Poço Negro Trail 2024
Penafiel, PT
30-junho-2024

25KM - STAGE 1

25 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	08:30	14,8ºC	94%
End	14:01	14,8ºC	94%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	127	João Ferreira	AIRORUN	02:13:53		05:21	
2	316	Rui Figueiredo	Saca Trilhos Anadia	02:14:37	+00:44	05:23	
3	312	Amândio Ferreira	Quebraritmo	02:18:12	+04:19	05:32	
4	317	Pedro Rafael Tavares Garrido	Saca Trilhos Anadia	02:20:09	+06:16	05:36	
5	116	Paulo Palhinha	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Taveiro	02:23:10	+09:17	05:44	
6	2	Pedro Alberto Moreira dos Santos	EDV - Viana Trail	02:23:44	+09:51	05:45	
7	308	Luciano Pereira	PROMESSAS DO ATLETISMO	02:24:05	+10:12	05:46	
8	102	Marco Santos	365 running project	02:26:15	+12:22	05:51	
9	330	Carlos Vieira	Tuga Mobile ADAP Trail	02:29:37	+15:44	05:59	
10	150	Tiago Lopes	Atletismo Clube da Tocha	02:31:10	+17:17	06:03	
11	147	João Novo	Atletismo Clube da Tocha	02:32:24	+18:31	06:06	
12	183	Pedro Andrade	Cinfães a Correr	02:34:29	+20:36	06:11	
13	176	Carlos Carneiro	Cinfães a Correr	02:35:00	+21:07	06:12	
14	329	Mário Pinto	Tuga Mobile ADAP Trail	02:35:52	+21:59	06:14	
15	319	Daniel Mendes	Saca Trilhos Anadia	02:37:44	+23:51	06:19	
16	113	Hugo Neto	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Taveiro	02:37:48	+23:55	06:19	
17	254	Tiago Pinto	Individual	02:38:09	+24:16	06:20	
18	123	Samuel Silva	AD Marco 09	02:39:00	+25:07	06:22	
19	134	Isidro Pinto	Amigos 100 Limites	02:43:42	+29:49	06:33	
20	108	David ramalho	A.D.Sebolido Trail	02:44:58	+31:05	06:36	
21	180	Rafael Sousa	Cinfães a Correr	02:44:59	+31:06	06:36	
22	318	Bruno Simões	Saca Trilhos Anadia	02:46:03	+32:10	06:39	
23	114	Miguel Pires	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Taveiro	02:46:12	+32:19	06:39	
24	193	Luís gonzaga	Coronado runners	02:46:51	+32:58	06:40	
25	320	Sérgio Manito	Saca Trilhos Anadia	02:46:52	+32:59	06:40	
26	310	Rafa Miranda	PROMESSAS DO ATLETISMO	02:48:16	+34:23	06:44	
27	149	Pedro Samuel Tinoco Raposo	Atletismo Clube da Tocha	02:48:56	+35:03	06:45	
28	103	Rui Alexandre Sousa Silva	365 running project	02:49:06	+35:13	06:46	
29	124	Agostinho Carneiro	AD Marco 09	02:50:25	+36:32	06:49	
30	128	Samuel Lobo	AMA-Mondim Atletismo	02:50:56	+37:03	06:50	
31	233	Paula Sofia Coutinho Soares	Saca Trilhos Anadia	02:52:01	+38:08	06:53	
32	280	Pedro Marques	Individual	02:52:03	+38:10	06:53	
33	125	Filipe Ismael Maia Rocha	ADCRPEREIRA	02:52:50	+38:57	06:55	
34	118	Manuel sousa	A.S.C.SOBRADO	02:53:26	+39:33	06:56	
35	297	Sérgio Martins	NAI - Núcleo Amador de Idães	02:54:08	+40:15	06:58	
36	222	Miguel Pelicano	GRVilaverdense	02:54:22	+40:29	06:58	
37	261	Paulo Nogueira	Individual	02:56:11	+42:18	07:03	
38	200	Carlos Cunha	DCI/Trilhos Luso Bussaco	02:56:54	+43:01	07:05	
39	322	Vítor Coelho	Team Sindeq	02:57:05	+43:12	07:05	
40	195	Manuel Ferreira	Coronado runners	02:57:21	+43:28	07:06	

25KM - 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

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
41	101	Tiago Oliveira	365 running project	02:57:53	+44:00	07:07	
42	263	Alfredo da Silva Moreira	Individual	02:59:26	+45:33	07:11	
43	291	Ines Jordao	Monsanto Running Team	02:59:31	+45:38	07:11	
44	148	Ricardo Santos	Atletismo Clube da Tocha	03:01:17	+47:24	07:15	
45	5	Pedro Miguel Marques Nogueira	Break	03:01:30	+47:37	07:16	
46	167	Filipe Ferreira Azevedo	Break	03:01:31	+47:38	07:16	
47	185	Agostinho Moreira Carneiro	Clube Atletismo de Vila Boa do Bispo	03:01:35	+47:42	07:16	
48	181	Renato Barbosa	Cinfães a Correr	03:03:46	+49:53	07:21	
49	300	Vítor Ferreira	Nova Linha Trail Runners	03:03:50	+49:57	07:21	
50	288	Merche Diz	Lobos do Brunheiro de Chaves / Anteros	03:04:29	+50:36	07:23	
51	332	João António Marques Tavares	Tuga Mobile ADAP Trail	03:04:50	+50:57	07:24	
52	143	Aurélio Luís Bessa Saúde	ARSM - Associação Recreativa de S. Miguel	03:05:00	+51:07	07:24	
53	205	Octávio Rodrigues	DOUROCONTA gabinete de apoio a contabilidade	03:05:09	+51:16	07:24	
54	120	Tiago Costa	AD Marco 09	03:05:40	+51:47	07:26	
55	179	Pedro Ferreira	Cinfães a Correr	03:05:41	+51:48	07:26	
56	232	Paula Pinto	Individual	03:05:43	+51:50	07:26	
57	207	Rui Cardoso	DUELO D'OCASIÃO	03:06:29	+52:36	07:28	
58	324	Tiago Monteiro	THOMAR ATHLETICS	03:08:08	+54:15	07:32	
59	314	David Gonçalves	S4L | MEDENSE FC	03:08:16	+54:23	07:32	
60	250	Marco Santos	Individual	03:08:20	+54:27	07:32	
61	117	Jose Costa	A.S.C.SOBRADO	03:09:25	+55:32	07:35	
62	304	Arnaldo José Araújo	PCRunners	03:11:00	+57:07	07:38	
63	153	Fernando Cruz de Jesus	Atletismo Clube da Tocha	03:11:03	+57:10	07:39	
64	257	Amilcar Almeida	Individual	03:11:39	+57:46	07:40	
65	306	Hugo Lopes	PROMESSAS DO ATLETISMO	03:12:43	+58:50	07:43	
66	230	Vitor João do Vale Miranda	Individual	03:13:03	+59:10	07:43	
67	135	Rui Pinto	Amigos do Trail de Mesão Frio	03:13:18	+59:25	07:44	
68	214	Ivan Filipe Goncalves Antunes	Fátima Trail Team	03:14:01	+01:00:08	07:46	
69	253	Rogério Oliveira	Individual	03:14:15	+01:00:22	07:46	
70	323	Fábio Ferreira	THOMAR ATHLETICS	03:14:19	+01:00:26	07:46	
71	311	Helena Martins	Quebraritmo	03:15:05	+01:01:12	07:48	
72	206	Flavio Correia	DUELO D'OCASIÃO	03:19:19	+01:05:26	07:58	
73	244	João Carreira	Individual	03:19:23	+01:05:30	07:59	
74	340	Leonel Freitas	AMA-Mondim Atletismo	03:21:34	+01:07:41	08:04	
75	331	Filipe Pinto	Tuga Mobile ADAP Trail	03:21:50	+01:07:57	08:04	
76	156	José Maia	Bairros FC	03:21:54	+01:08:01	08:05	
77	105	Mário Silva	A.D.Sebolido Trail	03:22:20	+01:08:27	08:06	
78	262	Rodrigo Oliveira	Individual	03:23:14	+01:09:21	08:08	
79	170	Cátia Marisa Moreira Ferreira	Cátia	03:23:17	+01:09:24	08:08	
80	309	Nelson Fernandes	PROMESSAS DO ATLETISMO	03:23:49	+01:09:56	08:09	
81	242	Emidio Jorge Lourenço Teixeira	THOMAR ATHLETICS	03:24:17	+01:10:24	08:10	
82	224	Bruno Costa	HSantaMariaRT	03:26:46	+01:12:53	08:16	
83	184	David Camelo	Cinfães a Correr	03:27:03	+01:13:10	08:17	
84	144	Marco Rodrigues	ARSM - Associação Recreativa de S. Miguel	03:29:40	+01:15:47	08:23	
85	283	Paulo Oliveira	Javalis Alcalinos	03:29:42	+01:15:49	08:23	
86	172	Cláudio Monteiro	CB RUN	03:30:30	+01:16:37	08:25	

25KM - STAGE 1

25 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	151	Eduardo Ferreira	Atletismo Clube da Tocha	03:30:54	+01:17:01	08:26	
88	264	Francisco Pinheiro	Individual	03:31:42	+01:17:49	08:28	
89	194	Hélder Rafael	Coronado runners	03:31:43	+01:17:50	08:28	
90	289	Leonel Videira	Lobos do Brunheiro de Chaves / Anteros	03:31:46	+01:17:53	08:28	
91	119	Rosa Carmo	Academia Desportiva de Arcos de Valdevez	03:31:47	+01:17:54	08:28	
92	209	Cláudio Maia	Endovelico Trail Team	03:32:36	+01:18:43	08:30	
93	295	José Salas	MSS Grupo Desportivo de Gondomar	03:32:58	+01:19:05	08:31	
94	218	Nuno Jaime	G.D.R. JUVENTUDE DAS RIBEIRAS	03:33:00	+01:19:07	08:31	
95	302	Daniela Moutinho	Os preguiças team	03:33:04	+01:19:11	08:31	
96	109	Roberto Freitas	A.D.Sebolido Trail	03:34:34	+01:20:41	08:35	
97	270	Ricardo Rodrigues	Individual	03:34:48	+01:20:55	08:36	
98	182	Rodrigo Silva	Cinfães a Correr	03:35:18	+01:21:25	08:37	
99	219	Joaquim Pinto	G.D.R. JUVENTUDE DAS RIBEIRAS	03:36:12	+01:22:19	08:39	
100	239	Elisabete Repas	EDV - Viana Trail	03:36:18	+01:22:25	08:39	
101	216	Bruno Pereira	Furamontes ProRunners	03:36:30	+01:22:37	08:40	
102	203	José Torres	Domus Trail	03:36:44	+01:22:51	08:40	
103	265	José Sá	Individual	03:36:58	+01:23:05	08:41	
104	146	Maria Loureiro	Associação Desportiva de Cabroelo	03:37:09	+01:23:16	08:41	
105	154	Diogo Loureiro	Autistic Runners	03:37:31	+01:23:38	08:42	
106	106	Vera Nunes	A.D.Sebolido Trail	03:37:46	+01:23:53	08:43	
107	171	Emanuel Martins Dias	Cátia	03:37:53	+01:24:00	08:43	
108	155	Nelson Sousa	Bairros FC	03:38:57	+01:25:04	08:45	
109	278	Narciso Machado	Individual	03:39:23	+01:25:30	08:47	
110	303	Sérgio Gomes	Os preguiças team	03:39:45	+01:25:52	08:47	
111	328	Xénia Graça	Trilhos do Costume	03:40:07	+01:26:14	08:48	
112	164	António Correia	Bouça Alta - Running	03:40:56	+01:27:03	08:50	
113	212	Carlos Martins	Endovelico Trail Team	03:41:00	+01:27:07	08:50	
114	211	Fernando Ferreira	Endovelico Trail Team	03:41:01	+01:27:08	08:50	
115	292	Patrícia Alexandra Batista da Silva	Monsanto Running Team	03:42:21	+01:28:28	08:54	
116	259	Jose martins	Individual	03:42:23	+01:28:30	08:54	
117	293	Paulo Salvador Pacheco Rodrigues	Monsanto Running Team	03:42:35	+01:28:42	08:54	
118	145	Maria de Fátima de Jesus Fernandes	ARSM - Associação Recreativa de S. Miguel	03:42:55	+01:29:02	08:55	
119	198	Jorge Nogueira	Coronado runners	03:43:03	+01:29:10	08:55	
120	112	Paulo Correia	A.D.Sebolido Trail	03:43:12	+01:29:19	08:56	
121	305	Pedro Coelho	Pó Reforço Trail Team	03:43:29	+01:29:36	08:56	
122	258	Carlos Alberto	Individual	03:43:55	+01:30:02	08:57	
123	215	Rui Custódio	Figueira Kayak Clube	03:43:56	+01:30:03	08:57	
124	159	Nuno Teixeira	Boavista Trail	03:45:00	+01:31:07	09:00	
125	157	Sandra Lage	Boavista Trail	03:45:00	+01:31:07	09:00	
126	133	José Oliveira	AMA-Mondim Atletismo	03:46:15	+01:32:22	09:03	
127	174	Joao Taborda	CF Os Belenenses	03:47:14	+01:33:21	09:05	
128	256	Américo Costa	Individual	03:47:45	+01:33:52	09:07	
129	208	Manuel Moreira	DUELO D'OCASIÃO	03:47:45	+01:33:52	09:07	
130	248	Vitor Ferreira	Individual	03:48:25	+01:34:32	09:08	
131	192	Carla Duarte	Coronado runners	03:49:29	+01:35:36	09:11	

