

TRAIL LONGO - STAGE 1

21 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

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	14:30	14.3°C	55%
End	18:14	9.4°C	87%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	21	Daniel Santos	EDV - Viana Trail	01:41:45		04:51	
2	20	Paulo Pinto	Duvalli Runners	01:41:51	+00:06	04:51	
3	14	Fábio Barbosa	Clube Desportivo Feirense	01:41:56	+00:11	04:51	
4	181	Mario Ibarra	G.D.A Ronda	01:44:21	+02:36	04:58	
5	10	Ricardo Silva	Caldas de São Jorge Sport Clube	01:52:17	+10:32	05:21	
6	45	Ricardo Senos	Individual	01:55:46	+14:01	05:31	
7	44	Pablo Conde Estévez	Individual	01:56:11	+14:26	05:32	
8	17	Rui Lopes Silva	Clube Desportivo Feirense	01:57:47	+16:02	05:37	
9	11	Ivan Silva	Caldas de São Jorge Sport Clube	01:57:47	+16:02	05:37	
10	69	Davide Ferreira	Sapatilhas verdes	01:59:57	+18:12	05:43	
11	23	Daniel Ventura	Embarca Running	02:00:13	+18:28	05:43	
12	22	Christophe Rodrigues	Embarca Running	02:00:13	+18:28	05:43	
13	113	Bruno silva	Caldas de São Jorge Sport Clube	02:00:14	+18:29	05:44	
14	67	PEDRO PAIVA	Pupilos do Zé Tó	02:03:00	+21:15	05:51	
15	61	Agostinho Costa	Núcleo atletismo Cucujães	02:04:09	+22:24	05:55	
16	24	Manuel Bastos	G.D.A Ronda	02:04:10	+22:25	05:55	
17	16	Vera Rodrigues	Clube Desportivo Feirense	02:04:16	+22:31	05:55	
18	39	Joaquim Pereira pinho	Individual	02:05:59	+24:14	06:00	
19	42	Marco António da Rocha Vieira	Clube Zupper	02:06:14	+24:29	06:01	
20	66	FÁBIO FERREIRA	Pupilos do Zé Tó	02:07:50	+26:05	06:05	
21	54	Manuel Couto	Individual	02:08:10	+26:25	06:06	
22	58	Dario Cardoso	LEões DE TARDARIZ TRAIL	02:10:12	+28:27	06:12	
23	15	Fernando da Silva Castanheira	Clube Desportivo Feirense	02:10:20	+28:35	06:12	
24	5	Renato Reis de Andrade	A Seita Que Dói Menos	02:11:07	+29:22	06:15	
25	2	David Baros	100esforçonaohátinto	02:11:09	+29:24	06:15	
26	13	Carlos Fernandes	CDC Macieira de Cambra	02:11:49	+30:04	06:17	
27	72	Alcino Gouveia	Sentir Escariz Running	02:12:13	+30:28	06:18	
28	71	Paulo Sérgio Silva Gomes	Sentir Escariz Running	02:12:33	+30:48	06:19	
29	34	Hugo André Silva Soares	Individual	02:14:49	+33:04	06:25	
30	55	Porfírio Pereira	Individual	02:18:00	+36:15	06:34	
31	33	Guilherme Marques	Individual	02:21:32	+39:47	06:44	
32	1	José Oliveira	Sentir Escariz Running	02:22:06	+40:21	06:46	
33	30	Rita Freitas	Individual	02:22:17	+40:32	06:47	
34	57	José Santos	Individual	02:22:59	+41:14	06:49	
35	76	Bruno Miguel Ferreira Gonçalves	Zequinhas running team	02:23:09	+41:24	06:49	
36	47	Alcino Ferreira Santos	Individual	02:24:47	+43:02	06:54	
37	31	Daniel José Batista Silva	Individual	02:25:38	+43:53	06:56	
38	35	Roberto Pacheco	Individual	02:28:17	+46:32	07:04	
39	59	Ricardo Duarte	Lourosa em Movimento	02:28:19	+46:34	07:04	
40	37	Sandra Moreira	Individual	02:28:40	+46:55	07:05	
41	52	jorge oliveira	Individual	02:29:23	+47:38	07:07	
42	28	Heitor Santos	Grupo desportivo Assempark	02:30:13	+48:28	07:09	

