Corrida dos Gambuzinos 2019

Pombal, PT

29-June-2019

Gambuzinos Kids — 2.5 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	17:00	24.9ºC	64%
End	17:37	23.7ºC	68%

Benjamim Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1010	Iara Pereira	Grupo Alegre Unido Bajouca	Benjamim Feminino	10:47		04:19
2	1014	Margarida Freire	Individual	Benjamim Feminino	12:46	+01:58	05:07
3	1037	Rita Pereira	Vilaventura - Trail Running Team	Benjamim Feminino	12:47	+01:59	05:07
4	1015	Maria João Deus	Individual	Benjamim Feminino	12:52	+02:04	05:09
5	1036	Maria Pereira	Vilaventura - Trail Running Team	Benjamim Feminino	13:17	+02:29	05:19

Benjamim Masculino

1	1016	Francisco Henriques Monsanto dos Santos	Individual	Benjamim Masculino	10:48	+00:00	04:19
2	1005	Dinis Vicente Eusébio	Follow Me	Benjamim Masculino	13:01	+02:13	05:12
3	1060	Eduardo Ferreira	Individual	Benjamim Masculino	13:27	+02:40	05:23
4	1030	Henrique Santos	Ovelhas Negras	Benjamim Masculino	18:13	+07:26	07:18

Infantil Feminino

1	1012	Ângela Alberto	Grupo Alegre Unido Bajouca	Infantil Feminino	20:10	+09:22	08:04
2	1017	Carolina Henriques Monsanto dos Santos	Individual	Infantil Feminino	28:11	+17:23	11:17
3	1018	Lara Cardoso	Individual	Infantil Feminino	29:25	+18:37	11:46

Infantil Masculino

1	1025	Mateus Oliveira Cordeiro de Almeida Medeiro	Individual	Infantil Masculino	14:28	+03:41	05:47
2	1006	Diogo Vicente Eusebio	Follow Me	Infantil Masculino	14:31	+03:43	05:49
3	1013	Dinis Pedrosa	Grupo Alegre Unido Bajouca	Infantil Masculino	14:48	+04:00	05:55
4	1021	ELIEZER DE SOUSA OLIVEIRA	Individual	Infantil Masculino	15:14	+04:26	06:06
5	1026	Rodrigo Ferreira Feteira	Individual	Infantil Masculino	15:35	+04:47	06:14
6	1023	João Pratas	Individual	Infantil Masculino	19:05	+08:17	07:38
7	1028	Tiago Santos	Individual	Infantil Masculino	20:51	+10:04	08:21
8	1032	Eduardo Santos	Ovelhas Negras	Infantil Masculino	21:41	+10:54	08:41
9	1033	Rodrigues Fernandes	Ovelhas Negras	Infantil Masculino	22:08	+11:20	08:51
10	1022	João Pedro Freire	Individual	Infantil Masculino	31:15	+20:27	12:30

Corrida dos Gambuzinos 2019

Pombal, PT

29-June-2019

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

	Time	Temperature	Humidity
Start	22:00	19.1ºC	88%
End	23:37	19.1ºC	88%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
1	173	Joel Couto	grupo alegre unido bajouca	Veterano M35	27:06		05:25	
2	168	Licínio Silva	grupo alegre unido bajouca	Senior Masculino	27:15	+00:09	05:27	
3	23	CARLOS ALVES	ac vermoil	Senior Masculino	28:43	+01:37	05:45	
4	359	António Ferreira	individual	Veterano M35	29:10	+02:04	05:50	
5	467	Celso Marques	nexebra trail team	Senior Masculino	29:29	+02:23	05:54	
6	29	JOSÉ SANTOS	ac vermoil	Veterano M35	29:48	+02:42	05:58	
7	212	Inês Marques	individual	Senior Feminino	29:57	+02:51	05:59	
8	20	Frederico Carreira	ac batalha	Veterano M35	29:57	+02:51	05:59	
9	21	Hugo Horta	ac batalha	Veterano M35	30:02	+02:56	06:00	
10	175	Otelo Pereira	grupo alegre unido bajouca	Veterano M35	30:03	+02:57	06:01	
11	127	Luís Veríssimo	figueira kayak clube	Veterano M35	30:19	+03:13	06:04	
12	384	José Manuel gaspar Lopes	individual	Veterano M35	30:37	+03:31	06:07	
13	174	José Gonçalves	grupo alegre unido bajouca	Veterano M35	30:53	+03:47	06:11	
14	172	André Fernandes	grupo alegre unido bajouca	Veterano M35	30:58	+03:52	06:12	
15	22	José Figueira	ac batalha	Veterano M35	30:59	+03:53	06:12	
16	365	Ezequiel Reis	individual	Veterano M35	31:26	+04:20	06:17	
17	400	Paulo carvalho	individual	Veterano M35	31:30	+04:24	06:18	
18	237	David Alves	individual	Senior Masculino	31:31	+04:25	06:18	
19	616	Renato carvalho	vilaventura - trail running team	Senior Masculino	31:34	+04:28	06:19	
20	619	Rui Pereira	vilaventura - trail running team	Veterano M35	31:42	+04:36	06:20	
21	394	MARTINHO JOAQUIM DA SILVA PEDROSA	individual	Veterano M35	31:45	+04:39	06:21	
22	262	Marco Pimenta	individual	Senior Masculino	31:46	+04:40	06:21	
23	468	Joaquim Santos	notícias de colmeias atletismo	Veterano M35	31:54	+04:48	06:23	
24	611	Bruno Antunes	vilaventura - trail running team	Senior Masculino	31:58	+04:52	06:24	
25	167	André Crespo	grupo alegre unido bajouca	Senior Masculino	32:01	+04:55	06:24	
26	613	Eduardo Goncalves	vilaventura - trail running team	Senior Masculino	32:10	+05:04	06:26	
27	291	Daniel Cabecinhas	grupo alegre unido bajouca	Sub 20 Masculino	32:12	+05:06	06:26	
28	289	Bruno Neves	individual	Sub 20 Masculino	32:24	+05:18	06:29	
29	56	Marco Micael Nunes Mendes	associação pombal jovem	Senior Masculino	32:27	+05:21	06:29	
30	15	Pedro Roda	100m	Senior Masculino	32:32	+05:26	06:30	
31	533	Miguel Lopes	rusty team	Veterano M35	32:34	+05:28	06:31	
32	488	João Barradas	os4àrrasca	Veterano M35	32:36	+05:30	06:31	
33	379	Patricia Carreira	individual	Senior Feminino	32:40	+05:34	06:32	
34	14	João Silva	100m	Senior Masculino	32:43	+05:37	06:33	
35	642	Ismael Costa	individual	Senior Masculino	32:55	+05:49	06:35	
36	234	Tiago Alves	bttralhos bike team	Senior Masculino	32:58	+05:52	06:36	
37	284	Sérgio Correia	individual	Senior Masculino	33:02	+05:56	06:36	
38	451	Luís Nunes	move up	Veterano M35	33:13	+06:07	06:39	
39	183	Ricardo Lopes	grupo maravilha	Veterano M35	33:19	+06:13	06:40	
40	429	Pedro Miguel Serra Santos	lama solta	Veterano M35	33:27	+06:21	06:41	

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	CARD
41	11	Silvio André dos Santos Moreira	100 stress	Veterano M35	33:33	+06:27	06:43	
42	178	Virgílio Alberto	grupo alegre unido bajouca	Veterano M35	33:33	+06:27	06:43	
43	166	Milene Santos	grupo alegre unido bajouca	Senior Feminino	33:38	+06:32	06:44	
44	215	Inês Santos	individual	Senior Feminino	33:40	+06:34	06:44	
45	18	Leandro Delgado	100m	Veterano M35	33:56	+06:50	06:47	
46	360	António Gomes	individual	Veterano M35	33:56	+06:50	06:47	
47	508	Yvo Matias	rocket team	Veterano M35	34:06	+07:00	06:49	
48	587	Luis Batalha	soure mov	Veterano M35	34:08	+07:02	06:50	
49	381	José Félix	individual	Veterano M35	34:16	+07:10	06:51	
50	275	Ricardo Jorge	individual	Senior Masculino	34:37	+07:31	06:55	
51	70	Rui Rua	culnatur	Senior Masculino	34:46	+07:40	06:57	
52	588	Ricardo Páscoa	soure mov	Veterano M35	34:47	+07:41	06:57	
53	126	João Vaz	figueira kayak clube	Veterano M35	34:51	+07:45	06:58	
54	363	Celso Carreira Fernandes	individual	Veterano M35	34:59	+07:53	07:00	
55	253	João Gomes	individual	Senior Masculino	35:05	+07:59	07:01	
56	416	Tiago Marques	individual	Veterano M35	35:15	+08:09	07:03	
57	187	Paula Coto	grvilaverdense	Veterana F35	35:17	+08:11	07:03	
58	13	João Eduardo Moreira Carreira	100m	Senior Masculino	35:23	+08:17	07:05	
59	295	Pedro silva santos	individual	Sub 20 Masculino	35:32	+08:26	07:06	
60	136	Rodrigo costa	fittraining academy	Senior Masculino	35:34	+08:28	07:07	
61	374	Jaime Lopes dos santos	individual	Veterano M35	35:36	+08:30	07:07	
62	25	BLANDINA LOURENÇO	ac vermoil	Veterana F35	35:37	+08:31	07:07	
63	641	João Ferreira	individual	Senior Masculino	35:46	+08:40	07:09	
64	189	José Bugalho	grvilaverdense	Veterano M35	35:49	+08:43	07:10	
65	132	Guilherme eusébio	fittraining academy	Senior Masculino	35:58	+08:52	07:12	
66	50	André Gonçalo Martins Santos	arcd venda da luisa	Veterano M35	35:59	+08:53	07:12	
67	391	Luiz Ferrão	individual	Veterano M35	36:09	+09:03	07:14	
68	39	Mário José da silva	amor de marquês	Veterano M35	36:10	+09:04	07:14	
69	84	Vitro mendes ribeiro	centro recreativo folclórico artistico dos antões	Veterano M35	36:10	+09:04	07:14	
70	378	Joel Ferreira Costa	individual	Veterano M35	36:11	+09:05	07:14	
71	585	Jorge Cordeiro	soure mov	Veterano M35	36:12	+09:06	07:14	
72	393	Marco Henriques	individual	Veterano M35	36:25	+09:19	07:17	
73	278	Rodrigo Azevedo	individual	Senior Masculino	36:31	+09:25	07:18	
74	244	Francisco Victorino	individual	Senior Masculino	36:34	+09:28	07:19	
75	276	Ricardo Nuno Pereira Lima	individual	Senior Masculino	36:40	+09:34	07:20	
76	114	João Lopes	factoryrunners	Senior Masculino	36:43	+09:37	07:21	
77	583	AUGUSTO CORDEIRO	soure mov	Veterano M35	36:44	+09:38	07:21	
78	239	Dino Domingues	individual	Senior Masculino	36:45	+09:39	07:21	
79	612	Daniel Antunes	vilaventura - trail running team	Senior Masculino	36:45	+09:39	07:21	
80	116	Paulo Peixoto	factoryrunners	Senior Masculino	36:48	+09:42	07:22	
81	296	Rodrigo Victorino	individual	Sub 20 Masculino	36:48	+09:42	07:22	
82	499	António Manuel Ferreira Mendes	ratatui team	Veterano M35	36:49	+09:43	07:22	
83	26	ELSA SOARES	ac vermoil	Veterana F35	36:55	+09:49	07:23	
84	364	Emídio Alves	individual	Veterano M35	36:55	+09:49	07:23	

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	CARD
85	531	Bruno Fernandes	rusty team	Veterano M35	36:56	+09:50	07:23	
86	337	Raquel Matias	individual	Veterana F35	37:09	+10:03	07:26	
87	385	Jose Miguel Ferreira Santos	individual	Veterano M35	37:11	+10:05	07:26	
88	650	Domingos Paulo	individual	Veterano M35	37:14	+10:08	07:27	
89	294	Mário Eusébio	individual	Sub 20 Masculino	37:18	+10:12	07:28	
90	292	Francisco Lopes Gaspar	individual	Sub 20 Masculino	37:21	+10:15	07:28	
91	369	Gil Gaspar	individual	Veterano M35	37:21	+10:15	07:28	
92	43	Gonçalo Simões de Deus	arcd venda da luisa	Sub 20 Masculino	37:28	+10:22	07:30	
93	272	Pedro Martins	individual	Senior Masculino	37:32	+10:26	07:30	
94	233	André Lopes Costa	individual	Senior Masculino	37:32	+10:26	07:30	
95	131	Filipe Carreira	fittraining academy	Senior Masculino	37:36	+10:30	07:31	
96	246	Henrique Jorge	individual	Senior Masculino	37:42	+10:36	07:32	
97	177	Sérgio Marcelino	grupo alegre unido bajouca	Veterano M35	37:42	+10:36	07:32	
98	382	jose gomes santos marques	individual	Veterano M35	37:43	+10:37	07:33	
99	53	Marco Paulo Simões Oliveira	arcd venda da luisa	Veterano M35	37:48	+10:42	07:34	
100	507	Nelson Matias	rocket team	Veterano M35	37:49	+10:43	07:34	
101	209	Diana Cardoso	individual	Senior Feminino	37:56	+10:50	07:35	
102	415	Rui Nunes	individual	Veterano M35	37:58	+10:52	07:36	
103	190	Vitor Santos	grvilaverdense	Veterano M35	37:59	+10:53	07:36	
104	28	EUGENIO MENDES	ac vermoil	Veterano M35	38:04	+10:58	07:37	
105	280	Rúben Santos Mendes	individual	Senior Masculino	38:07	+11:01	07:37	
106	27	SARA DOMINGUES	ac vermoil	Veterana F35	38:22	+11:16	07:40	
107	371	Gustavo Marques	individual	Veterano M35	38:27	+11:21	07:41	
108	450	DANIEL FRAGOSO	move up	Veterano M35	38:28	+11:22	07:42	
109	420	Elodie Costa	lama solta	Senior Feminino	38:30	+11:24	07:42	
110	108	Ivo Gonçalves	crossfit pombal	Senior Masculino	38:34	+11:28	07:43	
111	264	Miguel Lopes Costa	individual	Senior Masculino	38:38	+11:32	07:44	
112	380	Jorge Manuel Gaspar Lopes	individual	Veterano M35	38:41	+11:35	07:44	
113	191	Adriana Cabecinhas	individual	Senior Feminino	38:45	+11:39	07:45	
114	580	Abel Batalha	soure mov	Veterano M35	38:45	+11:39	07:45	
115	354	Xana Maia	individual	Veterana F35	38:47	+11:41	07:45	
116	170	Maria Silvério	grupo alegre unido bajouca	Sub 20 Feminino	38:50	+11:44	07:46	
117	428	Marco M Murgeiro	lama solta	Veterano M35	38:57	+11:51	07:47	
118	487	Rui Rocha	os4àrrasca	Senior Masculino	38:58	+11:52	07:48	
119	273	Rafael Gonçalves	individual	Senior Masculino	39:03	+11:57	07:49	
120	427	eduardo neves	lama solta	Veterano M35	39:03	+11:57	07:49	
121	614	João Carlos Santos Nogueira	vilaventura - trail running team	Senior Masculino	39:09	+12:03	07:50	
122	445	MANUELA SILVA	move up	Senior Feminino	39:12	+12:06	07:50	
123	586	José Madeira	soure mov	Veterano M35	39:15	+12:09	07:51	
124	497	Tiago André Santos Gomes	ratatui team	Sub 20 Masculino	39:16	+12:10	07:51	
125	130	Vânia Leal	fittraining academy	Senior Feminino	39:17	+12:11	07:51	
126	283	Sandro peixoto	individual	Senior Masculino	39:20	+12:14	07:52	
127	528	Sérgio Leandro Machado Franquinho	rusty team	Senior Masculino	39:23	+12:17	07:53	
128	188	João Namora	grvilaverdense	Veterano M35	39:30	+12:24	07:54	
129	176	Ramiro Rodrigues	grupo alegre unido bajouca	Veterano M35	39:34	+12:28	07:55	

