Vai ser um Calvário
Valongo do Vouga
16-junho-2022

TRAIL LONGO - STAGE 1 — 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

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	22ºC	82%
End	12:26	22ºC	82%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	10	Helder Lopes	dci/trilhos luso bussaco	Senior Masculino	01:46:51		04:16
2	27	Pedro Rafael Tavares Garrido	opraticante.pt	Senior Masculino	01:49:23	+02:31	04:23
3	11	João Moreira Santos	duraf1raceteam	Veterano M40	01:58:13	+11:21	04:44
4	21	Josias Meira	fox running	Veterano M40	02:02:25	+15:33	04:54
5	14	Paulo matos	fox running	Veterano M50	02:03:31	+16:39	04:56
6	13	Marco paulo se jesus rodrigues	fox running	Veterano M50	02:03:31	+16:39	04:56
7	29	Ivo Miguel Fernandes Tavares	saca trilhos anadia	Senior Masculino	02:06:21	+19:29	05:03
8	567	Antonio gomes	duraf1raceteam	Veterano M40	02:06:22	+19:30	05:03
9	12	David Coutinho	duraf1raceteam	Veterano M45	02:08:50	+21:58	05:09
10	6	Luís Santos	adi-ílhavo	Veterano M40	02:14:40	+27:48	05:23
11	30	Luís Azevedo	sport clube paradela	Senior Masculino	02:17:10	+30:18	05:29
12	20	Jorge Marques	individual	Senior Masculino	02:24:33	+37:41	05:47
13	17	Diana Pires	haertha/tenderness capacity-trail running	Senior Feminino	02:26:28	+39:36	05:52
14	5	Ricardo Ventura	actib	Veterano M40	02:26:41	+39:49	05:52
15	26	RICARDO HENRIQUES	laac - bike & sport	Senior Masculino	02:27:17	+40:25	05:54
16	28	Ana Melo	saca trilhos anadia	Senior Feminino	02:31:00	+44:08	06:02
17	16	David Felizardo	gdcr - grupo desportivo e cultural de recardães	Veterano M40	02:34:06	+47:14	06:10
18	15	Patrícia Silva	gdcr - grupo desportivo e cultural de recardães	Senior Feminino	02:34:07	+47:15	06:10
19	8	Ricardo Patrício	boavista trail	Veterano M40	02:35:30	+48:38	06:13
20	24	Joana Marreco	inline engenharia	Senior Feminino	03:02:45	+01:15:53	07:19
21	25	Bruno Marques	inline engenharia	Veterano M40	03:02:46	+01:15:54	07:19
22	22	António Manuel da Fonseca Pereira	individual	Veterano M55	03:14:32	+01:27:40	07:47
23	587	Heitor Santos	individual	Veterano M60	03:14:34	+01:27:42	07:47
24	19	Mami Macedo	haertha/tenderness capacity-trail running	Veterana F40	03:18:17	+01:31:25	07:56
25	18	Telmo Cupido	haertha/tenderness capacity-trail running	Senior Masculino	03:18:18	+01:31:26	07:56

