

FK TRAIL - STAGE 1

23 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 - LAP2GO - TIMING SOLUTION

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|------|-----|---|---|----------|-----------|-------|------|
| 36 | 35 | Vera Susana Gonçalves Ferreira Bernardo | ARCD VENDA DA LUISA | 02:29:28 | +32:55 | 06:30 | |
| 37 | 65 | Julio Mano | Grupo Desportivo Ferreirense | 02:31:44 | +35:11 | 06:36 | |
| 38 | 79 | João Loureiro | GRVILAVERDENSE | 02:32:59 | +36:26 | 06:39 | |
| 39 | 29 | Nuno Carvalho | ABUTRES | 02:34:02 | +37:29 | 06:42 | |
| 40 | 100 | Miguel Goyanes | Individual | 02:34:08 | +37:35 | 06:42 | |
| 41 | 127 | FILIPE VASCONCELOS | VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE | 02:35:54 | +39:21 | 06:47 | |
| 42 | 14 | João Luís Mendes Roso | A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa | 02:35:59 | +39:26 | 06:47 | |
| 43 | 88 | Mónica Ribeiro | EDV Viana Trail | 02:37:50 | +41:17 | 06:52 | |
| 44 | 70 | Melissa Fernandes | GRVILAVERDENSE | 02:38:46 | +42:13 | 06:54 | |
| 45 | 69 | Rafael Matias | Grupo Recreativo | 02:38:46 | +42:13 | 06:54 | |
| 46 | 113 | André Neto | SOURE MOV | 02:39:24 | +42:51 | 06:56 | |
| 47 | 93 | Vasco André Ralha de Vasconcelos | Individual | 02:40:06 | +43:33 | 06:58 | |
| 48 | 66 | Ricardo Pereira | Grupo Desportivo Ferreirense | 02:41:37 | +45:04 | 07:02 | |
| 49 | 80 | Miguel Vasco | GRVILAVERDENSE | 02:42:33 | +46:00 | 07:04 | |
| 50 | 76 | Nuno Ribeiro | GRVILAVERDENSE | 02:42:49 | +46:16 | 07:05 | |
| 51 | 92 | Tiago Figueiredo | Individual | 02:44:04 | +47:31 | 07:08 | |
| 52 | 77 | Carlos Palaio | GRVILAVERDENSE | 02:44:31 | +47:58 | 07:09 | |
| 53 | 81 | Nelson Azenha | GRVILAVERDENSE | 02:44:46 | +48:13 | 07:10 | |
| 54 | 89 | Dany Mateus | Individual | 02:46:36 | +50:03 | 07:15 | |
| 55 | 33 | TóZé Serra | ACDRS QUINHENDROS | 02:46:59 | +50:26 | 07:16 | |
| 56 | 40 | André Gonçalo Martins Santos | ARCD VENDA DA LUISA | 02:48:14 | +51:41 | 07:19 | |
| 57 | 26 | Jorge Alves | A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa | 02:51:05 | +54:32 | 07:26 | |
| 58 | 15 | Mário Nogueira Santos | A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa | 02:51:05 | +54:32 | 07:26 | |
| 59 | 130 | Ruben Daniel da Silva Dias | VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE | 02:52:34 | +56:01 | 07:30 | |
| 60 | 50 | Nuno Almeida | ASSCC - Ar Livre e Aventura | 02:54:47 | +58:14 | 07:36 | |
| 61 | 126 | Diogo Filipe Oliveira Alves | VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE | 02:56:23 | +59:50 | 07:40 | |
| 62 | 118 | Ricardo Pereira | Talentos objetivos | 02:57:36 | +01:01:03 | 07:43 | |
| 63 | 132 | Daniela Guerra | ASSCC - Ar Livre e Aventura | 02:59:27 | +01:02:54 | 07:48 | |
| 64 | 57 | J. Francisco P. Valadão | C. A. "OS MARIALVAS" | 02:59:38 | +01:03:05 | 07:49 | |
| 65 | 101 | Henrique Nunes | Individual | 03:03:19 | +01:06:46 | 07:58 | |
| 66 | 62 | Nélia Pedrosa | Free Runners | 03:04:27 | +01:07:54 | 08:01 | |
| 67 | 48 | Gabriela Loureiro Marques Oliveira | ASSCC - Ar Livre e Aventura | 03:08:42 | +01:12:09 | 08:12 | |
| 68 | 119 | Paula Coto | Talentos Objetivos | 03:09:17 | +01:12:44 | 08:14 | |
| 69 | 124 | João Filipe | Talentos Objetivos | 03:09:18 | +01:12:45 | 08:14 | |
| 70 | 30 | Bruno B Ferreira | ACDRS QUINHENDROS | 03:11:23 | +01:14:50 | 08:19 | |
| 71 | 41 | Jody Fernandes Rato | ARCD VENDA DA LUISA | 03:12:09 | +01:15:36 | 08:21 | |
| 72 | 46 | Paulo Martins | ARSM - Associação Recreativa de S. Miguel | 03:12:45 | +01:16:12 | 08:23 | |
| 73 | 49 | Otília Costa | ASSCC - Ar Livre e Aventura | 03:13:24 | +01:16:51 | 08:25 | |
| 74 | 78 | Francisco Figueiredo | GRVILAVERDENSE | 03:13:41 | +01:17:08 | 08:25 | |
| 75 | 74 | Maria João Simões | GRVILAVERDENSE | 03:13:42 | +01:17:09 | 08:25 | |
| 76 | 64 | Anabela Fonseca | Grupo Desportivo Ferreirense | 03:15:36 | +01:19:03 | 08:30 | |
| 77 | 90 | Fábio Costa | Individual | 03:17:02 | +01:20:29 | 08:34 | |
| 78 | 37 | Suzana Cristina de Oliveira Santo | ARCD VENDA DA LUISA | 03:17:45 | +01:21:12 | 08:36 | |

