FK Trail
Quiaios, PT
12-novembro-2023

TRAIL - 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

	Time	Temperature	Humidity
Start	08:50	19ºC	94%
End	13:43	19ºC	94%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	518	Filipe Pinhão	GRVilaverdense	02:11:53		05:17	
2	553	Pedro Mendes	Talentos Objetivos	02:13:37	+01:44	05:21	
3	545	Rui Fresco	Sharish Gin/GD Piranhas do Alqueva	02:18:08	+06:15	05:32	
4	523	Bruno Figueiredo	Individual	02:22:36	+10:43	05:42	
5	546	Carlos Carvalho	Talentos Objetivos	02:22:38	+10:45	05:42	
6	550	Miguel Goyanes	Talentos Objetivos	02:23:14	+11:21	05:44	
7	547	David Marques	Talentos Objetivos	02:27:10	+15:17	05:53	
8	513	João Pedrosa	Grupo Alegre Unido da Bajouca	02:27:24	+15:31	05:54	
9	506	Paulo Mendes	ARLU TRAIL	02:30:31	+18:38	06:01	
10	555	Joao Paulo Nobre Santos Marques	Trilhos da Baga	02:31:36	+19:43	06:04	
11	512	Ricardo Nunes	Grupo Alegre Unido da Bajouca	02:35:32	+23:39	06:13	
12	542	Pedro Viana	S4L | MEDENSE FC	02:37:56	+26:03	06:19	
13	551	Amílcar Ramos	Talentos Objetivos	02:38:03	+26:10	06:19	
14	548	Peterson Alves Vargas	Talentos Objetivos	02:38:07	+26:14	06:19	
15	549	João Pedro Nunes Farinha Cardoso Rodrigues	Talentos Objetivos	02:39:44	+27:51	06:23	
16	503	João André Guedes Dias	AMC CrossFit	02:41:30	+29:37	06:28	
17	126	Paulo costa	Diabinhos de Samuel	02:42:48	+30:55	06:31	
18	557	Romeu António Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:45:15	+33:22	06:37	
19	544	Nuno Ferreira	SCPOMBAL/TRAIL TEAM	02:48:56	+37:03	06:45	
20	504	Diogo Lisboa	ARLU TRAIL	02:49:03	+37:10	06:46	
21	514	Otelo Pereira	Grupo Alegre Unido da Bajouca	02:51:55	+40:02	06:53	
22	552	NELSON AZENHA	Talentos Objetivos	02:56:11	+44:18	07:03	
23	522	Carlos Palaio	GRVilaverdense	02:56:11	+44:18	07:03	
24	537	PAULO BAPTISTA	Individual	02:56:12	+44:19	07:03	
25	511	Hugo Carvalho	Fruta da 5ª	02:57:34	+45:41	07:06	
26	535	Pedro sousa	Individual	02:59:27	+47:34	07:11	
27	533	Jorge Fazenda	Individual	03:04:15	+52:22	07:22	
28	501	Rui Reis	100GPS	03:05:10	+53:17	07:24	
29	554	Nuno Gonçalo Simões	Trail da Ladeia Running Team	03:05:43	+53:50	07:26	
30	528	Jorge Bandeira	Individual	03:06:10	+54:17	07:27	
31	507	Hugo Dias	Bombeiros Voluntários Figueira da Foz	03:07:10	+55:17	07:29	
32	516	João Pedro da Silva Dâmaso	Grupo Maravilha	03:08:36	+56:43	07:33	
33	543	Carolina Cardoso Rosa	SCPOMBAL/TRAIL TEAM	03:11:31	+59:38	07:40	
34	530	Vítor Ribeiro	Individual	03:18:53	+01:07:00	07:57	
35	531	César Tafula	Individual	03:22:19	+01:10:26	08:06	
36	515	Luís Andrade	Grupo Desportivo Ferreirense	03:23:09	+01:11:16	08:08	
37	502	Tiago Pêgo	ACDRS QUINHENDROS	03:25:38	+01:13:45	08:14	
38	517	Fábio Barroca	GRVilaverdense	03:26:47	+01:14:54	08:16	
39	524	GONÇALO PEDRO GONÇALVES FERREIRA	Individual	03:29:12	+01:17:19	08:22	
40	521	Jorge Raúl Vilares	GRVilaverdense	03:29:20	+01:17:27	08:22	

TRAIL - 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	RESULT	DIFF	t/KM	CARD
41	536	Ricardo Veiga	Individual	03:30:48	+01:18:55	08:26	
42	529	Renato Miguel da Mota Santos	Individual	03:39:53	+01:28:00	08:48	
43	505	GONÇALO NUNO MOREIRA FERREIRA	ARLU TRAIL	03:41:48	+01:29:55	08:52	
44	509	Luís Pinto	Diabinhos de Samuel	03:42:50	+01:30:57	08:55	
45	510	Fátima Malta	Fátima Malta	03:43:08	+01:31:15	08:56	
46	540	Paulo Acúrcio	Individual	03:43:41	+01:31:48	08:57	
47	526	Rute Bastos	Individual	03:46:44	+01:34:51	09:04	
48	538	J. Francisco Valadão	Individual	04:03:11	+01:51:18	09:44	
49	520	Isabel Gomes	GRVilaverdense	04:16:48	+02:04:55	10:16	
50	519	Fátima Oliveira	GRVilaverdense	04:35:03	+02:23:10	11:00	
51	541	Paula Monteiro	RUN FOR A SMILE	04:35:03	+02:23:10	11:00	
52	556	Pedro TEK	TRILHOS DA BAGA / K RUN TEAM	04:53:15	+02:41:22	11:44	

lap2go TIMING SOLUTION

FK Trail
Quiaios, PT
12-novembro-2023

Trail — 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	08:50	19ºC	94%
End	13:43	19ºC	94%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	543	Carolina Cardoso Rosa	SCPOMBAL/TRAIL TEAM	Senior Feminino	03:11:31		07:40
Senior Masculino							
1	518	Filipe Pinhão	GRVilaverdense	Senior Masculino	02:11:53		05:17
2	523	Bruno Figueiredo	Individual	Senior Masculino	02:22:36	+10:42	05:42
3	546	Carlos Carvalho	Talentos Objetivos	Senior Masculino	02:22:38	+10:44	05:42
4	547	David Marques	Talentos Objetivos	Senior Masculino	02:27:10	+15:16	05:53
5	512	Ricardo Nunes	Grupo Alegre Unido da Bajouca	Senior Masculino	02:35:32	+23:39	06:13
6	542	Pedro Viana	S4L | MEDENSE FC	Senior Masculino	02:37:56	+26:03	06:19
7	548	Peterson Alves Vargas	Talentos Objetivos	Senior Masculino	02:38:07	+26:13	06:19
8	504	Diogo Lisboa	ARLU TRAIL	Senior Masculino	02:49:03	+37:09	06:46
9	507	Hugo Dias	Bombeiros Voluntários Figueira da Foz	Senior Masculino	03:07:10	+55:16	07:29
10	516	João Pedro da Silva Dâmaso	Grupo Maravilha	Senior Masculino	03:08:36	+56:42	07:33
11	515	Luís Andrade	Grupo Desportivo Ferreirense	Senior Masculino	03:23:09	+01:11:16	08:08
12	517	Fábio Barroca	GRVilaverdense	Senior Masculino	03:26:47	+01:14:53	08:16
13	524	GONÇALO PEDRO GONÇALVES FERREIRA	Individual	Senior Masculino	03:29:12	+01:17:19	08:22
Sub 23 Masculino							
1	513	João Pedrosa	Grupo Alegre Unido da Bajouca	Sub 23 Masculino	02:27:24		05:54
2	511	Hugo Carvalho	Fruta da 5ª	Sub 23 Masculino	02:57:34	+30:09	07:06
Veterana F40							
1	526	Rute Bastos	Individual	Veterana F40	03:46:44		09:04
Veterana F45							
1	519	Fátima Oliveira	GRVilaverdense	Veterana F45	04:35:03		11:00
2	541	Paula Monteiro	RUN FOR A SMILE	Veterana F45	04:35:03	+00:00	11:00
Veterana F55							
1	510	Fátima Malta	Fátima Malta	Veterana F55	03:43:08		08:56

