Trail Encostas do Mondego 2023

Figueira da Foz, PT

19-março-2023

TRAIL LONGO - STAGE 1 — 25 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:00	11,3ºC	81%
End	12:51	11,3ºC	81%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	402	João Silva	ACDRS QUINHENDROS	01:59:19		04:46	
2	416	Tiago Silva	GATOESBTT	02:02:32	+03:13	04:54	
3	415	Paulo Jorge Aveiro Ferreira	GATOESBTT	02:04:05	+04:46	04:58	
4	406	Bruno Andrade	Atletismo clube da Tocha	02:05:35	+06:16	05:01	
5	407	Ricardo Santos	Atletismo Clube da Tocha	02:07:01	+07:42	05:05	
6	448	Pedro Miguel Mendes	Talentos Objetivos	02:14:16	+14:57	05:22	
7	441	Alfredo Gaspar	Talentos Objetivos	02:15:29	+16:10	05:25	
8	443	Miguel Goyanes	Talentos Objetivos	02:17:09	+17:50	05:29	
9	442	João Rodrigues	Talentos Objetivos	02:19:24	+20:05	05:35	
10	426	João Vigário	Individual	02:20:51	+21:32	05:38	
11	446	Eduardo Joanes	Talentos Objetivos	02:32:12	+32:53	06:05	
12	445	Amílcar Ramos	Talentos Objetivos	02:32:45	+33:26	06:07	
13	409	Elisio Gonçalves	Atletismo Clube da Tocha	02:37:11	+37:52	06:17	
14	439	Carlos Cardoso	Soure Mov	02:38:15	+38:56	06:20	
15	417	Dany Mateus	GATOESBTT	02:39:05	+39:46	06:22	
16	431	David Cândido	Individual	02:41:43	+42:24	06:28	
17	404	Filipe Saltão	ARCD VENDA DA LUÍSA	02:43:30	+44:11	06:32	
18	437	JOÃO MANUEL SIMÕES MATOS	miro trail	02:43:40	+44:21	06:33	
19	411	João Amaral	Domus Trail	02:43:42	+44:23	06:33	
20	427	José Gomes	Individual	02:44:50	+45:31	06:36	
21	438	Daniela Ribeiro	Sharish Gin/GD Piranhas do Alqueva	02:47:33	+48:14	06:42	
22	457	Dany Grilo	Individual	02:48:57	+49:38	06:45	
23	444	Nelson Lopes	TALENTOS OBJETIVOS	02:53:07	+53:48	06:56	
24	424	Paulo Baptista	GRVilaverdense	02:53:28	+54:09	06:56	
25	405	Fausto Carvalho	ARSM - Associação Recreativa de S. Miguel	02:54:52	+55:33	07:00	
26	403	Luís Campos	Alverca Urban Runners	02:55:17	+55:58	07:01	
27	423	Hugo Dias	GRVilaverdense	02:55:41	+56:22	07:02	
28	433	Tiago Lopes	Individual	02:57:17	+57:58	07:05	
29	418	João Pedro da Silva Dâmaso	Grupo Maravilha	02:58:58	+59:39	07:10	
30	430	Marco Simões	Individual	03:03:27	+01:04:08	07:20	
31	425	João Tiago De Oliveira Carpinteiro	Individual	03:05:44	+01:06:25	07:26	
32	451	CESARIO ROCHA	Trilhos da Baga - K Run Team	03:12:57	+01:13:38	07:43	
33	412	Cristina Jorge	Figueira Kayak Clube	03:13:23	+01:14:04	07:44	
34	413	Rui Custódio	Figueira Kayak Clube	03:13:24	+01:14:05	07:44	
35	432	Leonardo Barroso Coutinho	Individual	03:13:25	+01:14:06	07:44	
36	436	Carlos Henriques	Individual	03:13:25	+01:14:06	07:44	
37	447	Joel Jacinto	Talentos Objetivos	03:18:08	+01:18:49	07:56	
38	429	Sónia Cardoso	Individual	03:25:21	+01:26:02	08:13	
39	408	Rute Bastos	Atletismo Clube da Tocha	03:26:40	+01:27:21	08:16	
40	435	Guillermo Cabrera	Individual	03:28:25	+01:29:06	08:20	
41	428	Miguel Ferreira Pereira	Individual	03:29:47	+01:30:28	08:23	
42	450	Alda Cordeiro	Trilhos da Baga - K Run Team	03:31:11	+01:31:52	08:27	

TRAIL LONGO - STAGE 1 — 25 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	420	Maria João Simões	GRVilaverdense	03:36:36	+01:37:17	08:40	
44	434	João Luís Almeida Cunha Rodrigues	Individual	03:38:41	+01:39:22	08:45	
45	410	Luís Pinto	Diabinhos de Samuel	03:45:46	+01:46:27	09:02	
46	422	Isabel Gomes	GRVilaverdense	03:51:27	+01:52:08	09:15	
47	414	Hugo Carvalho	Fruta da 5ª	03:51:28	+01:52:09	09:16	
48	401	Vania Gonçalo	Academia de Desportos de Condeixa	03:51:28	+01:52:09	09:16	
49	421	Teresa Rosa	GRVilaverdense	03:51:29	+01:52:10	09:16	
50	419	Fátima Oliveira	GRVilaverdense	03:51:29	+01:52:10	09:16	

Trail Encostas do Mondego 2023

Figueira da Foz, PT

19-março-2023

Trail Longo

25 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:00	11,3ºC	81%
End	12:51	11,3ºC	81%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	438	Daniela Ribeiro	Sharish Gin/GD Piranhas do Alqueva	Senior Feminino	02:47:32	+48:14	06:42
Senior Masculino							
1	406	Bruno Andrade	Atletismo clube da Tocha	Senior Masculino	02:05:35	+06:16	05:01
2	407	Ricardo Santos	Atletismo Clube da Tocha	Senior Masculino	02:07:01	+07:42	05:05
3	426	João Vigário	Individual	Senior Masculino	02:20:51	+21:32	05:38
4	427	José Gomes	Individual	Senior Masculino	02:44:50	+45:31	06:36
5	425	João Tiago De Oliveira Carpinteiro	Individual	Senior Masculino	03:05:43	+01:06:25	07:26
Sub 23 Masculino							
1	428	Miguel Ferreira Pereira	Individual	Sub 23 Masculino	03:29:47	+01:30:28	08:23
2	414	Hugo Carvalho	Fruta da 5ª	Sub 23 Masculino	03:51:27	+01:52:08	09:16
Veterana F35							
1	412	Cristina Jorge	Figueira Kayak Clube	Veterana F35	03:13:23	+01:14:04	07:44
Veterana F40							
1	429	Sónia Cardoso	Individual	Veterana F40	03:25:21	+01:26:02	08:13
2	408	Rute Bastos	Atletismo Clube da Tocha	Veterana F40	03:26:40	+01:27:21	08:16
3	401	Vania Gonçalo	Academia de Desportos de Condeixa	Veterana F40	03:51:27	+01:52:08	09:16
Veterana F45							
1	419	Fátima Oliveira	GRVilaverdense	Veterana F45	03:51:28	+01:52:10	09:16
Veterana F50							
1	420	Maria João Simões	GRVilaverdense	Veterana F50	03:36:35	+01:37:16	08:40
2	421	Teresa Rosa	GRVilaverdense	Veterana F50	03:51:28	+01:52:09	09:16

Trail Longo

25 KM

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

OFFICIAL RESULT

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

Veterana F55

1	450	Alda Cordeiro	Trilhos da Baga - K Run Team	Veterana F55	03:31:10	+01:31:52	08:27
2	422	Isabel Gomes	GRVilaverdense	Veterana F55	03:51:26	+01:52:08	09:15

Veterano M35

1	416	Tiago Silva	GATOESBTT	Veterano M35	02:02:32	+03:13	04:54
2	415	Paulo Jorge Aveiro Ferreira	GATOESBTT	Veterano M35	02:04:05	+04:46	04:58
3	441	Alfredo Gaspar	Talentos Objetivos	Veterano M35	02:15:28	+16:10	05:25
4	457	Dany Grilo	Individual	Veterano M35	02:48:57	+49:38	06:45
5	423	Hugo Dias	GRVilaverdense	Veterano M35	02:55:41	+56:22	07:02
6	418	João Pedro da Silva Dâmaso	Grupo Maravilha	Veterano M35	02:58:57	+59:39	07:10
7	430	Marco Simões	Individual	Veterano M35	03:03:27	+01:04:08	07:20

