

## Rampa Palmela

## Resultados - CATEGORIAS

Pos.	Dorsal	Nome	Equipa	Tempo	Dif.
<b>Convidado</b>					
1.	6	MIGUEL BORREGANA	CE-GONÇALVES/PENACOVA/AZEITONENSE	00:52,52	-
2.	9	MARIA DUARTE	CE-GONÇALVES/PENACOVA/AZEITONENSE	00:57,97	+ 00:05,45
3.	3	DAVI ROCHA	ABTT-AMIGOS B. T. TINTO	01:02,84	+ 00:10,32
4.	44	JOÃO HENRIQUES	INDIVIDUAL	01:02,86	+ 00:10,34
5.	4	PEDRO DIAS	CE-GONÇALVES/PENACOVA/AZEITONENSE	01:06,69	+ 00:14,17
6.	8	AUREA AUGUSTO	CE-GONÇALVES/PENACOVA/AZEITONENSE	01:12,49	+ 00:19,97
7.	2	MARCÓ AFONSO	ABTT-AMIGOS B. T. TINTO	01:27,41	+ 00:34,89
8.	1	RICARDO FERREIRA	EUROPCAR - ASSOCIAÇÃO SALVADOR	02:17,11	+ 01:24,59
DNS	5	JOÃO PATRÍCIO	CE-GONÇALVES/PENACOVA/AZEITONENSE		
<b>E-Bike</b>					
1.	7	FÁBIO ANDRÉ	INDIVIDUAL	00:27,46	-
2.	20	SERGIO RUAS	ADP-ASSOCIAÇÃO D. PALMELENSE	00:31,50	+ 00:04,04
3.	31	ANDRÉ FIDALGO	ABTT-AMIGOS B. T. TINTO	00:36,04	+ 00:08,58
4.	32	HOMÉRO CUSTODIO	ABTT-AMIGOS B. T. TINTO	00:39,34	+ 00:11,88
5.	30	FERNANDO FIDALGO	ABTT-AMIGOS B. T. TINTO	00:41,69	+ 00:14,23
6.	74	LUÍS LESTON	INDIVIDUAL	01:12,68	+ 00:45,22
<b>Master 60+</b>					
1.	46	JOÃO ABREU	ADBN - BIKE NUTRITION SHOP	00:50,68	-
2.	40	MANUEL CAEIRO	ABTT-AMIGOS B. T. TINTO	00:50,74	+ 00:00,06
3.	34	CARLOS GERTRUDES	ABTT-AMIGOS B. T. TINTO	00:50,90	+ 00:00,22
4.	53	MANUEL DOMINGOS	ÁGUIAS DE ALPIARÇA	00:59,96	+ 00:09,28
5.	22	LUIS TAVARES	ADP-ASSOCIAÇÃO D. PALMELENSE	01:12,18	+ 00:21,50
6.	29	CARLOS DAMASIO	ADP-ASSOCIAÇÃO D. PALMELENSE	01:12,23	+ 00:21,55
7.	28	MANUEL PRATAS	ADP-ASSOCIAÇÃO D. PALMELENSE	01:15,77	+ 00:25,09
8.	23	JOSÉ RODRIGUES	ADP-ASSOCIAÇÃO D. PALMELENSE	01:20,25	+ 00:29,57
9.	21	ANTÓNIO SANTOS	ADP-ASSOCIAÇÃO D. PALMELENSE	01:30,74	+ 00:40,06
10.	33	JOSÉ MARTINS	ABTT-AMIGOS B. T. TINTO	01:36,83	+ 00:46,15
11.	54	MANUEL ROCHA	INDIVIDUAL	01:43,29	+ 00:52,61
DNS	68	MANUEL BARÃO	ADP-ASSOCIAÇÃO D. PALMELENSE	01:39,07	
<b>Master 50 M</b>					
1.	66	JOSÉ CORDEIRO	Swick / Casa Benfca Almodôvar	00:37,01	-
2.	55	JOÃO GODINHO	GD SANTANDER	00:39,07	+ 00:02,06
3.	39	RICARDO AFONSO	ABTT-AMIGOS B. T. TINTO	00:42,75	+ 00:05,74
4.	41	FILIFE AMORIM	ABTT-AMIGOS B. T. TINTO	00:46,68	+ 00:09,67
5.	42	ANTÓNIO FONSECA	ABTT-AMIGOS B. T. TINTO	00:48,90	+ 00:11,89
6.	59	RUI JORGE	INDIVIDUAL	00:50,61	+ 00:13,60
7.	43	JOSÉ MATOS	INDIVIDUAL	00:53,15	+ 00:16,14
8.	58	LUÍS CALHA	INDIVIDUAL	00:56,08	+ 00:19,07
9.	35	MÁRIO GEMA	ABTT-AMIGOS B. T. TINTO	01:04,96	+ 00:27,95
10.	37	CARLOS GRILO	ABTT-AMIGOS B. T. TINTO	01:05,08	+ 00:28,07
DNS	18	JOÃO FONSECA	OCS-CYCLING TEAM		
DNS	57	PAULO CRUZ	INDIVIDUAL		
<b>Master 50 F</b>					
1.	47	SILMA SILVA	ADBN - BIKE NUTRITION SHOP	01:13,90	-

