



















**TRAIL CURTO**

**14 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
86	804	jose manuel Vieira	os rotos	Veterano M40	01:31:38	01:30:49	06:33
87	805	jose miguel pereira	os rotos	Veterano M40	01:31:38	01:30:50	06:33
88	631	José Barbosa	individual	Senior Masculino	01:31:41	01:31:14	06:33
89	746	Luis Pedro Rodrigues de Sousa Nogueira	individual	Veterano M40	01:31:56	01:31:33	06:34
90	684	Vitor Teixeira	individual	Senior Masculino	01:32:09	01:31:15	06:35
91	613	Francisco Paulo Rodrigues Teixeira Pinto	individual	Senior Masculino	01:32:14	01:31:41	06:35
92	624	João Paiva	individual	Senior Masculino	01:32:16	01:31:32	06:35
93	593	Adriano Ferreira	individual	Senior Masculino	01:32:27	01:31:45	06:36
94	530	Maria Bonança Sousa Martins	edv - viana trail	Senior Feminino	01:32:31	01:32:29	06:37
95	741	Jorge Silva	individual	Veterano M40	01:32:46	01:31:51	06:38
96	164	Sandra Travessas	turbulentos	Veterana F40	01:32:52	01:32:48	06:38
97	620	Hugo Vladimiro Teixeira da Silva	individual	Senior Masculino	01:32:54	01:32:26	06:38
98	676	Rui Moreira	individual	Senior Masculino	01:32:56	01:32:36	06:38
99	556	Conceição Ferreira	ginasio fit4fun	Veterana F40	01:32:58	01:32:55	06:38
100	545	Claudio Santos	ginasio fit4fun	Senior Masculino	01:33:31	01:33:27	06:41
101	625	João Pedro Carvalho da Silva Macedo	individual	Senior Masculino	01:33:36	01:33:08	06:41
102	724	Alberto César	individual	Veterano M40	01:33:47	01:33:26	06:42
103	785	Sérgio Vilas Boas	maia fit	Senior Masculino	01:33:56	01:33:30	06:43
104	618	Hugo Marques	individual	Senior Masculino	01:34:10	01:33:42	06:44
105	857	Mário Soares	touquenemosso	Veterano M50	01:34:10	01:33:27	06:44
106	603	Bruno Resende	individual	Senior Masculino	01:34:15	01:33:32	06:44
107	688	Diana Sousa	individual	Sub 25 Feminino	01:34:26	01:33:48	06:45
108	512	Blandine Gomes Craveiro Ramires	addicted to trail	Senior Feminino	01:34:28	01:34:12	06:45
109	776	Sofia Dias	maia fit	Senior Feminino	01:34:40	01:34:15	06:46
110	701	Joel Antunes	individual	Sub 25 Masculino	01:34:40	01:34:03	06:46
111	614	Gil Calvão Santos	individual	Senior Masculino	01:34:59	01:34:43	06:47
112	569	ELSA DANIELA DE SOUSA LEITE	individual	Senior Feminino	01:35:27	01:34:42	06:49
113	739	João Oliveira	individual	Veterano M40	01:35:29	01:35:10	06:49
114	541	Susana Bastos	ginasio fit4fun	Senior Feminino	01:35:44	01:35:39	06:50
115	538	ISABEL CRISTINA DE OLIVEIRA FERREIRA	ginasio fit4fun	Senior Feminino	01:35:44	01:35:40	06:50
116	656	Pedro Alves	individual	Senior Masculino	01:36:22	01:35:40	06:53
117	865	RUI EDUARDO OLIVEIRA LOPES FERNANDES	vimarunners	Senior Masculino	01:36:53	01:36:07	06:55
118	570	Helena Antunes	individual	Senior Feminino	01:36:57	01:36:29	06:56
119	670	Roberto Nogueira	individual	Senior Masculino	01:36:57	01:36:29	06:56
120	834	PEDRO COELHO	running team lantemil	Senior Masculino	01:37:07	01:36:55	06:56
121	534	Nuno Veiga Silva	frango 1966	Veterano M40	01:37:17	01:37:06	06:57
122	642	Marco Oliveira	individual	Senior Masculino	01:37:17	01:37:06	06:57
123	826	Bruno Melo	run4all	Senior Masculino	01:37:18	01:37:04	06:57
124	863	Sofia Fernandes	vimarunners	Senior Feminino	01:37:19	01:36:33	06:57
125	864	Bruno Borges	vimarunners	Senior Masculino	01:37:19	01:36:32	06:57
126	560	Ana Miranda	individual	Senior Feminino	01:37:37	01:37:29	06:58
127	714	Carla Maria de Sousa Gonçalves	individual	Veterana F40	01:37:42	01:37:06	06:59





