

TRAIL LONGO - STAGE 1

30 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 - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	08:00	--	--
End	14:07	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	11	Helder Lopes	DCI/Trilhos Luso Bussaco	02:49:35		05:39	
2	38	Pedro Garrido	OPraticante.pt	02:54:05	+04:30	05:48	
3	14	JOSE MARTINS	DCI/Trilhos Luso Bussaco	03:06:39	+17:04	06:13	
4	13	Valter Matos	DCI/Trilhos Luso Bussaco	03:09:42	+20:07	06:19	
5	17	João Santos	Dura-F1 Raceteam	03:12:05	+22:30	06:24	
6	46	Ivo Tavares	Saca Trilhos Anadia	03:21:53	+32:18	06:44	
7	32	JOÃO CRUZ	LAAC - BIKE & SPORT	03:26:34	+36:59	06:53	
8	41	Luis Oliveira	Pés Doridos	03:31:09	+41:34	07:02	
9	51	Luis Azevedo	Sport Clube Paradela	03:38:21	+48:46	07:17	
10	42	Manuel Silva	Pés Doridos	03:41:21	+51:46	07:23	
11	8	Daniel Pinho	Aztrail	03:41:42	+52:07	07:23	
12	40	ARNALDO JOSÉ ARAÚJO	PCRUNNERS	03:47:50	+58:15	07:36	
13	15	David Coutinho	Dura-F1 Raceteam	03:49:41	+01:00:06	07:39	
14	33	RICARDO HENRIQUES	LAAC - BIKE & SPORT	03:50:58	+01:01:23	07:42	
15	55	José Proença	Trail -GD Trancoso	03:51:36	+01:02:01	07:43	
16	12	Pedro Manuel Correia Lopes	DCI/Trilhos Luso Bussaco	03:52:14	+01:02:39	07:44	
17	47	Alcino Neves Gouveia	Sentir escaiz runing	03:53:45	+01:04:10	07:48	
18	52	Cândido Veloso	Tainadas Run Team	03:56:21	+01:06:46	07:53	
19	49	Paulo Ramirez	Sosense Trail Team	04:00:48	+01:11:13	08:02	
20	34	VITAL ESPINHAL	LAAC - BIKE & SPORT	04:00:59	+01:11:24	08:02	
21	35	Pedro Guimarães	LETSRUNAZORES	04:04:34	+01:14:59	08:09	
22	45	Ana Melo	Saca Trilhos Anadia	04:05:32	+01:15:57	08:11	
23	43	António Silva	Pés Doridos	04:05:42	+01:16:07	08:11	
24	25	Hélder Cunha	Individual	04:05:50	+01:16:15	08:12	
25	27	Luis Ferreira	Individual	04:09:26	+01:19:51	08:19	
26	56	Manuel Carlos Costa Martins	Uma Questão de Atitude	04:11:54	+01:22:19	08:24	
27	24	Delfim Machado	Individual	04:12:13	+01:22:38	08:24	
28	4	André Pereira	ADI- Ílhavo	04:12:20	+01:22:45	08:25	
29	10	Leida Bello	Clube Desportivo Feirense	04:16:07	+01:26:32	08:32	
30	37	Victor Azevedo	Mss contabilidade trail	04:16:33	+01:26:58	08:33	
31	54	Bruno Cardoso	Trail Bela Bela	04:19:24	+01:29:49	08:39	
32	16	Filipe Fonseca	Dura-F1 Raceteam	04:24:23	+01:34:48	08:49	
33	20	Edgar Mendes	Individual	04:34:11	+01:44:36	09:08	
34	53	Licínio Costa	Tainadas Run Team	04:36:17	+01:46:42	09:13	
35	9	Ariana Tavares	C.D.C Paradela do Vouga	04:37:18	+01:47:43	09:15	
36	6	Nuno Mariz	AllforOne	04:40:35	+01:51:00	09:21	
37	31	Soares de almeida artur	Individual	04:41:57	+01:52:22	09:24	
38	44	MIKE MIKE	Run & Fun	04:49:53	+02:00:18	09:40	
39	48	Fernando Pinheiro Mendes	SLB	04:54:47	+02:05:12	09:50	
40	30	Pedro Ruano de Castro	Individual	05:05:50	+02:16:15	10:12	
41	29	Carlos Rodrigues	Individual	05:18:11	+02:28:36	10:36	
42	23	Cláudio Santos	Individual	05:20:29	+02:30:54	10:41	

**TRAIL LONGO - STAGE 1****30 KM**

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

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>	<b>CARD</b>
43	18	Eduarda Vinagre	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	05:20:29	+02:30:54	10:41	
44	22	Fábia S	Individual	05:49:43	+03:00:08	11:39	
45	36	Pedro Coutinho	Miro Trail	05:50:05	+03:00:30	11:40	
46	3	Márcio Silva	A.R.S.M-Associação Recreativa de São Miguel	06:07:11	+03:17:36	12:14	
47	1	Paula Simões	A.R.S.M-Associação Recreativa de São Miguel	06:07:11	+03:17:36	12:14	
48	2	Jorge Scevola	A.R.S.M-Associação Recreativa de São Miguel	06:07:12	+03:17:37	12:14	