25KM - STAGE 1 — 25 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
132	196	Miguel Ferreira	Coronado runners	03:50:54	+01:37:01	09:14	
133	152	Luís Grou	Atletismo Clube da Tocha	03:51:14	+01:37:21	09:15	
134	273	Antonio José Machado Loureiro	Individual	03:51:43	+01:37:50	09:16	
135	161	Fernando Jorge	Boavista Trail	03:52:00	+01:38:07	09:17	
136	210	Pedro Serra	Endovelico Trail Team	03:52:24	+01:38:31	09:18	
137	104	André Vieira de Castro	365 running project	03:53:39	+01:39:46	09:21	
138	175	Luciano Dantas	CF Os Belenenses	03:54:37	+01:40:44	09:23	
139	281	Paulo Dias	Individual	03:55:40	+01:41:47	09:26	
140	279	Paulo Ferreira	Individual	03:55:43	+01:41:50	09:26	
141	197	Nuno silva	Coronado runners	03:56:24	+01:42:31	09:27	
142	1321	Luís Norim Olaio	TURBOLENTOS	03:56:31	+01:42:38	09:28	
143	266	Luis paulo costa	Individual	03:57:15	+01:43:22	09:29	
144	141	Sérgio Filipe Frias Forte	ARSM - Associação Recreativa de S. Miguel	03:57:19	+01:43:26	09:30	
145	202	Dora Gomes	Domus Trail	03:57:22	+01:43:29	09:30	
146	243	Francisco Neto Silva	Individual	03:57:23	+01:43:30	09:30	
147	204	Francisco Valadão	Domus Trail	03:57:24	+01:43:31	09:30	
148	237	Luísa Almeida	Individual	03:57:33	+01:43:40	09:30	
149	267	marco duarte	Individual	03:59:42	+01:45:49	09:35	
150	126	Deolinda Pereira	AIRORUN	03:59:45	+01:45:52	09:35	
151	251	Nuno Correia	Individual	04:01:42	+01:47:49	09:40	
152	165	Leandro Soares	Bouça Alta - Running	04:02:18	+01:48:25	09:42	
153	307	Joel Cunha	PROMESSAS DO ATLETISMO	04:02:38	+01:48:45	09:42	
154	260	Mário Costa	Individual	04:04:37	+01:50:44	09:47	
155	286	FILIPE MANUEL DA ROCHA CORREIA	LIga-Dura	04:04:41	+01:50:48	09:47	
156	190	Andréia Barbosa	Coronado runners	04:04:51	+01:50:58	09:48	
157	299	Aida Pereira	NBA Barrosas	04:07:23	+01:53:30	09:54	
158	284	Ricardo Vieira	Javalis Alcalinos	04:07:25	+01:53:32	09:54	
159	226	César Peixoto Soares	Individual	04:07:49	+01:53:56	09:55	
160	282	Gil Cruz	Javalis Alcalinos	04:07:59	+01:54:06	09:55	
161	131	Jorge Alves	AMA-Mondim Atletismo	04:10:06	+01:56:13	10:00	
162	132	Paulo Rocha	AMA-Mondim Atletismo	04:10:06	+01:56:13	10:00	
163	220	José Fernando da Costa Azevedo	Gens SC Trail	04:11:43	+01:57:50	10:04	
164	221	Teresa Rosa	GRVilaverdense	04:11:52	+01:57:59	10:04	
165	136	Dilia Santos	ARSM - Associação Recreativa de S. Miguel	04:15:04	+02:01:11	10:12	
166	129	Claudia Coelho	AMA-Mondim Atletismo	04:15:49	+02:01:56	10:14	
167	276	Manuel Domingues	Individual	04:18:09	+02:04:16	10:20	
168	110	Domingos Ferreira	A.D.Sebolido Trail	04:18:52	+02:04:59	10:21	
169	191	Rui Miguel Maia Silva	Coronado runners	04:19:06	+02:05:13	10:22	
170	271	Silvério Oliveira dos Santos	Individual	04:20:42	+02:06:49	10:26	
171	4	Nuno Santos	Individual	04:20:47	+02:06:54	10:26	
172	168	Anselmo Soares Campos	Break	04:20:57	+02:07:04	10:26	
173	169	Romeu de Sousa Machado	Break	04:20:59	+02:07:06	10:26	
174	285	Jorge Miguel Gonçalves Sarraguça	Leões de Tardariz Trail	04:22:04	+02:08:11	10:29	
175	235	Joana Azevedo	Individual	04:23:10	+02:09:17	10:32	
176	298	Sara Machado	NBA Barrosas	04:23:46	+02:09:53	10:33	

25KM - STAGE 1

25 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
177	189	Tomás Paiva	Coronado runners	04:25:27	+02:11:34	10:37	
178	166	Margarida neves	Bravos barvitas Run	04:25:31	+02:11:38	10:37	
179	199	Carla Martins	DCI/Trilhos Luso Bussaco	04:25:53	+02:12:00	10:38	
180	325	José Alves	Trail Snakes Team	04:28:44	+02:14:51	10:45	
181	342	Carlos Maia	Individual	04:29:30	+02:15:37	10:47	
182	268	Pedro Magalhães	Individual	04:29:30	+02:15:37	10:47	
183	213	Mónica Matafome	Fátima Trail Team	04:29:54	+02:16:01	10:48	
184	301	António Oliveira	Os Finos	04:29:56	+02:16:03	10:48	
185	255	Tiago Ribeiro	Individual	04:31:37	+02:17:44	10:52	
186	294	Elisabete Maria de Almeida Ferreira	Montanha Clube Trail Running /Efapel	04:31:39	+02:17:46	10:52	
187	327	Cesário rocha	Trilhos da Baga K Run team	04:33:33	+02:19:40	10:57	
188	321	Mónica Martins	TEAM LANTEMIL	04:33:33	+02:19:40	10:57	
189	3	BIA MAIA	GDST	04:39:56	+02:26:03	11:12	
190	217	Rosa Gama	G.D.R. JUVENTUDE DAS RIBEIRAS	04:39:56	+02:26:03	11:12	
191	290	Pedro Alves	Lobos do Brunheiro de Chaves / Anteros	04:51:08	+02:37:15	11:39	
192	163	Paulo Lara	Boavista Trail	04:51:29	+02:37:36	11:40	
193	162	José Matos	Boavista Trail	04:51:31	+02:37:38	11:40	
194	158	Ricardo Lento	Boavista Trail	04:51:31	+02:37:38	11:40	
195	274	Francisco costa	Individual	04:52:55	+02:39:02	11:43	
196	326	Alda Cordeiro	Trilhos da Baga K Run team	04:54:01	+02:40:08	11:46	
197	173	Inês Bernardo	CF Os Belenenses	05:09:47	+02:55:54	12:23	
198	140	Márcio Paulo Fernades da Silva	ARSM - Associação Recreativa de S. Miguel	05:21:02	+03:07:09	12:51	
199	137	Paula Cristina Duarte Simões	ARSM - Associação Recreativa de S. Miguel	05:21:03	+03:07:10	12:51	
200	139	Jorge Miguel Fernandes Scevola	ARSM - Associação Recreativa de S. Miguel	05:21:03	+03:07:10	12:51	
201	287	Jéssica Canto	Lobos do Brunheiro de Chaves / Anteros	05:31:00	+03:17:07	13:14	

Poço Negro Trail 2024

Penafiel, PT

30-junho-2024

25KM

25 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	08:30	14,8ºC	94%
End	14:01	14,8ºC	94%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	288	Merche Diz	Lobos do Brunheiro de Chaves / Anteros	Senior Feminino	03:04:29		07:23
2	311	Helena Martins	Quebraritmo	Senior Feminino	03:15:05	+10:35	07:48
3	170	Cátia Marisa Moreira Ferreira	Cátia	Senior Feminino	03:23:17	+18:47	08:08
4	302	Daniela Moutinho	Os preguiças team	Senior Feminino	03:33:04	+28:35	08:31
5	145	Maria de Fátima de Jesus Fernandes	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	03:42:55	+38:25	08:55
6	298	Sara Machado	NBA Barrosas	Senior Feminino	04:23:46	+01:19:16	10:33
7	287	Jéssica Canto	Lobos do Brunheiro de Chaves / Anteros	Senior Feminino	05:31:00	+02:26:30	13:14

Senior Masculino

1	147	João Novo	Atletismo Clube da Tocha	Senior Masculino	02:32:24		06:06
2	176	Carlos Carneiro	Cinfães a Correr	Senior Masculino	02:35:00	+02:36	06:12
3	329	Mário Pinto	Tuga Mobile ADAP Trail	Senior Masculino	02:35:52	+03:27	06:14
4	113	Hugo Neto	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Senior Masculino	02:37:48	+05:24	06:19
5	180	Rafael Sousa	Cinfães a Correr	Senior Masculino	02:44:59	+12:34	06:36
6	128	Samuel Lobo	AMA-Mondim Atletismo	Senior Masculino	02:50:56	+18:32	06:50
7	101	Tiago Oliveira	365 running project	Senior Masculino	02:57:53	+25:28	07:07
8	148	Ricardo Santos	Atletismo Clube da Tocha	Senior Masculino	03:01:17	+28:53	07:15
9	167	Filipe Ferreira Azevedo	Break	Senior Masculino	03:01:31	+29:07	07:16
10	181	Renato Barbosa	Cinfães a Correr	Senior Masculino	03:03:46	+31:21	07:21
11	120	Tiago Costa	AD Marco 09	Senior Masculino	03:05:40	+33:15	07:26
12	179	Pedro Ferreira	Cinfães a Correr	Senior Masculino	03:05:41	+33:17	07:26
13	207	Rui Cardoso	DUELO D'OCASIÃO	Senior Masculino	03:06:29	+34:04	07:28
14	230	Vitor João do Vale Miranda	Individual	Senior Masculino	03:13:03	+40:38	07:43
15	323	Fábio Ferreira	THOMAR ATHLETICS	Senior Masculino	03:14:19	+41:55	07:46
16	206	Flavio Correia	DUELO D'OCASIÃO	Senior Masculino	03:19:19	+46:55	07:58
17	105	Mário Silva	A.D.Sebolido Trail	Senior Masculino	03:22:20	+49:55	08:06
18	283	Paulo Oliveira	Javalis Alcalinos	Senior Masculino	03:29:42	+57:18	08:23
19	289	Leonel Videira	Lobos do Brunheiro de Chaves / Anteros	Senior Masculino	03:31:46	+59:22	08:28
20	284	Ricardo Vieira	Javalis Alcalinos	Senior Masculino	04:07:25	+01:35:00	09:54
21	226	César Peixoto Soares	Individual	Senior Masculino	04:07:49	+01:35:24	09:55
22	282	Gil Cruz	Javalis Alcalinos	Senior Masculino	04:07:59	+01:35:34	09:55
23	290	Pedro Alves	Lobos do Brunheiro de Chaves / Anteros	Senior Masculino	04:51:08	+02:18:43	11:39

Sub 23 Feminino

1	106	Vera Nunes	A.D.Sebolido Trail	Sub 23 Feminino	03:37:46		08:43

Sub 23 Masculino

1	182	Rodrigo Silva	Cinfães a Correr	Sub 23 Masculino	03:35:18		08:37
2	154	Diogo Loureiro	Autistic Runners	Sub 23 Masculino	03:37:31	+02:13	08:42
3	189	Tomás Paiva	Coronado runners	Sub 23 Masculino	04:25:27	+50:08	10:37

Veterana F35

1	233	Paula Sofia Coutinho Soares	Saca Trilhos Anadia	Veterana F35	02:52:01		06:53
2	232	Paula Pinto	Individual	Veterana F35	03:05:43	+13:42	07:26
3	119	Rosa Carmo	Academia Desportiva de Arcos de Valdevez	Veterana F35	03:31:47	+39:45	08:28
4	190	Andréia Barbosa	Coronado runners	Veterana F35	04:04:51	+01:12:50	09:48
5	213	Mónica Matafome	Fátima Trail Team	Veterana F35	04:29:54	+01:37:52	10:48

Veterana F40

1	291	Ines Jordao	Monsanto Running Team	Veterana F40	02:59:31		07:11
2	299	Aida Pereira	NBA Barrosas	Veterana F40	04:07:23	+01:07:52	09:54
3	136	Dilia Santos	ARSM - Associação Recreativa de S. Miguel	Veterana F40	04:15:04	+01:15:33	10:12
4	129	Claudia Coelho	AMA-Mondim Atletismo	Veterana F40	04:15:49	+01:16:18	10:14
5	191	Rui Miguel Maia Silva	Coronado runners	Veterana F40	04:19:06	+01:19:35	10:22
6	235	Joana Azevedo	Individual	Veterana F40	04:23:10	+01:23:39	10:32
7	173	Inês Bernardo	CF Os Belenenses	Veterana F40	05:09:47	+02:10:16	12:23
8	137	Paula Cristina Duarte Simões	ARSM - Associação Recreativa de S. Miguel	Veterana F40	05:21:03	+02:21:32	12:51

