senior Masculino	44:29	+14:18	04:27
241	327	Tomé Lopes	individual	Senior Masculino	44:31	+14:19	04:27
242	573	Jorge Cordeiro	soure mov	Veterano M50	44:32	+14:21	04:27
243	209	Carlos Jacinto	gasoutos-gruop atlético dos soutos	Veterano M40	44:33	+14:21	04:27
244	186	Nuno Ferreira	fonte nova runners	Veterano M45	44:37	+14:26	04:28
245	348	Antonio Manuel Ferreira Mendes	individual	Veterano M35	44:38	+14:27	04:28
246	247	Americo lopes	grupo desportivo s. paio de oleiros	Senior Masculino	44:41	+14:30	04:28
247	437	Rui Miguel Ferreira Gaspar	individual	Veterano M45	44:42	+14:31	04:28
248	221	André Fernandes	grupo alegre unido bajouca	Veterano M40	44:43	+14:31	04:28
249	123	António Palmeira	clube desportivo ribeirense	Veterano M40	44:43	+14:31	04:28
250	518	RUI FIGUEIREDO	peregrinos de coimbra - a	Veterano M40	44:45	+14:34	04:29
251	452	MARTINHO JOAQUIM DA SILVA PEDROSA	individual	Veterano M50	44:52	+14:41	04:29
252	75	Eduardo Manuel Coelho Luís	atómicos	Veterano M35	44:55	+14:43	04:30

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
253	419	Albano Manuel Fernandes Silva	individual	Veterano M45	44:57	+14:45	04:30
254	154	Pedro Miguel Lopes Vieira	cscrfcharneca	Veterano M40	44:58	+14:47	04:30
255	172	Helena Mourão	escola de atletismo da trofa	Veterana F40	45:00	+14:48	04:30
256	609	Augusto Dourado	vila do conde	Veterano M60	45:08	+14:57	04:31
257	500	Vera Portela	leiria marcha atlética clube	Senior Feminino	45:09	+14:57	04:31
258	183	Pedro Gomes	fonte nova runners	Veterano M35	45:09	+14:57	04:31
259	62	JOAO ROSINHA	arsm	Veterano M40	45:09	+14:58	04:31
260	90	João Farinha	caracol trail team	Veterano M55	45:10	+14:59	04:31
261	210	Fernando Jacinto	gasoutos-gruop atlético dos soutos	Veterano M50	45:14	+15:02	04:31
262	532	HUMBERTO OLIVEIRA	peregrinos de coimbra - b	Veterano M40	45:17	+15:05	04:32
263	185	Vitor Bras	fonte nova runners	Veterano M40	45:17	+15:05	04:32
264	422	CARLOS JORGE OLIVEIRA	individual	Veterano M45	45:21	+15:10	04:32
265	524	CARLOS GARRIDO	peregrinos de coimbra - a	Veterano M55	45:22	+15:11	04:32
266	507	Beto Oliveira	osprimos2017	Veterano M40	45:23	+15:12	04:32
267	80	Carlos França	cad a correr	Veterano M35	45:26	+15:14	04:33
268	171	André Coimbra	escola de atletismo da trofa	Senior Masculino	45:28	+15:17	04:33
269	407	Mário Jorge Cardoso Martins	individual	Veterano M40	45:32	+15:20	04:33
270	215	João Batista	gim running team	Veterano M35	45:35	+15:24	04:34
271	121	Nuno Moleano	clube desportivo ribeirense	Veterano M35	45:35	+15:24	04:34
272	299	Guilherme Oliveira	individual	Senior Masculino	45:36	+15:25	04:34
273	528	COSTA MARQUES	peregrinos de coimbra - a	Veterano M60	45:39	+15:27	04:34
274	76	Daniel Lourenço	ca barreira	Veterano M40	45:39	+15:28	04:34
275	408	Nicolau Silva	individual	Veterano M40	45:39	+15:28	04:34
276	441	António Silva	individual	Veterano M50	45:44	+15:33	04:34
277	13	BLANDINA GABRIELA SILVA LOURENÇO	ac vermoil	Veterana F35	45:49	+15:38	04:35
278	450	josé carlos santos	individual	Veterano M50	45:54	+15:42	04:35
279	159	José Dias	dá-lhe gás team	Veterano M40	45:59	+15:48	04:36
280	39	Joel Santos	acrm silveirinha grande claras	Senior Masculino	46:01	+15:50	04:36
281	168	Pedro dos Santos Lopes	dream team	Veterano M35	46:02	+15:50	04:36
282	42	Luís Felipe Carvalheiro	acrm silveirinha grande claras	Veterano M40	46:04	+15:53	04:36
283	214	NELSON PEDROSA MOTA	gim running team	Senior Masculino	46:06	+15:55	04:37
284	218	Rodrigo Ferreira	grupo alegre unido bajouca	Senior Masculino	46:07	+15:55	04:37
285	270	Sara Santos Pedrosa	individual	Senior Feminino	46:07	+15:56	04:37
286	211	Rui Carreira	gasoutos-gruop atlético dos soutos	Veterano M50	46:13	+16:02	04:37
287	398	Henrique Lavaredas	individual	Veterano M40	46:34	+16:23	04:39
288	401	José Gonçalo Redondo	individual	Veterano M40	46:41	+16:30	04:40
289	138	Américo Santos	clube veteranos do lis	Veterano M60	46:43	+16:32	04:40
290	402	justino manuel silva	individual	Veterano M40	46:45	+16:33	04:41
291	70	Tiago Claro	associação pombal jovem	Senior Masculino	46:48	+16:37	04:41
292	565	Ricardo Páscoa	soure mov	Veterano M35	46:49	+16:37	04:41
293	428	José Fonseca	individual	Veterano M45	46:51	+16:39	04:41
294	88	João Martins	caracol trail team	Veterano M45	46:55	+16:43	04:42
295	129	Rodolfo Deyllot	clube desportivo ribeirense	Veterano M50	46:57	+16:45	04:42
296	395	Emidio alves	individual	Veterano M40	47:04	+16:52	04:42
297	434	Paulo Martins	individual	Veterano M45	47:04	+16:53	04:42

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
298	406	Mário Gonçalves Salgado	individual	Veterano M40	47:06	+16:54	04:43
299	144	David Gomes	cpr. a-do-barbas	Veterano M35	47:07	+16:55	04:43
300	232	Mariana Silva	grupo de atletismo de fátima	Senior Feminino	47:07	+16:56	04:43
301	513	Patrícia Diogo	peregrinos de coimbra - a	Senior Feminino	47:08	+16:57	04:43
302	495	Nuno Marques	kemedo team	Veterano M40	47:09	+16:57	04:43
303	108	Nuno Rosa	ccd crédito agrícola mútuo	Veterano M40	47:12	+17:01	04:43
304	545	João Pedro Quitério Santos	rocket team	Veterano M35	47:13	+17:02	04:43
305	24	VITOR LOPES	ac vermoil	Veterano M45	47:15	+17:03	04:44
306	26	ALFREDO ANTONIO DOS SANTOS	ac vermoil	Veterano M60	47:15	+17:03	04:44
307	246	Leonel Rodrigues	grupo desportivo e recreativo das figueiras - marinha grande	Veterano M60	47:15	+17:04	04:44
308	81	Joana Lopes Alves	caracol trail team	Senior Feminino	47:17	+17:05	04:44
309	225	Virgílio Alberto	grupo alegre unido bajouca	Veterano M45	47:20	+17:08	04:44
310	505	Filipe Alexandre Pinto Silva	oito pernas	Senior Masculino	47:20	+17:08	04:44
311	476	JOÃO BENTO	industrial desportivo vieirense	Veterano M45	47:20	+17:08	04:44
312	372	Nuno Alexandre Duarte da Mota	individual	Veterano M35	47:23	+17:12	04:44
313	45	João Sintra	acrm silveirinha grande claras	Veterano M55	47:24	+17:13	04:44
314	153	Miguel Ângelo Duarte das Neves Matias	cscrfcharneca	Veterano M40	47:24	+17:13	04:44
315	311	Miguel Costa	individual	Senior Masculino	47:26	+17:15	04:45
316	541	Antonio Agostinho	porto de mós a correr	Veterano M60	47:28	+17:16	04:45
317	593	Francisco Bandeira	team cabidela	Veterano M40	47:31	+17:20	04:45
318	446	Fernando LUz	individual	Veterano M50	47:35	+17:23	04:46
319	556	João Pedro Monteiro	slow runners pombal	Veterano M40	47:36	+17:24	04:46
320	57	Tiago Moreira	alcateia	Senior Masculino	47:38	+17:27	04:46
321	55	Hugo Roda	alcateia	Senior Masculino	47:39	+17:28	04:46
322	589	Patricia Rodrigues	t.r.o.l.l.s. - tralhos oficiais leves lentos e sensacionais	Senior Feminino	47:40	+17:28	04:46
323	390	David Cunha	individual	Veterano M40	47:40	+17:29	04:46
324	601	Joel Guerra	turtles & rabbits	Veterano M35	47:46	+17:35	04:47
325	543	Paulo Marques	rdc	Senior Masculino	47:48	+17:37	04:47
326	598	Marcos Alves	tribo nr	Veterano M40	47:48	+17:37	04:47
327	487	ACÁCIO LAVOS	industrial desportivo vieirense	Veterano M60	47:50	+17:38	04:47
328	399	HENRIQUE MANUEL SANTOS RODRIGUES	individual	Veterano M40	47:50	+17:39	04:47
329	371	Nelson Dos Santos Vieira	individual	Veterano M35	47:55	+17:44	04:48
330	58	Jose Pereira	alcateia	Veterano M40	47:58	+17:47	04:48
331	116	Pedro Batista	clube atletismo nazaré	Veterano M35	48:00	+17:48	04:48
332	318	Ricardo da Silva Jorge	individual	Senior Masculino	48:03	+17:52	04:48
333	306	João Pedro Rodrigues da Silva	individual	Senior Masculino	48:08	+17:57	04:49
334	433	Paulo Freire	individual	Veterano M45	48:10	+17:59	04:49
335	466	José Luis Fernandes	individual	Veterano M60	48:16	+18:04	04:50
336	463	Vitor Fontes	individual	Veterano M55	48:19	+18:07	04:50
337	245	Evangelino Cardeira	grupo desportivo e recreativo das figueiras - marinha grande	Veterano M60	48:19	+18:08	04:50
338	603	Daniel Jorge Delgado	twopikas	Senior Masculino	48:19	+18:08	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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
339	384	ANTONIO MANUEL MIRANDA NOGUEIRA	individual	Veterano M40	48:21	+18:09	04:50
340	279	Bruno Antunes	individual	Senior Masculino	48:23	+18:12	04:50
341	222	Gilberto Santos	grupo alegre unido bajouca	Veterano M45	48:28	+18:16	04:51
342	363	Jorge Rodrigues	individual	Veterano M35	48:30	+18:19	04:51
343	14	LILIANA NEVES	ac vermoil	Veterana F35	48:30	+18:19	04:51
344	244	Adriano Fonte	grupo desportivo e recreativo das figueiras - marinha grande	Veterano M60	48:32	+18:20	04:51
345	112	Clara Miguel	club atletismo do funchal caf	Veterana F40	48:32	+18:20	04:51
346	447	FILIPE MANUEL VINAGRE DA CRUZ	individual	Veterano M50	48:32	+18:20	04:51
347	420	Alberto Branco	individual	Veterano M45	48:34	+18:22	04:51
348	570	Nuno Pinheiro	soure mov	Veterano M45	48:34	+18:23	04:51
349	457	António Manuel Manuel Marques Carreira	individual	Veterano M55	48:35	+18:24	04:52
350	216	Manuel António Rodrigues dos Santos	gim running team	Veterano M45	48:36	+18:24	04:52
351	259	Léana Ramos--Jose	individual	Senior Feminino	48:37	+18:26	04:52
352	124	João Justo	clube desportivo ribeirense	Veterano M40	48:43	+18:32	04:52
353	604	Luís Miguel Bernardo	twopikas	Veterano M40	48:45	+18:34	04:53
354	424	Helder Alexandre Silverio	individual	Veterano M45	48:46	+18:34	04:53
355	349	Bruno Alexandre da Silva Cordeiro	individual	Veterano M35	48:52	+18:41	04:53
356	523	CARLOS BRANDÃO	peregrinos de coimbra - a	Veterano M55	48:55	+18:44	04:54
357	300	Hugo Costa	individual	Senior Masculino	48:56	+18:45	04:54
358	426	Jaime Lopes dos Santos	individual	Veterano M45	49:00	+18:48	04:54
359	588	Andreia Parreiras	t.r.o.l.l.s. - tralhos oficiais leves lentos e sensacionais	Senior Feminino	49:03	+18:51	04:54
360	266	Patrícia Mota Cardoso	individual	Senior Feminino	49:06	+18:55	04:55
361	54	David Simoes	alcateia	Senior Masculino	49:13	+19:02	04:55
362	297	Gonçalo Duarte Gonçalves	individual	Senior Masculino	49:17	+19:06	04:56
363	314	Paulo Maurício	individual	Senior Masculino	49:18	+19:06	04:56
364	324	Sérgio Barbosa	individual	Senior Masculino	49:20	+19:09	04:56
365	451	MANUEL GONÇALVES DOS SANTOS	individual	Veterano M50	49:23	+19:12	04:56
366	417	Virgílio Neto	individual	Veterano M40	49:25	+19:13	04:57
367	150	Vitor Cardeira	cpr. a-do-barbas	Veterano M50	49:26	+19:15	04:57
368	539	FERNANDO TEIXEIRA	peregrinos de coimbra - b	Veterano M50	49:29	+19:17	04:57
369	120	Narciso Arromba	clube de veteranos de atletismo de coimbra - cluve	Veterano M60	49:36	+19:24	04:58
370	328	Valério Benedito Gomes dos Santos	individual	Senior Masculino	49:41	+19:30	04:58
371	170	Manuel Tomás	dream team	Veterano M45	49:48	+19:37	04:59
372	167	Luis Mendes	dream team	Veterano M35	49:51	+19:39	04:59
373	158	Luís Fernando Rocha das Neves	cscrfcharneca	Veterano M55	49:52	+19:41	04:59
374	386	Bernardo	individual	Veterano M40	49:53	+19:41	04:59
375	359	Humberto Oliveira	individual	Veterano M35	49:59	+19:47	05:00
376	323	Rui Manuel Pascoal Neves	individual	Senior Masculino	50:00	+19:49	05:00
377	278	André Santos Sousa	individual	Senior Masculino	50:03	+19:51	05:00

