TRAIL LONGO - 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

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

	Time	Temperature	Humidity
Start	09:00	12,8ºC	87%
End	11:39	12,8ºC	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	7	João Henrique da Cruz	cb run	Senior Masculino	01:15:41		05:03
2	101	Antonio Martins	boavista futebol clube	Veterano M40	01:20:34	+04:53	05:22
3	18	Tiago Alexandre Martins Teixeira	edv-viana trail	Senior Masculino	01:26:36	+10:55	05:46
4	1	Lucinda Sousa	individual	Veterana F40	01:26:36	+10:55	05:46
5	11	Rui Sousa	centro ciclista de gondomar	Veterano M40	01:28:15	+12:34	05:53
6	83	David Tavares	runriver - escola atletismo de rio tinto	Veterano M40	01:30:45	+15:04	06:03
7	81	Filipe Salvador	runners do demo	Veterano M40	01:31:16	+15:35	06:05
8	9	Diogo Barros	cb run	Veterano M40	01:31:20	+15:39	06:05
9	16	Adelino Pinto	dapproduções a	Senior Masculino	01:31:33	+15:51	06:06
10	76	Miguel Barros	pernetas	Senior Masculino	01:32:44	+17:03	06:11
11	68	Fábio Sousa	mss contabilidade trail team	Senior Masculino	01:33:29	+17:47	06:14
12	73	Manuel Póvoas	mss contabilidade trail team	Veterano M40	01:33:29	+17:48	06:14
13	71	Ibraim Sousa	mss contabilidade trail team	Veterano M40	01:33:29	+17:48	06:14
14	17	Isidro Pinto	dapproduções a	Senior Masculino	01:35:25	+19:44	06:22
15	63	Miguel Alves	leões de tardariz trail	Senior Masculino	01:35:52	+20:11	06:24
16	31	Fábio Almeida	individual	Senior Masculino	01:37:18	+21:37	06:29
17	91	Vitória Oliveira	sporting clube de portugal	Senior Feminino	01:37:26	+21:45	06:30
18	20	Carlos Azevedo	factor x / s4l / medense fc	Senior Masculino	01:37:41	+22:00	06:31
19	57	Manuel Couto	individual	Veterano M40	01:38:45	+23:04	06:35
20	69	Filipe Póvoas	mss contabilidade trail team	Senior Masculino	01:39:03	+23:22	06:36
21	51	joao anselmo fernandes vigário	gondomar futsal clube	Veterano M40	01:39:10	+23:28	06:37
22	49	Fernando Rodrigues	individual	Veterano M40	01:41:28	+25:46	06:46
23	2	Victor Correia	individual	Veterano M40	01:41:28	+25:47	06:46
24	28	Paulo Alves	gondomar futsal clube	Veterano M40	01:41:39	+25:58	06:47
25	66	Dário Manuel Oliveira Cardoso	leões de tardariz trail	Veterano M40	01:42:46	+27:05	06:51
26	72	José Salas	mss contabilidade trail team	Veterano M40	01:44:02	+28:21	06:56
27	37	Leonel Neves	individual	Sub 23 Masculino	01:45:00	+29:19	07:00
28	10	Jorge Silva	centro ciclista de gondomar	Veterano M40	01:45:31	+29:50	07:02
29	61	Sérgio Sousa	individual	Veterano M40	01:45:54	+30:12	07:04
30	87	João Cardoso	s. s. montepio	Veterano M40	01:46:36	+30:55	07:06
31	25	Fernando Pereira	gondomar futsal clube	Veterano M40	01:47:13	+31:32	07:09
32	96	Vitor Santos	individual	Veterano M40	01:47:21	+31:40	07:09
33	70	Aurélio Salas	mss contabilidade trail team	Veterano M40	01:49:14	+33:33	07:17
34	75	Lino Moreira	os turbomula	Veterano M40	01:49:23	+33:42	07:18
35	21	Sandro Pinheiro	factor x / s4l / medense fc	Senior Masculino	01:49:29	+33:48	07:18
36	104	Pedro Viana	medense	Senior Masculino	01:49:29	+33:48	07:18
37	103	Daniel Terra	medense	Senior Masculino	01:49:45	+34:04	07:19
38	38	Cristina Loureiro	individual	Veterana F40	01:50:22	+34:41	07:22
39	29	Pedro Sousa	gondomar futsal clube	Veterano M40	01:50:23	+34:42	07:22
40	67	Pedro Ferreira	leões de tardariz trail	Veterano M40	01:51:03	+35:22	07:24
41	95	Ricardo Mota	trepatrilhos trail team	Veterano M40	01:51:16	+35:34	07:25

