lap2go TIMING SOLUTION

Trail dos Arrozais
Paradela, Águeda
15-setembro-2024

TRAIL LONGO - STAGE 1 — 23,8 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	08:30	9,6ºC	50%
End	12:32	9,6ºC	50%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	7	Helder Lopes	DCI/Trilhos Luso Bussaco	02:02:31		05:09	
2	1	Luís Azevedo	Sport Clube Paradela	02:16:07	+13:36	05:43	
3	28	Igor Santos	JuveRunTeam	02:19:19	+16:48	05:51	
4	14	José Pinheiro	DURA-F1 RACETEAM	02:23:31	+21:00	06:02	
5	10	Antonio Silva	DCI/Trilhos Luso Bussaco	02:24:20	+21:49	06:04	
6	36	João Rodrigues	Sport Clube Paradela	02:26:50	+24:19	06:10	
7	18	José Cruz	DURA-F1 RACETEAM	02:33:29	+30:58	06:27	
8	15	António Gomes	DURA-F1 RACETEAM	02:33:29	+30:58	06:27	
9	37	Bruno Paquete	Sport Clube Paradela	02:38:01	+35:30	06:38	
10	13	Hugo Silva	DURA-F1 RACETEAM	02:40:29	+37:58	06:45	
11	17	Rafael Gomes	DURA-F1 RACETEAM	02:48:33	+46:02	07:05	
12	30	Simão Martins	Kenya Team	02:48:49	+46:18	07:06	
13	23	Henrique Abreu Madeira	Individual	02:49:54	+47:23	07:08	
14	32	Tony bri	Run For Fun Laranjinhas	02:54:03	+51:32	07:19	
15	6	Leida Bello	Clube Desportivo Feirense	02:54:33	+52:02	07:20	
16	8	Mauro Sousa	DCI/Trilhos Luso Bussaco	02:56:56	+54:25	07:26	
17	4	Manuel António Roseiro Ferreira	ADABEM Running Team	03:03:00	+01:00:29	07:41	
18	2	Ruben Pires	Actib Trail	03:03:01	+01:00:30	07:41	
19	16	David Coutinho	DURA-F1 RACETEAM	03:03:02	+01:00:31	07:41	
20	24	Nuno Almeida	Individual	03:03:20	+01:00:49	07:42	
21	34	Armando Cardoso	Sport Clube Paradela	03:05:19	+01:02:48	07:47	
22	12	Vital Espinhal	DCI/Trilhos Luso Bussaco	03:05:27	+01:02:56	07:48	
23	27	Cátia Ferreira	JuveRunTeam	03:09:33	+01:07:02	07:58	
24	25	Paulo Jorge dos Santos Pereira	Individual	03:09:50	+01:07:19	07:59	
25	26	Antonio Manuel da Fonseca pereira	Individual	03:11:18	+01:08:47	08:02	
26	39	José Torres	TEAM LANTEMIL	03:19:08	+01:16:37	08:22	
27	20	Elias Lourenço Junior	Individual	03:19:42	+01:17:11	08:23	
28	5	João Almada	ADT	03:23:19	+01:20:48	08:33	
29	3	Leonor Salgueiro	Actib Trail	03:32:43	+01:30:12	08:56	
30	9	Idalina Ribeiro	DCI/Trilhos Luso Bussaco	03:41:42	+01:39:11	09:19	
31	11	Renato Ribeiro	DCI/Trilhos Luso Bussaco	03:41:43	+01:39:12	09:19	
32	38	João Saraiva	Sport Clube Paradela	03:49:31	+01:47:00	09:39	
33	35	Daniel Alexandre	Sport Clube Paradela	04:00:36	+01:58:05	10:07	

Trail dos Arrozais
Paradela, Águeda
15-setembro-2024

Trail Longo — 23,8 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	08:30	9,6ºC	50%
End	12:32	9,6ºC	50%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Junior Masculino							
1	2	Ruben Pires	Actib Trail	Junior Masculino	03:03:01		07:41
Senior Feminino							
1	6	Leida Bello	Clube Desportivo Feirense	Senior Feminino	02:54:33		07:20
2	27	Cátia Ferreira	JuveRunTeam	Senior Feminino	03:09:33	+15:00	07:58
Senior Masculino							
1	7	Helder Lopes	DCI/Trilhos Luso Bussaco	Senior Masculino	02:02:31		05:09
2	28	Igor Santos	JuveRunTeam	Senior Masculino	02:19:19	+16:47	05:51
3	14	José Pinheiro	DURA-F1 RACETEAM	Senior Masculino	02:23:31	+21:00	06:02
4	36	João Rodrigues	Sport Clube Paradela	Senior Masculino	02:26:50	+24:19	06:10
5	13	Hugo Silva	DURA-F1 RACETEAM	Senior Masculino	02:40:29	+37:57	06:45
6	17	Rafael Gomes	DURA-F1 RACETEAM	Senior Masculino	02:48:33	+46:02	07:05
7	30	Simão Martins	Kenya Team	Senior Masculino	02:48:49	+46:18	07:06
8	8	Mauro Sousa	DCI/Trilhos Luso Bussaco	Senior Masculino	02:56:56	+54:24	07:26
9	34	Armando Cardoso	Sport Clube Paradela	Senior Masculino	03:05:19	+01:02:48	07:47
10	20	Elias Lourenço Junior	Individual	Senior Masculino	03:19:42	+01:17:10	08:23
11	35	Daniel Alexandre	Sport Clube Paradela	Senior Masculino	04:00:36	+01:58:05	10:07
Veterana F40							
1	3	Leonor Salgueiro	Actib Trail	Veterana F40	03:32:43		08:56
2	9	Idalina Ribeiro	DCI/Trilhos Luso Bussaco	Veterana F40	03:41:42	+08:58	09:19
Veterano M40							
1	1	Luís Azevedo	Sport Clube Paradela	Veterano M40	02:16:07		05:43
2	10	Antonio Silva	DCI/Trilhos Luso Bussaco	Veterano M40	02:24:20	+08:13	06:04
3	15	António Gomes	DURA-F1 RACETEAM	Veterano M40	02:33:29	+17:22	06:27
4	37	Bruno Paquete	Sport Clube Paradela	Veterano M40	02:38:01	+21:53	06:38
5	23	Henrique Abreu Madeira	Individual	Veterano M40	02:49:54	+33:47	07:08
6	16	David Coutinho	DURA-F1 RACETEAM	Veterano M40	03:03:02	+46:54	07:41
7	24	Nuno Almeida	Individual	Veterano M40	03:03:20	+47:13	07:42
8	12	Vital Espinhal	DCI/Trilhos Luso Bussaco	Veterano M40	03:05:27	+49:20	07:48
9	39	José Torres	TEAM LANTEMIL	Veterano M40	03:19:08	+01:03:00	08:22
10	11	Renato Ribeiro	DCI/Trilhos Luso Bussaco	Veterano M40	03:41:43	+01:25:36	09:19

