Trail de Tongobriga
Marco de Canaveses
28-junho-2015

TRAIL LONGO 21KM - STAGE 1 — 21 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	09:00	24,4ºC	51,9%
End	14:40	32,9ºC	32,6%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	48	Tiago Aragão	ctad - trilhos de cinfães	Senior Masculino	01:52:05		05:20
2	49	Victor Fernandes	ctad - trilhos de cinfães	Senior Masculino	01:52:06	+00:01	05:20
3	43	Modesto Vieira	casa do povo de soalhães	Senior Masculino	01:54:17	+02:12	05:27
4	102	Francisco Lemos	individual	Senior Masculino	01:54:41	+02:36	05:28
5	13	Paulo Costa	a.d.amarante trail running	Senior Masculino	01:55:53	+03:48	05:31
6	14	Victor Costa	a.d.amarante trail running	Senior Masculino	01:57:35	+05:30	05:36
7	103	Helder Bruno Ribeiro da Silva	individual	Senior Masculino	01:58:31	+06:26	05:39
8	38	Rui Manuel Alves Monteiro Araújo	bodystation runners pro	Senior Masculino	02:01:11	+09:06	05:46
9	155	Sérgio Suzano	oralklass-aliança-amigos do trail	Senior Masculino	02:03:21	+11:16	05:52
10	178	jose cordeiro	pé na pinha	Senior Masculino	02:03:24	+11:19	05:53
11	41	Aurélio Vieira	casa do povo de soalhães	Senior Masculino	02:03:41	+11:36	05:53
12	50	Renato Presa	desnível positivo	Senior Masculino	02:03:46	+11:41	05:54
13	173	Mauro Cardoso	nocturnos de paredes	Senior Masculino	02:04:13	+12:08	05:55
14	143	Renato Silva	individual	Senior Masculino	02:04:25	+12:20	05:55
15	54	Ricardo Pais	ermidafit runners / st trail	Senior Masculino	02:05:05	+13:00	05:57
16	12	Cesar Duarte	a.d.amarante trail running	Senior Masculino	02:05:05	+13:00	05:57
17	36	José Monteiro	bodystation runners pro	Senior Masculino	02:09:10	+17:05	06:09
18	144	Ricardo Miguel Magalhães Nunes	individual	Senior Masculino	02:12:52	+20:47	06:20
19	10	António Mendes	a.d.amarante trail running	Senior Masculino	02:13:21	+21:16	06:21
20	11	Bruno Vinhós	a.d.amarante trail running	Senior Masculino	02:13:38	+21:33	06:22
21	140	Pedro Nunes	individual	Senior Masculino	02:13:39	+21:34	06:22
22	205	Antonio Jesus	team rede ambiente	Senior Masculino	02:14:57	+22:52	06:26
23	45	Carlos Alberto Nogueira Soares	ctad - trilhos de cinfães	Senior Masculino	02:14:58	+22:53	06:26
24	47	Pedro Mouta	ctad - trilhos de cinfães	Senior Masculino	02:15:21	+23:16	06:27
25	25	Luís Carvalhais	bilarunners	Senior Masculino	02:15:22	+23:17	06:27
26	20	José Madureira	amigo	Senior Masculino	02:15:22	+23:17	06:27
27	44	Tiago Amaral	clinica médica dr. merino - run&shine	Senior Masculino	02:17:12	+25:07	06:32
28	180	Hugo Gonçalves	piratas team	Senior Masculino	02:17:43	+25:38	06:33
29	175	Sergio Vale	nocturnos de paredes	Senior Masculino	02:18:28	+26:23	06:36
30	174	Rogério Sousa	nocturnos de paredes	Senior Masculino	02:18:28	+26:23	06:36
31	84	Agostinho Paulo Teixeira Sousa	individual	Senior Masculino	02:18:59	+26:54	06:37
32	51	Bruno Freitas	divisão de elite	Senior Masculino	02:19:59	+27:54	06:40
33	152	Sergio Anunciação	individual	Senior Masculino	02:20:39	+28:34	06:42
34	153	Sérgio Carneiro	individual	Senior Masculino	02:20:40	+28:35	06:42
35	206	Márcio Rocha	team rede ambiente	Senior Masculino	02:21:44	+29:39	06:45
36	56	Fernando Alberto da Silva Ramos	g.d.c. castelo de paiva	Senior Masculino	02:22:36	+30:31	06:47
37	35	Bruno Filipe Araújo Alves Monteiro	bodystation runners pro	Senior Masculino	02:22:51	+30:46	06:48
38	168	Henrique Silva	mm team	Senior Masculino	02:22:56	+30:51	06:48
39	214	André Campos	trail d'o vale do cabrum	Senior Masculino	02:23:00	+30:55	06:49
40	200	Fernando Jorge da Costa Pereira	serrinha trail running team	Senior Masculino	02:23:30	+31:25	06:50
41	184	Juliana Rodrigues	poteeentes - fitspot parque nascente	Senior Feminino	02:24:06	+32:01	06:52
42	201	Carlos Fonseca	smile team	Senior Masculino	02:24:14	+32:09	06:52

TRAIL LONGO 21KM - STAGE 1 — 21 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
43	132	Orlando Correia	individual	Senior Masculino	02:24:32	+32:27	06:53
44	118	Luís Amaro Monteiro Ferreira	individual	Senior Masculino	02:25:34	+33:29	06:56
45	146	Rogério Matos	individual	Senior Masculino	02:25:35	+33:30	06:56
46	92	Bruno Soares	individual	Senior Masculino	02:25:37	+33:32	06:56
47	142	Rafael Gomes Pacheco	individual	Senior Masculino	02:25:47	+33:42	06:57
48	203	Agostinho Moreira	team @venida	Senior Masculino	02:26:21	+34:16	06:58
49	147	rui almeida	individual	Senior Masculino	02:28:38	+36:33	07:05
50	34	Alexandre Moreira	bodystation runners pro	Senior Masculino	02:28:53	+36:48	07:05
51	122	Mario Augusto Vieira Ferreira	individual	Senior Masculino	02:29:17	+37:12	07:07
52	136	Paulo Ferreira Morais	individual	Senior Masculino	02:29:41	+37:36	07:08
53	26	Luís Fontinha	bilarunners	Senior Masculino	02:30:47	+38:42	07:11
54	112	joao goncalves	individual	Senior Masculino	02:31:34	+39:29	07:13
55	145	Ricardo Pereira	individual	Senior Masculino	02:31:44	+39:39	07:14
56	17	Armando Ribeiro	amigo	Senior Masculino	02:31:48	+39:43	07:14
57	158	Vítor Emanuel de Sousa Ribeiro	individual	Senior Masculino	02:32:15	+40:10	07:15
58	22	Antonio Loureiro	autistic runners	Senior Masculino	02:32:17	+40:12	07:15
59	5	Ana Ferreira	a.d.amarante trail running	Senior Feminino	02:32:41	+40:36	07:16
60	204	Luis F Pinto	team @venida	Senior Masculino	02:32:47	+40:42	07:17
61	23	José Luis Loureiro	autistic runners	Senior Masculino	02:32:52	+40:47	07:17
62	172	Fernando Almeida	nocturnos de paredes	Senior Masculino	02:33:14	+41:09	07:18
63	15	Paula Barbosa	afs estofos auto	Senior Feminino	02:34:14	+42:09	07:21
64	39	Arlindo Silva	brabus runners	Senior Masculino	02:35:05	+43:00	07:23
65	19	Fernando Vieira	amigo	Senior Masculino	02:36:10	+44:05	07:26
66	30	Daniel Ribeiro	bitrunners	Senior Masculino	02:36:47	+44:42	07:28
67	86	andre madureia	individual	Senior Masculino	02:36:56	+44:51	07:28
68	46	João Cardoso	ctad - trilhos de cinfães	Senior Masculino	02:36:58	+44:53	07:28
69	161	Vitor Santos	individual	Senior Masculino	02:37:18	+45:13	07:29
70	18	Fábio Ribeiro	amigo	Senior Masculino	02:38:10	+46:05	07:32
71	28	Gisela Sousa	bitrunners	Senior Feminino	02:38:31	+46:26	07:33
72	29	Margarida Sousa	bitrunners	Senior Feminino	02:38:31	+46:26	07:33
73	37	Paulo Queiroz	bodystation runners pro	Senior Masculino	02:38:59	+46:54	07:34
74	85	André Fernandes	individual	Senior Masculino	02:39:34	+47:29	07:36
75	116	José Paulo Lima	individual	Senior Masculino	02:40:23	+48:18	07:38
76	124	Miguel Lamego de azevedo	individual	Senior Masculino	02:40:42	+48:37	07:39
77	114	joaquim manuel carvalho silva	individual	Senior Masculino	02:40:43	+48:38	07:39
78	213	Rui Teixeira	the power team - lixa	Senior Masculino	02:40:50	+48:45	07:40
79	6	Diana Lopes	a.d.amarante trail running	Senior Feminino	02:42:06	+50:01	07:43
80	9	Vera Lúcia Pereira Pinto	a.d.amarante trail running	Senior Feminino	02:42:06	+50:01	07:43
81	154	Sérgio Miguel santos pereira	individual	Senior Masculino	02:42:18	+50:13	07:44
82	193	José Sousa	redline	Senior Masculino	02:42:48	+50:43	07:45
83	194	Luís Teixeira	redline	Senior Masculino	02:42:48	+50:43	07:45
84	33	Eurico Fernando Portela Mendes	blocos	Senior Masculino	02:43:11	+51:06	07:46
85	183	Joana R. Sousa	poteeentes - fitspot parque nascente	Senior Feminino	02:43:59	+51:54	07:49
86	42	Geraldo Gomes	casa do povo de soalhães	Senior Masculino	02:44:25	+52:20	07:50
87	109	Hugo Filipe Vieira Moura	individual	Senior Masculino	02:46:13	+54:08	07:55
88	83	Agostinho Matos	individual	Senior Masculino	02:46:34	+54:29	07:56

TRAIL LONGO 21KM - STAGE 1 — 21 KM

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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
89	88	Antonio Carlos Silva Teixeira	individual	Senior Masculino	02:47:15	+55:10	07:58
90	110	humberto mendes	individual	Senior Masculino	02:48:14	+56:09	08:01
91	101	Flávio José da Costa Teixeira	individual	Senior Masculino	02:48:14	+56:09	08:01
92	185	Bernardo Mouta	poteeentes - fitspot parque nascente	Senior Masculino	02:48:15	+56:10	08:01
93	157	Victor Manuel de Moura Marinho	individual	Senior Masculino	02:48:15	+56:10	08:01
94	107	Henrique Marques	individual	Senior Masculino	02:48:16	+56:11	08:01
95	133	ÓSCAR JOSÉ DA SILVA MARINHO	individual	Senior Masculino	02:49:36	+57:31	08:05
96	189	Miguel Guimaraes	poteeentes - fitspot parque nascente	Senior Masculino	02:51:50	+59:45	08:11
97	188	Joao Pinto	poteeentes - fitspot parque nascente	Senior Masculino	02:51:52	+59:47	08:11
98	190	Nuno Fontelonga	poteeentes - fitspot parque nascente	Senior Masculino	02:51:52	+59:47	08:11
99	191	Pedro Jorge	poteeentes - fitspot parque nascente	Senior Masculino	02:51:53	+59:48	08:11
100	186	David Sousa	poteeentes - fitspot parque nascente	Senior Masculino	02:51:54	+59:49	08:11
101	137	PAULO FILIPE LOUREIRO MOREIRA	individual	Senior Masculino	02:52:15	+01:00:10	08:12
102	77	Goreti Rocha	individual	Senior Feminino	02:53:07	+01:01:02	08:15
103	91	ANTONIO MIRANDA (EQUIPA - NOCTURNOS DE PAREDES)	individual	Senior Masculino	02:53:07	+01:01:02	08:15
104	106	Helder Rodrigues	individual	Senior Masculino	02:53:33	+01:01:28	08:16
105	120	Manuel Joaquim Martins da Silva	individual	Senior Masculino	02:53:44	+01:01:39	08:16
106	53	Telma Duarte	ermidafit runners	Senior Feminino	02:54:37	+01:02:32	08:19
107	187	Fernando Gomes	poteeentes - fitspot parque nascente	Senior Masculino	02:57:12	+01:05:07	08:26
108	97	David Ferreira	individual	Senior Masculino	02:57:12	+01:05:07	08:26
109	94	Carlos PInheiro	individual	Senior Masculino	02:57:35	+01:05:30	08:27
110	7	Filomena Neto	a.d.amarante trail running	Senior Feminino	03:01:04	+01:08:59	08:37
111	119	Manuel Fernando Máximo Pereira	individual	Senior Masculino	03:01:09	+01:09:04	08:38
112	129	Nuno Alexandre	individual	Senior Masculino	03:01:15	+01:09:10	08:38
113	121	manuel teixeira	individual	Senior Masculino	03:01:41	+01:09:36	08:39
114	159	Vítor Manuel Dias Gonçalves	individual	Senior Masculino	03:01:49	+01:09:44	08:39
115	31	Paulo Teixeira	bitrunners	Senior Masculino	03:02:06	+01:10:01	08:40
116	164	Carla Freitas	marretas#quase#atletas	Senior Feminino	03:02:31	+01:10:26	08:41
117	230	Daniel Barbosa	se tu fores desistes	Senior Masculino	03:02:34	+01:10:29	08:42
118	89	antonio carneiro	individual	Senior Masculino	03:02:37	+01:10:32	08:42
119	72	Elisabete Maria Soutulho Coelho Alves	individual	Senior Feminino	03:02:46	+01:10:41	08:42
120	198	francisco jorge moreira da silva	se tu fores desistes!!!	Senior Masculino	03:02:50	+01:10:45	08:42
121	165	Ângelo Santos	marretas#quase#atletas	Senior Masculino	03:02:57	+01:10:52	08:43
122	229	Rui Bernardo	poteeentes - fitspot parque nascente	Senior Masculino	03:03:18	+01:11:13	08:44
123	181	Ana Teresa Silva	poteeentes - fitspot parque nascente	Senior Feminino	03:03:44	+01:11:39	08:45
124	99	Feliciano Ferreira	individual	Senior Masculino	03:04:36	+01:12:31	08:47
125	95	CELSO REIS	individual	Senior Masculino	03:05:18	+01:13:13	08:49
126	78	Helena Gomes	individual	Senior Feminino	03:06:12	+01:14:07	08:52
127	156	Tozé Nazário	individual	Senior Masculino	03:06:12	+01:14:07	08:52
128	67	Andreia Sofia Silva Morais	individual	Senior Feminino	03:08:43	+01:16:38	08:59
129	125	Miguel Lopes	individual	Senior Masculino	03:08:52	+01:16:47	09:00
130	96	Daniel Santos	individual	Senior Masculino	03:10:13	+01:18:08	09:03
131	131	Nuno Miguel	individual	Senior Masculino	03:10:14	+01:18:09	09:04

