



















**TRAILO CURTO - STAGE 1**
**15 KM**
**OFFICIAL RESULT**
**R  
REVISED**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	596	Mario Silva	individual	Veterano M40	01:53:02	+48:45	07:32
89	627	Carlos Alberto Alves da Silva	running espinho	Veterano M50	01:53:02	+48:46	07:32
90	567	Rui Correia	individual	Senior Masculino	01:53:13	+48:56	07:33
91	602	Tiago Soares	individual	Veterano M40	01:53:28	+49:12	07:34
92	503	Luis Santos	a20's box	Veterano M40	01:53:48	+49:32	07:35
93	541	Teresa Campos Amorim silva dias	individual	Senior Feminino	01:54:13	+49:57	07:37
94	520	Lurdes Tavares	grupo de corrida de argoncilhe	Senior Feminino	01:54:25	+50:08	07:38
95	658	João Paulo Regal de Sousa	os mangueiras	Senior Masculino	01:55:34	+51:18	07:42
96	584	Maria de Lurdes Ferreira	individual	Veterana F50	01:56:35	+52:19	07:46
97	608	João Manuel dos Santos Silva	juões	Veterano M50	01:56:46	+52:30	07:47
98	607	João Miguel Almeida da Silva	juões	Senior Masculino	01:56:46	+52:30	07:47
99	594	Jorge Vicente Sousa	individual	Veterano M40	01:56:46	+52:30	07:47
100	587	Cláudio Tavares	individual	Veterano M40	01:57:28	+53:11	07:50
101	543	Zélia Costa	individual	Senior Feminino	01:57:28	+53:11	07:50
102	556	Manuel Gomes	individual	Senior Masculino	01:58:04	+53:47	07:52
103	572	Vitor Hugo Martins da Costa	individual	Senior Masculino	01:59:15	+54:59	07:57
104	553	Jonhy Omar	individual	Senior Masculino	01:59:33	+55:17	07:58
105	621	Cidália Soares	porto sentido runners	Veterana F40	02:01:35	+57:19	08:06
106	505	Ricardo Ferreira	body & zen salão manos running	Veterano M40	02:01:39	+57:23	08:07
107	639	JOSÉ CONCEIÇÃO	trail running clube btt sanguedo	Veterano M40	02:01:46	+57:30	08:07
108	527	Carina Isabel Madureira Neves	individual	Senior Feminino	02:01:49	+57:32	08:07
109	578	Isabel Cristina Ferreira Marinha dos Santos	individual	Veterana F40	02:02:09	+57:52	08:09
110	642	André Carvalho	trail running greci gaia	Senior Masculino	02:02:11	+57:54	08:09
111	600	Rui Miguel Oliveira	individual	Veterano M40	02:02:14	+57:57	08:09
112	609	Rosa Silva	ligeirinhos	Veterana F40	02:03:10	+58:54	08:13
113	506	Celeste Fernandes	body zen	Senior Feminino	02:03:52	+59:35	08:15
114	568	Santiago Alvarez Gonzalez	individual	Senior Masculino	02:04:04	+59:47	08:16
115	524	Manuela Sousa	grupo de corrida de argoncilhe	Veterana F50	02:07:31	+01:03:15	08:30
116	532	Eduarda Gonçalves Coelho	individual	Senior Feminino	02:07:59	+01:03:43	08:32
117	552	Jaime Coelho	individual	Senior Masculino	02:08:00	+01:03:44	08:32
118	640	LÁZARO COSTA	trail running clube btt sanguedo	Veterano M40	02:10:10	+01:05:53	08:41
119	530	Diana Couto	individual	Senior Feminino	02:11:36	+01:07:19	08:46
120	569	Tiago Correia	individual	Senior Masculino	02:11:36	+01:07:19	08:46
121	626	Manuel Mota	run 4 wellness	Veterano M40	02:11:36	+01:07:20	08:46
122	564	Pedro Gil Almeida	individual	Senior Masculino	02:16:14	+01:11:58	09:05
123	622	António Sousa	porto sentido runners	Veterano M40	02:16:56	+01:12:39	09:08
124	620	Vera Lúcia Pinto de Sousa	porto sentido runners	Senior Feminino	02:16:56	+01:12:39	09:08
125	579	Monica matos	individual	Veterana F40	02:17:27	+01:13:10	09:10
126	528	Carla Sofia Maciel Martins Caldas	individual	Senior Feminino	02:18:22	+01:14:05	09:13
127	603	Tiago Torres Caldas	individual	Veterano M40	02:18:22	+01:14:05	09:13
128	526	Andreia Susana Silva Costa	individual	Senior Feminino	02:19:01	+01:14:45	09:16
129	582	sonia maria de sousa neves	individual	Veterana F40	02:19:11	+01:14:55	09:17
130	577	GABRIELA VEIGA	individual	Veterana F40	02:19:12	+01:14:56	09:17
131	592	Gabriel Rodrigues Ferreira	individual	Veterano M40	02:19:14	+01:14:57	09:17
132	560	Nuno Moreira	individual	Senior Masculino	02:19:14	+01:14:58	09:17