**Trail Longo**

**30 KM**

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

**OFFICIAL RESULT**

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

6	12	Pedro Manuel Correia Lopes	DCI/Trilhos Luso Bussaco	Veterano M40	03:52:14	+42:31	07:44
7	34	VITAL ESPINHAL	LAAC - BIKE & SPORT	Veterano M40	04:00:59	+51:16	08:02
8	25	Hélder Cunha	Individual	Veterano M40	04:05:50	+56:07	08:12
9	27	Luís Ferreira	Individual	Veterano M40	04:09:26	+59:43	08:19
10	56	Manuel Carlos Costa Martins	Uma Questão de Atitude	Veterano M40	04:11:54	+01:02:11	08:24
11	24	Delfim Machado	Individual	Veterano M40	04:12:13	+01:02:30	08:24
12	54	Bruno Cardoso	Trail Bela Bela	Veterano M40	04:19:24	+01:09:42	08:39
13	16	Filipe Fonseca	Dura-F1 Raceteam	Veterano M40	04:24:23	+01:14:40	08:49
14	53	Licínio Costa	Tainadas Run Team	Veterano M40	04:36:17	+01:26:34	09:13
15	6	Nuno Mariz	AllforOne	Veterano M40	04:40:35	+01:30:52	09:21
16	44	MIKE MIKE	Run & Fun	Veterano M40	04:49:53	+01:40:10	09:40
17	23	Cláudio Santos	Individual	Veterano M40	05:20:29	+02:10:46	10:41

**Veterano M50**

1	40	ARNALDO JOSÉ ARAÚJO	PCRUNNERS	Veterano M50	03:47:50		07:36
2	55	José Proença	Trail -GD Trancoso	Veterano M50	03:51:36	+03:45	07:43
3	47	Alcino Neves Gouveia	Sentir escariz runing	Veterano M50	03:53:45	+05:55	07:48
4	49	Paulo Ramirez	Sosense Trail Team	Veterano M50	04:00:48	+12:58	08:02
5	35	Pedro Guimarães	LETSRUNAZORES	Veterano M50	04:04:34	+16:43	08:09
6	37	Victor Azevedo	Mss contabilidade trail	Veterano M50	04:16:33	+28:42	08:33
7	31	Soares de almeida artur	Individual	Veterano M50	04:41:57	+54:06	09:24
8	48	Fernando Pinheiro Mendes	SLB	Veterano M50	04:54:47	+01:06:56	09:50
9	30	Pedro Ruano de Castro	Individual	Veterano M50	05:05:50	+01:17:59	10:12
10	29	Carlos Rodrigues	Individual	Veterano M50	05:18:11	+01:30:21	10:36

**Veterano M60**

1	14	JOSE MARTINS	DCI/Trilhos Luso Bussaco	Veterano M60	03:06:39		06:13
2	43	António Silva	Pés Doridos	Veterano M60	04:05:42	+59:02	08:11
3	36	Pedro Coutinho	Miro Trail	Veterano M60	05:50:05	+02:43:25	11:40



**TRAIL CURTO - STAGE 1**

**18 KM**

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

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	08:30	--	--
End	13:26	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	363	Rui Figueiredo	Trail Bela Bela	01:42:12		05:41	
2	232	CARLOS MANUEL SIMÕES	DCI/Trilhos Luso Bussaco	01:43:23	+01:11	05:45	
3	306	Sérgio Manito	Individual	01:52:50	+10:38	06:16	
4	203	Paulo Rafael dos Santos Palhinha	A.R. Casaense - Escola de Atletismo de Coimbra - Intermarché Taveiro	01:53:26	+11:14	06:18	
5	227	Pedro Sousa	Cleide Martins Gab. Fisioterapia	01:54:25	+12:13	06:21	
6	259	João Coentrão	Grupo Recreativo Eirense	01:54:35	+12:23	06:22	
7	326	Domingos Vieira	OPraticante.pt	01:55:32	+13:20	06:25	
8	202	Miguel Pires	A.R. Casaense - Escola de Atletismo de Coimbra - Intermarché Taveiro	01:57:14	+15:02	06:31	
9	313	Filipe Costa	NAR - Núcleo de Atletismo de Requeixo	01:59:04	+16:52	06:37	
10	255	Miguel Lourenço	FOX Running team	01:59:42	+17:30	06:39	
11	244	Hugo Silva	Dura-F1 Raceteam	01:59:58	+17:46	06:40	
12	366	João Almeida	Trail Bela Bela	01:59:58	+17:46	06:40	
13	201	Márcio Filipe Simões Pereira	A.R. Casaense - Escola de Atletismo de Coimbra - Intermarché Taveiro	02:00:47	+18:35	06:43	
14	238	Manuel Vicente	DCI/Trilhos Luso Bussaco	02:02:51	+20:39	06:50	
15	372	Pedro Ferreira	VVTR VALONGO VOUGA TRAIL RUNNING	02:03:07	+20:55	06:50	
16	245	José Pinheiro	Dura-F1 Raceteam	02:04:05	+21:53	06:54	
17	338	João Garrido	OPraticante.pt	02:05:54	+23:42	07:00	
18	298	José Manuel Vilela	Individual	02:06:47	+24:35	07:03	
19	240	Manuel Lino	DCI/Trilhos Luso Bussaco	02:07:06	+24:54	07:04	
20	242	DAVIDE SILVA	Desportivo Atletico de Recardaes	02:07:12	+25:00	07:04	
21	369	Alex Tondela	Train Hard Team	02:08:32	+26:20	07:08	
22	248	José Cruz	Dura-F1 Raceteam	02:08:34	+26:22	07:09	
23	261	Bruno Rodrigues	Haertha/TendernessCapacity - Trail Running	02:11:36	+29:24	07:19	
24	265	Paulo Pinho	Haertha/TendernessCapacity - Trail Running	02:11:37	+29:25	07:19	
25	353	Márcio Silva	Sport Clube Paradela	02:12:00	+29:48	07:20	
26	330	José Sousa	OPraticante.pt	02:12:10	+29:58	07:21	
27	331	Sérgio Ruela	OPraticante.pt	02:12:43	+30:31	07:22	
28	368	EUGÉNIO ALES	TRAIL BELA BELA	02:12:54	+30:42	07:23	
29	224	guida fontes	CF Os Marialvas	02:13:09	+30:57	07:24	
30	379	João Amândio	DCI/Trilhos Luso Bussaco	02:14:13	+32:01	07:27	
31	256	Vítor Ferreira	Fox running team	02:14:51	+32:39	07:29	
32	325	Augusto Tavares	OPraticante.pt	02:15:12	+33:00	07:31	
33	302	Marco Santos	Individual	02:16:53	+34:41	07:36	
34	350	José Augusto F Silva	Sport Clube Paradela	02:18:03	+35:51	07:40	
35	352	Bruno Baptista	Sport clube paradela	02:18:51	+36:39	07:43	
36	301	Marco Duarte	Individual	02:18:55	+36:43	07:43	
37	222	António Rodrigues	BiciARCA run team	02:19:08	+36:56	07:44	
38	208	Tiago Oliveira	ADI- Ílhavo	02:19:21	+37:09	07:45	
39	234	Márcia Martins	DCI/Trilhos Luso Bussaco	02:19:40	+37:28	07:46	
40	239	Tony Graça	DCI/Trilhos Luso Bussaco	02:19:41	+37:29	07:46	

