Trail Rota das Fontes
Castanheira do Vouga
08-outubro-2023

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

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	11,7ºC	37%
End	14:06	11,7ºC	37%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	32	Pedro Garrido	OPraticante.pt	02:35:51		06:14	
2	16	João Santos	DURA-F1 RACETEAM	02:36:06	+00:15	06:15	
3	10	JOSIAS MEIRA	DCI/Trilhos Luso Bussaco	02:51:55	+16:04	06:53	
4	33	Ivo Tavares	Saca Trilhos Anadia	02:53:31	+17:40	06:56	
5	26	JOÃO CRUZ	LAAC - BIKE & SPORT	02:56:38	+20:47	07:04	
6	37	Luis Azevedo	Sport Clube Paradela	03:00:02	+24:11	07:12	
7	9	Diogo pimenta	DCI/Trilhos Luso Bussaco	03:02:31	+26:40	07:18	
8	15	Filipe Fonseca	DURA-F1 RACETEAM	03:09:06	+33:15	07:34	
9	13	Antonio Gomes	DURA-F1 RACETEAM	03:11:51	+36:00	07:40	
10	41	José Proença	Trail - GD Trancoso	03:13:28	+37:37	07:44	
11	11	Pedro Lopes	DCI/Trilhos Luso Bussaco	03:15:45	+39:54	07:50	
12	25	Miguel lopes	Individual	03:20:15	+44:24	08:01	
13	27	RICARDO HENRIQUES	LAAC - BIKE & SPORT	03:20:16	+44:25	08:01	
14	14	David Coutinho	DURA-F1 RACETEAM	03:22:29	+46:38	08:06	
15	28	VITAL ESPINHAL	LAAC - BIKE & SPORT	03:23:37	+47:46	08:09	
16	17	Ricardo Varalonga	Equipa.-Medicertima/Benetton/B150	03:25:28	+49:37	08:13	
17	5	João Pires	ADABEM Running Team	03:26:16	+50:25	08:15	
18	35	Alcino Neves Gouveia	Sentir escariz runing	03:28:48	+52:57	08:21	
19	1	André Pereira	A. D. Ílhavo	03:29:52	+54:01	08:24	
20	24	Marco Santos	Individual	03:36:21	+01:00:30	08:39	
21	34	Ana Melo	Saca Trilhos Anadia	03:38:27	+01:02:36	08:44	
22	31	Carlos Silva	OiãRunners	03:42:48	+01:06:57	08:55	
23	12	Joaquim Godinho	DCI/Trilhos Luso Bussaco	03:43:28	+01:07:37	08:56	
24	8	Ariana Tavares	C.D.C Paradela do Vouga	03:50:42	+01:14:51	09:14	
25	19	Diogo Jorge	Individual	03:56:40	+01:20:49	09:28	
26	18	Mami Macedo	Haertha/TendernessCapacity - trail running	03:57:58	+01:22:07	09:31	
27	6	Helena Matos	AGM Team Running	04:06:42	+01:30:51	09:52	
28	7	Tiago Delgado	AGM Team Running	04:06:42	+01:30:51	09:52	
29	30	Mario Lima	Magic Friends Runners	04:14:15	+01:38:24	10:10	
30	40	Licinio Manuel Saragoça Costa	Tainadas Run Team	04:33:31	+01:57:40	10:56	
31	39	Jorge Piçarra	Tainadas Run Team	04:33:43	+01:57:52	10:57	
32	29	AVELINO SILVA	LAAC - BIKE & SPORT	04:34:09	+01:58:18	10:58	
33	38	Eduarda Vinagre	Tainadas Run Team	04:45:35	+02:09:44	11:25	
34	23	Hugo Mourão	Individual	04:46:45	+02:10:54	11:28	
35	3	Márcio Silva	A.R.S.M.- Associação Recreativa de São Miguel	05:06:16	+02:30:25	12:15	
36	4	Paula Simões	A.R.S.M.- Associação Recreativa de São Miguel	05:06:16	+02:30:25	12:15	
37	2	Jorge Scevola	A.R.S.M.- Associação Recreativa de São Miguel	05:06:17	+02:30:26	12:15	