**Trailo Curto**

**15 KM**



**OFFICIAL RESULT**

13	521	Ricardo Moreira	Grupo de Corrida de Argoncilhe	Senior Masculino	01:25:18	+18:05	05:41
14	656	Paulo Henrique Campos	Individual	Senior Masculino	01:26:50	+19:37	05:47
15	547	David Gonçalves	Individual	Senior Masculino	01:27:39	+20:27	05:51
16	548	Fernando Pinto	Individual	Senior Masculino	01:27:48	+20:35	05:51
17	662	Rui Freitas	Individual	Senior Masculino	01:30:59	+23:46	06:04
18	522	Tiago Oliveira	Grupo de Corrida de Argoncilhe	Senior Masculino	01:33:23	+26:10	06:14
19	501	PEDRO VIEIRA	A.D.Sebolido Trail Boneca D'Ouro	Senior Masculino	01:35:28	+28:15	06:22
20	517	Bruno Costa	CTAD - Trilhos de Cinfães	Senior Masculino	01:35:42	+28:29	06:23
21	545	António JF Silva	Individual	Senior Masculino	01:35:51	+28:39	06:23
22	575	wilson soares	Individual	Senior Masculino	01:36:09	+28:57	06:25
23	523	Vasco Neves	Grupo de Corrida de Argoncilhe	Senior Masculino	01:37:10	+29:58	06:29
24	665	Marco Batista	Individual	Senior Masculino	01:39:29	+32:17	06:38
25	624	Rui Ferreira	Run 4 Wellness	Senior Masculino	01:39:41	+32:29	06:39
26	558	Marco Soares	Individual	Senior Masculino	01:40:20	+33:07	06:41
27	555	Manuel Abreu	Individual	Senior Masculino	01:40:52	+33:39	06:43
28	611	Pedro Bernardes	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	01:41:34	+34:21	06:46
29	630	Tiago Pereira	Súbito Segurança S.A	Senior Masculino	01:41:41	+34:28	06:47
30	563	Paulo Lima	Individual	Senior Masculino	01:41:55	+34:42	06:48
31	660	Valdemar Porto	Individual	Senior Masculino	01:43:53	+36:40	06:56
32	570	Tiago Mendes	Individual	Senior Masculino	01:44:54	+37:41	07:00
33	544	André Ricardo Leite Manita	Individual	Senior Masculino	01:44:54	+37:42	07:00
34	635	Fernando Miguel da Costa Ferreira	Trail Running Clube Btt Sanguedo	Senior Masculino	01:46:31	+39:19	07:06
35	634	Diogo Tavares	Trail Running Clube Btt Sanguedo	Senior Masculino	01:46:32	+39:19	07:06
36	559	Mário Silva	Individual	Senior Masculino	01:47:09	+39:56	07:09
37	636	Miguel Oliveira	Trail Running Clube Btt Sanguedo	Senior Masculino	01:50:04	+42:52	07:20
38	647	FRANCK RIVAT	Triplex Team	Senior Masculino	01:51:01	+43:49	07:24
39	561	NUNO SANTOS	Individual	Senior Masculino	01:51:56	+44:44	07:28
40	567	Rui Correia	Individual	Senior Masculino	01:53:13	+46:00	07:33
41	658	João Paulo Regal de Sousa	Os Manguelas	Senior Masculino	01:55:34	+48:22	07:42
42	607	João Miguel Almeida da Silva	JUÕES	Senior Masculino	01:56:46	+49:34	07:47
43	556	Manuel Gomes	Individual	Senior Masculino	01:58:04	+50:51	07:52
44	572	Vitor Hugo Martins da Costa	Individual	Senior Masculino	01:59:15	+52:03	07:57
45	553	Jonhy Omar	Individual	Senior Masculino	01:59:33	+52:21	07:58
46	642	André Carvalho	Trail Running Greci Gaia	Senior Masculino	02:02:11	+54:58	08:09
47	568	Santiago Alvarez Gonzalez	Individual	Senior Masculino	02:04:04	+56:51	08:16
48	552	Jaime Coelho	Individual	Senior Masculino	02:08:00	+01:00:48	08:32
49	569	Tiago Correia	Individual	Senior Masculino	02:11:36	+01:04:23	08:46
50	564	Pedro Gil Almeida	Individual	Senior Masculino	02:16:14	+01:09:02	09:05
51	560	Nuno Moreira	Individual	Senior Masculino	02:19:14	+01:12:02	09:17
52	546	Artur Fonseca	Individual	Senior Masculino	02:33:38	+01:26:25	10:15

