

TRAIL LONGO - STAGE 1

21 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

	Time	Temperature	Humidity
Start	17:00	-99°C	-99%
End	20:04	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	33	Pedro Garrido	opraticante.pt	Senior Masculino	01:35:05		04:32
2	11	João Santos	dura-f1 race team	Veterano M45	01:36:34	+01:28	04:36
3	9	Hugo Silva	dura-f1 race team	Senior Masculino	01:36:39	+01:33	04:36
4	42	Carlos Alberto da Silva Abreu	individual	Veterano M45	01:41:48	+06:42	04:51
5	8	Valter Matos	dci/trilhos luso bussaco	Veterano M40	01:44:54	+09:48	05:00
6	37	Ivo Miguel Fernandes Tavares	saca trilhos anadia	Senior Masculino	01:44:55	+09:49	05:00
7	10	Filipe Fonseca	dura-f1 race team	Veterano M45	01:45:11	+10:05	05:01
8	22	Vera Bernardo	individual	Veterana F40	01:45:21	+10:15	05:01
9	12	JOSIAS MEIRA	fox running team	Veterano M40	01:45:29	+10:23	05:01
10	13	Marco paulo jesus rodrigues	fox running team	Veterano M40	01:45:29	+10:23	05:01
11	15	Paulo Matos	fox running team	Veterano M50	01:50:30	+15:25	05:16
12	40	Luís Azevedo	sport clube paradela	Senior Masculino	01:53:53	+18:48	05:25
13	14	Vítor Ferreira	fox running team	Veterano M45	01:55:32	+20:26	05:30
14	5	Ricardo Ventura	águeda action club - actib	Veterano M40	01:55:55	+20:49	05:31
15	32	Fábio Ferreira	jovase trail running	Veterano M40	01:55:56	+20:51	05:31
16	38	Marcel Santos	saca trilhos anadia	Senior Masculino	02:06:09	+31:03	06:00
17	17	David Felizardo	gdcr - grupo desportivo cultural recardães	Veterano M40	02:06:32	+31:26	06:02
18	16	Patrícia Silva	gdcr - grupo desportivo cultural recardães	Senior Feminino	02:06:32	+31:26	06:02
19	6	António José Soares Pinho	águeda bike friends i abf	Veterano M40	02:06:53	+31:47	06:03
20	23	Daniel Almeida	individual	Veterano M40	02:08:21	+33:15	06:07
21	7	Ricardo Patrício	boavista trail	Veterano M40	02:10:36	+35:30	06:13
22	24	Luís Ferrão	individual	Veterano M40	02:13:14	+38:08	06:21
23	19	Joao Esteves	individual	Senior Masculino	02:14:37	+39:31	06:25
24	30	ANTÔNIO PEREIRA	individual	Veterano M55	02:18:57	+43:51	06:37
25	35	Duarte Eira	roberlo portugal, produtos quimicos, unipessoal, lda	Senior Masculino	02:21:18	+46:12	06:44
26	25	Miguel Carlos	individual	Veterano M40	02:21:20	+46:14	06:44
27	39	Bruno Simões	saca trilhos anadia	Veterano M40	02:24:14	+49:08	06:52
28	21	PEDRO PEREIRA	individual	Senior Masculino	02:27:37	+52:31	07:02
29	31	Avelino Silva	individual	Veterano M60	02:27:39	+52:33	07:02
30	36	Gonçalo Barros	roberlo portugal, produtos quimicos, unipessoal, lda	Senior Masculino	02:34:38	+59:32	07:22

**Trail Longo**
**21 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

	Time	Temperature	Humidity
Start	17:00	-99°C	-99%
End	20:04	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
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**Senior Feminino**

1	16	Patrícia Silva	GDCR - Grupo Desportivo Cultural Recardães	Senior Feminino	02:06:32	+31:26	06:02
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**Senior Masculino**