TRAIL LONGO 21KM - STAGE 1 — 21 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
132	139	Pedro Miguel Pereira Nogueira	individual	Senior Masculino	03:10:18	+01:18:13	09:04
133	108	Hugo Cardoso	individual	Senior Masculino	03:10:39	+01:18:34	09:05
134	21	Samuel Teixeira	amigo	Senior Masculino	03:10:43	+01:18:38	09:05
135	211	Celso Oliveira	the power team - lixa	Senior Masculino	03:11:00	+01:18:55	09:06
136	141	Pedro Pinto Basto	individual	Senior Masculino	03:11:30	+01:19:25	09:07
137	170	Pedro Miranda	mm team	Senior Masculino	03:12:45	+01:20:40	09:11
138	8	Marisa Pinto	a.d.amarante trail running	Senior Feminino	03:13:04	+01:20:59	09:12
139	150	Rui Queiroz	individual	Senior Masculino	03:14:26	+01:22:21	09:16
140	73	Elke Kaat	individual	Senior Feminino	03:14:30	+01:22:25	09:16
141	176	Rui Madureira	o grupelho	Senior Masculino	03:15:07	+01:23:02	09:17
142	177	Sílvio Vieira	o grupelho	Senior Masculino	03:15:07	+01:23:02	09:17
143	135	Paulo António Sousa	individual	Senior Masculino	03:15:41	+01:23:36	09:19
144	69	Carla Oliveira	individual	Senior Feminino	03:15:42	+01:23:37	09:19
145	68	Cândida Vilas-Boas	individual	Senior Feminino	03:15:54	+01:23:49	09:20
146	79	Isabel Carvalho	individual	Senior Feminino	03:17:23	+01:25:18	09:24
147	179	Bruno Miguel Magalhães Silva	pés de chumbo	Senior Masculino	03:18:25	+01:26:20	09:27
148	104	Hélder Cabral	individual	Senior Masculino	03:20:14	+01:28:09	09:32
149	148	Rui Filipe Silva Arantes	individual	Senior Masculino	03:20:54	+01:28:49	09:34
150	166	Celio Soares	mm team	Senior Masculino	03:21:18	+01:29:13	09:35
151	149	RUI JORGE MOREIRA DA SILVA LOPES	individual	Senior Masculino	03:24:08	+01:32:03	09:43
152	71	Diana Martins	individual	Senior Feminino	03:25:38	+01:33:33	09:48
153	163	Sônia Teixeira	keepmoving	Senior Feminino	03:37:14	+01:45:09	10:21
154	138	Pedro Miguel Afonseca Gonçalves	individual	Senior Masculino	03:37:25	+01:45:20	10:21
155	24	Tina Machado	bilarunners	Senior Feminino	03:39:04	+01:46:59	10:26
156	81	Susana Sousa	individual	Senior Feminino	03:39:04	+01:46:59	10:26
157	27	Fátima Costa	bitrunners	Senior Feminino	03:40:19	+01:48:14	10:29
158	62	Telma Amaral	hard trails runners	Senior Feminino	03:41:48	+01:49:43	10:34
159	63	Sergio Silva	hard trails runners	Senior Masculino	03:41:48	+01:49:43	10:34
160	162	Rita Araújo	keepmoving	Senior Feminino	03:41:54	+01:49:49	10:34
161	82	Agostinho dos Reis Queiroz	individual	Senior Masculino	03:42:10	+01:50:05	10:35
162	115	José Correia	individual	Senior Masculino	03:42:11	+01:50:06	10:35
163	130	Nuno Eduardo Ferreira	individual	Senior Masculino	03:42:14	+01:50:09	10:35
164	117	Julio Borges	individual	Senior Masculino	03:43:21	+01:51:16	10:38
165	70	Cláudia Leitão	individual	Senior Feminino	03:50:15	+01:58:10	10:58
166	74	Estefânia Matias	individual	Senior Feminino	03:50:36	+01:58:31	10:59
167	197	Wellington Franco	run4fun	Senior Masculino	03:53:39	+02:01:34	11:08
168	32	Rui Silva	bitrunners	Senior Masculino	03:53:39	+02:01:34	11:08
169	196	Mario Joao Silva	run4fun	Senior Masculino	03:53:39	+02:01:34	11:08
170	100	Filipe Pinto	individual	Senior Masculino	04:09:50	+02:17:45	11:54
171	76	Fátima Soares	individual	Senior Feminino	04:10:14	+02:18:09	11:55
172	58	Ricardo Fernando da Silva Alves	gondofriends - filipe pinto automóveis	Senior Masculino	04:10:19	+02:18:14	11:55
173	134	PAULO AGUIAR	individual	Senior Masculino	04:10:21	+02:18:16	11:55
174	199	jose fernando moreira da silva	se tu fores desistes!!!	Senior Masculino	04:10:21	+02:18:16	11:55
175	160	Vitor Manuel Moreira Viana	individual	Senior Masculino	04:17:51	+02:25:46	12:17
176	60	Daniela Martins	hard trails runners	Senior Feminino	04:24:07	+02:32:02	12:35

TRAIL LONGO 21KM - STAGE 1 — 21 KM

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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
177	64	Vitor Tomás	hard trails runners	Senior Masculino	04:24:08	+02:32:03	12:35
178	208	Joana Ribeiro	team-chuda	Senior Feminino	04:43:51	+02:51:46	13:31
179	209	Andre Ribeiro	team-chuda	Senior Masculino	04:43:51	+02:51:46	13:31
180	207	Helena Novais	team-chuda	Senior Feminino	04:43:51	+02:51:46	13:31
181	210	Tiago Adrega	team-chuda	Senior Masculino	04:43:51	+02:51:46	13:31
182	169	Nuno Amorim	mm team	Senior Masculino	05:00:00	+03:07:55	14:17
183	75	Eunice Coelho	individual	Senior Feminino	05:03:59	+03:11:54	14:29
184	66	Andrea Vieira	individual	Senior Feminino	05:03:59	+03:11:54	14:29
185	167	Filipe Rocha	mm team	Senior Masculino	05:04:02	+03:11:57	14:29
186	126	Miguel Pereira Coutinho	individual	Senior Masculino	05:04:04	+03:11:59	14:29
187	171	Ricardo Ferraz	mm team	Senior Masculino	05:04:05	+03:12:00	14:29
188	151	Samuel Pereira da Silva	individual	Senior Masculino	05:04:08	+03:12:03	14:29

Trail de Tongobriga
Marco de Canaveses
28-junho-2015

trail longo 21km

21 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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	Time	Temperature	Humidity
Start	09:00	24,4ºC	51,9%
End	14:40	32,9ºC	32,6%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	184	Juliana Rodrigues	POTEEENTES - Fitspot Parque Nascente	Senior Feminino	02:24:06		06:52
2	5	Ana Ferreira	A.D.Amarante trail running	Senior Feminino	02:32:41	+08:35	07:16
3	15	Paula Barbosa	AFS Estofos AUTO	Senior Feminino	02:34:14	+10:08	07:21
4	28	Gisela Sousa	BitRunners	Senior Feminino	02:38:31	+14:25	07:33
5	29	Margarida Sousa	BitRunners	Senior Feminino	02:38:31	+14:25	07:33
6	6	Diana Lopes	A.D.Amarante trail running	Senior Feminino	02:42:06	+18:00	07:43
7	9	Vera Lúcia Pereira Pinto	A.D.Amarante trail running	Senior Feminino	02:42:06	+18:00	07:43
8	183	Joana R. Sousa	POTEEENTES - Fitspot Parque Nascente	Senior Feminino	02:43:59	+19:53	07:49
9	77	Goreti Rocha	Individual	Senior Feminino	02:53:07	+29:01	08:15
10	53	Telma Duarte	ERMIDAFIT Runners	Senior Feminino	02:54:37	+30:31	08:19
11	7	Filomena Neto	A.D.Amarante trail running	Senior Feminino	03:01:04	+36:58	08:37
12	164	Carla Freitas	Marretas#quase#atletas	Senior Feminino	03:02:31	+38:25	08:41
13	72	Elisabete Maria Soutulho Coelho Alves	Individual	Senior Feminino	03:02:46	+38:40	08:42
14	181	Ana Teresa Silva	POTEEENTES - Fitspot Parque Nascente	Senior Feminino	03:03:44	+39:38	08:45
15	78	Helena Gomes	Individual	Senior Feminino	03:06:12	+42:06	08:52
16	67	Andreia Sofia Silva Morais	Individual	Senior Feminino	03:08:43	+44:37	08:59
17	8	Marisa Pinto	A.D.Amarante trail running	Senior Feminino	03:13:04	+48:58	09:12
18	73	Elke Kaat	Individual	Senior Feminino	03:14:30	+50:24	09:16
19	69	Carla Oliveira	Individual	Senior Feminino	03:15:42	+51:36	09:19
20	68	Cândida Vilas-Boas	Individual	Senior Feminino	03:15:54	+51:48	09:20
21	79	Isabel Carvalho	Individual	Senior Feminino	03:17:23	+53:17	09:24
22	71	Diana Martins	Individual	Senior Feminino	03:25:38	+01:01:32	09:48
23	163	Sônia Teixeira	Keepmoving	Senior Feminino	03:37:14	+01:13:08	10:21
24	24	Tina Machado	BilaRunners	Senior Feminino	03:39:04	+01:14:58	10:26
25	81	Susana Sousa	Individual	Senior Feminino	03:39:04	+01:14:58	10:26
26	27	Fátima Costa	BitRunners	Senior Feminino	03:40:19	+01:16:13	10:29
27	62	Telma Amaral	Hard Trails Runners	Senior Feminino	03:41:48	+01:17:42	10:34
28	162	Rita Araújo	keepmoving	Senior Feminino	03:41:54	+01:17:48	10:34
29	70	Cláudia Leitão	Individual	Senior Feminino	03:50:15	+01:26:09	10:58
30	74	Estefânia Matias	Individual	Senior Feminino	03:50:36	+01:26:30	10:59
31	76	Fátima Soares	Individual	Senior Feminino	04:10:14	+01:46:08	11:55
32	60	Daniela Martins	Hard Trails Runners	Senior Feminino	04:24:07	+02:00:01	12:35
33	208	Joana Ribeiro	Team-Chuda	Senior Feminino	04:43:51	+02:19:45	13:31
34	207	Helena Novais	Team-Chuda	Senior Feminino	04:43:51	+02:19:45	13:31
35	75	Eunice Coelho	Individual	Senior Feminino	05:03:59	+02:39:53	14:29
36	66	Andrea Vieira	Individual	Senior Feminino	05:03:59	+02:39:53	14:29

trail longo 21km

21 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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Senior Masculino

1	48	Tiago Aragão	CTAD - Trilhos de Cinfães	Senior Masculino	01:52:05		05:20
2	49	Victor Fernandes	CTAD - Trilhos de Cinfães	Senior Masculino	01:52:06	+00:01	05:20
3	43	Modesto Vieira	CASA DO POVO DE SOALHÃES	Senior Masculino	01:54:17	+02:12	05:27
4	102	Francisco Lemos	Individual	Senior Masculino	01:54:41	+02:36	05:28
5	13	Paulo Costa	A.D.Amarante trail running	Senior Masculino	01:55:53	+03:48	05:31
6	14	Victor Costa	A.D.Amarante trail running	Senior Masculino	01:57:35	+05:30	05:36
7	103	Helder Bruno Ribeiro da Silva	Individual	Senior Masculino	01:58:31	+06:26	05:39
8	38	Rui Manuel Alves Monteiro Araújo	Bodystation Runners PRO	Senior Masculino	02:01:11	+09:06	05:46
9	155	Sérgio Suzano	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	02:03:21	+11:16	05:52
10	178	jose cordeiro	Pé na Pinha	Senior Masculino	02:03:24	+11:19	05:53
11	41	Aurélio Vieira	CASA DO POVO DE SOALHÃES	Senior Masculino	02:03:41	+11:36	05:53
12	50	Renato Presa	Desnível Positivo	Senior Masculino	02:03:46	+11:41	05:54
13	173	Mauro Cardoso	NOCTURNOS DE PAREDES	Senior Masculino	02:04:13	+12:08	05:55
14	143	Renato Silva	Individual	Senior Masculino	02:04:25	+12:20	05:55
15	54	Ricardo Pais	ERMIDAFIT Runners / ST Trail	Senior Masculino	02:05:05	+13:00	05:57
16	12	Cesar Duarte	A.D.Amarante trail running	Senior Masculino	02:05:05	+13:00	05:57
17	36	José Monteiro	Bodystation Runners PRO	Senior Masculino	02:09:10	+17:05	06:09
18	144	Ricardo Miguel Magalhães Nunes	Individual	Senior Masculino	02:12:52	+20:47	06:20
19	10	António Mendes	A.D.Amarante trail running	Senior Masculino	02:13:21	+21:16	06:21
20	11	Bruno Vinhós	A.D.Amarante trail running	Senior Masculino	02:13:38	+21:33	06:22
21	140	Pedro Nunes	Individual	Senior Masculino	02:13:39	+21:34	06:22
22	205	Antonio Jesus	team Rede Ambiente	Senior Masculino	02:14:57	+22:52	06:26
23	45	Carlos Alberto Nogueira Soares	CTAD - Trilhos de Cinfães	Senior Masculino	02:14:58	+22:53	06:26
24	47	Pedro Mouta	CTAD - Trilhos de Cinfães	Senior Masculino	02:15:21	+23:16	06:27
25	25	Luís Carvalhais	BilaRunners	Senior Masculino	02:15:22	+23:17	06:27
26	20	José Madureira	Amigo	Senior Masculino	02:15:22	+23:17	06:27
27	44	Tiago Amaral	Clinica Médica Dr. Merino - Run&Shine	Senior Masculino	02:17:12	+25:07	06:32
28	180	Hugo Gonçalves	Piratas Team	Senior Masculino	02:17:43	+25:38	06:33
29	175	Sergio Vale	NOCTURNOS DE PAREDES	Senior Masculino	02:18:28	+26:23	06:36
30	174	Rogério Sousa	NOCTURNOS DE PAREDES	Senior Masculino	02:18:28	+26:23	06:36
31	84	Agostinho Paulo Teixeira Sousa	Individual	Senior Masculino	02:18:59	+26:54	06:37
32	51	Bruno Freitas	DIVISÃO DE ELITE	Senior Masculino	02:19:59	+27:54	06:40
33	152	Sergio Anunciação	Individual	Senior Masculino	02:20:39	+28:34	06:42
34	153	Sérgio Carneiro	Individual	Senior Masculino	02:20:40	+28:35	06:42
35	206	Márcio Rocha	team Rede Ambiente	Senior Masculino	02:21:44	+29:39	06:45
36	56	Fernando Alberto da Silva Ramos	G.D.C. CASTELO DE PAIVA	Senior Masculino	02:22:36	+30:31	06:47
37	35	Bruno Filipe Araújo Alves Monteiro	Bodystation Runners PRO	Senior Masculino	02:22:51	+30:46	06:48
38	168	Henrique Silva	MM TEAM	Senior Masculino	02:22:56	+30:51	06:48
39	214	André Campos	Trail d'O Vale do Cabrum	Senior Masculino	02:23:00	+30:55	06:49
40	200	Fernando Jorge da Costa Pereira	Serrinha Trail Running Team	Senior Masculino	02:23:30	+31:25	06:50
41	201	Carlos Fonseca	Smile team	Senior Masculino	02:24:14	+32:09	06:52
42	132	Orlando Correia	Individual	Senior Masculino	02:24:32	+32:27	06:53
43	118	Luís Amaro Monteiro Ferreira	Individual	Senior Masculino	02:25:34	+33:29	06:56