Veterano M40

1	443	Miguel Goyanes	Talentos Objetivos	Veterano M40	02:17:09	+17:50	05:29
2	442	João Rodrigues	Talentos Objetivos	Veterano M40	02:19:23	+20:05	05:35
3	439	Carlos Cardoso	Soure Mov	Veterano M40	02:38:14	+38:56	06:20
4	417	Dany Mateus	GATOESBTT	Veterano M40	02:39:04	+39:45	06:22
5	431	David Cândido	Individual	Veterano M40	02:41:42	+42:24	06:28
6	404	Filipe Saltão	ARCD VENDA DA LUÍSA	Veterano M40	02:43:29	+44:10	06:32
7	444	Nelson Lopes	TALENTOS OBJETIVOS	Veterano M40	02:53:07	+53:48	06:56
8	433	Tiago Lopes	Individual	Veterano M40	02:57:17	+57:58	07:05
9	413	Rui Custódio	Figueira Kayak Clube	Veterano M40	03:13:23	+01:14:04	07:44
10	432	Leonardo Barroso Coutinho	Individual	Veterano M40	03:13:25	+01:14:06	07:44

Veterano M45

1	402	João Silva	ACDRS QUINHENDROS	Veterano M45	01:59:18		04:46
2	448	Pedro Miguel Mendes	Talentos Objetivos	Veterano M45	02:14:16	+14:57	05:22
3	446	Eduardo Joanes	Talentos Objetivos	Veterano M45	02:32:12	+32:53	06:05
4	445	Amílcar Ramos	Talentos Objetivos	Veterano M45	02:32:45	+33:26	06:07
5	411	João Amaral	Domus Trail	Veterano M45	02:43:41	+44:22	06:33
6	447	Joel Jacinto	Talentos Objetivos	Veterano M45	03:18:08	+01:18:49	07:56
7	434	João Luís Almeida Cunha Rodrigues	Individual	Veterano M45	03:38:41	+01:39:22	08:45
8	410	Luís Pinto	Diabinhos de Samuel	Veterano M45	03:45:46	+01:46:27	09:02

Veterano M50

1	409	Elisio Gonçalves	Atletismo Clube da Tocha	Veterano M50	02:37:11	+37:52	06:17
2	424	Paulo Baptista	GRVilaverdense	Veterano M50	02:53:28	+54:09	06:56
3	403	Luís Campos	Alverca Urban Runners	Veterano M50	02:55:16	+55:58	07:01

Trail Longo

25 KM

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

OFFICIAL RESULT

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

4	435	Guillermo Cabrera	Individual	Veterano M50	03:28:24	+01:29:05	08:20

Veterano M55

1	451	CESARIO ROCHA	Trilhos da Baga - K Run Team	Veterano M55	03:12:56	+01:13:38	07:43

Veterano M60

1	437	JOÃO MANUEL SIMÕES MATOS	miro trail	Veterano M60	02:43:40	+44:21	06:33

Veterano M65

1	405	Fausto Carvalho	ARSM - Associação Recreativa de S. Miguel	Veterano M65	02:54:51	+55:33	07:00
2	436	Carlos Henriques	Individual	Veterano M65	03:13:25	+01:14:06	07:44

Trail Encostas do Mondego 2023

Figueira da Foz, PT

19-março-2023

TRAIL CURTO - STAGE 1 — 15 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:30	14,3ºC	88%
End	12:56	14,3ºC	88%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	25	Vasco Pereira	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	01:13:52		04:55	
2	23	Nuno Tavares	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	01:13:52		04:55	
3	109	Paulo Neves	Atletismo Clube da Tocha	01:15:33	+01:41	05:02	
4	36	Paulo Palhinha	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	01:15:58	+02:06	05:04	
5	110	Alex Silva	Atletismo Clube da Tocha	01:16:12	+02:20	05:05	
6	22	Hugo Neto	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	01:18:31	+04:39	05:14	
7	142	Diogo Pinheiro	Coimbra Trail Running	01:18:42	+04:50	05:15	
8	37	Paulo Amaral	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	01:19:41	+05:49	05:19	
9	302	Sérgio Filipe Rodrigues Escada	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:20:00	+06:08	05:20	
10	252	Tiago Lopes	Montanha Clube Trail Running / EFAPEL	01:21:17	+07:25	05:25	
11	102	José Santos	ASSSCC - Ar Livre e Aventura	01:21:37	+07:45	05:26	
12	26	David Carvalheiro	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	01:21:54	+08:02	05:28	
13	315	Jorge Santos	Individual	01:22:48	+08:56	05:31	
14	120	Hélder Isidoro	CAOH- Clube Atlético de Oliveira do Hospital	01:22:51	+08:59	05:31	
15	73	Eduardo Costa	AGM TEAM RUNNING	01:23:00	+09:08	05:32	
16	55	Tiago Figueiredo	ACDRS QUINHENDROS	01:23:27	+09:35	05:34	
17	107	Diogo Miranda	Atletismo Clube da Tocha	01:23:39	+09:47	05:35	
18	166	Jorge Simões	GATOESBTT	01:28:43	+14:51	05:55	
19	105	Pedro Cardoso	ASSSCC - Ar Livre e Aventura	01:28:50	+14:58	05:55	
20	297	Sérgio Miguel Tenente Dos Santos Pocinho	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:28:55	+15:03	05:56	
21	194	Nuno Lucas	Individual	01:29:18	+15:26	05:57	
22	24	Tiago Gonçalves	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	01:29:28	+15:36	05:58	
23	289	João Freitas	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:29:28	+15:36	05:58	
24	65	Orlando Pires	ACDRS QUINHENDROS	01:29:37	+15:45	05:58	
25	285	João Marques	Trilhos da Baga - K Run Team	01:29:54	+16:02	06:00	
26	94	Nelson Heleno	ASSSCC - Ar Livre e Aventura	01:30:10	+16:18	06:01	
27	31	Frederico Oliveira	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	01:30:27	+16:35	06:02	
28	61	António Santos	ACDRS QUINHENDROS	01:30:36	+16:44	06:02	
29	32	André Fonte	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	01:30:43	+16:51	06:03	
30	168	vitor cação	GATOESBTT	01:31:14	+17:22	06:05	
31	299	Bruno Miguel Oliveira Ribeiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:31:15	+17:23	06:05	
32	311	Pedro Manso	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa	01:32:23	+18:31	06:10	
33	19	Joaquim Sousa	GRVilaverdense	01:32:37	+18:45	06:10	
34	286	João Paulo Nobre Santos Marques	Trilhos da Baga - K Run Team	01:33:13	+19:21	06:13	

TRAIL CURTO - STAGE 1 — 15 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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
35	86	PEDRO MANOS_SIMOCAS	ARSM - Associação Recreativa de S. Miguel	01:33:52	+20:00	06:15	
36	253	Bruno Sousa	Montanha Clube Trail Running / EFAPEL	01:34:57	+21:05	06:20	
37	174	Tiago Abreu	GRVilaverdense	01:35:01	+21:09	06:20	
38	112	Duarte Domingues	Atletismo Clube da Tocha	01:35:03	+21:11	06:20	
39	33	Eduardo Cardoso	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	01:35:18	+21:26	06:21	
40	88	José Simões	ARSM - Associação Recreativa de S. Miguel	01:36:03	+22:11	06:24	
41	53	Andre Lavado	ACDRS QUINHENDROS	01:36:08	+22:16	06:25	
42	129	guida Fontes	CF Os Marialvas	01:36:17	+22:25	06:25	
43	126	Silvio Marques	CF Os Marialvas	01:36:20	+22:28	06:25	
44	193	Sylvain Perret	Individual	01:37:31	+23:39	06:30	
45	225	Carlos Alexandre Gomes pagaimo	Individual	01:37:32	+23:40	06:30	
46	64	António Neves Ferreira	ACDRS QUINHENDROS	01:38:11	+24:19	06:33	
47	298	Vasco André Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:38:19	+24:27	06:33	
48	257	José Belbuche	PENATURE TRAIL TEAM	01:38:20	+24:28	06:33	
49	154	Paulo costa	Diabinhos de samuel	01:38:22	+24:30	06:33	
50	301	Romeu Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:38:28	+24:36	06:34	
51	291	Tiago Jegundo	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:38:30	+24:38	06:34	
52	244	Joselito Pereira	Miro Trail	01:39:14	+25:22	06:37	
53	103	Luís Couto	ASSSCC - Ar Livre e Aventura	01:39:15	+25:23	06:37	
54	191	João Valente	Individual	01:39:21	+25:29	06:37	
55	290	Jóni Alexandre Carreira Oliveira	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:39:31	+25:39	06:38	
56	84	Aurélio Saúde	ARSM - Associação Recreativa de S. Miguel	01:39:38	+25:46	06:39	
57	274	Isabel Baptista	Talentos Objetivos	01:39:58	+26:06	06:40	
58	71	Jorge Albuquerque	Adões Trail	01:40:16	+26:24	06:41	
59	308	Gonçalo Araújo Marques	ZÉS DA PRAIA	01:41:14	+27:22	06:45	
60	222	Leonel Pinto	Individual	01:41:16	+27:24	06:45	
61	189	João Rolim	Individual	01:41:23	+27:31	06:46	
62	246	Horácio Ferreira	MIRO TRAIL	01:41:39	+27:47	06:47	
63	205	Cristiano ruas	Individual	01:42:31	+28:39	06:50	
64	272	Bruno Calisto	Talentos Objetivos	01:42:35	+28:43	06:50	
65	101	José Machado	ASSSCC - Ar Livre e Aventura	01:42:41	+28:49	06:51	
66	116	Nuno Costa	Blackbulls/CNI/NEUTURA	01:42:46	+28:54	06:51	
67	28	Ana Mota	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	01:42:52	+29:00	06:51	
68	128	Marco Daniel Ribeiro Catarino	CF Os Marialvas	01:43:02	+29:10	06:52	
69	104	Nuno Almeida	ASSSCC - Ar Livre e Aventura	01:43:25	+29:33	06:54	
70	219	Helder Esteves	Trilhos da Baga - K Run Team	01:43:26	+29:34	06:54	
71	66	Andreia Jesus	ACR Sra Desterro	01:43:39	+29:47	06:55	
72	119	Mário Henriques	CAOH- Clube Atlético de Oliveira do Hospital	01:43:39	+29:47	06:55	
73	188	Hugo Pagaimo	Individual	01:44:15	+30:23	06:57	
74	111	Rui Varanda	Atletismo Clube da Tocha	01:44:21	+30:29	06:57	
75	237	Rodrigo Dias	Miro Trail	01:44:23	+30:31	06:58	
76	144	Hugo Monteiro	CUMIBROA RUNNING TEAM	01:44:32	+30:40	06:58	
77	57	Tiago Simões	ACDRS QUINHENDROS	01:44:36	+30:44	06:58	
78	282	Rui Silva	Talentos Objetivos	01:44:43	+30:51	06:59	
79	169	Vasco Correia	GATOESBTT	01:44:50	+30:58	06:59	

