















**Trail**

**16 KM**

**OFFICIAL RESULT**

28	62	Bruno Castelo	Individual	Senior Masculino	01:43:53	+31:12	06:30
29	32	Miguel Vieira	CCR Alqueidão da Serra	Senior Masculino	01:44:06	+31:25	06:30
30	74	Joel Alexandre da Silva Cardoso	Individual	Senior Masculino	01:44:27	+31:46	06:32
31	164	Ricardo Duarte	Lourosa em Movimento	Senior Masculino	01:45:01	+32:20	06:34
32	59	André Oliveira	Individual	Senior Masculino	01:47:37	+34:56	06:44
33	54	Renato Cardoso	helder motinha	Senior Masculino	01:47:54	+35:13	06:45
34	65	Daniel Silva	Individual	Senior Masculino	01:48:11	+35:30	06:46
35	92	samuel rocha	Individual	Senior Masculino	01:48:20	+35:39	06:46
36	67	Edgar Rodrigues	Individual	Senior Masculino	01:50:34	+37:54	06:55
37	78	Luís Marques	Individual	Senior Masculino	01:51:45	+39:04	06:59
38	9	João Monteiro	A Seita Que Dói Menos	Senior Masculino	01:53:50	+41:09	07:07
39	69	Filipe Soares	Individual	Senior Masculino	01:54:11	+41:31	07:08
40	91	Rui Pedro Castro Coelho	Individual	Senior Masculino	01:56:46	+44:05	07:18
41	183	RICARDO FERREIRA	OS PAPA FIGOS	Senior Masculino	01:56:47	+44:06	07:18
42	234	Marcelo Vieira	Individual	Senior Masculino	01:57:34	+44:53	07:21
43	84	Nuno Miguel Oliveira Santos	Individual	Senior Masculino	01:58:40	+45:59	07:25
44	85	Pedro Carvalho	Individual	Senior Masculino	01:58:43	+46:02	07:25
45	19	Flavio Teixeira	BlackBulls CNI/POUSADINHA	Senior Masculino	02:00:42	+48:01	07:33
46	228	Carlos Freitas	Trilhados	Senior Masculino	02:01:16	+48:35	07:35
47	182	EDUARDO CARVALHO	OS PAPA FIGOS	Senior Masculino	02:03:57	+51:17	07:45
48	189	José Silva	Real Recarei	Senior Masculino	02:05:06	+52:25	07:49
49	83	Nuno Gonçalves	Individual	Senior Masculino	02:06:34	+53:53	07:55
50	222	Anatónio Moreira	TAYLORS	Senior Masculino	02:10:30	+57:49	08:09
51	39	RAFAEL MOTA	Clube Desportivo Feirense	Senior Masculino	02:11:25	+58:44	08:13
52	229	João Mendes	Velozes & Esfomeados	Senior Masculino	02:11:36	+58:55	08:14
53	186	Xavier Alves Paiva	Palhorunners	Senior Masculino	02:11:39	+58:58	08:14
54	71	Jaime Teixeira	Individual	Senior Masculino	02:13:02	+01:00:21	08:19
55	178	João Almeida	Os Francesinhos	Senior Masculino	02:14:13	+01:01:33	08:23
56	75	Jorge Daniel Moreira da Silva	Individual	Senior Masculino	02:14:15	+01:01:34	08:23
57	179	Rui Tavares	Os Francesinhos	Senior Masculino	02:14:17	+01:01:36	08:24
58	220	Jorge Rocha	Shamrocks	Senior Masculino	02:15:42	+01:03:02	08:29
59	64	Daniel Serralva	Individual	Senior Masculino	02:15:53	+01:03:12	08:30
60	88	Ricardo Almeida	Individual	Senior Masculino	02:16:06	+01:03:25	08:30
61	77	Luís Carlos Pereira Pinto	Individual	Senior Masculino	02:16:25	+01:03:44	08:32
62	90	Rui Filipe de Almeida Pereira	Individual	Senior Masculino	02:16:52	+01:04:12	08:33
63	221	Ricardo Cardoso	Shamrocks	Senior Masculino	02:16:54	+01:04:13	08:33
64	66	Diogo Rodrigo Santos Costa	Individual	Senior Masculino	02:16:57	+01:04:16	08:34
65	63	Bruno Santos	Individual	Senior Masculino	02:35:29	+01:22:48	09:43
66	235	Daniel Reis	LUSOS XXI	Senior Masculino	02:45:27	+01:32:46	10:20
67	73	Joaquim Ferreira	Individual	Senior Masculino	03:00:28	+01:47:47	11:17
68	86	Pedro Duborjal	Individual	Senior Masculino	03:00:28	+01:47:47	11:17

