# 4ª Corrida dos Gambuzinos - Pombal 2017

**Pombal, PT**

**01-julho-2017**

## 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

## OFFICIAL RESULT

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| | Time | Temperature | Humidity |
|---|---|---|---|
| Start | 22:00 | 17,2ºC | 61% |
| End | 23:24 | 17,2ºC | 61% |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 1 | 14 | CARLOS ALVES | ac vermoil | Sub 20 Masculino | 22:16 | | 04:27 |
| 2 | 80 | Jorge Aires | ca barreira | Veterano M35 | 22:19 | +00:03 | 04:28 |
| 3 | 81 | Nuno Dias | ca barreira | Veterano M35 | 22:41 | +00:24 | 04:32 |
| 4 | 9 | CRISTIANO ANTÓNIO | ac vermoil | Senior Masculino | 22:59 | +00:42 | 04:36 |
| 5 | 28 | PEDRO FERREIRA | ac vermoil | Veterano M35 | 23:02 | +00:46 | 04:37 |
| 6 | 247 | Ricardo Carreira | individual | Senior Masculino | 23:18 | +01:02 | 04:40 |
| 7 | 402 | João Pedro Marques Gonçalves | lama solta | Senior Masculino | 23:25 | +01:08 | 04:41 |
| 8 | 60 | Rui Cruz | associação mesh nazareth | Veterano M35 | 24:00 | +01:43 | 04:48 |
| 9 | 24 | JOAQUIM QUITÉRIO | ac vermoil | Veterano M35 | 24:00 | +01:44 | 04:48 |
| 10 | 157 | João Pedro Ferreira Fernandes | gim running team | Senior Masculino | 24:04 | +01:47 | 04:49 |
| 11 | 73 | Tiago Amaral | ca barreira | Senior Masculino | 24:05 | +01:49 | 04:49 |
| 12 | 164 | Hugo Barqueiro | grupo alegre unido bajouca | Senior Masculino | 24:07 | +01:51 | 04:50 |
| 13 | 25 | JOSÉ SANTOS | ac vermoil | Veterano M35 | 24:12 | +01:55 | 04:50 |
| 14 | 216 | Daniel Ferreira | individual | Senior Masculino | 24:23 | +02:06 | 04:53 |
| 15 | 357 | Rui Joao | individual | Veterano M35 | 24:23 | +02:07 | 04:53 |
| 16 | 174 | José Gonçalves | grupo alegre unido bajouca | Veterano M35 | 24:35 | +02:18 | 04:55 |
| 17 | 388 | H.Horta | lacerferrunners | Veterano M35 | 24:39 | +02:22 | 04:56 |
| 18 | 499 | Vitor Esteves | soure mov | Senior Masculino | 24:46 | +02:29 | 04:57 |
| 19 | 230 | João Barradas | individual | Senior Masculino | 25:03 | +02:46 | 05:01 |
| 20 | 170 | André Fernandes | grupo alegre unido bajouca | Veterano M35 | 25:07 | +02:51 | 05:02 |
| 21 | 84 | Bruno Ferreira | cabritos do mato | Senior Masculino | 25:14 | +02:58 | 05:03 |
| 22 | 263 | Bruno Neves | individual | Sub 20 Masculino | 25:16 | +02:59 | 05:03 |
| 23 | 137 | Henrique Fernandes | fonte nova runners | Veterano M35 | 25:18 | +03:02 | 05:04 |
| 24 | 78 | Germano Capela | ca barreira | Veterano M35 | 25:19 | +03:02 | 05:04 |
| 25 | 387 | Énio Lacerda | lacerferrunners | Veterano M35 | 25:23 | +03:06 | 05:05 |
| 26 | 27 | NELSON FERREIRA | ac vermoil | Veterano M35 | 25:23 | +03:07 | 05:05 |
| 27 | 211 | Alfredo Gaspar | individual | Senior Masculino | 25:25 | +03:09 | 05:05 |
| 28 | 173 | Jorge Silva | grupo alegre unido bajouca | Veterano M35 | 25:34 | +03:17 | 05:07 |
| 29 | 237 | Marco Pimenta | individual | Senior Masculino | 25:39 | +03:23 | 05:08 |
| 30 | 331 | José Manuel Gaspar Lopes | individual | Veterano M35 | 25:50 | +03:34 | 05:10 |
| 31 | 177 | Pedro Capela | grupo alegre unido bajouca | Veterano M35 | 25:55 | +03:38 | 05:11 |
| 32 | 238 | Mauro Moderno | individual | Senior Masculino | 25:59 | +03:42 | 05:12 |
| 33 | 15 | DANIEL ANTUNES | ac vermoil | Sub 20 Masculino | 26:00 | +03:43 | 05:12 |
| 34 | 225 | Filipe Rodrigues | individual | Senior Masculino | 26:04 | +03:47 | 05:13 |
| 35 | 363 | Sérgio Junqueira | individual | Veterano M35 | 26:06 | +03:49 | 05:13 |
| 36 | 159 | Pedro Afonso Pedrosa dos Santos | gim running team | Sub 20 Masculino | 26:08 | +03:52 | 05:14 |
| 37 | 106 | António Marques da Costa | crossfit pombal | Sub 20 Masculino | 26:11 | +03:55 | 05:14 |
| 38 | 79 | Jorge Agostinho | ca barreira | Veterano M35 | 26:15 | +03:59 | 05:15 |
| 39 | 345 | Nuno Jorge Jesus Guarda | individual | Veterano M35 | 26:18 | +04:01 | 05:16 |
| 40 | 503 | Gil Ribeiro | tartarugas velozes | Senior Masculino | 26:23 | +04:07 | 05:17 |

## PROVA PRINCIPAL - STAGE 1 5 KM

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## OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 41 | 30 | Ivo Arneiro | alcateia | Senior Masculino | 26:25 | +04:08 | 05:17 |
| 42 | 554 | Paulo Jorge Crespo | gteam | Veterano M35 | 26:26 | +04:09 | 05:17 |
| 43 | 77 | Daniel Lourenço | ca barreira | Veterano M35 | 26:28 | +04:11 | 05:18 |
| 44 | 497 | LEONARDO JOSE RODRIGUES ARAUJO | slow runners pombal | Veterano M35 | 26:33 | +04:16 | 05:19 |
| 45 | 175 | Otelo Pereira | grupo alegre unido bajouca | Veterano M35 | 26:33 | +04:17 | 05:19 |
| 46 | 269 | Lucas Alberto Afonso | individual | Sub 20 Masculino | 26:37 | +04:21 | 05:20 |
| 47 | 316 | ezequiel | individual | Veterano M35 | 26:38 | +04:21 | 05:20 |
| 48 | 461 | Pedro Manso | papoilas saltitantes | Veterano M35 | 26:38 | +04:22 | 05:20 |
| 49 | 385 | Jorge Luis Gonçalves Vieira | juventude vidigalense | Senior Masculino | 26:38 | +04:22 | 05:20 |
| 50 | 37 | Alexandre Marcelo | ansibikers | Senior Masculino | 26:40 | +04:23 | 05:20 |
| 51 | 160 | Carlos Estrada | gim running team | Veterano M35 | 26:48 | +04:32 | 05:22 |
| 52 | 248 | Ricardo Carvalho | individual | Senior Masculino | 26:49 | +04:32 | 05:22 |
| 53 | 342 | MARTINHO JOAQUIM DA SILVA PEDROSA | individual | Veterano M35 | 26:49 | +04:33 | 05:22 |
| 54 | 18 | CAROLINA MATIAS | ac vermoil | Senior Feminino | 26:53 | +04:37 | 05:23 |
| 55 | 241 | Nelson Mateus Fernandes | individual | Senior Masculino | 26:53 | +04:37 | 05:23 |
| 56 | 273 | Rodrigo Vaz Miranda | individual | Sub 20 Masculino | 26:57 | +04:41 | 05:24 |
| 57 | 332 | José Miguel Ferreira Santos | individual | Veterano M35 | 27:01 | +04:45 | 05:24 |
| 58 | 575 | Jose Carlos Mendes | dream team | Veterano M35 | 27:02 | +04:45 | 05:24 |
| 59 | 85 | Pedro Carlos | charles team | Veterano M35 | 27:02 | +04:45 | 05:24 |
| 60 | 217 | Diogo | individual | Senior Masculino | 27:03 | +04:47 | 05:25 |
| 61 | 359 | Rui Pereira | individual | Veterano M35 | 27:03 | +04:47 | 05:25 |
| 62 | 72 | Carina Matias | ca barreira | Senior Feminino | 27:12 | +04:55 | 05:26 |
| 63 | 70 | Albano Manuel Fernandes Silva | bttralhos | Veterano M35 | 27:19 | +05:02 | 05:28 |
| 64 | 386 | Fátima Alendouro | juventude vidigalense | Veterana F35 | 27:25 | +05:08 | 05:29 |
| 65 | 172 | Jorge Rodrigues | grupo alegre unido bajouca | Veterano M35 | 27:28 | +05:12 | 05:30 |
| 66 | 23 | HELDER MIRANDA | ac vermoil | Veterano M35 | 27:28 | +05:12 | 05:30 |
| 67 | 431 | Filipe Alexandre Pinto Silva | oito pernas | Senior Masculino | 27:32 | +05:15 | 05:30 |
| 68 | 35 | Alexis Costa | animais do quénia | Senior Masculino | 27:34 | +05:18 | 05:31 |
| 69 | 221 | Eduardo Silva Gonçalves | individual | Senior Masculino | 27:35 | +05:19 | 05:31 |
| 70 | 487 | Yvo Matias | rocket team | Senior Masculino | 27:36 | +05:19 | 05:31 |
| 71 | 32 | Paulo Nunes Freire | aln | Veterano M35 | 27:36 | +05:19 | 05:31 |
| 72 | 377 | Ivónio Martins | intrilhos | Veterano M35 | 27:36 | +05:20 | 05:31 |
| 73 | 254 | Tomé Lopes | individual | Senior Masculino | 27:43 | +05:27 | 05:33 |
| 74 | 229 | Humberto Moreira da Silva | individual | Senior Masculino | 27:44 | +05:27 | 05:33 |
| 75 | 75 | Salete Tavares | ca barreira | Veterana F35 | 27:49 | +05:32 | 05:34 |
| 76 | 365 | Telmo Pedro | individual | Veterano M35 | 27:50 | +05:33 | 05:34 |
| 77 | 190 | Diana Elias | individual | Senior Feminino | 27:50 | +05:34 | 05:34 |
| 78 | 232 | João Moderno | individual | Senior Masculino | 27:51 | +05:35 | 05:34 |
| 79 | 382 | João Miguel Mendes Gonçalves | juntos somos mais fortes | Sub 20 Masculino | 27:51 | +05:35 | 05:34 |
| 80 | 326 | João Vítor Simões Santos | individual | Veterano M35 | 27:53 | +05:36 | 05:35 |
| 81 | 405 | Nuno Neves | lama solta | Senior Masculino | 27:54 | +05:38 | 05:35 |
| 82 | 136 | Pedro Ribeiro | follow me | Veterano M35 | 27:56 | +05:40 | 05:35 |
| 83 | 33 | Wilson Subtil | aln | Veterano M35 | 27:59 | +05:42 | 05:36 |

## 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

## OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 84 | 493 | César Santos | s & s | Veterano M35 | 28:03 | +05:47 | 05:37 |
| 85 | 265 | Filipe Cruz | individual | Sub 20 Masculino | 28:03 | +05:47 | 05:37 |
| 86 | 406 | Pedro Miguel Serra Santos | lama solta | Senior Masculino | 28:05 | +05:48 | 05:37 |
| 87 | 245 | Paulo Rodrigues | individual | Senior Masculino | 28:05 | +05:49 | 05:37 |
| 88 | 489 | João Pedro Quitério Santos | rocket team | Veterano M35 | 28:08 | +05:52 | 05:38 |
| 89 | 114 | Fernando Ferreira | crossfit pombal | Veterano M35 | 28:10 | +05:53 | 05:38 |
| 90 | 330 | José Gonçalo Redondo | individual | Veterano M35 | 28:12 | +05:55 | 05:38 |
| 91 | 338 | Luis vilela | individual | Veterano M35 | 28:14 | +05:57 | 05:39 |
| 92 | 403 | Luís Marques | lama solta | Senior Masculino | 28:14 | +05:58 | 05:39 |
| 93 | 161 | Fernando da Silva Parracho | gim running team | Veterano M35 | 28:24 | +06:07 | 05:41 |
| 94 | 457 | Gastão Sousa | papoilas saltitantes | Veterano M35 | 28:25 | +06:08 | 05:41 |
| 95 | 231 | João Cardoso | individual | Senior Masculino | 28:26 | +06:09 | 05:41 |
| 96 | 270 | Mario Eusebio | individual | Sub 20 Masculino | 28:26 | +06:09 | 05:41 |
| 97 | 12 | NUNO MARQUES | ac vermoil | Senior Masculino | 28:28 | +06:12 | 05:42 |
| 98 | 104 | Rui Rua | crossfit pombal | Senior Masculino | 28:29 | +06:13 | 05:42 |
| 99 | 163 | Milene Santos | grupo alegre unido bajouca | Senior Feminino | 28:32 | +06:15 | 05:42 |
| 100 | 320 | Henrique lavaredas0808 | individual | Veterano M35 | 28:32 | +06:15 | 05:42 |
| 101 | 434 | Diogo Alves | os amigos da lagarteira | Sub 20 Masculino | 28:33 | +06:17 | 05:43 |
| 102 | 17 | BLANDINA LOURENÇO | ac vermoil | Veterana F35 | 28:33 | +06:17 | 05:43 |
| 103 | 6 | ADRIANA COSTA | ac vermoil | Senior Feminino | 28:35 | +06:19 | 05:43 |
| 104 | 313 | Edgar Gomes | individual | Veterano M35 | 28:39 | +06:22 | 05:44 |
| 105 | 71 | Andreia pereira | ca barreira | Senior Feminino | 28:40 | +06:23 | 05:44 |
| 106 | 171 | António Fernandes | grupo alegre unido bajouca | Veterano M35 | 28:42 | +06:25 | 05:44 |
| 107 | 165 | Marco Reis | grupo alegre unido bajouca | Senior Masculino | 28:43 | +06:26 | 05:45 |
| 108 | 228 | Henrique carvalheiro | individual | Senior Masculino | 28:44 | +06:27 | 05:45 |
| 109 | 404 | Luis Oliveira | lama solta | Senior Masculino | 28:49 | +06:33 | 05:46 |
| 110 | 368 | Tomás Silva | individual | Veterano M35 | 28:49 | +06:33 | 05:46 |
| 111 | 435 | Hugo Gomes | os amigos da lagarteira | Sub 20 Masculino | 28:53 | +06:36 | 05:47 |
| 112 | 239 | Miguel Costa | individual | Senior Masculino | 28:56 | +06:40 | 05:47 |
| 113 | 525 | Miguel Ângelo Duarte das Neves Matias | cscrfcharneca | Veterano M35 | 28:58 | +06:41 | 05:48 |
| 114 | 349 | Paulo Freire | individual | Veterano M35 | 28:58 | +06:42 | 05:48 |
| 115 | 267 | Hugo Manuel Silva Gaspar | individual | Sub 20 Masculino | 29:01 | +06:44 | 05:48 |
| 116 | 460 | Pedro Boia | papoilas saltitantes | Veterano M35 | 29:04 | +06:47 | 05:49 |
| 117 | 105 | Tiago Mourão Jorge | crossfit pombal | Senior Masculino | 29:06 | +06:50 | 05:49 |
| 118 | 373 | Frederico Sismeiro | intocáveis | Veterano M35 | 29:07 | +06:50 | 05:49 |
| 119 | 234 | João Pedro Martins Gonçalves | individual | Senior Masculino | 29:09 | +06:52 | 05:50 |
| 120 | 227 | Guilherme Oliveira | individual | Senior Masculino | 29:10 | +06:53 | 05:50 |
| 121 | 309 | Bruno Alexandre da Silva Cordeiro | individual | Veterano M35 | 29:11 | +06:54 | 05:50 |
| 122 | 523 | Luís Fernando Rocha das Neves | cscrfcharneca | Veterano M35 | 29:11 | +06:55 | 05:50 |
| 123 | 308 | ANTÓNIO MANUEL FERREIRA MENDES | individual | Veterano M35 | 29:12 | +06:56 | 05:51 |
| 124 | 40 | Samuel Bairrada | ansibikers | Sub 20 Masculino | 29:13 | +06:56 | 05:51 |
| 125 | 514 | José Antunes | trail bombeiros ansião team | Veterano M35 | 29:14 | +06:58 | 05:51 |
| 126 | 10 | JORGE RODRIGUES | ac vermoil | Senior Masculino | 29:14 | +06:58 | 05:51 |

