

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 - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	09:00	12,9°C	59%
End	12:52	12,9°C	59%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	6	Helder Lopes	DCI/Trilhos Luso Bussaco	01:50:21		04:25	
2	24	Pedro Garrido	OPraticante.pt	02:00:07	+09:46	04:48	
3	13	João Santos	Dura-F1 Raceteam	02:02:42	+12:21	04:54	
4	11	Valter Matos	DCI/Trilhos Luso Bussaco	02:05:59	+15:38	05:02	
5	32	Luís Azevedo	Sport Clube Paradela	02:09:55	+19:35	05:12	
6	28	Ivo Tavares	Saca Trilhos Anadia	02:09:56	+19:35	05:12	
7	9	Josias Meira	DCI/Trilhos Luso Bussaco	02:12:06	+21:45	05:17	
8	12	David Coutinho	Dura-F1 Raceteam	02:19:53	+29:32	05:36	
9	14	Luis santos	Fisbem team	02:21:41	+31:20	05:40	
10	34	Bruno Baptista	Sport Clube Paradela	02:21:44	+31:23	05:40	
11	18	Rui Pedro Ferreira Gala	Individual	02:24:10	+33:49	05:46	
12	16	Fernando Baltazar	Haertha/TendernessCapacity - Trail Running	02:25:15	+34:54	05:49	
13	19	Miguel Lopes	Associação Desportiva de Fermentelos	02:25:16	+34:55	05:49	
14	40	Bruno Cardoso	Trail Bela Bela	02:28:46	+38:25	05:57	
15	36	Ricardo Varalonga	Medicértima Benetton B150	02:31:09	+40:48	06:03	
16	21	VITAL ESPINHAL	LAAC - BIKE & SPORT	02:31:19	+40:58	06:03	
17	20	RICARDO HENRIQUES	LAAC - BIKE & SPORT	02:32:13	+41:52	06:05	
18	39	José Proença	Trail - GD Trancoso	02:32:26	+42:05	06:06	
19	30	Paulo Ramirez	Sosense Trail Team	02:39:08	+48:47	06:22	
20	27	Ana Melo	Saca Trilhos Anadia	02:40:49	+50:28	06:26	
21	29	Alcino Neves Gouveia	Sentir escaiz runing	02:41:37	+51:16	06:28	
22	4	Ricardo Patrício	Boavista Trail	02:41:59	+51:39	06:29	
23	22	Pedro Guimaraes	LETSRUNAZORES	02:46:29	+56:08	06:40	
24	31	Armando Cardoso	Sport Clube Paradela	02:46:33	+56:12	06:40	
25	25	Frederico da Costa Barros	Os Verbenses	03:00:09	+01:09:48	07:12	
26	5	Ariana Tavares	C.D.C Paradela do Vouga	03:03:01	+01:12:40	07:19	
27	7	Eunice da Conceição Magalhães	DCI/Trilhos Luso Bussaco	03:04:50	+01:14:29	07:24	
28	42	Avelino Silva	LAAC - BIKE & SPORT	03:12:04	+01:21:43	07:41	
29	15	Maria Macedo	Haertha/TendernessCapacity - Trail Running	03:16:17	+01:25:56	07:51	
30	41	Miguel Sa	VVTR VALONGO VOUGA TRAIL RUNNING	03:20:50	+01:30:29	08:02	
31	37	Maria Eduarda Reis Vinagre	Tainadas Run team	03:29:51	+01:39:30	08:24	
32	8	Idalina Ribeiro	DCI/Trilhos Luso Bussaco	03:35:08	+01:44:47	08:36	
33	10	Renato Ribeiro	DCI/Trilhos Luso Bussaco	03:35:08	+01:44:47	08:36	
34	35	João Saraiva	Sport Clube Paradela	03:49:57	+01:59:36	09:12	
35	3	Paula Simões	A.R.S.M-Associação Recreativa de São Miguel	03:49:59	+01:59:38	09:12	
36	2	Márcio Silva	A.R.S.M-Associação Recreativa de São Miguel	03:49:59	+01:59:38	09:12	
37	1	Jorge Scevola	A.R.S.M-Associação Recreativa de São Miguel	03:50:00	+01:59:39	09:12	

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

	Time	Temperature	Humidity
Start	09:00	12,9°C	59%
End	12:52	12,9°C	59%

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

1	27	Ana Melo	Saca Trilhos Anadia	Senior Feminino	02:40:49		06:26
2	5	Ariana Tavares	C.D.C Paradela do Vouga	Senior Feminino	03:03:01	+22:12	07:19