Trail Rota das Fontes
Castanheira do Vouga
08-outubro-2023

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

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

	Time	Temperature	Humidity
Start	09:00	11,7ºC	37%
End	14:06	11,7ºC	37%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	8	Ariana Tavares	C.D.C Paradela do Vouga	Senior Feminino	03:50:42		09:14
Senior Masculino							
1	32	Pedro Garrido	OPraticante.pt	Senior Masculino	02:35:51		06:14
2	33	Ivo Tavares	Saca Trilhos Anadia	Senior Masculino	02:53:31	+17:40	06:56
3	26	JOÃO CRUZ	LAAC - BIKE & SPORT	Senior Masculino	02:56:38	+20:46	07:04
4	37	Luis Azevedo	Sport Clube Paradela	Senior Masculino	03:00:02	+24:10	07:12
5	9	Diogo pimenta	DCI/Trilhos Luso Bussaco	Senior Masculino	03:02:31	+26:39	07:18
6	27	RICARDO HENRIQUES	LAAC - BIKE & SPORT	Senior Masculino	03:20:16	+44:24	08:01
7	1	André Pereira	A. D. Ílhavo	Senior Masculino	03:29:52	+54:01	08:24
8	3	Márcio Silva	A.R.S.M.- Associação Recreativa de São Miguel	Senior Masculino	05:06:16	+02:30:24	12:15
9	2	Jorge Scevola	A.R.S.M.- Associação Recreativa de São Miguel	Senior Masculino	05:06:17	+02:30:26	12:15
Sub 23 Masculino							
1	19	Diogo Jorge	Individual	Sub 23 Masculino	03:56:40		09:28
Veterana F40							
1	34	Ana Melo	Saca Trilhos Anadia	Veterana F40	03:38:27		08:44
2	18	Mami Macedo	Haertha/TendernessCapacity - trail running	Veterana F40	03:57:58	+19:31	09:31
3	6	Helena Matos	AGM Team Running	Veterana F40	04:06:42	+28:15	09:52
4	4	Paula Simões	A.R.S.M.- Associação Recreativa de São Miguel	Veterana F40	05:06:16	+01:27:48	12:15
Veterana F50							
1	38	Eduarda Vinagre	Tainadas Run Team	Veterana F50	04:45:35		11:25
Veterano M40							
1	16	João Santos	DURA-F1 RACETEAM	Veterano M40	02:36:06		06:15
2	10	JOSIAS MEIRA	DCI/Trilhos Luso Bussaco	Veterano M40	02:51:55	+15:49	06:53
3	15	Filipe Fonseca	DURA-F1 RACETEAM	Veterano M40	03:09:06	+33:00	07:34

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

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

4	13	Antonio Gomes	DURA-F1 RACETEAM	Veterano M40	03:11:51	+35:44	07:40
5	11	Pedro Lopes	DCI/Trilhos Luso Bussaco	Veterano M40	03:15:45	+39:39	07:50
6	25	Miguel lopes	Individual	Veterano M40	03:20:15	+44:09	08:01
7	14	David Coutinho	DURA-F1 RACETEAM	Veterano M40	03:22:29	+46:23	08:06
8	28	VITAL ESPINHAL	LAAC - BIKE & SPORT	Veterano M40	03:23:37	+47:31	08:09
9	17	Ricardo Varalonga	Equipa.- Medicertima/Benetton/B150	Veterano M40	03:25:28	+49:22	08:13
10	24	Marco Santos	Individual	Veterano M40	03:36:21	+01:00:15	08:39
11	31	Carlos Silva	OiãRunners	Veterano M40	03:42:48	+01:06:42	08:55
12	7	Tiago Delgado	AGM Team Running	Veterano M40	04:06:42	+01:30:36	09:52
13	30	Mario Lima	Magic Friends Runners	Veterano M40	04:14:15	+01:38:09	10:10
14	40	Licinio Manuel Saragoça Costa	Tainadas Run Team	Veterano M40	04:33:31	+01:57:25	10:56
15	39	Jorge Piçarra	Tainadas Run Team	Veterano M40	04:33:43	+01:57:37	10:57
16	23	Hugo Mourão	Individual	Veterano M40	04:46:45	+02:10:39	11:28

Veterano M50

1	41	José Proença	Trail - GD Trancoso	Veterano M50	03:13:28		07:44
2	5	João Pires	ADABEM Running Team	Veterano M50	03:26:16	+12:47	08:15
3	35	Alcino Neves Gouveia	Sentir escariz runing	Veterano M50	03:28:48	+15:19	08:21

Veterano M60

1	12	Joaquim Godinho	DCI/Trilhos Luso Bussaco	Veterano M60	03:43:28		08:56
2	29	AVELINO SILVA	LAAC - BIKE & SPORT	Veterano M60	04:34:09	+50:40	10:58

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 - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	DURA-F1 RACETEAM	2 + 8 + 9	19
2	DCI/TRILHOS LUSO BUSSACO	3 + 7 + 11	21
3	LAAC - BIKE & SPORT	5 + 13 + 15	33
4	TAINADAS RUN TEAM	30 + 31 + 33	94
5	A.R.S.M.- ASSOCIAÇÃO RECREATIVA DE SÃO MIGUEL	35 + 36 + 37	108

