

**TRAIL - STAGE 1**

**24 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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

	Time	Temperature	Humidity
Start	09:00	20,2°C	85%
End	13:25	20,2°C	85%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	116	BRUNO GASPAR	AC VERMOIL	01:59:46		04:59	
2	21	Miguel Coelho	AIRLUX / NDA	02:03:47	+04:01	05:09	
3	109	Bruno Filipe	Individual	02:05:45	+05:59	05:14	
4	1	Luis Mota	Individual	02:07:15	+07:29	05:18	
5	102	Filipe Rocha	ADCR Pereira Trail Running Team	02:08:55	+09:09	05:22	
6	132	João Pimenta	AIRLUX / NDA	02:11:27	+11:41	05:29	
7	118	PEDRO FERREIRA	AC VERMOIL	02:13:29	+13:43	05:34	
8	133	Tiago Carvalho	LAMA SOLTA	02:15:50	+16:04	05:40	
9	74	João Sacramento	SCPOMBAL TRAILTEAM	02:17:11	+17:25	05:43	
10	101	Filipe André Viana Nogueira	Notícias Colmeias Atletismo	02:17:58	+18:12	05:45	
11	81	Diogo Tiago Jerónimo Simões	Vilaventura Trail	02:19:18	+19:32	05:48	
12	84	Sara Pedrosa	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	02:23:04	+23:18	05:58	
13	16	Joselito da Conceição Pereira	Vilaventura Trail	02:23:06	+23:20	05:58	
14	110	Rui Cadete	LAMA SOLTA	02:23:48	+24:02	05:59	
15	77	Mário Salgado	SCPOMBAL TRAILTEAM	02:26:53	+27:07	06:07	
16	107	Ruben Dias	Runners da Frente Ribeirinha da Póvoa de Santa Iria	02:28:13	+28:27	06:11	
17	117	AQUILINO FERREIRA	AC VERMOIL	02:29:00	+29:14	06:13	
18	123	João Costa	AIRLUX / NDA	02:30:16	+30:30	06:16	
19	13	Pedro Miguel Serra Santos	LAMA SOLTA	02:30:44	+30:58	06:17	
20	51	Virgínia Maria Amaral Lopes Simões	NOTICIAS DE COLMEIAS ATLETISMO	02:32:11	+32:25	06:20	
21	50	Manuel Filipe	NOTICIAS DE COLMEIAS ATLETISMO	02:32:23	+32:37	06:21	
22	83	Gil Carvalho	Individual	02:32:29	+32:43	06:21	
23	78	Vitor Mota	SCPOMBAL TRAILTEAM	02:32:59	+33:13	06:22	
24	130	André Carrasqueira	SCPOMBAL TRAILTEAM	02:33:01	+33:15	06:23	
25	11	Eurico Nogueira	Individual	02:33:20	+33:34	06:23	
26	79	Pedro Gomes	SCPOMBAL TRAILTEAM	02:34:04	+34:18	06:25	
27	37	Joaquim Santos	NOTICIAS DE COLMEIAS ATLETISMO	02:36:32	+36:46	06:31	
28	94	Pedro Cruz	Individual	02:37:22	+37:36	06:33	
29	91	Pedro Guerra	Individual	02:37:37	+37:51	06:34	
30	134	João Pedro Lopes Fernandes	Individual	02:38:11	+38:25	06:35	
31	75	Luis Piturra	SCPOMBAL TRAILTEAM	02:39:51	+40:05	06:40	
32	95	Sérgio Antunes	Notícias Colmeias Atletismo	02:39:55	+40:09	06:40	
33	126	Vitor Manuel Ferreira Calado	SCPOMBAL TRAILTEAM	02:41:48	+42:02	06:45	
34	121	Vitor Nelson Esteves Torres da Silva	Salta Pocinhas	02:44:04	+44:18	06:50	
35	88	DANY GRILO	GAL Bajouca	02:44:30	+44:44	06:51	
36	15	João Pedro da Silva Dâmaso	Grupo Maravilha	02:44:39	+44:54	06:52	
37	38	Nélia Pedrosa	Free Runners	02:44:49	+45:03	06:52	
38	103	Fernando Neves	Individual	02:46:16	+46:30	06:56	
39	31	Nelson Norte	A. R. Meirinhas	02:47:08	+47:22	06:58	
40	73	Renato Santos	SCPOMBAL TRAILTEAM	02:48:32	+48:46	07:01	
41	108	HELDER FILIPE DOMINGUES GONÇALVES	SPORTING CLUBE POMBAL TRAIL TEAM	02:49:44	+49:58	07:04	



