





21Km

21 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

**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	14°C	79%
End	11:35	14°C	79%

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

1	25	Mariana Mota Ferreira	Individual	Senior Feminino	02:39:53		07:37
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**Senior Masculino**

1	56	João Gomes	Tog Associação Running Team	Senior Masculino	01:45:15		05:01
2	26	Claudio Gomes Miranda	Individual	Senior Masculino	02:07:17	+22:02	06:04
3	27	Rui Botelho	Individual	Senior Masculino	02:27:47	+42:32	07:02

**Veterana F35**

1	28	Andreia Sofia Santos Mota	Individual	Veterana F35	03:03:01		08:43
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**Veterana F40**

1	53	Marlene Pinto	NEXPLORE	Veterana F40	02:51:37		08:10
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**Veterana F45**

1	57	Ana Sá Pinto	Tog Associação Running Team	Veterana F45	02:34:55		07:23
2	58	Maria Neves	Tog Associação Running Team	Veterana F45	02:34:59	+00:03	07:23
3	59	Milita Andrade	Tog Associação Running Team	Veterana F45	02:35:29	+00:33	07:24
4	29	Susana Ferreira	Individual	Veterana F45	02:45:07	+10:12	07:52

**Veterana F50**

1	17	Olga Gouveia	DURIUS A. C. PESQUEIRA	Veterana F50	02:13:35		06:22
2	30	Ana Cristina Cunha	Individual	Veterana F50	02:15:25	+01:49	06:27

**Veterano M35**

1	16	Pedro filipe rodrigues andrade	Cinfães a Correr	Veterano M35	01:41:15		04:49
2	46	João Silva	Linces do Marão	Veterano M35	01:42:37	+01:22	04:53
3	47	Luís Félix	Linces do Marão	Veterano M35	01:44:13	+02:58	04:58
4	2	Gilberto Pimenta	A.D.Amarante	Veterano M35	01:45:19	+04:03	05:01
5	15	Hugo Silva	CB RUN	Veterano M35	01:53:19	+12:04	05:24
6	45	Hélio Polido	Linces do Marão	Veterano M35	02:26:01	+44:46	06:57

Official Timekeeper: Lap2Go	1 / 3	generate 16-jun.-2024 11:37
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**21Km****21 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

7	68	Hugo Lourenço	Individual	Veterano M35	02:38:02	+56:47	07:32
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**Veterano M40**

1	66	José Azevedo	TURBOLENTOS	Veterano M40	02:00:05		05:43
2	33	Augusto Fernandes	Individual	Veterano M40	02:03:30	+03:24	05:53
3	20	Pedro Serra	Endovelico Trail Team	Veterano M40	02:06:54	+06:48	06:03
4	65	Henrique Pereira	TURBOLENTOS	Veterano M40	02:24:06	+24:01	06:52
5	8	Rui Pinto	Amigos do Trail de Mesão Frio	Veterano M40	03:05:19	+01:05:13	08:49

**Veterano M45**

1	35	Domingos Teixeira	Individual	Veterano M45	01:51:08		05:18
2	49	André Lopes	Moloni Running Team	Veterano M45	01:58:22	+07:14	05:38
3	50	Filipe Bráz	Moloni Running Team	Veterano M45	01:58:22	+07:14	05:38
4	11	Luis Gordicho	ARRASTASSOLAS	Veterano M45	02:04:20	+13:12	05:55
5	21	Fernando Ferreira	Endovelico Trail Team	Veterano M45	02:07:34	+16:25	06:04
6	48	Carlos Matos	Linces do Marão	Veterano M45	02:08:33	+17:25	06:07
7	61	Vicente Sousa	Tog Associação Running Team	Veterano M45	02:09:32	+18:24	06:10
8	62	Vítor Manuel Ferreira Cardoso	Tog Associação Running Team	Veterano M45	02:28:41	+37:33	07:05
9	60	Jorge Mesquita	Tog Associação Running Team	Veterano M45	02:34:55	+43:46	07:23
10	54	Pedro Marinho	NEXPLORE	Veterano M45	02:51:36	+01:00:28	08:10