2	520	Isabel Gomes	GRVilaverdense	Veterana F55	04:16:48	+33:39	10:16

Veterano M40

1	550	Miguel Goyanes	Talentos Objetivos	Veterano M40	02:23:14		05:44
2	506	Paulo Mendes	ARLU TRAIL	Veterano M40	02:30:31	+07:17	06:01
3	549	João Pedro Nunes Farinha Cardoso Rodrigues	Talentos Objetivos	Veterano M40	02:39:44	+16:29	06:23
4	503	João André Guedes Dias	AMC CrossFit	Veterano M40	02:41:30	+18:16	06:28
5	126	Paulo costa	Diabinhos de Samuel	Veterano M40	02:42:48	+19:34	06:31
6	557	Romeu António Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M40	02:45:15	+22:01	06:37
7	554	Nuno Gonçalo Simões	Trail da Ladeia Running Team	Veterano M40	03:05:43	+42:28	07:26
8	528	Jorge Bandeira	Individual	Veterano M40	03:06:10	+42:55	07:27
9	530	Vítor Ribeiro	Individual	Veterano M40	03:18:53	+55:38	07:57
10	502	Tiago Pêgo	ACDRS QUINHENDROS	Veterano M40	03:25:38	+01:02:24	08:14
11	521	Jorge Raúl Vilares	GRVilaverdense	Veterano M40	03:29:20	+01:06:05	08:22
12	529	Renato Miguel da Mota Santos	Individual	Veterano M40	03:39:53	+01:16:39	08:48
13	505	GONÇALO NUNO MOREIRA FERREIRA	ARLU TRAIL	Veterano M40	03:41:48	+01:18:34	08:52

Veterano M45

1	553	Pedro Mendes	Talentos Objetivos	Veterano M45	02:13:37		05:21
2	545	Rui Fresco	Sharish Gin/GD Piranhas do Alqueva	Veterano M45	02:18:08	+04:31	05:32
3	551	Amílcar Ramos	Talentos Objetivos	Veterano M45	02:38:03	+24:26	06:19
4	514	Otelo Pereira	Grupo Alegre Unido da Bajouca	Veterano M45	02:51:55	+38:17	06:53
5	552	NELSON AZENHA	Talentos Objetivos	Veterano M45	02:56:11	+42:33	07:03
6	535	Pedro sousa	Individual	Veterano M45	02:59:27	+45:49	07:11
7	533	Jorge Fazenda	Individual	Veterano M45	03:04:15	+50:38	07:22
8	501	Rui Reis	100GPS	Veterano M45	03:05:10	+51:32	07:24
9	531	César Tafula	Individual	Veterano M45	03:22:19	+01:08:41	08:06
10	536	Ricardo Veiga	Individual	Veterano M45	03:30:48	+01:17:10	08:26
11	509	Luís Pinto	Diabinhos de Samuel	Veterano M45	03:42:50	+01:29:12	08:55
12	556	Pedro TEK	TRILHOS DA BAGA / K RUN TEAM	Veterano M45	04:53:15	+02:39:37	11:44

Veterano M50

1	555	Joao Paulo Nobre Santos Marques	Trilhos da Baga	Veterano M50	02:31:36		06:04
2	544	Nuno Ferreira	SCPOMBAL/TRAIL TEAM	Veterano M50	02:48:56	+17:19	06:45
3	522	Carlos Palaio	GRVilaverdense	Veterano M50	02:56:11	+24:34	07:03
4	537	PAULO BAPTISTA	Individual	Veterano M50	02:56:12	+24:35	07:03

Trail

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 M55

1	540	Paulo Acúrcio	Individual	Veterano M55	03:43:41		08:57
2	538	J. Francisco Valadão	Individual	Veterano M55	04:03:11	+19:30	09:44

TEAM RESULTS - TRAIL

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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	TALENTOS OBJETIVOS	2 + 5 + 6	13
2	GRUPO ALEGRE UNIDO DA BAJOUCA	8 + 11 + 21	40
3	GRVILAVERDENSE	1 + 23 + 38	62
4	ARLU TRAIL	9 + 20 + 43	72

FK Trail
Quiaios, PT
12-novembro-2023

SPRINT - STAGE 1 — 12 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	19ºC	94%
End	13:06	19ºC	94%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	100	Tiago Lopes	Atletismo Clube da Tocha	01:01:40		05:08	
2	240	Sérgio Escada	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:03:34	+01:54	05:18	
3	141	André Antunes	Grupo Recreativo Eirense	01:04:16	+02:36	05:21	
4	228	João Freitas	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:05:10	+03:30	05:26	
5	114	HÉLDER FERNANDO DA SILVA ISIDORO	CAOH - Clube Atlético de Oliveira do Hospital	01:06:38	+04:58	05:33	
6	41	José Pedro Galvão	ADCRPEREIRA	01:08:23	+06:43	05:42	
7	33	João Simões	ACDRS QUINHENDROS	01:09:54	+08:14	05:50	
8	37	Orlando Pires	ACDRS QUINHENDROS	01:10:40	+09:00	05:53	
9	97	Pedro Cardoso	ASSSCC - Ar Livre e Aventura	01:10:41	+09:01	05:53	
10	77	Francisco Teixeira	ARCD Venda da Luisa	01:11:24	+09:44	05:57	
11	232	Ruben Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:11:53	+10:13	05:59	
12	234	Rodrigo Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:11:55	+10:15	06:00	
13	243	Paulo Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:12:08	+10:28	06:01	
14	187	André Magalhães	Individual	01:12:28	+10:48	06:02	
15	139	Jorge Simões	Gatões BTT	01:14:08	+12:28	06:11	
16	25	Guilherme Fernandes	ACDRS QUINHENDROS	01:14:58	+13:18	06:15	
17	32	António Santos	ACDRS QUINHENDROS	01:15:01	+13:21	06:15	
18	133	José Jesus	FormoBike Btt & Trail Running	01:15:18	+13:38	06:17	
19	46	Joel Lopes	ADCRPEREIRA	01:15:19	+13:39	06:17	
20	82	PEDRO MANOS_SIMOCAS	ARSM - Associação Recreativa de S. Miguel	01:16:03	+14:23	06:20	
21	83	CARLOS MANUEL FERREIRA HENRIQUES SIMÕES	ARSM - Associação Recreativa de S. Miguel	01:16:03	+14:23	06:20	
22	168	Daniel Silva	Individual	01:16:03	+14:23	06:20	
23	101	Fernando Cruz de Jesus	Atletismo Clube da Tocha	01:16:24	+14:44	06:22	
24	48	Fernando Carvalho	ADCRPEREIRA	01:16:51	+15:11	06:24	
25	49	Helder Piedade	ADCRPEREIRA	01:16:54	+15:14	06:25	
26	1	André Fonte	A.R.Casaense / Escola de Atletismo de Coimbra / Intermaché Taveiro	01:19:22	+17:42	06:37	
27	96	José Machado	ASSSCC - Ar Livre e Aventura	01:19:30	+17:50	06:37	
28	30	BRUNO RODRIGUES	ACDRS QUINHENDROS	01:19:34	+17:54	06:38	
29	2	José Carlos Rodrigues	A.R.Casaense / Escola de Atletismo de Coimbra / Intermaché Taveiro	01:19:56	+18:16	06:40	
30	143	Tiago Abreu	GRVilaverdense	01:20:05	+18:25	06:40	
31	29	Bruno Mendes	ACDRS QUINHENDROS	01:20:44	+19:04	06:44	
32	23	Tiago Simões	ACDRS QUINHENDROS	01:20:51	+19:11	06:44	
33	50	Vítor Ferreira	AGM Team Running	01:21:02	+19:22	06:45	
34	71	Carlos Ferreira	Ameal Trail	01:21:04	+19:24	06:45	
35	80	António Figueiredo	ARSM - Associação Recreativa de S. Miguel	01:21:11	+19:31	06:46	
36	230	Pedro Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:21:18	+19:38	06:47	
37	138	Daniel Mateus	Gatões BTT	01:21:54	+20:14	06:50	
38	65	Telmo Santos	Ameal Trail	01:22:11	+20:31	06:51	
39	112	Mário Henriques	CAOH - Clube Atlético de Oliveira do Hospital	01:22:13	+20:33	06:51	