TRAIL LONGO - 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	3	Fernando Lemos	gaia trail	Senior Masculino	01:52:11	+36:30	07:29
43	54	Jorge Paulo Martins Neves	individual	Veterano M40	01:52:23	+36:42	07:30
44	41	Susana Sousa	trepatrilhos trail team	Veterana F40	01:53:13	+37:32	07:33
45	48	Emanuel Pereira	individual	Veterano M40	01:53:35	+37:54	07:34
46	5	António Gonçalves	amigos 100 limites	Sub 23 Masculino	01:53:36	+37:55	07:34
47	15	Armando Moreira	clube zupper	Veterano M40	01:53:38	+37:57	07:35
48	4	Patrícia Conceição	amigos 100 limites	Senior Feminino	01:53:42	+38:01	07:35
49	19	Bruno Martins	factor x / s4l / medense fc	Senior Masculino	01:53:44	+38:03	07:35
50	93	Fernando Silva	trepatrilhos trail team	Veterano M40	01:53:59	+38:18	07:36
51	55	José Santos	individual	Veterano M40	01:54:25	+38:44	07:38
52	94	Jorge Moreira	trepatrilhos trail team	Veterano M40	01:54:44	+39:03	07:39
53	89	Rui Carvalho	s. s. montepio	Veterano M40	01:54:48	+39:07	07:39
54	84	António Oliveira	s. s. montepio	Veterano M40	01:54:48	+39:07	07:39
55	33	Pedro leal	individual	Senior Masculino	01:54:51	+39:10	07:39
56	36	Andreia Sousa	individual	Sub 23 Feminino	01:55:05	+39:24	07:40
57	47	David Sousa	individual	Veterano M40	01:55:05	+39:24	07:40
58	50	Francisco Freitas	individual	Veterano M40	01:55:18	+39:36	07:41
59	34	Raul Freitas	individual	Senior Masculino	01:55:18	+39:37	07:41
60	56	Luis Santos	individual	Veterano M40	01:56:24	+40:43	07:46
61	24	André Trigais	gondomar futsal clube	Senior Masculino	01:56:45	+41:04	07:47
62	65	António Pinto	leões de tardariz trail	Veterano M40	01:56:45	+41:04	07:47
63	85	Fernando Carvalho	s. s. montepio	Veterano M40	01:56:47	+41:06	07:47
64	64	Telmo Oliveira	leões de tardariz trail	Senior Masculino	01:57:00	+41:19	07:48
65	52	João Gil da Costa	individual	Veterano M40	01:58:17	+42:36	07:53
66	100	Sylvie Duarte	individual	Veterana F40	01:58:34	+42:52	07:54
67	40	Ivone Ferreira	individual	Veterana F40	01:58:46	+43:05	07:55
68	39	Flávia Vieira	individual	Veterana F40	01:59:43	+44:01	07:59
69	46	Celso Mota	individual	Veterano M40	02:00:31	+44:49	08:02
70	26	Filipe Cruz	gondomar futsal clube	Veterano M40	02:01:21	+45:40	08:05
71	12	Valter Barbosa	centro cultural da stcp	Senior Masculino	02:01:49	+46:08	08:07
72	53	Joaquim Pacheco	individual	Veterano M40	02:01:50	+46:09	08:07
73	32	Pedro Jorge Sousa Castro	individual	Senior Masculino	02:02:07	+46:25	08:08
74	62	Vitor Martins	individual	Veterano M40	02:03:37	+47:56	08:14
75	92	Paula Manuela Dias	trepatrilhos trail team	Veterana F40	02:04:19	+48:38	08:17
76	88	Ricardo Resende	s. s. montepio	Veterano M40	02:04:32	+48:51	08:18
77	45	ARMINDO SERRA MARTINS DOS SANTOS	individual	Veterano M40	02:04:49	+49:07	08:19
78	58	Pedro Mucha	individual	Veterano M40	02:07:25	+51:43	08:30
79	42	Alcídio Figueiredo	individual	Veterano M40	02:09:30	+53:49	08:38
80	99	Bruno Rodriges	jornalista de ojogo	Veterano M40	02:10:25	+54:44	08:42
81	82	José Ferreira	runners do demo	Veterano M40	02:10:30	+54:49	08:42
82	30	Paula Cruz	individual	Senior Feminino	02:10:43	+55:02	08:43
83	27	Ilídio Freitas	gondomar futsal clube	Veterano M40	02:10:43	+55:02	08:43
84	35	Telmo Rocha	individual	Senior Masculino	02:10:50	+55:09	08:43
85	86	Francisco Moreira	s. s. montepio	Veterano M40	02:11:45	+56:03	08:47
86	14	Marco Batista	centro cultural da stcp	Veterano M40	02:13:36	+57:55	08:54