**Veterano M50**

1	3	José Júlio Teixeira	A.D.Amarante	Veterano M50	01:48:17		05:09
2	42	Dario Cardoso	Leões de Tardariz Trail	Veterano M50	02:04:20	+16:02	05:55
3	22	Carlos Martins	Endovelico Trail Team	Veterano M50	02:10:12	+21:54	06:12
4	52	Victor Azevedo	MSS Grupo Desportivo de Gondomar	Veterano M50	02:20:18	+32:00	06:41
5	38	Joel Silva	Individual	Veterano M50	02:45:07	+56:49	07:52

**Veterano M55**

1	40	José Graça	Individual	Veterano M55	02:01:35		05:47
2	4	Nuno Castro	A.D.Amarante	Veterano M55	02:13:31	+11:55	06:21
3	9	Armindo Lopes	ARC Vale S.Cosme	Veterano M55	02:29:13	+27:38	07:06
4	63	José Júnior	Tog Associação Running Team	Veterano M55	02:34:57	+33:22	07:23

**Veterano M60**

1	67	João Gonçalves	Individual	Veterano M60	01:55:11		05:29
2	51	Luís Fontinha	Moloni Running Team	Veterano M60	02:03:23	+08:12	05:53





### 14KM - STAGE 1

### 14 KM

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

## OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:00	14,5°C	71%
End	12:26	14,5°C	71%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	114	Victor Fernandes	A.D.Amarante	01:16:56		05:30	
2	185	Pedro Duarte	Individual	01:18:36	+01:40	05:37	
3	112	Bruno Teixeira	A.D.Amarante	01:19:53	+02:57	05:42	
4	132	Licínio Edgar Ferreira Nascimento	DURIUS A. C. PESQUEIRA	01:21:26	+04:30	05:49	
5	104	António Queirós	A.D.Amarante	01:22:32	+05:36	05:54	
6	137	Vítor das Neves Pereira Vieira	FIDELIDADE GDC	01:23:28	+06:32	05:58	
7	101	Paulo Soares	1LéguaD'trail	01:23:28	+06:33	05:58	
8	102	Tiago Marinho	1LéguaD'trail	01:24:04	+07:08	06:00	
9	120	António Monteiro	AMIGO Trail Run	01:25:57	+09:01	06:08	
10	212	Manuel Gomes	Lamego Pelos Trilhos	01:27:29	+10:33	06:15	
11	198	Americo martins de pinho	Clube Campismo SJM	01:28:57	+12:01	06:21	
12	134	Joaquim Silva	DURIUS A. C. PESQUEIRA	01:29:09	+12:13	06:22	
13	189	VÍTOR ARAÚJO	APSOM	01:29:30	+12:34	06:24	
14	223	Samuel Oliveira	Lobos do Brunheiro de Chaves / Anteros	01:30:41	+13:45	06:29	
15	113	Nuno Moura	A.D.Amarante	01:31:26	+14:30	06:32	
16	233	José Pinto	Turbo kings 2.0/ AD Ancede	01:33:59	+17:03	06:43	
17	131	Diana Batista	DURIUS A. C. PESQUEIRA	01:34:10	+17:14	06:44	
18	224	Domingos domingos	Lobos do Brunheiro de Chaves / Anteros	01:34:11	+17:15	06:44	
19	211	Sergio Lopes	Lamaecus D'ouro	01:35:30	+18:34	06:49	
20	119	Nuno Pereira	AMIGO Trail Run	01:35:46	+18:50	06:50	
21	199	Armindo Ribeiro	Individual	01:36:10	+19:14	06:52	
22	232	Tony Teixeira	Turbo kings 2.0/ AD Ancede	01:36:22	+19:26	06:53	
23	229	Bruno Ferreira	Turbo kings 2.0/ AD Ancede	01:36:49	+19:53	06:55	
24	154	Rafael Marques Claro	Individual	01:37:09	+20:13	06:56	
25	209	Pedro Vicente	Lamaecus D'ouro	01:37:19	+20:23	06:57	
26	227	Jorge Silva	Tiago e Jorge	01:37:25	+20:29	06:57	
27	121	Joaquim ferreira	AMIGO Trail Run	01:37:34	+20:38	06:58	
28	105	Carlos Teixeira	A.D.Amarante	01:39:45	+22:49	07:08	
29	181	Bruno Manuel Teixeira Guedes	Individual	01:42:47	+25:51	07:21	
30	153	Pedro Apolinário	Individual	01:42:52	+25:56	07:21	
31	228	Tiago Manuel Queirós Nogueira	Tiago e Jorge	01:43:07	+26:11	07:22	
32	187	Ricardo Vieira	Individual	01:43:21	+26:25	07:23	
33	164	Maria Elisabete Pereira Gomes	Individual	01:43:25	+26:29	07:23	
34	200	João Paulo Monteiro Reis	Individual	01:43:43	+26:47	07:25	
35	177	Alexandre Magalhães	Individual	01:43:46	+26:50	07:25	
36	178	André carvalho	Individual	01:43:47	+26:51	07:25	
37	145	Fábio André Soares da Silva Silva	Individual	01:45:09	+28:13	07:31	
38	108	Luisa Teixeira	A.D.Amarante	01:46:02	+29:06	07:34	
39	174	Hélder Pinheiro	Individual	01:46:21	+29:25	07:36	
40	195	Oscar Silva Silva	Individual	01:47:02	+30:06	07:39	
41	151	Márcio Moreira	Individual	01:47:18	+30:22	07:40	
42	226	Pedro Ricardo	NÚCLEO DE ATLETISMO DE VILA REAL	01:47:20	+30:24	07:40	

