

**TRAIL LONGO 28KM - STAGE 1****28 KM**

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

**OFFICIAL RESULT**

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

|       |       |             |          |
|-------|-------|-------------|----------|
|       | Time  | Temperature | Humidity |
| Start | 08:30 | 23,8°C      | 46,4%    |
| End   | 15:21 | 32,2°C      | 25,9%    |

| RANK | BIB | NAME                                    | TEAM                        | CAT              | RESULT   | DIFF      | t/KM  |
|------|-----|---|-----------------------------|------------------|----------|-----------|-------|
| 1    | 26  | Nuno Fernandes                          | sociedade recreio cepanense | Senior Masculino | 02:55:39 |           | 06:16 |
| 2    | 24  | Paulo Manuel Monteiro da Costa          | a.d.amarante trail running  | Senior Masculino | 03:03:55 | +08:16    | 06:34 |
| 3    | 25  | Victor Manuel Monteiro da Costa         | a.d.amarante trail running  | Senior Masculino | 03:04:16 | +08:37    | 06:35 |
| 4    | 30  | Luís Miguel Pereira                     | individual                  | Senior Masculino | 03:12:48 | +17:09    | 06:53 |
| 5    | 41  | José Soares                             | individual                  | Veterano M40     | 03:29:42 | +34:03    | 07:29 |
| 6    | 40  | José Joaquim de Almeida Ferreira        | individual                  | Veterano M50     | 03:33:48 | +38:09    | 07:38 |
| 7    | 48  | Paulo Azevedo                           | individual                  | Veterano M40     | 03:35:37 | +39:58    | 07:42 |
| 8    | 23  | Urbano Filipe de Abreu Vitorino Ribeiro | a.d.amarante trail running  | Senior Masculino | 03:35:37 | +39:58    | 07:42 |
| 9    | 46  | António da Costa                        | individual                  | Veterano M50     | 03:36:17 | +40:38    | 07:43 |
| 10   | 17  | Nuno Filipe Oliveira Vasconcelos        | celorico btt team           | Veterano M40     | 03:36:43 | +41:04    | 07:44 |
| 11   | 45  | Mark Macedo                             | individual                  | Senior Masculino | 03:37:30 | +41:51    | 07:46 |
| 12   | 33  | Albino Sousa Abreu                      | sociedade recreio cepanense | Veterano M50     | 03:37:39 | +42:00    | 07:46 |
| 13   | 42  | António Júlio Carvalho Martins          | individual                  | Senior Masculino | 03:39:23 | +43:44    | 07:50 |
| 14   | 44  | Júlia Conceição                         | individual                  | Veterana F40     | 03:41:47 | +46:08    | 07:55 |
| 15   | 49  | Vitor Andrade                           | individual                  | Senior Masculino | 03:43:00 | +47:21    | 07:58 |
| 16   | 18  | Luis António Monteiro Simões Gomes      | celorico btt team           | Veterano M40     | 03:43:34 | +47:55    | 07:59 |
| 17   | 21  | Clemente Teixeira                       | shots international runners | Veterano M40     | 03:48:48 | +53:09    | 08:10 |
| 18   | 32  | Jorge Anjos                             | individual                  | Veterano M40     | 03:49:22 | +53:43    | 08:11 |
| 19   | 47  | Gil Barros Rodrigues Silva Oliveira     | mimoarte.com                | Veterano M40     | 03:50:33 | +54:54    | 08:14 |
| 20   | 16  | ANTÓNIO GONÇALVES                       | uf08 runners                | Senior Masculino | 04:04:20 | +01:08:41 | 08:44 |
| 21   | 13  | Filipe Alexandre Soares de Oliveira     | individual                  | Senior Masculino | 04:07:08 | +01:11:29 | 08:50 |
| 22   | 22  | António Daniel Pinto Mendes             | a.d.amarante trail running  | Senior Masculino | 04:11:24 | +01:15:45 | 08:59 |
| 23   | 10  | Paulo Alves                             | gondomar futsal clube       | Veterano M40     | 04:12:28 | +01:16:49 | 09:01 |
| 24   | 12  | José Oliveira                           | sociedade recreio cepanense | Veterano M40     | 04:17:43 | +01:22:04 | 09:12 |
| 25   | 37  | JOSE DUARTE                             | ginasio pura forma          | Veterano M50     | 04:23:48 | +01:28:09 | 09:25 |
| 26   | 15  | António Filipe Sousa Teixeira           | individual                  | Senior Masculino | 04:23:50 | +01:28:11 | 09:25 |
| 27   | 28  | Joaquim Alves                           | individual                  | Veterano M40     | 04:32:30 | +01:36:51 | 09:44 |
| 28   | 27  | Susana Gabriela Costa Pinto da Neta     | clube zipper                | Senior Feminino  | 04:36:33 | +01:40:54 | 09:53 |
| 29   | 29  | Victor Manuel Leite Fernandes           | individual                  | Senior Masculino | 04:36:33 | +01:40:54 | 09:53 |
| 30   | 19  | antónio carlos teixeira                 | individual                  | Veterano M50     | 04:50:59 | +01:55:20 | 10:24 |
| 31   | 43  | PAULO JORGE PIRES TEIXEIRA AFONSO       | individual                  | Veterano M40     | 05:06:41 | +02:11:02 | 10:57 |
| 32   | 34  | Luis Filipe Salgado Oliveira ATRP 1504  | individual                  | Senior Masculino | 05:11:03 | +02:15:24 | 11:07 |
| 33   | 31  | Humberto Fontes                         | individual                  | Veterano M40     | 05:11:03 | +02:15:24 | 11:07 |
| 34   | 38  | Carla Moreira                           | individual                  | Veterana F40     | 05:35:39 | +02:40:00 | 11:59 |
| 35   | 14  | Filipe Daniel Neves Pereira             | individual                  | Senior Masculino | 05:37:46 | +02:42:07 | 12:04 |
| 36   | 35  | Pedro Gabriel Costa Pinto               | individual                  | Veterano M40     | 05:52:07 | +02:56:28 | 12:35 |
| 37   | 36  | Nuno Filipe de Resende e maiato         | individual                  | Veterano M40     | 06:16:21 | +03:20:42 | 13:26 |