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

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	CAT	RESULT	DIFF	t/KM
378	130	Domingos Lavinha	clube desportivo ribeirense	Veterano M55	50:03	+19:52	05:00
379	567	José Madeira	soure mov	Veterano M40	50:07	+19:56	05:01
380	388	Daniel Francisco Fragoso	individual	Veterano M40	50:07	+19:56	05:01
381	67	João Gaspar	associação pombal jovem	Senior Masculino	50:09	+19:58	05:01
382	25	EUGENIO BRANCO MENDES	ac vermoil	Veterano M55	50:13	+20:02	05:01
383	56	Milton Alves	alcateia	Senior Masculino	50:14	+20:02	05:01
384	295	Francisco Campos	individual	Senior Masculino	50:17	+20:06	05:02
385	110	Rui Graça	ccd crédito agrícola mútuo	Veterano M50	50:18	+20:06	05:02
386	454	Paulo Fonseca	individual	Veterano M50	50:20	+20:09	05:02
387	560	Marco Gomes	soure mov	Senior Masculino	50:21	+20:10	05:02
388	30	MARIA PEREIRA	acbatalha	Veterana F40	50:23	+20:11	05:02
389	277	André Monteiro	individual	Senior Masculino	50:37	+20:25	05:04
390	370	Michel Carrasqueira	individual	Veterano M35	50:38	+20:27	05:04
391	596	Nuno ferreira	tlc	Veterano M35	50:43	+20:32	05:04
392	368	Luís Gonçalves	individual	Veterano M35	50:44	+20:32	05:04
393	189	Bruno Pimenta	free runners	Veterano M35	50:45	+20:33	05:05
394	320	Roberto Z.Mota	individual	Senior Masculino	50:45	+20:34	05:05
395	305	João Pedro Martins Gonçalves	individual	Senior Masculino	50:46	+20:35	05:05
396	351	BRUNO MANUEL DA SILVA PEDROSA	individual	Veterano M35	50:49	+20:37	05:05
397	231	Ramiro Rodrigues	grupo alegre unido bajouca	Veterano M60	50:51	+20:39	05:05
398	339	Emanuela de jesus Simoes	individual	Veterana F40	50:51	+20:39	05:05
399	105	Bruno Lima	ccd crédito agrícola mútuo	Senior Masculino	50:58	+20:46	05:06
400	47	Joao Graca	acrm silveirinha grande claras	Veterano M60	50:58	+20:46	05:06
401	575	Santos Mota	soure mov	Veterano M60	51:00	+20:48	05:06
402	43	Nelson Marques	acrm silveirinha grande claras	Veterano M40	51:07	+20:56	05:07
403	342	Maria De Fatima Antunes Ferreira Neves	individual	Veterana F40	51:09	+20:57	05:07
404	301	Hugo Filipe de Oliveira Barroca	individual	Senior Masculino	51:11	+20:59	05:07
405	322	Rodrigo Leal	individual	Senior Masculino	51:12	+21:00	05:07
406	456	Amável Luz	individual	Veterano M55	51:18	+21:07	05:08
407	155	Carlos António Mota Longo da Conceição	cscrfcharneca	Veterano M45	51:20	+21:08	05:08
408	352	Bruno Miguel Fernandes Pinto	individual	Veterano M35	51:20	+21:08	05:08
409	512	José Julio Silvério Anastácio	peniche a correr	Veterano M55	51:23	+21:11	05:08
410	140	ARTUR COSTA	conquista ginásio - cadaval	Veterano M50	51:23	+21:12	05:08
411	332	Elsa Soares	individual	Veterana F35	51:24	+21:13	05:08
412	357	Francisco Sousa	individual	Veterano M35	51:28	+21:16	05:09
413	169	Pedro Natário	dream team	Veterano M40	51:29	+21:17	05:09
414	4	ADRIANA PEREIRA DA COSTA	ac vermoil	Senior Feminino	51:41	+21:29	05:10
415	602	Jorge Patrício	turtles & rabbits	Veterano M40	51:42	+21:30	05:10
416	455	Vítor José de Sousa Monteiro	individual	Veterano M50	51:51	+21:39	05:11
417	94	Armando Jorge Delgado	casa do benfica da figueira da foz	Veterano M60	52:01	+21:49	05:12
418	465	Custodio João da Costa Neto	individual	Veterano M60	52:05	+21:54	05:13
419	591	Benilde Santos	t.r.o.l.l.s. - tralhos oficiais leves lentos e sensacionais	Veterana F40	52:15	+22:03	05:14
420	415	Sérgio Manuel Fernandes	individual	Veterano M40	52:21	+22:10	05:14

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
421	612	Cláudio Frederico Pascoal da Silva	individual	Veterano M35	52:24	+22:13	05:14
422	414	Samuel Costa	individual	Veterano M40	52:31	+22:20	05:15
423	156	Pascoal Duarte Oliveira	cscrfcharneca	Veterano M45	52:39	+22:27	05:16
424	445	Carlos Barroso	individual	Veterano M50	52:42	+22:31	05:16
425	432	Miguel Augusto Santos	individual	Veterano M45	52:50	+22:39	05:17
426	551	Rafael Mendes	slow runners pombal	Senior Masculino	52:54	+22:42	05:17
427	467	Leandro Santos	individual	Veterano M60	52:54	+22:43	05:18
428	331	Catarina Alexandra Carvalho dos Santos	individual	Veterana F35	52:58	+22:46	05:18
429	397	Helder Monteiro	individual	Veterano M40	53:16	+23:05	05:20
430	298	Gonçalo Guerra	individual	Senior Masculino	53:25	+23:13	05:21
431	347	André Filipe Marques Gomes	individual	Veterano M35	53:25	+23:13	05:21
432	504	Vânia Patrícia da Silva Leal	oito pernas	Senior Feminino	53:26	+23:15	05:21
433	464	António José Roque Pereaira Tafula	individual	Veterano M60	53:30	+23:18	05:21
434	271	Sofia Correia Dias	individual	Senior Feminino	53:39	+23:28	05:22
435	409	Paulo Barbosa Pequeno	individual	Veterano M40	53:43	+23:31	05:22
436	268	Sara Gonçalves das Neves	individual	Senior Feminino	53:45	+23:34	05:23
437	119	Luis Conceiçao	clube de praças da armada	Veterano M35	53:46	+23:34	05:23
438	265	Neuza Henriques	individual	Senior Feminino	53:48	+23:37	05:23
439	552	Natália Duarte Mendes	slow runners pombal	Veterana F40	53:49	+23:38	05:23
440	194	liliana rangel	g d 3 santos populares	Veterana F40	53:58	+23:46	05:24
441	296	Frederico das neves carvalho	individual	Senior Masculino	53:59	+23:48	05:24
442	184	Ricardo Gonçalves	fonte nova runners	Veterano M35	54:02	+23:51	05:24
443	161	Fernando Ferreira	dci/pedrulha-mealhada	Senior Masculino	54:14	+24:03	05:25
444	160	Maria Carvalho	dci/pedrulha-mealhada	Senior Feminino	54:15	+24:03	05:26
445	283	Bruno Rodrigues	individual	Senior Masculino	54:15	+24:03	05:26
446	449	Irménio Silva	individual	Veterano M50	54:15	+24:03	05:26
447	152	Virginia Margarida Sintra	cscrfcharneca	Veterana F35	54:31	+24:20	05:27
448	376	Ricardo Oliveira	individual	Veterano M35	54:47	+24:36	05:29
449	190	André Jorge Félix Pinto	fullprotein	Senior Masculino	54:48	+24:37	05:29
450	335	Sílvia Pinto dos Santos	individual	Veterana F35	54:50	+24:39	05:29
451	364	Jorge silva	individual	Veterano M35	54:59	+24:47	05:30
452	269	Sara Pereira	individual	Senior Feminino	55:04	+24:53	05:30
453	107	João Rodrigues	ccd crédito agrícola mútuo	Veterano M40	55:07	+24:56	05:31
454	312	Nuno pimentel	individual	Senior Masculino	55:14	+25:02	05:31
455	423	Eduardo Neves	individual	Veterano M45	55:23	+25:12	05:32
456	64	Lisete Antunes	associação pombal jovem	Senior Feminino	55:29	+25:17	05:33
457	69	Tiago Barros	associação pombal jovem	Senior Masculino	55:29	+25:18	05:33
458	261	Marina Rodrigues Jorge	individual	Senior Feminino	55:30	+25:19	05:33
459	358	Hugo Ferreira	individual	Veterano M35	55:33	+25:21	05:33
460	157	Arlindo de Jesus Oliveira	cscrfcharneca	Veterano M50	55:35	+25:23	05:34
461	421	Carlos de Sousa Marques	individual	Veterano M45	55:41	+25:29	05:34
462	470	Sílvio Paiva	individual	Veterano M60	56:05	+25:54	05:37
463	147	avelino fernandes	cpr. a-do-barbas	Veterano M40	56:06	+25:55	05:37
464	304	João Granja	individual	Senior Masculino	56:11	+25:59	05:37