Senior Masculino

1	6	Helder Lopes	DCI/Trilhos Luso Bussaco	Senior Masculino	01:50:21		04:25
2	24	Pedro Garrido	OPraticante.pt	Senior Masculino	02:00:07	+09:46	04:48
3	32	Luís Azevedo	Sport Clube Paradela	Senior Masculino	02:09:55	+19:34	05:12
4	28	Ivo Tavares	Saca Trilhos Anadia	Senior Masculino	02:09:56	+19:35	05:12
5	14	Luis santos	Fisbem team	Senior Masculino	02:21:41	+31:20	05:40
6	18	Rui Pedro Ferreira Gala	Individual	Senior Masculino	02:24:10	+33:49	05:46
7	20	RICARDO HENRIQUES	LAAC - BIKE & SPORT	Senior Masculino	02:32:13	+41:51	06:05
8	31	Armando Cardoso	Sport Clube Paradela	Senior Masculino	02:46:33	+56:12	06:40
9	25	Frederico da Costa Barros	Os Verbenses	Senior Masculino	03:00:09	+01:09:48	07:12
10	2	Márcio Silva	A.R.S.M-Associação Recreativa de São Miguel	Senior Masculino	03:49:59	+01:59:38	09:12
11	1	Jorge Scevola	A.R.S.M-Associação Recreativa de São Miguel	Senior Masculino	03:50:00	+01:59:38	09:12

Veterana F40

1	7	Eunice da Conceição Magalhães	DCI/Trilhos Luso Bussaco	Veterana F40	03:04:50		07:24
2	15	Maria Macedo	Haertha/TendernessCapacity - Trail Running	Veterana F40	03:16:17	+11:27	07:51
3	8	Idalina Ribeiro	DCI/Trilhos Luso Bussaco	Veterana F40	03:35:08	+30:17	08:36
4	3	Paula Simões	A.R.S.M-Associação Recreativa de São Miguel	Veterana F40	03:49:59	+45:08	09:12

Veterana F50

1	37	Maria Eduarda Reis Vinagre	Tainadas Run team	Veterana F50	03:29:51		08:24
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Veterano M40

1	13	João Santos	Dura-F1 Raceteam	Veterano M40	02:02:42		04:54
2	11	Valter Matos	DCI/Trilhos Luso Bussaco	Veterano M40	02:05:59	+03:17	05:02
3	9	Josias Meira	DCI/Trilhos Luso Bussaco	Veterano M40	02:12:06	+09:24	05:17
4	12	David Coutinho	Dura-F1 Raceteam	Veterano M40	02:19:53	+17:11	05:36
5	34	Bruno Baptista	Sport Clube Paradela	Veterano M40	02:21:44	+19:01	05:40

Official Timekeeper: Lap2Go	1 / 2	generate 24-set-2023 12:53
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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 - LAP2GO - TIMING SOLUTION

6	19	Miguel Lopes	Associação Desportiva de Fermentelos	Veterano M40	02:25:16	+22:33	05:49
7	40	Bruno Cardoso	Trail Bela Bela	Veterano M40	02:28:46	+26:03	05:57
8	36	Ricardo Varalonga	Medicértima Benetton B150	Veterano M40	02:31:09	+28:27	06:03
9	21	VITAL ESPINHAL	LAAC - BIKE & SPORT	Veterano M40	02:31:19	+28:36	06:03
10	4	Ricardo Patrício	Boavista Trail	Veterano M40	02:41:59	+39:17	06:29
11	10	Renato Ribeiro	DCI/Trilhos Luso Bussaco	Veterano M40	03:35:08	+01:32:26	08:36
12	35	João Saraiva	Sport Clube Paradela	Veterano M40	03:49:57	+01:47:15	09:12

Veterano M50

1	16	Fernando Baltazar	Haertha/TendernessCapacity - Trail Running	Veterano M50	02:25:15		05:49
2	39	José Proença	Trail - GD Trancoso	Veterano M50	02:32:26	+07:10	06:06
3	30	Paulo Ramirez	Sosense Trail Team	Veterano M50	02:39:08	+13:52	06:22
4	29	Alcino Neves Gouveia	Sentir escariz runing	Veterano M50	02:41:37	+16:21	06:28
5	22	Pedro Guimaraes	LETSRUNAZORES	Veterano M50	02:46:29	+21:13	06:40
6	41	Miguel Sa	VVTR VALONGO VOUGA TRAIL RUNNING	Veterano M50	03:20:50	+55:34	08:02

Veterano M60

1	42	Avelino Silva	LAAC - BIKE & SPORT	Veterano M60	03:12:04		07:41
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TEAM RESULTS - TRAIL LONGO

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

RANK	TEAM	DESCRIPTION	POINTS
1	DCI/TRILHOS LUSO BUSSACO	1 + 4 + 7	12
2	SPORT CLUBE PARADELA	5 + 10 + 24	39
3	LAAC - BIKE & SPORT	16 + 17 + 28	61
4	A.R.S.M-ASSOCIAÇÃO RECREATIVA DE SÃO MIGUEL	35 + 36 + 37	108