TRAIL CURTO - STAGE 1

18 KM

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

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	264	Sérgio Rodrigues	Haertha/TendernessCapacity - Trail Running	02:20:42	+38:30	07:49	
42	266	Alexandra Gomes	FOX Running Team	02:25:51	+43:39	08:06	
43	236	Bruno Salgueiro	DCI/Trilhos Luso Bussaco	02:26:03	+43:51	08:07	
44	349	Cláudio Agostinho	Sport Clube Paradelas	02:27:07	+44:55	08:10	
45	321	Tiago Simões	Oiã Runners	02:27:07	+44:55	08:10	
46	230	Miguel Paiva	Correr Fermelã ACADOF	02:27:15	+45:03	08:11	
47	296	João Leite	Individual	02:27:17	+45:05	08:11	
48	278	Nuno Ribeiro	Individual	02:28:01	+45:49	08:13	
49	272	Daniel Alexandre	Individual	02:29:03	+46:51	08:17	
50	215	Inês Teixeira	Águeda Action Club - ACTIB	02:29:32	+47:20	08:18	
51	314	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	02:29:36	+47:24	08:19	
52	243	NUNO DOS SANTOS	Desportivo Atletico de Recardaes	02:30:08	+47:56	08:20	
53	362	Teresa Reis	Trail Bela Bela	02:31:02	+48:50	08:23	
54	247	João Portugal	Dura-F1 Raceteam	02:31:27	+49:15	08:25	
55	279	Pedro Alves	Individual	02:31:53	+49:41	08:26	
56	371	Narciso José da Silva Pinho	Vamos a Pé - Taboiera	02:32:25	+50:13	08:28	
57	7	João António Vinagre Almada	Associação Desportiva de Travassô	02:33:18	+51:06	08:31	
58	271	André Santos	Individual	02:33:49	+51:37	08:33	
59	262	Freddy Martins	Haertha/TendernessCapacity - Trail Running	02:34:37	+52:25	08:35	
60	357	Kevin Jesus Regalado	Tainadas Run Team	02:34:43	+52:31	08:36	
61	237	José Pereira	DCI/Trilhos Luso Bussaco	02:37:29	+55:17	08:45	
62	320	Ruben Moreira	Oiã Runners	02:37:30	+55:18	08:45	
63	213	Tiago Delgado	AGM Team Running	02:39:13	+57:01	08:51	
64	342	Bruno Parente	Os 4	02:40:58	+58:46	08:57	
65	223	Severina Almeida	CATR Correio de Albergaria Trail Running	02:41:35	+59:23	08:59	
66	319	Hugo Marques	Oiã Runners	02:42:33	+01:00:21	09:02	
67	212	Helena Matos	AGM Team Running	02:42:33	+01:00:21	09:02	
68	241	RUBEN NEVES	Desportivo Atletico de Recardaes	02:42:34	+01:00:22	09:02	
69	375	Pedro Alberto Madail Ratola	Individual	02:44:02	+01:01:50	09:07	
70	235	Júlia Santos	DCI/Trilhos Luso Bussaco	02:44:06	+01:01:54	09:07	
71	282	Diogo Jorge	Individual	02:44:24	+01:02:12	09:08	
72	348	Daniela Silva	Sport Clube Paradelas	02:44:56	+01:02:44	09:10	
73	376	Felícia Almeida	TRAIL BELA BELA	02:45:05	+01:02:53	09:10	
74	297	João Silva	Individual	02:45:06	+01:02:54	09:10	
75	250	Joana Sousa	EFY	02:45:25	+01:03:13	09:11	
76	323	Ana Mafalda Pereira	OPraticante.pt	02:46:05	+01:03:53	09:14	
77	346	Paulo Pires	Sosense BTT Trail Team Braga e Fernandes	02:46:08	+01:03:56	09:14	
78	316	Paulo Jorge Simões da Silva	NAR - Núcleo de Atletismo de Requeixo	02:47:14	+01:05:02	09:17	
79	233	Lucia Marques	DCI/Trilhos Luso Bussaco	02:47:27	+01:05:15	09:18	
80	220	Lino Cunha Moreira	All About	02:47:41	+01:05:29	09:19	
81	373	Roberto Barreiro	VVTR VALONGO VOUGA TRAIL RUNNING	02:47:47	+01:05:35	09:19	
82	277	Nelson Marques	Individual	02:49:26	+01:07:14	09:25	
83	359	Paulo Alexandre Simões da Costa	Tainadas Run Team	02:49:55	+01:07:43	09:26	
84	289	Rosa Cerveira	Individual	02:52:49	+01:10:37	09:36	
85	280	Ricardo Miguel de Almeida Tavares	Individual	02:53:00	+01:10:48	09:37	
86	207	Rui Silveira	ADI- Ílhavo	02:53:15	+01:11:03	09:37	