TRAIL LONGO - 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	43	Amílcar Castro	individual	Veterano M40	02:13:39	+57:58	08:55
88	59	Rui Craveiro	individual	Veterano M40	02:14:52	+59:10	08:59
89	80	Graça Costa	runners do demo	Veterana F40	02:15:04	+59:23	09:00
90	8	Nuno Oliveira	cb run	Senior Masculino	02:16:13	+01:00:32	09:05
91	6	Marcela Fernandes	cb run	Senior Feminino	02:16:13	+01:00:32	09:05
92	74	Rui Augusto	mss contabilidade trail team	Veterano M40	02:22:27	+01:06:46	09:30
93	13	Domingos Faustino	centro cultural da stcp	Veterano M40	02:23:26	+01:07:45	09:34
94	23	Hélder Filipe Pacheco Martins	gg izi	Sub 23 Masculino	02:29:00	+01:13:19	09:56
95	22	António Pedro da Costa Pereira	gg izi	Sub 23 Masculino	02:29:01	+01:13:19	09:56
96	98	Nuno Pereira	leões de tardariz trail	Senior Masculino	02:29:27	+01:13:45	09:58
97	97	Atleta 97	individual	Senior Masculino	02:33:54	+01:18:13	10:16
98	78	FATIMA MEINEDO	pernetas	Veterana F40	02:39:31	+01:23:50	10:38
99	79	Màrio Cardoso	pernetas	Veterano M40	02:39:31	+01:23:50	10:38
100	77	Ana Canez	pernetas	Veterana F40	02:39:31	+01:23:50	10:38

Trilhos do Sousa 2019
Gondomar, PT
29-setembro-2019

Trail Longo 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

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

	Time	Temperature	Humidity
Start	09:00	12,8ºC	87%
End	11:39	12,8ºC	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM

Senior Feminino

1	91	Vitória Oliveira	Sporting Clube de Portugal	Senior Feminino	01:37:26	+21:45	06:30
2	4	Patrícia Conceição	Amigos 100 Limites	Senior Feminino	01:53:42	+38:01	07:35
3	30	Paula Cruz	Individual	Senior Feminino	02:10:43	+55:02	08:43
4	6	Marcela Fernandes	CB RUN	Senior Feminino	02:16:13	+01:00:32	09:05

Senior Masculino

1	7	João Henrique da Cruz	CB RUN	Senior Masculino	01:15:41		05:03
2	18	Tiago Alexandre Martins Teixeira	EDV-VIANA TRAIL	Senior Masculino	01:26:36	+10:55	05:46
3	16	Adelino Pinto	DAPproduções a	Senior Masculino	01:31:33	+15:51	06:06
4	76	Miguel Barros	Pernetas	Senior Masculino	01:32:44	+17:03	06:11
5	68	Fábio Sousa	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:33:29	+17:47	06:14
6	17	Isidro Pinto	DAPproduções a	Senior Masculino	01:35:25	+19:44	06:22
7	63	Miguel Alves	Leões de Tardariz Trail	Senior Masculino	01:35:52	+20:11	06:24
8	31	Fábio Almeida	Individual	Senior Masculino	01:37:18	+21:37	06:29
9	20	Carlos Azevedo	Factor X / S4L / Medense FC	Senior Masculino	01:37:41	+22:00	06:31
10	69	Filipe Póvoas	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:39:03	+23:22	06:36
11	21	Sandro Pinheiro	Factor X / S4L / Medense FC	Senior Masculino	01:49:29	+33:48	07:18
12	104	Pedro Viana	Medense	Senior Masculino	01:49:29	+33:48	07:18
13	103	Daniel Terra	Medense	Senior Masculino	01:49:45	+34:04	07:19
14	3	Fernando Lemos	Gaia Trail	Senior Masculino	01:52:11	+36:30	07:29
15	19	Bruno Martins	Factor X / S4L / Medense FC	Senior Masculino	01:53:44	+38:03	07:35
16	33	Pedro leal	Individual	Senior Masculino	01:54:51	+39:10	07:39
17	34	Raul Freitas	Individual	Senior Masculino	01:55:18	+39:37	07:41
18	24	André Trigais	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:56:45	+41:04	07:47
19	64	Telmo Oliveira	Leões de Tardariz Trail	Senior Masculino	01:57:00	+41:19	07:48
20	12	Valter Barbosa	Centro Cultural da STCP	Senior Masculino	02:01:49	+46:08	08:07
21	32	Pedro Jorge Sousa Castro	Individual	Senior Masculino	02:02:07	+46:25	08:08
22	35	Telmo Rocha	Individual	Senior Masculino	02:10:50	+55:09	08:43
23	8	Nuno Oliveira	CB RUN	Senior Masculino	02:16:13	+01:00:32	09:05
24	98	Nuno Pereira	Leões de Tardariz Trail	Senior Masculino	02:29:27	+01:13:45	09:58
25	97	Atleta 97	Individual	Senior Masculino	02:33:54	+01:18:13	10:16

