

**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

**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	08:30	14.7°C	88%
End	13:32	14.7°C	88%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	45	Leonel Rodrigues da Cunha	EDV VIANA TRAIL	02:13:19		05:20	
2	46	Pedro Santos	EDV VIANA TRAIL	02:13:19		05:20	
3	129	Mário Pinto	Lusavouga Trail Running	02:21:53	+08:34	05:41	
4	56	Mário Ibarra	G.D.A Ronda	02:26:54	+13:35	05:53	
5	170	Nuno Nunes	S4L   Medense FC	02:28:01	+14:42	05:55	
6	154	Mario Fonseca	S-Performance	02:29:48	+16:29	06:00	
7	171	Hugo Santos	Lusa Vouga Trail Running	02:32:06	+18:47	06:05	
8	47	Victor Correia	EDV VIANA TRAIL	02:34:07	+20:48	06:10	
9	5	Ricardo Pereira	#lobosolitário	02:38:14	+24:55	06:20	
10	14	filipe ismael maia rocha	ADCRPereira	02:38:31	+25:12	06:20	
11	66	André Almeida	Gens Sport Clube Trail	02:38:34	+25:15	06:21	
12	108	Vítor Loureiro	PCRrunners	02:39:34	+26:15	06:23	
13	596	António Amorim	Clube Desportivo Feirense	02:40:45	+27:26	06:26	
14	168	Valter Brandão	UCR Fuste Função	02:41:38	+28:19	06:28	
15	13	Pedro Emanuel Pereira de Castro	AD MARCO 09	02:42:29	+29:10	06:30	
16	24	Nelson Reis	Bravos e Bravitas	02:43:49	+30:30	06:33	
17	18	Jorge Manuel Barbosa Moreira	Amigos do Pedal Trail Lagares	02:43:53	+30:35	06:33	
18	132	Filipe Pinto	Lusavouga Trail Running	02:44:03	+30:44	06:34	
19	17	António Monteiro	AMIGO TRAIL RUN	02:44:39	+31:20	06:35	
20	50	Marco Silva	éjali... clube de amigos trailrunners	02:50:27	+37:08	06:49	
21	32	Ricardo Silva	Clube Desportivo Feirense	02:51:09	+37:50	06:51	
22	142	Luis Oliveira	Pés Doridos	02:51:11	+37:52	06:51	
23	130	Tiago Jesus	Lusavouga Trail Running	02:51:40	+38:21	06:52	
24	141	ARNALDO JOSÉ ARAÚJO	PCRrunners	02:51:47	+38:28	06:52	
25	104	Paulo Silva	Caminhadas da amizade	02:52:13	+38:54	06:53	
26	8	Rafael Bravo	100ESFORÇONÃOHÁTINTO	02:52:42	+39:23	06:54	
27	151	David Gonçalves	S4L / Medense FC	02:53:00	+39:41	06:55	
28	57	Manuel Bastos	G.D.A Ronda	02:53:46	+40:27	06:57	
29	33	Rui Lopes	Clube Desportivo Feirense	02:54:11	+40:52	06:58	
30	34	Paulo Ferreira	Clube Desportivo Feirense	02:55:58	+42:39	07:02	
31	158	Nuno Silva	The Newbies	02:56:10	+42:51	07:03	
32	161	João Gomes	Tog-Associação Running Team	02:56:36	+43:17	07:04	
33	143	Manuel Silva	Pés Doridos	02:58:02	+44:43	07:07	
34	101	Nuno morais	Individual	02:58:06	+44:47	07:07	
35	58	Carlos Fazendeiro	G.D.A Ronda	02:58:09	+44:50	07:08	
36	73	Vera Rodrigues	Clube Desportivo Feirense	02:58:12	+44:53	07:08	
37	21	Marta Moreira	As nós acreditamos	02:58:48	+45:29	07:09	
38	42	Jorge Moreira	DAMIRA TRAIL TEAM	02:59:01	+45:42	07:10	
39	31	David Camelo	Cinfães a Correr	02:59:57	+46:38	07:12	
40	153	António Rocha	S4L / Medense FC	03:00:13	+46:54	07:13	
41	133	Nuno Faria	Lusavouga Trail Running	03:00:23	+47:04	07:13	
42	122	Bernardo Antunes	KeMedo Team	03:00:34	+47:15	07:13	

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	RESULT	DIFF	t/KM	CARD
43	120	Rui Rafael Almeida Barbosa	JUVENTUDE CORTEGACENSE	03:02:27	+49:08	07:18	
44	148	André Soares	Runriver	03:03:33	+50:14	07:21	
45	44	Manuel sousa	DAMIRA TRAIL TEAM	03:03:39	+50:20	07:21	
46	131	Filipe Pinho	Lusavouga Trail Running	03:05:10	+51:51	07:24	
47	111	francisco moreira	Individual	03:05:17	+51:58	07:25	
48	91	Américo Costa	Individual	03:05:42	+52:23	07:26	
49	55	Fábio Almeida	Família4syte	03:05:52	+52:33	07:26	
50	163	Sérgio Sousa	Tog-Associação Running Team	03:06:22	+53:03	07:27	
51	79	José Moreira	Individual	03:06:48	+53:29	07:28	
52	96	Hugo Almeida	Individual	03:09:17	+55:58	07:34	
53	69	Rui Vieira	Gens Sport Clube Trail	03:09:18	+55:59	07:34	
54	106	Sérgio Costa	Bravos e Bravitas	03:09:54	+56:35	07:36	
55	68	Elisabete Rocha	Gens Sport Clube Trail	03:10:26	+57:07	07:37	
56	124	Nuno Sendao	LETHES TRAIL TEAM	03:10:47	+57:28	07:38	
57	123	Sandrina Gomes	LETHES TRAIL TEAM	03:10:47	+57:28	07:38	
58	28	Fábio Silva	Caminhadas da amizade	03:11:41	+58:22	07:40	
59	85	Tiago Neves	Individual	03:13:33	+01:00:14	07:45	
60	82	Pedro Nogueira	Individual	03:13:47	+01:00:28	07:45	
61	126	Leonel Freitas	LFCC	03:14:22	+01:01:03	07:46	
62	62	Pedro Oliveira	GAIA-RUNNING	03:14:46	+01:01:27	07:47	
63	10	David Barros	100ESFORÇONÃOHÁTINTO	03:14:47	+01:01:28	07:47	
64	15	Paula Santos	All About	03:15:03	+01:01:44	07:48	
65	144	Antonio Silva	Pés Doridos	03:17:12	+01:03:53	07:53	
66	167	Manuel Alves	Trilhos do Costume	03:17:13	+01:03:54	07:53	
67	67	Rogério Vieira	Gens Sport Clube Trail	03:17:19	+01:04:00	07:54	
68	149	Nuno Santos	Runriver	03:17:20	+01:04:01	07:54	
69	127	Miguel Pinto	Lourosa em Movimento	03:17:40	+01:04:21	07:54	
70	140	João Coelho	PCRunners	03:18:45	+01:05:26	07:57	
71	72	NATALIYA POPOVA	Individual	03:20:05	+01:06:46	08:00	
72	41	Fernando Ribeiro	DAMIRA TRAIL TEAM	03:21:44	+01:08:25	08:04	
73	27	Carlos Cardoso	CAL - Clube Atletismo de Lamas	03:21:44	+01:08:25	08:04	
74	113	Henrique Borges	Individual	03:21:59	+01:08:40	08:05	
75	150	José Lopes	Runriver	03:23:13	+01:09:54	08:08	
76	54	Rui André Martins	ESPINHO TRAIL	03:23:18	+01:09:59	08:08	
77	121	Gabriela Tavares	KeMedo Team	03:23:19	+01:10:00	08:08	
78	109	Domingos Soares	Individual	03:23:24	+01:10:05	08:08	
79	147	Daniela Soares	Runriver	03:25:55	+01:12:36	08:14	
80	81	Luis Filipe Garcia Fraga	Individual	03:27:00	+01:13:41	08:17	
81	39	António Matos	Clube Trilheiros & amigos	03:27:49	+01:14:30	08:19	
82	107	Tomé Barrosa Pinto	Individual	03:29:42	+01:16:23	08:23	
83	160	Eduardo Neto	Tog-Associação Running Team	03:32:12	+01:18:53	08:29	
84	78	João Ribeiro	Individual	03:32:56	+01:19:37	08:31	
85	93	Bruno Sanguedo	Individual	03:33:48	+01:20:29	08:33	
86	134	Mário Lima	Magic Friends Runners	03:33:48	+01:20:29	08:33	
87	128	Fernando Costa	Lourosa em Movimento	03:33:51	+01:20:32	08:33	
88	84	Rui Almeida	Individual	03:34:42	+01:21:23	08:35	



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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	94	Filipe Manuel Monteiro	Individual	04:17:06	+02:03:47	10:17	
135	138	António Oliveira	Os Finos / GMTA / Team Luiss	04:19:01	+02:05:42	10:22	
136	139	Antonio Franco	Os Finos / GMTA / Team Luiss	04:19:02	+02:05:43	10:22	
137	37	ARTUR CARLOS MOREIRA SILVA	Clube Millennium BCP	04:19:33	+02:06:14	10:23	
138	98	José Ferreira	Individual	04:21:58	+02:08:39	10:29	
139	95	Hélder Agostinho	Individual	04:24:29	+02:11:10	10:35	
140	80	Luís Ferreira	Individual	04:27:02	+02:13:43	10:41	
141	164	Manuel Silva	Tog-Associação Running Team	04:29:44	+02:16:25	10:47	
142	49	Luis Terêncio	éjáli...clube de amigos trailrunners	04:30:36	+02:17:17	10:49	
143	48	Pedro Gomes	éjáli...clube de amigos trailrunners	04:30:36	+02:17:17	10:49	
144	90	Fernanda Pinho	Individual	04:34:18	+02:20:59	10:58	
145	75	Diogo Ferreira da Cruz	Individual	04:42:37	+02:29:18	11:18	
146	155	Valter Ferreira da Cruz	SPORTARC	04:42:46	+02:29:27	11:19	
147	137	Paula Ventura	Os Finos / GMTA / Team Luiss	05:02:29	+02:49:10	12:06	