## PROVA PRINCIPAL - STAGE 1 5 KM

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## OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 127 | 205 | Sara Santos Pedrosa | individual | Senior Feminino | 29:16 | +07:00 | 05:51 |
| 128 | 578 | Emidio alves | individual | Veterano M35 | 29:17 | +07:00 | 05:51 |
| 129 | 20 | LILIANA NEVES | ac vermoil | Veterana F35 | 29:19 | +07:03 | 05:52 |
| 130 | 576 | Pedro dos Santos Lopes | dream team | Veterano M35 | 29:21 | +07:05 | 05:52 |
| 131 | 522 | Álvaro José Vieira Lopes | cscrfcharneca | Veterano M35 | 29:32 | +07:16 | 05:55 |
| 132 | 530 | Nicolau Cravo Ferreira | cscrfcharneca | Senior Masculino | 29:34 | +07:17 | 05:55 |
| 133 | 524 | Carlos António Mota Longo da Conceição | cscrfcharneca | Veterano M35 | 29:37 | +07:21 | 05:56 |
| 134 | 76 | André Goucha | ca barreira | Veterano M35 | 29:38 | +07:22 | 05:56 |
| 135 | 31 | Milton Alves | alcateia | Senior Masculino | 29:40 | +07:24 | 05:56 |
| 136 | 180 | Virgílio Alberto | grupo alegre unido bajouca | Veterano M35 | 29:45 | +07:28 | 05:57 |
| 137 | 68 | Pedro Alberto Fernandes | bttralhos | Senior Masculino | 29:45 | +07:29 | 05:57 |
| 138 | 59 | Fernando Esperança | associação mesh nazareth | Veterano M35 | 29:49 | +07:33 | 05:58 |
| 139 | 219 | Diogo Mendes | individual | Senior Masculino | 29:56 | +07:40 | 05:59 |
| 140 | 215 | Bruno Antunes | individual | Senior Masculino | 30:02 | +07:46 | 06:01 |
| 141 | 181 | Jorge Henriques | h2m5o+ | Senior Masculino | 30:03 | +07:46 | 06:01 |
| 142 | 182 | Samuel Simões | h2m5o+ | Senior Masculino | 30:07 | +07:50 | 06:01 |
| 143 | 29 | David de Jesus Simões | alcateia | Senior Masculino | 30:07 | +07:50 | 06:01 |
| 144 | 486 | Rodrigo Nunes | rocket team | Senior Masculino | 30:09 | +07:53 | 06:02 |
| 145 | 436 | Micael Fazenda | os amigos da lagarteira | Sub 20 Masculino | 30:12 | +07:56 | 06:03 |
| 146 | 437 | Miguel Freire | os amigos da lagarteira | Sub 20 Masculino | 30:13 | +07:57 | 06:03 |
| 147 | 119 | João Costa | dá-lhe gás team | Senior Masculino | 30:16 | +07:59 | 06:03 |
| 148 | 573 | Nuno Alexandre Duarte da Mota | individual | Veterano M35 | 30:18 | +08:01 | 06:04 |
| 149 | 74 | Cármen Silva | ca barreira | Veterana F35 | 30:19 | +08:02 | 06:04 |
| 150 | 361 | Sérgio Artilheiro | individual | Veterano M35 | 30:25 | +08:08 | 06:05 |
| 151 | 179 | Sérgio Marcelino | grupo alegre unido bajouca | Veterano M35 | 30:29 | +08:12 | 06:06 |
| 152 | 307 | Antonio Gomes | individual | Veterano M35 | 30:34 | +08:18 | 06:07 |
| 153 | 45 | Jorge Rocha | ansibikers | Veterano M35 | 30:37 | +08:20 | 06:07 |
| 154 | 220 | Diogo Oliveira | individual | Senior Masculino | 30:37 | +08:21 | 06:08 |
| 155 | 138 | Bruno Pimenta | free runners | Veterano M35 | 30:38 | +08:21 | 06:08 |
| 156 | 19 | CÉLIA MARQUES | ac vermoil | Senior Feminino | 30:42 | +08:26 | 06:09 |
| 157 | 490 | Nelson Matias | rocket team | Veterano M35 | 30:44 | +08:28 | 06:09 |
| 158 | 299 | Sara Domingues | individual | Veterana F35 | 30:45 | +08:28 | 06:09 |
| 159 | 116 | Luís Manuel Gomes Ruivo | crossfit pombal | Veterano M35 | 30:52 | +08:36 | 06:11 |
| 160 | 102 | Rafael Silva | crossfit pombal | Senior Masculino | 30:55 | +08:39 | 06:11 |
| 161 | 400 | Flavio Neves | lama solta | Senior Masculino | 30:55 | +08:39 | 06:11 |
| 162 | 250 | Rui Manuel Pascoal Neves | individual | Senior Masculino | 30:56 | +08:39 | 06:11 |
| 163 | 430 | Vânia Patrícia da Silva Leal | oito pernas | Senior Feminino | 30:56 | +08:39 | 06:11 |
| 164 | 285 | Elsa Soares | individual | Veterana F35 | 30:58 | +08:41 | 06:12 |
| 165 | 99 | Mickael Freire | crossfit pombal | Senior Masculino | 30:58 | +08:42 | 06:12 |
| 166 | 433 | André Mendes | os amigos da lagarteira | Sub 20 Masculino | 31:00 | +08:43 | 06:12 |
| 167 | 324 | Joao marco domingues gomes | individual | Veterano M35 | 31:00 | +08:44 | 06:12 |
| 168 | 178 | Ramiro Rodrigues | grupo alegre unido bajouca | Veterano M35 | 31:00 | +08:44 | 06:12 |
| 169 | 21 | ALFREDO SANTOS | ac vermoil | Veterano M35 | 31:06 | +08:49 | 06:13 |
| 170 | 410 | Marco Murgeiro | lama solta | Veterano M35 | 31:07 | +08:51 | 06:14 |
| 171 | 335 | Leonel Pinto | individual | Veterano M35 | 31:08 | +08:52 | 06:14 |

## PROVA PRINCIPAL - STAGE 1 5 KM

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## OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 172 | 384 | Vítor José de Sousa Monteiro | juntos somos mais fortes | Veterano M35 | 31:09 | +08:53 | 06:14 |
| 173 | 358 | Rui Nunes | individual | Veterano M35 | 31:14 | +08:58 | 06:15 |
| 174 | 369 | Tome fernandes | individual | Veterano M35 | 31:19 | +09:02 | 06:16 |
| 175 | 379 | Humberto Carlos Pedrosa Marques | jatapanho | Veterano M35 | 31:19 | +09:02 | 06:16 |
| 176 | 213 | ANDRÉ LOPES | individual | Senior Masculino | 31:20 | +09:04 | 06:16 |
| 177 | 354 | Ricardo Ruas | individual | Veterano M35 | 31:21 | +09:05 | 06:16 |
| 178 | 491 | Fábio Santos | s & s | Sub 20 Masculino | 31:22 | +09:05 | 06:16 |
| 179 | 485 | Alexandre Leal | rocket team | Senior Masculino | 31:26 | +09:10 | 06:17 |
| 180 | 162 | Manuel António Rodrigues dos Santos | gim running team | Veterano M35 | 31:27 | +09:11 | 06:18 |
| 181 | 139 | Hugo Fernandes | free runners | Veterano M35 | 31:28 | +09:11 | 06:18 |
| 182 | 504 | Marco Pascoal | tartarugas velozes | Senior Masculino | 31:30 | +09:13 | 06:18 |
| 183 | 176 | Pedro Cabecinhas | grupo alegre unido bajouca | Veterano M35 | 31:35 | +09:18 | 06:19 |
| 184 | 571 | Ricardo da Silva Jorge | individual | Senior Masculino | 31:41 | +09:24 | 06:20 |
| 185 | 210 | Alex Nogueira Mendes | individual | Senior Masculino | 31:41 | +09:25 | 06:20 |
| 186 | 11 | KEVIN SANTOS | ac vermoil | Senior Masculino | 31:50 | +09:33 | 06:22 |
| 187 | 507 | Rúben Pires | tartarugas velozes | Senior Masculino | 31:50 | +09:34 | 06:22 |
| 188 | 271 | Paulo André Antunes Miranda | individual | Sub 20 Masculino | 31:52 | +09:36 | 06:23 |
| 189 | 117 | Rodrigo santos | crossfit pombal | Veterano M35 | 31:55 | +09:39 | 06:23 |
| 190 | 58 | Micael Ramos | associação mesh nazareth | Senior Masculino | 32:04 | +09:47 | 06:25 |
| 191 | 482 | Nuno Rito | qualquercoisa | Veterano M35 | 32:04 | +09:48 | 06:25 |
| 192 | 367 | Tiago Ramos | individual | Veterano M35 | 32:06 | +09:49 | 06:25 |
| 193 | 360 | Samuel Costa | individual | Veterano M35 | 32:07 | +09:50 | 06:25 |
| 194 | 312 | Daniel Francisco Fragoso | individual | Veterano M35 | 32:09 | +09:53 | 06:26 |
| 195 | 34 | Andreia Pires | animais do quénia | Senior Feminino | 32:09 | +09:53 | 06:26 |
| 196 | 244 | Paulo Lavoura | individual | Senior Masculino | 32:11 | +09:55 | 06:26 |
| 197 | 428 | Luis Fernandes | o ultimo vai a pe | Veterano M35 | 32:11 | +09:55 | 06:26 |
| 198 | 82 | Carina Gaspar | cabritos do mato | Senior Feminino | 32:11 | +09:55 | 06:26 |
| 199 | 515 | Vitor Santos | trail bombeiros ansião team | Veterano M35 | 32:12 | +09:55 | 06:26 |
| 200 | 46 | Zé Ramalho | ansibikers | Veterano M35 | 32:16 | +09:59 | 06:27 |
| 201 | 505 | Ricardo Lopes | tartarugas velozes | Senior Masculino | 32:16 | +10:00 | 06:27 |
| 202 | 398 | Eduardo Neves | lama solta | Senior Masculino | 32:16 | +10:00 | 06:27 |
| 203 | 252 | Telmo Gaspar | individual | Senior Masculino | 32:18 | +10:01 | 06:28 |
| 204 | 64 | João Filipe Pereira Pedrosa | bombeiros voluntários de pombal | Senior Masculino | 32:18 | +10:01 | 06:28 |
| 205 | 38 | Pedro Mendes | ansibikers | Senior Masculino | 32:24 | +10:07 | 06:29 |
| 206 | 22 | EUGENIO MENDES | ac vermoil | Veterano M35 | 32:24 | +10:07 | 06:29 |
| 207 | 425 | Leandro Valadas | o ultimo vai a pe | Senior Masculino | 32:25 | +10:08 | 06:29 |
| 208 | 156 | Joana Rosa | gim running team | Senior Feminino | 32:34 | +10:18 | 06:31 |
| 209 | 520 | Sofia Soares | uvapp team | Senior Feminino | 32:35 | +10:19 | 06:31 |
| 210 | 424 | Marisa Bregieiro | o ultimo vai a pe | Senior Feminino | 32:39 | +10:22 | 06:32 |
| 211 | 197 | luisa Areia | individual | Senior Feminino | 32:39 | +10:22 | 06:32 |
| 212 | 92 | Andreia Gonçalves | crossfit pombal | Senior Feminino | 32:40 | +10:23 | 06:32 |
| 213 | 498 | PEDRO PIMPÃO | slow runners pombal | Veterano M35 | 32:40 | +10:24 | 06:32 |
| 214 | 16 | JOÃO SILVA | ac vermoil | Sub 20 Masculino | 32:44 | +10:28 | 06:33 |
| 215 | 236 | leonardo silva santos | individual | Senior Masculino | 32:49 | +10:33 | 06:34 |
| 216 | 458 | João Loureiro | papoilas saltitantes | Veterano M35 | 32:50 | +10:33 | 06:34 |

## 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

## OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 217 | 258 | Isabel Catarino Cravo | individual | Sub 20 Feminino | 32:56 | +10:39 | 06:35 |
| 218 | 305 | Almerindo | individual | Veterano M35 | 33:04 | +10:48 | 06:37 |
| 219 | 344 | Nuno Cruz | individual | Veterano M35 | 33:05 | +10:49 | 06:37 |
| 220 | 401 | Isidro Fernandes | lama solta | Senior Masculino | 33:07 | +10:51 | 06:38 |
| 221 | 409 | antonio freitas neves | lama solta | Veterano M35 | 33:20 | +11:04 | 06:40 |
| 222 | 521 | Diogo Soares | uvapp team | Sub 20 Masculino | 33:21 | +11:04 | 06:40 |
| 223 | 479 | Filipe Carrilho | qualquercoisa | Veterano M35 | 33:22 | +11:05 | 06:40 |
| 224 | 526 | Pascoal Duarte Oliveira | cscrfcharneca | Veterano M35 | 33:23 | +11:07 | 06:41 |
| 225 | 111 | Rita Mendes | crossfit pombal | Veterana F35 | 33:24 | +11:08 | 06:41 |
| 226 | 276 | Alexandra Neves | individual | Veterana F35 | 33:28 | +11:12 | 06:42 |
| 227 | 572 | Catarina Alexandra Carvalho dos Santos | individual | Veterana F35 | 33:32 | +11:15 | 06:42 |
| 228 | 484 | Tânia Pedrosa | rocket team | Senior Feminino | 33:34 | +11:17 | 06:43 |
| 229 | 47 | Diogo Nunes | apj trail running | Senior Masculino | 33:36 | +11:20 | 06:43 |
| 230 | 36 | Nelson Silva | animais do quénia | Senior Masculino | 33:39 | +11:23 | 06:44 |
| 231 | 527 | Arlindo de Jesus Oliveira | cscrfcharneca | Veterano M35 | 33:39 | +11:23 | 06:44 |
| 232 | 323 | João Cordeiro | individual | Veterano M35 | 33:40 | +11:23 | 06:44 |
| 233 | 201 | Patricia Santos | individual | Senior Feminino | 33:40 | +11:24 | 06:44 |
| 234 | 488 | Liliana | rocket team | Veterana F35 | 33:40 | +11:24 | 06:44 |
| 235 | 83 | Tânia Ferreira | cabritos do mato | Senior Feminino | 33:44 | +11:27 | 06:45 |
| 236 | 121 | Carla Sofia | dá-lhe gás team | Veterana F35 | 33:45 | +11:29 | 06:45 |
| 237 | 268 | João Miguel Lopes da Silva | individual | Sub 20 Masculino | 33:48 | +11:31 | 06:46 |
| 238 | 381 | João Josué Lopes Canelas | juntos somos mais fortes | Sub 20 Masculino | 33:50 | +11:34 | 06:46 |
| 239 | 555 | Jorge Silva | individual | Veterano M35 | 33:55 | +11:39 | 06:47 |
| 240 | 456 | Victor Silva | out 2 run | Veterano M35 | 33:57 | +11:41 | 06:48 |
| 241 | 224 | Filipe Ferreira | individual | Senior Masculino | 34:01 | +11:44 | 06:48 |
| 242 | 399 | Filipe Marques | lama solta | Senior Masculino | 34:04 | +11:47 | 06:49 |
| 243 | 235 | Joel Ponte | individual | Senior Masculino | 34:04 | +11:47 | 06:49 |
| 244 | 63 | Diogo da Mota Duarte | bombeiros voluntários de pombal | Senior Masculino | 34:07 | +11:51 | 06:50 |
| 245 | 510 | Paulo Lopes | tartarugas velozes | Veterano M35 | 34:07 | +11:51 | 06:50 |
| 246 | 292 | MARIA LUÍSA | individual | Veterana F35 | 34:10 | +11:53 | 06:50 |
| 247 | 65 | Nuno Emanuel Marques Sotto Mayor | bombeiros voluntários de pombal | Senior Masculino | 34:12 | +11:55 | 06:50 |
| 248 | 314 | Énio Bruno Antunes Mota | individual | Veterano M35 | 34:12 | +11:55 | 06:50 |
| 249 | 356 | Rogério Freire Luís | individual | Veterano M35 | 34:17 | +12:00 | 06:51 |
| 250 | 374 | Mário Silva | intocáveis | Veterano M35 | 34:22 | +12:06 | 06:53 |
| 251 | 306 | André Filipe Marques Gomes | individual | Veterano M35 | 34:25 | +12:09 | 06:53 |
| 252 | 192 | Filipa Loureiro | individual | Senior Feminino | 34:27 | +12:10 | 06:53 |
| 253 | 341 | Marco silva | individual | Veterano M35 | 34:33 | +12:16 | 06:55 |
| 254 | 283 | Célia Maria do Arneiro | individual | Veterana F35 | 34:33 | +12:17 | 06:55 |
| 255 | 376 | Nélia Antunes | intrilhos | Veterana F35 | 34:33 | +12:17 | 06:55 |
| 256 | 295 | Paula Silva | individual | Veterana F35 | 34:34 | +12:18 | 06:55 |
| 257 | 531 | Virginia Margarida Sintra | cscrfcharneca | Veterana F35 | 34:35 | +12:19 | 06:55 |
| 258 | 364 | Sérgio Pereira | individual | Veterano M35 | 34:36 | +12:19 | 06:55 |
| 259 | 183 | Adriana Filipa Gameiro Martins | individual | Senior Feminino | 34:41 | +12:24 | 06:56 |
| 260 | 93 | Daniela Maria Pinto Simão | crossfit pombal | Senior Feminino | 34:41 | +12:25 | 06:56 |

