Trail das Nozes
Gondomar
30-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 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	13,5ºC	94%
End	14:21	13,5ºC	94%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	3	Óscar Mendes	águias de alvelos	Veterano M40	01:58:56		04:45
2	4	Bruno Pereira	amigos 100 limites	Senior Masculino	02:04:24	+05:28	04:59
3	49	Fernando Lemos	individual	Senior Masculino	02:07:23	+08:26	05:06
4	1	Armando Jorge de Sousa Teixeira	individual	Veterano M40	02:07:31	+08:35	05:06
5	6	João Vigário	amigos 100 limites	Senior Masculino	02:08:48	+09:52	05:09
6	106	Miguel Neves	retorta quinta das arcas	Senior Masculino	02:10:05	+11:09	05:12
7	111	Nuno Nunes	s4l | medense fc	Senior Masculino	02:12:54	+13:58	05:19
8	8	Paulo Ribeiro	apúlia a correr	Senior Masculino	02:15:24	+16:28	05:25
9	100	Rui Alvim	mss contabilidade trail team	Veterano M40	02:16:37	+17:41	05:28
10	55	Manuel Meneres	individual	Senior Masculino	02:16:55	+17:58	05:29
11	42	André Machado	individual	Senior Masculino	02:17:01	+18:04	05:29
12	9	Antonio nunes	arada atletico clube	Veterano M50	02:18:24	+19:28	05:32
13	5	Daniel Mendes	amigos 100 limites	Senior Masculino	02:19:37	+20:41	05:35
14	121	Paulo Gomes	team lantemil	Veterano M40	02:21:45	+22:49	05:40
15	130	Fabio Vasconcelos	clube efacec	Senior Masculino	02:21:45	+22:49	05:40
16	33	Tiago Teixeira	global trade imobiliária	Senior Masculino	02:23:03	+24:06	05:43
17	102	José Faria	nast	Senior Masculino	02:23:58	+25:01	05:46
18	92	Jose loureiro	leões de tardariz trail	Veterano M50	02:26:10	+27:13	05:51
19	67	Frank Fritsche	individual	Veterano M40	02:26:50	+27:53	05:52
20	82	Jose Nuno Pereira de Paiva	individual	Veterano M50	02:28:02	+29:06	05:55
21	73	José Paulo Pereira Ribeiro	individual	Veterano M40	02:28:32	+29:35	05:56
22	127	Helder Barbosa	boavista trail	Veterano M40	02:30:37	+31:41	06:02
23	27	Jaime Silva	gens sc trail	Senior Masculino	02:31:17	+32:21	06:03
24	62	ines gomes	individual	Sub 23 Feminino	02:32:05	+33:09	06:05
25	16	Nuno lemos	[illegible]	Veterano M40	02:32:39	+33:43	06:06
26	32	Miguel Alves	global trade imobiliária	Senior Masculino	02:34:08	+35:12	06:10
27	19	Diogo Cardoso	douroconta - gabinete de apoio e contabilidade	Senior Masculino	02:34:53	+35:57	06:12
28	115	António Rocha	s4l | medense fc	Veterano M60	02:35:13	+36:16	06:13
29	101	Manuel Póvoas	mss contabilidade trail team	Veterano M60	02:36:01	+37:04	06:14
30	65	bernardo carrera giraldez	individual	Veterano M40	02:37:23	+38:26	06:18
31	44	Bruno Bernardes	individual	Senior Masculino	02:37:23	+38:26	06:18
32	43	André Rocha	individual	Senior Masculino	02:38:30	+39:34	06:20
33	110	David Gonçalves	s4l | medense fc	Senior Masculino	02:38:44	+39:48	06:21
34	60	Valter Filipe Tavares Brandão	individual	Senior Masculino	02:43:54	+44:57	06:33
35	99	José Salas	mss contabilidade trail team	Veterano M40	02:43:56	+45:00	06:33
36	63	Alexandra Fernandes	individual	Veterana F50	02:45:02	+46:06	06:36
37	48	Fábio Júnio Gonçalves da Silva	caminhadas da amizade	Senior Masculino	02:46:07	+47:10	06:39
38	57	Ricardo Costa	individual	Senior Masculino	02:46:48	+47:51	06:40
39	7	Rui Pedro Reis	amigos 100 limites	Veterano M40	02:47:34	+48:38	06:42
40	69	Isidro Ribeiro	individual	Veterano M40	02:47:47	+48:50	06:43

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 SOLUTION - LAP2GO - TIMING

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	59	tiago neves	individual	Senior Masculino	02:50:02	+51:05	06:48
42	91	António Pinto	leões de tardariz trail	Veterano M50	02:50:14	+51:18	06:49
43	88	Jorge Seabra	kemedo team	Veterano M40	02:50:20	+51:23	06:49
44	41	Vera Rodrigues	individual	Senior Feminino	02:51:14	+52:18	06:51
45	15	António Matos 12051969	clube trilheiros & amigos	Veterano M50	02:52:37	+53:40	06:54
46	90	Pedro Ferreira	leões de tardariz trail	Veterano M40	02:52:56	+54:00	06:55
47	72	Jorge Machado	individual	Veterano M40	02:53:07	+54:11	06:56
48	28	André Lopes	gens sc trail	Sub 23 Masculino	02:53:10	+54:13	06:56
49	20	Miguel Magalhães	douroconta - gabinete de apoio e contabilidade	Senior Masculino	02:53:22	+54:25	06:56
50	38	Nataliya Popova	individual	Senior Feminino	02:55:09	+56:13	07:00
51	105	Luís Ferraz	pcrunners	Veterano M40	02:55:10	+56:13	07:00
52	83	Luis Paulo Teixeira Azevedo	individual	Veterano M50	02:57:31	+58:35	07:06
53	122	Rui Madureira	team trail bem viver	Senior Masculino	02:57:49	+58:53	07:07
54	109	Carlos Azevedo	s4l | medense fc	Senior Masculino	02:58:17	+59:20	07:08
55	35	Manuel António da Silva	gondomar futsal clube	Senior Masculino	02:58:49	+59:53	07:09
56	85	Manuel costa	individual	Veterano M60	02:59:46	+01:00:50	07:11
57	17	Carla Duarte	coronado runners	Veterana F40	03:00:17	+01:01:20	07:13
58	66	Francisco Pinheiro	individual	Veterano M40	03:01:05	+01:02:09	07:15
59	131	Pedro Nogueira	individual	Senior Masculino	03:01:15	+01:02:18	07:15
60	24	João araújo	ermentão	Veterano M40	03:01:37	+01:02:40	07:16
61	119	Cristina Loureiro	taylor's	Veterana F40	03:02:09	+01:03:13	07:17
62	129	Vitor Vieira	individual	Senior Masculino	03:02:11	+01:03:15	07:17
63	71	Joao Correia	individual	Veterano M40	03:02:12	+01:03:15	07:17
64	1311	Joaquim Silva	leões de tardariz trail	Veterano M60	03:03:11	+01:04:15	07:20
65	54	Jorge Alberto Cadavez Pacheco Capucho Ferreira	individual	Senior Masculino	03:04:39	+01:05:42	07:23
66	86	Carlos Miguel Cardoso Araújo	kemedo team	Veterano M40	03:04:40	+01:05:44	07:23
67	125	Patrícia Palmeira	ultimagem	Veterana F40	03:05:11	+01:06:14	07:24
68	11	Pedro Carvalho	arrastassolas	Veterano M50	03:05:42	+01:06:46	07:26
69	10	Luis Gordicho	arrastassolas	Veterano M40	03:05:42	+01:06:46	07:26
70	78	Sérgio Gomes	individual	Veterano M40	03:05:46	+01:06:50	07:26
71	30	Hugo Reis	gens sc trail	Veterano M40	03:06:11	+01:07:15	07:27
72	123	Paula Dias	trepatrilhos trail team	Veterana F50	03:06:24	+01:07:27	07:27
73	53	João Rodrigues	individual	Senior Masculino	03:06:30	+01:07:34	07:28
74	51	Hugo Sa	individual	Senior Masculino	03:07:35	+01:08:39	07:30
75	56	Miguel Moura	individual	Senior Masculino	03:07:38	+01:08:41	07:30
76	95	Patrícia Moreira	monte dos amigos	Senior Feminino	03:09:10	+01:10:14	07:34
77	124	Fernando Silva	trepatrilhos trail team	Veterano M40	03:09:33	+01:10:36	07:35
78	107	Hélder Moreira	reumáticos runners	Veterano M40	03:09:48	+01:10:51	07:36
79	108	Alcídio Moreira	reumáticos runners	Veterano M50	03:09:48	+01:10:51	07:36
80	84	Antonio Carlos	individual	Veterano M60	03:10:04	+01:11:07	07:36
81	133	Bruno Moreira	team lantemil	Senior Masculino	03:10:52	+01:11:56	07:38
82	70	IVO MORAIS	individual	Veterano M40	03:13:19	+01:14:23	07:44
83	46	Fábio Almeida	individual	Senior Masculino	03:13:51	+01:14:54	07:45
84	58	Ricardo Mendonça	individual	Senior Masculino	03:15:19	+01:16:22	07:49
85	132	Fernando Leite	individual	Veterano M40	03:17:41	+01:18:44	07:54

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 SOLUTION - LAP2GO - TIMING

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	75	Paulo Fernandes	individual	Veterano M40	03:18:17	+01:19:20	07:56
87	40	Rita Freitas	individual	Senior Feminino	03:19:24	+01:20:27	07:59
88	126	Rui Brandao	rebortec.com	Senior Masculino	03:19:24	+01:20:28	07:59
89	18	Manuel Ferreira	coronado runners	Veterano M40	03:21:30	+01:22:34	08:04
90	26	Helder Martins	gens sc trail	Senior Masculino	03:21:49	+01:22:53	08:04
91	104	Sérgio Gomes	os preguiças team	Veterano M40	03:23:09	+01:24:13	08:08
92	87	Duarte Madureira	kemedo team	Veterano M40	03:23:37	+01:24:41	08:09
93	61	Vítor Silva	individual	Senior Masculino	03:24:59	+01:26:03	08:12
94	116	Rui Pedro Teixeira Rodrigues	só vim para ver	Senior Masculino	03:25:05	+01:26:09	08:12
95	96	Bruno Ferreira	monte dos amigos	Senior Masculino	03:25:13	+01:26:16	08:13
96	103	Sara Machado	nba barrosas	Senior Feminino	03:25:39	+01:26:43	08:14
97	68	Gilberto Viana	individual	Veterano M40	03:26:23	+01:27:27	08:15
98	77	Ricardo Lixa	individual	Veterano M40	03:28:59	+01:30:02	08:22
99	93	Manuel Oliveira	leões de tardariz trail	Veterano M50	03:30:00	+01:31:04	08:24
100	79	Diogo Gamito	individual	Veterano M50	03:31:32	+01:32:36	08:28
101	47	Fábio Campos	individual	Senior Masculino	03:37:41	+01:38:45	08:42
102	29	Jose Pinto	gens sc trail	Sub 23 Masculino	03:38:13	+01:39:16	08:44
103	23	João Gonçalves	equipa ultimagem	Senior Masculino	03:42:20	+01:43:24	08:54
104	14	Hélder Ribeiro	cfod	Veterano M40	03:43:21	+01:44:25	08:56
105	39	Patrícia Ramos	individual	Senior Feminino	03:43:21	+01:44:25	08:56
106	52	Hugo Santos	individual	Senior Masculino	03:43:22	+01:44:26	08:56
107	31	Nuno Neves	gens sc trail	Veterano M40	03:46:10	+01:47:13	09:03
108	80	Fernando Rodrigues	individual	Veterano M50	03:52:19	+01:53:23	09:18
109	45	Bruno Rocha	individual	Senior Masculino	03:52:20	+01:53:23	09:18
110	128	Angelo Vidal	salgueiros running	Veterano M50	03:54:30	+01:55:33	09:23
111	89	Jorge Miguel Gonçalves Sarraguça	leões de tardariz trail	Veterano M40	03:55:20	+01:56:24	09:25
112	36	fernando rocha	grupo desportivo leões do veneza	Veterano M60	04:06:08	+02:07:12	09:51
113	25	Manuel Cunha Lima	experienciar	Veterano M60	04:17:11	+02:18:14	10:17
114	37	Inês Peres	individual	Senior Feminino	04:18:51	+02:19:55	10:21
115	13	Alice Couto	cfod	Veterana F50	04:25:12	+02:26:16	10:37
116	12	Andreia Ribeiro	cfod	Veterana F40	04:25:12	+02:26:16	10:37
117	118	Nelson Sousa	tartaruguinhas team	Veterano M40	04:43:11	+02:44:15	11:20
118	117	Solange Sousa	tartaruguinhas team	Veterana F40	04:43:12	+02:44:16	11:20
119	76	Ricardo Guimarães	individual	Veterano M40	05:03:27	+03:04:30	12:08
120	134	Diana Mota	individual	Veterana F40	05:13:21	+03:14:24	12:32
121	120	Sérgio Chacim	taylor's	Veterano M40	05:13:21	+03:14:24	12:32