## TRAIL CURTO

## 14 KM

### OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
214	861	Paulo Torres	turbulentos	Veterano M50	01:50:45	01:50:17	07:55
215	749	Maria Amélia Rodrigues	individual	Veterano M40	01:50:48	01:50:40	07:55
216	579	Marlene Oliveira Barbosa	individual	Senior Feminino	01:50:49	01:50:20	07:55
217	583	Patrícia Daniela da Cunha Amorim	individual	Senior Feminino	01:50:53	01:50:48	07:55
218	650	Oscar Lopes	individual	Senior Masculino	01:50:54	01:50:22	07:55
219	679	Simão Sá	individual	Senior Masculino	01:50:54	01:50:21	07:55
220	523	Martinha Vera Guimarães Sousa	batidinhos herbalife team	Sub 25 Feminino	01:50:56	01:50:06	07:55
221	674	Rui Jorge Pereira Marinho Ribeiro	individual	Senior Masculino	01:50:57	01:50:38	07:56
222	637	Luis Miguel Araujo Pedrosa	individual	Senior Masculino	01:50:57	01:50:38	07:56
223	784	Sérgio Moutinho	maia fit	Senior Masculino	01:51:03	01:50:37	07:56
224	777	Susana Vilar	maia fit	Senior Feminino	01:51:03	01:50:36	07:56
225	605	Carlos Filipe Gomes Martins	individual	Senior Masculino	01:51:13	01:50:26	07:57
226	862	Solange Cabral	vamos lá	Senior Feminino	01:51:17	01:51:12	07:57
227	792	Isaac José Pereira Monteiro	ñposso +	Senior Masculino	01:51:20	01:49:06	07:57
228	793	Mário Augusto Barbosa Fonte	ñposso +	Senior Masculino	01:51:20	01:49:06	07:57
229	794	Teodorico Domingues Enes	ñposso +	Senior Masculino	01:51:21	01:49:05	07:57
230	691	Marisa Freitas de Castro	individual	Sub 25 Feminino	01:51:41	01:51:16	07:59
231	822	NELSON VASCO F.CAMPOS	pjn-gaia	Veterano M40	01:51:50	01:51:35	07:59
232	821	JOSE HENRIQUE S.S.MATOS	pjn-gaia	Veterano M40	01:51:50	01:51:35	07:59
233	823	PEDRO MIGUEL S. MATOS	pjn-gaia	Veterano M40	01:51:51	01:51:36	07:59
234	720	Marta Cardoso	individual	Veterana F40	01:51:59	01:51:26	08:00
235	673	Rui Jorge Fontes Costa	individual	Senior Masculino	01:52:06	01:51:13	08:00
236	758	Paulo Marcal	individual	Veterano M40	01:52:10	01:51:31	08:01
237	712	Ana Fernandes	individual	Veterana F40	01:52:13	01:52:03	08:01
238	774	Isabel Mariani	locomotiva de paranhos	Veterana F40	01:52:13	01:52:04	08:01
239	577	Mariana Seca	individual	Senior Feminino	01:52:19	01:52:04	08:01
240	520	Cedrico Alexandre Teixeira Sampaio	batidinhos herbalife team	Senior Masculino	01:52:41	01:51:53	08:03
241	799	Luis Sousa	os rasteirinhos	Veterano M40	01:52:44	01:52:37	08:03
242	797	Antonio Gastão Coelho	os rasteirinhos	Senior Masculino	01:52:44	01:52:36	08:03
243	526	Zélia Cristiana da Rocha Brandão	cabritos da cortiça - trail	Senior Feminino	01:52:49	01:52:14	08:04
244	802	judite margarida machado magalhaes	os rotos	Senior Feminino	01:52:51	01:52:04	08:04
245	883	Pedro Araujo	individual	Veterano M50	01:53:07	01:52:53	08:05
246	649	NUNO RICARDO MONTEIRO CAMPOS	individual	Senior Masculino	01:53:11	01:52:58	08:05
247	590	Teresa Sousa	individual	Senior Feminino	01:53:11	01:52:59	08:05
248	831	José Moreira	run4all	Veterano M40	01:53:12	01:52:58	08:05
249	813	Nelson Montalvão	"os turbomula" d.o.c.	Senior Masculino	01:53:17	01:52:40	08:06
250	807	Marta Mota	"os turbomula" d.o.c.	Senior Feminino	01:53:17	01:52:41	08:06
251	571	Helena Cardia	individual	Senior Feminino	01:53:21	01:53:05	08:06
252	581	Mónica Rute G. Vilas Boas	individual	Senior Feminino	01:53:24	01:53:12	08:06
253	719	Maria Coelho	individual	Veterana F40	01:53:36	01:53:02	08:07
254	740	Jorge Mendes de Oliveira Pimenta	individual	Veterano M40	01:53:37	01:52:44	08:07
255	753	Nuno Baptista	individual	Veterano M40	01:53:37	01:53:03	08:07
256	575	Manuela Conceição Moreira de Almeida	individual	Senior Feminino	01:53:45	01:53:14	08:08

