

**TRAIL - STAGE 1**

**30 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 - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	08:30	11,9°C	83%
End	14:24	11,9°C	83%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	51	Daniel Antunes	SicóTrilhos	02:48:35		05:37	
2	64	Ruben Daniel da Silva Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	03:03:44	+15:09	06:07	
3	48	Rui Gaio	SCPOMBAL/TRAILTEAM	03:06:29	+17:54	06:13	
4	39	Pedro Santos	LAMA SOLTA	03:07:21	+18:46	06:15	
5	3	Sara Pedrosa	Clube Desportivo de Espite	03:08:16	+19:41	06:17	
6	65	Rui Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	03:12:04	+23:29	06:24	
7	22	Diogo Reis	Individual	03:20:10	+31:35	06:40	
8	46	Jordan Silva	SCPOMBAL/TRAILTEAM	03:22:05	+33:30	06:44	
9	47	Rúben Dias	SCPOMBAL/TRAILTEAM	03:22:05	+33:30	06:44	
10	5	Hélder Matos	AC Batalha	03:22:07	+33:32	06:44	
11	15	Tiago Carvalho	Diabinhos de Samuel	03:24:37	+36:02	06:49	
12	60	Bruno Valente	Trail da Amizade Runners	03:25:19	+36:44	06:51	
13	63	Pedro Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	03:26:29	+37:54	06:53	
14	23	Ivan Costa	Individual	03:26:36	+38:01	06:53	
15	25	Micael Ângelo Martins Marques	Individual	03:26:38	+38:03	06:53	
16	44	Mauro André da Costa Gonçalves	Roda Dianteira	03:26:48	+38:13	06:54	
17	6	Andreia Pita	ARCD Venda da Luísa	03:28:36	+40:01	06:57	
18	49	Henrique Fernandes	SCPOMBAL/TRAILTEAM	03:35:34	+46:59	07:11	
19	8	joao travasso	ARCD Venda da Luísa	03:38:20	+49:45	07:17	
20	9	David Simões	ARLU TRAIL	03:40:10	+51:35	07:20	
21	42	David Marques	Os Tolinhos	03:40:43	+52:08	07:21	
22	67	Marco Pedrosa	VILAVENTURA TRAIL	03:40:57	+52:22	07:22	
23	40	José Vieira	OCS Arrábida Trail Team	03:41:03	+52:28	07:22	
24	53	João Batista	SicóTrilhos	03:42:31	+53:56	07:25	
25	37	Jorge Abrantes	Individual	03:45:52	+57:17	07:32	
26	43	João Pedro da Silva Dâmaso	Pedrosa Vending	03:47:11	+58:36	07:34	
27	52	João Costa	SicóTrilhos	03:47:49	+59:14	07:36	
28	12	Rui Gameiro	ARLU TRAIL	03:47:59	+59:24	07:36	
29	10	Paulo Mendes	ARLU TRAIL	03:48:04	+59:29	07:36	
30	13	Vitor Nelson	Cerveira Team Running	03:49:51	+01:01:16	07:40	
31	11	Nelson Norte	ARLU TRAIL	03:51:50	+01:03:15	07:44	
32	14	CARLOS GASPAR	CHÍCHARO RUN TEAM A.ALVAIÁZERE	03:53:24	+01:04:49	07:47	
33	41	Raquel da Silva Matias	OPTILINK	03:53:35	+01:05:00	07:47	
34	66	Filipe José Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	03:53:37	+01:05:02	07:47	
35	59	Bruno Capitão	Team Capitão	03:54:57	+01:06:22	07:50	
36	58	João Capitão	Team Capitão	03:54:57	+01:06:22	07:50	
37	16	João Santos	Domus Trail	04:00:09	+01:11:34	08:00	
38	54	Edgar Gomes	SOURE MOV	04:00:40	+01:12:05	08:01	
39	68	Joselito Pereira	VILAVENTURA TRAIL	04:14:11	+01:25:36	08:28	
40	33	Nuno Alexandre Duarte Mota	Individual	04:14:54	+01:26:19	08:30	
41	61	Joni Alexandre Carreira Oliveira	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	04:21:48	+01:33:13	08:44	
42	69	Vítor Monteiro	VILAVENTURA TRAIL	04:28:36	+01:40:01	08:57	

**TRAIL - STAGE 1****30 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	28	Catarina Santos	Individual	04:33:34	+01:44:59	09:07	
44	20	Bruno Gonçalves	Individual	04:33:34	+01:44:59	09:07	
45	4	Pedro Silva	SCPOMBAL/TRAILTEAM	04:33:35	+01:45:00	09:07	
46	30	Paulo Mauricio	Individual	04:35:20	+01:46:45	09:11	
47	56	Manuela Silva	Talentos Objetivos	04:40:39	+01:52:04	09:21	
48	19	Luis Queiroz	Grupo Desportivo da Mata	04:41:18	+01:52:43	09:23	
49	18	JOAO SANTIAGO	Grupo Desportivo da Mata	04:41:21	+01:52:46	09:23	
50	62	Jorge Acúrcio	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	04:46:19	+01:57:44	09:33	
51	57	JOEL JACINTO	Talentos Objetivos	04:49:38	+02:01:03	09:39	
52	24	Joni da Silva Gaspar	Individual	04:56:07	+02:07:32	09:52	
53	34	Paulo Fernandes	Individual	04:56:07	+02:07:32	09:52	
54	7	Sílvia costa	ARCD Venda da Luísa	05:05:29	+02:16:54	10:11	
55	32	José Manuel Henriques David Fernandes	Individual	05:07:14	+02:18:39	10:14	
56	38	Manuel Cunha Lima	Individual	05:07:28	+02:18:53	10:15	
57	17	Gabriela Santos	Grupo Desportivo da Mata	05:09:48	+02:21:13	10:20	
58	26	Nuno Filipe Agostinho Carrasqueira	Individual	05:21:10	+02:32:35	10:42	
59	27	Tjerk Schuurmans	Individual	05:22:41	+02:34:06	10:45	
60	31	henrique da mota jacob	Individual	05:38:15	+02:49:40	11:17	
61	35	Agostinho Barros	Individual	05:53:52	+03:05:17	11:48	
62	84	Micael Domingues	Individual	05:53:59	+03:05:24	11:48	

Trail

30 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	08:30	11,9°C	83%
End	14:24	11,9°C	83%

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

1	3	Sara Pedrosa	Clube Desportivo de Espite	Senior Feminino	03:08:16		06:17
2	56	Manuela Silva	Talentos Objetivos	Senior Feminino	04:40:39	+01:32:23	09:21

Senior Masculino

1	51	Daniel Antunes	SicóTrilhos	Senior Masculino	02:48:35		05:37
2	64	Ruben Daniel da Silva Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	03:03:44	+15:08	06:07
3	48	Rui Gaio	SCPOMBAL/TRAILTEAM	Senior Masculino	03:06:29	+17:53	06:13
4	65	Rui Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	03:12:04	+23:28	06:24
5	22	Diogo Reis	Individual	Senior Masculino	03:20:10	+31:35	06:40
6	46	Jordan Silva	SCPOMBAL/TRAILTEAM	Senior Masculino	03:22:05	+33:30	06:44
7	47	Rúben Dias	SCPOMBAL/TRAILTEAM	Senior Masculino	03:22:05	+33:30	06:44
8	60	Bruno Valente	Trail da Amizade Runners	Senior Masculino	03:25:19	+36:44	06:51
9	63	Pedro Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	03:26:29	+37:53	06:53
10	23	Ivan Costa	Individual	Senior Masculino	03:26:36	+38:01	06:53
11	25	Micael Ângelo Martins Marques	Individual	Senior Masculino	03:26:38	+38:02	06:53
12	42	David Marques	Os Tolinhos	Senior Masculino	03:40:43	+52:07	07:21
13	67	Marco Pedrosa	VILAVENTURA TRAIL	Senior Masculino	03:40:57	+52:21	07:22
14	43	João Pedro da Silva Dâmaso	Pedrosa Vending	Senior Masculino	03:47:11	+58:35	07:34
15	52	João Costa	SicóTrilhos	Senior Masculino	03:47:49	+59:14	07:36
16	58	João Capitão	Team Capitão	Senior Masculino	03:54:57	+01:06:22	07:50
17	61	Joni Alexandre Carreira Oliveira	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	04:21:48	+01:33:13	08:44
18	20	Bruno Gonçalves	Individual	Senior Masculino	04:33:34	+01:44:59	09:07
19	62	Jorge Acúrcio	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	04:46:19	+01:57:44	09:33
20	24	Joni da Silva Gaspar	Individual	Senior Masculino	04:56:07	+02:07:31	09:52
21	26	Nuno Filipe Agostinho Carrasqueira	Individual	Senior Masculino	05:21:10	+02:32:34	10:42
22	27	Tjerk Schuurmans	Individual	Senior Masculino	05:22:41	+02:34:06	10:45
23	84	Micael Domingues	Individual	Senior Masculino	05:53:59	+03:05:23	11:48

Veterana F40

1	6	Andreia Pita	ARCD Venda da Luísa	Veterana F40	03:28:36		06:57
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**Trail****30 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

