

TRAIL LONGO - STAGE 1

25 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:00	6,7°C	68%
End	13:02	6,7°C	68%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	17	Hélder Lopes	DCI/Trilhos Luso Bussaco	02:01:51		04:52	
2	51	Igor Santos	JuveRunTeam	02:08:28	+06:37	05:08	
3	23	António Gomes	DURA-F1 RACETEAM	02:16:31	+14:40	05:28	
4	20	António Silva	DCI/Trilhos Luso Bussaco	02:16:47	+14:56	05:28	
5	71	FRANCISCO FONSECA	UNIDOS PELOS TRILHOS	02:17:31	+15:40	05:30	
6	53	JOÃO CRUZ	LAAC - BIKE & SPORT	02:18:42	+16:51	05:33	
7	52	Alexis Martins	JuveRunTeam	02:18:58	+17:07	05:34	
8	67	Luis Azevedo	Sport Clube Paradela	02:19:14	+17:23	05:34	
9	28	Miguel Lourenço	Fox running team	02:21:43	+19:52	05:40	
10	25	José Cruz	DURA-F1 RACETEAM	02:22:31	+20:40	05:42	
11	65	João Rodrigues	Sport Clube Paradela	02:24:12	+22:21	05:46	
12	66	Bruno Paquete	Sport Clube Paradela	02:27:22	+25:31	05:54	
13	24	Filipe Silva Fonseca	DURA-F1 RACETEAM	02:27:51	+26:00	05:55	
14	6	LUIS FERREIRA	ACD OS ÍLHAVOS	02:28:46	+26:55	05:57	
15	9	Antonio Fernandes	Amigos do Trail OAZ	02:29:45	+27:54	05:59	
16	33	Luís Miguel Ferreira Marques	Individual	02:29:56	+28:05	06:00	
17	74	Luis Guerra	Individual	02:29:57	+28:06	06:00	
18	39	Antonio Amado	Individual	02:30:27	+28:36	06:01	
19	37	Hugo Gaspar	Individual	02:30:29	+28:38	06:01	
20	10	Jorge Miguel Pereira	ARCD Venda da Luísa	02:30:30	+28:39	06:01	
21	32	José Ferreira	Individual	02:31:29	+29:38	06:04	
22	16	Leida Bello	Clube Desportivo Feirense	02:37:13	+35:22	06:17	
23	59	Valter Correia	Outlaw Runners	02:37:55	+36:04	06:19	
24	5	André Pereira	A.D. Ílhavo	02:37:58	+36:07	06:19	
25	31	Diogo Rafael da Silva Amaral	Individual	02:38:21	+36:30	06:20	
26	41	FILIPE Rouxinol	Individual	02:38:32	+36:41	06:20	
27	70	José Proença	TRAIL - Grupo Desportivo de Trancoso	02:42:32	+40:41	06:30	
28	60	Vitor Santos	Outlaw Runners	02:43:28	+41:37	06:32	
29	55	Ricardo Henriques	LAAC - BIKE & SPORT	02:45:03	+43:12	06:36	
30	11	Ariana Tavares	C.D.C. Paradela do Vouga	02:45:03	+43:12	06:36	
31	54	Tiago Santos	LAAC - BIKE & SPORT	02:45:05	+43:14	06:36	
32	58	Carlos Silva	OiãRunners	02:45:14	+43:23	06:37	
33	29	Gaspar Araujo	GRC TELHADELA	02:48:07	+46:16	06:43	
34	21	Vital Espinhal	DCI/Trilhos Luso Bussaco	02:48:24	+46:33	06:44	
35	38	Rui Lamego	Individual	02:49:13	+47:22	06:46	
36	68	NUNO JORGE BASTOS SARAIVA	TEAM NOCTIS TRAIL - TNT	02:49:37	+47:46	06:47	
37	49	Fábio Ferreira	jobase trail running	02:50:00	+48:09	06:48	
38	50	António Paulo	jobase trail running	02:51:59	+50:08	06:53	
39	13	Filipe Mota	C.D.C. Paradela do Vouga	02:52:03	+50:12	06:53	
40	69	Élio Oliveira	TRAIL - Grupo Desportivo de Trancoso	02:54:18	+52:27	06:58	
41	8	Manuel Roseiro Ferreira	ADABEM Running Team	02:55:15	+53:24	07:01	
42	45	João Almada	ADT	02:55:42	+53:51	07:02	

