

42KM - STAGE 1

[illegible]

42 KM

[illegible]

OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	09:00	10.2°C	87%
End	18:04	10.2°C	87%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	89	Luiz Mota	Individual	04:45:17		06:48	
2	67	José Martins	Junta de Freguesia Figueira de Lorvão	05:00:32	+15:15	07:09	
3	24	João André Lousada Ferreira	Coimbra Trail Running	05:01:57	+16:40	07:11	
4	6	Fernando Santos	Abutres	05:05:31	+20:14	07:16	
5	21	LEONARDO DE SOUSA DIOGO	Clube Aventura da Madeira	05:15:05	+29:48	07:30	
6	8	André Magalhães	ARSM - Associação Recreativa de S. Miguel	05:16:11	+30:54	07:32	
7	16	Takahiro Ishida	Centro Trail Carlos Sá Penacova Team	05:17:49	+32:32	07:34	
8	26	Armindo Antunes	Coimbra Trail Running	05:25:13	+39:56	07:45	
9	32	Pedro Henrique Tinoco Nunes	FormoBike Btt & Trail Running	05:25:29	+40:12	07:45	
10	27	Marco Matos	Coimbra Trail Running	05:26:02	+40:45	07:46	
11	13	Hélder S G Pinto	CCRD Burinhosa	05:29:57	+44:40	07:51	
12	14	Valter Matos	Centro Trail Carlos Sá Penacova Team	05:31:13	+45:56	07:53	
13	15	Sérgio Mesquita	Centro Trail Carlos Sá Penacova Team	05:31:13	+45:56	07:53	
14	25	João Ferreira	Coimbra Trail Running	05:37:30	+52:13	08:02	
15	40	Hugo Conde	Abutres	05:38:55	+53:38	08:04	
16	43	Diogo Sacramento	Individual	05:38:55	+53:38	08:04	
17	52	Gilberto DA MAIA BAPTISTA	Individual	06:01:34	+01:16:17	08:37	
18	10	Paulo Sousa	CA Barreira	06:02:14	+01:16:57	08:37	
19	41	Mário Encarnação	Individual	06:03:41	+01:18:24	08:40	
20	73	Rui Carneiro	NAST - Núcleo associativo de Santo Tirso	06:06:20	+01:21:03	08:43	
21	84	Renato carvalho	SICÓ TRILHOS TRAIL	06:20:04	+01:34:47	09:03	
22	7	João Pires	Adabem Running Team	06:21:28	+01:36:11	09:05	
23	56	Nuno Dias de Almeida	RUN 4 FUN	06:25:28	+01:40:11	09:11	
24	71	Nuno Jaime	Matosinhos Futsal Clube	06:26:41	+01:41:24	09:12	
25	77	Ricardo Valente	Pimpões Trail Team	06:27:38	+01:42:21	09:14	
26	30	Luis Oliveira	Figueira Kayak Clube	06:29:11	+01:43:54	09:16	
27	39	Fábio Silva	Individual	06:29:12	+01:43:55	09:16	
28	50	Aurélio Quiaios	Individual	06:32:43	+01:47:26	09:21	
29	11	Miguel Quinta	CATR - Correio de Albergaria Trail Running	06:34:35	+01:49:18	09:24	
30	69	Bruno Ricardo Gomes Pinho	Iantemil	06:35:03	+01:49:46	09:24	
31	66	Rui Figueiredo	Junta de Freguesia Figueira de Lorvão	06:38:51	+01:53:34	09:30	
32	65	Cristóvão chaves	Junta de Freguesia Figueira de Lorvão	06:38:51	+01:53:34	09:30	
33	28	Heath Buck	Cult of Happiness	06:43:00	+01:57:43	09:36	
34	42	Rui Sameiro	Individual	06:44:13	+01:58:56	09:37	
35	22	Nuno Nunes	Clube de Atletismo Ferreira do Zêzere	06:45:00	+01:59:43	09:39	
36	72	Francisco Terra	NAC TRAIL	06:45:19	+02:00:02	09:39	
37	64	Paulo Ferreira	Individual	06:47:01	+02:01:44	09:41	
38	36	Cristiana Ferreira	Individual	06:49:23	+02:04:06	09:45	
39	87	Pedro Anjos	Trilho Perdido Eventos / Importlux	06:49:25	+02:04:08	09:45	
40	18	Paulo Costa	CLAC Entroncamento/OndaTrilhos	06:49:27	+02:04:10	09:45	
41	35	Catarina Fernandes	Individual	06:55:51	+02:10:34	09:54	
42	75	Jorge Justo	O Mundo da Corrida	06:56:53	+02:11:36	09:56	

Official Timekeeper: Lap2Go	1 / 2	generate 14-Nov-2019 10:10
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42KM - STAGE 1

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42 KM

OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	76	Gonalo Valente	Pimpoes Trail Team	06:57:51	+02:12:34	09:57	
44	54	JOSE ROBERTO SANCHEZ MORO	Individual	06:57:51	+02:12:34	09:57	
45	83	Valter Edgar Teixeira Viveiros	SCPovoense - Caracois de Corrida	07:05:40	+02:20:23	10:08	
46	12	Ana Paula Santos	CCRD Burinhosa	07:06:33	+02:21:16	10:09	
47	85	Nuno Teixeira	Sportarc.Running	07:07:52	+02:22:35	10:11	
48	61	Sandro Miguel Alves Rodrigues	Individual	07:16:43	+02:31:26	10:24	
49	23	Silvrio Oliveira dos Santos	Clube Pessoal guas Gaia	07:19:59	+02:34:42	10:29	
50	59	Rodrigo Oliveira	Individual	07:21:18	+02:36:01	10:30	
51	88	Catarina Regalo	Viriathvs Runners Viseu	07:26:24	+02:41:07	10:38	
52	79	Rute Pais	RUN 4 FUN	07:30:11	+02:44:54	10:43	
53	63	Luis Afonso Carvalho	Individual	07:30:11	+02:44:54	10:43	
54	74	Raquel Vasconcelos	NO TOMORROW RUNNING TEAM	07:32:03	+02:46:46	10:46	
55	57	Paulo Gomes	Individual	07:32:05	+02:46:48	10:46	
56	81	Gonalo Fontes de Melo	RUN 4 FUN	07:36:56	+02:51:39	10:53	
57	86	Lus Relvas	Stravistas Venda do Pinheiro	07:37:13	+02:51:56	10:53	
58	5	Miguel Antnio Nunes Gonalves	100 Gs Trail Team	07:38:17	+02:53:00	10:55	
59	53	Jorge Coelho	Sporting Clube de Espinho	07:38:28	+02:53:11	10:55	
60	19	Pedro Carmo	CLAC Entroncamento/OndaTrilhos	07:43:27	+02:58:10	11:02	
61	17	Joo Lopes	CLAC Entroncamento/OndaTrilhos	07:43:32	+02:58:15	11:02	
62	70	Antonio Folgado	LIZ RUNNERS	07:44:28	+02:59:11	11:04	
63	80	Paulo Raposo	RUN 4 FUN	07:44:48	+02:59:31	11:04	
64	78	Marina Marques	RUN 4 FUN	07:44:48	+02:59:31	11:04	
65	37	Marta Parrilha	Individual	07:50:06	+03:04:49	11:12	
66	44	Carla Andr	Individual	07:51:08	+03:05:51	11:13	
67	20	Manuel Julio	CLAC Entroncamento/OndaTrilhos	07:56:13	+03:10:56	11:20	
68	45	Gif (Jaigua) Jittiwutikarn	Individual	07:56:15	+03:10:58	11:20	
69	82	Lus Matos Ferreira	RUN 4 FUN	07:56:52	+03:11:35	11:21	
70	55	Luis Cruz	Individual	08:20:56	+03:35:39	11:56	
71	48	Snia Pereira	Individual	08:24:53	+03:39:36	12:01	
72	62	Jose Baptista	LIZ RUNNERS	08:24:53	+03:39:36	12:01	
73	1	Ren Triest	Individual	08:44:10	+03:58:53	12:29	
74	33	Sara Nogueira	GRCD Leo - Cobras Trailistas	08:44:47	+03:59:30	12:30	
75	34	Casimiro Silva	GRCD Leo - Cobras Trailistas	08:44:48	+03:59:31	12:30	
76	47	Sandra Guerreiro	Individual	09:01:14	+04:15:57	12:53	
77	46	Lusa Henriques	Individual	09:01:14	+04:15:57	12:53	
78	49	Celia Azenha	Individual	09:02:10	+04:16:53	12:55	
79	29	Quim Sampaio	Desnvel Positivo	09:02:30	+04:17:13	12:55	

42KM

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OFFICIAL RESULT

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REVISED

	Time	Temperature	Humidity
Start	09:00	10.2°C	87%
End	18:04	10.2°C	87%

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

1	36	Cristiana Ferreira	Individual	Senior Feminino	06:49:23	+02:04:05	09:45:28
2	35	Catarina Fernandes	Individual	Senior Feminino	06:55:50	+02:10:33	09:54:23
3	37	Marta Parrilha	Individual	Senior Feminino	07:50:05	+03:04:48	11:12:53

Senior Masculino

1	24	João André Lousada Ferreira	Coimbra Trail Running	Senior Masculino	05:01:57	+16:40	07:11
2	6	Fernando Santos	Abutres	Senior Masculino	05:05:31	+20:14	07:16
3	8	André Magalhães	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	05:16:10	+30:53	07:32
4	32	Pedro Henrique Tinoco Nunes	FormoBike Btt & Trail Running	Senior Masculino	05:25:28	+40:11	07:45
5	25	João Ferreira	Coimbra Trail Running	Senior Masculino	05:37:30	+52:13	08:02
6	40	Hugo Conde	Abutres	Senior Masculino	05:38:54	+53:37	08:04
7	43	Diogo Sacramento	Individual	Senior Masculino	05:38:55	+53:38	08:04
8	41	Mário Encarnação	Individual	Senior Masculino	06:03:41	+01:18:24	08:40
9	73	Rui Carneiro	NAST - Núcleo associativo de Santo Tirso	Senior Masculino	06:06:20	+01:21:02	08:43
10	84	Renato carvalho	SICÓ TRILHOS TRAIL	Senior Masculino	06:20:04	+01:34:47	09:03
11	30	Luis Oliveira	Figueira Kayak Clube	Senior Masculino	06:29:10	+01:43:53	09:16
12	39	Fábio Silva	Individual	Senior Masculino	06:29:12	+01:43:55	09:16
13	11	Miguel Quinta	CATR - Correio de Albergaria Trail Running	Senior Masculino	06:34:34	+01:49:17	09:24
14	69	Bruno Ricardo Gomes Pinho	Iantemil	Senior Masculino	06:35:02	+01:49:45	09:24
15	42	Rui Sameiro	Individual	Senior Masculino	06:44:12	+01:58:55	09:37
16	22	Nuno Nunes	Clube de Atletismo Ferreira do Zêzere	Senior Masculino	06:44:59	+01:59:42	09:39
17	83	Valter Edgar Teixeira Viveiros	SCPovoense - Caracóis de Corrida	Senior Masculino	07:05:39	+02:20:22	10:08
18	85	Nuno Teixeira	Sportarc.Running	Senior Masculino	07:07:52	+02:22:35	10:11

