

TRAIL - STAGE 1

16 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:30	-99°C	-99%
End	12:34	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	4	Nelson Costa	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Senior Masculino	01:05:53		04:07
2	57	Tiago Duarte	atletismo clube da tocha	Senior Masculino	01:08:51	+02:58	04:18
3	3	Márcio Pereira	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Senior Masculino	01:08:52	+02:59	04:18
4	193	jorge filipe	montanha clube trail running / efapel	Sub 23 Masculino	01:10:03	+04:09	04:23
5	5	Paulo Amaral	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M40	01:10:13	+04:20	04:23
6	6	Vítor Godinho	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M40	01:10:31	+04:38	04:24
7	260	Ricardo Santos	vikings trail runners / ccr alcabideque	Senior Masculino	01:10:53	+04:59	04:26
8	1	Bruno gonçaves	grvilaverdense	Senior Masculino	01:11:05	+05:11	04:27
9	78	Rui Rodrigues	centro de atletismo de tondela	Senior Masculino	01:12:03	+06:09	04:30
10	216	Rodrigo Quintal	sc povoense - caracóis de corrida	Senior Masculino	01:13:09	+07:16	04:34
11	217	Vitor Francisco	sc povoense - caracóis de corrida	Senior Masculino	01:14:05	+08:12	04:38
12	192	Pedro Batista	montanha clube trail running / efapel	Senior Masculino	01:14:35	+08:41	04:40
13	47	Carlos Simões	arshm - associação recreativa de s. miguel	Veterano M50	01:14:43	+08:50	04:40
14	2	André Ferreira Calado da Fonte	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Senior Masculino	01:15:12	+09:19	04:42
15	42	André Magalhães	arshm - associação recreativa de s. miguel	Senior Masculino	01:15:18	+09:25	04:42
16	256	Hugo Simões	vikings trail runners / ccr alcabideque	Senior Masculino	01:15:43	+09:50	04:44
17	34	Arlindo Ribeiro	arcd venda da luisa	Veterano M50	01:15:51	+09:58	04:44
18	206	Filipe Rocha	ozxtreme/adcr pereira	Senior Masculino	01:16:08	+10:15	04:46
19	39	Luis Miguel Mateus Ramos	arredaguilhotas pro team	Veterano M40	01:16:25	+10:32	04:47
20	190	Fernando Bastos	montanha clube trail running / efapel	Senior Masculino	01:16:57	+11:04	04:49
21	88	tiago silva	gatões btt	Senior Masculino	01:17:11	+11:18	04:49
22	207	Márcio Cruz	ozxtreme/adcr pereira	Sub 23 Masculino	01:17:54	+12:01	04:52
23	259	Renato Filipe Jacob Melo	vikings trail runners / ccr alcabideque	Senior Masculino	01:18:11	+12:18	04:53
24	251	André Braga de Oliveira Costa	vikings trail runners / ccr alcabideque	Senior Masculino	01:18:11	+12:18	04:53
25	103	Alex Silva	grvilaverdense	Veterano M40	01:18:24	+12:31	04:54
26	87	Cesar Altino	gatões btt	Senior Masculino	01:19:13	+13:20	04:57
27	238	Ernesto Nabeiro	soure mov	Veterano M40	01:19:37	+13:44	04:59
28	210	Carlos Correia	ozxtreme/adcr pereira	Senior Masculino	01:19:58	+14:05	05:00
29	231	Márcio Felício	soure mov	Senior Masculino	01:20:45	+14:52	05:03
30	52	Pedro Cardoso	assscc - ar livre e aventura	Veterano M40	01:21:06	+15:12	05:04
31	274	Victor Dourado	monges do varosa	Veterano M40	01:21:08	+15:15	05:04
32	37	Jose Marques	arcd venda da luisa	Veterano M50	01:21:35	+15:42	05:06
33	213	José Santos	sc povoense - caracóis de corrida	Senior Masculino	01:22:07	+16:14	05:08
34	227	Vitor Gomes	soluções ideais	Veterano M40	01:22:17	+16:24	05:09
35	160	Miguel Pimenta	individual	Veterano M40	01:22:43	+16:50	05:10
36	84	Paulo Marques	formobike btt & trail running	Senior Masculino	01:23:02	+17:09	05:11
37	45	Pedro Ramos	arshm - associação recreativa de s. miguel	Veterano M40	01:23:03	+17:10	05:11
38	105	João Loureiro	grvilaverdense	Veterano M40	01:23:09	+17:16	05:12
39	82	João Roso	csdcd norte e soure	Senior Masculino	01:23:29	+17:36	05:13

