

PROVA ABERTA - STAGE 1

10 KM

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REVISED

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	331	João Queiroz	ccd siemens	Veterano M40	43:10	+08:49	04:19
42	69	LEANDRO REIAS	srcdrf monte godel	Veterano M45	43:32	+09:10	04:21
43	87	António João Lazera Martins	nav runners	Veterano M50	43:38	+09:16	04:22
44	237	Dinis Oliveira	cdr pereiros	Veterano M40	43:40	+09:18	04:22
45	373	Luis Machado	gfd running	Senior Masculino	43:44	+09:22	04:22
46	235	António Pedro Miranda	antónio miranda	Senior Masculino	43:52	+09:30	04:23
47	471	Fábio Lima	individual	Senior Masculino	43:52	+09:30	04:23
48	21	Ruben Costa	ruben costa	Veterano M35	43:55	+09:33	04:24
49	42	Bogdan Sandu	bogdan sandu	Senior Masculino	43:55	+09:33	04:24
50	124	Ana jose	renault run club	Veterana F45	43:59	+09:37	04:24
51	391	ANASTACIO VALADAS	gd santandertotta	Veterano M65	44:05	+09:43	04:25
52	223	Jaime Lamego	individual	Veterano M55	44:09	+09:47	04:25
53	376	Rui Freitas	gfd running	Veterano M40	44:13	+09:51	04:25
54	379	António Silva	gfd running	Veterano M45	44:15	+09:53	04:26
55	469	João Cabo	joão cabo	Senior Masculino	44:34	+10:13	04:27
56	369	David Faustino	ss cgd	Veterano M50	44:40	+10:18	04:28
57	2	Carlos França	cad a correr	Veterano M35	44:43	+10:21	04:28
58	476	Daniel Valente	individual	Senior Masculino	44:43	+10:21	04:28
59	207	Emanuel	individual	Senior Masculino	44:45	+10:24	04:29
60	363	Paulo figueira	juventudz atletico clube	Veterano M50	44:48	+10:26	04:29
61	3	Augusto Carriço	cad a correr	Veterano M50	44:50	+10:28	04:29
62	149	Vitor Mourão	allianz running team	Veterano M45	45:03	+10:41	04:30
63	178	Pedro Caramba	correr lisboa	Veterano M40	45:05	+10:43	04:31
64	127	ANA FRANCISCO	srcdrf monte godel	Veterana F40	45:21	+10:59	04:32
65	108	Henrique Amador	ss cgd	Veterano M45	45:31	+11:09	04:33
66	456	Luis Peixoto Amaral	luis amaral	Veterano M45	45:34	+11:13	04:33
67	283	Samuel Trancoso	brnightrunners	Veterano M45	45:40	+11:19	04:34
68	17	Albino Alves	link	Veterano M35	45:42	+11:21	04:34
69	433	Rodrigo Manuel Cecília Marujo Gonçalves	amigos do ambiente	Veterano M40	45:43	+11:22	04:34
70	407	PAULO SANTOS	lourdete perfumarias	Veterano M50	45:45	+11:23	04:35
71	477	Ricardo Neto	individual	Veterano M35	45:46	+11:24	04:35
72	441	Rui Almeida	corrida noturna parque das nações	Veterano M45	45:51	+11:29	04:35
73	168	Cipriano Martins	cipriano martins	Veterano M40	45:56	+11:34	04:36
74	370	Isabel Moleiro	ss cgd	Veterana F50	45:57	+11:35	04:36
75	282	Paulo Costa	sfuap	Veterano M50	45:58	+11:37	04:36
76	56	Filipe Feijão	gang do amendoim	Senior Masculino	46:02	+11:41	04:36
77	126	ANA FRANCISCO	srcdrf monte godel	Veterana F40	46:05	+11:43	04:37
78	77	Susana Rodrigues	zimbra fox runners	Veterana F35	46:10	+11:48	04:37
79	34	Joao Bogalheiro	amigos vale do silencio	Veterano M45	46:12	+11:50	04:37
80	117	Sergio Filipe de Jesus Barros	individual	Veterano M45	46:18	+11:56	04:38
81	26	Álvaro Gomes	terras fundeirad	Veterano M45	46:22	+12:00	04:38
82	30	Carlos Ramos	correr lisboa	Veterano M45	46:33	+12:11	04:39
83	462	Helder Delgado	centro de marcha e corrida de alenquer	Veterano M35	46:36	+12:14	04:40
84	326	Nuno Verdasca	me, my self and i	Veterano M45	46:46	+12:24	04:41
85	198	Emanuel de Jesus Borges Pereira	correr lisboa	Senior Masculino	46:49	+12:27	04:41

Official Timekeeper: Lap2Go	2 / 9	generate 12-Jan-2019 22:54
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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	189	Paulo Botelho	corrida noturna parque das nações	Veterano M40	46:49	+12:28	04:41
87	453	António Ramos	federação da família para a paz mundial e unificação	Veterano M45	46:53	+12:31	04:41
88	382	Jose lopes	jose lopes	Veterano M50	46:55	+12:34	04:42
89	185	Clive Saffery	team saffery	Veterano M60	47:02	+12:40	04:42
90	279	Virgílio Madeira	ccd tranquilidade	Veterano M55	47:03	+12:41	04:42
91	55	João Vital	gang do amendoim	Senior Masculino	47:14	+12:52	04:43
92	200	José Miguel Filipe Ferreira	incógnito	Sub 23 Masculino	47:17	+12:55	04:44
93	212	JOÃO BRITO	joão brito	Veterano M35	47:18	+12:56	04:44
94	240	Carlos Leitão	ss cgd	Veterano M55	47:23	+13:01	04:44
95	113	Miguel Rocha	individual	Veterano M45	47:25	+13:03	04:45
96	172	João Basílio	individual	Veterano M55	47:32	+13:10	04:45
97	464	José Ribeiro	centro de marcha e corrida de alenquer	Veterano M55	47:39	+13:17	04:46
98	266	Alexandre Lumier	lumier san	Junior Masculino	47:47	+13:25	04:47
99	239	Noémia Sequeira	ss cgd	Veterana F50	47:49	+13:27	04:47
100	125	Manuel Lopes	360i runners	Senior Masculino	47:50	+13:29	04:47
101	230	Paulo Pais	equipa bravo	Veterano M35	47:53	+13:31	04:47
102	222	Carlos Jorge Soares da Rocha Correia de Sequeira	correr loures	Veterano M50	47:57	+13:36	04:48
103	245	Vítor Cavadas	sem equipa	Senior Masculino	47:58	+13:36	04:48
104	253	José Carlos Amaral	jcautr-dnd	Veterano M45	48:00	+13:38	04:48
105	226	Filipe Duarte	serviços sociais montepio	Senior Masculino	48:01	+13:39	04:48
106	58	Bruno Dias	ss cgd	Veterano M40	48:03	+13:41	04:48
107	53	João Fernandes	individual	Veterano M35	48:04	+13:42	04:48
108	145	António Painha	allianz running team	Veterano M50	48:08	+13:47	04:49
109	413	Fernando Celestino	ccd tranquilidade	Veterano M60	48:18	+13:57	04:50
110	436	José Bastos	allianz	Veterano M50	48:19	+13:57	04:50
111	380	Abel Pina	gfd running	Veterano M50	48:19	+13:57	04:50
112	67	Evelino Magalhães	norauto portugal	Veterano M40	48:26	+14:04	04:51
113	368	Gabriel Santos	servimex	Senior Masculino	48:36	+14:14	04:52
114	180	São Varela	cofina	Veterana F40	48:37	+14:15	04:52
115	378	António Marcelo	gfd running	Veterano M55	48:40	+14:18	04:52
116	236	Pedro ricardo branco barata filipe	a. filipe	Veterano M40	48:55	+14:33	04:54
117	188	Ana Isabel Almeida	correr lisboa	Veterana F35	48:55	+14:33	04:54
118	99	António Pereira	ccdtmetrolox	Veterano M50	49:04	+14:42	04:54
119	267	Antonio Simoes Simoes Vieira	antonio simoes simoes vieira	Veterano M65	49:09	+14:47	04:55
120	79	João Santos	360i runners	Senior Masculino	49:12	+14:50	04:55
121	118	Adelino Pereira	run2finish.pt	Veterano M50	49:13	+14:51	04:55
122	95	António José Tadeu Costa	josé tadeu pires costa	Veterano M55	49:14	+14:52	04:55
123	167	Raquel Moreira	runners da frente ribeirinha da povoia de santa iria	Senior Feminino	49:17	+14:56	04:56
124	137	Diogo Navas Garcia	moura	Veterano M35	49:18	+14:57	04:56
125	263	João Calisto	individual	Veterano M55	49:19	+14:58	04:56
126	355	Francisco Campos	correr lisboa	Senior Feminino	49:20	+14:58	04:56
127	147	Cristina Araujo	srcdrf monte godel	Veterana F45	49:20	+14:58	04:56
128	345	Ricardo dos Santos	adb	Veterano M35	49:22	+15:00	04:56