trail longo 21km

21 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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44	146	Rogério Matos	Individual	Senior Masculino	02:25:35	+33:30	06:56
45	92	Bruno Soares	Individual	Senior Masculino	02:25:37	+33:32	06:56
46	142	Rafael Gomes Pacheco	Individual	Senior Masculino	02:25:47	+33:42	06:57
47	203	Agostinho Moreira	TEAM @VENIDA	Senior Masculino	02:26:21	+34:16	06:58
48	147	rui almeida	Individual	Senior Masculino	02:28:38	+36:33	07:05
49	34	Alexandre Moreira	Bodystation Runners PRO	Senior Masculino	02:28:53	+36:48	07:05
50	122	Mario Augusto Vieira Ferreira	Individual	Senior Masculino	02:29:17	+37:12	07:07
51	136	Paulo Ferreira Morais	Individual	Senior Masculino	02:29:41	+37:36	07:08
52	26	Luís Fontinha	BilaRunners	Senior Masculino	02:30:47	+38:42	07:11
53	112	joao goncalves	Individual	Senior Masculino	02:31:34	+39:29	07:13
54	145	Ricardo Pereira	Individual	Senior Masculino	02:31:44	+39:39	07:14
55	17	Armando Ribeiro	Amigo	Senior Masculino	02:31:48	+39:43	07:14
56	158	Vítor Emanuel de Sousa Ribeiro	Individual	Senior Masculino	02:32:15	+40:10	07:15
57	22	Antonio Loureiro	Autistic Runners	Senior Masculino	02:32:17	+40:12	07:15
58	204	Luis F Pinto	TEAM @VENIDA	Senior Masculino	02:32:47	+40:42	07:17
59	23	José Luis Loureiro	Autistic Runners	Senior Masculino	02:32:52	+40:47	07:17
60	172	Fernando Almeida	NOCTURNOS DE PAREDES	Senior Masculino	02:33:14	+41:09	07:18
61	39	Arlindo Silva	Brabus Runners	Senior Masculino	02:35:05	+43:00	07:23
62	19	Fernando Vieira	Amigo	Senior Masculino	02:36:10	+44:05	07:26
63	30	Daniel Ribeiro	BitRunners	Senior Masculino	02:36:47	+44:42	07:28
64	86	andre madureia	Individual	Senior Masculino	02:36:56	+44:51	07:28
65	46	João Cardoso	CTAD - Trilhos de Cinfães	Senior Masculino	02:36:58	+44:53	07:28
66	161	Vitor Santos	Individual	Senior Masculino	02:37:18	+45:13	07:29
67	18	Fábio Ribeiro	Amigo	Senior Masculino	02:38:10	+46:05	07:32
68	37	Paulo Queiroz	Bodystation Runners PRO	Senior Masculino	02:38:59	+46:54	07:34
69	85	André Fernandes	Individual	Senior Masculino	02:39:34	+47:29	07:36
70	116	José Paulo Lima	Individual	Senior Masculino	02:40:23	+48:18	07:38
71	124	Miguel Lamego de azevedo	Individual	Senior Masculino	02:40:42	+48:37	07:39
72	114	joaquim manuel carvalho silva	Individual	Senior Masculino	02:40:43	+48:38	07:39
73	213	Rui Teixeira	The Power Team - Lixa	Senior Masculino	02:40:50	+48:45	07:40
74	154	Sérgio Miguel santos pereira	Individual	Senior Masculino	02:42:18	+50:13	07:44
75	193	José Sousa	RedLine	Senior Masculino	02:42:48	+50:43	07:45
76	194	Luís Teixeira	RedLine	Senior Masculino	02:42:48	+50:43	07:45
77	33	Eurico Fernando Portela Mendes	Blocos	Senior Masculino	02:43:11	+51:06	07:46
78	42	Geraldo Gomes	CASA DO POVO DE SOALHÃES	Senior Masculino	02:44:25	+52:20	07:50
79	109	Hugo Filipe Vieira Moura	Individual	Senior Masculino	02:46:13	+54:08	07:55
80	83	Agostinho Matos	Individual	Senior Masculino	02:46:34	+54:29	07:56
81	88	Antonio Carlos Silva Teixeira	Individual	Senior Masculino	02:47:15	+55:10	07:58
82	110	humberto mendes	Individual	Senior Masculino	02:48:14	+56:09	08:01
83	101	Flávio José da Costa Teixeira	Individual	Senior Masculino	02:48:14	+56:09	08:01
84	185	Bernardo Mouta	POTEEENTES - Fitspot Parque Nascente	Senior Masculino	02:48:15	+56:10	08:01
85	157	Victor Manuel de Moura Marinho	Individual	Senior Masculino	02:48:15	+56:10	08:01
86	107	Henrique Marques	Individual	Senior Masculino	02:48:16	+56:11	08:01
87	133	ÓSCAR JOSÉ DA SILVA MARINHO	Individual	Senior Masculino	02:49:36	+57:31	08:05
88	189	Miguel Guimaraes	POTEEENTES - Fitspot Parque Nascente	Senior Masculino	02:51:50	+59:45	08:11

trail longo 21km

21 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

89	188	Joao Pinto	POTEEENTES - Fitspot Parque Nascente	Senior Masculino	02:51:52	+59:47	08:11
90	190	Nuno Fontelonga	POTEEENTES - Fitspot Parque Nascente	Senior Masculino	02:51:52	+59:47	08:11
91	191	Pedro Jorge	POTEEENTES - Fitspot Parque Nascente	Senior Masculino	02:51:53	+59:48	08:11
92	186	David Sousa	POTEEENTES - Fitspot Parque Nascente	Senior Masculino	02:51:54	+59:49	08:11
93	137	PAULO FILIPE LOUREIRO MOREIRA	Individual	Senior Masculino	02:52:15	+01:00:10	08:12
94	91	ANTONIO MIRANDA (EQUIPA - NOCTURNOS DE PAREDES)	Individual	Senior Masculino	02:53:07	+01:01:02	08:15
95	106	Helder Rodrigues	Individual	Senior Masculino	02:53:33	+01:01:28	08:16
96	120	Manuel Joaquim Martins da Silva	Individual	Senior Masculino	02:53:44	+01:01:39	08:16
97	187	Fernando Gomes	POTEEENTES - Fitspot Parque Nascente	Senior Masculino	02:57:12	+01:05:07	08:26
98	97	David Ferreira	Individual	Senior Masculino	02:57:12	+01:05:07	08:26
99	94	Carlos PInheiro	Individual	Senior Masculino	02:57:35	+01:05:30	08:27
100	119	Manuel Fernando Máximo Pereira	Individual	Senior Masculino	03:01:09	+01:09:04	08:38
101	129	Nuno Alexandre	Individual	Senior Masculino	03:01:15	+01:09:10	08:38
102	121	manuel teixeira	Individual	Senior Masculino	03:01:41	+01:09:36	08:39
103	159	Vítor Manuel Dias Gonçalves	Individual	Senior Masculino	03:01:49	+01:09:44	08:39
104	31	Paulo Teixeira	BitRunners	Senior Masculino	03:02:06	+01:10:01	08:40
105	230	Daniel Barbosa	Se tu fores desistes	Senior Masculino	03:02:34	+01:10:29	08:42
106	89	antonio carneiro	Individual	Senior Masculino	03:02:37	+01:10:32	08:42
107	198	francisco jorge moreira da silva	se tu fores desistes!!!	Senior Masculino	03:02:50	+01:10:45	08:42
108	165	Ângelo Santos	Marretas#quase#atletas	Senior Masculino	03:02:57	+01:10:52	08:43
109	229	Rui Bernardo	POTEEENTES - Fitspot Parque Nascente	Senior Masculino	03:03:18	+01:11:13	08:44
110	99	Feliciano Ferreira	Individual	Senior Masculino	03:04:36	+01:12:31	08:47
111	95	CELSO REIS	Individual	Senior Masculino	03:05:18	+01:13:13	08:49
112	156	Tozé Nazário	Individual	Senior Masculino	03:06:12	+01:14:07	08:52
113	125	Miguel Lopes	Individual	Senior Masculino	03:08:52	+01:16:47	09:00
114	96	Daniel Santos	Individual	Senior Masculino	03:10:13	+01:18:08	09:03
115	131	Nuno Miguel	Individual	Senior Masculino	03:10:14	+01:18:09	09:04
116	139	Pedro Miguel Pereira Nogueira	Individual	Senior Masculino	03:10:18	+01:18:13	09:04
117	108	Hugo Cardoso	Individual	Senior Masculino	03:10:39	+01:18:34	09:05
118	21	Samuel Teixeira	Amigo	Senior Masculino	03:10:43	+01:18:38	09:05
119	211	Celso Oliveira	The Power Team - Lixa	Senior Masculino	03:11:00	+01:18:55	09:06
120	141	Pedro Pinto Basto	Individual	Senior Masculino	03:11:30	+01:19:25	09:07
121	170	Pedro Miranda	MM TEAM	Senior Masculino	03:12:45	+01:20:40	09:11
122	150	Rui Queiroz	Individual	Senior Masculino	03:14:26	+01:22:21	09:16
123	176	Rui Madureira	O GRUPELHO	Senior Masculino	03:15:07	+01:23:02	09:17
124	177	Sílvio Vieira	O GRUPELHO	Senior Masculino	03:15:07	+01:23:02	09:17
125	135	Paulo António Sousa	Individual	Senior Masculino	03:15:41	+01:23:36	09:19
126	179	Bruno Miguel Magalhães Silva	Pés de Chumbo	Senior Masculino	03:18:25	+01:26:20	09:27
127	104	Hélder Cabral	Individual	Senior Masculino	03:20:14	+01:28:09	09:32
128	148	Rui Filipe Silva Arantes	Individual	Senior Masculino	03:20:54	+01:28:49	09:34
129	166	Celio Soares	MM TEAM	Senior Masculino	03:21:18	+01:29:13	09:35

trail longo 21km

21 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

130	149	RUI JORGE MOREIRA DA SILVA LOPES	Individual	Senior Masculino	03:24:08	+01:32:03	09:43
131	138	Pedro Miguel Afonseca Gonçalves	Individual	Senior Masculino	03:37:25	+01:45:20	10:21
132	63	Sergio Silva	Hard Trails Runners	Senior Masculino	03:41:48	+01:49:43	10:34
133	82	Agostinho dos Reis Queiroz	Individual	Senior Masculino	03:42:10	+01:50:05	10:35
134	115	José Correia	Individual	Senior Masculino	03:42:11	+01:50:06	10:35
135	130	Nuno Eduardo Ferreira	Individual	Senior Masculino	03:42:14	+01:50:09	10:35
136	117	Julio Borges	Individual	Senior Masculino	03:43:21	+01:51:16	10:38
137	197	Wellington Franco	run4fun	Senior Masculino	03:53:39	+02:01:34	11:08
138	32	Rui Silva	BitRunners	Senior Masculino	03:53:39	+02:01:34	11:08
139	196	Mario Joao Silva	run4fun	Senior Masculino	03:53:39	+02:01:34	11:08
140	100	Filipe Pinto	Individual	Senior Masculino	04:09:50	+02:17:45	11:54
141	58	Ricardo Fernando da Silva Alves	Gondofriends - FIlipe Pinto Automóveis	Senior Masculino	04:10:19	+02:18:14	11:55
142	134	PAULO AGUIAR	Individual	Senior Masculino	04:10:21	+02:18:16	11:55
143	199	jose fernando moreira da silva	se tu fores desistes!!!	Senior Masculino	04:10:21	+02:18:16	11:55
144	160	Vitor Manuel Moreira Viana	Individual	Senior Masculino	04:17:51	+02:25:46	12:17
145	64	Vitor Tomás	Hard Trails Runners	Senior Masculino	04:24:08	+02:32:03	12:35
146	209	Andre Ribeiro	Team-Chuda	Senior Masculino	04:43:51	+02:51:46	13:31
147	210	Tiago Adrega	Team-Chuda	Senior Masculino	04:43:51	+02:51:46	13:31
148	169	Nuno Amorim	MM TEAM	Senior Masculino	05:00:00	+03:07:55	14:17
149	167	Filipe Rocha	MM TEAM	Senior Masculino	05:04:02	+03:11:57	14:29
150	126	Miguel Pereira Coutinho	Individual	Senior Masculino	05:04:04	+03:11:59	14:29
151	171	Ricardo Ferraz	MM TEAM	Senior Masculino	05:04:05	+03:12:00	14:29
152	151	Samuel Pereira da Silva	Individual	Senior Masculino	05:04:08	+03:12:03	14:29

