Trail Serra das Flores 2024

Gondomar, PT

26-maio-2024

32KM - STAGE 1

32 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	08:00	14,3ºC	94%
End	13:43	14,3ºC	94%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	87	Pedro Barros	Individual	02:25:50		04:33	
2	127	João Leal	Retorta - Quinta das Arcas	02:37:51	+12:01	04:56	
3	15	filipe ismael maia rocha	ADCR Pereira	02:38:41	+12:51	04:58	
4	40	Nuno Carneiro	Break	02:42:59	+17:09	05:06	
5	138	Hugo Santos	Tuga Mobile ADAP Trail	02:44:07	+18:17	05:08	
6	125	Miguel Neves	Retorta - Quinta das Arcas	02:45:05	+19:15	05:10	
7	19	Isidro Pinto	Amigos 100 Limites	02:49:01	+23:11	05:17	
8	143	Sérgio Miguel dos Santos Pereira	Break	02:50:12	+24:22	05:19	
9	130	Vitor Rito	RUNNING ESPINHO	02:55:23	+29:33	05:29	
10	56	Valter semedo Matos	DCI/Trilhos Luso Bussaco	02:56:22	+30:32	05:31	
11	13	Fábio Filipe	AC São Mamede	02:56:29	+30:39	05:31	
12	132	Sérgio Monteiro	Sardonisca Runners	02:57:09	+31:19	05:32	
13	12	Gilberto Pimenta	A.D.Amarante	02:57:17	+31:27	05:32	
14	68	André Silva	G.D.R. JUVENTUDE DAS RIBEIRAS	02:57:52	+32:02	05:33	
15	135	André Rosário	THOMAR ATHLETICS	02:58:31	+32:41	05:35	
16	86	Marcelo Sousa	Individual	02:59:10	+33:20	05:36	
17	128	Eurico Moura	Retorta - Quinta das Arcas	02:59:26	+33:36	05:36	
18	16	David Filipe Soares Ramalho	adsebolido trail	02:59:34	+33:44	05:37	
19	109	Pedro Marques	Individual	03:00:58	+35:08	05:39	
20	20	Hugo Luis Rocha Martins	Amigos 100 Limites	03:03:42	+37:52	05:44	
21	30	António Gaspar	Associação Desportiva do Fundão	03:03:57	+38:07	05:45	
22	139	JOÃO ANTÓNIO MARQUES TAVARES	Tuga Mobile ADAP Trail	03:04:49	+38:59	05:47	
23	27	Tiago Afonso	Associação Desportiva do Fundão	03:09:30	+43:40	05:55	
24	45	Pedro Jordão Ribeiro	CF Perosinho Trail & Running	03:09:50	+44:00	05:56	
25	131	António Rocha	S4L / Medense FC	03:12:28	+46:38	06:01	
26	29	Sérgio Martins	Associação Desportiva do Fundão	03:12:45	+46:55	06:01	
27	96	Paulo santos	Individual	03:13:10	+47:20	06:02	
28	31	João Manuel Nunes Pires	Associação Desportiva do Fundão	03:14:04	+48:14	06:04	
29	114	Miguel Alves	Leões de Tardariz Trail	03:17:09	+51:19	06:10	
30	22	Heitor Cardoso	Associação Cinfães A Correr	03:17:25	+51:35	06:10	
31	46	Joaquim Coelho	CF Perosinho Trail & Running	03:22:04	+56:14	06:19	
32	58	Pedro Lopes	DCI/Trilhos Luso Bussaco	03:22:23	+56:33	06:19	
33	142	Pedro Miguel Marques Nogueira	Break	03:23:26	+57:36	06:21	
34	115	Dario Cardoso	Leões de Tardariz Trail	03:23:53	+58:03	06:22	
35	73	Pedro Monteiro	GAIA-RUNNING	03:24:35	+58:45	06:24	
36	32	Nuno Teixeira	Boavista Trail	03:25:01	+59:11	06:24	
37	103	Paulo Fernandes	Individual	03:26:46	+01:00:56	06:28	
38	57	Vitor Pereira	DCI/Trilhos Luso Bussaco	03:27:05	+01:01:15	06:28	
39	121	Manuel Póvoas	MSS Grupo Desportivo de Gondomar	03:30:26	+01:04:36	06:35	
40	118	José Salas	MSS Grupo Desportivo de Gondomar	03:30:56	+01:05:06	06:35	
41	97	Paulo Silva	Individual	03:31:18	+01:05:28	06:36	

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

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
42	23	Filipe Pinto	Tuga Mobile ADAP Trail	03:33:15	+01:07:25	06:40	
43	117	Horácio Ferreira	MIRO TRAIL	03:33:26	+01:07:36	06:40	
44	133	Ricardo Carvalho	SCCOIMBRÕES/EQUIPA A	03:34:11	+01:08:21	06:42	
45	11	Filipe Escobar	A R. Valpereiro	03:35:37	+01:09:47	06:44	
46	112	Agostinho da Silva Neves	Juventude desportiva de Gondomar	03:35:53	+01:10:03	06:45	
47	111	Pedro Miguel de Ascenção Neves	Juventude desportiva de Gondomar	03:38:13	+01:12:23	06:49	
48	123	ARNALDO JOSÉ ARAÚJO	PCRunners	03:38:58	+01:13:08	06:51	
49	137	Jorge Moreira	TrepaTrilhos Trail Team	03:39:09	+01:13:19	06:51	
50	51	Henri Costa	Coronado runners	03:41:03	+01:15:13	06:54	
51	70	Joaquim Pinto	G.D.R. JUVENTUDE DAS RIBEIRAS	03:41:08	+01:15:18	06:55	
52	90	Rita Freitas	Individual	03:41:24	+01:15:34	06:55	
53	84	arnaldo marinho	GRUPO DESPORTIVO LEÕES DO VENEZA	03:41:36	+01:15:46	06:55	
54	49	Carla Duarte	Coronado runners	03:41:48	+01:15:58	06:56	
55	50	Helder Rafael	Coronado runners	03:44:26	+01:18:36	07:01	
56	25	Bruno Serra	Associação Desportiva do Fundão	03:44:44	+01:18:54	07:01	
57	28	Luís Afonso	Associação Desportiva do Fundão	03:45:02	+01:19:12	07:02	
58	64	Carlos Mendes	Fátima Trail Team	03:45:33	+01:19:43	07:03	
59	14	Ricardo Rocha	ADC Santa Isabel Trail Running	03:46:42	+01:20:52	07:05	
60	141	Nelson Machado	UNIDOS À FRESCA	03:48:14	+01:22:24	07:08	
61	59	Manuel Francisco Rodrigues de Sousa Moreira	DUELO D'OCASIÃO	03:48:31	+01:22:41	07:08	
62	69	Armando Moreira	G.D.R. JUVENTUDE DAS RIBEIRAS	03:48:34	+01:22:44	07:09	
63	35	Helena Patricia Alves de Castro	Break	03:48:46	+01:22:56	07:09	
64	37	Márcia Cristina Carneiro Ruas	Break	03:49:52	+01:24:02	07:11	
65	62	Paulo Alexandre Bento Gomes	Fátima Trail Team	03:50:45	+01:24:55	07:13	
66	77	silvio ferreira	GD Leões da Guarda - Lion Runners	03:51:15	+01:25:25	07:14	
67	100	Luis Filipe Fraga	Individual	03:51:53	+01:26:03	07:15	
68	126	Rui Barros	Retorta - Quinta das Arcas	03:52:13	+01:26:23	07:15	
69	60	Orlanda Rego	GAIA-RUNNING	03:53:17	+01:27:27	07:17	
70	773	DANIELA SOARES	Runriver	03:53:51	+01:28:01	07:18	
71	774	ARTUR FERREIRA	Runriver	03:53:51	+01:28:01	07:18	
72	63	Luís Miguel Lopes	Fátima Trail Team	03:54:29	+01:28:39	07:20	
73	44	Rosa Campanhã	CF Perosinho Trail & Running	03:54:33	+01:28:43	07:20	
74	78	Elisabete Rocha	Gens SC Trail	03:56:10	+01:30:20	07:23	
75	52	José Organista	Corredores de fim de semana	03:56:19	+01:30:29	07:23	
76	98	Ricardo Correia	Individual	03:56:53	+01:31:03	07:24	
77	104	Secundino Oliveira	Individual	03:57:47	+01:31:57	07:26	
78	134	Paulo Ribeiro	SCCOIMBRÕES/EQUIPA A	03:58:08	+01:32:18	07:26	
79	110	Paulo Dias	Individual	03:58:15	+01:32:25	07:27	
80	116	FILIPE MANUEL DA ROCHA CORREIA	LIga-Dura	03:59:58	+01:34:08	07:30	
81	124	Pedro Coelho	Pó Reforço Trail Team	04:00:37	+01:34:47	07:31	
82	43	Silvia Soares	CF Perosinho Trail & Running	04:01:00	+01:35:10	07:32	
83	89	Patrícia Moreira	Individual	04:05:47	+01:39:57	07:41	
84	120	Victor Azevedo	MSS Grupo Desportivo de Gondomar	04:08:04	+01:42:14	07:45	
85	107	Paulo Seabra	Individual	04:08:58	+01:43:08	07:47	
86	24	Daniel Teixeira Gêgo	Associação Desportiva do Fundão	04:11:00	+01:45:10	07:51	

32KM - STAGE 1

32 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
87	61	Silvério Oliveira Santos	Equipa Clube Desportivo Feirense	04:11:24	+01:45:34	07:51	
88	47	Liseta Pinto	Clube Efacec/Bis3imo	04:12:29	+01:46:39	07:53	
89	122	Sara Machado	NBA Barrosas	04:14:57	+01:49:07	07:58	
90	101	Gilberto Viana	Individual	04:15:33	+01:49:43	07:59	
91	38	Anabela Araújo Ferraz Rodrigues	Break	04:16:50	+01:51:00	08:02	
92	99	VITOR FERREIRA	Individual	04:17:28	+01:51:38	08:03	
93	21	Isabel Madeira	Arcd Venda Da Luísa	04:20:44	+01:54:54	08:09	
94	119	Ricardo Moreira	MSS Grupo Desportivo de Gondomar	04:21:01	+01:55:11	08:09	
95	106	Paulo Campos	Individual	04:21:01	+01:55:11	08:09	
96	39	Rosa Margarida da Rocha Moreira	Break	04:22:33	+01:56:43	08:12	
97	108	Manuel Domingues	Individual	04:23:35	+01:57:45	08:14	
98	75	Ana Del Pino	GD Leões da Guarda - Lion Runners	04:23:39	+01:57:49	08:14	
99	136	Fernando Silva	TrepaTrilhos Trail Team	04:26:10	+02:00:20	08:19	
100	140	Pedro Taveira Marques	UNIDOS À FRESCA	04:29:42	+02:03:52	08:26	
101	83	Luis Queiroz	Grupo desportivo da Mata	04:29:54	+02:04:04	08:26	
102	82	JOAO SANTIAGO	Grupo desportivo da Mata	04:29:59	+02:04:09	08:26	
103	54	Helena lopes	DCI/Trilhos Luso Bussaco	04:30:56	+02:05:06	08:28	
104	55	Tália Martins	DCI/Trilhos Luso Bussaco	04:30:56	+02:05:06	08:28	
105	92	Roberta Brauner	Individual	04:36:55	+02:11:05	08:39	
106	53	Clara Santos	DCI/Trilhos Luso Bussaco	04:38:00	+02:12:10	08:41	
107	113	Duarte Madureira	KemedoTeam ADN	04:52:22	+02:26:32	09:08	
108	81	Gabriela Santos	Grupo desportivo da Mata	04:53:14	+02:27:24	09:10	
109	76	Lucinda Gomes	GD Leões da Guarda - Lion Runners	04:59:51	+02:34:01	09:22	
110	80	Filipe Leitão	GONDOMAR FUTSAL CLUBE	05:00:23	+02:34:33	09:23	
111	65	Sónia Pereira	G.D.R. JUVENTUDE DAS RIBEIRAS	05:21:31	+02:55:41	10:03	
112	94	Sofia Aguiar	Individual	05:43:10	+03:17:20	10:43	

