

TRAIL LONGO K25 - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	19:30	25,7°C	57%
End	01:05	25.7°C	57%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	84	SERGIO CORREIA	zona alta trail	Veterano M35	02:34:51		06:12
2	17	LUIZ MOTA	casa do benfica em abrantas	Veterano M45	02:40:10	+05:19	06:24
3	75	Luís Alexandre	trilhos dos templários/ xporfit	Veterano M40	02:44:03	+09:12	06:34
4	90	Henrique Cavaleiro Delgado	clube de atletismo de ferreira do zêzere	Senior Masculino	02:53:04	+18:13	06:55
5	74	Ricardo Ferreira	trilhos dos templários/ xporfit	Veterano M35	02:55:10	+20:19	07:00
6	21	André Luís	clube de atletismo de ferreira do zêzere	Senior Masculino	02:56:54	+22:03	07:05
7	24	Hélder Pereira	clube de atletismo de ferreira do zêzere	Veterano M40	02:57:39	+22:48	07:06
8	67	Bernardo Emidio	trilho perdido eventos / imporlux	Senior Masculino	03:02:45	+27:54	07:19
9	70	Núrio Ramos	trilho perdido eventos / imporlux	Senior Masculino	03:04:12	+29:21	07:22
10	12	Daniel Netto Netto	c.d. os águias de alpiarça	Veterano M35	03:08:33	+33:42	07:33
11	39	Paulo Roque	individual	Veterano M45	03:10:08	+35:17	07:36
12	63	António Simões	rx runners	Veterano M40	03:16:59	+42:08	07:53
13	80	Délio Nunes	vespinga saudável / fet	Veterano M45	03:17:31	+42:40	07:54
14	77	Jose Fonseca	união fci de tomar	Veterano M50	03:19:13	+44:22	07:58
15	71	Paulo Silva	trilho perdido eventos / imporlux	Senior Masculino	03:19:46	+44:55	07:59
16	19	Luis Mota	clac entroncamento/ondatrilhos	Veterano M45	03:21:46	+46:55	08:04
17	52	Miguel Sousa	ourém vida team	Veterano M40	03:23:38	+48:47	08:09
18	53	Paulo Martins	ourém vida team	Veterano M45	03:23:44	+48:53	08:09
19	69	Miguel Henriques	trilho perdido eventos / imporlux	Senior Masculino	03:33:53	+59:02	08:33
20	85	Paulo Gaião	zona alta trail	Veterano M45	03:35:34	+01:00:43	08:37
21	43	Vitor Pires	individual	Veterano M50	03:35:34	+01:00:43	08:37
22	10	Catarina Silva	bruxos runners	Veterana F50	03:35:58	+01:01:07	08:38
23	47	Carlos António	não dá +	Veterano M40	03:37:25	+01:02:34	08:42
24	37	Helder Manuel Silva	individual	Veterano M45	03:38:31	+01:03:40	08:44
25	76	Tiago Gaspar	trilhos dos templários/ xporfit	Veterano M40	03:39:32	+01:04:41	08:47
26	64	Artur Costa	rx runners	Veterano M40	03:40:08	+01:05:17	08:48
27	86	Duarte Gil Nunes Pereira	sporting clube santacruzense (ilha da madeira)	Veterano M40	03:40:14	+01:05:23	08:49
28	58	César Gomes	pace.makers	Veterano M45	03:43:21	+01:08:30	08:56
29	78	Miguel Bértolo	vespinga saudável / fet	Veterano M35	03:44:29	+01:09:38	08:59
30	72	Vanda Matias	trilho perdido eventos / imporlux	Veterana F45	03:47:43	+01:12:52	09:07
31	61	Sandroglass Matias	pé na pinha	Veterano M45	03:47:44	+01:12:53	09:07
32	45	Su Raposo	linda-a-pastora sporting clube	Veterana F40	03:49:25	+01:14:34	09:11
33	27	Sofia Nunes	cork trail team	Senior Feminino	03:50:17	+01:15:26	09:13
34	36	Faustino Matos	individual	Veterano M40	03:51:02	+01:16:11	09:14
35	48	Jorge paulino	ocs-proaventuras	Veterano M40	03:51:22	+01:16:31	09:15
36	65	Ricardo Triães	rx runners	Veterano M40	03:56:16	+01:21:25	09:27
37	87	Pedro Gonçalo Nascimento de Oliveira	lh ginasio	Veterano M40	03:57:05	+01:22:14	09:29
38	51	César Ferreira	ourém vida team	Veterano M35	03:58:09	+01:23:18	09:32
39	35	Daniel Cavalheiro	individual	Veterano M40	04:03:37	+01:28:46	09:45
40	83	David Mendes	viver almonda	Veterano M40	04:08:48	+01:33:57	09:57
41	25	SOFIA RAMALHO	clube millennium bcp	Senior Feminino	04:10:14	+01:35:23	10:01