## Trail

24 KM



### OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	20,2°C	85%
End	13:25	20,2°C	85%

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

1	84	Sara Pedrosa	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	Senior Feminino	02:23:04	+23:17	05:58
2	61	Elisa Bregieiro	LAMA SOLTA	Senior Feminino	03:44:25	+01:44:39	09:21

### Senior Masculino

1	116	BRUNO GASPAR	AC VERMOIL	Senior Masculino	01:59:46		04:59
2	109	Bruno Filipe	Individual	Senior Masculino	02:05:45	+05:58	05:14
3	132	João Pimenta	AIRLUX / NDA	Senior Masculino	02:11:27	+11:41	05:29
4	74	João Sacramento	SCPOMBAL TRAILTEAM	Senior Masculino	02:17:11	+17:24	05:43
5	81	Diogo Tiago Jerónimo Simões	Vilaventura Trail	Senior Masculino	02:19:18	+19:32	05:48
6	107	Ruben Dias	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Senior Masculino	02:28:13	+28:27	06:11
7	123	João Costa	AIRLUX / NDA	Senior Masculino	02:30:16	+30:30	06:16
8	13	Pedro Miguel Serra Santos	LAMA SOLTA	Senior Masculino	02:30:44	+30:58	06:17
9	130	André Carrasqueira	SCPOMBAL TRAILTEAM	Senior Masculino	02:33:01	+33:15	06:23
10	11	Eurico Nogueira	Individual	Senior Masculino	02:33:20	+33:33	06:23
11	134	João Pedro Lopes Fernandes	Individual	Senior Masculino	02:38:11	+38:24	06:35
12	88	DANY GRILO	GAL Bajouca	Senior Masculino	02:44:30	+44:43	06:51
13	15	João Pedro da Silva Dâmaso	Grupo Maravilha	Senior Masculino	02:44:39	+44:53	06:52
14	142	Gonçalo Freitas	SCPOMBAL TRAILTEAM	Senior Masculino	02:54:20	+54:34	07:16
15	17	Rui Neves	WOLF TEAM RUN	Senior Masculino	02:58:56	+59:09	07:27
16	27	Pedro Marques	LAMA SOLTA	Senior Masculino	03:00:00	+01:00:13	07:30
17	141	Lino Silva	LAMA SOLTA	Senior Masculino	03:32:31	+01:32:45	08:51
18	90	MARCO PASCOAL	Vilaventura Trail	Senior Masculino	03:44:46	+01:45:00	09:22
19	70	João Carlos Santos Nogueira	Vilaventura Trail	Senior Masculino	03:45:04	+01:45:17	09:23

### Veterana F40

1	38	Nélia Pedrosa	Free Runners	Veterana F40	02:44:49	+45:02	06:52
2	105	Raquel Matias	A.R.Casaense /Escola de Atletismo de Coimbra/Intermarché de Condeixa	Veterana F40	02:57:02	+57:16	07:23
3	18	Carla Silva	100 Gás Trail Team	Veterana F40	02:57:50	+58:04	07:25
4	35	Catarina Alexandra Carvalho dos Santos	Individual	Veterana F40	03:01:56	+01:02:10	07:35
5	14	FILOMENA CARVALHO	LAMA SOLTA	Veterana F40	03:44:25	+01:44:39	09:21

