

## TRAIL LONGO - STAGE 1

**23 KM**

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

### OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:30	16.6°C	82%
End	13:46	16.6°C	82%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	21	Luís Pereira	Individual	01:47:42		04:41	
2	22	Marcelo Graça	Individual	01:48:04	+00:22	04:42	
3	1	Virgílio Gomes	CPA marinha	01:52:21	+04:39	04:53	
4	70	João Galo	Sharish Gin/GD Piranhas do Alqueva	01:53:27	+05:45	04:56	
5	41	Ricardo Parada	Individual	01:53:59	+06:17	04:57	
6	44	NUNO SOUSA	Individual	01:56:32	+08:50	05:04	
7	20	Kevin Pels	Individual	02:03:27	+15:45	05:22	
8	38	Nuno Pereira	Individual	02:07:07	+19:25	05:32	
9	71	Nelson Felix	Sharish Gin/GD Piranhas do Alqueva	02:07:07	+19:25	05:32	
10	17	João Gama	Individual	02:08:14	+20:32	05:35	
11	10	Rute Martins	Individual	02:09:05	+21:23	05:37	
12	33	Jorge Nabais	Individual	02:09:11	+21:29	05:37	
13	23	Nuno André Coelho Nogueira	Individual	02:09:22	+21:40	05:37	
14	12	Sara Perez Gomez	Individual	02:14:19	+26:37	05:50	
15	13	Aitor Sancho Ybanez	Individual	02:14:20	+26:38	05:50	
16	55	Virgínia Pereira	MRT-Monsanto Running Team	02:14:55	+27:13	05:52	
17	58	Marco Proença	OCS - Arrábida Trail Team	02:16:26	+28:44	05:56	
18	36	Nelson Louro	Sharish Gin/GD Piranhas do Alqueva	02:18:43	+31:01	06:02	
19	65	João Prisal	SALAMANDRECOS	02:19:32	+31:50	06:04	
20	39	Paulo Jorge Rodrigues Alves	Individual	02:23:02	+35:20	06:13	
21	25	Sergii Iarenko	Individual	02:24:47	+37:05	06:18	
22	8	Silvério Correia	GRUPO DESPORTIVO SANTANDER TOTTA	02:24:57	+37:15	06:18	
23	51	Paulo Sequeira	Kçphoda Wolves Trail	02:25:41	+37:59	06:20	
24	73	Fernando Oliveira	Trilhos do Costume	02:26:02	+38:20	06:21	
25	75	Tiago Rocha	Valejas AC	02:27:10	+39:28	06:24	
26	15	Gonçalo Correia	Individual	02:27:10	+39:28	06:24	
27	19	José Alberto	Individual	02:28:53	+41:11	06:28	
28	31	Carlos Maia	Individual	02:28:53	+41:11	06:28	
29	56	Sílvia Gomes	MTBA	02:30:58	+43:16	06:34	
30	24	Pedro Fonseca	Individual	02:33:02	+45:20	06:39	
31	63	Tiago Magalhães	SALAMANDRECOS	02:33:03	+45:21	06:39	
32	18	João Santos	Individual	02:34:44	+47:02	06:44	
33	7	Bruno Oliveira	GRCD Leião Cobras Trailistas	02:34:59	+47:17	06:44	
34	49	Fernando Morais Santos	Individual	02:35:20	+47:38	06:45	
35	50	Manuel Alves	Individual	02:35:41	+47:59	06:46	
36	27	Miriam Amor Ferreira	Individual	02:38:46	+51:04	06:54	
37	68	Bruno Costa	Serviços Sociais Montepio	02:40:23	+52:41	06:58	
38	28	Varela São	Mundo da Corrida	02:42:35	+54:53	07:04	
39	270	Rui Henriques	Serviços Sociais Montepio	02:47:24	+59:42	07:17	
40	42	Luís Cruz Luís Cruz	Individual	02:49:15	+01:01:33	07:22	
41	47	António Lopes Martinho	Individual	02:50:19	+01:02:37	07:24	
42	29	André Riscado	Individual	02:50:27	+01:02:45	07:25	