**Trail Longo 28km**

**28 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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 08:30 | 23,8°C      | 46,4%    |
| End   | 15:21 | 32,2°C      | 25,9%    |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|------|------|-----|--------|------|------|
|------|-----|------|------|-----|--------|------|------|

**Senior Feminino**

|   |    |                                     |              |                 |          |  |       |
|---|----|-------------------------------------|--------------|-----------------|----------|--|-------|
| 1 | 27 | Susana Gabriela Costa Pinto da Neta | Clube Zupper | Senior Feminino | 04:36:33 |  | 09:53 |
|---|----|-------------------------------------|--------------|-----------------|----------|--|-------|

**Senior Masculino**

|    |    |   |                             |                  |          |           |       |
|----|----|---|-----------------------------|------------------|----------|-----------|-------|
| 1  | 26 | Nuno Fernandes                          | SOCIEDADE RECREIO CEPANENSE | Senior Masculino | 02:55:39 |           | 06:16 |
| 2  | 24 | Paulo Manuel Monteiro da Costa          | A.D.Amarante trail running  | Senior Masculino | 03:03:55 | +08:16    | 06:34 |
| 3  | 25 | Victor Manuel Monteiro da Costa         | A.D.Amarante trail running  | Senior Masculino | 03:04:16 | +08:37    | 06:35 |
| 4  | 30 | Luís Miguel Pereira                     | Individual                  | Senior Masculino | 03:12:48 | +17:09    | 06:53 |
| 5  | 23 | Urbano Filipe de Abreu Vitorino Ribeiro | A.D.Amarante trail running  | Senior Masculino | 03:35:37 | +39:58    | 07:42 |
| 6  | 45 | Mark Macedo                             | Individual                  | Senior Masculino | 03:37:30 | +41:51    | 07:46 |
| 7  | 42 | António Júlio Carvalho Martins          | Individual                  | Senior Masculino | 03:39:23 | +43:44    | 07:50 |
| 8  | 49 | Vitor Andrade                           | Individual                  | Senior Masculino | 03:43:00 | +47:21    | 07:58 |
| 9  | 16 | ANTÓNIO GONÇALVES                       | UF08 RUNNERS                | Senior Masculino | 04:04:20 | +01:08:41 | 08:44 |
| 10 | 13 | Filipe Alexandre Soares de Oliveira     | Individual                  | Senior Masculino | 04:07:08 | +01:11:29 | 08:50 |
| 11 | 22 | António Daniel Pinto Mendes             | A.D.Amarante trail running  | Senior Masculino | 04:11:24 | +01:15:45 | 08:59 |
| 12 | 15 | António Filipe Sousa Teixeira           | Individual                  | Senior Masculino | 04:23:50 | +01:28:11 | 09:25 |
| 13 | 29 | Victor Manuel Leite Fernandes           | Individual                  | Senior Masculino | 04:36:33 | +01:40:54 | 09:53 |
| 14 | 34 | Luis Filipe Salgado Oliveira ATRP 1504  | Individual                  | Senior Masculino | 05:11:03 | +02:15:24 | 11:07 |
| 15 | 14 | Filipe Daniel Neves Pereira             | Individual                  | Senior Masculino | 05:37:46 | +02:42:07 | 12:04 |

**Veterana F40**

|   |    |                 |            |              |          |           |       |
|---|----|-----------------|------------|--------------|----------|-----------|-------|
| 1 | 44 | Júlia Conceição | Individual | Veterana F40 | 03:41:47 |           | 07:55 |
| 2 | 38 | Carla Moreira   | Individual | Veterana F40 | 05:35:39 | +01:53:52 | 11:59 |

