lap2go TIMING SOLUTION

4º TraiLagares
Lagares
10-abril-2016

GRANDE TRAILAGARES 42KM - STAGE 1 — 42 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	08:30	8,3ºC	100%
End	16:52	8,3ºC	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	108	Gael Reynaud	team optisport-uglow	Senior Masculino	03:56:58		05:39
2	2	João Nogueira	oralklass-amigos do trail	Senior Masculino	04:14:43	+17:45	06:04
3	4	Tiago Teixeira	edv-viana trail	Senior Masculino	04:20:18	+23:21	06:12
4	38	Pedro Rocha	gondomar futsal clube	Senior Masculino	04:22:57	+26:00	06:16
5	107	César Barros	sport clube beira mar	Senior Masculino	04:34:26	+37:29	06:32
6	78	GONÇALO MOTA	nast	Veterano M40	04:49:39	+52:42	06:54
7	116	Paulo Miranda	turres trail team	Veterano M40	04:49:44	+52:47	06:54
8	101	Paulo Domingues	shots international runners	Senior Masculino	04:52:25	+55:28	06:58
9	39	Jose Paulo Pereira Ribeiro	gondomar futsal clube	Veterano M40	04:54:34	+57:37	07:01
10	109	Océane Boutarin	team optisport-uglow	Senior Feminino	04:55:26	+58:28	07:02
11	77	Diogo Ferreira Carvalho	nast	Veterano M40	05:03:42	+01:06:45	07:14
12	3	Marisa Vieira	dr merino/ nutrifit	Senior Feminino	05:04:38	+01:07:40	07:15
13	27	Eduardo Merino	dr merino/ nutrifit	Senior Masculino	05:04:43	+01:07:45	07:15
14	68	Amadeu Teixeira	individual	Veterano M50	05:07:01	+01:10:03	07:19
15	28	Sergio Duarte	dr merino/ nutrifit	Senior Masculino	05:08:00	+01:11:02	07:20
16	82	Sergio Suzano	oralklass-amigos do trail	Senior Masculino	05:08:48	+01:11:51	07:21
17	45	Carlos Alves	individual	Senior Masculino	05:14:57	+01:18:00	07:30
18	94	Miguel Ortiz Dominguez	portadas de valdeorras trail	Veterano M40	05:17:22	+01:20:25	07:33
19	72	RUI MACHADO	maia trail - filónails - sl nutrition	Senior Masculino	05:23:36	+01:26:38	07:42
20	44	Bruno Machado	individual	Senior Masculino	05:24:26	+01:27:29	07:43
21	17	Ana Sousa	budeguita runners	Senior Feminino	05:24:26	+01:27:29	07:43
22	19	João Carvalhal	budeguita runners	Veterano M40	05:24:27	+01:27:29	07:44
23	61	Domingos Jorge Costa Gomes	individual	Veterano M40	05:24:27	+01:27:30	07:44
24	41	Lúcia Lourenço	individual	Senior Feminino	05:30:24	+01:33:27	07:52
25	64	Luis Miguel Bessa Pinto	individual	Veterano M40	05:30:55	+01:33:57	07:53
26	62	Francisco Pinheiro	individual	Veterano M40	05:30:55	+01:33:57	07:53
27	80	Nuno Sousa	oralklass-amigos do trail	Senior Masculino	05:34:18	+01:37:20	07:58
28	81	Rui Pereira	oralklass-amigos do trail	Senior Masculino	05:34:33	+01:37:36	07:58
29	67	Paulo Ferreira	individual	Veterano M40	05:35:20	+01:38:22	07:59
30	20	Ângelo Pereira	centro ciclista de gondomar	Veterano M50	05:38:38	+01:41:41	08:04
31	106	Carlos Fonseca	smile team	Veterano M40	05:38:40	+01:41:42	08:04
32	105	Jorge Barbosa	smile team	Senior Masculino	05:38:40	+01:41:42	08:04
33	7	Maria Augusta Da Costa Loureiro	associação desportiva de cabroelo	Veterana F40	05:38:47	+01:41:50	08:04
34	12	Hélder Paulo Gonçalves Costa	amigo	Veterano M40	05:39:07	+01:42:09	08:04
35	29	Nuno Teixeira	edv-viana trail	Senior Masculino	05:41:43	+01:44:46	08:08
36	66	Paulo Alexandre Lema Pelicano	corridas de pernas pro ar	Veterano M40	05:43:59	+01:47:02	08:11
37	9	João Martins	a.d sebolido trail boneca d´ouro	Senior Masculino	05:45:29	+01:48:32	08:14
38	26	Liliana Gomes	dr merino/ nutrifit	Senior Feminino	05:45:36	+01:48:38	08:14
39	100	Ângelo Neto	satecnosol outdoor / la sportiva	Veterano M40	05:45:38	+01:48:41	08:14
40	5	Elisabete Vieira	dr merino/ nutrifit	Senior Feminino	05:49:11	+01:52:14	08:19
41	56	ricardo pereira	individual	Senior Masculino	05:51:11	+01:54:13	08:22
42	87	Manuel Quelhas	paredes aventura	Veterano M40	05:52:24	+01:55:26	08:23

GRANDE TRAILAGARES 42KM - STAGE 1 — 42 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
43	84	António Moreira	paredes aventura	Veterano M40	05:52:24	+01:55:26	08:23
44	88	Vitor Andrade	paredes aventura	Veterano M40	05:52:24	+01:55:27	08:23
45	86	Pedro Pratas	paredes aventura	Veterano M40	05:52:24	+01:55:27	08:23
46	137	Telmo Cardoso	individual	Senior Masculino	05:53:13	+01:56:16	08:25
47	35	António Carlos teixeira	fridão sem limites	Veterano M50	05:55:09	+01:58:11	08:27
48	91	Fernando Rebanal Alfaya	portadas de valdeorras trail	Veterano M40	05:56:34	+01:59:36	08:29
49	114	José Rodrigues	trocopasso runners	Veterano M40	06:00:48	+02:03:50	08:35
50	113	Manuel Joaquim Martins da Silva	trepatrilhos trail team	Senior Masculino	06:03:23	+02:06:25	08:39
51	115	Luis Leça	trocopasso runners	Veterano M40	06:04:40	+02:07:43	08:41
52	23	Joaquim Madureira	clube zupper	Veterano M40	06:06:02	+02:09:04	08:43
53	21	João Carolo	clube zupper	Senior Masculino	06:06:40	+02:09:43	08:44
54	70	Joaquim Dias	kunalama runners	Veterano M40	06:06:49	+02:09:52	08:44
55	25	Paulo Ferreira	ctrvc	Veterano M40	06:07:14	+02:10:16	08:45
56	71	AFONSO OLIVEIRA	maia trail - filónails - sl nutrition	Senior Masculino	06:15:38	+02:18:41	08:57
57	49	Gilberto Ribeiro	individual	Senior Masculino	06:15:45	+02:18:48	08:57
58	16	António Loureiro	autistic.runners	Veterano M50	06:17:53	+02:20:55	09:00
59	22	Paulo Silva	clube zupper	Senior Masculino	06:18:03	+02:21:06	09:00
60	59	Carlos Navega	individual	Veterano M40	06:18:14	+02:21:16	09:00
61	37	Pedro Matos	gondomar futsal clube	Senior Masculino	06:18:26	+02:21:29	09:01
62	36	Sandra Pera	gondomar futsal clube	Senior Feminino	06:18:27	+02:21:29	09:01
63	103	Ricardo Henriques	shots international runners	Senior Masculino	06:22:07	+02:25:09	09:06
64	102	Pedro Nogueira	shots international runners	Senior Masculino	06:22:07	+02:25:09	09:06
65	54	Pedro Nuno Dias Magalhães	individual	Senior Masculino	06:23:30	+02:26:32	09:08
66	14	Luís Fernando Castro Ferreira	associação desportiva de cabroelo	Senior Masculino	06:24:03	+02:27:05	09:09
67	15	Tiago Luís Moreira de Barros	associação desportiva de cabroelo	Senior Masculino	06:24:03	+02:27:06	09:09
68	69	Joaquim Manuel Andrade dos Santos	joaquim manuel andrade dos santos	Veterano M40	06:24:33	+02:27:35	09:09
69	117	CARLOS SOUSA	tutilar class runners	Veterano M50	06:31:22	+02:34:25	09:19
70	47	Daniel Silva Pereira	individual	Senior Masculino	06:32:00	+02:35:02	09:20
71	97	MANUELA FARIA	portocargo	Veterana F40	06:32:05	+02:35:08	09:20
72	13	Paulo Costa	amigos quinta das freiras	Veterano M40	06:32:10	+02:35:12	09:20
73	96	TANIA BATEIRA	portocargo	Senior Feminino	06:33:22	+02:36:24	09:22
74	63	HUGO ALEXANDRE SILVA DOS SANTOS AMARO	corridas de pernas pro ar	Veterano M40	06:35:42	+02:38:45	09:25
75	58	Sérgio Marques	corridas de pernas pro ar	Senior Masculino	06:35:42	+02:38:45	09:25
76	53	nuno marques	individual	Senior Masculino	06:38:17	+02:41:20	09:29
77	50	Jorge Borges	individual	Senior Masculino	06:52:49	+02:55:52	09:50
78	60	Celestino Garcia	individual	Veterano M40	06:53:19	+02:56:21	09:50
79	93	Miguel Angel Fernandez Rodriguez	portadas de valdeorras trail	Veterano M40	06:55:58	+02:59:01	09:54
80	92	Jose Lopez Garcia	portadas de valdeorras trail	Veterano M40	06:55:58	+02:59:01	09:54
81	90	Sergio paulo Da rocha soares	portadas de valdeorras trail	Veterano M40	06:55:58	+02:59:01	09:54
82	98	Joao Barbosa	s. s. montepio	Senior Masculino	06:57:22	+03:00:25	09:56
83	32	Rui Filipe Fernandes de Vasconcelos Rocha	eu+ run	Senior Masculino	06:58:05	+03:01:07	09:57
84	74	Manuel Costa	nascidos para correr	Veterano M40	07:06:48	+03:09:50	10:10
85	42	Acácio Santos	individual	Senior Masculino	07:17:36	+03:20:38	10:25
86	89	Jorge Oliveira	paredes aventura	Veterano M40	07:18:34	+03:21:36	10:27

GRANDE TRAILAGARES 42KM - STAGE 1 — 42 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
87	43	André Filipe Quintão Azevedo	individual	Senior Masculino	07:40:01	+03:43:04	10:57
88	51	Manuel Teixeira	individual	Senior Masculino	07:45:34	+03:48:37	11:05
89	73	Filipe Pinto	marco runners	Veterano M40	07:45:34	+03:48:37	11:05
90	57	Rui Quintão Gomes	individual	Senior Masculino	07:46:30	+03:49:32	11:06
91	18	Sandra Oliveira	budeguita runners	Veterana F40	07:58:00	+04:01:03	11:23
92	46	César Ferreira	individual	Senior Masculino	08:18:20	+04:21:22	11:52
93	55	Renato Barros	individual	Senior Masculino	08:18:20	+04:21:22	11:52

4º TraiLagares
Lagares
10-abril-2016

grande trailagares 42km

42 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

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	08:30	8,3ºC	100%
End	16:52	8,3ºC	100%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	109	Océane Boutarin	Team OPTISPORT-UGLOW	Senior Feminino	04:55:26		07:02
2	3	Marisa Vieira	Dr Merino/ Nutrifit	Senior Feminino	05:04:38	+09:12	07:15
3	17	Ana Sousa	BUDEGUITA RUNNERS	Senior Feminino	05:24:27	+29:01	07:43
4	41	Lúcia Lourenço	Individual	Senior Feminino	05:30:25	+34:59	07:52
5	26	Liliana Gomes	Dr Merino/ Nutrifit	Senior Feminino	05:45:36	+50:10	08:14
6	5	Elisabete Vieira	Dr Merino/ Nutrifit	Senior Feminino	05:49:12	+53:46	08:19
7	36	Sandra Pera	GONDOMAR FUTSAL CLUBE	Senior Feminino	06:18:27	+01:23:01	09:01
8	96	TANIA BATEIRA	PORTOCARGO	Senior Feminino	06:33:22	+01:37:56	09:22

Senior Masculino

1	108	Gael Reynaud	Team OPTISPORT-UGLOW	Senior Masculino	03:56:58		05:39
2	2	João Nogueira	Oralklass-Amigos do Trail	Senior Masculino	04:14:43	+17:45	06:04
3	4	Tiago Teixeira	EDV-VIANA TRAIL	Senior Masculino	04:20:19	+23:21	06:12
4	38	Pedro Rocha	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:22:58	+26:00	06:16
5	107	César Barros	Sport Clube Beira Mar	Senior Masculino	04:34:27	+37:29	06:32
6	101	Paulo Domingues	Shots International Runners	Senior Masculino	04:52:26	+55:28	06:58
7	27	Eduardo Merino	Dr Merino/ Nutrifit	Senior Masculino	05:04:43	+01:07:45	07:15
8	28	Sergio Duarte	Dr Merino/ Nutrifit	Senior Masculino	05:08:00	+01:11:02	07:20
9	82	Sergio Suzano	Oralklass-Amigos do Trail	Senior Masculino	05:08:49	+01:11:51	07:21
10	45	Carlos Alves	Individual	Senior Masculino	05:14:58	+01:18:00	07:30
11	72	RUI MACHADO	MAIA TRAIL - FILÓNAILS - SI NUTRITION	Senior Masculino	05:23:36	+01:26:38	07:42
12	44	Bruno Machado	Individual	Senior Masculino	05:24:27	+01:27:29	07:43
13	80	Nuno Sousa	Oralklass-Amigos do Trail	Senior Masculino	05:34:18	+01:37:20	07:58
14	81	Rui Pereira	Oralklass-Amigos do Trail	Senior Masculino	05:34:34	+01:37:36	07:58
15	105	Jorge Barbosa	Smile team	Senior Masculino	05:38:40	+01:41:42	08:04
16	29	Nuno Teixeira	EDV-VIANA TRAIL	Senior Masculino	05:41:44	+01:44:46	08:08
17	9	João Martins	A.D Sebolido Trail boneca D´ouro	Senior Masculino	05:45:30	+01:48:32	08:14
18	56	ricardo pereira	Individual	Senior Masculino	05:51:11	+01:54:13	08:22
19	137	Telmo Cardoso	Individual	Senior Masculino	05:53:14	+01:56:16	08:25
20	113	Manuel Joaquim Martins da Silva	TrepaTrilhos Trail Team	Senior Masculino	06:03:23	+02:06:25	08:39
21	21	João Carolo	Clube Zupper	Senior Masculino	06:06:41	+02:09:43	08:44
22	71	AFONSO OLIVEIRA	MAIA TRAIL - FILÓNAILS - SI NUTRITION	Senior Masculino	06:15:39	+02:18:41	08:57
23	49	Gilberto Ribeiro	Individual	Senior Masculino	06:15:46	+02:18:48	08:57
24	22	Paulo Silva	Clube Zupper	Senior Masculino	06:18:04	+02:21:06	09:00
25	37	Pedro Matos	GONDOMAR FUTSAL CLUBE	Senior Masculino	06:18:27	+02:21:29	09:01
26	103	Ricardo Henriques	Shots International Runners	Senior Masculino	06:22:07	+02:25:09	09:06
27	102	Pedro Nogueira	Shots International Runners	Senior Masculino	06:22:07	+02:25:09	09:06

grande trailagares 42km

42 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

28	54	Pedro Nuno Dias Magalhães	Individual	Senior Masculino	06:23:30	+02:26:32	09:08
29	14	Luís Fernando Castro Ferreira	Associação Desportiva de Cabroelo	Senior Masculino	06:24:03	+02:27:05	09:09
30	15	Tiago Luís Moreira de Barros	Associação Desportiva de Cabroelo	Senior Masculino	06:24:04	+02:27:06	09:09
31	47	Daniel Silva Pereira	Individual	Senior Masculino	06:32:00	+02:35:02	09:20
32	58	Sérgio Marques	Corridas De Pernas Pro Ar	Senior Masculino	06:35:43	+02:38:45	09:25
33	53	nuno marques	Individual	Senior Masculino	06:38:18	+02:41:20	09:29
34	50	Jorge Borges	Individual	Senior Masculino	06:52:50	+02:55:52	09:50
35	98	Joao Barbosa	S. S. Montepio	Senior Masculino	06:57:23	+03:00:25	09:56
36	32	Rui Filipe Fernandes de Vasconcelos Rocha	EU+ Run	Senior Masculino	06:58:05	+03:01:07	09:57
37	42	Acácio Santos	Individual	Senior Masculino	07:17:36	+03:20:38	10:25
38	43	André Filipe Quintão Azevedo	Individual	Senior Masculino	07:40:02	+03:43:04	10:57
39	51	Manuel Teixeira	Individual	Senior Masculino	07:45:35	+03:48:37	11:05
40	57	Rui Quintão Gomes	Individual	Senior Masculino	07:46:30	+03:49:32	11:06
41	46	César Ferreira	Individual	Senior Masculino	08:18:20	+04:21:22	11:52
42	55	Renato Barros	Individual	Senior Masculino	08:18:20	+04:21:22	11:52

Veterana F40

1	7	Maria Augusta Da Costa Loureiro	Associação Desportiva de Cabroelo	Veterana F40	05:38:48		08:04
2	97	MANUELA FARIA	PORTOCARGO	Veterana F40	06:32:06	+53:18	09:20
3	18	Sandra Oliveira	BUDEGUITA RUNNERS	Veterana F40	07:58:01	+02:19:13	11:23

Veterano M40

1	78	GONÇALO MOTA	NAST	Veterano M40	04:49:40		06:54
2	116	Paulo Miranda	Turres Trail Team	Veterano M40	04:49:45	+00:05	06:54
3	39	Jose Paulo Pereira Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	04:54:35	+04:55	07:01
4	77	Diogo Ferreira Carvalho	NAST	Veterano M40	05:03:43	+14:03	07:14
5	94	Miguel Ortiz Dominguez	Portadas de Valdeorras Trail	Veterano M40	05:17:23	+27:43	07:33
6	19	João Carvalhal	BUDEGUITA RUNNERS	Veterano M40	05:24:27	+34:47	07:44
7	61	Domingos Jorge Costa Gomes	Individual	Veterano M40	05:24:28	+34:48	07:44
8	64	Luis Miguel Bessa Pinto	Individual	Veterano M40	05:30:55	+41:15	07:53
9	62	Francisco Pinheiro	Individual	Veterano M40	05:30:55	+41:15	07:53
10	67	Paulo Ferreira	Individual	Veterano M40	05:35:20	+45:40	07:59
11	106	Carlos Fonseca	Smile team	Veterano M40	05:38:40	+49:00	08:04
12	12	Hélder Paulo Gonçalves Costa	Amigo	Veterano M40	05:39:07	+49:27	08:04
13	66	Paulo Alexandre Lema Pelicano	Corridas De Pernas Pro Ar	Veterano M40	05:44:00	+54:20	08:11
14	100	Ângelo Neto	Satecnosol Outdoor / La Sportiva	Veterano M40	05:45:39	+55:59	08:14
15	87	Manuel Quelhas	PAREDES AVENTURA	Veterano M40	05:52:24	+01:02:44	08:23
16	84	António Moreira	PAREDES AVENTURA	Veterano M40	05:52:24	+01:02:44	08:23
17	88	Vitor Andrade	PAREDES AVENTURA	Veterano M40	05:52:25	+01:02:45	08:23
18	86	Pedro Pratas	PAREDES AVENTURA	Veterano M40	05:52:25	+01:02:45	08:23
19	91	Fernando Rebanal Alfaya	Portadas de Valdeorras Trail	Veterano M40	05:56:34	+01:06:54	08:29

grande trailagares 42km

42 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

20	114	José Rodrigues	Trocopasso Runners	Veterano M40	06:00:48	+01:11:08	08:35
21	115	Luis Leça	Trocopasso Runners	Veterano M40	06:04:41	+01:15:01	08:41
22	23	Joaquim Madureira	Clube Zupper	Veterano M40	06:06:02	+01:16:22	08:43
23	70	Joaquim Dias	Kunalama runners	Veterano M40	06:06:50	+01:17:10	08:44
24	25	Paulo Ferreira	CTRVC	Veterano M40	06:07:14	+01:17:34	08:45
25	59	Carlos Navega	Individual	Veterano M40	06:18:14	+01:28:34	09:00
26	69	Joaquim Manuel Andrade dos Santos	Joaquim Manuel Andrade Dos Santos	Veterano M40	06:24:33	+01:34:53	09:09
27	13	Paulo Costa	AMIGOS QUINTA DAS FREIRAS	Veterano M40	06:32:10	+01:42:30	09:20
28	63	HUGO ALEXANDRE SILVA DOS SANTOS AMARO	Corridas De Pernas Pro Ar	Veterano M40	06:35:43	+01:46:03	09:25
29	60	Celestino Garcia	Individual	Veterano M40	06:53:19	+02:03:39	09:50
30	93	Miguel Angel Fernandez Rodriguez	Portadas de Valdeorras Trail	Veterano M40	06:55:59	+02:06:19	09:54
31	92	Jose Lopez Garcia	Portadas de Valdeorras Trail	Veterano M40	06:55:59	+02:06:19	09:54
32	90	Sergio paulo Da rocha soares	Portadas de Valdeorras Trail	Veterano M40	06:55:59	+02:06:19	09:54
33	74	Manuel Costa	Nascidos para Correr	Veterano M40	07:06:48	+02:17:08	10:10
34	89	Jorge Oliveira	PAREDES AVENTURA	Veterano M40	07:18:34	+02:28:54	10:27
35	73	Filipe Pinto	Marco Runners	Veterano M40	07:45:35	+02:55:55	11:05

Veterano M50

1	68	Amadeu Teixeira	Individual	Veterano M50	05:07:01		07:19
2	20	Ângelo Pereira	CENTRO CICLISTA DE GONDOMAR	Veterano M50	05:38:39	+31:38	08:04
3	35	António Carlos teixeira	Fridão Sem Limites	Veterano M50	05:55:09	+48:08	08:27
4	16	António Loureiro	autistic.runners	Veterano M50	06:17:53	+01:10:52	09:00
5	117	CARLOS SOUSA	TUTILAR CLASS RUNNERS	Veterano M50	06:31:23	+01:24:22	09:19

lap2go TIMING SOLUTION

4º TraiLagares
Lagares
10-abril-2016

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

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	08:30	8,3ºC	100%
End	15:07	8,3ºC	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1466	Bertrand Brochot	team optisport-uglow	Senior Masculino	02:29:48		05:21
2	1451	Pedro Alberto da Costa Sousa	satecnosol outdoor / la sportiva	Senior Masculino	02:43:08	+13:21	05:50
3	1011	Paulo Costa	a.d.amarante trail running	Senior Masculino	02:44:08	+14:20	05:52
4	1355	Abílio Ribeiro	lusitanos	Veterano M40	02:45:49	+16:01	05:55
5	1005	Nelson Davide Pimenta da Graça	team goldnutrition/run.pt	Senior Masculino	02:46:48	+17:01	05:57
6	1013	Vitor Costa	a.d.amarante trail running	Senior Masculino	02:47:45	+17:57	05:59
7	1134	Luís Pedro Ferreira de Sousa Martins	gtt - armazém do caffè	Senior Masculino	02:51:30	+21:43	06:08
8	1030	Manuel Barbosa	amigo	Veterano M40	02:51:32	+21:45	06:08
9	1214	luis filipe figueira novais	individual	Senior Masculino	02:58:47	+29:00	06:23
10	1481	Cesar Leão	unidade especial de corrida	Senior Masculino	03:00:15	+30:27	06:26
11	1413	Seninho Ribeiro	oralklass-amigos do trail	Senior Masculino	03:02:38	+32:51	06:31
12	1406	Antonio Pinto	oralklass-amigos do trail	Senior Masculino	03:03:29	+33:42	06:33
13	1159	Adelino Sousa	individual	Senior Masculino	03:04:00	+34:13	06:34
14	1483	José Silva	unidade especial de corrida	Senior Masculino	03:06:34	+36:46	06:40
15	1010	Jose Luis Ferreira Pereira	a.d.amarante trail running	Senior Masculino	03:07:03	+37:16	06:41
16	1113	Ricardo Miguel Magalhães Nunes	fridão sem limites	Senior Masculino	03:11:06	+41:18	06:50
17	1402	João Leal	ofrunning	Senior Masculino	03:13:03	+43:16	06:54
18	1212	lino pinto	individual	Senior Masculino	03:13:07	+43:20	06:54
19	1129	Nuno Paiva	gondomar futsal clube	Veterano M40	03:13:36	+43:49	06:55
20	1484	Pedro Batista	unidade especial de corrida	Senior Masculino	03:14:04	+44:17	06:56
21	1352	Telmo Reis	lousada runners	Senior Masculino	03:14:22	+44:35	06:57
22	1136	Cesar Canito	gtt - armazém do caffè	Veterano M40	03:14:43	+44:55	06:57
23	1141	Miguel Barros	helder optica team	Veterano M40	03:15:22	+45:34	06:59
24	1196	Ivo Pereira	individual	Senior Masculino	03:15:35	+45:47	06:59
25	1135	Pedro Pereira	gtt - armazém do caffè	Senior Masculino	03:15:47	+46:00	07:00
26	1001	Lucinda Sousa	gondomar futsal clube	Veterana F40	03:17:02	+47:15	07:02
27	1131	António Rocha	gondomar futsal clube	Veterano M50	03:17:06	+47:18	07:02
28	1173	César Gonçalves	individual	Senior Masculino	03:17:19	+47:32	07:03
29	1353	Nelson Pires	lusitanos	Senior Masculino	03:17:30	+47:43	07:03
30	1140	Jorge Oliveira	helder optica team	Veterano M40	03:17:42	+47:55	07:04
31	1235	Pedro Dias Sabugueiro	individual	Senior Masculino	03:18:12	+48:24	07:05
32	1137	Carlos Alberto Pereira Novais Gandra	gtt - armazém do caffè	Veterano M50	03:18:30	+48:42	07:05
33	1356	Adriano Oliveira	lusitanos	Veterano M40	03:20:29	+50:41	07:10
34	1459	Helder Barbosa	sweet runners	Senior Masculino	03:20:30	+50:43	07:10
35	1138	Bruno Teixeira	helder optica team	Senior Masculino	03:20:42	+50:55	07:10
36	1007	Tiago Silva	a.d sebolido trail boneca d´ouro	Senior Masculino	03:21:49	+52:02	07:12
37	1482	Filipe Teixeira	unidade especial de corrida	Senior Masculino	03:21:54	+52:06	07:13
38	1388	Antonio Azevedo	nascidos para correr	Veterano M50	03:22:11	+52:23	07:13
39	1064	Bruno Ramiro	casadotear.com	Senior Masculino	03:22:16	+52:28	07:13
40	1439	Inuo Melo	run 4 all	Senior Masculino	03:22:19	+52:32	07:14

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

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	1083	Bernardino Pinto	dr merino/ nutrifit	Senior Masculino	03:22:19	+52:32	07:14
42	1084	David Ferreira	dr merino/ nutrifit	Senior Masculino	03:22:21	+52:34	07:14
43	1405	Andre Nogueira	oralklass-amigos do trail	Senior Masculino	03:23:54	+54:07	07:17
44	1410	Manuel Ferreira	oralklass-amigos do trail	Veterano M50	03:24:01	+54:13	07:17
45	1452	Tiago Pinheiro	satecnosol outdoor / la sportiva	Senior Masculino	03:24:12	+54:25	07:18
46	1115	Manuel Avelino Reis Pinheiro	fridão sem limites	Veterano M40	03:25:59	+56:12	07:21
47	1065	Antonio Gomes	cfit freamunde	Veterano M40	03:27:08	+57:21	07:24
48	1371	leandro pacheco	monte dos amigos	Senior Masculino	03:27:17	+57:30	07:24
49	1102	Ricardo Rocha	fast ao km	Senior Masculino	03:27:17	+57:30	07:24
50	1398	paulino Daniel Azevedo Maia Alves	nós	Senior Masculino	03:27:18	+57:30	07:24
51	1293	Henrique Santos	individual	Veterano M40	03:27:25	+57:37	07:24
52	1118	Nelson Marques	gaia trail	Senior Masculino	03:27:43	+57:55	07:25
53	1336	José Joaquim A. Ferreira	individual	Veterano M50	03:27:50	+58:02	07:25
54	1117	Micael Cunha	gaia trail	Senior Masculino	03:28:01	+58:14	07:26
55	1321	Sérgio Albuquerque Moreira Pinto	individual	Veterano M40	03:29:49	+01:00:01	07:30
56	1485	Ricardo Costa	unidade especial de corrida	Senior Masculino	03:30:32	+01:00:45	07:31
57	1404	Paula Barbosa	oralklass-amigos do trail	Senior Feminino	03:30:46	+01:00:58	07:32
58	1060	Jorge Maia	budeguita runners	Veterano M40	03:30:55	+01:01:07	07:32
59	1244	Ricardo Ferreira	individual	Senior Masculino	03:31:04	+01:01:16	07:32
60	1419	Jorge Barbosa	paredes aventura	Veterano M40	03:31:08	+01:01:20	07:32
61	1486	Abilio Marques	unidade especial de corrida	Veterano M50	03:31:14	+01:01:27	07:33
62	1255	Rúben Miguel Mendes Alves	individual	Senior Masculino	03:31:17	+01:01:29	07:33
63	1027	José Madureira	amigo	Senior Masculino	03:31:34	+01:01:46	07:33
64	1322	Sérgio Anunciação	individual	Veterano M40	03:31:36	+01:01:49	07:33
65	1307	Paulo Baltasar Silveira Martins	individual	Veterano M40	03:31:40	+01:01:52	07:34
66	1008	Tiago Sousa	a.d sebolido trail boneca d´ouro	Senior Masculino	03:32:05	+01:02:17	07:34
67	1279	Alcino Gomes	individual	Veterano M40	03:32:55	+01:03:07	07:36
68	1092	Romeu Machado	ei team trail	Senior Masculino	03:32:59	+01:03:12	07:36
69	1160	Agostinho Reis	individual	Senior Masculino	03:33:17	+01:03:29	07:37
70	1217	Marçal Avelino Salazar Marques Mendes	individual	Senior Masculino	03:33:18	+01:03:30	07:37
71	1191	Ricardo Jorge Teixeira Duarte	individual	Senior Masculino	03:36:18	+01:06:31	07:44
72	1070	antonio pereira	clube praças da armada	Veterano M50	03:36:40	+01:06:53	07:44
73	1087	Tiago Sousa	dr merino/ nutrifit	Senior Masculino	03:36:46	+01:06:59	07:45
74	1122	Cláudio André oliveira Trigais	gondomar futsal clube	Senior Masculino	03:36:48	+01:07:00	07:45
75	1208	José Barroso	individual	Senior Masculino	03:36:48	+01:07:01	07:45
76	1373	jorge pinheiro	monte dos amigos	Veterano M40	03:36:53	+01:07:05	07:45
77	1	Fernando Leal Neves	amigos do pedal	Veterano M50	03:37:02	+01:07:14	07:45
78	1309	PAULO BRÁS	individual	Veterano M40	03:37:04	+01:07:16	07:45
79	1269	Vitor Cruz	individual	Senior Masculino	03:37:07	+01:07:20	07:45
80	1480	Geraldo gomes	casa do povo de soalhães	Veterano M40	03:37:16	+01:07:28	07:46
81	1098	Francisco Figueiredo	estamos juntos	Senior Masculino	03:39:04	+01:09:16	07:49
82	1097	Daniela Russo	estamos juntos	Senior Feminino	03:39:04	+01:09:16	07:49
83	1435	Pedro Moreira	prosel team	Senior Masculino	03:39:05	+01:09:17	07:49
84	1414	José António Teixeira Ferreira	oralklass-amigos do trail	Veterano M40	03:39:13	+01:09:26	07:50
85	1006	Rui Teixeira	a.d sebolido trail boneca d´ouro	Senior Masculino	03:39:22	+01:09:35	07:50

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

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	1221	Mario Gonçalves	individual	Senior Masculino	03:39:29	+01:09:42	07:50
87	1080	Tiago Pinto	douroconta trail team	Senior Masculino	03:39:51	+01:10:03	07:51
88	1081	Vítor Emanuel Oliveira Rio	douroconta trail team	Senior Masculino	03:39:51	+01:10:03	07:51
89	1050	Bruno Macieira	bikes & friends	Senior Masculino	03:41:17	+01:11:29	07:54
90	1361	Alexandre Moreira	marco trail running	Veterano M40	03:41:28	+01:11:41	07:55
91	1120	Joana Cardoso	gondomar futsal clube	Senior Feminino	03:41:41	+01:11:53	07:55
92	1125	paulo jorge	gondomar futsal clube	Senior Masculino	03:41:41	+01:11:53	07:55
93	1035	António Conceição Silva Pereira	amigos quinta das freiras	Veterano M50	03:45:52	+01:16:04	08:04
94	1026	Fernando Vieira	amigo	Senior Masculino	03:47:02	+01:17:15	08:07
95	1458	Paulo Morais	somos nós team	Veterano M40	03:47:34	+01:17:46	08:08
96	79	Belmiro Moreira	oralklass-amigos do trail	Senior Masculino	03:47:53	+01:18:06	08:08
97	1265	Simão sousa	individual	Senior Masculino	03:48:45	+01:18:57	08:10
98	1362	Antonio coelho	mete h2o	Veterano M40	03:48:51	+01:19:04	08:10
99	1224	Miguel Seca	individual	Senior Masculino	03:48:56	+01:19:09	08:11
100	1093	Joaquim Coelho	ei team trail	Veterano M40	03:49:03	+01:19:15	08:11
101	1029	Armando Ribeiro	amigo	Veterano M40	03:49:12	+01:19:24	08:11
102	1368	Miguel Santos	moinhos run - adrm	Senior Masculino	03:49:13	+01:19:25	08:11
103	99	José Luís Sá	satecnosol outdoor / la sportiva	Senior Masculino	03:49:56	+01:20:09	08:13
104	1337	jose luis machado loureiro	individual	Veterano M50	03:50:02	+01:20:15	08:13
105	1110	António Joaquim Teixeira ALves	fridão sem limites	Senior Masculino	03:50:12	+01:20:25	08:13
106	1382	Filipe Machado	nascidos para correr	Senior Masculino	03:50:45	+01:20:57	08:14
107	1324	vitor coelho	individual	Veterano M40	03:50:46	+01:20:59	08:15
108	76	Fernando Carneiro	nast	Senior Masculino	03:50:54	+01:21:07	08:15
109	1119	Andreia Amorim	gondomar futsal clube	Senior Feminino	03:51:15	+01:21:27	08:16
110	1086	Nuno Pinho	dr merino/ nutrifit	Senior Masculino	03:51:57	+01:22:09	08:17
111	1239	Pedro Leandro Guedes Nogueira	individual	Senior Masculino	03:54:22	+01:24:34	08:22
112	1369	José Coelho da Silva	moinhos run - adrm	Veterano M50	03:55:55	+01:26:07	08:26
113	1407	David Morais	oralklass-amigos do trail	Senior Masculino	03:56:08	+01:26:21	08:26
114	1206	Jorge Ribeiro	individual	Senior Masculino	03:56:29	+01:26:41	08:27
115	1012	Urbano Ribeiro	a.d.amarante trail running	Senior Masculino	03:56:33	+01:26:45	08:27
116	1364	Paulo António Cunha Ferreira	minions	Senior Masculino	03:56:43	+01:26:55	08:27
117	1363	Nuno Rafael Ribeiro Rodrigues	minions	Senior Masculino	03:56:43	+01:26:55	08:27
118	1242	Pedro rocha	individual	Senior Masculino	03:56:50	+01:27:02	08:28
119	1075	João Cardoso	ctad - trilhos de cinfães	Senior Masculino	03:57:12	+01:27:24	08:28
120	1254	Ricardo Rios	individual	Senior Masculino	03:57:12	+01:27:25	08:28
121	1164	André Rocha	individual	Senior Masculino	03:57:23	+01:27:36	08:29
122	1139	Ricardo Pinheiro	helder optica team	Senior Masculino	03:57:27	+01:27:39	08:29
123	1456	Nelson Ferreira	somos nós team	Senior Masculino	03:57:42	+01:27:55	08:29
124	1379	Estela Martins	nascidos para correr	Senior Feminino	03:58:05	+01:28:18	08:30
125	1384	Alexandra Fernandes	nascidos para correr	Veterana F40	03:58:05	+01:28:18	08:30
126	1385	Carlos Ferreira	nascidos para correr	Veterano M40	03:58:06	+01:28:18	08:30
127	1207	Jorge Silva	individual	Senior Masculino	03:58:19	+01:28:32	08:31
128	1203	João Rafael Marques	individual	Senior Masculino	03:58:49	+01:29:02	08:32
129	1394	Tiago Moreira	nocturnos de paredes	Senior Masculino	03:59:06	+01:29:19	08:32
130	1189	helder luis nunes pacheco	individual	Senior Masculino	03:59:19	+01:29:31	08:33
131	1455	Andreia Morais	somos nós team	Senior Feminino	03:59:29	+01:29:42	08:33