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## Resultados - CATEGORIAS

Pos.	Dorsal	Nome	Equipa	Tempo	Dif.
<b>Master 40 M</b>					
1.	76	ANDRÉ HENRIQUES	INDIVIDUAL	00:40,54	-
2.	60	JOÃO COSTA	INDIVIDUAL	00:41,73	+ 00:01,19
3.	17	MÁRIO CARPELHO	OCS-CYCLING TEAM	00:41,98	+ 00:01,44
4.	13	JOÃO FERREIRA	OCS-CYCLING TEAM	00:42,24	+ 00:01,70
5.	48	GUILHERME CARVALHO	ADBN - BIKE NUTRITION SHOP	00:42,84	+ 00:02,30
6.	24	RUI PEREIRA	ADP-ASSOCIAÇÃO D. PALMELENSE	00:42,94	+ 00:02,40
7.	11	BRUNO XAVIER	OCS-CYCLING TEAM	00:44,13	+ 00:03,59
8.	45	PEDRO BORREGANA	CE-GONÇALVES/PENACOVA/AZEITONENSE	00:45,67	+ 00:05,13
9.	10	JOÃO VENTURA	INDIVIDUAL	00:45,73	+ 00:05,19
10.	75	DANIEL RODRIGUES	INDIVIDUAL	00:53,29	+ 00:12,75
11.	38	NUNO SARGAÇO	ABTT-AMIGOS B. T. TINTO	00:56,85	+ 00:16,31
12.	25	VALDEMIRO ALVES	ADP-ASSOCIAÇÃO D. PALMELENSE	00:57,94	+ 00:17,40
13.	71	CARLOS AUGUSTO	CE-GONÇALVES/PENACOVA/AZEITONENSE	01:01,65	+ 00:21,11
DNS	15	NUNO RODRIGUES	OCS-CYCLING TEAM		
<b>Master 40 F</b>					
1.	77	MIRIAM SILVA	INDIVIDUAL	00:52,18	-
2.	70	SANDRA AUGUSTO	CE-GONÇALVES/PENACOVA/AZEITONENSE	02:35,23	+ 01:43,05
<b>Master 30 M</b>					
1.	16	JOÃO BATATA	OCS-CYCLING TEAM	00:33,86	-
2.	62	PEDRO RIBEIRO	AUTOMOVEIS RIBEIRO-GDVP	00:34,07	+ 00:00,21
3.	63	HUGO FERREIRA	INDIVIDUAL	00:34,87	+ 00:01,01
4.	14	IVAN GOMES	OCS-CYCLING TEAM	00:36,40	+ 00:02,54
5.	52	GIL BRANDÃO	UCA-UNIÃO C. ALENTEJO	00:36,53	+ 00:02,67
6.	12	PEDRO CARPELHO	OCS-CYCLING TEAM	00:37,20	+ 00:03,34
7.	50	ANDRÉ FERNANDES	ADBN - BIKE NUTRITION SHOP	00:38,77	+ 00:04,91
8.	19	DIOGO MATEUS	OCS-CYCLING TEAM	00:44,18	+ 00:10,32
9.	26	LUCAS GOIS	ADP-ASSOCIAÇÃO D. PALMELENSE	00:44,30	+ 00:10,44
10.	36	MÁRIO SAFARA	ABTT-AMIGOS B. T. TINTO	00:46,94	+ 00:13,08
11.	78	FRANCISCO MORGADO	INDIVIDUAL	00:47,73	+ 00:13,87
DNS	49	JOÃO BRANCO	ADBN - BIKE NUTRITION SHOP		
DNS	61	FÁBIO FERRÃO	INDIVIDUAL		
DNS	64	TIAGO CARDOSO	INDIVIDUAL		
<b>Elite</b>					
1.	56	RAFAEL GODINHO	INDIVIDUAL	00:35,79	-
2.	69	RAFAEL PRAZERES	INDIVIDUAL	00:38,33	+ 00:02,54
3.	73	GERMANO ARROYO	UCA-UNIÃO C. ALENTEJO	00:39,21	+ 00:03,42
4.	65	FABIO JORGE	INDIVIDUAL	00:49,90	+ 00:14,11
<b>Juniores M</b>					
1.	67	JOÃO BAILONA	ADP-ASSOCIAÇÃO D. PALMELENSE	00:51,10	-
<b>Cadetes</b>					
1.	72	FRANCISCO DIAS	CE-GONÇALVES/PENACOVA/AZEITONENSE	00:46,36	-
<b>Juniores F</b>					
1.	79	LETICIA MAGALHÃES	INDIVIDUAL	00:52,15	-
2.	80	IRIS AUGUSTO	ACADEMIA EFAPEL DE CICLISMO	01:22,07	+ 00:29,92

