Trail Running Pombal Sicó 2023

Pombal, PT

23-abril-2023

LONGO - STAGE 1

32 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

	Time	Temperature	Humidity
Start	08:30	12,3ºC	93%
End	14:38	12,3ºC	93%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	22	Fabio Mendes	Individual	03:35:24		06:44	
2	25	Leonardo Contreiras Jerónimo	Individual	03:35:54	+00:30	06:45	
3	57	Ernesto Pereira	Fátima Trail Team	03:36:00	+00:36	06:45	
4	4	Luiz Mota	Casa do Benfica em Abrantes	03:38:15	+02:51	06:49	
5	19	Joel Couto	Grupo Alegre Unido Bajouca	03:40:59	+05:35	06:54	
6	23	Gonçalo José Ferreira Fernandes	Individual	03:42:15	+06:51	06:57	
7	13	Rui Isidoro	A. R. Meirinhas	03:48:03	+12:39	07:08	
8	48	Henrique Fernandes	SCPOMBAL/TRAILTEAM	03:54:12	+18:48	07:19	
9	46	Ruben Dias	SCPOMBAL/TRAILTEAM	03:56:23	+20:59	07:23	
10	39	Daniel jaulino	Grupo Alegre Unido Bajouca	04:06:01	+30:37	07:41	
11	44	Guilherme David	Sabores do Paço Trail Zatopeques	04:09:20	+33:56	07:47	
12	24	Jorge Vieira	Individual	04:10:42	+35:18	07:50	
13	50	João Janeiro	SicóTrilhos	04:16:36	+41:12	08:01	
14	29	Maria Luísa Bastos Almeida	Individual	04:19:10	+43:46	08:06	
15	43	Samuel David	Sabores do Paço Trail Zatopeques	04:22:24	+47:00	08:12	
16	20	Filipa Gameiro	Clube Desportivo de Espite	04:24:24	+49:00	08:16	
17	17	Vitor Silva	Cerveira Team Running	04:27:07	+51:43	08:21	
18	55	Joselito Pereira	Vilaventura Trail	04:31:23	+55:59	08:29	
19	41	David Marques	Os Tolinhos	04:31:50	+56:26	08:30	
20	7	David Simões	A. R. Meirinhas	04:33:47	+58:23	08:33	
21	42	Antonio Ferreira	Os Tolinhos	04:34:49	+59:25	08:35	
22	28	Marco António da Silva Pedrosa	Individual	04:38:50	+01:03:26	08:43	
23	59	Micael Santos	Individual	04:38:50	+01:03:26	08:43	
24	11	Paulo Mendes	A. R. Meirinhas	04:38:51	+01:03:27	08:43	
25	18	Rui Silva	Fátima Trail Team	04:46:40	+01:11:16	08:58	
26	30	Cilinio Rodrigues Antunes	Individual	04:50:55	+01:15:31	09:05	
27	15	Germano Capela	CA Barreira	04:52:51	+01:17:27	09:09	
28	12	Nelson Norte	A. R. Meirinhas	05:01:12	+01:25:48	09:25	
29	32	Miguel Leal	Individual	05:01:23	+01:25:59	09:25	
30	6	Miguel António Nunes Gonçalves	100 Gás Trail Team	05:02:16	+01:26:52	09:27	
31	53	Gi Sousa	Vilaventura Trail	05:02:16	+01:26:52	09:27	
32	10	Énio Mota	A. R. Meirinhas	05:05:02	+01:29:38	09:32	
33	49	Gonçalo Coelho	Serranos da Estrela	05:05:30	+01:30:06	09:33	
34	36	Nelson. Sousa	Individual	05:07:50	+01:32:26	09:37	
35	40	Pedro Custódio	LIZ RUNNERS	05:13:07	+01:37:43	09:47	
36	9	Rodrigo Noivo	A. R. Meirinhas	05:14:45	+01:39:21	09:50	
37	52	Paulo Mauricio	Trilhos do Costume	05:16:30	+01:41:06	09:53	
38	34	Ricardo Gomes	Individual	05:19:05	+01:43:41	09:58	
39	8	Gonçalo Mota	A. R. Meirinhas	05:25:34	+01:50:10	10:10	
40	51	Manuela Silva	Talentos Objetivos	05:35:39	+02:00:15	10:29	
41	37	Vítor Areia	Individual	05:39:09	+02:03:45	10:36	
42	14	Simão G. F.	ADR O RELÂMPAGO	05:40:11	+02:04:47	10:38	

LONGO - STAGE 1

32 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	58	Hugo Carolino	Individual	05:44:36	+02:09:12	10:46	
44	26	Micael Domingues	Individual	06:08:13	+02:32:49	11:30	
45	56	Bruno Miguel martins lopes	Individual	06:08:13	+02:32:49	11:30	