Veterana F45

1	328	Xénia Graça	Trilhos do Costume	Veterana F45	03:40:07		08:48
2	292	Patrícia Alexandra Batista da Silva	Monsanto Running Team	Veterana F45	03:42:21	+02:14	08:54
3	157	Sandra Lage	Boavista Trail	Veterana F45	03:45:00	+04:53	09:00
4	192	Carla Duarte	Coronado runners	Veterana F45	03:49:29	+09:22	09:11
5	237	Luísa Almeida	Individual	Veterana F45	03:57:33	+17:26	09:30
6	199	Carla Martins	DCI/Trilhos Luso Bussaco	Veterana F45	04:25:53	+45:46	10:38
7	294	Elisabete Maria de Almeida Ferreira	Montanha Clube Trail Running /Efapel	Veterana F45	04:31:39	+51:31	10:52
8	321	Mónica Martins	TEAM LANTEMIL	Veterana F45	04:33:33	+53:26	10:57

Veterana F50

1	146	Maria Loureiro	Associação Desportiva de Cabroelo	Veterana F50	03:37:09		08:41
2	202	Dora Gomes	Domus Trail	Veterana F50	03:57:22	+20:12	09:30
3	126	Deolinda Pereira	AIRORUN	Veterana F50	03:59:45	+22:36	09:35
4	221	Teresa Rosa	GRVilaverdense	Veterana F50	04:11:52	+34:43	10:04
5	3	BIA MAIA	GDST	Veterana F50	04:39:56	+01:02:47	11:12
6	217	Rosa Gama	G.D.R. JUVENTUDE DAS RIBEIRAS	Veterana F50	04:39:56	+01:02:47	11:12

Veterana F55

1	239	Elisabete Repas	EDV - Viana Trail	Veterana F55	03:36:18		08:39
2	166	Margarida neves	Bravos barvitas Run	Veterana F55	04:25:31	+49:12	10:37
3	326	Alda Cordeiro	Trilhos da Baga K Run team	Veterana F55	04:54:01	+01:17:43	11:46

Veterano M35

1	127	João Ferreira	AIRORUN	Veterano M35	02:13:53		05:21
2	316	Rui Figueiredo	Saca Trilhos Anadia	Veterano M35	02:14:37	+00:44	05:23
3	312	Amândio Ferreira	Quebraritmo	Veterano M35	02:18:12	+04:19	05:32
4	317	Pedro Rafael Tavares Garrido	Saca Trilhos Anadia	Veterano M35	02:20:09	+06:16	05:36
5	102	Marco Santos	365 running project	Veterano M35	02:26:15	+12:22	05:51
6	330	Carlos Vieira	Tuga Mobile ADAP Trail	Veterano M35	02:29:37	+15:44	05:59
7	150	Tiago Lopes	Atletismo Clube da Tocha	Veterano M35	02:31:10	+17:17	06:03
8	183	Pedro Andrade	Cinfães a Correr	Veterano M35	02:34:29	+20:35	06:11
9	123	Samuel Silva	AD Marco 09	Veterano M35	02:39:00	+25:07	06:22
10	134	Isidro Pinto	Amigos 100 Limites	Veterano M35	02:43:42	+29:49	06:33
11	193	Luís gonzaga	Coronado runners	Veterano M35	02:46:51	+32:58	06:40
12	149	Pedro Samuel Tinoco Raposo	Atletismo Clube da Tocha	Veterano M35	02:48:56	+35:03	06:45
13	103	Rui Alexandre Sousa Silva	365 running project	Veterano M35	02:49:06	+35:13	06:46
14	314	David Gonçalves	S4L | MEDENSE FC	Veterano M35	03:08:16	+54:23	07:32
15	214	Ivan Filipe Goncalves Antunes	Fátima Trail Team	Veterano M35	03:14:01	+01:00:07	07:46
16	244	João Carreira	Individual	Veterano M35	03:19:23	+01:05:30	07:59
17	242	Emidio Jorge Lourenço Teixeira	THOMAR ATHLETICS	Veterano M35	03:24:17	+01:10:24	08:10
18	171	Emanuel Martins Dias	Cátia	Veterano M35	03:37:53	+01:24:00	08:43
19	155	Nelson Sousa	Bairros FC	Veterano M35	03:38:57	+01:25:04	08:45
20	305	Pedro Coelho	Pó Reforço Trail Team	Veterano M35	03:43:29	+01:29:36	08:56
21	174	Joao Taborda	CF Os Belenenses	Veterano M35	03:47:14	+01:33:20	09:05
22	248	Vitor Ferreira	Individual	Veterano M35	03:48:25	+01:34:32	09:08
23	141	Sérgio Filipe Frias Forte	ARSM - Associação Recreativa de S. Miguel	Veterano M35	03:57:19	+01:43:26	09:30
24	243	Francisco Neto Silva	Individual	Veterano M35	03:57:23	+01:43:30	09:30
25	220	José Fernando da Costa Azevedo	Gens SC Trail	Veterano M35	04:11:43	+01:57:50	10:04
26	140	Márcio Paulo Fernades da Silva	ARSM - Associação Recreativa de S. Miguel	Veterano M35	05:21:02	+03:07:09	12:51

27	139	Jorge Miguel Fernandes Scevola	ARSM - Associação Recreativa de S. Miguel	Veterano M35	05:21:03	+03:07:10	12:51

Veterano M40

1	116	Paulo Palhinha	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Veterano M40	02:23:10		05:44
2	308	Luciano Pereira	PROMESSAS DO ATLETISMO	Veterano M40	02:24:05	+00:54	05:46
3	319	Daniel Mendes	Saca Trilhos Anadia	Veterano M40	02:37:44	+14:33	06:19
4	254	Tiago Pinto	Individual	Veterano M40	02:38:09	+14:58	06:20
5	108	David ramalho	A.D.Sebolido Trail	Veterano M40	02:44:58	+21:47	06:36
6	318	Bruno Simões	Saca Trilhos Anadia	Veterano M40	02:46:03	+22:52	06:39
7	320	Sérgio Manito	Saca Trilhos Anadia	Veterano M40	02:46:52	+23:41	06:40
8	205	Octávio Rodrigues	DOUROCONTA gabinete de apoio a contabilidade	Veterano M40	03:05:09	+41:58	07:24
9	324	Tiago Monteiro	THOMAR ATHLETICS	Veterano M40	03:08:08	+44:57	07:32
10	250	Marco Santos	Individual	Veterano M40	03:08:20	+45:09	07:32
11	306	Hugo Lopes	PROMESSAS DO ATLETISMO	Veterano M40	03:12:43	+49:32	07:43
12	135	Rui Pinto	Amigos do Trail de Mesão Frio	Veterano M40	03:13:18	+50:07	07:44
13	253	Rogério Oliveira	Individual	Veterano M40	03:14:15	+51:04	07:46
14	340	Leonel Freitas	AMA-Mondim Atletismo	Veterano M40	03:21:34	+58:23	08:04
15	331	Filipe Pinto	Tuga Mobile ADAP Trail	Veterano M40	03:21:50	+58:39	08:04
16	309	Nelson Fernandes	PROMESSAS DO ATLETISMO	Veterano M40	03:23:49	+01:00:38	08:09
17	224	Bruno Costa	HSantaMariaRT	Veterano M40	03:26:46	+01:03:35	08:16
18	184	David Camelo	Cinfães a Correr	Veterano M40	03:27:03	+01:03:52	08:17
19	151	Eduardo Ferreira	Atletismo Clube da Tocha	Veterano M40	03:30:54	+01:07:43	08:26
20	194	Hélder Rafael	Coronado runners	Veterano M40	03:31:43	+01:08:32	08:28
21	209	Cláudio Maia	Endovelico Trail Team	Veterano M40	03:32:36	+01:09:25	08:30
22	109	Roberto Freitas	A.D.Sebolido Trail	Veterano M40	03:34:34	+01:11:23	08:35
23	216	Bruno Pereira	Furamontes ProRunners	Veterano M40	03:36:30	+01:13:19	08:40
24	164	António Correia	Bouça Alta - Running	Veterano M40	03:40:56	+01:17:45	08:50
25	215	Rui Custódio	Figueira Kayak Clube	Veterano M40	03:43:56	+01:20:45	08:57
26	152	Luís Grou	Atletismo Clube da Tocha	Veterano M40	03:51:14	+01:28:03	09:15
27	210	Pedro Serra	Endovelico Trail Team	Veterano M40	03:52:24	+01:29:13	09:18
28	1321	Luís Norim Olaio	TURBOLENTOS	Veterano M40	03:56:31	+01:33:20	09:28
29	251	Nuno Correia	Individual	Veterano M40	04:01:42	+01:38:31	09:40
30	165	Leandro Soares	Bouça Alta - Running	Veterano M40	04:02:18	+01:39:07	09:42
31	307	Joel Cunha	PROMESSAS DO ATLETISMO	Veterano M40	04:02:38	+01:39:27	09:42
32	168	Anselmo Soares Campos	Break	Veterano M40	04:20:57	+01:57:46	10:26
33	169	Romeu de Sousa Machado	Break	Veterano M40	04:20:59	+01:57:48	10:26
34	255	Tiago Ribeiro	Individual	Veterano M40	04:31:37	+02:08:26	10:52
35	158	Ricardo Lento	Boavista Trail	Veterano M40	04:51:31	+02:28:21	11:40

Veterano M45

1	2	Pedro Alberto Moreira dos Santos	EDV - Viana Trail	Veterano M45	02:23:44		05:45
2	114	Miguel Pires	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Taveiro	Veterano M45	02:46:12	+22:28	06:39
3	310	Rafa Miranda	PROMESSAS DO ATLETISMO	Veterano M45	02:48:16	+24:32	06:44
4	125	Filipe Ismael Maia Rocha	ADCRPEREIRA	Veterano M45	02:52:50	+29:06	06:55
5	261	Paulo Nogueira	Individual	Veterano M45	02:56:11	+32:27	07:03
6	195	Manuel Ferreira	Coronado runners	Veterano M45	02:57:21	+33:37	07:06
7	5	Pedro Miguel Marques Nogueira	Break	Veterano M45	03:01:30	+37:46	07:16
8	300	Vítor Ferreira	Nova Linha Trail Runners	Veterano M45	03:03:50	+40:05	07:21
9	332	João António Marques Tavares	Tuga Mobile ADAP Trail	Veterano M45	03:04:50	+41:06	07:24
10	143	Aurélio Luís Bessa Saúde	ARSM - Associação Recreativa de S. Miguel	Veterano M45	03:05:00	+41:16	07:24
11	117	Jose Costa	A.S.C.SOBRADO	Veterano M45	03:09:25	+45:41	07:35
12	257	Amilcar Almeida	Individual	Veterano M45	03:11:39	+47:54	07:40
13	262	Rodrigo Oliveira	Individual	Veterano M45	03:23:14	+59:29	08:08
14	295	José Salas	MSS Grupo Desportivo de Gondomar	Veterano M45	03:32:58	+01:09:13	08:31
15	218	Nuno Jaime	G.D.R. JUVENTUDE DAS RIBEIRAS	Veterano M45	03:33:00	+01:09:16	08:31
16	203	José Torres	Domus Trail	Veterano M45	03:36:44	+01:13:00	08:40
17	303	Sérgio Gomes	Os preguiças team	Veterano M45	03:39:45	+01:16:01	08:47
18	211	Fernando Ferreira	Endovelico Trail Team	Veterano M45	03:41:01	+01:17:17	08:50
19	259	Jose martins	Individual	Veterano M45	03:42:23	+01:18:39	08:54
20	258	Carlos Alberto	Individual	Veterano M45	03:43:55	+01:20:11	08:57
21	159	Nuno Teixeira	Boavista Trail	Veterano M45	03:45:00	+01:21:16	09:00
22	256	Américo Costa	Individual	Veterano M45	03:47:45	+01:24:00	09:07
23	208	Manuel Moreira	DUELO D'OCASIÃO	Veterano M45	03:47:45	+01:24:01	09:07
24	196	Miguel Ferreira	Coronado runners	Veterano M45	03:50:54	+01:27:10	09:14
25	104	André Vieira de Castro	365 running project	Veterano M45	03:53:39	+01:29:55	09:21
26	197	Nuno silva	Coronado runners	Veterano M45	03:56:24	+01:32:39	09:27
27	260	Mário Costa	Individual	Veterano M45	04:04:37	+01:40:53	09:47
28	131	Jorge Alves	AMA-Mondim Atletismo	Veterano M45	04:10:06	+01:46:22	10:00
29	132	Paulo Rocha	AMA-Mondim Atletismo	Veterano M45	04:10:06	+01:46:22	10:00
30	4	Nuno Santos	Individual	Veterano M45	04:20:47	+01:57:03	10:26
31	285	Jorge Miguel Gonçalves Sarraguça	Leões de Tardariz Trail	Veterano M45	04:22:04	+01:58:20	10:29
32	342	Carlos Maia	Individual	Veterano M45	04:29:30	+02:05:46	10:47

