

TRAIL LONGO - STAGE 1

25 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:15	17,6°C	92%
End	12:28	17,6°C	92%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	6	Helder Lopes	DCI/Trilhos Luso Bussaco	01:53:16		04:32	
2	35	Pedro Garrido	OPraticante.pt	01:53:29	+00:13	04:32	
3	36	Ivo Miguel Fernandes Tavares	Saca Trilhos Anadia	01:56:55	+03:39	04:41	
4	29	Nelson Santos	jovase trail running	01:57:21	+04:05	04:42	
5	13	João Santos	DURA-F1 RACETEAM	01:59:03	+05:47	04:46	
6	27	Carlos Alberto da Silva Abreu	jovase trail running	02:00:20	+07:04	04:49	
7	12	Filipe Fonseca	DURA-F1 RACETEAM	02:06:01	+12:45	05:02	
8	10	Josias Meira	DCI/Trilhos Luso Bussaco	02:09:12	+15:56	05:10	
9	9	João Oliveira	DCI/Trilhos Luso Bussaco	02:10:42	+17:26	05:14	
10	22	Jose Grijó	Individual	02:11:08	+17:52	05:15	
11	42	José Proença	Trail-GD Trancoso	02:14:34	+21:18	05:23	
12	38	Luis Azevedo	Sport Clube Paradelas	02:14:40	+21:24	05:23	
13	14	David Silva	Farmácia Luciano & Matos Running Team	02:18:09	+24:53	05:32	
14	11	Pedro Manuel Correia Lopes	DCI/Trilhos Luso Bussaco	02:20:59	+27:43	05:38	
15	23	António Paulo	Individual	02:23:12	+29:56	05:44	
16	18	Marco Balsinha	Individual	02:30:49	+37:33	06:02	
17	39	Jorge Carlos Piçarra Fernandes	Tainadas Run Team	02:31:25	+38:09	06:03	
18	43	Miguel Sá	VVTR Valongo Vouga Trail Running	02:32:49	+39:33	06:07	
19	32	RICARDO HENRIQUES	LAAC - BIKE & SPORT	02:33:21	+40:05	06:08	
20	19	Mauro Leite	Individual	02:34:19	+41:03	06:10	
21	40	Licínio Costa	Tainadas Run Team	02:34:49	+41:33	06:12	
22	16	Joana Silvestre Lopes	Individual	02:36:18	+43:02	06:15	
23	44	Ricardo Patricio	Boavista Trail	02:38:48	+45:32	06:21	
24	521	NUNO DOS SANTOS	Desportivo Atletico de Recardaes	02:39:35	+46:19	06:23	
25	37	Ana Melo	Saca Trilhos Anadia	02:40:02	+46:46	06:24	
26	41	Bruno Cardoso	TRAIL BELA BELA	02:41:26	+48:10	06:27	
27	31	Cátia Simões Ferreira	Juveforce Run Team	02:41:35	+48:19	06:28	
28	28	Mário Sequeira	jovase trail running	02:44:08	+50:52	06:34	
29	5	Ariana Tavares	C.D.C Paradelas do Vouga	02:53:47	+01:00:31	06:57	
30	17	Elder Neves	Individual	02:53:48	+01:00:32	06:57	
31	15	Eduarda Vinagre	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	02:53:57	+01:00:41	06:57	
32	25	Rafael Almeida	Individual	03:08:28	+01:15:12	07:32	
33	24	Artur Salvador	Individual	03:11:28	+01:18:12	07:40	
34	2	Márcio Silva	A.R.S.M-Associação Recreativa de São Miguel	03:12:58	+01:19:42	07:43	
35	3	Paula Simões	A.R.S.M-Associação Recreativa de São Miguel	03:12:58	+01:19:42	07:43	
36	1	JORGE SCEVOLA	A.R.S.M-Associação Recreativa de São Miguel	03:12:59	+01:19:43	07:43	
37	7	Clara Santos	DCI/Trilhos Luso Bussaco	03:13:40	+01:20:24	07:45	