TRAIL CURTO - STAGE 1 — 15 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
80	280	Henrique Nunes	Talentos Objetivos	01:45:06	+31:14	07:00	
81	278	Nuno Coelho	Talentos Objetivos	01:45:21	+31:29	07:01	
82	39	Juliana Oliveira	Abutres	01:45:22	+31:30	07:01	
83	137	Alexandre Pessoa	Cf Os Marialvas	01:45:41	+31:49	07:03	
84	279	Pedro Figueiredo	Talentos Objetivos	01:45:45	+31:53	07:03	
85	63	Antônio Gaspar	ACDRS QUINHENDROS	01:45:49	+31:57	07:03	
86	34	João Roso	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	01:46:08	+32:16	07:05	
87	38	Jorge Alves	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	01:46:52	+33:00	07:07	
88	259	João Marques	PENATURE TRAIL TEAM	01:47:13	+33:21	07:09	
89	125	Sandra Oliveira	CF Os Marialvas	01:47:17	+33:25	07:09	
90	209	Filipe Abreu	Individual	01:47:59	+34:07	07:12	
91	208	Carlos Alberto Fernandes Viegas	Individual	01:48:02	+34:10	07:12	
92	270	Ernesto Nabeiro	Soure Mov	01:48:34	+34:42	07:14	
93	175	Constança Pelicano	GRVilaverdense	01:48:41	+34:49	07:15	
94	281	Luís Mendes	Talentos objetivos	01:48:47	+34:55	07:15	
95	277	Hugo Silva	Talentos Objetivos	01:49:01	+35:09	07:16	
96	85	Pedro Oliveira	ARSM - Associação Recreativa de S. Miguel	01:49:31	+35:39	07:18	
97	296	Pedro Daniel Marques Valente De Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:49:53	+36:01	07:20	
98	27	Clara Rodrigues	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	01:49:54	+36:02	07:20	
99	148	Luis Fernandes	CUMIBROA RUNNING TEAM	01:50:03	+36:11	07:20	
100	217	Cesar Tafula	Individual	01:50:28	+36:36	07:22	
101	40	Karen Duarte Mendes	Academia de Desportos de Condeixa	01:51:21	+37:29	07:25	
102	242	Armenio Nogueira	Miro Trail	01:51:30	+37:38	07:26	
103	307	Tiago Pereira Henriques	ZÉS DA PRAIA	01:51:41	+37:49	07:27	
104	212	José Miguel Torres	Individual	01:51:41	+37:49	07:27	
105	79	João António Martins Travasso	ARCD VENDA DA LUÍSA	01:51:42	+37:50	07:27	
106	303	Filipe José Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:52:20	+38:28	07:29	
107	235	José Maçarria	Individual	01:52:29	+38:37	07:30	
108	96	Gabriela Oliveira	ASSSCC - Ar Livre e Aventura	01:52:58	+39:06	07:32	
109	59	Bruno Maciel Maia Rodrigues	ACDRS QUINHENDROS	01:53:03	+39:11	07:32	
110	184	Rui Santos	GRVilaverdense	01:54:22	+40:30	07:37	
111	305	Antonio José Damas Martins	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:54:23	+40:31	07:38	
112	124	Ligia dos Santos	CF Os Marialvas	01:54:28	+40:36	07:38	
113	300	Remi Ribeiro Alves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:54:41	+40:49	07:39	
114	313	Gastão Sousa	Individual	01:54:45	+40:53	07:39	
115	294	Patricia Isabel da Costa Simões	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:54:49	+40:57	07:39	
116	164	Lúcia Sofia Silva	GATOESBTT	01:55:09	+41:17	07:41	
117	150	Fernando Godinho	CUMIBROA RUNNING TEAM	01:55:15	+41:23	07:41	
118	190	João Serra	Individual	01:55:17	+41:25	07:41	
119	92	André Santos	ASSSCC - Ar Livre e Aventura	01:55:18	+41:26	07:41	
120	228	Paulo Rama	Adões Trail	01:55:19	+41:27	07:41	
121	141	Ricardo Madureira	CLUVE	01:55:27	+41:35	07:42	
122	310	Dora Gomes	Individual	01:55:51	+41:59	07:43	

TRAIL CURTO - STAGE 1 — 15 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
123	319	Gonçalo Rodrigues	Adões Trail	01:56:30	+42:38	07:46	
124	58	Bruno B Ferreira	ACDRS QUINHENDROS	01:56:58	+43:06	07:48	
125	210	Gabriel Costa	Individual	01:57:01	+43:09	07:48	
126	214	Lucidio Manuel Oliveira Neves	Individual	01:57:03	+43:11	07:48	
127	179	Raúl Vilares	GRVilaverdense	01:57:15	+43:23	07:49	
128	306	António Manuel Marques dos Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:57:21	+43:29	07:49	
129	316	Ana Lopes	Individual	01:57:25	+43:33	07:50	
130	145	Ricardo Lopes	CUMIBROA RUNNING TEAM	01:59:03	+45:11	07:56	
131	108	Luís Grou	Atletismo Clube da Tocha	01:59:07	+45:15	07:56	
132	157	Helder Simões	Figueira Kayak Clube	01:59:13	+45:21	07:57	
133	284	João Silva	Team Fiury	01:59:38	+45:46	07:59	
134	249	Elisabete Ferreira	Montanha Clube Trail Running / EFAPEL	01:59:45	+45:53	07:59	
135	135	João Nunes	CF Os Marialvas	02:00:00	+46:08	08:00	
136	48	Cláudia Neto	ACDRS QUINHENDROS	02:00:23	+46:31	08:02	
137	121	Vasco Manuel de Campos Figueiredo	CAOH- Clube Atlético de Oliveira do Hospital	02:00:41	+46:49	08:03	
138	97	Otília Costa	ASSSCC - Ar Livre e Aventura	02:00:47	+46:55	08:03	
139	309	Tiago Costa	ZÉS DA PRAIA	02:00:57	+47:05	08:04	
140	312	Ricardo Carmo	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa	02:01:37	+47:45	08:06	
141	170	DIANA COSTA	gear up	02:01:43	+47:51	08:07	
142	44	Bruno Gonçalo	Academia de Desportos de Condeixa	02:01:53	+48:01	08:08	
143	260	Ricardo Coelho	PENATURE TRAIL TEAM	02:02:02	+48:10	08:08	
144	78	João Pedro Madeira Pratas	ARCD VENDA DA LUÍSA	02:02:15	+48:23	08:09	
145	218	Daniel Costa	Individual	02:02:20	+48:28	08:09	
146	29	Dora Serra	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	02:02:22	+48:30	08:09	
147	269	José Madeira	Soure Mov	02:02:31	+48:39	08:10	
148	41	Vera Lúcia Guedes Tomé	Academia de Desportos de Condeixa	02:02:46	+48:54	08:11	
149	185	Américo Grou	GRVilaverdense	02:02:51	+48:59	08:11	
150	167	João Antonio Dinis Maricato	GATOESBTT	02:03:10	+49:18	08:13	
151	95	Catarina Marques	ASSSCC - Ar Livre e Aventura	02:03:19	+49:27	08:13	
152	60	Tiago Pêgo	ACDRS QUINHENDROS	02:03:26	+49:34	08:14	
153	178	Gabriel Romualdo	GRVilaverdense	02:03:32	+49:40	08:14	
154	220	João Dinis	Individual	02:03:40	+49:48	08:15	
155	276	Silvia Marques	Talentos Objetivos	02:03:48	+49:56	08:15	
156	67	Lino Carraco	ACRM Silveirinha Grande e Claras	02:04:14	+50:22	08:17	
157	68	José Carlos	ADM-Orimondego	02:05:14	+51:22	08:21	
158	215	Nuno Tavares	Individual	02:05:48	+51:56	08:23	
159	318	Mário Lopes	Individual	02:06:09	+52:17	08:25	
160	317	Bruno Azevedo	Individual	02:06:10	+52:18	08:25	
161	231	Jorge Manuel Andrade Marques	Individual	02:06:38	+52:46	08:27	
162	245	Carlos Coelho	MIRO TRAIL	02:06:40	+52:48	08:27	
163	156	Filomena Carvalho	Figueira Kayak Clube	02:06:42	+52:50	08:27	
164	149	Jorge Faria	CUMIBROA RUNNING TEAM	02:06:52	+53:00	08:27	
165	74	Pedro Emanuel Cruz Gaspar	AGM Team Running	02:07:01	+53:09	08:28	