## 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

16	31	David Camelo	Cinfães a Correr	Veterano M40	02:59:57	+46:38	07:12
17	133	Nuno Faria	Lusavouga Trail Running	Veterano M40	03:00:23	+47:03	07:13
18	148	André Soares	Runriver	Veterano M40	03:03:33	+50:13	07:21
19	131	Filipe Pinho	Lusavouga Trail Running	Veterano M40	03:05:10	+51:50	07:24
20	91	Américo Costa	Individual	Veterano M40	03:05:42	+52:23	07:26
21	163	Sérgio Sousa	Tog-Associação Running Team	Veterano M40	03:06:22	+53:03	07:27
22	96	Hugo Almeida	Individual	Veterano M40	03:09:17	+55:57	07:34
23	69	Rui Vieira	Gens Sport Clube Trail	Veterano M40	03:09:18	+55:58	07:34
24	106	Sérgio Costa	Bravos e Bravitas	Veterano M40	03:09:54	+56:34	07:36
25	124	Nuno Sendao	LETHES TRAIL TEAM	Veterano M40	03:10:47	+57:27	07:38
26	126	Leonel Freitas	LFCC	Veterano M40	03:14:22	+01:01:02	07:46
27	10	David Barros	100ESFORÇONÃOHÁTINTO	Veterano M40	03:14:47	+01:01:27	07:47
28	149	Nuno Santos	Runriver	Veterano M40	03:17:20	+01:04:00	07:54
29	127	Miguel Pinto	Lourosa em Movimento	Veterano M40	03:17:40	+01:04:20	07:54
30	140	João Coelho	PCRunners	Veterano M40	03:18:45	+01:05:25	07:57
31	41	Fernando Ribeiro	DAMIRA TRAIL TEAM	Veterano M40	03:21:44	+01:08:24	08:04
32	54	Rui André Martins	ESPINHO TRAIL	Veterano M40	03:23:18	+01:09:59	08:08
33	107	Tomé Barrosa Pinto	Individual	Veterano M40	03:29:42	+01:16:22	08:23
34	93	Bruno Sanguedo	Individual	Veterano M40	03:33:48	+01:20:28	08:33
35	134	Mário Lima	Magic Friends Runners	Veterano M40	03:33:48	+01:20:29	08:33
36	20	Luís Ribeiro	ARRASTASSOLAS	Veterano M40	03:37:27	+01:24:08	08:42
37	162	Bruno Santos	Tog-Associação Running Team	Veterano M40	03:37:52	+01:24:33	08:43
38	100	Mário Caridade	Individual	Veterano M40	03:37:53	+01:24:33	08:43
39	53	José Pedro Conde Pinto da Silva	ESPINHO TRAIL	Veterano M40	03:40:43	+01:27:23	08:50
40	105	Rui Pinto	Individual	Veterano M40	03:40:43	+01:27:23	08:50
41	25	Paulo Jorge Santos de Jesus Jesus	Bravos e Bravitas	Veterano M40	03:49:15	+01:35:56	09:10
42	36	ANTONIO JORGE GOMES ALVES	Clube Millennium BCP	Veterano M40	03:52:43	+01:39:24	09:19
43	165	Marco Simões	Train Hard Team	Veterano M40	04:02:04	+01:48:44	09:41
44	97	JOSE COELHO	Individual	Veterano M40	04:04:07	+01:50:48	09:46
45	102	Paulo Costa	Individual	Veterano M40	04:09:15	+01:55:55	09:58
46	94	Filipe Manuel Monteiro	Individual	Veterano M40	04:17:06	+02:03:47	10:17
47	138	António Oliveira	Os Finos / GMTA / Team Luiss	Veterano M40	04:19:01	+02:05:42	10:22
48	98	José Ferreira	Individual	Veterano M40	04:21:58	+02:08:38	10:29
49	95	Hélder Agostinho	Individual	Veterano M40	04:24:29	+02:11:09	10:35
50	49	Luis Terêncio	éjáli...clube de amigos trailrunners	Veterano M40	04:30:36	+02:17:16	10:49
51	155	Valter Ferreira da Cruz	SPORTARC	Veterano M40	04:42:46	+02:29:26	11:19

## Veterano M50

1	47	Victor Correia	EDV VIANA TRAIL	Veterano M50	02:34:07		06:10
2	596	António Amorim	Clube Desportivo Feirense	Veterano M50	02:40:45	+06:37	06:26
3	18	Jorge Manuel Barbosa Moreira	Amigos do Pedal Trail Lagares	Veterano M50	02:43:53	+09:46	06:33
4	17	António Monteiro	AMIGO TRAIL RUN	Veterano M50	02:44:39	+10:32	06:35
5	141	ARNALDO JOSÉ ARAÚJO	PCRunners	Veterano M50	02:51:47	+17:40	06:52
6	57	Manuel Bastos	G.D.A Ronda	Veterano M50	02:53:46	+19:39	06:57
7	44	Manuel souza	DAMIRA TRAIL TEAM	Veterano M50	03:03:39	+29:32	07:21

Official Timekeeper: Lap2Go	3 / 4	generate 09-Jul-2023 13:35
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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 - 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

8	111	francisco moreira	Individual	Veterano M50	03:05:17	+31:10	07:25
9	62	Pedro Oliveira	GAIA-RUNNING	Veterano M50	03:14:46	+40:39	07:47
10	167	Manuel Alves	Trilhos do Costume	Veterano M50	03:17:13	+43:06	07:53
11	27	Carlos Cardoso	CAL - Clube Atletismo de Lamas	Veterano M50	03:21:44	+47:37	08:04
12	113	Henrique Borges	Individual	Veterano M50	03:21:59	+47:52	08:05
13	150	José Lopes	Runriver	Veterano M50	03:23:13	+49:06	08:08
14	109	Domingos Soares	Individual	Veterano M50	03:23:24	+49:17	08:08
15	39	António Matos	Clube Trilheiros & amigos	Veterano M50	03:27:49	+53:42	08:19
16	128	Fernando Costa	Lourosa em Movimento	Veterano M50	03:33:51	+59:44	08:33
17	16	Paulo Leite	All About	Veterano M50	03:34:49	+01:00:42	08:36
18	43	José Macedo	DAMIRA TRAIL TEAM	Veterano M50	03:35:13	+01:01:06	08:37
19	22	José Sousa	Associação de atletismo Lebres do sado	Veterano M50	03:36:17	+01:02:10	08:39
20	114	jorge oliveira	Individual	Veterano M50	03:37:58	+01:03:51	08:43
21	26	sergio almeida	Bravos e Bravitas	Veterano M50	03:40:03	+01:05:56	08:48
22	65	Fernando Morais	GD Leões da Guarda - Lion Runners	Veterano M50	03:42:35	+01:08:28	08:54
23	145	Paulo Campos	Rebeldes trail	Veterano M50	03:43:55	+01:09:48	08:57
24	23	José Maia	BAIRROS FC	Veterano M50	03:46:23	+01:12:16	09:03
25	169	Miguel Sá	VVTR VALONGO VOUGA TRAIL RUNNING	Veterano M50	03:48:02	+01:13:55	09:07
26	29	Vitor Santos	cin running team	Veterano M50	03:52:01	+01:17:54	09:17
27	35	Silvério Oliveira dos Santos	Clube Desportivo Feirense	Veterano M50	03:53:30	+01:19:23	09:20
28	116	Paulo Fernandes	Individual	Veterano M50	03:54:18	+01:20:11	09:22
29	118	Paulo Silva	Individual	Veterano M50	03:58:19	+01:24:12	09:32
30	152	Miguel Moura	S4L / Medense FC	Veterano M50	03:58:21	+01:24:14	09:32
31	61	Joaquim Almeida	GAIA-RUNNING	Veterano M50	04:01:15	+01:27:08	09:39
32	117	Paulo Jorge Jaquel Pinto	Individual	Veterano M50	04:02:43	+01:28:36	09:43
33	38	JOAO MANUEL SANTOS LOPES SILVA	Clube Millennium BCP	Veterano M50	04:06:27	+01:32:19	09:51
34	139	Antonio Franco	Os Finos / GMTA / Team Luiss	Veterano M50	04:19:02	+01:44:55	10:22
35	37	ARTUR CARLOS MOREIRA SILVA	Clube Millennium BCP	Veterano M50	04:19:33	+01:45:26	10:23

**Veterano M60**

1	58	Carlos Fazendeiro	G.D.A Ronda	Veterano M60	02:58:09		07:08
2	153	António Rocha	S4L / Medense FC	Veterano M60	03:00:13	+02:03	07:13
3	144	Antonio Silva	Pés Doridos	Veterano M60	03:17:12	+19:02	07:53
4	119	Manuel Faria Sampaio	Individual	Veterano M60	03:35:12	+37:02	08:36
5	164	Manuel Silva	Tog-Associação Running Team	Veterano M60	04:29:44	+01:31:34	10:47





TRAIL CURTO - STAGE 1

11 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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