Vai ser um Calvário
Valongo do Vouga
16-junho-2022

Trail Longo 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

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	22ºC	82%
End	12:26	22ºC	82%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	17	Diana Pires	Haertha/Tenderness Capacity-Trail running	Senior Feminino	02:26:28	+39:36	05:52
2	28	Ana Melo	Saca Trilhos Anadia	Senior Feminino	02:31:00	+44:08	06:02
3	15	Patrícia Silva	GDCR - Grupo Desportivo e Cultural de Recardães	Senior Feminino	02:34:07	+47:15	06:10
4	24	Joana Marreco	Inline Engenharia	Senior Feminino	03:02:45	+01:15:53	07:19
Senior Masculino							
1	10	Helder Lopes	DCI/Trilhos Luso Bussaco	Senior Masculino	01:46:51		04:16
2	27	Pedro Rafael Tavares Garrido	OPraticante.pt	Senior Masculino	01:49:23	+02:31	04:23
3	29	Ivo Miguel Fernandes Tavares	Saca Trilhos Anadia	Senior Masculino	02:06:21	+19:29	05:03
4	30	Luís Azevedo	Sport Clube Paradela	Senior Masculino	02:17:10	+30:18	05:29
5	20	Jorge Marques	Individual	Senior Masculino	02:24:33	+37:41	05:47
6	26	RICARDO HENRIQUES	LAAC - BIKE & SPORT	Senior Masculino	02:27:17	+40:25	05:54
7	18	Telmo Cupido	Haertha/Tenderness Capacity-Trail running	Senior Masculino	03:18:18	+01:31:26	07:56
Veterana F40							
1	19	Mami Macedo	Haertha/Tenderness Capacity-Trail running	Veterana F40	03:18:17	+01:31:25	07:56
Veterano M40							
1	11	João Moreira Santos	DuraF1Raceteam	Veterano M40	01:58:13	+11:21	04:44
2	21	Josias Meira	Fox running	Veterano M40	02:02:25	+15:33	04:54
3	567	Antonio gomes	DuraF1Raceteam	Veterano M40	02:06:22	+19:30	05:03
4	6	Luís Santos	ADI-íLHAVO	Veterano M40	02:14:40	+27:48	05:23
5	5	Ricardo Ventura	ACTIB	Veterano M40	02:26:41	+39:49	05:52
6	16	David Felizardo	GDCR - Grupo Desportivo e Cultural de Recardães	Veterano M40	02:34:06	+47:14	06:10
7	8	Ricardo Patrício	Boavista trail	Veterano M40	02:35:30	+48:38	06:13
8	25	Bruno Marques	Inline Engenharia	Veterano M40	03:02:46	+01:15:54	07:19
Veterano M45							
1	12	David Coutinho	DuraF1Raceteam	Veterano M45	02:08:50	+21:58	05:09

Trail Longo — 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

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

Veterano M50

1	14	Paulo matos	Fox running	Veterano M50	02:03:31	+16:39	04:56
2	13	Marco paulo se jesus rodrigues	Fox running	Veterano M50	02:03:31	+16:39	04:56

Veterano M55

1	22	António Manuel da Fonseca Pereira	Individual	Veterano M55	03:14:32	+01:27:40	07:47

Veterano M60

1	587	Heitor Santos	Individual	Veterano M60	03:14:34	+01:27:42	07:47

TEAM RESULTS - TRAIL LONGO

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

RANK	TEAM	DESCRIPTION	POINTS
1	FOX RUNNING	4 + 5 + 6	15
2	DURAF1RACETEAM	3 + 8 + 9	20
3	HAERTHA/TENDERNESS CAPACITY-TRAIL RUNNING	13 + 24 + 25	62