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

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	CAT	RESULT	DIFF	t/KM
465	276	André Espadinha	individual	Senior Masculino	56:11	+26:00	05:37
466	405	Luís Miguel Laranjeira Couceiro	individual	Veterano M40	56:13	+26:02	05:37
467	650	João Ramalho	individual	Veterano M45	56:18	+26:07	05:38
468	71	vitor cardoso	atletico da madalena	Veterano M50	56:29	+26:17	05:39
469	443	Carlos Alberto Redondo Cordeiro Valente	individual	Veterano M50	56:40	+26:28	05:40
470	461	Nuno Paulo Mendes Muchacho	individual	Veterano M55	56:41	+26:29	05:40
471	356	Filipe Miguel Eusébio	individual	Veterano M35	56:43	+26:31	05:40
472	558	Diana Cordeiro	soure mov	Senior Feminino	57:06	+26:55	05:43
473	549	Marisa Ferreira	scalabis night runners	Veterana F35	57:14	+27:03	05:43
474	321	Rodrigo José Augusta Luis	individual	Senior Masculino	57:19	+27:07	05:44
475	468	Manuel da Conceição Pereira	individual	Veterano M60	57:29	+27:18	05:45
476	563	Ana Silva	soure mov	Veterana F40	57:29	+27:18	05:45
477	562	Elisabete Carreira	soure mov	Veterana F35	57:30	+27:18	05:45
478	605	Cristina Meireles	umelga runners	Veterana F40	57:33	+27:21	05:45
479	274	Telma Pereira Bento	individual	Senior Feminino	57:35	+27:24	05:46
480	361	João Granja	individual	Veterano M35	57:35	+27:24	05:46
481	425	Horácio Cândido Mendes da Costa	individual	Veterano M45	57:47	+27:36	05:47
482	219	Anabela Fernandes	grupo alegre unido bajouca	Veterana F40	57:59	+27:47	05:48
483	61	JORGE MIGUEL OLIVEIRA DIAS	arsm	Senior Masculino	58:04	+27:53	05:48
484	85	Maria João Farinha	caracol trail team	Veterana F40	58:13	+28:02	05:49
485	236	Liliana Gomes Lourenço	grupo desportivo e recreativo das figueiras - marinha grande	Veterana F40	58:22	+28:11	05:50
486	239	Fernando Ferreira	grupo desportivo e recreativo das figueiras - marinha grande	Veterano M50	58:23	+28:11	05:50
487	242	Diamantino Cruz	grupo desportivo e recreativo das figueiras - marinha grande	Veterano M55	58:23	+28:12	05:50
488	488	Nélia Antunes	intrilhos	Veterana F35	58:38	+28:26	05:52
489	469	Rogério Freire Luís	individual	Veterano M60	58:39	+28:28	05:52
490	341	Sónia Pereira	individual	Veterana F40	58:48	+28:36	05:53
491	188	Patrícia Gaspar	free runners	Veterana F35	58:52	+28:40	05:53
492	411	Pedro Abreu	individual	Veterano M40	59:13	+29:01	05:55
493	491	Susana Santos	juventude vidigalense	Veterana F40	59:32	+29:20	05:57
494	600	Vanda Vendeirinho	turtles & rabbits	Veterana F35	59:33	+29:21	05:57
495	293	Fábio Gonçalves	individual	Senior Masculino	59:34	+29:23	05:57
496	555	PEDRO PIMPÃO	slow runners pombal	Veterano M35	01:00:11	+30:00	06:01
497	374	Pedro Moreira	individual	Veterano M35	01:00:11	+30:00	06:01
498	571	Vitor Gariso	soure mov	Veterano M45	01:00:25	+30:14	06:03
499	256	Andreia Gonçalves	individual	Senior Feminino	01:01:02	+30:51	06:06
500	492	Isabel Pessoa	kaleijados	Veterana F40	01:01:03	+30:51	06:06
501	413	Rui Pedro Padrão	individual	Veterano M40	01:01:05	+30:54	06:07
502	292	Fábio Gaspar Ferreira	individual	Senior Masculino	01:01:15	+31:04	06:08
503	337	Cláudia Mota	individual	Veterana F40	01:01:16	+31:05	06:08
504	448	Francisco da Conceição Tavares	individual	Veterano M50	01:01:29	+31:17	06:09
505	599	Marina Guerra	turtles & rabbits	Veterana F35	01:01:32	+31:20	06:09

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

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	CAT	RESULT	DIFF	t/KM
506	574	António Manuel Goncalves Serôdio	soure mov	Veterano M55	01:01:39	+31:28	06:10
507	597	Ricardo Carrasqueira	tlc	Veterano M35	01:01:50	+31:38	06:11
508	389	Dario Pedro	individual	Veterano M40	01:01:50	+31:38	06:11
509	350	Bruno Filipe De almeida Reis	individual	Veterano M35	01:02:07	+31:56	06:13
510	303	João Filipe Ventura Gonçalves	individual	Senior Masculino	01:02:19	+32:08	06:14
511	379	Selmo Santos	individual	Veterano M35	01:02:27	+32:15	06:15
512	63	Mayer Raposo	associação de atletismo lebres do sado	Veterano M60	01:02:31	+32:20	06:15
513	329	Brigite Clemente	individual	Veterana F35	01:02:34	+32:22	06:15
514	264	Nélia Cristina Leal da Ponte	individual	Senior Feminino	01:02:40	+32:28	06:16
515	369	Martageix Benjamin	individual	Veterano M35	01:02:40	+32:28	06:16
516	262	Martageix Anita	individual	Senior Feminino	01:02:41	+32:30	06:16
517	444	Carlos Alves	individual	Veterano M50	01:02:54	+32:42	06:17
518	263	Nadia Cardoso	individual	Senior Feminino	01:03:01	+32:49	06:18
519	29	SONIA MONTEIRO	acbatalha	Veterana F35	01:03:09	+32:58	06:19
520	336	Ana Homem	individual	Veterana F40	01:03:12	+33:00	06:19
521	542	Cláudia Silva	pumprunners	Veterana F35	01:03:32	+33:21	06:21
522	2	Mónica Quarenta	40's e duartes	Veterana F40	01:03:35	+33:24	06:22
523	260	manuela silva	individual	Senior Feminino	01:03:42	+33:30	06:22
524	285	David Carreira	individual	Senior Masculino	01:03:48	+33:37	06:23
525	317	Ricardo	individual	Senior Masculino	01:03:54	+33:42	06:23
526	257	Catarina Alexandra Ventura Gonçalves	individual	Senior Feminino	01:05:00	+34:49	06:30
527	267	Rita Sofia Lopes Goncalves Domingues	individual	Senior Feminino	01:05:03	+34:51	06:30
528	442	Arlindo Lopes Rodrigues	individual	Veterano M50	01:05:03	+34:52	06:30
529	151	Eduardo João Pereira Neves	cscrfcharneca	Senior Masculino	01:06:24	+36:12	06:38
530	334	Patricia besteiro	individual	Veterana F35	01:06:30	+36:19	06:39
531	179	Cecilia Oliveira	fonte nova runners	Veterana F40	01:06:35	+36:23	06:40
532	439	Almerindo	individual	Veterano M50	01:06:36	+36:24	06:40
533	471	Vítor Manuel Medeiros Fernandes	individual	Veterano M60	01:07:25	+37:13	06:45
534	193	Elísio carlos salgado Pinto	fullprotein	Veterano M55	01:07:34	+37:22	06:45
535	360	João De Oliveira Justino	individual	Veterano M35	01:08:31	+38:20	06:51
536	273	Tânia Lopes	individual	Senior Feminino	01:09:58	+39:47	07:00
537	367	Luis Couto	individual	Veterano M35	01:10:59	+40:48	07:06
538	381	Tiago Pedrosa	individual	Veterano M35	01:10:59	+40:48	07:06
539	109	Pedro Sérgio	ccd crédito agrícola mútuo	Veterano M45	01:13:15	+43:03	07:20

lap2go TIMING SOLUTION

Prova do Bodo 2017
Pombal, PT
29-julho-2017

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

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	19:00	21ºC	77%
End	20:13	21ºC	73%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	338	Claudia Pereira	GFD Running	Senior Feminino	35:17	+05:06	03:32
2	258	Emilia Pisoeiro	Individual	Senior Feminino	35:27	+05:15	03:33
3	502	Susana Cunha	Linda-A-Pastora Sporting Clube	Senior Feminino	35:44	+05:33	03:34
4	546	Vanessa Carvalho	S. C. Braga	Senior Feminino	36:06	+05:54	03:37
5	577	Silvana Dias	SPORT LISBOA E BENFICA	Senior Feminino	36:23	+06:12	03:38
6	50	Sara Carvalho	ACRSD-NAPO	Senior Feminino	37:35	+07:24	03:46
7	490	Sandra Protásio	JOMA	Senior Feminino	37:46	+07:35	03:47
8	610	Catarina Carvalho	ADRAP	Senior Feminino	38:08	+07:57	03:49
9	503	Manuela Gaspar Martins	Manuela	Senior Feminino	38:41	+08:29	03:52
10	96	ALEXANDRA OLIVEIRA	CASA DO POVO DE ALCANENA	Senior Feminino	38:55	+08:44	03:54
11	582	OLGA SERBYN	Sporting Clube de Portugal	Senior Feminino	39:21	+09:09	03:56
12	581	Catarina gonçalves	Sporting Clube de Portugal	Senior Feminino	41:04	+10:52	04:06
13	5	ANA CAROLINA SILVA MATIAS	AC VERMOIL	Senior Feminino	44:00	+13:49	04:24
14	500	Vera Portela	Leiria Marcha Atlética Clube	Senior Feminino	45:09	+14:57	04:31
15	270	Sara Santos Pedrosa	Individual	Senior Feminino	46:07	+15:56	04:37
16	232	Mariana Silva	Grupo de Atletismo de Fátima	Senior Feminino	47:07	+16:56	04:43
17	513	Patrícia Diogo	PEREGRINOS DE COIMBRA - A	Senior Feminino	47:08	+16:57	04:43
18	81	Joana Lopes Alves	Caracol Trail Team	Senior Feminino	47:17	+17:05	04:44
19	589	Patricia Rodrigues	T.R.O.L.L.S. - TRalhos Oficiais Leves Lentos e Sensacionais	Senior Feminino	47:40	+17:28	04:46
20	259	Léana Ramos--Jose	Individual	Senior Feminino	48:37	+18:26	04:52
21	588	Andreia Parreiras	T.R.O.L.L.S. - TRalhos Oficiais Leves Lentos e Sensacionais	Senior Feminino	49:03	+18:51	04:54
22	266	Patrícia Mota Cardoso	Individual	Senior Feminino	49:06	+18:55	04:55
23	4	ADRIANA PEREIRA DA COSTA	AC VERMOIL	Senior Feminino	51:41	+21:29	05:10
24	504	Vânia Patrícia da Silva Leal	Oito Pernas	Senior Feminino	53:26	+23:15	05:21
25	271	Sofia Correia Dias	Individual	Senior Feminino	53:39	+23:28	05:22
26	268	Sara Gonçalves das Neves	Individual	Senior Feminino	53:45	+23:34	05:23
27	265	Neuza Henriques	Individual	Senior Feminino	53:48	+23:37	05:23
28	160	Maria Carvalho	DCI/Pedrulha-Mealhada	Senior Feminino	54:15	+24:03	05:26
29	269	Sara Pereira	Individual	Senior Feminino	55:04	+24:53	05:30
30	64	Lisete Antunes	Associação Pombal Jovem	Senior Feminino	55:29	+25:17	05:33
31	261	Marina Rodrigues Jorge	Individual	Senior Feminino	55:30	+25:19	05:33
32	558	Diana Cordeiro	Soure Mov	Senior Feminino	57:06	+26:55	05:43
33	274	Telma Pereira Bento	Individual	Senior Feminino	57:35	+27:24	05:46
34	256	Andreia Gonçalves	Individual	Senior Feminino	01:01:02	+30:51	06:06
35	264	Nélia Cristina Leal da Ponte	Individual	Senior Feminino	01:02:40	+32:28	06:16
36	262	Martageix Anita	Individual	Senior Feminino	01:02:41	+32:30	06:16
37	263	Nadia Cardoso	Individual	Senior Feminino	01:03:01	+32:49	06:18
38	260	manuela silva	Individual	Senior Feminino	01:03:42	+33:30	06:22

