

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 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	09:00	18,8°C	81%
End	13:06	18,8°C	81%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	9	Helder Lopes	DCI/Trilhos Luso Bussaco	01:57:53		04:43	
2	26	Pedro Garrido	OPraticante.pt	01:59:30	+01:37	04:47	
3	10	Valter Semedo Matos	DCI/Trilhos Luso Bussaco	02:11:49	+13:56	05:16	
4	29	Ivo Tavares	Saca Trilhos Anadia	02:11:51	+13:58	05:16	
5	23	JOÃO CRUZ	LAAC - BIKE & SPORT	02:17:34	+19:41	05:30	
6	11	João Santos	DuraF1Raceteam	02:25:05	+27:12	05:48	
7	18	Luis Oliveira	Individual	02:27:34	+29:41	05:54	
8	48	Filipe Fonseca	DuraF1Raceteam	02:30:05	+32:12	06:00	
9	21	Pedro Alves Santos Martins	Individual	02:33:22	+35:29	06:08	
10	24	RICARDO HENRIQUES	LAAC - BIKE & SPORT	02:34:05	+36:12	06:10	
11	34	Luis Azevedo	Sport Clube Paradelas	02:35:45	+37:52	06:14	
12	7	JORGE BRITES	AZtrail/Mercentro	02:36:29	+38:36	06:16	
13	27	Valter Correia	Outlaw Runners	02:39:51	+41:58	06:24	
14	33	Paulo Ramirez	SOSENSE TRAIL TEAM-BRAGA&FERNANDES	02:44:34	+46:41	06:35	
15	30	Eduardo Meireles	Saca Trilhos Anadia	02:47:29	+49:36	06:42	
16	32	Alcino Neves Gouveia	Sentir escariz runing	02:48:40	+50:47	06:45	
17	25	VITAL ESPINHAL	LAAC - BIKE & SPORT	02:50:48	+52:55	06:50	
18	36	Bruno Cardoso	TRAIL BELA BELA	02:52:50	+54:57	06:55	
19	20	Fernando Pinheiro Mendes	Individual	02:56:35	+58:42	07:04	
20	22	António Silva	Individual	02:59:14	+01:01:21	07:10	
21	39	Miguel Sá	VVTR Valongo Vouga Trail Running	03:00:55	+01:03:02	07:14	
22	28	Ana Melo	Saca Trilhos Anadia	03:01:28	+01:03:35	07:16	
23	1	André Pereira	A.D. Ílhavo	03:02:09	+01:04:16	07:17	
24	14	Diogo Rafael	Individual	03:02:11	+01:04:18	07:17	
25	35	Jorge Carlos Piçarra Fernandes	Tainadas Run Team	03:07:32	+01:09:39	07:30	
26	50	Fernando Baltazar	Individual	03:10:35	+01:12:42	07:37	
27	31	FERNANDO MORAIS	Saca Trilhos Anadia	03:10:52	+01:12:59	07:38	
28	38	Paulo Cerveira	Trilhos da Baga	03:14:27	+01:16:34	07:47	
29	8	Ariana Tavares	C.D.C Paradelas do Vouga	03:14:36	+01:16:43	07:47	
30	13	Mami Macedo	Haertha/TendernessCapacity - trail running	03:16:15	+01:18:22	07:51	
31	19	António Manuel da Fonseca Pereira	Individual	03:38:25	+01:40:32	08:44	
32	6	Carlos Campos	AFISOVAR	03:47:43	+01:49:50	09:07	
33	5	Ana Silva	AFISOVAR	03:47:43	+01:49:50	09:07	
34	12	Eduarda Vinagre	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	03:52:49	+01:54:56	09:19	
35	37	João António Coutinho Simões	Trilhos da Baga	03:54:24	+01:56:31	09:23	
36	2	Paula Simões	A.R.S.M.-Associação Recreativa de São Miguel	04:02:45	+02:04:52	09:43	
37	4	Márcio Silva	A.R.S.M.-Associação Recreativa de São Miguel	04:02:45	+02:04:52	09:43	
38	3	Jorge Scevola	A.R.S.M.-Associação Recreativa de São Miguel	04:02:46	+02:04:53	09:43	