14KM - STAGE 1

14 KM

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

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	144	Mariana Pereira	Individual	01:47:25	+30:29	07:40	
44	231	Manuel Teixeira	Turbo kings 2.0/ AD Ancede	01:49:30	+32:34	07:49	
45	161	MARQUELE ALVES	Individual	01:49:34	+32:38	07:50	
46	148	João Teixeira	Individual	01:49:42	+32:46	07:50	
47	207	Diana mendonça	Lamaecus D'ouro	01:50:00	+33:04	07:51	
48	214	Sara Alves Dias	Linces do Marão	01:50:11	+33:15	07:52	
49	103	Rosario Miranda	3 Santos Populares	01:50:50	+33:54	07:55	
50	116	Carlos Macedo	A.D.Amarante	01:51:18	+34:22	07:57	
51	180	Bruno António Amaral Pereira	Individual	01:51:25	+34:29	07:58	
52	179	André Pinheiro	Individual	01:51:33	+34:37	07:58	
53	218	Teresa Marta	Linces do Marão	01:52:04	+35:08	08:00	
54	106	Célia Silva	A.D.Amarante	01:52:12	+35:16	08:01	
55	110	Alcino Costa	A.D.Amarante	01:53:21	+36:25	08:06	
56	176	João Queirós	Individual	01:53:25	+36:29	08:06	
57	219	Joana Alves	Lobos do Brunheiro de Chaves / Anteros	01:53:49	+36:53	08:08	
58	221	Joel Soares	Lobos do Brunheiro de Chaves / Anteros	01:53:49	+36:53	08:08	
59	220	Paula adagoi	Lobos do Brunheiro de Chaves / Anteros	01:55:12	+38:16	08:14	
60	182	Nelson Silveira	Individual	01:55:33	+38:37	08:15	
61	194	Filipe Carvalho	Individual	01:56:27	+39:31	08:19	
62	213	Tiago Bessa	APSOM	01:56:27	+39:31	08:19	
63	157	Tiago Alves	Individual	01:57:11	+40:15	08:22	
64	206	Luis Filipe	Lamaecus D'ouro	01:57:31	+40:35	08:24	
65	202	Luís Alves	Individual	01:57:36	+40:40	08:24	
66	205	Tânia Machado	Lamaecus D'ouro	01:57:43	+40:47	08:25	
67	136	Diogo Lopes	Endovelico Trail Team	01:58:25	+41:29	08:28	
68	175	Henrique Sousa	APSOM	01:58:55	+41:59	08:30	
69	234	Carina Rios	TURBOLENTOS	01:59:30	+42:34	08:32	
70	215	Berta Miranda	Linces do Marão	01:59:55	+42:59	08:34	
71	10	Pedro Lopes	ARRASTASSOLAS	02:01:36	+44:40	08:41	
72	128	Mario Santos	ARRASTASSOLAS	02:01:37	+44:41	08:41	
73	135	Maria Teixeira	ELES ANDEM AI	02:02:10	+45:14	08:44	
