









**TRAIL 25KM - STAGE 1**

**25 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
169	190	Vítor Pedro	Individual	03:31:11	+01:26:54	08:27	
170	28	António Pego	ACDRS QUINHENDROS	03:31:39	+01:27:22	08:28	
171	175	Anabela Sofia Santiago Marques	Academia de Desportos de Condeixa	03:32:29	+01:28:12	08:30	
172	45	Fábio Bagagem	Alverca Urban Runners	03:34:13	+01:29:56	08:34	
173	33	Tiago Bernardes	Adões Trail Team	03:34:20	+01:30:03	08:34	
174	3	Rui Abreu	100 Gás Trail Team	03:35:37	+01:31:20	08:37	
175	221	Diogo Carreira Olival	Notícias de colmeias atletismo	03:36:11	+01:31:54	08:39	
176	173	Tiago Costa	Individual	03:36:26	+01:32:09	08:39	
177	258	Carla Ribeiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	03:36:27	+01:32:10	08:39	
178	61	Jody Rato	ARCD Venda da Luisa	03:37:03	+01:32:46	08:41	
179	268	Nuno Carvalho	Vilaventura Trail	03:37:18	+01:33:01	08:42	
180	136	Fernando Costa	Figueira Kayak Clube	03:37:44	+01:33:27	08:43	
181	81	Otília Costa	ASSSCC - Ar Livre e Aventura	03:39:46	+01:35:29	08:47	
182	232	Pedro Pacheco	SCPOVOENSE CARACOIS DE CORRIDA	03:40:02	+01:35:45	08:48	
183	210	Eugénio Santos	MIRO TRAIL	03:41:24	+01:37:07	08:51	
184	213	Joselito Pereira	MIRO TRAIL	03:41:24	+01:37:07	08:51	
185	238	Andreia Bras	Soure Mov	03:41:38	+01:37:21	08:52	
186	32	Gonçalo Rodrigues	Adões Trail Team	03:43:54	+01:39:37	08:57	
187	147	Paulo Acúrcio	Grupo Desportivo Ferreirense	03:44:15	+01:39:58	08:58	
188	164	Rui Santos	GRVilaverdense	03:45:18	+01:41:01	09:01	
189	74	Paulo Martins	ARSM - Associação Recreativa de S. Miguel	03:46:40	+01:42:23	09:04	
190	168	Daniel Fernando Carreira Reis	Individual	03:47:57	+01:43:40	09:07	
191	78	Daniela Guerra	ASSSCC - Ar Livre e Aventura	03:48:01	+01:43:44	09:07	
192	226	Miguel Pimentel	Oiãrunners	03:50:01	+01:45:44	09:12	
193	47	João Barradas	ARCD Venda da Luisa	03:51:09	+01:46:52	09:15	
194	37	Rui Ferreira	Adões Trail Team	03:52:17	+01:48:00	09:17	
195	51	Suzana Santo	ARCD Venda da Luisa	03:53:43	+01:49:26	09:21	
196	157	Carlos Palaio	GRVilaverdense	03:55:08	+01:50:51	09:24	
197	44	Lucia Teles	AllforOne	03:56:40	+01:52:23	09:28	
198	133	Esmeralda Fiúza	Figueira Kayak Clube	03:57:34	+01:53:17	09:30	
199	153	Isabel Gomes	GRVilaverdense	04:02:25	+01:58:08	09:42	
200	55	Cristina Melo	ARCD Venda da Luisa	04:03:03	+01:58:46	09:43	
201	212	Joao Pereira	MIRO TRAIL	04:03:31	+01:59:14	09:44	
202	265	Ana Raquel Carvalho	Vilaventura Trail	04:03:40	+01:59:23	09:45	
203	236	Antonio Carvalho	SCPOVOENSE CARACOIS DE CORRIDA	04:04:23	+02:00:06	09:47	
204	66	Fernando Martins	ARCD Venda da Luisa	04:04:44	+02:00:27	09:47	
205	166	Joana Almeida	Individual	04:06:16	+02:01:59	09:51	
206	35	Telma Sofia Domingues da Costa	Adões Trail Team	04:06:16	+02:01:59	09:51	
207	73	Moisés Manso Nunes	ARSM - Associação Recreativa de S. Miguel	04:09:07	+02:04:50	09:58	
208	207	Jacinta Almeida	MIRO TRAIL	04:09:31	+02:05:14	09:59	
209	216	José Santos	MIRO TRAIL	04:11:20	+02:07:03	10:03	
210	225	Maria Isabel Trindade	O Mundo da Corrida	04:11:44	+02:07:27	10:04	
211	179	David Clemente	Individual	04:13:03	+02:08:46	10:07	
212	67	Rita Carvalho	ARSM - Associação Recreativa de S. Miguel	04:17:18	+02:13:01	10:18	
213	128	Luís Pinto	Diabinhos de Samuel	04:23:36	+02:19:19	10:33	
214	208	Fátima Malta	MIRO TRAIL	04:24:57	+02:20:40	10:36	







## Trail 25Km

**25 KM**



**OFFICIAL RESULT**

24	132	Luís Oliveira	Figueira Kayak Clube	Senior Masculino	03:01:42	+57:25	07:16
25	171	Ruben Daniel da Silva Dias	Individual	Senior Masculino	03:04:53	+01:00:36	07:24
26	231	Helder Cunha	SCPOVOENSE CARACOIS DE CORRIDA	Senior Masculino	03:05:45	+01:01:28	07:26
27	245	Ricardo Pereira	Talentos Objetivos	Senior Masculino	03:14:55	+01:10:38	07:48
28	117	Goncas ferreira	DCI/Trilhos Luso Bussaco	Senior Masculino	03:19:39	+01:15:22	07:59
29	259	Diogo Filipe Oliveira Alves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	03:24:13	+01:19:55	08:10
30	170	Joel reis	Individual	Senior Masculino	03:28:56	+01:24:39	08:21
31	33	Tiago Bernardes	Adões Trail Team	Senior Masculino	03:34:19	+01:30:02	08:34
32	221	Diogo Carreira Olival	Notícias de colmeias atletismo	Senior Masculino	03:36:11	+01:31:53	08:39
33	173	Tiago Costa	Individual	Senior Masculino	03:36:25	+01:32:08	08:39
34	32	Gonçalo Rodrigues	Adões Trail Team	Senior Masculino	03:43:54	+01:39:36	08:57
35	168	Daniel Fernando Carreira Reis	Individual	Senior Masculino	03:47:57	+01:43:39	09:07
36	47	João Barradas	ARCD Venda da Luisa	Senior Masculino	03:51:08	+01:46:51	09:15
37	34	Tiago Simões	Adões Trail Team	Senior Masculino	04:42:31	+02:38:14	11:18
38	172	Rui Ramos	Individual	Senior Masculino	04:43:46	+02:39:29	11:21