TRAIL CURTO - STAGE 1

16 KM

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

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	210	Tiago Simões	OiãRunners	01:42:37	+29:22	06:25	
44	209	Ruben Moreira	OiãRunners	01:42:37	+29:22	06:25	
45	174	Jorge Ferreira	Individual	01:42:59	+29:44	06:26	
46	233	João Rocha	OPraticante.pt	01:43:28	+30:13	06:28	
47	103	Manuel Ferreira	Adabem Running team	01:43:33	+30:18	06:28	
48	156	Nuno Ribeiro	Individual	01:44:06	+30:51	06:30	
49	114	António Rodrigues	BiciARCA run team	01:44:24	+31:09	06:31	
50	131	NUNO JORGE SANTOS	Desportivo Atletico de Recardães	01:44:31	+31:16	06:32	
51	270	Teresa Reis	Trail Bela Bela	01:44:52	+31:37	06:33	
52	272	João Almeida	Trail Bela Bela	01:44:52	+31:37	06:33	
53	196	Ricardo Vidal	Lion Runners - Grupo Desportivo Leões da Guarda	01:45:36	+32:21	06:36	
54	198	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	01:46:14	+32:59	06:38	
55	285	Rui Barros	VVTR VALONGO VOUGA TRAIL RUNNING	01:46:52	+33:37	06:41	
56	115	Custódio Coutinho	C.D.C Paradela do Vouga	01:47:19	+34:04	06:42	
57	110	Inês Teixeira	Águeda Action Club - ACTIB	01:47:29	+34:14	06:43	
58	170	António Trigueiro	Individual	01:47:47	+34:32	06:44	
59	108	Tiago Delgado	AGM Team Running	01:47:54	+34:39	06:45	
60	113	Sérgio Ferreira	BiciARCA run team	01:48:13	+34:58	06:46	
61	120	Júlia Santos	DCI/Trilhos Luso Bussaco	01:48:59	+35:44	06:49	
62	124	José Pereira	DCI/Trilhos Luso Bussaco	01:48:59	+35:44	06:49	
63	183	Bruno Almeida	Individual	01:49:16	+36:01	06:50	
64	190	Paulo Jorge Santos António	Individual	01:49:20	+36:05	06:50	
65	241	Nelson Marques	Passo a Passo	01:49:50	+36:35	06:52	
66	129	RUBEN NEVES	Desportivo Atletico de Recardães	01:50:38	+37:23	06:55	
67	107	Helena Matos	AGM Team Running	01:52:50	+39:35	07:03	
68	252	Cláudio Agostinho	Sport Clube Paradela	01:53:09	+39:54	07:04	
69	118	Lucia Marques	DCI/Trilhos Luso Bussaco	01:53:13	+39:58	07:05	
70	250	Amilcar de Oliveira Raimundo	Sosense trail team Braga e Fernandes	01:53:35	+40:20	07:06	
71	247	Paulo Providência	Running Club Levanta Poeira	01:54:00	+40:45	07:07	
72	160	Paulo Pires Carvalho	Individual	01:55:01	+41:46	07:11	
73	231	António Rodrigues	OPraticante.pt	01:55:02	+41:47	07:11	
74	208	Miguel Ferreira	OiãRunners	01:55:10	+41:55	07:12	
75	157	Ricardo Miguel de Almeida Tavares	Individual	01:55:28	+42:13	07:13	
76	281	Mário António Pereira Migueis	Vamos a Pé - Taboira	01:55:38	+42:23	07:14	
77	177	Manuel Ventura da Silva Marques	Individual	01:57:29	+44:14	07:21	
78	175	José Carlos Tavares da Silva	Individual	01:57:29	+44:14	07:21	
79	205	Frederico Mendes	OCR Carqueijo	01:58:45	+45:30	07:25	
80	264	Teresa Pinho	Tainadas Run Team	02:00:50	+47:35	07:33	
81	121	Manuela Mendes	DCI/Trilhos Luso Bussaco	02:01:52	+48:37	07:37	
82	268	Paulo Alexandre Simões da Costa	Tainadas Run team	02:01:53	+48:38	07:37	
83	200	Paulo Jorge Simões da Silva	NAR - Núcleo de Atletismo de Requeixo	02:02:23	+49:08	07:39	
84	214	Pedro Braz	OiãRunners	02:02:42	+49:27	07:40	
85	199	Jorge Vilela	NAR - Núcleo de Atletismo de Requeixo	02:03:25	+50:10	07:43	
86	246	JORGE RIBEIRO	Running Club Levanta Poeira	02:03:39	+50:24	07:44	
87	251	Liliana Ferreira	Sport Clube Paradela	02:03:57	+50:42	07:45	
88	275	Carlos Eduardo Ferreira Coelho	UDCRS / Silveiro Sport Team	02:05:10	+51:55	07:49	