Trail das Nozes
Gondomar
30-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	13,5ºC	94%
End	14:21	13,5ºC	94%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	41	Vera Rodrigues	Individual	Senior Feminino	02:51:14	+52:18	06:51
2	38	Nataliya Popova	Individual	Senior Feminino	02:55:09	+56:13	07:00
3	95	Patrícia Moreira	Monte dos Amigos	Senior Feminino	03:09:10	+01:10:14	07:34
4	40	Rita Freitas	Individual	Senior Feminino	03:19:24	+01:20:27	07:59
5	103	Sara Machado	NBA Barrosas	Senior Feminino	03:25:39	+01:26:43	08:14
6	39	Patrícia Ramos	Individual	Senior Feminino	03:43:21	+01:44:25	08:56
7	37	Inês Peres	Individual	Senior Feminino	04:18:51	+02:19:55	10:21
Senior Masculino							
1	4	Bruno Pereira	Amigos 100 Limites	Senior Masculino	02:04:24	+05:28	04:59
2	49	Fernando Lemos	Individual	Senior Masculino	02:07:23	+08:26	05:06
3	6	João Vigário	Amigos 100 Limites	Senior Masculino	02:08:48	+09:52	05:09
4	106	Miguel Neves	RETORTA QUINTA DAS ARCAS	Senior Masculino	02:10:05	+11:09	05:12
5	111	Nuno Nunes	S4l | Medense Fc	Senior Masculino	02:12:54	+13:58	05:19
6	8	Paulo Ribeiro	Apúlia a correr	Senior Masculino	02:15:24	+16:28	05:25
7	55	Manuel Meneres	Individual	Senior Masculino	02:16:55	+17:58	05:29
8	42	André Machado	Individual	Senior Masculino	02:17:01	+18:04	05:29
9	5	Daniel Mendes	Amigos 100 Limites	Senior Masculino	02:19:37	+20:41	05:35
10	130	Fabio Vasconcelos	Clube EFACEC	Senior Masculino	02:21:45	+22:49	05:40
11	33	Tiago Teixeira	Global Trade Imobiliária	Senior Masculino	02:23:03	+24:06	05:43
12	102	José Faria	NAST	Senior Masculino	02:23:58	+25:01	05:46
13	27	Jaime Silva	Gens SC Trail	Senior Masculino	02:31:17	+32:21	06:03
14	32	Miguel Alves	Global Trade Imobiliária	Senior Masculino	02:34:08	+35:12	06:10
15	19	Diogo Cardoso	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	02:34:53	+35:57	06:12
16	44	Bruno Bernardes	Individual	Senior Masculino	02:37:23	+38:26	06:18
17	43	André Rocha	Individual	Senior Masculino	02:38:30	+39:34	06:20
18	110	David Gonçalves	S4l | Medense Fc	Senior Masculino	02:38:44	+39:48	06:21
19	60	Valter Filipe Tavares Brandão	Individual	Senior Masculino	02:43:54	+44:57	06:33
20	48	Fábio Júnio Gonçalves da Silva	Caminhadas da Amizade	Senior Masculino	02:46:07	+47:10	06:39
21	57	Ricardo Costa	Individual	Senior Masculino	02:46:48	+47:51	06:40
22	59	tiago neves	Individual	Senior Masculino	02:50:02	+51:05	06:48
23	20	Miguel Magalhães	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	02:53:22	+54:25	06:56
24	122	Rui Madureira	Team Trail Bem Viver	Senior Masculino	02:57:49	+58:53	07:07
25	109	Carlos Azevedo	S4l | Medense Fc	Senior Masculino	02:58:17	+59:20	07:08
26	35	Manuel António da Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:58:49	+59:53	07:09
27	131	Pedro Nogueira	Individual	Senior Masculino	03:01:15	+01:02:18	07:15
28	129	Vitor Vieira	Individual	Senior Masculino	03:02:11	+01:03:15	07:17

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

29	54	Jorge Alberto Cadavez Pacheco Capucho Ferreira	Individual	Senior Masculino	03:04:39	+01:05:42	07:23
30	53	João Rodrigues	Individual	Senior Masculino	03:06:30	+01:07:34	07:28
31	51	Hugo Sa	Individual	Senior Masculino	03:07:35	+01:08:39	07:30
32	56	Miguel Moura	Individual	Senior Masculino	03:07:38	+01:08:41	07:30
33	133	Bruno Moreira	TEAM LANTEMIL	Senior Masculino	03:10:52	+01:11:56	07:38
34	46	Fábio Almeida	Individual	Senior Masculino	03:13:51	+01:14:54	07:45
35	58	Ricardo Mendonça	Individual	Senior Masculino	03:15:19	+01:16:22	07:49
36	126	Rui Brandao	Rebortec.com	Senior Masculino	03:19:24	+01:20:28	07:59
37	26	Helder Martins	Gens SC Trail	Senior Masculino	03:21:49	+01:22:53	08:04
38	61	Vítor Silva	Individual	Senior Masculino	03:24:59	+01:26:03	08:12
39	116	Rui Pedro Teixeira Rodrigues	Só vim para ver	Senior Masculino	03:25:05	+01:26:09	08:12
40	96	Bruno Ferreira	Monte dos Amigos	Senior Masculino	03:25:13	+01:26:16	08:13
41	47	Fábio Campos	Individual	Senior Masculino	03:37:41	+01:38:45	08:42
42	23	João Gonçalves	Equipa Ultimagem	Senior Masculino	03:42:20	+01:43:24	08:54
43	52	Hugo Santos	Individual	Senior Masculino	03:43:22	+01:44:26	08:56
44	45	Bruno Rocha	Individual	Senior Masculino	03:52:20	+01:53:23	09:18

Sub 23 Feminino

1	62	ines gomes	Individual	Sub 23 Feminino	02:32:05	+33:09	06:05

Sub 23 Masculino

1	28	André Lopes	Gens SC Trail	Sub 23 Masculino	02:53:10	+54:13	06:56
2	29	Jose Pinto	Gens SC Trail	Sub 23 Masculino	03:38:13	+01:39:16	08:44

Veterana F40

1	17	Carla Duarte	Coronado runners	Veterana F40	03:00:17	+01:01:20	07:13
2	119	Cristina Loureiro	Taylor's	Veterana F40	03:02:09	+01:03:13	07:17
3	125	Patrícia Palmeira	Ultimagem	Veterana F40	03:05:11	+01:06:14	07:24
4	12	Andreia Ribeiro	CFOD	Veterana F40	04:25:12	+02:26:16	10:37
5	117	Solange Sousa	Tartaruguinhas Team	Veterana F40	04:43:12	+02:44:16	11:20
6	134	Diana Mota	Individual	Veterana F40	05:13:21	+03:14:24	12:32

Veterana F50

1	63	Alexandra Fernandes	Individual	Veterana F50	02:45:02	+46:06	06:36
2	123	Paula Dias	TrepaTrilhos Trail Team	Veterana F50	03:06:24	+01:07:27	07:27
3	13	Alice Couto	CFOD	Veterana F50	04:25:12	+02:26:16	10:37

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

Veterano M40

1	3	Óscar Mendes	Águias de Alvelos	Veterano M40	01:58:56		04:45
2	1	Armando Jorge de Sousa Teixeira	Individual	Veterano M40	02:07:31	+08:35	05:06
3	100	Rui Alvim	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:16:37	+17:41	05:28
4	121	Paulo Gomes	TEAM LANTEMIL	Veterano M40	02:21:45	+22:49	05:40
5	67	Frank Fritsche	Individual	Veterano M40	02:26:50	+27:53	05:52
6	73	José Paulo Pereira Ribeiro	Individual	Veterano M40	02:28:32	+29:35	05:56
7	127	Helder Barbosa	Boavista trail	Veterano M40	02:30:37	+31:41	06:02
8	16	Nuno lemos	▯▯▯	Veterano M40	02:32:39	+33:43	06:06
9	65	bernardo carrera giraldez	Individual	Veterano M40	02:37:23	+38:26	06:18
10	99	José Salas	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:43:56	+45:00	06:33
11	7	Rui Pedro Reis	Amigos 100 Limites	Veterano M40	02:47:34	+48:38	06:42
12	69	Isidro Ribeiro	Individual	Veterano M40	02:47:47	+48:50	06:43
13	88	Jorge Seabra	KeMedo Team	Veterano M40	02:50:20	+51:23	06:49
14	90	Pedro Ferreira	Leões de Tardariz Trail	Veterano M40	02:52:56	+54:00	06:55
15	72	Jorge Machado	Individual	Veterano M40	02:53:07	+54:11	06:56
16	105	Luís Ferraz	PCRunners	Veterano M40	02:55:10	+56:13	07:00
17	66	Francisco Pinheiro	Individual	Veterano M40	03:01:05	+01:02:09	07:15
18	24	João araújo	Ermentão	Veterano M40	03:01:37	+01:02:40	07:16
19	71	Joao Correia	Individual	Veterano M40	03:02:12	+01:03:15	07:17
20	86	Carlos Miguel Cardoso Araújo	KeMedo Team	Veterano M40	03:04:40	+01:05:44	07:23
21	10	Luis Gordicho	ARRASTASSOLAS	Veterano M40	03:05:42	+01:06:46	07:26
22	78	Sérgio Gomes	Individual	Veterano M40	03:05:46	+01:06:50	07:26
23	30	Hugo Reis	Gens SC Trail	Veterano M40	03:06:11	+01:07:15	07:27
24	124	Fernando Silva	TrepaTrilhos Trail Team	Veterano M40	03:09:33	+01:10:36	07:35
25	107	Hélder Moreira	Reumáticos runners	Veterano M40	03:09:48	+01:10:51	07:36
26	70	IVO MORAIS	Individual	Veterano M40	03:13:19	+01:14:23	07:44
27	132	Fernando Leite	Individual	Veterano M40	03:17:41	+01:18:44	07:54
28	75	Paulo Fernandes	Individual	Veterano M40	03:18:17	+01:19:20	07:56
29	18	Manuel Ferreira	Coronado runners	Veterano M40	03:21:30	+01:22:34	08:04
30	104	Sérgio Gomes	Os Preguiças Team	Veterano M40	03:23:09	+01:24:13	08:08
31	87	Duarte Madureira	KeMedo Team	Veterano M40	03:23:37	+01:24:41	08:09
32	68	Gilberto Viana	Individual	Veterano M40	03:26:23	+01:27:27	08:15
33	77	Ricardo Lixa	Individual	Veterano M40	03:28:59	+01:30:02	08:22
34	14	Hélder Ribeiro	CFOD	Veterano M40	03:43:21	+01:44:25	08:56
35	31	Nuno Neves	Gens SC Trail	Veterano M40	03:46:10	+01:47:13	09:03
36	89	Jorge Miguel Gonçalves Sarraguça	Leões de Tardariz Trail	Veterano M40	03:55:20	+01:56:24	09:25
37	118	Nelson Sousa	Tartaruguinhas Team	Veterano M40	04:43:11	+02:44:15	11:20
38	76	Ricardo Guimarães	Individual	Veterano M40	05:03:27	+03:04:30	12:08
39	120	Sérgio Chacim	Taylor's	Veterano M40	05:13:21	+03:14:24	12:32

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

Veterano M50

1	9	Antonio nunes	Arada atletico clube	Veterano M50	02:18:24	+19:28	05:32
2	92	Jose loureiro	Leões de Tardariz Trail	Veterano M50	02:26:10	+27:13	05:51
3	82	Jose Nuno Pereira de Paiva	Individual	Veterano M50	02:28:02	+29:06	05:55
4	91	António Pinto	Leões de Tardariz Trail	Veterano M50	02:50:14	+51:18	06:49
5	15	António Matos 12051969	Clube trilheiros & amigos	Veterano M50	02:52:37	+53:40	06:54
6	83	Luis Paulo Teixeira Azevedo	Individual	Veterano M50	02:57:31	+58:35	07:06
7	11	Pedro Carvalho	ARRASTASSOLAS	Veterano M50	03:05:42	+01:06:46	07:26
8	108	Alcídio Moreira	Reumáticos runners	Veterano M50	03:09:48	+01:10:51	07:36
9	93	Manuel Oliveira	Leões de Tardariz Trail	Veterano M50	03:30:00	+01:31:04	08:24
10	79	Diogo Gamito	Individual	Veterano M50	03:31:32	+01:32:36	08:28
11	80	Fernando Rodrigues	Individual	Veterano M50	03:52:19	+01:53:23	09:18
12	128	Angelo Vidal	Salgueiros Running	Veterano M50	03:54:30	+01:55:33	09:23

Veterano M60

1	115	António Rocha	S4l | Medense Fc	Veterano M60	02:35:13	+36:16	06:13
2	101	Manuel Póvoas	MSS CONTABILIDADE TRAIL TEAM	Veterano M60	02:36:01	+37:04	06:14
3	85	Manuel costa	Individual	Veterano M60	02:59:46	+01:00:50	07:11
4	1311	Joaquim Silva	Leões de Tardariz Trail	Veterano M60	03:03:11	+01:04:15	07:20
5	84	Antonio Carlos	Individual	Veterano M60	03:10:04	+01:11:07	07:36
6	36	fernando rocha	GRUPO DESPORTIVO LEÕES DO VENEZA	Veterano M60	04:06:08	+02:07:12	09:51
7	25	Manuel Cunha Lima	experienciar	Veterano M60	04:17:11	+02:18:14	10:17

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 SOLUTION - LAP2GO - TIMING - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	AMIGOS 100 LIMITES	2 + 5 + 13	20
2	S4L | MEDENSE FC	7 + 28 + 33	68
3	MSS CONTABILIDADE TRAIL TEAM	9 + 29 + 35	73
4	LEÕES DE TARDARIZ TRAIL	18 + 42 + 46	106
5	GENS SC TRAIL	23 + 48 + 71	142
6	KEMEDO TEAM	43 + 66 + 92	201
7	CFOD	104 + 115 + 116	335

lap2go TIMING SOLUTION

Trail das Nozes
Gondomar
30-outubro-2022

TRAIL CURTO - STAGE 1 — 11 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

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	09:10	13,6ºC	94%
End	12:39	13,6ºC	94%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1001	Samuel Silva	ad marco 09	Senior Masculino	43:11		03:56
2	1054	Tiago Pinheiro	coronado runners	Senior Masculino	43:14	+00:03	03:56
3	1329	Fábio Miguel Sousa	mss contabilidade trail team	Senior Masculino	45:35	+02:24	04:09
4	1010	António Gonçalves	amigos 100 limites	Senior Masculino	46:45	+03:34	04:15
5	1349	Fábio Sufiatti	mss contabilidade trail team	Veterano M40	47:13	+04:01	04:18
6	1069	Bruno Santos	douroconta - gabinete de apoio e contabilidade	Senior Masculino	47:40	+04:29	04:20
7	1180	Luís Gonzaga	individual	Senior Masculino	47:40	+04:29	04:20
8	1018	Jorge Dias	amigos 100 limites	Veterano M40	48:38	+05:27	04:25
9	1428	Andre Filipe Oliveira Almeida	s4l | medense fc	Senior Masculino	48:52	+05:41	04:27
10	1347	Bruno Rocha	mss contabilidade trail team	Veterano M40	49:39	+06:28	04:31
11	1466	Diogo Parente	individual	Senior Masculino	50:00	+06:48	04:33
12	1322	Fernando soares	linces do marão	Veterano M50	50:48	+07:37	04:37
13	1385	Pedro Mendes	nocturnos de paredes	Senior Masculino	50:56	+07:45	04:38
14	1176	Fernando Alves	individual	Senior Masculino	51:38	+08:27	04:42
15	1323	Gilberto Machado	louredo trail running	Senior Masculino	52:08	+08:57	04:44
16	1048	António José Oliveira Carvalho	clube de atletismo afipre team	Veterano M40	52:23	+09:12	04:46
17	1353	Ibraim Sousa	mss contabilidade trail team	Veterano M40	52:28	+09:17	04:46
18	1268	Pedro Guimarães	individual	Veterano M40	52:36	+09:25	04:47
19	1008	Alcino Silva	amigos 100 limites	Senior Masculino	52:46	+09:35	04:48
20	1251	Hélder Pereira Borges	clube de atletismo afipre team	Veterano M40	52:52	+09:41	04:48
21	1015	Tiago Moreira	amigos 100 limites	Senior Masculino	52:56	+09:45	04:49
22	1013	Fábio Moreira	amigos 100 limites	Senior Masculino	53:22	+10:11	04:51
23	1366	Manuel Faria	mss contabilidade trail team	Veterano M50	53:26	+10:15	04:52
24	1310	Dario Cardoso	leões de tardariz trail	Veterano M40	53:37	+10:26	04:52
25	1426	David Tavares	runriver - escola de atletismo de rio tinto	Veterano M60	54:19	+11:08	04:56
26	1330	José Conceição	mss contabilidade trail team	Senior Masculino	54:30	+11:19	04:57
27	1444	José Rodrigues de Almeida	sporting club santacruzense	Veterano M60	55:11	+12:00	05:01
28	1100	ADERITO TORRES	gdctincm	Veterano M40	55:14	+12:03	05:01
29	1050	Vitor Mota	clube de atletismo afipre team	Veterano M40	55:45	+12:34	05:04
30	1292	Luís Oliveira	individual	Veterano M50	55:51	+12:40	05:05
31	1120	Leonel Neves	gens sc trail	Sub 23 Masculino	55:58	+12:47	05:05
32	1355	Márcio Almeida	mss contabilidade trail team	Veterano M40	56:01	+12:50	05:06
33	1132	Pedro Bôto	gens sc trail	Veterano M40	56:12	+13:01	05:07
34	1077	Ricardo Ferreira	fc cête	Senior Masculino	56:51	+13:40	05:10
35	1114	José Azevedo	gens sc trail	Senior Masculino	57:25	+14:14	05:13
36	1039	JOSÉ MOTA	cdcr ctt porto	Veterano M60	57:29	+14:18	05:14
37	1199	Gonçalo Cunha	individual	Sub 23 Masculino	57:31	+14:20	05:14
38	1170	Bruno Coelho	individual	Senior Masculino	58:08	+14:57	05:17
39	1047	Tiago pinheiro	clube de atletismo afipre team	Senior Masculino	58:31	+15:20	05:19
40	1033	Vitor Cardoso	baguim runners	Veterano M40	58:57	+15:46	05:22
41	1265	Paulo Machado	individual	Veterano M40	59:12	+16:01	05:23