**TRAIL CURTO - STAGE 1**

**18 KM**

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

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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
87	294	Hugo Mourão	Individual	02:53:31	+01:11:19	09:38	
88	287	Cecília Martins	Individual	02:53:45	+01:11:33	09:39	
89	337	António Rodrigues	OPraticante.pt	02:54:39	+01:12:27	09:42	
90	355	Teresa Pinho	Tainadas Run Team	02:55:21	+01:13:09	09:44	
91	315	Jorge Vilela	NAR - Núcleo de Atletismo de Requeixo	02:57:25	+01:15:13	09:51	
92	299	Luís Almeida	Individual	02:58:40	+01:16:28	09:56	
93	267	Carina Lopes	Individual	02:59:06	+01:16:54	09:57	
94	374	João Saraiva	Sport Clube Paradelas	03:00:30	+01:18:18	10:02	
95	327	Gabriel Godinho	OPraticante.pt	03:01:12	+01:19:00	10:04	
96	283	Andreia Paulos	Individual	03:01:50	+01:19:38	10:06	
97	275	José Paulos	Individual	03:01:50	+01:19:38	10:06	
98	284	Dora Sousa	Individual	03:01:51	+01:19:39	10:06	
99	378	Nuno Santos	Individual	03:03:49	+01:21:37	10:13	
100	206	António Gonçalves	ADI- Ílhavo	03:04:56	+01:22:44	10:16	
101	351	Kelly Farias	Sport Clube Paradelas	03:05:08	+01:22:56	10:17	
102	343	Luís Carvalheiro	Os 4	03:05:12	+01:23:00	10:17	
103	225	Cleide Martins	Cleide Martins Gab. Fisioterapia	03:05:34	+01:23:22	10:19	
104	214	Toni Santos	AGM Team Running	03:05:37	+01:23:25	10:19	
105	311	Joaquim Santos	Individual	03:06:24	+01:24:12	10:21	
106	21	PAULINO EDGAR RODRIGUES DUARTE	Individual	03:06:26	+01:24:14	10:21	
107	270	Vera Pessoa	Individual	03:06:27	+01:24:15	10:21	
108	274	João Sousa	Individual	03:06:48	+01:24:36	10:23	
109	210	Jorge Rodrigues	Agarrados ao btt	03:06:52	+01:24:40	10:23	
110	209	Susana Cerqueira	Agarrados ao btt	03:06:57	+01:24:45	10:23	
111	345	SMónica Fernandes	Run & Fun	03:07:10	+01:24:58	10:24	
112	295	Hugo Soares	Individual	03:08:04	+01:25:52	10:27	
113	356	Joni Pandeirada Rocha	Tainadas Run Team	03:12:07	+01:29:55	10:40	
114	335	Marta Carmo	OPraticante.pt	03:12:53	+01:30:41	10:43	
115	365	Margarida Duarte	Trail Bela Bela	03:13:32	+01:31:20	10:45	
116	226	JOAO SOUSA	Cleide Martins Gab. Fisioterapia	03:14:54	+01:32:42	10:50	
117	228	João Beirão	Cleide Martins Gab. Fisioterapia	03:14:55	+01:32:43	10:50	
118	288	Celia Oliveira	Individual	03:15:01	+01:32:49	10:50	
119	324	Ivone Reis	OPraticante.pt	03:15:01	+01:32:49	10:50	
120	251	Joaquim Rocha	EFY	03:18:43	+01:36:31	11:02	
121	249	Isabel Rocha	EFY	03:18:43	+01:36:31	11:02	
122	291	André Maurício de Sá Barbosa	Individual	03:18:44	+01:36:32	11:02	
123	39	Sofia Neves	Orthia	03:23:36	+01:41:24	11:19	
124	339	Paulo Silva	OPraticante.pt	03:23:50	+01:41:38	11:19	
125	329	José Rocha	OPraticante.pt	03:24:23	+01:42:11	11:21	
126	358	Sandra Rocha Oliveira	Tainadas Run Team	03:26:38	+01:44:26	11:29	
127	286	Rosabell Dos Santos	Individual	03:27:56	+01:45:44	11:33	
128	380	Paulo Oliveira	Individual	03:27:56	+01:45:44	11:33	
129	216	Pedro Cruz	Águeda Action Club - ACTIB	03:28:34	+01:46:22	11:35	
130	218	Raquel Brito	Águeda Action Club - ACTIB	03:29:44	+01:47:32	11:39	
131	276	Luís Carlos Santos Tavares	Individual	03:30:30	+01:48:18	11:42	



