

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	19:00	23.6°C	68%
End	20:40	21°C	77%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
1	283	Licinio Manuel dos Santos Pimentel	sporting clube portugal	Senior Masculino	29:53		02:59	
2	74	BRUNO PAIXÃO	beja atlético clube	Senior Masculino	29:59	+00:06	03:00	
3	511	Andralino Furtado	sporting clube portugal	Senior Masculino	30:36	+00:43	03:04	
4	137	Bruno Batista	clube nat. rio maior	Senior Masculino	30:40	+00:47	03:04	
5	114	Pedro Cruz	cd são salvador do campo	Veterano M35	31:48	+01:55	03:11	
6	117	Tiago Marques	centro atletismo seia	Veterano M35	31:55	+02:02	03:11	
7	171	Helder Lopes	dci/trilhos luso bussaco	Senior Masculino	32:37	+02:44	03:16	
8	22	BRUNO GASPARD	ac vermoil	Veterano M35	32:47	+02:54	03:17	
9	210	André Reis	gac - grupo de atletismo da caranguejeira	Senior Masculino	32:59	+03:06	03:18	
10	183	Afonso do Canto	endurancetrío	Senior Masculino	33:16	+03:23	03:20	
11	96	JOÃO SALDANHA	casa povo alcanena	Senior Masculino	33:37	+03:44	03:22	
12	193	João Pereira	escola de atletismo de coimbra/jpaiva	Veterano M40	33:48	+03:55	03:23	
13	515	Tiago Manuel Gomes Godinho	trail team bifase	Senior Masculino	34:02	+04:09	03:24	
14	246	Fernando Matos	grupo de convívio e amizade nas donas	Veterano M50	34:07	+04:14	03:25	
15	248	RUI ALVES	grupo desportivo são paio de oleiros	Senior Masculino	34:11	+04:18	03:25	
16	421	JORGE MARCELINO	industrial desportivo vieirense	Veterano M45	34:13	+04:20	03:25	
17	521	Paulo Pereira	união clube eirense	Senior Masculino	34:13	+04:20	03:25	
18	475	Emília Pisoeiro	recreio desportivo de águeda	Senior Feminino	34:32	+04:39	03:27	
19	250	Manuel Belinha	grupo desportivo são paio de oleiros	Veterano M40	34:33	+04:40	03:27	
20	80	Ricardo Henriques	c.r. amieirinhense	Senior Masculino	34:39	+04:46	03:28	
21	423	VITOR DINIS	industrial desportivo vieirense	Veterano M45	34:43	+04:50	03:28	
22	15	JOÃO GONÇALVES	ac vermoil	Senior Masculino	34:57	+05:04	03:30	
23	212	Valter Costa	gac - grupo de atletismo da caranguejeira	Senior Masculino	34:59	+05:06	03:30	
24	252	Armando bastos	grupo desportivo são paio de oleiros	Veterano M45	35:02	+05:09	03:30	
25	211	Fábio Durão	gac - grupo de atletismo da caranguejeira	Senior Masculino	35:07	+05:14	03:31	
26	136	Gil Ferreira	clube desportivo são salvador do campo	Veterano M45	35:13	+05:20	03:31	
27	267	Cristiano Oliveira	individual	Senior Masculino	35:16	+05:23	03:32	
28	208	jose fernandes	g d 3 santos populares	Veterano M55	35:23	+05:30	03:32	
29	214	Hugo Duarte	gac - grupo de atletismo da caranguejeira	Veterano M35	35:24	+05:31	03:32	
30	455	Marco Ferreira	núcleo sporting torres novas (nstrn)	Senior Masculino	35:32	+05:39	03:33	
31	62	Mário Silva	acrs desterro-napo	Veterano M55	35:51	+05:58	03:35	
32	118	Rui Rodrigues	centro de atletismo de tondela	Veterano M35	35:52	+05:59	03:35	
33	28	MIGUEL ANGELO	ac vermoil	Veterano M45	35:58	+06:05	03:36	
34	215	Luis Gomes	gac - grupo de atletismo da caranguejeira	Veterano M35	36:07	+06:14	03:37	
35	216	Nuno Casalinho	gac - grupo de atletismo da caranguejeira	Veterano M35	36:09	+06:16	03:37	
36	510	solange jesus	sporting clube portugal	Senior Feminino	36:13	+06:20	03:37	
37	209	toze velha	g d 3 santos populares	Veterano M55	36:16	+06:23	03:38	
38	236	Joel Couto	grupo alegre unido bajouca	Veterano M40	36:20	+06:27	03:38	
39	229	Nuno Santos	grf benedita - atletismo	Veterano M40	36:46	+06:53	03:41	
40	338	Nuno Miguel	individual	Veterano M35	36:53	+07:00	03:41	
41	454	João Ferreira	núcleo sporting torres novas (nstrn)	Senior Masculino	36:55	+07:02	03:42	

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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
42	457	Rui Ferreira	núcleo sporting torres novas (nstn)	Senior Masculino	36:55	+07:02	03:42	
43	110	Tiago tomas	ccrd burinhosa	Senior Masculino	36:58	+07:05	03:42	
44	463	Filipe Rocha	ozxtreme/adcrpereira	Veterano M35	37:00	+07:07	03:42	
45	190	Inês Marques	escola de atletismo de coimbra/jpaiva	Senior Feminino	37:01	+07:08	03:42	
46	232	Licínio Silva	grupo alegre unido bajouca	Senior Masculino	37:11	+07:18	03:43	
47	157	Carlos Pimenta	cpt sobral de ceira	Veterano M40	37:11	+07:18	03:43	
48	29	PEDRO FERREIRA	ac vermoil	Veterano M45	37:13	+07:20	03:43	
49	424	ANTÓNIO FERREIRA	industrial desportivo vieirense	Veterano M50	37:21	+07:28	03:44	
50	178	João Almeida	dci/trilhos luso bussaco	Veterano M50	37:26	+07:33	03:45	
51	21	AMILCAR BRITO	ac vermoil	Veterano M35	37:40	+07:47	03:46	
52	124	Marco Franco	clube de atletismo de ferreira do zêzere	Veterano M35	37:41	+07:48	03:46	
53	177	Paulo Maia	dci/trilhos luso bussaco	Veterano M45	37:49	+07:56	03:47	
54	429	PAULINO SOUSA	industrial desportivo vieirense	Veterano M50	37:50	+07:57	03:47	
55	103	Miguel Gonçalves	ccd crédito agrícola	Veterano M40	37:52	+07:59	03:47	
56	217	Luis Guarda	gac - grupo de atletismo da caranguejeira	Veterano M50	37:54	+08:01	03:47	
57	476	Hugo Ramalho	recreio desportivo de águeda	Veterano M40	37:54	+08:01	03:47	
58	474	Alexandra Oliveira	recreio desportivo de águeda	Senior Feminino	37:55	+08:02	03:47	
59	435	LICÍNIO PEREIRA	industrial desportivo vieirense	Veterano M60	37:59	+08:06	03:48	
60	225	Guilherme Lourenço	grf benedita - atletismo	Senior Masculino	38:02	+08:09	03:48	
61	81	josé Raimundo	c.r. amieirinhense	Veterano M55	38:16	+08:23	03:50	
62	83	Fabio Filipe	ca barreira	Senior Masculino	38:16	+08:23	03:50	
63	426	CARLOS SIMÕES	industrial desportivo vieirense	Veterano M50	38:20	+08:27	03:50	
64	278	Ivo Valente Jesus	individual	Senior Masculino	38:23	+08:30	03:50	
65	368	André Quarenta	individual	Veterano M45	38:26	+08:33	03:51	
66	141	Leandro santos	clube veteranos do lis	Veterano M35	38:33	+08:40	03:51	
67	240	Daniel Jaulino	grupo alegre unido bajouca	Veterano M50	38:41	+08:48	03:52	
68	419	JOÃO DOMINGOS	industrial desportivo vieirense	Veterano M45	38:41	+08:48	03:52	
69	37	RUI LUCAS	acbatalha	Senior Masculino	38:42	+08:49	03:52	
70	343	Ricardo Jorge Gameiro Gonçalves	individual	Veterano M35	38:45	+08:52	03:53	
71	253	Avelino Freitas	grupo desportivo são paio de oleiros	Veterano M45	38:51	+08:58	03:53	
72	134	Amândio Paulo Patacão Carapinha	clube desportivo ribeirense	Veterano M45	38:52	+08:59	03:53	
73	98	Paulo Ferreira	cb running	Veterano M40	38:54	+09:01	03:53	
74	415	ALÉXIS ROCHA	industrial desportivo vieirense	Senior Masculino	38:58	+09:05	03:54	
75	207	nuno lopes	g d 3 santos populares	Veterano M40	39:05	+09:12	03:54	
76	27	JOSÉ SANTOS	ac vermoil	Veterano M45	39:07	+09:14	03:55	
77	462	Carlos Correia	ozxtreme/adcrpereira	Veterano M35	39:07	+09:14	03:55	
78	327	Ernesto Pereira	individual	Veterano M35	39:11	+09:18	03:55	
79	176	João Simões	dci/trilhos luso bussaco	Veterano M35	39:13	+09:20	03:55	
80	249	Miguel marques	grupo desportivo são paio de oleiros	Veterano M35	39:15	+09:22	03:56	
81	271	Fábio Freire	individual	Senior Masculino	39:24	+09:32	03:56	
82	35	João Neves	academia do pro - peniche	Senior Masculino	39:25	+09:32	03:57	
83	14	CARLOS ALVES	ac vermoil	Senior Masculino	39:30	+09:37	03:57	
84	36	antonio silva	academia do pro - peniche	Veterano M50	39:33	+09:40	03:57	
85	48	Emílio Paulino	acportalegre/utsm	Veterano M60	39:38	+09:45	03:58	
86	380	Joel da Silva	individual	Veterano M45	39:38	+09:45	03:58	