TRAIL CURTO - STAGE 1 — 11 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

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	1458	BRUNO PEDROSA	xtrilhosteam	Senior Masculino	59:12	+16:01	05:23
43	1244	Cláudio Maia	individual	Veterano M40	59:14	+16:03	05:23
44	1298	Ângelo Pereira	individual	Veterano M60	59:14	+16:03	05:23
45	1463	Ernesto Silva	coronado runners	Veterano M60	59:24	+16:13	05:24
46	1038	António Teixeira	cdcr ctt porto	Veterano M60	59:33	+16:22	05:25
47	1004	Lino Moreira	all about	Veterano M60	59:34	+16:22	05:25
48	1020	João Moreira	amigos 100 limites	Veterano M60	59:52	+16:41	05:27
49	1359	Victor Azevedo	mss contabilidade trail team	Veterano M40	59:58	+16:47	05:27
50	1280	Tiago Gonçalves	individual	Veterano M40	01:00:19	+17:08	05:29
51	1284	António Gomes	individual	Veterano M50	01:00:27	+17:16	05:30
52	114	Fernando Rodrigues	s4l | medense fc	Veterano M50	01:00:52	+17:41	05:32
53	112	Pedro Viana	s4l | medense fc	Senior Masculino	01:00:53	+17:42	05:32
54	1178	Hélder freitas	individual	Senior Masculino	01:01:01	+17:50	05:33
55	1281	Adao bessa	individual	Veterano M50	01:01:02	+17:51	05:33
56	1425	filipe truta	runriver - escola de atletismo de rio tinto	Veterano M40	01:01:29	+18:18	05:35
57	1051	Valdemar Carvalho	clube de atletismo afipre team	Veterano M50	01:01:41	+18:30	05:36
58	1049	Bruno Duarte	clube de atletismo afipre team	Veterano M40	01:01:57	+18:46	05:38
59	1003	Carlos Carreira	ade trail running	Veterano M40	01:02:02	+18:51	05:38
60	1419	Mike Jeitoso	run & fun	Veterano M40	01:02:14	+19:03	05:40
61	1243	Bruno Pereira	individual	Veterano M40	01:02:16	+19:05	05:40
62	113	Pedro Marques	s4l | medense fc	Veterano M40	01:02:16	+19:05	05:40
63	1246	David Polido	individual	Veterano M40	01:02:16	+19:05	05:40
64	1179	Hélder Mendes	individual	Senior Masculino	01:02:21	+19:10	05:40
65	1459	André Goncalves	xtrilhosteam	Senior Masculino	01:02:36	+19:25	05:41
66	1063	JOÃO PAULO CAMPOS	ddt runners	Veterano M40	01:02:49	+19:38	05:43
67	1197	Tiago Seabra	individual	Senior Masculino	01:02:53	+19:42	05:43
68	1279	Sérgio Sousa	individual	Veterano M40	01:02:54	+19:43	05:43
69	1369	Paulo Queirós	mss contabilidade trail team	Veterano M50	01:03:00	+19:49	05:44
70	1270	Renato Magalhães	individual	Veterano M40	01:03:09	+19:58	05:45
71	1052	Paulo Manuel Pereira Faria	clube popular trabalhadores do bairro de carcavelos matosinhos	Veterano M50	01:03:17	+20:06	05:45
72	1411	Claudio Santos	run & fun	Veterano M40	01:03:19	+20:08	05:45
73	1195	Tiago Dias	individual	Senior Masculino	01:03:25	+20:14	05:46
74	1450	Pedro Azevedo	turbolentos	Veterano M40	01:03:31	+20:20	05:46
75	1434	João Teles	s4l | medense fc	Veterano M40	01:03:35	+20:24	05:47
76	1140	Margarida Oliveira	gondomar futsal clube	Veterana F50	01:03:36	+20:25	05:47
77	1335	Zaza Emmanuel	mss contabilidade trail team	Senior Masculino	01:03:43	+20:32	05:48
78	1036	Pedro Ribeiro	cart running team	Veterano M40	01:03:44	+20:33	05:48
79	1185	Paulo Ricardo Pereira da Costa	individual	Senior Masculino	01:03:44	+20:33	05:48
80	1421	John Gomes	run & fun	Veterano M50	01:03:46	+20:35	05:48
81	1409	Bruno Dias	qualidade mc	Senior Masculino	01:03:48	+20:37	05:48
82	1057	Miguel Ferreira	coronado runners	Veterano M40	01:03:50	+20:39	05:48
83	1468	Bertina Ferreira	individual	Senior Feminino	01:03:52	+20:41	05:48
84	1099	Serafim Ramos	gd leões da guarda - lion runners	Veterano M60	01:03:57	+20:46	05:49
85	1352	Hélder Oliveira	mss contabilidade trail team	Veterano M40	01:04:06	+20:55	05:50
86	1241	Antonio Malheiro	individual	Veterano M40	01:04:08	+20:57	05:50

TRAIL CURTO - STAGE 1 — 11 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
87	1231	Madalena Gonçalves	individual	Veterana F50	01:04:10	+20:59	05:50
88	1172	Bruno Madureira	individual	Senior Masculino	01:04:19	+21:08	05:51
89	1190	Ruben Moreira	individual	Senior Masculino	01:04:37	+21:26	05:52
90	1184	Nuno Silva	individual	Senior Masculino	01:04:38	+21:27	05:53
91	1166	Telma Sousa	individual	Senior Feminino	01:04:44	+21:33	05:53
92	1117	Nelson Fernandes	gens sc trail	Senior Masculino	01:04:47	+21:36	05:53
93	1306	Jesus Castro	leões de tardariz trail	Veterana F40	01:05:01	+21:50	05:55
94	1400	Fernando Teixeira	os preguiças team	Senior Masculino	01:05:18	+22:07	05:56
95	1167	Vera Moreira	individual	Senior Feminino	01:05:20	+22:09	05:56
96	1464	Filipe Lopes	individual	Veterano M40	01:05:25	+22:14	05:57
97	1291	José Machado	individual	Veterano M50	01:05:45	+22:34	05:59
98	1290	José Silva	individual	Veterano M40	01:05:49	+22:38	05:59
99	1363	Joaquim Moreira	mss contabilidade trail team	Veterano M50	01:05:54	+22:43	05:59
100	1263	Paulo Jorge Dias	individual	Veterano M40	01:05:54	+22:43	06:00
101	1375	Rui Ferreira	nba barrosas	Senior Masculino	01:06:03	+22:52	06:00
102	1196	Tiago Pereira	individual	Senior Masculino	01:06:16	+23:05	06:02
103	1451	Rui Gomes	turbolentos	Veterano M40	01:06:23	+23:12	06:02
104	1203	João Teixeira	individual	Sub 23 Masculino	01:06:31	+23:20	06:03
105	1201	João leal	individual	Sub 23 Masculino	01:06:34	+23:23	06:03
106	1169	André Ferreira	individual	Senior Masculino	01:06:39	+23:28	06:04
107	1357	Ricardo Moreira	mss contabilidade trail team	Veterano M40	01:06:40	+23:29	06:04
108	1137	Jorge Santos	global trade imobiliária	Senior Masculino	01:06:45	+23:34	06:04
109	34	Nuno Teixeira	global trade imobiliária	Veterano M40	01:06:45	+23:34	06:04
110	1236	Adão Pereira Antunes	individual	Veterano M40	01:06:54	+23:43	06:05
111	1399	Daniela Moutinho	os preguiças team	Senior Feminino	01:06:55	+23:44	06:05
112	1012	Claude Pinto	amigos 100 limites	Senior Masculino	01:07:03	+23:52	06:06
113	1011	Bruce Teixeira	amigos 100 limites	Senior Masculino	01:07:03	+23:52	06:06
114	1191	RUI Costa	individual	Senior Masculino	01:07:15	+24:04	06:07
115	1408	Ana Pereira	qualidade mc	Senior Feminino	01:07:20	+24:09	06:07
116	1070	José Santos	douroconta - gabinete de apoio e contabilidade	Veterano M50	01:07:29	+24:18	06:08
117	1200	Gonçalo Viana	individual	Sub 23 Masculino	01:07:38	+24:27	06:09
118	1173	Bruno Silva	individual	Senior Masculino	01:07:39	+24:28	06:09
119	1079	Paulo Freitas	fc vizela	Veterano M40	01:07:43	+24:32	06:09
120	1111	Igor Santos	gens sc trail	Senior Masculino	01:07:44	+24:33	06:10
121	1143	Jose Pinho	homens de ferro	Senior Masculino	01:08:06	+24:55	06:11
122	1259	nuno marques	individual	Veterano M40	01:08:06	+24:55	06:11
123	1016	Patrícia Conceição	amigos 100 limites	Veterana F40	01:08:10	+24:59	06:12
124	1360	António Luís	mss contabilidade trail team	Veterano M50	01:08:41	+25:30	06:15
125	1420	Zé Pedro Bonito	run & fun	Veterano M40	01:08:54	+25:43	06:16
126	1416	Cristina Sousa	run & fun	Veterana F50	01:08:54	+25:43	06:16
127	1401	Liliana Loureiro	os preguiças team	Veterana F40	01:09:00	+25:49	06:16
128	1206	Marco António Da Silva Armindo	individual	Sub 23 Masculino	01:09:02	+25:50	06:17
129	1115	José Pedro Arlindo	gens sc trail	Senior Masculino	01:09:06	+25:55	06:17
130	1398	Clara Teixeira	os preguiças team	Senior Feminino	01:09:12	+26:01	06:17
131	1431	Susana Silva	s4l | medense fc	Veterana F40	01:09:15	+26:04	06:18

TRAIL CURTO - STAGE 1 — 11 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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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	1433	Ivo Oliveira	s4l | medense fc	Veterano M40	01:09:16	+26:05	06:18
133	1260	Nuno Teixeira	individual	Veterano M40	01:09:20	+26:09	06:18
134	1058	jorge nogueira	coronado runners	Veterano M50	01:09:23	+26:12	06:19
135	1252	Joaquim Pacheco	individual	Veterano M40	01:09:49	+26:38	06:21
136	1034	Lourenço Cardoso	baguim runners	Veterano M50	01:09:51	+26:40	06:21
137	1324	Cesário Magalhães	louredo trail running	Veterano M40	01:09:59	+26:48	06:22
138	1149	carla martins	runriver - escola de atletismo de rio tinto	Senior Feminino	01:10:00	+26:49	06:22
139	1116	Mário Santos	gens sc trail	Senior Masculino	01:10:08	+26:57	06:23
140	1256	José Ribeiro	individual	Veterano M40	01:10:10	+26:59	06:23
141	1204	Jorge Freitas	individual	Sub 23 Masculino	01:10:20	+27:09	06:24
142	1065	PAULO FERREIRA	ddt runners	Veterano M40	01:10:29	+27:18	06:24
143	1454	Bruno Almeida	unstoppable team	Senior Masculino	01:10:30	+27:19	06:25
144	1072	Manuel Silva	ermentão	Veterano M50	01:10:32	+27:21	06:25
145	1037	CÉLINE GOMES	cdcr ctt porto	Senior Feminino	01:10:39	+27:28	06:25
146	1112	João Inácio	gens sc trail	Senior Masculino	01:11:05	+27:54	06:28
147	1134	Ricardo Luz	gens sc trail	Veterano M40	01:11:17	+28:06	06:29
148	1160	Liliana Estêvão	individual	Senior Feminino	01:11:26	+28:14	06:30
149	1189	Rogério Oliveira	individual	Senior Masculino	01:11:26	+28:15	06:30
150	1035	Pedro Rodrigues	boavista trail	Senior Masculino	01:11:44	+28:33	06:31
151	1379	FABIO SILVA	no fio da navalha	Senior Masculino	01:11:47	+28:36	06:32
152	1410	Hugo Leitão	qualidade mc	Senior Masculino	01:11:48	+28:37	06:32
153	1413	Céu Vilar	run & fun	Veterana F40	01:11:51	+28:40	06:32
154	1348	Alberto Vitelo	mss contabilidade trail team	Veterano M40	01:11:55	+28:44	06:32
155	1412	Alexandra Ferreira	run & fun	Veterana F40	01:12:18	+29:07	06:34
156	1045	Carlos Moreira	cin running	Senior Masculino	01:12:26	+29:15	06:35
157	1247	Filipe Oliveira	individual	Veterano M40	01:12:31	+29:20	06:36
158	1009	Amílcar Sanguedo	amigos 100 limites	Senior Masculino	01:13:06	+29:55	06:39
159	1383	Lucio Roberto Teixeira Gomes	nocturnos de paredes	Senior Masculino	01:13:13	+30:02	06:39
160	1382	Edmundo Oliveira	nocturnos de paredes	Senior Masculino	01:13:13	+30:02	06:39
161	1113	João Miguel Silva	gens sc trail	Senior Masculino	01:13:20	+30:09	06:40
162	1055	Tomás Paiva	coronado runners	Sub 23 Masculino	01:13:20	+30:09	06:40
163	1157	Gabriela Tavares	individual	Senior Feminino	01:13:49	+30:38	06:43
164	1388	Cláudia Motta	nocturnos de paredes	Veterana F40	01:13:54	+30:43	06:43
165	1367	Mário Magalhães	mss contabilidade trail team	Veterano M50	01:13:55	+30:44	06:43
166	1186	Pedro Campos	individual	Senior Masculino	01:14:04	+30:53	06:44
167	1095	Adriana Abreu	gansos	Veterana F50	01:14:06	+30:55	06:44
168	1026	Nelson Dias	anti-varizes	Senior Masculino	01:14:06	+30:55	06:44
169	1424	Fátima Aguiar	runriver - escola de atletismo de rio tinto	Veterana F50	01:14:07	+30:56	06:44
170	1340	Marlene Martins	mss contabilidade trail team	Veterana F40	01:14:16	+31:05	06:45
171	1302	Serafim Ferreira	runriver - escola de atletismo de rio tinto	Veterano M60	01:14:29	+31:18	06:46
172	1432	Hugo Santos	s4l | medense fc	Veterano M40	01:14:30	+31:19	06:46
173	1064	MANUEL OLIVEIRA	ddt runners	Veterano M40	01:14:38	+31:27	06:47
174	1027	Nuno Moreira	anti-varizes	Senior Masculino	01:14:55	+31:44	06:49
175	1460	Vitor Carvalho	xtrilhosteam	Senior Masculino	01:14:56	+31:45	06:49
176	1278	Sérgio Mota	individual	Veterano M40	01:15:11	+32:00	06:50
177	1295	Manuel Peixoto	individual	Veterano M50	01:15:15	+32:04	06:51

