

**TRAIL - STAGE 1**

**14 KM**

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

**OFFICIAL RESULT**

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

	Time	Temperature	Humidity
Start	10:00	18°C	81%
End	12:16	18°C	81%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	134	Pedro Magalhães	ns trail team	Senior Masculino	01:00:16		04:18
2	130	Tiago Magalhães	ns trail team	Senior Masculino	01:00:46	+00:30	04:20
3	132	José Tavares	ns trail team	Veterano M50	01:01:03	+00:47	04:22
4	25	Ricardo Silva	feirense trail	Senior Masculino	01:01:33	+01:17	04:24
5	128	Toze Amorim	feirense trail	Veterano M40	01:02:59	+02:43	04:30
6	7	Antonio nunes	arada atletico clube	Veterano M50	01:03:43	+03:27	04:33
7	53	António Vieira	individual	Senior Masculino	01:04:45	+04:29	04:38
8	131	Henrique Silva	ns trail team	Veterano M40	01:04:52	+04:35	04:38
9	116	Mário João Silva Ibarra	tartarugas de seixezelo	Senior Masculino	01:05:25	+05:08	04:40
10	123	Manuel Bastos	trail running sanguedo	Veterano M40	01:06:03	+05:46	04:43
11	74	Tiago Ferreira	individual	Senior Masculino	01:06:23	+06:07	04:45
12	133	Manuel Domingues	ns trail team	Veterano M50	01:06:39	+06:22	04:46
13	26	Rui Lopes Silva	feirense trail	Senior Masculino	01:07:52	+07:36	04:51
14	135	Julio Legentil	grupo de corrida de argoncilhe	Veterano M40	01:08:20	+08:04	04:53
15	57	Fernando Castanheira	individual	Senior Masculino	01:09:24	+09:08	04:57
16	88	Nelson Reis	individual	Veterano M40	01:09:31	+09:14	04:58
17	37	Hugo Ferreira	grupo de corrida de argoncilhe	Senior Masculino	01:12:01	+11:45	05:09
18	127	Luís Marques	trilhados	Senior Masculino	01:12:56	+12:40	05:13
19	63	Luís Filipe Silva Bastos	individual	Senior Masculino	01:14:27	+14:11	05:19
20	61	José Pinto	individual	Senior Masculino	01:14:38	+14:22	05:20
21	118	Bruno Tavares	tartarugas de seixezelo	Veterano M40	01:14:46	+14:29	05:20
22	75	Tiago Magalhães	individual	Senior Masculino	01:15:14	+14:58	05:22
23	73	Simão Ribeiro	individual	Senior Masculino	01:16:02	+15:46	05:26
24	47	Inês Gonçalves	individual	Senior Feminino	01:16:08	+15:51	05:26
25	105	MATILDE BAPTISTA	jam - juventude atlética mozelense	Veterana F50	01:16:51	+16:34	05:29
26	59	Gil Fontes	individual	Senior Masculino	01:16:56	+16:40	05:30
27	109	António José Alves da Silva	os bravos da quintã	Veterano M40	01:17:00	+16:44	05:30
28	101	Silvério Oliveira dos Santos	individual	Veterano M50	01:17:14	+16:58	05:31
29	56	Fábio Almeida	individual	Senior Masculino	01:17:25	+17:09	05:32
30	21	Leida Bello	feirense trail	Senior Feminino	01:17:29	+17:13	05:32
31	138	Mónica Oliveira	feirense trail	Veterana F40	01:17:41	+17:25	05:33
32	98	Carlos Lancha	individual	Veterano M50	01:17:56	+17:40	05:34
33	51	André Miguel Ribeiro da Rocha	individual	Senior Masculino	01:19:33	+19:17	05:41
34	100	PAULO SILVA	individual	Veterano M50	01:20:02	+19:45	05:43
35	92	Rui Albino	individual	Veterano M40	01:20:02	+19:45	05:43
36	66	Paulo Jorge Gomes Correia	individual	Senior Masculino	01:21:07	+20:51	05:48
37	67	Pedro Matos	individual	Senior Masculino	01:21:28	+21:12	05:49
38	87	Luis Gomes	individual	Veterano M40	01:21:35	+21:19	05:50
39	122	Rosa Conceição	trail running sanguedo	Veterana F50	01:21:35	+21:19	05:50
40	102	Vicente Pinto	individual	Veterano M50	01:21:42	+21:25	05:50
41	126	José Neves	trepatrihos trail team	Veterano M40	01:21:44	+21:28	05:50
42	34	Sandra Canelha	g.d.ronda	Veterana F40	01:22:05	+21:49	05:52