## TRAIL CURTO - STAGE 1

**18 KM**

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

### OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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
132	290	Alexandre de Camargo Corrêa	Individual	03:31:51	+01:49:39	11:46	
133	229	Filipa Ribeiro	Clube Talentos Objetivos	03:32:17	+01:50:05	11:48	
134	336	Patrícia Lamego	OPraticante.pt	03:34:22	+01:52:10	11:55	
135	304	Pedro Carvalho	Individual	03:35:14	+01:53:02	11:57	
136	285	Eliana Oliveira	Individual	03:35:27	+01:53:15	11:58	
137	254	Sofia caldeira	Fox running team	03:35:39	+01:53:27	11:59	
138	300	Marco Costa	Individual	03:35:39	+01:53:27	11:59	
139	318	ROMEU CARVALHO	NOCTIS TRAIL	03:35:39	+01:53:27	11:59	
140	341	Anabela Reis	Os 4	03:40:04	+01:57:52	12:14	
141	364	Inês Freitas	Trail Bela Bela	03:46:58	+02:04:46	12:37	
142	211	Ana Silva	AGM Team Running	03:47:39	+02:05:27	12:39	
143	293	Bruno Miguel martins lopes	Individual	03:47:52	+02:05:40	12:40	
144	221	Helena Mariz	AllforOne	03:52:17	+02:10:05	12:54	
145	370	Carla Sofia Simões Lemos	Uma Questão de Atitude	03:59:19	+02:17:07	13:18	
146	361	Nelson Sousa	Tartaruginhas Team	04:05:21	+02:23:09	13:38	
147	360	Solange Sousa	Tartaruginhas Team	04:05:22	+02:23:10	13:38	
148	219	Isabel Gonçalves	ALEXANDRA CARVALHO TEAM	04:06:21	+02:24:09	13:41	
149	281	Walter Fernandes	Individual	04:07:06	+02:24:54	13:44	
150	292	Artur Fonseca	Individual	04:08:35	+02:26:23	13:49	
151	354	Rui Almeida	Sport Clube Paradela	04:14:48	+02:32:36	14:09	
152	268	Carolina Fernandes	Individual	04:15:38	+02:33:26	14:12	
153	257	Filipe Leitão	Gondomar Futsal Clube	04:23:07	+02:40:55	14:37	
154	332	Catarina Pinho	OPraticante.pt	04:26:49	+02:44:37	14:49	
155	333	Cidália Silva	OPraticante.pt	04:26:49	+02:44:37	14:49	
156	334	Isabel Cristina Costa	OPraticante.pt	04:34:47	+02:52:35	15:16	
157	303	Marcos Cardoso	Individual	04:55:54	+03:13:42	16:26	
158	269	Joana Peixoto	Individual	04:55:59	+03:13:47	16:27	
159	253	Paulo Mota	Equipa ATAC Vassoura	04:56:00	+03:13:48	16:27	
160	252	André Duarte	Equipa ATAC Vassoura	04:56:03	+03:13:51	16:27	

**Trail Curto**
**18 KM**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
**OFFICIAL RESULT**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	08:30	-99°C	-99%
End	13:26	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
<b>Senior Feminino</b>							
1	224	guida fontes	CF Os Marialvas	Senior Feminino	02:13:09		07:24
2	266	Alexandra Gomes	FOX Running Team	Senior Feminino	02:25:51	+12:42	08:06
3	215	Inês Teixeira	Águeda Action Club - ACTIB	Senior Feminino	02:29:32	+16:23	08:18
4	362	Teresa Reis	Trail Bela Bela	Senior Feminino	02:31:02	+17:52	08:23
5	348	Daniela Silva	Sport Clube Paradela	Senior Feminino	02:44:56	+31:47	09:10
6	376	Felícia Almeida	TRAIL BELA BELA	Senior Feminino	02:45:05	+31:55	09:10
7	323	Ana Mafalda Pereira	OPraticante.pt	Senior Feminino	02:46:05	+32:56	09:14
8	355	Teresa Pinho	Tainadas Run Team	Senior Feminino	02:55:21	+42:11	09:44
9	267	Carina Lopes	Individual	Senior Feminino	02:59:06	+45:56	09:57
10	225	Cleide Martins	Cleide Martins Gab. Fisioterapia	Senior Feminino	03:05:34	+52:24	10:19
11	270	Vera Pessoa	Individual	Senior Feminino	03:06:27	+53:17	10:21
12	324	Ivone Reis	OPraticante.pt	Senior Feminino	03:15:01	+01:01:52	10:50
13	39	Sofia Neves	Orthia	Senior Feminino	03:23:36	+01:10:27	11:19
14	254	Sofia caldeira	Fox running team	Senior Feminino	03:35:39	+01:22:29	11:59
15	211	Ana Silva	AGM Team Running	Senior Feminino	03:47:39	+01:34:30	12:39
16	268	Carolina Fernandes	Individual	Senior Feminino	04:15:38	+02:02:28	14:12
17	269	Joana Peixoto	Individual	Senior Feminino	04:55:59	+02:42:50	16:27