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Longo

32 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	08:30	12,3ºC	93%
End	14:38	12,3ºC	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	20	Filipa Gameiro	Clube Desportivo de Espite	Senior Feminino	04:24:23	+48:59	08:16
2	53	Gi Sousa	Vilaventura Trail	Senior Feminino	05:02:16	+01:26:52	09:27
3	51	Manuela Silva	Talentos Objetivos	Senior Feminino	05:35:39	+02:00:14	10:29
Senior Masculino							
1	22	Fabio Mendes	Individual	Senior Masculino	03:35:24		06:44
2	25	Leonardo Contreiras Jerónimo	Individual	Senior Masculino	03:35:53	+00:29	06:45
3	23	Gonçalo José Ferreira Fernandes	Individual	Senior Masculino	03:42:14	+06:50	06:57
4	46	Ruben Dias	SCPOMBAL/TRAILTEAM	Senior Masculino	03:56:23	+20:58	07:23
5	24	Jorge Vieira	Individual	Senior Masculino	04:10:42	+35:17	07:50
6	50	João Janeiro	SicóTrilhos	Senior Masculino	04:16:36	+41:12	08:01
7	43	Samuel David	Sabores do Paço Trail Zatopeques	Senior Masculino	04:22:24	+46:59	08:12
8	41	David Marques	Os Tolinhos	Senior Masculino	04:31:49	+56:25	08:30
9	7	David Simões	A. R. Meirinhas	Senior Masculino	04:33:46	+58:22	08:33
10	49	Gonçalo Coelho	Serranos da Estrela	Senior Masculino	05:05:30	+01:30:05	09:33
11	9	Rodrigo Noivo	A. R. Meirinhas	Senior Masculino	05:14:44	+01:39:20	09:50
12	52	Paulo Mauricio	Trilhos do Costume	Senior Masculino	05:16:29	+01:41:05	09:53
13	8	Gonçalo Mota	A. R. Meirinhas	Senior Masculino	05:25:34	+01:50:09	10:10
14	26	Micael Domingues	Individual	Senior Masculino	06:08:12	+02:32:48	11:30
Sub 23 Masculino							
1	28	Marco António da Silva Pedrosa	Individual	Sub 23 Masculino	04:38:50	+01:03:26	08:43
Veterana F45							
1	29	Maria Luísa Bastos Almeida	Individual	Veterana F45	04:19:09	+43:45	08:06
Veterano M40							
1	57	Ernesto Pereira	Fátima Trail Team	Veterano M40	03:36:00	+00:35	06:45
2	19	Joel Couto	Grupo Alegre Unido Bajouca	Veterano M40	03:40:58	+05:34	06:54
3	48	Henrique Fernandes	SCPOMBAL/TRAILTEAM	Veterano M40	03:54:12	+18:47	07:19
4	59	Micael Santos	Individual	Veterano M40	04:38:50	+01:03:26	08:43
5	11	Paulo Mendes	A. R. Meirinhas	Veterano M40	04:38:50	+01:03:26	08:43
6	30	Cilinio Rodrigues Antunes	Individual	Veterano M40	04:50:55	+01:15:30	09:05
7	32	Miguel Leal	Individual	Veterano M40	05:01:22	+01:25:58	09:25

Longo

32 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

8	10	Énio Mota	A. R. Meirinhas	Veterano M40	05:05:02	+01:29:38	09:32
9	34	Ricardo Gomes	Individual	Veterano M40	05:19:04	+01:43:40	09:58
10	14	Simão G. F.	ADR O RELÂMPAGO	Veterano M40	05:40:10	+02:04:46	10:38
11	58	Hugo Carolino	Individual	Veterano M40	05:44:35	+02:09:11	10:46
12	56	Bruno Miguel martins lopes	Individual	Veterano M40	06:08:13	+02:32:48	11:30

Veterano M45

1	13	Rui Isidoro	A. R. Meirinhas	Veterano M45	03:48:02	+12:38	07:08
2	18	Rui Silva	Fátima Trail Team	Veterano M45	04:46:40	+01:11:16	08:58
3	12	Nelson Norte	A. R. Meirinhas	Veterano M45	05:01:12	+01:25:48	09:25
4	6	Miguel António Nunes Gonçalves	100 Gás Trail Team	Veterano M45	05:02:16	+01:26:52	09:27
5	36	Nelson. Sousa	Individual	Veterano M45	05:07:50	+01:32:25	09:37
6	40	Pedro Custódio	LIZ RUNNERS	Veterano M45	05:13:07	+01:37:43	09:47

Veterano M50

1	4	Luiz Mota	Casa do Benfica em Abrantes	Veterano M50	03:38:15	+02:50	06:49
2	17	Vitor Silva	Cerveira Team Running	Veterano M50	04:27:06	+51:42	08:21
3	55	Joselito Pereira	Vilaventura Trail	Veterano M50	04:31:23	+55:59	08:29
4	37	Vítor Areia	Individual	Veterano M50	05:39:08	+02:03:44	10:36

Veterano M55

1	39	Daniel jaulino	Grupo Alegre Unido Bajouca	Veterano M55	04:06:00	+30:36	07:41
2	42	Antonio Ferreira	Os Tolinhos	Veterano M55	04:34:49	+59:25	08:35
3	15	Germano Capela	CA Barreira	Veterano M55	04:52:50	+01:17:26	09:09

Veterano M60

1	44	Guilherme David	Sabores do Paço Trail Zatopeques	Veterano M60	04:09:19	+33:55	07:47

COLETIVA LONGO 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. MEIRINHAS	7 + 18 + 22 + 26	73