Trail Rota das Fontes
Castanheira do Vouga
08-outubro-2023

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

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

	Time	Temperature	Humidity
Start	09:30	21,9ºC	37%
End	13:33	21,9ºC	37%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	632	Rui Figueiredo	TRAIL BELA BELA	01:32:45		05:48	
2	616	Luis Diogo	Sport Clube Paradela	01:38:43	+05:58	06:10	
3	559	Sérgio Manito	Individual	01:40:31	+07:46	06:17	
4	515	Hugo Silva	DURA-F1 RACETEAM	01:41:30	+08:45	06:21	
5	508	Pedro Sousa	Cleide Martins Gab. Fisioterapia	01:42:30	+09:45	06:24	
6	547	Fábio Simões	TRAIL BELA BELA	01:43:52	+11:07	06:29	
7	584	Domingos Vieira	OPraticante.pt	01:46:01	+13:16	06:38	
8	526	João Coentrão	GREirense	01:47:56	+15:11	06:45	
9	643	Pedro Ferreira	VVTR Valongo Vouga Trail Running	01:48:23	+15:38	06:46	
10	512	Manuel Vicente	DCI/Trilhos Luso Bussaco	01:48:35	+15:50	06:47	
11	633	João Almeida	TRAIL BELA BELA	01:48:41	+15:56	06:48	
12	572	Filipe Costa	NAR - Núcleo de Atletismo de Requeixo	01:49:21	+16:36	06:50	
13	615	José Augusto F Silva	Sport Clube Paradela	01:49:25	+16:40	06:50	
14	617	Marcos Ferreira	Sport Clube Paradela	01:51:37	+18:52	06:59	
15	516	José Pinheiro	DURA-F1 RACETEAM	01:51:52	+19:07	07:00	
16	583	Augusto Tavares	OPraticante.pt	01:52:24	+19:39	07:02	
17	513	Manuel Lino	DCI/Trilhos Luso Bussaco	01:54:42	+21:57	07:10	
18	518	José Cruz	DURA-F1 RACETEAM	01:54:47	+22:02	07:10	
19	620	Márcio Silva	Sport Clube Paradela	01:56:18	+23:33	07:16	
20	607	João Pedro Andrade Rodrigues	Runners Project Trail Team	01:57:05	+24:20	07:19	
21	519	Nelson Teixeira	Gens Sport Clube Trail	01:57:41	+24:56	07:21	
22	528	António Paulo Ferreira de Pinho	Haertha/TendernessCapacity - trail running	01:58:08	+25:23	07:23	
23	509	Márcia Martins	DCI/Trilhos Luso Bussaco	01:58:34	+25:49	07:25	
24	511	A Graça	DCI/Trilhos Luso Bussaco	01:58:35	+25:50	07:25	
25	587	José Sousa	OPraticante.pt	02:00:20	+27:35	07:31	
26	605	Luís Oliveira	Pés Doridos	02:03:04	+30:19	07:41	
27	553	Bruno Rodrigues	Individual	02:05:08	+32:23	07:49	
28	599	Jorge Ferreira	os enferrujados	02:05:23	+32:38	07:50	
29	502	Luis Ferreira	ACD - Os Ilhavos	02:05:53	+33:08	07:52	
30	634	EUGÉNIO ALVES	TRAIL BELA BELA	02:06:18	+33:33	07:54	
31	614	Cláudio Agostinho	Sport Clube Paradela	02:06:41	+33:56	07:55	
32	588	Sérgio Ruela	OPraticante.pt	02:09:24	+36:39	08:05	
33	527	Sérgio Cardoso Rodrigues	Haertha/TendernessCapacity - trail running	02:09:32	+36:47	08:06	
34	556	Luis Martins	Individual	02:10:02	+37:17	08:08	
35	631	Teresa Reis	TRAIL BELA BELA	02:10:23	+37:38	08:09	
36	534	Daniel Alexandre	Individual	02:10:47	+38:02	08:10	
37	573	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	02:11:23	+38:38	08:13	
38	523	Gaspar Araujo	GRC TELHADELA	02:11:32	+38:47	08:13	
39	538	Hugo Marques	Individual	02:15:29	+42:44	08:28	
40	566	João Almada	Individual	02:18:07	+45:22	08:38	
41	507	António Rodrigues	BiciARCA Run Team	02:18:08	+45:23	08:38	
42	504	Inês Teixeira	Águeda Action Clube - ACTIB	02:19:45	+47:00	08:44	