TRAIL CURTO - STAGE 1 — 15 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
166	230	Fernando Medeiros	Individual	02:07:19	+53:27	08:29	
167	258	Ana Silva	PENATURE TRAIL TEAM	02:07:31	+53:39	08:30	
168	295	Isabel Cristina Bolota dos Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:07:50	+53:58	08:31	
169	162	Vanessa Fernandes	GATOESBTT	02:10:30	+56:38	08:42	
170	195	Cláudia Azenha	Individual	02:10:33	+56:41	08:42	
171	206	Luís Marques	Individual	02:10:35	+56:43	08:42	
172	273	Catarina Baptista	Talentos Objetivos	02:11:00	+57:08	08:44	
173	136	Sérgio Paulo Silva Carvalho	CF Os Marialvas	02:11:20	+57:28	08:45	
174	159	Nuno Bandarra	Figueira Kayak Clube	02:11:24	+57:32	08:46	
175	160	Fernando Manuel Cação Costa	Figueira Kayak Clube	02:11:31	+57:39	08:46	
176	80	Tiago Pires	ARCD venda da Luísa	02:11:38	+57:46	08:47	
177	293	Mariana Isabel Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:11:45	+57:53	08:47	
178	176	João Daniel Cruz	GRVilaverdense	02:11:50	+57:58	08:47	
179	182	João Cruz	GRVilaverdense	02:11:50	+57:58	08:47	
180	248	José Pedro Coutinho	Miro Trail	02:11:55	+58:03	08:48	
181	100	José Mendes	ASSSCC - Ar Livre e Aventura	02:12:00	+58:08	08:48	
182	240	Fátima Malta	Miro Trail	02:12:08	+58:16	08:49	
183	271	Paulo Lopes	Soure Mov	02:12:29	+58:37	08:50	
184	196	Diana Nobre	Individual	02:12:30	+58:38	08:50	
185	283	Michael Ribeirinha	Team Fiury	02:12:35	+58:43	08:50	
186	173	Marlene Marques	GRVilaverdense	02:13:24	+59:32	08:54	
187	163	Carina Jordão	GATOESBTT	02:13:44	+59:52	08:55	
188	50	Eva Moutinho	ACDRS QUINHENDROS	02:13:46	+59:54	08:55	
189	75	Henrique dos Santos Fernandes	AGM Team Running	02:14:04	+01:00:12	08:56	
190	146	Anabela Monteiro	CUMIBROA RUNNING TEAM	02:14:50	+01:00:58	08:59	
191	199	Filipa ribeiro	Individual	02:14:54	+01:01:02	09:00	
192	192	Paulo Oliveira	Domus Trail	02:14:55	+01:01:03	09:00	
193	134	Susana Paula Costa	CF Os Marialvas	02:14:58	+01:01:06	09:00	
194	130	Vanda Graça	CF Os Marialvas	02:14:58	+01:01:06	09:00	
195	153	Sofia Ramalho	Diabinhos de Samuel	02:14:59	+01:01:07	09:00	
196	268	Joel Baptista	Soure Mov	02:17:22	+01:03:30	09:09	
197	165	Nélia Jesus	GATOESBTT	02:17:53	+01:04:01	09:12	
198	186	Daniel Filipe Vieira de Oliveira	Individual	02:18:23	+01:04:31	09:14	
199	213	Josué Antenogenes Matos Ribeiro Junior	Individual	02:20:33	+01:06:41	09:22	
200	256	António David Martins Calhau	PENATURE TRAIL TEAM	02:20:38	+01:06:46	09:23	
201	197	Raquel Carvalho	Individual	02:20:40	+01:06:48	09:23	
202	158	João Vaz	Figueira Kayak Clube	02:21:26	+01:07:34	09:26	
203	122	Mário Rui Santos	CAOH- Clube Atlético de Oliveira do Hospital	02:21:39	+01:07:47	09:27	
204	106	Maria Castelhano	Atletismo Clube da Tocha	02:21:44	+01:07:52	09:27	
205	52	Rosa Rodrigues	ACDRS QUINHENDROS	02:22:03	+01:08:11	09:28	
206	267	Rosália Duarte	Soure Mov	02:22:22	+01:08:30	09:29	
207	82	Marisa Ferreira	ARSM - Associação Recreativa de S. Miguel	02:22:22	+01:08:30	09:29	
208	93	Brian Ferreira	ASSSCC - Ar Livre e Aventura	02:22:22	+01:08:30	09:29	
209	151	Nelson Monteiro	CUMIBROA RUNNING TEAM	02:22:29	+01:08:37	09:30	
210	49	Ana Marins	ACDRS QUINHENDROS	02:23:00	+01:09:08	09:32	

TRAIL CURTO - STAGE 1 — 15 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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
211	288	Daniela Ventura Gonçalves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:23:01	+01:09:09	09:32	
212	229	Carlos Barroso	Individual	02:23:12	+01:09:21	09:33	
213	236	Denise Dias	M&M	02:23:15	+01:09:23	09:33	
214	200	Marta Pernadas	Individual	02:23:24	+01:09:32	09:34	
215	89	Moisés Nunes	ARSM - Associação Recreativa de S. Miguel	02:23:25	+01:09:33	09:34	
216	266	Alda Santos	Soure Mov	02:24:05	+01:10:13	09:36	
217	131	Catarina Sousa	CF Os Marialvas	02:24:09	+01:10:17	09:37	
218	250	Patrícia Ramalheiro	Montanha Clube Trail Running / EFAPEL	02:24:24	+01:10:32	09:38	
219	177	Isabel Teixeira	GRVilaverdense	02:24:26	+01:10:34	09:38	
220	187	Francisco Fontes	Individual	02:25:46	+01:11:54	09:43	
221	172	Paulo Acúrcio	Grupo Desportivo Ferreirense	02:26:05	+01:12:13	09:44	
222	183	Luis Lopes	GRVilaverdense	02:27:02	+01:13:10	09:48	
223	226	Miguel Neves	Individual	02:27:54	+01:14:02	09:52	
224	223	Luís Ferreira	Individual	02:28:54	+01:15:02	09:56	
225	42	Muriela Neves	Academia de Desportos de Condeixa	02:29:16	+01:15:24	09:57	
226	45	Carlos Costa	Academia de Desportos de Condeixa	02:29:17	+01:15:25	09:57	
227	207	Paulo Ferreira	Individual	02:29:52	+01:16:00	09:59	
228	133	Helena Sarges	CF Os Marialvas	02:30:00	+01:16:08	10:00	
229	90	Ana Ferreira	ASSSCC - Ar Livre e Aventura	02:30:19	+01:16:27	10:01	
230	127	Alexandre Cardoso	CF Os Marialvas	02:31:21	+01:17:29	10:05	
231	138	Jorge Laranjeiro	CF Os Marialvas	02:31:47	+01:17:55	10:07	
232	46	Ana Filipa Lopes Domingues	ACDRS QUINHENDROS	02:31:47	+01:17:55	10:07	
233	238	Ana Carina Silva	Miro Trail	02:31:51	+01:17:59	10:07	
234	243	Telmo Pereira	Miro Trail	02:32:27	+01:18:35	10:10	
235	239	Cristina Santos	Miro Trail	02:32:28	+01:18:36	10:10	
236	132	Filipa Barreira	CF Os Marialvas	02:32:37	+01:18:45	10:10	
237	70	JACINTA Manata	Adões Trail	02:32:47	+01:18:55	10:11	
238	254	Isabel Trindade	O MUNDO DA CORRIDA	02:32:47	+01:18:55	10:11	
239	43	Sónia Domingues	Academia de Desportos de Condeixa	02:33:23	+01:19:31	10:14	
240	51	Ana oliveira	ACDRS QUINHENDROS	02:33:44	+01:19:52	10:15	
241	320	Tânia Fernandes	Talentos Objetivos	02:34:31	+01:20:39	10:18	
242	216	Vítor Patrício Ferreira Fernandes	Individual	02:35:25	+01:21:33	10:22	
243	265	Gabriela Carraco	Soure Mov	02:35:44	+01:21:52	10:23	
244	304	Gary Josi Dinis Quintal	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:37:23	+01:23:31	10:30	
245	54	Luís Machado	ACDRS QUINHENDROS	02:38:08	+01:24:16	10:33	
246	62	Rui Pedro Fernandes Marques	ACDRS QUINHENDROS	02:38:10	+01:24:18	10:33	
247	99	Luísa Santos	ASSSCC - Ar Livre e Aventura	02:40:31	+01:26:39	10:42	
248	241	rosa matos	miro trail	02:41:05	+01:27:13	10:44	
249	69	Tiago Simões	Adões Trail	02:42:29	+01:28:37	10:50	
250	72	Ricardo Silva	Adões Trail	02:42:30	+01:28:38	10:50	
251	251	Luísa Aveiro	Montanha Clube Trail Running / EFAPEL	02:43:08	+01:29:16	10:53	
252	161	Adriana Almeida	GATOESBTT	02:46:52	+01:33:00	11:07	
253	247	José Santos	Miro Trail	02:46:52	+01:33:00	11:07	
254	275	Lídia Chouco	Talentos objetivos	02:47:10	+01:33:18	11:09	
255	201	Sílvia Pedro	Miro trail	02:49:05	+01:35:13	11:16	
256	202	Cristina Pires	Individual	02:49:16	+01:35:24	11:17	