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 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	09:00	18,8°C	81%
End	13:06	18,8°C	81%

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

1	28	Ana Melo	Saca Trilhos Anadia	Senior Feminino	03:01:28		07:16
2	8	Ariana Tavares	C.D.C Paradelo do Vouga	Senior Feminino	03:14:36	+13:07	07:47
3	2	Paula Simões	A.R.S.M.-Associação Recreativa de São Miguel	Senior Feminino	04:02:45	+01:01:16	09:43

Senior Masculino

1	9	Helder Lopes	DCI/Trilhos Luso Bussaco	Senior Masculino	01:57:53		04:43
2	26	Pedro Garrido	OPraticante.pt	Senior Masculino	01:59:30	+01:36	04:47
3	29	Ivo Tavares	Saca Trilhos Anadia	Senior Masculino	02:11:51	+13:57	05:16
4	23	JOÃO CRUZ	LAAC - BIKE & SPORT	Senior Masculino	02:17:34	+19:40	05:30
5	24	RICARDO HENRIQUES	LAAC - BIKE & SPORT	Senior Masculino	02:34:05	+36:12	06:10
6	34	Luis Azevedo	Sport Clube Paradelo	Senior Masculino	02:35:45	+37:51	06:14
7	36	Bruno Cardoso	TRAIL BELA BELA	Senior Masculino	02:52:50	+54:56	06:55
8	1	André Pereira	A.D. Ílhavo	Senior Masculino	03:02:09	+01:04:16	07:17
9	14	Diogo Rafael	Individual	Senior Masculino	03:02:11	+01:04:17	07:17
10	37	João António Coutinho Simões	Trilhos da Baga	Senior Masculino	03:54:24	+01:56:30	09:23
11	4	Márcio Silva	A.R.S.M.-Associação Recreativa de São Miguel	Senior Masculino	04:02:45	+02:04:51	09:43
12	3	Jorge Scevola	A.R.S.M.-Associação Recreativa de São Miguel	Senior Masculino	04:02:46	+02:04:53	09:43

Veterana F40

1	13	Mami Macedo	Haertha/TendernessCapacity - trail running	Veterana F40	03:16:15		07:51
2	5	Ana Silva	AFISOVAR	Veterana F40	03:47:43	+31:27	09:07

Veterana F50

1	12	Eduarda Vinagre	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterana F50	03:52:49		09:19
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Veterano M40

1	10	Valter Semedo Matos	DCI/Trilhos Luso Bussaco	Veterano M40	02:11:49		05:16
2	11	João Santos	DuraF1Raceteam	Veterano M40	02:25:05	+13:16	05:48
3	18	Luis Oliveira	Individual	Veterano M40	02:27:34	+15:45	05:54
4	48	Filipe Fonseca	DuraF1Raceteam	Veterano M40	02:30:05	+18:15	06:00

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 SOLUTION - 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

5	27	Valter Correia	Outlaw Runners	Veterano M40	02:39:51	+28:02	06:24
6	33	Paulo Ramirez	SOSENSE TRAIL TEAM- BRAGA&FERNANDES	Veterano M40	02:44:34	+32:45	06:35
7	25	VITAL ESPINHAL	LAAC - BIKE & SPORT	Veterano M40	02:50:48	+38:59	06:50
8	35	Jorge Carlos Piçarra Fernandes	Tainadas Run Team	Veterano M40	03:07:32	+55:43	07:30