**Trail**
**24 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**
**Veterana F45**

1	51	Virgínia Maria Amaral Lopes Simões	NOTICIAS DE COLMEIAS ATLETISMO	Veterana F45	02:32:11	+32:24	06:20
2	72	Gina Domingues	SCPOMBAL TRAILTEAM	Veterana F45	03:02:44	+01:02:57	07:37
3	113	Lília Maria Neves da Silva	cscrcharneca	Veterana F45	03:29:33	+01:29:46	08:44

**Veterano M40**

1	21	Miguel Coelho	AIRLUX / NDA	Veterano M40	02:03:47	+04:00	05:09
2	1	Luis Mota	Individual	Veterano M40	02:07:15	+07:29	05:18
3	102	Filipe Rocha	ADCR Pereira Trail Running Team	Veterano M40	02:08:55	+09:09	05:22
4	133	Tiago Carvalho	LAMA SOLTA	Veterano M40	02:15:50	+16:03	05:40
5	110	Rui Cadete	LAMA SOLTA	Veterano M40	02:23:48	+24:01	05:59
6	79	Pedro Gomes	SCPOMBAL TRAILTEAM	Veterano M40	02:34:04	+34:18	06:25
7	94	Pedro Cruz	Individual	Veterano M40	02:37:22	+37:36	06:33
8	91	Pedro Guerra	Individual	Veterano M40	02:37:37	+37:50	06:34
9	75	Luis Piturra	SCPOMBAL TRAILTEAM	Veterano M40	02:39:51	+40:04	06:40
10	95	Sérgio Antunes	Notícias Colmeias Atletismo	Veterano M40	02:39:55	+40:08	06:40
11	73	Renato Santos	SCPOMBAL TRAILTEAM	Veterano M40	02:48:32	+48:45	07:01
12	131	Luis Silva	SCPOMBAL TRAILTEAM	Veterano M40	02:49:49	+50:02	07:05
13	47	Helder Abreu	NOTICIAS DE COLMEIAS ATLETISMO	Veterano M40	02:53:46	+53:59	07:14
14	12	PEDRO PIMPAO	SCPOMBAL TRAILTEAM	Veterano M40	02:59:03	+59:16	07:28

**Veterano M45**

1	118	PEDRO FERREIRA	AC VERMOIL	Veterano M45	02:13:29	+13:43	05:34
2	101	Filipe André Viana Nogueira	Notícias Colmeias Atletismo	Veterano M45	02:17:58	+18:12	05:45
3	16	Joselito da Conceição Pereira	Vilaventura Trail	Veterano M45	02:23:06	+23:19	05:58
4	77	Mário Salgado	SCPOMBAL TRAILTEAM	Veterano M45	02:26:53	+27:06	06:07
5	83	Gil Carvalho	Individual	Veterano M45	02:32:29	+32:42	06:21
6	78	Vítor Mota	SCPOMBAL TRAILTEAM	Veterano M45	02:32:59	+33:12	06:22
7	37	Joaquim Santos	NOTICIAS DE COLMEIAS ATLETISMO	Veterano M45	02:36:32	+36:46	06:31
8	126	Vitor Manuel Ferreira Calado	SCPOMBAL TRAILTEAM	Veterano M45	02:41:48	+42:02	06:45
9	103	Fernando Neves	Individual	Veterano M45	02:46:16	+46:30	06:56
10	31	Nelson Norte	A. R. Meirinhas	Veterano M45	02:47:08	+47:22	06:58
11	108	HELDER FILIPE DOMINGUES GONÇALVES	SPORTING CLUBE POMBAL TRAIL TEAM	Veterano M45	02:49:44	+49:58	07:04
12	112	Miguel Matias	cscrcharneca	Veterano M45	03:12:57	+01:13:10	08:02

**Veterano M50**

1	50	Manuel Filipe	NOTICIAS DE COLMEIAS ATLETISMO	Veterano M50	02:32:23	+32:37	06:21
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