

TRAIL LONGO - STAGE 1

25 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:00	16,1°C	92%
End	12:05	16,1°C	92%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	3	Helder Lopes	dci/trilhos luso bussaco	Senior Masculino	01:32:26		03:42
2	17	Pedro Garrido	opraticante.pt	Senior Masculino	01:34:44	+02:17	03:47
3	5	João Santos	dura-f1 raceteam	Veterano M40	01:43:46	+11:19	04:09
4	6	Luís Sá	gd leões da guarda - lion runners	Veterano M40	01:50:24	+17:57	04:25
5	4	JOSIAS MEIRA	dci/trilhos luso bussaco	Veterano M40	01:56:29	+24:02	04:40
6	20	Luis Azevedo	sport clube paradela	Senior Masculino	02:00:30	+28:03	04:49
7	23	José Proença	trail-gd trancoso	Veterano M50	02:00:44	+28:18	04:50
8	19	Paulo Ramirez	sosense trail team	Veterano M50	02:01:10	+28:43	04:51
9	18	Alcino Neves Gouveia	sentir escariz runing	Veterano M50	02:03:19	+30:52	04:56
10	1	Gilberto Brites	águeda action club - actib	Senior Masculino	02:06:20	+33:53	05:03
11	15	Óscar Rodrigues	individual	Veterano M40	02:11:04	+38:38	05:15
12	16	RICARDO HENRIQUES	laac - bike & sport	Senior Masculino	02:12:39	+40:12	05:18
13	7	Telmo Cupido	haertha/tendernesscapacity - trail running	Senior Masculino	02:15:05	+42:38	05:24
14	564	VITAL ESPINHAL	laac - bike & sport	Veterano M40	02:16:08	+43:41	05:27
15	11	Mauro Leite	individual	Senior Masculino	02:17:48	+45:21	05:31
16	21	Jorge Carlos Piçarra Fernandes	tainadas run team	Veterano M40	02:18:25	+45:58	05:32
17	14	João Paulo Pereira de Castro	individual	Veterano M40	02:20:35	+48:08	05:37
18	22	Bruno Cardoso	trail bela bela	Veterano M40	02:22:47	+50:20	05:43
19	2	Ariana Tavares	c.d.c paradela do vouga	Senior Feminino	02:26:40	+54:13	05:52
20	8	Mami Macedo	haertha/tendernesscapacity - trail running	Veterana F40	02:30:15	+57:48	06:01
21	24	Avelino Silva	laac - bike & sport	Veterano M60	02:30:16	+57:49	06:01
22	25	Eduarda Vinagre	assemblpark	Veterana F50	02:41:53	+01:09:26	06:29
23	13	Fernando Pinheiro	individual	Veterano M40	02:48:54	+01:16:27	06:45
24	12	Paula Simões	a.r.s.m. - associação recreativa de são miguel	Veterana F40	03:05:32	+01:33:05	07:25
25	10	Márcio Silva	a.r.s.m. - associação recreativa de são miguel	Senior Masculino	03:05:32	+01:33:05	07:25
26	9	JORGE SCEVOLA	a.r.s.m. - associação recreativa de são miguel	Senior Masculino	03:05:33	+01:33:06	07:25



## 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

### 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

9	13	Fernando Pinheiro	Individual	Veterano M40	02:48:54	+01:16:27	06:45
---	----	-------------------	------------	--------------	----------	-----------	-------

## Veterano M50

1	23	José Proença	Trail-GD Trancoso	Veterano M50	02:00:44	+28:18	04:50
2	19	Paulo Ramirez	Sosense Trail Team	Veterano M50	02:01:10	+28:43	04:51
3	18	Alcino Neves Gouveia	Sentir escaiz runing	Veterano M50	02:03:19	+30:52	04:56

## Veterano M60

1	24	Avelino Silva	LAAC - BIKE & SPORT	Veterano M60	02:30:16	+57:49	06:01
---	----	---------------	---------------------	--------------	----------	--------	-------