**Veterana F40**

1	580	Paula Chaves	Individual	Veterana F40	01:52:08		07:29
2	621	Cidália Soares	PORTO SENTIDO RUNNERS	Veterana F40	02:01:35	+09:27	08:06

**Trailo Curto**
**15 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**


3	578	Isabel Cristina Ferreira Marinha dos Santos	Individual	Veterana F40	02:02:09	+10:00	08:09
4	609	Rosa Silva	Ligeirinhos	Veterana F40	02:03:10	+11:02	08:13
5	579	Monica matos	Individual	Veterana F40	02:17:27	+25:18	09:10
6	582	sonia maria de sousa neves	Individual	Veterana F40	02:19:11	+27:03	09:17
7	577	GABRIELA VEIGA	Individual	Veterana F40	02:19:12	+27:04	09:17
8	659	Susana cunha	Individual	Veterana F40	02:23:40	+31:32	09:35
9	581	sandra maria domingues amorim	Individual	Veterana F40	02:53:46	+01:01:37	11:35
10	615	Maria Lima	Ojúltimos	Veterana F40	02:53:48	+01:01:40	11:35
11	625	Marina Carneiro	Run 4 Wellness	Veterana F40	03:28:40	+01:36:31	13:55

**Veterana F50**

1	583	Fatima PAIS	Individual	Veterana F50	01:39:35		06:38
2	637	MARGARIDA MACHADO	Trail Running Clube Btt Sanguedo	Veterana F50	01:46:59	+07:24	07:08
3	584	Maria de Lurdes Ferreira	Individual	Veterana F50	01:56:35	+17:01	07:46
4	524	Manuela Sousa	Grupo de Corrida de Argoncilhe	Veterana F50	02:07:31	+27:57	08:30

**Veterano M40**

1	595	Manuel José Teixeira de Sousa	Individual	Veterano M40	01:04:17		04:17
2	512	Camilo Guedes	Clube Pessoal Aguas Gaia	Veterano M40	01:10:42	+06:25	04:43
3	510	renato silva	Caldas de São Jorge Sport Club	Veterano M40	01:10:51	+06:34	04:43
4	652	Rui Oliveira	Vila Maior Turismo	Veterano M40	01:14:50	+10:33	04:59
5	597	Paulo Reis	Individual	Veterano M40	01:16:15	+11:58	05:05
6	657	Telmo cardoso	Individual	Veterano M40	01:17:49	+13:32	05:11
7	661	José Carlos Dias	CTAD - Trilhos de Cinfães	Veterano M40	01:18:15	+13:58	05:13
8	645	Gabriel António Rocha	Trail Running Greci Gaia	Veterano M40	01:18:50	+14:33	05:15
9	601	Sérgio Lourenço	Individual	Veterano M40	01:19:29	+15:12	05:18
10	649	Julio Oliveira	Vila Maior Turismo	Veterano M40	01:19:59	+15:42	05:20
11	613	José Lopes	Not Run Alone	Veterano M40	01:23:01	+18:44	05:32
12	508	Agostinho Marques	CAL - Clube Atletismo de Lamas	Veterano M40	01:23:29	+19:13	05:34
13	504	Paulo Grilo	ARCORUN	Veterano M40	01:24:04	+19:47	05:36
14	585	Adelino Almeida	Individual	Veterano M40	01:26:03	+21:46	05:44
15	655	ALCINO FERREIRA SANTOS	Trail Running Clube Btt Sanguedo	Veterano M40	01:27:14	+22:58	05:49
16	631	José Moreira	Súbito Segurança S.A	Veterano M40	01:29:01	+24:45	05:56
17	663	Filipe Escobar	Individual	Veterano M40	01:29:14	+24:58	05:57
18	525	António Prata	Grupo de Corrida de Argoncilhe	Veterano M40	01:30:46	+26:29	06:03
19	598	Raul Silva	Individual	Veterano M40	01:32:57	+28:40	06:12
20	590	fernando oliveira	Individual	Veterano M40	01:33:59	+29:42	06:16
21	593	Jorge Augusto Oliveira Guerra	Individual	Veterano M40	01:34:30	+30:13	06:18
22	509	Hélder SILVA	CAL - Clube Atletismo de Lamas	Veterano M40	01:36:03	+31:47	06:24
23	588	Domingos Martins	Individual	Veterano M40	01:36:32	+32:15	06:26
24	666	Vitor Barroso	Individual	Veterano M40	01:39:32	+35:15	06:38
25	586	António Pinheiro	Individual	Veterano M40	01:39:44	+35:28	06:39
26	589	Fernando da Silva Pais	Individual	Veterano M40	01:40:44	+36:27	06:43