74	156	Rui Bernardo Caim Medeiros	Individual	02:06:35	+49:39	09:02	
75	159	Cristiana Sá Da Costa	APSOM	02:06:39	+49:43	09:03	
76	107	Margarida Brás	A.D.Amarante	02:06:50	+49:54	09:04	
77	109	Albano Coelho	A.D.Amarante	02:07:23	+50:27	09:06	
78	191	Carlos Oliveira	Individual	02:07:27	+50:31	09:06	
79	115	António Gonçalves	A.D.Amarante	02:09:15	+52:19	09:14	
80	193	Carlos Ribeiro	Individual	02:16:47	+59:51	09:46	
81	167	Carla Costa	Individual	02:16:47	+59:51	09:46	
82	149	José Pedro Coelho Mimoso	Individual	02:16:59	+01:00:03	09:47	
83	129	Sónia Carvalho	ASCR MOSTEIRINHO RUNNERS	02:17:03	+01:00:07	09:47	
84	192	Carlos Pereira	Individual	02:18:11	+01:01:15	09:52	
85	208	Lina Soares	Lamaecus D'ouro	02:20:31	+01:03:35	10:02	
86	111	Armando Meireles	A.D.Amarante	02:21:38	+01:04:42	10:07	
87	235	Nuno Henriques	TURBOLENTOS	02:28:55	+01:11:59	10:38	
88	166	Mónica Teixeira	Individual	02:34:02	+01:17:06	11:00	



14KM - STAGE 1

14 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	197	Rui Teixeira	Individual	02:34:02	+01:17:06	11:00	
90	186	Ricardo Rodrigues	Individual	02:35:01	+01:18:05	11:04	
91	201	José Vilela	Individual	02:35:03	+01:18:07	11:04	
92	143	Liliana Teixeira	Individual	02:35:50	+01:18:54	11:08	
93	217	Ana Marcelino	Linces do Marão	02:35:51	+01:18:55	11:08	
94	160	Filipa Sousa	Individual	02:35:51	+01:18:55	11:08	
95	13	Pedro Carvalho	ARRASTASSOLAS	02:59:13	+01:42:17	12:48	
96	126	Helena Cunha	ARRASTASSOLAS	02:59:15	+01:42:19	12:48	
97	147	João rocha	Individual	03:16:57	+02:00:01	14:04	
98	168	Carla Monteiro	Individual	03:16:59	+02:00:03	14:04	
99	171	Ivone fonseca	Individual	03:17:00	+02:00:04	14:04	
100	165	Marisa Maria	Individual	03:17:36	+02:00:40	14:07	
101	170	Luciana Pinto	Individual	03:26:43	+02:09:47	14:46	
102	123	Manuel Pinto	Amigos do Trail de Mesão Frio	03:26:43	+02:09:47	14:46	
103	125	Raquel Lopes	ARRASTASSOLAS	03:26:44	+02:09:48	14:46	
104	124	Silvia Araujo	ARRASTASSOLAS	03:26:44	+02:09:48	14:46	
105	127	Sara Loureiro	ARRASTASSOLAS	03:26:44	+02:09:48	14:46	

