Rota das Fontes
Castanheira do Vouga
09-outubro-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	13,1ºC	91%
End	13:53	13,1ºC	91%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	26	Pedro Rafael Tavares Garrido	opraticante.pt	Senior Masculino	02:21:21		05:39
2	29	Francisco Pereira	sentir escariz running	Sub 23 Masculino	02:27:44	+06:22	05:55
3	12	João Moreira Santos	dura-f1 raceteam	Veterano M40	02:28:15	+06:53	05:56
4	15	Paulo Matos	fox running team	Veterano M50	02:36:05	+14:43	06:15
5	13	JOSIAS MEIRA	fox running team	Veterano M40	02:36:05	+14:43	06:15
6	14	Marco paulo jesus rodrigues	fox running team	Veterano M40	02:38:21	+16:59	06:20
7	11	António Gomes	dura-f1 raceteam	Veterano M40	02:45:28	+24:06	06:37
8	22	João Cruz	individual	Senior Masculino	02:51:20	+29:58	06:51
9	28	Bruno Simoes	saca trilhos anadia	Veterano M40	02:53:36	+32:14	06:57
10	31	Luís Azevedo	sport clube paradela	Senior Masculino	02:57:43	+36:22	07:07
11	45	Filipe Fonseca	individual	Veterano M40	02:58:16	+36:55	07:08
12	23	Jorge Manuel dos Santos Marques	individual	Senior Masculino	03:09:53	+48:31	07:36
13	20	Patricia Silva	gdcr - grupo desportivo de recardães	Senior Feminino	03:14:35	+53:13	07:47
14	21	David Felizardo	gdcr - grupo desportivo de recardães	Veterano M40	03:14:35	+53:14	07:47
15	27	Ana Melo	saca trilhos anadia	Senior Feminino	03:31:18	+01:09:57	08:27
16	30	Armando Cardoso	sport clube paradela	Senior Masculino	03:37:36	+01:16:14	08:42
17	32	João Saraiva	sport clube paradela	Veterano M40	03:59:59	+01:38:37	09:36
18	25	Artur Salvador	individual	Veterano M50	04:32:24	+02:11:02	10:54
19	24	Filipe Miguel Santos Martins	individual	Sub 23 Masculino	04:48:31	+02:27:09	11:32
20	17	João Soares	g.d. leões da guarda – lion runners	Veterano M40	04:53:05	+02:31:43	11:43
21	18	Jorge Rocha	g.d. leões da guarda – lion runners	Veterano M40	04:53:05	+02:31:44	11:43
22	19	Ernesto Martins	g.d. leões da guarda – lion runners	Veterano M60	04:53:06	+02:31:45	11:43
23	16	Filipe Pereira	g.d. leões da guarda – lion runners	Veterano M40	04:53:08	+02:31:46	11:44

Rota das Fontes
Castanheira do Vouga
09-outubro-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 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	09:00	13,1ºC	91%
End	13:53	13,1ºC	91%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	20	Patricia Silva	GDCR - Grupo Desportivo de Recardães	Senior Feminino	03:14:35	+53:13	07:47
2	27	Ana Melo	Saca Trilhos Anadia	Senior Feminino	03:31:18	+01:09:57	08:27
Senior Masculino							
1	26	Pedro Rafael Tavares Garrido	OPraticante.pt	Senior Masculino	02:21:21		05:39
2	22	João Cruz	Individual	Senior Masculino	02:51:20	+29:58	06:51
3	31	Luís Azevedo	Sport Clube Paradela	Senior Masculino	02:57:43	+36:22	07:07
4	23	Jorge Manuel dos Santos Marques	Individual	Senior Masculino	03:09:53	+48:31	07:36
5	30	Armando Cardoso	Sport Clube Paradela	Senior Masculino	03:37:36	+01:16:14	08:42
Sub 23 Masculino							
1	29	Francisco Pereira	Sentir Escariz running	Sub 23 Masculino	02:27:44	+06:22	05:55
2	24	Filipe Miguel Santos Martins	Individual	Sub 23 Masculino	04:48:31	+02:27:09	11:32
Veterano M40							
1	12	João Moreira Santos	DURA-F1 RACETEAM	Veterano M40	02:28:15	+06:53	05:56
2	13	JOSIAS MEIRA	Fox running team	Veterano M40	02:36:05	+14:43	06:15
3	14	Marco paulo jesus rodrigues	Fox running team	Veterano M40	02:38:21	+16:59	06:20
4	11	António Gomes	DURA-F1 RACETEAM	Veterano M40	02:45:28	+24:06	06:37
5	28	Bruno Simoes	Saca Trilhos Anadia	Veterano M40	02:53:36	+32:14	06:57
6	45	Filipe Fonseca	Individual	Veterano M40	02:58:16	+36:55	07:08
7	21	David Felizardo	GDCR - Grupo Desportivo de Recardães	Veterano M40	03:14:35	+53:14	07:47
8	32	João Saraiva	Sport Clube Paradela	Veterano M40	03:59:59	+01:38:37	09:36
9	17	João Soares	G.D. Leões da Guarda – LION RUNNERS	Veterano M40	04:53:05	+02:31:43	11:43
10	18	Jorge Rocha	G.D. Leões da Guarda – LION RUNNERS	Veterano M40	04:53:05	+02:31:44	11:43
11	16	Filipe Pereira	G.D. Leões da Guarda – LION RUNNERS	Veterano M40	04:53:08	+02:31:46	11:44
Veterano M50							
1	15	Paulo Matos	Fox running team	Veterano M50	02:36:05	+14:43	06:15