## 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

## OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 261 | 334 | LEONEL JORGE GUARDADO MARTINS | individual | Veterano M35 | 34:41 | +12:25 | 06:56 |
| 262 | 3 | Antonio Reis | ca barreira | Veterano M35 | 34:43 | +12:26 | 06:57 |
| 263 | 67 | Paulo Jorge dos Santos Miranda | bombeiros voluntários de pombal | Veterano M35 | 34:45 | +12:29 | 06:57 |
| 264 | 223 | Fernando Parreira | individual | Senior Masculino | 34:48 | +12:32 | 06:58 |
| 265 | 275 | Adelaide M Gameiro | individual | Veterana F35 | 34:53 | +12:37 | 06:59 |
| 266 | 301 | Sónia Pereira | individual | Veterana F35 | 34:54 | +12:37 | 06:59 |
| 267 | 472 | Manuela Frias | pombal jornal | Veterana F35 | 34:54 | +12:38 | 06:59 |
| 268 | 553 | Sheila Silva | ac vermoil | Sub 20 Feminino | 34:57 | +12:40 | 06:59 |
| 269 | 481 | Luís Jesus | qualquercoisa | Veterano M35 | 34:58 | +12:41 | 07:00 |
| 270 | 212 | André Camaz Artur | individual | Senior Masculino | 34:59 | +12:42 | 07:00 |
| 271 | 251 | Rui Ribeiro | individual | Senior Masculino | 35:08 | +12:52 | 07:02 |
| 272 | 266 | Francisco Miguel Coelho Serra | individual | Sub 20 Masculino | 35:09 | +12:52 | 07:02 |
| 273 | 392 | Patricia Gonçalves | lama solta | Senior Feminino | 35:11 | +12:55 | 07:02 |
| 274 | 391 | MARINA ISABEL GONÇALVES BARROCA | lama solta | Senior Feminino | 35:14 | +12:57 | 07:03 |
| 275 | 408 | FERNANDA MARIA CARVALHO MARQUES | lama solta | Veterana F35 | 35:16 | +12:59 | 07:03 |
| 276 | 459 | Paulo Lopes | papoilas saltitantes | Veterano M35 | 35:17 | +13:00 | 07:03 |
| 277 | 133 | Hugo Magalhães Ferreira | follow me | Veterano M35 | 35:19 | +13:03 | 07:04 |
| 278 | 383 | Márcia Crisitna Rodrigues Lopes | juntos somos mais fortes | Veterana F35 | 35:20 | +13:04 | 07:04 |
| 279 | 100 | Miguel Costa | crossfit pombal | Senior Masculino | 35:21 | +13:04 | 07:04 |
| 280 | 500 | Cátia Ferreira | tartarugas velozes | Senior Feminino | 35:22 | +13:06 | 07:05 |
| 281 | 333 | Leandro Santos | individual | Veterano M35 | 35:23 | +13:07 | 07:05 |
| 282 | 351 | Pedro Miguel da Conceição Freire Rodrigues | individual | Veterano M35 | 35:23 | +13:07 | 07:05 |
| 283 | 494 | Marisa Ferreira | scalabis night runners | Senior Feminino | 35:31 | +13:15 | 07:06 |
| 284 | 97 | João Rodrigues | crossfit pombal | Senior Masculino | 35:32 | +13:15 | 07:06 |
| 285 | 168 | Anabela Fernandes | grupo alegre unido bajouca | Veterana F35 | 35:32 | +13:15 | 07:06 |
| 286 | 53 | Rodrigo Manuel da Silva Neves | arec | Senior Masculino | 35:32 | +13:16 | 07:07 |
| 287 | 52 | Nuno Alexandre da Silva Mendes | arec | Senior Masculino | 35:38 | +13:22 | 07:08 |
| 288 | 243 | nuno filipe joão martins | individual | Senior Masculino | 35:42 | +13:25 | 07:08 |
| 289 | 286 | Gabriela carraco | individual | Veterana F35 | 35:45 | +13:28 | 07:09 |
| 290 | 453 | Filipe Gameiro | os primos do júlio | Veterano M35 | 35:48 | +13:31 | 07:10 |
| 291 | 257 | Andreia Filipa Mendes Marouvo | individual | Sub 20 Feminino | 35:53 | +13:37 | 07:11 |
| 292 | 262 | Sofia Gaspar | individual | Sub 20 Feminino | 35:58 | +13:42 | 07:12 |
| 293 | 380 | Bárbara Ariana Lopes Monteiro | juntos somos mais fortes | Sub 20 Feminino | 36:04 | +13:48 | 07:13 |
| 294 | 362 | Sérgio Ferreira Mendes | individual | Veterano M35 | 36:05 | +13:48 | 07:13 |
| 295 | 318 | Helder Jose Martins Jeronimo | individual | Veterano M35 | 36:09 | +13:53 | 07:14 |
| 296 | 242 | Nelson Nogueira | individual | Senior Masculino | 36:12 | +13:56 | 07:15 |
| 297 | 259 | Isabel Maria Rodrigues Sacramento | individual | Sub 20 Feminino | 36:14 | +13:57 | 07:15 |
| 298 | 26 | MANUEL MENDES | ac vermoil | Veterano M35 | 36:20 | +14:03 | 07:16 |

## 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

## OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 299 | 550 | Luis Mendes | dream team | Veterano M35 | 36:21 | +14:04 | 07:16 |
| 300 | 272 | Rafael Claro Freire | individual | Sub 20 Masculino | 36:28 | +14:11 | 07:18 |
| 301 | 483 | Joana Sintra | rocket team | Senior Feminino | 36:28 | +14:11 | 07:18 |
| 302 | 311 | Carlos Miguel Gomes Grazina | individual | Veterano M35 | 36:28 | +14:12 | 07:18 |
| 303 | 260 | Kessia Eduarda Oliveira Silva | individual | Sub 20 Feminino | 36:32 | +14:15 | 07:18 |
| 304 | 43 | Mara Antunes | ansibikers | Veterana F35 | 36:34 | +14:17 | 07:19 |
| 305 | 322 | Humberto José dos Santos Gonçalves | individual | Veterano M35 | 36:40 | +14:23 | 07:20 |
| 306 | 477 | Teresa Ventura | qualquercoisa | Veterana F35 | 36:43 | +14:27 | 07:21 |
| 307 | 124 | Nádia Marina Filipe Cardoso | follow me | Senior Feminino | 36:47 | +14:30 | 07:21 |
| 308 | 371 | Vitor Mota | slow runners pombal | Veterano M35 | 36:50 | +14:33 | 07:22 |
| 309 | 502 | Inês Correia | tartarugas velozes | Senior Feminino | 36:50 | +14:34 | 07:22 |
| 310 | 372 | Mónica Pedras | intocáveis | Veterana F35 | 36:52 | +14:36 | 07:23 |
| 311 | 94 | Jennifer Santos | crossfit pombal | Senior Feminino | 36:59 | +14:42 | 07:24 |
| 312 | 325 | João Ramos | individual | Veterano M35 | 37:02 | +14:46 | 07:25 |
| 313 | 191 | Diana Luis | individual | Senior Feminino | 37:04 | +14:47 | 07:25 |
| 314 | 297 | Rita Gaspar | slow runners pombal | Veterana F35 | 37:05 | +14:48 | 07:25 |
| 315 | 278 | Ana Roma | individual | Veterana F35 | 37:07 | +14:50 | 07:25 |
| 316 | 411 | RUI MIGUEL BATISTA PEIXOTO | lama solta | Veterano M35 | 37:10 | +14:54 | 07:26 |
| 317 | 407 | CATARINA ISABEL FERNANDES SINTRA | lama solta | Veterana F35 | 37:14 | +14:58 | 07:27 |
| 318 | 449 | João Caetano | os primos do júlio | Senior Masculino | 37:19 | +15:03 | 07:28 |
| 319 | 233 | João Nogueira | individual | Senior Masculino | 37:21 | +15:05 | 07:28 |
| 320 | 226 | Flávio Manuel Carvalho Gaspar | individual | Senior Masculino | 37:25 | +15:09 | 07:29 |
| 321 | 287 | Liliana Silva | individual | Veterana F35 | 37:33 | +15:16 | 07:31 |
| 322 | 397 | Daniel Costa | lama solta | Senior Masculino | 37:38 | +15:22 | 07:32 |
| 323 | 389 | Alexandra Ramos | lama solta | Senior Feminino | 37:43 | +15:26 | 07:33 |
| 324 | 198 | manuela silva | individual | Senior Feminino | 37:50 | +15:33 | 07:34 |
| 325 | 249 | Rodrigo José Augusta Luis | individual | Senior Masculino | 37:53 | +15:37 | 07:35 |
| 326 | 352 | Pedro Vigário | individual | Veterano M35 | 38:01 | +15:44 | 07:36 |
| 327 | 336 | Luís Carlos Jesus Rosa | individual | Veterano M35 | 38:01 | +15:44 | 07:36 |
| 328 | 188 | Daniela Matinho | individual | Senior Feminino | 38:02 | +15:46 | 07:36 |
| 329 | 298 | Rosália Maria Gameiro | individual | Veterana F35 | 38:03 | +15:47 | 07:37 |
| 330 | 390 | Elodie Costa | lama solta | Senior Feminino | 38:05 | +15:49 | 07:37 |
| 331 | 529 | Patrícia Pimenta Gaspar | cscrfcharneca | Veterana F35 | 38:06 | +15:49 | 07:37 |
| 332 | 62 | André Mota Duárte | associação pombal jovem | Senior Masculino | 38:16 | +16:00 | 07:39 |
| 333 | 240 | Miguel Martins | individual | Senior Masculino | 38:17 | +16:00 | 07:39 |
| 334 | 61 | Ana Catarina Carreira Leal | associação pombal jovem | Senior Feminino | 38:21 | +16:05 | 07:40 |
| 335 | 255 | Toni Ribeiro dos Santos | individual | Senior Masculino | 38:25 | +16:08 | 07:41 |
| 336 | 462 | Ana Silva | pé de salsa | Senior Feminino | 38:31 | +16:14 | 07:42 |
| 337 | 115 | Leonel Jerónimo Fernandes | crossfit pombal | Veterano M35 | 38:32 | +16:16 | 07:43 |
| 338 | 253 | Tiago Rodrigues | individual | Senior Masculino | 38:32 | +16:16 | 07:43 |
| 339 | 101 | Pedro Oliveria Silva | crossfit pombal | Senior Masculino | 38:38 | +16:22 | 07:44 |
| 340 | 126 | Ticha Ribeiro | follow me | Senior Feminino | 38:50 | +16:34 | 07:46 |
| 341 | 86 | Ana Sofia R. Correia | correia | Senior Feminino | 38:56 | +16:39 | 07:47 |

## PROVA PRINCIPAL - STAGE 1 5 KM

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## OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 342 | 48 | Nélia Cristina Leal da Ponte | arec | Senior Feminino | 38:58 | +16:42 | 07:48 |
| 343 | 193 | Inês Ponte | individual | Senior Feminino | 39:00 | +16:43 | 07:48 |
| 344 | 327 | Jorge Mateus Simão dos Santos | individual | Veterano M35 | 39:01 | +16:45 | 07:48 |
| 345 | 132 | Dario Pedro | follow me | Veterano M35 | 39:05 | +16:48 | 07:49 |
| 346 | 39 | Rui Valente | ansibikers | Senior Masculino | 39:07 | +16:51 | 07:50 |
| 347 | 208 | Tânia Cravo | individual | Senior Feminino | 39:08 | +16:51 | 07:50 |
| 348 | 317 | Gerhard Doppler | individual | Veterano M35 | 39:11 | +16:54 | 07:50 |
| 349 | 42 | Claudia de Sá | ansibikers | Veterana F35 | 39:11 | +16:55 | 07:50 |
| 350 | 455 | Tania Ferreira | out 2 run | Senior Feminino | 39:16 | +17:00 | 07:51 |
| 351 | 66 | Telmo Fernandes Ferreira | bombeiros voluntários de pombal | Senior Masculino | 39:34 | +17:18 | 07:55 |
| 352 | 340 | Marcelino Gomes | individual | Veterano M35 | 39:37 | +17:20 | 07:55 |
| 353 | 452 | Ana GAmeiro | os primos do júlio | Veterana F35 | 39:38 | +17:21 | 07:56 |
| 354 | 512 | Nuno Rosa | team pipoca | Veterano M35 | 39:39 | +17:23 | 07:56 |
| 355 | 511 | Eva Ferreira | team pipoca | Senior Feminino | 39:48 | +17:32 | 07:58 |
| 356 | 517 | Odilia sousa | tu & eu | Veterana F35 | 39:52 | +17:36 | 07:59 |
| 357 | 158 | NELSON PEDROSA MOTA | gim running team | Senior Masculino | 39:55 | +17:38 | 07:59 |
| 358 | 289 | MAFALDA FERREIRA | individual | Veterana F35 | 40:01 | +17:44 | 08:00 |
| 359 | 155 | ANA FILIPA DOMINGUES JORDAO | gim running team | Senior Feminino | 40:02 | +17:45 | 08:00 |
| 360 | 128 | Adelia Mendes | follow me | Veterana F35 | 40:02 | +17:46 | 08:01 |
| 361 | 426 | Patricia Marques | o ultimo vai a pe | Veterana F35 | 40:08 | +17:51 | 08:02 |
| 362 | 151 | Clara Martins | getfitness girls | Senior Feminino | 40:18 | +18:01 | 08:04 |
| 363 | 125 | Rita Mendes | follow me | Senior Feminino | 40:19 | +18:02 | 08:04 |
| 364 | 513 | Ricardo Carrasqueira | tlc | Veterano M35 | 40:21 | +18:04 | 08:04 |
| 365 | 152 | Diana Bregieiro | getfitness girls | Senior Feminino | 40:21 | +18:05 | 08:04 |
| 366 | 196 | Joana Rafaela da Silva Couto | individual | Senior Feminino | 40:24 | +18:08 | 08:05 |
| 367 | 153 | Oksana Trylis | getfitness girls | Senior Feminino | 40:27 | +18:10 | 08:05 |
| 368 | 123 | Catarina Godinho | follow me | Senior Feminino | 40:28 | +18:11 | 08:06 |
| 369 | 185 | Ana Sofia | individual | Senior Feminino | 40:31 | +18:14 | 08:06 |
| 370 | 154 | Stephanie Santos | getfitness girls | Senior Feminino | 40:32 | +18:16 | 08:07 |
| 371 | 350 | Paulo Tavares | individual | Veterano M35 | 40:35 | +18:19 | 08:07 |
| 372 | 454 | Rui Avila | os primos do júlio | Veterano M35 | 40:38 | +18:21 | 08:08 |
| 373 | 300 | Sílvia Pereira | individual | Veterana F35 | 40:40 | +18:23 | 08:08 |
| 374 | 447 | Núria Ferreira | os primos do júlio | Senior Feminino | 40:51 | +18:34 | 08:10 |
| 375 | 194 | Isabel Catarina dos Santos Gonçalves | individual | Senior Feminino | 40:54 | +18:38 | 08:11 |
| 376 | 195 | Joana Eduarda Mendes | individual | Senior Feminino | 40:56 | +18:39 | 08:11 |
| 377 | 509 | Paulo Gameiro | tartarugas velozes | Veterano M35 | 41:13 | +18:56 | 08:15 |
| 378 | 294 | Ondina Paula da Silva Leal | individual | Veterana F35 | 41:25 | +19:08 | 08:17 |
| 379 | 107 | Carina Sousa | crossfit pombal | Veterana F35 | 41:28 | +19:12 | 08:18 |
| 380 | 432 | Melodie da Silva Lopes | oito pernas | Sub 20 Feminino | 41:34 | +19:18 | 08:19 |
| 381 | 378 | INÊS ISABEL MARQUES VENÂNCIO | jatapanho | Veterana F35 | 41:39 | +19:23 | 08:20 |
| 382 | 496 | João Pedro Monteiro | slow runners pombal | Veterano M35 | 41:39 | +19:23 | 08:20 |
| 383 | 88 | Maria Jose Gonçalves Ribeiro Torres Correia | correia | Veterana F35 | 41:55 | +19:38 | 08:23 |