COLETIVA 21K

LAP2GO - TIMING 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	A.D.Amarante trail running	5 + 6 + 16 + 19	46
2	CTAD - Trilhos de Cinfães	1 + 2 + 23 + 24	50
3	Bodystation Runners PRO	8 + 17 + 37 + 50	112
4	NOCTURNOS DE PAREDES	13 + 29 + 30 + 62	134
5	Amigo	26 + 56 + 65 + 70	217

Trail de Tongobriga
Marco de Canaveses
28-junho-2015

TRAIL CURTO 12KM - STAGE 1 — 12 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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	Time	Temperature	Humidity
Start	09:00	23,6ºC	54%
End	12:47	32,9ºC	32,6%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1190	Pedro Miguel Costa Leite	individual	Senior Masculino	01:08:20		05:42
2	1169	Jose Pereira	individual	Senior Masculino	01:15:18	+06:58	06:16
3	1254	Sérgio Mina Gaião	proaventuras	Senior Masculino	01:21:39	+13:19	06:48
4	1059	Ricardo Rocha	fast ao km/ prr-health&nutrition	Senior Masculino	01:23:06	+14:46	06:55
5	1148	Edgar Rúben Monteiro Araújo Queirós	individual	Senior Masculino	01:28:11	+19:51	07:21
6	1007	Tiago Manuel Oliveira Monteiro	alfena runners	Senior Masculino	01:28:44	+20:24	07:24
7	1302	Filipe Barbosa	individual	Senior Masculino	01:34:24	+26:04	07:52
8	1305	Hélder José Cunha Moreira	andatrilhos | freamunde	Senior Masculino	01:34:37	+26:17	07:53
9	1192	Pedro Miguel Macedo Marinho	individual	Senior Masculino	01:34:51	+26:31	07:54
10	1021	Vítor José Coelho Alves Costa	andatrilhos | freamunde	Senior Masculino	01:35:01	+26:41	07:55
11	1170	José Rito	individual	Senior Masculino	01:35:15	+26:55	07:56
12	1289	Joao B Pinto	team @venida	Senior Masculino	01:35:23	+27:03	07:57
13	1174	Manuel Martins Vieira	individual	Senior Masculino	01:36:06	+27:46	08:01
14	1277	Carlos Barbosa	serrinha trail running team	Senior Masculino	01:36:17	+27:57	08:01
15	1172	Luís Coelho	individual	Senior Masculino	01:37:35	+29:15	08:08
16	1220	Luís Pinheiro	lacraus	Senior Masculino	01:38:15	+29:55	08:11
17	1312	Adão Fernando Pinto Ribeiro	individual	Senior Masculino	01:39:20	+31:00	08:17
18	1253	Rui Sousa	poteeentes - fitspot parque nascente	Senior Masculino	01:39:21	+31:01	08:17
19	1189	Pedro Manuel Sousa Guimraães	individual	Senior Masculino	01:39:35	+31:15	08:18
20	1296	Luís António Costa Pereira	trofateam	Senior Masculino	01:41:25	+33:05	08:27
21	1295	Leonardo da Costa Pereira	trofateam	Senior Masculino	01:41:25	+33:05	08:27
22	1069	Adilia Maria coelho do vale teixeira	individual	Senior Feminino	01:41:57	+33:37	08:30
23	1125	ANTONIO ALBERTO MOREIRA DE SOUSA	individual	Senior Masculino	01:42:14	+33:54	08:31
24	1149	Emanuel Ramos	individual	Senior Masculino	01:42:21	+34:01	08:32
25	1162	Jonas Emanuel Pires Faria	individual	Senior Masculino	01:42:56	+34:36	08:35
26	202	André Macedo Ferreira	taludos	Senior Masculino	01:42:56	+34:36	08:35
27	1042	Joana Moura	divisão de elite	Senior Feminino	01:43:24	+35:04	08:37
28	1171	Luis Carlos Sousa	individual	Senior Masculino	01:43:25	+35:05	08:37
29	1168	José Nelson Pereira	individual	Senior Masculino	01:43:25	+35:05	08:37
30	1158	Hugo Ângelo Ferraz Duarte	individual	Senior Masculino	01:43:27	+35:07	08:37
31	1111	Patricia Isabel Moreira Nogueira	individual	Senior Feminino	01:43:39	+35:19	08:38
32	1154	Gil Miguel Silva Ribeiro	individual	Senior Masculino	01:43:39	+35:19	08:38
33	1157	Henrique Manuel Vieira Magalhães	individual	Senior Masculino	01:43:39	+35:19	08:38
34	1195	Ricardo Alexandre Silva Novais	individual	Senior Masculino	01:43:50	+35:30	08:39
35	1186	Pedro Filipe Cardoso Pinto	individual	Senior Masculino	01:44:22	+36:02	08:42
36	1304	Filipe José Marinho Ferreira	individual	Senior Masculino	01:44:23	+36:03	08:42
37	1033	Elisabete Pinto	brabus runners	Senior Feminino	01:44:25	+36:05	08:42
38	1316	César José Moreira Barros	somos bons é nisto	Senior Masculino	01:44:40	+36:20	08:43
39	1216	Miguel Ângelo Mendes Santos	kunochao	Senior Masculino	01:44:40	+36:20	08:43
40	1034	Sandra Pereira	brabus runners	Senior Feminino	01:44:45	+36:25	08:44

TRAIL CURTO 12KM - STAGE 1 — 12 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
41	1127	ANTONIO FERNANDO BARBOSA MORAIS	individual	Senior Masculino	01:44:58	+36:38	08:45
42	1026	Carlos Costa	bec | run4fun	Senior Masculino	01:47:34	+39:14	08:58
43	1071	Ana Borges	individual	Senior Feminino	01:48:04	+39:44	09:00
44	1319	Fábio Jorge Fiúza Feital Moreira	somos bons é nisto	Senior Masculino	01:48:14	+39:54	09:01
45	1252	Paulo Almeida	poteeentes - fitspot parque nascente	Senior Masculino	01:48:23	+40:03	09:02
46	1155	Gil Rocha	individual	Senior Masculino	01:48:40	+40:20	09:03
47	1182	Paulo Daniel Patrício da Silva	individual	Senior Masculino	01:48:42	+40:22	09:03
48	1287	Bruno Noé Maia	taludos	Senior Masculino	01:48:50	+40:30	09:04
49	1018	Luís Pedro Pedra Gomes Ribeiro	andatrilhos | freamunde	Senior Masculino	01:48:57	+40:37	09:05
50	1019	Marco José Martins Nunes Mendes	andatrilhos | freamunde	Senior Masculino	01:49:00	+40:40	09:05
51	1161	Joel Diogo Marques Ferreira	individual	Senior Masculino	01:49:01	+40:41	09:05
52	1092	Fátima Vieira	individual	Senior Feminino	01:49:21	+41:01	09:07
53	1218	Bruno Andrade	lacraus	Senior Masculino	01:49:22	+41:02	09:07
54	1247	Joana Vasconcelos	poteeentes - fitspot parque nascente	Senior Feminino	01:49:23	+41:03	09:07
55	1058	Candido Rocha	fast ao km/ prr-health&nutrition	Senior Masculino	01:49:28	+41:08	09:07
56	1219	Henrique Rocha	lacraus	Senior Masculino	01:49:31	+41:11	09:08
57	1268	Oscar novais	run4fun	Senior Masculino	01:49:32	+41:12	09:08
58	1030	Pedro Franco	bec | run4fun	Senior Masculino	01:49:36	+41:16	09:08
59	1146	Diogo Santos	individual	Senior Masculino	01:49:40	+41:20	09:08
60	1050	Vitor Manuel da Costa Andrade	ermidafit runners	Senior Masculino	01:49:41	+41:21	09:08
61	1275	Agostinho Nunes	sem rasto	Senior Masculino	01:49:46	+41:26	09:09
62	1112	Paula Cristina Catarino Reis dos Anjos	individual	Senior Feminino	01:49:47	+41:27	09:09
63	1094	Isabel leitão	individual	Senior Feminino	01:49:49	+41:29	09:09
64	1108	Maria pinto	individual	Senior Feminino	01:49:50	+41:30	09:09
65	1202	sergio alberto costa sousa	individual	Senior Masculino	01:50:07	+41:47	09:11
66	1132	António Machado Moreira	individual	Senior Masculino	01:50:14	+41:54	09:11
67	1297	Manuel Teixeira Gonçalves	trofateam	Senior Masculino	01:50:50	+42:30	09:14
68	1166	José Amorim	individual	Senior Masculino	01:50:54	+42:34	09:14
69	1269	Simão sousa	run4fun	Senior Masculino	01:51:10	+42:50	09:16
70	1179	Nuno Moura	individual	Senior Masculino	01:51:30	+43:10	09:17
71	1038	Raul Guardado	brigada do reumático	Senior Masculino	01:51:31	+43:11	09:18
72	1144	Davide Emanuel Moreira Rocha	individual	Senior Masculino	01:51:36	+43:16	09:18
73	1180	Nuno Santos	individual	Senior Masculino	01:52:00	+43:40	09:20
74	1133	Augusto Madureira	individual	Senior Masculino	01:52:05	+43:45	09:20
75	1282	Cristiano Silva	squadra di running	Senior Masculino	01:52:17	+43:57	09:21
76	1281	Armando Luis Rocha Pinto	squadra di running	Senior Masculino	01:52:17	+43:57	09:21
77	1285	Paulo Almeida	squadra di running	Senior Masculino	01:52:17	+43:57	09:21
78	1283	Manuel Silva	squadra di running	Senior Masculino	01:52:18	+43:58	09:21
79	1106	Maria Fatima Ferreira Coelho	individual	Senior Feminino	01:52:24	+44:04	09:22
80	1035	Armando Cardoso	brabus runners	Senior Masculino	01:52:25	+44:05	09:22
81	1211	Jorge Filipe Pinto Teixeira	jteixeiras	Senior Masculino	01:52:46	+44:26	09:24
82	1242	Ana Guimaraes	poteeentes - fitspot parque nascente	Senior Feminino	01:53:02	+44:42	09:25
83	1177	Nuno Jorge Soares Pinto Leão	individual	Senior Masculino	01:53:16	+44:56	09:26
84	1309	Víctor Manuel Teixeira Cardoso	individual	Senior Masculino	01:53:41	+45:21	09:28
85	1003	Luis Mendes	a.d.amarante trail running	Senior Masculino	01:53:48	+45:28	09:29

TRAIL CURTO 12KM - STAGE 1 — 12 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
86	1001	Ana Mendonça	a.d.amarante trail running	Senior Feminino	01:53:59	+45:39	09:30
87	1147	Diogo Teixeira	individual	Senior Masculino	01:54:05	+45:45	09:30
88	1225	Carina Moreira	nocturnos de paredes	Senior Feminino	01:54:27	+46:07	09:32
89	1228	Pedro Nogueira	nocturnos de paredes	Senior Masculino	01:54:27	+46:07	09:32
90	1077	Ana Sofia Gonçalves Freitas	individual	Senior Feminino	01:54:29	+46:09	09:32
91	1020	Ricardo Jorge Alves Neto	andatrilhos | freamunde	Senior Masculino	01:54:51	+46:31	09:34
92	1197	Ricardo Joaquim Monteiro Fernandes	individual	Senior Masculino	01:55:17	+46:57	09:36
93	1259	André Figueiredo	rock'n'roll running team	Senior Masculino	01:55:24	+47:04	09:37
94	1002	Ines Gonçalves	a.d.amarante trail running	Senior Feminino	01:55:48	+47:28	09:39
95	1320	José Hilário Queirós Barros	somos bons é nisto	Senior Masculino	01:55:56	+47:36	09:40
96	1200	Ricardo Miguel Oliveira Monteiro	individual	Senior Masculino	01:55:56	+47:36	09:40
97	1152	Fernando Luis Correia da Costa	individual	Senior Masculino	01:55:58	+47:38	09:40
98	1199	Ricardo Manuel Ribeiro Meireles	individual	Senior Masculino	01:56:35	+48:15	09:43
99	1239	Isabel Sousa	pés de chumbo	Senior Feminino	01:56:39	+48:19	09:43
100	1208	VALDEMAR SILVA	individual	Senior Masculino	01:56:39	+48:19	09:43
101	1270	Sónia Castro	s&r	Senior Feminino	01:56:42	+48:22	09:43
102	1271	Ricardo Ribeiro	s&r	Senior Masculino	01:56:42	+48:22	09:43
103	1102	Manuela Maria Mendes Couto	individual	Senior Feminino	01:56:43	+48:23	09:44
104	1164	Jorge Frederico Pinto Soares	individual	Senior Masculino	01:56:43	+48:23	09:44
105	1005	Filipe Alexandre Oliveira Monteiro	alfena runners	Senior Masculino	01:56:52	+48:32	09:44
106	1130	ANTÓNIO JORGE CARVALHO RIBEIRO	individual	Senior Masculino	01:57:00	+48:40	09:45
107	1217	Pedro Miguel Soares Neves	kunochao	Senior Masculino	01:57:01	+48:41	09:45
108	1214	Inês Catarina Sousa Rocha	kunochao	Senior Feminino	01:57:02	+48:42	09:45
109	1113	Paula Silva	individual	Senior Feminino	01:57:19	+48:59	09:47
110	1286	Armando Martins	taludos	Senior Masculino	01:57:23	+49:03	09:47
111	1204	Sérgio Moisés da Silva Mendes	individual	Senior Masculino	01:58:05	+49:45	09:50
112	1238	Patricio Ribeiro	o grupelho	Senior Masculino	01:58:20	+50:00	09:52
113	1318	João Duarte Leite Teixeira	somos bons é nisto	Senior Masculino	01:58:24	+50:04	09:52
114	1151	Fernando bruno Caetano rocha	individual	Senior Masculino	01:58:24	+50:04	09:52
115	1153	Francisco Daniel Teixeira da Costa	individual	Senior Masculino	01:58:25	+50:05	09:52
116	1308	Lucia Marisa Pinto Sousa	pés de chumbo	Senior Feminino	01:58:25	+50:05	09:52
117	1188	Pedro Manuel Pinto Ferraz	individual	Senior Masculino	01:58:26	+50:06	09:52
118	1306	Maria José Silva Teixeira	pés de chumbo	Senior Feminino	01:58:29	+50:09	09:52
119	1165	Jorge Rafael Ribeiro Vieira	individual	Senior Masculino	01:58:29	+50:09	09:52
120	1209	Vítor Bruno Ribeiro Alves	individual	Senior Masculino	01:58:30	+50:10	09:52
121	1176	Miguel Rufino	individual	Senior Masculino	01:58:57	+50:37	09:55
122	1037	Pedro Gonçalves	brigada do reumático	Senior Masculino	01:59:12	+50:52	09:56
123	1039	Sandro Maia	brigada do reumático	Senior Masculino	01:59:13	+50:53	09:56
124	1194	Portela José Mendes	individual	Senior Masculino	01:59:13	+50:53	09:56
125	1054	Edi Vilanova	falta muito?	Senior Masculino	01:59:14	+50:54	09:56
126	1226	Eva Moreira	nocturnos de paredes	Senior Feminino	01:59:16	+50:56	09:56
127	1229	Telmo Mota	nocturnos de paredes	Senior Masculino	01:59:17	+50:57	09:56
128	1215	Paula Cristina Lourenço Freitas	kunochao	Senior Feminino	01:59:20	+51:00	09:57
129	1243	Ana Luisa Flores	poteeentes - fitspot parque nascente	Senior Feminino	01:59:21	+51:01	09:57
130	1244	Fernanda Pinto	poteeentes - fitspot parque nascente	Senior Feminino	01:59:21	+51:01	09:57

