

**TRAIL - STAGE 1**

**25 KM**

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

**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

	Time	Temperature	Humidity
Start	09:30	21°C	88%
End	13:54	21°C	88%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	39	Diogo Pinheiro	coimbra trail running	Senior Masculino	01:57:01		04:41
2	13	Nelson Costa	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M40	01:57:05	+00:04	04:41
3	68	Ricardo Carreira	individual	Veterano M35	02:01:34	+04:32	04:52
4	60	André Miguel Silva Rosário	zona alta trail	Senior Masculino	02:02:20	+05:18	04:54
5	27	André Magalhães	arasm - associação recreativa de s. miguel	Veterano M35	02:03:39	+06:38	04:57
6	45	Diogo Pimenta	dci / trilhos luso bussaco	Senior Masculino	02:05:01	+08:00	05:00
7	12	Miguel Pires	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M40	02:06:07	+09:05	05:03
8	109	Ricardo Ferreira	trilhos dos templários / xporfit	Veterano M35	02:06:42	+09:40	05:04
9	14	Fernando Santos	abutres	Senior Masculino	02:07:37	+10:35	05:06
10	47	FRED KALAHARI	edv viana trail	Veterano M45	02:07:57	+10:55	05:07
11	76	Sérgio Mesquita	individual	Veterano M40	02:08:12	+11:11	05:08
12	74	Rui Ferreira	individual	Veterano M40	02:09:06	+12:05	05:10
13	90	Celso Marques	nexebra trail team	Senior Masculino	02:10:48	+13:46	05:14
14	112	Luís Alexandre	trilhos dos templários / xporfit	Veterano M45	02:13:12	+16:10	05:20
15	40	Luis Cunha	coimbra trail running	Veterano M45	02:13:59	+16:57	05:22
16	59	Paulo Santos	grupo desportivo ferreirense	Veterano M50	02:14:09	+17:08	05:22
17	108	Rafael Martinho	trilhos dos templários / xporfit	Senior Masculino	02:15:09	+18:08	05:24
18	42	Tony Figueiredo	dão nelas runners	Senior Masculino	02:15:45	+18:43	05:26
19	18	Fernando Carvalho	adcrpereira trail running team	Veterano M40	02:19:30	+22:28	05:35
20	32	José Feteira	arasm - associação recreativa de s. miguel	Veterano M50	02:21:58	+24:57	05:41
21	101	Amílcar Ramos	tocer	Veterano M40	02:22:02	+25:00	05:41
22	96	Renato carvalho	sicótrilhos	Senior Masculino	02:22:53	+25:52	05:43
23	111	Hugo Gabriel	trilhos dos templários / xporfit	Veterano M40	02:23:41	+26:40	05:45
24	89	Bruno Videira	miro trail	Veterano M35	02:25:18	+28:16	05:49
25	94	Sérgio Augusto Pereira Lima	sérgio lima	Veterano M45	02:25:25	+28:24	05:49
26	105	José Cocenas	tocer	Veterano M55	02:26:22	+29:21	05:51
27	91	Fabio Marques	nexebra trail team	Senior Masculino	02:26:24	+29:22	05:51
28	72	Miguel Goyanes	individual	Veterano M40	02:27:12	+30:10	05:53
29	31	Pedro Mendes	arasm - associação recreativa de s. miguel	Veterano M45	02:27:22	+30:20	05:54
30	84	Pedro Miguel Serra Santos	lama solta	Veterano M35	02:27:52	+30:51	05:55
31	73	RUI CADETE	lama solta	Veterano M40	02:28:49	+31:47	05:57
32	49	Luís Oliveira	figueira kayak clube	Senior Masculino	02:30:17	+33:16	06:01
33	15	Alexandre Mendes	abutres	Veterano M45	02:30:45	+33:44	06:02
34	46	ANDREIA CORREIA	edv viana trail	Senior Feminino	02:31:59	+34:57	06:05
35	75	Rui Ramos	individual	Veterano M40	02:32:17	+35:16	06:06
36	103	João Oliveira	tocer	Veterano M45	02:33:32	+36:31	06:09
37	44	Nuno Salvador	dão nelas runners	Veterano M40	02:33:57	+36:55	06:09
38	43	Marcio freitas	dão nelas runners	Veterano M35	02:34:38	+37:36	06:11
39	85	Paulo Cavaleiro	leitão & cavaleiro	Veterano M55	02:35:02	+38:01	06:12
40	67	Mário Caridade	individual	Veterano M35	02:35:11	+38:10	06:12
41	110	André Pereira	trilhos dos templários / xporfit	Veterano M40	02:35:52	+38:50	06:14

**TRAIL - STAGE 1****25 KM**

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

**OFFICIAL RESULT**

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

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>CAT</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>
42	37	Arnaldo Ferreira	bttrain	Veterano M40	02:36:37	+39:36	06:16
43	65	João Paulo Alves Pais Cabral	individual	Veterano M35	02:36:53	+39:52	06:17
44	100	Ricardo Pereira	tocer	Senior Masculino	02:37:09	+40:08	06:17
45	26	Carla Reis	arsm - associação recreativa de s. miguel	Veterana F45	02:37:20	+40:18	06:18
46	58	Paulo Açafrão	grupo desportivo ferreirense	Veterano M50	02:37:48	+40:46	06:19
47	8	Gonçalo Fernandes	100 gás trail team	Veterano M35	02:37:59	+40:57	06:19
48	114	Mónica Ribeiro	vikings trail runners / ccr alcabideque	Veterana F35	02:38:27	+41:26	06:20
49	20	Tiago Lopes	ansibikers	Veterano M35	02:38:30	+41:29	06:20
50	28	Gonçalo Rodrigues	arsm - associação recreativa de s. miguel	Veterano M35	02:40:21	+43:19	06:25
51	7	Luís Miguel Pelicano Costa	#runjust4fun	Veterano M50	02:40:57	+43:56	06:26
52	33	PAULO BAPTISTA	atletismo clube da tocha	Veterano M45	02:42:30	+45:29	06:30
53	53	Rodrigo Tavares	gang da areosa	Senior Masculino	02:43:33	+46:32	06:33
54	115	Pedro Lopes	viriahtvs runners viseu	Senior Masculino	02:43:44	+46:43	06:33
55	22	Pedro Ferreira	arcv venda da luisa	Veterano M45	02:43:53	+46:52	06:33
56	98	Carlos Cardoso	soure mov	Veterano M40	02:44:20	+47:19	06:34
57	21	Rui Monteiro	arcv venda da luisa	Senior Masculino	02:44:34	+47:33	06:35
58	107	Vitor Diniz	tomar runners	Veterano M45	02:45:36	+48:34	06:37
59	82	Rodolfo Carlos da Silva Deyllot	os tolinhos	Veterano M50	02:46:07	+49:05	06:39
60	54	Luís Andrade	grupo desportivo ferreirense	Senior Masculino	02:51:27	+54:26	06:52
61	25	Carla Soares	arsm - associação recreativa de s. miguel	Veterana F40	02:53:18	+56:16	06:56
62	6	João Salustiano	#runjust4fun	Veterano M45	02:53:18	+56:16	06:56
63	69	cristiano	individual	Veterano M40	02:53:41	+56:39	06:57
64	52	Gastão Sousa	fit@50	Veterano M50	02:54:18	+57:17	06:58
65	104	Nuno Rodrigues	tocer	Veterano M45	02:54:58	+57:56	07:00
66	81	Raul Martins	individual	Veterano M50	02:55:15	+58:14	07:01
67	92	Samuel Nunes	os tolinhos	Veterano M40	02:56:43	+59:41	07:04
68	10	Julio Loureiro	100 gás trail team	Veterano M45	02:57:21	+01:00:19	07:06
69	93	José Lemos	os tolinhos	Veterano M55	02:57:32	+01:00:30	07:06
70	77	Luís Filipe Almeida Hilário	individual	Veterano M45	02:58:48	+01:01:47	07:09
71	83	José Branco Calado Maçarria	individual	Veterano M60	03:01:36	+01:04:35	07:16
72	24	Ana Féteira	arsm - associação recreativa de s. miguel	Veterana F40	03:04:31	+01:07:29	07:23
73	30	Nuno Engenheiro	arsm - associação recreativa de s. miguel	Veterano M45	03:04:31	+01:07:29	07:23
74	56	Lurdes Gil	grupo desportivo ferreirense	Veterana F45	03:05:27	+01:08:26	07:25
75	38	Nelson Costa	bustos runners	Veterano M40	03:05:39	+01:08:37	07:26
76	57	José Gil Andrade	grupo desportivo ferreirense	Veterano M35	03:06:04	+01:09:02	07:27
77	9	Rui Abreu	100 gás trail team	Veterano M40	03:06:45	+01:09:43	07:28
78	97	Marisa Bregieiro	soure mov	Veterana F35	03:07:24	+01:10:22	07:30
79	99	Acílio Noro	soure mov	Veterano M45	03:07:24	+01:10:22	07:30
80	16	Nuno Silva	actib	Veterano M40	03:07:52	+01:10:50	07:31
81	78	Ricardo do Carmo	individual	Veterano M45	03:09:21	+01:12:19	07:34
82	35	Ricardo Santos	bio team run	Veterano M35	03:15:40	+01:18:38	07:50
83	106	Sônia Neto	tomar runners	Veterana F40	03:16:01	+01:19:00	07:50
84	61	João Baldaia	individual	Senior Masculino	03:16:21	+01:19:20	07:51
85	41	carla sofia	cpt coimbra	Veterana F40	03:18:43	+01:21:41	07:57
86	79	Rui Vilar	individual	Veterano M45	03:19:16	+01:22:14	07:58
87	48	Mélanie Duarte	farmácia luciano e matos	Veterana F40	03:20:34	+01:23:33	08:01

**TRAIL - STAGE 1****25 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	63	Bruno Carvalho	individual	Veterano M35	03:20:57	+01:23:55	08:02
89	36	Rui Santos	blackbulls / clube de condeixa	Veterano M45	03:25:13	+01:28:11	08:13
90	5	Hugo Rodrigues	#runjust4fun	Veterano M35	03:28:09	+01:31:07	08:20
91	51	Esmeralda Fiúza	figueira kayak clube	Veterana F55	03:31:50	+01:34:49	08:28
92	95	Daniela silva	sicótrilhos	Senior Feminino	03:32:26	+01:35:25	08:30
93	71	Mário Araújo	individual	Veterano M40	03:35:37	+01:38:36	08:38
94	116	TIAGO CARVALHO	vvtr valongo vouga trail running	Veterano M35	03:37:16	+01:40:14	08:41
95	117	MIGUEL SÁ	vvtr valongo vouga trail running	Veterano M45	03:37:16	+01:40:14	08:41
96	34	Isabel Gomes	bio team run	Veterana F50	03:37:34	+01:40:33	08:42
97	88	Fatima Malta	miro trail	Veterana F50	03:41:12	+01:44:10	08:51
98	118	Fausto Carvalho	arasm - associação recreativa de s. miguel	Veterano M65	03:46:47	+01:49:46	09:04
99	29	Pedro Freitas	arasm - associação recreativa de s. miguel	Veterano M35	03:46:47	+01:49:46	09:04
100	102	Joel Jacinto	tozer	Veterano M40	03:50:44	+01:53:43	09:14
101	80	Raúl Jorge da Cruz Gomes Vigário de Matos	run 4 fun	Veterano M50	03:55:59	+01:58:58	09:26
102	87	Flávio Silva	miro trail	Senior Masculino	04:21:35	+02:24:34	10:28
103	86	Tânia Ferreira	miro trail	Senior Feminino	04:21:35	+02:24:34	10:28