## Trail Longo

**25 KM**

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

## OFFICIAL RESULT

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

7	22	Jose Grijo	Individual	Veterano M40	02:11:08	+13:47	05:15
8	14	David Silva	Farmácia Luciano & Matos Running Team	Veterano M40	02:18:09	+20:47	05:32
9	11	Pedro Manuel Correia Lopes	DCI/Trilhos Luso Bussaco	Veterano M40	02:20:59	+23:38	05:38
10	39	Jorge Carlos Piçarra Fernandes	Tainadas Run Team	Veterano M40	02:31:25	+34:03	06:03
11	40	Licínio Costa	Tainadas Run Team	Veterano M40	02:34:49	+37:28	06:12
12	44	Ricardo Patricio	Boavista Trail	Veterano M40	02:38:48	+41:27	06:21
13	521	NUNO DOS SANTOS	Desportivo Atletico de Recardaes	Veterano M40	02:39:35	+42:13	06:23
14	41	Bruno Cardoso	TRAIL BELA BELA	Veterano M40	02:41:26	+44:05	06:27
15	28	Mário Sequeira	jovase trail running	Veterano M40	02:44:08	+46:47	06:34

## Veterano M50

1	42	José Proença	Trail-GD Trancoso	Veterano M50	02:14:34		05:23
2	23	António Paulo	Individual	Veterano M50	02:23:12	+08:37	05:44
3	43	Miguel Sá	VVTR Valongo Vouga Trail Running	Veterano M50	02:32:49	+18:14	06:07
4	25	Rafael Almeida	Individual	Veterano M50	03:08:28	+53:53	07:32
5	24	Artur Salvador	Individual	Veterano M50	03:11:28	+56:54	07:40

## 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

<b>RANK</b>	<b>TEAM</b>	<b>DESCRIPTION</b>	<b>POINTS</b>
1	DCI/TRILHOS LUSO BUSSACO	1 + 8 + 9	18
2	JOVASE TRAIL RUNNING	4 + 6 + 28	38
3	A.R.S.M-ASSOCIAÇÃO RECREATIVA DE SÃO MIGUEL	34 + 35 + 36	105

## 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 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

	Time	Temperature	Humidity
Start	09:30	17,6°C	92%
End	12:03	17,6°C	92%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	685	Rui Figueiredo	TRAIL BELA BELA	01:02:02		04:08	
2	638	João Matos	OPraticante.pt	01:02:11	+00:09	04:09	
3	660	Luís Diogo	SC Paradela	01:02:11	+00:09	04:09	
4	586	Nuno Silva	Clube Desportivo Feirense	01:03:27	+01:25	04:14	
5	534	João Coentrão	Grupo Recreativo Eirense	01:04:00	+01:58	04:16	
6	637	Domingos Vieira	OPraticante.pt	01:04:17	+02:15	04:17	
7	520	DAVIDE SILVA	Desportivo Atletico de Recardaes	01:05:06	+03:04	04:20	
8	691	Marco Simões	Train Hard Team	01:05:45	+03:43	04:23	
9	696	Pedro Ferreira	VVTR Valongo Vouga Trail Running	01:06:07	+04:05	04:24	
10	523	Hugo Silva	DURA-F1 RACETEAM	01:06:22	+04:20	04:25	
11	651	João Miguel Garrido	OPraticante.pt	01:08:07	+06:05	04:32	
12	526	José Cruz	DURA-F1 RACETEAM	01:08:35	+06:33	04:34	
13	636	Augusto Tavares	OPraticante.pt	01:09:23	+07:21	04:38	
14	668	Rui Costa	Supras	01:10:01	+07:59	04:40	
15	535	Bruno Rodrigues	Haertha/TendernessCapacity - trail running	01:10:17	+08:15	04:41	
16	524	José Pinheiro	DURA-F1 RACETEAM	01:10:28	+08:26	04:42	
17	510	António José Araújo Ratola	DCI/Trilhos Luso Bussaco	01:10:28	+08:26	04:42	
18	600	João Ferreira	Inter da Mata	01:10:34	+08:32	04:42	
19	511	Márcia Martins	DCI/Trilhos Luso Bussaco	01:10:35	+08:33	04:42	
20	515	Tony Graça	DCI/Trilhos Luso Bussaco	01:10:35	+08:33	04:42	
21	641	Sérgio Ruela	OPraticante.pt	01:14:00	+11:58	04:56	
22	575	Celso Fernandes	Individual	01:14:03	+12:01	04:56	
23	518	GONÇALO DIAS	Desportivo Atletico de Recardaes	01:14:49	+12:47	04:59	
24	525	João Portugal	DURA-F1 RACETEAM	01:14:49	+12:47	04:59	
25	662	Cláudio Agostinho	Sport Clube Paradela	01:14:54	+12:52	05:00	
26	614	Hugo Marques	OiãRunners	01:15:23	+13:21	05:02	
27	516	Joaquim Godinho	DCI/Trilhos Luso Bussaco	01:15:59	+13:57	05:04	
28	528	Edgar G0mes	Farmácia Luciano & Matos Running Team	01:16:08	+14:06	05:05	
29	527	Orlando Rocha	EDV-VIANA TRAIL	01:16:12	+14:10	05:05	
30	581	Jorge Rodrigues	Individual	01:16:59	+14:57	05:08	
31	557	Tiago Goncalves	Individual	01:16:59	+14:57	05:08	
32	533	Ricardo Vidal	GD Leões da Guarda - Lion Runners	01:17:11	+15:09	05:09	
33	675	Kevin Jesus Regalado	Tainadas Run Team	01:17:43	+15:41	05:11	
34	607	Hilário Pinto	jovase trail running	01:17:59	+15:57	05:12	
35	661	Paulo Pires	Sosense trail team Braga e Fernandes	01:17:59	+15:57	05:12	
36	656	Bruno Parente	Os 4	01:18:00	+15:58	05:12	
37	624	MARCO MARQUES	OiãRunners	01:18:29	+16:27	05:14	
38	552	Pedro Miguel da Silva Almeida	Individual	01:19:31	+17:29	05:18	
39	540	André João Rodrigues Dias	Individual	01:19:40	+17:38	05:19	
40	549	Nuno Ribeiro	Individual	01:19:41	+17:39	05:19	
41	642	Vasco Santos	OPraticante.pt	01:19:41	+17:39	05:19	
42	541	André Oliveira	Individual	01:19:49	+17:47	05:19	