14Km

14 KM

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

## OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:00	14,5°C	71%
End	12:26	14,5°C	71%

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

1	131	Diana Batista	DURIUS A. C. PESQUEIRA	Senior Feminino	01:34:10		06:44
2	144	Mariana Pereira	Individual	Senior Feminino	01:47:25	+13:14	07:40
3	205	Tânia Machado	Lamaecus D'ouro	Senior Feminino	01:57:43	+23:33	08:25
4	129	Sónia Carvalho	ASCR MOSTEIRINHO RUNNERS	Senior Feminino	02:17:03	+42:53	09:47
5	143	Liliana Teixeira	Individual	Senior Feminino	02:35:50	+01:01:40	11:08

### Senior Masculino

1	104	António Queirós	A.D.Amarante	Senior Masculino	01:22:32		05:54
2	101	Paulo Soares	1LéguaD'trail	Senior Masculino	01:23:28	+00:56	05:58
3	102	Tiago Marinho	1LéguaD'trail	Senior Masculino	01:24:04	+01:32	06:00
4	154	Rafael Marques Claro	Individual	Senior Masculino	01:37:09	+14:37	06:56
5	227	Jorge Silva	Tiago e Jorge	Senior Masculino	01:37:25	+14:52	06:57
6	105	Carlos Teixeira	A.D.Amarante	Senior Masculino	01:39:45	+17:13	07:08
7	153	Pedro Apolinário	Individual	Senior Masculino	01:42:52	+20:20	07:21
8	228	Tiago Manuel Queirós Nogueira	Tiago e Jorge	Senior Masculino	01:43:07	+20:34	07:22
9	145	Fábio André Soares da Silva Silva	Individual	Senior Masculino	01:45:09	+22:37	07:31
10	151	Márcio Moreira	Individual	Senior Masculino	01:47:18	+24:46	07:40
11	148	João Teixeira	Individual	Senior Masculino	01:49:42	+27:09	07:50
12	213	Tiago Bessa	APSOM	Senior Masculino	01:56:27	+33:55	08:19
13	157	Tiago Alves	Individual	Senior Masculino	01:57:11	+34:38	08:22
14	206	Luis Filipe	Lamaecus D'ouro	Senior Masculino	01:57:31	+34:58	08:24
15	156	Rui Bernardo Caim Medeiros	Individual	Senior Masculino	02:06:35	+44:03	09:02
16	149	José Pedro Coelho Mimoso	Individual	Senior Masculino	02:16:59	+54:27	09:47
17	147	João rocha	Individual	Senior Masculino	03:16:57	+01:54:25	14:04

### Veterana F35

1	161	MARQUELE ALVES	Individual	Veterana F35	01:49:34		07:50
2	214	Sara Alves Dias	Linces do Marão	Veterana F35	01:50:11	+00:37	07:52
3	219	Joana Alves	Lobos do Brunheiro de Chaves / Anteros	Veterana F35	01:53:49	+04:14	08:08
4	159	Cristiana Sá Da Costa	APSOM	Veterana F35	02:06:39	+17:05	09:03
5	160	Filipa Sousa	Individual	Veterana F35	02:35:51	+46:17	11:08
6	124	Silvia Araujo	ARRASTASSOLAS	Veterana F35	03:26:44	+01:37:09	14:46