Vai ser um Calvário
Valongo do Vouga
16-junho-2022

TRAIL CURTO - 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	09:30	22,6ºC	80%
End	12:08	22,6ºC	80%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	532	Márcio Cruz	escola atletismo de coimbra / intermaché taveiro	Senior Masculino	01:08:56		04:36
2	543	João Coentrão	grupo recreativo eirense	Senior Masculino	01:09:22	+00:26	04:38
3	530	DAVIDE SILVA	desportivo atletico de recardaes	Veterano M40	01:10:25	+01:29	04:42
4	528	Manuel Vicente	dci/trilhos luso bussaco	Veterano M50	01:12:13	+03:17	04:49
5	624	Alex Tondela	vvtr valongo vouga trail running	Veterano M45	01:13:25	+04:29	04:54
6	598	André Santos	pegasus ocr proteam	Senior Masculino	01:13:42	+04:45	04:55
7	539	PEDRO SOUSA	gab fisioterapia cleide martins	Senior Masculino	01:14:15	+05:19	04:57
8	602	DANILSON PERREIRA	saca trilhos anadia	Senior Masculino	01:14:58	+06:02	05:00
9	568	João Silvia	individual	Veterano M40	01:16:30	+07:34	05:06
10	639	Luis Santos	fisbem team	Senior Masculino	01:17:35	+08:39	05:10
11	574	Armando Correia	individual	Veterano M50	01:21:42	+12:46	05:27
12	527	Ricardo Mendes	dci/trilhos luso bussaco	Senior Masculino	01:22:04	+13:08	05:28
13	606	Alcino Neves Gouveia	sentir escariz	Veterano M50	01:22:18	+13:22	05:29
14	612	Márcio Silva	sport clube paradela	Veterano M40	01:22:20	+13:24	05:29
15	504	PEDRO ALVES	aam runners	Senior Masculino	01:22:43	+13:47	05:31
16	569	Luís Filipe de Almeida Guerra	individual	Veterano M40	01:22:50	+13:54	05:31
17	616	Eugénio Alves	trail bela bela	Veterano M60	01:22:56	+14:00	05:32
18	615	João Almeida	trail bela bela	Veterano M45	01:24:40	+15:44	05:39
19	570	Luis Filipe Martins	individual	Veterano M40	01:25:10	+16:14	05:41
20	533	Luis Rocha	fox running	Senior Masculino	01:25:39	+16:43	05:43
21	628	Rui Barros	vvtr valongo vouga trail running	Senior Masculino	01:26:15	+17:19	05:45
22	531	NUNO SANTOS	desportivo atletico de recardaes	Veterano M45	01:27:55	+18:59	05:52
23	529	Ruben Filipe Oliveira Neves	desportivo atletico de recardaes	Senior Masculino	01:28:52	+19:56	05:55
24	571	Pedro Miguel Correia Vieira	individual	Veterano M40	01:29:02	+20:06	05:56
25	595	Bruno Parente	os 4	Veterano M40	01:29:18	+20:22	05:57
26	588	JOÃO ALMADA	adt	Veterano M60	01:31:28	+22:32	06:06
27	591	VITAL ESPINHAL	laac - bike & sport	Veterano M45	01:32:16	+23:20	06:09
28	610	Armando Cardoso	sport clube paradela	Senior Masculino	01:33:00	+24:04	06:12
29	573	António Trigueiro	individual	Veterano M45	01:33:02	+24:06	06:12
30	617	Narciso José da Silva Pinho	vamos a pé - taboeira	Veterano M45	01:33:05	+24:09	06:12
31	518	Hélder Marques	águeda action club - actib	Veterano M45	01:33:57	+25:01	06:16
32	556	Nuno Ribeiro	individual	Senior Masculino	01:34:39	+25:43	06:19
33	506	Sérgio Costa	aam runners	Senior Masculino	01:35:05	+26:09	06:20
34	614	Felícia Fernandes	trail bela bela	Senior Feminino	01:35:11	+26:15	06:21
35	638	João Silva	sport clube paradela	Veterano M40	01:35:28	+26:32	06:22
36	560	Tomé Rodrigues	individual	Senior Masculino	01:38:02	+29:06	06:32
37	559	Tiago Emanuel Sousa Carvalho	vvtr valongo vouga trail running	Senior Masculino	01:40:02	+31:06	06:40
38	535	nuno rocha	fox running	Senior Masculino	01:40:31	+31:35	06:42
39	524	Vitor Barreto	borabora, vamos lá!	Veterano M50	01:40:37	+31:41	06:42
40	608	Daniela Silva	sport clube paradela	Senior Feminino	01:41:14	+32:18	06:45
41	503	João Tiago Silva	aam runners	Senior Masculino	01:43:38	+34:42	06:55