Veterano M50

1	118	Manuel sousa	A.S.C.SOBRADO	Veterano M50	02:53:26		06:56
2	297	Sérgio Martins	NAI - Núcleo Amador de Idães	Veterano M50	02:54:08	+00:42	06:58
3	322	Vítor Coelho	Team Sindeq	Veterano M50	02:57:05	+03:39	07:05
4	263	Alfredo da Silva Moreira	Individual	Veterano M50	02:59:26	+06:00	07:11
5	304	Arnaldo José Araújo	PCRunners	Veterano M50	03:11:00	+17:34	07:38
6	156	José Maia	Bairros FC	Veterano M50	03:21:54	+28:28	08:05

7	144	Marco Rodrigues	ARSM - Associação Recreativa de S. Miguel	Veterano M50	03:29:40	+36:14	08:23
8	264	Francisco Pinheiro	Individual	Veterano M50	03:31:42	+38:16	08:28
9	270	Ricardo Rodrigues	Individual	Veterano M50	03:34:48	+41:22	08:36
10	219	Joaquim Pinto	G.D.R. JUVENTUDE DAS RIBEIRAS	Veterano M50	03:36:12	+42:46	08:39
11	265	José Sá	Individual	Veterano M50	03:36:58	+43:32	08:41
12	212	Carlos Martins	Endovelico Trail Team	Veterano M50	03:41:00	+47:34	08:50
13	198	Jorge Nogueira	Coronado runners	Veterano M50	03:43:03	+49:37	08:55
14	161	Fernando Jorge	Boavista Trail	Veterano M50	03:52:00	+58:34	09:17
15	266	Luis paulo costa	Individual	Veterano M50	03:57:15	+01:03:49	09:29
16	267	marco duarte	Individual	Veterano M50	03:59:42	+01:06:16	09:35
17	286	FILIPE MANUEL DA ROCHA CORREIA	LIga-Dura	Veterano M50	04:04:41	+01:11:15	09:47
18	110	Domingos Ferreira	A.D.Sebolido Trail	Veterano M50	04:18:52	+01:25:26	10:21
19	271	Silvério Oliveira dos Santos	Individual	Veterano M50	04:20:42	+01:27:16	10:26
20	268	Pedro Magalhães	Individual	Veterano M50	04:29:30	+01:36:04	10:47
21	301	António Oliveira	Os Finos	Veterano M50	04:29:56	+01:36:30	10:48
22	163	Paulo Lara	Boavista Trail	Veterano M50	04:51:29	+01:58:03	11:40
23	162	José Matos	Boavista Trail	Veterano M50	04:51:31	+01:58:05	11:40

Veterano M55

1	280	Pedro Marques	Individual	Veterano M55	02:52:03		06:53
2	222	Miguel Pelicano	GRVilaverdense	Veterano M55	02:54:22	+02:18	06:58
3	200	Carlos Cunha	DCI/Trilhos Luso Bussaco	Veterano M55	02:56:54	+04:50	07:05
4	185	Agostinho Moreira Carneiro	Clube Atletismo de Vila Boa do Bispo	Veterano M55	03:01:35	+09:31	07:16
5	172	Cláudio Monteiro	CB RUN	Veterano M55	03:30:30	+38:26	08:25
6	278	Narciso Machado	Individual	Veterano M55	03:39:23	+47:19	08:47
7	293	Paulo Salvador Pacheco Rodrigues	Monsanto Running Team	Veterano M55	03:42:35	+50:31	08:54
8	112	Paulo Correia	A.D.Sebolido Trail	Veterano M55	03:43:12	+51:08	08:56
9	273	Antonio José Machado Loureiro	Individual	Veterano M55	03:51:43	+59:39	09:16
10	175	Luciano Dantas	CF Os Belenenses	Veterano M55	03:54:37	+01:02:33	09:23
11	279	Paulo Ferreira	Individual	Veterano M55	03:55:43	+01:03:39	09:26
12	204	Francisco Valadão	Domus Trail	Veterano M55	03:57:24	+01:05:20	09:30
13	276	Manuel Domingues	Individual	Veterano M55	04:18:09	+01:26:05	10:20
14	327	Cesário rocha	Trilhos da Baga K Run team	Veterano M55	04:33:33	+01:41:29	10:57
15	274	Francisco costa	Individual	Veterano M55	04:52:55	+02:00:51	11:43

Veterano M60

1	124	Agostinho Carneiro	AD Marco 09	Veterano M60	02:50:25		06:49
2	153	Fernando Cruz de Jesus	Atletismo Clube da Tocha	Veterano M60	03:11:03	+20:38	07:39
3	133	José Oliveira	AMA-Mondim Atletismo	Veterano M60	03:46:15	+55:50	09:03
4	281	Paulo Dias	Individual	Veterano M60	03:55:40	+01:05:14	09:26

25KM

25 KM

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

OFFICIAL RESULT

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

5	325	José Alves	Trail Snakes Team	Veterano M60	04:28:44	+01:38:18	10:45

TEAM RESULTS - 25KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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	SACA TRILHOS ANADIA	2 + 4 + 15	21
2	A.R.CASAENSE/ESCOLA DE ATLETISMO DE COIMBRA/INTERMARCHÉ TAVEIRO	5 + 16 + 23	44
3	CINFÃES A CORRER	12 + 13 + 21	46
4	ATLETISMO CLUBE DA TOCHA	10 + 11 + 27	48
5	TUGA MOBILE ADAP TRAIL	9 + 14 + 51	74
6	365 RUNNING PROJECT	8 + 28 + 41	77
7	PROMESSAS DO ATLETISMO	7 + 26 + 65	98
8	AD MARCO 09	18 + 29 + 54	101
9	CORONADO RUNNERS	24 + 40 + 89	153
10	A.D.SEBOLIDO TRAIL	20 + 77 + 96	193
11	THOMAR ATHLETICS	58 + 70 + 81	209
12	AMA-MONDIM ATLETISMO	30 + 74 + 126	230
13	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	52 + 84 + 118	254
14	DUELO D'OCASIÃO	57 + 72 + 129	258
15	BREAK	45 + 46 + 172	263
16	MONSANTO RUNNING TEAM	43 + 115 + 117	275
17	ENDOVELICO TRAIL TEAM	92 + 113 + 114	319
18	LOBOS DO BRUNHEIRO DE CHAVES / ANTEROS	50 + 90 + 191	331
19	G.D.R. JUVENTUDE DAS RIBEIRAS	94 + 99 + 190	383
20	BOAVISTA TRAIL	124 + 125 + 135	384
21	DOMUS TRAIL	102 + 145 + 147	394
22	JAVALIS ALCALINOS	85 + 158 + 160	403
23	CF OS BELENENSES	127 + 138 + 197	462

Poço Negro Trail 2024

Penafiel, PT

30-junho-2024

14KM - STAGE 1

14 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	08:45	14,3ºC	93%
End	13:36	14,3ºC	93%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1273	Nelson Loureiro	opraticante.pt	01:22:55		05:55	
2	1291	JOÃO PEDRO LEAL	RETORTA- QUINTA DAS ARCAS	01:28:12	+05:17	06:18	
3	1292	VITOR BARBOSA	RETORTA- QUINTA DAS ARCAS	01:29:52	+06:57	06:25	
4	1227	Luís Gomes	MSS Grupo Desportivo de Gondomar	01:31:35	+08:40	06:33	
5	1234	José Rafael Teixeira Freitas	PROMESSAS DO ATLETISMO	01:32:05	+09:10	06:35	
6	1260	Joaquim Silva	NBA Barrosas	01:32:16	+09:21	06:35	
7	1059	Emanuel António de Sousa Rocha	Gang da Pedra	01:34:25	+11:30	06:45	
8	1072	Carlos Costa	GRUPO VILARINHO CIMA	01:36:01	+13:06	06:51	
9	1258	Ramiro Ribeiro	NBA Barrosas	01:36:45	+13:50	06:55	
10	1289	FERNANDO NEVES	RETORTA- QUINTA DAS ARCAS	01:37:36	+14:41	06:58	
11	1061	Nelson Teixeira	Gens SC Trail	01:37:41	+14:46	06:59	
12	1030	Mário Torrado	Clube Desportivo de Miranda do Douro	01:38:46	+15:51	07:03	
13	1290	FLAVIO SILVA	RETORTA- QUINTA DAS ARCAS	01:39:39	+16:44	07:07	
14	1096	Luís Magalhães	Individual	01:40:15	+17:20	07:10	
15	1157	Ricardo Brandão	Individual	01:40:15	+17:20	07:10	
16	1232	Sérgio Silva	MSS Grupo Desportivo de Gondomar	01:41:39	+18:44	07:16	
17	1108	Diogo Henrique Gonçalves Barbedo	Individual	01:42:17	+19:22	07:18	
18	1251	Carlos Alves	NAI - Núcleo Amador de Idães	01:42:18	+19:23	07:18	
19	1252	Jorge Araújo	NAI - Núcleo Amador de Idães	01:42:44	+19:49	07:20	
20	1027	André Fernando Almeida Magalhães	Clube atlético de codessoso	01:42:48	+19:53	07:21	
21	1071	Nuno Silva	Grupo Desportivo e Cultural de Castelo de Paiva	01:43:02	+20:07	07:22	
22	1233	Ibraim Sousa	MSS Grupo Desportivo de Gondomar	01:43:21	+20:26	07:23	
23	1236	Luís Silvestre	MSS Grupo Desportivo de Gondomar	01:43:23	+20:28	07:23	
24	1002	António Queirós	A.D. Amarante Trail Running	01:43:33	+20:38	07:24	
25	1280	Bruno Soares	Pupilos do Zé Tó	01:43:44	+20:49	07:25	
26	1259	José Pedrosa	NBA Barrosas	01:43:54	+20:59	07:25	
27	1217	Zé bósnia	Leões de Tardariz Trail	01:44:23	+21:28	07:27	
28	1147	Márcio Sá	Individual	01:45:41	+22:46	07:33	
29	1283	PEDRO PAIVA	Pupilos do Zé Tó	01:45:51	+22:56	07:34	
30	1033	Rui Silva	Coronado runners	01:46:10	+23:15	07:35	
31	1040	Bruno Santos	DOUROCONTA gabinete de apoio a contabilidade	01:46:18	+23:23	07:36	
32	1305	Nuno Silva	The Newbies	01:46:38	+23:43	07:37	
33	1318	Carlos Oliveira	TURBOLENTOS	01:46:54	+23:59	07:38	
34	1230	Bruno Miguel Sousa Rocha	MSS Grupo Desportivo de Gondomar	01:47:06	+24:11	07:39	
35	1213	Gilberto costa	javalis100limites	01:47:22	+24:27	07:40	
36	1029	Moisés André Martins Machado	Clube atlético de codessoso	01:47:37	+24:42	07:41	
37	1274	Fernando Teixeira	Os preguiças team	01:50:35	+27:40	07:54	
38	1261	Flavio Fernandes	NBA Barrosas	01:51:14	+28:19	07:57	
39	1095	Jose Vinhas	Individual	01:51:31	+28:36	07:58	
40	1320	José Azevedo	TURBOLENTOS	01:52:00	+29:05	08:00	
41	1085	Alexandre Santos	Individual	01:52:01	+29:06	08:00	
42	1241	António Martins	MSS Grupo Desportivo de Gondomar	01:52:54	+29:59	08:04	