TRAIL LONGO - STAGE 1

23 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	64	Romão Santos	SALAMANDRECOS	02:51:08	+01:03:26	07:26	
44	60	Marília Noro	SALAMANDRECOS	02:51:08	+01:03:26	07:26	
45	9	Inês Sousa	Grupo Recreativo Janz e Associados	02:52:53	+01:05:11	07:31	
46	67	Claudia Sousa	SALAMANDRECOS	02:56:50	+01:09:08	07:41	
47	32	Gonçalo Torres	Individual	02:56:50	+01:09:08	07:41	
48	16	Gonçalo Rangel	Individual	02:59:03	+01:11:21	07:47	
49	59	Gonçalo Melo	RUN 4 FUN	03:00:01	+01:12:19	07:50	
50	52	hugo lampreia	Kçphoda Wolves Trail	03:00:46	+01:13:04	07:52	
51	45	José Castro	Individual	03:05:48	+01:18:06	08:05	
52	40	Pedro Gomes	Individual	03:08:47	+01:21:05	08:12	
53	72	Cristina laranjeiro	TERAPIA DO CORPO	03:09:42	+01:22:00	08:15	
54	81	Ricardo Silva de Campos	Individual	03:09:43	+01:22:01	08:15	
55	30	Carlos Madaleno	Individual	03:12:05	+01:24:23	08:21	
56	46	José Costa Alves	Individual	03:14:28	+01:26:46	08:27	
57	61	Jacinta Fonte	SALAMANDRECOS	03:30:57	+01:43:15	09:10	
58	54	Ana Pipa	Montes Saloios Trail Team	03:31:21	+01:43:39	09:11	
59	43	Nuno Baixinho	Individual	03:31:21	+01:43:39	09:11	
60	6	Isabel Vidinha	Borinhas	03:41:42	+01:54:00	09:38	
61	5	Sónia Pereira	Borinhas	03:41:42	+01:54:00	09:38	
62	76	Manuel Fonseca	Valejas AC	03:42:37	+01:54:55	09:41	
63	62	Maria Andrade	SALAMANDRECOS	04:14:06	+02:26:24	11:03	

## Trail Longo

23 KM

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

## OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:30	16.6°C	82%
End	13:46	16.6°C	82%

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

1	10	Rute Martins	Individual	Senior Feminino	02:09:05	+21:23	05:37
2	12	Sara Perez Gomez	Individual	Senior Feminino	02:14:19	+26:37	05:50
3	60	Marília Noro	SALAMANDRECOS	Senior Feminino	02:51:08	+01:03:26	07:26
4	9	Inês Sousa	Grupo Recreativo Janz e Associados	Senior Feminino	02:52:52	+01:05:11	07:31

### Senior Masculino

1	21	Luís Pereira	Individual	Senior Masculino	01:47:41		04:41
2	22	Marcelo Graça	Individual	Senior Masculino	01:48:03	+00:22	04:42
3	20	Kevin Pels	Individual	Senior Masculino	02:03:26	+15:45	05:22
4	17	João Gama	Individual	Senior Masculino	02:08:14	+20:32	05:35
5	23	Nuno André Coelho Nogueira	Individual	Senior Masculino	02:09:21	+21:39	05:37
6	13	Aitor Sancho Ybanez	Individual	Senior Masculino	02:14:19	+26:38	05:50
7	25	Sergii Iaremenko	Individual	Senior Masculino	02:24:46	+37:05	06:18
8	15	Gonçalo Correia	Individual	Senior Masculino	02:27:09	+39:28	06:24
9	19	José Alberto	Individual	Senior Masculino	02:28:52	+41:11	06:28
10	24	Pedro Fonseca	Individual	Senior Masculino	02:33:02	+45:20	06:39
11	18	João Santos	Individual	Senior Masculino	02:34:43	+47:02	06:44
12	16	Gonçalo Rangel	Individual	Senior Masculino	02:59:03	+01:11:21	07:47