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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	652	João Rocha	OPraticante.pt	01:20:26	+18:24	05:22	
44	502	Pedro Alves	AAM Runners	01:20:27	+18:25	05:22	
45	519	MIGUEL SARABANDO	Desportivo Atletico de Recardaes	01:20:49	+18:47	05:23	
46	684	Teresa Reis	TRAIL BELA BELA	01:21:02	+19:00	05:24	
47	506	JOÃO ALMADA	ASSOCIAÇÃO DESPORTIVA DE TRAVASSÔ	01:21:03	+19:01	05:24	
48	543	Daniel Alexandre	Individual	01:21:03	+19:01	05:24	
49	504	Inês Teixeira	ÁGUEDA ACTION CLUB - ACTIB	01:21:55	+19:53	05:28	
50	650	Gabriel Godinho	OPraticante.pt	01:22:31	+20:29	05:30	
51	555	Ricardo Miguel de Almeida Tavares	Individual	01:22:41	+20:39	05:31	
52	514	José Pereira	DCI/Trilhos Luso Bussaco	01:22:58	+20:56	05:32	
53	692	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	01:23:03	+21:01	05:32	
54	665	Carlos Pinheiro	Sport Clube Paradelas	01:23:11	+21:09	05:33	
55	598	João Rodrigues	Individual	01:23:13	+21:11	05:33	
56	610	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	01:23:53	+21:51	05:36	
57	612	Paulo Jorge Simões da Silva	NAR - Núcleo de Atletismo de Requeixo	01:24:53	+22:51	05:40	
58	672	Miguel Carlos	Supras	01:24:59	+22:57	05:40	
59	590	Rui Sá	Individual	01:25:05	+23:03	05:40	
60	512	Júlia Santos	DCI/Trilhos Luso Bussaco	01:25:25	+23:23	05:42	
61	611	Jorge Vilela	NAR - Núcleo de Atletismo de Requeixo	01:26:09	+24:07	05:45	
62	577	Filipe Buco	Individual	01:27:01	+24:59	05:48	
63	623	Márcio Ferreira	OiãRunners	01:27:09	+25:07	05:49	
64	554	Ricardo Manuel Guerra Pina	Individual	01:27:16	+25:14	05:49	
65	546	Gilberto Pires	Individual	01:27:18	+25:16	05:49	
66	548	Joao Carlos Figueiredo Rosa	Individual	01:27:18	+25:16	05:49	
67	699	Rui Rebelo	WeGoRun	01:27:20	+25:18	05:49	
68	678	Paulo Alexandre Simões da Costa	Tainadas Run Team	01:28:15	+26:13	05:53	
69	582	JOSÉ SILVA	Individual	01:28:18	+26:16	05:53	
70	632	Daniela Onofre	OPraticante.pt	01:28:48	+26:46	05:55	
71	576	Daniel Costa	Individual	01:28:49	+26:47	05:55	
72	592	Vitor Peixoto	Individual	01:28:56	+26:54	05:56	
73	550	Paulo Pião	Individual	01:29:08	+27:06	05:57	
74	558	Vitor Cruz	Individual	01:29:22	+27:20	05:57	
75	584	Nelson Marques	Individual	01:29:22	+27:20	05:57	
76	508	Cristina Batista	Casa Benfica Bairrada	01:29:34	+27:32	05:58	
77	606	Fábio Ferreira	jovase trail running	01:29:58	+27:56	06:00	
78	603	Filipa Ângela	jovase trail running	01:29:58	+27:56	06:00	
79	545	Gabriel Marques Pato	Individual	01:30:18	+28:16	06:01	
80	559	Duarte Santos Ribeiro	Individual	01:30:21	+28:19	06:01	
81	585	Nuno Marabuto	Individual	01:31:01	+28:59	06:04	
82	609	Alexandre Simões	Juveforce Run Team	01:31:08	+29:06	06:05	
83	565	Maribel Cardoso	Individual	01:31:09	+29:07	06:05	
84	509	Marco Santiago	Casa Benfica Bairrada	01:31:17	+29:15	06:05	
85	536	Ricardo Ferreira	Haertha/TendernessCapacity - trail running	01:31:18	+29:16	06:05	
86	537	Maira Silva	Clube Desportivo Feirense	01:31:22	+29:20	06:05	
87	630	Ana Mafalda Pereira	OPraticante.pt	01:31:30	+29:28	06:06	
88	649	António Rodrigues	OPraticante.pt	01:31:57	+29:55	06:08	

