



**TRAIL CURTO - STAGE 1****16 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**

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	64	Quintino Amorim	Individual	02:11:27	+48:22	08:13	
44	37	Ricardo Mendes	Gens Sport Clube Trail	02:11:36	+48:31	08:14	
45	80	Rui Figueiredo	Sentir Escariz running	02:11:43	+48:38	08:14	
46	43	Raquel Rocha	Individual	02:13:13	+50:08	08:20	
47	14	Diogo Lopes	Arrifana Running	02:16:21	+53:16	08:31	
48	11	Diogo Emanuel	Arrifana Running	02:16:22	+53:17	08:31	
49	51	Luís Miguel de Azevedo Ferreira da Silva	Individual	02:16:30	+53:25	08:32	
50	30	Paulo Ferreira	DDT Runners	02:16:55	+53:50	08:33	
51	49	Luís Almeida	Individual	02:18:02	+54:57	08:38	
52	20	Cláudio Castro	C.D.C. S. Martinho da Gândara	02:18:11	+55:06	08:38	
53	54	Ricardo Lixa	Individual	02:18:14	+55:09	08:38	
54	60	Paulo Ribeiro	Individual	02:18:35	+55:30	08:40	
55	41	Carina Lopes	Individual	02:19:40	+56:35	08:44	
56	34	Ernesto Martins	G.D. Leões da Guarda – LION RUNNERS	02:24:16	+01:01:11	09:01	
57	29	Manuel oliveira	DDT Runners	02:25:09	+01:02:04	09:04	
58	33	Filipe Pereira	G.D. Leões da Guarda – LION RUNNERS	02:26:02	+01:02:57	09:08	
59	83	Carmo Paiva	Arrifana Running	02:26:48	+01:03:43	09:10	
60	17	Renato Tavares	Arrifana Running	02:26:48	+01:03:43	09:11	
61	27	Isabel Sousa	Clube Desportivo Feirense	02:27:54	+01:04:49	09:15	
62	6	Vera Pinho	AMIGOS DO TRAIL	02:27:58	+01:04:53	09:15	
63	32	João Soares	G.D. Leões da Guarda – LION RUNNERS	02:31:07	+01:08:02	09:27	
64	63	José Madureira	Individual	02:36:40	+01:13:35	09:48	
65	10	Vanessa Ferreira	Arrifana Running	02:56:08	+01:33:03	11:00	
66	12	André Inácio	Arrifana Running	02:57:41	+01:34:36	11:06	
67	9	Maria Calmeiro	Arrifana Running	02:57:44	+01:34:39	11:07	
68	59	António Couto	Individual	03:03:39	+01:40:34	11:29	
69	13	Daniel Filipe	Arrifana Running	03:04:20	+01:41:15	11:31	
70	45	Paula Pereira	Individual	03:04:25	+01:41:20	11:32	
71	81	Carlos Freitas	Trilhados	03:13:37	+01:50:32	12:06	

**Trail Curto****16 KM**

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	Time	Temperature	Humidity
Start	09:30	13,9°C	72%
End	12:43	24°C	57%

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

1	10	Vanessa Ferreira	Arrifana Running	Senior Feminino	02:56:08		11:00
2	9	Maria Calmeiro	Arrifana Running	Senior Feminino	02:57:44	+01:36	11:07

**Senior Masculino**

1	84	Francisco Pereira	Ativa-te	Senior Masculino	01:23:05		05:12
2	36	Nelson Emanuel Lemos Teixeira	Gens Sport Clube Trail	Senior Masculino	01:40:18	+17:13	06:16
3	31	Fábio Almeida	Family4syte	Senior Masculino	01:44:23	+21:17	06:31
4	39	Rúben Cunha	Individual	Senior Masculino	01:44:51	+21:45	06:33
5	75	Diogo Felizardo	Sentir Escariz running	Senior Masculino	01:49:15	+26:09	06:50
6	1	Tiago Neves	42RUN	Senior Masculino	01:55:30	+32:24	07:13
7	37	Ricardo Mendes	Gens Sport Clube Trail	Senior Masculino	02:11:36	+48:30	08:14
8	11	Diogo Emanuel	Arrifana Running	Senior Masculino	02:16:22	+53:16	08:31

**Sub 23 Masculino**

1	66	Luis Silva	Lusitânia de Lourosa FC- Secção de Atletismo	Sub 23 Masculino	01:54:54		07:11
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**Veterana F35**