FK TRAIL - STAGE 1

23 KM

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

OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|-------------|------------|--|---|---------------|-------------|-------------|-------------|
| 79 | 83 | Rui Santos | GRVILAVERDENSE | 03:17:46 | +01:21:13 | 08:36 | |
| 80 | 103 | Paulo Arriaga | Individual | 03:18:57 | +01:22:24 | 08:39 | |
| 81 | 96 | Natalia Vieira Silva | Individual | 03:21:42 | +01:25:09 | 08:46 | |
| 82 | 98 | Filipe Rafael Martinho | Individual | 03:21:43 | +01:25:10 | 08:46 | |
| 83 | 38 | Cidália Maria dos Santos Oliveira | ARCD VENDA DA LUISA | 03:25:12 | +01:28:39 | 08:55 | |
| 84 | 109 | Fernando Carlos Lopes | Moxo Sports Family | 03:27:27 | +01:30:54 | 09:01 | |
| 85 | 110 | Rui Miguel Santos Feijão | Moxo Sports Family | 03:27:28 | +01:30:55 | 09:01 | |
| 86 | 91 | Rui Trovão | Individual | 03:29:39 | +01:33:06 | 09:07 | |
| 87 | 73 | Fátima Oliveira | GRVILAVERDENSE | 03:33:11 | +01:36:38 | 09:16 | |
| 88 | 129 | MARCO PASCOAL | Vilaventura Trail | 03:33:15 | +01:36:42 | 09:16 | |
| 89 | 87 | Elisa Bregieiro | Individual | 03:33:25 | +01:36:52 | 09:17 | |
| 90 | 82 | Pedro Lopes | GRVILAVERDENSE | 03:33:38 | +01:37:05 | 09:17 | |
| 91 | 112 | ANTONIO CARVALHO | SCOVENSE CARACOIS DE CORRIDA | 03:40:50 | +01:44:17 | 09:36 | |
| 92 | 86 | Carla Ribeiro | VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE | 03:41:33 | +01:45:00 | 09:38 | |
| 93 | 97 | Catarina Teixeira | Individual | 03:50:45 | +01:54:12 | 10:02 | |
| 94 | 131 | Hugo Carvalho | Fruta da 5ª | 03:52:13 | +01:55:40 | 10:06 | |
| 95 | 85 | Maria Rei | Índias de Pardilhó | 03:52:14 | +01:55:41 | 10:06 | |
| 96 | 84 | Andreia Afonso | Índias de Pardilhó | 03:52:14 | +01:55:41 | 10:06 | |
| 97 | 63 | Rui Neto | Free Runners | 03:54:50 | +01:58:17 | 10:13 | |
| 98 | 107 | Fátima Malta | MIRO TRAIL | 03:57:35 | +02:01:02 | 10:20 | |
| 99 | 39 | Cristina Isabel da Silva Melo | ARCD VENDA DA LUISA | 04:01:02 | +02:04:29 | 10:29 | |
| 100 | 106 | Mara Alexandra Martinho Cardoso | MIRO TRAIL | 04:10:58 | +02:14:25 | 10:55 | |
| 101 | 43 | Fernando Lopes Oliveira Loureiro Martins | ARCD VENDA DA LUISA | 04:18:27 | +02:21:54 | 11:14 | |
| 102 | 75 | Isabel Gomes | GRVILAVERDENSE | 04:18:52 | +02:22:19 | 11:15 | |
| 103 | 95 | Gisela Margarida Alves Jorge | Individual | 04:23:48 | +02:27:15 | 11:28 | |
| 104 | 128 | João Carlos Santos Nogueira | Vilaventura Trail | 04:33:11 | +02:36:38 | 11:53 | |
| 105 | 115 | Vitor Costa | Structure Value | 05:53:39 | +03:57:06 | 15:23 | |
| 106 | 114 | Cristina Pires | Structure Value | 05:53:41 | +03:57:08 | 15:23 | |