Veterana F40

1	88	Catarina Regalo	Viriathvs Runners Viseu	Veterana F40	07:26:24	+02:41:07	10:38:11
2	79	Rute Pais	RUN 4 FUN	Veterana F40	07:30:10	+02:44:53	10:43:13
3	74	Raquel Vasconcelos	NO TOMORROW RUNNING TEAM	Veterana F40	07:32:03	+02:46:46	10:46:19
4	44	Carla André	Individual	Veterana F40	07:51:07	+03:05:50	11:13:24
5	45	Gif (Jaigua) Jittiwutikarn	Individual	Veterana F40	07:56:15	+03:10:58	11:20:32
6	48	Sónia Pereira	Individual	Veterana F40	08:24:52	+03:39:35	12:01:19
7	33	Sara Nogueira	GRCD Leão - Cobras Trailistas	Veterana F40	08:44:46	+03:59:29	12:30:12
8	47	Sandra Guerreiro	Individual	Veterana F40	09:01:13	+04:15:56	12:53:24

Official Timekeeper: Lap2Go	1 / 3	generate 14-Nov-2019 10:11
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42KM

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OFFICIAL RESULT

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REVISED

9	46	Luísa Henriques	Individual	Veterana F40	09:01:13	+04:15:56	12:53
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Veterana F45

1	78	Marina Marques	RUN 4 FUN	Veterana F45	07:44:48	+02:59:30	11:04
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Veterana F55

1	12	Ana Paula Santos	CCRD Burinhosa	Veterana F55	07:06:32	+02:21:15	10:09
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2	49	Celia Azenha	Individual	Veterana F55	09:02:10	+04:16:52	12:55
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Veterano M40

1	26	Armindo Antunes	Coimbra Trail Running	Veterano M40	05:25:12	+39:55	07:45
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2	13	Hélder S G Pinto	CCRD Burinhosa	Veterano M40	05:29:57	+44:40	07:51
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3	14	Valter Matos	Centro Trail Carlos Sá Penacova Team	Veterano M40	05:31:12	+45:55	07:53
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4	15	Sérgio Mesquita	Centro Trail Carlos Sá Penacova Team	Veterano M40	05:31:12	+45:55	07:53
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5	10	Paulo Sousa	CA Barreira	Veterano M40	06:02:13	+01:16:56	08:37
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6	71	Nuno Jaime	Matosinhos Futsal Clube	Veterano M40	06:26:41	+01:41:24	09:12
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7	50	Aur�lio Quiaios	Individual	Veterano M40	06:32:42	+01:47:25	09:21
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8	66	Rui Figueiredo	Junta de Freguesia Figueira de Lrvão	Veterano M40	06:38:50	+01:53:33	09:30
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9	65	Cristóvão chaves	Junta de Freguesia Figueira de Lrvão	Veterano M40	06:38:51	+01:53:34	09:30
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10	28	Heath Buck	Cult of Happiness	Veterano M40	06:42:59	+01:57:42	09:36
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11	72	Francisco Terra	NAC TRAIL	Veterano M40	06:45:18	+02:00:01	09:39
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12	87	Pedro Anjos	Trilho Perdido Eventos / Imporlux	Veterano M40	06:49:24	+02:04:07	09:45
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13	18	Paulo Costa	CLAC Entroncamento/OndaTrilhos	Veterano M40	06:49:26	+02:04:09	09:45
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14	61	Sandro Miguel Alves Rodrigues	Individual	Veterano M40	07:16:42	+02:31:25	10:24
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15	59	Rodrigo Oliveira	Individual	Veterano M40	07:21:18	+02:36:01	10:30
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16	5	Miguel António Nunes Gonçalves	100 Gás Trail Team	Veterano M40	07:38:17	+02:53:00	10:55
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17	19	Pedro Carmo	CLAC Entroncamento/OndaTrilhos	Veterano M40	07:43:26	+02:58:09	11:02
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18	55	Luis Cruz	Individual	Veterano M40	08:20:55	+03:35:38	11:56
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Veterano M45

1	27	Marco Matos	Coimbra Trail Running	Veterano M45	05:26:01	+40:44	07:46
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2	52	Gilberto DA MAIA BAPTISTA	Individual	Veterano M45	06:01:34	+01:16:17	08:37
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3	7	João Pires	Adabem Running Team	Veterano M45	06:21:27	+01:36:10	09:05
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4	56	Nuno Dias de Almeida	RUN 4 FUN	Veterano M45	06:25:28	+01:40:11	09:11
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5	54	JOSE ROBERTO SANCHEZ MORO	Individual	Veterano M45	06:57:51	+02:12:34	09:57
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6	23	Silvério Oliveira dos Santos	Clube Pessoal Águas Gaia	Veterano M45	07:19:58	+02:34:41	10:29
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7	57	Paulo Gomes	Individual	Veterano M45	07:32:05	+02:46:48	10:46
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42KM

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42 KM

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OFFICIAL RESULT

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REVISED

8	86	Luís Relvas	Stravistas Venda do Pinheiro	Veterano M45	07:37:13	+02:51:56	10:53
9	53	Jorge Coelho	Sporting Clube de Espinho	Veterano M45	07:38:27	+02:53:10	10:55
10	17	João Lopes	CLAC Entroncamento/OndaTrilhos	Veterano M45	07:43:32	+02:58:15	11:02
11	80	Paulo Raposo	RUN 4 FUN	Veterano M45	07:44:47	+02:59:30	11:04
12	34	Casimiro Silva	GRCD Leião - Cobras Trailistas	Veterano M45	08:44:47	+03:59:30	12:30

Veterano M50

1	89	Luiz Mota	Individual	Veterano M50	04:45:17		06:48
2	21	LEONARDO DE SOUSA DIOGO	Clube Aventura da Madeira	Veterano M50	05:15:04	+29:47	07:30
3	16	Takahiro Ishida	Centro Trail Carlos Sá Penacova Team	Veterano M50	05:17:49	+32:32	07:34
4	77	Ricardo Valente	Pimpões Trail Team	Veterano M50	06:27:37	+01:42:20	09:14
5	64	Paulo Ferreira	Individual	Veterano M50	06:47:01	+02:01:44	09:41
6	76	Gonçalo Valente	Pimpões Trail Team	Veterano M50	06:57:51	+02:12:34	09:57
7	81	Gonçalo Fontes de Melo	RUN 4 FUN	Veterano M50	07:36:56	+02:51:38	10:53
8	82	Luís Matos Ferreira	RUN 4 FUN	Veterano M50	07:56:51	+03:11:34	11:21

Veterano M55

1	67	José Martins	Junta de Freguesia Figueira de Lrvão	Veterano M55	05:00:31	+15:14	07:09
2	75	Jorge Justo	O Mundo da Corrida	Veterano M55	06:56:52	+02:11:35	09:56
3	63	Luis Afonso Carvalho	Individual	Veterano M55	07:30:11	+02:44:54	10:43
4	70	Antonio Folgado	LIZ RUNNERS	Veterano M55	07:44:27	+02:59:10	11:04
5	62	Jose Baptista	LIZ RUNNERS	Veterano M55	08:24:52	+03:39:35	12:01

Veterano M60

1	20	Manuel Julio	CLAC Entroncamento/OndaTrilhos	Veterano M60	07:56:12	+03:10:55	11:20
2	1	René Triest	Individual	Veterano M60	08:44:10	+03:58:53	12:29
3	29	Quim Sampaio	Desnível Positivo	Veterano M60	09:02:30	+04:17:12	12:55

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RANK	TEAM	DESCRIPTION	POINTS
1	COIMBRA TRAIL RUNNING	3 + 8 + 10	21
2	CENTRO TRAIL CARLOS SÁ PENACOVA TEAM	7 + 12 + 13	32
3	JUNTA DE FREGUESIA FIGUEIRA DE LORVÃO	2 + 31 + 32	65
4	CLAC ENTRONCAMENTO/ONDATRILHOS	40 + 60 + 61	161
5	RUN 4 FUN	52 + 56 + 63	171

27KM - STAGE 1

[illegible]

27 KM

[illegible]

OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	09:00	10.2°C	87%
End	15:51	11.1°C	93%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	590	João Lopes	Vitória Fc Trail Running	02:52:26		06:23	
2	512	diogo pinheiro	Coimbra Trail Running	02:52:26		06:23	
3	562	Diogo Pimenta	Junta de Freguesia Figueira de Lrvão	02:57:39	+05:13	06:35	
4	532	João Patrício	Individual	03:04:00	+11:34	06:49	
5	567	Filipe rocha	Junta de Freguesia Figueira de Lrvão	03:15:44	+23:18	07:15	
6	503	Elisio Gonçalves	ACT - Atletismo Clube Tocha	03:20:37	+28:11	07:26	
7	564	Fernando Marques	Junta de Freguesia Figueira de Lrvão	03:21:23	+28:57	07:28	
8	548	Ricardo Santa	MIRO TRAIL	03:26:21	+33:55	07:39	
9	526	David Sérgio da Silva Madeira	Individual	03:27:34	+35:08	07:41	
10	566	Fernando Carvalho	Junta de Freguesia Figueira de Lrvão	03:29:05	+36:39	07:45	
11	561	Carlos Correia	Junta de Freguesia Figueira de Lrvão	03:29:30	+37:04	07:46	
12	517	Celio Duarte	Deixa passar	03:33:30	+41:04	07:54	
13	576	José Carlos Santos	Monsanto Running Team	03:35:35	+43:09	07:59	
14	510	David Assis	CASA DO POVO DE MANGUALDE	03:39:39	+47:13	08:08	
15	569	PEDRO MIGUEL SERRA SANTOS	Lama Solta	03:43:46	+51:20	08:17	
16	573	Horácio Ferreira	MIRO TRAIL	03:46:01	+53:35	08:22	
17	513	JOANA FRANCA	Coimbra Trail Running	03:46:01	+53:35	08:22	
18	509	CRISTINA PEDRO	CASA DO BENFICA EM ABRANTES	03:47:07	+54:41	08:25	
19	570	Rui Cadete	Lama Solta	03:48:04	+55:38	08:27	
20	533	Joao Santos	Individual	03:48:13	+55:47	08:27	
21	527	Eugénio Dias	Individual	03:50:38	+58:12	08:33	
22	516	Paulo Pinheiro	Degust'arcos sai da frente	03:51:07	+58:41	08:34	
23	515	Adelino Pinheiro	Degust'arcos sai da frente	03:53:51	+01:01:25	08:40	
24	505	Nuno Mariz	AllforOne	03:54:12	+01:01:46	08:40	
25	584	André Ferreira	Sport Clube Paradela	03:56:35	+01:04:09	08:46	
26	502	Hélder Matos	Ac Batalha	03:56:40	+01:04:14	08:46	
27	575	Carmo Moser	Monsanto Running Team	03:58:56	+01:06:30	08:51	
28	581	Carlos Cardoso	Soure Mov	04:01:35	+01:09:09	08:57	
29	558	Raul Martins	Individual	04:02:16	+01:09:50	08:58	
30	578	Bruno Abrantes	Roda Dianteira	04:03:25	+01:10:59	09:01	
31	504	Manuel Roseiro	Adabem Running Team	04:12:04	+01:19:38	09:20	
32	544	Filipe Rafael Martinho	Individual	04:12:57	+01:20:31	09:22	
33	557	Miguel Barnabé	Individual	04:15:17	+01:22:51	09:27	
34	559	Rui Carvalho	Individual	04:17:47	+01:25:21	09:33	
35	577	Carlos Ribeiro	Os Tolinhos	04:20:32	+01:28:06	09:39	
36	560	alann lopes	Individual	04:27:55	+01:35:29	09:55	
37	550	Antonio Manuel Simões	Individual	04:28:23	+01:35:57	09:56	
38	546	Luis Nunes	Individual	04:29:13	+01:36:47	09:58	
39	545	Luis Miguel Alves de Freitas Ribeiro	Individual	04:31:58	+01:39:32	10:04	
40	530	JOÃO ALEIXO	Individual	04:32:23	+01:39:57	10:05	
41	589	PEDRO COSTA	VIEIRA COSTA FAMILY	04:35:12	+01:42:46	10:12	
42	591	Xavier LOMBARD	Individual	04:37:10	+01:44:44	10:16	