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

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	1308	PAULO BARBOSA	individual	Veterano M40	03:59:35	+01:29:48	08:33
133	1232	pedro alexandre silva	individual	Senior Masculino	03:59:40	+01:29:53	08:34
134	1266	Telmo Mendonça	individual	Senior Masculino	03:59:56	+01:30:08	08:34
135	1039	Vitor Silva	arrastassolas	Senior Masculino	04:00:07	+01:30:20	08:35
136	1292	helder Rodrigues	individual	Veterano M40	04:00:10	+01:30:22	08:35
137	1116	Anabela Freitas	gaia trail	Senior Feminino	04:00:27	+01:30:39	08:35
138	1436	Sérgio Soares	prosel team	Senior Masculino	04:01:19	+01:31:32	08:37
139	1209	José Ferreira Costa	individual	Senior Masculino	04:01:24	+01:31:37	08:37
140	1316	Pedro Reis	individual	Veterano M40	04:01:28	+01:31:41	08:37
141	1411	José Santos	oralklass-amigos do trail	Senior Masculino	04:01:43	+01:31:55	08:38
142	1412	Pedro Duarte	oralklass-amigos do trail	Senior Masculino	04:01:43	+01:31:55	08:38
143	1479	Carlos Silva	turres trail clube	Senior Masculino	04:02:09	+01:32:21	08:39
144	1188	Hélder Castro	individual	Senior Masculino	04:03:16	+01:33:28	08:41
145	1124	Manuel Silva	gondomar futsal clube	Senior Masculino	04:03:27	+01:33:40	08:42
146	1179	Filipe Barbosa	individual	Senior Masculino	04:03:38	+01:33:50	08:42
147	1043	Pedro Carvalho	arrastassolas	Veterano M40	04:04:06	+01:34:19	08:43
148	1357	Paulo Azevedo	lusitanos	Veterano M40	04:04:12	+01:34:24	08:43
149	8	Joaquim Freitas	individual	Veterano M40	04:04:24	+01:34:36	08:44
150	1286	António Martins	individual	Veterano M40	04:05:13	+01:35:26	08:45
151	1044	Pedro Magalhães	arrastassolas	Veterano M40	04:05:33	+01:35:45	08:46
152	1392	Daniela Patrícia Soares Ferreira	nocturnos de paredes	Senior Feminino	04:05:33	+01:35:46	08:46
153	1299	Licinio Cândido Ferreira Ribeiro	individual	Veterano M40	04:05:50	+01:36:03	08:47
154	1421	Manuel Barbosa	paredes running	Senior Masculino	04:06:08	+01:36:21	08:47
155	1393	Pedro Nogueira	nocturnos de paredes	Senior Masculino	04:06:46	+01:36:59	08:49
156	1009	Ana Ferreira	a.d.amarante trail running	Senior Feminino	04:07:39	+01:37:51	08:51
157	1347	Mário Santos	kunalama runners	Senior Masculino	04:08:04	+01:38:16	08:52
158	1215	Manuel Morais	individual	Senior Masculino	04:09:13	+01:39:25	08:54
159	1408	Élvio Ornelas	oralklass-amigos do trail	Senior Masculino	04:10:18	+01:40:31	08:56
160	1046	Pedro Miguel Oliveira da Silva	associação desportiva de cabroelo	Senior Masculino	04:10:20	+01:40:33	08:56
161	1277	Adriano Rocha	individual	Veterano M40	04:10:22	+01:40:35	08:57
162	1314	Pedro Meneses	individual	Veterano M40	04:10:45	+01:40:57	08:57
163	1268	Tome pinto	individual	Senior Masculino	04:10:46	+01:40:58	08:57
164	1211	José Luís Pinto	individual	Senior Masculino	04:10:46	+01:40:59	08:57
165	1290	Hélder Agostinho	individual	Veterano M40	04:10:55	+01:41:07	08:58
166	1448	Jose Costa	s. s. montepio	Veterano M40	04:11:13	+01:41:26	08:58
167	1201	JOÃO PEDRO COSTA	individual	Senior Masculino	04:11:27	+01:41:39	08:59
168	1285	Antonio Manuel Oliveira Marques	individual	Veterano M40	04:11:37	+01:41:50	08:59
169	1434	Jorge Moreira	prosel team	Senior Masculino	04:11:50	+01:42:02	09:00
170	1091	Ricardo Carvalho	ei team trail	Senior Masculino	04:11:50	+01:42:02	09:00
171	1488	Armando Pinho	wtf	Veterano M40	04:12:05	+01:42:18	09:00
172	1470	NELSON DUARTE	the outsiders running trail team	Veterano M40	04:12:06	+01:42:18	09:00
173	1226	Nelson Silva	individual	Senior Masculino	04:12:06	+01:42:19	09:00
174	1017	António Oliveira	aliança de gandra	Veterano M40	04:12:07	+01:42:20	09:00
175	1275	maria gerardo	individual	Veterana F40	04:12:14	+01:42:26	09:01
176	139	Mark Faria	individual	Senior Masculino	04:13:25	+01:43:37	09:03
177	1476	Filipe Silva	trocopasso runners	Senior Masculino	04:13:29	+01:43:41	09:03

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	1475	Elisabete Carvalho	trocopasso runners	Senior Feminino	04:13:29	+01:43:42	09:03
179	1425	Rui Gomes	pena team	Senior Masculino	04:13:45	+01:43:57	09:04
180	1317	Ricardo Meireles	individual	Veterano M40	04:13:58	+01:44:11	09:04
181	1259	Rui Pedro Mendes Gomes	individual	Senior Masculino	04:14:18	+01:44:31	09:05
182	1291	Helder Rodrigues	individual	Veterano M40	04:14:37	+01:44:50	09:06
183	1389	Manuel Sampaio	nascidos para correr	Veterano M50	04:15:56	+01:46:08	09:08
184	1415	Daniel Santos	os lobos do saibro	Senior Masculino	04:16:07	+01:46:19	09:09
185	1261	Samuel José Carvalho Silva	individual	Senior Masculino	04:16:07	+01:46:20	09:09
186	1168	Bruno Gonçalves	individual	Senior Masculino	04:16:15	+01:46:28	09:09
187	1489	Fernando Oliveira	individual	Veterano M50	04:16:27	+01:46:40	09:10
188	1360	Vítor Queirós	marco trail running	Senior Masculino	04:16:49	+01:47:01	09:10
189	1096	Francisco Fonseca	equipa joão ferreira	Veterano M40	04:18:05	+01:48:18	09:13
190	1334	JOAQUIM BENTO TEIXEIRA	individual	Veterano M50	04:18:05	+01:48:18	09:13
191	1182	FILIPE MENDES	individual	Senior Masculino	04:18:07	+01:48:19	09:13
192	1192	HELDER VIEIRA	individual	Senior Masculino	04:18:10	+01:48:22	09:13
193	1161	André cavadas	individual	Senior Masculino	04:18:11	+01:48:24	09:13
194	1066	Susana Lobo Santos	chegamos ao fim	Veterana F40	04:18:31	+01:48:44	09:14
195	1132	José Mendes	gondomar futsal clube	Veterano M50	04:18:36	+01:48:48	09:14
196	1327	António Pais	individual	Veterano M50	04:19:13	+01:49:26	09:15
197	1387	wilson fonseca	nascidos para correr	Veterano M40	04:19:27	+01:49:40	09:16
198	1326	Alcino Araújo	individual	Veterano M50	04:20:34	+01:50:46	09:18
199	1348	Helder Silva	la zinco	Senior Masculino	04:20:44	+01:50:56	09:19
200	1395	Luis Filipe Lopes dos Santos	nocturnos de paredes	Veterano M40	04:21:08	+01:51:21	09:20
201	1197	Jaime Soares	individual	Senior Masculino	04:22:46	+01:52:58	09:23
202	1447	Joao Cardoso	s. s. montepio	Veterano M40	04:23:42	+01:53:54	09:25
203	1130	Pedro Sousa	gondomar futsal clube	Veterano M40	04:23:57	+01:54:09	09:26
204	1205	Jorge Carneiro	individual	Senior Masculino	04:24:29	+01:54:41	09:27
205	1445	Emanuel Almeida	s. s. montepio	Senior Masculino	04:24:36	+01:54:49	09:27
206	1315	Pedro Pereira	individual	Veterano M40	04:24:59	+01:55:12	09:28
207	1468	Lucília Silva	tecla 3 runners	Senior Feminino	04:25:37	+01:55:50	09:29
208	1469	Hugo Sousa	tecla 3 runners	Senior Masculino	04:25:37	+01:55:50	09:29
209	1289	Filipe Miguel Lopes Miranda	individual	Veterano M40	04:26:37	+01:56:49	09:31
210	1051	Daniel Ribeiro	bitrunners	Senior Masculino	04:26:37	+01:56:50	09:31
211	1025	Fábio Miranda	amigo	Senior Masculino	04:26:51	+01:57:03	09:32
212	1380	Raquel Andrade	nascidos para correr	Senior Feminino	04:27:22	+01:57:34	09:33
213	1381	Bruno Moura	nascidos para correr	Senior Masculino	04:27:25	+01:57:38	09:33
214	1367	Jorge Miguel Abreu Barbosa	moinhos run - adrm	Senior Masculino	04:27:40	+01:57:53	09:34
215	1330	Francisco Costa	individual	Veterano M50	04:28:07	+01:58:19	09:35
216	1210	Jose Jesus	individual	Senior Masculino	04:28:10	+01:58:23	09:35
217	1094	Celso Santos	engomadoria l&a team	Senior Masculino	04:30:09	+02:00:21	09:39
218	1454	Artur Pereira	shots international runners	Senior Masculino	04:30:30	+02:00:42	09:40
219	1342	Rui Santos	k2 run	Veterano M40	04:30:44	+02:00:57	09:40
220	1298	JOSÉ MARIA DIAS LEAL	individual	Veterano M40	04:30:46	+02:00:58	09:40
221	1311	Paulo Jorge Ferreira Oliveira	individual	Veterano M40	04:30:47	+02:00:59	09:40
222	1312	Paulo Queirós	individual	Veterano M40	04:31:08	+02:01:20	09:41

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
223	1204	Joaquim Filipe Mendes Pereira Sala	individual	Senior Masculino	04:31:33	+02:01:46	09:42
224	1245	Ricardo André Vale Monteiro	individual	Senior Masculino	04:32:40	+02:02:53	09:44
225	1383	Jorge Rocha	nascidos para correr	Senior Masculino	04:32:53	+02:03:05	09:45
226	1296	Jorge Nunes	individual	Veterano M40	04:33:11	+02:03:23	09:45
227	1181	Filipe Machado	individual	Senior Masculino	04:33:50	+02:04:03	09:47
228	1260	Rui Pedro Pinto	individual	Senior Masculino	04:34:04	+02:04:17	09:47
229	1457	Fátima Vieira	somos nós team	Veterana F40	04:34:47	+02:04:59	09:49
230	1111	kiko bento	fridão sem limites	Senior Masculino	04:35:07	+02:05:19	09:50
231	1396	Nuno Salgado	nocturnos de paredes	Veterano M40	04:35:21	+02:05:33	09:50
232	1251	Ricardo Neves	individual	Senior Masculino	04:35:31	+02:05:44	09:50
233	1142	Helena Gomes	moinhos run - adrm	Veterana F40	04:36:02	+02:06:15	09:52
234	1109	SERGIO FONSECA	feltrail	Veterano M40	04:37:53	+02:08:05	09:55
235	1420	Rui Agostinho Almeida Moreira	paredes aventura	Veterano M40	04:38:08	+02:08:21	09:56
236	1107	JOSE LEMOS	feltrail	Senior Masculino	04:38:25	+02:08:38	09:57
237	1067	Pedro Ribeiro	chegamos ao fim	Veterano M40	04:38:32	+02:08:44	09:57
238	1104	ANTONIO FONSECA	feltrail	Senior Masculino	04:38:33	+02:08:46	09:57
239	1358	Fernando Rodrigues	lusitanos	Veterano M50	04:38:39	+02:08:52	09:57
240	1095	Fernando Oliveira	engomadoria l&a team	Veterano M40	04:39:09	+02:09:21	09:58
241	1038	Pedro Lopes	arrastassolas	Senior Masculino	04:39:43	+02:09:56	09:59
242	2475	Francisco Luís Costa Teixeira	individual	Senior Masculino	04:39:55	+02:10:08	10:00
243	1305	Luís Sousa	individual	Veterano M40	04:40:27	+02:10:39	10:01
244	1228	Nuno André da Rocha Ferreira	individual	Senior Masculino	04:42:07	+02:12:19	10:05
245	1100	Gil Ferreira da Silva	eu+ run	Senior Masculino	04:42:20	+02:12:32	10:05
246	1014	Bruno Rocha	ad quinta - atletismo	Senior Masculino	04:42:30	+02:12:42	10:05
247	1077	Nuno Ribeiro	dbearth	Veterano M40	04:43:22	+02:13:35	10:07
248	1431	José Magalhaes	portocargo	Veterano M50	04:43:28	+02:13:41	10:07
249	1101	Jorge Costa	eu+ run	Veterano M40	04:43:43	+02:13:56	10:08
250	1424	Hugo Cruz	pena team	Senior Masculino	04:43:54	+02:14:07	10:08
251	1453	Liliana Pereira	shots international runners	Senior Feminino	04:43:55	+02:14:08	10:08
252	1417	Paula Manuela da Silva Rodrigues Moreira	paredes aventura	Veterana F40	04:44:07	+02:14:20	10:09
253	1218	Marcos Silva	individual	Senior Masculino	04:44:09	+02:14:22	10:09
254	1150	Joana Azevedo	individual	Senior Feminino	04:45:38	+02:15:50	10:12
255	1178	Fabio Silva	individual	Senior Masculino	04:45:42	+02:15:54	10:12
256	1328	Antonio Vasconcelos Carvalho	individual	Veterano M50	04:46:23	+02:16:36	10:14
257	1487	Pedro Manuel Leão Bastos	via verde team	Veterano M40	04:46:26	+02:16:38	10:14
258	1020	Ricardo Oliveira	all about	Senior Masculino	04:46:35	+02:16:47	10:14
259	1022	Paulo Melo	all about	Veterano M40	04:46:35	+02:16:47	10:14
260	1399	Tiago Frutuoso	nós	Veterano M40	04:46:43	+02:16:55	10:14
261	1076	Pedro Ferreirinha	ctad - trilhos de cinfães	Senior Masculino	04:47:03	+02:17:16	10:15
262	1354	Rui Rosas	lusitanos	Senior Masculino	04:47:15	+02:17:28	10:16
263	1223	Mário Rui Carvalho	individual	Senior Masculino	04:47:40	+02:17:53	10:16
264	1341	Celia Pereira	k2 run	Veterana F40	04:48:04	+02:18:16	10:17
265	1319	Rui Trindade	individual	Veterano M40	04:48:15	+02:18:28	10:18
266	1187	Gonçalo José Santos Correia	individual	Senior Masculino	04:49:47	+02:19:59	10:21
267	1430	RICARDO PEREIRA	portocargo	Senior Masculino	04:49:57	+02:20:09	10:21

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

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
268	1433	Pedro lourenço	portocargo	Senior Masculino	04:50:00	+02:20:13	10:21
269	1366	Helder Camilo	moinhos run - adrm	Senior Masculino	04:50:23	+02:20:36	10:22
270	1365	Patrícia Carvalho Leite da Cunha	moinhos run - adrm	Senior Feminino	04:50:23	+02:20:36	10:22
271	1339	Helena Passos	intensos	Senior Feminino	04:50:33	+02:20:46	10:23
272	1378	Pedro Dias	muita'tração running tribe	Veterano M40	04:52:56	+02:23:09	10:28
273	1377	Adélio Lima	muita'tração running tribe	Senior Masculino	04:52:57	+02:23:09	10:28
274	1052	antonio carneiro	blocos	Veterano M40	04:53:29	+02:23:41	10:29
275	1174	Daniel Filipe Torres Santos Peres	individual	Senior Masculino	04:53:29	+02:23:41	10:29
276	1240	PEDRO MIGUEL ARAÚJO OLIVEIRA	individual	Senior Masculino	04:53:31	+02:23:43	10:29
277	1332	Henrique Pinhão Martns	individual	Veterano M50	04:53:58	+02:24:10	10:30
278	1304	Luís Nuno Santos	individual	Veterano M40	04:53:58	+02:24:10	10:30
279	1248	Ricardo Filipe Pereira Peixoto	individual	Senior Masculino	04:54:08	+02:24:20	10:30
280	1171	Carlos Alexandre Resende	individual	Senior Masculino	04:54:09	+02:24:21	10:30
281	1246	Ricardo Carvalho	individual	Senior Masculino	04:54:52	+02:25:04	10:32
282	1127	Rosa Mendes	gondomar futsal clube	Veterana F50	04:55:57	+02:26:09	10:34
283	1061	Nuno Dias	budeguita runners	Veterano M40	04:56:02	+02:26:15	10:34
284	1472	Carlos Daniel Carvalho	trilhos d'aventura	Senior Masculino	04:56:06	+02:26:18	10:35
285	1473	Nelson Filipe Moreira	trilhos d'aventura	Senior Masculino	04:56:25	+02:26:38	10:35
286	1474	Ricardo Penedo	trilhos d'aventura	Senior Masculino	04:56:25	+02:26:38	10:35
287	1230	Paulo Ferreira	individual	Senior Masculino	04:56:57	+02:27:10	10:36
288	1257	Rui Manuel Soares do Rêgo	nast	Senior Masculino	04:57:24	+02:27:36	10:37
289	1146	Ana Borges	amigos da onça	Senior Feminino	04:57:24	+02:27:36	10:37
290	1241	Pedro Miguel Martins Faria	individual	Senior Masculino	04:57:24	+02:27:36	10:37
291	1231	Paulo pinto	individual	Senior Masculino	05:01:39	+02:31:52	10:46
292	1234	Pedro Arlindo Vieira Madureira	individual	Senior Masculino	05:01:40	+02:31:52	10:46
293	1297	José Carlos Bago	individual	Veterano M40	05:03:45	+02:33:57	10:51
294	1068	João Vasco Gil da Silva Gomes Ferreira	clube do pessoal edp - delegação de gaia	Veterano M40	05:04:06	+02:34:18	10:52
295	1036	OSVALDO OLIVEIRA	arcorun	Veterano M40	05:04:10	+02:34:22	10:52
296	1198	João Carvalho	individual	Senior Masculino	05:04:37	+02:34:50	10:53
297	1359	PAULO AGUIAR	marco runners	Senior Masculino	05:04:51	+02:35:04	10:53
298	1375	Michel Rolo	moreira relax runners	Senior Masculino	05:06:02	+02:36:14	10:56
299	1372	vitor costa	monte dos amigos	Senior Masculino	05:07:54	+02:38:06	11:00
300	1108	JOSE MAIAS	feltrail	Veterano M40	05:08:11	+02:38:24	11:00
301	1300	Luís Gomes	individual	Veterano M40	05:08:56	+02:39:09	11:02
302	1397	António Carvalho	nocturnos de paredes	Veterano M50	05:09:31	+02:39:44	11:03
303	1288	David Paulo Vieira Costa	individual	Veterano M40	05:10:14	+02:40:26	11:05
304	1222	Mário Rodrigues	individual	Senior Masculino	05:12:36	+02:42:48	11:10
305	1427	Álvaro Rodríguez Raimundez	portadas de valdeorras trail	Senior Masculino	05:14:03	+02:44:16	11:13
306	1429	María Esther garnelo Faba	portadas de valdeorras trail	Veterana F40	05:14:03	+02:44:16	11:13
307	1428	Javier Fernández Alvarez	portadas de valdeorras trail	Senior Masculino	05:14:04	+02:44:16	11:13
308	1426	Ana Martínez Alfonso	portadas de valdeorras trail	Senior Feminino	05:14:04	+02:44:16	11:13
309	1477	Carla Neves	trocopasso runners	Veterana F40	05:17:16	+02:47:29	11:20
310	1478	M. João Ricardo	trocopasso runners	Veterana F40	05:17:16	+02:47:29	11:20
311	1306	Paolo Pozzan	individual	Veterano M40	05:17:43	+02:47:56	11:21
312	1175	DAVID TEIXEIRA	individual	Senior Masculino	05:18:30	+02:48:42	11:23

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

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
313	1333	joao pedro silva	individual	Veterano M50	05:18:53	+02:49:05	11:23
314	1167	Antonio Santos	individual	Senior Masculino	05:18:53	+02:49:05	11:23
315	1403	Manuel Moreira	ofrunning	Senior Masculino	05:18:58	+02:49:11	11:24
316	1128	José Carlos Lascasas	gondomar futsal clube	Veterano M40	05:20:52	+02:51:04	11:28
317	1271	Ana Rito	individual	Veterana F40	05:20:52	+02:51:04	11:28
318	1105	CARLOS MOREIRA	feltrail	Senior Masculino	05:21:25	+02:51:37	11:29
319	1216	Manuel Moura	individual	Senior Masculino	05:21:47	+02:52:00	11:30
320	1250	Ricardo José Rodrigues Alves Dias	individual	Senior Masculino	05:22:20	+02:52:32	11:31
321	1042	Manuel Silva	arrastassolas	Veterano M40	05:23:15	+02:53:28	11:33
322	1199	João Fontoura de Oliveira	individual	Senior Masculino	05:32:41	+03:02:54	11:53
323	1040	Carla Moreira	arrastassolas	Veterana F40	05:33:55	+03:04:08	11:56
324	1037	Mario Santos	arrastassolas	Senior Masculino	05:33:55	+03:04:08	11:56
325	1443	Nelson Campos	running mates	Veterano M40	05:35:14	+03:05:26	11:58
326	1442	Orlando Magalhães	running mates	Senior Masculino	05:35:14	+03:05:27	11:58
327	1444	Pedro Miguel Santos Matos	running mates	Veterano M40	05:35:14	+03:05:27	11:58
328	1432	PAULO FERREIRA	portocargo	Veterano M40	05:35:19	+03:05:32	11:59
329	1090	Sergio Miguel Mesquita Ramos	edv-viana trail	Senior Masculino	05:36:33	+03:06:45	12:01
330	1270	Adelaide Sousa	individual	Veterana F40	05:36:56	+03:07:08	12:02
331	1194	Hernâni Dias	individual	Senior Masculino	05:38:17	+03:08:30	12:05
332	1149	Elisabete Almeida	individual	Senior Feminino	05:38:58	+03:09:11	12:06
333	1048	Solange Sousa	bia team 2016	Senior Feminino	05:40:08	+03:10:21	12:09
334	1049	Nelson Manuel Marques de Sousa	bia team 2016	Senior Masculino	05:40:09	+03:10:21	12:09
335	1143	Cédric Silva	índios de btt	Senior Masculino	05:40:28	+03:10:40	12:10
336	1145	Flávio Cardoso	índios de btt	Senior Masculino	05:40:28	+03:10:40	12:10
337	1144	Filipe Gonçalves	índios de btt	Senior Masculino	05:40:29	+03:10:41	12:10
338	1274	ISABEL ARAÚJO	individual	Veterana F40	05:40:31	+03:10:44	12:10
339	1158	Vera Lúcia Moreira Lima da Silva Martins	individual	Senior Feminino	05:40:31	+03:10:44	12:10
340	1186	Frederico Rocha	individual	Senior Masculino	05:40:32	+03:10:44	12:10
341	1461	Vitor Silva	sweet runners	Senior Masculino	05:42:35	+03:12:48	12:14
342	1460	Luis Alves	sweet runners	Senior Masculino	05:42:36	+03:12:48	12:14
343	1462	Giselle Carneiro	sweet runners	Veterana F40	05:45:03	+03:15:15	12:19
344	1464	Paulo Ferreira	sweet runners	Veterano M50	05:45:03	+03:15:15	12:19
345	1057	Isabel Lima	budeguita runners	Senior Feminino	05:46:07	+03:16:19	12:22
346	1318	Rui Jorge Moreira da Silva Lopes	individual	Veterano M40	05:46:55	+03:17:08	12:23
347	1089	Neuza catarina caridade	edv-viana trail	Senior Feminino	05:52:37	+03:22:49	12:36
348	1041	Helena Cunha	arrastassolas	Veterana F40	06:08:10	+03:38:23	13:09
349	1019	Susana Faria	all about	Senior Feminino	06:17:25	+03:47:38	13:29
350	1045	Luís Carlos Teixeira Martins	associação desportiva de cabroelo	Senior Masculino	06:24:04	+03:54:16	13:43
351	1418	Raquel Ferreira	paredes aventura	Veterana F40	06:33:50	+04:04:03	14:04
352	1280	Alcino Oliveira	individual	Veterano M40	06:33:52	+04:04:05	14:04
353	1278	Agostinho Pinheiro	individual	Veterano M40	06:33:53	+04:04:05	14:04
354	1153	Mariana Costa Queirós	individual	Senior Feminino	06:33:53	+04:04:06	14:04

4º TraiLagares
Lagares
10-abril-2016

trail longo 28km

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

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	08:30	8,3ºC	100%
End	15:07	8,3ºC	100%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1404	Paula Barbosa	Oralklass-Amigos do Trail	Senior Feminino	03:30:46		07:32
2	1097	Daniela Russo	ESTAMOS JUNTOS	Senior Feminino	03:39:04	+08:18	07:49
3	1120	Joana Cardoso	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:41:41	+10:55	07:55
4	1119	Andreia Amorim	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:51:15	+20:29	08:16
5	1379	Estela Martins	Nascidos para Correr	Senior Feminino	03:58:06	+27:20	08:30
6	1455	Andreia Morais	Somos Nós Team	Senior Feminino	03:59:30	+28:44	08:33
7	1116	Anabela Freitas	Gaia Trail	Senior Feminino	04:00:27	+29:41	08:35
8	1392	Daniela Patrícia Soares Ferreira	NOCTURNOS DE PAREDES	Senior Feminino	04:05:34	+34:48	08:46
9	1009	Ana Ferreira	A.D.Amarante trail running	Senior Feminino	04:07:39	+36:53	08:51
10	1475	Elisabete Carvalho	Trocopasso Runners	Senior Feminino	04:13:30	+42:44	09:03
11	1468	Lucília Silva	Tecla 3 Runners	Senior Feminino	04:25:38	+54:52	09:29
12	1380	Raquel Andrade	Nascidos para Correr	Senior Feminino	04:27:22	+56:36	09:33
13	1453	Liliana Pereira	Shots International Runners	Senior Feminino	04:43:56	+01:13:10	10:08
14	1150	Joana Azevedo	Individual	Senior Feminino	04:45:38	+01:14:52	10:12
15	1365	Patrícia Carvalho Leite da Cunha	Moinhos Run - ADRM	Senior Feminino	04:50:24	+01:19:38	10:22
16	1339	Helena Passos	INTENSOS	Senior Feminino	04:50:34	+01:19:48	10:23
17	1146	Ana Borges	Amigos da Onça	Senior Feminino	04:57:24	+01:26:38	10:37
18	1426	Ana Martínez Alfonso	Portadas de Valdeorras Trail	Senior Feminino	05:14:04	+01:43:18	11:13
19	1149	Elisabete Almeida	Individual	Senior Feminino	05:38:59	+02:08:13	12:06
20	1048	Solange Sousa	Bia Team 2016	Senior Feminino	05:40:09	+02:09:23	12:09
21	1158	Vera Lúcia Moreira Lima da Silva Martins	Individual	Senior Feminino	05:40:32	+02:09:46	12:10
22	1057	Isabel Lima	BUDEGUITA RUNNERS	Senior Feminino	05:46:07	+02:15:21	12:22
23	1089	Neuza catarina caridade	EDV-VIANA TRAIL	Senior Feminino	05:52:37	+02:21:51	12:36
24	1019	Susana Faria	All About	Senior Feminino	06:17:26	+02:46:40	13:29
25	1153	Mariana Costa Queirós	Individual	Senior Feminino	06:33:54	+03:03:08	14:04

Senior Masculino

1	1466	Bertrand Brochot	Team OPTISPORT-UGLOW	Senior Masculino	02:29:48		05:21
2	1451	Pedro Alberto da Costa Sousa	Satecnosol Outdoor / La Sportiva	Senior Masculino	02:43:09	+13:21	05:50
3	1011	Paulo Costa	A.D.Amarante trail running	Senior Masculino	02:44:08	+14:20	05:52
4	1005	Nelson Davide Pimenta da Graça	Team GoldNutrition/RUN.PT	Senior Masculino	02:46:49	+17:01	05:57
5	1013	Vitor Costa	A.D.Amarante trail running	Senior Masculino	02:47:45	+17:57	05:59
6	1134	Luís Pedro Ferreira de Sousa Martins	GTT - Armazém do Caffè	Senior Masculino	02:51:31	+21:43	06:08
7	1214	luis filipe figueira novais	Individual	Senior Masculino	02:58:48	+29:00	06:23
8	1481	Cesar Leão	Unidade Especial de Corrida	Senior Masculino	03:00:15	+30:27	06:26
9	1413	Seninho Ribeiro	Oralklass-Amigos do Trail	Senior Masculino	03:02:39	+32:51	06:31
10	1406	Antonio Pinto	Oralklass-Amigos do Trail	Senior Masculino	03:03:30	+33:42	06:33

trail longo 28km

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

OFFICIAL RESULT

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11	1159	Adelino Sousa	Individual	Senior Masculino	03:04:01	+34:13	06:34
12	1483	José Silva	Unidade Especial de Corrida	Senior Masculino	03:06:34	+36:46	06:40
13	1010	Jose Luis Ferreira Pereira	A.D.Amarante trail running	Senior Masculino	03:07:04	+37:16	06:41
14	1113	Ricardo Miguel Magalhães Nunes	Fridão Sem Limites	Senior Masculino	03:11:06	+41:18	06:50
15	1402	João Leal	OFRunning	Senior Masculino	03:13:04	+43:16	06:54
16	1212	lino pinto	Individual	Senior Masculino	03:13:08	+43:20	06:54
17	1484	Pedro Batista	Unidade Especial de Corrida	Senior Masculino	03:14:05	+44:17	06:56
18	1352	Telmo Reis	LOUSADA RUNNERS	Senior Masculino	03:14:23	+44:35	06:57
19	1196	Ivo Pereira	Individual	Senior Masculino	03:15:35	+45:47	06:59
20	1135	Pedro Pereira	GTT - Armazém do Caffè	Senior Masculino	03:15:48	+46:00	07:00
21	1173	César Gonçalves	Individual	Senior Masculino	03:17:20	+47:32	07:03
22	1353	Nelson Pires	Lusitanos	Senior Masculino	03:17:31	+47:43	07:03
23	1235	Pedro Dias Sabugueiro	Individual	Senior Masculino	03:18:12	+48:24	07:05
24	1459	Helder Barbosa	Sweet Runners	Senior Masculino	03:20:31	+50:43	07:10
25	1138	Bruno Teixeira	Helder Optica TEAM	Senior Masculino	03:20:43	+50:55	07:10
26	1007	Tiago Silva	A.D Sebolido Trail boneca D´ouro	Senior Masculino	03:21:50	+52:02	07:12
27	1482	Filipe Teixeira	Unidade Especial de Corrida	Senior Masculino	03:21:54	+52:06	07:13
28	1064	Bruno Ramiro	casadotear.com	Senior Masculino	03:22:16	+52:28	07:13
29	1439	Inuo Melo	Run 4 All	Senior Masculino	03:22:20	+52:32	07:14
30	1083	Bernardino Pinto	Dr Merino/ Nutrifit	Senior Masculino	03:22:20	+52:32	07:14
31	1084	David Ferreira	Dr Merino/ Nutrifit	Senior Masculino	03:22:22	+52:34	07:14
32	1405	Andre Nogueira	Oralklass-Amigos do Trail	Senior Masculino	03:23:55	+54:07	07:17
33	1452	Tiago Pinheiro	Satecnosol Outdoor / La Sportiva	Senior Masculino	03:24:13	+54:25	07:18
34	1371	leandro pacheco	Monte dos Amigos	Senior Masculino	03:27:18	+57:30	07:24
35	1102	Ricardo Rocha	FAST AO KM	Senior Masculino	03:27:18	+57:30	07:24
36	1398	paulino Daniel Azevedo Maia Alves	Nós	Senior Masculino	03:27:18	+57:30	07:24
37	1118	Nelson Marques	Gaia Trail	Senior Masculino	03:27:43	+57:55	07:25
38	1117	Micael Cunha	Gaia Trail	Senior Masculino	03:28:02	+58:14	07:26
39	1485	Ricardo Costa	Unidade Especial de Corrida	Senior Masculino	03:30:33	+01:00:45	07:31
40	1244	Ricardo Ferreira	Individual	Senior Masculino	03:31:04	+01:01:16	07:32
41	1255	Rúben Miguel Mendes Alves	Individual	Senior Masculino	03:31:17	+01:01:29	07:33
42	1027	José Madureira	Amigo	Senior Masculino	03:31:34	+01:01:46	07:33
43	1008	Tiago Sousa	A.D Sebolido Trail boneca D´ouro	Senior Masculino	03:32:05	+01:02:17	07:34
44	1092	Romeu Machado	EI Team Trail	Senior Masculino	03:33:00	+01:03:12	07:36
45	1160	Agostinho Reis	Individual	Senior Masculino	03:33:17	+01:03:29	07:37
46	1217	Marçal Avelino Salazar Marques Mendes	Individual	Senior Masculino	03:33:18	+01:03:30	07:37
47	1191	Ricardo Jorge Teixeira Duarte	Individual	Senior Masculino	03:36:19	+01:06:31	07:44
48	1087	Tiago Sousa	Dr Merino/ Nutrifit	Senior Masculino	03:36:47	+01:06:59	07:45
49	1122	Cláudio André oliveira Trigais	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:36:48	+01:07:00	07:45
50	1208	José Barroso	Individual	Senior Masculino	03:36:49	+01:07:01	07:45
51	1269	Vitor Cruz	Individual	Senior Masculino	03:37:08	+01:07:20	07:45
52	1098	Francisco Figueiredo	ESTAMOS JUNTOS	Senior Masculino	03:39:04	+01:09:16	07:49
53	1435	Pedro Moreira	Prosel TEAM	Senior Masculino	03:39:05	+01:09:17	07:49
54	1006	Rui Teixeira	A.D Sebolido Trail boneca D´ouro	Senior Masculino	03:39:23	+01:09:35	07:50
55	1221	Mario Gonçalves	Individual	Senior Masculino	03:39:30	+01:09:42	07:50
56	1080	Tiago Pinto	DOUROCONTA TRAIL TEAM	Senior Masculino	03:39:51	+01:10:03	07:51

trail longo 28km

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

OFFICIAL RESULT

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57	1081	Vítor Emanuel Oliveira Rio	DOUROCONTA TRAIL TEAM	Senior Masculino	03:39:51	+01:10:03	07:51
58	1050	Bruno Macieira	Bikes & Friends	Senior Masculino	03:41:17	+01:11:29	07:54
59	1125	paulo jorge	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:41:41	+01:11:53	07:55
60	1026	Fernando Vieira	Amigo	Senior Masculino	03:47:03	+01:17:15	08:07
61	79	Belmiro Moreira	Oralklass-Amigos do Trail	Senior Masculino	03:47:54	+01:18:06	08:08
62	1265	Simão sousa	Individual	Senior Masculino	03:48:45	+01:18:57	08:10
63	1224	Miguel Seca	Individual	Senior Masculino	03:48:57	+01:19:09	08:11
64	1368	Miguel Santos	Moinhos Run - ADRM	Senior Masculino	03:49:13	+01:19:25	08:11
65	99	José Luís Sá	Satecnosol Outdoor / La Sportiva	Senior Masculino	03:49:57	+01:20:09	08:13
66	1110	António Joaquim Teixeira ALves	Fridão Sem Limites	Senior Masculino	03:50:13	+01:20:25	08:13
67	1382	Filipe Machado	Nascidos para Correr	Senior Masculino	03:50:45	+01:20:57	08:14
68	76	Fernando Carneiro	NAST	Senior Masculino	03:50:55	+01:21:07	08:15
69	1086	Nuno Pinho	Dr Merino/ Nutrifit	Senior Masculino	03:51:57	+01:22:09	08:17
70	1239	Pedro Leandro Guedes Nogueira	Individual	Senior Masculino	03:54:22	+01:24:34	08:22
71	1407	David Morais	Oralklass-Amigos do Trail	Senior Masculino	03:56:09	+01:26:21	08:26
72	1206	Jorge Ribeiro	Individual	Senior Masculino	03:56:29	+01:26:41	08:27
73	1012	Urbano Ribeiro	A.D.Amarante trail running	Senior Masculino	03:56:33	+01:26:45	08:27
74	1364	Paulo António Cunha Ferreira	Minions	Senior Masculino	03:56:43	+01:26:55	08:27
75	1363	Nuno Rafael Ribeiro Rodrigues	Minions	Senior Masculino	03:56:43	+01:26:55	08:27
76	1242	Pedro rocha	Individual	Senior Masculino	03:56:50	+01:27:02	08:28
77	1075	João Cardoso	CTAD - Trilhos de Cinfães	Senior Masculino	03:57:12	+01:27:24	08:28
78	1254	Ricardo Rios	Individual	Senior Masculino	03:57:13	+01:27:25	08:28
79	1164	André Rocha	Individual	Senior Masculino	03:57:24	+01:27:36	08:29
80	1139	Ricardo Pinheiro	Helder Optica TEAM	Senior Masculino	03:57:27	+01:27:39	08:29
81	1456	Nelson Ferreira	Somos Nós Team	Senior Masculino	03:57:43	+01:27:55	08:29
82	1207	Jorge Silva	Individual	Senior Masculino	03:58:20	+01:28:32	08:31
83	1203	João Rafael Marques	Individual	Senior Masculino	03:58:50	+01:29:02	08:32
84	1394	Tiago Moreira	NOCTURNOS DE PAREDES	Senior Masculino	03:59:07	+01:29:19	08:32
85	1189	helder luis nunes pacheco	Individual	Senior Masculino	03:59:19	+01:29:31	08:33
86	1232	pedro alexandre silva	Individual	Senior Masculino	03:59:41	+01:29:53	08:34
87	1266	Telmo Mendonça	Individual	Senior Masculino	03:59:56	+01:30:08	08:34
88	1039	Vitor Silva	ARRASTASSOLAS	Senior Masculino	04:00:08	+01:30:20	08:35
89	1436	Sérgio Soares	Prosel TEAM	Senior Masculino	04:01:20	+01:31:32	08:37
90	1209	José Ferreira Costa	Individual	Senior Masculino	04:01:25	+01:31:37	08:37
91	1411	José Santos	Oralklass-Amigos do Trail	Senior Masculino	04:01:43	+01:31:55	08:38
92	1412	Pedro Duarte	Oralklass-Amigos do Trail	Senior Masculino	04:01:43	+01:31:55	08:38
93	1479	Carlos Silva	Turres Trail Clube	Senior Masculino	04:02:09	+01:32:21	08:39
94	1188	Hélder Castro	Individual	Senior Masculino	04:03:16	+01:33:28	08:41
95	1124	Manuel Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:03:28	+01:33:40	08:42
96	1179	Filipe Barbosa	Individual	Senior Masculino	04:03:38	+01:33:50	08:42
97	1421	Manuel Barbosa	Paredes Running	Senior Masculino	04:06:09	+01:36:21	08:47
98	1393	Pedro Nogueira	NOCTURNOS DE PAREDES	Senior Masculino	04:06:47	+01:36:59	08:49
99	1347	Mário Santos	Kunalama runners	Senior Masculino	04:08:04	+01:38:16	08:52
100	1215	Manuel Morais	Individual	Senior Masculino	04:09:13	+01:39:25	08:54
101	1408	Élvio Ornelas	Oralklass-Amigos do Trail	Senior Masculino	04:10:19	+01:40:31	08:56
102	1046	Pedro Miguel Oliveira da Silva	Associação Desportiva de Cabroelo	Senior Masculino	04:10:21	+01:40:33	08:56