**Trail****25 KM**

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

**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	21°C	88%
End	13:54	21°C	88%

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

1	46	ANDREIA CORREIA	EDV Viana Trail	Senior Feminino	02:31:59	+34:57	06:05
2	95	Daniela silva	Sicótrilhos	Senior Feminino	03:32:26	+01:35:25	08:30
3	86	Tânia Ferreira	MIRO TRAIL	Senior Feminino	04:21:35	+02:24:34	10:28

**Senior Masculino**

1	39	Diogo Pinheiro	Coimbra trail running	Senior Masculino	01:57:01		04:41
2	60	André Miguel Silva Rosário	Zona Alta Trail	Senior Masculino	02:02:20	+05:18	04:54
3	45	Diogo Pimenta	DCI / Trilhos Luso Bussaco	Senior Masculino	02:05:01	+08:00	05:00
4	14	Fernando Santos	Abutres	Senior Masculino	02:07:37	+10:35	05:06
5	90	Celso Marques	NEXEBRA TRAIL TEAM	Senior Masculino	02:10:48	+13:46	05:14
6	108	Rafael Martinho	Trilhos dos Templários / XPORFIT	Senior Masculino	02:15:09	+18:08	05:24
7	42	Tony Figueiredo	Dão Nelas Runners	Senior Masculino	02:15:45	+18:43	05:26
8	96	Renato carvalho	Sicótrilhos	Senior Masculino	02:22:53	+25:52	05:43
9	91	Fabio Marques	NEXEBRA TRAIL TEAM	Senior Masculino	02:26:24	+29:22	05:51
10	49	Luís Oliveira	Figueira Kayak Clube	Senior Masculino	02:30:17	+33:16	06:01
11	100	Ricardo Pereira	TOCER	Senior Masculino	02:37:09	+40:08	06:17
12	53	Rodrigo Tavares	Gang da Areosa	Senior Masculino	02:43:33	+46:32	06:33
13	115	Pedro Lopes	Viriathvs Runners Viseu	Senior Masculino	02:43:44	+46:43	06:33
14	21	Rui Monteiro	ARCD Venda da Luisa	Senior Masculino	02:44:34	+47:33	06:35
15	54	Luís Andrade	Grupo Desportivo Ferreirense	Senior Masculino	02:51:27	+54:26	06:52
16	61	João Baldaia	Individual	Senior Masculino	03:16:21	+01:19:20	07:51
17	87	Flávio Silva	MIRO TRAIL	Senior Masculino	04:21:35	+02:24:34	10:28

**Veterana F35**

1	114	Mónica Ribeiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F35	02:38:27	+41:26	06:20
2	97	Marisa Bregieiro	Soure Mov	Veterana F35	03:07:24	+01:10:22	07:30

**Veterana F40**

1	25	Carla Soares	ARSM - Associação Recreativa de S. Miguel	Veterana F40	02:53:18	+56:16	06:56
2	24	Ana Féteira	ARSM - Associação Recreativa de S. Miguel	Veterana F40	03:04:31	+01:07:29	07:23
3	106	Sônia Neto	Tomar Runners	Veterana F40	03:16:01	+01:19:00	07:50
4	41	carla sofia	CPT Coimbra	Veterana F40	03:18:43	+01:21:41	07:57

## Trail

25 KM

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

### 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

5	48	Mélanie Duarte	Farmácia Luciano e Matos	Veterana F40	03:20:34	+01:23:33	08:01
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## Veterana F45

1	26	Carla Reis	ARSM - Associação Recreativa de S. Miguel	Veterana F45	02:37:20	+40:18	06:18
2	56	Lurdes Gil	Grupo Desportivo Ferreirense	Veterana F45	03:05:27	+01:08:26	07:25

## Veterana F50

1	34	Isabel Gomes	Bio Team Run	Veterana F50	03:37:34	+01:40:33	08:42
2	88	Fatima Malta	MIRO TRAIL	Veterana F50	03:41:12	+01:44:10	08:51

## Veterana F55

1	51	Esmeralda Fiúza	Figueira Kayak Clube	Veterana F55	03:31:50	+01:34:49	08:28
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## Veterano M35

1	68	Ricardo Carreira	Individual	Veterano M35	02:01:34	+04:32	04:52
2	27	André Magalhães	ARSM - Associação Recreativa de S. Miguel	Veterano M35	02:03:39	+06:38	04:57
3	109	Ricardo Ferreira	Trilhos dos Templários / XPORFIT	Veterano M35	02:06:42	+09:40	05:04
4	89	Bruno Videira	MIRO TRAIL	Veterano M35	02:25:18	+28:16	05:49
5	84	Pedro Miguel Serra Santos	Lama Solta	Veterano M35	02:27:52	+30:51	05:55
6	43	Marcio freitas	Dão nelas runners	Veterano M35	02:34:38	+37:36	06:11
7	67	Mário Caridade	Individual	Veterano M35	02:35:11	+38:10	06:12
8	65	João Paulo Alves Pais Cabral	Individual	Veterano M35	02:36:53	+39:52	06:17
9	8	Gonçalo Fernandes	100 Gás trail team	Veterano M35	02:37:59	+40:57	06:19
10	20	Tiago Lopes	AnsiBikers	Veterano M35	02:38:30	+41:29	06:20
11	28	Gonçalo Rodrigues	ARSM - Associação Recreativa de S. Miguel	Veterano M35	02:40:21	+43:19	06:25
12	57	José Gil Andrade	Grupo Desportivo Ferreirense	Veterano M35	03:06:04	+01:09:02	07:27
13	35	Ricardo Santos	Bio Team Run	Veterano M35	03:15:40	+01:18:38	07:50
14	63	Bruno Carvalho	Individual	Veterano M35	03:20:57	+01:23:55	08:02
15	5	Hugo Rodrigues	#Runjust4fun	Veterano M35	03:28:09	+01:31:07	08:20
16	116	TIAGO CARVALHO	VVTR Valongo Vouga Trail Running	Veterano M35	03:37:16	+01:40:14	08:41
17	29	Pedro Freitas	ARSM - Associação Recreativa de S. Miguel	Veterano M35	03:46:47	+01:49:46	09:04

## Veterano M40

1	13	Nelson Costa	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	01:57:05	+00:04	04:41
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Official Timekeeper: Lap2Go	2 / 4	generate 01-dez-2019 13:58
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Trail

25 KM

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

2	12	Miguel Pires	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	02:06:07	+09:05	05:03
3	76	Sérgio Mesquita	Individual	Veterano M40	02:08:12	+11:11	05:08
4	74	Rui Ferreira	Individual	Veterano M40	02:09:06	+12:05	05:10
5	18	Fernando Carvalho	ADCRPereira Trail Running Team	Veterano M40	02:19:30	+22:28	05:35
6	101	Amílcar Ramos	TOCER	Veterano M40	02:22:02	+25:00	05:41
7	111	Hugo Gabriel	Trilhos dos Templários / XPORFIT	Veterano M40	02:23:41	+26:40	05:45
8	72	Miguel Goyanes	Individual	Veterano M40	02:27:12	+30:10	05:53
9	73	RUI CADETE	Lama Solta	Veterano M40	02:28:49	+31:47	05:57
10	75	Rui Ramos	Individual	Veterano M40	02:32:17	+35:16	06:06
11	44	Nuno Salvador	Dão Nelas Runners	Veterano M40	02:33:57	+36:55	06:09
12	110	André Pereira	Trilhos dos Templários / XPORFIT	Veterano M40	02:35:52	+38:50	06:14
13	37	Arnaldo Ferreira	BTTRAIN	Veterano M40	02:36:37	+39:36	06:16
14	98	Carlos Cardoso	Soure Mov	Veterano M40	02:44:20	+47:19	06:34
15	69	cristiano	Individual	Veterano M40	02:53:41	+56:39	06:57
16	92	Samuel Nunes	Os Tolinhos	Veterano M40	02:56:43	+59:41	07:04
17	38	Nelson Costa	Bustos Runners	Veterano M40	03:05:39	+01:08:37	07:26
18	9	Rui Abreu	100 Gás Trail Team	Veterano M40	03:06:45	+01:09:43	07:28
19	16	Nuno Silva	ACTIB	Veterano M40	03:07:52	+01:10:50	07:31
20	71	Mário Araújo	Individual	Veterano M40	03:35:37	+01:38:36	08:38
21	102	Joel Jacinto	TOCER	Veterano M40	03:50:44	+01:53:43	09:14

**Veterano M45**

1	47	FRED KALAHARI	EDV Viana Trail	Veterano M45	02:07:57	+10:55	05:07
2	112	Luís Alexandre	Trilhos dos Templários / XPORFIT	Veterano M45	02:13:12	+16:10	05:20
3	40	Luis Cunha	Coimbra Trail Running	Veterano M45	02:13:59	+16:57	05:22
4	94	Sérgio Augusto Pereira Lima	Sérgio Lima	Veterano M45	02:25:25	+28:24	05:49
5	31	Pedro Mendes	ARSM - Associação Recreativa de S. Miguel	Veterano M45	02:27:22	+30:20	05:54
6	15	Alexandre Mendes	Abutres	Veterano M45	02:30:45	+33:44	06:02
7	103	João Oliveira	TOCER	Veterano M45	02:33:32	+36:31	06:09
8	33	PAULO BAPTISTA	ATLETISMO CLUBE DA TOCHA	Veterano M45	02:42:30	+45:29	06:30
9	22	Pedro Ferreira	ARCD Venda da Luísa	Veterano M45	02:43:53	+46:52	06:33
10	107	Vitor Diniz	Tomar Runners	Veterano M45	02:45:36	+48:34	06:37
11	6	João Salustiano	#Runjust4fun	Veterano M45	02:53:18	+56:16	06:56
12	104	Nuno Rodrigues	TOCER	Veterano M45	02:54:58	+57:56	07:00
13	10	Julio Loureiro	100 Gás Trail Team	Veterano M45	02:57:21	+01:00:19	07:06
14	77	Luís Filipe Almeida Hilário	Individual	Veterano M45	02:58:48	+01:01:47	07:09
15	30	Nuno Engenheiro	ARSM - Associação Recreativa de S. Miguel	Veterano M45	03:04:31	+01:07:29	07:23
16	99	Acílio Noro	Soure Mov	Veterano M45	03:07:24	+01:10:22	07:30
17	78	Ricardo do Carmo	Individual	Veterano M45	03:09:21	+01:12:19	07:34
18	79	Rui Vilar	Individual	Veterano M45	03:19:16	+01:22:14	07:58
19	36	Rui Santos	BlackBulls / Clube de Condeixa	Veterano M45	03:25:13	+01:28:11	08:13