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
87	158	Nuno Sousa	cpt sobral de ceira	Veterano M40	39:38	+09:45	03:58	
88	150	Márcio Sousa	cpr. a-do-barbas	Veterano M35	39:42	+09:49	03:58	
89	302	Telmo Santos	individual	Senior Masculino	39:43	+09:50	03:58	
90	392	Gil Braz de Oliveira	individual	Veterano M50	39:47	+09:54	03:59	
91	226	Luis Silva	grf benedita - atletismo	Senior Masculino	39:48	+09:55	03:59	
92	25	JOSÉ MENDES	ac vermoil	Veterano M40	39:48	+09:55	03:59	
93	295	Pedro Mendes	individual	Senior Masculino	39:51	+09:58	03:59	
94	349	Carlos Miguel Araújo	individual	Veterano M40	39:53	+10:00	03:59	
95	40	Hugo Horta	acbatalha	Veterano M35	39:57	+10:04	04:00	
96	450	Bruno Lopes Antunes	notícias de colmeias atletismo	Senior Masculino	39:58	+10:05	04:00	
97	451	Filipe Andre Viana Nogueira	notícias de colmeias atletismo	Veterano M45	39:59	+10:06	04:00	
98	401	André Roberto	individual	Senior Masculino	40:04	+10:11	04:00	
99	546	Alexandra Sousa	joma	Senior Feminino	40:06	+10:13	04:01	
100	33	AQUILINO FERREIRA	ac vermoil	Veterano M60	40:15	+10:22	04:02	
101	82	Joaquim Morais	c.r. amieirinhense	Veterano M60	40:24	+10:31	04:02	
102	544	João Mendes	individual	Veterano M55	40:31	+10:38	04:03	
103	107	Pedro Costa	ccd crédito agrícola	Veterano M50	40:32	+10:39	04:03	
104	251	Alcindo dias	grupo desportivo são paio de oleiros	Veterano M45	40:35	+10:42	04:04	
105	95	Jose Freitas da silva	casa de benfica abrantas	Veterano M55	40:36	+10:43	04:04	
106	386	Paulo Loureiro	individual	Veterano M45	40:36	+10:43	04:04	
107	213	Dulcinea Silva	gac - grupo de atletismo da caranguejeira	Veterana F40	40:36	+10:43	04:04	
108	148	João Carmo	cpr. a-do-barbas	Senior Masculino	40:38	+10:45	04:04	
109	456	Micael Agostinho	núcleo sporting torres novas (nstrn)	Senior Masculino	40:38	+10:45	04:04	
110	162	Anibal Martins	cpt sobral de ceira	Veterano M60	40:38	+10:45	04:04	
111	140	Cristóvão Gomes	clube veteranos do lis	Veterano M35	40:43	+10:50	04:04	
112	430	ANTÓNIO POEIRAS	industrial desportivo vieirense	Veterano M55	40:45	+10:52	04:05	
113	235	Ricardo Carreira	grupo alegre unido bajouca	Veterano M35	40:51	+10:58	04:05	
114	223	Vanda Ribeiro	grecas	Veterana F40	40:56	+11:03	04:06	
115	522	Paul de Oliveira	union athlétique de montereau	Veterano M45	41:01	+11:08	04:06	
116	121	Samuel Limpinho	clube de atletismo da nazaré	Senior Masculino	41:02	+11:09	04:06	
117	104	Nuno Rosa	ccd crédito agrícola	Veterano M40	41:03	+11:10	04:06	
118	242	José Gonçalves	grupo alegre unido bajouca	Veterano M50	41:09	+11:16	04:07	
119	237	Otelo Pereira	grupo alegre unido bajouca	Veterano M40	41:11	+11:18	04:07	
120	50	Ricardo Nunes	acrm silveirinha grande claras	Senior Masculino	41:14	+11:21	04:07	
121	360	Nelson Ferraz Moreira	individual	Veterano M40	41:15	+11:22	04:07	
122	11	Nelson Norte	a. r. meirinhas	Veterano M40	41:18	+11:25	04:08	
123	85	Germano Capela	ca barreira	Veterano M50	41:20	+11:27	04:08	
124	339	Pedro Esteves	individual	Veterano M35	41:22	+11:29	04:08	
125	123	José Marques	clube de atletismo da nazaré	Veterano M45	41:24	+11:31	04:08	
126	91	Tetyana Vakulyuk	caracol trail team	Veterana F40	41:25	+11:32	04:09	
127	264	Bruno Neves	individual	Senior Masculino	41:35	+11:42	04:09	
128	172	Mauro Sousa	dci/trilhos luso bussaco	Senior Masculino	41:37	+11:44	04:10	
129	244	Filipe Carvalheiro	grupo alegre unido bajouca	Veterano M55	41:41	+11:48	04:10	
130	24	HELDER MIRANDA	ac vermoil	Veterano M40	41:43	+11:50	04:10	
131	303	Tiago	individual	Senior Masculino	41:45	+11:52	04:11	
132	305	Hero Laila Francesca	individual	Veterana F35	41:46	+11:53	04:11	

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
133	152	Nuno Ferreira	cpr. a-do-barbas	Veterano M40	41:47	+11:54	04:11	
134	153	Pedro Rodrigues	cpr. a-do-barbas	Veterano M50	41:49	+11:56	04:11	
135	228	César Coelho	grf benedita - atletismo	Veterano M40	41:49	+11:56	04:11	
136	39	Frederico Carreira	acbatalha	Veterano M35	41:50	+11:57	04:11	
137	119	Vitor Nelson	cerveira team running	Veterano M45	41:52	+11:59	04:11	
138	402	António Cordeiro	slow runners pombal	Veterano M35	42:00	+12:07	04:12	
139	256	Ricardo Lopes	grupo maravilha	Veterano M35	42:00	+12:07	04:12	
140	89	Cristovão Jorge	camg	Veterano M40	42:05	+12:12	04:13	
141	180	Joaquim Godinho	dci/trilhos luso bussaco	Veterano M60	42:11	+12:18	04:13	
142	362	Nuno Mota	individual	Veterano M40	42:14	+12:21	04:13	
143	464	Fernando Carvalho	ozxtreme/adrcpereira	Veterano M40	42:15	+12:22	04:13	
144	247	Marco Peixoto	grupo desportivo são paio de oleiros	Senior Masculino	42:16	+12:23	04:14	
145	92	Aníbal Godinho	caracol trail team	Veterano M55	42:18	+12:25	04:14	
146	17	LILIANA NEVES	ac vermoil	Veterana F35	42:18	+12:25	04:14	
147	393	Jose Fonseca	individual	Veterano M50	42:19	+12:26	04:14	
148	399	Vitor pereira	individual	Veterano M50	42:22	+12:29	04:14	
149	45	Paulo Monteiro	acbatalha	Veterano M50	42:23	+12:30	04:14	
150	408	Augusto Dourado	individual	Veterano M60	42:31	+12:38	04:15	
151	218	Adriano Silva	gacv	Senior Masculino	42:32	+12:39	04:15	
152	133	Nuno José Grazina Gineto	clube desportivo ribeirense	Veterano M40	42:35	+12:42	04:15	
153	57	Luís Silva	acrm silveirinha grande claras	Veterano M45	42:42	+12:49	04:16	
154	420	JOÃO MARCELINO	industrial desportivo vieirense	Veterano M45	42:46	+12:53	04:17	
155	439	Nuno Filipe Lopes Baltazar	juventude vidigalense	Veterano M40	42:50	+12:57	04:17	
156	335	Micael Santos	individual	Veterano M35	42:51	+12:58	04:17	
157	284	Ludwig LOPES	individual	Senior Masculino	42:53	+13:00	04:17	
158	337	Nelson dos Santos Vieira	individual	Veterano M35	42:53	+13:00	04:17	
159	286	Marco Pimenta	individual	Senior Masculino	42:53	+13:00	04:17	
160	86	Rui Roberto	ca barreira	Veterano M50	42:57	+13:04	04:18	
161	70	FERNANDO AGANTE	associação académica de coimbra	Veterano M55	42:59	+13:06	04:18	
162	126	Paulo Pisoeiro	clube de atletismo prof. emilia pisoeiro	Veterano M45	43:00	+13:07	04:18	
163	371	ELIAS DE SOUZA	individual	Veterano M45	43:02	+13:09	04:18	
164	202	João Ferreira	free runners	Senior Masculino	43:02	+13:09	04:18	
165	432	ACÁCIO CAMPOS	industrial desportivo vieirense	Veterano M60	43:03	+13:10	04:18	
166	234	Hugo Barqueiro	grupo alegre unido bajouca	Veterano M35	43:03	+13:10	04:18	
167	325	DANIEL SANTOS GASPAR	individual	Veterano M35	43:08	+13:15	04:19	
168	179	Joaquim Martins	dci/trilhos luso bussaco	Veterano M50	43:10	+13:17	04:19	
169	116	Bruno Antunes	cdbbr clube desportivo do bombarral	Senior Masculino	43:12	+13:19	04:19	
170	336	Nelio Girão	individual	Veterano M35	43:12	+13:19	04:19	
171	113	Jose rato	ccrd burinhosa	Veterano M60	43:13	+13:20	04:19	
172	19	DEONILDE COSTA	ac vermoil	Veterana F40	43:14	+13:21	04:19	
173	502	Hugo Gaspar	sissi runners	Veterano M35	43:17	+13:24	04:20	
174	63	António Patrício	adr4estações	Veterano M50	43:18	+13:25	04:20	
175	221	Fernando Jacinto	gasouts grupo atlético dos souts	Veterano M50	43:21	+13:28	04:20	
176	5	João Costa	100 gás trail team	Senior Masculino	43:24	+13:31	04:20	
177	120	António Quinzico	clube de atletismo da nazaré	Senior Masculino	43:24	+13:31	04:20	
178	254	Valdemar Alves	grupo desportivo são paio de oleiros	Veterano M55	43:27	+13:34	04:21	