14KM - STAGE 1

14 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	1028	Francisco José Almeida Magalhães	Clube atlético de codessoso	01:53:16	+30:21	08:05	
44	1267	Carlos Lameiras	Nova Linha Trail Runners	01:53:37	+30:42	08:07	
45	1238	Rui Alvim	MSS Grupo Desportivo de Gondomar	01:55:00	+32:05	08:13	
46	1272	Henrique Loureiro	opraticante.pt	01:55:05	+32:10	08:13	
47	1	Paula Barbosa	EDV - Viana Trail	01:55:22	+32:27	08:14	
48	1155	José lemos	Individual	01:55:56	+33:01	08:17	
49	1183	Filipe Costa	Individual	01:56:17	+33:22	08:18	
50	1288	Manuel Zola	Pupilos do Zé Tó	01:58:11	+35:16	08:26	
51	1103	Rui Gomes	Individual	01:58:53	+35:58	08:29	
52	1243	Manuel Póvoas	MSS Grupo Desportivo de Gondomar	01:58:57	+36:02	08:30	
53	1265	Pedro Teixeira	Nova Linha Trail Runners	01:59:31	+36:36	08:32	
54	1237	Manuel Ferreira	MSS Grupo Desportivo de Gondomar	02:00:09	+37:14	08:35	
55	1168	Filipe Garcez	Individual	02:01:10	+38:15	08:39	
56	1080	Daniela Rodrigues Figueiredo	Individual	02:01:10	+38:15	08:39	
57	1284	António Ferreira	Pupilos do Zé Tó	02:02:36	+39:41	08:45	
58	1090	Filipe Sousa	Individual	02:02:39	+39:44	08:46	
59	1186	José neves	Individual	02:02:39	+39:44	08:46	
60	1201	Paulo Silva	Individual	02:03:23	+40:28	08:49	
61	1221	Numo sousa	Lousada Trilhos	02:03:51	+40:56	08:51	
62	1100	Pedro Guimarães	Individual	02:04:06	+41:11	08:52	
63	1192	Antonio da Silva marques	Individual	02:04:34	+41:39	08:54	
64	1008	António Pereira	A.D.Sebolido Trail	02:04:52	+41:57	08:55	
65	1223	Afonso Machado	Machados	02:05:40	+42:45	08:59	
66	1224	Rui Machado	Machados	02:05:40	+42:45	08:59	
67	1194	Jorge Portela	Individual	02:05:43	+42:48	08:59	
68	1275	Liliana Loureiro	Os preguiças team	02:05:46	+42:51	08:59	
69	1017	José Loureiro	Autistic Runners	02:06:10	+43:15	09:01	
70	1225	Rui Machado	Machados	02:06:13	+43:18	09:01	
71	1060	Paulo Torres	Gang da Pedra	02:06:30	+43:35	09:02	
72	1206	Manuel costa	Individual	02:06:32	+43:37	09:02	
73	111	Ricardo Sousa	A.D.Sebolido Trail	02:06:36	+43:41	09:03	
74	1148	Pedro Lourenço	Individual	02:07:08	+44:13	09:05	
75	1098	Luís Moreira	Individual	02:07:08	+44:13	09:05	
76	1083	Mariana Pereira	Individual	02:07:15	+44:20	09:05	
77	338	Cristina Loureiro	Taylors	02:07:32	+44:37	09:07	
78	1200	Paulo S	Individual	02:07:39	+44:44	09:07	
79	1266	Plácido Rodrigues	Nova Linha Trail Runners	02:08:08	+45:13	09:09	
80	1057	André Dias	GAIA-RUNNING	02:08:51	+45:56	09:12	
81	1056	Pedro Monteiro	GAIA-RUNNING	02:08:51	+45:56	09:12	
82	1055	Orlanda Rego	GAIA-RUNNING	02:08:51	+45:56	09:12	
83	1068	Fernando Pereira	GONDOMAR FUTSAL CLUBE	02:09:03	+46:08	09:13	
84	1167	Daniel Silva	Individual	02:09:19	+46:24	09:14	
85	1191	Adao bessa	Gang da Pedra	02:09:38	+46:43	09:16	
86	1285	José Rodrigues	Pupilos do Zé Tó	02:09:57	+47:02	09:17	
87	1282	José Nuno Vieira	Pupilos do Zé Tó	02:09:57	+47:02	09:17	
88	1026	Filipa Pereira	Cinfães a Correr	02:09:58	+47:03	09:17	

14KM - STAGE 1 — 14 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
89	1256	Fatima Paz	NBA Barrosas	02:09:59	+47:04	09:17	
90	1093	Jorge Gomes	Individual	02:10:18	+47:23	09:18	
91	1041	José Rodrigues	Eles andem aí	02:10:19	+47:24	09:19	
92	1074	Jorge Borges	Gtt armazém do Caffè	02:10:39	+47:44	09:20	
93	1073	Monica Borges	Gtt armazém do Caffè	02:10:40	+47:45	09:20	
94	1149	Ricardo telinhos	Individual	02:10:56	+48:01	09:21	
95	1246	Raquel Alves	NAI - Núcleo Amador de Idães	02:11:06	+48:11	09:22	
96	1250	Luis Costa	NAI - Núcleo Amador de Idães	02:11:07	+48:12	09:22	
97	1327	Bruno Pinheiro	Warehouse Trail Running Team	02:11:13	+48:18	09:22	
98	1326	António Dias	Warehouse Trail Running Team	02:11:13	+48:18	09:22	
99	1198	Miro Sousa	Individual	02:11:25	+48:30	09:23	
100	1004	Pedro Miguel Correia Vieira	A.D. Amarante Trail Running	02:12:02	+49:07	09:26	
101	1005	Vanessa Soares	A.D. Nós Acreditamos	02:12:05	+49:10	09:26	
102	1179	Sérgio Sousa	Individual	02:12:47	+49:52	09:29	
103	1226	Edozie Nelson	MSS Grupo Desportivo de Gondomar	02:12:48	+49:53	09:29	
104	1154	João Caetano	Individual	02:12:49	+49:54	09:29	
105	1025	Paulo Alves	Centro Cultural D. T. da STCP	02:12:49	+49:54	09:29	
106	1271	Ana Mafalda Pereira	opraticante.pt	02:13:43	+50:48	09:33	
107	1039	Paulo Ferreira	DDT RUNNERS	02:14:36	+51:41	09:37	
108	1156	Nuno Almeida	Individual	02:14:53	+51:58	09:38	
109	1205	Fernando Sousa	Individual	02:15:09	+52:14	09:39	
110	1319	Henrique Pereira	TURBOLENTOS	02:15:37	+52:42	09:41	
111	1254	Rui Ferreira	NBA Barrosas	02:15:58	+53:03	09:43	
112	1045	Carla Martins	Escola de Atletismo de Rio Tinto RunRiver	02:16:11	+53:16	09:44	
113	1054	Monica Lopes	GAIA-RUNNING	02:16:25	+53:30	09:45	
114	1334	Jorge Pereira	Individual	02:16:47	+53:52	09:46	
115	1268	Licínio Silva	Nova Linha Trail Runners	02:17:00	+54:05	09:47	
116	1169	João Campos	Individual	02:17:18	+54:23	09:48	
117	1257	Diolinda Faria	NBA Barrosas	02:17:28	+54:33	09:49	
118	1316	Ari Cardoso	TURBOLENTOS	02:17:42	+54:47	09:50	
119	1304	Marcelo Teixeira	The Newbies	02:17:43	+54:48	09:50	
120	1164	Bruno Delgado	Individual	02:18:03	+55:08	09:52	
121	1228	Margarida Oliveira	MSS Grupo Desportivo de Gondomar	02:18:11	+55:16	09:52	
122	1317	João Baía	TURBOLENTOS	02:19:13	+56:18	09:57	
123	1306	Tiago Serrano	Tontos Team	02:19:36	+56:41	09:58	
124	1161	Toze Moreira	Individual	02:19:36	+56:41	09:58	
125	1014	Diogo Silva	Arpecdouro	02:19:45	+56:50	09:59	
126	1018	Floriberto Castro	bando das lokas	02:20:48	+57:53	10:03	
127	1003	Carlos Teixeira	A.D. Amarante Trail Running	02:21:27	+58:32	10:06	
128	1088	Diogo Brito	Individual	02:21:30	+58:35	10:06	
129	1182	Eduardo Pinto	Individual	02:21:53	+58:58	10:08	
130	1022	Vítor Manuel Monteiro Pereira	Bouça Alta - Running	02:21:53	+58:58	10:08	
131	1021	Belmiro Costa	Bouça Alta - Running	02:21:54	+58:59	10:08	
132	1281	Pedro Duarte	Pupilos do Zé Tó	02:21:55	+59:00	10:08	
133	1016	Vitor Sousa	Atletas da preguiça	02:22:04	+59:09	10:09	
134	1189	Rui Moreira	Individual	02:22:34	+59:39	10:11	

14KM - STAGE 1

14 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
135	1007	Júlio Sousa	A.D.Sebolido Trail	02:22:36	+59:41	10:11	
136	1132	Sandra Soares	Individual	02:22:40	+59:45	10:11	
137	1328	Filipe neto	Warehouse Trail Running Team	02:22:47	+59:52	10:12	
138	1314	Carina Rios Leite	TURBOLENTOS	02:22:52	+59:57	10:12	
139	1046	João Almeida	Estronca Silvas	02:23:33	+01:00:38	10:15	
140	1024	Amadeu Pinto	Bouça Alta - Running	02:24:07	+01:01:12	10:18	
141	1052	José Moura	G.D.R. JUVENTUDE DAS RIBEIRAS	02:24:17	+01:01:22	10:18	
142	1220	Bruno ribeiro	Lousada Trilhos	02:24:25	+01:01:30	10:19	
143	1171	Jorge Silva	Individual	02:24:27	+01:01:32	10:19	
144	1139	Paula gualter	Individual	02:24:39	+01:01:44	10:20	
145	1166	Celestino Gomes	Individual	02:25:39	+01:02:44	10:24	
146	1064	Jose Pedro da Rocha Arlindo	Gens SC Trail	02:25:46	+01:02:51	10:25	
147	1286	Pedro Pombal	Pupilos do Zé Tó	02:26:12	+01:03:17	10:27	
148	1172	José Silva	Individual	02:26:46	+01:03:51	10:29	
149	1111	Bebiana Silva	Individual	02:27:17	+01:04:22	10:31	
150	1159	Sergio Pereira	Individual	02:27:39	+01:04:44	10:33	
151	1303	Manuel Guedes	Serviços Sociais Montepio	02:27:43	+01:04:48	10:33	
152	1264	Carla Luis	Nova Linha Trail Runners	02:28:04	+01:05:09	10:35	
153	1036	Bruno Aroso	Coronado runners	02:28:19	+01:05:24	10:36	
154	1097	Luís Manuel da Silva Machado	Individual	02:28:39	+01:05:44	10:37	
155	1329	Nelson Cristiano Pacheco de Freitas	Warehouse Trail Running Team	02:28:39	+01:05:44	10:37	
156	1142	Bruno Castelo	Individual	02:30:30	+01:07:35	10:45	
157	1196	Manuel Pires	Individual	02:30:41	+01:07:46	10:46	
158	1122	Sónia Fernandes Mourão Pereira	Individual	02:30:44	+01:07:49	10:46	
159	1301	Joaquim Melo	Serviços Sociais Montepio	02:30:50	+01:07:55	10:46	
160	1058	Miguel Dias	GAIA-RUNNING	02:30:51	+01:07:56	10:46	
161	1219	Paula sousa	Lousada Trilhos	02:30:54	+01:07:59	10:47	
162	1276	Bruno Barros	Outlaw runners	02:31:56	+01:09:01	10:51	
163	1153	Alberto Guedes	Individual	02:32:13	+01:09:18	10:52	
164	1313	Marlene Madureira	TURBOLENTOS	02:32:46	+01:09:51	10:55	
165	1255	Ana Carneiro	NBA Barrosas	02:33:33	+01:10:38	10:58	
166	1023	Pedro Cardoso	Bouça Alta - Running	02:33:39	+01:10:44	10:58	
167	1269	Acácio Moreira	Nova Linha Trail Runners	02:34:02	+01:11:07	11:00	
168	1113	Patrícia Domingos	Individual	02:34:06	+01:11:11	11:00	
169	1193	Francisco José da Silva Pinto Figueiredo	Individual	02:34:23	+01:11:28	11:02	
170	1094	Jorge Sousa	Individual	02:34:44	+01:11:49	11:03	
171	238	Solange Sousa	Individual	02:35:35	+01:12:40	11:07	
172	1235	António Rocha	MSS Grupo Desportivo de Gondomar	02:35:37	+01:12:43	11:07	
173	1106	Bruna Rocha	Individual	02:37:28	+01:14:33	11:15	
174	1177	Pedro Silva	Individual	02:38:07	+01:15:12	11:18	
175	1112	Isabel Queirós	Individual	02:38:13	+01:15:19	11:18	
176	1263	Claudia Pereira	Next Run	02:38:47	+01:15:52	11:20	
177	1262	Florbela Sa	Next Run	02:38:47	+01:15:52	11:20	
178	1032	Daniela pontes	Coronado runners	02:38:56	+01:16:01	11:21	
179	1199	Paulo Jorge Mendes Silva	GD LEOES DA GUARDA - LION RUNNERS	02:39:42	+01:16:47	11:24	