1	33	Pedro Garrido	OPraticante.pt	Senior Masculino	01:35:05		04:32
2	9	Hugo Silva	Dura-F1 Race Team	Senior Masculino	01:36:39	+01:33	04:36
3	37	Ivo Miguel Fernandes Tavares	Saca Trilhos Anadia	Senior Masculino	01:44:55	+09:49	05:00
4	40	Luís Azevedo	Sport Clube Paradela	Senior Masculino	01:53:53	+18:48	05:25
5	38	Marcel Santos	Saca Trilhos Anadia	Senior Masculino	02:06:09	+31:03	06:00
6	19	Joao Esteves	Individual	Senior Masculino	02:14:37	+39:31	06:25
7	35	Duarte Eira	Roberlo Portugal, Produtos Químicos, Unipessoal, Lda	Senior Masculino	02:21:18	+46:12	06:44
8	21	PEDRO PEREIRA	Individual	Senior Masculino	02:27:37	+52:31	07:02
9	36	Gonçalo Barros	Roberlo Portugal, Produtos Químicos, Unipessoal, Lda	Senior Masculino	02:34:38	+59:32	07:22

**Veterana F40**

1	22	Vera Bernardo	Individual	Veterana F40	01:45:21	+10:15	05:01
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**Veterano M40**

1	8	Valter Matos	DCI/TRILHOS LUSO BUSSACO	Veterano M40	01:44:54	+09:48	05:00
2	12	JOSIAS MEIRA	Fox Running Team	Veterano M40	01:45:29	+10:23	05:01
3	13	Marco paulo jesus rodrigues	Fox Running Team	Veterano M40	01:45:29	+10:23	05:01
4	5	Ricardo Ventura	Águeda Action Club - ACTIB	Veterano M40	01:55:55	+20:49	05:31
5	32	Fábio Ferreira	JOVASE Trail Running	Veterano M40	01:55:56	+20:51	05:31
6	17	David Felizardo	GDCR - Grupo Desportivo Cultural Recardães	Veterano M40	02:06:32	+31:26	06:02
7	6	António José Soares Pinho	Águeda Bike Friends I ABF	Veterano M40	02:06:53	+31:47	06:03
8	23	Daniel Almeida	Individual	Veterano M40	02:08:21	+33:15	06:07
9	7	Ricardo Patrício	Boavista Trail	Veterano M40	02:10:36	+35:30	06:13
10	24	Luís Ferrão	Individual	Veterano M40	02:13:14	+38:08	06:21
11	25	Miguel Carlos	Individual	Veterano M40	02:21:20	+46:14	06:44
12	39	Bruno Simões	Saca Trilhos Anadia	Veterano M40	02:24:14	+49:08	06:52

**Trail Longo****21 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 - LAP2GO - TIMING SOLUTION

**Veterano M45**

1	11	João Santos	Dura-F1 Race Team	Veterano M45	01:36:34	+01:28	04:36
2	42	Carlos Alberto da Silva Abreu	Individual	Veterano M45	01:41:48	+06:42	04:51
3	10	Filipe Fonseca	Dura-F1 Race Team	Veterano M45	01:45:11	+10:05	05:01
4	14	Vítor Ferreira	Fox Running Team	Veterano M45	01:55:32	+20:26	05:30

**Veterano M50**

1	15	Paulo Matos	Fox Running Team	Veterano M50	01:50:30	+15:25	05:16
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**Veterano M55**

1	30	ANTÔNIO PEREIRA	Individual	Veterano M55	02:18:57	+43:51	06:37
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**Veterano M60**

1	31	Avelino Silva	Individual	Veterano M60	02:27:39	+52:33	07:02
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**TRAIL CURTO - 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