TRAIL CURTO - STAGE 1 — 11 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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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	1007	Sara Silva	amigos 100 limites	Senior Feminino	01:15:17	+32:06	06:51
179	1449	Henrique Pereira	turbolentos	Senior Masculino	01:15:18	+32:07	06:51
180	1245	David CARVALHO	individual	Veterano M40	01:15:18	+32:07	06:51
181	1461	VITOR SANTOS	xtrilhosteam	Senior Masculino	01:15:43	+32:32	06:53
182	1255	Jorge Pinheiro	individual	Veterano M40	01:15:53	+32:42	06:54
183	1162	Marta Oliveira	individual	Senior Feminino	01:16:00	+32:49	06:55
184	1429	Daniel Terra	s4l | medense fc	Senior Masculino	01:16:03	+32:52	06:55
185	1101	Bruna Peixoto	gdctunicre	Senior Feminino	01:16:09	+32:58	06:55
186	1225	Cândida Rodrigues	individual	Veterana F50	01:16:10	+32:59	06:55
187	1332	Paulo Silva	mss contabilidade trail team	Senior Masculino	01:16:10	+32:59	06:56
188	1040	Ana vilas	cf do perosinho - trail & running.	Veterana F50	01:16:33	+33:22	06:58
189	1445	RUI REBELO	ss montepio	Veterano M40	01:16:35	+33:24	06:58
190	1470	Fernando Rocha	individual	Veterano M40	01:16:51	+33:39	06:59
191	1238	Amilcar Castro	individual	Veterano M40	01:16:58	+33:47	07:00
192	1067	Cláudio Guarda	dói-me quase tudo...	Veterano M40	01:17:01	+33:50	07:00
193	1262	Paulo Freitas	individual	Veterano M40	01:17:01	+33:50	07:00
194	1188	Ricardo Pacheco	individual	Senior Masculino	01:17:05	+33:54	07:01
195	1250	Helder José Pereira Lourenço	individual	Veterano M40	01:17:07	+33:56	07:01
196	1384	Paulo Amorim	nocturnos de paredes	Senior Masculino	01:17:10	+33:59	07:01
197	1168	Abel Cardoso	individual	Senior Masculino	01:17:29	+34:18	07:03
198	1142	Maria Neves	grupo vilarinho cima	Veterana F40	01:17:45	+34:34	07:04
199	1087	David Manuel Neves de Sousa	fidelidade gdc	Veterano M40	01:18:14	+35:03	07:07
200	1326	Helder Silva	moreira relax runners	Veterano M40	01:18:15	+35:04	07:07
201	1304	Patrícia Sá	leões de tardariz trail	Senior Feminino	01:18:28	+35:16	07:08
202	1307	Salete Martins	leões de tardariz trail	Veterana F50	01:18:32	+35:21	07:08
203	1022	SERAFIM FONSECA	amigos de s.pedro da cova	Veterano M60	01:18:58	+35:47	07:11
204	1402	Ricardo Gomes	osfazconta	Veterano M50	01:19:05	+35:54	07:11
205	1422	Mário Todobom	run & fun	Veterano M50	01:19:21	+36:10	07:13
206	1092	José Mário Magalhães Pereira	fidelidade gdc	Veterano M60	01:19:23	+36:12	07:13
207	1023	António Barros	anti-varizes	Senior Masculino	01:19:24	+36:13	07:13
208	1267	Paulo Santos	individual	Veterano M40	01:19:28	+36:17	07:13
209	1021	joão fonseca	amigos de s.pedro da cova	Veterano M40	01:19:30	+36:19	07:14
210	1214	Célia Rego	individual	Veterana F40	01:19:39	+36:28	07:15
211	1078	Ana Neto	fc vizela	Veterana F40	01:19:48	+36:37	07:15
212	1249	francisco moreira	individual	Veterano M40	01:19:52	+36:41	07:16
213	1239	Ângelo Senra	individual	Veterano M40	01:19:53	+36:41	07:16
214	1373	Américo Leal	mss contabilidade trail team	Veterano M60	01:20:00	+36:49	07:16
215	1417	Maria Cainha	run & fun	Veterana F50	01:20:12	+37:01	07:17
216	1462	ARMANDO SILVA	xtrilhosteam	Veterano M40	01:20:14	+37:03	07:18
217	1161	Marlene Madureira	individual	Senior Feminino	01:20:17	+37:06	07:18
218	1175	Carlos Oliveira	individual	Senior Masculino	01:20:17	+37:06	07:18
219	1447	Elisio Dias	trepatrilhos trail team	Veterano M50	01:20:21	+37:10	07:18
220	1414	Isabel Sousa	run & fun	Veterana F40	01:20:21	+37:10	07:18
221	1286	eduardo castro	individual	Veterano M50	01:20:23	+37:12	07:18
222	1333	Sérgio Rocha	mss contabilidade trail team	Senior Masculino	01:20:26	+37:15	07:19
223	1338	Isabel Santos	mss contabilidade trail team	Veterana F40	01:20:26	+37:15	07:19

TRAIL CURTO - STAGE 1 — 11 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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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
224	1080	Carina de Jesus Oliveira Alves	fidelidade gdc	Senior Feminino	01:20:32	+37:21	07:19
225	1378	Fábio Santos	no fio da navalha	Senior Masculino	01:20:36	+37:25	07:20
226	1229	Herminia Oliveira	individual	Veterana F50	01:20:37	+37:26	07:20
227	1109	Sara Rodrigues	gens sc trail	Senior Feminino	01:21:20	+38:09	07:24
228	1129	Fernando Paiva	gens sc trail	Veterano M40	01:21:20	+38:09	07:24
229	1288	João Santana	individual	Veterano M50	01:21:27	+38:16	07:24
230	1060	NORMA GUEDES	ddt runners	Veterana F40	01:21:40	+38:29	07:26
231	1025	Carlos Santos	anti-varizes	Senior Masculino	01:21:54	+38:43	07:27
232	1438	António Pinheiro	sim summit	Veterano M40	01:21:56	+38:45	07:27
233	1264	PAULO LEMOS	individual	Veterano M40	01:22:17	+39:06	07:29
234	1418	Tita Lopes	run & fun	Veterana F50	01:23:09	+39:58	07:34
235	1299	Filipe Ramos	individual	Veterano M60	01:23:35	+40:24	07:36
236	1294	Manuel Paiva	individual	Veterano M50	01:23:51	+40:40	07:37
237	1046	Sergio Reis	cin running	Senior Masculino	01:24:33	+41:22	07:41
238	1393	Nuno Fernandes	opraticante.pt	Senior Masculino	01:24:34	+41:23	07:41
239	1282	ALCIDIO FIGUEIREDO	individual	Veterano M50	01:24:46	+41:35	07:42
240	1296	Miguel Flórido	individual	Veterano M50	01:24:46	+41:35	07:42
241	1343	Sara Patrícia Pereira Rocha	mss contabilidade trail team	Veterana F40	01:24:54	+41:43	07:43
242	1029	Tiago Carneiro	anti-varizes	Senior Masculino	01:24:55	+41:44	07:43
243	1233	Paula cristina Oliveira silva	individual	Veterana F50	01:25:32	+42:21	07:47
244	1108	Regina Silva	gens sc trail	Senior Feminino	01:25:34	+42:23	07:47
245	1368	Paulo Costa	mss contabilidade trail team	Veterano M50	01:25:42	+42:31	07:47
246	1032	Helena Cunha	arrastassolas	Veterana F40	01:26:02	+42:51	07:49
247	1031	Carla Moreira	arrastassolas	Veterana F40	01:26:03	+42:52	07:49
248	1364	José António Freitas	mss contabilidade trail team	Veterano M50	01:26:28	+43:17	07:52
249	1415	Silvia Ferreira	run & fun	Veterana F40	01:26:34	+43:23	07:52
250	1153	Dina Boieiro	individual	Senior Feminino	01:26:38	+43:27	07:53
251	1024	Antonio Vaz	anti-varizes	Senior Masculino	01:27:13	+44:02	07:56
252	1165	Sónia Maria Pinto Fortuna	individual	Senior Feminino	01:27:26	+44:15	07:57
253	1276	Rui Pedro Pinto da Silva	individual	Veterano M40	01:27:28	+44:17	07:57
254	1133	Pedro Soares	gens sc trail	Veterano M40	01:27:32	+44:21	07:58
255	1358	Ricardo Pinto	mss contabilidade trail team	Veterano M40	01:27:37	+44:26	07:58
256	1056	Carla Faria	coronado runners	Veterana F40	01:27:39	+44:28	07:58
257	1096	Flor Ribeiro	gansos	Veterana F50	01:27:45	+44:34	07:59
258	1446	Alexandra Valinhas	trepatrilhos trail team	Veterana F40	01:27:59	+44:48	08:00
259	1274	Rui Oliveira	individual	Veterano M40	01:28:02	+44:51	08:00
260	1395	Isabel Dourado	opraticante.pt	Veterana F40	01:28:03	+44:52	08:00
261	1138	Teresa Lourenço	global trade imobiliária	Veterana F40	01:28:05	+44:54	08:01
262	1083	Roberto Filipe Gato Henriques	fidelidade gdc	Senior Masculino	01:28:13	+45:02	08:01
263	1074	Ana Simoes	fama runners	Veterana F50	01:28:22	+45:11	08:02
264	1208	Ana Guerra	individual	Veterana F40	01:28:22	+45:11	08:02
265	1174	Carlos Ferreira	individual	Senior Masculino	01:28:23	+45:12	08:02
266	1073	Natalia Santos	fama runners	Veterana F40	01:28:23	+45:12	08:02
267	1076	Jorge Valle	fama runners	Veterano M50	01:28:24	+45:13	08:02
268	1141	Telmo Ferreira	gondomar futsal clube	Veterano M40	01:28:26	+45:14	08:02
269	1293	Manuel Brandão	individual	Veterano M50	01:28:34	+45:23	08:03

TRAIL CURTO - STAGE 1 — 11 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
270	1455	Jose Paupério	unstoppable team	Veterano M50	01:28:49	+45:38	08:05
271	1207	Tiago Couto	individual	Sub 23 Masculino	01:28:54	+45:43	08:05
272	1341	Rosa Oliveira	mss contabilidade trail team	Veterana F40	01:29:03	+45:52	08:06
273	1261	Paulo Ferreira	individual	Veterano M40	01:29:08	+45:57	08:06
274	1228	Eugênia Ferreira	individual	Veterana F50	01:29:08	+45:57	08:06
275	1155	Fernanda Simões	individual	Senior Feminino	01:29:11	+46:00	08:06
276	1171	Bruno Fernandes	individual	Senior Masculino	01:29:11	+46:00	08:06
277	1303	Lígia Ribeiro	leões de tardariz trail	Senior Feminino	01:29:17	+46:06	08:07
278	1222	Susana carneiro	individual	Veterana F40	01:29:35	+46:24	08:09
279	1273	Ricardo Peixinho	individual	Veterano M40	01:29:36	+46:25	08:09
280	1283	António Couto	individual	Veterano M50	01:29:50	+46:39	08:10
281	1377	Sara Barbosa	no fio da navalha	Senior Feminino	01:30:01	+46:50	08:11
282	1380	Helder Martins	no fio da navalha	Senior Masculino	01:30:02	+46:50	08:11
283	1390	Manuel Jorge	nusofáékébom	Veterano M50	01:30:11	+47:00	08:12
284	1465	Joaquim Ferreira	individual	Senior Masculino	01:30:16	+47:05	08:12
285	1075	Rosa Vilhena	fama runners	Veterana F60	01:30:31	+47:20	08:14
286	1242	Artur Fonseca	individual	Veterano M40	01:30:57	+47:46	08:16
287	1453	Susana Paupério	unstoppable team	Senior Feminino	01:31:04	+47:53	08:17
288	1305	Beatriz Moreira	leões de tardariz trail	Sub 23 Feminino	01:31:05	+47:54	08:17
289	1391	Helena Santos	opraticante.pt	Senior Feminino	01:31:08	+47:57	08:17
290	1017	Paula Moreira	amigos 100 limites	Veterana F50	01:31:10	+47:59	08:17
291	1289	José Barreira	individual	Veterano M50	01:31:23	+48:12	08:18
292	1147	Ana Marques	individual	Senior Feminino	01:31:57	+48:46	08:22
293	1097	Fernanda Santos	gansos	Veterana F60	01:32:58	+49:47	08:27
294	1467	Ana Sousa	individual	Veterana F50	01:33:12	+50:01	08:28
295	1194	Tiago Dias	individual	Senior Masculino	01:33:13	+50:02	08:28
296	1105	Ligia Oliveira	gens sc trail	Senior Feminino	01:33:17	+50:06	08:29
297	1110	Bruno Rocha	gens sc trail	Senior Masculino	01:33:18	+50:07	08:29
298	1277	Rui Teixeira	individual	Veterano M40	01:33:37	+50:26	08:31
299	1030	Pedro Santos	arcd venda da luísa	Veterano M40	01:34:06	+50:55	08:33
300	1187	Ricardo Manuel Branco Silva	individual	Senior Masculino	01:34:13	+51:02	08:34
301	1287	Filipe Matos	individual	Veterano M50	01:34:20	+51:09	08:35
302	1102	Ana Barros	gens sc trail	Senior Feminino	01:34:34	+51:23	08:36
303	1219	Márcia Luciana Silva	individual	Veterana F40	01:34:41	+51:30	08:36
304	1106	Marta Correia	gens sc trail	Senior Feminino	01:34:44	+51:33	08:37
305	1394	Helena Morim	opraticante.pt	Veterana F40	01:34:52	+51:41	08:38
306	1392	Jorge Dias	opraticante.pt	Senior Masculino	01:34:53	+51:42	08:38
307	1232	Maria Lina Rocha Cabral	individual	Veterana F50	01:34:58	+51:47	08:38
308	1227	Emília santos	individual	Veterana F50	01:35:25	+52:14	08:40
309	1319	Ricardo Pinho	let´sgoteam	Veterano M40	01:36:24	+53:13	08:46
310	1071	Marco Castro	douroconta - gabinete de apoio e contabilidade	Veterano M50	01:36:51	+53:40	08:48
311	1093	Sérgio Pedro Silva Vasconcelos Reis	fidelidade gdc	Veterano M60	01:37:13	+54:02	08:50
312	1301	José Manuel Magalhães Gomes Dara	individual	Veterano M60	01:38:00	+54:49	08:55
313	1435	Miguel Moura	s4l | medense fc	Veterano M40	01:38:14	+55:03	08:56

