

PROVA PRINCIPAL - STAGE 1

5 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	208	Marco Sousa	obelhas e companhia	Senior Masculino	28:53	+06:57	05:47
43	42	Joel Marques	bombeiros de caxarias	Senior Masculino	28:56	+06:59	05:47
44	137	Tomé Lopes	individual	Senior Masculino	28:58	+07:01	05:48
45	136	Rui Pereira	individual	Senior Masculino	29:02	+07:05	05:48
46	95	Liliana carina dos santos neves	flashrunners	Veterana F35	29:04	+07:08	05:49
47	188	Luís Ricardo Ferreira Oliveira	lama solta	Senior Masculino	29:13	+07:17	05:51
48	29	Tiago Freitas	bombeiros ansião team	Senior Masculino	29:14	+07:18	05:51
49	79	Ricardo Henriques	da-lhe gaz	Senior Masculino	29:16	+07:19	05:51
50	76	Jorge Faria	cumibroa bikes running team	Veterano M35	29:17	+07:20	05:51
51	124	Fábio Roxo	individual	Senior Masculino	29:17	+07:21	05:52
52	50	Fábio Lopes	bombeiros de caxarias	Sub 20 Masculino	29:19	+07:22	05:52
53	89	Flavio neves	flashrunners	Senior Masculino	29:22	+07:26	05:53
54	77	Nelson Mknteiro	cumibroa bikes running team	Veterano M35	29:26	+07:30	05:53
55	74	Carlos Mendes	cumibroa bikes running team	Senior Masculino	29:27	+07:30	05:53
56	25	André Lopes	bombeiros ansião team	Senior Masculino	29:36	+07:40	05:55
57	193	William Mendes Ferreira	lama solta	Senior Masculino	29:49	+07:53	05:58
58	58	João António Freire Matias	britrail	Senior Masculino	29:53	+07:56	05:59
59	26	Bernardo Couceiro Lourenço	bombeiros ansião team	Senior Masculino	29:58	+08:02	06:00
60	225	Tiago José Sá Miguel	trail da ladeia	Senior Masculino	30:02	+08:06	06:01
61	88	David Miguel Mota Lopes	dream team	Veterano M35	30:10	+08:13	06:02
62	39	Diogo Carreira	bombeiros de caxarias	Senior Masculino	30:10	+08:14	06:02
63	143	João Simões	individual	Sub 20 Masculino	30:11	+08:14	06:02
64	140	Diogo Alexandre Marques dos Santos	individual	Sub 20 Masculino	30:13	+08:17	06:03
65	141	Eduardo Ramos	individual	Sub 20 Masculino	30:24	+08:28	06:05
66	168	Paulo João	individual	Veterano M35	30:35	+08:38	06:07
67	30	Pedro Miguel Marques Ventura	bombeiros ansião team	Sub 20 Masculino	30:35	+08:38	06:07
68	183	Eduardo Rosa Neves	lama solta	Senior Masculino	30:35	+08:39	06:07
69	55	Daniel Alexandre Santos Mendes	britrail	Senior Masculino	30:42	+08:46	06:09
70	176	Telmo Rodrigues	individual	Veterano M35	30:59	+09:03	06:12
71	184	Filipe Miguel Sintra Marques	lama solta	Senior Masculino	31:01	+09:05	06:12
72	148	Célia Sofia Neves Nunes	individual	Veterana F35	31:19	+09:23	06:16
73	82	Jose Dias	da-lhe gaz	Veterano M35	31:20	+09:23	06:16
74	207	Joao Freire	obelhas e companhia	Senior Masculino	31:21	+09:25	06:16
75	81	Silvia Dias	da-lhe gaz	Veterana F35	31:22	+09:25	06:16
76	84	Eugénia Maria Fonseca Teixeira David Fernandes	david fernandes trail team	Veterana F35	31:22	+09:25	06:16
77	85	José Manuel Henriques David Fernandes	david fernandes trail team	Veterano M35	31:22	+09:26	06:17
78	101	Amilcar Manuel Mendes Costa	furões de corrida	Veterano M35	31:24	+09:28	06:17
79	103	Andreia Gomes Cotrim Marques	individual	Senior Feminino	31:25	+09:29	06:17
80	123	Eurico Alexandre Carvalho Duarte	individual	Senior Masculino	31:26	+09:29	06:17
81	111	Cristiana Lopes	individual	Senior Feminino	31:34	+09:37	06:19
82	230	Diogo Mendes	individual	Senior Masculino	31:36	+09:39	06:19
83	57	Ivo Francisco Simões Mendes	britrail	Senior Masculino	31:39	+09:43	06:20
84	69	Michael Bruno Gonçalves	cavalos de corrida	Senior Masculino	31:45	+09:49	06:21
85	102	Filipe Martins Silva	furões de corrida	Veterano M35	31:47	+09:50	06:21