**Sub 23 Feminino**

1	180	Maria Araújo	Os Francesinhos	Sub 23 Feminino	02:48:16		10:31
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Official Timekeeper: Lap2Go	2 / 6	generate 27-out.-2024 12:01
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**Trail****16 KM**

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**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

**Sub 23 Masculino**

1	96	Tomás Almeida	Individual	Sub 23 Masculino	01:33:13		05:50
2	41	Tomás Soares	Clube Desportivo Feirense	Sub 23 Masculino	01:34:51	+01:37	05:56
3	93	Duarte Fernandes Correia	Individual	Sub 23 Masculino	01:42:06	+08:53	06:23
4	94	João Almeida	Individual	Sub 23 Masculino	01:43:01	+09:48	06:26
5	207	Gonçalo Araújo	Run For Fun Laranjinhos	Sub 23 Masculino	01:49:31	+16:18	06:51
6	181	Miguel Tavares	Os Francesinhos	Sub 23 Masculino	02:48:16	+01:15:03	10:31

**Veterana F40**

1	5	Mónica Oliveira	Clube Desportivo Feirense	Veterana F40	01:39:21		06:13
2	102	Vanessa Santos	ADNA Nós Acreditamos	Veterana F40	01:43:53	+04:32	06:30
3	193	Sara Mota	Run & Fun	Veterana F40	01:44:58	+05:37	06:34
4	191	Céu Vilar	Run & Fun	Veterana F40	01:49:08	+09:47	06:49
5	208	Sandra Silva	Run For Fun Laranjinhos	Veterana F40	01:49:31	+10:10	06:51
6	52	Mónica Borges	GTT ARMAZÉM DO CAFFÈ	Veterana F40	01:52:47	+13:26	07:03
7	101	Tânia Mateus	Individual	Veterana F40	01:53:36	+14:15	07:06
8	21	Mariline Baptista	Bravos e Bravitas	Veterana F40	02:00:56	+21:35	07:33
9	97	Fátima Freitas	Individual	Veterana F40	02:03:08	+23:47	07:42
10	100	Sónia Gama	Individual	Veterana F40	02:07:04	+27:42	07:56
11	192	Elsa Mota	Run & Fun	Veterana F40	02:16:45	+37:24	08:33
12	99	Silvia da Conceição Felgas Caetano	Individual	Veterana F40	02:44:49	+01:05:28	10:18

**Veterana F50**

1	51	Maria do Céu Sardoura Ferreira	FitArena	Veterana F50	01:54:45		07:10
2	226	Paula Manuela	TrepaTrilhos Trail Team	Veterana F50	01:58:46	+04:01	07:25
3	163	Carla Cardoso	Lourosa em Movimento	Veterana F50	02:00:09	+05:24	07:31
4	107	Rosalina Marinho	Individual	Veterana F50	02:01:16	+06:31	07:35
5	22	Margarida Neves	Bravos e Bravitas	Veterana F50	02:09:23	+14:38	08:05
6	14	Susana Gomes	Arrifana Running	Veterana F50	02:11:52	+17:07	08:15
7	108	Sandra Ferreira	Individual	Veterana F50	02:23:55	+29:09	09:00
8	104	Paula cristina Oliveira silva	Individual	Veterana F50	02:24:40	+29:55	09:03
9	106	Rosa Santos	Individual	Veterana F50	02:25:47	+31:02	09:07
10	44	Maria Fátima Marques Ribeiro	Clube Zupper	Veterana F50	02:36:20	+41:35	09:46
11	195	Mila Assunção	Run & Fun	Veterana F50	02:38:20	+43:35	09:54
12	194	Fátima Santos	Run & Fun	Veterana F50	02:46:25	+51:40	10:24

**Veterana F60**

1	209	Teresa Magalhães	Run For Fun Laranjinhos	Veterana F60	02:41:39		10:06
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**Trail**

**16 KM**

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**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