## TRAIL CURTO

## 14 KM

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

## OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
257	524	Idalina Maria Barbosa Cerqueira	batidinhos herbalife team	Veterana F40	01:54:05	01:53:16	08:09
258	585	Sandra Oliveira	individual	Senior Feminino	01:54:22	01:51:03	08:10
259	727	António João Ferraz	individual	Veterano M40	01:54:22	01:51:03	08:10
260	549	Vitor Fernandes Leite	ginasio fit4fun	Senior Masculino	01:54:31	01:54:24	08:11
261	536	Alice Gomes	ginasio fit4fun	Senior Feminino	01:54:33	01:54:26	08:11
262	576	Margarida Rocha	individual	Senior Feminino	01:54:41	01:54:27	08:12
263	659	Pedro Castro	individual	Senior Masculino	01:54:41	01:54:27	08:12
264	561	Anabela Henriques Barata	individual	Senior Feminino	01:54:43	01:51:24	08:12
265	621	Jaime Marques Gonçalves	individual	Senior Masculino	01:54:46	01:54:01	08:12
266	700	João Tiago Gonçalves Macedo Salgado	individual	Sub 25 Masculino	01:54:58	01:54:21	08:13
267	811	Carlos Mota	"os turbomula" d.o.c.	Senior Masculino	01:55:05	01:54:30	08:13
268	573	Keissy Sousa	individual	Senior Feminino	01:55:06	01:54:50	08:13
269	728	Artur Rosário	individual	Veterano M40	01:55:10	01:54:27	08:14
270	755	Paulo Alexandre Vieira Salvador Monteiro	individual	Veterano M40	01:55:35	01:55:14	08:15
271	687	Carolina Silva	individual	Sub 25 Feminino	01:55:46	01:55:08	08:16
272	542	Bruno Moreira	ginasio fit4fun	Senior Masculino	01:55:46	01:55:39	08:16
273	537	Andreia Bastos	ginasio fit4fun	Senior Feminino	01:55:46	01:55:38	08:16
274	622	Jaime Rodrigo de Amorim Amaro	individual	Senior Masculino	01:56:28	01:55:41	08:19
275	842	Carla Santos	stairways to heaven	Veterana F40	01:56:33	01:53:48	08:20
276	772	Bruno Vieira	lap2go	Senior Masculino	01:56:52	01:55:56	08:21
277	773	Iago Pimentel	lap2go	Sub 25 Masculino	01:56:52	01:55:54	08:21
278	532	Vera lemos	fisioveralemos	Senior Feminino	01:57:47	01:57:00	08:25