## 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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 384 | 49 | Paula Cristina Brás Fonseca | arec | Senior Feminino | 41:55 | +19:39 | 08:23 |
| 385 | 518 | Sofia Lopes | tu & eu | Veterana F35 | 41:58 | +19:41 | 08:24 |
| 386 | 186 | Carina Gaspar | individual | Senior Feminino | 42:01 | +19:44 | 08:24 |
| 387 | 69 | Mª Fátima F. Alberto | bttralhos | Veterana F35 | 42:05 | +19:48 | 08:25 |
| 388 | 519 | Paulo Moreira | tu & eu | Veterano M35 | 42:07 | +19:50 | 08:25 |
| 389 | 184 | Ana Maria Soares Meia-via | individual | Senior Feminino | 42:08 | +19:52 | 08:26 |
| 390 | 5 | Neide Ferrão | individual | Veterana F35 | 42:09 | +19:52 | 08:26 |
| 391 | 552 | Manuel Ferreira Santos | individual | Veterano M35 | 42:14 | +19:57 | 08:27 |
| 392 | 495 | Maria João Rebola | slow runners pombal | Veterana F35 | 42:14 | +19:57 | 08:27 |
| 393 | 200 | Mariana Soares Meia-via | individual | Senior Feminino | 42:19 | +20:02 | 08:28 |
| 394 | 370 | Victor Manuel Marques Da Ponte | individual | Veterano M35 | 42:28 | +20:11 | 08:30 |
| 395 | 246 | Renato Gomes SIlva | individual | Senior Masculino | 42:42 | +20:25 | 08:32 |
| 396 | 394 | Susana Fernandes | lama solta | Senior Feminino | 42:47 | +20:30 | 08:33 |
| 397 | 277 | Ana Paula Pires Ramalho | individual | Veterana F35 | 42:47 | +20:31 | 08:34 |
| 398 | 395 | Tãnia Gaspar | lama solta | Senior Feminino | 42:51 | +20:35 | 08:34 |
| 399 | 321 | Horácio Cândido Mendes da Costa | individual | Veterano M35 | 42:53 | +20:36 | 08:35 |
| 400 | 551 | João Quaresma | individual | Veterano M35 | 42:55 | +20:39 | 08:35 |
| 401 | 396 | Vanessa Moderno | lama solta | Senior Feminino | 42:57 | +20:40 | 08:35 |
| 402 | 478 | António Silvestre | qualquercoisa | Veterano M35 | 43:07 | +20:51 | 08:38 |
| 403 | 207 | Tânia Claro Freire | individual | Senior Feminino | 43:10 | +20:54 | 08:38 |
| 404 | 474 | Mariana Silvestre | qualquercoisa | Sub 20 Feminino | 43:12 | +20:55 | 08:38 |
| 405 | 473 | Patrícia Rosa | qualquercoisa | Senior Feminino | 43:20 | +21:03 | 08:40 |
| 406 | 89 | Luis Antonio Torres Correia | correia | Veterano M35 | 43:28 | +21:11 | 08:42 |
| 407 | 118 | Ana Rosinha | dá-lhe gás team | Senior Feminino | 43:49 | +21:32 | 08:46 |
| 408 | 142 | MELANIE CUSTODIO | gang do minibasket | Senior Feminino | 44:19 | +22:02 | 08:52 |
| 409 | 144 | ANABELA DOMINGUES | gang do minibasket | Veterana F35 | 44:22 | +22:06 | 08:53 |
| 410 | 149 | NOÉMIA DOMINGUES | gang do minibasket | Veterana F35 | 44:28 | +22:12 | 08:54 |
| 411 | 310 | Carlos Goncalves | individual | Veterano M35 | 44:30 | +22:13 | 08:54 |
| 412 | 280 | Analia Goncalves | individual | Veterana F35 | 44:39 | +22:23 | 08:56 |
| 413 | 169 | Rosa Henriques | grupo alegre unido bajouca | Veterana F35 | 44:40 | +22:24 | 08:56 |
| 414 | 347 | Patrício Ponte | individual | Veterano M35 | 44:50 | +22:33 | 08:58 |
| 415 | 303 | Vilma Eusébio | individual | Veterana F35 | 44:50 | +22:34 | 08:58 |
| 416 | 476 | Mónica Ventura | qualquercoisa | Veterana F35 | 44:53 | +22:37 | 08:59 |
| 417 | 446 | Diana Lopes | os primos do júlio | Senior Feminino | 45:07 | +22:51 | 09:02 |
| 418 | 451 | Micael Marcelino | os primos do júlio | Senior Masculino | 45:08 | +22:51 | 09:02 |
| 419 | 450 | Julien Melo | os primos do júlio | Senior Masculino | 45:37 | +23:21 | 09:08 |
| 420 | 90 | ADRIANA CARDOSO DUARTE | crossfit pombal | Senior Feminino | 45:46 | +23:29 | 09:09 |
| 421 | 96 | SORAIA DANIELA GONÇALVES GOMES | crossfit pombal | Senior Feminino | 45:53 | +23:37 | 09:11 |
| 422 | 95 | Marilia Cruz | crossfit pombal | Senior Feminino | 46:01 | +23:45 | 09:12 |
| 423 | 282 | Brigite Oliveira | individual | Veterana F35 | 46:06 | +23:49 | 09:13 |
| 424 | 122 | Filipa Mendes | dá-lhe gás team | Veterana F35 | 46:08 | +23:51 | 09:14 |
| 425 | 218 | Diogo José dos Santos Oliveira | individual | Senior Masculino | 46:10 | +23:53 | 09:14 |
| 426 | 202 | Paula Gonçalves | individual | Senior Feminino | 46:14 | +23:57 | 09:15 |

## 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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 427 | 302 | Susana Lopes | individual | Veterana F35 | 46:31 | +24:15 | 09:18 |
| 428 | 337 | Luis Caseiro | individual | Veterano M35 | 47:32 | +25:16 | 09:31 |
| 429 | 284 | cristina da conceição david martins | individual | Veterana F35 | 47:38 | +25:22 | 09:32 |
| 430 | 8 | MARTA MARTO | ac vermoil | Senior Feminino | 47:46 | +25:29 | 09:33 |
| 431 | 444 | Andreia Caetano | os primos do júlio | Senior Feminino | 47:54 | +25:38 | 09:35 |
| 432 | 7 | CÁTIA NOGUEIRA | ac vermoil | Senior Feminino | 47:55 | +25:39 | 09:35 |
| 433 | 445 | Diana Erduino | os primos do júlio | Senior Feminino | 47:59 | +25:42 | 09:36 |
| 434 | 13 | PEDRO FREIRE | ac vermoil | Senior Masculino | 48:16 | +25:59 | 09:39 |
| 435 | 209 | veronica sofia silva nogueira | individual | Senior Feminino | 48:19 | +26:02 | 09:40 |
| 436 | 256 | Ana Lúcia Silva Nogueira | individual | Sub 20 Feminino | 48:21 | +26:05 | 09:40 |
| 437 | 414 | ANTONY CARDOSO GASPAR | limpa gambuzinos | Senior Masculino | 48:30 | +26:14 | 09:42 |
| 438 | 109 | Patricia Besteiro | crossfit pombal | Veterana F35 | 48:32 | +26:16 | 09:43 |
| 439 | 110 | Patrícia Jordão | crossfit pombal | Veterana F35 | 48:39 | +26:22 | 09:44 |
| 440 | 415 | Élio Sebastião | limpa gambuzinos | Senior Masculino | 48:47 | +26:31 | 09:46 |
| 441 | 471 | Lúcia Maria Lagoa Rodrigues | pombal jornal | Veterana F35 | 48:50 | +26:33 | 09:46 |
| 442 | 112 | Sandra Raquel Ribeiro Gonçalves | crossfit pombal | Veterana F35 | 48:50 | +26:34 | 09:46 |
| 443 | 412 | CARLA SOFIA NUNES | limpa gambuzinos | Senior Feminino | 49:03 | +26:47 | 09:49 |
| 444 | 416 | HENRIQUE MARTINS | limpa gambuzinos | Senior Masculino | 49:04 | +26:47 | 09:49 |
| 445 | 422 | Humberto marques Gonçalves | limpa gambuzinos | Veterano M35 | 49:08 | +26:51 | 09:50 |
| 446 | 143 | ANDRÉ RATO | gang do minibasket | Sub 20 Masculino | 49:14 | +26:57 | 09:51 |
| 447 | 420 | Marina Branco | limpa gambuzinos | Veterana F35 | 49:15 | +26:59 | 09:51 |
| 448 | 108 | Isabel lopes | crossfit pombal | Veterana F35 | 49:20 | +27:04 | 09:52 |
| 449 | 413 | Tânia Oliveira | limpa gambuzinos | Senior Feminino | 49:38 | +27:22 | 09:56 |
| 450 | 417 | INÊS CARRASQUEIRA | limpa gambuzinos | Sub 20 Feminino | 49:51 | +27:35 | 09:58 |
| 451 | 423 | Rui Pedro Antunes Sebastião | limpa gambuzinos | Veterano M35 | 49:52 | +27:36 | 09:58 |
| 452 | 429 | Beatriz Monteiro | oito pernas | Senior Feminino | 50:43 | +28:27 | 10:09 |
| 453 | 91 | Andreia Claro | crossfit pombal | Senior Feminino | 50:45 | +28:28 | 10:09 |
| 454 | 418 | ELSA SILVA | limpa gambuzinos | Veterana F35 | 51:17 | +29:01 | 10:16 |
| 455 | 419 | Isabel  Gonçalves | limpa gambuzinos | Veterana F35 | 51:34 | +29:17 | 10:19 |
| 456 | 421 | Arlindo Ribeiro | limpa gambuzinos | Veterano M35 | 51:35 | +29:19 | 10:19 |
| 457 | 130 | Dominique Alho | follow me | Veterana F35 | 52:27 | +30:11 | 10:30 |
| 458 | 346 | Nuno Oliveira | individual | Veterano M35 | 52:39 | +30:22 | 10:32 |
| 459 | 50 | Luís Filipe Fernandes Gonçalves | arec | Senior Masculino | 52:53 | +30:36 | 10:35 |
| 460 | 204 | Sandra Marina Costa Moço | individual | Senior Feminino | 53:00 | +30:44 | 10:36 |
| 461 | 203 | Sandra Margarida dos Santos Morais | individual | Senior Feminino | 53:06 | +30:50 | 10:37 |
| 462 | 55 | Nuno Henrique Grilo Lopes | arec | Veterano M35 | 53:11 | +30:54 | 10:38 |
| 463 | 290 | Maria Alexandra Faria Fernandes da Silva Serôdio | individual | Veterana F35 | 54:38 | +32:21 | 10:56 |
| 464 | 54 | Sidalina Oliveira Gonçalves | arec | Veterana F35 | 56:43 | +34:27 | 11:21 |
| 465 | 150 | TÂNIA MENDES | gang do minibasket | Veterana F35 | 58:34 | +36:18 | 11:43 |
| 466 | 141 | MARIANA FONTES | gang do minibasket | Senior Feminino | 59:20 | +37:03 | 11:52 |
| 467 | 480 | Joaquim Ventura | qualquercoisa | Veterano M35 | 01:01:04 | +38:48 | 12:13 |
| 468 | 475 | Mónica Ferreira | qualquercoisa | Veterana F35 | 01:02:29 | +40:13 | 12:30 |

## 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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 469 | 131 | Dulcinia Santos | follow me | Veterana F35 | 01:03:05 | +40:49 | 12:37 |
| 470 | 129 | Catarina Marili Lopes Vicente | follow me | Veterana F35 | 01:03:13 | +40:56 | 12:39 |
| 471 | 214 | André Santos Sousa | individual | Senior Masculino | 01:03:39 | +41:23 | 12:44 |
| 472 | 187 | Cathy da Silva | individual | Senior Feminino | 01:03:44 | +41:27 | 12:45 |
| 473 | 120 | Ricardo henriques | dá-lhe gás team | Senior Masculino | 01:05:19 | +43:02 | 13:04 |
| 474 | 442 | Leandro Faustino da Fonseca | os marcha lenta | Senior Masculino | 01:06:31 | +44:14 | 13:18 |
| 475 | 443 | Nuno André Da Silva Ferreira | os marcha lenta | Senior Masculino | 01:06:34 | +44:17 | 13:19 |
| 476 | 438 | Cátia Marisa Faustino da Fonseca | os marcha lenta | Senior Feminino | 01:06:38 | +44:22 | 13:20 |
| 477 | 440 | Vera Lúcia Mendes Rodrigues | os marcha lenta | Senior Feminino | 01:06:43 | +44:26 | 13:21 |
| 478 | 439 | Claudia Patricia Mateus Freire | os marcha lenta | Senior Feminino | 01:08:22 | +46:05 | 13:40 |
| 479 | 441 | Bruno Miguel Pereira Santos | os marcha lenta | Senior Masculino | 01:08:26 | +46:09 | 13:41 |
| 480 | 127 | Hugo Alho | follow me | Senior Masculino | 01:09:53 | +47:36 | 13:59 |
| 481 | 135 | Paulo Eusebio | follow me | Veterano M35 | 01:10:45 | +48:28 | 14:09 |
| 482 | 134 | Isidro Alves | follow me | Veterano M35 | 01:12:20 | +50:04 | 14:28 |
| 483 | 148 | HELENA COELHO | gang do minibasket | Veterana F35 | 01:23:12 | +01:00:55 | 16:38 |
| 484 | 140 | FILIPA MADEIRA | gang do minibasket | Senior Feminino | 01:23:23 | +01:01:07 | 16:41 |
| 485 | 145 | CORINE SILVA | gang do minibasket | Veterana F35 | 01:23:27 | +01:01:11 | 16:42 |
| 486 | 146 | ELISABETE CORDEIRO | gang do minibasket | Veterana F35 | 01:23:32 | +01:01:15 | 16:42 |
| 487 | 147 | ELSA GRAÇA | gang do minibasket | Veterana F35 | 01:23:42 | +01:01:25 | 16:44 |

# 4ª Corrida dos Gambuzinos - Pombal 2017

**Pombal, PT**

**01-julho-2017**

## 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

## OFFICIAL RESULT

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

| | Time | Temperature | Humidity |
|---|---|---|---|
| Start | 22:00 | 17,2ºC | 61% |
| End | 23:24 | 17,2ºC | 61% |

## Senior Feminino

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 1 | 18 | CAROLINA MATIAS | AC VERMOIL | Senior Feminino | 26:53 | +04:37 | 05:23 |
| 2 | 72 | Carina Matias | CA Barreira | Senior Feminino | 27:12 | +04:55 | 05:26 |
| 3 | 190 | Diana Elias | Individual | Senior Feminino | 27:50 | +05:34 | 05:34 |
| 4 | 163 | Milene Santos | Grupo Alegre Unido Bajouca | Senior Feminino | 28:32 | +06:15 | 05:42 |
| 5 | 6 | ADRIANA COSTA | AC VERMOIL | Senior Feminino | 28:35 | +06:19 | 05:43 |
| 6 | 71 | Andreia pereira | CA Barreira | Senior Feminino | 28:40 | +06:23 | 05:44 |
| 7 | 205 | Sara Santos Pedrosa | Individual | Senior Feminino | 29:16 | +07:00 | 05:51 |
| 8 | 19 | CÉLIA MARQUES | AC VERMOIL | Senior Feminino | 30:42 | +08:26 | 06:09 |
| 9 | 430 | Vânia Patrícia da Silva Leal | Oito Pernas | Senior Feminino | 30:56 | +08:39 | 06:11 |
| 10 | 34 | Andreia Pires | Animais do Quénia | Senior Feminino | 32:09 | +09:53 | 06:26 |
| 11 | 82 | Carina Gaspar | Cabritos do Mato | Senior Feminino | 32:11 | +09:55 | 06:26 |
| 12 | 156 | Joana Rosa | GIM Running Team | Senior Feminino | 32:34 | +10:18 | 06:31 |
| 13 | 520 | Sofia Soares | uvapp team | Senior Feminino | 32:35 | +10:19 | 06:31 |
| 14 | 424 | Marisa Bregieiro | o ultimo vai a pe | Senior Feminino | 32:39 | +10:22 | 06:32 |
| 15 | 197 | luisa Areia | Individual | Senior Feminino | 32:39 | +10:22 | 06:32 |
| 16 | 92 | Andreia Gonçalves | CROSSFIT POMBAL | Senior Feminino | 32:40 | +10:23 | 06:32 |
| 17 | 484 | Tânia Pedrosa | Rocket Team | Senior Feminino | 33:34 | +11:17 | 06:43 |
| 18 | 201 | Patricia Santos | Individual | Senior Feminino | 33:40 | +11:24 | 06:44 |
| 19 | 83 | Tânia Ferreira | Cabritos do Mato | Senior Feminino | 33:44 | +11:27 | 06:45 |
| 20 | 192 | Filipa Loureiro | Individual | Senior Feminino | 34:27 | +12:10 | 06:53 |
| 21 | 183 | Adriana Filipa Gameiro Martins | Individual | Senior Feminino | 34:41 | +12:24 | 06:56 |
| 22 | 93 | Daniela Maria Pinto Simão | CROSSFIT POMBAL | Senior Feminino | 34:41 | +12:25 | 06:56 |
| 23 | 392 | Patricia Gonçalves | Lama Solta | Senior Feminino | 35:11 | +12:55 | 07:02 |
| 24 | 391 | MARINA ISABEL GONÇALVES BARROCA | Lama Solta | Senior Feminino | 35:14 | +12:57 | 07:03 |
| 25 | 500 | Cátia Ferreira | Tartarugas Velozes | Senior Feminino | 35:22 | +13:06 | 07:05 |
| 26 | 494 | Marisa Ferreira | SCALABIS NIGHT RUNNERS | Senior Feminino | 35:31 | +13:15 | 07:06 |
| 27 | 483 | Joana Sintra | Rocket Team | Senior Feminino | 36:28 | +14:11 | 07:18 |
| 28 | 124 | Nádia Marina Filipe Cardoso | Follow Me | Senior Feminino | 36:47 | +14:30 | 07:21 |
| 29 | 502 | Inês Correia | Tartarugas Velozes | Senior Feminino | 36:50 | +14:34 | 07:22 |
| 30 | 94 | Jennifer Santos | CROSSFIT POMBAL | Senior Feminino | 36:59 | +14:42 | 07:24 |
| 31 | 191 | Diana Luis | Individual | Senior Feminino | 37:04 | +14:47 | 07:25 |
| 32 | 389 | Alexandra Ramos | Lama Solta | Senior Feminino | 37:43 | +15:26 | 07:33 |
| 33 | 198 | manuela silva | Individual | Senior Feminino | 37:50 | +15:33 | 07:34 |
| 34 | 188 | Daniela Matinho | Individual | Senior Feminino | 38:02 | +15:46 | 07:36 |
| 35 | 390 | Elodie Costa | Lama Solta | Senior Feminino | 38:05 | +15:49 | 07:37 |
| 36 | 61 | Ana Catarina Carreira Leal | Associação Pombal Jovem | Senior Feminino | 38:21 | +16:05 | 07:40 |
| 37 | 462 | Ana Silva | Pé de Salsa | Senior Feminino | 38:31 | +16:14 | 07:42 |
| 38 | 126 | Ticha Ribeiro | Follow Me | Senior Feminino | 38:50 | +16:34 | 07:46 |
| 39 | 86 | Ana Sofia R. Correia | CORREIA | Senior Feminino | 38:56 | +16:39 | 07:47 |