TRAIL CURTO - STAGE 1 — 11 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
314	1430	Iris Penetro Moura	s4l | medense fc	Sub 23 Feminino	01:38:16	+55:05	08:56
315	1423	Quinel Runner	run & fun	Veterano M60	01:38:49	+55:38	08:59
316	1068	Nuno Ribeiro	dói-me quase tudo...	Veterano M40	01:39:11	+56:00	09:01
317	1066	André Correia	dói-me quase tudo...	Veterano M40	01:39:11	+56:00	09:01
318	1059	ELÍSA RIBEIRO	ddt runners	Veterana F40	01:39:25	+56:14	09:02
319	1442	Afonso Pereira	sogima	Sub 23 Masculino	01:39:33	+56:22	09:03
320	1163	Paula Azevedo	individual	Senior Feminino	01:39:50	+56:39	09:05
321	1136	Luciano Silva	gens sc trail	Veterano M50	01:40:07	+56:56	09:06
322	1406	Rosa Bispo	pernas inertes lentos desde 2017	Veterana F60	01:40:51	+57:40	09:10
323	1127	Lurdes Sanguedo	gens sc trail	Veterana F50	01:41:32	+58:21	09:14
324	1154	Dora Pinto	individual	Senior Feminino	01:42:30	+59:19	09:19
325	1254	Jorge França	individual	Veterano M40	01:42:55	+59:44	09:21
326	1209	Ana Teixeira	individual	Veterana F40	01:43:00	+59:49	09:22
327	1370	Rui Machado	mss contabilidade trail team	Veterano M50	01:43:22	+01:00:11	09:24
328	1361	Catarina Pessoa	mss contabilidade trail team	Senior Feminino	01:43:43	+01:00:32	09:26
329	1159	Licínia Pinto	individual	Senior Feminino	01:43:48	+01:00:37	09:26
330	1300	Germano Moura	individual	Veterano M60	01:44:16	+01:01:05	09:29
331	1427	Lia Oliveira	s4l | medense fc	Senior Feminino	01:44:35	+01:01:24	09:31
332	1328	Raquel Marques	mss contabilidade trail team	Senior Feminino	01:44:35	+01:01:24	09:31
333	1339	Marina Silva Sousa	mss contabilidade trail team	Veterana F40	01:44:35	+01:01:24	09:31
334	1354	José Alberto Pires	mss contabilidade trail team	Veterano M40	01:44:55	+01:01:44	09:32
335	1257	José Carlos Barbosa silva	individual	Veterano M50	01:45:00	+01:01:49	09:33
336	1224	Ana Silva	individual	Veterana F50	01:45:01	+01:01:50	09:33
337	1019	Nélson Fernendes	amigos 100 limites	Veterano M40	01:45:29	+01:02:18	09:35
338	1006	Nádia Fernendes	amigos 100 limites	Senior Feminino	01:45:31	+01:02:20	09:36
339	1337	Filipa Costa	mss contabilidade trail team	Sub 23 Feminino	01:45:37	+01:02:26	09:36
340	1362	Edilberto Costa	mss contabilidade trail team	Veterano M50	01:45:38	+01:02:26	09:36
341	1336	Ana Costa	mss contabilidade trail team	Sub 23 Feminino	01:45:38	+01:02:27	09:36
342	1344	Elisabete Costa	mss contabilidade trail team	Veterana F50	01:45:38	+01:02:27	09:36
343	1181	luis miguel peixoto pereira	individual	Senior Masculino	01:45:51	+01:02:40	09:37
344	1130	Miguel Pinto Araujo	gens sc trail	Veterano M40	01:45:51	+01:02:40	09:37
345	1041	Gabriela Phalempin	chapéus de palha	Senior Feminino	01:46:27	+01:03:16	09:41
346	1044	Pedro Dinis	chapéus de palha	Senior Masculino	01:46:27	+01:03:16	09:41
347	1151	Cláudia Cardoso	individual	Senior Feminino	01:48:04	+01:04:53	09:50
348	1126	Teresa Pereira	gens sc trail	Veterana F40	01:49:11	+01:06:00	09:56
349	1125	Paula Pinto	gens sc trail	Veterana F40	01:49:12	+01:06:01	09:56
350	1121	Cristina Lima	gens sc trail	Veterana F40	01:49:34	+01:06:23	09:58
351	1061	SÓNIA MENDES	ddt runners	Veterana F40	01:50:10	+01:06:59	10:01
352	1407	José Pires Lima	pernas inertes lentos desde 2017	Veterano M60	01:50:14	+01:07:03	10:01
353	1215	Cristina Durães	individual	Veterana F40	01:50:19	+01:07:08	10:02
354	1150	Carolina Silva	individual	Senior Feminino	01:50:19	+01:07:08	10:02
355	1443	José Pinheiro	sogima	Veterano M40	01:50:24	+01:07:13	10:02
356	1325	Andreia coelho	monte dos amigos	Veterana F40	01:50:25	+01:07:14	10:02
357	1062	BRUNO CARDOSO	ddt runners	Veterano M40	01:50:29	+01:07:18	10:03
358	1308	Sandra Silva	leões de tardariz trail	Veterana F50	01:50:33	+01:07:22	10:03
359	1309	Teresa Pinto	leões de tardariz trail	Veterana F50	01:50:35	+01:07:23	10:03

TRAIL CURTO - STAGE 1 11 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

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
360	1234	Irene Nunes	individual	Veterana F60	01:53:15	+01:10:04	10:18
361	1183	NUNO FILIPE CARDOSO MATEUS	individual	Senior Masculino	01:53:28	+01:10:17	10:19
362	1266	PAULO PEREIRA	individual	Veterano M40	01:53:28	+01:10:17	10:19
363	1275	Rui Paiva	individual	Veterano M40	01:53:28	+01:10:17	10:19
364	1145	Sandra Vasconcelos	impáquitando!	Veterana F40	01:54:24	+01:11:13	10:24
365	1144	Vanda Rodrigues	impáquitando!	Senior Feminino	01:54:24	+01:11:13	10:24
366	1164	Sofia Dias	individual	Senior Feminino	01:54:39	+01:11:28	10:25
367	1158	Isabel Patrícia Carvalho Ferreira	individual	Senior Feminino	01:54:40	+01:11:29	10:26
368	1212	Carla Moreira	individual	Veterana F40	01:55:42	+01:12:30	10:31
369	1218	Manuela Azevedo	individual	Veterana F40	01:55:42	+01:12:31	10:31
370	1317	António Teixeira	let´sgoteam	Veterano M40	01:56:22	+01:13:11	10:35
371	1316	Sónia Teixeira	let´sgoteam	Veterana F40	01:56:22	+01:13:11	10:35
372	1351	Filipe Azevedo	mss contabilidade trail team	Veterano M40	01:56:33	+01:13:22	10:36
373	1313	Diana Pinho	let´sgoteam	Veterana F40	01:58:00	+01:14:49	10:44
374	1198	Cristiana Campos	individual	Sub 23 Feminino	01:59:44	+01:16:33	10:53
375	1230	Isabel Vilas Boas	individual	Veterana F50	01:59:44	+01:16:33	10:53
376	1312	Maria Gomes	let´sgoteam	Senior Feminino	02:00:05	+01:16:53	10:55
377	1314	Dulce Monteiro	let´sgoteam	Veterana F40	02:00:05	+01:16:54	10:55
378	1318	Jorge Rosário	let´sgoteam	Veterano M40	02:00:05	+01:16:54	10:55
379	1220	Raquel Santos	individual	Veterana F40	02:03:28	+01:20:17	11:13
380	1269	Pedro Neves	individual	Veterano M40	02:03:29	+01:20:18	11:14
381	1223	Susana Cristina Resende Correia	individual	Veterana F40	02:08:40	+01:25:29	11:42
382	1148	Ana Paula Costa	individual	Senior Feminino	02:08:41	+01:25:30	11:42
383	1081	Mafalda Sofia Teixeira Moreira	fidelidade gdc	Senior Feminino	02:14:40	+01:31:29	12:15
384	1084	Maria Emilia Teixeira Moreira	fidelidade gdc	Veterana F50	02:14:40	+01:31:29	12:15
385	1403	Ana Teixeira	pé ligeiro	Senior Feminino	02:14:55	+01:31:44	12:16
386	1193	Telmo Matos	individual	Senior Masculino	02:14:55	+01:31:44	12:16
387	1404	Sónia Carvalho	pé ligeiro	Veterana F40	02:15:08	+01:31:57	12:17
388	1437	Sara Viana	santos	Veterana F40	02:16:50	+01:33:39	12:26
389	1436	Isabel Santos	santos	Veterana F40	02:16:50	+01:33:39	12:26
390	1119	Francisco Barbot Oliveira	gens sc trail	Sub 23 Masculino	02:18:08	+01:34:57	12:33
391	1124	Mª Antónia Barbot Oliveira	gens sc trail	Veterana F40	02:18:08	+01:34:57	12:34
392	1118	Pedro Barbot Oliveira	gens sc trail	Senior Masculino	02:18:09	+01:34:58	12:34
393	1135	Eduardo Barbot Oliveira	gens sc trail	Veterano M50	02:18:10	+01:34:59	12:34
394	1107	Paula Vale	gens sc trail	Senior Feminino	02:22:14	+01:39:03	12:56
395	1123	Eliana Oliveira	gens sc trail	Veterana F40	02:22:16	+01:39:05	12:56
396	1131	Paulo Pereira	gens sc trail	Veterano M40	02:22:16	+01:39:05	12:56
397	1128	Maria Manuela Costa	gens sc trail	Veterana F50	02:22:16	+01:39:05	12:56
398	1346	Natalina Videira	mss contabilidade trail team	Veterana F50	02:22:57	+01:39:46	13:00
399	1439	Andreia Dias	só vim para ver	Senior Feminino	02:29:03	+01:45:52	13:33
400	1440	Angela Aguiar	só vim para ver	Senior Feminino	02:29:03	+01:45:52	13:33
401	1156	Filipa Castro	individual	Senior Feminino	02:29:04	+01:45:52	13:33
402	1441	Carina Marú	só vim para ver	Veterana F40	02:29:05	+01:45:54	13:33
403	1182	Miguel Garcia	individual	Senior Masculino	02:29:23	+01:46:12	13:35

TRAIL CURTO - STAGE 1 — 11 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
404	1085	Maria Margarida Pereira Moreira	fidelidade gdc	Veterana F50	02:40:46	+01:57:35	14:37
405	1091	José Francisco Marques Moreira	fidelidade gdc	Veterano M50	02:40:47	+01:57:36	14:37
406	1089	João Manuel Marques Moreira	fidelidade gdc	Veterano M50	02:40:47	+01:57:36	14:37
407	1086	Sandra Maria Carvalho Cepeda	fidelidade gdc	Veterana F50	02:40:48	+01:57:37	14:37
408	1211	Andreia Preciosa Lopes Pessoa	individual	Veterana F40	03:09:28	+02:26:17	17:14

lap2go TIMING SOLUTION

Trail das Nozes
Gondomar
30-outubro-2022

Trail Curto

11 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	09:10	13,6ºC	94%
End	12:39	13,6ºC	94%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1468	Bertina Ferreira	Individual	Senior Feminino	01:03:52	+20:41	05:48
2	1166	Telma Sousa	Individual	Senior Feminino	01:04:44	+21:33	05:53
3	1167	Vera Moreira	Individual	Senior Feminino	01:05:20	+22:09	05:56
4	1399	Daniela Moutinho	Os Preguiças Team	Senior Feminino	01:06:55	+23:44	06:05
5	1408	Ana Pereira	Qualidade MC	Senior Feminino	01:07:20	+24:09	06:07
6	1398	Clara Teixeira	Os Preguiças Team	Senior Feminino	01:09:12	+26:01	06:17
7	1149	carla martins	RunRiver - Escola de Atletismo de Rio Tinto	Senior Feminino	01:10:00	+26:49	06:22
8	1037	CÉLINE GOMES	CDCR CTT PORTO	Senior Feminino	01:10:39	+27:28	06:25
9	1160	Liliana Estêvão	Individual	Senior Feminino	01:11:26	+28:14	06:30
10	1157	Gabriela Tavares	Individual	Senior Feminino	01:13:49	+30:38	06:43
11	1007	Sara Silva	Amigos 100 Limites	Senior Feminino	01:15:17	+32:06	06:51
12	1162	Marta Oliveira	Individual	Senior Feminino	01:16:00	+32:49	06:55
13	1101	Bruna Peixoto	GDCTunicre	Senior Feminino	01:16:09	+32:58	06:55
14	1304	Patrícia Sá	Leões de Tardariz Trail	Senior Feminino	01:18:28	+35:16	07:08
15	1161	Marlene Madureira	Individual	Senior Feminino	01:20:17	+37:06	07:18
16	1080	Carina de Jesus Oliveira Alves	Fidelidade GDC	Senior Feminino	01:20:32	+37:21	07:19
17	1109	Sara Rodrigues	Gens SC Trail	Senior Feminino	01:21:20	+38:09	07:24
18	1108	Regina Silva	Gens SC Trail	Senior Feminino	01:25:34	+42:23	07:47
19	1153	Dina Boieiro	Individual	Senior Feminino	01:26:38	+43:27	07:53
20	1165	Sónia Maria Pinto Fortuna	Individual	Senior Feminino	01:27:26	+44:15	07:57
21	1155	Fernanda Simões	Individual	Senior Feminino	01:29:11	+46:00	08:06
22	1303	Lígia Ribeiro	Leões de Tardariz Trail	Senior Feminino	01:29:17	+46:06	08:07
23	1377	Sara Barbosa	No fio da Navalha	Senior Feminino	01:30:01	+46:50	08:11
24	1453	Susana Paupério	Unstoppable team	Senior Feminino	01:31:04	+47:53	08:17
25	1391	Helena Santos	OPraticante.pt	Senior Feminino	01:31:08	+47:57	08:17
26	1147	Ana Marques	Individual	Senior Feminino	01:31:57	+48:46	08:22
27	1105	Ligia Oliveira	Gens SC Trail	Senior Feminino	01:33:17	+50:06	08:29
28	1102	Ana Barros	Gens SC Trail	Senior Feminino	01:34:34	+51:23	08:36
29	1106	Marta Correia	Gens SC Trail	Senior Feminino	01:34:44	+51:33	08:37
30	1163	Paula Azevedo	Individual	Senior Feminino	01:39:50	+56:39	09:05
31	1154	Dora Pinto	Individual	Senior Feminino	01:42:30	+59:19	09:19
32	1361	Catarina Pessoa	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	01:43:43	+01:00:32	09:26
33	1159	Licínia Pinto	Individual	Senior Feminino	01:43:48	+01:00:37	09:26
34	1427	Lia Oliveira	S4l | Medense Fc	Senior Feminino	01:44:35	+01:01:24	09:31
35	1328	Raquel Marques	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	01:44:35	+01:01:24	09:31
36	1006	Nádia Fernendes	Amigos 100 Limites	Senior Feminino	01:45:31	+01:02:20	09:36
37	1041	Gabriela Phalempin	Chapéus De Palha	Senior Feminino	01:46:27	+01:03:16	09:41