Trail Serra das Flores 2024
Gondomar, PT
26-maio-2024

32KM **32 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	08:00	14,3ºC	94%
End	13:43	14,3ºC	94%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	35	Helena Patricia Alves de Castro	Break	Senior Feminino	03:48:46		07:09
2	122	Sara Machado	NBA Barrosas	Senior Feminino	04:14:57	+26:11	07:58
Senior Masculino							
1	87	Pedro Barros	Individual	Senior Masculino	02:25:50		04:33
2	86	Marcelo Sousa	Individual	Senior Masculino	02:59:10	+33:20	05:36
3	24	Daniel Teixeira Gêgo	Associação Desportiva do Fundão	Senior Masculino	04:11:00	+01:45:10	07:51
Veterana F35							
1	90	Rita Freitas	Individual	Veterana F35	03:41:24		06:55
2	89	Patrícia Moreira	Individual	Veterana F35	04:05:47	+24:23	07:41
Veterana F40							
1	37	Márcia Cristina Carneiro Ruas	Break	Veterana F40	03:49:52		07:11
2	773	DANIELA SOARES	Runriver	Veterana F40	03:53:51	+03:58	07:18
3	43	Silvia Soares	CF Perosinho Trail & Running	Veterana F40	04:01:00	+11:08	07:32
4	75	Ana Del Pino	GD Leões da Guarda - Lion Runners	Veterana F40	04:23:39	+33:47	08:14
Veterana F45							
1	49	Carla Duarte	Coronado runners	Veterana F45	03:41:48		06:56
2	44	Rosa Campanhã	CF Perosinho Trail & Running	Veterana F45	03:54:33	+12:45	07:20
3	54	Helena lopes	DCI/Trilhos Luso Bussaco	Veterana F45	04:30:56	+49:08	08:28
4	92	Roberta Brauner	Individual	Veterana F45	04:36:55	+55:07	08:39
5	53	Clara Santos	DCI/Trilhos Luso Bussaco	Veterana F45	04:38:00	+56:12	08:41
6	81	Gabriela Santos	Grupo desportivo da Mata	Veterana F45	04:53:14	+01:11:25	09:10
7	65	Sónia Pereira	G.D.R. JUVENTUDE DAS RIBEIRAS	Veterana F45	05:21:31	+01:39:43	10:03
Veterana F50							
1	60	Orlanda Rego	GAIA-RUNNING	Veterana F50	03:53:17		07:17
2	78	Elisabete Rocha	Gens SC Trail	Veterana F50	03:56:10	+02:53	07:23
3	47	Liseta Pinto	Clube Efacec/Bis3imo	Veterana F50	04:12:29	+19:11	07:53

4	38	Anabela Araújo Ferraz Rodrigues	Break	Veterana F50	04:16:50	+23:33	08:02
5	21	Isabel Madeira	Arcd Venda Da Luísa	Veterana F50	04:20:44	+27:27	08:09
6	39	Rosa Margarida da Rocha Moreira	Break	Veterana F50	04:22:33	+29:16	08:12
7	94	Sofia Aguiar	Individual	Veterana F50	05:43:10	+01:49:53	10:43

Veterana F55

1	55	Tália Martins	DCI/Trilhos Luso Bussaco	Veterana F55	04:30:56		08:28

Veterana F60

1	76	Lucinda Gomes	GD Leões da Guarda - Lion Runners	Veterana F60	04:59:51		09:22

Veterano M35

1	40	Nuno Carneiro	Break	Veterano M35	02:42:59		05:06
2	125	Miguel Neves	Retorta - Quinta das Arcas	Veterano M35	02:45:05	+02:05	05:10
3	19	Isidro Pinto	Amigos 100 Limites	Veterano M35	02:49:01	+06:02	05:17
4	143	Sérgio Miguel dos Santos Pereira	Break	Veterano M35	02:50:12	+07:12	05:19
5	130	Vitor Rito	RUNNING ESPINHO	Veterano M35	02:55:23	+12:24	05:29
6	13	Fábio Filipe	AC São Mamede	Veterano M35	02:56:29	+13:29	05:31
7	12	Gilberto Pimenta	A.D.Amarante	Veterano M35	02:57:17	+14:18	05:32
8	135	André Rosário	THOMAR ATHLETICS	Veterano M35	02:58:31	+15:31	05:35
9	27	Tiago Afonso	Associação Desportiva do Fundão	Veterano M35	03:09:30	+26:30	05:55
10	96	Paulo santos	Individual	Veterano M35	03:13:10	+30:11	06:02
11	97	Paulo Silva	Individual	Veterano M35	03:31:18	+48:18	06:36
12	25	Bruno Serra	Associação Desportiva do Fundão	Veterano M35	03:44:44	+01:01:44	07:01
13	126	Rui Barros	Retorta - Quinta das Arcas	Veterano M35	03:52:13	+01:09:14	07:15
14	98	Ricardo Correia	Individual	Veterano M35	03:56:53	+01:13:53	07:24
15	124	Pedro Coelho	Pó Reforço Trail Team	Veterano M35	04:00:37	+01:17:37	07:31
16	99	VITOR FERREIRA	Individual	Veterano M35	04:17:28	+01:34:29	08:03

Veterano M40

1	127	João Leal	Retorta - Quinta das Arcas	Veterano M40	02:37:51		04:56
2	138	Hugo Santos	Tuga Mobile ADAP Trail	Veterano M40	02:44:07	+06:16	05:08
3	56	Valter semedo Matos	DCI/Trilhos Luso Bussaco	Veterano M40	02:56:22	+18:31	05:31
4	132	Sérgio Monteiro	Sardonisca Runners	Veterano M40	02:57:09	+19:17	05:32
5	16	David Filipe Soares Ramalho	adsebolido trail	Veterano M40	02:59:34	+21:42	05:37
6	45	Pedro Jordão Ribeiro	CF Perosinho Trail & Running	Veterano M40	03:09:50	+31:59	05:56
7	114	Miguel Alves	Leões de Tardariz Trail	Veterano M40	03:17:09	+39:17	06:10
8	73	Pedro Monteiro	GAIA-RUNNING	Veterano M40	03:24:35	+46:43	06:24
9	57	Vitor Pereira	DCI/Trilhos Luso Bussaco	Veterano M40	03:27:05	+49:13	06:28
10	23	Filipe Pinto	Tuga Mobile ADAP Trail	Veterano M40	03:33:15	+55:23	06:40

11	111	Pedro Miguel de Ascenção Neves	Juventude desportiva de Gondomar	Veterano M40	03:38:13	+01:00:21	06:49
12	51	Henri Costa	Coronado runners	Veterano M40	03:41:03	+01:03:11	06:54
13	50	Helder Rafael	Coronado runners	Veterano M40	03:44:26	+01:06:34	07:01
14	62	Paulo Alexandre Bento Gomes	Fátima Trail Team	Veterano M40	03:50:45	+01:12:54	07:13
15	100	Luis Filipe Fraga	Individual	Veterano M40	03:51:53	+01:14:02	07:15
16	140	Pedro Taveira Marques	UNIDOS À FRESCA	Veterano M40	04:29:42	+01:51:50	08:26
17	82	JOAO SANTIAGO	Grupo desportivo da Mata	Veterano M40	04:29:59	+01:52:07	08:26

Veterano M45

1	15	filipe ismael maia rocha	ADCR Pereira	Veterano M45	02:38:41		04:58
2	68	André Silva	G.D.R. JUVENTUDE DAS RIBEIRAS	Veterano M45	02:57:52	+19:10	05:33
3	128	Eurico Moura	Retorta - Quinta das Arcas	Veterano M45	02:59:26	+20:44	05:36
4	20	Hugo Luis Rocha Martins	Amigos 100 Limites	Veterano M45	03:03:42	+25:00	05:44
5	139	JOÃO ANTÓNIO MARQUES TAVARES	Tuga Mobile ADAP Trail	Veterano M45	03:04:49	+26:07	05:47
6	29	Sérgio Martins	Associação Desportiva do Fundão	Veterano M45	03:12:45	+34:03	06:01
7	58	Pedro Lopes	DCI/Trilhos Luso Bussaco	Veterano M45	03:22:23	+43:42	06:19
8	142	Pedro Miguel Marques Nogueira	Break	Veterano M45	03:23:26	+44:44	06:21
9	32	Nuno Teixeira	Boavista Trail	Veterano M45	03:25:01	+46:19	06:24
10	103	Paulo Fernandes	Individual	Veterano M45	03:26:46	+48:04	06:28
11	118	José Salas	MSS Grupo Desportivo de Gondomar	Veterano M45	03:30:56	+52:14	06:35
12	133	Ricardo Carvalho	SCCOIMBRÕES/EQUIPA A	Veterano M45	03:34:11	+55:29	06:42
13	11	Filipe Escobar	A R. Valpereiro	Veterano M45	03:35:37	+56:55	06:44
14	28	Luís Afonso	Associação Desportiva do Fundão	Veterano M45	03:45:02	+01:06:20	07:02
15	141	Nelson Machado	UNIDOS À FRESCA	Veterano M45	03:48:14	+01:09:32	07:08
16	59	Manuel Francisco Rodrigues de Sousa Moreira	DUELO D'OCASIÃO	Veterano M45	03:48:31	+01:09:49	07:08
17	77	silvio ferreira	GD Leões da Guarda - Lion Runners	Veterano M45	03:51:15	+01:12:33	07:14
18	774	ARTUR FERREIRA	Runriver	Veterano M45	03:53:51	+01:15:09	07:18
19	63	Luís Miguel Lopes	Fátima Trail Team	Veterano M45	03:54:29	+01:15:47	07:20
20	104	Secundino Oliveira	Individual	Veterano M45	03:57:47	+01:19:05	07:26
21	101	Gilberto Viana	Individual	Veterano M45	04:15:33	+01:36:51	07:59
22	119	Ricardo Moreira	MSS Grupo Desportivo de Gondomar	Veterano M45	04:21:01	+01:42:19	08:09
23	136	Fernando Silva	TrepaTrilhos Trail Team	Veterano M45	04:26:10	+01:47:28	08:19
24	113	Duarte Madureira	KemedoTeam ADN	Veterano M45	04:52:22	+02:13:40	09:08
25	80	Filipe Leitão	GONDOMAR FUTSAL CLUBE	Veterano M45	05:00:23	+02:21:41	09:23

Veterano M50

1	30	António Gaspar	Associação Desportiva do Fundão	Veterano M50	03:03:57		05:45
2	31	João Manuel Nunes Pires	Associação Desportiva do Fundão	Veterano M50	03:14:04	+10:07	06:04
3	46	Joaquim Coelho	CF Perosinho Trail & Running	Veterano M50	03:22:04	+18:06	06:19

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

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4	115	Dario Cardoso	Leões de Tardariz Trail	Veterano M50	03:23:53	+19:56	06:22
5	123	ARNALDO JOSÉ ARAÚJO	PCRunners	Veterano M50	03:38:58	+35:01	06:51
6	70	Joaquim Pinto	G.D.R. JUVENTUDE DAS RIBEIRAS	Veterano M50	03:41:08	+37:11	06:55
7	14	Ricardo Rocha	ADC Santa Isabel Trail Running	Veterano M50	03:46:42	+42:45	07:05
8	69	Armando Moreira	G.D.R. JUVENTUDE DAS RIBEIRAS	Veterano M50	03:48:34	+44:37	07:09
9	52	José Organista	Corredores de fim de semana	Veterano M50	03:56:19	+52:22	07:23
10	134	Paulo Ribeiro	SCCOIMBRÕES/EQUIPA A	Veterano M50	03:58:08	+54:11	07:26
11	116	FILIPE MANUEL DA ROCHA CORREIA	LIga-Dura	Veterano M50	03:59:58	+56:00	07:30
12	120	Victor Azevedo	MSS Grupo Desportivo de Gondomar	Veterano M50	04:08:04	+01:04:07	07:45
13	107	Paulo Seabra	Individual	Veterano M50	04:08:58	+01:05:01	07:47
14	61	Silvério Oliveira Santos	Equipa Clube Desportivo Feirense	Veterano M50	04:11:24	+01:07:27	07:51
15	106	Paulo Campos	Individual	Veterano M50	04:21:01	+01:17:04	08:09
16	83	Luis Queiroz	Grupo desportivo da Mata	Veterano M50	04:29:54	+01:25:56	08:26