Sub 23 Feminino

1	36	Andreia Sousa	Individual	Sub 23 Feminino	01:55:05	+39:24	07:40

Trail Longo — 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

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

Sub 23 Masculino

1	37	Leonel Neves	Individual	Sub 23 Masculino	01:45:00	+29:19	07:00
2	5	António Gonçalves	Amigos 100 Limites	Sub 23 Masculino	01:53:36	+37:55	07:34
3	23	Hélder Filipe Pacheco Martins	GG IZI	Sub 23 Masculino	02:29:00	+01:13:19	09:56
4	22	António Pedro da Costa Pereira	GG IZI	Sub 23 Masculino	02:29:01	+01:13:19	09:56

Veterana F40

1	1	Lucinda Sousa	Individual	Veterana F40	01:26:36	+10:55	05:46
2	38	Cristina Loureiro	Individual	Veterana F40	01:50:22	+34:41	07:22
3	41	Susana Sousa	TrepaTrilhos Trail Team	Veterana F40	01:53:13	+37:32	07:33
4	100	Sylvie Duarte	Individual	Veterana F40	01:58:34	+42:52	07:54
5	40	Ivone Ferreira	Individual	Veterana F40	01:58:46	+43:05	07:55
6	39	Flávia Vieira	Individual	Veterana F40	01:59:43	+44:01	07:59
7	92	Paula Manuela Dias	TrepaTrilhos Trail Team	Veterana F40	02:04:19	+48:38	08:17
8	80	Graça Costa	Runners do Demo	Veterana F40	02:15:04	+59:23	09:00
9	78	FATIMA MEINEDO	Pernetas	Veterana F40	02:39:31	+01:23:50	10:38
10	77	Ana Canez	Pernetas	Veterana F40	02:39:31	+01:23:50	10:38

Veterano M40

1	101	Antonio Martins	Boavista Futebol Clube	Veterano M40	01:20:34	+04:53	05:22
2	11	Rui Sousa	CENTRO CICLISTA DE GONDOMAR	Veterano M40	01:28:15	+12:34	05:53
3	83	David Tavares	RunRiver - Escola Atletismo de Rio Tinto	Veterano M40	01:30:45	+15:04	06:03
4	81	Filipe Salvador	Runners do Demo	Veterano M40	01:31:16	+15:35	06:05
5	9	Diogo Barros	CB RUN	Veterano M40	01:31:20	+15:39	06:05
6	73	Manuel Póvoas	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:33:29	+17:48	06:14
7	71	Ibraim Sousa	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:33:29	+17:48	06:14
8	57	Manuel Couto	Individual	Veterano M40	01:38:45	+23:04	06:35
9	51	joao anselmo fernandes vigário	GONDOMAR FUTSAL CLUBE	Veterano M40	01:39:10	+23:28	06:37
10	49	Fernando Rodrigues	Individual	Veterano M40	01:41:28	+25:46	06:46
11	2	Victor Correia	Individual	Veterano M40	01:41:28	+25:47	06:46
12	28	Paulo Alves	GONDOMAR FUTSAL CLUBE	Veterano M40	01:41:39	+25:58	06:47
13	66	Dário Manuel Oliveira Cardoso	Leões de Tardariz Trail	Veterano M40	01:42:46	+27:05	06:51
14	72	José Salas	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:44:02	+28:21	06:56
15	10	Jorge Silva	CENTRO CICLISTA DE GONDOMAR	Veterano M40	01:45:31	+29:50	07:02
16	61	Sérgio Sousa	Individual	Veterano M40	01:45:54	+30:12	07:04
17	87	João Cardoso	S. S. Montepio	Veterano M40	01:46:36	+30:55	07:06
18	25	Fernando Pereira	GONDOMAR FUTSAL CLUBE	Veterano M40	01:47:13	+31:32	07:09
19	96	Vitor Santos	Individual	Veterano M40	01:47:21	+31:40	07:09