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	CARD
130	386	JOSE RODRIGUES	individual	Veterano M35	39:36	+12:30	07:55	
131	109	Luís Ruivo	crossfit pombal	Veterano M35	39:39	+12:33	07:56	
132	297	Rúben Lopes Domingues	individual	Sub 20 Masculino	39:45	+12:39	07:57	
133	124	Vanessa Seco	figueira kayak clube	Veterana F35	39:45	+12:39	07:57	
134	123	Filomena Carvalho	figueira kayak clube	Veterana F35	39:50	+12:44	07:58	
135	443	Leonel Jorge	luzecus	Veterano M35	39:52	+12:46	07:58	
136	505	Tânia Pedrosa	rocket team	Senior Feminino	39:53	+12:47	07:59	
137	227	Sandra Isabel Santos Nunes	individual	Senior Feminino	39:54	+12:48	07:59	
138	16	Rodrigo Costa	100m	Senior Masculino	39:55	+12:49	07:59	
139	444	Sérgio Pereira	luzecus	Veterano M35	39:57	+12:51	07:59	
140	252	João Gaspar	individual	Senior Masculino	39:58	+12:52	08:00	
141	610	Daniela filipa dos santos silva	vilaventura - trail running team	Senior Feminino	39:59	+12:53	08:00	
142	601	Ricardo subtil	team subtil	Veterano M35	40:11	+13:05	08:02	
143	247	Hugo Fernandes	individual	Senior Masculino	40:12	+13:06	08:02	
144	389	Luís Maia	individual	Veterano M35	40:12	+13:06	08:02	
145	260	Luis Alves	individual	Senior Masculino	40:14	+13:08	08:03	
146	607	Goreti Gaudêncio	vikings trail runners / ccr alcabideque	Senior Feminino	40:17	+13:11	08:03	
147	646	Jorge Faustino	cmpombal	Veterano M35	40:19	+13:13	08:04	
148	430	Rui Miguel Baptista Peixoto	lama solta	Veterano M35	40:19	+13:13	08:04	
149	171	Anabela Fernandes	grupo alegre unido bajouca	Veterana F35	40:34	+13:28	08:07	
150	135	Rafael Pereira Silva	fittraining academy	Senior Masculino	40:35	+13:29	08:07	
151	377	Joaquim Ferreira de Almeida	individual	Veterano M35	40:35	+13:29	08:07	
152	575	Eugénia Batista	soure mov	Veterana F35	40:38	+13:32	08:08	
153	503	luis miguel sampaio serra	rebanhu´s team	Senior Masculino	40:38	+13:32	08:08	
154	315	Emanuela Jesus Simões	individual	Veterana F35	40:39	+13:33	08:08	
155	128	Mariana Jorge Moreira Duarte	fittraining academy	Senior Feminino	40:40	+13:34	08:08	
156	475	Nuno Costa	os arttistas	Senior Masculino	40:42	+13:36	08:08	
157	102	Carina Rafaela Mendes Oliveira	crossfit pombal	Senior Feminino	40:43	+13:37	08:09	
158	615	Nelson Santos Nogueira	vilaventura - trail running team	Senior Masculino	40:45	+13:39	08:09	
159	249	Iúri dos santos pedrosa	individual	Senior Masculino	40:48	+13:42	08:10	
160	137	Stéphane Pereira Lopes	fittraining academy	Senior Masculino	40:49	+13:43	08:10	
161	104	Daniela Simão	crossfit pombal	Senior Feminino	40:59	+13:53	08:12	
162	105	Isabel Simões Ferreira	crossfit pombal	Senior Feminino	41:03	+13:57	08:13	
163	17	David Simões	100m	Veterano M35	41:05	+13:59	08:13	
164	412	Rafael Ferreira	individual	Veterano M35	41:05	+13:59	08:13	
165	426	Catarina Isabel Fernandes Sintra	lama solta	Veterana F35	41:05	+13:59	08:13	
166	545	Pedro Ponte	sem sede	Veterano M35	41:07	+14:01	08:13	
167	133	João Gaspar	fittraining academy	Senior Masculino	41:09	+14:03	08:14	
168	82	dino marques	centro recreativo folclórico artistico dos antões	Veterano M35	41:10	+14:04	08:14	
169	449	Carlos Matias	move up	Veterano M35	41:10	+14:04	08:14	
170	12	João Duarte	100m	Senior Masculino	41:11	+14:05	08:14	
171	235	Camilo Lopes	individual	Senior Masculino	41:13	+14:07	08:15	
172	506	Liliana Pedrosa	rocket team	Veterana F35	41:13	+14:07	08:15	

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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
173	308	Catarina Alexandra Carvalho dos Santos	individual	Veterana F35	41:18	+14:12	08:16	
174	618	Marco Pascoal	vilaventura - trail running team	Veterano M35	41:18	+14:12	08:16	
175	525	Patricia Carreira Jorge	rusty team	Senior Feminino	41:18	+14:12	08:16	
176	103	Catarina silva	crossfit pombal	Senior Feminino	41:24	+14:18	08:17	
177	520	David Lopes	run4fun	Veterano M35	41:28	+14:22	08:18	
178	423	Susana Fernandes	lama solta	Senior Feminino	41:38	+14:32	08:20	
179	454	Iris Mendes	ndap - fitness & athletics	Sub 20 Feminino	41:39	+14:33	08:20	
180	366	Fernando José	individual	Veterano M35	41:40	+14:34	08:20	
181	624	ALFREDO SANTOS	ac vermoil	Veterano M35	41:43	+14:37	08:21	
182	425	Luís Marques	lama solta	Senior Masculino	41:44	+14:38	08:21	
183	608	Ana Raquel Carvalho	vilaventura - trail running team	Senior Feminino	41:48	+14:42	08:22	
184	120	Bernardo Maria da Franca	farmácia paiva	Senior Masculino	41:48	+14:42	08:22	
185	35	Rafael neves silva	amor de marquês	Sub 20 Masculino	41:52	+14:46	08:22	
186	119	Daniela Temudo Neves	farmácia paiva	Senior Feminino	41:55	+14:49	08:23	
187	584	Jorge Batalha	soure mov	Veterano M35	41:55	+14:49	08:23	
188	457	Diogo Godinho	ndap - fitness & athletics	Sub 20 Masculino	42:12	+15:06	08:26	
189	383	José Ignacio Díaz Sánchez	individual	Veterano M35	42:14	+15:08	08:27	
190	592	Antonio Ribeiro	sporting clube pombal/trail	Veterano M35	42:25	+15:19	08:29	
191	596	Pedro	team farias	Veterano M35	42:28	+15:22	08:30	
192	581	António Neves	soure mov	Veterano M35	42:32	+15:26	08:30	
193	579	Rosália Duarte	soure mov	Veterana F35	42:34	+15:29	08:31	
194	417	Toni Gaspar	individual	Veterano M35	42:37	+15:31	08:31	
195	574	Elisabete Carreira	soure mov	Veterana F35	42:38	+15:32	08:32	
196	438	Raquel Marques	leoas da pepsi	Senior Feminino	42:40	+15:34	08:32	
197	437	Inês Baptista	leoas da pepsi	Senior Feminino	42:52	+15:46	08:34	
198	483	Janete Pereira	os casaleiros	Veterana F35	42:53	+15:47	08:35	
199	91	Joana almeia	condores	Senior Feminino	42:54	+15:48	08:35	
200	256	Joel Ferreira	individual	Senior Masculino	42:59	+15:53	08:36	
201	571	Filipe Gameiro	skylamas	Veterano M35	43:06	+16:00	08:37	
202	44	Andreia Luísa Lemos Pita	arcd venda da luisa	Veterana F35	43:07	+16:01	08:37	
203	514	Edite Ribeiro Nunes	run4fun	Veterana F35	43:08	+16:02	08:38	
204	333	Odília Sousa	individual	Veterana F35	43:13	+16:07	08:39	
205	98	Bruno Ferreira	corredores reformados	Senior Masculino	43:19	+16:13	08:40	
206	93	Hugo costa	condores	Sub 20 Masculino	43:22	+16:16	08:40	
207	96	Sílvia Pedrosa	corredores reformados	Senior Feminino	43:24	+16:18	08:41	
208	452	Daniela Curado	ndap - fitness & athletics	Sub 20 Feminino	43:26	+16:20	08:41	
209	422	Patricia Gonçalves	lama solta	Senior Feminino	43:29	+16:23	08:42	
210	602	Ricardo Carrasqueira	tlc	Veterano M35	43:30	+16:24	08:42	
211	458	Igor Mendes	ndap - fitness & athletics	Sub 20 Masculino	43:37	+16:31	08:43	
212	609	CÁTIA FERREIRA	vilaventura - trail running team	Senior Feminino	43:42	+16:36	08:44	
213	582	António Serôdio	soure mov	Veterano M35	43:47	+16:41	08:45	
214	559	Nuno Pascoal	siga	Veterano M35	43:54	+16:48	08:47	
215	492	Laura Duarte	pombal jornal	Senior Feminino	43:54	+16:49	08:47	
216	638	Cristina Gomes	individual	Senior Feminino	43:57	+16:51	08:47	
217	576	Patrícia Beja	soure mov	Veterana F35	44:11	+17:05	08:50	

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	CARD
218	573	Catarina Cordeiro	soure mov	Veterana F35	44:13	+17:07	08:51	
219	368	Francisco R. Oliveira	individual	Veterano M35	44:19	+17:13	08:52	
220	577	Rita Cordeiro	soure mov	Veterana F35	44:23	+17:17	08:53	
221	118	Hugo Carriço	factoryrunners	Veterano M35	44:29	+17:23	08:54	
222	344	Sílvia Pereira da Silva	individual	Veterana F35	44:29	+17:23	08:54	
223	243	Fabio Dionísio dos Reis	individual	Senior Masculino	44:29	+17:23	08:54	
224	203	Cátia Duarte	individual	Senior Feminino	44:32	+17:26	08:54	
225	617	Liliana Silva	vilaventura - trail running team	Veterana F35	44:43	+17:37	08:57	
226	589	Vitor Gariso	soure mov	Veterano M35	44:54	+17:48	08:59	
227	54	Carina Santos Pedrosa	as ramipédias	Senior Feminino	45:08	+18:02	09:02	
228	55	Catarina Freire Barros	as ramipédias	Sub 20 Feminino	45:14	+18:08	09:03	
229	122	Andreia Dias	figueira kayak clube	Senior Feminino	45:25	+18:19	09:05	
230	387	lino carraco	individual	Veterano M35	45:32	+18:26	09:06	
231	169	Rosa Henriques	grupo alegre unido bajouca	Veterana F35	45:33	+18:27	09:07	
232	279	Rodrigo Pascoal	individual	Senior Masculino	45:34	+18:28	09:07	
233	257	Jorge Ines	factoryrunners	Senior Masculino	45:42	+18:36	09:08	
234	532	Marco Pinhal	rusty team	Veterano M35	45:47	+18:41	09:09	
235	328	Marisa Ferreira	individual	Veterana F35	45:54	+18:48	09:11	
236	578	Rita Esteves	soure mov	Veterana F35	45:55	+18:49	09:11	
237	250	João Pereira	individual	Senior Masculino	46:02	+18:56	09:12	
238	277	Ricardo Pereira	individual	Senior Masculino	46:09	+19:03	09:14	
239	10	Nuno Miguel dos Santos Marques	100 stress	Veterano M35	46:20	+19:14	09:16	
240	185	João Melanda	grvilaverdense	Senior Masculino	46:21	+19:15	09:16	
241	117	Rosália Ribeiro	factoryrunners	Veterana F35	46:24	+19:18	09:17	
242	404	Paulo Tavares	individual	Veterano M35	46:29	+19:23	09:18	
243	490	JOÃO FERREIRA	pés soltos	Senior Masculino	46:31	+19:25	09:18	
244	72	Andreia Gonçalves	capital 4ever	Senior Feminino	46:40	+19:34	09:20	
245	107	Marta Marto	crossfit pombal	Senior Feminino	47:00	+19:54	09:24	
246	338	Rosnelly Cabello Requena	individual	Veterana F35	47:03	+19:57	09:25	
247	238	Dennis Oliveira	individual	Senior Masculino	47:03	+19:57	09:25	
248	263	Miguel André Gonçalves	individual	Senior Masculino	47:04	+19:58	09:25	
249	411	Pedro Rosa	individual	Veterano M35	47:07	+20:01	09:25	
250	549	Cláudia Pascoal	siga	Veterana F35	47:14	+20:08	09:27	
251	80	daniela filipa isidoro melo	centro recreativo folclórico artistico dos antões	Senior Feminino	47:16	+20:10	09:27	
252	94	Telma costa	condores	Veterana F35	47:20	+20:14	09:28	
253	269	Pedro do Mar	individual	Senior Masculino	47:28	+20:22	09:30	
254	92	marta costa	condores	Sub 20 Feminino	47:34	+20:28	09:31	
255	204	Cátia Marques	individual	Senior Feminino	47:38	+20:32	09:32	
256	522	Marcio Pinto	run4fun	Veterano M35	47:41	+20:35	09:32	
257	643	Philippe Miguel	individual	Senior Masculino	47:47	+20:41	09:33	
258	223	Melissa Pedrosa Cintra	individual	Senior Feminino	47:47	+20:41	09:33	
259	71	Ricardo Benzinho Ferreira de Melo	culnatur	Veterano M35	47:48	+20:42	09:34	
260	408	Pedro Freire Rodrigues	individual	Veterano M35	47:49	+20:43	09:34	
261	424	Filipe Marques	lama solta	Senior Masculino	47:50	+20:44	09:34	

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	CARD
262	42	Daniel Filipe Gomes Marques	arcd venda da luisa	Senior Masculino	47:50	+20:44	09:34	
263	67	Patrícia Mendes	culnatur	Senior Feminino	47:53	+20:47	09:35	
264	361	Bruno Canhoto	individual	Veterano M35	47:54	+20:48	09:35	
265	63	Patrícia Ferreira	bombinis team	Senior Feminino	47:54	+20:48	09:35	
266	214	Ines Mendes	individual	Senior Feminino	47:55	+20:49	09:35	
267	305	Cândida Bonifácio	individual	Veterana F35	47:55	+20:49	09:35	
268	64	Hugo Gaspar	bombinis team	Senior Masculino	47:58	+20:52	09:36	
269	489	MONICA PEREIRA	pés soltos	Senior Feminino	48:02	+20:56	09:36	
270	81	Marta Diana Pedrosa Cordeiro	centro recreativo folclórico artistico dos antões	Veterana F35	48:05	+20:59	09:37	
271	106	Marisa Silva	crossfit pombal	Senior Feminino	48:08	+21:02	09:38	
272	491	TIAGO NEVES	pés soltos	Senior Masculino	48:09	+21:03	09:38	
273	83	Helder Manuel Mota Ereira	centro recreativo folclórico artistico dos antões	Veterano M35	48:12	+21:06	09:38	
274	139	Adriana Costa	fittraining academy/ndap f&a	Senior Feminino	48:17	+21:11	09:39	
275	270	Pedro Francisco Pires Brilhante	individual	Senior Masculino	48:24	+21:18	09:41	
276	268	Nuno Filipe Agostinho Carrasqueira	individual	Senior Masculino	48:25	+21:19	09:41	
277	155	Sofia forte	fruta da 5ª	Veterana F35	48:44	+21:38	09:45	
278	644	Diogo Brilhante	cmpombal	Senior Masculino	48:54	+21:48	09:47	
279	407	Pedro Cruz	individual	Veterano M35	49:16	+22:10	09:51	
280	69	José Valeiro	culnatur	Senior Masculino	49:25	+22:19	09:53	
281	448	MANUELA MURTINHO	move up	Veterana F35	49:25	+22:19	09:53	
282	51	Carlos Manuel de Oliveira Canais	arcd venda da luisa	Veterano M35	49:30	+22:24	09:54	
283	446	Virgínia Sousa	move up	Senior Feminino	49:31	+22:25	09:54	
284	396	Nelson Sintra	individual	Veterano M35	49:33	+22:27	09:55	
285	345	Sónia Alexandra Veríssimo Marques	individual	Veterana F35	49:39	+22:33	09:56	
286	498	André Filipe Marques Gomes	ratatui team	Veterano M35	49:45	+22:39	09:57	
287	355	Adalberto Correia	individual	Veterano M35	49:45	+22:39	09:57	
288	208	Daniela Gaspar Carlos Ferreira Gomes	individual	Senior Feminino	49:46	+22:40	09:57	
289	331	Natália Correia	individual	Veterana F35	49:50	+22:45	09:58	
290	298	Tiago Bastos	individual	Sub 20 Masculino	49:52	+22:46	09:58	
291	494	Manuela Frias	pombal jornal	Veterana F35	49:55	+22:49	09:59	
292	570	Sónia Sousa	skylamas	Veterana F35	49:58	+22:52	10:00	
293	495	Sandra Carlos	pombal jornal	Veterana F35	50:05	+22:59	10:01	
294	88	Alexandre Ramos	clifipom	Sub 20 Masculino	50:09	+23:03	10:02	
295	649	Susana Sousa	individual	Senior Feminino	50:15	+23:09	10:03	
296	85	Cátia Ramos	clifipom	Senior Feminino	50:17	+23:11	10:03	
297	339	Sandra Lopes	individual	Veterana F35	50:17	+23:11	10:03	
298	186	Fátima Cabeço	grvilaverdense	Veterana F35	50:19	+23:13	10:04	
299	648	Ricardo Marques	individual	Veterano M35	50:19	+23:13	10:04	
300	156	Bruno Rodrigues	fruta da 5ª	Veterano M35	50:34	+23:28	10:07	
301	211	Guida Freitas	individual	Senior Feminino	50:35	+23:29	10:07	
302	418	Vasco Nabais Faria	individual	Veterano M35	50:36	+23:30	10:07	