PROVA PRINCIPAL - STAGE 1

5 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
86	11	Carlos Manuel Alves e Silva	a.d.r.águas belas	Veterano M35	31:50	+09:53	06:22
87	8	Miguel Angelo Henriques Joaquim	a.d.r.águas belas	Sub 20 Masculino	31:51	+09:55	06:22
88	7	Diogo Ferreira silva	a.d.r.águas belas	Sub 20 Masculino	31:52	+09:55	06:22
89	171	Pedro Luís Monteiro Natário	individual	Veterano M35	32:00	+10:04	06:24
90	46	Patricio Gaspar	bombeiros de caxarias	Senior Masculino	32:01	+10:05	06:24
91	179	Elodie Pedrosa Costa	lama solta	Senior Feminino	32:06	+10:09	06:25
92	194	Catarina Isabel Fernandes Sintra	lama solta	Veterana F35	32:43	+10:46	06:33
93	91	Nelson gomes	flashrunners	Senior Masculino	32:53	+10:57	06:35
94	71	Leonel T. Pinto	cavalos de corrida	Veterano M35	33:01	+11:05	06:36
95	214	Ruben Ramalho	obelhas e companhia	Sub 20 Masculino	33:03	+11:07	06:37
96	195	Bruno Filipe da Costa Ligeiro	lama solta	Veterano M35	33:07	+11:11	06:38
97	185	Isidro Ferreira Fernandes	lama solta	Senior Masculino	33:27	+11:30	06:41
98	150	Isabel Maria Moniz Vieira	individual	Veterana F35	33:37	+11:40	06:43
99	132	Paulo duarte	individual	Senior Masculino	33:40	+11:43	06:44
100	164	Mário Medeiros	individual	Veterano M35	33:40	+11:44	06:44
101	165	Miguel Peres	individual	Veterano M35	33:46	+11:49	06:45
102	180	Marina Isabel Gonçalves Barroca	lama solta	Senior Feminino	34:00	+12:04	06:48
103	219	Tiago Passos	sfavelarense	Senior Masculino	34:01	+12:04	06:48
104	178	Diana Carvalho Filipe	lama solta	Senior Feminino	34:06	+12:10	06:49
105	149	Elsa Maria Lopes Soares	individual	Veterana F35	34:10	+12:13	06:50
106	213	Paulo Mendes	obelhas e companhia	Sub 20 Masculino	34:20	+12:23	06:52
107	125	Fábio Teixeira	individual	Senior Masculino	34:37	+12:40	06:55
108	59	João Miguel Monteiro Rodrigues	britrail	Senior Masculino	34:42	+12:46	06:57
109	34	Filipa Gameiro	bombeiros de caxarias	Senior Feminino	34:43	+12:47	06:57
110	104	Andreia Mendes	individual	Senior Feminino	34:46	+12:50	06:57
111	170	Paulo Serra	individual	Veterano M35	34:47	+12:51	06:58
112	159	Armindo Freire	individual	Veterano M35	35:05	+13:08	07:01
113	158	antonio freitas neves	lama solta	Veterano M35	35:33	+13:37	07:07
114	45	Nuno Silva	bombeiros de caxarias	Senior Masculino	35:43	+13:46	07:09
115	177	Vitor Lourenço	individual	Veterano M35	35:44	+13:47	07:09
116	70	João Dinis Graça Fernandes	cavalos de corrida	Veterano M35	36:07	+14:11	07:14
117	40	Gil Gameiro	bombeiros de caxarias	Senior Masculino	36:14	+14:18	07:15
118	33	Luís Rosa	bombeiros ansião team	Veterano M35	36:44	+14:47	07:21
119	94	Gina silva	flashrunners	Veterana F35	36:45	+14:49	07:21
120	62	Carla Silva	capalicism	Veterana F35	36:52	+14:55	07:22
121	216	Filipa Neves	sfavelarense	Senior Feminino	36:56	+14:59	07:23
122	151	Maria Alexandra Santos Lopes	individual	Veterana F35	37:00	+15:03	07:24
123	217	Fábio Passos	sfavelarense	Senior Masculino	37:01	+15:05	07:24
124	65	Paula Silva	capalicism	Veterana F35	37:12	+15:16	07:27
125	224	Ricardo Rocha	trail da ladeia	Senior Masculino	37:21	+15:25	07:28
126	9	Zulmira Godinho Ferreira Silva	a.d.r.águas belas	Veterana F35	37:27	+15:30	07:30
127	61	Telmo Alexandre Santos Mendes	britrail	Senior Masculino	37:32	+15:35	07:30
128	153	Sonia Maria Cordeiro Matos	individual	Veterana F35	37:40	+15:44	07:32
129	135	Ricardo Mineiro	individual	Senior Masculino	37:43	+15:47	07:33
130	138	Selina rosa mendes	individual	Sub 20 Feminino	37:45	+15:49	07:33
131	106	Carla Sofia Sousa Ramos	individual	Senior Feminino	38:04	+16:08	07:37