Trail Running Pombal Sicó 2023

Pombal, PT

23-abril-2023

CURTO - STAGE 1 — 18 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

	Time	Temperature	Humidity
Start	09:30	15,7ºC	83%
End	14:51	15,7ºC	83%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	103	BRUNO GASPAR	AC VERMOIL	01:39:33		05:32	
2	134	Carlos Simoes	DCI/Trilhos Luso Bussaco	01:40:39	+01:06	05:35	
3	16	Jorge Aires	CA Barreira	01:41:04	+01:31	05:37	
4	280	Miguel Ferreira	UNIÃO FCI DE TOMAR	01:42:36	+03:03	05:42	
5	285	Sérgio Escada	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:43:09	+03:36	05:44	
6	115	Fernando rosa	AirLux - Nda	01:44:59	+05:26	05:50	
7	284	João Freitas	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:45:55	+06:22	05:53	
8	141	Tiago Lé	Fátima Trail Team	01:46:16	+06:43	05:54	
9	176	Tiago Alves	Individual	01:46:58	+07:25	05:57	
10	165	Diogo Viana	Grupo Alegre Unido Bajouca	01:47:22	+07:49	05:58	
11	168	Hilário Lopes	EDL Trail	01:48:31	+08:58	06:02	
12	170	João Pimenta	Individual	01:48:55	+09:22	06:03	
13	104	LICÍNIO CARREIRA	AC VERMOIL	01:49:08	+09:35	06:04	
14	148	José Gonçalves	Grupo Alegre Unido Bajouca	01:49:33	+10:00	06:05	
15	130	Hélder Pereira	Clube de Atletismo de Ferreira do Zêzere	01:50:06	+10:33	06:07	
16	254	Eurico Nogueira	SCPOMBAL/TRAILTEAM	01:50:29	+10:56	06:08	
17	192	Bruno Filipe	Individual	01:50:49	+11:16	06:09	
18	203	Pedro Alexandre de Sousa Ricardo	Individual	01:52:39	+13:06	06:16	
19	268	Ricardo Jorge Teixeira Duarte	SPORTARC	01:53:35	+14:02	06:19	
20	140	Americo Almeida	DCI/Trilhos Luso Bussaco	01:54:37	+15:04	06:22	
21	129	Cláudio Alves	Clube de Atletismo de Ferreira do Zêzere	01:55:14	+15:41	06:24	
22	239	Jordan Silva	LIZ RUNNERS	01:55:19	+15:46	06:24	
23	290	Carlos Simões	Vilaventura Trail	01:55:39	+16:06	06:26	
24	238	Nuno Neves	Lama Solta	01:56:04	+16:31	06:27	
25	138	Paulo Maia	DCI/Trilhos Luso Bussaco	01:57:06	+17:33	06:30	
26	255	Joao Pedro Fernandes	SCPOMBAL/TRAILTEAM	01:59:40	+20:07	06:39	
27	274	Pedro Manuel Lopes Quelhas	Trail da Amizade Runners	02:00:14	+20:41	06:41	
28	137	Miguel Duarte	DCI/Trilhos Luso Bussaco	02:00:30	+20:57	06:42	
29	258	Luis Filipe Silva Rodrigues	SCPOMBAL/TRAILTEAM	02:00:45	+21:12	06:43	
30	143	Fábio Ferreira	Grupo Alegre Unido Bajouca	02:01:24	+21:51	06:45	
31	296	Luís Oliveira	Figueira Kayak Clube	02:02:36	+23:03	06:49	
32	146	Otelo Pereira	Grupo Alegre Unido Bajouca	02:02:46	+23:13	06:49	
33	124	Rodrigo Miranda	BTTralhos Bike Team	02:03:03	+23:30	06:50	
34	106	AQUILINO FERREIRA	AC VERMOIL	02:04:25	+24:52	06:55	
35	109	António Jesus	ACTIVE Pombal	02:05:08	+25:35	06:57	
36	303	João Pedro Rodrigues	SicóTrilhos	02:05:17	+25:44	06:58	
37	145	Ricardo Pedrosa Carreira	Grupo Alegre Unido Bajouca	02:06:57	+27:24	07:03	
38	256	Hélder Domingues	SCPOMBAL/TRAILTEAM	02:07:30	+27:57	07:05	
39	197	Joel Ferreira Costa	Individual	02:08:12	+28:39	07:07	
40	269	Bruno Capitão	Team Capitão	02:08:17	+28:44	07:08	
41	288	Paulo Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:08:59	+29:26	07:10	
42	174	Paulino Oliveira	Individual	02:09:58	+30:25	07:13	

CURTO - STAGE 1 — 18 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
43	160	Alexandre Marcelo	Individual	02:09:58	+30:25	07:13	
44	301	Albano Silva	Individual	02:10:42	+31:09	07:16	
45	126	Aníbal Godinho	Caracol Trail Team	02:10:50	+31:17	07:16	
46	162	Bruno Ferreira	Individual	02:11:40	+32:07	07:19	
47	291	Henrique Longo	Vilaventura Trail	02:12:05	+32:32	07:20	
48	179	Ricardo jose da silva marques	Individual	02:13:15	+33:42	07:24	
49	279	José Ávila	Trail da Ladeia Running Team	02:13:15	+33:42	07:24	
50	193	David Gameiro	Individual	02:13:54	+34:21	07:26	
51	304	Alexandre Abreu	SCPOMBAL/TRAILTEAM	02:14:25	+34:52	07:28	
52	195	Hélder Manuel dos Santos Morais Freire	Individual	02:14:29	+34:56	07:28	
53	206	Sílvio André dos Santos Moreira	Individual	02:14:29	+34:56	07:28	
54	102	Jose Carlos Rodrigues	A.R Casaense/ Escola de Atletismo de Coimbra/ Intermaché Taveiro	02:14:38	+35:05	07:29	
55	260	Nuno Ferreira	SCPOMBAL/TRAILTEAM	02:14:53	+35:20	07:30	
56	191	Manuela Mendes	DCI/Trilhos Luso Bussaco	02:14:56	+35:23	07:30	
57	164	David Alves	Individual	02:15:03	+35:30	07:30	
58	209	Vítor Ribeiro	Individual	02:15:03	+35:30	07:30	
59	127	Henrique Carvalheiro	CCDR Matas e Cipreste	02:15:03	+35:30	07:30	
60	259	Mário Salgado	SCPOMBAL/TRAILTEAM	02:15:15	+35:42	07:31	
61	261	Nádia Sousa	Serra D'Aire Trail Team	02:15:57	+36:24	07:33	
62	221	Dinis Santos	Individual	02:16:25	+36:52	07:35	
63	128	Henrique Lavaredas	CCDR Matas e Cipreste	02:16:28	+36:55	07:35	
64	133	Rúben Filipe Dias Vieira	cscrfcharneca	02:17:56	+38:23	07:40	
65	263	Nuno Janeiro	SicóTrilhos	02:19:09	+39:36	07:44	
66	2	Gina Maria Estrela Domingues	SCPOMBAL/TRAILTEAM	02:19:26	+39:53	07:45	
67	251	Carolina Rosa	SCPOMBAL/TRAILTEAM	02:19:29	+39:56	07:45	
68	185	Lúcia Marques	DCI/Trilhos Luso Bussaco	02:20:50	+41:17	07:49	
69	215	José Vicente pereira marques	Individual	02:22:18	+42:45	07:54	
70	139	Daniel Silva	DCI/Trilhos Luso Bussaco	02:22:19	+42:46	07:54	
71	198	José Oliveira	Individual	02:22:27	+42:54	07:55	
72	230	Ângelo Pereira	Individual	02:22:52	+43:19	07:56	
73	156	Sara Alexandra Brites Alves	Grupo Alegre Unido Bajouca	02:22:53	+43:20	07:56	
74	214	Helder Nunes	Individual	02:23:44	+44:11	07:59	
75	207	Tiago Lopes	Individual	02:24:36	+45:03	08:02	
76	108	João Sintra	ACRM Silveirinha Grande Claras	02:24:46	+45:13	08:03	
77	3	Sofia Vieira	Clube Desportivo de Espite	02:24:56	+45:23	08:03	
78	229	Manuel Gaspar	Individual	02:25:06	+45:33	08:04	
79	110	Ivo Gonçalves	ACTIVE Pombal	02:25:38	+46:05	08:05	
80	281	Ana Salomé Rodrigues de Oliveira	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:25:45	+46:12	08:06	
81	121	Pedro Pereira	Bombeiros voluntários ortigosa	02:26:01	+46:28	08:07	
82	222	Fernando José Das Neves	Individual	02:27:42	+48:09	08:12	
83	252	Inês tomás	SCPOMBAL/TRAILTEAM	02:27:57	+48:24	08:13	
84	241	Rui Miguel da Silva Pereira	NDAP	02:28:27	+48:54	08:15	
85	211	David Cunha	Individual	02:28:46	+49:13	08:16	
86	298	Cristiano ruas	Individual	02:29:41	+50:08	08:19	
87	276	Nuno Gonçalo Simões	Trail da Ladeia Running Team	02:30:05	+50:32	08:20	

