

TRAIL LONGO - STAGE 1

31 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	56	Paulo moreira	Lobos do Monte Run	05:20:11	+02:21:09	10:20	
44	68	Armando Cardoso	Sport Clube de Paradela	05:22:26	+02:23:24	10:24	
45	49	Cátia Ferreira	JuveRunTeam	05:25:13	+02:26:11	10:29	
46	17	Hélder Rodrigues	Atlético Clube de Tavanca	05:32:03	+02:33:01	10:43	
47	16	Flávio Rafael	Atlético Clube de Tavanca	05:32:03	+02:33:01	10:43	
48	11	João Almada	ADT	05:32:06	+02:33:04	10:43	
49	22	Josina Lopes	Dão Nelas Runners	05:36:58	+02:37:56	10:52	
50	5	José Duarte	ADABEM Running Team	05:37:26	+02:38:24	10:53	
51	65	Ana Silva	Orthia	05:39:10	+02:40:08	10:56	
52	40	Raquel Rocha	Individual	05:50:50	+02:51:48	11:19	
53	13	Manuel Deus	ARLU	05:51:17	+02:52:15	11:20	
54	78	Rui Miguel Rebelo Santos	Viriathvs Runners Viseu	05:53:36	+02:54:34	11:24	
55	62	Carlos Silva	OiãRunners	05:58:32	+02:59:30	11:34	
56	74	Agostinho Alves	Trepa Trilhos Trail Team	06:14:11	+03:15:09	12:04	
57	21	Isabel Sousa	Clube Desportivo Feirense	06:29:50	+03:30:48	12:35	
58	61	Márcio Ferreira	OiãRunners	06:33:16	+03:34:14	12:41	
59	59	Pedro Braz	OiãRunners	06:35:44	+03:36:42	12:46	
60	64	Sofia Neves	Orthia	06:43:30	+03:44:28	13:01	

Trail Longo

31 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

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	Time	Temperature	Humidity
Start	09:15	19,2°C	81%
End	15:58	19,2°C	81%

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

1	8	Joana Almeida	Adões Trail	Senior Feminino	05:08:27		09:57
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Senior Masculino

1	48	Igor Santos	JuveRunTeam	Senior Masculino	03:35:28		06:57
2	37	Manuel Silva	Individual	Senior Masculino	03:45:45	+10:16	07:17
3	76	Gonçalo Martins	Viriathvs Runners Viseu	Senior Masculino	04:32:57	+57:28	08:48
4	52	Simão Martins	Kenya Team	Senior Masculino	04:42:22	+01:06:53	09:07
5	4	André Pereira	A.D. Ílhavo	Senior Masculino	04:42:22	+01:06:54	09:07
6	17	Hélder Rodrigues	Atlético Clube de Tavanca	Senior Masculino	05:32:03	+01:56:34	10:43
7	16	Flávio Rafael	Atlético Clube de Tavanca	Senior Masculino	05:32:03	+01:56:34	10:43
8	5	José Duarte	ADABEM Running Team	Senior Masculino	05:37:26	+02:01:57	10:53

Veterana F35

1	14	Leida Bello	Arrifana Running	Veterana F35	04:30:00		08:43
2	39	Cristina Oliveira	Individual	Veterana F35	04:48:46	+18:46	09:19
3	49	Cátia Ferreira	JuveRunTeam	Veterana F35	05:25:13	+55:13	10:29
4	22	Josina Lopes	Dão Nelas Runners	Veterana F35	05:36:58	+01:06:58	10:52
5	64	Sofia Neves	Orthia	Veterana F35	06:43:30	+02:13:29	13:01

Veterana F40

1	6	Fátima Teles	ADABEM Running Team	Veterana F40	05:06:28		09:53
2	40	Raquel Rocha	Individual	Veterana F40	05:50:50	+44:22	11:19

Veterana F45

1	65	Ana Silva	Orthia	Veterana F45	05:39:10		10:56
2	21	Isabel Sousa	Clube Desportivo Feirense	Veterana F45	06:29:50	+50:39	12:35

Veterano M35

1	66	Pedro Rafael Tavares Garrido	Saca Trilhos Anadia	Veterano M35	02:59:02		05:47
2	23	Hélder Lopes	DCI/Trilhos Luso Bussaco	Veterano M35	03:11:25	+12:23	06:10
3	19	João Franco	C.D.C. Nave / Trail Runners	Veterano M35	03:35:04	+36:02	06:56
4	50	José Manuel Marques Ferreira	JuveRunTeam	Veterano M35	04:14:45	+01:15:42	08:13

Official Timekeeper: Lap2Go	1 / 3	generate 14-abr.-2024 16:00
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Trail Longo

31 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

5	31	José Pinheiro	DURA-F1 RACETEAM	Veterano M35	04:29:13	+01:30:11	08:41
6	41	David Madeira	Individual	Veterano M35	04:42:22	+01:43:20	09:07
7	68	Armando Cardoso	Sport Clube de Paradelas	Veterano M35	05:22:26	+02:23:24	10:24

Veterano M40

1	24	Valter Matos	DCI/Trilhos Luso Bussaco	Veterano M40	03:25:19		06:37
2	67	Bruno Simões	Saca Trilhos Anadia	Veterano M40	03:33:40	+08:20	06:54
3	51	Vitor Alexis Ferreira Martins	JuveRunTeam	Veterano M40	03:43:27	+18:07	07:12
4	70	Luís Azevedo	Sport Clube de Paradelas	Veterano M40	03:48:40	+23:21	07:23
5	72	Fernando Nascimento	TRAIL - Grupo Desportivo de Trancoso	Veterano M40	03:51:44	+26:24	07:29
6	57	Bruno Sousa	Montanha Clube Trail Running/Efapel	Veterano M40	04:32:57	+01:07:37	08:48
7	77	Filipe Manuel de Oliveira Lopes	Viriathys Runners Viseu	Veterano M40	04:35:32	+01:10:12	08:53
8	69	Bruno Paquete	Sport Clube de Paradelas	Veterano M40	04:36:51	+01:11:31	08:56
9	18	Ricardo Patrício	Boavista trail	Veterano M40	05:00:46	+01:35:26	09:42
10	60	Vasco Esperança	OiãRunners	Veterano M40	05:03:31	+01:38:11	09:47
11	43	Rui Rodrigues	Individual	Veterano M40	05:05:36	+01:40:16	09:51
12	7	Bruno Coelho	ADABEM Running Team	Veterano M40	05:16:21	+01:51:01	10:12
13	78	Rui Miguel Rebelo Santos	Viriathys Runners Viseu	Veterano M40	05:53:36	+02:28:16	11:24
14	59	Pedro Braz	OiãRunners	Veterano M40	06:35:44	+03:10:24	12:46

Veterano M45

1	12	Ricardo Martins	ARCD VENDA DA LUISA	Veterano M45	03:45:45		07:17
2	32	António Gomes	DURA-F1 RACETEAM	Veterano M45	04:04:50	+19:05	07:54
3	27	Pedro Lopes	DCI/Trilhos Luso Bussaco	Veterano M45	04:22:09	+36:23	08:27
4	44	Gustavo Barros	Individual	Veterano M45	04:32:57	+47:12	08:48
5	33	Filipe Fonseca	DURA-F1 RACETEAM	Veterano M45	04:34:47	+49:02	08:52
6	55	Eliseu Leite	Lobos do Monte Run	Veterano M45	04:36:34	+50:49	08:55
7	75	Manuel Carlos Costa Martins	Uma Questão de Atitude	Veterano M45	05:02:23	+01:16:37	09:45
8	28	Vital Espinhal	DCI/Trilhos Luso Bussaco	Veterano M45	05:05:32	+01:19:47	09:51
9	71	Nuno Saraiva	TNT - Team Noctis Trail	Veterano M45	05:18:29	+01:32:44	10:16
10	61	Márcio Ferreira	OiãRunners	Veterano M45	06:33:16	+02:47:31	12:41

Veterano M50

1	35	José Cruz	DURA-F1 RACETEAM	Veterano M50	03:53:51		07:33
2	36	Manuel Bastos	G.D.A Ronda	Veterano M50	04:25:03	+31:12	08:33
3	45	Paulo Jorge dos Santos Pereira	Individual	Veterano M50	04:42:22	+48:31	09:07
4	62	Carlos Silva	OiãRunners	Veterano M50	05:58:32	+02:04:41	11:34

Trail Longo

31 KM

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

Veterano M55

1	80	Rui Rodrigues	Viriathvs Runners Viseu	Veterano M55	04:42:31	09:07
2	74	Agostinho Alves	Trepa Trilhos Trail Team	Veterano M55	06:14:11	+01:31:39 12:04

Veterano M60

1	29	José Martins	DCI/Trilhos Luso Bussaco	Veterano M60	03:19:06	06:25
2	47	António Silva	Individual	Veterano M60	04:49:03	+01:29:56 09:19
3	56	Paulo moreira	Lobos do Monte Run	Veterano M60	05:20:11	+02:01:05 10:20
4	13	Manuel Deus	ARLU	Veterano M60	05:51:17	+02:32:10 11:20

Veterano M65

1	11	João Almada	ADT	Veterano M65	05:32:06	10:43
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TEAM RESULTS - TRAIL LONGO

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	DCI/TRILHOS LUSO BUSSACO	2 + 3 + 4	9
2	JUVERUNTEAM	7 + 8 + 15	30
3	DURA-F1 RACETEAM	13 + 14 + 18	45
4	VIRIATHVS RUNNERS VISEU	22 + 24 + 31	77
5	SPORT CLUBE DE PARADELA	11 + 26 + 44	81
6	ADABEM RUNNING TEAM	39 + 41 + 50	130
7	OIÁRUNNERS	36 + 55 + 58	149