Trail Curto

11 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

38	1151	Cláudia Cardoso	Individual	Senior Feminino	01:48:04	+01:04:53	09:50
39	1150	Carolina Silva	Individual	Senior Feminino	01:50:19	+01:07:08	10:02
40	1144	Vanda Rodrigues	Impáquitando!	Senior Feminino	01:54:24	+01:11:13	10:24
41	1164	Sofia Dias	Individual	Senior Feminino	01:54:39	+01:11:28	10:25
42	1158	Isabel Patrícia Carvalho Ferreira	Individual	Senior Feminino	01:54:40	+01:11:29	10:26
43	1312	Maria Gomes	Let´sGoTeam	Senior Feminino	02:00:05	+01:16:53	10:55
44	1148	Ana Paula Costa	Individual	Senior Feminino	02:08:41	+01:25:30	11:42
45	1081	Mafalda Sofia Teixeira Moreira	Fidelidade GDC	Senior Feminino	02:14:40	+01:31:29	12:15
46	1403	Ana Teixeira	Pé ligeiro	Senior Feminino	02:14:55	+01:31:44	12:16
47	1107	Paula Vale	Gens SC Trail	Senior Feminino	02:22:14	+01:39:03	12:56
48	1439	Andreia Dias	Só vim para ver	Senior Feminino	02:29:03	+01:45:52	13:33
49	1440	Angela Aguiar	Só vim para ver	Senior Feminino	02:29:03	+01:45:52	13:33
50	1156	Filipa Castro	Individual	Senior Feminino	02:29:04	+01:45:52	13:33

Senior Masculino

1	1001	Samuel Silva	Ad MARCO 09	Senior Masculino	43:11		03:56
2	1054	Tiago Pinheiro	Coronado runners	Senior Masculino	43:14	+00:03	03:56
3	1329	Fábio Miguel Sousa	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	45:35	+02:24	04:09
4	1010	António Gonçalves	Amigos 100 Limites	Senior Masculino	46:45	+03:34	04:15
5	1069	Bruno Santos	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	47:40	+04:29	04:20
6	1180	Luís Gonzaga	Individual	Senior Masculino	47:40	+04:29	04:20
7	1428	Andre Filipe Oliveira Almeida	S4l | Medense Fc	Senior Masculino	48:52	+05:41	04:27
8	1466	Diogo Parente	Individual	Senior Masculino	50:00	+06:48	04:33
9	1385	Pedro Mendes	NOCTURNOS DE PAREDES	Senior Masculino	50:56	+07:45	04:38
10	1176	Fernando Alves	Individual	Senior Masculino	51:38	+08:27	04:42
11	1323	Gilberto Machado	Louredo trail running	Senior Masculino	52:08	+08:57	04:44
12	1008	Alcino Silva	Amigos 100 Limites	Senior Masculino	52:46	+09:35	04:48
13	1015	Tiago Moreira	Amigos 100 Limites	Senior Masculino	52:56	+09:45	04:49
14	1013	Fábio Moreira	Amigos 100 Limites	Senior Masculino	53:22	+10:11	04:51
15	1330	José Conceição	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	54:30	+11:19	04:57
16	1077	Ricardo Ferreira	FC Cête	Senior Masculino	56:51	+13:40	05:10
17	1114	José Azevedo	Gens SC Trail	Senior Masculino	57:25	+14:14	05:13
18	1170	Bruno Coelho	Individual	Senior Masculino	58:08	+14:57	05:17
19	1047	Tiago pinheiro	Clube de atletismo Afipre team	Senior Masculino	58:31	+15:20	05:19
20	1458	BRUNO PEDROSA	XTRILHOSTEAM	Senior Masculino	59:12	+16:01	05:23
21	112	Pedro Viana	S4l | Medense Fc	Senior Masculino	01:00:53	+17:42	05:32
22	1178	Hélder freitas	Individual	Senior Masculino	01:01:01	+17:50	05:33
23	1179	Hélder Mendes	Individual	Senior Masculino	01:02:21	+19:10	05:40
24	1459	André Goncalves	XTRILHOSTEAM	Senior Masculino	01:02:36	+19:25	05:41
25	1197	Tiago Seabra	Individual	Senior Masculino	01:02:53	+19:42	05:43
26	1195	Tiago Dias	Individual	Senior Masculino	01:03:25	+20:14	05:46
27	1335	Zaza Emmanuel	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:03:43	+20:32	05:48

Trail Curto

11 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

28	1185	Paulo Ricardo Pereira da Costa	Individual	Senior Masculino	01:03:44	+20:33	05:48
29	1409	Bruno Dias	Qualidade MC	Senior Masculino	01:03:48	+20:37	05:48
30	1172	Bruno Madureira	Individual	Senior Masculino	01:04:19	+21:08	05:51
31	1190	Ruben Moreira	Individual	Senior Masculino	01:04:37	+21:26	05:52
32	1184	Nuno Silva	Individual	Senior Masculino	01:04:38	+21:27	05:53
33	1117	Nelson Fernandes	Gens SC Trail	Senior Masculino	01:04:47	+21:36	05:53
34	1400	Fernando Teixeira	Os Preguiças Team	Senior Masculino	01:05:18	+22:07	05:56
35	1375	Rui Ferreira	NBA Barrosas	Senior Masculino	01:06:03	+22:52	06:00
36	1196	Tiago Pereira	Individual	Senior Masculino	01:06:16	+23:05	06:02
37	1169	André Ferreira	Individual	Senior Masculino	01:06:39	+23:28	06:04
38	1137	Jorge Santos	Global Trade Imobiliária	Senior Masculino	01:06:45	+23:34	06:04
39	1012	Claude Pinto	Amigos 100 Limites	Senior Masculino	01:07:03	+23:52	06:06
40	1011	Bruce Teixeira	Amigos 100 Limites	Senior Masculino	01:07:03	+23:52	06:06
41	1191	RUI Costa	Individual	Senior Masculino	01:07:15	+24:04	06:07
42	1173	Bruno Silva	Individual	Senior Masculino	01:07:39	+24:28	06:09
43	1111	Igor Santos	Gens SC Trail	Senior Masculino	01:07:44	+24:33	06:10
44	1143	Jose Pinho	Homens de Ferro	Senior Masculino	01:08:06	+24:55	06:11
45	1115	José Pedro Arlindo	Gens SC Trail	Senior Masculino	01:09:06	+25:55	06:17
46	1116	Mário Santos	Gens SC Trail	Senior Masculino	01:10:08	+26:57	06:23
47	1454	Bruno Almeida	Unstoppable team	Senior Masculino	01:10:30	+27:19	06:25
48	1112	João Inácio	Gens SC Trail	Senior Masculino	01:11:05	+27:54	06:28
49	1189	Rogério Oliveira	Individual	Senior Masculino	01:11:26	+28:15	06:30
50	1035	Pedro Rodrigues	Boavista trail	Senior Masculino	01:11:44	+28:33	06:31
51	1379	FABIO SILVA	No fio da Navalha	Senior Masculino	01:11:47	+28:36	06:32
52	1410	Hugo Leitão	Qualidade MC	Senior Masculino	01:11:48	+28:37	06:32
53	1045	Carlos Moreira	Cin Running	Senior Masculino	01:12:26	+29:15	06:35
54	1009	Amílcar Sanguedo	Amigos 100 Limites	Senior Masculino	01:13:06	+29:55	06:39
55	1383	Lucio Roberto Teixeira Gomes	NOCTURNOS DE PAREDES	Senior Masculino	01:13:13	+30:02	06:39
56	1382	Edmundo Oliveira	NOCTURNOS DE PAREDES	Senior Masculino	01:13:13	+30:02	06:39
57	1113	João Miguel Silva	Gens SC Trail	Senior Masculino	01:13:20	+30:09	06:40
58	1186	Pedro Campos	Individual	Senior Masculino	01:14:04	+30:53	06:44
59	1026	Nelson Dias	Anti-Varizes	Senior Masculino	01:14:06	+30:55	06:44
60	1027	Nuno Moreira	Anti-Varizes	Senior Masculino	01:14:55	+31:44	06:49
61	1460	Vitor Carvalho	XTRILHOSTEAM	Senior Masculino	01:14:56	+31:45	06:49
62	1449	Henrique Pereira	TURBOLENTOS	Senior Masculino	01:15:18	+32:07	06:51
63	1461	VITOR SANTOS	XTRILHOSTEAM	Senior Masculino	01:15:43	+32:32	06:53
64	1429	Daniel Terra	S4l | Medense Fc	Senior Masculino	01:16:03	+32:52	06:55
65	1332	Paulo Silva	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:16:10	+32:59	06:56
66	1188	Ricardo Pacheco	Individual	Senior Masculino	01:17:05	+33:54	07:01
67	1384	Paulo Amorim	NOCTURNOS DE PAREDES	Senior Masculino	01:17:10	+33:59	07:01
68	1168	Abel Cardoso	Individual	Senior Masculino	01:17:29	+34:18	07:03
69	1023	António Barros	Anti-Varizes	Senior Masculino	01:19:24	+36:13	07:13
70	1175	Carlos Oliveira	Individual	Senior Masculino	01:20:17	+37:06	07:18
71	1333	Sérgio Rocha	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:20:26	+37:15	07:19
72	1378	Fábio Santos	No fio da Navalha	Senior Masculino	01:20:36	+37:25	07:20

Trail Curto

11 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

73	1025	Carlos Santos	Anti-Varizes	Senior Masculino	01:21:54	+38:43	07:27
74	1046	Sergio Reis	Cin Running	Senior Masculino	01:24:33	+41:22	07:41
75	1393	Nuno Fernandes	OPraticante.pt	Senior Masculino	01:24:34	+41:23	07:41
76	1029	Tiago Carneiro	Anti-Varizes	Senior Masculino	01:24:55	+41:44	07:43
77	1024	Antonio Vaz	Anti-Varizes	Senior Masculino	01:27:13	+44:02	07:56
78	1083	Roberto Filipe Gato Henriques	Fidelidade GDC	Senior Masculino	01:28:13	+45:02	08:01
79	1174	Carlos Ferreira	Individual	Senior Masculino	01:28:23	+45:12	08:02
80	1171	Bruno Fernandes	Individual	Senior Masculino	01:29:11	+46:00	08:06
81	1380	Helder Martins	No fio da Navalha	Senior Masculino	01:30:02	+46:50	08:11
82	1465	Joaquim Ferreira	Individual	Senior Masculino	01:30:16	+47:05	08:12
83	1194	Tiago Dias	Individual	Senior Masculino	01:33:13	+50:02	08:28
84	1110	Bruno Rocha	Gens SC Trail	Senior Masculino	01:33:18	+50:07	08:29
85	1187	Ricardo Manuel Branco Silva	Individual	Senior Masculino	01:34:13	+51:02	08:34
86	1392	Jorge Dias	OPraticante.pt	Senior Masculino	01:34:53	+51:42	08:38
87	1181	luis miguel peixoto pereira	Individual	Senior Masculino	01:45:51	+01:02:40	09:37
88	1044	Pedro Dinis	Chapéus De Palha	Senior Masculino	01:46:27	+01:03:16	09:41
89	1183	NUNO FILIPE CARDOSO MATEUS	Individual	Senior Masculino	01:53:28	+01:10:17	10:19
90	1193	Telmo Matos	Individual	Senior Masculino	02:14:55	+01:31:44	12:16
91	1118	Pedro Barbot Oliveira	Gens SC Trail	Senior Masculino	02:18:09	+01:34:58	12:34
92	1182	Miguel Garcia	Individual	Senior Masculino	02:29:23	+01:46:12	13:35

Sub 23 Feminino

1	1305	Beatriz Moreira	Leões de Tardariz Trail	Sub 23 Feminino	01:31:05	+47:54	08:17
2	1430	Iris Penetro Moura	S4l | Medense Fc	Sub 23 Feminino	01:38:16	+55:05	08:56
3	1337	Filipa Costa	MSS CONTABILIDADE TRAIL TEAM	Sub 23 Feminino	01:45:37	+01:02:26	09:36
4	1336	Ana Costa	MSS CONTABILIDADE TRAIL TEAM	Sub 23 Feminino	01:45:38	+01:02:27	09:36
5	1198	Cristiana Campos	Individual	Sub 23 Feminino	01:59:44	+01:16:33	10:53

Sub 23 Masculino

1	1120	Leonel Neves	Gens SC Trail	Sub 23 Masculino	55:58	+12:47	05:05
2	1199	Gonçalo Cunha	Individual	Sub 23 Masculino	57:31	+14:20	05:14
3	1203	João Teixeira	Individual	Sub 23 Masculino	01:06:31	+23:20	06:03
4	1201	João leal	Individual	Sub 23 Masculino	01:06:34	+23:23	06:03
5	1200	Gonçalo Viana	Individual	Sub 23 Masculino	01:07:38	+24:27	06:09
6	1206	Marco António Da Silva Armindo	Individual	Sub 23 Masculino	01:09:02	+25:50	06:17
7	1204	Jorge Freitas	Individual	Sub 23 Masculino	01:10:20	+27:09	06:24
8	1055	Tomás Paiva	Coronado runners	Sub 23 Masculino	01:13:20	+30:09	06:40
9	1207	Tiago Couto	Individual	Sub 23 Masculino	01:28:54	+45:43	08:05
10	1442	Afonso Pereira	SOGIMA	Sub 23 Masculino	01:39:33	+56:22	09:03
11	1119	Francisco Barbot Oliveira	Gens SC Trail	Sub 23 Masculino	02:18:08	+01:34:57	12:33

