3º Trail Tongobriga 2017
Marco de Canaveses, Freixo
22-October-2017

TRAIL LONGO - STAGE 1 — 22 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:00	7.3ºC	87%
End	13:37	7.3ºC	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	41	Tiago Pereira	futebol clube de penafiel	Senior Masculino	01:46:45		04:51
2	11	Paulo Costa	a.d.amarante trail running	Senior Masculino	01:49:54	+03:09	05:00
3	15	Victor Costa	a.d.amarante trail running	Veterano M40	01:50:30	+03:44	05:01
4	51	César Barros	individual	Senior Masculino	01:52:38	+05:52	05:07
5	31	Ricardo Vieira	brabus runners	Senior Masculino	02:04:15	+17:29	05:39
6	26	Adriano mendes	brabus runners	Senior Masculino	02:04:15	+17:30	05:39
7	49	Carlos Coelho	individual	Senior Masculino	02:04:47	+18:02	05:40
8	91	Tiago Soares	moinhos run - adrm	Senior Masculino	02:05:55	+19:10	05:43
9	67	Alfredo da Silva Moreira	individual	Veterano M40	02:06:32	+19:47	05:45
10	95	Pedro Vieira	mountain runners	Senior Masculino	02:07:16	+20:30	05:47
11	52	Eurico Miguel Borges Pereira	individual	Senior Masculino	02:09:16	+22:30	05:53
12	120	Sérgio Monteiro	sardonisca runners	Senior Masculino	02:09:46	+23:01	05:54
13	20	Amadeu Teixeira	amigos do pedal trail de lagares	Veterano M50	02:09:56	+23:11	05:54
14	110	António Borges	porto sentido runners	Veterano M40	02:10:03	+23:18	05:55
15	14	Miguel Barros	a.d.amarante trail running	Veterano M40	02:10:17	+23:31	05:55
16	22	Paula Soares Coutinho	autistic runners	Senior Feminino	02:11:39	+24:54	05:59
17	30	Ricardo Sampaio	brabus runners	Senior Masculino	02:11:41	+24:55	05:59
18	86	Adriano Paulo Oliveira	lusitanos	Veterano M40	02:12:48	+26:02	06:02
19	71	Frank Fritsche	individual	Veterano M40	02:13:09	+26:24	06:03
20	10	Miguel Pereira	a.d.amarante trail running	Senior Masculino	02:13:51	+27:06	06:05
21	119	antonio coelho	sai dai	Veterano M40	02:14:49	+28:04	06:08
22	37	Manuel Barbosa	copos e trilhos	Senior Masculino	02:15:32	+28:46	06:10
23	7	António Mendes	a.d.amarante trail running	Senior Masculino	02:15:37	+28:52	06:10
24	53	Gabriel Coutinho	individual	Senior Masculino	02:15:50	+29:04	06:10
25	55	João Manuel Maciel Linhares	individual	Senior Masculino	02:16:10	+29:25	06:11
26	27	Cesário Leite	brabus runners	Senior Masculino	02:16:33	+29:47	06:12
27	97	Bruno Moreira	nocturnos de paredes	Senior Masculino	02:16:49	+30:03	06:13
28	58	Marcio Teixeira	individual	Senior Masculino	02:18:12	+31:26	06:17
29	100	Carlos Monteiro	nova linha trail runners	Senior Masculino	02:19:25	+32:40	06:20
30	72	José Álvaro da Silva Ribeiro	individual	Veterano M40	02:21:24	+34:38	06:26
31	24	António Loureiro	autistic runners	Veterano M50	02:23:56	+37:10	06:33
32	35	Abilio Paulo	bttenros	Veterano M40	02:24:44	+37:59	06:35
33	34	Marcio Barreto	bttenros	Senior Masculino	02:24:44	+37:59	06:35
34	50	Carlos Teixeira	individual	Senior Masculino	02:24:57	+38:12	06:35
35	69	António Salgueiredo	individual	Veterano M40	02:25:22	+38:37	06:36
36	84	Nelson Pires	lusitanos	Senior Masculino	02:25:26	+38:40	06:37
37	81	João Ribeiro	individual	Veterano M50	02:25:27	+38:41	06:37
38	45	Marisa Rodrigues	individual	Senior Feminino	02:25:27	+38:42	06:37
39	13	António Nuno Castro	a.d.amarante trail running	Veterano M40	02:25:50	+39:05	06:38
40	83	AGOSTINHO SOUSA	kunalama runners	Veterano M50	02:26:20	+39:35	06:39
41	101	Alberto Freitas	nova linha trail runners	Veterano M40	02:26:53	+40:07	06:41
42	92	Paulo Cardoso	motobikerebelos	Veterano M40	02:29:42	+42:56	06:48

TRAIL LONGO - STAGE 1 — 22 KM

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	18	Nuno Pereira	amigo trail run	Veterano M40	02:29:43	+42:58	06:48
44	32	Sandro Davide Sousa Afonso	brabus runners	Senior Masculino	02:30:26	+43:41	06:50
45	90	Rui Madureira	marco trail	Senior Masculino	02:31:13	+44:28	06:52
46	48	Bruno Moura	individual	Senior Masculino	02:36:07	+49:21	07:06
47	46	Raquel Andrade	individual	Senior Feminino	02:36:07	+49:22	07:06
48	98	Arnaldo Santos	nocturnos de paredes	Veterano M40	02:37:06	+50:21	07:08
49	21	José Oliveira	ascários escariz	Veterano M40	02:37:10	+50:24	07:09
50	60	Pedro Lopes	individual	Senior Masculino	02:38:26	+51:41	07:12
51	89	Pedro Nogueira	marco runners	Senior Masculino	02:39:27	+52:41	07:15
52	6	Ana Ferreira	a.d.amarante trail running	Senior Feminino	02:41:01	+54:16	07:19
53	88	Luis Aguiar	marco runners	Senior Masculino	02:41:04	+54:19	07:19
54	94	Patricia Ribeiro	mountain runners	Senior Feminino	02:42:00	+55:15	07:22
55	115	Hugo Pereira	redline	Senior Masculino	02:42:33	+55:48	07:23
56	116	José Carlos Sousa	redline	Senior Masculino	02:42:43	+55:58	07:24
57	19	Joaquim Ferreira	amigo trail run	Veterano M50	02:43:38	+56:53	07:26
58	118	Victor Vital	reumáticos da bila	Senior Masculino	02:43:50	+57:05	07:27
59	59	Nuno Fernandes	individual	Senior Masculino	02:43:50	+57:05	07:27
60	117	Alexandre Serafim	reumáticos da bila	Senior Masculino	02:43:51	+57:05	07:27
61	99	Rui Almeida	nocturnos de paredes	Veterano M40	02:45:32	+58:47	07:31
62	57	José António Ribeiro de Matos	individual	Senior Masculino	02:45:58	+59:12	07:33
63	93	Agostinho Matos	motomarretas	Senior Masculino	02:45:58	+59:13	07:33
64	111	Filipe Ferreira	porto sentido runners	Veterano M40	02:46:08	+59:23	07:33
65	114	Carlos Martins	porto sentido runners	Veterano M50	02:49:10	+01:02:25	07:41
66	65	Carmo Marinho	individual	Veterana F50	02:49:38	+01:02:53	07:43
67	66	Albano Cunha	individual	Veterano M40	02:50:17	+01:03:32	07:44
68	12	Clara Carvalho	a.d.amarante trail running	Veterana F40	02:50:47	+01:04:02	07:46
69	63	Ana Silva	individual	Veterana F40	02:50:47	+01:04:02	07:46
70	17	José Azevedo	a.d.amarante trail running	Veterano M50	02:51:12	+01:04:27	07:47
71	23	Carlos Ferreira	autistic runners	Veterano M40	02:56:12	+01:09:27	08:01
72	33	Vitor Ribeiro	brabus runners	Senior Masculino	02:59:56	+01:13:11	08:11
73	102	Lino Moreira	os turbomula	Veterano M50	03:05:28	+01:18:42	08:26
74	80	eduardo medeiros	individual	Veterano M50	03:06:30	+01:19:44	08:29
75	36	Heitor Cardoso	casa benfica em cinfães	Veterano M50	03:06:39	+01:19:54	08:29
76	108	Paula Coutinho	porto sentido runners	Veterana F40	03:06:52	+01:20:06	08:30
77	96	Jose Miguel Torres Pereira	nights team	Senior Masculino	03:07:00	+01:20:15	08:30
78	105	Elizabete Loureiro	porto sentido runners	Veterana F40	03:07:58	+01:21:13	08:33
79	106	Fernanda Pinto	porto sentido runners	Veterana F40	03:10:23	+01:23:37	08:39
80	16	Fernando Cerqueira	a.d.amarante trail running	Veterano M50	03:10:23	+01:23:38	08:39
81	42	Ana Virgínia da Silva Gonçalves Pereira Lírio	individual	Senior Feminino	03:11:46	+01:25:00	08:43
82	54	Henrique Ferreira	individual	Senior Masculino	03:12:10	+01:25:24	08:44
83	87	Fernando Manuel Bastos Rodrigues	lusitanos	Veterano M50	03:13:10	+01:26:24	08:47
84	73	Manuel Guedes	individual	Veterano M40	03:15:59	+01:29:14	08:55
85	112	Marco Caldas	porto sentido runners	Veterano M40	03:17:42	+01:30:57	08:59
86	104	Pedro Ferreira	porto sentido runners	Senior Masculino	03:17:43	+01:30:57	08:59
87	107	Luísa Marques	porto sentido runners	Veterana F40	03:17:44	+01:30:58	08:59