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

2	25	Artur Salvador	Individual	Veterano M50	04:32:24	+02:11:02	10:54

Veterano M60

1	19	Ernesto Martins	G.D. Leões da Guarda – LION RUNNERS	Veterano M60	04:53:06	+02:31:45	11:43

lap2go
TIMING SOLUTION

Rota das Fontes
Castanheira do Vouga
09-outubro-2022

TRAIL CURTO - STAGE 1 — 16 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	13,1ºC	91%
End	13:26	13,1ºC	91%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	127	João Coentrão	grupo recreativo eirense	Senior Masculino	01:37:58		06:07
2	122	Hugo Silva	dura-f1 raceteam	Senior Masculino	01:38:42	+00:44	06:10
3	202	Alex Tondela	vvtr valongo vouga trail running	Veterano M40	01:41:14	+03:15	06:20
4	117	Pedro Sousa	cleide martins - gab. de fisioterapia	Senior Masculino	01:42:56	+04:58	06:26
5	120	DAVIDE SILVA	desportivo atletico de recardaes	Veterano M40	01:43:22	+05:23	06:28
6	181	Márcio Silva	sport clube paradela	Veterano M40	01:50:57	+12:58	06:56
7	123	David Coutinho	dura-f1 raceteam	Veterano M40	01:52:36	+14:37	07:02
8	137	Luís Manuel de pinho diogo	individual	Senior Masculino	01:54:23	+16:24	07:09
9	124	José Cruz	dura-f1 raceteam	Veterano M40	01:58:01	+20:03	07:23
10	132	Paulo Pinho	haertha/tendernesscapacity - trail running team	Veterano M50	01:59:52	+21:54	07:30
11	129	Bruno Rodrigues	haertha/tendernesscapacity - trail running team	Veterano M40	02:00:12	+22:13	07:31
12	191	João Almeida	trail bela bela	Veterano M40	02:00:13	+22:15	07:31
13	116	Pedro Campos	cleide martins - gab. de fisioterapia	Senior Masculino	02:00:45	+22:46	07:33
14	119	RUBEN NEVES	desportivo atletico de recardaes	Senior Masculino	02:01:52	+23:53	07:37
15	155	RICARDO HENRIQUES	laac - bike & sport	Senior Masculino	02:02:13	+24:15	07:38
16	170	Bruno Santos	saca trilhos anadia	Senior Masculino	02:02:31	+24:32	07:39
17	182	João Pedro Andrade Rodrigues	teletubbies 5.0	Senior Masculino	02:02:53	+24:54	07:41
18	171	fernando morais	saca trilhos anadia	Veterano M60	02:03:07	+25:08	07:42
19	163	Cláudio Agostinho	oiã runners	Senior Masculino	02:04:37	+26:39	07:47
20	176	Bruno Manuel Coelho Baptista	sport clube paradela	Senior Masculino	02:04:45	+26:46	07:48
21	130	Sérgio Rodrigues	haertha/tendernesscapacity - trail running team	Veterano M40	02:05:07	+27:09	07:49
22	177	Luis Carlos Esteves Da Siva	sport clube paradela	Senior Masculino	02:06:41	+28:42	07:55
23	111	António Rogrigues	biciarca run team	Veterano M40	02:07:22	+29:23	07:58
24	121	NUNO SANTOS	desportivo atletico de recardaes	Veterano M40	02:09:10	+31:12	08:04
25	156	VITAL ESPINHAL	laac - bike & sport	Veterano M40	02:11:04	+33:06	08:12
26	185	Felicia Fernandes	trail bela bela	Senior Feminino	02:11:31	+33:32	08:13
27	110	Diogo Marques	trail bela bela	Sub 23 Masculino	02:12:05	+34:06	08:15
28	206	Marisa Rodrigues	individual	Senior Feminino	02:12:47	+34:48	08:18
29	207	Cristiano Oliveira	individual	Senior Masculino	02:12:47	+34:48	08:18
30	102	Pedro Alves	aam runners	Senior Masculino	02:12:51	+34:53	08:18
31	139	Nuno Ribeiro	individual	Senior Masculino	02:14:44	+36:45	08:25
32	109	JOÃO ALMADA	associação desportiva de travasso	Veterano M60	02:15:05	+37:07	08:27
33	183	Marco Paulo Bela Simões	teletubbies 5.0	Senior Masculino	02:15:36	+37:38	08:29
34	180	João Silva	sport clube paradela	Veterano M40	02:15:56	+37:58	08:30
35	140	Tiago Gonçalves	individual	Senior Masculino	02:18:31	+40:32	08:39
36	138	Marcos Ferreira	individual	Senior Masculino	02:18:58	+40:59	08:41
37	115	Joao Sousa	cleide martins - gab. de fisioterapia	Senior Masculino	02:19:03	+41:05	08:41
38	169	Nuno Pereira	rouxinóis d'aldeia	Senior Masculino	02:19:08	+41:10	08:42
39	175	Daniela Silva	sport clube paradela	Senior Feminino	02:19:26	+41:28	08:43
40	172	Flora Santos	sentir escariz running	Veterana F40	02:20:38	+42:40	08:47