TRAIL LONGO - STAGE 1

25 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	26	Rui Borges	Floponor Team	02:59:31	+57:40	07:11	
44	40	CARLOS MARQUES	Individual	03:05:13	+01:03:22	07:25	
45	43	José Sousa	AA Lebres do Sado	03:06:39	+01:04:48	07:28	
46	30	Elsa Pires	Individual	03:06:39	+01:04:48	07:28	
47	34	Rúben Sousa Pires	Individual	03:06:48	+01:04:57	07:28	
48	44	Heitor Santos	Individual	03:06:48	+01:04:57	07:28	
49	42	Jonathan Bravo	Individual	03:12:10	+01:10:19	07:41	
50	15	Kevin Cruz	CASHM	03:13:08	+01:11:17	07:44	
51	63	Paulo Pires	Sosensebttrail Braga&Fernandes	03:13:09	+01:11:18	07:44	
52	7	Avelino Silva	ACTIB - Águeda Action Club	03:14:34	+01:12:43	07:47	
53	36	Leonor Salgueiro	Individual	03:18:32	+01:16:41	07:56	
54	14	Liliana Gonçalves	CASHM	03:22:26	+01:20:35	08:06	
55	27	José Silva	Floponor Team	03:36:05	+01:34:14	08:39	
56	46	Filipa Alexandra Neta Ângela	jovase trail running	03:48:52	+01:47:01	09:09	
57	47	Marisa Santos	jovase trail running	03:48:53	+01:47:02	09:09	
58	56	Ana Carina Silva	MIRO TRAIL	04:03:16	+02:01:25	09:44	

Trail Longo

25 KM

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

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

	Time	Temperature	Humidity
Start	09:00	6,7°C	68%
End	13:02	6,7°C	68%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Senior Feminino

1	16	Leida Bello	Clube Desportivo Feirense	Senior Feminino	02:37:13		06:17
2	11	Ariana Tavares	C.D.C. Paradelas do Vouga	Senior Feminino	02:45:03	+07:50	06:36
3	30	Elsa Pires	Individual	Senior Feminino	03:06:39	+29:26	07:28

Senior Masculino

1	17	Hélder Lopes	DCI/Trilhos Luso Bussaco	Senior Masculino	02:01:51		04:52
2	51	Igor Santos	JuveRunTeam	Senior Masculino	02:08:28	+06:37	05:08
3	53	JOÃO CRUZ	LAAC - BIKE & SPORT	Senior Masculino	02:18:42	+16:51	05:33
4	28	Miguel Lourenço	Fox running team	Senior Masculino	02:21:43	+19:52	05:40
5	65	João Rodrigues	Sport Clube Paradelas	Senior Masculino	02:24:12	+22:21	05:46
6	6	LUIS FERREIRA	ACD OS ÍLHAVOS	Senior Masculino	02:28:46	+26:55	05:57
7	33	Luís Miguel Ferreira Marques	Individual	Senior Masculino	02:29:56	+28:05	06:00
8	10	Jorge Miguel Pereira	ARCD Venda da Luísa	Senior Masculino	02:30:30	+28:38	06:01
9	32	José Ferreira	Individual	Senior Masculino	02:31:29	+29:38	06:04
10	5	André Pereira	A.D. Ílhavo	Senior Masculino	02:37:58	+36:07	06:19
11	31	Diogo Rafael da Silva Amaral	Individual	Senior Masculino	02:38:21	+36:30	06:20
12	54	Tiago Santos	LAAC - BIKE & SPORT	Senior Masculino	02:45:05	+43:13	06:36
13	69	Élio Oliveira	TRAIL - Grupo Desportivo de Trancoso	Senior Masculino	02:54:18	+52:26	06:58
14	26	Rui Borges	Floponor Team	Senior Masculino	02:59:31	+57:40	07:11
15	34	Rúben Sousa Pires	Individual	Senior Masculino	03:06:48	+01:04:57	07:28
16	63	Paulo Pires	Sosensebtttrail Braga&Fernandes	Senior Masculino	03:13:09	+01:11:18	07:44

Veterana F40

1	36	Leonor Salgueiro	Individual	Veterana F40	03:18:32		07:56
2	14	Liliana Gonçalves	CASHM	Veterana F40	03:22:26	+03:53	08:06
3	46	Filipa Alexandra Neta Ângela	javase trail running	Veterana F40	03:48:52	+30:20	09:09
4	47	Marisa Santos	javase trail running	Veterana F40	03:48:53	+30:20	09:09
5	56	Ana Carina Silva	MIRO TRAIL	Veterana F40	04:03:16	+44:44	09:44