**14Km**
**14 KM**

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

**OFFICIAL RESULT**

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

**Veterana F40**

1	164	Maria Elisabete Pereira Gomes	Individual	Veterana F40	01:43:25		07:23
2	207	Diana mendonça	Lamaecus D'ouro	Veterana F40	01:50:00	+06:34	07:51
3	106	Célia Silva	A.D.Amarante	Veterana F40	01:52:12	+08:47	08:01
4	234	Carina Rios	TURBOLENTOS	Veterana F40	01:59:30	+16:05	08:32
5	107	Margarida Brás	A.D.Amarante	Veterana F40	02:06:50	+23:24	09:04
6	208	Lina Soares	Lamaecus D'ouro	Veterana F40	02:20:31	+37:05	10:02
7	166	Mónica Teixeira	Individual	Veterana F40	02:34:02	+50:36	11:00
8	165	Marisa Maria	Individual	Veterana F40	03:17:36	+01:34:11	14:07
9	125	Raquel Lopes	ARRASTASSOLAS	Veterana F40	03:26:44	+01:43:18	14:46

**Veterana F45**

1	108	Luisa Teixeira	A.D.Amarante	Veterana F45	01:46:02		07:34
2	220	Paula adagoi	Lobos do Brunheiro de Chaves / Anteros	Veterana F45	01:55:12	+09:10	08:14
3	215	Berta Miranda	Linces do Marão	Veterana F45	01:59:55	+13:53	08:34
4	167	Carla Costa	Individual	Veterana F45	02:16:47	+30:45	09:46
5	126	Helena Cunha	ARRASTASSOLAS	Veterana F45	02:59:15	+01:13:13	12:48
6	168	Carla Monteiro	Individual	Veterana F45	03:16:59	+01:30:57	14:04
7	170	Luciana Pinto	Individual	Veterana F45	03:26:43	+01:40:41	14:46
8	127	Sara Loureiro	ARRASTASSOLAS	Veterana F45	03:26:44	+01:40:42	14:46

**Veterana F50**

1	103	Rosario Miranda	3 Santos Populares	Veterana F50	01:50:50		07:55
2	218	Teresa Marta	Linces do Marão	Veterana F50	01:52:04	+01:13	08:00
3	217	Ana Marcelino	Linces do Marão	Veterana F50	02:35:51	+45:00	11:08
4	171	Ivone fonseca	Individual	Veterana F50	03:17:00	+01:26:10	14:04

**Veterana F55**

1	135	Maria Teixeira	ELES ANDEM AI	Veterana F55	02:02:10		08:44
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**Veterano M35**

1	223	Samuel Oliveira	Lobos do Brunheiro de Chaves / Anteros	Veterano M35	01:30:41		06:29
2	209	Pedro Vicente	Lamaecus D'ouro	Veterano M35	01:37:19	+06:38	06:57
3	174	Hélder Pinheiro	Individual	Veterano M35	01:46:21	+15:40	07:36
4	176	João Queirós	Individual	Veterano M35	01:53:25	+22:43	08:06
5	221	Joel Soares	Lobos do Brunheiro de Chaves / Anteros	Veterano M35	01:53:49	+23:08	08:08
6	136	Diogo Lopes	Endovelico Trail Team	Veterano M35	01:58:25	+27:44	08:28

14Km

14 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

7	175	Henrique Sousa	APSOM	Veterano M35	01:58:55	+28:14	08:30
8	10	Pedro Lopes	ARRASTASSOLAS	Veterano M35	02:01:36	+30:55	08:41