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	48	José Correia	arasm - associação recreativa de s. miguel	Veterano M50	01:23:46	+17:53	05:14
41	171	Américo Almeida	individual	Veterano M50	01:24:00	+18:06	05:15
42	35	Carlos Manuel Lopes Quinteiro	arcd venda da luisa	Veterano M50	01:24:00	+18:07	05:15
43	254	Fabio Antonio Loio Gomes	vikings trail runners / ccr alcabideque	Senior Masculino	01:24:02	+18:09	05:15
44	18	Artur Gândara	arcd venda da luisa	Senior Masculino	01:24:08	+18:15	05:16
45	218	Jose Miguel Santos	sc povoense - caracóis de corrida	Veterano M40	01:24:32	+18:38	05:17
46	44	Enrique Amaro	arasm - associação recreativa de s. miguel	Veterano M40	01:24:34	+18:41	05:17
47	46	Sérgio Silva	arasm - associação recreativa de s. miguel	Veterano M40	01:24:43	+18:50	05:18
48	15	Márcio Rodrigues	acdrs quinhendros	Veterano M40	01:24:44	+18:51	05:18
49	11	António Pego	acdrs quinhendros	Veterano M40	01:24:54	+19:01	05:18
50	70	ANTÓNIO FIGUEIREDO	casa do benfica de arganil	Senior Masculino	01:25:13	+19:20	05:20
51	262	Rui Dias	vikings trail runners / ccr alcabideque	Senior Masculino	01:25:20	+19:27	05:20
52	172	FERNANDO JESUS	individual	Veterano M50	01:25:32	+19:39	05:21
53	114	Manuel Fernandes	grvilavaldense	Veterano M60	01:25:56	+20:02	05:22
54	112	Rui Teixeira	grvilavaldense	Veterano M50	01:26:10	+20:17	05:23
55	214	Pedro Galhano	sc povoense - caracóis de corrida	Senior Masculino	01:26:19	+20:26	05:24
56	252	Diogo Filipe Andrade Azevedo	vikings trail runners / ccr alcabideque	Senior Masculino	01:26:45	+20:51	05:25
57	56	Nuno Almeida	atletismo clube da tocha	Senior Masculino	01:26:56	+21:03	05:26
58	175	Luís Alberto Simões da Silva	individual	Veterano M50	01:27:00	+21:07	05:26
59	230	André Neto	soure mov	Senior Masculino	01:27:04	+21:11	05:27
60	209	Fernando Rodrigues Carvalho	ozxtreme/adcr pereira	Veterano M40	01:27:12	+21:19	05:27
61	188	Carla Santos	montanha clube trail running / efapel	Senior Feminino	01:27:15	+21:22	05:27
62	12	Bruno B Ferreira	acdrs quinhendros	Veterano M40	01:27:18	+21:24	05:27
63	269	Luis Pedro dos Santos Caridade	vikings trail runners / ccr alcabideque	Veterano M40	01:27:31	+21:38	05:28
64	273	Alberto Cunha	clube benfeita	Veterano M40	01:27:38	+21:45	05:29
65	127	Francisco	individual	Senior Masculino	01:27:41	+21:48	05:29
66	169	Rui varanda	individual	Veterano M40	01:27:42	+21:49	05:29
67	14	BRUNO MACIEL	acdrs quinhendros	Veterano M40	01:27:48	+21:55	05:29
68	219	Miguel Ribeiro	sc povoense - caracóis de corrida	Veterano M40	01:28:08	+22:14	05:31
69	129	João Barradas	individual	Senior Masculino	01:28:12	+22:18	05:31
70	59	josé julião	atletismo clube da tocha	Veterano M60	01:28:25	+22:32	05:32
71	58	PAULO BAPTISTA	atletismo clube da tocha	Veterano M40	01:28:25	+22:32	05:32
72	54	João Abrunheiro	atletismo clube da tocha	Senior Masculino	01:28:42	+22:48	05:33
73	148	António Ferreira	individual	Veterano M40	01:28:43	+22:50	05:33
74	17	ANTÓNIO SILVA	acdrs quinhendros	Veterano M60	01:28:51	+22:58	05:33
75	268	Antonio José Damas Martins	vikings trail runners / ccr alcabideque	Veterano M40	01:29:31	+23:38	05:36
76	222	Jorge Pereira	sola gasta	Sub 23 Masculino	01:30:19	+24:26	05:39
77	223	Nuno Garcia	sola gasta	Veterano M40	01:30:20	+24:27	05:39
78	98	Pedro Figueiredo	grvilavaldense	Senior Masculino	01:30:23	+24:30	05:39
79	176	Paulo Carvalho	individual	Veterano M50	01:30:31	+24:38	05:39
80	182	João Pedro da Silva Dâmaso	joão pedro da silva dâmaso	Senior Masculino	01:30:33	+24:40	05:40
81	201	João Pereira	out 2 run/miro	Veterano M40	01:30:56	+25:02	05:41
82	270	António Eufrásio de Melo	vikings trail runners / ccr alcabideque	Veterano M50	01:31:16	+25:22	05:42
83	202	Joselito Pereira	out 2 run/miro	Veterano M40	01:31:24	+25:31	05:43
84	191	João Tiago Costa	montanha clube trail running / efapel	Senior Masculino	01:31:37	+25:44	05:44

TRAIL - STAGE 1

16 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	107	Nelson Azenha	grvilaverdense	Veterano M40	01:31:43	+25:50	05:44
86	136	Rui Santos	individual	Senior Masculino	01:31:43	+25:50	05:44
87	150	ANTÓNIO PEREIRA	individual	Veterano M40	01:31:50	+25:56	05:44
88	77	Fábio Ribeiro	casa do benfica de arganil	Sub 23 Masculino	01:32:03	+26:10	05:45
89	108	Paulo Pereira	grvilaverdense	Veterano M40	01:32:07	+26:13	05:45
90	97	Nuno Nascimento	grvilaverdense	Senior Masculino	01:32:22	+26:29	05:46
91	91	José Gil Andrade	grupo desportivo ferreirense	Senior Masculino	01:32:28	+26:35	05:47
92	79	Catarina Zylberberg	coimbra trail running	Veterana F40	01:32:49	+26:56	05:48
93	240	PAULO LOPES	soure mov	Veterano M40	01:32:57	+27:04	05:49
94	137	Tiago Lopes	individual	Senior Masculino	01:33:00	+27:07	05:49
95	36	José Manuel Castanheiro dos Santos	arcd venda da luisa	Veterano M50	01:33:06	+27:13	05:49
96	264	Tiago Matias	vikings trail runners / ccr alcabideque	Senior Masculino	01:33:31	+27:37	05:51
97	7	Augusto Silva	abutres	Veterano M50	01:33:31	+27:37	05:51
98	139	Anabela Fonseca	grupo desportivo ferreirense	Veterana F40	01:33:55	+28:01	05:52
99	76	Ricardo Gonçalves	casa do benfica de arganil	Senior Masculino	01:34:06	+28:12	05:53
100	225	Ana Mota	soluções ideais	Veterana F40	01:34:25	+28:32	05:54
101	237	Carlos Cardoso	soure mov	Veterano M40	01:34:31	+28:38	05:54
102	43	Carla Soares	arcm - associação recreativa de s. miguel	Veterana F40	01:34:42	+28:49	05:55
103	253	Diogo Filipe Oliveira Alves	vikings trail runners / ccr alcabideque	Senior Masculino	01:35:00	+29:07	05:56
104	257	João Filipe Lima Monteiro	vikings trail runners / ccr alcabideque	Senior Masculino	01:35:01	+29:08	05:56
105	242	Jorge Cordeiro	soure mov	Veterano M50	01:35:31	+29:38	05:58
106	229	Marisa Bregjeiro	soure mov	Senior Feminino	01:35:46	+29:53	05:59
107	104	Herminio Almeida	grvilaverdense	Veterano M40	01:35:50	+29:57	05:59
108	151	Artur Figueiredo	individual	Veterano M40	01:36:01	+30:08	06:00
109	280	Miguel Maia	individual	Sub 23 Masculino	01:36:13	+30:19	06:01
110	80	José Botelho	coimbra trail running	Veterano M50	01:36:13	+30:20	06:01
111	215	Pedro Miguel Pacheco Tavares	sc povoense - caracóis de corrida	Senior Masculino	01:36:29	+30:36	06:02
112	75	Ricardo Gírio	casa do benfica de arganil	Senior Masculino	01:36:36	+30:42	06:02
113	123	Eurico Cavaleiro	individual	Senior Masculino	01:36:44	+30:51	06:03
114	198	Fernando Fonseca	o mundo da corrida	Veterano M50	01:36:46	+30:53	06:03
115	60	Fernando Inácio Medeiros	avelar sunset trail - vaca tt	Veterano M50	01:36:54	+31:01	06:03
116	154	João Dinis	individual	Veterano M40	01:37:23	+31:30	06:05
117	122	Bruno André	individual	Senior Masculino	01:37:41	+31:48	06:06
118	130	Nuno Duarte	individual	Senior Masculino	01:37:49	+31:56	06:07
119	189	Joana pascoal	montanha clube trail running / efapel	Senior Feminino	01:37:52	+31:59	06:07
120	55	Nelson Rosete	atletismo clube da tocha	Senior Masculino	01:37:53	+32:00	06:07
121	195	Paulo nogueira	montanha clube trail running / efapel	Veterano M40	01:38:01	+32:08	06:08
122	162	Nuno Almeida	individual	Veterano M40	01:38:50	+32:56	06:11
123	144	Raquel Matias	individual	Veterana F40	01:39:04	+33:10	06:12
124	155	Jorge Rodrigues	individual	Veterano M40	01:39:05	+33:11	06:12
125	90	Sofia Alexandra Jorge Simões	grupo desportivo ferreirense	Senior Feminino	01:39:27	+33:33	06:13
126	246	Marcelo Martins	turbolentos	Senior Masculino	01:39:27	+33:34	06:13
127	177	Pedro Elias	individual	Veterano M50	01:39:58	+34:05	06:15
128	156	Jorge Santos	individual	Veterano M40	01:40:25	+34:32	06:17
129	85	Hugo carvalho	fruta da 5ª	Sub 23 Masculino	01:40:31	+34:38	06:17