Veterano M40

1	23	António Gomes	DURA-F1 RACETEAM	Veterano M40	02:16:31		05:28
2	20	António Silva	DCI/Trilhos Luso Bussaco	Veterano M40	02:16:47	+00:16	05:28
3	52	Alexis Martins	JuveRunTeam	Veterano M40	02:18:58	+02:27	05:34
4	67	Luis Azevedo	Sport Clube Paradelas	Veterano M40	02:19:14	+02:43	05:34

Official Timekeeper: Lap2Go	1 / 2	generate 18-fev.-2024 13:05
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Trail Longo

25 KM

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

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

5	66	Bruno Paquete	Sport Clube Paradelas	Veterano M40	02:27:22	+10:51	05:54
6	24	Filipe Silva Fonseca	DURA-F1 RACETEAM	Veterano M40	02:27:51	+11:20	05:55
7	9	Antonio Fernandes	Amigos do Trail OAZ	Veterano M40	02:29:45	+13:14	05:59
8	74	Luis Guerra	Individual	Veterano M40	02:29:57	+13:26	06:00
9	37	Hugo Gaspar	Individual	Veterano M40	02:30:29	+13:58	06:01
10	59	Valter Correia	Outlaw Runners	Veterano M40	02:37:55	+21:24	06:19
11	55	Ricardo Henriques	LAAC - BIKE & SPORT	Veterano M40	02:45:03	+28:32	06:36
12	21	Vital Espinhal	DCI/Trilhos Luso Bussaco	Veterano M40	02:48:24	+31:53	06:44
13	38	Rui Lamego	Individual	Veterano M40	02:49:13	+32:42	06:46
14	68	NUNO JORGE BASTOS SARAIVA	TEAM NOCTIS TRAIL - TNT	Veterano M40	02:49:37	+33:06	06:47
15	49	Fábio Ferreira	jovase trail running	Veterano M40	02:50:00	+33:29	06:48
16	13	Filipe Mota	C.D.C. Paradelas do Vouga	Veterano M40	02:52:03	+35:32	06:53
17	15	Kevin Cruz	CASHM	Veterano M40	03:13:08	+56:37	07:44
18	27	José Silva	Floponor Team	Veterano M40	03:36:05	+01:19:34	08:39

Veterano M50

1	71	FRANCISCO FONSECA	UNIDOS PELOS TRILHOS	Veterano M50	02:17:31		05:30
2	25	José Cruz	DURA-F1 RACETEAM	Veterano M50	02:22:31	+05:00	05:42
3	39	Antonio Amado	Individual	Veterano M50	02:30:27	+12:56	06:01
4	41	FILIPE Rouxinol	Individual	Veterano M50	02:38:32	+21:01	06:20
5	70	José Proença	TRAIL - Grupo Desportivo de Trancoso	Veterano M50	02:42:32	+25:01	06:30
6	60	Vitor Santos	Outlaw Runners	Veterano M50	02:43:28	+25:57	06:32
7	58	Carlos Silva	OiãRunners	Veterano M50	02:45:14	+27:43	06:37
8	29	Gaspar Araujo	GRC TELHADELA	Veterano M50	02:48:07	+30:36	06:43
9	50	António Paulo	jovase trail running	Veterano M50	02:51:59	+34:28	06:53
10	8	Manuel Roseiro Ferreira	ADABEM Running Team	Veterano M50	02:55:15	+37:43	07:01
11	40	CARLOS MARQUES	Individual	Veterano M50	03:05:13	+47:42	07:25
12	43	José Sousa	AA Lebres do Sado	Veterano M50	03:06:39	+49:08	07:28
13	42	Jonathan Bravo	Individual	Veterano M50	03:12:10	+54:39	07:41

Veterano M60

1	45	João Almada	ADT	Veterano M60	02:55:42		07:02
2	44	Heitor Santos	Individual	Veterano M60	03:06:48	+11:06	07:28
3	7	Avelino Silva	ACTIB - Agueda Action Club	Veterano M60	03:14:34	+18:52	07:47