## Veterana F35

1	48	Vera Bernardo	ARCD Venda da Luisa	Veterana F35	02:53:06	+48:48	06:55
2	239	Joana Dionisio	Soure Mov	Veterana F35	03:09:17	+01:04:59	07:34
3	176	Marisa Bregieiro	SicóTrilhos	Veterana F35	03:18:00	+01:13:43	07:55
4	175	Anabela Sofia Santiago Marques	Academia de Desportos de Condeixa	Veterana F35	03:32:28	+01:28:11	08:30
5	265	Ana Raquel Carvalho	Vilaventura Trail	Veterana F35	04:03:39	+01:59:22	09:45
6	67	Rita Carvalho	ARSM - Associação Recreativa de S. Miguel	Veterana F35	04:17:18	+02:13:00	10:18

## Veterana F40

1	177	Sónia Neto	Individual	Veterana F40	03:02:19	+58:01	07:18
2	49	Andreia Pita	ARCD Venda da Luisa	Veterana F40	03:09:19	+01:05:02	07:34
3	140	Nélia Pedrosa	Free Runners	Veterana F40	03:09:57	+01:05:40	07:36
4	10	Raquel Matias	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterana F40	03:15:39	+01:11:22	07:50
5	80	Gabriela Loureiro Marques Oliveira	ASSSCC - Ar Livre e Aventura	Veterana F40	03:24:51	+01:20:33	08:12
6	206	Sónia Alexandra Almeida Fernandes	MIRO TRAIL	Veterana F40	03:30:13	+01:25:55	08:25
7	81	Otilia Costa	ASSSCC - Ar Livre e Aventura	Veterana F40	03:39:46	+01:35:28	08:47
8	51	Suzana Santo	ARCD Venda da Luisa	Veterana F40	03:53:43	+01:49:25	09:21
9	35	Telma Sofia Domingues da Costa	Adões Trail Team	Veterana F40	04:06:15	+02:01:58	09:51

## Veterana F45

1	101	Susana Rodríguez	Coimbra Trail Running	Veterana F45	02:29:39	+25:22	05:59
2	222	Virgínia Simões	Notícias de colmeias atletismo	Veterana F45	02:45:02	+40:44	06:36



## Trail 25Km

25 KM

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

### OFFICIAL RESULT

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3	68	Carla Reis	ARSM - Associação Recreativa de S. Miguel	Veterana F45	02:52:34	+48:17	06:54
4	111	Maria Ferreira	CPAlcanena Trail	Veterana F45	03:12:48	+01:08:31	07:43
5	144	Lurdes Gil	Grupo Desportivo Ferreirense	Veterana F45	03:22:10	+01:17:52	08:05
6	95	Rute Costa	Clube Desportivo de Espite	Veterana F45	03:25:02	+01:20:44	08:12
7	246	Paula Coto	Talentos Objetivos	Veterana F45	03:25:41	+01:21:23	08:14
8	52	Elisabete Girão	ARCD Venda da Luisa	Veterana F45	03:25:52	+01:21:34	08:14
9	270	Paula Branco	Zona Alta Trail	Veterana F45	03:28:52	+01:24:35	08:21
10	44	Lucia Teles	AllforOne	Veterana F45	03:56:39	+01:52:22	09:28
11	54	Maria João Benquerença	ARCD Venda da Luisa	Veterana F45	04:35:29	+02:31:11	11:01
12	53	Judite Duarte	ARCD Venda da Luisa	Veterana F45	04:40:07	+02:35:50	11:12
13	178	Otilia Vedor	Individual	Veterana F45	05:28:15	+03:23:57	13:08

## Veterana F50

1	55	Cristina Melo	ARCD Venda da Luisa	Veterana F50	04:03:02	+01:58:45	09:43
2	207	Jacinta Almeida	MIRO TRAIL	Veterana F50	04:09:30	+02:05:13	09:59

## Veterana F55

1	272	São Castanheira	Zona Alta Trail	Veterana F55	02:57:26	+53:09	07:06
2	133	Esmeralda Fiúza	Figueira Kayak Clube	Veterana F55	03:57:33	+01:53:16	09:30
3	153	Isabel Gomes	GRVilaverdense	Veterana F55	04:02:24	+01:58:07	09:42
4	225	Maria Isabel Trindade	O Mundo da Corrida	Veterana F55	04:11:44	+02:07:26	10:04
5	208	Fátima Malta	MIRO TRAIL	Veterana F55	04:24:57	+02:20:39	10:36

## Veterano M35

1	11	Bruno Gonçalves	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M35	02:17:53	+13:36	05:31
2	69	André Magalhães	ARSM - Associação Recreativa de S. Miguel	Veterano M35	02:18:43	+14:26	05:33
3	184	Tiago Lopes	Individual	Veterano M35	02:21:13	+16:55	05:39
4	96	Dinis da Silva Santos	Clube Desportivo de Espite	Veterano M35	02:21:42	+17:24	05:40
5	266	CLÁUDIO NÓBREGA	Vilaventura Trail	Veterano M35	02:26:52	+22:34	05:52
6	114	João Cabral	Dão Nelas Runners	Veterano M35	02:30:08	+25:50	06:00
7	13	Pedro Marcelo Lopes Santos	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M35	02:30:14	+25:56	06:01
8	43	Gonçalo Fernandes	Airlux nda	Veterano M35	02:30:31	+26:14	06:01
9	142	Paulo Ferreira	Gatões BTT	Veterano M35	02:33:23	+29:05	06:08
10	273	Gonçalo Cruz	Zona Alta Trail	Veterano M35	02:33:53	+29:36	06:09
11	180	João Pedro Silva	Individual	Veterano M35	02:35:07	+30:50	06:12
12	145	Joel Silva Dinis	Grupo Desportivo Ferreirense	Veterano M35	02:37:28	+33:10	06:18
13	113	Fábio Miguel Oliveira da Cruz	Dão Nelas Runners	Veterano M35	02:39:34	+35:16	06:23
14	181	Mário Ferreira	Individual	Veterano M35	02:40:56	+36:38	06:26
15	119	Vitor Pereira	DCI/Trilhos Luso Bussaco	Veterano M35	02:41:41	+37:24	06:28