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16 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
130	64	Luis António Pinto Pereira	c.m.m.escaravelhos team	Veterano M50	01:40:38	+34:45	06:17
131	152	Ezequiel André Pimentel Lapo	individual	Veterano M40	01:41:00	+35:07	06:19
132	30	Nelson Simões	arcad venda da luísa	Veterano M40	01:41:21	+35:28	06:20
133	157	Leonel Pinto	individual	Veterano M40	01:41:44	+35:51	06:22
134	111	Vitor Santos	grvilaverdense	Veterano M40	01:42:10	+36:17	06:23
135	250	Álvaro Baptista	vikings trail runners / ccr alcabideque	Senior Masculino	01:42:18	+36:25	06:24
136	33	Vitor Marques	arcad venda da luísa	Veterano M40	01:42:26	+36:33	06:24
137	49	Fausto Carvalho	arasm - associação recreativa de s. miguel	Veterano M60	01:42:41	+36:47	06:25
138	161	Nuno Almeida	individual	Veterano M40	01:42:48	+36:54	06:26
139	50	Joaquim Branquinho	arasm - associação recreativa de s. miguel	Veterano M60	01:42:58	+37:05	06:26
140	239	José Madeira	sourev mov	Veterano M40	01:42:59	+37:06	06:26
141	135	Rui manuel rodrigues monteiro	individual	Senior Masculino	01:43:07	+37:14	06:27
142	81	Pedro Aleixo	cpt coimbra	Veterano M40	01:43:08	+37:15	06:27
143	101	Xana Maia	grvilaverdense	Veterana F40	01:44:01	+38:08	06:30
144	109	Paulo Rocha	grvilaverdense	Veterano M40	01:44:01	+38:08	06:30
145	244	Daniela Guerra	team korpo activo	Senior Feminino	01:44:27	+38:34	06:32
146	31	Pedro Silva	arcad venda da luísa	Veterano M40	01:44:41	+38:48	06:33
147	25	Elisabete Girão	arcad venda da luísa	Veterana F40	01:44:42	+38:48	06:33
148	187	Nuno Almeida	m4a	Veterano M40	01:45:04	+39:11	06:34
149	186	José Dias	m4a	Veterano M40	01:45:04	+39:11	06:34
150	92	Luís Andrade	grupo desportivo ferreirense	Senior Masculino	01:45:44	+39:50	06:37
151	245	Gabriela Loureiro Marques Oliveira	team korpo activo	Senior Feminino	01:47:27	+41:33	06:43
152	203	Artur Costa	out 2 run/miro	Veterano M50	01:47:28	+41:34	06:43
153	95	JOSÉ PEDROSA	grupo maravilha	Veterano M50	01:48:18	+42:25	06:46
154	8	Vania paixão	accdrs quinhendros	Senior Feminino	01:48:41	+42:47	06:48
155	168	Rui Ferreira	individual	Veterano M40	01:48:50	+42:56	06:48
156	167	Ricardo Alves	individual	Veterano M40	01:48:55	+43:02	06:48
157	211	Ana Reis	sc povoense - caracóis de corrida	Senior Feminino	01:49:07	+43:14	06:49
158	124	Fábio	individual	Senior Masculino	01:49:08	+43:15	06:49
159	212	Helder Cunha	sc povoense - caracóis de corrida	Senior Masculino	01:49:08	+43:15	06:49
160	278	José Santos	individual	Senior Masculino	01:49:29	+43:35	06:51
161	197	Isabel Trindade	o mundo da corrida	Veterana F50	01:49:29	+43:35	06:51
162	208	António Ferreira	ozxtreme/adcr pereira	Veterano M40	01:49:36	+43:43	06:51
163	143	Maria José Mendes Lima	individual	Veterana F40	01:49:36	+43:43	06:51
164	235	Eugénia Batista	sourev mov	Veterana F50	01:49:51	+43:58	06:52
165	63	Rui Santos	blackbulls / clube de condeixa	Veterano M40	01:50:17	+44:24	06:54
166	174	João Gante Góis	individual	Veterano M50	01:50:18	+44:24	06:54
167	236	Rosália Duarte	sourev mov	Veterana F50	01:50:47	+44:54	06:55
168	73	João Pedro Gírio Carvalho	casa do benfica de arganil	Senior Masculino	01:50:59	+45:06	06:56
169	205	Victor Silva	out 2 run/miro	Veterano M50	01:51:11	+45:18	06:57
170	53	Rute Bastos	atletismo clube da tocha	Senior Feminino	01:51:37	+45:44	06:59
171	117	Manuela Silva	individual	Senior Feminino	01:51:47	+45:54	06:59
172	170	Sérgio Madeira	individual	Veterano M40	01:51:47	+45:54	06:59
173	258	Pedro Martins	vikings trail runners / ccr alcabideque	Senior Masculino	01:52:17	+46:23	07:01
174	271	Aldina Ferreira	we	Veterana F40	01:52:45	+46:52	07:03

