



38º Campeonato Nacional de Marcha em Estrada - 20km, Sub-18 e Sub-20

FPA COMPETIÇÕES

Buarcos (Figueira da Foz) - 12/03/2023

20km - Absolutos F | SUB-23 a MASTER - F | Dia 1

Série 1

Posicao	Nome	Ano	Escalao	Nac	Clube	Marca
1	Ana Cabecinha	1984	M 35		C ORIENTAL PECHÃO	1:32:20
2	Vitória Oliveira	1992	SEN	ind		1:34:26
3	Marina Peña Alonso		SEN	ESP		1:36:05
4	Inês Mendes	2003	SUB-23		S L BENFICA	1:38:10 (~)
5	Bruna Marques	2002	SUB-23		JUV VIDIGALENSE	1:41:18 (>)
6	Adriana Viveiros	2002	SUB-23		A D R ÁGUA DE PENA	1:44:27
7	Margarida Sá	2002	SUB-23		GRUPO REC EIRENSE	1:47:32
8	Mariana Serrão	2003	SUB-23		Grecas	2:04:20

10km - Sub-20 F | SUB-20 - F | Dia 1

Série 1

Posicao	Nome	Ano	Escalao	Nac	Clube	Marca
1	Beatriz Gonçalves	2004	SUB-20		C DESP C+S LAVRA	0:52:52
2	Carolina Dias	2005	SUB-20		SPORTING C P	0:54:14 (~)
3	Carina Ferreira	2004	SUB-20		A D C C J CLARK	0:55:37
4	Inês Belbute	2005	SUB-20		A C D R ARNEIRENSE	1:00:04
5	Maria Lavos	2004	SUB-20		C REC DO PENTEADO	1:06:40
6	Soraia Marques	2005	SUB-20		C REC DO PENTEADO	1:07:08
7	Carolina Silva	2005	SUB-20		C REC DO PENTEADO	1:11:26 (> > ~)
8	Beatriz Lopes	2005	SUB-20		C ORIENTAL PECHÃO	1:18:53 (> >)

20km - Absolutos M | SUB-23 a MASTER - M | Dia 1

Série 1

Posicao	Nome	Ano	Escalao	Nac	Clube	Marca
1	Eider Arévalo		SEN		COL	1:21:54 (~ ~ ~)
2	Anderson Callejas	2000	SEN	COL	LMA-L*	1:24:43
3	João Vieira	1976	M 45		SPORTING C P	1:25:16
4	Rui Coelho	1994	SEN		S L BENFICA	1:27:43
5	Juan José Soto		SEN		COL	1:29:16 (> > >)
6	Hélder Santos	1996	SEN		G DESP ESTREITO	1:31:13 (~ ~ ~)
7	Pedro Dias	2003	SUB-23		C ORIENTAL PECHÃO	1:32:58
8	Tiago Ramos	2003	SUB-23		C ATLETISMO TUNES	1:34:07 (> ~)
9	Miguel Calderon	2001	SUB-23	COL	LMA-L*	1:35:33 (> >)
10	Manuel Marques	1978	M 40		A C D JARDIM SERRA	1:37:51 (~)
11	João Pedro Vieira	1999	SEN		C P T SOBRAL CEIRA	1:40:42
12	Joan Sanchez	2002	SUB-23	COL	LMA-L*	1:41:11
13	João Afonso Olim	2000	SEN		A D R ÁGUA DE PENA	1:41:55
14	João Sustelo	1998	SEN		C D AREIAS S. JOÃO	1:50:33 (~ ~ ~)
15	Rui Magalhães	1988	M 35		A CLUBE ALFENENSE	1:52:40

10km - Sub-20 M | SUB-20 - M | Dia 1

Série 1

Posicao	Nome	Ano	Escalao	Nac	Clube	Marca
1	Guilherme Rodrigues	2004	SUB-20		SPORTING C P	0:46:58
2	Tiago Sucena	2004	SUB-20		C A MARINHA GRANDE	0:50:44 (> > >)
3	Rodrigo Araújo	2005	SUB-20		A.MONT/ESCOLA DO RIO	0:52:14 (> > ~)
4	Filipe Fernandes	2005	SUB-20		C DESP QUARTEIRA	0:58:49

5km - Sub-18 F | SUB-18 - F | Dia 1

Série 1

Posicao	Nome	Ano	Escalao	Nac	Clube	Marca
1	Gabriela Santos	2006	SUB-18		A C R SRA DESTERRO	0:24:56



FEDERAÇÃO
PORTUGUESA
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ANOS
1921 - 2021

Posicao	Nome	Ano	Escalao	Nac	Clube	Marca
2	Isa Ferreira	2006	SUB-18		G DESP PEDREIRAS	0:25:43
3	Lara Beato	2007	SUB-18		G DESP PEDREIRAS	0:27:47
4	Matilde Sousa	2006	SUB-18		SPORTING C P	0:28:00
5	Catarina Cunha Rêgo	2007	SUB-18		QUINTAJENSE F C	0:34:36
6	Rita Filipe	2006	SUB-18		C REC DO PENTEADO	0:37:10

10km - Veteranos F | MASTER - F | Dia 1

Série 1

Posicao	Nome	Ano	Escalao	Nac	Clube	Marca
1	Kristina Saltanovic	1975	M 45	LTU	G D S DOMINGOS	0:52:06
2	Sandra Silva	1975	M 45		A C PÓVOA DE VARZIM	0:54:05
3	Marisa Pereira	1980	M 40		CLUBE DESP DA PÓVOA	0:57:04
4	Júlia Sousa	1969	M 50		E ATLETISMO TROFA	0:57:38
5	Lídia Pereira	1967	M 55		Grecas	0:58:00
6	Felicidade Rosa	1979	M 40		G D S DOMINGOS	0:58:01
7	Elisabete Silva	1979	M 40		C REC DO PENTEADO	1:00:24
8	Helena Miranda	1985	M 35		A C R SRA DETERRO	1:01:24
9	Sandra Campos	1977	M 45		C SPIRIDON DE GAIA	1:01:52
10	Filipa Morgado	1973	M 45		C REC DO PENTEADO	1:04:31
11	Matilde Morgado	1976	M 45		G D S DOMINGOS	1:06:58
12	Maria Fátima Costa	1971	M 50		C A GALINHEIRAS	1:08:30
13	Rosina Ramos	1983	M 35	ind		1:09:40 (> > >)
14	Elisabete Barbosa	1973	M 45		A D C C J CLARK	1:11:30
15	Paula Maurício	1965	M 55		G D S DOMINGOS	1:13:16
16	Adélia Tavares	1967	M 55		A D C C J CLARK	1:14:16
17	Cátia Rodrigues	1980	M 40		C REC DO PENTEADO	1:14:38
18	Maria Henriques	1958	M 60		C REC DO PENTEADO	1:15:29
19	Ana Costa	1977	M 45		C REC DO PENTEADO	1:15:29
20	Sónia Monteiro	1980	M 40		A CLUBE ALFENENSE	1:19:55
21	Teresa Medeiros	1960	M 60		G D S DOMINGOS	1:30:49 (>)
22	Andreia Almeida	1986	M 35		C REC DO PENTEADO	1:33:04 (>)

10km - Sub-18 M | SUB-18 - M | Dia 1

Série 1

Posicao	Nome	Ano	Escalao	Nac	Clube	Marca
1	Leandro Silva	2007	SUB-18		MAIA A C	0:48:21 (~)
2	Eduardo Camarate	2006	SUB-18		JUV VIDIGALENSE	0:49:10
3	Bruno Coelho	2006	SUB-18		C ATLETISMO DE SEIA	0:52:20 (~)
4	David Ferreira	2007	SUB-18		S C UNIÃO TORREENSE	0:55:41
5	André Moreira	2006	SUB-18		G DESP PEDREIRAS	0:57:30
6	Alex Valente	2006	SUB-18		Grecas	0:58:52 (>)
7	Tomás Linhares	2007	SUB-18		A.MONT/ESCOLA DO RIO	1:04:22
8	Afonso Duarte	2006	SUB-18		S C UNIÃO TORREENSE	1:07:43 (>>>)

10km - Veteranos M | MASTER - M | Dia 1

Série 1

Posicao	Nome	Ano	Escalao	Nac	Clube	Marca
1	Ricardo Santos	1975	M 45		NÚCLEO SCP ALMADA	0:50:08
2	Luís Gil	1975	M 45		G DESP ESTREITO	0:50:08
3	Luís Silva	1970	M 50		ASS ACAD COIMBRA	0:50:54
4	Pedro Martins	1968	M 55		A C R SRA DETERRO	0:52:13
5	Flávio Ramalho	1984	M 35		C REC DO PENTEADO	0:53:41 (~)
6	Luís Bidarra	1971	M 50		C ATLETISMO DE SEIA	0:54:02
7	Luís Sousa	1974	M 45		S U OPERÁRIA VAIS	0:54:53 (> >)
8	Henrique Lavos	1966	M 55		C REC DO PENTEADO	0:55:52
9	Ludovino Dias	1980	M 40		C ORIENTAL PECHÃO	0:56:40
10	Aurélio Costa	1968	M 50		A CLUBE ALFENENSE	0:57:41
11	Francisco Mateus	1965	M 55		A CLUBE ALFENENSE	0:59:44
12	Vitor Hugo Candeias	1983	M 35		C REC DO PENTEADO	0:59:51 (>)



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ANOS
1921 - 2021

Posicao	Nome	Ano	Escalao	Nac	Clube	Marca
13	Daniel Cabrita	1973	M 45		C ATLETISMO TUNES	1:00:21
14	Fernando Ferreira	1973	M 45		A CLUBE ALFENENSE	1:00:46
15	José Magalhães	1954	M 65		A CLUBE ALFENENSE	1:01:46
16	João Rodrigues	1959	M 60		C ATLETISMO TUNES	1:04:14
17	José Oliveira	1957	M 65		G D ATOUGUIENSE	1:07:26
18	Joaquim Leitão	1956	M 65		G D S DOMINGOS	1:09:10
19	Gonçalo Rebelo	1958	M 60		G D S DOMINGOS	1:11:15
20	Pedro Policiano	1977	M 45		A CLUBE ALFENENSE	1:14:23
21	Paulo Jesus	1971	M 50		C REC DO PENTEADO	1:21:40 (>)
22	Joaquim Figueiredo	1957	M 65		C REC DO PENTEADO	1:33:38 (> >)
DNF	Jaime Santos	1972	M 50		GRECAS - VAGOS	X