TRAIL LONGO K25 - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	26	RUI RAMALHO	clube millennium bcp	Veterano M50	04:10:16	+01:35:25	10:01
43	59	Rui Marçal	pace.makers	Veterano M45	04:18:18	+01:43:27	10:20
44	6	Olga Maria	arte dos trilhos	Veterana F45	04:18:40	+01:43:49	10:21
45	38	Paulo Rodrigues	individual	Veterano M45	04:20:22	+01:45:31	10:25
46	40	Paulo Teixeira	individual	Veterano M45	04:26:57	+01:52:06	10:41
47	33	Marina Teixeira	individual	Veterana F40	04:27:12	+01:52:21	10:41
48	32	Gonçalo Almeida	individual	Senior Masculino	04:29:19	+01:54:28	10:46
49	60	Zé Paulo	pace.makers	Veterano M55	04:30:55	+01:56:04	10:50
50	57	Sónia Marçal	pace.makers	Veterana F45	04:30:56	+01:56:05	10:50
51	82	Paulo Silva	vespinga saudável / fet	Veterano M50	04:40:22	+02:05:31	11:13
52	31	Emmanuel Domingos	individual	Veterano M35	04:44:33	+02:09:42	11:23
53	41	Pedro Dias	individual	Veterano M45	04:54:00	+02:19:09	11:46
54	88	Jucara Gonçalves	fátima	Veterana F45	04:55:34	+02:20:43	11:49
55	89	Rui Rodrigues	fátima	Veterano M35	04:56:00	+02:21:08	11:50
56	44	Manuel Cordeiro	individual	Veterano M60	04:58:29	+02:23:38	11:56
57	7	Fatima Lavrador	asas nos pés	Veterana F45	05:05:01	+02:30:10	12:12
58	62	Lina Mateus	rbs shoes	Veterana F40	05:11:49	+02:36:58	12:28
59	54	Carla Jesus	pace.makers	Veterana F35	05:15:36	+02:40:45	12:37
60	13	Michael Granadeiro	c.d. os águias de alpiarça	Senior Masculino	05:15:36	+02:40:45	12:37
61	14	Gina Oliveira	c.d. os águias de alpiarça	Veterana F50	05:30:50	+02:55:58	13:14
62	55	Carla Dias	pace.makers	Senior Feminino	05:30:50	+02:55:58	13:14
63	49	Orlando Alcobia	os cinco	Veterano M35	05:30:50	+02:55:59	13:14

Trail Longo K25

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	19:30	25,7°C	57%
End	01:05	25.7°C	57%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Senior Feminino

1	27	Sofia Nunes	Cork Trail Team	Senior Feminino	03:50:17	+01:15:26	09:13:43
2	25	SOFIA RAMALHO	Clube Millennium Bcp	Senior Feminino	04:10:14	+01:35:23	10:01:51
3	55	Carla Dias	pace.makers	Senior Feminino	05:30:50	+02:55:58	13:14:29

Senior Masculino

1	90	Henrique Cavaleiro Delgado	Clube de Atletismo de Ferreira do Zêzere	Senior Masculino	02:53:04	+18:13	06:55:17
2	21	André Luís	Clube de Atletismo de Ferreira do Zêzere	Senior Masculino	02:56:54	+22:03	07:05:10
3	67	Bernardo Emidio	Trilho Perdido Eventos / Importlux	Senior Masculino	03:02:45	+27:54	07:19:59
4	70	Núrio Ramos	Trilho Perdido Eventos / Importlux	Senior Masculino	03:04:12	+29:21	07:22:23
5	71	Paulo Silva	Trilho Perdido Eventos / Importlux	Senior Masculino	03:19:46	+44:55	07:59:11
6	69	Miguel Henriques	Trilho Perdido Eventos / Importlux	Senior Masculino	03:33:53	+59:02	08:33:05
7	32	Gonçalo Almeida	Individual	Senior Masculino	04:29:19	+01:54:28	10:46:47
8	13	Michael Granadeiro	C.D. Os Águias de Alpiarça	Senior Masculino	05:15:36	+02:40:45	12:37:21

Veterana F35

1	54	Carla Jesus	pace.makers	Veterana F35	05:15:36	+02:40:45	12:37
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Veterana F40

1	45	Su Raposo	Linda-a-Pastora Sporting Clube	Veterana F40	03:49:25	+01:14:34	09:11:59
2	33	Marina Teixeira	Individual	Veterana F40	04:27:12	+01:52:21	10:41:53
3	62	Lina Mateus	RBS SHOES	Veterana F40	05:11:49	+02:36:58	12:28:57

Veterana F45

1	72	Vanda Matias	Trilho Perdido Eventos / Imporlux	Veterana F45	03:47:43	+01:12:52	09:07:12
2	6	Olga Maria	Arte dos trilhos	Veterana F45	04:18:40	+01:43:49	10:21:29
3	57	Sónia Marçal	pace.makers	Veterana F45	04:30:56	+01:56:05	10:50:01
4	88	Jucara Gonçalves	Fátima	Veterana F45	04:55:34	+02:20:43	11:49:17
5	7	Fatima Lavrador	Asas nos Pés	Veterana F45	05:05:01	+02:30:10	12:12:11

Veterana F50

1	10	Catarina Silva	Bruxos Runners	Veterana F50	03:35:58	+01:01:07	08:38:58
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Official Timekeeper: Lap2Go	1 / 3	generate 17-set-2019 08:38
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OFFICIAL RESULT

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2	14	Gina Oliveira	C.D. Os Águias de Alpiarça	Veterana F50	05:30:50	+02:55:58	13:14
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Veterano M35

1	84	SERGIO CORREIA	ZONA ALTA TRAIL	Veterano M35	02:34:51	06:12
2	74	Ricardo Ferreira	Trilhos dos Templários/ XPORFIT	Veterano M35	02:55:10	+20:19 07:00
3	12	Daniel Netto Netto	C.D. Os Águias de Alpiarça	Veterano M35	03:08:33	+33:42 07:33
4	78	Miguel Bértolo	VESPINGA SAUDÁVEL / FET	Veterano M35	03:44:29	+01:09:38 08:59
5	51	César Ferreira	Ourém Vida Team	Veterano M35	03:58:09	+01:23:18 09:32
6	31	Emmanuel Domingos	Individual	Veterano M35	04:44:33	+02:09:42 11:23
7	89	Rui Rodrigues	Fátima	Veterano M35	04:56:00	+02:21:08 11:50
8	49	Orlando Alcobia	Os Cinco	Veterano M35	05:30:50	+02:55:59 13:14