Trail Longo

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

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

20	70	Aurélio Salas	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:49:14	+33:33	07:17
21	75	Lino Moreira	Os TurboMula	Veterano M40	01:49:23	+33:42	07:18
22	29	Pedro Sousa	GONDOMAR FUTSAL CLUBE	Veterano M40	01:50:23	+34:42	07:22
23	67	Pedro Ferreira	Leões de Tardariz Trail	Veterano M40	01:51:03	+35:22	07:24
24	95	Ricardo Mota	TrepaTrilhos Trail Team	Veterano M40	01:51:16	+35:34	07:25
25	54	Jorge Paulo Martins Neves	Individual	Veterano M40	01:52:23	+36:42	07:30
26	48	Emanuel Pereira	Individual	Veterano M40	01:53:35	+37:54	07:34
27	15	Armando Moreira	Clube Zupper	Veterano M40	01:53:38	+37:57	07:35
28	93	Fernando Silva	TrepaTrilhos Trail Team	Veterano M40	01:53:59	+38:18	07:36
29	55	José Santos	Individual	Veterano M40	01:54:25	+38:44	07:38
30	94	Jorge Moreira	TrepaTrilhos Trail Team	Veterano M40	01:54:44	+39:03	07:39
31	89	Rui Carvalho	S. S. Montepio	Veterano M40	01:54:48	+39:07	07:39
32	84	António Oliveira	S. S. Montepio	Veterano M40	01:54:48	+39:07	07:39
33	47	David Sousa	Individual	Veterano M40	01:55:05	+39:24	07:40
34	50	Francisco Freitas	Individual	Veterano M40	01:55:18	+39:36	07:41
35	56	Luis Santos	Individual	Veterano M40	01:56:24	+40:43	07:46
36	65	António Pinto	Leões de Tardariz Trail	Veterano M40	01:56:45	+41:04	07:47
37	85	Fernando Carvalho	S. S. Montepio	Veterano M40	01:56:47	+41:06	07:47
38	52	João Gil da Costa	Individual	Veterano M40	01:58:17	+42:36	07:53
39	46	Celso Mota	Individual	Veterano M40	02:00:31	+44:49	08:02
40	26	Filipe Cruz	GONDOMAR FUTSAL CLUBE	Veterano M40	02:01:21	+45:40	08:05
41	53	Joaquim Pacheco	Individual	Veterano M40	02:01:50	+46:09	08:07
42	62	Vitor Martins	Individual	Veterano M40	02:03:37	+47:56	08:14
43	88	Ricardo Resende	S. S. Montepio	Veterano M40	02:04:32	+48:51	08:18
44	45	ARMINDO SERRA MARTINS DOS SANTOS	Individual	Veterano M40	02:04:49	+49:07	08:19
45	58	Pedro Mucha	Individual	Veterano M40	02:07:25	+51:43	08:30
46	42	Alcídio Figueiredo	Individual	Veterano M40	02:09:30	+53:49	08:38
47	99	Bruno Rodriges	Jornalista de OJOGO	Veterano M40	02:10:25	+54:44	08:42
48	82	José Ferreira	Runners do Demo	Veterano M40	02:10:30	+54:49	08:42
49	27	Ilídio Freitas	GONDOMAR FUTSAL CLUBE	Veterano M40	02:10:43	+55:02	08:43
50	86	Francisco Moreira	S. S. Montepio	Veterano M40	02:11:45	+56:03	08:47
51	14	Marco Batista	Centro Cultural da STCP	Veterano M40	02:13:36	+57:55	08:54
52	43	Amílcar Castro	Individual	Veterano M40	02:13:39	+57:58	08:55
53	59	Rui Craveiro	Individual	Veterano M40	02:14:52	+59:10	08:59
54	74	Rui Augusto	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:22:27	+01:06:46	09:30
55	13	Domingos Faustino	Centro Cultural da STCP	Veterano M40	02:23:26	+01:07:45	09:34
56	79	Màrio Cardoso	Pernetas	Veterano M40	02:39:31	+01:23:50	10:38