FEDERAÇÃO
PORTUGUESA
ATLETISMO



ANOS
1921 - 2021

Coletiva Sub-18 Feminina

Posicao	Clube	Pontos
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Coletiva Sub-18 Masculina

Posicao	Clube	Pontos
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Coletiva Sub-20 Feminina

Posicao	Clube	Pontos
1	CRDP	18.0

Coletiva Sub-20 Masculina

Posicao	Clube	Pontos
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Coletiva Absoluta Feminina

Posicao	Clube	Pontos
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Coletiva Absoluta Feminina

Posicao	Clube	Pontos
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FEDERAÇÃO
PORTUGUESA
ATLETISMO



ANOS
1921 - 2021

Estatística Clubes

Sigla	Associação	Nº atletas Masculino	Nº atletas Feminino	Nº atletas Total	Participações Masculino	Participações Feminino	Participações Total
AAC	Coimbra	1	0	1	1	0	1
ACA	Porto	6	1	7	6	1	7
ACDRA	Leiria	0	1	1	0	1	1
ACPV	Porto	0	1	1	0	1	1
ACRSD	Guarda	1	2	3	1	2	3
ADCCJC	Aveiro	0	3	3	0	3	3
ADRAP	Madeira	1	1	2	1	1	2
AJS	Madeira	1	0	1	1	0	1
AMONT	Braga	2	0	2	2	0	2
CAG	Lisboa	0	1	1	0	1	1
CAMG	Leiria	1	0	1	1	0	1
CAS	Guarda	2	0	2	2	0	2
CASJ	Algarve	1	0	1	1	0	1
CATUNES	Algarve	3	0	3	3	0	3
CDP	Porto	0	1	1	0	1	1
CDQ	Algarve	1	0	1	1	0	1
COP	Algarve	2	2	4	2	2	4
CPTSC	Coimbra	1	0	1	1	0	1
CRDP	Setúbal	5	10	15	5	10	15
CSGAIA	Porto	0	1	1	0	1	1
EAT	Porto	0	1	1	0	1	1
GDAA	Leiria	1	0	1	1	0	1
GDE	Madeira	2	0	2	2	0	2
GDP-L	Leiria	1	2	3	1	2	3
GDSD	Lisboa	2	5	7	2	5	7
GRE-AA	Coimbra	0	1	1	0	1	1
GRECAS	Aveiro	1	0	1	1	0	1
Grecas	Aveiro	1	2	3	1	2	3
JV	Leiria	1	1	2	1	1	2
LAVRA	Porto	0	1	1	0	1	1
LMA-L*	Leiria	3	0	3	3	0	3
MAC	Porto	1	0	1	1	0	1
QFC	Setúbal	0	1	1	0	1	1
SCP	Lisboa	1	2	3	2	2	4
SCUT	Lisboa	2	0	2	2	0	2
SLA	Setúbal	1	0	1	1	0	1
SLB	Lisboa	1	1	2	1	1	2
SUOV	Coimbra	1	0	1	1	0	1
_NaoFederado		-	-	3	-	-	3
_Total		47	43	93	48	43	94
ind	None	0	2	2	0	2	2



Estatística Escalão

Escalão	Nº atletas Masculino	Nº atletas Feminino	Nº atletas Total	Participações Masculino	Participações Feminino	Participações Total
SUB-18	8	6	14	8	6	14
SUB-20	4	8	12	4	8	12
SUB-23	4	5	9	4	5	9
SEN	6	1	7	6	1	7
M 35	3	4	7	3	4	7
M 40	2	5	7	2	5	7
M 45	6	7	13	7	7	14
M 50	5	2	7	5	2	7
M 55	3	3	6	3	3	6
M 60	2	2	4	2	2	4
M 65	4	0	4	4	0	4
_NaoFederado	-	-	3	-	-	3



FEDERAÇÃO
PORTUGUESA
ATLETISMO



ANOS
1921 - 2021

20Km Feminino - 20.00Km

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:15	13.2°C	81%
End	12:23	19.9°C	77%

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND	CARDS
1	47	Ana Cabecinha	1984	COP	POR 	01:32:20		
2	92	Vitória Oliveira	1992	ind	POR 	01:34:26	+02:06	
3	72	Marina Peña Alonso	1993	ESP	ESP 	01:36:05	+03:45	
4	114	Inês Mendes	2003	SLB	POR 	01:38:10	+05:50	~
5	95	Bruna Marques	2002	JV	POR 	01:41:18	+08:58	>
6	29	Adriana Viveiros	2002	ADRAP	POR 	01:44:27	+12:07	
7	86	Margarida Sá	2002	GRE-AA	POR 	01:47:32	+15:12	
8	89	Mariana Serrão	2003	Grecas	POR 	02:04:20	+32:00	
-	99	Joana Pontes	2000	LMA-L	POR 	DQ 54.7.5		~ ~ ~ >
-	44	Inês Henriques	1980	CNRM	POR 	DNF		~
-	71	Ana Cruz	1999	EAT	POR 	DNF		>
-	102	Rachelle de Orbeta	2000	PUR	PUR 	DNF		~ ~
-	106	Carolina Costa	1998	SCP	POR 	DNF		

20Km Feminino - 20.00Km

Race Analysis

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND
1	47	Ana Cabecinha	29/04/1984	COP	POR 	01:32:20	
00:04:35 00:04:37 00:04:32 00:04:33 00:04:29 00:04:31 00:04:31 00:04:31 00:04:33 00:04:32 00:04:32 00:04:33 00:04:37 00:04:40 00:04:40 00:04:43 00:04:46 00:04:50 00:04:49 00:04:44 00:04:35 00:09:12 00:13:44 00:18:16 00:22:46 00:27:17 00:31:48 00:36:19 00:40:52 00:45:24 00:49:57 00:54:30 00:59:07 01:03:47 01:08:27 01:13:11 01:17:57 01:22:47 01:27:36 01:32:20							
2	92	Vitória Oliveira	30/08/1992	ind	POR 	01:34:26	+02:06
00:04:35 00:04:38 00:04:37 00:04:38 00:04:39 00:04:38 00:04:42 00:04:43 00:04:41 00:04:43 00:04:45 00:04:44 00:04:44 00:04:45 00:04:47 00:04:48 00:04:50 00:04:52 00:04:51 00:04:45 00:04:35 00:09:13 00:13:50 00:18:28 00:23:08 00:27:46 00:32:28 00:37:11 00:41:52 00:46:35 00:51:20 00:56:04 01:00:48 01:05:32 01:10:19 01:15:08 01:19:58 01:24:50 01:29:41 01:34:26							
3	72	Marina Peña Alonso	18/03/1993	ESP	ESP 	01:36:05	+03:45
00:04:49 00:04:57 00:04:55 00:04:51 00:04:51 00:04:48 00:04:48 00:04:47 00:04:46 00:04:48 00:04:49 00:04:48 00:04:49 00:04:51 00:04:48 00:04:45 00:04:45 00:04:44 00:04:46 00:04:41 00:04:49 00:09:46 00:14:40 00:19:32 00:24:23 00:29:11 00:33:59 00:38:45 00:43:31 00:48:19 00:53:08 00:57:56 01:02:45 01:07:36 01:12:24 01:17:09 01:21:53 01:26:37 01:31:24 01:36:05							
4	114	Inês Mendes	11/04/2003	SLB	POR 	01:38:10	+05:50
00:05:00 00:04:58 00:04:55 00:04:52 00:04:52 00:04:53 00:04:57 00:04:57 00:04:55 00:04:54 00:04:54 00:04:55 00:04:53 00:04:53 00:04:52 00:04:56 00:05:07 00:04:53 00:04:49 00:04:45 00:05:00 00:09:58 00:14:53 00:19:45 00:24:37 00:29:30 00:34:27 00:39:24 00:44:19 00:49:12 00:54:07 00:59:02 01:03:55 01:08:48 01:13:40 01:18:36 01:23:44 01:28:37 01:33:25 01:38:10							
5	95	Bruna Marques	29/07/2002	JV	POR 	01:41:18	+08:58
00:05:00 00:04:59 00:04:57 00:05:00 00:04:57 00:04:58 00:04:58 00:05:01 00:05:00 00:05:01 00:05:03 00:05:03 00:05:07 00:05:07 00:05:09 00:05:11 00:05:11 00:05:12 00:05:13 00:05:11 00:05:00 00:10:00 00:14:57 00:19:57 00:24:54 00:29:52 00:34:50 00:39:51 00:44:51 00:49:52 00:54:55 00:59:57 01:05:04 01:10:11 01:15:20 01:20:31 01:25:42 01:30:54 01:36:07 01:41:18							
6	29	Adriana Viveiros	12/03/2002	ADRAP	POR 	01:44:27	+12:07
00:05:01 00:04:59 00:04:57 00:05:00 00:05:01 00:05:02 00:05:08 00:05:08 00:05:11 00:05:15 00:05:17 00:05:19 00:05:23 00:05:21 00:05:22 00:05:24 00:05:27 00:05:27 00:05:23 00:05:21 00:05:01 00:10:00 00:14:57 00:19:57 00:24:58 00:30:00 00:35:08 00:40:16 00:45:27 00:50:42 00:56:00 01:01:18 01:06:41 01:12:03 01:17:25 01:22:49 01:28:15 01:33:43 01:39:06 01:44:27							
7	86	Margarida Sá	17/08/2002	GRE-AA	POR 	01:47:32	+15:12
00:05:14 00:05:17 00:05:15 00:05:19 00:05:17 00:05:17 00:05:20 00:05:22 00:05:22 00:05:16 00:05:29 00:05:32 00:05:37 00:05:26 00:05:29 00:05:22 00:05:27 00:05:30 00:05:24 00:05:16 00:05:14 00:10:32 00:15:47 00:21:06 00:26:23 00:31:40 00:37:00 00:42:23 00:47:44 00:53:00 00:58:29 01:04:00 01:09:37 01:15:04 01:20:32 01:25:54 01:31:21 01:36:52 01:42:16 01:47:32							
8	89	Mariana Serrão	24/11/2003	Grecas	POR 	02:04:20	+32:00
00:05:32 00:05:38 00:05:51 00:05:53 00:05:55 00:05:57 00:05:55 00:05:57 00:06:02 00:06:05 00:06:21 00:06:41 00:06:15 00:06:27 00:07:33 00:06:17 00:06:28 00:06:37 00:06:29 00:06:26 00:05:32 00:11:10 00:17:01 00:22:54 00:28:50 00:34:46 00:40:41 00:46:38 00:52:40 00:58:45 01:05:06 01:11:46 01:18:02 01:24:29 01:32:02 01:38:20 01:44:47 01:51:25 01:57:54 02:04:20							
-	44	Inês Henriques	01/05/1980	CNRM	POR 	DNF	
00:05:00 00:04:58 00:04:58 00:05:00 00:05:00 00:09:59 00:14:56 00:19:57							
-	71	Ana Cruz	19/05/1999	EAT	POR 	DNF	
00:06:02 00:06:50 00:06:42 00:06:42 00:06:35 00:06:02 00:12:51 00:19:33 00:26:15 00:32:51							
-	102	Rachelle de Orbeta	27/03/2000	PUR	PUR 	DNF	
00:04:35 00:04:37 00:04:34 00:04:39 00:04:43 00:04:48 00:04:53 00:04:54 00:05:00 00:05:06 00:04:35 00:09:12 00:13:46 00:18:26 00:23:09 00:27:57 00:32:50 00:37:44 00:42:45 00:47:51							
-	106	Carolina Costa	12/03/1998	SCP	POR 	DNF	
00:05:01 00:04:59 00:04:57 00:04:57 00:04:49 00:04:50 00:04:54 00:04:56 00:04:57 00:04:58 00:05:01 00:05:04 00:05:10 00:05:01 00:10:00 00:14:57 00:19:54 00:24:43 00:29:34 00:34:27 00:39:24 00:44:20 00:49:18 00:54:19 00:59:23 01:04:34							
-	99	Joana Pontes	22/03/2000	LMA-L	POR 	DQ 54.7.5	
00:05:01 00:04:59 00:04:57 00:05:00 00:05:01 00:05:03 00:05:01 00:10:00 00:14:57 00:19:57 00:24:58 00:30:01							