CURTO - STAGE 1

18 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
88	151	carolina serra	Individual	02:30:09	+50:36	08:20	
89	123	Evangelista santos	Bombeiros voluntários ortigosa	02:30:45	+51:12	08:23	
90	217	Pedro Carlos	Individual	02:31:23	+51:50	08:25	
91	218	PEDRO NATARIO	Individual	02:32:01	+52:28	08:27	
92	287	Isabel santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:32:05	+52:32	08:27	
93	257	Hélder Gonçalves	SCPOMBAL/TRAILTEAM	02:32:06	+52:33	08:27	
94	147	Virgilio Alberto	Grupo Alegre Unido Bajouca	02:32:10	+52:37	08:27	
95	264	Henrique Santos	SicóTrilhos	02:32:18	+52:45	08:28	
96	277	Carlos Matias	Trail da Ladeia Running Team	02:32:26	+52:53	08:28	
97	289	António Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:33:20	+53:47	08:31	
98	172	Marco Simoes	Individual	02:35:15	+55:42	08:37	
99	136	Marisa Silva Duarte	DCI/Trilhos Luso Bussaco	02:35:23	+55:50	08:38	
100	253	André António	SCPOMBAL/TRAILTEAM	02:35:25	+55:52	08:38	
101	113	Tiago Mourão Jorge	ACTIVE Pombal	02:36:39	+57:06	08:42	
102	122	Diamantino moteiro	Bombeiros voluntários ortigosa	02:37:06	+57:33	08:44	
103	273	Simão Ferreira	Trail da Amizade Runners	02:37:13	+57:40	08:44	
104	112	Rodrigo Gaspar Costa	ACTIVE Pombal	02:37:14	+57:41	08:44	
105	208	Tiago Silva	Individual	02:38:14	+58:41	08:47	
106	184	Adélia Santos	Individual	02:44:27	+01:04:54	09:08	
107	189	Susete da silva	Individual	02:45:00	+01:05:27	09:10	
108	173	Nuno Filipe Agostinho Carrasqueira	Individual	02:46:55	+01:07:22	09:16	
109	1	Pedro Pimpão	Individual	02:47:24	+01:07:51	09:18	
110	225	Tó Gomes	Individual	02:47:26	+01:07:53	09:18	
111	223	Paulo Araújo	Individual	02:47:26	+01:07:53	09:18	
112	204	Pedro Moreira	Individual	02:47:30	+01:07:57	09:18	
113	194	Gonçalo Freitas	Individual	02:47:31	+01:07:58	09:18	
114	302	Vítor mota	scpombal/trailteam	02:47:32	+01:07:59	09:18	
115	244	Tiago Esperança	opraticante.pt	02:49:52	+01:10:19	09:26	
116	240	Inês Isabel Moreira Paiva Caseiro Jerónimo	LIZ RUNNERS	02:50:08	+01:10:35	09:27	
117	249	Gabriella Almeida	run2eat	02:51:41	+01:12:08	09:32	
118	232	Gustavo Simões Marques	Individual	02:54:41	+01:15:08	09:42	
119	175	Pedro Alves	Individual	02:56:52	+01:17:19	09:50	
120	150	Ana Sousa	Individual	02:56:53	+01:17:20	09:50	
121	101	João Gonçalves	100 Gás Trail Team	02:58:14	+01:18:41	09:54	
122	144	Anabela Fernandes	Grupo Alegre Unido Bajouca	02:58:44	+01:19:11	09:56	
123	114	Odília Sousa	ACTIVE Pombal	02:59:59	+01:20:26	10:00	
124	196	Joao Miguel Gomes Teixeira Diniz	Individual	03:00:01	+01:20:28	10:00	
125	224	Rui Manuel Colaço	Individual	03:00:02	+01:20:29	10:00	
126	117	Stephanie Silva	As Gazelas	03:00:58	+01:21:25	10:03	
127	166	Frederico Pinheiro	Individual	03:01:23	+01:21:50	10:05	
128	220	Rafael Almeida	Individual	03:01:51	+01:22:18	10:06	
129	292	João Lopes	Vilaventura Trail	03:02:00	+01:22:27	10:07	
130	286	Patrícia Isabel da Costa Simões	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	03:02:17	+01:22:44	10:08	
131	282	Goreti Gaudencio	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	03:02:18	+01:22:45	10:08	
132	283	Inês Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	03:02:18	+01:22:45	10:08	