**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

	Time	Temperature	Humidity
Start	17:00	-99°C	-99%
End	20:27	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	116	DAVIDE SILVA	desportivo atletico de recardaes	Veterano M40	01:14:00		05:17
2	128	João Coentrão	grupo recreativo eirense	Senior Masculino	01:15:23	+01:22	05:23
3	121	Cristiano Oliveira	escola de atletismo de coimbra/jpaiva	Senior Masculino	01:15:25	+01:24	05:23
4	113	Pedro Sousa	cleide martins- gab. de fisioterapia	Senior Masculino	01:17:06	+03:06	05:30
5	214	Alex Tondela	vvtr valongo vouga trail running	Veterano M45	01:18:29	+04:28	05:36
6	136	Andre Silva	individual	Senior Masculino	01:19:36	+05:36	05:41
7	178	João Matos	opraticante.pt	Senior Masculino	01:21:15	+07:15	05:48
8	129	Bruno Rodrigues	haertha/tendernesscapacity - trail running	Veterano M40	01:21:20	+07:19	05:49
9	119	David Coutinho	dura-f1 race team	Veterano M45	01:22:11	+08:10	05:52
10	199	Márcio Silva	sport clube paradela	Veterano M40	01:23:44	+09:44	05:59
11	120	José Cruz	dura-f1 race team	Veterano M45	01:24:51	+10:50	06:04
12	118	José Pinheiro	dura-f1 race team	Senior Masculino	01:25:15	+11:14	06:05
13	196	Bruno Baptista	sport clube paradela	Veterano M40	01:26:19	+12:19	06:10
14	18	Fernando Baltazar	haertha/tendernesscapacity - trail running	Veterano M55	01:27:52	+13:51	06:17
15	182	João Miguel Tavares Garrido	opraticante.pt	Veterano M40	01:29:03	+15:02	06:22
16	172	RICARDO HENRIQUES	laac - bike & sport	Senior Masculino	01:29:09	+15:08	06:22
17	201	João Pedro Andrade Rodrigues	teletubbies 5.0	Senior Masculino	01:29:16	+15:15	06:23
18	202	Marco Paulo Bela Simões	teletubbies 5.0	Senior Masculino	01:30:45	+16:45	06:29
19	132	Paulo Pinho	haertha/tendernesscapacity - trail running	Veterano M50	01:31:47	+17:46	06:33
20	167	João Barbosa	individual	Veterano M50	01:31:59	+17:58	06:34
21	131	Sérgio Rodrigues	haertha/tendernesscapacity - trail running	Veterano M40	01:32:09	+18:08	06:35
22	173	VITAL ESPINHAL	laac - bike & sport	Veterano M45	01:33:01	+19:00	06:39
23	110	António Rodrigues	biciarca run tema	Veterano M45	01:33:08	+19:07	06:39
24	125	Luís Rocha	fox running team	Senior Masculino	01:33:14	+19:14	06:40
25	127	Gonçalo Fernandes	fox running team	Sub 23 Masculino	01:33:15	+19:15	06:40
26	101	Carlos Moreto	a.d.f. - bike riders	Veterano M55	01:34:56	+20:56	06:47
27	192	Nelson Pereira	segimprima running team	Senior Masculino	01:35:13	+21:12	06:48
28	108	Rui Mota	atac - águeda trail aventura clube	Veterano M40	01:35:47	+21:46	06:51
29	146	Tiago Gonçalves	individual	Senior Masculino	01:35:47	+21:46	06:51
30	220	DAVIDE CARVALHO	desportivo atletico de recardaes	Veterano M40	01:35:54	+21:53	06:51
31	213	Rui Barros	vvtr valongo vouga trail running	Senior Masculino	01:36:26	+22:26	06:53
32	200	Carlos Pinheiro	sport clube paradela	Veterano M50	01:37:09	+23:08	06:56
33	115	RUBEN NEVES	desportivo atletico de recardaes	Senior Masculino	01:38:11	+24:10	07:01
34	174	Ricardo Branquinho	nar - núcleo de atletismo de requeixo	Senior Masculino	01:38:14	+24:14	07:01
35	217	Tiago ribeiro	sport clube paradela	Senior Masculino	01:38:18	+24:17	07:01
36	219	Pedro Filipe Rebelo Isabel	águeda action club - actib	Senior Masculino	01:38:21	+24:21	07:02
37	162	Nuno Pessoa	dci/trilhos luso bussaco	Veterano M45	01:39:14	+25:13	07:05
38	198	João Silva	sport clube paradela	Veterano M40	01:40:40	+26:39	07:11
39	107	JOÃO ALMADA	associação desportiva travassô	Veterano M60	01:40:56	+26:55	07:13
40	112	Cleide Martins	cleide martins- gab. de fisioterapia	Senior Feminino	01:41:19	+27:19	07:14
41	205	Teresa Reis	trail bela bela	Senior Feminino	01:41:43	+27:43	07:16