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	CARD
303	148	Rita Rodrigues	fruta da 5ª	Senior Feminino	50:38	+23:32	10:08	
304	321	Judite Roque	individual	Veterana F35	50:43	+23:37	10:09	
305	322	Licinia Gaspar Anselmo	individual	Veterana F35	50:48	+23:42	10:10	
306	40	Elisabete Marisa Barradas Correia	arcd venda da luisa	Senior Feminino	50:49	+23:43	10:10	
307	293	João Pedro Santos Duarte	individual	Sub 20 Masculino	50:50	+23:44	10:10	
308	46	Graça Maria Martins Simões	arcd venda da luisa	Veterana F35	50:54	+23:48	10:11	
309	395	Miguel palmeiro	individual	Veterano M35	50:56	+23:50	10:11	
310	45	Cidália Maria Barrico de Almeida Canais	arcd venda da luisa	Veterana F35	50:57	+23:51	10:11	
311	41	Tânia Sofia Silva Lourenço	arcd venda da luisa	Senior Feminino	51:03	+23:57	10:13	
312	406	PEDRO CORDEIRO	individual	Veterano M35	51:07	+24:01	10:13	
313	33	Andreia Ferreira Gomes	amor de marquês	Sub 20 Feminino	51:20	+24:14	10:16	
314	453	Ema Canelas	ndap - fitness & athletics	Sub 20 Feminino	51:23	+24:17	10:17	
315	158	Luís teixeira	fruta da 5ª	Veterano M35	51:25	+24:19	10:17	
316	49	Sandra Sofia Pereira Simões	arcd venda da luisa	Veterana F35	51:26	+24:20	10:17	
317	134	Joao Morgado	fittraining academy	Senior Masculino	51:31	+24:25	10:18	
318	153	Laudelina teixeira	fruta da 5ª	Veterana F35	51:32	+24:26	10:18	
319	47	Judite Maria Morais Duarte	arcd venda da luisa	Veterana F35	51:35	+24:29	10:19	
320	456	André Rato	ndap - fitness & athletics	Sub 20 Masculino	51:40	+24:34	10:20	
321	125	Carlos Almeida	figueira kayak clube	Veterano M35	51:43	+24:37	10:21	
322	149	Flávio Silva	fruta da 5ª	Senior Masculino	51:50	+24:44	10:22	
323	388	Luis Joaquim	individual	Veterano M35	52:00	+24:54	10:24	
324	154	Sandra Marisa Matos	fruta da 5ª	Veterana F35	52:08	+25:02	10:26	
325	647	João Paulo Mendes Ramos	individual	Veterano M35	52:15	+25:09	10:27	
326	373	ILÍDIO MANUEL FREITAS DOS SANTOS	individual	Veterano M35	52:27	+25:21	10:29	
327	353	Virgínia Gabriel	individual	Veterana F35	52:33	+25:27	10:31	
328	566	Ricardo T. Oliveira	sissi runners	Veterano M35	52:34	+25:28	10:31	
329	336	Paula Gameiro	individual	Veterana F35	52:40	+25:34	10:32	
330	356	alexandre fernandes marques	individual	Veterano M35	52:43	+25:37	10:33	
331	329	Marisa Silva	individual	Veterana F35	52:45	+25:39	10:33	
332	299	adriana aparecida do nascimento	individual	Veterana F35	52:48	+25:42	10:34	
333	562	Inês Oliveira	sissi runners	Veterana F35	52:48	+25:42	10:34	
334	565	Miguel Castelo Branco	sissi runners	Veterano M35	52:49	+25:43	10:34	
335	563	Sílvia Moreira das Neves	sissi runners	Veterana F35	52:51	+25:45	10:34	
336	567	Roberto Fiuza Alves	sissi runners	Veterano M35	52:56	+25:50	10:35	
337	48	Maria Luísa Madeira Martins Simões	arcd venda da luisa	Veterana F35	52:58	+25:52	10:36	
338	342	Sandra Teixeira	individual	Veterana F35	52:59	+25:53	10:36	
339	313	Dalia Santos	individual	Veterana F35	53:00	+25:54	10:36	
340	564	Sonia Freire	sissi runners	Veterana F35	53:20	+26:14	10:40	
341	390	Luis Simões	individual	Veterano M35	53:37	+26:31	10:43	
342	182	José Pedrosa	grupo maravilha	Veterano M35	53:43	+26:37	10:45	
343	179	João Pedro da Silva Dâmaso	grupo maravilha	Senior Masculino	53:50	+26:44	10:46	
344	409	Pedro Moreira	individual	Veterano M35	54:08	+27:02	10:50	

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	CARD
345	271	Pedro José Lopes Ferreira da Mota	individual	Senior Masculino	54:11	+27:05	10:50	
346	193	Ana Catarina Ferreira Lopes	individual	Senior Feminino	54:16	+27:10	10:51	
347	259	Lionel Teixeira	individual	Senior Masculino	54:20	+27:14	10:52	
348	255	Joel Fernandes Sintra	individual	Senior Masculino	54:26	+27:20	10:53	
349	640	Pedro Claro	individual	Veterano M35	54:33	+27:27	10:55	
350	147	Bruno Martins	formobike btt trail running	Senior Masculino	54:34	+27:28	10:55	
351	150	Miguel Veloso	fruta da 5ª	Senior Masculino	54:41	+27:35	10:56	
352	625	Horácio Mota	individual	Senior Masculino	55:03	+27:57	11:01	
353	180	Helia Gil	grupo maravilha	Veterana F35	55:13	+28:07	11:03	
354	569	Núria Ferreira	skylamas	Veterana F35	55:15	+28:09	11:03	
355	628	Nélcia Mendes	individual	Senior Feminino	55:19	+28:13	11:04	
356	181	Sílvia Oliveira	grupo maravilha	Veterana F35	55:19	+28:13	11:04	
357	568	Ana Gameiro	skylamas	Veterana F35	55:20	+28:14	11:04	
358	626	Agostinho Mota	individual	Senior Masculino	55:31	+28:25	11:06	
359	419	Yang Kanglin	individual	Veterano M35	55:40	+28:34	11:08	
360	343	Sandrina Simões	individual	Veterana F35	55:58	+28:52	11:12	
361	57	Umbelina Ferreira	associação pombal jovem	Veterana F35	56:09	+29:03	11:14	
362	129	Soraia Gonçalves	fittraining academy	Senior Feminino	56:30	+29:24	11:18	
363	594	Vítor mota	sporting clube pombal/trail	Veterano M35	56:50	+29:44	11:22	
364	591	Rita gaspar	sporting clube pombal/trail	Veterana F35	57:02	+29:56	11:24	
365	543	Luís Neves	sem sede	Veterano M35	57:06	+30:00	11:25	
366	529	Maryvonne Martins	rusty team	Veterana F35	57:17	+30:11	11:27	
367	542	Hernâni Martinho	sem sede	Veterano M35	57:18	+30:12	11:28	
368	372	Helder Manuel Santos Mendes	individual	Veterano M35	57:25	+30:19	11:29	
369	518	Rosália Gameiro	run4fun	Veterana F35	57:26	+30:20	11:29	
370	245	Gabriel da Silva Faísca	individual	Senior Masculino	57:29	+30:23	11:30	
371	87	João Saramago	clifipom	Senior Masculino	57:34	+30:28	11:31	
372	222	Marta Silva Mendes	individual	Senior Feminino	57:40	+30:34	11:32	
373	513	Cristina Landolt	run4fun	Veterana F35	57:41	+30:35	11:32	
374	86	Marta Falcão	clifipom	Senior Feminino	57:45	+30:39	11:33	
375	410	Pedro Pimpao	individual	Veterano M35	57:55	+30:49	11:35	
376	538	Dina Neves	sem sede	Veterana F35	57:56	+30:50	11:35	
377	202	Catarina pimpao	individual	Senior Feminino	57:58	+30:52	11:36	
378	536	Nuno Santos	sem sede	Senior Masculino	57:59	+30:53	11:36	
379	115	Marco Lopes	factoryrunners	Senior Masculino	58:00	+30:54	11:36	
380	627	Jorge Mendes	individual	Senior Masculino	58:02	+30:56	11:36	
381	603	João Neves	valada night runners	Sub 20 Masculino	58:06	+31:00	11:37	
382	517	Rita Mendes	run4fun	Veterana F35	58:25	+31:19	11:41	
383	392	Manuel Gonçalves dos Santos	individual	Veterano M35	58:26	+31:20	11:41	
384	516	Mafalda António	run4fun	Veterana F35	58:27	+31:21	11:41	
385	241	Diogo Costa	individual	Senior Masculino	58:30	+31:24	11:42	
386	267	Nilton Santos	individual	Senior Masculino	58:35	+31:29	11:43	
387	512	João Duarte	run4fun	Senior Masculino	58:43	+31:37	11:45	
388	510	Cátia Ruivo	run4fun	Senior Feminino	58:48	+31:42	11:46	
389	590	Carolina Jesus	sporting clube pombal/trail	Senior Feminino	58:48	+31:42	11:46	

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	CARD
390	195	Ana Isabel Morais Marques	individual	Senior Feminino	58:57	+31:51	11:47	
391	493	Lúcia Rodrigues	pombal jornal	Veterana F35	58:58	+31:52	11:48	
392	447	LICÍNIA FREIRE	move up	Veterana F35	59:54	+32:48	11:59	
393	362	Carlos Gonçalves	individual	Veterano M35	59:57	+32:51	11:59	
394	351	Tania Moreira	individual	Veterana F35	01:00:02	+32:56	12:00	
395	303	Anália Gonçalves	individual	Veterana F35	01:00:03	+32:57	12:01	
396	346	Sonia Cristina Santos	individual	Veterana F35	01:00:19	+33:13	12:04	
397	242	Duarte Pompeu	individual	Senior Masculino	01:00:27	+33:21	12:05	
398	572	Inês Gomes	slow runners pombal	Senior Feminino	01:00:27	+33:21	12:05	
399	282	Rui Mota	individual	Senior Masculino	01:00:31	+33:25	12:06	
400	159	Miguel oliveira	fruta da 5ª	Veterano M35	01:00:32	+33:26	12:06	
401	220	Marília Fernandes	individual	Senior Feminino	01:00:32	+33:26	12:06	
402	598	Simone subtil	team subtil	Senior Feminino	01:00:35	+33:29	12:07	
403	152	Goreti Fernandes	fruta da 5ª	Veterana F35	01:00:39	+33:33	12:08	
404	597	Patrícia Silva	team subtil	Senior Feminino	01:00:41	+33:35	12:08	
405	620	Tiago Andre da Conceição Silva	individual	Senior Masculino	01:00:41	+33:35	12:08	
406	61	Miguel Simões	associação recreativa bernardense	Veterano M35	01:00:57	+33:51	12:11	
407	274	Renato Lopes	individual	Senior Masculino	01:01:00	+33:54	12:12	
408	66	Mariana Ruas	culnatur	Senior Feminino	01:01:04	+33:58	12:13	
409	59	Jacinta Simões	associação recreativa bernardense	Veterana F35	01:01:07	+34:01	12:13	
410	68	Soraia Gomes	culnatur	Senior Feminino	01:01:08	+34:02	12:14	
411	58	Isabel Antunes	associação recreativa bernardense	Veterana F35	01:01:19	+34:13	12:16	
412	439	Sandra Ferreira	leoas da pepsi	Senior Feminino	01:01:22	+34:16	12:16	
413	473	Tânia Ferreira Neves	os arttistas	Senior Feminino	01:01:25	+34:19	12:17	
414	471	Inês Sousa	os arttistas	Senior Feminino	01:01:31	+34:25	12:18	
415	77	Mario Brito	capital 4ever	Senior Masculino	01:01:32	+34:26	12:18	
416	65	Adriana Duarte	culnatur	Senior Feminino	01:01:32	+34:26	12:18	
417	477	Rúben Pires	os arttistas	Senior Masculino	01:01:35	+34:29	12:19	
418	76	Joni Lopes	capital 4ever	Senior Masculino	01:01:38	+34:32	12:20	
419	370	GONÇALO FREITAS	individual	Veterano M35	01:01:39	+34:33	12:20	
420	78	Mickael Freire	capital 4ever	Senior Masculino	01:01:43	+34:37	12:21	
421	200	Bruna Gaspar	individual	Senior Feminino	01:02:10	+35:04	12:26	
422	509	Carolina Meco Rosa Estrela	run4fun	Senior Feminino	01:02:11	+35:05	12:26	
423	376	Joaquim Andrade	individual	Veterano M35	01:02:14	+35:08	12:27	
424	521	Fernando Neves Estrela	run4fun	Veterano M35	01:02:16	+35:10	12:27	
425	349	Susana Silva	individual	Veterana F35	01:02:26	+35:20	12:29	
426	62	Nelson Oliveira Vicente	associação recreativa bernardense	Veterano M35	01:02:35	+35:29	12:31	
427	60	Sandra Margarida Rodrigues sousa	associação recreativa bernardense	Veterana F35	01:02:47	+35:41	12:33	
428	484	André Grilo	os casaleiros	Veterano M35	01:03:25	+36:19	12:41	
429	524	Christele Pereira	rusty team	Senior Feminino	01:03:25	+36:19	12:41	
430	530	Sylvie Santos	rusty team	Veterana F35	01:03:42	+36:36	12:44	
431	526	Sónia Pereira	rusty team	Senior Feminino	01:03:49	+36:43	12:46	
432	304	Andreia Major	individual	Veterana F35	01:04:01	+36:55	12:48	
433	302	Ana Faro	individual	Veterana F35	01:04:17	+37:11	12:51	
434	622	Célia Maria Martins	individual	Veterana F35	01:05:07	+38:01	13:01	