Veterano M55

1	109	Pedro Marques	Individual	Veterano M55	03:00:58		05:39
2	117	Horácio Ferreira	MIRO TRAIL	Veterano M55	03:33:26	+32:27	06:40
3	137	Jorge Moreira	TrepaTrilhos Trail Team	Veterano M55	03:39:09	+38:10	06:51
4	64	Carlos Mendes	Fátima Trail Team	Veterano M55	03:45:33	+44:35	07:03
5	108	Manuel Domingues	Individual	Veterano M55	04:23:35	+01:22:36	08:14

Veterano M60

1	22	Heitor Cardoso	Associação Cinfães A Correr	Veterano M60	03:17:25		06:10
2	121	Manuel Póvoas	MSS Grupo Desportivo de Gondomar	Veterano M60	03:30:26	+13:00	06:35
3	110	Paulo Dias	Individual	Veterano M60	03:58:15	+40:49	07:27

Veterano M65

1	131	António Rocha	S4L / Medense FC	Veterano M65	03:12:28		06:01
2	84	arnaldo marinho	GRUPO DESPORTIVO LEÕES DO VENEZA	Veterano M65	03:41:36	+29:07	06:55

Veterano M70

1	112	Agostinho da Silva Neves	Juventude desportiva de Gondomar	Veterano M70	03:35:53		06:45

EQUIPAS FEM 32K

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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	BREAK	3 + 4 + 13	20
2	DCI/TRILHOS LUSO BUSSACO	17 + 18 + 20	55

EQUIPAS MASC 32K

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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	RETORTA - QUINTA DAS ARCAS	2 + 6 + 17	25
2	BREAK	4 + 8 + 33	45
3	TUGA MOBILE ADAP TRAIL	5 + 22 + 42	69
4	ASSOCIAÇÃO DESPORTIVA DO FUNDÃO	21 + 23 + 26	70
5	DCI/TRILHOS LUSO BUSSACO	10 + 32 + 38	80
6	G.D.R. JUVENTUDE DAS RIBEIRAS	14 + 51 + 60	125
7	MSS GRUPO DESPORTIVO DE GONDOMAR	39 + 40 + 74	153
8	FÁTIMA TRAIL TEAM	56 + 61 + 66	183

Trail Serra das Flores 2024

Gondomar, PT

26-maio-2024

21KM - STAGE 1

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

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:00	15,2ºC	87%
End	13:22	15,2ºC	87%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	519	joao ferreira	AIRORUN	01:31:05		04:20	
2	543	João Novo	Atletismo Clube da Tocha	01:35:37	+04:32	04:33	
3	757	Avelino Macedo	Minho e Lima Trail	01:35:38	+04:33	04:33	
4	510	Pedro Castro	AD Marco 09	01:35:47	+04:42	04:34	
5	511	Samuel Pereira da Silva	AD Marco 09	01:36:43	+05:38	04:36	
6	813	Carlos Vieira	Tuga Mobile ADAP Trail	01:36:48	+05:43	04:37	
7	637	Tiago Pinto	Douroconta - Gabinete de Apoio e Contabilidade, Lda	01:37:13	+06:08	04:38	
8	508	David Santos	ACDRS QUINHENDROS	01:38:13	+07:08	04:41	
9	615	Carlos Simoes	DCI/Trilhos Luso Bussaco	01:38:35	+07:30	04:42	
10	517	CARLOS VELOSO	ÁGUIAS DE ALVELOS	01:39:47	+08:42	04:45	
11	651	Renato Lopes	Fátima Trail Team	01:40:30	+09:25	04:47	
12	544	Paulo Neves	Atletismo Clube da Tocha	01:40:56	+09:51	04:48	
13	509	Tiago Pinheiro	AD Marco 09	01:41:23	+10:18	04:50	
14	589	Rui Pedro Rodrigues Romão	Clube de Atletismo de Ferreira do Zêzere	01:41:49	+10:44	04:51	
15	641	Rafael Reis	Fátima Trail Team	01:41:52	+10:47	04:51	
16	520	Bruno Pereira	Amigos 100 Limites	01:41:56	+10:51	04:51	
17	545	Tiago Duarte	Atletismo Clube da Tocha	01:41:58	+10:53	04:51	
18	535	Rafael Sousa	Associação Cinfães A Correr	01:42:27	+11:22	04:53	
19	629	Manuel Vicente	DCI/Trilhos Luso Bussaco	01:44:13	+13:08	04:58	
20	716	Fábio Pinto	Furfor Running Project	01:45:08	+14:03	05:00	
21	534	Joao Ribeiro	ASCSobrado	01:45:30	+14:25	05:01	
22	726	Paulo Nogueira	Individual	01:47:57	+16:52	05:08	
23	766	Ricardo Sousa	Penta Clube da Covilhã/Sport Hotel Trail Running Team	01:48:43	+17:38	05:11	
24	681	Nuno Roque	Grupo de Convívio e Amizade nas Donas	01:49:26	+18:21	05:13	
25	577	Jorge Matos	CF Os Belenenses	01:49:39	+18:34	05:13	
26	665	João Daniel Barbosa Pacheco	GD GOMA	01:50:28	+19:23	05:16	
27	542	Diogo Miranda	Atletismo Clube da Tocha	01:51:04	+19:59	05:17	
28	512	Agostinho Carneiro	AD Marco 09	01:51:05	+20:00	05:17	
29	105	Fernando Carvalho	A. D. Nós Acreditamos	01:51:10	+20:05	05:18	
30	649	Nuno Daniel Antunes Maurício	Fátima Trail Team	01:51:10	+20:05	05:18	
31	617	Marco Simões	DCI/Trilhos Luso Bussaco	01:52:46	+21:41	05:22	
32	799	José Marcelino	TRILHO DOS CÁGADOS	01:52:48	+21:43	05:22	
33	658	Sérgio Vale	Furfor Running Project	01:53:17	+22:12	05:24	
34	557	Filipe Ferreira Azevedo	Break	01:53:39	+22:34	05:25	
35	506	Manuel sousa	A.S.C.SOBRADO	01:54:07	+23:02	05:26	
36	536	Edgar Salvado	Associação Desportiva do Fundão	01:54:40	+23:35	05:28	
37	788	Vítor Coelho	Team Sindeq	01:55:07	+24:02	05:29	
38	696	Ines Jordao	Monsanto Running Team	01:55:21	+24:16	05:30	
39	592	Carlos Silva	Clube Trilheiros & Amigos	01:55:47	+24:42	05:31	
40	587	Pedro Ferreira	Associação Cinfães A Correr	01:55:52	+24:47	05:31	

21KM - STAGE 1

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	549	André Neves	BIAL Running	01:55:58	+24:53	05:31	
42	762	Lucinda Sousa	Olimpico Vianenese	01:56:00	+24:55	05:31	
43	576	Gustavo Santos	CF Os Belenenses	01:56:17	+25:12	05:32	
44	624	Paulo Maia	DCI/Trilhos Luso Bussaco	01:56:51	+25:46	05:34	
45	675	Luis Sá	GD Leões da Guarda - Lion Runners	01:56:54	+25:49	05:34	
46	729	Sérgio Costa	Individual	01:57:14	+26:09	05:35	
47	632	Manuel Costa	DCI/Trilhos Luso Bussaco	01:57:24	+26:19	05:35	
48	652	Ricardo Gonçalves	Fátima Trail Team	01:58:28	+27:23	05:38	
49	724	Fernand0 Almeida	A.S.C.SOBRADO	01:58:30	+27:25	05:39	
50	778	Célia Amaro	Serra D'Aire Trail Team	01:58:37	+27:32	05:39	
51	636	Octávio Manuel Saavedra Rodrigues	Douroconta - Gabinete de Apoio e Contabilidade, Lda	01:58:44	+27:39	05:39	
52	634	Diogo Cardoso	Douroconta - Gabinete de Apoio e Contabilidade, Lda	01:59:10	+28:05	05:40	
53	626	Carlos Cunha	DCI/Trilhos Luso Bussaco	01:59:30	+28:25	05:41	
54	801	Rui Santos	TRILHO DOS CÁGADOS	02:00:34	+29:29	05:44	
55	806	Cesar Gonçalves	Trilhos de Viana	02:00:42	+29:37	05:45	
56	769	Luís Reis	Penta Clube da Covilhã/Sport Hotel Trail Running Team	02:00:51	+29:46	05:45	
57	767	José Trigo	Penta Clube da Covilhã/Sport Hotel Trail Running Team	02:00:52	+29:47	05:45	
58	712	Bruno Miguel Oliveira Bernardes	Individual	02:01:06	+30:01	05:46	
59	600	Orlando Costa	CORRER LEÇA	02:01:09	+30:04	05:46	
60	630	José canha	DCI/Trilhos Luso Bussaco	02:01:32	+30:27	05:47	
61	723	Amilcar Almeida	Individual	02:02:09	+31:04	05:49	
62	546	Eduardo Ferreira	Atletismo Clube da Tocha	02:02:30	+31:25	05:50	
63	527	Andreia Pita	Arcd Venda Da Luísa	02:02:48	+31:43	05:51	
64	722	Americo Areias	Individual	02:03:36	+32:31	05:53	
65	653	Teófilo Casimiro	Fátima Trail Team	02:04:04	+32:59	05:54	
66	618	Amilcar Gonçalves	DCI/Trilhos Luso Bussaco	02:04:17	+33:12	05:55	
67	782	Bruno Pereira	Serra D'Aire Trail Team	02:04:27	+33:22	05:56	
68	556	André Souto	Break	02:04:43	+33:38	05:56	
69	505	José Costa	A.S.C.SOBRADO	02:05:12	+34:07	05:58	
70	820	Pedro Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:05:16	+34:11	05:58	
71	541	Paulo Neto	Associação Desportiva do Fundão	02:05:19	+34:14	05:58	
72	817	Carlos Oliveira	TURBOLENTOS	02:05:23	+34:18	05:58	
73	621	Rui Mota	DCI/Trilhos Luso Bussaco	02:05:36	+34:31	05:59	
74	526	Paula Pinto	APSOM	02:05:49	+34:44	05:59	
75	819	Pedro Azevedo	TURBOLENTOS	02:06:43	+35:38	06:02	
76	548	Duarte Domingues	Atletismo Clube da Tocha	02:07:13	+36:08	06:03	
77	827	Pedro Sousa	Individual	02:07:24	+36:19	06:04	
78	607	Lurdes Gonçalves	DCI/Trilhos Luso Bussaco	02:07:43	+36:38	06:05	
79	631	Tony Graça	DCI/Trilhos Luso Bussaco	02:07:49	+36:44	06:05	
80	648	Nelson Oliveira	Fátima Trail Team	02:08:01	+36:56	06:06	
81	761	Raul José Vieira de Moura	Nova Linha Trail Runners	02:08:05	+37:00	06:06	
82	581	Rui Pedro Oliveira	CF Perosinho Trail & Running	02:08:35	+37:30	06:07	
83	606	William Caetano	DCI/Trilhos Luso Bussaco	02:08:37	+37:32	06:07	