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
179	379	João Barata	individual	Veterano M45	43:30	+13:37	04:21	
180	445	Jorge Henriques	lourival bike team	Senior Masculino	43:35	+13:42	04:21	
181	154	Joaquim Gomes	cpr. a-do-barbas	Veterano M60	43:35	+13:42	04:21	
182	382	Leonel Sousa	individual	Veterano M45	43:37	+13:44	04:22	
183	56	Amilcar Costa	acrm silveirinha grande claras	Veterano M45	43:38	+13:45	04:22	
184	241	Jorge Silva	grupo alegre unido bajouca	Veterano M50	43:44	+13:51	04:22	
185	255	João Pedro da Silva Dâmaso	grupo maravilha	Senior Masculino	43:46	+13:53	04:23	
186	258	Manuel Fernandes	grupo maravilha	Veterano M60	43:47	+13:54	04:23	
187	227	Patrick Inacio	grf benedita - atletismo	Senior Masculino	43:50	+13:57	04:23	
188	122	Pedro Pejapes	clube de atletismo da nazaré	Veterano M35	43:51	+13:58	04:23	
189	524	Rui Pereira	vilaventura trail running team	Veterano M35	43:52	+13:59	04:23	
190	230	Paulo jesuino	grf benedita - atletismo	Veterano M45	43:55	+14:02	04:23	
191	434	CELESTINO MARQUES	industrial desportivo vieirense	Veterano M60	43:58	+14:05	04:24	
192	265	Bruno Simões	individual	Senior Masculino	43:59	+14:06	04:24	
193	131	Leonel Rodrigues	clube desportivo moitense	Veterano M60	43:59	+14:06	04:24	
194	304	Clara Sofia Rodrigues	individual	Veterana F35	44:00	+14:07	04:24	
195	431	RUI DINIS	industrial desportivo vieirense	Veterano M55	44:01	+14:08	04:24	
196	231	Luís Paulo	grf benedita - atletismo	Veterano M60	44:10	+14:17	04:25	
197	465	Paulo Oliveira	pelaestradafora	Veterano M50	44:13	+14:20	04:25	
198	328	Eurico João	individual	Veterano M35	44:15	+14:22	04:26	
199	184	João Sousa Cardoso	ergoecran	Senior Masculino	44:17	+14:24	04:26	
200	219	Paulo Pontes	gacv	Veterano M45	44:20	+14:27	04:26	
201	67	Tomé Pereira	ama(dores) trail team /acru	Senior Masculino	44:20	+14:27	04:26	
202	84	Daniel Lourenço	ca barreira	Veterano M45	44:22	+14:29	04:26	
203	87	Jorge Agostinho	ca barreira	Veterano M60	44:25	+14:32	04:26	
204	377	HENRIQUE RODRIGUES	individual	Veterano M45	44:26	+14:33	04:27	
205	293	Pedro Marques	individual	Senior Masculino	44:28	+14:35	04:27	
206	111	Nuno Lervao	ccrd burinhosa	Veterano M45	44:28	+14:35	04:27	
207	501	Filipe Serrario	sissi runners	Veterano M35	44:28	+14:35	04:27	
208	30	VITOR LOPES	ac vermoil	Veterano M50	44:29	+14:36	04:27	
209	279	João Alves	individual	Senior Masculino	44:31	+14:38	04:27	
210	135	João Pedro Jesus Justo	clube desportivo ribeirense	Veterano M45	44:32	+14:39	04:27	
211	93	Rui Faria	casa benfica figueira da foz	Veterano M50	44:33	+14:40	04:27	
212	525	Rui Neves	wolf team run	Veterano M35	44:36	+14:43	04:28	
213	542	Rafael da Silva	individual	Senior Masculino	44:36	+14:43	04:28	
214	132	Mario Duarte	clube desportivo moitense	Veterano M60	44:38	+14:45	04:28	
215	64	Carlos Silva	adrm	Senior Masculino	44:40	+14:47	04:28	
216	266	Bruno Vieira	individual	Senior Masculino	44:41	+14:48	04:28	
217	12	Ricardo Ruas	a. r. meirinhas	Veterano M40	44:47	+14:54	04:29	
218	9	David Mota	a. r. meirinhas	Veterano M40	44:47	+14:54	04:29	
219	88	Carlos França	cad a correr	Veterano M40	44:50	+14:57	04:29	
220	275	Hugo Baeta	individual	Senior Masculino	45:00	+15:07	04:30	
221	372	Emídio Alves	individual	Veterano M45	45:03	+15:10	04:30	
222	405	orlando ribeiro	individual	Veterano M55	45:05	+15:12	04:31	
223	352	Helder Marco Silva Domingues	individual	Veterano M40	45:07	+15:14	04:31	
224	400	António Silvino	individual	Veterano M55	45:09	+15:16	04:31	

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
225	99	Rúben Baeta	ccd crédito agrícola	Senior Masculino	45:11	+15:18	04:31	
226	10	Gonçalo Sá	a. r. meirinhas	Veterano M40	45:12	+15:19	04:31	
227	191	Maria Pereira	escola de atletismo de coimbra/jpaiva	Senior Feminino	45:14	+15:21	04:31	
228	243	Virgílio Alberto	grupo alegre unido baixouca	Veterano M50	45:14	+15:21	04:31	
229	112	Rui Ventura	ccrd burinhosa	Veterano M55	45:17	+15:24	04:32	
230	76	Pedro Neves	bttralhos	Veterano M40	45:21	+15:28	04:32	
231	54	Edgar Gomes	acrm silveirinha grande claras	Veterano M35	45:32	+15:39	04:33	
232	545	João Batista	apj trail team	Veterano M35	45:36	+15:43	04:34	
233	289	Nelson Mota	individual	Senior Masculino	45:36	+15:43	04:34	
234	58	José Goes	acrm silveirinha grande claras	Veterano M50	45:37	+15:44	04:34	
235	453	Maria Pires	núcleo sporting torres novas (nstrn)	Senior Feminino	45:43	+15:50	04:34	
236	395	Nelson Jorge	individual	Veterano M50	45:45	+15:52	04:34	
237	516	Daniel Delgado	twopikas	Senior Masculino	45:46	+15:53	04:35	
238	270	Duarte Cruz	individual	Senior Masculino	45:48	+15:55	04:35	
239	18	BLANDINA LOURENÇO	ac vermoil	Veterana F40	45:49	+15:56	04:35	
240	447	Sara Pedrosa	montanha clube trail running / efapel	Senior Feminino	45:49	+15:56	04:35	
241	75	David Ferreira Alves	bttralhos	Senior Masculino	45:50	+15:57	04:35	
242	167	Carlos António Mota Longo da Conceição	cscrcharneca	Veterano M45	45:59	+16:06	04:36	
243	391	Armando Cruz	individual	Veterano M50	45:59	+16:06	04:36	
244	292	Paulo Marques	individual	Senior Masculino	46:00	+16:07	04:36	
245	274	Guilherme Oliveira	individual	Senior Masculino	46:01	+16:08	04:36	
246	460	Beto Oliveira	osprimos	Veterano M45	46:03	+16:10	04:36	
247	373	Fernando Neves	individual	Veterano M45	46:04	+16:11	04:36	
248	326	Délio Pascoal	individual	Veterano M35	46:07	+16:14	04:37	
249	268	Diogo Oliveira	individual	Senior Masculino	46:07	+16:14	04:37	
250	523	Daniel Filipe Gomes Antunes	vilaventura trail running team	Senior Masculino	46:10	+16:17	04:37	
251	387	Ricardo Pedrosa	individual	Veterano M45	46:13	+16:20	04:37	
252	492	Luís Pereira	seteam	Veterano M45	46:16	+16:23	04:38	
253	333	José Gregório Gonçalves Oliveira	individual	Veterano M35	46:16	+16:23	04:38	
254	376	Henrique lavaredas	individual	Veterano M45	46:17	+16:24	04:38	
255	517	Miguel Bernardo	twopikas	Veterano M45	46:17	+16:24	04:38	
256	357	Jose Miguel Ferreira Santos	individual	Veterano M40	46:22	+16:29	04:38	
257	49	Joel Santos	acrm silveirinha grande claras	Senior Masculino	46:24	+16:31	04:38	
258	332	Henrique Carvalheiro	individual	Veterano M35	46:25	+16:32	04:39	
259	100	André Lopes	ccd crédito agrícola	Veterano M35	46:27	+16:34	04:39	
260	296	PEDRO MIGUEL DOMINGUES PEREIRA	individual	Senior Masculino	46:28	+16:35	04:39	
261	504	Ruben Vieira Barjona	sissi runners	Veterano M40	46:28	+16:35	04:39	
262	390	António Dias	individual	Veterano M50	46:32	+16:39	04:39	
263	482	David Lopes	run4fun	Veterano M45	46:39	+16:46	04:40	
264	90	Luís Maia	camg	Veterano M45	46:40	+16:47	04:40	
265	189	Albano Manuel Fernandes Silva	ergoecran	Veterano M45	47:00	+17:07	04:42	
266	280	João Gomes	individual	Senior Masculino	47:02	+17:09	04:42	
267	512	Liliana Saraiva Lopes Abreu	thunder legs	Senior Feminino	47:02	+17:09	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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
311	129	Adriano Fonte	clube desportivo moitense	Veterano M60	49:05	+19:12	04:54	
312	47	Abel Flores	acportalegre/utsm	Veterano M55	49:05	+19:12	04:55	
313	174	Eunice Magalhães	dci/trilhos luso bussaco	Veterana F35	49:06	+19:13	04:55	
314	164	Bruno Miguel Ferreira Simões Lima	cscrchameca	Senior Masculino	49:07	+19:14	04:55	
315	321	Raquel Matias	individual	Veterana F40	49:10	+19:17	04:55	
316	298	Rafael Neves Matias	individual	Senior Masculino	49:12	+19:19	04:55	
317	260	Daniela Melissa Almeida Fernandes	individual	Senior Feminino	49:13	+19:20	04:55	
318	427	JOÃO BENTO	industrial desportivo vieirense	Veterano M50	49:15	+19:22	04:56	
319	513	Hamid Pourkhataei Monsef	thunder legs	Veterano M35	49:16	+19:23	04:56	
320	263	Patrícia Lourenço	individual	Senior Feminino	49:17	+19:24	04:56	
321	198	Vânia Leal	fittraining academy	Senior Feminino	49:17	+19:24	04:56	
322	413	ÉRICA LAVOS	industrial desportivo vieirense	Senior Feminino	49:17	+19:24	04:56	
323	440	Elodie Costa	lama solta	Senior Feminino	49:18	+19:25	04:56	
324	16	ELSA SOARES	ac vermoil	Veterana F35	49:19	+19:26	04:56	
325	486	Helder Cunha	sc povoense. caracois de corrida	Senior Masculino	49:25	+19:32	04:56	
326	484	Ana Reis	sc povoense. caracois de corrida	Senior Feminino	49:26	+19:33	04:57	
327	485	Fabio Costa	sc povoense. caracois de corrida	Senior Masculino	49:27	+19:34	04:57	
328	378	Humberto Dias	individual	Veterano M45	49:27	+19:34	04:57	
329	540	Manuel Mota	individual	Veterano M55	49:43	+19:50	04:58	
330	406	Paulo Fonseca	individual	Veterano M55	49:51	+19:58	04:59	
331	187	Marcos José Freire Lisboa	ergoecran	Veterano M40	50:02	+20:09	05:00	
332	311	Celina oliveira	individual	Veterana F40	50:02	+20:09	05:00	
333	323	Andre Pereira	individual	Veterano M35	50:05	+20:12	05:01	
334	366	RiCaRdO MaNuEl TelxEiRa De OlIvEiRa	individual	Veterano M40	50:13	+20:20	05:01	
335	239	Tomé Fernandes	grupo alegre unido bajouca	Veterano M40	50:14	+20:21	05:01	
336	294	Pedro Martins	individual	Senior Masculino	50:16	+20:23	05:02	
337	410	Vitor fontes	individual	Veterano M60	50:18	+20:25	05:02	
338	404	MANUEL GONÇALVES DOS SANTOS	individual	Veterano M55	50:23	+20:30	05:02	
339	351	Gabriel Pereira Carreira	individual	Veterano M40	50:28	+20:35	05:03	
340	20	SARA DOMINGUES	ac vermoil	Veterana F40	50:32	+20:39	05:03	
341	66	Arlindo Santos	adrm	Veterano M55	50:34	+20:42	05:03	
342	345	Sérgio Cabecinhas	individual	Veterano M35	50:36	+20:43	05:04	
343	220	Manuel Alves	gacv	Veterano M55	50:38	+20:45	05:04	
344	32	ALFREDO SANTOS	ac vermoil	Veterano M60	50:43	+20:50	05:04	
345	165	Virginia Margarida Sintra	cscrchameca	Veterana F35	50:56	+21:03	05:06	
346	416	HELENA HENRIQUES	industrial desportivo vieirense	Veterana F40	50:58	+21:05	05:06	
347	310	Catarina Alexandra Carvalho dos Santos	individual	Veterana F40	51:04	+21:11	05:06	
348	53	Claudio Gaspar	acrm silveirinha grande claras	Veterano M35	51:04	+21:11	05:06	
349	299	Rodrigo Leal	individual	Senior Masculino	51:06	+21:13	05:07	
350	503	Roberto Fiuza Alves	sissi runners	Veterano M40	51:08	+21:15	05:07	
351	199	Filipe Carreira	fittraining academy	Senior Masculino	51:11	+21:18	05:07	
352	491	Luís Anunciação	seteam	Veterano M40	51:16	+21:23	05:08	