14KM - STAGE 1

14 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
180	1309	Sandra Manuela Moreira Martins	Tuga Mobile ADAP Trail	02:39:55	+01:17:00	11:25	
181	1127	Claudia Azevedo dos Santos	Individual	02:40:06	+01:17:11	11:26	
182	1091	Jaime Teixeira	Individual	02:41:28	+01:18:33	11:32	
183	1245	Manuel Pereira	MSS Grupo Desportivo de Gondomar	02:41:37	+01:18:42	11:33	
184	1010	Rafael de Sousa Pinto	ADC Santa Isabel Trail Running	02:43:15	+01:20:20	11:40	
185	1293	Patrícia Marques	Runners SERNANCELHE Terra da Castanha	02:43:41	+01:20:46	11:42	
186	1240	António Luís	MSS Grupo Desportivo de Gondomar	02:44:13	+01:21:18	11:44	
187	1006	João Teixeira	A.D. Nós Acreditamos	02:45:22	+01:22:27	11:49	
188	1180	Amandio Sousa	Individual	02:45:42	+01:22:47	11:50	
189	1184	Franclim Coelho	Individual	02:45:42	+01:22:47	11:50	
190	1011	Nuno Pinto	ADC Santa Isabel Trail Running	02:46:30	+01:23:35	11:54	
191	1038	Rui Carvalho	Coronado runners	02:46:42	+01:23:47	11:54	
192	1037	Ricardo Alves	Coronado runners	02:47:04	+01:24:09	11:56	
193	1121	Rute Maia	AIRORUN	02:47:12	+01:24:17	11:57	
194	1162	Antonio Silva	Individual	02:47:18	+01:24:23	11:57	
195	1308	Patrícia Pinto	Tuga Mobile ADAP Trail	02:50:13	+01:27:18	12:09	
196	1114	Sara Bela	Individual	02:54:24	+01:31:29	12:27	
197	1115	Ana Cota	Individual	02:54:24	+01:31:29	12:27	
198	1031	Maria Fátima Marques Ribeiro	Clube Zupper	02:55:38	+01:32:43	12:33	
199	1051	Ana Fonseca	G.D.R. JUVENTUDE DAS RIBEIRAS	02:55:58	+01:33:03	12:34	
200	1204	João Manuel dos Santos Silva	Individual	02:56:42	+01:33:47	12:37	
201	1092	João Miguel Almeida da Silva	Individual	02:56:44	+01:33:49	12:37	
202	1332	ARMANDO SILVA	XtrilhosTeam	02:56:48	+01:33:53	12:38	
203	1126	Carla Sampaio	Individual	02:56:49	+01:33:54	12:38	
204	1053	Joana Barbosa	GAIA-RUNNING	02:57:00	+01:34:05	12:39	
205	1144	Henrique Sousa	Individual	02:57:57	+01:35:02	12:43	
206	1105	Tiago Bessa	Individual	02:57:57	+01:35:02	12:43	
207	1165	Carlos Ribeiro	Individual	02:58:29	+01:35:34	12:45	
208	1143	Carlos Ribeiro	Individual	02:59:46	+01:36:51	12:50	
209	1102	Rui Azevedo	Individual	02:59:47	+01:36:52	12:50	
210	1197	Mario Rocha	Individual	02:59:59	+01:37:04	12:51	
211	1109	Miguel Rocha	Individual	03:02:11	+01:39:16	13:01	
212	1160	Telmo Vide	Individual	03:02:15	+01:39:20	13:01	
213	1152	Vitor Sousa	Individual	03:05:38	+01:42:43	13:16	
214	1207	Nelson Nogueira	Individual	03:06:30	+01:43:35	13:19	
215	1020	Filipe Alves	Bouça Alta - Running	03:07:15	+01:44:20	13:22	
216	1009	Sandra Costa	A.S.C.SOBRADO	03:07:26	+01:44:31	13:23	
217	1163	Artur Fonseca	Individual	03:07:41	+01:44:46	13:24	
218	1330	VITOR CARVALHO	XtrilhosTeam	03:08:25	+01:45:30	13:28	
219	1190	Tó-Zé Pinheiro	Individual	03:09:25	+01:46:30	13:32	
220	1173	Lindolfo José Teixeira da Costa Sol	Individual	03:09:25	+01:46:30	13:32	
221	1042	Mariana Sousa	Eles andem aí	03:10:16	+01:47:21	13:35	
222	1331	VITOR SANTOS	XtrilhosTeam	03:10:18	+01:47:23	13:36	
223	1315	Luana Almeida	TURBOLENTOS	03:11:01	+01:48:06	13:39	
224	1015	Liliana Azenha	ARSM - Associação Recreativa de S. Miguel	03:13:31	+01:50:36	13:49	
225	1195	Manuel Jorge Gomes Brandão	Individual	03:13:33	+01:50:38	13:49	

14KM - STAGE 1

14 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
226	1012	Maria Ferreira	Amigos 100 Limites	03:13:38	+01:50:43	13:50	
227	1242	Joaquim Moreira	MSS Grupo Desportivo de Gondomar	03:13:46	+01:50:51	13:50	
228	231	Vladyslav Ovchynnykov	Individual	03:14:17	+01:51:22	13:53	
229	1066	Filipe Leitão	GONDOMAR FUTSAL CLUBE	03:15:06	+01:52:11	13:56	
230	1231	Ricardo Silveira	MSS Grupo Desportivo de Gondomar	03:16:13	+01:53:18	14:01	
231	1277	Sterling Bolivar	Outlaw runners	03:16:20	+01:53:25	14:01	
232	1322	Nuno Miguel Azevedo Henriques	TURBOLENTOS	03:16:20	+01:53:25	14:01	
233	1044	Filipe Matos	Eles andem aí	03:18:32	+01:55:37	14:11	
234	1300	Tania Rebelo	Serviços Sociais Montepio	03:21:46	+01:58:51	14:25	
235	1302	Rui Rebelo	Serviços Sociais Montepio	03:21:46	+01:58:51	14:25	
236	1141	Teresa Taveira	Individual	03:22:54	+01:59:59	14:30	
237	1218	Vera Gomes	LIga-Dura	03:23:17	+02:00:22	14:31	
238	1136	CARLA REGINA MOREIRA	Individual	03:23:18	+02:00:23	14:31	
239	1129	Luísa Cruz	Individual	03:26:59	+02:04:04	14:47	
240	1119	Rosana Martins	Individual	03:28:53	+02:05:58	14:55	
241	1101	Rafael Nogueira	Individual	03:29:28	+02:06:33	14:58	
242	1188	Miguel Moreira	Individual	03:34:22	+02:11:27	15:19	
243	1035	Anabela Silva	Coronado runners	03:35:57	+02:13:02	15:25	
244	1140	Pinto Angela	Individual	03:37:16	+02:14:21	15:31	
245	1049	Rita Pinto Freitas	Freitas & Rodrigues	03:38:52	+02:15:57	15:38	
246	1050	Hélder Roberto Alves Rodrigues	Freitas & Rodrigues	03:38:52	+02:15:57	15:38	
247	1209	Carla Pereira	javalis100limites	03:44:06	+02:21:11	16:00	
248	1047	Fátima Cardoso	Fátima Cardoso	03:45:46	+02:22:51	16:08	
249	1048	Paulo Gomes	Fátima Cardoso	03:46:01	+02:23:06	16:09	
250	1212	luis silva	javalis100limites	03:49:27	+02:26:32	16:23	
251	1208	leticia oliveira	javalis100limites	03:49:28	+02:26:33	16:23	
252	1087	Bruno SIlveira e Silva	Individual	03:55:33	+02:32:38	16:49	
253	1089	Eduardo da Silva	Individual	03:55:33	+02:32:38	16:50	
254	1339	Isabel Sá	Individual	03:56:32	+02:33:37	16:54	
255	1176	Pedro Santos	Individual	04:05:48	+02:42:53	17:33	
256	1034	Diana Oliveira	Coronado runners	04:07:18	+02:44:23	17:40	
257	1078	Maria Gomes Costa	Individual	04:09:59	+02:47:04	17:51	
258	1130	Marisa Alexandra Ferreira Moreira Gomes	Individual	04:10:02	+02:47:07	17:52	
259	1120	Rute Gomes Teixeira	Individual	04:10:11	+02:47:16	17:52	
260	1128	Daniela Rodrigues	Individual	04:25:58	+03:03:03	19:00	
261	1063	Vânia Cardoso	Gens SC Trail	04:34:47	+03:11:52	19:38	
262	1118	Marta A. Maia Sá	Individual	04:34:47	+03:11:52	19:38	
263	1325	Matheus Leite	Vespazz	04:35:08	+03:12:13	19:39	
264	1323	Denise Franco Seveo	Vespazz	04:35:08	+03:12:13	19:39	
265	1215	Carlos Espogeira	Lambretas Runners	04:35:09	+03:12:14	19:39	
266	1211	conceição pereira	javalis100limites	04:46:34	+03:23:39	20:28	
267	1210	cristina duarte	javalis100limites	04:46:38	+03:23:43	20:28	
268	1134	Susana Almeida	Individual	04:47:38	+03:24:43	20:33	

Poço Negro Trail 2024
Penafiel, PT
30-junho-2024

14KM **14 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	08:45	14,3ºC	93%
End	13:36	14,3ºC	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Junior Feminino							
1	1078	Maria Gomes Costa	Individual	Junior Feminino	04:09:59		17:51
Juvenil Feminino							
1	1246	Raquel Alves	NAI - Núcleo Amador de Idães	Juvenil Feminino	02:11:06		09:22
Juvenil Masculino							
1	1223	Afonso Machado	Machados	Juvenil Masculino	02:05:40		08:59
2	1010	Rafael de Sousa Pinto	ADC Santa Isabel Trail Running	Juvenil Masculino	02:43:15	+37:34	11:40
Senior Feminino							
1	1080	Daniela Rodrigues Figueiredo	Individual	Senior Feminino	02:01:10		08:39
2	1083	Mariana Pereira	Individual	Senior Feminino	02:07:15	+06:04	09:05
3	1271	Ana Mafalda Pereira	opraticante.pt	Senior Feminino	02:13:43	+12:32	09:33
4	1045	Carla Martins	Escola de Atletismo de Rio Tinto RunRiver	Senior Feminino	02:16:11	+15:00	09:44
5	1032	Daniela pontes	Coronado runners	Senior Feminino	02:38:56	+37:46	11:21
6	1323	Denise Franco Seveo	Vespazz	Senior Feminino	04:35:08	+02:33:58	19:39
Senior Masculino							
1	1227	Luís Gomes	MSS Grupo Desportivo de Gondomar	Senior Masculino	01:31:35		06:33
2	1234	José Rafael Teixeira Freitas	PROMESSAS DO ATLETISMO	Senior Masculino	01:32:05	+00:29	06:35
3	1061	Nelson Teixeira	Gens SC Trail	Senior Masculino	01:37:41	+06:05	06:59
4	1096	Luís Magalhães	Individual	Senior Masculino	01:40:15	+08:39	07:10
5	1027	André Fernando Almeida Magalhães	Clube atlético de codessoso	Senior Masculino	01:42:48	+11:12	07:21
6	1002	António Queirós	A.D. Amarante Trail Running	Senior Masculino	01:43:33	+11:57	07:24
7	1033	Rui Silva	Coronado runners	Senior Masculino	01:46:10	+14:35	07:35
8	1274	Fernando Teixeira	Os preguiças team	Senior Masculino	01:50:35	+18:59	07:54
9	1095	Jose Vinhas	Individual	Senior Masculino	01:51:31	+19:56	07:58
10	1085	Alexandre Santos	Individual	Senior Masculino	01:52:01	+20:25	08:00
11	1103	Rui Gomes	Individual	Senior Masculino	01:58:53	+27:17	08:29
12	1090	Filipe Sousa	Individual	Senior Masculino	02:02:39	+31:03	08:46
13	1100	Pedro Guimarães	Individual	Senior Masculino	02:04:06	+32:30	08:52
14	1098	Luís Moreira	Individual	Senior Masculino	02:07:08	+35:32	09:05

15	1093	Jorge Gomes	Individual	Senior Masculino	02:10:18	+38:42	09:18
16	1041	José Rodrigues	Eles andem aí	Senior Masculino	02:10:19	+38:43	09:19
17	1327	Bruno Pinheiro	Warehouse Trail Running Team	Senior Masculino	02:11:13	+39:38	09:22
18	1326	António Dias	Warehouse Trail Running Team	Senior Masculino	02:11:13	+39:38	09:22
19	1226	Edozie Nelson	MSS Grupo Desportivo de Gondomar	Senior Masculino	02:12:48	+41:12	09:29
20	1254	Rui Ferreira	NBA Barrosas	Senior Masculino	02:15:58	+44:23	09:43
21	1304	Marcelo Teixeira	The Newbies	Senior Masculino	02:17:43	+46:07	09:50
22	1014	Diogo Silva	Arpecdouro	Senior Masculino	02:19:45	+48:09	09:59
23	1088	Diogo Brito	Individual	Senior Masculino	02:21:30	+49:54	10:06
24	1016	Vitor Sousa	Atletas da preguiça	Senior Masculino	02:22:04	+50:29	10:09
25	1097	Luís Manuel da Silva Machado	Individual	Senior Masculino	02:28:39	+57:03	10:37
26	1094	Jorge Sousa	Individual	Senior Masculino	02:34:44	+01:03:08	11:03
27	1091	Jaime Teixeira	Individual	Senior Masculino	02:41:28	+01:09:52	11:32
28	1092	João Miguel Almeida da Silva	Individual	Senior Masculino	02:56:44	+01:25:08	12:37
29	1105	Tiago Bessa	Individual	Senior Masculino	02:57:57	+01:26:21	12:43
30	1102	Rui Azevedo	Individual	Senior Masculino	02:59:47	+01:28:11	12:50
31	231	Vladyslav Ovchynnykov	Individual	Senior Masculino	03:14:17	+01:42:41	13:53
32	1101	Rafael Nogueira	Individual	Senior Masculino	03:29:28	+01:57:53	14:58
33	1087	Bruno SIlveira e Silva	Individual	Senior Masculino	03:55:33	+02:23:57	16:49
34	1089	Eduardo da Silva	Individual	Senior Masculino	03:55:33	+02:23:58	16:50
35	1325	Matheus Leite	Vespazz	Senior Masculino	04:35:08	+03:03:32	19:39
36	1215	Carlos Espogeira	Lambretas Runners	Senior Masculino	04:35:09	+03:03:33	19:39

Sub 23 Feminino

1	1106	Bruna Rocha	Individual	Sub 23 Feminino	02:37:28		11:15

Sub 23 Masculino

1	1108	Diogo Henrique Gonçalves Barbedo	Individual	Sub 23 Masculino	01:42:17		07:18
2	1224	Rui Machado	Machados	Sub 23 Masculino	02:05:40	+23:23	08:59
3	1003	Carlos Teixeira	A.D. Amarante Trail Running	Sub 23 Masculino	02:21:27	+39:10	10:06
4	1109	Miguel Rocha	Individual	Sub 23 Masculino	03:02:11	+01:19:54	13:01