Trail Longo

23,8 KM

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

OFFICIAL RESULT

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

11	38	João Saraiva	Sport Clube Paradela	Veterano M40	03:49:31	+01:33:24	09:39

Veterano M50

1	18	José Cruz	DURA-F1 RACETEAM	Veterano M50	02:33:29		06:27
2	32	Tony bri	Run For Fun Laranjinhas	Veterano M50	02:54:03	+20:33	07:19
3	4	Manuel António Roseiro Ferreira	ADABEM Running Team	Veterano M50	03:03:00	+29:31	07:41
4	25	Paulo Jorge dos Santos Pereira	Individual	Veterano M50	03:09:50	+36:20	07:59

Veterano M60

1	26	Antonio Manuel da Fonseca pereira	Individual	Veterano M60	03:11:18		08:02
2	5	João Almada	ADT	Veterano M60	03:23:19	+12:01	08:33

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 - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	SPORT CLUBE PARADELA	2 + 6 + 9	17
2	DURA-F1 RACETEAM	4 + 7 + 8	19
3	DCI/TRILHOS LUSO BUSSACO	1 + 5 + 16	22

lap2go TIMING SOLUTION

Trail dos Arrozais
Paradela, Águeda
15-setembro-2024

TRAIL CURTO - STAGE 1 — 15,2 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:00	9,6ºC	34%
End	12:32	9,6ºC	34%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	525	Luis Diogo	DCI/Trilhos Luso Bussaco	01:15:33		04:58	
2	688	Pedro Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	01:18:15	+02:42	05:09	
3	664	Marcos Ferreira	Sport Clube Paradela	01:22:29	+06:56	05:26	
4	590	Didier de jesus	Individual	01:23:35	+08:02	05:30	
5	521	FILIPE COSTA	DAR Recardães	01:24:59	+09:26	05:35	
6	635	João Matos	OPraticante.pt	01:25:10	+09:37	05:36	
7	665	Márcio Silva	Sport Clube Paradela	01:25:35	+10:02	05:38	
8	662	José Silva	Sport Clube Paradela	01:27:09	+11:36	05:44	
9	528	Josias Meira	DCI/Trilhos Luso Bussaco	01:29:17	+13:44	05:52	
10	656	João Almeida	Saca Trilhos Anadia	01:29:54	+14:21	05:55	
11	507	David Felizardo	Actib Trail	01:30:37	+15:04	05:58	
12	511	Bruno Rodrigues	Actib Trail	01:30:37	+15:04	05:58	
13	636	José Sousa	OPraticante.pt	01:31:31	+15:58	06:01	
14	644	João Garrido	OPraticante.pt	01:31:51	+16:18	06:03	
15	660	Cláudio Agostinho	Sport Clube Paradela	01:32:49	+17:16	06:06	
16	663	Luís Silva	Sport Clube Paradela	01:32:56	+17:23	06:07	
17	522	RICARDO TAVARES	DAR Recardães	01:38:23	+22:50	06:28	
18	666	Ricardo Vidal	Sport Clube Paradela	01:38:45	+23:12	06:30	
19	634	João Vinha	OPraticante.pt	01:38:52	+23:19	06:30	
20	594	Jorge Ferreira	Individual	01:38:55	+23:22	06:30	
21	687	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	01:40:15	+24:42	06:36	
22	527	Márcia Martins	DCI/Trilhos Luso Bussaco	01:41:34	+26:01	06:41	
23	543	Sérgio Cardoso Rodrigues	Haertha/TendernessCapacity - trail running	01:42:14	+26:41	06:44	
24	530	José Canha	DCI/Trilhos Luso Bussaco	01:42:25	+26:52	06:44	
25	624	Miguel Ferreira	OiãRunners	01:42:48	+27:15	06:46	
26	625	Tiago Simões	OiãRunners	01:43:18	+27:45	06:48	
27	529	Rui Mota	DCI/Trilhos Luso Bussaco	01:43:21	+27:48	06:48	
28	515	Hélio José Esteves Simões	AfipreTeam	01:44:20	+28:47	06:52	
29	690	Rui Barros	VVTR VALONGO DO VOUGA TRAIL RUNNING	01:44:56	+29:23	06:54	
30	514	Carlos Moreto	ADF - Bike Riders	01:45:28	+29:55	06:56	
31	520	Tomás Andrade Soares	Clube Desportivo Feirense	01:47:40	+32:07	07:05	
32	554	David Araújo	Individual	01:47:40	+32:07	07:05	
33	526	Liliana Martinho	DCI/Trilhos Luso Bussaco	01:48:27	+32:54	07:08	
34	562	J. Filipe Campos	Individual	01:48:57	+33:24	07:10	
35	632	Augusto Tavares	OPraticante.pt	01:48:58	+33:25	07:10	
36	661	Joni Campos	Sport Clube Paradela	01:49:54	+34:21	07:14	
37	540	Alexandra Gomes	Fox running team	01:50:16	+34:43	07:15	
38	588	Bruno Marques	Individual	01:50:35	+35:02	07:17	
39	697	EUGÉNIO ALVES	VVTR VALONGO DO VOUGA TRAIL RUNNING	01:50:46	+35:13	07:17	
40	623	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	01:50:55	+35:23	07:18	
41	659	Liliana Ferreira	Sport Clube Paradela	01:50:56	+35:23	07:18	
42	560	Hugo Coelho	Individual	01:51:30	+35:57	07:20	

