



















**TRAIL CURTO - STAGE 1**

**16 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

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>	<b>CARD</b>
135	543	Gisela Patricia Martins Dias	Hut Runners Aveiro	03:46:35	+02:07:53	14:10	
136	539	Ana Madalena	Hut Runners Aveiro	03:46:36	+02:07:54	14:10	
137	546	Ricardo Oliveira	Individual	03:56:38	+02:17:56	14:47	
138	571	Carla Alexandra de Almeida Ferreira	Individual	03:59:19	+02:20:37	14:57	
139	630	Rufino Cardoso	Passo a Passo	04:02:09	+02:23:27	15:08	
140	596	Sérgio Tavares	Individual	04:02:18	+02:23:36	15:09	
141	671	Sandra Ferreira	VVTR Valongo Vouga Trail Running	04:02:24	+02:23:42	15:09	
142	574	Tânia Tavares	Individual	04:02:31	+02:23:49	15:09	
143	537	António Matos	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	04:02:37	+02:23:55	15:10	
144	589	Nelson Coelho Marques	Individual	04:13:48	+02:35:06	15:52	
145	666	Kelly Farias	Trilhos Luso Bussaco	04:16:52	+02:38:10	16:03	
146	662	Rui Almeida	Sport Clube de Paradela	04:19:22	+02:40:40	16:13	
147	587	Miguel Gorgulho	Individual	04:21:43	+02:43:01	16:21	
148	601	Sérgio Manuel Dos Santos Oliveira	Individual	04:21:44	+02:43:02	16:22	
149	638	Pedro Carvalho	Remax Universal	04:28:03	+02:49:21	16:45	
150	637	Elton Martins	Remax Universal	04:28:05	+02:49:23	16:45	



## Trail Curto

16 KM



### OFFICIAL RESULT

11	565	Paulo Pires	Individual	Senior Masculino	02:26:44	+48:02	09:10
12	654	Cláudio Agostinho	Sport Clube de Paradelá	Senior Masculino	02:36:25	+57:43	09:47
13	608	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	02:39:39	+01:00:57	09:59
14	616	Sérgio Ruela	OPraticante.pt	Senior Masculino	02:40:07	+01:01:24	10:00
15	655	Daniel Alexandre	Sport Clube de Paradelá	Senior Masculino	02:42:07	+01:03:24	10:08
16	561	Luís Dias	Individual	Senior Masculino	02:48:10	+01:09:28	10:31
17	609	Hugo Marques	OiãRunners	Senior Masculino	02:48:42	+01:09:59	10:33
18	657	Luís Silva	Sport Clube de Paradelá	Senior Masculino	02:49:02	+01:10:19	10:34
19	563	Mario Markes	Individual	Senior Masculino	02:50:22	+01:11:39	10:39
20	566	Rafael Marques	Individual	Senior Masculino	02:51:12	+01:12:29	10:42
21	541	Cristiano Santos	Hut Runners Aveiro	Senior Masculino	02:51:29	+01:12:46	10:43
22	554	David Araújo	Individual	Senior Masculino	02:51:47	+01:13:04	10:44
23	639	Nuno Pereira	Rouxinóis D'Aldeia	Senior Masculino	02:55:19	+01:16:37	10:57
24	558	Jorge Miguel Rodrigues Pereira	Individual	Senior Masculino	02:58:47	+01:20:04	11:10
25	611	Tiago Simões	OiãRunners	Senior Masculino	03:03:55	+01:25:12	11:30
26	610	Ruben Moreira	OiãRunners	Senior Masculino	03:03:55	+01:25:13	11:30
27	672	Fábio Silva	VVTR Valongo Vouga Trail Running	Senior Masculino	03:04:23	+01:25:41	11:31
28	553	Carlos Andrés Yepes Serna	Individual	Senior Masculino	03:08:33	+01:29:51	11:47
29	647	Pedro Pereira	Segimprima Running Team	Senior Masculino	03:09:23	+01:30:41	11:50
30	646	João Henriques	Segimprima Running Team	Senior Masculino	03:09:52	+01:31:09	11:52
31	564	Miguel Frias Branco	Individual	Senior Masculino	03:10:54	+01:32:12	11:56
32	557	João Sousa	Individual	Senior Masculino	03:12:11	+01:33:28	12:01
33	667	David Pinheiro Gonçalves	UDCRS / Silveiro Sport Team	Senior Masculino	03:13:14	+01:34:31	12:05
34	628	Élio Fonseca	OS Maratoneiros	Senior Masculino	03:14:55	+01:36:12	12:11
35	607	Edgar Dinis	JuveRunTeam	Senior Masculino	03:18:16	+01:39:33	12:23
36	640	Marco Simões	Runners Project Trail Team	Senior Masculino	03:19:55	+01:41:13	12:30
37	555	Diogo Filipe Pereira Martins	Individual	Senior Masculino	03:22:33	+01:43:50	12:40
38	567	Ricardo Lopes	Individual	Senior Masculino	03:22:48	+01:44:05	12:40
39	568	Sandro Miguel Neves Trindade	Individual	Senior Masculino	03:22:55	+01:44:12	12:41
40	673	João Abreu	VVTR Valongo Vouga Trail Running	Senior Masculino	03:23:33	+01:44:51	12:43
41	679	Paulo Dias	Dias e Duques	Senior Masculino	03:27:06	+01:48:24	12:57
42	542	Francisco Martins	Hut Runners Aveiro	Senior Masculino	03:31:36	+01:52:53	13:14
43	514	Renato Neto	BiciARCA Run Team	Senior Masculino	03:33:28	+01:54:45	13:20
44	637	Elton Martins	Remax Universal	Senior Masculino	04:28:05	+02:49:22	16:45