TRAIL CURTO - STAGE 1

15 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	318	Leonardo Gil	Individual	01:55:49	+35:05	07:43	
44	219	Leandro Matos	Amigos do Trail OAZ	01:55:57	+35:13	07:44	
45	456	Paulo Jorge Santos António	Sosensebtttrail Braga&Fernandes	01:55:59	+35:15	07:44	
46	460	Cláudio Agostinho	Sport Clube Paradela	01:56:09	+35:25	07:45	
47	286	Paulo Monteiro	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	01:56:12	+35:28	07:45	
48	461	Daniel Alexandre	Sport Clube Paradela	01:56:28	+35:44	07:46	
49	454	Pedro Correia	Sosensebtttrail Braga&Fernandes	01:56:35	+35:51	07:46	
50	277	Alexandra Gomes	Fox running team	01:56:44	+36:00	07:47	
51	440	Teresa Reis	Saca Trilhos Anadia	01:56:52	+36:08	07:47	
52	371	Pedro Alves	Individual	01:56:56	+36:12	07:48	
53	323	Mário Marques	Individual	01:57:11	+36:27	07:49	
54	467	Carlos Pinheiro	Sport Clube Paradela	01:57:20	+36:36	07:49	
55	208	Rui Rebelo	4Global7	01:57:21	+36:37	07:49	
56	240	TIAGO SARAIVA	DAR - Desportivo Atlético de Recardães	01:57:24	+36:40	07:50	
57	266	Paulo Jesus	Domus Trail	01:57:35	+36:51	07:50	
58	507	Miguel Sá	VVTR VALONGO DO VOUGA TRAIL RUNNING	01:57:37	+36:53	07:50	
59	428	Vitor Folgado	Outlaw Runners	01:58:00	+37:16	07:52	
60	252	Júlia Santos	DCI/Trilhos Luso Bussaco	01:58:28	+37:44	07:54	
61	427	Jorge Santos	Outlaw Runners	01:58:33	+37:49	07:54	
62	258	Daniel Silva	DCI/Trilhos Luso Bussaco	01:58:35	+37:51	07:54	
63	259	José Pereira	DCI/Trilhos Luso Bussaco	02:01:06	+40:22	08:04	
64	348	António Trigueiro	Individual	02:01:07	+40:23	08:04	
65	352	Carlos Justino	Individual	02:01:13	+40:29	08:05	
66	233	Custódio Coutinho	C.D.C. Paradela do Vouga	02:01:14	+40:30	08:05	
67	459	André Ferreira	Sport Clube Paradela	02:01:37	+40:53	08:06	
68	210	Luis Amaral	4Global7	02:01:43	+40:59	08:07	
69	390	João Isidoro dos Santos	Individual	02:01:43	+40:59	08:07	
70	425	Filipe Pinho	Outlaw Runners	02:01:54	+41:10	08:08	
71	353	Daniel Almeida	Individual	02:02:29	+41:45	08:10	
72	418	João Rocha	OPraticante.pt	02:02:53	+42:09	08:12	
73	492	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	02:03:17	+42:33	08:13	
74	249	Lúcia Marques	DCI/Trilhos Luso Bussaco	02:03:35	+42:51	08:14	
75	423	carlos marcalo	Osrunnersbyluisfilipepires	02:03:42	+42:58	08:15	
76	279	Tiago Estrafalhote	Gelcentro team	02:03:51	+43:07	08:15	
77	458	Liliana Ferreira	Sport Clube Paradela	02:04:47	+44:03	08:19	
78	380	Carlos Lourenço	Individual	02:05:14	+44:30	08:21	
79	361	José Carlos Martins	Individual	02:05:18	+44:34	08:21	
80	290	Gil Ramos	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	02:05:35	+44:51	08:22	
81	238	RUVEN NEVES	DAR - Desportivo Atlético de Recardães	02:05:44	+45:00	08:23	
82	405	Ruben Moreira	OiãRunners	02:06:28	+45:44	08:26	
83	397	Telmo Fernandes	Manas das Camélias	02:07:34	+46:50	08:30	
84	347	António José Tavares Silva	Individual	02:07:37	+46:53	08:30	
85	396	Cláudia Fernandes	Manas das Camélias	02:07:49	+47:05	08:31	
86	269	Roberto Monteiro	Fisbem Team	02:08:07	+47:23	08:32	
87	314	João Rosa	Individual	02:08:22	+47:38	08:33	
88	377	Artur Arromba	Individual	02:08:32	+47:48	08:34	