**TRAIL CURTO - 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

**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	CAT	RESULT	DIFF	t/KM
42	210	João Almeida	trail bela bela	Veterano M45	01:41:43	+27:43	07:16
43	140	Israel Tavares	individual	Senior Masculino	01:43:34	+29:33	07:24
44	161	João Calçona	individual	Veterano M45	01:43:35	+29:34	07:24
45	194	Daniela Silva	sport clube paradela	Senior Feminino	01:43:41	+29:40	07:24
46	216	Vasco Emanuel dos Santos Leal da Silva Campos	individual	Senior Masculino	01:45:55	+31:54	07:34
47	104	Hélder Marques	águeda action club - actib	Veterano M45	01:46:05	+32:05	07:35
48	193	Sérgio Henriques	segimprima running team	Senior Masculino	01:46:06	+32:05	07:35
49	111	Paulo Jorge Silva	casa do povo de alquerubim	Veterano M50	01:46:53	+32:52	07:38
50	159	Severo Coutinho	individual	Veterano M40	01:46:57	+32:56	07:38
51	184	Bruno Parente	os \$	Veterano M40	01:47:57	+33:56	07:43
52	211	Narciso José da Silva Pinho	vamos a pé - taboeira	Veterano M45	01:48:02	+34:01	07:43
53	218	André Ferreira	sport clube paradela	Senior Masculino	01:48:32	+34:31	07:45
54	138	Daniel Alexandre	individual	Senior Masculino	01:48:37	+34:36	07:46
55	133	Francisco Lemos	haertha/tendernesscapacity - trail running	Veterano M55	01:48:37	+34:36	07:46
56	209	Daniel Quintas	trail bela bela	Veterano M40	01:49:17	+35:16	07:48
57	222	Nuno Santos	individual	Veterano M40	01:51:01	+37:01	07:56
58	126	Heitor Rosa	fox running team	Veterano M50	01:52:34	+38:34	08:02
59	144	Pedro Monteiro	individual	Senior Masculino	01:52:42	+38:41	08:03
60	109	Eduardo Correia	biciarca run tema	Veterano M40	01:53:53	+39:52	08:08
61	143	Nuno Ribeiro	individual	Senior Masculino	01:55:46	+41:45	08:16
62	175	Mafalda Pereira	opraticante.pt	Senior Feminino	01:55:47	+41:46	08:16
63	170	Octavio Sergio Rodrigues Linhares	individual	Veterano M55	01:57:13	+43:12	08:22
64	195	Sofia Costa	sport clube paradela	Veterana F45	01:59:29	+45:29	08:32
65	203	Diana Amaral	trail bela bela	Senior Feminino	02:00:52	+46:52	08:38
66	215	Miguel Sá	vvtr valongo vouga trail running	Veterano M50	02:01:25	+47:24	08:40
67	188	Rui Figueiredo	os coninhas	Veterano M50	02:01:30	+47:29	08:41
68	103	Bruno Só	águeda action club - actib	Veterano M40	02:01:35	+47:34	08:41
69	139	Hugo Miguel Castro Laranjeira	individual	Senior Masculino	02:02:06	+48:06	08:43
70	186	Samuel Guerra	os coninhas	Veterano M45	02:02:55	+48:54	08:47
71	171	Carlos Marques	individual	Veterano M60	02:03:00	+49:00	08:47
72	102	Raquel Brito	águeda action club - actib	Veterana F45	02:03:01	+49:00	08:47
73	187	Jorge Madeira	os coninhas	Veterano M50	02:03:06	+49:05	08:48
74	221	Tocha Canas	os coninhas	Veterano M50	02:03:15	+49:14	08:48
75	153	FATIMA PAIS	individual	Veterana F55	02:04:57	+50:57	08:56
76	180	Marta Carmo	opraticante.pt	Veterana F40	02:05:10	+51:09	08:56
77	123	Sofia caldeira	fox running team	Senior Feminino	02:06:56	+52:56	09:04
78	181	Patrícia Lamego	opraticante.pt	Veterana F40	02:07:23	+53:22	09:06
79	122	Diogo Santos	fisbem team	Senior Masculino	02:07:24	+53:23	09:06
80	130	Ricardo Ferreira	haertha/tendernesscapacity - trail running	Veterano M40	02:07:24	+53:23	09:06
81	169	Abelardo Gomes	individual	Veterano M55	02:07:53	+53:52	09:08
82	185	Luís Carvalheiro	os \$	Veterano M40	02:12:12	+58:11	09:27
83	34	David Silva	opraticante.pt	Veterano M55	02:13:11	+59:10	09:31
84	191	Kelly Farias	sc paradela	Veterana F50	02:13:18	+59:17	09:31
85	212	João Almeida	vvtr valongo vouga trail running	Senior Masculino	02:14:20	+01:00:19	09:36
86	155	João Paulo	individual	Veterano M40	02:14:37	+01:00:36	09:37