CURTO - STAGE 1 — 18 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
133	190	Isabel Simões	Individual	03:02:58	+01:23:25	10:10	
134	118	Maria João	As Gazelas	03:04:41	+01:25:08	10:16	
135	107	LEANDRO SANTOS	AC VERMOIL	03:05:13	+01:25:40	10:17	
136	300	Pedro Abreu	Individual	03:06:03	+01:26:30	10:20	
137	271	Marcelo Duarte Moço	Trail da Amizade Runners	03:06:19	+01:26:46	10:21	
138	250	Dário Marreiros	run2eat	03:06:20	+01:26:47	10:21	
139	132	Álvaro Pinheiro	Coimbra Trail Running	03:07:37	+01:28:04	10:25	
140	161	André Fernandes	Individual	03:07:58	+01:28:25	10:27	
141	248	Andréia Reis	run2eat	03:08:02	+01:28:29	10:27	
142	213	Gary Quintal	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	03:08:16	+01:28:43	10:28	
143	111	Nicolas Marques dos Santos	ACTIVE Pombal	03:08:35	+01:29:02	10:29	
144	270	Bruno Fereira	Trail da Amizade Runners	03:12:32	+01:32:59	10:42	
145	245	Nuno Daniel Rodrigues Fernandes	opraticante.pt	03:12:32	+01:32:59	10:42	
146	262	João Coelho	Serranos da Estrela	03:14:44	+01:35:11	10:49	
147	246	David Silva	opraticante.pt	03:14:53	+01:35:20	10:50	
148	202	Nuno Leal	Individual	03:16:51	+01:37:18	10:56	
149	152	Linda Vaz	Individual	03:16:51	+01:37:18	10:56	
150	142	Luísa Areia	Grupo Alegre Unido Bajouca	03:17:06	+01:37:33	10:57	
151	226	Vítor Alonso	Individual	03:21:34	+01:42:01	11:12	
152	187	Paula virgínia dos Santos Marques	Individual	03:21:41	+01:42:08	11:12	
153	210	António Madeira	Individual	03:22:11	+01:42:38	11:14	
154	200	Luis Madeira	Individual	03:22:12	+01:42:39	11:14	
155	157	Sofia Faria	Clube Desportivo de Espite	03:23:19	+01:43:46	11:18	
156	159	Teresa Zuna	Individual	03:23:19	+01:43:46	11:18	
157	242	Miguel David	opraticante.pt	03:24:02	+01:44:29	11:20	
158	183	Gilvania Gaspar	Individual	03:24:02	+01:44:29	11:20	
159	105	ALFREDO SANTOS	AC VERMOIL	03:24:02	+01:44:29	11:20	
160	169	João Pedro Agostinho Carrasqueira	Individual	03:29:51	+01:50:18	11:39	
161	181	Catarina Matias	Individual	03:29:51	+01:50:18	11:39	
162	233	José Manuel Gonçalves	Individual	03:29:52	+01:50:19	11:40	
163	243	Zina Maria Dias Pedro Fernandes	opraticante.pt	03:34:24	+01:54:51	11:55	
164	216	Paulo Gomes	Individual	03:35:47	+01:56:14	11:59	
165	272	Hugo Lopes Domingues	Trail da Amizade Runners	03:36:50	+01:57:17	12:03	
166	266	Edite Cardoso	Snack Attackers	03:41:27	+02:01:54	12:18	
167	293	Nelson Santos Nogueira	Vilaventura Trail	03:41:38	+02:02:05	12:19	
168	119	Daniel ramos	Atascados	03:50:43	+02:11:10	12:49	
169	120	Teófilo cordeiro	Atascados	03:50:45	+02:11:12	12:49	
170	188	Rita Teixeira Adriano	Individual	03:53:12	+02:13:39	12:57	
171	205	Raul Marques Pereira	Individual	03:57:28	+02:17:55	13:12	
172	236	José Vintém	Ladeia Running Team	04:00:43	+02:21:10	13:22	
173	235	Gonçalo Vintém	Ladeia Running Team	04:00:45	+02:21:12	13:22	
174	234	Mariana Vintém	Ladeia Running Team	04:00:45	+02:21:12	13:23	
175	267	Anabela Cruz	Snack Attackers	04:16:18	+02:36:45	14:14	
176	265	Diana Lopes	Snack Attackers	04:20:26	+02:40:53	14:28	
177	186	Paula Isabel de Freitas Gomes	Individual	04:20:27	+02:40:54	14:28	
178	227	José Carlos Gomes Monteiro	Individual	04:20:30	+02:40:57	14:28	

CURTO - STAGE 1 18 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

Trail Running Pombal Sicó 2023

Pombal, PT

23-abril-2023

Curto

18 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	15,7ºC	83%
End	14:51	15,7ºC	83%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	261	Nádia Sousa	Serra D'Aire Trail Team	Senior Feminino	02:15:57	+36:24	07:33
2	251	Carolina Rosa	SCPOMBAL/TRAILTEAM	Senior Feminino	02:19:28	+39:55	07:45
3	156	Sara Alexandra Brites Alves	Grupo Alegre Unido Bajouca	Senior Feminino	02:22:53	+43:20	07:56
4	3	Sofia Vieira	Clube Desportivo de Espite	Senior Feminino	02:24:55	+45:22	08:03
5	281	Ana Salomé Rodrigues de Oliveira	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	02:25:44	+46:11	08:06
6	252	Inês tomás	SCPOMBAL/TRAILTEAM	Senior Feminino	02:27:57	+48:24	08:13
7	151	carolina serra	Individual	Senior Feminino	02:30:08	+50:35	08:20
8	249	Gabriella Almeida	run2eat	Senior Feminino	02:51:41	+01:12:08	09:32
9	150	Ana Sousa	Individual	Senior Feminino	02:56:53	+01:17:20	09:50
10	282	Goreti Gaudencio	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	03:02:17	+01:22:45	10:08
11	283	Inês Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	03:02:18	+01:22:45	10:08
12	248	Andréia Reis	run2eat	Senior Feminino	03:08:02	+01:28:29	10:27
13	152	Linda Vaz	Individual	Senior Feminino	03:16:51	+01:37:18	10:56
14	142	Luísa Areia	Grupo Alegre Unido Bajouca	Senior Feminino	03:17:06	+01:37:33	10:57
15	157	Sofia Faria	Clube Desportivo de Espite	Senior Feminino	03:23:18	+01:43:45	11:18
16	159	Teresa Zuna	Individual	Senior Feminino	03:23:19	+01:43:46	11:18
17	266	Edite Cardoso	Snack Attackers	Senior Feminino	03:41:26	+02:01:53	12:18
18	265	Diana Lopes	Snack Attackers	Senior Feminino	04:20:26	+02:40:53	14:28

Senior Masculino

1	134	Carlos Simoes	DCI/Trilhos Luso Bussaco	Senior Masculino	01:40:38	+01:05	05:35
2	285	Sérgio Escada	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:43:08	+03:35	05:44
3	115	Fernando rosa	AirLux - Nda	Senior Masculino	01:44:58	+05:25	05:50
4	284	João Freitas	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:45:55	+06:22	05:53
5	141	Tiago Lé	Fátima Trail Team	Senior Masculino	01:46:15	+06:42	05:54
6	176	Tiago Alves	Individual	Senior Masculino	01:46:57	+07:24	05:57
7	165	Diogo Viana	Grupo Alegre Unido Bajouca	Senior Masculino	01:47:21	+07:48	05:58
8	168	Hilário Lopes	EDL Trail	Senior Masculino	01:48:30	+08:57	06:02
9	170	João Pimenta	Individual	Senior Masculino	01:48:55	+09:22	06:03
10	254	Eurico Nogueira	SCPOMBAL/TRAILTEAM	Senior Masculino	01:50:29	+10:56	06:08
11	239	Jordan Silva	LIZ RUNNERS	Senior Masculino	01:55:19	+15:46	06:24
12	290	Carlos Simões	Vilaventura Trail	Senior Masculino	01:55:39	+16:06	06:26
13	238	Nuno Neves	Lama Solta	Senior Masculino	01:56:04	+16:31	06:27
14	255	Joao Pedro Fernandes	SCPOMBAL/TRAILTEAM	Senior Masculino	01:59:39	+20:06	06:39