TRAIL CURTO 12KM - STAGE 1 — 12 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
131	1184	Paulo Ricardo Pereira Sala de Carvalho	individual	Senior Masculino	01:59:36	+51:16	09:58
132	1187	Pedro Filipe Rente de Carvalho Lourenço	individual	Senior Masculino	01:59:36	+51:16	09:58
133	1311	José Carlos Pinto Teixeira	jteixeiras	Senior Masculino	01:59:39	+51:19	09:58
134	1278	Leonel Augusto	serrinha trail running team	Senior Masculino	01:59:44	+51:24	09:59
135	1288	Jose Fernando T. Lopes	taludos	Senior Masculino	01:59:44	+51:24	09:59
136	1052	Catarina Moreira	falta muito?	Senior Feminino	02:00:04	+51:44	10:00
137	1210	Vitor Manuel Vieira de Sousa	individual	Senior Masculino	02:00:05	+51:45	10:00
138	1193	Pedro Novais	individual	Senior Masculino	02:00:06	+51:46	10:01
139	1055	Silvio Jacinto	falta muito?	Senior Masculino	02:00:07	+51:47	10:01
140	1203	Sergio Lavrador	individual	Senior Masculino	02:00:12	+51:52	10:01
141	1298	Ana Paula Alves	usf-ts	Senior Feminino	02:00:29	+52:09	10:02
142	1301	Mónica Magalhães	usf-ts	Senior Feminino	02:00:29	+52:09	10:02
143	1224	Paulo Rosa	lebres de pégões	Senior Masculino	02:00:32	+52:12	10:03
144	1049	Tiago Machado Araújo	ermidafit runners	Senior Masculino	02:00:55	+52:35	10:05
145	1045	Liliana Alves	ermidafit runners	Senior Feminino	02:00:55	+52:35	10:05
146	1047	Paula Alexandra Carneiro Silva	ermidafit runners	Senior Feminino	02:00:55	+52:35	10:05
147	1178	Nuno Manuel da Cunha Guimarães	individual	Senior Masculino	02:01:23	+53:03	10:07
148	1300	Mafalda Alves	usf-ts	Senior Feminino	02:01:25	+53:05	10:07
149	1290	Osvaldo Ferreira	team rede ambiente	Senior Masculino	02:02:55	+54:35	10:15
150	1116	Sara Catarina Caetano Rebelo	individual	Senior Feminino	02:03:29	+55:09	10:17
151	1090	Cristiana Marisa Castro Oliveira	individual	Senior Feminino	02:03:29	+55:09	10:17
152	1207	TOMÁS SILVA FERREIRA	individual	Senior Masculino	02:05:07	+56:47	10:26
153	1073	Ana Isabel Silva Morais	individual	Senior Feminino	02:05:50	+57:30	10:29
154	1129	António Joaquim Teixeira de Magalhães	individual	Senior Masculino	02:05:56	+57:36	10:30
155	1135	Bruno Maia	individual	Senior Masculino	02:05:58	+57:38	10:30
156	1121	Susana Maria Gomes Garcias Monteiro	individual	Senior Feminino	02:06:23	+58:03	10:32
157	1150	Fábio Bruno da Cunha Teixeira	individual	Senior Masculino	02:06:24	+58:04	10:32
158	1196	Ricardo Alves	individual	Senior Masculino	02:07:17	+58:57	10:36
159	1315	Maria Arminda Silva Coelho	individual	Senior Feminino	02:08:01	+59:41	10:40
160	1009	Ana João Silva Nunes	andatrilhos | freamunde	Senior Feminino	02:08:17	+59:57	10:41
161	1299	Estela Oliveira	usf-ts	Senior Feminino	02:08:26	+01:00:06	10:42
162	1245	Gabriela Oliveira	poteeentes - fitspot parque nascente	Senior Feminino	02:08:47	+01:00:27	10:44
163	1251	Vania Bernardo	poteeentes - fitspot parque nascente	Senior Feminino	02:08:47	+01:00:27	10:44
164	1006	Tiago André Moreira Carneiro	alfena runners	Senior Masculino	02:08:58	+01:00:38	10:45
165	1143	daniel da cunha alves	individual	Senior Masculino	02:08:59	+01:00:39	10:45
166	1004	Isa Raquel Pinto Pereira	alfena runners	Senior Feminino	02:09:00	+01:00:40	10:45
167	1241	Ana Ferro	poteeentes - fitspot parque nascente	Senior Feminino	02:09:00	+01:00:40	10:45
168	1248	Sandra Costa	poteeentes - fitspot parque nascente	Senior Feminino	02:09:01	+01:00:41	10:45
169	1128	António Ferraz	individual	Senior Masculino	02:10:55	+01:02:35	10:55
170	1075	Ana Paula Guedes da Silva	individual	Senior Feminino	02:11:37	+01:03:17	10:58
171	1222	Ana Silva	las chicas	Senior Feminino	02:11:38	+01:03:18	10:58
172	1223	Marta Moreira	las chicas	Senior Feminino	02:11:38	+01:03:18	10:58
173	1221	Ana Pereira	las chicas	Senior Feminino	02:12:04	+01:03:44	11:00

TRAIL CURTO 12KM - STAGE 1 — 12 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
174	1231	Andreia Moreira	o grupelho	Senior Feminino	02:12:13	+01:03:53	11:01
175	1230	Ana Raquel Pinto	o grupelho	Senior Feminino	02:12:13	+01:03:53	11:01
176	1236	Rita Pinto	o grupelho	Senior Feminino	02:12:13	+01:03:53	11:01
177	1114	Sandra madureira	individual	Senior Feminino	02:12:26	+01:04:06	11:02
178	1068	ADELAIDE RUÃO	individual	Senior Feminino	02:12:34	+01:04:14	11:03
179	1070	Albertina Cunha	individual	Senior Feminino	02:14:51	+01:06:31	11:14
180	1115	Sandra Ramos	individual	Senior Feminino	02:14:52	+01:06:32	11:14
181	1118	Susana Cristina Barbosa Magalhães	individual	Senior Feminino	02:14:52	+01:06:32	11:14
182	1160	Joaquim Ramos	individual	Senior Masculino	02:14:53	+01:06:33	11:14
183	1131	António José Silva	individual	Senior Masculino	02:14:55	+01:06:35	11:15
184	1249	Silvia Ferreira	poteeentes - fitspot parque nascente	Senior Feminino	02:15:06	+01:06:46	11:15
185	1107	Maria Moutinho	individual	Senior Feminino	02:15:24	+01:07:04	11:17
186	1227	Pedro Ferraz	nocturnos de paredes	Senior Masculino	02:15:24	+01:07:04	11:17
187	1117	Sonia Silva	individual	Senior Feminino	02:15:25	+01:07:05	11:17
188	1126	Antonio Barbosa	individual	Senior Masculino	02:15:26	+01:07:06	11:17
189	1120	Susana Maria Costa Carrilho	individual	Senior Feminino	02:15:33	+01:07:13	11:18
190	1044	Joana Sofia Silva Pinheiro	ermidafit runners	Senior Feminino	02:15:52	+01:07:32	11:19
191	1100	Luísa Aguiar	individual	Senior Feminino	02:15:57	+01:07:37	11:20
192	1017	Jorge Miguel Ribeiro Martins	andatrilhos | freamunde	Senior Masculino	02:17:04	+01:08:44	11:25
193	1261	Pedro Resende	rock'n'roll running team	Senior Masculino	02:17:06	+01:08:46	11:26
194	1260	Carlos Viamonte	rock'n'roll running team	Senior Masculino	02:17:06	+01:08:46	11:26
195	1138	CARLOS SILVA FERREIRA	individual	Senior Masculino	02:17:42	+01:09:22	11:29
196	1101	Manuela Arantes	individual	Senior Feminino	02:18:53	+01:10:33	11:34
197	1079	Ângela de Jesus Correia Arantes	individual	Senior Feminino	02:18:53	+01:10:33	11:34
198	1258	Marta Viamonte	rock'n'roll running team	Senior Feminino	02:21:07	+01:12:47	11:46
199	1257	Francisca Figueiredo	rock'n'roll running team	Senior Feminino	02:21:07	+01:12:47	11:46
200	1167	José Costa Pinto	individual	Senior Masculino	02:21:50	+01:13:30	11:49
201	1089	Cláudia Patrícia Malheiro Coelho	individual	Senior Feminino	02:22:11	+01:13:51	11:51
202	1093	Gisela Morais	individual	Senior Feminino	02:22:41	+01:14:21	11:53
203	1246	Joana Naldinho	poteeentes - fitspot parque nascente	Senior Feminino	02:23:28	+01:15:08	11:57
204	1250	Sofia Naldinho	poteeentes - fitspot parque nascente	Senior Feminino	02:23:29	+01:15:09	11:57
205	1145	Diana Gouveia	individual	Senior Masculino	02:23:30	+01:15:10	11:57
206	1198	Ricardo Jorge Almeida Correia	individual	Senior Masculino	02:23:30	+01:15:10	11:58
207	1141	CLÁUDIO RAFAEL OLIVEIRA PEREIRA	individual	Senior Masculino	02:23:51	+01:15:31	11:59
208	1091	DINA BELA SANTOS DO VALE	individual	Senior Feminino	02:23:52	+01:15:32	11:59
209	1156	helder eduardo martins coelho	individual	Senior Masculino	02:23:53	+01:15:33	11:59
210	1082	carla susana durães ferreira	individual	Senior Feminino	02:23:57	+01:15:37	12:00
211	1041	Miguel Costa	casal maravilha	Senior Masculino	02:24:50	+01:16:30	12:04
212	1040	Sandra Machado	casal maravilha	Senior Feminino	02:24:50	+01:16:30	12:04
213	1272	Ana Rodrigues	sem rasto	Senior Feminino	02:24:59	+01:16:39	12:05
214	1080	Ângela Maria Ferreira Morais	individual	Senior Feminino	02:25:01	+01:16:41	12:05
215	1043	Ana Catarina Moreira Carneiro	ermidafit runners	Senior Feminino	02:25:02	+01:16:42	12:05
216	1057	Maria João Afonso	falta muito?	Senior Feminino	02:25:10	+01:16:50	12:06
217	1136	Carlos Nunes	individual	Senior Masculino	02:25:36	+01:17:16	12:08
218	1086	Celia coelho	individual	Senior Feminino	02:25:36	+01:17:16	12:08