TRAIL CURTO - 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	557	Ricardo Santos	individual	Senior Masculino	01:44:34	+35:38	06:58
43	583	Joaquim Balreira	individual	Veterano M55	01:45:32	+36:36	07:02
44	590	DANIEL ALEXANDRE	laac - bike & sport	Senior Masculino	01:46:06	+37:10	07:04
45	578	Samuel Guerra	individual	Veterano M45	01:46:09	+37:13	07:05
46	589	João Isidoro dos Santos	individual	Veterano M60	01:46:15	+37:19	07:05
47	597	Marlene Ferreira	pc runners	Veterana F45	01:46:17	+37:21	07:05
48	548	Americo Ribeiro	individual	Senior Masculino	01:46:49	+37:53	07:07
49	575	Helder Rodrigues	individual	Veterano M45	01:47:15	+38:19	07:09
50	534	Tânia Ângelo	fox running	Senior Feminino	01:49:24	+40:28	07:18
51	536	Cleide Martins	gab fisioterapia cleide martins	Senior Feminino	01:49:56	+41:00	07:20
52	508	Mariana Alves	aam runners	Sub 23 Feminino	01:53:41	+44:45	07:35
53	550	António Costa	individual	Senior Masculino	01:53:42	+44:46	07:35
54	586	Carlos Marques	individual	Veterano M60	01:53:57	+45:01	07:36
55	564	Raquel Brito	individual	Veterana F45	01:53:57	+45:01	07:36
56	561	Carlos Miguel Vidal	individual	Sub 23 Masculino	01:55:04	+46:08	07:40
57	581	Alcino Araújo	individual	Veterano M55	01:55:24	+46:28	07:42
58	507	João Alves	aam runners	Veterano M40	01:58:30	+49:34	07:54
59	545	Carina Lopes	individual	Senior Feminino	01:59:27	+50:31	07:58
60	505	Pedro Fernandes	aam runners	Senior Masculino	02:00:52	+51:56	08:03
61	553	Filipe Costa	individual	Senior Masculino	02:02:37	+53:41	08:10
62	501	Jenifer Carrero	aam runners	Senior Feminino	02:03:26	+54:30	08:14
63	579	Antonio carneiro	individual	Veterano M50	02:04:10	+55:14	08:17
64	627	João Almeida	vvtr valongo vouga trail running	Senior Masculino	02:07:18	+58:22	08:29
65	621	Ricardo Xavier	vvtr valongo vouga trail running	Senior Masculino	02:07:20	+58:24	08:29
66	555	Nelson Lima	individual	Senior Masculino	02:08:02	+59:06	08:32
67	544	Francisco Lemos	haertha/tenderness capacity-trail running	Veterano M55	02:08:58	+01:00:02	08:36
68	502	Filipe Galhano	aam runners	Senior Masculino	02:09:56	+01:01:00	08:40
69	611	Sofia Costa	sport clube paradela	Veterana F45	02:12:29	+01:03:33	08:50
70	626	Sandra Ferreira	vvtr valongo vouga trail running	Senior Feminino	02:16:33	+01:07:37	09:06
71	619	CARLA SILVA	vvtr valongo vouga trail running	Senior Feminino	02:17:25	+01:08:29	09:10
72	547	Vania Freitas	individual	Senior Feminino	02:20:34	+01:11:38	09:22
73	565	Sandra Rocha	individual	Veterana F45	02:21:39	+01:12:43	09:27
74	511	Jorge Rodrigues	agarrados ao btt irbal	Veterano M45	02:21:39	+01:12:43	09:27
75	510	Susana Cerqueira	agarrados ao btt irbal	Veterana F45	02:21:40	+01:12:44	09:27
76	584	José Oliveira	individual	Veterano M55	02:21:40	+01:12:44	09:27
77	562	Catarina Bastos	individual	Veterana F40	02:21:40	+01:12:44	09:27
78	582	Carlos Borges	individual	Veterano M55	02:21:40	+01:12:44	09:27
79	594	Verónica Vaz	os 4	Veterana F45	02:32:56	+01:24:00	10:12
80	596	Luís Carvalheiro	os 4	Veterano M40	02:32:56	+01:24:00	10:12
81	622	LUISA SILVA	vvtr valongo vouga trail running	Veterana F45	02:35:25	+01:26:29	10:22
82	623	ROSA SILVA	vvtr valongo vouga trail running	Veterana F45	02:35:35	+01:26:39	10:22
83	540	joao beirao	gab fisioterapia cleide martins	Veterano M50	02:35:40	+01:26:44	10:23
84	618	ANA MIGUEL	vvtr valongo vouga trail running	Senior Feminino	02:38:50	+01:29:54	10:35
85	538	JOAO SOUSA	gab fisioterapia cleide martins	Senior Masculino	02:38:51	+01:29:55	10:35