20Km Masculino - 20.00Km

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	13.6°C	100%
End	12:23	19.9°C	77%

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND	CARDS
1	45	Eider Arévalo	1993	COL	COL	 01:21:54		~ ~ ~
2	98	Anderson Callejas	2000	LMA-L*	COL	 01:24:43	+02:48	
3	105	João Vieira	1976	SCP	POR	 01:25:16	+03:22	
4	113	Rui Coelho	1994	SLB	POR	 01:27:43	+05:48	
5	46	Juan José Soto	1999	COL	COL	 01:29:16	+07:21	> > >
6	75	Hélder Santos	1996	GDE	POR	 01:31:13	+09:19	~ ~ ~
7	48	Pedro Dias	2003	COP	POR	 01:32:58	+11:04	
8	40	Tiago Ramos	2003	CATUNES	POR	 01:34:07	+12:13	> ~
9	100	Miguel Calderon	2001	LMA-L*	COL	 01:35:33	+13:38	> >
10	30	Manuel Marques	1978	AJS	POR	 01:37:51	+15:57	~
11	50	João Pedro Vieira	1999	CPTSC	POR	 01:40:42	+18:48	
12	97	Joan Sanchez	2002	LMA-L*	COL	 01:41:11	+19:16	
13	28	João Afonso Olim	2000	ADRAP	POR	 01:41:55	+20:01	
14	37	João Sustelo	1998	CASJ	POR	 01:50:33	+28:39	~ ~ ~
15	18	Rui Magalhães	1988	ACA	POR	 01:52:40	+30:46	

20Km Masculino - 20.00Km

Race Analysis

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND
1	45	Eider Arévalo	09/03/1993	COL	COL 	01:21:54	
00:04:09 00:04:04 00:04:00 00:03:57 00:04:00 00:04:01 00:03:59 00:03:58 00:04:00 00:04:03 00:04:01 00:05:59 00:04:00 00:04:02 00:04:08 00:04:01 00:03:56 00:03:55 00:03:54 00:03:47							
00:04:09 00:08:13 00:12:12 00:16:09 00:20:09 00:24:10 00:28:09 00:32:07 00:36:07 00:40:10 00:44:10 00:50:09 00:54:09 00:58:11 01:02:19 01:06:21 01:10:17 01:14:13 01:18:07 01:21:54							
2	98	Anderson Callejas	17/06/2000	LMA-L*	COL 	01:24:43	+02:48
00:04:09 00:04:04 00:04:00 00:04:03 00:04:05 00:04:06 00:04:09 00:04:13 00:04:16 00:04:18 00:04:21 00:04:20 00:04:18 00:04:17 00:04:21 00:04:25 00:04:21 00:04:20 00:04:22 00:04:16							
00:04:09 00:08:13 00:12:13 00:16:16 00:20:21 00:24:27 00:28:36 00:32:50 00:37:06 00:41:24 00:45:44 00:50:04 00:54:22 00:58:39 01:03:00 01:07:25 01:11:46 01:16:06 01:20:27 01:24:43							
3	105	João Vieira	20/02/1976	SCP	POR 	01:25:16	+03:22
00:04:28 00:04:15 00:04:14 00:04:15 00:04:13 00:04:13 00:04:13 00:04:12 00:04:14 00:04:17 00:04:20 00:04:14 00:04:15 00:04:14 00:04:15 00:04:16 00:04:17 00:04:18 00:04:16							
00:04:28 00:08:44 00:12:58 00:17:13 00:21:26 00:25:39 00:29:51 00:34:03 00:38:17 00:42:34 00:46:54 00:51:08 00:55:23 00:59:37 01:03:52 01:08:08 01:12:25 01:16:42 01:21:00 01:25:16							
4	113	Rui Coelho	26/09/1994	SLB	POR 	01:27:43	+05:48
00:04:29 00:04:16 00:04:16 00:04:18 00:04:19 00:04:21 00:04:21 00:04:19 00:04:21 00:04:20 00:04:23 00:04:27 00:04:25 00:04:27 00:04:25 00:04:24 00:04:28 00:04:28 00:04:29 00:04:26							
00:04:29 00:08:45 00:13:01 00:17:19 00:21:38 00:26:00 00:30:21 00:34:40 00:39:01 00:43:21 00:47:44 00:52:11 00:56:36 01:01:03 01:05:28 01:09:53 01:14:20 01:18:48 01:23:17 01:27:43							
5	46	Juan José Soto	22/08/1999	COL	COL 	01:29:16	+07:21
00:04:09 00:04:04 00:04:02 00:04:22 00:04:22 00:04:26 00:04:15 00:04:15 00:06:19 00:04:24 00:04:26 00:04:25 00:04:30 00:04:34 00:04:37 00:04:38 00:04:18 00:04:21 00:04:29 00:04:20							
00:04:09 00:08:13 00:12:15 00:16:37 00:20:59 00:25:25 00:29:40 00:33:55 00:40:14 00:44:37 00:49:03 00:53:28 00:57:58 01:02:32 01:07:10 01:11:48 01:16:05 01:20:27 01:24:55 01:29:16							
6	75	Hélder Santos	07/03/1996	GDE	POR 	01:31:13	+09:19
00:04:37 00:04:33 00:04:27 00:04:30 00:04:28 00:04:25 00:04:22 00:04:21 00:04:24 00:06:24 00:04:21 00:04:24 00:04:26 00:04:24 00:04:29 00:04:33 00:04:34 00:04:33 00:04:31 00:04:29							
00:04:37 00:09:10 00:13:37 00:18:07 00:22:35 00:27:00 00:31:23 00:35:44 00:40:08 00:46:31 00:50:52 00:55:16 00:59:42 01:04:06 01:08:35 01:13:07 01:17:41 01:22:14 01:26:44 01:31:13							
7	48	Pedro Dias	21/02/2003	COP	POR 	01:32:58	+11:04
00:04:37 00:04:36 00:04:35 00:04:38 00:04:43 00:04:42 00:04:43 00:04:41 00:04:42 00:04:42 00:04:42 00:04:38 00:04:39 00:04:37 00:04:39 00:04:39 00:04:38 00:04:38 00:04:39 00:04:29							
00:04:37 00:09:13 00:13:48 00:18:26 00:23:09 00:27:51 00:32:34 00:37:15 00:41:57 00:46:39 00:51:21 00:55:59 01:00:38 01:05:15 01:09:54 01:14:33 01:19:12 01:23:50 01:28:29 01:32:58							
8	40	Tiago Ramos	05/06/2003	CATUNES	POR 	01:34:07	+12:13
00:04:37 00:04:35 00:04:35 00:04:39 00:04:43 00:04:42 00:04:43 00:04:41 00:04:41 00:04:42 00:04:42 00:04:39 00:04:40 00:04:42 00:04:41 00:04:44 00:04:51 00:04:54 00:04:54 00:04:42							
00:04:37 00:09:12 00:13:47 00:18:25 00:23:09 00:27:51 00:32:34 00:37:15 00:41:56 00:46:38 00:51:20 00:55:59 01:00:39 01:05:21 01:10:02 01:14:46 01:19:37 01:24:31 01:29:25 01:34:07							
9	100	Miguel Calderon	01/05/2001	LMA-L*	COL 	01:35:33	+13:38
00:04:41 00:04:48 00:04:47 00:04:52 00:04:52 00:04:46 00:04:48 00:04:47 00:04:43 00:04:44 00:04:46 00:04:45 00:04:50 00:04:43 00:04:42 00:04:36 00:04:44 00:04:52 00:05:01 00:04:48							
00:04:41 00:09:29 00:14:15 00:19:07 00:23:59 00:28:45 00:33:33 00:38:20 00:43:03 00:47:47 00:52:33 00:57:17 01:02:07 01:06:50 01:11:32 01:16:07 01:20:51 01:25:44 01:30:45 01:35:33							
10	30	Manuel Marques	04/09/1978	AJS	POR 	01:37:51	+15:57
00:04:39 00:04:31 00:04:37 00:04:44 00:04:50 00:04:55 00:05:02 00:05:07 00:05:05 00:04:58 00:04:58 00:04:56 00:04:58 00:05:09 00:04:58 00:04:47 00:05:02 00:04:59 00:04:50 00:04:46							
00:04:39 00:09:10 00:13:47 00:18:31 00:23:20 00:28:16 00:33:18 00:38:25 00:43:30 00:48:28 00:53:26 00:58:21 01:03:19 01:08:28 01:13:27 01:18:14 01:23:16 01:28:15 01:33:05 01:37:51							
11	50	João Pedro Vieira	01/11/1999	CPTSC	POR 	01:40:42	+18:48
00:04:45 00:04:42 00:04:49 00:04:54 00:04:55 00:04:56 00:04:58 00:05:02 00:04:51 00:05:00 00:04:55 00:05:04 00:05:20 00:05:22 00:05:03 00:05:10 00:05:16 00:05:34 00:05:03 00:05:02							
00:04:45 00:09:28 00:14:17 00:19:11 00:24:07 00:29:03 00:34:01 00:39:02 00:43:54 00:48:54 00:53:49 00:58:53 01:04:13 01:09:34 01:14:37 01:19:47 01:25:03 01:30:37 01:35:40 01:40:42							
12	97	Joan Sanchez	04/06/2002	LMA-L*	COL 	01:41:11	+19:16
00:04:47 00:04:55 00:04:56 00:04:57 00:04:57 00:04:55 00:04:58 00:05:02 00:04:58 00:04:59 00:04:59 00:05:03 00:05:10 00:05:06 00:05:10 00:05:19 00:05:22 00:05:21 00:05:11 00:05:06							
00:04:47 00:09:42 00:14:38 00:19:35 00:24:31 00:29:26 00:34:25 00:39:27 00:44:26 00:49:24 00:54:23 00:59:27 01:04:37 01:09:43 01:14:52 01:20:11 01:25:33 01:30:54 01:36:05 01:41:11							
13	28	João Afonso Olim	14/10/2000	ADRAP	POR 	01:41:55	+20:01
00:04:45 00:04:44 00:04:50 00:04:53 00:05:01 00:04:53 00:04:55 00:05:02 00:05:06 00:05:11 00:05:11 00:05:07 00:05:14 00:05:12 00:05:19 00:05:18 00:05:20 00:05:20 00:05:21 00:05:13							
00:04:45 00:09:30 00:14:20 00:19:13 00:24:14 00:29:07 00:34:02 00:39:04 00:44:09 00:49:20 00:54:32 00:59:39 01:04:52 01:10:05 01:15:23 01:20:41 01:26:01 01:31:22 01:36:43 01:41:55							