TRAIL LONGO - STAGE 1 22 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
88	76	Robert da costa Tavares	individual	Veterano M40	03:21:48	+01:35:03	09:10
89	75	Nuno Carvalhal	individual	Veterano M40	03:26:15	+01:39:29	09:23
90	795	Miguel Angelo Araujo Silva	brabus runners	Senior Masculino	03:33:08	+01:46:22	09:41
91	109	Sandra Mascarenhas	porto sentido runners	Veterana F40	03:34:10	+01:47:24	09:44
92	44	Eunice Quintas	individual	Senior Feminino	03:34:22	+01:47:37	09:45
93	121	Maria Carla Moreira Pacheco	sem limites	Veterana F40	03:36:50	+01:50:04	09:51
94	122	José Fernando Ferreira Gonçalves	sem limites	Veterano M40	03:36:50	+01:50:05	09:51
95	64	Elisabete Costa	individual	Veterana F40	04:36:51	+02:50:05	12:35
96	79	Vitor sousa	individual	Veterano M40	04:36:53	+02:50:07	12:35

3º Trail Tongobriga 2017
Marco de Canaveses, Freixo
22-October-2017

Trail Longo — 22 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:00	7.3ºC	87%
End	13:37	7.3ºC	87%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	22	Paula Soares Coutinho	Autistic Runners	Senior Feminino	02:11:39	+24:54	05:59
2	45	Marisa Rodrigues	Individual	Senior Feminino	02:25:27	+38:42	06:37
3	46	Raquel Andrade	Individual	Senior Feminino	02:36:07	+49:22	07:06
4	6	Ana Ferreira	A.D.Amarante trail running	Senior Feminino	02:41:01	+54:16	07:19
5	94	Patricia Ribeiro	Mountain Runners	Senior Feminino	02:42:00	+55:15	07:22
6	42	Ana Virgínia da Silva Gonçalves Pereira Lírio	Individual	Senior Feminino	03:11:46	+01:25:00	08:43
7	44	Eunice Quintas	Individual	Senior Feminino	03:34:22	+01:47:37	09:45

Senior Masculino

1	41	Tiago Pereira	Futebol Clube de Penafiel	Senior Masculino	01:46:45		04:51
2	11	Paulo Costa	A.D.Amarante trail running	Senior Masculino	01:49:54	+03:09	05:00
3	51	César Barros	Individual	Senior Masculino	01:52:38	+05:52	05:07
4	31	Ricardo Vieira	Brabus Runners	Senior Masculino	02:04:15	+17:29	05:39
5	26	Adriano mendes	Brabus Runners	Senior Masculino	02:04:15	+17:30	05:39
6	49	Carlos Coelho	Individual	Senior Masculino	02:04:47	+18:02	05:40
7	91	Tiago Soares	Moinhos Run - ADRM	Senior Masculino	02:05:55	+19:10	05:43
8	95	Pedro Vieira	Mountain Runners	Senior Masculino	02:07:16	+20:30	05:47
9	52	Eurico Miguel Borges Pereira	Individual	Senior Masculino	02:09:16	+22:30	05:53
10	120	Sérgio Monteiro	Sardonisca Runners	Senior Masculino	02:09:46	+23:01	05:54
11	30	Ricardo Sampaio	Brabus Runners	Senior Masculino	02:11:41	+24:55	05:59
12	10	Miguel Pereira	A.D.Amarante trail running	Senior Masculino	02:13:51	+27:06	06:05
13	37	Manuel Barbosa	Copos e trilhos	Senior Masculino	02:15:32	+28:46	06:10
14	7	António Mendes	A.D.Amarante trail running	Senior Masculino	02:15:37	+28:52	06:10
15	53	Gabriel Coutinho	Individual	Senior Masculino	02:15:50	+29:04	06:10
16	55	João Manuel Maciel Linhares	Individual	Senior Masculino	02:16:10	+29:25	06:11
17	27	Cesário Leite	Brabus Runners	Senior Masculino	02:16:33	+29:47	06:12
18	97	Bruno Moreira	NOCTURNOS DE PAREDES	Senior Masculino	02:16:49	+30:03	06:13
19	58	Marcio Teixeira	Individual	Senior Masculino	02:18:12	+31:26	06:17
20	100	Carlos Monteiro	Nova Linha Trail Runners	Senior Masculino	02:19:25	+32:40	06:20
21	34	Marcio Barreto	BTTENROS	Senior Masculino	02:24:44	+37:59	06:35
22	50	Carlos Teixeira	Individual	Senior Masculino	02:24:57	+38:12	06:35
23	84	Nelson Pires	Lusitanos	Senior Masculino	02:25:26	+38:40	06:37
24	32	Sandro Davide Sousa Afonso	Brabus Runners	Senior Masculino	02:30:26	+43:41	06:50
25	90	Rui Madureira	MARCO TRAIL	Senior Masculino	02:31:13	+44:28	06:52
26	48	Bruno Moura	Individual	Senior Masculino	02:36:07	+49:21	07:06
27	60	Pedro Lopes	Individual	Senior Masculino	02:38:26	+51:41	07:12
28	89	Pedro Nogueira	Marco Runners	Senior Masculino	02:39:27	+52:41	07:15

Trail Longo

22 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

29	88	Luis Aguiar	Marco Runners	Senior Masculino	02:41:04	+54:19	07:19
30	115	Hugo Pereira	RedLine	Senior Masculino	02:42:33	+55:48	07:23
31	116	José Carlos Sousa	RedLine	Senior Masculino	02:42:43	+55:58	07:24
32	118	Victor Vital	Reumáticos da Bila	Senior Masculino	02:43:50	+57:05	07:27
33	59	Nuno Fernandes	Individual	Senior Masculino	02:43:50	+57:05	07:27
34	117	Alexandre Serafim	Reumáticos da Bila	Senior Masculino	02:43:51	+57:05	07:27
35	57	José António Ribeiro de Matos	Individual	Senior Masculino	02:45:58	+59:12	07:33
36	93	Agostinho Matos	MotoMarretas	Senior Masculino	02:45:58	+59:13	07:33
37	33	Vitor Ribeiro	Brabus Runners	Senior Masculino	02:59:56	+01:13:11	08:11
38	96	Jose Miguel Torres Pereira	Nights Team	Senior Masculino	03:07:00	+01:20:15	08:30
39	54	Henrique Ferreira	Individual	Senior Masculino	03:12:10	+01:25:24	08:44
40	104	Pedro Ferreira	PORTO SENTIDO RUNNERS	Senior Masculino	03:17:43	+01:30:57	08:59
41	795	Miguel Angelo Araujo Silva	Brabus Runners	Senior Masculino	03:33:08	+01:46:22	09:41

Veterana F40

1	12	Clara Carvalho	A.D.Amarante trail running	Veterana F40	02:50:47	+01:04:02	07:46
2	63	Ana Silva	Individual	Veterana F40	02:50:47	+01:04:02	07:46
3	108	Paula Coutinho	PORTO SENTIDO RUNNERS	Veterana F40	03:06:52	+01:20:06	08:30
4	105	Elizabete Loureiro	PORTO SENTIDO RUNNERS	Veterana F40	03:07:58	+01:21:13	08:33
5	106	Fernanda Pinto	PORTO SENTIDO RUNNERS	Veterana F40	03:10:23	+01:23:37	08:39
6	107	Luísa Marques	PORTO SENTIDO RUNNERS	Veterana F40	03:17:44	+01:30:58	08:59
7	109	Sandra Mascarenhas	PORTO SENTIDO RUNNERS	Veterana F40	03:34:10	+01:47:24	09:44
8	121	Maria Carla Moreira Pacheco	Sem limites	Veterana F40	03:36:50	+01:50:04	09:51
9	64	Elisabete Costa	Individual	Veterana F40	04:36:51	+02:50:05	12:35

Veterana F50

1	65	Carmo Marinho	Individual	Veterana F50	02:49:38	+01:02:53	07:43

Veterano M40

1	15	Victor Costa	A.D.Amarante trail running	Veterano M40	01:50:30	+03:44	05:01
2	67	Alfredo da Silva Moreira	Individual	Veterano M40	02:06:32	+19:47	05:45
3	110	António Borges	PORTO SENTIDO RUNNERS	Veterano M40	02:10:03	+23:18	05:55
4	14	Miguel Barros	A.D.Amarante trail running	Veterano M40	02:10:17	+23:31	05:55
5	86	Adriano Paulo Oliveira	Lusitanos	Veterano M40	02:12:48	+26:02	06:02
6	71	Frank Fritsche	Individual	Veterano M40	02:13:09	+26:24	06:03
7	119	antonio coelho	sai dai	Veterano M40	02:14:49	+28:04	06:08
8	72	José Álvaro da Silva Ribeiro	Individual	Veterano M40	02:21:24	+34:38	06:26
9	35	Abilio Paulo	BTTENROS	Veterano M40	02:24:44	+37:59	06:35
10	69	António Salgueiredo	Individual	Veterano M40	02:25:22	+38:37	06:36
11	13	António Nuno Castro	A.D.Amarante trail running	Veterano M40	02:25:50	+39:05	06:38
12	101	Alberto Freitas	Nova Linha Trail Runners	Veterano M40	02:26:53	+40:07	06:41
13	92	Paulo Cardoso	MOTOBIKEREBELOS	Veterano M40	02:29:42	+42:56	06:48