FK Trail

23 KM

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 - LAP2GO - TIMING SOLUTION - 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 | 09:00 | 17°C | 74% |
| End | 14:54 | 17°C | 74% |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------------------------|-----|---|---|-----------------|----------|-----------|-------|
| Senior Feminino | | | | | | | |
| 1 | 35 | Vera Susana Gonçalves Ferreira Bernardo | ARCD VENDA DA LUISA | Senior Feminino | 02:29:28 | +32:54 | 06:30 |
| 2 | 88 | Mónica Ribeiro | EDV Viana Trail | Senior Feminino | 02:37:50 | +41:16 | 06:52 |
| 3 | 70 | Melissa Fernandes | GRVILAVERDENSE | Senior Feminino | 02:38:46 | +42:12 | 06:54 |
| 4 | 132 | Daniela Guerra | ASSSCC - Ar Livre e Aventura | Senior Feminino | 02:59:27 | +01:02:53 | 07:48 |
| 5 | 87 | Elisa Bregieiro | Individual | Senior Feminino | 03:33:25 | +01:36:51 | 09:17 |
| 6 | 86 | Carla Ribeiro | VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE | Senior Feminino | 03:41:33 | +01:44:59 | 09:38 |
| 7 | 106 | Mara Alexandra Martinho Cardoso | MIRO TRAIL | Senior Feminino | 04:10:58 | +02:14:24 | 10:55 |