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
129	337	Domingos Marreiros	domingos marreiros	Junior Masculino	49:23	+15:02	04:56
130	408	RICARDO CONCEIÇÃO	lourdete perfumarias	Senior Masculino	49:30	+15:09	04:57
131	130	Nuno Bogalheiro	amigos vale silêncio	Veterano M45	49:44	+15:23	04:58
132	128	Fernando Almeida	srcdrf monte godel	Veterano M50	49:45	+15:23	04:59
133	183	Jose correia	navrunners	Veterano M55	49:48	+15:27	04:59
134	206	Paulo Moutinho	h-garra a lebre !!!	Veterano M45	49:49	+15:27	04:59
135	381	ANTONIO CALDEIRA	record	Veterano M50	49:53	+15:31	04:59
136	439	Miguel Mira	allianz	Senior Masculino	50:00	+15:39	05:00
137	202	José António da Silva Ferreira	incógnito	Veterano M45	50:03	+15:41	05:00
138	179	Susana Amorim	correr lisboa	Senior Feminino	50:04	+15:42	05:00
139	280	Helder Fernandes	equipa bravo	Veterano M35	50:06	+15:44	05:01
140	219	CARLOS MADUREIRA	equipa bravo	Senior Masculino	50:06	+15:45	05:01
141	44	Pedro Coutinho	pedro coutinho	Veterano M35	50:15	+15:53	05:02
142	18	José Cardoso	link	Veterano M35	50:25	+16:03	05:03
143	49	Paulo ribeiro	gdd	Veterano M50	50:31	+16:09	05:03
144	357	Luis pilar	luis/ana	Veterano M50	50:37	+16:15	05:04
145	20	Carlos Morais	individual	Veterano M50	50:41	+16:19	05:04
146	409	Nuno Cabanas	dolce&cabanas	Veterano M45	50:43	+16:22	05:04
147	186	Jacqui Saffery	saffery	Veterana F55	50:46	+16:24	05:05
148	152	Jorge Salvado	quarentões na bisga	Veterano M55	50:46	+16:25	05:05
149	221	Gonçalo Lopes	portugal running	Veterano M40	50:48	+16:26	05:05
150	162	Germano Bernardo	prazer da corrida	Veterano M60	50:49	+16:28	05:05
151	377	João Costa	gfd running	Veterano M60	50:54	+16:32	05:05
152	460	RUI PEREIRA	casa do pessoal da rtp	Veterano M45	51:02	+16:41	05:06
153	11	Luis Jose	luis jose	Veterano M45	51:03	+16:42	05:06
154	465	Francisco Alqueidão	centro de marcha e corrida de alenquer	Veterano M50	51:19	+16:57	05:08
155	93	Nuno Meia Onca	g r d leião	Veterano M35	51:21	+16:59	05:08
156	312	José Augusto Sobral Gomes	josé augusto sobral gomes	Veterano M40	51:28	+17:06	05:09
157	286	CARLOS COSTA	clube anacom	Veterano M45	51:40	+17:19	05:10
158	386	Maximiano Santos	maxprog	Veterano M50	51:53	+17:31	05:11
159	361	Antonio Manuel Costa Maurício	antonio manuel costa maurício	Veterano M50	51:55	+17:33	05:12
160	262	Mafalda Dias	scalabis night runners	Senior Feminino	52:05	+17:43	05:13
161	414	Carlos Bargado	ccd tranquilidade	Veterano M50	52:07	+17:45	05:13
162	500	Luís Nunes	individual	Veterano M50	52:10	+17:48	05:13
163	89	Pedro Manuel Costa Lopes	serrado fc atletismo	Veterano M45	52:14	+17:52	05:13
164	23	Guilherme Moreira	olalone	Veterano M45	52:15	+17:53	05:14
165	96	Rafael Azriel	-	Veterano M45	52:17	+17:56	05:14
166	73	Miguel Almeida	360i runners	Veterano M40	52:20	+17:58	05:14
167	195	José Veiga	correr lisboa	Veterano M55	52:21	+17:59	05:14
168	254	VITOR MOREIRA	caracóis	Senior Masculino	52:39	+18:17	05:16
169	90	António Jerónimo	serrado fc atletismo	Veterano M35	52:41	+18:20	05:16
170	389	NUNO SOBRAL	gd santandertotta	Veterano M40	52:42	+18:20	05:16
171	5	Bruno Madeira	bruno madeira	Veterano M40	52:56	+18:34	05:18
172	197	Alberto Romão	ar	Veterano M55	53:00	+18:38	05:18
173	375	Ricardo Branco	gfd running	Veterano M45	53:01	+18:39	05:18
174	405	Jose Gabriel Figueiredo	ponterrolense	Sub 23 Masculino	53:06	+18:44	05:19

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
220	367	Pedro Sequeira	evelx - associação de estilos de vida saudável	Veterano M35	56:10	+21:48	05:37
221	446	Elisa Marques	em	Veterana F35	56:10	+21:49	05:37
222	445	Pedro Figueiredo	pf	Veterano M35	56:11	+21:49	05:37
223	217	André Rolão	corrida noturna parque das nações	Veterano M35	56:17	+21:55	05:38
224	394	JOSE BARATA	gd santandertotta	Veterano M55	56:20	+21:58	05:38
225	31	Bernardo Salavessa	individual	Veterano M40	56:23	+22:02	05:38
226	348	João Botelho	allianz	Veterano M40	56:25	+22:03	05:39
227	429	Cláudio Manuel Piteira Mira	team gilmorto	Senior Masculino	56:31	+22:10	05:39
228	133	João Lima	4 ao km	Veterano M55	56:50	+22:28	05:41
229	402	LUCIO SILVA	gd santandertotta	Veterano M50	56:50	+22:28	05:41
230	395	CRISTINA OLIVEIRA	gd santandertotta	Veterana F35	56:51	+22:29	05:41
231	384	SUSANA GUERREIRO	gd santandertotta	Veterana F40	56:51	+22:29	05:41
232	156	Cristina Pereira	falcões selvagens	Veterana F45	56:55	+22:33	05:42
233	78	Jaydip Samgi	360i runners	Senior Masculino	56:56	+22:34	05:42
234	97	GILBERTO GONÇALVES	clube atletismo amigos de belém	Veterano M70	56:59	+22:37	05:42
235	290	Paulo Rainho	allianz	Veterano M35	57:06	+22:45	05:43
236	288	Rui Silva	allianz	Veterano M40	57:06	+22:45	05:43
237	71	Joao Alves	360i runners	Veterano M40	57:24	+23:03	05:44
238	139	Joao Silveira	joao silveira	Veterano M45	57:28	+23:06	05:45
239	452	Eduardo Manuel dos Santos Martins	the musicians	Senior Masculino	57:42	+23:21	05:46
240	451	Gonçalo Pascoal de Vasconcelos	the musicians	Senior Masculino	57:43	+23:21	05:46
241	455	Elias Alexandre Jerebtsov	the musicians	Senior Masculino	57:43	+23:21	05:46
242	390	TIAGO PITO	gd santandertotta	Veterano M40	57:47	+23:25	05:47
243	406	Paulo Bailão	ss cgd	Veterano M45	57:49	+23:27	05:47
244	430	Patrícia Pereira	chalet davila	Senior Feminino	57:52	+23:30	05:47
245	347	Pedro Palrão	benfica	Veterano M50	57:55	+23:33	05:48
246	54	Paulo Pimpão	paulo pimpão	Senior Masculino	57:58	+23:36	05:48
247	74	Mafalda Correia	360i runners	Senior Feminino	58:00	+23:38	05:48
248	299	Paulo Bettencourt	allianz	Veterano M55	58:17	+23:55	05:50
249	264	Julia Calisto	joão calisto	Veterana F55	58:19	+23:58	05:50
250	177	Maria Margarida Magro	maria margarida magro	Veterana F45	58:32	+24:11	05:51
251	209	Paulo Silva	bigroscas	Veterano M45	58:33	+24:11	05:51
252	287	Tiago Dias	cofina runners	Veterano M40	58:40	+24:18	05:52
253	62	Bruno Rego	arrastópé	Veterano M35	58:43	+24:21	05:52
254	121	Manuel Paulo	run2finish.pt	Veterano M60	58:44	+24:22	05:52
255	41	António Dias	link	Veterano M50	58:44	+24:23	05:52
256	22	João Manuel de Jesus Pereira	correr lisboa	Veterano M50	58:49	+24:27	05:53
257	397	RUI VILELA	gd santandertotta	Veterano M40	59:02	+24:40	05:54
258	334	Marta Silva	marta silva 1	Senior Feminino	59:02	+24:40	05:54
259	109	Magadiel Lopes	fidelidade gdc	Veterano M45	59:04	+24:42	05:54
260	225	Rui Manuel Marques Ferreira	ribafio	Veterano M50	59:14	+24:53	05:55
261	454	Inês Passas	racket center	Senior Feminino	59:20	+24:58	05:56
262	329	Ricardo Dourado	ricardo dourado	Veterano M40	59:21	+24:59	05:56
263	473	Paulo Alegre	individual	Veterano M45	59:29	+25:07	05:57