### 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 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	667	João Esteves	Supras	01:32:07	+30:05	06:08	
90	674	Joni Pandeirada Rocha	Tainadas Run Team	01:32:49	+30:47	06:11	
91	505	Raquel Brito	ÁGUEDA ACTION CLUB - ACTIB	01:33:10	+31:08	06:13	
92	574	Bruno Marques	Individual	01:33:24	+31:22	06:14	
93	629	Luís Silva	OPraticante.pt	01:33:25	+31:23	06:14	
94	583	Manuel ventura da Silva Marques	Individual	01:33:57	+31:55	06:16	
95	686	Mariana Santos	TRAIL BELA BELA	01:33:58	+31:56	06:16	
96	694	Fábio Silva	VVTR Valongo Vouga Trail Running	01:33:58	+31:56	06:16	
97	604	Marisa Ferreira dos Santos	jovase trail running	01:34:19	+32:17	06:17	
98	570	Celia Oliveira	Individual	01:34:59	+32:57	06:20	
99	544	Diogo Costa	Individual	01:35:03	+33:01	06:20	
100	658	PEDRO FONTES	Roda Dianteira /SPEM	01:36:30	+34:28	06:26	
101	633	Ivone Reis	OPraticante.pt	01:37:11	+35:09	06:29	
102	595	Carlos dos Santos	Individual	01:37:13	+35:11	06:29	
103	507	Michael Ferreira Ribeirinha	Bombeiros albergaria	01:37:13	+35:11	06:29	
104	567	Rosabell Santos	Individual	01:37:20	+35:18	06:29	
105	578	Hugo Morais	Individual	01:38:10	+36:08	06:33	
106	602	José Neves	J C T	01:38:23	+36:21	06:34	
107	640	José Rocha	OPraticante.pt	01:38:24	+36:22	06:34	
108	617	Tiago Simões	OiãRunners	01:38:53	+36:51	06:36	
109	596	Carlos Ferreira	Individual	01:39:19	+37:17	06:37	
110	522	ARLINDO SANTOS	Desportivo Atletico de Recardaes	01:40:27	+38:25	06:42	
111	695	João Almeida	VVTR Valongo Vouga Trail Running	01:40:28	+38:26	06:42	
112	529	Mónica Cunha	Farmácia Luciano & Matos Running Team	01:40:34	+38:32	06:42	
113	673	Sandra Rocha Oliveira	Tainadas Run Team	01:41:38	+39:36	06:47	
114	601	Carlos Oliveira	J C T	01:41:45	+39:43	06:47	
115	587	Paulo Sérgio Pires de Almeida	Individual	01:41:46	+39:44	06:47	
116	681	Carla Rosa	they run the city	01:42:34	+40:32	06:50	
117	682	Ricardo Gonçalves	they run the city	01:42:35	+40:33	06:50	
118	647	Patrícia Lamego	OPraticante.pt	01:43:17	+41:15	06:53	
119	532	Joana Tavares	Fermentelos Runners	01:43:29	+41:27	06:54	
120	501	Mariana Alves	AAM Runners	01:44:14	+42:12	06:57	
121	591	Rui Teixeira	Individual	01:44:53	+42:51	07:00	
122	561	Áuria Simões dos Santos	Individual	01:44:53	+42:51	07:00	
123	654	Anabela Reis	Os 4	01:46:25	+44:23	07:06	
124	571	Nazaré Peixóto	Individual	01:47:09	+45:07	07:09	
125	683	Margarida Duarte	TRAIL BELA BELA	01:47:32	+45:30	07:10	
126	680	sílvia silva	Team Bibai	01:49:21	+47:19	07:17	
127	679	Alexandra Simões	Team Bibai	01:49:22	+47:20	07:17	
128	538	Cátia Coelho	Individual	01:50:06	+48:04	07:20	
129	597	João Coelho	Individual	01:50:14	+48:12	07:21	
130	628	Lourenço Garrido	OPraticante.pt	01:51:37	+49:35	07:26	
131	646	Marta Carmo	OPraticante.pt	01:51:44	+49:42	07:27	
132	700	Ricardo Costa	WeGoRun	01:52:34	+50:32	07:30	
133	698	Carlos Pinheiro	WeGoRun	01:52:36	+50:34	07:30	
134	676	Mário Bandeira	Tainadas Run Team	01:53:17	+51:15	07:33	