279	721	Sandra Isabel Moreira da Silva	individual	Veterana F40	01:58:35	01:54:23	08:28
280	710	Adélia Alexandra de Azevedo	individual	Veterana F40	01:58:35	01:54:23	08:28
281	559	Ana Luisa Carvalho	individual	Senior Feminino	01:58:36	01:54:24	08:28
282	885	Pedro Filipe Magalhães da Rocha	individual	Senior Masculino	01:58:54	01:58:52	08:30
283	855	Isabel Araújo	touquenemosso	Veterana F40	01:59:07	01:58:27	08:31
284	509	Ana Isabel Mendonça	a.d.amarante trail running	Senior Feminino	01:59:46	01:59:30	08:33
285	889	Pedro Nuno Amoral	individual	Senior Masculino	01:59:46	01:58:59	08:33
286	629	Jorge Manuel Ribeiro Peixoto	individual	Senior Masculino	01:59:46	01:59:02	08:33
287	888	Carla Alexandra Ribeiro	individual	Senior Feminino	01:59:46	01:59:00	08:33
288	522	Elisabete da Silva Teixeira	batidinhos herbalife team	Sub 25 Feminino	02:00:02	01:59:14	08:34
289	815	Miguel Angelo Rodrigues Pinto de Faria	"os turbomula" d.o.c.	Veterano M40	02:02:05	02:01:24	08:43
290	518	JOAQUIM GUERREIRO	associação de atletismo lebres do sado	Veterano M50	02:02:17	02:01:58	08:44
291	565	Daniela Filipa Mota Cunha Moreira	individual	Senior Feminino	02:02:17	02:01:48	08:44
292	858	Silvina Esteves	trail me	Senior Feminino	02:03:17	02:03:07	08:48
293	588	SARA MARINHO	individual	Senior Feminino	02:03:21	02:02:55	08:49
294	723	Alberto Barros	individual	Veterano M40	02:04:10	02:03:48	08:52
295	809	Sara Moreira	"os turbomula" d.o.c.	Senior Feminino	02:04:41	02:03:58	08:54
296	812	Filipe Nogueira	"os turbomula" d.o.c.	Senior Masculino	02:04:45	02:04:01	08:55
297	816	Sérgio Fernando Ferraz Carvalho	"os turbomula" d.o.c.	Veterano M40	02:04:47	02:04:06	08:55
298	848	Nelson Rocha	tokaandar	Senior Masculino	02:05:09	02:04:34	08:56
299	504	INES MARIANO	100 juizos trail team	Senior Feminino	02:05:39	02:05:09	08:59
300	789	José Henrique Pinto de Oliveira	multipower i gaia trail	Senior Masculino	02:05:40	02:05:10	08:59