39	257	Catarina Alexandra Ventura Gonçalves	Individual	Senior Feminino	01:05:00	+34:49	06:30
40	267	Rita Sofia Lopes Goncalves Domingues	Individual	Senior Feminino	01:05:03	+34:51	06:30
41	273	Tânia Lopes	Individual	Senior Feminino	01:09:58	+39:47	07:00

Senior Masculino

1	1	Rui Pinto	SPORT LISBOA E BENFICA	Senior Masculino	30:11		03:01
2	282	Bruno Paixão	Individual	Senior Masculino	30:13	+00:01	03:01
3	580	tiago costa	SPORT LISBOA E BENFICA	Senior Masculino	30:24	+00:13	03:02
4	583	Andralino Furtado	Sporting Clube de Portugal	Senior Masculino	30:44	+00:32	03:04
5	111	Nuno Lopes	Centro de Atletismo de Seia	Senior Masculino	31:07	+00:56	03:07
6	584	Fernando Ferrão	Sporting Clube de Portugal	Senior Masculino	31:19	+01:08	03:08
7	579	Samuel freire	SPORT LISBOA E BENFICA	Senior Masculino	32:00	+01:49	03:12
8	249	Rui alves	grupo desportivo s. paio de oleiros	Senior Masculino	34:32	+04:20	03:27
9	199	Andre Reis	GA Caranguejeira	Senior Masculino	34:35	+04:23	03:28
10	173	Vasco Pereira	Escola de atletismo de Coimbra /JPAIVA	Senior Masculino	34:45	+04:33	03:29
11	1015	JOÃO EDUARDO MOTA FERREIRA	AC VERMOIL	Senior Masculino	34:46	+04:35	03:29
12	99	JOÃO SALDANHA	CASA DO POVO DE ALCANENA	Senior Masculino	34:49	+04:38	03:29
13	9	CRISTIANO OLIVEIRA ANTONIO	AC VERMOIL	Senior Masculino	34:49	+04:38	03:29
14	516	VÍTOR PLENO	PEREGRINOS DE COIMBRA - A	Senior Masculino	35:10	+04:58	03:31
15	514	CARLOS COSTA	PEREGRINOS DE COIMBRA - A	Senior Masculino	35:14	+05:03	03:31
16	529	TIAGO NEVES	Peregrinos de Coimbra - B	Senior Masculino	35:15	+05:03	03:32
17	113	Emanuel Cardoso	CLUBE ATLETISMO DE MARINHA GRANDE	Senior Masculino	35:19	+05:07	03:32
18	164	Telmo Nascimento	DCI/Pedrulha-Mealhada	Senior Masculino	35:32	+05:21	03:33
19	6	BRUNO MIGUEL CALADO GOMES	AC VERMOIL	Senior Masculino	35:36	+05:24	03:34
20	201	Fabio Durão	GA Caranguejeira	Senior Masculino	35:39	+05:28	03:34
21	84	Tiago Manuel Gomes Godinho	Caracol Trail Team	Senior Masculino	35:51	+05:40	03:35
22	162	Paulo Pereira	DCI/Pedrulha-Mealhada	Senior Masculino	35:57	+05:45	03:36
23	649	CLAUDIO JOSÉ CARDOSO LOUREIRO	AC VERMOIL	Senior Masculino	36:02	+05:51	03:36
24	191	João Pimentel	Fullprotein	Senior Masculino	36:17	+06:06	03:38
25	7	CARLOS RAFAEL DE JESUS ALVES	AC VERMOIL	Senior Masculino	36:24	+06:13	03:38
26	614	Nuno Costa	são salvador do campo	Senior Masculino	36:25	+06:14	03:39
27	83	Pedro Crispim	Caracol Trail Team	Senior Masculino	36:47	+06:35	03:41
28	203	Ricardo Filipe de Oliveira Carreira	GA Caranguejeira	Senior Masculino	37:12	+07:00	03:43
29	474	PETRO PASKAR	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Masculino	37:18	+07:07	03:44
30	142	João Carmo	CPR. A-do-Barbas	Senior Masculino	37:58	+07:46	03:48
31	98	CLAUDIO COTRIM	CASA DO POVO DE ALCANENA	Senior Masculino	37:59	+07:48	03:48
32	40	Ricardo Lopes	ACRM Silveirinha Grande Claras	Senior Masculino	38:40	+08:28	03:52
33	275	Alfredo Gaspar	Individual	Senior Masculino	38:43	+08:32	03:52
34	41	Ricardo Nunes	ACRM Silveirinha Grande Claras	Senior Masculino	38:44	+08:32	03:52
35	313	Paulo Alexandre Santos	Individual	Senior Masculino	38:45	+08:34	03:53
36	200	Bruno Marques Reis	GA Caranguejeira	Senior Masculino	38:51	+08:40	03:53
37	59	Cláudio Bica	Ama(dores) Trail Team	Senior Masculino	38:59	+08:48	03:54

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

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

38	118	Nuno Coutinho	Clube de Condeixa	Senior Masculino	39:03	+08:51	03:54
39	576	Rui Daniel Dinis de Melo	Sport Clube Beira-Mar	Senior Masculino	39:11	+09:00	03:55
40	290	Duarte Cruz	Individual	Senior Masculino	39:13	+09:01	03:55
41	204	Valter Alexandre Pescada Costa	GA Caranguejeira	Senior Masculino	39:14	+09:02	03:55
42	281	Bruno Onofre Monteiro de Araújo	Individual	Senior Masculino	39:39	+09:27	03:58
43	248	Marcelo silva	grupo desportivo s. paio de oleiros	Senior Masculino	39:40	+09:28	03:58
44	235	João Silva	GRUPO DESPORTIVO E RECREATIVO DAS FIGUEIRAS - MARINHA GRANDE	Senior Masculino	39:44	+09:33	03:58
45	82	Hugo Neves	Caracol Trail Team	Senior Masculino	39:45	+09:34	03:59
46	163	Ricardo Teixeira	DCI/Pedrulha-Mealhada	Senior Masculino	40:02	+09:50	04:00
47	319	Ricardo Mendes	Individual	Senior Masculino	40:02	+09:50	04:00
48	65	Álvaro Castelão	Associação Pombal Jovem	Senior Masculino	40:05	+09:53	04:01
49	286	David Marques	Individual	Senior Masculino	40:17	+10:06	04:02
50	289	Diogo Viana	Individual	Senior Masculino	40:39	+10:28	04:04
51	316	Renato Henriques	Individual	Senior Masculino	40:56	+10:44	04:06
52	143	Ruben Gomes	CPR. A-do-Barbas	Senior Masculino	41:02	+10:51	04:06
53	178	Joao Malheiro	Fonte Nova Runners	Senior Masculino	41:14	+11:02	04:07
54	68	Nuno Mendes	Associação Pombal Jovem	Senior Masculino	41:26	+11:15	04:09
55	38	João Tazo	ACRM Silveirinha Grande Claras	Senior Masculino	41:26	+11:15	04:09
56	202	Ricardo Batista	GA Caranguejeira	Senior Masculino	41:51	+11:40	04:11
57	590	Vítor Bruno	T.R.O.L.L.S. - TRalhos Oficiais Leves Lentos e Sensacionais	Senior Masculino	41:54	+11:42	04:11
58	473	MIGUEL COELHO	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Masculino	41:59	+11:47	04:12
59	291	Edgar Filipe da Silva Domingues	Individual	Senior Masculino	42:14	+12:03	04:13
60	309	Marco Pimenta	Individual	Senior Masculino	42:18	+12:06	04:14
61	315	Pedro Marques	Individual	Senior Masculino	42:20	+12:09	04:14
62	217	Hugo Barqueiro	Grupo Alegre Unido Bajouca	Senior Masculino	42:32	+12:21	04:15
63	302	João Carlos Balças da Silva	Individual	Senior Masculino	42:55	+12:43	04:18
64	472	ALEXIS ROCHA	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Masculino	42:57	+12:46	04:18
65	60	Tomé Pereira	Ama(dores) Trail Team	Senior Masculino	43:05	+12:54	04:19
66	187	João Ferreira	Free Runners	Senior Masculino	43:13	+13:02	04:19
67	255	Jorge Henriques	H2M5O+	Senior Masculino	43:14	+13:03	04:19
68	10	DANIEL FILIPE GOMES ANTUNES	AC VERMOIL	Senior Masculino	43:18	+13:06	04:20
69	93	Jorge Alexandre de Freitas Delgado	Casa do Benfica da Figueira da Foz	Senior Masculino	43:47	+13:36	04:23
70	92	João Nuno Ferreira Santos	Casa do Benfica da Figueira da Foz	Senior Masculino	43:57	+13:46	04:24
71	310	Micael Santos	Individual	Senior Masculino	43:59	+13:47	04:24
72	66	Diogo Nunes	Associação Pombal Jovem	Senior Masculino	44:14	+14:03	04:25
73	294	Fabio Roxo	Individual	Senior Masculino	44:29	+14:18	04:27
74	327	Tomé Lopes	Individual	Senior Masculino	44:31	+14:19	04:27
75	247	Americo lopes	grupo desportivo s. paio de oleiros	Senior Masculino	44:41	+14:30	04:28
76	171	André Coimbra	Escola de Atletismo da Trofa	Senior Masculino	45:28	+15:17	04:33
77	299	Guilherme Oliveira	Individual	Senior Masculino	45:36	+15:25	04:34
78	39	Joel Santos	ACRM Silveirinha Grande Claras	Senior Masculino	46:01	+15:50	04:36
79	214	NELSON PEDROSA MOTA	GIM Running Team	Senior Masculino	46:06	+15:55	04:37