**Veterano M40**

|    |    |                                     |                             |              |          |           |       |
|----|----|-------------------------------------|-----------------------------|--------------|----------|-----------|-------|
| 1  | 41 | José Soares                         | Individual                  | Veterano M40 | 03:29:42 |           | 07:29 |
| 2  | 48 | Paulo Azevedo                       | Individual                  | Veterano M40 | 03:35:37 | +05:55    | 07:42 |
| 3  | 17 | Nuno Filipe Oliveira Vasconcelos    | Celorico BTT Team           | Veterano M40 | 03:36:43 | +07:01    | 07:44 |
| 4  | 18 | Luis António Monteiro Simões Gomes  | Celorico BTT Team           | Veterano M40 | 03:43:34 | +13:52    | 07:59 |
| 5  | 21 | Clemente Teixeira                   | Shots International Runners | Veterano M40 | 03:48:48 | +19:06    | 08:10 |
| 6  | 32 | Jorge Anjos                         | Individual                  | Veterano M40 | 03:49:22 | +19:40    | 08:11 |
| 7  | 47 | Gil Barros Rodrigues Silva Oliveira | mimoarte.com                | Veterano M40 | 03:50:33 | +20:51    | 08:14 |
| 8  | 10 | Paulo Alves                         | GONDOMAR FUTSAL CLUBE       | Veterano M40 | 04:12:28 | +42:46    | 09:01 |
| 9  | 12 | José Oliveira                       | SOCIEDADE RECREIO CEPANENSE | Veterano M40 | 04:17:43 | +48:01    | 09:12 |
| 10 | 28 | Joaquim Alves                       | Individual                  | Veterano M40 | 04:32:30 | +01:02:48 | 09:44 |

|                             |       |                            |
|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 1 / 2 | generate 17-mai-2015 15:34 |
|-----------------------------|-------|----------------------------|





**TRAIL CURTO 17KM - STAGE 1****17 KM**

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

**OFFICIAL RESULT**

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

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:30 | 28,3°C      | 33%      |
| End   | 13:42 | 32,2°C      | 25,9%    |