# Rampa Palmela

## Resultados - GERAL

Pos.	Dorsal	Nome	Cat.	Equipa	Tempo	Dif.
1	16	JOÃO BATATA	M30 M	OCS-CYCLING TEAM	00:33,86	-
2	62	PEDRO RIBEIRO	M30 M	AUTOMOVEIS RIBEIRO-GDVP	00:34,07	+ 00:00,21
3	63	HUGO FERREIRA	M30 M	INDIVIDUAL	00:34,87	+ 00:01,01
4	56	RAFAEL GODINHO	ME	INDIVIDUAL	00:35,79	+ 00:01,93
5	14	IVAN GOMES	M30 M	OCS-CYCLING TEAM	00:36,40	+ 00:02,54
6	52	GIL BRANDÃO	M30 M	UCA-UNIÃO C. ALENTEJO	00:36,53	+ 00:02,67
7	66	JOSÉ CORDEIRO	M50 M	Swick / Casa Benfica Almodôvar	00:37,01	+ 00:03,15
8	12	PEDRO CARPELHO	M30 M	OCS-CYCLING TEAM	00:37,20	+ 00:03,34
9	69	RAFAEL PRAZERES	ME	INDIVIDUAL	00:38,33	+ 00:04,47
10	50	ANDRÉ FERNANDES	M30 M	ADBN - BIKE NUTRITION SHOP	00:38,77	+ 00:04,91
11	55	JOÃO GODINHO	M50 M	GD SANTANDER	00:39,07	+ 00:05,21
12	73	GERMANO ARROYO	ME	UCA-UNIÃO C. ALENTEJO	00:39,21	+ 00:05,35
13	76	ANDRÉ HENRIQUES	M40 M	INDIVIDUAL	00:40,54	+ 00:06,68
14	60	JOÃO COSTA	M40 M	INDIVIDUAL	00:41,73	+ 00:07,87
15	17	MÁRIO CARPELHO	M40 M	OCS-CYCLING TEAM	00:41,98	+ 00:08,12
16	13	JOÃO FERREIRA	M40 M	OCS-CYCLING TEAM	00:42,24	+ 00:08,38
17	39	RICARDO AFONSO	M50 M	ABTT-AMIGOS B. T. TINTO	00:42,75	+ 00:08,89
18	48	GUILHERME CARVALHO	M40 M	ADBN - BIKE NUTRITION SHOP	00:42,84	+ 00:08,98
19	24	RUI PEREIRA	M40 M	ADP-ASSOCIAÇÃO D. PALMELENSE	00:42,94	+ 00:09,08
20	11	BRUNO XAVIER	M40 M	OCS-CYCLING TEAM	00:44,13	+ 00:10,27
21	19	DIOGO MATEUS	M30 M	OCS-CYCLING TEAM	00:44,18	+ 00:10,32
22	26	LUCAS GOIS	M30 M	ADP-ASSOCIAÇÃO D. PALMELENSE	00:44,30	+ 00:10,44
23	45	PEDRO BORREGANA	M40 M	CE-GONÇALVES/PENACOVA/AZEITONENSE	00:45,67	+ 00:11,81
24	10	JOÃO VENTURA	M40 M	INDIVIDUAL	00:45,73	+ 00:11,87
25	72	FRANCISCO DIAS	CAD	CE-GONÇALVES/PENACOVA/AZEITONENSE	00:46,36	+ 00:12,50
26	41	FILIPE AMORIM	M50 M	ABTT-AMIGOS B. T. TINTO	00:46,68	+ 00:12,82
27	36	MÁRIO SAFARA	M30 M	ABTT-AMIGOS B. T. TINTO	00:46,94	+ 00:13,08
28	78	FRANCISCO MORGADO	M30 M	INDIVIDUAL	00:47,73	+ 00:13,87