Trail Longo

22 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	18	Nuno Pereira	AMIGO Trail Run	Veterano M40	02:29:43	+42:58	06:48
15	98	Arnaldo Santos	NOCTURNOS DE PAREDES	Veterano M40	02:37:06	+50:21	07:08
16	21	José Oliveira	Ascários Escariz	Veterano M40	02:37:10	+50:24	07:09
17	99	Rui Almeida	NOCTURNOS DE PAREDES	Veterano M40	02:45:32	+58:47	07:31
18	111	Filipe Ferreira	PORTO SENTIDO RUNNERS	Veterano M40	02:46:08	+59:23	07:33
19	66	Albano Cunha	Individual	Veterano M40	02:50:17	+01:03:32	07:44
20	23	Carlos Ferreira	Autistic Runners	Veterano M40	02:56:12	+01:09:27	08:01
21	73	Manuel Guedes	Individual	Veterano M40	03:15:59	+01:29:14	08:55
22	112	Marco Caldas	PORTO SENTIDO RUNNERS	Veterano M40	03:17:42	+01:30:57	08:59
23	76	Robert da costa Tavares	Individual	Veterano M40	03:21:48	+01:35:03	09:10
24	75	Nuno Carvalhal	Individual	Veterano M40	03:26:15	+01:39:29	09:23
25	122	José Fernando Ferreira Gonçalves	Sem limites	Veterano M40	03:36:50	+01:50:05	09:51
26	79	Vitor sousa	Individual	Veterano M40	04:36:53	+02:50:07	12:35

Veterano M50

1	20	Amadeu Teixeira	Amigos do Pedal Trail de Lagares	Veterano M50	02:09:56	+23:11	05:54
2	24	António Loureiro	Autistic Runners	Veterano M50	02:23:56	+37:10	06:33
3	81	João Ribeiro	Individual	Veterano M50	02:25:27	+38:41	06:37
4	83	AGOSTINHO SOUSA	Kunalama runners	Veterano M50	02:26:20	+39:35	06:39
5	19	Joaquim Ferreira	AMIGO Trail Run	Veterano M50	02:43:38	+56:53	07:26
6	114	Carlos Martins	PORTO SENTIDO RUNNERS	Veterano M50	02:49:10	+01:02:25	07:41
7	17	José Azevedo	A.D.Amarante trail running	Veterano M50	02:51:12	+01:04:27	07:47
8	102	Lino Moreira	Os TurboMula	Veterano M50	03:05:28	+01:18:42	08:26
9	80	eduardo medeiros	Individual	Veterano M50	03:06:30	+01:19:44	08:29
10	36	Heitor Cardoso	Casa Benfica em Cinfães	Veterano M50	03:06:39	+01:19:54	08:29
11	16	Fernando Cerqueira	A.D.Amarante trail running	Veterano M50	03:10:23	+01:23:38	08:39
12	87	Fernando Manuel Bastos Rodrigues	Lusitanos	Veterano M50	03:13:10	+01:26:24	08:47

COLETIVO - TRAIL LONGO

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

RANK	TEAM	DESCRIPTION	POINTS
1	A.D.Amarante trail running	2 + 3 + 15	20
2	Brabus Runners	5 + 6 + 17	28
3	Autistic Runners	16 + 31 + 71	118
4	NOCTURNOS DE PAREDES	27 + 48 + 61	136
5	Lusitanos	18 + 36 + 83	137
6	PORTO SENTIDO RUNNERS	14 + 64 + 65	143

3º Trail Tongobriga 2017
Marco de Canaveses, Freixo
22-October-2017

TRAIL CURTO - STAGE 1 — 14 KM

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

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:30	8ºC	87%
End	13:47	8ºC	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	763	Rosa Madureira	futebol clube de penafiel	Veterana F40	01:16:35		05:28
2	509	Carlos Queirós	a.d.amarante trail running	Senior Masculino	01:17:51	+01:16	05:34
3	522	Jorge Oliveira	a.d.amarante trail running	Veterano M40	01:21:37	+05:02	05:50
4	580	Paulo Teixeira de Sousa	fridão sem limites	Veterano M40	01:22:44	+06:08	05:55
5	512	José Filipe Barros	a.d.amarante trail running	Senior Masculino	01:23:03	+06:27	05:56
6	574	Rui Manuel Mendes Azevedo	fridão sem limites	Senior Masculino	01:23:20	+06:44	05:57
7	579	Patrick Marques	fridão sem limites	Veterano M40	01:25:08	+08:32	06:05
8	573	Ricardo Miguel Magalhães Nunes	fridão sem limites	Senior Masculino	01:25:28	+08:53	06:06
9	559	Joao barbosa	copos e trilhos	Senior Masculino	01:25:44	+09:09	06:07
10	511	Joel Jacinto Costa Silva	a.d.amarante trail running	Senior Masculino	01:25:54	+09:18	06:08
11	555	Carlos Pereira	casa do povo de soalhães	Veterano M40	01:26:02	+09:27	06:09
12	571	Adão Paulo TEixeira Monteiro	fridão sem limites	Senior Masculino	01:27:21	+10:45	06:14
13	630	Pedro Emanuel Pereira de Castro	individual	Senior Masculino	01:27:24	+10:48	06:15
14	572	Bruno Daniel Mendes Azevedo	fridão sem limites	Senior Masculino	01:28:07	+11:32	06:18
15	756	Nuno Silva	the newbies	Senior Masculino	01:28:44	+12:09	06:20
16	523	Manuel Vieira	a.d.amarante trail running	Veterano M40	01:28:48	+12:13	06:21
17	556	Modesto Vieira	casa do povo de soalhães	Veterano M50	01:28:53	+12:17	06:21
18	623	Marco Pinto	individual	Senior Masculino	01:30:03	+13:27	06:26
19	712	Carlos Vinhas	nocturnos de paredes	Veterano M50	01:32:16	+15:41	06:35
20	755	Hugo Faria	the newbies	Senior Masculino	01:33:48	+17:12	06:42
21	652	Fernando Nunes	individual	Veterano M40	01:33:53	+17:18	06:42
22	563	Filipe Mota	descola	Senior Masculino	01:35:11	+18:36	06:48
23	554	Aurélio Vieira	casa do povo de soalhães	Veterano M40	01:35:25	+18:50	06:49
24	700	José Correia	nocturnos de paredes	Senior Masculino	01:35:47	+19:12	06:51
25	641	Tiago João Cerqueira Teles	individual	Senior Masculino	01:36:13	+19:37	06:52
26	718	Jose barbosa fernandes	nova linha trail runners	Senior Masculino	01:37:26	+20:51	06:58
27	604	Bruno Rodrigues	individual	Senior Masculino	01:38:18	+21:42	07:01
28	765	Augusto Madureira Vieira	individual	Veterano M40	01:39:16	+22:40	07:05
29	689	Simão Sousa	moinhos run - adrm	Senior Masculino	01:39:34	+22:58	07:07
30	578	Manuel José Mendes Teixeira	fridão sem limites	Veterano M40	01:39:58	+23:23	07:08
31	688	Miguel santos	moinhos run - adrm	Senior Masculino	01:40:10	+23:34	07:09
32	635	Raúl Moura	individual	Senior Masculino	01:40:11	+23:35	07:09
33	690	Miguel Sousa	mountain runners	Senior Masculino	01:40:36	+24:00	07:11
34	504	Ângela Soares	a.d.amarante trail running	Senior Feminino	01:40:49	+24:14	07:12
35	706	Carmindo Paulo Moreira Gomes	nocturnos de paredes	Veterano M40	01:41:13	+24:37	07:14
36	560	Ricardo Moreira	copos e trilhos	Senior Masculino	01:41:27	+24:52	07:15
37	521	Rosa Barros	a.d.amarante trail running	Veterana F40	01:41:33	+24:57	07:15
38	615	Horácio Pinto	individual	Senior Masculino	01:41:34	+24:58	07:15
39	566	João Jorge Carneiro Servo	farturas joaninha	Veterano M40	01:41:45	+25:10	07:16
40	524	Vitor Coelho	a.d.amarante trail running	Veterano M40	01:43:48	+27:13	07:25