**Veterana F45**

1	41	Raquel da Silva Matias	OPTILINK	Veterana F45	03:53:35	07:47
2	28	Catarina Santos	Individual	Veterana F45	04:33:34	+39:59 09:07
3	7	Silvia costa	ARCD Venda da Luísa	Veterana F45	05:05:29	+01:11:54 10:11
4	17	Gabriela Santos	Grupo Desportivo da Mata	Veterana F45	05:09:48	+01:16:13 10:20

**Veterano M40**

1	39	Pedro Santos	LAMA SOLTA	Veterano M40	03:07:21	06:15
2	44	Mauro André da Costa Gonçalves	Roda Dianteira	Veterano M40	03:26:48	+19:27 06:54
3	49	Henrique Fernandes	SCPOMBAL/TRAILTEAM	Veterano M40	03:35:34	+28:13 07:11
4	8	joao travasso	ARCD Venda da Luísa	Veterano M40	03:38:20	+30:58 07:17
5	9	David Simões	ARLU TRAIL	Veterano M40	03:40:10	+32:48 07:20
6	53	João Batista	SicóTrilhos	Veterano M40	03:42:31	+35:10 07:25
7	10	Paulo Mendes	ARLU TRAIL	Veterano M40	03:48:04	+40:43 07:36
8	59	Bruno Capitão	Team Capitão	Veterano M40	03:54:57	+47:35 07:50
9	54	Edgar Gomes	SOURE MOV	Veterano M40	04:00:40	+53:18 08:01
10	30	Paulo Mauricio	Individual	Veterano M40	04:35:20	+01:27:58 09:11
11	18	JOAO SANTIAGO	Grupo Desportivo da Mata	Veterano M40	04:41:21	+01:33:59 09:23

**Veterano M45**

1	15	Tiago Carvalho	Diabinhos de Samuel	Veterano M45	03:24:37	06:49
2	12	Rui Gameiro	ARLU TRAIL	Veterano M45	03:47:59	+23:22 07:36
3	11	Nelson Norte	ARLU TRAIL	Veterano M45	03:51:50	+27:13 07:44
4	66	Filipe José Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	03:53:37	+29:00 07:47
5	33	Nuno Alexandre Duarte Mota	Individual	Veterano M45	04:14:54	+50:16 08:30
6	57	JOEL JACINTO	Talentos Objetivos	Veterano M45	04:49:38	+01:25:01 09:39
7	32	José Manuel Henriques David Fernandes	Individual	Veterano M45	05:07:14	+01:42:37 10:14
8	31	henrique da mota jacob	Individual	Veterano M45	05:38:15	+02:13:38 11:17

**Veterano M50**

1	5	Hélder Matos	AC Batalha	Veterano M50	03:22:07	06:44
2	13	Vitor Nelson	Cerveira Team Running	Veterano M50	03:49:51	+27:44 07:40
3	16	João Santos	Domus Trail	Veterano M50	04:00:09	+38:02 08:00
4	68	Joselito Pereira	VILAVENTURA TRAIL	Veterano M50	04:14:11	+52:04 08:28
5	4	Pedro Silva	SCPOMBAL/TRAILTEAM	Veterano M50	04:33:35	+01:11:27 09:07
6	19	Luis Queiroz	Grupo Desportivo da Mata	Veterano M50	04:41:18	+01:19:11 09:23
7	34	Paulo Fernandes	Individual	Veterano M50	04:56:07	+01:34:00 09:52







TRAIL SPRINT - STAGE 1

18 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	716	Hernâni Ferreira	VILAVENTURA TRAIL	01:58:13	+26:08	06:34	
44	680	Renato carvalho	SicóTrilhos	01:58:18	+26:13	06:34	
45	634	Joel Ferreira Costa	Individual	01:58:30	+26:25	06:35	
46	645	Joaquim Duarte	INDUSTRIAL DESPORTIVO VIEIRENSE	01:59:25	+27:20	06:38	
47	536	José Agostinho	Bairro dos Anjos	01:59:33	+27:28	06:38	
48	583	Pedro Relvas	GURUS-SUP	01:59:42	+27:37	06:39	
49	563	AQUILINO DIAS FERREIRA	Gaspar & Costa	01:59:42	+27:37	06:39	
50	684	Milton José Rodrigues Branco	SicóTrilhos	02:00:10	+28:05	06:41	
51	641	Joaquim Henriques	Individual	02:00:36	+28:31	06:42	
52	568	Fábio Ferreira	Grupo Alegre Unido Bajouca	02:01:03	+28:58	06:44	
53	569	Marco Reis	Grupo Alegre Unido Bajouca	02:02:07	+30:02	06:47	
54	539	Germano Capela	CA Barreira	02:02:15	+30:10	06:47	
55	576	Otelo Pereira	Grupo Alegre Unido Bajouca	02:02:20	+30:15	06:48	
56	650	Norberto Rosa	Malamens	02:02:29	+30:24	06:48	
57	558	João Josadak Acácio de Carvalho	FISIOSFERA	02:02:59	+30:54	06:50	
58	564	João Reis	GDRC UNIDOS	02:03:01	+30:56	06:50	
59	685	TIAGO FILIPE MARQUES OLIVEIRA	SicóTrilhos	02:03:09	+31:04	06:50	
60	630	Hélder Manuel dos Santos Morais Freire	Individual	02:04:03	+31:58	06:53	
61	735	Luis Fernandes	CPR A-DO-BARBAS	02:04:27	+32:22	06:55	
62	664	Carolina Rosa	SCPOMBAL/TRAILTEAM	02:04:37	+32:32	06:55	
63	629	Énio Mota	ARLU TRAIL	02:05:27	+33:22	06:58	
64	658	Dinis Santos	NCA Águias	02:05:35	+33:30	06:59	
65	671	Luis Rodrigues	SCPOMBAL/TRAILTEAM	02:06:35	+34:30	07:02	
66	665	Inês Tomás	SCPOMBAL/TRAILTEAM	02:06:37	+34:32	07:02	
67	621	Renato Martins	Individual	02:07:00	+34:55	07:03	
68	591	Edgar Manso	Individual	02:07:25	+35:20	07:05	
69	648	Jorge Henriques	Lourival Bike Team	02:08:10	+36:05	07:07	
70	582	Daniel Janeiro	GURUS-SUP	02:08:28	+36:23	07:08	
71	534	Sandra Gonçalves	Bairro dos Anjos	02:09:34	+37:29	07:12	
72	732	João Barata	Individual	02:10:28	+38:23	07:15	
73	719	Bernardo Monteiro	VILAVENTURA TRAIL	02:10:33	+38:28	07:15	
74	525	Gonçalo Ferreira	ARLU TRAIL	02:10:45	+38:40	07:16	
75	598	Martim Santos	Individual	02:12:37	+40:32	07:22	
76	703	Carlos Matias	trail da ladeia running team	02:12:39	+40:34	07:22	
77	653	Virgínia Simões	NCA Águias	02:12:51	+40:46	07:23	
78	538	Daniel Lourenço	CA Barreira	02:13:13	+41:08	07:24	
79	601	Pedro Pereira	Individual	02:13:16	+41:11	07:24	
80	720	Carlos Capitão	VILAVENTURA TRAIL	02:13:19	+41:14	07:24	
81	652	Carolina Simões	NCA Águias	02:13:24	+41:19	07:25	
82	2	Gina Maria Estrela Domingues	SCPOMBAL/TRAILTEAM	02:13:43	+41:38	07:26	
83	627	Álvaro Nidegger	Individual	02:14:53	+42:48	07:30	
84	532	Jorge Santos	Avelar Sunset Team	02:15:02	+42:57	07:30	
85	659	Nelson Jorge	NCA Águias	02:15:15	+43:10	07:31	
86	623	Rui Neves	Individual	02:15:31	+43:26	07:32	
87	565	Luis Rosa	GDRC UNIDOS	02:15:45	+43:40	07:33	