**MINI TRAIL - STAGE 1**

**15 KM**

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

**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
39	836	PAULO JORGE FREITAS NEVES	lama solta	Senior Masculino	01:34:07	+14:53	06:17
40	655	Nuno Coelho	assscc - ar livre e aventura	Veterano M45	01:34:39	+15:26	06:19
41	879	Marco Ferreira	roda dianteira	Veterano M40	01:35:10	+15:56	06:21
42	946	Ricardo Santos	vikings trail runners / ccr alcabideque	Senior Masculino	01:35:14	+16:00	06:21
43	634	Luis Amaro	arsm - associação recreativa de s. miguel	Veterano M45	01:36:17	+17:03	06:25
44	941	André Miguel Lameiro Monteiro	vikings trail runners / ccr alcabideque	Senior Masculino	01:36:31	+17:17	06:26
45	654	Pedro Cardoso	assscc - ar livre e aventura	Veterano M40	01:36:48	+17:34	06:27
46	889	Jose Miguel Santos	sc povoense - caracóis de corrida	Veterano M45	01:37:02	+17:48	06:28
47	547	Nuno Alves	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M35	01:37:04	+17:50	06:28
48	610	José Marques	arcd venda da luisa	Veterano M50	01:37:06	+17:52	06:28
49	526	Rodrigo Vieira	100 gás trail team	Senior Masculino	01:37:59	+18:45	06:32
50	643	José Correia	arsm - associação recreativa de s. miguel	Veterano M55	01:39:01	+19:47	06:36
51	546	Mário Santos	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M35	01:39:06	+19:52	06:36
52	934	Filipe Pinhão	verallia glassriders	Veterano M35	01:39:37	+20:23	06:39
53	554	Jorge Alves	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M50	01:39:44	+20:30	06:39
54	663	Eduardo Garcia	atletismo clube da tocha	Veterano M35	01:39:45	+20:31	06:39
55	590	Vitor Santo	arcd venda da luisa	Veterano M40	01:39:57	+20:43	06:40
56	791	Nelson dos Santos Vieira	individual	Veterano M35	01:40:50	+21:36	06:43
57	659	João Abrunheiro	atletismo clube da tocha	Senior Masculino	01:41:01	+21:47	06:44
58	792	Nuno Ramos	individual	Veterano M35	01:41:35	+22:21	06:46
59	751	ricardo Bexiga	grupo desportivo ferreirense	Veterano M35	01:41:35	+22:21	06:46
60	693	António Figueiredo	casa do benfica de arganil	Veterano M40	01:41:38	+22:24	06:47
61	805	Canana	individual	Veterano M45	01:41:39	+22:25	06:47
62	630	Aurélio Saúde	arsm - associação recreativa de s. miguel	Veterano M40	01:41:39	+22:25	06:47
63	882	Valter Edgar Teixeira Viveiros	sc povoense - caracóis de corrida	Veterano M35	01:41:40	+22:26	06:47
64	557	José Carlos Rodrigues	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M55	01:41:45	+22:31	06:47
65	856	Ricardo Santa	miro trail	Veterano M40	01:41:52	+22:38	06:47
66	932	Bruno Marques	grupo recreativo eirense	Senior Masculino	01:41:56	+22:42	06:48
67	633	Enrique Amaro	arsm - associação recreativa de s. miguel	Veterano M45	01:42:10	+22:56	06:49
68	827	Paulo Marques	individual	Veterano M50	01:42:19	+23:05	06:49
69	575	TóZé Serra	acdrs quinhendros	Veterano M50	01:43:00	+23:46	06:52
70	632	Vitor Viola	arsm - associação recreativa de s. miguel	Veterano M40	01:43:11	+23:58	06:53
71	859	Horácio Ferreira	miro trail	Veterano M50	01:43:26	+24:12	06:54
72	722	Marco Lourenço	figueira kayak clube	Veterano M45	01:43:46	+24:32	06:55
73	719	Filipe Mamede	figueira kayak clube	Veterano M45	01:43:47	+24:33	06:55
74	545	João Roso	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M35	01:44:14	+25:00	06:57
75	692	Ricardo Gírio	casa do benfica de arganil	Veterano M35	01:44:34	+25:20	06:58
76	802	Telmo Pedro	individual	Veterano M40	01:44:42	+25:28	06:59
77	921	Daniela Lourenço	tribo nr	Senior Feminino	01:44:47	+25:33	06:59
78	855	Joselito Pereira	miro trail	Veterano M40	01:45:26	+26:12	07:02
79	609	Carlos Quinteiro	arcd venda da luisa	Veterano M50	01:45:37	+26:23	07:03
80	567	Bruno Maciel Maia Rodrigues	acdrs quinhendros	Veterano M40	01:45:39	+26:25	07:03
81	874	Francisco Ferreira	os tolinhos	Veterano M55	01:46:30	+27:16	07:06

**MINI TRAIL - STAGE 1**

**15 KM**

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

**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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
82	803	Tiago Carvalho	individual	Veterano M40	01:47:31	+28:17	07:10
83	948	Tiago Matias	vikings trail runners / ccr alcabideque	Senior Masculino	01:47:33	+28:19	07:10
84	703	Fernando Alhau	coimbra trail running	Veterano M55	01:47:33	+28:19	07:10
85	732	António Soares	formobike btt & trail running	Veterano M45	01:47:34	+28:20	07:10
86	918	Mário Bandeira	tainadas run team	Senior Masculino	01:47:36	+28:22	07:10
87	957	Antonio EufRASIO de Melo	vikings trail runners / ccr alcabideque	Veterano M55	01:47:51	+28:37	07:11
88	829	Mário neves	individual	Veterano M55	01:48:02	+28:48	07:12
89	626	Sofia Coimbra	arsm - associação recreativa de s. miguel	Veterana F45	01:48:09	+28:56	07:13
90	892	Helder Marco	scpombal/trail team	Veterano M40	01:48:11	+28:57	07:13
91	698	João Pedro Cordeiro Rato	ccdr matas e cipreste	Veterano M40	01:48:29	+29:15	07:14
92	942	César Ramalho	vikings trail runners / ccr alcabideque	Senior Masculino	01:48:36	+29:22	07:14
93	956	Luis Pedro dos Santos caridade	vikings trail runners / ccr alcabideque	Veterano M45	01:48:36	+29:22	07:14
94	533	João Nepomuceno	100 gás trail team	Veterano M45	01:48:44	+29:30	07:15
95	669	Sérgio Filipe Frias Forte	aventuras forte(s) - turismo de natureza	Senior Masculino	01:48:48	+29:34	07:15
96	598	Paulo José Rodrigues Bernardo	arcd venda da luisa	Veterano M35	01:49:05	+29:52	07:16
97	887	Pedro Miguel de Jesus Figueiredo	sc povoense - caracóis de corrida	Veterano M40	01:49:24	+30:10	07:18
98	612	Francisco Silva	arcd venda da luisa	Veterano M55	01:49:51	+30:37	07:19
99	925	André Dias	tribo nr	Veterano M50	01:50:18	+31:04	07:21
100	819	Paulo Renato Mesquita Monteiro	individual	Veterano M45	01:50:41	+31:27	07:23
101	933	Gonçalo Durão	grupo recreativo eirense	Veterano M45	01:50:49	+31:36	07:23
102	696	Ricardo Nunes	ccdr matas e cipreste	Senior Masculino	01:50:57	+31:43	07:24
103	667	José Julião	atletismo clube da tocha	Veterano M60	01:51:03	+31:49	07:24
104	565	TIAGO PÊGO	accdrs quinhendros	Veterano M35	01:51:16	+32:02	07:25
105	599	Sérgio Vilão	arcd venda da luisa	Veterano M35	01:51:55	+32:41	07:28
106	914	Abel Batalha	soure mov	Veterano M55	01:52:07	+32:53	07:28
107	699	Henrique Lavaredas	ccdr matas e cipreste	Veterano M45	01:52:20	+33:06	07:29
108	509	David Cravo	#runjust4fun	Senior Masculino	01:52:20	+33:06	07:29
109	958	Victor Gonçalves	vikings trail runners / ccr alcabideque	Veterano M55	01:52:26	+33:12	07:30
110	676	João André Dias	bio team run	Veterano M35	01:53:02	+33:48	07:32
111	790	José Machado	individual	Veterano M35	01:53:03	+33:49	07:32
112	912	Paulo Lopes	soure mov	Veterano M45	01:53:07	+33:54	07:33
113	523	Ricardo Madureira	#runjust4fun	Veterano M55	01:53:44	+34:30	07:35
114	697	Henrique Carvalheiro	ccdr matas e cipreste	Veterano M35	01:53:46	+34:32	07:35
115	639	Sérgio Silva	arsm - associação recreativa de s. miguel	Veterano M45	01:53:55	+34:42	07:36
116	854	João Carlos Pereira	miro trail	Veterano M40	01:54:13	+34:59	07:37
117	606	Paulo Santos	arcd venda da luisa	Veterano M45	01:54:13	+34:59	07:37
118	664	Fábio Silva Costa	atletismo clube da tocha	Veterano M35	01:54:26	+35:13	07:38
119	959	Victor Manuel Coelho Bernardes	vikings trail runners / ccr alcabideque	Veterano M55	01:54:40	+35:26	07:39
120	637	Pedro Oliveira	arsm - associação recreativa de s. miguel	Veterano M45	01:54:46	+35:33	07:39
121	618	Dilia Santos	arsm - associação recreativa de s. miguel	Veterana F35	01:54:47	+35:33	07:39
122	671	ANTONIO MARQUES	avila runners	Veterano M50	01:55:02	+35:48	07:40
123	943	Diogo Filipe Oliveira Alves	vikings trail runners / ccr alcabideque	Senior Masculino	01:55:03	+35:49	07:40