trail longo 28km

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

OFFICIAL RESULT

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103	1268	Tome pinto	Individual	Senior Masculino	04:10:46	+01:40:58	08:57
104	1211	José Luís Pinto	Individual	Senior Masculino	04:10:47	+01:40:59	08:57
105	1201	JOÃO PEDRO COSTA	Individual	Senior Masculino	04:11:27	+01:41:39	08:59
106	1434	Jorge Moreira	Prosel TEAM	Senior Masculino	04:11:50	+01:42:02	09:00
107	1091	Ricardo Carvalho	EI Team Trail	Senior Masculino	04:11:50	+01:42:02	09:00
108	1226	Nelson Silva	Individual	Senior Masculino	04:12:07	+01:42:19	09:00
109	139	Mark Faria	Individual	Senior Masculino	04:13:25	+01:43:37	09:03
110	1476	Filipe Silva	Trocopasso Runners	Senior Masculino	04:13:29	+01:43:41	09:03
111	1425	Rui Gomes	Pena Team	Senior Masculino	04:13:45	+01:43:57	09:04
112	1259	Rui Pedro Mendes Gomes	Individual	Senior Masculino	04:14:19	+01:44:31	09:05
113	1415	Daniel Santos	Os Lobos do Saibro	Senior Masculino	04:16:07	+01:46:19	09:09
114	1261	Samuel José Carvalho Silva	Individual	Senior Masculino	04:16:08	+01:46:20	09:09
115	1168	Bruno Gonçalves	Individual	Senior Masculino	04:16:16	+01:46:28	09:09
116	1360	Vítor Queirós	Marco Trail Running	Senior Masculino	04:16:49	+01:47:01	09:10
117	1182	FILIPE MENDES	Individual	Senior Masculino	04:18:07	+01:48:19	09:13
118	1192	HELDER VIEIRA	Individual	Senior Masculino	04:18:10	+01:48:22	09:13
119	1161	André cavadas	Individual	Senior Masculino	04:18:12	+01:48:24	09:13
120	1348	Helder Silva	LA Zinco	Senior Masculino	04:20:44	+01:50:56	09:19
121	1197	Jaime Soares	Individual	Senior Masculino	04:22:46	+01:52:58	09:23
122	1205	Jorge Carneiro	Individual	Senior Masculino	04:24:29	+01:54:41	09:27
123	1445	Emanuel Almeida	S. S. Montepio	Senior Masculino	04:24:37	+01:54:49	09:27
124	1469	Hugo Sousa	Tecla 3 Runners	Senior Masculino	04:25:38	+01:55:50	09:29
125	1051	Daniel Ribeiro	BitRunners	Senior Masculino	04:26:38	+01:56:50	09:31
126	1025	Fábio Miranda	Amigo	Senior Masculino	04:26:51	+01:57:03	09:32
127	1381	Bruno Moura	Nascidos para Correr	Senior Masculino	04:27:26	+01:57:38	09:33
128	1367	Jorge Miguel Abreu Barbosa	Moinhos Run - ADRM	Senior Masculino	04:27:41	+01:57:53	09:34
129	1210	Jose Jesus	Individual	Senior Masculino	04:28:11	+01:58:23	09:35
130	1094	Celso Santos	Engomadoria L&A Team	Senior Masculino	04:30:09	+02:00:21	09:39
131	1454	Artur Pereira	Shots International Runners	Senior Masculino	04:30:30	+02:00:42	09:40
132	1204	Joaquim Filipe Mendes Pereira Sala	Individual	Senior Masculino	04:31:34	+02:01:46	09:42
133	1245	Ricardo André Vale Monteiro	Individual	Senior Masculino	04:32:41	+02:02:53	09:44
134	1383	Jorge Rocha	Nascidos para Correr	Senior Masculino	04:32:53	+02:03:05	09:45
135	1181	Filipe Machado	Individual	Senior Masculino	04:33:51	+02:04:03	09:47
136	1260	Rui Pedro Pinto	Individual	Senior Masculino	04:34:05	+02:04:17	09:47
137	1111	kiko bento	Fridão Sem Limites	Senior Masculino	04:35:07	+02:05:19	09:50
138	1251	Ricardo Neves	Individual	Senior Masculino	04:35:32	+02:05:44	09:50
139	1107	JOSE LEMOS	Feltrail	Senior Masculino	04:38:26	+02:08:38	09:57
140	1104	ANTONIO FONSECA	Feltrail	Senior Masculino	04:38:34	+02:08:46	09:57
141	1038	Pedro Lopes	ARRASTASSOLAS	Senior Masculino	04:39:44	+02:09:56	09:59
142	2475	Francisco Luís Costa Teixeira	Individual	Senior Masculino	04:39:56	+02:10:08	10:00
143	1228	Nuno André da Rocha Ferreira	Individual	Senior Masculino	04:42:07	+02:12:19	10:05
144	1100	Gil Ferreira da Silva	EU+ Run	Senior Masculino	04:42:20	+02:12:32	10:05
145	1014	Bruno Rocha	AD Quinta - Atletismo	Senior Masculino	04:42:30	+02:12:42	10:05
146	1424	Hugo Cruz	Pena Team	Senior Masculino	04:43:55	+02:14:07	10:08
147	1218	Marcos Silva	Individual	Senior Masculino	04:44:10	+02:14:22	10:09
148	1178	Fabio Silva	Individual	Senior Masculino	04:45:42	+02:15:54	10:12

trail longo 28km

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

OFFICIAL RESULT

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149	1020	Ricardo Oliveira	All About	Senior Masculino	04:46:35	+02:16:47	10:14
150	1076	Pedro Ferreirinha	CTAD - Trilhos de Cinfães	Senior Masculino	04:47:04	+02:17:16	10:15
151	1354	Rui Rosas	Lusitanos	Senior Masculino	04:47:16	+02:17:28	10:16
152	1223	Mário Rui Carvalho	Individual	Senior Masculino	04:47:41	+02:17:53	10:16
153	1187	Gonçalo José Santos Correia	Individual	Senior Masculino	04:49:47	+02:19:59	10:21
154	1430	RICARDO PEREIRA	PORTOCARGO	Senior Masculino	04:49:57	+02:20:09	10:21
155	1433	Pedro lourenço	PORTOCARGO	Senior Masculino	04:50:01	+02:20:13	10:21
156	1366	Helder Camilo	Moinhos Run - ADRM	Senior Masculino	04:50:24	+02:20:36	10:22
157	1377	Adélio Lima	MUITA'TRAÇÃO RUNNING TRIBE	Senior Masculino	04:52:57	+02:23:09	10:28
158	1174	Daniel Filipe Torres Santos Peres	Individual	Senior Masculino	04:53:29	+02:23:41	10:29
159	1240	PEDRO MIGUEL ARAÚJO OLIVEIRA	Individual	Senior Masculino	04:53:31	+02:23:43	10:29
160	1248	Ricardo Filipe Pereira Peixoto	Individual	Senior Masculino	04:54:08	+02:24:20	10:30
161	1171	Carlos Alexandre Resende	Individual	Senior Masculino	04:54:09	+02:24:21	10:30
162	1246	Ricardo Carvalho	Individual	Senior Masculino	04:54:52	+02:25:04	10:32
163	1472	Carlos Daniel Carvalho	Trilhos D'Aventura	Senior Masculino	04:56:06	+02:26:18	10:35
164	1473	Nelson Filipe Moreira	Trilhos D'Aventura	Senior Masculino	04:56:26	+02:26:38	10:35
165	1474	Ricardo Penedo	Trilhos D'Aventura	Senior Masculino	04:56:26	+02:26:38	10:35
166	1230	Paulo Ferreira	Individual	Senior Masculino	04:56:58	+02:27:10	10:36
167	1257	Rui Manuel Soares do Rêgo	NAST	Senior Masculino	04:57:24	+02:27:36	10:37
168	1241	Pedro Miguel Martins Faria	Individual	Senior Masculino	04:57:24	+02:27:36	10:37
169	1231	Paulo pinto	Individual	Senior Masculino	05:01:40	+02:31:52	10:46
170	1234	Pedro Arlindo Vieira Madureira	Individual	Senior Masculino	05:01:40	+02:31:52	10:46
171	1198	João Carvalho	Individual	Senior Masculino	05:04:38	+02:34:50	10:53
172	1359	PAULO AGUIAR	Marco Runners	Senior Masculino	05:04:52	+02:35:04	10:53
173	1375	Michel Rolo	Moreira Relax Runners	Senior Masculino	05:06:02	+02:36:14	10:56
174	1372	vitor costa	Monte dos Amigos	Senior Masculino	05:07:54	+02:38:06	11:00
175	1222	Mário Rodrigues	Individual	Senior Masculino	05:12:36	+02:42:48	11:10
176	1427	Álvaro Rodríguez Raimundez	Portadas de Valdeorras Trail	Senior Masculino	05:14:04	+02:44:16	11:13
177	1428	Javier Fernández Alvarez	Portadas de Valdeorras Trail	Senior Masculino	05:14:04	+02:44:16	11:13
178	1175	DAVID TEIXEIRA	Individual	Senior Masculino	05:18:30	+02:48:42	11:23
179	1167	Antonio Santos	Individual	Senior Masculino	05:18:53	+02:49:05	11:23
180	1403	Manuel Moreira	OFRunning	Senior Masculino	05:18:59	+02:49:11	11:24
181	1105	CARLOS MOREIRA	Feltrail	Senior Masculino	05:21:25	+02:51:37	11:29
182	1216	Manuel Moura	Individual	Senior Masculino	05:21:48	+02:52:00	11:30
183	1250	Ricardo José Rodrigues Alves Dias	Individual	Senior Masculino	05:22:20	+02:52:32	11:31
184	1199	João Fontoura de Oliveira	Individual	Senior Masculino	05:32:42	+03:02:54	11:53
185	1037	Mario Santos	ARRASTASSOLAS	Senior Masculino	05:33:56	+03:04:08	11:56
186	1442	Orlando Magalhães	Running Mates	Senior Masculino	05:35:15	+03:05:27	11:58
187	1090	Sergio Miguel Mesquita Ramos	EDV-VIANA TRAIL	Senior Masculino	05:36:33	+03:06:45	12:01
188	1194	Hernâni Dias	Individual	Senior Masculino	05:38:18	+03:08:30	12:05
189	1049	Nelson Manuel Marques de Sousa	Bia Team 2016	Senior Masculino	05:40:09	+03:10:21	12:09
190	1143	Cédric Silva	Índios de BTT	Senior Masculino	05:40:28	+03:10:40	12:10
191	1145	Flávio Cardoso	Índios de BTT	Senior Masculino	05:40:28	+03:10:40	12:10
192	1144	Filipe Gonçalves	Índios de BTT	Senior Masculino	05:40:29	+03:10:41	12:10
193	1186	Frederico Rocha	Individual	Senior Masculino	05:40:32	+03:10:44	12:10
194	1461	Vitor Silva	Sweet Runners	Senior Masculino	05:42:36	+03:12:48	12:14

195	1460	Luis Alves	Sweet Runners	Senior Masculino	05:42:36	+03:12:48	12:14
196	1045	Luís Carlos Teixeira Martins	Associação Desportiva de Cabroelo	Senior Masculino	06:24:04	+03:54:16	13:43

Veterana F40

1	1001	Lucinda Sousa	GONDOMAR FUTSAL CLUBE	Veterana F40	03:17:03		07:02
2	1384	Alexandra Fernandes	Nascidos para Correr	Veterana F40	03:58:06	+41:03	08:30
3	1275	maria gerardo	Individual	Veterana F40	04:12:14	+55:11	09:01
4	1066	Susana Lobo Santos	Chegamos ao fim	Veterana F40	04:18:32	+01:01:29	09:14
5	1457	Fátima Vieira	Somos Nós Team	Veterana F40	04:34:47	+01:17:44	09:49
6	1142	Helena Gomes	Moinhos Run - ADRM	Veterana F40	04:36:03	+01:19:00	09:52
7	1417	Paula Manuela da Silva Rodrigues Moreira	PAREDES AVENTURA	Veterana F40	04:44:08	+01:27:05	10:09
8	1341	Celia Pereira	K2 RUN	Veterana F40	04:48:04	+01:31:01	10:17
9	1429	María Esther garnelo Faba	Portadas de Valdeorras Trail	Veterana F40	05:14:04	+01:57:01	11:13
10	1477	Carla Neves	Trocopasso Runners	Veterana F40	05:17:17	+02:00:14	11:20
11	1478	M. João Ricardo	Trocopasso Runners	Veterana F40	05:17:17	+02:00:14	11:20
12	1271	Ana Rito	Individual	Veterana F40	05:20:52	+02:03:49	11:28
13	1040	Carla Moreira	ARRASTASSOLAS	Veterana F40	05:33:56	+02:16:53	11:56
14	1270	Adelaide Sousa	Individual	Veterana F40	05:36:56	+02:19:53	12:02
15	1274	ISABEL ARAÚJO	Individual	Veterana F40	05:40:32	+02:23:29	12:10
16	1462	Giselle Carneiro	Sweet Runners	Veterana F40	05:45:03	+02:28:00	12:19
17	1041	Helena Cunha	ARRASTASSOLAS	Veterana F40	06:08:11	+02:51:08	13:09
18	1418	Raquel Ferreira	PAREDES AVENTURA	Veterana F40	06:33:51	+03:16:48	14:04

Veterana F50

1	1127	Rosa Mendes	GONDOMAR FUTSAL CLUBE	Veterana F50	04:55:57		10:34

Veterano M40

1	1355	Abílio Ribeiro	Lusitanos	Veterano M40	02:45:49		05:55
2	1030	Manuel Barbosa	Amigo	Veterano M40	02:51:33	+05:44	06:08
3	1129	Nuno Paiva	GONDOMAR FUTSAL CLUBE	Veterano M40	03:13:37	+27:48	06:55
4	1136	Cesar Canito	GTT - Armazém do Caffè	Veterano M40	03:14:43	+28:54	06:57
5	1141	Miguel Barros	Helder Optica TEAM	Veterano M40	03:15:22	+29:33	06:59
6	1140	Jorge Oliveira	Helder Optica TEAM	Veterano M40	03:17:43	+31:54	07:04
7	1356	Adriano Oliveira	Lusitanos	Veterano M40	03:20:29	+34:40	07:10
8	1115	Manuel Avelino Reis Pinheiro	Fridão Sem Limites	Veterano M40	03:26:00	+40:11	07:21
9	1065	Antonio Gomes	CFit Freamunde	Veterano M40	03:27:09	+41:20	07:24
10	1293	Henrique Santos	Individual	Veterano M40	03:27:25	+41:36	07:24
11	1321	Sérgio Albuquerque Moreira Pinto	Individual	Veterano M40	03:29:49	+44:00	07:30
12	1060	Jorge Maia	BUDEGUITA RUNNERS	Veterano M40	03:30:55	+45:06	07:32
13	1419	Jorge Barbosa	PAREDES AVENTURA	Veterano M40	03:31:08	+45:19	07:32
14	1322	Sérgio Anunciação	Individual	Veterano M40	03:31:37	+45:48	07:33

trail longo 28km

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

OFFICIAL RESULT

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15	1307	Paulo Baltasar Silveira Martins	Individual	Veterano M40	03:31:40	+45:51	07:34
16	1279	Alcino Gomes	Individual	Veterano M40	03:32:55	+47:06	07:36
17	1373	jorge pinheiro	Monte dos Amigos	Veterano M40	03:36:53	+51:04	07:45
18	1309	PAULO BRÁS	Individual	Veterano M40	03:37:04	+51:15	07:45
19	1480	Geraldo gomes	CASA DO POVO DE SOALHÃES	Veterano M40	03:37:16	+51:27	07:46
20	1414	José António Teixeira Ferreira	Oralklass-Amigos do Trail	Veterano M40	03:39:14	+53:25	07:50
21	1361	Alexandre Moreira	Marco Trail Running	Veterano M40	03:41:29	+55:40	07:55
22	1458	Paulo Morais	Somos Nós Team	Veterano M40	03:47:34	+01:01:45	08:08
23	1362	Antonio coelho	mete H2O	Veterano M40	03:48:52	+01:03:03	08:10
24	1093	Joaquim Coelho	El Team Trail	Veterano M40	03:49:03	+01:03:14	08:11
25	1029	Armando Ribeiro	Amigo	Veterano M40	03:49:12	+01:03:23	08:11
26	1324	vitor coelho	Individual	Veterano M40	03:50:47	+01:04:58	08:15
27	1385	Carlos Ferreira	Nascidos para Correr	Veterano M40	03:58:06	+01:12:17	08:30
28	1308	PAULO BARBOSA	Individual	Veterano M40	03:59:36	+01:13:47	08:33
29	1292	helder Rodrigues	Individual	Veterano M40	04:00:10	+01:14:21	08:35
30	1316	Pedro Reis	Individual	Veterano M40	04:01:29	+01:15:40	08:37
31	1043	Pedro Carvalho	ARRASTASSOLAS	Veterano M40	04:04:07	+01:18:18	08:43
32	1357	Paulo Azevedo	Lusitanos	Veterano M40	04:04:12	+01:18:23	08:43
33	8	Joaquim Freitas	Individual	Veterano M40	04:04:24	+01:18:35	08:44
34	1286	António Martins	Individual	Veterano M40	04:05:14	+01:19:25	08:45
35	1044	Pedro Magalhães	ARRASTASSOLAS	Veterano M40	04:05:33	+01:19:44	08:46
36	1299	Licinio Cândido Ferreira Ribeiro	Individual	Veterano M40	04:05:51	+01:20:02	08:47
37	1277	Adriano Rocha	Individual	Veterano M40	04:10:23	+01:24:34	08:57
38	1314	Pedro Meneses	Individual	Veterano M40	04:10:45	+01:24:56	08:57
39	1290	Hélder Agostinho	Individual	Veterano M40	04:10:55	+01:25:06	08:58
40	1448	Jose Costa	S. S. Montepio	Veterano M40	04:11:14	+01:25:25	08:58
41	1285	Antonio Manuel Oliveira Marques	Individual	Veterano M40	04:11:38	+01:25:49	08:59
42	1488	Armando Pinho	WTF	Veterano M40	04:12:06	+01:26:17	09:00
43	1470	NELSON DUARTE	THE OUTSIDERS RUNNING TRAIL TEAM	Veterano M40	04:12:06	+01:26:17	09:00
44	1017	António Oliveira	ALIANÇA DE GANDRA	Veterano M40	04:12:08	+01:26:19	09:00
45	1317	Ricardo Meireles	Individual	Veterano M40	04:13:59	+01:28:10	09:04
46	1291	Helder Rodrigues	Individual	Veterano M40	04:14:38	+01:28:49	09:06
47	1096	Francisco Fonseca	Equipa João Ferreira	Veterano M40	04:18:06	+01:32:17	09:13
48	1387	wilson fonseca	Nascidos para Correr	Veterano M40	04:19:28	+01:33:39	09:16
49	1395	Luis Filipe Lopes dos Santos	NOCTURNOS DE PAREDES	Veterano M40	04:21:09	+01:35:20	09:20
50	1447	Joao Cardoso	S. S. Montepio	Veterano M40	04:23:42	+01:37:53	09:25
51	1130	Pedro Sousa	GONDOMAR FUTSAL CLUBE	Veterano M40	04:23:57	+01:38:08	09:26
52	1315	Pedro Pereira	Individual	Veterano M40	04:25:00	+01:39:11	09:28
53	1289	Filipe Miguel Lopes Miranda	Individual	Veterano M40	04:26:37	+01:40:48	09:31
54	1342	Rui Santos	K2 RUN	Veterano M40	04:30:45	+01:44:56	09:40
55	1298	JOSÉ MARIA DIAS LEAL	Individual	Veterano M40	04:30:46	+01:44:57	09:40
56	1311	Paulo Jorge Ferreira Oliveira	Individual	Veterano M40	04:30:47	+01:44:58	09:40
57	1312	Paulo Queirós	Individual	Veterano M40	04:31:08	+01:45:19	09:41
58	1296	Jorge Nunes	Individual	Veterano M40	04:33:11	+01:47:22	09:45
59	1396	Nuno Salgado	NOCTURNOS DE PAREDES	Veterano M40	04:35:21	+01:49:32	09:50
60	1109	SERGIO FONSECA	Feltrail	Veterano M40	04:37:53	+01:52:04	09:55

trail longo 28km

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

OFFICIAL RESULT

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61	1420	Rui Agostinho Almeida Moreira	PAREDES AVENTURA	Veterano M40	04:38:09	+01:52:20	09:56
62	1067	Pedro Ribeiro	Chegamos ao fim	Veterano M40	04:38:32	+01:52:43	09:57
63	1095	Fernando Oliveira	Engomadoria L&A Team	Veterano M40	04:39:09	+01:53:20	09:58
64	1305	Luís Sousa	Individual	Veterano M40	04:40:27	+01:54:38	10:01
65	1077	Nuno Ribeiro	dbearth	Veterano M40	04:43:23	+01:57:34	10:07
66	1101	Jorge Costa	EU+ Run	Veterano M40	04:43:44	+01:57:55	10:08
67	1487	Pedro Manuel Leão Bastos	Via Verde Team	Veterano M40	04:46:26	+02:00:37	10:14
68	1022	Paulo Melo	All About	Veterano M40	04:46:35	+02:00:46	10:14
69	1399	Tiago Frutuoso	Nós	Veterano M40	04:46:43	+02:00:54	10:14
70	1319	Rui Trindade	Individual	Veterano M40	04:48:16	+02:02:27	10:18
71	1378	Pedro Dias	MUITA'TRAÇÃO RUNNING TRIBE	Veterano M40	04:52:57	+02:07:08	10:28
72	1052	antonio carneiro	Blocos	Veterano M40	04:53:29	+02:07:40	10:29
73	1304	Luís Nuno Santos	Individual	Veterano M40	04:53:58	+02:08:09	10:30
74	1061	Nuno Dias	BUDEGUITA RUNNERS	Veterano M40	04:56:03	+02:10:14	10:34
75	1297	José Carlos Bago	Individual	Veterano M40	05:03:45	+02:17:56	10:51
76	1068	João Vasco Gil da Silva Gomes Ferreira	Clube do Pessoal EDP - Delegação de Gaia	Veterano M40	05:04:06	+02:18:17	10:52
77	1036	OSVALDO OLIVEIRA	ARCORUN	Veterano M40	05:04:10	+02:18:21	10:52
78	1108	JOSE MAIAS	Feltrail	Veterano M40	05:08:12	+02:22:23	11:00
79	1300	Luís Gomes	Individual	Veterano M40	05:08:57	+02:23:08	11:02
80	1288	David Paulo Vieira Costa	Individual	Veterano M40	05:10:14	+02:24:25	11:05
81	1306	Paolo Pozzan	Individual	Veterano M40	05:17:44	+02:31:55	11:21
82	1128	José Carlos Lascasas	GONDOMAR FUTSAL CLUBE	Veterano M40	05:20:52	+02:35:03	11:28
83	1042	Manuel Silva	ARRASTASSOLAS	Veterano M40	05:23:16	+02:37:27	11:33
84	1443	Nelson Campos	Running Mates	Veterano M40	05:35:14	+02:49:25	11:58
85	1444	Pedro Miguel Santos Matos	Running Mates	Veterano M40	05:35:15	+02:49:26	11:58
86	1432	PAULO FERREIRA	PORTOCARGO	Veterano M40	05:35:20	+02:49:31	11:59
87	1318	Rui Jorge Moreira da Silva Lopes	Individual	Veterano M40	05:46:56	+03:01:07	12:23
88	1280	Alcino Oliveira	Individual	Veterano M40	06:33:53	+03:48:04	14:04
89	1278	Agostinho Pinheiro	Individual	Veterano M40	06:33:53	+03:48:04	14:04

Veterano M50

1	1131	António Rocha	GONDOMAR FUTSAL CLUBE	Veterano M50	03:17:06		07:02
2	1137	Carlos Alberto Pereira Novais Gandra	GTT - Armazém do Caffè	Veterano M50	03:18:30	+01:24	07:05
3	1388	Antonio Azevedo	Nascidos para Correr	Veterano M50	03:22:11	+05:05	07:13
4	1410	Manuel Ferreira	Oralklass-Amigos do Trail	Veterano M50	03:24:01	+06:55	07:17
5	1336	José Joaquim A. Ferreira	Individual	Veterano M50	03:27:50	+10:44	07:25
6	1486	Abilio Marques	Unidade Especial de Corrida	Veterano M50	03:31:15	+14:09	07:33
7	1070	antonio pereira	Clube Praças da Armada	Veterano M50	03:36:41	+19:35	07:44
8	1	Fernando Leal Neves	AMIGOS DO PEDAL	Veterano M50	03:37:02	+19:56	07:45
9	1035	António Conceição Silva Pereira	AMIGOS QUINTA DAS FREIRAS	Veterano M50	03:45:52	+28:46	08:04
10	1337	jose luis machado loureiro	Individual	Veterano M50	03:50:03	+32:57	08:13
11	1369	José Coelho da Silva	Moinhos Run - ADRM	Veterano M50	03:55:55	+38:49	08:26
12	1389	Manuel Sampaio	Nascidos para Correr	Veterano M50	04:15:56	+58:50	09:08
13	1489	Fernando Oliveira	Individual	Veterano M50	04:16:28	+59:22	09:10

trail longo 28km

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

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

14	1334	JOAQUIM BENTO TEIXEIRA	Individual	Veterano M50	04:18:06	+01:01:00	09:13
15	1132	José Mendes	GONDOMAR FUTSAL CLUBE	Veterano M50	04:18:36	+01:01:30	09:14
16	1327	António Pais	Individual	Veterano M50	04:19:14	+01:02:08	09:15
17	1326	Alcino Araújo	Individual	Veterano M50	04:20:34	+01:03:28	09:18
18	1330	Francisco Costa	Individual	Veterano M50	04:28:07	+01:11:01	09:35
19	1358	Fernando Rodrigues	Lusitanos	Veterano M50	04:38:40	+01:21:34	09:57
20	1431	José Magalhaes	PORTOCARGO	Veterano M50	04:43:29	+01:26:23	10:07
21	1328	Antonio Vasconcelos Carvalho	Individual	Veterano M50	04:46:24	+01:29:18	10:14
22	1332	Henrique Pinhão Martns	Individual	Veterano M50	04:53:58	+01:36:52	10:30
23	1397	António Carvalho	NOCTURNOS DE PAREDES	Veterano M50	05:09:32	+01:52:26	11:03
24	1333	joao pedro silva	Individual	Veterano M50	05:18:53	+02:01:47	11:23
25	1464	Paulo Ferreira	Sweet Runners	Veterano M50	05:45:03	+02:27:57	12:19

4º TraiLagares
Lagares
10-abril-2016

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

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	09:15	-99ºC	-99%
End	16:13	-99ºC	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1467	Florian Mairy	team optisport-uglow	Senior Masculino	01:25:51		05:03
2	2003	Bruno Silva	oralklass-amigos do trail	Senior Masculino	01:29:47	+03:56	05:17
3	2454	cesar duarte	a.d.amarante trail running	Senior Masculino	01:29:53	+04:02	05:17
4	2007	Antonio Martins	centro ciclista de gondomar	Veterano M40	01:31:37	+05:46	05:23
5	2005	Asdrubal Freitas	centro ciclista de gondomar	Veterano M40	01:37:10	+11:20	05:43
6	2156	Miguel Neves	centro ciclista de gondomar	Senior Masculino	01:39:00	+13:09	05:49
7	3056	André Nogueira	uf 08 runners	Senior Masculino	01:40:19	+14:29	05:54
8	2843	Filipe Carneiro	oralklass-amigos do trail	Senior Masculino	01:40:20	+14:29	05:54
9	2323	Artur Barbosa	grupo desportivo dos ferroviários de campanhã	Senior Masculino	01:40:34	+14:44	05:55
10	2273	Pedro Alberto Moreira dos Santos	fugitivos urbanos	Veterano M40	01:40:44	+14:53	05:56
11	2465	diogo angelo moreira parente	individual	Senior Masculino	01:40:53	+15:03	05:56
12	3026	Mathieu Bonnand	team optisport-uglow	Senior Masculino	01:40:56	+15:05	05:56
13	3025	Céline Lafaye	team optisport-uglow	Senior Feminino	01:40:57	+15:07	05:56
14	3057	Francisco Ferreira	uf 08 runners	Senior Masculino	01:41:09	+15:18	05:57
15	2841	Belmiro Moreira	oralklass-amigos do trail	Senior Masculino	01:43:17	+17:26	06:05
16	2263	André Moreira Pinto	footlovers freamunde - salming	Senior Masculino	01:43:56	+18:06	06:07
17	2871	Marco Brochado	os lobos do saibro	Senior Masculino	01:44:36	+18:46	06:09
18	2114	Carlos Jesus	beat your limit!	Senior Masculino	01:45:10	+19:19	06:11
19	2117	João Laranjeira	beat your limit!	Senior Masculino	01:45:10	+19:20	06:11
20	2852	Orlando Nogueira	oralklass-amigos do trail	Veterano M40	01:46:59	+21:08	06:18
21	2490	João barbosa	individual	Senior Masculino	01:47:42	+21:52	06:20
22	2993	Paulo Rocha	satecnosol outdoor / la sportiva	Senior Masculino	01:47:50	+21:59	06:21
23	2266	Paulo Teixeira de Sousa	fridão sem limites	Veterano M40	01:48:04	+22:14	06:21
24	2546	Ricardo Oliveira	individual	Senior Masculino	01:49:17	+23:26	06:26
25	2568	Cândida Seabra	individual	Veterana F40	01:49:27	+23:37	06:26
26	2211	Luís Miguel Azevedo da Silva	ctad - trilhos de cinfães	Senior Masculino	01:49:56	+24:05	06:28
27	2212	Pedro Fernandes	ctad - trilhos de cinfães	Senior Masculino	01:49:56	+24:06	06:28
28	2158	Vitor Sousa	centro ciclista de gondomar	Veterano M50	01:50:10	+24:19	06:29
29	2059	Vitor Pinto	aliança de gandra	Senior Masculino	01:51:13	+25:22	06:33
30	2598	Abílio Magalhães	individual	Veterano M40	01:51:39	+25:49	06:34
31	2870	Filipe Pinto	os lobos do saibro	Senior Masculino	01:52:15	+26:24	06:36
32	3060	José Coelho	uf 08 runners	Veterano M40	01:52:32	+26:42	06:37
33	2116	Hugo Azevedo	beat your limit!	Senior Masculino	01:52:38	+26:48	06:38
34	3047	Renato Coelho	trail dos moinhos	Junior Masculino	01:52:46	+26:56	06:38
35	2842	Bruno Pinto	oralklass-amigos do trail	Senior Masculino	01:52:50	+27:00	06:38
36	2845	Mario Taborda	oralklass-amigos do trail	Junior Masculino	01:53:57	+28:07	06:42
37	2065	Fernando Oliveira	aliança de gandra	Veterano M40	01:55:06	+29:16	06:46
38	2064	Carlos Silva	aliança de gandra	Veterano M40	01:55:13	+29:23	06:47
39	2160	Jorge Silva	centro ciclista de gondomar	Veterano M50	01:55:44	+29:53	06:48
40	2053	Filipe Moreira	aliança de gandra	Senior Masculino	01:55:52	+30:02	06:49
41	2002	Maria Areias	oralklass-amigos do trail	Senior Feminino	01:55:54	+30:03	06:49

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

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
42	2325	Ricardo Moreira	gtt - armazém do caffè	Senior Masculino	01:55:57	+30:07	06:49
43	3058	Paulo Machado	uf 08 runners	Senior Masculino	01:56:01	+30:10	06:49
44	2742	Carlos Ferreira	lusos xxi	Veterano M40	01:56:04	+30:13	06:50
45	2442	Bruno José Nunes Vale	individual	Senior Masculino	01:56:05	+30:15	06:50
46	2324	Emanuel Orlando Pinheiro Bento da Costa	gtt - armazém do caffè	Senior Masculino	01:56:12	+30:21	06:50
47	2681	José Manuel Pinto Gomes	individual	Veterano M50	01:57:58	+32:08	06:56
48	2264	Carlos Alexandre Moreira Pinto	fridão sem limites	Senior Masculino	01:57:58	+32:08	06:56
49	1176	Eurico Silva	individual	Senior Masculino	01:58:04	+32:13	06:57
50	2051	Agostinho Sousa	aliança de gandra	Senior Masculino	01:58:05	+32:14	06:57
51	31	José Cruz	ei team trail	Senior Masculino	01:58:05	+32:15	06:57
52	3059	Vítor Sousa	uf 08 runners	Senior Masculino	01:58:09	+32:18	06:57
53	2704	Laurindo Osório	kemedo team	Veterano M40	01:58:12	+32:21	06:57
54	2208	Ricardo Dantas	crocodilos / misterpc	Senior Masculino	01:58:15	+32:25	06:57
55	2838	Maria Gonçalves	oralklass-amigos do trail	Senior Feminino	01:59:17	+33:27	07:01
56	2210	Rui Andrade	crocodilos / misterpc	Veterano M40	01:59:23	+33:32	07:01
57	2726	Miguel Reis	leões de tardariz trail	Senior Masculino	01:59:24	+33:33	07:01
58	2700	Ivo Almeida	aliança de gandra	Veterano M40	01:59:27	+33:36	07:02
59	2004	Eva Cristiana Monteiro Coelho	moinhos run - adrm	Senior Feminino	01:59:35	+33:44	07:02
60	2159	David Tavares	centro ciclista de gondomar	Veterano M50	01:59:38	+33:47	07:02
61	2187	Vitor Neto	cfit freamunde	Senior Masculino	01:59:46	+33:56	07:03
62	2510	Manuel Barbosa	individual	Senior Masculino	01:59:56	+34:05	07:03
63	2204	Bruno Gomes	crocodilos / misterpc	Senior Masculino	02:00:51	+35:00	07:07
64	2542	Ricardo Ferreira	individual	Senior Masculino	02:01:08	+35:18	07:08
65	2530	Paulo Moreira	individual	Senior Masculino	02:01:14	+35:24	07:08
66	2840	Rita Loureiro	oralklass-amigos do trail	Senior Feminino	02:02:12	+36:21	07:11
67	2623	Hélder Manuel Rosa da Silva Deveza	individual	Veterano M40	02:02:28	+36:37	07:12
68	2599	Abilio Paulo Pereira Ferreira	individual	Veterano M40	02:02:35	+36:44	07:13
69	2243	Miguel Baia	eu+ run	Senior Masculino	02:03:29	+37:39	07:16
70	2031	Paulo Araújo	a.d sebolido trail boneca d´ouro	Senior Masculino	02:04:00	+38:09	07:18
71	3077	Marco Silva	all about	Veterano M40	02:04:10	+38:20	07:18
72	11	Eduardo Pinto	all about	Veterano M40	02:04:10	+38:20	07:18
73	1422	Angelo Ribeiro	parjovem	Senior Masculino	02:05:20	+39:29	07:22
74	2098	MIGUEL BARROS	arcorun	Veterano M40	02:05:25	+39:35	07:23
75	1047	Tiago Reitor	beat your limit!	Senior Masculino	02:05:42	+39:52	07:24
76	2656	pedro ferreira	individual	Veterano M40	02:07:20	+41:29	07:29
77	2214	José Carlos Dias	ctad - trilhos de cinfães	Veterano M40	02:07:24	+41:33	07:30
78	2104	Tiago André da Silva Ferreira	associação desportiva de cabroelo	Junior Masculino	02:07:25	+41:35	07:30
79	2099	PAULO GRILO	arcorun	Veterano M40	02:07:34	+41:44	07:30
80	3046	Luís Teixeira	too stupid to stop	Senior Masculino	02:07:37	+41:46	07:30
81	2500	José Carlos Rodrigues Gonçalves	individual	Senior Masculino	02:07:48	+41:58	07:31
82	2963	Emanuel Coelho	rodabike/porto sentido	Senior Masculino	02:07:51	+42:01	07:31
83	2940	Laurindo Gomes	porto sentido	Veterano M40	02:07:53	+42:02	07:31
84	2094	AMILCAR FERREIRA	arcorun	Veterano M40	02:08:02	+42:12	07:32
85	2886	Francisco Rebelo	os ribeiros	Veterano M40	02:08:09	+42:19	07:32
86	2444	Bruno Pereira	individual	Senior Masculino	02:08:28	+42:37	07:33