TRAIL CURTO - STAGE 1

16 KM

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

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
89	218	Miguel Pimentel	OiãRunners	02:05:10	+51:55	07:49	
90	109	Toni Santos	AGM Team Running	02:05:47	+52:32	07:52	
91	112	Eduardo Correia	BiciARCA run team	02:09:03	+55:48	08:04	
92	283	Fábio Silva	VVTR VALONGO VOUGA TRAIL RUNNING	02:09:22	+56:07	08:05	
93	259	Kelly Farias	Sport Clube Paradela	02:09:38	+56:23	08:06	
94	269	Margarida Duarte	Trail Bela Bela	02:10:20	+57:05	08:09	
95	189	Miguel Lopes	Individual	02:10:20	+57:05	08:09	
96	169	Celia Oliveira	Individual	02:10:25	+57:10	08:09	
97	184	Carlos ferreira	Individual	02:10:30	+57:15	08:09	
98	225	José Rocha	OPraticante.pt	02:11:55	+58:40	08:15	
99	265	Joni Pandeira Rocha	Tainadas Run team	02:12:15	+59:00	08:16	
100	213	Márcio Ferreira	OiãRunners	02:14:26	+01:01:11	08:24	
101	234	Paulo Silva	OPraticante.pt	02:14:47	+01:01:32	08:25	
102	235	Anabela Reis	Os 4	02:15:33	+01:02:18	08:28	
103	263	Sandra Rocha Oliveira	Tainadas Run team	02:18:21	+01:05:06	08:39	
104	132	ARLINDO SANTOS	Desportivo Atletico de Recardães	02:19:42	+01:06:27	08:44	
105	239	Acácio Dias Benavente da Silva	Os Verbenses	02:20:41	+01:07:26	08:48	
106	230	Marta Carmo	OPraticante.pt	02:21:37	+01:08:22	08:51	
107	219	Ana Pereira	OPraticante.pt	02:21:37	+01:08:22	08:51	
108	242	Carlos Santos	Passo a Passo	02:22:52	+01:09:37	08:56	
109	243	José Maia	Passo a Passo	02:22:52	+01:09:37	08:56	
110	166	Rosa Lopes	Individual	02:23:48	+01:10:33	08:59	
111	168	Tânia Andreia Santos	Individual	02:25:26	+01:12:11	09:05	
112	193	José António Abrantes Tavares	Individual	02:26:14	+01:12:59	09:08	
113	182	Antonio Teixeira	Individual	02:27:13	+01:13:58	09:12	
114	106	Ana Silva	AGM Team Running	02:27:56	+01:14:41	09:15	
115	176	Kevin Cruz	Individual	02:28:00	+01:14:45	09:15	
116	163	Liliana Gonçalves	Individual	02:28:00	+01:14:45	09:15	
117	201	Nuno Saraiva	NOCTIS TRAIL	02:28:52	+01:15:37	09:18	
118	202	ROMEU CARVALHO	NOCTIS TRAIL	02:28:52	+01:15:37	09:18	
119	155	Luís Carlos dos Santos Tavares	Individual	02:28:52	+01:15:37	09:18	
120	291	André Jorge Pinto Amorim	NOCTIS TRAIL	02:28:52	+01:15:37	09:18	
121	179	Pedro Alexandre Ravara Chaves	Individual	02:28:52	+01:15:37	09:18	
122	288	Maria Ramos	BoraBora, Vamos lá!	02:29:16	+01:16:01	09:20	
123	111	Raquel Brito	Águeda Action Club - ACTIB	02:29:43	+01:16:28	09:21	
124	144	Susana Patrícia Tavares da Silva	Individual	02:30:59	+01:17:44	09:26	
125	185	Hélder Daniel Nogueira	Individual	02:31:37	+01:18:22	09:29	
126	165	Miriam Pires	Individual	02:34:25	+01:21:10	09:39	
127	173	CARLOS RODRIGUES	Individual	02:34:33	+01:21:18	09:40	
128	162	Joana Tavares	Individual	02:35:54	+01:22:39	09:45	
129	290	Marta Rodrigues	Individual	02:36:17	+01:23:02	09:46	
130	217	Marco Dias	OiãRunners	02:36:21	+01:23:06	09:46	
131	137	Vera Lúcia Marques Soares	Grupo de Desporto Ibérica	02:36:22	+01:23:07	09:46	
132	136	Maria Helena Dias Almeida	Grupo de Desporto Ibérica	02:36:22	+01:23:07	09:46	
133	147	Bruno Alvites	Individual	02:37:32	+01:24:17	09:51	
134	216	Amílcar Ferreira	OiãRunners	02:37:59	+01:24:44	09:52	