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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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
435	623	Aldina Gaspar	individual	Veterana F35	01:05:12	+38:06	13:02	
436	323	Liliana Marisa Rodrigues dos Santos	individual	Veterana F35	01:05:20	+38:14	13:04	
437	216	Joana Rute Leal Ribeiro	individual	Senior Feminino	01:05:26	+38:20	13:05	
438	201	Carolina Sofia	individual	Senior Feminino	01:05:30	+38:24	13:06	
439	74	Liliane Neves	capital 4ever	Senior Feminino	01:05:31	+38:25	13:06	
440	73	Andreia Valeiro	capital 4ever	Senior Feminino	01:05:36	+38:30	13:07	
441	5	Branca Maria Mendes da Silva	100 stress	Veterana F35	01:05:38	+38:32	13:08	
442	287	Daniela Lopes Domingues	individual	Sub 20 Feminino	01:05:38	+38:32	13:08	
443	6	Diana Marisa Pereira Rodrigues	100 stress	Veterana F35	01:05:46	+38:40	13:09	
444	288	Filipa Ribeiro	individual	Sub 20 Feminino	01:05:56	+38:50	13:11	
445	431	Diogo Oliveira	leiria marcha atlética clube	Senior Masculino	01:06:21	+39:15	13:16	
446	225	Nádia silva	individual	Senior Feminino	01:06:37	+39:31	13:19	
447	194	Ana Gonçalves	individual	Senior Feminino	01:06:42	+39:36	13:20	
448	553	Rosa Ferreira	siga	Veterana F35	01:06:53	+39:47	13:23	
449	226	Nidia Bregieiro	individual	Senior Feminino	01:07:12	+40:06	13:26	
450	327	Maria João	individual	Veterana F35	01:07:19	+40:13	13:28	
451	138	Dina Alexandre	fittraining academy	Veterana F35	01:07:34	+40:28	13:31	
452	352	Teresa Maria Oliveira Nogueira	individual	Veterana F35	01:07:39	+40:33	13:32	
453	523	Paulo Alexandre Ferreira Moreira	run4fun	Veterano M35	01:07:43	+40:37	13:33	
454	307	Carla Centeio	individual	Veterana F35	01:07:48	+40:42	13:34	
455	519	Sofia da Silva Lopes	run4fun	Veterana F35	01:07:52	+40:46	13:34	
456	236	Daniel Reis	individual	Senior Masculino	01:08:00	+40:54	13:36	
457	358	António do Carmo Costa	individual	Veterano M35	01:08:02	+40:56	13:36	
458	357	Amândio Neves	individual	Veterano M35	01:08:07	+41:01	13:37	
459	464	Noémia Domingues	ndap - fitness & athletics	Veterana F35	01:08:12	+41:06	13:38	
460	463	Isilda Gomes	ndap - fitness & athletics	Veterana F35	01:08:31	+41:25	13:42	
461	547	Ana calvário	siga	Veterana F35	01:08:34	+41:28	13:43	
462	210	Gisele Simões	individual	Senior Feminino	01:09:30	+42:24	13:54	
463	31	Carlos Duarte	amigos pataco	Veterano M35	01:09:33	+42:27	13:55	
464	30	Melissa Duarte	amigos pataco	Senior Feminino	01:09:39	+42:33	13:56	
465	645	Manuela Brilhante	cmpombal	Veterana F35	01:10:13	+43:07	14:03	
466	341	Sandra Morais	individual	Veterana F35	01:10:24	+43:18	14:05	
467	219	Mafalda Canhoto	individual	Senior Feminino	01:10:26	+43:20	14:05	
468	301	Ana Cristina Costa	individual	Veterana F35	01:10:27	+43:21	14:05	
469	228	Sandra Moço	individual	Senior Feminino	01:10:34	+43:28	14:07	
470	318	Fátima Ribeiro Mota	individual	Veterana F35	01:11:37	+44:31	14:19	
471	207	Daniela Gaspar Branco	individual	Senior Feminino	01:11:44	+44:38	14:21	
472	324	Lúcia Ribeiro da Mota	individual	Veterana F35	01:11:50	+44:44	14:22	
473	466	Tânia Mendes	ndap - fitness & athletics	Veterana F35	01:12:06	+45:00	14:25	
474	461	Elsa Maria Alves Graça	ndap - fitness & athletics	Veterana F35	01:12:17	+45:11	14:27	
475	496	Sónia Pereira	pombal jornal	Veterana F35	01:12:37	+45:31	14:31	
476	465	Sónia Ferreira	ndap - fitness & athletics	Veterana F35	01:12:42	+45:36	14:32	
477	593	Nuno Oliveira	sporting clube pombal/trail	Veterano M35	01:12:51	+45:45	14:34	
478	485	Adriana Machado	os4àrrasca	Senior Feminino	01:12:59	+45:53	14:36	

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	CARD
479	413	Ricardo Caldeira	individual	Veterano M35	01:13:13	+46:07	14:39	
480	213	Inês Marques	individual	Senior Feminino	01:13:14	+46:08	14:39	
481	111	João Pais	desportistas do sofá	Senior Masculino	01:13:15	+46:09	14:39	
482	486	Marisa Peça	os4àrrasca	Senior Feminino	01:13:23	+46:17	14:41	
483	221	Marta Pinto	individual	Senior Feminino	01:13:24	+46:18	14:41	
484	90	Teresinha Sotto Mayor	clifipom	Veterana F35	01:13:43	+46:37	14:45	
485	89	Cristina Ramos	clifipom	Veterana F35	01:13:57	+46:51	14:47	
486	537	Alda Ponte	sem sede	Veterana F35	01:14:01	+46:55	14:48	
487	535	Joana Oliveira	sem sede	Senior Feminino	01:14:08	+47:02	14:50	
488	232	Alberto Faustino	individual	Senior Masculino	01:14:12	+47:06	14:50	
489	229	Sheila Marques	individual	Senior Feminino	01:14:19	+47:13	14:52	
490	8	Maria Adelaide dos Santos Domingos	100 stress	Veterana F35	01:14:25	+47:19	14:53	
491	317	Fatima Gomes	individual	Veterana F35	01:14:28	+47:22	14:54	
492	9	Piedade Sousa da Cruz	100 stress	Veterana F35	01:14:31	+47:25	14:54	
493	7	Helena Isabel da Graça de Magalhães Correia	100 stress	Veterana F35	01:14:37	+47:31	14:55	
494	548	Arlete Ferreira	siga	Veterana F35	01:15:00	+47:54	15:00	
495	550	Cristina Ferreira	siga	Veterana F35	01:15:06	+48:00	15:01	
496	604	Tiago Neves	valada night runners	Sub 20 Masculino	01:15:09	+48:03	15:02	
497	595	Daniela	team farias	Senior Feminino	01:15:11	+48:05	15:02	
498	605	Mira Teixeira	valada night runners	Veterana F35	01:15:16	+48:10	15:03	
499	421	Eunice Marques Pedrosa	lama solta	Senior Feminino	01:15:21	+48:15	15:04	
500	606	Pedro Neves	valada night runners	Veterano M35	01:15:24	+48:18	15:05	
501	306	Carla	individual	Veterana F35	01:16:34	+49:28	15:19	
502	403	Paulo Simões	individual	Veterano M35	01:16:41	+49:35	15:20	
503	320	Idália Maria Mendes Gonçalves Junqueira	individual	Veterana F35	01:17:14	+50:08	15:27	
504	330	Monica Raquel Gonçalves Calvario	individual	Veterana F35	01:17:18	+50:12	15:28	
505	326	Maria de Lurdes Ferreira Duarte dos Santos	individual	Veterana F35	01:17:19	+50:13	15:28	
506	348	Susana Mendes Gonçalves Junqueira	individual	Veterana F35	01:17:20	+50:14	15:28	
507	340	Sandra Maria Gonçalves Calvario	individual	Veterana F35	01:17:25	+50:19	15:29	
508	309	Cecília Maria da Silva Neves	individual	Veterana F35	01:17:26	+50:20	15:29	
509	397	Nuno Miguel Gomes Cacho	individual	Veterano M35	01:17:26	+50:20	15:29	
510	316	Eulália Gaspar Anselmo	individual	Veterana F35	01:17:35	+50:29	15:31	
511	479	Tiago Neves	os arttistas	Senior Masculino	01:18:11	+51:05	15:38	
512	334	Olinda Forte	individual	Veterana F35	01:18:12	+51:06	15:38	
513	469	Catarina Pires	os arttistas	Senior Feminino	01:18:16	+51:10	15:39	
514	474	Alexandre Gonçalves	os arttistas	Senior Masculino	01:18:20	+51:14	15:40	
515	319	Idália Lopes	individual	Veterana F35	01:18:23	+51:17	15:41	
516	197	Anaísa Ferreira	individual	Senior Feminino	01:18:41	+51:35	15:44	
517	472	Mélanie da Silva	os arttistas	Senior Feminino	01:18:45	+51:39	15:45	
518	476	Renato Simões	os arttistas	Senior Masculino	01:18:49	+51:43	15:46	
519	231	Adelino Simões	individual	Senior Masculino	01:18:50	+51:44	15:46	

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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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
520	266	Nélio Branco	individual	Senior Masculino	01:18:51	+51:45	15:46	
521	113	Paulo Leitão	desportistas do sofá	Veterano M35	01:19:40	+52:34	15:56	
522	462	Isabelina Neves	ndap - fitness & athletics	Veterana F35	01:19:52	+52:46	15:58	
523	97	Verônica Nogueira	corredores reformados	Senior Feminino	01:20:15	+53:09	16:03	
524	32	Carolina Ferreira Gomes	amor de marquês	Senior Feminino	01:20:18	+53:12	16:04	
525	551	Nelly cordeiro	siga	Veterana F35	01:20:27	+53:21	16:05	
526	36	Cristina Maria Monteiro Ferreira Gomes	amor de marquês	Veterana F35	01:20:39	+53:33	16:08	
527	557	Diogo duarte	siga	Veterano M35	01:20:40	+53:34	16:08	
528	558	Higino Rodrigues	siga	Veterano M35	01:20:47	+53:41	16:09	
529	560	Olivier cordeiro	siga	Veterano M35	01:20:53	+53:47	16:11	
530	600	Susana Santos Silva	team subtil	Veterana F35	01:20:54	+53:48	16:11	
531	151	Andreia Lemos	fruta da 5ª	Veterana F35	01:21:10	+54:04	16:14	
532	552	Patrícia santos	siga	Veterana F35	01:21:17	+54:11	16:15	
533	554	Sofia cordeiro	siga	Veterana F35	01:21:23	+54:17	16:17	
534	254	João Pedro Rodrigues Duarte	individual	Senior Masculino	01:21:23	+54:17	16:17	
535	99	Adriana Silva	corredores reformados	Sub 20 Feminino	01:21:50	+54:44	16:22	
536	100	Ana Nogueira	corredores reformados	Sub 20 Feminino	01:21:55	+54:49	16:23	
537	101	Catarina Gomes	corredores reformados	Veterana F35	01:22:07	+55:01	16:25	
538	470	Catarina Silva	os arttistas	Senior Feminino	01:22:08	+55:02	16:26	
539	310	Célia Maria Silva Duarte	individual	Veterana F35	01:22:13	+55:07	16:27	
540	478	Sérgio Lopes	os arttistas	Senior Masculino	01:22:13	+55:07	16:27	
541	402	Paulo Jorge de Carvalho da Silva Jesus	individual	Veterano M35	01:22:19	+55:13	16:28	
542	375	João Manuel da mota Gonçalves	individual	Veterano M35	01:22:25	+55:19	16:29	
543	639	Maria Fernanda Lopes Guardado Marques	individual	Veterana F35	01:22:43	+55:37	16:33	
544	144	Acácio Francisco	follow me	Veterano M35	01:22:47	+55:41	16:33	
545	143	Maria de Jesus Ferreira	follow me	Veterana F35	01:22:58	+55:52	16:36	
546	146	Pedro Jose Guerra da Silva	follow me	Veterano M35	01:22:59	+55:53	16:36	
547	555	Sonia Rodrigues	siga	Veterana F35	01:23:03	+55:57	16:37	
548	482	Zé Gaspar	os arttistas	Veterano M35	01:23:07	+56:01	16:37	
549	145	Paulo Eusébio	follow me	Veterano M35	01:23:10	+56:04	16:38	
550	481	Natércia Rodrigues	os arttistas	Veterana F35	01:23:13	+56:07	16:39	
551	480	Vítor Lopes	os arttistas	Senior Masculino	01:23:21	+56:15	16:40	
552	142	Dulcinia Santos	follow me	Veterana F35	01:23:38	+56:32	16:44	
553	141	Claudia Sofia Pinto Silva	follow me	Veterana F35	01:23:45	+56:39	16:45	
554	95	Cátia Nogueira	corredores reformados	Senior Feminino	01:23:50	+56:44	16:46	
555	556	Tania cantante	siga	Veterana F35	01:23:53	+56:47	16:47	
556	157	Bruno silva	fruta da 5ª	Veterano M35	01:23:54	+56:48	16:47	
557	240	Diogo Cordeiro	individual	Senior Masculino	01:23:57	+56:51	16:47	
558	546	Adria cordeiro	siga	Veterana F35	01:23:57	+56:51	16:47	
559	258	Jorge Todo Bom	individual	Senior Masculino	01:24:11	+57:05	16:50	
560	163	EUSÉBIO GUARDADO	gang da sapatilha	Veterano M35	01:24:18	+57:12	16:52	
561	165	VITOR COSTA	gang da sapatilha	Veterano M35	01:24:21	+57:15	16:52	
562	162	PAULA ESTEVES	gang da sapatilha	Veterana F35	01:24:33	+57:27	16:55	

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	CARD
563	455	Madalena Neves	ndap - fitness & athletics	Sub 20 Feminino	01:24:46	+57:40	16:57	
564	502	lara patricia floro oliveira	rebanhu´s team	Senior Feminino	01:25:01	+57:55	17:00	
565	140	Catarina Marili Vicente	follow me	Veterana F35	01:25:16	+58:10	17:03	
566	501	helena isabel barbosa mendes	rebanhu´s team	Senior Feminino	01:25:24	+58:18	17:05	
567	38	Paula Cristina Rodrigues Gomes Martins	amor de marquês	Veterana F35	01:25:40	+58:34	17:08	
568	37	Maria Isabel Freire das neves	amor de marquês	Veterana F35	01:25:43	+58:37	17:09	
569	460	Elisabete Cordeiro	ndap - fitness & athletics	Veterana F35	01:25:56	+58:50	17:11	
570	459	Corina Silva	ndap - fitness & athletics	Veterana F35	01:26:06	+59:00	17:13	
571	206	Daniela Cordeiro	individual	Senior Feminino	01:26:13	+59:07	17:15	
572	192	Adriana Gonçalves	individual	Senior Feminino	01:26:29	+59:23	17:18	
573	300	Aida Pereira	individual	Veterana F35	01:28:38	+01:01:32	17:44	
574	312	Cláudia Margarida Pereira da Costa	individual	Veterana F35	01:28:44	+01:01:38	17:45	
575	436	Inês Almeida	leoas da pepsi	Senior Feminino	01:30:00	+01:02:54	18:00	
576	432	Ana Rita Carreira	leoas da pepsi	Senior Feminino	01:30:02	+01:02:56	18:00	
577	205	Cátia Silva	individual	Senior Feminino	01:30:10	+01:03:04	18:02	
578	434	Andreia Roso	leoas da pepsi	Senior Feminino	01:30:13	+01:03:07	18:03	
579	218	Liliana Jesus	individual	Senior Feminino	01:30:17	+01:03:11	18:03	
580	441	MARIA LURDES PEREIRA CACEIRO	leoas da pepsi	Veterana F35	01:30:56	+01:03:50	18:11	
581	440	ANABELA CACEIRO	leoas da pepsi	Veterana F35	01:31:13	+01:04:07	18:15	
582	442	João Manuel Marecos	leoas da pepsi	Veterano M35	01:31:54	+01:04:48	18:23	
583	332	NATERCIA RODRIGUES LOPES	individual	Veterana F35	01:32:07	+01:05:01	18:25	
584	325	Margarida Pinto	individual	Veterana F35	01:32:30	+01:05:24	18:30	
585	401	Paulo gomes	individual	Veterano M35	01:32:43	+01:05:37	18:33	
586	433	ANA SOFIA CACEIRO REGADAS	leoas da pepsi	Senior Feminino	01:33:36	+01:06:30	18:43	
587	435	Carla Gonçalves Abreu	leoas da pepsi	Senior Feminino	01:33:42	+01:06:36	18:44	
588	314	Eliana Santos	individual	Veterana F35	01:36:05	+01:08:59	19:13	
589	335	Patrícia Ferreira	individual	Veterana F35	01:36:40	+01:09:34	19:20	
590	217	Joana Santos	individual	Senior Feminino	01:36:45	+01:09:39	19:21	
591	248	Hugo Peneda	individual	Senior Masculino	01:37:04	+01:09:58	19:25	