TRAIL - STAGE 1**16 KM**

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
220	194	CÉLIA CARVALHO	montanha clube trail running / efapel	Veterana F40	02:08:17	+01:02:24	08:01
221	120	Sandra Gonçalves	montanha clube trail running / efapel	Senior Feminino	02:08:17	+01:02:24	08:01
222	128	Helder da Silva Fernandes	individual	Senior Masculino	02:09:27	+01:03:33	08:05
223	226	Rui Guedes	soluções ideais	Veterano M40	02:09:59	+01:04:06	08:07
224	275	Sílvia Pedro	out 2 run/miro	Veterana F50	02:10:08	+01:04:15	08:08
225	10	Anabela Colaço	acdrs quinhendros	Veterana F40	02:11:25	+01:05:31	08:13
226	263	Tiago Guiomar	vikings trail runners / ccr alcabideque	Senior Masculino	02:12:37	+01:06:44	08:17
227	21	Gonçalo Deus	arcd venda da luisa	Sub 23 Masculino	02:12:45	+01:06:52	08:18
228	20	Margarida Moita	arcd venda da luisa	Sub 23 Feminino	02:12:47	+01:06:54	08:18
229	164	Paulo Fresco	individual	Veterano M40	02:13:19	+01:07:26	08:20
230	96	João Melanda	grvilaverdense	Senior Masculino	02:13:56	+01:08:03	08:22
231	24	Cristina Melo	arcd venda da luisa	Veterana F40	02:14:44	+01:08:51	08:25
232	26	Graça Simões	arcd venda da luisa	Veterana F40	02:16:03	+01:10:10	08:30
233	199	Fernando Luis	o mundo da corrida	Veterano M60	02:17:20	+01:11:27	08:35
234	100	Paula Monteiro	grvilaverdense	Veterana F40	02:17:52	+01:11:59	08:37
235	232	Ana Silva	soure mov	Veterana F40	02:19:21	+01:13:27	08:43
236	89	Cátia Castanheira	grupo desportivo ferreirense	Senior Feminino	02:20:50	+01:14:57	08:48
237	83	MANUELA MURTINHO	dá-lhe gás team	Veterana F40	02:21:11	+01:15:18	08:49
238	142	Luísa Santos	individual	Veterana F40	02:21:28	+01:15:35	08:51
239	102	Fátima Cabeço	grvilaverdense	Veterana F50	02:22:36	+01:16:43	08:55
240	69	Nuno Miguel Dias Alves	casa do benfica condeixa	Veterano M40	02:25:00	+01:19:07	09:04
241	116	Jessica Cardoso	individual	Senior Feminino	02:29:22	+01:23:28	09:20
242	115	Carla Costa	individual	Senior Feminino	02:30:05	+01:24:12	09:23
243	153	João Cruz	individual	Veterano M40	02:30:05	+01:24:12	09:23
244	145	Renata Alves	individual	Veterana F40	02:31:22	+01:25:29	09:28
245	159	Miguel Dias	individual	Veterano M40	02:31:28	+01:25:35	09:28
246	267	Clara Monteiro	vikings trail runners / ccr alcabideque	Veterana F50	02:36:05	+01:30:12	09:45
247	99	Fernanda Freitas	grvilaverdense	Veterana F40	02:36:06	+01:30:12	09:45
248	138	Tatiana Lousada	individual	Sub 23 Feminino	02:36:31	+01:30:38	09:47
249	149	António Florentino	individual	Veterano M40	02:38:10	+01:32:17	09:53
250	140	Carla Florentino	individual	Veterana F40	02:38:10	+01:32:17	09:53
251	141	Eliana Tavares	individual	Veterana F40	02:43:44	+01:37:51	10:14
252	166	Pedro Bailão	individual	Veterano M40	02:43:44	+01:37:51	10:14
253	224	Sara Guedes	soluções ideais	Senior Feminino	02:50:27	+01:44:34	10:39
254	119	Patrícia Lopes	individual	Senior Feminino	02:57:21	+01:51:28	11:05

Trail

16 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	-99°C	-99%
End	12:34	-99°C	-99%