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

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
43	517	João Portugal	DURA-F1 RACETEAM	02:20:29	+47:44	08:47	
44	593	João Rocha	OPraticante.pt	02:20:33	+47:48	08:47	
45	640	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	02:21:07	+48:22	08:49	
46	610	Paulo Pires	Sosense Trail Team Braga & Fernandes	02:21:08	+48:23	08:49	
47	606	António Silva	Pés Doridos	02:21:31	+48:46	08:51	
48	613	Liliana Ferreira	Sport Clube Paradela	02:25:32	+52:47	09:06	
49	506	Sérgio Ferreira	BiciARCA Run Team	02:25:36	+52:51	09:06	
50	544	Pedro Alves	Individual	02:26:34	+53:49	09:10	
51	619	João Saraiva	Sport Clube Paradela	02:27:05	+54:20	09:12	
52	641	Mário António Pereira Migueis	Vamos a Pé - Taboeira	02:27:42	+54:57	09:14	
53	598	Gabriel Teixeira	os enferrujados	02:28:20	+55:35	09:16	
54	543	Nuno Ribeiro	Individual	02:29:10	+56:25	09:19	
55	602	Nelson Marques	Passo a Passo	02:29:11	+56:26	09:19	
56	601	José Ferreira	Passeadores de Buchas	02:29:38	+56:53	09:21	
57	592	Gabriel Godinho	OPraticante.pt	02:31:02	+58:17	09:26	
58	524	José Pereira	GRC TELHADELA	02:33:20	+01:00:35	09:35	
59	623	Teresa Pinho	Tainadas Run Team	02:34:03	+01:01:18	09:38	
60	548	Paulo Pires Carvalho	Individual	02:34:19	+01:01:34	09:39	
61	557	Manuel Ventura da Silva Marques	Individual	02:35:51	+01:03:06	09:44	
62	581	Ana Pereira	OPraticante.pt	02:35:56	+01:03:11	09:45	
63	600	Celeste Morgado	Passeadores de Buchas	02:36:10	+01:03:25	09:46	
64	638	David Pinheiro Gonçalves	UDCRS / Silveiro Sport Team	02:37:42	+01:04:57	09:51	
65	628	Paulo Alexandre Simões da Costa	Tainadas Run Team	02:37:56	+01:05:11	09:52	
66	611	Amilcar Raimundo	Sosense Trail Team Braga & Fernandes	02:39:30	+01:06:45	09:58	
67	522	Filipe Pereira	GRC TELHADELA	02:40:49	+01:08:04	10:03	
68	571	Álvaro Barbosa	Não passes a ferro!	02:41:25	+01:08:40	10:05	
69	537	Hugo Guerra	Individual	02:41:34	+01:08:49	10:06	
70	521	CArlos CAmpos	GRC TELHADELA	02:41:42	+01:08:57	10:06	
71	642	Fábio Silva	VVTR Valongo Vouga Trail Running	02:42:05	+01:09:20	10:08	
72	542	Nuno Relvas	Individual	02:43:01	+01:10:16	10:11	
73	595	Bruno Parente	Os 4	02:46:14	+01:13:29	10:23	
74	541	Miguel Branco	Individual	02:47:44	+01:14:59	10:29	
75	531	Vera Pessoa	Individual	02:47:44	+01:14:59	10:29	
76	575	Paulo Jorge Simões da Siva	NAR - Núcleo de Atletismo de Requeixo	02:48:04	+01:15:19	10:30	
77	578	Márcio Ferreira	OiãRunners	02:49:48	+01:17:03	10:37	
78	520	Ricardo Mendes	Gens Sport Clube Trail	02:50:44	+01:17:59	10:40	
79	561	Miguel Lopes	Individual	02:50:56	+01:18:11	10:41	
80	551	Marta Salomé Ferreira Rodrigues	Individual	02:52:54	+01:20:09	10:48	
81	625	Beatriz Oliveira Fernandes	Tainadas Run Team	02:53:15	+01:20:30	10:50	
82	562	Octavio Sergio Rodrigues Linhares	Individual	02:53:18	+01:20:33	10:50	
83	552	André Santiago	Individual	02:54:25	+01:21:40	10:54	
84	545	Ricardo Miguel de Almeida Tavares	Individual	02:54:56	+01:22:11	10:56	
85	594	Anabela Reis	Os 4	02:56:14	+01:23:29	11:01	
86	635	Ana Dinis	TricÁpitos Gang de Viseu	02:56:42	+01:23:57	11:03	
87	636	Mário Coutinho	TricÁpitos Gang de Viseu	02:56:42	+01:23:57	11:03	
88	532	BRUNO Alvites	Individual	02:58:03	+01:25:18	11:08	