Corrida dos Gambuzinos 2019

Pombal, PT

29-June-2019

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	19.1ºC	88%
End	23:37	19.1ºC	88%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	212	Inês Marques	Individual	Senior Feminino	29:57	+02:51	05:59
2	379	Patricia Carreira	Individual	Senior Feminino	32:39	+05:33	06:32
3	166	Milene Santos	Grupo Alegre Unido Bajouca	Senior Feminino	33:38	+06:32	06:44
4	215	Inês Santos	Individual	Senior Feminino	33:39	+06:33	06:44
5	209	Diana Cardoso	Individual	Senior Feminino	37:55	+10:49	07:35
6	420	Elodie Costa	Lama Solta	Senior Feminino	38:30	+11:24	07:42
7	191	Adriana Cabecinhas	Individual	Senior Feminino	38:44	+11:38	07:45
8	445	MANUELA SILVA	MOVE UP	Senior Feminino	39:11	+12:05	07:50
9	130	Vânia Leal	FitTraining Academy	Senior Feminino	39:16	+12:10	07:51
10	505	Tânia Pedrosa	Rocket Team	Senior Feminino	39:52	+12:46	07:59
11	227	Sandra Isabel Santos Nunes	Individual	Senior Feminino	39:53	+12:47	07:59
12	610	Daniela filipa dos santos silva	Vilaventura - Trail Running Team	Senior Feminino	39:59	+12:53	08:00
13	607	Goreti Gaudêncio	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	40:17	+13:11	08:03
14	128	Mariana Jorge Moreira Duarte	FitTraining Academy	Senior Feminino	40:39	+13:33	08:08
15	102	Carina Rafaela Mendes Oliveira	CROSSFIT POMBAL	Senior Feminino	40:42	+13:36	08:09
16	104	Daniela Simão	CROSSFIT POMBAL	Senior Feminino	40:58	+13:52	08:12
17	105	Isabel Simões Ferreira	CROSSFIT POMBAL	Senior Feminino	41:02	+13:56	08:13
18	525	Patricia Carreira Jorge	Rusty Team	Senior Feminino	41:18	+14:12	08:16
19	103	Catarina silva	CROSSFIT POMBAL	Senior Feminino	41:23	+14:17	08:17
20	423	Susana Fernandes	Lama Solta	Senior Feminino	41:38	+14:32	08:20
21	608	Ana Raquel Carvalho	Vilaventura - Trail Running Team	Senior Feminino	41:47	+14:41	08:22
22	119	Daniela Temudo Neves	Farmácia Paiva	Senior Feminino	41:54	+14:48	08:23
23	438	Raquel Marques	Leoas da pepsi	Senior Feminino	42:39	+15:33	08:32
24	437	Inês Baptista	Leoas da pepsi	Senior Feminino	42:52	+15:46	08:34
25	91	Joana almeia	condores	Senior Feminino	42:54	+15:47	08:35
26	96	Sílvia Pedrosa	corredores reformados	Senior Feminino	43:23	+16:17	08:41
27	422	Patricia Gonçalves	Lama Solta	Senior Feminino	43:29	+16:23	08:42
28	609	CÁTIA FERREIRA	Vilaventura - Trail Running Team	Senior Feminino	43:42	+16:36	08:44
29	492	Laura Duarte	Pombal Jornal	Senior Feminino	43:54	+16:48	08:47
30	638	Cristina Gomes	Individual	Senior Feminino	43:57	+16:51	08:47
31	203	Cátia Duarte	Individual	Senior Feminino	44:32	+17:26	08:54
32	54	Carina Santos Pedrosa	As ramipédias	Senior Feminino	45:07	+18:01	09:02
33	122	Andreia Dias	Figueira Kayak Clube	Senior Feminino	45:24	+18:18	09:05
34	72	Andreia Gonçalves	Capital 4ever	Senior Feminino	46:40	+19:34	09:20
35	107	Marta Marto	CROSSFIT POMBAL	Senior Feminino	46:59	+19:53	09:24
36	80	daniela filipa isidoro melo	Centro Recreativo Folclórico Artistico dos Antões	Senior Feminino	47:15	+20:09	09:27
37	204	Cátia Marques	Individual	Senior Feminino	47:37	+20:31	09:32
38	223	Melissa Pedrosa Cintra	Individual	Senior Feminino	47:47	+20:41	09:33

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

39	67	Patrícia Mendes	Culnatur	Senior Feminino	47:53	+20:47	09:35
40	63	Patrícia Ferreira	Bombinis Team	Senior Feminino	47:54	+20:47	09:35
41	214	Ines Mendes	Individual	Senior Feminino	47:54	+20:48	09:35
42	489	MONICA PEREIRA	Pés Soltos	Senior Feminino	48:01	+20:55	09:36
43	106	Marisa Silva	CROSSFIT POMBAL	Senior Feminino	48:07	+21:01	09:38
44	139	Adriana Costa	FITTRAINING ACADEMY/NDAP F&A	Senior Feminino	48:17	+21:11	09:39
45	446	Virgínia Sousa	MOVE UP	Senior Feminino	49:31	+22:25	09:54
46	208	Daniela Gaspar Carlos Ferreira Gomes	Individual	Senior Feminino	49:45	+22:39	09:57
47	649	Susana Sousa	Individual	Senior Feminino	50:15	+23:09	10:03
48	85	Cátia Ramos	Clifipom	Senior Feminino	50:16	+23:10	10:03
49	211	Guida Freitas	Individual	Senior Feminino	50:34	+23:28	10:07
50	148	Rita Rodrigues	Fruta da 5ª	Senior Feminino	50:38	+23:32	10:08
51	40	Elisabete Marisa Barradas Correia	ARCD Venda da Luisa	Senior Feminino	50:49	+23:43	10:10
52	41	Tânia Sofia Silva Lourenço	ARCD Venda da Luisa	Senior Feminino	51:02	+23:56	10:13
53	193	Ana Catarina Ferreira Lopes	Individual	Senior Feminino	54:15	+27:09	10:51
54	628	Nélcia Mendes	Individual	Senior Feminino	55:18	+28:12	11:04
55	129	Soraia Gonçalves	FitTraining Academy	Senior Feminino	56:29	+29:23	11:18
56	222	Marta Silva Mendes	Individual	Senior Feminino	57:39	+30:33	11:32
57	86	Marta Falcão	Clifipom	Senior Feminino	57:44	+30:38	11:33
58	202	Catarina pimpao	Individual	Senior Feminino	57:58	+30:52	11:36
59	510	Cátia Ruivo	run4fun	Senior Feminino	58:48	+31:42	11:46
60	590	Carolina Jesus	Sporting clube pombal/Trail	Senior Feminino	58:48	+31:42	11:46
61	195	Ana Isabel Morais Marques	Individual	Senior Feminino	58:56	+31:50	11:47
62	572	Inês Gomes	Slow Runners Pombal	Senior Feminino	01:00:27	+33:21	12:05
63	220	Marília Fernandes	Individual	Senior Feminino	01:00:32	+33:26	12:06
64	598	Simone subtil	Team Subtil	Senior Feminino	01:00:35	+33:29	12:07
65	597	Patrícia Silva	Team Subtil	Senior Feminino	01:00:40	+33:34	12:08
66	66	Mariana Ruas	Culnatur	Senior Feminino	01:01:04	+33:57	12:13
67	68	Soraia Gomes	Culnatur	Senior Feminino	01:01:08	+34:02	12:14
68	439	Sandra Ferreira	Leoas da pepsi	Senior Feminino	01:01:22	+34:16	12:16
69	473	Tânia Ferreira Neves	Os ArTTistas	Senior Feminino	01:01:25	+34:19	12:17
70	471	Inês Sousa	Os ArTTistas	Senior Feminino	01:01:31	+34:24	12:18
71	65	Adriana Duarte	Culnatur	Senior Feminino	01:01:32	+34:25	12:18
72	200	Bruna Gaspar	Individual	Senior Feminino	01:02:10	+35:04	12:26
73	509	Carolina Meco Rosa Estrela	run4fun	Senior Feminino	01:02:10	+35:04	12:26
74	524	Christele Pereira	Rusty Team	Senior Feminino	01:03:25	+36:19	12:41
75	526	Sónia Pereira	Rusty Team	Senior Feminino	01:03:49	+36:43	12:46
76	216	Joana Rute Leal Ribeiro	Individual	Senior Feminino	01:05:26	+38:20	13:05
77	201	Carolina Sofia	Individual	Senior Feminino	01:05:30	+38:24	13:06
78	74	Liliane Neves	Capital 4ever	Senior Feminino	01:05:30	+38:24	13:06
79	73	Andreia Valeiro	Capital 4ever	Senior Feminino	01:05:36	+38:30	13:07
80	225	Nádia silva	Individual	Senior Feminino	01:06:36	+39:30	13:19
81	194	Ana Gonçalves	Individual	Senior Feminino	01:06:41	+39:35	13:20
82	226	Nidia Bregieiro	Individual	Senior Feminino	01:07:12	+40:06	13:26
83	210	Gisele Simões	Individual	Senior Feminino	01:09:30	+42:24	13:54
84	30	Melissa Duarte	Amigos Pataco	Senior Feminino	01:09:39	+42:33	13:56

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

85	219	Mafalda Canhoto	Individual	Senior Feminino	01:10:25	+43:19	14:05
86	228	Sandra Moço	Individual	Senior Feminino	01:10:34	+43:28	14:07
87	207	Daniela Gaspar Branco	Individual	Senior Feminino	01:11:43	+44:37	14:21
88	485	Adriana Machado	Os4Àrrasca	Senior Feminino	01:12:59	+45:53	14:36
89	213	Inês Marques	Individual	Senior Feminino	01:13:13	+46:07	14:39
90	486	Marisa Peça	Os4Àrrasca	Senior Feminino	01:13:22	+46:16	14:41
91	221	Marta Pinto	Individual	Senior Feminino	01:13:23	+46:17	14:41
92	535	Joana Oliveira	Sem sede	Senior Feminino	01:14:07	+47:01	14:50
93	229	Sheila Marques	Individual	Senior Feminino	01:14:19	+47:13	14:52
94	595	Daniela	Team Farias	Senior Feminino	01:15:11	+48:05	15:02
95	421	Eunice Marques Pedrosa	Lama Solta	Senior Feminino	01:15:20	+48:14	15:04
96	469	Catarina Pires	Os ArTTistas	Senior Feminino	01:18:16	+51:10	15:39
97	197	Anaísa Ferreira	Individual	Senior Feminino	01:18:41	+51:35	15:44
98	472	Mélanie da Silva	Os ArTTistas	Senior Feminino	01:18:44	+51:38	15:45
99	97	Verônica Nogueira	corredores reformados	Senior Feminino	01:20:15	+53:09	16:03
100	32	Carolina Ferreira Gomes	Amor de Marquês	Senior Feminino	01:20:18	+53:12	16:04
101	470	Catarina Silva	Os ArTTistas	Senior Feminino	01:22:07	+55:01	16:26
102	95	Cátia Nogueira	corredores reformados	Senior Feminino	01:23:50	+56:44	16:46
103	502	lara patricia floro oliveira	Rebanhu´s Team	Senior Feminino	01:25:00	+57:54	17:00
104	501	helena isabel barbosa mendes	Rebanhu´s Team	Senior Feminino	01:25:24	+58:18	17:05
105	206	Daniela Cordeiro	Individual	Senior Feminino	01:26:12	+59:06	17:15
106	192	Adriana Gonçalves	Individual	Senior Feminino	01:26:29	+59:23	17:18
107	436	Inês Almeida	Leoas da pepsi	Senior Feminino	01:30:00	+01:02:54	18:00
108	432	Ana Rita Carreira	Leoas da pepsi	Senior Feminino	01:30:01	+01:02:55	18:00
109	205	Cátia Silva	Individual	Senior Feminino	01:30:10	+01:03:04	18:02
110	434	Andreia Roso	Leoas da pepsi	Senior Feminino	01:30:12	+01:03:06	18:03
111	218	Liliana Jesus	Individual	Senior Feminino	01:30:16	+01:03:10	18:03
112	433	ANA SOFIA CACEIRO REGADAS	Leoas da pepsi	Senior Feminino	01:33:36	+01:06:30	18:43
113	435	Carla Gonçalves Abreu	Leoas da pepsi	Senior Feminino	01:33:42	+01:06:36	18:44
114	217	Joana Santos	Individual	Senior Feminino	01:36:44	+01:09:38	19:21

Senior Masculino

1	168	Licínio Silva	Grupo Alegre Unido Bajouca	Senior Masculino	27:14	+00:08	05:27
2	23	CARLOS ALVES	AC VERMOIL	Senior Masculino	28:43	+01:37	05:45
3	467	Celso Marques	Nexebra Trail Team	Senior Masculino	29:28	+02:22	05:54
4	237	David Alves	Individual	Senior Masculino	31:31	+04:25	06:18
5	616	Renato carvalho	Vilaventura - Trail Running Team	Senior Masculino	31:33	+04:27	06:19
6	262	Marco Pimenta	Individual	Senior Masculino	31:46	+04:40	06:21
7	611	Bruno Antunes	Vilaventura - Trail Running Team	Senior Masculino	31:57	+04:51	06:24
8	167	André Crespo	Grupo Alegre Unido Bajouca	Senior Masculino	32:01	+04:55	06:24
9	613	Eduardo Goncalves	Vilaventura - Trail Running Team	Senior Masculino	32:09	+05:03	06:26
10	56	Marco Micael Nunes Mendes	Associação Pombal Jovem	Senior Masculino	32:27	+05:20	06:29
11	15	Pedro Roda	100M	Senior Masculino	32:31	+05:25	06:30
12	14	João Silva	100M	Senior Masculino	32:42	+05:36	06:33
13	642	Ismael Costa	Individual	Senior Masculino	32:55	+05:49	06:35

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

14	234	Tiago Alves	Bttralhos Bike Team	Senior Masculino	32:58	+05:52	06:36
15	284	Sérgio Correia	Individual	Senior Masculino	33:01	+05:55	06:36
16	275	Ricardo Jorge	Individual	Senior Masculino	34:36	+07:30	06:55
17	70	Rui Rua	Culnatur	Senior Masculino	34:45	+07:39	06:57
18	253	João Gomes	Individual	Senior Masculino	35:04	+07:58	07:01
19	13	João Eduardo Moreira Carreira	100M	Senior Masculino	35:22	+08:16	07:05
20	136	Rodrigo costa	FitTraining Academy	Senior Masculino	35:34	+08:28	07:07
21	641	João Ferreira	Individual	Senior Masculino	35:46	+08:39	07:09
22	132	Guilherme eusébio	FitTraining Academy	Senior Masculino	35:57	+08:51	07:12
23	278	Rodrigo Azevedo	Individual	Senior Masculino	36:31	+09:25	07:18
24	244	Francisco Victorino	Individual	Senior Masculino	36:33	+09:27	07:19
25	276	Ricardo Nuno Pereira Lima	Individual	Senior Masculino	36:39	+09:33	07:20
26	114	João Lopes	Factoryrunners	Senior Masculino	36:43	+09:36	07:21
27	239	Dino Domingues	Individual	Senior Masculino	36:45	+09:39	07:21
28	612	Daniel Antunes	Vilaventura - Trail Running Team	Senior Masculino	36:45	+09:39	07:21
29	116	Paulo Peixoto	Factoryrunners	Senior Masculino	36:47	+09:41	07:22
30	272	Pedro Martins	Individual	Senior Masculino	37:32	+10:26	07:30
31	233	André Lopes Costa	Individual	Senior Masculino	37:32	+10:26	07:30
32	131	Filipe Carreira	FitTraining Academy	Senior Masculino	37:35	+10:29	07:31
33	246	Henrique Jorge	Individual	Senior Masculino	37:42	+10:36	07:32
34	280	Rúben Santos Mendes	Individual	Senior Masculino	38:07	+11:01	07:37
35	108	Ivo Gonçalves	CROSSFIT POMBAL	Senior Masculino	38:34	+11:28	07:43
36	264	Miguel Lopes Costa	Individual	Senior Masculino	38:38	+11:32	07:44
37	487	Rui Rocha	Os4Àrrasca	Senior Masculino	38:58	+11:52	07:48
38	273	Rafael Gonçalves	Individual	Senior Masculino	39:02	+11:56	07:49
39	614	João Carlos Santos Nogueira	Vilaventura - Trail Running Team	Senior Masculino	39:09	+12:03	07:50
40	283	Sandro peixoto	Individual	Senior Masculino	39:20	+12:14	07:52
41	528	Sérgio Leandro Machado Franquinho	Rusty Team	Senior Masculino	39:23	+12:17	07:53
42	16	Rodrigo Costa	100M	Senior Masculino	39:54	+12:48	07:59
43	252	João Gaspar	Individual	Senior Masculino	39:57	+12:51	08:00
44	247	Hugo Fernandes	Individual	Senior Masculino	40:12	+13:06	08:02
45	260	Luis Alves	Individual	Senior Masculino	40:14	+13:07	08:03
46	135	Rafael Pereira Silva	FitTraining Academy	Senior Masculino	40:34	+13:28	08:07
47	503	luis miguel sampaio serra	Rebanhu´s Team	Senior Masculino	40:37	+13:31	08:08
48	475	Nuno Costa	Os ArTTistas	Senior Masculino	40:41	+13:35	08:08
49	615	Nelson Santos Nogueira	Vilaventura - Trail Running Team	Senior Masculino	40:44	+13:38	08:09
50	249	Iúri dos santos pedrosa	Individual	Senior Masculino	40:48	+13:41	08:10
51	137	Stéphane Pereira Lopes	FitTraining Academy	Senior Masculino	40:49	+13:43	08:10
52	133	João Gaspar	FitTraining Academy	Senior Masculino	41:08	+14:02	08:14
53	12	João Duarte	100M	Senior Masculino	41:11	+14:05	08:14
54	235	Camilo Lopes	Individual	Senior Masculino	41:12	+14:06	08:15
55	425	Luís Marques	Lama Solta	Senior Masculino	41:44	+14:38	08:21
56	120	Bernardo Maria da Franca	Farmácia Paiva	Senior Masculino	41:47	+14:41	08:22
57	256	Joel Ferreira	Individual	Senior Masculino	42:58	+15:52	08:36
58	98	Bruno Ferreira	corredores reformados	Senior Masculino	43:19	+16:13	08:40
59	243	Fabio Dionísio dos Reis	Individual	Senior Masculino	44:29	+17:23	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

