



# TRAIL LONGO - STAGE 1

# 25 KM

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

## OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	65	Armando Moreno	marcos	Veterano M50	03:14:40	+53:43	07:47
42	88	carla araujo	pupilos do zé-tó	Veterana F40	03:17:27	+56:31	07:54
43	6	JOSÉ TAVARES BARBOSA	afis-ovar	Veterano M50	03:17:27	+56:31	07:54
44	90	Carlos Familiar	pupilos do zé-tó	Veterano M40	03:18:35	+57:38	07:57
45	46	Nuno Nunes	individual	Veterano M40	03:19:01	+58:05	07:58
46	120	Filipe Pinho	outlaw runners	Veterano M40	03:19:26	+58:30	07:59
47	60	José Calisto	individual	Veterano M60	03:20:13	+59:17	08:01
48	99	Vânia Relvas	sentir escariz running	Senior Feminino	03:23:08	+01:02:11	08:08
49	81	Jorge Santos	outlaw runners	Veterano M50	03:23:12	+01:02:16	08:08
50	80	Vitor Folgado	outlaw runners	Veterano M40	03:23:12	+01:02:16	08:08
51	62	Joaquim lobato	limitless	Veterano M50	03:23:50	+01:02:54	08:09
52	38	Joaquim José da Silva Baptista	individual	Veterano M40	03:25:08	+01:04:11	08:12
53	59	CARLOS ALBERTO FERREIRA	individual	Veterano M60	03:25:14	+01:04:18	08:13
54	52	valter sa	individual	Veterano M40	03:25:47	+01:04:51	08:14
55	104	Rui Figueiredo	sentir escariz running	Veterano M40	03:26:24	+01:05:27	08:15
56	113	David Aguiar	trilhados	Senior Masculino	03:26:44	+01:05:48	08:16
57	106	Liliana Cardoso	sporting clube espinho/antonio leitão	Senior Feminino	03:27:33	+01:06:37	08:18
58	22	Mafalda Valente	geocrosstrail	Senior Feminino	03:27:36	+01:06:40	08:18
59	49	Rafael Fernandes	individual	Veterano M40	03:29:16	+01:08:20	08:22
60	45	Miguel santos	individual	Veterano M40	03:30:22	+01:09:26	08:25
61	64	Marcos Gandra	marcos	Veterano M40	03:30:47	+01:09:51	08:26
62	12	Marinho Quintas	btt-tt sandim	Veterano M40	03:30:49	+01:09:53	08:26
63	11	Mariana Baptista	btt-tt sandim	Senior Feminino	03:30:50	+01:09:54	08:26
64	13	Manuel Quintas	btt-tt sandim	Veterano M50	03:30:58	+01:10:01	08:26
65	51	sérgio pinto almeida	individual	Veterano M40	03:32:29	+01:11:33	08:30
66	93	miguel coelho	pupilos do zé-tó	Veterano M40	03:33:26	+01:12:30	08:32
67	37	João Paulo Pereira Hortênsio	individual	Veterano M40	03:33:36	+01:12:40	08:33
68	40	José Martins	nast	Veterano M40	03:34:53	+01:13:57	08:36
69	2	Verónica Moreira	nast	Senior Feminino	03:34:54	+01:13:57	08:36
70	116	EMANUEL CABEÇA	individual	Veterano M40	03:38:24	+01:17:28	08:44
71	29	Diogo Melo	individual	Senior Masculino	03:45:16	+01:24:20	09:01
72	105	Toni Paiva	sentir escariz running	Veterano M40	03:47:19	+01:26:23	09:06
73	25	Rui Moreira	geocrosstrail	Veterano M40	03:50:43	+01:29:47	09:14
74	20	Rui Oliveira	factor x / s4l / medense fc	Senior Masculino	03:51:13	+01:30:16	09:15
75	76	João Paulo de Sousa e Silva	ohana	Veterano M40	03:54:52	+01:33:55	09:24
76	77	Rogério Francisco de Bastos	ohana	Veterano M40	03:54:52	+01:33:56	09:24
77	117	LUIS ALMEIDA	individual	Veterano M40	03:55:45	+01:34:49	09:26
78	16	Conceição Ferreira	conceição ferreira	Veterana F50	03:55:46	+01:34:49	09:26
79	26	Ana Pissarra	ginásio fit4fun	Veterana F40	03:55:46	+01:34:49	09:26
80	27	Ângelo Pinho	ginásio fit4fun	Veterano M40	03:55:46	+01:34:50	09:26
81	82	João Tinoco Maia	ovos duros	Senior Masculino	04:08:55	+01:47:59	09:57
82	9	Clotilde Santos	batalhão crossgym	Veterana F40	04:08:55	+01:47:59	09:57
83	71	José Valente	nac trail	Senior Masculino	04:35:58	+02:15:02	11:02
84	75	Bruno Miguel Gonçalves Martins	ohana	Senior Masculino	04:35:59	+02:15:02	11:02

TRAIL LONGO - STAGE 1

25 KM

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

**OFFICIAL RESULT**

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

## Trail Longo

## 25 KM

### OFFICIAL RESULT

	Time	Temperature	Humidity
Start	08:30	9,9°C	87%
End	13:43	9,9°C	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
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### Senior Feminino

1	107	Sandra Cristina Oliveira Ferreira	Sporting Clube Espinho/Antonio leitão	Senior Feminino	02:57:45	+36:48	07:07
2	99	Vânia Relvas	Sentir Escariz running	Senior Feminino	03:23:08	+01:02:11	08:08
3	106	Liliana Cardoso	Sporting Clube Espinho/Antonio leitão	Senior Feminino	03:27:33	+01:06:37	08:18
4	22	Mafalda Valente	Geocrosstrail	Senior Feminino	03:27:36	+01:06:40	08:18
5	11	Mariana Baptista	BTT-TT sandim	Senior Feminino	03:30:50	+01:09:54	08:26
6	2	Verónica Moreira	NAST	Senior Feminino	03:34:54	+01:13:57	08:36