Trail Curto — 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	09:30	22,6ºC	80%
End	12:14	22,6ºC	80%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	614	Felícia Fernandes	TRAIL BELA BELA	Senior Feminino	01:35:11	+26:15	06:21
2	608	Daniela Silva	Sport Clube Paradela	Senior Feminino	01:41:14	+32:18	06:45
3	534	Tânia Ângelo	Fox running	Senior Feminino	01:49:24	+40:28	07:18
4	536	Cleide Martins	Gab Fisioterapia Cleide Martins	Senior Feminino	01:49:56	+41:00	07:20
5	545	Carina Lopes	Individual	Senior Feminino	01:59:27	+50:31	07:58
6	501	Jenifer Carrero	AAM Runners	Senior Feminino	02:03:26	+54:30	08:14
7	626	Sandra Ferreira	VVTR Valongo Vouga Trail Running	Senior Feminino	02:16:33	+01:07:37	09:06
8	619	CARLA SILVA	VVTR Valongo Vouga Trail Running	Senior Feminino	02:17:25	+01:08:29	09:10
9	547	Vania Freitas	Individual	Senior Feminino	02:20:34	+01:11:38	09:22
10	618	ANA MIGUEL	VVTR Valongo Vouga Trail Running	Senior Feminino	02:38:50	+01:29:54	10:35
Senior Masculino							
1	532	Márcio Cruz	Escola Atletismo de Coimbra / Intermaché Taveiro	Senior Masculino	01:08:56		04:36
2	543	João Coentrão	Grupo Recreativo Eirense	Senior Masculino	01:09:22	+00:26	04:38
3	598	André Santos	PEGASUS OCR PROTEAM	Senior Masculino	01:13:42	+04:45	04:55
4	539	PEDRO SOUSA	Gab Fisioterapia Cleide Martins	Senior Masculino	01:14:15	+05:19	04:57
5	602	DANILSON PERREIRA	Saca Trilhos Anadia	Senior Masculino	01:14:58	+06:02	05:00
6	639	Luis Santos	Fisbem team	Senior Masculino	01:17:35	+08:39	05:10
7	527	Ricardo Mendes	DCI/Trilhos Luso Bussaco	Senior Masculino	01:22:04	+13:08	05:28
8	504	PEDRO ALVES	AAM Runners	Senior Masculino	01:22:43	+13:47	05:31
9	533	Luis Rocha	Fox running	Senior Masculino	01:25:39	+16:43	05:43
10	628	Rui Barros	VVTR Valongo Vouga Trail Running	Senior Masculino	01:26:15	+17:19	05:45
11	529	Ruben Filipe Oliveira Neves	Desportivo Atletico de Recardaes	Senior Masculino	01:28:52	+19:56	05:55
12	610	Armando Cardoso	Sport Clube Paradela	Senior Masculino	01:33:00	+24:04	06:12
13	556	Nuno Ribeiro	Individual	Senior Masculino	01:34:39	+25:43	06:19
14	506	Sérgio Costa	AAM Runners	Senior Masculino	01:35:05	+26:09	06:20
15	560	Tomé Rodrigues	Individual	Senior Masculino	01:38:02	+29:06	06:32
16	559	Tiago Emanuel Sousa Carvalho	VVTR Valongo Vouga Trail Running	Senior Masculino	01:40:02	+31:06	06:40
17	535	nuno rocha	Fox running	Senior Masculino	01:40:31	+31:35	06:42
18	503	João Tiago Silva	AAM Runners	Senior Masculino	01:43:38	+34:42	06:55
19	557	Ricardo Santos	Individual	Senior Masculino	01:44:34	+35:38	06:58
20	590	DANIEL ALEXANDRE	LAAC - BIKE & SPORT	Senior Masculino	01:46:06	+37:10	07:04
21	548	Americo Ribeiro	Individual	Senior Masculino	01:46:49	+37:53	07:07
22	550	António Costa	Individual	Senior Masculino	01:53:42	+44:46	07:35