TRAIL CURTO - STAGE 1

16 KM

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

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
135	148	Bruno Jesus	Individual	02:38:34	+01:25:19	09:55	
136	151	Fernando Vidal	Individual	02:38:34	+01:25:19	09:55	
137	161	Carla Neves	Individual	02:39:28	+01:26:13	09:58	
138	236	Verónica Vaz	Os 4	02:40:13	+01:26:58	10:01	
139	238	Luís Carvalheiro	Os 4	02:40:13	+01:26:58	10:01	
140	191	Rui Manuel Alves Abrantes	Individual	02:42:36	+01:29:21	10:10	
141	194	Carlos Oliveira	J C T	02:43:08	+01:29:53	10:12	
142	244	Rufino Cardoso	Passo a Passo	02:44:38	+01:31:23	10:17	
143	122	Paula Duarte	DCI/Trilhos Luso Bussaco	02:45:58	+01:32:43	10:22	
144	154	João Sousa	Individual	02:49:03	+01:35:48	10:34	
145	105	Jorge Rodrigues	Agarrados ao btt	02:49:03	+01:35:48	10:34	
146	104	Susana Cerqueira	Agarrados ao btt	02:49:03	+01:35:48	10:34	
147	158	Tiago Goncalves	Individual	02:49:04	+01:35:49	10:34	
148	143	Daniela Aguiar	Individual	02:49:04	+01:35:49	10:34	
149	277	Carla Sofia Simões Lemos	Uma Questão de Atitude!	02:53:03	+01:39:48	10:49	
150	278	Manuel Carlos Costa Martins	Uma Questão de Atitude!	02:53:03	+01:39:48	10:49	
151	187	Luis Paulo Silva Ferreira	Individual	02:57:23	+01:44:08	11:05	
152	282	Sandra Ferreira	VVTR VALONGO VOUGA TRAIL RUNNING	02:57:59	+01:44:44	11:07	
153	207	Mário Nogueira	OiãRunners	02:59:44	+01:46:29	11:14	
154	229	Cidália Silva	OPraticante.pt	02:59:52	+01:46:37	11:15	
155	228	Catarina Pinho	OPraticante.pt	02:59:53	+01:46:38	11:15	
156	286	Luisa Silva	VVTR VALONGO VOUGA TRAIL RUNNING	03:06:21	+01:53:06	11:39	
157	287	Rosa Silva	VVTR VALONGO VOUGA TRAIL RUNNING	03:06:41	+01:53:26	11:40	
158	145	Susete Freitas	Individual	03:09:05	+01:55:50	11:49	
159	164	Lúcia Maria Maia Simões	Individual	03:09:05	+01:55:50	11:49	
160	240	Carlos Leandro Perdigão da Costa Português	Os Verbenses	03:09:49	+01:56:34	11:52	
161	211	Marisa Edite Rodrigues Santos	OiãRunners	03:11:13	+01:57:58	11:57	
162	215	Vasco Esperança	OiãRunners	03:11:13	+01:57:58	11:57	
163	260	João Lopes	Sport Clube Paradela	03:31:11	+02:17:56	13:12	
164	262	Rui Almeida	Sport Clube Paradela	03:31:11	+02:17:56	13:12	

Trail Curto

16 KM

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

OFFICIAL RESULT

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13	245	João Rodrigues	Runners Project Trail Team	Senior Masculino	01:31:00	+17:45	05:41
14	226	José Sousa	OPraticante.pt	Senior Masculino	01:34:30	+21:15	05:54
15	102	LUI FERREIRA	ACD OS ÍLHAVOS	Senior Masculino	01:35:43	+22:28	05:59
16	26	Nelson Fernando Barros Pedrogam	Os Verbenses	Senior Masculino	01:37:37	+24:22	06:06
17	227	Sérgio Ruela	OPraticante.pt	Senior Masculino	01:37:49	+24:34	06:07
18	255	Luís Silva	Sport Clube Paradela	Senior Masculino	01:40:21	+27:06	06:16
19	150	Daniel Alexandre	Individual	Senior Masculino	01:41:38	+28:23	06:21
20	210	Tiago Simões	OiãRunners	Senior Masculino	01:42:37	+29:22	06:25
21	209	Ruben Moreira	OiãRunners	Senior Masculino	01:42:37	+29:22	06:25
22	156	Nuno Ribeiro	Individual	Senior Masculino	01:44:06	+30:51	06:30
23	198	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	01:46:14	+32:59	06:38
24	285	Rui Barros	VVTR VALONGO VOUGA TRAIL RUNNING	Senior Masculino	01:46:52	+33:37	06:41
25	241	Nelson Marques	Passo a Passo	Senior Masculino	01:49:50	+36:35	06:52
26	129	RUBEN NEVES	Desportivo Atletico de Recardães	Senior Masculino	01:50:38	+37:23	06:55
27	252	Cláudio Agostinho	Sport Clube Paradela	Senior Masculino	01:53:09	+39:54	07:04
28	208	Miguel Ferreira	OiãRunners	Senior Masculino	01:55:10	+41:55	07:12
29	157	Ricardo Miguel de Almeida Tavares	Individual	Senior Masculino	01:55:28	+42:13	07:13
30	275	Carlos Eduardo Ferreira Coelho	UDCRS / Silveiro Sport Team	Senior Masculino	02:05:10	+51:54	07:49
31	283	Fábio Silva	VVTR VALONGO VOUGA TRAIL RUNNING	Senior Masculino	02:09:22	+56:07	08:05
32	225	José Rocha	OPraticante.pt	Senior Masculino	02:11:55	+58:40	08:15
33	265	Joni Pandeira Rocha	Tainadas Run team	Senior Masculino	02:12:15	+58:59	08:16
34	239	Acácio Dias Benavente da Silva	Os Verbenses	Senior Masculino	02:20:41	+01:07:26	08:48
35	155	Luís Carlos dos Santos Tavares	Individual	Senior Masculino	02:28:52	+01:15:37	09:18
36	147	Bruno Alvites	Individual	Senior Masculino	02:37:32	+01:24:17	09:51
37	148	Bruno Jesus	Individual	Senior Masculino	02:38:34	+01:25:19	09:55
38	151	Fernando Vidal	Individual	Senior Masculino	02:38:34	+01:25:19	09:55
39	154	João Sousa	Individual	Senior Masculino	02:49:03	+01:35:48	10:34
40	158	Tiago Goncalves	Individual	Senior Masculino	02:49:04	+01:35:49	10:34
41	207	Mário Nogueira	OiãRunners	Senior Masculino	02:59:44	+01:46:29	11:14
42	240	Carlos Leandro Perdigão da Costa Português	Os Verbenses	Senior Masculino	03:09:49	+01:56:34	11:52