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

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
87	2512	Márcio Barreto	individual	Senior Masculino	02:08:37	+42:47	07:34
88	2808	Paulo Colaço	nocturnos de paredes	Senior Masculino	02:08:40	+42:50	07:34
89	2207	Pedro Santos	crocodilos / misterpc	Senior Masculino	02:09:00	+43:09	07:35
90	2288	Guilherme Oliveira	generosos	Senior Masculino	02:09:10	+43:20	07:36
91	2765	Pedro Sá	moinhos run - adrm	Veterano M40	02:09:18	+43:28	07:36
92	2089	JORGE GOMES	arcorun	Senior Masculino	02:09:34	+43:43	07:37
93	2177	Francisco Pacheco	cfit freamunde	Junior Masculino	02:09:35	+43:45	07:37
94	2506	José Rito	individual	Senior Masculino	02:09:39	+43:49	07:38
95	2205	João Moutinho	crocodilos / misterpc	Senior Masculino	02:09:52	+44:02	07:38
96	2433	Angelo Vaz	individual	Senior Masculino	02:09:55	+44:04	07:39
97	2825	António José Marinho Cunha	nós acreditamos	Veterano M50	02:10:05	+44:15	07:39
98	2088	Rui Pedro Reis	amigos quinta das freiras	Senior Masculino	02:10:23	+44:33	07:40
99	2448	Carlos Carvalho	individual	Senior Masculino	02:10:29	+44:38	07:41
100	2034	Hugo Angelo Ferraz Duarte	a.d.amarante trail running	Senior Masculino	02:10:41	+44:50	07:41
101	2533	Pedro Miguel Correia Vieira	a.d sebolido trail boneca d´ouro	Senior Masculino	02:10:43	+44:52	07:41
102	2057	Mário Almeida	aliança de gandra	Senior Masculino	02:10:54	+45:04	07:42
103	2817	Hélder Ribeiro	nós acreditamos	Senior Masculino	02:11:09	+45:19	07:43
104	2183	Ricardo Neto	cfit freamunde	Senior Masculino	02:11:41	+45:50	07:45
105	2563	Vitor Agostinho Rocha Santos	individual	Senior Masculino	02:11:49	+45:59	07:45
106	2033	Roberto Freitas	a.d sebolido trail boneca d´ouro	Senior Masculino	02:12:03	+46:13	07:46
107	2505	José Pedro de Sousa Dias	individual	Senior Masculino	02:12:03	+46:13	07:46
108	2456	César Miguel Rodrigues de Sousa	individual	Senior Masculino	02:12:37	+46:47	07:48
109	2997	Joao Martins	shots international runners	Senior Masculino	02:13:02	+47:12	07:50
110	2459	Daniel Filipe Andrade Fernandes	individual	Senior Masculino	02:13:10	+47:19	07:50
111	2931	Miguel Pereira	porto sentido	Senior Masculino	02:13:22	+47:31	07:51
112	2835	Pedro Seixas	oralklass-amigos do trail	Veterano M40	02:13:26	+47:35	07:51
113	2645	Pábelo Marques	individual	Veterano M40	02:13:33	+47:42	07:51
114	2617	DELFIM NUNES	individual	Veterano M40	02:13:39	+47:48	07:52
115	1023	Mike Dias	all about	Veterano M40	02:13:58	+48:07	07:53
116	2715	Agostinho Sousa	kunalama runners	Veterano M50	02:14:12	+48:21	07:54
117	2181	Paulo Nogueira	cfit freamunde	Senior Masculino	02:14:17	+48:26	07:54
118	2436	António José Ferreira	individual	Senior Masculino	02:14:27	+48:36	07:55
119	1193	Herberto Coelho	individual	Senior Masculino	02:14:38	+48:47	07:55
120	2539	Pedro Rodrigues	individual	Senior Masculino	02:14:42	+48:51	07:55
121	2751	Inês Moreira	moinhos run - adrm	Senior Feminino	02:14:42	+48:51	07:55
122	2244	Carlos Pereira	eu+ run	Veterano M40	02:14:50	+49:00	07:56
123	1183	Flávio Goncalves	individual	Senior Masculino	02:14:51	+49:01	07:56
124	2100	VITOR FOLGADO	arcorun	Veterano M40	02:15:07	+49:17	07:57
125	2624	Henrique Marques	individual	Veterano M40	02:15:19	+49:28	07:58
126	2006	Ana Maria Amaral	gondomar futsal clube	Veterana F40	02:15:24	+49:34	07:58
127	2934	Avelino Rodrigues	porto sentido	Veterano M40	02:15:27	+49:37	07:58
128	2847	Angelo Vidal	oralklass-amigos do trail	Veterano M40	02:15:36	+49:46	07:59
129	2702	Márcio Santos	kemedo team	Senior Masculino	02:15:49	+49:59	07:59
130	2666	Rui Silva	individual	Veterano M40	02:15:56	+50:06	08:00
131	2487	Hugo Miguel Martins Ribeiro	individual	Senior Masculino	02:16:13	+50:23	08:01
132	2725	José Santos	leões de tardariz trail	Senior Masculino	02:16:28	+50:37	08:02

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

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
133	2246	Paulo Rocha	factor x / s4l / medensefc	Senior Masculino	02:16:31	+50:40	08:02
134	2248	João Neves	factor x / s4l / medensefc	Veterano M40	02:16:31	+50:40	08:02
135	2163	Carolina Malheiro	cfit freamunde	Senior Feminino	02:16:56	+51:06	08:03
136	2178	Luis Bártolo	cfit freamunde	Senior Masculino	02:17:05	+51:15	08:04
137	2173	Arnaldo Nogueira	cfit freamunde	Senior Masculino	02:17:05	+51:15	08:04
138	2936	Ernesto Ribeiro	porto sentido	Veterano M40	02:17:17	+51:27	08:05
139	2468	Domingos Miguel Fernandes Ferreira Abreu	individual	Senior Masculino	02:17:22	+51:32	08:05
140	2762	Tiago Manuel Monteiro Soares	moinhos run - adrm	Senior Masculino	02:17:30	+51:39	08:05
141	2041	Emanuel Gomes	acrorunners	Senior Masculino	02:17:32	+51:41	08:05
142	2573	Luzia da Conceição Sousa Azevedo	individual	Veterana F40	02:18:15	+52:25	08:08
143	2226	bruno sousa	ele e ela	Senior Masculino	02:18:25	+52:34	08:09
144	2474	Filipe Pacheco	individual	Senior Masculino	02:18:28	+52:38	08:09
145	2727	Sérgio Oliveira	leões de tardariz trail	Senior Masculino	02:18:30	+52:40	08:09
146	2545	Ricardo Miguel Sousa Moreira	individual	Senior Masculino	02:18:37	+52:46	08:09
147	2618	Eduardo Nascimento	individual	Veterano M40	02:18:40	+52:49	08:09
148	2157	Filipe Sousa	centro ciclista de gondomar	Veterano M40	02:18:42	+52:51	08:10
149	2154	Sonia Sousa	centro ciclista de gondomar	Senior Feminino	02:18:42	+52:51	08:10
150	2849	Aurora morais	oralklass-amigos do trail	Veterana F40	02:19:05	+53:15	08:11
151	2724	José Castro	leões de tardariz trail	Senior Masculino	02:19:12	+53:22	08:11
152	2255	Emanuel Nunes	family pinto	Senior Masculino	02:19:17	+53:27	08:12
153	2629	jorge rodrigues	individual	Veterano M40	02:19:25	+53:35	08:12
154	1252	Ricardo Pinto	individual	Senior Masculino	02:19:38	+53:48	08:13
155	2247	Pedro Santos	factor x / s4l / medensefc	Senior Masculino	02:19:44	+53:53	08:13
156	2516	Mário Soares	individual	Senior Masculino	02:19:45	+53:55	08:13
157	3010	fatima coelho	somos nós team	Veterana F40	02:19:47	+53:57	08:13
158	2196	Artur Pereira	clube de pesca de amarante	Senior Masculino	02:20:08	+54:17	08:15
159	3013	fernando morais	somos nós team	Veterano M40	02:20:10	+54:20	08:15
160	2903	Pedro Cabral	p & j	Senior Masculino	02:20:33	+54:42	08:16
161	2524	nuno miguel pinto da silva	individual	Senior Masculino	02:20:53	+55:03	08:17
162	2892	Pedro Figueiredo	os turbomula	Senior Masculino	02:20:57	+55:07	08:18
163	2097	JORGE SANTOS SILVA	arcorun	Veterano M40	02:21:02	+55:11	08:18
164	2386	luisa cruz	individual	Senior Feminino	02:21:05	+55:15	08:18
165	2515	Marco Paulo Ribeiro Nunes	individual	Senior Masculino	02:21:17	+55:26	08:19
166	2322	Vítor Ribeiro	gondomar futsal clube	Veterano M50	02:21:18	+55:28	08:19
167	2127	Ricardo Barbosa	btt alegria / tubani	Senior Masculino	02:21:29	+55:38	08:19
168	2434	António Duarte	individual	Senior Masculino	02:21:29	+55:39	08:19
169	2511	Marcelo santos Peixoto	individual	Senior Masculino	02:21:29	+55:39	08:19
170	2667	Sérgio Sousa	individual	Veterano M40	02:21:32	+55:42	08:20
171	2129	Juca Teixeira	btt alegria / tubani	Veterano M40	02:21:36	+55:45	08:20
172	2488	Hugo Moreira	individual	Senior Masculino	02:21:39	+55:49	08:20
173	2119	Manuel Fonseca	beat your limit!	Senior Masculino	02:21:41	+55:51	08:20
174	2045	José Manuel	acrorunners	Veterano M40	02:21:56	+56:06	08:21
175	2610	carlos daniel bessa	individual	Veterano M40	02:22:01	+56:10	08:21
176	3029	Alexandre Soares	tecla 3 runners	Senior Masculino	02:22:07	+56:16	08:22
177	2969	Hugo Lobo	run 4 all	Senior Masculino	02:22:10	+56:20	08:22

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	2494	João Sousa	individual	Senior Masculino	02:22:26	+56:35	08:23
179	2916	Ricardo Nogueira	parjovem	Senior Masculino	02:22:27	+56:36	08:23
180	2729	Mário Moura	leões de tardariz trail	Veterano M40	02:22:41	+56:50	08:24
181	2787	Joel Renato da Rocha Vieira	motobock team	Senior Masculino	02:22:44	+56:53	08:24
182	2834	Andreia Barbosa	oralklass-amigos do trail	Senior Feminino	02:22:44	+56:54	08:24
183	1338	Tomas Correia	individual	Veterano M50	02:22:48	+56:58	08:24
184	2492	João Cardoso	individual	Senior Masculino	02:22:52	+57:02	08:24
185	2319	Fernando Ferreira	gondomar futsal clube	Veterano M50	02:22:55	+57:04	08:24
186	2891	Nuno Marques	os turbomula	Senior Masculino	02:22:56	+57:06	08:25
187	3045	Christophe Sousa	too stupid to stop	Senior Masculino	02:23:01	+57:11	08:25
188	3044	Carlos Vitor Moreira	too stupid to stop	Senior Masculino	02:23:08	+57:17	08:25
189	2141	Gonçalo Pinto Melo	casa da viúva	Junior Masculino	02:23:13	+57:23	08:26
190	2101	Tiago das Neves Costa	associação desportiva de cabroelo	Junior Masculino	02:23:13	+57:23	08:26
191	2429	André Brochado	individual	Senior Masculino	02:23:44	+57:53	08:27
192	2030	Manuel Lopes	a.d sebolido trail boneca d´ouro	Senior Masculino	02:24:02	+58:11	08:28
193	2320	Fernando Pereira	gondomar futsal clube	Veterano M50	02:24:26	+58:36	08:30
194	2559	Telmo Antonio Sousa Ferrr	individual	Senior Masculino	02:24:34	+58:44	08:30
195	2612	CARLOS MANUEL DOS SANTOS ROCHA	individual	Veterano M40	02:24:35	+58:45	08:30
196	2970	Paulo Reis	run 4 all	Senior Masculino	02:24:47	+58:56	08:31
197	2118	José Carlos	beat your limit!	Senior Masculino	02:25:10	+59:19	08:32
198	2036	Nuno André Sampaio Moura	a.d.amarante trail running	Senior Masculino	02:25:18	+59:28	08:33
199	3035	José Ferreira	telefina	Veterano M40	02:25:20	+59:30	08:33
200	2179	Luis Ferreira	cfit freamunde	Senior Masculino	02:25:28	+59:38	08:33
201	2107	Agostinho Moreira	avenida caffe	Veterano M50	02:25:40	+59:49	08:34
202	2966	Alberto Magalhães	run 4 all	Senior Masculino	02:25:43	+59:53	08:34
203	2167	Luisa Guimarães	cfit freamunde	Senior Feminino	02:25:50	+59:59	08:35
204	2017	Tiago Castro	10temidos	Senior Masculino	02:25:58	+01:00:07	08:35
205	2470	Fábio André Martins Alves	individual	Senior Masculino	02:26:49	+01:00:59	08:38
206	2822	Fernando Silva	nós acreditamos	Veterano M40	02:26:57	+01:01:07	08:39
207	2184	Ricardo Nogueira	cfit freamunde	Senior Masculino	02:27:15	+01:01:25	08:40
208	2084	Monica Isabel Vieira Coelho	amigos do pedal	Senior Feminino	02:27:37	+01:01:46	08:41
209	3054	Luís Pinheiro	trailgloditas runners	Senior Masculino	02:28:20	+01:02:29	08:44
210	2657	Pedro Guimarães	individual	Veterano M40	02:28:23	+01:02:33	08:44
211	2555	Rui Pedro Martins Machado	individual	Senior Masculino	02:28:41	+01:02:50	08:45
212	2237	Luis Neves	equipotencia	Senior Masculino	02:28:56	+01:03:05	08:46
213	2236	Joaquim Ribeiro	equipotencia	Senior Masculino	02:28:56	+01:03:05	08:46
214	2600	Adão Ribeiro	individual	Veterano M40	02:29:23	+01:03:32	08:47
215	2168	Marisa Santos	cfit freamunde	Senior Feminino	02:29:43	+01:03:52	08:48
216	2058	Paulo Sousa	aliança de gandra	Senior Masculino	02:30:03	+01:04:13	08:50
217	2175	Carlos Leal	cfit freamunde	Senior Masculino	02:30:08	+01:04:18	08:50
218	2038	Jorge Fernando	acrorunners	Junior Masculino	02:30:28	+01:04:38	08:51
219	2741	Rui Moreira	lusos xxi	Veterano M40	02:30:35	+01:04:45	08:52
220	2092	MIGUEL ANDRADE	arcorun	Senior Masculino	02:30:37	+01:04:47	08:52
221	2730	Pedro Ferreira	leões de tardariz trail	Veterano M40	02:31:02	+01:05:11	08:53
222	2824	Álvaro Cardoso	nós acreditamos	Veterano M50	02:31:17	+01:05:27	08:54

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
223	2562	Tiago Rocha	individual	Senior Masculino	02:31:21	+01:05:30	08:54
224	2758	Manuel Fernando Máximo Pereira	moinhos run - adrm	Senior Masculino	02:31:39	+01:05:48	08:55
225	2218	Telma Marisa da Silva Pacheco e Sousa Castro	dr merino/ nutrifit	Senior Feminino	02:31:54	+01:06:04	08:56
226	2473	FERNANDO MEIRELES	individual	Senior Masculino	02:32:06	+01:06:16	08:57
227	3022	NUNO GRAMOSO	su team & friends	Senior Masculino	02:32:07	+01:06:16	08:57
228	2186	Rui Magalhães	cfit freamunde	Senior Masculino	02:32:17	+01:06:26	08:57
229	2749	Anabela Ferreira	moinhos run - adrm	Senior Feminino	02:32:45	+01:06:55	08:59
230	2783	joaquim pinto	monte dos amigos	Veterano M40	02:32:47	+01:06:56	08:59
231	2561	Tiago Monteito	individual	Senior Masculino	02:32:48	+01:06:57	08:59
232	2125	Daniel Barbosa	btt alegria / tubani	Senior Masculino	02:32:50	+01:07:00	08:59
233	2452	Carlos Moreia	individual	Senior Masculino	02:32:57	+01:07:07	09:00
234	112	José Lopes	trail senhora do salto	Senior Masculino	02:32:58	+01:07:08	09:00
235	2032	Pedro Soares	a.d sebolido trail boneca d´ouro	Senior Masculino	02:33:03	+01:07:12	09:00
236	2939	José Ricardo	porto sentido	Veterano M40	02:33:06	+01:07:16	09:00
237	2846	Ruben Martins	oralklass-amigos do trail	Senior Masculino	02:33:07	+01:07:16	09:00
238	2220	Alice Sousa	dr merino/ nutrifit	Veterana F40	02:33:07	+01:07:16	09:00
239	2219	Helder Neves	dr merino/ nutrifit	Senior Masculino	02:33:11	+01:07:20	09:01
240	3049	Avelino Coelho	trail dos moinhos	Veterano M40	02:33:59	+01:08:09	09:04
241	2821	Armando Cardoso	nós acreditamos	Veterano M40	02:34:50	+01:08:59	09:06
242	2955	JOSÉ RODRIGUES	prestígio	Veterano M50	02:34:53	+01:09:03	09:07
243	2171	André Machado	cfit freamunde	Senior Masculino	02:35:00	+01:09:09	09:07
244	2185	Roberto Bessa	cfit freamunde	Senior Masculino	02:35:01	+01:09:11	09:07
245	2182	Paulo Ribeiro	cfit freamunde	Senior Masculino	02:35:27	+01:09:37	09:09
246	2190	Jorge Conceição	cfit freamunde	Veterano M50	02:35:28	+01:09:37	09:09
247	2130	Paulo Nunes	btt alegria / tubani	Veterano M40	02:35:32	+01:09:41	09:09
248	2536	PEDRO MIGUEL JORGE NUNES DA SILVA	individual	Senior Masculino	02:35:35	+01:09:44	09:09
249	2813	Raquel Dinis Paiva	nós	Senior Feminino	02:35:43	+01:09:53	09:10
250	2930	Bruno Guedes	porto sentido	Senior Masculino	02:35:52	+01:10:02	09:10
251	2651	Paulo Seabra	individual	Veterano M40	02:36:09	+01:10:18	09:11
252	2839	Patricia Santos	oralklass-amigos do trail	Senior Feminino	02:36:12	+01:10:21	09:11
253	2018	Paulo Ribeiro	10temidos	Veterano M40	02:36:23	+01:10:32	09:12
254	2382	Lígia Freitas	individual	Senior Feminino	02:36:29	+01:10:39	09:12
255	2580	maria arminda faria maciel	individual	Veterana F40	02:36:42	+01:10:52	09:13
256	2619	Filipe Duarte Castro	individual	Veterano M40	02:36:43	+01:10:52	09:13
257	2899	Cristina Costa	ou vai ou racha	Veterana F40	02:36:51	+01:11:00	09:14
258	2336	Alexandra Marques Azevedo	individual	Senior Feminino	02:36:54	+01:11:04	09:14
259	3000	Pedro Silva	smiling runners	Senior Masculino	02:37:03	+01:11:13	09:14
260	2937	João Barbosa	porto sentido	Veterano M40	02:37:03	+01:11:13	09:14
261	2977	Cátia Sequeira	s. s. montepio	Senior Feminino	02:37:20	+01:11:29	09:15
262	2508	Libanio José Rocha Alves	individual	Senior Masculino	02:38:12	+01:12:21	09:18
263	2149	Jorge Manuel Melo	casa da viúva	Veterano M50	02:38:25	+01:12:34	09:19
264	2145	Pedro Daniel M. C. RAMBO	casa da viúva	Senior Masculino	02:38:25	+01:12:34	09:19
265	2147	Paulo Fernando Melo Coelho Ferreira	casa da viúva	Veterano M40	02:38:25	+01:12:34	09:19
266	2144	Jorge Tiago Santos e Melo	casa da viúva	Senior Masculino	02:38:25	+01:12:35	09:19

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

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
267	2142	Bruno Santos e Melo	casa da viúva	Senior Masculino	02:38:25	+01:12:35	09:19
268	2146	Manuel De Melo Coelho Ferreira	casa da viúva	Veterano M40	02:38:25	+01:12:35	09:19
269	2662	Rui Fernandes	individual	Veterano M40	02:38:32	+01:12:42	09:20
270	2750	Claudia Patricia SIlva Moreira	moinhos run - adrm	Senior Feminino	02:38:40	+01:12:49	09:20
271	3080	Carlos Freixo	individual	Veterano M40	02:38:41	+01:12:51	09:20
272	2347	andrea cunha	individual	Senior Feminino	02:38:46	+01:12:56	09:20
273	2334	Hugo André Costa Barros	individual	Junior Masculino	02:38:53	+01:13:03	09:21
274	2330	Bruno Fernandes	helder optica team	Senior Masculino	02:38:54	+01:13:03	09:21
275	2360	Cidália Teixeira	individual	Senior Feminino	02:38:59	+01:13:09	09:21
276	2985	Ricardo Silva	s. s. montepio	Veterano M40	02:39:15	+01:13:24	09:22
277	2978	Hugo Silva	s. s. montepio	Senior Masculino	02:39:15	+01:13:25	09:22
278	2766	Rui manuel pinto dos reis da quinta	moinhos run - adrm	Veterano M50	02:39:43	+01:13:53	09:24
279	2735	Antonio Coelho	lusos xxi	Senior Masculino	02:40:10	+01:14:20	09:25
280	2736	Fábio Castro	lusos xxi	Senior Masculino	02:40:36	+01:14:45	09:27
281	2983	Hugo Costa	s. s. montepio	Veterano M40	02:40:47	+01:14:57	09:28
282	2782	Sandra Miranda	individual	Veterana F40	02:40:50	+01:14:59	09:28
283	2132	José Luís Maia	bueda canoka	Senior Masculino	02:40:56	+01:15:05	09:28
284	2061	Ana Maria Pinto	aliança de gandra	Veterana F40	02:41:08	+01:15:17	09:29
285	2240	Márcio Castro	eu o antero e o sérgio	Senior Masculino	02:41:16	+01:15:26	09:29
286	2809	Rui Almeida	nocturnos de paredes	Senior Masculino	02:41:19	+01:15:28	09:29
287	2131	Emanuel Vieira	bueda canoka	Senior Masculino	02:41:29	+01:15:38	09:30
288	3076	Paula Santos	all about	Veterana F40	02:42:34	+01:16:43	09:34
289	2869	RICARDO NOGUEIRA	os guerreiros	Senior Masculino	02:43:23	+01:17:33	09:37
290	2867	Fernando Jorge Moreira pacheco	os guerreiros	Senior Masculino	02:43:23	+01:17:33	09:37
291	2613	Carlos Moutinho	individual	Veterano M40	02:44:28	+01:18:38	09:41
292	2189	Maria Antunes	cfit freamunde	Veterana F50	02:44:41	+01:18:50	09:41
293	2029	Fábio Correia	a.d sebolido trail boneca d´ouro	Senior Masculino	02:45:21	+01:19:31	09:44
294	2806	José Cunha	nocturnos de paredes	Senior Masculino	02:45:33	+01:19:42	09:44
295	2880	nuno Filipe morais Escobar	os morais	Veterano M40	02:45:40	+01:19:50	09:45
296	3032	Andrea Coelho	tecla 3 runners	Veterana F40	02:45:49	+01:19:59	09:45
297	2450	Carlos Filipe Neves dos Santos	individual	Senior Masculino	02:45:50	+01:19:59	09:45
298	2532	Pedro Manuel Nunes Martins	individual	Senior Masculino	02:45:50	+01:19:59	09:45
299	2793	Nuno Ferreira	nascidos para correr	Senior Masculino	02:45:55	+01:20:04	09:46
300	2134	André Magalhães	carreiros	Junior Masculino	02:46:11	+01:20:21	09:47
301	2535	Pedro Miguel Fonseca Magalhães	individual	Senior Masculino	02:46:30	+01:20:40	09:48
302	2265	Filipe Reis Pinheiro	fridão sem limites	Senior Masculino	02:46:34	+01:20:43	09:48
303	2763	Isabel Carvalho	moinhos run - adrm	Veterana F40	02:46:57	+01:21:06	09:49
304	2016	Helder Moreira	10temidos	Senior Masculino	02:47:01	+01:21:10	09:49
305	2732	Joaquim Leite	leões de tardariz trail	Veterano M50	02:47:08	+01:21:17	09:50
306	2728	Manuel Alvarino	leões de tardariz trail	Veterano M40	02:47:08	+01:21:18	09:50
307	2812	Salvador Santos	nocturnos de paredes	Veterano M40	02:47:10	+01:21:20	09:50
308	2055	Marco Moreira	aliança de gandra	Senior Masculino	02:47:23	+01:21:32	09:51
309	2549	Rui André Ribeiro	individual	Senior Masculino	02:47:33	+01:21:42	09:51
310	2455	César Lopes	individual	Senior Masculino	02:47:40	+01:21:50	09:52
311	2227	irene barbosa	ele e ela	Veterana F40	02:47:43	+01:21:53	09:52
312	2430	André Cunha	individual	Senior Masculino	02:47:47	+01:21:56	09:52

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

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
313	2254	Maria Sá	family pinto	Senior Feminino	02:47:48	+01:21:57	09:52
314	2351	Banita	individual	Senior Feminino	02:48:01	+01:22:11	09:53
315	2578	Margarida Monteiro	individual	Veterana F40	02:48:05	+01:22:14	09:53
316	2139	Ricardo Lopes	carreiros	Senior Masculino	02:48:35	+01:22:45	09:55
317	2759	Nuno Moreira	moinhos run - adrm	Senior Masculino	02:48:37	+01:22:46	09:55
318	2138	Paulo Lopes	carreiros	Senior Masculino	02:48:37	+01:22:47	09:55
319	3075	Rui Alves Quinta	moinhos run - adrm	Junior Masculino	02:48:40	+01:22:50	09:55
320	2755	Susana Sousa	moinhos run - adrm	Senior Feminino	02:48:50	+01:22:59	09:56
321	2161	Liliana Ribeiro	cfa runners	Senior Feminino	02:48:51	+01:23:00	09:56
322	2162	Filipe Nunes	cfa runners	Senior Masculino	02:48:51	+01:23:01	09:56
323	2194	Miguel Dias	cloudworks	Veterano M40	02:48:59	+01:23:09	09:56
324	2622	Francisco Manuel Ribeiro da Costa	individual	Veterano M40	02:49:05	+01:23:15	09:57
325	2153	Marlene Martins	centro ciclista de gondomar	Senior Feminino	02:49:06	+01:23:15	09:57
326	2155	Miguei Martins	centro ciclista de gondomar	Senior Masculino	02:49:10	+01:23:19	09:57
327	2128	Joaquim Soares	btt alegria / tubani	Veterano M40	02:49:18	+01:23:27	09:58
328	2126	Daniel Sousa	btt alegria / tubani	Senior Masculino	02:49:18	+01:23:28	09:58
329	2137	Filipe Oliveira	carreiros	Senior Masculino	02:49:24	+01:23:34	09:58
330	2760	roberto coelho	moinhos run - adrm	Senior Masculino	02:49:28	+01:23:37	09:58
331	2698	Manuel Afonso de Sousa Teixeira	i-run	Veterano M40	02:49:34	+01:23:44	09:59
332	3053	Daniel Silva	trailgloditas runners	Senior Masculino	02:49:54	+01:24:04	10:00
333	3052	Bruno Pereira	trailgloditas runners	Senior Masculino	02:49:57	+01:24:07	10:00
334	2820	Lúcia Oliveira	nós acreditamos	Veterana F40	02:50:27	+01:24:37	10:02
335	2477	FRANCISCO PACHECO	individual	Senior Masculino	02:50:33	+01:24:43	10:02
336	2910	Emanuela Rocha	parjovem	Senior Feminino	02:50:47	+01:24:57	10:03
337	2911	Antonio Neto	parjovem	Senior Masculino	02:50:47	+01:24:57	10:03
338	2528	Paulo Magalhães	individual	Senior Masculino	02:51:30	+01:25:39	10:05
339	3011	Minda Coelho	somos nós team	Veterana F40	02:52:05	+01:26:15	10:07
340	2752	Liliana Magalhães	moinhos run - adrm	Senior Feminino	02:53:16	+01:27:25	10:12
341	2060	Alexandra Padilha	aliança de gandra	Veterana F40	02:53:29	+01:27:38	10:12
342	2188	Cristina Neto	cfit freamunde	Veterana F40	02:53:56	+01:28:06	10:14
343	1446	Hugo Lopes	s. s. montepio	Senior Masculino	02:53:59	+01:28:09	10:14
344	2748	Germano Manuel Nunes Sousa	minions	Senior Masculino	02:54:00	+01:28:09	10:14
345	2019	Rui Sá	10temidos	Veterano M40	02:54:00	+01:28:10	10:14
346	2326	Ana Campanhã	h2o service	Senior Feminino	02:54:01	+01:28:10	10:14
347	3033	Teresa Silva	tecla 3 runners	Veterana F40	02:54:09	+01:28:19	10:15
348	2414	Simone Dinis Paiva	individual	Senior Feminino	02:54:20	+01:28:29	10:15
349	2241	Sérgio Sousa	eu o antero e o sérgio	Senior Masculino	02:54:29	+01:28:38	10:16
350	2105	carlos silva ferreira	autistic.runners	Veterano M40	02:54:34	+01:28:43	10:16
351	2307	Rui Oliveira	gondomar futsal clube	Senior Masculino	02:54:37	+01:28:47	10:16
352	2344	Ana Margarida Ribeiro Barros	individual	Senior Feminino	02:54:39	+01:28:48	10:16
353	2495	Joaquim Cardoso	individual	Senior Masculino	02:54:45	+01:28:54	10:17
354	2615	Claudio Silva	individual	Veterano M40	02:55:04	+01:29:14	10:18
355	2443	Bruno Moreira	individual	Senior Masculino	02:55:12	+01:29:22	10:18
356	3031	Sérgio Silva	tecla 3 runners	Senior Masculino	02:55:15	+01:29:25	10:19
357	1169	Bruno Monteiro	individual	Senior Masculino	02:55:27	+01:29:37	10:19
358	2169	Marta Ribeiro	cfit freamunde	Senior Feminino	02:55:30	+01:29:40	10:19

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

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
359	2432	André Vieira	individual	Senior Masculino	02:55:48	+01:29:58	10:21
360	2558	Sergio Chacim	individual	Senior Masculino	02:56:24	+01:30:33	10:23
361	2925	MIGUEL TEIXEIRA	pm	Veterano M40	02:56:38	+01:30:47	10:23
362	2923	TIAGO SILVA	pm	Senior Masculino	02:56:38	+01:30:47	10:23
363	2922	PAULO SILVA	pm	Senior Masculino	02:56:38	+01:30:47	10:23
364	2151	Marta André	casadotear.com	Senior Feminino	02:57:00	+01:31:10	10:25
365	2441	Bruno Joel Pereira	individual	Senior Masculino	02:57:19	+01:31:29	10:26
366	3071	Alexandra Pimenta	vimarunners	Senior Feminino	02:57:20	+01:31:29	10:26
367	2982	Carla Barros	s. s. montepio	Veterana F40	02:57:20	+01:31:30	10:26
368	3055	MANUEL SANTOS SILVA	trepatrilhos trail team	Veterano M40	02:57:35	+01:31:44	10:27
369	2370	Eunice Salgado	individual	Senior Feminino	02:57:46	+01:31:56	10:27
370	2653	Paulo Soares	individual	Veterano M40	02:57:54	+01:32:04	10:28
371	2850	Sónia Mota	oralklass-amigos do trail	Veterana F40	02:57:56	+01:32:05	10:28
372	2697	Joaquim Ferreira	i-run	Veterano M40	02:58:09	+01:32:19	10:29
373	2699	Pedro João Salgueiro Marques da Silva	i-run	Veterano M40	02:58:10	+01:32:19	10:29
374	2677	Filipe Mota	individual	Veterano M50	02:58:10	+01:32:20	10:29
375	2303	Mónica Carvalhais	gondomar futsal clube	Senior Feminino	02:58:14	+01:32:24	10:29
376	2815	Sandra Pereira	nós acreditamos	Senior Feminino	02:58:32	+01:32:41	10:30
377	2784	jose moura	monte dos amigos	Veterano M40	02:59:01	+01:33:10	10:32
378	2445	Bruno Ricardo Rodrigues de Sousa	individual	Senior Masculino	02:59:03	+01:33:12	10:32
379	2491	João Barbosa Pereira	individual	Senior Masculino	02:59:13	+01:33:23	10:33
380	2221	Ivone Cristina Lopes Ganso	dr merino/ nutrifit	Veterana F40	03:00:13	+01:34:22	10:36
381	2166	Liliana Teixeira	cfit freamunde	Senior Feminino	03:00:31	+01:34:41	10:37
382	2743	Ana Rosa Alves	m.alves cabroelo	Veterana F50	03:00:57	+01:35:06	10:39
383	2570	Cristina Sousa	individual	Veterana F40	03:01:17	+01:35:26	10:40
384	2371	Fernanda Maria Ferreira Oliveira	individual	Senior Feminino	03:01:24	+01:35:34	10:40
385	2047	Carla Pereira	aliança de gandra	Senior Feminino	03:01:25	+01:35:35	10:40
386	2926	Tamara corral Martínez	portadas de valdeorras trail	Senior Feminino	03:01:27	+01:35:37	10:40
387	2202	Cândida Vilas-Boas	clube zupper	Veterana F40	03:01:28	+01:35:38	10:41
388	2380	Keissy Sousa	individual	Senior Feminino	03:01:28	+01:35:38	10:41
389	2486	Hugo André Couto	individual	Senior Masculino	03:02:46	+01:36:56	10:45
390	2396	Maria João Silva	individual	Senior Feminino	03:02:46	+01:36:56	10:45
391	1449	Julio Santos	s. s. montepio	Veterano M40	03:03:08	+01:37:18	10:46
392	2496	Jorge Filipe Pinheiro	individual	Senior Masculino	03:03:12	+01:37:21	10:47
393	2569	Cidália Soares	individual	Veterana F40	03:03:49	+01:37:58	10:49
394	2866	BRUNO DANIEL MAGALHÃES	os guerreiros	Senior Masculino	03:03:51	+01:38:00	10:49
395	2605	António Manuel Coelho de Sousa	individual	Veterano M40	03:04:03	+01:38:13	10:50
396	2851	Miguel Gonçalves	oralklass-amigos do trail	Veterano M40	03:04:04	+01:38:14	10:50
397	1370	Paula Morais	monte dos amigos	Senior Feminino	03:04:48	+01:38:57	10:52
398	2289	Pedro Reis	generosos	Senior Masculino	03:04:54	+01:39:03	10:53
399	2368	Elsa Costa	individual	Senior Feminino	03:04:54	+01:39:03	10:53
400	2245	Nuno André Correia	factor x / s4l / medensefc	Senior Masculino	03:05:04	+01:39:14	10:53
401	2720	Rita Pereira	lagaresport	Senior Feminino	03:05:09	+01:39:19	10:54
402	2644	Oscar Luis Oliveira Novais	individual	Veterano M40	03:05:10	+01:39:20	10:54
403	2504	José Luis Pereira da Rocha	individual	Senior Masculino	03:05:11	+01:39:20	10:54