**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

**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

	Time	Temperature	Humidity
Start	09:30	17,2°C	91%
End	12:16	17,2°C	91%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	559	Sérgio Manito	individual	Veterano M40	01:03:58		04:16
2	524	DAVIDE SILVA	desportivo atletico de recardães	Veterano M40	01:04:50	+00:51	04:19
3	529	João Coentrão	grupo recreativo eirense	Senior Masculino	01:05:52	+01:54	04:24
4	612	Rui Figueiredo	trail bela bela	Senior Masculino	01:06:10	+02:11	04:25
5	577	João Matos	opraticante.pt	Senior Masculino	01:06:10	+02:11	04:25
6	506	Francisco Pereira	ativa-te	Sub 23 Masculino	01:06:27	+02:29	04:26
7	595	Luís Manuel de Pinho Diogo	sport clube paradela	Senior Masculino	01:07:36	+03:38	04:30
8	576	Domingos Vieira	opraticante.pt	Senior Masculino	01:10:00	+06:01	04:40
9	596	Marcos André Jesus Ferreira	sport clube paradela	Senior Masculino	01:10:58	+07:00	04:44
10	522	CELSO MOREIRA	desportivo atletico de recardães	Veterano M40	01:12:00	+08:01	04:48
11	615	Alex Tondela	train hard team	Veterano M40	01:12:25	+08:26	04:50
12	569	Filipe Costa	nar - núcleo de atletismo de requeixo	Senior Masculino	01:12:31	+08:32	04:50
13	597	Bruno Baptista	sport clube paradela	Veterano M40	01:12:54	+08:55	04:52
14	527	José Cruz	dura-f1 raceteam	Veterano M40	01:13:18	+09:20	04:53
15	583	João Miguel Garrido	opraticante.pt	Veterano M40	01:14:02	+10:04	04:56
16	613	João Almeida	trail bela bela	Veterano M40	01:14:27	+10:28	04:58
17	530	Bruno Rodrigues	haertha/tendernesscapacity - trail running	Veterano M40	01:14:28	+10:29	04:58
18	598	Márcio Silva	sport clube paradela	Veterano M40	01:14:51	+10:52	04:59
19	575	Augusto Tavares	opraticante.pt	Senior Masculino	01:15:35	+11:36	05:02
20	594	José Augusto F Silva	sport clube paradela	Senior Masculino	01:16:46	+12:48	05:07
21	622	Pedro Ferreira	vvtr valongo vouga trail running	Senior Masculino	01:17:01	+13:03	05:08
22	572	Tiago Simões	oiärunes	Senior Masculino	01:17:30	+13:32	05:10
23	520	Tony Graça	dci/trilhos luso bussaco	Veterano M50	01:18:08	+14:10	05:13
24	517	Márcia Martins	dci/trilhos luso bussaco	Veterana F40	01:18:08	+14:10	05:13
25	614	EUGÉNIO ALVES	trail bela bela	Veterano M60	01:18:19	+14:20	05:13
26	532	Sérgio Rodrigues	haertha/tendernesscapacity - trail running	Veterano M40	01:18:39	+14:40	05:15
27	627	Hélder Ricardo Lopes Barbosa	individual	Senior Masculino	01:19:23	+15:24	05:18
28	593	Cláudio Agostinho	sport clube paradela	Senior Masculino	01:20:34	+16:36	05:22
29	579	Sérgio Ruela	opraticante.pt	Senior Masculino	01:20:44	+16:45	05:23
30	508	Filipe Mota	c.d.c paradela do vouga	Veterano M40	01:20:46	+16:47	05:23
31	507	Jil Coelho	c.d.c paradela do vouga	Senior Masculino	01:20:46	+16:48	05:23
32	528	Luís Oliveira	escola do movimento	Veterano M50	01:21:29	+17:31	05:26
33	591	Paulo Pires	sosense trail team braga&fernandes	Senior Masculino	01:21:43	+17:45	05:27
34	629	João Leite	individual	Veterano M40	01:21:48	+17:49	05:27
35	551	José Correia	individual	Veterano M40	01:22:31	+18:33	05:30
36	502	Pedro Alves	aam runners	Senior Masculino	01:22:43	+18:45	05:31
37	625	Antonio Rodrigues	biciarca run team	Veterano M50	01:22:47	+18:49	05:31
38	523	DAVIDE CARVALHO	desportivo atletico de recardães	Veterano M40	01:22:53	+18:54	05:32
39	525	NUNO SANTOS	desportivo atletico de recardães	Veterano M40	01:23:19	+19:20	05:33
40	626	Sérgio Ferreira	biciarca run team	Veterano M40	01:24:17	+20:18	05:37
41	600	José Rodrigues de Almeida	sporting club santacruzense	Veterano M60	01:24:31	+20:33	05:38
42	536	Carlos Alves	individual	Senior Masculino	01:25:03	+21:04	05:40