| RANK | BIB | NAME                                  | TEAM                       | CAT              | RESULT   | DIFF   | t/KM  |
|------|-----|---------------------------------------|----------------------------|------------------|----------|--------|-------|
| 1    | 120 | ANDRÉ NOGUEIRA                        | uf08 runners               | Senior Masculino | 01:32:07 |        | 05:25 |
| 2    | 200 | Fernando Gonçalves                    | individual                 | Veterano M40     | 01:32:08 | +00:01 | 05:25 |
| 3    | 164 | Marco Brochado                        | os lobos do saibro         | Senior Masculino | 01:38:38 | +06:31 | 05:48 |
| 4    | 124 | PAULO MACHADO                         | uf08 runners               | Senior Masculino | 01:38:39 | +06:32 | 05:48 |
| 5    | 152 | Albano Subtil Seca                    | individual                 | Veterano M40     | 01:39:13 | +07:06 | 05:50 |
| 6    | 171 | Leonel Sousa                          | individual                 | Senior Masculino | 01:39:26 | +07:19 | 05:51 |
| 7    | 122 | JOSÉ COELHO                           | uf08 runners               | Veterano M40     | 01:42:50 | +10:43 | 06:03 |
| 8    | 167 | Jose Luis Pereira                     | individual                 | Senior Masculino | 01:43:34 | +11:27 | 06:06 |
| 9    | 165 | Filipe Ferreira                       | os lobos do saibro         | Senior Masculino | 01:50:06 | +17:59 | 06:29 |
| 10   | 106 | Augusto Urjais                        | individual                 | Senior Masculino | 01:50:20 | +18:13 | 06:29 |
| 11   | 179 | Arsenio Machado Rodrigues             | individual                 | Veterano M40     | 01:51:04 | +18:57 | 06:32 |
| 12   | 202 | Marek Joachimiak                      | individual                 | Senior Masculino | 01:51:20 | +19:13 | 06:33 |
| 13   | 128 | Tiago de Carvalho Alves Machado       | individual                 | Senior Masculino | 01:53:22 | +21:15 | 06:40 |
| 14   | 110 | luis oliveira                         | individual                 | Senior Masculino | 01:54:01 | +21:54 | 06:42 |
| 15   | 195 | António Pedro Teixeira                | individual                 | Veterano M40     | 01:54:02 | +21:55 | 06:42 |
| 16   | 146 | Ricardo Jorge Alves                   | individual                 | Senior Masculino | 01:59:03 | +26:56 | 07:00 |
| 17   | 121 | LUIS LEITE                            | uf08 runners               | Senior Masculino | 02:00:12 | +28:05 | 07:04 |
| 18   | 149 | Eugenio lopes cunha                   | individual                 | Veterano M40     | 02:01:02 | +28:55 | 07:07 |
| 19   | 160 | Nuno Santos                           | individual                 | Senior Masculino | 02:01:55 | +29:48 | 07:10 |
| 20   | 186 | Afonso Sousa Cardoso                  | individual                 | Veterano M50     | 02:02:52 | +30:45 | 07:14 |
| 21   | 169 | Vitor Castro                          | brabus runners             | Senior Masculino | 02:04:21 | +32:14 | 07:19 |
| 22   | 119 | Rui Pedro Marinho Pinto               | individual                 | Senior Masculino | 02:05:14 | +33:07 | 07:22 |
| 23   | 172 | Rui manuel ramos costa                | individual                 | Senior Masculino | 02:05:57 | +33:50 | 07:25 |
| 24   | 159 | Nuno André Sampaio Moura              | individual                 | Senior Masculino | 02:08:39 | +36:32 | 07:34 |
| 25   | 145 | Carlos Manuel Barbosa Queiros         | individual                 | Veterano M40     | 02:09:59 | +37:52 | 07:39 |
| 26   | 148 | Telmo Mendonça                        | individual                 | Senior Masculino | 02:10:47 | +38:40 | 07:42 |
| 27   | 173 | Carlos Pinheiro                       | individual                 | Senior Masculino | 02:11:09 | +39:02 | 07:43 |
| 28   | 118 | Luis Lopes                            | individual                 | Senior Masculino | 02:11:09 | +39:02 | 07:43 |
| 29   | 147 | Sérgio Leal                           | farroncos papa km          | Senior Masculino | 02:12:14 | +40:07 | 07:47 |
| 30   | 132 | Henrique Barros                       | individual                 | Veterano M40     | 02:12:16 | +40:09 | 07:47 |
| 31   | 138 | Francisco Matos                       | farroncos papa km          | Senior Masculino | 02:13:05 | +40:58 | 07:50 |
| 32   | 197 | Vera Pinto                            | a.d.amarante trail running | Senior Feminino  | 02:13:06 | +40:59 | 07:50 |
| 33   | 185 | José Luís Gonçalves Silva             | individual                 | Veterano M50     | 02:13:48 | +41:41 | 07:52 |
| 34   | 166 | Fabio Rafael Silva Teixeira           | individual                 | Senior Masculino | 02:14:05 | +41:58 | 07:53 |
| 35   | 141 | CARLOS FERNANDO ESPERANÇA             | individual                 | Veterano M40     | 02:15:15 | +43:08 | 07:57 |
| 36   | 204 | Frank Domingos                        | individual                 | Veterano M40     | 02:15:27 | +43:20 | 07:58 |
| 37   | 116 | Rui Pedro Pinto                       | individual                 | Senior Masculino | 02:17:28 | +45:21 | 08:05 |
| 38   | 129 | João Pedro Carvalhais Matos Fernandes | individual                 | Senior Masculino | 02:19:11 | +47:04 | 08:11 |
| 39   | 134 | Hugo Filipe Santos Carvalho           | individual                 | Senior Masculino | 02:19:13 | +47:06 | 08:11 |
| 40   | 163 | Carlos Costa                          | individual                 | Senior Masculino | 02:19:27 | +47:20 | 08:12 |