27KM - STAGE 1

[illegible]

27 KM

OFFICIAL RESULT

[illegible]

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REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	556	MICHEL MICHON	Individual	04:37:10	+01:44:44	10:16	
44	528	Fabiano dos Milagres da Silva Costa	Individual	04:39:27	+01:47:01	10:21	
45	511	Luís Vieira	CCD Crédito Agrícola Mútuo	04:39:48	+01:47:22	10:22	
46	520	Maria Alexandra Maia	FormoBike Btt & Trail Running	04:40:39	+01:48:13	10:24	
47	582	José Madeira	Soure Mov	04:41:40	+01:49:14	10:26	
48	522	Favelina Santos	GRCD Leião - Cobras Trailistas	04:41:57	+01:49:31	10:27	
49	568	ALDA	Ladecasa	04:43:48	+01:51:22	10:31	
50	501	Rui Reis	100GPS	04:45:18	+01:52:52	10:34	
51	536	Carla Santos	Individual	04:45:20	+01:52:54	10:34	
52	540	Cristóvão Martins	Individual	04:47:59	+01:55:33	10:40	
53	523	Luís Miguel Nogueira	GRCD Leião - Cobras Trailistas	04:48:18	+01:55:52	10:41	
54	579	Daniela Silva	SICÓ TRILHOS TRAIL	04:52:52	+02:00:26	10:51	
55	531	João Baldaia	Individual	04:52:53	+02:00:27	10:51	
56	588	Luís Manuel Serafim Santana	Trilhos do Costume	04:55:48	+02:03:22	10:57	
57	587	Carmen Cristino	Trilhos do Costume	04:55:49	+02:03:23	10:57	
58	507	João Paulo Fonseca Amaro	Aventura Trail	04:56:28	+02:04:02	10:59	
59	555	Mario Silva	Individual	04:56:42	+02:04:16	10:59	
60	542	Faustino Lança	Individual	04:57:12	+02:04:46	11:00	
61	534	Roberto Ferreira	Individual	04:57:41	+02:05:15	11:02	
62	529	Jakub Rubinowski	Individual	04:58:28	+02:06:02	11:03	
63	2	Ellen Boersma	Individual	05:08:20	+02:15:54	11:25	
64	539	Bruno Jorge	Individual	05:10:51	+02:18:25	11:31	
65	572	Jacinta Almeida	MIRO TRAIL	05:13:18	+02:20:52	11:36	
66	551	Edgar Silva	Individual	05:18:13	+02:25:47	11:47	
67	524	Beatriz Loureiro	Individual	05:25:15	+02:32:49	12:03	
68	543	Fausto Alves Ito	Individual	05:37:59	+02:45:33	12:31	
69	506	Fausto Carvalho	ARSM - Associação Recreativa de S. Miguel	05:53:44	+03:01:18	13:06	
70	571	Neusa Loural	LIZ RUNNERS	05:53:44	+03:01:18	13:06	
71	538	Fernanda Maria Rivas Oliveira	Individual	05:59:17	+03:06:51	13:18	
72	508	Bruno Marques	Bombeiros de Brasfemes Trail e BTT	06:00:43	+03:08:17	13:22	
73	580	Pedro Freire Rodrigues	SicoTrilhos Abiul	06:00:43	+03:08:17	13:22	
74	525	Miranda Gahrman	Individual	06:07:35	+03:15:09	13:37	
75	519	Pedro Nunes	Elite Runners	06:38:19	+03:45:53	14:45	
76	518	Ana Rangel	Elite Runners	06:38:19	+03:45:53	14:45	
77	554	Luis Belbute	Individual	06:49:48	+03:57:22	15:11	
78	535	Cristina Barbosa	Individual	06:49:49	+03:57:23	15:11	

27KM

27 KM

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REVISED

[illegible]

	Time	Temperature	Humidity
Start	09:00	10.2°C	87%
End	15:51	11.1°C	93%

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

1	579	Daniela Silva	SICÓ TRILHOS TRAIL	Senior Feminino	04:52:51	+02:00:26	10:51:17
2	524	Beatriz Loureiro	Individual	Senior Feminino	05:25:15	+02:32:49	12:03:04
3	525	Miranda Gahrmann	Individual	Senior Feminino	06:07:35	+03:15:09	13:37:24

Senior Masculino

1	590	João Lopes	Vitória Fc Trail Running	Senior Masculino	02:52:25		06:23
2	512	diogo pinheiro	Coimbra Trail Running	Senior Masculino	02:52:25	+00:00	06:23
3	562	Diogo Pimenta	Junta de Freguesia Figueira de Lrvão	Senior Masculino	02:57:38	+05:13	06:35
4	532	João Patrício	Individual	Senior Masculino	03:04:00	+11:34	06:49
5	564	Fernando Marques	Junta de Freguesia Figueira de Lrvão	Senior Masculino	03:21:22	+28:56	07:28
6	526	David Sérgio da Silva Madeira	Individual	Senior Masculino	03:27:33	+35:08	07:41
7	561	Carlos Correia	Junta de Freguesia Figueira de Lrvão	Senior Masculino	03:29:30	+37:04	07:46
8	517	Celio Duarte	Deixa passar	Senior Masculino	03:33:30	+41:04	07:54
9	569	PEDRO MIGUEL SERRA SANTOS	Lama Solta	Senior Masculino	03:43:46	+51:20	08:17
10	533	Joao Santos	Individual	Senior Masculino	03:48:13	+55:47	08:27
11	527	Eugénio Dias	Individual	Senior Masculino	03:50:38	+58:12	08:33
12	584	André Ferreira	Sport Clube Paradela	Senior Masculino	03:56:34	+01:04:09	08:46
13	530	JOÃO ALEIXO	Individual	Senior Masculino	04:32:22	+01:39:57	10:05
14	528	Fabiano dos Milagres da Silva Costa	Individual	Senior Masculino	04:39:26	+01:47:01	10:21
15	531	João Baldaia	Individual	Senior Masculino	04:52:52	+02:00:26	10:51
16	507	João Paulo Fonseca Amaro	Aventura Trail	Senior Masculino	04:56:28	+02:04:02	10:59
17	534	Roberto Ferreira	Individual	Senior Masculino	04:57:41	+02:05:15	11:02
18	529	Jakub Rubowski	Individual	Senior Masculino	04:58:28	+02:06:02	11:03
19	508	Bruno Marques	Bombeiros de Brasfemes Trail e BTT	Senior Masculino	06:00:42	+03:08:16	13:22

Veterana F40

1	513	JOANA FRANCA	Coimbra Trail Running	Veterana F40	03:46:00	+53:35	08:22
2	509	CRISTINA PEDRO	CASA DO BENFICA EM ABRANTES	Veterana F40	03:47:06	+54:40	08:25
3	575	Carmo Moser	Monsanto Running Team	Veterana F40	03:58:55	+01:06:29	08:51
4	571	Neusa Loural	LIZ RUNNERS	Veterana F40	05:53:44	+03:01:18	13:06

27KM

27 KM

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OFFICIAL RESULT

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REVISED

Veterana F45

1	520	Maria Alexandra Maia	FormoBike Btt & Trail Running	Veterana F45	04:40:38	+01:48:12	10:24
2	522	Favelina Santos	GRCD Leão - Cobras Trailistas	Veterana F45	04:41:56	+01:49:31	10:27
3	536	Carla Santos	Individual	Veterana F45	04:45:19	+01:52:54	10:34
4	587	Carmen Cristino	Trilhos do Costume	Veterana F45	04:55:48	+02:03:22	10:57
5	518	Ana Rangel	Elite Runners	Veterana F45	06:38:19	+03:45:53	14:45
6	535	Cristina Barbosa	Individual	Veterana F45	06:49:48	+03:57:22	15:11

Veterana F50

1	568	ALDA	Ladecasa	Veterana F50	04:43:47	+01:51:21	10:31:18
2	572	Jacinta Almeida	MIRO TRAIL	Veterana F50	05:13:17	+02:20:52	11:36:19
3	538	Fernanda Maria Rivas Oliveira	Individual	Veterana F50	05:59:16	+03:06:51	13:18:17

Veterana F55

1	2	Ellen Boersma	Individual	Veterana F55	05:08:20	+02:15:54	11:25
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Veterano M40

1	567	Filipe rocha	Junta de Freguesia Figueira de Lrvão	Veterano M40	03:15:44	+23:18	07:15
2	548	Ricardo Santa	MIRO TRAIL	Veterano M40	03:26:20	+33:54	07:39
3	566	Fernando Carvalho	Junta de Freguesia Figueira de Lrvão	Veterano M40	03:29:05	+36:39	07:45
4	570	Rui Cadete	Lama Solta	Veterano M40	03:48:03	+55:37	08:27
5	516	Paulo Pinheiro	Degust'arcos sai da frente	Veterano M40	03:51:06	+58:40	08:34
6	515	Adelino Pinheiro	Degust'arcos sai da frente	Veterano M40	03:53:51	+01:01:25	08:40
7	505	Nuno Mariz	AllforOne	Veterano M40	03:54:11	+01:01:46	08:40
8	581	Carlos Cardoso	Soure Mov	Veterano M40	04:01:34	+01:09:09	08:57
9	578	Bruno Abrantes	Roda Dianteira	Veterano M40	04:03:25	+01:10:59	09:01
10	544	Filipe Rafael Martinho	Individual	Veterano M40	04:12:57	+01:20:31	09:22
11	589	PEDRO COSTA	VIEIRA COSTA FAMILY	Veterano M40	04:35:12	+01:42:46	10:12
12	591	Xavier LOMBARD	Individual	Veterano M40	04:37:09	+01:44:43	10:16
13	501	Rui Reis	100GPS	Veterano M40	04:45:17	+01:52:51	10:34
14	539	Bruno Jorge	Individual	Veterano M40	05:10:50	+02:18:25	11:31

Veterano M45

1	503	Elisio Gonçalves	ACT - Atletismo Clube Tocha	Veterano M45	03:20:36	+28:10	07:26:10
2	502	Hélder Matos	Ac Batalha	Veterano M45	03:56:40	+01:04:14	08:46:10
3	504	Manuel Roseiro	Adabem Running Team	Veterano M45	04:12:03	+01:19:37	09:20:10
4	577	Carlos Ribeiro	Os Tolinhos	Veterano M45	04:20:32	+01:28:06	09:39:10
5	546	Luis Nunes	Individual	Veterano M45	04:29:13	+01:36:47	09:58:10