TRAIL CURTO - STAGE 1 — 15 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
257	98	Anabela Almeida	ASSSCC - Ar Livre e Aventura	02:49:52	+01:36:00	11:19	
258	198	Aldina Carraco	Individual	02:49:59	+01:36:07	11:20	
259	232	paulo soberano	Individual	02:50:00	+01:36:08	11:20	
260	115	Isabel Coimbra	BLACKBULLS/CNI/NEUTURA	02:50:19	+01:36:27	11:21	
261	114	CÁTIA DURÃO	BLACKBULLS/CNI/NEUTURA	02:50:23	+01:36:31	11:22	
262	255	Fernando Luis	O MUNDO DA CORRIDA	03:00:56	+01:47:04	12:04	
263	204	Marie frantz	Individual	03:02:23	+01:48:31	12:10	
264	123	Jessica Cardoso	CF Os Marialvas	03:26:13	+02:12:21	13:45	
265	180	João Loureiro	GRVilaverdense	03:26:26	+02:12:34	13:46	

Trail Encostas do Mondego 2023

Figueira da Foz, PT

19-março-2023

Trail Curto — 15 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:30	14,3ºC	88%
End	12:56	14,3ºC	88%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	39	Juliana Oliveira	Abutres	Senior Feminino	01:45:21	+31:29	07:01
2	125	Sandra Oliveira	CF Os Marialvas	Senior Feminino	01:47:17	+33:25	07:09
3	40	Karen Duarte Mendes	Academia de Desportos de Condeixa	Senior Feminino	01:51:20	+37:28	07:25
4	124	Ligia dos Santos	CF Os Marialvas	Senior Feminino	01:54:28	+40:36	07:38
5	162	Vanessa Fernandes	GATOESBTT	Senior Feminino	02:10:29	+56:37	08:42
6	173	Marlene Marques	GRVilaverdense	Senior Feminino	02:13:23	+59:31	08:54
7	106	Maria Castelhano	Atletismo Clube da Tocha	Senior Feminino	02:21:44	+01:07:52	09:27
8	288	Daniela Ventura Gonçalves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	02:23:00	+01:09:08	09:32
9	90	Ana Ferreira	ASSSCC - Ar Livre e Aventura	Senior Feminino	02:30:18	+01:16:26	10:01
10	46	Ana Filipa Lopes Domingues	ACDRS QUINHENDROS	Senior Feminino	02:31:46	+01:17:54	10:07
11	161	Adriana Almeida	GATOESBTT	Senior Feminino	02:46:52	+01:33:00	11:07
12	114	CÁTIA DURÃO	BLACKBULLS/CNI/NEUTURA	Senior Feminino	02:50:23	+01:36:31	11:22
13	123	Jessica Cardoso	CF Os Marialvas	Senior Feminino	03:26:13	+02:12:21	13:45

Senior Masculino

1	25	Vasco Pereira	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Senior Masculino	01:13:52		04:55
2	23	Nuno Tavares	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Senior Masculino	01:13:52	+00:00	04:55
3	22	Hugo Neto	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Senior Masculino	01:18:30	+04:38	05:14
4	73	Eduardo Costa	AGM TEAM RUNNING	Senior Masculino	01:22:59	+09:07	05:32
5	107	Diogo Miranda	Atletismo Clube da Tocha	Senior Masculino	01:23:38	+09:46	05:35
6	24	Tiago Gonçalves	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Senior Masculino	01:29:28	+15:36	05:58
7	289	João Freitas	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:29:28	+15:36	05:58
8	94	Nelson Heleno	ASSSCC - Ar Livre e Aventura	Senior Masculino	01:30:10	+16:18	06:01
9	174	Tiago Abreu	GRVilaverdense	Senior Masculino	01:35:00	+21:08	06:20
10	126	Silvio Marques	CF Os Marialvas	Senior Masculino	01:36:19	+22:27	06:25
11	193	Sylvain Perret	Individual	Senior Masculino	01:37:31	+23:39	06:30
12	257	José Belbuche	PENATURE TRAIL TEAM	Senior Masculino	01:38:20	+24:28	06:33
13	291	Tiago Jegundo	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:38:30	+24:38	06:34
14	191	João Valente	Individual	Senior Masculino	01:39:20	+25:28	06:37
15	290	Jóni Alexandre Carreira Oliveira	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:39:30	+25:38	06:38
16	189	João Rolim	Individual	Senior Masculino	01:41:23	+27:31	06:46
17	272	Bruno Calisto	Talentos Objetivos	Senior Masculino	01:42:35	+28:43	06:50

Trail Curto

15 KM

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

OFFICIAL RESULT

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

18	188	Hugo Pagaimo	Individual	Senior Masculino	01:44:14	+30:22	06:57
19	237	Rodrigo Dias	Miro Trail	Senior Masculino	01:44:23	+30:31	06:58
20	307	Tiago Pereira Henriques	ZÉS DA PRAIA	Senior Masculino	01:51:40	+37:48	07:27
21	190	João Serra	Individual	Senior Masculino	01:55:16	+41:24	07:41
22	92	André Santos	ASSSCC - Ar Livre e Aventura	Senior Masculino	01:55:18	+41:26	07:41
23	317	Bruno Azevedo	Individual	Senior Masculino	02:06:09	+52:17	08:25
24	283	Michael Ribeirinha	Team Fiury	Senior Masculino	02:12:35	+58:43	08:50
25	192	Paulo Oliveira	Domus Trail	Senior Masculino	02:14:54	+01:01:02	09:00
26	186	Daniel Filipe Vieira de Oliveira	Individual	Senior Masculino	02:18:22	+01:04:30	09:14
27	256	António David Martins Calhau	PENATURE TRAIL TEAM	Senior Masculino	02:20:38	+01:06:46	09:23
28	93	Brian Ferreira	ASSSCC - Ar Livre e Aventura	Senior Masculino	02:22:21	+01:08:29	09:29
29	187	Francisco Fontes	Individual	Senior Masculino	02:25:46	+01:11:54	09:43
30	69	Tiago Simões	Adões Trail	Senior Masculino	02:42:29	+01:28:37	10:50

Sub 23 Feminino

1	175	Constança Pelicano	GRVilaverdense	Sub 23 Feminino	01:48:40	+34:48	07:15

Sub 23 Masculino

1	26	David Carvalheiro	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Sub 23 Masculino	01:21:53	+08:01	05:28
2	194	Nuno Lucas	Individual	Sub 23 Masculino	01:29:17	+15:25	05:57
3	19	Joaquim Sousa	GRVilaverdense	Sub 23 Masculino	01:32:37	+18:45	06:10
4	128	Marco Daniel Ribeiro Catarino	CF Os Marialvas	Sub 23 Masculino	01:43:02	+29:10	06:52
5	144	Hugo Monteiro	CUMIBROA RUNNING TEAM	Sub 23 Masculino	01:44:32	+30:40	06:58
6	319	Gonçalo Rodrigues	Adões Trail	Sub 23 Masculino	01:56:30	+42:38	07:46
7	145	Ricardo Lopes	CUMIBROA RUNNING TEAM	Sub 23 Masculino	01:59:02	+45:10	07:56
8	284	João Silva	Team Fiury	Sub 23 Masculino	01:59:38	+45:46	07:59
9	78	João Pedro Madeira Pratas	ARCD VENDA DA LUÍSA	Sub 23 Masculino	02:02:14	+48:22	08:09
10	176	João Daniel Cruz	GRVilaverdense	Sub 23 Masculino	02:11:49	+57:57	08:47
11	127	Alexandre Cardoso	CF Os Marialvas	Sub 23 Masculino	02:31:20	+01:17:28	10:05