Veterano M40

1	75	Luís Alexandre	Trilhos dos Templários/ XPORFIT	Veterano M40	02:44:03	+09:12	06:34
2	24	Hélder Pereira	Clube de Atletismo de Ferreira do Zézere	Veterano M40	02:57:39	+22:48	07:06
3	63	António Simões	Rx Runners	Veterano M40	03:16:59	+42:08	07:53
4	52	Miguel Sousa	Ourém Vida Team	Veterano M40	03:23:38	+48:47	08:09
5	47	Carlos António	Não dá +	Veterano M40	03:37:25	+01:02:34	08:42
6	76	Tiago Gaspar	Trilhos dos Templários/ XPORFIT	Veterano M40	03:39:32	+01:04:41	08:47
7	64	Artur Costa	RX RUNNERS	Veterano M40	03:40:08	+01:05:17	08:48
8	86	Duarte Gil Nunes Pereira	Sporting Clube Santacruzense (Ilha da Madeira)	Veterano M40	03:40:14	+01:05:23	08:49
9	36	Faustino Matos	Individual	Veterano M40	03:51:02	+01:16:11	09:14
10	48	Jorge paulino	OCS-PROAVENTURAS	Veterano M40	03:51:22	+01:16:31	09:15
11	65	Ricardo Triães	Rx Runners	Veterano M40	03:56:16	+01:21:25	09:27
12	87	Pedro Gonçalo Nascimento de Oliveira	LH Ginasio	Veterano M40	03:57:05	+01:22:14	09:29
13	35	Daniel Cavalheiro	Individual	Veterano M40	04:03:37	+01:28:46	09:45
14	83	David Mendes	Viver Almonda	Veterano M40	04:08:48	+01:33:57	09:57

Veterano M45

1	17	LUIZ MOTA	CASA DO BENFICA EM ABRANTES	Veterano M45	02:40:10	+05:19	06:24
2	39	Paulo Roque	Individual	Veterano M45	03:10:08	+35:17	07:36
3	80	Délio Nunes	VESPINGA SAUDÁVEL / FET	Veterano M45	03:17:31	+42:40	07:54
4	19	Luis Mota	CLAC Entroncamento/OndaTrilhos	Veterano M45	03:21:46	+46:55	08:04
5	53	Paulo Martins	Ourém Vida Team	Veterano M45	03:23:44	+48:53	08:09
6	85	Paulo Gaião	ZONA ALTA TRAIL	Veterano M45	03:35:34	+01:00:43	08:37
7	37	Helder Manuel Silva	Individual	Veterano M45	03:38:31	+01:03:40	08:44
8	58	César Gomes	pace.makers	Veterano M45	03:43:21	+01:08:30	08:56
9	61	Sandroglass Matias	Pé na Pinha	Veterano M45	03:47:44	+01:12:53	09:07
10	59	Rui Marçal	pace.makers	Veterano M45	04:18:18	+01:43:27	10:20

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11	38	Paulo Rodrigues	Individual	Veterano M45	04:20:22	+01:45:31	10:25
12	40	Paulo Teixeira	Individual	Veterano M45	04:26:57	+01:52:06	10:41
13	41	Pedro Dias	Individual	Veterano M45	04:54:00	+02:19:09	11:46

1	77	Jose Fonseca	União FCI de Tomar	Veterano M50	03:19:13	+44:22	07:58
2	43	Vitor Pires	Individual	Veterano M50	03:35:34	+01:00:43	08:37
3	26	RUI RAMALHO	Clube Millennium Bcp	Veterano M50	04:10:16	+01:35:25	10:01
4	82	Paulo Silva	VESPINGA SAUDÁVEL / FET	Veterano M50	04:40:22	+02:05:31	11:13

1	60	Zé Paulo	pace.makers	Veterano M55	04:30:55	+01:56:04	10:50
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1	44	Manuel Cordeiro	Individual	Veterano M60	04:58:29	+02:23:38	11:56
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RANK	TEAM	DESCRIPTION	POINTS
1	CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	4 + 6 + 7	17
2	TRILHO PERDIDO EVENTOS / IMPORLUX	8 + 9 + 15	32
3	TRILHOS DOS TEMPLÁRIOS/ XPORFIT	3 + 5 + 25	33
4	OURÉM VIDA TEAM	17 + 18 + 38	73
5	RX RUNNERS	12 + 26 + 36	74
6	PACE.MAKERS	28 + 43 + 49	120
7	C.D. OS ÁGUIAS DE ALPIARÇA	10 + 60 + 61	131