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

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
404	2176	Cesar Moura	cfit freamunde	Senior Masculino	03:05:13	+01:39:22	10:54
405	2222	Alfredo Freitas	dr merino/ nutrifit	Veterano M40	03:05:40	+01:39:49	10:55
406	2628	Jorge Nogueira	individual	Veterano M40	03:06:07	+01:40:16	10:57
407	2040	Bruno José Rocha Ribeiro	acrorunners	Senior Masculino	03:06:08	+01:40:18	10:57
408	2350	Arlete Dias	individual	Senior Feminino	03:06:16	+01:40:26	10:57
409	2485	Helder Santos	individual	Senior Masculino	03:06:29	+01:40:39	10:58
410	2284	Natercia Teixeira	generosos	Senior Feminino	03:06:52	+01:41:02	11:00
411	2462	Daniel Pinto	individual	Senior Masculino	03:07:39	+01:41:48	11:02
412	2363	Cristina Rocha	individual	Senior Feminino	03:07:39	+01:41:49	11:02
413	2800	Carina Moreira	nocturnos de paredes	Senior Feminino	03:07:52	+01:42:01	11:03
414	2596	Marcia Cristina Mateus Lopes	individual	Senior Feminino	03:07:57	+01:42:07	11:03
415	2080	Jose Melo	amigos d´betão	Veterano M40	03:08:18	+01:42:28	11:05
416	2534	Pedro Miguel da Rocha Santos	individual	Senior Masculino	03:10:38	+01:44:47	11:13
417	2756	Anselmo Luís dos Santos Pereira	moinhos run - adrm	Senior Masculino	03:10:39	+01:44:48	11:13
418	3003	Henrique Sousa	solitário	Senior Masculino	03:10:46	+01:44:55	11:13
419	3015	Jorge Almeida	soplabifana	Veterano M40	03:10:46	+01:44:56	11:13
420	1163	André Monteiro	individual	Senior Masculino	03:10:53	+01:45:02	11:14
421	40	Céu Cordeiro	gondomar futsal clube	Senior Feminino	03:11:02	+01:45:11	11:14
422	2588	Paula Moreira	individual	Veterana F40	03:11:08	+01:45:18	11:15
423	2274	MANUEL REIS	fugitivos urbanos	Senior Masculino	03:11:13	+01:45:23	11:15
424	3028	Cristina Alexandra Barbosa Couto	tecla 3 runners	Senior Feminino	03:11:24	+01:45:33	11:16
425	3027	Andreia Pacheco	tecla 3 runners	Senior Feminino	03:11:24	+01:45:33	11:16
426	2593	Alice Moutinho	individual	Veterana F50	03:11:24	+01:45:34	11:16
427	2249	Pedro Silva	factor x / s4l / medensefc	Veterano M40	03:11:27	+01:45:37	11:16
428	1267	Tiago Pinto	individual	Senior Masculino	03:11:28	+01:45:37	11:16
429	2239	Antero Silva	eu o antero e o sérgio	Senior Masculino	03:11:40	+01:45:50	11:17
430	2640	Manuel Sérgio Sousa	individual	Veterano M40	03:11:51	+01:46:01	11:17
431	2525	Nuno Oliveira	individual	Senior Masculino	03:12:31	+01:46:40	11:19
432	2674	Armindo Moura	individual	Veterano M50	03:12:36	+01:46:46	11:20
433	2331	Eduarda Teixeira Moreira	a.d. cabroelo	Junior Feminino	03:12:38	+01:46:48	11:20
434	2872	Paulo Miguel Areal de Sousa	os mariolas	Senior Masculino	03:12:43	+01:46:53	11:20
435	2873	Ana Trigo	os mariolas	Veterana F40	03:12:44	+01:46:53	11:20
436	2333	Filipe Borges	individual	Junior Masculino	03:12:46	+01:46:56	11:20
437	2684	LUIZ C.J.BLANQUET	individual	Veterano M50	03:12:49	+01:46:58	11:21
438	2043	Ricardo Brochado	acrorunners	Senior Masculino	03:13:02	+01:47:11	11:21
439	2039	Rosa Mendes	acrorunners	Senior Feminino	03:13:02	+01:47:12	11:21
440	2042	João Cunha	acrorunners	Senior Masculino	03:13:02	+01:47:12	11:21
441	2999	Isabel Monteiro	smiling runners	Senior Feminino	03:13:06	+01:47:16	11:22
442	2998	Alberta Rodrigues	smiling runners	Senior Feminino	03:13:06	+01:47:16	11:22
443	2548	Rodrigo Magalhães	individual	Senior Masculino	03:13:11	+01:47:21	11:22
444	2550	Rui Correia	individual	Senior Masculino	03:13:21	+01:47:30	11:22
445	2271	Hugo Miguel da Silva Oliveira	fugitivos urbanos	Senior Masculino	03:13:23	+01:47:33	11:23
446	2761	Sérgio Manuel Dias Rocha	moinhos run - adrm	Senior Masculino	03:13:39	+01:47:48	11:23
447	2447	carlos barbosa	individual	Senior Masculino	03:13:47	+01:47:57	11:24
448	2463	David José Andrade Pereira	individual	Senior Masculino	03:13:50	+01:48:00	11:24
449	2356	Carla Susana Anunciação Monteiro	individual	Senior Feminino	03:14:13	+01:48:23	11:26

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

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
450	2272	Tiago Joel da Silva Coelho	fugitivos urbanos	Senior Masculino	03:14:13	+01:48:23	11:26
451	2267	Liliana Maria de Sousa Rodrigues	fugitivos urbanos	Senior Feminino	03:14:14	+01:48:23	11:26
452	2304	Pedro Rodrigues	gondomar futsal clube	Senior Masculino	03:14:56	+01:49:05	11:28
453	2961	helder rocha	reumatico	Senior Masculino	03:14:56	+01:49:05	11:28
454	3020	FILIPE MAGANO	su team & friends	Senior Masculino	03:15:33	+01:49:43	11:30
455	3021	MIGUEL VIEIRA	su team & friends	Senior Masculino	03:15:34	+01:49:43	11:30
456	2482	Hélder Manuel Moreira Teles	individual	Senior Masculino	03:15:36	+01:49:45	11:30
457	2565	Vítor Vieira	individual	Senior Masculino	03:15:36	+01:49:46	11:30
458	2223	Joana Abreu	eat pasta run fast	Senior Feminino	03:15:46	+01:49:56	11:31
459	3002	Ricardo Manuel Martins Soares	sódescidas trail	Senior Masculino	03:15:49	+01:49:58	11:31
460	3001	Marcos Jil Alves Martins	sódescidas trail	Senior Masculino	03:15:49	+01:49:58	11:31
461	2603	António Carlos de Sousa Ferraz	individual	Veterano M40	03:17:14	+01:51:23	11:36
462	2621	Francisco José Garcia Moreira	individual	Veterano M40	03:17:14	+01:51:23	11:36
463	2280	Claudia Coelho	generosos	Senior Feminino	03:17:53	+01:52:03	11:38
464	3066	Mónica Magalhães	usf ts	Senior Feminino	03:18:09	+01:52:19	11:39
465	2920	Paulo Torres	pena team	Senior Masculino	03:18:22	+01:52:31	11:40
466	3067	Ana Alves	usf ts	Veterana F40	03:18:23	+01:52:32	11:40
467	2250	Rui Mota	factor x / s4l / medensefc	Veterano M40	03:18:30	+01:52:39	11:41
468	2541	Pedro Silva	individual	Senior Masculino	03:18:34	+01:52:44	11:41
469	2671	Antonio Cunha	individual	Veterano M50	03:18:48	+01:52:57	11:42
470	2426	ABEL ANDRADE	individual	Senior Masculino	03:19:31	+01:53:40	11:44
471	2614	Carlos Russo	individual	Veterano M40	03:19:34	+01:53:44	11:44
472	2688	VALDEMAR SILVA	individual	Veterano M50	03:19:35	+01:53:44	11:44
473	2904	Vitor Teixeira	papa trails	Senior Masculino	03:20:28	+01:54:38	11:48
474	2260	Manuel Rocha	fast ao km	Veterano M50	03:20:54	+01:55:04	11:49
475	2522	Nuno Filipe Monteiro Moreira Silva	individual	Senior Masculino	03:21:14	+01:55:24	11:50
476	2712	Bruno Bartes	kunalama runners	Senior Masculino	03:21:14	+01:55:24	11:50
477	2710	Elisabete Fonseca	kunalama runners	Senior Feminino	03:21:15	+01:55:24	11:50
478	2387	Luisa Mota	individual	Senior Feminino	03:21:26	+01:55:36	11:51
479	2521	Nuno Almeida	individual	Senior Masculino	03:21:26	+01:55:36	11:51
480	2523	Nuno Miguel de Brochado Neto	individual	Senior Masculino	03:21:48	+01:55:58	11:52
481	2887	Marisa Sousa	os turbomula	Senior Feminino	03:21:53	+01:56:02	11:53
482	2687	Raul Macedo	individual	Veterano M50	03:22:43	+01:56:52	11:55
483	2529	paulo manuel monteiro de carvalho	individual	Senior Masculino	03:22:52	+01:57:01	11:56
484	2376	Irina Micaela Rodrigues Coelho Vale	individual	Senior Feminino	03:23:02	+01:57:12	11:57
485	2191	Paulo Querido	cfit freamunde	Veterano M50	03:23:40	+01:57:50	11:59
486	2803	Maria Moutinho	nocturnos de paredes	Senior Feminino	03:23:42	+01:57:52	11:59
487	2801	Carla Sousa	nocturnos de paredes	Senior Feminino	03:23:43	+01:57:52	11:59
488	2949	ANTONIO MARTINS	portocargo	Veterano M40	03:23:48	+01:57:57	11:59
489	2733	Ana Rita Cunha	lusos xxi	Senior Feminino	03:23:48	+01:57:58	11:59
490	2772	rosa almeida	monte dos amigos	Senior Feminino	03:23:53	+01:58:02	12:00
491	2774	joao alves	monte dos amigos	Senior Masculino	03:23:53	+01:58:03	12:00
492	2353	Barbara Machado	individual	Senior Feminino	03:24:04	+01:58:13	12:00
493	2519	Nelson Nunes	individual	Senior Masculino	03:24:04	+01:58:14	12:00
494	2962	sergio pereira	reumatico	Senior Masculino	03:24:14	+01:58:24	12:01

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

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
495	2959	rosana martins	reumatico	Senior Feminino	03:24:14	+01:58:24	12:01
496	2686	MANUEL PINTO	individual	Veterano M50	03:24:24	+01:58:33	12:01
497	2483	HELDER MOREIRA	individual	Senior Masculino	03:24:24	+01:58:33	12:01
498	2802	Eva Moreira	nocturnos de paredes	Senior Feminino	03:24:24	+01:58:33	12:01
499	2591	Susana Luís	individual	Veterana F40	03:24:26	+01:58:35	12:02
500	2796	DANIEL LOPES	newton team	Senior Masculino	03:24:34	+01:58:43	12:02
501	2739	Luís Marinho	lusos xxi	Senior Masculino	03:25:18	+01:59:27	12:05
502	2868	JOSÉ CARLOS NOGUEIRA	os guerreiros	Senior Masculino	03:25:46	+01:59:55	12:06
503	2958	mara freitas	reumatico	Senior Feminino	03:26:21	+02:00:30	12:08
504	2225	Susana Silva	edv-viana trail	Senior Feminino	03:26:26	+02:00:35	12:09
505	2888	Marta Mota	os turbomula	Senior Feminino	03:26:27	+02:00:37	12:09
506	2493	João Carlos França	individual	Senior Masculino	03:26:40	+02:00:49	12:09
507	2484	Helder Moreira	individual	Senior Masculino	03:26:47	+02:00:56	12:10
508	2148	Fernando de Mello Coelho Ferreira	casa da viúva	Veterano M50	03:27:00	+02:01:09	12:11
509	3009	Cláudio Silva	somos nós team	Senior Masculino	03:27:00	+02:01:09	12:11
510	2299	Rodrigo Ferraz	generosos	Veterano M40	03:27:14	+02:01:24	12:11
511	2287	Sofia Tadeu	generosos	Senior Feminino	03:27:14	+02:01:24	12:11
512	2860	João Ferreira	os fugitivos da crise	Senior Masculino	03:27:17	+02:01:26	12:12
513	2943	Fernando Ferraz	porto sentido	Veterano M50	03:27:45	+02:01:55	12:13
514	2577	Manuela Mota	individual	Veterana F40	03:27:46	+02:01:56	12:13
515	2919	César Moreira	pena team	Senior Masculino	03:28:05	+02:02:14	12:14
516	2889	Sara Moreira	os turbomula	Senior Feminino	03:28:23	+02:02:33	12:16
517	2085	carmem moreira	amigos do pedal	Veterana F40	03:28:33	+02:02:42	12:16
518	2471	Fernando Bruno Caetano rocha	individual	Senior Masculino	03:28:48	+02:02:58	12:17
519	2980	Joana Direito	s. s. montepio	Senior Masculino	03:29:35	+02:03:45	12:20
520	2979	Ivo Martins	s. s. montepio	Senior Masculino	03:29:35	+02:03:45	12:20
521	2602	António Antunes	individual	Veterano M40	03:29:43	+02:03:52	12:20
522	2480	Gilberto Sousa	individual	Senior Masculino	03:29:54	+02:04:03	12:21
523	2481	Helder Oliveira	individual	Senior Masculino	03:29:54	+02:04:04	12:21
524	2740	Sérgio Costa	lusos xxi	Senior Masculino	03:30:11	+02:04:20	12:22
525	2738	João Paulo Andrade Carvalho	lusos xxi	Senior Masculino	03:30:11	+02:04:21	12:22
526	2737	Ivo Tiago Maiato Valadares	lusos xxi	Senior Masculino	03:30:11	+02:04:21	12:22
527	2121	Jorge Sousa	bitrunners	Senior Masculino	03:30:22	+02:04:32	12:23
528	2174	Bruno Costa	cfit freamunde	Senior Masculino	03:30:29	+02:04:38	12:23
529	2437	Antonio manuel moreira barbosa	individual	Senior Masculino	03:30:57	+02:05:07	12:25
530	2472	Fernando Ismael Oliveira Nogueira	individual	Senior Masculino	03:30:57	+02:05:07	12:25
531	2537	Pedro Miguel Pacheco de Jesus da Cunha	individual	Senior Masculino	03:31:01	+02:05:10	12:25
532	2451	Carlos Miguel Santos Moreira	individual	Senior Masculino	03:31:01	+02:05:10	12:25
533	2609	Carlos Avelino	individual	Veterano M40	03:31:10	+02:05:20	12:25
534	2935	Cláudio Cerqueira	porto sentido	Veterano M40	03:31:22	+02:05:32	12:26
535	2890	Filipe Nogueira	os turbomula	Senior Masculino	03:31:34	+02:05:43	12:27
536	2769	eva ribeiro	monte dos amigos	Senior Feminino	03:32:12	+02:06:22	12:29
537	2773	angelo faustino	monte dos amigos	Senior Masculino	03:32:12	+02:06:22	12:29
538	2276	Maria Sousa	futurrunners	Senior Feminino	03:32:16	+02:06:26	12:29
539	2115	Gil Castro	beat your limit!	Senior Masculino	03:32:38	+02:06:47	12:30

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

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
540	2853	Marilia Dias	os arrastas	Veterana F40	03:32:41	+02:06:51	12:31
541	2277	Luis Teixeira	futurrunners	Senior Masculino	03:32:55	+02:07:05	12:32
542	2673	antonio guimaraes	individual	Veterano M50	03:33:08	+02:07:18	12:32
543	2373	FILIPA PINTO	individual	Senior Feminino	03:33:22	+02:07:32	12:33
544	2714	Pedro Rocha	kunalama runners	Senior Masculino	03:33:24	+02:07:34	12:33
545	2711	Isabel Fonseca	kunalama runners	Senior Feminino	03:33:26	+02:07:35	12:33
546	2913	Luís Garcia	parjovem	Senior Masculino	03:33:33	+02:07:43	12:34
547	2425	Vania Amaral	individual	Senior Feminino	03:33:34	+02:07:44	12:34
548	2420	Susana Martins	individual	Senior Feminino	03:33:39	+02:07:48	12:34
549	2753	Luciana Camilo	moinhos run - adrm	Senior Feminino	03:34:08	+02:08:17	12:36
550	2315	Ana Sousa	gondomar futsal clube	Veterana F50	03:34:13	+02:08:23	12:36
551	2547	Roberto Carlos Ferreira Moreira	individual	Senior Masculino	03:34:19	+02:08:29	12:36
552	3004	Isabel Pinto	solmaia runners	Senior Feminino	03:34:33	+02:08:42	12:37
553	1465	Glória Monteiro	tartarugas do asfalto	Veterana F40	03:34:33	+02:08:42	12:37
554	2327	Claúdia Babo	helder optica team	Senior Feminino	03:34:45	+02:08:54	12:38
555	2328	Paula Costa	helder optica team	Senior Feminino	03:34:45	+02:08:54	12:38
556	2329	Rita Basto	helder optica team	Senior Feminino	03:34:45	+02:08:55	12:38
557	2152	Branca Nabais	ccdfpjp	Veterana F40	03:34:49	+02:08:59	12:38
558	3039	Marlene Rodrigues	thunder team	Senior Feminino	03:34:55	+02:09:04	12:39
559	3043	Pedro Rodrigues	thunder team	Veterano M40	03:34:55	+02:09:04	12:39
560	2854	carlos Sousa	os arrastas	Veterano M40	03:35:08	+02:09:17	12:39
561	2987	Rui Silva	s. s. montepio	Veterano M40	03:36:02	+02:10:11	12:42
562	2810	Maria de Jesus	nocturnos de paredes	Veterana F40	03:36:02	+02:10:11	12:42
563	2833	Nélson Montalvão	o jogo	Veterano M40	03:36:09	+02:10:18	12:43
564	2893	Carlos Mota	os turbomula	Veterano M40	03:36:11	+02:10:20	12:43
565	2579	Margarida Oliveira	individual	Veterana F40	03:36:11	+02:10:21	12:43
566	2855	Manuel Moura	os barriguitas	Veterano M50	03:36:20	+02:10:30	12:44
567	2905	Sonia Silva	paredes running	Senior Feminino	03:36:26	+02:10:36	12:44
568	2906	Antonio Barbosa	paredes running	Senior Masculino	03:36:27	+02:10:36	12:44
569	2620	FILIPE TEIXEIRA	individual	Veterano M40	03:36:48	+02:10:58	12:45
570	2952	MANUEL PEREIRA	portocargo	Veterano M50	03:38:10	+02:12:20	12:50
571	2082	Carina Gonçalves Ferreira	amigos do pedal	Junior Feminino	03:38:13	+02:12:22	12:50
572	1329	Carlos Almeida	individual	Veterano M50	03:38:15	+02:12:25	12:50
573	2635	Jose Soares	individual	Veterano M40	03:38:21	+02:12:30	12:51
574	2200	Gabriel Moreira	clube zupper	Senior Masculino	03:38:25	+02:12:34	12:51
575	2275	Joana Rangel	futurrunners	Senior Feminino	03:38:41	+02:12:50	12:52
576	2947	LAURA VIEIRA	portocargo	Veterana F40	03:38:45	+02:12:55	12:52
577	2585	Maria Lurdes Mendes	individual	Veterana F40	03:38:50	+02:13:00	12:52
578	2859	Elsa Costa	os fugitivos da crise	Senior Feminino	03:38:51	+02:13:00	12:52
579	2203	Paula Nascimento	clube zupper	Veterana F40	03:38:53	+02:13:02	12:53
580	2410	Sandra Ramos	individual	Senior Feminino	03:38:54	+02:13:04	12:53
581	2335	Albertina cunha	individual	Senior Feminino	03:38:56	+02:13:05	12:53
582	2301	Isabel Marques	gondomar futsal clube	Senior Feminino	03:39:00	+02:13:10	12:53
583	2312	Olivia Coelho	gondomar futsal clube	Veterana F40	03:39:00	+02:13:10	12:53
584	2364	Cristina Rodrigues Teixeira Lopes	individual	Senior Feminino	03:39:45	+02:13:55	12:56
585	2848	Ana Oliveira	oralklass-amigos do trail	Veterana F40	03:40:46	+02:14:56	12:59

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

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
586	2538	Pedro Oliveira	individual	Senior Masculino	03:41:25	+02:15:34	13:01
587	2877	Maria Eduarda Pereira Morais	os morais	Senior Feminino	03:41:35	+02:15:45	13:02
588	2927	Raquel Pereira	porto sentido	Senior Feminino	03:42:43	+02:16:53	13:06
589	2942	Carlos Martins	porto sentido	Veterano M50	03:42:43	+02:16:53	13:06
590	2941	Luis Rodrigues	porto sentido	Veterano M40	03:42:44	+02:16:53	13:06
591	2933	Elizabete Loureiro	porto sentido	Veterana F40	03:42:44	+02:16:53	13:06
592	2411	Sara Braga	individual	Senior Feminino	03:42:44	+02:16:54	13:06
593	2557	Sandro Sousa	individual	Senior Masculino	03:42:45	+02:16:54	13:06
594	2874	Mónica Matos	os mariolas	Veterana F40	03:42:51	+02:17:01	13:07
595	2912	Filipe Moreira	parjovem	Senior Masculino	03:43:19	+02:17:28	13:08
596	3051	Patricia Vieira	trail senhora do salto	Senior Feminino	03:43:30	+02:17:39	13:09
597	111	Jorge Ferreirinha	trail senhora do salto	Senior Masculino	03:43:30	+02:17:39	13:09
598	2814	Carla Pereira	nós	Senior Masculino	03:43:53	+02:18:03	13:10
599	2216	Raul Cunha	cunhax	Veterano M40	03:44:02	+02:18:11	13:11
600	2170	Sofia Fernandes	cfit freamunde	Senior Feminino	03:44:29	+02:18:39	13:12
601	2050	Sara Costa Rafael	aliança de gandra	Senior Feminino	03:44:30	+02:18:40	13:12
602	2660	Pedro Silva	individual	Veterano M40	03:44:31	+02:18:40	13:12
603	2649	Paulo Lara	individual	Veterano M40	03:44:37	+02:18:46	13:13
604	2359	Celina Tomás	individual	Senior Feminino	03:44:47	+02:18:57	13:13
605	2062	Carla Pinto	aliança de gandra	Veterana F40	03:45:16	+02:19:26	13:15
606	2199	Rita Chaves Rebelo	clube do pessoal edp - delegação de gaia	Senior Feminino	03:45:28	+02:19:38	13:16
607	2198	Joana Chaves Rebelo	clube do pessoal edp - delegação de gaia	Senior Feminino	03:45:29	+02:19:38	13:16
608	2197	Isabel Maria da Silva Henriques	clube do pessoal edp - delegação de gaia	Senior Feminino	03:45:29	+02:19:38	13:16
609	2637	Luís Moutinho	individual	Veterano M40	03:45:35	+02:19:44	13:16
610	2641	Miguel Moura	individual	Veterano M40	03:45:40	+02:19:49	13:16
611	2110	Cristina Jesus	beat your limit!	Senior Feminino	03:45:42	+02:19:51	13:17
612	2417	Sónia Sousa	individual	Senior Feminino	03:46:53	+02:21:03	13:21
613	2785	Bruno Antão	montes e vales	Senior Masculino	03:47:37	+02:21:47	13:23
614	2407	Patrícia Silva	individual	Senior Feminino	03:47:38	+02:21:47	13:23
615	2478	Gabriel Cunha	individual	Senior Masculino	03:47:38	+02:21:47	13:23
616	2201	João Rodrigues	clube zupper	Senior Masculino	03:47:48	+02:21:58	13:24
617	2655	Pedro Duarte	individual	Veterano M40	03:47:49	+02:21:58	13:24
618	2195	Sónia Bastos	clube de pesca de amarante	Senior Feminino	03:48:13	+02:22:22	13:25
619	2217	Sónia Dulcineia Silveira Magalhães Moreira	dr merino/ nutrifit	Senior Feminino	03:48:14	+02:22:23	13:26
620	2337	Alexandra Silva	individual	Senior Feminino	03:48:16	+02:22:25	13:26
621	2786	Maria Lurdes Conceição	montes e vales	Veterana F50	03:48:31	+02:22:41	13:27
622	2476	Francisco Manuel Pereira Barbosa	individual	Senior Masculino	03:48:34	+02:22:44	13:27
623	3024	Maria Portugal	tartarugas do asfalto	Veterana F40	03:48:53	+02:23:02	13:28
624	2232	Maria Fonseca	equipa joão ferreira	Veterana F40	03:48:57	+02:23:07	13:28
625	2658	Pedro Pereira	individual	Veterano M40	03:49:22	+02:23:31	13:30
626	2416	Sónia Isabel da Costa Gonçalves	individual	Senior Feminino	03:49:27	+02:23:36	13:30
627	2449	Carlos Cunha	individual	Senior Masculino	03:49:27	+02:23:36	13:30
628	2361	Cristiana Beatriz Ferreira de campos	individual	Senior Feminino	03:49:34	+02:23:43	13:30
629	2643	Nuno Miguel Silva Morais	individual	Veterano M40	03:49:34	+02:23:44	13:30
630	2224	Carla Alexandra Araújo Pereira	edv-viana trail	Senior Feminino	03:50:08	+02:24:17	13:32

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

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
631	2706	Sónia Gonçalves	kinkipa	Senior Feminino	03:50:12	+02:24:21	13:32
632	2707	Amândio Sousa	kinkipa	Veterano M40	03:50:12	+02:24:21	13:32
633	2705	Bruna Nunes	kinkipa	Senior Feminino	03:50:12	+02:24:22	13:33
634	2708	Augusto Teixeira	kinkipa	Veterano M50	03:50:14	+02:24:23	13:33
635	2136	Susana Ferreira	carreiros	Senior Feminino	03:50:47	+02:24:56	13:35
636	2164	Claudia Sousa	cfit freamunde	Senior Feminino	03:50:53	+02:25:03	13:35
637	2372	Filipa Gonçalves	individual	Senior Feminino	03:50:59	+02:25:08	13:35
638	2566	Ana Pestana	individual	Veterana F40	03:51:00	+02:25:10	13:35
639	2975	nuno correia	run2eat	Senior Masculino	03:51:04	+02:25:13	13:36
640	2976	rui rocha	run2eat	Veterano M40	03:51:04	+02:25:14	13:36
641	2799	Andreia Silva	nocturnos de paredes	Senior Feminino	03:52:10	+02:26:20	13:39
642	2251	Vitor Sousa	factor x / s4l / medensefc	Veterano M40	03:52:11	+02:26:20	13:39
643	2252	Alzira Rocha	family pinto	Senior Feminino	03:52:23	+02:26:32	13:40
644	2253	Daniela Pinto	family pinto	Senior Feminino	03:52:23	+02:26:32	13:40
645	2332	Diogo Miguel Moreira Teixeira	individual	Junior Masculino	03:52:45	+02:26:55	13:42
646	2581	Maria Augusta Moreira da Silva	individual	Veterana F40	03:52:48	+02:26:57	13:42
647	2102	Tânia Luisa Mendes Alves	associação desportiva de cabroelo	Senior Feminino	03:53:06	+02:27:15	13:43
648	2338	Ana Arriscado	individual	Senior Feminino	03:53:16	+02:27:26	13:43
649	2929	Vera Lúcia Sousa	porto sentido	Senior Feminino	03:53:25	+02:27:34	13:44
650	2805	Tânia Ferreira	nocturnos de paredes	Senior Feminino	03:53:37	+02:27:47	13:45
651	2804	Sandra Machado	nocturnos de paredes	Senior Feminino	03:53:37	+02:27:47	13:45
652	2807	Miguel Costa	nocturnos de paredes	Senior Masculino	03:53:38	+02:27:47	13:45
653	2111	Niki Marie	beat your limit!	Senior Feminino	03:53:51	+02:28:00	13:45
654	2909	Luis Ribeiro	paredes running	Veterano M40	03:54:12	+02:28:22	13:47
655	2383	Liliana Andreia Barbosa Mendes	individual	Senior Feminino	03:54:14	+02:28:24	13:47
656	2665	Rui Miguel Oliveira	individual	Veterano M40	03:54:17	+02:28:27	13:47
657	2531	Pedro Alves	individual	Senior Masculino	03:54:20	+02:28:30	13:47
658	2392	Maria da Luz Neves Olivença	individual	Senior Feminino	03:54:22	+02:28:31	13:47
659	2567	Andreia Alexandra Martins Sena Barbosa de Sá	individual	Veterana F40	03:54:37	+02:28:47	13:48
660	2358	Catarina Neto	individual	Senior Feminino	03:54:53	+02:29:03	13:49
661	2397	Maria silva	individual	Senior Feminino	03:54:53	+02:29:03	13:49
662	2636	Jota oliveira	individual	Veterano M40	03:54:57	+02:29:06	13:49
663	2073	Jose Carmo Teixeira	all about	Veterano M40	03:54:57	+02:29:06	13:49
664	2938	José carlos Teixeira Soares	porto sentido	Veterano M40	03:55:00	+02:29:10	13:49
665	2745	J.HENRIQUE S.S.MATOS	matts	Veterano M40	03:55:12	+02:29:21	13:50
666	2427	ADELINO JESUS CUNHA LOPES VIDEIRA	individual	Senior Masculino	03:55:14	+02:29:24	13:50
667	2744	SANDRA S.MATOS	matts	Veterana F40	03:55:21	+02:29:30	13:51
668	2257	Tiago Carneiro	family pinto	Senior Masculino	03:55:36	+02:29:45	13:52
669	2122	Rui Silva	bitrunners	Senior Masculino	03:55:41	+02:29:50	13:52
670	2781	sonia silva	monte dos amigos	Veterana F40	03:55:49	+02:29:58	13:52
671	2777	helena roxo	monte dos amigos	Veterana F40	03:55:49	+02:29:59	13:52
672	2215	André Cunha	cunhax	Senior Masculino	03:55:52	+02:30:01	13:52
673	2907	Ana Ferreira	paredes running	Veterana F40	03:56:01	+02:30:11	13:53
674	2074	Andreia Ferreira	amigos d´betão	Senior Feminino	03:56:26	+02:30:35	13:54
675	2076	Mónica Pereira	amigos d´betão	Senior Feminino	03:56:26	+02:30:35	13:54

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

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
676	2078	Raul Silva	amigos d´betão	Senior Masculino	03:56:26	+02:30:35	13:54
677	2077	Manuel Pereira	amigos d´betão	Senior Masculino	03:56:26	+02:30:36	13:55
678	2306	Ricardo Santos	gondomar futsal clube	Senior Masculino	03:56:51	+02:31:00	13:56
679	2302	Marta Pinheiro	gondomar futsal clube	Senior Feminino	03:56:51	+02:31:00	13:56
680	2946	ISABEL VIEIRA	portocargo	Veterana F40	03:57:35	+02:31:44	13:59
681	2951	RENATO OLIVEIRA	portocargo	Veterano M40	03:57:35	+02:31:44	13:59
682	2608	Augusto Rodrigues	individual	Veterano M40	03:57:41	+02:31:51	13:59
683	2403	Marta Monteiro	individual	Senior Feminino	03:57:41	+02:31:51	13:59
684	2086	paula ferreira	amigos do pedal	Veterana F40	03:57:42	+02:31:52	13:59
685	2669	alberto martins	individual	Veterano M50	03:57:45	+02:31:55	13:59
686	2560	Telmo Rodrigues	individual	Senior Masculino	03:58:01	+02:32:11	14:00
687	1054	Ricardo Silva	bosch termotecnologia sa	Senior Masculino	03:59:14	+02:33:23	14:04
688	1053	Noame Maria Oliveira da Costa	bosch termotecnologia sa	Senior Feminino	03:59:14	+02:33:24	14:04
689	2989	Marieta Moreira	sai da frente	Veterana F40	03:59:53	+02:34:03	14:07
690	2228	Lurdes Loureiro	ép saí da frente	Senior Feminino	03:59:53	+02:34:03	14:07
691	2229	Ivo Loureiro	ép saí da frente	Veterano M40	03:59:53	+02:34:03	14:07
692	2770	maria lopes	monte dos amigos	Senior Feminino	04:01:41	+02:35:50	14:13
693	2768	angela dias	monte dos amigos	Senior Feminino	04:01:41	+02:35:50	14:13
694	2991	Emanuel Durães	sai da frente	Veterano M40	04:01:50	+02:35:59	14:14
695	2988	Ana Sofia Durães	sai da frente	Senior Feminino	04:01:50	+02:36:00	14:14
696	2757	Daniel Filipe Ferreira Da Silva	moinhos run - adrm	Senior Masculino	04:02:00	+02:36:09	14:14
697	2754	Marlene Raquel Vieira	moinhos run - adrm	Senior Feminino	04:02:00	+02:36:10	14:14
698	2391	Maria Antónia Correia Cunha	individual	Senior Feminino	04:02:07	+02:36:16	14:15
699	2399	Marisa Carvalho	individual	Senior Feminino	04:02:07	+02:36:16	14:15
700	2305	Ricardo Alves	gondomar futsal clube	Senior Masculino	04:02:51	+02:37:01	14:17
701	2318	António José Queiroz	gondomar futsal clube	Veterano M50	04:02:51	+02:37:01	14:17
702	2514	Marco Freitas	individual	Senior Masculino	04:02:57	+02:37:06	14:17
703	2390	Margarida Silva	individual	Senior Feminino	04:02:57	+02:37:07	14:18
704	2832	Jorge Oliveira	o jogo	Veterano M40	04:03:08	+02:37:18	14:18
705	2829	Sandra Oliveira	o jogo	Senior Feminino	04:03:08	+02:37:18	14:18
706	2828	Anabela Barata	o jogo	Senior Feminino	04:03:08	+02:37:18	14:18
707	2831	Bruno Rodrigues	o jogo	Veterano M40	04:03:09	+02:37:18	14:18
708	2659	Pedro Ramos	individual	Veterano M40	04:03:23	+02:37:33	14:19
709	3050	Domingos Coelho	trail dos moinhos	Veterano M50	04:03:38	+02:37:48	14:20
710	2398	Marina Rodrigues	individual	Senior Feminino	04:04:09	+02:38:18	14:22
711	2479	George Silva	individual	Senior Masculino	04:04:14	+02:38:24	14:22
712	2384	Liliana Leal	individual	Senior Feminino	04:04:15	+02:38:25	14:22
713	2654	Paulo Sousa	individual	Veterano M40	04:04:25	+02:38:35	14:23
714	2626	Joaquim Jorge Silva Pimenta Almeida	individual	Veterano M40	04:04:26	+02:38:35	14:23
715	2917	Rui Castro Martins	parjovem	Senior Masculino	04:04:26	+02:38:35	14:23
716	2994	João Pinto	se chegarmos ao fim vai ser bom	Senior Masculino	04:04:28	+02:38:38	14:23
717	2995	Ricardo Moreira	se chegarmos ao fim vai ser bom	Senior Masculino	04:04:28	+02:38:38	14:23
718	2792	José Antonio Angelino	nascidos para correr	Veterano M40	04:04:55	+02:39:05	14:24
719	2794	Cristina Moreira	nascidos para correr	Veterana F40	04:04:59	+02:39:08	14:25
720	2193	José Matos	cloudworks	Veterano M40	04:05:06	+02:39:16	14:25