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

	Time	Temperature	Humidity
Start	09:00	14.5°C	88%
End	13:06	14.5°C	88%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	944	Leonel Fernandes	NS Trail Team	48:01		04:22	
2	588	Fábio Barbosa	Clube Desportivo Feirense	51:04	+03:03	04:39	
3	606	Tiago Pinheiro	Coronado Runners	51:19	+03:18	04:40	
4	546	André Guedes	Caldas de S.Jorge Sport Clube	51:59	+03:58	04:44	
5	941	André Silva	NS Trail Team	53:08	+05:07	04:50	
6	745	Joao Ribeiro	Grupo Vilarinho Cima	53:17	+05:16	04:51	
7	604	Luis Gonzaga	Coronado Runners	54:39	+06:38	04:58	
8	522	Fernando Lima	Arrifana Running	55:13	+07:12	05:01	
9	1050	Joao Vieira	Caldas de S.Jorge Sport Clube	55:29	+07:28	05:03	
10	917	Ramiro Ribeiro	NBA Barrosas	55:41	+07:40	05:04	
11	695	Carlos Costa	Grupo Vilarinho Cima	55:49	+07:48	05:04	
12	810	Paulo Nogueira	Individual	56:04	+08:03	05:06	
13	942	Márcio Melo	NS Trail Team	57:14	+09:13	05:12	
14	864	José Loureiro	LEões DE TARDARIZ TRAIL	57:29	+09:28	05:14	
15	907	Carlos alves	NAI - Núcleo Amador de Idães	58:00	+09:59	05:16	
16	938	Victor Correia	Night Runners Feira	58:02	+10:01	05:17	
17	898	Rui Alvim	MSS CONTABILIDADE TRAIL TEAM	58:16	+10:15	05:18	
18	594	Pedro Pinho	Clube Desportivo Feirense	58:19	+10:18	05:18	
19	503	David ramalho	A.D.SOBOLIDO TRAIL	58:26	+10:25	05:19	
20	996	Carlos Silva	Sport Clube Freamunde	58:32	+10:31	05:19	
21	943	Ricardo Almeida	NS Trail Team	58:49	+10:48	05:21	
22	759	Ricardo Primo	Clube Atletismo de Fafe	59:41	+11:40	05:26	
23	885	Filipe "Oleiro" Oliveira	Milheirós de Poiares	01:00:30	+12:29	05:30	
24	697	Pedro Jorge	Grupo Vilarinho Cima	01:00:30	+12:29	05:30	
25	702	Rafael Ornelas	Individual	01:00:36	+12:35	05:31	
26	542	Jorge Freitas	Bunker Trail Team	01:00:39	+12:38	05:31	
27	997	Sérgio Martins	Sport Clube Freamunde	01:00:47	+12:46	05:32	
28	678	Nelson Teixeira	Gens Sport Clube Trail	01:00:56	+12:55	05:32	
29	915	José Pedrosa	NBA Barrosas	01:00:57	+12:56	05:32	
30	593	Paulo Oliveira	Clube Desportivo Feirense	01:01:13	+13:12	05:34	
31	513	Alcino Silva	Amigos 100 Limites	01:01:19	+13:18	05:34	
32	930	José Correia	Night Runners Feira	01:01:34	+13:33	05:36	
33	946	Lucinda Sousa	Olímpico Vianense	01:02:03	+14:02	05:39	
34	1047	João Correia		01:02:07	+14:06	05:39	
35	819	Vítor Vieira	Individual	01:02:08	+14:07	05:39	
36	761	Sérgio Gonçalves	Individual	01:02:09	+14:08	05:39	
37	543	Tiago Oliveira	C. F. Perosinho Trail & Running	01:02:09	+14:08	05:39	
38	659	Fabio Pinto	Furfor Running Project	01:02:23	+14:22	05:40	
39	911	Jorge Miranda	NBA Barrosas	01:02:52	+14:51	05:43	
40	729	CLÁUDIO COVAL	Individual	01:02:53	+14:52	05:43	
41	918	Flavio Fernandes	NBA Barrosas	01:03:00	+14:59	05:44	
42	908	David Ribeiro	NAI - Núcleo Amador de Idães	01:03:17	+15:16	05:45	



## TRAIL CURTO - STAGE 1

11 KM

**R**  
REVISED

## OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	567	Paulo Carneiro	Caminhadas da amizade	01:10:47	+22:46	06:26	
90	658	Andreia Almeida	Furfor Running Project	01:10:50	+22:49	06:26	
91	803	Luis Gomes	Individual	01:10:54	+22:53	06:27	
92	939	Joaquim Teixeira	Night Runners Feira	01:10:56	+22:55	06:27	
93	595	Rolando Paulo	Clube Desportivo Feirense	01:11:08	+23:07	06:28	
94	625	Joaquim Pereira pinho	Distúrbios	01:11:13	+23:12	06:28	
95	858	João Martins	LEÕES DE TARDARIZ TRAIL	01:11:14	+23:13	06:29	
96	889	Edozie Datede	MSS CONTABILIDADE TRAIL TEAM	01:11:21	+23:20	06:29	
97	865	Pedro Ferreira	LEÕES DE TARDARIZ TRAIL	01:11:28	+23:27	06:30	
98	590	Mónica Oliveira	Clube Desportivo Feirense	01:11:29	+23:28	06:30	
99	523	Filipe Almeida	Arrifana Running	01:11:30	+23:29	06:30	
100	815	Rui Silva	Individual	01:11:33	+23:32	06:30	
101	1023	FRANCISCO FONSECA	UNIDOS PELOS TRILHOS	01:11:35	+23:34	06:30	
102	570	Jorge Silva	CENTRO CICLISTA DE GONDOMAR	01:12:00	+23:59	06:33	
103	840	Fernando Sousa	Individual	01:12:06	+24:05	06:33	
104	913	Aida Pereira	NBA Barrosas	01:12:06	+24:05	06:33	
105	767	Ana Amaral	Individual	01:12:12	+24:11	06:34	
106	902	Laurindo Moreira	MSS CONTABILIDADE TRAIL TEAM	01:12:21	+24:20	06:35	
107	777	Manuela Monteiro	Individual	01:12:36	+24:35	06:36	
108	800	Helder Teixeira	Individual	01:13:03	+25:02	06:38	
109	619	JOÃO PAULO CAMPOS	DDT RUNNER	01:13:04	+25:03	06:39	
110	709	Diana Pinho	Individual	01:13:09	+25:08	06:39	
111	873	Carlos Moreira	Lusavouga Trail Running	01:13:11	+25:10	06:39	
112	696	Nuno Matos	Grupo Vilarinho Cima	01:13:30	+25:29	06:41	
113	115	Jose María Martín aragón	Individual	01:13:34	+25:33	06:41	
114	755	Miguel Lima	Individual	01:13:39	+25:38	06:42	
115	541	Hélder Freitas	Bunker Trail Team	01:13:49	+25:48	06:43	
116	891	Margarida Oliveira	MSS CONTABILIDADE TRAIL TEAM	01:14:08	+26:07	06:44	
117	721	Telma Sousa	Individual	01:14:13	+26:12	06:45	
118	914	Marlene Ferreira	NBA Barrosas	01:14:15	+26:14	06:45	
119	976	Cláudio Rui	Run & Fun	01:14:18	+26:17	06:45	
120	981	Mike Ferreira	Run & Fun	01:14:20	+26:19	06:45	
121	649	Anthony Da Costa Da Silva	FitArena	01:14:23	+26:22	06:46	
122	655	Maria do Céu Sardoura Ferreira	FitArena	01:14:23	+26:22	06:46	
123	820	Adao bessa	Individual	01:14:50	+26:49	06:48	
124	862	António Pinto	LEÕES DE TARDARIZ TRAIL	01:14:53	+26:52	06:48	
125	651	Josué Viana	FitArena	01:15:08	+27:07	06:50	
126	986	Alcino Almeida	Run & Fun	01:15:13	+27:12	06:50	
127	724	André Azevedo	Individual	01:15:23	+27:22	06:51	
128	797	Elvio Ornelas	Individual	01:15:26	+27:25	06:51	
129	173	Nelson Castro	Individual	01:15:29	+27:28	06:52	
130	566	Joaquim Coelho	Caminhadas da amizade	01:15:34	+27:33	06:52	
131	812	Pedro Ribeiro	Individual	01:15:38	+27:37	06:53	
132	998	Bruno Moreira	Team Lantermil	01:16:32	+28:31	06:57	
133	665	João Torres	Gansos	01:16:46	+28:45	06:59	
134	609	Carla Duarte	Coronado Runners	01:16:50	+28:49	06:59	

TRAIL CURTO - STAGE 1

11 KM

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
135	611	Conceição Ferreira	Coronado Runners	01:16:51	+28:50	06:59	
136	660	Ricardo Nunes	Furfor Running Project	01:16:57	+28:56	07:00	
137	661	Lucas Morgado	Furfor Running Project	01:16:57	+28:56	07:00	
138	924	Carla Cardoso	Night Runners Feira	01:17:04	+29:03	07:00	
139	762	Tiago Santos	Individual	01:17:23	+29:22	07:02	
140	52	BRUNO ROCHA	ESPINHO TRAIL	01:17:25	+29:24	07:02	
141	605	Miguel Silva	Coronado Runners	01:17:29	+29:28	07:03	
142	673	Bruno Rocha	Gens Sport Clube Trail	01:17:31	+29:30	07:03	
143	757	Nuno Marques	Individual	01:17:48	+29:47	07:04	
144	824	António Dinis	Individual	01:17:54	+29:53	07:05	
145	690	Pedro Rocha	Gens Sport Clube Trail	01:18:02	+30:01	07:06	
146	674	Filipe Lima	Gens Sport Clube Trail	01:18:08	+30:07	07:06	
147	736	Elder Neves	Individual	01:18:10	+30:09	07:06	
148	676	João Inácio	Gens Sport Clube Trail	01:18:18	+30:17	07:07	
149	639	José Mário Pinho	ESPINHO TRAIL	01:18:18	+30:17	07:07	
150	584	Gonçalo Cunha	CLUBE DE ATLETISMO AFIPRE TEAM	01:18:20	+30:19	07:07	
151	501	Sofia Ferreira	#vamosdevagarunning	01:18:20	+30:19	07:07	
152	554	Lia Silva	Caminhadas da amizade	01:18:21	+30:20	07:07	
153	843	José Manuel Martins Silva	Individual	01:18:29	+30:28	07:08	
154	950	Sérgio Gomes	Os Preguiças Team	01:18:32	+30:31	07:08	
155	508	Hélder Costa	AMIGO TRAIL RUN	01:18:50	+30:49	07:10	
156	638	FRANCISCO ARAGÃO	ESPINHO TRAIL	01:18:57	+30:56	07:11	
157	641	TIAGO OLIVEIRA	ESPINHO TRAIL	01:18:57	+30:56	07:11	
158	912	Rui Ferreira	NBA Barrosas	01:19:05	+31:04	07:11	
159	502	Júlio André Batista Sousa	A.D.SOBOLIDO TRAIL	01:19:06	+31:05	07:11	
160	562	Orlando Nogueira	Caminhadas da amizade	01:19:11	+31:10	07:12	
161	752	Luis ferreira	Individual	01:19:14	+31:13	07:12	
162	675	Helder Martins	Gens Sport Clube Trail	01:19:16	+31:15	07:12	
163	507	Alberto fretas	AD MARCO 09	01:19:27	+31:26	07:13	
164	983	Tinoo Silva	Run & Fun	01:19:29	+31:28	07:14	
165	699	Mário Perigoso	Grupo Vilarinho Cima	01:19:32	+31:31	07:14	
166	607	Tomás Paiva	Coronado Runners	01:19:43	+31:42	07:15	
167	851	Carlos Araújo	KeMedo Team	01:19:49	+31:48	07:15	
168	844	José Morais	Individual	01:19:57	+31:56	07:16	
169	694	Pedro Sousa	GONDOMAR FUTSAL CLUBE	01:20:19	+32:18	07:18	
170	846	José Santos	Individual	01:20:25	+32:24	07:19	
171	808	Paulo Jorge Correia dos Santos	Individual	01:20:42	+32:41	07:20	
172	617	Fernanda Machado	DAMIRA TRAIL TEAM	01:20:45	+32:44	07:20	
173	734	Eduardo Alexandre Silva Cunha	Individual	01:20:46	+32:45	07:21	
174	940	Helder Martins	No fio da navalha	01:20:47	+32:46	07:21	
175	40	Cláudia Figueira	DAMIRA TRAIL TEAM	01:20:47	+32:46	07:21	
176	825	Baltazar Ferreira	Individual	01:20:49	+32:48	07:21	
177	893	Alberto Vitelo	MSS CONTABILIDADE TRAIL TEAM	01:20:52	+32:51	07:21	
178	738	Fábio Daniel Ferreira Carneiro	Individual	01:20:53	+32:52	07:21	
179	600	Bruno Cunha	Coronado Runners	01:20:55	+32:54	07:21	
180	637	Carlos Silva	ESPINHO TRAIL	01:20:55	+32:54	07:21	