## Trail

14 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

	Time	Temperature	Humidity
Start	10:00	18°C	81%
End	12:16	18°C	81%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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## Senior Feminino

1	47	Inês Gonçalves	Individual	Senior Feminino	01:16:08	+15:51	05:26
2	21	Leida Bello	Feirense Trail	Senior Feminino	01:17:29	+17:13	05:32
3	115	Raquel Rocha	Running espinho	Senior Feminino	01:27:08	+26:51	06:13
4	49	Paula Cruz	Individual	Senior Feminino	01:27:24	+27:07	06:15
5	46	Diana Almeida	Individual	Senior Feminino	01:35:18	+35:01	06:48
6	48	Monica Morais	Individual	Senior Feminino	01:43:59	+43:43	07:26
7	136	Diana Sousa	Feirense Trail	Senior Feminino	01:44:04	+43:48	07:26

## Senior Masculino

1	134	Pedro Magalhães	NS Trail Team	Senior Masculino	01:00:16		04:18
2	130	Tiago Magalhães	NS Trail Team	Senior Masculino	01:00:46	+00:30	04:20
3	25	Ricardo Silva	Feirense trail	Senior Masculino	01:01:33	+01:17	04:24
4	53	António Vieira	Individual	Senior Masculino	01:04:45	+04:29	04:38
5	116	Mário João Silva Ibarra	Tartarugas de Seixezelo	Senior Masculino	01:05:25	+05:08	04:40
6	74	Tiago Ferreira	Individual	Senior Masculino	01:06:23	+06:07	04:45
7	26	Rui Lopes Silva	Feirense Trail	Senior Masculino	01:07:52	+07:36	04:51
8	57	Fernando Castanheira	Individual	Senior Masculino	01:09:24	+09:08	04:57
9	37	Hugo Ferreira	Grupo de Corrida de Argoncilhe	Senior Masculino	01:12:01	+11:45	05:09
10	127	Luís Marques	Trilhados	Senior Masculino	01:12:56	+12:40	05:13
11	63	Luís Filipe Silva Bastos	Individual	Senior Masculino	01:14:27	+14:11	05:19
12	61	José Pinto	Individual	Senior Masculino	01:14:38	+14:22	05:20
13	75	Tiago Magalhães	Individual	Senior Masculino	01:15:14	+14:58	05:22
14	73	Simão Ribeiro	Individual	Senior Masculino	01:16:02	+15:46	05:26
15	59	Gil Fontes	Individual	Senior Masculino	01:16:56	+16:40	05:30
16	56	Fábio Almeida	Individual	Senior Masculino	01:17:25	+17:09	05:32
17	51	André Miguel Ribeiro da Rocha	Individual	Senior Masculino	01:19:33	+19:17	05:41
18	66	Paulo Jorge Gomes Correia	Individual	Senior Masculino	01:21:07	+20:51	05:48
19	67	Pedro Matos	Individual	Senior Masculino	01:21:28	+21:12	05:49
20	24	Ricardo Santos	Feirense Trail	Senior Masculino	01:22:53	+22:37	05:55
21	119	António Moreira	Taylor's	Senior Masculino	01:26:35	+26:19	06:11
22	62	José Tavares	Individual	Senior Masculino	01:26:38	+26:22	06:11
23	22	André Batista	Feirense Trail	Senior Masculino	01:26:45	+26:29	06:12
24	8	Danilo Fenu	Bravos & Bravitas	Senior Masculino	01:29:36	+29:20	06:24
25	10	BRUNO PINHO	CAL - Clube Atletismo de Lamas	Senior Masculino	01:34:34	+34:18	06:45
26	72	Rui Pinho	Individual	Senior Masculino	01:35:54	+35:37	06:51
27	54	Daniel Moreira	Individual	Senior Masculino	01:36:40	+36:24	06:54
28	69	Rui Alves	Individual	Senior Masculino	01:40:35	+40:19	07:11
29	50	André Alão Silva	Individual	Senior Masculino	01:43:03	+42:47	07:22