TRAIL SPRINT - STAGE 1

18 KM

**R**  
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	682	Tomás Claro	SicóTrilhos	02:15:56	+43:51	07:33	
89	599	Nuno Alexandre	Individual	02:15:57	+43:52	07:33	
90	502	João Gonçalves	100 Gás Trail Team	02:15:59	+43:54	07:33	
91	548	Cátia Montez	CPR A-DO-BARBAS	02:16:05	+44:00	07:34	
92	690	Tiago Oliveira	Talentos Objetivos	02:16:31	+44:26	07:35	
93	577	Tomé Fernandes	Grupo Alegre Unido Bajouca	02:16:32	+44:27	07:35	
94	581	Filipe Carvalheiro	Grupo Alegre Unido Bajouca	02:16:32	+44:27	07:35	
95	624	Rui Rodrigues Silva	Individual	02:17:09	+45:04	07:37	
96	646	Maria Inês da Silva Oliveira	LAMA SOLTA	02:17:17	+45:12	07:38	
97	617	Helder dos Santos Russo Faia	Individual	02:17:26	+45:21	07:38	
98	511	VITOR LOPES	AC VERMOIL	02:17:28	+45:23	07:38	
99	527	Vitor Areia	ARLU TRAIL	02:17:33	+45:28	07:39	
100	733	FRANCISCO FERREIRA	Individual	02:17:59	+45:54	07:40	
101	632	João Dinis Graça Fernandes	Individual	02:18:17	+46:12	07:41	
102	669	Filomena Carvalho	SCPOMBAL/TRAILTEAM	02:19:30	+47:25	07:45	
103	586	Mercês Guarda	Individual	02:19:54	+47:49	07:46	
104	651	Manuel Gaspar	Malamens	02:19:59	+47:54	07:47	
105	663	João Antunes	RUN 4 FUN	02:20:18	+48:13	07:48	
106	602	Vitor santos	Individual	02:20:48	+48:43	07:49	
107	688	Nancy Cantante	Talentos Objetivos	02:20:59	+48:54	07:50	
108	531	Fernando Medeiros	Avelar Sunset Team	02:22:39	+50:34	07:55	
109	594	Hugo Filipe Pereira Faustino	Individual	02:22:55	+50:50	07:56	
110	662	António Manuel Ferreira Mendes	Ratatui Team	02:23:06	+51:01	07:57	
111	524	Lurdes Gaspar	ARLU TRAIL	02:23:08	+51:03	07:57	
112	657	Helder Abreu	NCA Águias	02:25:02	+52:57	08:03	
113	698	Alfredo Valente	Trail da Amizade Runners	02:25:34	+53:29	08:05	
114	636	José Martins	trail da ladeia running team	02:25:42	+53:37	08:06	
115	542	José Rato	Clube de Atletismo da Nazaré	02:26:13	+54:08	08:07	
116	533	Nélia Pedrosa	Bairro dos Anjos	02:26:22	+54:17	08:08	
117	635	Jorge Manuel Jesus Rocha	Individual	02:26:57	+54:52	08:10	
118	554	Carlos António Mota Longo da Conceição	cscrffcharneca	02:27:14	+55:09	08:11	
119	555	Miguel Ângelo Duarte das Neves Matias	cscrffcharneca	02:27:17	+55:12	08:11	
120	567	Stefany Oliveira	Grupo Alegre Unido Bajouca	02:27:21	+55:16	08:11	
121	674	Hélder Gonçalves	SCPOMBAL/TRAILTEAM	02:27:57	+55:52	08:13	
122	557	Luís Fernando Rocha das Neves	cscrffcharneca	02:28:03	+55:58	08:14	
123	515	Simão G.F.	ADR "O Relâmpago"	02:28:24	+56:19	08:15	
124	503	Pedro Natário	100 Gás Trail Team	02:28:31	+56:26	08:15	
125	710	Fernando Braz	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:28:34	+56:29	08:15	
126	519	Diogo Tavares	Ansibikers	02:28:34	+56:29	08:15	
127	597	José Freitas	Individual	02:28:35	+56:30	08:15	
128	708	Roberto Duarte	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:28:55	+56:50	08:16	
129	603	Tiago Rafael Duarte de Oliveira	Individual	02:28:58	+56:53	08:17	
130	622	Ricardo Gomes	Individual	02:29:01	+56:56	08:17	
131	562	FILIPPE ALEXANDRE DE LIMA	Gaspar & Costa	02:29:14	+57:09	08:17	
132	667	Samuel Gaspar	SCPOMBAL/TRAILTEAM	02:29:24	+57:19	08:18	

TRAIL SPRINT - STAGE 1

18 KM

**R**  
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	737	Ricardo Mainha	Individual	02:30:14	+58:09	08:21	
134	522	Marco Simões	ARLU TRAIL	02:31:33	+59:28	08:25	
135	535	José Saraiva	Bairro dos Anjos	02:31:39	+59:34	08:26	
136	691	Cristina Teixeira	Talentos Objetivos	02:31:40	+59:35	08:26	
137	504	Fernando Tavares	100 Gás Trail Team	02:32:15	+01:00:10	08:27	
138	553	António João Duarte Santana	cscrffcharneca	02:32:24	+01:00:19	08:28	
139	723	NUNO CARVALHO	VILAVENTURA TRAIL	02:34:27	+01:02:22	08:35	
140	666	Telma Lopes	SCPOMBAL/TRAILTEAM	02:34:44	+01:02:39	08:36	
141	683	Stephanie Silva	SicóTrilhos	02:35:02	+01:02:57	08:37	
142	596	João Monteiro	Individual	02:35:33	+01:03:28	08:38	
143	540	Jorge Agostinho	CA Barreira	02:36:09	+01:04:04	08:40	
144	709	Isabel Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:37:08	+01:05:03	08:44	
145	560	Nelson Sousa	G.A.Caranguejeira	02:37:47	+01:05:42	08:46	
146	655	SÓNIA DOMINGUES PEREIRA	NCA Águias	02:39:21	+01:07:16	08:51	
147	631	Helder Nunes	Individual	02:39:47	+01:07:42	08:53	
148	707	Daniel Marcos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:39:59	+01:07:54	08:53	
149	639	Fernando Pinheiro	Individual	02:40:30	+01:08:25	08:55	
150	556	Jorge Manuel Fernandes Figueiral	cscrffcharneca	02:41:42	+01:09:37	08:59	
151	572	Silvia Franco	Grupo Alegre Unido Bajouca	02:41:47	+01:09:42	08:59	
152	518	Verónica Serrano	Ansibikers	02:41:51	+01:09:46	09:00	
153	514	Lino Carraco	ACRM Silveirinha Grande Claras	02:42:56	+01:10:51	09:03	
154	616	Bruno Dinis	Individual	02:44:32	+01:12:27	09:08	
155	628	António Madeira	Individual	02:44:36	+01:12:31	09:09	
156	660	Isabel Cravo	NDAP	02:45:51	+01:13:46	09:13	
157	644	Vitor Manuel Borges Fontes	Individual	02:45:59	+01:13:54	09:13	
158	584	Carla Gomes	100 Gás Trail Team	02:46:31	+01:14:26	09:15	
159	675	Tânia Silva	SicóTrilhos	02:48:25	+01:16:20	09:21	
160	718	Joao Lopes	VILAVENTURA TRAIL	02:49:41	+01:17:36	09:26	
161	722	MARCO PASCOAL	VILAVENTURA TRAIL	02:49:42	+01:17:37	09:26	
162	701	Sabine Ferreira	trail da ladeia running team	02:52:33	+01:20:28	09:35	
163	529	Sandra Antunes	As Gazelas	02:53:49	+01:21:44	09:39	
164	590	Carlos Diogo Ribeiro Mendes	Individual	02:53:54	+01:21:49	09:40	
165	717	João Carlos Santos Nogueira	VILAVENTURA TRAIL	02:54:06	+01:22:01	09:40	
166	681	Tiago Freire	SicóTrilhos	02:54:11	+01:22:06	09:41	
167	610	Sónia Belém Mendes	Trail da Amizade Runners	02:54:59	+01:22:54	09:43	
168	571	Anabela Fernandes	Grupo Alegre Unido Bajouca	02:56:11	+01:24:06	09:47	
169	668	Raquel Francisco	SCPOMBAL/TRAILTEAM	02:58:26	+01:26:21	09:55	
170	670	Renato Santos	SCPOMBAL/TRAILTEAM	02:58:32	+01:26:27	09:55	
171	566	Luísa Areia	Grupo Alegre Unido Bajouca	03:00:23	+01:28:18	10:01	
172	530	Maria João	As Gazelas	03:02:05	+01:30:00	10:07	
173	724	Hélder sousa monteiro	VILAVENTURA TRAIL	03:02:07	+01:30:02	10:07	
174	589	André Monteiro	Individual	03:04:17	+01:32:12	10:14	
175	588	Alexandre Manuel Ribeiro Mendes	Individual	03:04:33	+01:32:28	10:15	
176	600	Pedro Carvalho da Silva	Individual	03:05:06	+01:33:01	10:17	
177	606	Neuza Monteiro	Individual	03:06:05	+01:34:00	10:20	
178	620	Mário Serrano	Individual	03:06:05	+01:34:00	10:20	

## TRAIL SPRINT - STAGE 1

18 KM

### OFFICIAL RESULT



RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
179	587	Tânia da Silva Gaspar	Individual	03:06:17	+01:34:12	10:21	
180	705	Luís Simões	trail da ladeia running team	03:07:58	+01:35:53	10:27	
181	700	Gonçalo Vintém	trail da ladeia running team	03:09:53	+01:37:48	10:33	
182	595	João Carrasqueira	Individual	03:11:33	+01:39:28	10:39	
183	730	Filipe Cortez Pereira	Individual	03:13:01	+01:40:56	10:43	
184	706	Patrícia Gameiro Gomes	Trilho do Castelejo	03:13:39	+01:41:34	10:45	
185	637	Norberto Abreu	Individual	03:13:43	+01:41:38	10:46	
186	501	Marisa Gomes	100 Gás Trail Team	03:14:14	+01:42:09	10:47	
187	695	Melanie Pires	Trail da Amizade Runners	03:14:14	+01:42:09	10:47	
188	612	Isabel Simões	Individual	03:14:26	+01:42:21	10:48	
189	618	Jaime Ferro	Individual	03:16:59	+01:44:54	10:57	
190	585	Elsa Ferro	Individual	03:16:59	+01:44:54	10:57	
191	712	Gary Quintal	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	03:19:36	+01:47:31	11:05	
192	614	Maria Ramos	Individual	03:20:13	+01:48:08	11:07	
193	507	Sónia Monteiro	AC Batalha	03:22:46	+01:50:41	11:16	
194	608	Paula Virgínia dos Santos Marques	Individual	03:31:36	+01:59:31	11:45	
195	736	Arlindo de Jesus Oliveira	Devagar devagarinho....	03:35:48	+02:03:43	11:59	
196	643	Virgílio Oliveira	Individual	03:36:37	+02:04:32	12:02	
197	609	Rita Adriano	Individual	03:36:40	+02:04:35	12:02	
198	704	José Cordeiro Vintém	trail da ladeia running team	03:45:09	+02:13:04	12:31	
199	699	Mariana Vintém	trail da ladeia running team	03:45:10	+02:13:05	12:31	
200	605	Joana Bexiga	Individual	03:57:38	+02:25:33	13:12	
201	543	Luis Delgado	Clube de Atletismo da Nazaré	04:16:58	+02:44:53	14:17	
202	607	Fátima Pereira	Individual	04:26:17	+02:54:12	14:48	
203	694	Jorge Ribeiro	Team Trail Solidário do 25	04:28:58	+02:56:53	14:57	