TRAIL CURTO - STAGE 1

16 KM

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REVISED

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:45	20,8°C	78%
End	14:39	20,8°C	78%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	786	Rui Figueiredo	Saca Trilhos Anadia	01:37:27		06:05	
2	832	Pedro Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	01:47:29	+10:02	06:43	
3	789	João Santos	Saca Trilhos Anadia	01:48:09	+10:42	06:46	
4	757	João Matos	OPraticante.pt	01:48:46	+11:19	06:48	
5	566	Paulo Esteves	Dão Nelas Runners	01:50:57	+13:30	06:56	
6	788	João Almeida	Saca Trilhos Anadia	01:51:12	+13:45	06:57	
7	785	Pedro Sousa	Saca Trilhos Anadia	01:52:03	+14:36	07:00	
8	503	Miguel Pires	A.R. Casaense - Escola de Atletismo de Coimbra	01:52:33	+15:06	07:02	
9	592	Manuel Vicente	DCI/Trilhos Luso Bussaco	01:52:48	+15:21	07:03	
10	569	Filipe Costa	DAR - Desportivo Atlético de Recardães	01:54:24	+16:57	07:09	
11	583	Luis Diogo	DCI/Trilhos Luso Bussaco	01:56:51	+19:24	07:18	
12	605	Tiago Ferreira	Fox running team	01:56:54	+19:27	07:18	
13	593	Tony Graça	DCI/Trilhos Luso Bussaco	01:58:47	+21:20	07:25	
14	751	José Sousa	OPraticante.pt	01:59:24	+21:57	07:28	
15	790	Jorge Santos	Saca Trilhos Anadia	02:01:06	+23:39	07:34	
16	802	José Silva	Sport Clube de Paradelá	02:01:16	+23:49	07:35	
17	607	Paulo Matos	Fox running team	02:03:00	+25:33	07:41	
18	604	Miguel Lourenço	Fox running team	02:03:01	+25:34	07:41	
19	756	Augusto Tavares	OPraticante.pt	02:03:24	+25:57	07:43	
20	813	Cândido Veloso	Tainadas Run Team-Somengil	02:04:15	+26:48	07:46	
21	594	Manuel Lino	DCI/Trilhos Luso Bussaco	02:04:57	+27:30	07:49	
22	761	João Garrido	OPraticante.pt	02:05:25	+27:58	07:50	
23	526	Nelson Ferreira	Adões Trail	02:07:46	+30:19	07:59	
24	516	Sérgio Cruz	ADCP PEDRALVA	02:10:08	+32:41	08:08	
25	545	Sérgio Ferreira	BiciARCA Run Team	02:10:32	+33:05	08:10	
26	804	Márcio Silva	Sport Clube de Paradelá	02:11:05	+33:38	08:12	
27	709	manuel vicente	Individual	02:11:53	+34:26	08:15	
28	671	João Filipe Coelho Alves	ADABEM Running Team	02:12:24	+34:57	08:16	
29	742	Filipe Oliveira	Milheirós de Poiares	02:12:55	+35:28	08:18	
30	717	Luís Rodrigues	Individual	02:13:42	+36:15	08:21	
31	571	Cristiana Valente	DAR - Desportivo Atlético de Recardães	02:13:46	+36:19	08:22	
32	562	Camilo Guedes	Clube Pessoal Aguas Gaia	02:14:41	+37:14	08:25	
33	782	Teresa Reis	Saca Trilhos Anadia	02:14:45	+37:18	08:25	
34	512	David Felizardo	ACTIB	02:15:05	+37:38	08:27	
35	694	Mario Ferreira	Individual	02:15:18	+37:51	08:27	
36	769	Bruno Parente	Os 4	02:15:19	+37:52	08:27	
37	734	António Ferreira	Lobos da Serra - Loureiro	02:15:46	+38:19	08:29	
38	644	Rui Rodrigues	Individual	02:16:05	+38:38	08:30	
39	501	ruí rebelo	4Global7	02:16:39	+39:12	08:32	
40	543	Jorge Ferreira	Banda Castanheirense	02:16:46	+39:19	08:33	
41	724	Tomás Fonseca	Viriathvs Runners Viseu	02:16:52	+39:25	08:33	
42	588	Miguel Duarte	DCI/Trilhos Luso Bussaco	02:18:02	+40:35	08:38	

TRAIL CURTO - STAGE 1

16 KM

OFFICIAL RESULT

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	825	EUGÉNIO ALVES	VIDRES TRAIL RUNNING	02:18:51	+41:24	08:41	
44	674	José Correia	Individual	02:19:37	+42:10	08:44	
45	589	Paulo Maia	DCI/Trilhos Luso Bussaco	02:20:43	+43:16	08:48	
46	586	Rui Mota	DCI/Trilhos Luso Bussaco	02:20:47	+43:20	08:48	
47	794	Vasco Morais Pinheiro de Sousa	SCP - Caracóis de Corrida	02:21:04	+43:37	08:49	
48	845	Nuno Santos	DAR - Desportivo Atlético de Recardães	02:21:31	+44:04	08:51	
49	704	Filipe Esteves Rouxinol	Individual	02:22:20	+44:53	08:54	
50	759	Sérgio Ruela	OPraticante.pt	02:22:31	+45:04	08:54	
51	808	Ricardo Vidal	Sport Clube de Paradela	02:22:56	+45:29	08:56	
52	777	Paulo Amaro	PelaEstradaFora	02:22:57	+45:30	08:56	
53	773	Nelson Marques	Passo a Passo	02:23:00	+45:33	08:56	
54	524	Miguel silvestre	Adões Trail	02:23:20	+45:53	08:57	
55	643	João Dias	Individual	02:23:23	+45:56	08:58	
56	567	João Valério	Dão Nelas Runners	02:24:08	+46:41	09:01	
57	556	Gonçalo Correia	Clube de Ancas	02:24:34	+47:07	09:02	
58	665	Tiago Almeida	Individual	02:24:45	+47:18	09:03	
59	558	Marco Barbosa	Clube de Ancas	02:25:32	+48:05	09:06	
60	573	Davide Carvalho	DAR - Desportivo Atlético de Recardães	02:25:39	+48:12	09:06	
61	663	Hugo Simões	Individual	02:25:43	+48:16	09:06	
62	803	Marcos Ferreira	Sport Clube de Paradela	02:27:04	+49:37	09:11	
63	15	Francisco Terra	Arriñana Running	02:27:23	+49:56	09:13	
64	747	Marco Marques	OiãRunners	02:27:53	+50:26	09:15	
65	511	Bruno Rodrigues	ACTIB	02:28:03	+50:36	09:15	
66	517	Carlos Moreto	ADF / Bike Riders	02:28:08	+50:41	09:16	
67	795	Pedro Correia	Sosense Trail Team - Braga e Fernandes	02:28:36	+51:09	09:17	
68	684	Vasco Portugal	Individual	02:29:01	+51:34	09:19	
69	793	Silvino Pais	Saca Trilhos Anadia	02:29:01	+51:34	09:19	
70	721	Ângelo Pereira	Individual	02:29:25	+51:58	09:20	
71	563	José Proença	clube TRAIL- Grupo Desportivo de Trancoso	02:29:44	+52:17	09:21	
72	640	Fábio Simões	Individual	02:30:26	+52:59	09:24	
73	819	José Gomes de Almeida	TRAIL BELA BELA	02:30:30	+53:03	09:24	
74	797	Luís silva	Sport Clube de Paradela	02:30:32	+53:05	09:24	
75	796	Cláudio Agostinho	Sport Clube de Paradela	02:30:32	+53:05	09:25	
76	818	Élio Oliveira	TRAIL - Grupo Desportivo de Trancoso	02:30:40	+53:13	09:25	
77	591	José Pereira	DCI/Trilhos Luso Bussaco	02:31:04	+53:37	09:26	
78	606	Alexandra Gomes	Fox running team	02:31:24	+53:57	09:28	
79	743	Mário Oliveira	Milheirós de Poiães	02:31:38	+54:11	09:29	
80	835	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:32:16	+54:49	09:31	
81	810	Carlos Pinheiro	Sport Clube de Paradela	02:33:35	+56:08	09:36	
82	629	Hugo Coelho	Individual	02:33:44	+56:17	09:36	
83	800	Daniel Alexandre	Sport Clube de Paradela	02:33:50	+56:23	09:37	
84	568	Tiago Saraiva	DAR - Desportivo Atlético de Recardães	02:34:55	+57:28	09:41	
85	502	Luís Amaral	4Global7	02:35:44	+58:17	09:44	
86	690	Carlos Gomes	Individual	02:38:05	+01:00:38	09:53	
87	546	António Rodrigues	BiciARCA Run Team	02:38:12	+01:00:45	09:53	
88	580	Julia Santos	DCI/Trilhos Luso Bussaco	02:38:53	+01:01:26	09:56	