Trail Curto — 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

23	505	Pedro Fernandes	AAM Runners	Senior Masculino	02:00:52	+51:56	08:03
24	553	Filipe Costa	Individual	Senior Masculino	02:02:37	+53:41	08:10
25	627	João Almeida	VVTR Valongo Vouga Trail Running	Senior Masculino	02:07:18	+58:22	08:29
26	621	Ricardo Xavier	VVTR Valongo Vouga Trail Running	Senior Masculino	02:07:20	+58:24	08:29
27	555	Nelson Lima	Individual	Senior Masculino	02:08:02	+59:06	08:32
28	502	Filipe Galhano	AAM Runners	Senior Masculino	02:09:56	+01:01:00	08:40
29	538	JOAO SOUSA	Gab Fisioterapia Cleide Martins	Senior Masculino	02:38:51	+01:29:55	10:35

Sub 23 Feminino

1	508	Mariana Alves	AAM Runners	Sub 23 Feminino	01:53:41	+44:45	07:35

Sub 23 Masculino

1	561	Carlos Miguel Vidal	Individual	Sub 23 Masculino	01:55:04	+46:08	07:40

Veterana F40

1	562	Catarina Bastos	Individual	Veterana F40	02:21:40	+01:12:44	09:27

Veterana F45

1	597	Marlene Ferreira	PC Runners	Veterana F45	01:46:17	+37:21	07:05
2	564	Raquel Brito	Individual	Veterana F45	01:53:57	+45:01	07:36
3	611	Sofia Costa	Sport Clube Paradela	Veterana F45	02:12:29	+01:03:33	08:50
4	565	Sandra Rocha	Individual	Veterana F45	02:21:39	+01:12:43	09:27
5	510	Susana Cerqueira	Agarrados ao btt irbal	Veterana F45	02:21:40	+01:12:44	09:27
6	594	Verónica Vaz	Os 4	Veterana F45	02:32:56	+01:24:00	10:12
7	622	LUISA SILVA	VVTR Valongo Vouga Trail Running	Veterana F45	02:35:25	+01:26:29	10:22
8	623	ROSA SILVA	VVTR Valongo Vouga Trail Running	Veterana F45	02:35:35	+01:26:39	10:22

Veterano M40

1	530	DAVIDE SILVA	Desportivo Atletico de Recardaes	Veterano M40	01:10:25	+01:29	04:42
2	568	João Silvia	Individual	Veterano M40	01:16:30	+07:34	05:06
3	612	Márcio Silva	Sport Clube Paradela	Veterano M40	01:22:20	+13:24	05:29
4	569	Luís Filipe de Almeida Guerra	Individual	Veterano M40	01:22:50	+13:54	05:31
5	570	Luis Filipe Martins	Individual	Veterano M40	01:25:10	+16:14	05:41
6	571	Pedro Miguel Correia Vieira	Individual	Veterano M40	01:29:02	+20:06	05:56
7	595	Bruno Parente	Os 4	Veterano M40	01:29:18	+20:22	05:57
8	638	João Silva	Sport Clube Paradela	Veterano M40	01:35:28	+26:32	06:22