Senior Masculino

| | | | | | | | |
|----|-----|----------------------------------|---|------------------|----------|--------|-------|
| 1 | 16 | Vasco Pereira | A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa | Senior Masculino | 01:56:33 | | 05:04 |
| 2 | 54 | Tiago Duarte | Atletismo Clube da Tocha | Senior Masculino | 01:59:34 | +03:01 | 05:12 |
| 3 | 58 | André Alves | CASA DO BENFICA EM ABRANTES | Senior Masculino | 02:10:46 | +14:12 | 05:41 |
| 4 | 52 | Diogo Miranda | Atletismo Clube da Tocha | Senior Masculino | 02:11:07 | +14:33 | 05:42 |
| 5 | 11 | Bruno Gonçalves | A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa | Senior Masculino | 02:11:21 | +14:47 | 05:43 |
| 6 | 13 | Hugo Neto | A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa | Senior Masculino | 02:11:22 | +14:48 | 05:43 |
| 7 | 44 | André Magalhães | ARSM - Associação Recreativa de S. Miguel | Senior Masculino | 02:13:04 | +16:31 | 05:47 |
| 8 | 34 | Edgar Espírito Santo | AGMTR | Senior Masculino | 02:14:23 | +17:49 | 05:51 |
| 9 | 117 | Diogo Marques | Talentos Objetivos | Senior Masculino | 02:15:43 | +19:10 | 05:54 |
| 10 | 28 | Fernando Santos | ABUTRES | Senior Masculino | 02:16:46 | +20:12 | 05:57 |
| 11 | 116 | Alfredo Gaspar | Talentos Objetivos | Senior Masculino | 02:18:40 | +22:06 | 06:02 |
| 12 | 12 | Eduardo Cardoso | A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa | Senior Masculino | 02:24:36 | +28:02 | 06:17 |
| 13 | 125 | Carlos Ferreira | VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE | Senior Masculino | 02:25:49 | +29:16 | 06:20 |
| 14 | 47 | Nelson Filipe de Almeida Heleno | ASSSCC - Ar Livre e Aventura | Senior Masculino | 02:26:35 | +30:02 | 06:22 |
| 15 | 27 | Bruno Paiva | ABUTRES | Senior Masculino | 02:27:48 | +31:14 | 06:26 |
| 16 | 105 | Pedro Miguel Serra Santos | LAMA SOLTA | Senior Masculino | 02:28:56 | +32:22 | 06:29 |
| 17 | 29 | Nuno Carvalho | ABUTRES | Senior Masculino | 02:34:02 | +37:28 | 06:42 |
| 18 | 14 | João Luís Mendes Roso | A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa | Senior Masculino | 02:35:59 | +39:26 | 06:47 |
| 19 | 69 | Rafael Matias | Grupo Recreativo | Senior Masculino | 02:38:46 | +42:13 | 06:54 |
| 20 | 93 | Vasco André Ralha de Vasconcelos | Individual | Senior Masculino | 02:40:06 | +43:32 | 06:58 |
| 21 | 92 | Tiago Figueiredo | Individual | Senior Masculino | 02:44:04 | +47:30 | 07:08 |
| 22 | 89 | Dany Mateus | Individual | Senior Masculino | 02:46:36 | +50:02 | 07:15 |

| | | |
|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 1 / 4 | generate 10-out-2021 14:55 |
|-----------------------------|-------|----------------------------|

FK Trail

23 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

| | | | | | | | |
|----|-----|-----------------------------|---|------------------|----------|-----------|-------|
| 23 | 15 | Mário Nogueira Santos | A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa | Senior Masculino | 02:51:05 | +54:32 | 07:26 |
| 24 | 130 | Ruben Daniel da Silva Dias | VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE | Senior Masculino | 02:52:34 | +56:00 | 07:30 |
| 25 | 126 | Diogo Filipe Oliveira Alves | VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE | Senior Masculino | 02:56:23 | +59:50 | 07:40 |
| 26 | 118 | Ricardo Pereira | Talentos objetivos | Senior Masculino | 02:57:36 | +01:01:02 | 07:43 |
| 27 | 90 | Fábio Costa | Individual | Senior Masculino | 03:17:02 | +01:20:29 | 08:34 |
| 28 | 91 | Rui Trovão | Individual | Senior Masculino | 03:29:39 | +01:33:06 | 09:07 |
| 29 | 129 | MARCO PASCOAL | Vilaventura Trail | Senior Masculino | 03:33:15 | +01:36:41 | 09:16 |
| 30 | 128 | João Carlos Santos Nogueira | Vilaventura Trail | Senior Masculino | 04:33:11 | +02:36:38 | 11:53 |

Sub 23 Feminino

| | | | | | | | |
|---|----|----------------|--------------------|-----------------|----------|-----------|-------|
| 1 | 85 | Maria Rei | Índias de Pardilhó | Sub 23 Feminino | 03:52:14 | +01:55:40 | 10:06 |
| 2 | 84 | Andreia Afonso | Índias de Pardilhó | Sub 23 Feminino | 03:52:14 | +01:55:41 | 10:06 |

Sub 23 Masculino

| | | | | | | | |
|---|-----|---------------|-------------|------------------|----------|-----------|-------|
| 1 | 131 | Hugo Carvalho | Fruta da 5ª | Sub 23 Masculino | 03:52:13 | +01:55:40 | 10:06 |
|---|-----|---------------|-------------|------------------|----------|-----------|-------|