**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

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>CAT</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>
43	624	Miguel Sá	vvtr valongo vouga trail running	Veterano M50	01:25:49	+21:50	05:43
44	605	Kevin Jesus Regalado	tainadas run team	Senior Masculino	01:26:15	+22:17	05:45
45	539	Nuno Ribeiro	individual	Senior Masculino	01:26:51	+22:52	05:47
46	505	JOÃO ALMADA	associação desportiva de travassó	Veterano M60	01:26:55	+22:56	05:48
47	503	Inês Teixeira	águeda action club - actib	Senior Feminino	01:27:44	+23:46	05:51
48	610	Teresa Reis	trail bela bela	Senior Feminino	01:28:12	+24:13	05:53
49	589	João Marques	penature trail team	Veterano M40	01:29:40	+25:41	05:59
50	618	Narciso José da Silva Pinho	vamos a pé - taboeira	Veterano M40	01:29:53	+25:54	06:00
51	509	Custódio Coutinho	c.d.c paradelas do vouga	Veterano M60	01:29:58	+26:00	06:00
52	557	marco duarte	individual	Veterano M40	01:30:05	+26:07	06:00
53	519	José Pereira	dci/trilhos luso bussaco	Veterano M50	01:30:19	+26:21	06:01
54	538	Hugo Marques	individual	Senior Masculino	01:30:35	+26:36	06:02
55	592	Paulo Cruz	sosense trail team braga&fernandes	Veterano M40	01:31:08	+27:09	06:05
56	537	Daniel Alexandre	individual	Senior Masculino	01:31:36	+27:37	06:06
57	521	Ivo Leandro pinto Gonçalves	desportivo atletico de recardães	Senior Masculino	01:31:37	+27:39	06:07
58	584	João Rocha	opraticante.pt	Veterano M40	01:31:44	+27:46	06:07
59	542	Ricardo Miguel de Almeida Tavares	individual	Senior Masculino	01:32:18	+28:20	06:09
60	628	João Isidoro dos Santos	individual	Veterano M60	01:33:23	+29:25	06:14
61	611	André Ferreira	trail bela bela	Senior Masculino	01:33:24	+29:25	06:14
62	571	Paulo Jorge Simões da silva	nar - núcleo de atletismo de requeixo	Veterano M50	01:34:16	+30:17	06:17
63	518	Júlia Santos	dci/trilhos luso bussaco	Veterana F50	01:34:54	+30:55	06:20
64	561	Joaquim Manuel M Balreira	individual	Veterano M50	01:35:05	+31:06	06:20
65	570	Jorge Vilela	nar - núcleo de atletismo de requeixo	Veterano M50	01:35:38	+31:39	06:23
66	573	Ana Mafalda Pereira	opraticante.pt	Senior Feminino	01:35:59	+32:01	06:24
67	554	Luís Almeida	individual	Veterano M40	01:36:29	+32:30	06:26
68	604	Joni Pandeirada Rocha	tainadas run team	Senior Masculino	01:38:53	+34:55	06:36
69	549	Gonçalo Barros	individual	Veterano M40	01:39:39	+35:41	06:39
70	531	Ricardo Ferreira	haertha/tendernesscapacity - trail running	Veterano M40	01:39:41	+35:43	06:39
71	602	Teresa Pinho	tainadas run team	Senior Feminino	01:39:47	+35:49	06:39
72	621	Fábio Silva	vvtr valongo vouga trail running	Senior Masculino	01:39:47	+35:49	06:39
73	587	Bruno Parente	os 4	Veterano M40	01:41:46	+37:48	06:47
74	555	Luís Arruda	individual	Veterano M40	01:42:07	+38:08	06:48
75	548	Rosabell Dos Santos	individual	Veterana F40	01:42:37	+38:38	06:51
76	552	JOSÉ SILVA	individual	Veterano M40	01:43:10	+39:12	06:53
77	533	Carina Lopes	individual	Senior Feminino	01:44:08	+40:09	06:57
78	607	Paulo Alexandre Simões da Costa	tainadas run team	Veterano M40	01:44:25	+40:27	06:58
79	504	Raquel Brito	águeda action club - actib	Veterana F40	01:44:27	+40:29	06:58
80	574	Ivone Reis	opraticante.pt	Senior Feminino	01:44:36	+40:38	06:58
81	510	Alcino Araújo	carroças team	Veterano M50	01:45:11	+41:13	07:01
82	550	Helder Rodrigues	individual	Veterano M40	01:45:12	+41:14	07:01
83	544	Vitor Pereira	individual	Senior Masculino	01:45:14	+41:15	07:01
84	543	Tiago Rocha	individual	Senior Masculino	01:45:14	+41:15	07:01
85	501	Mariana Alves	aam runners	Junior Feminino	01:45:25	+41:27	07:02
86	632	Sérgio Miguel da Silva Costa	individual	Senior Masculino	01:45:26	+41:28	07:02
87	560	Artur Salvador	individual	Veterano M50	01:49:52	+45:54	07:20