### Senior Masculino

1	108	João Sousa	Sporting Clube Espinho/Antonio leitão	Senior Masculino	02:27:57	+07:01	05:55
2	73	Avelino Emanuel Sa	NS Pneus / Vitalplace Clinica Dentária / YDUTEK.pt Ecras Led	Senior Masculino	02:28:23	+07:27	05:56
3	10	Bruno silva	Bravos & Bravitas	Senior Masculino	02:30:08	+09:12	06:00
4	101	Sandro Gomes	Sentir Escariz running	Senior Masculino	02:37:21	+16:25	06:18
5	109	Márcio Melo	Sporting Clube Espinho/Antonio leitão	Senior Masculino	02:39:43	+18:47	06:23
6	110	Pedro Magalhães	Sporting Clube Espinho/Antonio leitão	Senior Masculino	02:42:35	+21:39	06:30
7	4	Ricardo Pereira	#lobosolitário	Senior Masculino	02:45:41	+24:45	06:38
8	31	Luís Azevedo	Individual	Senior Masculino	02:50:03	+29:07	06:48
9	14	João Oliveira	Centro Municipal de Marcha e corrida de vale de Cambra	Senior Masculino	02:54:37	+33:41	06:59
10	33	Ricardo Gama	Individual	Senior Masculino	03:02:22	+41:26	07:18
11	15	Márcio Quintas	Clube Atletismo de Ovar	Senior Masculino	03:02:36	+41:39	07:18
12	66	HELDER MOTA	MC	Senior Masculino	03:03:02	+42:05	07:19
13	100	Paulo Gomes	Sentir Escariz running	Senior Masculino	03:03:44	+42:48	07:21
14	85	fabio ferreira	Pupilos do Zé-Tó	Senior Masculino	03:08:49	+47:53	07:33
15	115	Daniel Oliveira	Sentir Escariz running	Senior Masculino	03:12:02	+51:05	07:41
16	114	Luis Marques	Trilhados	Senior Masculino	03:12:37	+51:41	07:42
17	32	Manuel	Individual	Senior Masculino	03:14:17	+53:21	07:46
18	113	David Aguiar	Trilhados	Senior Masculino	03:26:44	+01:05:48	08:16
19	29	Diogo Melo	Individual	Senior Masculino	03:45:16	+01:24:20	09:01
20	20	Rui Oliveira	Factor X / S4L / Medense FC	Senior Masculino	03:51:13	+01:30:16	09:15
21	82	João Tinoco Maia	Ovos Duros	Senior Masculino	04:08:55	+01:47:59	09:57
22	71	José Valente	NAC TRAIL	Senior Masculino	04:35:58	+02:15:02	11:02
23	75	Bruno Miguel Gonçalves Martins	OHANA	Senior Masculino	04:35:59	+02:15:02	11:02

## Trail Longo

**25 KM**

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

## OFFICIAL RESULT

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

## Veterana F40

1	23	Mónica Oliveira	Geocrosstrail	Veterana F40	02:52:19	+31:23	06:54
2	88	carla araujo	Pupilos do Zé-Tó	Veterana F40	03:17:27	+56:31	07:54
3	26	Ana Pissarra	Ginásio FIT4FUN	Veterana F40	03:55:46	+01:34:49	09:26
4	9	Clotilde Santos	Batalhão crossgym	Veterana F40	04:08:55	+01:47:59	09:57

## Veterana F50

1	16	Conceição Ferreira	Conceição Ferreira	Veterana F50	03:55:46	+01:34:49	09:26
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## Veterano M40

1	119	Ivan Silva	EDV-Viana Trail	Veterano M40	02:20:56		05:38
2	74	Rufino Paiva	OCS - ARRÁBIDA TRAIL TEAM	Veterano M40	02:21:28	+00:31	05:40
3	1	Toze Amorim	Sporting Clube Espinho/Antonio leitão	Veterano M40	02:22:15	+01:19	05:41
4	36	Domingos Jorge Costa Gomes	Individual	Veterano M40	02:23:10	+02:14	05:44
5	8	Paulo pinto	Aztrail/Mercentro	Veterano M40	02:27:22	+06:26	05:54
6	67	Óscar Magolo	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Veterano M40	02:34:58	+14:02	06:12
7	91	joao paulo	Pupilos do Zé-Tó	Veterano M40	02:41:59	+21:03	06:29
8	72	FERNANDO LIMA	NAC TRAIL	Veterano M40	02:43:25	+22:29	06:32
9	102	Alcino Gouveia	Sentir Escariz running	Veterano M40	02:50:12	+29:15	06:48
10	7	Antonio fernandes	Amigos do trail	Veterano M40	02:58:31	+37:35	07:08
11	103	José Oliveira	Sentir Escariz running	Veterano M40	03:02:28	+41:32	07:18
12	94	pedro paiva	Pupilos do Zé-Tó	Veterano M40	03:08:49	+47:53	07:33
13	83	José Miguel Cardoso da Silva	Porto Sentido Runners	Veterano M40	03:11:46	+50:50	07:40
14	92	jose rodrigues	Pupilos do Zé-Tó	Veterano M40	03:11:56	+51:00	07:41
15	5	Manuel Candeias	Acail Gas Running	Veterano M40	03:13:36	+52:40	07:45
16	90	Carlos Familiar	Pupilos do Zé-Tó	Veterano M40	03:18:35	+57:38	07:57
17	46	Nuno Nunes	Individual	Veterano M40	03:19:01	+58:05	07:58
18	120	Filipe Pinho	Outlaw Runners	Veterano M40	03:19:26	+58:30	07:59
19	80	Vitor Folgado	Outlaw Runners	Veterano M40	03:23:12	+01:02:16	08:08
20	38	Joaquim José da Silva Baptista	Individual	Veterano M40	03:25:08	+01:04:11	08:12
21	52	valter sa	Individual	Veterano M40	03:25:47	+01:04:51	08:14
22	104	Rui Figueiredo	Sentir Escariz running	Veterano M40	03:26:24	+01:05:27	08:15
23	49	Rafael Fernandes	Individual	Veterano M40	03:29:16	+01:08:20	08:22
24	45	Miguel santos	Individual	Veterano M40	03:30:22	+01:09:26	08:25
25	64	Marcos Gandra	Marcos	Veterano M40	03:30:47	+01:09:51	08:26
26	12	Marinho Quintas	BTT-TT sandim	Veterano M40	03:30:49	+01:09:53	08:26
27	51	sérgio pinto almeida	Individual	Veterano M40	03:32:29	+01:11:33	08:30
28	93	miguel coelho	Pupilos do Zé-Tó	Veterano M40	03:33:26	+01:12:30	08:32
29	37	João Paulo Pereira Hortênsio	Individual	Veterano M40	03:33:36	+01:12:40	08:33
30	40	José Martins	NAST	Veterano M40	03:34:53	+01:13:57	08:36
31	116	EMANUEL CABEÇA	Individual	Veterano M40	03:38:24	+01:17:28	08:44