TRAIL CURTO - STAGE 1 — 15,2 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	668	Carlos Pinheiro	Sport Clube Paradela	01:53:01	+37:28	07:26	
44	571	Nuno Filipe da Rocha Sarabando	Individual	01:53:07	+37:34	07:27	
45	613	Pedro Jorge	Individual	01:54:03	+38:30	07:30	
46	503	Hugo Guerra	Actib Trail	01:54:56	+39:23	07:34	
47	601	Pedro Miguel Dias de Carvalho	Individual	01:55:13	+39:40	07:35	
48	648	José Moreira	OPraticante.pt	01:55:26	+39:53	07:36	
49	561	J Rafael	Individual	01:56:02	+40:29	07:38	
50	519	Nelson Muga	Clube Académico de Macedo de Cavaleiros	01:56:12	+40:39	07:39	
51	512	Afonso Gabriel Cruz Oliveira	ADABEM Running Team	01:56:19	+40:46	07:39	
52	579	Tiago Jorge	Individual	01:56:43	+41:10	07:41	
53	568	Luis Carlos Pereira Carvalho	Individual	01:56:55	+41:22	07:42	
54	637	Sérgio Ruela	OPraticante.pt	01:57:01	+41:28	07:42	
55	646	Marco Matos	OPraticante.pt	01:57:56	+42:23	07:46	
56	611	Paulo Silva	Individual	01:58:24	+42:51	07:47	
57	631	Ana Pereira	OPraticante.pt	01:58:32	+42:59	07:48	
58	502	Pedro Alves	AAM Runners	01:58:43	+43:10	07:49	
59	534	Daniel Vieira	Fat & Furious	01:59:10	+43:37	07:50	
60	559	Helder Marques	Individual	02:00:07	+44:34	07:54	
61	652	Gonçalo Araújo	Run For Fun Laranjinhas	02:00:25	+44:52	07:55	
62	584	Álvaro Barbosa	Individual	02:01:13	+45:40	07:58	
63	539	Nuno Rocha	Fox running team	02:01:53	+46:20	08:01	
64	566	João Monteiro	Individual	02:02:10	+46:37	08:02	
65	572	Paulo Abrantes	Individual	02:02:23	+46:50	08:03	
66	578	Tiago Daniel Matos Pedro	Individual	02:02:23	+46:50	08:03	
67	596	Manuel ventura da Silva Marques	Individual	02:02:57	+47:24	08:05	
68	696	Miguel Sá	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:03:12	+47:39	08:06	
69	549	André P	Individual	02:03:18	+47:45	08:07	
70	606	Fernando Lima Ferreira	Individual	02:06:01	+50:28	08:17	
71	653	Sandra Silva	Run For Fun Laranjinhas	02:07:22	+51:49	08:23	
72	532	João Portugal	DURA-F1 RACETEAM	02:07:23	+51:50	08:23	
73	695	Tiago Carvalho	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:07:28	+51:55	08:23	
74	505	Liliana Silva	Actib Trail	02:08:06	+52:33	08:26	
75	523	PAULO JORGE	DAR Recardães	02:08:10	+52:37	08:26	
76	548	André Gomes	Individual	02:09:09	+53:36	08:30	
77	647	António Rodrigues	OPraticante.pt	02:09:33	+54:00	08:31	
78	580	Helena Cruz	Individual	02:09:44	+54:11	08:32	
79	605	Carlos Ferreira	Individual	02:11:56	+56:23	08:41	
80	694	João Almeida	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:12:46	+57:13	08:44	
81	685	Fábio Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:12:52	+57:19	08:44	
82	504	Carla Barbosa	Actib Trail	02:13:17	+57:44	08:46	
83	516	António De Neiva	AfipreTeam	02:13:41	+58:08	08:48	
84	550	André Sousa	Individual	02:13:41	+58:08	08:48	
85	693	Hélder Dias	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:14:32	+58:59	08:51	
86	557	Frederico Carvalho	Individual	02:15:08	+59:35	08:53	
87	538	Pedro Carvalho	FIAT NA VIRGEM	02:15:09	+59:37	08:54	
88	535	António Costa	FIAT NA VIRGEM	02:15:10	+59:37	08:54	