Sub 23 Masculino

1	160	Paulo Pires Carvalho	Individual	Sub 23 Masculino	01:55:01		07:11
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Veterana F40

1	119	Márcia Martins	DCI/Trilhos Luso Bussaco	Veterana F40	01:27:28		05:28
2	248	Inês João	Saca Trilhos Anadia	Veterana F40	01:30:52	+03:23	05:41
3	107	Helena Matos	AGM Team Running	Veterana F40	01:52:50	+25:22	07:03
4	118	Lucia Marques	DCI/Trilhos Luso Bussaco	Veterana F40	01:53:13	+25:45	07:05
5	235	Anabela Reis	Os 4	Veterana F40	02:15:33	+48:05	08:28
6	230	Marta Carmo	OPraticante.pt	Veterana F40	02:21:37	+54:09	08:51

Official Timekeeper: Lap2Go	2 / 5	generate 24-set-2023 12:49
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Trail Curto

16 KM

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

7	166	Rosa Lopes	Individual	Veterana F40	02:23:48	+56:19	08:59
8	168	Tânia Andreia Santos	Individual	Veterana F40	02:25:26	+57:58	09:05
9	163	Liliana Gonçalves	Individual	Veterana F40	02:28:00	+01:00:32	09:15
10	111	Raquel Brito	Águeda Action Club - ACTIB	Veterana F40	02:29:43	+01:02:14	09:21
11	165	Miriam Pires	Individual	Veterana F40	02:34:25	+01:06:57	09:39
12	162	Joana Tavares	Individual	Veterana F40	02:35:54	+01:08:26	09:45
13	290	Marta Rodrigues	Individual	Veterana F40	02:36:17	+01:08:49	09:46
14	137	Vera Lúcia Marques Soares	Grupo de Desporto Ibérica	Veterana F40	02:36:22	+01:08:54	09:46
15	136	Maria Helena Dias Almeida	Grupo de Desporto Ibérica	Veterana F40	02:36:22	+01:08:54	09:46
16	161	Carla Neves	Individual	Veterana F40	02:39:28	+01:12:00	09:58
17	236	Verónica Vaz	Os 4	Veterana F40	02:40:13	+01:12:44	10:01
18	104	Susana Cerqueira	Agarrados ao btt	Veterana F40	02:49:03	+01:21:35	10:34
19	277	Carla Sofia Simões Lemos	Uma Questão de Atitude!	Veterana F40	02:53:03	+01:25:35	10:49
20	229	Cidália Silva	OPraticante.pt	Veterana F40	02:59:52	+01:32:24	11:15
21	228	Catarina Pinho	OPraticante.pt	Veterana F40	02:59:53	+01:32:24	11:15
22	286	Luisa Silva	VVTR VALONGO VOUGA TRAIL RUNNING	Veterana F40	03:06:21	+01:38:53	11:39
23	287	Rosa Silva	VVTR VALONGO VOUGA TRAIL RUNNING	Veterana F40	03:06:41	+01:39:12	11:40
24	164	Lúcia Maria Maia Simões	Individual	Veterana F40	03:09:05	+01:41:37	11:49
25	211	Marisa Edite Rodrigues Santos	OiãRunners	Veterana F40	03:11:13	+01:43:44	11:57