60	279	Rodrigo Pascoal	Individual	Senior Masculino	45:33	+18:27	09:07
61	257	Jorge Ines	Factoryrunners	Senior Masculino	45:42	+18:36	09:08
62	250	João Pereira	Individual	Senior Masculino	46:02	+18:56	09:12
63	277	Ricardo Pereira	Individual	Senior Masculino	46:08	+19:02	09:14
64	185	João Melanda	GRVilaverdense	Senior Masculino	46:20	+19:14	09:16
65	490	JOÃO FERREIRA	PÉS SOLTOS	Senior Masculino	46:30	+19:24	09:18
66	238	Dennis Oliveira	Individual	Senior Masculino	47:03	+19:57	09:25
67	263	Miguel André Gonçalves	Individual	Senior Masculino	47:03	+19:57	09:25
68	269	Pedro do Mar	Individual	Senior Masculino	47:28	+20:21	09:30
69	643	Philippe Miguel	Individual	Senior Masculino	47:47	+20:40	09:33
70	424	Filipe Marques	Lama Solta	Senior Masculino	47:50	+20:44	09:34
71	42	Daniel Filipe Gomes Marques	ARCD Venda da Luisa	Senior Masculino	47:50	+20:44	09:34
72	64	Hugo Gaspar	Bombinis Team	Senior Masculino	47:58	+20:52	09:36
73	491	TIAGO NEVES	PÉS SOLTOS	Senior Masculino	48:09	+21:03	09:38
74	270	Pedro Francisco Pires Brilhante	Individual	Senior Masculino	48:24	+21:18	09:41
75	268	Nuno Filipe Agostinho Carrasqueira	Individual	Senior Masculino	48:25	+21:19	09:41
76	644	Diogo Brilhante	CMPombal	Senior Masculino	48:53	+21:47	09:47
77	69	José Valeiro	Culnatur	Senior Masculino	49:24	+22:18	09:53
78	134	Joao Morgado	FitTraining Academy	Senior Masculino	51:30	+24:24	10:18
79	149	Flávio Silva	Fruta da 5ª	Senior Masculino	51:50	+24:44	10:22
80	179	João Pedro da Silva Dâmaso	Grupo Maravilha	Senior Masculino	53:50	+26:44	10:46
81	271	Pedro José Lopes Ferreira da Mota	Individual	Senior Masculino	54:10	+27:04	10:50
82	259	Lionel Teixeira	Individual	Senior Masculino	54:19	+27:13	10:52
83	255	Joel Fernandes Sintra	Individual	Senior Masculino	54:25	+27:19	10:53
84	147	Bruno Martins	Formobike btt trail running	Senior Masculino	54:33	+27:27	10:55
85	150	Miguel Veloso	Fruta da 5ª	Senior Masculino	54:41	+27:35	10:56
86	625	Horácio Mota	Individual	Senior Masculino	55:03	+27:57	11:01
87	626	Agostinho Mota	Individual	Senior Masculino	55:30	+28:24	11:06
88	245	Gabriel da Silva Faísca	Individual	Senior Masculino	57:28	+30:22	11:30
89	87	João Saramago	Clifipom	Senior Masculino	57:34	+30:28	11:31
90	536	Nuno Santos	Sem sede	Senior Masculino	57:58	+30:52	11:36
91	115	Marco Lopes	Factoryrunners	Senior Masculino	58:00	+30:54	11:36
92	627	Jorge Mendes	Individual	Senior Masculino	58:02	+30:56	11:36
93	241	Diogo Costa	Individual	Senior Masculino	58:30	+31:24	11:42
94	267	Nilton Santos	Individual	Senior Masculino	58:34	+31:28	11:43
95	512	João Duarte	run4fun	Senior Masculino	58:42	+31:36	11:45
96	242	Duarte Pompeu	Individual	Senior Masculino	01:00:27	+33:20	12:05
97	282	Rui Mota	Individual	Senior Masculino	01:00:30	+33:24	12:06
98	620	Tiago Andre da Conceição Silva	Individual	Senior Masculino	01:00:41	+33:35	12:08
99	274	Renato Lopes	Individual	Senior Masculino	01:01:00	+33:54	12:12
100	77	Mario Brito	Capital 4ever	Senior Masculino	01:01:31	+34:25	12:18
101	477	Rúben Pires	Os ArTTistas	Senior Masculino	01:01:34	+34:28	12:19
102	76	Joni Lopes	Capital 4ever	Senior Masculino	01:01:37	+34:31	12:20
103	78	Mickael Freire	Capital 4ever	Senior Masculino	01:01:42	+34:36	12:21
104	431	Diogo Oliveira	Leiria Marcha Atlética Clube	Senior Masculino	01:06:21	+39:15	13:16
105	236	Daniel Reis	Individual	Senior Masculino	01:07:59	+40:53	13:36

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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106	111	João Pais	Desportistas do sofá	Senior Masculino	01:13:14	+46:08	14:39
107	232	Alberto Faustino	Individual	Senior Masculino	01:14:11	+47:05	14:50
108	479	Tiago Neves	Os ArTTistas	Senior Masculino	01:18:10	+51:04	15:38
109	474	Alexandre Gonçalves	Os ArTTistas	Senior Masculino	01:18:19	+51:13	15:40
110	476	Renato Simões	Os ArTTistas	Senior Masculino	01:18:49	+51:43	15:46
111	231	Adelino Simões	Individual	Senior Masculino	01:18:50	+51:44	15:46
112	266	Nélio Branco	Individual	Senior Masculino	01:18:51	+51:45	15:46
113	254	João Pedro Rodrigues Duarte	Individual	Senior Masculino	01:21:23	+54:17	16:17
114	478	Sérgio Lopes	Os ArTTistas	Senior Masculino	01:22:13	+55:07	16:27
115	480	Vítor Lopes	Os ArTTistas	Senior Masculino	01:23:21	+56:15	16:40
116	240	Diogo Cordeiro	Individual	Senior Masculino	01:23:56	+56:50	16:47
117	258	Jorge Todo Bom	Individual	Senior Masculino	01:24:10	+57:04	16:50
118	248	Hugo Peneda	Individual	Senior Masculino	01:37:03	+01:09:57	19:25

Sub 20 Feminino

1	170	Maria Silvério	Grupo Alegre Unido Bajouca	Sub 20 Feminino	38:49	+11:43	07:46
2	454	Iris Mendes	NDAP - FITNESS & ATHLETICS	Sub 20 Feminino	41:38	+14:32	08:20
3	452	Daniela Curado	NDAP - FITNESS & ATHLETICS	Sub 20 Feminino	43:25	+16:19	08:41
4	55	Catarina Freire Barros	As ramipédias	Sub 20 Feminino	45:14	+18:08	09:03
5	92	marta costa	condores	Sub 20 Feminino	47:34	+20:28	09:31
6	33	Andreia Ferreira Gomes	Amor de Marquês	Sub 20 Feminino	51:19	+24:13	10:16
7	453	Ema Canelas	NDAP - FITNESS & ATHLETICS	Sub 20 Feminino	51:22	+24:16	10:17
8	287	Daniela Lopes Domingues	Individual	Sub 20 Feminino	01:05:38	+38:32	13:08
9	288	Filipa Ribeiro	Individual	Sub 20 Feminino	01:05:56	+38:49	13:11
10	99	Adriana Silva	corredores reformados	Sub 20 Feminino	01:21:50	+54:44	16:22
11	100	Ana Nogueira	corredores reformados	Sub 20 Feminino	01:21:55	+54:49	16:23
12	455	Madalena Neves	NDAP - FITNESS & ATHLETICS	Sub 20 Feminino	01:24:45	+57:39	16:57

Sub 20 Masculino

1	291	Daniel Cabecinhas	Grupo Alegre Unido Bajouca	Sub 20 Masculino	32:11	+05:05	06:26
2	289	Bruno Neves	Individual	Sub 20 Masculino	32:23	+05:17	06:29
3	295	Pedro silva santos	Individual	Sub 20 Masculino	35:32	+08:26	07:06
4	296	Rodrigo Victorino	Individual	Sub 20 Masculino	36:48	+09:42	07:22
5	294	Mário Eusébio	Individual	Sub 20 Masculino	37:17	+10:11	07:28
6	292	Francisco Lopes Gaspar	Individual	Sub 20 Masculino	37:21	+10:14	07:28
7	43	Gonçalo Simões de Deus	ARCD Venda da Luisa	Sub 20 Masculino	37:27	+10:21	07:30
8	497	Tiago André Santos Gomes	Ratatui Team	Sub 20 Masculino	39:16	+12:10	07:51
9	297	Rúben Lopes Domingues	Individual	Sub 20 Masculino	39:44	+12:38	07:57
10	35	Rafael neves silva	Amor de Marquês	Sub 20 Masculino	41:51	+14:45	08:22
11	457	Diogo Godinho	NDAP - FITNESS & ATHLETICS	Sub 20 Masculino	42:11	+15:05	08:26
12	93	Hugo costa	condores	Sub 20 Masculino	43:21	+16:15	08:40
13	458	Igor Mendes	NDAP - FITNESS & ATHLETICS	Sub 20 Masculino	43:36	+16:30	08:43
14	298	Tiago Bastos	Individual	Sub 20 Masculino	49:52	+22:46	09:58
15	88	Alexandre Ramos	Clifipom	Sub 20 Masculino	50:09	+23:03	10:02

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

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16	293	João Pedro Santos Duarte	Individual	Sub 20 Masculino	50:49	+23:43	10:10
17	456	André Rato	NDAP - FITNESS & ATHLETICS	Sub 20 Masculino	51:39	+24:33	10:20
18	603	João Neves	Valada Night Runners	Sub 20 Masculino	58:05	+30:59	11:37
19	604	Tiago Neves	Valada Night Runners	Sub 20 Masculino	01:15:08	+48:02	15:02

Veterana F35

1	187	Paula Coto	GRVilaverdense	Veterana F35	35:17	+08:11	07:03
2	25	BLANDINA LOURENÇO	AC VERMOIL	Veterana F35	35:36	+08:30	07:07
3	26	ELSA SOARES	AC VERMOIL	Veterana F35	36:54	+09:48	07:23
4	337	Raquel Matias	Individual	Veterana F35	37:08	+10:02	07:26
5	27	SARA DOMINGUES	AC VERMOIL	Veterana F35	38:22	+11:15	07:40
6	354	Xana Maia	Individual	Veterana F35	38:46	+11:40	07:45
7	124	Vanessa Seco	Figueira Kayak Clube	Veterana F35	39:44	+12:38	07:57
8	123	Filomena Carvalho	Figueira Kayak Clube	Veterana F35	39:50	+12:44	07:58
9	171	Anabela Fernandes	Grupo Alegre Unido Bajouca	Veterana F35	40:34	+13:28	08:07
10	575	Eugénia Batista	Soure Mov	Veterana F35	40:37	+13:31	08:08
11	315	Emanuela Jesus Simões	Individual	Veterana F35	40:38	+13:32	08:08
12	426	Catarina Isabel Fernandes Sintra	Lama Solta	Veterana F35	41:05	+13:59	08:13
13	506	Liliana Pedrosa	Rocket Team	Veterana F35	41:13	+14:07	08:15
14	308	Catarina Alexandra Carvalho dos Santos	Individual	Veterana F35	41:18	+14:11	08:16
15	579	Rosália Duarte	Soure Mov	Veterana F35	42:34	+15:28	08:31
16	574	Elisabete Carreira	Soure Mov	Veterana F35	42:37	+15:31	08:32
17	483	Janete Pereira	Os Casaleiros	Veterana F35	42:53	+15:47	08:35
18	44	Andreia Luísa Lemos Pita	ARCD Venda da Luisa	Veterana F35	43:06	+16:00	08:37
19	514	Edite Ribeiro Nunes	run4fun	Veterana F35	43:08	+16:02	08:38
20	333	Odília Sousa	Individual	Veterana F35	43:12	+16:06	08:39
21	576	Patrícia Beja	Soure Mov	Veterana F35	44:10	+17:04	08:50
22	573	Catarina Cordeiro	Soure Mov	Veterana F35	44:13	+17:07	08:51
23	577	Rita Cordeiro	Soure Mov	Veterana F35	44:23	+17:16	08:53
24	344	Sílvia Pereira da Silva	Individual	Veterana F35	44:29	+17:23	08:54
25	617	Liliana Silva	Vilaventura - Trail Running Team	Veterana F35	44:43	+17:37	08:57
26	169	Rosa Henriques	Grupo Alegre Unido Bajouca	Veterana F35	45:33	+18:27	09:07
27	328	Marisa Ferreira	Individual	Veterana F35	45:54	+18:48	09:11
28	578	Rita Esteves	Soure Mov	Veterana F35	45:55	+18:49	09:11
29	117	Rosália Ribeiro	Factoryrunners	Veterana F35	46:23	+19:17	09:17
30	338	Rosnelly Cabello Requena	Individual	Veterana F35	47:03	+19:57	09:25
31	549	Cláudia Pascoal	Siga	Veterana F35	47:13	+20:07	09:27
32	94	Telma costa	condores	Veterana F35	47:20	+20:14	09:28
33	305	Cândida Bonifácio	Individual	Veterana F35	47:55	+20:49	09:35
34	81	Marta Diana Pedrosa Cordeiro	Centro Recreativo Folclórico Artistico dos Antões	Veterana F35	48:04	+20:58	09:37
35	155	Sofia forte	Fruta da 5ª	Veterana F35	48:44	+21:38	09:45
36	448	MANUELA MURTINHO	MOVE UP	Veterana F35	49:24	+22:18	09:53
37	345	Sónia Alexandra Veríssimo Marques	Individual	Veterana F35	49:39	+22:33	09:56
38	331	Natália Correia	Individual	Veterana F35	49:50	+22:44	09:58