TRAIL CURTO - STAGE 1 — 15,2 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	536	Juvenal Carvalho	FIAT NA VIRGEM	02:15:10	+59:37	08:54	
90	542	António Matos	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	02:17:21	+01:01:48	09:02	
91	576	Rúben Sá	Individual	02:17:25	+01:01:52	09:02	
92	510	Avelino Silva	Actib Trail	02:17:36	+01:02:03	09:03	
93	640	Ivone Reis	OPraticante.pt	02:18:04	+01:02:31	09:05	
94	672	Filipe André Oliveira	TRAIL BELA BELA	02:18:24	+01:02:51	09:06	
95	643	Gabriel Godinho	OPraticante.pt	02:18:41	+01:03:08	09:07	
96	612	PEDRO ANTONIO LOPES SILVA	Individual	02:21:00	+01:05:27	09:17	
97	615	José Tavares	Individual	02:21:16	+01:05:43	09:18	
98	673	Mariana Santos	TRAIL BELA BELA	02:21:22	+01:05:49	09:18	
99	633	Bruno Gonçalves	OPraticante.pt	02:21:24	+01:05:51	09:18	
100	645	José Rocha	OPraticante.pt	02:21:53	+01:06:20	09:20	
101	582	Rosabell Santos	Individual	02:21:57	+01:06:24	09:20	
102	597	Marco Melo	Individual	02:21:57	+01:06:24	09:20	
103	700	Marta Rodrigues	Trilhos da Baga/ k Run team	02:23:03	+01:07:30	09:25	
104	551	André Vieira Lopes	Individual	02:24:46	+01:09:13	09:31	
105	628	Márcio Ferreira	OiãRunners	02:26:13	+01:10:40	09:37	
106	589	Celso Figueiredo	Individual	02:28:10	+01:12:37	09:45	
107	564	Joao Barros	Individual	02:28:23	+01:12:50	09:46	
108	593	João Silva	Individual	02:28:24	+01:12:51	09:46	
109	533	Paula Julieta Bastos e Santos	El Team Comandante	02:28:28	+01:12:55	09:46	
110	575	Ricardo Martins	Individual	02:28:59	+01:13:26	09:48	
111	683	Sandra Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:29:37	+01:14:04	09:51	
112	691	Rosa Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:30:26	+01:14:53	09:54	
113	627	Rita Gonçalves	OiãRunners	02:31:48	+01:16:15	09:59	
114	19	Alexandra Lourenço Ribeiro	Individual	02:31:58	+01:16:25	10:00	
115	513	MÁRIO JORGE FERNANDES OLIVEIRA	ADABEM Running Team	02:33:11	+01:17:38	10:05	
116	670	Felícia Fernandes	TRAIL BELA BELA	02:33:50	+01:18:17	10:07	
117	669	Martim Santos	TRAIL BELA BELA	02:33:50	+01:18:17	10:07	
118	555	Diogo Filipe Pereira Martins	Individual	02:34:39	+01:19:06	10:10	
119	567	João Sousa	Individual	02:34:39	+01:19:06	10:10	
120	553	Bruno Martins	Individual	02:34:40	+01:19:07	10:11	
121	603	Ricardo Varalonga	Individual	02:37:54	+01:22:21	10:23	
122	577	Simão Vela	Individual	02:37:55	+01:22:22	10:23	
123	524	ARLINDO SANTOS	DAR Recardães	02:38:41	+01:23:08	10:26	
124	508	Hélder Marques	Actib Trail	02:39:15	+01:23:42	10:29	
125	586	Bruno Alvites	Individual	02:40:07	+01:24:34	10:32	
126	585	André santos	Individual	02:40:07	+01:24:34	10:32	
127	678	Fábio Mauro Coelho dos Santos	Vortex	02:40:07	+01:24:34	10:32	
128	671	Diogo Marques	TRAIL BELA BELA	02:41:01	+01:25:28	10:36	
129	642	Marta Carmo	OPraticante.pt	02:41:03	+01:25:30	10:36	
130	650	Paulo Oceano	Remax Universal	02:41:20	+01:25:47	10:37	
131	651	Pedro Carvalho	Remax Universal	02:41:22	+01:25:49	10:37	
132	544	Vera Lucia Marques Soares	Iberica - Grupo de Desporto	02:41:24	+01:25:51	10:37	
133	649	Roberto Calisto	OPraticante.pt	02:41:28	+01:25:55	10:37	