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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:30	17,6°C	92%
End	12:03	17,6°C	92%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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Junior Feminino

1	537	Maira Silva	Clube Desportivo Feirense	Junior Feminino	01:31:22		06:05
2	501	Mariana Alves	AAM Runners	Junior Feminino	01:44:14	+12:52	06:57
3	683	Margarida Duarte	TRAIL BELA BELA	Junior Feminino	01:47:32	+16:10	07:10

Junior Masculino

1	629	Luís Silva	OPraticante.pt	Junior Masculino	01:33:25		06:14
2	628	Lourenço Garrido	OPraticante.pt	Junior Masculino	01:51:37	+18:11	07:26

Senior Feminino

1	684	Teresa Reis	TRAIL BELA BELA	Senior Feminino	01:21:02		05:24
2	504	Inês Teixeira	ÁGUEDA ACTION CLUB - ACTIB	Senior Feminino	01:21:55	+00:53	05:28
3	632	Daniela Onofre	OPraticante.pt	Senior Feminino	01:28:48	+07:46	05:55
4	630	Ana Mafalda Pereira	OPraticante.pt	Senior Feminino	01:31:30	+10:27	06:06
5	633	Ivone Reis	OPraticante.pt	Senior Feminino	01:37:11	+16:09	06:29
6	673	Sandra Rocha Oliveira	Tainadas Run Team	Senior Feminino	01:41:38	+20:36	06:47
7	538	Cátia Coelho	Individual	Senior Feminino	01:50:06	+29:04	07:20
8	693	Sandra Ferreira	VVTR Valongo Vouga Trail Running	Senior Feminino	01:55:03	+34:01	07:40
9	539	Filipa Alves	Individual	Senior Feminino	02:00:56	+39:53	08:04
10	631	Clara Silva	OPraticante.pt	Senior Feminino	02:04:25	+43:23	08:18
11	613	Andreia Simões	OiãRunners	Senior Feminino	02:05:59	+44:57	08:24
12	634	Lara Silva	OPraticante.pt	Senior Feminino	02:13:31	+52:29	08:54

Senior Masculino

1	685	Rui Figueiredo	TRAIL BELA BELA	Senior Masculino	01:02:02		04:08
2	638	João Matos	OPraticante.pt	Senior Masculino	01:02:11	+00:08	04:09
3	660	Luís Diogo	SC Paradela	Senior Masculino	01:02:11	+00:08	04:09
4	534	João Coentrão	Grupo Recreativo Eirense	Senior Masculino	01:04:00	+01:58	04:16
5	637	Domingos Vieira	OPraticante.pt	Senior Masculino	01:04:17	+02:15	04:17
6	696	Pedro Ferreira	VVTR Valongo Vouga Trail Running	Senior Masculino	01:06:07	+04:04	04:24
7	523	Hugo Silva	DURA-F1 RACETEAM	Senior Masculino	01:06:22	+04:20	04:25
8	636	Augusto Tavares	OPraticante.pt	Senior Masculino	01:09:23	+07:20	04:38
9	668	Rui Costa	Supras	Senior Masculino	01:10:01	+07:58	04:40
10	524	José Pinheiro	DURA-F1 RACETEAM	Senior Masculino	01:10:28	+08:25	04:42
11	510	António José Araújo Ratola	DCI/Trilhos Luso Bussaco	Senior Masculino	01:10:28	+08:26	04:42

Official Timekeeper: Lap2Go	1 / 5	generate 28-mai-2023 12:32
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**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 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