20Km Masculino - 20.00Km

Race Analysis

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND
14	37	João Sustelo	03/10/1998	CASJ	POR 	01:50:33	+28:39
00:05:20 00:05:20 00:05:17 00:05:14 00:05:25 00:05:21 00:05:15 00:05:17 00:05:24 00:05:19 00:05:22 00:05:22 00:05:24 00:05:25 00:05:50 00:05:36 00:05:37 00:05:35 00:05:37 00:07:32 00:05:20 00:10:40 00:15:57 00:21:11 00:26:36 00:31:57 00:37:12 00:42:29 00:47:52 00:53:11 00:58:33 01:03:56 01:09:19 01:14:45 01:20:35 01:26:11 01:31:49 01:37:24 01:43:01 01:50:33							
15	18	Rui Magalhães	10/12/1988	ACA	POR 	01:52:40	+30:46
00:05:04 00:05:06 00:05:04 00:05:05 00:05:08 00:05:07 00:05:11 00:05:28 00:05:25 00:05:24 00:05:33 00:05:47 00:05:57 00:05:58 00:06:00 00:06:02 00:06:06 00:06:31 00:06:29 00:06:15 00:05:04 00:10:09 00:15:13 00:20:18 00:25:27 00:30:34 00:35:45 00:41:12 00:46:38 00:52:02 00:57:35 01:03:21 01:09:19 01:15:17 01:21:17 01:27:19 01:33:26 01:39:56 01:46:25 01:52:40							

5Km Sub18 Feminino - 5.00Km

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	10:14	15.9°C	100%
End	12:23	19.9°C	77%

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND	CARDS
1	24	Gabriela Santos	2006	ACRSD	POR 	24:56		
2	77	Isa Ferreira	2006	GDP-L	POR 	25:43	+00:47	
3	76	Lara Beato	2007	GDP-L	POR 	27:47	+02:51	
4	108	Matilde Sousa	2006	SCP	POR 	28:00	+03:03	
5	103	Catarina Cunha Rêgo	2007	QFC	POR 	34:36	+09:39	
6	68	Rita Filipe	2006	CRDP	POR 	37:10	+12:14	
-	20	Branca Fernandes	2007	ACDRSQ	POR 	DNS		

5Km Sub18 Feminino - 5.00Km

Race Analysis

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND
1	24	Gabriela Santos	21/11/2006	ACRSD	POR 	24:56	
00:04:51 00:04:54 00:04:59 00:05:02 00:05:10 00:04:51 00:09:45 00:14:44 00:19:46 00:24:56							
2	77	Isa Ferreira	08/09/2006	GDP-L	POR 	25:43	+00:47
00:04:51 00:04:56 00:05:07 00:05:30 00:05:20 00:04:51 00:09:47 00:14:54 00:20:24 00:25:43							
3	76	Lara Beato	06/11/2007	GDP-L	POR 	27:47	+02:51
00:05:32 00:05:50 00:05:45 00:05:36 00:05:04 00:05:32 00:11:22 00:17:07 00:22:44 00:27:47							
4	108	Matilde Sousa	20/05/2006	SCP	POR 	28:00	+03:03
00:05:32 00:05:50 00:05:45 00:05:36 00:05:16 00:05:32 00:11:22 00:17:07 00:22:44 00:28:00							
5	103	Catarina Cunha Rêgo	20/12/2007	QFC	POR 	34:36	+09:39
00:06:15 00:06:38 00:07:10 00:07:07 00:07:24 00:06:15 00:12:54 00:20:04 00:27:11 00:34:36							
6	68	Rita Filipe	10/02/2006	CRDP	POR 	37:10	+12:14
00:07:33 00:07:42 00:07:39 00:07:11 00:07:07 00:07:33 00:15:14 00:22:53 00:30:04 00:37:10							
-	20	Branca Fernandes	16/05/2007	ACDRSQ	POR 	DNS	

10Km Sub18 Masculino - 10.00Km

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	10:30	15.9°C	100%
End	12:23	19.9°C	77%

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND	CARDS
1	101	Leandro Silva	2007	MAC	POR 	48:21	~	
2	94	Eduardo Camarate	2006	JV	POR 	49:10	+00:48	
3	36	Bruno Coelho	2006	CAS	POR 	52:20	+03:58	~
4	111	David Ferreira	2007	SCUT	POR 	55:41	+07:20	
5	78	André Moreira	2006	GDP-L	POR 	57:30	+09:08	
6	90	Alex Valente	2006	Grecas	POR 	58:52	+10:30	>
7	31	Tomás Linhares	2007	AMONT	POR 	01:04:22	+16:00	
8	110	Afonso Duarte	2006	SCUT	POR 	01:07:43	+19:21	> > >

10Km Sub18 Masculino - 10.00Km

Race Analysis

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND
1	101	Leandro Silva	02/05/2007	MAC	POR 	48:21	
00:04:45 00:04:48 00:04:49 00:04:43 00:04:57 00:04:49 00:04:51 00:04:55 00:04:57 00:04:48							
00:04:45 00:09:33 00:14:21 00:19:04 00:24:01 00:28:50 00:33:42 00:38:37 00:43:33 00:48:21							
2	94	Eduardo Camarate	17/11/2006	JV	POR 	49:10	+00:48
00:04:45 00:04:48 00:04:48 00:04:49 00:04:51 00:04:50 00:05:05 00:04:59 00:04:55 00:05:20							
00:04:45 00:09:33 00:14:21 00:19:10 00:24:01 00:28:51 00:33:56 00:38:55 00:43:50 00:49:10							
3	36	Bruno Coelho	19/04/2006	CAS	POR 	52:20	+03:58
00:04:53 00:05:04 00:05:14 00:05:28 00:05:22 00:05:17 00:05:17 00:05:19 00:05:11							
00:04:53 00:09:56 00:15:10 00:20:38 00:26:00 00:31:16 00:36:33 00:41:50 00:47:09 00:52:20							
4	111	David Ferreira	17/05/2007	SCUT	POR 	55:41	+07:20
00:05:09 00:05:36 00:05:35 00:05:32 00:05:40 00:05:39 00:05:37 00:05:45 00:05:40 00:05:28							
00:05:09 00:10:45 00:16:20 00:21:53 00:27:33 00:33:12 00:38:49 00:44:33 00:50:13 00:55:41							
5	78	André Moreira	15/05/2006	GDP-L	POR 	57:30	+09:08
00:05:06 00:05:22 00:05:31 00:05:56 00:05:55 00:05:50 00:05:57 00:06:02 00:06:04 00:05:48							
00:05:06 00:10:28 00:15:58 00:21:55 00:27:50 00:33:40 00:39:37 00:45:38 00:51:42 00:57:30							
6	90	Alex Valente	26/05/2006	Grecas	POR 	58:52	+10:30
00:05:40 00:05:45 00:05:56 00:05:56 00:06:02 00:06:04 00:05:56 00:05:55 00:05:56 00:05:43							
00:05:40 00:11:25 00:17:21 00:23:16 00:29:18 00:35:21 00:41:18 00:47:12 00:53:09 00:58:52							
7	31	Tomás Linhares	25/11/2007	AMONT	POR 	01:04:22	+16:00
00:06:10 00:06:24 00:06:35 00:06:24 00:06:34 00:06:30 00:06:35 00:06:27 00:06:26 00:06:17							
00:06:10 00:12:34 00:19:09 00:25:33 00:32:08 00:38:38 00:45:13 00:51:39 00:58:05 01:04:22							
8	110	Afonso Duarte	29/11/2006	SCUT	POR 	01:07:43	+19:21
00:06:19 00:06:31 00:06:33 00:06:49 00:06:59 00:07:01 00:06:53 00:07:20 00:05:37 00:07:42							
00:06:19 00:12:50 00:19:23 00:26:11 00:33:10 00:40:12 00:47:04 00:54:24 01:00:00 01:07:43							

10Km Sub20 Feminino - 10.00Km

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:15	13.2°C	81%
End	12:23	19.9°C	77%