## Trail Curto

15 KM

### OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	17,2°C	91%
End	12:16	17,2°C	91%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
------	-----	------	------	-----	--------	------	------

## Junior Feminino

1	501	Mariana Alves	AAM Runners	Junior Feminino	01:45:25	+41:27	07:02
2	609	Margarida Duarte	Trail Bela Bela	Junior Feminino	01:59:28	+55:30	07:58

## Senior Feminino

1	503	Inês Teixeira	Águeda Action Club - ACTIB	Senior Feminino	01:27:44	+23:46	05:51
2	610	Teresa Reis	Trail Bela Bela	Senior Feminino	01:28:12	+24:13	05:53
3	573	Ana Mafalda Pereira	OPraticante.pt	Senior Feminino	01:35:59	+32:01	06:24
4	602	Teresa Pinho	Tainadas Run Team	Senior Feminino	01:39:47	+35:49	06:39
5	533	Carina Lopes	Individual	Senior Feminino	01:44:08	+40:09	06:57
6	574	Ivone Reis	OPraticante.pt	Senior Feminino	01:44:36	+40:38	06:58
7	601	Sandra Rocha Oliveira	Tainadas Run Team	Senior Feminino	01:58:22	+54:23	07:53
8	566	Andreia Silva	Mamamia	Senior Feminino	02:05:56	+01:01:58	08:24
9	513	Patrícia Miranda	Censi_run	Senior Feminino	02:12:08	+01:08:09	08:49
10	512	Ana Antunes	Censi_run	Senior Feminino	02:17:41	+01:13:42	09:11
11	515	Sílvia Lopes	Censi_run	Senior Feminino	02:17:53	+01:13:55	09:12
12	514	Sara Lopes	Censi_run	Senior Feminino	02:18:12	+01:14:13	09:13
13	534	Susana Tavares	Individual	Senior Feminino	02:21:51	+01:17:53	09:27
14	535	Susete Freitas	Individual	Senior Feminino	02:46:18	+01:42:19	11:05