27KM

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27 KM

OFFICIAL RESULT

[illegible]

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REVISED

6	545	Luis Miguel Alves de Freitas Ribeiro	Individual	Veterano M45	04:31:58	+01:39:32	10:04
7	582	José Madeira	Soure Mov	Veterano M45	04:41:39	+01:49:13	10:26
8	540	Cristóvão Martins	Individual	Veterano M45	04:47:59	+01:55:33	10:40
9	523	Luís Miguel Nogueira	GRCD Leão - Cobras Trailistas	Veterano M45	04:48:18	+01:55:52	10:41
10	542	Faustino Lança	Individual	Veterano M45	04:57:11	+02:04:45	11:00
11	543	Fausto Alves Ito	Individual	Veterano M45	05:37:59	+02:45:33	12:31
12	580	Pedro Freire Rodrigues	SicoTrilhos Abiul	Veterano M45	06:00:42	+03:08:16	13:22
13	519	Pedro Nunes	Elite Runners	Veterano M45	06:38:19	+03:45:53	14:45

Veterano M50

1	510	David Assis	CASA DO POVO DE MANGUALDE	Veterano M50	03:39:38	+47:12	08:08
2	573	Horácio Ferreira	MIRO TRAIL	Veterano M50	03:46:00	+53:34	08:22
3	558	Raul Martins	Individual	Veterano M50	04:02:15	+01:09:49	08:58
4	557	Miguel Barnabé	Individual	Veterano M50	04:15:16	+01:22:51	09:27
5	559	Rui Carvalho	Individual	Veterano M50	04:17:47	+01:25:21	09:33
6	550	Antonio Manuel Simões	Individual	Veterano M50	04:28:23	+01:35:57	09:56
7	511	Luís Vieira	CCD Crédito Agrícola Mútuo	Veterano M50	04:39:48	+01:47:22	10:22
8	555	Mario Silva	Individual	Veterano M50	04:56:42	+02:04:16	10:59
9	551	Edgar Silva	Individual	Veterano M50	05:18:13	+02:25:47	11:47
10	554	Luis Belbute	Individual	Veterano M50	06:49:48	+03:57:22	15:11

Veterano M55

1	556	MICHEL MICHON	Individual	Veterano M55	04:37:09	+01:44:44	10:16
2	588	Luís Manuel Serafim Santana	Trilhos do Costume	Veterano M55	04:55:48	+02:03:22	10:57

Veterano M60

1	576	José Carlos Santos	Monsanto Running Team	Veterano M60	03:35:35	+43:09	07:59
2	560	alann lopes	Individual	Veterano M60	04:27:54	+01:35:29	09:55
3	506	Fausto Carvalho	ARSM - Associação Recreativa de S. Miguel	Veterano M60	05:53:43	+03:01:17	13:06

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 10-Nov-2019 15:52
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17KM - STAGE 1

[illegible]

17 KM

OFFICIAL RESULT

[illegible]

R

REVISED

	Time	Temperature	Humidity
Start	09:00	10.2°C	87%
End	13:39	10.9°C	93%

RANK	BIB	NAME	TEAM	RESULT	DIFF	T/KM	CARD
1	1263	Rui Figueiredo	Trail Bela Bela	01:35:30		05:37	
2	1083	Bruno Simões	Trail Bela Bela	01:40:08	+04:38	05:53	
3	1217	Pedro	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	01:42:05	+06:35	06:00	
4	1050	Eduardo Gonçalves	Coimbra Trail Running	01:42:57	+07:27	06:03	
5	1211	CARLOS PEREIRA	MIRO TRAIL	01:44:47	+09:17	06:10	
6	1195	Manuel Lino	Junta de Freguesia Figueira de Lrvão	01:47:11	+11:41	06:18	
7	1150	Luis Martins	Individual	01:50:32	+15:02	06:30	
8	1051	Pedro Cardoso	Coimbra Trail Running	01:50:57	+15:27	06:32	
9	1206	Sérgio Escada	MIRO TRAIL	01:51:34	+16:04	06:34	
10	1042	João Vieira	CLAC Entroncamento/OndaTrilhos	01:52:19	+16:49	06:36	
11	586	Pedro Sousa	Trail Bela Bela	01:52:26	+16:56	06:37	
12	1132	Abílio ribeiro	Individual	01:55:05	+19:35	06:46	
13	1145	João Simões	Individual	01:55:06	+19:36	06:46	
14	1249	João Sacramento	OZXTREME	01:55:40	+20:10	06:48	
15	1014	Paulo José Rodrigues Bernardo	ARCD Venda da Luisa	01:56:34	+21:04	06:51	
16	1134	António Arede	Individual	01:57:58	+22:28	06:56	
17	1168	Victor	Individual	01:58:18	+22:48	06:58	
18	1193	Miguel Teixeira	Junta de Freguesia Figueira de Lrvão	01:59:02	+23:32	07:00	
19	1194	Americo Almeida	Junta de Freguesia Figueira de Lrvão	01:59:02	+23:32	07:00	
20	1171	Williams da Conceição Rodríguez	Individual	01:59:52	+24:22	07:03	
21	1189	Frederico Oliveira	Junta de Freguesia Figueira de Lrvão	01:59:55	+24:25	07:03	
22	1045	Alberto Cunha	Clube Benfeita - Aldeia de Xisto	02:00:05	+24:35	07:04	
23	1013	Nelson Diogo	AMCF - Arrábida Trail Team	02:00:46	+25:16	07:06	
24	1015	Artur gândara	ARCD Venda da Luisa	02:03:10	+27:40	07:15	
25	1105	Tiago Martins	Individual	02:03:17	+27:47	07:15	
26	1052	Ricardo Bica	Coimbra Trail Running	02:03:27	+27:57	07:16	
27	1180	Paulo Marques	Individual	02:03:32	+28:02	07:16	
28	1220	Nuno Lopes	OCR Portugal Lab	02:03:33	+28:03	07:16	
29	1009	Gonçalo Vergueiro	Adabem Running Team	02:04:33	+29:03	07:20	
30	1016	João Simões	ARSM - Associação Recreativa de S. Miguel	02:05:45	+30:15	07:24	
31	1170	VITOR VIOLA	Individual	02:05:45	+30:15	07:24	
32	565	Pedro Nunes	Junta de Freguesia Figueira de Lrvão	02:05:51	+30:21	07:24	
33	1006	João Cruz	Adabem Running Team	02:05:52	+30:22	07:24	
34	1191	Mauro Sousa	Junta de Freguesia Figueira de Lrvão	02:06:25	+30:55	07:26	
35	1164	Ricardo Peneda	Individual	02:07:21	+31:51	07:29	
36	1260	Felicia Fernandes	Trail Bela Bela	02:08:01	+32:31	07:32	
37	1262	André Oliveira	Trail Bela Bela	02:08:15	+32:45	07:33	
38	1096	Nelson Vieira	Individual	02:09:14	+33:44	07:36	
39	1142	Henrique Xavier	Individual	02:09:28	+33:58	07:37	
40	1236	Luís Gonçalo Martins	OS PE NA COVA	02:09:28	+33:58	07:37	
41	1047	André Coelho	CMM - Escaravelhos Team	02:10:11	+34:41	07:39	
42	1057	Pedro Pereira	Coimbra Trail Running	02:10:11	+34:41	07:39	

17KM - STAGE 1

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17 KM

[illegible]

OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	1177	José Nunes	Individual	02:11:42	+36:12	07:45	
44	1213	Joselito Pereira	MIRO TRAIL	02:11:43	+36:13	07:45	
45	1167	Vasco Antunes Tavares	Individual	02:11:47	+36:17	07:45	
46	1098	Nuno Miguel	Individual	02:12:06	+36:36	07:46	
47	1063	Paulo Marques	FormoBike Btt & Trail Running	02:12:52	+37:22	07:49	
48	1265	Oscar Ramalho	Trail Bela Bela	02:13:19	+37:49	07:51	
49	1027	ANTONIO MARQUES	Avila Runners	02:13:51	+38:21	07:52	
50	1234	Pedro Fernandes	OS PE NA COVA	02:14:10	+38:40	07:54	
51	1207	PAULA NEVES PEREIRA SANTOS	MIRO TRAIL	02:15:02	+39:32	07:57	
52	1178	José Pinto	Individual	02:15:05	+39:35	07:57	
53	1155	Nuno Almeida	Individual	02:16:17	+40:47	08:01	
54	1276	Nuno Fernandes	OS PE NA COVA	02:17:24	+41:54	08:05	
55	1169	Virgílio Neto	ADCRPereira Trail Running Team	02:17:29	+41:59	08:05	
56	1058	Tânia Filipa Barbosa Dias Carneiro	DiVe Into the Mountains	02:17:36	+42:06	08:06	
57	1166	Sérgio Moreira	Individual	02:17:36	+42:06	08:06	
58	1244	Renato Gouveia	OS PE NA COVA	02:19:38	+44:08	08:13	
59	1036	JOEL MARTINS	CASA DO BENFICA EM ABRANTES	02:19:58	+44:28	08:14	
60	1044	Tiago Figueiredo	Clube Benfeita - Aldeia de Xisto	02:20:33	+45:03	08:16	
61	1067	Elton Rodrigues	GELCENTRO	02:23:36	+48:06	08:27	
62	1135	Daniel Costa	Individual	02:23:50	+48:20	08:28	
63	1137	Diogo Reis	Coimbra Trail Running	02:24:40	+49:10	08:31	
64	1210	Armenio Nogueira	MIRO TRAIL	02:25:54	+50:24	08:35	
65	1066	Diogo Bastos	GELCENTRO	02:26:39	+51:09	08:38	
66	1068	Eugénio Santos	GELCENTRO	02:26:40	+51:10	08:38	
67	1061	Bruno Marques	FormoBike Btt & Trail Running	02:27:10	+51:40	08:39	
68	1152	Marcelo Cardetas Coutinho	Individual	02:27:16	+51:46	08:40	
69	1203	Bruno Martins	MIRO TRAIL	02:27:50	+52:20	08:42	
70	1005	João Alves	Adabem Running Team	02:29:07	+53:37	08:46	
71	1017	Dina Rocha	ARSM - Associação Recreativa de S. Miguel	02:29:17	+53:47	08:47	
72	1251	Sérgio Santos	Pascoalitos/ADBarcouço	02:31:02	+55:32	08:53	
73	1018	Zenaide Alves	ARSM - Associação Recreativa de S. Miguel	02:31:07	+55:37	08:53	
74	592	José Diniz	Individual	02:31:11	+55:41	08:54	
75	1101	Rui Estrada	Individual	02:31:19	+55:49	08:54	
76	1004	Rute Bastos	ACT - Atletismo Clube Tocha	02:32:08	+56:38	08:57	
77	1118	Isabel Margarida da Costa Lopes	Individual	02:33:15	+57:45	09:01	
78	1214	Artur Costa	MIRO TRAIL	02:33:49	+58:19	09:03	
79	1007	Marco Marques	Adabem Running Team	02:34:02	+58:32	09:04	
80	1087	FREDERICO FERNANDES MARTINS	Individual	02:34:32	+59:02	09:05	
81	1085	Daniel Serra	Individual	02:34:36	+59:06	09:06	
82	1192	Patrícia Santos	Junta de Freguesia Figueira de Lorvão	02:34:45	+59:15	09:06	
83	1055	Luis Filipe Rodrigues Duarte	Coimbra Trail Running	02:34:53	+59:23	09:07	
84	1033	Nuno Martins	Bustos Runners	02:35:03	+59:33	09:07	
85	1032	Pedro Filipe Rodrigues Vieira	Bustos Runners	02:35:03	+59:33	09:07	
86	1270	Ana Bela Silva	Centro Trail Carlos Sá Penacova Team	02:35:20	+59:50	09:08	
87	1048	AGOSTINHO PEREIRA	CMMC TÁBUA	02:36:46	+01:01:16	09:13	