### TRAIL CURTO - STAGE 1

11 KM



## OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
226	1045	Marco Lourenço	GAIA RUNNING	01:27:26	+39:25	07:57	
227	1044	Nuno Almeida	GAIA RUNNING	01:27:26	+39:25	07:57	
228	818	Tiago Barbosa	Individual	01:28:04	+40:03	08:00	
229	739	Fabio Serra	Individual	01:28:05	+40:04	08:00	
230	859	Saete Martins	LEões DE TARDARIZ TRAIL	01:28:10	+40:09	08:01	
231	613	Helder Rafael	Coronado Runners	01:28:20	+40:19	08:02	
232	1013	Hélio Santos	Tropeços	01:28:22	+40:21	08:02	
233	811	Paulo Soares	Individual	01:28:22	+40:21	08:02	
234	569	Elisabete Pereira	CENTRO CICLISTA DE GONDOMAR	01:28:50	+40:49	08:05	
235	1022	ARTUR CARDOSO	UNIDOS PELOS TRILHOS	01:29:01	+41:00	08:06	
236	550	JOEL PACHECO	Caminhadas da amizade	01:29:21	+41:20	08:07	
237	504	RAFAEL PINTO	ACD SÃO JOÃO SERRA	01:29:31	+41:30	08:08	
238	894	Helder Oliveira	MSS CONTABILIDADE TRAIL TEAM	01:29:33	+41:32	08:08	
239	643	Mário Alves	ESPINHO TRAIL	01:29:51	+41:50	08:10	
240	962	Ricardo Gomes	OsFazConta	01:29:54	+41:53	08:10	
241	992	Carla Martins	Runriver	01:29:59	+41:58	08:11	
242	634	Cristina couto	ESPINHO TRAIL	01:29:59	+41:58	08:11	
243	740	Fernando Macário	Individual	01:30:27	+42:26	08:13	
244	744	João Pedro da Cruz Silva	Individual	01:30:29	+42:28	08:14	
245	577	Pedro Correia	Cin running team	01:30:29	+42:28	08:14	
246	925	Irene Sá	Night Runners Feira	01:30:38	+42:37	08:14	
247	922	Liliana Oliveira	Night Runners Feira	01:30:43	+42:42	08:15	
248	861	Jorge Sarraguça	LEões DE TARDARIZ TRAIL	01:30:50	+42:49	08:16	
249	1029	Francisco Tiago Ferreira Ribeiro	White Walkers	01:31:00	+42:59	08:16	
250	919	Vânia Oliveira	Night Runners Feira	01:31:14	+43:13	08:18	
251	599	Virgíno Costa	Clube Trilheiros & amigos	01:32:00	+43:59	08:22	
252	852	Duarte Madureira	KeMedo Team	01:32:02	+44:01	08:22	
253	877	Rómulo Terrau	LUSIMED	01:32:35	+44:34	08:25	
254	954	Francisco Santos	Os Remendados	01:32:36	+44:35	08:25	
255	935	Joaquim Moreira	Night Runners Feira	01:32:39	+44:39	08:25	
256	627	Cláudio Guarda	Dói-me quase tudo...	01:32:41	+44:40	08:26	
257	628	Nuno Ribeiro	Dói-me quase tudo...	01:32:41	+44:40	08:26	
258	842	Jose coelho	Individual	01:32:44	+44:43	08:26	
259	826	Eduardo Castro	Individual	01:32:56	+44:55	08:27	
260	1019	MARIA FONSECA	UNIDOS PELOS TRILHOS	01:33:01	+45:00	08:27	
261	1024	JOAQUIM TEIXEIRA	UNIDOS PELOS TRILHOS	01:33:01	+45:00	08:27	
262	621	MANUEL OLIVEIRA	DDT RUNNER	01:33:10	+45:09	08:28	
263	564	Ricardo Pinto	Caminhadas da amizade	01:33:13	+45:12	08:28	
264	557	Camila Manso	Caminhadas da amizade	01:33:14	+45:13	08:29	
265	985	Mário Oliveira	Run & Fun	01:33:18	+45:17	08:29	
266	980	Maria Mota	Run & Fun	01:33:18	+45:17	08:29	
267	804	Luís Miguel Gomes Ferreira	Individual	01:33:20	+45:19	08:29	
268	682	Regina Silva	Gens Sport Clube Trail	01:33:27	+45:26	08:30	
269	688	Nelson Fernandes	Gens Sport Clube Trail	01:33:28	+45:27	08:30	
270	829	Joaquim Rocha	Individual	01:33:36	+45:35	08:31	
271	742	Helder Santos	Individual	01:33:53	+45:52	08:32	



**TRAIL CURTO - STAGE 1****11 KM****OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
317	672	Sara Rodrigues	Gens Sport Clube Trail	01:42:00	+53:59	09:16	
318	698	Ricardo Rocha	Grupo Vilarinho Cima	01:42:06	+54:05	09:17	
319	982	Moisés Mota	Run & Fun	01:42:32	+54:31	09:19	
320	783	Sónia Sousa	Individual	01:42:41	+54:40	09:20	
321	837	Sérgio Mota	Individual	01:42:55	+54:54	09:21	
322	1007	Carla Santos	Tog-Associação Running Team	01:43:12	+55:11	09:23	
323	854	Liliana Sousa	LEBRES	01:43:29	+55:28	09:25	
324	855	Serafim Soares	LEBRES	01:43:30	+55:29	09:25	
325	869	Fernando Maia	Lourosa em Movimento	01:44:00	+55:59	09:27	
326	900	José Freitas	MSS CONTABILIDADE TRAIL TEAM	01:44:23	+56:22	09:29	
327	506	Carla Oliveira	AD MARCO 09	01:44:35	+56:34	09:30	
328	753	Marco pinto	Individual	01:44:58	+56:57	09:33	
329	850	Sandra Martins	KeMedo Team	01:45:04	+57:03	09:33	
330	849	Liliana Vieira	KeMedo Team	01:45:06	+57:05	09:33	
331	791	Adelaide Mendes	Individual	01:45:06	+57:05	09:33	
332	809	Paulo Jorge Ferreira Ribeiro	Individual	01:46:00	+57:59	09:38	
333	662	Carolina Santiago	GAIA-RUNNING	01:46:06	+58:05	09:39	
334	765	Cristiana Campos	Individual	01:46:10	+58:09	09:39	
335	505	Nuno Pinto	ACD SÃO JOÃO SERRA	01:46:11	+58:10	09:39	
336	831	Manuel Paiva	Individual	01:46:43	+58:42	09:42	
337	814	Rui Miguel Barbosa Macário	Individual	01:46:51	+58:50	09:43	
338	906	Raquel Alves	NAI - Núcleo Amador de Idães	01:47:26	+59:25	09:46	
339	910	Manuel Matos	NAI - Núcleo Amador de Idães	01:47:27	+59:26	09:46	
340	999	Tânia Ferreira	Team Santos	01:47:34	+59:33	09:47	
341	728	Bruno Filipe Alves dos Santos	Individual	01:47:35	+59:34	09:47	
342	631	CARLOS OLIVEIRA	ESPINHO TRAIL	01:47:41	+59:40	09:47	
343	782	Sandra Inácio	Individual	01:47:48	+59:47	09:48	
344	991	Amandio Mendes	running esmoriz	01:47:50	+59:49	09:48	
345	989	Virgínia Costa	running esmoriz	01:47:50	+59:49	09:48	
346	990	Joaquim Pinto	running esmoriz	01:47:50	+59:49	09:48	
347	565	Francisco Moreira	Caminhadas da amizade	01:48:19	+01:00:18	09:51	
348	1038	BRUNO PEDROSA	Xtrilhosteam	01:48:36	+01:00:35	09:52	
349	553	Carla Moreira	Caminhadas da amizade	01:48:38	+01:00:37	09:53	
350	1039	Vítor Carvalho	Xtrilhosteam	01:48:41	+01:00:40	09:53	
351	654	Adriana Cruz	FitArena	01:48:45	+01:00:44	09:53	
352	563	Paulo Sousa	Caminhadas da amizade	01:48:48	+01:00:47	09:53	
353	794	Artur Fonseca	Individual	01:48:48	+01:00:47	09:53	
354	582	Paula Azevedo	CLUBE DE ATLETISMO AFIPRE TEAM	01:49:13	+01:01:12	09:56	
355	598	Luisa Fernandes	Clube Trilheiros & amigos	01:49:18	+01:01:17	09:56	
356	667	Carlos Anjos	Gansos	01:49:19	+01:01:18	09:56	
357	666	Vítor Sousa	Gansos	01:49:29	+01:01:28	09:57	
358	535	Carla Tavares	BTT Isolamais/Sportaz	01:49:42	+01:01:41	09:58	
359	538	Paula Castro	BTT Isolamais/Sportaz	01:49:42	+01:01:41	09:58	
360	540	João Vieira	BTT Isolamais/Sportaz	01:49:43	+01:01:42	09:58	
361	571	António Castro	CENTRO CICLISTA DE GONDOMAR	01:50:11	+01:02:10	10:01	
362	580	vitor ribeiro	cin running team	01:50:17	+01:02:16	10:02	