Veterana F50

1	120	Júlia Santos	DCI/Trilhos Luso Bussaco	Veterana F50	01:48:59		06:49
2	121	Manuela Mendes	DCI/Trilhos Luso Bussaco	Veterana F50	02:01:52	+12:53	07:37
3	259	Kelly Farias	Sport Clube Paradela	Veterana F50	02:09:38	+20:38	08:06
4	169	Célia Oliveira	Individual	Veterana F50	02:10:25	+21:26	08:09
5	288	Maria Ramos	BoraBora, Vamos lá!	Veterana F50	02:29:16	+40:17	09:20
6	122	Paula Duarte	DCI/Trilhos Luso Bussaco	Veterana F50	02:45:58	+56:58	10:22

Veterano M40

1	181	Sérgio Manito	Individual	Veterano M40	01:14:01		04:38
2	130	DAVIDE SILVA	Desportivo Atletico de Recardães	Veterano M40	01:22:24	+08:22	05:09
3	274	Alex Tondela	Train Hard Team	Veterano M40	01:22:53	+08:52	05:11
4	232	João Garrido	OPraticante.pt	Veterano M40	01:28:51	+14:49	05:33
5	261	Márcio Silva	Sport Clube Paradela	Veterano M40	01:29:30	+15:28	05:36
6	134	José Cruz	Dura-F1 Raceteam	Veterano M40	01:31:05	+17:04	05:42
7	123	João Oliveira	DCI/Trilhos Luso Bussaco	Veterano M40	01:32:36	+18:35	05:47
8	237	Bruno Parente	Os 4	Veterano M40	01:38:44	+24:43	06:10
9	141	Sérgio Rodrigues	Haertha/TendernessCapacity - Trail Running	Veterano M40	01:41:34	+27:32	06:21
10	140	Bruno Rodrigues	Haertha/TendernessCapacity - Trail Running	Veterano M40	01:41:38	+27:36	06:21
11	174	Jorge Ferreira	Individual	Veterano M40	01:42:59	+28:58	06:26
12	233	João Rocha	OPraticante.pt	Veterano M40	01:43:28	+29:27	06:28

Official Timekeeper: Lap2Go

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Trail Curto

16 KM

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

13	131	NUNO JORGE SANTOS	Desportivo Atletico de Recardães	Veterano M40	01:44:31	+30:30	06:32
14	272	João Almeida	Trail Bela Bela	Veterano M40	01:44:52	+30:50	06:33
15	196	Ricardo Vidal	Lion Runners - Grupo Desportivo Leões da Guarda	Veterano M40	01:45:36	+31:34	06:36
16	170	António Trigueiro	Individual	Veterano M40	01:47:47	+33:45	06:44
17	108	Tiago Delgado	AGM Team Running	Veterano M40	01:47:54	+33:52	06:45
18	113	Sérgio Ferreira	BiciARCA run team	Veterano M40	01:48:13	+34:11	06:46
19	231	António Rodrigues	OPraticante.pt	Veterano M40	01:55:02	+41:00	07:11
20	177	Manuel Ventura da Silva Marques	Individual	Veterano M40	01:57:29	+43:27	07:21
21	175	José Carlos Tavares da Silva	Individual	Veterano M40	01:57:29	+43:28	07:21
22	205	Frederico Mendes	OCR Carqueijo	Veterano M40	01:58:45	+44:43	07:25
23	268	Paulo Alexandre Simões da Costa	Tainadas Run team	Veterano M40	02:01:53	+47:51	07:37
24	214	Pedro Braz	OiãRunners	Veterano M40	02:02:42	+48:41	07:40
25	109	Toni Santos	AGM Team Running	Veterano M40	02:05:47	+51:46	07:52
26	112	Eduardo Correia	BiciARCA run team	Veterano M40	02:09:03	+55:02	08:04
27	213	Márcio Ferreira	OiãRunners	Veterano M40	02:14:26	+01:00:24	08:24
28	234	Paulo Silva	OPraticante.pt	Veterano M40	02:14:47	+01:00:45	08:25
29	176	Kevin Cruz	Individual	Veterano M40	02:28:00	+01:13:58	09:15
30	201	Nuno Saraiva	NOCTIS TRAIL	Veterano M40	02:28:52	+01:14:50	09:18
31	202	ROMEUI CARVALHO	NOCTIS TRAIL	Veterano M40	02:28:52	+01:14:50	09:18
32	291	André Jorge Pinto Amorim	NOCTIS TRAIL	Veterano M40	02:28:52	+01:14:50	09:18
33	179	Pedro Alexandre Ravara Chaves	Individual	Veterano M40	02:28:52	+01:14:50	09:18
34	173	CARLOS RODRIGUES	Individual	Veterano M40	02:34:33	+01:20:32	09:40
35	238	Luís Carvalheiro	Os 4	Veterano M40	02:40:13	+01:26:11	10:01
36	105	Jorge Rodrigues	Agarrados ao btt	Veterano M40	02:49:03	+01:35:01	10:34
37	278	Manuel Carlos Costa Martins	Uma Questão de Atitude!	Veterano M40	02:53:03	+01:39:02	10:49
38	215	Vasco Esperança	OiãRunners	Veterano M40	03:11:13	+01:57:11	11:57
39	260	João Lopes	Sport Clube Paradela	Veterano M40	03:31:11	+02:17:10	13:12
40	262	Rui Almeida	Sport Clube Paradela	Veterano M40	03:31:11	+02:17:10	13:12