17KM - STAGE 1

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17 KM

OFFICIAL RESULT

[illegible]

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REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	1165	Rui Santos	Individual	02:37:02	+01:01:32	09:14	
89	1102	Tiago Alexandre Fernandes Verissimo	Individual	02:37:45	+01:02:15	09:17	
90	1106	Vitor Pereira	Individual	02:37:45	+01:02:15	09:17	
91	1012	Patrícia Monteiro	Ai Nós Jamor	02:37:58	+01:02:28	09:18	
92	1064	Isabel Parreiral	Gear Up	02:38:09	+01:02:39	09:18	
93	1094	Luís Bastos	Individual	02:38:09	+01:02:39	09:18	
94	1103	Tiago David Nogueira Silva Santos	Individual	02:38:15	+01:02:45	09:19	
95	1139	Eugénio Carvalho Lopes	Individual	02:38:35	+01:03:05	09:20	
96	1212	Joao Pereira	MIRO TRAIL	02:39:13	+01:03:43	09:22	
97	1231	Rita Fernandes	OS PE NA COVA	02:39:21	+01:03:51	09:22	
98	1172	Álvaro Marques Costa	Individual	02:39:31	+01:04:01	09:23	
99	1092	Jorge Lopes	Individual	02:40:35	+01:05:05	09:27	
100	1174	carlos da conceição lobo	Individual	02:40:55	+01:05:25	09:28	
101	1248	José Lopes	OS PE NA COVA	02:41:09	+01:05:39	09:29	
102	1151	Luis Pessoa Cruz	Individual	02:41:17	+01:05:47	09:29	
103	1188	Sergio Fachada	já vou	02:41:53	+01:06:23	09:31	
104	1196	Catarina Sintra	Lama Solta	02:42:00	+01:06:30	09:32	
105	1218	Raquel Pedro	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	02:42:21	+01:06:51	09:33	
106	1255	Telmo Gregório	Só tangas	02:42:21	+01:06:51	09:33	
107	1202	Bruno Freire	MIRO TRAIL	02:42:33	+01:07:03	09:34	
108	1199	ines Nogueira	MIRO TRAIL	02:42:33	+01:07:03	09:34	
109	1161	Pedro Miguel Silva Brás	Individual	02:44:38	+01:09:08	09:41	
110	1235	Tiago Lopes	OS PE NA COVA	02:44:43	+01:09:13	09:41	
111	1154	Mário Santiago	Individual	02:46:06	+01:10:36	09:46	
112	1001	Cândida Gonçalves	100 Gás Trail Team	02:46:35	+01:11:05	09:48	
113	1205	Ruben Rodrigues	MIRO TRAIL	02:46:35	+01:11:05	09:48	
114	1187	Renato Santos	já vou	02:46:58	+01:11:28	09:49	
115	1224	João Beirão	Os Mimosos	02:47:03	+01:11:33	09:50	
116	1090	Hugo Rodrigues	Individual	02:47:24	+01:11:54	09:51	
117	1128	Antonieta Alexandra Bauleth Marques Ramos Abegoaria	Individual	02:47:27	+01:11:57	09:51	
118	1181	Renato Ramos	Individual	02:47:27	+01:11:57	09:51	
119	1099	Pedro Manuel de Matos Lopes Pinto	Individual	02:47:53	+01:12:23	09:53	
120	1100	Pedro Marques	Individual	02:47:53	+01:12:23	09:53	
121	1252	João Madeira	Porto de Mós a Correr	02:51:02	+01:15:32	10:04	
122	1158	Paulo Mendonça	Individual	02:51:02	+01:15:32	10:04	
123	1143	João Luis Dias Dos Santos	Individual	02:51:18	+01:15:48	10:05	
124	1157	Paulo Gonçalves	Individual	02:51:18	+01:15:48	10:05	
125	1049	Marina Lemos	Coimbra Trail Running	02:51:56	+01:16:26	10:07	
126	1274	Daniel Costa	Individual	02:52:08	+01:16:38	10:08	
127	1127	ANA LUISA VIDAL DA SILVA	Individual	02:53:08	+01:17:38	10:11	
128	1176	JOÃO PEDRO DE ALMEIDA LIBERAL	Individual	02:53:10	+01:17:40	10:11	
129	1261	Vera Lito	Trail Bela Bela	02:53:47	+01:18:17	10:13	
130	1269	paulo cristo	Individual	02:53:56	+01:18:26	10:14	
131	1162	Pedro Nunes	Individual	02:54:20	+01:18:50	10:15	

17KM - STAGE 1

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17 KM

OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
132	1025	Sérgio Filipe Frias Forte	AVENTURAS FORTE(S) - Turismo de Natureza	02:54:26	+01:18:56	10:16	
133	1024	Maria de Fátima de Jesus Fernandes	AVENTURAS FORTE(S) - Turismo de Natureza	02:54:26	+01:18:56	10:16	
134	1156	Nuno Miguel Sousa de Jesus	Individual	02:55:05	+01:19:35	10:18	
135	1153	Mário Araújo	Individual	02:55:06	+01:19:36	10:18	
136	1185	José Manuel Gonçalves	Individual	02:55:07	+01:19:37	10:18	
137	1029	Mónica Martins	Bombeiros de Brasfemes Trail e BTT	02:55:25	+01:19:55	10:19	
138	1257	Bruno Manuel Frada Matias	Tenrinhos	02:55:53	+01:20:23	10:21	
139	1077	Patrícia Cordinhã	Individual	02:56:23	+01:20:53	10:23	
140	1046	Vitor Coimbra	Clube Vodafone	02:56:27	+01:20:57	10:23	
141	1082	António David Calhau	Individual	02:59:17	+01:23:47	10:33	
142	1107	Vitor Rafael Silva Lopes	Individual	02:59:18	+01:23:48	10:33	
143	1008	Andreia Filipa Lopes Marques	Adabem Running Team	02:59:24	+01:23:54	10:33	
144	1002	Marco Nuno Nunes de Oliveira	100 Gás Trail Team	02:59:46	+01:24:16	10:34	
145	1232	Tânia Santos	OS PE NA COVA	02:59:57	+01:24:27	10:35	
146	1245	Antonio Soares	OS PE NA COVA	03:00:12	+01:24:42	10:36	
147	1215	Victor Silva	MIRO TRAIL	03:00:22	+01:24:52	10:37	
148	1065	Gisela Curto	GELCENTRO	03:00:24	+01:24:54	10:37	
149	1247	José Pereira	OS PE NA COVA	03:00:37	+01:25:07	10:37	
150	1026	Zenaida Andrade	Avila Runners	03:01:16	+01:25:46	10:40	
151	1110	Brigite Geria Campos	Individual	03:01:37	+01:26:07	10:41	
152	1111	Celia Oliveira	Individual	03:01:48	+01:26:18	10:42	
153	1182	Rui Lobo Machado	Individual	03:02:42	+01:27:12	10:45	
154	1043	Luis Rei	CLAC Entroncamento/OndaTrilhos	03:02:46	+01:27:16	10:45	
155	1080	Teresa Barra	Individual	03:04:29	+01:28:59	10:51	
156	1253	Ludovic Oliveira Marques	Saca-Trilhos Anadia	03:04:35	+01:29:05	10:51	
157	1256	Sofia Santos	Soure Mov	03:04:35	+01:29:05	10:51	
158	1243	Pedro Gouveia	OS PE NA COVA	03:06:24	+01:30:54	10:58	
159	1010	Claudia Sereno	Adabem Running Team	03:07:07	+01:31:37	11:00	
160	1011	Mário Jorge Fernandes Oliveira	Adabem Running Team	03:07:12	+01:31:42	11:01	
161	1079	Sónia Margarida Matias Pimentel	Individual	03:07:38	+01:32:08	11:02	
162	1159	Paulo Nuno Correia Lucas	Individual	03:07:39	+01:32:09	11:02	
163	1184	JOAQUIM. AMIEIRO	Individual	03:09:30	+01:34:00	11:09	
164	1264	Sérgio Oliveira	Trail Bela Bela	03:10:30	+01:35:00	11:12	
165	1268	MARCO GABRIEL DA MOTA PASCOAL	Vilaventura Trail Running Team	03:10:54	+01:35:24	11:14	
166	1131	Maria do Ceu Rodrigues	Individual	03:11:11	+01:35:41	11:15	
167	549	VALERY LEUREAU	Individual	03:11:44	+01:36:14	11:17	
168	552	Gauthier Lionel	Individual	03:11:44	+01:36:14	11:17	
169	1023	Tânia Patrícia Santos Pinto	Aventura Trail	03:12:11	+01:36:41	11:18	
170	1240	Sofia valente	OS PE NA COVA	03:12:35	+01:37:05	11:20	
171	1148	Julio Almeida	Individual	03:12:58	+01:37:28	11:21	
172	1069	Ana Filipa Calção	Individual	03:13:56	+01:38:26	11:24	
173	1267	João Carlos Santos Nogueira	Vilaventura Trail Running Team	03:15:50	+01:40:20	11:31	
174	1223	João Sousa	Os Mimosos	03:15:50	+01:40:20	11:31	
175	1221	Maria Beirão	Os Mimosos	03:15:51	+01:40:21	11:31	
176	1113	Cristina Aleixo	Individual	03:15:51	+01:40:21	11:31	