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

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
89	535	Fernando Vidal	Individual	02:58:03	+01:25:18	11:08	
90	533	Bruno Jesus	Individual	02:58:03	+01:25:18	11:08	
91	546	Tiago Pinto	Individual	02:58:03	+01:25:18	11:08	
92	574	Jorge Vilela	NAR - Núcleo de Atletismo de Requeixo	02:58:18	+01:25:33	11:09	
93	637	Carlos Eduardo Ferreira Coelho	UDCRS / Silveiro Sport Team	03:00:07	+01:27:22	11:15	
94	622	Sandra Oliveira	Tainadas Run Team	03:00:09	+01:27:24	11:16	
95	525	Pascoal Martins Pires	GRC TELHADELA	03:00:39	+01:27:54	11:17	
96	591	Marta Carmo	OPraticante.pt	03:00:41	+01:27:56	11:18	
97	603	José Maia	Passo a Passo	03:01:17	+01:28:32	11:20	
98	596	Luís Carvalheiro	Os 4	03:01:56	+01:29:11	11:22	
99	536	Helder Marques	Individual	03:05:08	+01:32:23	11:34	
100	582	Ivone Reis	OPraticante.pt	03:06:13	+01:33:28	11:38	
101	630	Margarida Duarte	TRAIL BELA BELA	03:06:14	+01:33:29	11:38	
102	609	Pedro Pereira	Segimprima Running Team	03:07:32	+01:34:47	11:43	
103	624	Joni Pandeirada Rocha	Tainadas Run Team	03:07:44	+01:34:59	11:44	
104	608	Kelly Farias	SC Paradela	03:08:03	+01:35:18	11:45	
105	627	Rosabell Santos	Tainadas Run Team	03:14:54	+01:42:09	12:11	
106	618	Sofia Costa	Sport Clube Paradela	03:16:03	+01:43:18	12:15	
107	503	Ana Silva	AGM Team Running	03:23:31	+01:50:46	12:43	
108	586	José Rocha	OPraticante.pt	03:23:41	+01:50:56	12:44	
109	626	Cláudia Vilela	Tainadas Run Team	03:29:04	+01:56:19	13:04	
110	530	Marina Simões	TRAIL BELA BELA	03:30:02	+01:57:17	13:08	
111	604	Rufino Cardoso	Passo a Passo	03:32:06	+01:59:21	13:15	
112	550	Liliana Gonçalves	Individual	03:32:07	+01:59:22	13:15	
113	555	Kevin Cruz	Individual	03:32:07	+01:59:22	13:15	
114	549	Isabel Ferreira	Individual	03:32:51	+02:00:06	13:18	
115	590	Júlia Rocha	OPraticante.pt	03:37:32	+02:04:47	13:36	
116	589	Catarina Pinho	OPraticante.pt	03:37:32	+02:04:47	13:36	
117	565	Rui Manuel Alves Abrantes	Individual	03:39:39	+02:06:54	13:44	
118	597	Gabriela Ferreira Silva	os enferrujados	03:40:18	+02:07:33	13:46	
119	567	Carlos Oliveira	J C T	03:41:52	+02:09:07	13:52	
120	576	Mario Nogueira	OiãRunners	03:52:18	+02:19:33	14:31	
121	554	Jorge Daniel de Figueiredo Andrade Pinto	Individual	03:52:47	+02:20:02	14:33	
122	621	Rui Almeida	Sport Clube Paradela	04:03:50	+02:31:05	15:14	
123	510	Paula Duarte	DCI/Trilhos Luso Bussaco	04:03:50	+02:31:05	15:14	

Trail Rota das Fontes
Castanheira do Vouga
08-outubro-2023

Trail Curto — 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

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

	Time	Temperature	Humidity
Start	09:30	21,9ºC	37%
End	13:33	21,9ºC	37%

Juvenil Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	630	Margarida Duarte	TRAIL BELA BELA	Juvenil Feminino	03:06:14		11:38
2	597	Gabriela Ferreira Silva	os enferrujados	Juvenil Feminino	03:40:18	+34:04	13:46

Juvenil Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	598	Gabriel Teixeira	os enferrujados	Juvenil Masculino	02:28:20		09:16

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	631	Teresa Reis	TRAIL BELA BELA	Senior Feminino	02:10:23		08:09
2	504	Inês Teixeira	Águeda Action Clube - ACTIB	Senior Feminino	02:19:45	+09:22	08:44
3	613	Liliana Ferreira	Sport Clube Paradela	Senior Feminino	02:25:32	+15:09	09:06
4	623	Teresa Pinho	Tainadas Run Team	Senior Feminino	02:34:03	+23:40	09:38
5	581	Ana Pereira	OPraticante.pt	Senior Feminino	02:35:56	+25:32	09:45
6	531	Vera Pessoa	Individual	Senior Feminino	02:47:44	+37:21	10:29
7	635	Ana Dinis	TricÁpitos Gang de Viseu	Senior Feminino	02:56:42	+46:18	11:03
8	622	Sandra Oliveira	Tainadas Run Team	Senior Feminino	03:00:09	+49:46	11:16
9	582	Ivone Reis	OPraticante.pt	Senior Feminino	03:06:13	+55:50	11:38
10	503	Ana Silva	AGM Team Running	Senior Feminino	03:23:31	+01:13:08	12:43
11	530	Marina Simões	TRAIL BELA BELA	Senior Feminino	03:30:02	+01:19:39	13:08