TRAIL CURTO - STAGE 1 — 14 KM

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	658	Manuel Sousa	individual	Veterano M40	01:43:49	+27:13	07:25
42	607	Daniel Soares	individual	Senior Masculino	01:44:09	+27:34	07:26
43	672	Abilio rocha	kitty team	Senior Masculino	01:45:19	+28:43	07:31
44	553	BRUNO SOUSA	bruno sousa	Senior Masculino	01:46:05	+29:29	07:35
45	123	Bruno Soares	marco runners	Senior Masculino	01:46:09	+29:33	07:35
46	567	Andreia Ribeiro Almeida	fridão sem limites	Senior Feminino	01:46:18	+29:43	07:36
47	632	Pedro Miguel Cerqueira Teles de Oliveira	individual	Senior Masculino	01:47:23	+30:47	07:40
48	631	Pedro Luis Cruz Prieto	individual	Senior Masculino	01:47:58	+31:22	07:43
49	662	RICARDO RODRIGUES	individual	Veterano M40	01:48:15	+31:40	07:44
50	536	José Luís Machado Loureiro	autistic runners	Veterano M50	01:48:32	+31:57	07:45
51	710	Agostinho Moreira	nocturnos de paredes	Veterano M50	01:48:38	+32:03	07:46
52	622	Luis Vieira	individual	Senior Masculino	01:49:01	+32:26	07:47
53	723	Cidália Ferreira	nova linha trail runners	Veterana F40	01:50:11	+33:35	07:52
54	634	Pedro Vieira	individual	Senior Masculino	01:50:12	+33:36	07:52
55	514	Nuno André Moura	a.d.amarante trail running	Senior Masculino	01:50:38	+34:03	07:54
56	650	Adao Ribeiro	individual	Veterano M40	01:50:42	+34:07	07:54
57	506	Célia Brigite Moura Silva	a.d.amarante trail running	Senior Feminino	01:50:59	+34:24	07:56
58	527	Daniel Pereira	amigo trail run	Senior Masculino	01:51:24	+34:49	07:57
59	726	Martinho Monteiro	nova linha trail runners	Veterano M50	01:51:40	+35:04	07:59
60	9	Marco Paulo Nunes	a.d.amarante trail running	Senior Masculino	01:51:57	+35:21	08:00
61	708	Luis Alberto Correia Monteiro	nocturnos de paredes	Veterano M40	01:52:09	+35:34	08:01
62	639	Tiago David Almeida Marinho	individual	Senior Masculino	01:53:17	+36:41	08:06
63	534	Rodrigo Miguel Mestre Torres	art magrelos	Senior Masculino	01:53:33	+36:57	08:07
64	576	António Joaquim Teixeira Alve	fridão sem limites	Veterano M40	01:53:37	+37:02	08:07
65	745	José Ricardo	porto sentido runners	Veterano M40	01:53:38	+37:02	08:07
66	638	Tiago Andre Dias da Cunha	individual	Senior Masculino	01:53:38	+37:03	08:07
67	614	Henrique Magalhães	individual	Senior Masculino	01:53:51	+37:16	08:08
68	612	Gil Ribeiro	individual	Senior Masculino	01:53:51	+37:16	08:08
69	725	Daniel Vieira	nova linha trail runners	Veterano M40	01:53:53	+37:18	08:08
70	724	Joaquina Pinto	nova linha trail runners	Veterana F40	01:54:18	+37:43	08:10
71	699	Daniel Silva	nocturnos de paredes	Senior Masculino	01:54:20	+37:45	08:10
72	681	Vítor Duarte	marco runners	Senior Masculino	01:55:06	+38:30	08:13
73	530	Hugo Alexandre Guerra Macuá Pereira	art magrelos	Senior Masculino	01:56:05	+39:30	08:18
74	610	Filipe Oliveira	individual	Senior Masculino	01:56:07	+39:32	08:18
75	668	Paulo Dias	individual	Veterano M50	01:56:14	+39:39	08:18
76	636	Ricardo Joaquim Monteiro Fernandes	individual	Senior Masculino	01:56:17	+39:42	08:18
77	764	Paulo Silva	individual	Veterano M40	01:56:37	+40:01	08:20
78	679	Filipe Rocha	marco runners	Senior Masculino	01:56:37	+40:01	08:20
79	747	Vasco Luxo	porto sentido runners	Veterano M40	01:56:47	+40:11	08:21
80	525	António Gonçalves	a.d.amarante trail running	Veterano M50	01:56:54	+40:19	08:21
81	577	Filipe Reis Pinheiro	fridão sem limites	Veterano M40	01:56:54	+40:19	08:21
82	640	Tiago Israel Pinheiro Oliveira	individual	Senior Masculino	01:57:18	+40:42	08:23
83	611	Filipe Teixeira	individual	Senior Masculino	01:57:18	+40:43	08:23
84	605	Claudio Nunes	individual	Senior Masculino	01:57:20	+40:44	08:23

TRAIL CURTO - STAGE 1 — 14 KM

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

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
85	780	Tiago Vieira	individual	Senior Masculino	01:57:20	+40:45	08:23
86	633	Pedro Miguel Portela Monteiro	individual	Senior Masculino	01:57:32	+40:56	08:24
87	603	Bruno rocha	individual	Senior Masculino	01:57:45	+41:09	08:25
88	673	Joaquim Sousa	kitty team	Veterano M50	01:58:15	+41:40	08:27
89	557	Hugo Moreira	copos e trilhos	Senior Masculino	01:58:44	+42:08	08:29
90	637	Rui Manuel Cardoso Carril	individual	Senior Masculino	01:58:45	+42:09	08:29
91	666	Antonio Ferraz	individual	Veterano M50	01:58:46	+42:10	08:29
92	569	Eliana Patricia Gonçalves Pinto Teixeira	fridão sem limites	Senior Feminino	01:59:00	+42:24	08:30
93	758	Ricardo Paiva	tokaandar	Veterano M40	01:59:26	+42:50	08:32
94	746	Miguel Pereira	porto sentido runners	Veterano M40	02:00:17	+43:42	08:36
95	738	Marina Pereira da Silva	porto sentido runners	Veterana F40	02:00:18	+43:42	08:36
96	596	Sílvia Gomes	individual	Senior Feminino	02:01:33	+44:57	08:41
97	570	Olga Cristiana Ferreira Mota	fridão sem limites	Senior Feminino	02:02:48	+46:12	08:46
98	741	Cláudio Cerqueira	porto sentido runners	Veterano M40	02:02:49	+46:14	08:46
99	516	Ricardo Manuel Monteiro Teixeira	a.d.amarante trail running	Senior Masculino	02:03:26	+46:51	08:49
100	717	Vera Barbosa	nova linha trail runners	Senior Feminino	02:03:41	+47:06	08:50
101	626	Nuno Miguel Rodrigues	individual	Senior Masculino	02:06:28	+49:53	09:02
102	602	Bruno Pinheiro	individual	Senior Masculino	02:06:35	+49:59	09:03
103	528	André Alexandre Nascimento de Carvalho	art magrelos	Senior Masculino	02:07:04	+50:28	09:05
104	531	João Francisco Simões Correia	art magrelos	Senior Masculino	02:07:05	+50:29	09:05
105	759	MARIA TEIXEIRA	turma top	Veterana F50	02:07:09	+50:34	09:05
106	621	Luís Jorge	individual	Senior Masculino	02:09:25	+52:50	09:15
107	613	Helder Tiago Fernandes Correia	individual	Senior Masculino	02:09:29	+52:54	09:15
108	526	António Pereira	a.d.amarante trail running	Veterano M50	02:09:32	+52:56	09:15
109	565	José Castelo	fardetas	Veterano M50	02:09:35	+52:59	09:15
110	501	Alice Pereira	a.d.amarante trail running	Senior Feminino	02:09:42	+53:07	09:16
111	783	Pedro Castro	individual	Senior Masculino	02:09:54	+53:19	09:17
112	781	João Ribeiro	individual	Senior Masculino	02:09:55	+53:19	09:17
113	1	João Bessa	cu na lama	Senior Masculino	02:09:57	+53:21	09:17
114	704	Graça Ribeiro	nocturnos de paredes	Veterana F50	02:10:37	+54:02	09:20
115	740	António Sousa	porto sentido runners	Veterano M40	02:10:51	+54:16	09:21
116	625	Micael Alberto Teixeira da Silv	individual	Senior Masculino	02:11:40	+55:05	09:24
117	748	maria lucinda barbosa moreira	s.luiz	Veterana F50	02:11:55	+55:20	09:25
118	749	augusto pinto barbosa	s.luiz	Veterano M50	02:11:55	+55:20	09:25
119	705	António Barros	nocturnos de paredes	Veterano M40	02:13:05	+56:30	09:30
120	552	Vitor Manuel Pereira da Cunha Coutinho	brabus runners	Veterano M50	02:13:46	+57:10	09:33
121	694	Carina Moreira	nocturnos de paredes	Senior Feminino	02:13:59	+57:23	09:34
122	709	Pedro Nogueira	nocturnos de paredes	Veterano M40	02:13:59	+57:24	09:34
123	667	José Maria Teixeira	individual	Veterano M50	02:14:11	+57:36	09:35
124	722	Amália Monteiro	nova linha trail runners	Veterana F40	02:14:15	+57:40	09:35
125	599	Américo Botelho	individual	Senior Masculino	02:14:31	+57:55	09:37
126	535	Antonio Joaquim Teixeira Magalhaes	autistic runners	Veterano M50	02:15:16	+58:40	09:40