17KM - STAGE 1

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17 KM

OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
177	1246	José Amorim Padilha	OS PE NA COVA	03:16:11	+01:40:41	11:32	
178	1136	David José Alves	Individual	03:17:25	+01:41:55	11:37	
179	1086	Fausto Reis	Individual	03:18:46	+01:43:16	11:42	
180	1140	Francisco Figueiredo	Individual	03:18:55	+01:43:25	11:42	
181	1030	Alexandra André	Bombeiros de Brasfemes Trail e BTT	03:20:42	+01:45:12	11:48	
182	1037	PEDRO SILVA	CASA DO BENFICA EM ABRANTES	03:20:50	+01:45:20	11:49	
183	1112	Cláudia Raquel Santos Simões	Individual	03:21:27	+01:45:57	11:51	
184	1109	Anaísa Ferreira	Individual	03:21:36	+01:46:06	11:52	
185	1122	Marta Sousa	Individual	03:21:36	+01:46:06	11:52	
186	1173	Arlindo Monteiro Ferreira	Individual	03:21:46	+01:46:16	11:52	
187	1222	Mariana Girão	Os Mimosos	03:22:14	+01:46:44	11:54	
188	1022	Cátia Liliana Costa Sousa	Aventura Trail	03:23:09	+01:47:39	11:57	
189	1088	Hugo António Fialho Meneses Pereira	Individual	03:23:37	+01:48:07	11:59	
190	1146	Joaquim guilherme Mendes pais	Individual	03:25:05	+01:49:35	12:04	
191	1228	Carolina Oliveira	OS PE NA COVA	03:25:50	+01:50:20	12:06	
192	1186	Paulo Jorge de Carvalho Pereira	já vou	03:27:41	+01:52:11	12:13	
193	1038	CARLOS ALFAIATE	CASA DO BENFICA EM ABRANTES	03:29:25	+01:53:55	12:19	
194	1230	Patrícia Silva	OS PE NA COVA	03:29:37	+01:54:07	12:20	
195	1216	Sandra Gonçalves	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	03:30:06	+01:54:36	12:22	
196	1003	Sónia Monteiro	Ac Batalha	03:30:33	+01:55:03	12:23	
197	1200	Isabel Jesus	MIRO TRAIL	03:31:25	+01:55:55	12:26	
198	1114	Dora Luísa Martins Oliveira	Individual	03:31:25	+01:55:55	12:26	
199	1121	Marília Macieira	Individual	03:32:27	+01:56:57	12:30	
200	1138	Eduardo João Ribeiro Carrão	Individual	03:32:27	+01:56:57	12:30	
201	1238	Paula Gouveia	OS PE NA COVA	03:35:08	+01:59:38	12:39	
202	1204	José Almeida	MIRO TRAIL	03:35:12	+01:59:42	12:40	
203	1091	João Sousa Silva	Individual	03:35:56	+02:00:26	12:42	
204	1028	Teresa Simões	Bombeiros de Brasfemes Trail e BTT	03:39:35	+02:04:05	12:55	
205	1034	Sérgio Marques	Caminhar ao Luar	03:40:09	+02:04:39	12:57	
206	1237	Paula dias	OS PE NA COVA	03:41:17	+02:05:47	13:01	
207	1229	Nicole Flório	OS PE NA COVA	03:41:18	+02:05:48	13:01	
208	1149	Luis Filipe Seabra Nogueira	Individual	03:41:23	+02:05:53	13:01	
209	1119	Ivy Kate Moreira Gomes	Individual	03:41:25	+02:05:55	13:01	
210	1201	Rita Bento	MIRO TRAIL	03:41:37	+02:06:07	13:02	
211	1076	Mónica Paula Ferreira Cabecinhas	Individual	03:49:28	+02:13:58	13:30	
212	1125	Sandra Couceiro Almeida	Individual	03:53:19	+02:17:49	13:43	
213	1209	Sílvia Pedro	MIRO TRAIL	03:55:38	+02:20:08	13:52	
214	1241	Anabela alvarinhas	OS PE NA COVA	03:56:19	+02:20:49	13:54	
215	1078	Rita Coelho	Individual	03:57:02	+02:21:32	13:57	
216	1097	Nuno André Fernandes Couto	Individual	03:57:03	+02:21:33	13:57	
217	1041	Claudia Fernandes	CLAC Entroncamento/OndaTrilhos	03:57:49	+02:22:19	13:59	
218	574	José Santos	MIRO TRAIL	03:58:58	+02:23:28	14:03	
219	1208	Cristina Santos	MIRO TRAIL	03:58:58	+02:23:28	14:03	
220	1059	Bruno Martins	FFIITT GORDOS by A.M.C.R.Silveirinho	04:04:08	+02:28:38	14:22	
221	1060	Tiago Santos	FFIITT GORDOS by A.M.C.R.Silveirinho	04:04:08	+02:28:38	14:22	

17KM - STAGE 1

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17 KM

OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
222	1116	Elisabete Pedrosa	Individual	04:07:12	+02:31:42	14:33	
223	1179	manuel pedrosa	Individual	04:07:14	+02:31:44	14:33	
224	1072	Cátia Ferreira	Individual	04:14:03	+02:38:33	14:57	
225	1275	Ana Patrícia Lopes Martins	OS PE NA COVA	04:14:05	+02:38:35	14:57	
226	1242	Maria Fernanda Simões	OS PE NA COVA	04:14:05	+02:38:35	14:57	
227	1239	Rosa fonte	OS PE NA COVA	04:18:20	+02:42:50	15:12	
228	1074	Dora Quintans	Individual	04:22:40	+02:47:10	15:27	
229	1075	Liliana Teixeira	Individual	04:22:40	+02:47:10	15:27	
230	1093	leandro craveiro	Individual	04:22:40	+02:47:10	15:27	
231	1021	Nuno Fernandes	Ativo Team running	04:25:55	+02:50:25	15:39	
232	1020	Alexandra Fernandes	Ativo Team running	04:25:55	+02:50:25	15:39	
233	1130	Isabel Videira	Individual	04:27:08	+02:51:38	15:43	
234	1120	LEUREAU HELENE	Individual	04:38:15	+03:02:45	16:22	
235	1273	BOBARD	Individual	04:38:15	+03:02:45	16:22	
236	1163	Pullion	Individual	04:38:16	+03:02:46	16:22	
237	1183	SCHIUMERINI	Individual	04:38:16	+03:02:46	16:22	

17KM

17 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	10.2°C	87%
End	13:39	10.9°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Junior Masculino

1	1236	Luís Gonalo Martins	OS PE NA COVA	Junior Masculino	02:09:28	+33:57	07:37
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Senior Feminino

1	1260	Felícia Fernandes	Trail Bela Bela	Senior Feminino	02:08:01	+32:30	07:32
2	1058	Tânia Filipa Barbosa Dias Carneiro	DIVE Into the Mountains	Senior Feminino	02:17:35	+42:05	08:06
3	1064	Isabel Parreiral	Gear Up	Senior Feminino	02:38:08	+01:02:38	09:18
4	1231	Rita Fernandes	OS PE NA COVA	Senior Feminino	02:39:20	+01:03:50	09:22
5	1261	Vera Lito	Trail Bela Bela	Senior Feminino	02:53:47	+01:18:17	10:13
6	1024	Maria de Fátima de Jesus Fernandes	AVENTURAS FORTE(S) - Turismo de Natureza	Senior Feminino	02:54:25	+01:18:55	10:16
7	1077	Patrícia Cordinhã	Individual	Senior Feminino	02:56:22	+01:20:52	10:23
8	1008	Andreia Filipa Lopes Marques	Adabem Running Team	Senior Feminino	02:59:24	+01:23:54	10:33
9	1232	Tânia Santos	OS PE NA COVA	Senior Feminino	02:59:56	+01:24:26	10:35
10	1065	Gisela Curto	GELCENTRO	Senior Feminino	03:00:23	+01:24:53	10:37
11	1080	Teresa Barra	Individual	Senior Feminino	03:04:28	+01:28:58	10:51
12	1253	Ludovic Oliveira Marques	Saca-Trilhos Anadia	Senior Feminino	03:04:35	+01:29:04	10:51
13	1256	Sofia Santos	Soure Mov	Senior Feminino	03:04:35	+01:29:05	10:51
14	1023	Tânia Patrícia Santos Pinto	Aventura Trail	Senior Feminino	03:12:10	+01:36:40	11:18
15	1069	Ana Filipa Calaro	Individual	Senior Feminino	03:13:55	+01:38:25	11:24
16	1221	Maria Beiro	Os Mimosos	Senior Feminino	03:15:50	+01:40:20	11:31
17	1222	Mariana Giro	Os Mimosos	Senior Feminino	03:22:14	+01:46:44	11:54
18	1022	Cátia Liliana Costa Sousa	Aventura Trail	Senior Feminino	03:23:09	+01:47:39	11:57
19	1228	Carolina Oliveira	OS PE NA COVA	Senior Feminino	03:25:50	+01:50:19	12:06
20	1216	Sandra Gonalves	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	Senior Feminino	03:30:06	+01:54:36	12:22
21	1229	Nicole Flrido	OS PE NA COVA	Senior Feminino	03:41:17	+02:05:47	13:01
22	1201	Rita Bento	MIRO TRAIL	Senior Feminino	03:41:36	+02:06:06	13:02
23	1076	Mónica Paula Ferreira Cabecinhas	Individual	Senior Feminino	03:49:28	+02:13:58	13:30
24	1078	Rita Coelho	Individual	Senior Feminino	03:57:01	+02:21:31	13:57
25	1041	Claudia Fernandes	CLAC Entroncamento/OndaTrilhos	Senior Feminino	03:57:48	+02:22:18	13:59
26	1072	Cátia Ferreira	Individual	Senior Feminino	04:14:02	+02:38:32	14:57
27	1275	Ana Patrícia Lopes Martins	OS PE NA COVA	Senior Feminino	04:14:05	+02:38:35	14:57
28	1074	Dora Quintans	Individual	Senior Feminino	04:22:39	+02:47:09	15:27
29	1075	Liliana Teixeira	Individual	Senior Feminino	04:22:39	+02:47:09	15:27

Senior Masculino

1	1263	Rui Figueiredo	Trail Bela Bela	Senior Masculino	01:35:30		05:37
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Official Timekeeper: Lap2Go	1 / 7	generate 14-Nov-2019 10:12
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17KM