**Senior Masculino**

1	363	Rui Figueiredo	Trail Bela Bela	Senior Masculino	01:42:12		05:41
2	232	CARLOS MANUEL SIMÕES	DCI/Trilhos Luso Bussaco	Senior Masculino	01:43:23	+01:10	05:45
3	227	Pedro Sousa	Cleide Martins Gab. Fisioterapia	Senior Masculino	01:54:25	+12:12	06:21
4	259	João Coentrão	Grupo Recreativo Eirense	Senior Masculino	01:54:35	+12:22	06:22
5	326	Domingos Vieira	OPraticante.pt	Senior Masculino	01:55:32	+13:19	06:25
6	313	Filipe Costa	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	01:59:04	+16:51	06:37
7	255	Miguel Lourenço	FOX Running team	Senior Masculino	01:59:42	+17:29	06:39
8	244	Hugo Silva	Dura-F1 Raceteam	Senior Masculino	01:59:58	+17:45	06:40
9	372	Pedro Ferreira	VVTR VALONGO VOUGA TRAIL RUNNING	Senior Masculino	02:03:07	+20:54	06:50
10	245	José Pinheiro	Dura-F1 Raceteam	Senior Masculino	02:04:05	+21:52	06:54
11	330	José Sousa	OPraticante.pt	Senior Masculino	02:12:10	+29:57	07:21
12	331	Sérgio Ruela	OPraticante.pt	Senior Masculino	02:12:43	+30:30	07:22
13	379	João Amândio	DCI/Trilhos Luso Bussaco	Senior Masculino	02:14:13	+32:00	07:27
14	325	Augusto Tavares	OPraticante.pt	Senior Masculino	02:15:12	+32:59	07:31
15	350	José Augusto F Silva	Sport Clube Paradela	Senior Masculino	02:18:03	+35:50	07:40
16	208	Tiago Oliveira	ADI- Ílhavo	Senior Masculino	02:19:21	+37:08	07:45
17	349	Cláudio Agostinho	Sport Clube Paradela	Senior Masculino	02:27:07	+44:54	08:10
18	321	Tiago Simões	Oiã Runners	Senior Masculino	02:27:07	+44:55	08:10

Official Timekeeper: Lap2Go	1 / 5	generate 23-jul-2023 13:37
-----------------------------	-------	----------------------------

**Trail Curto**
**18 KM**
**OFFICIAL RESULT**

19	230	Miguel Paiva	Correr Fermelã ACADOF	Senior Masculino	02:27:15	+45:02	08:11
20	278	Nuno Ribeiro	Individual	Senior Masculino	02:28:01	+45:48	08:13
21	272	Daniel Alexandre	Individual	Senior Masculino	02:29:03	+46:50	08:17
22	314	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	02:29:36	+47:23	08:19
23	279	Pedro Alves	Individual	Senior Masculino	02:31:53	+49:41	08:26
24	271	André Santos	Individual	Senior Masculino	02:33:49	+51:36	08:33
25	357	Kevin Jesus Regalado	Tainadas Run Team	Senior Masculino	02:34:43	+52:30	08:36
26	320	Ruben Moreira	Oiã Runners	Senior Masculino	02:37:30	+55:17	08:45
27	319	Hugo Marques	Oiã Runners	Senior Masculino	02:42:33	+01:00:20	09:02
28	241	RUBEN NEVES	Desportivo Atletico de Recardaes	Senior Masculino	02:42:34	+01:00:22	09:02
29	346	Paulo Pires	Sosense BTT Trail Team Braga e Fernandes	Senior Masculino	02:46:08	+01:03:55	09:14
30	277	Nelson Marques	Individual	Senior Masculino	02:49:26	+01:07:13	09:25
31	280	Ricardo Miguel de Almeida Tavares	Individual	Senior Masculino	02:53:00	+01:10:47	09:37
32	207	Rui Silveira	ADI- Ílhavo	Senior Masculino	02:53:15	+01:11:02	09:37
33	327	Gabriel Godinho	OPraticante.pt	Senior Masculino	03:01:12	+01:19:00	10:04
34	275	José Paulos	Individual	Senior Masculino	03:01:50	+01:19:37	10:06
35	206	António Gonçalves	ADI- Ílhavo	Senior Masculino	03:04:56	+01:22:43	10:16
36	21	PAULINO EDGAR RODRIGUES DUARTE	Individual	Senior Masculino	03:06:26	+01:24:14	10:21
37	274	João Sousa	Individual	Senior Masculino	03:06:48	+01:24:36	10:23
38	356	Joni Pandeirada Rocha	Tainadas Run Team	Senior Masculino	03:12:07	+01:29:54	10:40
39	226	JOAO SOUSA	Cleide Martins Gab. Fisioterapia	Senior Masculino	03:14:54	+01:32:42	10:50
40	329	José Rocha	OPraticante.pt	Senior Masculino	03:24:23	+01:42:10	11:21
41	216	Pedro Cruz	Águeda Action Club - ACTIB	Senior Masculino	03:28:34	+01:46:21	11:35
42	276	Luís Carlos Santos Tavares	Individual	Senior Masculino	03:30:30	+01:48:17	11:42
43	281	Walter Fernandes	Individual	Senior Masculino	04:07:06	+02:24:53	13:44
44	252	André Duarte	Equipa ATAC Vassoura	Senior Masculino	04:56:03	+03:13:50	16:27

**Sub 23 Feminino**

1	365	Margarida Duarte	Trail Bela Bela	Sub 23 Feminino	03:13:32		10:45
2	364	Inês Freitas	Trail Bela Bela	Sub 23 Feminino	03:46:58	+33:26	12:37

**Sub 23 Masculino**

1	282	Diogo Jorge	Individual	Sub 23 Masculino	02:44:24		09:08
---	-----	-------------	------------	------------------	----------	--	-------

**Veterana F40**

1	234	Márcia Martins	DCI/Trilhos Luso Bussaco	Veterana F40	02:19:40		07:46
2	223	Severina Almeida	CATR Correio de Albergaria Trail Running	Veterana F40	02:41:35	+21:54	08:59
3	212	Helena Matos	AGM Team Running	Veterana F40	02:42:33	+22:53	09:02
4	250	Joana Sousa	EFY	Veterana F40	02:45:25	+25:44	09:11