**TRAIL CURTO - STAGE 1**

**15 KM**

**OFFICIAL RESULT**

**R**  
 REVISED

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

	Time	Temperature	Humidity
Start	09:00	10°C	87%
End	13:09	10°C	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	811	Fabio Correia	sporting clube espinho/antonio leitão	Senior Masculino	01:26:24		05:46
2	813	João Trigueiros	sporting clube espinho/antonio leitão	Senior Masculino	01:28:40	+02:16	05:55
3	660	Tiago pinho	individual	Senior Masculino	01:28:53	+02:29	05:56
4	513	Alcides Barbosa	aztrail/mercentro	Senior Masculino	01:32:27	+06:02	06:10
5	815	Ricardo Silva	sporting clube espinho/antonio leitão	Senior Masculino	01:33:04	+06:40	06:12
6	585	Hélder Robalinho	g.d.ronda	Senior Masculino	01:33:10	+06:45	06:13
7	833	João Gomes	sporting clube silvalde	Senior Masculino	01:33:42	+07:18	06:15
8	597	José Tavares	grupo desportivo e cultural de guilhovai	Veterano M50	01:33:52	+07:28	06:16
9	759	Daniel	ns pneus / vitalplace clinica dentária / ydutek.pt ecras led	Senior Masculino	01:34:05	+07:41	06:16
10	674	Abílio Ribeiro	individual	Veterano M40	01:35:10	+08:46	06:21
11	534	JORGE SILVA	centro municipal de marcha e corrida de vale de cambra	Senior Masculino	01:36:09	+09:45	06:25
12	822	João Barbosa	sporting clube espinho/antonio leitão	Veterano M40	01:36:24	+09:59	06:26
13	548	João Paulo	centro municipal de marcha e corrida de vale de cambra	Veterano M50	01:36:30	+10:06	06:26
14	762	Fábio Barbosa	ns pneus / vitalplace clinica dentária / ydutek.pt ecras led	Senior Masculino	01:37:11	+10:46	06:29
15	506	Antonio oliveira nunes	arada atlético clube	Veterano M50	01:37:23	+10:59	06:30
16	760	Henrique Silva	ns pneus / vitalplace clinica dentária / ydutek.pt ecras led	Veterano M40	01:37:47	+11:22	06:31
17	620	António Paiva Santos	individual	Senior Masculino	01:38:07	+11:43	06:33
18	830	Davy Jones	sporting clube silvalde	Senior Masculino	01:40:53	+14:28	06:44
19	763	manuel domingues	ns pneus / vitalplace clinica dentária / ydutek.pt ecras led	Veterano M50	01:41:19	+14:54	06:45
20	655	RUI FIGUEIREDO	individual	Senior Masculino	01:42:32	+16:07	06:50
21	587	Hugo Silva	g.d.ronda	Veterano M40	01:43:06	+16:42	06:52
22	598	Manuel Urbano	grupo desportivo e cultural de guilhovai	Veterano M50	01:43:27	+17:02	06:54
23	684	FILIFE FONTES	individual	Veterano M40	01:43:41	+17:17	06:55
24	521	Rui Teixeira	bravos & bravitas	Senior Masculino	01:44:09	+17:44	06:57
25	738	Joao Oliveira	juventude cortegacense	Veterano M40	01:44:24	+17:59	06:58
26	812	Filipe Santos	sporting clube espinho/antonio leitão	Senior Masculino	01:44:35	+18:10	06:58
27	739	Nuno Miguel Gonçalves Araújo	juventude cortegacense	Veterano M40	01:44:40	+18:15	06:59
28	829	Manuel Oliveira	sporting clube espinho/antonio leitão	Veterano M50	01:44:50	+18:25	06:59
29	810	Andre Silva	sporting clube espinho/antonio leitão	Senior Masculino	01:45:07	+18:43	07:01
30	828	José Pereira	btt sanguedo	Veterano M50	01:45:09	+18:44	07:01
31	589	Carlos Fazendeiro	g.d.ronda	Veterano M50	01:45:33	+19:08	07:02
32	716	Vasco Amorim	individual	Veterano M40	01:47:04	+20:40	07:08
33	637	João Leite	individual	Senior Masculino	01:47:16	+20:52	07:09
34	761	Ricardo Fernandes	ns pneus / vitalplace clinica dentária / ydutek.pt ecras led	Veterano M40	01:47:28	+21:04	07:10
35	726	VASCO Sousa	sporting clube povoense	Veterano M50	01:47:45	+21:20	07:11
36	70	Francisco Terra	nac trail	Senior Masculino	01:48:29	+22:04	07:14
37	643	Marcelo Sousa	individual	Senior Masculino	01:48:57	+22:33	07:16
38	538	Roni Gomes	centro municipal de marcha e corrida de vale de cambra	Senior Masculino	01:49:48	+23:24	07:19