Veterano M40

1	185	Pedro Duarte	Individual	Veterano M40	01:18:36		05:37
2	132	Licio Edgar Ferreira Nascimento	DURIUS A. C. PESQUEIRA	Veterano M40	01:21:26	+02:50	05:49
3	137	Vitor das Neves Pereira Vieira	FIDELIDADE GDC	Veterano M40	01:23:28	+04:52	05:58
4	189	VÍTOR ARAÚJO	APSOM	Veterano M40	01:29:30	+10:54	06:24
5	211	Sergio Lopes	Lamaecus D'ouro	Veterano M40	01:35:30	+16:53	06:49
6	232	Tony Teixeira	Turbo kings 2.0/ AD Ancede	Veterano M40	01:36:22	+17:46	06:53
7	229	Bruno Ferreira	Turbo kings 2.0/ AD Ancede	Veterano M40	01:36:49	+18:13	06:55
8	181	Bruno Manuel Teixeira Guedes	Individual	Veterano M40	01:42:47	+24:11	07:21
9	187	Ricardo Vieira	Individual	Veterano M40	01:43:21	+24:45	07:23
10	177	Alexandre Magalhães	Individual	Veterano M40	01:43:46	+25:10	07:25
11	178	André carvalho	Individual	Veterano M40	01:43:47	+25:11	07:25
12	226	Pedro Ricardo	NÚCLEO DE ATLETISMO DE VILA REAL	Veterano M40	01:47:20	+28:43	07:40
13	231	Manuel Teixeira	Turbo kings 2.0/ AD Ancede	Veterano M40	01:49:30	+30:53	07:49
14	180	Bruno António Amaral Pereira	Individual	Veterano M40	01:51:25	+32:49	07:58
15	179	André Pinheiro	Individual	Veterano M40	01:51:33	+32:56	07:58
16	182	Nelson Silveira	Individual	Veterano M40	01:55:33	+36:57	08:15
17	128	Mario Santos	ARRASTASSOLAS	Veterano M40	02:01:37	+43:00	08:41
18	186	Ricardo Rodrigues	Individual	Veterano M40	02:35:01	+01:16:25	11:04

Veterano M45

1	114	Victor Fernandes	A.D.Amarante	Veterano M45	01:16:56		05:30
2	112	Bruno Teixeira	A.D.Amarante	Veterano M45	01:19:53	+02:56	05:42
3	212	Manuel Gomes	Lamego Pelos Trilhos	Veterano M45	01:27:29	+10:33	06:15
4	113	Nuno Moura	A.D.Amarante	Veterano M45	01:31:26	+14:30	06:32
5	119	Nuno Pereira	AMIGO Trail Run	Veterano M45	01:35:46	+18:49	06:50
6	195	Oscar Silva Silva	Individual	Veterano M45	01:47:02	+30:05	07:39
7	110	Alcino Costa	A.D.Amarante	Veterano M45	01:53:21	+36:24	08:06
8	194	Filipe Carvalho	Individual	Veterano M45	01:56:27	+39:30	08:19
9	109	Albano Coelho	A.D.Amarante	Veterano M45	02:07:23	+50:27	09:06
10	191	Carlos Oliveira	Individual	Veterano M45	02:07:27	+50:30	09:06
11	193	Carlos Ribeiro	Individual	Veterano M45	02:16:47	+59:51	09:46
12	192	Carlos Pereira	Individual	Veterano M45	02:18:11	+01:01:15	09:52
13	111	Armando Meireles	A.D.Amarante	Veterano M45	02:21:38	+01:04:41	10:07
14	235	Nuno Henriques	TURBOLENTOS	Veterano M45	02:28:55	+01:11:58	10:38
15	197	Rui Teixeira	Individual	Veterano M45	02:34:02	+01:17:05	11:00



**TEAM RESULTS - 14KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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>TEAM</b>	<b>DESCRIPTION</b>	<b>POINTS</b>
1	A.D.AMARANTE	1 + 3 + 5	9
2	AMIGO TRAIL RUN	9 + 20 + 27	56
3	TURBO KINGS 2.0/ AD ANCEDE	16 + 22 + 23	61
4	LOBOS DO BRUNHEIRO DE CHAVES / ANTEROS	14 + 18 + 57	89
5	LAMAECUS D'OURO	19 + 25 + 47	91
6	APSOM	13 + 62 + 68	143
7	LINCES DO MARÃO	48 + 53 + 70	171
8	ARRASTASSOLAS	71 + 72 + 95	238