TRAIL CURTO - STAGE 1 — 14 KM

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

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
127	627	Nuno Peixoto	individual	Senior Masculino	02:15:46	+59:10	09:42
128	721	Tiago Freitas	nova linha trail runners	Senior Masculino	02:16:09	+59:33	09:44
129	720	Richard Marques	nova linha trail runners	Senior Masculino	02:16:09	+59:34	09:44
130	591	Liliana Cristina Soares	individual	Senior Feminino	02:17:10	+01:00:34	09:48
131	520	Marisa Pinto	a.d.amarante trail running	Veterana F40	02:17:29	+01:00:53	09:49
132	674	marisa doreta	m&m	Senior Feminino	02:17:33	+01:00:57	09:50
133	691	Ricardo Silva	mountain runners	Senior Masculino	02:17:46	+01:01:11	09:50
134	519	Maria Monteiro	a.d.amarante trail running	Veterana F40	02:17:49	+01:01:13	09:51
135	513	Luís Mendes	a.d.amarante trail running	Senior Masculino	02:17:49	+01:01:13	09:51
136	551	Mariana Oliveira	brabus runners	Senior Feminino	02:17:50	+01:01:14	09:51
137	675	miguel queirós	m&m	Veterano M40	02:17:51	+01:01:16	09:51
138	678	Joana Pinheiro	marco runners	Senior Feminino	02:18:27	+01:01:52	09:53
139	754	Ricardo joaquim Silva Pinto	team super índios trail	Senior Masculino	02:19:04	+01:02:28	09:56
140	752	César Manuel Monteiro Sousa	team super índios trail	Senior Masculino	02:19:04	+01:02:28	09:56
141	518	Graça Mendes	a.d.amarante trail running	Veterana F40	02:19:32	+01:02:56	09:58
142	592	Liliana Teixeira	individual	Senior Feminino	02:19:49	+01:03:13	09:59
143	702	Fernanda Leão	nocturnos de paredes	Veterana F40	02:19:52	+01:03:17	09:59
144	517	Filomena Neto	a.d.amarante trail running	Veterana F40	02:19:54	+01:03:18	10:00
145	648	Virgínia Oliveira	individual	Veterana F40	02:20:09	+01:03:34	10:01
146	711	António Jorge Carvalho	nocturnos de paredes	Veterano M50	02:20:13	+01:03:38	10:01
147	663	Rui moura	individual	Veterano M40	02:20:46	+01:04:11	10:03
148	697	Sandra Daniela Barros Moreira	nocturnos de paredes	Senior Feminino	02:20:48	+01:04:12	10:03
149	582	Ana Cristina Silva Pinto	individual	Senior Feminino	02:21:17	+01:04:41	10:06
150	655	Manuel Bastos	individual	Veterano M40	02:21:37	+01:05:02	10:07
151	616	João Manuel Pereira Santos	individual	Senior Masculino	02:22:20	+01:05:45	10:10
152	703	Marisa Moreira	nocturnos de paredes	Veterana F40	02:22:35	+01:05:59	10:11
153	503	Ana Mendonça	a.d.amarante trail running	Senior Feminino	02:22:44	+01:06:09	10:12
154	660	Miguel Pinto	individual	Veterano M40	02:22:47	+01:06:12	10:12
155	713	Diana Monteiro	nova linha trail runners	Senior Feminino	02:22:50	+01:06:14	10:12
156	507	Fernanda Oliveira	a.d.amarante trail running	Senior Feminino	02:24:18	+01:07:42	10:18
157	606	Daniel José Mesquita Andrade	individual	Senior Masculino	02:25:05	+01:08:30	10:22
158	707	José Moura	nocturnos de paredes	Veterano M40	02:26:22	+01:09:47	10:27
159	649	Paulina Soares	individual	Veterana F50	02:26:35	+01:10:00	10:28
160	600	Andre madureira	individual	Senior Masculino	02:29:02	+01:12:26	10:39
161	568	Carla Sofia Mendes Teixeira	fridão sem limites	Senior Feminino	02:31:30	+01:14:55	10:49
162	698	Sónia Andreia MOreira	nocturnos de paredes	Senior Feminino	02:31:41	+01:15:06	10:50
163	750	Alexandra Bessa	team aguenta aí	Veterana F40	02:31:51	+01:15:15	10:51
164	737	Margarida Sousa	porto sentido runners	Veterana F40	02:31:51	+01:15:15	10:51
165	548	Oscar Fangueiro	bota brita!	Veterano M40	02:32:05	+01:15:30	10:52
166	549	sérgio Silva	bota brita!	Veterano M40	02:34:47	+01:18:11	11:03
167	546	António Pinto	bota brita!	Veterano M40	02:34:48	+01:18:13	11:03
168	597	Sílvia Soares	individual	Senior Feminino	02:35:23	+01:18:48	11:06
169	586	Elisabete carina Silva	individual	Senior Feminino	02:35:23	+01:18:48	11:06
170	595	Sandra Manuela Novais	individual	Senior Feminino	02:35:24	+01:18:48	11:06
171	510	Daniel Santos	a.d.amarante trail running	Senior Masculino	02:35:24	+01:18:49	11:06
172	629	Paulo Jorge da Rocha	individual	Senior Masculino	02:35:24	+01:18:49	11:06

TRAIL CURTO - STAGE 1 14 KM

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

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
173	620	Luis Alves	individual	Senior Masculino	02:35:57	+01:19:22	11:08
174	587	Helena Alvarenga	individual	Senior Feminino	02:36:11	+01:19:35	11:09
175	757	Paula Dias	tokaandar	Veterana F40	02:37:24	+01:20:49	11:15
176	753	Pedro Miguel pereira monteiro	team super índios trail	Senior Masculino	02:38:14	+01:21:38	11:18
177	619	José Paulo dos Reis Moura	individual	Senior Masculino	02:39:40	+01:23:05	11:24
178	651	eusebio barbosa	individual	Veterano M40	02:39:50	+01:23:14	11:25
179	719	Miguel Pereira	nova linha trail runners	Senior Masculino	02:40:03	+01:23:27	11:26
180	716	Tânia Teixeira	nova linha trail runners	Senior Feminino	02:40:03	+01:23:28	11:26
181	589	Joana Ferreira	individual	Senior Feminino	02:40:33	+01:23:57	11:28
182	598	Susana Patricia Alves	individual	Senior Feminino	02:40:34	+01:23:58	11:28
183	628	Paulo Bessa	individual	Senior Masculino	02:42:47	+01:26:12	11:38
184	643	ana magalhaes	individual	Veterana F40	02:43:13	+01:26:38	11:40
185	502	Ana Catarina Alves Teixeira	a.d.amarante trail running	Senior Feminino	02:44:10	+01:27:34	11:44
186	735	Berta Ferreira	porto sentido runners	Veterana F40	02:45:40	+01:29:05	11:50
187	743	João Pinheiro	porto sentido runners	Veterano M40	02:45:41	+01:29:05	11:50
188	744	Jorge Pereira	porto sentido runners	Veterano M40	02:45:41	+01:29:05	11:50
189	588	Ines Carvalho	individual	Senior Feminino	02:46:43	+01:30:07	11:55
190	529	Diogo Albano Mendes Soares	art magrelos	Senior Masculino	02:47:11	+01:30:36	11:57
191	532	Nuno Rafael Ribeiro Monteiro Pereira	art magrelos	Senior Masculino	02:47:12	+01:30:37	11:57
192	693	Bruna Silva	nocturnos de paredes	Senior Feminino	02:47:54	+01:31:18	12:00
193	727	Vera Pinheiro	os abissos	Senior Feminino	02:47:58	+01:31:23	12:00
194	728	Ana Pinheiro	os abissos	Veterana F40	02:47:59	+01:31:23	12:00
195	729	António Cunha	os abissos	Veterano M40	02:47:59	+01:31:23	12:00
196	736	Isabel Ferraz	porto sentido runners	Veterana F40	02:48:25	+01:31:50	12:02
197	734	Susana Raquel Gomes Nogueira	porto sentido runners	Senior Feminino	02:49:37	+01:33:01	12:07
198	575	Suzete do Rosário Passos de Sousa	fridão sem limites	Veterana F40	02:50:16	+01:33:40	12:10
199	730	Lúcio Cunha	os abissos	Veterano M40	02:50:17	+01:33:42	12:10
200	590	Lilian	individual	Senior Feminino	02:50:50	+01:34:14	12:12
201	733	Lisa Pereira	porto sentido runners	Senior Feminino	02:50:58	+01:34:23	12:13
202	714	Joana Cristina Azevedo Ferreira	nova linha trail runners	Senior Feminino	02:51:38	+01:35:03	12:16
203	537	Cristiana Leite	bota brita!	Senior Feminino	02:52:01	+01:35:26	12:17
204	751	Manuel Jorge	team aguenta aí	Veterano M40	02:54:47	+01:38:12	12:29
205	646	Paula Cristina Monteiro Vieira Andrade	individual	Veterana F40	02:58:55	+01:42:19	12:47
206	654	José Paulo Pacheco de Andrade	individual	Veterano M40	02:58:55	+01:42:20	12:47
207	696	Elisete Patricia Ferreira	nocturnos de paredes	Senior Feminino	03:00:00	+01:43:24	12:51
208	617	José Joaquim Coelho de Moura	individual	Senior Masculino	03:00:01	+01:43:25	12:52
209	784	João Santos	individual	Senior Masculino	03:11:09	+01:54:33	13:39
210	543	Ivone Correia	bota brita!	Veterana F40	03:28:01	+02:11:25	14:52
211	676	Catarina Rufino	marco runners	Senior Feminino	03:29:42	+02:13:06	14:59
212	680	Maximino Miranda	marco runners	Senior Masculino	03:29:42	+02:13:07	14:59
213	732	Henrique Lopes	papoila	Senior Masculino	03:38:39	+02:22:03	15:37

TRAIL CURTO - STAGE 1 14 KM

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

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
214	731	Inês Araújo	papoila	Senior Feminino	03:38:40	+02:22:04	15:37
215	540	Clara Melo	bota brita!	Veterana F40	03:39:04	+02:22:28	15:39
216	664	Rui moura	individual	Veterano M40	03:39:29	+02:22:54	15:41
217	538	Alzira Pinheiro	bota brita!	Veterana F40	03:39:32	+02:22:57	15:41
218	545	veronica Ferraz	bota brita!	Veterana F40	03:59:47	+02:43:12	17:08
219	760	Carla Couto	vassouras	Senior Feminino	04:10:42	+02:54:07	17:54
220	762	Lília Pinto	vassouras	Senior Feminino	04:10:43	+02:54:07	17:55
221	761	Daniela Pinto	vassouras	Senior Feminino	04:10:47	+02:54:11	17:55
222	541	Claúdia silva	bota brita!	Veterana F40	04:10:57	+02:54:22	17:56
223	544	Marta Sousa	bota brita!	Veterana F40	04:11:04	+02:54:28	17:56
224	539	Carla Teixeira	bota brita!	Veterana F40	04:14:05	+02:57:29	18:09
225	542	Cristina Moura	bota brita!	Veterana F40	04:14:06	+02:57:30	18:09
226	547	Belmiro Reis	bota brita!	Veterano M40	04:14:06	+02:57:30	18:09