Official Timekeeper: Lap2Go	3 / 7	generate 06-jul-2021 17:39
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## Trail 25Km

25 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

16	102	Helder Galvão	Coimbra Trail Running	Veterano M35	02:42:34	+38:17	06:30
17	240	Márcio Felício	Soure Mov	Veterano M35	02:46:40	+42:23	06:40
18	22	Nuno Carvalho	Abutres	Veterano M35	02:48:51	+44:34	06:45
19	12	João Roso	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M35	02:56:53	+52:36	07:05
20	154	Luis Grou	GRVilaverdense	Veterano M35	02:57:42	+53:25	07:07
21	209	Bruno Videira	MIRO TRAIL	Veterano M35	03:02:40	+58:22	07:18
22	182	Mario Manuel Galrinho Correia Santos	Individual	Veterano M35	03:12:39	+01:08:22	07:42
23	85	Eduardo Ferreira	Atletismo Clube da Tocha	Veterano M35	03:17:04	+01:12:46	07:53
24	134	Paulo Figueiredo	Figueira Kayak Clube	Veterano M35	03:17:55	+01:13:37	07:55
25	149	João Pedro da Silva Dâmaso	Grupo Maravilha	Veterano M35	03:28:20	+01:24:03	08:20
26	45	Fábio Bagagem	Alverca Urban Runners	Veterano M35	03:34:13	+01:29:55	08:34
27	232	Pedro Pacheco	SCOVOENSE CARACOIS DE CORRIDA	Veterano M35	03:40:01	+01:35:44	08:48
28	210	Eugénio Santos	MIRO TRAIL	Veterano M35	03:41:23	+01:37:06	08:51
29	179	David Clemente	Individual	Veterano M35	04:13:03	+02:08:45	10:07

## Veterano M40

1	15	Nelson Costa	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	02:07:02	+02:45	05:05
2	27	João Silva	ACDRS QUINHENDROS	Veterano M40	02:16:55	+12:38	05:29
3	274	Miguel António Vicente Ribeiro	Zona Alta Trail	Veterano M40	02:17:51	+13:34	05:31
4	86	Daniel Batata	Atletismo Clube da Tocha	Veterano M40	02:19:42	+15:25	05:35
5	14	Miguel Pires	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	02:20:22	+16:04	05:37
6	255	Ricardo Ferreira	Trilhos dos Templários / ACR de Santa Cita	Veterano M40	02:20:37	+16:19	05:37
7	42	Daniel Netto	Águias de Alpiarça	Veterano M40	02:28:29	+24:11	05:56
8	97	Arnaldo Santos	Clube Desportivo de Espite	Veterano M40	02:30:49	+26:31	06:02
9	70	Márcio Flórido	ARSM - Associação Recreativa de S. Miguel	Veterano M40	02:33:18	+29:01	06:08
10	71	Sérgio Mesquita	ARSM - Associação Recreativa de S. Miguel	Veterano M40	02:34:04	+29:47	06:10
11	2	Marco Oliveira	100 Gás Trail Team	Veterano M40	02:34:15	+29:57	06:10
12	269	VICTOR LOPES	Vilaventura Trail	Veterano M40	02:35:27	+31:10	06:13
13	233	José Santos	SCOVOENSE CARACOIS DE CORRIDA	Veterano M40	02:36:00	+31:43	06:14
14	72	Valter Semedo Matos	ARSM - Associação Recreativa de S. Miguel	Veterano M40	02:36:05	+31:47	06:15
15	129	Tiago Carvalho	Diabinhos de Samuel	Veterano M40	02:36:39	+32:21	06:16
16	115	Marcio freitas	Dão Nelas Runners	Veterano M40	02:38:31	+34:13	06:20
17	16	Rui Ferreira	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	02:38:59	+34:42	06:22
18	248	Amílcar Ramos	Talentos Objetivos	Veterano M40	02:39:43	+35:26	06:23
19	23	Rui Mendes	Abutres	Veterano M40	02:42:16	+37:59	06:29
20	189	Pedro Morgado	Individual	Veterano M40	02:44:25	+40:07	06:35
21	98	Bruno Mordomo	Clube Desportivo de Espite	Veterano M40	02:47:34	+43:17	06:42
22	60	Vitor Espirito Santo	ARCD Venda da Luisa	Veterano M40	02:47:44	+43:27	06:43



### Trail 25Km

**25 KM**

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REVISED

**OFFICIAL RESULT**

19	131	Luís Figueiredo	Espigueiros Runners	Veterano M45	03:00:27	+56:09	07:13
20	219	Pedro Miguel Carvalho Fernandes	Montanha Clube Trail Running/Efapel	Veterano M45	03:01:04	+56:46	07:15
21	82	Nuno Almeida	ASSSCC - Ar Livre e Aventura	Veterano M45	03:09:05	+01:04:47	07:34
22	224	Frederico da Fonseca Sismeiro	Notícias de colmeias atletismo	Veterano M45	03:12:03	+01:07:45	07:41
23	205	Sérgio Soares	LETSRUNAZORES	Veterano M45	03:18:17	+01:14:00	07:56
24	193	João Santos	Individual	Veterano M45	03:21:57	+01:17:40	08:05
25	195	Luís Campos	Individual	Veterano M45	03:22:36	+01:18:18	08:06
26	196	PAULO BAPTISTA	Individual	Veterano M45	03:29:48	+01:25:30	08:24
27	28	António Pego	ACDRS QUINHENDROS	Veterano M45	03:31:38	+01:27:21	08:28
28	61	Jody Rato	ARCD Venda da Luisa	Veterano M45	03:37:02	+01:32:45	08:41
29	226	Miguel Pimentel	Oiãrunners	Veterano M45	03:50:01	+01:45:43	09:12
30	157	Carlos Palaio	GRVilaverdense	Veterano M45	03:55:07	+01:50:50	09:24
31	197	Pedro Bruno Fernandes Pinto	Individual	Veterano M45	04:42:03	+02:37:46	11:17
32	38	Fernando Rodrigues	Adões Trail Team	Veterano M45	04:43:01	+02:38:43	11:19