## Trail Sprint

18 KM

**OFFICIAL RESULT**

**R**  
REVISED

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

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	Time	Temperature	Humidity
Start	09:30	13,2°C	71%
End	13:59	13,2°C	71%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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## Senior Feminino

1	664	Carolina Rosa	SCPOMBAL/TRAILTEAM	Senior Feminino	02:04:37		06:55
2	665	Inês Tomás	SCPOMBAL/TRAILTEAM	Senior Feminino	02:06:37	+01:59	07:02
3	652	Carolina Simões	NCA Águias	Senior Feminino	02:13:24	+08:47	07:25
4	548	Cátia Montez	CPR A-DO-BARBAS	Senior Feminino	02:16:05	+11:28	07:34
5	646	Maria Inês da Silva Oliveira	LAMA SOLTA	Senior Feminino	02:17:17	+12:39	07:38
6	586	Mercês Guarda	Individual	Senior Feminino	02:19:54	+15:16	07:46
7	688	Nancy Cantante	Talentos Objetivos	Senior Feminino	02:20:59	+16:21	07:50
8	567	Stefany Oliveira	Grupo Alegre Unido Bajouca	Senior Feminino	02:27:21	+22:43	08:11
9	666	Telma Lopes	SCPOMBAL/TRAILTEAM	Senior Feminino	02:34:44	+30:06	08:36
10	518	Verónica Serrano	Ansibikers	Senior Feminino	02:41:51	+37:14	09:00
11	660	Isabel Cravo	NDAP	Senior Feminino	02:45:51	+41:13	09:13
12	584	Carla Gomes	100 Gás Trail Team	Senior Feminino	02:46:31	+41:53	09:15
13	675	Tânia Silva	SicóTrilhos	Senior Feminino	02:48:25	+43:47	09:21
14	566	Luísa Areia	Grupo Alegre Unido Bajouca	Senior Feminino	03:00:23	+55:45	10:01
15	587	Tânia da Silva Gaspar	Individual	Senior Feminino	03:06:17	+01:01:40	10:21
16	706	Patrícia Gameiro Gomes	Trilho do Castelejo	Senior Feminino	03:13:39	+01:09:01	10:45
17	501	Marisa Gomes	100 Gás Trail Team	Senior Feminino	03:14:14	+01:09:36	10:47
18	695	Melanie Pires	Trail da Amizade Runners	Senior Feminino	03:14:14	+01:09:36	10:47
19	585	Elsa Ferro	Individual	Senior Feminino	03:16:59	+01:12:22	10:57

## Senior Masculino

1	541	João Santos	Clube de Atletismo da Nazaré	Senior Masculino	01:34:37		05:15
2	546	Rafael Matias	Clube Desportivo de Espite	Senior Masculino	01:34:53	+00:15	05:16
3	537	Tiago Alves	BTTalhos Bike Team	Senior Masculino	01:38:42	+04:05	05:29
4	517	Joel Silva	ADR Mata	Senior Masculino	01:38:46	+04:09	05:29
5	549	Alexandre Sousa	CPR A-DO-BARBAS	Senior Masculino	01:39:33	+04:55	05:32
6	689	David Marques	Talentos Objetivos	Senior Masculino	01:42:30	+07:53	05:42
7	550	Pedro Silva	CPR A-DO-BARBAS	Senior Masculino	01:42:43	+08:06	05:42
8	677	Luis Lopes	SicóTrilhos	Senior Masculino	01:44:31	+09:54	05:48
9	715	Cláudio Nóbrega	VILAVENTURA TRAIL	Senior Masculino	01:47:08	+12:31	05:57
10	523	Rodrigo Noivo	ARLU TRAIL	Senior Masculino	01:48:15	+13:38	06:01
11	545	Micael Costa	Clube Desportivo de Espite	Senior Masculino	01:50:18	+15:40	06:08
12	678	Nelson Filipe Ferreira Lopes	SicóTrilhos	Senior Masculino	01:50:24	+15:47	06:08
13	676	Diogo Nunes	SicóTrilhos	Senior Masculino	01:51:25	+16:48	06:11
14	521	Elio Silva	ARLU TRAIL	Senior Masculino	01:51:33	+16:55	06:12
15	516	João Santana	ADR Mata	Senior Masculino	01:52:26	+17:49	06:15
16	716	Hernâni Ferreira	VILAVENTURA TRAIL	Senior Masculino	01:58:13	+23:36	06:34
17	680	Renato Carvalho	SicóTrilhos	Senior Masculino	01:58:18	+23:41	06:34

Official Timekeeper: Lap2Go	1 / 6	generate 26-abr-2024 10:45
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## Trail Sprint

18 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

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18	568	Fábio Ferreira	Grupo Alegre Unido Bajouca	Senior Masculino	02:01:03	+26:26	06:44
19	569	Marco Reis	Grupo Alegre Unido Bajouca	Senior Masculino	02:02:07	+27:29	06:47
20	564	João Reis	GDRC UNIDOS	Senior Masculino	02:03:01	+28:24	06:50
21	591	Edgar Manso	Individual	Senior Masculino	02:07:25	+32:47	07:05
22	648	Jorge Henriques	Lourival Bike Team	Senior Masculino	02:08:10	+33:32	07:07
23	582	Daniel Janeiro	GURUS-SUP	Senior Masculino	02:08:28	+33:51	07:08
24	598	Martim Santos	Individual	Senior Masculino	02:12:37	+38:00	07:22
25	601	Pedro Pereira	Individual	Senior Masculino	02:13:16	+38:38	07:24
26	565	Luis Rosa	GDRC UNIDOS	Senior Masculino	02:15:45	+41:08	07:33
27	599	Nuno Alexandre	Individual	Senior Masculino	02:15:57	+41:20	07:33
28	502	João Gonçalves	100 Gás Trail Team	Senior Masculino	02:15:59	+41:22	07:33
29	690	Tiago Oliveira	Talentos Objetivos	Senior Masculino	02:16:31	+41:54	07:35
30	733	FRANCISCO FERREIRA	Individual	Senior Masculino	02:17:59	+43:22	07:40
31	663	João Antunes	RUN 4 FUN	Senior Masculino	02:20:18	+45:41	07:48
32	602	Vitor santos	Individual	Senior Masculino	02:20:48	+46:11	07:49
33	594	Hugo Filipe Pereira Faustino	Individual	Senior Masculino	02:22:55	+48:18	07:56
34	597	José Freitas	Individual	Senior Masculino	02:28:35	+53:58	08:15
35	708	Roberto Duarte	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	02:28:55	+54:18	08:16
36	667	Samuel Gaspar	SCPOMBAL/TRAILTEAM	Senior Masculino	02:29:24	+54:47	08:18
37	737	Ricardo Mainha	Individual	Senior Masculino	02:30:14	+55:37	08:21
38	522	Marco Simões	ARLU TRAIL	Senior Masculino	02:31:33	+56:56	08:25
39	596	João Monteiro	Individual	Senior Masculino	02:35:33	+01:00:56	08:38
40	707	Daniel Marcos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	02:39:59	+01:05:22	08:53
41	718	Joao Lopes	VILAVENTURA TRAIL	Senior Masculino	02:49:41	+01:15:04	09:26
42	590	Carlos Diogo Ribeiro Mendes	Individual	Senior Masculino	02:53:54	+01:19:17	09:40
43	717	João Carlos Santos Nogueira	VILAVENTURA TRAIL	Senior Masculino	02:54:06	+01:19:29	09:40
44	681	Tiago Freire	SicóTrilhos	Senior Masculino	02:54:11	+01:19:34	09:41
45	589	André Monteiro	Individual	Senior Masculino	03:04:17	+01:29:39	10:14
46	588	Alexandre Manuel Ribeiro Mendes	Individual	Senior Masculino	03:04:33	+01:29:56	10:15
47	600	Pedro Carvalho da Silva	Individual	Senior Masculino	03:05:06	+01:30:29	10:17
48	595	João Carrasqueira	Individual	Senior Masculino	03:11:33	+01:36:56	10:39