TRAIL CURTO - STAGE 1 — 16 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
41	114	Cleide Martins	cleide martins - gab. de fisioterapia	Senior Feminino	02:22:34	+44:35	08:55
42	108	Hélder Marques	águeda action club - actib	Veterano M40	02:23:56	+45:57	09:00
43	198	Narciso José da Silva Pinho	vamos a pé - taboeira	Veterano M40	02:24:33	+46:34	09:02
44	174	José Oliveira	sentir escariz running	Veterano M50	02:26:28	+48:29	09:09
45	188	André Oliveira	trail bela bela	Senior Masculino	02:26:30	+48:31	09:09
46	113	Sérgio Ferreira	biciarca run team	Veterano M40	02:27:21	+49:23	09:13
47	131	Francisco Lemos	haertha/tendernesscapacity - trail running team	Veterano M50	02:27:51	+49:52	09:14
48	154	DANIEL ALEXANDRE	laac - bike & sport	Senior Masculino	02:28:03	+50:05	09:15
49	199	Mário António Pereira Migueis	vamos a pé - taboeira	Veterano M50	02:28:22	+50:24	09:16
50	147	Mário Coutinho	individual	Veterano M40	02:29:24	+51:26	09:20
51	189	Hugo Gomes	trail bela bela	Senior Masculino	02:31:33	+53:34	09:28
52	128	Nuno Marques	haertha/tendernesscapacity - trail running team	Senior Masculino	02:31:43	+53:45	09:29
53	186	Teresa Reis	trail bela bela	Senior Feminino	02:32:17	+54:19	09:31
54	151	José Augusto Martins Ferreira	individual	Veterano M50	02:32:19	+54:20	09:31
55	144	bruno almeida	individual	Veterano M40	02:32:40	+54:42	09:33
56	168	ANA LÚCIA PEREIRA ANTUNES	piscos	Senior Feminino	02:36:49	+58:51	09:48
57	126	Tânia Ângelo	fox running team	Senior Feminino	02:38:46	+01:00:48	09:55
58	135	Heber Pires	individual	Senior Masculino	02:39:28	+01:01:29	09:58
59	166	Bruno Parente	os 4	Veterano M40	02:41:50	+01:03:52	10:07
60	118	João Beirão	cleide martins - gab. de fisioterapia	Veterano M50	02:42:05	+01:04:06	10:08
61	179	João Pedro Duarte Lopes	sport clube paradela	Veterano M40	02:42:45	+01:04:47	10:10
62	107	Bruno Só	águeda action club - actib	Veterano M40	02:42:52	+01:04:54	10:11
63	148	Pedro Costa	individual	Veterano M40	02:44:27	+01:06:28	10:17
64	178	Sofia Costa	sport clube paradela	Veterana F40	02:45:12	+01:07:14	10:20
65	184	Diana Amaral	trail bela bela	Senior Feminino	02:48:59	+01:11:01	10:34
66	104	Susana Cerqueira	agarrados ao btt	Veterana F40	02:50:01	+01:12:02	10:38
67	105	Jorge Rodrigues	agarrados ao btt	Veterano M40	02:50:01	+01:12:02	10:38
68	134	Vera Figueiredo	individual	Senior Feminino	02:52:57	+01:14:59	10:49
69	103	Mariana Alves	aam runners	Sub 23 Feminino	02:54:27	+01:16:28	10:54
70	164	Anabela Reis	os 4	Veterana F40	02:54:45	+01:16:46	10:55
71	146	Jose Antonio Matias Neves	individual	Veterano M40	03:00:40	+01:22:41	11:18
72	136	Hugo Jesus Marques	individual	Senior Masculino	03:07:29	+01:29:31	11:43
73	197	Marco Paulo dos Santos Marques	vamos a pé - taboeira	Veterano M40	03:07:42	+01:29:43	11:44
74	149	Carlos Miguel Nogueira Oliveira	individual	Veterano M50	03:10:12	+01:32:13	11:53
75	143	Kelly Farias	sport clube paradela	Veterana F50	03:20:31	+01:42:32	12:32
76	190	Inês Freitas	trail bela bela	Sub 23 Feminino	03:26:43	+01:48:45	12:55
77	167	Luís Carvalheiro	os 4	Veterano M40	03:32:40	+01:54:41	13:18
78	165	Verónica Vaz	os 4	Veterana F40	03:32:40	+01:54:41	13:18
79	196	Marco Paulo da Silva Pinho	vamos a pé - taboeira	Veterano M40	03:35:17	+01:57:19	13:27
80	193	Liliana Josefa Rodrigues	vamos a pé - taboeira	Senior Feminino	03:35:17	+01:57:19	13:27
81	194	João Pedro de Matos Simões	vamos a pé - taboeira	Senior Masculino	03:54:04	+02:16:06	14:38
82	200	Luisa Silva	vvtr valongo vouga trail running	Veterana F40	03:55:15	+02:17:16	14:42
83	201	Rosa Silva	vvtr valongo vouga trail running	Veterana F40	03:55:40	+02:17:41	14:44