TRAIL CURTO K12 - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	19:50	25,3°C	57%
End	22:42	25.3°C	57%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1128	Ricardo Fonseca	vitoria futebol clube trail running	Sub 23 Masculino	53:49		04:29
2	1096	Paulo Ferreira	porto de mós a correr	Veterano M35	01:03:02	+09:12	05:15
3	1121	Sérgio Vieira	vespinga saudável / fet	Veterano M35	01:03:42	+09:53	05:19
4	1120	André Ferreira	união fci de tomar	Senior Masculino	01:03:54	+10:04	05:20
5	1014	Pedro Miguel Ferreira Henriques Simões	arsm - associação recreativa de s. miguel	Veterano M45	01:04:00	+10:11	05:20
6	1005	Rodrigo Rosa	a.d.r águas belas	Senior Masculino	01:05:06	+11:17	05:26
7	1137	Rafael Martinho	trilhos dos templários/ xporfit	Senior Masculino	01:06:58	+13:08	05:35
8	1062	Dino Bento	individual	Senior Masculino	01:06:58	+13:09	05:35
9	1047	Diogo Alves	dá-lhe gás team	Sub 23 Masculino	01:09:11	+15:21	05:46
10	1039	Carlos Antunes	clac entroncamento/ondatrilhos	Veterano M50	01:09:14	+15:24	05:46
11	1050	Ricardo Ribeiro	grupo cicloturismo barquinense	Veterano M35	01:09:15	+15:25	05:46
12	1132	João Pimenta	avelar	Senior Masculino	01:09:19	+15:29	05:47
13	1037	João Vieira	clac entroncamento/ondatrilhos	Senior Masculino	01:09:23	+15:33	05:47
14	1060	Claudio Alves	individual	Veterano M35	01:09:27	+15:38	05:47
15	1125	Rui Fresco	vespinga saudável / fet	Veterano M45	01:09:30	+15:40	05:48
16	1111	Filipe Caldeira	scfz trail runners	Veterano M40	01:10:04	+16:15	05:50
17	1015	José Simões	arsm - associação recreativa de s. miguel	Veterano M50	01:11:03	+17:13	05:55
18	1122	Marcelo Alonso	vespinga saudável / fet	Veterano M45	01:11:50	+18:00	05:59
19	1101	Filipe Maurício	rx runners	Junior Masculino	01:13:01	+19:11	06:05
20	1013	Aurélio Saúde	arsm - associação recreativa de s. miguel	Veterano M40	01:13:10	+19:20	06:06
21	1010	Carlos Duro	a.d.r águas belas	Veterano M60	01:14:36	+20:47	06:13
22	1103	João Lopes	rx runners	Veterano M35	01:14:43	+20:53	06:14
23	1069	PIERRE RIBEIRO	individual	Veterano M35	01:14:50	+21:00	06:14
24	1031	JOSÉ SILVA	casa do benfica em abranes	Veterano M55	01:14:53	+21:03	06:14
25	1009	Domingos casimiro	a.d.r águas belas	Veterano M50	01:14:55	+21:05	06:15
26	1091	Nuno Arelo	não dá +	Veterano M35	01:16:34	+22:45	06:23
27	1108	Jorge Maurício	rx runners	Veterano M45	01:17:45	+23:55	06:29
28	1135	Ricardo Santa	#geraçãoceleiro	Veterano M40	01:17:51	+24:01	06:29
29	1008	Carlos Silva	a.d.r águas belas	Veterano M50	01:18:44	+24:54	06:34
30	1136	José Pedro	individual	Veterano M55	01:18:46	+24:56	06:34
31	1106	Luís Sousa	rx runners	Veterano M40	01:18:49	+24:59	06:34
32	1038	Lina Marques	clac entroncamento/ondatrilhos	Veterana F40	01:19:25	+25:35	06:37
33	1068	Michael Tomás	individual	Senior Masculino	01:20:38	+26:49	06:43
34	1067	Joao Ferreira	individual	Senior Masculino	01:20:38	+26:49	06:43
35	1084	Pedro Vitorino	individual	Veterano M40	01:20:45	+26:55	06:44
36	1051	Bruno Moço	grupo desportivo da parreira	Veterano M35	01:20:51	+27:01	06:44
37	1035	Carla Lourenço	clac entroncamento/ondatrilhos	Senior Feminino	01:21:10	+27:20	06:46
38	1071	RODRIGO JESUS	individual	Senior Masculino	01:21:12	+27:22	06:46
39	1041	Pedro Carmo	clac entroncamento/ondatrilhos	Veterano M40	01:21:19	+27:29	06:47
40	1042	João Lopes	clac entroncamento/ondatrilhos	Veterano M45	01:21:20	+27:30	06:47
41	1040	Paulo Costa	clac entroncamento/ondatrilhos	Veterano M40	01:21:34	+27:44	06:48