## Trail Curto

11 KM

**R**  
REVISED

### OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	14.5°C	88%
End	13:06	14.5°C	88%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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## Senior Feminino

1	586	Leida Bello	Clube Desportivo Feirense	Senior Feminino	01:07:14		06:07
2	870	Joana Soares	Lusavouga Trail Running	Senior Feminino	01:09:49	+02:35	06:21
3	658	Andreia Almeida	Furfor Running Project	Senior Feminino	01:10:50	+03:35	06:26
4	709	Diana Pinho	Individual	Senior Feminino	01:13:09	+05:55	06:39
5	721	Telma Sousa	Individual	Senior Feminino	01:14:13	+06:58	06:45
6	40	Cláudia Figueira	DAMIRA TRAIL TEAM	Senior Feminino	01:20:47	+13:33	07:21
7	601	Andreia Barbosa	Coronado Runners	Senior Feminino	01:20:59	+13:45	07:22
8	581	Elisabete Soares	Cinfães a Correr	Senior Feminino	01:22:04	+14:50	07:28
9	948	Daniela Moutinho	Os Preguiças Team	Senior Feminino	01:23:56	+16:42	07:38
10	1048	Carla Varandas		Senior Feminino	01:26:08	+18:54	07:50
11	992	Carla Martins	Runriver	Senior Feminino	01:29:59	+22:44	08:11
12	919	Vânia Oliveira	Night Runners Feira	Senior Feminino	01:31:14	+24:00	08:18
13	520	Vanessa Ferreira	Arrifana Running	Senior Feminino	01:34:06	+26:52	08:33
14	715	Marta Oliveira	Individual	Senior Feminino	01:36:38	+29:24	08:47
15	856	Filipa Moreira	LEÕES DE TARDARIZ TRAIL	Senior Feminino	01:38:48	+31:34	08:59
16	720	Tamina Reinehr	Individual	Senior Feminino	01:41:14	+34:00	09:12
17	672	Sara Rodrigues	Gens Sport Clube Trail	Senior Feminino	01:42:00	+34:46	09:16
18	506	Carla Oliveira	AD MARCO 09	Senior Feminino	01:44:35	+37:21	09:30
19	999	Tânia Ferreira	Team Santos	Senior Feminino	01:47:34	+40:20	09:47
20	582	Paula Azevedo	CLUBE DE ATLETISMO AFIPRE TEAM	Senior Feminino	01:49:13	+41:59	09:56
21	963	Tânia Araújo	Ovelhasnaosaoparamato	Senior Feminino	01:50:31	+43:17	10:03
22	510	Joana Sanguedo	Amigos 100 Limites	Senior Feminino	01:51:23	+44:08	10:08
23	648	Telma Cerqueira	FitArena	Senior Feminino	01:51:30	+44:16	10:08
24	602	Vânia Rebelo	Coronado Runners	Senior Feminino	01:51:41	+44:27	10:09
25	573	Silvia Moreira de Almeida Espadaneira	Centro de União da Juventude da Lomba	Senior Feminino	01:51:54	+44:40	10:10
26	1016	ANA SILVA	UNIDOS PELOS TRILHOS	Senior Feminino	01:52:15	+45:01	10:12
27	704	Ana Margarida Ferreira	Individual	Senior Feminino	01:52:35	+45:20	10:14
28	707	Daniela Rodrigues	Individual	Senior Feminino	01:54:08	+46:54	10:23
29	703	Alexandra Silva	Individual	Senior Feminino	01:55:49	+48:35	10:32
30	548	Isabel Oliveira	Caminhadas da amizade	Senior Feminino	01:56:18	+49:04	10:34
31	711	Diana Raquel Oliveira Duarte	Individual	Senior Feminino	01:57:02	+49:47	10:38
32	712	Elisabete Gomes	Individual	Senior Feminino	01:57:02	+49:47	10:38
33	708	Diana Pimenta	Individual	Senior Feminino	01:57:02	+49:47	10:38
34	882	Ana Moreira	Marcifer	Senior Feminino	01:57:04	+49:49	10:39
35	975	Andreia Sá	Run & Fun	Senior Feminino	01:57:36	+50:22	10:41
36	1010	Carla Sofia Fontes Freitas	Tropeços	Senior Feminino	01:58:31	+51:16	10:46
37	713	henedina pereira	Individual	Senior Feminino	01:59:13	+51:59	10:50
38	512	Vânia Moreira	Amigos 100 Limites	Senior Feminino	02:01:35	+54:20	11:03

Official Timekeeper: Lap2Go

1 / 12

generate 10-Jul-2023 09:30

## Trail Curto

**11 KM**



**OFFICIAL RESULT**

39	722	Vânia Patrícia Coutinho Pinto Ferreira	Individual	Senior Feminino	02:07:25	+01:00:11	11:35
40	951	Vânia Santos	Os Remendados	Senior Feminino	02:13:12	+01:05:57	12:07
41	710	Diana Ramalho	Individual	Senior Feminino	02:19:56	+01:12:42	12:43
42	965	Ana Teixeira	Pegada de lobo	Senior Feminino	02:20:01	+01:12:47	12:44
43	647	Tânia Madureira	FitArena	Senior Feminino	02:29:14	+01:21:59	13:34
44	646	Daniela Moura	FitArena	Senior Feminino	02:29:14	+01:22:00	13:34
45	547	Andreia Seabra	Caminhadas da amizade	Senior Feminino	02:39:44	+01:32:29	14:31
46	717	Paula Sofia Sousa Resende	Individual	Senior Feminino	02:41:03	+01:33:49	14:38
47	706	Catarina Pires	Individual	Senior Feminino	02:41:19	+01:34:05	14:40

## Senior Masculino

1	944	Leonel Fernandes	NS Trail Team	Senior Masculino	48:01		04:22
2	588	Fábio Barbosa	Clube Desportivo Feirense	Senior Masculino	51:04	+03:03	04:39
3	606	Tiago Pinheiro	Coronado Runners	Senior Masculino	51:19	+03:18	04:40
4	546	André Guedes	Caldas de S.Jorge Sport Clube	Senior Masculino	51:59	+03:58	04:44
5	941	André Silva	NS Trail Team	Senior Masculino	53:08	+05:07	04:50
6	745	Joao Ribeiro	Grupo Vilarinho Cima	Senior Masculino	53:17	+05:16	04:51
7	604	Luís Gonzaga	Coronado Runners	Senior Masculino	54:39	+06:38	04:58
8	1050	Joao Vieira	Caldas de S.Jorge Sport Clube	Senior Masculino	55:29	+07:28	05:03
9	695	Carlos Costa	Grupo Vilarinho Cima	Senior Masculino	55:49	+07:48	05:04
10	759	Ricardo Primo	Clube Atletismo de Fafe	Senior Masculino	59:41	+11:40	05:26
11	885	Filipe "Oleiro" Oliveira	Milheirós de Poiares	Senior Masculino	01:00:30	+12:29	05:30
12	697	Pedro Jorge	Grupo Vilarinho Cima	Senior Masculino	01:00:30	+12:29	05:30
13	542	Jorge Freitas	Bunker Trail Team	Senior Masculino	01:00:39	+12:38	05:31
14	678	Nelson Teixeira	Gens Sport Clube Trail	Senior Masculino	01:00:56	+12:55	05:32
15	513	Alcino Silva	Amigos 100 Limites	Senior Masculino	01:01:19	+13:18	05:34
16	761	Sérgio Gonçalves	Individual	Senior Masculino	01:02:09	+14:08	05:39
17	543	Tiago Oliveira	C. F. Perosinho Trail & Running	Senior Masculino	01:02:09	+14:08	05:39
18	659	Fabio Pinto	Furfor Running Project	Senior Masculino	01:02:23	+14:22	05:40
19	911	Jorge Miranda	NBA Barrosas	Senior Masculino	01:02:52	+14:51	05:43
20	729	CLÁUDIO COVAL	Individual	Senior Masculino	01:02:53	+14:52	05:43
21	733	Diogo Pinho	Individual	Senior Masculino	01:03:38	+15:37	05:47
22	515	Bruno Coelho	Amigos 100 Limites	Senior Masculino	01:04:49	+16:47	05:54
23	760	Roberto Bastos	Individual	Senior Masculino	01:05:34	+17:33	05:58
24	587	André Batista	Clube Desportivo Feirense	Senior Masculino	01:05:46	+17:45	05:59
25	589	Fernando Castanheira	Clube Desportivo Feirense	Senior Masculino	01:05:51	+17:50	05:59
26	746	João Tavares	Individual	Senior Masculino	01:05:51	+17:50	05:59
27	677	João Rocha	Gens Sport Clube Trail	Senior Masculino	01:06:02	+18:01	06:00
28	848	Gonçalo Antunes	KeMedo Team	Senior Masculino	01:07:29	+19:28	06:08
29	668	Jorge Beliago	Gansos	Senior Masculino	01:07:52	+19:51	06:10
30	749	Leandro Ferreira	Individual	Senior Masculino	01:09:32	+21:31	06:19
31	727	António Mendes	Individual	Senior Masculino	01:09:39	+21:38	06:20
32	750	Luciano Pena	Individual	Senior Masculino	01:09:48	+21:47	06:21
33	748	José Rocha	Individual	Senior Masculino	01:10:03	+22:02	06:22
34	858	João Martins	LEÕES DE TARDARIZ TRAIL	Senior Masculino	01:11:14	+23:13	06:29

