

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

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

	Time	Temperature	Humidity
Start	09:00	11,9°C	42%
End	12:37	11,9°C	42%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	79	Pedro Garrido	opraticante.pt	Senior Masculino	01:54:58		04:36
2	18	João Santos	dura-f1 raceteam	Veterano M40	02:03:41	+08:43	04:57
3	23	Fábio Carvalho	individual	Senior Masculino	02:05:33	+10:35	05:01
4	3	Valter Matos	dci/trilhos luso bussaco	Veterano M40	02:07:05	+12:06	05:05
5	14	JOSÉ MARTINS	dci/trilhos luso bussaco	Veterano M60	02:10:02	+15:04	05:12
6	16	Rafael Gomes	dura-f1 raceteam	Senior Masculino	02:11:34	+16:35	05:16
7	46	Vitor Alexis Ferreira Martins	juveforce	Veterano M40	02:12:54	+17:56	05:19
8	13	JOSIAS MEIRA	dci/trilhos luso bussaco	Veterano M40	02:15:30	+20:32	05:25
9	11	JORGE BRITES	aztrail/mercentro	Veterano M50	02:17:36	+22:38	05:30
10	17	Filipe Fonseca	dura-f1 raceteam	Veterano M40	02:18:17	+23:18	05:32
11	36	Paulo Rodrigues	individual	Veterano M40	02:18:20	+23:21	05:32
12	75	Luís Azevedo	sport clube paradela	Senior Masculino	02:18:52	+23:54	05:33
13	26	João Martins Cruz	individual	Senior Masculino	02:20:46	+25:48	05:38
14	51	Bruno Soares	os pupilos do zé tó	Senior Masculino	02:21:08	+26:09	05:39
15	61	Nelson Vieira	runthecity	Veterano M40	02:21:58	+27:00	05:41
16	63	Rui Teixeira	runthecity	Veterano M40	02:21:59	+27:01	05:41
17	27	Pedro Pinho	individual	Senior Masculino	02:24:00	+29:02	05:46
18	40	Jose Proença	individual	Veterano M50	02:25:15	+30:16	05:49
19	70	Alcino Neves Gouveia	sentir escariz running	Veterano M50	02:26:13	+31:15	05:51
20	71	Paulo Ramirez	sosense trail team	Veterano M50	02:27:05	+32:06	05:53
21	15	TIAGO SANTOS	desportivo atlético de recardães	Senior Masculino	02:28:04	+33:06	05:55
22	33	Marco Ferreira	individual	Veterano M40	02:28:04	+33:06	05:55
23	68	Paulo Sérgio Silva Gomes	sentir escariz running	Veterano M40	02:29:33	+34:35	05:59
24	45	Fábio Ferreira	jovase trail running	Veterano M40	02:31:09	+36:11	06:03
25	31	João Leite	individual	Veterano M40	02:32:46	+37:48	06:07
26	57	Tino Pais	run & fun	Veterano M40	02:32:59	+38:00	06:07
27	42	Vasco Sousa	individual	Veterano M50	02:35:25	+40:27	06:13
28	47	RICARDO HENRIQUES	laac - bike & sport	Senior Masculino	02:35:28	+40:30	06:13
29	48	Pedro Guimaraes	letsrunazores	Veterano M50	02:36:46	+41:48	06:16
30	20	Freddy Martins	haertha/tendernesscapacity - trail running	Veterano M40	02:38:30	+43:32	06:20
31	38	Carlos Marques	individual	Veterano M50	02:39:10	+44:12	06:22
32	41	MIKE Run & Fun	run & fun	Veterano M50	02:39:34	+44:36	06:23
33	8	Gilberto Brites	águeda action club-actib	Senior Masculino	02:39:42	+44:44	06:23
34	67	Nuno Santos	sentir escariz running	Veterano M40	02:40:11	+45:12	06:24
35	39	Jorge Mamede Abrantes	individual	Veterano M50	02:42:49	+47:51	06:31
36	34	Mário Coutinho	individual	Veterano M40	02:44:19	+49:21	06:34
37	77	Licínio Manuel Saragoça Costa	tainadas run team	Veterano M40	02:44:39	+49:41	06:35
38	56	Cláudio Santos	run & fun	Veterano M40	02:44:42	+49:44	06:35
39	65	Tiago Santos	segimprima running team	Senior Masculino	02:44:45	+49:47	06:35
40	64	Ana Melo	saca trilhos anadia	Veterana F40	02:46:03	+51:05	06:39
41	49	Carlos Silva	oiärúnners	Veterano M40	02:47:17	+52:19	06:42
42	54	Amilcar Dinis	os tolinhos	Senior Masculino	02:47:54	+52:56	06:43

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	4	Lauro Nunes	individual	Veterano M40	02:49:11	+54:13	06:46
44	52	Fábio Ferreira	os pupilos do zé tó	Senior Masculino	02:49:30	+54:32	06:47
45	53	Pedro Paiva	os pupilos do zé tó	Veterano M40	02:49:31	+54:32	06:47
46	19	José Baptista	fox running team	Veterano M40	02:49:38	+54:39	06:47
47	9	Ricardo Ventura	águeda action club-actib	Veterano M40	02:54:15	+59:17	06:58
48	76	Jorge Carlos Piçarra Fernandes	tainadas run team	Veterano M40	02:55:09	+01:00:11	07:00
49	66	JOÃO SILVA	sentir escariz running	Veterano M40	02:56:16	+01:01:17	07:03
50	24	Gustavo Pereira	individual	Senior Masculino	02:56:56	+01:01:57	07:05
51	12	Ariana Tavares	c.d.c paradela do vouga	Senior Feminino	02:59:10	+01:04:12	07:10
52	21	Ana Reis	individual	Senior Feminino	02:59:19	+01:04:21	07:10
53	25	Helder Cunha	individual	Senior Masculino	02:59:20	+01:04:21	07:10
54	78	Miguel Sá	vvtr valongo vouga trail running	Veterano M50	02:59:30	+01:04:31	07:11
55	44	Avelino Silva	individual	Veterano M60	02:59:41	+01:04:43	07:11
56	73	Pedro Correia	sosense trail team-braga&fernandes	Veterano M40	03:01:40	+01:06:42	07:16
57	22	Diogo Rafael da Silva Amaral	individual	Senior Masculino	03:01:42	+01:06:44	07:16
58	37	Rui Serafim da Costa Figueiredo	individual	Veterano M40	03:07:18	+01:12:20	07:30
59	55	Samuel Jose Dinis Sousa	os tolinhos	Senior Masculino	03:08:14	+01:13:16	07:32
60	50	Carlos Martins	oiârunners	Veterano M50	03:15:43	+01:20:45	07:50
61	32	Luís Oliveira	individual	Veterano M40	03:25:16	+01:30:17	08:13
62	62	Ricardo Gonçalves	runthecity	Veterano M40	03:25:16	+01:30:17	08:13
63	60	Carla Rosa	runthecity	Veterana F50	03:25:16	+01:30:18	08:13
64	29	maria andia	individual	Veterana F40	03:32:58	+01:38:00	08:31
65	5	Jorge Scevola	a.r.s.m. - associação recreativa de são miguel	Senior Masculino	03:38:35	+01:43:37	08:45
66	7	Paula Simões	a.r.s.m. - associação recreativa de são miguel	Veterana F40	03:38:35	+01:43:37	08:45
67	6	Márcio Silva	a.r.s.m. - associação recreativa de são miguel	Senior Masculino	03:38:36	+01:43:38	08:45