TRAIL CURTO - STAGE 1

16 KM

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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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	624	David Araújo	Individual	02:38:54	+01:01:27	09:56	
90	611	Hugo André Tavares Amaral	Goodfellas	02:39:07	+01:01:40	09:57	
91	582	Manuela Mendes	DCI/Trilhos Luso Bussaco	02:39:37	+01:02:10	09:59	
92	578	Lúcia Marques	DCI/Trilhos Luso Bussaco	02:39:47	+01:02:20	09:59	
93	787	Marcel Almeida Santos	Saca Trilhos Anadia	02:40:22	+01:02:55	10:01	
94	534	Paulo Dias	ArchiDias	02:40:32	+01:03:05	10:02	
95	535	João Ribeiro Dias	ArchiDias	02:40:33	+01:03:06	10:02	
96	541	Gabriel Teixeira	Banda Castanheirense	02:40:58	+01:03:31	10:04	
97	627	Edgar Simões	Individual	02:40:59	+01:03:32	10:04	
98	799	Liliana Ferreira	Sport Clube de Paradela	02:41:06	+01:03:39	10:04	
99	728	Miguel Pereira	JuveRunTeam	02:41:12	+01:03:45	10:05	
100	664	Mário Marques	Individual	02:41:47	+01:04:20	10:07	
101	587	Daniel Silva	DCI/Trilhos Luso Bussaco	02:41:55	+01:04:28	10:07	
102	801	José Pires	Sport Clube de Paradela	02:42:01	+01:04:34	10:08	
103	631	Jorge Cardoso	Individual	02:42:30	+01:05:03	10:09	
104	602	Roberto José Madeira Monteiro	Fisbem	02:42:58	+01:05:31	10:11	
105	836	Miguel Sá	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:43:00	+01:05:33	10:11	
106	544	Renato Neto	BiciARCA Run Team	02:43:17	+01:05:50	10:12	
107	642	Hugo Gonçalo Vilar	Individual	02:43:29	+01:06:02	10:13	
108	841	Ricardo Miguel de Almeida Tavares	DAR - Desportivo Atlético de Recardães	02:43:42	+01:06:15	10:14	
109	811	Beatriz Fernandes	Tainadas Run Team-Somengil	02:43:47	+01:06:20	10:14	
110	551	MARIA CONCEIÇÃO COSTA SIMOES	CENSI Run	02:44:10	+01:06:43	10:16	
111	823	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	02:44:41	+01:07:14	10:18	
112	688	Bruno Filipe Guedes Lopes	Individual	02:44:57	+01:07:30	10:19	
113	521	Fábio Cristiano Silva Rodrigues	Adões Trail	02:45:07	+01:07:40	10:19	
114	518	António Gonçalves	ADI	02:45:10	+01:07:43	10:19	
115	762	João Rocha	OPraticante.pt	02:45:31	+01:08:04	10:21	
116	561	Tomás Andrade Soares	Clube Desportivo Feirense	02:45:39	+01:08:12	10:21	
117	682	Rui Castanheira	Individual	02:45:39	+01:08:12	10:21	
118	618	Rúben Pires	Individual	02:45:40	+01:08:13	10:21	
119	509	Hugo Guerra	ACTIB	02:45:52	+01:08:25	10:22	
120	733	Roberto Simões	Lobos da Serra - Loureiro	02:45:53	+01:08:26	10:22	
121	744	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	02:45:57	+01:08:30	10:22	
122	559	Nico van Elkan	Clube de Ancas	02:46:09	+01:08:42	10:23	
123	668	Bruno Sousa	Individual	02:46:15	+01:08:48	10:23	
124	654	Rosabell Dos santos	Individual	02:46:19	+01:08:52	10:24	
125	508	Leonor Salgueiro	ACTIB	02:46:29	+01:09:02	10:24	
126	529	Lino Moreira	All About	02:46:29	+01:09:02	10:24	
127	648	Palmira Vieira	Individual	02:46:30	+01:09:03	10:24	
128	764	Paulo Silva	OPraticante.pt	02:46:37	+01:09:10	10:25	
129	692	João Carvalho	Individual	02:46:38	+01:09:11	10:25	
130	560	Hugo Seabra	Clube de Ancas	02:47:01	+01:09:34	10:26	
131	530	João Moreira	Amigos 100 Limites	02:47:14	+01:09:47	10:27	
132	791	José Pacheco Duarte Ferreira Pacheco	Saca Trilhos Anadia	02:47:49	+01:10:22	10:29	
133	645	Tânia Ângelo	Individual	02:47:55	+01:10:28	10:30	

TRAIL CURTO - STAGE 1

16 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	758	Marcos Roldão	OPraticante.pt	02:48:12	+01:10:45	10:31	
135	634	Luís Dias	Individual	02:48:23	+01:10:56	10:31	
136	537	Diogo Lopes	Arrifana Running	02:48:50	+01:11:23	10:33	
137	827	Lucília Fernandes	Viriathvs Runners Viseu	02:49:25	+01:11:58	10:35	
138	700	António David Cerveira Mateus	Individual	02:49:34	+01:12:07	10:36	
139	749	Ana Pereira	OPraticante.pt	02:49:54	+01:12:27	10:37	
140	723	João Isidoro dos Santos	Individual	02:50:06	+01:12:39	10:38	
141	608	SOFIA FERREIRA	GDC TI CASADAMOEDA	02:50:11	+01:12:44	10:38	
142	677	Nuno Almeida	Individual	02:50:14	+01:12:47	10:38	
143	708	JOSE MANUEL FERREIRA MOREIRA	OPraticante.pt	02:50:27	+01:13:00	10:39	
144	590	Bruno Almeida	DCI/Trilhos Luso Bussaco	02:50:54	+01:13:27	10:41	
145	711	Marco Pinto	Individual	02:51:01	+01:13:34	10:41	
146	620	Marina Simões	Individual	02:51:19	+01:13:52	10:42	
147	584	Tiago Taborda	DCI/Trilhos Luso Bussaco	02:51:29	+01:14:02	10:43	
148	707	Jonathan Bravo	Individual	02:51:38	+01:14:11	10:44	
149	504	José Pedro Oliveira Rodrigues	Abilhões	02:51:41	+01:14:14	10:44	
150	748	Mario rui de campos Gonçalves	ONDA TEAM	02:51:45	+01:14:18	10:44	
151	615	Ricardo Silva	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	02:51:51	+01:14:24	10:44	
152	614	Paulo Monteiro	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	02:51:51	+01:14:24	10:44	
153	834	Fábio Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:52:01	+01:14:34	10:45	
154	703	Daniel Costa	Individual	02:52:30	+01:15:03	10:47	
155	716	Arnaldo santos	Individual	02:52:48	+01:15:21	10:48	
156	657	Fernanda Ribeiro	Individual	02:53:46	+01:16:19	10:52	
157	599	Fábio Marques	Edmtech Runners	02:53:49	+01:16:22	10:52	
158	515	Mário Miguel Ferreira	ADCP PEDRALVA	02:53:54	+01:16:27	10:52	
159	542	Tomas Pereira	Banda Castanheirense	02:54:01	+01:16:34	10:53	
160	525	Paulo Jorge da Silva Oliveira	Adões Trail	02:54:03	+01:16:36	10:53	
161	687	António Trigueiro	Individual	02:54:04	+01:16:37	10:53	
162	740	João Teixeira	Marta & João	02:54:38	+01:17:11	10:55	
163	739	Marta Mateus	Marta & João	02:54:38	+01:17:11	10:55	
164	547	Vitor Rodrigues	Botão Camp	02:54:43	+01:17:16	10:55	
165	776	José Maia	Passo a Passo	02:55:01	+01:17:34	10:56	
166	779	Cristiano Araújo	Remax Universal	02:55:13	+01:17:46	10:57	
167	597	Joana Canário	Edmtech Runners	02:56:08	+01:18:41	11:00	
168	507	Patrícia Silva	ACTIB	02:57:29	+01:20:02	11:06	
169	540	Renato Tavares	Arrifana Running	02:58:07	+01:20:40	11:08	
170	598	Alexandre Pires	Edmtech Runners	02:58:47	+01:21:20	11:10	
171	513	Helder Marques	ACTIB	02:59:00	+01:21:33	11:11	
172	649	Tânia Mateus	Individual	02:59:09	+01:21:42	11:12	
173	807	João Saraiva	Sport Clube de Paradela	02:59:18	+01:21:51	11:12	
174	658	Luciana Fidalgo	Individual	02:59:26	+01:21:59	11:13	
175	798	Daniela Silva	Sport Clube de Paradela	03:00:16	+01:22:49	11:16	
176	699	Sérgio Peste	Individual	03:01:02	+01:23:35	11:19	
177	637	Rafael Pereira	Individual	03:01:02	+01:23:35	11:19	
178	705	Helder Gomes Prazeres	Individual	03:01:48	+01:24:21	11:22	