TRAIL CURTO - STAGE 1 — 16 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
84	203	Miguel Sá	vvtr valongo vouga trail running	Veterano M40	03:55:43	+02:17:45	14:44

Rota das Fontes
Castanheira do Vouga
09-outubro-2022

Trail Curto — 16 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	09:30	13,1ºC	91%
End	13:26	13,1ºC	91%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	185	Felicia Fernandes	TRAIL BELA BELA	Senior Feminino	02:11:31	+33:32	08:13
2	206	Marisa Rodrigues	Individual	Senior Feminino	02:12:47	+34:48	08:18
3	175	Daniela Silva	Sport Clube Paradela	Senior Feminino	02:19:26	+41:28	08:43
4	114	Cleide Martins	Cleide Martins - Gab. De Fisioterapia	Senior Feminino	02:22:34	+44:35	08:55
5	186	Teresa Reis	TRAIL BELA BELA	Senior Feminino	02:32:17	+54:19	09:31
6	168	ANA LÚCIA PEREIRA ANTUNES	PISCOS	Senior Feminino	02:36:49	+58:51	09:48
7	126	Tânia Ângelo	Fox running team	Senior Feminino	02:38:46	+01:00:48	09:55
8	184	Diana Amaral	TRAIL BELA BELA	Senior Feminino	02:48:59	+01:11:01	10:34
9	134	Vera Figueiredo	Individual	Senior Feminino	02:52:57	+01:14:59	10:49
10	193	Liliana Josefa Rodrigues	Vamos a Pé - Taboeira	Senior Feminino	03:35:17	+01:57:19	13:27