**Trail****14 KM**

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

**OFFICIAL RESULT**

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

30	107	Rui Miguel Gonçalves Ferreira da Silva	Os Bravos da Quintã	Senior Masculino	01:43:04	+42:48	07:22
31	23	Fábio Santos	Feirense Trail	Senior Masculino	01:44:04	+43:48	07:26
32	6	André Silva	André Silva	Senior Masculino	01:44:14	+43:58	07:27
33	68	Raul Reis	Individual	Senior Masculino	01:46:42	+46:26	07:37
34	64	Luís Pereira	Individual	Senior Masculino	01:59:23	+59:06	08:32
35	108	Tiago Francisco Fernandes Silva	Os Bravos da Quintã	Senior Masculino	02:02:41	+01:02:24	08:46
36	55	Eduardo Moura	Individual	Senior Masculino	02:15:14	+01:14:58	09:40
37	60	Hugo Granja	Individual	Senior Masculino	02:15:14	+01:14:58	09:40

**Veterana F40**

1	138	Mónica Oliveira	Feirense Trail	Veterana F40	01:17:41	+17:25	05:33
2	34	Sandra Canelha	G.D.Ronda	Veterana F40	01:22:05	+21:49	05:52
3	117	Anabela Sousa	Tartarugas de Seixezelo	Veterana F40	01:37:16	+36:59	06:57
4	79	Fátima Santos	Individual	Veterana F40	01:42:48	+42:32	07:21
5	81	Lúcia Tavares	Individual	Veterana F40	01:44:44	+44:28	07:29
6	13	TERESA TAVARES	CAL - Clube Atletismo de Lamas	Veterana F40	01:46:33	+46:17	07:37
7	27	Sandra Ferreira	Feirense Trail	Veterana F40	01:52:01	+51:44	08:00
8	5	Alexandra Valinhas	Alexandra Valinhas	Veterana F40	01:56:29	+56:12	08:19
9	80	Isabel Sousa	Individual	Veterana F40	01:57:25	+57:09	08:23
10	78	Cristiana Reis	Individual	Veterana F40	01:57:41	+57:25	08:24
11	76	Catarina Silva	Individual	Veterana F40	02:03:51	+01:03:35	08:51
12	11	MARLENE FERREIRA	CAL - Clube Atletismo de Lamas	Veterana F40	02:15:17	+01:15:01	09:40
13	12	SANDRA SANTOS	CAL - Clube Atletismo de Lamas	Veterana F40	02:15:18	+01:15:02	09:40
14	77	Sandra Pinto	Individual	Veterana F40	02:15:50	+01:15:34	09:42

**Veterana F50**

1	105	MATILDE BAPTISTA	JAM - Juventude Atlética Mozelense	Veterana F50	01:16:51	+16:34	05:29
2	122	Rosa Conceição	Trail Running Sanguedo	Veterana F50	01:21:35	+21:19	05:50
3	129	Carmo Marinho	Feirense Trail	Veterana F50	01:34:13	+33:57	06:44
4	120	Dulce Correia	Trail Running Sanguedo	Veterana F50	01:40:25	+40:09	07:10
5	84	Maria Melo	Individual	Veterana F50	01:41:16	+41:00	07:14
6	38	Rosalina Pais	Grupo de Corrida de Argoncilhe	Veterana F50	01:46:33	+46:17	07:37
7	121	Júlia Grilo	Trail Running Sanguedo	Veterana F50	01:57:35	+57:19	08:24
8	83	Clara Oliveira	Individual	Veterana F50	01:57:36	+57:19	08:24
9	82	Alexandra Alão	Individual	Veterana F50	01:59:23	+59:06	08:32
10	85	Sofia Martins	Individual	Veterana F50	02:00:20	+01:00:04	08:36

**Veterana F60**

1	86	Maria Alcina Moura	Individual	Veterana F60	02:02:39	+01:02:23	08:46
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## Trail