12	600	João Ferreira	Inter da Mata	Senior Masculino	01:10:34	+08:31	04:42
13	641	Sérgio Ruela	OPraticante.pt	Senior Masculino	01:14:00	+11:57	04:56
14	662	Cláudio Agostinho	Sport Clube Paradela	Senior Masculino	01:14:54	+12:51	05:00
15	614	Hugo Marques	OiãRunners	Senior Masculino	01:15:23	+13:20	05:02
16	528	Edgar G0mes	Farmácia Luciano & Matos Running Team	Senior Masculino	01:16:08	+14:05	05:05
17	557	Tiago Goncalves	Individual	Senior Masculino	01:16:59	+14:57	05:08
18	675	Kevin Jesus Regalado	Tainadas Run Team	Senior Masculino	01:17:43	+15:40	05:11
19	661	Paulo Pires	Sosense trail team Braga e Fernandes	Senior Masculino	01:17:59	+15:56	05:12
20	552	Pedro Miguel da Silva Almeida	Individual	Senior Masculino	01:19:31	+17:28	05:18
21	540	André João Rodrigues Dias	Individual	Senior Masculino	01:19:40	+17:37	05:19
22	549	Nuno Ribeiro	Individual	Senior Masculino	01:19:41	+17:38	05:19
23	642	Vasco Santos	OPraticante.pt	Senior Masculino	01:19:41	+17:38	05:19
24	541	André Oliveira	Individual	Senior Masculino	01:19:49	+17:46	05:19
25	502	Pedro Alves	AAM Runners	Senior Masculino	01:20:27	+18:25	05:22
26	543	Daniel Alexandre	Individual	Senior Masculino	01:21:03	+19:01	05:24
27	555	Ricardo Miguel de Almeida Tavares	Individual	Senior Masculino	01:22:41	+20:38	05:31
28	610	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	01:23:53	+21:50	05:36
29	554	Ricardo Manuel Guerra Pina	Individual	Senior Masculino	01:27:16	+25:13	05:49
30	546	Gilberto Pires	Individual	Senior Masculino	01:27:18	+25:15	05:49
31	548	Joao Carlos Figueiredo Rosa	Individual	Senior Masculino	01:27:18	+25:15	05:49
32	699	Rui Rebelo	WeGoRun	Senior Masculino	01:27:20	+25:17	05:49
33	550	Paulo Pião	Individual	Senior Masculino	01:29:08	+27:06	05:57
34	558	Vitor Cruz	Individual	Senior Masculino	01:29:22	+27:19	05:57
35	545	Gabriel Marques Pato	Individual	Senior Masculino	01:30:18	+28:16	06:01
36	609	Alexandre Simões	Juveforce Run Team	Senior Masculino	01:31:08	+29:05	06:05
37	667	João Esteves	Supras	Senior Masculino	01:32:07	+30:04	06:08
38	674	Joni Pandeirada Rocha	Tainadas Run Team	Senior Masculino	01:32:49	+30:46	06:11
39	694	Fábio Silva	VVTR Valongo Vouga Trail Running	Senior Masculino	01:33:58	+31:56	06:16
40	544	Diogo Costa	Individual	Senior Masculino	01:35:03	+33:00	06:20
41	507	Michael Ferreira Ribeirinha	Bombeiros albergaria	Senior Masculino	01:37:13	+35:11	06:29
42	640	José Rocha	OPraticante.pt	Senior Masculino	01:38:24	+36:21	06:34
43	617	Tiago Simões	OiãRunners	Senior Masculino	01:38:53	+36:51	06:36
44	695	João Almeida	VVTR Valongo Vouga Trail Running	Senior Masculino	01:40:28	+38:25	06:42
45	698	Carlos Pinheiro	WeGoRun	Senior Masculino	01:52:36	+50:33	07:30
46	676	Mário Bandeira	Tainadas Run Team	Senior Masculino	01:53:17	+51:14	07:33
47	639	José Miguel Rodrigues	OPraticante.pt	Senior Masculino	02:04:25	+01:02:22	08:18
48	666	Bruno Esteves	Supras	Senior Masculino	02:05:14	+01:03:12	08:21
49	542	André Silva	Individual	Senior Masculino	02:07:33	+01:05:30	08:30
50	556	Rui Couto	Individual	Senior Masculino	02:07:33	+01:05:30	08:30
51	635	André Oliveira	OPraticante.pt	Senior Masculino	02:08:38	+01:06:36	08:35
52	616	Miguel Ferreira	OiãRunners	Senior Masculino	02:18:19	+01:16:17	09:13