**Trailo Curto**
**15 KM**

**OFFICIAL RESULT**

27	599	Ricardo Silva	Individual	Veterano M40	01:42:19	+38:02	06:49
28	632	Americo Santos	Taylors	Veterano M40	01:42:27	+38:11	06:50
29	633	Miguel Moura	Taylors	Veterano M40	01:45:14	+40:58	07:01
30	638	André Oliveira	Trail Running Clube Btt Sanguedo	Veterano M40	01:46:43	+42:26	07:07
31	596	Mario Silva	Individual	Veterano M40	01:53:02	+48:45	07:32
32	602	Tiago Soares	Individual	Veterano M40	01:53:28	+49:12	07:34
33	503	Luis Santos	A20´S BOX	Veterano M40	01:53:48	+49:32	07:35
34	594	Jorge Vicente Sousa	Individual	Veterano M40	01:56:46	+52:30	07:47
35	587	Cláudio Tavares	Individual	Veterano M40	01:57:28	+53:11	07:50
36	505	Ricardo Ferreira	Body & Zen Salão Manos Running	Veterano M40	02:01:39	+57:23	08:07
37	639	JOSÉ CONCEIÇÃO	Trail Running Clube Btt Sanguedo	Veterano M40	02:01:46	+57:30	08:07
38	600	Rui Miguel Oliveira	Individual	Veterano M40	02:02:14	+57:57	08:09
39	640	LÁZARO COSTA	Trail Running Clube Btt Sanguedo	Veterano M40	02:10:10	+01:05:53	08:41
40	626	Manuel Mota	Run 4 Wellness	Veterano M40	02:11:36	+01:07:20	08:46
41	622	António Sousa	PORTO SENTIDO RUNNERS	Veterano M40	02:16:56	+01:12:39	09:08
42	603	Tiago Torres Caldas	Individual	Veterano M40	02:18:22	+01:14:05	09:13
43	592	Gabriel Rodrigues Ferreira	Individual	Veterano M40	02:19:14	+01:14:57	09:17
44	629	Álvaro Costa	SETE	Veterano M40	02:24:45	+01:20:29	09:39
45	618	Alexandra de Fátima Teixeira de Bessa	P533	Veterano M40	02:28:21	+01:24:05	09:53
46	591	Filipe Moutinho	Individual	Veterano M40	02:28:51	+01:24:34	09:55
47	619	Manuel Jorge Nogueira da Silva	P533	Veterano M40	02:33:45	+01:29:29	10:15
48	616	Luis alves	Ojúltimos	Veterano M40	02:53:48	+01:49:31	11:35

**Veterano M50**

1	507	José Reis	C.I.Argoncilhe	Veterano M50	01:15:48		05:03
2	514	José Adelino	Clube Pessoal Aguas Gaia	Veterano M50	01:16:56	+01:08	05:08
3	604	José Rodrigues de Almeida	Individual	Veterano M50	01:18:23	+02:35	05:14
4	653	Antonio Marques	Vila Maior Turismo	Veterano M50	01:20:00	+04:12	05:20
5	605	Manuel oliveira	Individual	Veterano M50	01:20:05	+04:17	05:20
6	515	José Barbosa	Clube Pessoal Aguas Gaia	Veterano M50	01:41:50	+26:02	06:47
7	617	Rui Quinta	Moinhos Run - ADRM	Veterano M50	01:47:34	+31:46	07:10
8	513	Jorge Santos	Clube Pessoal Aguas Gaia	Veterano M50	01:51:52	+36:04	07:27
9	627	Carlos Alberto Alves da Silva	RUNNING ESPINHO	Veterano M50	01:53:02	+37:15	07:32
10	608	João Manuel dos Santos Silva	JUÕES	Veterano M50	01:56:46	+40:59	07:47

**GERAL TRAIL CURTO 15K**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	Vila Maior Turismo	7 + 19 + 20	46
2	Trail Running Greci Gaia	12 + 16 + 23	51
3	Clube Pessoal Aguas Gaia	4 + 10 + 67	81
4	Grupo de Corrida de Argoncilhe	32 + 38 + 41	111
5	Trail Running Clube Btt Sanguedo	35 + 76 + 77	188
6	Run 4 Wellness	59 + 121 + 147	327
7	PORTO SENTIDO RUNNERS	105 + 123 + 124	352