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND	CARDS
1	96	Beatriz Gonçalves	2004	LAVRA	POR 	52:52		
2	109	Carolina Dias	2005	SCP	POR 	54:14	+01:21	~
3	27	Carina Ferreira	2004	ADCCJC	POR 	55:37	+02:44	
4	118	Inês Belbute	2005	ACDRA	POR 	01:00:04	+07:12	
5	66	Maria Lavos	2004	CRDP	POR 	01:06:40	+13:48	
6	65	Soraia Marques	2005	CRDP	POR 	01:07:08	+14:15	
7	64	Carolina Silva	2005	CRDP	POR 	01:11:26	+18:33	> > ~
8	49	Beatriz Lopes	2005	COP	POR 	01:18:53	+26:01	> >

10Km Sub20 Feminino - 10.00Km

Race Analysis

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND
1	96	Beatriz Gonçalves	15/09/2004	LAVRA	POR 	52:52	
00:05:16 00:05:19 00:05:17 00:05:21 00:05:18 00:05:17 00:05:19 00:05:19 00:05:17 00:05:07 00:05:16 00:10:36 00:15:53 00:21:14 00:26:32 00:31:49 00:37:09 00:42:28 00:47:45 00:52:52							
2	109	Carolina Dias	19/11/2005	SCP	POR 	54:14	+01:21
00:05:32 00:05:34 00:05:33 00:05:36 00:05:25 00:05:21 00:05:24 00:05:21 00:05:20 00:05:08 00:05:32 00:11:06 00:16:39 00:22:14 00:27:40 00:33:01 00:38:25 00:43:46 00:49:06 00:54:14							
3	27	Carina Ferreira	02/07/2004	ADCCJC	POR 	55:37	+02:44
00:05:25 00:05:31 00:05:32 00:05:33 00:05:29 00:05:29 00:05:27 00:05:44 00:05:41 00:05:45 00:05:25 00:10:56 00:16:28 00:22:01 00:27:31 00:33:00 00:38:27 00:44:11 00:49:52 00:55:37							
4	118	Inês Belbute	28/12/2005	ACDRA	POR 	01:00:04	+07:12
00:05:49 00:06:05 00:06:02 00:06:02 00:06:02 00:06:02 00:06:01 00:06:04 00:06:06 00:05:51 00:05:49 00:11:54 00:17:56 00:23:58 00:30:00 00:36:02 00:42:03 00:48:07 00:54:13 01:00:04							
5	66	Maria Lavos	25/06/2004	CRDP	POR 	01:06:40	+13:48
00:06:21 00:06:51 00:07:01 00:07:06 00:06:55 00:06:47 00:06:29 00:06:33 00:06:30 00:06:05 00:06:21 00:13:13 00:20:14 00:27:20 00:34:16 00:41:03 00:47:32 00:54:06 01:00:36 01:06:40							
6	65	Soraia Marques	12/08/2005	CRDP	POR 	01:07:08	+14:15
00:06:28 00:07:17 00:07:09 00:06:45 00:06:45 00:06:40 00:06:29 00:06:32 00:06:32 00:06:32 00:06:28 00:13:45 00:20:54 00:27:38 00:34:23 00:41:03 00:47:32 00:54:04 01:00:36 01:07:08							
7	64	Carolina Silva	17/12/2005	CRDP	POR 	01:11:26	+18:33
00:06:21 00:06:54 00:07:23 00:07:01 00:08:01 00:07:00 00:07:13 00:07:13 00:07:09 00:07:09 00:06:21 00:13:15 00:20:39 00:27:40 00:35:41 00:42:41 00:49:54 00:57:07 01:04:16 01:11:26							
8	49	Beatriz Lopes	02/01/2005	COP	POR 	01:18:53	+26:01
00:06:42 00:07:57 00:08:00 00:07:47 00:08:04 00:08:18 00:08:10 00:08:18 00:08:15 00:07:21 00:06:42 00:14:40 00:22:40 00:30:27 00:38:31 00:46:49 00:54:59 01:03:17 01:11:32 01:18:53							

10Km Sub20 Masculino - 10.00Km

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	13.6°C	100%
End	12:23	19.9°C	77%

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND	CARDS
1	107	Guilherme Rodrigues	2004	SCP	POR 	46:58		
2	34	Tiago Sucena	2004	CAMG	POR 	50:44	+03:45	> > >
3	32	Rodrigo Araújo	2005	AMONT	POR 	52:14	+05:16	> > ~
4	43	Filipe Fernandes	2005	CDQ	POR 	58:49	+11:51	
-	93	David Gregório	2005	JV	POR 	DQ 54.7.5		~ > ~ ~

10Km Master Masculino - 10.00Km

Race Analysis

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND
1	112	Ricardo Santos	22/02/1975	SLA	POR 	50:08	
00:04:46 00:04:50 00:04:58 00:05:02 00:05:06 00:05:06 00:05:09 00:05:08 00:05:07 00:04:56							
00:04:46 00:09:36 00:14:34 00:19:36 00:24:41 00:29:48 00:34:56 00:40:05 00:45:12 00:50:08							
2	74	Luís Gil	06/04/1975	GDE	POR 	50:08	+00:00
00:04:45 00:04:47 00:04:50 00:04:57 00:05:08 00:05:09 00:05:10 00:05:12 00:05:12 00:04:57							
00:04:45 00:09:32 00:14:22 00:19:19 00:24:27 00:29:37 00:34:47 00:39:59 00:45:11 00:50:08							
3	11	Luís Silva	26/08/1970	AAC	POR 	50:54	+00:46
00:04:45 00:04:49 00:04:54 00:05:01 00:05:04 00:05:03 00:05:10 00:05:12 00:05:17 00:05:39							
00:04:45 00:09:34 00:14:28 00:19:29 00:24:34 00:29:37 00:34:47 00:39:59 00:45:15 00:50:54							
4	22	Pedro Martins	12/01/1968	ACRSD	POR 	52:13	+02:05
00:05:03 00:05:11 00:05:14 00:05:17 00:05:15 00:05:12 00:05:19 00:05:18 00:05:13 00:05:11							
00:05:03 00:10:14 00:15:28 00:20:45 00:26:00 00:31:12 00:36:32 00:41:50 00:47:03 00:52:13							
5	62	Flávio Ramalho	30/12/1984	CRDP	POR 	53:41	+03:33
00:05:01 00:05:14 00:05:17 00:05:24 00:05:23 00:05:26 00:05:31 00:05:35 00:05:32 00:05:18							
00:05:01 00:10:15 00:15:32 00:20:56 00:26:19 00:31:45 00:37:16 00:42:51 00:48:23 00:53:41							
6	35	Luís Bidarra	05/04/1971	CAS	POR 	54:02	+03:54
00:05:04 00:05:13 00:05:14 00:05:18 00:05:21 00:05:24 00:05:30 00:05:30 00:05:47 00:05:41							
00:05:04 00:10:16 00:15:31 00:20:49 00:26:10 00:31:34 00:37:04 00:42:34 00:48:21 00:54:02							
7	115	Luís Sousa	16/04/1974	SUOV	POR 	54:53	+04:45
00:05:04 00:05:23 00:05:31 00:05:29 00:05:31 00:05:33 00:05:38 00:05:31 00:05:40 00:05:33							
00:05:04 00:10:27 00:15:58 00:21:27 00:26:58 00:32:31 00:38:09 00:43:40 00:49:20 00:54:53							
8	53	Henrique Lavos	07/05/1966	CRDP	POR 	55:52	+05:43
00:05:13 00:05:32 00:05:36 00:05:35 00:05:37 00:05:38 00:05:39 00:05:43 00:05:44 00:05:34							
00:05:13 00:10:45 00:16:21 00:21:56 00:27:34 00:33:12 00:38:51 00:44:34 00:50:18 00:55:52							
9	116	Ludovino Dias	24/07/1980	COP	POR 	56:40	+06:32
00:05:40 00:05:44 00:05:44 00:05:39 00:05:37 00:05:39 00:05:37 00:05:41 00:05:42 00:05:36							
00:05:40 00:11:24 00:17:07 00:22:47 00:28:24 00:34:03 00:39:41 00:45:22 00:51:04 00:56:40							
10	14	Aurélio Costa	05/05/1968	ACA	POR 	57:41	+07:33
00:05:55 00:05:48 00:05:41 00:05:41 00:05:43 00:05:45 00:05:47 00:05:49 00:05:48 00:05:45							
00:05:55 00:11:43 00:17:23 00:23:04 00:28:48 00:34:33 00:40:19 00:46:08 00:51:56 00:57:41							
11	13	Francisco Mateus	01/06/1965	ACA	POR 	59:44	+09:36
00:05:56 00:05:51 00:05:47 00:06:00 00:06:08 00:06:04 00:05:56 00:06:02 00:06:04 00:05:57							
00:05:56 00:11:47 00:17:34 00:23:34 00:29:42 00:35:45 00:41:41 00:47:43 00:53:47 00:59:44							
12	61	Vítor Hugo Candeias	24/07/1983	CRDP	POR 	59:51	+09:42
00:05:39 00:05:45 00:05:56 00:05:56 00:06:02 00:06:03 00:05:56 00:06:17 00:06:16 00:06:00							
00:05:39 00:11:24 00:17:20 00:23:16 00:29:18 00:35:21 00:41:17 00:47:35 00:53:51 00:59:51							
13	39	Daniel Cabrita	16/05/1973	CATUNES	POR 	01:00:21	+10:12
00:05:55 00:05:55 00:06:05 00:06:07 00:06:08 00:06:10 00:06:01 00:06:05 00:06:04 00:05:51							
00:05:55 00:11:50 00:17:55 00:24:01 00:30:09 00:36:19 00:42:21 00:48:25 00:54:30 01:00:21							