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17 KM

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OFFICIAL RESULT

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REVISED

2	1083	Bruno Simões	Trail Bela Bela	Senior Masculino	01:40:08	+04:37	05:53
3	1217	Pedro	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	Senior Masculino	01:42:04	+06:34	06:00
4	1050	Eduardo Gonçalves	Coimbra Trail Running	Senior Masculino	01:42:56	+07:26	06:03
5	1051	Pedro Cardoso	Coimbra Trail Running	Senior Masculino	01:50:57	+15:27	06:32
6	1206	Sérgio Escada	MIRO TRAIL	Senior Masculino	01:51:33	+16:03	06:34
7	1042	João Vieira	CLAC Entroncamento/OndaTrilhos	Senior Masculino	01:52:18	+16:48	06:36
8	586	Pedro Sousa	Trail Bela Bela	Senior Masculino	01:52:25	+16:55	06:37
9	1249	João Sacramento	OZXTREME	Senior Masculino	01:55:39	+20:09	06:48
10	1014	Paulo José Rodrigues Bernardo	ARCD Venda da Luisa	Senior Masculino	01:56:34	+21:03	06:51
11	1189	Frederico Oliveira	Junta de Freguesia Figueira de Lrvão	Senior Masculino	01:59:54	+24:24	07:03
12	1105	Tiago Martins	Individual	Senior Masculino	02:03:16	+27:46	07:15
13	1052	Ricardo Bica	Coimbra Trail Running	Senior Masculino	02:03:27	+27:56	07:16
14	1009	Gonçalo Vergueiro	Adabem Running Team	Senior Masculino	02:04:32	+29:02	07:20
15	1016	João Simões	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	02:05:44	+30:14	07:24
16	1006	João Cruz	Adabem Running Team	Senior Masculino	02:05:52	+30:21	07:24
17	1191	Mauro Sousa	Junta de Freguesia Figueira de Lrvão	Senior Masculino	02:06:25	+30:54	07:26
18	1262	André Oliveira	Trail Bela Bela	Senior Masculino	02:08:14	+32:44	07:33
19	1096	Nelson Vieira	Individual	Senior Masculino	02:09:14	+33:43	07:36
20	1047	André Coelho	CMM - Escaravelhos Team	Senior Masculino	02:10:11	+34:40	07:39
21	1098	Nuno Miguel	Individual	Senior Masculino	02:12:05	+36:35	07:46
22	1063	Paulo Marques	FormoBike Btt & Trail Running	Senior Masculino	02:12:52	+37:21	07:49
23	1234	Pedro Fernandes	OS PE NA COVA	Senior Masculino	02:14:10	+38:39	07:54
24	1276	Nuno Fernandes	OS PE NA COVA	Senior Masculino	02:17:23	+41:53	08:05
25	1044	Tiago Figueiredo	Clube Benfeita - Aldeia de Xisto	Senior Masculino	02:20:32	+45:02	08:16
26	1067	Elton Rodrigues	GELCENTRO	Senior Masculino	02:23:35	+48:05	08:27
27	1066	Diogo Bastos	GELCENTRO	Senior Masculino	02:26:39	+51:09	08:38
28	1068	Eugénio Santos	GELCENTRO	Senior Masculino	02:26:39	+51:09	08:38
29	1061	Bruno Marques	FormoBike Btt & Trail Running	Senior Masculino	02:27:10	+51:40	08:39
30	1203	Bruno Martins	MIRO TRAIL	Senior Masculino	02:27:49	+52:19	08:42
31	1251	Sérgio Santos	Pascoalitos/ADBarcouço	Senior Masculino	02:31:02	+55:32	08:53
32	1101	Rui Estrada	Individual	Senior Masculino	02:31:19	+55:49	08:54
33	1007	Marco Marques	Adabem Running Team	Senior Masculino	02:34:02	+58:32	09:04
34	1087	FREDERICO FERNANDES MARTINS	Individual	Senior Masculino	02:34:32	+59:02	09:05
35	1085	Daniel Serra	Individual	Senior Masculino	02:34:36	+59:06	09:06
36	1032	Pedro Filipe Rodrigues Vieira	Bustos Runners	Senior Masculino	02:35:03	+59:33	09:07
37	1102	Tiago Alexandre Fernandes Verissimo	Individual	Senior Masculino	02:37:44	+01:02:14	09:17
38	1106	Vitor Pereira	Individual	Senior Masculino	02:37:45	+01:02:14	09:17
39	1094	Luís Bastos	Individual	Senior Masculino	02:38:09	+01:02:39	09:18
40	1103	Tiago David Nogueira Silva Santos	Individual	Senior Masculino	02:38:14	+01:02:44	09:19
41	1092	Jorge Lopes	Individual	Senior Masculino	02:40:35	+01:05:04	09:27
42	1188	Sergio Fachada	já vou	Senior Masculino	02:41:53	+01:06:23	09:31
43	1202	Bruno Freire	MIRO TRAIL	Senior Masculino	02:42:32	+01:07:02	09:34
44	1235	Tiago Lopes	OS PE NA COVA	Senior Masculino	02:44:42	+01:09:12	09:41
45	1205	Ruben Rodrigues	MIRO TRAIL	Senior Masculino	02:46:34	+01:11:04	09:48

Official Timekeeper: Lap2Go	2 / 7	generate 14-Nov-2019 10:12
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46	1187	Renato Santos	já vou	Senior Masculino	02:46:57	+01:11:27	09:49
47	1090	Hugo Rodrigues	Individual	Senior Masculino	02:47:23	+01:11:53	09:51
48	1099	Pedro Manuel de Matos Lopes Pinto	Individual	Senior Masculino	02:47:52	+01:12:22	09:53
49	1100	Pedro Marques	Individual	Senior Masculino	02:47:52	+01:12:22	09:53
50	1025	Sérgio Filipe Frias Forte	AVENTURAS FORTE(S) - Turismo de Natureza	Senior Masculino	02:54:25	+01:18:55	10:16
51	1257	Bruno Manuel Frada Matias	Tenrinhos	Senior Masculino	02:55:52	+01:20:22	10:21
52	1082	António David Calhau	Individual	Senior Masculino	02:59:17	+01:23:47	10:33
53	1107	Vitor Rafael Silva Lopes	Individual	Senior Masculino	02:59:18	+01:23:48	10:33
54	1268	MARCO GABRIEL DA MOTA PASCOAL	Vilaventura Trail Running Team	Senior Masculino	03:10:53	+01:35:23	11:14
55	1267	João Carlos Santos Nogueira	Vilaventura Trail Running Team	Senior Masculino	03:15:50	+01:40:19	11:31
56	1223	João Sousa	Os Mimosos	Senior Masculino	03:15:50	+01:40:20	11:31
57	1086	Fausto Reis	Individual	Senior Masculino	03:18:45	+01:43:15	11:42
58	1088	Hugo António Fialho Meneses Pereira	Individual	Senior Masculino	03:23:36	+01:48:06	11:59
59	1186	Paulo Jorge de Carvalho Pereira	já vou	Senior Masculino	03:27:41	+01:52:11	12:13
60	1204	José Almeida	MIRO TRAIL	Senior Masculino	03:35:11	+01:59:41	12:40
61	1091	João Sousa Silva	Individual	Senior Masculino	03:35:56	+02:00:26	12:42
62	1097	Nuno André Fernandes Couto	Individual	Senior Masculino	03:57:03	+02:21:33	13:57
63	1059	Bruno Martins	FFIITT GORDOS by A.M.C.R.Silveirinho	Senior Masculino	04:04:07	+02:28:37	14:22
64	1060	Tiago Santos	FFIITT GORDOS by A.M.C.R.Silveirinho	Senior Masculino	04:04:07	+02:28:37	14:22
65	1093	leandro craveiro	Individual	Senior Masculino	04:22:39	+02:47:09	15:27

Veterana F40

1	1017	Dina Rocha	ARSM - Associação Recreativa de S. Miguel	Veterana F40	02:29:17	+53:47	08:47
2	1004	Rute Bastos	ACT - Atletismo Clube Tocha	Veterana F40	02:32:08	+56:38	08:57
3	1192	Patrícia Santos	Junta de Freguesia Figueira de Lrvão	Veterana F40	02:34:44	+59:14	09:06
4	1196	Catarina Sintra	Lama Solta	Veterana F40	02:41:59	+01:06:29	09:32
5	1199	ines Nogueira	MIRO TRAIL	Veterana F40	02:42:32	+01:07:02	09:34
6	1001	Cândida Gonçalves	100 Gás Trail Team	Veterana F40	02:46:34	+01:11:04	09:48
7	1049	Marina Lemos	Coimbra Trail Running	Veterana F40	02:51:55	+01:16:25	10:07
8	1010	Claudia Sereno	Adabem Running Team	Veterana F40	03:07:06	+01:31:36	11:00
9	1079	Sónia Margarida Matias Pimentel	Individual	Veterana F40	03:07:38	+01:32:08	11:02
10	1240	Sofia valente	OS PE NA COVA	Veterana F40	03:12:34	+01:37:04	11:20
11	1112	Cláudia Raquel Santos Simões	Individual	Veterana F40	03:21:26	+01:45:56	11:51
12	1109	Anaísa Ferreira	Individual	Veterana F40	03:21:35	+01:46:05	11:52
13	1122	Marta Sousa	Individual	Veterana F40	03:21:36	+01:46:06	11:52
14	1230	Patrícia Silva	OS PE NA COVA	Veterana F40	03:29:37	+01:54:07	12:20
15	1003	Sónia Monteiro	Ac Batalha	Veterana F40	03:30:32	+01:55:02	12:23
16	1200	Isabel Jesus	MIRO TRAIL	Veterana F40	03:31:24	+01:55:54	12:26
17	1114	Dora Luísa Martins Oliveira	Individual	Veterana F40	03:31:25	+01:55:55	12:26
18	1121	Marília Macieira	Individual	Veterana F40	03:32:26	+01:56:56	12:30

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19	1028	Teresa Simões	Bombeiros de Brasfemes Trail e BTT	Veterana F40	03:39:34	+02:04:04	12:55
20	1125	Sandra Couceiro Almeida	Individual	Veterana F40	03:53:19	+02:17:49	13:43
21	1239	Rosa fonte	OS PE NA COVA	Veterana F40	04:18:19	+02:42:49	15:12
22	1273	BOBARD	Individual	Veterana F40	04:38:15	+03:02:45	16:22

Veterana F45

1	1207	PAULA NEVES PEREIRA SANTOS	MIRO TRAIL	Veterana F45	02:15:02	+39:31	07:57
2	1018	Zenaide Alves	ARSM - Associação Recreativa de S. Miguel	Veterana F45	02:31:06	+55:36	08:53
3	1118	Isabel Margarida da Costa Lopes	Individual	Veterana F45	02:33:15	+57:45	09:01
4	1012	Patrícia Monteiro	Ai Nós Jamor	Veterana F45	02:37:58	+01:02:28	09:18
5	1218	Raquel Pedro	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	Veterana F45	02:42:21	+01:06:50	09:33
6	1029	Mónica Martins	Bombeiros de Brasfemes Trail e BTT	Veterana F45	02:55:24	+01:19:54	10:19
7	1026	Zenaida Andrade	Avila Runners	Veterana F45	03:01:15	+01:25:45	10:40
8	1111	Celia Oliveira	Individual	Veterana F45	03:01:47	+01:26:17	10:42
9	1113	Cristina Aleixo	Individual	Veterana F45	03:15:51	+01:40:21	11:31
10	1238	Paula Gouveia	OS PE NA COVA	Veterana F45	03:35:08	+01:59:38	12:39
11	1237	Paula dias	OS PE NA COVA	Veterana F45	03:41:17	+02:05:47	13:01
12	1119	Ivy Kate Moreira Gomes	Individual	Veterana F45	03:41:25	+02:05:55	13:01
13	1116	Elisabete Pedrosa	Individual	Veterana F45	04:07:12	+02:31:42	14:33
14	1020	Alexandra Fernandes	Ativo Team running	Veterana F45	04:25:54	+02:50:24	15:39
15	1120	LEUREAU HELENE	Individual	Veterana F45	04:38:15	+03:02:45	16:22

Veterana F50

1	1270	Ana Bela Silva	Centro Trail Carlos Sá Penacova Team	Veterana F50	02:35:19	+59:49	09:08
2	1128	Antonieta Alexandra Bauleth Marques Ramos Abegoaria	Individual	Veterana F50	02:47:27	+01:11:57	09:51
3	1127	ANA LUISA VIDAL DA SILVA	Individual	Veterana F50	02:53:08	+01:17:37	10:11
4	1110	Brigite Geria Campos	Individual	Veterana F50	03:01:36	+01:26:06	10:41
5	1030	Alexandra André	Bombeiros de Brasfemes Trail e BTT	Veterana F50	03:20:42	+01:45:12	11:48
6	1209	Sílvia Pedro	MIRO TRAIL	Veterana F50	03:55:37	+02:20:07	13:52
7	1241	Anabela alvarinhas	OS PE NA COVA	Veterana F50	03:56:18	+02:20:48	13:54
8	1208	Cristina Santos	MIRO TRAIL	Veterana F50	03:58:58	+02:23:28	14:03
9	1242	Maria Fernanda Simões	OS PE NA COVA	Veterana F50	04:14:05	+02:38:35	14:57