### Trail Curto

**18 KM**

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

### OFFICIAL RESULT

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

5	233	Lucia Marques	DCI/Trilhos Luso Bussaco	Veterana F40	02:47:27	+27:46	09:18
6	283	Andreia Paulos	Individual	Veterana F40	03:01:50	+42:09	10:06
7	284	Dora Sousa	Individual	Veterana F40	03:01:51	+42:10	10:06
8	209	Susana Cerqueira	Agarrados ao btt	Veterana F40	03:06:57	+47:16	10:23
9	345	SMónica Fernandes	Run & Fun	Veterana F40	03:07:10	+47:30	10:24
10	335	Marta Carmo	OPraticante.pt	Veterana F40	03:12:53	+53:12	10:43
11	249	Isabel Rocha	EFY	Veterana F40	03:18:43	+59:02	11:02
12	358	Sandra Rocha Oliveira	Tainadas Run Team	Veterana F40	03:26:38	+01:06:57	11:29
13	286	Rosabell Dos Santos	Individual	Veterana F40	03:27:56	+01:08:15	11:33
14	218	Raquel Brito	Águeda Action Club - ACTIB	Veterana F40	03:29:44	+01:10:03	11:39
15	229	Filipa Ribeiro	Clube Talentos Objetivos	Veterana F40	03:32:17	+01:12:36	11:48
16	336	Patrícia Lamego	OPraticante.pt	Veterana F40	03:34:22	+01:14:41	11:55
17	285	Eliana Oliveira	Individual	Veterana F40	03:35:27	+01:15:47	11:58
18	341	Anabela Reis	Os 4	Veterana F40	03:40:04	+01:20:23	12:14
19	221	Helena Mariz	AllforOne	Veterana F40	03:52:17	+01:32:36	12:54
20	370	Carla Sofia Simões Lemos	Uma Questão de Atitude	Veterana F40	03:59:19	+01:39:38	13:18
21	360	Solange Sousa	Tartaruguinhas Team	Veterana F40	04:05:22	+01:45:41	13:38
22	332	Catarina Pinho	OPraticante.pt	Veterana F40	04:26:49	+02:07:08	14:49
23	333	Cidália Silva	OPraticante.pt	Veterana F40	04:26:49	+02:07:09	14:49
24	334	Isabel Cristina Costa	OPraticante.pt	Veterana F40	04:34:47	+02:15:06	15:16

### Veterana F50

1	235	Júlia Santos	DCI/Trilhos Luso Bussaco	Veterana F50	02:44:06		09:07
2	289	Rosa Cerveira	Individual	Veterana F50	02:52:49	+08:42	09:36
3	287	Cecília Martins	Individual	Veterana F50	02:53:45	+09:39	09:39
4	351	Kelly Farias	Sport Clube Paradela	Veterana F50	03:05:08	+21:02	10:17
5	288	Celia Oliveira	Individual	Veterana F50	03:15:01	+30:54	10:50
6	219	Isabel Gonçalves	ALEXANDRA CARVALHO TEAM	Veterana F50	04:06:21	+01:22:14	13:41

### Veterano M40

1	306	Sérgio Manito	Individual	Veterano M40	01:52:50		06:16
2	203	Paulo Rafael dos Santos Palhinha	A.R. Casaense - Escola de Atletismo de Coimbra - Intermarché Taveiro	Veterano M40	01:53:26	+00:36	06:18
3	202	Miguel Pires	A.R. Casaense - Escola de Atletismo de Coimbra - Intermarché Taveiro	Veterano M40	01:57:14	+04:23	06:31
4	366	João Almeida	Trail Bela Bela	Veterano M40	01:59:58	+07:08	06:40
5	201	Márcio Filipe Simões Pereira	A.R. Casaense - Escola de Atletismo de Coimbra - Intermarché Taveiro	Veterano M40	02:00:47	+07:57	06:43
6	338	João Garrido	OPraticante.pt	Veterano M40	02:05:54	+13:03	07:00
7	298	José Manuel Vilela	Individual	Veterano M40	02:06:47	+13:56	07:03
8	242	DAVIDE SILVA	Desportivo Atletico de Recardaes	Veterano M40	02:07:12	+14:21	07:04
9	369	Alex Tondela	Train Hard Team	Veterano M40	02:08:32	+15:42	07:08

Official Timekeeper: Lap2Go	3 / 5	generate 23-jul-2023 13:37
-----------------------------	-------	----------------------------