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
264	302	Rodrigo Cardoso	allianz	Junior Masculino	59:47	+25:26	05:59
265	238	Filipe Leite	filipe leite	Veterano M35	59:53	+25:31	05:59
266	39	Miguel Vieira Pita	avp racing team	Senior Masculino	59:57	+25:35	06:00
267	255	Bruno Abrantes	falcões selvagens	Veterano M40	01:00:21	+25:59	06:02
268	276	Cláudia Tam	ccd tranquilidade	Veterana F35	01:00:22	+26:00	06:02
269	351	Henrique Cruz	aon	Senior Masculino	01:00:33	+26:11	06:03
270	346	Rui Figueiredo	aon	Veterano M35	01:00:33	+26:11	06:03
271	92	Carlos Crespo	grd os fixes	Veterano M55	01:00:38	+26:16	06:04
272	134	Aurélio Calado	4 ao km	Veterano M65	01:00:38	+26:16	06:04
273	466	João Vieira	centro de marcha e corrida de alenquer	Veterano M55	01:00:54	+26:32	06:05
274	143	Mónica Quarenta	allianz running team	Veterana F45	01:00:58	+26:36	06:06
275	304	João Cardoso	allianz	Juvenil Masculino	01:01:02	+26:40	06:06
276	303	Duarte Cardoso	allianz	Veterano M45	01:01:02	+26:41	06:06
277	383	Mario Rui Costa	gd santandertotta	Veterano M40	01:01:13	+26:52	06:07
278	419	Sergio Dore Soares	sergio dore soares	Veterano M45	01:01:41	+27:19	06:10
279	437	Luís Teixeira	allianz	Veterano M35	01:01:59	+27:37	06:12
280	45	Manuel Sequeira	gdcp repsol polimeros	Veterano M65	01:02:02	+27:41	06:12
281	458	FABIANA GONÇALVES	casa do pessoal da rtp	Senior Feminino	01:02:08	+27:46	06:13
282	153	Luís Reis	falcões selvagens	Veterano M55	01:02:12	+27:51	06:13
283	154	Ana Martins	falcões selvagens	Veterana F50	01:02:12	+27:51	06:13
284	285	Eduardo Amorim	individual	Veterano M45	01:02:14	+27:52	06:13
285	474	José Tren	individual	Veterano M55	01:02:20	+27:58	06:14
286	440	Henrique Konders	allianz	Veterano M45	01:02:29	+28:08	06:15
287	246	Jorge pereira	rolha	Veterano M35	01:02:53	+28:31	06:17
288	114	Luis Silveira	lsilveira	Veterano M35	01:02:53	+28:31	06:17
289	155	Rui Pereira	falcões selvagens	Veterano M45	01:03:03	+28:41	06:18
290	157	Pedro Rodrigues	pedro rodrigues	Veterano M35	01:03:03	+28:41	06:18
291	50	Luisa falé da costa	quarentões na bisga	Veterana F50	01:03:40	+29:18	06:22
292	174	JUSTILIANO MEIRELES	falcões selvagens	Veterano M65	01:04:07	+29:45	06:25
293	295	José Jacinto	allianz	Veterano M45	01:04:16	+29:54	06:26
294	306	José Monteiro	allianz	Veterano M50	01:04:16	+29:55	06:26
295	300	Luciano Tomás	allianz	Veterano M60	01:04:17	+29:55	06:26
296	420	Susana Gomes	susana gomes	Veterana F35	01:04:20	+29:58	06:26
297	403	PAULA FIGUEIREDO	gd santandertotta	Veterana F60	01:04:21	+29:59	06:26
298	450	Joana Mirante	lisboa racket centre	Senior Masculino	01:04:23	+30:01	06:26
299	461	Diogo Ferreira	lisboa racket centre	Senior Masculino	01:04:23	+30:01	06:26
300	338	António Henriques	correr queluz	Veterano M50	01:04:28	+30:07	06:27
301	112	Isabel Rodrigues	eci running team	Veterana F50	01:04:31	+30:09	06:27
302	358	Ana pina	luis/ana	Veterana F45	01:04:31	+30:10	06:27
303	400	CARINA VEIGA	gd santandertotta	Senior Feminino	01:04:43	+30:21	06:28
304	250	Teresa Teixeira	tartarugas solidárias	Veterana F50	01:04:44	+30:22	06:28
305	249	Moisés Pires	caracóis	Veterano M50	01:04:45	+30:23	06:29
306	196	Patrícia Lobo	runners pump bplanet	Veterana F35	01:04:49	+30:28	06:29
307	415	Sonia Veiga Simões	individual	Veterana F40	01:04:57	+30:35	06:30
308	447	Tiago Duque	bells and springs	Veterano M40	01:05:08	+30:47	06:31
309	411	Anabela Moreira	correr queluz	Veterana F45	01:05:18	+30:56	06:32