PROVA PRINCIPAL - STAGE 1

5 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
177	73	Luis Miguel Lopes	cks karate fzz	Veterano M35	44:02	+22:06	08:49
178	205	Daniel Mineiro	obelhas e companhia	Senior Masculino	44:44	+22:48	08:57
179	209	Rafael Mendes	obelhas e companhia	Senior Masculino	45:02	+23:06	09:01
180	232	Joao Paulino	individual	Senior Masculino	45:07	+23:10	09:01
181	66	Marco Dias	capalicism	Veterano M35	45:23	+23:26	09:05
182	157	Sónia Salgado	individual	Veterana F35	45:35	+23:38	09:07
183	115	Raquel Santos	individual	Senior Feminino	45:36	+23:39	09:07
184	204	Sonia Duarte	obelhas e companhia	Senior Feminino	45:39	+23:42	09:08
185	118	Vânia Calado	individual	Senior Feminino	45:43	+23:47	09:09
186	53	Marta Sofia Ricardo Ramos	britrail	Senior Feminino	46:07	+24:10	09:13
187	78	Ana Rosinha	da-lhe gaz	Senior Feminino	46:27	+24:30	09:17
188	231	Beatriz	individual	Senior Feminino	48:05	+26:08	09:37
189	108	Catarina Filipa Atalaia Martins	individual	Senior Feminino	48:07	+26:10	09:37
190	116	Sara Francisco	individual	Senior Feminino	48:12	+26:15	09:38
191	126	Joao Manuel dias da silva	individual	Senior Masculino	48:21	+26:25	09:40
192	228	Isabel Meneses	individual	Senior Feminino	48:39	+26:42	09:44
193	114	Patricia Raquel marques duarte	individual	Senior Feminino	48:41	+26:44	09:44
194	234	Pedro Santos	individual	Senior Masculino	48:50	+26:54	09:46
195	98	Iara Camila Barros Silva	furões de corrida	Sub 20 Feminino	48:56	+26:59	09:47
196	97	Guida Marques	furões de corrida	Senior Feminino	49:40	+27:44	09:56
197	99	Anabela Carvalho Barros	furões de corrida	Veterana F35	49:40	+27:44	09:56
198	100	Paula Cristina Carvalho Barros	furões de corrida	Veterana F35	50:01	+28:04	10:00
199	145	Anabela Marcelo	individual	Veterana F35	50:36	+28:40	10:07
200	156	Regina Dias	individual	Veterana F35	50:37	+28:40	10:07
201	49	Ruben Nunes	bombeiros de caxarias	Senior Masculino	55:36	+33:40	11:07
202	47	Renato Dias	bombeiros de caxarias	Senior Masculino	55:36	+33:40	11:07
203	44	José Carvalho	bombeiros de caxarias	Senior Masculino	01:00:23	+38:26	12:05
204	35	Jéssica Batista	bombeiros de caxarias	Senior Feminino	01:00:24	+38:27	12:05
205	36	Sandra Beatriz	bombeiros de caxarias	Senior Feminino	01:00:24	+38:28	12:05