1	26	Leida Bello	Clube Desportivo Feirense	Veterana F35	01:48:39		06:47
2	42	Palmira Vieira	Individual	Veterana F35	02:08:50	+20:10	08:03
3	41	Carina Lopes	Individual	Veterana F35	02:19:40	+31:01	08:44
4	6	Vera Pinho	AMIGOS DO TRAIL	Veterana F35	02:27:58	+39:18	09:15

**Veterana F40**

1	44	Sandra Moreira	Individual	Veterana F40	02:06:11		07:53
2	43	Raquel Rocha	Individual	Veterana F40	02:13:13	+07:02	08:20

**Veterana F45**

1	69	Ana Teresa Santos	Núcleo de Atletismo de Cucujães	Veterana F45	02:01:53		07:37
2	83	Carmo Paiva	Arrifana Running	Veterana F45	02:26:48	+24:54	09:10
3	27	Isabel Sousa	Clube Desportivo Feirense	Veterana F45	02:27:54	+26:00	09:15

## Trail Curto

**16 KM**

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### Veterana F50

1	45	Paula Pereira	Individual	Veterana F50	03:04:25	11:32
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### Veterano M35

1	46	Pedro Nogueira	Individual	Veterano M35	01:49:19	06:50
2	2	FABIO FERREIRA	A NOZ	Veterano M35	01:55:22	+06:03 07:13
3	12	André Inácio	Arrifana Running	Veterano M35	02:57:41	+01:08:22 11:06
4	13	Daniel Filipe	Arrifana Running	Veterano M35	03:04:20	+01:15:01 11:31
5	81	Carlos Freitas	Trilhados	Veterano M35	03:13:37	+01:24:18 12:06

### Veterano M40

1	47	Bruno silva	Individual	Veterano M40	01:34:30	05:54
2	70	José Teixeira	Núcleo de Atletismo de Cucujães	Veterano M40	01:43:15	+08:44 06:27
3	55	Tiago Pinho	Individual	Veterano M40	01:44:55	+10:24 06:33
4	78	Paulo Sérgio Silva Gomes	Sentir Escariz running	Veterano M40	01:45:13	+10:42 06:35
5	77	Nuno Santos	Sentir Escariz running	Veterano M40	01:47:05	+12:34 06:42
6	19	Bruno Barge	C.D.C. S. Martinho da Gândara	Veterano M40	01:47:09	+12:38 06:42
7	82	BRUNO MELO	Valongo Trail Team	Veterano M40	01:48:06	+13:35 06:45
8	48	João Leite	Individual	Veterano M40	01:49:20	+14:49 06:50
9	72	Filipe Nascimento	PORTO SENTIDO RUNNERS	Veterano M40	01:56:55	+22:24 07:18
10	50	Luís Garcia	Individual	Veterano M40	01:57:55	+23:24 07:22
11	76	João Reis Silva	Sentir Escariz running	Veterano M40	01:59:47	+25:16 07:29
12	21	Filipe Esteves	C.D.C. S. Martinho da Gândara	Veterano M40	02:00:42	+26:11 07:33
13	52	Nuno Ricardo Almeida Teixeira	Individual	Veterano M40	02:08:34	+34:04 08:02
14	79	Toni Paiva	Sentir Escariz running	Veterano M40	02:11:26	+36:55 08:13
15	14	Diogo Lopes	Arrifana Running	Veterano M40	02:16:21	+41:50 08:31
16	51	Luís Miguel de Azevedo Ferreira da Silva	Individual	Veterano M40	02:16:30	+41:59 08:32
17	49	Luís Almeida	Individual	Veterano M40	02:18:02	+43:31 08:38
18	20	Cláudio Castro	C.D.C. S. Martinho da Gândara	Veterano M40	02:18:11	+43:41 08:38
19	54	Ricardo Lixa	Individual	Veterano M40	02:18:14	+43:44 08:38
20	32	João Soares	G.D. Leões da Guarda – LION RUNNERS	Veterano M40	02:31:07	+56:36 09:27

### Veterano M45

1	71	Fernando Lima	Núcleo de Atletismo de Cucujães	Veterano M45	01:28:15	05:31
2	73	Filipe Almeida	PUPILOS DO ZÉ TÓ	Veterano M45	01:44:28	+16:13 06:32
3	4	Filipe Escobar	A.R. de Valpereiro	Veterano M45	01:44:42	+16:27 06:33
4	7	Antonio Fernandes	AMIGOS DO TRAIL	Veterano M45	01:45:44	+17:29 06:36
5	22	João Ferreira	C.D.C. S. Martinho da Gândara	Veterano M45	01:47:08	+18:53 06:42