Veterana F55

1	1131	Maria do Ceu Rodrigues	Individual	Veterana F55	03:11:11	+01:35:41	11:15
2	1130	Isabel Videira	Individual	Veterana F55	04:27:08	+02:51:38	15:43

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Veterano M40

1	1211	CARLOS PEREIRA	MIRO TRAIL	Veterano M40	01:44:47	+09:16	06:10
2	1134	António Arede	Individual	Veterano M40	01:57:57	+22:27	06:56
3	1168	Victor	Individual	Veterano M40	01:58:17	+22:47	06:58
4	1193	Miguel Teixeira	Junta de Freguesia Figueira de Lorvão	Veterano M40	01:59:02	+23:31	07:00
5	1171	Williams da Conceição Rodríguez	Individual	Veterano M40	01:59:52	+24:21	07:03
6	1013	Nelson Diogo	AMCF - Arrábida Trail Team	Veterano M40	02:00:45	+25:15	07:06
7	1015	Artur gândara	ARCD Venda da Luisa	Veterano M40	02:03:09	+27:39	07:15
8	1220	Nuno Lopes	OCR Portugal Lab	Veterano M40	02:03:33	+28:02	07:16
9	1170	VITOR VIOLA	Individual	Veterano M40	02:05:44	+30:14	07:24
10	1164	Ricardo Peneda	Individual	Veterano M40	02:07:20	+31:50	07:29
11	1057	Pedro Pereira	Coimbra Trail Running	Veterano M40	02:10:11	+34:40	07:39
12	1213	Joselito Pereira	MIRO TRAIL	Veterano M40	02:11:43	+36:12	07:45
13	1155	Nuno Almeida	Individual	Veterano M40	02:16:17	+40:46	08:01
14	1169	Virgílio Neto	ADCRPereira Trail Running Team	Veterano M40	02:17:28	+41:58	08:05
15	1166	Sérgio Moreira	Individual	Veterano M40	02:17:36	+42:06	08:06
16	1244	Renato Gouveia	OS PE NA COVA	Veterano M40	02:19:37	+44:07	08:13
17	1036	JOEL MARTINS	CASA DO BENFICA EM ABRANTES	Veterano M40	02:19:58	+44:28	08:14
18	1137	Diogo Reis	Coimbra Trail Running	Veterano M40	02:24:40	+49:10	08:31
19	1210	Armenio Nogueira	MIRO TRAIL	Veterano M40	02:25:54	+50:24	08:35
20	1005	João Alves	Adabem Running Team	Veterano M40	02:29:06	+53:36	08:46
21	592	José Diniz	Individual	Veterano M40	02:31:11	+55:41	08:54
22	1212	Joao Pereira	MIRO TRAIL	Veterano M40	02:39:13	+01:03:43	09:22
23	1151	Luis Pessoa Cruz	Individual	Veterano M40	02:41:16	+01:05:46	09:29
24	1255	Telmo Gregório	Só tangas	Veterano M40	02:42:21	+01:06:51	09:33
25	1252	João Madeira	Porto de Mós a Correr	Veterano M40	02:51:01	+01:15:31	10:04
26	1158	Paulo Mendonça	Individual	Veterano M40	02:51:01	+01:15:31	10:04
27	1274	Daniel Costa	Individual	Veterano M40	02:52:08	+01:16:38	10:08
28	1269	paulo cristo	Individual	Veterano M40	02:53:55	+01:18:25	10:14
29	1156	Nuno Miguel Sousa de Jesus	Individual	Veterano M40	02:55:05	+01:19:35	10:18
30	1153	Mário Araújo	Individual	Veterano M40	02:55:06	+01:19:35	10:18
31	1002	Marco Nuno Nunes de Oliveira	100 Gás Trail Team	Veterano M40	02:59:45	+01:24:15	10:34
32	1011	Mário Jorge Fernandes Oliveira	Adabem Running Team	Veterano M40	03:07:12	+01:31:42	11:01
33	1264	Sérgio Oliveira	Trail Bela Bela	Veterano M40	03:10:30	+01:35:00	11:12
34	1037	PEDRO SILVA	CASA DO BENFICA EM ABRANTES	Veterano M40	03:20:50	+01:45:19	11:49
35	1146	Joaquim guilherme Mendes pais	Individual	Veterano M40	03:25:04	+01:49:34	12:04
36	1149	Luis Filipe Seabra Nogueira	Individual	Veterano M40	03:41:23	+02:05:53	13:01

Veterano M45

1	1150	Luis Martins	Individual	Veterano M45	01:50:31	+15:01	06:30
2	1132	Abílio ribeiro	Individual	Veterano M45	01:55:04	+19:34	06:46
3	1145	João Simões	Individual	Veterano M45	01:55:06	+19:36	06:46

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4	1045	Alberto Cunha	Clube Benfeita - Aldeia de Xisto	Veterano M45	02:00:04	+24:34	07:04
5	565	Pedro Nunes	Junta de Freguesia Figueira de Lrvão	Veterano M45	02:05:50	+30:20	07:24
6	1167	Vasco Antunes Tavares	Individual	Veterano M45	02:11:46	+36:16	07:45
7	1135	Daniel Costa	Individual	Veterano M45	02:23:50	+48:20	08:28
8	1055	Luis Filipe Rodrigues Duarte	Coimbra Trail Running	Veterano M45	02:34:53	+59:23	09:07
9	1033	Nuno Martins	Bustos Runners	Veterano M45	02:35:03	+59:33	09:07
10	1165	Rui Santos	Individual	Veterano M45	02:37:02	+01:01:32	09:14
11	1139	Eugénio Carvalho Lopes	Individual	Veterano M45	02:38:34	+01:03:04	09:20
12	1161	Pedro Miguel Silva Brás	Individual	Veterano M45	02:44:38	+01:09:08	09:41
13	1154	Mário Santiago	Individual	Veterano M45	02:46:06	+01:10:36	09:46
14	1157	Paulo Gonçalves	Individual	Veterano M45	02:51:18	+01:15:48	10:05
15	1162	Pedro Nunes	Individual	Veterano M45	02:54:20	+01:18:50	10:15
16	1159	Paulo Nuno Correia Lucas	Individual	Veterano M45	03:07:38	+01:32:08	11:02
17	1148	Julio Almeida	Individual	Veterano M45	03:12:57	+01:37:27	11:21
18	1136	David José Alves	Individual	Veterano M45	03:17:25	+01:41:55	11:37
19	1140	Francisco Figueiredo	Individual	Veterano M45	03:18:55	+01:43:25	11:42
20	1138	Eduardo João Ribeiro Carrão	Individual	Veterano M45	03:32:27	+01:56:57	12:30
21	1034	Sérgio Marques	Caminhar ao Luar	Veterano M45	03:40:08	+02:04:38	12:57
22	1021	Nuno Fernandes	Ativo Team running	Veterano M45	04:25:54	+02:50:24	15:39
23	1163	Pullion	Individual	Veterano M45	04:38:15	+03:02:45	16:22

Veterano M50

1	1194	Americo Almeida	Junta de Freguesia Figueira de Lrvão	Veterano M50	01:59:02	+23:31	07:00
2	1180	Paulo Marques	Individual	Veterano M50	02:03:32	+28:01	07:16
3	1142	Henrique Xavier	Individual	Veterano M50	02:09:28	+33:57	07:37
4	1177	José Nunes	Individual	Veterano M50	02:11:42	+36:11	07:45
5	1265	Oscar Ramalho	Trail Bela Bela	Veterano M50	02:13:18	+37:48	07:51
6	1027	ANTONIO MARQUES	Avila Runners	Veterano M50	02:13:51	+38:20	07:52
7	1178	José Pinto	Individual	Veterano M50	02:15:04	+39:34	07:57
8	1152	Marcelo Cardetas Coutinho	Individual	Veterano M50	02:27:15	+51:45	08:40
9	1214	Artur Costa	MIRO TRAIL	Veterano M50	02:33:48	+58:18	09:03
10	1048	AGOSTINHO PEREIRA	CMMC TÁBUA	Veterano M50	02:36:45	+01:01:15	09:13
11	1224	João Beirão	Os Mimosos	Veterano M50	02:47:03	+01:11:33	09:50
12	1143	João Luis Dias Dos Santos	Individual	Veterano M50	02:51:18	+01:15:48	10:05
13	1046	Vitor Coimbra	Clube Vodafone	Veterano M50	02:56:26	+01:20:56	10:23
14	1215	Victor Silva	MIRO TRAIL	Veterano M50	03:00:22	+01:24:52	10:37
15	1247	José Pereira	OS PE NA COVA	Veterano M50	03:00:37	+01:25:07	10:37
16	1182	Rui Lobo Machado	Individual	Veterano M50	03:02:41	+01:27:11	10:45
17	1243	Pedro Gouveia	OS PE NA COVA	Veterano M50	03:06:24	+01:30:54	10:58
18	549	VALERY LEUREAU	Individual	Veterano M50	03:11:44	+01:36:14	11:17
19	552	Gauthier lionel	Individual	Veterano M50	03:11:44	+01:36:14	11:17
20	1173	Arlindo Monteiro Ferreira	Individual	Veterano M50	03:21:46	+01:46:16	11:52
21	574	José Santos	MIRO TRAIL	Veterano M50	03:58:58	+02:23:28	14:03

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22	1183	SCHIUMERINI	Individual	Veterano M50	04:38:15	+03:02:45	16:22
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Veterano M55

1	1174	carlos da conceição lobo	Individual	Veterano M55	02:40:55	+01:05:25	09:28
2	1181	Renato Ramos	Individual	Veterano M55	02:47:27	+01:11:57	09:51
3	1176	JOÃO PEDRO DE ALMEIDA LIBERAL	Individual	Veterano M55	02:53:10	+01:17:39	10:11
4	1246	José Amorim Padilha	OS PE NA COVA	Veterano M55	03:16:10	+01:40:40	11:32
5	1179	manuel pedrosa	Individual	Veterano M55	04:07:14	+02:31:44	14:33

Veterano M60

1	1195	Manuel Lino	Junta de Freguesia Figueira de Lrvão	Veterano M60	01:47:10	+11:40	06:18
2	1172	Álvaro Marques Costa	Individual	Veterano M60	02:39:31	+01:04:01	09:23
3	1248	José Lopes	OS PE NA COVA	Veterano M60	02:41:08	+01:05:38	09:29
4	1185	José Manuel Gonçalves	Individual	Veterano M60	02:55:06	+01:19:36	10:18
5	1245	Antonio Soares	OS PE NA COVA	Veterano M60	03:00:12	+01:24:42	10:36
6	1043	Luis Rei	CLAC Entroncamento/OndaTrilhos	Veterano M60	03:02:46	+01:27:16	10:45
7	1184	JOAQUIM. AMIEIRO	Individual	Veterano M60	03:09:30	+01:34:00	11:09
8	1038	CARLOS ALFAIATE	CASA DO BENFICA EM ABRANTES	Veterano M60	03:29:24	+01:53:54	12:19

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 10-Nov-2019 16:27
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