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

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	11,9°C	42%
End	12:37	11,9°C	42%

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

1	12	Ariana Tavares	C.D.C Paradela do Vouga	Senior Feminino	02:59:10	+01:04:12	07:10
2	21	Ana Reis	Individual	Senior Feminino	02:59:19	+01:04:21	07:10

Senior Masculino

1	79	Pedro Garrido	OPraticante.pt	Senior Masculino	01:54:58		04:36
2	23	Fábio Carvalho	Individual	Senior Masculino	02:05:33	+10:35	05:01
3	16	Rafael Gomes	DURA-F1 RACETEAM	Senior Masculino	02:11:34	+16:35	05:16
4	75	Luís Azevedo	Sport Clube Paradela	Senior Masculino	02:18:52	+23:54	05:33
5	26	João Martins Cruz	Individual	Senior Masculino	02:20:46	+25:48	05:38
6	51	Bruno Soares	Os Pupilos do Zé Tó	Senior Masculino	02:21:08	+26:09	05:39
7	27	Pedro Pinho	Individual	Senior Masculino	02:24:00	+29:02	05:46
8	15	TIAGO SANTOS	Desportivo Atlético de Recardães	Senior Masculino	02:28:04	+33:06	05:55
9	47	RICARDO HENRIQUES	LAAC - BIKE & SPORT	Senior Masculino	02:35:28	+40:30	06:13
10	8	Gilberto Brites	ÁGUEDA ACTION CLUB-ACTIB	Senior Masculino	02:39:42	+44:44	06:23
11	65	Tiago Santos	Segimprima Running Team	Senior Masculino	02:44:45	+49:47	06:35
12	54	Amilcar Dinis	Os Tolinhos	Senior Masculino	02:47:54	+52:56	06:43
13	52	Fábio Ferreira	Os Pupilos do Zé Tó	Senior Masculino	02:49:30	+54:32	06:47
14	24	Gustavo Pereira	Individual	Senior Masculino	02:56:56	+01:01:57	07:05
15	25	Helder Cunha	Individual	Senior Masculino	02:59:20	+01:04:21	07:10
16	22	Diogo Rafael da Silva Amaral	Individual	Senior Masculino	03:01:42	+01:06:44	07:16
17	55	Samuel Jose Dinis Sousa	Os Tolinhos	Senior Masculino	03:08:14	+01:13:16	07:32
18	5	Jorge Scevola	A.R.S.M. - Associação Recreativa de São Miguel	Senior Masculino	03:38:35	+01:43:37	08:45
19	6	Márcio Silva	A.R.S.M. - Associação Recreativa de São Miguel	Senior Masculino	03:38:36	+01:43:38	08:45

Veterana F40

1	64	Ana Melo	Saca Trilhos Anadia	Veterana F40	02:46:03	+51:05	06:39
2	29	maria andia	Individual	Veterana F40	03:32:58	+01:38:00	08:31
3	7	Paula Simões	A.R.S.M. - Associação Recreativa de São Miguel	Veterana F40	03:38:35	+01:43:37	08:45

Veterana F50

1	60	Carla Rosa	RunTheCity	Veterana F50	03:25:16	+01:30:18	08:13
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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

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

Veterano M40

1	18	João Santos	DURA-F1 RACETEAM	Veterano M40	02:03:41	+08:43	04:57
2	3	Valter Matos	DCI/Trilhos Luso Bussaco	Veterano M40	02:07:05	+12:06	05:05
3	46	Vitor Alexis Ferreira Martins	Juveforce	Veterano M40	02:12:54	+17:56	05:19
4	13	JOSIAS MEIRA	DCI/Trilhos Luso Bussaco	Veterano M40	02:15:30	+20:32	05:25
5	17	Filipe Fonseca	DURA-F1 RACETEAM	Veterano M40	02:18:17	+23:18	05:32
6	36	Paulo Rodrigues	Individual	Veterano M40	02:18:20	+23:21	05:32
7	61	Nelson Vieira	RunTheCity	Veterano M40	02:21:58	+27:00	05:41
8	63	Rui Teixeira	RunTheCity	Veterano M40	02:21:59	+27:01	05:41
9	33	Marco Ferreira	Individual	Veterano M40	02:28:04	+33:06	05:55
10	68	Paulo Sérgio Silva Gomes	Sentir Escariz running	Veterano M40	02:29:33	+34:35	05:59
11	45	Fábio Ferreira	jovase trail running	Veterano M40	02:31:09	+36:11	06:03
12	31	João Leite	Individual	Veterano M40	02:32:46	+37:48	06:07
13	57	Tino Pais	Run & Fun	Veterano M40	02:32:59	+38:00	06:07
14	20	Freddy Martins	Haertha/TendernessCapacity - trail running	Veterano M40	02:38:30	+43:32	06:20
15	67	Nuno Santos	Sentir Escariz running	Veterano M40	02:40:11	+45:12	06:24
16	34	Mário Coutinho	Individual	Veterano M40	02:44:19	+49:21	06:34
17	77	Licínio Manuel Saragoça Costa	Tainadas Run Team	Veterano M40	02:44:39	+49:41	06:35
18	56	Cláudio Santos	Run & Fun	Veterano M40	02:44:42	+49:44	06:35
19	49	Carlos Silva	OiãRunners	Veterano M40	02:47:17	+52:19	06:42
20	4	Lauro Nunes	Individual	Veterano M40	02:49:11	+54:13	06:46
21	53	Pedro Paiva	Os Pupilos do Zé Tó	Veterano M40	02:49:31	+54:32	06:47
22	19	José Baptista	Fox running team	Veterano M40	02:49:38	+54:39	06:47
23	9	Ricardo Ventura	ÁGUEDA ACTION CLUB-ACTIB	Veterano M40	02:54:15	+59:17	06:58
24	76	Jorge Carlos Piçarra Fernandes	Tainadas Run Team	Veterano M40	02:55:09	+01:00:11	07:00
25	66	JOÃO SILVA	Sentir Escariz running	Veterano M40	02:56:16	+01:01:17	07:03
26	73	Pedro Correia	SOSENSE TRAIL TEAM-BRAGA&FERNANDES	Veterano M40	03:01:40	+01:06:42	07:16
27	37	Rui Serafim da Costa Figueiredo	Individual	Veterano M40	03:07:18	+01:12:20	07:30
28	32	Luís Oliveira	Individual	Veterano M40	03:25:16	+01:30:17	08:13
29	62	Ricardo Gonçalves	RunTheCity	Veterano M40	03:25:16	+01:30:17	08:13