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

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

80	218	Rodrigo Ferreira	Grupo Alegre Unido Bajouca	Senior Masculino	46:07	+15:55	04:37
81	70	Tiago Claro	Associação Pombal Jovem	Senior Masculino	46:48	+16:37	04:41
82	505	Filipe Alexandre Pinto Silva	Oito Pernas	Senior Masculino	47:20	+17:08	04:44
83	311	Miguel Costa	Individual	Senior Masculino	47:26	+17:15	04:45
84	57	Tiago Moreira	Alcateia	Senior Masculino	47:38	+17:27	04:46
85	55	Hugo Roda	Alcateia	Senior Masculino	47:39	+17:28	04:46
86	543	Paulo Marques	RDC	Senior Masculino	47:48	+17:37	04:47
87	318	Ricardo da Silva Jorge	Individual	Senior Masculino	48:03	+17:52	04:48
88	306	João Pedro Rodrigues da Silva	Individual	Senior Masculino	48:08	+17:57	04:49
89	603	Daniel Jorge Delgado	Twopikas	Senior Masculino	48:19	+18:08	04:50
90	279	Bruno Antunes	Individual	Senior Masculino	48:23	+18:12	04:50
91	300	Hugo Costa	Individual	Senior Masculino	48:56	+18:45	04:54
92	54	David Simoes	Alcateia	Senior Masculino	49:13	+19:02	04:55
93	297	Gonçalo Duarte Gonçalves	Individual	Senior Masculino	49:17	+19:06	04:56
94	314	Paulo Maurício	Individual	Senior Masculino	49:18	+19:06	04:56
95	324	Sérgio Barbosa	Individual	Senior Masculino	49:20	+19:09	04:56
96	328	Valério Benedito Gomes dos Santos	Individual	Senior Masculino	49:41	+19:30	04:58
97	323	Rui Manuel Pascoal Neves	Individual	Senior Masculino	50:00	+19:49	05:00
98	278	André Santos Sousa	Individual	Senior Masculino	50:03	+19:51	05:00
99	67	João Gaspar	Associação Pombal Jovem	Senior Masculino	50:09	+19:58	05:01
100	56	Milton Alves	Alcateia	Senior Masculino	50:14	+20:02	05:01
101	295	Francisco Campos	Individual	Senior Masculino	50:17	+20:06	05:02
102	560	Marco Gomes	Soure Mov	Senior Masculino	50:21	+20:10	05:02
103	277	André Monteiro	Individual	Senior Masculino	50:37	+20:25	05:04
104	320	Roberto Z.Mota	Individual	Senior Masculino	50:45	+20:34	05:05
105	305	João Pedro Martins Gonçalves	Individual	Senior Masculino	50:46	+20:35	05:05
106	105	Bruno Lima	CCD Crédito Agrícola Mútuo	Senior Masculino	50:58	+20:46	05:06
107	301	Hugo Filipe de Oliveira Barroca	Individual	Senior Masculino	51:11	+20:59	05:07
108	322	Rodrigo Leal	Individual	Senior Masculino	51:12	+21:00	05:07
109	551	Rafael Mendes	Slow Runners Pombal	Senior Masculino	52:54	+22:42	05:17
110	298	Gonçalo Guerra	Individual	Senior Masculino	53:25	+23:13	05:21
111	296	Frederico das neves carvalho	Individual	Senior Masculino	53:59	+23:48	05:24
112	161	Fernando Ferreira	DCI/Pedrulha-Mealhada	Senior Masculino	54:14	+24:03	05:25
113	283	Bruno Rodrigues	Individual	Senior Masculino	54:15	+24:03	05:26
114	190	André Jorge Félix Pinto	Fullprotein	Senior Masculino	54:48	+24:37	05:29
115	312	Nuno pimentel	Individual	Senior Masculino	55:14	+25:02	05:31
116	69	Tiago Barros	Associação Pombal Jovem	Senior Masculino	55:29	+25:18	05:33
117	304	João Granja	Individual	Senior Masculino	56:11	+25:59	05:37
118	276	André Espadinha	Individual	Senior Masculino	56:11	+26:00	05:37
119	321	Rodrigo José Augusta Luis	Individual	Senior Masculino	57:19	+27:07	05:44
120	61	JORGE MIGUEL OLIVEIRA DIAS	ARSM	Senior Masculino	58:04	+27:53	05:48
121	293	Fábio Gonçalves	Individual	Senior Masculino	59:34	+29:23	05:57
122	292	Fábio Gaspar Ferreira	Individual	Senior Masculino	01:01:15	+31:04	06:08
123	303	João Filipe Ventura Gonçalves	Individual	Senior Masculino	01:02:19	+32:08	06:14
124	285	David Carreira	Individual	Senior Masculino	01:03:48	+33:37	06:23
125	317	Ricardo	Individual	Senior Masculino	01:03:54	+33:42	06:23

126	151	Eduardo João Pereira Neves	cscrfcharneca	Senior Masculino	01:06:24	+36:12	06:38

Veterana F35

1	547	MARISA BARROS	S. C. SALGUEIROS	Veterana F35	35:38	+05:27	03:34
2	585	SANDRA TEIXEIRA	Sporting Clube de Portugal	Veterana F35	37:10	+06:58	03:43
3	13	BLANDINA GABRIELA SILVA LOURENÇO	AC VERMOIL	Veterana F35	45:49	+15:38	04:35
4	14	LILIANA NEVES	AC VERMOIL	Veterana F35	48:30	+18:19	04:51
5	332	Elsa Soares	Individual	Veterana F35	51:24	+21:13	05:08
6	331	Catarina Alexandra Carvalho dos Santos	Individual	Veterana F35	52:58	+22:46	05:18
7	152	Virginia Margarida Sintra	cscrfcharneca	Veterana F35	54:31	+24:20	05:27
8	335	Sílvia Pinto dos Santos	Individual	Veterana F35	54:50	+24:39	05:29
9	549	Marisa Ferreira	SCALABIS NIGHT RUNNERS	Veterana F35	57:14	+27:03	05:43
10	562	Elisabete Carreira	Soure Mov	Veterana F35	57:30	+27:18	05:45
11	488	Nélia Antunes	INtrilhos	Veterana F35	58:38	+28:26	05:52
12	188	Patrícia Gaspar	Free Runners	Veterana F35	58:52	+28:40	05:53
13	600	Vanda Vendeirinho	TURTLES & RABBITS	Veterana F35	59:33	+29:21	05:57
14	599	Marina Guerra	TURTLES & RABBITS	Veterana F35	01:01:32	+31:20	06:09
15	329	Brigite Clemente	Individual	Veterana F35	01:02:34	+32:22	06:15
16	29	SONIA MONTEIRO	ACBATALHA	Veterana F35	01:03:09	+32:58	06:19
17	542	Cláudia Silva	PUMPRUNNERS	Veterana F35	01:03:32	+33:21	06:21
18	334	Patricia besteiro	Individual	Veterana F35	01:06:30	+36:19	06:39

Veterana F40

1	615	Vanda Ribeiro	Individual	Veterana F40	41:50	+11:39	04:11
2	86	Tetyana Vakulyuk	Caracol Trail Team	Veterana F40	41:52	+11:40	04:11
3	15	DEONILDE JORDÃO DA COSTA	AC VERMOIL	Veterana F40	42:22	+12:11	04:14
4	611	Marisa João	DCI/Pedrulha-Mealhada	Veterana F40	43:45	+13:34	04:23
5	172	Helena Mourão	Escola de Atletismo da Trofa	Veterana F40	45:00	+14:48	04:30
6	112	Clara Miguel	Club Atletismo do Funchal CAF	Veterana F40	48:32	+18:20	04:51
7	30	MARIA PEREIRA	ACBATALHA	Veterana F40	50:23	+20:11	05:02
8	339	Emanuela de jesus Simoes	Individual	Veterana F40	50:51	+20:39	05:05
9	342	Maria De Fatima Antunes Ferreira Neves	Individual	Veterana F40	51:09	+20:57	05:07
10	591	Benilde Santos	T.R.O.L.L.S. - TRalhos Oficiais Leves Lentos e Sensacionais	Veterana F40	52:15	+22:03	05:14
11	552	Natália Duarte Mendes	Slow Runners Pombal	Veterana F40	53:49	+23:38	05:23
12	194	liliana rangel	G D 3 SANTOS POPULARES	Veterana F40	53:58	+23:46	05:24
13	563	Ana Silva	Soure Mov	Veterana F40	57:29	+27:18	05:45
14	605	Cristina Meireles	Umelga Runners	Veterana F40	57:33	+27:21	05:45
15	219	Anabela Fernandes	Grupo Alegre Unido Bajouca	Veterana F40	57:59	+27:47	05:48
16	85	Maria João Farinha	Caracol Trail Team	Veterana F40	58:13	+28:02	05:49

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

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

17	236	Liliana Gomes Lourenço	GRUPO DESPORTIVO E RECREATIVO DAS FIGUEIRAS - MARINHA GRANDE	Veterana F40	58:22	+28:11	05:50
18	341	Sónia Pereira	Individual	Veterana F40	58:48	+28:36	05:53
19	491	Susana Santos	Juventude Vidigalense	Veterana F40	59:32	+29:20	05:57
20	492	Isabel Pessoa	Kaleijados	Veterana F40	01:01:03	+30:51	06:06
21	337	Cláudia Mota	Individual	Veterana F40	01:01:16	+31:05	06:08
22	336	Ana Homem	Individual	Veterana F40	01:03:12	+33:00	06:19
23	2	Mónica Quarenta	40's e Duartes	Veterana F40	01:03:35	+33:24	06:22
24	179	Cecilia Oliveira	Fonte Nova Runners	Veterana F40	01:06:35	+36:23	06:40

Veterano M35

1	586	José moreira	Sporting Clube de Portugal	Veterano M35	30:50	+00:39	03:05
2	16	BRUNO MIGUEL SILVA GASPAR	AC VERMOIL	Veterano M35	32:39	+02:27	03:16
3	250	Manuel belinha	grupo desportivo s. paio de oleiros	Veterano M35	34:28	+04:17	03:27
4	205	Luis Miguel Oliveira Gomes	GA Caranguejeira	Veterano M35	35:24	+05:13	03:32
5	237	Luís Martins	GRUPO DESPORTIVO E RECREATIVO DAS FIGUEIRAS - MARINHA GRANDE	Veterano M35	36:12	+06:01	03:37
6	174	Marcio Filipe simoes Pereira	Escola de atletismo de Coimbra /JPAIVA	Veterano M35	36:34	+06:23	03:39
7	206	Nuno Ribeiro Casalinho	GA Caranguejeira	Veterano M35	37:14	+07:02	03:43
8	122	Paulo Ferreira	Clube Desportivo Ribeirense	Veterano M35	37:51	+07:39	03:47
9	117	Marco Franco	Clube de Atletismo de Ferreira do Zêzere	Veterano M35	38:02	+07:50	03:48
10	106	Miguel Gonçalves	CCD Crédito Agrícola Mútuo	Veterano M35	39:15	+09:03	03:56
11	531	RENATO RODRIGUES	Peregrinos de Coimbra - B	Veterano M35	39:35	+09:24	03:58
12	72	Ricardo silva	Atletismo Clube da Tocha	Veterano M35	39:49	+09:37	03:59
13	101	RICARDO MENDES	CASA DO POVO DE ALCANENA	Veterano M35	39:50	+09:38	03:59
14	181	Henrique Fernandes	Fonte Nova Runners	Veterano M35	40:26	+10:15	04:03
15	182	Luis Silva	Fonte Nova Runners	Veterano M35	40:48	+10:37	04:05
16	136	Leandro Soares	CLUBE VETERANOS DO LIS	Veterano M35	40:59	+10:47	04:06
17	220	Pedro Capela	Grupo Alegre Unido Bajouca	Veterano M35	41:08	+10:57	04:07
18	592	Cristóvão Ginja	T.R.O.L.L.S. - TRalhos Oficiais Leves Lentos e Sensacionais	Veterano M35	41:20	+11:09	04:08
19	380	Sérgio Junqueira	Individual	Veterano M35	41:31	+11:19	04:09
20	377	Rui Joao	Individual	Veterano M35	41:31	+11:20	04:09
21	497	H.Horta	LacerferRunners	Veterano M35	41:33	+11:21	04:09
22	365	Jose António Mendes Costa	Individual	Veterano M35	42:03	+11:51	04:12
23	145	Márcio Sousa	CPR. A-do-Barbas	Veterano M35	42:04	+11:53	04:12
24	366	José Miguel Ferreira Santos	Individual	Veterano M35	42:18	+12:07	04:14
25	135	Diogo Ferreira	CLUBE VETERANOS DO LIS	Veterano M35	42:20	+12:09	04:14
26	166	Jose Carlos Mendes	DREAM TEAM	Veterano M35	42:23	+12:11	04:14
27	353	Daniel Santos Gaspar	Individual	Veterano M35	42:24	+12:13	04:14
28	553	António Luís Cordeiro Gomes	Slow Runners Pombal	Veterano M35	42:29	+12:17	04:15
29	554	LEONARDO JOSE RODRIGUES ARAUJO	Slow Runners Pombal	Veterano M35	42:33	+12:22	04:15