Curto — 18 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

15	143	Fábio Ferreira	Grupo Alegre Unido Bajouca	Senior Masculino	02:01:24	+21:51	06:45
16	296	Luís Oliveira	Figueira Kayak Clube	Senior Masculino	02:02:36	+23:03	06:49
17	124	Rodrigo Miranda	BTTralhos Bike Team	Senior Masculino	02:03:03	+23:30	06:50
18	109	António Jesus	ACTIVE Pombal	Senior Masculino	02:05:07	+25:34	06:57
19	174	Paulino Oliveira	Individual	Senior Masculino	02:09:57	+30:24	07:13
20	160	Alexandre Marcelo	Individual	Senior Masculino	02:09:58	+30:25	07:13
21	162	Bruno Ferreira	Individual	Senior Masculino	02:11:40	+32:07	07:19
22	291	Henrique Longo	Vilaventura Trail	Senior Masculino	02:12:04	+32:31	07:20
23	279	José Ávila	Trail da Ladeia Running Team	Senior Masculino	02:13:14	+33:41	07:24
24	304	Alexandre Abreu	SCPOMBAL/TRAILTEAM	Senior Masculino	02:14:25	+34:52	07:28
25	164	David Alves	Individual	Senior Masculino	02:15:02	+35:29	07:30
26	127	Henrique Carvalheiro	CCDR Matas e Cipreste	Senior Masculino	02:15:03	+35:30	07:30
27	110	Ivo Gonçalves	ACTIVE Pombal	Senior Masculino	02:25:38	+46:05	08:05
28	121	Pedro Pereira	Bombeiros voluntários ortigosa	Senior Masculino	02:26:01	+46:28	08:07
29	298	Cristiano ruas	Individual	Senior Masculino	02:29:41	+50:08	08:19
30	172	Marco Simoes	Individual	Senior Masculino	02:35:14	+55:41	08:37
31	253	André António	SCPOMBAL/TRAILTEAM	Senior Masculino	02:35:25	+55:52	08:38
32	113	Tiago Mourão Jorge	ACTIVE Pombal	Senior Masculino	02:36:38	+57:05	08:42
33	112	Rodrigo Gaspar Costa	ACTIVE Pombal	Senior Masculino	02:37:14	+57:41	08:44
34	173	Nuno Filipe Agostinho Carrasqueira	Individual	Senior Masculino	02:46:55	+01:07:22	09:16
35	175	Pedro Alves	Individual	Senior Masculino	02:56:51	+01:17:19	09:50
36	166	Frederico Pinheiro	Individual	Senior Masculino	03:01:22	+01:21:50	10:05
37	292	João Lopes	Vilaventura Trail	Senior Masculino	03:01:59	+01:22:26	10:07
38	271	Marcelo Duarte Moço	Trail da Amizade Runners	Senior Masculino	03:06:19	+01:26:46	10:21
39	132	Álvaro Pinheiro	Coimbra Trail Running	Senior Masculino	03:07:36	+01:28:03	10:25
40	161	André Fernandes	Individual	Senior Masculino	03:07:57	+01:28:24	10:27
41	111	Nicolas Marques dos Santos	ACTIVE Pombal	Senior Masculino	03:08:35	+01:29:02	10:29
42	270	Bruno Fereira	Trail da Amizade Runners	Senior Masculino	03:12:32	+01:32:59	10:42
43	242	Miguel David	opraticante.pt	Senior Masculino	03:24:02	+01:44:29	11:20
44	169	João Pedro Agostinho Carrasqueira	Individual	Senior Masculino	03:29:50	+01:50:17	11:39
45	293	Nelson Santos Nogueira	Vilaventura Trail	Senior Masculino	03:41:37	+02:02:04	12:19
46	119	Daniel ramos	Atascados	Senior Masculino	03:50:43	+02:11:10	12:49
47	120	Teófilo cordeiro	Atascados	Senior Masculino	03:50:44	+02:11:11	12:49

Sub 23 Feminino

1	234	Mariana Vintém	Ladeia Running Team	Sub 23 Feminino	04:00:45	+02:21:12	13:23

Sub 23 Masculino

1	179	Ricardo jose da silva marques	Individual	Sub 23 Masculino	02:13:14	+33:41	07:24
2	133	Rúben Filipe Dias Vieira	cscrfcharneca	Sub 23 Masculino	02:17:56	+38:23	07:40
3	263	Nuno Janeiro	SicóTrilhos	Sub 23 Masculino	02:19:09	+39:36	07:44
4	273	Simão Ferreira	Trail da Amizade Runners	Sub 23 Masculino	02:37:13	+57:40	08:44
5	272	Hugo Lopes Domingues	Trail da Amizade Runners	Sub 23 Masculino	03:36:49	+01:57:16	12:03

6	235	Gonçalo Vintém	Ladeia Running Team	Sub 23 Masculino	04:00:44	+02:21:11	13:22

Veterana F40

1	136	Marisa Silva Duarte	DCI/Trilhos Luso Bussaco	Veterana F40	02:35:22	+55:49	08:38
2	114	Odília Sousa	ACTIVE Pombal	Veterana F40	02:59:58	+01:20:25	10:00
3	286	Patrícia Isabel da Costa Simões	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F40	03:02:16	+01:22:43	10:08
4	183	Gilvania Gaspar	Individual	Veterana F40	03:24:02	+01:44:29	11:20
5	181	Catarina Matias	Individual	Veterana F40	03:29:50	+01:50:17	11:39
6	267	Anabela Cruz	Snack Attackers	Veterana F40	04:16:17	+02:36:44	14:14