**TRAIL CURTO 17KM - STAGE 1****17 KM****OFFICIAL RESULT**

| RANK | BIB | NAME                                      | TEAM                  | CAT              | RESULT   | DIFF      | t/KM  |
|------|-----|---|-----------------------|------------------|----------|-----------|-------|
| 41   | 135 | João Gil da Costa                         | individual            | Veterano M50     | 02:20:19 | +48:12    | 08:15 |
| 42   | 142 | Pedro Correia                             | farroncos papa km     | Senior Masculino | 02:20:20 | +48:13    | 08:15 |
| 43   | 107 | Carmo Marinho                             | individual            | Veterana F40     | 02:22:33 | +50:26    | 08:23 |
| 44   | 130 | Ricardo Almeida                           | individual            | Senior Masculino | 02:22:37 | +50:30    | 08:23 |
| 45   | 178 | Carlos Costa                              | individual            | Senior Masculino | 02:22:49 | +50:42    | 08:24 |
| 46   | 196 | Pedro Pereira                             | individual            | Veterano M40     | 02:23:30 | +51:23    | 08:26 |
| 47   | 133 | Susana Alexandra Lopes Bastos             | celorico btt team     | Senior Feminino  | 02:25:18 | +53:11    | 08:33 |
| 48   | 117 | Filipe machado                            | individual            | Senior Masculino | 02:26:58 | +54:51    | 08:39 |
| 49   | 194 | Rui Mário Andrade                         | oficina de trapos     | Senior Masculino | 02:27:50 | +55:43    | 08:42 |
| 50   | 111 | Hugues Sebastien de Almeida               | individual            | Senior Masculino | 02:27:56 | +55:49    | 08:42 |
| 51   | 109 | Rui Ferreirinha                           | individual            | Senior Masculino | 02:27:56 | +55:49    | 08:42 |
| 52   | 182 | Mário                                     | md                    | Veterano M40     | 02:31:05 | +58:58    | 08:53 |
| 53   | 181 | Sara                                      | md                    | Senior Feminino  | 02:31:10 | +59:03    | 08:54 |
| 54   | 170 | Diogo Filipe Pinto                        | individual            | Senior Masculino | 02:33:34 | +01:01:27 | 09:02 |
| 55   | 193 | António Miguel Mota Carvalho Simões Gomes | oficina de trapos     | Senior Masculino | 02:34:01 | +01:01:54 | 09:04 |
| 56   | 112 | António Pedro Tavares                     | individual            | Senior Masculino | 02:34:09 | +01:02:02 | 09:04 |
| 57   | 131 | Paula Peixoto                             | individual            | Veterana F40     | 02:35:23 | +01:03:16 | 09:08 |
| 58   | 201 | José Carlos Ferreira                      | individual            | Senior Masculino | 02:35:40 | +01:03:33 | 09:09 |
| 59   | 115 | Bruno Pinheiro                            | individual            | Senior Masculino | 02:38:20 | +01:06:13 | 09:19 |
| 60   | 108 | Luís Tiago Vieira                         | individual            | Senior Masculino | 02:39:00 | +01:06:53 | 09:21 |
| 61   | 126 | Rosana Machado                            | individual            | Senior Feminino  | 02:41:13 | +01:09:06 | 09:29 |
| 62   | 127 | Ana Rita Carvalho Alves Machado           | individual            | Senior Feminino  | 02:41:13 | +01:09:06 | 09:29 |
| 63   | 175 | Ricardo Cabral                            | individual            | Senior Masculino | 02:41:42 | +01:09:35 | 09:31 |
| 64   | 143 | Manuel Moura                              | os barriguitas        | Veterano M50     | 02:46:59 | +01:14:52 | 09:49 |
| 65   | 144 | Nuno Pereira                              | farroncos papa km     | Senior Masculino | 02:49:57 | +01:17:50 | 10:00 |
| 66   | 199 | Elisabete Lopes Costa                     | individual            | Veterana F40     | 02:52:53 | +01:20:46 | 10:10 |
| 67   | 150 | Lilian Almeida Curvo                      | individual            | Senior Feminino  | 02:53:05 | +01:20:58 | 10:11 |
| 68   | 136 | Catarina Bastos                           | farroncos papa km     | Senior Feminino  | 02:55:26 | +01:23:19 | 10:19 |
| 69   | 176 | Manuela Maria Leite Fernandes             | picanhos team         | Senior Feminino  | 02:56:03 | +01:23:56 | 10:21 |
| 70   | 140 | Janete Rodrigues                          | farroncos papa km     | Senior Feminino  | 02:56:11 | +01:24:04 | 10:22 |
| 71   | 154 | Juliana Cruz                              | individual            | Senior Feminino  | 02:57:12 | +01:25:05 | 10:25 |
| 72   | 155 | maria augusta esperança                   | individual            | Veterana F40     | 02:57:13 | +01:25:06 | 10:25 |
| 73   | 156 | Juliana Maria Torres Gomes                | bragazelas            | Senior Feminino  | 02:57:14 | +01:25:07 | 10:26 |
| 74   | 125 | Aventino Meireles Ribeiro                 | individual            | Veterano M40     | 02:57:16 | +01:25:09 | 10:26 |
| 75   | 105 | Helena Cardoso                            | gondomar futsal clube | Veterana F40     | 03:10:59 | +01:38:52 | 11:14 |
| 76   | 184 | Hélia Pimenta Dias                        | individual            | Senior Feminino  | 03:24:52 | +01:52:45 | 12:03 |
| 77   | 183 | Miguel Pimenta Dias                       | individual            | Senior Masculino | 03:25:04 | +01:52:57 | 12:04 |
| 78   | 192 | Patrícia Nunes                            | individual            | Senior Feminino  | 03:27:53 | +01:55:46 | 12:14 |
| 79   | 191 | Sofia Ferreira                            | individual            | Senior Feminino  | 03:27:54 | +01:55:47 | 12:14 |
| 80   | 174 | Helena Lobão                              | individual            | Senior Feminino  | 03:27:54 | +01:55:47 | 12:14 |
| 81   | 157 | Sara Rocha                                | individual            | Senior Feminino  | 03:27:54 | +01:55:47 | 12:14 |
| 82   | 203 | Luci Alvarez                              | individual            | Veterana F40     | 03:36:29 | +02:04:22 | 12:44 |
| 83   | 188 | Anabela Garcia                            | run4all               | Senior Feminino  | 03:37:48 | +02:05:41 | 12:49 |
| 84   | 189 | Ana Arriscado                             | run4all               | Senior Feminino  | 03:37:48 | +02:05:41 | 12:49 |
| 85   | 114 | Pedro Salgueiro                           | individual            | Veterano M40     | 03:52:20 | +02:20:13 | 13:40 |