### Veterano M50

1	89	Luiz Mota	CASA DO BENFICA EM ABRANTES	Veterano M50	02:15:10	+10:53	05:24
2	148	Paulo Santos	Grupo Desportivo Ferreirense	Veterano M50	02:30:55	+26:38	06:02
3	124	Américo Almeida 15	DCI/Trilhos Luso Bussaco	Veterano M50	02:37:27	+33:10	06:18
4	199	João Paulo Nobre Santos Marques	Individual	Veterano M50	02:39:03	+34:45	06:22
5	29	Orlando Pires	ACDRS QUINHENDROS	Veterano M50	02:42:37	+38:19	06:30
6	163	Miguel Pelicano	GRVilaverdense	Veterano M50	02:47:24	+43:07	06:42
7	202	Vitor Diniz	Individual	Veterano M50	02:50:05	+45:48	06:48
8	139	Jose Jesus	Formobike BTT&Trail Running	Veterano M50	02:51:11	+46:53	06:51
9	215	Horácio Ferreira	MIRO TRAIL	Veterano M50	03:06:03	+01:01:46	07:27
10	65	Vitor Marques	ARCD Venda da Luisa	Veterano M50	03:12:09	+01:07:51	07:41
11	201	Paulo Lopes	Individual	Veterano M50	03:12:52	+01:08:34	07:43
12	39	Paulo Rama	Adões Trail Team	Veterano M50	03:14:45	+01:10:27	07:47
13	4	JÚLIO LOUREIRO	100 Gás Trail Team	Veterano M50	03:16:15	+01:11:57	07:51
14	64	Pedro Roxo	ARCD Venda da Luisa	Veterano M50	03:20:43	+01:16:25	08:02
15	40	Pedro Neto	Adões Trail Team	Veterano M50	03:24:53	+01:20:35	08:12
16	252	joao filipe Oliveira	Talentos Objetivos	Veterano M50	03:27:33	+01:23:16	08:18
17	147	Paulo Acúrcio	Grupo Desportivo Ferreirense	Veterano M50	03:44:14	+01:39:57	08:58
18	164	Rui Santos	GRVilaverdense	Veterano M50	03:45:18	+01:41:00	09:01
19	74	Paulo Martins	ARSM - Associação Recreativa de S. Miguel	Veterano M50	03:46:39	+01:42:22	09:04
20	73	Moisés Manso Nunes	ARSM - Associação Recreativa de S. Miguel	Veterano M50	04:09:07	+02:04:49	09:58
21	198	Agostinho Barros	Individual	Veterano M50	04:26:27	+02:22:10	10:40
22	62	Basílio Simões	ARCD Venda da Luisa	Veterano M50	04:33:04	+02:28:46	10:55
23	200	José Rodrigues Costa	Individual	Veterano M50	05:08:08	+03:03:51	12:20

Trail 25Km

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

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

Veterano M55

1	87	Fernando Cruz de Jesus	Atletismo Clube da Tocha	Veterano M55	02:36:32	+32:15	06:16
2	110	Rui Agapito Marques	Coimbra Trail Running	Veterano M55	02:40:35	+36:18	06:25
3	88	José Manuel Jesus Zananar	Atletismo Clube da Tocha	Veterano M55	02:45:06	+40:49	06:36
4	203	Carlos Antunes	Individual	Veterano M55	02:53:31	+49:13	06:56
5	235	vasco morais pinheiro de souza	SCPOVOENSE CARACOIS DE CORRIDA	Veterano M55	02:56:26	+52:09	07:03
6	19	Luis Tovim	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M55	02:57:14	+52:56	07:05
7	220	Renato Miguel Fernandes Simões de Barros	Montanha Clube Trail Running/Efapel	Veterano M55	03:21:46	+01:17:28	08:04
8	227	Francisco Ferreira	Os Tolinhos	Veterano M55	03:27:26	+01:23:08	08:18
9	216	José Santos	MIRO TRAIL	Veterano M55	04:11:20	+02:07:02	10:03

Veterano M60

1	127	José Martins	DCI/Trilhos Luso Bussaco	Veterano M60	02:18:45	+14:28	05:33
2	217	João Manuel Simões matos	MIRO TRAIL	Veterano M60	03:06:52	+01:02:34	07:28
3	204	José Maçarria	Individual	Veterano M60	03:20:34	+01:16:16	08:01
4	136	Fernando Costa	Figueira Kayak Clube	Veterano M60	03:37:44	+01:33:26	08:43
5	66	Fernando Martins	ARCD Venda da Luisa	Veterano M60	04:04:44	+02:00:26	09:47

Veterano M65

1	76	Fausto Carvalho	ARSM - Associação Recreativa de S. Miguel	Veterano M65	03:23:42	+01:19:25	08:09
2	165	Manuel dos Santos Carvalho Fernandes	GRVilaverdense	Veterano M65	03:27:00	+01:22:43	08:17
3	236	Antonio Carvalho	SCPOVOENSE CARACOIS DE CORRIDA	Veterano M65	04:04:22	+02:00:05	09:47