## Senior Masculino

1	529	João Coentrão	Grupo Recreativo Eirense	Senior Masculino	01:05:52	+01:54	04:24
2	612	Rui Figueiredo	Trail Bela Bela	Senior Masculino	01:06:10	+02:11	04:25
3	577	João Matos	OPraticante.pt	Senior Masculino	01:06:10	+02:11	04:25
4	595	Luís Manuel de Pinho Diogo	Sport Clube Paradelas	Senior Masculino	01:07:36	+03:38	04:30
5	576	Domingos Vieira	OPraticante.pt	Senior Masculino	01:10:00	+06:01	04:40
6	596	Marcos André Jesus Ferreira	Sport Clube Paradelas	Senior Masculino	01:10:58	+07:00	04:44
7	569	Filipe Costa	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	01:12:31	+08:32	04:50
8	575	Augusto Tavares	OPraticante.pt	Senior Masculino	01:15:35	+11:36	05:02
9	594	José Augusto F Silva	Sport Clube Paradelas	Senior Masculino	01:16:46	+12:48	05:07
10	622	Pedro Ferreira	VVTR VALONGO VOUGA TRAIL RUNNING	Senior Masculino	01:17:01	+13:03	05:08
11	572	Tiago Simões	OiãRunnes	Senior Masculino	01:17:30	+13:32	05:10
12	627	Hélder Ricardo Lopes Barbosa	Individual	Senior Masculino	01:19:23	+15:24	05:18
13	593	Cláudio Agostinho	Sport Clube Paradelas	Senior Masculino	01:20:34	+16:36	05:22
14	579	Sérgio Ruela	OPraticante.pt	Senior Masculino	01:20:44	+16:45	05:23
15	507	Jil Coelho	C.D.C Paradelas do Vouga	Senior Masculino	01:20:46	+16:48	05:23



## 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

### 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

16	591	Paulo Pires	Sosense trail team Braga&Fernandes	Senior Masculino	01:21:43	+17:45	05:27
17	502	Pedro Alves	AAM Runners	Senior Masculino	01:22:43	+18:45	05:31
18	536	Carlos Alves	Individual	Senior Masculino	01:25:03	+21:04	05:40
19	605	Kevin Jesus Regalado	Tainadas Run Team	Senior Masculino	01:26:15	+22:17	05:45
20	539	Nuno Ribeiro	Individual	Senior Masculino	01:26:51	+22:52	05:47
21	538	Hugo Marques	Individual	Senior Masculino	01:30:35	+26:36	06:02
22	537	Daniel Alexandre	Individual	Senior Masculino	01:31:36	+27:37	06:06
23	521	Ivo Leandro pinto Gonçalves	Desportivo Atletico de Recardães	Senior Masculino	01:31:37	+27:39	06:07
24	542	Ricardo Miguel de Almeida Tavares	Individual	Senior Masculino	01:32:18	+28:20	06:09
25	611	André Ferreira	Trail bela bela	Senior Masculino	01:33:24	+29:25	06:14
26	604	Joni Pandeirada Rocha	Tainadas Run Team	Senior Masculino	01:38:53	+34:55	06:36
27	621	Fábio Silva	VVTR VALONGO VOUGA TRAIL RUNNING	Senior Masculino	01:39:47	+35:49	06:39
28	544	Vitor Pereira	Individual	Senior Masculino	01:45:14	+41:15	07:01
29	543	Tiago Rocha	Individual	Senior Masculino	01:45:14	+41:15	07:01
30	632	Sérgio Miguel da Silva Costa	Individual	Senior Masculino	01:45:26	+41:28	07:02
31	565	Tiago Carvalho	Lopes Carvalho	Senior Masculino	01:51:56	+47:57	07:28
32	578	José Rocha	OPraticante.pt	Senior Masculino	01:52:08	+48:09	07:29
33	540	Pedro Andrade	Individual	Senior Masculino	01:57:00	+53:01	07:48
34	541	RICARDO MENDES	Individual	Senior Masculino	02:03:07	+59:08	08:12
35	567	Rafael Almeida	Mamamia	Senior Masculino	02:06:19	+01:02:21	08:25
36	608	Ivo Cordeiro	Tchabascos	Senior Masculino	02:07:01	+01:03:02	08:28
37	516	Luís Pereira	Censi_run	Senior Masculino	02:11:57	+01:07:59	08:48

## Sub 23 Masculino

1	506	Francisco Pereira	Ativa-te	Sub 23 Masculino	01:06:27	+02:29	04:26
---	-----	-------------------	----------	------------------	----------	--------	-------