## 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 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

### Veterana F50

1	512	Júlia Santos	DCI/Trilhos Luso Bussaco	Veterana F50	01:25:25		05:42
2	570	Celia Oliveira	Individual	Veterana F50	01:34:59	+09:33	06:20
3	681	Carla Rosa	they run the city	Veterana F50	01:42:34	+17:09	06:50
4	571	Nazaré Peixôto	Individual	Veterana F50	01:47:09	+21:44	07:09
5	513	Paula Duarte	DCI/Trilhos Luso Bussaco	Veterana F50	01:55:05	+29:40	07:40
6	648	Isabel Cristina Costa	OPraticante.pt	Veterana F50	02:05:36	+40:10	08:22

### Veterano M40

1	586	Nuno Silva	Clube Desportivo Feirense	Veterano M40	01:03:27		04:14
2	520	DAVIDE SILVA	Desportivo Atletico de Recardaes	Veterano M40	01:05:06	+01:39	04:20
3	691	Marco Simões	Train Hard Team	Veterano M40	01:05:45	+02:18	04:23
4	651	João Miguel Garrido	OPraticante.pt	Veterano M40	01:08:07	+04:40	04:32
5	526	José Cruz	DURA-F1 RACETEAM	Veterano M40	01:08:35	+05:08	04:34
6	535	Bruno Rodrigues	Haertha/TendernessCapacity - trail running	Veterano M40	01:10:17	+06:50	04:41
7	575	Celso Fernandes	Individual	Veterano M40	01:14:03	+10:36	04:56
8	525	João Portugal	DURA-F1 RACETEAM	Veterano M40	01:14:49	+11:22	04:59
9	527	Orlando Rocha	EDV-VIANA TRAIL	Veterano M40	01:16:12	+12:45	05:05
10	581	Jorge Rodrigues	Individual	Veterano M40	01:16:59	+13:32	05:08
11	533	Ricardo Vidal	GD Leões da Guarda - Lion Runners	Veterano M40	01:17:11	+13:44	05:09
12	656	Bruno Parente	Os 4	Veterano M40	01:18:00	+14:33	05:12
13	624	MARCO MARQUES	OiãRunners	Veterano M40	01:18:29	+15:02	05:14
14	652	João Rocha	OPraticante.pt	Veterano M40	01:20:26	+16:59	05:22
15	650	Gabriel Godinho	OPraticante.pt	Veterano M40	01:22:31	+19:04	05:30
16	692	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	Veterano M40	01:23:03	+19:36	05:32
17	672	Miguel Carlos	Supras	Veterano M40	01:24:59	+21:32	05:40
18	590	Rui Sá	Individual	Veterano M40	01:25:05	+21:38	05:40
19	577	Filipe Buco	Individual	Veterano M40	01:27:01	+23:33	05:48
20	623	Márcio Ferreira	OiãRunners	Veterano M40	01:27:09	+23:42	05:49
21	678	Paulo Alexandre Simões da Costa	Tainadas Run Team	Veterano M40	01:28:15	+24:48	05:53
22	582	JOSÉ SILVA	Individual	Veterano M40	01:28:18	+24:51	05:53
23	576	Daniel Costa	Individual	Veterano M40	01:28:49	+25:22	05:55
24	592	Vitor Peixoto	Individual	Veterano M40	01:28:56	+25:28	05:56
25	584	Nelson Marques	Individual	Veterano M40	01:29:22	+25:55	05:57
26	606	Fábio Ferreira	jovase trail running	Veterano M40	01:29:58	+26:31	06:00
27	585	Nuno Marabuto	Individual	Veterano M40	01:31:01	+27:34	06:04
28	509	Marco Santiago	Casa Benfica Bairrada	Veterano M40	01:31:17	+27:50	06:05
29	536	Ricardo Ferreira	Haertha/TendernessCapacity - trail running	Veterano M40	01:31:18	+27:51	06:05
30	649	António Rodrigues	OPraticante.pt	Veterano M40	01:31:57	+28:30	06:08
31	574	Bruno Marques	Individual	Veterano M40	01:33:24	+29:57	06:14
32	583	Manuel ventura da Silva Marques	Individual	Veterano M40	01:33:57	+30:30	06:16
33	658	PEDRO FONTES	Roda Dianteira /SPEM	Veterano M40	01:36:30	+33:03	06:26