**COLETIVO - TRAIL 25KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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>TEAM</b>	<b>DESCRIPTION</b>	<b>POINTS</b>
1	A.R.CASAENSE/ESCOLA DE ATLETISMO DE COIMBRA/INTERMARCHÉ CONDEIXA	3 + 4 + 5	12
2	COIMBRA TRAIL RUNNING	2 + 22 + 25	49
3	CLUBE DESPORTIVO DE ESPITE	9 + 19 + 30	58
4	DCI/TRILHOS LUSO BUSSACO	1 + 13 + 50	64
5	ATLETISMO CLUBE DA TOCHA	6 + 15 + 46	67
6	TRILHOS DOS TEMPLÁRIOS / ACR DE SANTA CITA	17 + 29 + 37	83
7	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	14 + 34 + 39	87
8	TALENTOS OBJETIVOS	18 + 49 + 61	128
9	VILAVENTURA TRAIL	23 + 42 + 65	130
10	GRUPO DESPORTIVO FERREIRENSE	31 + 51 + 58	140
11	DÃO NELAS RUNNERS	26 + 54 + 60	140
12	ZONA ALTA TRAIL	11 + 38 + 104	153
13	MIRO TRAIL	10 + 113 + 121	244
14	ACDRS QUINHENDROS	8 + 68 + 169	245
15	100 GÁS TRAIL TEAM	43 + 70 + 137	250
16	GRVILAVERDENSE	78 + 81 + 95	254
17	SCPOVOENSE CARACOIS DE CORRIDA	44 + 98 + 120	262
18	ARCD VENDA DA LUISA	83 + 92 + 112	287
19	FORMOBIKE BTT&TRAIL RUNNING	88 + 93 + 119	300
20	SOURE MOV	80 + 100 + 124	304
21	NOTÍCIAS DE COLMEIAS ATLETISMO	76 + 123 + 128	327
22	ASSSCC - AR LIVRE E AVENTURA	69 + 125 + 153	347
23	FIGUEIRA KAYAK CLUBE	99 + 111 + 139	349
24	ADÕES TRAIL TEAM	79 + 134 + 154	367
25	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	108 + 151 + 176	435



## MINI TRAIL 15KM - STAGE 1

15 KM



## OFFICIAL RESULT

	Time	Temperature	Humidity
Start	10:00	20,2°C	91%
End	13:49	20,2°C	91%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	730	Nelson Amaral	OCS - Arrábida Trail Team	01:19:03		05:16	
2	510	Márcio Pereira	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	01:23:22	+04:19	05:33	
3	758	Alex Silva	Talentos Objetivos	01:24:20	+05:17	05:37	
4	585	Carlos Manuel Amaral simoes	DCI/Trilhos Luso Bussaco	01:26:21	+07:18	05:45	
5	695	Luis Martins	Individual	01:28:06	+09:03	05:52	
6	579	Frederico Oliveira	DCI/Trilhos Luso Bussaco	01:28:41	+09:38	05:55	
7	754	Rodrigo Quintal	SCPOVOENSE CARACOIS DE CORRIDA	01:28:47	+09:44	05:55	
8	691	João Simões	Individual	01:28:58	+09:55	05:56	
9	590	Manuel lino	DCI/Trilhos Luso Bussaco	01:29:18	+10:15	05:57	
10	561	Pedro Cardoso	Coimbra Trail Running	01:31:26	+12:23	06:06	
11	588	Vitor Oliveira	DCI/Trilhos Luso Bussaco	01:32:42	+13:39	06:11	
12	533	Telmo Carvalho	ARSM - Associação Recreativa de S. Miguel	01:32:53	+13:50	06:12	
13	501	Cristina Couceiro	ARSM - Associação Recreativa de S. Miguel	01:32:55	+13:52	06:12	
14	647	Pedro Batista	Individual	01:33:23	+14:20	06:14	
15	696	Messias Dias	Individual	01:33:41	+14:38	06:15	
16	559	António Carvalho	Coimbra Trail Running	01:33:50	+14:47	06:15	
17	641	Diogo Miranda	Individual	01:35:03	+16:00	06:20	
18	541	Nuno Engenheiro	ARSM - Associação Recreativa de S. Miguel	01:37:25	+18:22	06:30	
19	509	André Fonte	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	01:37:33	+18:30	06:30	
20	766	João Freitas	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:37:46	+18:43	06:31	
21	591	Tiago Figueiredo	DFClima	01:38:51	+19:48	06:35	
22	700	Domingos Casimiro	Individual	01:39:00	+19:57	06:36	
23	517	tiago moreno	ACDRS QUINHENDROS	01:39:09	+20:06	06:37	
24	593	Ivan Silva	EDV Viana Trail	01:39:46	+20:43	06:39	
25	511	Gaudêncio Lopes	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	01:39:55	+20:52	06:40	
26	765	Paulo Ferreira	Trilhos dos Templários / ACR de Santa Cita	01:40:43	+21:40	06:43	
27	567	Simão Castro	Coimbra Trail Running	01:42:12	+23:09	06:49	
28	569	Armindo Antunes	Coimbra Trail Running	01:42:35	+23:32	06:50	
29	573	Jorge Tiago	Coimbra Trail Running	01:43:21	+24:18	06:53	
30	589	Joaqui Godinho	DCI/Trilhos Luso Bussaco	01:43:24	+24:21	06:54	
31	521	Márcio Rodrigues	ACDRS QUINHENDROS	01:44:30	+25:27	06:58	
32	692	Joaquim Henriques	Individual	01:44:32	+25:29	06:58	
33	727	Joaquim Santos	Notícias de colmeias atletismo	01:44:32	+25:29	06:58	
34	575	Fernando Alhau	Coimbra Trail Running	01:44:58	+25:55	07:00	
35	757	Ernesto Nabeiro	Soure Mov	01:45:03	+26:00	07:00	
36	646	Miguel Gomes	Individual	01:45:37	+26:34	07:02	
37	775	Eduardo Cardoso	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	01:45:50	+26:47	07:03	
38	512	Jorge Alves	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	01:45:51	+26:48	07:03	