29	42	ANTÓNIO FONSECA	M50 M	ABTT-AMIGOS B. T. TINTO	00:48,90	+ 00:15,04
30	65	FABIO JORGE	ME	INDIVIDUAL	00:49,90	+ 00:16,04
31	59	RUI JORGE	M50 M	INDIVIDUAL	00:50,61	+ 00:16,75
32	46	JOÃO ABREU	M60	ADBN - BIKE NUTRITION SHOP	00:50,68	+ 00:16,82
33	40	MANUEL CAEIRO	M60	ABTT-AMIGOS B. T. TINTO	00:50,74	+ 00:16,88
34	34	CARLOS GERTRUDES	M60	ABTT-AMIGOS B. T. TINTO	00:50,90	+ 00:17,04
35	67	JOÃO BAILONA	JUN M	ADP-ASSOCIAÇÃO D. PALMELENSE	00:51,10	+ 00:17,24
36	79	LETICIA MAGALHÃES	JUN F	INDIVIDUAL	00:52,15	+ 00:18,29
37	77	MIRIAM SILVA	M40 F	INDIVIDUAL	00:52,18	+ 00:18,32
38	43	JOSÉ MATOS	M50 M	INDIVIDUAL	00:53,15	+ 00:19,29
39	75	DANIEL RODRIGUES	M40 M	INDIVIDUAL	00:53,29	+ 00:19,43
40	58	LUÍS CALHA	M50 M	INDIVIDUAL	00:56,08	+ 00:22,22
41	38	NUNO SARGAÇO	M40 M	ABTT-AMIGOS B. T. TINTO	00:56,85	+ 00:22,99
42	25	VALDEMIRO ALVES	M40 M	ADP-ASSOCIAÇÃO D. PALMELENSE	00:57,94	+ 00:24,08
43	53	MANUEL DOMINGOS	M60	ÁGUIAS DE ALPIARÇA	00:59,96	+ 00:26,10
44	71	CARLOS AUGUSTO	M40 M	CE-GONÇALVES/PENACOVA/AZEITONENSE	01:01,65	+ 00:27,79
45	35	MÁRIO GEMA	M50 M	ABTT-AMIGOS B. T. TINTO	01:04,96	+ 00:31,10
46	37	CARLOS GRILO	M50 M	ABTT-AMIGOS B. T. TINTO	01:05,08	+ 00:31,22
47	22	LUIS TAVARES	M60	ADP-ASSOCIAÇÃO D. PALMELENSE	01:12,18	+ 00:38,32
48	29	CARLOS DAMASIO	M60	ADP-ASSOCIAÇÃO D. PALMELENSE	01:12,23	+ 00:38,37
49	47	SELMA SILVA	M50 F	ADBN - BIKE NUTRITION SHOP	01:13,90	+ 00:40,04
50	28	MANUEL PRATAS	M60	ADP-ASSOCIAÇÃO D. PALMELENSE	01:15,77	+ 00:41,91
51	23	JOSÉ RODRIGUES	M60	ADP-ASSOCIAÇÃO D. PALMELENSE	01:20,25	+ 00:46,39
52	80	IRIS AUGUSTO	JUN F	ACADEMIA EFAPEL DE CICLISMO	01:22,07	+ 00:48,21
53	21	ANTÓNIO SANTOS	M60	ADP-ASSOCIAÇÃO D. PALMELENSE	01:30,74	+ 00:56,88
54	33	JOSÉ MARTINS	M60	ABTT-AMIGOS B. T. TINTO	01:36,83	+ 01:02,97
55	54	MANUEL ROCHA	M60	INDIVIDUAL	01:43,29	+ 01:09,43
56	70	SANDRA AUGUSTO	M40 F	CE-GONÇALVES/PENACOVA/AZEITONENSE	02:35,23	+ 02:01,37