Trail Curto

15 KM



OFFICIAL RESULT

16	221	Fábio Rodrigues	ARCO RUNNING TEAM	Senior Masculino	01:54:59	+34:15	07:40
17	318	Leonardo Gil	Individual	Senior Masculino	01:55:49	+35:05	07:43
18	460	Cláudio Agostinho	Sport Clube Paradela	Senior Masculino	01:56:09	+35:24	07:45
19	286	Paulo Monteiro	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	Senior Masculino	01:56:12	+35:28	07:45
20	461	Daniel Alexandre	Sport Clube Paradela	Senior Masculino	01:56:28	+35:43	07:46
21	323	Mário Marques	Individual	Senior Masculino	01:57:11	+36:27	07:49
22	240	TIAGO SARAIVA	DAR - Desportivo Atlético de Recardães	Senior Masculino	01:57:24	+36:39	07:50
23	266	Paulo Jesus	Domus Trail	Senior Masculino	01:57:35	+36:51	07:50
24	459	André Ferreira	Sport Clube Paradela	Senior Masculino	02:01:37	+40:52	08:06
25	423	carlos marcalo	Osrnersbyluisfilipepires	Senior Masculino	02:03:42	+42:58	08:15
26	279	Tiago Estrafalhote	Gelcentro team	Senior Masculino	02:03:51	+43:07	08:15
27	238	RUVEN NEVES	DAR - Desportivo Atlético de Recardães	Senior Masculino	02:05:44	+44:59	08:23
28	405	Ruben Moreira	OiãRunners	Senior Masculino	02:06:28	+45:44	08:26
29	269	Roberto Monteiro	Fisbem Team	Senior Masculino	02:08:07	+47:23	08:32
30	314	João Rosa	Individual	Senior Masculino	02:08:22	+47:38	08:33
31	399	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	02:09:44	+49:00	08:39
32	303	Bruno Casal	Individual	Senior Masculino	02:10:39	+49:54	08:43
33	278	Bruno Martins	Gelcentro team	Senior Masculino	02:11:34	+50:50	08:46
34	322	Marcos Roldão	Individual	Senior Masculino	02:14:34	+53:49	08:58
35	485	David Pinheiro Gonçalves	UDCRS / Silveiro Sport Team	Senior Masculino	02:14:37	+53:53	08:58
36	236	IVO GONÇALVES	DAR - Desportivo Atlético de Recardães	Senior Masculino	02:16:25	+55:40	09:06
37	270	Tiago Pinto	Fisbem Team	Senior Masculino	02:17:15	+56:30	09:09
38	471	Luis Balreira	TEAM NOCTIS TRAIL - TNT	Senior Masculino	02:17:22	+56:37	09:09
39	317	José Rocha	Individual	Senior Masculino	02:17:36	+56:52	09:10
40	307	David Araújo	Individual	Senior Masculino	02:17:42	+56:58	09:11
41	331	Rui Rebelo	Individual	Senior Masculino	02:18:19	+57:35	09:13
42	312	João Pedro Antunes Dias	Individual	Senior Masculino	02:18:46	+58:01	09:15
43	301	André Neto	Individual	Senior Masculino	02:19:31	+58:47	09:18
44	422	Élio Fonseca	OS MARATONEIRO	Senior Masculino	02:19:43	+58:59	09:19
45	325	Miguel Filipe Sousa Pinto	Individual	Senior Masculino	02:20:04	+59:19	09:20
46	280	RICARDO MENDES	Gens Sport Clube Trail	Senior Masculino	02:21:38	+01:00:54	09:27
47	306	Cristiano Bispo	Individual	Senior Masculino	02:21:42	+01:00:57	09:27
48	324	Miguel Branco	Individual	Senior Masculino	02:23:46	+01:03:02	09:35
49	305	Carlos Serna	Individual	Senior Masculino	02:26:24	+01:05:40	09:46
50	334	Vitor Miguel	Individual	Senior Masculino	02:28:11	+01:07:27	09:53
51	327	Pedro Garcia	Individual	Senior Masculino	02:32:12	+01:11:28	10:09
52	508	Afonso Santos	Individual	Senior Masculino	02:32:47	+01:12:03	10:11
53	315	João Sousa	Individual	Senior Masculino	02:34:35	+01:13:50	10:18
54	333	Tiago Gonçalves	Individual	Senior Masculino	02:34:36	+01:13:51	10:18
55	330	Rui Pedro Marques Génio	Individual	Senior Masculino	02:35:57	+01:15:12	10:24
56	316	João Sousa	Individual	Senior Masculino	02:36:41	+01:15:57	10:27
57	228	Renato Neto	BiciARCA Run Team	Senior Masculino	02:44:05	+01:23:21	10:56
58	320	Luís Coutinho	Individual	Senior Masculino	02:44:46	+01:24:01	10:59