**Trail Curto**

**11 KM**



**OFFICIAL RESULT**

35	889	Edozie Datede	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:11:21	+23:20	06:29
36	696	Nuno Matos	Grupo Vilarinho Cima	Senior Masculino	01:13:30	+25:29	06:41
37	755	Miguel Lima	Individual	Senior Masculino	01:13:39	+25:38	06:42
38	541	Hélder Freitas	Bunker Trail Team	Senior Masculino	01:13:49	+25:48	06:43
39	976	Cláudio Rui	Run & Fun	Senior Masculino	01:14:18	+26:17	06:45
40	649	Anthony Da Costa Da Silva	FitArena	Senior Masculino	01:14:23	+26:22	06:46
41	651	Josué Viana	FitArena	Senior Masculino	01:15:08	+27:07	06:50
42	724	André Azevedo	Individual	Senior Masculino	01:15:23	+27:22	06:51
43	998	Bruno Moreira	Team Lantermil	Senior Masculino	01:16:32	+28:30	06:57
44	665	João Torres	Gansos	Senior Masculino	01:16:46	+28:45	06:59
45	660	Ricardo Nunes	Furfor Running Project	Senior Masculino	01:16:57	+28:56	07:00
46	762	Tiago Santos	Individual	Senior Masculino	01:17:23	+29:22	07:02
47	605	Miguel Silva	Coronado Runners	Senior Masculino	01:17:29	+29:28	07:03
48	673	Bruno Rocha	Gens Sport Clube Trail	Senior Masculino	01:17:31	+29:30	07:03
49	757	Nuno Marques	Individual	Senior Masculino	01:17:48	+29:47	07:04
50	674	Filipe Lima	Gens Sport Clube Trail	Senior Masculino	01:18:08	+30:07	07:06
51	736	Elder Neves	Individual	Senior Masculino	01:18:10	+30:09	07:06
52	676	João Inácio	Gens Sport Clube Trail	Senior Masculino	01:18:18	+30:17	07:07
53	912	Rui Ferreira	NBA Barrosas	Senior Masculino	01:19:05	+31:04	07:11
54	502	Júlio André Batista Sousa	A.D.SOBOLIDO TRAIL	Senior Masculino	01:19:06	+31:05	07:11
55	752	Luis ferreira	Individual	Senior Masculino	01:19:14	+31:13	07:12
56	675	Helder Martins	Gens Sport Clube Trail	Senior Masculino	01:19:16	+31:15	07:12
57	734	Eduardo Alexandre Silva Cunha	Individual	Senior Masculino	01:20:46	+32:45	07:21
58	940	Helder Martins	No fio da navalha	Senior Masculino	01:20:47	+32:46	07:21
59	738	Fábio Daniel Ferreira Carneiro	Individual	Senior Masculino	01:20:53	+32:52	07:21
60	575	Eduardo Piers	cin running team	Senior Masculino	01:21:11	+33:10	07:23
61	735	Eduardo Alves	Individual	Senior Masculino	01:21:13	+33:12	07:23
62	679	Ricardo Mendes	Gens Sport Clube Trail	Senior Masculino	01:23:16	+35:15	07:34
63	747	João Vitor Mota Pereira	Individual	Senior Masculino	01:23:51	+35:50	07:37
64	652	Pedro Gama	FitArena	Senior Masculino	01:24:14	+36:13	07:39
65	964	Ivo valente	Ovelhasnaosaoparamato	Senior Masculino	01:24:32	+36:31	07:41
66	603	Daniel Vinhas	Coronado Runners	Senior Masculino	01:24:33	+36:32	07:41
67	653	Sergio Miguel Pais Gomes	FitArena	Senior Masculino	01:25:06	+37:05	07:44
68	732	Diogo Alemida	Individual	Senior Masculino	01:25:18	+37:17	07:45
69	1031	Willian Pires Afonso	White Walkers	Senior Masculino	01:25:27	+37:26	07:46
70	517	Tiago Mota	Amigos 100 Limites	Senior Masculino	01:25:39	+37:38	07:47
71	949	Fernando Teixeira	Os Preguiças Team	Senior Masculino	01:26:17	+38:16	07:51
72	83	Ricardo Pereira	Individual	Senior Masculino	01:26:21	+38:20	07:51
73	969	José Pereira	Qxuno	Senior Masculino	01:26:56	+38:55	07:54
74	995	Pedro Oliveira	Sob Efeito Trail	Senior Masculino	01:27:07	+39:06	07:55
75	739	Fabio Serra	Individual	Senior Masculino	01:28:05	+40:04	08:00
76	550	JOEL PACHECO	Caminhadas da amizade	Senior Masculino	01:29:21	+41:20	08:07
77	740	Fernando Macário	Individual	Senior Masculino	01:30:27	+42:26	08:13
78	744	João Pedro da Cruz Silva	Individual	Senior Masculino	01:30:29	+42:28	08:14
79	577	Pedro Correia	Cin running team	Senior Masculino	01:30:29	+42:28	08:14
80	1029	Francisco Tiago Ferreira Ribeiro	White Walkers	Senior Masculino	01:31:00	+42:59	08:16

## Trail Curto

**11 KM**



**OFFICIAL RESULT**

81	877	Rómulo Terrau	LUSIMED	Senior Masculino	01:32:35	+44:34	08:25
82	742	Helder Santos	Individual	Senior Masculino	01:33:53	+45:52	08:32
83	521	Daniel Ferreira	Arrifana Running	Senior Masculino	01:34:06	+46:05	08:33
84	751	Luís Baldaque	Individual	Senior Masculino	01:34:29	+46:28	08:35
85	970	António Mendes	Rebeldes trail	Senior Masculino	01:34:37	+46:36	08:36
86	578	sergio reis	cin running team	Senior Masculino	01:34:42	+46:41	08:37
87	977	Diogo Silva	Run & Fun	Senior Masculino	01:35:40	+47:39	08:42
88	723	Abel Cardoso	Individual	Senior Masculino	01:35:49	+47:48	08:43
89	551	Pedro Seabra	Caminhadas da amizade	Senior Masculino	01:36:33	+48:32	08:47
90	1030	Marco André Ferreira Lopes	White Walkers	Senior Masculino	01:39:46	+51:45	09:04
91	764	Vitor Rocha	Individual	Senior Masculino	01:39:55	+51:54	09:05
92	698	Ricardo Rocha	Grupo Vilarinho Cima	Senior Masculino	01:42:06	+54:05	09:17
93	753	Marco pinto	Individual	Senior Masculino	01:44:58	+56:57	09:33
94	728	Bruno Filipe Alves dos Santos	Individual	Senior Masculino	01:47:35	+59:34	09:47
95	631	CARLOS OLIVEIRA	ESPINHO TRAIL	Senior Masculino	01:47:41	+59:40	09:47
96	1038	BRUNO PEDROSA	Xtrilhosteam	Senior Masculino	01:48:36	+01:00:35	09:52
97	1039	Vitor Carvalho	Xtrilhosteam	Senior Masculino	01:48:41	+01:00:40	09:53
98	514	Amilcar Sanguedo	Amigos 100 Limites	Senior Masculino	01:51:23	+01:03:22	10:08
99	650	Bruno Silva	FitArena	Senior Masculino	01:51:30	+01:03:29	10:08
100	1017	HUGO PINTO	UNIDOS PELOS TRILHOS	Senior Masculino	01:52:14	+01:04:13	10:12
101	743	João Oliveira	Individual	Senior Masculino	01:54:08	+01:06:07	10:23
102	725	André Meireles	Individual	Senior Masculino	01:55:50	+01:07:49	10:32
103	552	Ricardo Morais	Caminhadas da amizade	Senior Masculino	01:56:17	+01:08:16	10:34
104	756	Nelson Almeida	Individual	Senior Masculino	01:59:50	+01:11:49	10:54
105	534	Diogo Moreira	BTT Isolamais/Sportaz	Senior Masculino	02:08:32	+01:20:31	11:41
106	1040	VITOR SANTOS	Xtrilhosteam	Senior Masculino	02:17:47	+01:29:46	12:32
107	758	Pedro Guimarães	Individual	Senior Masculino	02:19:54	+01:31:53	12:43
108	966	Telmo Matos	Pegada de lobo	Senior Masculino	02:20:01	+01:32:00	12:44
109	549	David Viana	Caminhadas da amizade	Senior Masculino	02:39:45	+01:51:44	14:31
110	968	Fábio Fernandes	Qxuno	Senior Masculino	02:41:55	+01:53:54	14:43

## Sub 23 Feminino

1	632	Raquel Pinto	ESPINHO TRAIL	Sub 23 Feminino	01:21:26		07:24
2	662	Carolina Santiago	GAIA-RUNNING	Sub 23 Feminino	01:46:06	+24:39	09:39
3	765	Cristiana Campos	Individual	Sub 23 Feminino	01:46:10	+24:43	09:39
4	906	Raquel Alves	NAI - Núcleo Amador de Idães	Sub 23 Feminino	01:47:26	+25:59	09:46

## Sub 23 Masculino

1	702	Rafael Ornelas	Individual	Sub 23 Masculino	01:00:36		05:31
2	585	Tomas Soares	Clube Desportivo Feirense	Sub 23 Masculino	01:05:33	+04:56	05:58
3	584	Gonçalo Cunha	CLUBE DE ATLETISMO AFIPRE TEAM	Sub 23 Masculino	01:18:20	+17:43	07:07
4	607	Tomás Paiva	Coronado Runners	Sub 23 Masculino	01:19:43	+19:06	07:15
5	600	Bruno Cunha	Coronado Runners	Sub 23 Masculino	01:20:55	+20:18	07:21









## Trail Curto

11 KM

OFFICIAL RESULT

**R**  
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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

18	989	Virgínia Costa	running esmoriz	Veterana F50	01:47:50	+45:46	09:48
19	538	Paula Castro	BTT Isolamais/Sportaz	Veterana F50	01:49:42	+47:38	09:58
20	527	Teresa Silva	B.O.A.s-YRun (Baguim Outdoor Activities)	Veterana F50	01:52:55	+50:51	10:16
21	785	Conceição Rocha	Individual	Veterana F50	01:53:44	+51:40	10:20
22	685	Elsa Leite	Gens Sport Clube Trail	Veterana F50	01:54:17	+52:13	10:23
23	786	Emilia Santos	Individual	Veterana F50	01:54:25	+52:21	10:24
24	1033	Cristina Coelho	Wolves	Veterana F50	01:56:15	+54:11	10:34
25	663	Helena Ribeiro	GAIA-RUNNING	Veterana F50	01:59:14	+57:10	10:50
26	789	Maria Cabral	Individual	Veterana F50	02:03:08	+01:01:04	11:12
27	971	Elsa Sacramento	Rebeldes trail	Veterana F50	02:09:08	+01:07:04	11:44
28	174	Diana Mota	Individual	Veterana F50	02:14:40	+01:12:36	12:15
29	788	Margarida Coelho	Individual	Veterana F50	02:14:54	+01:12:50	12:16
30	967	Amália Silva	Pegada de lobo	Veterana F50	02:20:02	+01:17:58	12:44
31	787	Gina Casal	Individual	Veterana F50	02:21:00	+01:18:56	12:49
32	953	Silvia Santos	Os Remendados	Veterana F50	02:21:22	+01:19:18	12:51
33	526	Paula Pires	B.O.A.s-YRun (Baguim Outdoor Activities)	Veterana F50	02:22:10	+01:20:06	12:55
34	539	Paula Rodrigues	BTT Isolamais/Sportaz	Veterana F50	02:25:00	+01:22:56	13:11
35	537	Lucinda Lemos	BTT Isolamais/Sportaz	Veterana F50	02:25:02	+01:22:58	13:11
36	1000	Margarida Santos	Team Santos	Veterana F50	02:37:07	+01:35:03	14:17
37	1002	Maria Santos	Team Santos	Veterana F50	02:37:08	+01:35:04	14:17
38	532	Dulce Fernandes	Bio Team	Veterana F50	02:43:15	+01:41:11	14:50
39	1001	Maria dos Anjos Santos	Team Santos	Veterana F50	02:48:08	+01:46:04	15:17