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

39	494	Manuela Frias	Pombal Jornal	Veterana F35	49:54	+22:48	09:59
40	570	Sónia Sousa	Skylamas	Veterana F35	49:58	+22:52	10:00
41	495	Sandra Carlos	Pombal Jornal	Veterana F35	50:04	+22:58	10:01
42	339	Sandra Lopes	Individual	Veterana F35	50:17	+23:11	10:03
43	186	Fátima Cabeço	GRVilaverdense	Veterana F35	50:18	+23:12	10:04
44	321	Judite Roque	Individual	Veterana F35	50:42	+23:36	10:09
45	322	Licinia Gaspar Anselmo	Individual	Veterana F35	50:47	+23:41	10:10
46	46	Graça Maria Martins Simões	ARCD Venda da Luisa	Veterana F35	50:54	+23:48	10:11
47	45	Cidália Maria Barrico de Almeida Canais	ARCD Venda da Luisa	Veterana F35	50:56	+23:50	10:11
48	49	Sandra Sofia Pereira Simões	ARCD Venda da Luisa	Veterana F35	51:26	+24:20	10:17
49	153	Laudelina teixeira	Fruta da 5ª	Veterana F35	51:31	+24:25	10:18
50	47	Judite Maria Morais Duarte	ARCD Venda da Luisa	Veterana F35	51:35	+24:29	10:19
51	154	Sandra Marisa Matos	Fruta da 5ª	Veterana F35	52:07	+25:01	10:26
52	353	Virgínia Gabriel	Individual	Veterana F35	52:32	+25:26	10:31
53	336	Paula Gameiro	Individual	Veterana F35	52:39	+25:33	10:32
54	329	Marisa Silva	Individual	Veterana F35	52:45	+25:39	10:33
55	299	adriana aparecida do nascimento	Individual	Veterana F35	52:47	+25:41	10:34
56	562	Inês Oliveira	Sissi Runners	Veterana F35	52:48	+25:42	10:34
57	563	Sílvia Moreira das Neves	Sissi Runners	Veterana F35	52:50	+25:44	10:34
58	48	Maria Luísa Madeira Martins Simões	ARCD Venda da Luisa	Veterana F35	52:58	+25:52	10:36
59	342	Sandra Teixeira	Individual	Veterana F35	52:58	+25:52	10:36
60	313	Dalia Santos	Individual	Veterana F35	52:59	+25:53	10:36
61	564	Sonia Freire	Sissi Runners	Veterana F35	53:19	+26:13	10:40
62	180	Helia Gil	Grupo Maravilha	Veterana F35	55:12	+28:06	11:03
63	569	Núria Ferreira	Skylamas	Veterana F35	55:14	+28:08	11:03
64	181	Sílvia Oliveira	Grupo Maravilha	Veterana F35	55:19	+28:13	11:04
65	568	Ana Gameiro	Skylamas	Veterana F35	55:19	+28:13	11:04
66	343	Sandrina Simões	Individual	Veterana F35	55:57	+28:51	11:12
67	57	Umbelina Ferreira	Associação Pombal Jovem	Veterana F35	56:08	+29:02	11:14
68	591	Rita gaspar	Sporting clube pombal/Trail	Veterana F35	57:02	+29:56	11:24
69	529	Maryvonne Martins	Rusty Team	Veterana F35	57:16	+30:10	11:27
70	518	Rosália Gameiro	run4fun	Veterana F35	57:25	+30:19	11:29
71	513	Cristina Landolt	run4fun	Veterana F35	57:41	+30:35	11:32
72	538	Dina Neves	Sem sede	Veterana F35	57:55	+30:49	11:35
73	517	Rita Mendes	run4fun	Veterana F35	58:25	+31:19	11:41
74	516	Mafalda António	run4fun	Veterana F35	58:27	+31:21	11:41
75	493	Lúcia Rodrigues	Pombal Jornal	Veterana F35	58:58	+31:52	11:48
76	447	LICÍNIA FREIRE	MOVE UP	Veterana F35	59:54	+32:48	11:59
77	351	Tania Moreira	Individual	Veterana F35	01:00:02	+32:55	12:00
78	303	Anália Gonçalves	Individual	Veterana F35	01:00:03	+32:57	12:01
79	346	Sonia Cristina Santos	Individual	Veterana F35	01:00:19	+33:13	12:04
80	152	Goreti Fernandes	Fruta da 5ª	Veterana F35	01:00:38	+33:32	12:08
81	59	Jacinta Simões	Associação Recreativa Bernardense	Veterana F35	01:01:06	+34:00	12:13
82	58	Isabel Antunes	Associação Recreativa Bernardense	Veterana F35	01:01:19	+34:13	12:16

Prova Principal

5 KM

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

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

83	349	Susana Silva	Individual	Veterana F35	01:02:25	+35:19	12:29
84	60	Sandra Margarida Rodrigues sousa	Associação Recreativa Bernardense	Veterana F35	01:02:46	+35:40	12:33
85	530	Sylvie Santos	Rusty Team	Veterana F35	01:03:42	+36:36	12:44
86	304	Andreia Major	Individual	Veterana F35	01:04:01	+36:55	12:48
87	302	Ana Faro	Individual	Veterana F35	01:04:16	+37:10	12:51
88	622	Célia Maria Martins	Individual	Veterana F35	01:05:06	+38:00	13:01
89	623	Aldina Gaspar	Individual	Veterana F35	01:05:11	+38:05	13:02
90	323	Liliana Marisa Rodrigues dos Santos	Individual	Veterana F35	01:05:19	+38:13	13:04
91	5	Branca Maria Mendes da Silva	100 stress	Veterana F35	01:05:38	+38:32	13:08
92	6	Diana Marisa Pereira Rodrigues	100 stress	Veterana F35	01:05:45	+38:39	13:09
93	553	Rosa Ferreira	Siga	Veterana F35	01:06:53	+39:47	13:23
94	327	Maria João	Individual	Veterana F35	01:07:18	+40:12	13:28
95	138	Dina Alexandre	FitTraining Academy	Veterana F35	01:07:34	+40:28	13:31
96	352	Teresa Maria Oliveira Nogueira	Individual	Veterana F35	01:07:39	+40:33	13:32
97	307	Carla Centeio	Individual	Veterana F35	01:07:47	+40:41	13:34
98	519	Sofia da Silva Lopes	run4fun	Veterana F35	01:07:52	+40:46	13:34
99	464	Noémia Domingues	NDAP - FITNESS & ATHLETICS	Veterana F35	01:08:12	+41:06	13:38
100	463	Isilda Gomes	NDAP - FITNESS & ATHLETICS	Veterana F35	01:08:30	+41:24	13:42
101	547	Ana calvário	Siga	Veterana F35	01:08:33	+41:27	13:43
102	645	Manuela Brilhante	CMPombal	Veterana F35	01:10:13	+43:07	14:03
103	341	Sandra Morais	Individual	Veterana F35	01:10:23	+43:17	14:05
104	301	Ana Cristina Costa	Individual	Veterana F35	01:10:26	+43:20	14:05
105	318	Fátima Ribeiro Mota	Individual	Veterana F35	01:11:37	+44:31	14:19
106	324	Lúcia Ribeiro da Mota	Individual	Veterana F35	01:11:50	+44:44	14:22
107	466	Tânia Mendes	NDAP - FITNESS & ATHLETICS	Veterana F35	01:12:06	+45:00	14:25
108	461	Elsa Maria Alves Graça	NDAP - FITNESS & ATHLETICS	Veterana F35	01:12:16	+45:10	14:27
109	496	Sónia Pereira	Pombal Jornal	Veterana F35	01:12:36	+45:30	14:31
110	465	Sónia Ferreira	NDAP - FITNESS & ATHLETICS	Veterana F35	01:12:41	+45:35	14:32
111	90	Teresinha Sotto Mayor	Clifipom	Veterana F35	01:13:43	+46:37	14:45
112	89	Cristina Ramos	Clifipom	Veterana F35	01:13:56	+46:50	14:47
113	537	Alda Ponte	Sem sede	Veterana F35	01:14:00	+46:54	14:48
114	8	Maria Adelaide dos Santos Domingos	100 stress	Veterana F35	01:14:24	+47:18	14:53
115	317	Fatima Gomes	Individual	Veterana F35	01:14:27	+47:21	14:54
116	9	Piedade Sousa da Cruz	100 stress	Veterana F35	01:14:31	+47:25	14:54
117	7	Helena Isabel da Graça de Magalhães Correia	100 stress	Veterana F35	01:14:36	+47:30	14:55
118	548	Arlete Ferreira	Siga	Veterana F35	01:14:59	+47:53	15:00
119	550	Cristina Ferreira	Siga	Veterana F35	01:15:06	+48:00	15:01
120	605	Mira Teixeira	Valada Night Runners	Veterana F35	01:15:15	+48:09	15:03
121	306	Carla	Individual	Veterana F35	01:16:34	+49:28	15:19
122	320	Idália Maria Mendes Gonçalves Junqueira	Individual	Veterana F35	01:17:13	+50:07	15:27
123	330	Monica Raquel Gonçalves Calvario	Individual	Veterana F35	01:17:17	+50:11	15:28
124	326	Maria de Lurdes Ferreira Duarte dos Santos	Individual	Veterana F35	01:17:19	+50:13	15:28
125	348	Susana Mendes Gonçalves Junqueira	Individual	Veterana F35	01:17:19	+50:13	15:28
126	340	Sandra Maria Gonçalves Calvario	Individual	Veterana F35	01:17:24	+50:18	15:29

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

127	309	Cecília Maria da Silva Neves	Individual	Veterana F35	01:17:26	+50:20	15:29
128	316	Eulália Gaspar Anselmo	Individual	Veterana F35	01:17:34	+50:28	15:31
129	334	Olinda Forte	Individual	Veterana F35	01:18:11	+51:05	15:38
130	319	Idália Lopes	Individual	Veterana F35	01:18:22	+51:16	15:41
131	462	Isabelina Neves	NDAP - FITNESS & ATHLETICS	Veterana F35	01:19:51	+52:45	15:58
132	551	Nelly cordeiro	Siga	Veterana F35	01:20:27	+53:21	16:05
133	36	Cristina Maria Monteiro Ferreira Gomes	Amor de Marquês	Veterana F35	01:20:39	+53:33	16:08
134	600	Susana Santos Silva	Team Subtil	Veterana F35	01:20:53	+53:47	16:11
135	151	Andreia Lemos	Fruta da 5ª	Veterana F35	01:21:09	+54:03	16:14
136	552	Patrícia santos	Siga	Veterana F35	01:21:16	+54:10	16:15
137	554	Sofia cordeiro	Siga	Veterana F35	01:21:23	+54:17	16:17
138	101	Catarina Gomes	corredores reformados	Veterana F35	01:22:06	+55:00	16:25
139	310	Célia Maria Silva Duarte	Individual	Veterana F35	01:22:13	+55:07	16:27
140	639	Maria Fernanda Lopes Guardado Marques	Individual	Veterana F35	01:22:42	+55:36	16:33
141	143	Maria de Jesus Ferreira	Follow Me	Veterana F35	01:22:58	+55:52	16:36
142	555	Sonia Rodrigues	Siga	Veterana F35	01:23:03	+55:57	16:37
143	481	Natércia Rodrigues	Os ArTTistas	Veterana F35	01:23:12	+56:06	16:39
144	142	Dulcinia Santos	Follow Me	Veterana F35	01:23:38	+56:32	16:44
145	141	Claudia Sofia Pinto Silva	Follow Me	Veterana F35	01:23:44	+56:38	16:45
146	556	Tania cantante	Siga	Veterana F35	01:23:53	+56:47	16:47
147	546	Adria cordeiro	Siga	Veterana F35	01:23:57	+56:51	16:47
148	162	PAULA ESTEVES	GANG DA SAPATILHA	Veterana F35	01:24:32	+57:26	16:55
149	140	Catarina Marili Vicente	Follow Me	Veterana F35	01:25:16	+58:10	17:03
150	38	Paula Cristina Rodrigues Gomes Martins	Amor de Marquês	Veterana F35	01:25:40	+58:34	17:08
151	37	Maria Isabel Freire das neves	Amor de Marquês	Veterana F35	01:25:42	+58:36	17:09
152	460	Elisabete Cordeiro	NDAP - FITNESS & ATHLETICS	Veterana F35	01:25:56	+58:50	17:11
153	459	Corina Silva	NDAP - FITNESS & ATHLETICS	Veterana F35	01:26:06	+59:00	17:13
154	300	Aida Pereira	Individual	Veterana F35	01:28:38	+01:01:32	17:44
155	312	Cláudia Margarida Pereira da Costa	Individual	Veterana F35	01:28:44	+01:01:38	17:45
156	441	MARIA LURDES PEREIRA CACEIRO	Leoas da pepsi	Veterana F35	01:30:56	+01:03:50	18:11
157	440	ANABELA CACEIRO	Leoas da pepsi	Veterana F35	01:31:12	+01:04:06	18:15
158	332	NATERCIA RODRIGUES LOPES	Individual	Veterana F35	01:32:07	+01:05:01	18:25
159	325	Margarida Pinto	Individual	Veterana F35	01:32:30	+01:05:24	18:30
160	314	Eliana Santos	Individual	Veterana F35	01:36:05	+01:08:59	19:13
161	335	Patrícia Ferreira	Individual	Veterana F35	01:36:40	+01:09:34	19:20

Veterano M35

1	173	Joel Couto	Grupo Alegre Unido Bajouca	Veterano M35	27:06		05:25
2	359	António Ferreira	Individual	Veterano M35	29:10	+02:04	05:50
3	29	JOSÉ SANTOS	AC VERMOIL	Veterano M35	29:47	+02:41	05:58
4	20	Frederico Carreira	AC Batalha	Veterano M35	29:57	+02:51	05:59
5	21	Hugo Horta	AC Batalha	Veterano M35	30:02	+02:56	06:00
6	175	Otelo Pereira	Grupo Alegre Unido Bajouca	Veterano M35	30:03	+02:57	06:01
7	127	Luís Veríssimo	Figueira Kayak Clube	Veterano M35	30:18	+03:12	06:04

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

8	384	José Manuel gaspar Lopes	Individual	Veterano M35	30:36	+03:30	06:07
9	174	José Gonçalves	Grupo Alegre Unido Bajouca	Veterano M35	30:53	+03:47	06:11
10	172	André Fernandes	Grupo Alegre Unido Bajouca	Veterano M35	30:58	+03:52	06:12
11	22	José Figueira	AC Batalha	Veterano M35	30:58	+03:52	06:12
12	365	Ezequiel Reis	Individual	Veterano M35	31:26	+04:20	06:17
13	400	Paulo carvalho	Individual	Veterano M35	31:30	+04:24	06:18
14	619	Rui Pereira	Vilaventura - Trail Running Team	Veterano M35	31:42	+04:36	06:20
15	394	MARTINHO JOAQUIM DA SILVA PEDROSA	Individual	Veterano M35	31:45	+04:39	06:21
16	468	Joaquim Santos	Notícias de Colmeias Atletismo	Veterano M35	31:54	+04:48	06:23
17	533	Miguel Lopes	Rusty Team	Veterano M35	32:34	+05:28	06:31
18	488	João Barradas	Os4Àrrasca	Veterano M35	32:36	+05:30	06:31
19	451	Luís Nunes	MOVE UP	Veterano M35	33:13	+06:07	06:39
20	183	Ricardo Lopes	Grupo Maravilha	Veterano M35	33:18	+06:12	06:40
21	429	Pedro Miguel Serra Santos	Lama Solta	Veterano M35	33:26	+06:20	06:41
22	11	Silvio André dos Santos Moreira	100 stress	Veterano M35	33:33	+06:26	06:43
23	178	Virgílio Alberto	Grupo Alegre Unido Bajouca	Veterano M35	33:33	+06:27	06:43
24	18	Leandro Delgado	100M	Veterano M35	33:55	+06:49	06:47
25	360	António Gomes	Individual	Veterano M35	33:55	+06:49	06:47
26	508	Yvo Matias	Rocket Team	Veterano M35	34:06	+07:00	06:49
27	587	Luis Batalha	Soure Mov	Veterano M35	34:08	+07:02	06:50
28	381	José Félix	Individual	Veterano M35	34:15	+07:09	06:51
29	588	Ricardo Páscoa	Soure Mov	Veterano M35	34:47	+07:41	06:57
30	126	João Vaz	Figueira Kayak Clube	Veterano M35	34:50	+07:44	06:58
31	363	Celso Carreira Fernandes	Individual	Veterano M35	34:58	+07:52	07:00
32	416	Tiago Marques	Individual	Veterano M35	35:14	+08:08	07:03
33	374	Jaime Lopes dos santos	Individual	Veterano M35	35:35	+08:29	07:07
34	189	José Bugalho	GRVilaverdense	Veterano M35	35:48	+08:42	07:10
35	50	André Gonçalo Martins Santos	ARCD Venda da Luisa	Veterano M35	35:58	+08:52	07:12
36	391	Luiz Ferrão	Individual	Veterano M35	36:08	+09:02	07:14
37	39	Mário José da silva	Amor de Marquês	Veterano M35	36:09	+09:03	07:14
38	84	Vitro mendes ribeiro	Centro Recreativo Folclórico Artistico dos Antões	Veterano M35	36:10	+09:04	07:14
39	378	Joel Ferreira Costa	Individual	Veterano M35	36:10	+09:04	07:14
40	585	Jorge Cordeiro	Soure Mov	Veterano M35	36:12	+09:06	07:14
41	393	Marco Henriques	Individual	Veterano M35	36:25	+09:19	07:17
42	583	AUGUSTO CORDEIRO	Soure Mov	Veterano M35	36:44	+09:38	07:21
43	499	António Manuel Ferreira Mendes	Ratatui Team	Veterano M35	36:49	+09:43	07:22
44	364	Emídio Alves	Individual	Veterano M35	36:55	+09:49	07:23
45	531	Bruno Fernandes	Rusty Team	Veterano M35	36:55	+09:49	07:23
46	385	Jose Miguel Ferreira Santos	Individual	Veterano M35	37:10	+10:04	07:26
47	650	Domingos Paulo	Individual	Veterano M35	37:13	+10:07	07:27
48	369	Gil Gaspar	Individual	Veterano M35	37:21	+10:15	07:28
49	177	Sérgio Marcelino	Grupo Alegre Unido Bajouca	Veterano M35	37:42	+10:36	07:32
50	382	jose gomes santos marques	Individual	Veterano M35	37:42	+10:36	07:33
51	53	Marco Paulo Simões Oliveira	ARCD Venda da Luisa	Veterano M35	37:48	+10:42	07:34
52	507	Nelson Matias	Rocket Team	Veterano M35	37:49	+10:43	07:34