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

1	188	Carla Santos	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	Senior Feminino	01:27:15	+21:22	05:27
2	229	Marisa Bregjeiro	SOURE MOV	Senior Feminino	01:35:46	+29:53	05:59
3	189	Joana pascoal	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	Senior Feminino	01:37:52	+31:59	06:07
4	90	Sofia Alexandra Jorge Simões	Grupo Desportivo Ferreiraense	Senior Feminino	01:39:27	+33:33	06:13
5	244	Daniela Guerra	Team Korpo Activo	Senior Feminino	01:44:27	+38:34	06:32
6	245	Gabriela Loureiro Marques Oliveira	Team Korpo Activo	Senior Feminino	01:47:27	+41:33	06:43
7	8	Vania paixão	ACDRS QUINHENDROS	Senior Feminino	01:48:41	+42:47	06:48
8	211	Ana Reis	SC Povoense - Caracóis de Corrida	Senior Feminino	01:49:07	+43:14	06:49
9	53	Rute Bastos	Atletismo Clube da Tocha	Senior Feminino	01:51:37	+45:44	06:59
10	117	Manuela Silva	Individual	Senior Feminino	01:51:47	+45:54	06:59
11	247	Anabela de Oliveira Cardoso	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	01:56:45	+50:52	07:18
12	248	Carla Ribeiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	01:57:00	+51:07	07:19
13	65	Marisa Almeida	CASA DO BENFICA CONDEIXA	Senior Feminino	01:57:32	+51:39	07:21
14	41	Marina Carvalho	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	01:59:20	+53:27	07:28
15	118	Otilia Costa	Individual	Senior Feminino	02:01:35	+55:42	07:36
16	38	Daniela Maria Oliveira	Arredaguilhotas Pro Team	Senior Feminino	02:04:23	+58:30	07:46
17	200	Isabel Jesus	out 2 run/Miro	Senior Feminino	02:05:50	+59:57	07:52
18	120	Sandra Gonçalves	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	Senior Feminino	02:08:17	+01:02:24	08:01
19	89	Cátia Castanheira	Grupo Desportivo Ferreiraense	Senior Feminino	02:20:50	+01:14:57	08:48
20	116	Jessica Cardoso	Individual	Senior Feminino	02:29:22	+01:23:28	09:20
21	115	Carla Costa	Individual	Senior Feminino	02:30:05	+01:24:12	09:23
22	224	Sara Guedes	Soluções Ideais	Senior Feminino	02:50:27	+01:44:34	10:39
23	119	Patrícia Lopes	Individual	Senior Feminino	02:57:21	+01:51:28	11:05

Senior Masculino

1	4	Nelson Costa	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Senior Masculino	01:05:53		04:07
2	57	Tiago Duarte	Atletismo Clube da Tocha	Senior Masculino	01:08:51	+02:58	04:18
3	3	Márcio Pereira	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Senior Masculino	01:08:52	+02:59	04:18
4	260	Ricardo Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:10:53	+04:59	04:26
5	1	Bruno gonçalves	GRVILAUVERDENSE	Senior Masculino	01:11:05	+05:11	04:27
6	78	Rui Rodrigues	Centro de Atletismo de Tondela	Senior Masculino	01:12:03	+06:09	04:30

Trail

16 KM

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

OFFICIAL RESULT

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

7	216	Rodrigo Quintal	SC Povoense - Caracóis de Corrida	Senior Masculino	01:13:09	+07:16	04:34
8	217	Vitor Francisco	SC Povoense - Caracóis de Corrida	Senior Masculino	01:14:05	+08:12	04:38
9	192	Pedro Batista	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	Senior Masculino	01:14:35	+08:41	04:40
10	2	André Ferreira Calado da Fonte	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Senior Masculino	01:15:12	+09:19	04:42
11	42	André Magalhães	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	01:15:18	+09:25	04:42
12	256	Hugo Simões	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:15:43	+09:50	04:44
13	206	Filipe Rocha	Ozxtreme/ADCR Pereira	Senior Masculino	01:16:08	+10:15	04:46
14	190	Fernando Bastos	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	Senior Masculino	01:16:57	+11:04	04:49
15	88	tiago silva	Gatões BTT	Senior Masculino	01:17:11	+11:18	04:49
16	259	Renato Filipe Jacob Melo	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:18:11	+12:18	04:53
17	251	André Braga de Oliveira Costa	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:18:11	+12:18	04:53
18	87	Cesar Altino	Gatões BTT	Senior Masculino	01:19:13	+13:20	04:57
19	210	Carlos Correia	Ozxtreme/ADCR Pereira	Senior Masculino	01:19:58	+14:05	05:00
20	231	Márcio Felício	SOURE MOV	Senior Masculino	01:20:45	+14:52	05:03
21	213	José Santos	SC Povoense - Caracóis de Corrida	Senior Masculino	01:22:07	+16:14	05:08
22	84	Paulo Marques	Formobike BTT & Trail Running	Senior Masculino	01:23:02	+17:09	05:11
23	82	João Roso	CSCD NORTE e SOURE	Senior Masculino	01:23:29	+17:36	05:13
24	254	Fabio Antonio Loio Gomes	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:24:02	+18:09	05:15
25	18	Artur Gândara	ARCD VENDA DA LUISA	Senior Masculino	01:24:08	+18:15	05:16
26	70	ANTÓNIO FIGUEIREDO	Casa do Benfica de Arganil	Senior Masculino	01:25:13	+19:20	05:20
27	262	Rui Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:25:20	+19:27	05:20
28	214	Pedro Galhano	SC Povoense - Caracóis de Corrida	Senior Masculino	01:26:19	+20:26	05:24
29	252	Diogo Filipe Andrade Azevedo	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:26:45	+20:51	05:25
30	56	Nuno Almeida	Atletismo Clube da Tocha	Senior Masculino	01:26:56	+21:03	05:26
31	230	André Neto	SOURE MOV	Senior Masculino	01:27:04	+21:11	05:27
32	127	Francisco	Individual	Senior Masculino	01:27:41	+21:48	05:29
33	129	João Barradas	Individual	Senior Masculino	01:28:12	+22:18	05:31
34	54	João Abrunheiro	Atletismo Clube da Tocha	Senior Masculino	01:28:42	+22:48	05:33
35	98	Pedro Figueiredo	GRVILAVERDENSE	Senior Masculino	01:30:23	+24:30	05:39
36	182	João Pedro da Silva Dâmaso	João Pedro da Silva Dâmaso	Senior Masculino	01:30:33	+24:40	05:40
37	191	João Tiago Costa	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	Senior Masculino	01:31:37	+25:44	05:44
38	136	Rui Santos	Individual	Senior Masculino	01:31:43	+25:50	05:44
39	97	Nuno Nascimento	GRVILAVERDENSE	Senior Masculino	01:32:22	+26:29	05:46
40	91	José Gil Andrade	Grupo Desportivo Ferreirense	Senior Masculino	01:32:28	+26:35	05:47
41	137	Tiago Lopes	Individual	Senior Masculino	01:33:00	+27:07	05:49