Senior Masculino

1	127	João Coentrão	Grupo Recreativo Eirense	Senior Masculino	01:37:58		06:07
2	122	Hugo Silva	DURA-F1 RACETEAM	Senior Masculino	01:38:42	+00:44	06:10
3	117	Pedro Sousa	Cleide Martins - Gab. De Fisioterapia	Senior Masculino	01:42:56	+04:58	06:26
4	137	Luís Manuel de pinho diogo	Individual	Senior Masculino	01:54:23	+16:24	07:09
5	116	Pedro Campos	Cleide Martins - Gab. De Fisioterapia	Senior Masculino	02:00:45	+22:46	07:33
6	119	RUBEN NEVES	Desportivo Atletico de Recardaes	Senior Masculino	02:01:52	+23:53	07:37
7	155	RICARDO HENRIQUES	LAAC - BIKE & SPORT	Senior Masculino	02:02:13	+24:15	07:38
8	170	Bruno Santos	Saca Trilhos Anadia	Senior Masculino	02:02:31	+24:32	07:39
9	182	João Pedro Andrade Rodrigues	Teletubbies 5.0	Senior Masculino	02:02:53	+24:54	07:41
10	163	Cláudio Agostinho	Oiã Runners	Senior Masculino	02:04:37	+26:39	07:47
11	176	Bruno Manuel Coelho Baptista	Sport Clube Paradela	Senior Masculino	02:04:45	+26:46	07:48
12	177	Luis Carlos Esteves Da Siva	Sport Clube Paradela	Senior Masculino	02:06:41	+28:42	07:55
13	207	Cristiano Oliveira	Individual	Senior Masculino	02:12:47	+34:48	08:18
14	102	Pedro Alves	AAM Runners	Senior Masculino	02:12:51	+34:53	08:18
15	139	Nuno Ribeiro	Individual	Senior Masculino	02:14:44	+36:45	08:25
16	183	Marco Paulo Bela Simões	Teletubbies 5.0	Senior Masculino	02:15:36	+37:38	08:29
17	140	Tiago Gonçalves	Individual	Senior Masculino	02:18:31	+40:32	08:39
18	138	Marcos Ferreira	Individual	Senior Masculino	02:18:58	+40:59	08:41
19	115	Joao Sousa	Cleide Martins - Gab. De Fisioterapia	Senior Masculino	02:19:03	+41:05	08:41
20	169	Nuno Pereira	Rouxinóis D'Aldeia	Senior Masculino	02:19:08	+41:10	08:42
21	188	André Oliveira	TRAIL BELA BELA	Senior Masculino	02:26:30	+48:31	09:09
22	154	DANIEL ALEXANDRE	LAAC - BIKE & SPORT	Senior Masculino	02:28:03	+50:05	09:15
23	189	Hugo Gomes	TRAIL BELA BELA	Senior Masculino	02:31:33	+53:34	09:28

Trail Curto — 16 KM

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OFFICIAL RESULT

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24	128	Nuno Marques	Haertha/TendernessCapacity - trail running team	Senior Masculino	02:31:43	+53:45	09:29
25	135	Heber Pires	Individual	Senior Masculino	02:39:28	+01:01:29	09:58
26	136	Hugo Jesus Marques	Individual	Senior Masculino	03:07:29	+01:29:31	11:43
27	194	João Pedro de Matos Simões	Vamos a Pé - Taboeira	Senior Masculino	03:54:04	+02:16:06	14:38

Sub 23 Feminino

1	103	Mariana Alves	AAM Runners	Sub 23 Feminino	02:54:27	+01:16:28	10:54
2	190	Inês Freitas	TRAIL BELA BELA	Sub 23 Feminino	03:26:43	+01:48:45	12:55

Sub 23 Masculino

1	110	Diogo Marques	TRAIL BELA BELA	Sub 23 Masculino	02:12:05	+34:06	08:15

Veterana F40

1	172	Flora Santos	Sentir Escariz running	Veterana F40	02:20:38	+42:40	08:47
2	178	Sofia Costa	Sport Clube Paradela	Veterana F40	02:45:12	+01:07:14	10:20
3	104	Susana Cerqueira	AGARRADOS AO BTT	Veterana F40	02:50:01	+01:12:02	10:38
4	164	Anabela Reis	Os 4	Veterana F40	02:54:45	+01:16:46	10:55
5	165	Verónica Vaz	Os 4	Veterana F40	03:32:40	+01:54:41	13:18
6	200	Luisa Silva	VVTR Valongo Vouga Trail Running	Veterana F40	03:55:15	+02:17:16	14:42
7	201	Rosa Silva	VVTR Valongo Vouga Trail Running	Veterana F40	03:55:40	+02:17:41	14:44