TRAIL LONGO - STAGE 1

21 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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	46	Rui Ferreira	Individual	02:34:27	+52:42	07:21	
44	60	Célia Santos	Lourosa em Movimento	02:34:31	+52:46	07:21	
45	25	Carlos Fazendeiro	G.D.A Ronda	02:34:33	+52:48	07:22	
46	41	Manuel Francisco Rodrigues de Sousa Moreira	Individual	02:35:02	+53:17	07:23	
47	56	Vítor santos	Individual	02:37:38	+55:53	07:30	
48	29	Ana Duarte	Individual	02:42:24	+01:00:39	07:44	
49	48	ANTÓNIO MANUEL BARBOSA FERREIRA	Individual	02:43:21	+01:01:36	07:47	
50	4	João Monteiro	A Seita Que Dói Menos	02:44:17	+01:02:32	07:49	
51	68	MARIA DE FÁTIMA PINTO GONÇALVES	Sapatilhas verdes	02:45:47	+01:04:02	07:54	
52	70	José Quaresma	Sapatilhas verdes	02:45:47	+01:04:02	07:54	
53	18	Isabel Sousa	Clube Desportivo Feirense	02:49:01	+01:07:16	08:03	
54	79	Vítor Santos	Outlaw Runners	02:51:29	+01:09:44	08:10	
55	26	Marisa Pinheiro	Gansos	03:00:17	+01:18:32	08:35	
56	51	JOÃO NUNES	Individual	03:00:33	+01:18:48	08:36	
57	6	Fátima Maria Soares Pinho	AFISOVAR	03:01:38	+01:19:53	08:39	
58	50	Delfim Nunes	Individual	03:04:04	+01:22:19	08:46	
59	27	Paula Ferreira	Gansos	03:04:04	+01:22:19	08:46	
60	75	Joana Pinho	Zequinhas running team	03:04:04	+01:22:19	08:46	
61	77	Marco Almeida	Zequinhas running team	03:04:06	+01:22:21	08:46	
62	74	Carlos Cruz	Zequinhas running team	03:04:06	+01:22:21	08:46	
63	49	Artur Franca	Individual	03:16:54	+01:35:09	09:23	
64	3	Mariana Pinho de Magalhães	A Seita Que Dói Menos	03:27:14	+01:45:29	09:52	
65	8	Carlos Campos	AFISOVAR	03:32:23	+01:50:38	10:07	
66	7	Ana Silva	AFISOVAR	03:32:23	+01:50:38	10:07	
67	64	Vítor Manuel da Silva Couto	Os 3 Mosqueteiros	03:34:41	+01:52:56	10:13	
68	63	Linton Eurico Gomes Almeida	Os 3 Mosqueteiros	03:34:42	+01:52:57	10:13	

**Trail Longo****21 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

**OFFICIAL RESULT**

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	Time	Temperature	Humidity
Start	14:30	14.3°C	55%
End	18:14	9.4°C	87%

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

1	16	Vera Rodrigues	Clube Desportivo Feirense	Senior Feminino	02:04:16		05:55
2	30	Rita Freitas	Individual	Senior Feminino	02:22:17	+18:00	06:47
3	29	Ana Duarte	Individual	Senior Feminino	02:42:24	+38:08	07:44
4	6	Fátima Maria Soares Pinho	AFISOVAR	Senior Feminino	03:01:38	+57:21	08:39
5	3	Mariana Pinho de Magalhães	A Seita Que Dói Menos	Senior Feminino	03:27:14	+01:22:57	09:52