21KM - STAGE 1

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
84	734	jorge rodrigues	Individual	02:08:45	+37:40	06:08	
85	694	Ana Ferreira	Individual	02:08:45	+37:40	06:08	
86	812	António Mendes	Tuga Mobile ADAP Trail	02:08:47	+37:42	06:08	
87	764	Sergio Gomes	Os preguiças team	02:08:52	+37:47	06:08	
88	777	Vasco Morais Pinheiro de Sousa	SCP- Caracóis de Corrida	02:08:54	+37:49	06:08	
89	684	Cláudia Flor Figueira	Individual	02:08:58	+37:53	06:08	
90	623	Miguel Duarte	DCI/Trilhos Luso Bussaco	02:09:12	+38:07	06:09	
91	531	LUÍS GORDICHO	ARRASTASSOLAS	02:09:54	+38:49	06:11	
92	717	Fernando Cunha	Individual	02:10:01	+38:56	06:11	
93	793	Helder Teixeira	Titãs de Espadanedo	02:10:32	+39:27	06:13	
94	728	Sérgio António Marinho da Silva	Individual	02:10:40	+39:35	06:13	
95	654	Filipe Neves	Fátima Trail Team	02:10:59	+39:54	06:14	
96	721	Sérgio Chacim	Individual	02:11:04	+39:59	06:14	
97	732	João Correia	Individual	02:11:04	+39:59	06:14	
98	750	Ângelo Pereira	Individual	02:11:06	+40:01	06:15	
99	749	alfredo costa	Individual	02:11:41	+40:36	06:16	
100	650	Paulo Roque	Fátima Trail Team	02:11:55	+40:50	06:17	
101	538	Nuno Calvário	Associação Desportiva do Fundão	02:12:06	+41:01	06:17	
102	711	André Sequeira	Individual	02:12:08	+41:03	06:18	
103	572	Diogo santos	CASA DO BENFICA EM ABRANTES	02:12:16	+41:11	06:18	
104	579	Luciano Dantas	CF Os Belenenses	02:12:22	+41:17	06:18	
105	685	Daniela Figueiredo	Individual	02:13:13	+42:08	06:21	
106	735	Luís azevefo	Individual	02:13:19	+42:14	06:21	
107	616	Fernando Marques	DCI/Trilhos Luso Bussaco	02:14:04	+42:59	06:23	
108	747	Paulo Salvador Pacheco Rodrigues	Monsanto Running Team	02:14:12	+43:07	06:23	
109	657	Bruno Pereira	Furamontes ProRunners	02:14:29	+43:24	06:24	
110	791	Nádia Sousa	THOMAR ATHLETICS	02:14:29	+43:24	06:24	
111	588	Sílvia Maria Ferreirinha Santos	Clube de Atletismo de Ferreira do Zêzere	02:14:34	+43:29	06:24	
112	656	Adelino Pereira	Fátima Trail Team	02:14:37	+43:32	06:25	
113	655	Vitor Neves	Fátima Trail Team	02:14:54	+43:49	06:25	
114	644	Sílvia Jorge	Fátima Trail Team	02:16:20	+45:15	06:30	
115	633	Joaquim Godinho	DCI/Trilhos Luso Bussaco	02:17:02	+45:57	06:32	
116	789	Luísa Ribeiro	THOMAR ATHLETICS	02:17:41	+46:36	06:33	
117	677	Fernando Morais	GD Leões da Guarda - Lion Runners	02:17:46	+46:41	06:34	
118	571	Dora Santos	CASA DO BENFICA EM ABRANTES	02:17:55	+46:50	06:34	
119	740	ANTONIO JOAO GOMES DA SILVA	Individual	02:17:58	+46:53	06:34	
120	814	Paulo inverneiro	Tuga Mobile ADAP Trail	02:18:37	+47:32	06:36	
121	714	Tiago Pinheiro Luis	Individual	02:19:25	+48:20	06:38	
122	821	Tiago Lopes	WE TT	02:19:26	+48:21	06:38	
123	620	Renato Ribeiro	DCI/Trilhos Luso Bussaco	02:19:27	+48:22	06:38	
124	679	Serafim Ramos	GD Leões da Guarda - Lion Runners	02:19:42	+48:37	06:39	
125	763	Daniela Moutinho	Os preguiças team	02:19:54	+48:49	06:40	
126	787	Manuel Costa	TEAM LANTEMIL	02:20:35	+49:30	06:42	
127	585	Valter Barbosa	CF Perosinho Trail & Running	02:21:29	+50:24	06:44	
128	668	Fátima Coelho	GD Leões da Guarda - Lion Runners	02:21:29	+50:24	06:44	
129	697	Ana Patricia J Bigode	Individual	02:21:34	+50:29	06:44	

21KM - STAGE 1

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
130	693	Tiago santos	Minho e Lima Trail	02:21:41	+50:36	06:45	
131	809	Carla Teixeira	Tuga Mobile ADAP Trail	02:21:45	+50:40	06:45	
132	539	Antonio Miranda	Associação Desportiva do Fundão	02:21:56	+50:51	06:46	
133	704	Cristina Loureiro	Individual	02:22:21	+51:16	06:47	
134	561	Fabio Silva	Break	02:22:47	+51:42	06:48	
135	514	Julio André Baptista Sousa	adsebolido trail	02:22:52	+51:47	06:48	
136	754	António pinto	Leões de Tardariz Trail	02:23:16	+52:11	06:49	
137	612	Júlia Santos	DCI/Trilhos Luso Bussaco	02:24:07	+53:02	06:52	
138	628	José Pereira	DCI/Trilhos Luso Bussaco	02:24:07	+53:02	06:52	
139	547	Luís Miguel Grou	Atletismo Clube da Tocha	02:24:07	+53:02	06:52	
140	794	Sérgio Queiroz	Titãs de Espadanedo	02:24:14	+53:09	06:52	
141	691	Ruben Maia	Individual	02:24:32	+53:27	06:53	
142	640	Joana Gordo	Fátima Trail Team	02:24:58	+53:53	06:54	
143	645	Cidália Margarida Reis Silva	Fátima Trail Team	02:24:58	+53:53	06:54	
144	800	Daniel Martins	TRILHO DOS CÁGADOS	02:25:12	+54:07	06:55	
145	783	LUIS MANUEL FRIAS BAPTISTA	Serra D'Aire Trail Team	02:25:17	+54:12	06:55	
146	638	Elisabete Repas	EDV - Viana Trail	02:25:17	+54:12	06:55	
147	781	Luis Oliveira	Serra D'Aire Trail Team	02:26:20	+55:15	06:58	
148	736	marco duarte	Individual	02:26:39	+55:34	06:59	
149	611	Lucia Marques	DCI/Trilhos Luso Bussaco	02:27:09	+56:04	07:00	
150	737	Miguel António Leite Costa	Individual	02:27:28	+56:23	07:01	
151	597	Jorge Nogueira	Coronado runners	02:27:35	+56:30	07:02	
152	786	Pedro Coelho	TEAM LANTEMIL	02:27:46	+56:41	07:02	
153	780	DINA MARTINS	Serra D'Aire Trail Team	02:28:07	+57:02	07:03	
154	568	Silvério Paula Pereira	Break	02:28:11	+57:06	07:03	
155	560	André Fernando Moreira da Costa	Break	02:28:30	+57:25	07:04	
156	680	José Azevedo	Gens SC Trail	02:28:57	+57:52	07:06	
157	614	Maria Mendes	DCI/Trilhos Luso Bussaco	02:29:09	+58:04	07:06	
158	596	Miguel Ferreira	Coronado runners	02:29:17	+58:12	07:07	
159	518	Deolinda Pereira	AIRORUN	02:29:24	+58:19	07:07	
160	591	Miguel Barbosa	Clube Efacec/Bis3imo	02:31:48	+01:00:43	07:14	
161	708	Sónia Mota	Individual	02:31:48	+01:00:43	07:14	
162	562	Francisco Manuel Martins Oliveira	Break	02:32:13	+01:01:08	07:15	
163	635	Miguel Magalhães	Douroconta - Gabinete de Apoio e Contabilidade, Lda	02:32:16	+01:01:11	07:15	
164	553	João Pedro Rocha Ferreira Andrade Diogo	Billabongos	02:32:27	+01:01:22	07:16	
165	552	João Paulo Rocha Ferreira Andrade Diogo	Billabongos	02:32:28	+01:01:23	07:16	
166	554	João Rodrigo Rocha Ferreira Andrade Diogo	Billabongos	02:32:28	+01:01:23	07:16	
167	811	Sandra Silva	Tuga Mobile ADAP Trail	02:32:32	+01:01:27	07:16	
168	671	Fátima Vieira	GD Leões da Guarda - Lion Runners	02:32:53	+01:01:48	07:17	
169	598	Carla Ferreira	CORRER LEÇA	02:32:54	+01:01:49	07:17	
170	720	Rui Sousa	Individual	02:33:02	+01:01:57	07:17	
171	779	Jessica Silva	Serra D'Aire Trail Team	02:33:25	+01:02:20	07:18	
172	646	Nádia Filipa	Fátima Trail Team	02:33:37	+01:02:32	07:19	

21KM - STAGE 1

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
173	515	Domingos Maurício Santos Ferreira	adsebolido trail	02:34:24	+01:03:19	07:21	
174	707	Rosa Maria Almeida Ribeiro	Individual	02:34:35	+01:03:30	07:22	
175	751	Fernando Martins	Individual	02:35:00	+01:03:55	07:23	
176	666	Susana Angelo	GD Leões da Guarda - Lion Runners	02:35:27	+01:04:22	07:24	
177	661	José Moura	G.D.R. JUVENTUDE DAS RIBEIRAS	02:35:34	+01:04:29	07:24	
178	609	Carla Martins	DCI/Trilhos Luso Bussaco	02:35:38	+01:04:33	07:25	
179	574	Dora Cristina Amador de Sousa	CF Os Belenenses	02:35:55	+01:04:50	07:25	
180	639	Alberto Barros	Espírito jovem	02:35:58	+01:04:53	07:26	
181	772	Valdemar Carvalho	PORTO SENTIDO RUNNERS	02:36:04	+01:04:59	07:26	
182	502	Amílcar Ferreira	´Team Lantemil	02:36:12	+01:05:07	07:26	
183	525	PAULA CARVALHO	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	02:36:42	+01:05:37	07:28	
184	802	Luis Sério	TRILHO DOS CAGADOS -VCO	02:37:10	+01:06:05	07:29	
185	682	Maria Alexandra Maia	GRVilaverdense	02:38:03	+01:06:58	07:32	
186	608	Marisa Duarte	DCI/Trilhos Luso Bussaco	02:38:35	+01:07:30	07:33	
187	622	Daniel Silva	DCI/Trilhos Luso Bussaco	02:38:35	+01:07:30	07:33	
188	627	Joaquim Martins	DCI/Trilhos Luso Bussaco	02:39:01	+01:07:56	07:34	
189	662	José Bento Morais	Gaia Trail	02:39:07	+01:08:02	07:35	
190	610	Idalina Ribeiro	DCI/Trilhos Luso Bussaco	02:39:15	+01:08:10	07:35	
191	709	Cidalia Magalhaes	Individual	02:40:15	+01:09:10	07:38	
192	501	Alexandra Mouta	#MIRRAS	02:40:22	+01:09:17	07:38	
193	713	Fernando Cunha	Individual	02:40:22	+01:09:17	07:38	
194	569	Claudia da Silva Pereira	C.S.R.D.C. Santiago	02:40:55	+01:09:50	07:40	
195	602	Tiago Montalvão	CORRER LEÇA	02:42:16	+01:11:11	07:44	
196	586	Joaquim Guerreiro	CF Perosinho Trail & Running	02:42:50	+01:11:45	07:45	
197	594	Bruno Chimeno	Coronado runners	02:42:56	+01:11:51	07:46	
198	785	Mónica Martins	TEAM LANTEMIL	02:43:29	+01:12:24	07:47	
199	710	Flor Madureira	Sapatilhas Verdes	02:43:53	+01:12:48	07:48	
200	759	Mário Costa	Moreira Relax Runners	02:43:54	+01:12:49	07:48	
201	578	José Massuça	CF Os Belenenses	02:43:58	+01:12:53	07:48	
202	573	Maria Angela da Silva	CF Os Belenenses	02:43:58	+01:12:53	07:48	
203	816	Sara Resende	TURBOLENTOS	02:44:07	+01:13:02	07:49	
204	818	Henrique Pereira	TURBOLENTOS	02:44:07	+01:13:02	07:49	
205	798	José Alves	Trail Snakes Team	02:44:44	+01:13:39	07:51	
206	776	Jorge Vasconcelos	SCCOIMBRÕES/EQUIPA A	02:45:20	+01:14:15	07:52	
207	583	Neida Andreína de Pinho Carvalho	CF Perosinho Trail & Running	02:45:27	+01:14:22	07:53	
208	521	Claude Pinto	Amigos 100 Limites	02:45:36	+01:14:31	07:53	
209	523	Nuno Couto	Amigos 100 Limites	02:45:36	+01:14:31	07:53	
210	741	Artur Silva	Individual	02:45:37	+01:14:32	07:53	
211	613	Paula Duarte	DCI/Trilhos Luso Bussaco	02:45:53	+01:14:48	07:54	
212	676	Paulo Costa	GD Leões da Guarda - Lion Runners	02:45:54	+01:14:49	07:54	
213	558	Vânia Maria Silva Oliveira	Break	02:46:05	+01:15:00	07:55	
214	746	Miguel Martins	Individual	02:46:28	+01:15:23	07:56	
215	815	Pedro Sequeira	Tuga Mobile ADAP Trail	02:46:53	+01:15:48	07:57	
216	555	Margarida neves	Bravos e bravitas run	02:48:24	+01:17:19	08:01	
217	601	Maria Do Carmo Loureiro	CORRER LEÇA	02:48:35	+01:17:30	08:02	
218	659	Rosa Gama	G.D.R. JUVENTUDE DAS RIBEIRAS	02:48:37	+01:17:32	08:02	