## Veterana F40

1	517	Márcia Martins	DCI/Trilhos Luso Bussaco	Veterana F40	01:18:08	+14:10	05:13
2	548	Rosabell Dos Santos	Individual	Veterana F40	01:42:37	+38:38	06:51
3	504	Raquel Brito	Águeda Action Club - ACTIB	Veterana F40	01:44:27	+40:29	06:58
4	585	Anabela Reis	Os 4	Veterana F40	01:52:09	+48:10	07:29
5	581	Marta Carmo	OPraticante.pt	Veterana F40	01:58:02	+54:03	07:52
6	586	Verónica Vaz	Os 4	Veterana F40	02:05:51	+01:01:52	08:23
7	606	Cláudia Gomes Vilela	Tainadas Run Team	Veterana F40	02:05:51	+01:01:52	08:23
8	580	Cidália Silva	OPraticante.pt	Veterana F40	02:15:33	+01:11:34	09:02
9	547	Mariana Sousa	Individual	Veterana F40	02:15:49	+01:11:51	09:03
10	545	Carla Neves	Individual	Veterana F40	02:16:25	+01:12:26	09:06
11	546	Lúcia Maria Maia Simões	Individual	Veterana F40	02:45:58	+01:41:59	11:04

## 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

## 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

### Veterana F50

1	518	Júlia Santos	DCI/Trilhos Luso Bussaco	Veterana F50	01:34:54	+30:55	06:20
---	-----	--------------	--------------------------	--------------	----------	--------	-------

### Veterano M40

1	559	Sérgio Manito	Individual	Veterano M40	01:03:58		04:16
2	524	DAVIDE SILVA	Desportivo Atletico de Recardães	Veterano M40	01:04:50	+00:51	04:19
3	522	CELSO MOREIRA	Desportivo Atletico de Recardães	Veterano M40	01:12:00	+08:01	04:48
4	615	Alex Tondela	Train Hard Team	Veterano M40	01:12:25	+08:26	04:50
5	597	Bruno Baptista	Sport clube paradela	Veterano M40	01:12:54	+08:55	04:52
6	527	José Cruz	Dura-F1 Raceteam	Veterano M40	01:13:18	+09:20	04:53
7	583	João Miguel Garrido	OPraticante.pt	Veterano M40	01:14:02	+10:04	04:56
8	613	João Almeida	Trail Bela Bela	Veterano M40	01:14:27	+10:28	04:58
9	530	Bruno Rodrigues	Haertha/TendernessCapacity - Trail Running	Veterano M40	01:14:28	+10:29	04:58
10	598	Márcio Silva	Sport Clube Paradela	Veterano M40	01:14:51	+10:52	04:59
11	532	Sérgio Rodrigues	Haertha/TendernessCapacity - Trail Running	Veterano M40	01:18:39	+14:40	05:15
12	508	Filipe Mota	C.D.C Paradela do Vouga	Veterano M40	01:20:46	+16:47	05:23
13	629	João Leite	Individual	Veterano M40	01:21:48	+17:49	05:27
14	551	José Correia	Individual	Veterano M40	01:22:31	+18:33	05:30
15	523	DAVIDE CARVALHO	Desportivo Atletico de Recardães	Veterano M40	01:22:53	+18:54	05:32
16	525	NUNO SANTOS	Desportivo Atletico de Recardães	Veterano M40	01:23:19	+19:20	05:33
17	626	Sérgio Ferreira	BiciARCA run team	Veterano M40	01:24:17	+20:18	05:37
18	589	João Marques	PENATURE TRAIL TEAM	Veterano M40	01:29:40	+25:41	05:59
19	618	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	Veterano M40	01:29:53	+25:54	06:00
20	557	marco duarte	Individual	Veterano M40	01:30:05	+26:07	06:00
21	592	Paulo Cruz	Sosense trail team Braga&Fernandes	Veterano M40	01:31:08	+27:09	06:05
22	584	João Rocha	OPraticante.pt	Veterano M40	01:31:44	+27:46	06:07
23	554	Luís Almeida	Individual	Veterano M40	01:36:29	+32:30	06:26
24	549	Gonçalo Barros	Individual	Veterano M40	01:39:39	+35:41	06:39
25	531	Ricardo Ferreira	Haertha/TendernessCapacity - Trail Running	Veterano M40	01:39:41	+35:43	06:39
26	587	Bruno Parente	Os 4	Veterano M40	01:41:46	+37:48	06:47
27	555	Luís Arruda	Individual	Veterano M40	01:42:07	+38:08	06:48
28	552	JOSÉ SILVA	Individual	Veterano M40	01:43:10	+39:12	06:53
29	607	Paulo Alexandre Simões da Costa	Tainadas Run Team	Veterano M40	01:44:25	+40:27	06:58
30	550	Helder Rodrigues	Individual	Veterano M40	01:45:12	+41:14	07:01
31	556	Manuel Ventura da Silva Marques	Individual	Veterano M40	01:52:12	+48:14	07:29
32	582	António Rodrigues	OPraticante.pt	Veterano M40	02:02:08	+58:10	08:09
33	588	Luís Carvalheiro	Os 4	Veterano M40	02:05:52	+01:01:54	08:24
34	617	Marco Paulo dos Santos Marques	Vamos a Pé - Taboeira	Veterano M40	02:06:01	+01:02:02	08:24
35	553	José Simões	Individual	Veterano M40	02:16:25	+01:12:27	09:06
36	599	Rui Almeida	Sport Clube Paradela	Veterano M40	02:16:46	+01:12:47	09:07