**MINI TRAIL - STAGE 1**

**15 KM**

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

**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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
167	623	Cristina Couceiro	arism - associação recreativa de s. miguel	Veterana F40	02:04:29	+45:15	08:18
168	625	Sandra Barata	arism - associação recreativa de s. miguel	Veterana F45	02:04:29	+45:16	08:18
169	777	Ana Mota	soluções ideais	Veterana F40	02:04:51	+45:37	08:19
170	955	Antonio jose Damas Martins	vikings trail runners / ccr alcabideque	Veterano M45	02:04:52	+45:38	08:19
171	867	Joana Pascoal	montanha clube trail running/efapel	Senior Feminino	02:05:14	+46:00	08:21
172	585	João Nobre	arcd venda da luisa	Senior Masculino	02:05:27	+46:13	08:22
173	909	Augusto Cordeiro	soure mov	Veterano M40	02:05:31	+46:17	08:22
174	691	Paulo Soares	casa do benfica de arganil	Veterano M35	02:05:50	+46:37	08:23
175	555	Nuno Loureiro	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M50	02:06:08	+46:54	08:25
176	720	Hélder Pedrosa	figueira kayak clube	Veterano M45	02:06:19	+47:05	08:25
177	857	Rui Carvalho	miro trail	Veterano M40	02:06:55	+47:41	08:28
178	808	Daniel Costa	individual	Veterano M45	02:06:56	+47:42	08:28
179	761	JoaquiMiguel Cação Sousa	individual	Juvenil Masculino	02:06:56	+47:42	08:28
180	702	José Augusto dos Santos Diniz	coimbra trail running	Veterano M40	02:07:06	+47:53	08:28
181	564	Bruno Torreira	acdrs quinhendros	Veterano M35	02:07:13	+47:59	08:29
182	881	Hélder Cunha	sc povoense - caracóis de corrida	Senior Masculino	02:07:26	+48:13	08:30
183	880	Ana Reis	sc povoense - caracóis de corrida	Senior Feminino	02:07:28	+48:14	08:30
184	900	Tiago Ferreira	soure mov	Senior Masculino	02:07:36	+48:22	08:30
185	866	João Antonio Dinis Maricato	moinhos da gândara trail	Veterano M45	02:07:49	+48:35	08:31
186	727	Bruno Marques	formobike btt & trail running	Senior Masculino	02:07:54	+48:40	08:32
187	627	Zenaide Alves	arism - associação recreativa de s. miguel	Veterana F45	02:07:57	+48:43	08:32
188	745	Jorge Santos	gordos em movimento	Veterano M45	02:08:09	+48:55	08:33
189	766	João ferreira	individual	Senior Masculino	02:08:32	+49:18	08:34
190	794	Tony Michael Cunha Vieira	individual	Veterano M35	02:08:35	+49:21	08:34
191	748	Sofia Alexandra Jorge Simões	grupo desportivo ferreirense	Veterana F40	02:08:36	+49:22	08:34
192	753	Melissa Fernandes	grvilaverdense	Senior Feminino	02:08:40	+49:26	08:35
193	707	Carlos Mendes	cumbroa bike`s running team	Veterano M35	02:08:44	+49:30	08:35
194	822	Fernando Medeiros	individual	Veterano M50	02:08:50	+49:36	08:35
195	864	Bruno Matos	moinhos da gândara trail	Veterano M35	02:08:56	+49:42	08:36
196	681	João Rainho	bio team run	Veterano M55	02:09:05	+49:51	08:36
197	828	José Reis	individual	Veterano M55	02:09:07	+49:53	08:36
198	708	Jorge Faria	cumbroa bike`s running team	Veterano M45	02:09:10	+49:56	08:37
199	838	CATARINA ISABEL FERNANDES SINTRA	lama solta	Veterana F40	02:09:20	+50:06	08:37
200	646	Daniela Guerra	assscc - ar livre e aventura	Senior Feminino	02:09:22	+50:08	08:37
201	814	Luis Campos	individual	Veterano M45	02:09:24	+50:10	08:38
202	651	Gabriela Oliveira	assscc - ar livre e aventura	Veterana F40	02:10:00	+50:46	08:40
203	640	José Oliveira	arism - associação recreativa de s. miguel	Veterano M50	02:10:10	+50:56	08:41
204	674	Brian Cantante	bio team run	Senior Masculino	02:10:28	+51:14	08:42
205	835	Gil Alexandre Graça Novo	lama solta	Senior Masculino	02:10:41	+51:27	08:43
206	939	Goreti Gaudêncio	vikings trail runners / ccr alcabideque	Senior Feminino	02:10:49	+51:35	08:43
207	858	Artur Costa	miro trail	Veterano M50	02:10:52	+51:38	08:43
208	922	Miguel Silva Rocha	tribo nr	Senior Masculino	02:10:55	+51:41	08:44
209	677	Francisco António Correia Mendes	bio team run	Veterano M45	02:10:57	+51:43	08:44
210	750	Anabela Rodrigues Fonseca	grupo desportivo ferreirense	Veterana F50	02:11:07	+51:53	08:45



**MINI TRAIL - STAGE 1**

**15 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
253	527	Candida Catarina Ramalho Gonçalves	100 gás trail team	Veterana F40	02:19:36	+01:00:22	09:18
254	754	Pedro António Lopes	grvilaverdense	Senior Masculino	02:19:48	+01:00:34	09:19
255	529	Silvia Dias	100 gás trail team	Veterana F45	02:21:38	+01:02:24	09:27
256	535	Zé Dias	100 gás trail team	Veterano M45	02:21:38	+01:02:24	09:27
257	558	Vânia Paixão	acdrs quinhendros	Senior Feminino	02:22:16	+01:03:02	09:29
258	768	Luis Filipe Loureiro Martins	individual	Senior Masculino	02:22:38	+01:03:24	09:31
259	902	Joana Dionísio	soure mov	Veterana F35	02:23:45	+01:04:31	09:35
260	949	Patricia Isabel da Costa Simões	vikings trail runners / ccr alcabideque	Veterana F35	02:24:05	+01:04:51	09:36
261	734	Catarina Maria Magalhães Silva	gang da areosa	Senior Feminino	02:24:21	+01:05:07	09:37
262	797	Nuno Jesus	individual	Veterano M40	02:24:24	+01:05:10	09:38
263	679	Carlos Barroso	bio team run	Veterano M50	02:24:30	+01:05:16	09:38
264	950	Paula Andrade	vikings trail runners / ccr alcabideque	Veterana F45	02:24:30	+01:05:16	09:38
265	569	José Miguel Simão	acdrs quinhendros	Veterano M40	02:24:57	+01:05:43	09:40
266	645	Joaquim Branquinho	arshm - associação recreativa de s. miguel	Veterano M65	02:25:20	+01:06:06	09:41
267	725	Andreia Brites	formobike btt & trail running	Senior Feminino	02:25:39	+01:06:25	09:43
268	512	Maria João Ferreira	#runjust4fun	Veterana F35	02:26:50	+01:07:36	09:47
269	781	Mónica Martins	individual	Veterana F45	02:27:28	+01:08:14	09:50
270	556	VITOR LUIS PRATAS DOS SANTOS	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M50	02:29:22	+01:10:08	09:57
271	869	Isabel Trindade	o mundo da corrida	Veterana F55	02:29:22	+01:10:09	09:58
272	675	Carla Simões	bio team run	Veterana F35	02:29:26	+01:10:12	09:58
273	896	Rui Guedes	si imobiliaria	Veterano M45	02:30:12	+01:10:58	10:01
274	536	João Carlos Simões	100 gás trail team	Veterano M60	02:30:38	+01:11:24	10:03
275	740	Mário Oliveira	gang da areosa	Senior Masculino	02:30:48	+01:11:34	10:03
276	779	Susana Daniela Baptista Salvaterra	individual	Veterana F40	02:30:51	+01:11:37	10:03
277	511	Lara Azambujo	#runjust4fun	Veterana F35	02:30:51	+01:11:37	10:03
278	582	Jéssica Correia	arcd venda da luisa	Senior Feminino	02:31:21	+01:12:07	10:05
279	595	Paula Gonçalves	arcd venda da luisa	Veterana F45	02:31:24	+01:12:10	10:06
280	915	António Neves	soure mov	Veterano M55	02:31:26	+01:12:12	10:06
281	846	Sónia Fernandes	miro trail	Veterana F40	02:31:35	+01:12:22	10:06
282	592	Cristina Melo	arcd venda da luisa	Veterana F45	02:32:26	+01:13:12	10:10
283	624	Paula Marques	arshm - associação recreativa de s. miguel	Veterana F45	02:32:31	+01:13:18	10:10
284	840	JUDITE GONÇALVES ROQUE	lama solta	Veterana F40	02:32:52	+01:13:38	10:11
285	917	António Seródio	soure mov	Veterano M60	02:32:54	+01:13:40	10:12
286	780	Celia Oliveira	individual	Veterana F45	02:33:10	+01:13:56	10:13
287	873	Carlos Novo	os tolinhos	Veterano M50	02:34:14	+01:15:00	10:17
288	845	Isabel Jesus	miro trail	Veterana F40	02:34:24	+01:15:10	10:18
289	658	Virgílio Cardoso da Costa Rato	atbv	Veterano M60	02:34:24	+01:15:10	10:18
290	818	Nuno Santos	individual	Veterano M45	02:34:33	+01:15:19	10:18
291	923	Jacqueline Dias	tribo nr	Veterana F50	02:34:37	+01:15:23	10:18
292	878	Hugo Moreira	roda dianteira	Veterano M40	02:35:07	+01:15:53	10:20
293	519	Teresa Lurdes Fernandes Rosa	#runjust4fun	Veterana F45	02:35:27	+01:16:13	10:22
294	594	Judite Duarte	arcd venda da luisa	Veterana F45	02:35:28	+01:16:14	10:22







**MINI TRAIL - STAGE 1**

**15 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
384	833	Elisa Costa Bregieiro	lama solta	Senior Feminino	03:13:46	+01:54:32	12:55
385	832	DANIELA FREITAS NEVES	lama solta	Senior Feminino	03:13:46	+01:54:32	12:55
386	834	FILIPA NUNES DA SILVA	lama solta	Senior Feminino	03:13:46	+01:54:32	12:55
387	960	Cátia Ferreira	vilaventura - trail running team	Senior Feminino	03:13:46	+01:54:32	12:55
388	711	Mónica Cunha	farmácia luciano e matos	Veterana F40	03:14:26	+01:55:12	12:58
389	786	Paula Duarte	individual	Veterana F50	03:17:48	+01:58:34	13:11
390	762	Cátia Ferreira	individual	Senior Feminino	03:22:00	+02:02:46	13:28
391	657	Odete Maria Almeida Torres de Freitas	atbv	Veterana F50	03:22:19	+02:03:06	13:29
392	953	Clara Monteiro	vikings trail runners / ccr alcabideque	Veterana F60	03:22:35	+02:03:22	13:30
393	530	Maria Cidalia Freire	100 gás trail team	Veterana F60	03:25:25	+02:06:12	13:42
394	893	Sara Guedes	si imobiliária	Veterana F40	03:30:14	+02:11:00	14:01
395	517	Mónica Sofia Hortet Menano	#runjust4fun	Veterana F40	03:34:56	+02:15:42	14:20
396	516	Elizabete Maria Sousa Loureiro	#runjust4fun	Veterana F40	03:34:57	+02:15:43	14:20
397	514	Ana lopes	#runjust4fun	Veterana F40	03:36:50	+02:17:37	14:27
398	504	Inês Forte	#runjust4fun	Senior Feminino	03:36:51	+02:17:37	14:27
399	506	Patricia Clara Lopes Ferro	#runjust4fun	Senior Feminino	03:36:51	+02:17:37	14:27
400	604	Nelson Gaspar	arcd venda da luisa	Veterano M45	03:45:18	+02:26:04	15:01
401	831	Daniela Barroca	lama solta	Senior Feminino	03:45:18	+02:26:04	15:01
402	589	Fátima Silva	arcd venda da luisa	Veterana F35	03:47:00	+02:27:46	15:08
403	739	Luis Máximo	gang da areosa	Senior Masculino	03:52:10	+02:32:57	15:29
404	735	Inês Ribeiro	gang da areosa	Senior Feminino	03:52:11	+02:32:57	15:29
405	518	Susana Simões	#runjust4fun	Veterana F45	04:03:16	+02:44:02	16:13
406	507	Rita Jorge	#runjust4fun	Senior Feminino	04:03:18	+02:44:04	16:13
407	967	Maria Alexandra Lavado Palma	xanuxa trail	Veterana F50	04:15:27	+02:56:13	17:02
408	968	Isabel Ucha	xanuxa trail	Veterana F55	04:15:30	+02:56:16	17:02
409	683	Marta Jorge	bmrice team	Veterana F40	04:16:34	+02:57:20	17:06
410	682	Rita Perdigão	bmrice team	Veterana F35	04:16:34	+02:57:20	17:06
411	758	João Miguel do Nascimento Loureiro	grvilaverdense	Veterano M45	04:16:38	+02:57:24	17:07