**TRAIL CURTO - STAGE 1**

**15 KM**

**OFFICIAL RESULT**

**R**  
**REVISED**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
39	838	MANUEL BASTOS	trail running clube btt sanguedo	Veterano M40	01:50:13	+23:49	07:21
40	807	LUIS TEIXEIRA	sportarc.running	Veterano M40	01:50:42	+24:17	07:23
41	702	Paulo Silva	individual	Veterano M40	01:51:59	+25:34	07:28
42	791	João Silva	sentir escazar running	Senior Masculino	01:52:14	+25:50	07:29
43	505	José Oliveira	afis-ovar	Veterano M50	01:52:22	+25:57	07:29
44	549	Joaquim Couto	centro municipal de marcha e corrida de vale de cambra	Veterano M50	01:53:29	+27:05	07:34
45	543	Jorge qental	centro municipal de marcha e corrida de vale de cambra	Veterano M40	01:53:51	+27:27	07:35
46	831	Pedro Fonseca	sporting clube silvalde	Senior Masculino	01:54:02	+27:38	07:36
47	596	Antonio Manuel Prata	grupo de corrida de argoncilhe	Veterano M50	01:54:03	+27:39	07:36
48	701	Paulo Noormahomed	individual	Veterano M40	01:54:04	+27:40	07:36
49	788	Claudio Moreira	sentir escazar running	Senior Masculino	01:54:15	+27:50	07:37
50	847	MARIA COSTA	individual	Veterana F40	01:54:33	+28:08	07:38
51	723	José Nunes	individual	Veterano M50	01:54:35	+28:10	07:38
52	526	Luís Manuel Mendes Jorge	cabritos da montanha	Veterano M40	01:54:40	+28:15	07:39
53	814	Ricardo Pereira	sporting clube espinho/antonio leitão	Senior Masculino	01:55:13	+28:49	07:41
54	781	jorge louro	pupilos do zé-tó	Veterano M40	01:56:15	+29:50	07:45
55	531	Sara Cristina	centro municipal de marcha e corrida de vale de cambra	Senior Feminino	01:56:23	+29:59	07:46
56	752	Rémi Ferreira	lincs do marão	Senior Masculino	01:56:25	+30:01	07:46
57	518	Pedro	bravos & bravitas	Senior Masculino	01:56:53	+30:29	07:48
58	821	Edgar Rocha	btt sanguedo	Veterano M50	01:57:02	+30:38	07:48
59	790	Fernando Duarte	sentir escazar running	Senior Masculino	01:57:03	+30:38	07:48
60	523	João Sousa	bravos & bravitas	Senior Masculino	01:57:24	+30:59	07:50
61	779	Bruno Miguel Soares	pupilos do zé-tó	Senior Masculino	01:57:25	+31:00	07:50
62	846	JOSE TEIXEIRA	individual	Veterano M40	01:57:29	+31:04	07:50
63	503	Pedro Necho	afis-ovar	Veterano M40	01:57:52	+31:28	07:52
64	832	César Sousa	sporting clube silvalde	Veterano M40	01:57:59	+31:34	07:52
65	594	Nuno Pereira	grupo de corrida de argoncilhe	Veterano M40	01:58:05	+31:41	07:52
66	688	Hugo Pinto	individual	Veterano M40	01:58:08	+31:43	07:53
67	711	rui pereira	pupilos do zé-tó	Veterano M40	01:58:14	+31:49	07:53
68	834	Rui Miguel Caralinda Silva	sporting clube silvalde	Veterano M40	01:58:14	+31:50	07:53
69	808	Rubens Brandão Soares	sportarc.running	Veterano M40	01:58:24	+32:00	07:54
70	773	Pedro Almeida	outlaw runners	Senior Masculino	01:59:43	+33:18	07:59
71	774	Carlos Couto	outlaw runners	Veterano M40	01:59:43	+33:18	07:59
72	504	José Figueiredo	afis-ovar	Veterano M50	02:00:49	+34:25	08:03
73	535	Marcos soares	centro municipal de marcha e corrida de vale de cambra	Senior Masculino	02:00:55	+34:31	08:04
74	502	Luís Amaral	4globa7	Veterano M40	02:01:07	+34:42	08:04
75	659	Tiago Oliveira	individual	Senior Masculino	02:01:14	+34:49	08:05
76	799	Mário Pinho	sentir escazar running	Veterano M40	02:01:27	+35:03	08:06
77	809	Cheila Correia	sporting clube espinho/antonio leitão	Senior Feminino	02:01:31	+35:07	08:06
78	825	Jorge Silva	sporting clube espinho/antonio leitão	Veterano M40	02:01:31	+35:07	08:06
79	532	Bruno Silva	centro municipal de marcha e corrida de vale de cambra	Senior Masculino	02:01:50	+35:26	08:07
80	800	Vitor Moreira	sentir escazar running	Veterano M40	02:01:58	+35:34	08:08
81	656	Rui Lopes Silva	individual	Senior Masculino	02:02:22	+35:57	08:09