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

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

30	496	Énio Lacerda	LacerferRunners	Veterano M35	42:43	+12:31	04:16
31	564	Luis Batalha	Soure Mov	Veterano M35	42:59	+12:48	04:18
32	180	Filipe Moreira	Fonte Nova Runners	Veterano M35	43:03	+12:52	04:18
33	506	Pedro Ribeiro	OsPrimos2017	Veterano M35	43:04	+12:53	04:18
34	345	Aberto Gomes	Individual	Veterano M35	43:15	+13:03	04:20
35	131	JOEL SALGUEIRO	Clube Recreativo Amieirinhense	Veterano M35	43:33	+13:22	04:21
36	17	HELDER GOMES MIRANDA	AC VERMOIL	Veterano M35	43:50	+13:38	04:23
37	146	Nuno Ferreira	CPR. A-do-Barbas	Veterano M35	44:12	+14:01	04:25
38	489	Ivónio Martins	INtrilhos	Veterano M35	44:17	+14:06	04:26
39	375	Renato Osório	Individual	Veterano M35	44:23	+14:12	04:26
40	378	Rui Pereira	Individual	Veterano M35	44:29	+14:17	04:27
41	348	Antonio Manuel Ferreira Mendes	Individual	Veterano M35	44:38	+14:27	04:28
42	75	Eduardo Manuel Coelho Luís	Atómicos	Veterano M35	44:55	+14:43	04:30
43	183	Pedro Gomes	Fonte Nova Runners	Veterano M35	45:09	+14:57	04:31
44	80	Carlos França	CAD A CORRER	Veterano M35	45:26	+15:14	04:33
45	215	João Batista	GIM Running Team	Veterano M35	45:35	+15:24	04:34
46	121	Nuno Moleano	Clube Desportivo Ribeirense	Veterano M35	45:35	+15:24	04:34
47	168	Pedro dos Santos Lopes	DREAM TEAM	Veterano M35	46:02	+15:50	04:36
48	565	Ricardo Páscoa	Soure Mov	Veterano M35	46:49	+16:37	04:41
49	144	David Gomes	CPR. A-do-Barbas	Veterano M35	47:07	+16:55	04:43
50	545	João Pedro Quitério Santos	Rocket Team	Veterano M35	47:13	+17:02	04:43
51	372	Nuno Alexandre Duarte da Mota	Individual	Veterano M35	47:23	+17:12	04:44
52	601	Joel Guerra	TURTLES & RABBITS	Veterano M35	47:46	+17:35	04:47
53	371	Nelson Dos Santos Vieira	Individual	Veterano M35	47:55	+17:44	04:48
54	116	Pedro Batista	Clube Atletismo Nazaré	Veterano M35	48:00	+17:48	04:48
55	363	Jorge Rodrigues	Individual	Veterano M35	48:30	+18:19	04:51
56	349	Bruno Alexandre da Silva Cordeiro	Individual	Veterano M35	48:52	+18:41	04:53
57	167	Luis Mendes	DREAM TEAM	Veterano M35	49:51	+19:39	04:59
58	359	Humberto Oliveira	Individual	Veterano M35	49:59	+19:47	05:00
59	370	Michel Carrasqueira	Individual	Veterano M35	50:38	+20:27	05:04
60	596	Nuno ferreira	TLC	Veterano M35	50:43	+20:32	05:04
61	368	Luís Gonçalves	Individual	Veterano M35	50:44	+20:32	05:04
62	189	Bruno Pimenta	Free Runners	Veterano M35	50:45	+20:33	05:05
63	351	BRUNO MANUEL DA SILVA PEDROS	Individual	Veterano M35	50:49	+20:37	05:05
64	352	Bruno Miguel Fernandes Pinto	Individual	Veterano M35	51:20	+21:08	05:08
65	357	Francisco Sousa	Individual	Veterano M35	51:28	+21:16	05:09
66	612	Cláudio Frederico Pascoal da Silva	Individual	Veterano M35	52:24	+22:13	05:14
67	347	André Filipe Marques Gomes	Individual	Veterano M35	53:25	+23:13	05:21
68	119	Luis Conceiçao	Clube de Praças da Armada	Veterano M35	53:46	+23:34	05:23
69	184	Ricardo Gonçalves	Fonte Nova Runners	Veterano M35	54:02	+23:51	05:24
70	376	Ricardo Oliveira	Individual	Veterano M35	54:47	+24:36	05:29
71	364	Jorge silva	Individual	Veterano M35	54:59	+24:47	05:30
72	358	Hugo Ferreira	Individual	Veterano M35	55:33	+25:21	05:33
73	356	Filipe Miguel Eusébio	Individual	Veterano M35	56:43	+26:31	05:40
74	361	João Granja	Individual	Veterano M35	57:35	+27:24	05:46
75	555	PEDRO PIMPÃO	Slow Runners Pombal	Veterano M35	01:00:11	+30:00	06:01

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

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

76	374	Pedro Moreira	Individual	Veterano M35	01:00:11	+30:00	06:01
77	597	Ricardo Carrasqueira	TLC	Veterano M35	01:01:50	+31:38	06:11
78	350	Bruno Filipe De almeida Reis	Individual	Veterano M35	01:02:07	+31:56	06:13
79	379	Selmo Santos	Individual	Veterano M35	01:02:27	+32:15	06:15
80	369	Martageix Benjamin	Individual	Veterano M35	01:02:40	+32:28	06:16
81	360	João De Oliveira Justino	Individual	Veterano M35	01:08:31	+38:20	06:51
82	367	Luis Couto	Individual	Veterano M35	01:10:59	+40:48	07:06
83	381	Tiago Pedrosa	Individual	Veterano M35	01:10:59	+40:48	07:06

Veterano M40

1	587	Licínio Pimentel	Sporting Clube de Portugal	Veterano M40	31:39	+01:28	03:10
2	533	JOÃO PEREIRA	Peregrinos de Coimbra - B	Veterano M40	34:29	+04:17	03:27
3	534	RUI LOPES	Peregrinos de Coimbra - B	Veterano M40	35:17	+05:06	03:32
4	519	RUI RODRIGUES	PEREGRINOS DE COIMBRA - A	Veterano M40	35:56	+05:45	03:36
5	126	Rui Parrochinha	Clube Desportivo Ribeirense	Veterano M40	36:00	+05:49	03:36
6	21	PEDRO FERREIRA	AC VERMOIL	Veterano M40	37:48	+07:36	03:47
7	498	Telmo Almeida	Lágrimas Team	Veterano M40	37:58	+07:47	03:48
8	387	Carlos Pimenta	DCI/Pedrulha-Mealhada	Veterano M40	37:59	+07:47	03:48
9	20	NARCISO FABIÃO	AC VERMOIL	Veterano M40	38:33	+08:22	03:51
10	32	CASIMIRO GOMES	ACBATALHA	Veterano M40	38:34	+08:23	03:51
11	403	Lourenço Filipe	Individual	Veterano M40	38:45	+08:34	03:53
12	393	DOMINGUES CARVALHO	Individual	Veterano M40	38:54	+08:43	03:53
13	18	JOAQUIM QUITÉRIO	AC VERMOIL	Veterano M40	38:54	+08:43	03:53
14	252	Avelino freitas	grupo desportivo s. paio de oleiros	Veterano M40	39:06	+08:54	03:55
15	177	Fernando Carvalho	Fernando	Veterano M40	39:29	+09:18	03:57
16	115	Pedro Falcão	CLUBE ATLETISMO DE MARINHA GRANDE	Veterano M40	39:37	+09:25	03:58
17	195	nuno lopes	G D 3 SANTOS POPULARES	Veterano M40	39:46	+09:34	03:59
18	19	JOSÉ SANTOS	AC VERMOIL	Veterano M40	39:47	+09:35	03:59
19	102	BRUNO VIEIRA	CASA DO POVO DE ALCANENA	Veterano M40	39:49	+09:37	03:59
20	418	VITOR ARAUJO	Individual	Veterano M40	40:13	+10:01	04:01
21	396	Fernando Miguel	Individual	Veterano M40	40:15	+10:04	04:02
22	251	Alcindo dias	grupo desportivo s. paio de oleiros	Veterano M40	40:33	+10:22	04:03
23	475	VITOR DINIS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M40	40:44	+10:32	04:04
24	33	FRANCISCO BRÍGIDO	ACBATALHA	Veterano M40	40:53	+10:42	04:05
25	566	Jorge Rodrigues	Soure Mov	Veterano M40	41:12	+11:01	04:07
26	139	ADRIANO ARAÚJO	Conquista Ginásio - Cadaval	Veterano M40	41:48	+11:36	04:11
27	404	Luís Caetano	Individual	Veterano M40	41:48	+11:37	04:11
28	125	Miguel Gineto	Clube Desportivo Ribeirense	Veterano M40	41:56	+11:44	04:12
29	73	PAULO BAPTISTA	Atletismo Clube da Tocha	Veterano M40	42:12	+12:00	04:13
30	648	Luis Leite	4 Caminhos	Veterano M40	42:14	+12:03	04:14
31	148	Nuno Jorge	CPR. A-do-Barbas	Veterano M40	42:24	+12:13	04:14
32	165	Vítor Castro	DCI/Pedrulha-Mealhada	Veterano M40	42:44	+12:32	04:16
33	493	Luís Almeida	Kaleijados	Veterano M40	43:30	+13:19	04:21
34	400	Hilário Louro	Individual	Veterano M40	43:40	+13:29	04:22

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

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

35	494	Nuno Pessoa	Kaleijados	Veterano M40	43:40	+13:29	04:22
36	52	António Carreira	ADRM MATA	Veterano M40	43:55	+13:44	04:24
37	34	HÉLDER MATOS	ACBATALHA	Veterano M40	43:56	+13:44	04:24
38	209	Carlos Jacinto	Gasoutos-Gruop atlético dos Soutos	Veterano M40	44:33	+14:21	04:27
39	221	André Fernandes	Grupo Alegre Unido Bajouca	Veterano M40	44:43	+14:31	04:28
40	123	António Palmeira	Clube Desportivo Ribeirense	Veterano M40	44:43	+14:31	04:28
41	518	RUI FIGUEIREDO	PEREGRINOS DE COIMBRA - A	Veterano M40	44:45	+14:34	04:29
42	154	Pedro Miguel Lopes Vieira	cscrfcharneca	Veterano M40	44:58	+14:47	04:30
43	62	JOAO ROSINHA	ARSM	Veterano M40	45:09	+14:58	04:31
44	532	HUMBERTO OLIVEIRA	Peregrinos de Coimbra - B	Veterano M40	45:17	+15:05	04:32
45	185	Vitor Bras	Fonte Nova Runners	Veterano M40	45:17	+15:05	04:32
46	507	Beto Oliveira	OsPrimos2017	Veterano M40	45:23	+15:12	04:32
47	407	Mário Jorge Cardoso Martins	Individual	Veterano M40	45:32	+15:20	04:33
48	76	Daniel Lourenço	CA Barreira	Veterano M40	45:39	+15:28	04:34
49	408	Nicolau Silva	Individual	Veterano M40	45:39	+15:28	04:34
50	159	José Dias	Dá-lhe Gás team	Veterano M40	45:59	+15:48	04:36
51	42	Luís Felipe Carvalheiro	ACRM Silveirinha Grande Claras	Veterano M40	46:04	+15:53	04:36
52	398	Henrique Lavaredas	Individual	Veterano M40	46:34	+16:23	04:39
53	401	José Gonçalo Redondo	Individual	Veterano M40	46:41	+16:30	04:40
54	402	justino manuel silva	Individual	Veterano M40	46:45	+16:33	04:41
55	395	Emidio alves	Individual	Veterano M40	47:04	+16:52	04:42
56	406	Mário Gonçalves Salgado	Individual	Veterano M40	47:06	+16:54	04:43
57	495	Nuno Marques	KeMedo Team	Veterano M40	47:09	+16:57	04:43
58	108	Nuno Rosa	CCD Crédito Agrícola Mútuo	Veterano M40	47:12	+17:01	04:43
59	153	Miguel Ângelo Duarte das Neves Matias	cscrfcharneca	Veterano M40	47:24	+17:13	04:44
60	593	Francisco Bandeira	Team Cabidela	Veterano M40	47:31	+17:20	04:45
61	556	João Pedro Monteiro	Slow Runners Pombal	Veterano M40	47:36	+17:24	04:46
62	390	David Cunha	Individual	Veterano M40	47:40	+17:29	04:46
63	598	Marcos Alves	TRIBO NR	Veterano M40	47:48	+17:37	04:47
64	399	HENRIQUE MANUEL SANTOS RODRIGUES	Individual	Veterano M40	47:50	+17:39	04:47
65	58	Jose Pereira	Alcateia	Veterano M40	47:58	+17:47	04:48
66	384	ANTONIO MANUEL MIRANDA NOGUEIRA	Individual	Veterano M40	48:21	+18:09	04:50
67	124	João Justo	Clube Desportivo Ribeirense	Veterano M40	48:43	+18:32	04:52
68	604	Luís Miguel Bernardo	Twopikas	Veterano M40	48:45	+18:34	04:53
69	417	Virgílio Neto	Individual	Veterano M40	49:25	+19:13	04:57
70	386	Bernardo	Individual	Veterano M40	49:53	+19:41	04:59
71	567	José Madeira	Soure Mov	Veterano M40	50:07	+19:56	05:01
72	388	Daniel Francisco Fragoso	Individual	Veterano M40	50:07	+19:56	05:01
73	43	Nelson Marques	ACRM Silveirinha Grande Claras	Veterano M40	51:07	+20:56	05:07
74	169	Pedro Natário	DREAM TEAM	Veterano M40	51:29	+21:17	05:09
75	602	Jorge Patrício	TURTLES & RABBITS	Veterano M40	51:42	+21:30	05:10
76	415	Sérgio Manuel Fernandes	Individual	Veterano M40	52:21	+22:10	05:14
77	414	Samuel Costa	Individual	Veterano M40	52:31	+22:20	05:15
78	397	Helder Monteiro	Individual	Veterano M40	53:16	+23:05	05:20