## Mini Trail

**15 KM**

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

29	502	Andreia Alexandra Ribeiro Faria	#Runjust4fun	Senior Feminino	02:56:33	+01:37:19	11:46
30	746	Cátia Castanheira	Grupo Desportivo Ferreirense	Senior Feminino	03:06:26	+01:47:12	12:26
31	647	Jessica Cardoso	ASSSCC - Ar Livre e Aventura	Senior Feminino	03:08:03	+01:48:49	12:32
32	833	Elisa Costa Bregjeiro	Lama Solta	Senior Feminino	03:13:46	+01:54:32	12:55
33	832	DANIELA FREITAS NEVES	Lama Solta	Senior Feminino	03:13:46	+01:54:32	12:55
34	834	FILIPA NUNES DA SILVA	Lama Solta	Senior Feminino	03:13:46	+01:54:32	12:55
35	960	Cátia Ferreira	Vilaventura - Trail Running Team	Senior Feminino	03:13:46	+01:54:32	12:55
36	762	Cátia Ferreira	Individual	Senior Feminino	03:22:00	+02:02:46	13:28
37	504	Inês Forte	#Runjust4fun	Senior Feminino	03:36:51	+02:17:37	14:27
38	506	Patrícia Clara Lopes Ferro	#Runjust4fun	Senior Feminino	03:36:51	+02:17:37	14:27
39	831	Daniela Barroca	Lama Solta	Senior Feminino	03:45:18	+02:26:04	15:01
40	735	Inês Ribeiro	Gang da Areosa	Senior Feminino	03:52:11	+02:32:57	15:29
41	507	Rita Jorge	#Runjust4fun	Senior Feminino	04:03:18	+02:44:04	16:13

## Senior Masculino

1	660	Tiago Duarte	Atletismo Clube da Tocha	Senior Masculino	01:20:23	+01:09	05:22
2	540	Vasco Pereira	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Senior Masculino	01:21:52	+02:38	05:27
3	945	Mauro Daniel Silva Martins	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:22:48	+03:34	05:31
4	559	Luís Contente	ACDRS QUINHENDROS	Senior Masculino	01:26:25	+07:12	05:46
5	561	Valter Daniel Leandro Lopes	ACDRS QUINHENDROS	Senior Masculino	01:27:18	+08:04	05:49
6	617	Tiago Gaspar	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	01:27:33	+08:19	05:50
7	742	Tiago silva	GATOESBTT	Senior Masculino	01:27:59	+08:45	05:52
8	648	Nelson Filipe de Almeida Heleno	ASSSCC - Ar Livre e Aventura	Senior Masculino	01:28:58	+09:44	05:56
9	729	Pedro Henrique Tinoco Nunes	Formobike btt & Trail Running	Senior Masculino	01:29:40	+10:26	05:59
10	764	Bruno Andrade	Individual	Senior Masculino	01:30:21	+11:07	06:01
11	755	Rafael Matias	GRVilaverdense	Senior Masculino	01:30:42	+11:28	06:03
12	539	Rodrigo Simões	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Senior Masculino	01:31:10	+11:56	06:05
13	947	Telmo Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:31:15	+12:01	06:05
14	560	tiago moreno	ACDRS QUINHENDROS	Senior Masculino	01:31:23	+12:10	06:06
15	836	PAULO JORGE FREITAS NEVES	Lama Solta	Senior Masculino	01:34:07	+14:53	06:17
16	946	Ricardo Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:35:14	+16:00	06:21
17	941	André Miguel Lameiro Monteiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:36:31	+17:17	06:26
18	526	Rodrigo Vieira	100 Gás Trail Team	Senior Masculino	01:37:59	+18:45	06:32
19	659	João Abrunheiro	Atletismo Clube da Tocha	Senior Masculino	01:41:01	+21:47	06:44
20	932	Bruno Marques	Grupo Recreativo Eirense	Senior Masculino	01:41:56	+22:42	06:48
21	948	Tiago Matias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:47:33	+28:19	07:10
22	918	Mário Bandeira	TAINADAS RUN TEAM	Senior Masculino	01:47:36	+28:22	07:10
23	942	César Ramalho	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:48:36	+29:22	07:14

Official Timekeeper: Lap2Go	2 / 12	generate 03-dez-2019 08:32
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Mini Trail

15 KM

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

3	776	Virginia Sintra	Individual	Veterana F35	02:14:46	+55:32	08:59
4	962	Ana Raquel Carvalho	Vilaventura - Trail Running Team	Veterana F35	02:18:42	+59:28	09:15
5	902	Joana Dionísio	Soure Mov	Veterana F35	02:23:45	+01:04:31	09:35
6	949	Patricia Isabel da Costa Simões	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F35	02:24:05	+01:04:51	09:36
7	512	Maria João Ferreira	#Runjust4fun	Veterana F35	02:26:50	+01:07:36	09:47
8	675	Carla Simões	Bio Team Run	Veterana F35	02:29:26	+01:10:12	09:58
9	511	Lara Azambujo	#Runjust4fun	Veterana F35	02:30:51	+01:11:37	10:03
10	649	Emanuella Barradas	ASSSCC - Ar Livre e Aventura	Veterana F35	02:37:14	+01:18:00	10:29
11	695	Maria Jose Vasco Caceiro	Casa do Pessoal do HFFF	Veterana F35	02:41:41	+01:22:27	10:47
12	513	Susana Mendes	#Runjust4fun	Veterana F35	02:42:17	+01:23:03	10:49
13	966	carina almeida	VLC	Veterana F35	02:45:09	+01:25:55	11:01
14	577	Fátima Lucas	ACTIB	Veterana F35	02:54:49	+01:35:35	11:39
15	774	Fernanda Tavares	Individual	Veterana F35	02:56:19	+01:37:05	11:45
16	620	Sandra Borges	ARSM - Associação Recreativa de S. Miguel	Veterana F35	03:03:00	+01:43:46	12:12
17	973	Daniela Geitoeira	ASSSCC - Ar Livre e Aventura	Veterana F35	03:03:16	+01:44:03	12:13
18	587	Ana Santos	ARCD Venda da Luisa	Veterana F35	03:03:41	+01:44:27	12:15
19	773	Carla Costa	Individual	Veterana F35	03:08:11	+01:48:57	12:33
20	756	Mafalda Sofia Cardoso Santos Figueiredo	GRVilaverdense	Veterana F35	03:11:41	+01:52:27	12:47
21	589	Fátima Silva	ARCD Venda da Luisa	Veterana F35	03:47:00	+02:27:46	15:08
22	682	Rita Perdigão	BMRice Team	Veterana F35	04:16:34	+02:57:20	17:06

Veterana F40

1	542	Raquel Matias	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterana F40	01:59:36	+40:22	07:58
2	623	Cristina Couceiro	ARSM - Associação Recreativa de S. Miguel	Veterana F40	02:04:29	+45:15	08:18
3	777	Ana Mota	Soluções Ideais	Veterana F40	02:04:51	+45:37	08:19
4	748	Sofia Alexandra Jorge Simões	Grupo Desportivo Ferreirense	Veterana F40	02:08:36	+49:22	08:34
5	838	CATARINA ISABEL FERNANDES SINTRA	Lama Solta	Veterana F40	02:09:20	+50:06	08:37
6	651	Gabriela Oliveira	ASSSCC - Ar Livre e Aventura	Veterana F40	02:10:00	+50:46	08:40
7	652	Otilia Costa	ASSSCC - Ar Livre e Aventura	Veterana F40	02:14:07	+54:53	08:57
8	541	Maria Lima	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterana F40	02:15:05	+55:51	09:00
9	661	Rute Bastos	Atletismo Clube da Tocha	Veterana F40	02:18:31	+59:18	09:14
10	527	Candida Catarina Ramalho Gonçalves	100 Gás trail team	Veterana F40	02:19:36	+01:00:22	09:18
11	779	Susana Daniela Baptista Salvaterra	Individual	Veterana F40	02:30:51	+01:11:37	10:03
12	846	Sónia Fernandes	MIRO TRAIL	Veterana F40	02:31:35	+01:12:22	10:06
13	840	JUDITE GONÇALVES ROQUE	Lama Solta	Veterana F40	02:32:52	+01:13:38	10:11
14	845	Isabel Jesus	MIRO TRAIL	Veterana F40	02:34:24	+01:15:10	10:18
15	515	Catarina Isabel Rama Freitas	#Runjust4fun	Veterana F40	02:44:26	+01:25:12	10:58
16	715	Helena Matias	Figueira Kayak Clube	Veterana F40	02:46:21	+01:27:07	11:05
17	778	Clarisse Carreira Batista	Individual	Veterana F40	02:47:15	+01:28:01	11:09

**Mini Trail**

**15 KM**

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

**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

18	622	Catarina Gomes	ARSM - Associação Recreativa de S. Miguel	Veterana F40	02:52:42	+01:33:28	11:31
19	650	Anabela Almeida	ASSSCC - Ar Livre e Aventura	Veterana F40	02:57:24	+01:38:10	11:50
20	562	Anabela Teixeira Colaço	ACDRS QUINHENDROS	Veterana F40	02:57:27	+01:38:13	11:50
21	716	Sandra Matias	Figueira Kayak Clube	Veterana F40	02:57:41	+01:38:27	11:51
22	964	Carla Nascimento	Viriathvs Runners Viseu	Veterana F40	03:08:47	+01:49:33	12:35
23	672	Teresa Simões	B.V. Brasfemes	Veterana F40	03:08:47	+01:49:33	12:35
24	711	Mónica Cunha	Farmácia Luciano e Matos	Veterana F40	03:14:26	+01:55:12	12:58
25	893	Sara Guedes	SI IMOBILIARIA	Veterana F40	03:30:14	+02:11:00	14:01
26	517	Mónica Sofia Hortet Menano	#Runjust4fun	Veterana F40	03:34:56	+02:15:42	14:20
27	516	Elizabete Maria Sousa Loureiro	#Runjust4fun	Veterana F40	03:34:57	+02:15:43	14:20
28	514	Ana Lopes	#Runjust4fun	Veterana F40	03:36:50	+02:17:37	14:27
29	683	Marta Jorge	BMRice Team	Veterana F40	04:16:34	+02:57:20	17:06