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
721	2721	Adriana Almeida	leões de tardariz trail	Senior Feminino	04:05:29	+02:39:38	14:26
722	2722	Andreia Oliveira	leões de tardariz trail	Senior Feminino	04:05:29	+02:39:38	14:26
723	2595	Lurdes Monteiro	individual	Veterana F50	04:07:36	+02:41:46	14:34
724	2719	Ana Pereira	lagaresport	Senior Feminino	04:08:10	+02:42:20	14:36
725	2544	Ricardo Lobo	individual	Senior Masculino	04:08:11	+02:42:20	14:36
726	2300	Sergio Reis	generosos	Veterano M50	04:08:30	+02:42:39	14:37
727	2140	Augusto Magalhães	carreiros	Veterano M50	04:08:31	+02:42:41	14:37
728	2896	Albano Guedes	ou vai ou racha	Senior Masculino	04:08:36	+02:42:46	14:37
729	2897	Carmo Ribeiro	ou vai ou racha	Veterana F40	04:08:37	+02:42:46	14:37
730	2954	ERMESINDA CARVALHO	prestígio	Veterana F40	04:08:57	+02:43:07	14:39
731	2261	Bruno Anjos	ffit gaia trail	Senior Masculino	04:09:18	+02:43:28	14:40
732	2262	Hugo Tavares	ffit gaia trail	Senior Masculino	04:09:18	+02:43:28	14:40
733	2378	Joana Sousa	individual	Senior Feminino	04:09:31	+02:43:41	14:41
734	2678	João Sousa	individual	Veterano M50	04:09:31	+02:43:41	14:41
735	2393	Maria de Fátima Freitas Coelho	individual	Senior Feminino	04:09:42	+02:43:51	14:41
736	2412	Sara Daniela Ferreira Sotto Mayor	individual	Senior Feminino	04:09:42	+02:43:51	14:41
737	2502	José Henrique Oliveira Lopes	individual	Senior Masculino	04:09:42	+02:43:52	14:41
738	2586	Mónica Rocha	individual	Veterana F40	04:09:48	+02:43:57	14:42
739	2572	Irene Videira	individual	Veterana F40	04:09:48	+02:43:58	14:42
740	2283	Isabel Rocha	generosos	Senior Feminino	04:10:15	+02:44:25	14:43
741	2632	jose gentil almeida ferreira	individual	Veterano M40	04:10:19	+02:44:29	14:44
742	2865	MARIA JOÃO NOGUEIRA	os guerreiros	Senior Feminino	04:10:45	+02:44:54	14:45
743	2404	Marta Oliveira Pinheiro	individual	Senior Feminino	04:11:56	+02:46:05	14:49
744	2606	António Manuel de Oliveira Pinheiro	individual	Veterano M40	04:12:20	+02:46:29	14:51
745	2864	MARIA DE FÁTIMA CAMPOS	os guerreiros	Senior Feminino	04:12:55	+02:47:05	14:53
746	2863	MARIA DE FÁTIMA BESSA	os guerreiros	Senior Feminino	04:13:07	+02:47:16	14:53
747	2638	Luís Sequeira	individual	Veterano M40	04:13:24	+02:47:34	14:54
748	2960	bruno fonseca	reumatico	Senior Masculino	04:13:28	+02:47:37	14:55
749	2388	Mafalda Carvalho	individual	Senior Feminino	04:13:40	+02:47:50	14:55
750	2352	BÁRBARA BARBOSA	individual	Senior Feminino	04:13:40	+02:47:50	14:55
751	2279	Carla Pimentel	generosos	Senior Feminino	04:14:12	+02:48:21	14:57
752	2418	susana almeida	individual	Senior Feminino	04:16:08	+02:50:17	15:04
753	2377	joana silva	individual	Senior Feminino	04:17:10	+02:51:19	15:08
754	2366	Daniela Lopes	individual	Senior Feminino	04:17:10	+02:51:19	15:08
755	2554	Rui Pedro Costa Jesus	individual	Senior Masculino	04:17:25	+02:51:34	15:09
756	2069	Candido Afonso	all about	Veterana F40	04:17:36	+02:51:45	15:09
757	2068	Daniela Marques	all about	Senior Feminino	04:17:36	+02:51:45	15:09
758	2048	Catarina Tavares	aliança de gandra	Senior Feminino	04:17:37	+02:51:47	15:09
759	2049	Celina Ferreira	aliança de gandra	Senior Feminino	04:17:38	+02:51:47	15:09
760	2063	António Paiva	aliança de gandra	Veterano M40	04:17:39	+02:51:48	15:09
761	2401	Marisa Vieira	individual	Senior Feminino	04:17:43	+02:51:52	15:10
762	2270	Susana Patrícia Coelho MOREIRA	fugitivos urbanos	Senior Feminino	04:17:53	+02:52:02	15:10
763	2389	MANUELA AZEVEDO	individual	Senior Feminino	04:18:09	+02:52:19	15:11
764	2556	Samuel Alexandre dos Santos Queirós	individual	Senior Masculino	04:18:16	+02:52:26	15:12
765	2342	Ana Isabel marques Almeida e Silva	individual	Senior Feminino	04:18:17	+02:52:26	15:12

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
766	2294	Manuela Rosas	generosos	Veterana F40	04:18:19	+02:52:28	15:12
767	2901	Paula Sousa	ou vai ou racha	Veterana F40	04:18:25	+02:52:35	15:12
768	2898	Cláudia Barros	ou vai ou racha	Veterana F40	04:18:26	+02:52:35	15:12
769	2298	Filipe Carelhas	generosos	Veterano M40	04:18:54	+02:53:04	15:14
770	2282	Iolanda Cerqueira	generosos	Senior Feminino	04:18:54	+02:53:04	15:14
771	2311	Marina Terceiro	gondomar futsal clube	Veterana F40	04:21:15	+02:55:25	15:22
772	2339	Ana Bárbara Castro	individual	Senior Feminino	04:21:15	+02:55:25	15:22
773	3061	Carla Leal	uh lá lá	Senior Feminino	04:21:15	+02:55:25	15:22
774	3062	Carmelita Marques	uh lá lá	Senior Feminino	04:21:15	+02:55:25	15:22
775	2355	Carla Brinco	individual	Senior Feminino	04:21:16	+02:55:25	15:22
776	2582	Maria do Céu Paias Couto	individual	Veterana F40	04:23:47	+02:57:56	15:31
777	2268	Marina Sofia de Sousa Coelho	fugitivos urbanos	Senior Feminino	04:26:16	+03:00:26	15:40
778	2269	Sandra Patrícia Barbosa da Silva	fugitivos urbanos	Senior Feminino	04:26:16	+03:00:26	15:40
779	2723	Tânia Santos	leões de tardariz trail	Senior Feminino	04:26:23	+03:00:32	15:40
780	2020	Ana Margarida Moreira Ribeiro Coelho	a caminho de ser fit team	Senior Feminino	04:28:55	+03:03:05	15:49
781	2023	Maria Magalhães	a caminho de ser fit team	Senior Feminino	04:28:56	+03:03:06	15:49
782	2406	Oriana Teixeira	individual	Senior Feminino	04:31:39	+03:05:48	15:59
783	2791	Paula Ferreira	nascidos para correr	Senior Feminino	04:31:39	+03:05:48	15:59
784	2633	José Luís Silva	individual	Veterano M40	04:32:17	+03:06:27	16:01
785	2639	Manuel Antonio Amaral Brandao	individual	Veterano M40	04:32:18	+03:06:27	16:01
786	2616	Dario Alfredo Alves Moutinho	individual	Veterano M40	04:32:18	+03:06:27	16:01
787	2025	Anabela Moreira Ribeiro	a caminho de ser fit team	Veterana F40	04:32:47	+03:06:56	16:03
788	2022	Lúcia Moreira Ribeiro	a caminho de ser fit team	Senior Feminino	04:32:47	+03:06:56	16:03
789	2718	Nuno Oliveira	la zinco	Senior Masculino	04:32:56	+03:07:06	16:03
790	2716	Andreia Carvalho	la zinco	Senior Feminino	04:32:57	+03:07:06	16:03
791	2717	Paula Silva	la zinco	Senior Feminino	04:32:57	+03:07:07	16:03
792	2779	paula coutinho	monte dos amigos	Veterana F40	04:33:01	+03:07:10	16:04
793	2778	paula almeida	monte dos amigos	Veterana F40	04:33:01	+03:07:10	16:04
794	2011	Alexandra Sá	10temidos	Senior Feminino	04:33:02	+03:07:12	16:04
795	2012	Fernando Sá	10temidos	Veterano M40	04:33:02	+03:07:12	16:04
796	2024	Patricia Silva	a caminho de ser fit team	Senior Feminino	04:33:48	+03:07:58	16:06
797	2551	rui ferreira	individual	Senior Masculino	04:34:19	+03:08:29	16:08
798	2056	Marco Moreira	aliança de gandra	Senior Masculino	04:34:21	+03:08:30	16:08
799	2345	ANA SILVA	individual	Senior Feminino	04:34:21	+03:08:31	16:08
800	2571	elsa dias	individual	Veterana F40	04:34:22	+03:08:31	16:08
801	2113	Tania Rebelo	beat your limit!	Senior Feminino	04:34:31	+03:08:40	16:09
802	2112	Susana Cambey	beat your limit!	Senior Feminino	04:34:31	+03:08:41	16:09
803	2790	Joana Gonçalves	nascidos para correr	Senior Feminino	04:35:44	+03:09:54	16:13
804	2014	André Azevedo	10temidos	Senior Masculino	04:36:08	+03:10:17	16:15
805	3017	PATRICIA ANTUNES	su team & friends	Senior Feminino	04:36:12	+03:10:21	16:15
806	3018	SILVIA VIANA	su team & friends	Senior Feminino	04:36:12	+03:10:21	16:15
807	3016	IRENE MADEIRA	su team & friends	Senior Feminino	04:36:12	+03:10:22	16:15
808	2409	Rita AFT Valente	individual	Senior Feminino	04:36:24	+03:10:33	16:16
809	2526	Paulo Barbosa Pereira	individual	Senior Masculino	04:36:25	+03:10:34	16:16
810	2013	Ana Moreira	10temidos	Senior Feminino	04:36:26	+03:10:35	16:16

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

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
811	2015	Flavio Silva	10temidos	Senior Masculino	04:36:27	+03:10:36	16:16
812	2071	Fernanda Magalhaes	all about	Veterana F40	04:37:07	+03:11:16	16:18
813	2408	raquel silva	individual	Senior Feminino	04:37:43	+03:11:53	16:20
814	2574	Madalena Nogueira	individual	Veterana F40	04:43:11	+03:17:21	16:40
815	2233	Rita Gonçalves	equipa joão ferreira	Veterana F40	04:44:06	+03:18:15	16:43
816	2231	Claudia Frade	equipa joão ferreira	Veterana F40	04:44:13	+03:18:23	16:43
817	3041	Joao Rodrigues	thunder team	Senior Masculino	04:45:55	+03:20:05	16:49
818	3042	Miguel Ângelo Andrade	thunder team	Senior Masculino	04:46:30	+03:20:40	16:51
819	3040	Susana Ferreira	thunder team	Senior Feminino	04:46:31	+03:20:41	16:51
820	2875	Sonia Madureira	os mariolas	Veterana F40	04:46:32	+03:20:42	16:51
821	2453	Carlos Pereira	individual	Senior Masculino	04:48:38	+03:22:48	16:59
822	2771	patricia ferraz	monte dos amigos	Senior Feminino	04:49:47	+03:23:56	17:03
823	2767	andreia coelho	monte dos amigos	Senior Feminino	04:49:47	+03:23:57	17:03
824	2067	Carla Cardoso	all about	Senior Feminino	04:55:01	+03:29:10	17:21
825	2070	Elisabete Melo	all about	Veterana F40	04:55:01	+03:29:11	17:21
826	2374	Filipa Ribeiro	individual	Senior Feminino	04:55:23	+03:29:33	17:23
827	2343	Ana Luísa Maia	individual	Senior Feminino	04:55:23	+03:29:33	17:23
828	2590	Susana Fernandes	individual	Veterana F40	04:57:55	+03:32:05	17:32
829	2413	sara raquel cunha da silva	individual	Senior Feminino	05:00:02	+03:34:12	17:39
830	2797	NATERCIA NUNES	newton team	Veterana F40	05:00:28	+03:34:37	17:40
831	2292	Lu Pinto	generosos	Veterana F40	05:01:51	+03:36:01	17:45
832	2457	Claudio Henrique da Silva Meneses	individual	Senior Masculino	05:03:43	+03:37:52	17:52
833	3012	Rosalina Pereira	somos nós team	Veterana F50	05:11:17	+03:45:26	18:19
834	3014	Mário Rocha	somos nós team	Veterano M40	05:11:18	+03:45:28	18:19
835	2290	Carla Gomes	generosos	Veterana F40	05:23:48	+03:57:57	19:03

4º TraiLagares
Lagares
10-abril-2016

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

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	09:15	-99ºC	-99%
End	16:13	-99ºC	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Junior Feminino							
1	2331	Eduarda Teixeira Moreira	A.D. Cabroelo	Junior Feminino	03:12:39		11:20
2	2082	Carina Gonçalves Ferreira	AMIGOS DO PEDAL	Junior Feminino	03:38:13	+25:34	12:50
Junior Masculino							
1	3047	Renato Coelho	Trail dos Moinhos	Junior Masculino	01:52:47		06:38
2	2845	Mario Taborda	Oralklass-Amigos do Trail	Junior Masculino	01:53:58	+01:11	06:42
3	2104	Tiago André da Silva Ferreira	Associação Desportiva de Cabroelo	Junior Masculino	02:07:26	+14:39	07:30
4	2177	Francisco Pacheco	CFit Freamunde	Junior Masculino	02:09:36	+16:49	07:37
5	2141	Gonçalo Pinto Melo	Casa da Viúva	Junior Masculino	02:23:14	+30:27	08:26
6	2101	Tiago das Neves Costa	Associação Desportiva de Cabroelo	Junior Masculino	02:23:14	+30:27	08:26
7	2038	Jorge Fernando	ACRORUNNERS	Junior Masculino	02:30:29	+37:42	08:51
8	2334	Hugo André Costa Barros	Individual	Junior Masculino	02:38:54	+46:07	09:21
9	2134	André Magalhães	Carreiros	Junior Masculino	02:46:12	+53:25	09:47
10	3075	Rui Alves Quinta	Moinhos Run - ADRM	Junior Masculino	02:48:41	+55:54	09:55
11	2333	Filipe Borges	Individual	Junior Masculino	03:12:47	+01:20:00	11:20
12	2332	Diogo Miguel Moreira Teixeira	Individual	Junior Masculino	03:52:46	+01:59:59	13:42
Senior Feminino							
1	3025	Céline Lafaye	Team OPTISPORT-UGLOW	Senior Feminino	01:40:58		05:56
2	2002	Maria Areias	Oralklass-Amigos do Trail	Senior Feminino	01:55:54	+14:56	06:49
3	2838	Maria Gonçalves	Oralklass-Amigos do Trail	Senior Feminino	01:59:18	+18:20	07:01
4	2004	Eva Cristiana Monteiro Coelho	Moinhos Run - ADRM	Senior Feminino	01:59:35	+18:37	07:02
5	2840	Rita Loureiro	Oralklass-Amigos do Trail	Senior Feminino	02:02:12	+21:14	07:11
6	2751	Inês Moreira	Moinhos Run - ADRM	Senior Feminino	02:14:42	+33:44	07:55
7	2163	Carolina Malheiro	CFit Freamunde	Senior Feminino	02:16:57	+35:59	08:03
8	2154	Sonia Sousa	CENTRO CICLISTA DE GONDOMAR	Senior Feminino	02:18:42	+37:44	08:10
9	2386	luisa cruz	Individual	Senior Feminino	02:21:06	+40:08	08:18
10	2834	Andreia Barbosa	Oralklass-Amigos do Trail	Senior Feminino	02:22:45	+41:47	08:24
11	2167	Luisa Guimarães	CFit Freamunde	Senior Feminino	02:25:50	+44:52	08:35
12	2084	Monica Isabel Vieira Coelho	AMIGOS DO PEDAL	Senior Feminino	02:27:37	+46:39	08:41
13	2168	Marisa Santos	CFit Freamunde	Senior Feminino	02:29:43	+48:45	08:48
14	2218	Telma Marisa da Silva Pacheco e Sousa Castro	Dr Merino/ Nutrifit	Senior Feminino	02:31:55	+50:57	08:56
15	2749	Anabela Ferreira	Moinhos Run - ADRM	Senior Feminino	02:32:46	+51:48	08:59
16	2813	Raquel Dinis Paiva	Nós	Senior Feminino	02:35:44	+54:46	09:10

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

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

17	2839	Patricia Santos	Oralklass-Amigos do Trail	Senior Feminino	02:36:12	+55:14	09:11
18	2382	Lígia Freitas	Individual	Senior Feminino	02:36:30	+55:32	09:12
19	2336	Alexandra Marques Azevedo	Individual	Senior Feminino	02:36:55	+55:57	09:14
20	2977	Cátia Sequeira	S. S. Montepio	Senior Feminino	02:37:20	+56:22	09:15
21	2750	Claudia Patricia SIlva Moreira	Moinhos Run - ADRM	Senior Feminino	02:38:40	+57:42	09:20
22	2347	andrea cunha	Individual	Senior Feminino	02:38:47	+57:49	09:20
23	2360	Cidália Teixeira	Individual	Senior Feminino	02:39:00	+58:02	09:21
24	2254	Maria Sá	Family Pinto	Senior Feminino	02:47:48	+01:06:50	09:52
25	2351	Banita	Individual	Senior Feminino	02:48:02	+01:07:04	09:53
26	2755	Susana Sousa	Moinhos Run - ADRM	Senior Feminino	02:48:50	+01:07:52	09:56
27	2161	Liliana Ribeiro	CFA Runners	Senior Feminino	02:48:51	+01:07:53	09:56
28	2153	Marlene Martins	CENTRO CICLISTA DE GONDOMAR	Senior Feminino	02:49:06	+01:08:08	09:57
29	2910	Emanuela Rocha	Parjovem	Senior Feminino	02:50:48	+01:09:50	10:03
30	2752	Liliana Magalhães	Moinhos Run - ADRM	Senior Feminino	02:53:16	+01:12:18	10:12
31	2326	Ana Campanhã	H2O SERVICE	Senior Feminino	02:54:01	+01:13:03	10:14
32	2414	Simone Dinis Paiva	Individual	Senior Feminino	02:54:20	+01:13:22	10:15
33	2344	Ana Margarida Ribeiro Barros	Individual	Senior Feminino	02:54:39	+01:13:41	10:16
34	2169	Marta Ribeiro	CFit Freamunde	Senior Feminino	02:55:31	+01:14:33	10:19
35	2151	Marta André	casadotear.com	Senior Feminino	02:57:01	+01:16:03	10:25
36	3071	Alexandra Pimenta	vimarunners	Senior Feminino	02:57:20	+01:16:22	10:26
37	2370	Eunice Salgado	Individual	Senior Feminino	02:57:47	+01:16:49	10:27
38	2303	Mónica Carvalhais	GONDOMAR FUTSAL CLUBE	Senior Feminino	02:58:15	+01:17:17	10:29
39	2815	Sandra Pereira	Nós Acreditamos	Senior Feminino	02:58:32	+01:17:34	10:30
40	2166	Liliana Teixeira	CFit Freamunde	Senior Feminino	03:00:32	+01:19:34	10:37
41	2371	Fernanda Maria Ferreira Oliveira	Individual	Senior Feminino	03:01:25	+01:20:27	10:40
42	2047	Carla Pereira	ALIANÇA DE GANDRA	Senior Feminino	03:01:26	+01:20:28	10:40
43	2926	Tamara corral Martínez	Portadas de Valdeorras Trail	Senior Feminino	03:01:28	+01:20:30	10:40
44	2380	Keissy Sousa	Individual	Senior Feminino	03:01:29	+01:20:31	10:41
45	2396	Maria João Silva	Individual	Senior Feminino	03:02:47	+01:21:49	10:45
46	1370	Paula Morais	Monte dos Amigos	Senior Feminino	03:04:48	+01:23:50	10:52
47	2368	Elsa Costa	Individual	Senior Feminino	03:04:54	+01:23:56	10:53
48	2720	Rita Pereira	LagareSport	Senior Feminino	03:05:10	+01:24:12	10:54
49	2350	Arlete Dias	Individual	Senior Feminino	03:06:17	+01:25:19	10:57
50	2284	Natercia Teixeira	GENEROSOS	Senior Feminino	03:06:53	+01:25:55	11:00
51	2363	Cristina Rocha	Individual	Senior Feminino	03:07:40	+01:26:42	11:02
52	2800	Carina Moreira	NOCTURNOS DE PAREDES	Senior Feminino	03:07:52	+01:26:54	11:03
53	2596	Marcia Cristina Mateus Lopes	Individual	Senior Feminino	03:07:58	+01:27:00	11:03
54	40	Céu Cordeiro	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:11:02	+01:30:04	11:14
55	3028	Cristina Alexandra Barbosa Couto	Tecla 3 Runners	Senior Feminino	03:11:24	+01:30:26	11:16
56	3027	Andreia Pacheco	Tecla 3 Runners	Senior Feminino	03:11:24	+01:30:26	11:16
57	2039	Rosa Mendes	ACRORUNNERS	Senior Feminino	03:13:03	+01:32:05	11:21
58	2999	Isabel Monteiro	Smiling Runners	Senior Feminino	03:13:07	+01:32:09	11:22
59	2998	Alberta Rodrigues	Smiling Runners	Senior Feminino	03:13:07	+01:32:09	11:22
60	2356	Carla Susana Anunciação Monteiro	Individual	Senior Feminino	03:14:14	+01:33:16	11:26
61	2267	Liliana Maria de Sousa Rodrigues	Fugitivos Urbanos	Senior Feminino	03:14:14	+01:33:16	11:26
62	2223	Joana Abreu	Eat Pasta Run Fast	Senior Feminino	03:15:47	+01:34:49	11:31

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

OFFICIAL RESULT

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63	2280	Claudia Coelho	GENEROSOS	Senior Feminino	03:17:54	+01:36:56	11:38
64	3066	Mónica Magalhães	USF TS	Senior Feminino	03:18:10	+01:37:12	11:39
65	2710	Elisabete Fonseca	Kunalama runners	Senior Feminino	03:21:15	+01:40:17	11:50
66	2387	Luisa Mota	Individual	Senior Feminino	03:21:27	+01:40:29	11:51
67	2887	Marisa Sousa	Os TurboMula	Senior Feminino	03:21:53	+01:40:55	11:53
68	2376	Irina Micaela Rodrigues Coelho Vale	Individual	Senior Feminino	03:23:03	+01:42:05	11:57
69	2803	Maria Moutinho	NOCTURNOS DE PAREDES	Senior Feminino	03:23:43	+01:42:45	11:59
70	2801	Carla Sousa	NOCTURNOS DE PAREDES	Senior Feminino	03:23:43	+01:42:45	11:59
71	2733	Ana Rita Cunha	LUSOS XXI	Senior Feminino	03:23:49	+01:42:51	11:59
72	2772	rosa almeida	Monte dos Amigos	Senior Feminino	03:23:53	+01:42:55	12:00
73	2353	Barbara Machado	Individual	Senior Feminino	03:24:04	+01:43:06	12:00
74	2959	rosana martins	reumatico	Senior Feminino	03:24:15	+01:43:17	12:01
75	2802	Eva Moreira	NOCTURNOS DE PAREDES	Senior Feminino	03:24:24	+01:43:26	12:01
76	2958	mara freitas	reumatico	Senior Feminino	03:26:21	+01:45:23	12:08
77	2225	Susana Silva	EDV-VIANA TRAIL	Senior Feminino	03:26:26	+01:45:28	12:09
78	2888	Marta Mota	Os TurboMula	Senior Feminino	03:26:28	+01:45:30	12:09
79	2287	Sofia Tadeu	GENEROSOS	Senior Feminino	03:27:15	+01:46:17	12:11
80	2889	Sara Moreira	Os TurboMula	Senior Feminino	03:28:24	+01:47:26	12:16
81	2769	eva ribeiro	Monte dos Amigos	Senior Feminino	03:32:13	+01:51:15	12:29
82	2276	Maria Sousa	FuturRunners	Senior Feminino	03:32:17	+01:51:19	12:29
83	2373	FILIPA PINTO	Individual	Senior Feminino	03:33:23	+01:52:25	12:33
84	2711	Isabel Fonseca	Kunalama runners	Senior Feminino	03:33:26	+01:52:28	12:33
85	2425	Vania Amaral	Individual	Senior Feminino	03:33:35	+01:52:37	12:34
86	2420	Susana Martins	Individual	Senior Feminino	03:33:39	+01:52:41	12:34
87	2753	Luciana Camilo	Moinhos Run - ADRM	Senior Feminino	03:34:08	+01:53:10	12:36
88	3004	Isabel Pinto	Solmaia Runners	Senior Feminino	03:34:33	+01:53:35	12:37
89	2327	Claúdia Babo	Helder Optica TEAM	Senior Feminino	03:34:45	+01:53:47	12:38
90	2328	Paula Costa	Helder Optica TEAM	Senior Feminino	03:34:45	+01:53:47	12:38
91	2329	Rita Basto	Helder Optica TEAM	Senior Feminino	03:34:46	+01:53:48	12:38
92	3039	Marlene Rodrigues	Thunder Team	Senior Feminino	03:34:55	+01:53:57	12:39
93	2905	Sonia Silva	Paredes Running	Senior Feminino	03:36:27	+01:55:29	12:44
94	2275	Joana Rangel	FuturRunners	Senior Feminino	03:38:41	+01:57:43	12:52
95	2859	Elsa Costa	OS FUGITIVOS DA CRISE	Senior Feminino	03:38:51	+01:57:53	12:52
96	2410	Sandra Ramos	Individual	Senior Feminino	03:38:55	+01:57:57	12:53
97	2335	Albertina cunha	Individual	Senior Feminino	03:38:56	+01:57:58	12:53
98	2301	Isabel Marques	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:39:01	+01:58:03	12:53
99	2364	Cristina Rodrigues Teixeira Lopes	Individual	Senior Feminino	03:39:46	+01:58:48	12:56
100	2877	Maria Eduarda Pereira Morais	OS MORAIS	Senior Feminino	03:41:36	+02:00:38	13:02
101	2927	Raquel Pereira	PORTO SENTIDO	Senior Feminino	03:42:44	+02:01:46	13:06
102	2411	Sara Braga	Individual	Senior Feminino	03:42:45	+02:01:47	13:06
103	3051	Patricia Vieira	Trail Senhora do Salto	Senior Feminino	03:43:30	+02:02:32	13:09
104	2170	Sofia Fernandes	CFit Freamunde	Senior Feminino	03:44:30	+02:03:32	13:12
105	2050	Sara Costa Rafael	ALIANÇA DE GANDRA	Senior Feminino	03:44:31	+02:03:33	13:12
106	2359	Celina Tomás	Individual	Senior Feminino	03:44:48	+02:03:50	13:13
107	2199	Rita Chaves Rebelo	Clube do Pessoal EDP - Delegação de Gaia	Senior Feminino	03:45:29	+02:04:31	13:16

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

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

108	2198	Joana Chaves Rebelo	Clube do Pessoal EDP - Delegação de Gaia	Senior Feminino	03:45:29	+02:04:31	13:16
109	2197	Isabel Maria da Silva Henriques	Clube do Pessoal EDP - Delegação de Gaia	Senior Feminino	03:45:29	+02:04:31	13:16
110	2110	Cristina Jesus	Beat Your Limit!	Senior Feminino	03:45:42	+02:04:44	13:17
111	2417	Sónia Sousa	Individual	Senior Feminino	03:46:54	+02:05:56	13:21
112	2407	Patrícia Silva	Individual	Senior Feminino	03:47:38	+02:06:40	13:23
113	2195	Sónia Bastos	Clube de Pesca de Amarante	Senior Feminino	03:48:13	+02:07:15	13:25
114	2217	Sónia Dulcineia Silveira Magalhães Moreira	Dr Merino/ Nutrifit	Senior Feminino	03:48:14	+02:07:16	13:26
115	2337	Alexandra Silva	Individual	Senior Feminino	03:48:16	+02:07:18	13:26
116	2416	Sónia Isabel da Costa Gonçalves	Individual	Senior Feminino	03:49:27	+02:08:29	13:30
117	2361	Cristiana Beatriz Ferreira de campos	Individual	Senior Feminino	03:49:34	+02:08:36	13:30
118	2224	Carla Alexandra Araújo Pereira	EDV-VIANA TRAIL	Senior Feminino	03:50:08	+02:09:10	13:32
119	2706	Sónia Gonçalves	KinKipa	Senior Feminino	03:50:12	+02:09:14	13:32
120	2705	Bruna Nunes	KinKipa	Senior Feminino	03:50:13	+02:09:15	13:33
121	2136	Susana Ferreira	Carreiros	Senior Feminino	03:50:47	+02:09:49	13:35
122	2164	Claudia Sousa	CFit Freamunde	Senior Feminino	03:50:54	+02:09:56	13:35
123	2372	Filipa Gonçalves	Individual	Senior Feminino	03:50:59	+02:10:01	13:35
124	2799	Andreia Silva	NOCTURNOS DE PAREDES	Senior Feminino	03:52:11	+02:11:13	13:39
125	2252	Alzira Rocha	Family Pinto	Senior Feminino	03:52:23	+02:11:25	13:40
126	2253	Daniela Pinto	Family Pinto	Senior Feminino	03:52:23	+02:11:25	13:40
127	2102	Tânia Luisa Mendes Alves	Associação Desportiva de Cabroelo	Senior Feminino	03:53:06	+02:12:08	13:43
128	2338	Ana Arriscado	Individual	Senior Feminino	03:53:17	+02:12:19	13:43
129	2929	Vera Lúcia Sousa	PORTO SENTIDO	Senior Feminino	03:53:25	+02:12:27	13:44
130	2805	Tânia Ferreira	NOCTURNOS DE PAREDES	Senior Feminino	03:53:38	+02:12:40	13:45
131	2804	Sandra Machado	NOCTURNOS DE PAREDES	Senior Feminino	03:53:38	+02:12:40	13:45
132	2111	Niki Marie	Beat Your Limit!	Senior Feminino	03:53:51	+02:12:53	13:45
133	2383	Liliana Andreia Barbosa Mendes	Individual	Senior Feminino	03:54:15	+02:13:17	13:47
134	2392	Maria da Luz Neves Olivença	Individual	Senior Feminino	03:54:22	+02:13:24	13:47
135	2358	Catarina Neto	Individual	Senior Feminino	03:54:54	+02:13:56	13:49
136	2397	Maria silva	Individual	Senior Feminino	03:54:54	+02:13:56	13:49
137	2074	Andreia Ferreira	Amigos d´Betão	Senior Feminino	03:56:26	+02:15:28	13:54
138	2076	Mónica Pereira	Amigos d´Betão	Senior Feminino	03:56:26	+02:15:28	13:54
139	2302	Marta Pinheiro	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:56:51	+02:15:53	13:56
140	2403	Marta Monteiro	Individual	Senior Feminino	03:57:42	+02:16:44	13:59
141	1053	Noame Maria Oliveira da Costa	BOSCH Termotecnologia SA	Senior Feminino	03:59:15	+02:18:17	14:04
142	2228	Lurdes Loureiro	ép saí da frente	Senior Feminino	03:59:54	+02:18:56	14:07
143	2770	maria lopes	Monte dos Amigos	Senior Feminino	04:01:41	+02:20:43	14:13
144	2768	angela dias	Monte dos Amigos	Senior Feminino	04:01:41	+02:20:43	14:13
145	2988	Ana Sofia Durães	SAI DA FRENTE	Senior Feminino	04:01:51	+02:20:53	14:14
146	2754	Marlene Raquel Vieira	Moinhos Run - ADRM	Senior Feminino	04:02:01	+02:21:03	14:14
147	2391	Maria Antónia Correia Cunha	Individual	Senior Feminino	04:02:07	+02:21:09	14:15
148	2399	Marisa Carvalho	Individual	Senior Feminino	04:02:07	+02:21:09	14:15
149	2390	Margarida Silva	Individual	Senior Feminino	04:02:58	+02:22:00	14:18
150	2829	Sandra Oliveira	O Jogo	Senior Feminino	04:03:09	+02:22:11	14:18
151	2828	Anabela Barata	O Jogo	Senior Feminino	04:03:09	+02:22:11	14:18

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

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

152	2398	Marina Rodrigues	Individual	Senior Feminino	04:04:09	+02:23:11	14:22
153	2384	Liliana Leal	Individual	Senior Feminino	04:04:16	+02:23:18	14:22
154	2721	Adriana Almeida	Leões de Tardariz Trail	Senior Feminino	04:05:29	+02:24:31	14:26
155	2722	Andreia Oliveira	Leões de Tardariz Trail	Senior Feminino	04:05:29	+02:24:31	14:26
156	2719	Ana Pereira	LagareSport	Senior Feminino	04:08:11	+02:27:13	14:36
157	2378	Joana Sousa	Individual	Senior Feminino	04:09:32	+02:28:34	14:41
158	2393	Maria de Fátima Freitas Coelho	Individual	Senior Feminino	04:09:42	+02:28:44	14:41
159	2412	Sara Daniela Ferreira Sotto Mayor	Individual	Senior Feminino	04:09:42	+02:28:44	14:41
160	2283	Isabel Rocha	GENEROSOS	Senior Feminino	04:10:16	+02:29:18	14:43
161	2865	MARIA JOÃO NOGUEIRA	os guerreiros	Senior Feminino	04:10:45	+02:29:47	14:45
162	2404	Marta Oliveira Pinheiro	Individual	Senior Feminino	04:11:56	+02:30:58	14:49
163	2864	MARIA DE FÁTIMA CAMPOS	os guerreiros	Senior Feminino	04:12:56	+02:31:58	14:53
164	2863	MARIA DE FÁTIMA BESSA	os guerreiros	Senior Feminino	04:13:07	+02:32:09	14:53
165	2388	Mafalda Carvalho	Individual	Senior Feminino	04:13:41	+02:32:43	14:55
166	2352	BÁRBARA BARBOSA	Individual	Senior Feminino	04:13:41	+02:32:43	14:55
167	2279	Carla Pimentel	GENEROSOS	Senior Feminino	04:14:12	+02:33:14	14:57
168	2418	susana almeida	Individual	Senior Feminino	04:16:08	+02:35:10	15:04
169	2377	joana silva	Individual	Senior Feminino	04:17:10	+02:36:12	15:08
170	2366	Daniela Lopes	Individual	Senior Feminino	04:17:10	+02:36:12	15:08
171	2068	Daniela Marques	All About	Senior Feminino	04:17:36	+02:36:38	15:09
172	2048	Catarina Tavares	ALIANÇA DE GANDRA	Senior Feminino	04:17:38	+02:36:40	15:09
173	2049	Celina Ferreira	ALIANÇA DE GANDRA	Senior Feminino	04:17:38	+02:36:40	15:09
174	2401	Marisa Vieira	Individual	Senior Feminino	04:17:43	+02:36:45	15:10
175	2270	Susana Patrícia Coelho MOREIRA	Fugitivos Urbanos	Senior Feminino	04:17:53	+02:36:55	15:10
176	2389	MANUELA AZEVEDO	Individual	Senior Feminino	04:18:10	+02:37:12	15:11
177	2342	Ana Isabel marques Almeida e Silva	Individual	Senior Feminino	04:18:17	+02:37:19	15:12
178	2282	Iolanda Cerqueira	GENEROSOS	Senior Feminino	04:18:55	+02:37:57	15:14
179	2339	Ana Bárbara Castro	Individual	Senior Feminino	04:21:16	+02:40:18	15:22
180	3061	Carla Leal	Uh Lá Lá	Senior Feminino	04:21:16	+02:40:18	15:22
181	3062	Carmelita Marques	Uh Lá Lá	Senior Feminino	04:21:16	+02:40:18	15:22
182	2355	Carla Brinco	Individual	Senior Feminino	04:21:16	+02:40:18	15:22
183	2268	Marina Sofia de Sousa Coelho	Fugitivos Urbanos	Senior Feminino	04:26:17	+02:45:19	15:40
184	2269	Sandra Patrícia Barbosa da Silva	Fugitivos Urbanos	Senior Feminino	04:26:17	+02:45:19	15:40
185	2723	Tânia Santos	Leões de Tardariz Trail	Senior Feminino	04:26:23	+02:45:25	15:40
186	2020	Ana Margarida Moreira Ribeiro Coelho	a caminho de ser fit team	Senior Feminino	04:28:56	+02:47:58	15:49
187	2023	Maria Magalhães	a caminho de ser fit team	Senior Feminino	04:28:57	+02:47:59	15:49
188	2406	Oriana Teixeira	Individual	Senior Feminino	04:31:39	+02:50:41	15:59
189	2791	Paula Ferreira	Nascidos para Correr	Senior Feminino	04:31:39	+02:50:41	15:59
190	2022	Lúcia Moreira Ribeiro	a caminho de ser fit team	Senior Feminino	04:32:47	+02:51:49	16:03
191	2716	Andreia Carvalho	LA Zinco	Senior Feminino	04:32:57	+02:51:59	16:03
192	2717	Paula Silva	LA Zinco	Senior Feminino	04:32:58	+02:52:00	16:03
193	2011	Alexandra Sá	10TEMIDOS	Senior Feminino	04:33:03	+02:52:05	16:04
194	2024	Patricia Silva	a caminho de ser fit team	Senior Feminino	04:33:49	+02:52:51	16:06
195	2345	ANA SILVA	Individual	Senior Feminino	04:34:22	+02:53:24	16:08
196	2113	Tania Rebelo	Beat Your Limit!	Senior Feminino	04:34:31	+02:53:33	16:09
197	2112	Susana Cambey	Beat Your Limit!	Senior Feminino	04:34:32	+02:53:34	16:09

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

OFFICIAL RESULT

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198	2790	Joana Gonçalves	Nascidos para Correr	Senior Feminino	04:35:45	+02:54:47	16:13
199	3017	PATRICIA ANTUNES	SU TEAM & FRIENDS	Senior Feminino	04:36:12	+02:55:14	16:15
200	3018	SILVIA VIANA	SU TEAM & FRIENDS	Senior Feminino	04:36:12	+02:55:14	16:15
201	3016	IRENE MADEIRA	SU TEAM & FRIENDS	Senior Feminino	04:36:13	+02:55:15	16:15
202	2409	Rita AFT Valente	Individual	Senior Feminino	04:36:24	+02:55:26	16:16
203	2013	Ana Moreira	10TEMIDOS	Senior Feminino	04:36:26	+02:55:28	16:16
204	2408	raquel silva	Individual	Senior Feminino	04:37:44	+02:56:46	16:20
205	3040	Susana Ferreira	Thunder Team	Senior Feminino	04:46:32	+03:05:34	16:51
206	2771	patricia ferraz	Monte dos Amigos	Senior Feminino	04:49:47	+03:08:49	17:03
207	2767	andreia coelho	Monte dos Amigos	Senior Feminino	04:49:48	+03:08:50	17:03
208	2067	Carla Cardoso	All About	Senior Feminino	04:55:01	+03:14:03	17:21
209	2374	Filipa Ribeiro	Individual	Senior Feminino	04:55:24	+03:14:26	17:23
210	2343	Ana Luísa Maia	Individual	Senior Feminino	04:55:24	+03:14:26	17:23
211	2413	sara raquel cunha da silva	Individual	Senior Feminino	05:00:03	+03:19:05	17:39