Trail Curto 17km

17 KM

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

**OFFICIAL RESULT**

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

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:30 | 28,3°C      | 33%      |
| End   | 13:42 | 32,2°C      | 25,9%    |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | ⚡/KM |
|------|-----|------|------|-----|--------|------|------|
|------|-----|------|------|-----|--------|------|------|

### Senior Feminino

|    |     |                                 |                            |                 |          |           |       |
|----|-----|---------------------------------|----------------------------|-----------------|----------|-----------|-------|
| 1  | 197 | Vera Pinto                      | A.D.Amarante trail running | Senior Feminino | 02:13:06 |           | 07:50 |
| 2  | 133 | Susana Alexandra Lopes Bastos   | Celorico BTT Team          | Senior Feminino | 02:25:18 | +12:12    | 08:33 |
| 3  | 181 | Sara                            | MD                         | Senior Feminino | 02:31:10 | +18:04    | 08:54 |
| 4  | 126 | Rosana Machado                  | Individual                 | Senior Feminino | 02:41:13 | +28:07    | 09:29 |
| 5  | 127 | Ana Rita Carvalho Alves Machado | Individual                 | Senior Feminino | 02:41:13 | +28:07    | 09:29 |
| 6  | 150 | Lilian Almeida Curvo            | Individual                 | Senior Feminino | 02:53:05 | +39:59    | 10:11 |
| 7  | 136 | Catarina Bastos                 | Farroncos Papa KM          | Senior Feminino | 02:55:26 | +42:20    | 10:19 |
| 8  | 176 | Manuela Maria Leite Fernandes   | PICANHOS TEAM              | Senior Feminino | 02:56:03 | +42:57    | 10:21 |
| 9  | 140 | Janete Rodrigues                | Farroncos Papa KM          | Senior Feminino | 02:56:11 | +43:05    | 10:22 |
| 10 | 154 | Juliana Cruz                    | Individual                 | Senior Feminino | 02:57:12 | +44:06    | 10:25 |
| 11 | 156 | Juliana Maria Torres Gomes      | Bragazelas                 | Senior Feminino | 02:57:14 | +44:08    | 10:26 |
| 12 | 184 | Hélia Pimenta Dias              | Individual                 | Senior Feminino | 03:24:52 | +01:11:46 | 12:03 |
| 13 | 192 | Patrícia Nunes                  | Individual                 | Senior Feminino | 03:27:53 | +01:14:47 | 12:14 |
| 14 | 191 | Sofia Ferreira                  | Individual                 | Senior Feminino | 03:27:54 | +01:14:48 | 12:14 |
| 15 | 174 | Helena Lobão                    | Individual                 | Senior Feminino | 03:27:54 | +01:14:48 | 12:14 |
| 16 | 157 | Sara Rocha                      | Individual                 | Senior Feminino | 03:27:54 | +01:14:48 | 12:14 |
| 17 | 188 | Anabela Garcia                  | Run4all                    | Senior Feminino | 03:37:48 | +01:24:42 | 12:49 |
| 18 | 189 | Ana Arriscado                   | Run4all                    | Senior Feminino | 03:37:48 | +01:24:42 | 12:49 |
| 19 | 113 | Catarina Miranda                | Individual                 | Senior Feminino | 03:52:21 | +01:39:15 | 13:40 |