**Trail Curto****18 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

10	248	José Cruz	Dura-F1 Raceteam	Veterano M40	02:08:34	+15:44	07:09
11	261	Bruno Rodrigues	Haertha/TendernessCapacity - Trail Running	Veterano M40	02:11:36	+18:46	07:19
12	353	Márcio Silva	Sport Clube Paradelas	Veterano M40	02:12:00	+19:10	07:20
13	256	Vítor Ferreira	Fox running team	Veterano M40	02:14:51	+22:00	07:29
14	302	Marco Santos	Individual	Veterano M40	02:16:53	+24:03	07:36
15	352	Bruno Baptista	Sport clube paradelas	Veterano M40	02:18:51	+26:00	07:43
16	301	Marco Duarte	Individual	Veterano M40	02:18:55	+26:05	07:43
17	222	António Rodrigues	BiciARCA run team	Veterano M40	02:19:08	+26:17	07:44
18	264	Sérgio Rodrigues	Haertha/TendernessCapacity - Trail Running	Veterano M40	02:20:42	+27:52	07:49
19	236	Bruno Salgueiro	DCI/Trilhos Luso Bussaco	Veterano M40	02:26:03	+33:12	08:07
20	296	João Leite	Individual	Veterano M40	02:27:17	+34:27	08:11
21	243	NUNO DOS SANTOS	Desportivo Atletico de Recardaes	Veterano M40	02:30:08	+37:18	08:20
22	247	João Portugal	Dura-F1 Raceteam	Veterano M40	02:31:27	+38:37	08:25
23	371	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	Veterano M40	02:32:25	+39:34	08:28
24	262	Freddy Martins	Haertha/TendernessCapacity - Trail Running	Veterano M40	02:34:37	+41:47	08:35
25	213	Tiago Delgado	AGM Team Running	Veterano M40	02:39:13	+46:22	08:51
26	342	Bruno Parente	Os 4	Veterano M40	02:40:58	+48:08	08:57
27	297	João Silva	Individual	Veterano M40	02:45:06	+52:16	09:10
28	373	Roberto Barreiro	VVTR VALONGO VOUGA TRAIL RUNNING	Veterano M40	02:47:47	+54:56	09:19
29	359	Paulo Alexandre Simões da Costa	Tainadas Run Team	Veterano M40	02:49:55	+57:04	09:26
30	294	Hugo Mourão	Individual	Veterano M40	02:53:31	+01:00:40	09:38
31	337	António Rodrigues	OPraticante.pt	Veterano M40	02:54:39	+01:01:49	09:42
32	299	Luís Almeida	Individual	Veterano M40	02:58:40	+01:05:49	09:56
33	374	João Saraiva	Sport Clube Paradelas	Veterano M40	03:00:30	+01:07:39	10:02
34	378	Nuno Santos	Individual	Veterano M40	03:03:49	+01:10:58	10:13
35	343	Luís Carvalheiro	Os 4	Veterano M40	03:05:12	+01:12:22	10:17
36	214	Toni Santos	AGM Team Running	Veterano M40	03:05:37	+01:12:46	10:19
37	210	Jorge Rodrigues	Agarrados ao btt	Veterano M40	03:06:52	+01:14:01	10:23
38	295	Hugo Soares	Individual	Veterano M40	03:08:04	+01:15:14	10:27
39	291	André Maurício de Sá Barbosa	Individual	Veterano M40	03:18:44	+01:25:54	11:02
40	339	Paulo Silva	OPraticante.pt	Veterano M40	03:23:50	+01:31:00	11:19
41	380	Paulo Oliveira	Individual	Veterano M40	03:27:56	+01:35:05	11:33
42	290	Alexandre de Camargo Corrêa	Individual	Veterano M40	03:31:51	+01:39:00	11:46
43	304	Pedro Carvalho	Individual	Veterano M40	03:35:14	+01:42:24	11:57
44	300	Marco Costa	Individual	Veterano M40	03:35:39	+01:42:48	11:59
45	318	ROMEU CARVALHO	NOCTIS TRAIL	Veterano M40	03:35:39	+01:42:48	11:59
46	293	Bruno Miguel martins lopes	Individual	Veterano M40	03:47:52	+01:55:01	12:40
47	361	Nelson Sousa	Tartaruginhas Team	Veterano M40	04:05:21	+02:12:30	13:38
48	292	Artur Fonseca	Individual	Veterano M40	04:08:35	+02:15:45	13:49
49	354	Rui Almeida	Sport Clube Paradelas	Veterano M40	04:14:48	+02:21:57	14:09
50	257	Filipe Leitão	Gondomar Futsal Clube	Veterano M40	04:23:07	+02:30:16	14:37
51	303	Marcos Cardoso	Individual	Veterano M40	04:55:54	+03:03:03	16:26

**Trail Curto****18 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

**Veterano M50**

1	238	Manuel Vicente	DCI/Trilhos Luso Bussaco	Veterano M50	02:02:51	06:50
2	265	Paulo Pinho	Haertha/TendernessCapacity - Trail Running	Veterano M50	02:11:37	+08:45 07:19
3	239	Tony Graça	DCI/Trilhos Luso Bussaco	Veterano M50	02:19:41	+16:49 07:46
4	237	José Pereira	DCI/Trilhos Luso Bussaco	Veterano M50	02:37:29	+34:37 08:45
5	375	Pedro Alberto Madail Ratola	Individual	Veterano M50	02:44:02	+41:10 09:07
6	316	Paulo Jorge Simões da Silva	NAR - Núcleo de Atletismo de Requeixo	Veterano M50	02:47:14	+44:22 09:17
7	315	Jorge Vilela	NAR - Núcleo de Atletismo de Requeixo	Veterano M50	02:57:25	+54:34 09:51
8	228	João Beirão	Cleide Martins Gab. Fisioterapia	Veterano M50	03:14:55	+01:12:03 10:50
9	251	Joaquim Rocha	EFY	Veterano M50	03:18:43	+01:15:51 11:02
10	253	Paulo Mota	Equipa ATAC Vassoura	Veterano M50	04:56:00	+02:53:09 16:27

**Veterano M60**

1	240	Manuel Lino	DCI/Trilhos Luso Bussaco	Veterano M60	02:07:06	07:04
2	368	EUGÉNIO ALES	TRAIL BELA BELA	Veterano M60	02:12:54	+05:48 07:23
3	7	João António Vinagre Almada	Associação Desportiva de Travassô	Veterano M60	02:33:18	+26:11 08:31
4	220	Lino Cunha Moreira	All About	Veterano M60	02:47:41	+40:35 09:19
5	311	Joaquim Santos	Individual	Veterano M60	03:06:24	+59:18 10:21