21KM - STAGE 1

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
219	566	José Fernando Morgado Rocha	Break	02:48:41	+01:17:36	08:02	
220	559	Lucia Rebelo Abreu Pinheiro	Break	02:48:56	+01:17:51	08:03	
221	825	Mario Salvado	WE TT	02:50:11	+01:19:06	08:06	
222	565	Romeu de Sousa Machado	Break	02:51:34	+01:20:29	08:10	
223	770	Elizabete Loureiro	PORTO SENTIDO RUNNERS	02:53:21	+01:22:16	08:15	
224	74	Miguel Dias	GAIA-RUNNING	02:53:25	+01:22:20	08:15	
225	595	Manuel Ferreira	Coronado runners	02:53:48	+01:22:43	08:17	
226	804	Alda Cordeiro	Trilhos da Baga/k Run team	02:53:51	+01:22:46	08:17	
227	731	eduardo paulo nogueira castro	Individual	02:54:56	+01:23:51	08:20	
228	698	Ana Vieira	Individual	02:54:58	+01:23:53	08:20	
229	528	PEDRO LOPES	ARRASTASSOLAS	02:55:23	+01:24:18	08:21	
230	530	MÁRIO SANTOS	ARRASTASSOLAS	02:55:23	+01:24:18	08:21	
231	828	Valter Miguel Pinto Alves	Individual	02:55:42	+01:24:37	08:22	
232	808	Ana Soraia Freitas Sousa	Tuga Mobile ADAP Trail	02:56:14	+01:25:09	08:24	
233	760	António Rocha	MSS Grupo Desportivo de Gondomar	02:56:38	+01:25:33	08:25	
234	807	Leandro Freitas	Trilhos de Viana	02:57:14	+01:26:09	08:26	
235	699	Mónica Sá	Individual	02:57:48	+01:26:43	08:28	
236	745	Jorge Caria	Individual	02:57:49	+01:26:44	08:28	
237	715	Antonio Barbosa	Individual	02:58:07	+01:27:02	08:29	
238	771	André Oliveira	PORTO SENTIDO RUNNERS	02:58:36	+01:27:31	08:30	
239	748	Ricardo Teixeira	Individual	02:58:52	+01:27:47	08:31	
240	580	Juliana Moreira	CF Perosinho Trail & Running	03:00:26	+01:29:21	08:36	
241	823	Vitor Araújo	WE TT	03:01:30	+01:30:25	08:39	
242	504	Fernando Reis	100 Pernas Team	03:02:26	+01:31:21	08:41	
243	503	Sandra Domingues	100 Pernas Team	03:02:27	+01:31:22	08:41	
244	742	Francisco costa	Individual	03:02:58	+01:31:53	08:43	
245	669	Paula Monteiro	GD Leões da Guarda - Lion Runners	03:03:31	+01:32:26	08:44	
246	810	SANDRA MANUELA MOREIRA MARTINS	Tuga Mobile ADAP Trail	03:04:48	+01:33:43	08:48	
247	752	António Silva	Leões de Tardariz Trail	03:07:23	+01:36:18	08:55	
248	805	FERNANDA ESTEVES	Trilhos de Viana	03:08:09	+01:37:04	08:58	
249	678	Maria Ricardo	GD Leões da Guarda - Lion Runners	03:08:45	+01:37:40	08:59	
250	730	Ângelo Vidal	Individual	03:08:46	+01:37:41	08:59	
251	673	Amilcar Teixeira	GD Leões da Guarda - Lion Runners	03:09:15	+01:38:10	09:01	
252	584	Lurdes Oliveira	CF Perosinho Trail & Running	03:09:30	+01:38:25	09:01	
253	664	Paula Ferreira	Gansos	03:12:26	+01:41:21	09:10	
254	663	Marisa Pinheiro	Gansos	03:12:27	+01:41:22	09:10	
255	795	Paulina Soares	Tog Associação Running Team	03:21:01	+01:49:56	09:34	
256	739	António Couto	Individual	03:21:09	+01:50:04	09:35	
257	85	Pedro Barros	HappyRun	03:22:23	+01:51:18	09:38	
258	700	Patricia Braga	Individual	03:23:01	+01:51:56	09:40	
259	706	Rita Monteiro	Individual	03:23:01	+01:51:56	09:40	
260	796	Sérgio Santos	Trail Snakes Team	03:24:51	+01:53:46	09:45	
261	824	Gonçalo Silva	WE TT	03:29:24	+01:58:19	09:58	
262	590	Carina Marques	Clube Desportivo de Espite	03:30:17	+01:59:12	10:01	
263	692	Sérgio Silva	Individual	03:30:23	+01:59:18	10:01	

21KM - STAGE 1

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
264	758	Rosa Costa	Moreira Relax Runners	03:40:49	+02:09:44	10:31	
265	599	Luísa Nogueira	CORRER LEÇA	03:40:49	+02:09:44	10:31	
266	705	Diana Mota	Individual	03:43:33	+02:12:28	10:39	
267	826	Nuno Pereira	WE TT	03:43:34	+02:12:29	10:39	

Trail Serra das Flores 2024

Gondomar, PT

26-maio-2024

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

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:00	15,2ºC	87%
End	13:22	15,2ºC	87%

Junior Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	665	João Daniel Barbosa Pacheco	GD GOMA	Junior Masculino	01:50:28		05:16

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	778	Célia Amaro	Serra D'Aire Trail Team	Senior Feminino	01:58:37		05:39
2	684	Cláudia Flor Figueira	Individual	Senior Feminino	02:08:58	+10:21	06:08
3	685	Daniela Figueiredo	Individual	Senior Feminino	02:13:13	+14:36	06:21
4	789	Luísa Ribeiro	THOMAR ATHLETICS	Senior Feminino	02:17:41	+19:04	06:33
5	763	Daniela Moutinho	Os preguiças team	Senior Feminino	02:19:54	+21:17	06:40
6	809	Carla Teixeira	Tuga Mobile ADAP Trail	Senior Feminino	02:21:45	+23:08	06:45
7	640	Joana Gordo	Fátima Trail Team	Senior Feminino	02:24:58	+26:21	06:54
8	779	Jessica Silva	Serra D'Aire Trail Team	Senior Feminino	02:33:25	+34:48	07:18
9	573	Maria Angela da Silva	CF Os Belenenses	Senior Feminino	02:43:58	+45:21	07:48
10	808	Ana Soraia Freitas Sousa	Tuga Mobile ADAP Trail	Senior Feminino	02:56:14	+57:36	08:24
11	580	Juliana Moreira	CF Perosinho Trail & Running	Senior Feminino	03:00:26	+01:01:49	08:36
12	590	Carina Marques	Clube Desportivo de Espite	Senior Feminino	03:30:17	+01:31:40	10:01

Senior Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	543	João Novo	Atletismo Clube da Tocha	Senior Masculino	01:35:37		04:33
2	508	David Santos	ACDRS QUINHENDROS	Senior Masculino	01:38:13	+02:35	04:41
3	509	Tiago Pinheiro	AD Marco 09	Senior Masculino	01:41:23	+05:45	04:50
4	641	Rafael Reis	Fátima Trail Team	Senior Masculino	01:41:52	+06:14	04:51
5	535	Rafael Sousa	Associação Cinfães A Correr	Senior Masculino	01:42:27	+06:49	04:53
6	766	Ricardo Sousa	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Senior Masculino	01:48:43	+13:06	05:11
7	542	Diogo Miranda	Atletismo Clube da Tocha	Senior Masculino	01:51:04	+15:26	05:17
8	799	José Marcelino	TRILHO DOS CÁGADOS	Senior Masculino	01:52:48	+17:11	05:22
9	557	Filipe Ferreira Azevedo	Break	Senior Masculino	01:53:39	+18:01	05:25
10	587	Pedro Ferreira	Associação Cinfães A Correr	Senior Masculino	01:55:52	+20:14	05:31
11	556	André Souto	Break	Senior Masculino	02:04:43	+29:05	05:56
12	581	Rui Pedro Oliveira	CF Perosinho Trail & Running	Senior Masculino	02:08:35	+32:57	06:07
13	606	William Caetano	DCI/Trilhos Luso Bussaco	Senior Masculino	02:08:37	+32:59	06:07
14	793	Helder Teixeira	Titãs de Espadanedo	Senior Masculino	02:10:32	+34:54	06:13
15	693	Tiago santos	Minho e Lima Trail	Senior Masculino	02:21:41	+46:04	06:45
16	794	Sérgio Queiroz	Titãs de Espadanedo	Senior Masculino	02:24:14	+48:37	06:52
17	691	Ruben Maia	Individual	Senior Masculino	02:24:32	+48:55	06:53
18	553	João Pedro Rocha Ferreira Andrade Diogo	Billabongos	Senior Masculino	02:32:27	+56:49	07:16

19	552	João Paulo Rocha Ferreira Andrade Diogo	Billabongos	Senior Masculino	02:32:28	+56:50	07:16
20	554	João Rodrigo Rocha Ferreira Andrade Diogo	Billabongos	Senior Masculino	02:32:28	+56:51	07:16
21	828	Valter Miguel Pinto Alves	Individual	Senior Masculino	02:55:42	+01:20:04	08:22
22	692	Sérgio Silva	Individual	Senior Masculino	03:30:23	+01:54:45	10:01

Sub 23 Masculino

1	767	José Trigo	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Sub 23 Masculino	02:00:52		05:45

Veterana F35

1	526	Paula Pinto	APSOM	Veterana F35	02:05:49		05:59
2	791	Nádia Sousa	THOMAR ATHLETICS	Veterana F35	02:14:29	+08:40	06:24
3	501	Alexandra Mouta	#MIRRAS	Veterana F35	02:40:22	+34:33	07:38
4	816	Sara Resende	TURBOLENTOS	Veterana F35	02:44:07	+38:18	07:49
5	558	Vânia Maria Silva Oliveira	Break	Veterana F35	02:46:05	+40:16	07:55