**MINI TRAIL 15KM - 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**

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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 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>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>	<b>CARD</b>
39	536	Sofia Coimbra Lorenço	ARSM - Associação Recreativa de S. Miguel	01:45:53	+26:50	07:04	
40	553	Tomás Baptista	Clube Desportivo de Espite	01:46:35	+27:32	07:06	
41	503	Susana Gomes	100 Gás Trail Team	01:47:28	+28:25	07:10	
42	772	Vitor Monteiro	Vilaventura Trail	01:47:55	+28:52	07:12	
43	717	Armenio Nogueira	MIRO TRAIL	01:48:02	+28:59	07:12	
44	505	Pedro Vieira	A.D. Amarante Trail Running	01:48:16	+29:13	07:13	
45	572	Pedro Pereira	Coimbra Trail Running	01:48:17	+29:14	07:13	
46	732	Carlos Silva	Oiãrunners	01:48:34	+29:31	07:14	
47	617	Paulo Fernandes	Gatões BTT	01:48:48	+29:45	07:15	
48	540	Jorge Moita	ARSM - Associação Recreativa de S. Miguel	01:48:49	+29:46	07:15	
49	583	Maria Manuela da Fonseca catarino Mendes	DCI/Trilhos Luso Bussaco	01:49:08	+30:05	07:17	
50	571	Paulo J. Carvalho	Coimbra Trail Running	01:49:36	+30:33	07:18	
51	643	Francisco Mateus	Individual	01:49:58	+30:55	07:20	
52	565	Pedro Carvalho	Coimbra Trail Running	01:50:16	+31:13	07:21	
53	638	Alexandre Jerke	Individual	01:50:34	+31:31	07:22	
54	577	Patrícia Costa	Dão Nelas Runners	01:50:34	+31:31	07:22	
55	701	Hélder Félix	Individual	01:51:04	+32:01	07:24	
56	645	Luís Andrade	Individual	01:51:51	+32:48	07:27	
57	608	Antonio Manuel Mendes Soares	Formobike BTT&Trail Running	01:52:22	+33:19	07:29	
58	739	Antero Ramos	Os OREOS	01:52:52	+33:49	07:31	
59	552	Ricardo José da Silva Marques	Clube Desportivo de Espite	01:53:47	+34:44	07:35	
60	684	Pedro Figueiredo	Individual	01:53:48	+34:45	07:35	
61	648	Rafael Teixeira Alemão	Individual	01:54:09	+35:06	07:37	
62	537	Zenaide Alves	ARSM - Associação Recreativa de S. Miguel	01:54:14	+35:11	07:37	
63	582	Julia Maria Serralheiro dos Santos	DCI/Trilhos Luso Bussaco	01:54:44	+35:41	07:39	
64	563	Diogo Reis	Coimbra Trail Running	01:55:00	+35:57	07:40	
65	558	Joana Franca	Coimbra Trail Running	01:55:04	+36:01	07:40	
66	534	Dília Santos	ARSM - Associação Recreativa de S. Miguel	01:55:08	+36:05	07:41	
67	756	Paulo Lopes	Soure Mov	01:56:55	+37:52	07:48	
68	722	Luís Vilela	Montanha Clube Trail Running/Efapel	01:56:58	+37:55	07:48	
69	683	Gonçalo Lopes	Individual	01:57:08	+38:05	07:49	
70	682	Valter Filipe da Silva Gomes	Individual	01:57:13	+38:10	07:49	
71	524	Jorge Santos	AGM Team Running	01:57:24	+38:21	07:50	
72	639	Bruno Calisto	Individual	01:57:44	+38:41	07:51	
73	602	Hélder Pedrosa	Figueira Kayak Clube	01:58:29	+39:26	07:54	
74	767	Hugo Alexandre Pereira Aquino	Vilaventura Trail	01:59:07	+40:04	07:56	
75	518	Tiago Simões	ACDRS QUINHENDROS	01:59:37	+40:34	07:58	
76	546	Nuno Almeida	Atletismo Clube da Tocha	01:59:51	+40:48	07:59	
77	519	Bruno Brás Ferreira	ACDRS QUINHENDROS	02:00:58	+41:55	08:04	
78	745	Carla Santos	Saca Trilhos Anadia	02:01:34	+42:31	08:06	
79	689	Daniel Costa	Individual	02:01:37	+42:34	08:06	
80	581	Lucia Marques	DCI/Trilhos Luso Bussaco	02:01:42	+42:39	08:07	
81	587	Jose Antonio Pimenta Simoes Pereira	DCI/Trilhos Luso Bussaco	02:01:42	+42:39	08:07	
82	709	João Pedro Caetano	Juveforce Run Team	02:02:03	+43:00	08:08	
83	531	Paulo Santos	ARCD Venda da Luisa	02:02:08	+43:05	08:09	