Veterano M50

1	11	JORGE BRITES	AZtrail/Mercentro	Veterano M50	02:17:36	+22:38	05:30
2	40	Jose Proença	Individual	Veterano M50	02:25:15	+30:16	05:49
3	70	Alcino Neves Gouveia	Sentir Escariz running	Veterano M50	02:26:13	+31:15	05:51
4	71	Paulo Ramirez	Sosense Trail Team	Veterano M50	02:27:05	+32:06	05:53
5	42	Vasco Sousa	Individual	Veterano M50	02:35:25	+40:27	06:13
6	48	Pedro Guimaraes	LETSRUNAZORES	Veterano M50	02:36:46	+41:48	06:16
7	38	Carlos Marques	Individual	Veterano M50	02:39:10	+44:12	06:22
8	41	MIKE Run & Fun	Run & Fun	Veterano M50	02:39:34	+44:36	06:23
9	39	Jorge Mamede Abrantes	Individual	Veterano M50	02:42:49	+47:51	06:31
10	78	Miguel Sá	VVTR Valongo Vouga Trail Running	Veterano M50	02:59:30	+01:04:31	07:11

Official Timekeeper: Lap2Go	2 / 3	generate 05-fev-2023 12:46
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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

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

11	50	Carlos Martins	OiãRunners	Veterano M50	03:15:43	+01:20:45	07:50
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Veterano M60

1	14	JOSÉ MARTINS	DCI/Trilhos Luso Bussaco	Veterano M60	02:10:02	+15:04	05:12
2	44	Avelino Silva	Individual	Veterano M60	02:59:41	+01:04:43	07:11

TRAIL CURTO - STAGE 1

15 KM

R
REVISED

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

	Time	Temperature	Humidity
Start	09:30	11,5°C	50%
End	12:44	11,5°C	50%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	247	DAVIDE SILVA	desportivo atlético de recardães	Veterano M40	01:10:13		04:41
2	371	Sérgio Manito	individual	Veterano M40	01:10:16	+00:02	04:41
3	243	Carlos Simoes	dci/trilhos luso bussaco	Veterano M40	01:13:23	+03:09	04:54
4	251	Hugo Silva	dura-f1 raceteam	Senior Masculino	01:14:24	+04:10	04:58
5	419	João Matos	opraticante.pt	Senior Masculino	01:14:33	+04:19	04:58
6	364	Paulo Pinto	individual	Veterano M40	01:15:27	+05:13	05:02
7	447	Vitor Almeida	sosense trail team-braga&fernandes	Senior Masculino	01:17:08	+06:54	05:09
8	324	Telmo Nascimento	individual	Senior Masculino	01:17:34	+07:20	05:10
9	305	Luís diogo	individual	Senior Masculino	01:18:37	+08:23	05:15
10	266	João Coentrão	greirense	Senior Masculino	01:19:27	+09:13	05:18
11	202	Tiago Gonçalves	a.r.casaense/escola de atletismo de coimbra/intermarché taveiro	Senior Masculino	01:19:53	+09:39	05:20
12	440	Miguel Lourenço	runners da torre	Senior Masculino	01:19:55	+09:41	05:20
13	241	João Andrade	clube dos galitos - triatlo	Senior Masculino	01:20:17	+10:03	05:21
14	357	Márcio Silva	individual	Veterano M40	01:20:42	+10:28	05:23
15	268	Bruno Rodrigues	haertha/tendernesscapacity - trail running	Veterano M40	01:22:05	+11:51	05:28
16	206	Ricardo Fernandes	académica de coimbra	Senior Masculino	01:22:26	+12:12	05:30
17	422	Sérgio Ruela	opraticante.pt	Senior Masculino	01:22:40	+12:26	05:31
18	418	Domingos Vieira	opraticante.pt	Senior Masculino	01:22:45	+12:31	05:31
19	307	Marcos André Jesus Ferreira	individual	Senior Masculino	01:22:50	+12:36	05:31
20	455	Márcio Silva	sport clube paradela	Veterano M40	01:22:51	+12:37	05:31
21	252	José Pinheiro	dura-f1 raceteam	Senior Masculino	01:22:51	+12:37	05:31
22	496	João Miguel Garrido	opraticante.pt	Veterano M40	01:23:04	+12:50	05:32
23	352	José Martins	individual	Veterano M40	01:23:12	+12:58	05:33
24	402	Nuno Neves	lama solta	Senior Masculino	01:23:18	+13:04	05:33
25	254	José Cruz	dura-f1 raceteam	Veterano M40	01:23:40	+13:26	05:35
26	390	Paulo Maia	dci/trilhos luso bussaco	Veterano M50	01:24:11	+13:57	05:37
27	471	João Almeida	trail bela bela	Veterano M40	01:24:19	+14:05	05:37
28	421	José Sousa	opraticante.pt	Senior Masculino	01:25:15	+15:01	05:41
29	321	Ricardo Silva	individual	Senior Masculino	01:25:36	+15:22	05:42
30	479	João Paulo Nobre Santos Marques	trilhos da baga	Veterano M50	01:25:46	+15:32	05:43
31	502	Augusto Tavares	opraticante.pt	Senior Masculino	01:25:54	+15:40	05:44
32	271	Paulo Pinho	haertha/tendernesscapacity - trail running	Veterano M50	01:27:21	+17:07	05:49
33	382	João Barbosa	individual	Veterano M50	01:27:33	+17:19	05:50
34	351	José Correia	individual	Veterano M40	01:27:37	+17:23	05:50
35	453	Bruno Baptista	sport clube paradela	Veterano M40	01:28:51	+18:37	05:55
36	270	Sérgio Rodrigues	haertha/tendernesscapacity - trail running	Veterano M40	01:29:02	+18:48	05:56
37	358	Marco Santos	individual	Veterano M40	01:30:10	+19:56	06:01
38	221	António Rodrigues	biciarca run team	Veterano M50	01:30:48	+20:34	06:03
39	493	Bruno Simões	individual	Veterano M40	01:30:50	+20:36	06:03
40	310	Nuno João Caçador Ribeiro	individual	Senior Masculino	01:31:07	+20:53	06:05
41	261	Telmo Pinho	fisbem team	Veterano M40	01:31:28	+21:14	06:06