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

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

79	409	Paulo Barbosa Pequeno	Individual	Veterano M40	53:43	+23:31	05:22
80	107	João Rodrigues	CCD Crédito Agrícola Mútuo	Veterano M40	55:07	+24:56	05:31
81	147	avelino fernandes	CPR. A-do-Barbas	Veterano M40	56:06	+25:55	05:37
82	405	Luís Miguel Laranjeira Couceiro	Individual	Veterano M40	56:13	+26:02	05:37
83	411	Pedro Abreu	Individual	Veterano M40	59:13	+29:01	05:55
84	413	Rui Pedro Padrão	Individual	Veterano M40	01:01:05	+30:54	06:07
85	389	Dario Pedro	Individual	Veterano M40	01:01:50	+31:38	06:11

Veterano M45

1	544	Gil Ferreira	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M45	34:16	+04:05	03:26
2	23	MIGUEL ANGELO	AC VERMOIL	Veterano M45	35:03	+04:52	03:30
3	613	Messias Dias	Individual	Veterano M45	35:55	+05:44	03:36
4	176	Mauro Azevedo	Escola de atletismo de Coimbra /JPAIVA	Veterano M45	37:06	+06:54	03:43
5	477	JOÃO DOMINGOS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	38:00	+07:48	03:48
6	127	Amândio Paulo	Clube Desportivo Ribeirense	Veterano M45	38:49	+08:38	03:53
7	22	MÁRIO HENRIQUES	AC VERMOIL	Veterano M45	38:51	+08:40	03:53
8	175	Augusto Manuel Canelas Figueiredo	Escola de atletismo de Coimbra /JPAIVA	Veterano M45	38:52	+08:40	03:53
9	427	JOEL DA SILVA	Individual	Veterano M45	39:31	+09:20	03:57
10	224	José Gonçalves	Grupo Alegre Unido Bajouca	Veterano M45	39:49	+09:38	03:59
11	538	RICARDO SARAIVA	Peregrinos de Coimbra - B	Veterano M45	40:10	+09:58	04:01
12	537	PEDRO VARELA	Peregrinos de Coimbra - B	Veterano M45	40:11	+09:59	04:01
13	569	Ernesto Manuel Contente Nabeiro	Soure Mov	Veterano M45	40:11	+10:00	04:01
14	78	Paulo Cruz	CA Barreira	Veterano M45	40:38	+10:27	04:04
15	87	carlos nuno santos ferreira	Caracol Trail Team	Veterano M45	40:44	+10:33	04:04
16	3	Jorge Quarenta	40's e Duartes	Veterano M45	41:00	+10:48	04:06
17	511	Paulo Samuel Jesus Amaro	PelaEstradaFora	Veterano M45	41:32	+11:21	04:09
18	77	Germano Capela	CA Barreira	Veterano M45	41:36	+11:25	04:10
19	535	CELSO PEREIRA	Peregrinos de Coimbra - B	Veterano M45	42:08	+11:57	04:13
20	35	PAULO MONTEIRO	ACBATALHA	Veterano M45	42:19	+12:07	04:14
21	478	JOÃO MARCELINO	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	42:37	+12:26	04:16
22	223	Jorge Rodrigues	Grupo Alegre Unido Bajouca	Veterano M45	42:45	+12:34	04:17
23	207	Joaquim Santos	GA Caranguejeira	Veterano M45	42:55	+12:44	04:18
24	44	Amilcar Costa	ACRM Silveirinha Grande Claras	Veterano M45	43:35	+13:23	04:22
25	430	Jose Rodrigues	Individual	Veterano M45	43:36	+13:25	04:22
26	608	Paul de oliveira	Union athlétique de montereau	Veterano M45	43:41	+13:30	04:22
27	510	Paulo Oliveira	PelaEstradaFora	Veterano M45	44:07	+13:56	04:25
28	186	Nuno Ferreira	Fonte Nova Runners	Veterano M45	44:37	+14:26	04:28
29	437	Rui Miguel Ferreira Gaspar	Individual	Veterano M45	44:42	+14:31	04:28
30	419	Albano Manuel Fernandes Silva	Individual	Veterano M45	44:57	+14:45	04:30
31	422	CARLOS JORGE OLIVEIRA	Individual	Veterano M45	45:21	+15:10	04:32
32	428	José Fonseca	Individual	Veterano M45	46:51	+16:39	04:41
33	88	João Martins	Caracol Trail Team	Veterano M45	46:55	+16:43	04:42

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

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

34	434	Paulo Martins	Individual	Veterano M45	47:04	+16:53	04:42
35	24	VITOR LOPES	AC VERMOIL	Veterano M45	47:15	+17:03	04:44
36	225	Virgílio Alberto	Grupo Alegre Unido Bajouca	Veterano M45	47:20	+17:08	04:44
37	476	JOÃO BENTO	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	47:20	+17:08	04:44
38	433	Paulo Freire	Individual	Veterano M45	48:10	+17:59	04:49
39	222	Gilberto Santos	Grupo Alegre Unido Bajouca	Veterano M45	48:28	+18:16	04:51
40	420	Alberto Branco	Individual	Veterano M45	48:34	+18:22	04:51
41	570	Nuno Pinheiro	Soure Mov	Veterano M45	48:34	+18:23	04:51
42	216	Manuel António Rodrigues dos Santos	GIM Running Team	Veterano M45	48:36	+18:24	04:52
43	424	Helder Alexandre Silverio	Individual	Veterano M45	48:46	+18:34	04:53
44	426	Jaime Lopes dos Santos	Individual	Veterano M45	49:00	+18:48	04:54
45	170	Manuel Tomás	DREAM TEAM	Veterano M45	49:48	+19:37	04:59
46	155	Carlos António Mota Longo da Conceição	cscrfcharneca	Veterano M45	51:20	+21:08	05:08
47	156	Pascoal Duarte Oliveira	cscrfcharneca	Veterano M45	52:39	+22:27	05:16
48	432	Miguel Augusto Santos	Individual	Veterano M45	52:50	+22:39	05:17
49	423	Eduardo Neves	Individual	Veterano M45	55:23	+25:12	05:32
50	421	Carlos de Sousa Marques	Individual	Veterano M45	55:41	+25:29	05:34
51	650	João Ramalho	Individual	Veterano M45	56:18	+26:07	05:38
52	425	Horácio Cândido Mendes da Costa	Individual	Veterano M45	57:47	+27:36	05:47
53	571	Vitor Gariso	Soure Mov	Veterano M45	01:00:25	+30:14	06:03
54	109	Pedro Sérgio	CCD Crédito Agrícola Mútuo	Veterano M45	01:13:15	+43:03	07:20

Veterano M50

1	233	Fernando Matos	Grupo de Convívio e Amizade nas Donas	Veterano M50	34:17	+04:05	03:26
2	548	MÁRIO SILVA	S.S. DOS TRABALHADORES DE SÃO JOÃO MADEIRA	Veterano M50	34:34	+04:22	03:27
3	196	jose fernandes	G D 3 SANTOS POPULARES	Veterano M50	35:28	+05:17	03:33
4	197	jose tojal	G D 3 SANTOS POPULARES	Veterano M50	35:57	+05:46	03:36
5	481	GABRIEL RODRIGUES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	36:37	+06:26	03:40
6	440	António Ferreira	Individual	Veterano M50	36:52	+06:41	03:41
7	253	Jorge luz	grupo desportivo s. paio de oleiros	Veterano M50	37:02	+06:50	03:42
8	132	JOSE RAIMUNDO	Clube Recreativo Amieirinhense	Veterano M50	37:25	+07:14	03:45
9	226	Daniel Jaulino	Grupo Alegre Unido Bajouca	Veterano M50	37:53	+07:42	03:47
10	208	Luis Pereira Guarda	GA Caranguejeira	Veterano M50	37:54	+07:43	03:47
11	479	ARTUR LOPES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	38:00	+07:48	03:48
12	103	ANTONIO SILVA	CASA DO POVO DE ALCANENA	Veterano M50	38:55	+08:43	03:54
13	480	CARLOS SIMÕES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	39:08	+08:56	03:55
14	550	Gabriel Alves	EScola de atletimo do Cartaxo	Veterano M50	39:38	+09:27	03:58
15	521	FERNANDO ANTUNES	PEREGRINOS DE COIMBRA - A	Veterano M50	39:58	+09:46	04:00
16	240	Jucelino Monteiro	GRUPO DESPORTIVO E RECREATIVO DAS FIGUEIRAS - MARINHA GRANDE	Veterano M50	40:21	+10:10	04:02