### Veterana F40

1	27	Miriam Amor Ferreira	Individual	Veterana F40	02:38:46	+51:04	06:54
2	67	Claudia Sousa	SALAMANDRECOS	Veterana F40	02:56:49	+01:09:08	07:41
3	54	Ana Pipa	Montes Saloios Trail Team	Veterana F40	03:31:20	+01:43:39	09:11

### Veterana F45

1	56	Sílvia Gomes	MTBA	Veterana F45	02:30:58	+43:16	06:34
2	28	Varela São	Mundo da Corrida	Veterana F45	02:42:34	+54:53	07:04
3	72	Cristina Iaranjeiro	TERAPIA DO CORPO	Veterana F45	03:09:41	+01:22:00	08:15
4	5	Sónia Pereira	Borinhas	Veterana F45	03:41:42	+01:54:00	09:38

### Veterana F50

1	6	Isabel Vidinha	Borinhas	Veterana F50	03:41:41	+01:54:00	09:38
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**Trail Longo****23 KM**

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

**OFFICIAL RESULT**

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

**Veterano M50**

1	1	Virgilio Gomes	CPA marinha	Veterano M50	01:52:21	+04:39	04:53
2	65	João Prisal	SALAMANDRECOS	Veterano M50	02:19:32	+31:50	06:04
3	45	José Castro	Individual	Veterano M50	03:05:47	+01:18:06	08:05
4	46	José Costa Alves	Individual	Veterano M50	03:14:27	+01:26:46	08:27

**Veterano M55**

1	8	Silvério Correia	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M55	02:24:56	+37:15	06:18
2	49	Fernando Morais Santos	Individual	Veterano M55	02:35:20	+47:38	06:45
3	50	Manuel Alves	Individual	Veterano M55	02:35:40	+47:59	06:46
4	47	António Lopes Martinho	Individual	Veterano M55	02:50:18	+01:02:37	07:24
5	59	Gonçalo Melo	RUN 4 FUN	Veterano M55	03:00:01	+01:12:19	07:50
6	76	Manuel Fonseca	Valejas AC	Veterano M55	03:42:36	+01:54:55	09:41

**Veterano M60**

1	73	Fernando Oliveira	Trilhos do Costume	Veterano M60	02:26:01	+38:20	06:21
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**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 SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	SHARISH GIN/GD PIRANHAS DO ALQUEVA	4 + 9 + 18	31
2	SALAMANDRECOS	19 + 31 + 43	93