14 KM

### OFFICIAL RESULT

#### Veterano M40

1	128	Toze Amorim	Feirense Trail	Veterano M40	01:02:59	+02:43	04:30
2	131	Henrique Silva	NS Trail Team	Veterano M40	01:04:52	+04:35	04:38
3	123	Manuel Bastos	Trail Running Sanguedo	Veterano M40	01:06:03	+05:46	04:43
4	135	Julio Legentil	Grupo de Corrida de Argoncilhe	Veterano M40	01:08:20	+08:04	04:53
5	88	Nelson Reis	Individual	Veterano M40	01:09:31	+09:14	04:58
6	118	Bruno Tavares	Tartarugas de Seixezelo	Veterano M40	01:14:46	+14:29	05:20
7	109	António José Alves da Silva	Os Bravos da Quintã	Veterano M40	01:17:00	+16:44	05:30
8	92	Rui Albino	Individual	Veterano M40	01:20:02	+19:45	05:43
9	87	Luis Gomes	Individual	Veterano M40	01:21:35	+21:19	05:50
10	126	José Neves	Trepatrihos Trail Team	Veterano M40	01:21:44	+21:28	05:50
11	16	FILIPE FONTES	CAL - Clube Atletismo de Lamas	Veterano M40	01:23:21	+23:04	05:57
12	91	Ricardo Lixa	Individual	Veterano M40	01:25:53	+25:37	06:08
13	114	Vitor Folgado	Outlaw Runners	Veterano M40	01:27:48	+27:32	06:16
14	113	Filipe Pinho	Outlaw Runners	Veterano M40	01:27:49	+27:32	06:16
15	39	César Sousa	Grupo de Corrida de Argoncilhe	Veterano M40	01:31:00	+30:43	06:30
16	124	RICHARD GUSTAVO NOGUEIRA DA SILVA	Trail Running Sanguedo	Veterano M40	01:33:39	+33:22	06:41
17	14	FLÁVIO SOARES	CAL - Clube Atletismo de Lamas	Veterano M40	01:34:34	+34:18	06:45
18	90	Pedro Ferreira	Individual	Veterano M40	01:35:17	+35:01	06:48
19	28	António Albuquerque	Feirense Trail	Veterano M40	01:35:17	+35:01	06:48
20	36	Marco Moreira	Grupo de Corrida de Argoncilhe	Veterano M40	01:37:52	+37:36	06:59
21	19	Marco Castro	DOUROCONTA - GABINETE DE APOIO E CONTABILIDADE	Veterano M40	01:38:18	+38:02	07:01
22	40	Vasco Miguel Correia Neves	Grupo de Corrida de Argoncilhe	Veterano M40	01:40:28	+40:11	07:11
23	110	Luís Miguel Reis Ferreira da Cruz	Os Bravos da Quintã	Veterano M40	01:43:04	+42:48	07:22
24	29	Jorge Fontes	Feirense Trail	Veterano M40	01:44:04	+43:48	07:26
25	93	Sérgio Mota	Individual	Veterano M40	01:46:25	+46:09	07:36

#### Veterano M50

1	132	José Tavares	NS Trail Team	Veterano M50	01:01:03	+00:47	04:22
2	7	Antonio nunes	Arada atletico clube	Veterano M50	01:03:43	+03:27	04:33
3	133	Manuel Domingues	NS Trail Team	Veterano M50	01:06:39	+06:22	04:46
4	101	Silvério Oliveira dos Santos	Individual	Veterano M50	01:17:14	+16:58	05:31
5	98	Carlos Lancha	Individual	Veterano M50	01:17:56	+17:40	05:34
6	100	PAULO SILVA	Individual	Veterano M50	01:20:02	+19:45	05:43
7	102	Vicente Pinto	Individual	Veterano M50	01:21:42	+21:25	05:50
8	97	António Pereira do Carmo	Individual	Veterano M50	01:26:50	+26:34	06:12
9	137	Justino Soares	Grupo de Corrida de Argoncilhe	Veterano M50	01:29:50	+29:34	06:25
10	41	José Santos	Grupo de Corrida de Argoncilhe	Veterano M50	01:41:53	+41:37	07:17
11	95	António Moura	Individual	Veterano M50	01:42:34	+42:18	07:20
12	99	Luis Morais	Individual	Veterano M50	01:43:59	+43:43	07:26
13	94	Alcídio Figueiredo	Individual	Veterano M50	01:46:13	+45:57	07:35
14	125	Fernando Correia	Trail Running Sanguedo	Veterano M50	01:51:56	+51:40	08:00