TRAIL CURTO - STAGE 1 — 15,2 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	545	Andrea Marques	Individual	02:41:37	+01:26:04	10:38	
135	607	Helder prazeres	Individual	02:41:39	+01:26:06	10:38	
136	658	Fabiana Lima	Sport Clube Paradela	02:42:08	+01:26:35	10:40	
137	677	Paulo Roncon	Véspera de Sexta-Feira	02:42:11	+01:26:38	10:40	
138	676	José Oliveira	Véspera de Sexta-Feira	02:42:12	+01:26:39	10:40	
139	600	Nuno Rafael Gonçalves de Oliveira	Individual	02:42:17	+01:26:44	10:41	
140	626	Ana Almeida	OiãRunners	02:44:39	+01:29:06	10:50	
141	630	Miguel Pimentel	OiãRunners	02:44:41	+01:29:08	10:50	
142	546	Chanel Monteiro	Individual	02:44:41	+01:29:08	10:50	
143	547	Joana Patrícia Alves Pereira	Individual	02:44:41	+01:29:08	10:50	
144	591	Fernando Vidal	Individual	02:45:04	+01:29:31	10:52	
145	552	Bruno Jesus	Individual	02:45:05	+01:29:32	10:52	
146	569	Miguel Frias Branco	Individual	02:47:53	+01:32:20	11:03	
147	702	Catarina Olimpia Oliveira Lucas	Individual	02:51:20	+01:35:47	11:16	
148	703	Luis Miguel Rosmaninho Morgado Dias	Individual	02:51:21	+01:35:48	11:16	
149	608	José Filipe	Individual	02:51:57	+01:36:24	11:19	
150	641	Júlia Rocha	OPraticante.pt	02:54:00	+01:38:27	11:27	
151	639	Catarina Pinho	OPraticante.pt	02:54:27	+01:38:54	11:29	
152	556	Fábio Branco	Individual	02:54:51	+01:39:18	11:30	
153	617	Carlos Oliveira	J C T	02:59:10	+01:43:37	11:47	
154	592	Frederico Gaio	Individual	03:00:35	+01:45:02	11:53	
155	616	Luís Carlos dos Santos Tavares	Inovação Motor	03:01:17	+01:45:44	11:56	
156	684	Silvia Antunes	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:11:20	+01:55:47	12:35	
157	689	Ricardo Xavier	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:13:49	+01:58:16	12:45	
158	681	Carla Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:13:50	+01:58:17	12:45	
159	610	Mário Brinco	Individual	03:17:19	+02:01:46	12:59	
160	581	Marisa Tavares	Individual	03:26:46	+02:11:13	13:36	
161	599	Milton Fontes	Individual	03:26:58	+02:11:25	13:37	
162	541	Edite Fernandes	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	03:28:40	+02:13:07	13:44	
163	701	João Pedro Lopes	Sport Clube Paradela	03:28:40	+02:13:07	13:44	
164	692	Luisa Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:29:22	+02:13:49	13:46	
165	679	Ana Miguel	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:32:09	+02:16:36	13:57	

lap2go TIMING SOLUTION

Trail dos Arrozais
Paradela, Águeda
15-setembro-2024

Trail Curto — 15,2 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:00	9,6ºC	34%
End	12:32	9,6ºC	34%

Junior Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	520	Tomás Andrade Soares	Clube Desportivo Feirense	Junior Masculino	01:47:40		07:05
2	512	Afonso Gabriel Cruz Oliveira	ADABEM Running Team	Junior Masculino	01:56:19	+08:38	07:39
3	669	Martim Santos	TRAIL BELA BELA	Junior Masculino	02:33:50	+46:09	10:07

Senior Feminino

1	659	Liliana Ferreira	Sport Clube Paradela	Senior Feminino	01:50:56		07:18
2	631	Ana Pereira	OPraticante.pt	Senior Feminino	01:58:32	+07:36	07:48
3	683	Sandra Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Feminino	02:29:37	+38:41	09:51
4	19	Alexandra Lourenço Ribeiro	Individual	Senior Feminino	02:31:58	+41:02	10:00
5	670	Felícia Fernandes	TRAIL BELA BELA	Senior Feminino	02:33:50	+42:53	10:07
6	545	Andrea Marques	Individual	Senior Feminino	02:41:37	+50:40	10:38
7	658	Fabiana Lima	Sport Clube Paradela	Senior Feminino	02:42:08	+51:11	10:40
8	546	Chanel Monteiro	Individual	Senior Feminino	02:44:41	+53:44	10:50
9	547	Joana Patrícia Alves Pereira	Individual	Senior Feminino	02:44:41	+53:44	10:50
10	684	Silvia Antunes	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Feminino	03:11:20	+01:20:23	12:35
11	681	Carla Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Feminino	03:13:50	+01:22:53	12:45
12	679	Ana Miguel	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Feminino	03:32:09	+01:41:13	13:57

Senior Masculino

1	525	Luis Diogo	DCI/Trilhos Luso Bussaco	Senior Masculino	01:15:33		04:58
2	688	Pedro Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Masculino	01:18:15	+02:41	05:09
3	664	Marcos Ferreira	Sport Clube Paradela	Senior Masculino	01:22:29	+06:55	05:26
4	521	FILIPE COSTA	DAR Recardães	Senior Masculino	01:24:59	+09:25	05:35
5	635	João Matos	OPraticante.pt	Senior Masculino	01:25:10	+09:36	05:36
6	662	José Silva	Sport Clube Paradela	Senior Masculino	01:27:09	+11:35	05:44
7	636	José Sousa	OPraticante.pt	Senior Masculino	01:31:31	+15:58	06:01
8	660	Cláudio Agostinho	Sport Clube Paradela	Senior Masculino	01:32:49	+17:16	06:06
9	663	Luís Silva	Sport Clube Paradela	Senior Masculino	01:32:56	+17:22	06:07
10	522	RICARDO TAVARES	DAR Recardães	Senior Masculino	01:38:23	+22:50	06:28
11	687	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Masculino	01:40:15	+24:41	06:36
12	624	Miguel Ferreira	OiãRunners	Senior Masculino	01:42:48	+27:14	06:46
13	625	Tiago Simões	OiãRunners	Senior Masculino	01:43:18	+27:44	06:48