Veterano M50

1	21	Pedro Alves Santos Martins	Individual	Veterano M50	02:33:22		06:08
2	7	JORGE BRITES	AZtrail/Mercentro	Veterano M50	02:36:29	+03:07	06:16
3	32	Alcino Neves Gouveia	Sentir escaiz runing	Veterano M50	02:48:40	+15:17	06:45
4	20	Fernando Pinheiro Mendes	Individual	Veterano M50	02:56:35	+23:13	07:04
5	39	Miguel Sá	VVTR Valongo Vouga Trail Running	Veterano M50	03:00:55	+27:33	07:14
6	50	Fernando Baltazar	Individual	Veterano M50	03:10:35	+37:13	07:37
7	38	Paulo Cerveira	Trilhos da Baga	Veterano M50	03:14:27	+41:05	07:47
8	19	António Manuel da Fonseca Pereira	Individual	Veterano M50	03:38:25	+01:05:02	08:44
9	6	Carlos Campos	AFISOVAR	Veterano M50	03:47:43	+01:14:20	09:07

Veterano M60

1	30	Eduardo Meireles	Saca Trilhos Anadia	Veterano M60	02:47:29		06:42
2	22	António Silva	Individual	Veterano M60	02:59:14	+11:44	07:10
3	31	FERNANDO MORAIS	Saca Trilhos Anadia	Veterano M60	03:10:52	+23:22	07:38



Vai ser um Calvário
Calvário, Valongo do Vouga
18-junho-2023

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

RANK	TEAM	DESCRIPTION	POINTS
1	LAAC - BIKE & SPORT	5 + 10 + 17	32
2	SACA TRILHOS ANADIA	4 + 15 + 22	41
3	A.R.S.M.-ASSOCIAÇÃO RECREATIVA DE SÃO MIGUEL	36 + 37 + 38	111