Veterana F40

1	696	Ines Jordao	Monsanto Running Team	Veterana F40	01:55:21		05:30
2	527	Andreia Pita	Arcd Venda Da Luísa	Veterana F40	02:02:48	+07:26	05:51
3	607	Lurdes Gonçalves	DCI/Trilhos Luso Bussaco	Veterana F40	02:07:43	+12:21	06:05
4	694	Ana Ferreira	Individual	Veterana F40	02:08:45	+13:23	06:08
5	588	Sílvia Maria Ferreirinha Santos	Clube de Atletismo de Ferreira do Zêzere	Veterana F40	02:14:34	+19:12	06:24
6	644	Sílvia Jorge	Fátima Trail Team	Veterana F40	02:16:20	+20:58	06:30
7	811	Sandra Silva	Tuga Mobile ADAP Trail	Veterana F40	02:32:32	+37:10	07:16
8	608	Marisa Duarte	DCI/Trilhos Luso Bussaco	Veterana F40	02:38:35	+43:13	07:33
9	569	Claudia da Silva Pereira	C.S.R.D.C. Santiago	Veterana F40	02:40:55	+45:33	07:40
10	583	Neida Andreína de Pinho Carvalho	CF Perosinho Trail & Running	Veterana F40	02:45:27	+50:05	07:53
11	810	SANDRA MANUELA MOREIRA MARTINS	Tuga Mobile ADAP Trail	Veterana F40	03:04:48	+01:09:26	08:48
12	663	Marisa Pinheiro	Gansos	Veterana F40	03:12:27	+01:17:05	09:10

Veterana F45

1	571	Dora Santos	CASA DO BENFICA EM ABRANTES	Veterana F45	02:17:55		06:34
2	697	Ana Patricia J Bigode	Individual	Veterana F45	02:21:34	+03:39	06:44
3	645	Cidália Margarida Reis Silva	Fátima Trail Team	Veterana F45	02:24:58	+07:03	06:54
4	611	Lucia Marques	DCI/Trilhos Luso Bussaco	Veterana F45	02:27:09	+09:14	07:00
5	780	DINA MARTINS	Serra D'Aire Trail Team	Veterana F45	02:28:07	+10:12	07:03
6	598	Carla Ferreira	CORRER LEÇA	Veterana F45	02:32:54	+14:59	07:17

7	646	Nádia Filipa	Fátima Trail Team	Veterana F45	02:33:37	+15:42	07:19
8	666	Susana Angelo	GD Leões da Guarda - Lion Runners	Veterana F45	02:35:27	+17:32	07:24
9	609	Carla Martins	DCI/Trilhos Luso Bussaco	Veterana F45	02:35:38	+17:42	07:25
10	574	Dora Cristina Amador de Sousa	CF Os Belenenses	Veterana F45	02:35:55	+18:00	07:25
11	682	Maria Alexandra Maia	GRVilaverdense	Veterana F45	02:38:03	+20:08	07:32
12	610	Idalina Ribeiro	DCI/Trilhos Luso Bussaco	Veterana F45	02:39:15	+21:20	07:35
13	785	Mónica Martins	TEAM LANTEMIL	Veterana F45	02:43:29	+25:34	07:47
14	698	Ana Vieira	Individual	Veterana F45	02:54:58	+37:03	08:20
15	699	Mónica Sá	Individual	Veterana F45	02:57:48	+39:53	08:28
16	503	Sandra Domingues	100 Pernas Team	Veterana F45	03:02:27	+44:32	08:41
17	700	Patricia Braga	Individual	Veterana F45	03:23:01	+01:05:06	09:40
18	599	Luísa Nogueira	CORRER LEÇA	Veterana F45	03:40:49	+01:22:54	10:31

Veterana F50

1	762	Lucinda Sousa	Olimpico Vianenese	Veterana F50	01:56:00		05:31
2	668	Fátima Coelho	GD Leões da Guarda - Lion Runners	Veterana F50	02:21:29	+25:29	06:44
3	704	Cristina Loureiro	Individual	Veterana F50	02:22:21	+26:21	06:47
4	612	Júlia Santos	DCI/Trilhos Luso Bussaco	Veterana F50	02:24:07	+28:07	06:52
5	518	Deolinda Pereira	AIRORUN	Veterana F50	02:29:24	+33:24	07:07
6	708	Sónia Mota	Individual	Veterana F50	02:31:48	+35:48	07:14
7	707	Rosa Maria Almeida Ribeiro	Individual	Veterana F50	02:34:35	+38:35	07:22
8	525	PAULA CARVALHO	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	Veterana F50	02:36:42	+40:42	07:28
9	613	Paula Duarte	DCI/Trilhos Luso Bussaco	Veterana F50	02:45:53	+49:53	07:54
10	601	Maria Do Carmo Loureiro	CORRER LEÇA	Veterana F50	02:48:35	+52:35	08:02
11	659	Rosa Gama	G.D.R. JUVENTUDE DAS RIBEIRAS	Veterana F50	02:48:37	+52:37	08:02
12	770	Elizabete Loureiro	PORTO SENTIDO RUNNERS	Veterana F50	02:53:21	+57:21	08:15
13	669	Paula Monteiro	GD Leões da Guarda - Lion Runners	Veterana F50	03:03:31	+01:07:31	08:44
14	664	Paula Ferreira	Gansos	Veterana F50	03:12:26	+01:16:26	09:10
15	706	Rita Monteiro	Individual	Veterana F50	03:23:01	+01:27:01	09:40
16	705	Diana Mota	Individual	Veterana F50	03:43:33	+01:47:33	10:39

Veterana F55

1	638	Elisabete Repas	EDV - Viana Trail	Veterana F55	02:25:17		06:55
2	614	Maria Mendes	DCI/Trilhos Luso Bussaco	Veterana F55	02:29:09	+03:51	07:06
3	671	Fátima Vieira	GD Leões da Guarda - Lion Runners	Veterana F55	02:32:53	+07:35	07:17
4	709	Cidalia Magalhaes	Individual	Veterana F55	02:40:15	+14:57	07:38
5	710	Flor Madureira	Sapatilhas Verdes	Veterana F55	02:43:53	+18:36	07:48
6	555	Margarida neves	Bravos e bravitas run	Veterana F55	02:48:24	+23:06	08:01
7	559	Lucia Rebelo Abreu Pinheiro	Break	Veterana F55	02:48:56	+23:38	08:03

8	804	Alda Cordeiro	Trilhos da Baga/k Run team	Veterana F55	02:53:51	+28:33	08:17

Veterana F60

1	678	Maria Ricardo	GD Leões da Guarda - Lion Runners	Veterana F60	03:08:45		08:59
2	584	Lurdes Oliveira	CF Perosinho Trail & Running	Veterana F60	03:09:30	+00:44	09:01
3	795	Paulina Soares	Tog Associação Running Team	Veterana F60	03:21:01	+12:15	09:34
4	758	Rosa Costa	Moreira Relax Runners	Veterana F60	03:40:49	+32:03	10:31

Veterana F65

1	805	FERNANDA ESTEVES	Trilhos de Viana	Veterana F65	03:08:09		08:58

Veterano M35

1	519	joao ferreira	AIRORUN	Veterano M35	01:31:05		04:20
2	510	Pedro Castro	AD Marco 09	Veterano M35	01:35:47	+04:41	04:34
3	511	Samuel Pereira da Silva	AD Marco 09	Veterano M35	01:36:43	+05:38	04:36
4	813	Carlos Vieira	Tuga Mobile ADAP Trail	Veterano M35	01:36:48	+05:42	04:37
5	544	Paulo Neves	Atletismo Clube da Tocha	Veterano M35	01:40:56	+09:50	04:48
6	520	Bruno Pereira	Amigos 100 Limites	Veterano M35	01:41:56	+10:50	04:51
7	545	Tiago Duarte	Atletismo Clube da Tocha	Veterano M35	01:41:58	+10:52	04:51
8	534	Joao Ribeiro	ASCSobrado	Veterano M35	01:45:30	+14:25	05:01
9	658	Sérgio Vale	Furfor Running Project	Veterano M35	01:53:17	+22:11	05:24
10	536	Edgar Salvado	Associação Desportiva do Fundão	Veterano M35	01:54:40	+23:35	05:28
11	634	Diogo Cardoso	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M35	01:59:10	+28:04	05:40
12	712	Bruno Miguel Oliveira Bernardes	Individual	Veterano M35	02:01:06	+30:00	05:46
13	820	Pedro Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M35	02:05:16	+34:10	05:58
14	827	Pedro Sousa	Individual	Veterano M35	02:07:24	+36:19	06:04
15	812	António Mendes	Tuga Mobile ADAP Trail	Veterano M35	02:08:47	+37:41	06:08
16	711	André Sequeira	Individual	Veterano M35	02:12:08	+41:03	06:18
17	572	Diogo santos	CASA DO BENFICA EM ABRANTES	Veterano M35	02:12:16	+41:10	06:18
18	714	Tiago Pinheiro Luis	Individual	Veterano M35	02:19:25	+48:19	06:38
19	821	Tiago Lopes	WE TT	Veterano M35	02:19:26	+48:20	06:38
20	561	Fabio Silva	Break	Veterano M35	02:22:47	+51:41	06:48
21	800	Daniel Martins	TRILHO DOS CÁGADOS	Veterano M35	02:25:12	+54:07	06:55
22	781	Luis Oliveira	Serra D'Aire Trail Team	Veterano M35	02:26:20	+55:15	06:58
23	560	André Fernando Moreira da Costa	Break	Veterano M35	02:28:30	+57:24	07:04
24	680	José Azevedo	Gens SC Trail	Veterano M35	02:28:57	+57:52	07:06
25	562	Francisco Manuel Martins Oliveira	Break	Veterano M35	02:32:13	+01:01:07	07:15

26	635	Miguel Magalhães	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M35	02:32:16	+01:01:11	07:15
27	713	Fernando Cunha	Individual	Veterano M35	02:40:22	+01:09:17	07:38
28	594	Bruno Chimeno	Coronado runners	Veterano M35	02:42:56	+01:11:50	07:46
29	521	Claude Pinto	Amigos 100 Limites	Veterano M35	02:45:36	+01:14:31	07:53
30	528	PEDRO LOPES	ARRASTASSOLAS	Veterano M35	02:55:23	+01:24:17	08:21
31	771	André Oliveira	PORTO SENTIDO RUNNERS	Veterano M35	02:58:36	+01:27:30	08:30