Trail Curto

15,2 KM

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

OFFICIAL RESULT

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

14	690	Rui Barros	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Masculino	01:44:56	+29:23	06:54
15	554	David Araújo	Individual	Senior Masculino	01:47:40	+32:06	07:05
16	562	J. Filipe Campos	Individual	Senior Masculino	01:48:57	+33:24	07:10
17	632	Augusto Tavares	OPraticante.pt	Senior Masculino	01:48:58	+33:24	07:10
18	661	Joni Campos	Sport Clube Paradela	Senior Masculino	01:49:54	+34:21	07:14
19	623	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	01:50:55	+35:22	07:18
20	560	Hugo Coelho	Individual	Senior Masculino	01:51:30	+35:57	07:20
21	571	Nuno Filipe da Rocha Sarabando	Individual	Senior Masculino	01:53:07	+37:34	07:27
22	503	Hugo Guerra	Actib Trail	Senior Masculino	01:54:56	+39:23	07:34
23	561	J Rafael	Individual	Senior Masculino	01:56:02	+40:28	07:38
24	579	Tiago Jorge	Individual	Senior Masculino	01:56:43	+41:10	07:41
25	568	Luis Carlos Pereira Carvalho	Individual	Senior Masculino	01:56:55	+41:22	07:42
26	637	Sérgio Ruela	OPraticante.pt	Senior Masculino	01:57:01	+41:28	07:42
27	534	Daniel Vieira	Fat & Furious	Senior Masculino	01:59:10	+43:37	07:50
28	559	Helder Marques	Individual	Senior Masculino	02:00:07	+44:34	07:54
29	539	Nuno Rocha	Fox running team	Senior Masculino	02:01:53	+46:20	08:01
30	566	João Monteiro	Individual	Senior Masculino	02:02:10	+46:36	08:02
31	572	Paulo Abrantes	Individual	Senior Masculino	02:02:23	+46:50	08:03
32	578	Tiago Daniel Matos Pedro	Individual	Senior Masculino	02:02:23	+46:50	08:03
33	549	André P	Individual	Senior Masculino	02:03:18	+47:45	08:07
34	548	André Gomes	Individual	Senior Masculino	02:09:09	+53:35	08:30
35	685	Fábio Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Masculino	02:12:52	+57:18	08:44
36	550	André Sousa	Individual	Senior Masculino	02:13:41	+58:08	08:48
37	557	Frederico Carvalho	Individual	Senior Masculino	02:15:08	+59:35	08:53
38	576	Rúben Sá	Individual	Senior Masculino	02:17:25	+01:01:51	09:02
39	672	Filipe André Oliveira	TRAIL BELA BELA	Senior Masculino	02:18:24	+01:02:51	09:06
40	633	Bruno Gonçalves	OPraticante.pt	Senior Masculino	02:21:24	+01:05:50	09:18
41	551	André Vieira Lopes	Individual	Senior Masculino	02:24:46	+01:09:12	09:31
42	564	Joao Barros	Individual	Senior Masculino	02:28:23	+01:12:50	09:46
43	575	Ricardo Martins	Individual	Senior Masculino	02:28:59	+01:13:25	09:48
44	555	Diogo Filipe Pereira Martins	Individual	Senior Masculino	02:34:39	+01:19:05	10:10
45	567	João Sousa	Individual	Senior Masculino	02:34:39	+01:19:05	10:10
46	553	Bruno Martins	Individual	Senior Masculino	02:34:40	+01:19:06	10:11
47	577	Simão Vela	Individual	Senior Masculino	02:37:55	+01:22:21	10:23
48	671	Diogo Marques	TRAIL BELA BELA	Senior Masculino	02:41:01	+01:25:27	10:36
49	650	Paulo Oceano	Remax Universal	Senior Masculino	02:41:20	+01:25:46	10:37
50	676	José Oliveira	Véspera de Sexta-Feira	Senior Masculino	02:42:12	+01:26:38	10:40
51	552	Bruno Jesus	Individual	Senior Masculino	02:45:05	+01:29:31	10:52
52	569	Miguel Frias Branco	Individual	Senior Masculino	02:47:53	+01:32:20	11:03
53	556	Fábio Branco	Individual	Senior Masculino	02:54:51	+01:39:17	11:30
54	616	Luís Carlos dos Santos Tavares	Inovação Motor	Senior Masculino	03:01:17	+01:45:43	11:56
55	689	Ricardo Xavier	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Masculino	03:13:49	+01:58:15	12:45