## TRAIL CURTO - 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

### 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	CAT	RESULT	DIFF	t/KM
87	145	Ricardo Lopes	individual	Senior Masculino	02:14:38	+01:00:37	09:37
88	197	Eduardo Fonseca	sport clube paradela	Veterano M40	02:15:33	+01:01:32	09:41
89	149	Helena Margarida Bastos Ferreira	individual	Veterana F40	02:18:05	+01:04:05	09:52
90	105	Élio Fernandes	águeda bike friends i abf	Senior Masculino	02:18:09	+01:04:09	09:52
91	208	Inês Freitas	trail bela bela	Sub 23 Feminino	02:19:02	+01:05:02	09:56
92	207	Rui Figueiredo	trail bela bela	Senior Masculino	02:19:05	+01:05:04	09:56
93	150	Rosabell Dos Santos	individual	Veterana F45	02:24:33	+01:10:32	10:20
94	134	Natacha Alvarez	individual	Senior Feminino	02:24:33	+01:10:32	10:20
95	164	Paulo Roncon	individual	Veterano M45	02:25:37	+01:11:37	10:24
96	154	António José Silva	individual	Veterano M40	02:25:39	+01:11:39	10:24
97	135	Vera Lúcia Dinis Pessoa	individual	Senior Feminino	02:25:52	+01:11:51	10:25
98	152	Maria Gomes	individual	Veterana F50	02:27:01	+01:13:00	10:30
99	166	Carlos Lopes	individual	Veterano M50	02:31:48	+01:17:47	10:51
100	151	Inês Cláudia de Oliveira e Silva Picado	individual	Veterana F50	02:43:29	+01:29:29	11:41
101	147	Ana Filipe	individual	Veterana F40	02:43:30	+01:29:29	11:41
102	148	Carina Bexiga	individual	Veterana F40	02:54:40	+01:40:40	12:29
103	158	Rui Almeida	individual	Veterano M40	02:56:09	+01:42:08	12:35

**Trail Curto**
**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

**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

	Time	Temperature	Humidity
Start	17:00	-99°C	-99%
End	20:27	-99°C	-99%

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

1	112	Cleide Martins	Cleide Martins- Gab. de Fisioterapia	Senior Feminino	01:41:19	+27:19	07:14
2	205	Teresa Reis	Trail Bela Bela	Senior Feminino	01:41:43	+27:43	07:16
3	194	Daniela Silva	Sport Clube Paradelas	Senior Feminino	01:43:41	+29:40	07:24
4	175	Mafalda Pereira	OPraticante.pt	Senior Feminino	01:55:47	+41:46	08:16
5	203	Diana Amaral	Trail Bela Bela	Senior Feminino	02:00:52	+46:52	08:38
6	123	Sofia caldeira	Fox Running Team	Senior Feminino	02:06:56	+52:56	09:04
7	134	Natacha Alvarez	Individual	Senior Feminino	02:24:33	+01:10:32	10:20
8	135	Vera Lúcia Dinis Pessoa	Individual	Senior Feminino	02:25:52	+01:11:51	10:25