TRAIL CURTO - STAGE 1

15 KM

OFFICIAL RESULT



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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
82	552	Paulo martins	centro municipal de marcha e corrida de vale de cambra	Veterano M50	02:02:22	+35:57	08:09
83	849	Sergio Ascensão	individual	Veterano M40	02:02:33	+36:08	08:10
84	590	Paulo Rocha	geocrosstrail	Senior Masculino	02:02:53	+36:29	08:12
85	510	Ricardo Tavares	as belas e eles	Senior Masculino	02:04:33	+38:08	08:18
86	511	Tiago Silva	as belas e eles	Senior Masculino	02:04:33	+38:09	08:18
87	742	Ernesto Marques Alves	juventude cortegacense	Veterano M50	02:05:10	+38:46	08:21
88	519	Tiago	bravos & bravitas	Senior Masculino	02:05:23	+38:59	08:22
89	579	Vera Leite	fiaes running	Senior Feminino	02:05:35	+39:10	08:22
90	588	João Moreira	g.d.ronda	Veterano M40	02:06:06	+39:42	08:24
91	709	Rui Ferreira	individual	Veterano M40	02:06:11	+39:46	08:25
92	681	elisio maia	pupilos do zé-tó	Veterano M40	02:06:30	+40:06	08:26
93	764	Nívea Teixeira	os cansados	Senior Feminino	02:06:58	+40:33	08:28
94	677	Carlos Bruno	individual	Veterano M40	02:07:00	+40:35	08:28
95	714	Tiago Ferreira de Pinho	individual	Veterano M40	02:07:04	+40:40	08:28
96	546	Arlindo Rodrigues	centro municipal de marcha e corrida de vale de cambra	Veterano M50	02:07:11	+40:46	08:29
97	741	Domingos Fernando Oliveira Camboa	juventude cortegacense	Veterano M50	02:07:27	+41:02	08:30
98	740	Celso Lino Oliveira Gomes	juventude cortegacense	Veterano M50	02:07:28	+41:03	08:30
99	690	José Machado	individual	Veterano M40	02:07:33	+41:08	08:30
100	817	Marlene Soares	sporting clube espinho/antonio leitão	Veterana F40	02:07:36	+41:12	08:30
101	633	Norberto Oliveira	grupo desportivo e cultural de guilhovai	Veterano M60	02:07:36	+41:12	08:30
102	545	Antonio oliveira	centro municipal de marcha e corrida de vale de cambra	Veterano M50	02:07:55	+41:31	08:32
103	676	António Alves	individual	Veterano M40	02:08:07	+41:42	08:32
104	629	Fábio Moreira Almeida	individual	Senior Masculino	02:08:27	+42:03	08:34
105	514	Jorge Branco	brancos	Veterano M50	02:08:54	+42:30	08:36
106	610	Márcia Russo	individual	Senior Feminino	02:09:05	+42:40	08:36
107	557	Hélder Silva	clube atletismo de lamas	Veterano M40	02:09:07	+42:43	08:37
108	86	jorge costa	pupilos do zé-tó	Senior Masculino	02:09:15	+42:50	08:37
109	626	Cristiano Santos	individual	Senior Masculino	02:09:49	+43:25	08:39
110	607	Leida Bello	individual	Senior Feminino	02:10:19	+43:54	08:41
111	853	bruno miguel goncalves	centro municipal de marcha e corrida de vale de cambra	Senior Masculino	02:10:42	+44:18	08:43
112	639	José Bernardo Soares Pereira do Carmo	individual	Senior Masculino	02:10:46	+44:21	08:43
113	687	Gonçalo Oliveira	individual	Veterano M40	02:10:48	+44:23	08:43
114	586	Sandra Canelha	g.d.ronda	Veterana F40	02:10:49	+44:24	08:43
115	824	Jorge Fontes	sporting clube espinho/antonio leitão	Veterano M40	02:10:57	+44:32	08:44
116	694	Luis Gomes	individual	Veterano M40	02:10:58	+44:33	08:44
117	823	Jorge Coelho	sporting clube espinho/antonio leitão	Veterano M40	02:11:02	+44:38	08:44
118	839	RICHARD NOGUEIRA	trail running clube btt sanguedo	Veterano M40	02:11:21	+44:57	08:45
119	792	Leandro Figueiredo	sentir esscariz running	Senior Masculino	02:11:23	+44:59	08:46
120	636	João André Oliveira	individual	Senior Masculino	02:11:27	+45:02	08:46
121	634	Humberto Rodrigues	individual	Senior Masculino	02:11:29	+45:04	08:46
122	706	Raul Carpinteira	individual	Veterano M40	02:11:51	+45:27	08:47
123	797	Fernando Brandão	sentir esscariz running	Veterano M40	02:12:49	+46:24	08:51