Trail Curto

15,2 KM

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

OFFICIAL RESULT

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

Sub 23 Feminino

1	673	Mariana Santos	TRAIL BELA BELA	Sub 23 Feminino	02:21:22		09:18

Sub 23 Masculino

1	652	Gonçalo Araújo	Run For Fun Laranjinhas	Sub 23 Masculino	02:00:25		07:55

Veterana F40

1	527	Márcia Martins	DCI/Trilhos Luso Bussaco	Veterana F40	01:41:34		06:41
2	526	Liliana Martinho	DCI/Trilhos Luso Bussaco	Veterana F40	01:48:27	+06:53	07:08
3	540	Alexandra Gomes	Fox running team	Veterana F40	01:50:16	+08:42	07:15
4	653	Sandra Silva	Run For Fun Laranjinhas	Veterana F40	02:07:22	+25:48	08:23
5	505	Liliana Silva	Actib Trail	Veterana F40	02:08:06	+26:32	08:26
6	580	Helena Cruz	Individual	Veterana F40	02:09:44	+28:09	08:32
7	504	Carla Barbosa	Actib Trail	Veterana F40	02:13:17	+31:43	08:46
8	640	Ivone Reis	OPraticante.pt	Veterana F40	02:18:04	+36:30	09:05
9	582	Rosabell Santos	Individual	Veterana F40	02:21:57	+40:22	09:20
10	700	Marta Rodrigues	Trilhos da Baga/ k Run team	Veterana F40	02:23:03	+41:28	09:25
11	533	Paula Julieta Bastos e Santos	El Team Comandante	Veterana F40	02:28:28	+46:53	09:46
12	691	Rosa Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterana F40	02:30:26	+48:51	09:54
13	627	Rita Gonçalves	OiăRunners	Veterana F40	02:31:48	+50:13	09:59
14	642	Marta Carmo	OPraticante.pt	Veterana F40	02:41:03	+59:29	10:36
15	544	Vera Lucia Marques Soares	Iberica - Grupo de Desporto	Veterana F40	02:41:24	+59:50	10:37
16	626	Ana Almeida	OiăRunners	Veterana F40	02:44:39	+01:03:05	10:50
17	702	Catarina Olimpia Oliveira Lucas	Individual	Veterana F40	02:51:20	+01:09:46	11:16
18	641	Júlia Rocha	OPraticante.pt	Veterana F40	02:54:00	+01:12:25	11:27
19	639	Catarina Pinho	OPraticante.pt	Veterana F40	02:54:27	+01:12:53	11:29
20	581	Marisa Tavares	Individual	Veterana F40	03:26:46	+01:45:12	13:36

Veterana F50

1	541	Edite Fernandes	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	Veterana F50	03:28:40		13:44
2	692	Luisa Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterana F50	03:29:22	+00:41	13:46

Veterano M40

1	590	Didier de jesus	Individual	Veterano M40	01:23:35		05:30
2	665	Márcio Silva	Sport Clube Paradela	Veterano M40	01:25:35	+01:59	05:38
3	528	Josias Meira	DCI/Trilhos Luso Bussaco	Veterano M40	01:29:17	+05:42	05:52

Trail Curto

15,2 KM

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

OFFICIAL RESULT

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

4	656	João Almeida	Saca Trilhos Anadia	Veterano M40	01:29:54	+06:18	05:55
5	507	David Felizardo	Actib Trail	Veterano M40	01:30:37	+07:01	05:58
6	511	Bruno Rodrigues	Actib Trail	Veterano M40	01:30:37	+07:01	05:58
7	644	João Garrido	OPraticante.pt	Veterano M40	01:31:51	+08:15	06:03
8	666	Ricardo Vidal	Sport Clube Paradela	Veterano M40	01:38:45	+15:09	06:30
9	594	Jorge Ferreira	Individual	Veterano M40	01:38:55	+15:19	06:30
10	543	Sérgio Cardoso Rodrigues	Haertha/TendernessCapacity - trail running	Veterano M40	01:42:14	+18:38	06:44
11	529	Rui Mota	DCI/Trilhos Luso Bussaco	Veterano M40	01:43:21	+19:45	06:48
12	515	Hélio José Esteves Simões	AfipreTeam	Veterano M40	01:44:20	+20:44	06:52
13	588	Bruno Marques	Individual	Veterano M40	01:50:35	+26:59	07:17
14	601	Pedro Miguel Dias de Carvalho	Individual	Veterano M40	01:55:13	+31:37	07:35
15	519	Nelson Muga	Clube Académico de Macedo de Cavaleiros	Veterano M40	01:56:12	+32:36	07:39
16	646	Marco Matos	OPraticante.pt	Veterano M40	01:57:56	+34:20	07:46
17	502	Pedro Alves	AAM Runners	Veterano M40	01:58:43	+35:07	07:49
18	584	Álvaro Barbosa	Individual	Veterano M40	02:01:13	+37:37	07:58
19	596	Manuel ventura da Silva Marques	Individual	Veterano M40	02:02:57	+39:21	08:05
20	532	João Portugal	DURA-F1 RACETEAM	Veterano M40	02:07:23	+43:47	08:23
21	695	Tiago Carvalho	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M40	02:07:28	+43:52	08:23
22	694	João Almeida	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M40	02:12:46	+49:10	08:44
23	693	Hélder Dias	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M40	02:14:32	+50:56	08:51
24	538	Pedro Carvalho	FIAT NA VIRGEM	Veterano M40	02:15:09	+51:34	08:54
25	535	António Costa	FIAT NA VIRGEM	Veterano M40	02:15:10	+51:34	08:54
26	536	Juvenal Carvalho	FIAT NA VIRGEM	Veterano M40	02:15:10	+51:34	08:54
27	643	Gabriel Godinho	OPraticante.pt	Veterano M40	02:18:41	+55:05	09:07
28	645	José Rocha	OPraticante.pt	Veterano M40	02:21:53	+58:17	09:20
29	597	Marco Melo	Individual	Veterano M40	02:21:57	+58:21	09:20
30	628	Márcio Ferreira	OiãRunners	Veterano M40	02:26:13	+01:02:38	09:37
31	589	Celso Figueiredo	Individual	Veterano M40	02:28:10	+01:04:34	09:45
32	593	João Silva	Individual	Veterano M40	02:28:24	+01:04:48	09:46
33	513	MÁRIO JORGE FERNANDES OLIVEIRA	ADABEM Running Team	Veterano M40	02:33:11	+01:09:35	10:05
34	603	Ricardo Varalonga	Individual	Veterano M40	02:37:54	+01:14:19	10:23
35	508	Hélder Marques	Actib Trail	Veterano M40	02:39:15	+01:15:39	10:29
36	586	Bruno Alvites	Individual	Veterano M40	02:40:07	+01:16:31	10:32
37	585	André santos	Individual	Veterano M40	02:40:07	+01:16:31	10:32
38	678	Fábio Mauro Coelho dos Santos	Vortex	Veterano M40	02:40:07	+01:16:32	10:32
39	651	Pedro Carvalho	Remax Universal	Veterano M40	02:41:22	+01:17:46	10:37
40	677	Paulo Roncon	Véspera de Sexta-Feira	Veterano M40	02:42:11	+01:18:35	10:40
41	600	Nuno Rafael Gonçalves de Oliveira	Individual	Veterano M40	02:42:17	+01:18:41	10:41
42	591	Fernando Vidal	Individual	Veterano M40	02:45:04	+01:21:28	10:52
43	703	Luis Miguel Rosmaninho Morgado Dias	Individual	Veterano M40	02:51:21	+01:27:45	11:16
44	592	Frederico Gaio	Individual	Veterano M40	03:00:35	+01:36:59	11:53
45	599	Milton Fontes	Individual	Veterano M40	03:26:58	+02:03:23	13:37