## Veterana F60

1	635	Fernanda Almeida	ESPINHO TRAIL	Veterana F60	01:35:39		08:42
2	791	Adelaide Mendes	Individual	Veterana F60	01:45:06	+09:26	09:33

## Veterano M40

1	522	Fernando Lima	Arrifana Running	Veterano M40	55:13		05:01
2	917	Ramiro Ribeiro	NBA Barrosas	Veterano M40	55:41	+00:28	05:04
3	810	Paulo Nogueira	Individual	Veterano M40	56:04	+00:51	05:06
4	942	Márcio Melo	NS Trail Team	Veterano M40	57:14	+02:01	05:12
5	907	Carlos alves	NAI - Núcleo Amador de Idões	Veterano M40	58:00	+02:46	05:16
6	898	Rui Alvim	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	58:16	+03:03	05:18
7	594	Pedro Pinho	Clube Desportivo Feirense	Veterano M40	58:19	+03:06	05:18
8	503	David ramalho	A.D.SOBOLIDO TRAIL	Veterano M40	58:26	+03:13	05:19
9	996	Carlos Silva	Sport Clube Freamunde	Veterano M40	58:32	+03:18	05:19
10	943	Ricardo Almeida	NS Trail Team	Veterano M40	58:49	+03:36	05:21
11	915	José Pedrosa	NBA Barrosas	Veterano M40	01:00:57	+05:44	05:32
12	593	Paulo Oliveira	Clube Desportivo Feirense	Veterano M40	01:01:13	+06:00	05:34
13	930	José Correia	Night Runners Feira	Veterano M40	01:01:34	+06:21	05:36

Official Timekeeper: Lap2Go	7 / 12	generate 10-Jul-2023 09:30
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**Trail Curto**

**11 KM**

R

REVISED

**OFFICIAL RESULT**

14	1047	João Correia		Veterano M40	01:02:07	+06:54	05:39
15	819	Vítor Vieira	Individual	Veterano M40	01:02:08	+06:54	05:39
16	908	David Ribeiro	NAI - Núcleo Amador de Idões	Veterano M40	01:03:17	+08:04	05:45
17	640	PEDRO ALVES	ESPINHO TRAIL	Veterano M40	01:03:19	+08:06	05:45
18	545	Pedro Jordão Ribeiro	C. F. Perosinho Trail & Running	Veterano M40	01:03:29	+08:16	05:46
19	875	Sérgio Fernandes	Lusavouga Trail Running	Veterano M40	01:05:03	+09:49	05:55
20	624	Ricardo Silva	Didatic Heart	Veterano M40	01:05:05	+09:52	05:55
21	70	Nuno Teixeira	Caldas de S.Jorge Sport Clube	Veterano M40	01:05:49	+10:36	05:59
22	592	João Moreira	Clube Desportivo Feirense	Veterano M40	01:06:24	+11:11	06:02
23	636	ANTÓNIO REIS	ESPINHO TRAIL	Veterano M40	01:06:42	+11:29	06:04
24	860	David Silva	LEões DE TARDARIZ TRAIL	Veterano M40	01:07:47	+12:34	06:10
25	896	Manuel Ferreira	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:08:41	+13:28	06:15
26	799	Gabriel Coutinho	Individual	Veterano M40	01:08:48	+13:35	06:15
27	518	Antonio Faria	Amigos 100 Limites	Veterano M40	01:09:35	+14:22	06:20
28	807	marco duarte	Individual	Veterano M40	01:09:35	+14:22	06:20
29	614	Henri Costa	Coronado Runners	Veterano M40	01:09:37	+14:23	06:20
30	626	Manuel Filipe Pereira pinho	Distúrbios	Veterano M40	01:09:51	+14:38	06:21
31	874	Paulo inverneiro	Lusavouga Trail Running	Veterano M40	01:10:03	+14:49	06:22
32	813	Rui Ferreira	Individual	Veterano M40	01:10:04	+14:51	06:22
33	897	Márcio Almeida	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:10:22	+15:08	06:24
34	817	Sérgio Sousa	Individual	Veterano M40	01:10:28	+15:15	06:24
35	803	Luis Gomes	Individual	Veterano M40	01:10:54	+15:41	06:27
36	595	Rolando Paulo	Clube Desportivo Feirense	Veterano M40	01:11:08	+15:54	06:28
37	625	Joaquim Pereira pinho	Distúrbios	Veterano M40	01:11:13	+16:00	06:28
38	523	Filipe Almeida	Arrifana Running	Veterano M40	01:11:30	+16:16	06:30
39	815	Rui Silva	Individual	Veterano M40	01:11:33	+16:20	06:30
40	800	Helder Teixeira	Individual	Veterano M40	01:13:03	+17:49	06:38
41	619	JOÃO PAULO CAMPOS	DDT RUNNER	Veterano M40	01:13:04	+17:51	06:39
42	873	Carlos Moreira	Lusavouga Trail Running	Veterano M40	01:13:11	+17:58	06:39
43	981	Mike Ferreira	Run & Fun	Veterano M40	01:14:20	+19:07	06:45
44	797	Elvio Ornelas	Individual	Veterano M40	01:15:26	+20:13	06:51
45	812	Pedro Ribeiro	Individual	Veterano M40	01:15:38	+20:25	06:53
46	661	Lucas Morgado	Furfor Running Project	Veterano M40	01:16:57	+21:44	07:00
47	52	BRUNO ROCHA	ESPINHO TRAIL	Veterano M40	01:17:25	+22:12	07:02
48	690	Pedro Rocha	Gens Sport Clube Trail	Veterano M40	01:18:02	+22:49	07:06
49	639	José Mário Pinho	ESPINHO TRAIL	Veterano M40	01:18:18	+23:05	07:07
50	950	Sérgio Gomes	Os Preguiças Team	Veterano M40	01:18:32	+23:18	07:08
51	508	Hélder Costa	AMIGO TRAIL RUN	Veterano M40	01:18:50	+23:37	07:10
52	638	FRANCISCO ARAGÃO	ESPINHO TRAIL	Veterano M40	01:18:57	+23:44	07:11
53	641	TIAGO OLIVEIRA	ESPINHO TRAIL	Veterano M40	01:18:57	+23:44	07:11
54	562	Orlando Nogueira	Caminhadas da amizade	Veterano M40	01:19:11	+23:58	07:12
55	507	Alberto fretas	AD MARCO 09	Veterano M40	01:19:27	+24:14	07:13
56	983	Tinoo Silva	Run & Fun	Veterano M40	01:19:29	+24:16	07:14
57	851	Carlos Araújo	KeMedo Team	Veterano M40	01:19:49	+24:36	07:15
58	808	Paulo Jorge Correia dos Santos	Individual	Veterano M40	01:20:42	+25:29	07:20



## Trail Curto

**11 KM**

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REVISED

**OFFICIAL RESULT**

103	794	Artur Fonseca	Individual	Veterano M40	01:48:48	+53:35	09:53
104	666	Vítor Sousa	Gansos	Veterano M40	01:49:29	+54:15	09:57
105	540	João Vieira	BTT Isolamais/Sportaz	Veterano M40	01:49:43	+54:29	09:58
106	580	vitor ribeiro	cin running team	Veterano M40	01:50:17	+55:04	10:02
107	574	Filipe Manuel Correia Espadaneira	Centro de União da Juventude da Lomba	Veterano M40	01:51:54	+56:40	10:10
108	802	Jorge Silva	Individual	Veterano M40	01:52:35	+57:21	10:14
109	620	KIKO PIMENTA	DDT RUNNER	Veterano M40	01:53:17	+58:04	10:18
110	623	RUI SILVA	DDT RUNNER	Veterano M40	01:53:18	+58:05	10:18
111	959	Tito Alves	Os Remendados	Veterano M40	01:53:21	+58:08	10:18
112	883	José Oliveira	Marcifer	Veterano M40	01:54:53	+59:40	10:27
113	103	Paulo Pereira	Individual	Veterano M40	01:56:50	+01:01:36	10:37
114	629	Jorge Vasconcelos	Equipa A	Veterano M40	01:59:50	+01:04:37	10:54
115	955	João Fragateiro	Os Remendados	Veterano M40	02:01:24	+01:06:11	11:02
116	957	Pedro Pereira	Os Remendados	Veterano M40	02:04:37	+01:09:23	11:20
117	1003	Adão santos	Team Santos	Veterano M40	02:05:28	+01:10:14	11:24
118	1012	Álvaro Silva	Tropeços	Veterano M40	02:07:32	+01:12:19	11:36
119	836	Telmo Ferreira	GONDOMAR FUTSAL CLUBE	Veterano M40	02:07:33	+01:12:19	11:36
120	560	José António Sousa	Caminhadas da amizade	Veterano M40	02:08:33	+01:13:20	11:41
121	1046	Sérgio Chacim		Veterano M40	02:14:40	+01:19:27	12:15
122	795	Carlos Filipe Martins Ferreira	Individual	Veterano M40	02:20:59	+01:25:45	12:49
123	958	Sergio Pereira	Os Remendados	Veterano M40	02:21:21	+01:26:08	12:51
124	793	António Silva	Individual	Veterano M40	02:22:02	+01:26:49	12:55
125	792	André Azevedo	Individual	Veterano M40	02:50:46	+01:55:33	15:31