## Sub 23 Feminino

1	668	Raquel Francisco	SCPOMBAL/TRAILTEAM	Sub 23 Feminino	02:58:26		09:55
2	699	Mariana Vintém	trail da ladeia running team	Sub 23 Feminino	03:45:10	+46:43	12:31

## Sub 23 Masculino

1	570	João Tavares Pedrosa	Grupo Alegre Unido Bajouca	Sub 23 Masculino	01:38:29		05:28
2	721	Rúben Vieira	VILAVENTURA TRAIL	Sub 23 Masculino	01:56:11	+17:42	06:27
3	719	Bernardo Monteiro	VILAVENTURA TRAIL	Sub 23 Masculino	02:10:33	+32:04	07:15
4	720	Carlos Capitão	VILAVENTURA TRAIL	Sub 23 Masculino	02:13:19	+34:50	07:24
5	682	Tomás Claro	SicóTrilhos	Sub 23 Masculino	02:15:56	+37:27	07:33

Official Timekeeper: Lap2Go	2 / 6	generate 26-abr-2024 10:45
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## Trail Sprint

18 KM

OFFICIAL RESULT

**R**  
REVISED

6	519	Diogo Tavares	Ansibikers	Sub 23 Masculino	02:28:34	+50:05	08:15
7	603	Tiago Rafael Duarte de Oliveira	Individual	Sub 23 Masculino	02:28:58	+50:29	08:17
8	700	Gonçalo Vintém	trail da ladeia running team	Sub 23 Masculino	03:09:53	+01:31:23	10:33

## Veterana F40

1	547	Sofia Vieira	Clube Desportivo de Espite	Veterana F40	01:50:15		06:07
2	692	Marisa Bregieiro	Talentos Objetivos	Veterana F40	01:57:30	+07:15	06:32
3	691	Cristina Teixeira	Talentos Objetivos	Veterana F40	02:31:40	+41:25	08:26
4	529	Sandra Antunes	As Gazelas	Veterana F40	02:53:49	+01:03:34	09:39
5	606	Neuza Monteiro	Individual	Veterana F40	03:06:05	+01:15:49	10:20
6	605	Joana Bexiga	Individual	Veterana F40	03:57:38	+02:07:23	13:12

## Veterana F45

1	653	Virgínia Simões	NCA Águias	Veterana F45	02:12:51		07:23
2	2	Gina Maria Estrela Domingues	SCPOMBAL/TRAILTEAM	Veterana F45	02:13:43	+00:52	07:26
3	669	Filomena Carvalho	SCPOMBAL/TRAILTEAM	Veterana F45	02:19:30	+06:39	07:45
4	533	Nélia Pedrosa	Bairro dos Anjos	Veterana F45	02:26:22	+13:30	08:08
5	709	Isabel Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F45	02:37:08	+24:17	08:44
6	701	Sabine Ferreira	trail da ladeia running team	Veterana F45	02:52:33	+39:41	09:35
7	610	Sónia Belém Mendes	Trail da Amizade Runners	Veterana F45	02:54:59	+42:07	09:43
8	507	Sónia Monteiro	AC Batalha	Veterana F45	03:22:46	+01:09:55	11:16
9	608	Paula Virgínia dos Santos Marques	Individual	Veterana F45	03:31:36	+01:18:44	11:45
10	609	Rita Adriano	Individual	Veterana F45	03:36:40	+01:23:49	12:02
11	607	Fátima Pereira	Individual	Veterana F45	04:26:17	+02:13:26	14:48

## Veterana F50

1	534	Sandra Gonçalves	Bairro dos Anjos	Veterana F50	02:09:34		07:12
2	524	Lurdes Gaspar	ARLU TRAIL	Veterana F50	02:23:08	+13:34	07:57
3	683	Stephanie Silva	SicóTrilhos	Veterana F50	02:35:02	+25:28	08:37
4	655	SÓNIA DOMINGUES PEREIRA	NCA Águias	Veterana F50	02:39:21	+29:46	08:51
5	572	Silvia Franco	Grupo Alegre Unido Bajouca	Veterana F50	02:41:47	+32:13	08:59
6	571	Anabela Fernandes	Grupo Alegre Unido Bajouca	Veterana F50	02:56:11	+46:36	09:47
7	530	Maria João	As Gazelas	Veterana F50	03:02:05	+52:31	10:07
8	612	Isabel Simões	Individual	Veterana F50	03:14:26	+01:04:52	10:48
9	614	Maria Ramos	Individual	Veterana F50	03:20:13	+01:10:39	11:07

## Veterano M40

1	656	Luís Lisboa	NCA Águias	Veterano M40	01:41:12		05:37
2	574	Hugo Horta	Grupo Alegre Unido Bajouca	Veterano M40	01:43:34	+02:21	05:45
3	559	Luis Campino	G.A.Caranguejeira	Veterano M40	01:45:14	+04:02	05:51

Official Timekeeper: Lap2Go	3 / 6	generate 26-abr-2024 10:45
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## Trail Sprint

18 KM



### OFFICIAL RESULT

4	619	José Oliveira	Individual	Veterano M40	01:48:48	+07:35	06:03
5	615	António Oliveira	Individual	Veterano M40	01:51:06	+09:53	06:10
6	528	Rui João	ARMeirinhas	Veterano M40	01:51:20	+10:07	06:11
7	520	Alexandre Marcelo	Ansibikers	Veterano M40	01:55:00	+13:47	06:23
8	573	Fernando Domingues	Grupo Alegre Unido Bajouca	Veterano M40	01:56:30	+15:17	06:28
9	744	Bruno Jorge	VILAVENTURA TRAIL	Veterano M40	01:57:07	+15:55	06:30
10	645	Joaquim Duarte	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M40	01:59:25	+18:13	06:38
11	684	Milton José Rodrigues Branco	SicóTrilhos	Veterano M40	02:00:10	+18:58	06:41
12	558	João Josadak Acácio de Carvalho	FISIOSFERA	Veterano M40	02:02:59	+21:46	06:50
13	685	TIAGO FILIPE MARQUES OLIVEIRA	SicóTrilhos	Veterano M40	02:03:09	+21:56	06:50
14	621	Renato Martins	Individual	Veterano M40	02:07:00	+25:47	07:03
15	525	Gonçalo Ferreira	ARLU TRAIL	Veterano M40	02:10:45	+29:32	07:16
16	623	Rui Neves	Individual	Veterano M40	02:15:31	+34:19	07:32
17	624	Rui Rodrigues Silva	Individual	Veterano M40	02:17:09	+35:56	07:37
18	617	Helder dos Santos Russo Faia	Individual	Veterano M40	02:17:26	+36:13	07:38
19	662	António Manuel Ferreira Mendes	Ratatui Team	Veterano M40	02:23:06	+41:53	07:57
20	710	Fernando Braz	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M40	02:28:34	+47:21	08:15
21	622	Ricardo Gomes	Individual	Veterano M40	02:29:01	+47:49	08:17
22	562	FILIPE ALEXANDRE DE LIMA	Gaspar & Costa	Veterano M40	02:29:14	+48:01	08:17
23	553	António João Duarte Santana	cscrfcharneca	Veterano M40	02:32:24	+51:12	08:28
24	723	NUNO CARVALHO	VILAVENTURA TRAIL	Veterano M40	02:34:27	+53:14	08:35
25	616	Bruno Dinis	Individual	Veterano M40	02:44:32	+01:03:19	09:08
26	722	MARCO PASCOAL	VILAVENTURA TRAIL	Veterano M40	02:49:42	+01:08:30	09:26
27	670	Renato Santos	SCPOMBAL/TRAILTEAM	Veterano M40	02:58:32	+01:17:19	09:55
28	620	Mário Serrano	Individual	Veterano M40	03:06:05	+01:24:52	10:20
29	730	Filipe Cortez Pereira	Individual	Veterano M40	03:13:01	+01:31:48	10:43
30	618	Jaime Ferro	Individual	Veterano M40	03:16:59	+01:35:46	10:57
31	694	Jorge Ribeiro	Team Trail Solidário do 25	Veterano M40	04:28:58	+02:47:45	14:57

## Veterano M45

1	551	Sérgio Junqueira	CPR A-DO-BARBAS	Veterano M45	01:35:00		05:17
2	575	Joel Couto	Grupo Alegre Unido Bajouca	Veterano M45	01:38:05	+03:05	05:27
3	526	Rui Isidoro	ARLU TRAIL	Veterano M45	01:46:14	+11:14	05:54
4	633	João Pedro Rodrigues	Individual	Veterano M45	01:53:17	+18:17	06:18
5	697	Pedro M L Quelhas	Trail da Amizade Runners	Veterano M45	01:53:21	+18:21	06:18
6	647	VÍTOR HUGO DA GRAÇA SIMÕES	LAMA SOLTA	Veterano M45	01:54:56	+19:56	06:23
7	634	Joel Ferreira Costa	Individual	Veterano M45	01:58:30	+23:30	06:35
8	576	Otelo Pereira	Grupo Alegre Unido Bajouca	Veterano M45	02:02:20	+27:19	06:48
9	650	Norberto Rosa	Malamens	Veterano M45	02:02:29	+27:29	06:48
10	630	Hélder Manuel dos Santos Morais Freire	Individual	Veterano M45	02:04:03	+29:03	06:53
11	735	Luis Fernandes	CPR A-DO-BARBAS	Veterano M45	02:04:27	+29:26	06:55
12	629	Énio Mota	ARLU TRAIL	Veterano M45	02:05:27	+30:26	06:58
13	671	Luís Rodrigues	SCPOMBAL/TRAILTEAM	Veterano M45	02:06:35	+31:35	07:02