SPRINT - STAGE 1 — 12 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	RESULT	DIFF	t/KM	CARD
40	169	Diogo Almeida Oliveira	Individual	01:24:11	+22:31	07:01	
41	42	Ricardo Girio	ADCRPEREIRA	01:24:34	+22:54	07:03	
42	31	Vasco Azenha	ACDRS QUINHENDROS	01:24:38	+22:58	07:03	
43	20	Igor Neves	ACDRS QUINHENDROS	01:25:09	+23:29	07:06	
44	36	Antônio Gaspar	ACDRS QUINHENDROS	01:25:25	+23:45	07:07	
45	104	GUILHERME RAMOS	BLACKBULLS/CNI/NEUTURA	01:25:29	+23:49	07:07	
46	142	João Nascimento	GRVilaverdense	01:26:29	+24:49	07:12	
47	129	David Pinho	Domus Trail	01:26:29	+24:49	07:12	
48	195	Alexandre Pessoa	Individual	01:26:55	+25:15	07:15	
49	200	Telmo Pedro	Individual	01:27:40	+26:00	07:18	
50	3	Karen Duarte Mendes	Academia de Desportos de Condeixa	01:27:51	+26:11	07:19	
51	7	MIGUEL PINÃO	Academia de Desportos de Condeixa	01:28:36	+26:56	07:23	
52	40	Joel Amado	ADCRPEREIRA	01:28:56	+27:16	07:25	
53	28	Bruno B Ferreira	ACDRS QUINHENDROS	01:29:11	+27:31	07:26	
54	210	Ricardo Lopes	NEXEBRA TRAIL TEAM	01:29:47	+28:07	07:29	
55	192	Ricardo Rodrigues	Individual	01:29:47	+28:07	07:29	
56	229	Joni Oiveira	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:30:08	+28:28	07:31	
57	227	Diogo Filipe Oliveira Alves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:30:14	+28:34	07:31	
58	118	Hildair Cuinala	CF Os Marialvas	01:30:23	+28:43	07:32	
59	223	Nuno Ribeiro	Talentos Objetivos	01:30:44	+29:04	07:34	
60	4	Rita Leal	Academia de Desportos de Condeixa	01:31:03	+29:23	07:35	
61	166	Bruno Jorge	Individual	01:31:32	+29:52	07:38	
62	99	André Acúrcio	Atletismo Clube da Tocha	01:32:43	+31:03	07:44	
63	246	Leandro Cardoso	Individual	01:33:48	+32:08	07:49	
64	75	Pedro Relvão	Ameal Trail	01:34:44	+33:04	07:54	
65	172	José Sousa	Individual	01:35:23	+33:43	07:57	
66	66	Nuno Cortesão	Ameal Trail	01:35:37	+33:57	07:58	
67	43	Tiago Batista	ADCRPEREIRA	01:36:14	+34:34	08:01	
68	8	Anabela Sofia Santiago Marques	Academia de Desportos de Condeixa	01:36:26	+34:46	08:02	
69	154	Herminio Almeida	GRVilaverdense	01:36:37	+34:57	08:03	
70	231	Roberto Duarte	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:36:45	+35:05	08:04	
71	206	Jorge Marques	Individual	01:36:56	+35:16	08:05	
72	152	Miguel Vasco	GRVilaverdense	01:37:12	+35:32	08:06	
73	226	Goreti Gaudêncio	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:37:21	+35:41	08:07	
74	235	Wagner Marques	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:37:27	+35:47	08:07	
75	212	Nuno Torres	Runners	01:37:52	+36:12	08:09	
76	171	João Rodrigues	Individual	01:37:52	+36:12	08:09	
77	190	João Roso	A.R.Casaense / Escola de Atletismo de Coimbra / Intermaché Taveiro	01:37:53	+36:13	08:09	
78	81	Paulo Martins	ARSM - Associação Recreativa de S. Miguel	01:38:29	+36:49	08:12	
79	10	Ana Mendes	Academia de Desportos de Condeixa	01:38:34	+36:54	08:13	
80	86	Ana Teresa Machado	ASSSCC - Ar Livre e Aventura	01:40:51	+39:11	08:24	
81	87	Carla Henriques	ASSSCC - Ar Livre e Aventura	01:41:24	+39:44	08:27	
82	91	José Mendes	ASSSCC - Ar Livre e Aventura	01:41:25	+39:45	08:27	
83	179	Eduardo do Carmo	Individual	01:41:31	+39:51	08:28	
84	233	Tiago Matias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:42:13	+40:33	08:31	