Prova Principal

5 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

	Time	Temperature	Humidity
Start	21:00	-99°C	-99%
End	22:01	-99°C	-99%

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

1	103	Andreia Gomes Cotrim Marques	Individual	Senior Feminino	31:25		06:17
2	111	Cristiana Lopes	Individual	Senior Feminino	31:34	+00:08	06:19
3	179	Elodie Pedrosa Costa	Lama Solta	Senior Feminino	32:06	+00:40	06:25
4	180	Marina Isabel Gonçalves Barroca	Lama Solta	Senior Feminino	34:00	+02:35	06:48
5	178	Diana Carvalho Filipe	Lama Solta	Senior Feminino	34:06	+02:41	06:49
6	34	Filipa Gameiro	Bombeiros de Caxarias	Senior Feminino	34:43	+03:18	06:57
7	104	Andreia Mendes	Individual	Senior Feminino	34:46	+03:21	06:57
8	216	Filipa Neves	SFAvelarense	Senior Feminino	36:56	+05:30	07:23
9	106	Carla Sofia Sousa Ramos	Individual	Senior Feminino	38:04	+06:39	07:37
10	117	Sónia Margarida Simões Moreira	Individual	Senior Feminino	38:51	+07:26	07:46
11	203	Catarina Marques	Obelhas e companhia	Senior Feminino	39:54	+08:28	07:59
12	52	Liliana Filipa Lopes Mendes	Britrail	Senior Feminino	40:10	+08:44	08:02
13	197	Marisa Silva	Lourival Bike Team	Senior Feminino	40:48	+09:22	08:10
14	182	Telma Cristina Sintra Marques	Lama Solta	Senior Feminino	40:58	+09:33	08:12
15	222	LILIANA DOMINGOS	THE FIGHTERS	Senior Feminino	41:24	+09:59	08:17
16	24	Eva sofia Duarte Cardoso	Bombeiros Ansião Team	Senior Feminino	41:38	+10:12	08:20
17	23	Carla Sofia Lopes Mendes	Bombeiros Ansião Team	Senior Feminino	41:39	+10:13	08:20
18	22	Andreia Filipa Lopes Fernandes	Bombeiros Ansião Team	Senior Feminino	41:39	+10:14	08:20
19	110	Catarina Raquel Dias Neves	Individual	Senior Feminino	43:12	+11:47	08:39
20	112	FILIPA MARGARIDA BONIFÁCIO PEREIRA	Individual	Senior Feminino	43:15	+11:49	08:39
21	21	Andreia Bernardo Simões	Bombeiros Ansião Team	Senior Feminino	43:20	+11:54	08:40
22	20	Ana Filipa Silva Rocha	Bombeiros Ansião Team	Senior Feminino	43:20	+11:55	08:40
23	107	Carolina Carvalho	Individual	Senior Feminino	43:37	+12:12	08:44
24	105	Carla Ferreira	Individual	Senior Feminino	43:59	+12:34	08:48
25	115	Raquel Santos	Individual	Senior Feminino	45:36	+14:10	09:07
26	204	Sonia Duarte	Obelhas e companhia	Senior Feminino	45:39	+14:13	09:08
27	118	Vânia Calado	Individual	Senior Feminino	45:43	+14:18	09:09
28	53	Marta Sofia Ricardo Ramos	Britrail	Senior Feminino	46:07	+14:41	09:13
29	78	Ana Rosinha	Da-lhe Gaz	Senior Feminino	46:27	+15:01	09:17
30	231	Beatriz	Individual	Senior Feminino	48:05	+16:39	09:37
31	108	Catarina Filipa Atalaia Martins	Individual	Senior Feminino	48:07	+16:41	09:37
32	116	Sara Francisco	Individual	Senior Feminino	48:12	+16:46	09:38
33	228	Isabel Meneses	Individual	Senior Feminino	48:39	+17:13	09:44
34	114	Patricia Raquel marques duarte	Individual	Senior Feminino	48:41	+17:15	09:44
35	97	Guida Marques	Furões de corrida	Senior Feminino	49:40	+18:15	09:56
36	35	Jéssica Batista	Bombeiros de Caxarias	Senior Feminino	01:00:24	+28:58	12:05
37	36	Sandra Beatriz	Bombeiros de Caxarias	Senior Feminino	01:00:24	+28:59	12:05