10Km Master Masculino - 10.00Km

Race Analysis

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND
14	15	Fernando Ferreira	28/12/1973	ACA	POR 	01:00:46	+10:38
00:06:15 00:06:14 00:06:07 00:06:01 00:05:57 00:06:08 00:06:04 00:06:04 00:06:05 00:05:52							
00:06:15 00:12:29 00:18:36 00:24:36 00:30:33 00:36:41 00:42:45 00:48:49 00:54:54 01:00:46							
15	12	José Magalhães	30/10/1954	ACA	POR 	01:01:46	+11:37
00:06:04 00:06:03 00:06:10 00:06:10 00:06:11 00:06:15 00:06:13 00:06:12 00:06:20 00:06:07							
00:06:04 00:12:07 00:18:17 00:24:27 00:30:39 00:36:54 00:43:06 00:49:18 00:55:38 01:01:46							
16	38	João Rodrigues	27/11/1959	CATUNES	POR 	01:04:14	+14:06
00:06:18 00:06:18 00:06:15 00:06:18 00:06:24 00:06:31 00:06:30 00:06:31 00:06:38 00:06:31							
00:06:18 00:12:36 00:18:51 00:25:09 00:31:33 00:38:04 00:44:35 00:51:05 00:57:43 01:04:14							
17	73	José Oliveira	26/07/1957	GDAÁ	POR 	01:07:26	+17:18
00:06:18 00:06:19 00:06:24 00:06:37 00:06:48 00:06:56 00:06:56 00:06:57 00:07:07 00:07:03							
00:06:18 00:12:38 00:19:02 00:25:39 00:32:27 00:39:23 00:46:19 00:53:16 01:00:23 01:07:26							
18	79	Joaquim Leitão	06/02/1956	GDSD	POR 	01:09:10	+19:02
00:06:22 00:06:39 00:06:44 00:06:47 00:06:57 00:07:04 00:07:12 00:07:11 00:06:59 00:07:14							
00:06:22 00:13:02 00:19:46 00:26:33 00:33:30 00:40:35 00:47:47 00:54:57 01:01:56 01:09:10							
19	80	Gonçalo Rebelo	31/12/1958	GDSD	POR 	01:11:15	+21:07
00:06:13 00:06:28 00:06:54 00:07:07 00:07:15 00:07:18 00:07:26 00:07:30 00:07:24 00:07:39							
00:06:13 00:12:41 00:19:35 00:26:42 00:33:57 00:41:16 00:48:42 00:56:12 01:03:36 01:11:15							
20	16	Pedro Policiano	23/11/1977	ACA	POR 	01:14:23	+24:14
00:07:07 00:07:33 00:07:40 00:07:26 00:07:25 00:07:40 00:07:29 00:07:28 00:07:19 00:07:15							
00:07:07 00:14:41 00:22:20 00:29:46 00:37:12 00:44:51 00:52:20 00:59:49 01:07:08 01:14:23							
21	54	Paulo Jesus	30/05/1971	CRDP	POR 	01:21:40	+31:32
00:07:47 00:07:54 00:07:58 00:08:03 00:08:11 00:08:20 00:08:19 00:08:17 00:08:29 00:08:23							
00:07:47 00:15:40 00:23:38 00:31:41 00:39:52 00:48:12 00:56:31 01:04:48 01:13:17 01:21:40							
22	51	Joaquim Figueiredo	12/06/1957	CRDP	POR 	01:33:38	+43:30
00:08:52 00:09:28 00:09:12 00:09:21 00:09:24 00:09:26 00:09:20 00:09:32 00:09:40 00:09:24							
00:08:52 00:18:19 00:27:31 00:36:52 00:46:16 00:55:41 01:05:02 01:14:34 01:24:14 01:33:38							
-	88	Jaime Santos	22/05/1972	Grecas	POR 	DNF	
00:05:03 00:05:14 00:05:21 00:05:58 00:06:11 00:07:19 00:06:21							
00:05:03 00:10:17 00:15:38 00:21:36 00:27:47 00:35:06 00:41:26							

10Km Master Feminino - 10.00Km

OFFICIAL RESULT

Time	Temperature	Humidity
Start 10:14	15.9°C	100%
End 12:23	19.9°C	77%

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND	CARDS
1	85	Kristina Saltanovic	1975	GDSD	LTU	 52:06		
2	21	Sandra Silva	1975	ACPV	POR	 54:05	+01:59	
3	42	Marisa Pereira	1980	CDP	POR	 57:04	+04:58	
4	70	Júlia Sousa	1969	EAT	POR	 57:38	+05:32	
5	87	Lídia Pereira	1967	Grecas	POR	 58:00	+05:54	
6	83	Felicidade Rosa	1979	GDSD	POR	 58:01	+05:55	
7	58	Elisabete Silva	1979	CRDP	POR	 01:00:24	+08:18	
8	23	Helena Miranda	1985	ACRSD	POR	 01:01:24	+09:18	
9	69	Sandra Campos	1977	CSGAIA	POR	 01:01:52	+09:46	
10	56	Filipa Morgado	1973	CRDP	POR	 01:04:31	+12:25	
11	84	Matilde Morgado	1976	GDSD	POR	 01:06:58	+14:52	
12	33	Maria Fátima Costa	1971	CAG	POR	 01:08:30	+16:24	
13	117	Rosina Ramos	1983	ind	POR	 01:09:40	+17:34	> > >
14	26	Elisabete Barbosa	1973	ADCCJC	POR	 01:11:30	+19:24	
15	82	Paula Maurício	1965	GDSD	POR	 01:13:16	+21:10	
16	25	Adélia Tavares	1967	ADCCJC	POR	 01:14:16	+22:10	
17	59	Cátia Rodrigues	1980	CRDP	POR	 01:14:38	+22:32	
18	52	Maria Henriques	1958	CRDP	POR	 01:15:29	+23:23	
19	57	Ana Costa	1977	CRDP	POR	 01:15:29	+23:23	
20	17	Sónia Monteiro	1980	ACA	POR	 01:19:55	+27:49	
21	81	Teresa Medeiros	1960	GDSD	POR	 01:30:49	+38:43	>
22	63	Andreia Almeida	1986	CRDP	POR	 01:33:04	+40:58	>

10Km Master Feminino - 10.00Km

Race Analysis

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND
1	85	Kristina Saltanovic	20/02/1975	GDSD	LTU 	52:06	
00:05:02 00:05:07 00:05:08 00:05:10 00:05:11 00:05:14 00:05:16 00:05:18 00:05:19 00:05:20 00:05:02 00:10:09 00:15:17 00:20:27 00:25:39 00:30:53 00:36:09 00:41:27 00:46:46 00:52:06							
2	21	Sandra Silva	21/09/1975	ACPV	POR 	54:05	+01:59
00:05:07 00:05:15 00:05:20 00:05:26 00:05:28 00:05:30 00:05:32 00:05:33 00:05:33 00:05:21 00:05:07 00:10:22 00:15:42 00:21:08 00:26:36 00:32:06 00:37:38 00:43:11 00:48:44 00:54:05							
3	42	Marisa Pereira	16/09/1980	CDP	POR 	57:04	+04:58
00:05:38 00:05:43 00:05:45 00:05:44 00:05:45 00:05:43 00:05:46 00:05:45 00:05:44 00:05:31 00:05:38 00:11:21 00:17:06 00:22:50 00:28:35 00:34:18 00:40:04 00:45:49 00:51:32 00:57:04							
4	70	Júlia Sousa	05/02/1969	EAT	POR 	57:38	+05:32
00:05:38 00:05:43 00:05:45 00:05:44 00:05:49 00:05:48 00:05:51 00:05:54 00:05:47 00:05:38 00:05:38 00:11:21 00:17:06 00:22:51 00:28:39 00:34:28 00:40:19 00:46:13 00:52:00 00:57:38							
5	87	Lídia Pereira	07/04/1967	Grecas	POR 	58:00	+05:54
00:05:39 00:05:48 00:05:53 00:05:52 00:05:47 00:05:48 00:05:45 00:05:54 00:05:48 00:05:45 00:05:39 00:11:27 00:17:20 00:23:12 00:28:59 00:34:47 00:40:32 00:46:26 00:52:14 00:58:00							
6	83	Felicidade Rosa	03/01/1979	GDSD	POR 	58:01	+05:55
00:05:07 00:05:15 00:05:29 00:05:41 00:05:47 00:05:56 00:05:59 00:06:08 00:06:11 00:06:28 00:05:07 00:10:22 00:15:51 00:21:31 00:27:18 00:33:14 00:39:14 00:45:22 00:51:33 00:58:01							
7	58	Elisabete Silva	17/03/1979	CRDP	POR 	01:00:24	+08:18
00:05:52 00:06:05 00:06:06 00:06:00 00:05:56 00:06:01 00:06:10 00:06:13 00:06:13 00:05:47 00:05:52 00:11:57 00:18:03 00:24:03 00:30:00 00:36:01 00:42:11 00:48:24 00:54:37 01:00:24							
8	23	Helena Miranda	19/09/1985	ACRSD	POR 	01:01:24	+09:18
00:05:51 00:06:10 00:06:05 00:06:00 00:06:10 00:06:10 00:06:12 00:06:13 00:06:13 00:06:20 00:05:51 00:12:01 00:18:06 00:24:05 00:30:15 00:36:25 00:42:37 00:48:50 00:55:03 01:01:24							
9	69	Sandra Campos	12/04/1977	CSGAIA	POR 	01:01:52	+09:46
00:05:43 00:05:51 00:05:59 00:06:04 00:06:10 00:06:13 00:06:16 00:06:23 00:06:32 00:06:41 00:05:43 00:11:34 00:17:33 00:23:36 00:29:47 00:35:59 00:42:15 00:48:39 00:55:11 01:01:52							
10	56	Filipa Morgado	15/05/1973	CRDP	POR 	01:04:31	+12:25
00:06:15 00:06:26 00:06:28 00:06:31 00:06:29 00:06:29 00:06:31 00:06:32 00:06:36 00:06:16 00:06:15 00:12:40 00:19:08 00:25:39 00:32:08 00:38:37 00:45:08 00:51:40 00:58:15 01:04:31							
11	84	Matilde Morgado	08/06/1976	GDSD	POR 	01:06:58	+14:52
00:06:29 00:06:31 00:06:38 00:06:39 00:06:44 00:06:43 00:06:51 00:06:52 00:06:56 00:06:35 00:06:29 00:12:59 00:19:38 00:26:16 00:33:01 00:39:44 00:46:34 00:53:27 01:00:23 01:06:58							
12	33	Maria Fátima Costa	01/12/1971	CAG	POR 	01:08:30	+16:24
00:06:30 00:06:30 00:06:45 00:06:46 00:06:56 00:07:05 00:06:59 00:07:01 00:07:05 00:06:52 00:06:30 00:13:00 00:19:45 00:26:31 00:33:27 00:40:33 00:47:32 00:54:33 01:01:38 01:08:30							
13	117	Rosina Ramos	16/05/1983	ind	POR 	01:09:40	+17:34
00:06:31 00:06:54 00:07:50 00:06:35 00:06:51 00:06:59 00:06:52 00:06:58 00:07:01 00:07:08 00:06:31 00:13:25 00:21:16 00:27:51 00:34:42 00:41:41 00:48:34 00:55:32 01:02:33 01:09:40							