Veterana F45

1	2	Gina Maria Estrela Domingues	SCPOMBAL/TRAILTEAM	Veterana F45	02:19:26	+39:53	07:45
2	185	Lúcia Marques	DCI/Trilhos Luso Bussaco	Veterana F45	02:20:49	+41:16	07:49
3	287	Isabel santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F45	02:32:05	+52:32	08:27
4	184	Adélia Santos	Individual	Veterana F45	02:44:27	+01:04:54	09:08
5	189	Susete da silva	Individual	Veterana F45	02:45:00	+01:05:27	09:10
6	240	Inês Isabel Moreira Paiva Caseiro Jerónimo	LIZ RUNNERS	Veterana F45	02:50:07	+01:10:34	09:27
7	117	Stephanie Silva	As Gazelas	Veterana F45	03:00:57	+01:21:24	10:03
8	187	Paula virgínia dos Santos Marques	Individual	Veterana F45	03:21:40	+01:42:07	11:12
9	243	Zina Maria Dias Pedro Fernandes	opraticante.pt	Veterana F45	03:34:24	+01:54:51	11:55
10	188	Rita Teixeira Adriano	Individual	Veterana F45	03:53:11	+02:13:38	12:57
11	186	Paula Isabel de Freitas Gomes	Individual	Veterana F45	04:20:27	+02:40:54	14:28

Veterana F50

1	191	Manuela Mendes	DCI/Trilhos Luso Bussaco	Veterana F50	02:14:56	+35:23	07:30
2	144	Anabela Fernandes	Grupo Alegre Unido Bajouca	Veterana F50	02:58:44	+01:19:11	09:56
3	190	Isabel Simões	Individual	Veterana F50	03:02:58	+01:23:25	10:10
4	118	Maria João	As Gazelas	Veterana F50	03:04:41	+01:25:08	10:16

Veterano M40

1	103	BRUNO GASPAR	AC VERMOIL	Veterano M40	01:39:32		05:32
2	280	Miguel Ferreira	UNIÃO FCI DE TOMAR	Veterano M40	01:42:36	+03:03	05:42
3	192	Bruno Filipe	Individual	Veterano M40	01:50:48	+11:15	06:09
4	203	Pedro Alexandre de Sousa Ricardo	Individual	Veterano M40	01:52:39	+13:06	06:16
5	268	Ricardo Jorge Teixeira Duarte	SPORTARC	Veterano M40	01:53:35	+14:02	06:19
6	129	Cláudio Alves	Clube de Atletismo de Ferreira do Zêzere	Veterano M40	01:55:14	+15:41	06:24
7	145	Ricardo Pedrosa Carreira	Grupo Alegre Unido Bajouca	Veterano M40	02:06:56	+27:23	07:03

Curto

18 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

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8	197	Joel Ferreira Costa	Individual	Veterano M40	02:08:12	+28:39	07:07
9	269	Bruno Capitão	Team Capitão	Veterano M40	02:08:17	+28:44	07:08
10	193	David Gameiro	Individual	Veterano M40	02:13:53	+34:20	07:26
11	195	Hélder Manuel dos Santos Morais Freire	Individual	Veterano M40	02:14:29	+34:56	07:28
12	206	Sílvio André dos Santos Moreira	Individual	Veterano M40	02:14:29	+34:56	07:28
13	209	Vítor Ribeiro	Individual	Veterano M40	02:15:02	+35:30	07:30
14	198	José Oliveira	Individual	Veterano M40	02:22:26	+42:53	07:55
15	207	Tiago Lopes	Individual	Veterano M40	02:24:35	+45:02	08:02
16	241	Rui Miguel da Silva Pereira	NDAP	Veterano M40	02:28:26	+48:53	08:15
17	276	Nuno Gonçalo Simões	Trail da Ladeia Running Team	Veterano M40	02:30:04	+50:31	08:20
18	264	Henrique Santos	SicóTrilhos	Veterano M40	02:32:18	+52:45	08:28
19	277	Carlos Matias	Trail da Ladeia Running Team	Veterano M40	02:32:26	+52:53	08:28
20	208	Tiago Silva	Individual	Veterano M40	02:38:14	+58:41	08:47
21	1	Pedro Pimpão	Individual	Veterano M40	02:47:23	+01:07:50	09:18
22	204	Pedro Moreira	Individual	Veterano M40	02:47:30	+01:07:57	09:18
23	194	Gonçalo Freitas	Individual	Veterano M40	02:47:30	+01:07:57	09:18
24	244	Tiago Esperança	opraticante.pt	Veterano M40	02:49:51	+01:10:18	09:26
25	101	João Gonçalves	100 Gás Trail Team	Veterano M40	02:58:13	+01:18:40	09:54
26	196	Joao Miguel Gomes Teixeira Diniz	Individual	Veterano M40	03:00:01	+01:20:28	10:00
27	202	Nuno Leal	Individual	Veterano M40	03:16:50	+01:37:17	10:56
28	200	Luis Madeira	Individual	Veterano M40	03:22:11	+01:42:38	11:14
29	205	Raul Marques Pereira	Individual	Veterano M40	03:57:27	+02:17:54	13:12

Veterano M45

1	16	Jorge Aires	CA Barreira	Veterano M45	01:41:04	+01:31	05:37
2	104	LICÍNIO CARREIRA	AC VERMOIL	Veterano M45	01:49:08	+09:35	06:04
3	130	Hélder Pereira	Clube de Atletismo de Ferreira do Zêzere	Veterano M45	01:50:06	+10:33	06:07
4	138	Paulo Maia	DCI/Trilhos Luso Bussaco	Veterano M45	01:57:05	+17:32	06:30
5	274	Pedro Manuel Lopes Quelhas	Trail da Amizade Runners	Veterano M45	02:00:14	+20:41	06:41
6	137	Miguel Duarte	DCI/Trilhos Luso Bussaco	Veterano M45	02:00:30	+20:57	06:42
7	258	Luis Filipe Silva Rodrigues	SCPOMBAL/TRAILTEAM	Veterano M45	02:00:45	+21:12	06:43
8	146	Otelo Pereira	Grupo Alegre Unido Bajouca	Veterano M45	02:02:45	+23:12	06:49
9	303	João Pedro Rodrigues	SicóTrilhos	Veterano M45	02:05:16	+25:43	06:58
10	256	Hélder Domingues	SCPOMBAL/TRAILTEAM	Veterano M45	02:07:30	+27:57	07:05
11	288	Paulo Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	02:08:58	+29:25	07:10
12	259	Mário Salgado	SCPOMBAL/TRAILTEAM	Veterano M45	02:15:15	+35:42	07:31
13	128	Henrique Lavaredas	CCDR Matas e Cipreste	Veterano M45	02:16:28	+36:55	07:35
14	215	José Vicente pereira marques	Individual	Veterano M45	02:22:17	+42:44	07:54
15	214	Helder Nunes	Individual	Veterano M45	02:23:44	+44:11	07:59
16	211	David Cunha	Individual	Veterano M45	02:28:45	+49:12	08:16
17	217	Pedro Carlos	Individual	Veterano M45	02:31:22	+51:49	08:25
18	218	PEDRO NATARIO	Individual	Veterano M45	02:32:00	+52:27	08:27
19	257	Hélder Gonçalves	SCPOMBAL/TRAILTEAM	Veterano M45	02:32:05	+52:32	08:27