TRAIL CURTO 12KM - STAGE 1 — 12 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
219	1256	Paula Freitas	rdut	Senior Feminino	02:25:36	+01:17:16	12:08
220	1303	Luis Carlos Almeida Leite	individual	Senior Masculino	02:25:37	+01:17:17	12:08
221	1255	Marta Lopes	rdut	Senior Feminino	02:25:37	+01:17:17	12:08
222	1053	Elisabete Teixeira	falta muito?	Senior Feminino	02:26:08	+01:17:48	12:11
223	1051	Catarina Monteiro	falta muito?	Senior Feminino	02:27:03	+01:18:43	12:15
224	1061	Inês Borges	funky runners	Senior Feminino	02:27:10	+01:18:50	12:16
225	1062	Rodrigo Ferraz	funky runners	Senior Masculino	02:27:11	+01:18:51	12:16
226	1233	Cláudia Correia	o grupelho	Senior Feminino	02:27:33	+01:19:13	12:18
227	1056	Célia Cabral	falta muito?	Senior Feminino	02:27:41	+01:19:21	12:18
228	1274	Emilia Rodrigues	sem rasto	Senior Feminino	02:27:58	+01:19:38	12:20
229	1276	Tomas Ferreira	sem rasto	Senior Masculino	02:27:58	+01:19:38	12:20
230	1012	Daniel José Pereira Machado	andatrilhos | freamunde	Senior Masculino	02:28:01	+01:19:41	12:20
231	1013	Daniel Nascimento Machado Neto	andatrilhos | freamunde	Senior Masculino	02:28:02	+01:19:42	12:20
232	1011	Manuela Cristina Simões Machado	andatrilhos | freamunde	Senior Feminino	02:28:02	+01:19:42	12:20
233	1267	Augusto Ribeiro	run4fun	Senior Masculino	02:28:02	+01:19:42	12:20
234	1103	Manuela Vale	individual	Senior Feminino	02:28:02	+01:19:42	12:20
235	1078	Andreia Patricia Ferreira da Silva	individual	Senior Feminino	02:28:27	+01:20:07	12:22
236	1159	João Coelho	individual	Senior Masculino	02:31:46	+01:23:26	12:39
237	1088	Cláudia Ferreira	individual	Senior Feminino	02:32:21	+01:24:01	12:42
238	1123	Tânia Raquel Pereira Ferreira	individual	Senior Feminino	02:32:21	+01:24:01	12:42
239	1110	Natália Filipa Ferreira silva pereira	individual	Senior Feminino	02:32:54	+01:24:34	12:44
240	1273	Bernardina Rodrigues	sem rasto	Senior Feminino	02:37:09	+01:28:49	13:06
241	1191	Pedro Miguel Cristovão Próspero	individual	Senior Masculino	02:39:27	+01:31:07	13:17
242	1095	Isabel Susana da Silva Moreira Próspero	individual	Senior Feminino	02:39:28	+01:31:08	13:17
243	1022	Andreia Bateira	bec | run4fun	Senior Feminino	02:39:59	+01:31:39	13:20
244	1023	Joana Neves	bec | run4fun	Senior Feminino	02:39:59	+01:31:39	13:20
245	1096	Isabel Susano	individual	Senior Feminino	02:40:22	+01:32:02	13:22
246	1097	Lidia Manuela Moreira do Vale	individual	Senior Feminino	02:40:23	+01:32:03	13:22
247	1066	Fatima Gonçalves	hard trails runners	Senior Feminino	02:46:17	+01:37:57	13:51
248	1067	Alvaro Santos	hard trails runners	Senior Masculino	02:46:19	+01:37:59	13:52
249	1181	Paulo Bernardes	individual	Senior Masculino	02:47:51	+01:39:31	13:59
250	1010	Ana Luís Pedra Gomes Ribeiro	andatrilhos | freamunde	Senior Feminino	02:48:56	+01:40:36	14:05
251	1016	Jaime Fernando Moura Teixeira Sousa	andatrilhos | freamunde	Senior Masculino	02:48:56	+01:40:36	14:05
252	1237	João Bernardes	o grupelho	Senior Masculino	02:48:58	+01:40:38	14:05
253	1234	Dina Brandão	o grupelho	Senior Feminino	02:48:59	+01:40:39	14:05
254	1205	Sergio Sousa	individual	Senior Masculino	02:49:01	+01:40:41	14:05
255	1137	carlos santos	individual	Senior Masculino	02:49:06	+01:40:46	14:06
256	1109	MARIZA GONÇALVES (EQUIPA - NOCTURNOS DE PAREDES)	individual	Senior Feminino	02:50:54	+01:42:34	14:14
257	1119	Susana Cristina Teixeira Ferreira	individual	Senior Feminino	02:50:55	+01:42:35	14:15
258	1263	Claudia Manuela Martins	run4fun	Senior Feminino	02:51:59	+01:43:39	14:20
259	1264	Liliana Marlene Santos	run4fun	Senior Feminino	02:51:59	+01:43:39	14:20
260	1083	Catarina Lucas	individual	Senior Feminino	02:52:02	+01:43:42	14:20
261	1014	Hélder Fernando Ferreira Oliveira	andatrilhos | freamunde	Senior Masculino	02:52:24	+01:44:04	14:22
262	1008	Ana Filipa Moreira Costa	andatrilhos | freamunde	Senior Feminino	02:52:24	+01:44:04	14:22

TRAIL CURTO 12KM - STAGE 1 — 12 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
263	1105	Maria de Fatima de Sousa Ribeiro	individual	Senior Feminino	02:54:27	+01:46:07	14:32
264	1163	Jorge Daniel Sousa Ribeiro	individual	Senior Masculino	02:54:27	+01:46:07	14:32
265	1087	Celina Gomes Pacheco	individual	Senior Feminino	02:54:28	+01:46:08	14:32
266	1266	Marina terceiro	run4fun	Senior Feminino	02:54:32	+01:46:12	14:33
267	57	Marta Filipa Morais Pinheiro	gondofriends - filipe pinto automóveis	Senior Feminino	02:54:34	+01:46:14	14:33
268	1279	Carla Vieira	smile team	Senior Feminino	02:58:54	+01:50:34	14:54
269	1280	Ligia Lima	smile team	Senior Feminino	02:58:54	+01:50:34	14:54
270	1028	João Silva	bec | run4fun	Senior Masculino	03:00:08	+01:51:48	15:01
271	1025	Regina Monteiro	bec | run4fun	Senior Feminino	03:00:08	+01:51:48	15:01
272	1024	Patrícia Carneiro	bec | run4fun	Senior Feminino	03:00:09	+01:51:49	15:01
273	1063	Olívia Coelho	gondofriends - filipe pinto automóveis	Senior Feminino	03:01:47	+01:53:27	15:09
274	1064	Ricardo Filipe Santos	gondofriends - filipe pinto automóveis	Senior Masculino	03:01:57	+01:53:37	15:10
275	1046	Manuela Dias	ermidafit runners	Senior Feminino	03:02:02	+01:53:42	15:10
276	1232	Bruna Araújo	o grupelho	Senior Feminino	03:04:48	+01:56:28	15:24
277	1235	Marlene Andrade	o grupelho	Senior Feminino	03:04:59	+01:56:39	15:25
278	1185	Pedro Amilcar Queirós Rodrigues	individual	Senior Masculino	03:22:15	+02:13:55	16:51
279	1122	Susana Maria Teles Barbosa	individual	Senior Feminino	03:22:15	+02:13:55	16:51
280	1307	Silvia Patrícia Marinho	individual	Senior Feminino	03:22:16	+02:13:56	16:51
281	1072	Ana Ines Moreira Barbosa	individual	Senior Feminino	03:22:18	+02:13:58	16:51
282	1099	Liliana Filipa Aguiar da Silva Canelas	individual	Senior Feminino	03:22:19	+02:13:59	16:52
283	1076	Ana Rita Moreira Barbosa	individual	Senior Feminino	03:22:20	+02:14:00	16:52
284	1074	Ana Micaela Lourenço	individual	Senior Feminino	03:22:21	+02:14:01	16:52
285	1294	Fernando Oliveira	team-chuda2	Senior Masculino	03:22:54	+02:14:34	16:54
286	1292	Susana Oliveira	team-chuda2	Senior Feminino	03:22:55	+02:14:35	16:55
287	1291	Liliana Nogueira	team-chuda2	Senior Feminino	03:22:55	+02:14:35	16:55
288	1293	Carlos Monteiro	team-chuda2	Senior Masculino	03:22:55	+02:14:35	16:55

Trail de Tongobriga
Marco de Canaveses
28-junho-2015

trail curto 12km

12 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	09:00	23,6ºC	54%
End	12:47	32,9ºC	32,6%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1069	Adilia Maria coelho do vale teixeira	Individual	Senior Feminino	01:41:57		08:30
2	1042	Joana Moura	DIVISÃO DE ELITE	Senior Feminino	01:43:24	+01:27	08:37
3	1111	Patricia Isabel Moreira Nogueira	Individual	Senior Feminino	01:43:39	+01:42	08:38
4	1033	Elisabete Pinto	Brabus Runners	Senior Feminino	01:44:25	+02:28	08:42
5	1034	Sandra Pereira	Brabus Runners	Senior Feminino	01:44:45	+02:48	08:44
6	1071	Ana Borges	Individual	Senior Feminino	01:48:04	+06:07	09:00
7	1092	Fátima Vieira	Individual	Senior Feminino	01:49:21	+07:24	09:07
8	1247	Joana Vasconcelos	POTEEENTES - Fitspot Parque Nascente	Senior Feminino	01:49:23	+07:26	09:07
9	1112	Paula Cristina Catarino Reis dos Anjos	Individual	Senior Feminino	01:49:47	+07:50	09:09
10	1094	Isabel leitão	Individual	Senior Feminino	01:49:49	+07:52	09:09
11	1108	Maria pinto	Individual	Senior Feminino	01:49:50	+07:53	09:09
12	1106	Maria Fatima Ferreira Coelho	Individual	Senior Feminino	01:52:24	+10:27	09:22
13	1242	Ana Guimaraes	POTEEENTES - Fitspot Parque Nascente	Senior Feminino	01:53:02	+11:05	09:25
14	1001	Ana Mendonça	A.D.Amarante trail running	Senior Feminino	01:53:59	+12:02	09:30
15	1225	Carina Moreira	NOCTURNOS DE PAREDES	Senior Feminino	01:54:27	+12:30	09:32
16	1077	Ana Sofia Gonçalves Freitas	Individual	Senior Feminino	01:54:29	+12:32	09:32
17	1002	Ines Gonçalves	A.D.Amarante trail running	Senior Feminino	01:55:48	+13:51	09:39
18	1239	Isabel Sousa	Pés de Chumbo	Senior Feminino	01:56:39	+14:42	09:43
19	1270	Sónia Castro	S&R	Senior Feminino	01:56:42	+14:45	09:43
20	1102	Manuela Maria Mendes Couto	Individual	Senior Feminino	01:56:43	+14:46	09:44
21	1214	Inês Catarina Sousa Rocha	Kunochao	Senior Feminino	01:57:02	+15:05	09:45
22	1113	Paula Silva	Individual	Senior Feminino	01:57:19	+15:22	09:47
23	1308	Lucia Marisa Pinto Sousa	Pés de Chumbo	Senior Feminino	01:58:25	+16:28	09:52
24	1306	Maria José Silva Teixeira	Pés de Chumbo	Senior Feminino	01:58:29	+16:32	09:52
25	1226	Eva Moreira	NOCTURNOS DE PAREDES	Senior Feminino	01:59:16	+17:19	09:56
26	1215	Paula Cristina Lourenço Freitas	Kunochao	Senior Feminino	01:59:20	+17:23	09:57
27	1243	Ana Luisa Flores	POTEEENTES - Fitspot Parque Nascente	Senior Feminino	01:59:21	+17:24	09:57
28	1244	Fernanda Pinto	POTEEENTES - Fitspot Parque Nascente	Senior Feminino	01:59:21	+17:24	09:57
29	1052	Catarina Moreira	FALTA MUITO?	Senior Feminino	02:00:04	+18:07	10:00
30	1298	Ana Paula Alves	USF-TS	Senior Feminino	02:00:29	+18:32	10:02
31	1301	Mónica Magalhães	USF-TS	Senior Feminino	02:00:29	+18:32	10:02
32	1045	Liliana Alves	ERMIDAFIT Runners	Senior Feminino	02:00:55	+18:58	10:05
33	1047	Paula Alexandra Carneiro Silva	ERMIDAFIT Runners	Senior Feminino	02:00:55	+18:58	10:05
34	1300	Mafalda Alves	USF-TS	Senior Feminino	02:01:25	+19:28	10:07
35	1116	Sara Catarina Caetano Rebelo	Individual	Senior Feminino	02:03:29	+21:32	10:17
36	1090	Cristiana Marisa Castro Oliveira	Individual	Senior Feminino	02:03:29	+21:32	10:17
37	1073	Ana Isabel Silva Morais	Individual	Senior Feminino	02:05:50	+23:53	10:29

trail curto 12km

12 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

38	1121	Susana Maria Gomes Garcias Monteiro	Individual	Senior Feminino	02:06:23	+24:26	10:32
39	1315	Maria Arminda Silva Coelho	Individual	Senior Feminino	02:08:01	+26:04	10:40
40	1009	Ana João Silva Nunes	Andatrilhos | Freamunde	Senior Feminino	02:08:17	+26:20	10:41
41	1299	Estela Oliveira	USF-TS	Senior Feminino	02:08:26	+26:29	10:42
42	1245	Gabriela Oliveira	POTEEENTES - Fitspot Parque Nascente	Senior Feminino	02:08:47	+26:50	10:44
43	1251	Vania Bernardo	POTEEENTES - Fitspot Parque Nascente	Senior Feminino	02:08:47	+26:50	10:44
44	1004	Isa Raquel Pinto Pereira	Alfena Runners	Senior Feminino	02:09:00	+27:03	10:45
45	1241	Ana Ferro	POTEEENTES - Fitspot Parque Nascente	Senior Feminino	02:09:00	+27:03	10:45
46	1248	Sandra Costa	POTEEENTES - Fitspot Parque Nascente	Senior Feminino	02:09:01	+27:04	10:45
47	1075	Ana Paula Guedes da Silva	Individual	Senior Feminino	02:11:37	+29:40	10:58
48	1222	Ana Silva	Las chicas	Senior Feminino	02:11:38	+29:41	10:58
49	1223	Marta Moreira	Las chicas	Senior Feminino	02:11:38	+29:41	10:58
50	1221	Ana Pereira	Las chicas	Senior Feminino	02:12:04	+30:07	11:00
51	1231	Andreia Moreira	O GRUPELHO	Senior Feminino	02:12:13	+30:16	11:01
52	1230	Ana Raquel Pinto	O GRUPELHO	Senior Feminino	02:12:13	+30:16	11:01
53	1236	Rita Pinto	O GRUPELHO	Senior Feminino	02:12:13	+30:16	11:01
54	1114	Sandra madureira	Individual	Senior Feminino	02:12:26	+30:29	11:02
55	1068	ADELAIDE RUÃO	Individual	Senior Feminino	02:12:34	+30:37	11:03
56	1070	Albertina Cunha	Individual	Senior Feminino	02:14:51	+32:54	11:14
57	1115	Sandra Ramos	Individual	Senior Feminino	02:14:52	+32:55	11:14
58	1118	Susana Cristina Barbosa Magalhães	Individual	Senior Feminino	02:14:52	+32:55	11:14
59	1249	Silvia Ferreira	POTEEENTES - Fitspot Parque Nascente	Senior Feminino	02:15:06	+33:09	11:15
60	1107	Maria Moutinho	Individual	Senior Feminino	02:15:24	+33:27	11:17
61	1117	Sonia Silva	Individual	Senior Feminino	02:15:25	+33:28	11:17
62	1120	Susana Maria Costa Carrilho	Individual	Senior Feminino	02:15:33	+33:36	11:18
63	1044	Joana Sofia Silva Pinheiro	ERMIDAFIT Runners	Senior Feminino	02:15:52	+33:55	11:19
64	1100	Luísa Aguiar	Individual	Senior Feminino	02:15:57	+34:00	11:20
65	1101	Manuela Arantes	Individual	Senior Feminino	02:18:53	+36:56	11:34
66	1079	Ângela de Jesus Correia Arantes	Individual	Senior Feminino	02:18:53	+36:56	11:34
67	1258	Marta Viamonte	Rock'n'Roll Running Team	Senior Feminino	02:21:07	+39:10	11:46
68	1257	Francisca Figueiredo	Rock'n'Roll Running Team	Senior Feminino	02:21:07	+39:10	11:46
69	1089	Cláudia Patrícia Malheiro Coelho	Individual	Senior Feminino	02:22:11	+40:14	11:51
70	1093	Gisela Morais	Individual	Senior Feminino	02:22:41	+40:44	11:53
71	1246	Joana Naldinho	POTEEENTES - Fitspot Parque Nascente	Senior Feminino	02:23:28	+41:31	11:57
72	1250	Sofia Naldinho	POTEEENTES - Fitspot Parque Nascente	Senior Feminino	02:23:29	+41:32	11:57
73	1091	DINA BELA SANTOS DO VALE	Individual	Senior Feminino	02:23:52	+41:55	11:59
74	1082	carla susana durães ferreira	Individual	Senior Feminino	02:23:57	+42:00	12:00
75	1040	Sandra Machado	Casal Maravilha	Senior Feminino	02:24:50	+42:53	12:04
76	1272	Ana Rodrigues	Sem Rasto	Senior Feminino	02:24:59	+43:02	12:05
77	1080	Ângela Maria Ferreira Morais	Individual	Senior Feminino	02:25:01	+43:04	12:05
78	1043	Ana Catarina Moreira Carneiro	ERMIDAFIT Runners	Senior Feminino	02:25:02	+43:05	12:05
79	1057	Maria João Afonso	FALTA MUITO?	Senior Feminino	02:25:10	+43:13	12:06