Trilhos do Sousa 2019
Gondomar, PT
29-setembro-2019

TRAIL CURTO - STAGE 1

10 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

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

	Time	Temperature	Humidity
Start	09:30	-99ºC	-99%
End	11:43	17,2ºC	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	550	Tiago Moreira	individual	Senior Masculino	55:17		05:32
2	507	Bruno Pereira	amigos 100 limites	Senior Masculino	56:03	+00:46	05:36
3	564	josé carlos ribeiro guimarães	individual	Veterano M40	01:01:38	+06:20	06:10
4	521	Filipe Nogueira	dapproduções a	Senior Masculino	01:03:29	+08:12	06:21
5	528	Antonio Sousa	dapproduções a	Veterano M40	01:03:30	+08:12	06:21
6	527	Vitor Araújo	dapproduções a	Senior Masculino	01:03:49	+08:31	06:23
7	515	Vasco Faria	cb run	Senior Masculino	01:05:31	+10:14	06:33
8	536	Joana Cardoso	gondomar futsal clube	Senior Feminino	01:12:55	+17:38	07:18
9	548	Pedro Rocha	individual	Senior Masculino	01:14:54	+19:37	07:29
10	568	Jorge Moreira	prosel team	Senior Masculino	01:15:48	+20:30	07:35
11	531	Ricardo Pinto	dapproduções a	Veterano M40	01:16:03	+20:45	07:36
12	553	Fábio Rodrigo Cardoso	individual	Sub 23 Masculino	01:16:04	+20:46	07:36
13	538	Ângela Moutinho	gondomar futsal clube	Veterana F40	01:16:04	+20:47	07:36
14	554	Nuno Castro	individual	Sub 23 Masculino	01:16:11	+20:53	07:37
15	506	Alcino Silva	amigos 100 limites	Senior Masculino	01:16:28	+21:10	07:39
16	582	Francisco Viana	individual	Senior Masculino	01:16:30	+21:12	07:39
17	545	João Costa	individual	Senior Masculino	01:17:01	+21:43	07:42
18	552	Diogo Nogueira	individual	Sub 23 Masculino	01:17:01	+21:43	07:42
19	567	Mário Batista	individual	Veterano M40	01:18:10	+22:53	07:49
20	566	Marcio pinto	individual	Veterano M40	01:19:18	+24:01	07:56
21	520	Licinia Silva	dapproduções a	Senior Feminino	01:19:24	+24:07	07:56
22	546	Luís Gomes	individual	Senior Masculino	01:19:27	+24:09	07:57
23	518	Diana Dias	dapproduções a	Senior Feminino	01:21:57	+26:40	08:12
24	547	Nuno Teixeira	individual	Senior Masculino	01:22:03	+26:46	08:12
25	551	vitor neves	individual	Senior Masculino	01:24:57	+29:39	08:30
26	532	Silvio Silva	dapproduções a	Veterano M40	01:25:01	+29:44	08:30
27	524	Jorge Seabra	dapproduções a	Senior Masculino	01:25:12	+29:55	08:31
28	563	JOAQUIM ALEIXO	individual	Veterano M40	01:26:02	+30:45	08:36
29	541	Paulo Ferreira	grupo 46 "lavra run"	Veterano M40	01:26:09	+30:51	08:37
30	523	João Silva	dapproduções a	Senior Masculino	01:26:26	+31:09	08:39
31	529	Jorge Moreira	dapproduções a	Veterano M40	01:26:45	+31:27	08:41
32	572	Artur Carvalho	s. s. montepio	Veterano M40	01:26:52	+31:35	08:41
33	549	Pedro Silva	individual	Senior Masculino	01:28:10	+32:52	08:49
34	60	Rui Paulo Fernandes Pereira	individual	Veterano M40	01:28:10	+32:52	08:49
35	504	Marlene Oliveira	amigos 100 limites	Senior Feminino	01:29:10	+33:53	08:55
36	508	Fábio Moreira	amigos 100 limites	Senior Masculino	01:30:51	+35:34	09:05
37	556	Maria de fatima da silva aguiar	runriver - escola atletismo de rio tinto	Veterana F40	01:32:39	+37:22	09:16
38	555	Pedro Soares	individual	Sub 23 Masculino	01:32:48	+37:31	09:17
39	561	Eugénio Soares	individual	Veterano M40	01:32:48	+37:31	09:17
40	544	Joao Carlos Rocha Magalhães França	individual	Senior Masculino	01:33:58	+38:41	09:24
41	570	Sandra Teresa Ferreira Chave	runners do demo	Veterana F40	01:34:10	+38:52	09:25