TRAIL CURTO K12 - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	1024	Rui Dias	barquinha running team	Veterano M45	01:22:19	+28:29	06:52
43	1028	Margarida Pestana	c.d. os águias de alpiarça	Veterana F35	01:22:19	+28:30	06:52
44	1097	José Dias	prt evotrail	Veterano M35	01:22:21	+28:32	06:52
45	1020	Mário Santos	barquinha running team	Veterano M35	01:23:55	+30:05	07:00
46	1123	Octávio Lopes	vespinga saudável / fet	Veterano M40	01:24:57	+31:08	07:05
47	1109	Luís Caetano	rx runners	Veterano M45	01:25:35	+31:46	07:08
48	1006	Luís Marcelo Casimiro	a.d.r águas belas	Sub 23 Masculino	01:25:46	+31:57	07:09
49	1004	Rodrigo Casimiro	a.d.r águas belas	Junior Masculino	01:25:47	+31:57	07:09
50	1044	Sara Antunes	clube de atletismo de ferreira do zêzere	Senior Feminino	01:26:55	+33:05	07:15
51	1063	Diogo Gomes	individual	Senior Masculino	01:27:27	+33:37	07:17
52	1089	Diogo Vital	lebres do ribatejo trail team	Senior Masculino	01:28:29	+34:39	07:22
53	1110	Magda Caldeira	scfz trail runners	Senior Feminino	01:28:41	+34:51	07:23
54	1112	Daniel Santos	scfz trail runners	Veterano M45	01:29:32	+35:42	07:28
55	1119	César Conceição	trilhos dos templários/ xporfit	Veterano M40	01:29:50	+36:00	07:29
56	1001	Carla Silva	100 gás trail team	Veterana F35	01:32:38	+38:48	07:43
57	1027	ANA MARGARIDA	c.c.d. o alvitejo	Veterana F50	01:32:38	+38:48	07:43
58	1043	João Dias	clac entroncamento/ondatrilhos	Veterano M50	01:32:39	+38:50	07:43
59	1080	João Calado	individual	Veterano M40	01:33:07	+39:17	07:46
60	1065	Elio Aderneira	individual	Senior Masculino	01:34:31	+40:42	07:53
61	1072	Tiago Lopes	individual	Veterano M35	01:34:33	+40:43	07:53
62	1048	Nelia Pedrosa	free runners	Veterana F40	01:36:59	+43:09	08:05
63	1078	Maria Neves	individual	Veterana F45	01:37:46	+43:56	08:09
64	1087	PAULO COSTA	individual	Veterano M50	01:38:10	+44:20	08:11
65	1133	Ludovico Capito	caracol trail team	Veterano M50	01:39:08	+45:18	08:16
66	1117	Manuel Navas	team navas	Senior Masculino	01:40:00	+46:11	08:20
67	1118	José Navas	team navas	Veterano M55	01:40:02	+46:12	08:20
68	1124	Thierry Pereira	vespinga saudável / fet	Veterano M45	01:40:28	+46:38	08:22
69	1088	Carlos Alberto Dos Jesus	individual	Veterano M55	01:40:33	+46:43	08:23
70	1003	Vitor Santos	100 gás trail team	Veterano M45	01:42:07	+48:17	08:31
71	1002	Cristina Silva	100 gás trail team	Veterana F40	01:42:07	+48:17	08:31
72	1007	Zulmira Silva	a.d.r águas belas	Veterana F50	01:42:56	+49:07	08:35
73	1074	Malvina Calado	individual	Veterana F40	01:45:07	+51:17	08:46
74	1059	Telma Montez	individual	Veterana F35	01:45:07	+51:17	08:46
75	1064	Diogo Pereira Da Costa	individual	Senior Masculino	01:45:09	+51:20	08:46
76	1016	Patricia Santos	asas nos pés	Senior Feminino	01:47:45	+53:55	08:59
77	1021	Thomas Massot	barquinha running team	Senior Masculino	01:47:46	+53:56	08:59
78	1073	Cláudia Mourato	individual	Veterana F40	01:48:36	+54:46	09:03
79	1092	Kevin Gaspar	os 100 gás trail team	Senior Masculino	01:48:36	+54:47	09:03
80	1033	Rui Lopes	centro civico de alferrarede velha	Veterano M40	01:48:37	+54:48	09:03
81	1086	Carlos Gaspar	individual	Veterano M50	01:48:50	+55:00	09:04
82	1107	Fernando Rosário	rx runners	Veterano M45	01:49:28	+55:38	09:07
83	1049	Rui Neto	free runners	Veterano M40	01:51:15	+57:26	09:16
84	1029	Suzana Pestana	c.d. os águias de alpiarça	Veterana F40	01:51:48	+57:58	09:19
85	1085	João José Ribeiro Caetano	individual	Veterano M45	01:52:57	+59:08	09:25
86	1076	Cristina Mendes	individual	Veterana F45	01:52:58	+59:08	09:25
87	1055	Ana Filipa Feijão	individual	Senior Feminino	01:53:09	+59:20	09:26

TRAIL CURTO K12 - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
88	1011	Filipa Mendes	ahbv abrantas	Senior Feminino	01:53:17	+59:27	09:26
89	1012	Bruno Ribeiro	ahbv abrantas	Veterano M40	01:53:17	+59:27	09:26
90	1081	Jose Fernandes	individual	Veterano M40	01:54:42	+01:00:52	09:34
91	1036	Claudia Fernandes	clac entroncamento/ondatrilhos	Senior Feminino	01:56:05	+01:02:15	09:40
92	1034	Paula Alves	charmosos trail team	Veterana F45	01:56:05	+01:02:15	09:40
93	1046	Vasco Catroga	coa / corvus trail team	Veterano M45	01:56:06	+01:02:16	09:41
94	1019	Patrícia Grangeia	barquinha running team	Senior Feminino	01:58:57	+01:05:07	09:55
95	1102	Sandra Isidro	rx runners	Veterana F35	01:59:04	+01:05:14	09:55
96	1104	Sérgio Marques	rx runners	Veterano M35	01:59:05	+01:05:15	09:55
97	1023	Cláudia Ferreira	barquinha running team	Veterana F45	02:07:07	+01:13:18	10:36
98	1057	Isabel Gomes	individual	Veterana F35	02:08:49	+01:14:59	10:44
99	1100	Sergio Rodelo	run crew trail montijo	Veterano M45	02:08:55	+01:15:05	10:45
100	1093	Catarina Marcelino	pace.makers	Veterana F40	02:11:15	+01:17:25	10:56
101	1095	Isabel Costa	pace.makers	Veterana F45	02:11:43	+01:17:54	10:59
102	1032	Jéssica Filipe	centro civico de alferrarede velha	Junior Feminino	02:15:57	+01:22:07	11:20
103	1077	Deonilde Marques	individual	Veterana F45	02:15:57	+01:22:07	11:20
104	1018	Luis Osório	asas nos pés	Veterano M55	02:18:18	+01:24:29	11:32
105	1017	Maria Tomás	asas nos pés	Veterana F45	02:18:19	+01:24:29	11:32
106	1105	Sofia Vieira	rx runners	Veterana F45	02:19:34	+01:25:45	11:38
107	1098	Sérgio Marques	prt evotrail	Veterano M40	02:22:46	+01:28:56	11:54
108	1056	Filipa Costa Vicente	individual	Senior Feminino	02:22:48	+01:28:59	11:54
109	1079	Artur Gaapar	individual	Veterano M40	02:22:49	+01:28:59	11:54
110	1129	NUNO PEREIRA	zêzere forever	Veterano M35	02:31:46	+01:37:56	12:39
111	1130	FLÁVIA PEREIRA	zêzere forever	Veterana F45	02:31:46	+01:37:57	12:39
112	1131	Rui Gameiro	zêzere forever	Veterano M45	02:31:47	+01:37:58	12:39
113	1114	Maria João Martins	slowrunners fastwalkers	Senior Feminino	02:35:27	+01:41:37	12:57
114	1115	Joao Cabrita	slowrunners fastwalkers	Veterano M50	02:35:27	+01:41:37	12:57
115	1113	Margarida Teixeira Da Costa	slowrunners fastwalkers	Veterana F35	02:35:28	+01:41:38	12:57
116	1126	Filipa Luis	vimarunners	Senior Feminino	02:37:19	+01:43:29	13:07
117	1127	Sofia Fernandes	vimarunners	Senior Feminino	02:37:19	+01:43:30	13:07
118	1083	Pedro Miguel Beiró Carreira	individual	Veterano M40	02:48:52	+01:55:02	14:04
119	1058	MÓNICA OLIVEIRA	individual	Veterana F35	02:49:14	+01:55:24	14:06