**TRAIL CURTO - STAGE 1**

**15 KM**

**OFFICIAL RESULT**

**R**  
**REVISED**

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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
164	851	Marco Paulo Almeida	centro municipal de marcha e corrida de vale de cambra	Senior Masculino	02:26:29	+01:00:04	09:46
165	748	Ricardo Pinho	kirchhoff konect runing team	Veterano M40	02:26:43	+01:00:18	09:47
166	689	JOSE COELHO	clube atletismo de lamas	Veterano M40	02:27:36	+01:01:11	09:50
167	527	Mário Tavares	catr	Veterano M40	02:27:44	+01:01:20	09:51
168	581	Silvia Baptista	faies running	Veterana F40	02:27:58	+01:01:33	09:52
169	743	Anthony Borges	kirchhoff konect runing team	Senior Masculino	02:28:03	+01:01:39	09:52
170	675	Andre Belinha	individual	Veterano M40	02:28:16	+01:01:52	09:53
171	802	Marco Naia	sportarc.running	Senior Masculino	02:28:20	+01:01:56	09:53
172	747	Miguel Miranda	kirchhoff konect runing team	Veterano M40	02:28:39	+01:02:14	09:55
173	794	Paulo Oliveira	sentir escariz running	Senior Masculino	02:29:20	+01:02:55	09:57
174	524	Pelágio silva	bravos & bravitas	Veterano M50	02:29:21	+01:02:56	09:57
175	820	Antonio Albuquerque	sporting clube espinho/antonio leitão	Veterano M40	02:29:21	+01:02:57	09:57
176	642	Luís Carlos Ferreira Soares	individual	Senior Masculino	02:30:29	+01:04:05	10:02
177	652	Ricardo Jorge Valente Soares	individual	Senior Masculino	02:30:48	+01:04:23	10:03
178	789	Diogo Moreira	sentir escariz running	Senior Masculino	02:30:58	+01:04:34	10:04
179	529	Daniela Pereira	centro municipal de marcha e corrida de vale de cambra	Senior Feminino	02:31:00	+01:04:35	10:04
180	707	Ricardo Nordeste	individual	Veterano M40	02:31:01	+01:04:36	10:04
181	628	Elisio Cardoso	individual	Senior Masculino	02:31:13	+01:04:48	10:05
182	668	Laura Gomes	individual	Veterana F40	02:31:34	+01:05:09	10:06
183	803	Irene Martins	sportarc.running	Veterana F40	02:31:34	+01:05:09	10:06
184	678	carlos costa	individual	Veterano M40	02:32:10	+01:05:46	10:09
185	754	Tália Martins	nac trail	Veterana F50	02:32:10	+01:05:46	10:09
186	704	Pedro Silva	individual	Veterano M40	02:33:26	+01:07:01	10:14
187	541	Maria Filomena	centro municipal de marcha e corrida de vale de cambra	Veterana F50	02:33:39	+01:07:14	10:15
188	550	Joaquim Oliveira	centro municipal de marcha e corrida de vale de cambra	Veterano M50	02:33:39	+01:07:14	10:15
189	798	Jorge Moreira	sentir escariz running	Veterano M40	02:34:01	+01:07:36	10:16
190	591	Paula Almeida	geocrosstrail	Veterana F40	02:34:01	+01:07:36	10:16
191	592	Sara Moreira	geocrosstrail	Veterana F40	02:34:01	+01:07:36	10:16
192	721	Joaquim Jorge Silva Pereira Santos	individual	Veterano M50	02:34:07	+01:07:42	10:16
193	640	José Luís Lemos de Sá	individual	Senior Masculino	02:34:25	+01:08:00	10:18
194	509	Ricardo Magalhães	as belas e eles	Senior Masculino	02:34:26	+01:08:01	10:18
195	627	Diogo Silva	individual	Senior Masculino	02:34:29	+01:08:04	10:18
196	623	Bruno Teixeira	individual	Senior Masculino	02:34:29	+01:08:04	10:18
197	606	Juliana Couto	individual	Senior Feminino	02:34:29	+01:08:05	10:18
198	522	Tânia Silva	bravos & bravitas	Senior Feminino	02:34:36	+01:08:11	10:18
199	837	Ricardo Silva	tendência visual	Senior Masculino	02:34:36	+01:08:11	10:18
200	819	Sandra Ferreira	sporting clube espinho/antonio leitão	Veterana F40	02:34:44	+01:08:19	10:19
201	801	Assunção Azevedo	soortarc running	Veterana F50	02:35:15	+01:08:50	10:21
202	547	Fernando Leite	centro municipal de marcha e corrida de vale de cambra	Veterano M50	02:35:42	+01:09:18	10:23
203	693	Lindolfo Sol	individual	Veterano M40	02:38:04	+01:11:39	10:32
204	756	António Pinheiro	nac trail	Veterano M40	02:38:04	+01:11:39	10:32
205	638	Joaquim	individual	Senior Masculino	02:38:06	+01:11:42	10:32
206	631	Guilherme	individual	Senior Masculino	02:38:14	+01:11:50	10:33