TRAIL CURTO - STAGE 1

10 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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	514	Maria José Ferreira	as 4 maravilhas	Veterana F40	01:35:00	+39:42	09:30
43	509	Tiago Mota	amigos 100 limites	Senior Masculino	01:36:38	+41:20	09:40
44	525	Luís Moreira	dapproduções a	Senior Masculino	01:37:07	+41:49	09:43
45	510	João Moreira	amigos 100 limites	Veterano M40	01:38:11	+42:54	09:49
46	533	Liliana Felgueiras	douroconta - gabinete de apoio e contabilidade, lda	Veterana F40	01:40:25	+45:08	10:03
47	542	Ana Felgueiras	individual	Senior Feminino	01:40:26	+45:08	10:03
48	501	Cláudia Pereira	amigos 100 limites	Senior Feminino	01:40:40	+45:22	10:04
49	559	Vânia Cardoso	individual	Veterana F40	01:40:45	+45:27	10:05
50	562	Filipe Ramos	individual	Veterano M40	01:41:09	+45:52	10:07
51	537	Ana Sousa	gondomar futsal clube	Veterana F40	01:41:13	+45:56	10:07
52	503	Marina Moreira	amigos 100 limites	Senior Feminino	01:44:01	+48:44	10:24
53	522	Hugo Santos	dapproduções a	Senior Masculino	01:45:39	+50:21	10:34
54	579	Laurie Albarran	individual	Veterana F40	01:46:59	+51:41	10:42
55	543	Cimyck Silva	individual	Senior Feminino	01:47:00	+51:42	10:42
56	517	Cristiana Costa	dapproduções a	Senior Feminino	01:48:17	+53:00	10:50
57	581	Olivia Araujo	dapproduções a	Senior Feminino	01:48:38	+53:20	10:52
58	571	Sandrina Malhada	runners do demo	Veterana F40	01:48:41	+53:23	10:52
59	502	Márcia Mota	amigos 100 limites	Senior Feminino	01:51:50	+56:32	11:11
60	519	Elisabete Silva	dapproduções a	Senior Feminino	01:53:34	+58:17	11:21
61	569	Fátima Troca	runners do demo	Veterana F40	01:54:21	+59:03	11:26
62	560	Xana Morais	runners do demo	Veterana F40	01:54:21	+59:04	11:26
63	505	Vânia Moreira	amigos 100 limites	Senior Feminino	02:02:40	+01:07:22	12:16
64	573	Carlos Cabouco	s. s. montepio	Veterano M40	02:04:04	+01:08:47	12:24
65	513	Cristina Fonseca	as 4 maravilhas	Veterana F40	02:05:00	+01:09:43	12:30
66	540	Patrícia Martins	grupo 46 "lavra run"	Veterana F40	02:13:13	+01:17:56	13:19
67	539	Manuela Viterbo	grupo 46 "lavra run"	Veterana F40	02:13:13	+01:17:56	13:19

Trilhos do Sousa 2019
Gondomar, PT
29-setembro-2019

Trail Curto

10 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

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

	Time	Temperature	Humidity
Start	09:30	-99ºC	-99%
End	11:43	17,2ºC	87%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	536	Joana Cardoso	GONDOMAR FUTSAL CLUBE	Senior Feminino	01:12:55	+17:38	07:18
2	520	Licinia Silva	DAPproduções a	Senior Feminino	01:19:24	+24:07	07:56
3	518	Diana Dias	DAPproduções a	Senior Feminino	01:21:57	+26:40	08:12
4	504	Marlene Oliveira	Amigos 100 Limites	Senior Feminino	01:29:10	+33:53	08:55
5	542	Ana Felgueiras	Individual	Senior Feminino	01:40:26	+45:08	10:03
6	501	Cláudia Pereira	Amigos 100 Limites	Senior Feminino	01:40:40	+45:22	10:04
7	503	Marina Moreira	Amigos 100 Limites	Senior Feminino	01:44:01	+48:44	10:24
8	543	Cimyck Silva	Individual	Senior Feminino	01:47:00	+51:42	10:42
9	517	Cristiana Costa	DAPproduções a	Senior Feminino	01:48:17	+53:00	10:50
10	581	Olivia Araujo	DAPproduções a	Senior Feminino	01:48:38	+53:20	10:52
11	502	Márcia Mota	Amigos 100 Limites	Senior Feminino	01:51:50	+56:32	11:11
12	519	Elisabete Silva	DAPproduções a	Senior Feminino	01:53:34	+58:17	11:21
13	505	Vânia Moreira	Amigos 100 Limites	Senior Feminino	02:02:40	+01:07:22	12:16

Senior Masculino

1	550	Tiago Moreira	Individual	Senior Masculino	55:17		05:32
2	507	Bruno Pereira	Amigos 100 Limites	Senior Masculino	56:03	+00:46	05:36
3	521	Filipe Nogueira	DAPproduções a	Senior Masculino	01:03:29	+08:12	06:21
4	527	Vitor Araújo	DAPproduções a	Senior Masculino	01:03:49	+08:31	06:23
5	515	Vasco Faria	CB RUN	Senior Masculino	01:05:31	+10:14	06:33
6	548	Pedro Rocha	Individual	Senior Masculino	01:14:54	+19:37	07:29
7	568	Jorge Moreira	Prosel TEAM	Senior Masculino	01:15:48	+20:30	07:35
8	506	Alcino Silva	Amigos 100 Limites	Senior Masculino	01:16:28	+21:10	07:39
9	582	Francisco Viana	Individual	Senior Masculino	01:16:30	+21:12	07:39
10	545	João Costa	Individual	Senior Masculino	01:17:01	+21:43	07:42
11	546	Luís Gomes	Individual	Senior Masculino	01:19:27	+24:09	07:57
12	547	Nuno Teixeira	Individual	Senior Masculino	01:22:03	+26:46	08:12
13	551	vitor neves	Individual	Senior Masculino	01:24:57	+29:39	08:30
14	524	Jorge Seabra	DAPproduções a	Senior Masculino	01:25:12	+29:55	08:31
15	523	João Silva	DAPproduções a	Senior Masculino	01:26:26	+31:09	08:39
16	549	Pedro Silva	Individual	Senior Masculino	01:28:10	+32:52	08:49
17	508	Fábio Moreira	Amigos 100 Limites	Senior Masculino	01:30:51	+35:34	09:05
18	544	Joao Carlos Rocha Magalhães França	Individual	Senior Masculino	01:33:58	+38:41	09:24
19	509	Tiago Mota	Amigos 100 Limites	Senior Masculino	01:36:38	+41:20	09:40
20	525	Luís Moreira	DAPproduções a	Senior Masculino	01:37:07	+41:49	09:43
21	522	Hugo Santos	DAPproduções a	Senior Masculino	01:45:39	+50:21	10:34