TRAIL CURTO - STAGE 1

17 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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	149	João Leite	Individual	01:45:05	+30:58	06:11	
44	166	NUNO SARAIVA	NOCTIS TRAIL	01:45:11	+31:04	06:11	
45	169	Hugo Marques	OiãRunners	01:45:11	+31:04	06:11	
46	131	Daniel Alexandre	Individual	01:45:13	+31:06	06:11	
47	162	LUÍS CIPRIANO	LAAC - BIKE & SPORT	01:45:57	+31:50	06:14	
48	188	Bruno Parente	Os 4	01:46:46	+32:39	06:17	
49	150	João Silva	Individual	01:47:14	+33:07	06:18	
50	115	José Pereira	DCI/Trilhos Luso Bussaco	01:47:28	+33:21	06:19	
51	230	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	01:47:34	+33:27	06:20	
52	103	Inês Teixeira	ÁGUEDA ACTION CLUB - ACTIB	01:47:46	+33:39	06:20	
53	164	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	01:47:49	+33:42	06:21	
54	125	Freddy Martins	Haertha/TendernessCapacity - trail running	01:47:54	+33:47	06:21	
55	199	Carlos Pires	Saca Trilhos Anadia	01:48:33	+34:26	06:23	
56	200	Manuel Marques	Saca Trilhos Anadia	01:49:25	+35:18	06:26	
57	105	Rui Mota	ATAC - Águeda Trail Aventura Clube	01:49:30	+35:23	06:26	
58	145	António Trigueiro	Individual	01:51:00	+36:53	06:32	
59	147	Carlos Pedro Santiago Neves	Individual	01:51:17	+37:10	06:33	
60	118	RUBEN NEVES	Desportivo Atletico de Recardaes	01:52:58	+38:51	06:39	
61	138	Ricardo Miguel de Almeida Tavares	Individual	01:52:59	+38:52	06:39	
62	195	José Loureiro	Panela de Barro	01:54:07	+40:00	06:43	
63	112	Rogério de Pinho e Silva	C.D.C. SÃO MARTINHO DA GÂNDARA	01:54:07	+40:00	06:43	
64	168	Frederico Mendes	OCR CARQUEJO	01:54:21	+40:14	06:44	
65	114	Júlia Santos	DCI/Trilhos Luso Bussaco	01:54:51	+40:44	06:45	
66	196	João Marques	PENATURE TRAIL TEAM	01:55:25	+41:18	06:47	
67	109	Cláudio Castro	C.D.C. SÃO MARTINHO DA GÂNDARA	01:56:10	+42:03	06:50	
68	231	Mário António Pereira Migueis	Vamos a Pé - Taboeira	01:56:29	+42:22	06:51	
69	253	João Abreu	Individual	01:56:33	+42:26	06:51	
70	110	Filipe Estevev	C.D.C. SÃO MARTINHO DA GÂNDARA	01:56:50	+42:43	06:52	
71	215	Paulo Costa	Tainadas Run Team	01:58:29	+44:22	06:58	
72	239	Tiago Carvalho	VVTR Valongo Vouga Trail Running	01:58:57	+44:50	07:00	
73	210	Teresa Pinho	Tainadas Run Team	01:59:42	+45:35	07:02	
74	165	Paulo Jorge Simões da Silva	NAR - Núcleo de Atletismo de Requeixo	02:00:12	+46:05	07:04	
75	152	Luis Almeida	Individual	02:01:07	+47:00	07:07	
76	223	Óscar Ramalho	TRAIL BELA BELA	02:02:27	+48:20	07:12	
77	135	Nelson Oliveira Marques	Individual	02:02:37	+48:30	07:13	
78	148	Gilberto Palmeira	Individual	02:03:00	+48:53	07:14	
79	202	Rosa Tavares	SOSENSE TRAIL TEAM-BRAGA&FERNANDES	02:03:26	+49:19	07:16	
80	158	Joaquim Balreira	Individual	02:04:14	+50:07	07:18	
81	198	Cristina Meireles	Saca Trilhos Anadia	02:05:42	+51:35	07:24	
82	117	Ivo Gonçalves	Desportivo Atletico de Recardaes	02:06:22	+52:15	07:26	
83	216	Filipa ribeiro	Talentos Objetivos	02:06:49	+52:42	07:28	
84	126	Ricardo Ferreira	Haertha/TendernessCapacity - trail running	02:06:50	+52:43	07:28	
85	237	Nuno Rocha	VVTR Valongo Vouga Trail Running	02:07:05	+52:58	07:29	
86	134	Miguel Santos	Individual	02:07:06	+52:59	07:29	
87	102	Mariana Alves	AAM Runners	02:07:15	+53:08	07:29	
88	159	José Madureira	Individual	02:07:37	+53:30	07:30	