Veterana F50

1	143	Kelly Farias	Sport Clube Paradela	Veterana F50	03:20:31	+01:42:32	12:32

Veterano M40

1	202	Alex Tondela	VVTR Valongo Vouga Trail Running	Veterano M40	01:41:14	+03:15	06:20
2	120	DAVIDE SILVA	Desportivo Atletico de Recardaes	Veterano M40	01:43:22	+05:23	06:28
3	181	Márcio Silva	Sport Clube Paradela	Veterano M40	01:50:57	+12:58	06:56
4	123	David Coutinho	DURA-F1 RACETEAM	Veterano M40	01:52:36	+14:37	07:02
5	124	José Cruz	DURA-F1 RACETEAM	Veterano M40	01:58:01	+20:03	07:23
6	129	Bruno Rodrigues	Haertha/TendernessCapacity - trail running team	Veterano M40	02:00:12	+22:13	07:31
7	191	João Almeida	TRAIL BELA BELA	Veterano M40	02:00:13	+22:15	07:31
8	130	Sérgio Rodrigues	Haertha/TendernessCapacity - trail running team	Veterano M40	02:05:07	+27:09	07:49
9	111	António Rogrigues	BiciARCA Run Team	Veterano M40	02:07:22	+29:23	07:58
10	121	NUNO SANTOS	Desportivo Atletico de Recardaes	Veterano M40	02:09:10	+31:12	08:04

Trail Curto — 16 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

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11	156	VITAL ESPINHAL	LAAC - BIKE & SPORT	Veterano M40	02:11:04	+33:06	08:12
12	180	João Silva	Sport Clube Paradela	Veterano M40	02:15:56	+37:58	08:30
13	108	Hélder Marques	ÁGUEDA ACTION CLUB - ACTIB	Veterano M40	02:23:56	+45:57	09:00
14	198	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	Veterano M40	02:24:33	+46:34	09:02
15	113	Sérgio Ferreira	BiciARCA Run Team	Veterano M40	02:27:21	+49:23	09:13
16	147	Mário Coutinho	Individual	Veterano M40	02:29:24	+51:26	09:20
17	144	bruno almeida	Individual	Veterano M40	02:32:40	+54:42	09:33
18	166	Bruno Parente	Os 4	Veterano M40	02:41:50	+01:03:52	10:07
19	179	João Pedro Duarte Lopes	Sport Clube Paradela	Veterano M40	02:42:45	+01:04:47	10:10
20	107	Bruno Só	ÁGUEDA ACTION CLUB - ACTIB	Veterano M40	02:42:52	+01:04:54	10:11
21	148	Pedro Costa	Individual	Veterano M40	02:44:27	+01:06:28	10:17
22	105	Jorge Rodrigues	AGARRADOS AO BTT	Veterano M40	02:50:01	+01:12:02	10:38
23	146	Jose Antonio Matias Neves	Individual	Veterano M40	03:00:40	+01:22:41	11:18
24	197	Marco Paulo dos Santos Marques	Vamos a Pé - Taboeira	Veterano M40	03:07:42	+01:29:43	11:44
25	167	Luís Carvalheiro	Os 4	Veterano M40	03:32:40	+01:54:41	13:18
26	196	Marco Paulo da Silva Pinho	Vamos a Pé - Taboeira	Veterano M40	03:35:17	+01:57:19	13:27
27	203	Miguel Sá	VVTR Valongo Vouga Trail Running	Veterano M40	03:55:43	+02:17:45	14:44

Veterano M50

1	132	Paulo Pinho	Haertha/TendernessCapacity - trail running team	Veterano M50	01:59:52	+21:54	07:30
2	174	José Oliveira	Sentir Escariz running	Veterano M50	02:26:28	+48:29	09:09
3	131	Francisco Lemos	Haertha/TendernessCapacity - trail running team	Veterano M50	02:27:51	+49:52	09:14
4	199	Mário António Pereira Migueis	Vamos a Pé - Taboeira	Veterano M50	02:28:22	+50:24	09:16
5	151	José Augusto Martins Ferreira	Individual	Veterano M50	02:32:19	+54:20	09:31
6	118	João Beirão	Cleide Martins - Gab. De Fisioterapia	Veterano M50	02:42:05	+01:04:06	10:08
7	149	Carlos Miguel Nogueira Oliveira	Individual	Veterano M50	03:10:12	+01:32:13	11:53

Veterano M60

1	171	fernando morais	Saca Trilhos Anadia	Veterano M60	02:03:07	+25:08	07:42
2	109	JOÃO ALMADA	ASSOCIAÇÃO DESPORTIVA DE TRAVASSO	Veterano M60	02:15:05	+37:07	08:27