3º Trail Tongobriga 2017
Marco de Canaveses, Freixo
22-October-2017

Trail Curto — 14 KM

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

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	09:30	8ºC	87%
End	13:47	8ºC	87%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	504	Ângela Soares	A.D.Amarante trail running	Senior Feminino	01:40:49	+24:14	07:12
2	567	Andreia Ribeiro Almeida	Fridão Sem Limites	Senior Feminino	01:46:18	+29:43	07:36
3	506	Célia Brigite Moura Silva	A.D.Amarante trail running	Senior Feminino	01:50:59	+34:24	07:56
4	569	Eliana Patricia Gonçalves Pinto Teixeira	Fridão Sem Limites	Senior Feminino	01:59:00	+42:24	08:30
5	596	Sílvia Gomes	Individual	Senior Feminino	02:01:33	+44:57	08:41
6	570	Olga Cristiana Ferreira Mota	Fridão Sem Limites	Senior Feminino	02:02:48	+46:12	08:46
7	717	Vera Barbosa	Nova Linha Trail Runners	Senior Feminino	02:03:41	+47:06	08:50
8	501	Alice Pereira	A.D.Amarante trail running	Senior Feminino	02:09:42	+53:07	09:16
9	694	Carina Moreira	NOCTURNOS DE PAREDES	Senior Feminino	02:13:59	+57:23	09:34
10	591	Liliana Cristina Soares	Individual	Senior Feminino	02:17:10	+01:00:34	09:48
11	674	marisa doreta	M&M	Senior Feminino	02:17:33	+01:00:57	09:50
12	551	Mariana Oliveira	Brabus Runners	Senior Feminino	02:17:50	+01:01:14	09:51
13	678	Joana Pinheiro	Marco Runners	Senior Feminino	02:18:27	+01:01:52	09:53
14	592	Liliana Teixeira	Individual	Senior Feminino	02:19:49	+01:03:13	09:59
15	697	Sandra Daniela Barros Moreira	NOCTURNOS DE PAREDES	Senior Feminino	02:20:48	+01:04:12	10:03
16	582	Ana Cristina Silva Pinto	Individual	Senior Feminino	02:21:17	+01:04:41	10:06
17	503	Ana Mendonça	A.D.Amarante trail running	Senior Feminino	02:22:44	+01:06:09	10:12
18	713	Diana Monteiro	Nova Linha Trail Runners	Senior Feminino	02:22:50	+01:06:14	10:12
19	507	Fernanda Oliveira	A.D.Amarante trail running	Senior Feminino	02:24:18	+01:07:42	10:18
20	568	Carla Sofia Mendes Teixeira	Fridão Sem Limites	Senior Feminino	02:31:30	+01:14:55	10:49
21	698	Sónia Andreia MOreira	NOCTURNOS DE PAREDES	Senior Feminino	02:31:41	+01:15:06	10:50
22	597	Sílvia Soares	Individual	Senior Feminino	02:35:23	+01:18:48	11:06
23	586	Elisabete carina Silva	Individual	Senior Feminino	02:35:23	+01:18:48	11:06
24	595	Sandra Manuela Novais	Individual	Senior Feminino	02:35:24	+01:18:48	11:06
25	587	Helena Alvarenga	Individual	Senior Feminino	02:36:11	+01:19:35	11:09
26	716	Tânia Teixeira	NOVA LINHA TRAIL RUNNERS	Senior Feminino	02:40:03	+01:23:28	11:26
27	589	Joana Ferreira	Individual	Senior Feminino	02:40:33	+01:23:57	11:28
28	598	Susana Patricia Alves	Individual	Senior Feminino	02:40:34	+01:23:58	11:28
29	502	Ana Catarina Alves Teixeira	A.D.Amarante trail running	Senior Feminino	02:44:10	+01:27:34	11:44
30	588	Ines Carvalho	Individual	Senior Feminino	02:46:43	+01:30:07	11:55
31	693	Bruna Silva	NOCTURNOS DE PAREDES	Senior Feminino	02:47:54	+01:31:18	12:00
32	727	Vera Pinheiro	OS ABISSOS	Senior Feminino	02:47:58	+01:31:23	12:00
33	734	Susana Raquel Gomes Nogueira	PORTO SENTIDO RUNNERS	Senior Feminino	02:49:37	+01:33:01	12:07
34	590	Lilian	Individual	Senior Feminino	02:50:50	+01:34:14	12:12
35	733	Lisa Pereira	PORTO SENTIDO RUNNERS	Senior Feminino	02:50:58	+01:34:23	12:13
36	714	Joana Cristina Azevedo Ferreira	NOVA LINHA TRAIL RUNNERS	Senior Feminino	02:51:38	+01:35:03	12:16
37	537	Cristiana Leite	Bota Brita!	Senior Feminino	02:52:01	+01:35:26	12:17
38	696	Elisete Patricia Ferreira	NOCTURNOS DE PAREDES	Senior Feminino	03:00:00	+01:43:24	12:51
39	676	Catarina Rufino	Marco Runners	Senior Feminino	03:29:42	+02:13:06	14:59

Trail Curto 14 KM

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

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

40	731	Inês Araújo	Papoila	Senior Feminino	03:38:40	+02:22:04	15:37
41	760	Carla Couto	Vassouras	Senior Feminino	04:10:42	+02:54:07	17:54
42	762	Lília Pinto	Vassouras	Senior Feminino	04:10:43	+02:54:07	17:55
43	761	Daniela Pinto	Vassouras	Senior Feminino	04:10:47	+02:54:11	17:55

Senior Masculino

1	509	Carlos Queirós	A.D.Amarante trail running	Senior Masculino	01:17:51	+01:16	05:34
2	512	José Filipe Barros	A.D.Amarante trail running	Senior Masculino	01:23:03	+06:27	05:56
3	574	Rui Manuel Mendes Azevedo	Fridão Sem Limites	Senior Masculino	01:23:20	+06:44	05:57
4	573	Ricardo Miguel Magalhães Nunes	Fridão Sem Limites	Senior Masculino	01:25:28	+08:53	06:06
5	559	Joao barbosa	Copos e trilhos	Senior Masculino	01:25:44	+09:09	06:07
6	511	Joel Jacinto Costa Silva	A.D.Amarante trail running	Senior Masculino	01:25:54	+09:18	06:08
7	571	Adão Paulo TEixeira Monteiro	Fridão Sem Limites	Senior Masculino	01:27:21	+10:45	06:14
8	630	Pedro Emanuel Pereira de Castro	Individual	Senior Masculino	01:27:24	+10:48	06:15
9	572	Bruno Daniel Mendes Azevedo	Fridão Sem Limites	Senior Masculino	01:28:07	+11:32	06:18
10	756	Nuno Silva	The Newbies	Senior Masculino	01:28:44	+12:09	06:20
11	623	Marco Pinto	Individual	Senior Masculino	01:30:03	+13:27	06:26
12	755	Hugo Faria	The Newbies	Senior Masculino	01:33:48	+17:12	06:42
13	563	Filipe Mota	Descola	Senior Masculino	01:35:11	+18:36	06:48
14	700	José Correia	NOCTURNOS DE PAREDES	Senior Masculino	01:35:47	+19:12	06:51
15	641	Tiago João Cerqueira Teles	Individual	Senior Masculino	01:36:13	+19:37	06:52
16	718	Jose barbosa fernandes	NOVA LINHA TRAIL RUNNERS	Senior Masculino	01:37:26	+20:51	06:58
17	604	Bruno Rodrigues	Individual	Senior Masculino	01:38:18	+21:42	07:01
18	689	Simão Sousa	Moinhos Run - ADRM	Senior Masculino	01:39:34	+22:58	07:07
19	688	Miguel santos	Moinhos Run - ADRM	Senior Masculino	01:40:10	+23:34	07:09
20	635	Raúl Moura	Individual	Senior Masculino	01:40:11	+23:35	07:09
21	690	Miguel Sousa	Mountain Runners	Senior Masculino	01:40:36	+24:00	07:11
22	560	Ricardo Moreira	Copos e trilhos	Senior Masculino	01:41:27	+24:52	07:15
23	615	Horácio Pinto	Individual	Senior Masculino	01:41:34	+24:58	07:15
24	607	Daniel Soares	Individual	Senior Masculino	01:44:09	+27:34	07:26
25	672	Abilio rocha	Kitty team	Senior Masculino	01:45:19	+28:43	07:31
26	553	BRUNO SOUSA	BRUNO SOUSA	Senior Masculino	01:46:05	+29:29	07:35
27	123	Bruno Soares	Marco Runners	Senior Masculino	01:46:09	+29:33	07:35
28	632	Pedro Miguel Cerqueira Teles de Oliveira	Individual	Senior Masculino	01:47:23	+30:47	07:40
29	631	Pedro Luis Cruz Prieto	Individual	Senior Masculino	01:47:58	+31:22	07:43
30	622	Luis Vieira	Individual	Senior Masculino	01:49:01	+32:26	07:47
31	634	Pedro Vieira	Individual	Senior Masculino	01:50:12	+33:36	07:52
32	514	Nuno André Moura	A.D.Amarante trail running	Senior Masculino	01:50:38	+34:03	07:54
33	527	Daniel Pereira	AMIGO Trail Run	Senior Masculino	01:51:24	+34:49	07:57
34	9	Marco Paulo Nunes	A.D.Amarante trail running	Senior Masculino	01:51:57	+35:21	08:00
35	639	Tiago David Almeida Marinho	Individual	Senior Masculino	01:53:17	+36:41	08:06
36	534	Rodrigo Miguel Mestre Torres	ART Magrelos	Senior Masculino	01:53:33	+36:57	08:07
37	638	Tiago Andre Dias da Cunha	Individual	Senior Masculino	01:53:38	+37:03	08:07
38	614	Henrique Magalhães	Individual	Senior Masculino	01:53:51	+37:16	08:08