SPRINT - STAGE 1 — 12 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	RESULT	DIFF	t/KM	CARD
85	213	João Bairrão	Runners	01:42:14	+40:34	08:31	
86	237	Vera Gordo	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:42:26	+40:46	08:32	
87	72	Carlos Campos	Ameal Trail	01:42:30	+40:50	08:32	
88	239	Fernando Braz	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:42:36	+40:56	08:33	
89	241	Filipe José Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:43:47	+42:07	08:39	
90	193	Tiago Bastos	Individual	01:44:08	+42:28	08:41	
91	5	Rui Novais	Academia de Desportos de Condeixa	01:44:51	+43:11	08:44	
92	89	André Santos	ASSSCC - Ar Livre e Aventura	01:44:58	+43:18	08:45	
93	119	Sérgio Paulo Silva Carvalho	CF Os Marialvas	01:46:43	+45:03	08:54	
94	131	Jorge Laranjeiro	Domus Trail	01:46:55	+45:15	08:55	
95	188	Daniel Silva	Individual	01:46:57	+45:17	08:55	
96	215	Luís Patrício	SANTIAGOBIKES TEAM	01:46:57	+45:17	08:55	
97	15	Jessica Lopes	ACDRS QUINHENDROS	01:47:02	+45:22	08:55	
98	13	Cláudia Neto	ACDRS QUINHENDROS	01:49:53	+48:13	09:09	
99	6	Duarte Almeida	Academia de Desportos de Condeixa	01:49:54	+48:14	09:09	
100	116	Nuno Veiga	CAOH - Clube Atlético de Oliveira do Hospital	01:50:05	+48:25	09:10	
101	162	Diana Figueiredo	Individual	01:50:11	+48:31	09:11	
102	207	Alexandrina Andrade	Não interessa como, interessa é ir	01:50:16	+48:36	09:11	
103	238	Rita Lemos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:50:54	+49:14	09:14	
104	244	António Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:50:58	+49:18	09:15	
105	151	Nuno Gois	GRVilaverdense	01:51:20	+49:40	09:17	
106	158	Rui Santos	GRVilaverdense	01:51:36	+49:56	09:18	
107	19	Gabriel Romualdo	ACDRS QUINHENDROS	01:51:36	+49:56	09:18	
108	176	Rui Filipe Costa Gomes	Individual	01:52:12	+50:32	09:21	
109	209	Manuela Pereira	NEXEBRA TRAIL TEAM	01:52:30	+50:50	09:22	
110	78	SUZANA SANTO	ARCD Venda da Luisa	01:53:03	+51:23	09:25	
111	156	Paulo Pereira	GRVilaverdense	01:53:22	+51:42	09:27	
112	202	Paulo Arriaga	Individual	01:53:42	+52:02	09:29	
113	204	Thierry Guerreiro	Individual	01:53:48	+52:08	09:29	
114	122	Jorge Faria	CUMIBROA RUNNING TEAM	01:54:02	+52:23	09:30	
115	84	Moisés Nunes	ARSM - Associação Recreativa de S. Miguel	01:54:04	+52:24	09:30	
116	35	Rui Marques	ACDRS QUINHENDROS	01:54:51	+53:11	09:34	
117	219	Vânia Ferreira	Talentos Objetivos	01:55:20	+53:40	09:37	
118	222	Hugo Silva	Talentos Objetivos	01:55:20	+53:40	09:37	
119	88	Catarina Tudela	ASSSCC - Ar Livre e Aventura	01:55:32	+53:52	09:38	
120	236	Isabel Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:57:38	+55:58	09:48	
121	98	Tânia Rodrigues	Atletismo Clube da Tocha	01:57:54	+56:14	09:49	
122	163	Diana Nobre	Individual	01:58:39	+56:59	09:53	
123	70	Silvia Ribeiro	Ameal Trail	01:58:51	+57:11	09:54	
124	9	Vania Goncalo	Academia de Desportos de Condeixa	01:58:57	+57:17	09:55	
125	165	Raquel Carvalho	Individual	01:58:58	+57:18	09:55	
126	159	Americo Grou	GRVilaverdense	01:59:13	+57:33	09:56	
127	121	Carlos Mendes	CUMIBROA RUNNING TEAM	01:59:22	+57:42	09:57	
128	220	Cristina Teixeira	Talentos Objetivos	01:59:51	+58:11	09:59	
129	90	Brian Ferreira	ASSSCC - Ar Livre e Aventura	02:00:17	+58:37	10:01	
130	167	daniel peixoto	Individual	02:00:21	+58:41	10:02	

SPRINT - STAGE 1 — 12 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	RESULT	DIFF	t/KM	CARD
131	149	Isabel Teixeira	GRVilaverdense	02:00:25	+58:45	10:02	
132	155	Luis Lopes	GRVilaverdense	02:00:25	+58:45	10:02	
133	157	Pedro Lopes	GRVilaverdense	02:01:01	+59:21	10:05	
134	170	Hugo Nobre	Individual	02:01:08	+59:28	10:06	
135	135	Carina Jordão	Gatões BTT	02:03:20	+01:01:40	10:17	
136	161	Paulo Serra	Individual	02:03:22	+01:01:42	10:17	
137	63	Filipa Rodrigues	Ameal Trail	02:03:33	+01:01:53	10:18	
138	201	Lulis Jesus	Individual	02:03:57	+01:02:17	10:20	
139	174	Nuno Pintor	Individual	02:04:02	+01:02:22	10:20	
140	51	Jorge Santos	AGM Team Running	02:04:04	+01:02:24	10:20	
141	147	Maria Alexandra Mai	GRVilaverdense	02:05:13	+01:03:33	10:26	
142	198	Paulo Oliveira	Individual	02:05:13	+01:03:33	10:26	
143	211	João Maia	Outsiders | Praia de Quiaios	02:05:48	+01:04:08	10:29	
144	214	Celso Figueiredo	Saleiro Frutas Team	02:08:17	+01:06:37	10:41	
145	125	Sofia Ramalho	Diabinhos de Samuel	02:08:19	+01:06:39	10:42	
146	117	Filipe Simões	CCD Crédito Agrícola Mútuo	02:09:35	+01:07:55	10:48	
147	45	João Marques	ADCRPEREIRA	02:09:45	+01:08:05	10:49	
148	225	Beatriz Guiomar	Trail da Ladeia Running Team	02:10:06	+01:08:26	10:51	
149	57	Ana Sofia Coutinho Tomás Cordeiro Santos	AMC CrossFit	02:11:10	+01:09:30	10:56	
150	55	Tânia Rolo Pinto	AMC CrossFit	02:11:10	+01:09:30	10:56	
151	61	Nuno Manuel Rodrigues Batista	AMC CrossFit	02:11:10	+01:09:30	10:56	
152	175	Pedro José	Individual	02:11:10	+01:09:30	10:56	
153	221	Sandra Reis	Talentos Objetivos	02:11:17	+01:09:37	10:56	
154	120	Marta Godinho	CUMIBROA RUNNING TEAM	02:11:36	+01:09:56	10:58	
155	123	Fernando Godinho	CUMIBROA RUNNING TEAM	02:11:36	+01:09:56	10:58	
156	14	Daniela Silva	ACDRS QUINHENDROS	02:11:49	+01:10:09	10:59	
157	21	Luis Machado	ACDRS QUINHENDROS	02:11:51	+01:10:11	10:59	
158	94	Anabela Almeida	ASSSCC - Ar Livre e Aventura	02:13:03	+01:11:23	11:05	
159	74	Miguel Cortesão	Ameal Trail	02:13:14	+01:11:34	11:06	
160	27	Ana Oliveira	ACDRS QUINHENDROS	02:13:21	+01:11:41	11:07	
161	79	Marina Carvalho	ARSM - Associação Recreativa de S. Miguel	02:14:17	+01:12:37	11:11	
162	127	Patricia Jesus Santos	Domus Trail	02:15:46	+01:14:06	11:19	
163	95	Luísa Santos	ASSSCC - Ar Livre e Aventura	02:15:53	+01:14:13	11:19	
164	111	Bruno Teixeira	Bombeiros Voluntários Figueira da Foz	02:17:30	+01:15:50	11:27	
165	134	Adriana Almeida	Gatões BTT	02:19:00	+01:17:20	11:35	
166	34	José Miguel Simão	ACDRS QUINHENDROS	02:19:00	+01:17:20	11:35	
167	76	Ricardo Dinis	Ameal Trail	02:19:23	+01:17:43	11:37	
168	191	Lucidio Neves	Individual	02:21:32	+01:19:52	11:48	
169	67	Rita Santos	Ameal Trail	02:22:17	+01:20:37	11:51	
170	183	Elisabete Pedrosa	Individual	02:22:31	+01:20:51	11:53	
171	128	Patrícia Raquel Nogueira Laranjeiro	Domus Trail	02:22:40	+01:21:00	11:53	
172	108	Diana Oliveira	Bombeiros Voluntários Figueira da Foz	02:23:29	+01:21:49	11:57	
173	110	Gabriel Santos	Bombeiros Voluntários Figueira da Foz	02:23:29	+01:21:49	11:57	
174	109	Francisco Morais	Bombeiros Voluntários Figueira da Foz	02:23:29	+01:21:49	11:57	
175	58	Cibele Gress Duarte	AMC CrossFit	02:25:02	+01:23:22	12:05	