12 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	1032	Jéssica Filipe	Centro Civico de Alferrarede Velha	Junior Feminino	02:15:57	+01:22:07	11:20
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1	1101	Filipe Maurício	Rx Runners	Junior Masculino	01:13:01	+19:11	06:05:11
2	1004	Rodrigo Casimiro	A.D.R Águas Belas	Junior Masculino	01:25:47	+31:57	07:09:11

1	1035	Carla Lourenço	CLAC Entroncamento/OndaTrilhos	Senior Feminino	01:21:10	+27:20	06:46:30
2	1044	Sara Antunes	Clube de Atletismo de Ferreira do Zêzere	Senior Feminino	01:26:55	+33:05	07:15:30
3	1110	Magda Caldeira	Scfz trail runners	Senior Feminino	01:28:41	+34:51	07:23:30
4	1016	Patricia Santos	Asas nos Pés	Senior Feminino	01:47:45	+53:55	08:58:30
5	1055	Ana Filipa Feijão	Individual	Senior Feminino	01:53:09	+59:20	09:26:30
6	1011	Filipa Mendes	AHBV Abrantes	Senior Feminino	01:53:17	+59:27	09:26:30
7	1036	Claudia Fernandes	CLAC Entroncamento/OndaTrilhos	Senior Feminino	01:56:05	+01:02:15	09:40:30
8	1019	Patrícia Grangeia	Barquinha Running Team	Senior Feminino	01:58:57	+01:05:07	09:55:30
9	1056	Filipa Costa Vicente	Individual	Senior Feminino	02:22:48	+01:28:59	11:54:30
10	1114	Maria João Martins	SlowRunners FastWalkers	Senior Feminino	02:35:27	+01:41:37	12:57:30
11	1126	Filipa Luis	vimarunners	Senior Feminino	02:37:19	+01:43:29	13:07:30
12	1127	Sofia Fernandes	Vimarunners	Senior Feminino	02:37:19	+01:43:30	13:07:30

1	1120	André Ferreira	União FCI de Tomar	Senior Masculino	01:03:54	+10:04	05:20:00
2	1005	Rodrigo Rosa	A.D.R Águas Belas	Senior Masculino	01:05:06	+11:17	05:26:00
3	1137	Rafael Martinho	Trilhos dos Templários/ XPORFIT	Senior Masculino	01:06:58	+13:08	05:35:00
4	1062	Dino Bento	Individual	Senior Masculino	01:06:58	+13:09	05:35:00
5	1132	João Pimenta	Avelar	Senior Masculino	01:09:19	+15:29	05:47:00
6	1037	João Vieira	CLAC Entroncamento/OndaTrilhos	Senior Masculino	01:09:23	+15:33	05:47:00
7	1068	Michael Tomás	Individual	Senior Masculino	01:20:38	+26:49	06:43:00
8	1067	Joao Ferreira	Individual	Senior Masculino	01:20:38	+26:49	06:43:00
9	1071	RODRIGO JESUS	Individual	Senior Masculino	01:21:12	+27:22	06:46:00
10	1063	Diogo Gomes	Individual	Senior Masculino	01:27:27	+33:37	07:17:00
11	1089	Diogo Vital	Lebres do Ribatejo trail team	Senior Masculino	01:28:29	+34:39	07:22:00
12	1065	Elio Aderneira	Individual	Senior Masculino	01:34:31	+40:42	07:53:00
13	1117	Manuel Navas	Team Navas	Senior Masculino	01:40:00	+46:11	08:20:00

Trail Curto K12

12 KM

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OFFICIAL RESULT

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14	1064	Diogo Pereira Da Costa	Individual	Senior Masculino	01:45:09	+51:20	08:46
15	1021	Thomas Massot	Barquinha Running Team	Senior Masculino	01:47:46	+53:56	08:59
16	1092	Kevin Gaspar	Os 100 Gás Trail Team	Senior Masculino	01:48:36	+54:47	09:03

Sub 23 Masculino

1	1128	Ricardo Fonseca	Vitoria Futebol Clube Trail Running	Sub 23 Masculino	53:49	04:29
2	1047	Diogo Alves	Dá-lhe Gás Team	Sub 23 Masculino	01:09:11	+15:21 05:46
3	1006	Luís Marcelo Casimiro	A.D.R Águas Belas	Sub 23 Masculino	01:25:46	+31:57 07:09