**Veterana F45**

1	626	Sofia Coimbra	ARSM - Associação Recreativa de S. Miguel	Veterana F45	01:48:09	+28:56	07:13
2	848	Paula Neves	MIRO TRAIL	Veterana F45	01:57:40	+38:26	07:51
3	625	Sandra Barata	ARSM - Associação Recreativa de S. Miguel	Veterana F45	02:04:29	+45:16	08:18
4	627	Zenaide Alves	ARSM - Associação Recreativa de S. Miguel	Veterana F45	02:07:57	+48:43	08:32
5	847	Cecília Mendes	MIRO TRAIL	Veterana F45	02:14:02	+54:48	08:56
6	730	Maria Alexandra Maia	Formobike btt & trail running	Veterana F45	02:15:19	+56:05	09:01
7	593	Elisabete Girão	ARCD Venda da Luisa	Veterana F45	02:16:29	+57:15	09:06
8	529	Silvia Dias	100 Gás Trail Team	Veterana F45	02:21:38	+01:02:24	09:27
9	950	Paula Andrade	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F45	02:24:30	+01:05:16	09:38
10	781	Mónica Martins	Individual	Veterana F45	02:27:28	+01:08:14	09:50
11	595	Paula Gonçalves	ARCD Venda da Luisa	Veterana F45	02:31:24	+01:12:10	10:06
12	592	Cristina Melo	ARCD Venda da Luisa	Veterana F45	02:32:26	+01:13:12	10:10
13	624	Paula Marques	ARSM - Associação Recreativa de S. Miguel	Veterana F45	02:32:31	+01:13:18	10:10
14	780	Celia Oliveira	Individual	Veterana F45	02:33:10	+01:13:56	10:13
15	519	Teresa Lurdes Fernandes Rosa	#Runjust4fun	Veterana F45	02:35:27	+01:16:13	10:22
16	594	Judite Duarte	ARCD Venda da Luisa	Veterana F45	02:35:28	+01:16:14	10:22
17	951	Rosa Luisa Ramos Beja	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F45	02:35:47	+01:16:33	10:23
18	717	Urânia Chuva	Figueira Kayak Clube	Veterana F45	02:38:01	+01:18:48	10:32
19	706	Anabela Monteiro	CUMIBROA BIKE'S RUNNING TEAM	Veterana F45	02:39:09	+01:19:55	10:37
20	670	Zenaida Andrade	Avila Runners	Veterana F45	02:42:13	+01:23:00	10:49
21	653	Luisa Santos	ASSSCC - Ar Livre e Aventura	Veterana F45	02:48:02	+01:28:49	11:12
22	656	Gisela Margarida Alves Jorge	ATBV	Veterana F45	02:49:40	+01:30:26	11:19
23	903	Alda Santos	Soure Mov	Veterana F45	02:53:38	+01:34:24	11:35
24	905	Dora Santos	Soure Mov	Veterana F45	02:54:25	+01:35:11	11:38
25	749	Dora Paula dos Ramos Dourado	Grupo Desportivo Ferreirense	Veterana F45	03:02:17	+01:43:03	12:09

Official Timekeeper: Lap2Go	5 / 12	generate 03-dez-2019 08:32
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**Mini Trail**
**15 KM**

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

**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

26	783	Sonia Mendes	Individual	Veterana F45	03:05:57	+01:46:43	12:24
27	528	Fatima Anastacio	100 Gás Trail Team	Veterana F45	03:11:12	+01:51:58	12:45
28	518	Susana Simões	#Runjust4fun	Veterana F45	04:03:16	+02:44:02	16:13

**Veterana F50**

1	750	Anabela Rodrigues Fonseca	Grupo Desportivo Ferreirense	Veterana F50	02:11:07	+51:53	08:45
2	563	Rosa Rodrigues	ACDRS QUINHENDROS	Veterana F50	02:13:36	+54:22	08:54
3	923	Jacqueline Dias	Tribo NR	Veterana F50	02:34:37	+01:15:23	10:18
4	850	Jacinta Almeida	MIRO TRAIL	Veterana F50	02:36:07	+01:16:53	10:24
5	784	Cristina Mendes	Individual	Veterana F50	02:38:07	+01:18:53	10:32
6	596	Cidália Canais	ARCD Venda da Luisa	Veterana F50	02:43:44	+01:24:30	10:55
7	851	Silvia Pedro	MIRO TRAIL	Veterana F50	02:54:25	+01:35:11	11:38
8	849	Cristina Santos	MIRO TRAIL	Veterana F50	03:04:46	+01:45:32	12:19
9	786	Paula Duarte	Individual	Veterana F50	03:17:48	+01:58:34	13:11
10	657	Odete Maria Almeida Torres de Freitas	ATBV	Veterana F50	03:22:19	+02:03:06	13:29
11	967	Maria Alexandra Lavado Palma	XanUxa Trail	Veterana F50	04:15:27	+02:56:13	17:02

**Veterana F55**

1	906	Eugénia Batista	Soure Mov	Veterana F55	02:17:27	+58:13	09:10
2	907	Rosália Duarte	Soure Mov	Veterana F55	02:19:35	+01:00:21	09:18
3	869	Isabel Trindade	O MUNDO DA CORRIDA	Veterana F55	02:29:22	+01:10:09	09:58
4	868	Céu Santos	O MUNDO DA CORRIDA	Veterana F55	02:38:36	+01:19:22	10:34
5	521	Maria do Céu Rodrigues	#Runjust4fun	Veterana F55	02:42:46	+01:23:32	10:51
6	705	Fátima Machado	CPT Coimbra	Veterana F55	02:47:15	+01:28:01	11:09
7	968	Isabel Ucha	XanUxa Trail	Veterana F55	04:15:30	+02:56:16	17:02

**Veterana F60**

1	953	Clara Monteiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F60	03:22:35	+02:03:22	13:30
2	530	Maria Cidalia Freire	100 Gás Trail Team	Veterana F60	03:25:25	+02:06:12	13:42

**Veterano M35**

1	543	Bruno Gonçalves	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M35	01:21:00	+01:46	05:24
2	793	Paulo Neves	CCRD.Liceia	Veterano M35	01:22:17	+03:04	05:29
3	789	Jorge Simões	GATOESBTT	Veterano M35	01:25:50	+06:36	05:43
4	954	Bruno Miguel Oliveira Ribeiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M35	01:26:07	+06:53	05:45
5	547	Nuno Alves	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M35	01:37:04	+17:50	06:28
6	546	Mário Santos	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M35	01:39:06	+19:52	06:36



## Mini Trail

15 KM

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

## OFFICIAL RESULT

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7	934	Filipe Pinhão	Verallia GlassRiders	Veterano M35	01:39:37	+20:23	06:39
8	663	Eduardo Garcia	Atletismo Clube da Tocha	Veterano M35	01:39:45	+20:31	06:39
9	791	Nelson dos Santos Vieira	Individual	Veterano M35	01:40:50	+21:36	06:43
10	792	Nuno Ramos	Individual	Veterano M35	01:41:35	+22:21	06:46
11	751	ricardo Bexiga	Grupo Desportivo Ferreirense	Veterano M35	01:41:35	+22:21	06:46
12	882	Valter Edgar Teixeira Viveiros	SC Povoense - Caracóis de Corrida	Veterano M35	01:41:40	+22:26	06:47
13	545	João Roso	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M35	01:44:14	+25:00	06:57
14	692	Ricardo Gírio	Casa do Benfica de Arganil	Veterano M35	01:44:34	+25:20	06:58
15	598	Paulo José Rodrigues Bernardo	ARCD Venda da Luisa	Veterano M35	01:49:05	+29:52	07:16
16	565	TIAGO PÊGO	ACDRS QUINHENDROS	Veterano M35	01:51:16	+32:02	07:25
17	599	Sérgio Vilão	ARCD Venda da Luisa	Veterano M35	01:51:55	+32:41	07:28
18	676	João André Dias	Bio Team Run	Veterano M35	01:53:02	+33:48	07:32
19	790	José Machado	Individual	Veterano M35	01:53:03	+33:49	07:32
20	697	Henrique Carvalheiro	CCDR Matas e Cipreste	Veterano M35	01:53:46	+34:32	07:35
21	664	Fábio Silva Costa	Atletismo Clube da Tocha	Veterano M35	01:54:26	+35:13	07:38
22	875	Sérgio Santos	Pascoalitos/ADBARCOUÇO	Veterano M35	01:56:19	+37:05	07:45
23	531	Ricardo Henriques	100 Gás Trail Team	Veterano M35	01:56:27	+37:13	07:46
24	752	Ricardo Manuel Santos Pereira	Grupo Desportivo Ferreirense	Veterano M35	01:56:59	+37:45	07:48
25	788	Gil marques	Individual	Veterano M35	01:58:13	+38:59	07:53
26	628	Luis Silva	ARSM - Associação Recreativa de S. Miguel	Veterano M35	01:58:34	+39:20	07:54
27	662	Eduardo Ferreira	Atletismo clube da tocha	Veterano M35	01:59:13	+39:59	07:57
28	865	Dany Mateus	Moinhos da Gândara Trail	Veterano M35	02:04:18	+45:04	08:17
29	691	Paulo Soares	Casa do Benfica de Arganil	Veterano M35	02:05:50	+46:37	08:23
30	564	Bruno Torreira	ACDRS QUINHENDROS	Veterano M35	02:07:13	+47:59	08:29
31	794	Tony Michael Cunha Vieira	Individual	Veterano M35	02:08:35	+49:21	08:34
32	707	Carlos Mendes	CUMIBROA BIKE'S RUNNING TEAM	Veterano M35	02:08:44	+49:30	08:35
33	864	Bruno Matos	Moinhos da Gândara Trail	Veterano M35	02:08:56	+49:42	08:36
34	688	Tiago Pires	Casa do Benfica Condeixa	Veterano M35	02:11:11	+51:57	08:45
35	963	MARCO GABRIEL DA MOTA PASCOAL	VILAVENTURA - TRAIL RUNNING TEAM	Veterano M35	02:14:32	+55:18	08:58
36	597	André Santos	ARCD Venda da Luisa	Veterano M35	02:18:31	+59:17	09:14
37	522	Leonel Buco	#Runjust4fun	Veterano M35	02:44:27	+01:25:14	10:58
38	852	Fausto Reis	MIRO TRAIL	Veterano M35	02:52:01	+01:32:47	11:28
39	979	Nuno Leal	Individual	Veterano M35	02:59:57	+01:40:43	12:00
40	970	Filipe Monteiro	Individual	Veterano M35	03:01:13	+01:41:59	12:05
41	972	Nuno Curado	Individual	Veterano M35	03:01:13	+01:41:59	12:05