TRAIL CURTO - STAGE 1

16 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
179	828	Paulo Nascimento	Viriathvs Runners Viseu	03:02:09	+01:24:42	11:23	
180	686	António Mestre	Individual	03:02:16	+01:24:49	11:24	
181	647	Cristina Almeida Ribeiro	Individual	03:02:35	+01:25:08	11:25	
182	662	Emanuel Rodrigues	Individual	03:02:35	+01:25:08	11:25	
183	601	José Pedro Pinto Silva	Esgalhada Trail Team	03:03:11	+01:25:44	11:27	
184	774	Carlos Santos	Passo a Passo	03:03:12	+01:25:45	11:27	
185	523	José Amado	Adões Trail	03:03:14	+01:25:47	11:27	
186	532	André Filipe da Silva Costa	Amigos do Trail OAZ	03:03:16	+01:25:49	11:27	
187	765	António Rodrigues	OPraticante.pt	03:03:53	+01:26:26	11:30	
188	600	Nuno Alves	Edmtech Runners	03:04:21	+01:26:54	11:31	
189	506	TóZé Serra	ACDRS QUINHENDROS	03:04:47	+01:27:20	11:33	
190	698	Pedro Miguel Dias de Carvalho	Individual	03:04:50	+01:27:23	11:33	
191	575	Paulo Jorge	DAR - Desportivo Atlético de Recardães	03:05:10	+01:27:43	11:34	
192	570	Wilson Quinta	DAR - Desportivo Atlético de Recardães	03:05:11	+01:27:44	11:34	
193	685	Álvaro Barbosa	Individual	03:05:29	+01:28:02	11:36	
194	554	Mário Jorge Ferreira Morgado	CENSI Run	03:05:47	+01:28:20	11:37	
195	725	Joaquim Santos	Individual	03:05:58	+01:28:31	11:37	
196	579	Marisa Duarte	DCI/Trilhos Luso Bussaco	03:05:59	+01:28:32	11:37	
197	652	catarina neves	Individual	03:06:03	+01:28:36	11:38	
198	659	Rosa Cerveira	Individual	03:06:07	+01:28:40	11:38	
199	714	Alcino Araújo	Individual	03:06:49	+01:29:22	11:41	
200	630	João Sousa	Individual	03:06:51	+01:29:24	11:41	
201	680	Pedro Alves	Individual	03:07:30	+01:30:03	11:43	
202	730	António Jesus	JuveRunTeam	03:07:40	+01:30:13	11:44	
203	549	Aida Almeida	CENSI Run	03:08:03	+01:30:36	11:45	
204	581	Kelly Farias	DCI/Trilhos Luso Bussaco	03:08:41	+01:31:14	11:48	
205	681	Pedro Costa	Individual	03:08:49	+01:31:22	11:48	
206	816	MARCO COSTA	TNT - Team Noctis Trail	03:08:54	+01:31:27	11:48	
207	752	Ivone Reis	OPraticante.pt	03:09:10	+01:31:43	11:49	
208	755	Patrícia Lamego	OPraticante.pt	03:09:11	+01:31:44	11:49	
209	760	Gabriel Godinho	OPraticante.pt	03:09:11	+01:31:44	11:49	
210	697	Paulo Ferreira	Individual	03:09:29	+01:32:02	11:51	
211	514	Avelino Silva	ACTIB	03:10:59	+01:33:32	11:56	
212	555	Pedro Campos	Cleide Martins Fisioterapia	03:11:00	+01:33:33	11:56	
213	772	Élio Fonseca	OS Maratoneiros	03:11:03	+01:33:36	11:56	
214	670	Helder Mota Moreira	Individual	03:11:14	+01:33:47	11:57	
215	727	Constantino Vieira	Individual	03:11:46	+01:34:19	11:59	
216	531	Micaela costa	Amigos do Trail OAZ	03:11:51	+01:34:24	11:59	
217	701	Artur Salvador	Individual	03:11:53	+01:34:26	12:00	
218	609	ANTONIO MACHADO	GDC TI CASADAMOEDA	03:12:17	+01:34:50	12:01	
219	750	Bruno Gonçalves	OPraticante.pt	03:13:30	+01:36:03	12:06	
220	679	Orlando Gonçalves	Individual	03:13:36	+01:36:09	12:06	
221	812	Teresa Pinho	Tainadas Run Team-Somengil	03:13:47	+01:36:20	12:07	
222	784	Maria Rosa Rodrigues	Saca Trilhos Anadia	03:13:53	+01:36:26	12:07	
223	720	Sérgio Pinto	Individual	03:13:53	+01:36:26	12:07	
224	768	Anabela Reis	Os 4	03:14:36	+01:37:09	12:10	

TRAIL CURTO - STAGE 1

16 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
225	522	Hugo Silva	Adões Trail	03:14:43	+01:37:16	12:10	
226	632	Leonardo Alves	Individual	03:14:43	+01:37:16	12:10	
227	831	Paulo Silva	Viriathvs Runners Viseu	03:14:48	+01:37:21	12:11	
228	702	Carlos Ferreira	Individual	03:15:53	+01:38:26	12:15	
229	577	Carla Martins	DCI/Trilhos Luso Bussaco	03:16:20	+01:38:53	12:16	
230	676	Miguel Martins	Individual	03:17:15	+01:39:48	12:20	
231	780	Elton Martins	Remax Universal	03:20:33	+01:43:06	12:32	
232	778	Humberto Pinho	Porto Sentido Runneres	03:21:02	+01:43:35	12:34	
233	726	José Tavares	Individual	03:21:32	+01:44:05	12:36	
234	557	Jose Seabra	Clube de Ancas	03:22:02	+01:44:35	12:38	
235	693	João Gonçalves	Individual	03:22:09	+01:44:42	12:38	
236	603	Joana Giestas	Fox running team	03:22:21	+01:44:54	12:39	
237	635	Miguel Frias Branco	Individual	03:23:58	+01:46:31	12:45	
238	753	Marta Carmo	OPraticante.pt	03:24:00	+01:46:33	12:45	
239	806	João Pedro Duarte Lopes	Sport Clube de Paradela	03:25:07	+01:47:40	12:49	
240	820	Luis Santana	Trilhos do Costume	03:25:19	+01:47:52	12:50	
241	732	Cristiana Silva	Lobos da Serra - Loureiro	03:26:56	+01:49:29	12:56	
242	625	Diogo Filipe Pereira Martins	Individual	03:26:58	+01:49:31	12:56	
243	736	Luis Filipe Manaia Amado	Lobos da Serra - Loureiro	03:26:58	+01:49:31	12:56	
244	510	Pedro Isabel	ACTIB	03:27:09	+01:49:42	12:57	
245	636	Pedro Cruz	Individual	03:27:09	+01:49:42	12:57	
246	770	Luis Carvalho	Os 4	03:29:13	+01:51:46	13:05	
247	638	Ricardo Lopes	Individual	03:30:19	+01:52:52	13:09	
248	763	José Rocha	OPraticante.pt	03:30:44	+01:53:17	13:10	
249	651	Carla Santos	Individual	03:33:35	+01:56:08	13:21	
250	673	João Silva	Individual	03:33:49	+01:56:22	13:22	
251	683	Rui Limas	Individual	03:33:49	+01:56:22	13:22	
252	595	Odete Gaspar Valente	DREAM TEAM	03:38:42	+02:01:15	13:40	
253	596	Jorge Filipe Rodrigues Paiva	DREAM TEAM	03:38:43	+02:01:16	13:40	
254	829	Fernando Matos	Viriathvs Runners Viseu	03:38:43	+02:01:16	13:40	
255	621	Natalia Kovalska	Individual	03:39:22	+02:01:55	13:43	
256	641	Gonçalo Rodrigues	Individual	03:41:19	+02:03:52	13:50	
257	667	André Abrantes Santiago	Individual	03:43:02	+02:05:35	13:56	
258	706	Hugo Martins	Individual	03:43:03	+02:05:36	13:56	
259	696	Nuno Fidalgo	Individual	03:43:03	+02:05:36	13:56	
260	619	Adelaide Coutinho	Individual	03:43:16	+02:05:49	13:57	
261	622	Sara Felício	Individual	03:43:17	+02:05:50	13:57	
262	533	Paulo Alexandre Martins Ferreira	Amigos do Trail OAZ	03:43:19	+02:05:52	13:57	
263	689	Carlos Estrela	Individual	03:43:20	+02:05:53	13:57	
264	552	Luis Carlos Almeida Pereira	CENSI Run	03:43:43	+02:06:16	13:59	
265	833	Sandra Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:47:03	+02:09:36	14:11	
266	576	Arlindo Santos	DAR - Desportivo Atlético de Recardães	03:47:04	+02:09:37	14:11	
267	527	Susana Cerqueira	AGARRADOS AO BTT	03:52:39	+02:15:12	14:32	
268	650	Carla Lemos	Individual	03:52:39	+02:15:12	14:32	
269	528	Jorge Rodrigues	AGARRADOS AO BTT	03:52:40	+02:15:13	14:33	
270	610	Ivone Catia Martins Rocha	Gens SC Trail	03:55:24	+02:17:57	14:43	

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 - 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
271	675	Manuel Sousa	Individual	03:56:45	+02:19:18	14:48	
272	656	Maria do Carmo Pinto	Individual	03:57:03	+02:19:36	14:49	
273	741	Francisco Silva	MDR RUNNERS	03:57:04	+02:19:37	14:49	
274	653	Dora Ventura	Individual	03:57:05	+02:19:38	14:49	
275	805	Eduardo Fonseca	Sport Clube de Paradela	03:57:42	+02:20:15	14:51	
276	715	António Couto	Individual	04:02:03	+02:24:36	15:08	
277	718	Manuel santos	Individual	04:08:12	+02:30:45	15:31	
278	660	Ana silva	Individual	04:08:24	+02:30:57	15:31	
279	613	Edite Fernandes	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	04:08:49	+02:31:22	15:33	
280	616	António Matos	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	04:08:49	+02:31:22	15:33	
281	646	Viviana Penas Ribeiro	Individual	04:14:53	+02:37:26	15:56	
282	775	Rufino Cardoso	Passo a Passo	04:15:24	+02:37:57	15:58	
283	655	Carmen Cristino	Individual	04:16:19	+02:38:52	16:01	
284	565	Raquel Machado	Dão Nelas Runners	04:18:00	+02:40:33	16:08	
285	536	Rodrigo Amaral	ArchiDias	04:18:01	+02:40:34	16:08	
286	754	Júlia Rocha	OPraticante.pt	04:22:47	+02:45:20	16:25	
287	639	Ricardo Miguel Peres Dias	Individual	04:23:08	+02:45:41	16:27	
288	738	Andreia Silva	Mamamia	04:25:07	+02:47:40	16:34	
289	737	Rafael Almeida	Mamamia	04:25:09	+02:47:42	16:34	
290	809	Rui Almeida	Sport Clube de Paradela	04:28:12	+02:50:45	16:46	
291	719	Rui Manuel Alves Abrantes	Individual	04:44:21	+03:06:54	17:46	
292	628	Euclides Silva	Individual	04:49:55	+03:12:28	18:07	
293	520	Telma Costa	Adões Trail	04:50:35	+03:13:08	18:10	
294	519	Maria Correia	Adões Trail	04:50:36	+03:13:09	18:10	
295	735	Gonçalo Costa	Lobos da Serra - Loureiro	04:55:01	+03:17:34	18:26	