## Veterano M50

1	864	José Loureiro	LEões DE TARDARIZ TRAIL	Veterano M50	57:29		05:14
2	938	Victor Correia	Night Runners Feira	Veterano M50	58:02	+00:33	05:17
3	997	Sérgio Martins	Sport Clube Freamunde	Veterano M50	01:00:47	+03:18	05:32
4	918	Flavio Fernandes	NBA Barrosas	Veterano M50	01:03:00	+05:31	05:44
5	903	Luís Silvestre	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:04:09	+06:39	05:50
6	945	Manuel Domingues	NS Trail Team	Veterano M50	01:04:19	+06:49	05:51
7	876	Adriano Teixeira	Lusavouga Trail Running	Veterano M50	01:05:03	+07:33	05:55
8	835	Paulo Gama	Individual	Veterano M50	01:06:27	+08:58	06:02
9	853	José Graça	KeMedo Team	Veterano M50	01:06:34	+09:05	06:03
10	863	Dario Cardoso	LEões DE TARDARIZ TRAIL	Veterano M50	01:06:57	+09:28	06:05
11	901	José Marques	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:07:59	+10:30	06:11
12	834	Paulo Agostinho Pereira e Silva	Individual	Veterano M50	01:10:09	+12:40	06:23
13	630	Luís Oliveira	ESCOLA DO MOVIMENTO	Veterano M50	01:10:25	+12:56	06:24
14	567	Paulo Carneiro	Caminhadas da amizade	Veterano M50	01:10:47	+13:18	06:26
15	865	Pedro Ferreira	LEões DE TARDARIZ TRAIL	Veterano M50	01:11:28	+13:58	06:30
16	1023	FRANCISCO FONSECA	UNIDOS PELOS TRILHOS	Veterano M50	01:11:35	+14:06	06:30
17	902	Laurindo Moreira	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:12:21	+14:52	06:35

**Trail Curto**

**11 KM**

**OFFICIAL RESULT**

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

18	115	Jose María Martín aragón	Individual	Veterano M50	01:13:34	+16:05	06:41
19	820	Adao bessa	Individual	Veterano M50	01:14:50	+17:21	06:48
20	862	António Pinto	LEÕES DE TARDARIZ TRAIL	Veterano M50	01:14:53	+17:24	06:48
21	173	Nelson Castro	Individual	Veterano M50	01:15:29	+18:00	06:52
22	566	Joaquim Coelho	Caminhadas da amizade	Veterano M50	01:15:34	+18:05	06:52
23	824	António Dinis	Individual	Veterano M50	01:17:54	+20:25	07:05
24	699	Mário Perigoso	Grupo Vilarinho Cima	Veterano M50	01:19:32	+22:03	07:14
25	694	Pedro Sousa	GONDOMAR FUTSAL CLUBE	Veterano M50	01:20:19	+22:49	07:18
26	825	Baltazar Ferreira	Individual	Veterano M50	01:20:49	+23:19	07:21
27	1035	António Miranda	Wolves	Veterano M50	01:21:04	+23:34	07:22
28	838	Valter Luis Moura Silva	Individual	Veterano M50	01:22:00	+24:30	07:27
29	833	Miro Sousa	Individual	Veterano M50	01:22:46	+25:17	07:31
30	899	António Luís	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:22:53	+25:23	07:32
31	1021	ANTONIO CUNHA	UNIDOS PELOS TRILHOS	Veterano M50	01:23:54	+26:25	07:38
32	933	Antonio Almeida	Night Runners Feira	Veterano M50	01:25:24	+27:55	07:46
33	937	Rui Freitas	Night Runners Feira	Veterano M50	01:25:25	+27:56	07:46
34	642	JOÃO NEVES	ESPINHO TRAIL	Veterano M50	01:25:34	+28:04	07:47
35	645	Pedro Santos	Estronca Silvas	Veterano M50	01:27:24	+29:55	07:57
36	1022	ARTUR CARDOSO	UNIDOS PELOS TRILHOS	Veterano M50	01:29:01	+31:31	08:06
37	643	Mário Alves	ESPINHO TRAIL	Veterano M50	01:29:51	+32:21	08:10
38	962	Ricardo Gomes	OsFazConta	Veterano M50	01:29:54	+32:25	08:10
39	599	Virgínio Costa	Clube Trilheiros & amigos	Veterano M50	01:32:00	+34:31	08:22
40	935	Joaquim Moreira	Night Runners Feira	Veterano M50	01:32:39	+35:10	08:25
41	826	Eduardo Castro	Individual	Veterano M50	01:32:56	+35:27	08:27
42	985	Mário Oliveira	Run & Fun	Veterano M50	01:33:18	+35:49	08:29
43	829	Joaquim Rocha	Individual	Veterano M50	01:33:36	+36:07	08:31
44	1027	Joao Pinheiro	Valongo Trail Team	Veterano M50	01:35:51	+38:22	08:43
45	934	Carlos Abelha	Night Runners Feira	Veterano M50	01:36:18	+38:49	08:45
46	827	francisco costa	Individual	Veterano M50	01:37:16	+39:47	08:51
47	568	Vitorino Campos	Caminhadas da amizade	Veterano M50	01:37:50	+40:20	08:54
48	837	Sérgio Mota	Individual	Veterano M50	01:42:55	+45:25	09:21
49	855	Serafim Soares	LEBRES	Veterano M50	01:43:30	+46:01	09:25
50	869	Fernando Maia	Lourosa em Movimento	Veterano M50	01:44:00	+46:31	09:27
51	900	José Freitas	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:44:23	+46:54	09:29
52	831	Manuel Paiva	Individual	Veterano M50	01:46:43	+49:14	09:42
53	991	Amandio Mendes	running esmoriz	Veterano M50	01:47:50	+50:21	09:48
54	565	Francisco Moreira	Caminhadas da amizade	Veterano M50	01:48:19	+50:49	09:51
55	667	Carlos Anjos	Gansos	Veterano M50	01:49:19	+51:50	09:56
56	1043	Helder Oliveira	GAIA RUNNING	Veterano M50	01:52:01	+54:32	10:11
57	529	Pedro Brízido	B.O.A.s-YRun (Baguim Outdoor Activities)	Veterano M50	01:52:55	+55:26	10:16
58	936	Mário Costa Pereira	Night Runners Feira	Veterano M50	01:54:22	+56:52	10:24
59	884	Fernando costa	Marcifer	Veterano M50	01:54:53	+57:24	10:27
60	823	António Couto	Individual	Veterano M50	01:56:52	+59:22	10:37
61	984	José Pedro Gonçalves	Run & Fun	Veterano M50	01:57:36	+01:00:07	10:41

## Trail Curto

11 KM

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

62	832	Manuel Pinheiro	Individual	Veterano M50	02:00:30	+01:03:00	10:57
63	961	Pedro Rema	Os Remendados	Veterano M50	02:01:23	+01:03:54	11:02
64	973	Luís Matos	Rebeldes trail	Veterano M50	02:02:21	+01:04:52	11:07
65	972	João Santana	Rebeldes trail	Veterano M50	02:02:21	+01:04:52	11:07
66	1004	Carlos Ferreira	Team Santos	Veterano M50	02:05:28	+01:07:59	11:24
67	974	Manuel Jorge	Rebeldes trail	Veterano M50	02:05:35	+01:08:06	11:25
68	1014	Vítor Alves	Tropeços	Veterano M50	02:07:33	+01:10:04	11:36
69	830	José Duarte	Individual	Veterano M50	02:20:59	+01:23:30	12:49
70	960	Joaquim Pereira	Os Remendados	Veterano M50	02:21:21	+01:23:52	12:51
71	530	Pedro Pires	B.O.A.s-YRun (Baguim Outdoor Activities)	Veterano M50	02:22:10	+01:24:40	12:55
72	1005	Manuel Santos	Team Santos	Veterano M50	02:37:08	+01:39:38	14:17
73	533	Antonio Melo	Bio Team	Veterano M50	02:43:15	+01:45:46	14:50

## Veterano M60

1	905	Manuel Póvoas	MSS CONTABILIDADE TRAIL TEAM	Veterano M60	01:04:34		05:52
2	700	Fernando Seabra	Caminhadas da amizade	Veterano M60	01:06:18	+01:44	06:02
3	886	Mário Oliveira	Milheirós de Poiares	Veterano M60	01:09:35	+05:01	06:20
4	939	Joaquim Teixeira	Night Runners Feira	Veterano M60	01:10:56	+06:22	06:27
5	570	Jorge Silva	CENTRO CICLISTA DE GONDOMAR	Veterano M60	01:12:00	+07:26	06:33
6	840	Fernando Sousa	Individual	Veterano M60	01:12:06	+07:32	06:33
7	986	Alcino Almeida	Run & Fun	Veterano M60	01:15:13	+10:39	06:50
8	843	José Manuel Martins Silva	Individual	Veterano M60	01:18:29	+13:55	07:08
9	844	José Morais	Individual	Veterano M60	01:19:57	+15:22	07:16
10	846	José Santos	Individual	Veterano M60	01:20:25	+15:51	07:19
11	842	Jose coelho	Individual	Veterano M60	01:32:44	+28:10	08:26
12	1024	JOAQUIM TEIXEIRA	UNIDOS PELOS TRILHOS	Veterano M60	01:33:01	+28:27	08:27
13	987	Quinel Mota	Run & Fun	Veterano M60	01:35:02	+30:28	08:38
14	910	Manuel Matos	NAI - Núcleo Amador de Idães	Veterano M60	01:47:27	+42:53	09:46
15	571	António Castro	CENTRO CICLISTA DE GONDOMAR	Veterano M60	01:50:11	+45:36	10:01
16	664	João Santiago	GAIA-RUNNING	Veterano M60	02:00:23	+55:49	10:57
17	841	Jose Afonso	Individual	Veterano M60	02:37:32	+01:32:58	14:19
18	845	José Pereira	Individual	Veterano M60	02:41:19	+01:36:45	14:40





## TEAM RESULTS - TRAIL CURTO

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

39	REBELDES TRAIL	277 + 428 + 429	1134
40	B.O.A.S-YRUN (BAGUIM OUTDOOR ACTIVITIES)	379 + 380 + 381	1140
41	XTRILHOSTEAM	348 + 350 + 454	1152
42	GAIA-RUNNING	333 + 417 + 422	1172
43	MARCIFER	394 + 395 + 411	1200
44	TEAM SANTOS	340 + 435 + 436	1211
45	PEGADA DE LOBO	457 + 458 + 459	1374