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

OFFICIAL RESULT

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17	228	Jorge Silva	Grupo Alegre Unido Bajouca	Veterano M50	40:37	+10:25	04:04
18	74	José Zananar	Atletismo Clube da Tocha	Veterano M50	41:02	+10:50	04:06
19	483	RUI DINIS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	41:04	+10:53	04:06
20	227	Filipe Carvalheiro	Grupo Alegre Unido Bajouca	Veterano M50	41:35	+11:24	04:10
21	89	Anibal Godinho	Caracol Trail Team	Veterano M50	41:52	+11:41	04:11
22	254	Valdemar alves	grupo desportivo s. paio de oleiros	Veterano M50	42:14	+12:03	04:13
23	482	LUIS PEDROSA	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	42:36	+12:25	04:16
24	53	José Alves	ADRM MATA	Veterano M50	42:52	+12:40	04:17
25	238	Carlos Filipe	GRUPO DESPORTIVO E RECREATIVO DAS FIGUEIRAS - MARINHA GRANDE	Veterano M50	43:24	+13:12	04:20
26	438	alfredo valente	Individual	Veterano M50	43:30	+13:18	04:21
27	572	Abel Batalha	Soure Mov	Veterano M50	44:04	+13:52	04:24
28	573	Jorge Cordeiro	Soure Mov	Veterano M50	44:32	+14:21	04:27
29	452	MARTINHO JOAQUIM DA SILVA PEDROSA	Individual	Veterano M50	44:52	+14:41	04:29
30	210	Fernando Jacinto	Gasoutos-Gruop atlético dos Soutos	Veterano M50	45:14	+15:02	04:31
31	441	António Silva	Individual	Veterano M50	45:44	+15:33	04:34
32	450	josé carlos santos	Individual	Veterano M50	45:54	+15:42	04:35
33	211	Rui Carreira	Gasoutos-Gruop atlético dos Soutos	Veterano M50	46:13	+16:02	04:37
34	129	Rodolfo Deyllot	Clube Desportivo Ribeirense	Veterano M50	46:57	+16:45	04:42
35	446	Fernando LUz	Individual	Veterano M50	47:35	+17:23	04:46
36	447	FILIPE MANUEL VINAGRE DA CRUZ	Individual	Veterano M50	48:32	+18:20	04:51
37	451	MANUEL GONÇALVES DOS SANTOS	Individual	Veterano M50	49:23	+19:12	04:56
38	150	Vitor Cardeira	CPR. A-do-Barbas	Veterano M50	49:26	+19:15	04:57
39	539	FERNANDO TEIXEIRA	Peregrinos de Coimbra - B	Veterano M50	49:29	+19:17	04:57
40	110	Rui Graça	CCD Crédito Agrícola Mútuo	Veterano M50	50:18	+20:06	05:02
41	454	Paulo Fonseca	Individual	Veterano M50	50:20	+20:09	05:02
42	140	ARTUR COSTA	Conquista Ginásio - Cadaval	Veterano M50	51:23	+21:12	05:08
43	455	Vítor José de Sousa Monteiro	Individual	Veterano M50	51:51	+21:39	05:11
44	445	Carlos Barroso	Individual	Veterano M50	52:42	+22:31	05:16
45	449	Irménio Silva	Individual	Veterano M50	54:15	+24:03	05:26
46	157	Arlindo de Jesus Oliveira	cscrfcharneca	Veterano M50	55:35	+25:23	05:34
47	71	vitor cardoso	atletico da madalena	Veterano M50	56:29	+26:17	05:39
48	443	Carlos Alberto Redondo Cordeiro Valente	Individual	Veterano M50	56:40	+26:28	05:40
49	239	Fernando Ferreira	GRUPO DESPORTIVO E RECREATIVO DAS FIGUEIRAS - MARINHA GRANDE	Veterano M50	58:23	+28:11	05:50
50	448	Francisco da Conceição Tavares	Individual	Veterano M50	01:01:29	+31:17	06:09
51	444	Carlos Alves	Individual	Veterano M50	01:02:54	+32:42	06:17
52	442	Arlindo Lopes Rodrigues	Individual	Veterano M50	01:05:03	+34:52	06:30
53	439	Almerindo	Individual	Veterano M50	01:06:36	+36:24	06:40

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

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

Veterano M55

1	198	toze velha	G D 3 SANTOS POPULARES	Veterano M55	36:07	+05:55	03:37
2	485	ANTÓNIO POEIRAS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	38:25	+08:14	03:51
3	134	JOAO GOMES	Clube Recreativo Amieirinhense	Veterano M55	38:42	+08:30	03:52
4	460	Mendes	Individual	Veterano M55	39:24	+09:12	03:56
5	522	Alberto Freches	PEREGRINOS DE COIMBRA - A	Veterano M55	39:39	+09:27	03:58
6	95	Jose freitas da silva	Casa do Benfica de Abrantes	Veterano M55	40:42	+10:31	04:04
7	133	ARMENIO PEREIRA	Clube Recreativo Amieirinhense	Veterano M55	40:43	+10:32	04:04
8	525	FERNANDO AGANTE	PEREGRINOS DE COIMBRA - A	Veterano M55	42:01	+11:49	04:12
9	79	Jorge Agostinho	CA Barreira	Veterano M55	42:21	+12:10	04:14
10	486	CELESTINO MARQUES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	42:36	+12:24	04:16
11	606	Eduardo Meireles	Umelga Runners	Veterano M55	42:44	+12:33	04:16
12	241	Antonio Ferreira	GRUPO DESPORTIVO E RECREATIVO DAS FIGUEIRAS - MARINHA GRANDE	Veterano M55	43:04	+12:52	04:18
13	462	orlando cordeiro ribeiro	Individual	Veterano M55	43:29	+13:17	04:21
14	243	Mario Duarte	GRUPO DESPORTIVO E RECREATIVO DAS FIGUEIRAS - MARINHA GRANDE	Veterano M55	44:08	+13:56	04:25
15	90	João Farinha	Caracol Trail Team	Veterano M55	45:10	+14:59	04:31
16	524	CARLOS GARRIDO	PEREGRINOS DE COIMBRA - A	Veterano M55	45:22	+15:11	04:32
17	45	João Sintra	ACRM Silveirinha Grande Claras	Veterano M55	47:24	+17:13	04:44
18	463	Vitor Fontes	Individual	Veterano M55	48:19	+18:07	04:50
19	457	António Manuel Manuel Marques Carreira	Individual	Veterano M55	48:35	+18:24	04:52
20	523	CARLOS BRANDÃO	PEREGRINOS DE COIMBRA - A	Veterano M55	48:55	+18:44	04:54
21	158	Luís Fernando Rocha das Neves	cscrfcharneca	Veterano M55	49:52	+19:41	04:59
22	130	Domingos Lavinha	Clube Desportivo Ribeirense	Veterano M55	50:03	+19:52	05:00
23	25	EUGENIO BRANCO MENDES	AC VERMOIL	Veterano M55	50:13	+20:02	05:01
24	456	Amável Luz	Individual	Veterano M55	51:18	+21:07	05:08
25	512	José Julio Silvério Anastácio	Peniche a Correr	Veterano M55	51:23	+21:11	05:08
26	461	Nuno Paulo Mendes Muchacho	Individual	Veterano M55	56:41	+26:29	05:40
27	242	Diamantino Cruz	GRUPO DESPORTIVO E RECREATIVO DAS FIGUEIRAS - MARINHA GRANDE	Veterano M55	58:23	+28:12	05:50
28	574	António Manuel Goncalves Serôdio	Soure Mov	Veterano M55	01:01:39	+31:28	06:10
29	193	Elísio carlos salgado Pinto	Fullprotein	Veterano M55	01:07:34	+37:22	06:45

Veterano M60

1	527	ÁLVARO COELHO	PEREGRINOS DE COIMBRA - A	Veterano M60	41:09	+10:58	04:07
2	212	José Monteiro	GDC Banco de Portugal	Veterano M60	43:31	+13:20	04:21
3	48	Manuel Fernandes	ACRM Silveirinha Grande Claras	Veterano M60	44:11	+13:59	04:25
4	609	Augusto Dourado	Vila do Conde	Veterano M60	45:08	+14:57	04:31
5	528	COSTA MARQUES	PEREGRINOS DE COIMBRA - A	Veterano M60	45:39	+15:27	04:34
6	138	Américo Santos	CLUBE VETERANOS DO LIS	Veterano M60	46:43	+16:32	04:40

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

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

7	26	ALFREDO ANTONIO DOS SANTOS	AC VERMOIL	Veterano M60	47:15	+17:03	04:44
8	246	Leonel Rodrigues	GRUPO DESPORTIVO E RECREATIVO DAS FIGUEIRAS - MARINHA GRANDE	Veterano M60	47:15	+17:04	04:44
9	541	Antonio Agostinho	Porto de Mós a Correr	Veterano M60	47:28	+17:16	04:45
10	487	ACÁCIO LAVOS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	47:50	+17:38	04:47
11	466	José Luis Fernandes	Individual	Veterano M60	48:16	+18:04	04:50
12	245	Evangelino Cardeira	GRUPO DESPORTIVO E RECREATIVO DAS FIGUEIRAS - MARINHA GRANDE	Veterano M60	48:19	+18:08	04:50
13	244	Adriano Fonte	GRUPO DESPORTIVO E RECREATIVO DAS FIGUEIRAS - MARINHA GRANDE	Veterano M60	48:32	+18:20	04:51
14	120	Narciso Arromba	Clube de Veteranos de Atletismo de Coimbra - CLUVE	Veterano M60	49:36	+19:24	04:58
15	231	Ramiro Rodrigues	Grupo Alegre Unido Bajouca	Veterano M60	50:51	+20:39	05:05
16	47	Joao Graca	ACRM Silveirinha Grande Claras	Veterano M60	50:58	+20:46	05:06
17	575	Santos Mota	Soure Mov	Veterano M60	51:00	+20:48	05:06
18	94	Armando Jorge Delgado	Casa do Benfica da Figueira da Foz	Veterano M60	52:01	+21:49	05:12
19	465	Custodio João da Costa Neto	Individual	Veterano M60	52:05	+21:54	05:13
20	467	Leandro Santos	Individual	Veterano M60	52:54	+22:43	05:18
21	464	António José Roque Pereaira Tafula	Individual	Veterano M60	53:30	+23:18	05:21
22	470	Sílvio Paiva	Individual	Veterano M60	56:05	+25:54	05:37
23	468	Manuel da Conceição Pereira	Individual	Veterano M60	57:29	+27:18	05:45
24	469	Rogério Freire Luís	Individual	Veterano M60	58:39	+28:28	05:52
25	63	Mayer Raposo	Associação de atletismo Lebres do sado	Veterano M60	01:02:31	+32:20	06:15
26	471	Vítor Manuel Medeiros Fernandes	Individual	Veterano M60	01:07:25	+37:13	06:45

lap2go

Prova do Bodo 2017
Pombal, PT
29-julho-2017

COLETIVO - PROVA PRINCIPAL

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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	AC VERMOIL	10 + 19 + 21 + 22 + 33 + 43 + 49	197
2	Sporting Clube de Portugal	4 + 5 + 7 + 8 + 57 + 102 + 147	330
3	GA Caranguejeira	17 + 29 + 35 + 58 + 59 + 67 + 87	352
4	INDUSTRIAL DESPORTIVO VIEIRENSE	52 + 60 + 72 + 73 + 76 + 97 + 138	568
5	Peregrinos de Coimbra - B	14 + 25 + 27 + 106 + 124 + 125 + 174	595
6	grupo desportivo s. paio de oleiros	13 + 15 + 55 + 96 + 111 + 132 + 176	598
7	PEREGRINOS DE COIMBRA - A	23 + 24 + 39 + 110 + 120 + 150 + 171	637
8	Caracol Trail Team	37 + 53 + 113 + 139 + 166 + 167 + 260	935
9	Grupo Alegre Unido Bajouca	66 + 118 + 133 + 149 + 160 + 190 + 198	1014
10	DCI/Pedrulha-Mealhada	32 + 40 + 70 + 121 + 196 + 223 + 443	1125
11	Clube Desportivo Ribeirense	42 + 65 + 86 + 169 + 249 + 271 + 295	1177
12	GRUPO DESPORTIVO E RECREATIVO DAS FIGUEIRAS - MARINHA GRANDE	46 + 112 + 130 + 205 + 212 + 233 + 307	1245
13	ACRM Silveirinha Grande Claras	79 + 83 + 155 + 218 + 234 + 280 + 282	1331
14	Fonte Nova Runners	131 + 140 + 152 + 204 + 244 + 258 + 263	1392
15	CPR. A-do-Barbas	68 + 146 + 173 + 187 + 235 + 299 + 367	1475
16	Soure Mov	126 + 151 + 203 + 231 + 242 + 292 + 348	1593
17	Associação Pombal Jovem	123 + 154 + 236 + 291 + 381 + 456 + 457	2098
18	cscrfcharneca	254 + 314 + 373 + 407 + 423 + 447 + 460	2678