Veterano M50

1	188	Manuel Sérgio Marques Pinto	Individual	Veterano M50	01:21:49		05:07
2	125	Manuel Vicente	DCI/Trilhos Luso Bussaco	Veterano M50	01:25:17	+03:27	05:20
3	126	Tony Graça	DCI/Trilhos Luso Bussaco	Veterano M50	01:27:28	+05:38	05:28
4	289	Vasco Sousa	SCP - Caracóis de Corrida	Veterano M50	01:40:56	+19:06	06:18
5	103	Manuel Ferreira	Adabem Running team	Veterano M50	01:43:33	+21:44	06:28
6	114	António Rodrigues	BiciARCA run team	Veterano M50	01:44:24	+22:34	06:31
7	124	José Pereira	DCI/Trilhos Luso Bussaco	Veterano M50	01:48:59	+27:10	06:49
8	183	Bruno Almeida	Individual	Veterano M50	01:49:16	+27:27	06:50
9	190	Paulo Jorge Santos António	Individual	Veterano M50	01:49:20	+27:31	06:50
10	250	Amilcar de Oliveira Raimundo	Sosense trail team Braga e Fernandes	Veterano M50	01:53:35	+31:46	07:06
11	281	Mário António Pereira Migueis	Vamos a Pé - Taboeira	Veterano M50	01:55:38	+33:48	07:14
12	200	Paulo Jorge Simões da Silva	NAR - Núcleo de Atletismo de Requeixo	Veterano M50	02:02:23	+40:33	07:39

Trail Curto

16 KM

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

13	199	Jorge Vilela	NAR - Núcleo de Atletismo de Requeixo	Veterano M50	02:03:25	+41:36	07:43
14	246	JORGE RIBEIRO	Running Club Levanta Poeira	Veterano M50	02:03:39	+41:50	07:44
15	218	Miguel Pimentel	OiãRunners	Veterano M50	02:05:10	+43:21	07:49
16	189	Miguel Lopes	Individual	Veterano M50	02:10:20	+48:30	08:09
17	184	Carlos ferreira	Individual	Veterano M50	02:10:30	+48:41	08:09
18	242	Carlos Santos	Passo a Passo	Veterano M50	02:22:52	+01:01:03	08:56
19	243	José Maia	Passo a Passo	Veterano M50	02:22:52	+01:01:03	08:56
20	182	Antonio Teixeira	Individual	Veterano M50	02:27:13	+01:05:23	09:12
21	185	Hélder Daniel Nogueira	Individual	Veterano M50	02:31:37	+01:09:47	09:29
22	217	Marco Dias	OiãRunners	Veterano M50	02:36:21	+01:14:32	09:46
23	216	Amílcar Ferreira	OiãRunners	Veterano M50	02:37:59	+01:16:10	09:52
24	191	Rui Manuel Alves Abrantes	Individual	Veterano M50	02:42:36	+01:20:46	10:10
25	194	Carlos Oliveira	J C T	Veterano M50	02:43:08	+01:21:19	10:12
26	244	Rufino Cardoso	Passo a Passo	Veterano M50	02:44:38	+01:22:49	10:17
27	187	Luis Paulo Silva Ferreira	Individual	Veterano M50	02:57:23	+01:35:34	11:05

Veterano M60

1	128	Manuel Lino	DCI/Trilhos Luso Bussaco	Veterano M60	01:30:29		05:39
2	273	EUGÉNIO ALVES	TRAIL BELA BELA	Veterano M60	01:33:21	+02:51	05:50
3	139	José canha	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	Veterano M60	01:36:12	+05:43	06:01
4	127	Joaquim Godinho	DCI/Trilhos Luso Bussaco	Veterano M60	01:41:10	+10:41	06:19
5	192	João Almada	ADT	Veterano M60	01:41:47	+11:17	06:22
6	115	Custódio Coutinho	C.D.C Paradela do Vouga	Veterano M60	01:47:19	+16:50	06:42
7	247	Paulo Providência	Running Club Levanta Poeira	Veterano M60	01:54:00	+23:31	07:07
8	132	ARLINDO SANTOS	Desportivo Atletico de Recardães	Veterano M60	02:19:42	+49:12	08:44
9	193	José António Abrantes Tavares	Individual	Veterano M60	02:26:14	+55:44	09:08