SPRINT - STAGE 1 12 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	RESULT	DIFF	t/KM	CARD
176	69	Caty Costa	Ameal Trail	02:26:13	+01:24:33	12:11	
177	224	lidia Chouco	Talentos Objetivos	02:27:04	+01:25:24	12:15	
178	52	Carolina de Abreu Esteves	AMC CrossFit	02:29:01	+01:27:21	12:25	
179	184	Isabel Margarida Sargaço Cardoso	Individual	02:30:19	+01:28:39	12:32	
180	124	Paula Duarte	DCI/Trilhos Luso Bussaco	02:30:19	+01:28:39	12:32	
181	62	Filipa Duarte	Ameal Trail	02:30:26	+01:28:46	12:32	
182	178	Cecilia López	Individual	02:32:14	+01:30:34	12:41	
183	130	Mary Short	Domus Trail	02:32:40	+01:31:00	12:43	
184	115	Vasco Manuel de Campos Figueiredo	CAOH - Clube Atlético de Oliveira do Hospital	02:32:59	+01:31:19	12:45	
185	113	Anabela Dinis Tavares Figueiredo	CAOH - Clube Atlético de Oliveira do Hospital	02:33:07	+01:31:27	12:46	
186	218	Adelaide Pedrosa	Solas Rotas	02:33:17	+01:31:37	12:46	
187	217	Nélia Cardoso	Solas Rotas	02:33:17	+01:31:37	12:46	
188	216	Licinia Mendes	Solas Rotas	02:33:17	+01:31:37	12:46	
189	145	Amélia Jordão	GRVilaverdense	02:36:14	+01:34:34	13:01	
190	44	Viviana Leitão	ADCRPEREIRA	02:38:08	+01:36:28	13:11	
191	11	Lina Lapo	Academia de Desportos de Condeixa	02:40:18	+01:38:38	13:22	
192	103	LARA GONÇALO	BLACKBULLS/CNI/NEUTURA	02:41:40	+01:40:00	13:28	
193	12	Bruno Gonçalo	Academia de Desportos de Condeixa	02:41:44	+01:40:04	13:29	
194	106	ERIKA CASTRO	BLACKBULLS/CNI/NEUTURA	02:41:59	+01:40:19	13:30	
195	105	FILIPA VIDAL	BLACKBULLS/CNI/NEUTURA	02:41:59	+01:40:19	13:30	
196	107	Nuno Costa	BLACKBULLS/CNI/NEUTURA	02:42:00	+01:40:20	13:30	
197	185	Odete Freitas	Individual	02:48:12	+01:46:32	14:01	
198	85	Ana Ferreira	ASSSCC - Ar Livre e Aventura	02:54:45	+01:53:05	14:34	
199	73	José Pedro Gonçalves	Ameal Trail	02:56:16	+01:54:36	14:41	
200	68	Ana Lucas	Ameal Trail	02:56:16	+01:54:36	14:41	
201	242	Gary Quintal	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:57:24	+01:55:44	14:47	
202	140	Cátia Castanheira	Grupo Desportivo Ferreirense	02:59:15	+01:57:35	14:56	
203	245	Rafaela Gonçalves	Individual	03:03:46	+02:02:06	15:19	
204	194	Vítor Patrício Ferreira Fernandes	Individual	03:07:19	+02:05:39	15:37	
205	137	Patrícia Falcão	Gatões BTT	03:21:55	+02:20:15	16:50	
206	102	Nuno Gonçalo Mendes Queda	AVA Team Trail	03:22:05	+02:20:25	16:50	
207	164	Raquel Azevedo	Individual	03:22:09	+02:20:29	16:51	
208	150	Fátima Cabeço	GRVilaverdense	03:28:04	+02:26:24	17:20	
209	153	Paulo Veríssimo	GRVilaverdense	03:28:05	+02:26:25	17:20	
210	148	Vânia Ladeiro	GRVilaverdense	03:28:05	+02:26:25	17:20	
211	146	Fernanda Freitas	GRVilaverdense	03:28:05	+02:26:25	17:20	
212	160	José Guerra	GRVilaverdense	03:28:05	+02:26:25	17:20	
213	60	Joana Figueiredo	AMC CrossFit	03:30:47	+02:29:07	17:34	
214	59	Joana Falcão	AMC CrossFit	03:30:47	+02:29:07	17:34	
215	53	Joana Rita Guedes Dias	AMC CrossFit	03:49:35	+02:47:55	19:08	
216	180	noemi cruz	Individual	03:58:35	+02:56:55	19:53	
217	181	SUSANA CRUZ	Individual	03:58:37	+02:56:57	19:53	
218	182	Ana Vaz Valente	Individual	04:06:28	+03:04:48	20:32	

lap2go TIMING SOLUTION

FK Trail
Quiaios, PT
12-novembro-2023

Sprint

12 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	19ºC	94%
End	13:06	19ºC	94%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	3	Karen Duarte Mendes	Academia de Desportos de Condeixa	Senior Feminino	01:27:51		07:19
2	4	Rita Leal	Academia de Desportos de Condeixa	Senior Feminino	01:31:03	+03:12	07:35
3	226	Goreti Gaudêncio	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	01:37:21	+09:30	08:07
4	86	Ana Teresa Machado	ASSSCC - Ar Livre e Aventura	Senior Feminino	01:40:51	+13:00	08:24
5	87	Carla Henriques	ASSSCC - Ar Livre e Aventura	Senior Feminino	01:41:24	+13:32	08:27
6	15	Jessica Lopes	ACDRS QUINHENDROS	Senior Feminino	01:47:02	+19:10	08:55
7	13	Cláudia Neto	ACDRS QUINHENDROS	Senior Feminino	01:49:53	+22:01	09:09
8	162	Diana Figueiredo	Individual	Senior Feminino	01:50:11	+22:20	09:11
9	207	Alexandrina Andrade	Não interessa como, interessa é ir	Senior Feminino	01:50:16	+22:24	09:11
10	209	Manuela Pereira	NEXEBRA TRAIL TEAM	Senior Feminino	01:52:30	+24:38	09:22
11	219	Vânia Ferreira	Talentos Objetivos	Senior Feminino	01:55:20	+27:28	09:37
12	88	Catarina Tudela	ASSSCC - Ar Livre e Aventura	Senior Feminino	01:55:32	+27:40	09:38
13	98	Tânia Rodrigues	Atletismo Clube da Tocha	Senior Feminino	01:57:54	+30:02	09:49
14	163	Diana Nobre	Individual	Senior Feminino	01:58:39	+30:47	09:53
15	165	Raquel Carvalho	Individual	Senior Feminino	01:58:58	+31:06	09:55
16	135	Carina Jordão	Gatões BTT	Senior Feminino	02:03:20	+35:29	10:17
17	63	Filipa Rodrigues	Ameal Trail	Senior Feminino	02:03:33	+35:42	10:18
18	125	Sofia Ramalho	Diabinhos de Samuel	Senior Feminino	02:08:19	+40:27	10:42
19	225	Beatriz Guiomar	Trail da Ladeia Running Team	Senior Feminino	02:10:06	+42:15	10:51
20	55	Tânia Rolo Pinto	AMC CrossFit	Senior Feminino	02:11:10	+43:18	10:56
21	120	Marta Godinho	CUMIBROA RUNNING TEAM	Senior Feminino	02:11:36	+43:45	10:58
22	14	Daniela Silva	ACDRS QUINHENDROS	Senior Feminino	02:11:49	+43:57	10:59
23	79	Marina Carvalho	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	02:14:17	+46:26	11:11
24	127	Patricia Jesus Santos	Domus Trail	Senior Feminino	02:15:46	+47:54	11:19
25	134	Adriana Almeida	Gatões BTT	Senior Feminino	02:19:00	+51:08	11:35
26	128	Patrícia Raquel Nogueira Laranjeiro	Domus Trail	Senior Feminino	02:22:40	+54:48	11:53
27	108	Diana Oliveira	Bombeiros Voluntários Figueira da Foz	Senior Feminino	02:23:29	+55:38	11:57
28	52	Carolina de Abreu Esteves	AMC CrossFit	Senior Feminino	02:29:01	+01:01:10	12:25
29	62	Filipa Duarte	Ameal Trail	Senior Feminino	02:30:26	+01:02:34	12:32
30	85	Ana Ferreira	ASSSCC - Ar Livre e Aventura	Senior Feminino	02:54:45	+01:26:53	14:34
31	140	Cátia Castanheira	Grupo Desportivo Ferreirense	Senior Feminino	02:59:15	+01:31:23	14:56
32	245	Rafaela Gonçalves	Individual	Senior Feminino	03:03:46	+01:35:55	15:19
33	164	Raquel Azevedo	Individual	Senior Feminino	03:22:09	+01:54:17	16:51
34	53	Joana Rita Guedes Dias	AMC CrossFit	Senior Feminino	03:49:35	+02:21:44	19:08