10Km Master Feminino - 10.00Km

Race Analysis

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND
14	26	Elisabete Barbosa	10/05/1973	ADCCJC	POR 	01:11:30	+19:24
00:07:05 00:07:24 00:07:25 00:07:14 00:07:08 00:07:09 00:07:06 00:07:08 00:06:57 00:06:54 00:07:05 00:14:30 00:21:55 00:29:09 00:36:16 00:43:25 00:50:31 00:57:39 01:04:36 01:11:30							
15	82	Paula Maurício	03/01/1965	GDSD	POR 	01:13:16	+21:10
00:06:52 00:07:05 00:07:06 00:07:06 00:07:10 00:07:21 00:07:30 00:07:36 00:07:41 00:07:49 00:06:52 00:13:57 00:21:03 00:28:09 00:35:19 00:42:40 00:50:10 00:57:46 01:05:27 01:13:16							
16	25	Adélia Tavares	06/03/1967	ADCCJC	POR 	01:14:16	+22:10
00:07:15 00:07:28 00:07:19 00:07:26 00:07:36 00:07:22 00:07:27 00:07:33 00:07:34 00:07:17 00:07:15 00:14:43 00:22:02 00:29:28 00:37:04 00:44:26 00:51:53 00:59:25 01:06:59 01:14:16							
17	59	Cátia Rodrigues	20/11/1980	CRDP	POR 	01:14:38	+22:32
00:07:37 00:07:32 00:07:16 00:07:18 00:07:18 00:07:25 00:07:26 00:07:33 00:07:35 00:07:38 00:07:37 00:15:09 00:22:26 00:29:44 00:37:02 00:44:27 00:51:53 00:59:26 01:07:01 01:14:38							
18	52	Maria Henriques	19/03/1958	CRDP	POR 	01:15:29	+23:23
00:07:38 00:07:37 00:07:30 00:07:28 00:07:38 00:07:40 00:07:38 00:07:39 00:07:25 00:07:17 00:07:38 00:15:15 00:22:45 00:30:13 00:37:51 00:45:31 00:53:08 01:00:47 01:08:12 01:15:29							
19	57	Ana Costa	04/02/1977	CRDP	POR 	01:15:29	+23:23
00:07:37 00:07:37 00:07:35 00:07:24 00:07:35 00:07:32 00:07:38 00:07:39 00:07:36 00:07:17 00:07:37 00:15:14 00:22:49 00:30:13 00:37:48 00:45:20 00:52:57 01:00:36 01:08:12 01:15:29							
20	17	Sónia Monteiro	07/10/1980	ACA	POR 	01:19:55	+27:49
00:07:18 00:07:33 00:07:44 00:07:51 00:07:41 00:09:29 00:07:45 00:08:04 00:08:11 00:08:19 00:07:18 00:14:51 00:22:35 00:30:26 00:38:07 00:47:36 00:55:20 01:03:25 01:11:36 01:19:55							
21	81	Teresa Medeiros	24/10/1960	GDSD	POR 	01:30:49	+38:43
00:08:26 00:08:31 00:08:41 00:08:48 00:08:56 00:09:11 00:09:22 00:09:31 00:09:42 00:09:40 00:08:26 00:16:57 00:25:38 00:34:26 00:43:22 00:52:33 01:01:55 01:11:27 01:21:09 01:30:49							
22	63	Andreia Almeida	04/04/1986	CRDP	POR 	01:33:04	+40:58
00:08:49 00:09:32 00:09:28 00:09:27 00:09:11 00:09:10 00:09:22 00:09:19 00:09:21 00:09:25 00:08:49 00:18:21 00:27:50 00:37:17 00:46:28 00:55:37 01:05:00 01:14:19 01:23:40 01:33:04							

10Km Master Masculino - 10.00Km

OFFICIAL RESULT

Start	Time	Temperature	Humidity
	10:30	15.9°C	100%
End	12:23	19.9°C	77%

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND	CARDS
1	112	Ricardo Santos	1975	SLA	POR 	50:08		
2	74	Luís Gil	1975	GDE	POR 	50:08	+00:00	
3	11	Luís Silva	1970	AAC	POR 	50:54	+00:46	
4	22	Pedro Martins	1968	ACRSD	POR 	52:13	+02:05	
5	62	Flávio Ramalho	1984	CRDP	POR 	53:41	+03:33	~
6	35	Luís Bidarra	1971	CAS	POR 	54:02	+03:54	
7	115	Luís Sousa	1974	SUOV	POR 	54:53	+04:45	> >
8	53	Henrique Lavos	1966	CRDP	POR 	55:52	+05:43	
9	116	Ludovino Dias	1980	COP	POR 	56:40	+06:32	
10	14	Aurélio Costa	1968	ACA	POR 	57:41	+07:33	
11	13	Francisco Mateus	1965	ACA	POR 	59:44	+09:36	
12	61	Vítor Hugo Candeias	1983	CRDP	POR 	59:51	+09:42	>
13	39	Daniel Cabrita	1973	CATUNES	POR 	01:00:21	+10:12	
14	15	Fernando Ferreira	1973	ACA	POR 	01:00:46	+10:38	
15	12	José Magalhães	1954	ACA	POR 	01:01:46	+11:37	
16	38	João Rodrigues	1959	CATUNES	POR 	01:04:14	+14:06	
17	73	José Oliveira	1957	GDAA	POR 	01:07:26	+17:18	
18	79	Joaquim Leitão	1956	GDSD	POR 	01:09:10	+19:02	
19	80	Gonçalo Rebelo	1958	GDSD	POR 	01:11:15	+21:07	
20	16	Pedro Policiano	1977	ACA	POR 	01:14:23	+24:14	
21	54	Paulo Jesus	1971	CRDP	POR 	01:21:40	+31:32	>
22	51	Joaquim Figueiredo	1957	CRDP	POR 	01:33:38	+43:30	> >
-	88	Jaime Santos	1972	Grecas	POR 	DNF		

10Km Master Masculino - 10.00Km

Race Analysis

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND
1	112	Ricardo Santos	22/02/1975	SLA	POR 	50:08	
00:04:46 00:04:50 00:04:58 00:05:02 00:05:06 00:05:06 00:05:09 00:05:08 00:05:07 00:04:56							
00:04:46 00:09:36 00:14:34 00:19:36 00:24:41 00:29:48 00:34:56 00:40:05 00:45:12 00:50:08							
2	74	Luís Gil	06/04/1975	GDE	POR 	50:08	+00:00
00:04:45 00:04:47 00:04:50 00:04:57 00:05:08 00:05:09 00:05:10 00:05:12 00:05:12 00:04:57							
00:04:45 00:09:32 00:14:22 00:19:19 00:24:27 00:29:37 00:34:47 00:39:59 00:45:11 00:50:08							
3	11	Luís Silva	26/08/1970	AAC	POR 	50:54	+00:46
00:04:45 00:04:49 00:04:54 00:05:01 00:05:04 00:05:03 00:05:10 00:05:12 00:05:17 00:05:39							
00:04:45 00:09:34 00:14:28 00:19:29 00:24:34 00:29:37 00:34:47 00:39:59 00:45:15 00:50:54							
4	22	Pedro Martins	12/01/1968	ACRSD	POR 	52:13	+02:05
00:05:03 00:05:11 00:05:14 00:05:17 00:05:15 00:05:12 00:05:19 00:05:18 00:05:13 00:05:11							
00:05:03 00:10:14 00:15:28 00:20:45 00:26:00 00:31:12 00:36:32 00:41:50 00:47:03 00:52:13							
5	62	Flávio Ramalho	30/12/1984	CRDP	POR 	53:41	+03:33
00:05:01 00:05:14 00:05:17 00:05:24 00:05:23 00:05:26 00:05:31 00:05:35 00:05:32 00:05:18							
00:05:01 00:10:15 00:15:32 00:20:56 00:26:19 00:31:45 00:37:16 00:42:51 00:48:23 00:53:41							
6	35	Luís Bidarra	05/04/1971	CAS	POR 	54:02	+03:54
00:05:04 00:05:13 00:05:14 00:05:18 00:05:21 00:05:24 00:05:30 00:05:30 00:05:47 00:05:41							
00:05:04 00:10:16 00:15:31 00:20:49 00:26:10 00:31:34 00:37:04 00:42:34 00:48:21 00:54:02							
7	115	Luís Sousa	16/04/1974	SUOV	POR 	54:53	+04:45
00:05:04 00:05:23 00:05:31 00:05:29 00:05:31 00:05:33 00:05:38 00:05:31 00:05:40 00:05:33							
00:05:04 00:10:27 00:15:58 00:21:27 00:26:58 00:32:31 00:38:09 00:43:40 00:49:20 00:54:53							
8	53	Henrique Lavos	07/05/1966	CRDP	POR 	55:52	+05:43
00:05:13 00:05:32 00:05:36 00:05:35 00:05:37 00:05:38 00:05:39 00:05:43 00:05:44 00:05:34							
00:05:13 00:10:45 00:16:21 00:21:56 00:27:34 00:33:12 00:38:51 00:44:34 00:50:18 00:55:52							
9	116	Ludovino Dias	24/07/1980	COP	POR 	56:40	+06:32
00:05:40 00:05:44 00:05:44 00:05:39 00:05:37 00:05:39 00:05:37 00:05:41 00:05:42 00:05:36							
00:05:40 00:11:24 00:17:07 00:22:47 00:28:24 00:34:03 00:39:41 00:45:22 00:51:04 00:56:40							
10	14	Aurélio Costa	05/05/1968	ACA	POR 	57:41	+07:33
00:05:55 00:05:48 00:05:41 00:05:41 00:05:43 00:05:45 00:05:47 00:05:49 00:05:48 00:05:45							
00:05:55 00:11:43 00:17:23 00:23:04 00:28:48 00:34:33 00:40:19 00:46:08 00:51:56 00:57:41							
11	13	Francisco Mateus	01/06/1965	ACA	POR 	59:44	+09:36
00:05:56 00:05:51 00:05:47 00:06:00 00:06:08 00:06:04 00:05:56 00:06:02 00:06:04 00:05:57							
00:05:56 00:11:47 00:17:34 00:23:34 00:29:42 00:35:45 00:41:41 00:47:43 00:53:47 00:59:44							
12	61	Vítor Hugo Candeias	24/07/1983	CRDP	POR 	59:51	+09:42
00:05:39 00:05:45 00:05:56 00:05:56 00:06:02 00:06:03 00:05:56 00:06:17 00:06:16 00:06:00							
00:05:39 00:11:24 00:17:20 00:23:16 00:29:18 00:35:21 00:41:17 00:47:35 00:53:51 00:59:51							
13	39	Daniel Cabrita	16/05/1973	CATUNES	POR 	01:00:21	+10:12
00:05:55 00:05:55 00:06:05 00:06:07 00:06:08 00:06:10 00:06:01 00:06:05 00:06:04 00:05:51							
00:05:55 00:11:50 00:17:55 00:24:01 00:30:09 00:36:19 00:42:21 00:48:25 00:54:30 01:00:21							