**Senior Masculino**

1	21	Daniel Santos	EDV - Viana Trail	Senior Masculino	01:41:45		04:51
2	14	Fábio Barbosa	Clube Desportivo Feirense	Senior Masculino	01:41:56	+00:10	04:51
3	181	Mario Ibarra	G.D.A Ronda	Senior Masculino	01:44:21	+02:35	04:58
4	10	Ricardo Silva	Caldas de São Jorge Sport Clube	Senior Masculino	01:52:17	+10:31	05:21
5	17	Rui Lopes Silva	Clube Desportivo Feirense	Senior Masculino	01:57:47	+16:01	05:37
6	23	Daniel Ventura	Embarca Running	Senior Masculino	02:00:13	+18:27	05:43
7	22	Christophe Rodrigues	Embarca Running	Senior Masculino	02:00:13	+18:27	05:43
8	66	FÁBIO FERREIRA	Pupilos do Zé Tó	Senior Masculino	02:07:50	+26:04	06:05
9	15	Fernando da Silva Castanheira	Clube Desportivo Feirense	Senior Masculino	02:10:20	+28:34	06:12
10	5	Renato Reis de Andrade	A Seita Que Dói Menos	Senior Masculino	02:11:07	+29:21	06:15
11	34	Hugo André Silva Soares	Individual	Senior Masculino	02:14:49	+33:03	06:25
12	33	Guilherme Marques	Individual	Senior Masculino	02:21:32	+39:46	06:44
13	31	Daniel José Batista Silva	Individual	Senior Masculino	02:25:38	+43:52	06:56
14	35	Roberto Pacheco	Individual	Senior Masculino	02:28:17	+46:31	07:04
15	59	Ricardo Duarte	Lourosa em Movimento	Senior Masculino	02:28:19	+46:33	07:04
16	4	João Monteiro	A Seita Que Dói Menos	Senior Masculino	02:44:17	+01:02:31	07:49
17	74	Carlos Cruz	Zequinhas running team	Senior Masculino	03:04:06	+01:22:20	08:46
18	64	Vítor Manuel da Silva Couto	Os 3 Mosqueteiros	Senior Masculino	03:34:41	+01:52:55	10:13
19	63	Linton Eurico Gomes Almeida	Os 3 Mosqueteiros	Senior Masculino	03:34:42	+01:52:56	10:13

**Veterana F40**

1	37	Sandra Moreira	Individual	Veterana F40	02:28:40		07:05
2	60	Célia Santos	Lourosa em Movimento	Veterana F40	02:34:31	+05:51	07:21
3	68	MARIA DE FÁTIMA PINTO GONÇALVES	Sapatilhas verdes	Veterana F40	02:45:47	+17:07	07:54
4	18	Isabel Sousa	Clube Desportivo Feirense	Veterana F40	02:49:01	+20:20	08:03
5	26	Marisa Pinheiro	Gansos	Veterana F40	03:00:17	+31:36	08:35
6	75	Joana Pinho	Zequinhas running team	Veterana F40	03:04:04	+35:24	08:46