TRAIL CURTO - STAGE 1

15 KM

OFFICIAL RESULT

R
REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	309	MIGUEL NETO GONÇALVES	individual	Senior Masculino	01:31:31	+21:17	06:06
43	472	EUGÉNIO ALVES	trail bela bela	Veterano M60	01:31:36	+21:22	06:06
44	459	Kevin Jesus Regalado	tainadas run team	Senior Masculino	01:31:42	+21:28	06:07
45	240	Pedro Campos	cleide martins - gabinete de fisioterapia	Senior Masculino	01:32:08	+21:54	06:09
46	236	Filipe Mota	c.d.c paradela do vouga	Veterano M40	01:32:35	+22:21	06:10
47	403	Filipe Costa	nar - núcleo de atletismo de requieixo	Senior Masculino	01:32:41	+22:27	06:11
48	425	Bruno Parente	os 4	Veterano M40	01:32:45	+22:31	06:11
49	253	João Portugal	dura-f1 raceteam	Veterano M40	01:32:50	+22:36	06:11
50	242	MÁRCIA MARTINS	dci/trilhos luso bussaco	Veterana F40	01:34:04	+23:50	06:16
51	244	Tony Graça	dci/trilhos luso bussaco	Veterano M50	01:34:04	+23:50	06:16
52	368	Ricardo Vidal	individual	Veterano M40	01:34:45	+24:31	06:19
53	451	Cláudio Agostinho	sport clube paradela	Senior Masculino	01:35:06	+24:52	06:20
54	446	Paulo pires	sosense trail team-braga&fernandes	Senior Masculino	01:35:33	+25:19	06:22
55	205	Pedro Alves	aam runners	Senior Masculino	01:36:00	+25:46	06:24
56	395	Samuel Neves	individual	Veterano M50	01:36:32	+26:18	06:26
57	306	Luis Miguel Ferreira Marques	individual	Senior Masculino	01:36:41	+26:27	06:27
58	344	Carlos Manuel Lopes Rocha	individual	Veterano M40	01:36:41	+26:27	06:27
59	212	Luis Santos	adi ilhavo	Veterano M40	01:37:09	+26:55	06:29
60	432	ADÃO PEREIRA ANTUNES	piscos	Veterano M40	01:37:35	+27:21	06:30
61	445	José Oliveira	sentir escariz running	Veterano M50	01:37:38	+27:24	06:31
62	213	João Antonio Vinagre Almada	adt	Veterano M60	01:38:00	+27:46	06:32
63	443	Nelson Pereira	segimprima running team	Senior Masculino	01:38:11	+27:57	06:33
64	312	Paulo Machado	individual	Senior Masculino	01:38:30	+28:16	06:34
65	466	Felícia Fernandes	trail bela bela	Senior Feminino	01:38:31	+28:17	06:34
66	342	António Trigueiro	individual	Veterano M40	01:38:32	+28:18	06:34
67	248	Nuno Jorge Santos	desportivo atlético de recardães	Veterano M40	01:38:49	+28:35	06:35
68	265	Mário Rui de Campos Gonçalves	gonçalves team	Veterano M50	01:38:50	+28:36	06:35
69	404	Ricardo Branquinho	nar - núcleo de atletismo de requieixo	Senior Masculino	01:38:56	+28:42	06:36
70	323	Rui Silveira	individual	Senior Masculino	01:39:51	+29:37	06:39
71	401	VITAL ESPINHAL	laac - bike & sport	Veterano M40	01:40:03	+29:49	06:40
72	214	Inês Teixeira	águeda action club-actib	Senior Feminino	01:40:07	+29:53	06:41
73	207	Tiago Cruz	adc são jacinto	Veterano M40	01:40:40	+30:26	06:43
74	454	João Silva	sport clube paradela	Veterano M40	01:40:40	+30:26	06:43
75	220	Ivo Ferreira	aztrail	Senior Masculino	01:40:56	+30:42	06:44
76	450	Paulo Cruz	sosense trail team-braga&fernandes	Veterano M40	01:41:07	+30:53	06:44
77	411	NUNO SARAIVA	noctis trail	Veterano M40	01:41:32	+31:18	06:46
78	456	Carlos Pinheiro	sport clube paradela	Veterano M50	01:41:43	+31:29	06:47
79	287	André Filipe Farreca Loureiro	individual	Senior Masculino	01:41:44	+31:30	06:47
80	311	Nuno Ribeiro	individual	Senior Masculino	01:42:16	+32:02	06:49
81	484	Narciso José da Silva Pinho	vamos a pé - taboeira	Veterano M40	01:42:51	+32:37	06:51
82	218	José Canha	assemblage atletismo	Veterano M60	01:43:17	+33:03	06:53
83	313	Paulo Marques	individual	Senior Masculino	01:43:40	+33:26	06:55
84	385	José Ferreira	individual	Veterano M50	01:44:14	+34:00	06:57
85	362	Nuno Reis	individual	Veterano M40	01:44:18	+34:04	06:57
86	304	José Israel Henriques Tavares	individual	Senior Masculino	01:44:18	+34:04	06:57