trail curto 12km

12 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

80	1086	Celia coelho	Individual	Senior Feminino	02:25:36	+43:39	12:08
81	1256	Paula Freitas	RDUT	Senior Feminino	02:25:36	+43:39	12:08
82	1255	Marta Lopes	RDUT	Senior Feminino	02:25:37	+43:40	12:08
83	1053	Elisabete Teixeira	FALTA MUITO?	Senior Feminino	02:26:08	+44:11	12:11
84	1051	Catarina Monteiro	FALTA MUITO?	Senior Feminino	02:27:03	+45:06	12:15
85	1061	Inês Borges	Funky Runners	Senior Feminino	02:27:10	+45:13	12:16
86	1233	Cláudia Correia	O GRUPELHO	Senior Feminino	02:27:33	+45:36	12:18
87	1056	Célia Cabral	FALTA MUITO?	Senior Feminino	02:27:41	+45:44	12:18
88	1274	Emilia Rodrigues	Sem Rasto	Senior Feminino	02:27:58	+46:01	12:20
89	1011	Manuela Cristina Simões Machado	Andatrilhos | Freamunde	Senior Feminino	02:28:02	+46:05	12:20
90	1103	Manuela Vale	Individual	Senior Feminino	02:28:02	+46:05	12:20
91	1078	Andreia Patricia Ferreira da Silva	Individual	Senior Feminino	02:28:27	+46:30	12:22
92	1088	Cláudia Ferreira	Individual	Senior Feminino	02:32:21	+50:24	12:42
93	1123	Tânia Raquel Pereira Ferreira	Individual	Senior Feminino	02:32:21	+50:24	12:42
94	1110	Natália Filipa Ferreira silva pereira	Individual	Senior Feminino	02:32:54	+50:57	12:44
95	1273	Bernardina Rodrigues	Sem Rasto	Senior Feminino	02:37:09	+55:12	13:06
96	1095	Isabel Susana da Silva Moreira Próspero	Individual	Senior Feminino	02:39:28	+57:31	13:17
97	1022	Andreia Bateira	BEC | Run4fuN	Senior Feminino	02:39:59	+58:02	13:20
98	1023	Joana Neves	BEC | Run4fuN	Senior Feminino	02:39:59	+58:02	13:20
99	1096	Isabel Susano	Individual	Senior Feminino	02:40:22	+58:25	13:22
100	1097	Lidia Manuela Moreira do Vale	Individual	Senior Feminino	02:40:23	+58:26	13:22
101	1066	Fatima Gonçalves	Hard Trails Runners	Senior Feminino	02:46:17	+01:04:20	13:51
102	1010	Ana Luís Pedra Gomes Ribeiro	Andatrilhos | Freamunde	Senior Feminino	02:48:56	+01:06:59	14:05
103	1234	Dina Brandão	O GRUPELHO	Senior Feminino	02:48:59	+01:07:02	14:05
104	1109	MARIZA GONÇALVES (EQUIPA - NOCTURNOS DE PAREDES)	Individual	Senior Feminino	02:50:54	+01:08:57	14:14
105	1119	Susana Cristina Teixeira Ferreira	Individual	Senior Feminino	02:50:55	+01:08:58	14:15
106	1263	Claudia Manuela Martins	run4fun	Senior Feminino	02:51:59	+01:10:02	14:20
107	1264	Liliana Marlene Santos	run4fun	Senior Feminino	02:51:59	+01:10:02	14:20
108	1083	Catarina Lucas	Individual	Senior Feminino	02:52:02	+01:10:05	14:20
109	1008	Ana Filipa Moreira Costa	Andatrilhos | Freamunde	Senior Feminino	02:52:24	+01:10:27	14:22
110	1105	Maria de Fatima de Sousa Ribeiro	Individual	Senior Feminino	02:54:27	+01:12:30	14:32
111	1087	Celina Gomes Pacheco	Individual	Senior Feminino	02:54:28	+01:12:31	14:32
112	1266	Marina terceiro	run4fun	Senior Feminino	02:54:32	+01:12:35	14:33
113	57	Marta Filipa Morais Pinheiro	Gondofriends - FIlipe Pinto Automóveis	Senior Feminino	02:54:34	+01:12:37	14:33
114	1279	Carla Vieira	Smile team	Senior Feminino	02:58:54	+01:16:57	14:54
115	1280	Ligia Lima	Smile team	Senior Feminino	02:58:54	+01:16:57	14:54
116	1025	Regina Monteiro	BEC | Run4fuN	Senior Feminino	03:00:08	+01:18:11	15:01
117	1024	Patrícia Carneiro	BEC | Run4fuN	Senior Feminino	03:00:09	+01:18:12	15:01
118	1063	Olívia Coelho	Gondofriends - FIlipe Pinto Automóveis	Senior Feminino	03:01:47	+01:19:50	15:09
119	1046	Manuela Dias	ERMIDAFIT Runners	Senior Feminino	03:02:02	+01:20:05	15:10
120	1232	Bruna Araújo	O GRUPELHO	Senior Feminino	03:04:48	+01:22:51	15:24
121	1235	Marlene Andrade	O GRUPELHO	Senior Feminino	03:04:59	+01:23:02	15:25
122	1122	Susana Maria Teles Barbosa	Individual	Senior Feminino	03:22:15	+01:40:18	16:51
123	1307	Silvia Patrícia Marinho	Individual	Senior Feminino	03:22:16	+01:40:19	16:51

124	1072	Ana Ines Moreira Barbosa	Individual	Senior Feminino	03:22:18	+01:40:21	16:51
125	1099	Liliana Filipa Aguiar da Silva Canelas	Individual	Senior Feminino	03:22:19	+01:40:22	16:52
126	1076	Ana Rita Moreira Barbosa	Individual	Senior Feminino	03:22:20	+01:40:23	16:52
127	1074	Ana Micaela Lourenço	Individual	Senior Feminino	03:22:21	+01:40:24	16:52
128	1292	Susana Oliveira	Team-chuda2	Senior Feminino	03:22:55	+01:40:58	16:55
129	1291	Liliana Nogueira	Team-chuda2	Senior Feminino	03:22:55	+01:40:58	16:55

Senior Masculino

1	1190	Pedro Miguel Costa Leite	Individual	Senior Masculino	01:08:20		05:42
2	1169	Jose Pereira	Individual	Senior Masculino	01:15:18	+06:58	06:16
3	1254	Sérgio Mina Gaião	PROAVENTURAS	Senior Masculino	01:21:39	+13:19	06:48
4	1059	Ricardo Rocha	FAST AO KM/ PRR-Health&Nutrition	Senior Masculino	01:23:06	+14:46	06:55
5	1148	Edgar Rúben Monteiro Araújo Queirós	Individual	Senior Masculino	01:28:11	+19:51	07:21
6	1007	Tiago Manuel Oliveira Monteiro	Alfena Runners	Senior Masculino	01:28:44	+20:24	07:24
7	1302	Filipe Barbosa	Individual	Senior Masculino	01:34:24	+26:04	07:52
8	1305	Hélder José Cunha Moreira	Andatrilhos | Freamunde	Senior Masculino	01:34:37	+26:17	07:53
9	1192	Pedro Miguel Macedo Marinho	Individual	Senior Masculino	01:34:51	+26:31	07:54
10	1021	Vítor José Coelho Alves Costa	Andatrilhos | Freamunde	Senior Masculino	01:35:01	+26:41	07:55
11	1170	José Rito	Individual	Senior Masculino	01:35:15	+26:55	07:56
12	1289	Joao B Pinto	TEAM @VENIDA	Senior Masculino	01:35:23	+27:03	07:57
13	1174	Manuel Martins Vieira	Individual	Senior Masculino	01:36:06	+27:46	08:01
14	1277	Carlos Barbosa	Serrinha Trail Running Team	Senior Masculino	01:36:17	+27:57	08:01
15	1172	Luís Coelho	Individual	Senior Masculino	01:37:35	+29:15	08:08
16	1220	Luís Pinheiro	LACRAUS	Senior Masculino	01:38:15	+29:55	08:11
17	1312	Adão Fernando Pinto Ribeiro	Individual	Senior Masculino	01:39:20	+31:00	08:17
18	1253	Rui Sousa	POTEEENTES - Fitspot Parque Nascente	Senior Masculino	01:39:21	+31:01	08:17
19	1189	Pedro Manuel Sousa Guimraães	Individual	Senior Masculino	01:39:35	+31:15	08:18
20	1296	Luís António Costa Pereira	TrofaTeam	Senior Masculino	01:41:25	+33:05	08:27
21	1295	Leonardo da Costa Pereira	TrofaTeam	Senior Masculino	01:41:25	+33:05	08:27
22	1125	ANTONIO ALBERTO MOREIRA DE SOUSA	Individual	Senior Masculino	01:42:14	+33:54	08:31
23	1149	Emanuel Ramos	Individual	Senior Masculino	01:42:21	+34:01	08:32
24	1162	Jonas Emanuel Pires Faria	Individual	Senior Masculino	01:42:56	+34:36	08:35
25	202	André Macedo Ferreira	Taludos	Senior Masculino	01:42:56	+34:36	08:35
26	1171	Luis Carlos Sousa	Individual	Senior Masculino	01:43:25	+35:05	08:37
27	1168	José Nelson Pereira	Individual	Senior Masculino	01:43:25	+35:05	08:37
28	1158	Hugo Ângelo Ferraz Duarte	Individual	Senior Masculino	01:43:27	+35:07	08:37
29	1154	Gil Miguel Silva Ribeiro	Individual	Senior Masculino	01:43:39	+35:19	08:38
30	1157	Henrique Manuel Vieira Magalhães	Individual	Senior Masculino	01:43:39	+35:19	08:38
31	1195	Ricardo Alexandre Silva Novais	Individual	Senior Masculino	01:43:50	+35:30	08:39
32	1186	Pedro Filipe Cardoso Pinto	Individual	Senior Masculino	01:44:22	+36:02	08:42
33	1304	Filipe José Marinho Ferreira	Individual	Senior Masculino	01:44:23	+36:03	08:42
34	1316	César José Moreira Barros	Somos Bons É Nisto	Senior Masculino	01:44:40	+36:20	08:43
35	1216	Miguel Ângelo Mendes Santos	Kunochao	Senior Masculino	01:44:40	+36:20	08:43