Trail Curto

11 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

Veterana F40

1	1306	Jesus Castro	Leões de Tardariz Trail	Veterana F40	01:05:01	+21:50	05:55
2	1016	Patrícia Conceição	Amigos 100 Limites	Veterana F40	01:08:10	+24:59	06:12
3	1401	Liliana Loureiro	Os Preguiças Team	Veterana F40	01:09:00	+25:49	06:16
4	1431	Susana Silva	S4l | Medense Fc	Veterana F40	01:09:15	+26:04	06:18
5	1413	Céu Vilar	Run & Fun	Veterana F40	01:11:51	+28:40	06:32
6	1412	Alexandra Ferreira	Run & Fun	Veterana F40	01:12:18	+29:07	06:34
7	1388	Cláudia Motta	NOCTURNOS DE PAREDES	Veterana F40	01:13:54	+30:43	06:43
8	1340	Marlene Martins	MSS CONTABILIDADE TRAIL TEAM	Veterana F40	01:14:16	+31:05	06:45
9	1142	Maria Neves	Grupo Vilarinho Cima	Veterana F40	01:17:45	+34:34	07:04
10	1214	Célia Rego	Individual	Veterana F40	01:19:39	+36:28	07:15
11	1078	Ana Neto	Fc Vizela	Veterana F40	01:19:48	+36:37	07:15
12	1414	Isabel Sousa	Run & Fun	Veterana F40	01:20:21	+37:10	07:18
13	1338	Isabel Santos	MSS CONTABILIDADE TRAIL TEAM	Veterana F40	01:20:26	+37:15	07:19
14	1060	NORMA GUEDES	DDT RUNNERS	Veterana F40	01:21:40	+38:29	07:26
15	1343	Sara Patrícia Pereira Rocha	MSS CONTABILIDADE TRAIL TEAM	Veterana F40	01:24:54	+41:43	07:43
16	1032	Helena Cunha	ARRASTASSOLAS	Veterana F40	01:26:02	+42:51	07:49
17	1031	Carla Moreira	ARRASTASSOLAS	Veterana F40	01:26:03	+42:52	07:49
18	1415	Silvia Ferreira	RUN & FUN	Veterana F40	01:26:34	+43:23	07:52
19	1056	Carla Faria	Coronado runners	Veterana F40	01:27:39	+44:28	07:58
20	1446	Alexandra Valinhas	TrepaTrilhos Trail Team	Veterana F40	01:27:59	+44:48	08:00
21	1395	Isabel Dourado	OPraticante.pt	Veterana F40	01:28:03	+44:52	08:00
22	1138	Teresa Lourenço	Global Trade Imobiliária	Veterana F40	01:28:05	+44:54	08:01
23	1208	Ana Guerra	Individual	Veterana F40	01:28:22	+45:11	08:02
24	1073	Natalia Santos	FAMA RUNNERS	Veterana F40	01:28:23	+45:12	08:02
25	1341	Rosa Oliveira	MSS CONTABILIDADE TRAIL TEAM	Veterana F40	01:29:03	+45:52	08:06
26	1222	Susana carneiro	Individual	Veterana F40	01:29:35	+46:24	08:09
27	1219	Márcia Luciana Silva	Individual	Veterana F40	01:34:41	+51:30	08:36
28	1394	Helena Morim	OPraticante.pt	Veterana F40	01:34:52	+51:41	08:38
29	1059	ELÍSA RIBEIRO	DDT RUNNERS	Veterana F40	01:39:25	+56:14	09:02
30	1209	Ana Teixeira	Individual	Veterana F40	01:43:00	+59:49	09:22
31	1339	Marina Silva Sousa	MSS CONTABILIDADE TRAIL TEAM	Veterana F40	01:44:35	+01:01:24	09:31
32	1126	Teresa Pereira	Gens SC Trail	Veterana F40	01:49:11	+01:06:00	09:56
33	1125	Paula Pinto	Gens SC Trail	Veterana F40	01:49:12	+01:06:01	09:56
34	1121	Cristina Lima	Gens SC Trail	Veterana F40	01:49:34	+01:06:23	09:58
35	1061	SÓNIA MENDES	DDT RUNNERS	Veterana F40	01:50:10	+01:06:59	10:01
36	1215	Cristina Durães	Individual	Veterana F40	01:50:19	+01:07:08	10:02
37	1325	Andreia coelho	Monte dos Amigos	Veterana F40	01:50:25	+01:07:14	10:02
38	1145	Sandra Vasconcelos	Impáquitando!	Veterana F40	01:54:24	+01:11:13	10:24
39	1212	Carla Moreira	Individual	Veterana F40	01:55:42	+01:12:30	10:31
40	1218	Manuela Azevedo	Individual	Veterana F40	01:55:42	+01:12:31	10:31
41	1316	Sónia Teixeira	Let´sGoTeam	Veterana F40	01:56:22	+01:13:11	10:35

Trail Curto

11 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

42	1313	Diana Pinho	Let´sGoTeam	Veterana F40	01:58:00	+01:14:49	10:44
43	1314	Dulce Monteiro	Let´sGoTeam	Veterana F40	02:00:05	+01:16:54	10:55
44	1220	Raquel Santos	Individual	Veterana F40	02:03:28	+01:20:17	11:13
45	1223	Susana Cristina Resende Correia	Individual	Veterana F40	02:08:40	+01:25:29	11:42
46	1404	Sónia Carvalho	Pé ligeiro	Veterana F40	02:15:08	+01:31:57	12:17
47	1437	Sara Viana	SANTOS	Veterana F40	02:16:50	+01:33:39	12:26
48	1436	Isabel Santos	SANTOS	Veterana F40	02:16:50	+01:33:39	12:26
49	1124	Mª Antónia Barbot Oliveira	Gens SC Trail	Veterana F40	02:18:08	+01:34:57	12:34
50	1123	Eliana Oliveira	Gens SC Trail	Veterana F40	02:22:16	+01:39:05	12:56
51	1441	Carina Marú	Só vim para ver	Veterana F40	02:29:05	+01:45:54	13:33
52	1211	Andreia Preciosa Lopes Pessoa	Individual	Veterana F40	03:09:28	+02:26:17	17:14

Veterana F50

1	1140	Margarida Oliveira	GONDOMAR FUTSAL CLUBE	Veterana F50	01:03:36	+20:25	05:47
2	1231	Madalena Gonçalves	Individual	Veterana F50	01:04:10	+20:59	05:50
3	1416	Cristina Sousa	Run & Fun	Veterana F50	01:08:54	+25:43	06:16
4	1095	Adriana Abreu	gansos	Veterana F50	01:14:06	+30:55	06:44
5	1424	Fátima Aguiar	RunRiver - Escola de Atletismo de Rio Tinto	Veterana F50	01:14:07	+30:56	06:44
6	1225	Cândida Rodrigues	Individual	Veterana F50	01:16:10	+32:59	06:55
7	1040	Ana vilas	CF do Perosinho - Trail & running.	Veterana F50	01:16:33	+33:22	06:58
8	1307	Salete Martins	Leões de Tardariz Trail	Veterana F50	01:18:32	+35:21	07:08
9	1417	Maria Cainha	Run & Fun	Veterana F50	01:20:12	+37:01	07:17
10	1229	Herminia Oliveira	Individual	Veterana F50	01:20:37	+37:26	07:20
11	1418	Tita Lopes	Run & Fun	Veterana F50	01:23:09	+39:58	07:34
12	1233	Paula cristina Oliveira silva	Individual	Veterana F50	01:25:32	+42:21	07:47
13	1096	Flor Ribeiro	gansos	Veterana F50	01:27:45	+44:34	07:59
14	1074	Ana Simoes	FAMA RUNNERS	Veterana F50	01:28:22	+45:11	08:02
15	1228	Eugênia Ferreira	Individual	Veterana F50	01:29:08	+45:57	08:06
16	1017	Paula Moreira	Amigos 100 Limites	Veterana F50	01:31:10	+47:59	08:17
17	1467	Ana Sousa	Individual	Veterana F50	01:33:12	+50:01	08:28
18	1232	Maria Lina Rocha Cabral	Individual	Veterana F50	01:34:58	+51:47	08:38
19	1227	Emília santos	Individual	Veterana F50	01:35:25	+52:14	08:40
20	1127	Lurdes Sanguedo	Gens SC Trail	Veterana F50	01:41:32	+58:21	09:14
21	1224	Ana Silva	Individual	Veterana F50	01:45:01	+01:01:50	09:33
22	1344	Elisabete Costa	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	01:45:38	+01:02:27	09:36
23	1308	Sandra Silva	Leões de Tardariz Trail	Veterana F50	01:50:33	+01:07:22	10:03
24	1309	Teresa Pinto	Leões de Tardariz Trail	Veterana F50	01:50:35	+01:07:23	10:03
25	1230	Isabel Vilas Boas	Individual	Veterana F50	01:59:44	+01:16:33	10:53
26	1084	Maria Emilia Teixeira Moreira	Fidelidade GDC	Veterana F50	02:14:40	+01:31:29	12:15
27	1128	Maria Manuela Costa	Gens SC Trail	Veterana F50	02:22:16	+01:39:05	12:56
28	1346	Natalina Videira	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	02:22:57	+01:39:46	13:00
29	1085	Maria Margarida Pereira Moreira	Fidelidade GDC	Veterana F50	02:40:46	+01:57:35	14:37

Trail Curto

11 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

30	1086	Sandra Maria Carvalho Cepeda	Fidelidade GDC	Veterana F50	02:40:48	+01:57:37	14:37

Veterana F60

1	1075	Rosa Vilhena	FAMA RUNNERS	Veterana F60	01:30:31	+47:20	08:14
2	1097	Fernanda Santos	gansos	Veterana F60	01:32:58	+49:47	08:27
3	1406	Rosa Bispo	Pernas Inertes Lentos desde 2017	Veterana F60	01:40:51	+57:40	09:10
4	1234	Irene Nunes	Individual	Veterana F60	01:53:15	+01:10:04	10:18

Veterano M40

1	1349	Fábio Sufiatti	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	47:13	+04:01	04:18
2	1018	Jorge Dias	Amigos 100 Limites	Veterano M40	48:38	+05:27	04:25
3	1347	Bruno Rocha	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	49:39	+06:28	04:31
4	1048	António José Oliveira Carvalho	CLUBE DE ATLETISMO AFIPRE TEAM	Veterano M40	52:23	+09:12	04:46
5	1353	Ibraim Sousa	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	52:28	+09:17	04:46
6	1268	Pedro Guimarães	Individual	Veterano M40	52:36	+09:25	04:47
7	1251	Hélder Pereira Borges	Clube de atletismo Afipre team	Veterano M40	52:52	+09:41	04:48
8	1310	Dario Cardoso	Leões de Tardariz Trail	Veterano M40	53:37	+10:26	04:52
9	1100	ADERITO TORRES	GDCTINCM	Veterano M40	55:14	+12:03	05:01
10	1050	Vitor Mota	Clube de atletismo AFiPRE team	Veterano M40	55:45	+12:34	05:04
11	1355	Márcio Almeida	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	56:01	+12:50	05:06
12	1132	Pedro Bôto	Gens SC Trail	Veterano M40	56:12	+13:01	05:07
13	1033	Vitor Cardoso	Baguim Runners	Veterano M40	58:57	+15:46	05:22
14	1265	Paulo Machado	Individual	Veterano M40	59:12	+16:01	05:23
15	1244	Cláudio Maia	Individual	Veterano M40	59:14	+16:03	05:23
16	1359	Victor Azevedo	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	59:58	+16:47	05:27
17	1280	Tiago Gonçalves	Individual	Veterano M40	01:00:19	+17:08	05:29
18	1425	filipe truta	RunRiver - Escola de Atletismo de Rio Tinto	Veterano M40	01:01:29	+18:18	05:35
19	1049	Bruno Duarte	CLUBE DE ATLETISMO AFIPRE TEAM	Veterano M40	01:01:57	+18:46	05:38
20	1003	Carlos Carreira	Ade trail running	Veterano M40	01:02:02	+18:51	05:38
21	1419	Mike Jeitoso	Run & Fun	Veterano M40	01:02:14	+19:03	05:40
22	1243	Bruno Pereira	Individual	Veterano M40	01:02:16	+19:05	05:40
23	113	Pedro Marques	S4l | Medense Fc	Veterano M40	01:02:16	+19:05	05:40
24	1246	David Polido	Individual	Veterano M40	01:02:16	+19:05	05:40
25	1063	JOÃO PAULO CAMPOS	DDT RUNNERS	Veterano M40	01:02:49	+19:38	05:43
26	1279	Sérgio Sousa	Individual	Veterano M40	01:02:54	+19:43	05:43
27	1270	Renato Magalhães	Individual	Veterano M40	01:03:09	+19:58	05:45
28	1411	Claudio Santos	Run & Fun	Veterano M40	01:03:19	+20:08	05:45