Trail Curto

16 KM



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	09:45	20,8°C	78%
End	14:39	20,8°C	78%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Junior Masculino

1	568	Tiago Saraiva	DAR - Desportivo Atlético de Recardães	Junior Masculino	02:34:55		09:41
2	541	Gabriel Teixeira	Banda Castanheirense	Junior Masculino	02:40:58	+06:02	10:04
3	561	Tomás Andrade Soares	Clube Desportivo Feirense	Junior Masculino	02:45:39	+10:43	10:21
4	618	Rúben Pires	Individual	Junior Masculino	02:45:40	+10:45	10:21

Juvenil Masculino

1	819	José Gomes de Almeida	TRAIL BELA BELA	Juvenil Masculino	02:30:30		09:24
2	542	Tomas Pereira	Banda Castanheirense	Juvenil Masculino	02:54:01	+23:31	10:53

Senior Feminino

1	782	Teresa Reis	Saca Trilhos Anadia	Senior Feminino	02:14:45		08:25
2	811	Beatriz Fernandes	Tainadas Run Team-Somengil	Senior Feminino	02:43:47	+29:02	10:14
3	749	Ana Pereira	OPraticante.pt	Senior Feminino	02:49:54	+35:09	10:37
4	620	Marina Simões	Individual	Senior Feminino	02:51:19	+36:34	10:42
5	597	Joana Canário	Edmtech Runners	Senior Feminino	02:56:08	+41:22	11:00
6	603	Joana Giestas	Fox running team	Senior Feminino	03:22:21	+01:07:36	12:39
7	732	Cristiana Silva	Lobos da Serra - Loureiro	Senior Feminino	03:26:56	+01:12:11	12:56
8	621	Natalia Kovalska	Individual	Senior Feminino	03:39:22	+01:24:37	13:43
9	619	Adelaide Coutinho	Individual	Senior Feminino	03:43:16	+01:28:31	13:57
10	622	Sara Felício	Individual	Senior Feminino	03:43:17	+01:28:31	13:57

Senior Masculino

1	832	Pedro Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Masculino	01:47:29		06:43
2	569	Filipe Costa	DAR - Desportivo Atlético de Recardães	Senior Masculino	01:54:24	+06:54	07:09
3	605	Tiago Ferreira	Fox running team	Senior Masculino	01:56:54	+09:24	07:18
4	751	José Sousa	OPraticante.pt	Senior Masculino	01:59:24	+11:54	07:28
5	604	Miguel Lourenço	Fox running team	Senior Masculino	02:03:01	+15:31	07:41
6	556	Gonçalo Correia	Clube de Ancas	Senior Masculino	02:24:34	+37:05	09:02
7	558	Marco Barbosa	Clube de Ancas	Senior Masculino	02:25:32	+38:02	09:06
8	797	Luís silva	Sport Clube de Paradela	Senior Masculino	02:30:32	+43:02	09:24
9	796	Cláudio Agostinho	Sport Clube de Paradela	Senior Masculino	02:30:32	+43:02	09:25
10	818	Élio Oliveira	TRAIL - Grupo Desportivo de Trancoso	Senior Masculino	02:30:40	+43:10	09:25

Trail Curto

16 KM

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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

OFFICIAL RESULT

11	629	Hugo Coelho	Individual	Senior Masculino	02:33:44	+46:14	09:36
12	624	David Araújo	Individual	Senior Masculino	02:38:54	+51:25	09:56
13	611	Hugo André Tavares Amaral	Goodfellas	Senior Masculino	02:39:07	+51:37	09:57
14	534	Paulo Dias	ArchiDias	Senior Masculino	02:40:32	+53:02	10:02
15	627	Edgar Simões	Individual	Senior Masculino	02:40:59	+53:29	10:04
16	728	Miguel Pereira	JuveRunTeam	Senior Masculino	02:41:12	+53:43	10:05
17	631	Jorge Cardoso	Individual	Senior Masculino	02:42:30	+55:00	10:09
18	518	António Gonçalves	ADI	Senior Masculino	02:45:10	+57:40	10:19
19	559	Nico van Elkan	Clube de Ancas	Senior Masculino	02:46:09	+58:39	10:23
20	634	Luís Dias	Individual	Senior Masculino	02:48:23	+01:00:53	10:31
21	779	Cristiano Araújo	Remax Universal	Senior Masculino	02:55:13	+01:07:43	10:57
22	637	Rafael Pereira	Individual	Senior Masculino	03:01:02	+01:13:32	11:19
23	601	José Pedro Pinto Silva	Esgalhada Trail Team	Senior Masculino	03:03:11	+01:15:41	11:27
24	570	Wilson Quinta	DAR - Desportivo Atlético de Recardães	Senior Masculino	03:05:11	+01:17:41	11:34
25	630	João Sousa	Individual	Senior Masculino	03:06:51	+01:19:21	11:41
26	750	Bruno Gonçalves	OPraticante.pt	Senior Masculino	03:13:30	+01:26:00	12:06
27	632	Leonardo Alves	Individual	Senior Masculino	03:14:43	+01:27:13	12:10
28	557	Jose Seabra	Clube de Ancas	Senior Masculino	03:22:02	+01:34:32	12:38
29	635	Miguel Frias Branco	Individual	Senior Masculino	03:23:58	+01:36:28	12:45
30	625	Diogo Filipe Pereira Martins	Individual	Senior Masculino	03:26:58	+01:39:28	12:56
31	636	Pedro Cruz	Individual	Senior Masculino	03:27:09	+01:39:40	12:57
32	638	Ricardo Lopes	Individual	Senior Masculino	03:30:19	+01:42:50	13:09
33	639	Ricardo Miguel Peres Dias	Individual	Senior Masculino	04:23:08	+02:35:38	16:27
34	737	Rafael Almeida	Mamamia	Senior Masculino	04:25:09	+02:37:39	16:34
35	628	Euclides Silva	Individual	Senior Masculino	04:49:55	+03:02:26	18:07

Sub 23 Masculino

1	644	Rui Rodrigues	Individual	Sub 23 Masculino	02:16:05		08:30
2	643	João Dias	Individual	Sub 23 Masculino	02:23:23	+07:17	08:58
3	640	Fábio Simões	Individual	Sub 23 Masculino	02:30:26	+14:20	09:24
4	535	João Ribeiro Dias	ArchiDias	Sub 23 Masculino	02:40:33	+24:27	10:02
5	642	Hugo Gonçalo Vilar	Individual	Sub 23 Masculino	02:43:29	+27:23	10:13
6	641	Gonçalo Rodrigues	Individual	Sub 23 Masculino	03:41:19	+01:25:13	13:50
7	536	Rodrigo Amaral	ArchiDias	Sub 23 Masculino	04:18:01	+02:01:56	16:08

Veterana F35

1	571	Cristiana Valente	DAR - Desportivo Atlético de Recardães	Veterana F35	02:13:46		08:22
2	799	Liliana Ferreira	Sport Clube de Paradelas	Veterana F35	02:41:06	+27:19	10:04
3	645	Tânia Ângelo	Individual	Veterana F35	02:47:55	+34:08	10:30
4	507	Patrícia Silva	ACTIB	Veterana F35	02:57:29	+43:43	11:06
5	798	Daniela Silva	Sport Clube de Paradelas	Veterana F35	03:00:16	+46:30	11:16
6	549	Aida Almeida	CENSI Run	Veterana F35	03:08:03	+54:17	11:45

Trail Curto

16 KM

R
REVISED

OFFICIAL RESULT

7	531	Micaela costa	Amigos do Trail OAZ	Veterana F35	03:11:51	+58:05	11:59
8	812	Teresa Pinho	Tainadas Run Team-Somengil	Veterana F35	03:13:47	+01:00:01	12:07
9	833	Sandra Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterana F35	03:47:03	+01:33:17	14:11
10	646	Viviana Penas Ribeiro	Individual	Veterana F35	04:14:53	+02:01:07	15:56
11	738	Andreia Silva	Mamamia	Veterana F35	04:25:07	+02:11:20	16:34

Veterana F40

1	606	Alexandra Gomes	Fox running team	Veterana F40	02:31:24		09:28
2	508	Leonor Salgueiro	ACTIB	Veterana F40	02:46:29	+15:05	10:24
3	648	Palmira Vieira	Individual	Veterana F40	02:46:30	+15:06	10:24
4	649	Tânia Mateus	Individual	Veterana F40	02:59:09	+27:45	11:12
5	647	Cristina Almeida Ribeiro	Individual	Veterana F40	03:02:35	+31:11	11:25
6	579	Marisa Duarte	DCI/Trilhos Luso Bussaco	Veterana F40	03:05:59	+34:35	11:37
7	752	Ivone Reis	OPraticante.pt	Veterana F40	03:09:10	+37:46	11:49
8	753	Marta Carmo	OPraticante.pt	Veterana F40	03:24:00	+52:36	12:45
9	610	Ivone Catia Martins Rocha	Gens SC Trail	Veterana F40	03:55:24	+01:24:00	14:43