TRAIL CURTO - STAGE 1

17 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
89	235	Fábio Silva	VVTR Valongo Vouga Trail Running	02:08:03	+53:56	07:32	
90	154	Manuel ventura da Silva Marques	Individual	02:08:58	+54:51	07:35	
91	142	Sónia Cardoso	Individual	02:09:00	+54:53	07:35	
92	132	Flávio Tavares	Individual	02:09:00	+54:53	07:35	
93	190	Nadine Loureiro	Panela de Barro	02:09:48	+55:41	07:38	
94	254	Kelly Farias	Individual	02:09:48	+55:41	07:38	
95	221	Mariana Santos	TRAIL BELA BELA	02:09:52	+55:45	07:38	
96	143	Claudia calix	Individual	02:11:05	+56:58	07:43	
97	194	Abel Condesso	Panela de Barro	02:11:21	+57:14	07:44	
98	189	Luís Carvalheiro	Os 4	02:11:46	+57:39	07:45	
99	129	Carina Lopes	Individual	02:11:54	+57:47	07:46	
100	218	Margarida Duarte	TRAIL BELA BELA	02:15:10	+01:01:03	07:57	
101	212	Joni Pandeirada Rocha	Tainadas Run Team	02:15:19	+01:01:12	07:58	
102	236	João Almeida	VVTR Valongo Vouga Trail Running	02:15:48	+01:01:41	07:59	
103	141	Rosabell Dos Santos	Individual	02:16:05	+01:01:58	08:00	
104	155	Ricardo Faisca	Individual	02:17:16	+01:03:09	08:04	
105	182	Marta Carmo	OPraticante.pt	02:17:16	+01:03:09	08:04	
106	178	José Rocha	OPraticante.pt	02:17:18	+01:03:11	08:05	
107	186	DAvid Silva	OPraticante.pt	02:19:41	+01:05:34	08:13	
108	173	Ana Pereira	OPraticante.pt	02:21:37	+01:07:30	08:20	
109	161	António Breda	Individual	02:24:15	+01:10:08	08:29	
110	209	Sandra Oliveira	Tainadas Run Team	02:25:36	+01:11:29	08:34	
111	167	ROMEU CARVALHO	NOCTIS TRAIL	02:25:39	+01:11:32	08:34	
112	187	Anabela Reis	Os 4	02:26:52	+01:12:45	08:38	
113	214	Cláudia Gomes Vilela	Tainadas Run Team	02:32:13	+01:18:06	08:57	
114	229	Marco Paulo dos Santos Marques	Vamos a Pé - Taboeira	02:32:19	+01:18:12	08:58	
115	217	Inês Freitas	TRAIL BELA BELA	02:33:36	+01:19:29	09:02	
116	181	Cidália Silva	OPraticante.pt	02:42:01	+01:27:54	09:32	
117	185	Paulo Silva	OPraticante.pt	02:42:01	+01:27:54	09:32	
118	232	Gary Quintal	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:43:18	+01:29:11	09:36	
119	107	Maria Ramos	BoraBora, Vamos Lá!	02:49:21	+01:35:14	09:58	
120	241	Rosa Silva	VVTR Valongo Vouga Trail Running	02:51:41	+01:37:34	10:06	
121	140	Paula Rodrigues	Individual	02:51:41	+01:37:34	10:06	
122	160	Rufino Tavares Cardoso	Individual	02:51:42	+01:37:35	10:06	
123	208	Rui Almeida	Sport Clube Paradela	02:52:39	+01:38:32	10:09	
124	151	Jorge Pinto	Individual	02:58:35	+01:44:28	10:30	
125	193	Mónica Menano	Panela de Barro	03:00:38	+01:46:31	10:38	
126	192	Elizabeth Loureiro	Panela de Barro	03:00:38	+01:46:31	10:38	
127	234	Sandra Ferreira	VVTR Valongo Vouga Trail Running	03:00:45	+01:46:38	10:38	
128	240	Luísa Silva	VVTR Valongo Vouga Trail Running	03:05:52	+01:51:45	10:56	
129	233	Ana Miguel Marques	VVTR Valongo Vouga Trail Running	03:05:52	+01:51:45	10:56	
130	226	Carla Sofia Simões Lemos	Uma Questão de Atitude	03:09:36	+01:55:29	11:09	
131	227	Manuel Carlos Costa Martins	Uma Questão de Atitude	03:09:39	+01:55:32	11:09	
132	201	Mário Severo de Matos Marinho	Saca Trilhos Anadia	03:09:46	+01:55:39	11:10	
133	228	João Pedro de Matos Simões	Vamos a Pé - Taboeira	03:21:20	+02:07:13	11:51	

Trail Curto

17 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

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	Time	Temperature	Humidity
Start	09:15	19,4°C	81%
End	12:36	19,4°C	81%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Junior Feminino

1	102	Mariana Alves	AAM Runners	Junior Feminino	02:07:15		07:29
2	218	Margarida Duarte	TRAIL BELA BELA	Junior Feminino	02:15:10	+07:54	07:57
3	217	Inês Freitas	TRAIL BELA BELA	Junior Feminino	02:33:36	+26:21	09:02