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
353	130	Diamantino Cruz	clube desportivo moitense	Veterano M60	51:18	+21:25	05:08	
354	282	Jose Freitas	individual	Senior Masculino	51:20	+21:27	05:08	
355	346	Tony Santos	individual	Veterano M35	51:23	+21:30	05:08	
356	374	Gameiro roberto	individual	Veterano M45	51:41	+21:48	05:10	
357	364	PEDRO NATARIO	individual	Veterano M40	51:48	+21:55	05:11	
358	320	Paula Cristina de Jesus Martins	individual	Veterana F40	51:48	+21:55	05:11	
359	361	Nilton Jorge da Silva Caetano	individual	Veterano M40	51:51	+21:58	05:11	
360	34	LEANDRO SANTOS	ac vermoil	Veterano M60	51:52	+21:59	05:11	
361	396	Ricardo Rocha	individual	Veterano M50	51:53	+22:00	05:11	
362	186	Dinis Domingues dos Santos	ergoecran	Veterano M40	51:59	+22:06	05:12	
363	526	JOSE LOURENCO	individual	Veterano M55	52:02	+22:09	05:12	
364	433	ACÁCIO LAVOS	industrial desportivo vieirense	Veterano M60	52:04	+22:11	05:12	
365	458	Jorge Justo	o mundo da corrida	Veterano M55	52:05	+22:12	05:13	
366	257	José Pedrosa	grupo maravilha	Veterano M55	52:06	+22:13	05:13	
367	498	Vânia Fonseca	sissi runners	Senior Feminino	52:08	+22:15	05:13	
368	38	Maria Pereira	acbatalha	Veterana F40	52:09	+22:16	05:13	
369	446	Sérgio Pereira	luzecus	Veterano M40	52:19	+22:26	05:14	
370	233	Anabela Fernandes	grupo alegre unido bajouca	Veterana F40	52:25	+22:32	05:14	
371	418	SÓNIA FARTO	industrial desportivo vieirense	Veterana F40	52:25	+22:32	05:15	
372	288	Miguel Ferreira da Mota	individual	Senior Masculino	52:35	+22:42	05:15	
373	169	Pascoal Duarte Oliveira	cscrfcharneca	Veterano M45	52:37	+22:44	05:16	
374	55	Nelson Marques	acrm silveirinha grande claras	Veterano M40	52:43	+22:50	05:16	
375	448	MANUELA SILVA	move up	Senior Feminino	52:50	+22:57	05:17	
376	139	Tania Gaspar	clube veteranos do lis	Veterana F35	52:53	+23:00	05:17	
377	101	Gonçalo Freitas	ccd crédito agrícola	Veterano M35	52:57	+23:04	05:18	
378	182	Rita Mendes	é tinto	Veterana F35	53:09	+23:16	05:19	
379	173	Claudia Afonso	dci/trilhos luso bussaco	Veterana F35	53:17	+23:24	05:20	
380	509	Eugénia Batista	soure mov	Veterana F40	53:21	+23:28	05:20	
381	106	João Rodrigues	ccd crédito agrícola	Veterano M45	53:28	+23:35	05:21	
382	350	Francisco Sousa	individual	Veterano M40	53:37	+23:44	05:22	
383	7	Vitor Gonçalves	4 ao km	Veterano M45	53:42	+23:49	05:22	
384	6	Isadora Costa	4 ao km	Senior Feminino	53:42	+23:49	05:22	
385	370	Diogo Lopes	individual	Veterano M45	53:46	+23:53	05:23	
386	412	ÂNGELA SOUSA	industrial desportivo vieirense	Senior Feminino	53:50	+23:57	05:23	
387	175	Patricia Santos	dci/trilhos luso bussaco	Veterana F40	54:00	+24:07	05:24	
388	507	Natalia Mendes	slow runners pombal	Veterana F40	54:06	+24:13	05:25	
389	259	Antónia	individual	Senior Feminino	54:06	+24:13	05:25	
390	340	Pedro Moreira	individual	Veterano M35	54:07	+24:14	05:25	
391	452	Francisca Bragança	núcleo sporting torres novas (nstrn)	Senior Feminino	54:15	+24:22	05:26	
392	170	Arlindo de Jesus Oliveira	cscrfcharneca	Veterano M50	54:30	+24:37	05:27	
393	441	Patricia Marques Gonçalves	lama solta	Senior Feminino	54:36	+24:43	05:28	
394	105	Filipe Simões	ccd crédito agrícola	Veterano M45	54:40	+24:47	05:28	
395	411	ADRIANA COELHO	industrial desportivo vieirense	Senior Feminino	54:42	+24:49	05:28	
396	375	Gil Carvalho	individual	Veterano M45	54:44	+24:51	05:28	
397	468	Jorge Santos	pombal jornal	Veterano M50	54:45	+24:52	05:29	

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
439	297	Quentin WITEK	individual	Senior Masculino	01:05:42	+35:49	06:34	
440	470	António Manuel Ferreira Mendes	ratatui team	Veterano M35	01:06:26	+36:33	06:39	
441	472	Alberto Figueiredo Gomes	ratatui team	Veterano M40	01:06:26	+36:33	06:39	
442	473	Claude Michel Pierre	ratatui team	Veterano M45	01:06:26	+36:33	06:39	
443	469	André Filipe Marques Gomes	ratatui team	Veterano M35	01:06:26	+36:33	06:39	
444	471	Cristiano de Jesus Santos	ratatui team	Veterano M35	01:06:27	+36:34	06:39	
445	285	Luis Gameiro	individual	Senior Masculino	01:07:28	+37:35	06:45	
446	315	Helena Marques	individual	Veterana F40	01:09:02	+39:09	06:54	
447	316	Helena Pinto	individual	Veterana F40	01:09:14	+39:21	06:55	
448	309	Ana Ferreira	individual	Veterana F40	01:09:37	+39:44	06:58	

Prova Principal

10 KM

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	19:00	23.6°C	68%
End	20:40	21°C	77%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

Senior Feminino

1	475	Emília Pisoeiro	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	34:32	+04:39	03:27
2	510	solange jesus	Sporting Clube Portugal	Senior Feminino	36:13	+06:20	03:37
3	190	Inês Marques	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	37:00	+07:07	03:42
4	474	Alexandra Oliveira	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	37:54	+08:01	03:47
5	546	Alexandra Sousa	JOMA	Senior Feminino	40:05	+10:12	04:01
6	191	Maria Pereira	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	45:13	+15:20	04:31
7	453	Maria Pires	Núcleo Sporting Torres Novas (NSTN)	Senior Feminino	45:42	+15:49	04:34
8	447	Sara Pedrosa	Montanha Clube Trail Running / EFAPEL	Senior Feminino	45:49	+15:56	04:35
9	512	Liliana Saraiva Lopes Abreu	Thunder Legs	Senior Feminino	47:01	+17:08	04:42
10	147	Soraia Cardeira	CPR. A-do-Barbas	Senior Feminino	47:03	+17:10	04:42
11	414	MARIA HENRIQUES	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Feminino	47:27	+17:33	04:45
12	224	Joana Paulo	GRF Benedita - Atletismo	Senior Feminino	47:37	+17:44	04:46
13	260	Daniela Melissa Almeida Fernandes	Individual	Senior Feminino	49:12	+19:19	04:55
14	263	Patrícia Lourenço	Individual	Senior Feminino	49:16	+19:23	04:56
15	198	Vânia Leal	FitTraining Academy	Senior Feminino	49:17	+19:24	04:56
16	413	ÉRICA LAVOS	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Feminino	49:17	+19:24	04:56
17	440	Elodie Costa	Lama Solta	Senior Feminino	49:18	+19:24	04:56
18	484	Ana Reis	SC Povoense. Caracois de Corrida	Senior Feminino	49:25	+19:32	04:57
19	498	Vânia Fonseca	Sissi Runners	Senior Feminino	52:07	+22:14	05:13
20	448	MANUELA SILVA	MOVE UP	Senior Feminino	52:50	+22:57	05:17
21	6	Isadora Costa	4 ao Km	Senior Feminino	53:42	+23:48	05:22
22	412	ÂNGELA SOUSA	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Feminino	53:50	+23:57	05:23
23	259	Antónia	Individual	Senior Feminino	54:06	+24:12	05:25
24	452	Francisca Bragança	Núcleo Sporting Torres Novas (NSTN)	Senior Feminino	54:15	+24:22	05:26
25	441	Patrícia Marques Gonçalves	Lama Solta	Senior Feminino	54:35	+24:42	05:28
26	411	ADRIANA COELHO	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Feminino	54:41	+24:48	05:28
27	495	Ana Patrícia Pereira Cristina	Sissi Runners	Senior Feminino	55:31	+25:38	05:33
28	497	Salomé Inverno Lopes Simões Pereira	Sissi Runners	Senior Feminino	56:12	+26:19	05:37
29	204	Filipa Braga	Fullprotein	Senior Feminino	01:03:48	+33:55	06:23
30	205	Marilene Lopes	Fullprotein	Senior Feminino	01:03:48	+33:55	06:23