Veterana F45

1	578	Lúcia Marques	DCI/Trilhos Luso Bussaco	Veterana F45	02:39:47		09:59
2	654	Rosabell Dos santos	Individual	Veterana F45	02:46:19	+06:31	10:24
3	827	Lucília Fernandes	Viriathvs Runners Viseu	Veterana F45	02:49:25	+09:37	10:35
4	608	SOFIA FERREIRA	GDC TI CASADAMOEDA	Veterana F45	02:50:11	+10:23	10:38
5	739	Marta Mateus	Marta & João	Veterana F45	02:54:38	+14:51	10:55
6	652	catarina neves	Individual	Veterana F45	03:06:03	+26:15	11:38
7	755	Patrícia Lamego	OPraticante.pt	Veterana F45	03:09:11	+29:24	11:49
8	784	Maria Rosa Rodrigues	Saca Trilhos Anadia	Veterana F45	03:13:53	+34:05	12:07
9	768	Anabela Reis	Os 4	Veterana F45	03:14:36	+34:48	12:10
10	577	Carla Martins	DCI/Trilhos Luso Bussaco	Veterana F45	03:16:20	+36:32	12:16
11	651	Carla Santos	Individual	Veterana F45	03:33:35	+53:47	13:21
12	595	Odete Gaspar Valente	DREAM TEAM	Veterana F45	03:38:42	+58:54	13:40
13	527	Susana Cerqueira	AGARRADOS AO BTT	Veterana F45	03:52:39	+01:12:52	14:32
14	650	Carla Lemos	Individual	Veterana F45	03:52:39	+01:12:52	14:32
15	653	Dora Ventura	Individual	Veterana F45	03:57:05	+01:17:17	14:49
16	565	Raquel Machado	Dão Nelas Runners	Veterana F45	04:18:00	+01:38:13	16:08
17	754	Júlia Rocha	OPraticante.pt	Veterana F45	04:22:47	+01:42:59	16:25
18	520	Telma Costa	Adões Trail	Veterana F45	04:50:35	+02:10:47	18:10
19	519	Maria Correia	Adões Trail	Veterana F45	04:50:36	+02:10:48	18:10

Veterana F50

1	580	Julia Santos	DCI/Trilhos Luso Bussaco	Veterana F50	02:38:53		09:56
2	551	MARIA CONCEIÇÃO COSTA SIMOES	CENSI Run	Veterana F50	02:44:10	+05:17	10:16

Trail Curto

16 KM

OFFICIAL RESULT

R
REVISED

3	656	Maria do Carmo Pinto	Individual	Veterana F50	03:57:03	+01:18:10	14:49
4	613	Edite Fernandes	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	Veterana F50	04:08:49	+01:29:56	15:33
5	655	Carmen Cristino	Individual	Veterana F50	04:16:19	+01:37:26	16:01

Veterana F55

1	582	Manuela Mendes	DCI/Trilhos Luso Bussaco	Veterana F55	02:39:37		09:59
2	657	Fernanda Ribeiro	Individual	Veterana F55	02:53:46	+14:09	10:52
3	658	Luciana Fidalgo	Individual	Veterana F55	02:59:26	+19:48	11:13
4	659	Rosa Cerveira	Individual	Veterana F55	03:06:07	+26:30	11:38
5	581	Kelly Farias	DCI/Trilhos Luso Bussaco	Veterana F55	03:08:41	+29:04	11:48

Veterana F60

1	660	Ana silva	Individual	Veterana F60	04:08:24		15:31
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Veterano M35

1	786	Rui Figueiredo	Saca Trilhos Anadia	Veterano M35	01:37:27		06:05
2	757	João Matos	OPraticante.pt	Veterano M35	01:48:46	+11:19	06:48
3	785	Pedro Sousa	Saca Trilhos Anadia	Veterano M35	01:52:03	+14:36	07:00
4	583	Luis Diogo	DCI/Trilhos Luso Bussaco	Veterano M35	01:56:51	+19:24	07:18
5	802	José Silva	Sport Clube de Paradela	Veterano M35	02:01:16	+23:49	07:35
6	756	Augusto Tavares	OPraticante.pt	Veterano M35	02:03:24	+25:57	07:43
7	813	Cândido Veloso	Tainadas Run Team-Somengil	Veterano M35	02:04:15	+26:48	07:46
8	742	Filipe Oliveira	Milheirós de Poiares	Veterano M35	02:12:55	+35:27	08:18
9	759	Sérgio Ruela	OPraticante.pt	Veterano M35	02:22:31	+45:04	08:54
10	665	Tiago Almeida	Individual	Veterano M35	02:24:45	+47:18	09:03
11	663	Hugo Simões	Individual	Veterano M35	02:25:43	+48:16	09:06
12	803	Marcos Ferreira	Sport Clube de Paradela	Veterano M35	02:27:04	+49:37	09:11
13	835	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M35	02:32:16	+54:49	09:31
14	800	Daniel Alexandre	Sport Clube de Paradela	Veterano M35	02:33:50	+56:23	09:37
15	664	Mário Marques	Individual	Veterano M35	02:41:47	+01:04:20	10:07
16	801	José Pires	Sport Clube de Paradela	Veterano M35	02:42:01	+01:04:33	10:08
17	602	Roberto José Madeira Monteiro	Fisbem	Veterano M35	02:42:58	+01:05:31	10:11
18	544	Renato Neto	BiciARCA Run Team	Veterano M35	02:43:17	+01:05:50	10:12
19	841	Ricardo Miguel de Almeida Tavares	DAR - Desportivo Atlético de Recardães	Veterano M35	02:43:42	+01:06:15	10:14
20	521	Fábio Cristiano Silva Rodrigues	Adões Trail	Veterano M35	02:45:07	+01:07:40	10:19
21	509	Hugo Guerra	ACTIB	Veterano M35	02:45:52	+01:08:25	10:22
22	744	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	Veterano M35	02:45:57	+01:08:30	10:22
23	560	Hugo Seabra	Clube de Ancas	Veterano M35	02:47:01	+01:09:34	10:26
24	758	Marcos Roldão	OPraticante.pt	Veterano M35	02:48:12	+01:10:45	10:31

Trail Curto
16 KM
**R
 REVISED**
OFFICIAL RESULT

25	504	José Pedro Oliveira Rodrigues	Abilhões	Veterano M35	02:51:41	+01:14:14	10:44
26	614	Paulo Monteiro	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	Veterano M35	02:51:51	+01:14:24	10:44
27	834	Fábio Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M35	02:52:01	+01:14:34	10:45
28	599	Fábio Marques	Edmtech Runners	Veterano M35	02:53:49	+01:16:22	10:52
29	598	Alexandre Pires	Edmtech Runners	Veterano M35	02:58:47	+01:21:20	11:10
30	662	Emanuel Rodrigues	Individual	Veterano M35	03:02:35	+01:25:08	11:25
31	600	Nuno Alves	Edmtech Runners	Veterano M35	03:04:21	+01:26:54	11:31
32	555	Pedro Campos	Cleide Martins Fisioterapia	Veterano M35	03:11:00	+01:33:33	11:56
33	772	Élio Fonseca	OS Maratoneiros	Veterano M35	03:11:03	+01:33:36	11:56
34	780	Elton Martins	Remax Universal	Veterano M35	03:20:33	+01:43:06	12:32
35	510	Pedro Isabel	ACTIB	Veterano M35	03:27:09	+01:49:42	12:57
36	552	Luis Carlos Almeida Pereira	CENSI Run	Veterano M35	03:43:43	+02:06:16	13:59

Veterano M40

1	566	Paulo Esteves	Dão Nelas Runners	Veterano M40	01:50:57		06:56
2	761	João Garrido	OPraticante.pt	Veterano M40	02:05:25	+14:28	07:50
3	804	Márcio Silva	Sport Clube de Paradela	Veterano M40	02:11:05	+20:08	08:12
4	671	João Filipe Coelho Alves	ADABEM Running Team	Veterano M40	02:12:24	+21:27	08:16
5	512	David Felizardo	ACTIB	Veterano M40	02:15:05	+24:07	08:27
6	769	Bruno Parente	Os 4	Veterano M40	02:15:19	+24:22	08:27
7	543	Jorge Ferreira	Banda Castanheirense	Veterano M40	02:16:46	+25:48	08:33
8	674	José Correia	Individual	Veterano M40	02:19:37	+28:40	08:44
9	773	Nelson Marques	Passo a Passo	Veterano M40	02:23:00	+32:03	08:56
10	573	Davide Carvalho	DAR - Desportivo Atlético de Recardães	Veterano M40	02:25:39	+34:42	09:06
11	15	Francisco Terra	Arrifana Running	Veterano M40	02:27:23	+36:26	09:13
12	747	Marco Marques	OiãRunners	Veterano M40	02:27:53	+36:56	09:15
13	511	Bruno Rodrigues	ACTIB	Veterano M40	02:28:03	+37:06	09:15
14	684	Vasco Portugal	Individual	Veterano M40	02:29:01	+38:04	09:19
15	787	Marcel Almeida Santos	Saca Trilhos Anadia	Veterano M40	02:40:22	+49:25	10:01
16	762	João Rocha	OPraticante.pt	Veterano M40	02:45:31	+54:34	10:21
17	682	Rui Castanheira	Individual	Veterano M40	02:45:39	+54:42	10:21
18	668	Bruno Sousa	Individual	Veterano M40	02:46:15	+55:17	10:23
19	764	Paulo Silva	OPraticante.pt	Veterano M40	02:46:37	+55:40	10:25
20	537	Diogo Lopes	Arrifana Running	Veterano M40	02:48:50	+57:53	10:33
21	677	Nuno Almeida	Individual	Veterano M40	02:50:14	+59:17	10:38
22	584	Tiago Taborda	DCI/Trilhos Luso Bussaco	Veterano M40	02:51:29	+01:00:32	10:43
23	615	Ricardo Silva	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	Veterano M40	02:51:51	+01:00:54	10:44
24	828	Paulo Nascimento	Viriathvs Runners Viseu	Veterano M40	03:02:09	+01:11:12	11:23
25	532	André Filipe da Silva Costa	Amigos do Trail OAZ	Veterano M40	03:03:16	+01:12:19	11:27
26	680	Pedro Alves	Individual	Veterano M40	03:07:30	+01:16:33	11:43
27	681	Pedro Costa	Individual	Veterano M40	03:08:49	+01:17:52	11:48
28	760	Gabriel Godinho	OPraticante.pt	Veterano M40	03:09:11	+01:18:14	11:49