## 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

## 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

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 40 | 48 | Nélia Cristina Leal da Ponte | AREC | Senior Feminino | 38:58 | +16:42 | 07:48 |
| 41 | 193 | Inês Ponte | Individual | Senior Feminino | 39:00 | +16:43 | 07:48 |
| 42 | 208 | Tânia Cravo | Individual | Senior Feminino | 39:08 | +16:51 | 07:50 |
| 43 | 455 | Tania Ferreira | out 2 run | Senior Feminino | 39:16 | +17:00 | 07:51 |
| 44 | 511 | Eva Ferreira | Team Pipoca | Senior Feminino | 39:48 | +17:32 | 07:58 |
| 45 | 155 | ANA FILIPA DOMINGUES JORDAO | GIM Running Team | Senior Feminino | 40:02 | +17:45 | 08:00 |
| 46 | 151 | Clara Martins | GetFitness Girls | Senior Feminino | 40:18 | +18:01 | 08:04 |
| 47 | 125 | Rita Mendes | Follow Me | Senior Feminino | 40:19 | +18:02 | 08:04 |
| 48 | 152 | Diana Bregieiro | GetFitness Girls | Senior Feminino | 40:21 | +18:05 | 08:04 |
| 49 | 196 | Joana Rafaela da Silva Couto | Individual | Senior Feminino | 40:24 | +18:08 | 08:05 |
| 50 | 153 | Oksana Trylis | GetFitness Girls | Senior Feminino | 40:27 | +18:10 | 08:05 |
| 51 | 123 | Catarina Godinho | Follow Me | Senior Feminino | 40:28 | +18:11 | 08:06 |
| 52 | 185 | Ana Sofia | Individual | Senior Feminino | 40:31 | +18:14 | 08:06 |
| 53 | 154 | Stephanie Santos | GetFitness Girls | Senior Feminino | 40:32 | +18:16 | 08:07 |
| 54 | 447 | Núria Ferreira | Os primos do Júlio | Senior Feminino | 40:51 | +18:34 | 08:10 |
| 55 | 194 | Isabel Catarina dos Santos Gonçalves | Individual | Senior Feminino | 40:54 | +18:38 | 08:11 |
| 56 | 195 | Joana Eduarda Mendes | Individual | Senior Feminino | 40:56 | +18:39 | 08:11 |
| 57 | 49 | Paula Cristina Brás Fonseca | AREC | Senior Feminino | 41:55 | +19:39 | 08:23 |
| 58 | 186 | Carina Gaspar | Individual | Senior Feminino | 42:01 | +19:44 | 08:24 |
| 59 | 184 | Ana Maria Soares Meia-via | Individual | Senior Feminino | 42:08 | +19:52 | 08:26 |
| 60 | 200 | Mariana Soares Meia-via | Individual | Senior Feminino | 42:19 | +20:02 | 08:28 |
| 61 | 394 | Susana Fernandes | Lama Solta | Senior Feminino | 42:47 | +20:30 | 08:33 |
| 62 | 395 | Tãnia Gaspar | Lama Solta | Senior Feminino | 42:51 | +20:35 | 08:34 |
| 63 | 396 | Vanessa Moderno | Lama Solta | Senior Feminino | 42:57 | +20:40 | 08:35 |
| 64 | 207 | Tânia Claro Freire | Individual | Senior Feminino | 43:10 | +20:54 | 08:38 |
| 65 | 473 | Patrícia Rosa | QualquerCoisa | Senior Feminino | 43:20 | +21:03 | 08:40 |
| 66 | 118 | Ana Rosinha | Dá-lhe Gás team | Senior Feminino | 43:49 | +21:32 | 08:46 |
| 67 | 142 | MELANIE CUSTODIO | GANG DO MINIBASKET | Senior Feminino | 44:19 | +22:02 | 08:52 |
| 68 | 446 | Diana Lopes | Os primos do Júlio | Senior Feminino | 45:07 | +22:51 | 09:02 |
| 69 | 90 | ADRIANA CARDOSO DUARTE | CROSSFIT POMBAL | Senior Feminino | 45:46 | +23:29 | 09:09 |
| 70 | 96 | SORAIA DANIELA GONÇALVES GOMES | CROSSFIT POMBAL | Senior Feminino | 45:53 | +23:37 | 09:11 |
| 71 | 95 | Marilia Cruz | CROSSFIT POMBAL | Senior Feminino | 46:01 | +23:45 | 09:12 |
| 72 | 202 | Paula Gonçalves | Individual | Senior Feminino | 46:14 | +23:57 | 09:15 |
| 73 | 8 | MARTA MARTO | AC VERMOIL | Senior Feminino | 47:46 | +25:29 | 09:33 |
| 74 | 444 | Andreia Caetano | Os primos do Júlio | Senior Feminino | 47:54 | +25:38 | 09:35 |
| 75 | 7 | CÁTIA NOGUEIRA | AC VERMOIL | Senior Feminino | 47:55 | +25:39 | 09:35 |
| 76 | 445 | Diana Erduino | Os primos do Júlio | Senior Feminino | 47:59 | +25:42 | 09:36 |
| 77 | 209 | veronica sofia silva nogueira | Individual | Senior Feminino | 48:19 | +26:02 | 09:40 |
| 78 | 412 | CARLA SOFIA NUNES | limpa gambuzinos | Senior Feminino | 49:03 | +26:47 | 09:49 |
| 79 | 413 | Tânia Oliveira | limpa gambuzinos | Senior Feminino | 49:38 | +27:22 | 09:56 |
| 80 | 429 | Beatriz Monteiro | Oito Pernas | Senior Feminino | 50:43 | +28:27 | 10:09 |
| 81 | 91 | Andreia Claro | CROSSFIT POMBAL | Senior Feminino | 50:45 | +28:28 | 10:09 |
| 82 | 204 | Sandra Marina Costa Moço | Individual | Senior Feminino | 53:00 | +30:44 | 10:36 |
| 83 | 203 | Sandra Margarida dos Santos Morais | Individual | Senior Feminino | 53:06 | +30:50 | 10:37 |
| 84 | 141 | MARIANA FONTES | GANG DO MINIBASKET | Senior Feminino | 59:20 | +37:03 | 11:52 |
| 85 | 187 | Cathy da Silva | Individual | Senior Feminino | 01:03:44 | +41:27 | 12:45 |

## 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

## 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

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|---|---|---|---|---|---|---|---|
| 86 | 438 | Cátia Marisa Faustino da Fonseca | Os Marcha Lenta | Senior Feminino | 01:06:38 | +44:22 | 13:20 |
| 87 | 440 | Vera Lúcia Mendes Rodrigues | Os Marcha Lenta | Senior Feminino | 01:06:43 | +44:26 | 13:21 |
| 88 | 439 | Claudia Patricia Mateus Freire | Os Marcha Lenta | Senior Feminino | 01:08:22 | +46:05 | 13:40 |
| 89 | 140 | FILIPA MADEIRA | GANG DO MINIBASKET | Senior Feminino | 01:23:23 | +01:01:07 | 16:41 |

## Senior Masculino

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 9 | CRISTIANO ANTÓNIO | AC VERMOIL | Senior Masculino | 22:59 | +00:42 | 04:36 |
| 2 | 247 | Ricardo Carreira | Individual | Senior Masculino | 23:18 | +01:02 | 04:40 |
| 3 | 402 | João Pedro Marques Gonçalves | Lama Solta | Senior Masculino | 23:25 | +01:08 | 04:41 |
| 4 | 157 | João Pedro Ferreira Fernandes | GIM Running Team | Senior Masculino | 24:04 | +01:47 | 04:49 |
| 5 | 73 | Tiago Amaral | CA Barreira | Senior Masculino | 24:05 | +01:49 | 04:49 |
| 6 | 164 | Hugo Barqueiro | Grupo Alegre Unido Bajouca | Senior Masculino | 24:07 | +01:51 | 04:50 |
| 7 | 216 | Daniel Ferreira | Individual | Senior Masculino | 24:23 | +02:06 | 04:53 |
| 8 | 499 | Vitor Esteves | Soure Mov | Senior Masculino | 24:46 | +02:29 | 04:57 |
| 9 | 230 | João Barradas | Individual | Senior Masculino | 25:03 | +02:46 | 05:01 |
| 10 | 84 | Bruno Ferreira | Cabritos do Mato | Senior Masculino | 25:14 | +02:58 | 05:03 |
| 11 | 211 | Alfredo Gaspar | Individual | Senior Masculino | 25:25 | +03:09 | 05:05 |
| 12 | 237 | Marco Pimenta | Individual | Senior Masculino | 25:39 | +03:23 | 05:08 |
| 13 | 238 | Mauro Moderno | Individual | Senior Masculino | 25:59 | +03:42 | 05:12 |
| 14 | 225 | Filipe Rodrigues | Individual | Senior Masculino | 26:04 | +03:47 | 05:13 |
| 15 | 503 | Gil Ribeiro | Tartarugas Velozes | Senior Masculino | 26:23 | +04:07 | 05:17 |
| 16 | 30 | Ivo Arneiro | Alcateia | Senior Masculino | 26:25 | +04:08 | 05:17 |
| 17 | 385 | Jorge Luis Gonçalves Vieira | Juventude Vidigalense | Senior Masculino | 26:38 | +04:22 | 05:20 |
| 18 | 37 | Alexandre Marcelo | Ansibikers | Senior Masculino | 26:40 | +04:23 | 05:20 |
| 19 | 248 | Ricardo Carvalho | Individual | Senior Masculino | 26:49 | +04:32 | 05:22 |
| 20 | 241 | Nelson Mateus Fernandes | Individual | Senior Masculino | 26:53 | +04:37 | 05:23 |
| 21 | 217 | Diogo | Individual | Senior Masculino | 27:03 | +04:47 | 05:25 |
| 22 | 431 | Filipe Alexandre Pinto Silva | Oito Pernas | Senior Masculino | 27:32 | +05:15 | 05:30 |
| 23 | 35 | Alexis Costa | Animais do Quénia | Senior Masculino | 27:34 | +05:18 | 05:31 |
| 24 | 221 | Eduardo Silva Gonçalves | Individual | Senior Masculino | 27:35 | +05:19 | 05:31 |
| 25 | 487 | Yvo Matias | Rocket Team | Senior Masculino | 27:36 | +05:19 | 05:31 |
| 26 | 254 | Tomé Lopes | Individual | Senior Masculino | 27:43 | +05:27 | 05:33 |
| 27 | 229 | Humberto Moreira da Silva | Individual | Senior Masculino | 27:44 | +05:27 | 05:33 |
| 28 | 232 | João Moderno | Individual | Senior Masculino | 27:51 | +05:35 | 05:34 |
| 29 | 405 | Nuno Neves | Lama Solta | Senior Masculino | 27:54 | +05:38 | 05:35 |
| 30 | 406 | Pedro Miguel Serra Santos | Lama Solta | Senior Masculino | 28:05 | +05:48 | 05:37 |
| 31 | 245 | Paulo Rodrigues | Individual | Senior Masculino | 28:05 | +05:49 | 05:37 |
| 32 | 403 | Luís Marques | Lama Solta | Senior Masculino | 28:14 | +05:58 | 05:39 |
| 33 | 231 | João Cardoso | Individual | Senior Masculino | 28:26 | +06:09 | 05:41 |
| 34 | 12 | NUNO MARQUES | AC VERMOIL | Senior Masculino | 28:28 | +06:12 | 05:42 |
| 35 | 104 | Rui Rua | CROSSFIT POMBAL | Senior Masculino | 28:29 | +06:13 | 05:42 |
| 36 | 165 | Marco Reis | Grupo Alegre Unido Bajouca | Senior Masculino | 28:43 | +06:26 | 05:45 |
| 37 | 228 | Henrique carvalheiro | Individual | Senior Masculino | 28:44 | +06:27 | 05:45 |
| 38 | 404 | Luis Oliveira | Lama Solta | Senior Masculino | 28:49 | +06:33 | 05:46 |
| 39 | 239 | Miguel Costa | Individual | Senior Masculino | 28:56 | +06:40 | 05:47 |

## 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

## OFFICIAL RESULT

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|---|---|---|---|---|---|---|---|
| 40 | 105 | Tiago Mourão Jorge | CROSSFIT POMBAL | Senior Masculino | 29:06 | +06:50 | 05:49 |
| 41 | 234 | João Pedro Martins Gonçalves | Individual | Senior Masculino | 29:09 | +06:52 | 05:50 |
| 42 | 227 | Guilherme Oliveira | Individual | Senior Masculino | 29:10 | +06:53 | 05:50 |
| 43 | 10 | JORGE RODRIGUES | AC VERMOIL | Senior Masculino | 29:14 | +06:58 | 05:51 |
| 44 | 530 | Nicolau Cravo Ferreira | cscrfcharneca | Senior Masculino | 29:34 | +07:17 | 05:55 |
| 45 | 31 | Milton Alves | Alcateia | Senior Masculino | 29:40 | +07:24 | 05:56 |
| 46 | 68 | Pedro Alberto Fernandes | BTTralhos | Senior Masculino | 29:45 | +07:29 | 05:57 |
| 47 | 219 | Diogo Mendes | Individual | Senior Masculino | 29:56 | +07:40 | 05:59 |
| 48 | 215 | Bruno Antunes | Individual | Senior Masculino | 30:02 | +07:46 | 06:01 |
| 49 | 181 | Jorge Henriques | H2M5O+ | Senior Masculino | 30:03 | +07:46 | 06:01 |
| 50 | 182 | Samuel Simões | H2M5O+ | Senior Masculino | 30:07 | +07:50 | 06:01 |
| 51 | 29 | David de Jesus Simões | Alcateia | Senior Masculino | 30:07 | +07:50 | 06:01 |
| 52 | 486 | Rodrigo Nunes | Rocket Team | Senior Masculino | 30:09 | +07:53 | 06:02 |
| 53 | 119 | João Costa | Dá-lhe Gás team | Senior Masculino | 30:16 | +07:59 | 06:03 |
| 54 | 220 | Diogo Oliveira | Individual | Senior Masculino | 30:37 | +08:21 | 06:08 |
| 55 | 102 | Rafael Silva | CROSSFIT POMBAL | Senior Masculino | 30:55 | +08:39 | 06:11 |
| 56 | 400 | Flavio Neves | Lama Solta | Senior Masculino | 30:55 | +08:39 | 06:11 |
| 57 | 250 | Rui Manuel Pascoal Neves | Individual | Senior Masculino | 30:56 | +08:39 | 06:11 |
| 58 | 99 | Mickael Freire | CROSSFIT POMBAL | Senior Masculino | 30:58 | +08:42 | 06:12 |
| 59 | 213 | ANDRÉ LOPES | Individual | Senior Masculino | 31:20 | +09:04 | 06:16 |
| 60 | 485 | Alexandre Leal | Rocket Team | Senior Masculino | 31:26 | +09:10 | 06:17 |
| 61 | 504 | Marco Pascoal | Tartarugas Velozes | Senior Masculino | 31:30 | +09:13 | 06:18 |
| 62 | 571 | Ricardo da Silva Jorge | Individual | Senior Masculino | 31:41 | +09:24 | 06:20 |
| 63 | 210 | Alex Nogueira Mendes | Individual | Senior Masculino | 31:41 | +09:25 | 06:20 |
| 64 | 11 | KEVIN SANTOS | AC VERMOIL | Senior Masculino | 31:50 | +09:33 | 06:22 |
| 65 | 507 | Rúben Pires | Tartarugas Velozes | Senior Masculino | 31:50 | +09:34 | 06:22 |
| 66 | 58 | Micael Ramos | Associação Mesh Nazareth | Senior Masculino | 32:04 | +09:47 | 06:25 |
| 67 | 244 | Paulo Lavoura | Individual | Senior Masculino | 32:11 | +09:55 | 06:26 |
| 68 | 505 | Ricardo Lopes | Tartarugas Velozes | Senior Masculino | 32:16 | +10:00 | 06:27 |
| 69 | 398 | Eduardo Neves | Lama Solta | Senior Masculino | 32:16 | +10:00 | 06:27 |
| 70 | 252 | Telmo Gaspar | Individual | Senior Masculino | 32:18 | +10:01 | 06:28 |
| 71 | 64 | João Filipe Pereira Pedrosa | Bombeiros Voluntários de Pombal | Senior Masculino | 32:18 | +10:01 | 06:28 |
| 72 | 38 | Pedro Mendes | Ansibikers | Senior Masculino | 32:24 | +10:07 | 06:29 |
| 73 | 425 | Leandro Valadas | o ultimo vai a pe | Senior Masculino | 32:25 | +10:08 | 06:29 |
| 74 | 236 | leonardo silva santos | Individual | Senior Masculino | 32:49 | +10:33 | 06:34 |
| 75 | 401 | Isidro Fernandes | Lama Solta | Senior Masculino | 33:07 | +10:51 | 06:38 |
| 76 | 47 | Diogo Nunes | APJ Trail Running | Senior Masculino | 33:36 | +11:20 | 06:43 |
| 77 | 36 | Nelson Silva | Animais do Quénia | Senior Masculino | 33:39 | +11:23 | 06:44 |
| 78 | 224 | Filipe Ferreira | Individual | Senior Masculino | 34:01 | +11:44 | 06:48 |
| 79 | 399 | Filipe Marques | Lama Solta | Senior Masculino | 34:04 | +11:47 | 06:49 |
| 80 | 235 | Joel Ponte | Individual | Senior Masculino | 34:04 | +11:47 | 06:49 |
| 81 | 63 | Diogo da Mota Duarte | Bombeiros Voluntários de Pombal | Senior Masculino | 34:07 | +11:51 | 06:50 |
| 82 | 65 | Nuno Emanuel Marques Sotto Mayor | Bombeiros Voluntários de Pombal | Senior Masculino | 34:12 | +11:55 | 06:50 |
| 83 | 223 | Fernando Parreira | Individual | Senior Masculino | 34:48 | +12:32 | 06:58 |
| 84 | 212 | André Camaz Artur | Individual | Senior Masculino | 34:59 | +12:42 | 07:00 |
| 85 | 251 | Rui Ribeiro | Individual | Senior Masculino | 35:08 | +12:52 | 07:02 |