10Km Master Masculino - 10.00Km

Race Analysis

RANK	BIB	NAME	DoB	TEAM	CT. CODE	RESULT	TIME BEHIND
14	15	Fernando Ferreira	28/12/1973	ACA	POR 	01:00:46	+10:38
00:06:15 00:06:14 00:06:07 00:06:01 00:05:57 00:06:08 00:06:04 00:06:04 00:06:05 00:05:52							
00:06:15 00:12:29 00:18:36 00:24:36 00:30:33 00:36:41 00:42:45 00:48:49 00:54:54 01:00:46							
15	12	José Magalhães	30/10/1954	ACA	POR 	01:01:46	+11:37
00:06:04 00:06:03 00:06:10 00:06:10 00:06:11 00:06:15 00:06:13 00:06:12 00:06:20 00:06:07							
00:06:04 00:12:07 00:18:17 00:24:27 00:30:39 00:36:54 00:43:06 00:49:18 00:55:38 01:01:46							
16	38	João Rodrigues	27/11/1959	CATUNES	POR 	01:04:14	+14:06
00:06:18 00:06:18 00:06:15 00:06:18 00:06:24 00:06:31 00:06:30 00:06:31 00:06:38 00:06:31							
00:06:18 00:12:36 00:18:51 00:25:09 00:31:33 00:38:04 00:44:35 00:51:05 00:57:43 01:04:14							
17	73	José Oliveira	26/07/1957	GDAÁ	POR 	01:07:26	+17:18
00:06:18 00:06:19 00:06:24 00:06:37 00:06:48 00:06:56 00:06:56 00:06:57 00:07:07 00:07:03							
00:06:18 00:12:38 00:19:02 00:25:39 00:32:27 00:39:23 00:46:19 00:53:16 01:00:23 01:07:26							
18	79	Joaquim Leitão	06/02/1956	GDSD	POR 	01:09:10	+19:02
00:06:22 00:06:39 00:06:44 00:06:47 00:06:57 00:07:04 00:07:12 00:07:11 00:06:59 00:07:14							
00:06:22 00:13:02 00:19:46 00:26:33 00:33:30 00:40:35 00:47:47 00:54:57 01:01:56 01:09:10							
19	80	Gonçalo Rebelo	31/12/1958	GDSD	POR 	01:11:15	+21:07
00:06:13 00:06:28 00:06:54 00:07:07 00:07:15 00:07:18 00:07:26 00:07:30 00:07:24 00:07:39							
00:06:13 00:12:41 00:19:35 00:26:42 00:33:57 00:41:16 00:48:42 00:56:12 01:03:36 01:11:15							
20	16	Pedro Policiano	23/11/1977	ACA	POR 	01:14:23	+24:14
00:07:07 00:07:33 00:07:40 00:07:26 00:07:25 00:07:40 00:07:29 00:07:28 00:07:19 00:07:15							
00:07:07 00:14:41 00:22:20 00:29:46 00:37:12 00:44:51 00:52:20 00:59:49 01:07:08 01:14:23							
21	54	Paulo Jesus	30/05/1971	CRDP	POR 	01:21:40	+31:32
00:07:47 00:07:54 00:07:58 00:08:03 00:08:11 00:08:20 00:08:19 00:08:17 00:08:29 00:08:23							
00:07:47 00:15:40 00:23:38 00:31:41 00:39:52 00:48:12 00:56:31 01:04:48 01:13:17 01:21:40							
22	51	Joaquim Figueiredo	12/06/1957	CRDP	POR 	01:33:38	+43:30
00:08:52 00:09:28 00:09:12 00:09:21 00:09:24 00:09:26 00:09:20 00:09:32 00:09:40 00:09:24							
00:08:52 00:18:19 00:27:31 00:36:52 00:46:16 00:55:41 01:05:02 01:14:34 01:24:14 01:33:38							
-	88	Jaime Santos	22/05/1972	Grecas	POR 	DNF	
00:05:03 00:05:14 00:05:21 00:05:58 00:06:11 00:07:19 00:06:21							
00:05:03 00:10:17 00:15:38 00:21:36 00:27:47 00:35:06 00:41:26							

10Km Master Feminino

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:15	15.9°C	100%
End	11:47	19.9°C	77%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Veterana F35

1	23	Helena Miranda	ACRSD	Veterana F35	01:01:24	06:08
2	117	Rosina Ramos	ind	Veterana F35	01:09:40	+08:16 06:58
3	63	Andreia Almeida	CRDP	Veterana F35	01:33:04	+31:40 09:18

Veterana F40

1	42	Marisa Pereira	CDP	Veterana F40	57:04	05:42
2	83	Felicidade Rosa	GDSD	Veterana F40	58:01	+00:57 05:48
3	58	Elisabete Silva	CRDP	Veterana F40	01:00:24	+03:20 06:02
4	59	Cátia Rodrigues	CRDP	Veterana F40	01:14:38	+17:34 07:28
5	17	Sónia Monteiro	ACA	Veterana F40	01:19:55	+22:51 07:59

Veterana F45

1	85	Kristina Saltanovic	GDSD	Veterana F45	52:06	05:13
2	21	Sandra Silva	ACPV	Veterana F45	54:05	+01:59 05:25
3	69	Sandra Campos	CSGAIA	Veterana F45	01:01:52	+09:46 06:11
4	56	Filipa Morgado	CRDP	Veterana F45	01:04:31	+12:25 06:27
5	84	Matilde Morgado	GDSD	Veterana F45	01:06:58	+14:52 06:42
6	26	Elisabete Barbosa	ADCCJC	Veterana F45	01:11:30	+19:24 07:09
7	57	Ana Costa	CRDP	Veterana F45	01:15:29	+23:23 07:33

Veterana F50

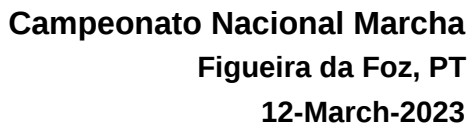
1	70	Júlia Sousa	EAT	Veterana F50	57:38	05:46
2	33	Maria Fátima Costa	CAG	Veterana F50	01:08:30	+10:52 06:51

Veterana F55

1	87	Lídia Pereira	Grecas	Veterana F55	58:00	05:48
2	82	Paula Maurício	GDSD	Veterana F55	01:13:16	+15:16 07:20
3	25	Adélia Tavares	ADCCJC	Veterana F55	01:14:16	+16:16 07:26

Veterana F60

1	52	Maria Henriques	CRDP	Veterana F60	01:15:29	07:33
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10 KM

OFFICIAL RESULT

[illegible]

10Km Master Masculino

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:30	15.9°C	100%
End	12:03	19.9°C	77%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Veterano M35

1	62	Flávio Ramalho	CRDP	Veterano M35	53:41	05:22
2	61	Vítor Hugo Candeias	CRDP	Veterano M35	59:51	+06:09 05:59

Veterano M40

1	116	Ludovino Dias	COP	Veterano M40	56:40	05:40
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Veterano M45

1	112	Ricardo Santos	SLA	Veterano M45	50:08	05:01
2	74	Luís Gil	GDE	Veterano M45	50:08	+00:00 05:01
3	115	Luís Sousa	SUOV	Veterano M45	54:53	+04:45 05:29
4	39	Daniel Cabrita	CATUNES	Veterano M45	01:00:21	+10:12 06:02
5	15	Fernando Ferreira	ACA	Veterano M45	01:00:46	+10:38 06:05
6	16	Pedro Policiano	ACA	Veterano M45	01:14:23	+24:14 07:26

Veterano M50

1	11	Luís Silva	AAC	Veterano M50	50:54	05:05
2	35	Luís Bidarra	CAS	Veterano M50	54:02	+03:07 05:24
3	14	Aurélio Costa	ACA	Veterano M50	57:41	+06:47 05:46
4	54	Paulo Jesus	CRDP	Veterano M50	01:21:40	+30:45 08:10

Veterano M55

1	22	Pedro Martins	ACRSD	Veterano M55	52:13	05:13
2	53	Henrique Lavos	CRDP	Veterano M55	55:52	+03:38 05:35
3	13	Francisco Mateus	ACA	Veterano M55	59:44	+07:30 05:58

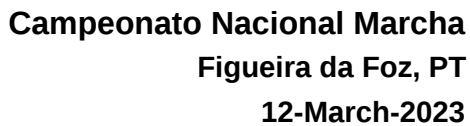
Veterano M60

1	38	João Rodrigues	CATUNES	Veterano M60	01:04:14	06:25
2	80	Gonçalo Rebelo	GDSD	Veterano M60	01:11:15	+07:00 07:08

Veterano M65

1	12	José Magalhães	ACA	Veterano M65	01:01:46	06:11
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Official Timekeeper: Lap2Go	1 / 2	generate 12-Mar-2023 12:43
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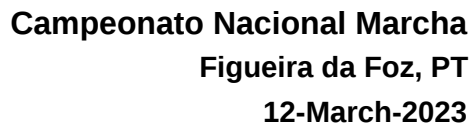


10 KM

OFFICIAL RESULT

[illegible]

2	73	José Oliveira	GDAA	Veterano M65	01:07:26	+05:40	06:45
3	79	Joaquim Leitão	GDSD	Veterano M65	01:09:10	+07:24	06:55
4	51	Joaquim Figueiredo	CRDP	Veterano M65	01:33:38	+31:52	09:22

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 12-Mar-2023 12:19
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MASCULINOS

Rk	Equipas	Pontos	Nr Atletas
1	CRDP	42	5
2	ACA	37	5

FEMININOS

Rk	Equipas	Pontos	Nr Atletas
1	CRDP	44	6
2	GDSD	43	5