**TRAIL CURTO**
**14 KM**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
**OFFICIAL RESULT**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>CAT</b>	<b>RESULT</b>	<b>CHIP TIME</b>	<b>t/KM</b>
301	572	Juliana Maria Machado Álvares da Silva	individual	Senior Feminino	02:05:50	02:05:01	08:59
302	563	Carla Olívia Faria Mendes	individual	Senior Feminino	02:05:50	02:05:02	08:59
303	711	Ana Cristina Teixeira	individual	Veterana F40	02:06:04	02:05:46	09:00
304	517	Eduardo Gonçalves	arrasta o pé	Veterano M50	02:06:46	02:06:25	09:03
305	735	Helder Manuel Pereira Craveiro	individual	Veterano M40	02:07:18	01:57:00	09:06
306	844	PAULO JORGE SOUSA MAGALHÃES	teamagalhães	Veterano M40	02:07:22	02:06:44	09:06
307	737	João Fernando Miranda Antunes	individual	Veterano M40	02:07:32	02:06:59	09:07
308	589	Sheila Pereira Khan	individual	Senior Feminino	02:08:01	02:03:58	09:09
309	586	Sandrine Silva	individual	Senior Feminino	02:08:02	02:03:59	09:09
310	839	Antonio Manuel Lemos Rocha	stairways to heaven	Senior Masculino	02:08:08	02:05:23	09:09
311	837	Ana Luísa Dolores Ferreira da Silva	stairways to heaven	Senior Feminino	02:08:08	02:05:23	09:09
312	838	Sónia Pereira	stairways to heaven	Senior Feminino	02:08:09	02:05:24	09:09
313	752	Miguel Rufino	individual	Veterano M40	02:08:24	02:07:48	09:10
314	717	Ivana Rufino	individual	Veterana F40	02:08:24	02:07:48	09:10
315	692	Rita Alves Dos Reis	individual	Sub 25 Feminino	02:08:40	02:08:16	09:11
316	851	Paula Dias	tokaandar	Veterana F40	02:08:42	02:08:07	09:12
317	846	Sonia Moreira	tokaandar	Senior Feminino	02:08:42	02:08:07	09:12
318	543	Carlos Filipe Ferreira Correia	ginasio fit4fun	Senior Masculino	02:09:21	02:09:15	09:14
319	843	Ana Rita Barros Neves Magalhães	teamagalhães	Veterana F40	02:10:55	02:10:16	09:21
320	819	Sandro Figueiredo	os turbomula doc	Veterana F40	02:11:31	02:10:54	09:24
321	558	Andreia Vaz Pinto	individual	Senior Feminino	02:12:13	02:11:47	09:27
322	798	Rogério Manuel Andrade Moreira	os rasteirinhos	Senior Masculino	02:12:13	02:12:06	09:27
323	564	Catarina Marinho	individual	Senior Feminino	02:12:13	02:11:47	09:27
324	582	Natalia Maria Duarte barros	individual	Senior Feminino	02:14:02	02:13:57	09:34
325	597	Anthony Alexandre Santos Macedo	individual	Senior Masculino	02:14:14	02:14:09	09:35
326	849	Ricardo Paiva	tokaandar	Senior Masculino	02:14:47	02:13:15	09:38
327	845	Isabel Monteiro	tokaandar	Senior Feminino	02:14:47	02:13:15	09:38
328	716	Cristina leite ribeiro	individual	Veterana F40	02:17:07	02:16:27	09:48
329	744	José Mendes de almeida	individual	Veterano M40	02:17:07	02:16:28	09:48
330	766	António Carmo	individual	Veterano M50	02:18:20	02:17:35	09:53
331	643	Marcos Barbosa	individual	Senior Masculino	02:21:14	02:20:37	10:05
332	587	Sara da Conceição Fernandes Pereira	individual	Senior Feminino	02:23:32	02:22:47	10:15
333	818	Ana Gonçalves	os turbomula doc	Senior Feminino	02:31:52	02:31:14	10:51
334	748	Margarida Faria	trailistas "eu é que seil"	Veterano M40	02:31:52	02:31:09	10:51
335	787	Sílvia Costa	moka's girls	Senior Feminino	02:31:55	02:31:19	10:51
336	713	Ana Helena Cardoso Carneiro	individual	Veterana F40	02:31:55	02:31:19	10:51



