**TRAIL CURTO - STAGE 1**

**14 KM**

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

**OFFICIAL RESULT**

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

	Time	Temperature	Humidity
Start	10:00	17.2°C	85%
End	14:10	17.2°C	85%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	206	João Pires	Individual	01:20:11		05:44	
2	168	Alexandre Pesqueira Parada	Individual	01:25:57	+05:46	06:08	
3	158	Carlos Pinho	Individual	01:29:59	+09:48	06:26	
4	167	Afonso Teixeira	Individual	01:31:45	+11:34	06:33	
5	244	João Luís Santos	NAZABOBODA	01:36:35	+16:24	06:54	
6	145	RUI MIGUEL PARENTE MACHINHO	GRUPO DESPORTIVO SANTANDER TOTTA	01:37:26	+17:15	06:58	
7	259	Leandro Reis	S.O. HOUILLES	01:38:31	+18:20	07:02	
8	292	Firmino Dias	TERAPIA DO CORPO	01:41:05	+20:54	07:13	
9	241	jose geada	MAXPROG	01:44:41	+24:30	07:29	
10	311	Mafalda Moniz	OCS - Arrábida Trail Team	01:45:22	+25:11	07:32	
11	233	Alexandre Soares	Boavista do Pico Sao Mateus	01:45:53	+25:42	07:34	
12	227	Arlindo Costa Paixão	Individual	01:46:12	+26:01	07:35	
13	215	Ricardo Martins	Individual	01:48:12	+28:01	07:44	
14	286	Paulo Serra	SIMECQ	01:49:02	+28:51	07:47	
15	102	Celso Lopes	ALLcains RUN	01:49:41	+29:30	07:50	
16	121	Rúben Correia	Corrida das Belas	01:50:00	+29:49	07:51	
17	257	Carlos isidoro	RBWCICLINGTEAM	01:53:05	+32:54	08:05	
18	200	Renato Marques	Individual	01:53:10	+32:59	08:05	
19	302	Luis Miguel Simões Costa	TRuning	01:54:24	+34:13	08:10	
20	129	Ricardo Carvalho	Corrida das Belas	01:54:34	+34:23	08:11	
21	131	António Carita	Corrida das Belas	01:54:37	+34:26	08:11	
22	203	Joao Jesus	Individual	01:54:49	+34:38	08:12	
23	212	Nuno Mendes	Individual	01:54:51	+34:40	08:12	
24	137	José Pinto	Federação da Família para a Paz Mundial e Unificação	01:54:53	+34:42	08:12	
25	226	António Rafael Martins	Individual	01:55:11	+35:00	08:14	
26	190	Isabel Rodrigues	Federação da Família para a Paz Mundial e Unificação	01:55:18	+35:07	08:14	
27	198	Nuno Cavaleiro	Individual	01:55:22	+35:11	08:14	
28	193	Alexandre Costa	Individual	01:56:04	+35:53	08:17	
29	237	ROGÉRIO VENÂNCIO	Individual	01:56:08	+35:57	08:18	
30	238	André Castelo	Kçphoda Wolves Trail	01:56:32	+36:21	08:19	
31	214	Pedro Soares	Individual	01:56:38	+36:27	08:20	
32	235	António Matos	Runners da Frente Ribeirinha da Povia dde Santa Iria	01:57:50	+37:39	08:25	
33	220	Fernando antonio marqueea diogo candeias	Runners da Frente Ribeirinha da Povia dde Santa Iria	01:58:33	+38:22	08:28	
34	164	Rodrigo Simões	Individual	01:58:50	+38:39	08:29	
35	230	Celestino Gameiro	Individual	01:59:42	+39:31	08:33	
36	159	David Alexandre	Individual	02:00:11	+40:00	08:35	
37	243	Cristiana malhao	MurtasBTT	02:00:12	+40:01	08:35	
38	188	Helena Silva	Individual	02:00:13	+40:02	08:35	