Senior Masculino

1	1467	Florian Mairy	Team OPTISPORT-UGLOW	Senior Masculino	01:25:51		05:03
2	2003	Bruno Silva	Oralklass-Amigos do Trail	Senior Masculino	01:29:47	+03:56	05:17
3	2454	cesar duarte	A.D.Amarante trail running	Senior Masculino	01:29:53	+04:02	05:17
4	2156	Miguel Neves	CENTRO CICLISTA DE GONDOMAR	Senior Masculino	01:39:00	+13:09	05:49
5	3056	André Nogueira	UF 08 RUNNERS	Senior Masculino	01:40:20	+14:29	05:54
6	2843	Filipe Carneiro	Oralklass-Amigos do Trail	Senior Masculino	01:40:20	+14:29	05:54
7	2323	Artur Barbosa	Grupo Desportivo dos Ferroviários de Campanhã	Senior Masculino	01:40:35	+14:44	05:55
8	2465	diogo angelo moreira parente	Individual	Senior Masculino	01:40:54	+15:03	05:56
9	3026	Mathieu Bonnand	Team OPTISPORT-UGLOW	Senior Masculino	01:40:56	+15:05	05:56
10	3057	Francisco Ferreira	UF 08 RUNNERS	Senior Masculino	01:41:09	+15:18	05:57
11	2841	Belmiro Moreira	Oralklass-Amigos do Trail	Senior Masculino	01:43:17	+17:26	06:05
12	2263	André Moreira Pinto	Footlovers Freamunde - Salming	Senior Masculino	01:43:57	+18:06	06:07
13	2871	Marco Brochado	Os Lobos do Saibro	Senior Masculino	01:44:37	+18:46	06:09
14	2114	Carlos Jesus	Beat Your Limit!	Senior Masculino	01:45:10	+19:19	06:11
15	2117	João Laranjeira	Beat Your Limit!	Senior Masculino	01:45:11	+19:20	06:11
16	2490	João barbosa	Individual	Senior Masculino	01:47:43	+21:52	06:20
17	2993	Paulo Rocha	Satecnosol Outdoor / La Sportiva	Senior Masculino	01:47:50	+21:59	06:21
18	2546	Ricardo Oliveira	Individual	Senior Masculino	01:49:17	+23:26	06:26
19	2211	Luís Miguel Azevedo da Silva	CTAD - Trilhos de Cinfães	Senior Masculino	01:49:56	+24:05	06:28
20	2212	Pedro Fernandes	CTAD - Trilhos de Cinfães	Senior Masculino	01:49:57	+24:06	06:28
21	2059	Vitor Pinto	ALIANÇA DE GANDRA	Senior Masculino	01:51:13	+25:22	06:33
22	2870	Filipe Pinto	Os Lobos do Saibro	Senior Masculino	01:52:15	+26:24	06:36
23	2116	Hugo Azevedo	Beat Your Limit!	Senior Masculino	01:52:39	+26:48	06:38
24	2842	Bruno Pinto	Oralklass-Amigos do Trail	Senior Masculino	01:52:51	+27:00	06:38
25	2053	Filipe Moreira	ALIANÇA DE GANDRA	Senior Masculino	01:55:53	+30:02	06:49
26	2325	Ricardo Moreira	GTT - Armazém do Caffè	Senior Masculino	01:55:58	+30:07	06:49
27	3058	Paulo Machado	UF 08 RUNNERS	Senior Masculino	01:56:01	+30:10	06:49
28	2442	Bruno José Nunes Vale	Individual	Senior Masculino	01:56:06	+30:15	06:50

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

OFFICIAL RESULT

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29	2324	Emanuel Orlando Pinheiro Bento da Costa	GTT - Armazém do Caffè	Senior Masculino	01:56:12	+30:21	06:50
30	2264	Carlos Alexandre Moreira Pinto	Fridão Sem Limites	Senior Masculino	01:57:59	+32:08	06:56
31	1176	Eurico Silva	Individual	Senior Masculino	01:58:04	+32:13	06:57
32	2051	Agostinho Sousa	ALIANÇA DE GANDRA	Senior Masculino	01:58:05	+32:14	06:57
33	31	José Cruz	EI Team Trail	Senior Masculino	01:58:06	+32:15	06:57
34	3059	Vítor Sousa	UF 08 RUNNERS	Senior Masculino	01:58:09	+32:18	06:57
35	2208	Ricardo Dantas	CROCODILOS / MISTERPC	Senior Masculino	01:58:16	+32:25	06:57
36	2726	Miguel Reis	Leões de Tardariz Trail	Senior Masculino	01:59:24	+33:33	07:01
37	2187	Vitor Neto	CFit Freamunde	Senior Masculino	01:59:47	+33:56	07:03
38	2510	Manuel Barbosa	Individual	Senior Masculino	01:59:56	+34:05	07:03
39	2204	Bruno Gomes	CROCODILOS / MISTERPC	Senior Masculino	02:00:51	+35:00	07:07
40	2542	Ricardo Ferreira	Individual	Senior Masculino	02:01:09	+35:18	07:08
41	2530	Paulo Moreira	Individual	Senior Masculino	02:01:15	+35:24	07:08
42	2243	Miguel Baia	EU+ Run	Senior Masculino	02:03:30	+37:39	07:16
43	2031	Paulo Araújo	A.D Sebolido Trail boneca D´ouro	Senior Masculino	02:04:00	+38:09	07:18
44	1422	Angelo Ribeiro	Parjovem	Senior Masculino	02:05:20	+39:29	07:22
45	1047	Tiago Reitor	Beat Your Limit!	Senior Masculino	02:05:43	+39:52	07:24
46	3046	Luís Teixeira	Too Stupid to Stop	Senior Masculino	02:07:37	+41:46	07:30
47	2500	José Carlos Rodrigues Gonçalves	Individual	Senior Masculino	02:07:49	+41:58	07:31
48	2963	Emanuel Coelho	Rodabike/Porto Sentido	Senior Masculino	02:07:52	+42:01	07:31
49	2444	Bruno Pereira	Individual	Senior Masculino	02:08:28	+42:37	07:33
50	2512	Márcio Barreto	Individual	Senior Masculino	02:08:38	+42:47	07:34
51	2808	Paulo Colaço	NOCTURNOS DE PAREDES	Senior Masculino	02:08:41	+42:50	07:34
52	2207	Pedro Santos	CROCODILOS / MISTERPC	Senior Masculino	02:09:00	+43:09	07:35
53	2288	Guilherme Oliveira	GENEROSOS	Senior Masculino	02:09:11	+43:20	07:36
54	2089	JORGE GOMES	ARCORUN	Senior Masculino	02:09:34	+43:43	07:37
55	2506	José Rito	Individual	Senior Masculino	02:09:40	+43:49	07:38
56	2205	João Moutinho	CROCODILOS / MISTERPC	Senior Masculino	02:09:53	+44:02	07:38
57	2433	Angelo Vaz	Individual	Senior Masculino	02:09:55	+44:04	07:39
58	2088	Rui Pedro Reis	AMIGOS QUINTA DAS FREIRAS	Senior Masculino	02:10:24	+44:33	07:40
59	2448	Carlos Carvalho	Individual	Senior Masculino	02:10:29	+44:38	07:41
60	2034	Hugo Angelo Ferraz Duarte	A.D.Amarante trail running	Senior Masculino	02:10:41	+44:50	07:41
61	2533	Pedro Miguel Correia Vieira	A.D Sebolido Trail boneca D´ouro	Senior Masculino	02:10:43	+44:52	07:41
62	2057	Mário Almeida	ALIANÇA DE GANDRA	Senior Masculino	02:10:55	+45:04	07:42
63	2817	Hélder Ribeiro	Nós Acreditamos	Senior Masculino	02:11:10	+45:19	07:43
64	2183	Ricardo Neto	CFit Freamunde	Senior Masculino	02:11:41	+45:50	07:45
65	2563	Vitor Agostinho Rocha Santos	Individual	Senior Masculino	02:11:50	+45:59	07:45
66	2033	Roberto Freitas	A.D Sebolido Trail boneca D´ouro	Senior Masculino	02:12:04	+46:13	07:46
67	2505	José Pedro de Sousa Dias	Individual	Senior Masculino	02:12:04	+46:13	07:46
68	2456	César Miguel Rodrigues de Sousa	Individual	Senior Masculino	02:12:38	+46:47	07:48
69	2997	Joao Martins	Shots International Runners	Senior Masculino	02:13:03	+47:12	07:50
70	2459	Daniel Filipe Andrade Fernandes	Individual	Senior Masculino	02:13:10	+47:19	07:50
71	2931	Miguel Pereira	PORTO SENTIDO	Senior Masculino	02:13:22	+47:31	07:51
72	2181	Paulo Nogueira	CFit Freamunde	Senior Masculino	02:14:17	+48:26	07:54
73	2436	António José Ferreira	Individual	Senior Masculino	02:14:27	+48:36	07:55
74	1193	Herberto Coelho	Individual	Senior Masculino	02:14:38	+48:47	07:55

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

OFFICIAL RESULT

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75	2539	Pedro Rodrigues	Individual	Senior Masculino	02:14:42	+48:51	07:55
76	1183	Flávio Goncalves	Individual	Senior Masculino	02:14:52	+49:01	07:56
77	2702	Márcio Santos	KeMedo Team	Senior Masculino	02:15:50	+49:59	07:59
78	2487	Hugo Miguel Martins Ribeiro	Individual	Senior Masculino	02:16:14	+50:23	08:01
79	2725	José Santos	Leões de Tardariz Trail	Senior Masculino	02:16:28	+50:37	08:02
80	2246	Paulo Rocha	Factor X / S4L / MedenseFC	Senior Masculino	02:16:31	+50:40	08:02
81	2178	Luis Bártolo	CFit Freamunde	Senior Masculino	02:17:06	+51:15	08:04
82	2173	Arnaldo Nogueira	CFit Freamunde	Senior Masculino	02:17:06	+51:15	08:04
83	2468	Domingos Miguel Fernandes Ferreira Abreu	Individual	Senior Masculino	02:17:23	+51:32	08:05
84	2762	Tiago Manuel Monteiro Soares	Moinhos Run - ADRM	Senior Masculino	02:17:30	+51:39	08:05
85	2041	Emanuel Gomes	ACRORUNNERS	Senior Masculino	02:17:32	+51:41	08:05
86	2226	bruno sousa	ele e ela	Senior Masculino	02:18:25	+52:34	08:09
87	2474	Filipe Pacheco	Individual	Senior Masculino	02:18:29	+52:38	08:09
88	2727	Sérgio Oliveira	Leões de Tardariz Trail	Senior Masculino	02:18:31	+52:40	08:09
89	2545	Ricardo Miguel Sousa Moreira	Individual	Senior Masculino	02:18:37	+52:46	08:09
90	2724	José Castro	Leões de Tardariz Trail	Senior Masculino	02:19:13	+53:22	08:11
91	2255	Emanuel Nunes	Family Pinto	Senior Masculino	02:19:18	+53:27	08:12
92	1252	Ricardo Pinto	Individual	Senior Masculino	02:19:39	+53:48	08:13
93	2247	Pedro Santos	Factor X / S4L / MedenseFC	Senior Masculino	02:19:44	+53:53	08:13
94	2516	Mário Soares	Individual	Senior Masculino	02:19:46	+53:55	08:13
95	2196	Artur Pereira	Clube de Pesca de Amarante	Senior Masculino	02:20:08	+54:17	08:15
96	2903	Pedro Cabral	P & J	Senior Masculino	02:20:33	+54:42	08:16
97	2524	nuno miguel pinto da silva	Individual	Senior Masculino	02:20:54	+55:03	08:17
98	2892	Pedro Figueiredo	Os TurboMula	Senior Masculino	02:20:58	+55:07	08:18
99	2515	Marco Paulo Ribeiro Nunes	Individual	Senior Masculino	02:21:17	+55:26	08:19
100	2127	Ricardo Barbosa	BTT Alegria / TUBANI	Senior Masculino	02:21:29	+55:38	08:19
101	2434	António Duarte	Individual	Senior Masculino	02:21:30	+55:39	08:19
102	2511	Marcelo santos Peixoto	Individual	Senior Masculino	02:21:30	+55:39	08:19
103	2488	Hugo Moreira	Individual	Senior Masculino	02:21:40	+55:49	08:20
104	2119	Manuel Fonseca	Beat Your Limit!	Senior Masculino	02:21:42	+55:51	08:20
105	3029	Alexandre Soares	Tecla 3 Runners	Senior Masculino	02:22:07	+56:16	08:22
106	2969	Hugo Lobo	Run 4 All	Senior Masculino	02:22:11	+56:20	08:22
107	2494	João Sousa	Individual	Senior Masculino	02:22:26	+56:35	08:23
108	2916	Ricardo Nogueira	Parjovem	Senior Masculino	02:22:27	+56:36	08:23
109	2787	Joel Renato da Rocha Vieira	MOTOBOCK TEAM	Senior Masculino	02:22:44	+56:53	08:24
110	2492	João Cardoso	Individual	Senior Masculino	02:22:53	+57:02	08:24
111	2891	Nuno Marques	Os TurboMula	Senior Masculino	02:22:57	+57:06	08:25
112	3045	Christophe Sousa	Too Stupid to Stop	Senior Masculino	02:23:02	+57:11	08:25
113	3044	Carlos Vitor Moreira	Too Stupid to Stop	Senior Masculino	02:23:08	+57:17	08:25
114	2429	André Brochado	Individual	Senior Masculino	02:23:44	+57:53	08:27
115	2030	Manuel Lopes	A.D Sebolido Trail boneca D´ouro	Senior Masculino	02:24:02	+58:11	08:28
116	2559	Telmo Antonio Sousa Ferrr	Individual	Senior Masculino	02:24:35	+58:44	08:30
117	2970	Paulo Reis	Run 4 All	Senior Masculino	02:24:47	+58:56	08:31
118	2118	José Carlos	Beat Your Limit!	Senior Masculino	02:25:10	+59:19	08:32
119	2036	Nuno André Sampaio Moura	A.D.Amarante trail running	Senior Masculino	02:25:19	+59:28	08:33
120	2179	Luis Ferreira	CFit Freamunde	Senior Masculino	02:25:29	+59:38	08:33

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

OFFICIAL RESULT

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121	2966	Alberto Magalhães	Run 4 All	Senior Masculino	02:25:44	+59:53	08:34
122	2017	Tiago Castro	10TEMIDOS	Senior Masculino	02:25:58	+01:00:07	08:35
123	2470	Fábio André Martins Alves	Individual	Senior Masculino	02:26:50	+01:00:59	08:38
124	2184	Ricardo Nogueira	CFit Freamunde	Senior Masculino	02:27:16	+01:01:25	08:40
125	3054	Luís Pinheiro	Trailgloditas Runners	Senior Masculino	02:28:20	+01:02:29	08:44
126	2555	Rui Pedro Martins Machado	Individual	Senior Masculino	02:28:41	+01:02:50	08:45
127	2237	Luis Neves	Equipotencia	Senior Masculino	02:28:56	+01:03:05	08:46
128	2236	Joaquim Ribeiro	Equipotencia	Senior Masculino	02:28:56	+01:03:05	08:46
129	2058	Paulo Sousa	ALIANÇA DE GANDRA	Senior Masculino	02:30:04	+01:04:13	08:50
130	2175	Carlos Leal	CFit Freamunde	Senior Masculino	02:30:09	+01:04:18	08:50
131	2092	MIGUEL ANDRADE	ARCORUN	Senior Masculino	02:30:38	+01:04:47	08:52
132	2562	Tiago Rocha	Individual	Senior Masculino	02:31:21	+01:05:30	08:54
133	2758	Manuel Fernando Máximo Pereira	Moinhos Run - ADRM	Senior Masculino	02:31:39	+01:05:48	08:55
134	2473	FERNANDO MEIRELES	Individual	Senior Masculino	02:32:07	+01:06:16	08:57
135	3022	NUNO GRAMOSO	SU TEAM & FRIENDS	Senior Masculino	02:32:07	+01:06:16	08:57
136	2186	Rui Magalhães	CFit Freamunde	Senior Masculino	02:32:17	+01:06:26	08:57
137	2561	Tiago Monteito	Individual	Senior Masculino	02:32:48	+01:06:57	08:59
138	2125	Daniel Barbosa	BTT Alegria / TUBANI	Senior Masculino	02:32:51	+01:07:00	08:59
139	2452	Carlos Moreia	Individual	Senior Masculino	02:32:58	+01:07:07	09:00
140	112	José Lopes	Trail Senhora do Salto	Senior Masculino	02:32:59	+01:07:08	09:00
141	2032	Pedro Soares	A.D Sebolido Trail boneca D´ouro	Senior Masculino	02:33:03	+01:07:12	09:00
142	2846	Ruben Martins	Oralklass-Amigos do Trail	Senior Masculino	02:33:07	+01:07:16	09:00
143	2219	Helder Neves	Dr Merino/ Nutrifit	Senior Masculino	02:33:11	+01:07:20	09:01
144	2171	André Machado	CFit Freamunde	Senior Masculino	02:35:00	+01:09:09	09:07
145	2185	Roberto Bessa	CFit Freamunde	Senior Masculino	02:35:02	+01:09:11	09:07
146	2182	Paulo Ribeiro	CFit Freamunde	Senior Masculino	02:35:28	+01:09:37	09:09
147	2536	PEDRO MIGUEL JORGE NUNES DA SILVA	Individual	Senior Masculino	02:35:35	+01:09:44	09:09
148	2930	Bruno Guedes	PORTO SENTIDO	Senior Masculino	02:35:53	+01:10:02	09:10
149	3000	Pedro Silva	Smiling Runners	Senior Masculino	02:37:04	+01:11:13	09:14
150	2508	Libanio José Rocha Alves	Individual	Senior Masculino	02:38:12	+01:12:21	09:18
151	2145	Pedro Daniel M. C. RAMBO	Casa da Viúva	Senior Masculino	02:38:25	+01:12:34	09:19
152	2144	Jorge Tiago Santos e Melo	Casa da Viúva	Senior Masculino	02:38:26	+01:12:35	09:19
153	2142	Bruno Santos e Melo	Casa da Viúva	Senior Masculino	02:38:26	+01:12:35	09:19
154	2330	Bruno Fernandes	Helder Optica TEAM	Senior Masculino	02:38:54	+01:13:03	09:21
155	2978	Hugo Silva	S. S. Montepio	Senior Masculino	02:39:16	+01:13:25	09:22
156	2735	Antonio Coelho	LUSOS XXI	Senior Masculino	02:40:11	+01:14:20	09:25
157	2736	Fábio Castro	LUSOS XXI	Senior Masculino	02:40:36	+01:14:45	09:27
158	2132	José Luís Maia	Bueda Canoka	Senior Masculino	02:40:56	+01:15:05	09:28
159	2240	Márcio Castro	Eu o Antero e o Sérgio	Senior Masculino	02:41:17	+01:15:26	09:29
160	2809	Rui Almeida	NOCTURNOS DE PAREDES	Senior Masculino	02:41:19	+01:15:28	09:29
161	2131	Emanuel Vieira	Bueda Canoka	Senior Masculino	02:41:29	+01:15:38	09:30
162	2869	RICARDO NOGUEIRA	os guerreiros	Senior Masculino	02:43:24	+01:17:33	09:37
163	2867	Fernando Jorge Moreira pacheco	os guerreiros	Senior Masculino	02:43:24	+01:17:33	09:37
164	2029	Fábio Correia	A.D Sebolido Trail boneca D´ouro	Senior Masculino	02:45:22	+01:19:31	09:44
165	2806	José Cunha	NOCTURNOS DE PAREDES	Senior Masculino	02:45:33	+01:19:42	09:44
166	2450	Carlos Filipe Neves dos Santos	Individual	Senior Masculino	02:45:50	+01:19:59	09:45

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

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

167	2532	Pedro Manuel Nunes Martins	Individual	Senior Masculino	02:45:50	+01:19:59	09:45
168	2793	Nuno Ferreira	Nascidos para Correr	Senior Masculino	02:45:55	+01:20:04	09:46
169	2535	Pedro Miguel Fonseca Magalhães	Individual	Senior Masculino	02:46:31	+01:20:40	09:48
170	2265	Filipe Reis Pinheiro	Fridão Sem Limites	Senior Masculino	02:46:34	+01:20:43	09:48
171	2016	Helder Moreira	10TEMIDOS	Senior Masculino	02:47:01	+01:21:10	09:49
172	2055	Marco Moreira	ALIANÇA DE GANDRA	Senior Masculino	02:47:23	+01:21:32	09:51
173	2549	Rui André Ribeiro	Individual	Senior Masculino	02:47:33	+01:21:42	09:51
174	2455	César Lopes	Individual	Senior Masculino	02:47:41	+01:21:50	09:52
175	2430	André Cunha	Individual	Senior Masculino	02:47:47	+01:21:56	09:52
176	2139	Ricardo Lopes	Carreiros	Senior Masculino	02:48:36	+01:22:45	09:55
177	2759	Nuno Moreira	Moinhos Run - ADRM	Senior Masculino	02:48:37	+01:22:46	09:55
178	2138	Paulo Lopes	Carreiros	Senior Masculino	02:48:38	+01:22:47	09:55
179	2162	Filipe Nunes	CFA Runners	Senior Masculino	02:48:52	+01:23:01	09:56
180	2155	Miguei Martins	CENTRO CICLISTA DE GONDOMAR	Senior Masculino	02:49:10	+01:23:19	09:57
181	2126	Daniel Sousa	BTT Alegria / TUBANI	Senior Masculino	02:49:19	+01:23:28	09:58
182	2137	Filipe Oliveira	Carreiros	Senior Masculino	02:49:25	+01:23:34	09:58
183	2760	roberto coelho	Moinhos Run - ADRM	Senior Masculino	02:49:28	+01:23:37	09:58
184	3053	Daniel Silva	Trailgloditas Runners	Senior Masculino	02:49:55	+01:24:04	10:00
185	3052	Bruno Pereira	Trailgloditas Runners	Senior Masculino	02:49:58	+01:24:07	10:00
186	2477	FRANCISCO PACHECO	Individual	Senior Masculino	02:50:34	+01:24:43	10:02
187	2911	Antonio Neto	Parjovem	Senior Masculino	02:50:48	+01:24:57	10:03
188	2528	Paulo Magalhães	Individual	Senior Masculino	02:51:30	+01:25:39	10:05
189	1446	Hugo Lopes	S. S. Montepio	Senior Masculino	02:54:00	+01:28:09	10:14
190	2748	Germano Manuel Nunes Sousa	Minions	Senior Masculino	02:54:00	+01:28:09	10:14
191	2241	Sérgio Sousa	Eu o Antero e o Sérgio	Senior Masculino	02:54:29	+01:28:38	10:16
192	2307	Rui Oliveira	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:54:38	+01:28:47	10:16
193	2495	Joaquim Cardoso	Individual	Senior Masculino	02:54:45	+01:28:54	10:17
194	2443	Bruno Moreira	Individual	Senior Masculino	02:55:13	+01:29:22	10:18
195	3031	Sérgio Silva	Tecla 3 Runners	Senior Masculino	02:55:16	+01:29:25	10:19
196	1169	Bruno Monteiro	Individual	Senior Masculino	02:55:28	+01:29:37	10:19
197	2432	André Vieira	Individual	Senior Masculino	02:55:49	+01:29:58	10:21
198	2558	Sergio Chacim	Individual	Senior Masculino	02:56:24	+01:30:33	10:23
199	2923	TIAGO SILVA	PM	Senior Masculino	02:56:38	+01:30:47	10:23
200	2922	PAULO SILVA	PM	Senior Masculino	02:56:38	+01:30:47	10:23
201	2441	Bruno Joel Pereira	Individual	Senior Masculino	02:57:20	+01:31:29	10:26
202	2445	Bruno Ricardo Rodrigues de Sousa	Individual	Senior Masculino	02:59:03	+01:33:12	10:32
203	2491	João Barbosa Pereira	Individual	Senior Masculino	02:59:14	+01:33:23	10:33
204	2486	Hugo André Couto	Individual	Senior Masculino	03:02:47	+01:36:56	10:45
205	2496	Jorge Filipe Pinheiro	Individual	Senior Masculino	03:03:12	+01:37:21	10:47
206	2866	BRUNO DANIEL MAGALHÃES	os guerreiros	Senior Masculino	03:03:51	+01:38:00	10:49
207	2289	Pedro Reis	GENEROSOS	Senior Masculino	03:04:54	+01:39:03	10:53
208	2245	Nuno André Correia	Factor X / S4L / MedenseFC	Senior Masculino	03:05:05	+01:39:14	10:53
209	2504	José Luis Pereira da Rocha	Individual	Senior Masculino	03:05:11	+01:39:20	10:54
210	2176	Cesar Moura	CFit Freamunde	Senior Masculino	03:05:13	+01:39:22	10:54
211	2040	Bruno José Rocha Ribeiro	ACRORUNNERS	Senior Masculino	03:06:09	+01:40:18	10:57
212	2485	Helder Santos	Individual	Senior Masculino	03:06:30	+01:40:39	10:58

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

OFFICIAL RESULT

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213	2462	Daniel Pinto	Individual	Senior Masculino	03:07:39	+01:41:48	11:02
214	2534	Pedro Miguel da Rocha Santos	Individual	Senior Masculino	03:10:38	+01:44:47	11:13
215	2756	Anselmo Luís dos Santos Pereira	Moinhos Run - ADRM	Senior Masculino	03:10:39	+01:44:48	11:13
216	3003	Henrique Sousa	Solitário	Senior Masculino	03:10:46	+01:44:55	11:13
217	1163	André Monteiro	Individual	Senior Masculino	03:10:53	+01:45:02	11:14
218	2274	MANUEL REIS	FUGITIVOS URBANOS	Senior Masculino	03:11:14	+01:45:23	11:15
219	1267	Tiago Pinto	Individual	Senior Masculino	03:11:28	+01:45:37	11:16
220	2239	Antero Silva	Eu o Antero e o Sérgio	Senior Masculino	03:11:41	+01:45:50	11:17
221	2525	Nuno Oliveira	Individual	Senior Masculino	03:12:31	+01:46:40	11:19
222	2872	Paulo Miguel Areal de Sousa	Os Mariolas	Senior Masculino	03:12:44	+01:46:53	11:20
223	2043	Ricardo Brochado	ACRORUNNERS	Senior Masculino	03:13:02	+01:47:11	11:21
224	2042	João Cunha	ACRORUNNERS	Senior Masculino	03:13:03	+01:47:12	11:21
225	2548	Rodrigo Magalhães	Individual	Senior Masculino	03:13:12	+01:47:21	11:22
226	2550	Rui Correia	Individual	Senior Masculino	03:13:21	+01:47:30	11:22
227	2271	Hugo Miguel da Silva Oliveira	Fugitivos Urbanos	Senior Masculino	03:13:24	+01:47:33	11:23
228	2761	Sérgio Manuel Dias Rocha	Moinhos Run - ADRM	Senior Masculino	03:13:39	+01:47:48	11:23
229	2447	carlos barbosa	Individual	Senior Masculino	03:13:48	+01:47:57	11:24
230	2463	David José Andrade Pereira	Individual	Senior Masculino	03:13:51	+01:48:00	11:24
231	2272	Tiago Joel da Silva Coelho	Fugitivos Urbanos	Senior Masculino	03:14:14	+01:48:23	11:26
232	2304	Pedro Rodrigues	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:14:56	+01:49:05	11:28
233	2961	helder rocha	reumatico	Senior Masculino	03:14:56	+01:49:05	11:28
234	3020	FILIPE MAGANO	SU TEAM & FRIENDS	Senior Masculino	03:15:34	+01:49:43	11:30
235	3021	MIGUEL VIEIRA	SU TEAM & FRIENDS	Senior Masculino	03:15:34	+01:49:43	11:30
236	2482	Hélder Manuel Moreira Teles	Individual	Senior Masculino	03:15:36	+01:49:45	11:30
237	2565	Vítor Vieira	Individual	Senior Masculino	03:15:37	+01:49:46	11:30
238	3002	Ricardo Manuel Martins Soares	SóDescidas Trail	Senior Masculino	03:15:49	+01:49:58	11:31
239	3001	Marcos Jil Alves Martins	SóDescidas Trail	Senior Masculino	03:15:49	+01:49:58	11:31
240	2920	Paulo Torres	Pena Team	Senior Masculino	03:18:22	+01:52:31	11:40
241	2541	Pedro Silva	Individual	Senior Masculino	03:18:35	+01:52:44	11:41
242	2426	ABEL ANDRADE	Individual	Senior Masculino	03:19:31	+01:53:40	11:44
243	2904	Vitor Teixeira	PAPA TRAILS	Senior Masculino	03:20:29	+01:54:38	11:48
244	2522	Nuno Filipe Monteiro Moreira Silva	Individual	Senior Masculino	03:21:15	+01:55:24	11:50
245	2712	Bruno Bartes	Kunalama runners	Senior Masculino	03:21:15	+01:55:24	11:50
246	2521	Nuno Almeida	Individual	Senior Masculino	03:21:27	+01:55:36	11:51
247	2523	Nuno Miguel de Brochado Neto	Individual	Senior Masculino	03:21:49	+01:55:58	11:52
248	2529	paulo manuel monteiro de carvalho	Individual	Senior Masculino	03:22:52	+01:57:01	11:56
249	2774	joao alves	Monte dos Amigos	Senior Masculino	03:23:54	+01:58:03	12:00
250	2519	Nelson Nunes	Individual	Senior Masculino	03:24:05	+01:58:14	12:00
251	2962	sergio pereira	reumatico	Senior Masculino	03:24:15	+01:58:24	12:01
252	2483	HELDER MOREIRA	Individual	Senior Masculino	03:24:24	+01:58:33	12:01
253	2796	DANIEL LOPES	newton team	Senior Masculino	03:24:34	+01:58:43	12:02
254	2739	Luís Marinho	LUSOS XXI	Senior Masculino	03:25:18	+01:59:27	12:05
255	2868	JOSÉ CARLOS NOGUEIRA	os guerreiros	Senior Masculino	03:25:46	+01:59:55	12:06
256	2493	João Carlos França	Individual	Senior Masculino	03:26:40	+02:00:49	12:09
257	2484	Helder Moreira	Individual	Senior Masculino	03:26:47	+02:00:56	12:10
258	3009	Cláudio Silva	Somos Nós Team	Senior Masculino	03:27:00	+02:01:09	12:11

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

OFFICIAL RESULT

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259	2860	João Ferreira	OS FUGITIVOS DA CRISE	Senior Masculino	03:27:17	+02:01:26	12:12
260	2919	César Moreira	Pena Team	Senior Masculino	03:28:05	+02:02:14	12:14
261	2471	Fernando Bruno Caetano rocha	Individual	Senior Masculino	03:28:49	+02:02:58	12:17
262	2980	Joana Direito	S. S. Montepio	Senior Masculino	03:29:36	+02:03:45	12:20
263	2979	Ivo Martins	S. S. Montepio	Senior Masculino	03:29:36	+02:03:45	12:20
264	2480	Gilberto Sousa	Individual	Senior Masculino	03:29:54	+02:04:03	12:21
265	2481	Helder Oliveira	Individual	Senior Masculino	03:29:55	+02:04:04	12:21
266	2740	Sérgio Costa	LUSOS XXI	Senior Masculino	03:30:11	+02:04:20	12:22
267	2738	João Paulo Andrade Carvalho	LUSOS XXI	Senior Masculino	03:30:12	+02:04:21	12:22
268	2737	Ivo Tiago Maiato Valadares	LUSOS XXI	Senior Masculino	03:30:12	+02:04:21	12:22
269	2121	Jorge Sousa	BitRunners	Senior Masculino	03:30:23	+02:04:32	12:23
270	2174	Bruno Costa	CFit Freamunde	Senior Masculino	03:30:29	+02:04:38	12:23
271	2437	Antonio manuel moreira barbosa	Individual	Senior Masculino	03:30:58	+02:05:07	12:25
272	2472	Fernando Ismael Oliveira Nogueira	Individual	Senior Masculino	03:30:58	+02:05:07	12:25
273	2537	Pedro Miguel Pacheco de Jesus da Cunha	Individual	Senior Masculino	03:31:01	+02:05:10	12:25
274	2451	Carlos Miguel Santos Moreira	Individual	Senior Masculino	03:31:01	+02:05:10	12:25
275	2890	Filipe Nogueira	Os TurboMula	Senior Masculino	03:31:34	+02:05:43	12:27
276	2773	angelo faustino	Monte dos Amigos	Senior Masculino	03:32:13	+02:06:22	12:29
277	2115	Gil Castro	Beat Your Limit!	Senior Masculino	03:32:38	+02:06:47	12:30
278	2277	Luis Teixeira	FuturRunners	Senior Masculino	03:32:56	+02:07:05	12:32
279	2714	Pedro Rocha	Kunalama runners	Senior Masculino	03:33:25	+02:07:34	12:33
280	2913	Luís Garcia	Parjovem	Senior Masculino	03:33:34	+02:07:43	12:34
281	2547	Roberto Carlos Ferreira Moreira	Individual	Senior Masculino	03:34:20	+02:08:29	12:36
282	2906	Antonio Barbosa	Paredes Running	Senior Masculino	03:36:27	+02:10:36	12:44
283	2200	Gabriel Moreira	Clube Zupper	Senior Masculino	03:38:25	+02:12:34	12:51
284	2538	Pedro Oliveira	Individual	Senior Masculino	03:41:25	+02:15:34	13:01
285	2557	Sandro Sousa	Individual	Senior Masculino	03:42:45	+02:16:54	13:06
286	2912	Filipe Moreira	Parjovem	Senior Masculino	03:43:19	+02:17:28	13:08
287	111	Jorge Ferreirinha	Trail Senhora do Salto	Senior Masculino	03:43:30	+02:17:39	13:09
288	2814	Carla Pereira	Nós	Senior Masculino	03:43:54	+02:18:03	13:10
289	2785	Bruno Antão	Montes e Vales	Senior Masculino	03:47:38	+02:21:47	13:23
290	2478	Gabriel Cunha	Individual	Senior Masculino	03:47:38	+02:21:47	13:23
291	2201	João Rodrigues	Clube Zupper	Senior Masculino	03:47:49	+02:21:58	13:24
292	2476	Francisco Manuel Pereira Barbosa	Individual	Senior Masculino	03:48:35	+02:22:44	13:27
293	2449	Carlos Cunha	Individual	Senior Masculino	03:49:27	+02:23:36	13:30
294	2975	nuno correia	run2eat	Senior Masculino	03:51:04	+02:25:13	13:36
295	2807	Miguel Costa	NOCTURNOS DE PAREDES	Senior Masculino	03:53:38	+02:27:47	13:45
296	2531	Pedro Alves	Individual	Senior Masculino	03:54:21	+02:28:30	13:47
297	2427	ADELINO JESUS CUNHA LOPES VIDEIRA	Individual	Senior Masculino	03:55:15	+02:29:24	13:50
298	2257	Tiago Carneiro	Family Pinto	Senior Masculino	03:55:36	+02:29:45	13:52
299	2122	Rui Silva	BitRunners	Senior Masculino	03:55:41	+02:29:50	13:52
300	2215	André Cunha	cUnHaX	Senior Masculino	03:55:52	+02:30:01	13:52
301	2078	Raul Silva	Amigos d´Betão	Senior Masculino	03:56:26	+02:30:35	13:54
302	2077	Manuel Pereira	Amigos d´Betão	Senior Masculino	03:56:27	+02:30:36	13:55
303	2306	Ricardo Santos	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:56:51	+02:31:00	13:56