Veterana F40

| | | | | | | | |
|---|----|------------------------------------|------------------------------|--------------|----------|-----------|-------|
| 1 | 62 | Nélia Pedrosa | Free Runners | Veterana F40 | 03:04:27 | +01:07:53 | 08:01 |
| 2 | 48 | Gabriela Loureiro Marques Oliveira | ASSSCC - Ar Livre e Aventura | Veterana F40 | 03:08:42 | +01:12:09 | 08:12 |
| 3 | 49 | Otília Costa | ASSSCC - Ar Livre e Aventura | Veterana F40 | 03:13:24 | +01:16:51 | 08:25 |
| 4 | 37 | Suzana Cristina de Oliveira Santo | ARCD VENDA DA LUISA | Veterana F40 | 03:17:45 | +01:21:11 | 08:36 |

Veterana F45

| | | | | | | | |
|---|-----|------------------------------|--------------------|--------------|----------|-----------|-------|
| 1 | 119 | Paula Coto | Talentos Objetivos | Veterana F45 | 03:09:17 | +01:12:44 | 08:14 |
| 2 | 74 | Maria João Simões | GRVILAVERDENSE | Veterana F45 | 03:13:42 | +01:17:08 | 08:25 |
| 3 | 96 | Natalia Vieira Silva | Individual | Veterana F45 | 03:21:42 | +01:25:08 | 08:46 |
| 4 | 73 | Fátima Oliveira | GRVILAVERDENSE | Veterana F45 | 03:33:11 | +01:36:38 | 09:16 |
| 5 | 95 | Gisela Margarida Alves Jorge | Individual | Veterana F45 | 04:23:48 | +02:27:15 | 11:28 |
| 6 | 114 | Cristina Pires | Structure Value | Veterana F45 | 05:53:41 | +03:57:07 | 15:23 |

Veterana F50

| | | | | | | | |
|---|-----|-----------------------------------|------------------------------|--------------|----------|-----------|-------|
| 1 | 64 | Anabela Fonseca | Grupo Desportivo Ferreirense | Veterana F50 | 03:15:36 | +01:19:02 | 08:30 |
| 2 | 38 | Cidália Maria dos Santos Oliveira | ARCD VENDA DA LUISA | Veterana F50 | 03:25:12 | +01:28:38 | 08:55 |
| 3 | 97 | Catarina Teixeira | Individual | Veterana F50 | 03:50:45 | +01:54:11 | 10:02 |
| 4 | 107 | Fátima Malta | MIRO TRAIL | Veterana F50 | 03:57:35 | +02:01:01 | 10:20 |
| 5 | 39 | Cristina Isabel da Silva Melo | ARCD VENDA DA LUISA | Veterana F50 | 04:01:02 | +02:04:29 | 10:29 |

FK Trail

23 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

| | | | | | | | |
|---|----|--------------|----------------|--------------|----------|-----------|-------|
| 6 | 75 | Isabel Gomes | GRVILAVERDENSE | Veterana F50 | 04:18:52 | +02:22:18 | 11:15 |
|---|----|--------------|----------------|--------------|----------|-----------|-------|