Veterana F35

1	129	guida Fontes	CF Os Marialvas	Veterana F35	01:36:16	+22:24	06:25
2	66	Andreia Jesus	ACR Sra Desterro	Veterana F35	01:43:39	+29:47	06:55
3	48	Cláudia Neto	ACDRS QUINHENDROS	Veterana F35	02:00:23	+46:31	08:02
4	170	DIANA COSTA	gear up	Veterana F35	02:01:43	+47:51	08:07
5	195	Cláudia Azenha	Individual	Veterana F35	02:10:33	+56:41	08:42
6	196	Diana Nobre	Individual	Veterana F35	02:12:30	+58:38	08:50
7	163	Carina Jordão	GATOESBTT	Veterana F35	02:13:44	+59:52	08:55
8	130	Vanda Graça	CF Os Marialvas	Veterana F35	02:14:58	+01:01:06	09:00
9	153	Sofia Ramalho	Diabinhos de Samuel	Veterana F35	02:14:59	+01:01:07	09:00

10	197	Raquel Carvalho	Individual	Veterana F35	02:20:39	+01:06:47	09:23

Veterana F40

1	27	Clara Rodrigues	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Veterana F40	01:49:54	+36:02	07:20
2	96	Gabriela Oliveira	ASSSCC - Ar Livre e Aventura	Veterana F40	01:52:57	+39:05	07:32
3	294	Patricia Isabel da Costa Simões	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F40	01:54:49	+40:57	07:39
4	316	Ana Lopes	Individual	Veterana F40	01:57:24	+43:32	07:50
5	97	Otília Costa	ASSSCC - Ar Livre e Aventura	Veterana F40	02:00:46	+46:54	08:03
6	41	Vera Lúcia Guedes Tomé	Academia de Desportos de Condeixa	Veterana F40	02:02:46	+48:54	08:11
7	95	Catarina Marques	ASSSCC - Ar Livre e Aventura	Veterana F40	02:03:19	+49:27	08:13
8	293	Mariana Isabel Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F40	02:11:45	+57:53	08:47
9	50	Eva Moutinho	ACDRS QUINHENDROS	Veterana F40	02:13:46	+59:54	08:55
10	199	Filipa ribeiro	Individual	Veterana F40	02:14:54	+01:01:02	09:00
11	49	Ana Marins	ACDRS QUINHENDROS	Veterana F40	02:23:00	+01:09:08	09:32
12	236	Denise Dias	M&M	Veterana F40	02:23:14	+01:09:22	09:33
13	131	Catarina Sousa	CF Os Marialvas	Veterana F40	02:24:09	+01:10:16	09:37
14	132	Filipa Barreira	CF Os Marialvas	Veterana F40	02:32:36	+01:18:44	10:10
15	70	JACINTA Manata	Adões Trail	Veterana F40	02:32:47	+01:18:55	10:11
16	320	Tânia Fernandes	Talentos Objetivos	Veterana F40	02:34:31	+01:20:39	10:18
17	265	Gabriela Carraco	Soure Mov	Veterana F40	02:35:43	+01:21:51	10:23
18	198	Aldina Carraco	Individual	Veterana F40	02:49:58	+01:36:06	11:20
19	115	Isabel Coimbra	BLACKBULLS/CNI/NEUTURA	Veterana F40	02:50:18	+01:36:26	11:21

Veterana F45

1	274	Isabel Baptista	Talentos Objetivos	Veterana F45	01:39:57	+26:05	06:40
2	28	Ana Mota	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Veterana F45	01:42:51	+28:59	06:51
3	164	Lúcia Sofia Silva	GATOESBTT	Veterana F45	01:55:08	+41:16	07:41
4	249	Elisabete Ferreira	Montanha Clube Trail Running / EFAPEL	Veterana F45	01:59:45	+45:52	07:59
5	29	Dora Serra	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Veterana F45	02:02:22	+48:30	08:09
6	156	Filomena Carvalho	Figueira Kayak Clube	Veterana F45	02:06:42	+52:50	08:27
7	295	Isabel Cristina Bolota dos Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F45	02:07:49	+53:57	08:31
8	273	Catarina Baptista	Talentos Objetivos	Veterana F45	02:10:59	+57:07	08:44
9	134	Susana Paula Costa	CF Os Marialvas	Veterana F45	02:14:58	+01:01:06	09:00
10	82	Marisa Ferreira	ARSM - Associação Recreativa de S. Miguel	Veterana F45	02:22:21	+01:08:29	09:29
11	250	Patrícia Ramalheiro	Montanha Clube Trail Running / EFAPEL	Veterana F45	02:24:24	+01:10:32	09:38

Trail Curto

15 KM

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

OFFICIAL RESULT

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

12	42	Muriela Neves	Academia de Desportos de Condeixa	Veterana F45	02:29:16	+01:15:24	09:57
13	133	Helena Sarges	CF Os Marialvas	Veterana F45	02:30:00	+01:16:08	10:00
14	238	Ana Carina Silva	Miro Trail	Veterana F45	02:31:51	+01:17:59	10:07
15	43	Sónia Domingues	Academia de Desportos de Condeixa	Veterana F45	02:33:23	+01:19:31	10:14
16	51	Ana oliveira	ACDRS QUINHENDROS	Veterana F45	02:33:44	+01:19:52	10:15
17	99	Luísa Santos	ASSSCC - Ar Livre e Aventura	Veterana F45	02:40:31	+01:26:39	10:42
18	275	Lídia Chouco	Talentos objetivos	Veterana F45	02:47:09	+01:33:17	11:09
19	98	Anabela Almeida	ASSSCC - Ar Livre e Aventura	Veterana F45	02:49:51	+01:35:59	11:19

Veterana F50

1	310	Dora Gomes	Individual	Veterana F50	01:55:51	+41:59	07:43
2	276	Silvia Marques	Talentos Objetivos	Veterana F50	02:03:48	+49:56	08:15
3	258	Ana Silva	PENATURE TRAIL TEAM	Veterana F50	02:07:30	+53:38	08:30
4	146	Anabela Monteiro	CUMIBROA RUNNING TEAM	Veterana F50	02:14:49	+01:00:57	08:59
5	165	Nélia Jesus	GATOESBTT	Veterana F50	02:17:53	+01:04:01	09:12
6	52	Rosa Rodrigues	ACDRS QUINHENDROS	Veterana F50	02:22:03	+01:08:11	09:28
7	200	Marta Pernadas	Individual	Veterana F50	02:23:23	+01:09:31	09:34
8	266	Alda Santos	Soure Mov	Veterana F50	02:24:05	+01:10:13	09:36
9	177	Isabel Teixeira	GRVilaverdense	Veterana F50	02:24:25	+01:10:33	09:38
10	251	Luísa Aveiro	Montanha Clube Trail Running / EFAPEL	Veterana F50	02:43:07	+01:29:15	10:53
11	201	Sílvia Pedro	Miro trail	Veterana F50	02:49:04	+01:35:12	11:16

Veterana F55

1	240	Fátima Malta	Miro Trail	Veterana F55	02:12:08	+58:16	08:49
2	267	Rosália Duarte	Soure Mov	Veterana F55	02:22:21	+01:08:29	09:29
3	239	Cristina Santos	Miro Trail	Veterana F55	02:32:27	+01:18:35	10:10
4	254	Isabel Trindade	O MUNDO DA CORRIDA	Veterana F55	02:32:47	+01:18:55	10:11
5	202	Cristina Pires	Individual	Veterana F55	02:49:16	+01:35:24	11:17

Veterana F60

1	241	rosa matos	miro trail	Veterana F60	02:41:05	+01:27:13	10:44
2	204	Marie frantz	Individual	Veterana F60	03:02:22	+01:48:30	12:10

Veterano M35

1	109	Paulo Neves	Atletismo Clube da Tocha	Veterano M35	01:15:32	+01:40	05:02
2	142	Diogo Pinheiro	Coimbra Trail Running	Veterano M35	01:18:41	+04:49	05:15
3	252	Tiago Lopes	Montanha Clube Trail Running / EFAPEL	Veterano M35	01:21:16	+07:24	05:25
4	55	Tiago Figueiredo	ACDRS QUINHENDROS	Veterano M35	01:23:26	+09:34	05:34