**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

**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

37	558	Richard Antonio	Individual	Veterano M40	02:46:00	+01:42:01	11:04
----	-----	-----------------	------------	--------------	----------	-----------	-------

**Veterano M50**

1	520	Tony Graça	DCI/Trilhos Luso Bussaco	Veterano M50	01:18:08	+14:10	05:13
2	528	Luís Oliveira	Escola do Movimento	Veterano M50	01:21:29	+17:31	05:26
3	625	Antonio Rodrigues	BiciARCA run team	Veterano M50	01:22:47	+18:49	05:31
4	624	Miguel Sá	VVTR VALONGO VOUGA TRAIL RUNNING	Veterano M50	01:25:49	+21:50	05:43
5	519	José Pereira	DCI/Trilhos Luso Bussaco	Veterano M50	01:30:19	+26:21	06:01
6	571	Paulo Jorge Simões da silva	NAR - Núcleo de Atletismo de Requeixo	Veterano M50	01:34:16	+30:17	06:17
7	561	Joaquim Manuel M Balreira	Individual	Veterano M50	01:35:05	+31:06	06:20
8	570	Jorge Vilela	NAR - Núcleo de Atletismo de Requeixo	Veterano M50	01:35:38	+31:39	06:23
9	510	Alcino Araújo	Carroças Team	Veterano M50	01:45:11	+41:13	07:01
10	560	Artur Salvador	Individual	Veterano M50	01:49:52	+45:54	07:20
11	562	Rui Manuel Alves Abrantes	Individual	Veterano M50	01:59:19	+55:21	07:57
12	511	Paulo António Ribeiro de Sousa	Carroças Team	Veterano M50	02:15:29	+01:11:31	09:02

**Veterano M60**

1	614	EUGÉNIO ALVES	TRAIL BELA BELA	Veterano M60	01:18:19	+14:20	05:13
2	600	José Rodrigues de Almeida	Sporting Club Santacruzense	Veterano M60	01:24:31	+20:33	05:38
3	505	JOÃO ALMADA	ASSOCIAÇÃO DESPORTIOVA DE TRAVASSÓ	Veterano M60	01:26:55	+22:56	05:48
4	509	Custódio Coutinho	C.D.C Paradela do Vouga	Veterano M60	01:29:58	+26:00	06:00
5	628	João Isidoro dos Santos	Individual	Veterano M60	01:33:23	+29:25	06:14
6	563	José António Abrantes Tavares	Individual	Veterano M60	01:52:29	+48:30	07:30
7	526	ARLINDO SANTOS	Desportivo Atletico de Recardães	Veterano M60	01:52:29	+48:31	07:30