Trail Curto

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

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3	778	Humberto Pinho	Porto Sentido Runners	Veterano M65	03:21:02	+01:16:04	12:34
4	726	José Tavares	Individual	Veterano M65	03:21:32	+01:16:34	12:36

Veterano M70

1	529	Lino Moreira	All About	Veterano M70	02:46:29		10:24
2	514	Avelino Silva	ACTIB	Veterano M70	03:10:59	+24:30	11:56
3	727	Constantino Vieira	Individual	Veterano M70	03:11:46	+25:17	11:59
4	576	Arlindo Santos	DAR - Desportivo Atlético de Recardães	Veterano M70	03:47:04	+01:00:35	14:11

MINI TRAIL - STAGE 1

10 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	298	Margarida Isabel Ferreira do Carmo Rouxinol	Individual	01:35:03	+36:22	09:30	
42	372	Sofia Coimbra de Figueiredo	Academia Fullracing Águeda	01:35:06	+36:25	09:31	
43	256	Sandra Cistina Gomes Pereira	CENSI Run	01:35:33	+36:52	09:33	
44	263	Humberto Moreira	DAR - Desportivo Atlético de Recardães	01:35:33	+36:52	09:33	
45	364	Joana Rodrigues	Venga Venga	01:36:28	+37:47	09:39	
46	278	Ana Catarina Valente	Família Valente	01:36:30	+37:49	09:39	
47	539	Paulo Fonseca	Arrifana Running	01:36:34	+37:53	09:39	
48	226	Rosa Silva	Arrifana Running	01:36:34	+37:53	09:39	
49	338	Ana Lito	Lito	01:37:18	+38:37	09:44	
50	339	Igor Melo	Lito	01:37:18	+38:37	09:44	
51	348	Ana Matos	OPraticante.pt	01:37:43	+39:02	09:46	
52	205	Maria de Fátima Cardoso Ribeiro	Academia Fullracing Águeda	01:38:11	+39:30	09:49	
53	280	ARMANDINA TORRES	GDC TI CASADAMOEDA	01:38:31	+39:50	09:51	
54	206	Marta Salomé Rodrigues	Academia Fullracing Águeda	01:38:33	+39:52	09:51	
55	210	Leandro Cardoso Arede	Academia Fullracing Águeda	01:38:54	+40:13	09:53	
56	270	André Oliveira	Edmtech Runners	01:39:55	+41:14	10:00	
57	211	Martim Guimarães Figueiredo	Academia Fullracing Águeda	01:40:18	+41:37	10:02	
58	345	João Dias	ONDA TEAM	01:40:18	+41:37	10:02	
59	219	Paula Moreira	Amigos 100 Limites	01:40:41	+42:00	10:04	
60	319	João Quiterio	Individual	01:40:42	+42:01	10:04	
61	208	António Henrique Dias de Oliveira Guimarães	Academia Fullracing Águeda	01:42:29	+43:48	10:15	
62	276	Marcus Paulo santos	Embora sim bora lá	01:42:43	+44:02	10:16	
63	275	José Luís silva	Embora sim bora lá	01:42:43	+44:02	10:16	
64	283	Beatriz Baltazar Vaz	Individual	01:42:45	+44:04	10:16	
65	331	Ruben Filipe Ferreira Almeida	Individual	01:42:49	+44:08	10:17	
66	300	Paula Almeida	Individual	01:42:55	+44:14	10:18	
67	333	Simão Pedro Simões Pereira	Individual	01:43:02	+44:21	10:18	
68	240	Gonçalo Vaz	Belazaimas da Lama	01:44:12	+45:32	10:25	
69	220	Vânia Moreira	Amigos 100 Limites	01:44:28	+45:47	10:27	
70	359	Carla Póvoas	Vale de Madeiros Caminhadas	01:44:29	+45:48	10:27	
71	360	Luísa Catarina Barbosa Cardoso	Vale de Madeiros Caminhadas	01:44:29	+45:48	10:27	
72	367	Eduardo Rocha	Eduardo Rocha	01:44:45	+46:04	10:28	
73	368	Verónica Rodrigues	Eduardo Rocha	01:44:45	+46:04	10:29	
74	358	INÊS PICADO	TNT - Team Noctis Trail	01:45:55	+47:14	10:35	
75	201	Carla Reis	Academia Fullracing Águeda	01:46:20	+47:39	10:38	
76	281	aline paiva lima	Individual	01:46:20	+47:39	10:38	
77	363	Cindy Pequena	Venga Venga	01:46:57	+48:16	10:42	
78	204	Mara Filipa Coimbra de Figueiredo	Academia Fullracing Águeda	01:47:03	+48:22	10:42	
79	325	Márcio Jorge Coutinho Lopes	Individual	01:47:05	+48:24	10:43	
80	224	Paula Fernandes	Arrifana Running	01:47:52	+49:11	10:47	
81	227	António Oliveira	Arrifana Running	01:47:55	+49:14	10:48	
82	218	Nádia Fernandes	Amigos 100 Limites	01:48:16	+49:35	10:50	
83	221	Nelson Fernandes	Amigos 100 Limites	01:48:17	+49:36	10:50	
84	286	Chanel Monteiro	Individual	01:48:18	+49:37	10:50	
85	294	Joana Patrícia Alves Pereira	Individual	01:48:18	+49:37	10:50	

MINI TRAIL - STAGE 1

10 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
86	336	Carlos Oliveira	J C T	01:49:16	+50:35	10:56	
87	320	Joel Marques Fernandes	Individual	01:50:37	+51:56	11:04	
88	233	Alexandre Oliveira	Banda Castanheirense	01:51:27	+52:46	11:09	
89	366	Rosa Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	01:51:30	+52:49	11:09	
90	273	Ricardo Pascoal	Edmtech Runners	01:52:32	+53:51	11:15	
91	264	Ivo Gonçalves	DAR - Desportivo Atlético de Recardães	01:54:43	+56:02	11:28	
92	251	Eva silva	Cão com sorte	01:55:02	+56:21	11:30	
93	284	Catarina Mota	Individual	01:55:03	+56:22	11:30	
94	303	Rita Torres	Individual	01:55:03	+56:22	11:30	
95	287	Cheila Correia	Individual	01:55:04	+56:23	11:30	
96	250	Carolina martins	Cão com sorte	01:55:04	+56:23	11:30	
97	365	Luisa Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	01:57:48	+59:07	11:47	
98	216	Maria Soares	Adões Trail	01:58:13	+59:32	11:49	
99	266	Alcino Bastos	DCI/Trilhos Luso Bussaco	01:59:28	+01:00:47	11:57	
100	213	NELSON ROSA	Academia Fullracing Águeda	02:00:03	+01:01:22	12:00	
101	289	Dulce Reis	Individual	02:02:09	+01:03:28	12:13	
102	329	Rodrigo Neves	Individual	02:02:10	+01:03:29	12:13	
103	235	Pedro Rocha	Banda Castanheirense	02:02:35	+01:03:54	12:16	
104	231	Filipa Raquel Silva	Banda Castanheirense	02:02:38	+01:03:57	12:16	
105	232	Luciana Silva	Banda Castanheirense	02:02:39	+01:03:58	12:16	
106	234	Fábio Santos	Banda Castanheirense	02:02:40	+01:03:59	12:16	
107	315	Francisco Mesquita Soares	Individual	02:02:47	+01:04:06	12:17	
108	306	Vera Lúcia Antunes Pereira	Individual	02:02:47	+01:04:06	12:17	
109	245	Joao Tavares	BRAVUS Team	02:04:14	+01:05:33	12:25	
110	288	Cristina Abrantes	Individual	02:04:14	+01:05:33	12:25	
111	290	Elisabete Nolasco	Individual	02:04:15	+01:05:34	12:25	
112	242	Ceu Ferreira	BRAVUS Team	02:04:17	+01:05:36	12:26	
113	203	Joana Sofia Pinho Ribeiro	Academia Fullracing Águeda	02:04:56	+01:06:15	12:30	
114	209	Hugo Alexandre Fonseca Guimaraes	Academia Fullracing Águeda	02:04:57	+01:06:16	12:30	
115	207	Vania Batista	Academia Fullracing Águeda	02:06:09	+01:07:28	12:37	
116	237	Mariana Cunha	Belazaimas da Lama	02:06:57	+01:08:16	12:42	
117	239	Diogo Teixeira	Belazaimas da Lama	02:06:57	+01:08:16	12:42	
118	238	Sara Esteves	Belazaimas da Lama	02:06:57	+01:08:16	12:42	
119	253	Mariana Sousa	Carroças Team	02:07:19	+01:08:38	12:44	
120	343	Elisabete Ferreira	ONDA TEAM	02:09:18	+01:10:37	12:56	
121	346	Rui Ferreira	ONDA TEAM	02:09:19	+01:10:38	12:56	
122	215	Daniela Geitoeira	Adões Trail	02:10:46	+01:12:05	13:05	
123	295	Juliana Raquel Neves Costa	Individual	02:14:23	+01:15:42	13:26	
124	282	Andreia de Oliveira Rodrigues	Individual	02:14:23	+01:15:42	13:26	
125	350	Catarinha Pinho	OPraticante.pt	02:15:48	+01:17:07	13:35	
126	351	Isabel Cristina Costa	OPraticante.pt	02:15:57	+01:17:16	13:36	
127	297	M. FERNANDA RODRIGUES DA SILVA DE OLIVEIRA	Individual	02:16:00	+01:17:19	13:36	
128	269	Diana Amador	Edmtech Runners	02:16:19	+01:17:38	13:38	
129	228	Armindo Pinheiro	Arrifana Running	02:16:20	+01:17:39	13:38	
130	258	Tatiana Carneiro	Clube de Ancas	02:16:26	+01:17:45	13:39	