## Veterano M40

1	568	João Manuel Cruz Silva	ACDRS QUINHENDROS	Veterano M40	01:19:13		05:17
2	978	Márcio Filipe Simões Pereira	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	01:19:51	+00:37	05:19
3	549	Paulo Amaral	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	01:22:05	+02:51	05:28

**Mini Trail**
**15 KM**

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

**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

4	883	Alex Pedro da Silva	SC Povoense - Caracóis de Corrida	Veterano M40	01:27:16	+08:02	05:49
5	666	Paulo Pessoa	Atletismo Clube da Tocha	Veterano M40	01:28:53	+09:39	05:56
6	885	José Santos	SC Povoense - Caracóis de Corrida	Veterano M40	01:30:06	+10:52	06:00
7	548	André Fonte	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	01:30:34	+11:20	06:02
8	743	Cesar Altino	GATOESBTT	Veterano M40	01:30:52	+11:38	06:04
9	744	Vitor Cação	GATOESBTT	Veterano M40	01:31:24	+12:10	06:06
10	570	Márcio Rodrigues	ACDRS QUINHENDROS	Veterano M40	01:33:10	+13:56	06:13
11	879	Marco Ferreira	Roda Dianteira	Veterano M40	01:35:10	+15:56	06:21
12	654	Pedro Cardoso	ASSSCC - Ar Livre e Aventura	Veterano M40	01:36:48	+17:34	06:27
13	590	Vitor Santo	ARCD Venda da Luisa	Veterano M40	01:39:57	+20:43	06:40
14	693	António Figueiredo	Casa do Benfica de Arganil	Veterano M40	01:41:38	+22:24	06:47
15	630	Aurélio Saúde	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:41:39	+22:25	06:47
16	856	Ricardo Santa	MIRO TRAIL	Veterano M40	01:41:52	+22:38	06:47
17	632	Vitor Viola	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:43:11	+23:58	06:53
18	802	Telmo Pedro	Individual	Veterano M40	01:44:42	+25:28	06:59
19	855	Joselito Pereira	MIRO TRAIL	Veterano M40	01:45:26	+26:12	07:02
20	567	Bruno Maciel Maia Rodrigues	ACDRS QUINHENDROS	Veterano M40	01:45:39	+26:25	07:03
21	803	Tiago Carvalho	Individual	Veterano M40	01:47:31	+28:17	07:10
22	892	Helder Marco	SCPombal/Trail Team	Veterano M40	01:48:11	+28:57	07:13
23	698	João Pedro Cordeiro Rato	CCDR Matas e Cipreste	Veterano M40	01:48:29	+29:15	07:14
24	887	Pedro Miguel de Jesus Figueiredo	SC Povoense - Caracóis de Corrida	Veterano M40	01:49:24	+30:10	07:18
25	854	João Carlos Pereira	MIRO TRAIL	Veterano M40	01:54:13	+34:59	07:37
26	731	Nélio Girão	Formobike BTT & Trail Running	Veterano M40	01:56:14	+37:01	07:45
27	566	Bruno B Ferreira	ACDRS QUINHENDROS	Veterano M40	01:56:58	+37:44	07:48
28	578	Virgílio Neto	ADCRPereira Trail Running Team	Veterano M40	01:57:43	+38:29	07:51
29	842	Tiago Roque	Lama Solta	Veterano M40	01:57:45	+38:31	07:51
30	841	NILTON JORGE DA SILVA CAETANO	Lama Solta	Veterano M40	01:58:45	+39:31	07:55
31	665	Nélio Oliveira	Atletismo Clube da Tocha	Veterano M40	02:01:05	+41:51	08:04
32	601	Marco Oliveira	ARCD Venda da Luisa	Veterano M40	02:02:19	+43:05	08:09
33	853	Arménio Nogueira	MIRO TRAIL	Veterano M40	02:03:04	+43:50	08:12
34	798	NUNO PAULINO	Individual	Veterano M40	02:04:25	+45:12	08:18
35	909	Augusto Cordeiro	Soure Mov	Veterano M40	02:05:31	+46:17	08:22
36	857	Rui Carvalho	MIRO TRAIL	Veterano M40	02:06:55	+47:41	08:28
37	702	José Augusto dos Santos Diniz	Coimbra Trail Running	Veterano M40	02:07:06	+47:53	08:28
38	694	João Pedro Gírio de Carvalho	Casa do Benfica de Arganil	Veterano M40	02:13:33	+54:19	08:54
39	877	Bruno Miguel Carvalho Cunha	Roda Dianteira	Veterano M40	02:14:00	+54:46	08:56
40	689	Carlos Manuel Pova Santos	Casa do Benfica Condeixa	Veterano M40	02:15:29	+56:15	09:02
41	581	Luis Miguel Ferreira Barracho	AMC Cross Fit	Veterano M40	02:15:41	+56:27	09:03
42	908	António Ferreira	Soure Mov	Veterano M40	02:17:22	+58:09	09:10
43	602	Nelson Simões	ARCD Venda da Luisa	Veterano M40	02:19:20	+01:00:06	09:17
44	797	Nuno Jesus	Individual	Veterano M40	02:24:24	+01:05:10	09:38
45	569	José Miguel Simão	ACDRS QUINHENDROS	Veterano M40	02:24:57	+01:05:43	09:40

## Mini Trail

15 KM

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

## 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

46	878	Hugo Moreira	Roda Dianteira	Veterano M40	02:35:07	+01:15:53	10:20
47	796	Luis Baptista	Individual	Veterano M40	02:39:38	+01:20:24	10:39
48	572	Rui Pedro Fernandes Marques	ACDRS QUINHENDROS	Veterano M40	02:42:13	+01:22:59	10:49
49	685	Marco Pereira	BMRice Team	Veterano M40	02:42:55	+01:23:41	10:52
50	718	Nuno Bandarra	Figueira Kayak Clube	Veterano M40	02:46:20	+01:27:06	11:05
51	975	André Santa	Individual	Veterano M40	02:48:48	+01:29:34	11:15
52	629	Alexandre Fernandes	ARSM - Associação Recreativa de S. Miguel	Veterano M40	02:50:56	+01:31:42	11:24

## Veterano M45

1	924	Manuel Pinto	Tribo NR	Veterano M45	01:24:25	+05:11	05:38
2	813	João Simões	Individual	Veterano M45	01:27:58	+08:44	05:52
3	714	Rui Fresco	Fátima Trail Team	Veterano M45	01:28:31	+09:17	05:54
4	636	Pedro ManosSimocas	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:28:37	+09:24	05:55
5	815	Luis Martins 11	Individual	Veterano M45	01:31:37	+12:23	06:07
6	888	Carlos Pagaimo	SC Povoense - Caracóis de Corrida	Veterano M45	01:32:29	+13:15	06:10
7	655	Nuno Coelho	ASSSCC - Ar Livre e Aventura	Veterano M45	01:34:39	+15:26	06:19
8	634	Luis Amaro	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:36:17	+17:03	06:25
9	889	Jose Miguel Santos	SC Povoense - Caracóis de Corrida	Veterano M45	01:37:02	+17:48	06:28
10	805	Canana	Individual	Veterano M45	01:41:39	+22:25	06:47
11	633	Enrique Amaro	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:42:10	+22:56	06:49
12	722	Marco Lourenço	Figueira Kayak Clube	Veterano M45	01:43:46	+24:32	06:55
13	719	Filipe Mamede	Figueira Kayak Clube	Veterano M45	01:43:47	+24:33	06:55
14	732	António Soares	Formobike BTT & Trail Running	Veterano M45	01:47:34	+28:20	07:10
15	956	Luis Pedro dos Santos caridade	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	01:48:36	+29:22	07:14
16	533	João Nepomuceno	100 Gás Trail Team	Veterano M45	01:48:44	+29:30	07:15
17	819	Paulo Renato Mesquita Monteiro	Individual	Veterano M45	01:50:41	+31:27	07:23
18	933	Gonçalo Durão	Grupo Recreativo Eirense	Veterano M45	01:50:49	+31:36	07:23
19	699	Henrique Lavaredas	CCDR Matas e Cipreste	Veterano M45	01:52:20	+33:06	07:29
20	912	Paulo Lopes	Soure Mov	Veterano M45	01:53:07	+33:54	07:33
21	639	Sérgio Silva	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:53:55	+34:42	07:36
22	606	Paulo Santos	ARCD Venda da Luisa	Veterano M45	01:54:13	+34:59	07:37
23	637	Pedro Oliveira	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:54:46	+35:33	07:39
24	713	Paulo Roque	Fátima Trail Team	Veterano M45	01:55:33	+36:19	07:42
25	817	Mario Salgado	Individual	Veterano M45	01:56:44	+37:30	07:47
26	911	José Madeira	Soure Mov	Veterano M45	01:57:54	+38:40	07:52
27	635	Óscar Simões	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:57:59	+38:45	07:52
28	806	Carlos Costa	Individual	Veterano M45	01:58:14	+39:01	07:53
29	709	Cláudio Borges de Sousa	Domplex	Veterano M45	02:04:01	+44:47	08:16

Official Timekeeper: Lap2Go	9 / 12	generate 03-dez-2019 08:32
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## Mini Trail

15 KM

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

### OFFICIAL RESULT

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30	816	Luis Mendes	Individual	Veterano M45	02:04:19	+45:05	08:17
31	955	Antonio jose Damas Martins	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	02:04:52	+45:38	08:19
32	720	Hélder Pedrosa	Figueira Kayak Clube	Veterano M45	02:06:19	+47:05	08:25
33	808	Daniel Costa	Individual	Veterano M45	02:06:56	+47:42	08:28
34	866	João Antonio Dinis Maricato	Moinhos da Gândara Trail	Veterano M45	02:07:49	+48:35	08:31
35	745	Jorge Santos	Gordos em Movimento	Veterano M45	02:08:09	+48:55	08:33
36	708	Jorge Faria	CUMIBROA BIKE'S RUNNING TEAM	Veterano M45	02:09:10	+49:56	08:37
37	814	Luis Campos	Individual	Veterano M45	02:09:24	+50:10	08:38
38	677	Francisco António Correia Mendes	Bio Team Run	Veterano M45	02:10:57	+51:43	08:44
39	678	Valter Rainho	Bio Team Run	Veterano M45	02:12:48	+53:34	08:51
40	573	António Pego	ACDRS QUINHENDROS	Veterano M45	02:14:03	+54:49	08:56
41	574	Josè carlos Simões	ACDRS QUINHENDROS	Veterano M45	02:14:04	+54:50	08:56
42	535	Zé Dias	100 Gás Trail Team	Veterano M45	02:21:38	+01:02:24	09:27
43	896	Rui Guedes	SI IMOBILIARIA	Veterano M45	02:30:12	+01:10:58	10:01
44	818	Nuno Santos	Individual	Veterano M45	02:34:33	+01:15:19	10:18
45	897	Pedro Freire Rodrigues	SicóTrilhos Abiúl	Veterano M45	02:37:26	+01:18:12	10:30
46	977	António Luís Silva Martins	Correr Viseu	Veterano M45	02:38:09	+01:18:55	10:33
47	534	Vitor Santos	100 Gás Trail Team	Veterano M45	02:42:36	+01:23:22	10:50
48	810	Francisco Figueiredo	Individual	Veterano M45	02:44:48	+01:25:34	10:59
49	895	José Abrantes	SI IMOBILIARIA	Veterano M45	02:53:08	+01:33:54	11:33
50	721	João Quintas	Figueira Kayak Clube	Veterano M45	02:57:40	+01:38:26	11:51
51	690	Nuno Alves	Casa do Benfica Condeixa	Veterano M45	03:03:54	+01:44:40	12:16
52	811	João Cruz	Individual	Veterano M45	03:08:11	+01:48:58	12:33
53	604	Nelson Gaspar	ARCD Venda da Luisa	Veterano M45	03:45:18	+02:26:04	15:01
54	758	João Miguel do Nascimento Loureiro	GRVilaverdense	Veterano M45	04:16:38	+02:57:24	17:07