Prova Principal

5 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

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Senior Masculino

1	186	João Pedro Marques Gonçalves	Lama Solta	Senior Masculino	21:56		04:23
2	220	Bruno Silva	SRJardoeira/RUNCROSSTRAIL.COM	Senior Masculino	22:55	+00:59	04:35
3	14	Ricardo Lopes	ACRM Silveirinha Claras	Senior Masculino	24:07	+02:11	04:50
4	200	Joel Batista	Lourival Bike Team	Senior Masculino	24:46	+02:50	04:57
5	6	Rodrigo Antunes Rosa	A.D.R.Águas Belas	Senior Masculino	24:51	+02:55	04:58
6	48	Ricardo Mendes	Bombeiros de Caxarias	Senior Masculino	25:42	+03:46	05:09
7	199	Diogo Rafael Ferreira Nunes	Lourival Bike Team	Senior Masculino	25:43	+03:46	05:09
8	54	Celso Cristiano Marques	Britrail	Senior Masculino	26:28	+04:32	05:18
9	121	Daniel Gomes Pereira	Individual	Senior Masculino	26:35	+04:38	05:19
10	189	Nuno Alexandre Henriques	Lama Solta	Senior Masculino	26:35	+04:39	05:19
11	210	Tiago Rodrigues	Obelhas e companhia	Senior Masculino	26:47	+04:50	05:21
12	122	Eduardo Filipe Vaz Ferreira	Individual	Senior Masculino	26:48	+04:52	05:22
13	201	Jorge Henriques	Lourival Bike Team	Senior Masculino	26:53	+04:57	05:23
14	13	João Pedro da Silva Dâmaso	ACRM Silveirinha Claras	Senior Masculino	26:59	+05:03	05:24
15	191	Pedro Santos	Lama Solta	Senior Masculino	27:10	+05:14	05:26
16	119	Alexandre José de Jesus Marcelo	Individual	Senior Masculino	27:16	+05:20	05:27
17	90	Miguel costa	FlashRunners	Senior Masculino	27:38	+05:41	05:32
18	131	Paulo Alexandre Ramalho Rodrigues	Individual	Senior Masculino	27:49	+05:53	05:34
19	227	Hugo Monteiro	Individual	Senior Masculino	27:57	+06:01	05:36
20	187	Luís Carlos Sintra Marques	Lama Solta	Senior Masculino	28:12	+06:15	05:38
21	133	Paulo Santos	Individual	Senior Masculino	28:18	+06:22	05:40
22	233	Fabio Santos	Individual	Senior Masculino	28:25	+06:29	05:41
23	202	Nelson Mendes	Lourival Bike Team	Senior Masculino	28:37	+06:41	05:44
24	206	Fabio Mendes	Obelhas e companhia	Senior Masculino	28:43	+06:46	05:45
25	67	Bruno Lucas Dias	Catch Us If U Can	Senior Masculino	28:51	+06:55	05:46
26	28	Luís Miguel Domingues Ferreira	Bombeiros Ansião Team	Senior Masculino	28:52	+06:56	05:47
27	208	Marco Sousa	Obelhas e companhia	Senior Masculino	28:53	+06:57	05:47
28	42	Joel Marques	Bombeiros de Caxarias	Senior Masculino	28:56	+06:59	05:47
29	137	Tomé Lopes	Individual	Senior Masculino	28:58	+07:01	05:48
30	136	Rui Pereira	Individual	Senior Masculino	29:02	+07:05	05:48
31	188	Luís Ricardo Ferreira Oliveira	Lama Solta	Senior Masculino	29:13	+07:17	05:51
32	29	Tiago Freitas	Bombeiros Ansião Team	Senior Masculino	29:14	+07:18	05:51
33	79	Ricardo Henriques	Da-lhe Gaz	Senior Masculino	29:16	+07:19	05:51
34	124	Fábio Roxo	Individual	Senior Masculino	29:17	+07:21	05:52
35	89	Flavio neves	FlashRunners	Senior Masculino	29:22	+07:26	05:53
36	74	Carlos Mendes	CUMIBROA BIKES RUNNING TEAM	Senior Masculino	29:27	+07:30	05:53
37	25	André Lopes	Bombeiros Ansião team	Senior Masculino	29:36	+07:40	05:55
38	193	William Mendes Ferreira	Lama Solta	Senior Masculino	29:49	+07:53	05:58
39	58	João António Freire Matias	Britrail	Senior Masculino	29:53	+07:56	05:59
40	26	Bernardo Couceiro Lourenço	Bombeiros Ansião Team	Senior Masculino	29:58	+08:02	06:00
41	225	Tiago José Sá Miguel	Trail da Ladeia	Senior Masculino	30:02	+08:06	06:01
42	39	Diogo Carreira	Bombeiros de Caxarias	Senior Masculino	30:10	+08:14	06:02
43	183	Eduardo Rosa Neves	Lama Solta	Senior Masculino	30:35	+08:39	06:07

Official Timekeeper: Lap2Go	2 / 6	generate 22-out-2016 22:26
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Prova Principal

5 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 - LAP2GO - TIMING SOLUTION