Veterana F35

1	1111	Bebiana Silva	Individual	Veterana F35	02:27:17		10:31
2	1313	Marlene Madureira	TURBOLENTOS	Veterana F35	02:32:46	+05:29	10:55
3	1113	Patrícia Domingos	Individual	Veterana F35	02:34:06	+06:49	11:00
4	1112	Isabel Queirós	Individual	Veterana F35	02:38:13	+10:56	11:18
5	1293	Patrícia Marques	Runners SERNANCELHE Terra da Castanha	Veterana F35	02:43:41	+16:24	11:42
6	1114	Sara Bela	Individual	Veterana F35	02:54:24	+27:06	12:27
7	1042	Mariana Sousa	Eles andem aí	Veterana F35	03:10:16	+42:58	13:35
8	1049	Rita Pinto Freitas	Freitas & Rodrigues	Veterana F35	03:38:52	+01:11:35	15:38

9	1208	leticia oliveira	javalis100limites	Veterana F35	03:49:28	+01:22:10	16:23
10	1034	Diana Oliveira	Coronado runners	Veterana F35	04:07:18	+01:40:00	17:40

Veterana F40

1	1026	Filipa Pereira	Cinfães a Correr	Veterana F40	02:09:58		09:17
2	1005	Vanessa Soares	A.D. Nós Acreditamos	Veterana F40	02:12:05	+02:06	09:26
3	1314	Carina Rios Leite	TURBOLENTOS	Veterana F40	02:22:52	+12:53	10:12
4	1264	Carla Luis	Nova Linha Trail Runners	Veterana F40	02:28:04	+18:05	10:35
5	1122	Sónia Fernandes Mourão Pereira	Individual	Veterana F40	02:30:44	+20:45	10:46
6	1255	Ana Carneiro	NBA Barrosas	Veterana F40	02:33:33	+23:34	10:58
7	1262	Florbela Sa	Next Run	Veterana F40	02:38:47	+28:48	11:20
8	1309	Sandra Manuela Moreira Martins	Tuga Mobile ADAP Trail	Veterana F40	02:39:55	+29:56	11:25
9	1121	Rute Maia	AIRORUN	Veterana F40	02:47:12	+37:14	11:57
10	1308	Patrícia Pinto	Tuga Mobile ADAP Trail	Veterana F40	02:50:13	+40:14	12:09
11	1115	Ana Cota	Individual	Veterana F40	02:54:24	+44:25	12:27
12	1300	Tania Rebelo	Serviços Sociais Montepio	Veterana F40	03:21:46	+01:11:47	14:25
13	1119	Rosana Martins	Individual	Veterana F40	03:28:53	+01:18:54	14:55
14	1209	Carla Pereira	javalis100limites	Veterana F40	03:44:06	+01:34:07	16:00
15	1120	Rute Gomes Teixeira	Individual	Veterana F40	04:10:11	+02:00:12	17:52
16	1118	Marta A. Maia Sá	Individual	Veterana F40	04:34:47	+02:24:48	19:38

Veterana F45

1	1	Paula Barbosa	EDV - Viana Trail	Veterana F45	01:55:22		08:14
2	1275	Liliana Loureiro	Os preguiças team	Veterana F45	02:05:46	+10:24	08:59
3	1256	Fatima Paz	NBA Barrosas	Veterana F45	02:09:59	+14:36	09:17
4	1073	Monica Borges	Gtt armazém do Caffè	Veterana F45	02:10:40	+15:17	09:20
5	1054	Monica Lopes	GAIA-RUNNING	Veterana F45	02:16:25	+21:03	09:45
6	1132	Sandra Soares	Individual	Veterana F45	02:22:40	+27:18	10:11
7	238	Solange Sousa	Individual	Veterana F45	02:35:35	+40:13	11:07
8	1263	Claudia Pereira	Next Run	Veterana F45	02:38:47	+43:24	11:20
9	1127	Claudia Azevedo dos Santos	Individual	Veterana F45	02:40:06	+44:44	11:26
10	1126	Carla Sampaio	Individual	Veterana F45	02:56:49	+01:01:27	12:38
11	1053	Joana Barbosa	GAIA-RUNNING	Veterana F45	02:57:00	+01:01:38	12:39
12	1009	Sandra Costa	A.S.C.SOBRADO	Veterana F45	03:07:26	+01:12:04	13:23
13	1315	Luana Almeida	TURBOLENTOS	Veterana F45	03:11:01	+01:15:39	13:39
14	1015	Liliana Azenha	ARSM - Associação Recreativa de S. Miguel	Veterana F45	03:13:31	+01:18:09	13:49
15	1129	Luísa Cruz	Individual	Veterana F45	03:26:59	+01:31:37	14:47
16	1130	Marisa Alexandra Ferreira Moreira Gomes	Individual	Veterana F45	04:10:02	+02:14:39	17:52
17	1128	Daniela Rodrigues	Individual	Veterana F45	04:25:58	+02:30:36	19:00
18	1063	Vânia Cardoso	Gens SC Trail	Veterana F45	04:34:47	+02:39:24	19:38
19	1134	Susana Almeida	Individual	Veterana F45	04:47:38	+02:52:16	20:33

Veterana F50

1	338	Cristina Loureiro	Taylors	Veterana F50	02:07:32		09:07
2	1055	Orlanda Rego	GAIA-RUNNING	Veterana F50	02:08:51	+01:18	09:12
3	1257	Diolinda Faria	NBA Barrosas	Veterana F50	02:17:28	+09:55	09:49
4	1228	Margarida Oliveira	MSS Grupo Desportivo de Gondomar	Veterana F50	02:18:11	+10:38	09:52
5	1139	Paula gualter	Individual	Veterana F50	02:24:39	+17:06	10:20
6	1219	Paula sousa	Lousada Trilhos	Veterana F50	02:30:54	+23:21	10:47
7	1218	Vera Gomes	LIga-Dura	Veterana F50	03:23:17	+01:15:44	14:31
8	1136	CARLA REGINA MOREIRA	Individual	Veterana F50	03:23:18	+01:15:45	14:31
9	1047	Fátima Cardoso	Fátima Cardoso	Veterana F50	03:45:46	+01:38:13	16:08
10	1339	Isabel Sá	Individual	Veterana F50	03:56:32	+01:48:59	16:54
11	1210	cristina duarte	javalis100limites	Veterana F50	04:46:38	+02:39:05	20:28

Veterana F55

1	1031	Maria Fátima Marques Ribeiro	Clube Zupper	Veterana F55	02:55:38		12:33
2	1051	Ana Fonseca	G.D.R. JUVENTUDE DAS RIBEIRAS	Veterana F55	02:55:58	+00:19	12:34
3	1012	Maria Ferreira	Amigos 100 Limites	Veterana F55	03:13:38	+17:59	13:50
4	1141	Teresa Taveira	Individual	Veterana F55	03:22:54	+27:16	14:30
5	1035	Anabela Silva	Coronado runners	Veterana F55	03:35:57	+40:18	15:25
6	1140	Pinto Angela	Individual	Veterana F55	03:37:16	+41:37	15:31
7	1211	conceição pereira	javalis100limites	Veterana F55	04:46:34	+01:50:55	20:28

Veterano M35

1	1059	Emanuel António de Sousa Rocha	Gang da Pedra	Veterano M35	01:34:25		06:45
2	1072	Carlos Costa	GRUPO VILARINHO CIMA	Veterano M35	01:36:01	+01:35	06:51
3	1289	FERNANDO NEVES	RETORTA- QUINTA DAS ARCAS	Veterano M35	01:37:36	+03:10	06:58
4	1030	Mário Torrado	Clube Desportivo de Miranda do Douro	Veterano M35	01:38:46	+04:20	07:03
5	1290	FLAVIO SILVA	RETORTA- QUINTA DAS ARCAS	Veterano M35	01:39:39	+05:13	07:07
6	1280	Bruno Soares	Pupilos do Zé Tó	Veterano M35	01:43:44	+09:18	07:25
7	1147	Márcio Sá	Individual	Veterano M35	01:45:41	+11:15	07:33
8	1040	Bruno Santos	DOUROCONTA gabinete de apoio a contabilidade	Veterano M35	01:46:18	+11:52	07:36
9	1305	Nuno Silva	The Newbies	Veterano M35	01:46:38	+12:12	07:37
10	1028	Francisco José Almeida Magalhães	Clube atlético de codessoso	Veterano M35	01:53:16	+18:50	08:05
11	1272	Henrique Loureiro	opraticante.pt	Veterano M35	01:55:05	+20:39	08:13
12	1148	Pedro Lourenço	Individual	Veterano M35	02:07:08	+32:42	09:05
13	1149	Ricardo telinhos	Individual	Veterano M35	02:10:56	+36:31	09:21
14	1250	Luis Costa	NAI - Núcleo Amador de Idães	Veterano M35	02:11:07	+36:41	09:22
15	1316	Ari Cardoso	TURBOLENTOS	Veterano M35	02:17:42	+43:16	09:50
16	1317	João Baía	TURBOLENTOS	Veterano M35	02:19:13	+44:47	09:57
17	1281	Pedro Duarte	Pupilos do Zé Tó	Veterano M35	02:21:55	+47:29	10:08

18	1328	Filipe neto	Warehouse Trail Running Team	Veterano M35	02:22:47	+48:21	10:12
19	1142	Bruno Castelo	Individual	Veterano M35	02:30:30	+56:04	10:45
20	1144	Henrique Sousa	Individual	Veterano M35	02:57:57	+01:23:31	12:43
21	1143	Carlos Ribeiro	Individual	Veterano M35	02:59:46	+01:25:20	12:50
22	1152	Vitor Sousa	Individual	Veterano M35	03:05:38	+01:31:12	13:16
23	1330	VITOR CARVALHO	XtrilhosTeam	Veterano M35	03:08:25	+01:33:59	13:28
24	1331	VITOR SANTOS	XtrilhosTeam	Veterano M35	03:10:18	+01:35:52	13:36

Veterano M40

1	1273	Nelson Loureiro	opraticante.pt	Veterano M40	01:22:55		05:55
2	1291	JOÃO PEDRO LEAL	RETORTA- QUINTA DAS ARCAS	Veterano M40	01:28:12	+05:16	06:18
3	1292	VITOR BARBOSA	RETORTA- QUINTA DAS ARCAS	Veterano M40	01:29:52	+06:56	06:25
4	1258	Ramiro Ribeiro	NBA Barrosas	Veterano M40	01:36:45	+13:49	06:55
5	1157	Ricardo Brandão	Individual	Veterano M40	01:40:15	+17:19	07:10
6	1232	Sérgio Silva	MSS Grupo Desportivo de Gondomar	Veterano M40	01:41:39	+18:43	07:16
7	1251	Carlos Alves	NAI - Núcleo Amador de Idães	Veterano M40	01:42:18	+19:22	07:18
8	1252	Jorge Araújo	NAI - Núcleo Amador de Idães	Veterano M40	01:42:44	+19:48	07:20
9	1071	Nuno Silva	Grupo Desportivo e Cultural de Castelo de Paiva	Veterano M40	01:43:02	+20:06	07:22
10	1318	Carlos Oliveira	TURBOLENTOS	Veterano M40	01:46:54	+23:58	07:38
11	1230	Bruno Miguel Sousa Rocha	MSS Grupo Desportivo de Gondomar	Veterano M40	01:47:06	+24:10	07:39
12	1320	José Azevedo	TURBOLENTOS	Veterano M40	01:52:00	+29:04	08:00
13	1155	José lemos	Individual	Veterano M40	01:55:56	+33:00	08:17
14	1265	Pedro Teixeira	Nova Linha Trail Runners	Veterano M40	01:59:31	+36:35	08:32
15	1225	Rui Machado	Machados	Veterano M40	02:06:13	+43:17	09:01
16	1060	Paulo Torres	Gang da Pedra	Veterano M40	02:06:30	+43:34	09:02
17	1266	Plácido Rodrigues	Nova Linha Trail Runners	Veterano M40	02:08:08	+45:12	09:09
18	1056	Pedro Monteiro	GAIA-RUNNING	Veterano M40	02:08:51	+45:55	09:12
19	1282	José Nuno Vieira	Pupilos do Zé Tó	Veterano M40	02:09:57	+47:01	09:17
20	1154	João Caetano	Individual	Veterano M40	02:12:49	+49:53	09:29
21	1025	Paulo Alves	Centro Cultural D. T. da STCP	Veterano M40	02:12:49	+49:53	09:29
22	1156	Nuno Almeida	Individual	Veterano M40	02:14:53	+51:57	09:38
23	1319	Henrique Pereira	TURBOLENTOS	Veterano M40	02:15:37	+52:41	09:41
24	1306	Tiago Serrano	Tontos Team	Veterano M40	02:19:36	+56:40	09:58
25	1161	Toze Moreira	Individual	Veterano M40	02:19:36	+56:40	09:58
26	1007	Júlio Sousa	A.D.Sebolido Trail	Veterano M40	02:22:36	+59:40	10:11
27	1046	João Almeida	Estronca Silvas	Veterano M40	02:23:33	+01:00:37	10:15
28	1220	Bruno ribeiro	Lousada Trilhos	Veterano M40	02:24:25	+01:01:29	10:19
29	1064	Jose Pedro da Rocha Arlindo	Gens SC Trail	Veterano M40	02:25:46	+01:02:50	10:25
30	1159	Sergio Pereira	Individual	Veterano M40	02:27:39	+01:04:43	10:33
31	1036	Bruno Aroso	Coronado runners	Veterano M40	02:28:19	+01:05:23	10:36
32	1301	Joaquim Melo	Serviços Sociais Montepio	Veterano M40	02:30:50	+01:07:54	10:46
33	1276	Bruno Barros	Outlaw runners	Veterano M40	02:31:56	+01:09:00	10:51
34	1153	Alberto Guedes	Individual	Veterano M40	02:32:13	+01:09:17	10:52