Veterana F35

1	1028	Margarida Pestana	C.D. Os Águias de Alpiarça	Veterana F35	01:22:19	+28:30	06:52
2	1001	Carla Silva	100 Gás Trail Team	Veterana F35	01:32:38	+38:48	07:43
3	1059	Telma Montez	Individual	Veterana F35	01:45:07	+51:17	08:46
4	1102	Sandra Isidro	Rx Runners	Veterana F35	01:59:04	+01:05:14	09:55
5	1057	Isabel Gomes	Individual	Veterana F35	02:08:49	+01:14:59	10:44
6	1113	Margarida Teixeira Da Costa	SlowRunners FastWalkers	Veterana F35	02:35:28	+01:41:38	12:57
7	1058	MÓNICA OLIVEIRA	Individual	Veterana F35	02:49:14	+01:55:24	14:06

Veterana F40

1	1038	Lina Marques	CLAC Entroncamento/OndaTrilhos	Veterana F40	01:19:25	+25:35	06:37
2	1048	Nelia Pedrosa	Free Runners	Veterana F40	01:36:59	+43:09	08:05
3	1002	Cristina Silva	100 Gás Trail Team	Veterana F40	01:42:07	+48:17	08:31
4	1074	Malvina Calado	Individual	Veterana F40	01:45:07	+51:17	08:46
5	1073	Cláudia Mourato	Individual	Veterana F40	01:48:36	+54:46	09:03
6	1029	Suzana Pestana	C.D. Os Águias de Alpiarça	Veterana F40	01:51:48	+57:58	09:19
7	1093	Catarina Marcelino	pace.makers	Veterana F40	02:11:15	+01:17:25	10:56

Veterana F45

1	1078	Maria Neves	Individual	Veterana F45	01:37:46	+43:56	08:09
2	1076	Cristina Mendes	Individual	Veterana F45	01:52:58	+59:08	09:25
3	1034	Paula Alves	Charmosos trail team	Veterana F45	01:56:05	+01:02:15	09:40
4	1023	Cláudia Ferreira	Barquinha Running Team	Veterana F45	02:07:07	+01:13:18	10:36
5	1095	Isabel Costa	pace.makers	Veterana F45	02:11:43	+01:17:54	10:59
6	1077	Deonilde Marques	Individual	Veterana F45	02:15:57	+01:22:07	11:20
7	1017	Maria Tomás	Asas nos Pés	Veterana F45	02:18:19	+01:24:29	11:32
8	1105	Sofia Vieira	Rx Runners	Veterana F45	02:19:34	+01:25:45	11:38
9	1130	FLÁVIA PEREIRA	ZÊZERE FOREVER	Veterana F45	02:31:46	+01:37:57	12:39

Trail Curto K12

12 KM

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OFFICIAL RESULT

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Veterana F50

1	1027	ANA MARGARIDA	C.C.D. O ALVITEJO	Veterana F50	01:32:38	+38:48	07:43
2	1007	Zulmira Silva	A.D.R Águas Belas	Veterana F50	01:42:56	+49:07	08:35

Veterano M35

1	1096	Paulo Ferreira	Porto de Mós a Correr	Veterano M35	01:03:02	+09:12	05:15
2	1121	Sérgio Vieira	VESPINGA SAUDÁVEL / FET	Veterano M35	01:03:42	+09:53	05:19
3	1050	Ricardo Ribeiro	Grupo Cicloturismo Barquinhense	Veterano M35	01:09:15	+15:25	05:46
4	1060	Claudio Alves	Individual	Veterano M35	01:09:27	+15:38	05:47
5	1103	João Lopes	RX runners	Veterano M35	01:14:43	+20:53	06:14
6	1069	PIERRE RIBEIRO	Individual	Veterano M35	01:14:50	+21:00	06:14
7	1091	Nuno Arelo	Não dá +	Veterano M35	01:16:34	+22:45	06:23
8	1051	Bruno Moço	Grupo Desportivo da Parreira	Veterano M35	01:20:51	+27:01	06:44
9	1097	José Dias	PRT Evotrail	Veterano M35	01:22:21	+28:32	06:52
10	1020	Mário Santos	Barquinha Running Team	Veterano M35	01:23:55	+30:05	07:00
11	1072	Tiago Lopes	Individual	Veterano M35	01:34:33	+40:43	07:53
12	1104	Sérgio Marques	RX Runners	Veterano M35	01:59:05	+01:05:15	09:55
13	1129	NUNO PEREIRA	ZÊZERE FOREVER	Veterano M35	02:31:46	+01:37:56	12:39

Veterano M40

1	1111	Filipe Caldeira	Scfz trail runners	Veterano M40	01:10:04	+16:15	05:50
2	1013	Aurélio Saúde	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:13:10	+19:20	06:06
3	1135	Ricardo Santa	#GeraçãoCeleiro	Veterano M40	01:17:51	+24:01	06:29
4	1106	Luís Sousa	Rx Runners	Veterano M40	01:18:49	+24:59	06:34
5	1084	Pedro Vitorino	Individual	Veterano M40	01:20:45	+26:55	06:44
6	1041	Pedro Carmo	CLAC Entroncamento/OndaTrilhos	Veterano M40	01:21:19	+27:29	06:47
7	1040	Paulo Costa	CLAC Entroncamento/OndaTrilhos	Veterano M40	01:21:34	+27:44	06:48
8	1123	Octávio Lopes	VESPINGA SAUDÁVEL / FET	Veterano M40	01:24:57	+31:08	07:05
9	1119	César Conceição	Trilhos dos Templários/ XPORFIT	Veterano M40	01:29:50	+36:00	07:29
10	1080	João Calado	Individual	Veterano M40	01:33:07	+39:17	07:46
11	1033	Rui Lopes	Centro Civico de Alferrarede Velha	Veterano M40	01:48:37	+54:48	09:03
12	1049	Rui Neto	Free Runners	Veterano M40	01:51:15	+57:26	09:16
13	1012	Bruno Ribeiro	AHBV Abrantes	Veterano M40	01:53:17	+59:27	09:26
14	1081	Jose Fernandes	Individual	Veterano M40	01:54:42	+01:00:52	09:34
15	1098	Sérgio Marques	PRT Evotrail	Veterano M40	02:22:46	+01:28:56	11:54
16	1079	Artur Gaapar	Individual	Veterano M40	02:22:49	+01:28:59	11:54
17	1083	Pedro Miguel Beiró Carreira	Individual	Veterano M40	02:48:52	+01:55:02	14:04