Prova Principal

5 KM

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

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

53	415	Rui Nunes	Individual	Veterano M35	37:57	+10:51	07:36
54	190	Vitor Santos	GRVilaverdense	Veterano M35	37:59	+10:52	07:36
55	28	EUGENIO MENDES	AC VERMOIL	Veterano M35	38:04	+10:58	07:37
56	371	Gustavo Marques	Individual	Veterano M35	38:26	+11:20	07:41
57	450	DANIEL FRAGOSO	MOVE UP	Veterano M35	38:28	+11:21	07:42
58	380	Jorge Manuel Gaspar Lopes	Individual	Veterano M35	38:40	+11:34	07:44
59	580	Abel Batalha	Soure Mov	Veterano M35	38:45	+11:39	07:45
60	428	Marco M Murgeiro	Lama Solta	Veterano M35	38:56	+11:50	07:47
61	427	eduardo neves	Lama Solta	Veterano M35	39:02	+11:56	07:49
62	586	José Madeira	Soure Mov	Veterano M35	39:14	+12:08	07:51
63	188	João Namora	GRVilaverdense	Veterano M35	39:29	+12:23	07:54
64	176	Ramiro Rodrigues	Grupo Alegre Unido Bajouca	Veterano M35	39:33	+12:27	07:55
65	386	JOSE RODRIGUES	Individual	Veterano M35	39:35	+12:29	07:55
66	109	Luís Ruivo	CROSSFIT POMBAL	Veterano M35	39:39	+12:33	07:56
67	443	Leonel Jorge	Luzecus	Veterano M35	39:52	+12:45	07:58
68	444	Sérgio Pereira	Luzecus	Veterano M35	39:56	+12:50	07:59
69	601	Ricardo subtil	Team Subtil	Veterano M35	40:10	+13:04	08:02
70	389	Luís Maia	Individual	Veterano M35	40:12	+13:06	08:02
71	646	Jorge Faustino	CMPombal	Veterano M35	40:18	+13:12	08:04
72	430	Rui Miguel Baptista Peixoto	Lama Solta	Veterano M35	40:18	+13:12	08:04
73	377	Joaquim Ferreira de Almeida	Individual	Veterano M35	40:35	+13:29	08:07
74	17	David Simões	100M	Veterano M35	41:04	+13:58	08:13
75	412	Rafael Ferreira	Individual	Veterano M35	41:04	+13:58	08:13
76	545	Pedro Ponte	Sem sede	Veterano M35	41:06	+14:00	08:13
77	82	dino marques	Centro Recreativo Folclórico Artistico dos Antões	Veterano M35	41:10	+14:03	08:14
78	449	Carlos Matias	MOVE UP	Veterano M35	41:10	+14:04	08:14
79	618	Marco Pascoal	Vilaventura - Trail Running Team	Veterano M35	41:18	+14:12	08:16
80	520	David Lopes	run4fun	Veterano M35	41:28	+14:21	08:18
81	366	Fernando José	Individual	Veterano M35	41:39	+14:33	08:20
82	624	ALFREDO SANTOS	AC VERMOIL	Veterano M35	41:43	+14:37	08:21
83	584	Jorge Batalha	Soure Mov	Veterano M35	41:55	+14:49	08:23
84	383	José Ignacio Díaz Sánchez	Individual	Veterano M35	42:13	+15:07	08:27
85	592	Antonio Ribeiro	Sporting clube pombal/Trail	Veterano M35	42:25	+15:19	08:29
86	596	Pedro	Team Farias	Veterano M35	42:27	+15:21	08:30
87	581	António Neves	Soure Mov	Veterano M35	42:31	+15:25	08:30
88	417	Toni Gaspar	Individual	Veterano M35	42:36	+15:30	08:31
89	571	Filipe Gameiro	Skylamas	Veterano M35	43:06	+16:00	08:37
90	602	Ricardo Carrasqueira	TLC	Veterano M35	43:29	+16:23	08:42
91	582	António Serôdio	Soure Mov	Veterano M35	43:47	+16:41	08:45
92	559	Nuno Pascoal	Siga	Veterano M35	43:54	+16:48	08:47
93	368	Francisco R. Oliveira	Individual	Veterano M35	44:18	+17:12	08:52
94	118	Hugo Carriço	Factoryrunners	Veterano M35	44:29	+17:23	08:54
95	589	Vitor Gariso	Soure Mov	Veterano M35	44:53	+17:47	08:59
96	387	lino carraco	Individual	Veterano M35	45:31	+18:25	09:06
97	532	Marco Pinhal	Rusty Team	Veterano M35	45:47	+18:41	09:09
98	10	Nuno Miguel dos Santos Marques	100 stress	Veterano M35	46:19	+19:13	09:16

Prova Principal

5 KM

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

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

99	404	Paulo Tavares	Individual	Veterano M35	46:28	+19:22	09:18
100	411	Pedro Rosa	Individual	Veterano M35	47:07	+20:01	09:25
101	522	Marcio Pinto	run4fun	Veterano M35	47:41	+20:35	09:32
102	71	Ricardo Benzinho Ferreira de Melo	Culnatur	Veterano M35	47:48	+20:42	09:34
103	408	Pedro Freire Rodrigues	Individual	Veterano M35	47:48	+20:42	09:34
104	361	Bruno Canhoto	Individual	Veterano M35	47:53	+20:47	09:35
105	83	Helder Manuel Mota Ereira	Centro Recreativo Folclórico Artistico dos Antões	Veterano M35	48:11	+21:05	09:38
106	407	Pedro Cruz	Individual	Veterano M35	49:15	+22:09	09:51
107	51	Carlos Manuel de Oliveira Canais	ARCD Venda da Luisa	Veterano M35	49:29	+22:23	09:54
108	396	Nelson Sintra	Individual	Veterano M35	49:32	+22:26	09:55
109	498	André Filipe Marques Gomes	Ratatui Team	Veterano M35	49:44	+22:38	09:57
110	355	Adalberto Correia	Individual	Veterano M35	49:45	+22:39	09:57
111	648	Ricardo Marques	Individual	Veterano M35	50:19	+23:13	10:04
112	156	Bruno Rodrigues	Fruta da 5ª	Veterano M35	50:33	+23:27	10:07
113	418	Vasco Nabais Faria	Individual	Veterano M35	50:35	+23:29	10:07
114	395	Miguel palmeiro	Individual	Veterano M35	50:55	+23:49	10:11
115	406	PEDRO CORDEIRO	Individual	Veterano M35	51:07	+24:01	10:13
116	158	Luís teixeira	Fruta da 5ª	Veterano M35	51:24	+24:18	10:17
117	125	Carlos Almeida	Figueira Kayak Clube	Veterano M35	51:43	+24:37	10:21
118	388	Luis Joaquim	Individual	Veterano M35	51:59	+24:53	10:24
119	647	João Paulo Mendes Ramos	Individual	Veterano M35	52:15	+25:09	10:27
120	373	ILÍDIO MANUEL FREITAS DOS SANTOS	Individual	Veterano M35	52:26	+25:20	10:29
121	566	Ricardo T. Oliveira	Sissi Runners	Veterano M35	52:34	+25:28	10:31
122	356	alexandre fernandes marques	Individual	Veterano M35	52:43	+25:37	10:33
123	565	Miguel Castelo Branco	Sissi Runners	Veterano M35	52:49	+25:43	10:34
124	567	Roberto Fiuza Alves	Sissi Runners	Veterano M35	52:55	+25:49	10:35
125	390	Luis Simões	Individual	Veterano M35	53:36	+26:30	10:43
126	182	José Pedrosa	Grupo Maravilha	Veterano M35	53:43	+26:37	10:45
127	409	Pedro Moreira	Individual	Veterano M35	54:08	+27:02	10:50
128	640	Pedro Claro	Individual	Veterano M35	54:32	+27:26	10:55
129	419	Yang Kanglin	Individual	Veterano M35	55:39	+28:33	11:08
130	594	Vítor mota	Sporting clube pombal/Trail	Veterano M35	56:50	+29:44	11:22
131	543	Luís Neves	Sem sede	Veterano M35	57:06	+30:00	11:25
132	542	Hernâni Martinho	Sem sede	Veterano M35	57:17	+30:11	11:28
133	372	Helder Manuel Santos Mendes	Individual	Veterano M35	57:24	+30:18	11:29
134	410	Pedro Pimpao	Individual	Veterano M35	57:54	+30:48	11:35
135	392	Manuel Gonçalves dos Santos	Individual	Veterano M35	58:25	+31:19	11:41
136	362	Carlos Gonçalves	Individual	Veterano M35	59:57	+32:51	11:59
137	159	Miguel oliveira	Fruta da 5ª	Veterano M35	01:00:31	+33:25	12:06
138	61	Miguel Simões	Associação Recreativa Bernardense	Veterano M35	01:00:57	+33:51	12:11
139	370	GONÇALO FREITAS	Individual	Veterano M35	01:01:38	+34:32	12:20
140	376	Joaquim Andrade	Individual	Veterano M35	01:02:13	+35:07	12:27
141	521	Fernando Neves Estrela	run4fun	Veterano M35	01:02:16	+35:10	12:27
142	62	Nelson Oliveira Vicente	Associação Recreativa Bernardense	Veterano M35	01:02:34	+35:28	12:31

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

143	484	André Grilo	Os Casaleiros	Veterano M35	01:03:24	+36:18	12:41
144	523	Paulo Alexandre Ferreira Moreira	run4fun	Veterano M35	01:07:42	+40:36	13:33
145	358	António do Carmo Costa	Individual	Veterano M35	01:08:01	+40:55	13:36
146	357	Amândio Neves	Individual	Veterano M35	01:08:06	+41:00	13:37
147	31	Carlos Duarte	Amigos Pataco	Veterano M35	01:09:33	+42:27	13:55
148	593	Nuno Oliveira	Sporting clube pombal/Trail	Veterano M35	01:12:51	+45:45	14:34
149	413	Ricardo Caldeira	Individual	Veterano M35	01:13:12	+46:06	14:39
150	606	Pedro Neves	Valada Night Runners	Veterano M35	01:15:24	+48:18	15:05
151	403	Paulo Simões	Individual	Veterano M35	01:16:40	+49:34	15:20
152	397	Nuno Miguel Gomes Cacho	Individual	Veterano M35	01:17:26	+50:20	15:29
153	113	Paulo Leitão	Desportistas do sofá	Veterano M35	01:19:39	+52:33	15:56
154	557	Diogo duarte	Siga	Veterano M35	01:20:39	+53:33	16:08
155	558	Higino Rodrigues	Siga	Veterano M35	01:20:46	+53:40	16:09
156	560	Olivier cordeiro	Siga	Veterano M35	01:20:53	+53:47	16:11
157	402	Paulo Jorge de Carvalho da Silva Jesus	Individual	Veterano M35	01:22:19	+55:13	16:28
158	375	João Manuel da mota Gonçalves	Individual	Veterano M35	01:22:25	+55:19	16:29
159	144	Acácio Francisco	Follow Me	Veterano M35	01:22:47	+55:41	16:33
160	146	Pedro Jose Guerra da Silva	Follow Me	Veterano M35	01:22:58	+55:52	16:36
161	482	Zé Gaspar	Os ArTTistas	Veterano M35	01:23:07	+56:01	16:37
162	145	Paulo Eusébio	Follow Me	Veterano M35	01:23:10	+56:04	16:38
163	157	Bruno silva	Fruta da 5ª	Veterano M35	01:23:54	+56:48	16:47
164	163	EUSÉBIO GUARDADO	GANG DA SAPATILHA	Veterano M35	01:24:18	+57:12	16:52
165	165	VITOR COSTA	GANG DA SAPATILHA	Veterano M35	01:24:20	+57:14	16:52
166	442	João Manuel Marecos	Leoas da pepsi	Veterano M35	01:31:53	+01:04:47	18:23
167	401	Paulo gomes	Individual	Veterano M35	01:32:43	+01:05:37	18:33

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	GRUPO ALEGRE UNIDO BAJOUCA	02:26:15 [1 + 2 + 10 + 13 + 14]	0
2	VILAVENTURA - TRAIL RUNNING TEAM	02:44:08 [19 + 20 + 24 + 26 + 79]	0
3	AC VERMOIL	02:49:06 [3 + 6 + 62 + 83 + 104]	0
4	100M	02:54:27 [30 + 34 + 45 + 58 + 138]	0
5	SOURE MOV	03:00:36 [48 + 52 + 71 + 77 + 114]	0
6	FITTRAINING ACADEMY	03:09:00 [60 + 65 + 95 + 125 + 150]	0
7	FIGUEIRA KAYAK CLUBE	03:10:09 [11 + 53 + 133 + 134 + 229]	0
8	LAMA SOLTA	03:10:15 [40 + 109 + 117 + 120 + 148]	0
9	GRVILAVERDENSE	03:14:55 [57 + 64 + 103 + 128 + 240]	0
10	RUSTY TEAM	03:15:58 [31 + 85 + 127 + 175 + 234]	0
11	CROSSFIT POMBAL	03:20:57 [110 + 131 + 157 + 161 + 162]	0
12	MOVE UP	03:21:28 [38 + 108 + 122 + 169 + 281]	0
13	ARCD VENDA DA LUISA	03:22:12 [66 + 92 + 99 + 202 + 262]	0
14	FACTORYRUNNERS	03:30:05 [76 + 80 + 221 + 233 + 241]	0
15	CENTRO RECREATIVO FOLCLÓRICO ARTISTICO DOS ANTÕES	03:40:51 [69 + 168 + 251 + 270 + 273]	0
16	NDAP - FITNESS & ATHLETICS	03:42:15 [179 + 188 + 208 + 211 + 314]	0
17	CULNATUR	04:00:55 [51 + 259 + 263 + 280 + 408]	0
18	RUN4FUN	04:07:24 [177 + 203 + 256 + 369 + 373]	0
19	GRUPO MARAVILHA	04:11:24 [39 + 342 + 343 + 353 + 356]	0
20	FRUTA DA 5ª	04:12:52 [277 + 300 + 303 + 315 + 318]	0
21	SISSI RUNNERS	04:23:58 [328 + 333 + 334 + 335 + 336]	0
22	SEM SEDE	04:31:25 [166 + 365 + 367 + 376 + 378]	0
23	POMBAL JORNAL	04:35:28 [215 + 291 + 293 + 391 + 475]	0
24	100 STRESS	04:45:41 [41 + 239 + 441 + 443 + 490]	0
25	SPORTING CLUBE POMBAL/TRAIL	04:47:57 [190 + 363 + 364 + 388 + 477]	0
26	CLIFIPOM	04:49:28 [294 + 296 + 371 + 374 + 484]	0
27	AMOR DE MARQUÊS	04:50:18 [68 + 185 + 313 + 524 + 526]	0
28	CAPITAL 4EVER	04:57:03 [244 + 415 + 418 + 420 + 439]	0
29	SIGA	05:01:34 [214 + 250 + 448 + 461 + 494]	0
30	OS ARTTISTAS	05:03:23 [156 + 413 + 414 + 417 + 511]	0
31	ASSOCIAÇÃO RECREATIVA BERNARDENSE	05:08:44 [406 + 409 + 411 + 426 + 427]	0
32	LEOAS DA PEPSI	05:26:55 [196 + 197 + 412 + 575 + 576]	0
33	CORREDORES REFORMADOS	05:30:44 [205 + 207 + 523 + 535 + 536]	0
34	FOLLOW ME	06:55:32 [544 + 545 + 546 + 549 + 552]	0