Veterano M40

1	637	Tiago Pinto	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M40	01:37:13		04:38
2	615	Carlos Simoes	DCI/Trilhos Luso Bussaco	Veterano M40	01:38:35	+01:22	04:42
3	716	Fábio Pinto	Furfor Running Project	Veterano M40	01:45:08	+07:55	05:00
4	681	Nuno Roque	Grupo de Convívio e Amizade nas Donas	Veterano M40	01:49:26	+12:13	05:13
5	617	Marco Simões	DCI/Trilhos Luso Bussaco	Veterano M40	01:52:46	+15:33	05:22
6	636	Octávio Manuel Saavedra Rodrigues	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M40	01:58:44	+21:31	05:39
7	546	Eduardo Ferreira	Atletismo Clube da Tocha	Veterano M40	02:02:30	+25:16	05:50
8	782	Bruno Pereira	Serra D'Aire Trail Team	Veterano M40	02:04:27	+27:13	05:56
9	817	Carlos Oliveira	TURBOLENTOS	Veterano M40	02:05:23	+28:10	05:58
10	819	Pedro Azevedo	TURBOLENTOS	Veterano M40	02:06:43	+29:30	06:02
11	761	Raul José Vieira de Moura	Nova Linha Trail Runners	Veterano M40	02:08:05	+30:52	06:06
12	717	Fernando Cunha	Individual	Veterano M40	02:10:01	+32:48	06:11
13	721	Sérgio Chacim	Individual	Veterano M40	02:11:04	+33:50	06:14
14	538	Nuno Calvário	Associação Desportiva do Fundão	Veterano M40	02:12:06	+34:53	06:17
15	616	Fernando Marques	DCI/Trilhos Luso Bussaco	Veterano M40	02:14:04	+36:50	06:23
16	657	Bruno Pereira	Furamontes ProRunners	Veterano M40	02:14:29	+37:16	06:24
17	814	Paulo inverneiro	Tuga Mobile ADAP Trail	Veterano M40	02:18:37	+41:23	06:36
18	585	Valter Barbosa	CF Perosinho Trail & Running	Veterano M40	02:21:29	+44:16	06:44
19	514	Julio André Baptista Sousa	adsebolido trail	Veterano M40	02:22:52	+45:38	06:48
20	547	Luís Miguel Grou	Atletismo Clube da Tocha	Veterano M40	02:24:07	+46:54	06:52
21	786	Pedro Coelho	TEAM LANTEMIL	Veterano M40	02:27:46	+50:32	07:02
22	720	Rui Sousa	Individual	Veterano M40	02:33:02	+55:49	07:17
23	602	Tiago Montalvão	CORRER LEÇA	Veterano M40	02:42:16	+01:05:03	07:44
24	818	Henrique Pereira	TURBOLENTOS	Veterano M40	02:44:07	+01:06:53	07:49
25	523	Nuno Couto	Amigos 100 Limites	Veterano M40	02:45:36	+01:08:23	07:53
26	565	Romeu de Sousa Machado	Break	Veterano M40	02:51:34	+01:14:20	08:10
27	74	Miguel Dias	GAIA-RUNNING	Veterano M40	02:53:25	+01:16:11	08:15
28	530	MÁRIO SANTOS	ARRASTASSOLAS	Veterano M40	02:55:23	+01:18:09	08:21
29	715	Antonio Barbosa	Individual	Veterano M40	02:58:07	+01:20:53	08:29
30	823	Vitor Araújo	WE TT	Veterano M40	03:01:30	+01:24:16	08:39
31	752	António Silva	Leões de Tardariz Trail	Veterano M40	03:07:23	+01:30:10	08:55
32	796	Sérgio Santos	Trail Snakes Team	Veterano M40	03:24:51	+01:47:37	09:45

Veterano M45

1	757	Avelino Macedo	Minho e Lima Trail	Veterano M45	01:35:38		04:33
2	517	CARLOS VELOSO	ÁGUIAS DE ALVELOS	Veterano M45	01:39:47	+04:08	04:45
3	651	Renato Lopes	Fátima Trail Team	Veterano M45	01:40:30	+04:52	04:47
4	589	Rui Pedro Rodrigues Romão	Clube de Atletismo de Ferreira do Zêzere	Veterano M45	01:41:49	+06:11	04:51
5	726	Paulo Nogueira	Individual	Veterano M45	01:47:57	+12:19	05:08
6	649	Nuno Daniel Antunes Maurício	Fátima Trail Team	Veterano M45	01:51:10	+15:32	05:18
7	549	André Neves	BIAL Running	Veterano M45	01:55:58	+20:20	05:31
8	675	Luis Sá	GD Leões da Guarda - Lion Runners	Veterano M45	01:56:54	+21:16	05:34
9	729	Sérgio Costa	Individual	Veterano M45	01:57:14	+21:36	05:35
10	724	Fernand0 Almeida	A.S.C.SOBRADO	Veterano M45	01:58:30	+22:51	05:39
11	806	Cesar Gonçalves	Trilhos de Viana	Veterano M45	02:00:42	+25:04	05:45
12	769	Luís Reis	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Veterano M45	02:00:51	+25:13	05:45
13	723	Amilcar Almeida	Individual	Veterano M45	02:02:09	+26:31	05:49
14	722	Americo Areias	Individual	Veterano M45	02:03:36	+27:58	05:53
15	653	Teófilo Casimiro	Fátima Trail Team	Veterano M45	02:04:04	+28:25	05:54
16	618	Amilcar Gonçalves	DCI/Trilhos Luso Bussaco	Veterano M45	02:04:17	+28:38	05:55
17	505	José Costa	A.S.C.SOBRADO	Veterano M45	02:05:12	+29:33	05:58
18	541	Paulo Neto	Associação Desportiva do Fundão	Veterano M45	02:05:19	+29:41	05:58
19	621	Rui Mota	DCI/Trilhos Luso Bussaco	Veterano M45	02:05:36	+29:58	05:59
20	648	Nelson Oliveira	Fátima Trail Team	Veterano M45	02:08:01	+32:22	06:06
21	764	Sergio Gomes	Os preguiças team	Veterano M45	02:08:52	+33:13	06:08
22	531	LUÍS GORDICHO	ARRASTASSOLAS	Veterano M45	02:09:54	+34:16	06:11
23	728	Sérgio António Marinho da Silva	Individual	Veterano M45	02:10:40	+35:02	06:13
24	650	Paulo Roque	Fátima Trail Team	Veterano M45	02:11:55	+36:17	06:17
25	620	Renato Ribeiro	DCI/Trilhos Luso Bussaco	Veterano M45	02:19:27	+43:49	06:38
26	539	Antonio Miranda	Associação Desportiva do Fundão	Veterano M45	02:21:56	+46:17	06:46
27	596	Miguel Ferreira	Coronado runners	Veterano M45	02:29:17	+53:39	07:07
28	591	Miguel Barbosa	Clube Efacec/Bis3imo	Veterano M45	02:31:48	+56:10	07:14
29	586	Joaquim Guerreiro	CF Perosinho Trail & Running	Veterano M45	02:42:50	+01:07:11	07:45
30	776	Jorge Vasconcelos	SCCOIMBRÕES/EQUIPA A	Veterano M45	02:45:20	+01:09:41	07:52
31	815	Pedro Sequeira	Tuga Mobile ADAP Trail	Veterano M45	02:46:53	+01:11:15	07:57
32	566	José Fernando Morgado Rocha	Break	Veterano M45	02:48:41	+01:13:03	08:02
33	825	Mario Salvado	WE TT	Veterano M45	02:50:11	+01:14:33	08:06
34	595	Manuel Ferreira	Coronado runners	Veterano M45	02:53:48	+01:18:09	08:17
35	504	Fernando Reis	100 Pernas Team	Veterano M45	03:02:26	+01:26:48	08:41
36	673	Amilcar Teixeira	GD Leões da Guarda - Lion Runners	Veterano M45	03:09:15	+01:33:36	09:01
37	85	Pedro Barros	HappyRun	Veterano M45	03:22:23	+01:46:45	09:38
38	824	Gonçalo Silva	WE TT	Veterano M45	03:29:24	+01:53:46	09:58

21KM **21 KM**

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OFFICIAL RESULT

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Veterano M50

1	577	Jorge Matos	CF Os Belenenses	Veterano M50	01:49:39		05:13
2	105	Fernando Carvalho	A. D. Nós Acreditamos	Veterano M50	01:51:10	+01:30	05:18
3	506	Manuel sousa	A.S.C.SOBRADO	Veterano M50	01:54:07	+04:27	05:26
4	788	Vítor Coelho	Team Sindeq	Veterano M50	01:55:07	+05:27	05:29
5	592	Carlos Silva	Clube Trilheiros & Amigos	Veterano M50	01:55:47	+06:07	05:31
6	576	Gustavo Santos	CF Os Belenenses	Veterano M50	01:56:17	+06:37	05:32
7	624	Paulo Maia	DCI/Trilhos Luso Bussaco	Veterano M50	01:56:51	+07:11	05:34
8	652	Ricardo Gonçalves	Fátima Trail Team	Veterano M50	01:58:28	+08:48	05:38
9	801	Rui Santos	TRILHO DOS CÁGADOS	Veterano M50	02:00:34	+10:54	05:44
10	548	Duarte Domingues	Atletismo Clube da Tocha	Veterano M50	02:07:13	+17:33	06:03
11	734	jorge rodrigues	Individual	Veterano M50	02:08:45	+19:05	06:08
12	623	Miguel Duarte	DCI/Trilhos Luso Bussaco	Veterano M50	02:09:12	+19:32	06:09
13	732	João Correia	Individual	Veterano M50	02:11:04	+21:25	06:14
14	735	Luís azevefo	Individual	Veterano M50	02:13:19	+23:39	06:21
15	787	Manuel Costa	TEAM LANTEMIL	Veterano M50	02:20:35	+30:55	06:42
16	736	marco duarte	Individual	Veterano M50	02:26:39	+36:59	06:59
17	737	Miguel António Leite Costa	Individual	Veterano M50	02:27:28	+37:48	07:01
18	597	Jorge Nogueira	Coronado runners	Veterano M50	02:27:35	+37:55	07:02
19	515	Domingos Maurício Santos Ferreira	adsebolido trail	Veterano M50	02:34:24	+44:44	07:21
20	502	Amílcar Ferreira	´Team Lantemil	Veterano M50	02:36:12	+46:33	07:26
21	622	Daniel Silva	DCI/Trilhos Luso Bussaco	Veterano M50	02:38:35	+48:55	07:33
22	578	José Massuça	CF Os Belenenses	Veterano M50	02:43:58	+54:18	07:48
23	676	Paulo Costa	GD Leões da Guarda - Lion Runners	Veterano M50	02:45:54	+56:14	07:54
24	731	eduardo paulo nogueira castro	Individual	Veterano M50	02:54:56	+01:05:17	08:20
25	760	António Rocha	MSS Grupo Desportivo de Gondomar	Veterano M50	02:56:38	+01:06:58	08:25
26	730	Ângelo Vidal	Individual	Veterano M50	03:08:46	+01:19:06	08:59
27	826	Nuno Pereira	WE TT	Veterano M50	03:43:34	+01:53:54	10:39

Veterano M55

1	629	Manuel Vicente	DCI/Trilhos Luso Bussaco	Veterano M55	01:44:13		04:58
2	626	Carlos Cunha	DCI/Trilhos Luso Bussaco	Veterano M55	01:59:30	+15:17	05:41
3	600	Orlando Costa	CORRER LEÇA	Veterano M55	02:01:09	+16:56	05:46
4	777	Vasco Morais Pinheiro de Sousa	SCP- Caracóis de Corrida	Veterano M55	02:08:54	+24:40	06:08
5	654	Filipe Neves	Fátima Trail Team	Veterano M55	02:10:59	+26:46	06:14
6	579	Luciano Dantas	CF Os Belenenses	Veterano M55	02:12:22	+28:08	06:18
7	747	Paulo Salvador Pacheco Rodrigues	Monsanto Running Team	Veterano M55	02:14:12	+29:59	06:23
8	655	Vitor Neves	Fátima Trail Team	Veterano M55	02:14:54	+30:41	06:25
9	677	Fernando Morais	GD Leões da Guarda - Lion Runners	Veterano M55	02:17:46	+33:32	06:34
10	740	ANTONIO JOAO GOMES DA SILVA	Individual	Veterano M55	02:17:58	+33:44	06:34
11	628	José Pereira	DCI/Trilhos Luso Bussaco	Veterano M55	02:24:07	+39:54	06:52
12	568	Silvério Paula Pereira	Break	Veterano M55	02:28:11	+43:58	07:03

13	661	José Moura	G.D.R. JUVENTUDE DAS RIBEIRAS	Veterano M55	02:35:34	+51:21	07:24
14	639	Alberto Barros	Espírito jovem	Veterano M55	02:35:58	+51:45	07:26
15	772	Valdemar Carvalho	PORTO SENTIDO RUNNERS	Veterano M55	02:36:04	+51:50	07:26
16	802	Luis Sério	TRILHO DOS CAGADOS -VCO	Veterano M55	02:37:10	+52:56	07:29
17	627	Joaquim Martins	DCI/Trilhos Luso Bussaco	Veterano M55	02:39:01	+54:47	07:34
18	741	Artur Silva	Individual	Veterano M55	02:45:37	+01:01:24	07:53
19	746	Miguel Martins	Individual	Veterano M55	02:46:28	+01:02:14	07:56
20	807	Leandro Freitas	Trilhos de Viana	Veterano M55	02:57:14	+01:13:01	08:26
21	745	Jorge Caria	Individual	Veterano M55	02:57:49	+01:13:35	08:28
22	748	Ricardo Teixeira	Individual	Veterano M55	02:58:52	+01:14:39	08:31
23	742	Francisco costa	Individual	Veterano M55	03:02:58	+01:18:45	08:43
24	739	António Couto	Individual	Veterano M55	03:21:09	+01:36:56	09:35