## 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

## 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

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|---|---|---|---|---|---|---|---|
| 86 | 100 | Miguel Costa | CROSSFIT POMBAL | Senior Masculino | 35:21 | +13:04 | 07:04 |
| 87 | 97 | João Rodrigues | CROSSFIT POMBAL | Senior Masculino | 35:32 | +13:15 | 07:06 |
| 88 | 53 | Rodrigo Manuel da Silva Neves | AREC | Senior Masculino | 35:32 | +13:16 | 07:07 |
| 89 | 52 | Nuno Alexandre da Silva Mendes | AREC | Senior Masculino | 35:38 | +13:22 | 07:08 |
| 90 | 243 | nuno filipe joão martins | Individual | Senior Masculino | 35:42 | +13:25 | 07:08 |
| 91 | 242 | Nelson Nogueira | Individual | Senior Masculino | 36:12 | +13:56 | 07:15 |
| 92 | 449 | João Caetano | Os primos do Júlio | Senior Masculino | 37:19 | +15:03 | 07:28 |
| 93 | 233 | João Nogueira | Individual | Senior Masculino | 37:21 | +15:05 | 07:28 |
| 94 | 226 | Flávio Manuel Carvalho Gaspar | Individual | Senior Masculino | 37:25 | +15:09 | 07:29 |
| 95 | 397 | Daniel Costa | Lama Solta | Senior Masculino | 37:38 | +15:22 | 07:32 |
| 96 | 249 | Rodrigo José Augusta Luis | Individual | Senior Masculino | 37:53 | +15:37 | 07:35 |
| 97 | 62 | André Mota Duárte | Associação Pombal Jovem | Senior Masculino | 38:16 | +16:00 | 07:39 |
| 98 | 240 | Miguel Martins | Individual | Senior Masculino | 38:17 | +16:00 | 07:39 |
| 99 | 255 | Toni Ribeiro dos Santos | Individual | Senior Masculino | 38:25 | +16:08 | 07:41 |
| 100 | 253 | Tiago Rodrigues | Individual | Senior Masculino | 38:32 | +16:16 | 07:43 |
| 101 | 101 | Pedro Oliveria Silva | CROSSFIT POMBAL | Senior Masculino | 38:38 | +16:22 | 07:44 |
| 102 | 39 | Rui Valente | Ansibikers | Senior Masculino | 39:07 | +16:51 | 07:50 |
| 103 | 66 | Telmo Fernandes Ferreira | Bombeiros Voluntários de Pombal | Senior Masculino | 39:34 | +17:18 | 07:55 |
| 104 | 158 | NELSON PEDROSA MOTA | GIM Running Team | Senior Masculino | 39:55 | +17:38 | 07:59 |
| 105 | 246 | Renato Gomes SIlva | Individual | Senior Masculino | 42:42 | +20:25 | 08:32 |
| 106 | 451 | Micael Marcelino | Os primos do Júlio | Senior Masculino | 45:08 | +22:51 | 09:02 |
| 107 | 450 | Julien Melo | Os primos do Júlio | Senior Masculino | 45:37 | +23:21 | 09:08 |
| 108 | 218 | Diogo José dos Santos Oliveira | Individual | Senior Masculino | 46:10 | +23:53 | 09:14 |
| 109 | 13 | PEDRO FREIRE | AC VERMOIL | Senior Masculino | 48:16 | +25:59 | 09:39 |
| 110 | 414 | ANTONY CARDOSO GASPAR | limpa gambuzinos | Senior Masculino | 48:30 | +26:14 | 09:42 |
| 111 | 415 | Élio Sebastião | limpa gambuzinos | Senior Masculino | 48:47 | +26:31 | 09:46 |
| 112 | 416 | HENRIQUE MARTINS | limpa gambuzinos | Senior Masculino | 49:04 | +26:47 | 09:49 |
| 113 | 50 | Luís Filipe Fernandes Gonçalves | AREC | Senior Masculino | 52:53 | +30:36 | 10:35 |
| 114 | 214 | André Santos Sousa | Individual | Senior Masculino | 01:03:39 | +41:23 | 12:44 |
| 115 | 120 | Ricardo henriques | Dá-lhe Gás team | Senior Masculino | 01:05:19 | +43:02 | 13:04 |
| 116 | 442 | Leandro Faustino da Fonseca | Os Marcha Lenta | Senior Masculino | 01:06:31 | +44:14 | 13:18 |
| 117 | 443 | Nuno André Da Silva Ferreira | Os Marcha Lenta | Senior Masculino | 01:06:34 | +44:17 | 13:19 |
| 118 | 441 | Bruno Miguel Pereira Santos | Os Marcha Lenta | Senior Masculino | 01:08:26 | +46:09 | 13:41 |
| 119 | 127 | Hugo Alho | Follow Me | Senior Masculino | 01:09:53 | +47:36 | 13:59 |

## Sub 20 Feminino

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 258 | Isabel Catarino Cravo | Individual | Sub 20 Feminino | 32:56 | +10:39 | 06:35 |
| 2 | 553 | Sheila Silva | AC VERMOIL | Sub 20 Feminino | 34:57 | +12:40 | 06:59 |
| 3 | 257 | Andreia Filipa Mendes Marouvo | Individual | Sub 20 Feminino | 35:53 | +13:37 | 07:11 |
| 4 | 262 | Sofia Gaspar | Individual | Sub 20 Feminino | 35:58 | +13:42 | 07:12 |
| 5 | 380 | Bárbara Ariana Lopes Monteiro | Juntos somos mais fortes | Sub 20 Feminino | 36:04 | +13:48 | 07:13 |
| 6 | 259 | Isabel Maria Rodrigues Sacramento | Individual | Sub 20 Feminino | 36:14 | +13:57 | 07:15 |
| 7 | 260 | Kessia Eduarda Oliveira Silva | Individual | Sub 20 Feminino | 36:32 | +14:15 | 07:18 |
| 8 | 432 | Melodie da Silva Lopes | Oito Pernas | Sub 20 Feminino | 41:34 | +19:18 | 08:19 |
| 9 | 474 | Mariana Silvestre | QualquerCoisa | Sub 20 Feminino | 43:12 | +20:55 | 08:38 |

## 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

## OFFICIAL RESULT

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|---|---|---|---|---|---|---|---|
| 10 | 256 | Ana Lúcia Silva Nogueira | Individual | Sub 20 Feminino | 48:21 | +26:05 | 09:40 |
| 11 | 417 | INÊS CARRASQUEIRA | limpa gambuzinos | Sub 20 Feminino | 49:51 | +27:35 | 09:58 |

## Sub 20 Masculino

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 14 | CARLOS ALVES | AC VERMOIL | Sub 20 Masculino | 22:16 | | 04:27 |
| 2 | 263 | Bruno Neves | Individual | Sub 20 Masculino | 25:16 | +02:59 | 05:03 |
| 3 | 15 | DANIEL ANTUNES | AC VERMOIL | Sub 20 Masculino | 26:00 | +03:43 | 05:12 |
| 4 | 159 | Pedro Afonso Pedrosa dos Santos | GIM Running Team | Sub 20 Masculino | 26:08 | +03:52 | 05:14 |
| 5 | 106 | António Marques da Costa | CROSSFIT POMBAL | Sub 20 Masculino | 26:11 | +03:55 | 05:14 |
| 6 | 269 | Lucas Alberto Afonso | Individual | Sub 20 Masculino | 26:37 | +04:21 | 05:20 |
| 7 | 273 | Rodrigo Vaz Miranda | Individual | Sub 20 Masculino | 26:57 | +04:41 | 05:24 |
| 8 | 382 | João Miguel Mendes Gonçalves | Juntos somos mais fortes | Sub 20 Masculino | 27:51 | +05:35 | 05:34 |
| 9 | 265 | Filipe Cruz | Individual | Sub 20 Masculino | 28:03 | +05:47 | 05:37 |
| 10 | 270 | Mario Eusebio | Individual | Sub 20 Masculino | 28:26 | +06:09 | 05:41 |
| 11 | 434 | Diogo Alves | Os Amigos da Lagarteira | Sub 20 Masculino | 28:33 | +06:17 | 05:43 |
| 12 | 435 | Hugo Gomes | Os Amigos da Lagarteira | Sub 20 Masculino | 28:53 | +06:36 | 05:47 |
| 13 | 267 | Hugo Manuel Silva Gaspar | Individual | Sub 20 Masculino | 29:01 | +06:44 | 05:48 |
| 14 | 40 | Samuel Bairrada | Ansibikers | Sub 20 Masculino | 29:13 | +06:56 | 05:51 |
| 15 | 436 | Micael Fazenda | Os Amigos da Lagarteira | Sub 20 Masculino | 30:12 | +07:56 | 06:03 |
| 16 | 437 | Miguel Freire | Os Amigos da Lagarteira | Sub 20 Masculino | 30:13 | +07:57 | 06:03 |
| 17 | 433 | André Mendes | Os Amigos da Lagarteira | Sub 20 Masculino | 31:00 | +08:43 | 06:12 |
| 18 | 491 | Fábio Santos | S & S | Sub 20 Masculino | 31:22 | +09:05 | 06:16 |
| 19 | 271 | Paulo André Antunes Miranda | Individual | Sub 20 Masculino | 31:52 | +09:36 | 06:23 |
| 20 | 16 | JOÃO SILVA | AC VERMOIL | Sub 20 Masculino | 32:44 | +10:28 | 06:33 |
| 21 | 521 | Diogo Soares | uvapp team | Sub 20 Masculino | 33:21 | +11:04 | 06:40 |
| 22 | 268 | João Miguel Lopes da Silva | Individual | Sub 20 Masculino | 33:48 | +11:31 | 06:46 |
| 23 | 381 | João Josué Lopes Canelas | Juntos somos mais fortes | Sub 20 Masculino | 33:50 | +11:34 | 06:46 |
| 24 | 266 | Francisco Miguel Coelho  Serra | Individual | Sub 20 Masculino | 35:09 | +12:52 | 07:02 |
| 25 | 272 | Rafael Claro Freire | Individual | Sub 20 Masculino | 36:28 | +14:11 | 07:18 |
| 26 | 143 | ANDRÉ RATO | GANG DO MINIBASKET | Sub 20 Masculino | 49:14 | +26:57 | 09:51 |

## Veterana F35

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 386 | Fátima Alendouro | Juventude Vidigalense | Veterana F35 | 27:25 | +05:08 | 05:29 |
| 2 | 75 | Salete Tavares | CA Barreira | Veterana F35 | 27:49 | +05:32 | 05:34 |
| 3 | 17 | BLANDINA LOURENÇO | AC VERMOIL | Veterana F35 | 28:33 | +06:17 | 05:43 |
| 4 | 20 | LILIANA NEVES | AC VERMOIL | Veterana F35 | 29:19 | +07:03 | 05:52 |
| 5 | 74 | Cármen Silva | CA Barreira | Veterana F35 | 30:19 | +08:02 | 06:04 |
| 6 | 299 | Sara Domingues | Individual | Veterana F35 | 30:45 | +08:28 | 06:09 |
| 7 | 285 | Elsa Soares | Individual | Veterana F35 | 30:58 | +08:41 | 06:12 |
| 8 | 111 | Rita Mendes | CROSSFIT POMBAL | Veterana F35 | 33:24 | +11:08 | 06:41 |
| 9 | 276 | Alexandra Neves | Individual | Veterana F35 | 33:28 | +11:12 | 06:42 |
| 10 | 572 | Catarina Alexandra Carvalho dos Santos | Individual | Veterana F35 | 33:32 | +11:15 | 06:42 |
| 11 | 488 | Liliana | Rocket Team | Veterana F35 | 33:40 | +11:24 | 06:44 |

## 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

## 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

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|---|---|---|---|---|---|---|---|
| 12 | 121 | Carla Sofia | Dá-lhe Gás team | Veterana F35 | 33:45 | +11:29 | 06:45 |
| 13 | 292 | MARIA LUÍSA | Individual | Veterana F35 | 34:10 | +11:53 | 06:50 |
| 14 | 283 | Célia Maria do Arneiro | Individual | Veterana F35 | 34:33 | +12:17 | 06:55 |
| 15 | 376 | Nélia Antunes | INtrilhos | Veterana F35 | 34:33 | +12:17 | 06:55 |
| 16 | 295 | Paula Silva | Individual | Veterana F35 | 34:34 | +12:18 | 06:55 |
| 17 | 531 | Virginia Margarida Sintra | cscrfcharneca | Veterana F35 | 34:35 | +12:19 | 06:55 |
| 18 | 275 | Adelaide M Gameiro | Individual | Veterana F35 | 34:53 | +12:37 | 06:59 |
| 19 | 301 | Sónia Pereira | Individual | Veterana F35 | 34:54 | +12:37 | 06:59 |
| 20 | 472 | Manuela Frias | Pombal Jornal | Veterana F35 | 34:54 | +12:38 | 06:59 |
| 21 | 408 | FERNANDA MARIA CARVALHO MARQUES | Lama Solta | Veterana F35 | 35:16 | +12:59 | 07:03 |
| 22 | 383 | Márcia Crisitna Rodrigues Lopes | Juntos somos mais fortes | Veterana F35 | 35:20 | +13:04 | 07:04 |
| 23 | 168 | Anabela Fernandes | Grupo Alegre Unido Bajouca | Veterana F35 | 35:32 | +13:15 | 07:06 |
| 24 | 286 | Gabriela carraco | Individual | Veterana F35 | 35:45 | +13:28 | 07:09 |
| 25 | 43 | Mara Antunes | Ansibikers | Veterana F35 | 36:34 | +14:17 | 07:19 |
| 26 | 477 | Teresa Ventura | QualquerCoisa | Veterana F35 | 36:43 | +14:27 | 07:21 |
| 27 | 372 | Mónica Pedras | INTOCÁVEIS | Veterana F35 | 36:52 | +14:36 | 07:23 |
| 28 | 297 | Rita Gaspar | Slow Runners Pombal | Veterana F35 | 37:05 | +14:48 | 07:25 |
| 29 | 278 | Ana Roma | Individual | Veterana F35 | 37:07 | +14:50 | 07:25 |
| 30 | 407 | CATARINA ISABEL FERNANDES SINTRA | Lama Solta | Veterana F35 | 37:14 | +14:58 | 07:27 |
| 31 | 287 | Liliana Silva | Individual | Veterana F35 | 37:33 | +15:16 | 07:31 |
| 32 | 298 | Rosália Maria Gameiro | Individual | Veterana F35 | 38:03 | +15:47 | 07:37 |
| 33 | 529 | Patrícia Pimenta Gaspar | cscrfcharneca | Veterana F35 | 38:06 | +15:49 | 07:37 |
| 34 | 42 | Claudia de Sá | Ansibikers | Veterana F35 | 39:11 | +16:55 | 07:50 |
| 35 | 452 | Ana GAmeiro | Os primos do Júlio | Veterana F35 | 39:38 | +17:21 | 07:56 |
| 36 | 517 | Odilia sousa | Tu & Eu | Veterana F35 | 39:52 | +17:36 | 07:59 |
| 37 | 289 | MAFALDA FERREIRA | Individual | Veterana F35 | 40:01 | +17:44 | 08:00 |
| 38 | 128 | Adelia Mendes | Follow Me | Veterana F35 | 40:02 | +17:46 | 08:01 |
| 39 | 426 | Patricia Marques | o ultimo vai a pe | Veterana F35 | 40:08 | +17:51 | 08:02 |
| 40 | 300 | Sílvia Pereira | Individual | Veterana F35 | 40:40 | +18:23 | 08:08 |
| 41 | 294 | Ondina Paula da Silva Leal | Individual | Veterana F35 | 41:25 | +19:08 | 08:17 |
| 42 | 107 | Carina Sousa | CROSSFIT POMBAL | Veterana F35 | 41:28 | +19:12 | 08:18 |
| 43 | 378 | INÊS ISABEL MARQUES VENÂNCIO | Jatapanho | Veterana F35 | 41:39 | +19:23 | 08:20 |
| 44 | 88 | Maria Jose Gonçalves Ribeiro Torres Correia | CORREIA | Veterana F35 | 41:55 | +19:38 | 08:23 |
| 45 | 518 | Sofia Lopes | Tu & Eu | Veterana F35 | 41:58 | +19:41 | 08:24 |
| 46 | 69 | Mª Fátima F. Alberto | BTTralhos | Veterana F35 | 42:05 | +19:48 | 08:25 |
| 47 | 5 | Neide Ferrão | Individual | Veterana F35 | 42:09 | +19:52 | 08:26 |
| 48 | 495 | Maria João Rebola | Slow Runners Pombal | Veterana F35 | 42:14 | +19:57 | 08:27 |
| 49 | 277 | Ana Paula Pires Ramalho | Individual | Veterana F35 | 42:47 | +20:31 | 08:34 |
| 50 | 144 | ANABELA DOMINGUES | GANG DO MINIBASKET | Veterana F35 | 44:22 | +22:06 | 08:53 |
| 51 | 149 | NOÉMIA DOMINGUES | GANG DO MINIBASKET | Veterana F35 | 44:28 | +22:12 | 08:54 |
| 52 | 280 | Analia Goncalves | Individual | Veterana F35 | 44:39 | +22:23 | 08:56 |
| 53 | 169 | Rosa Henriques | Grupo Alegre Unido Bajouca | Veterana F35 | 44:40 | +22:24 | 08:56 |
| 54 | 303 | Vilma Eusébio | Individual | Veterana F35 | 44:50 | +22:34 | 08:58 |
| 55 | 476 | Mónica Ventura | QualquerCoisa | Veterana F35 | 44:53 | +22:37 | 08:59 |