**Senior Masculino**

1	128	João Coentrão	Grupo Recreativo Eirense	Senior Masculino	01:15:23	+01:22	05:23
2	121	Cristiano Oliveira	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	01:15:25	+01:24	05:23
3	113	Pedro Sousa	Cleide Martins- Gab. de Fisioterapia	Senior Masculino	01:17:06	+03:06	05:30
4	136	Andre Silva	Individual	Senior Masculino	01:19:36	+05:36	05:41
5	178	João Matos	OPraticante.pt	Senior Masculino	01:21:15	+07:15	05:48
6	118	José Pinheiro	Dura-F1 Race Team	Senior Masculino	01:25:15	+11:14	06:05
7	172	RICARDO HENRIQUES	LAAC - BIKE & SPORT	Senior Masculino	01:29:09	+15:08	06:22
8	201	João Pedro Andrade Rodrigues	Teletubbies 5.0	Senior Masculino	01:29:16	+15:15	06:23
9	202	Marco Paulo Bela Simões	Teletubbies 5.0	Senior Masculino	01:30:45	+16:45	06:29
10	125	Luís Rocha	Fox Running Team	Senior Masculino	01:33:14	+19:14	06:40
11	192	Nelson Pereira	SEGIMPRIMA RUNNING TEAM	Senior Masculino	01:35:13	+21:12	06:48
12	146	Tiago Gonçalves	Individual	Senior Masculino	01:35:47	+21:46	06:51
13	213	Rui Barros	VVTR VALONGO VOUGA TRAIL RUNNING	Senior Masculino	01:36:26	+22:26	06:53
14	115	RUBEN NEVES	DESPORTIVO ATLETICO DE RECARDAES	Senior Masculino	01:38:11	+24:10	07:01
15	174	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	01:38:14	+24:14	07:01
16	217	Tiago ribeiro	Sport Clube Paradelas	Senior Masculino	01:38:18	+24:17	07:01
17	219	Pedro Filipe Rebelo Isabel	Águeda Action Club - ACTIB	Senior Masculino	01:38:21	+24:21	07:02
18	140	Israel Tavares	Individual	Senior Masculino	01:43:34	+29:33	07:24
19	216	Vasco Emanuel dos Santos Leal da Silva Campos	Individual	Senior Masculino	01:45:55	+31:54	07:34
20	193	Sérgio Henriques	SEGIMPRIMA RUNNING TEAM	Senior Masculino	01:46:06	+32:05	07:35
21	218	André Ferreira	Sport Clube Paradelas	Senior Masculino	01:48:32	+34:31	07:45
22	138	Daniel Alexandre	Individual	Senior Masculino	01:48:37	+34:36	07:46
23	144	Pedro Monteiro	Individual	Senior Masculino	01:52:42	+38:41	08:03

Official Timekeeper: Lap2Go	1 / 4	generate 03-dez-2022 20:28
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**Trail Curto****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

**OFFICIAL RESULT**

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**Veterano M40**

1	116	DAVIDE SILVA	DESPORTIVO ATLETICO DE RECARDAES	Veterano M40	01:14:00		05:17
2	129	Bruno Rodrigues	Haertha/TendernessCapacity - Trail Running	Veterano M40	01:21:20	+07:19	05:49
3	199	Márcio Silva	Sport Clube Paradelas	Veterano M40	01:23:44	+09:44	05:59
4	196	Bruno Baptista	Sport Clube Paradelas	Veterano M40	01:26:19	+12:19	06:10
5	182	João Miguel Tavares Garrido	OPraticante.pt	Veterano M40	01:29:03	+15:02	06:22
6	131	Sérgio Rodrigues	Haertha/TendernessCapacity - Trail Running	Veterano M40	01:32:09	+18:08	06:35
7	108	Rui Mota	ATAC - ÁGUEDA TRAIL AVENTURA CLUBE	Veterano M40	01:35:47	+21:46	06:51
8	220	DAVIDE CARVALHO	DESPORTIVO ATLETICO DE RECARDAES	Veterano M40	01:35:54	+21:53	06:51
9	198	João Silva	Sport Clube Paradelas	Veterano M40	01:40:40	+26:39	07:11
10	159	Severo Coutinho	Individual	Veterano M40	01:46:57	+32:56	07:38
11	184	Bruno Parente	Os \$	Veterano M40	01:47:57	+33:56	07:43
12	209	Daniel Quintas	Trail Bela Bela	Veterano M40	01:49:17	+35:16	07:48
13	222	Nuno Santos	Individual	Veterano M40	01:51:01	+37:01	07:56
14	109	Eduardo Correia	BiciARCA Run tema	Veterano M40	01:53:53	+39:52	08:08
15	103	Bruno Só	Águeda Action Club - ACTIB	Veterano M40	02:01:35	+47:34	08:41
16	130	Ricardo Ferreira	Haertha/TendernessCapacity - Trail Running	Veterano M40	02:07:24	+53:23	09:06
17	185	Luís Carvalheiro	Os \$	Veterano M40	02:12:12	+58:11	09:27
18	155	João Paulo	Individual	Veterano M40	02:14:37	+01:00:36	09:37
19	197	Eduardo Fonseca	Sport Clube Paradelas	Veterano M40	02:15:33	+01:01:32	09:41
20	154	António José Silva	Individual	Veterano M40	02:25:39	+01:11:39	10:24
21	158	Rui Almeida	Individual	Veterano M40	02:56:09	+01:42:08	12:35