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

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

304	2560	Telmo Rodrigues	Individual	Senior Masculino	03:58:02	+02:32:11	14:00
305	1054	Ricardo Silva	BOSCH Termotecnologia SA	Senior Masculino	03:59:14	+02:33:23	14:04
306	2757	Daniel Filipe Ferreira Da Silva	Moinhos Run - ADRM	Senior Masculino	04:02:00	+02:36:09	14:14
307	2305	Ricardo Alves	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:02:52	+02:37:01	14:17
308	2514	Marco Freitas	Individual	Senior Masculino	04:02:57	+02:37:06	14:17
309	2479	George Silva	Individual	Senior Masculino	04:04:15	+02:38:24	14:22
310	2917	Rui Castro Martins	Parjovem	Senior Masculino	04:04:26	+02:38:35	14:23
311	2994	João Pinto	Se Chegarmos ao fim vai ser bom	Senior Masculino	04:04:29	+02:38:38	14:23
312	2995	Ricardo Moreira	Se Chegarmos ao fim vai ser bom	Senior Masculino	04:04:29	+02:38:38	14:23
313	2544	Ricardo Lobo	Individual	Senior Masculino	04:08:11	+02:42:20	14:36
314	2896	Albano Guedes	Ou vai ou racha	Senior Masculino	04:08:37	+02:42:46	14:37
315	2261	Bruno Anjos	FFit Gaia Trail	Senior Masculino	04:09:19	+02:43:28	14:40
316	2262	Hugo Tavares	FFit Gaia Trail	Senior Masculino	04:09:19	+02:43:28	14:40
317	2502	José Henrique Oliveira Lopes	Individual	Senior Masculino	04:09:43	+02:43:52	14:41
318	2960	bruno fonseca	reumatico	Senior Masculino	04:13:28	+02:47:37	14:55
319	2554	Rui Pedro Costa Jesus	Individual	Senior Masculino	04:17:25	+02:51:34	15:09
320	2556	Samuel Alexandre dos Santos Queirós	Individual	Senior Masculino	04:18:17	+02:52:26	15:12
321	2718	Nuno Oliveira	LA Zinco	Senior Masculino	04:32:57	+03:07:06	16:03
322	2551	rui ferreira	Individual	Senior Masculino	04:34:20	+03:08:29	16:08
323	2056	Marco Moreira	ALIANÇA DE GANDRA	Senior Masculino	04:34:21	+03:08:30	16:08
324	2014	André Azevedo	10TEMIDOS	Senior Masculino	04:36:08	+03:10:17	16:15
325	2526	Paulo Barbosa Pereira	Individual	Senior Masculino	04:36:25	+03:10:34	16:16
326	2015	Flavio Silva	10TEMIDOS	Senior Masculino	04:36:27	+03:10:36	16:16
327	3041	Joao Rodrigues	Thunder Team	Senior Masculino	04:45:56	+03:20:05	16:49
328	3042	Miguel Ângelo Andrade	Thunder Team	Senior Masculino	04:46:31	+03:20:40	16:51
329	2453	Carlos Pereira	Individual	Senior Masculino	04:48:39	+03:22:48	16:59
330	2457	Claudio Henrique da Silva Meneses	Individual	Senior Masculino	05:03:43	+03:37:52	17:52

Veterana F40

1	2568	Cândida Seabra	Individual	Veterana F40	01:49:28		06:26
2	2006	Ana Maria Amaral	GONDOMAR FUTSAL CLUBE	Veterana F40	02:15:25	+25:57	07:58
3	2573	Luzia da Conceição Sousa Azevedo	Individual	Veterana F40	02:18:16	+28:48	08:08
4	2849	Aurora morais	Oralklass-Amigos do Trail	Veterana F40	02:19:06	+29:38	08:11
5	3010	fatima coelho	Somos Nós Team	Veterana F40	02:19:48	+30:20	08:13
6	2220	Alice Sousa	Dr Merino/ Nutrifit	Veterana F40	02:33:07	+43:39	09:00
7	2580	maria arminda faria maciel	Individual	Veterana F40	02:36:43	+47:15	09:13
8	2899	Cristina Costa	Ou vai ou racha	Veterana F40	02:36:51	+47:23	09:14
9	2782	Sandra Miranda	Individual	Veterana F40	02:40:50	+51:22	09:28
10	2061	Ana Maria Pinto	ALIANÇA DE GANDRA	Veterana F40	02:41:08	+51:40	09:29
11	3076	Paula Santos	All About	Veterana F40	02:42:34	+53:06	09:34
12	3032	Andrea Coelho	Tecla 3 Runners	Veterana F40	02:45:50	+56:22	09:45
13	2763	Isabel Carvalho	Moinhos Run - ADRM	Veterana F40	02:46:57	+57:29	09:49
14	2227	irene barbosa	ele e ela	Veterana F40	02:47:44	+58:16	09:52
15	2578	Margarida Monteiro	Individual	Veterana F40	02:48:05	+58:37	09:53
16	2820	Lúcia Oliveira	Nós Acreditamos	Veterana F40	02:50:28	+01:01:00	10:02

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

OFFICIAL RESULT

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17	3011	Minda Coelho	Somos Nós Team	Veterana F40	02:52:06	+01:02:38	10:07
18	2060	Alexandra Padilha	ALIANÇA DE GANDRA	Veterana F40	02:53:29	+01:04:01	10:12
19	2188	Cristina Neto	CFit Freamunde	Veterana F40	02:53:57	+01:04:29	10:14
20	3033	Teresa Silva	Tecla 3 Runners	Veterana F40	02:54:10	+01:04:42	10:15
21	2982	Carla Barros	S. S. Montepio	Veterana F40	02:57:21	+01:07:53	10:26
22	2850	Sónia Mota	Oralklass-Amigos do Trail	Veterana F40	02:57:56	+01:08:28	10:28
23	2221	Ivone Cristina Lopes Ganso	Dr Merino/ Nutrifit	Veterana F40	03:00:13	+01:10:45	10:36
24	2570	Cristina Sousa	Individual	Veterana F40	03:01:17	+01:11:49	10:40
25	2202	Cândida Vilas-Boas	Clube Zupper	Veterana F40	03:01:29	+01:12:01	10:41
26	2569	Cidália Soares	Individual	Veterana F40	03:03:49	+01:14:21	10:49
27	2588	Paula Moreira	Individual	Veterana F40	03:11:09	+01:21:41	11:15
28	2873	Ana Trigo	Os Mariolas	Veterana F40	03:12:44	+01:23:16	11:20
29	3067	Ana Alves	USF TS	Veterana F40	03:18:23	+01:28:55	11:40
30	2591	Susana Luís	Individual	Veterana F40	03:24:26	+01:34:58	12:02
31	2577	Manuela Mota	Individual	Veterana F40	03:27:47	+01:38:19	12:13
32	2085	carmem moreira	AMIGOS DO PEDAL	Veterana F40	03:28:33	+01:39:05	12:16
33	2853	Marilia Dias	Os Arrastas	Veterana F40	03:32:42	+01:43:14	12:31
34	1465	Glória Monteiro	Tartarugas do Asfalto	Veterana F40	03:34:33	+01:45:05	12:37
35	2152	Branca Nabais	CCDFPJP	Veterana F40	03:34:50	+01:45:22	12:38
36	2810	Maria de Jesus	NOCTURNOS DE PAREDES	Veterana F40	03:36:02	+01:46:34	12:42
37	2579	Margarida Oliveira	Individual	Veterana F40	03:36:12	+01:46:44	12:43
38	2947	LAURA VIEIRA	PORTOCARGO	Veterana F40	03:38:46	+01:49:18	12:52
39	2585	Maria Lurdes Mendes	Individual	Veterana F40	03:38:51	+01:49:23	12:52
40	2203	Paula Nascimento	Clube Zupper	Veterana F40	03:38:53	+01:49:25	12:53
41	2312	Olivia Coelho	GONDOMAR FUTSAL CLUBE	Veterana F40	03:39:01	+01:49:33	12:53
42	2848	Ana Oliveira	Oralklass-Amigos do Trail	Veterana F40	03:40:47	+01:51:19	12:59
43	2933	Elizabete Loureiro	PORTO SENTIDO	Veterana F40	03:42:44	+01:53:16	13:06
44	2874	Mónica Matos	Os Mariolas	Veterana F40	03:42:52	+01:53:24	13:07
45	2062	Carla Pinto	ALIANÇA DE GANDRA	Veterana F40	03:45:17	+01:55:49	13:15
46	3024	Maria Portugal	Tartarugas do Asfalto	Veterana F40	03:48:53	+01:59:25	13:28
47	2232	Maria Fonseca	Equipa João Ferreira	Veterana F40	03:48:58	+01:59:30	13:28
48	2566	Ana Pestana	Individual	Veterana F40	03:51:01	+02:01:33	13:35
49	2581	Maria Augusta Moreira da Silva	Individual	Veterana F40	03:52:48	+02:03:20	13:42
50	2567	Andreia Alexandra Martins Sena Barbosa de Sá	Individual	Veterana F40	03:54:38	+02:05:10	13:48
51	2744	SANDRA S.MATOS	MATTS	Veterana F40	03:55:21	+02:05:53	13:51
52	2781	sonia silva	Monte dos Amigos	Veterana F40	03:55:49	+02:06:21	13:52
53	2777	helena roxo	Monte dos Amigos	Veterana F40	03:55:50	+02:06:22	13:52
54	2907	Ana Ferreira	Paredes Running	Veterana F40	03:56:02	+02:06:34	13:53
55	2946	ISABEL VIEIRA	PORTOCARGO	Veterana F40	03:57:35	+02:08:07	13:59
56	2086	paula ferreira	AMIGOS DO PEDAL	Veterana F40	03:57:43	+02:08:15	13:59
57	2989	Marieta Moreira	SAI DA FRENTE	Veterana F40	03:59:54	+02:10:26	14:07
58	2794	Cristina Moreira	Nascidos para Correr	Veterana F40	04:04:59	+02:15:31	14:25
59	2897	Carmo Ribeiro	Ou vai ou racha	Veterana F40	04:08:37	+02:19:09	14:37
60	2954	ERMESINDA CARVALHO	PRESTÍGIO	Veterana F40	04:08:58	+02:19:30	14:39
61	2586	Mónica Rocha	Individual	Veterana F40	04:09:48	+02:20:20	14:42
62	2572	Irene Videira	Individual	Veterana F40	04:09:49	+02:20:21	14:42

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

OFFICIAL RESULT

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63	2069	Candido Afonso	All About	Veterana F40	04:17:36	+02:28:08	15:09
64	2294	Manuela Rosas	GENEROSOS	Veterana F40	04:18:19	+02:28:51	15:12
65	2901	Paula Sousa	Ou vai ou racha	Veterana F40	04:18:26	+02:28:58	15:12
66	2898	Cláudia Barros	Ou vai ou racha	Veterana F40	04:18:26	+02:28:58	15:12
67	2311	Marina Terceiro	GONDOMAR FUTSAL CLUBE	Veterana F40	04:21:16	+02:31:48	15:22
68	2582	Maria do Céu Paias Couto	Individual	Veterana F40	04:23:47	+02:34:19	15:31
69	2025	Anabela Moreira Ribeiro	a caminho de ser fit team	Veterana F40	04:32:47	+02:43:19	16:03
70	2779	paula coutinho	Monte dos Amigos	Veterana F40	04:33:01	+02:43:33	16:04
71	2778	paula almeida	Monte dos Amigos	Veterana F40	04:33:01	+02:43:33	16:04
72	2571	elsa dias	Individual	Veterana F40	04:34:22	+02:44:54	16:08
73	2071	Fernanda Magalhaes	All About	Veterana F40	04:37:07	+02:47:39	16:18
74	2574	Madalena Nogueira	Individual	Veterana F40	04:43:12	+02:53:44	16:40
75	2233	Rita Gonçalves	Equipa João Ferreira	Veterana F40	04:44:06	+02:54:38	16:43
76	2231	Claudia Frade	Equipa João Ferreira	Veterana F40	04:44:14	+02:54:46	16:43
77	2875	Sonia Madureira	Os Mariolas	Veterana F40	04:46:33	+02:57:05	16:51
78	2070	Elisabete Melo	All About	Veterana F40	04:55:02	+03:05:34	17:21
79	2590	Susana Fernandes	Individual	Veterana F40	04:57:56	+03:08:28	17:32
80	2797	NATERCIA NUNES	newton team	Veterana F40	05:00:28	+03:11:00	17:40
81	2292	Lu Pinto	GENEROSOS	Veterana F40	05:01:52	+03:12:24	17:45
82	2290	Carla Gomes	GENEROSOS	Veterana F40	05:23:48	+03:34:20	19:03

Veterana F50

1	2189	Maria Antunes	CFit Freamunde	Veterana F50	02:44:41		09:41
2	2743	Ana Rosa Alves	M.Alves Cabroelo	Veterana F50	03:00:57	+16:16	10:39
3	2593	Alice Moutinho	Individual	Veterana F50	03:11:25	+26:44	11:16
4	2315	Ana Sousa	GONDOMAR FUTSAL CLUBE	Veterana F50	03:34:14	+49:33	12:36
5	2786	Maria Lurdes Conceição	Montes e Vales	Veterana F50	03:48:32	+01:03:51	13:27
6	2595	Lurdes Monteiro	Individual	Veterana F50	04:07:37	+01:22:56	14:34
7	3012	Rosalina Pereira	Somos Nós Team	Veterana F50	05:11:17	+02:26:36	18:19

Veterano M40

1	2007	Antonio Martins	CENTRO CICLISTA DE GONDOMAR	Veterano M40	01:31:37		05:23
2	2005	Asdrubal Freitas	CENTRO CICLISTA DE GONDOMAR	Veterano M40	01:37:11	+05:34	05:43
3	2273	Pedro Alberto Moreira dos Santos	Fugitivos Urbanos	Veterano M40	01:40:44	+09:07	05:56
4	2852	Orlando Nogueira	Oralklass-Amigos do Trail	Veterano M40	01:46:59	+15:22	06:18
5	2266	Paulo Teixeira de Sousa	Fridão Sem Limites	Veterano M40	01:48:05	+16:28	06:21
6	2598	Abílio Magalhães	Individual	Veterano M40	01:51:40	+20:03	06:34
7	3060	José Coelho	UF 08 RUNNERS	Veterano M40	01:52:33	+20:56	06:37
8	2065	Fernando Oliveira	ALIANÇA DE GANDRA	Veterano M40	01:55:07	+23:30	06:46
9	2064	Carlos Silva	ALIANÇA DE GANDRA	Veterano M40	01:55:14	+23:37	06:47
10	2742	Carlos Ferreira	LUSOS XXI	Veterano M40	01:56:04	+24:27	06:50
11	2704	Laurindo Osório	KeMedo Team	Veterano M40	01:58:12	+26:35	06:57

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

OFFICIAL RESULT

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12	2210	Rui Andrade	CROCODILOS / MISTERPC	Veterano M40	01:59:23	+27:46	07:01
13	2700	Ivo Almeida	ALIANÇA DE GANDRA	Veterano M40	01:59:27	+27:50	07:02
14	2623	Hélder Manuel Rosa da Silva Deveza	Individual	Veterano M40	02:02:28	+30:51	07:12
15	2599	Abilio Paulo Pereira Ferreira	Individual	Veterano M40	02:02:35	+30:58	07:13
16	3077	Marco Silva	All About	Veterano M40	02:04:11	+32:34	07:18
17	11	Eduardo Pinto	All About	Veterano M40	02:04:11	+32:34	07:18
18	2098	MIGUEL BARROS	ARCORUN	Veterano M40	02:05:26	+33:49	07:23
19	2656	pedro ferreira	Individual	Veterano M40	02:07:20	+35:43	07:29
20	2214	José Carlos Dias	CTAD - Trilhos de Cinfães	Veterano M40	02:07:24	+35:47	07:30
21	2099	PAULO GRILO	ARCORUN	Veterano M40	02:07:35	+35:58	07:30
22	2940	Laurindo Gomes	PORTO SENTIDO	Veterano M40	02:07:53	+36:16	07:31
23	2094	AMILCAR FERREIRA	ARCORUN	Veterano M40	02:08:03	+36:26	07:32
24	2886	Francisco Rebelo	Os Ribeiros	Veterano M40	02:08:10	+36:33	07:32
25	2765	Pedro Sá	Moinhos Run - ADRM	Veterano M40	02:09:19	+37:42	07:36
26	2835	Pedro Seixas	Oralklass-Amigos do Trail	Veterano M40	02:13:26	+41:49	07:51
27	2645	Pábelo Marques	Individual	Veterano M40	02:13:33	+41:56	07:51
28	2617	DELFIM NUNES	Individual	Veterano M40	02:13:39	+42:02	07:52
29	1023	Mike Dias	All About	Veterano M40	02:13:58	+42:21	07:53
30	2244	Carlos Pereira	EU+ Run	Veterano M40	02:14:51	+43:14	07:56
31	2100	VITOR FOLGADO	ARCORUN	Veterano M40	02:15:08	+43:31	07:57
32	2624	Henrique Marques	Individual	Veterano M40	02:15:19	+43:42	07:58
33	2934	Avelino Rodrigues	PORTO SENTIDO	Veterano M40	02:15:28	+43:51	07:58
34	2847	Angelo Vidal	Oralklass-Amigos do Trail	Veterano M40	02:15:37	+44:00	07:59
35	2666	Rui Silva	Individual	Veterano M40	02:15:57	+44:20	08:00
36	2248	João Neves	Factor X / S4L / MedenseFC	Veterano M40	02:16:31	+44:54	08:02
37	2936	Ernesto Ribeiro	PORTO SENTIDO	Veterano M40	02:17:18	+45:41	08:05
38	2618	Eduardo Nascimento	Individual	Veterano M40	02:18:40	+47:03	08:09
39	2157	Filipe Sousa	CENTRO CICLISTA DE GONDOMAR	Veterano M40	02:18:42	+47:05	08:10
40	2629	jorge rodrigues	Individual	Veterano M40	02:19:26	+47:49	08:12
41	3013	fernando morais	Somos Nós Team	Veterano M40	02:20:11	+48:34	08:15
42	2097	JORGE SANTOS SILVA	ARCORUN	Veterano M40	02:21:02	+49:25	08:18
43	2667	Sérgio Sousa	Individual	Veterano M40	02:21:33	+49:56	08:20
44	2129	Juca Teixeira	BTT Alegria / TUBANI	Veterano M40	02:21:36	+49:59	08:20
45	2045	José Manuel	ACRORUNNERS	Veterano M40	02:21:57	+50:20	08:21
46	2610	carlos daniel bessa	Individual	Veterano M40	02:22:01	+50:24	08:21
47	2729	Mário Moura	Leões de Tardariz Trail	Veterano M40	02:22:41	+51:04	08:24
48	2612	CARLOS MANUEL DOS SANTOS ROCHA	Individual	Veterano M40	02:24:36	+52:59	08:30
49	3035	José Ferreira	Telefina	Veterano M40	02:25:21	+53:44	08:33
50	2822	Fernando Silva	Nós Acreditamos	Veterano M40	02:26:58	+55:21	08:39
51	2657	Pedro Guimarães	Individual	Veterano M40	02:28:24	+56:47	08:44
52	2600	Adão Ribeiro	Individual	Veterano M40	02:29:23	+57:46	08:47
53	2741	Rui Moreira	LUSOS XXI	Veterano M40	02:30:36	+58:59	08:52
54	2730	Pedro Ferreira	Leões de Tardariz Trail	Veterano M40	02:31:02	+59:25	08:53
55	2783	joaquim pinto	Monte dos Amigos	Veterano M40	02:32:47	+01:01:10	08:59
56	2939	José Ricardo	PORTO SENTIDO	Veterano M40	02:33:07	+01:01:30	09:00

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

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

57	3049	Avelino Coelho	Trail dos Moinhos	Veterano M40	02:34:00	+01:02:23	09:04
58	2821	Armando Cardoso	Nós Acreditamos	Veterano M40	02:34:50	+01:03:13	09:06
59	2130	Paulo Nunes	BTT Alegria / TUBANI	Veterano M40	02:35:32	+01:03:55	09:09
60	2651	Paulo Seabra	Individual	Veterano M40	02:36:09	+01:04:32	09:11
61	2018	Paulo Ribeiro	10TEMIDOS	Veterano M40	02:36:23	+01:04:46	09:12
62	2619	Filipe Duarte Castro	Individual	Veterano M40	02:36:43	+01:05:06	09:13
63	2937	João Barbosa	PORTO SENTIDO	Veterano M40	02:37:04	+01:05:27	09:14
64	2147	Paulo Fernando Melo Coelho Ferreira	Casa da Viúva	Veterano M40	02:38:25	+01:06:48	09:19
65	2146	Manuel De Melo Coelho Ferreira	Casa da Viúva	Veterano M40	02:38:26	+01:06:49	09:19
66	2662	Rui Fernandes	Individual	Veterano M40	02:38:33	+01:06:56	09:20
67	3080	Carlos Freixo	Individual	Veterano M40	02:38:42	+01:07:05	09:20
68	2985	Ricardo Silva	S. S. Montepio	Veterano M40	02:39:15	+01:07:38	09:22
69	2983	Hugo Costa	S. S. Montepio	Veterano M40	02:40:48	+01:09:11	09:28
70	2613	Carlos Moutinho	Individual	Veterano M40	02:44:29	+01:12:52	09:41
71	2880	nuno Filipe morais Escobar	OS MORAIS	Veterano M40	02:45:41	+01:14:04	09:45
72	2728	Manuel Alvarino	Leões de Tardariz Trail	Veterano M40	02:47:09	+01:15:32	09:50
73	2812	Salvador Santos	NOCTURNOS DE PAREDES	Veterano M40	02:47:11	+01:15:34	09:50
74	2194	Miguel Dias	CloudWorks	Veterano M40	02:49:00	+01:17:23	09:56
75	2622	Francisco Manuel Ribeiro da Costa	Individual	Veterano M40	02:49:06	+01:17:29	09:57
76	2128	Joaquim Soares	BTT Alegria / TUBANI	Veterano M40	02:49:18	+01:17:41	09:58
77	2698	Manuel Afonso de Sousa Teixeira	I-Run	Veterano M40	02:49:35	+01:17:58	09:59
78	2019	Rui Sá	10TEMIDOS	Veterano M40	02:54:01	+01:22:24	10:14
79	2105	carlos silva ferreira	autistic.runners	Veterano M40	02:54:34	+01:22:57	10:16
80	2615	Claudio Silva	Individual	Veterano M40	02:55:05	+01:23:28	10:18
81	2925	MIGUEL TEIXEIRA	PM	Veterano M40	02:56:38	+01:25:01	10:23
82	3055	MANUEL SANTOS SILVA	TrepaTrilhos Trail Team	Veterano M40	02:57:35	+01:25:58	10:27
83	2653	Paulo Soares	Individual	Veterano M40	02:57:55	+01:26:18	10:28
84	2697	Joaquim Ferreira	I-Run	Veterano M40	02:58:10	+01:26:33	10:29
85	2699	Pedro João Salgueiro Marques da Silva	I-Run	Veterano M40	02:58:10	+01:26:33	10:29
86	2784	jose moura	Monte dos Amigos	Veterano M40	02:59:01	+01:27:24	10:32
87	1449	Julio Santos	S. S. Montepio	Veterano M40	03:03:09	+01:31:32	10:46
88	2605	António Manuel Coelho de Sousa	Individual	Veterano M40	03:04:04	+01:32:27	10:50
89	2851	Miguel Gonçalves	Oralklass-Amigos do Trail	Veterano M40	03:04:05	+01:32:28	10:50
90	2644	Oscar Luis Oliveira Novais	Individual	Veterano M40	03:05:11	+01:33:34	10:54
91	2222	Alfredo Freitas	Dr Merino/ Nutrifit	Veterano M40	03:05:40	+01:34:03	10:55
92	2628	Jorge Nogueira	Individual	Veterano M40	03:06:07	+01:34:30	10:57
93	2080	Jose Melo	Amigos d´Betão	Veterano M40	03:08:19	+01:36:42	11:05
94	3015	Jorge Almeida	soplabifana	Veterano M40	03:10:47	+01:39:10	11:13
95	2249	Pedro Silva	Factor X / S4L / MedenseFC	Veterano M40	03:11:28	+01:39:51	11:16
96	2640	Manuel Sérgio Sousa	Individual	Veterano M40	03:11:52	+01:40:15	11:17
97	2603	António Carlos de Sousa Ferraz	Individual	Veterano M40	03:17:14	+01:45:37	11:36
98	2621	Francisco José Garcia Moreira	Individual	Veterano M40	03:17:14	+01:45:37	11:36
99	2250	Rui Mota	Factor X / S4L / MedenseFC	Veterano M40	03:18:30	+01:46:53	11:41
100	2614	Carlos Russo	Individual	Veterano M40	03:19:35	+01:47:58	11:44
101	2949	ANTONIO MARTINS	PORTOCARGO	Veterano M40	03:23:48	+01:52:11	11:59
102	2299	Rodrigo Ferraz	GENEROSOS	Veterano M40	03:27:15	+01:55:38	12:11

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

OFFICIAL RESULT

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103	2602	António Antunes	Individual	Veterano M40	03:29:43	+01:58:06	12:20
104	2609	Carlos Avelino	Individual	Veterano M40	03:31:11	+01:59:34	12:25
105	2935	Cláudio Cerqueira	PORTO SENTIDO	Veterano M40	03:31:23	+01:59:46	12:26
106	3043	Pedro Rodrigues	Thunder Team	Veterano M40	03:34:55	+02:03:18	12:39
107	2854	carlos Sousa	Os Arrastas	Veterano M40	03:35:08	+02:03:31	12:39
108	2987	Rui Silva	S. S. Montepio	Veterano M40	03:36:02	+02:04:25	12:42
109	2833	Nélson Montalvão	O Jogo	Veterano M40	03:36:09	+02:04:32	12:43
110	2893	Carlos Mota	Os TurboMula	Veterano M40	03:36:11	+02:04:34	12:43
111	2620	FILIPE TEIXEIRA	Individual	Veterano M40	03:36:49	+02:05:12	12:45
112	2635	Jose Soares	Individual	Veterano M40	03:38:21	+02:06:44	12:51
113	2941	Luis Rodrigues	PORTO SENTIDO	Veterano M40	03:42:44	+02:11:07	13:06
114	2216	Raul Cunha	cUnHaX	Veterano M40	03:44:02	+02:12:25	13:11
115	2660	Pedro Silva	Individual	Veterano M40	03:44:31	+02:12:54	13:12
116	2649	Paulo Lara	Individual	Veterano M40	03:44:37	+02:13:00	13:13
117	2637	Luís Moutinho	Individual	Veterano M40	03:45:35	+02:13:58	13:16
118	2641	Miguel Moura	Individual	Veterano M40	03:45:40	+02:14:03	13:16
119	2655	Pedro Duarte	Individual	Veterano M40	03:47:49	+02:16:12	13:24
120	2658	Pedro Pereira	Individual	Veterano M40	03:49:22	+02:17:45	13:30
121	2643	Nuno Miguel Silva Morais	Individual	Veterano M40	03:49:35	+02:17:58	13:30
122	2707	Amândio Sousa	KinKipa	Veterano M40	03:50:12	+02:18:35	13:32
123	2976	rui rocha	run2eat	Veterano M40	03:51:05	+02:19:28	13:36
124	2251	Vitor Sousa	Factor X / S4L / MedenseFC	Veterano M40	03:52:11	+02:20:34	13:39
125	2909	Luis Ribeiro	Paredes Running	Veterano M40	03:54:13	+02:22:36	13:47
126	2665	Rui Miguel Oliveira	Individual	Veterano M40	03:54:18	+02:22:41	13:47
127	2636	Jota oliveira	Individual	Veterano M40	03:54:57	+02:23:20	13:49
128	2073	Jose Carmo Teixeira	All About	Veterano M40	03:54:57	+02:23:20	13:49
129	2938	José carlos Teixeira Soares	PORTO SENTIDO	Veterano M40	03:55:01	+02:23:24	13:49
130	2745	J.HENRIQUE S.S.MATOS	MATTS	Veterano M40	03:55:12	+02:23:35	13:50
131	2951	RENATO OLIVEIRA	PORTOCARGO	Veterano M40	03:57:35	+02:25:58	13:59
132	2608	Augusto Rodrigues	Individual	Veterano M40	03:57:42	+02:26:05	13:59
133	2229	Ivo Loureiro	ép saí da frente	Veterano M40	03:59:54	+02:28:17	14:07
134	2991	Emanuel Durães	SAI DA FRENTE	Veterano M40	04:01:50	+02:30:13	14:14
135	2832	Jorge Oliveira	O Jogo	Veterano M40	04:03:09	+02:31:32	14:18
136	2831	Bruno Rodrigues	O Jogo	Veterano M40	04:03:09	+02:31:32	14:18
137	2659	Pedro Ramos	Individual	Veterano M40	04:03:24	+02:31:47	14:19
138	2654	Paulo Sousa	Individual	Veterano M40	04:04:26	+02:32:49	14:23
139	2626	Joaquim Jorge Silva Pimenta Almeida	Individual	Veterano M40	04:04:26	+02:32:49	14:23
140	2792	José Antonio Angelino	Nascidos para Correr	Veterano M40	04:04:56	+02:33:19	14:24
141	2193	José Matos	CloudWorks	Veterano M40	04:05:07	+02:33:30	14:25
142	2632	jose gentil almeida ferreira	Individual	Veterano M40	04:10:20	+02:38:43	14:44
143	2606	António Manuel de Oliveira Pinheiro	Individual	Veterano M40	04:12:20	+02:40:43	14:51
144	2638	Luís Sequeira	Individual	Veterano M40	04:13:25	+02:41:48	14:54
145	2063	António Paiva	ALIANÇA DE GANDRA	Veterano M40	04:17:39	+02:46:02	15:09
146	2298	Filipe Carelhas	GENEROSOS	Veterano M40	04:18:55	+02:47:18	15:14
147	2633	José Luís Silva	Individual	Veterano M40	04:32:18	+03:00:41	16:01
148	2639	Manuel Antonio Amaral Brandao	Individual	Veterano M40	04:32:18	+03:00:41	16:01

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

OFFICIAL RESULT

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149	2616	Dario Alfredo Alves Moutinho	Individual	Veterano M40	04:32:18	+03:00:41	16:01
150	2012	Fernando Sá	10TEMIDOS	Veterano M40	04:33:03	+03:01:26	16:04
151	3014	Mário Rocha	Somos Nós Team	Veterano M40	05:11:19	+03:39:42	18:19

Veterano M50

1	2158	Vitor Sousa	CENTRO CICLISTA DE GONDOMAR	Veterano M50	01:50:10		06:29
2	2160	Jorge Silva	CENTRO CICLISTA DE GONDOMAR	Veterano M50	01:55:44	+05:34	06:48
3	2681	José Manuel Pinto Gomes	Individual	Veterano M50	01:57:59	+07:49	06:56
4	2159	David Tavares	CENTRO CICLISTA DE GONDOMAR	Veterano M50	01:59:38	+09:28	07:02
5	2825	António José Marinho Cunha	Nós Acreditamos	Veterano M50	02:10:06	+19:56	07:39
6	2715	Agostinho Sousa	Kunalama runners	Veterano M50	02:14:12	+24:02	07:54
7	2322	Vítor Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M50	02:21:19	+31:09	08:19
8	1338	Tomas Correia	Individual	Veterano M50	02:22:49	+32:39	08:24
9	2319	Fernando Ferreira	GONDOMAR FUTSAL CLUBE	Veterano M50	02:22:55	+32:45	08:24
10	2320	Fernando Pereira	GONDOMAR FUTSAL CLUBE	Veterano M50	02:24:27	+34:17	08:30
11	2107	Agostinho Moreira	Avenida Caffe	Veterano M50	02:25:40	+35:30	08:34
12	2824	Álvaro Cardoso	Nós Acreditamos	Veterano M50	02:31:18	+41:08	08:54
13	2955	JOSÉ RODRIGUES	PRESTÍGIO	Veterano M50	02:34:54	+44:44	09:07
14	2190	Jorge Conceição	CFit Freamunde	Veterano M50	02:35:28	+45:18	09:09
15	2149	Jorge Manuel Melo	Casa da Viúva	Veterano M50	02:38:25	+48:15	09:19
16	2766	Rui manuel pinto dos reis da quinta	Moinhos Run - ADRM	Veterano M50	02:39:44	+49:34	09:24
17	2732	Joaquim Leite	Leões de Tardariz Trail	Veterano M50	02:47:08	+56:58	09:50
18	2677	Filipe Mota	Individual	Veterano M50	02:58:11	+01:08:01	10:29
19	2674	Armindo Moura	Individual	Veterano M50	03:12:37	+01:22:27	11:20
20	2684	LUIZ C.J.BLANQUET	Individual	Veterano M50	03:12:49	+01:22:39	11:21
21	2671	Antonio Cunha	Individual	Veterano M50	03:18:48	+01:28:38	11:42
22	2688	VALDEMAR SILVA	Individual	Veterano M50	03:19:35	+01:29:25	11:44
23	2260	Manuel Rocha	FAST AO KM	Veterano M50	03:20:55	+01:30:45	11:49
24	2687	Raul Macedo	Individual	Veterano M50	03:22:43	+01:32:33	11:55
25	2191	Paulo Querido	CFit Freamunde	Veterano M50	03:23:41	+01:33:31	11:59
26	2686	MANUEL PINTO	Individual	Veterano M50	03:24:24	+01:34:14	12:01
27	2148	Fernando de Mello Coelho Ferreira	Casa da Viúva	Veterano M50	03:27:00	+01:36:50	12:11
28	2943	Fernando Ferraz	PORTO SENTIDO	Veterano M50	03:27:46	+01:37:36	12:13
29	2673	antonio guimaraes	Individual	Veterano M50	03:33:09	+01:42:59	12:32
30	2855	Manuel Moura	OS BARRIGUITAS	Veterano M50	03:36:21	+01:46:11	12:44
31	2952	MANUEL PEREIRA	PORTOCARGO	Veterano M50	03:38:11	+01:48:01	12:50
32	1329	Carlos Almeida	Individual	Veterano M50	03:38:16	+01:48:06	12:50
33	2942	Carlos Martins	PORTO SENTIDO	Veterano M50	03:42:44	+01:52:34	13:06
34	2708	Augusto Teixeira	KinKipa	Veterano M50	03:50:14	+02:00:04	13:33
35	2669	alberto martins	Individual	Veterano M50	03:57:46	+02:07:36	13:59
36	2318	António José Queiroz	GONDOMAR FUTSAL CLUBE	Veterano M50	04:02:52	+02:12:42	14:17
37	3050	Domingos Coelho	Trail dos Moinhos	Veterano M50	04:03:39	+02:13:29	14:20
38	2300	Sergio Reis	GENEROSOS	Veterano M50	04:08:30	+02:18:20	14:37

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

OFFICIAL RESULT

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39	2140	Augusto Magalhães	Carreiros	Veterano M50	04:08:32	+02:18:22	14:37
40	2678	João Sousa	Individual	Veterano M50	04:09:32	+02:19:22	14:41

4º TraiLagares

10/04/2016

COLETIVA GERAL

Rank	NomeClube	Pontos
1	Team OPTISPORT-UGLOW	25
2	Oralklass-Amigos do Trail	35
3	CENTRO CICLISTA DE GONDOMAR	73
4	GONDOMAR FUTSAL CLUBE	85
5	Dr Merino/ Nutrifit	118
6	A.D.Amarante trail running	127
7	GTT - Armazém do Caffè	128
8	Unidade Especial de Corrida	137
9	UF 08 RUNNERS	148
10	Fridão Sem Limites	180
11	ALIANÇA DE GANDRA	194
12	Satecnosol Outdoor / La Sportiva	211
13	PAREDES AVENTURA	234
14	A.D Sebolido Trail boneca D´ouro	294
15	Amigo	300
16	Portadas de Valdeorras Trail	306
17	Beat Your Limit!	318
18	CROCODILOS / MISTERPC	357
19	Associação Desportiva de Cabroelo	404
20	CFit Freamunde	422
21	Lusitanos	453
22	ARCORUN	453
23	Shots International Runners	462
24	BUDEGUITA RUNNERS	475
25	Nascidos para Correr	477
26	Helder Optica TEAM	484
27	Moinhos Run - ADRM	485
28	CTAD - Trilhos de Cinfães	510
29	Leões de Tardariz Trail	665
30	Somos Nós Team	665
31	PORTO SENTIDO	695
32	NOCTURNOS DE PAREDES	724
33	Trocopasso Runners	764
34	EU+ Run	768
35	All About	775
36	Nós Acreditamos	869

4º TraiLagares

10/04/2016

COLETIVA GERAL

Rank	NomeClube	Pontos
37	S. S. Montepio	916
38	PORTOCARGO	927
39	ARRASTASSOLAS	995
40	Monte dos Amigos	1030
41	Clube Zupper	1125
42	BTT Alegria / TUBANI	1144
43	EDV-VIANA TRAIL	1218
44	Tecla 3 Runners	1234
45	Casa da Viúva	1247
46	Factor X / S4L / MedenseFC	1249
47	Kunalama runners	1280
48	LUSOS XXI	1311
49	Feltrail	1326
50	ACRORUNNERS	1378
51	Sweet Runners	1404
52	Parjovem	1471
53	Fugitivos Urbanos	1779
54	Os TurboMula	1850
55	GENEROSOS	1871
56	Carreiros	1898
57	10TEMIDOS	1900
58	AMIGOS DO PEDAL	2057
59	os guerreiros	2217
60	Family Pinto	2420
61	Paredes Running	2616
62	reumatico	2693
63	SU TEAM & FRIENDS	2747
64	Amigos d´Betão	3117
65	Ou vai ou racha	3249
66	O Jogo	3385
67	Thunder Team	3571
68	a caminho de ser fit team	3932

4º TraiLagares

10/04/2016

COLETIVA FEMININA

Rank	NomeClube	Pontos
1	GONDOMAR FUTSAL CLUBE	26
2	Oralklass-Amigos do Trail	27
3	Dr Merino/ Nutrifit	55
4	Moinhos Run - ADRM	73
5	CFit Freamunde	128
6	Tecla 3 Runners	272
7	Somos Nós Team	386
8	NOCTURNOS DE PAREDES	403
9	ALIANÇA DE GANDRA	462
10	Nascidos para Correr	512
11	Monte dos Amigos	687
12	GENEROSOS	753
13	All About	843
14	a caminho de ser fit team	1331