Veterano M40

| | | | | | | | |
|----|-----|------------------------------------|---|--------------|----------|-----------|-------|
| 1 | 31 | João Manuel Cruz Silva | ACDRS QUINHENDROS | Veterano M40 | 01:59:32 | +02:59 | 05:12 |
| 2 | 20 | Eduardo Moreira | A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa | Veterano M40 | 02:00:36 | +04:02 | 05:15 |
| 3 | 120 | Alex Pedro da Silva | Talentos Objetivos | Veterano M40 | 02:03:52 | +07:18 | 05:23 |
| 4 | 21 | Paulo Palhinha | A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa | Veterano M40 | 02:06:24 | +09:50 | 05:30 |
| 5 | 59 | marcio freitas | Dao Nelas Runners | Veterano M40 | 02:13:52 | +17:19 | 05:49 |
| 6 | 108 | nuno oliveira | Moinhos da Gândara Trail | Veterano M40 | 02:15:58 | +19:24 | 05:55 |
| 7 | 22 | Rui Ferreira | A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa | Veterano M40 | 02:19:10 | +22:36 | 06:03 |
| 8 | 99 | João Pedro Nunes Farinha Rodrigues | Individual | Veterano M40 | 02:23:05 | +26:31 | 06:13 |
| 9 | 121 | Amílcar Ramos | Talentos Objetivos | Veterano M40 | 02:27:38 | +31:05 | 06:25 |
| 10 | 65 | Julio Mano | Grupo Desportivo Ferreirense | Veterano M40 | 02:31:44 | +35:10 | 06:36 |
| 11 | 100 | Miguel Goyanes | Individual | Veterano M40 | 02:34:08 | +37:34 | 06:42 |
| 12 | 113 | André Neto | SOURE MOV | Veterano M40 | 02:39:24 | +42:50 | 06:56 |
| 13 | 66 | Ricardo Pereira | Grupo Desportivo Ferreirense | Veterano M40 | 02:41:37 | +45:04 | 07:02 |
| 14 | 76 | Nuno Ribeiro | GRVILAVERDENSE | Veterano M40 | 02:42:49 | +46:15 | 07:05 |
| 15 | 40 | André Gonçalo Martins Santos | ARCD VENDA DA LUISA | Veterano M40 | 02:48:14 | +51:40 | 07:19 |
| 16 | 30 | Bruno B Ferreira | ACDRS QUINHENDROS | Veterano M40 | 03:11:23 | +01:14:50 | 08:19 |
| 17 | 98 | Filipe Rafael Martinho | Individual | Veterano M40 | 03:21:43 | +01:25:09 | 08:46 |
| 18 | 63 | Rui Neto | Free Runners | Veterano M40 | 03:54:50 | +01:58:16 | 10:13 |

Veterano M45

| | | | | | | | |
|----|-----|----------------------|---|--------------|----------|-----------|-------|
| 1 | 25 | Pedro Santos | A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa | Veterano M45 | 02:05:08 | +08:34 | 05:26 |
| 2 | 123 | Pedro Miguel Mendes | Talentos Objetivos | Veterano M45 | 02:16:51 | +20:17 | 05:57 |
| 3 | 122 | Alexandre Mendes | Talentos Objetivos | Veterano M45 | 02:18:04 | +21:30 | 06:00 |
| 4 | 23 | Paulo Amaral | A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa | Veterano M45 | 02:23:11 | +26:38 | 06:14 |
| 5 | 51 | Nuno Coelho | ASSSCC - Ar Livre e Aventura | Veterano M45 | 02:23:12 | +26:38 | 06:14 |
| 6 | 79 | João Loureiro | GRVILAVERDENSE | Veterano M45 | 02:32:59 | +36:26 | 06:39 |
| 7 | 127 | FILIPPE VASCONCELOS | VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE | Veterano M45 | 02:35:54 | +39:21 | 06:47 |
| 8 | 80 | Miguel Vasco | GRVILAVERDENSE | Veterano M45 | 02:42:33 | +45:59 | 07:04 |
| 9 | 77 | Carlos Palaio | GRVILAVERDENSE | Veterano M45 | 02:44:31 | +47:57 | 07:09 |
| 10 | 81 | Nelson Azenha | GRVILAVERDENSE | Veterano M45 | 02:44:46 | +48:13 | 07:10 |
| 11 | 50 | Nuno Almeida | ASSSCC - Ar Livre e Aventura | Veterano M45 | 02:54:47 | +58:14 | 07:36 |
| 12 | 101 | Henrique Nunes | Individual | Veterano M45 | 03:03:19 | +01:06:45 | 07:58 |
| 13 | 41 | Jody Fernandes Rato | ARCD VENDA DA LUISA | Veterano M45 | 03:12:09 | +01:15:36 | 08:21 |
| 14 | 78 | Francisco Figueiredo | GRVILAVERDENSE | Veterano M45 | 03:13:41 | +01:17:08 | 08:25 |
| 15 | 82 | Pedro Lopes | GRVILAVERDENSE | Veterano M45 | 03:33:38 | +01:37:04 | 09:17 |