Curto — 18 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

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20	302	Vítor mota	scpombal/trailteam	Veterano M45	02:47:31	+01:07:58	09:18
21	220	Rafael Almeida	Individual	Veterano M45	03:01:51	+01:22:18	10:06
22	300	Pedro Abreu	Individual	Veterano M45	03:06:03	+01:26:30	10:20
23	213	Gary Quintal	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	03:08:16	+01:28:43	10:28
24	245	Nuno Daniel Rodrigues Fernandes	opraticante.pt	Veterano M45	03:12:32	+01:32:59	10:42
25	210	António Madeira	Individual	Veterano M45	03:22:10	+01:42:37	11:14
26	216	Paulo Gomes	Individual	Veterano M45	03:35:47	+01:56:14	11:59
27	236	José Vintém	Ladeia Running Team	Veterano M45	04:00:43	+02:21:10	13:22

Veterano M50

1	301	Albano Silva	Individual	Veterano M50	02:10:41	+31:08	07:16
2	260	Nuno Ferreira	SCPOMBAL/TRAILTEAM	Veterano M50	02:14:53	+35:20	07:30
3	221	Dinis Santos	Individual	Veterano M50	02:16:25	+36:52	07:35
4	139	Daniel Silva	DCI/Trilhos Luso Bussaco	Veterano M50	02:22:18	+42:45	07:54
5	222	Fernando José Das Neves	Individual	Veterano M50	02:27:41	+48:08	08:12
6	147	Virgilio Alberto	Grupo Alegre Unido Bajouca	Veterano M50	02:32:09	+52:36	08:27
7	289	António Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M50	02:33:19	+53:46	08:31
8	122	Diamantino moteiro	Bombeiros voluntários ortigosa	Veterano M50	02:37:06	+57:33	08:44
9	225	Tó Gomes	Individual	Veterano M50	02:47:25	+01:07:52	09:18
10	223	Paulo Araújo	Individual	Veterano M50	02:47:26	+01:07:53	09:18
11	224	Rui Manuel Colaço	Individual	Veterano M50	03:00:02	+01:20:29	10:00
12	250	Dário Marreiros	run2eat	Veterano M50	03:06:19	+01:26:46	10:21
13	226	Vítor Alonso	Individual	Veterano M50	03:21:34	+01:42:01	11:12

Veterano M55

1	148	José Gonçalves	Grupo Alegre Unido Bajouca	Veterano M55	01:49:33	+10:00	06:05
2	140	Americo Almeida	DCI/Trilhos Luso Bussaco	Veterano M55	01:54:36	+15:03	06:22
3	126	Aníbal Godinho	Caracol Trail Team	Veterano M55	02:10:49	+31:16	07:16
4	102	Jose Carlos Rodrigues	A.R Casaense/ Escola de Atletismo de Coimbra/ Intermaché Taveiro	Veterano M55	02:14:37	+35:04	07:29
5	229	Manuel Gaspar	Individual	Veterano M55	02:25:05	+45:32	08:04
6	123	Evangelista santos	Bombeiros voluntários ortigosa	Veterano M55	02:30:45	+51:12	08:23
7	262	João Coelho	Serranos da Estrela	Veterano M55	03:14:43	+01:35:10	10:49
8	246	David Silva	opraticante.pt	Veterano M55	03:14:53	+01:35:20	10:50
9	227	José Carlos Gomes Monteiro	Individual	Veterano M55	04:20:30	+02:40:57	14:28

Veterano M60

1	106	AQUILINO FERREIRA	AC VERMOIL	Veterano M60	02:04:25	+24:52	06:55
2	230	Ângelo Pereira	Individual	Veterano M60	02:22:52	+43:19	07:56
3	108	João Sintra	ACRM Silveirinha Grande Claras	Veterano M60	02:24:45	+45:13	08:03

Curto

18 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

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4	232	Gustavo Simões Marques	Individual	Veterano M60	02:54:40	+01:15:07	09:42
5	107	LEANDRO SANTOS	AC VERMOIL	Veterano M60	03:05:12	+01:25:39	10:17
6	105	ALFREDO SANTOS	AC VERMOIL	Veterano M60	03:24:02	+01:44:29	11:20
7	233	José Manuel Gonçalves	Individual	Veterano M60	03:29:51	+01:50:18	11:40

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	DCI/TRILHOS LUSO BUSSACO	2 + 20 + 25 + 28	75
2	GRUPO ALEGRE UNIDO BAJOUCA	10 + 14 + 30 + 32	86
3	SCPOMBAL/TRAILTEAM	16 + 26 + 29 + 38	109
4	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	5 + 7 + 41 + 86	139
5	AC VERMOIL	1 + 13 + 34 + 110	158
6	ACTIVE POMBAL	35 + 72 + 89 + 92	288
7	VILAVENTURA TRAIL	23 + 47 + 109 + 132	311
8	TRAIL DA AMIZADE RUNNERS	27 + 91 + 112 + 118	348
9	OPRATICANTE.PT	101 + 119 + 121 + 126	467

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	SCPOMBAL/TRAILTEAM	3 + 4 + 9	16
2	DCI/TRILHOS LUSO BUSSACO	1 + 5 + 12	18
3	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	8 + 11 + 21	40
4	GRUPO ALEGRE UNIDO BAJOUCA	6 + 18 + 28	52
5	SNACK ATTACKERS	35 + 38 + 39	112