Trail

16 KM

OFFICIAL RESULT

42	264	Tiago Matias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:33:31	+27:37	05:51
43	76	Ricardo Gonçalves	Casa do Benfica de Arganil	Senior Masculino	01:34:06	+28:12	05:53
44	253	Diogo Filipe Oliveira Alves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:35:00	+29:07	05:56
45	257	João Filipe Lima Monteiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:35:01	+29:08	05:56
46	215	Pedro Miguel Pacheco Tavares	SC Povoense - Caracóis de Corrida	Senior Masculino	01:36:29	+30:36	06:02
47	75	Ricardo Gírio	Casa do Benfica de Arganil	Senior Masculino	01:36:36	+30:42	06:02
48	123	Eurico Cavaleiro	Individual	Senior Masculino	01:36:44	+30:51	06:03
49	122	Bruno André	Individual	Senior Masculino	01:37:41	+31:48	06:06
50	130	Nuno Duarte	Individual	Senior Masculino	01:37:49	+31:56	06:07
51	55	Nelson Rosete	Atletismo Clube da Tocha	Senior Masculino	01:37:53	+32:00	06:07
52	246	Marcelo Martins	TURBOLENTOS	Senior Masculino	01:39:27	+33:34	06:13
53	250	Álvaro Baptista	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:42:18	+36:25	06:24
54	135	Rui manuel rodrigues monteiro	Individual	Senior Masculino	01:43:07	+37:14	06:27
55	92	Luís Andrade	Grupo Desportivo Ferreirense	Senior Masculino	01:45:44	+39:50	06:37
56	124	Fábio	Individual	Senior Masculino	01:49:08	+43:15	06:49
57	212	Helder Cunha	SC Povoense - Caracóis de Corrida	Senior Masculino	01:49:08	+43:15	06:49
58	278	José Santos	Individual	Senior Masculino	01:49:29	+43:35	06:51
59	73	João Pedro Gírio Carvalho	Casa do Benfica de Arganil	Senior Masculino	01:50:59	+45:06	06:56
60	258	Pedro Martins	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:52:17	+46:23	07:01
61	131	Paulo Avó	Individual	Senior Masculino	01:53:50	+47:57	07:07
62	72	Filipe Manuel Varandas Costa	Casa do Benfica de Arganil	Senior Masculino	01:56:25	+50:32	07:17
63	71	Diogo Martins	Casa do Benfica de Arganil	Senior Masculino	01:56:25	+50:32	07:17
64	67	Orlando Almeida	CASA DO BENFICA CONDEIXA	Senior Masculino	01:57:32	+51:39	07:21
65	220	Pedro Marques	Sola Gasta	Senior Masculino	02:00:18	+54:25	07:31
66	287	José Marques	Individual	Senior Masculino	02:00:18	+54:25	07:31
67	74	Pedro Filipe Santos Pena	Casa do Benfica de Arganil	Senior Masculino	02:02:49	+56:56	07:41
68	128	Helder da Silva Fernandes	Individual	Senior Masculino	02:09:27	+01:03:33	08:05
69	263	Tiago Guiomar	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	02:12:37	+01:06:44	08:17
70	96	João Melanda	GRVILAVERDENSE	Senior Masculino	02:13:56	+01:08:03	08:22

Sub 23 Feminino

1	20	Margarida Moita	ARCD VENDA DA LUISA	Sub 23 Feminino	02:12:47	+01:06:54	08:18
2	138	Tatiana Lousada	Individual	Sub 23 Feminino	02:36:31	+01:30:38	09:47

Sub 23 Masculino

1	193	jorge filipe	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	Sub 23 Masculino	01:10:03	+04:09	04:23
2	207	Márcio Cruz	Oxtreme/ADCR Pereira	Sub 23 Masculino	01:17:54	+12:01	04:52

Official Timekeeper: Lap2Go

3 / 8

generate 07-jul-2019 12:35

Trail

16 KM

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

OFFICIAL RESULT

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

3	222	Jorge Pereira	Sola Gasta	Sub 23 Masculino	01:30:19	+24:26	05:39
4	77	Fábio Ribeiro	Casa do Benfica de Arganil	Sub 23 Masculino	01:32:03	+26:10	05:45
5	280	Miguel Maia	Individual	Sub 23 Masculino	01:36:13	+30:19	06:01
6	85	Hugo carvalho	Fruta da 5ª	Sub 23 Masculino	01:40:31	+34:38	06:17
7	221	João Rodrigues	Sola Gasta	Sub 23 Masculino	01:53:28	+47:35	07:06
8	279	Bruno Silva	Individual	Sub 23 Masculino	01:55:09	+49:16	07:12
9	21	Gonçalo Deus	ARCD VENDA DA LUISA	Sub 23 Masculino	02:12:45	+01:06:52	08:18