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59	308	Diogo Filipe Pereira Martins	Individual	Senior Masculino	02:44:46	+01:24:02	10:59
60	479	Rui Filipe Aires Pereira	TeamCabral	Senior Masculino	02:45:56	+01:25:12	11:04
61	477	Bernardo Monteiro	TeamCabral	Senior Masculino	02:45:57	+01:25:13	11:04
62	328	Ricardo lopes	Individual	Senior Masculino	02:47:14	+01:26:30	11:09
63	310	Hugo Guerra	Individual	Senior Masculino	02:50:57	+01:30:13	11:24
64	478	Pedro Queirós	TeamCabral	Senior Masculino	02:56:07	+01:35:23	11:44
65	332	Tiago Carvalho	Individual	Senior Masculino	02:58:04	+01:37:20	11:52
66	500	Fábio Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Masculino	03:00:45	+01:40:00	12:03
67	501	João Abreu	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Masculino	03:00:45	+01:40:01	12:03
68	222	José Rego	ARCO RUNNING TEAM	Senior Masculino	03:05:50	+01:45:05	12:23
69	311	Ivo Rodrigues	Individual	Senior Masculino	03:09:20	+01:48:36	12:37
70	404	Mário nogueira	OiãRunners	Senior Masculino	03:13:58	+01:53:13	12:56
71	237	RICARDO TAVARES	Individual	Senior Masculino	03:20:37	+01:59:52	13:22
72	497	Henrique Melo	Vimos pelas bifanas	Senior Masculino	03:27:25	+02:06:40	13:50
73	496	Gustavo Amaral	Vimos pelas bifanas	Senior Masculino	03:27:26	+02:06:42	13:50

Veterana F40

1	511	Lurdes Gonçalves	DCI/Trilhos Luso Bussaco	Veterana F40	01:53:28		07:34
2	277	Alexandra Gomes	Fox running team	Veterana F40	01:56:44	+03:16	07:47
3	249	Lúcia Marques	DCI/Trilhos Luso Bussaco	Veterana F40	02:03:35	+10:07	08:14
4	211	Ana Rita Letra Macedo Marques	ACTIB - Agueda Action Club	Veterana F40	02:11:45	+18:17	08:47
5	434	SMónica Fernandes	Run & Fun	Veterana F40	02:13:45	+20:17	08:55
6	251	Marisa Duarte	DCI/Trilhos Luso Bussaco	Veterana F40	02:18:38	+25:10	09:15
7	218	Vera Pinho	Amigos do Trail OAZ	Veterana F40	02:22:40	+29:11	09:31
8	212	Liliana Silva	ACTIB - Agueda Action Club	Veterana F40	02:23:55	+30:27	09:36
9	339	Paula Brito	Individual	Veterana F40	02:28:07	+34:39	09:52
10	337	Marta Carmo	OPraticante.pt	Veterana F40	02:30:07	+36:39	10:00
11	213	Marina Leitão	ACTIB - Agueda Action Club	Veterana F40	02:34:30	+41:02	10:18
12	464	Sofia Costa	Sport Clube Paradela	Veterana F40	02:36:44	+43:16	10:27
13	216	Susana Cerqueira	AGARRADOS AO BTT	Veterana F40	02:37:45	+44:17	10:31
14	336	Isabel Coimbra	Individual	Veterana F40	02:39:03	+45:35	10:36
15	481	Luisa Mota	Trepanelas-Prifer	Veterana F40	02:40:09	+46:41	10:41
16	225	MARIA RODRIGUES	Atletico Clube de Travanca	Veterana F40	02:43:16	+49:48	10:53
17	473	ELIANA OLIVEIRA	TEAM NOCTIS TRAIL - TNT	Veterana F40	02:43:55	+50:27	10:56
18	414	Ivone Reis	OPraticante.pt	Veterana F40	02:44:41	+51:12	10:59
19	400	Carla Ferreira	NAR - Núcleo de Atletismo de Requeixo	Veterana F40	02:45:27	+51:59	11:02
20	275	Marta Chaves	Floponor Team	Veterana F40	02:47:19	+53:51	11:09
21	472	ANA RITA	TEAM NOCTIS TRAIL - TNT	Veterana F40	02:49:00	+55:32	11:16
22	416	Patrícia Lamego	OPraticante.pt	Veterana F40	02:49:15	+55:47	11:17
23	203	Maria João Cardoso	100 Noção	Veterana F40	02:53:35	+01:00:07	11:34
24	267	Joana Mesquita	Domus Trail	Veterana F40	02:56:52	+01:03:24	11:47
25	207	Verónica Rodrigues	4Global7	Veterana F40	03:03:44	+01:10:16	12:15
26	415	Júlia Rocha	OPraticante.pt	Veterana F40	03:15:15	+01:21:47	13:01