### Senior Masculino

|    |     |                                 |                    |                  |          |        |       |
|----|-----|---------------------------------|--------------------|------------------|----------|--------|-------|
| 1  | 120 | ANDRÉ NOGUEIRA                  | UF08 RUNNERS       | Senior Masculino | 01:32:07 |        | 05:25 |
| 2  | 164 | Marco Brochado                  | Os Lobos do Saibro | Senior Masculino | 01:38:38 | +06:31 | 05:48 |
| 3  | 124 | PAULO MACHADO                   | UF08 RUNNERS       | Senior Masculino | 01:38:39 | +06:32 | 05:48 |
| 4  | 171 | Leonel Sousa                    | Individual         | Senior Masculino | 01:39:26 | +07:19 | 05:51 |
| 5  | 167 | Jose Luis Pereira               | Individual         | Senior Masculino | 01:43:34 | +11:27 | 06:06 |
| 6  | 165 | Filipe Ferreira                 | Os Lobos do Saibro | Senior Masculino | 01:50:06 | +17:59 | 06:29 |
| 7  | 106 | Augusto Urjais                  | Individual         | Senior Masculino | 01:50:20 | +18:13 | 06:29 |
| 8  | 202 | Marek Joachimiak                | Individual         | Senior Masculino | 01:51:20 | +19:13 | 06:33 |
| 9  | 128 | Tiago de Carvalho Alves Machado | Individual         | Senior Masculino | 01:53:22 | +21:15 | 06:40 |
| 10 | 110 | luis oliveira                   | Individual         | Senior Masculino | 01:54:01 | +21:54 | 06:42 |
| 11 | 146 | Ricardo Jorge Alves             | Individual         | Senior Masculino | 01:59:03 | +26:56 | 07:00 |
| 12 | 121 | LUÍS LEITE                      | UF08 RUNNERS       | Senior Masculino | 02:00:12 | +28:05 | 07:04 |
| 13 | 160 | Nuno Santos                     | Individual         | Senior Masculino | 02:01:55 | +29:48 | 07:10 |
| 14 | 169 | Vitor Castro                    | Brabus Runners     | Senior Masculino | 02:04:21 | +32:14 | 07:19 |
| 15 | 119 | Rui Pedro Marinho Pinto         | Individual         | Senior Masculino | 02:05:14 | +33:07 | 07:22 |
| 16 | 172 | Rui manuel ramos costa          | Individual         | Senior Masculino | 02:05:57 | +33:50 | 07:25 |
| 17 | 159 | Nuno André Sampaio Moura        | Individual         | Senior Masculino | 02:08:39 | +36:32 | 07:34 |



**Trail Curto 17km**

**17 KM**

**OFFICIAL RESULT**

|    |     |   |                   |                  |          |           |       |
|----|-----|---|-------------------|------------------|----------|-----------|-------|
| 18 | 148 | Telmo Mendonça                            | Individual        | Senior Masculino | 02:10:47 | +38:40    | 07:42 |
| 19 | 173 | Carlos Pinheiro                           | Individual        | Senior Masculino | 02:11:09 | +39:02    | 07:43 |
| 20 | 118 | Luis Lopes                                | Individual        | Senior Masculino | 02:11:09 | +39:02    | 07:43 |
| 21 | 147 | Sérgio Leal                               | Farroncos Papa KM | Senior Masculino | 02:12:14 | +40:07    | 07:47 |
| 22 | 138 | Francisco Matos                           | Farroncos Papa KM | Senior Masculino | 02:13:05 | +40:58    | 07:50 |
| 23 | 166 | Fabio Rafael Silva Teixeira               | Individual        | Senior Masculino | 02:14:05 | +41:58    | 07:53 |
| 24 | 116 | Rui Pedro Pinto                           | Individual        | Senior Masculino | 02:17:28 | +45:21    | 08:05 |
| 25 | 129 | João Pedro Carvalhais Matos Fernandes     | Individual        | Senior Masculino | 02:19:11 | +47:04    | 08:11 |
| 26 | 134 | Hugo Filipe Santos Carvalho               | Individual        | Senior Masculino | 02:19:13 | +47:06    | 08:11 |
| 27 | 163 | Carlos Costa                              | Individual        | Senior Masculino | 02:19:27 | +47:20    | 08:12 |
| 28 | 142 | Pedro Correia                             | Farroncos Papa KM | Senior Masculino | 02:20:20 | +48:13    | 08:15 |
| 29 | 130 | Ricardo Almeida                           | Individual        | Senior Masculino | 02:22:37 | +50:30    | 08:23 |
| 30 | 178 | Carlos Costa                              | Individual        | Senior Masculino | 02:22:49 | +50:42    | 08:24 |
| 31 | 117 | Filipe machado                            | Individual        | Senior Masculino | 02:26:58 | +54:51    | 08:39 |
| 32 | 194 | Rui Mário Andrade                         | Oficina de Trapos | Senior Masculino | 02:27:50 | +55:43    | 08:42 |
| 33 | 111 | Hugues Sebastien de Almeida               | Individual        | Senior Masculino | 02:27:56 | +55:49    | 08:42 |
| 34 | 109 | Rui Ferreirinha                           | Individual        | Senior Masculino | 02:27:56 | +55:49    | 08:42 |
| 35 | 170 | Diogo Filipe Pinto                        | Individual        | Senior Masculino | 02:33:34 | +01:01:27 | 09:02 |
| 36 | 193 | António Miguel Mota Carvalho Simões Gomes | Oficina de Trapos | Senior Masculino | 02:34:01 | +01:01:54 | 09:04 |
| 37 | 112 | António Pedro Tavares                     | Individual        | Senior Masculino | 02:34:09 | +01:02:02 | 09:04 |
| 38 | 201 | José Carlos Ferreira                      | Individual        | Senior Masculino | 02:35:40 | +01:03:33 | 09:09 |
| 39 | 115 | Bruno Pinheiro                            | Individual        | Senior Masculino | 02:38:20 | +01:06:13 | 09:19 |
| 40 | 108 | Luis Tiago Vieira                         | Individual        | Senior Masculino | 02:39:00 | +01:06:53 | 09:21 |
| 41 | 175 | Ricardo Cabral                            | Individual        | Senior Masculino | 02:41:42 | +01:09:35 | 09:31 |
| 42 | 144 | Nuno Pereira                              | Farroncos Papa KM | Senior Masculino | 02:49:57 | +01:17:50 | 10:00 |
| 43 | 183 | Miguel Pimenta Dias                       | Individual        | Senior Masculino | 03:25:04 | +01:52:57 | 12:04 |