MINI TRAIL 15KM - STAGE 1

15 KM

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REVISED

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	RESULT	DIFF	t/KM	CARD
84	574	Pedro Lemos	Coimbra Trail Running	02:02:29	+43:26	08:10	
85	555	Sofia Areias	Coimbra Trail Running	02:02:45	+43:42	08:11	
86	562	Ricardo Bica	Coimbra Trail Running	02:02:46	+43:43	08:11	
87	769	LINA LOPES	Vilaventura Trail	02:03:23	+44:20	08:14	
88	632	Joaquim Miguel Cação de Sousa	Individual	02:03:26	+44:23	08:14	
89	606	Hugo Gariso	Formobike BTT&Trail Running	02:03:40	+44:37	08:15	
90	604	Bernardo Sousa Rodrigues	Formobike BTT&Trail Running	02:05:26	+46:23	08:22	
91	655	Lia Rodrigues	Individual	02:05:41	+46:38	08:23	
92	663	Maria Miguel Macedo	Individual	02:06:07	+47:04	08:24	
93	653	Diana Pires	Individual	02:06:08	+47:05	08:25	
94	650	Samuel Viegas	Individual	02:06:31	+47:28	08:26	
95	622	Tiago Estrafalhote	GELCENTRO	02:07:39	+48:36	08:31	
96	681	Tiago Joel Mendes de Sousa e Silva	Individual	02:07:58	+48:55	08:32	
97	535	Marina Cabral Mota de Carvalho	ARSM - Associação Recreativa de S. Miguel	02:09:12	+50:09	08:37	
98	624	Bruno Martins	GELCENTRO	02:09:50	+50:47	08:39	
99	504	Vitor Santos	100 Gás Trail Team	02:09:52	+50:49	08:39	
100	718	Carlos Humberto Madeira Coelho	MIRO TRAIL	02:09:52	+50:49	08:39	
101	547	Rute Bastos	Atletismo Clube da Tocha	02:10:11	+51:08	08:41	
102	750	Diogo José Oliveira Lourenço	SCPOVOENSE CARACOIS DE CORRIDA	02:10:11	+51:08	08:41	
103	532	Arlindo Neves	ARCD Venda da Luisa	02:10:27	+51:24	08:42	
104	615	Nuno Soares	Gatinhos Assanhados	02:10:38	+51:35	08:43	
105	753	Paulo Alexandre Inocêncio Pessoa	SCPOVOENSE CARACOIS DE CORRIDA	02:11:12	+52:09	08:45	
106	749	Helena Oliveira	Sarzedo Runners	02:11:24	+52:21	08:46	
107	672	André Joaquim Teixeira Valente	Individual	02:11:29	+52:26	08:46	
108	626	Eugénio Santos	GELCENTRO	02:11:50	+52:47	08:47	
109	630	José francisco Pires Valadão	GRVilaverdense	02:11:53	+52:50	08:48	
110	603	Hugo Lopes	Fisbem Team	02:12:26	+53:23	08:50	
111	667	Mafalda Sofia Esteves Duarte	Individual	02:12:34	+53:31	08:50	
112	568	Stephane Santos	Coimbra Trail Running	02:12:40	+53:37	08:51	
113	642	Fernando Luis Pinheiro Arede	Individual	02:13:49	+54:46	08:55	
114	746	Cristina Meireles	Saca Trilhos Anadia	02:13:52	+54:49	08:55	
115	635	Magda Caldeira	Individual	02:14:03	+55:00	08:56	
116	520	bruno jesus	ACDRS QUINHENDROS	02:14:16	+55:13	08:57	
117	764	Marco Soares	Trilhos dos Templários / ACR de Santa Cita	02:14:31	+55:28	08:58	
118	631	Vitor Saltão	GRVilaverdense	02:14:38	+55:35	08:59	
119	699	Carlos Lancha	Individual	02:15:56	+56:53	09:04	
120	685	Ricardo José Pinto Marques	Individual	02:16:55	+57:52	09:08	
121	763	Alexandre Vaqueiro	Trilhos dos Templários / ACR de Santa Cita	02:17:14	+58:11	09:09	
122	704	Carlos Barroso	Individual	02:18:06	+59:03	09:12	
123	651	T.Rodri	Individual	02:18:33	+59:30	09:14	
124	644	José Mendes	Individual	02:19:06	+01:00:03	09:16	
125	527	Marisa Correia	ARCD Venda da Luisa	02:20:30	+01:01:27	09:22	
126	726	Ana Bento	Notícias de colmeias atletismo	02:20:38	+01:01:35	09:23	
127	609	Rui Neto	Free Runners	02:20:54	+01:01:51	09:24	
128	523	José Miguel Simão	ACDRS QUINHENDROS	02:21:13	+01:02:10	09:25	
129	728	Pedro Santos	Notícias de colmeias atletismo	02:21:46	+01:02:43	09:27	



## MINI TRAIL 15KM - STAGE 1

15 KM

**R**  
REVISED

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

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**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
173	690	Daniel Garizo	Individual	02:47:09	+01:28:06	11:09	
174	773	Luis Veloso	ViiTeam	02:48:21	+01:29:18	11:13	
175	774	Emanuel Dias	ViiTeam	02:48:21	+01:29:18	11:13	
176	752	Ana Lúcia Simões de Oliveira	SCPOVOENSE CARACOIS DE CORRIDA	02:48:47	+01:29:44	11:15	
177	677	Hugo Silva	Individual	02:48:58	+01:29:55	11:16	
178	751	Sara Oliveira	SCPOVOENSE CARACOIS DE CORRIDA	02:49:30	+01:30:27	11:18	
179	525	Ivo Carrito	ARCD Venda da Luisa	02:51:20	+01:32:17	11:25	
180	707	José Manuel Gonçalves	Individual	02:51:43	+01:32:40	11:27	
181	659	Dália Roma	Individual	02:51:52	+01:32:49	11:27	
182	619	Ana Correia	GELCENTRO	02:52:56	+01:33:53	11:32	
183	625	Elton Rodrigues	GELCENTRO	02:52:57	+01:33:54	11:32	
184	623	Gisela Curto	GELCENTRO	02:54:18	+01:35:15	11:37	
185	584	Paula Duarte	DCI/Trilhos Luso Bussaco	02:54:58	+01:35:55	11:40	
186	658	Catarina Matias	Individual	02:55:40	+01:36:37	11:43	
187	698	António Couto	Individual	02:56:51	+01:37:48	11:47	
188	664	Sandra Couceiro Almeida	Individual	03:03:01	+01:43:58	12:12	
189	661	Maria de Fátima de Figueiredo Correia	Individual	03:04:53	+01:45:50	12:20	
190	716	Rosa Matos	MIRO TRAIL	03:05:11	+01:46:08	12:21	
191	669	Odete Freitas	Individual	03:06:46	+01:47:43	12:27	
192	714	Cristina Santos	MIRO TRAIL	03:07:10	+01:48:07	12:29	
193	715	Silvia Pedro	MIRO TRAIL	03:10:57	+01:51:54	12:44	
194	657	Nádia Sofia Pedrosa Simões	Individual	03:12:12	+01:53:09	12:49	
195	719	Victor Silva	MIRO TRAIL	03:12:15	+01:53:12	12:49	
196	570	Nuno Martins	Coimbra Trail Running	03:12:57	+01:53:54	12:52	
197	665	Amélia Jordão	Individual	03:14:49	+01:55:46	12:59	
198	729	Fernando Luis	O Mundo da Corrida	03:15:13	+01:56:10	13:01	
199	539	Paulo Pinto	ARSM - Associação Recreativa de S. Miguel	03:16:10	+01:57:07	13:05	
200	703	Luis Barosa	Individual	03:16:53	+01:57:50	13:08	
201	538	Alexandre Fernandes	ARSM - Associação Recreativa de S. Miguel	03:20:10	+02:01:07	13:21	
202	613	Filipe Coelho	Gatinhos Assanhados	03:20:59	+02:01:56	13:24	
203	654	Fernanda Tavares	Individual	03:23:00	+02:03:57	13:32	
204	550	Carlota Joaquina	Caminhar ao Luar	03:23:58	+02:04:55	13:36	
205	694	Júlio Almeida	Individual	03:29:18	+02:10:15	13:57	
206	741	Luís Miguel Baptista	Os OREOS	03:30:22	+02:11:19	14:01	
207	740	Gonçalo Teixeira	Os OREOS	03:30:23	+02:11:20	14:02	
208	628	Fátima Oliveira	GRVilaverdense	03:31:07	+02:12:04	14:04	
209	629	Teresa Lurdes Fernandes Rosa	GRVilaverdense	03:31:08	+02:12:05	14:05	