Trail Curto

15,2 KM

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

OFFICIAL RESULT

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

46	701	João Pedro Lopes	Sport Clube Paradela	Veterano M40	03:28:40	+02:05:05	13:44

Veterano M50

1	514	Carlos Moreto	ADF - Bike Riders	Veterano M50	01:45:28		06:56
2	668	Carlos Pinheiro	Sport Clube Paradela	Veterano M50	01:53:01	+07:32	07:26
3	613	Pedro Jorge	Individual	Veterano M50	01:54:03	+08:35	07:30
4	648	José Moreira	OPraticante.pt	Veterano M50	01:55:26	+09:58	07:36
5	611	Paulo Silva	Individual	Veterano M50	01:58:24	+12:55	07:47
6	696	Miguel Sá	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M50	02:03:12	+17:43	08:06
7	606	Fernando Lima Ferreira	Individual	Veterano M50	02:06:01	+20:32	08:17
8	523	PAULO JORGE	DAR Recardães	Veterano M50	02:08:10	+22:41	08:26
9	647	António Rodrigues	OPraticante.pt	Veterano M50	02:09:33	+24:04	08:31
10	605	Carlos Ferreira	Individual	Veterano M50	02:11:56	+26:27	08:41
11	542	António Matos	GRUPO DESPORTIVO ASSEMPARK - AVEIRO	Veterano M50	02:17:21	+31:52	09:02
12	612	PEDRO ANTONIO LOPES SILVA	Individual	Veterano M50	02:21:00	+35:31	09:17
13	649	Roberto Calisto	OPraticante.pt	Veterano M50	02:41:28	+55:59	10:37
14	607	Helder prazeres	Individual	Veterano M50	02:41:39	+56:10	10:38
15	630	Miguel Pimentel	OiãRunners	Veterano M50	02:44:41	+59:12	10:50
16	608	José Filipe	Individual	Veterano M50	02:51:57	+01:06:28	11:19
17	617	Carlos Oliveira	J C T	Veterano M50	02:59:10	+01:13:41	11:47
18	610	Mário Brinco	Individual	Veterano M50	03:17:19	+01:31:50	12:59

Veterano M60

1	634	João Vinha	OPraticante.pt	Veterano M60	01:38:52		06:30
2	530	José Canha	DCI/Trilhos Luso Bussaco	Veterano M60	01:42:25	+03:33	06:44
3	697	EUGÉNIO ALVES	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M60	01:50:46	+11:54	07:17
4	516	António De Neiva	AfipreTeam	Veterano M60	02:13:41	+34:49	08:48
5	510	Avelino Silva	Actib Trail	Veterano M60	02:17:36	+38:44	09:03
6	615	José Tavares	Individual	Veterano M60	02:21:16	+42:23	09:18
7	524	ARLINDO SANTOS	DAR Recardães	Veterano M60	02:38:41	+59:49	10:26

TEAM RESULTS - TRAIL CURTO

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

RANK	TEAM	DESCRIPTION	POINTS
1	SPORT CLUBE PARADELA	3 + 7 + 8	18
2	DCI/TRILHOS LUSO BUSSACO	1 + 9 + 22	32
3	OPRATICANTE.PT	6 + 13 + 14	33
4	VVTR VALONGO DO VOUGA TRAIL RUNNING	2 + 21 + 29	52
5	ACTIB TRAIL	11 + 12 + 46	69
6	DAR RECARDÃES	5 + 17 + 75	97
7	OIÃRUNNERS	25 + 26 + 105	156
8	FIAT NA VIRGEM	87 + 88 + 89	264
9	TRAIL BELA BELA	94 + 98 + 116	308