Sprint **12 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

Senior Masculino

1	100	Tiago Lopes	Atletismo Clube da Tocha	Senior Masculino	01:01:40		05:08
2	228	João Freitas	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:05:10	+03:30	05:26
3	41	José Pedro Galvão	ADCRPEREIRA	Senior Masculino	01:08:23	+06:43	05:42
4	232	Ruben Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:11:53	+10:12	05:59
5	168	Daniel Silva	Individual	Senior Masculino	01:16:03	+14:23	06:20
6	143	Tiago Abreu	GRVilaverdense	Senior Masculino	01:20:05	+18:24	06:40
7	23	Tiago Simões	ACDRS QUINHENDROS	Senior Masculino	01:20:51	+19:10	06:44
8	50	Vítor Ferreira	AGM Team Running	Senior Masculino	01:21:02	+19:21	06:45
9	230	Pedro Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:21:18	+19:38	06:47
10	65	Telmo Santos	Ameal Trail	Senior Masculino	01:22:11	+20:31	06:51
11	112	Mário Henriques	CAOH - Clube Atlético de Oliveira do Hospital	Senior Masculino	01:22:13	+20:32	06:51
12	169	Diogo Almeida Oliveira	Individual	Senior Masculino	01:24:11	+22:31	07:01
13	42	Ricardo Girio	ADCRPEREIRA	Senior Masculino	01:24:34	+22:53	07:03
14	20	Igor Neves	ACDRS QUINHENDROS	Senior Masculino	01:25:09	+23:28	07:06
15	142	João Nascimento	GRVilaverdense	Senior Masculino	01:26:29	+24:48	07:12
16	129	David Pinho	Domus Trail	Senior Masculino	01:26:29	+24:49	07:12
17	40	Joel Amado	ADCRPEREIRA	Senior Masculino	01:28:56	+27:16	07:25
18	210	Ricardo Lopes	NEXEBRA TRAIL TEAM	Senior Masculino	01:29:47	+28:07	07:29
19	229	Joni Oiveira	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:30:08	+28:27	07:31
20	227	Diogo Filipe Oliveira Alves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:30:14	+28:34	07:31
21	118	Hildair Cuinala	CF Os Marialvas	Senior Masculino	01:30:23	+28:43	07:32
22	166	Bruno Jorge	Individual	Senior Masculino	01:31:32	+29:51	07:38
23	99	André Acúrcio	Atletismo Clube da Tocha	Senior Masculino	01:32:43	+31:03	07:44
24	246	Leandro Cardoso	Individual	Senior Masculino	01:33:48	+32:08	07:49
25	172	José Sousa	Individual	Senior Masculino	01:35:23	+33:43	07:57
26	43	Tiago Batista	ADCRPEREIRA	Senior Masculino	01:36:14	+34:33	08:01
27	231	Roberto Duarte	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:36:45	+35:05	08:04
28	212	Nuno Torres	Runners	Senior Masculino	01:37:52	+36:12	08:09
29	171	João Rodrigues	Individual	Senior Masculino	01:37:52	+36:12	08:09
30	91	José Mendes	ASSSCC - Ar Livre e Aventura	Senior Masculino	01:41:25	+39:44	08:27
31	233	Tiago Matias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:42:13	+40:33	08:31
32	5	Rui Novais	Academia de Desportos de Condeixa	Senior Masculino	01:44:51	+43:11	08:44
33	89	André Santos	ASSSCC - Ar Livre e Aventura	Senior Masculino	01:44:58	+43:17	08:45
34	19	Gabriel Romualdo	ACDRS QUINHENDROS	Senior Masculino	01:51:36	+49:56	09:18
35	176	Rui Filipe Costa Gomes	Individual	Senior Masculino	01:52:12	+50:32	09:21
36	121	Carlos Mendes	CUMIBROA RUNNING TEAM	Senior Masculino	01:59:22	+57:41	09:57
37	90	Brian Ferreira	ASSSCC - Ar Livre e Aventura	Senior Masculino	02:00:17	+58:37	10:01
38	167	daniel peixoto	Individual	Senior Masculino	02:00:21	+58:40	10:02

39	170	Hugo Nobre	Individual	Senior Masculino	02:01:08	+59:27	10:06
40	161	Paulo Serra	Individual	Senior Masculino	02:03:22	+01:01:41	10:17
41	174	Nuno Pintor	Individual	Senior Masculino	02:04:02	+01:02:21	10:20
42	175	Pedro José	Individual	Senior Masculino	02:11:10	+01:09:30	10:56
43	21	Luis Machado	ACDRS QUINHENDROS	Senior Masculino	02:11:51	+01:10:10	10:59
44	110	Gabriel Santos	Bombeiros Voluntários Figueira da Foz	Senior Masculino	02:23:29	+01:21:49	11:57
45	109	Francisco Morais	Bombeiros Voluntários Figueira da Foz	Senior Masculino	02:23:29	+01:21:49	11:57

Sub 23 Feminino

1	178	Cecilia López	Individual	Sub 23 Feminino	02:32:14		12:41
2	103	LARA GONÇALO	BLACKBULLS/CNI/NEUTURA	Sub 23 Feminino	02:41:40	+09:25	13:28

Sub 23 Masculino

1	141	André Antunes	Grupo Recreativo Eirense	Sub 23 Masculino	01:04:16		05:21
2	77	Francisco Teixeira	ARCD Venda da Luisa	Sub 23 Masculino	01:11:24	+07:08	05:57
3	234	Rodrigo Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Sub 23 Masculino	01:11:55	+07:39	06:00
4	25	Guilherme Fernandes	ACDRS QUINHENDROS	Sub 23 Masculino	01:14:58	+10:42	06:15
5	104	GUILHERME RAMOS	BLACKBULLS/CNI/NEUTURA	Sub 23 Masculino	01:25:29	+21:12	07:07
6	7	MIGUEL PINÃO	Academia de Desportos de Condeixa	Sub 23 Masculino	01:28:36	+24:20	07:23
7	66	Nuno Cortesão	Ameal Trail	Sub 23 Masculino	01:35:37	+31:21	07:58
8	179	Eduardo do Carmo	Individual	Sub 23 Masculino	01:41:31	+37:14	08:28
9	6	Duarte Almeida	Academia de Desportos de Condeixa	Sub 23 Masculino	01:49:54	+45:37	09:09