Prova Principal**10 KM**

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

OFFICIAL RESULT

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

31	261	Emmie LOPES	Individual	Senior Feminino	01:05:42	+35:49	06:34
----	-----	-------------	------------	-----------------	----------	--------	-------

Senior Masculino

1	283	Licínio Manuel dos Santos Pimentel	Sporting Clube Portugal	Senior Masculino	29:53		02:59
2	74	BRUNO PAIXÃO	Beja Atlético Clube	Senior Masculino	29:59	+00:06	03:00
3	511	Andralino Furtado	Sporting Clube Portugal	Senior Masculino	30:35	+00:42	03:04
4	137	Bruno Batista	Clube Nat. Rio Maior	Senior Masculino	30:40	+00:47	03:04
5	171	Helder Lopes	DCI/Trilhos Luso Bussaco	Senior Masculino	32:36	+02:43	03:16
6	210	André Reis	GAC - Grupo de Atletismo da Caranguejeira	Senior Masculino	32:58	+03:05	03:18
7	183	Afonso do Canto	EnduranceTrio	Senior Masculino	33:16	+03:22	03:20
8	96	JOÃO SALDANHA	CASA POVO ALCANENA	Senior Masculino	33:36	+03:43	03:22
9	515	Tiago Manuel Gomes Godinho	Trail Team Bifase	Senior Masculino	34:01	+04:08	03:24
10	248	RUI ALVES	Grupo Desportivo São Paio de Oleiros	Senior Masculino	34:10	+04:17	03:25
11	521	Paulo Pereira	União Clube Eirense	Senior Masculino	34:12	+04:19	03:25
12	80	Ricardo Henriques	C.R. Amieirinhense	Senior Masculino	34:38	+04:45	03:28
13	15	JOÃO GONÇALVES	AC VERMOIL	Senior Masculino	34:56	+05:03	03:30
14	212	Valter Costa	GAC - Grupo de Atletismo da Caranguejeira	Senior Masculino	34:58	+05:05	03:30
15	211	Fábio Durão	GAC - Grupo de Atletismo da Caranguejeira	Senior Masculino	35:07	+05:13	03:31
16	267	Cristiano Oliveira	Individual	Senior Masculino	35:15	+05:22	03:32
17	455	Marco Ferreira	Núcleo Sporting Torres Novas (NSTN)	Senior Masculino	35:31	+05:38	03:33
18	454	João Ferreira	Núcleo Sporting Torres Novas (NSTN)	Senior Masculino	36:55	+07:01	03:42
19	457	Rui Ferreira	Núcleo Sporting Torres Novas (NSTN)	Senior Masculino	36:55	+07:01	03:42
20	110	Tiago tomas	CCRD Burinhosa	Senior Masculino	36:58	+07:04	03:42
21	232	Licínio Silva	Grupo Alegre Unido Bajouca	Senior Masculino	37:10	+07:17	03:43
22	225	Guilherme Lourenço	GRF Benedita - Atletismo	Senior Masculino	38:01	+08:08	03:48
23	83	Fabio Filipe	CA Barreira	Senior Masculino	38:16	+08:23	03:50
24	278	Ivo Valente Jesus	Individual	Senior Masculino	38:22	+08:29	03:50
25	37	RUI LUCAS	ACBATALHA	Senior Masculino	38:42	+08:48	03:52
26	415	ALÉXIS ROCHA	INDUSTRIAL DESPORTIVO VIEIRENSE	Senior Masculino	38:58	+09:05	03:54
27	271	Fábio Freire	Individual	Senior Masculino	39:24	+09:31	03:56
28	35	João Neves	Academia do Pro - Peniche	Senior Masculino	39:25	+09:32	03:57
29	14	CARLOS ALVES	AC VERMOIL	Senior Masculino	39:29	+09:36	03:57
30	302	Telmo Santos	Individual	Senior Masculino	39:43	+09:50	03:58
31	226	Luis Silva	GRF Benedita - Atletismo	Senior Masculino	39:47	+09:54	03:59
32	295	Pedro Mendes	Individual	Senior Masculino	39:51	+09:57	03:59
33	450	Bruno Lopes Antunes	Notícias de Colmeias Atletismo	Senior Masculino	39:57	+10:04	04:00
34	401	André Roberto	Individual	Senior Masculino	40:03	+10:10	04:00
35	148	João Carmo	CPR. A-do-Barbas	Senior Masculino	40:37	+10:44	04:04

Prova Principal

10 KM

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

OFFICIAL RESULT

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

78	443	VALTER GONÇALVES	LORENZO SPORTS TEAM	Senior Masculino	48:13	+18:20	04:49
79	164	Bruno Miguel Ferreira Simões Lima	cscrcharneca	Senior Masculino	49:07	+19:13	04:55
80	298	Rafael Neves Matias	Individual	Senior Masculino	49:12	+19:19	04:55
81	486	Helder Cunha	SC Povoense. Caracois de Corrida	Senior Masculino	49:24	+19:31	04:56
82	485	Fabio Costa	SC Povoense. Caracois de Corrida	Senior Masculino	49:26	+19:33	04:57
83	294	Pedro Martins	Individual	Senior Masculino	50:16	+20:23	05:02
84	299	Rodrigo Leal	Individual	Senior Masculino	51:06	+21:12	05:07
85	199	Filipe Carreira	FitTraining Academy	Senior Masculino	51:11	+21:17	05:07
86	282	Jose Freitas	Individual	Senior Masculino	51:19	+21:26	05:08
87	288	Miguel Ferreira da Mota	Individual	Senior Masculino	52:34	+22:41	05:15
88	201	Ismael Costa	Free Runners	Senior Masculino	56:52	+26:59	05:41
89	203	Tiago Gaspar Costa	Free Runners	Senior Masculino	56:52	+26:59	05:41
90	206	Rui Gaio	Fullprotein	Senior Masculino	57:01	+27:08	05:42
91	291	Nuno Filipe Agostinho Carrasqueira	Individual	Senior Masculino	01:03:22	+33:28	06:20
92	297	Quentin WITEK	Individual	Senior Masculino	01:05:42	+35:49	06:34
93	285	Luís Gameiro	Individual	Senior Masculino	01:07:28	+37:35	06:45

Veterana F35

1	305	Hero Laila Francesca	Individual	Veterana F35	41:46	+11:52	04:11
2	17	LILIANA NEVES	AC VERMOIL	Veterana F35	42:17	+12:24	04:14
3	304	Clara Sofia Rodrigues	Individual	Veterana F35	43:59	+14:06	04:24
4	499	Sílvia Moreira das Neves	Sissi Runners	Veterana F35	48:27	+18:34	04:51
5	125	Verónica Nunes Castro Santos	Clube de Atletismo Mónica Rosa	Veterana F35	48:52	+18:58	04:53
6	174	Eunice Magalhães	DCI/Trilhos Luso Bussaco	Veterana F35	49:06	+19:13	04:55
7	16	ELSA SOARES	AC VERMOIL	Veterana F35	49:18	+19:25	04:56
8	165	Virginia Margarida Sintra	cscrcharneca	Veterana F35	50:56	+21:02	05:06
9	139	Tania Gaspar	CLUBE VETERANOS DO LIS	Veterana F35	52:53	+23:00	05:17
10	182	Rita Mendes	É Tinto	Veterana F35	53:09	+23:16	05:19
11	173	Claudia Afonso	DCI/Trilhos Luso Bussaco	Veterana F35	53:17	+23:24	05:20
12	306	Sandrina	Individual	Veterana F35	01:02:16	+32:23	06:14

Veterana F40

1	213	Dulcinea Silva	GAC - Grupo de Atletismo da Caranguejeira	Veterana F40	40:36	+10:43	04:04
2	223	Vanda Ribeiro	Grecas	Veterana F40	40:55	+11:02	04:06
3	91	Tetyana Vakulyuk	Caracol Trail Team	Veterana F40	41:25	+11:31	04:09
4	19	DEONILDE COSTA	AC VERMOIL	Veterana F40	43:14	+13:21	04:19
5	18	BLANDINA LOURENÇO	AC VERMOIL	Veterana F40	45:49	+15:56	04:35
6	312	Emanuela Jesus Simões	Individual	Veterana F40	48:49	+18:55	04:53
7	321	Raquel Matias	Individual	Veterana F40	49:09	+19:16	04:55
8	311	Celina oliveira	Individual	Veterana F40	50:02	+20:08	05:00
9	20	SARA DOMINGUES	AC VERMOIL	Veterana F40	50:32	+20:38	05:03

Prova Principal

10 KM

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

OFFICIAL RESULT

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

10	416	HELENA HENRIQUES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterana F40	50:57	+21:04	05:06
11	310	Catarina Alexandra Carvalho dos Santos	Individual	Veterana F40	51:03	+21:10	05:06
12	320	Paula Cristina de Jesus Martins	Individual	Veterana F40	51:48	+21:54	05:11
13	38	Maria Pereira	ACBATALHA	Veterana F40	52:09	+22:16	05:13
14	233	Anabela Fernandes	Grupo Alegre Unido Bajouca	Veterana F40	52:24	+22:31	05:14
15	418	SÓNIA FARTO	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterana F40	52:25	+22:31	05:15
16	509	Eugénia Batista	Soure Mov	Veterana F40	53:20	+23:27	05:20
17	175	Patricia Santos	DCI/Trilhos Luso Bussaco	Veterana F40	53:59	+24:06	05:24
18	507	Natalia Mendes	Slow Runners Pombal	Veterana F40	54:05	+24:12	05:25
19	467	Sónia Pereira	Pombal Jornal	Veterana F40	54:45	+24:52	05:29
20	313	FERNANDA Mª COSTA GARISO LOPES	Individual	Veterana F40	58:12	+28:18	05:49
21	543	Sílvia Santos	Individual	Veterana F40	58:34	+28:40	05:51
22	466	Cláudia Mota	Pombal Jornal	Veterana F40	58:59	+29:06	05:54
23	417	SÍLVIA LAVOS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterana F40	59:49	+29:56	05:59
24	317	Maria Vieira	Individual	Veterana F40	01:00:50	+30:57	06:05
25	52	Ondina Leal	ACRM Silveirinha Grande Claras	Veterana F40	01:01:15	+31:21	06:08
26	314	Gameiro stephanie	Individual	Veterana F40	01:01:45	+31:52	06:11
27	318	Mónica Quarenta	Individual	Veterana F40	01:02:44	+32:51	06:16
28	436	Maria do Rosário Santos Barros	Juventude Vidigalense	Veterana F40	01:03:24	+33:31	06:20
29	519	Ana Luisa Laginhas	Underground All Mountain figueira da foz	Veterana F40	01:04:03	+34:10	06:24
30	78	Ana Homem	C.A.S.P.A.(Clube Amador Só Para Atletismo)	Veterana F40	01:04:07	+34:14	06:25
31	315	Helena Marques	Individual	Veterana F40	01:09:02	+39:08	06:54
32	316	Helena Pinto	Individual	Veterana F40	01:09:13	+39:20	06:55
33	309	Ana Ferreira	Individual	Veterana F40	01:09:37	+39:43	06:58