Trail Curto

11 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

29	1450	Pedro Azevedo	TURBOLENTOS	Veterano M40	01:03:31	+20:20	05:46
30	1434	João Teles	S4l | Medense Fc	Veterano M40	01:03:35	+20:24	05:47
31	1036	Pedro Ribeiro	CART RUNNING TEAM	Veterano M40	01:03:44	+20:33	05:48
32	1057	Miguel Ferreira	Coronado runners	Veterano M40	01:03:50	+20:39	05:48
33	1352	Hélder Oliveira	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:04:06	+20:55	05:50
34	1241	Antonio Malheiro	Individual	Veterano M40	01:04:08	+20:57	05:50
35	1464	Filipe Lopes	Individual	Veterano M40	01:05:25	+22:14	05:57
36	1290	José Silva	Individual	Veterano M40	01:05:49	+22:38	05:59
37	1263	Paulo Jorge Dias	Individual	Veterano M40	01:05:54	+22:43	06:00
38	1451	Rui Gomes	TURBOLENTOS	Veterano M40	01:06:23	+23:12	06:02
39	1357	Ricardo Moreira	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:06:40	+23:29	06:04
40	34	Nuno Teixeira	Global Trade Imobiliária	Veterano M40	01:06:45	+23:34	06:04
41	1236	Adão Pereira Antunes	Individual	Veterano M40	01:06:54	+23:43	06:05
42	1079	Paulo Freitas	Fc Vizela	Veterano M40	01:07:43	+24:32	06:09
43	1259	nuno marques	Individual	Veterano M40	01:08:06	+24:55	06:11
44	1420	Zé Pedro Bonito	Run & Fun	Veterano M40	01:08:54	+25:43	06:16
45	1433	Ivo Oliveira	S4l | Medense Fc	Veterano M40	01:09:16	+26:05	06:18
46	1260	Nuno Teixeira	Individual	Veterano M40	01:09:20	+26:09	06:18
47	1252	Joaquim Pacheco	Individual	Veterano M40	01:09:49	+26:38	06:21
48	1324	Cesário Magalhães	Louredo trail running	Veterano M40	01:09:59	+26:48	06:22
49	1256	José Ribeiro	Individual	Veterano M40	01:10:10	+26:59	06:23
50	1065	PAULO FERREIRA	DDT RUNNERS	Veterano M40	01:10:29	+27:18	06:24
51	1134	Ricardo Luz	Gens SC Trail	Veterano M40	01:11:17	+28:06	06:29
52	1348	Alberto Vitelo	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:11:55	+28:44	06:32
53	1247	Filipe Oliveira	Individual	Veterano M40	01:12:31	+29:20	06:36
54	1432	Hugo Santos	S4l | Medense Fc	Veterano M40	01:14:30	+31:19	06:46
55	1064	MANUEL OLIVEIRA	DDT RUNNERS	Veterano M40	01:14:38	+31:27	06:47
56	1278	Sérgio Mota	Individual	Veterano M40	01:15:11	+32:00	06:50
57	1245	David CARVALHO	Individual	Veterano M40	01:15:18	+32:07	06:51
58	1255	Jorge Pinheiro	Individual	Veterano M40	01:15:53	+32:42	06:54
59	1445	RUI REBELO	SS MONTEPIO	Veterano M40	01:16:35	+33:24	06:58
60	1470	Fernando Rocha	Individual	Veterano M40	01:16:51	+33:39	06:59
61	1238	Amilcar Castro	Individual	Veterano M40	01:16:58	+33:47	07:00
62	1067	Cláudio Guarda	Dói-me quase tudo...	Veterano M40	01:17:01	+33:50	07:00
63	1262	Paulo Freitas	Individual	Veterano M40	01:17:01	+33:50	07:00
64	1250	Helder José Pereira Lourenço	Individual	Veterano M40	01:17:07	+33:56	07:01
65	1087	David Manuel Neves de Sousa	Fidelidade GDC	Veterano M40	01:18:14	+35:03	07:07
66	1326	Helder Silva	Moreira Relax Runners	Veterano M40	01:18:15	+35:04	07:07
67	1267	Paulo Santos	Individual	Veterano M40	01:19:28	+36:17	07:13
68	1021	joão fonseca	amigos de s.pedro da cova	Veterano M40	01:19:30	+36:19	07:14
69	1249	francisco moreira	Individual	Veterano M40	01:19:52	+36:41	07:16
70	1239	Ângelo Senra	Individual	Veterano M40	01:19:53	+36:41	07:16
71	1462	ARMANDO SILVA	XTRILHOSTEAM	Veterano M40	01:20:14	+37:03	07:18
72	1129	Fernando Paiva	Gens SC Trail	Veterano M40	01:21:20	+38:09	07:24

Trail Curto

11 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

73	1438	António Pinheiro	SiM Summit	Veterano M40	01:21:56	+38:45	07:27
74	1264	PAULO LEMOS	Individual	Veterano M40	01:22:17	+39:06	07:29
75	1276	Rui Pedro Pinto da Silva	Individual	Veterano M40	01:27:28	+44:17	07:57
76	1133	Pedro Soares	Gens SC Trail	Veterano M40	01:27:32	+44:21	07:58
77	1358	Ricardo Pinto	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:27:37	+44:26	07:58
78	1274	Rui Oliveira	Individual	Veterano M40	01:28:02	+44:51	08:00
79	1141	Telmo Ferreira	GONDOMAR FUTSAL CLUBE	Veterano M40	01:28:26	+45:14	08:02
80	1261	Paulo Ferreira	Individual	Veterano M40	01:29:08	+45:57	08:06
81	1273	Ricardo Peixinho	Individual	Veterano M40	01:29:36	+46:25	08:09
82	1242	Artur Fonseca	Individual	Veterano M40	01:30:57	+47:46	08:16
83	1277	Rui Teixeira	Individual	Veterano M40	01:33:37	+50:26	08:31
84	1030	Pedro Santos	ARCD Venda da Luísa	Veterano M40	01:34:06	+50:55	08:33
85	1319	Ricardo Pinho	Let´sGoTeam	Veterano M40	01:36:24	+53:13	08:46
86	1435	Miguel Moura	S4l | Medense Fc	Veterano M40	01:38:14	+55:03	08:56
87	1068	Nuno Ribeiro	Dói-me quase tudo...	Veterano M40	01:39:11	+56:00	09:01
88	1066	André Correia	Dói-me quase tudo...	Veterano M40	01:39:11	+56:00	09:01
89	1254	Jorge França	Individual	Veterano M40	01:42:55	+59:44	09:21
90	1354	José Alberto Pires	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:44:55	+01:01:44	09:32
91	1019	Nélson Fernendes	Amigos 100 Limites	Veterano M40	01:45:29	+01:02:18	09:35
92	1130	Miguel Pinto Araujo	Gens SC Trail	Veterano M40	01:45:51	+01:02:40	09:37
93	1443	José Pinheiro	SOGIMA	Veterano M40	01:50:24	+01:07:13	10:02
94	1062	BRUNO CARDOSO	DDT RUNNERS	Veterano M40	01:50:29	+01:07:18	10:03
95	1266	PAULO PEREIRA	Individual	Veterano M40	01:53:28	+01:10:17	10:19
96	1275	Rui Paiva	Individual	Veterano M40	01:53:28	+01:10:17	10:19
97	1317	António Teixeira	Let´sGoTeam	Veterano M40	01:56:22	+01:13:11	10:35
98	1351	Filipe Azevedo	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:56:33	+01:13:22	10:36
99	1318	Jorge Rosário	Let´sGoTeam	Veterano M40	02:00:05	+01:16:54	10:55
100	1269	Pedro Neves	Individual	Veterano M40	02:03:29	+01:20:18	11:14
101	1131	Paulo Pereira	Gens SC Trail	Veterano M40	02:22:16	+01:39:05	12:56

Veterano M50

1	1322	Fernando soares	Linces do Marão	Veterano M50	50:48	+07:37	04:37
2	1366	Manuel Faria	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	53:26	+10:15	04:52
3	1292	Luís Oliveira	Individual	Veterano M50	55:51	+12:40	05:05
4	1284	António Gomes	Individual	Veterano M50	01:00:27	+17:16	05:30
5	114	Fernando Rodrigues	S4l | Medense Fc	Veterano M50	01:00:52	+17:41	05:32
6	1281	Adao bessa	Individual	Veterano M50	01:01:02	+17:51	05:33
7	1051	Valdemar Carvalho	CLUBE DE ATLETISMO AFIPRE TEAM	Veterano M50	01:01:41	+18:30	05:36
8	1369	Paulo Queirós	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:03:00	+19:49	05:44
9	1052	Paulo Manuel Pereira Faria	Clube popular trabalhadores do Bairro de Carcavelos Matosinhos	Veterano M50	01:03:17	+20:06	05:45

Trail Curto — 11 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

10	1421	John Gomes	Run & Fun	Veterano M50	01:03:46	+20:35	05:48
11	1291	José Machado	Individual	Veterano M50	01:05:45	+22:34	05:59
12	1363	Joaquim Moreira	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:05:54	+22:43	05:59
13	1070	José Santos	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M50	01:07:29	+24:18	06:08
14	1360	António Luís	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:08:41	+25:30	06:15
15	1058	jorge nogueira	Coronado runners	Veterano M50	01:09:23	+26:12	06:19
16	1034	Lourenço Cardoso	Baguim Runners	Veterano M50	01:09:51	+26:40	06:21
17	1072	Manuel Silva	Ermentão	Veterano M50	01:10:32	+27:21	06:25
18	1367	Mário Magalhães	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:13:55	+30:44	06:43
19	1295	Manuel Peixoto	Individual	Veterano M50	01:15:15	+32:04	06:51
20	1402	Ricardo Gomes	OsFazConta	Veterano M50	01:19:05	+35:54	07:11
21	1422	Mário Todobom	Run & Fun	Veterano M50	01:19:21	+36:10	07:13
22	1447	Elisio Dias	TrepaTrilhos Trail Team	Veterano M50	01:20:21	+37:10	07:18
23	1286	eduardo castro	Individual	Veterano M50	01:20:23	+37:12	07:18
24	1288	João Santana	Individual	Veterano M50	01:21:27	+38:16	07:24
25	1294	Manuel Paiva	Individual	Veterano M50	01:23:51	+40:40	07:37
26	1282	ALCIDIO FIGUEIREDO	Individual	Veterano M50	01:24:46	+41:35	07:42
27	1296	Miguel Flórido	Individual	Veterano M50	01:24:46	+41:35	07:42
28	1368	Paulo Costa	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:25:42	+42:31	07:47
29	1364	José António Freitas	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:26:28	+43:17	07:52
30	1076	Jorge Valle	FAMA RUNNERS	Veterano M50	01:28:24	+45:13	08:02
31	1293	Manuel Brandão	Individual	Veterano M50	01:28:34	+45:23	08:03
32	1455	Jose Paupério	Unstoppable team	Veterano M50	01:28:49	+45:38	08:05
33	1283	António Couto	Individual	Veterano M50	01:29:50	+46:39	08:10
34	1390	Manuel Jorge	NuSofáÉkéBom	Veterano M50	01:30:11	+47:00	08:12
35	1289	José Barreira	Individual	Veterano M50	01:31:23	+48:12	08:18
36	1287	Filipe Matos	Individual	Veterano M50	01:34:20	+51:09	08:35
37	1071	Marco Castro	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M50	01:36:51	+53:40	08:48
38	1136	Luciano Silva	Gens SC Trail	Veterano M50	01:40:07	+56:56	09:06
39	1370	Rui Machado	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:43:22	+01:00:11	09:24
40	1257	José Carlos Barbosa silva	Individual	Veterano M50	01:45:00	+01:01:49	09:33
41	1362	Edilberto Costa	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:45:38	+01:02:26	09:36
42	1135	Eduardo Barbot Oliveira	Gens SC Trail	Veterano M50	02:18:10	+01:34:59	12:34
43	1091	José Francisco Marques Moreira	Fidelidade GDC	Veterano M50	02:40:47	+01:57:36	14:37
44	1089	João Manuel Marques Moreira	Fidelidade GDC	Veterano M50	02:40:47	+01:57:36	14:37

Veterano M60

1	1426	David Tavares	RunRiver - Escola de Atletismo de Rio Tinto	Veterano M60	54:19	+11:08	04:56

Trail Curto

11 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

2	1444	José Rodrigues de Almeida	Sporting Club Santacruzense	Veterano M60	55:11	+12:00	05:01
3	1039	JOSÉ MOTA	CDCR CTT PORTO	Veterano M60	57:29	+14:18	05:14
4	1298	Ângelo Pereira	Individual	Veterano M60	59:14	+16:03	05:23
5	1463	Ernesto Silva	Coronado runners	Veterano M60	59:24	+16:13	05:24
6	1038	António Teixeira	CDCR CTT PORTO	Veterano M60	59:33	+16:22	05:25
7	1004	Lino Moreira	All About	Veterano M60	59:34	+16:22	05:25
8	1020	João Moreira	Amigos 100 Limites	Veterano M60	59:52	+16:41	05:27
9	1099	Serafim Ramos	GD Leões da Guarda - Lion Runners	Veterano M60	01:03:57	+20:46	05:49
10	1302	Serafim Ferreira	RunRiver - Escola de Atletismo de Rio Tinto	Veterano M60	01:14:29	+31:18	06:46
11	1022	SERAFIM FONSECA	amigos de s.pedro da cova	Veterano M60	01:18:58	+35:47	07:11
12	1092	José Mário Magalhães Pereira	Fidelidade GDC	Veterano M60	01:19:23	+36:12	07:13
13	1373	Américo Leal	MSS CONTABILIDADE TRAIL TEAM	Veterano M60	01:20:00	+36:49	07:16
14	1299	Filipe Ramos	Individual	Veterano M60	01:23:35	+40:24	07:36
15	1093	Sérgio Pedro Silva Vasconcelos Reis	Fidelidade GDC	Veterano M60	01:37:13	+54:02	08:50
16	1301	José Manuel Magalhães Gomes Dara	Individual	Veterano M60	01:38:00	+54:49	08:55
17	1423	Quinel Runner	Run & Fun	Veterano M60	01:38:49	+55:38	08:59
18	1300	Germano Moura	Individual	Veterano M60	01:44:16	+01:01:05	09:29
19	1407	José Pires Lima	Pernas Inertes Lentos desde 2017	Veterano M60	01:50:14	+01:07:03	10:01

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 SOLUTION - LAP2GO - TIMING - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	MSS CONTABILIDADE TRAIL TEAM	3 + 5 + 10	18
2	AMIGOS 100 LIMITES	4 + 8 + 19	31
3	CLUBE DE ATLETISMO AFIPRE TEAM	16 + 20 + 29	65
4	GENS SC TRAIL	31 + 33 + 35	99
5	S4L | MEDENSE FC	9 + 52 + 53	114
6	CORONADO RUNNERS	2 + 45 + 82	129
7	RUN & FUN	60 + 72 + 80	212
8	RUNRIVER - ESCOLA DE ATLETISMO DE RIO TINTO	25 + 56 + 138	219
9	CDCR CTT PORTO	36 + 46 + 145	227
10	XTRILHOSTEAM	42 + 65 + 175	282
11	LEÕES DE TARDARIZ TRAIL	24 + 93 + 201	318
12	OS PREGUIÇAS TEAM	94 + 111 + 127	332
13	NOCTURNOS DE PAREDES	13 + 159 + 160	332
14	QUALIDADE MC	81 + 115 + 152	348
15	TURBOLENTOS	74 + 103 + 179	356
16	DDT RUNNERS	66 + 142 + 173	381
17	DOUROCONTA - GABINETE DE APOIO E CONTABILIDADE	6 + 116 + 310	432
18	GLOBAL TRADE IMOBILIÁRIA	108 + 109 + 261	478
19	ANTI-VARIZES	168 + 174 + 207	549
20	FIDELIDADE GDC	199 + 206 + 224	629
21	NO FIO DA NAVALHA	151 + 225 + 281	657
22	UNSTOPPABLE TEAM	143 + 270 + 287	700
23	GANSOS	167 + 257 + 293	717
24	OPRATICANTE.PT	238 + 260 + 289	787
25	FAMA RUNNERS	263 + 266 + 267	796
26	DÓI-ME QUASE TUDO...	192 + 316 + 317	825
27	LET´SGOTEAM	309 + 370 + 371	1050
28	SÓ VIM PARA VER	399 + 400 + 402	1201