**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 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

34	578	Hugo Morais	Individual	Veterano M40	01:38:10	+34:42	06:33
35	587	Paulo Sérgio Pires de Almeida	Individual	Veterano M40	01:41:46	+38:19	06:47
36	682	Ricardo Gonçalves	they run the city	Veterano M40	01:42:35	+39:08	06:50
37	591	Rui Teixeira	Individual	Veterano M40	01:44:53	+41:26	07:00
38	700	Ricardo Costa	WeGoRun	Veterano M40	01:52:34	+49:07	07:30
39	653	Paulo Silva	OPraticante.pt	Veterano M40	01:53:42	+50:15	07:35
40	589	Raul Jesus Duarte	Individual	Veterano M40	02:00:56	+57:28	08:04
41	669	Fernando Ribeiro	Supras	Veterano M40	02:01:32	+58:05	08:06
42	664	Rui Almeida	Sport Clube Paradela	Veterano M40	02:04:04	+01:00:37	08:16
43	657	Luís Carvalho	Os 4	Veterano M40	02:04:12	+01:00:45	08:17
44	670	Hugo Miguel Castro Laranjeira	Supras	Veterano M40	02:04:23	+01:00:56	08:18
45	580	Jorge Pinto	Individual	Veterano M40	02:15:39	+01:12:12	09:03
46	588	Pedro Luis Pereira Cruz Gomes das Neves	Individual	Veterano M40	02:32:56	+01:29:29	10:12

**Veterano M50**

1	515	Tony Graça	DCI/Trilhos Luso Bussaco	Veterano M50	01:10:35		04:42
2	607	Hilário Pinto	javase trail running	Veterano M50	01:17:59	+07:24	05:12
3	514	José Pereira	DCI/Trilhos Luso Bussaco	Veterano M50	01:22:58	+12:22	05:32
4	665	Carlos Pinheiro	Sport Clube Paradela	Veterano M50	01:23:11	+12:36	05:33
5	598	João Rodrigues	Individual	Veterano M50	01:23:13	+12:38	05:33
6	612	Paulo Jorge Simões da Silva	NAR - Núcleo de Atletismo de Requeixo	Veterano M50	01:24:53	+14:18	05:40
7	611	Jorge Vilela	NAR - Núcleo de Atletismo de Requeixo	Veterano M50	01:26:09	+15:33	05:45
8	595	Carlos dos Santos	Individual	Veterano M50	01:37:13	+26:38	06:29
9	602	José Neves	J C T	Veterano M50	01:38:23	+27:47	06:34
10	596	Carlos Ferreira	Individual	Veterano M50	01:39:19	+28:44	06:37
11	601	Carlos Oliveira	J C T	Veterano M50	01:41:45	+31:10	06:47
12	597	João Coelho	Individual	Veterano M50	01:50:14	+39:38	07:21
13	608	Manuel Oliveira	javase trail running	Veterano M50	01:55:22	+44:47	07:41
14	627	Miguel Pimentel	OiãRunners	Veterano M50	01:57:39	+47:03	07:51
15	599	Rufino Cardoso	Individual	Veterano M50	01:58:41	+48:06	07:55
16	593	António Couto	Individual	Veterano M50	02:06:01	+55:26	08:24
17	594	António Gomes Oliveira	Individual	Veterano M50	02:14:02	+01:03:27	08:56

**Veterano M60**

1	516	Joaquim Godinho	DCI/Trilhos Luso Bussaco	Veterano M60	01:15:59		05:04
2	506	JOÃO ALMADA	ASSOCIAÇÃO DESPORTIVA DE TRAVASSO	Veterano M60	01:21:03	+05:03	05:24
3	522	ARLINDO SANTOS	Desportivo Atletico de Recardaes	Veterano M60	01:40:27	+24:27	06:42

## TEAM RESULTS - TRAIL CURTO

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

RANK	TEAM	DESCRIPTION	POINTS
1	OPRATICANTE.PT	3 + 6 + 11	20
2	DURA-F1 RACETEAM	10 + 12 + 16	38
3	DCI/TRILHOS LUSO BUSSACO	17 + 19 + 20	56
4	DESPORTIVO ATLETICO DE RECARDAES	7 + 23 + 45	75
5	OIÁRUNNERS	26 + 37 + 63	126
6	TRAIL BELA BELA	1 + 46 + 96	143
7	SUPRAS	14 + 58 + 89	161
8	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	56 + 57 + 61	174
9	JOVASE TRAIL RUNNING	34 + 77 + 78	189
10	TAINADAS RUN TEAM	33 + 68 + 90	191
11	VVTR VALONGO VOUGA TRAIL RUNNING	9 + 95 + 111	215
12	SPORT CLUBE PARADELA	25 + 54 + 150	229
13	OS 4	36 + 123 + 151	310
14	WEGORUN	67 + 132 + 133	332