## Sub 23 Masculino

1	520	Samuel Antunes Santos	DAR - Desportivo Atlético de Recardães	Sub 23 Masculino	02:22:13		08:53
2	569	Raul Alves	Individual	Sub 23 Masculino	02:29:04	+06:51	09:19
3	680	João Dias	Dias e Duques	Sub 23 Masculino	03:27:05	+01:04:52	12:57

Official Timekeeper: Lap2Go	2 / 5	generate 19-mar.-2024 23:34
-----------------------------	-------	-----------------------------



## Trail Curto

16 KM



### OFFICIAL RESULT

19	590	Nuno Santos	Individual	Veterano M40	02:54:26	+57:20	10:54
20	632	Fernando Ribeiro	Quinteto Explosivo	Veterano M40	02:54:50	+57:44	10:56
21	621	João Rocha	OPraticante.pt	Veterano M40	02:55:15	+58:09	10:57
22	581	João Carvalho	Individual	Veterano M40	02:55:19	+58:14	10:57
23	634	Luís Alves	Quinteto Explosivo	Veterano M40	02:55:29	+58:23	10:58
24	635	Ricardo Poc	Quinteto Explosivo	Veterano M40	02:55:29	+58:23	10:58
25	619	Gabriel Godinho	OPraticante.pt	Veterano M40	02:58:28	+01:01:23	11:09
26	681	Fraancisco Gomes	Individual	Veterano M40	02:58:40	+01:01:34	11:10
27	506	Helder Marques	ACTIB	Veterano M40	02:59:56	+01:02:51	11:15
28	516	Vitor Rodrigues	Botão Camp	Veterano M40	03:00:20	+01:03:14	11:16
29	593	Pedro Miguel Dias de Carvalho	Individual	Veterano M40	03:06:24	+01:09:18	11:39
30	576	Álvaro Barbosa	Individual	Veterano M40	03:08:06	+01:11:00	11:45
31	626	Bruno Parente	Os 4	Veterano M40	03:08:19	+01:11:13	11:46
32	524	NUNO SANTOS	DAR - Desportivo Atlético de Recardães	Veterano M40	03:12:11	+01:15:05	12:01
33	622	José Rocha	OPraticante.pt	Veterano M40	03:13:19	+01:16:13	12:05
34	660	João Pedro Duarte Lopes	Sport Clube de Paradela	Veterano M40	03:15:34	+01:18:28	12:13
35	594	Pedro Miguel Martins Cabrita	Individual	Veterano M40	03:19:53	+01:22:48	12:30
36	578	Bruno Filipe Guedes Lopes	Individual	Veterano M40	03:25:14	+01:28:09	12:50
37	585	Marco António Costa	Individual	Veterano M40	03:25:56	+01:28:51	12:52
38	595	Pedro Renca	Individual	Veterano M40	03:32:33	+01:35:27	13:17
39	591	Paulo Miguel Pereira Viegas	Individual	Veterano M40	03:32:34	+01:35:28	13:17
40	579	Bruno Santos	Individual	Veterano M40	03:41:57	+01:44:51	13:52
41	623	Paulo Silva	OPraticante.pt	Veterano M40	03:42:19	+01:45:13	13:54
42	544	Bruno Silveira	Hut Runners Aveiro	Veterano M40	03:43:19	+01:46:13	13:57
43	596	Sérgio Tavares	Individual	Veterano M40	04:02:18	+02:05:12	15:09
44	589	Nelson Coelho Marques	Individual	Veterano M40	04:13:48	+02:16:42	15:52
45	662	Rui Almeida	Sport Clube de Paradela	Veterano M40	04:19:22	+02:22:16	16:13
46	587	Miguel Gorgulho	Individual	Veterano M40	04:21:43	+02:24:37	16:21
47	638	Pedro Carvalho	Remax Universal	Veterano M40	04:28:03	+02:30:57	16:45