PROVA ABERTA - STAGE 1

10 KM

OFFICIAL RESULT

R
REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
310	199	Paulo Santos	atletas	Veterano M35	01:05:25	+31:03	06:33
311	259	Alcides Pereira	allianz running team	Veterano M45	01:05:26	+31:04	06:33
312	260	Gilberto Neto	allianz running team	Veterano M40	01:05:26	+31:04	06:33
313	261	Marco Henriques	allianz running team	Veterano M40	01:05:26	+31:04	06:33
314	75	Carolina Maçã	360i runners	Senior Feminino	01:05:57	+31:35	06:36
315	388	JOSE RIBEIRO	gd santandertotta	Veterano M70	01:06:25	+32:04	06:39
316	51	Luis Filipe Costa	quarentões na bisga	Veterano M50	01:06:32	+32:11	06:39
317	298	João Aleixo	cofina	Veterano M35	01:06:40	+32:19	06:40
318	64	Carlos Alberto Medeiros Rosa da Conceição	individual	Veterano M55	01:07:44	+33:23	06:46
319	342	Elisabeth Loureiro	sporting clube de casainhos	Veterana F60	01:08:06	+33:44	06:49
320	24	Henrique Vilhena	individual	Veterano M60	01:08:07	+33:45	06:49
321	104	Luis Costa	almoçagemers	Senior Masculino	01:08:12	+33:50	06:49
322	47	Pedro Miguel Alves dos Santos e Silva	individual	Senior Masculino	01:08:13	+33:51	06:49
323	144	Miguel Amaro	allianz running team	Veterano M45	01:08:16	+33:55	06:50
324	82	Pedro Miguel Goncalves Maximo	truphoners	Senior Masculino	01:08:17	+33:55	06:50
325	81	Patricia Sofia Ramos	360i runners	Senior Feminino	01:08:18	+33:56	06:50
326	333	JOSÉ ALBERTO DA COSTA SANTOS	individual	Veterano M55	01:09:13	+34:51	06:55
327	265	Susana Lumier	susie sue	Veterana F45	01:09:15	+34:53	06:56
328	211	Vitor Fernando Azevedo Rodrigues	caracois	Veterano M35	01:09:17	+34:56	06:56
329	98	Joana D'Arc Chouriço	running club santa casa	Veterana F55	01:09:54	+35:32	06:59
330	321	ISABEL MARIA MONTERO HENRIQUES MAGALHÃES DOS ANJOS	isabel magalhães	Veterana F60	01:10:05	+35:43	07:01
331	120	Carlos Fernandes	run2finish.pt	Veterano M55	01:10:20	+35:58	07:02
332	65	Marta Simão	yogateam	Veterana F40	01:10:20	+35:58	07:02
333	301	Sofia Nilo	allianz	Veterana F35	01:10:22	+36:00	07:02
334	243	Eduarda Rodrigues	eduarda	Veterana F45	01:10:34	+36:12	07:03
335	213	Paulo Abreu	record	Veterano M40	01:10:48	+36:27	07:05
336	181	Rui Teixeira	cofina runners	Veterano M40	01:10:49	+36:27	07:05
337	140	Palmira Ribeiro	joao silveira	Veterana F50	01:11:12	+36:50	07:07
338	135	Rosa Falardo	grupo desportivo e recreativo de manique de cima	Veterana F50	01:12:29	+38:07	07:15
339	468	Sónia Silva	correr queluz	Senior Feminino	01:12:29	+38:07	07:15
340	190	Samuel Joaquim	rita joaquim	Veterano M65	01:12:38	+38:17	07:16
341	330	Luigi rossi	individual	Veterano M65	01:13:40	+39:18	07:22
342	416	Sara Gomes	correr lisboa	Senior Feminino	01:15:01	+40:39	07:30
343	310	Margarida Teixeira	correr lisboa	Veterana F35	01:15:09	+40:47	07:31
344	311	João Barata	correr lisboa	Veterano M40	01:15:09	+40:47	07:31
345	256	Bruno Abrantes	falcões selvagens	Veterano M40	01:15:42	+41:21	07:34
346	251	Marisa Duarte	runners pump bplanet	Veterana F45	01:15:43	+41:21	07:34
347	203	Lídia Mestre	runners pump bplanet	Veterana F40	01:15:43	+41:21	07:34
348	214	Teresa Gonçalves	runners pump bplanet	Veterana F45	01:15:43	+41:21	07:34
349	107	Marlene Pereira	.	Senior Feminino	01:16:14	+41:53	07:37
350	171	Rui Melão	ru	Veterano M50	01:16:34	+42:12	07:39

COLETIVA VETERANOS
CAMPEONATO NACIONAL DE ESTRADA 2019 - JAMOR

MASCULINOS

Rk	Equipa	Total	Cat
1	C D S SALVADOR CAMPO	62	VET - M
2	C BENFICA ALGUEIRÃO	50	VET - M
3	G D C GUILHOVAI	34	VET - M
4	LINDA-A-PASTORA S C	28	VET - M
5	NASCIDOS PARA CORRER	27	VET - M
6	VITÓRIA F C	27	VET - M
7	C F OS BELENENSES	24	VET - M
8	CLUBE PEDRO PESSOA	22	VET - M
9	ASS CORRER LISBOA	18	VET - M
10	OLÍMPICO C LAGOS	18	VET - M
11	TRILHOS LUSO BUSSACO	17	VET - M
12	A C R SRA DESTERRO	14	VET - M
13	A R CASAENSE - EAC	14	VET - M
14	N A ZONA DA ABÓBODA	14	VET - M
15	C BENFICA ABRANTES	13	VET - M
16	N D CULTURAL ODEMIRA	13	VET - M
17	A NATUREZA ENSINA	12	VET - M
18	C A DE VALE FIGUEIRA	12	VET - M
19	C BENFICA T VEDRAS	12	VET - M
20	C D AREIAS S. JOÃO	12	VET - M
21	A CLUBE VERMOIL	11	VET - M
22	C BENFICA C BRANCO	11	VET - M
23	A CLUBE PORTALEGRE	10	VET - M
24	C ATLETISMO DE SEIA	9	VET - M
25	C L A COMPETIÇÃO	9	VET - M
26	ASSOCIAÇÃO RUN TEJO	8	VET - M
27	ATLÉTICO C BATALHA	8	VET - M
28	C P T SOBRAL CEIRA	8	VET - M
29	ASS JOVENS BRANCA	8	VET - M
30	C F OLIVEIRA DOURO	7	VET - M
31	MARATONA VILA CHÂ	7	VET - M
32	A D R L C ESPINHO	7	VET - M
33	G S FRANCISCO SERRA	6	VET - M
34	ASS BARBARIS TEAM	6	VET - M
35	C C D LEÕES FLORESTA	5	VET - M
36	CA AMIGOS DE BELÉM	5	VET - M
37	G D R REBOLEIRA	5	VET - M
38	RUNRIVER - RIO TINTO	5	VET - M
39	U F C TOMAR	5	VET - M
40	A ACAD BELA VISTA	4	VET - M
41	A AMIGOS ATLET AVIS	4	VET - M
42	A C R VALE DE CAMBRA	4	VET - M
43	A D C C J CLARK	4	VET - M
44	BEJA ATLÉTICO CLUBE	4	VET - M
45	INDIVIDUAL - LISBOA	4	VET - M
46	VITÓRIA S C	4	VET - M

COLETIVA VETERANOS
CAMPEONATO NACIONAL DE ESTRADA 2019 - JAMOR

FEMININO

Rk	Equipa	Total	Cat
1	LINDA-A-PASTORA S C	19	VET - F
2	ASS CORRER LISBOA	17	VET - F
3	A E VIDA SAUDÁVEL	16	VET - F
4	A NATUREZA ENSINA	12	VET - F
5	G D R DA GRANJA	12	VET - F
6	C BENFICA ALGUEIRÃO	11	VET - F
7	U A POVOENSE	10	VET - F
8	S S T S JOÃO MADEIRA	10	VET - F
9	NASCIDOS PARA CORRER	9	VET - F
10	C BENFICA ABRANTES	8	VET - F
11	C DESP DE LEOMIL	8	VET - F
12	C P DE MANGUALDE	7	VET - F
13	C C D LEÕES FLORESTA	5	VET - F
14	A D C C J CLARK	5	VET - F
15	G C BRAGANÇA	4	VET - F