Senior Feminino

1	219	Teresa Reis	TRAIL BELA BELA	Senior Feminino	01:44:32		06:09
2	103	Inês Teixeira	ÁGUEDA ACTION CLUB - ACTIB	Senior Feminino	01:47:46	+03:14	06:20
3	210	Teresa Pinho	Tainadas Run Team	Senior Feminino	01:59:42	+15:10	07:02
4	190	Nadine Loureiro	Panela de Barro	Senior Feminino	02:09:48	+25:15	07:38
5	129	Carina Lopes	Individual	Senior Feminino	02:11:54	+27:22	07:46
6	173	Ana Pereira	OPraticante.pt	Senior Feminino	02:21:37	+37:04	08:20
7	209	Sandra Oliveira	Tainadas Run Team	Senior Feminino	02:25:36	+41:04	08:34
8	234	Sandra Ferreira	VVTR Valongo Vouga Trail Running	Senior Feminino	03:00:45	+01:16:13	10:38
9	233	Ana Miguel Marques	VVTR Valongo Vouga Trail Running	Senior Feminino	03:05:52	+01:21:20	10:56

Senior Masculino

1	220	Rui Figueiredo	TRAIL BELA BELA	Senior Masculino	01:14:07		04:22
2	177	João Matos	OPraticante.pt	Senior Masculino	01:18:05	+03:57	04:36
3	205	Luis Diogo	Sport Clube Paradela	Senior Masculino	01:18:22	+04:14	04:37
4	122	João Coentrão	Grupo Recreativo Eirense	Senior Masculino	01:19:16	+05:08	04:40
5	246	Hugo Silva	DuraF1Raceteam	Senior Masculino	01:21:58	+07:50	04:49
6	175	Domingos Vieira	OPraticante.pt	Senior Masculino	01:22:44	+08:36	04:52
7	163	Filipe Costa	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	01:26:12	+12:04	05:04
8	238	Pedro Ferreira	VVTR Valongo Vouga Trail Running	Senior Masculino	01:26:52	+12:44	05:07
9	207	Marcos André Jesus Ferreira	Sport Clube Paradela	Senior Masculino	01:27:51	+13:43	05:10
10	179	José Sousa	OPraticante.pt	Senior Masculino	01:28:20	+14:13	05:12
11	174	Augusto Tavares	OPraticante.pt	Senior Masculino	01:30:02	+15:54	05:18
12	204	José Augusto F Silva	Sport Clube Paradela	Senior Masculino	01:32:38	+18:30	05:27
13	211	Cândido Veloso	Tainadas Run Team	Senior Masculino	01:33:17	+19:09	05:29
14	180	Sérgio Ruela	OPraticante.pt	Senior Masculino	01:34:56	+20:48	05:35
15	139	Tiago Goncalves	Individual	Senior Masculino	01:39:19	+25:11	05:51
16	137	Pedro Alves	Individual	Senior Masculino	01:39:51	+25:43	05:52
17	203	Cláudio Agostinho	Sport Clube Paradela	Senior Masculino	01:40:26	+26:18	05:54
18	206	Luís silva	Sport Clube Paradela	Senior Masculino	01:40:29	+26:21	05:55

Official Timekeeper: Lap2Go	1 / 5	generate 18-jun-2023 12:44
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Trail Curto**17 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