Veterano M35

1	114	Pedro Cruz	CD São Salvador do Campo	Veterano M35	31:48	+01:55	03:11
2	117	Tiago Marques	CENTRO ATLETISMO SEIA	Veterano M35	31:54	+02:01	03:11
3	22	BRUNO GASPAR	AC VERMOIL	Veterano M35	32:46	+02:53	03:17
4	214	Hugo Duarte	GAC - Grupo de Atletismo da Caranguejeira	Veterano M35	35:23	+05:30	03:32
5	118	Rui Rodrigues	Centro de Atletismo de Tondela	Veterano M35	35:51	+05:58	03:35
6	215	Luis Gomes	GAC - Grupo de Atletismo da Caranguejeira	Veterano M35	36:07	+06:14	03:37
7	216	Nuno Casalinho	GAC - Grupo de Atletismo da Caranguejeira	Veterano M35	36:08	+06:15	03:37
8	338	Nuno Miguel	Individual	Veterano M35	36:53	+06:59	03:41
9	463	Filipe Rocha	OZXTREME/ADCRPEREIRA	Veterano M35	36:59	+07:06	03:42
10	21	AMILCAR BRITO	AC VERMOIL	Veterano M35	37:40	+07:46	03:46
11	124	Marco Franco	Clube de Atletismo de Ferreira do Zêzere	Veterano M35	37:40	+07:47	03:46

Prova Principal

10 KM

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

OFFICIAL RESULT

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

12	141	Leandro santos	CLUBE VETERANOS DO LIS	Veterano M35	38:32	+08:39	03:51
13	343	Ricardo Jorge Gameiro Gonçalves	Individual	Veterano M35	38:45	+08:51	03:53
14	462	Carlos Correia	OZXTREME/ADCRPEREIRA	Veterano M35	39:07	+09:13	03:55
15	327	Ernesto Pereira	Individual	Veterano M35	39:11	+09:17	03:55
16	176	João Simões	DCI/Trilhos Luso Bussaco	Veterano M35	39:12	+09:19	03:55
17	249	Miguel marques	Grupo Desportivo São Paio de Oleiros	Veterano M35	39:15	+09:22	03:56
18	150	Márcio Sousa	CPR. A-do-Barbas	Veterano M35	39:41	+09:48	03:58
19	40	Hugo Horta	ACBATALHA	Veterano M35	39:56	+10:03	04:00
20	140	Cristóvão Gomes	CLUBE VETERANOS DO LIS	Veterano M35	40:42	+10:49	04:04
21	235	Ricardo Carreira	Grupo Alegre Unido Bajouca	Veterano M35	40:51	+10:58	04:05
22	339	Pedro Esteves	Individual	Veterano M35	41:21	+11:28	04:08
23	39	Frederico Carreira	ACBATALHA	Veterano M35	41:50	+11:57	04:11
24	402	António Cordeiro	Slow Runners Pombal	Veterano M35	41:59	+12:06	04:12
25	256	Ricardo Lopes	Grupo Maravilha	Veterano M35	42:00	+12:06	04:12
26	335	Micael Santos	Individual	Veterano M35	42:51	+12:57	04:17
27	337	Nelson dos Santos Vieira	Individual	Veterano M35	42:52	+12:59	04:17
28	234	Hugo Barqueiro	Grupo Alegre Unido Bajouca	Veterano M35	43:03	+13:09	04:18
29	325	DANIEL SANTOS GASPAR	Individual	Veterano M35	43:07	+13:14	04:19
30	336	Nelio Girão	Individual	Veterano M35	43:12	+13:19	04:19
31	502	Hugo Gaspar	Sissi Runners	Veterano M35	43:16	+13:23	04:20
32	122	Pedro Pejapes	Clube de Atletismo da Nazaré	Veterano M35	43:50	+13:57	04:23
33	524	Rui Pereira	VILAVENTURA Trail Running Team	Veterano M35	43:51	+13:58	04:23
34	328	Eurico João	Individual	Veterano M35	44:15	+14:21	04:26
35	501	Filipe Serrario	Sissi Runners	Veterano M35	44:28	+14:35	04:27
36	525	Rui Neves	Wolf Team Run	Veterano M35	44:35	+14:42	04:28
37	54	Edgar Gomes	ACRM Silveirinha Grande Claras	Veterano M35	45:31	+15:38	04:33
38	545	João Batista	APJ TRail Team	Veterano M35	45:35	+15:42	04:34
39	326	Délio Pascoal	Individual	Veterano M35	46:07	+16:13	04:37
40	333	José Gregório Gonçalves Oliveira	Individual	Veterano M35	46:16	+16:23	04:38
41	332	Henrique Carvalho	Individual	Veterano M35	46:25	+16:32	04:39
42	100	André Lopes	CCD CRÉDITO AGRÍCOLA	Veterano M35	46:26	+16:33	04:39
43	324	ANTONIO MIGUEL CABRAL O	Individual	Veterano M35	47:05	+17:11	04:43
44	508	Leonardo José Rodrigues Araújo	Slow Runners Pombal	Veterano M35	47:06	+17:13	04:43
45	341	Pedro Pimpao	Individual	Veterano M35	47:07	+17:13	04:43
46	444	PEDRO SILVA	LORENZO SPORTS TEAM	Veterano M35	48:13	+18:20	04:49
47	334	Luis Mendes	Individual	Veterano M35	49:00	+19:07	04:54
48	513	Hamid Pourkhataei Monsef	Thunder Legs	Veterano M35	49:15	+19:22	04:56
49	323	Andre Pereira	Individual	Veterano M35	50:05	+20:11	05:01
50	345	Sérgio Cabecinhas	Individual	Veterano M35	50:35	+20:42	05:04
51	53	Claudio Gaspar	ACRM Silveirinha Grande Claras	Veterano M35	51:04	+21:10	05:06
52	346	Tony Santos	Individual	Veterano M35	51:23	+21:29	05:08
53	101	Gonçalo Freitas	CCD CRÉDITO AGRÍCOLA	Veterano M35	52:56	+23:03	05:18
54	340	Pedro Moreira	Individual	Veterano M35	54:07	+24:14	05:25
55	342	Pedro Simões Marques	Individual	Veterano M35	56:19	+26:26	05:38
56	490	Pedro Pereira	SETeam	Veterano M35	56:41	+26:48	05:40

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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

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

57	514	Ricardo Carrasqueira	TLC	Veterano M35	57:00	+27:07	05:42
58	520	António Daniel Maia	Underground All Mountain figueira da foz	Veterano M35	01:04:00	+34:07	06:24
59	470	António Manuel Ferreira Mendes	Ratatui Team	Veterano M35	01:06:26	+36:33	06:39
60	469	André Filipe Marques Gomes	Ratatui Team	Veterano M35	01:06:26	+36:33	06:39
61	471	Cristiano de Jesus Santos	Ratatui Team	Veterano M35	01:06:26	+36:33	06:39

Veterano M40

1	193	João Pereira	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	33:47	+03:54	03:23
2	250	Manuel Belinha	Grupo Desportivo São Paio de Oleiros	Veterano M40	34:32	+04:39	03:27
3	236	Joel Couto	Grupo Alegre Unido Bajouca	Veterano M40	36:19	+06:26	03:38
4	229	Nuno Santos	GRF Benedita - Atletismo	Veterano M40	36:46	+06:53	03:41
5	157	Carlos Pimenta	CPT Sobral de Ceira	Veterano M40	37:11	+07:18	03:43
6	103	Miguel Gonçalves	CCD CRÉDITO AGRÍCOLA	Veterano M40	37:52	+07:59	03:47
7	476	Hugo Ramalho	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	37:54	+08:00	03:47
8	98	Paulo Ferreira	CB RUNNING	Veterano M40	38:53	+09:00	03:53
9	207	nuno lopes	G D 3 SANTOS POPULARES	Veterano M40	39:04	+09:11	03:54
10	158	Nuno Sousa	CPT Sobral de Ceira	Veterano M40	39:38	+09:45	03:58
11	25	JOSÉ MENDES	AC VERMOIL	Veterano M40	39:48	+09:54	03:59
12	349	Carlos Miguel Araújo	Individual	Veterano M40	39:52	+09:59	03:59
13	104	Nuno Rosa	CCD CRÉDITO AGRÍCOLA	Veterano M40	41:02	+11:09	04:06
14	237	Otelo Pereira	Grupo Alegre Unido Bajouca	Veterano M40	41:10	+11:17	04:07
15	360	Nelson Ferraz Moreira	Individual	Veterano M40	41:14	+11:21	04:07
16	11	Nelson Norte	A. R. Meirinhas	Veterano M40	41:17	+11:24	04:08
17	24	HELDER MIRANDA	AC VERMOIL	Veterano M40	41:42	+11:49	04:10
18	152	Nuno Ferreira	CPR. A-do-Barbas	Veterano M40	41:46	+11:53	04:11
19	228	César Coelho	GRF Benedita - Atletismo	Veterano M40	41:48	+11:55	04:11
20	89	Cristovão Jorge	CAMG	Veterano M40	42:05	+12:12	04:13
21	362	Nuno Mota	Individual	Veterano M40	42:14	+12:21	04:13
22	464	Fernando Carvalho	OZXTREME/ADCRPEREIRA	Veterano M40	42:14	+12:21	04:13
23	133	Nuno José Grazina Gineto	Clube Desportivo Ribeirense	Veterano M40	42:34	+12:41	04:15
24	439	Nuno Filipe Lopes Baltazar	Juventude Vidigalense	Veterano M40	42:49	+12:56	04:17
25	12	Ricardo Ruas	A. R. Meirinhas	Veterano M40	44:46	+14:53	04:29
26	9	David Mota	A. R. Meirinhas	Veterano M40	44:46	+14:53	04:29
27	88	Carlos França	CAD A CORRER	Veterano M40	44:49	+14:56	04:29
28	352	Helder Marco Silva Domingues	Individual	Veterano M40	45:07	+15:13	04:31
29	10	Gonçalo Sá	A. R. Meirinhas	Veterano M40	45:11	+15:18	04:31
30	76	Pedro Neves	BTTralhos	Veterano M40	45:21	+15:27	04:32
31	357	Jose Miguel Ferreira Santos	Individual	Veterano M40	46:22	+16:28	04:38
32	504	Ruben Vieira Barjona	Sissi Runners	Veterano M40	46:28	+16:35	04:39
33	459	Pedro Ribeiro	osPrimos	Veterano M40	47:34	+17:41	04:45
34	238	Pedro Cabecinhas	Grupo Alegre Unido Bajouca	Veterano M40	47:36	+17:43	04:46
35	188	Victor Manuel Ferreira Calado	Ergoecran	Veterano M40	48:09	+18:15	04:49