## Veterano M50

1	532	Manuel Vicente	DCI/Trilhos Luso Bussaco	Veterano M50	01:56:40		07:17
2	599	Manuel António Monteiro Vicente	Individual	Veterano M50	02:10:08	+13:28	08:08
3	682	José Proença	TRAIL - Grupo Desportivo de Trancoso	Veterano M50	02:26:53	+30:13	09:11
4	677	Miguel Sá	VVTR Valongo Vouga Trail Running	Veterano M50	02:27:18	+30:38	09:12
5	649	Alcino Neves Gouveia	Sentir escariz runing	Veterano M50	02:30:21	+33:40	09:24
6	515	António Rodrigues	BiciARCA Run Team	Veterano M50	02:31:43	+35:03	09:29
7	598	Carlos Miguel Pato Tomás Vieira	Individual	Veterano M50	02:47:40	+51:00	10:29
8	684	Bruno Almeida	Individual	Veterano M50	02:47:40	+51:00	10:29
9	507	Carlos Lopes	ACTIB	Veterano M50	02:54:37	+57:56	10:55
10	669	Mário António Pereira Migueis	Vamos a Pé - Taboeira	Veterano M50	02:57:37	+01:00:57	11:06
11	526	PAULO JORGE	DAR - Desportivo Atlético de Recardães	Veterano M50	03:17:07	+01:20:26	12:19

Official Timekeeper: Lap2Go	4 / 5	generate 19-mar.-2024 23:34
-----------------------------	-------	-----------------------------

**Trail Curto****16 KM****R  
REVISED**

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

12	600	Mário Brinco	Individual	Veterano M50	03:18:32	+01:21:51	12:24
13	630	Rufino Cardoso	Passo a Passo	Veterano M50	04:02:09	+02:05:29	15:08
14	537	António Matos	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	Veterano M50	04:02:37	+02:05:56	15:10
15	601	Sérgio Manuel Dos Santos Oliveira	Individual	Veterano M50	04:21:44	+02:25:04	16:22

**Veterano M60**

1	670	EUGÉNIO ALVES	VIDRES TRAIL RUNNING	Veterano M60	02:33:28		09:36
2	631	José Maia	Passo a Passo	Veterano M60	02:50:22	+16:54	10:39
3	606	Octavio Sergio Rodrigues Linhares	Individual	Veterano M60	03:13:12	+39:43	12:04
4	603	Joaquim Santos	Individual	Veterano M60	03:13:52	+40:24	12:07
5	518	Custódio Coutinho	C.D.C. Paradela do Vouga	Veterano M60	03:16:48	+43:19	12:18
6	604	José Tavares	Individual	Veterano M60	03:18:00	+44:32	12:23
7	605	Luís Filipe Almeida Campos	Individual	Veterano M60	03:42:01	+01:08:33	13:53
8	527	ARLINDO SANTOS	DAR - Desportivo Atlético de Recardães	Veterano M60	03:45:15	+01:11:46	14:05

## TEAM RESULTS - TRAIL CURTO

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

RANK	TEAM	DESCRIPTION	POINTS
1	OPRATICANTE.PT	4 + 9 + 10	23
2	DCI/TRILHOS LUSO BUSSACO	3 + 6 + 19	28
3	DAR - DESPORTIVO ATLÉTICO DE RECARDÃES	5 + 12 + 16	33
4	VVTR VALONGO VOUGA TRAIL RUNNING	2 + 18 + 23	43
5	SPORT CLUBE DE PARADELA	8 + 14 + 25	47
6	QUINTETO ESPLOSIVO	43 + 58 + 61	162
7	HUT RUNNERS AVEIRO	53 + 54 + 67	174
8	OIÁRUNNERS	48 + 79 + 80	207
9	PASSO A PASSO	35 + 51 + 139	225
10	BANDA CASTANHEIRENSE	39 + 81 + 112	232
11	ACTIB	60 + 75 + 124	259