Trail Curto

15 KM

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

OFFICIAL RESULT

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

5	297	Sérgio Miguel Tenente Dos Santos Pocinho	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M35	01:28:54	+15:02	05:56
6	285	João Marques	Trilhos da Baga - K Run Team	Veterano M35	01:29:54	+16:02	06:00
7	31	Frederico Oliveira	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Veterano M35	01:30:27	+16:35	06:02
8	53	Andre Lavado	ACDRS QUINHENDROS	Veterano M35	01:36:07	+22:15	06:25
9	298	Vasco André Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M35	01:38:19	+24:27	06:33
10	71	Jorge Albuquerque	Adões Trail	Veterano M35	01:40:15	+26:23	06:41
11	308	Gonçalo Araújo Marques	ZÉS DA PRAIA	Veterano M35	01:41:14	+27:22	06:45
12	205	Cristiano ruas	Individual	Veterano M35	01:42:31	+28:39	06:50
13	119	Mário Henriques	CAOH- Clube Atlético de Oliveira do Hospital	Veterano M35	01:43:39	+29:47	06:55
14	57	Tiago Simões	ACDRS QUINHENDROS	Veterano M35	01:44:36	+30:44	06:58
15	296	Pedro Daniel Marques Valente De Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M35	01:49:53	+36:01	07:20
16	79	João António Martins Travasso	ARCD VENDA DA LUÍSA	Veterano M35	01:51:41	+37:49	07:27
17	108	Luís Grou	Atletismo Clube da Tocha	Veterano M35	01:59:06	+45:14	07:56
18	309	Tiago Costa	ZÉS DA PRAIA	Veterano M35	02:00:56	+47:04	08:04
19	178	Gabriel Romualdo	GRVilaverdense	Veterano M35	02:03:32	+49:40	08:14
20	74	Pedro Emanuel Cruz Gaspar	AGM Team Running	Veterano M35	02:07:00	+53:08	08:28
21	206	Luís Marques	Individual	Veterano M35	02:10:35	+56:43	08:42
22	80	Tiago Pires	ARCD venda da Luísa	Veterano M35	02:11:37	+57:45	08:47
23	100	José Mendes	ASSSCC - Ar Livre e Aventura	Veterano M35	02:11:59	+58:07	08:48
24	207	Paulo Ferreira	Individual	Veterano M35	02:29:51	+01:15:59	09:59
25	54	Luís Machado	ACDRS QUINHENDROS	Veterano M35	02:38:08	+01:24:16	10:33

Veterano M40

1	36	Paulo Palhinha	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Veterano M40	01:15:58	+02:06	05:04
2	110	Alex Silva	Atletismo Clube da Tocha	Veterano M40	01:16:12	+02:19	05:05
3	302	Sérgio Filipe Rodrigues Escada	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M40	01:19:59	+06:07	05:20
4	102	José Santos	ASSSCC - Ar Livre e Aventura	Veterano M40	01:21:36	+07:44	05:26
5	120	Hélder Isidoro	CAOH- Clube Atlético de Oliveira do Hospital	Veterano M40	01:22:50	+08:58	05:31
6	166	Jorge Simões	GATOESBTT	Veterano M40	01:28:42	+14:50	05:55
7	32	André Fonte	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Veterano M40	01:30:43	+16:51	06:03
8	299	Bruno Miguel Oliveira Ribeiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M40	01:31:14	+17:22	06:05
9	311	Pedro Manso	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	01:32:22	+18:30	06:10
10	253	Bruno Sousa	Montanha Clube Trail Running / EFAPEL	Veterano M40	01:34:56	+21:04	06:20
11	33	Eduardo Cardoso	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Veterano M40	01:35:18	+21:26	06:21
12	154	Paulo costa	Diabinhos de samuel	Veterano M40	01:38:21	+24:29	06:33

Trail Curto

15 KM

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

OFFICIAL RESULT

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

13	301	Romeu Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M40	01:38:27	+24:35	06:34
14	103	Luís Couto	ASSSCC - Ar Livre e Aventura	Veterano M40	01:39:14	+25:22	06:37
15	101	José Machado	ASSSCC - Ar Livre e Aventura	Veterano M40	01:42:41	+28:49	06:51
16	116	Nuno Costa	Blackbulls/CNI/NEUTURA	Veterano M40	01:42:45	+28:53	06:51
17	278	Nuno Coelho	Talentos Objetivos	Veterano M40	01:45:21	+31:29	07:01
18	279	Pedro Figueiredo	Talentos Objetivos	Veterano M40	01:45:45	+31:53	07:03
19	34	João Roso	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Veterano M40	01:46:07	+32:15	07:05
20	259	João Marques	PENATURE TRAIL TEAM	Veterano M40	01:47:13	+33:21	07:09
21	209	Filipe Abreu	Individual	Veterano M40	01:47:59	+34:07	07:12
22	208	Carlos Alberto Fernandes Viegas	Individual	Veterano M40	01:48:02	+34:10	07:12
23	277	Hugo Silva	Talentos Objetivos	Veterano M40	01:49:00	+35:08	07:16
24	148	Luis Fernandes	CUMIBROA RUNNING TEAM	Veterano M40	01:50:03	+36:11	07:20
25	242	Armenio Nogueira	Miro Trail	Veterano M40	01:51:29	+37:37	07:26
26	212	José Miguel Torres	Individual	Veterano M40	01:51:41	+37:49	07:27
27	59	Bruno Maciel Maia Rodrigues	ACDRS QUINHENDROS	Veterano M40	01:53:03	+39:11	07:32
28	300	Remi Ribeiro Alves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M40	01:54:40	+40:48	07:39
29	58	Bruno B Ferreira	ACDRS QUINHENDROS	Veterano M40	01:56:58	+43:06	07:48
30	210	Gabriel Costa	Individual	Veterano M40	01:57:01	+43:09	07:48
31	214	Lucidio Manuel Oliveira Neves	Individual	Veterano M40	01:57:02	+43:10	07:48
32	179	Raúl Vilares	GRVilaverdense	Veterano M40	01:57:15	+43:23	07:49
33	135	João Nunes	CF Os Marialvas	Veterano M40	01:59:59	+46:07	08:00
34	44	Bruno Gonçalo	Academia de Desportos de Condeixa	Veterano M40	02:01:52	+48:00	08:08
35	60	Tiago Pêgo	ACDRS QUINHENDROS	Veterano M40	02:03:25	+49:33	08:14
36	215	Nuno Tavares	Individual	Veterano M40	02:05:47	+51:55	08:23
37	136	Sérgio Paulo Silva Carvalho	CF Os Marialvas	Veterano M40	02:11:19	+57:27	08:45
38	268	Joel Baptista	Soure Mov	Veterano M40	02:17:22	+01:03:30	09:09
39	213	Josué Antenogenes Matos Ribeiro Junior	Individual	Veterano M40	02:20:32	+01:06:40	09:22
40	243	Telmo Pereira	Miro Trail	Veterano M40	02:32:27	+01:18:35	10:10
41	216	Vítor Patrício Ferreira Fernandes	Individual	Veterano M40	02:35:24	+01:21:32	10:22
42	72	Ricardo Silva	Adões Trail	Veterano M40	02:42:29	+01:28:37	10:50

Veterano M45

1	37	Paulo Amaral	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Veterano M45	01:19:40	+05:48	05:19
2	315	Jorge Santos	Individual	Veterano M45	01:22:47	+08:55	05:31
3	105	Pedro Cardoso	ASSSCC - Ar Livre e Aventura	Veterano M45	01:28:50	+14:58	05:55
4	61	António Santos	ACDRS QUINHENDROS	Veterano M45	01:30:35	+16:43	06:02
5	168	vitor cação	GATOESBTT	Veterano M45	01:31:14	+17:22	06:05
6	244	Joselito Pereira	Miro Trail	Veterano M45	01:39:13	+25:21	06:37
7	84	Aurélio Saúde	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:39:38	+25:46	06:39
8	222	Leonel Pinto	Individual	Veterano M45	01:41:16	+27:24	06:45

Trail Curto

15 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

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

9	104	Nuno Almeida	ASSSCC - Ar Livre e Aventura	Veterano M45	01:43:25	+29:33	06:54
10	219	Helder Esteves	Trilhos da Baga - K Run Team	Veterano M45	01:43:25	+29:33	06:54
11	111	Rui Varanda	Atletismo Clube da Tocha	Veterano M45	01:44:21	+30:29	06:57
12	282	Rui Silva	Talentos Objetivos	Veterano M45	01:44:43	+30:51	06:59
13	280	Henrique Nunes	Talentos Objetivos	Veterano M45	01:45:05	+31:13	07:00
14	137	Alexandre Pessoa	Cf Os Marialvas	Veterano M45	01:45:40	+31:48	07:03
15	281	Luís Mendes	Talentos objetivos	Veterano M45	01:48:47	+34:55	07:15
16	85	Pedro Oliveira	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:49:31	+35:39	07:18
17	217	Cesar Tafula	Individual	Veterano M45	01:50:28	+36:36	07:22
18	303	Filipe José Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	01:52:20	+38:28	07:29
19	157	Helder Simões	Figueira Kayak Clube	Veterano M45	01:59:13	+45:21	07:57
20	121	Vasco Manuel de Campos Figueiredo	CAOH- Clube Atlético de Oliveira do Hospital	Veterano M45	02:00:40	+46:48	08:03
21	260	Ricardo Coelho	PENATURE TRAIL TEAM	Veterano M45	02:02:02	+48:10	08:08
22	218	Daniel Costa	Individual	Veterano M45	02:02:19	+48:27	08:09
23	269	José Madeira	Soure Mov	Veterano M45	02:02:30	+48:38	08:10
24	167	João Antonio Dinis Maricato	GATOESBTT	Veterano M45	02:03:10	+49:18	08:13
25	220	João Dinis	Individual	Veterano M45	02:03:39	+49:47	08:15
26	318	Mário Lopes	Individual	Veterano M45	02:06:09	+52:17	08:25
27	149	Jorge Faria	CUMIBROA RUNNING TEAM	Veterano M45	02:06:52	+53:00	08:27
28	159	Nuno Bandarra	Figueira Kayak Clube	Veterano M45	02:11:23	+57:31	08:46
29	75	Henrique dos Santos Fernandes	AGM Team Running	Veterano M45	02:14:03	+01:00:11	08:56
30	158	João Vaz	Figueira Kayak Clube	Veterano M45	02:21:26	+01:07:34	09:26
31	223	Luís Ferreira	Individual	Veterano M45	02:28:53	+01:15:01	09:56
32	304	Gary Josi Dinis Quintal	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	02:37:23	+01:23:31	10:30
33	62	Rui Pedro Fernandes Marques	ACDRS QUINHENDROS	Veterano M45	02:38:09	+01:24:17	10:33
34	180	João Loureiro	GRVilaverdense	Veterano M45	03:26:26	+02:12:34	13:46