**Veterana F40**

|   |     |                         |                       |              |          |           |       |
|---|-----|-------------------------|-----------------------|--------------|----------|-----------|-------|
| 1 | 107 | Carmo Marinho           | Individual            | Veterana F40 | 02:22:33 |           | 08:23 |
| 2 | 131 | Paula Peixoto           | Individual            | Veterana F40 | 02:35:23 | +12:50    | 09:08 |
| 3 | 199 | Elisabete Lopes Costa   | Individual            | Veterana F40 | 02:52:53 | +30:20    | 10:10 |
| 4 | 155 | maria augusta esperança | Individual            | Veterana F40 | 02:57:13 | +34:40    | 10:25 |
| 5 | 105 | Helena Cardoso          | GONDOMAR FUTSAL CLUBE | Veterana F40 | 03:10:59 | +48:26    | 11:14 |
| 6 | 203 | Luci Alvarez            | Individual            | Veterana F40 | 03:36:29 | +01:13:56 | 12:44 |

**Veterano M40**

|   |     |                           |              |              |          |        |       |
|---|-----|---------------------------|--------------|--------------|----------|--------|-------|
| 1 | 200 | Fernando Gonçalves        | Individual   | Veterano M40 | 01:32:08 |        | 05:25 |
| 2 | 152 | Albano Subtil Seca        | Individual   | Veterano M40 | 01:39:13 | +07:05 | 05:50 |
| 3 | 122 | JOSÉ COELHO               | UF08 RUNNERS | Veterano M40 | 01:42:50 | +10:42 | 06:03 |
| 4 | 179 | Arsenio Machado Rodrigues | Individual   | Veterano M40 | 01:51:04 | +18:56 | 06:32 |
| 5 | 195 | António Pedro Teixeira    | Individual   | Veterano M40 | 01:54:02 | +21:54 | 06:42 |
| 6 | 149 | Eugenio lopes cunha       | Individual   | Veterano M40 | 02:01:02 | +28:54 | 07:07 |

**Trail Curto 17km****17 KM**

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

**OFFICIAL RESULT**

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

|    |     |                               |            |              |          |           |       |
|----|-----|-------------------------------|------------|--------------|----------|-----------|-------|
| 7  | 145 | Carlos Manuel Barbosa Queiros | Individual | Veterano M40 | 02:09:59 | +37:51    | 07:39 |
| 8  | 132 | Henrique Barros               | Individual | Veterano M40 | 02:12:16 | +40:08    | 07:47 |
| 9  | 141 | CARLOS FERNANDO ESPERANÇA     | Individual | Veterano M40 | 02:15:15 | +43:07    | 07:57 |
| 10 | 204 | Frank Domingos                | Individual | Veterano M40 | 02:15:27 | +43:19    | 07:58 |
| 11 | 196 | Pedro Pereira                 | Individual | Veterano M40 | 02:23:30 | +51:22    | 08:26 |
| 12 | 182 | Mário                         | MD         | Veterano M40 | 02:31:05 | +58:57    | 08:53 |
| 13 | 125 | Aventino Meireles Ribeiro     | Individual | Veterano M40 | 02:57:16 | +01:25:08 | 10:26 |
| 14 | 114 | Pedro Salgueiro               | Individual | Veterano M40 | 03:52:20 | +02:20:12 | 13:40 |

**Veterano M50**

|   |     |                           |                |              |          |        |       |
|---|-----|---------------------------|----------------|--------------|----------|--------|-------|
| 1 | 186 | Afonso Sousa Cardoso      | Individual     | Veterano M50 | 02:02:52 |        | 07:14 |
| 2 | 185 | José Luís Gonçalves Silva | Individual     | Veterano M50 | 02:13:48 | +10:56 | 07:52 |
| 3 | 135 | João Gil da Costa         | Individual     | Veterano M50 | 02:20:19 | +17:27 | 08:15 |
| 4 | 143 | Manuel Moura              | OS BARRIGUITAS | Veterano M50 | 02:46:59 | +44:07 | 09:49 |

**COLETIVA GERAL - 17K**

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

| <b>RANK</b> | <b>TEAM</b>       | <b>DESCRIPTION</b> | <b>POINTS</b> |
|-------------|-------------------|--------------------|---------------|
| 1           | UF08 RUNNERS      | 1 + 4 + 7          | 12            |
| 2           | Farroncos Papa KM | 29 + 31 + 42       | 102           |