Veterana F40

1	8	Anabela Sofia Santiago Marques	Academia de Desportos de Condeixa	Veterana F40	01:36:26		08:02
2	9	Vania Goncalo	Academia de Desportos de Condeixa	Veterana F40	01:58:57	+22:30	09:55
3	220	Cristina Teixeira	Talentos Objetivos	Veterana F40	01:59:51	+23:24	09:59
4	57	Ana Sofia Coutinho Tomás Cordeiro Santos	AMC CrossFit	Veterana F40	02:11:10	+34:43	10:56
5	67	Rita Santos	Ameal Trail	Veterana F40	02:22:17	+45:50	11:51
6	58	Cibele Gress Duarte	AMC CrossFit	Veterana F40	02:25:02	+48:35	12:05
7	44	Viviana Leitão	ADCRPEREIRA	Veterana F40	02:38:08	+01:01:41	13:11
8	105	FILIPA VIDAL	BLACKBULLS/CNI/NEUTURA	Veterana F40	02:41:59	+01:05:32	13:30
9	137	Patrícia Falcão	Gatões BTT	Veterana F40	03:21:55	+01:45:29	16:50
10	180	noemi cruz	Individual	Veterana F40	03:58:35	+02:22:09	19:53
11	181	SUSANA CRUZ	Individual	Veterana F40	03:58:37	+02:22:11	19:53

Sprint **12 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 F45

1	10	Ana Mendes	Academia de Desportos de Condeixa	Veterana F45	01:38:34		08:13
2	237	Vera Gordo	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F45	01:42:26	+03:51	08:32
3	78	SUZANA SANTO	ARCD Venda da Luisa	Veterana F45	01:53:03	+14:28	09:25
4	236	Isabel Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F45	01:57:38	+19:04	09:48
5	147	Maria Alexandra Mai	GRVilaverdense	Veterana F45	02:05:13	+26:38	10:26
6	221	Sandra Reis	Talentos Objetivos	Veterana F45	02:11:17	+32:43	10:56
7	94	Anabela Almeida	ASSSCC - Ar Livre e Aventura	Veterana F45	02:13:03	+34:28	11:05
8	27	Ana Oliveira	ACDRS QUINHENDROS	Veterana F45	02:13:21	+34:47	11:07
9	95	Luísa Santos	ASSSCC - Ar Livre e Aventura	Veterana F45	02:15:53	+37:18	11:19
10	224	lidia Chouco	Talentos Objetivos	Veterana F45	02:27:04	+48:29	12:15
11	113	Anabela Dinis Tavares Figueiredo	CAOH - Clube Atlético de Oliveira do Hospital	Veterana F45	02:33:07	+54:33	12:46
12	216	Licinia Mendes	Solas Rotas	Veterana F45	02:33:17	+54:43	12:46
13	145	Amélia Jordão	GRVilaverdense	Veterana F45	02:36:14	+57:40	13:01
14	106	ERIKA CASTRO	BLACKBULLS/CNI/NEUTURA	Veterana F45	02:41:59	+01:03:24	13:30
15	68	Ana Lucas	Ameal Trail	Veterana F45	02:56:16	+01:17:42	14:41
16	148	Vânia Ladeiro	GRVilaverdense	Veterana F45	03:28:05	+01:49:30	17:20
17	146	Fernanda Freitas	GRVilaverdense	Veterana F45	03:28:05	+01:49:30	17:20
18	60	Joana Figueiredo	AMC CrossFit	Veterana F45	03:30:47	+01:52:13	17:34
19	59	Joana Falcão	AMC CrossFit	Veterana F45	03:30:47	+01:52:13	17:34
20	182	Ana Vaz Valente	Individual	Veterana F45	04:06:28	+02:27:54	20:32

Veterana F50

1	70	Silvia Ribeiro	Ameal Trail	Veterana F50	01:58:51		09:54
2	149	Isabel Teixeira	GRVilaverdense	Veterana F50	02:00:25	+01:34	10:02
3	183	Elisabete Pedrosa	Individual	Veterana F50	02:22:31	+23:40	11:53
4	69	Caty Costa	Ameal Trail	Veterana F50	02:26:13	+27:22	12:11
5	184	Isabel Margarida Sargaço Cardoso	Individual	Veterana F50	02:30:19	+31:28	12:32
6	124	Paula Duarte	DCI/Trilhos Luso Bussaco	Veterana F50	02:30:19	+31:28	12:32
7	130	Mary Short	Domus Trail	Veterana F50	02:32:40	+33:49	12:43
8	217	Nélia Cardoso	Solas Rotas	Veterana F50	02:33:17	+34:26	12:46
9	185	Odete Freitas	Individual	Veterana F50	02:48:12	+49:21	14:01

Veterana F55

1	238	Rita Lemos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F55	01:50:54		09:14
2	218	Adelaide Pedrosa	Solas Rotas	Veterana F55	02:33:17	+42:23	12:46
3	11	Lina Lapo	Academia de Desportos de Condeixa	Veterana F55	02:40:18	+49:24	13:22

4	150	Fátima Cabeço	GRVilaverdense	Veterana F55	03:28:04	+01:37:10	17:20

Veterano M40

1	240	Sérgio Escada	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M40	01:03:34		05:18
2	114	HÉLDER FERNANDO DA SILVA ISIDORO	CAOH - Clube Atlético de Oliveira do Hospital	Veterano M40	01:06:38	+03:04	05:33
3	187	André Magalhães	Individual	Veterano M40	01:12:28	+08:53	06:02
4	139	Jorge Simões	Gatões BTT	Veterano M40	01:14:08	+10:33	06:11
5	46	Joel Lopes	ADCRPEREIRA	Veterano M40	01:15:19	+11:45	06:17
6	1	André Fonte	A.R.Casaense / Escola de Atletismo de Coimbra / Intermaché Taveiro	Veterano M40	01:19:22	+15:48	06:37
7	96	José Machado	ASSSCC - Ar Livre e Aventura	Veterano M40	01:19:30	+15:56	06:37
8	30	BRUNO RODRIGUES	ACDRS QUINHENDROS	Veterano M40	01:19:34	+16:00	06:38
9	29	Bruno Mendes	ACDRS QUINHENDROS	Veterano M40	01:20:44	+17:09	06:44
10	71	Carlos Ferreira	Ameal Trail	Veterano M40	01:21:04	+17:30	06:45
11	80	António Figueiredo	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:21:11	+17:37	06:46
12	138	Daniel Mateus	Gatões BTT	Veterano M40	01:21:54	+18:20	06:50
13	31	Vasco Azenha	ACDRS QUINHENDROS	Veterano M40	01:24:38	+21:04	07:03
14	28	Bruno B Ferreira	ACDRS QUINHENDROS	Veterano M40	01:29:11	+25:36	07:26
15	192	Ricardo Rodrigues	Individual	Veterano M40	01:29:47	+26:13	07:29
16	223	Nuno Ribeiro	Talentos Objetivos	Veterano M40	01:30:44	+27:10	07:34
17	235	Wagner Marques	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M40	01:37:27	+33:53	08:07
18	190	João Roso	A.R.Casaense / Escola de Atletismo de Coimbra / Intermaché Taveiro	Veterano M40	01:37:53	+34:19	08:09
19	213	João Bairrão	Runners	Veterano M40	01:42:14	+38:39	08:31
20	239	Fernando Braz	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M40	01:42:36	+39:01	08:33
21	193	Tiago Bastos	Individual	Veterano M40	01:44:08	+40:34	08:41
22	119	Sérgio Paulo Silva Carvalho	CF Os Marialvas	Veterano M40	01:46:43	+43:09	08:54
23	188	Daniel Silva	Individual	Veterano M40	01:46:57	+43:22	08:55
24	215	Luís Patrício	SANTIAGOBIKES TEAM	Veterano M40	01:46:57	+43:23	08:55
25	151	Nuno Gois	GRVilaverdense	Veterano M40	01:51:20	+47:46	09:17
26	222	Hugo Silva	Talentos Objetivos	Veterano M40	01:55:20	+51:46	09:37
27	45	João Marques	ADCRPEREIRA	Veterano M40	02:09:45	+01:06:10	10:49
28	191	Lucidio Neves	Individual	Veterano M40	02:21:32	+01:17:58	11:48
29	12	Bruno Gonçalo	Academia de Desportos de Condeixa	Veterano M40	02:41:44	+01:38:10	13:29
30	107	Nuno Costa	BLACKBULLS/CNI/NEUTURA	Veterano M40	02:42:00	+01:38:25	13:30
31	194	Vítor Patrício Ferreira Fernandes	Individual	Veterano M40	03:07:19	+02:03:45	15:37
32	102	Nuno Gonçalo Mendes Queda	AVA Team Trail	Veterano M40	03:22:05	+02:18:30	16:50