**TRAIL CURTO - STAGE 1**

**14 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
39	242	Ricardo Filipe da Silva Leitão	MindSource Runners	02:00:42	+40:31	08:37	
40	156	Victória da Quintã	Individual	02:01:43	+41:32	08:42	
41	118	João Fonseca	Corrida das Belas	02:01:46	+41:35	08:42	
42	163	Ricardo Vitorino	Individual	02:02:17	+42:06	08:44	
43	293	Carlos Marques	Trilhos e Corridas de Tercena	02:02:24	+42:13	08:45	
44	157	Ângelo Godinho	Individual	02:02:35	+42:24	08:45	
45	120	Rafael Paisano	Corrida das Belas	02:03:09	+42:58	08:48	
46	290	Nuno Galvão	SIMECQ	02:03:14	+43:03	08:48	
47	205	João Pinto	Individual	02:03:20	+43:09	08:49	
48	217	Tiago Vieira	Individual	02:03:29	+43:18	08:49	
49	285	Ricardo Nobre	SIMECQ	02:03:45	+43:34	08:50	
50	195	Goncalo Palminha	Individual	02:04:50	+44:39	08:55	
51	181	Filomena Santos	Individual	02:04:50	+44:39	08:55	
52	136	Luís Dias	Federação da Família para a Paz Mundial e Unificação	02:05:07	+44:56	08:56	
53	210	Nuno Bogalheiro	Individual	02:06:14	+46:03	09:01	
54	154	Sofia Vaz	Individual	02:06:14	+46:03	09:01	
55	204	João Monteiro	Individual	02:07:38	+47:27	09:07	
56	201	Rui Gomes	Individual	02:07:47	+47:36	09:08	
57	218	Acácio Clemente	Individual	02:07:47	+47:36	09:08	
58	162	Mateus Vargas	Individual	02:08:37	+48:26	09:11	
59	150	Natalia Denysenko	Individual	02:08:38	+48:27	09:11	
60	287	João Narra	SIMECQ	02:08:59	+48:48	09:13	
61	224	Paulo Martins	Individual	02:09:58	+49:47	09:17	
62	305	Paulo Quaresma	Veteranos de Massamá	02:10:09	+49:58	09:18	
63	123	Sandra Araújo	Corrida das Belas	02:10:42	+50:31	09:20	
64	213	Paulo Nunes	Individual	02:11:19	+51:08	09:23	
65	110	Carolina de Sousa Mendes	Corrida das Belas	02:11:20	+51:09	09:23	
66	116	André Peralta	Corrida das Belas	02:12:03	+51:52	09:26	
67	135	Paulo Claro	Federação da Família para a Paz Mundial e Unificação	02:14:52	+54:41	09:38	
68	155	Soraia Oliveira	Individual	02:14:52	+54:41	09:38	
69	134	Lourdes Romero	Federação da Família para a Paz Mundial e Unificação	02:14:58	+54:47	09:38	
70	261	Teresa Cardoso	Serviços Sociais Montepio	02:15:28	+55:17	09:41	
71	232	Mário Gaspar 06 0	Individual	02:15:37	+55:26	09:41	
72	178	Susana Moleirinho	Individual	02:17:10	+56:59	09:48	
73	169	Fábio ALEXandre da Luz	Individual	02:17:31	+57:20	09:49	
74	229	Carlos Ovelha	Individual	02:17:37	+57:26	09:50	
75	176	Sara Camões	Individual	02:17:43	+57:32	09:50	
76	115	Afonso Sousa	Corrida das Belas	02:18:11	+58:00	09:52	
77	170	Tiago Oliveira	Individual	02:18:44	+58:33	09:55	
78	240	Carlos Sá	marvila jovem	02:18:50	+58:39	09:55	
79	234	Severino Cruz	Individual	02:20:32	+01:00:21	10:02	
80	177	Sónia Alexandra Duarte Ribeiro	Individual	02:20:34	+01:00:23	10:02	
81	107	HENRIQUE ADREGA	Clube Atletismo Amigos de Belém	02:21:05	+01:00:54	10:05	
82	192	Natália Fernandes	Individual	02:21:22	+01:01:11	10:06	





















Trail Curto

14 KM

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

OFFICIAL RESULT

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

6 291 João Teixeira SIMECQ Veterano M60 03:11:04 +01:50:53 13:39

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Veterano M65

1	237	ROGÉRIO VENÂNCIO	Individual	Veterano M65	01:56:08	+35:57	08:18
2	305	Paulo Quaresma	Veteranos de Massamá	Veterano M65	02:10:08	+49:58	09:18
3	107	HENRIQUE ADREGA	Clube Atletismo Amigos de Belém	Veterano M65	02:21:04	+01:00:53	10:05
4	236	Henrique Sacadura	Individual	Veterano M65	02:28:17	+01:08:06	10:36
5	256	Mário Lima	O Mundo da Corrida	Veterano M65	02:45:57	+01:25:46	11:51
6	304	Manuel Azevedo	Veteranos de Massamá	Veterano M65	03:27:56	+02:07:45	14:51

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## 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 SOLUTION

<b>RANK</b>	<b>TEAM</b>	<b>DESCRIPTION</b>	<b>POINTS</b>
1	CORRIDA DAS BELAS	16 + 20 + 21	57
2	FEDERAÇÃO DA FAMÍLIA PARA A PAZ MUNDIAL E UNIFICAÇÃO	24 + 26 + 52	102
3	SIMECQ	14 + 46 + 49	109
4	RUNNERS DA FRENTE RIBEIRINHA DA POVOA DDE SANTA IRIA	32 + 33 + 130	195
5	TRUNING	19 + 95 + 110	224
6	SERVIÇOS SOCIAIS MONTEPIO	70 + 92 + 93	255
7	GRUPO DESPORTIVO SANTANDER TOTTA	6 + 136 + 137	279
8	NOT FAST JUST FURIOUS	87 + 88 + 143	318