FK Trail

23 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

| | | | | | | | |
|----|-----|-------------|-----------------|--------------|----------|-----------|-------|
| 16 | 115 | Vitor Costa | Structure Value | Veterano M45 | 05:53:39 | +03:57:05 | 15:23 |
|----|-----|-------------|-----------------|--------------|----------|-----------|-------|

Veterano M50

| | | | | | | | |
|----|-----|--------------------------|---|--------------|----------|-----------|-------|
| 1 | 1 | Luiz Mota | CASA DO BENFICA EM ABRANTES | Veterano M50 | 02:05:07 | +08:34 | 05:26 |
| 2 | 32 | Orlando Pires | ACDRS QUINHENDROS | Veterano M50 | 02:14:23 | +17:49 | 05:51 |
| 3 | 68 | Paulo Santos | Grupo Desportivo Ferreirense | Veterano M50 | 02:16:53 | +20:19 | 05:57 |
| 4 | 33 | TóZé Serra | ACDRS QUINHENDROS | Veterano M50 | 02:46:59 | +50:25 | 07:16 |
| 5 | 26 | Jorge Alves | A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa | Veterano M50 | 02:51:05 | +54:32 | 07:26 |
| 6 | 57 | J. Francisco P. Valadão | C. A. "OS MARIALVAS" | Veterano M50 | 02:59:38 | +01:03:04 | 07:49 |
| 7 | 124 | João Filipe | Talentos Objetivos | Veterano M50 | 03:09:18 | +01:12:45 | 08:14 |
| 8 | 46 | Paulo Martins | ARSM - Associação Recreativa de S. Miguel | Veterano M50 | 03:12:45 | +01:16:11 | 08:23 |
| 9 | 83 | Rui Santos | GRVILAVERDENSE | Veterano M50 | 03:17:46 | +01:21:12 | 08:36 |
| 10 | 103 | Paulo Arriaga | Individual | Veterano M50 | 03:18:57 | +01:22:24 | 08:39 |
| 11 | 109 | Fernando Carlos Lopes | Moxo Sports Family | Veterano M50 | 03:27:27 | +01:30:54 | 09:01 |
| 12 | 110 | Rui Miguel Santos Feijão | Moxo Sports Family | Veterano M50 | 03:27:28 | +01:30:55 | 09:01 |

Veterano M55

| | | | | | | | |
|---|----|---------------------------|--------------------------|--------------|----------|--------|-------|
| 1 | 56 | José Manuel Jesus Zanamar | Atletismo Clube da Tocha | Veterano M55 | 02:18:40 | +22:06 | 06:02 |
| 2 | 55 | Fernando Cruz de Jesus | Atletismo Clube da Tocha | Veterano M55 | 02:22:32 | +25:58 | 06:12 |

Veterano M60

| | | | | | | | |
|---|----|--|---------------------|--------------|----------|-----------|-------|
| 1 | 43 | Fernando Lopes Oliveira Loureiro Martins | ARCD VENDA DA LUISA | Veterano M60 | 04:18:27 | +02:21:54 | 11:14 |
|---|----|--|---------------------|--------------|----------|-----------|-------|

Veterano M65

| | | | | | | | |
|---|-----|------------------|-------------------------------|--------------|----------|-----------|-------|
| 1 | 112 | ANTONIO CARVALHO | SCPOVENSE CARACOIS DE CORRIDA | Veterano M65 | 03:40:50 | +01:44:16 | 09:36 |
|---|-----|------------------|-------------------------------|--------------|----------|-----------|-------|

COLETIVO - FK 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.CASENSE/ESCOLA DE ATLETISMO DE COIMBRA/INTERMARCHÉ CONDEIXA | 1 + 4 + 7 + 8 + 11 | 31 |
| 2 | TALENTOS OBJETIVOS | 5 + 17 + 20 + 22 + 24 | 88 |
| 3 | GRVILAVERDENSE | 38 + 44 + 49 + 50 + 52 | 233 |
| 4 | ASSSCC - AR LIVRE E AVENTURA | 29 + 32 + 60 + 63 + 67 | 251 |
| 5 | VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE | 31 + 41 + 59 + 61 + 92 | 284 |
| 6 | ARCD VENDA DA LUISA | 36 + 56 + 71 + 78 + 83 | 324 |