TRAIL CURTO - STAGE 1

15 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	486	Mário António Pereira Migueis	vamos a pé - taboeira	Veterano M50	01:44:20	+34:06	06:57
88	291	Daniel Alexandre	individual	Senior Masculino	01:44:38	+34:24	06:59
89	246	RUBEN NEVES	desportivo atlético de recardães	Senior Masculino	01:44:39	+34:25	06:59
90	383	João Santos	individual	Veterano M50	01:45:20	+35:06	07:01
91	469	Teresa Reis	trail bela bela	Senior Feminino	01:45:20	+35:06	07:01
92	237	Custódio Coutinho	c.d.c paradela do vouga	Veterano M60	01:45:42	+35:28	07:03
93	381	Carlos Maia	individual	Veterano M50	01:46:35	+36:21	07:06
94	391	Pedro Ratola	individual	Veterano M50	01:46:57	+36:43	07:08
95	377	Artur Arromba	individual	Veterano M50	01:47:21	+37:07	07:09
96	492	Arnaldo Santos	individual	Veterano M50	01:47:37	+37:23	07:10
97	290	Cristiano Manuel Marques Oliveira	individual	Senior Masculino	01:47:37	+37:23	07:11
98	320	Ricardo Miguel de Almeida Tavares	individual	Senior Masculino	01:47:52	+37:38	07:11
99	363	Nuno Santos	individual	Veterano M40	01:48:14	+38:00	07:13
100	288	André Pereira	individual	Senior Masculino	01:48:21	+38:07	07:13
101	300	João Petronilho	individual	Senior Masculino	01:48:36	+38:22	07:14
102	375	António Cunha	individual	Veterano M50	01:48:50	+38:36	07:15
103	239	Paulo Jorge Simões da Silva	casa do povo de alquerubim	Veterano M50	01:49:33	+39:19	07:18
104	318	Rafael Simões	individual	Senior Masculino	01:49:38	+39:24	07:19
105	293	Edgar Simões	individual	Senior Masculino	01:49:38	+39:24	07:19
106	337	Carla Rodrigues	individual	Veterana F50	01:50:01	+39:47	07:20
107	341	António Costa	individual	Veterano M40	01:50:10	+39:56	07:21
108	354	Juvenal Carvalho	individual	Veterano M40	01:50:10	+39:56	07:21
109	417	Miguel Pimentel	oiãrunners	Veterano M50	01:50:15	+40:01	07:21
110	289	Carlos Jesus	individual	Senior Masculino	01:50:16	+40:02	07:21
111	298	Guilherme Rodrigues	individual	Senior Masculino	01:50:20	+40:06	07:21
112	217	Hélder Marques	águeda action club-actib	Veterano M40	01:50:54	+40:40	07:24
113	331	vitor rafael correia pereira	individual	Senior Masculino	01:50:56	+40:42	07:24
114	258	Manuela Pinho	fisbem team	Veterana F40	01:50:57	+40:43	07:24
115	365	Pedro Alexandre Farreca Loureiro	individual	Veterano M40	01:50:58	+40:44	07:24
116	495	Mafalda Pereira	opraticante.pt	Senior Feminino	01:51:04	+40:50	07:24
117	209	Ricardo Justino	adcr pereira	Veterano M40	01:51:16	+41:02	07:25
118	208	Joel Lopes	adcr pereira	Veterano M40	01:51:17	+41:03	07:25
119	343	Bruno Marques	individual	Veterano M40	01:51:19	+41:05	07:25
120	434	SMónica Fernandes	run & fun	Veterana F40	01:51:34	+41:20	07:26
121	345	Fernando de Sousa	individual	Veterano M40	01:52:15	+42:01	07:29
122	274	Ana Antunes	individual	Senior Feminino	01:52:37	+42:23	07:30
123	449	Rosa Tavares	sosense trail team-braga&fernandes	Veterana F50	01:53:46	+43:32	07:35
124	438	Mário Todobom	run & fun	Veterano M50	01:54:03	+43:49	07:36
125	428	Marco Dias	os vouselenses	Senior Masculino	01:54:20	+44:06	07:37
126	245	Ivo Leandro pinto Gonçalves	desportivo atlético de recardães	Senior Masculino	01:54:21	+44:07	07:37
127	302	João Teixeira	individual	Senior Masculino	01:55:34	+45:20	07:42
128	340	Rosa Cerveira	individual	Veterana F50	01:55:44	+45:30	07:43
129	355	Leonardo Barroso Coutinho	individual	Veterano M40	01:55:45	+45:31	07:43
130	267	Pedro Silva	haertha/tendernesscapacity - trail running	Senior Masculino	01:55:48	+45:34	07:43

TRAIL CURTO - STAGE 1

15 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
175	408	Helder Ribeiro	nar - núcleo de atletismo de requeixo	Veterano M50	02:07:18	+57:04	08:29
176	405	Carla Ferreira	nar - núcleo de atletismo de requeixo	Veterana F40	02:07:19	+57:05	08:29
177	226	Margarida Almeida	borabora, vamos lá!	Veterana F50	02:07:27	+57:13	08:30
178	225	Helena Alves	borabora, vamos lá!	Veterana F50	02:07:29	+57:15	08:30
179	461	Vera Pessoa	tartarugas dos trilhos	Senior Feminino	02:07:36	+57:22	08:30
180	235	Sofia Santos	c.d.c paradela do vouga	Veterana F40	02:08:02	+57:48	08:32
181	462	Maria Gomes	tartarugas dos trilhos	Veterana F50	02:08:12	+57:58	08:33
182	330	Vitor Miguel	individual	Senior Masculino	02:08:15	+58:01	08:33
183	359	Nelson Alexandre Conceição Oliveira	individual	Veterano M40	02:08:21	+58:07	08:33
184	437	José Pedro	run & fun	Veterano M50	02:08:49	+58:35	08:35
185	435	Cristina Sousa	run & fun	Veterana F50	02:08:51	+58:37	08:35
186	335	Rosabell Dos Santos	individual	Veterana F40	02:09:10	+58:56	08:37
187	372	Sérgio Silva	individual	Veterano M40	02:09:14	+59:00	08:37
188	219	Andreia Martins	aztrail	Senior Feminino	02:09:24	+59:10	08:38
189	427	Carla Marisa Correia Milheiro	os vouzelenses	Senior Feminino	02:09:26	+59:12	08:38
190	489	João Almeida	vvtr valongo vouga trail running	Senior Masculino	02:09:29	+59:15	08:38
191	396	Adelino Rodrigues Machado	individual	Veterano M60	02:09:32	+59:18	08:38
192	319	RICARDO MENDES	individual	Senior Masculino	02:10:01	+59:47	08:40
193	315	Pedro Andrade	individual	Senior Masculino	02:10:09	+59:55	08:41
194	43	Antonio Gonçalves	individual	Veterano M60	02:10:23	+01:00:09	08:42
195	467	Margarida Duarte	trail bela bela	Senior Feminino	02:10:32	+01:00:18	08:42
196	483	Marco Paulo dos Santos Marques	vamos a pé - taboeira	Veterano M40	02:11:33	+01:01:19	08:46
197	384	Jonathan Correa	individual	Veterano M50	02:11:34	+01:01:20	08:46
198	406	Clarisse Flamengo	nar - núcleo de atletismo de requeixo	Veterana F50	02:11:38	+01:01:24	08:47
199	374	VALTER JOSÉ GOMES SILVA	individual	Veterano M40	02:12:00	+01:01:46	08:48
200	376	António Jorge da silva costa	individual	Veterano M50	02:12:06	+01:01:52	08:48
201	277	Andreia Reis	individual	Senior Feminino	02:14:03	+01:03:49	08:56
202	346	Fernando Oliveira	individual	Veterano M40	02:14:20	+01:04:06	08:57
203	400	José Neves	j c t	Veterano M50	02:14:23	+01:04:09	08:58
204	420	José Rocha	opraticante.pt	Senior Masculino	02:14:25	+01:04:11	08:58
205	397	Joaquim Amieiro	individual	Veterano M60	02:14:29	+01:04:15	08:58
206	398	José António Abrantes Tavares	individual	Veterano M60	02:15:08	+01:04:54	09:01
207	249	ARLINDO SANTOS	desportivo atlético de recardães	Veterano M60	02:15:08	+01:04:54	09:01
208	457	Sandra Oliveira	tainadas run team	Senior Feminino	02:15:11	+01:04:57	09:01
209	286	Teresa Pinho	individual	Senior Feminino	02:15:38	+01:05:24	09:03
210	216	Raquel Brito	águeda action club-actib	Veterana F40	02:15:47	+01:05:33	09:03
211	275	Ana Pinho	individual	Senior Feminino	02:16:23	+01:06:09	09:06
212	441	Auria Santos	runthecity	Veterana F40	02:17:41	+01:07:27	09:11
213	272	Odete Valente	husmanus	Veterana F40	02:19:43	+01:09:29	09:19
214	399	Carlos Oliveira	j c t	Veterano M50	02:20:01	+01:09:47	09:20
215	325	Tiago Carvalho	individual	Senior Masculino	02:20:08	+01:09:54	09:21
216	367	Ricardo Barbosa	individual	Veterano M40	02:20:24	+01:10:10	09:22
217	317	Rafael Pereira	individual	Senior Masculino	02:20:57	+01:10:43	09:24
218	348	Francisco Miguel mesquita Soares	individual	Veterano M40	02:20:59	+01:10:45	09:24