Prova Principal

10 KM

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

OFFICIAL RESULT

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

36	449	DANIEL FRAGOSO	MOVE UP	Veterano M40	48:38	+18:45	04:52
37	359	JUSTINO MANUEL ROSA DA SILVA	Individual	Veterano M40	48:40	+18:46	04:52
38	358	José Rodrigues	Individual	Veterano M40	48:44	+18:51	04:52
39	41	CASIMIRO GOMES	ACBATALHA	Veterano M40	48:44	+18:51	04:52
40	187	Marcos José Freire Lisboa	Ergoecran	Veterano M40	50:01	+20:08	05:00
41	366	RiCaRdO MaNuEl TelxEiRa De OIlvEiRa	Individual	Veterano M40	50:12	+20:19	05:01
42	239	Tomé Fernandes	Grupo Alegre Unido Bajouca	Veterano M40	50:14	+20:21	05:01
43	351	Gabriel Pereira Carreira	Individual	Veterano M40	50:27	+20:34	05:03
44	503	Roberto Fiuza Alves	Sissi Runners	Veterano M40	51:08	+21:15	05:07
45	491	Luís Anunciação	SETeam	Veterano M40	51:15	+21:22	05:08
46	364	PEDRO NATARIO	Individual	Veterano M40	51:47	+21:54	05:11
47	361	Nilton Jorge da Silva Caetano	Individual	Veterano M40	51:50	+21:57	05:11
48	186	Dinis Domingues dos Santos	Ergoecran	Veterano M40	51:58	+22:05	05:12
49	446	Sérgio Pereira	Luzecus	Veterano M40	52:18	+22:25	05:14
50	55	Nelson Marques	ACRM Silveirinha Grande Claras	Veterano M40	52:42	+22:49	05:16
51	350	Francisco Sousa	Individual	Veterano M40	53:36	+23:43	05:22
52	353	Helder Monteiro	Individual	Veterano M40	54:50	+24:57	05:29
53	347	BRUNO LOPES CASINHA	Individual	Veterano M40	56:06	+26:13	05:37
54	355	João Miguel Ferreira Próspero	Individual	Veterano M40	56:36	+26:43	05:40
55	356	José Manuel Henriques David Fernandes	Individual	Veterano M40	57:53	+27:59	05:47
56	79	Fernando Homem	C.A.S.P.A.(Clube Amador Só Para Atletismo)	Veterano M40	01:04:06	+34:13	06:25
57	472	Alberto Figueiredo Gomes	Ratatui Team	Veterano M40	01:06:26	+36:33	06:39

Veterano M45

1	421	JORGE MARCELINO	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	34:12	+04:19	03:25
2	423	VITOR DINIS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	34:43	+04:49	03:28
3	252	Armando bastos	Grupo Desportivo São Paio de Oleiros	Veterano M45	35:02	+05:08	03:30
4	136	Gil Ferreira	CLUBE DESPORTIVO SÃO SALVADOR DO CAMPO	Veterano M45	35:13	+05:19	03:31
5	28	MIGUEL ANGELO	AC VERMOIL	Veterano M45	35:57	+06:04	03:36
6	29	PEDRO FERREIRA	AC VERMOIL	Veterano M45	37:12	+07:19	03:43
7	177	Paulo Maia	DCI/Trilhos Luso Bussaco	Veterano M45	37:49	+07:55	03:47
8	368	André Quarenta	Individual	Veterano M45	38:25	+08:32	03:51
9	419	JOÃO DOMINGOS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	38:40	+08:47	03:52
10	253	Avelino Freitas	Grupo Desportivo São Paio de Oleiros	Veterano M45	38:51	+08:57	03:53
11	134	Amândio Paulo Patação Carapinha	Clube Desportivo Ribeirense	Veterano M45	38:51	+08:58	03:53
12	27	JOSÉ SANTOS	AC VERMOIL	Veterano M45	39:06	+09:13	03:55
13	380	Joel da Silva	Individual	Veterano M45	39:37	+09:44	03:58
14	451	Filipe Andre Viana Nogueira	Notícias de Colmeias Atletismo	Veterano M45	39:59	+10:06	04:00

Prova Principal

10 KM

OFFICIAL RESULT

15	251	Alcindo dias	Grupo Desportivo São Paio de Oleiros	Veterano M45	40:35	+10:41	04:04
16	386	Paulo Loureiro	Individual	Veterano M45	40:35	+10:42	04:04
17	522	Paul de Oliveira	Union athlétique de montereau	Veterano M45	41:00	+11:07	04:06
18	123	José Marques	Clube de Atletismo da Nazaré	Veterano M45	41:24	+11:31	04:08
19	119	Vitor Nelson	Cerveira Team Running	Veterano M45	41:51	+11:58	04:11
20	57	Luís Silva	ACRM Silveirinha Grande Claras	Veterano M45	42:41	+12:48	04:16
21	420	JOÃO MARCELINO	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	42:46	+12:52	04:17
22	126	Paulo Piscoeiro	Clube de Atletismo Prof. Emilia Piscoeiro	Veterano M45	43:00	+13:06	04:18
23	371	ELIAS DE SOUZA	Individual	Veterano M45	43:02	+13:08	04:18
24	379	João Barata	Individual	Veterano M45	43:29	+13:36	04:21
25	382	Leonel Sousa	Individual	Veterano M45	43:36	+13:43	04:22
26	56	Amilcar Costa	ACRM Silveirinha Grande Claras	Veterano M45	43:38	+13:45	04:22
27	230	Paulo jesuino	GRF Benedita - Atletismo	Veterano M45	43:54	+14:01	04:23
28	219	Paulo Pontes	GACV	Veterano M45	44:19	+14:26	04:26
29	84	Daniel Lourenço	CA Barreira	Veterano M45	44:21	+14:28	04:26
30	377	HENRIQUE RODRIGUES	Individual	Veterano M45	44:25	+14:32	04:27
31	111	Nuno Lorvao	CCRD Burinhosa	Veterano M45	44:28	+14:35	04:27
32	135	João Pedro Jesus Justo	Clube Desportivo Ribeirense	Veterano M45	44:31	+14:38	04:27
33	372	Emídio Alves	Individual	Veterano M45	45:02	+15:09	04:30
34	167	Carlos António Mota Longo da Conceição	cscrcharneca	Veterano M45	45:59	+16:06	04:36
35	460	Beto Oliveira	osPrimos	Veterano M45	46:03	+16:09	04:36
36	373	Fernando Neves	Individual	Veterano M45	46:04	+16:10	04:36
37	387	Ricardo Pedrosa	Individual	Veterano M45	46:13	+16:20	04:37
38	492	Luís Pereira	SETeam	Veterano M45	46:16	+16:22	04:38
39	376	Henrique lavaredas	Individual	Veterano M45	46:17	+16:24	04:38
40	517	Miguel Bernardo	Twopikas	Veterano M45	46:17	+16:24	04:38
41	482	David Lopes	run4fun	Veterano M45	46:38	+16:45	04:40
42	90	Luís Maia	CAMG	Veterano M45	46:40	+16:47	04:40
43	189	Albano Manuel Fernandes Silva	Ergoecran	Veterano M45	46:59	+17:06	04:42
44	388	Rui Terceiro	Individual	Veterano M45	47:09	+17:16	04:43
45	142	Vasco Marques	CLUBE VETERANOS DO LIS	Veterano M45	47:12	+17:19	04:43
46	381	José Patrício	Individual	Veterano M45	47:39	+17:46	04:46
47	77	Eduardo Vieira	BTTalhos	Veterano M45	48:22	+18:29	04:50
48	168	Miguel Ângelo Duarte das Neves Matias	cscrcharneca	Veterano M45	48:39	+18:46	04:52
49	384	MIGUEL SERAFIM	Individual	Veterano M45	48:48	+18:55	04:53
50	146	Nelson Santos	CP Cibra	Veterano M45	48:56	+19:03	04:54
51	422	PEDRO COIMBRA	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M45	48:58	+19:05	04:54
52	378	Humberto Dias	Individual	Veterano M45	49:27	+19:33	04:57
53	374	Gameiro roberto	Individual	Veterano M45	51:41	+21:47	05:10
54	169	Pascoal Duarte Oliveira	cscrcharneca	Veterano M45	52:36	+22:43	05:16
55	106	João Rodrigues	CCD CRÉDITO AGRÍCOLA	Veterano M45	53:27	+23:34	05:21
56	7	Vitor Gonçalves	4 ao Km	Veterano M45	53:41	+23:48	05:22

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

OFFICIAL RESULT

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

57	370	Diogo Lopes	Individual	Veterano M45	53:46	+23:53	05:23
58	105	Filipe Simões	CCD CRÉDITO AGRÍCOLA	Veterano M45	54:40	+24:47	05:28
59	375	Gil Carvalho	Individual	Veterano M45	54:44	+24:51	05:28
60	505	Miguel Castelo Branco	Sissi Runners	Veterano M45	59:21	+29:28	05:56
61	97	Rui Rainho	Cavalinhos runners	Veterano M45	01:03:20	+33:26	06:20
62	473	Claude Michel Pierre	Ratatui Team	Veterano M45	01:06:26	+36:33	06:39