Senior Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	632	Rui Figueiredo	TRAIL BELA BELA	Senior Masculino	01:32:45		05:48
2	616	Luis Diogo	Sport Clube Paradela	Senior Masculino	01:38:43	+05:57	06:10
3	515	Hugo Silva	DURA-F1 RACETEAM	Senior Masculino	01:41:30	+08:44	06:21
4	508	Pedro Sousa	Cleide Martins Gab. Fisioterapia	Senior Masculino	01:42:30	+09:45	06:24
5	584	Domingos Vieira	OPraticante.pt	Senior Masculino	01:46:01	+13:15	06:38
6	526	João Coentrão	GREirense	Senior Masculino	01:47:56	+15:10	06:45
7	643	Pedro Ferreira	VVTR Valongo Vouga Trail Running	Senior Masculino	01:48:23	+15:38	06:46
8	572	Filipe Costa	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	01:49:21	+16:35	06:50
9	615	José Augusto F Silva	Sport Clube Paradela	Senior Masculino	01:49:25	+16:39	06:50
10	617	Marcos Ferreira	Sport Clube Paradela	Senior Masculino	01:51:37	+18:51	06:59
11	516	José Pinheiro	DURA-F1 RACETEAM	Senior Masculino	01:51:52	+19:07	07:00
12	583	Augusto Tavares	OPraticante.pt	Senior Masculino	01:52:24	+19:39	07:02
13	607	João Pedro Andrade Rodrigues	Runners Project Trail Team	Senior Masculino	01:57:05	+24:19	07:19
14	519	Nelson Teixeira	Gens Sport Clube Trail	Senior Masculino	01:57:41	+24:55	07:21

Trail Curto — 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

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

15	587	José Sousa	OPraticante.pt	Senior Masculino	02:00:20	+27:34	07:31
16	502	Luis Ferreira	ACD - Os Ilhavos	Senior Masculino	02:05:53	+33:08	07:52
17	614	Cláudio Agostinho	Sport Clube Paradela	Senior Masculino	02:06:41	+33:56	07:55
18	588	Sérgio Ruela	OPraticante.pt	Senior Masculino	02:09:24	+36:38	08:05
19	534	Daniel Alexandre	Individual	Senior Masculino	02:10:47	+38:01	08:10
20	573	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	02:11:23	+38:37	08:13
21	538	Hugo Marques	Individual	Senior Masculino	02:15:29	+42:44	08:28
22	610	Paulo Pires	Sosense Trail Team Braga & Fernandes	Senior Masculino	02:21:08	+48:22	08:49
23	544	Pedro Alves	Individual	Senior Masculino	02:26:34	+53:48	09:10
24	543	Nuno Ribeiro	Individual	Senior Masculino	02:29:10	+56:25	09:19
25	602	Nelson Marques	Passo a Passo	Senior Masculino	02:29:11	+56:26	09:19
26	638	David Pinheiro Gonçalves	UDCRS / Silveiro Sport Team	Senior Masculino	02:37:42	+01:04:56	09:51
27	537	Hugo Guerra	Individual	Senior Masculino	02:41:34	+01:08:48	10:06
28	521	CArlos CAmpos	GRC TELHADELA	Senior Masculino	02:41:42	+01:08:56	10:06
29	642	Fábio Silva	VVTR Valongo Vouga Trail Running	Senior Masculino	02:42:05	+01:09:19	10:08
30	542	Nuno Relvas	Individual	Senior Masculino	02:43:01	+01:10:15	10:11
31	541	Miguel Branco	Individual	Senior Masculino	02:47:44	+01:14:58	10:29
32	520	Ricardo Mendes	Gens Sport Clube Trail	Senior Masculino	02:50:44	+01:17:58	10:40
33	545	Ricardo Miguel de Almeida Tavares	Individual	Senior Masculino	02:54:56	+01:22:10	10:56
34	532	BRUNO Alvites	Individual	Senior Masculino	02:58:03	+01:25:17	11:08
35	535	Fernando Vidal	Individual	Senior Masculino	02:58:03	+01:25:17	11:08
36	533	Bruno Jesus	Individual	Senior Masculino	02:58:03	+01:25:17	11:08
37	546	Tiago Pinto	Individual	Senior Masculino	02:58:03	+01:25:17	11:08
38	637	Carlos Eduardo Ferreira Coelho	UDCRS / Silveiro Sport Team	Senior Masculino	03:00:07	+01:27:21	11:15
39	536	Helder Marques	Individual	Senior Masculino	03:05:08	+01:32:22	11:34
40	609	Pedro Pereira	Segimprima Running Team	Senior Masculino	03:07:32	+01:34:46	11:43
41	624	Joni Pandeirada Rocha	Tainadas Run Team	Senior Masculino	03:07:44	+01:34:59	11:44
42	586	José Rocha	OPraticante.pt	Senior Masculino	03:23:41	+01:50:55	12:44
43	576	Mario Nogueira	OiãRunners	Senior Masculino	03:52:18	+02:19:32	14:31