9	507	João Alves	AAM Runners	Veterano M40	01:58:30	+49:34	07:54
10	596	Luís Carvalheiro	Os 4	Veterano M40	02:32:56	+01:24:00	10:12

Veterano M45

1	624	Alex Tondela	VVTR Valongo Vouga Trail Running	Veterano M45	01:13:25	+04:29	04:54
2	615	João Almeida	TRAIL BELA BELA	Veterano M45	01:24:40	+15:44	05:39
3	531	NUNO SANTOS	Desportivo Atletico de Recardaes	Veterano M45	01:27:55	+18:59	05:52
4	591	VITAL ESPINHAL	LAAC - BIKE & SPORT	Veterano M45	01:32:16	+23:20	06:09
5	573	António Trigueiro	Individual	Veterano M45	01:33:02	+24:06	06:12
6	617	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	Veterano M45	01:33:05	+24:09	06:12
7	518	Hélder Marques	ÁGUEDA ACTION CLUB - ACTIB	Veterano M45	01:33:57	+25:01	06:16
8	578	Samuel Guerra	Individual	Veterano M45	01:46:09	+37:13	07:05
9	575	Helder Rodrigues	Individual	Veterano M45	01:47:15	+38:19	07:09
10	511	Jorge Rodrigues	Agarrados ao btt irbal	Veterano M45	02:21:39	+01:12:43	09:27
11	613	João Saraiva	Sport Clube Paradela	Veterano M45	02:45:18	+01:36:22	11:01

Veterano M50

1	528	Manuel Vicente	DCI/Trilhos Luso Bussaco	Veterano M50	01:12:13	+03:17	04:49
2	574	Armando Correia	Individual	Veterano M50	01:21:42	+12:46	05:27
3	606	Alcino Neves Gouveia	Sentir Escariz	Veterano M50	01:22:18	+13:22	05:29
4	524	Vitor Barreto	BoraBora, Vamos Lá!	Veterano M50	01:40:37	+31:41	06:42
5	579	Antonio carneiro	Individual	Veterano M50	02:04:10	+55:14	08:17
6	540	joao beirao	Gab Fisioterapia Cleide Martins	Veterano M50	02:35:40	+01:26:44	10:23

Veterano M55

1	583	Joaquim Balreira	Individual	Veterano M55	01:45:32	+36:36	07:02
2	581	Alcino Araújo	Individual	Veterano M55	01:55:24	+46:28	07:42
3	544	Francisco Lemos	Haertha/Tenderness Capacity-Trail running	Veterano M55	02:08:58	+01:00:02	08:36
4	584	José Oliveira	Individual	Veterano M55	02:21:40	+01:12:44	09:27
5	582	Carlos Borges	Individual	Veterano M55	02:21:40	+01:12:44	09:27

Veterano M60

1	616	Eugénio Alves	TRAIL BELA BELA	Veterano M60	01:22:56	+14:00	05:32
2	588	JOÃO ALMADA	ADT	Veterano M60	01:31:28	+22:32	06:06
3	589	João Isidoro dos Santos	Individual	Veterano M60	01:46:15	+37:19	07:05
4	586	Carlos Marques	Individual	Veterano M60	01:53:57	+45:01	07:36

TEAM RESULTS - TRAIL CURTO

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

RANK	TEAM	DESCRIPTION	POINTS
1	DESPORTIVO ATLETICO DE RECARDAES	3 + 22 + 23	48
2	VVTR VALONGO VOUGA TRAIL RUNNING	5 + 21 + 37	63
3	TRAIL BELA BELA	17 + 18 + 34	69
4	SPORT CLUBE PARADELA	14 + 28 + 35	77
5	AAM RUNNERS	15 + 33 + 41	89
6	FOX RUNNING	20 + 38 + 50	108
7	GAB FISIOTERAPIA CLEIDE MARTINS	7 + 51 + 83	141
8	OS 4	25 + 79 + 80	184