35	1038	Rui Carvalho	Coronado runners	Veterano M40	02:46:42	+01:23:46	11:54
36	1037	Ricardo Alves	Coronado runners	Veterano M40	02:47:04	+01:24:08	11:56
37	1160	Telmo Vide	Individual	Veterano M40	03:02:15	+01:39:19	13:01
38	1020	Filipe Alves	Bouça Alta - Running	Veterano M40	03:07:15	+01:44:19	13:22
39	1231	Ricardo Silveira	MSS Grupo Desportivo de Gondomar	Veterano M40	03:16:13	+01:53:17	14:01
40	1044	Filipe Matos	Eles andem aí	Veterano M40	03:18:32	+01:55:36	14:11
41	1050	Hélder Roberto Alves Rodrigues	Freitas & Rodrigues	Veterano M40	03:38:52	+02:15:56	15:38
42	1212	luis silva	javalis100limites	Veterano M40	03:49:27	+02:26:31	16:23

Veterano M45

1	1233	Ibraim Sousa	MSS Grupo Desportivo de Gondomar	Veterano M45	01:43:21		07:23
2	1259	José Pedrosa	NBA Barrosas	Veterano M45	01:43:54	+00:32	07:25
3	1283	PEDRO PAIVA	Pupilos do Zé Tó	Veterano M45	01:45:51	+02:29	07:34
4	1213	Gilberto costa	javalis100limites	Veterano M45	01:47:22	+04:00	07:40
5	1029	Moisés André Martins Machado	Clube atlético de codessoso	Veterano M45	01:47:37	+04:15	07:41
6	1267	Carlos Lameiras	Nova Linha Trail Runners	Veterano M45	01:53:37	+10:15	08:07
7	1168	Filipe Garcez	Individual	Veterano M45	02:01:10	+17:48	08:39
8	1221	Numo sousa	Lousada Trilhos	Veterano M45	02:03:51	+20:29	08:51
9	1057	André Dias	GAIA-RUNNING	Veterano M45	02:08:51	+25:29	09:12
10	1167	Daniel Silva	Individual	Veterano M45	02:09:19	+25:57	09:14
11	1074	Jorge Borges	Gtt armazém do Caffè	Veterano M45	02:10:39	+27:18	09:20
12	1004	Pedro Miguel Correia Vieira	A.D. Amarante Trail Running	Veterano M45	02:12:02	+28:40	09:26
13	1179	Sérgio Sousa	Individual	Veterano M45	02:12:47	+29:25	09:29
14	1039	Paulo Ferreira	DDT RUNNERS	Veterano M45	02:14:36	+31:14	09:37
15	1268	Licínio Silva	Nova Linha Trail Runners	Veterano M45	02:17:00	+33:38	09:47
16	1169	João Campos	Individual	Veterano M45	02:17:18	+33:56	09:48
17	1164	Bruno Delgado	Individual	Veterano M45	02:18:03	+34:41	09:52
18	1022	Vítor Manuel Monteiro Pereira	Bouça Alta - Running	Veterano M45	02:21:53	+38:31	10:08
19	1021	Belmiro Costa	Bouça Alta - Running	Veterano M45	02:21:54	+38:32	10:08
20	1171	Jorge Silva	Individual	Veterano M45	02:24:27	+41:05	10:19
21	1166	Celestino Gomes	Individual	Veterano M45	02:25:39	+42:17	10:24
22	1172	José Silva	Individual	Veterano M45	02:26:46	+43:24	10:29
23	1329	Nelson Cristiano Pacheco de Freitas	Warehouse Trail Running Team	Veterano M45	02:28:39	+45:18	10:37
24	1177	Pedro Silva	Individual	Veterano M45	02:38:07	+54:45	11:18
25	1011	Nuno Pinto	ADC Santa Isabel Trail Running	Veterano M45	02:46:30	+01:03:08	11:54
26	1162	Antonio Silva	Individual	Veterano M45	02:47:18	+01:03:56	11:57
27	1332	ARMANDO SILVA	XtrilhosTeam	Veterano M45	02:56:48	+01:13:26	12:38
28	1165	Carlos Ribeiro	Individual	Veterano M45	02:58:29	+01:15:07	12:45
29	1163	Artur Fonseca	Individual	Veterano M45	03:07:41	+01:24:19	13:24
30	1173	Lindolfo José Teixeira da Costa Sol	Individual	Veterano M45	03:09:25	+01:26:04	13:32
31	1066	Filipe Leitão	GONDOMAR FUTSAL CLUBE	Veterano M45	03:15:06	+01:31:44	13:56
32	1277	Sterling Bolivar	Outlaw runners	Veterano M45	03:16:20	+01:32:58	14:01
33	1322	Nuno Miguel Azevedo Henriques	TURBOLENTOS	Veterano M45	03:16:20	+01:32:58	14:01
34	1302	Rui Rebelo	Serviços Sociais Montepio	Veterano M45	03:21:46	+01:38:24	14:25

35	1176	Pedro Santos	Individual	Veterano M45	04:05:48	+02:22:26	17:33

Veterano M50

1	1260	Joaquim Silva	NBA Barrosas	Veterano M50	01:32:16		06:35
2	1236	Luís Silvestre	MSS Grupo Desportivo de Gondomar	Veterano M50	01:43:23	+11:06	07:23
3	1217	Zé bósnia	Leões de Tardariz Trail	Veterano M50	01:44:23	+12:06	07:27
4	1238	Rui Alvim	MSS Grupo Desportivo de Gondomar	Veterano M50	01:55:00	+22:43	08:13
5	1183	Filipe Costa	Individual	Veterano M50	01:56:17	+24:00	08:18
6	1237	Manuel Ferreira	MSS Grupo Desportivo de Gondomar	Veterano M50	02:00:09	+27:52	08:35
7	1284	António Ferreira	Pupilos do Zé Tó	Veterano M50	02:02:36	+30:19	08:45
8	1186	José neves	Individual	Veterano M50	02:02:39	+30:22	08:46
9	1008	António Pereira	A.D.Sebolido Trail	Veterano M50	02:04:52	+32:35	08:55
10	111	Ricardo Sousa	A.D.Sebolido Trail	Veterano M50	02:06:36	+34:19	09:03
11	1285	José Rodrigues	Pupilos do Zé Tó	Veterano M50	02:09:57	+37:40	09:17
12	1334	Jorge Pereira	Individual	Veterano M50	02:16:47	+44:30	09:46
13	1018	Floriberto Castro	bando das lokas	Veterano M50	02:20:48	+48:31	10:03
14	1182	Eduardo Pinto	Individual	Veterano M50	02:21:53	+49:36	10:08
15	1189	Rui Moreira	Individual	Veterano M50	02:22:34	+50:18	10:11
16	1286	Pedro Pombal	Pupilos do Zé Tó	Veterano M50	02:26:12	+53:55	10:27
17	1303	Manuel Guedes	Serviços Sociais Montepio	Veterano M50	02:27:43	+55:26	10:33
18	1058	Miguel Dias	GAIA-RUNNING	Veterano M50	02:30:51	+58:34	10:46
19	1023	Pedro Cardoso	Bouça Alta - Running	Veterano M50	02:33:39	+01:01:22	10:58
20	1235	António Rocha	MSS Grupo Desportivo de Gondomar	Veterano M50	02:35:37	+01:03:21	11:07
21	1180	Amandio Sousa	Individual	Veterano M50	02:45:42	+01:13:25	11:50
22	1184	Franclim Coelho	Individual	Veterano M50	02:45:42	+01:13:25	11:50
23	1190	Tó-Zé Pinheiro	Individual	Veterano M50	03:09:25	+01:37:09	13:32
24	1188	Miguel Moreira	Individual	Veterano M50	03:34:22	+02:02:05	15:19
25	1048	Paulo Gomes	Fátima Cardoso	Veterano M50	03:46:01	+02:13:45	16:09

Veterano M55

1	1261	Flavio Fernandes	NBA Barrosas	Veterano M55	01:51:14		07:57
2	1241	António Martins	MSS Grupo Desportivo de Gondomar	Veterano M55	01:52:54	+01:39	08:04
3	1201	Paulo Silva	Individual	Veterano M55	02:03:23	+12:08	08:49
4	1192	Antonio da Silva marques	Individual	Veterano M55	02:04:34	+13:19	08:54
5	1194	Jorge Portela	Individual	Veterano M55	02:05:43	+14:28	08:59
6	1200	Paulo S	Individual	Veterano M55	02:07:39	+16:25	09:07
7	1068	Fernando Pereira	GONDOMAR FUTSAL CLUBE	Veterano M55	02:09:03	+17:48	09:13
8	1191	Adao bessa	Gang da Pedra	Veterano M55	02:09:38	+18:23	09:16
9	1198	Miro Sousa	Individual	Veterano M55	02:11:25	+20:10	09:23

14KM

14 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

10	1052	José Moura	G.D.R. JUVENTUDE DAS RIBEIRAS	Veterano M55	02:24:17	+33:02	10:18
11	1196	Manuel Pires	Individual	Veterano M55	02:30:41	+39:26	10:46
12	1269	Acácio Moreira	Nova Linha Trail Runners	Veterano M55	02:34:02	+42:47	11:00
13	1193	Francisco José da Silva Pinto Figueiredo	Individual	Veterano M55	02:34:23	+43:09	11:02
14	1199	Paulo Jorge Mendes Silva	GD LEOES DA GUARDA - LION RUNNERS	Veterano M55	02:39:42	+48:27	11:24
15	1240	António Luís	MSS Grupo Desportivo de Gondomar	Veterano M55	02:44:13	+52:58	11:44
16	1006	João Teixeira	A.D. Nós Acreditamos	Veterano M55	02:45:22	+54:07	11:49
17	1197	Mario Rocha	Individual	Veterano M55	02:59:59	+01:08:44	12:51
18	1195	Manuel Jorge Gomes Brandão	Individual	Veterano M55	03:13:33	+01:22:18	13:49
19	1242	Joaquim Moreira	MSS Grupo Desportivo de Gondomar	Veterano M55	03:13:46	+01:22:31	13:50

Veterano M60

1	1243	Manuel Póvoas	MSS Grupo Desportivo de Gondomar	Veterano M60	01:58:57		08:30
2	1017	José Loureiro	Autistic Runners	Veterano M60	02:06:10	+07:13	09:01
3	1024	Amadeu Pinto	Bouça Alta - Running	Veterano M60	02:24:07	+25:09	10:18
4	1204	João Manuel dos Santos Silva	Individual	Veterano M60	02:56:42	+57:45	12:37

Veterano M65

1	1288	Manuel Zola	Pupilos do Zé Tó	Veterano M65	01:58:11		08:26
2	1206	Manuel costa	Individual	Veterano M65	02:06:32	+08:21	09:02
3	1205	Fernando Sousa	Individual	Veterano M65	02:15:09	+16:58	09:39
4	1245	Manuel Pereira	MSS Grupo Desportivo de Gondomar	Veterano M65	02:41:37	+43:26	11:33
5	1207	Nelson Nogueira	Individual	Veterano M65	03:06:30	+01:08:19	13:19

TEAM RESULTS - 14KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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	RETORTA- QUINTA DAS ARCAS	2 + 3 + 10	15
2	NBA BARROSAS	6 + 9 + 26	41
3	MSS GRUPO DESPORTIVO DE GONDOMAR	4 + 16 + 22	42
4	CLUBE ATLÉTICO DE CODESSOSO	20 + 36 + 43	99
5	PUPILOS DO ZÉ TÓ	25 + 29 + 50	104
6	NAI - NÚCLEO AMADOR DE IDÃES	18 + 19 + 95	132
7	OPRATICANTE.PT	1 + 46 + 106	153
8	GANG DA PEDRA	7 + 71 + 85	163
9	NOVA LINHA TRAIL RUNNERS	44 + 53 + 79	176
10	TURBOLENTOS	33 + 40 + 110	183
11	MACHADOS	65 + 66 + 70	201
12	GAIA-RUNNING	80 + 81 + 82	243
13	A.D. AMARANTE TRAIL RUNNING	24 + 100 + 127	251
14	A.D.SEBOLIDO TRAIL	64 + 73 + 135	272
15	WAREHOUSE TRAIL RUNNING TEAM	97 + 98 + 137	332
16	CORONADO RUNNERS	30 + 153 + 178	361
17	LOUSADA TRILHOS	61 + 142 + 161	364
18	BOUÇA ALTA - RUNNING	130 + 131 + 140	401
19	GENS SC TRAIL	11 + 146 + 261	418
20	JAVALIS100LIMITES	35 + 247 + 250	532
21	SERVIÇOS SOCIAIS MONTEPIO	151 + 159 + 234	544
22	ELES ANDEM AÍ	91 + 221 + 233	545
23	XTRILHOSTEAM	202 + 218 + 222	642