**TRAIL - STAGE 1**
**12 KM**

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

	Time	Temperature	Humidity
Start	14:40	14.3°C	55%
End	17:10	12°C	77%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	193	Paulo Pereira	NS Trail Team	01:02:58		05:15	
2	191	André Silva	NS Trail Team	01:07:09	+04:11	05:36	
3	122	José Almeida	EV Peraltafil	01:07:09	+04:11	05:36	
4	108	Antonio nunes	Arada trail	01:08:03	+05:05	05:40	
5	196	José Tavares	NS Trail Team	01:08:04	+05:06	05:40	
6	112	António Vieira	Caldas de São Jorge Sport Clube	01:09:40	+06:42	05:48	
7	123	José Costa	G.D.A Ronda	01:11:30	+08:32	05:57	
8	187	Filipe Oliveira	Milheirós de Poiares	01:11:44	+08:46	05:59	
9	201	Luís Oliveira	Pés Doridos	01:14:08	+11:10	06:11	
10	194	Ricardo Almeida	NS Trail Team	01:15:40	+12:42	06:18	
11	161	André Batista	Clube Desportivo Feirense	01:15:48	+12:50	06:19	
12	154	Domingos Ferreira	Individual	01:16:00	+13:02	06:20	
13	120	Paulo Oliveira	Clube Desportivo Feirense	01:16:52	+13:54	06:24	
14	195	Henrique Silva	NS Trail Team	01:16:52	+13:54	06:24	
15	114	João Santos	Caldas de São Jorge Sport Clube	01:17:30	+14:32	06:27	
16	153	Daniel Matos	Individual	01:18:13	+15:15	06:31	
17	104	Pedro Cunha e Silva	AMA - Associação Mondim Atletismo	01:18:44	+15:46	06:34	
18	129	Francisco Figueiredo	Individual	01:20:19	+17:21	06:42	
19	137	Helder de Oliveira Mendes	Individual	01:20:21	+17:23	06:42	
20	162	Jorge Saraiva Alves	Individual	01:20:28	+17:30	06:42	
21	115	Joaquim Vaz	Caldas de São Jorge Sport Clube	01:21:00	+18:02	06:45	
22	212	Carlos Jesus	Running Espinho	01:22:13	+19:15	06:51	
23	202	Luís Ferreira	Pupilos do Zé Tó	01:22:31	+19:33	06:53	
24	188	Mário Oliveira	Milheirós de Poiares	01:22:36	+19:38	06:53	
25	167	João Sousa	Individual	01:22:47	+19:49	06:54	
26	240	Monica Oliveira	Clube Desportivo Feirense	01:23:06	+20:08	06:56	
27	133	André Mota	Individual	01:23:32	+20:34	06:58	
28	203	Manuel Zola	Pupilos do Zé Tó	01:24:46	+21:48	07:04	
29	140	Joel Ramos	Individual	01:25:33	+22:35	07:08	
30	128	Carlos Sá	Guisande Trail Running	01:26:33	+23:35	07:13	
31	138	João Pedro Diogo	Individual	01:26:34	+23:36	07:13	
32	159	Helder Teixeira	Individual	01:27:46	+24:48	07:19	
33	143	Rui Coelho	Individual	01:28:23	+25:25	07:22	
34	157	Fernando Nobre	Individual	01:28:37	+25:39	07:23	
35	141	Luis Miguel Ferreira da Silva	Individual	01:29:44	+26:46	07:29	
36	190	Teresa Paiva	Nac Trail	01:30:03	+27:05	07:30	
37	166	Armando Almeida	Individual	01:31:27	+28:29	07:37	
38	220	Toni Paiva	Sentir Escariz Running	01:32:46	+29:48	07:44	
39	227	Carlos Freitas	Trilhados	01:32:51	+29:53	07:44	
40	169	José Paulo Sá	Individual	01:32:52	+29:54	07:44	
41	106	Albano Bravo	Amigos Bravos e Bravitas	01:33:09	+30:11	07:46	
42	127	RICARDO GODINHO	Geocrosstrail	01:33:32	+30:34	07:48	