Veterano M50

1	65	Orlando Pires	ACDRS QUINHENDROS	Veterano M50	01:29:36	+15:44	05:58
2	286	João Paulo Nobre Santos Marques	Trilhos da Baga - K Run Team	Veterano M50	01:33:12	+19:20	06:13
3	86	PEDRO MANOS_SIMOCAS	ARSM - Associação Recreativa de S. Miguel	Veterano M50	01:33:52	+20:00	06:15
4	112	Duarte Domingues	Atletismo Clube da Tocha	Veterano M50	01:35:02	+21:10	06:20
5	225	Carlos Alexandre Gomes pagaimo	Individual	Veterano M50	01:37:31	+23:39	06:30
6	64	António Neves Ferreira	ACDRS QUINHENDROS	Veterano M50	01:38:11	+24:19	06:33
7	169	Vasco Correia	GATOESBTT	Veterano M50	01:44:50	+30:58	06:59
8	63	Antônio Gaspar	ACDRS QUINHENDROS	Veterano M50	01:45:49	+31:57	07:03
9	38	Jorge Alves	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Veterano M50	01:46:51	+32:59	07:07
10	270	Ernesto Nabeiro	Soure Mov	Veterano M50	01:48:33	+34:41	07:14
11	184	Rui Santos	GRVilaverdense	Veterano M50	01:54:22	+40:30	07:37
12	305	Antonio José Damas Martins	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M50	01:54:23	+40:31	07:38

Trail Curto

15 KM

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

OFFICIAL RESULT

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

13	150	Fernando Godinho	CUMIBROA RUNNING TEAM	Veterano M50	01:55:14	+41:22	07:41
14	228	Paulo Rama	Adões Trail	Veterano M50	01:55:18	+41:26	07:41
15	306	António Manuel Marques dos Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M50	01:57:21	+43:29	07:49
16	312	Ricardo Carmo	A.R.Casense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M50	02:01:36	+47:44	08:06
17	245	Carlos Coelho	MIRO TRAIL	Veterano M50	02:06:39	+52:47	08:27
18	182	João Cruz	GRVilaverdense	Veterano M50	02:11:49	+57:57	08:47
19	271	Paulo Lopes	Soure Mov	Veterano M50	02:12:29	+58:37	08:50
20	151	Nelson Monteiro	CUMIBROA RUNNING TEAM	Veterano M50	02:22:29	+01:08:37	09:30
21	183	Luis Lopes	GRVilaverdense	Veterano M50	02:27:01	+01:13:09	09:48
22	226	Miguel Neves	Individual	Veterano M50	02:27:53	+01:14:01	09:52
23	45	Carlos Costa	Academia de Desportos de Condeixa	Veterano M50	02:29:16	+01:15:24	09:57
24	138	Jorge Laranjeiro	CF Os Marialvas	Veterano M50	02:31:46	+01:17:54	10:07

Veterano M55

1	88	José Simões	ARSM - Associação Recreativa de S. Miguel	Veterano M55	01:36:02	+22:10	06:24
2	246	Horácio Ferreira	MIRO TRAIL	Veterano M55	01:41:38	+27:46	06:47
3	313	Gastão Sousa	Individual	Veterano M55	01:54:44	+40:52	07:39
4	141	Ricardo Madureira	CLUVE	Veterano M55	01:55:27	+41:35	07:42
5	67	Lino Carraco	ACRM Silveirinha Grande e Claras	Veterano M55	02:04:14	+50:22	08:17
6	231	Jorge Manuel Andrade Marques	Individual	Veterano M55	02:06:37	+52:45	08:27
7	230	Fernando Medeiros	Individual	Veterano M55	02:07:19	+53:27	08:29
8	229	Carlos Barroso	Individual	Veterano M55	02:23:12	+01:09:20	09:33
9	89	Moisés Nunes	ARSM - Associação Recreativa de S. Miguel	Veterano M55	02:23:24	+01:09:32	09:34
10	172	Paulo Acúrcio	Grupo Desportivo Ferreirense	Veterano M55	02:26:05	+01:12:13	09:44
11	247	José Santos	Miro Trail	Veterano M55	02:46:52	+01:33:00	11:07
12	232	paulo soberano	Individual	Veterano M55	02:49:59	+01:36:07	11:20

Veterano M60

1	235	José Maçarria	Individual	Veterano M60	01:52:29	+38:37	07:30
2	68	José Carlos	ADM-Orimondego	Veterano M60	02:05:14	+51:22	08:21
3	160	Fernando Manuel Cação Costa	Figueira Kayak Clube	Veterano M60	02:11:30	+57:38	08:46
4	248	José Pedro Coutinho	Miro Trail	Veterano M60	02:11:55	+58:03	08:48
5	122	Mário Rui Santos	CAOH- Clube Atlético de Oliveira do Hospital	Veterano M60	02:21:39	+01:07:47	09:27

Veterano M65

1	185	Américo Grou	GRVilaverdense	Veterano M65	02:02:51	+48:59	08:11

Trail Curto

15 KM

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

OFFICIAL RESULT

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

Veterano M70

1	255	Fernando Luis	O MUNDO DA CORRIDA	Veterano M70	03:00:55	+01:47:03	12:04

COLETIVA LONGA MASC

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

RANK	TEAM	DESCRIPTION	POINTS
1	GATOESBTT	2 + 3 + 15	20
2	TALENTOS OBJETIVOS	6 + 7 + 8	21
3	ATLETISMO CLUBE DA TOCHA	4 + 5 + 13	22

Trail Encostas do Mondego 2023

Figueira da Foz, PT

19-março-2023

COLETIVA LONGA FEM

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

RANK	TEAM	DESCRIPTION	POINTS
1	GRVILAVERDENSE	6 + 7 + 9	22

COLETIVA CURTA MASC

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

RANK	TEAM	DESCRIPTION	POINTS
1	A.R.CASENSE/ESCOLA DE ATLETISMO DE COIMBRA/INTERMARCHÉ TAVEIRO	1 + 2 + 3	6
2	ASSSCC - AR LIVRE E AVENTURA	8 + 15 + 20	43
3	ATLETISMO CLUBE DA TOCHA	4 + 13 + 31	48
4	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	7 + 18 + 24	49
5	ACDRS QUINHENDROS	19 + 21 + 37	77
6	GATOESBTT	14 + 23 + 61	98
7	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	28 + 33 + 46	107
8	GRVILAVERDENSE	26 + 30 + 84	140
9	MIRO TRAIL	42 + 49 + 58	149
10	CF OS MARIALVAS	34 + 53 + 64	151
11	TALENTOS OBJETIVOS	50 + 60 + 62	172
12	PENATURE TRAIL TEAM	38 + 69 + 106	213
13	CUMIBROA RUNNING TEAM	59 + 76 + 88	223
14	CAOH- CLUBE ATLÉTICO DE OLIVEIRA DO HOSPITAL	11 + 103 + 137	251
15	SOURE MOV	72 + 109 + 128	309
16	ADÕES TRAIL	91 + 93 + 154	338
17	FIGUEIRA KAYAK CLUBE	100 + 123 + 124	347

COLETIVA CURTA FEM

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

RANK	TEAM	DESCRIPTION	POINTS
1	CF OS MARIALVAS	1 + 6 + 11	18
2	A.R.CASENSE/ESCOLA DE ATLETISMO DE COIMBRA/INTERMARCHÉ TAVEIRO	3 + 8 + 20	31
3	ASSSCC - AR LIVRE E AVENTURA	10 + 18 + 22	50
4	TALENTOS OBJETIVOS	2 + 23 + 29	54
5	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	12 + 26 + 30	68
6	GATOESBTT	13 + 27 + 34	74
7	ACADEMIA DE DESPORTOS DE CONDEIXA	9 + 21 + 55	85
8	GRVILAVERDENSE	7 + 33 + 54	94
9	ACDRS QUINHENDROS	17 + 35 + 44	96
10	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	16 + 53 + 70	139
11	MIRO TRAIL	31 + 59 + 60	150
12	SOURE MOV	45 + 51 + 67	163