## 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

## 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

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|---|---|---|---|---|---|---|---|
| 56 | 282 | Brigite Oliveira | Individual | Veterana F35 | 46:06 | +23:49 | 09:13 |
| 57 | 122 | Filipa Mendes | Dá-lhe Gás team | Veterana F35 | 46:08 | +23:51 | 09:14 |
| 58 | 302 | Susana Lopes | Individual | Veterana F35 | 46:31 | +24:15 | 09:18 |
| 59 | 284 | cristina da conceição david martins | Individual | Veterana F35 | 47:38 | +25:22 | 09:32 |
| 60 | 109 | Patricia Besteiro | CROSSFIT POMBAL | Veterana F35 | 48:32 | +26:16 | 09:43 |
| 61 | 110 | Patrícia Jordão | CROSSFIT POMBAL | Veterana F35 | 48:39 | +26:22 | 09:44 |
| 62 | 471 | Lúcia Maria Lagoa Rodrigues | Pombal Jornal | Veterana F35 | 48:50 | +26:33 | 09:46 |
| 63 | 112 | Sandra Raquel Ribeiro Gonçalves | CROSSFIT POMBAL | Veterana F35 | 48:50 | +26:34 | 09:46 |
| 64 | 420 | Marina Branco | limpa gambuzinos | Veterana F35 | 49:15 | +26:59 | 09:51 |
| 65 | 108 | Isabel lopes | CROSSFIT POMBAL | Veterana F35 | 49:20 | +27:04 | 09:52 |
| 66 | 418 | ELSA SILVA | limpa gambuzinos | Veterana F35 | 51:17 | +29:01 | 10:16 |
| 67 | 419 | Isabel Gonçalves | limpa gambuzinos | Veterana F35 | 51:34 | +29:17 | 10:19 |
| 68 | 130 | Dominique Alho | Follow Me | Veterana F35 | 52:27 | +30:11 | 10:30 |
| 69 | 290 | Maria Alexandra Faria Fernandes da Silva Serôdio | Individual | Veterana F35 | 54:38 | +32:21 | 10:56 |
| 70 | 54 | Sidalina Oliveira Gonçalves | AREC | Veterana F35 | 56:43 | +34:27 | 11:21 |
| 71 | 150 | TÂNIA MENDES | GANG DO MINIBASKET | Veterana F35 | 58:34 | +36:18 | 11:43 |
| 72 | 475 | Mónica Ferreira | QualquerCoisa | Veterana F35 | 01:02:29 | +40:13 | 12:30 |
| 73 | 131 | Dulcinia Santos | Follow Me | Veterana F35 | 01:03:05 | +40:49 | 12:37 |
| 74 | 129 | Catarina Marili Lopes Vicente | Follow Me | Veterana F35 | 01:03:13 | +40:56 | 12:39 |
| 75 | 148 | HELENA COELHO | GANG DO MINIBASKET | Veterana F35 | 01:23:12 | +01:00:55 | 16:38 |
| 76 | 145 | CORINE SILVA | GANG DO MINIBASKET | Veterana F35 | 01:23:27 | +01:01:11 | 16:42 |
| 77 | 146 | ELISABETE CORDEIRO | GANG DO MINIBASKET | Veterana F35 | 01:23:32 | +01:01:15 | 16:42 |
| 78 | 147 | ELSA GRAÇA | GANG DO MINIBASKET | Veterana F35 | 01:23:42 | +01:01:25 | 16:44 |

## Veterano M35

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 80 | Jorge Aires | CA Barreira | Veterano M35 | 22:19 | +00:03 | 04:28 |
| 2 | 81 | Nuno Dias | CA Barreira | Veterano M35 | 22:41 | +00:24 | 04:32 |
| 3 | 28 | PEDRO FERREIRA | AC VERMOIL | Veterano M35 | 23:02 | +00:46 | 04:37 |
| 4 | 60 | Rui Cruz | Associação Mesh Nazareth | Veterano M35 | 24:00 | +01:43 | 04:48 |
| 5 | 24 | JOAQUIM QUITÉRIO | AC VERMOIL | Veterano M35 | 24:00 | +01:44 | 04:48 |
| 6 | 25 | JOSÉ SANTOS | AC VERMOIL | Veterano M35 | 24:12 | +01:55 | 04:50 |
| 7 | 357 | Rui Joao | Individual | Veterano M35 | 24:23 | +02:07 | 04:53 |
| 8 | 174 | José Gonçalves | Grupo Alegre Unido Bajouca | Veterano M35 | 24:35 | +02:18 | 04:55 |
| 9 | 388 | H.Horta | LacerferRunners | Veterano M35 | 24:39 | +02:22 | 04:56 |
| 10 | 170 | André Fernandes | Grupo Alegre Unido Bajouca | Veterano M35 | 25:07 | +02:51 | 05:02 |
| 11 | 137 | Henrique Fernandes | Fonte Nova Runners | Veterano M35 | 25:18 | +03:02 | 05:04 |
| 12 | 78 | Germano Capela | CA Barreira | Veterano M35 | 25:19 | +03:02 | 05:04 |
| 13 | 387 | Énio Lacerda | LacerferRunners | Veterano M35 | 25:23 | +03:06 | 05:05 |
| 14 | 27 | NELSON FERREIRA | AC VERMOIL | Veterano M35 | 25:23 | +03:07 | 05:05 |
| 15 | 173 | Jorge Silva | Grupo Alegre Unido Bajouca | Veterano M35 | 25:34 | +03:17 | 05:07 |
| 16 | 331 | José Manuel Gaspar Lopes | Individual | Veterano M35 | 25:50 | +03:34 | 05:10 |
| 17 | 177 | Pedro Capela | Grupo Alegre Unido Bajouca | Veterano M35 | 25:55 | +03:38 | 05:11 |
| 18 | 363 | Sérgio Junqueira | Individual | Veterano M35 | 26:06 | +03:49 | 05:13 |
| 19 | 79 | Jorge Agostinho | CA Barreira | Veterano M35 | 26:15 | +03:59 | 05:15 |

## 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

## 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

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|---|---|---|---|---|---|---|---|
| 20 | 345 | Nuno Jorge Jesus Guarda | Individual | Veterano M35 | 26:18 | +04:01 | 05:16 |
| 21 | 554 | Paulo Jorge Crespo | GTeam | Veterano M35 | 26:26 | +04:09 | 05:17 |
| 22 | 77 | Daniel Lourenço | CA Barreira | Veterano M35 | 26:28 | +04:11 | 05:18 |
| 23 | 497 | LEONARDO JOSE RODRIGUES ARAUJO | Slow Runners Pombal | Veterano M35 | 26:33 | +04:16 | 05:19 |
| 24 | 175 | Otelo Pereira | Grupo Alegre Unido Bajouca | Veterano M35 | 26:33 | +04:17 | 05:19 |
| 25 | 316 | ezequiel | Individual | Veterano M35 | 26:38 | +04:21 | 05:20 |
| 26 | 461 | Pedro Manso | Papoilas Saltitantes | Veterano M35 | 26:38 | +04:22 | 05:20 |
| 27 | 160 | Carlos Estrada | GIM Running Team | Veterano M35 | 26:48 | +04:32 | 05:22 |
| 28 | 342 | MARTINHO JOAQUIM DA SILVA PEDROSA | Individual | Veterano M35 | 26:49 | +04:33 | 05:22 |
| 29 | 332 | José Miguel Ferreira Santos | Individual | Veterano M35 | 27:01 | +04:45 | 05:24 |
| 30 | 575 | Jose Carlos Mendes | DREAM TEAM | Veterano M35 | 27:02 | +04:45 | 05:24 |
| 31 | 85 | Pedro Carlos | Charles Team | Veterano M35 | 27:02 | +04:45 | 05:24 |
| 32 | 359 | Rui Pereira | Individual | Veterano M35 | 27:03 | +04:47 | 05:25 |
| 33 | 70 | Albano Manuel Fernandes Silva | BTTralhos | Veterano M35 | 27:19 | +05:02 | 05:28 |
| 34 | 172 | Jorge Rodrigues | Grupo Alegre Unido Bajouca | Veterano M35 | 27:28 | +05:12 | 05:30 |
| 35 | 23 | HELDER MIRANDA | AC VERMOIL | Veterano M35 | 27:28 | +05:12 | 05:30 |
| 36 | 32 | Paulo Nunes Freire | ALN | Veterano M35 | 27:36 | +05:19 | 05:31 |
| 37 | 377 | Ivónio Martins | INtrilhos | Veterano M35 | 27:36 | +05:20 | 05:31 |
| 38 | 365 | Telmo Pedro | Individual | Veterano M35 | 27:50 | +05:33 | 05:34 |
| 39 | 326 | João Vítor Simões Santos | Individual | Veterano M35 | 27:53 | +05:36 | 05:35 |
| 40 | 136 | Pedro Ribeiro | Follow Me | Veterano M35 | 27:56 | +05:40 | 05:35 |
| 41 | 33 | Wilson Subtil | ALN | Veterano M35 | 27:59 | +05:42 | 05:36 |
| 42 | 493 | César Santos | S & S | Veterano M35 | 28:03 | +05:47 | 05:37 |
| 43 | 489 | João Pedro Quitério Santos | Rocket Team | Veterano M35 | 28:08 | +05:52 | 05:38 |
| 44 | 114 | Fernando Ferreira | CROSSFIT POMBAL | Veterano M35 | 28:10 | +05:53 | 05:38 |
| 45 | 330 | José Gonçalo Redondo | Individual | Veterano M35 | 28:12 | +05:55 | 05:38 |
| 46 | 338 | Luis vilela | Individual | Veterano M35 | 28:14 | +05:57 | 05:39 |
| 47 | 161 | Fernando da Silva Parracho | GIM Running Team | Veterano M35 | 28:24 | +06:07 | 05:41 |
| 48 | 457 | Gastão Sousa | Papoilas Saltitantes | Veterano M35 | 28:25 | +06:08 | 05:41 |
| 49 | 320 | Henrique lavaredas0808 | Individual | Veterano M35 | 28:32 | +06:15 | 05:42 |
| 50 | 313 | Edgar Gomes | Individual | Veterano M35 | 28:39 | +06:22 | 05:44 |
| 51 | 171 | António Fernandes | Grupo Alegre Unido Bajouca | Veterano M35 | 28:42 | +06:25 | 05:44 |
| 52 | 368 | Tomás Silva | Individual | Veterano M35 | 28:49 | +06:33 | 05:46 |
| 53 | 525 | Miguel Ângelo Duarte das Neves Matias | cscrfcharneca | Veterano M35 | 28:58 | +06:41 | 05:48 |
| 54 | 349 | Paulo Freire | Individual | Veterano M35 | 28:58 | +06:42 | 05:48 |
| 55 | 460 | Pedro Boia | Papoilas Saltitantes | Veterano M35 | 29:04 | +06:47 | 05:49 |
| 56 | 373 | Frederico Sismeiro | INTOCÁVEIS | Veterano M35 | 29:07 | +06:50 | 05:49 |
| 57 | 309 | Bruno Alexandre da Silva Cordeiro | Individual | Veterano M35 | 29:11 | +06:54 | 05:50 |
| 58 | 523 | Luís Fernando Rocha das Neves | cscrfcharneca | Veterano M35 | 29:11 | +06:55 | 05:50 |
| 59 | 308 | ANTÓNIO MANUEL FERREIRA MENDES | Individual | Veterano M35 | 29:12 | +06:56 | 05:51 |
| 60 | 514 | José Antunes | Trail Bombeiros Ansião Team | Veterano M35 | 29:14 | +06:58 | 05:51 |
| 61 | 578 | Emidio alves | Individual | Veterano M35 | 29:17 | +07:00 | 05:51 |
| 62 | 576 | Pedro dos Santos Lopes | DREAM TEAM | Veterano M35 | 29:21 | +07:05 | 05:52 |
| 63 | 522 | Álvaro José Vieira Lopes | cscrfcharneca | Veterano M35 | 29:32 | +07:16 | 05:55 |

## 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

## 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

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|---|---|---|---|---|---|---|---|
| 64 | 524 | Carlos António Mota Longo da Conceição | cscrfcharneca | Veterano M35 | 29:37 | +07:21 | 05:56 |
| 65 | 76 | André Goucha | CA Barreira | Veterano M35 | 29:38 | +07:22 | 05:56 |
| 66 | 180 | Virgílio Alberto | Grupo Alegre Unido Bajouca | Veterano M35 | 29:45 | +07:28 | 05:57 |
| 67 | 59 | Fernando Esperança | Associação Mesh Nazareth | Veterano M35 | 29:49 | +07:33 | 05:58 |
| 68 | 573 | Nuno Alexandre Duarte da Mota | Individual | Veterano M35 | 30:18 | +08:01 | 06:04 |
| 69 | 361 | Sérgio Artilheiro | Individual | Veterano M35 | 30:25 | +08:08 | 06:05 |
| 70 | 179 | Sérgio Marcelino | Grupo Alegre Unido Bajouca | Veterano M35 | 30:29 | +08:12 | 06:06 |
| 71 | 307 | Antonio Gomes | Individual | Veterano M35 | 30:34 | +08:18 | 06:07 |
| 72 | 45 | Jorge Rocha | Ansibikers | Veterano M35 | 30:37 | +08:20 | 06:07 |
| 73 | 138 | Bruno Pimenta | Free Runners | Veterano M35 | 30:38 | +08:21 | 06:08 |
| 74 | 490 | Nelson Matias | Rocket Team | Veterano M35 | 30:44 | +08:28 | 06:09 |
| 75 | 116 | Luís Manuel Gomes Ruivo | CROSSFIT POMBAL | Veterano M35 | 30:52 | +08:36 | 06:11 |
| 76 | 324 | Joao marco domingues gomes | Individual | Veterano M35 | 31:00 | +08:44 | 06:12 |
| 77 | 178 | Ramiro Rodrigues | Grupo Alegre Unido Bajouca | Veterano M35 | 31:00 | +08:44 | 06:12 |
| 78 | 21 | ALFREDO SANTOS | AC VERMOIL | Veterano M35 | 31:06 | +08:49 | 06:13 |
| 79 | 410 | Marco Murgeiro | Lama Solta | Veterano M35 | 31:07 | +08:51 | 06:14 |
| 80 | 335 | Leonel Pinto | Individual | Veterano M35 | 31:08 | +08:52 | 06:14 |
| 81 | 384 | Vítor José de Sousa Monteiro | Juntos somos mais fortes | Veterano M35 | 31:09 | +08:53 | 06:14 |
| 82 | 358 | Rui Nunes | Individual | Veterano M35 | 31:14 | +08:58 | 06:15 |
| 83 | 369 | Tome fernandes | Individual | Veterano M35 | 31:19 | +09:02 | 06:16 |
| 84 | 379 | Humberto Carlos Pedrosa Marques | Jatapanho | Veterano M35 | 31:19 | +09:02 | 06:16 |
| 85 | 354 | Ricardo Ruas | Individual | Veterano M35 | 31:21 | +09:05 | 06:16 |
| 86 | 162 | Manuel António Rodrigues dos Santos | GIM Running Team | Veterano M35 | 31:27 | +09:11 | 06:18 |
| 87 | 139 | Hugo Fernandes | Free Runners | Veterano M35 | 31:28 | +09:11 | 06:18 |
| 88 | 176 | Pedro Cabecinhas | Grupo Alegre Unido Bajouca | Veterano M35 | 31:35 | +09:18 | 06:19 |
| 89 | 117 | Rodrigo santos | CROSSFIT POMBAL | Veterano M35 | 31:55 | +09:39 | 06:23 |
| 90 | 482 | Nuno Rito | QualquerCoisa | Veterano M35 | 32:04 | +09:48 | 06:25 |
| 91 | 367 | Tiago Ramos | Individual | Veterano M35 | 32:06 | +09:49 | 06:25 |
| 92 | 360 | Samuel Costa | Individual | Veterano M35 | 32:07 | +09:50 | 06:25 |
| 93 | 312 | Daniel Francisco Fragoso | Individual | Veterano M35 | 32:09 | +09:53 | 06:26 |
| 94 | 428 | Luis Fernandes | o ultimo vai a pe | Veterano M35 | 32:11 | +09:55 | 06:26 |
| 95 | 515 | Vitor Santos | Trail Bombeiros Ansião Team | Veterano M35 | 32:12 | +09:55 | 06:26 |
| 96 | 46 | Zé Ramalho | Ansibikers | Veterano M35 | 32:16 | +09:59 | 06:27 |
| 97 | 22 | EUGENIO MENDES | AC VERMOIL | Veterano M35 | 32:24 | +10:07 | 06:29 |
| 98 | 498 | PEDRO PIMPÃO | Slow Runners Pombal | Veterano M35 | 32:40 | +10:24 | 06:32 |
| 99 | 458 | João Loureiro | Papoilas Saltitantes | Veterano M35 | 32:50 | +10:33 | 06:34 |
| 100 | 305 | Almerindo | Individual | Veterano M35 | 33:04 | +10:48 | 06:37 |
| 101 | 344 | Nuno Cruz | Individual | Veterano M35 | 33:05 | +10:49 | 06:37 |
| 102 | 409 | antonio freitas neves | Lama Solta | Veterano M35 | 33:20 | +11:04 | 06:40 |
| 103 | 479 | Filipe Carrilho | QualquerCoisa | Veterano M35 | 33:22 | +11:05 | 06:40 |
| 104 | 526 | Pascoal Duarte Oliveira | cscrfcharneca | Veterano M35 | 33:23 | +11:07 | 06:41 |
| 105 | 527 | Arlindo de Jesus Oliveira | cscrfcharneca | Veterano M35 | 33:39 | +11:23 | 06:44 |
| 106 | 323 | João Cordeiro | Individual | Veterano M35 | 33:40 | +11:23 | 06:44 |
| 107 | 555 | Jorge Silva | Individual | Veterano M35 | 33:55 | +11:39 | 06:47 |
| 108 | 456 | Victor Silva | out 2 run | Veterano M35 | 33:57 | +11:41 | 06:48 |
| 109 | 510 | Paulo Lopes | Tartarugas Velozes | Veterano M35 | 34:07 | +11:51 | 06:50 |