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19	136	Nuno Ribeiro	Individual	Senior Masculino	01:40:48	+26:40	05:56
20	197	Bruno Santos	Saca Trilhos Anadia	Senior Masculino	01:40:58	+26:50	05:56
21	213	Kevin Jesus Regalado	Tainadas Run Team	Senior Masculino	01:41:25	+27:17	05:58
22	170	Ruben Moreira	OiãRunners	Senior Masculino	01:42:23	+28:15	06:01
23	101	Rui Silveira	A.D. Ílhavo	Senior Masculino	01:44:23	+30:15	06:08
24	169	Hugo Marques	OiãRunners	Senior Masculino	01:45:11	+31:04	06:11
25	131	Daniel Alexandre	Individual	Senior Masculino	01:45:13	+31:05	06:11
26	164	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	01:47:49	+33:41	06:21
27	118	RUBEN NEVES	Desportivo Atletico de Recardaes	Senior Masculino	01:52:58	+38:50	06:39
28	138	Ricardo Miguel de Almeida Tavares	Individual	Senior Masculino	01:52:59	+38:52	06:39
29	239	Tiago Carvalho	VVTR Valongo Vouga Trail Running	Senior Masculino	01:58:57	+44:49	07:00
30	135	Nelson Oliveira Marques	Individual	Senior Masculino	02:02:37	+48:29	07:13
31	117	Ivo Gonçalves	Desportivo Atletico de Recardaes	Senior Masculino	02:06:22	+52:14	07:26
32	237	Nuno Rocha	VVTR Valongo Vouga Trail Running	Senior Masculino	02:07:05	+52:58	07:29
33	134	Miguel Santos	Individual	Senior Masculino	02:07:06	+52:58	07:29
34	235	Fábio Silva	VVTR Valongo Vouga Trail Running	Senior Masculino	02:08:03	+53:56	07:32
35	132	Flávio Tavares	Individual	Senior Masculino	02:09:00	+54:52	07:35
36	212	Joni Pandeirada Rocha	Tainadas Run Team	Senior Masculino	02:15:19	+01:01:11	07:58
37	236	João Almeida	VVTR Valongo Vouga Trail Running	Senior Masculino	02:15:48	+01:01:40	07:59
38	178	José Rocha	OPraticante.pt	Senior Masculino	02:17:18	+01:03:10	08:05
39	228	João Pedro de Matos Simões	Vamos a Pé - Taboeira	Senior Masculino	03:21:20	+02:07:12	11:51

Sub 23 Feminino

1	221	Mariana Santos	TRAIL BELA BELA	Sub 23 Feminino	02:09:52	07:38
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Sub 23 Masculino

1	253	João Abreu	Individual	Sub 23 Masculino	01:56:33	06:51
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Veterana F40

1	113	Márcia Martins	DCI/Trilhos Luso Bussaco	Veterana F40	01:32:58	05:28
2	216	Filipa ribeiro	Talentos Objetivos	Veterana F40	02:06:49	+33:51 07:28
3	142	Sónia Cardoso	Individual	Veterana F40	02:09:00	+36:02 07:35
4	141	Rosabell Dos Santos	Individual	Veterana F40	02:16:05	+43:06 08:00
5	182	Marta Carmo	OPraticante.pt	Veterana F40	02:17:16	+44:18 08:04
6	187	Anabela Reis	Os 4	Veterana F40	02:26:52	+53:54 08:38
7	214	Cláudia Gomes Vilela	Tainadas Run Team	Veterana F40	02:32:13	+59:14 08:57
8	181	Cidália Silva	OPraticante.pt	Veterana F40	02:42:01	+01:09:03 09:32
9	241	Rosa Silva	VVTR Valongo Vouga Trail Running	Veterana F40	02:51:41	+01:18:43 10:06

Official Timekeeper: Lap2Go	2 / 5	generate 18-jun-2023 12:44
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Trail Curto

17 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

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10	140	Paula Rodrigues	Individual	Veterana F40	02:51:41	+01:18:43	10:06
11	193	Mónica Menano	Panela de Barro	Veterana F40	03:00:38	+01:27:40	10:38
12	192	Elizabete Loureiro	Panela de Barro	Veterana F40	03:00:38	+01:27:40	10:38
13	240	Luísa Silva	VVTR Valongo Vouga Trail Running	Veterana F40	03:05:52	+01:32:54	10:56
14	226	Carla Sofia Simões Lemos	Uma Questão de Atitude	Veterana F40	03:09:36	+01:36:38	11:09