Sub 23 Feminino

1	625	Beatriz Oliveira Fernandes	Tainadas Run Team	Sub 23 Feminino	02:53:15		10:50

Sub 23 Masculino

1	547	Fábio Simões	TRAIL BELA BELA	Sub 23 Masculino	01:43:52		06:29
2	548	Paulo Pires Carvalho	Individual	Sub 23 Masculino	02:34:19	+50:27	09:39

Veterana F40

1	509	Márcia Martins	DCI/Trilhos Luso Bussaco	Veterana F40	01:58:34		07:25
2	600	Celeste Morgado	Passeadores de Buchas	Veterana F40	02:36:10	+37:36	09:46

Trail Curto — 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

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

3	551	Marta Salomé Ferreira Rodrigues	Individual	Veterana F40	02:52:54	+54:20	10:48
4	594	Anabela Reis	Os 4	Veterana F40	02:56:14	+57:40	11:01
5	591	Marta Carmo	OPraticante.pt	Veterana F40	03:00:41	+01:02:07	11:18
6	627	Rosabell Santos	Tainadas Run Team	Veterana F40	03:14:54	+01:16:20	12:11
7	618	Sofia Costa	Sport Clube Paradela	Veterana F40	03:16:03	+01:17:29	12:15
8	626	Cláudia Vilela	Tainadas Run Team	Veterana F40	03:29:04	+01:30:30	13:04
9	550	Liliana Gonçalves	Individual	Veterana F40	03:32:07	+01:33:32	13:15
10	549	Isabel Ferreira	Individual	Veterana F40	03:32:51	+01:34:17	13:18
11	590	Júlia Rocha	OPraticante.pt	Veterana F40	03:37:32	+01:38:58	13:36
12	589	Catarina Pinho	OPraticante.pt	Veterana F40	03:37:32	+01:38:58	13:36

Veterana F50

1	608	Kelly Farias	SC Paradela	Veterana F50	03:08:03		11:45
2	510	Paula Duarte	DCI/Trilhos Luso Bussaco	Veterana F50	04:03:50	+55:46	15:14

Veterano M40

1	559	Sérgio Manito	Individual	Veterano M40	01:40:31		06:17
2	633	João Almeida	TRAIL BELA BELA	Veterano M40	01:48:41	+08:10	06:48
3	518	José Cruz	DURA-F1 RACETEAM	Veterano M40	01:54:47	+14:16	07:10
4	620	Márcio Silva	Sport Clube Paradela	Veterano M40	01:56:18	+15:47	07:16
5	605	Luís Oliveira	Pés Doridos	Veterano M40	02:03:04	+22:33	07:41
6	553	Bruno Rodrigues	Individual	Veterano M40	02:05:08	+24:37	07:49
7	599	Jorge Ferreira	os enferrujados	Veterano M40	02:05:23	+24:52	07:50
8	527	Sérgio Cardoso Rodrigues	Haertha/TendernessCapacity - trail running	Veterano M40	02:09:32	+29:01	08:06
9	556	Luis Martins	Individual	Veterano M40	02:10:02	+29:31	08:08
10	523	Gaspar Araujo	GRC TELHADELA	Veterano M40	02:11:32	+31:01	08:13
11	517	João Portugal	DURA-F1 RACETEAM	Veterano M40	02:20:29	+39:58	08:47
12	593	João Rocha	OPraticante.pt	Veterano M40	02:20:33	+40:02	08:47
13	640	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	Veterano M40	02:21:07	+40:36	08:49
14	506	Sérgio Ferreira	BiciARCA Run Team	Veterano M40	02:25:36	+45:05	09:06
15	619	João Saraiva	Sport Clube Paradela	Veterano M40	02:27:05	+46:34	09:12
16	592	Gabriel Godinho	OPraticante.pt	Veterano M40	02:31:02	+50:31	09:26
17	524	José Pereira	GRC TELHADELA	Veterano M40	02:33:20	+52:49	09:35
18	557	Manuel Ventura da Silva Marques	Individual	Veterano M40	02:35:51	+55:20	09:44
19	628	Paulo Alexandre Simões da Costa	Tainadas Run Team	Veterano M40	02:37:56	+57:24	09:52
20	522	Filipe Pereira	GRC TELHADELA	Veterano M40	02:40:49	+01:00:18	10:03
21	571	Álvaro Barbosa	Não passes a ferro!	Veterano M40	02:41:25	+01:00:54	10:05
22	595	Bruno Parente	Os 4	Veterano M40	02:46:14	+01:05:43	10:23
23	578	Márcio Ferreira	OiãRunners	Veterano M40	02:49:48	+01:09:17	10:37
24	552	André Santiago	Individual	Veterano M40	02:54:25	+01:13:54	10:54
25	636	Mário Coutinho	TricÁpitos Gang de Viseu	Veterano M40	02:56:42	+01:16:11	11:03
26	525	Pascoal Martins Pires	GRC TELHADELA	Veterano M40	03:00:39	+01:20:08	11:17
27	596	Luís Carvalheiro	Os 4	Veterano M40	03:01:56	+01:21:25	11:22