### TRAIL CURTO - STAGE 1

15 KM

R

REVISED

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
207	826	Nuno Barbosa	sporting clube espinho/antonio leitão	Veterano M40	02:39:39	+01:13:14	10:39
208	683	Fernando Pinho	individual	Veterano M40	02:39:52	+01:13:28	10:40
209	733	António Correia	irmandade do tango	Veterano M40	02:39:56	+01:13:31	10:40
210	836	Ricardo Fortuna	tendência visual	Senior Masculino	02:40:14	+01:13:49	10:41
211	717	Alcídio Figueiredo	individual	Veterano M50	02:40:56	+01:14:31	10:44
212	661	Tito Alves	individual	Senior Masculino	02:41:46	+01:15:21	10:47
213	616	Vera Abreu	individual	Senior Feminino	02:42:06	+01:15:42	10:48
214	664	Célia Aguiar	individual	Veterana F40	02:42:36	+01:16:11	10:50
215	705	Pedro Silva	individual	Veterano M40	02:43:45	+01:17:20	10:55
216	784	Pedro Valente	running espinho	Senior Masculino	02:43:45	+01:17:20	10:55
217	630	Filipe Almeida	individual	Senior Masculino	02:44:14	+01:17:50	10:57
218	710	Rui Neves	individual	Veterano M40	02:46:02	+01:19:38	11:04
219	595	Vasco Neves	grupo de corrida de argoncilhe	Veterano M40	02:46:31	+01:20:06	11:06
220	776	Isabel Rovisco Monteiro	ovos duros	Senior Feminino	02:46:42	+01:20:17	11:07
221	539	Elsa bastos	centro municipal de marcha e corrida de vale de cambra	Veterana F40	02:47:19	+01:20:54	11:09
222	665	Cláudia Susana Guedes da Silva Ferreira Hortênsio	individual	Veterana F40	02:47:19	+01:20:54	11:09
223	663	Alice Almeida	individual	Veterana F40	02:48:26	+01:22:02	11:14
224	673	Maria Cecília da Silva Bastos	individual	Veterana F60	02:48:45	+01:22:20	11:15
225	686	GABRIEL RIBEIRO	individual	Veterano M40	02:49:01	+01:22:36	11:16
226	827	Nuno Pereira	sporting clube espinho/antonio leitão	Veterano M40	02:49:01	+01:22:37	11:16
227	520	Ana Tavares	bravos & bravitas	Senior Feminino	02:49:26	+01:23:02	11:18
228	843	Nuno Eça	trteam	Senior Masculino	02:49:44	+01:23:20	11:19
229	844	Serhiy Fedak	trteam	Senior Masculino	02:51:29	+01:25:05	11:26
230	613	Susana Araújo	individual	Senior Feminino	02:52:18	+01:25:54	11:29
231	515	Patricia	bravos & bravitas	Senior Feminino	02:52:34	+01:26:10	11:30
232	841	Helder Isolino Sousa da Silva	trilhados	Veterano M40	02:52:34	+01:26:10	11:30
233	842	Sofia Castro	trteam	Senior Feminino	02:53:26	+01:27:01	11:34
234	140	Daniel	bravos & bravitas	Senior Masculino	02:53:35	+01:27:10	11:34
235	671	Bruno Pinho	clube atletismo de lamas	Senior Masculino	02:54:38	+01:28:14	11:39
236	554	Teresa Tavares	clube atletismo de lamas	Veterana F40	02:54:39	+01:28:14	11:39
237	553	Marlene Ferreira	clube atletismo de lamas	Veterana F40	02:54:39	+01:28:14	11:39
238	786	Nazaré Oliveira	sentir escaiz running	Senior Feminino	02:54:59	+01:28:34	11:40
239	775	Ana Cerca	ovos duros	Senior Feminino	02:56:00	+01:29:36	11:44
240	777	Sara Ratola	ovos duros	Senior Feminino	02:56:01	+01:29:36	11:44
241	670	Paula Santos	individual	Veterana F40	02:57:05	+01:30:40	11:48
242	796	Sandra Oliveira	sentir escaiz running	Veterana F40	02:58:18	+01:31:54	11:53
243	818	Patricia Couto	sporting clube espinho/antonio leitão	Veterana F40	02:58:27	+01:32:03	11:54
244	816	Alexandra Lopes	sporting clube espinho/antonio leitão	Veterana F40	02:58:28	+01:32:03	11:54
245	744	Cristiano Tavares	kirchhoff konect runing team	Senior Masculino	03:00:12	+01:33:48	12:01
246	604	Diana Leite	individual	Senior Feminino	03:02:12	+01:35:47	12:09
247	512	Lurdes Moreira	as belas e eles	Veterana F40	03:03:00	+01:36:35	12:12
248	508	Cátia Silva	as belas e eles	Senior Feminino	03:03:00	+01:36:36	12:12
249	646	Miguel Silva	individual	Senior Masculino	03:05:51	+01:39:26	12:23
250	657	Telmo Oliveira	individual	Senior Masculino	03:07:04	+01:40:40	12:28
251	712	Sergio Henrique Silva Pereira	individual	Veterano M40	03:11:56	+01:45:32	12:48





## Trail Curto

15 KM

## OFFICIAL RESULT

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REVISED

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

3	660	Tiago pinho	Individual	Senior Masculino	01:28:53	+02:29	05:56
4	513	Alcides Barbosa	Aztrail/Mercentro	Senior Masculino	01:32:27	+06:02	06:10
5	815	Ricardo Silva	Sporting Clube Espinho/Antonio leitão	Senior Masculino	01:33:04	+06:40	06:12
6	585	Hélder Robalinho	G.D.Ronda	Senior Masculino	01:33:10	+06:45	06:13
7	833	João Gomes	Sporting Clube Silvalde	Senior Masculino	01:33:42	+07:18	06:15
8	759	Daniel	NS Pneus / Vitalplace Clinica Dentária / YDUTEK.pt Ecras Led	Senior Masculino	01:34:05	+07:41	06:16
9	534	JORGE SILVA	Centro Municipal de Marcha e corrida de vale de Cambra	Senior Masculino	01:36:09	+09:45	06:25
10	762	Fábio Barbosa	NS Pneus / Vitalplace Clinica Dentária / YDUTEK.pt Ecras Led	Senior Masculino	01:37:11	+10:46	06:29
11	620	António Paiva Santos	Individual	Senior Masculino	01:38:07	+11:43	06:33
12	830	Davy Jones	Sporting Clube Silvalde	Senior Masculino	01:40:53	+14:28	06:44
13	655	RUI FIGUEIREDO	Individual	Senior Masculino	01:42:32	+16:07	06:50
14	521	Rui Teixeira	Bravos & Bravitas	Senior Masculino	01:44:09	+17:44	06:57
15	812	Filipe Santos	Sporting Clube Espinho/Antonio leitão	Senior Masculino	01:44:35	+18:10	06:58
16	810	Andre Silva	Sporting Clube Espinho/Antonio leitão	Senior Masculino	01:45:07	+18:43	07:01
17	637	João Leite	Individual	Senior Masculino	01:47:16	+20:52	07:09
18	70	Francisco Terra	NAC Trail	Senior Masculino	01:48:29	+22:04	07:14
19	643	Marcelo Sousa	Individual	Senior Masculino	01:48:57	+22:33	07:16
20	538	Roni Gomes	Centro Municipal de Marcha e corrida de vale de Cambra	Senior Masculino	01:49:48	+23:24	07:19
21	791	João Silva	Sentir Escariz running	Senior Masculino	01:52:14	+25:50	07:29
22	831	Pedro Fonseca	Sporting Clube Silvalde	Senior Masculino	01:54:02	+27:38	07:36
23	788	Claudio Moreira	Sentir Escariz running	Senior Masculino	01:54:15	+27:50	07:37
24	814	Ricardo Pereira	Sporting Clube Espinho/Antonio leitão	Senior Masculino	01:55:13	+28:49	07:41
25	752	Rémi Ferreira	Linces do Marão	Senior Masculino	01:56:25	+30:01	07:46
26	518	Pedro	Bravos & Bravitas	Senior Masculino	01:56:53	+30:29	07:48
27	790	Fernando Duarte	Sentir Escariz running	Senior Masculino	01:57:03	+30:38	07:48
28	523	João Sousa	Bravos & Bravitas	Senior Masculino	01:57:24	+30:59	07:50
29	779	Bruno Miguel Soares	Pupilos do Zé-Tó	Senior Masculino	01:57:25	+31:00	07:50
30	773	Pedro Almeida	Outlaw Runners	Senior Masculino	01:59:43	+33:18	07:59
31	535	Marcos soares	Centro Municipal de Marcha e corrida de vale de Cambra	Senior Masculino	02:00:55	+34:31	08:04
32	659	Tiago Oliveira	Individual	Senior Masculino	02:01:14	+34:49	08:05
33	532	Bruno Silva	Centro Municipal de Marcha e corrida de vale de Cambra	Senior Masculino	02:01:50	+35:26	08:07
34	656	Rui Lopes Silva	Individual	Senior Masculino	02:02:22	+35:57	08:09
35	590	Paulo Rocha	Geocrosstrail	Senior Masculino	02:02:53	+36:29	08:12
36	510	Ricardo Tavares	As Belas e Eles	Senior Masculino	02:04:33	+38:08	08:18
37	511	Tiago Silva	As Belas e Eles	Senior Masculino	02:04:33	+38:09	08:18
38	519	Tiago	Bravos & Bravitas	Senior Masculino	02:05:23	+38:59	08:22
39	629	Fábio Moreira Almeida	Individual	Senior Masculino	02:08:27	+42:03	08:34
40	86	jorge costa	Pupilos do Zé-Tó	Senior Masculino	02:09:15	+42:50	08:37
41	626	Cristiano Santos	Individual	Senior Masculino	02:09:49	+43:25	08:39