TRAIL CURTO - STAGE 1

15 KM

OFFICIAL RESULT

R
REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
219	416	Amílcar Ferreira	oiãrunners	Veterano M50	02:21:17	+01:11:03	09:25
220	204	Mariana Alves	aam runners	Senior Feminino	02:21:45	+01:11:31	09:27
221	303	José Eduardo da Costa Oliveira	individual	Senior Masculino	02:22:09	+01:11:55	09:29
222	250	Carla Reis	dura-f1 raceteam	Senior Feminino	02:22:09	+01:11:55	09:29
223	296	Gilberto estima	individual	Senior Masculino	02:22:10	+01:11:56	09:29
224	215	Paula Rodrigues	águeda action club-actib	Veterana F40	02:22:32	+01:12:18	09:30
225	297	Gonçalo Laranjeira	individual	Senior Masculino	02:22:40	+01:12:26	09:31
226	356	MANUEL VENTURA DA SILVA MARQUES	individual	Veterano M40	02:23:14	+01:13:00	09:33
227	387	Luis Paulo Silva Ferreira	individual	Veterano M50	02:23:51	+01:13:37	09:35
228	439	Quinel Sousa	run & fun	Veterano M60	02:24:12	+01:13:58	09:37
229	433	Alexandra Ferreira	run & fun	Veterana F40	02:24:12	+01:13:58	09:37
230	477	Andreia Rodrigues	trepanelas prifer	Senior Feminino	02:25:19	+01:15:05	09:41
231	478	Gonçalo Sousa	trepanelas prifer	Senior Masculino	02:25:19	+01:15:05	09:41
232	407	Judite Dias	nar - núcleo de atletismo de requeixo	Veterana F50	02:26:36	+01:16:22	09:46
233	481	Liliana Josefa Rodrigues	vamos a pé - taboeira	Veterana F40	02:27:10	+01:16:56	09:49
234	482	Marco Paulo da Silva Pinho	vamos a pé - taboeira	Veterano M40	02:27:13	+01:16:59	09:49
235	448	Susana Vieira	sosense trail team-braga&fernandes	Veterana F40	02:27:20	+01:17:06	09:49
236	394	Rui Manuel Alves Abrantes	individual	Veterano M50	02:27:46	+01:17:32	09:51
237	227	Maria Ramos	borabora, vamos lá!	Veterana F50	02:27:49	+01:17:35	09:51
238	339	Nazaré Peixôto	individual	Veterana F50	02:28:03	+01:17:49	09:52
239	222	CÁTIA DURÃO	blackbulls/cni/neutura	Senior Feminino	02:28:12	+01:17:58	09:53
240	322	Rui Neto	individual	Senior Masculino	02:28:17	+01:18:03	09:53
241	487	Sandra Ferreira	vvtr valongo vouga trail running	Senior Feminino	02:29:10	+01:18:56	09:57
242	285	Telma Machado	individual	Senior Feminino	02:29:10	+01:18:56	09:57
243	424	Verónica Vaz	os 4	Veterana F40	02:30:37	+01:20:23	10:02
244	426	Luís Carvalheiro	os 4	Veterano M40	02:30:37	+01:20:23	10:03
245	460	Cláudia Vilela	tainadas run team	Veterana F40	02:31:12	+01:20:58	10:05
246	333	Liliana Gonçalves	individual	Veterana F40	02:31:42	+01:21:28	10:07
247	429	Guilhermina Oliveira	os vouselenses	Veterana F40	02:32:05	+01:21:51	10:08
248	413	Paula Costa	oiãrunners	Veterana F40	02:32:14	+01:22:00	10:09
249	316	Rafael Almeida	individual	Senior Masculino	02:34:34	+01:24:20	10:18
250	278	Andreia Silva	individual	Senior Feminino	02:34:34	+01:24:20	10:18
251	350	Jorge Daniel de Figueiredo Andrade Pinto	individual	Veterano M40	02:35:50	+01:25:36	10:23
252	369	Rui Almeida	individual	Veterano M40	02:37:38	+01:27:24	10:31
253	338	Maria Elizabete Gonçalves Ferreira	individual	Veterana F50	02:47:30	+01:37:16	11:10
254	393	Rui Ferreira	individual	Veterano M50	02:47:30	+01:37:16	11:10
255	442	Paulo Coelho	saca trilhos anadia	Senior Masculino	02:48:28	+01:38:14	11:14
256	231	Litos Rodrigues	borabora, vamos lá!	Veterano M50	02:48:30	+01:38:16	11:14
257	229	Jorge Cunha	borabora, vamos lá!	Veterano M40	02:51:03	+01:40:49	11:24
258	282	Patrícia Melo	individual	Senior Feminino	03:15:39	+02:05:25	13:03
259	276	Ana Rita Oliveira Santos	individual	Senior Feminino	03:15:42	+02:05:28	13:03