Trail Curto — 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

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

28	555	Kevin Cruz	Individual	Veterano M40	03:32:07	+01:51:36	13:15
29	554	Jorge Daniel de Figueiredo Andrade Pinto	Individual	Veterano M40	03:52:47	+02:12:16	14:33
30	621	Rui Almeida	Sport Clube Paradela	Veterano M40	04:03:50	+02:23:19	15:14

Veterano M50

1	512	Manuel Vicente	DCI/Trilhos Luso Bussaco	Veterano M50	01:48:35		06:47
2	528	António Paulo Ferreira de Pinho	Haertha/TendernessCapacity - trail running	Veterano M50	01:58:08	+09:32	07:23
3	511	A Graça	DCI/Trilhos Luso Bussaco	Veterano M50	01:58:35	+09:59	07:25
4	507	António Rodrigues	BiciARCA Run Team	Veterano M50	02:18:08	+29:32	08:38
5	641	Mário António Pereira Migueis	Vamos a Pé - Taboeira	Veterano M50	02:27:42	+39:06	09:14
6	601	José Ferreira	Passeadores de Buchas	Veterano M50	02:29:38	+41:02	09:21
7	611	Amilcar Raimundo	Sosense Trail Team Braga & Fernandes	Veterano M50	02:39:30	+50:54	09:58
8	575	Paulo Jorge Simões da Siva	NAR - Núcleo de Atletismo de Requeixo	Veterano M50	02:48:04	+59:28	10:30
9	561	Miguel Lopes	Individual	Veterano M50	02:50:56	+01:02:20	10:41
10	562	Octavio Sergio Rodrigues Linhares	Individual	Veterano M50	02:53:18	+01:04:42	10:50
11	574	Jorge Vilela	NAR - Núcleo de Atletismo de Requeixo	Veterano M50	02:58:18	+01:09:42	11:09
12	603	José Maia	Passo a Passo	Veterano M50	03:01:17	+01:12:41	11:20
13	604	Rufino Cardoso	Passo a Passo	Veterano M50	03:32:06	+01:43:30	13:15
14	565	Rui Manuel Alves Abrantes	Individual	Veterano M50	03:39:39	+01:51:03	13:44
15	567	Carlos Oliveira	J C T	Veterano M50	03:41:52	+01:53:16	13:52

Veterano M60

1	513	Manuel Lino	DCI/Trilhos Luso Bussaco	Veterano M60	01:54:42		07:10
2	634	EUGÉNIO ALVES	TRAIL BELA BELA	Veterano M60	02:06:18	+11:36	07:54
3	566	João Almada	Individual	Veterano M60	02:18:07	+23:25	08:38
4	606	António Silva	Pés Doridos	Veterano M60	02:21:31	+26:49	08:51

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 - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	TRAIL BELA BELA	1 + 6 + 11	18
2	SPORT CLUBE PARADELA	2 + 13 + 14	29
3	DURA-F1 RACETEAM	4 + 15 + 18	37
4	OPRATICANTE.PT	7 + 16 + 25	48
5	DCI/TRILHOS LUSO BUSSACO	10 + 17 + 23	50
6	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	12 + 37 + 76	125
7	GRC TELHADELA	38 + 58 + 67	163
8	OS ENFERRUJADOS	28 + 53 + 118	199
9	TAINADAS RUN TEAM	59 + 65 + 81	205
10	OS 4	73 + 85 + 98	256
11	PASSO A PASSO	55 + 97 + 111	263