Veterana F40

1	79	Catarina Zylberberg	Coimbra Trail Running	Veterana F40	01:32:49	+26:56	05:48
2	139	Anabela Fonseca	Grupo Desportivo Ferreirense	Veterana F40	01:33:55	+28:01	05:52
3	225	Ana Mota	Soluções Ideais	Veterana F40	01:34:25	+28:32	05:54
4	43	Carla Soares	ARSM - Associação Recreativa de S. Miguel	Veterana F40	01:34:42	+28:49	05:55
5	144	Raquel Matias	Individual	Veterana F40	01:39:04	+33:10	06:12
6	101	Xana Maia	GRVILAVERDENSE	Veterana F40	01:44:01	+38:08	06:30
7	25	Elisabete Girão	ARCD VENDA DA LUISA	Veterana F40	01:44:42	+38:48	06:33
8	143	Maria José Mendes Lima	Individual	Veterana F40	01:49:36	+43:43	06:51
9	271	Aldina Ferreira	We	Veterana F40	01:52:45	+46:52	07:03
10	61	Maria simoes	Bio Team Run	Veterana F40	01:54:10	+48:17	07:08
11	234	Elisabete Carreira	SOURE MOV	Veterana F40	01:55:36	+49:43	07:14
12	265	Rosa Luisa Ramos Beja	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F40	01:56:45	+50:52	07:18
13	146	Sara cristina almeida silva	Individual	Veterana F40	01:58:31	+52:38	07:24
14	51	Anabela Almeida	ASSSCC - Ar Livre e Aventura	Veterana F40	02:02:11	+56:18	07:38
15	22	Carla Freire	ARCD VENDA DA LUISA	Veterana F40	02:02:20	+56:27	07:39
16	93	Dora Dourado	Grupo Desportivo Ferreirense	Veterana F40	02:02:37	+56:44	07:40
17	68	Dina Barroca	CASA DO BENFICA CONDEIXA	Veterana F40	02:05:25	+59:32	07:50
18	233	Dora Santos	SOURE MOV	Veterana F40	02:05:26	+59:33	07:50
19	194	CÉLIA CARVALHO	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	Veterana F40	02:08:17	+01:02:24	08:01
20	10	Anabela Colaço	ACDRS QUINHENDROS	Veterana F40	02:11:25	+01:05:31	08:13
21	24	Cristina Melo	ARCD VENDA DA LUISA	Veterana F40	02:14:44	+01:08:51	08:25
22	26	Graça Simões	ARCD VENDA DA LUISA	Veterana F40	02:16:03	+01:10:10	08:30
23	100	Paula Monteiro	GRVILAVERDENSE	Veterana F40	02:17:52	+01:11:59	08:37
24	232	Ana Silva	SOURE MOV	Veterana F40	02:19:21	+01:13:27	08:43
25	83	MANUELA MURTINHO	Dá-lhe Gás team	Veterana F40	02:21:11	+01:15:18	08:49
26	142	Luísa Santos	Individual	Veterana F40	02:21:28	+01:15:35	08:51
27	145	Renata Alves	Individual	Veterana F40	02:31:22	+01:25:29	09:28
28	99	Fernanda Freitas	GRVILAVERDENSE	Veterana F40	02:36:06	+01:30:12	09:45
29	140	Carla Florentino	Individual	Veterana F40	02:38:10	+01:32:17	09:53
30	141	Eliana Tavares	Individual	Veterana F40	02:43:44	+01:37:51	10:14

Trail

16 KM

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

OFFICIAL RESULT

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Veterana F50

1	197	Isabel Trindade	O Mundo da Corrida	Veterana F50	01:49:29	+43:35	06:51
2	235	Eugénia Batista	SOURE MOV	Veterana F50	01:49:51	+43:58	06:52
3	236	Rosália Duarte	SOURE MOV	Veterana F50	01:50:47	+44:54	06:55
4	62	Isabel Sousa	Bio Team Run	Veterana F50	01:53:42	+47:49	07:06
5	196	Céu Santos	O Mundo da Corrida	Veterana F50	01:53:51	+47:58	07:07
6	28	Paula Palmeira	ARCD VENDA DA LUISA	Veterana F50	02:03:05	+57:12	07:42
7	266	Alice Maria Rodrigues Ventura	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F50	02:05:18	+59:25	07:50
8	275	Sílvia Pedro	out 2 run/Miro	Veterana F50	02:10:08	+01:04:15	08:08
9	102	Fátima Cabeço	GRVILAVERDENSE	Veterana F50	02:22:36	+01:16:43	08:55
10	267	Clara Monteiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F50	02:36:05	+01:30:12	09:45

Veterano M40

1	5	Paulo Amaral	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	01:10:13	+04:20	04:23
2	6	Vítor Godinho	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	01:10:31	+04:38	04:24
3	39	Luís Miguel Mateus Ramos	Arredaguilhas Pro Team	Veterano M40	01:16:25	+10:32	04:47
4	103	Alex Silva	GRVILAVERDENSE	Veterano M40	01:18:24	+12:31	04:54
5	238	Ernesto Nabeiro	SOURE MOV	Veterano M40	01:19:37	+13:44	04:59
6	52	Pedro Cardoso	ASSSCC - Ar Livre e Aventura	Veterano M40	01:21:06	+15:12	05:04
7	274	Victor Dourado	Monges do Varosa	Veterano M40	01:21:08	+15:15	05:04
8	227	Vitor Gomes	Soluções Ideais	Veterano M40	01:22:17	+16:24	05:09
9	160	Miguel Pimenta	Individual	Veterano M40	01:22:43	+16:50	05:10
10	45	Pedro Ramos	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:23:03	+17:10	05:11
11	105	João Loureiro	GRVILAVERDENSE	Veterano M40	01:23:09	+17:16	05:12
12	218	Jose Miguel Santos	SC Povoense - Caracóis de Corrida	Veterano M40	01:24:32	+18:38	05:17
13	44	Enrique Amaro	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:24:34	+18:41	05:17
14	46	Sérgio Silva	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:24:43	+18:50	05:18
15	15	Márcio Rodrigues	ACDRS QUINHENDROS	Veterano M40	01:24:44	+18:51	05:18
16	11	António Pego	ACDRS QUINHENDROS	Veterano M40	01:24:54	+19:01	05:18
17	209	Fernando Rodrigues Carvalho	Ozxtreme/ADCR Pereira	Veterano M40	01:27:12	+21:19	05:27
18	12	Bruno B Ferreira	ACDRS QUINHENDROS	Veterano M40	01:27:18	+21:24	05:27
19	269	Luis Pedro dos Santos Caridade	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M40	01:27:31	+21:38	05:28
20	273	Alberto Cunha	Clube Benfeita	Veterano M40	01:27:38	+21:45	05:29
21	169	Rui varanda	Individual	Veterano M40	01:27:42	+21:49	05:29
22	14	BRUNO MACIEL	ACDRS QUINHENDROS	Veterano M40	01:27:48	+21:55	05:29
23	219	Miguel Ribeiro	SC Povoense - Caracóis de Corrida	Veterano M40	01:28:08	+22:14	05:31
24	58	PAULO BAPTISTA	Atletismo Clube da Tocha	Veterano M40	01:28:25	+22:32	05:32

Official Timekeeper: Lap2Go	5 / 8	generate 07-jul-2019 12:35
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Trail

16 KM

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69	153	João Cruz	Individual	Veterano M40	02:30:05	+01:24:12	09:23
70	159	Miguel Dias	Individual	Veterano M40	02:31:28	+01:25:35	09:28
71	149	António Florentino	Individual	Veterano M40	02:38:10	+01:32:17	09:53
72	166	Pedro Bailão	Individual	Veterano M40	02:43:44	+01:37:51	10:14