44	55	Daniel Alexandre Santos Mendes	Britrail	Senior Masculino	30:42	+08:46	06:09
45	184	Filipe Miguel Sintra Marques	Lama Solta	Senior Masculino	31:01	+09:05	06:12
46	207	Joao Freire	Obelhas e companhia	Senior Masculino	31:21	+09:25	06:16
47	123	Eurico Alexandre Carvalho Duarte	Individual	Senior Masculino	31:26	+09:29	06:17
48	230	Diogo Mendes	Individual	Senior Masculino	31:36	+09:39	06:19
49	57	Ivo Francisco Simões Mendes	Britrail	Senior Masculino	31:39	+09:43	06:20
50	69	Michael Bruno Gonçalves	Cavalos de Corrida	Senior Masculino	31:45	+09:49	06:21
51	46	Patricio Gaspar	Bombeiros de Caxarias	Senior Masculino	32:01	+10:05	06:24
52	91	Nelson gomes	FlashRunners	Senior Masculino	32:53	+10:57	06:35
53	185	Isidro Ferreira Fernandes	Lama Solta	Senior Masculino	33:27	+11:30	06:41
54	132	Paulo duarte	Individual	Senior Masculino	33:40	+11:43	06:44
55	219	Tiago Passos	SFAvelarense	Senior Masculino	34:01	+12:04	06:48
56	125	Fábio Teixeira	Individual	Senior Masculino	34:37	+12:40	06:55
57	59	João Miguel Monteiro Rodrigues	Britrail	Senior Masculino	34:42	+12:46	06:57
58	45	Nuno Silva	Bombeiros de Caxarias	Senior Masculino	35:43	+13:46	07:09
59	40	Gil Gameiro	Bombeiros de Caxarias	Senior Masculino	36:14	+14:18	07:15
60	217	Fábio Passos	SFAvelarense	Senior Masculino	37:01	+15:05	07:24
61	224	Ricardo Rocha	Trail da Ladeia	Senior Masculino	37:21	+15:25	07:28
62	61	Telmo Alexandre Santos Mendes	Britrail	Senior Masculino	37:32	+15:35	07:30
63	135	Ricardo Mineiro	Individual	Senior Masculino	37:43	+15:47	07:33
64	229	Jorge Fazenda	Individual	Senior Masculino	38:25	+16:29	07:41
65	43	Joel Mendes	Bombeiros de Caxarias	Senior Masculino	39:34	+17:38	07:55
66	218	Francisco Henriques	SFAvelarense	Senior Masculino	39:59	+18:02	08:00
67	198	André António	Lourival Bike Team	Senior Masculino	40:50	+18:53	08:10
68	38	António Pereira	Bombeiros de Caxarias	Senior Masculino	41:12	+19:16	08:15
69	129	Luis Miguel Diogo Mendes	Individual	Senior Masculino	41:26	+19:29	08:17
70	92	Tânia Cordeiro	FlashRunners	Senior Masculino	41:29	+19:33	08:18
71	41	Gonçalo Perdigão	Bombeiros de Caxarias	Senior Masculino	43:19	+21:23	08:40
72	37	António Neves	Bombeiros de Caxarias	Senior Masculino	43:19	+21:23	08:40
73	130	Marco Gomes	Individual	Senior Masculino	43:39	+21:42	08:44
74	120	Carlos Feio	Individual	Senior Masculino	43:39	+21:43	08:44
75	72	Joao Francisco Pires Lopes	CKS Karate FZZ	Senior Masculino	43:59	+22:02	08:48
76	205	Daniel Mineiro	Obelhas e companhia	Senior Masculino	44:44	+22:48	08:57
77	209	Rafael Mendes	Obelhas e companhia	Senior Masculino	45:02	+23:06	09:01
78	232	Joao Paulino	Individual	Senior Masculino	45:07	+23:10	09:01
79	126	Joao Manuel dias da silva	Individual	Senior Masculino	48:21	+26:25	09:40
80	234	Pedro Santos	Individual	Senior Masculino	48:50	+26:54	09:46
81	49	Ruben Nunes	Bombeiros de Caxarias	Senior Masculino	55:36	+33:40	11:07
82	47	Renato Dias	Bombeiros de Caxarias	Senior Masculino	55:36	+33:40	11:07
83	44	José Carvalho	Bombeiros de Caxarias	Senior Masculino	01:00:23	+38:26	12:05

Sub 20 Feminino

1	138	Selina rosa mendes	Individual	Sub 20 Feminino	37:45		07:33
2	98	Iara Camila Barros Silva	Furões de corrida	Sub 20 Feminino	48:56	+11:10	09:47