Official Timekeeper: Lap2Go	4 / 6	generate 26-abr-2024 10:45
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## Trail Sprint

**18 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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

14	703	Carlos Matias	trail da ladeia running team	Veterano M45	02:12:39	+37:39	07:22
15	627	Álvaro Nidegger	Individual	Veterano M45	02:14:53	+39:52	07:30
16	577	Tomé Fernandes	Grupo Alegre Unido Bajouca	Veterano M45	02:16:32	+41:32	07:35
17	632	João Dinis Graça Fernandes	Individual	Veterano M45	02:18:17	+43:17	07:41
18	657	Helder Abreu	NCA Águias	Veterano M45	02:25:02	+50:02	08:03
19	636	José Martins	trail da ladeia running team	Veterano M45	02:25:42	+50:42	08:06
20	635	Jorge Manuel Jesus Rocha	Individual	Veterano M45	02:26:57	+51:57	08:10
21	515	Simão G.F.	ADR "O Relâmpago"	Veterano M45	02:28:24	+53:24	08:15
22	503	Pedro Natário	100 Gás Trail Team	Veterano M45	02:28:31	+53:31	08:15
23	560	Nelson Sousa	G.A.Caranguejeira	Veterano M45	02:37:47	+01:02:47	08:46
24	631	Helder Nunes	Individual	Veterano M45	02:39:47	+01:04:47	08:53
25	628	António Madeira	Individual	Veterano M45	02:44:36	+01:09:36	09:09
26	637	Norberto Abreu	Individual	Veterano M45	03:13:43	+01:38:42	10:46
27	712	Gary Quintal	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	03:19:36	+01:44:36	11:05

## Veterano M50

1	510	PEDRO FERREIRA	AC VERMOIL	Veterano M50	01:32:05		05:07
2	509	LICÍNIO CARREIRA	AC VERMOIL	Veterano M50	01:40:47	+08:41	05:36
3	561	Horácio Gaspar	G.A.Caranguejeira	Veterano M50	01:52:53	+20:47	06:16
4	640	João casinhas	Individual	Veterano M50	01:57:04	+24:58	06:30
5	583	Pedro Relvas	GURUS-SUP	Veterano M50	01:59:42	+27:36	06:39
6	641	Joaquim Henriques	Individual	Veterano M50	02:00:36	+28:30	06:42
7	658	Dinis Santos	NCA Águias	Veterano M50	02:05:35	+33:29	06:59
8	732	João Barata	Individual	Veterano M50	02:10:28	+38:22	07:15
9	538	Daniel Lourenço	CA Barreira	Veterano M50	02:13:13	+41:07	07:24
10	527	Vítor Areia	ARLU TRAIL	Veterano M50	02:17:33	+45:27	07:39
11	554	Carlos António Mota Longo da Conceição	cscrfcharneca	Veterano M50	02:27:14	+55:08	08:11
12	555	Miguel Ângelo Duarte das Neves Matias	cscrfcharneca	Veterano M50	02:27:17	+55:12	08:11
13	674	Hélder Gonçalves	SCPOMBAL/TRAILTEAM	Veterano M50	02:27:57	+55:51	08:13
14	535	José Saraiva	Bairro dos Anjos	Veterano M50	02:31:39	+59:33	08:26
15	639	Fernando Pinheiro	Individual	Veterano M50	02:40:30	+01:08:24	08:55
16	705	Luís Simões	trail da ladeia running team	Veterano M50	03:07:58	+01:35:52	10:27
17	704	José Cordeiro Vintém	trail da ladeia running team	Veterano M50	03:45:09	+02:13:03	12:31

## Veterano M55

1	578	Daniel Jaulino	Grupo Alegre Unido Bajouca	Veterano M55	01:44:41		05:49
2	580	Martinho Pedrosa	Grupo Alegre Unido Bajouca	Veterano M55	01:48:11	+03:30	06:01
3	579	Francisco Ferreira	Grupo Alegre Unido Bajouca	Veterano M55	01:53:32	+08:51	06:18
4	539	Germano Capela	CA Barreira	Veterano M55	02:02:15	+17:33	06:47
5	659	Nelson Jorge	NCA Águias	Veterano M55	02:15:15	+30:34	07:31
6	511	VITOR LOPES	AC VERMOIL	Veterano M55	02:17:28	+32:46	07:38

Official Timekeeper: Lap2Go	5 / 6	generate 26-abr-2024 10:45
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## TEAM RESULTS - TRAIL SPRINT MASCULINO

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	GRUPO ALEGRE UNIDO BAJOUCA	5 + 6 + 14 + 16	41
2	CPR A-DO-BARBAS	4 + 9 + 13 + 59	85
3	SICÓTRILHOS	15 + 25 + 28 + 42	110
4	AC VERMOIL	1 + 10 + 19 + 88	118
5	ARLU TRAIL	18 + 22 + 29 + 60	129
6	VILAVENTURA TRAIL	20 + 37 + 40 + 41	138
7	NCA ÁGUIAS	11 + 61 + 77 + 98	247
8	SCPOMBAL/TRAILTEAM	62 + 105 + 116 + 139	422
9	CSCRFCHARNECA	103 + 104 + 106 + 121	434
10	TRAIL DA LADEIA RUNNING TEAM	71 + 100 + 145 + 146	462
11	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	109 + 112 + 127 + 151	499

**MINI TRAIL - STAGE 1**

**12 KM**

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

**OFFICIAL RESULT**

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

	Time	Temperature	Humidity
Start	10:00	15,7°C	58%
End	13:31	15,7°C	58%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1067	Marco Helder Mota Branco Ferreira Gomes	Individual	58:40		04:53	
2	1027	Ricardo Nunes	Grupo Alegre Unido Bajouca	01:02:59	+04:19	05:15	
3	1119	Bruno Antunes	VILAVENTURA TRAIL	01:03:12	+04:32	05:16	
4	1146	Luís Marques	LAMA SOLTA	01:04:42	+06:02	05:23	
5	1089	Alcides Ferreira	NCA Águias	01:05:28	+06:48	05:27	
6	1098	João Gomes	SicóTrilhos	01:05:47	+07:07	05:29	
7	1011	Igor Neves	ACDRS QUINHENDROS	01:06:54	+08:14	05:35	
8	1071	Nuno Ferreira	SCPOMBAL/TRAILTEAM	01:09:44	+11:04	05:49	
9	696	Gabriel Fazenda	Trail da Amizade Runners	01:09:47	+11:07	05:49	
10	1080	Valter Filipe da Silva Gomes	Individual	01:10:09	+11:29	05:51	
11	1153	Afonso Simões	OPraticante.pt/Trail da Ladeia	01:10:31	+11:51	05:53	
12	1081	Diogo Carvalho	Individual	01:10:52	+12:12	05:54	
13	1012	Henrique Carvalheiro	ACRM Silveirinha Grande Claras	01:11:21	+12:41	05:57	
14	1063	José Manuel Gaspar Lopes	Individual	01:14:39	+15:59	06:13	
15	1057	Ivo Neto	Individual	01:15:13	+16:33	06:16	
16	1052	Fernando Godinho	Individual	01:15:32	+16:52	06:18	
17	1154	Gabriel Mendes Lopes	OPraticante.pt/Trail da Ladeia	01:15:35	+16:55	06:18	
18	29	Dário Santos	Individual	01:17:13	+18:33	06:26	
19	1084	Diogo Caseiro	LIZ RUNNERS	01:18:19	+19:39	06:32	
20	1055	Henrique Lavaredas	Individual	01:19:40	+21:00	06:38	
21	741	Tiago Vicente	Hallstar	01:20:04	+21:24	06:40	
22	1073	Nuno Ricardo da Silva Moreira	Individual	01:20:42	+22:02	06:44	
23	1022	Liliana Sofia Ribeiro de Almeida	FISIOSFERA	01:20:57	+22:17	06:45	
24	1083	Ilídio Leal dos Santos	LAMA SOLTA	01:21:39	+22:59	06:48	
25	1095	David Carreira Figueirinha	Runmelt	01:21:45	+23:05	06:49	
26	1125	Carlos Fresco	Xplose	01:21:49	+23:09	06:49	
27	1145	Patrick Carvalho	Diabinhos de Samuel	01:22:45	+24:05	06:54	
28	1058	João Manuel Cordeiro Gonçalves	Individual	01:23:21	+24:41	06:57	
29	1062	Jorge Faria	Individual	01:23:58	+25:18	07:00	
30	1005	MARTA FONSECA	AC VERMOIL	01:25:29	+26:49	07:07	
31	1020	Pedro Rocha	Clube de Atletismo da Nazaré	01:25:34	+26:54	07:08	
32	1018	Bruno Vital	Avelar Sunset Team	01:25:43	+27:03	07:09	
33	1079	Sérgio Miranda	Individual	01:25:46	+27:06	07:09	
34	1064	José Miguel Ferreira santos	Individual	01:26:02	+27:22	07:10	
35	1038	Manuela Frias	Pombal Jornal	01:26:17	+27:37	07:11	
36	1077	Ricardo Curado Torres	Individual	01:26:30	+27:50	07:12	
37	1046	Susana Moreira das Neves	Individual	01:26:38	+27:58	07:13	
38	1147	Marco Murgeiro	Individual	01:26:53	+28:13	07:14	
39	1151	Jorge Ortolá	OPraticante.pt/Trail da Ladeia	01:27:18	+28:38	07:16	
40	1036	Lídia Claro	Individual	01:27:33	+28:53	07:18	
41	1040	Marisa Silva	Individual	01:27:34	+28:54	07:18	