**TRAIL - STAGE 1**

**12 KM**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	135	Carlos Monteiro	Individual	01:33:43	+30:45	07:49	
44	145	Paulo Almeida	Individual	01:34:07	+31:09	07:51	
45	174	Fernando Duarte Ferreira	Individual	01:34:29	+31:31	07:52	
46	118	Marco Pires	Club desportivo feirense	01:34:42	+31:44	07:53	
47	124	José Morais	Gaia Trail	01:34:59	+32:01	07:55	
48	180	Pedro Matos	Lourosa em Movimento	01:35:50	+32:52	07:59	
49	182	Carlos Duarte	Lourosa em Movimento	01:35:51	+32:53	07:59	
50	148	Susana Matilde Silva Borges	Individual	01:35:58	+33:00	08:00	
51	119	Tiago Ferreira	CLUBE DE ATLETISMO DE OVAR	01:35:59	+33:01	08:00	
52	216	Claudio Moreira	Sentir Escariz Running	01:36:50	+33:52	08:04	
53	103	Xavier Silva	A Seita Que Dói Menos	01:36:59	+34:01	08:05	
54	155	Eduardo Amorim	Individual	01:38:55	+35:57	08:15	
55	151	António José Moreira de Sousa	Individual	01:38:56	+35:58	08:15	
56	168	José Oliveira da Maia	Individual	01:40:32	+37:34	08:23	
57	178	RENATO ARAÚJO	JUFACC	01:40:32	+37:34	08:23	
58	164	sergio costa	Individual	01:41:50	+38:52	08:29	
59	171	Manuel gomes	Clube Desportivo Feirense	01:43:16	+40:18	08:36	
60	208	Gaspar Soares	Romariz	01:44:14	+41:16	08:41	
61	121	João Almeida	Estronca Silvas	01:44:36	+41:38	08:43	
62	160	Joel Cruz	Individual	01:45:31	+42:33	08:48	
63	214	Carlos Rocha	Running Espinho	01:47:51	+44:53	08:59	
64	78	Pedro Barbosa	Outlaw Runners	01:48:28	+45:30	09:02	
65	219	Mário Gomes	Sentir Escariz Running	01:48:29	+45:31	09:02	
66	149	Fernanda Pinheiro	Individual	01:51:13	+48:15	09:16	
67	170	José Pinheiro	Individual	01:51:13	+48:15	09:16	
68	226	Rui Pereira	Tartarugas Velozes	01:52:30	+49:32	09:23	
69	222	André Assunção	Tartarugas Velozes	01:52:32	+49:34	09:23	
70	223	André Valente	Tartarugas Velozes	01:52:55	+49:57	09:25	
71	221	Vânia Silva	Tartarugas Velozes	01:53:07	+50:09	09:26	
72	142	Nuno Santos	Individual	01:53:27	+50:29	09:27	
73	102	Nelson José Reis de Andrade	A Seita Que Dói Menos	01:53:31	+50:33	09:28	
74	218	Fernando Brandão	Sentir Escariz Running	01:53:31	+50:33	09:28	
75	117	Miguel Santos	CDC São Martinho da Gândara	01:53:37	+50:39	09:28	
76	224	Andreina Valente Assunção	Tartarugas Velozes	01:53:49	+50:51	09:29	
77	225	Dominique Trindade	Tartarugas Velozes	01:53:49	+50:51	09:29	
78	206	Antonio P	Romariz	01:54:07	+51:09	09:31	
79	101	Nuno Rocha	Romariz	01:54:08	+51:10	09:31	
80	179	Vera Oliveira	Lourosa em Movimento	01:54:41	+51:43	09:33	
81	199	Miguel Valente	Palhorunners	01:55:19	+52:21	09:37	
82	197	Diana Pimenta	Palhorunners	01:55:20	+52:22	09:37	
83	215	Patrícia Pinho	Sapatilhas verdes	01:57:25	+54:27	09:47	
84	173	Casimiro António Fernandes	Individual	01:59:12	+56:14	09:56	
85	136	Diogo Figueiredo	Individual	02:02:01	+59:03	10:10	
86	165	ALCIDIO FIGUEIREDO	Individual	02:02:01	+59:03	10:10	
87	228	Sofia Martins	Individual	02:02:30	+59:32	10:12	
88	172	Manuel Paiva	Individual	02:03:06	+01:00:08	10:16	



**TRAIL - STAGE 1****12 KM**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	207	Antonio Santos	Romariz	02:11:00	+01:08:02	10:55	
90	209	Joaquim Silva	Romariz	02:11:00	+01:08:02	10:55	
91	147	Lurdes Moreira	Individual	02:11:20	+01:08:22	10:57	
92	217	Leonel Marques Dias	Sentir Escariz Running	02:11:31	+01:08:33	10:58	
93	125	Flor Ribeiro	Gansos	02:12:28	+01:09:30	11:02	
94	210	Filipa Silva	Running Espinho	02:13:08	+01:10:10	11:06	
95	144	Tiago Lopes	Individual	02:14:04	+01:11:06	11:10	
96	163	Paulo Pádua	Individual	02:14:06	+01:11:08	11:10	
97	130	Isabela Augusta Rodrigues	Individual	02:14:07	+01:11:09	11:11	
98	183	Palmira Pereira Fontes	Lourosa em Movimento	02:15:28	+01:12:30	11:17	
99	211	Liliana Resende	Running Espinho	02:19:02	+01:16:04	11:35	
100	176	José Dara	Individual	02:19:02	+01:16:04	11:35	
101	184	Fernando Maia	Lourosa em Movimento	02:19:19	+01:16:21	11:37	
102	213	Sandra Santos	Running Espinho	02:22:27	+01:19:29	11:52	

## Trail

## 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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	14:40	14.3°C	55%
End	17:10	12°C	77%