**Trail Curto**

**15 KM**



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

**OFFICIAL RESULT**

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

84	525	Ricardo Manuel Almeida Santos	Cabritos da Montanha	Senior Masculino	03:18:36	+01:52:11	13:14
85	618	Alexandre Ferro Rocha	Individual	Senior Masculino	03:24:29	+01:58:04	13:38
86	517	Paulo silva	Bravos & Bravitas	Senior Masculino	03:55:04	+02:28:40	15:40

**Veterana F40**

1	847	MARIA COSTA	Individual	Veterana F40	01:54:33	+28:08	07:38
2	817	Marlene Soares	Sporting Clube Espinho/Antonio leitão	Veterana F40	02:07:36	+41:12	08:30
3	586	Sandra Canelha	G.D.Ronda	Veterana F40	02:10:49	+44:24	08:43
4	795	Flora Santos	Sentir Escariz running	Veterana F40	02:13:24	+46:59	08:54
5	667	Ilda Florbela Tavares Fernandes	Individual	Veterana F40	02:21:03	+54:38	09:24
6	540	Susana Brandão	Centro Municipal de Marcha e corrida de vale de Cambra	Veterana F40	02:21:18	+54:53	09:25
7	581	Silvia Baptista	Fiaes Running	Veterana F40	02:27:58	+01:01:33	09:52
8	668	Laura Gomes	Individual	Veterana F40	02:31:34	+01:05:09	10:06
9	803	Irene Martins	SPORTARC.RUNNING	Veterana F40	02:31:34	+01:05:09	10:06
10	591	Paula Almeida	Geocrosstrail	Veterana F40	02:34:01	+01:07:36	10:16
11	592	Sara Moreira	Geocrosstrail	Veterana F40	02:34:01	+01:07:36	10:16
12	819	Sandra Ferreira	Sporting Clube Espinho/Antonio leitão	Veterana F40	02:34:44	+01:08:19	10:19
13	664	Célia Aguiar	Individual	Veterana F40	02:42:36	+01:16:11	10:50
14	539	Elsa bastos	Centro Municipal de Marcha e corrida de vale de Cambra	Veterana F40	02:47:19	+01:20:54	11:09
15	665	Cláudia Susana Guedes da Silva Ferreira Hortênsio	Individual	Veterana F40	02:47:19	+01:20:54	11:09
16	663	Alice Almeida	Individual	Veterana F40	02:48:26	+01:22:02	11:14
17	554	Teresa Tavares	Clube Atletismo de Lamas	Veterana F40	02:54:39	+01:28:14	11:39
18	553	Marlene Ferreira	Clube Atletismo de Lamas	Veterana F40	02:54:39	+01:28:14	11:39
19	670	Paula Santos	Individual	Veterana F40	02:57:05	+01:30:40	11:48
20	796	Sandra Oliveira	Sentir Escariz running	Veterana F40	02:58:18	+01:31:54	11:53
21	818	Patricia Couto	Sporting Clube Espinho/Antonio leitão	Veterana F40	02:58:27	+01:32:03	11:54
22	816	Alexandra Lopes	Sporting Clube Espinho/Antonio leitão	Veterana F40	02:58:28	+01:32:03	11:54
23	512	Lurdes Moreira	As Belas e Eles	Veterana F40	03:03:00	+01:36:35	12:12
24	804	Isabel Cristina Brandão Soares	SPORTARC.RUNNING	Veterana F40	03:13:03	+01:46:39	12:52
25	732	Rosa Silva	Irmandade do Tango	Veterana F40	03:17:04	+01:50:39	13:08
26	583	Mónica Margaride	Fit2Labor	Veterana F40	03:21:02	+01:54:37	13:24
27	731	Lúisa Silva	Irmandade do Tango	Veterana F40	03:24:32	+01:58:08	13:38
28	669	Márcia guimbra	Individual	Veterana F40	03:49:33	+02:23:09	15:18
29	666	Helena Carla Pereira Alves	Individual	Veterana F40	03:49:34	+02:23:09	15:18

**Veterana F50**

1	806	Paula Teixeira	Sportarc.Running	Veterana F50	02:17:55	+51:31	09:12
2	754	Tália Martins	NAC TRAIL	Veterana F50	02:32:10	+01:05:46	10:09

Official Timekeeper: Lap2Go	4 / 8	generate 26-nov-2019 11:00
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