Veterano M50

1	47	Carlos Simões	ARSM - Associação Recreativa de S. Miguel	Veterano M50	01:14:43	+08:50	04:40
2	34	Arlindo Ribeiro	ARCD VENDA DA LUISA	Veterano M50	01:15:51	+09:58	04:44
3	37	Jose Marques	ARCD VENDA DA LUISA	Veterano M50	01:21:35	+15:42	05:06
4	48	José Correia	ARSM - Associação Recreativa de S. Miguel	Veterano M50	01:23:46	+17:53	05:14
5	171	Américo Almeida	Individual	Veterano M50	01:24:00	+18:06	05:15
6	35	Carlos Manuel Lopes Quinteiro	ARCD VENDA DA LUISA	Veterano M50	01:24:00	+18:07	05:15
7	172	FERNANDO JESUS	Individual	Veterano M50	01:25:32	+19:39	05:21
8	112	Rui Teixeira	GRVILAVERDENSE	Veterano M50	01:26:10	+20:17	05:23
9	175	Luís Alberto Simões da Silva	Individual	Veterano M50	01:27:00	+21:07	05:26
10	176	Paulo Carvalho	Individual	Veterano M50	01:30:31	+24:38	05:39
11	270	António Eufrásio de Melo	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M50	01:31:16	+25:22	05:42
12	36	José Manuel Castanheiro dos Santos	ARCD VENDA DA LUISA	Veterano M50	01:33:06	+27:13	05:49
13	7	Augusto Silva	ABUTRES	Veterano M50	01:33:31	+27:37	05:51
14	242	Jorge Cordeiro	SOURE MOV	Veterano M50	01:35:31	+29:38	05:58
15	80	José Botelho	Coimbra Trail Running	Veterano M50	01:36:13	+30:20	06:01
16	198	Fernando Fonseca	O Mundo da Corrida	Veterano M50	01:36:46	+30:53	06:03
17	60	Fernando Inácio Medeiros	Avelar Sunset Trail - Vaca TT	Veterano M50	01:36:54	+31:01	06:03
18	177	Pedro Elias	Individual	Veterano M50	01:39:58	+34:05	06:15
19	64	Luis António Pinto Pereira	C.M.M.Escaravelhos Team	Veterano M50	01:40:38	+34:45	06:17
20	203	Artur Costa	out 2 run/Miro	Veterano M50	01:47:28	+41:34	06:43
21	95	JOSÉ PEDROSA	Grupo Maravilha	Veterano M50	01:48:18	+42:25	06:46
22	174	João Gante Góis	Individual	Veterano M50	01:50:18	+44:24	06:54
23	205	Victor Silva	out 2 run/Miro	Veterano M50	01:51:11	+45:18	06:57
24	241	António Neves	SOURE MOV	Veterano M50	01:55:36	+49:43	07:14
25	173	João Carlos Freire Caetano da Silva	Individual	Veterano M50	01:56:20	+50:26	07:16
26	179	Rui Manuel de Melo Lopes	Individual	Veterano M50	02:04:08	+58:15	07:46
27	178	Raúl Jorge da Cruz Gomes Vigário de Matos	Individual	Veterano M50	02:05:15	+59:22	07:50
28	204	José Santos	out 2 run/Miro	Veterano M50	02:05:45	+59:52	07:52

Veterano M60

1	114	Manuel Fernandes	GRVILAVERDENSE	Veterano M60	01:25:56	+20:02	05:22
2	59	josé julião	Atletismo Clube da Tocha	Veterano M60	01:28:25	+22:32	05:32
3	17	ANTÓNIO SILVA	ACDRS QUINHENDROS	Veterano M60	01:28:51	+22:58	05:33
4	49	Fausto Carvalho	ARSM - Associação Recreativa de S. Miguel	Veterano M60	01:42:41	+36:47	06:25

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Trail

16 KM

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5	50	Joaquim Branquinho	ARSM - Associação Recreativa de S. Miguel	Veterano M60	01:42:58	+37:05	06:26
6	181	José Manuel Gonçalves	Individual	Veterano M60	01:52:59	+47:06	07:04
7	86	Valter Jacinto 20/	G.D.ASEMPARK	Veterano M60	01:54:08	+48:15	07:08
8	113	José Guerra	GRVILAVERDENSE	Veterano M60	02:01:00	+55:07	07:34
9	243	António Seródio	SOURE MOV	Veterano M60	02:06:35	+01:00:42	07:55
10	199	Fernando Luis	O Mundo da Corrida	Veterano M60	02:17:20	+01:11:27	08:35

COLETIVO MASCULINO - TRAIL

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

RANK	TEAM	DESCRIPTION	POINTS
1	A.R.CASAENSE/ESCOLA DE ATLETISMO DE COIMBRA/INTERMARCHÉ CONDEIXA	1 + 3 + 5 + 6	15
2	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	7 + 16 + 23 + 24	70
3	SC POVOENSE - CARACÓIS DE CORRIDA	10 + 11 + 33 + 45	99
4	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	13 + 15 + 37 + 40	105
5	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	4 + 12 + 20 + 83	119
6	GRVILAUVERDENSE	8 + 25 + 38 + 53	124
7	OZXTREME/ADCR PEREIRA	18 + 22 + 28 + 60	128
8	ARCD VENDA DA LUISA	17 + 32 + 42 + 44	135
9	ATLETISMO CLUBE DA TOCHA	2 + 57 + 69 + 70	198
10	SOURE MOV	27 + 29 + 59 + 91	206
11	ACDRS QUINHENDROS	48 + 49 + 61 + 66	224
12	CASA DO BENFICA DE ARGANIL	50 + 87 + 96 + 106	339
13	OUT 2 RUN/MIRO	80 + 82 + 139 + 150	451
14	SOLA GASTA	75 + 76 + 156 + 168	475

COLETIVO FEMININO - TRAIL

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RANK	TEAM	DESCRIPTION	POINTS
1	SOURE MOV	6 + 18 + 19 + 26	69
2	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	1 + 7 + 43 + 44	95
3	GRUPO DESPORTIVO FERREIRENSE	3 + 9 + 36 + 52	100
4	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	27 + 28 + 29 + 39	123
5	ARCD VENDA DA LUISA	12 + 35 + 37 + 47	131
6	GRVILAUVERDENSE	10 + 50 + 55 + 60	175