Prova Aberta

10 KM

R
REVISED

OFFICIAL RESULT

5	131	Fábio Correia	CORRER LISBOA	Senior Masculino	39:35	+05:13	03:58
6	4	Andre Morgado	CAD A CORRER	Senior Masculino	39:46	+05:24	03:59
7	340	Fábio Pereira	Sporting Clube de Casainhos	Senior Masculino	40:31	+06:09	04:03
8	480	André Guerreiro	Individual	Senior Masculino	40:51	+06:30	04:05
9	354	Ricardo Germano	Individual	Senior Masculino	41:42	+07:20	04:10
10	10	Valter Gomes Ribeiro	Individual	Senior Masculino	41:45	+07:23	04:11
11	116	Hugo Miguel Benevente	CA Amigos Parque da Paz	Senior Masculino	42:43	+08:21	04:16
12	373	Luís Machado	GFD Running	Senior Masculino	43:44	+09:22	04:22
13	235	António Pedro Miranda	António Miranda	Senior Masculino	43:52	+09:30	04:23
14	471	Fábio Lima	Individual	Senior Masculino	43:52	+09:30	04:23
15	42	Bogdan Sandu	Bogdan Sandu	Senior Masculino	43:55	+09:33	04:24
16	469	João Cabo	João Cabo	Senior Masculino	44:34	+10:13	04:27
17	476	Daniel Valente	Individual	Senior Masculino	44:43	+10:21	04:28
18	207	Emanuel	Individual	Senior Masculino	44:45	+10:24	04:29
19	56	Filipe Feijão	Gang do Amendoim	Senior Masculino	46:02	+11:41	04:36
20	198	Emanuel de Jesus Borges Pereira	CORRER LISBOA	Senior Masculino	46:49	+12:27	04:41
21	55	João Vital	Gang do Amendoim	Senior Masculino	47:14	+12:52	04:43
22	125	Manuel Lopes	360i runners	Senior Masculino	47:50	+13:29	04:47
23	245	Vítor Cavadas	Sem equipa	Senior Masculino	47:58	+13:36	04:48
24	226	Filipe Duarte	Serviços Sociais Montepio	Senior Masculino	48:01	+13:39	04:48
25	368	Gabriel Santos	Servimex	Senior Masculino	48:36	+14:14	04:52
26	79	João Santos	360i runners	Senior Masculino	49:12	+14:50	04:55
27	408	RICARDO CONCEIÇÃO	Lourdete Perfumarias	Senior Masculino	49:30	+15:09	04:57
28	439	Miguel Mira	Allianz	Senior Masculino	50:00	+15:39	05:00
29	219	CARLOS MADUREIRA	EQUIPA BRAVO	Senior Masculino	50:06	+15:45	05:01
30	254	VITOR MOREIRA	CARACÓIS	Senior Masculino	52:39	+18:17	05:16
31	352	Gonçalo Rocha	AON	Senior Masculino	53:59	+19:38	05:24
32	122	Bruno José Rodrigues Ferreira	Bruno José Rodrigues Ferreira	Senior Masculino	54:13	+19:51	05:25
33	294	Carlos Loures	Allianz	Senior Masculino	54:30	+20:08	05:27
34	431	Daniel Silva	Chalet D'Avila	Senior Masculino	54:40	+20:18	05:28
35	364	Frederico Varão	DIAMOND QUALITY ASSURANCE	Senior Masculino	55:45	+21:23	05:35
36	429	Cláudio Manuel Piteira Mira	Team GilMorto	Senior Masculino	56:31	+22:10	05:39
37	78	Jaydip Samgi	360i runners	Senior Masculino	56:56	+22:34	05:42
38	452	Eduardo Manuel dos Santos Martins	The Musicians	Senior Masculino	57:42	+23:21	05:46
39	451	Gonçalo Pascoal de Vasconcelos	The Musicians	Senior Masculino	57:43	+23:21	05:46
40	455	Elias Alexandre Jerebtsov	The Musicians	Senior Masculino	57:43	+23:21	05:46
41	54	Paulo Pimpão	Paulo Pimpão	Senior Masculino	57:58	+23:36	05:48
42	39	Miguel Vieira Pita	AVP Racing Team	Senior Masculino	59:57	+25:35	06:00
43	351	Henrique Cruz	AON	Senior Masculino	01:00:33	+26:11	06:03
44	450	Joana Mirante	Lisboa Racket Centre	Senior Masculino	01:04:23	+30:01	06:26
45	461	Diogo Ferreira	Lisboa Racket Centre	Senior Masculino	01:04:23	+30:01	06:26
46	104	Luis Costa	Almoçagemers	Senior Masculino	01:08:12	+33:50	06:49
47	47	Pedro Miguel Alves dos Santos e Silva	Individual	Senior Masculino	01:08:13	+33:51	06:49
48	82	Pedro Miguel Goncalves Maximo	Truphoners	Senior Masculino	01:08:17	+33:55	06:50
49	421	Vincenzo Rago	PFS	Senior Masculino	01:28:12	+53:51	08:49

Prova Aberta

10 KM



OFFICIAL RESULT

7	177	Maria Margarida Magro	Maria Margarida Magro	Veterana F45	58:32	+24:11	05:51
8	143	Mónica Quarenta	Allianz Running Team	Veterana F45	01:00:58	+26:36	06:06
9	358	Ana pina	Luis/Ana	Veterana F45	01:04:31	+30:10	06:27
10	411	Anabela Moreira	Correr Queluz	Veterana F45	01:05:18	+30:56	06:32
11	265	Susana Lumier	Susie Sue	Veterana F45	01:09:15	+34:53	06:56
12	243	Eduarda Rodrigues	Eduarda	Veterana F45	01:10:34	+36:12	07:03
13	251	Marisa Duarte	Runners Pump Bplanet	Veterana F45	01:15:43	+41:21	07:34
14	214	Teresa Gonçalves	Runners Pump Bplanet	Veterana F45	01:15:43	+41:21	07:34

Veterana F50

1	370	Isabel Moleiro	SS CGD	Veterana F50	45:57	+11:35	04:36
2	239	Noémia Sequeira	SS CGD	Veterana F50	47:49	+13:27	04:47
3	154	Ana Martins	FALCÕES SELVAGENS	Veterana F50	01:02:12	+27:51	06:13
4	50	Luisa falé da costa	Quarentões na Bisga	Veterana F50	01:03:40	+29:18	06:22
5	112	Isabel Rodrigues	ECI RUNNING TEAM	Veterana F50	01:04:31	+30:09	06:27
6	250	Teresa Teixeira	Tartarugas Solidárias	Veterana F50	01:04:44	+30:22	06:28
7	140	Palmira Ribeiro	Joao Silveira	Veterana F50	01:11:12	+36:50	07:07
8	135	Rosa Falardo	Grupo desportivo e recreativo de Manique de Cima	Veterana F50	01:12:29	+38:07	07:15
9	467	Maria Cidália Ribeiro	Centro de Marcha e Corrida de Alenquer	Veterana F50	01:19:07	+44:45	07:55

Veterana F55

1	186	Jacqui Saffery	Saffery	Veterana F55	50:46	+16:24	05:05
2	359	Maria Fátima Lourenço Cardoso	Grupo Marcha e Corrida do Jamor	Veterana F55	56:05	+21:43	05:37
3	264	Julia Calisto	João Calisto	Veterana F55	58:19	+23:58	05:50
4	98	Joana D'Arc Chouriço	Running Club Santa Casa	Veterana F55	01:09:54	+35:32	06:59

Veterana F60

1	403	PAULA FIGUEIREDO	GD SANTANDERTOTTA	Veterana F60	01:04:21	+29:59	06:26
2	342	Elisabeth Loureiro	Sporting Clube de Casainhos	Veterana F60	01:08:06	+33:44	06:49
3	321	ISABEL MARIA MONTERO HENRIQUES MAGALHÃES DOS ANJOS	Isabel Magalhães	Veterana F60	01:10:05	+35:43	07:01

Veterana F65

1	332	VICTORIA MATA	OS MATA	Veterana F65	55:27	+21:05	05:33
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Veterano M35

1	40	Tiago Henoch	SCALABIS NIGHT RUNNERS	Veterano M35	37:58	+03:37	03:48
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Prova Aberta