Veterana F50

1	114	Júlia Santos	DCI/Trilhos Luso Bussaco	Veterana F50	01:54:51		06:45
2	202	Rosa Tavares	SOSENSE TRAIL TEAM-BRAGA&FERNANDES	Veterana F50	02:03:26	+08:34	07:16
3	254	Kelly Farias	Individual	Veterana F50	02:09:48	+14:57	07:38
4	143	Claudia calix	Individual	Veterana F50	02:11:05	+16:14	07:43
5	107	Maria Ramos	BoraBora, Vamos Lá!	Veterana F50	02:49:21	+54:30	09:58

Veterana F60

1	198	Cristina Meireles	Saca Trilhos Anadia	Veterana F60	02:05:42		07:24
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Veterano M40

1	157	Sérgio Manito	Individual	Veterano M40	01:16:28		04:30
2	120	DAVIDE SILVA	Desportivo Atletico de Recardaes	Veterano M40	01:23:51	+07:23	04:56
3	222	João Almeida	TRAIL BELA BELA	Veterano M40	01:25:20	+08:52	05:01
4	124	Bruno Rodrigues	Haertha/TendernessCapacity - trail running	Veterano M40	01:27:29	+11:00	05:09
5	184	João Garrido	OPraticante.pt	Veterano M40	01:29:39	+13:10	05:16
6	111	João Ferreira	C.D.C. SÃO MARTINHO DA GÂNDARA	Veterano M40	01:38:34	+22:06	05:48
7	108	Bruno Barge	C.D.C. SÃO MARTINHO DA GÂNDARA	Veterano M40	01:39:08	+22:40	05:50
8	153	Luis Martins	Individual	Veterano M40	01:39:17	+22:48	05:50
9	146	Carlos Barrocas	Individual	Veterano M40	01:39:29	+23:00	05:51
10	156	Ricardo Vidal	Individual	Veterano M40	01:39:35	+23:07	05:51
11	121	NUNO SANTOS	Desportivo Atletico de Recardaes	Veterano M40	01:41:23	+24:55	05:58
12	106	Sérgio Ferreira	BiciARCA Run Team	Veterano M40	01:42:40	+26:11	06:02
13	248	João Portugal	DuraF1Racetteam	Veterano M40	01:45:04	+28:36	06:11
14	149	João Leite	Individual	Veterano M40	01:45:05	+28:37	06:11
15	166	NUNO SARAIVA	NOCTIS TRAIL	Veterano M40	01:45:11	+28:43	06:11
16	162	LUÍS CIPRIANO	LAAC - BIKE & SPORT	Veterano M40	01:45:57	+29:28	06:14
17	188	Bruno Parente	Os 4	Veterano M40	01:46:46	+30:17	06:17
18	150	João Silva	Individual	Veterano M40	01:47:14	+30:45	06:18
19	230	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	Veterano M40	01:47:34	+31:05	06:20
20	125	Freddy Martins	Haertha/TendernessCapacity - trail running	Veterano M40	01:47:54	+31:26	06:21

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

RANK	TEAM	DESCRIPTION	POINTS
1	OPRATICANTE.PT	3 + 7 + 14	24
2	TRAIL BELA BELA	1 + 9 + 16	26
3	SPORT CLUBE PARADELA	4 + 13 + 19	36
4	HAERTHA/TENDERNESCAPACITY - TRAIL RUNNING	12 + 18 + 54	84
5	DCI/TRILHOS LUSO BUSSACO	20 + 21 + 50	91
6	DESPORTIVO ATLETICO DE RECARDAES	8 + 35 + 60	103
7	C.D.C. SÃO MARTINHO DA GÂNDARA	24 + 25 + 63	112
8	TAINADAS RUN TEAM	22 + 36 + 71	129
9	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	10 + 53 + 74	137
10	SACA TRILHOS ANADIA	34 + 55 + 56	145
11	VVTR VALONGO VOUGA TRAIL RUNNING	11 + 72 + 85	168
12	VAMOS A PÉ - TABOEIRA	51 + 68 + 114	233
13	PANELA DE BARRO	62 + 93 + 97	252
14	OS 4	48 + 98 + 112	258