Veterano M45

1	33	João Simões	ACDRS QUINHENDROS	Veterano M45	01:09:54		05:50
2	97	Pedro Cardoso	ASSSCC - Ar Livre e Aventura	Veterano M45	01:10:41	+00:47	05:53
3	243	Paulo Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	01:12:08	+02:13	06:01
4	32	António Santos	ACDRS QUINHENDROS	Veterano M45	01:15:01	+05:06	06:15
5	48	Fernando Carvalho	ADCRPEREIRA	Veterano M45	01:16:51	+06:56	06:24
6	195	Alexandre Pessoa	Individual	Veterano M45	01:26:55	+17:00	07:15
7	200	Telmo Pedro	Individual	Veterano M45	01:27:40	+17:45	07:18
8	75	Pedro Relvão	Ameal Trail	Veterano M45	01:34:44	+24:49	07:54
9	152	Miguel Vasco	GRVilaverdense	Veterano M45	01:37:12	+27:17	08:06
10	72	Carlos Campos	Ameal Trail	Veterano M45	01:42:30	+32:35	08:32
11	241	Filipe José Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	01:43:47	+33:52	08:39
12	122	Jorge Faria	CUMIBROA RUNNING TEAM	Veterano M45	01:54:02	+44:08	09:30
13	35	Rui Marques	ACDRS QUINHENDROS	Veterano M45	01:54:51	+44:56	09:34
14	51	Jorge Santos	AGM Team Running	Veterano M45	02:04:04	+54:10	10:20
15	198	Paulo Oliveira	Individual	Veterano M45	02:05:13	+55:18	10:26
16	214	Celso Figueiredo	Saleiro Frutas Team	Veterano M45	02:08:17	+58:23	10:41
17	74	Miguel Cortesão	Ameal Trail	Veterano M45	02:13:14	+01:03:19	11:06
18	111	Bruno Teixeira	Bombeiros Voluntários Figueira da Foz	Veterano M45	02:17:30	+01:07:35	11:27
19	34	José Miguel Simão	ACDRS QUINHENDROS	Veterano M45	02:19:00	+01:09:05	11:35
20	76	Ricardo Dinis	Ameal Trail	Veterano M45	02:19:23	+01:09:28	11:37
21	115	Vasco Manuel de Campos Figueiredo	CAOH - Clube Atlético de Oliveira do Hospital	Veterano M45	02:32:59	+01:23:05	12:45
22	73	José Pedro Gonçalves	Ameal Trail	Veterano M45	02:56:16	+01:46:21	14:41
23	242	Gary Quintal	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	02:57:24	+01:47:29	14:47
24	153	Paulo Veríssimo	GRVilaverdense	Veterano M45	03:28:05	+02:18:10	17:20

Veterano M50

1	37	Orlando Pires	ACDRS QUINHENDROS	Veterano M50	01:10:40		05:53
2	82	PEDRO MANOS_SIMOCAS	ARSM - Associação Recreativa de S. Miguel	Veterano M50	01:16:03	+05:22	06:20
3	83	CARLOS MANUEL FERREIRA HENRIQUES SIMÕES	ARSM - Associação Recreativa de S. Miguel	Veterano M50	01:16:03	+05:22	06:20
4	49	Helder Piedade	ADCRPEREIRA	Veterano M50	01:16:54	+06:14	06:25
5	36	Antônio Gaspar	ACDRS QUINHENDROS	Veterano M50	01:25:25	+14:44	07:07
6	154	Herminio Almeida	GRVilaverdense	Veterano M50	01:36:37	+25:57	08:03
7	81	Paulo Martins	ARSM - Associação Recreativa de S. Miguel	Veterano M50	01:38:29	+27:48	08:12
8	131	Jorge Laranjeiro	Domus Trail	Veterano M50	01:46:55	+36:14	08:55
9	116	Nuno Veiga	CAOH - Clube Atlético de Oliveira do Hospital	Veterano M50	01:50:05	+39:24	09:10
10	244	António Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M50	01:50:58	+40:17	09:15

Sprint

12 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

11	158	Rui Santos	GRVilaverdense	Veterano M50	01:51:36	+40:55	09:18
12	156	Paulo Pereira	GRVilaverdense	Veterano M50	01:53:22	+42:41	09:27
13	202	Paulo Arriaga	Individual	Veterano M50	01:53:42	+43:02	09:29
14	204	Thierry Guerreiro	Individual	Veterano M50	01:53:48	+43:07	09:29
15	155	Luis Lopes	GRVilaverdense	Veterano M50	02:00:25	+49:44	10:02
16	157	Pedro Lopes	GRVilaverdense	Veterano M50	02:01:01	+50:20	10:05
17	201	Lulis Jesus	Individual	Veterano M50	02:03:57	+53:16	10:20
18	117	Filipe Simões	CCD Crédito Agrícola Mútuo	Veterano M50	02:09:35	+58:55	10:48
19	61	Nuno Manuel Rodrigues Batista	AMC CrossFit	Veterano M50	02:11:10	+01:00:29	10:56
20	123	Fernando Godinho	CUMIBROA RUNNING TEAM	Veterano M50	02:11:36	+01:00:55	10:58

Veterano M55

1	133	José Jesus	FormoBike Btt & Trail Running	Veterano M55	01:15:18		06:17
2	101	Fernando Cruz de Jesus	Atletismo Clube da Tocha	Veterano M55	01:16:24	+01:06	06:22
3	2	José Carlos Rodrigues	A.R.Casaense / Escola de Atletismo de Coimbra / Intermaché Taveiro	Veterano M55	01:19:56	+04:37	06:40
4	206	Jorge Marques	Individual	Veterano M55	01:36:56	+21:37	08:05
5	84	Moisés Nunes	ARSM - Associação Recreativa de S. Miguel	Veterano M55	01:54:04	+38:46	09:30
6	211	João Maia	Outsiders | Praia de Quiaios	Veterano M55	02:05:48	+50:30	10:29

Veterano M65

1	159	Americo Grou	GRVilaverdense	Veterano M65	01:59:13		09:56
2	160	José Guerra	GRVilaverdense	Veterano M65	03:28:05	+01:28:51	17:20