10 KM

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REVISED

OFFICIAL RESULT

2	344	Armindo Teixeira	Sporting Clube de Casainhos	Veterano M35	38:44	+04:22	03:52
3	227	Rui Henriques	Serviços Sociais Montepio	Veterano M35	39:57	+05:35	04:00
4	76	Vítor Marques	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Veterano M35	40:19	+05:57	04:02
5	136	Duarte Costa	Run for Friends	Veterano M35	40:27	+06:05	04:03
6	341	Eduardo Santos	Sporting Clube de Casainhos	Veterano M35	42:27	+08:06	04:15
7	457	Gonçalo Porêlo	GP Running	Veterano M35	42:47	+08:25	04:17
8	129	Hugo Tomé	SRCDRF Mante Godel	Veterano M35	43:03	+08:42	04:18
9	21	Ruben Costa	Ruben Costa	Veterano M35	43:55	+09:33	04:24
10	2	Carlos França	CAD A CORRER	Veterano M35	44:43	+10:21	04:28
11	17	Albino Alves	Link	Veterano M35	45:42	+11:21	04:34
12	477	Ricardo Neto	Individual	Veterano M35	45:46	+11:24	04:35
13	462	Helder Delgado	Centro de Marcha e Corrida de Alenquer	Veterano M35	46:36	+12:14	04:40
14	212	JOÃO BRITO	JOÃO BRITO	Veterano M35	47:18	+12:56	04:44
15	230	Paulo Pais	Equipa Bravo	Veterano M35	47:53	+13:31	04:47
16	53	João Fernandes	Individual	Veterano M35	48:04	+13:42	04:48
17	137	Diogo Navas Garcia	Moura	Veterano M35	49:18	+14:57	04:56
18	345	Ricardo dos Santos	ADB	Veterano M35	49:22	+15:00	04:56
19	280	Helder Fernandes	Equipa Bravo	Veterano M35	50:06	+15:44	05:01
20	44	Pedro Coutinho	Pedro Coutinho	Veterano M35	50:15	+15:53	05:02
21	18	José Cardoso	Link	Veterano M35	50:25	+16:03	05:03
22	93	Nuno Meia Onca	G R D Leião	Veterano M35	51:21	+16:59	05:08
23	90	António Jerónimo	Serrado FC Atletismo	Veterano M35	52:41	+18:20	05:16
24	85	Ruben Lourenço	Portugal Running	Veterano M35	54:54	+20:33	05:29
25	435	Nuno Freitas	Águas Livres de Caneças	Veterano M35	55:15	+20:53	05:32
26	275	Artur Gaio	CCD TRANQUILIDADE	Veterano M35	56:07	+21:46	05:37
27	367	Pedro Sequeira	EVELX - Associação de Estilos de Vida Saudável	Veterano M35	56:10	+21:48	05:37
28	445	Pedro Figueiredo	PF	Veterano M35	56:11	+21:49	05:37
29	217	André Rolão	Corrida Noturna Parque das Nações	Veterano M35	56:17	+21:55	05:38
30	290	Paulo Rainho	Allianz	Veterano M35	57:06	+22:45	05:43
31	62	Bruno Rego	ArrastóPé	Veterano M35	58:43	+24:21	05:52
32	238	Filipe Leite	FILIPPE LEITE	Veterano M35	59:53	+25:31	05:59
33	346	Rui Figueiredo	AON	Veterano M35	01:00:33	+26:11	06:03
34	437	Luís Teixeira	Allianz	Veterano M35	01:01:59	+27:37	06:12
35	246	Jorge pereira	Rolha	Veterano M35	01:02:53	+28:31	06:17
36	114	Luis Silveira	LSilveira	Veterano M35	01:02:53	+28:31	06:17
37	157	Pedro Rodrigues	Pedro Rodrigues	Veterano M35	01:03:03	+28:41	06:18
38	199	Paulo Santos	Atletas	Veterano M35	01:05:25	+31:03	06:33
39	298	João Aleixo	Cofina	Veterano M35	01:06:40	+32:19	06:40
40	211	Vitor Fernando Azevedo Rodrigues	Caracois	Veterano M35	01:09:17	+34:56	06:56

Veterano M40

1	268	Nuno Rocha	Natural Force	Veterano M40	34:33	+00:11	03:27
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Official Timekeeper: Lap2Go	5 / 10	generate 12-Jan-2019 22:55
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Prova Aberta

10 KM

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OFFICIAL RESULT

2	443	Nelson Santos	CAPenafirme	Veterano M40	37:33	+03:12	03:45
3	313	Paulo Rodrigues	Serviços Sociais Montepio	Veterano M40	39:50	+05:28	03:59
4	444	Carlos Serra	CAPenafirme	Veterano M40	40:15	+05:53	04:02
5	32	Patrício Sismeiro	Fitnis	Veterano M40	40:19	+05:57	04:02
6	448	Francisco Martins da Silva	Bells and Springs	Veterano M40	41:50	+07:28	04:11
7	478	Tiago Rodrigues	Individual	Veterano M40	42:00	+07:38	04:12
8	360	Tiago Branco	Tiago Branco	Veterano M40	42:19	+07:58	04:14
9	331	João Queiroz	CCD Siemens	Veterano M40	43:10	+08:49	04:19
10	237	Dinis Oliveira	CDR Pereiros	Veterano M40	43:40	+09:18	04:22
11	376	Rui Freitas	GFD Running	Veterano M40	44:13	+09:51	04:25
12	178	Pedro Caramba	CORRER LISBOA	Veterano M40	45:05	+10:43	04:31
13	433	Rodrigo Manuel Cecília Marujo Gonçalves	Amigos do Ambiente	Veterano M40	45:43	+11:22	04:34
14	168	Cipriano Martins	Cipriano Martins	Veterano M40	45:56	+11:34	04:36
15	189	Paulo Botelho	Corrida Noturna Parque das Nações	Veterano M40	46:49	+12:28	04:41
16	58	Bruno Dias	SS CGD	Veterano M40	48:03	+13:41	04:48
17	67	Evelino Magalhães	Norauto Portugal	Veterano M40	48:26	+14:04	04:51
18	236	Pedro ricardo branco barata filipe	a. filipe	Veterano M40	48:55	+14:33	04:54
19	221	Gonçalo Lopes	Portugal Running	Veterano M40	50:48	+16:26	05:05
20	312	José Augusto Sobral Gomes	José Augusto Sobral Gomes	Veterano M40	51:28	+17:06	05:09
21	73	Miguel Almeida	360i runners	Veterano M40	52:20	+17:58	05:14
22	389	NUNO SOBRAL	GD SANTANDERTOTTA	Veterano M40	52:42	+18:20	05:16
23	5	Bruno Madeira	Bruno Madeira	Veterano M40	52:56	+18:34	05:18
24	323	Agostinho Gomes	"Os Carecas"	Veterano M40	53:06	+18:44	05:19
25	29	Luis Canastra	SFAT	Veterano M40	53:17	+18:56	05:20
26	63	Rui Soares	SS CGD	Veterano M40	53:18	+18:56	05:20
27	314	José Freitas	Águas Livres de Caneças	Veterano M40	53:34	+19:12	05:21
28	31	Bernardo Salavessa	Individual	Veterano M40	56:23	+22:02	05:38
29	348	João Botelho	Allianz	Veterano M40	56:25	+22:03	05:39
30	288	Rui Silva	Allianz	Veterano M40	57:06	+22:45	05:43
31	71	Joao Alves	360i runners	Veterano M40	57:24	+23:03	05:44
32	390	TIAGO PITO	GD SANTANDERTOTTA	Veterano M40	57:47	+23:25	05:47
33	287	Tiago Dias	Cofina Runners	Veterano M40	58:40	+24:18	05:52
34	397	RUI VILELA	GD SANTANDERTOTTA	Veterano M40	59:02	+24:40	05:54
35	329	Ricardo Dourado	Ricardo Dourado	Veterano M40	59:21	+24:59	05:56
36	255	Bruno Abrantes	Falcões Selvagens	Veterano M40	01:00:21	+25:59	06:02
37	383	Mario Rui Costa	GD SANTANDERTOTTA	Veterano M40	01:01:13	+26:52	06:07
38	447	Tiago Duque	Bells and Springs	Veterano M40	01:05:08	+30:47	06:31
39	260	Gilberto Neto	Allianz Running Team	Veterano M40	01:05:26	+31:04	06:33
40	261	Marco Henriques	Allianz Running Team	Veterano M40	01:05:26	+31:04	06:33
41	213	Paulo Abreu	Record	Veterano M40	01:10:48	+36:27	07:05
42	181	Rui Teixeira	Cofina Runners	Veterano M40	01:10:49	+36:27	07:05
43	311	João Barata	CORRER LISBOA	Veterano M40	01:15:09	+40:47	07:31
44	256	Bruno Abrantes	Falcões Selvagens	Veterano M40	01:15:42	+41:21	07:34
45	385	SAMUEL ROSADO	GS SANTANDERTOTTA	Veterano M40	01:17:37	+43:16	07:46