**MINI TRAIL - STAGE 1**

**12 KM**

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	1053	Francisco Sebastião	Individual	01:28:26	+29:46	07:22	
43	1069	Marco santos	Individual	01:28:35	+29:55	07:23	
44	1160	Luís Gadanha	Trail da Amizade Runners	01:30:09	+31:29	07:31	
45	1097	Tânia A	Seleção lá de casa	01:30:15	+31:35	07:31	
46	1031	Catarina Silva	Individual	01:30:17	+31:37	07:31	
47	1099	Matilde Silva	SicóTrilhos	01:31:13	+32:33	07:36	
48	1100	Claudia Silva-SicóTrilhos	SicóTrilhos	01:31:17	+32:37	07:36	
49	1010	Jessica Lopes	ACDRS QUINHENDROS	01:32:25	+33:45	07:42	
50	1019	André Rafael Costa Lopes	CCD CRÉDITO AGRICOLA	01:32:52	+34:12	07:44	
51	1111	Hélder Lopes	Trail da Amizade Runners	01:32:53	+34:13	07:44	
52	1091	José Elisio das Neves Pedrosa	Pedrosa Vending	01:34:02	+35:22	07:50	
53	1050	David Marques	Individual	01:34:05	+35:25	07:50	
54	1017	Vítor Alonso	ActiveLifebyTiagoSilva	01:34:07	+35:27	07:51	
55	1029	Ana Rosário	Individual	01:34:15	+35:35	07:51	
56	1061	Jorge Almeida	Individual	01:34:15	+35:35	07:51	
57	1006	EUGÉNIO MENDES	AC VERMOIL	01:34:50	+36:10	07:54	
58	1066	Luis Miguel Brito Gonçalves	Individual	01:34:54	+36:14	07:54	
59	1078	samuel santos	Individual	01:36:53	+38:13	08:04	
60	1013	Lucidio Dias	ACRM Silveirinha Grande Claras	01:37:57	+39:17	08:10	
61	1060	Joel Martins	Individual	01:38:43	+40:03	08:14	
62	1142	António Simões	Individual	01:38:46	+40:06	08:14	
63	1090	Miguel Santos	PapaTrail	01:39:42	+41:02	08:19	
64	1004	João Carlos Gaspar Simões	100 Gás Trail Team	01:40:07	+41:27	08:21	
65	1074	Paulo Matias	Individual	01:40:49	+42:09	08:24	
66	1118	Filipe Ferreira	Vieira Team	01:41:59	+43:19	08:30	
67	1039	Márcia Lameira	Individual	01:42:00	+43:20	08:30	
68	1115	Marco Santos	Trilhos da Baga	01:42:00	+43:20	08:30	
69	1026	Carine Moreira	Grupo Alegre Unido Bajouca	01:42:16	+43:36	08:31	
70	1075	Rafael Marques	Individual	01:42:19	+43:39	08:32	
71	1088	Márcio Martins	MmCp	01:42:34	+43:54	08:33	
72	1	Pedro Pimpão	Individual	01:42:38	+43:58	08:33	
73	1051	Dino Marques	Individual	01:42:39	+43:59	08:33	
74	1054	gonçalo ramos	Individual	01:42:40	+44:00	08:33	
75	1096	Rita Mendes	Seleção lá de casa	01:42:47	+44:07	08:34	
76	1007	LEANDRO SANTOS	AC VERMOIL	01:43:27	+44:47	08:37	
77	1056	Hugo Lopes	Individual	01:44:10	+45:30	08:41	
78	1021	Bárbara Marina Pereira Martins	FISIOSFERA	01:44:21	+45:41	08:42	
79	1030	Ana Santos	Individual	01:46:35	+47:55	08:53	
80	1035	Isabel Santos	Individual	01:46:35	+47:55	08:53	
81	1068	Marco Moreira	Individual	01:47:35	+48:55	08:58	
82	1001	Cátia Andrade	100 Gás Trail Team	01:47:36	+48:56	08:58	
83	1094	Edite Cardoso	Run & Fun	01:47:59	+49:19	09:00	
84	1076	Renato José de Figueiredo Correia	Individual	01:48:05	+49:25	09:00	
85	1023	Virgínia Cristina Tavares Almeida	FISIOSFERA	01:50:45	+52:05	09:14	
86	1102	Sofia Terceiro	SicóTrilhos	01:52:23	+53:43	09:22	
87	1120	Carla Carvalho	Xplose	01:52:24	+53:44	09:22	

**MINI TRAIL - STAGE 1**
**12 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 - LAP2GO - TIMING SOLUTION

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>	<b>CARD</b>
88	1032	Fátima Marques	Individual	01:52:31	+53:51	09:23	
89	1041	Natália Domingues Duarte Mendes	Individual	01:54:13	+55:33	09:31	
90	1024	CATARINA ISABEL NETO SANTOS	Gaspar & Costa	01:55:54	+57:14	09:39	
91	1072	Nuno Marques	Individual	01:56:45	+58:05	09:44	
92	1014	Ana Margarida Cordeiro Oliveira	ActiveLifebyTiagoSilva	01:56:46	+58:06	09:44	
93	1085	Elisabete Pereira	Malamens	01:56:46	+58:06	09:44	
94	1086	Gilvania Gaspar	Malamens	01:56:47	+58:07	09:44	
95	1112	Beatriz Ferreira Anastácio	trail da ladeia running team	01:56:49	+58:09	09:44	
96	1116	Ana Simões	Vieira Team	01:57:13	+58:33	09:46	
97	1117	Sofia Farias	Vieira Team	01:57:17	+58:37	09:46	
98	1092	Anabela Cruz	Run & Fun	02:00:29	+01:01:49	10:02	
99	1044	Rita Isabel Alves Gonçalves	Individual	02:01:00	+01:02:20	10:05	
100	1037	Liliana Marques	Individual	02:01:57	+01:03:17	10:10	
101	1152	Sónia Mendes	OPraticante.pt/Trail da Ladeia	02:05:19	+01:06:39	10:27	
102	1087	Carla Pimenta	MmCp	02:05:24	+01:06:44	10:27	
103	1157	Inês Freitas	SicóTrilhos	02:05:25	+01:06:45	10:27	
104	1103	Hugo Barros	SicóTrilhos	02:05:26	+01:06:46	10:27	
105	1149	Tiago Barros	SicóTrilhos	02:05:26	+01:06:46	10:27	
106	1106	Mara Andreia Gonçalves dos Santos	SUMOL+COMPAL	02:05:27	+01:06:47	10:27	
107	1002	MARGARIDA LIMA	100 Gás Trail Team	02:05:27	+01:06:47	10:27	
108	1003	HELDER CARRASQUEIRA	100 Gás Trail Team	02:05:28	+01:06:48	10:27	
109	1114	Licinia Freire	trail da ladeia running team	02:05:34	+01:06:54	10:28	
110	702	Marisa Teixeira	trail da ladeia running team	02:05:39	+01:06:59	10:28	
111	1093	Diana Lopes	Run & Fun	02:05:59	+01:07:19	10:30	
112	1070	Nelson Santos Nogueira	VILAVENTURA TRAIL	02:06:41	+01:08:01	10:33	
113	1025	PATRÍCIA PIMENTA GASPAR	Gaspar & Costa	02:07:30	+01:08:50	10:38	
114	1059	João Rocha Quaresma	Individual	02:17:01	+01:18:21	11:25	
115	1122	Cristina Dias	Xplose	02:19:22	+01:20:42	11:37	
116	1015	Helena Alonso	ActiveLifebyTiagoSilva	02:21:57	+01:23:17	11:50	
117	1016	António Trigo	ActiveLifebyTiagoSilva	02:21:58	+01:23:18	11:50	
118	613	Maria Celmira Lourenço Teixeira	Individual	02:23:02	+01:24:22	11:55	
119	1155	Helena Marques	Individual	02:49:30	+01:50:50	14:07	
120	1045	Rosa Jerónimo	Individual	02:52:18	+01:53:38	14:21	
121	1034	Graça Calisto	Individual	02:52:18	+01:53:38	14:22	
122	1124	Salomé Almeida	Xplose	02:59:35	+02:00:55	14:58	
123	1121	Catarina Vieira	Xplose	02:59:36	+02:00:56	14:58	
124	1126	Tiago Carvalho	Xplose	02:59:36	+02:00:56	14:58	
125	1110	Noemie Freire	Team Trail Solidário do 25	03:28:23	+02:29:43	17:22	
126	1156	Beatriz Rebelo	Individual	03:28:23	+02:29:43	17:22	