Trail Curto 14 KM

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

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

39	612	Gil Ribeiro	Individual	Senior Masculino	01:53:51	+37:16	08:08
40	699	Daniel Silva	NOCTURNOS DE PAREDES	Senior Masculino	01:54:20	+37:45	08:10
41	681	Vítor Duarte	Marco Runners	Senior Masculino	01:55:06	+38:30	08:13
42	530	Hugo Alexandre Guerra Macuá Pereira	ART Magrelos	Senior Masculino	01:56:05	+39:30	08:18
43	610	Filipe Oliveira	Individual	Senior Masculino	01:56:07	+39:32	08:18
44	636	Ricardo Joaquim Monteiro Fernandes	Individual	Senior Masculino	01:56:17	+39:42	08:18
45	679	Filipe Rocha	Marco Runners	Senior Masculino	01:56:37	+40:01	08:20
46	640	Tiago Israel Pinheiro Oliveira	Individual	Senior Masculino	01:57:18	+40:42	08:23
47	611	Filipe Teixeira	Individual	Senior Masculino	01:57:18	+40:43	08:23
48	605	Claudio Nunes	Individual	Senior Masculino	01:57:20	+40:44	08:23
49	780	Tiago Vieira	Individual	Senior Masculino	01:57:20	+40:45	08:23
50	633	Pedro Miguel Portela Monteiro	Individual	Senior Masculino	01:57:32	+40:56	08:24
51	603	Bruno rocha	Individual	Senior Masculino	01:57:45	+41:09	08:25
52	557	Hugo Moreira	Copos e trilhos	Senior Masculino	01:58:44	+42:08	08:29
53	637	Rui Manuel Cardoso Carril	Individual	Senior Masculino	01:58:45	+42:09	08:29
54	516	Ricardo Manuel Monteiro Teixeira	A.D.Amarante trail running	Senior Masculino	02:03:26	+46:51	08:49
55	626	Nuno Miguel Rodrigues	Individual	Senior Masculino	02:06:28	+49:53	09:02
56	602	Bruno Pinheiro	Individual	Senior Masculino	02:06:35	+49:59	09:03
57	528	André Alexandre Nascimento de Carvalho	ART Magrelos	Senior Masculino	02:07:04	+50:28	09:05
58	531	João Francisco Simões Correia	ART Magrelos	Senior Masculino	02:07:05	+50:29	09:05
59	621	Luís Jorge	Individual	Senior Masculino	02:09:25	+52:50	09:15
60	613	Helder Tiago Fernandes Correia	Individual	Senior Masculino	02:09:29	+52:54	09:15
61	783	Pedro Castro	Individual	Senior Masculino	02:09:54	+53:19	09:17
62	781	João Ribeiro	Individual	Senior Masculino	02:09:55	+53:19	09:17
63	1	João Bessa	Cu na Lama	Senior Masculino	02:09:57	+53:21	09:17
64	625	Micael Alberto Teixeira da Silva	Individual	Senior Masculino	02:11:40	+55:05	09:24
65	599	Américo Botelho	Individual	Senior Masculino	02:14:31	+57:55	09:37
66	627	Nuno Peixoto	Individual	Senior Masculino	02:15:46	+59:10	09:42
67	721	Tiago Freitas	Nova Linha Trail Runners	Senior Masculino	02:16:09	+59:33	09:44
68	720	Richard Marques	Nova Linha Trail Runners	Senior Masculino	02:16:09	+59:34	09:44
69	691	Ricardo Silva	Mountain Runners	Senior Masculino	02:17:46	+01:01:11	09:50
70	513	Luís Mendes	A.D.Amarante trail running	Senior Masculino	02:17:49	+01:01:13	09:51
71	754	Ricardo joaquim Silva Pinto	Team super índios trail	Senior Masculino	02:19:04	+01:02:28	09:56
72	752	César Manuel Monteiro Sousa	Team super índios trail	Senior Masculino	02:19:04	+01:02:28	09:56
73	616	João Manuel Pereira Santos	Individual	Senior Masculino	02:22:20	+01:05:45	10:10
74	606	Daniel José Mesquita Andrade	Individual	Senior Masculino	02:25:05	+01:08:30	10:22
75	600	Andre madureira	Individual	Senior Masculino	02:29:02	+01:12:26	10:39
76	510	Daniel Santos	A.D.Amarante trail running	Senior Masculino	02:35:24	+01:18:49	11:06
77	629	Paulo Jorge da Rocha	Individual	Senior Masculino	02:35:24	+01:18:49	11:06
78	620	Luis Alves	Individual	Senior Masculino	02:35:57	+01:19:22	11:08
79	753	Pedro Miguel pereira monteiro	Team super índios trail	Senior Masculino	02:38:14	+01:21:38	11:18
80	619	José Paulo dos Reis Moura	Individual	Senior Masculino	02:39:40	+01:23:05	11:24
81	719	Miguel Pereira	NOVA LINHA TRAIL RUNNERS	Senior Masculino	02:40:03	+01:23:27	11:26
82	628	Paulo Bessa	Individual	Senior Masculino	02:42:47	+01:26:12	11:38
83	529	Diogo Albano Mendes Soares	ART Magrelos	Senior Masculino	02:47:11	+01:30:36	11:57
84	532	Nuno Rafael Ribeiro Monteiro Pereira	ART Magrelos	Senior Masculino	02:47:12	+01:30:37	11:57

Trail Curto 14 KM

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

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

85	617	José Joaquim Coelho de Moura	Individual	Senior Masculino	03:00:01	+01:43:25	12:52
86	784	João Santos	Individual	Senior Masculino	03:11:09	+01:54:33	13:39
87	680	Maximino Miranda	Marco Runners	Senior Masculino	03:29:42	+02:13:07	14:59
88	732	Henrique Lopes	Papoila	Senior Masculino	03:38:39	+02:22:03	15:37

Veterana F40

1	763	Rosa Madureira	Futebol Clube de Penafiel	Veterana F40	01:16:35		05:28
2	521	Rosa Barros	A.D.Amarante trail running	Veterana F40	01:41:33	+24:57	07:15
3	723	Cidália Ferreira	Nova Linha Trail Runners	Veterana F40	01:50:11	+33:35	07:52
4	724	Joaquina Pinto	Nova Linha Trail Runners	Veterana F40	01:54:18	+37:43	08:10
5	738	Marina Pereira da Silva	PORTO SENTIDO RUNNERS	Veterana F40	02:00:18	+43:42	08:36
6	722	Amália Monteiro	Nova Linha Trail Runners	Veterana F40	02:14:15	+57:40	09:35
7	520	Marisa Pinto	A.D.Amarante trail running	Veterana F40	02:17:29	+01:00:53	09:49
8	519	Maria Monteiro	A.D.Amarante trail running	Veterana F40	02:17:49	+01:01:13	09:51
9	518	Graça Mendes	A.D.Amarante trail running	Veterana F40	02:19:32	+01:02:56	09:58
10	702	Fernanda Leão	NOCTURNOS DE PAREDES	Veterana F40	02:19:52	+01:03:17	09:59
11	517	Filomena Neto	A.D.Amarante trail running	Veterana F40	02:19:54	+01:03:18	10:00
12	648	Virgínia Oliveira	Individual	Veterana F40	02:20:09	+01:03:34	10:01
13	703	Marisa Moreira	NOCTURNOS DE PAREDES	Veterana F40	02:22:35	+01:05:59	10:11
14	750	Alexandra Bessa	Team aguenta Aí	Veterana F40	02:31:51	+01:15:15	10:51
15	737	Margarida Sousa	PORTO SENTIDO RUNNERS	Veterana F40	02:31:51	+01:15:15	10:51
16	757	Paula Dias	TOKAANDAR	Veterana F40	02:37:24	+01:20:49	11:15
17	643	ana magalhaes	Individual	Veterana F40	02:43:13	+01:26:38	11:40
18	735	Berta Ferreira	PORTO SENTIDO RUNNERS	Veterana F40	02:45:40	+01:29:05	11:50
19	728	Ana Pinheiro	OS ABISSOS	Veterana F40	02:47:59	+01:31:23	12:00
20	736	Isabel Ferraz	PORTO SENTIDO RUNNERS	Veterana F40	02:48:25	+01:31:50	12:02
21	575	Suzete do Rosário Passos de Sousa	Fridão Sem Limites	Veterana F40	02:50:16	+01:33:40	12:10
22	646	Paula Cristina Monteiro Vieira Andrade	Individual	Veterana F40	02:58:55	+01:42:19	12:47
23	543	Ivone Correia	Bota Brita!	Veterana F40	03:28:01	+02:11:25	14:52
24	540	Clara Melo	Bota Brita!	Veterana F40	03:39:04	+02:22:28	15:39
25	538	Alzira Pinheiro	Bota Brita!	Veterana F40	03:39:32	+02:22:57	15:41
26	545	veronica Ferraz	Bota Brita!	Veterana F40	03:59:47	+02:43:12	17:08
27	541	Claúdia silva	Bota Brita!	Veterana F40	04:10:57	+02:54:22	17:56
28	544	Marta Sousa	Bota Brita!	Veterana F40	04:11:04	+02:54:28	17:56
29	539	Carla Teixeira	Bota Brita!	Veterana F40	04:14:05	+02:57:29	18:09
30	542	Cristina Moura	Bota Brita!	Veterana F40	04:14:06	+02:57:30	18:09