Prova Aberta

10 KM



OFFICIAL RESULT

Veterano M45

1	374	Nuno Romão	GFD Running	Veterano M45	36:33	+02:11	03:39
2	102	José Luís Santos	CCDTMetroLX	Veterano M45	40:04	+05:43	04:00
3	142	André Quarenta	Allianz Running Team	Veterano M45	40:28	+06:07	04:03
4	470	Paulo jesuino	GRF Benedita - Atletismo	Veterano M45	40:41	+06:19	04:04
5	101	João Pastor	CCDTMetroLX	Veterano M45	41:26	+07:04	04:09
6	25	Cristiano Jorge Craveiro Matos Paes	Running Club Santa Casa	Veterano M45	41:56	+07:34	04:12
7	418	Luís Custódio	Individual	Veterano M45	42:10	+07:48	04:13
8	210	Carlos Alberto Lima	A Natureza Ensina	Veterano M45	42:21	+07:59	04:14
9	69	LEANDRO REIAS	SRCDRF Monte Godel	Veterano M45	43:32	+09:10	04:21
10	379	António Silva	GFD Running	Veterano M45	44:15	+09:53	04:26
11	149	Vitor Mourão	Allianz Running Team	Veterano M45	45:03	+10:41	04:30
12	108	Henrique Amador	SS CGD	Veterano M45	45:31	+11:09	04:33
13	456	Luis Peixoto Amaral	Luis amaral	Veterano M45	45:34	+11:13	04:33
14	283	Samuel Trancoso	BRRnightRUNNERS	Veterano M45	45:40	+11:19	04:34
15	441	Rui Almeida	Corrida Noturna Parque das Nações	Veterano M45	45:51	+11:29	04:35
16	34	Joao Bogalheiro	AMIGOS VALE DO SILENCIO	Veterano M45	46:12	+11:50	04:37
17	117	Sergio Filipe de Jesus Barros	Individual	Veterano M45	46:18	+11:56	04:38
18	26	Álvaro Gomes	Terras Fundeirad	Veterano M45	46:22	+12:00	04:38
19	30	Carlos Ramos	CORRER LISBOA	Veterano M45	46:33	+12:11	04:39
20	326	Nuno Verdasca	Me, my self and I	Veterano M45	46:46	+12:24	04:41
21	453	António Ramos	Federação da Família para a Paz Mundial e Unificação	Veterano M45	46:53	+12:31	04:41
22	113	Miguel Rocha	Individual	Veterano M45	47:25	+13:03	04:45
23	253	José Carlos Amaral	JCAUTR-DND	Veterano M45	48:00	+13:38	04:48
24	130	Nuno Bogalheiro	Amigos Vale Silêncio	Veterano M45	49:44	+15:23	04:58
25	206	Paulo Moutinho	H-Garra a Lebre !!!	Veterano M45	49:49	+15:27	04:59
26	202	José António da Silva Ferreira	Incógnito	Veterano M45	50:03	+15:41	05:00
27	409	Nuno Cabanas	Dolce&Cabanas	Veterano M45	50:43	+16:22	05:04
28	460	RUI PEREIRA	CASA DO PESSOAL DA RTP	Veterano M45	51:02	+16:41	05:06
29	11	Luis Jose	Luis Jose	Veterano M45	51:03	+16:42	05:06
30	286	CARLOS COSTA	CLUBE ANACOM	Veterano M45	51:40	+17:19	05:10
31	89	Pedro Manuel Costa Lopes	Serrado FC Atletismo	Veterano M45	52:14	+17:52	05:13
32	23	Guilherme Moreira	Olalone	Veterano M45	52:15	+17:53	05:14
33	96	Rafael Azriel	-	Veterano M45	52:17	+17:56	05:14
34	375	Ricardo Branco	GFD Running	Veterano M45	53:01	+18:39	05:18
35	103	Rui Pastor	CCDTMetroLX	Veterano M45	54:00	+19:39	05:24
36	176	Joao Teixeira	Paulo Padrão	Veterano M45	54:47	+20:25	05:29
37	271	João Pedro Costa	ADCRPJ	Veterano M45	55:08	+20:46	05:31
38	392	JOSE ANTONIO SANTOS	GD SANTANDERTOTTA	Veterano M45	55:23	+21:01	05:32
39	12	Paulo Palminha	Individual	Veterano M45	55:26	+21:05	05:33
40	258	César Vistas	sem equipa	Veterano M45	55:41	+21:19	05:34
41	317	Manuel pereira	Individual	Veterano M45	55:42	+21:21	05:34
42	139	Joao Silveira	Joao Silveira	Veterano M45	57:28	+23:06	05:45
43	406	Paulo Bailão	SS CGD	Veterano M45	57:49	+23:27	05:47

Prova Aberta

10 KM



OFFICIAL RESULT

44	209	Paulo Silva	BIGROSCAS	Veterano M45	58:33	+24:11	05:51
45	109	Magadiel Lopes	FIDELIDADE GDC	Veterano M45	59:04	+24:42	05:54
46	473	Paulo Alegre	Individual	Veterano M45	59:29	+25:07	05:57
47	303	Duarte Cardoso	Allianz	Veterano M45	01:01:02	+26:41	06:06
48	419	Sergio Dore Soares	Sergio Dore Soares	Veterano M45	01:01:41	+27:19	06:10
49	285	Eduardo Amorim	Individual	Veterano M45	01:02:14	+27:52	06:13
50	440	Henrique Konders	Allianz	Veterano M45	01:02:29	+28:08	06:15
51	155	Rui Pereira	FALCÕES SELVAGENS	Veterano M45	01:03:03	+28:41	06:18
52	295	José Jacinto	Allianz	Veterano M45	01:04:16	+29:54	06:26
53	259	Alcides Pereira	Allianz Running Team	Veterano M45	01:05:26	+31:04	06:33
54	144	Miguel Amaro	Allianz Running team	Veterano M45	01:08:16	+33:55	06:50