Trail Curto

10 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

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

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Sub 23 Masculino

1	553	Fábio Rodrigo Cardoso	Individual	Sub 23 Masculino	01:16:04	+20:46	07:36
2	554	Nuno Castro	Individual	Sub 23 Masculino	01:16:11	+20:53	07:37
3	552	Diogo Nogueira	Individual	Sub 23 Masculino	01:17:01	+21:43	07:42
4	555	Pedro Soares	Individual	Sub 23 Masculino	01:32:48	+37:31	09:17

Veterana F40

1	538	Ângela Moutinho	GONDOMAR FUTSAL CLUBE	Veterana F40	01:16:04	+20:47	07:36
2	556	Maria de fatima da silva aguiar	RunRiver - Escola Atletismo de Rio Tinto	Veterana F40	01:32:39	+37:22	09:16
3	570	Sandra Teresa Ferreira Chaves	Runners do Demo	Veterana F40	01:34:10	+38:52	09:25
4	514	Maria José Ferreira	As 4 maravilhas	Veterana F40	01:35:00	+39:42	09:30
5	533	Liliana Felgueiras	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterana F40	01:40:25	+45:08	10:03
6	559	Vânia Cardoso	Individual	Veterana F40	01:40:45	+45:27	10:05
7	537	Ana Sousa	GONDOMAR FUTSAL CLUBE	Veterana F40	01:41:13	+45:56	10:07
8	579	Laurie Albarran	Individual	Veterana F40	01:46:59	+51:41	10:42
9	571	Sandrina Malhada	Runners do Demo	Veterana F40	01:48:41	+53:23	10:52
10	569	Fátima Troca	Runners do Demo	Veterana F40	01:54:21	+59:03	11:26
11	560	Xana Morais	Runners do Demo	Veterana F40	01:54:21	+59:04	11:26
12	513	Cristina Fonseca	As 4 maravilhas	Veterana F40	02:05:00	+01:09:43	12:30
13	540	Patrícia Martins	Grupo 46 "Lavra Run"	Veterana F40	02:13:13	+01:17:56	13:19
14	539	Manuela Viterbo	Grupo 46 "Lavra Run"	Veterana F40	02:13:13	+01:17:56	13:19

Veterano M40

1	564	josé carlos ribeiro guimarães	Individual	Veterano M40	01:01:38	+06:20	06:10
2	528	Antonio Sousa	DAPproduções a	Veterano M40	01:03:30	+08:12	06:21
3	531	Ricardo Pinto	DAPproduções a	Veterano M40	01:16:03	+20:45	07:36
4	567	Mário Batista	Individual	Veterano M40	01:18:10	+22:53	07:49
5	566	Marcio pinto	Individual	Veterano M40	01:19:18	+24:01	07:56
6	532	Silvio Silva	DAPproduções a	Veterano M40	01:25:01	+29:44	08:30
7	563	JOAQUIM ALEIXO	Individual	Veterano M40	01:26:02	+30:45	08:36
8	541	Paulo Ferreira	Grupo 46 "Lavra Run"	Veterano M40	01:26:09	+30:51	08:37
9	529	Jorge Moreira	DAPproduções a	Veterano M40	01:26:45	+31:27	08:41
10	572	Artur Carvalho	S. S. Montepio	Veterano M40	01:26:52	+31:35	08:41
11	60	Rui Paulo Fernandes Pereira	Individual	Veterano M40	01:28:10	+32:52	08:49
12	561	Eugénio Soares	Individual	Veterano M40	01:32:48	+37:31	09:17
13	510	João Moreira	Amigos 100 Limites	Veterano M40	01:38:11	+42:54	09:49
14	562	Filipe Ramos	Individual	Veterano M40	01:41:09	+45:52	10:07
15	573	Carlos Cabouco	S. S. Montepio	Veterano M40	02:04:04	+01:08:47	12:24