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27	413	Catarina Pinho	OPraticante.pt	Veterana F40	03:15:15	+01:21:47	13:01
28	424	Isabel Santos	Outlaw Runners	Veterana F40	03:15:37	+01:22:09	13:02
29	335	Cristina Silva	Individual	Veterana F40	03:30:36	+01:37:08	14:02

Veterana F50

1	252	Júlia Santos	DCI/Trilhos Luso Bussaco	Veterana F50	01:58:28		07:54
2	396	Cláudia Fernandes	Manas das Camélias	Veterana F50	02:07:49	+09:21	08:31
3	253	Manuela Mendes	DCI/Trilhos Luso Bussaco	Veterana F50	02:09:52	+11:24	08:39
4	345	Rosa Cerveira	Individual	Veterana F50	02:19:29	+21:01	09:18
5	452	RUSS TAVARES	Sosensebtttrail Braga&Fernandes	Veterana F50	02:19:40	+21:12	09:19
6	344	RAQUEL BRITO	Individual	Veterana F50	02:47:19	+48:51	11:09
7	444	Claudia Sotto Mayor	São Team	Veterana F50	02:55:56	+57:28	11:44
8	401	Judite Dias	NAR - Núcleo de Atletismo de Requeixo	Veterana F50	02:58:34	+01:00:06	11:54
9	288	Maria Ramos	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	Veterana F50	03:05:44	+01:07:16	12:23
10	342	Anabela Amorim Leite	Individual	Veterana F50	03:05:50	+01:07:22	12:23
11	445	Conceição Pinto	São Team	Veterana F50	03:15:21	+01:16:53	13:01

Veterano M40

1	254	Carlos Simões	DCI/Trilhos Luso Bussaco	Veterano M40	01:25:58		05:44
2	509	Bruno Simões	Individual	Veterano M40	01:29:24	+03:25	05:58
3	370	Paulo Pires	Individual	Veterano M40	01:33:51	+07:53	06:15
4	465	Márcio Silva	Sport Clube Paradela	Veterano M40	01:37:59	+12:00	06:32
5	241	ALEX TONDELA	DAR - Desportivo Atlético de Recardães	Veterano M40	01:39:24	+13:26	06:38
6	443	João Almeida	Saca Trilhos Anadia	Veterano M40	01:41:41	+15:42	06:47
7	358	João Garrido	OPraticante.pt	Veterano M40	01:45:19	+19:20	07:01
8	234	Ricardo Alvarez	CRE	Veterano M40	01:45:23	+19:24	07:02
9	245	Ricardo Ventura	DAR - Desportivo Atlético de Recardães	Veterano M40	01:46:26	+20:28	07:06
10	255	Rui Mota	DCI/Trilhos Luso Bussaco	Veterano M40	01:47:41	+21:42	07:11
11	360	Jorge Ferreira	Individual	Veterano M40	01:49:30	+23:31	07:18
12	243	NUNO JORGE SANTOS	DAR - Desportivo Atlético de Recardães	Veterano M40	01:50:14	+24:16	07:21
13	242	DAVIDE CARVALHO	DAR - Desportivo Atlético de Recardães	Veterano M40	01:50:15	+24:16	07:21
14	429	Nelson Marques	Passo a Passo	Veterano M40	01:52:54	+26:55	07:32
15	426	Jorge Gomes	Outlaw Runners	Veterano M40	01:53:51	+27:52	07:35
16	273	Telmo Pinho	Fisbem Team	Veterano M40	01:53:57	+27:59	07:36
17	219	Leandro Matos	Amigos do Trail OAZ	Veterano M40	01:55:57	+29:58	07:44
18	454	Pedro Correia	Sosensebtttrail Braga&Fernandes	Veterano M40	01:56:35	+30:37	07:46
19	371	Pedro Alves	Individual	Veterano M40	01:56:56	+30:57	07:48
20	208	Rui Rebelo	4Global7	Veterano M40	01:57:21	+31:22	07:49
21	348	António Trigueiro	Individual	Veterano M40	02:01:07	+35:09	08:04