## 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

## 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

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|---|---|---|---|---|---|---|---|
| 110 | 314 | Énio Bruno Antunes Mota | Individual | Veterano M35 | 34:12 | +11:55 | 06:50 |
| 111 | 356 | Rogério Freire Luís | Individual | Veterano M35 | 34:17 | +12:00 | 06:51 |
| 112 | 374 | Mário Silva | INTOCÁVEIS | Veterano M35 | 34:22 | +12:06 | 06:53 |
| 113 | 306 | André Filipe Marques Gomes | Individual | Veterano M35 | 34:25 | +12:09 | 06:53 |
| 114 | 341 | Marco silva | Individual | Veterano M35 | 34:33 | +12:16 | 06:55 |
| 115 | 364 | Sérgio Pereira | Individual | Veterano M35 | 34:36 | +12:19 | 06:55 |
| 116 | 334 | LEONEL JORGE GUARDADO MARTINS | Individual | Veterano M35 | 34:41 | +12:25 | 06:56 |
| 117 | 3 | Antonio Reis | CA Barreira | Veterano M35 | 34:43 | +12:26 | 06:57 |
| 118 | 67 | Paulo Jorge dos Santos Miranda | Bombeiros Voluntários de Pombal | Veterano M35 | 34:45 | +12:29 | 06:57 |
| 119 | 481 | Luís Jesus | QualquerCoisa | Veterano M35 | 34:58 | +12:41 | 07:00 |
| 120 | 459 | Paulo Lopes | Papoilas Saltitantes | Veterano M35 | 35:17 | +13:00 | 07:03 |
| 121 | 133 | Hugo Magalhães Ferreira | Follow Me | Veterano M35 | 35:19 | +13:03 | 07:04 |
| 122 | 333 | Leandro Santos | Individual | Veterano M35 | 35:23 | +13:07 | 07:05 |
| 123 | 351 | Pedro Miguel da Conceição Freire Rodrigues | Individual | Veterano M35 | 35:23 | +13:07 | 07:05 |
| 124 | 453 | Filipe Gameiro | Os primos do Júlio | Veterano M35 | 35:48 | +13:31 | 07:10 |
| 125 | 362 | Sérgio Ferreira Mendes | Individual | Veterano M35 | 36:05 | +13:48 | 07:13 |
| 126 | 318 | Helder Jose Martins Jeronimo | Individual | Veterano M35 | 36:09 | +13:53 | 07:14 |
| 127 | 26 | MANUEL MENDES | AC VERMOIL | Veterano M35 | 36:20 | +14:03 | 07:16 |
| 128 | 550 | Luis Mendes | DREAM TEAM | Veterano M35 | 36:21 | +14:04 | 07:16 |
| 129 | 311 | Carlos Miguel Gomes Grazina | Individual | Veterano M35 | 36:28 | +14:12 | 07:18 |
| 130 | 322 | Humberto José dos Santos Gonçalves | Individual | Veterano M35 | 36:40 | +14:23 | 07:20 |
| 131 | 371 | Vitor Mota | Slow Runners Pombal | Veterano M35 | 36:50 | +14:33 | 07:22 |
| 132 | 325 | João Ramos | Individual | Veterano M35 | 37:02 | +14:46 | 07:25 |
| 133 | 411 | RUI MIGUEL BATISTA PEIXOTO | Lama Solta | Veterano M35 | 37:10 | +14:54 | 07:26 |
| 134 | 352 | Pedro Vigário | Individual | Veterano M35 | 38:01 | +15:44 | 07:36 |
| 135 | 336 | Luís Carlos Jesus Rosa | Individual | Veterano M35 | 38:01 | +15:44 | 07:36 |
| 136 | 115 | Leonel Jerónimo Fernandes | CROSSFIT POMBAL | Veterano M35 | 38:32 | +16:16 | 07:43 |
| 137 | 327 | Jorge Mateus Simão dos Santos | Individual | Veterano M35 | 39:01 | +16:45 | 07:48 |
| 138 | 132 | Dario Pedro | Follow Me | Veterano M35 | 39:05 | +16:48 | 07:49 |
| 139 | 317 | Gerhard Doppler | Individual | Veterano M35 | 39:11 | +16:54 | 07:50 |
| 140 | 340 | Marcelino Gomes | Individual | Veterano M35 | 39:37 | +17:20 | 07:55 |
| 141 | 512 | Nuno Rosa | Team Pipoca | Veterano M35 | 39:39 | +17:23 | 07:56 |
| 142 | 513 | Ricardo Carrasqueira | TLC | Veterano M35 | 40:21 | +18:04 | 08:04 |
| 143 | 350 | Paulo Tavares | Individual | Veterano M35 | 40:35 | +18:19 | 08:07 |
| 144 | 454 | Rui Avila | Os primos do Júlio | Veterano M35 | 40:38 | +18:21 | 08:08 |
| 145 | 509 | Paulo Gameiro | Tartarugas Velozes | Veterano M35 | 41:13 | +18:56 | 08:15 |
| 146 | 496 | João Pedro Monteiro | Slow Runners Pombal | Veterano M35 | 41:39 | +19:23 | 08:20 |
| 147 | 519 | Paulo Moreira | Tu & Eu | Veterano M35 | 42:07 | +19:50 | 08:25 |
| 148 | 552 | Manuel Ferreira Santos | Individual | Veterano M35 | 42:14 | +19:57 | 08:27 |
| 149 | 370 | Victor Manuel Marques Da Ponte | Individual | Veterano M35 | 42:28 | +20:11 | 08:30 |
| 150 | 321 | Horácio Cândido Mendes da Costa | Individual | Veterano M35 | 42:53 | +20:36 | 08:35 |
| 151 | 551 | João Quaresma | Individual | Veterano M35 | 42:55 | +20:39 | 08:35 |
| 152 | 478 | António Silvestre | QualquerCoisa | Veterano M35 | 43:07 | +20:51 | 08:38 |
| 153 | 89 | Luis Antonio Torres Correia | CORREIA | Veterano M35 | 43:28 | +21:11 | 08:42 |
| 154 | 310 | Carlos Goncalves | Individual | Veterano M35 | 44:30 | +22:13 | 08:54 |

## 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

## 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

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 155 | 347 | Patrício Ponte | Individual | Veterano M35 | 44:50 | +22:33 | 08:58 |
| 156 | 337 | Luis Caseiro | Individual | Veterano M35 | 47:32 | +25:16 | 09:31 |
| 157 | 422 | Humberto marques Gonçalves | limpa gambuzinos | Veterano M35 | 49:08 | +26:51 | 09:50 |
| 158 | 423 | Rui Pedro Antunes Sebastião | limpa gambuzinos | Veterano M35 | 49:52 | +27:36 | 09:58 |
| 159 | 421 | Arlindo Ribeiro | limpa gambuzinos | Veterano M35 | 51:35 | +29:19 | 10:19 |
| 160 | 346 | Nuno Oliveira | Individual | Veterano M35 | 52:39 | +30:22 | 10:32 |
| 161 | 55 | Nuno Henrique Grilo Lopes | AREC | Veterano M35 | 53:11 | +30:54 | 10:38 |
| 162 | 480 | Joaquim Ventura | QualquerCoisa | Veterano M35 | 01:01:04 | +38:48 | 12:13 |
| 163 | 135 | Paulo Eusebio | Follow Me | Veterano M35 | 01:10:45 | +48:28 | 14:09 |
| 164 | 134 | Isidro Alves | Follow Me | Veterano M35 | 01:12:20 | +50:04 | 14:28 |

# 4ª Corrida dos Gambuzinos - Pombal 2017

**Pombal, PT**

**01-julho-2017**

## COLETIVO - PROVA PRINCIPAL

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

| RANK | TEAM | DESCRIPTION | POINTS |
|---|---|---|---|
| 1 | AC VERMOIL | 1 + 4 + 5 + 9 + 13 | 32 |
| 2 | CA Barreira | 2 + 3 + 11 + 24 + 38 | 78 |
| 3 | Grupo Alegre Unido Bajouca | 12 + 16 + 20 + 28 + 31 | 107 |
| 4 | GIM Running Team | 10 + 36 + 51 + 93 + 180 | 370 |
| 5 | Lama Solta | 7 + 81 + 86 + 92 + 109 | 375 |
| 6 | CROSSFIT POMBAL | 37 + 89 + 98 + 117 + 159 | 500 |
| 7 | cscrfcharneca | 113 + 122 + 131 + 132 + 133 | 631 |
| 8 | Rocket Team | 70 + 88 + 144 + 157 + 179 | 638 |
| 9 | Os Amigos da Lagarteira | 101 + 111 + 145 + 146 + 166 | 669 |
| 10 | Ansibikers | 50 + 124 + 153 + 200 + 205 | 732 |
| 11 | Papoilas Saltitantes | 48 + 94 + 116 + 216 + 276 | 750 |
| 12 | Tartarugas Velozes | 40 + 182 + 187 + 201 + 245 | 855 |
| 13 | Juntos somos mais fortes | 79 + 172 + 238 + 278 + 293 | 1060 |
| 14 | Slow Runners Pombal | 44 + 213 + 308 + 314 + 382 | 1261 |
| 15 | Bombeiros Voluntários de Pombal | 204 + 244 + 247 + 263 + 351 | 1309 |
| 16 | Follow Me | 82 + 277 + 307 + 340 + 345 | 1351 |
| 17 | QualquerCoisa | 191 + 223 + 269 + 306 + 402 | 1391 |
| 18 | Dá-lhe Gás team | 147 + 236 + 407 + 424 + 473 | 1687 |
| 19 | Os primos do Júlio | 290 + 318 + 353 + 372 + 374 | 1707 |
| 20 | AREC | 286 + 287 + 342 + 384 + 459 | 1758 |
| 21 | GANG DO MINIBASKET | 408 + 409 + 410 + 446 + 465 | 2138 |
| 22 | limpa gambuzinos | 437 + 440 + 443 + 444 + 445 | 2209 |
| 23 | Os Marcha Lenta | 474 + 475 + 476 + 477 + 478 | 2380 |

# 4ª Corrida dos Gambuzinos - Pombal 2017

**Pombal, PT**

**01-julho-2017**

## MINI CORRIDA - STAGE 1 — 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

## OFFICIAL RESULT

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| | Time | Temperature | Humidity |
|---|---|---|---|
| Start | 17:00 | -99ºC | -99% |
| End | 17:15 | -99ºC | -99% |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 1 | 1012 | Bernardo Alexandre Lopes Monteiro | juntos somos mais fortes | Infantil Masculino | 06:32 | | - |
| 2 | 1025 | Francisco Mota Longo | cscrfcharneca | Infantil Masculino | 06:36 | +00:04 | - |
| 3 | 1004 | Eduarda Silva | individual | Benjamim Feminino | 06:48 | +00:16 | - |
| 4 | 1017 | Rita Carrilho | qualquercoisa | Infantil Feminino | 06:59 | +00:27 | - |
| 5 | 1023 | Rúben Nunes | rigueiros48 | Infantil Masculino | 07:04 | +00:32 | - |
| 6 | 1026 | Sofia Margarida Lopes Ferreira | cscrfcharneca | Infantil Feminino | 07:04 | +00:32 | - |
| 7 | 1020 | Pedro Batista | rigueiros48 | Infantil Masculino | 07:17 | +00:45 | - |
| 8 | 1019 | Francisco Simões | rigueiros48 | Infantil Masculino | 07:23 | +00:50 | - |
| 9 | 1011 | Tiago André Santos Gomes | individual | Infantil Masculino | 07:31 | +00:59 | - |
| 10 | 1018 | Alexandre Rosa | rigueiros48 | Infantil Masculino | 07:38 | +01:05 | - |
| 11 | 1021 | Rodrigo Dionisio | rigueiros48 | Infantil Masculino | 07:59 | +01:27 | - |
| 12 | 1007 | Gabriel Monteiro Pires Carvalho | individual | Infantil Masculino | 08:00 | +01:27 | - |
| 13 | 1016 | Alice Sousa | qualquercoisa | Infantil Feminino | 08:05 | +01:33 | - |
| 14 | 1008 | João Manuel Batista Costa | individual | Infantil Masculino | 08:08 | +01:36 | - |
| 15 | 1005 | Tatiana Domingues Gomes | individual | Benjamim Feminino | 08:09 | +01:37 | - |
| 16 | 1027 | André Ferreira | individual | Benjamim Masculino | 08:11 | +01:38 | - |
| 17 | 1013 | EVA SILVA MARQUES | limpa gambuzinos | Benjamim Feminino | 08:14 | +01:42 | - |
| 18 | 1003 | Iara Pereira | grupo alegre unido bajouca | Benjamim Feminino | 08:16 | +01:44 | - |
| 19 | 1028 | Martim Gaspar | n.a.d.a. | Benjamim Masculino | 08:18 | +01:45 | - |
| 20 | 1015 | DIANA RODRIGUES ALVOGADA | limpa gambuzinos | Infantil Feminino | 08:24 | +01:51 | - |
| 21 | 1014 | BEATRIZ MOREIRA BRANCO | limpa gambuzinos | Infantil Feminino | 08:29 | +01:57 | - |
| 22 | 1006 | Guilherme Ferreira | individual | Benjamim Masculino | 08:37 | +02:05 | - |
| 23 | 1022 | Rodrigo Fernades | rigueiros48 | Infantil Masculino | 08:42 | +02:10 | - |
| 24 | 1002 | Diogo Vicente Eusébio | follow me | Benjamim Masculino | 12:50 | +06:18 | - |
| 25 | 1001 | Dinis Vicente Eusebio | follow me | Benjamim Masculino | 12:58 | +06:26 | - |
| 26 | 1029 | Bárbara Mota | individual | Benjamim Feminino | 13:21 | +06:49 | - |

**Obs**

| BIB | NOTE | NAME | TEAM | CAT |
|---|---|---|---|---|
| 1024 | DNF | Mariana da Silva Maia | Tu & Eu | Infantil Feminino |

# 4ª Corrida dos Gambuzinos - Pombal 2017

**Pombal, PT**

**01-julho-2017**

## Mini Corrida

## 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

## OFFICIAL RESULT

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

| | Time | Temperature | Humidity |
|---|---|---|---|
| Start | 17:00 | -99ºC | -99% |
| End | 17:15 | -99ºC | -99% |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| **Benjamim Feminino** | | | | | | | |
| 1 | 1004 | Eduarda Silva | Individual | Benjamim Feminino | 06:48 | +00:16 | - |
| 2 | 1005 | Tatiana Domingues Gomes | Individual | Benjamim Feminino | 08:09 | +01:37 | - |
| 3 | 1013 | EVA SILVA MARQUES | limpa gambuzinos | Benjamim Feminino | 08:14 | +01:42 | - |
| 4 | 1003 | Iara Pereira | Grupo Alegre Unido Bajouca | Benjamim Feminino | 08:16 | +01:44 | - |
| 5 | 1029 | Bárbara Mota | Individual | Benjamim Feminino | 13:21 | +06:49 | - |
| **Benjamim Masculino** | | | | | | | |
| 1 | 1027 | André Ferreira | Individual | Benjamim Masculino | 08:11 | +01:38 | - |
| 2 | 1028 | Martim Gaspar | N.A.D.A. | Benjamim Masculino | 08:18 | +01:45 | - |
| 3 | 1006 | Guilherme Ferreira | Individual | Benjamim Masculino | 08:37 | +02:05 | - |
| 4 | 1002 | Diogo Vicente Eusébio | Follow Me | Benjamim Masculino | 12:50 | +06:18 | - |
| 5 | 1001 | Dinis Vicente Eusebio | Follow Me | Benjamim Masculino | 12:58 | +06:26 | - |
| **Infantil Feminino** | | | | | | | |
| 1 | 1017 | Rita Carrilho | QualquerCoisa | Infantil Feminino | 06:59 | +00:27 | - |
| 2 | 1026 | Sofia Margarida Lopes Ferreira | cscrfcharneca | Infantil Feminino | 07:04 | +00:32 | - |
| 3 | 1016 | Alice Sousa | QualquerCoisa | Infantil Feminino | 08:05 | +01:33 | - |
| 4 | 1015 | DIANA RODRIGUES ALVOGADA | limpa gambuzinos | Infantil Feminino | 08:24 | +01:51 | - |
| 5 | 1014 | BEATRIZ MOREIRA BRANCO | limpa gambuzinos | Infantil Feminino | 08:29 | +01:57 | - |
| **Infantil Masculino** | | | | | | | |
| 1 | 1012 | Bernardo Alexandre Lopes Monteiro | Juntos somos mais fortes | Infantil Masculino | 06:32 | | - |
| 2 | 1025 | Francisco Mota Longo | cscrfcharneca | Infantil Masculino | 06:36 | +00:04 | - |
| 3 | 1023 | Rúben Nunes | Rigueiros48 | Infantil Masculino | 07:04 | +00:32 | - |
| 4 | 1020 | Pedro Batista | Rigueiros48 | Infantil Masculino | 07:17 | +00:45 | - |
| 5 | 1019 | Francisco Simões | Rigueiros48 | Infantil Masculino | 07:23 | +00:50 | - |
| 6 | 1011 | Tiago André Santos Gomes | Individual | Infantil Masculino | 07:31 | +00:59 | - |
| 7 | 1018 | Alexandre Rosa | Rigueiros48 | Infantil Masculino | 07:38 | +01:05 | - |
| 8 | 1021 | Rodrigo Dionisio | Rigueiros48 | Infantil Masculino | 07:59 | +01:27 | - |
| 9 | 1007 | Gabriel Monteiro Pires Carvalho | Individual | Infantil Masculino | 08:00 | +01:27 | - |
| 10 | 1008 | João Manuel Batista Costa | Individual | Infantil Masculino | 08:08 | +01:36 | - |
| 11 | 1022 | Rodrigo Fernades | Rigueiros48 | Infantil Masculino | 08:42 | +02:10 | - |