Veterana F50

1	759	MARIA TEIXEIRA	Turma TOP	Veterana F50	02:07:09	+50:34	09:05
2	704	Graça Ribeiro	NOCTURNOS DE PAREDES	Veterana F50	02:10:37	+54:02	09:20
3	748	maria lucinda barbosa moreira	S.luiz	Veterana F50	02:11:55	+55:20	09:25
4	649	Paulina Soares	Individual	Veterana F50	02:26:35	+01:10:00	10:28

Trail Curto

14 KM

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

OFFICIAL RESULT

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Veterano M40

1	522	Jorge Oliveira	A.D.Amarante trail running	Veterano M40	01:21:37	+05:02	05:50
2	580	Paulo Teixeira de Sousa	Fridão Sem Limites	Veterano M40	01:22:44	+06:08	05:55
3	579	Patrick Marques	Fridão Sem Limites	Veterano M40	01:25:08	+08:32	06:05
4	555	Carlos Pereira	CASA DO POVO DE SOALHÃES	Veterano M40	01:26:02	+09:27	06:09
5	523	Manuel Vieira	A.D.Amarante trail running	Veterano M40	01:28:48	+12:13	06:21
6	652	Fernando Nunes	Individual	Veterano M40	01:33:53	+17:18	06:42
7	554	Aurélio Vieira	CASA DO POVO DE SOALHÃES	Veterano M40	01:35:25	+18:50	06:49
8	765	Augusto Madureira Vieira	Individual	Veterano M40	01:39:16	+22:40	07:05
9	578	Manuel José Mendes Teixeira	Fridão Sem Limites	Veterano M40	01:39:58	+23:23	07:08
10	706	Carmindo Paulo Moreira Gomes	NOCTURNOS DE PAREDES	Veterano M40	01:41:13	+24:37	07:14
11	566	João Jorge Carneiro Servo	Farturas Joaninha	Veterano M40	01:41:45	+25:10	07:16
12	524	Vitor Coelho	A.D.Amarante trail running	Veterano M40	01:43:48	+27:13	07:25
13	658	Manuel Sousa	Individual	Veterano M40	01:43:49	+27:13	07:25
14	662	RICARDO RODRIGUES	Individual	Veterano M40	01:48:15	+31:40	07:44
15	650	Adao Ribeiro	Individual	Veterano M40	01:50:42	+34:07	07:54
16	708	Luis Alberto Correia Monteiro	NOCTURNOS DE PAREDES	Veterano M40	01:52:09	+35:34	08:01
17	576	António Joaquim Teixeira Alves	Fridão Sem Limites	Veterano M40	01:53:37	+37:02	08:07
18	745	José Ricardo	PORTO SENTIDO RUNNERS	Veterano M40	01:53:38	+37:02	08:07
19	725	Daniel Vieira	Nova Linha Trail Runners	Veterano M40	01:53:53	+37:18	08:08
20	764	Paulo Silva	Individual	Veterano M40	01:56:37	+40:01	08:20
21	747	Vasco Luxo	PORTO SENTIDO RUNNERS	Veterano M40	01:56:47	+40:11	08:21
22	577	Filipe Reis Pinheiro	Fridão Sem Limites	Veterano M40	01:56:54	+40:19	08:21
23	758	Ricardo Paiva	TOKAANDAR	Veterano M40	01:59:26	+42:50	08:32
24	746	Miguel Pereira	PORTO SENTIDO RUNNERS	Veterano M40	02:00:17	+43:42	08:36
25	741	Cláudio Cerqueira	PORTO SENTIDO RUNNERS	Veterano M40	02:02:49	+46:14	08:46
26	740	António Sousa	PORTO SENTIDO RUNNERS	Veterano M40	02:10:51	+54:16	09:21
27	705	António Barros	NOCTURNOS DE PAREDES	Veterano M40	02:13:05	+56:30	09:30
28	709	Pedro Nogueira	NOCTURNOS DE PAREDES	Veterano M40	02:13:59	+57:24	09:34
29	675	miguel queirós	M&M	Veterano M40	02:17:51	+01:01:16	09:51
30	663	Rui moura	Individual	Veterano M40	02:20:46	+01:04:11	10:03
31	655	Manuel Bastos	Individual	Veterano M40	02:21:37	+01:05:02	10:07
32	660	Miguel Pinto	Individual	Veterano M40	02:22:47	+01:06:12	10:12
33	707	José Moura	NOCTURNOS DE PAREDES	Veterano M40	02:26:22	+01:09:47	10:27
34	548	Oscar Fangueiro	Bota Brita!	Veterano M40	02:32:05	+01:15:30	10:52
35	549	sérgio Silva	Bota Brita!	Veterano M40	02:34:47	+01:18:11	11:03
36	546	António Pinto	Bota Brita!	Veterano M40	02:34:48	+01:18:13	11:03
37	651	eusebio barbosa	Individual	Veterano M40	02:39:50	+01:23:14	11:25
38	743	João Pinheiro	PORTO SENTIDO RUNNERS	Veterano M40	02:45:41	+01:29:05	11:50
39	744	Jorge Pereira	PORTO SENTIDO RUNNERS	Veterano M40	02:45:41	+01:29:05	11:50
40	729	António Cunha	OS ABISSOS	Veterano M40	02:47:59	+01:31:23	12:00
41	730	Lúcio Cunha	OS ABISSOS	Veterano M40	02:50:17	+01:33:42	12:10
42	751	Manuel Jorge	Team aguenta Aí	Veterano M40	02:54:47	+01:38:12	12:29
43	654	José Paulo Pacheco de Andrade	Individual	Veterano M40	02:58:55	+01:42:20	12:47
44	664	Rui moura	Individual	Veterano M40	03:39:29	+02:22:54	15:41

Trail Curto

14 KM

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

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

45	547	Belmiro Reis	Bota Brita!	Veterano M40	04:14:06	+02:57:30	18:09

Veterano M50

1	556	Modesto Vieira	CASA DO POVO DE SOALHÃES	Veterano M50	01:28:53	+12:17	06:21
2	712	Carlos Vinhas	NOCTURNOS DE PAREDES	Veterano M50	01:32:16	+15:41	06:35
3	536	José Luís Machado Loureiro	Autistic Runners	Veterano M50	01:48:32	+31:57	07:45
4	710	Agostinho Moreira	NOCTURNOS DE PAREDES	Veterano M50	01:48:38	+32:03	07:46
5	726	Martinho Monteiro	Nova Linha Trail Runners	Veterano M50	01:51:40	+35:04	07:59
6	668	Paulo Dias	Individual	Veterano M50	01:56:14	+39:39	08:18
7	525	António Gonçalves	A.D.Amarante trail running	Veterano M50	01:56:54	+40:19	08:21
8	673	Joaquim Sousa	Kitty team	Veterano M50	01:58:15	+41:40	08:27
9	666	Antonio Ferraz	Individual	Veterano M50	01:58:46	+42:10	08:29
10	526	António Pereira	A.D.Amarante trail running	Veterano M50	02:09:32	+52:56	09:15
11	565	José Castelo	Fardetas	Veterano M50	02:09:35	+52:59	09:15
12	749	augusto pinto barbosa	S.luiz	Veterano M50	02:11:55	+55:20	09:25
13	552	Vitor Manuel Pereira da Cunha Coutinho	Brabus Runners	Veterano M50	02:13:46	+57:10	09:33
14	667	José Maria Teixeira	Individual	Veterano M50	02:14:11	+57:36	09:35
15	535	Antonio Joaquim Teixeira Magalhaes	Autistic Runners	Veterano M50	02:15:16	+58:40	09:40
16	711	António Jorge Carvalho	NOCTURNOS DE PAREDES	Veterano M50	02:20:13	+01:03:38	10:01

COLETIVO - TRAIL CURTO

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

RANK	TEAM	DESCRIPTION	POINTS
1	A.D.Amarante trail running	2 + 3 + 5	10
2	Fridão Sem Limites	4 + 6 + 7	17
3	CASA DO POVO DE SOALHÃES	11 + 17 + 23	51
4	NOCTURNOS DE PAREDES	19 + 24 + 35	78
5	Copos e trilhos	9 + 36 + 89	134
6	Nova Linha Trail Runners	53 + 59 + 69	181
7	Marco Runners	45 + 72 + 78	195
8	PORTO SENTIDO RUNNERS	65 + 79 + 94	238
9	ART Magrelos	63 + 73 + 103	239
10	NOVA LINHA TRAIL RUNNERS	26 + 179 + 180	385
11	Team super índios trail	139 + 140 + 176	455
12	Bota Brita!	165 + 166 + 167	498
13	OS ABISSOS	193 + 194 + 195	582
14	Vassouras	219 + 220 + 221	660