**Veterano M40**

1	2	Pedro Bastos	PNB	Veterano M40	01:13:50		04:37
2	42	António Assunção	Clube Desportivo Feirense	Veterano M40	01:17:38	+03:47	04:51
3	219	Nuno Santos	Sentir Escariz running	Veterano M40	01:25:35	+11:44	05:21
4	174	Ricardo Almeida	NS Trail Team	Veterano M40	01:26:56	+13:05	05:26
5	27	Ricardo Silva	Caldas de São Jorge Sport Clube	Veterano M40	01:29:53	+16:02	05:37
6	215	Serafim Pereira da Rocha	RUNNERS DO RÊGO	Veterano M40	01:31:22	+17:31	05:43
7	199	Nelson Pais	Run & Fun	Veterano M40	01:32:03	+18:13	05:45
8	139	Tiago Ferreira de Pinho	Individual	Veterano M40	01:33:35	+19:45	05:51
9	160	Ricardo Seromenho	JAM - JUVENTUDE ATLÉTICA MOZELENSE	Veterano M40	01:33:41	+19:50	05:51
10	214	Agostinho Azevedo	RUNNERS DO RÊGO	Veterano M40	01:34:49	+20:59	05:56
11	23	Sérgio Costa	Bravos e Bravitas	Veterano M40	01:34:58	+21:08	05:56
12	111	Bruno Albergaria	Individual	Veterano M40	01:36:46	+22:56	06:03
13	165	João Santos	Lourosa em Movimento	Veterano M40	01:37:09	+23:18	06:04
14	125	Jorge Quental	Individual	Veterano M40	01:37:45	+23:54	06:07
15	134	Pedro Cardoso	Individual	Veterano M40	01:38:10	+24:19	06:08
16	48	Ricardo Silva	Didact Heart	Veterano M40	01:38:46	+24:56	06:10
17	11	Filipe Quelhas	AC PORTALEGRE / UTSM	Veterano M40	01:39:31	+25:41	06:13
18	110	Antonio ALves	Individual	Veterano M40	01:43:29	+29:39	06:28
19	119	Daniel Silva	Individual	Veterano M40	01:44:33	+30:42	06:32
20	140	Tozé Moreira	Individual	Veterano M40	01:44:50	+30:59	06:33
21	187	Luis Gomes	Pastello Runners	Veterano M40	01:45:32	+31:42	06:36
22	126	José Correia	Individual	Veterano M40	01:46:26	+32:35	06:39
23	18	Bruno Vieira	AZ Trail	Veterano M40	01:46:44	+32:53	06:40
24	127	Manuel António Bastos Miguéis	Individual	Veterano M40	01:47:33	+33:43	06:43
25	114	Carlos Estrela	Individual	Veterano M40	01:47:34	+33:43	06:43
26	33	Valter Barbosa	CF Perosinho Trail & Running	Veterano M40	01:49:26	+35:36	06:50
27	138	Rui Ferreira	Individual	Veterano M40	01:49:29	+35:39	06:51
28	50	Manuel Moreira	Run & Fun	Veterano M40	01:50:00	+36:09	06:53
29	200	Tino Silva	Run & Fun	Veterano M40	01:50:28	+36:38	06:54
30	15	Diogo Lopes	Arrifana Running	Veterano M40	01:50:50	+37:00	06:56
31	20	António Oliveira	Brabus Runners	Veterano M40	01:51:04	+37:14	06:57
32	53	Jorge Borges	GTT ARMAZÉM DO CAFFÈ	Veterano M40	01:52:47	+38:57	07:03
33	123	Ivo Brás	Individual	Veterano M40	01:53:00	+39:09	07:04
34	130	Marco Paiva	Individual	Veterano M40	01:53:52	+40:01	07:07
35	225	Luís Silva	Trailnadas	Veterano M40	01:54:10	+40:19	07:08
36	16	Marco Brandão	Arrifana Running	Veterano M40	01:55:03	+41:13	07:11
37	24	Joel Santos	CAL - Clube Atletismo de Lamas	Veterano M40	01:56:02	+42:11	07:15
38	230	Rony Santos	Individual	Veterano M40	01:56:41	+42:51	07:18
39	169	Sérgio Costa	LUSOS XXI	Veterano M40	01:57:03	+43:12	07:19
40	128	Márcio Moura	Individual	Veterano M40	01:57:12	+43:21	07:19
41	233	Nuno Santos	Individual	Veterano M40	01:57:34	+43:43	07:21
42	116	Carlos Ranzal	Individual	Veterano M40	01:58:14	+44:23	07:23
43	217	Gonçalo Oliveira	Sapatilhas Verdes	Veterano M40	01:58:23	+44:32	07:24
44	25	Simão Cardoso	CAL - Clube Atletismo de Lamas	Veterano M40	01:58:33	+44:42	07:25