MINI TRAIL - STAGE 1

10 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
131	257	Daniela Duarte	Clube de Ancas	02:16:26	+01:17:45	13:39	
132	296	Juliana Raquel Silva Vieira	Individual	02:18:25	+01:19:44	13:50	
133	322	JOSÉ AUGUSTO GOMES DE OLIVEIRA	Individual	02:19:34	+01:20:53	13:57	
134	317	Henrique Manuel Neves Silva	Individual	02:19:53	+01:21:12	13:59	
135	305	Sónia Patrícia Rodrigues Ferreira	Individual	02:19:53	+01:21:12	13:59	
136	277	Valnei oliveira	Embora sim bora lá	02:19:54	+01:21:13	13:59	
137	262	Elisabete Martins	DAR - Desportivo Atlético de Recardães	02:19:55	+01:21:14	14:00	
138	244	MADALENA NETO	BRAVUS Team	02:19:56	+01:21:15	14:00	
139	246	RUI OLIVEIRA	BRAVUS Team	02:19:56	+01:21:15	14:00	
140	236	Mónica Barbosa	Bela Vista	02:26:50	+01:28:09	14:41	
141	222	Adriana Santos	Arrifana Running	02:27:27	+01:28:46	14:45	
142	304	Rute Duarte	Individual	02:36:05	+01:37:24	15:36	
143	271	Jorge Torres	Edmtech Runners	02:36:07	+01:37:26	15:37	
144	260	Joel Seabra	Clube de Ancas	02:54:31	+01:55:50	17:27	
145	259	Tita Silva	Clube de Ancas	03:01:23	+02:02:42	18:08	

Mini Trail

10 KM

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

OFFICIAL RESULT

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

2	267	Diogo Pimenta	DCI/Trilhos Luso Bussaco	Senior Masculino	59:30	+00:49	05:57
3	268	João Oliveira	DCI/Trilhos Luso Bussaco	Senior Masculino	01:04:12	+05:30	06:25
4	340	André Silva	NS Trail Team	Senior Masculino	01:08:50	+10:09	06:53
5	371	Alexandre Dias	Individual	Senior Masculino	01:16:19	+17:38	07:38
6	212	Martim Oliveira Santos	Academia Fullracing Águeda	Senior Masculino	01:22:16	+23:35	08:14
7	361	Tomás Morais	Vale de Madeiros Caminhadas	Senior Masculino	01:22:25	+23:44	08:15
8	347	Sérgio Amaral	ONDA TEAM	Senior Masculino	01:22:56	+24:15	08:18
9	254	Rogério de Pinho e Silva	CDC São Martinho da Gândara	Senior Masculino	01:23:11	+24:30	08:19
10	310	Daniel Silva	Individual	Senior Masculino	01:23:46	+25:05	08:23
11	309	Carlos santos	Individual	Senior Masculino	01:24:10	+25:29	08:25
12	695	Miguel Santos	Individual	Senior Masculino	01:25:31	+26:50	08:33
13	324	Manuel ventura da Silva Marques	Individual	Senior Masculino	01:26:22	+27:40	08:38
14	335	Tiago Pedro	Individual	Senior Masculino	01:26:51	+28:09	08:41
15	311	David Martins Ferreira de Jesus	Individual	Senior Masculino	01:26:51	+28:10	08:41
16	334	Tiago Ferreira	Individual	Senior Masculino	01:26:56	+28:15	08:42
17	572	Rui Figueiredo	DAR - Desportivo Atlético de Recardães	Senior Masculino	01:27:15	+28:33	08:43
18	241	Eduardo Correia	BiciARCA Run Team	Senior Masculino	01:27:15	+28:34	08:43
19	314	Filipe Duarte	Individual	Senior Masculino	01:28:12	+29:30	08:49
20	357	Celso Figueiredo	Saleiro Frutas Team	Senior Masculino	01:29:17	+30:36	08:56
21	312	Fábio Santos	Individual	Senior Masculino	01:29:51	+31:10	08:59
22	326	Miguel Amado Vieira	Individual	Senior Masculino	01:30:07	+31:26	09:01
23	353	José Rodrigues	OPraticante.pt	Senior Masculino	01:31:25	+32:44	09:09
24	323	Manuel Oliveira	Individual	Senior Masculino	01:33:14	+34:33	09:19
25	252	Joel Ferreira	Cão com sorte	Senior Masculino	01:34:17	+35:36	09:26
26	330	Ruben Costa	Individual	Senior Masculino	01:34:25	+35:43	09:26
27	316	Gonçalo Ferreira Duarte	Individual	Senior Masculino	01:34:25	+35:44	09:26
28	307	Andrés Ferreira	Individual	Senior Masculino	01:34:29	+35:48	09:27
29	263	Humberto Moreira	DAR - Desportivo Atlético de Recardães	Senior Masculino	01:35:33	+36:52	09:33
30	539	Paulo Fonseca	Arrifana Running	Senior Masculino	01:36:34	+37:53	09:39
31	339	Igor Melo	Lito	Senior Masculino	01:37:18	+38:37	09:44
32	210	Leandro Cardoso Arede	Academia Fullracing Águeda	Senior Masculino	01:38:54	+40:13	09:53
33	270	André Oliveira	Edmtech Runners	Senior Masculino	01:39:55	+41:14	10:00
34	211	Martim Guimarães Figueiredo	Academia Fullracing Águeda	Senior Masculino	01:40:18	+41:37	10:02
35	345	João Dias	ONDA TEAM	Senior Masculino	01:40:18	+41:37	10:02
36	319	João Quiterio	Individual	Senior Masculino	01:40:42	+42:01	10:04
37	208	António Henrique Dias de Oliveira Guimarães	Academia Fullracing Águeda	Senior Masculino	01:42:29	+43:48	10:15
38	276	Marcus Paulo santos	Embora sim bora lá	Senior Masculino	01:42:43	+44:02	10:16
39	275	José Luís silva	Embora sim bora lá	Senior Masculino	01:42:43	+44:02	10:16
40	331	Ruben Filipe Ferreira Almeida	Individual	Senior Masculino	01:42:49	+44:07	10:17
41	333	Simão Pedro Simões Pereira	Individual	Senior Masculino	01:43:02	+44:21	10:18
42	240	Gonçalo Vaz	Belazaimas da Lama	Senior Masculino	01:44:12	+45:31	10:25
43	367	Eduardo Rocha	Eduardo Rocha	Senior Masculino	01:44:45	+46:03	10:28
44	325	Márcio Jorge Coutinho Lopes	Individual	Senior Masculino	01:47:05	+48:24	10:43
45	227	António Oliveira	Arrifana Running	Senior Masculino	01:47:55	+49:14	10:48

Official Timekeeper: Lap2Go	3 / 4	generate 14-abr.-2024 14:29
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Mini Trail

10 KM

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

OFFICIAL RESULT

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

46	221	Nelson Fernandes	Amigos 100 Limites	Senior Masculino	01:48:17	+49:36	10:50
47	336	Carlos Oliveira	J C T	Senior Masculino	01:49:16	+50:34	10:56
48	320	Joel Marques Fernandes	Individual	Senior Masculino	01:50:37	+51:55	11:04
49	233	Alexandre Oliveira	Banda Castanheirense	Senior Masculino	01:51:27	+52:46	11:09
50	273	Ricardo Pascoal	Edmtech Runners	Senior Masculino	01:52:32	+53:51	11:15
51	264	Ivo Gonçalves	DAR - Desportivo Atlético de Recardães	Senior Masculino	01:54:43	+56:02	11:28
52	266	Alcino Bastos	DCI/Trilhos Luso Bussaco	Senior Masculino	01:59:28	+01:00:46	11:57
53	213	NELSON ROSA	Academia Fullracing Águeda	Senior Masculino	02:00:03	+01:01:22	12:00
54	329	Rodrigo Neves	Individual	Senior Masculino	02:02:10	+01:03:29	12:13
55	235	Pedro Rocha	Banda Castanheirense	Senior Masculino	02:02:35	+01:03:54	12:16
56	234	Fábio Santos	Banda Castanheirense	Senior Masculino	02:02:40	+01:03:58	12:16
57	315	Francisco Mesquita Soares	Individual	Senior Masculino	02:02:47	+01:04:05	12:17
58	245	Joao Tavares	BRAVUS Team	Senior Masculino	02:04:14	+01:05:32	12:25
59	209	Hugo Alexandre Fonseca Guimarães	Academia Fullracing Águeda	Senior Masculino	02:04:57	+01:06:16	12:30
60	239	Diogo Teixeira	Belazaimas da Lama	Senior Masculino	02:06:57	+01:08:16	12:42
61	346	Rui Ferreira	ONDA TEAM	Senior Masculino	02:09:19	+01:10:38	12:56
62	228	Armindo Pinheiro	Arrifana Running	Senior Masculino	02:16:20	+01:17:38	13:38
63	322	JOSÉ AUGUSTO GOMES DE OLIVEIRA	Individual	Senior Masculino	02:19:34	+01:20:53	13:57
64	317	Henrique Manuel Neves Silva	Individual	Senior Masculino	02:19:53	+01:21:12	13:59
65	277	Valnei oliveira	Embora sim bora lá	Senior Masculino	02:19:54	+01:21:13	13:59
66	246	RUI OLIVEIRA	BRAVUS Team	Senior Masculino	02:19:56	+01:21:15	14:00
67	271	Jorge Torres	Edmtech Runners	Senior Masculino	02:36:07	+01:37:25	15:37
68	260	Joel Seabra	Clube de Ancas	Senior Masculino	02:54:31	+01:55:50	17:27