Trail Curto

15 KM



OFFICIAL RESULT

6	266	João Coentrão	GREirense	Senior Masculino	01:19:27	+09:13	05:18
7	202	Tiago Gonçalves	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Senior Masculino	01:19:53	+09:39	05:20
8	440	Miguel Lourenço	RUNNERS da Torre	Senior Masculino	01:19:55	+09:41	05:20
9	241	João Andrade	clube dos Galitos - triatlo	Senior Masculino	01:20:17	+10:03	05:21
10	206	Ricardo Fernandes	Académica de Coimbra	Senior Masculino	01:22:26	+12:12	05:30
11	422	Sérgio Ruela	OPraticante.pt	Senior Masculino	01:22:40	+12:26	05:31
12	418	Domingos Vieira	OPraticante.pt	Senior Masculino	01:22:45	+12:31	05:31
13	307	Marcos André Jesus Ferreira	Individual	Senior Masculino	01:22:50	+12:36	05:31
14	252	José Pinheiro	DURA-F1 RACETEAM	Senior Masculino	01:22:51	+12:37	05:31
15	402	Nuno Neves	LAMA SOLTA	Senior Masculino	01:23:18	+13:04	05:33
16	421	José Sousa	OPraticante.pt	Senior Masculino	01:25:15	+15:01	05:41
17	321	Ricardo Silva	Individual	Senior Masculino	01:25:36	+15:22	05:42
18	502	Augusto Tavares	OPraticante.pt	Senior Masculino	01:25:54	+15:40	05:44
19	310	Nuno João Caçador Ribeiro	Individual	Senior Masculino	01:31:07	+20:53	06:05
20	309	MIGUEL NETO GONÇALVES	Individual	Senior Masculino	01:31:31	+21:17	06:06
21	459	Kevin Jesus Regalado	Tainadas Run Team	Senior Masculino	01:31:42	+21:28	06:07
22	240	Pedro Campos	Cleide Martins - Gabinete de Fisioterapia	Senior Masculino	01:32:08	+21:54	06:09
23	403	Filipe Costa	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	01:32:41	+22:27	06:11
24	451	Cláudio Agostinho	Sport Clube Paradela	Senior Masculino	01:35:06	+24:52	06:20
25	446	Paulo pires	SOSENSE TRAIL TEAM-BRAGA&FERNANDES	Senior Masculino	01:35:33	+25:19	06:22
26	205	Pedro Alves	AAM Runners	Senior Masculino	01:36:00	+25:46	06:24
27	306	Luís Miguel Ferreira Marques	Individual	Senior Masculino	01:36:41	+26:27	06:27
28	443	Nelson Pereira	Segimprima Running Team	Senior Masculino	01:38:11	+27:57	06:33
29	312	Paulo Machado	Individual	Senior Masculino	01:38:30	+28:16	06:34
30	404	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	01:38:56	+28:42	06:36
31	323	Rui Silveira	Individual	Senior Masculino	01:39:51	+29:37	06:39
32	220	Ivo Ferreira	AZtrail	Senior Masculino	01:40:56	+30:42	06:44
33	287	André Filipe Farreca Loureiro	Individual	Senior Masculino	01:41:44	+31:30	06:47
34	311	Nuno Ribeiro	Individual	Senior Masculino	01:42:16	+32:02	06:49
35	313	Paulo Marques	Individual	Senior Masculino	01:43:40	+33:26	06:55
36	304	José Israel Henriques Tavares	Individual	Senior Masculino	01:44:18	+34:04	06:57
37	291	Daniel Alexandre	Individual	Senior Masculino	01:44:38	+34:24	06:59
38	246	RUBEN NEVES	Desportivo Atlético de Recardães	Senior Masculino	01:44:39	+34:25	06:59
39	290	Cristiano Manuel Marques Oliveira	Individual	Senior Masculino	01:47:37	+37:23	07:11
40	320	Ricardo Miguel de Almeida Tavares	Individual	Senior Masculino	01:47:52	+37:38	07:11
41	288	André Pereira	Individual	Senior Masculino	01:48:21	+38:07	07:13
42	300	João Petronilho	Individual	Senior Masculino	01:48:36	+38:22	07:14
43	318	Rafael Simões	Individual	Senior Masculino	01:49:38	+39:24	07:19
44	293	Edgar Simões	Individual	Senior Masculino	01:49:38	+39:24	07:19
45	289	Carlos Jesus	Individual	Senior Masculino	01:50:16	+40:02	07:21
46	298	Guilherme Rodrigues	Individual	Senior Masculino	01:50:20	+40:06	07:21
47	331	vitoe rafael correia pereira	Individual	Senior Masculino	01:50:56	+40:42	07:24
48	428	Marco Dias	Os Vouzelenses	Senior Masculino	01:54:20	+44:06	07:37

Official Timekeeper: Lap2Go	2 / 7	generate 06-fev-2023 18:03
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Trail Curto

15 KM

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REVISED

OFFICIAL RESULT

49	245	Ivo Leandro pinto Gonçalves	Desportivo Atlético de Recardães	Senior Masculino	01:54:21	+44:07	07:37
50	302	João Teixeira	Individual	Senior Masculino	01:55:34	+45:20	07:42
51	267	Pedro Silva	Haertha/TendernessCapacity - trail running	Senior Masculino	01:55:48	+45:34	07:43
52	488	Fábio Silva	VVTR Valongo Vouga Trail Running	Senior Masculino	01:56:33	+46:19	07:46
53	301	João Santos	Individual	Senior Masculino	01:57:38	+47:24	07:51
54	294	Élio Oliveira	Individual	Senior Masculino	01:57:44	+47:30	07:51
55	326	Tiago Marques	Individual	Senior Masculino	01:57:50	+47:36	07:51
56	463	João Silva	Team Fiury	Senior Masculino	01:57:53	+47:39	07:52
57	458	Joni Pandeirada Rocha	Tainadas Run Team	Senior Masculino	01:59:39	+49:25	07:59
58	444	Sérgio Henriques	Segimprima Running Team	Senior Masculino	02:00:27	+50:13	08:02
59	210	António Gonçalves	ADI Ílhavo	Senior Masculino	02:01:23	+51:09	08:06
60	329	Tiago Oliveira	Individual	Senior Masculino	02:01:24	+51:10	08:06
61	308	Mário Moreira	Individual	Senior Masculino	02:04:19	+54:05	08:17
62	256	Diogo Santos	Fisbem Team	Senior Masculino	02:04:46	+54:32	08:19
63	464	Michael ribeirinha	Team Fiury	Senior Masculino	02:04:54	+54:40	08:20
64	327	tiago marques da rocha	Individual	Senior Masculino	02:05:08	+54:54	08:21
65	328	Tiago Miguel Rodrigues Gonçalves	Individual	Senior Masculino	02:05:13	+54:59	08:21
66	330	Vitor Miguel	Individual	Senior Masculino	02:08:15	+58:01	08:33
67	489	João Almeida	VVTR Valongo Vouga Trail Running	Senior Masculino	02:09:29	+59:15	08:38
68	319	RICARDO MENDES	Individual	Senior Masculino	02:10:01	+59:47	08:40
69	315	Pedro Andrade	Individual	Senior Masculino	02:10:09	+59:55	08:41
70	420	José Rocha	OPraticante.pt	Senior Masculino	02:14:25	+01:04:11	08:58
71	325	Tiago Carvalho	Individual	Senior Masculino	02:20:08	+01:09:54	09:21
72	317	Rafael Pereira	Individual	Senior Masculino	02:20:57	+01:10:43	09:24
73	303	José Eduardo da Costa Oliveira	Individual	Senior Masculino	02:22:09	+01:11:55	09:29
74	296	Gilberto estima	Individual	Senior Masculino	02:22:10	+01:11:56	09:29
75	297	Gonçalo Laranjeira	Individual	Senior Masculino	02:22:40	+01:12:26	09:31
76	478	Gonçalo Sousa	Trepelinas Prifer	Senior Masculino	02:25:19	+01:15:05	09:41
77	322	Rui Neto	Individual	Senior Masculino	02:28:17	+01:18:03	09:53
78	316	Rafael Almeida	Individual	Senior Masculino	02:34:34	+01:24:20	10:18
79	442	Paulo Coelho	Saca Trilhos Anadia	Senior Masculino	02:48:28	+01:38:14	11:14