## Mini Trail

12 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

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	Time	Temperature	Humidity
Start	10:00	15,7°C	58%
End	13:31	15,7°C	58%

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

1	1098	João Gomes	SicóTrilhos	Junior Masculino	01:05:47		05:29
2	1020	Pedro Rocha	Clube de Atletismo da Nazaré	Junior Masculino	01:25:34	+19:46	07:08

### Juvenil Feminino

1	1099	Matilde Silva	SicóTrilhos	Juvenil Feminino	01:31:13		07:36
2	1112	Beatriz Ferreira Anastácio	trail da ladeia running team	Juvenil Feminino	01:56:49	+25:35	09:44

### Juvenil Masculino

1	696	Gabriel Fazenda	Trail da Amizade Runners	Juvenil Masculino	01:09:47		05:49
2	1153	Afonso Simões	OPraticante.pt/Trail da Ladeia	Juvenil Masculino	01:10:31	+00:44	05:53
3	1154	Gabriel Mendes Lopes	OPraticante.pt/Trail da Ladeia	Juvenil Masculino	01:15:35	+05:48	06:18

### Senior Feminino

1	1022	Liliana Sofia Ribeiro de Almeida	FISIOSFERA	Senior Feminino	01:20:57		06:45
2	1005	MARTA FONSECA	AC VERMOIL	Senior Feminino	01:25:29	+04:31	07:07
3	1038	Manuela Frias	Pombal Jornal	Senior Feminino	01:26:17	+05:19	07:11
4	1046	Susana Moreira das Neves	Individual	Senior Feminino	01:26:38	+05:40	07:13
5	1036	Lídia Claro	Individual	Senior Feminino	01:27:33	+06:35	07:18
6	1040	Marisa Silva	Individual	Senior Feminino	01:27:34	+06:36	07:18
7	1097	Tânia A	Seleção lá de casa	Senior Feminino	01:30:15	+09:17	07:31
8	1031	Catarina Silva	Individual	Senior Feminino	01:30:17	+09:19	07:31
9	1100	Claudia Silva-SicóTrilhos	SicóTrilhos	Senior Feminino	01:31:17	+10:19	07:36
10	1010	Jessica Lopes	ACDRS QUINHENDROS	Senior Feminino	01:32:25	+11:27	07:42
11	1029	Ana Rosário	Individual	Senior Feminino	01:34:15	+13:17	07:51
12	1039	Márcia Lameira	Individual	Senior Feminino	01:42:00	+21:02	08:30
13	1026	Carine Moreira	Grupo Alegre Unido Bajouca	Senior Feminino	01:42:16	+21:18	08:31
14	1096	Rita Mendes	Seleção lá de casa	Senior Feminino	01:42:47	+21:49	08:34
15	1021	Bárbara Marina Pereira Martins	FISIOSFERA	Senior Feminino	01:44:21	+23:23	08:42
16	1030	Ana Santos	Individual	Senior Feminino	01:46:35	+25:37	08:53
17	1035	Isabel Santos	Individual	Senior Feminino	01:46:35	+25:37	08:53
18	1001	Cátia Andrade	100 Gás Trail Team	Senior Feminino	01:47:36	+26:38	08:58
19	1094	Edite Cardoso	Run & Fun	Senior Feminino	01:47:59	+27:01	09:00
20	1023	Virgínia Cristina Tavares Almeida	FISIOSFERA	Senior Feminino	01:50:45	+29:47	09:14
21	1102	Sofia Terceiro	SicóTrilhos	Senior Feminino	01:52:23	+31:26	09:22
22	1120	Carla Carvalho	Xplose	Senior Feminino	01:52:24	+31:26	09:22

Official Timekeeper: Lap2Go	1 / 4	generate 21-abr-2024 14:02
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**Mini Trail**

**12 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

13	29	Dário Santos	Individual	Senior Masculino	01:17:13	+18:32	06:26
14	1084	Diogo Caseiro	LIZ RUNNERS	Senior Masculino	01:18:19	+19:38	06:32
15	1055	Henrique Lavaredas	Individual	Senior Masculino	01:19:40	+21:00	06:38
16	741	Tiago Vicente	Hallstar	Senior Masculino	01:20:04	+21:23	06:40
17	1073	Nuno Ricardo da Silva Moreira	Individual	Senior Masculino	01:20:42	+22:02	06:44
18	1083	Ilídio Leal dos Santos	LAMA SOLTA	Senior Masculino	01:21:39	+22:58	06:48
19	1095	David Carreira Figueirinha	Runmelt	Senior Masculino	01:21:45	+23:04	06:49
20	1125	Carlos Fresco	Xplose	Senior Masculino	01:21:49	+23:09	06:49
21	1145	Patrick Carvalho	Diabinhos de Samuel	Senior Masculino	01:22:45	+24:05	06:54
22	1058	João Manuel Cordeiro Gonçalves	Individual	Senior Masculino	01:23:21	+24:40	06:57
23	1062	Jorge Faria	Individual	Senior Masculino	01:23:58	+25:17	07:00
24	1018	Bruno Vital	Avelar Sunset Team	Senior Masculino	01:25:43	+27:02	07:09
25	1079	Sérgio Miranda	Individual	Senior Masculino	01:25:46	+27:05	07:09
26	1064	José Miguel Ferreira santos	Individual	Senior Masculino	01:26:02	+27:21	07:10
27	1077	Ricardo Curado Torres	Individual	Senior Masculino	01:26:30	+27:49	07:12
28	1147	Marco Murgeiro	Individual	Senior Masculino	01:26:53	+28:12	07:14
29	1151	Jorge Ortolá	OPraticante.pt/Trail da Ladeira	Senior Masculino	01:27:18	+28:37	07:16
30	1053	Francisco Sebastião	Individual	Senior Masculino	01:28:26	+29:46	07:22
31	1069	Marco santos	Individual	Senior Masculino	01:28:35	+29:55	07:23
32	1160	Luís Gadanha	Trail da Amizade Runners	Senior Masculino	01:30:09	+31:29	07:31
33	1019	André Rafael Costa Lopes	CCD CRÉDITO AGRICOLA	Senior Masculino	01:32:52	+34:11	07:44
34	1111	Hélder Lopes	Trail da Amizade Runners	Senior Masculino	01:32:53	+34:12	07:44
35	1091	José Elísio das Neves Pedrosa	Pedrosa Vending	Senior Masculino	01:34:02	+35:21	07:50
36	1050	David Marques	Individual	Senior Masculino	01:34:05	+35:24	07:50
37	1017	Vítor Alonso	ActiveLifebyTiagoSilva	Senior Masculino	01:34:07	+35:26	07:51
38	1061	Jorge Almeida	Individual	Senior Masculino	01:34:15	+35:34	07:51
39	1006	EUGÉNIO MENDES	AC VERMOIL	Senior Masculino	01:34:50	+36:09	07:54
40	1066	Luis Miguel Brito Gonçalves	Individual	Senior Masculino	01:34:54	+36:13	07:54
41	1078	samuel santos	Individual	Senior Masculino	01:36:53	+38:12	08:04
42	1013	Lucidio Dias	ACRM Silveirinha Grande Claras	Senior Masculino	01:37:57	+39:16	08:10
43	1060	Joel Martins	Individual	Senior Masculino	01:38:43	+40:03	08:14
44	1142	António Simões	Individual	Senior Masculino	01:38:46	+40:06	08:14
45	1090	Miguel Santos	PapaTrail	Senior Masculino	01:39:42	+41:02	08:19
46	1004	João Carlos Gaspar Simões	100 Gás Trail Team	Senior Masculino	01:40:07	+41:26	08:21
47	1074	Paulo Matias	Individual	Senior Masculino	01:40:49	+42:08	08:24
48	1118	Filipe Ferreira	Vieira Team	Senior Masculino	01:41:59	+43:18	08:30
49	1115	Marco Santos	Trilhos da Baga	Senior Masculino	01:42:00	+43:20	08:30
50	1075	Rafael Marques	Individual	Senior Masculino	01:42:19	+43:38	08:32
51	1088	Márcio Martins	MmCp	Senior Masculino	01:42:34	+43:53	08:33
52	1	Pedro Pimpão	Individual	Senior Masculino	01:42:38	+43:58	08:33
53	1051	Dino Marques	Individual	Senior Masculino	01:42:39	+43:58	08:33
54	1054	gonçalo ramos	Individual	Senior Masculino	01:42:40	+43:59	08:33
55	1007	LEANDRO SANTOS	AC VERMOIL	Senior Masculino	01:43:27	+44:46	08:37
56	1056	Hugo Lopes	Individual	Senior Masculino	01:44:10	+45:29	08:41
57	1068	Marco Moreira	Individual	Senior Masculino	01:47:35	+48:54	08:58
58	1076	Renato José de Figueiredo Correia	Individual	Senior Masculino	01:48:05	+49:24	09:00