Prova Principal
5 KM
OFFICIAL RESULT
Sub 20 Masculino

1	215	Diogo Alves	Ourique RuNNers	Sub 20 Masculino	25:31		05:06
2	144	Samuel Rocha Bairrada	Individual	Sub 20 Masculino	27:00	+01:30	05:24
3	93	Rodrigo silva	FlashRunners	Sub 20 Masculino	28:13	+02:43	05:39
4	212	Miguel Freire	Obelhas e companhia	Sub 20 Masculino	28:19	+02:49	05:40
5	211	Micael Fazenda	Obelhas e companhia	Sub 20 Masculino	28:24	+02:54	05:41
6	142	João Miguel Pereira Lopes	Individual	Sub 20 Masculino	28:43	+03:13	05:45
7	50	Fábio Lopes	Bombeiros de Caxarias	Sub 20 Masculino	29:19	+03:48	05:52
8	143	João Simões	Individual	Sub 20 Masculino	30:11	+04:40	06:02
9	140	Diogo Alexandre Marques dos Santos	Individual	Sub 20 Masculino	30:13	+04:43	06:03
10	141	Eduardo Ramos	Individual	Sub 20 Masculino	30:24	+04:54	06:05
11	30	Pedro Miguel Marques Ventura	Bombeiros Ansião Team	Sub 20 Masculino	30:35	+05:04	06:07
12	8	Miguel Angelo Henriques Joaquim	A.D.R.Águas Belas	Sub 20 Masculino	31:51	+06:21	06:22
13	7	Diogo Ferreira silva	A.D.R.Águas Belas	Sub 20 Masculino	31:52	+06:21	06:22
14	214	Ruben Ramalho	Obelhas e companhia	Sub 20 Masculino	33:03	+07:33	06:37
15	213	Paulo Mendes	Obelhas e companhia	Sub 20 Masculino	34:20	+08:49	06:52
16	139	André Filipe Rocha Carrasqueira	Individual	Sub 20 Masculino	39:34	+14:03	07:55

Veterana F35

1	221	Cláudia Torres	SRJardoeira/RUNCROSSTRAIL.COM	Veterana F35	28:42		05:45
2	95	Liliana carina dos santos neves	FlashRunners	Veterana F35	29:04	+00:22	05:49
3	148	Célia Sofia Neves Nunes	Individual	Veterana F35	31:19	+02:37	06:16
4	81	Silvia Dias	Da-lhe gaz	Veterana F35	31:22	+02:39	06:16
5	84	Eugénia Maria Fonseca Teixeira David Fernandes	David Fernandes Trail Team	Veterana F35	31:22	+02:39	06:16
6	194	Catarina Isabel Fernandes Sintra	Lama Solta	Veterana F35	32:43	+04:00	06:33
7	150	Isabel Maria Moniz Vieira	Individual	Veterana F35	33:37	+04:54	06:43
8	149	Elsa Maria Lopes Soares	Individual	Veterana F35	34:10	+05:27	06:50
9	94	Gina silva	FlashRunners	Veterana F35	36:45	+08:03	07:21
10	62	Carla Silva	CapalicrisM	Veterana F35	36:52	+08:09	07:22
11	151	Maria Alexandra Santos Lopes	Individual	Veterana F35	37:00	+08:17	07:24
12	65	Paula Silva	CapalicrisM	Veterana F35	37:12	+08:30	07:27
13	9	Zulmira Godinho Ferreira Silva	A.D.R.Águas Belas	Veterana F35	37:27	+08:44	07:30
14	153	Sonia Maria Cordeiro Matos	Individual	Veterana F35	37:40	+08:58	07:32
15	155	Sandra Isabel Cruz Santos	Individual	Veterana F35	38:24	+09:42	07:41
16	154	Sandra Gomes	Individual	Veterana F35	38:45	+10:03	07:45
17	226	Sara Tomás	Trail da Ladeia	Veterana F35	39:27	+10:45	07:54
18	147	Carla Marisa Baptista Rocha	Individual	Veterana F35	39:29	+10:46	07:54
19	31	Filomena Matias Pereira Santos	Bombeiros Ansião Team	Veterana F35	39:54	+11:12	07:59
20	75	Anabela Monteiro	CUMIBROA BIKES RUNNING TEAM	Veterana F35	40:18	+11:36	08:04
21	80	Natalia Jesus	Da-lhe gaz	Veterana F35	40:52	+12:10	08:11
22	223	MANUELA MURTINHO	THE FIGHTERS	Veterana F35	41:43	+13:01	08:21
23	86	Mafalda Ferreira	DREAM TEAM	Veterana F35	42:47	+14:05	08:34