## Veterano M50

1	890	Orlando Manuel Aveiro Pires	SC Povoense - Caracóis de Corrida	Veterano M50	01:22:47	+03:33	05:31
2	607	Arlindo Ribeiro	ARCD Venda da Luisa	Veterano M50	01:29:12	+09:58	05:57
3	733	José Jesus	Formobike BTT & Trail Running	Veterano M50	01:31:30	+12:16	06:06
4	913	Ernesto Nabeiro	Soure Mov	Veterano M50	01:33:33	+14:19	06:14
5	610	José Marques	ARCD Venda da Luisa	Veterano M50	01:37:06	+17:52	06:28
6	554	Jorge Alves	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M50	01:39:44	+20:30	06:39
7	827	Paulo Marques	Individual	Veterano M50	01:42:19	+23:05	06:49
8	575	TóZé Serra	ACDRS QUINHENDROS	Veterano M50	01:43:00	+23:46	06:52
9	859	Horácio Ferreira	MIRO TRAIL	Veterano M50	01:43:26	+24:12	06:54
10	609	Carlos Quinteiro	ARCD Venda da Luisa	Veterano M50	01:45:37	+26:23	07:03
11	925	André Dias	Tribo NR	Veterano M50	01:50:18	+31:04	07:21
12	671	ANTONIO MARQUES	Avila Runners	Veterano M50	01:55:02	+35:48	07:40
13	920	José António Fernandes Bugalho	TOCER	Veterano M50	01:57:36	+38:22	07:50
14	824	José Cardoso	Individual	Veterano M50	02:03:01	+43:47	08:12
15	641	Moisés Nunes	ARSM - Associação Recreativa de S. Miguel	Veterano M50	02:04:28	+45:14	08:18

Official Timekeeper: Lap2Go	10 / 12	generate 03-dez-2019 08:32
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## Mini Trail

15 KM

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

16	642	Paulo Martins	ARSM - Associação Recreativa de S. Miguel	Veterano M50	02:04:28	+45:14	08:18
17	555	Nuno Loureiro	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M50	02:06:08	+46:54	08:25
18	822	Fernando Medeiros	Individual	Veterano M50	02:08:50	+49:36	08:35
19	640	José Oliveira	ARSM - Associação Recreativa de S. Miguel	Veterano M50	02:10:10	+50:56	08:41
20	858	Artur Costa	MIRO TRAIL	Veterano M50	02:10:52	+51:38	08:43
21	680	Fernando Sousa	Bio Team run	Veterano M50	02:12:48	+53:34	08:51
22	759	Adérito Neves	GRVilaverdense	Veterano M50	02:13:23	+54:09	08:54
23	611	Pedro Silva	ARCD Venda da Luisa	Veterano M50	02:16:29	+57:15	09:06
24	679	Carlos Barroso	Bio Team Run	Veterano M50	02:24:30	+01:05:16	09:38
25	556	VITOR LUIS PRATAS DOS SANTOS	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M50	02:29:22	+01:10:08	09:57
26	873	Carlos Novo	Os Tolinhos	Veterano M50	02:34:14	+01:15:00	10:17
27	823	Jorge Lestro	Individual	Veterano M50	02:36:03	+01:16:49	10:24
28	861	Victor Silva	MIRO TRAIL	Veterano M50	02:42:42	+01:23:28	10:51
29	608	Carlos Canais	ARCD Venda da Luisa	Veterano M50	02:43:44	+01:24:30	10:55
30	860	José Santos	MIRO TRAIL	Veterano M50	03:04:45	+01:45:32	12:19
31	821	Antonio Alberto Rocha	Individual	Veterano M50	03:05:59	+01:46:45	12:24

## Veterano M55

1	643	José Correia	ARSM - Associação Recreativa de S. Miguel	Veterano M55	01:39:01	+19:47	06:36
2	557	José Carlos Rodrigues	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M55	01:41:45	+22:31	06:47
3	874	Francisco Ferreira	Os Tolinhos	Veterano M55	01:46:30	+27:16	07:06
4	703	Fernando Alhau	Coimbra Trail Running	Veterano M55	01:47:33	+28:19	07:10
5	957	Antonio Eufrazio de Melo	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M55	01:47:51	+28:37	07:11
6	829	Mário neves	Individual	Veterano M55	01:48:02	+28:48	07:12
7	612	Francisco Silva	ARCD Venda da Luisa	Veterano M55	01:49:51	+30:37	07:19
8	914	Abel Batalha	Soure Mov	Veterano M55	01:52:07	+32:53	07:28
9	958	Victor Gonçalves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M55	01:52:26	+33:12	07:30
10	523	Ricardo Madureira	#Runjust4fun	Veterano M55	01:53:44	+34:30	07:35
11	959	Victor Manuel Coelho Bernardes	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M55	01:54:40	+35:26	07:39
12	613	José Santos	ARCD Venda da Luisa	Veterano M55	01:57:17	+38:03	07:49
13	916	Jorge Cordeiro	Soure Mov	Veterano M55	01:58:23	+39:09	07:54
14	870	Fernando Fonseca	O MUNDO DA CORRIDA	Veterano M55	01:58:47	+39:33	07:55
15	681	João Rainho	Bio Team Run	Veterano M55	02:09:05	+49:51	08:36
16	828	José Reis	Individual	Veterano M55	02:09:07	+49:53	08:36
17	976	Arlindo Neves	Vikings	Veterano M55	02:11:58	+52:44	08:48
18	915	António Neves	Soure Mov	Veterano M55	02:31:26	+01:12:12	10:06
19	969	Walter Palma	XanUxa Trail	Veterano M55	02:54:21	+01:35:07	11:37

**Mini Trail**

**15 KM**

**OFFICIAL RESULT**

**Veterano M60**

1	667	José Julião	Atletismo clube da tocha	Veterano M60	01:51:03	+31:49	07:24
2	891	António José Mendes de Oliveira Carvalho	SC Povoense - Caracóis de Corrida	Veterano M60	01:56:18	+37:04	07:45
3	830	Joaquim Almeida	Coimbra Trail Running	Veterano M60	02:02:18	+43:04	08:09
4	710	Luis António Pinto Pereira	Escaravelhos Team C. M. M.	Veterano M60	02:11:58	+52:45	08:48
5	536	João Carlos Simões	100 Gás Trail Team	Veterano M60	02:30:38	+01:11:24	10:03
6	917	António Seródio	Soure Mov	Veterano M60	02:32:54	+01:13:40	10:12
7	658	Virgílio Cardoso da Costa Rato	ATBV	Veterano M60	02:34:24	+01:15:10	10:18
8	862	Rui Manuel Melo Lopes	Miro Trail	Veterano M60	02:40:28	+01:21:14	10:42
9	615	José Correia	ARCD Venda da Luisa	Veterano M60	02:42:45	+01:23:31	10:51
10	614	Fernando Martins	ARCD Venda da Luisa	Veterano M60	02:49:03	+01:29:49	11:16

**Veterano M65**

1	760	Manuel Fernandes	GRVilaverdense	Veterano M65	02:04:12	+44:58	08:17
2	645	Joaquim Branquinho	ARSM - Associação Recreativa de S. Miguel	Veterano M65	02:25:20	+01:06:06	09:41

## COLETIVO - MINI 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 - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	A.R.CASAENSE/ESCOLA DE ATLETISMO DE COIMBRA/INTERMARCHÉ CONDEIXA	2 + 4 + 5	11
2	ACDRS QUINHENDROS	1 + 13 + 15	29
3	SC POVOENSE - CARACÓIS DE CORRIDA	8 + 14 + 25	47
4	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	9 + 12 + 31	52
5	GATOESBTT	11 + 18 + 29	58
6	ATLETISMO CLUBE DA TOCHA	3 + 21 + 54	78
7	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	16 + 20 + 43	79
8	ASSSCC - AR LIVRE E AVENTURA	22 + 40 + 45	107
9	ARCD VENDA DA LUISA	23 + 48 + 55	126
10	FORMOBIKE BTT & TRAIL RUNNING	24 + 34 + 85	143
11	TRIBO NR	10 + 77 + 99	186
12	MIRO TRAIL	65 + 71 + 78	214
13	SOURE MOV	38 + 106 + 112	256
14	100 GÁS TRAIL TEAM	49 + 94 + 124	267
15	CCDR MATAS E CIPRESTE	91 + 102 + 107	300
16	CASA DO BENFICA DE ARGANIL	60 + 75 + 174	309
17	FIGUEIRA KAYAK CLUBE	72 + 73 + 176	321
18	LAMA SOLTA	39 + 140 + 148	327
19	GRVILVERDENSE	28 + 161 + 192	381
20	GRUPO DESPORTIVO FERREIRENSE	59 + 135 + 191	385
21	RODA DIANTEIRA	41 + 128 + 225	394
22	COIMBRA TRAIL RUNNING	84 + 154 + 180	418
23	#RUNJUST4FUN	108 + 113 + 231	452
24	BIO TEAM RUN	110 + 196 + 204	510
25	MOINHOS DA GÂNDARA TRAIL	162 + 185 + 195	542
26	OS TOLINHOS	81 + 212 + 287	580
27	CUMIBROA BIKE'S RUNNING TEAM	193 + 198 + 304	695
28	VILAVENTURA - TRAIL RUNNING TEAM	232 + 234 + 248	714
29	O MUNDO DA CORRIDA	149 + 271 + 303	723
30	GANG DA AREOSA	230 + 261 + 275	766
31	CASA DO BENFICA CONDEIXA	211 + 239 + 370	820
32	UGAS TRAIL RUNNING	250 + 320 + 321	891
33	SI IMOBILIARIA	273 + 347 + 394	1014
34	ATBV	289 + 341 + 391	1021
35	BMRICE TEAM	325 + 409 + 410	1144
36	XANUXA TRAIL	350 + 407 + 408	1165