**Veterano M45**

1	214	Alex Tondela	VVTR VALONGO VOUGA TRAIL RUNNING	Veterano M45	01:18:29	+04:28	05:36
2	119	David Coutinho	Dura-F1 Race Team	Veterano M45	01:22:11	+08:10	05:52
3	120	José Cruz	Dura-F1 Race Team	Veterano M45	01:24:51	+10:50	06:04
4	173	VITAL ESPINHAL	LAAC - BIKE & SPORT	Veterano M45	01:33:01	+19:00	06:39
5	110	António Rodrigues	BiciARCA Run tema	Veterano M45	01:33:08	+19:07	06:39
6	162	Nuno Pessoa	DCI/TRILHOS LUSO BUSSACO	Veterano M45	01:39:14	+25:13	07:05
7	210	João Almeida	Trail Bela Bela	Veterano M45	01:41:43	+27:43	07:16
8	161	João Calçona	Individual	Veterano M45	01:43:35	+29:34	07:24
9	104	Hélder Marques	Águeda Action Club - ACTIB	Veterano M45	01:46:05	+32:05	07:35
10	211	Narciso José da Silva Pinho	Vamos a Pé - Taboira	Veterano M45	01:48:02	+34:01	07:43
11	186	Samuel Guerra	Os Coninhas	Veterano M45	02:02:55	+48:54	08:47
12	164	Paulo Roncon	Individual	Veterano M45	02:25:37	+01:11:37	10:24

**Trail Curto**

**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 - 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 - LAP2GO - TIMING SOLUTION

**Veterano M50**

1	132	Paulo Pinho	Haertha/TendernessCapacity - Trail Running	Veterano M50	01:31:47	+17:46	06:33
2	167	João Barbosa	Individual	Veterano M50	01:31:59	+17:58	06:34
3	200	Carlos Pinheiro	Sport Clube Paradela	Veterano M50	01:37:09	+23:08	06:56
4	111	Paulo Jorge Silva	Casa do Povo de Alquerubim	Veterano M50	01:46:53	+32:52	07:38
5	126	Heitor Rosa	Fox Running Team	Veterano M50	01:52:34	+38:34	08:02
6	215	Miguel Sá	VVTR VALONGO VOUGA TRAIL RUNNING	Veterano M50	02:01:25	+47:24	08:40
7	188	Rui Figueiredo	Os Coninhas	Veterano M50	02:01:30	+47:29	08:41
8	187	Jorge Madeira	Os Coninhas	Veterano M50	02:03:06	+49:05	08:48
9	221	Tocha Canas	Os Coninhas	Veterano M50	02:03:15	+49:14	08:48
10	166	Carlos Lopes	Individual	Veterano M50	02:31:48	+01:17:47	10:51

**Veterano M55**

1	18	Fernando Baltazar	Haertha/TendernessCapacity - Trail Running	Veterano M55	01:27:52	+13:51	06:17
2	101	Carlos Moreto	A.D.F. - Bike Riders	Veterano M55	01:34:56	+20:56	06:47
3	133	Francisco Lemos	Haertha/TendernessCapacity - Trail Running	Veterano M55	01:48:37	+34:36	07:46
4	170	Octavio Sergio Rodrigues Linhares	Individual	Veterano M55	01:57:13	+43:12	08:22
5	169	Abelardo Gomes	Individual	Veterano M55	02:07:53	+53:52	09:08
6	34	David Silva	OPraticante.pt	Veterano M55	02:13:11	+59:10	09:31

**Veterano M60**

1	107	JOÃO ALMADA	ASSOCIAÇÃO DESPORTIVA TRAVASSÓ	Veterano M60	01:40:56	+26:55	07:13
2	171	Carlos Marques	Individual	Veterano M60	02:03:00	+49:00	08:47