Prova Principal

5 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

24	87	Susana Antunes	DREAM TEAM	Veterana F35	42:49	+14:07	08:34
25	15	Sofia Ferreira	AFA	Veterana F35	43:24	+14:41	08:41
26	157	Sónia Salgado	Individual	Veterana F35	45:35	+16:52	09:07
27	99	Anabela Carvalho Barros	Furões de corrida	Veterana F35	49:40	+20:58	09:56
28	100	Paula Cristina Carvalho Barros	Furões de corrida	Veterana F35	50:01	+21:18	10:00
29	145	Anabela Marcelo	Individual	Veterana F35	50:36	+21:54	10:07
30	156	Regina Dias	Individual	Veterana F35	50:37	+21:54	10:07

Veterano M35

1	173	Ramiro da Encarnação Luis	Individual	Veterano M35	27:12		05:27
2	169	Paulo Nunes Freire	Individual	Veterano M35	27:17	+00:04	05:27
3	161	Eduardo Mendes	Individual	Veterano M35	27:20	+00:08	05:28
4	10	Carlos Alberto Rosa Duro	A.D.R.Águas Belas	Veterano M35	27:48	+00:35	05:34
5	96	Henrique Iavaredas	FlashRunners	Veterano M35	27:50	+00:38	05:34
6	163	Luis Vilela	Individual	Veterano M35	28:21	+01:08	05:40
7	166	Nuno Manuel Pereira Rodrigues	Individual	Veterano M35	28:33	+01:20	05:43
8	32	Carlos Alberto Jesus Firmino	Bombeiros Ansião Team	Veterano M35	28:33	+01:21	05:43
9	76	Jorge Faria	CUMIBROA BIKES RUNNING TEAM	Veterano M35	29:17	+02:04	05:51
10	77	Nelson Mknteiro	CUMIBROA BIKES RUNNING TEAM	Veterano M35	29:26	+02:14	05:53
11	88	David Miguel Mota Lopes	DREAM TEAM	Veterano M35	30:10	+02:57	06:02
12	168	Paulo João	Individual	Veterano M35	30:35	+03:22	06:07
13	176	Telmo Rodrigues	Individual	Veterano M35	30:59	+03:47	06:12
14	82	Jose Dias	Da-lhe gaz	Veterano M35	31:20	+04:07	06:16
15	85	José Manuel Henriques David Fernandes	David Fernandes Trail Team	Veterano M35	31:22	+04:10	06:17
16	101	Amilcar Manuel Mendes Costa	Furões de corrida	Veterano M35	31:24	+04:12	06:17
17	102	Filipe Martins Silva	Furões de corrida	Veterano M35	31:47	+04:34	06:21
18	11	Carlos Manuel Alves e Silva	A.D.R.Águas Belas	Veterano M35	31:50	+04:37	06:22
19	171	Pedro Luís Monteiro Natário	Individual	Veterano M35	32:00	+04:48	06:24
20	71	Leonel T. Pinto	Cavalos de Corrida	Veterano M35	33:01	+05:49	06:36
21	195	Bruno Filipe da Costa Ligeiro	Lama Solta	Veterano M35	33:07	+05:55	06:38
22	164	Mário Medeiros	Individual	Veterano M35	33:40	+06:28	06:44
23	165	Miguel Peres	Individual	Veterano M35	33:46	+06:33	06:45
24	170	Paulo Serra	Individual	Veterano M35	34:47	+07:35	06:58
25	159	Armindo Freire	Individual	Veterano M35	35:05	+07:52	07:01
26	158	antonio freitas neves	Lama Solta	Veterano M35	35:33	+08:21	07:07
27	177	Vitor Lourenço	Individual	Veterano M35	35:44	+08:31	07:09
28	70	João Dinis Graça Fernandes	Cavalos de Corrida	Veterano M35	36:07	+08:55	07:14
29	33	Luís Rosa	Bombeiros Ansião Team	Veterano M35	36:44	+09:31	07:21
30	174	Rui Freire	Individual	Veterano M35	38:39	+11:26	07:44
31	175	Rui Rocha	Individual	Veterano M35	39:25	+12:13	07:53
32	68	Ricardo Palhais	Catch Us If U Can	Veterano M35	39:28	+12:15	07:54
33	83	Pedro Augusto Santos Jesus	Da-lhe gaz	Veterano M35	40:52	+13:40	08:11
34	196	Nelson Jorge Fernandes Sintra	Lama Solta	Veterano M35	41:20	+14:07	08:16

Prova Principal

5 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

35	16	Duarte Ferreira	AFA	Veterano M35	43:24	+16:12	08:41
36	73	Luis Miguel Lopes	CKS Karate FZZ	Veterano M35	44:02	+16:50	08:49
37	66	Marco Dias	CapalicrisM	Veterano M35	45:23	+18:10	09:05