Veterano M45

1	1014	Pedro Miguel Ferreira Henriques Simões	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:04:00	+10:11	05:20
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Official Timekeeper: Lap2Go	3 / 4	generate 15-set-2019 01:28
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Trail Curto K12

12 KM

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OFFICIAL RESULT

[illegible]

2	1125	Rui Fresco	VESPINGA SAUDÁVEL / FET	Veterano M45	01:09:30	+15:40	05:48
3	1122	Marcelo Alonso	VESPINGA SAUDÁVEL / FET	Veterano M45	01:11:50	+18:00	05:59
4	1108	Jorge Maurício	Rx Runners	Veterano M45	01:17:45	+23:55	06:29
5	1042	João Lopes	CLAC Entroncamento/OndaTrilhos	Veterano M45	01:21:20	+27:30	06:47
6	1024	Rui Dias	Barquinha Running Team	Veterano M45	01:22:19	+28:29	06:52
7	1109	Luís Caetano	RX Runners	Veterano M45	01:25:35	+31:46	07:08
8	1112	Daniel Santos	SCFZ trail runners	Veterano M45	01:29:32	+35:42	07:28
9	1124	Thierry Pereira	VESPINGA SAUDÁVEL / FET	Veterano M45	01:40:28	+46:38	08:22
10	1003	Vitor Santos	100 Gás Trail Team	Veterano M45	01:42:07	+48:17	08:31
11	1107	Fernando Rosário	RX runners	Veterano M45	01:49:28	+55:38	09:07
12	1085	João José Ribeiro Caetano	Individual	Veterano M45	01:52:57	+59:08	09:25
13	1046	Vasco Catroga	COA / Corvus Trail Team	Veterano M45	01:56:06	+01:02:16	09:41
14	1100	Sergio Rodelo	Run Crew Trail Montijo	Veterano M45	02:08:55	+01:15:05	10:45
15	1131	Rui Gameiro	ZÊZERE FOREVER	Veterano M45	02:31:47	+01:37:58	12:39

Veterano M50

1	1039	Carlos Antunes	CLAC Entroncamento/OndaTrilhos	Veterano M50	01:09:14	+15:24	05:46
2	1015	José Simões	ARSM - Associação Recreativa de S. Miguel	Veterano M50	01:11:03	+17:13	05:55
3	1009	Domingos casimiro	A.D.R Águas Belas	Veterano M50	01:14:55	+21:05	06:15
4	1008	Carlos Silva	A.D.R Águas Belas	Veterano M50	01:18:44	+24:54	06:34
5	1043	João Dias	CLAC Entroncamento/OndaTrilhos	Veterano M50	01:32:39	+38:50	07:43
6	1087	PAULO COSTA	Individual	Veterano M50	01:38:10	+44:20	08:11
7	1133	Ludovico Capito	Caracol Trail Team	Veterano M50	01:39:08	+45:18	08:16
8	1086	Carlos Gaspar	Individual	Veterano M50	01:48:50	+55:00	09:04
9	1115	Joao Cabrita	SlowRunners FastWalkers	Veterano M50	02:35:27	+01:41:37	12:57

Veterano M55

1	1031	JOSÉ SILVA	CASA DO BENFICA EM ABRANTES	Veterano M55	01:14:53	+21:03	06:14
2	1136	José Pedro	Individual	Veterano M55	01:18:46	+24:56	06:34
3	1118	José Navas	Team Navas	Veterano M55	01:40:02	+46:12	08:20
4	1088	Carlos Alberto Dos Jesus	Individual	Veterano M55	01:40:33	+46:43	08:23
5	1018	Luis Osório	Asas nos Pés	Veterano M55	02:18:18	+01:24:29	11:32

Veterano M60

1	1010	Carlos Duro	A.D.R Águas Belas	Veterano M60	01:14:36	+20:47	06:13
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RANK	TEAM	DESCRIPTION	POINTS
1	VESPINGA SAUDÁVEL / FET	3 + 15 + 18	36
2	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	5 + 17 + 20	42
3	A.D.R ÁGUAS BELAS	6 + 21 + 25	52
4	CLAC ENTRONCAMENTO/ONDATRILHOS	10 + 13 + 32	55
5	RX RUNNERS	19 + 22 + 27	68
6	SCFZ TRAIL RUNNERS	16 + 53 + 54	123
7	BARQUINHA RUNNING TEAM	42 + 45 + 77	164
8	100 GÁS TRAIL TEAM	56 + 70 + 71	197
9	ASAS NOS PÉS	76 + 104 + 105	285
10	ZÊZERE FOREVER	110 + 111 + 112	333
11	SLOWRUNNERS FASTWALKERS	113 + 114 + 115	342