## Rampa Palmela

### Resultados - GERAL

Pos.	Dorsal	Nome	Cat.	Equipa	Tempo	Dif.
PRÉMIO CARACOL						
70	70	SANDRA AUGUSTO	M40 F	CE-GONÇALVES/PENACOVA/AZEITONENSE	02:35,23	+ 02:07,77

## Rampa Palmela

### Resultados - PRÉMIOS

Pos.	Dorsal	Nome	Equipa	Tempo	Dif.
E-Bike					
1.	7	FÁBIO ANDRÉ	INDIVIDUAL	00:27,46	-
Master 60+					
1.	46	JOÃO ABREU	ADBN - BIKE NUTRITION SHOP	00:50,68	-
Master 50 M					
1.	66	JOSÉ CORDEIRO	Swick / Casa Benfica Almodôvar	00:37,01	-
Master 50 F					
1.	47	SELMA SILVA	ADBN - BIKE NUTRITION SHOP	01:13,90	-
Master 40 M					
1.	76	ANDRÉ HENRIQUES	INDIVIDUAL	00:40,54	-
Master 40 F					
1.	77	MIRIAM SILVA	INDIVIDUAL	00:52,18	-
Master 30 M					
1.	16	JOÃO BATATA	OCS-CYCLING TEAM	00:33,86	-
Elite					
1.	56	RAFAEL GODINHO	INDIVIDUAL	00:35,79	-
Juniors M					
1.	67	JOÃO BAILONA	ADP-ASSOCIAÇÃO D. PALMELENSE	00:51,10	-
Cadetes					
1.	72	FRANCISCO DIAS	CE-GONÇALVES/PENACOVA/AZEITONENSE	00:46,36	-
Juniors F					
1.	79	LETICIA MAGALHÃES	INDIVIDUAL	00:52,15	-