Veterano M50

1	164	Antonio Santos	Individual	Veterano M50	39:02	+04:41	03:54
2	393	JOSE BAPTISTA	GD SANTANDERTOTTA	Veterano M50	40:30	+06:08	04:03
3	87	António João Lazera Martins	NAV Runners	Veterano M50	43:38	+09:16	04:22
4	369	David Faustino	SS CGD	Veterano M50	44:40	+10:18	04:28
5	363	Paulo figueira	juventudz atletico clube	Veterano M50	44:48	+10:26	04:29
6	3	Augusto Carriço	CAD A CORRER	Veterano M50	44:50	+10:28	04:29
7	407	PAULO SANTOS	Lourdete Perfumarias	Veterano M50	45:45	+11:23	04:35
8	282	Paulo Costa	SFUAP	Veterano M50	45:58	+11:37	04:36
9	382	Jose lopes	jose lopes	Veterano M50	46:55	+12:34	04:42
10	222	Carlos Jorge Soares da Rocha Correia de Sequeira	correr loures	Veterano M50	47:57	+13:36	04:48
11	145	António Painha	Allianz Running Team	Veterano M50	48:08	+13:47	04:49
12	436	José Bastos	Allianz	Veterano M50	48:19	+13:57	04:50
13	380	Abel Pina	GFD Running	Veterano M50	48:19	+13:57	04:50
14	99	António Pereira	CCDTMetroLX	Veterano M50	49:04	+14:42	04:54
15	118	Adelino Pereira	Run2Finish.PT	Veterano M50	49:13	+14:51	04:55
16	128	Fernando Almeida	SRCDRF Monte Godel	Veterano M50	49:45	+15:23	04:59
17	381	ANTONIO CALDEIRA	Record	Veterano M50	49:53	+15:31	04:59
18	49	Paulo ribeiro	GDD	Veterano M50	50:31	+16:09	05:03
19	357	Luis pilar	Luis/Ana	Veterano M50	50:37	+16:15	05:04
20	20	Carlos Morais	Individual	Veterano M50	50:41	+16:19	05:04
21	465	Francisco Alqueidão	Centro de Marcha e Corrida de Alenquer	Veterano M50	51:19	+16:57	05:08
22	386	Maximiano Santos	Maxprog	Veterano M50	51:53	+17:31	05:11
23	361	Antonio Manuel Costa Maurício	Antonio Manuel Costa Maurício	Veterano M50	51:55	+17:33	05:12
24	414	Carlos Bargado	CCD TRANQUILIDADE	Veterano M50	52:07	+17:45	05:13
25	500	Luís Nunes	Individual	Veterano M50	52:10	+17:48	05:13
26	410	Joaquim Mendes	FPA	Veterano M50	53:53	+19:32	05:23
27	318	Joao Tavares	Individual	Veterano M50	54:21	+20:00	05:26
28	402	LUCIO SILVA	GD SANTANDERTOTTA	Veterano M50	56:50	+22:28	05:41
29	347	Pedro Palrão	Benfica	Veterano M50	57:55	+23:33	05:48
30	41	António Dias	Link	Veterano M50	58:44	+24:23	05:52
31	22	João Manuel de Jesus Pereira	CORRER LISBOA	Veterano M50	58:49	+24:27	05:53

Prova Aberta

10 KM

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OFFICIAL RESULT

32	225	Rui Manuel Marques Ferreira	Ribafio	Veterano M50	59:14	+24:53	05:55
33	306	José Monteiro	Allianz	Veterano M50	01:04:16	+29:55	06:26
34	338	António Henriques	Correr Queluz	Veterano M50	01:04:28	+30:07	06:27
35	249	Moisés Pires	caracóis	Veterano M50	01:04:45	+30:23	06:29
36	51	Luis Filipe Costa	Quarentões na Bisga	Veterano M50	01:06:32	+32:11	06:39
37	171	Rui Melão	Rui	Veterano M50	01:16:34	+42:12	07:39
38	481	Paulo Padrão	Individual	Veterano M50	01:23:07	+48:45	08:19
39	324	Ismar Santos Deocleciano	M50	Veterano M50	01:23:16	+48:55	08:20

Veterano M55

1	208	José Gomes	Maria Macedo	Veterano M55	40:30	+06:09	04:03
2	223	Jaime Lamego	Individual	Veterano M55	44:09	+09:47	04:25
3	279	Virgílio Madeira	CCD TRANQUILIDADE	Veterano M55	47:03	+12:41	04:42
4	240	Carlos Leitão	SS CGD	Veterano M55	47:23	+13:01	04:44
5	172	João Basílio	Individual	Veterano M55	47:32	+13:10	04:45
6	464	José Ribeiro	Centro de Marcha e Corrida de Alenquer	Veterano M55	47:39	+13:17	04:46
7	378	António Marcelo	GFD Running	Veterano M55	48:40	+14:18	04:52
8	95	António José Tadeu Costa	José Tadeu Pires Costa	Veterano M55	49:14	+14:52	04:55
9	263	João Calisto	Individual	Veterano M55	49:19	+14:58	04:56
10	183	Jose correia	NAVRUNNERS	Veterano M55	49:48	+15:27	04:59
11	152	Jorge Salvado	Quarentões na Bisga	Veterano M55	50:46	+16:25	05:05
12	195	José Veiga	CORRER LISBOA	Veterano M55	52:21	+17:59	05:14
13	197	Alberto Romão	AR	Veterano M55	53:00	+18:38	05:18
14	432	Antonio Pereira	Chalet D'Avila	Veterano M55	53:15	+18:53	05:20
15	242	Joaquim viana	Individual	Veterano M55	53:19	+18:57	05:20
16	215	José Garraão	CLAC - ENTRONCAMENTO	Veterano M55	54:19	+19:57	05:26
17	36	Paulo Mallen	GMCJamor	Veterano M55	54:28	+20:06	05:27
18	123	João Carlos Barata	.	Veterano M55	55:16	+20:55	05:32
19	293	Henrique Martins	Allianz	Veterano M55	55:31	+21:09	05:33
20	394	JOSE BARATA	GD SANTANDERTOTTA	Veterano M55	56:20	+21:58	05:38
21	133	João Lima	4 ao Km	Veterano M55	56:50	+22:28	05:41
22	299	Paulo Bettencourt	Allianz	Veterano M55	58:17	+23:55	05:50
23	92	Carlos Crespo	GRD OS FIXES	Veterano M55	01:00:38	+26:16	06:04
24	466	João Vieira	Centro de Marcha e Corrida de Alenquer	Veterano M55	01:00:54	+26:32	06:05
25	153	Luís Reis	FALCÕES SELVAGENS	Veterano M55	01:02:12	+27:51	06:13
26	474	José Tren	Individual	Veterano M55	01:02:20	+27:58	06:14
27	64	Carlos Alberto Medeiros Rosa da Conceição	Individual	Veterano M55	01:07:44	+33:23	06:46
28	333	JOSÉ ALBERTO DA COSTA SANTOS	Individual	Veterano M55	01:09:13	+34:51	06:55
29	120	Carlos Fernandes	Run2Finish.PT	Veterano M55	01:10:20	+35:58	07:02
30	412	MARIO PIRES	Individual	Veterano M55	01:17:37	+43:16	07:46

Prova Aberta

10 KM

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OFFICIAL RESULT

Veterano M60

1	463	António Santos	Centro de Marcha e Corrida de Alenquer	Veterano M60	41:22	+07:00	04:08
2	185	Clive Saffery	Team Saffery	Veterano M60	47:02	+12:40	04:42
3	413	Fernando Celestino	CCD TRANQUILIDADE	Veterano M60	48:18	+13:57	04:50
4	162	Germano Bernardo	Prazer da Corrida	Veterano M60	50:49	+16:28	05:05
5	377	João Costa	GFD Running	Veterano M60	50:54	+16:32	05:05
6	472	Joaquim Carronh	Individual	Veterano M60	55:21	+20:59	05:32
7	121	Manuel Paulo	Run2Finish.PT	Veterano M60	58:44	+24:22	05:52
8	300	Luciano Tomás	Allianz	Veterano M60	01:04:17	+29:55	06:26
9	24	Henrique Vilhena	Individual	Veterano M60	01:08:07	+33:45	06:49

Veterano M65

1	391	ANASTACIO VALADAS	GD SANTANDERTOTTA	Veterano M65	44:05	+09:43	04:25
2	267	Antonio Simoes Simoes Vieira	Antonio Simoes Simoes Vieira	Veterano M65	49:09	+14:47	04:55
3	278	Tam Afonso	CCD TRANQUILIDADE	Veterano M65	53:25	+19:04	05:21
4	134	Aurélio Calado	4 ao Km	Veterano M65	01:00:38	+26:16	06:04
5	45	Manuel Sequeira	GDCP Repsol Polimeros	Veterano M65	01:02:02	+27:41	06:12
6	174	JUSTILIANO MEIRELES	FALCÕES SELVAGENS	Veterano M65	01:04:07	+29:45	06:25
7	190	Samuel Joaquim	Rita Joaquim	Veterano M65	01:12:38	+38:17	07:16
8	330	Luigi rossi	Individual	Veterano M65	01:13:40	+39:18	07:22

Veterano M70

1	100	Gualdino Freire	CCDTMetroLX	Veterano M70	54:38	+20:16	05:28
2	97	GILBERTO GONÇALVES	Clube Atletismo Amigos de Belém	Veterano M70	56:59	+22:37	05:42
3	388	JOSE RIBEIRO	GD SANTANDERTOTTA	Veterano M70	01:06:25	+32:04	06:39