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

1	221	Vânia Silva	Tartarugas Velozes	Senior Feminino	01:53:07		09:26
2	179	Vera Oliveira	Lourosa em Movimento	Senior Feminino	01:54:41	+01:33	09:33
3	197	Diana Pimenta	Palhorunners	Senior Feminino	01:55:20	+02:12	09:37
4	215	Patrícia Pinho	Sapatilhas verdes	Senior Feminino	01:57:25	+04:17	09:47
5	210	Filipa Silva	Running Espinho	Senior Feminino	02:13:08	+20:00	11:06
6	130	Isabela Augusta Rodrigues	Individual	Senior Feminino	02:14:07	+21:00	11:11
7	211	Liliana Resende	Running Espinho	Senior Feminino	02:19:02	+25:54	11:35

### Senior Masculino

1	191	André Silva	NS Trail Team	Senior Masculino	01:07:09		05:36
2	187	Filipe Oliveira	Milheirós de Poiares	Senior Masculino	01:11:44	+04:35	05:59
3	161	André Batista	Clube Desportivo Feirense	Senior Masculino	01:15:48	+08:39	06:19
4	104	Pedro Cunha e Silva	AMA - Associação Mondim Atletismo	Senior Masculino	01:18:44	+11:35	06:34
5	137	Helder de Oliveira Mendes	Individual	Senior Masculino	01:20:21	+13:12	06:42
6	212	Carlos Jesus	Running Espinho	Senior Masculino	01:22:13	+15:04	06:51
7	133	André Mota	Individual	Senior Masculino	01:23:32	+16:23	06:58
8	140	Joel Ramos	Individual	Senior Masculino	01:25:33	+18:24	07:08
9	138	João Pedro Diogo	Individual	Senior Masculino	01:26:34	+19:25	07:13
10	143	Rui Coelho	Individual	Senior Masculino	01:28:23	+21:14	07:22
11	141	Luis Miguel Ferreira da Silva	Individual	Senior Masculino	01:29:44	+22:34	07:29
12	227	Carlos Freitas	Trilhados	Senior Masculino	01:32:51	+25:42	07:44
13	135	Carlos Monteiro	Individual	Senior Masculino	01:33:43	+26:34	07:49
14	180	Pedro Matos	Lourosa em Movimento	Senior Masculino	01:35:50	+28:41	07:59
15	119	Tiago Ferreira	CLUBE DE ATLETISMO DE OVAR	Senior Masculino	01:35:59	+28:50	08:00
16	216	Claudio Moreira	Sentir Escariz Running	Senior Masculino	01:36:50	+29:41	08:04
17	103	Xavier Silva	A Seita Que Dói Menos	Senior Masculino	01:36:59	+29:50	08:05
18	78	Pedro Barbosa	Outlaw Runners	Senior Masculino	01:48:28	+41:19	09:02
19	222	André Assunção	Tartarugas Velozes	Senior Masculino	01:52:32	+45:23	09:23
20	223	André Valente	Tartarugas Velozes	Senior Masculino	01:52:55	+45:46	09:25
21	142	Nuno Santos	Individual	Senior Masculino	01:53:27	+46:18	09:27
22	102	Nelson José Reis de Andrade	A Seita Que Dói Menos	Senior Masculino	01:53:31	+46:21	09:28
23	199	Miguel Valente	Palhorunners	Senior Masculino	01:55:19	+48:10	09:37
24	136	Diogo Figueiredo	Individual	Senior Masculino	02:02:01	+54:51	10:10
25	217	Leonel Marques Dias	Sentir Escariz Running	Senior Masculino	02:11:31	+01:04:22	10:58
26	144	Tiago Lopes	Individual	Senior Masculino	02:14:04	+01:06:55	11:10

Official Timekeeper: Lap2Go	1 / 3	generate 16-Dec-2023 17:52
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**Trail**
**12 KM**
**OFFICIAL RESULT**
**Veterana F40**

1	240	Monica Oliveira	Clube Desportivo Feirense	Veterana F40	01:23:06	06:56
2	148	Susana Matilde Silva Borges	Individual	Veterana F40	01:35:58	+12:51 08:00
3	224	Andreina Valente Assunção	Tartarugas Velozes	Veterana F40	01:53:49	+30:42 09:29
4	147	Lurdes Moreira	Individual	Veterana F40	02:11:20	+48:13 10:57
5	213	Sandra Santos	Running Espinho	Veterana F40	02:22:27	+59:21 11:52