## Mini Trail 15Km

15 KM



## OFFICIAL RESULT

17	606	Hugo Gariso	Formobike BTT&Trail Running	Veterano M40	02:03:39	+44:37	08:15
18	615	Nuno Soares	Gatinhos Assanhados	Veterano M40	02:10:38	+51:35	08:43
19	753	Paulo Alexandre Inocência Pessoa	SCPOVOENSE CARACOIS DE CORRIDA	Veterano M40	02:11:12	+52:09	08:45
20	568	Stephane Santos	Coimbra Trail Running	Veterano M40	02:12:40	+53:37	08:51
21	520	bruno jesus	ACDRS QUINHENDROS	Veterano M40	02:14:15	+55:12	08:57
22	685	Ricardo José Pinto Marques	Individual	Veterano M40	02:16:55	+57:52	09:08
23	609	Rui Neto	Free Runners	Veterano M40	02:20:54	+01:01:51	09:24
24	601	Nuno Bandarra	Figueira Kayak Clube	Veterano M40	02:24:18	+01:05:15	09:37
25	731	Márcio Filipe da Conceição Ferreira	Oiãrunners	Veterano M40	02:28:44	+01:09:42	09:55
26	566	Ricardo Jesus	Coimbra Trail Running	Veterano M40	02:30:04	+01:11:01	10:00
27	607	Nuno Coelho	Formobike BTT&Trail Running	Veterano M40	02:31:34	+01:12:31	10:06
28	686	Ricardo Proença	Individual	Veterano M40	02:41:49	+01:22:46	10:47
29	539	Paulo Pinto	ARSM - Associação Recreativa de S. Miguel	Veterano M40	03:16:10	+01:57:07	13:05
30	538	Alexandre Fernandes	ARSM - Associação Recreativa de S. Miguel	Veterano M40	03:20:09	+02:01:06	13:21
31	741	Luis Miguel Baptista	Os OREOS	Veterano M40	03:30:22	+02:11:19	14:01

## Veterano M45

1	695	Luis Martins	Individual	Veterano M45	01:28:06	+09:03	05:52
2	691	João Simões	Individual	Veterano M45	01:28:58	+09:55	05:56
3	696	Messias Dias	Individual	Veterano M45	01:33:41	+14:38	06:15
4	541	Nuno Engenheiro	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:37:25	+18:22	06:30
5	765	Paulo Ferreira	Trilhos dos Templários / ACR de Santa Cita	Veterano M45	01:40:42	+21:40	06:43
6	569	Armindo Antunes	Coimbra Trail Running	Veterano M45	01:42:35	+23:32	06:50
7	692	Joaquim Henriques	Individual	Veterano M45	01:44:31	+25:29	06:58
8	727	Joaquim Santos	Notícias de colmeias atletismo	Veterano M45	01:44:32	+25:29	06:58
9	572	Pedro Pereira	Coimbra Trail Running	Veterano M45	01:48:17	+29:14	07:13
10	732	Carlos Silva	Oiãrunners	Veterano M45	01:48:34	+29:31	07:14
11	540	Jorge Moita	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:48:49	+29:46	07:15
12	571	Paulo J. Carvalho	Coimbra Trail Running	Veterano M45	01:49:36	+30:33	07:18
13	608	Antonio Manuel Mendes Soares	Formobike BTT&Trail Running	Veterano M45	01:52:21	+33:19	07:29
14	756	Paulo Lopes	Soure Mov	Veterano M45	01:56:54	+37:51	07:48
15	524	Jorge Santos	AGM Team Running	Veterano M45	01:57:23	+38:21	07:50
16	602	Hélder Pedrosa	Figueira Kayak Clube	Veterano M45	01:58:28	+39:26	07:54
17	689	Daniel Costa	Individual	Veterano M45	02:01:37	+42:34	08:06
18	504	Vitor Santos	100 Gás Trail Team	Veterano M45	02:09:51	+50:49	08:39
19	718	Carlos Humberto Madeira Coelho	MIRO TRAIL	Veterano M45	02:09:52	+50:49	08:39
20	764	Marco Soares	Trilhos dos Templários / ACR de Santa Cita	Veterano M45	02:14:31	+55:28	08:58
21	763	Alexandre Vaqueiro	Trilhos dos Templários / ACR de Santa Cita	Veterano M45	02:17:13	+58:11	09:09
22	523	José Miguel Simão	ACDRS QUINHENDROS	Veterano M45	02:21:12	+01:02:10	09:25







## COLETIVO - MINI TRAIL 15KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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>TEAM</b>	<b>DESCRIPTION</b>	<b>POINTS</b>
1	DCI/TRILHOS LUSO BUSSACO	4 + 6 + 9	19
2	A.R.CASAENSE/ESCOLA DE ATLETISMO DE COIMBRA/INTERMARCHÉ CONDEIXA	2 + 18 + 25	45
3	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	12 + 13 + 21	46
4	COIMBRA TRAIL RUNNING	10 + 15 + 27	52
5	ACDRS QUINHENDROS	23 + 30 + 75	128
6	VILAVENTURA TRAIL	41 + 74 + 87	202
7	SCPOVOENSE CARACOIS DE CORRIDA	7 + 102 + 105	214
8	FORMOBIKE BTT&TRAIL RUNNING	57 + 89 + 90	236
9	CLUBE DESPORTIVO DE ESPITE	42 + 59 + 159	260
10	TRILHOS DOS TEMPLÁRIOS / ACR DE SANTA CITA	26 + 117 + 121	264
11	MIRO TRAIL	49 + 100 + 133	282
12	NOTÍCIAS DE COLMEIAS ATLETISMO	38 + 126 + 129	293
13	GELCENTRO	95 + 98 + 108	301
14	ARCD VENDA DA LUISA	83 + 103 + 125	311
15	ATLETISMO CLUBE DA TOCHA	76 + 101 + 145	322
16	FIGUEIRA KAYAK CLUBE	72 + 137 + 139	348
17	GRVILVERDENSE	109 + 118 + 208	435
18	OS OREOS	58 + 206 + 207	471