Veterano M50

1	246	Fernando Matos	Grupo de Convívio e Amizade nas Donas	Veterano M50	34:06	+04:13	03:25
2	424	ANTÓNIO FERREIRA	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	37:20	+07:27	03:44
3	178	João Almeida	DCI/Trilhos Luso Bussaco	Veterano M50	37:26	+07:33	03:45
4	429	PAULINO SOUSA	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	37:50	+07:56	03:47
5	217	Luis Guarda	GAC - Grupo de Atletismo da Caranguejeira	Veterano M50	37:54	+08:00	03:47
6	426	CARLOS SIMÕES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	38:19	+08:26	03:50
7	240	Daniel Jaulino	Grupo Alegre Unido Bajouca	Veterano M50	38:40	+08:47	03:52
8	36	antonio silva	Academia do Pro - Peniche	Veterano M50	39:32	+09:39	03:57
9	392	Gil Braz de Oliveira	Individual	Veterano M50	39:46	+09:53	03:59
10	107	Pedro Costa	CCD CRÉDITO AGRÍCOLA	Veterano M50	40:31	+10:38	04:03
11	242	José Gonçalves	Grupo Alegre Unido Bajouca	Veterano M50	41:09	+11:15	04:07
12	85	Germano Capela	CA Barreira	Veterano M50	41:19	+11:26	04:08
13	153	Pedro Rodrigues	CPR. A-do-Barbas	Veterano M50	41:48	+11:55	04:11
14	393	Jose Fonseca	Individual	Veterano M50	42:19	+12:26	04:14
15	399	Vitor pereira	Individual	Veterano M50	42:22	+12:28	04:14
16	45	Paulo Monteiro	ACBATALHA	Veterano M50	42:23	+12:29	04:14
17	86	Rui Roberto	CA Barreira	Veterano M50	42:57	+13:03	04:18
18	179	Joaquim Martins	DCI/Trilhos Luso Bussaco	Veterano M50	43:10	+13:17	04:19
19	63	António Patrício	ADR4Estações	Veterano M50	43:18	+13:25	04:20
20	221	Fernando Jacinto	Gasoutos Grupo Atlético dos Soutos	Veterano M50	43:21	+13:27	04:20
21	241	Jorge Silva	Grupo Alegre Unido Bajouca	Veterano M50	43:43	+13:50	04:22
22	465	Paulo Oliveira	PelaEstradaFora	Veterano M50	44:13	+14:19	04:25
23	30	VITOR LOPES	AC VERMOIL	Veterano M50	44:28	+14:35	04:27
24	93	Rui Faria	Casa Benfca Figueira da Foz	Veterano M50	44:32	+14:39	04:27
25	243	Virgílio Alberto	Grupo Alegre Unido Bajouca	Veterano M50	45:14	+15:21	04:31
26	58	José Goes	ACRM Silveirinha Grande Claras	Veterano M50	45:36	+15:43	04:34
27	395	Nelson Jorge	Individual	Veterano M50	45:44	+15:51	04:34
28	391	Armando Cruz	Individual	Veterano M50	45:59	+16:06	04:36
29	390	António Dias	Individual	Veterano M50	46:31	+16:38	04:39
30	143	Jose Martins	CLUBE VETERANOS DO LIS	Veterano M50	47:32	+17:39	04:45
31	398	Vitor José de Sousa Monteiro	Individual	Veterano M50	48:01	+18:08	04:48
32	483	Fernando Neves Estrela	run4fun	Veterano M50	49:02	+19:09	04:54

Prova Principal

10 KM

OFFICIAL RESULT

33	427	JOÃO BENTO	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	49:15	+19:22	04:56
34	396	Ricardo Rocha	Individual	Veterano M50	51:52	+21:59	05:11
35	170	Arlindo de Jesus Oliveira	cscrffcharneca	Veterano M50	54:30	+24:36	05:27
36	468	Jorge Santos	Pombal Jornal	Veterano M50	54:45	+24:51	05:29
37	397	VITOR GARISO	Individual	Veterano M50	01:05:23	+35:30	06:32

Veterano M55

1	208	jose fernandes	G D 3 SANTOS POPULARES	Veterano M55	35:23	+05:29	03:32
2	62	Mário Silva	Acrs Desterro-Napo	Veterano M55	35:50	+05:57	03:35
3	209	toze velha	G D 3 SANTOS POPULARES	Veterano M55	36:15	+06:22	03:38
4	81	josé Raimundo	C.R. Amieirinhense	Veterano M55	38:15	+08:22	03:50
5	544	João Mendes	Individual	Veterano M55	40:30	+10:37	04:03
6	95	Jose Freitas da silva	Casa de Benfica abrantas	Veterano M55	40:35	+10:42	04:04
7	430	ANTÓNIO POEIRAS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	40:45	+10:51	04:05
8	244	Filipe Carvalheiro	Grupo Alegre Unido Bajouca	Veterano M55	41:41	+11:48	04:10
9	92	Aníbal Godinho	Caracol Trail Team	Veterano M55	42:17	+12:24	04:14
10	70	FERNANDO AGANTE	Associação Académica de Coimbra	Veterano M55	42:58	+13:05	04:18
11	254	Valdemar Alves	Grupo Desportivo São Paio de Oleiros	Veterano M55	43:26	+13:33	04:21
12	431	RUI DINIS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M55	44:00	+14:07	04:24
13	405	orlando ribeiro	Individual	Veterano M55	45:05	+15:11	04:31
14	400	António Silvino	Individual	Veterano M55	45:08	+15:15	04:31
15	112	Rui Ventura	CCRD Burinhosa	Veterano M55	45:17	+15:24	04:32
16	159	Carlos Garrido	CPT Sobral de Ceira	Veterano M55	48:14	+18:21	04:49
17	109	Rui Graça	CCD CRÉDITO AGRÍCOLA	Veterano M55	48:35	+18:42	04:52
18	31	EUGÉNIO MENDES	AC VERMOIL	Veterano M55	48:59	+19:06	04:54
19	47	Abel Flores	ACPortalegre/UTSM	Veterano M55	49:05	+19:11	04:55
20	540	Manuel Mota	Individual	Veterano M55	49:42	+19:49	04:58
21	406	Paulo Fonseca	Individual	Veterano M55	49:51	+19:58	04:59
22	404	MANUEL GONÇALVES DOS SANTOS	Individual	Veterano M55	50:23	+20:29	05:02
23	66	Arlindo Santos	ADRM	Veterano M55	50:34	+20:41	05:03
24	220	Manuel Alves	GACV	Veterano M55	50:38	+20:44	05:04
25	526	JOSE LOURENCO	Individual	Veterano M55	52:02	+22:09	05:12
26	458	Jorge Justo	O Mundo da Corrida	Veterano M55	52:05	+22:11	05:13
27	257	José Pedrosa	Grupo Maravilha	Veterano M55	52:05	+22:12	05:13
28	494	José Bolrão	SETeam	Veterano M55	57:07	+27:14	05:43
29	8	João Lima	4 ao Km	Veterano M55	58:42	+28:49	05:52

Veterano M60

1	435	LICÍNIO PEREIRA	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	37:58	+08:05	03:48
---	-----	-----------------	---------------------------------	--------------	-------	--------	-------

Prova Principal**10 KM**

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

OFFICIAL RESULT

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

2	48	Emílio Paulino	ACPortalegre/UTSM	Veterano M60	39:37	+09:44	03:58
3	33	AQUILINO FERREIRA	AC VERMOIL	Veterano M60	40:15	+10:22	04:02
4	82	Joaquim Morais	C.R. Amieirinhense	Veterano M60	40:23	+10:30	04:02
5	162	Anibal Martins	CPT Sobral de Ceira	Veterano M60	40:38	+10:45	04:04
6	180	Joaquim Godinho	DCI/Trilhos Luso Bussaco	Veterano M60	42:11	+12:17	04:13
7	408	Augusto Dourado	Individual	Veterano M60	42:30	+12:37	04:15
8	432	ACÁCIO CAMPOS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	43:02	+13:09	04:18
9	113	Jose rato	CCRD Burinhosa	Veterano M60	43:13	+13:20	04:19
10	154	Joaquim Gomes	CPR. A-do-Barbas	Veterano M60	43:34	+13:41	04:21
11	258	Manuel Fernandes	Grupo Marvilha	Veterano M60	43:46	+13:53	04:23
12	434	CELESTINO MARQUES	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	43:58	+14:04	04:24
13	131	Leonel Rodrigues	Clube Desportivo Moitense	Veterano M60	43:59	+14:06	04:24
14	231	Luís Paulo	GRF Benedita - Atletismo	Veterano M60	44:09	+14:16	04:25
15	87	Jorge Agostinho	CA Barreira	Veterano M60	44:24	+14:31	04:26
16	132	Mario Duarte	Clube Desportivo Moitense	Veterano M60	44:38	+14:45	04:28
17	163	Costa Marques	CPT Sobral de Ceira	Veterano M60	47:45	+17:52	04:47
18	127	Narciso Arromba	Clube de Veteranos de Coimbra - CLUVE	Veterano M60	48:23	+18:30	04:50
19	144	Américo Santos	CLUBE VETERANOS DO LIS	Veterano M60	48:25	+18:32	04:51
20	60	João Sintra	ACRM Silveirinha Grande Claras	Veterano M60	48:30	+18:37	04:51
21	46	EVANGELINO CARDEIRA	ACBATALHA	Veterano M60	48:32	+18:39	04:51
22	506	Fernando Lourenço Vieira	Sissi Runners	Veterano M60	48:59	+19:05	04:54
23	129	Adriano Fonte	Clube Desportivo Moitense	Veterano M60	49:04	+19:11	04:54
24	410	Vitor fontes	Individual	Veterano M60	50:18	+20:24	05:02
25	32	ALFREDO SANTOS	AC VERMOIL	Veterano M60	50:43	+20:49	05:04
26	130	Diamantino Cruz	Clube Desportivo Moitense	Veterano M60	51:18	+21:24	05:08
27	34	LEANDRO SANTOS	AC VERMOIL	Veterano M60	51:51	+21:58	05:11
28	433	ACÁCIO LAVOS	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	52:03	+22:10	05:12
29	245	Ramiro Rodrigues	Grupo Alegre Unido Bajouca	Veterano M60	54:53	+25:00	05:29
30	94	Armando Delgado	Casa Benfica Figueira da Foz	Veterano M60	56:08	+26:15	05:37
31	407	Alexandrino Silveiro	Individual	Veterano M60	56:22	+26:29	05:38
32	59	João Graça	ACRM Silveirinha Grande Claras	Veterano M60	57:14	+27:21	05:43
33	409	Manuel Pereira	Individual	Veterano M60	01:02:28	+32:35	06:15