**Veterana F50**

1	190	Teresa Paiva	Nac Trail	Veterana F50	01:30:03	07:30
2	149	Fernanda Pinheiro	Individual	Veterana F50	01:51:13	+21:10 09:16
3	228	Sofia Martins	Individual	Veterana F50	02:02:30	+32:26 10:12
4	125	Flor Ribeiro	Gansos	Veterana F50	02:12:28	+42:24 11:02
5	183	Palmira Pereira Fontes	Lourosa em Movimento	Veterana F50	02:15:28	+45:24 11:17

**Veterano M40**

1	193	Paulo Pereira	NS Trail Team	Veterano M40	01:02:58	05:15
2	122	José Almeida	EV Peraltafil	Veterano M40	01:07:09	+04:11 05:36
3	112	António Vieira	Caldas de São Jorge Sport Clube	Veterano M40	01:09:40	+06:42 05:48
4	123	José Costa	G.D.A Ronda	Veterano M40	01:11:30	+08:31 05:57
5	201	Luís Oliveira	Pés Doridos	Veterano M40	01:14:08	+11:09 06:11
6	194	Ricardo Almeida	NS Trail Team	Veterano M40	01:15:40	+12:42 06:18
7	154	Domingos Ferreira	Individual	Veterano M40	01:16:00	+13:02 06:20
8	120	Paulo Oliveira	Clube Desportivo Feirense	Veterano M40	01:16:52	+13:53 06:24
9	114	João Santos	Caldas de São Jorge Sport Clube	Veterano M40	01:17:30	+14:31 06:27
10	153	Daniel Matos	Individual	Veterano M40	01:18:13	+15:15 06:31
11	129	Francisco Figueiredo	Individual	Veterano M40	01:20:19	+17:20 06:42
12	162	Jorge Saraiva Alves	Individual	Veterano M40	01:20:28	+17:30 06:42
13	128	Carlos Sá	Guisande Trail Running	Veterano M40	01:26:33	+23:35 07:13
14	159	Helder Teixeira	Individual	Veterano M40	01:27:46	+24:47 07:19
15	157	Fernando Nobre	Individual	Veterano M40	01:28:37	+25:39 07:23
16	220	Toni Paiva	Sentir Escariz Running	Veterano M40	01:32:46	+29:48 07:44
17	127	RICARDO GODINHO	Geocrosstrail	Veterano M40	01:33:32	+30:33 07:48
18	118	Marco Pires	Club desportivo feirense	Veterano M40	01:34:42	+31:43 07:53
19	155	Eduardo Amorim	Individual	Veterano M40	01:38:55	+35:57 08:15
20	151	António José Moreira de Sousa	Individual	Veterano M40	01:38:56	+35:57 08:15
21	164	sergio costa	Individual	Veterano M40	01:41:50	+38:51 08:29
22	208	Gaspar Soares	Romariz	Veterano M40	01:44:14	+41:16 08:41
23	121	João Almeida	Estronca Silvas	Veterano M40	01:44:36	+41:38 08:43
24	160	Joel Cruz	Individual	Veterano M40	01:45:31	+42:32 08:48
25	214	Carlos Rocha	Running Espinho	Veterano M40	01:47:51	+44:53 08:59
26	219	Mário Gomes	Sentir Escariz Running	Veterano M40	01:48:29	+45:30 09:02
27	226	Rui Pereira	Tartarugas Velozes	Veterano M40	01:52:30	+49:32 09:23



## TEAM RESULTS - TRAIL

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

RANK	TEAM	DESCRIPTION	POINTS
1	NS TRAIL TEAM	1 + 2 + 5 + 10	18
2	CLUBE DESPORTIVO FEIRENSE	11 + 13 + 26 + 59	109
3	SENTIR ESCARIZ RUNNING	38 + 52 + 65 + 74	229
4	LOUROSA EM MOVIMENTO	48 + 49 + 80 + 98	275
5	TARTARUGAS VELOZES	68 + 69 + 70 + 71	278
6	RUNNING ESPINHO	22 + 63 + 94 + 99	278
7	ROMARIZ	60 + 78 + 79 + 89	306