Veterana F40

1	242	MÁRCIA MARTINS	DCI/Trilhos Luso Bussaco	Veterana F40	01:34:04	+23:50	06:16
2	258	Manuela Pinho	Fisbem Team	Veterana F40	01:50:57	+40:43	07:24
3	434	SMónica Fernandes	Run & Fun	Veterana F40	01:51:34	+41:20	07:26
4	494	Marta Carmo	OPraticante.pt	Veterana F40	01:59:28	+49:14	07:58
5	238	Cristina Batista	Casa Benfica Bairrada	Veterana F40	01:59:31	+49:17	07:58
6	336	Susana Cerqueira	Individual	Veterana F40	02:05:13	+54:59	08:21
7	405	Carla Ferreira	NAR - Núcleo de Atletismo de Requeixo	Veterana F40	02:07:19	+57:05	08:29
8	235	Sofia Santos	C.D.C Paradelas do Vouga	Veterana F40	02:08:02	+57:48	08:32
9	335	Rosabell Dos Santos	Individual	Veterana F40	02:09:10	+58:56	08:37

Trail Curto

15 KM

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OFFICIAL RESULT

54	230	Pedro Miguel Pinto	BoraBora, Vamos Lá!	Veterano M40	02:07:06	+56:52	08:28
55	359	Nelson Alexandre Conceição Oliveira	Individual	Veterano M40	02:08:21	+58:07	08:33
56	372	Sérgio Silva	Individual	Veterano M40	02:09:14	+59:00	08:37
57	483	Marco Paulo dos Santos Marques	Vamos a Pé - Taboeira	Veterano M40	02:11:33	+01:01:19	08:46
58	374	VALTER JOSÉ GOMES SILVA	Individual	Veterano M40	02:12:00	+01:01:46	08:48
59	346	Fernando Oliveira	Individual	Veterano M40	02:14:20	+01:04:06	08:57
60	367	Ricardo Barbosa	Individual	Veterano M40	02:20:24	+01:10:10	09:22
61	348	Francisco Miguel mesquita Soares	Individual	Veterano M40	02:20:59	+01:10:45	09:24
62	356	MANUEL VENTURA DA SILVA MARQUES	Individual	Veterano M40	02:23:14	+01:13:00	09:33
63	482	Marco Paulo da Silva Pinho	Vamos a Pé - Taboeira	Veterano M40	02:27:13	+01:16:59	09:49
64	426	Luís Carvalheiro	Os 4	Veterano M40	02:30:37	+01:20:23	10:03
65	350	Jorge Daniel de Figueiredo Andrade Pinto	Individual	Veterano M40	02:35:50	+01:25:36	10:23
66	369	Rui Almeida	Individual	Veterano M40	02:37:38	+01:27:24	10:31
67	229	Jorge Cunha	BoraBora, Vamos Lá!	Veterano M40	02:51:03	+01:40:49	11:24

Veterano M50

1	390	Paulo Maia	DCI/Trilhos Luso Bussaco	Veterano M50	01:24:11	+13:57	05:37
2	479	João Paulo Nobre Santos Marques	Trilhos da Baga	Veterano M50	01:25:46	+15:32	05:43
3	271	Paulo Pinho	Haertha/TendernessCapacity - trail running	Veterano M50	01:27:21	+17:07	05:49
4	382	João Barbosa	Individual	Veterano M50	01:27:33	+17:19	05:50
5	221	António Rodrigues	BiciARCA Run Team	Veterano M50	01:30:48	+20:34	06:03
6	244	Tony Graça	DCI/Trilhos Luso Bussaco	Veterano M50	01:34:04	+23:50	06:16
7	395	Samuel Neves	Individual	Veterano M50	01:36:32	+26:18	06:26
8	445	José Oliveira	Sentir Escariz running	Veterano M50	01:37:38	+27:24	06:31
9	265	Mário Rui de Campos Gonçalves	Gonçalves Team	Veterano M50	01:38:50	+28:36	06:35
10	456	Carlos Pinheiro	Sport Clube Paradela	Veterano M50	01:41:43	+31:29	06:47
11	385	José Ferreira	Individual	Veterano M50	01:44:14	+34:00	06:57
12	486	Mário António Pereira Migueis	Vamos a Pé - Taboeira	Veterano M50	01:44:20	+34:06	06:57
13	383	João Santos	Individual	Veterano M50	01:45:20	+35:06	07:01
14	381	Carlos Maia	Individual	Veterano M50	01:46:35	+36:21	07:06
15	391	Pedro Ratola	Individual	Veterano M50	01:46:57	+36:43	07:08
16	377	Artur Arromba	Individual	Veterano M50	01:47:21	+37:07	07:09
17	492	Arnaldo Santos	Individual	Veterano M50	01:47:37	+37:23	07:10
18	375	António Cunha	Individual	Veterano M50	01:48:50	+38:36	07:15
19	239	Paulo Jorge Simões da Silva	Casa do Povo de Alquerubim	Veterano M50	01:49:33	+39:19	07:18
20	417	Miguel Pimentel	OiãRunners	Veterano M50	01:50:15	+40:01	07:21
21	438	Mário Todobom	Run & Fun	Veterano M50	01:54:03	+43:49	07:36
22	378	Bruno Almeida	Individual	Veterano M50	01:57:56	+47:42	07:52
23	389	octavio sergio rodrigues linhares	Individual	Veterano M50	01:59:31	+49:17	07:58
24	379	Carlos ferreira	Individual	Veterano M50	02:00:28	+50:14	08:02
25	233	Jorge Branco	Branços	Veterano M50	02:01:49	+51:35	08:07
26	201	Artur Salvador	#Trail_Sangalhos_runners	Veterano M50	02:03:29	+53:15	08:14