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22	352	Carlos Justino	Individual	Veterano M40	02:01:13	+35:15 08:05
23	425	Filipe Pinho	Outlaw Runners	Veterano M40	02:01:54	+35:55 08:08
24	353	Daniel Almeida	Individual	Veterano M40	02:02:29	+36:31 08:10
25	418	João Rocha	OPraticante.pt	Veterano M40	02:02:53	+36:54 08:12
26	492	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	Veterano M40	02:03:17	+37:19 08:13
27	361	José Carlos Martins	Individual	Veterano M40	02:05:18	+39:19 08:21
28	290	Gil Ramos	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	Veterano M40	02:05:35	+39:36 08:22
29	397	Telmo Fernandes	Manas das Camélias	Veterano M40	02:07:34	+41:35 08:30
30	347	António José Tavares Silva	Individual	Veterano M40	02:07:37	+41:38 08:30
31	359	João Paulo	Individual	Veterano M40	02:10:09	+44:11 08:41
32	205	Filipe Neves	100 Noção	Veterano M40	02:10:39	+44:40 08:43
33	369	Nuno Santos	Individual	Veterano M40	02:11:02	+45:04 08:44
34	354	Eugénio Santos	Individual	Veterano M40	02:11:35	+45:36 08:46
35	470	João Santos	Tainadas Run Team	Veterano M40	02:16:12	+50:14 09:05
36	355	Fernando de Sousa	Individual	Veterano M40	02:16:34	+50:35 09:06
37	271	Bruno Alvites	Fisbem Team	Veterano M40	02:17:15	+51:16 09:09
38	284	José Pereira	GRC TELHADELA	Veterano M40	02:17:48	+51:50 09:11
39	285	Pascoal Martins Pires	GRC TELHADELA	Veterano M40	02:20:52	+54:53 09:23
40	224	Romero Silva	ARCO RUNNING TEAM	Veterano M40	02:22:12	+56:14 09:29
41	373	Pedro Miguel Dias de Carvalho	Individual	Veterano M40	02:22:53	+56:54 09:32
42	482	Leandro Barros	Trepanelas-Prifer	Veterano M40	02:24:32	+58:33 09:38
43	365	JOSÉ SILVA	Individual	Veterano M40	02:25:14	+59:15 09:41
44	272	Fernando Vidal	Fisbem Team	Veterano M40	02:26:38	+01:00:39 09:47
45	419	José Rocha	OPraticante.pt	Veterano M40	02:28:27	+01:02:29 09:54
46	480	João Miranda	TeamCabral	Veterano M40	02:28:43	+01:02:45 09:55
47	214	Helder Filipe Ferreira Marques	ACTIB - Agueda Action Club	Veterano M40	02:30:30	+01:04:31 10:02
48	244	NUNO SANTOS	DAR - Desportivo Atlético de Recardães	Veterano M40	02:31:35	+01:05:36 10:06
49	439	João Pedro Duarte Lopes	S.C.Paradela	Veterano M40	02:32:02	+01:06:03 10:08
50	469	Álvaro M A G Barbosa	Super Manos Madalena & Álvaro	Veterano M40	02:33:09	+01:07:10 10:13
51	368	Nuno Leitao	Individual	Veterano M40	02:34:32	+01:08:33 10:18
52	406	Pedro Braz	OiãRunners	Veterano M40	02:35:12	+01:09:13 10:21
53	217	Jorge Rodrigues	AGARRADOS AO BTT	Veterano M40	02:37:44	+01:11:46 10:31
54	366	Márcio Nunes Simões	Individual	Veterano M40	02:38:06	+01:12:08 10:32
55	420	Paulo Elísio	OPraticante.pt	Veterano M40	02:39:16	+01:13:18 10:37
56	350	Bruno Santos	Individual	Veterano M40	02:39:40	+01:13:42 10:39
57	476	ROMEUX ALEXANDRE VIDAL CARVALHO	TEAM NOCTIS TRAIL - TNT	Veterano M40	02:43:55	+01:17:56 10:56
58	475	PEDRO CHAVES	TEAM NOCTIS TRAIL - TNT	Veterano M40	02:43:55	+01:17:57 10:56
59	417	Gabriel Godinho	OPraticante.pt	Veterano M40	02:44:41	+01:18:42 10:59
60	474	MARCO COSTA	TEAM NOCTIS TRAIL - TNT	Veterano M40	02:49:00	+01:23:01 11:16
61	351	Bruno Silveira	Individual	Veterano M40	02:50:21	+01:24:23 11:21
62	375	Sebastião Calvo	Individual	Veterano M40	02:50:38	+01:24:39 11:23
63	346	Andre Santiago	Individual	Veterano M40	02:52:48	+01:26:49 11:31
64	363	José Luis da Silva Figueiredo	Individual	Veterano M40	02:56:50	+01:30:52 11:47
65	374	Ricardo Barbosa	Individual	Veterano M40	02:58:03	+01:32:05 11:52

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