trail curto 12km

12 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

36	1127	ANTONIO FERNANDO BARBOSA MORAIS	Individual	Senior Masculino	01:44:58	+36:38	08:45
37	1026	Carlos Costa	BEC | Run4fuN	Senior Masculino	01:47:34	+39:14	08:58
38	1319	Fábio Jorge Fiúza Feital Moreira	Somos Bons É Nisto	Senior Masculino	01:48:14	+39:54	09:01
39	1252	Paulo Almeida	POTEEENTES - Fitspot Parque Nascente	Senior Masculino	01:48:23	+40:03	09:02
40	1155	Gil Rocha	Individual	Senior Masculino	01:48:40	+40:20	09:03
41	1182	Paulo Daniel Patrício da Silva	Individual	Senior Masculino	01:48:42	+40:22	09:03
42	1287	Bruno Noé Maia	Taludos	Senior Masculino	01:48:50	+40:30	09:04
43	1018	Luís Pedro Pedra Gomes Ribeiro	Andatrilhos | Freamunde	Senior Masculino	01:48:57	+40:37	09:05
44	1019	Marco José Martins Nunes Mendes	Andatrilhos | Freamunde	Senior Masculino	01:49:00	+40:40	09:05
45	1161	Joel Diogo Marques Ferreira	Individual	Senior Masculino	01:49:01	+40:41	09:05
46	1218	Bruno Andrade	LACRAUS	Senior Masculino	01:49:22	+41:02	09:07
47	1058	Candido Rocha	FAST AO KM/ PRR-Health&Nutrition	Senior Masculino	01:49:28	+41:08	09:07
48	1219	Henrique Rocha	LACRAUS	Senior Masculino	01:49:31	+41:11	09:08
49	1268	Oscar novais	run4fun	Senior Masculino	01:49:32	+41:12	09:08
50	1030	Pedro Franco	BEC | Run4fuN	Senior Masculino	01:49:36	+41:16	09:08
51	1146	Diogo Santos	Individual	Senior Masculino	01:49:40	+41:20	09:08
52	1050	Vitor Manuel da Costa Andrade	ERMIDAFIT Runners	Senior Masculino	01:49:41	+41:21	09:08
53	1275	Agostinho Nunes	Sem Rasto	Senior Masculino	01:49:46	+41:26	09:09
54	1202	sergio alberto costa sousa	Individual	Senior Masculino	01:50:07	+41:47	09:11
55	1132	António Machado Moreira	Individual	Senior Masculino	01:50:14	+41:54	09:11
56	1297	Manuel Teixeira Gonçalves	TrofaTeam	Senior Masculino	01:50:50	+42:30	09:14
57	1166	José Amorim	Individual	Senior Masculino	01:50:54	+42:34	09:14
58	1269	Simão sousa	run4fun	Senior Masculino	01:51:10	+42:50	09:16
59	1179	Nuno Moura	Individual	Senior Masculino	01:51:30	+43:10	09:17
60	1038	Raul Guardado	Brigada do Reumático	Senior Masculino	01:51:31	+43:11	09:18
61	1144	Davide Emanuel Moreira Rocha	Individual	Senior Masculino	01:51:36	+43:16	09:18
62	1180	Nuno Santos	Individual	Senior Masculino	01:52:00	+43:40	09:20
63	1133	Augusto Madureira	Individual	Senior Masculino	01:52:05	+43:45	09:20
64	1282	Cristiano Silva	Squadra di Running	Senior Masculino	01:52:17	+43:57	09:21
65	1281	Armando Luis Rocha Pinto	Squadra di Running	Senior Masculino	01:52:17	+43:57	09:21
66	1285	Paulo Almeida	Squadra di Running	Senior Masculino	01:52:17	+43:57	09:21
67	1283	Manuel Silva	Squadra di Running	Senior Masculino	01:52:18	+43:58	09:21
68	1035	Armando Cardoso	Brabus Runners	Senior Masculino	01:52:25	+44:05	09:22
69	1211	Jorge Filipe Pinto Teixeira	JTeixeiras	Senior Masculino	01:52:46	+44:26	09:24
70	1177	Nuno Jorge Soares Pinto Leão	Individual	Senior Masculino	01:53:16	+44:56	09:26
71	1309	Víctor Manuel Teixeira Cardoso	Individual	Senior Masculino	01:53:41	+45:21	09:28
72	1003	Luis Mendes	A.D.Amarante trail running	Senior Masculino	01:53:48	+45:28	09:29
73	1147	Diogo Teixeira	Individual	Senior Masculino	01:54:05	+45:45	09:30
74	1228	Pedro Nogueira	NOCTURNOS DE PAREDES	Senior Masculino	01:54:27	+46:07	09:32
75	1020	Ricardo Jorge Alves Neto	Andatrilhos | Freamunde	Senior Masculino	01:54:51	+46:31	09:34
76	1197	Ricardo Joaquim Monteiro Fernandes	Individual	Senior Masculino	01:55:17	+46:57	09:36
77	1259	André Figueiredo	Rock'n'Roll Running Team	Senior Masculino	01:55:24	+47:04	09:37
78	1320	José Hilário Queirós Barros	Somos Bons É Nisto	Senior Masculino	01:55:56	+47:36	09:40
79	1200	Ricardo Miguel Oliveira Monteiro	Individual	Senior Masculino	01:55:56	+47:36	09:40

trail curto 12km

12 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

80	1152	Fernando Luis Correia da Costa	Individual	Senior Masculino	01:55:58	+47:38	09:40
81	1199	Ricardo Manuel Ribeiro Meireles	Individual	Senior Masculino	01:56:35	+48:15	09:43
82	1208	VALDEMAR SILVA	Individual	Senior Masculino	01:56:39	+48:19	09:43
83	1271	Ricardo Ribeiro	S&R	Senior Masculino	01:56:42	+48:22	09:43
84	1164	Jorge Frederico Pinto Soares	Individual	Senior Masculino	01:56:43	+48:23	09:44
85	1005	Filipe Alexandre Oliveira Monteiro	Alfena Runners	Senior Masculino	01:56:52	+48:32	09:44
86	1130	ANTÓNIO JORGE CARVALHO RIBEIRO	Individual	Senior Masculino	01:57:00	+48:40	09:45
87	1217	Pedro Miguel Soares Neves	Kunochao	Senior Masculino	01:57:01	+48:41	09:45
88	1286	Armando Martins	Taludos	Senior Masculino	01:57:23	+49:03	09:47
89	1204	Sérgio Moisés da Silva Mendes	Individual	Senior Masculino	01:58:05	+49:45	09:50
90	1238	Patricio Ribeiro	O GRUPELHO	Senior Masculino	01:58:20	+50:00	09:52
91	1318	João Duarte Leite Teixeira	Somos Bons É Nisto	Senior Masculino	01:58:24	+50:04	09:52
92	1151	Fernando bruno Caetano rocha	Individual	Senior Masculino	01:58:24	+50:04	09:52
93	1153	Francisco Daniel Teixeira da Costa	Individual	Senior Masculino	01:58:25	+50:05	09:52
94	1188	Pedro Manuel Pinto Ferraz	Individual	Senior Masculino	01:58:26	+50:06	09:52
95	1165	Jorge Rafael Ribeiro Vieira	Individual	Senior Masculino	01:58:29	+50:09	09:52
96	1209	Vítor Bruno Ribeiro Alves	Individual	Senior Masculino	01:58:30	+50:10	09:52
97	1176	Miguel Rufino	Individual	Senior Masculino	01:58:57	+50:37	09:55
98	1037	Pedro Gonçalves	Brigada do Reumático	Senior Masculino	01:59:12	+50:52	09:56
99	1039	Sandro Maia	Brigada do Reumático	Senior Masculino	01:59:13	+50:53	09:56
100	1194	Portela José Mendes	Individual	Senior Masculino	01:59:13	+50:53	09:56
101	1054	Edi Vilanova	FALTA MUITO?	Senior Masculino	01:59:14	+50:54	09:56
102	1229	Telmo Mota	NOCTURNOS DE PAREDES	Senior Masculino	01:59:17	+50:57	09:56
103	1184	Paulo Ricardo Pereira Sala de Carvalho	Individual	Senior Masculino	01:59:36	+51:16	09:58
104	1187	Pedro Filipe Rente de Carvalho Lourenço	Individual	Senior Masculino	01:59:36	+51:16	09:58
105	1311	José Carlos Pinto Teixeira	JTeixeiras	Senior Masculino	01:59:39	+51:19	09:58
106	1278	Leonel Augusto	Serrinha Trail Running Team	Senior Masculino	01:59:44	+51:24	09:59
107	1288	Jose Fernando T. Lopes	Taludos	Senior Masculino	01:59:44	+51:24	09:59
108	1210	Vitor Manuel Vieira de Sousa	Individual	Senior Masculino	02:00:05	+51:45	10:00
109	1193	Pedro Novais	Individual	Senior Masculino	02:00:06	+51:46	10:01
110	1055	Silvio Jacinto	FALTA MUITO?	Senior Masculino	02:00:07	+51:47	10:01
111	1203	Sergio Lavrador	Individual	Senior Masculino	02:00:12	+51:52	10:01
112	1224	Paulo Rosa	Lebres de Pégões	Senior Masculino	02:00:32	+52:12	10:03
113	1049	Tiago Machado Araújo	ERMIDAFIT Runners	Senior Masculino	02:00:55	+52:35	10:05
114	1178	Nuno Manuel da Cunha Guimarães	Individual	Senior Masculino	02:01:23	+53:03	10:07
115	1290	Osvaldo Ferreira	team Rede Ambiente	Senior Masculino	02:02:55	+54:35	10:15
116	1207	TOMÁS SILVA FERREIRA	Individual	Senior Masculino	02:05:07	+56:47	10:26
117	1129	António Joaquim Teixeira de Magalhães	Individual	Senior Masculino	02:05:56	+57:36	10:30
118	1135	Bruno Maia	Individual	Senior Masculino	02:05:58	+57:38	10:30
119	1150	Fábio Bruno da Cunha Teixeira	Individual	Senior Masculino	02:06:24	+58:04	10:32
120	1196	Ricardo Alves	Individual	Senior Masculino	02:07:17	+58:57	10:36
121	1006	Tiago André Moreira Carneiro	Alfena Runners	Senior Masculino	02:08:58	+01:00:38	10:45
122	1143	daniel da cunha alves	Individual	Senior Masculino	02:08:59	+01:00:39	10:45
123	1128	António Ferraz	Individual	Senior Masculino	02:10:55	+01:02:35	10:55

trail curto 12km

12 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

124	1160	Joaquim Ramos	Individual	Senior Masculino	02:14:53	+01:06:33	11:14
125	1131	António José Silva	Individual	Senior Masculino	02:14:55	+01:06:35	11:15
126	1227	Pedro Ferraz	NOCTURNOS DE PAREDES	Senior Masculino	02:15:24	+01:07:04	11:17
127	1126	Antonio Barbosa	Individual	Senior Masculino	02:15:26	+01:07:06	11:17
128	1017	Jorge Miguel Ribeiro Martins	Andatrilhos | Freamunde	Senior Masculino	02:17:04	+01:08:44	11:25
129	1261	Pedro Resende	Rock'n'Roll Running Team	Senior Masculino	02:17:06	+01:08:46	11:26
130	1260	Carlos Viamonte	Rock'n'Roll Running Team	Senior Masculino	02:17:06	+01:08:46	11:26
131	1138	CARLOS SILVA FERREIRA	Individual	Senior Masculino	02:17:42	+01:09:22	11:29
132	1167	José Costa Pinto	Individual	Senior Masculino	02:21:50	+01:13:30	11:49
133	1145	Diana Gouveia	Individual	Senior Masculino	02:23:30	+01:15:10	11:57
134	1198	Ricardo Jorge Almeida Correia	Individual	Senior Masculino	02:23:30	+01:15:10	11:58
135	1141	CLÁUDIO RAFAEL OLIVEIRA PEREIRA	Individual	Senior Masculino	02:23:51	+01:15:31	11:59
136	1156	helder eduardo martins coelho	Individual	Senior Masculino	02:23:53	+01:15:33	11:59
137	1041	Miguel Costa	Casal Maravilha	Senior Masculino	02:24:50	+01:16:30	12:04
138	1136	Carlos Nunes	Individual	Senior Masculino	02:25:36	+01:17:16	12:08
139	1303	Luis Carlos Almeida Leite	Individual	Senior Masculino	02:25:37	+01:17:17	12:08
140	1062	Rodrigo Ferraz	Funky Runners	Senior Masculino	02:27:11	+01:18:51	12:16
141	1276	Tomas Ferreira	Sem Rasto	Senior Masculino	02:27:58	+01:19:38	12:20
142	1012	Daniel José Pereira Machado	Andatrilhos | Freamunde	Senior Masculino	02:28:01	+01:19:41	12:20
143	1013	Daniel Nascimento Machado Neto	Andatrilhos | Freamunde	Senior Masculino	02:28:02	+01:19:42	12:20
144	1267	Augusto Ribeiro	run4fun	Senior Masculino	02:28:02	+01:19:42	12:20
145	1159	João Coelho	Individual	Senior Masculino	02:31:46	+01:23:26	12:39
146	1191	Pedro Miguel Cristovão Próspero	Individual	Senior Masculino	02:39:27	+01:31:07	13:17
147	1067	Alvaro Santos	Hard Trails Runners	Senior Masculino	02:46:19	+01:37:59	13:52
148	1181	Paulo Bernardes	Individual	Senior Masculino	02:47:51	+01:39:31	13:59
149	1016	Jaime Fernando Moura Teixeira Sousa	Andatrilhos | Freamunde	Senior Masculino	02:48:56	+01:40:36	14:05
150	1237	João Bernardes	O GRUPELHO	Senior Masculino	02:48:58	+01:40:38	14:05
151	1205	Sergio Sousa	Individual	Senior Masculino	02:49:01	+01:40:41	14:05
152	1137	carlos santos	Individual	Senior Masculino	02:49:06	+01:40:46	14:06
153	1014	Hélder Fernando Ferreira Oliveira	Andatrilhos | Freamunde	Senior Masculino	02:52:24	+01:44:04	14:22
154	1163	Jorge Daniel Sousa Ribeiro	Individual	Senior Masculino	02:54:27	+01:46:07	14:32
155	1028	João Silva	BEC | Run4fuN	Senior Masculino	03:00:08	+01:51:48	15:01
156	1064	Ricardo Filipe Santos	Gondofriends - FIlipe Pinto Automóveis	Senior Masculino	03:01:57	+01:53:37	15:10
157	1185	Pedro Amilcar Queirós Rodrigues	Individual	Senior Masculino	03:22:15	+02:13:55	16:51
158	1294	Fernando Oliveira	Team-chuda2	Senior Masculino	03:22:54	+02:14:34	16:54
159	1293	Carlos Monteiro	Team-chuda2	Senior Masculino	03:22:55	+02:14:35	16:55

COLETIVA 12K

LAP2GO - TIMING 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	Andatrilhos | Freamunde	8 + 10 + 49 + 50	117
2	POTEEENTES - Fitspot Parque Nascente	18 + 45 + 54 + 82	199
3	Somos Bons É Nisto	38 + 44 + 95 + 113	290
4	Squadra di Running	75 + 76 + 77 + 78	306
5	Taludos	26 + 48 + 110 + 134	318
6	Kunochao	39 + 107 + 108 + 128	382
7	NOCTURNOS DE PAREDES	88 + 89 + 126 + 127	430
8	Alfena Runners	6 + 105 + 164 + 166	441
9	ERMIDAFIT Runners	60 + 144 + 145 + 146	495
10	BEC | Run4fuN	42 + 58 + 243 + 244	587
11	USF-TS	141 + 142 + 148 + 161	592
12	FALTA MUITO?	125 + 136 + 139 + 216	616
13	run4fun	57 + 69 + 233 + 258	617
14	O GRUPELHO	112 + 174 + 175 + 176	637
15	Rock'n'Roll Running Team	93 + 193 + 194 + 198	678
16	Sem Rasto	61 + 213 + 228 + 229	731