Veterano M60

1	512	Agostinho Carneiro	AD Marco 09	Veterano M60	01:51:05		05:17
2	630	José canha	DCI/Trilhos Luso Bussaco	Veterano M60	02:01:32	+10:27	05:47
3	631	Tony Graça	DCI/Trilhos Luso Bussaco	Veterano M60	02:07:49	+16:43	06:05
4	750	Ângelo Pereira	Individual	Veterano M60	02:11:06	+20:01	06:15
5	749	alfredo costa	Individual	Veterano M60	02:11:41	+20:36	06:16
6	656	Adelino Pereira	Fátima Trail Team	Veterano M60	02:14:37	+23:32	06:25
7	754	António pinto	Leões de Tardariz Trail	Veterano M60	02:23:16	+32:10	06:49
8	783	LUIS MANUEL FRIAS BAPTISTA	Serra D'Aire Trail Team	Veterano M60	02:25:17	+34:11	06:55
9	751	Fernando Martins	Individual	Veterano M60	02:35:00	+43:54	07:23
10	662	José Bento Morais	Gaia Trail	Veterano M60	02:39:07	+48:02	07:35
11	759	Mário Costa	Moreira Relax Runners	Veterano M60	02:43:54	+52:48	07:48
12	798	José Alves	Trail Snakes Team	Veterano M60	02:44:44	+53:38	07:51

Veterano M65

1	632	Manuel Costa	DCI/Trilhos Luso Bussaco	Veterano M65	01:57:24		05:35
2	679	Serafim Ramos	GD Leões da Guarda - Lion Runners	Veterano M65	02:19:42	+22:17	06:39

Veterano M70

1	633	Joaquim Godinho	DCI/Trilhos Luso Bussaco	Veterano M70	02:17:02		06:32

EQUIPAS FEM 21K

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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	DCI/TRILHOS LUSO BUSSACO	6 + 20 + 24	50
2	FÁTIMA TRAIL TEAM	12 + 21 + 22	55
3	SERRA D'AIRE TRAIL TEAM	3 + 25 + 32	60
4	GD LEÕES DA GUARDA - LION RUNNERS	16 + 30 + 35	81
5	TUGA MOBILE ADAP TRAIL	18 + 29 + 59	106
6	CORRER LEÇA	31 + 53 + 75	159
7	CF PEROSINHO TRAIL & RUNNING	49 + 61 + 67	177

EQUIPAS MASC 21K

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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	AD MARCO 09	4 + 5 + 13	22
2	ATLETISMO CLUBE DA TOCHA	2 + 12 + 17	31
3	FÁTIMA TRAIL TEAM	11 + 15 + 30	56
4	DCI/TRILHOS LUSO BUSSACO	9 + 19 + 31	59
5	DOUROCONTA - GABINETE DE APOIO E CONTABILIDADE, LDA	7 + 48 + 49	104
6	PENTA CLUBE DA COVILHÃ/SPORT HOTEL TRAIL RUNNING TEAM	23 + 53 + 54	130
7	A.S.C.SOBRADO	35 + 47 + 65	147
8	CF OS BELENENSES	25 + 41 + 96	162
9	TUGA MOBILE ADAP TRAIL	6 + 79 + 106	191
10	ASSOCIAÇÃO DESPORTIVA DO FUNDÃO	36 + 67 + 93	196
11	TRILHO DOS CÁGADOS	32 + 51 + 122	205
12	BREAK	34 + 64 + 115	213
13	GD LEÕES DA GUARDA - LION RUNNERS	43 + 104 + 110	257
14	TURBOLENTOS	68 + 70 + 156	294
15	SERRA D'AIRE TRAIL TEAM	63 + 123 + 124	310
16	AMIGOS 100 LIMITES	16 + 159 + 160	335
17	CF PEROSINHO TRAIL & RUNNING	76 + 112 + 152	340
18	BILLABONGOS	136 + 137 + 138	411
19	CORONADO RUNNERS	127 + 132 + 153	412
20	ARRASTASSOLAS	83 + 171 + 172	426
21	WE TT	108 + 166 + 180	454

Trail Serra das Flores 2024

Gondomar, PT

26-maio-2024

12KM - 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

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	09:20	16,3ºC	83%
End	12:50	16,3ºC	83%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1078	Bruno Santos	Douroconta - Gabinete de Apoio e Contabilidade, Lda	01:08:11		05:41	
2	1266	Fábio Sufiatti	MSS Grupo Desportivo de Gondomar	01:09:55	+01:44	05:50	
3	1250	José Loureiro	Leões de Tardariz Trail	01:10:38	+02:27	05:53	
4	1301	Diogo Barbedo	SUCUPIRA ON TOUR	01:11:14	+03:03	05:56	
5	1285	Carlos Ruano	Penta Clube da Covilhã/Sport Hotel Trail Running Team	01:11:36	+03:25	05:58	
6	1263	Bruno Rocha	MSS Grupo Desportivo de Gondomar	01:12:11	+04:00	06:01	
7	674	José Sá	GD Leões da Guarda - Lion Runners	01:14:07	+05:56	06:11	
8	1265	Ibraim Sousa	MSS Grupo Desportivo de Gondomar	01:14:21	+06:10	06:12	
9	1125	Carlos Rocha	Gang da Pedra	01:14:38	+06:27	06:13	
10	1268	Luís Silvestre	MSS Grupo Desportivo de Gondomar	01:14:42	+06:31	06:14	
11	1064	Rui Moreira	Coronado runners	01:15:00	+06:49	06:15	
12	1328	Luís Norim Olaio	TURBOLENTOS	01:16:55	+08:44	06:25	
13	1005	BRUNO PEREIRA	ADC Santa Isabel Trail Running	01:16:55	+08:44	06:25	
14	1057	Nuno Teixeira	Caldas de São Jorge Sport Clube	01:17:15	+09:04	06:26	
15	1300	José Rodrigues de Almeida	Sporting Club Santacruzense	01:17:16	+09:05	06:26	
16	1283	Francisco Rabasquinho	Penta Clube da Covilhã/Sport Hotel Trail Running Team	01:17:39	+09:28	06:28	
17	1104	Bruno Rocha	Gens SC Trail	01:17:45	+09:34	06:29	
18	1259	Rafael Sousa	MSS Grupo Desportivo de Gondomar	01:18:11	+10:00	06:31	
19	1196	Miguel Brandão	Individual	01:18:21	+10:10	06:32	
20	1212	Sérgio Pereira	Individual	01:18:39	+10:28	06:33	
21	1270	Rui Alvim	MSS Grupo Desportivo de Gondomar	01:18:47	+10:36	06:34	
22	1277	Fernando Teixeira	Os preguiças team	01:19:06	+10:55	06:35	
23	1219	Manuel Fernando Santos Oliveira	Individual	01:19:10	+10:59	06:36	
24	1217	Emanuel Lourenço Neves	Individual	01:19:18	+11:07	06:36	
25	1312	José Pinto	Turbo kings/ 2.0 AD Ancede	01:21:27	+13:16	06:47	
26	1054	Fernando Miguel Azevedo Portela	Break	01:21:30	+13:19	06:48	
27	1279	Liliana Loureiro	Os preguiças team	01:21:35	+13:24	06:48	
28	1273	António Martins	MSS Grupo Desportivo de Gondomar	01:21:45	+13:34	06:49	
29	1072	Liliana Martinho	DCI/Trilhos Luso Bussaco	01:21:50	+13:39	06:49	
30	1269	Manuel Ferreira	MSS Grupo Desportivo de Gondomar	01:22:11	+14:00	06:51	
31	1311	Tony Teixeira	Turbo kings/ 2.0 AD Ancede	01:22:54	+14:43	06:55	
32	1248	Josué Moreira	Leões de Tardariz Trail	01:23:12	+15:01	06:56	
33	1243	João Martins	Leões de Tardariz Trail	01:23:22	+15:11	06:57	
34	1091	Lucília Resende	GAIA-RUNNING	01:23:24	+15:13	06:57	
35	1020	João Moreira	Amigos 100 Limites	01:23:37	+15:26	06:58	
36	1094	Eduardo Filipe Ramos Oliveira	GD Leões da Guarda - Lion Runners	01:23:51	+15:40	06:59	
37	1294	Fernando Queirós	PORTO SENTIDO RUNNERS	01:24:01	+15:50	07:00	
38	1009	António Pereira	adsebolido trail	01:24:06	+15:55	07:01	
39	1271	Rui Augusto	MSS Grupo Desportivo de Gondomar	01:24:28	+16:17	07:02	
40	1236	Manuel costa	Individual	01:25:09	+16:58	07:06	

12KM - 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

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
41	1071	Sílvia Gomes	DCI/Trilhos Luso Bussaco	01:25:53	+17:42	07:09	
42	1134	jayson CONTRERAS	Individual	01:25:54	+17:43	07:09	
43	1299	PEDRO MARQUES	Runriver	01:26:29	+18:18	07:12	
44	1201	Tozé Moreira	Individual	01:26:32	+18:21	07:13	
45	1087	Bea Moura	G.D.R. JUVENTUDE DAS RIBEIRAS	01:26:55	+18:44	07:15	
46	1145	Rui Gomes	Individual	01:27:22	+19:11	07:17	
47	1252	Ana Amaral	lube EFACEC Bis.3Imo	01:27:32	+19:21	07:18	
48	1342	Fernando Pereira	GONDOMAR FUTSAL CLUBE	01:27:32	+19:21	07:18	
49	1143	Rúben Fonseca	Individual	01:28:21	+20:10	07:22	
50	1197	Sérgio Silva	MSS Grupo Desportivo de Gondomar	01:28:22	+20:11	07:22	
51	1182	Bruno Castelo	Individual	01:28:22	+20:11	07:22	
52	1189	Antônio nogueira	Individual	01:28:22	+20:11	07:22	
53	1140	Marcelo Oliveira	Individual	01:28:27	+20:16	07:22	
54	1105	Nelson Teixeira	Gens SC Trail	01:28:52	+20:41	07:24	
55	1001	Vanessa Soares	A. D. Nós Acreditamos	01:29:11	+21:00	07:26	
56	1135	João Pedro Videira Prazelos	Individual	01:29:14	+21:03	07:26	
57	1092	Emanuel Rocha	Gang da Pedra	01:29:23	+21:12	07:27	
58	1060	Ricardo Ferreira	Centro Cultural D. T. da STCP	01:29:30	+21:19	07:28	
59	1056	Diogo Ferreira de Carvalho	Break	01:30:33	+22:22	07:33	
60	1052	Monica Moreira	Break	01:30:33	+22:22	07:33	
61	1006	RICARDO TEIXEIRA	ADC Santa Isabel Trail Running	01:30:37	+22:26	07:33	
62	1011	CARLOS ALAGO	AIAI TEAM	01:30:48	+22:37	07:34	
63	1332	Hugo André Dias Ribeiro	TURBOLENTOS	01:31:02	+22:51	07:35	
64	1320	Ilda Almeida	TURBOLENTOS	01:31:10	+22:59	07:36	
65	1341	Nuno Neves	XXX	01:32:42	+24:31	07:43	
66	1309	Diogo Sousa	Turbo kings/ 2.0 AD Ancede	01:32:45	+24:34	07:44	
67	1187	Tiago Veiga	Individual	01:33:00	+24:49	07:45	
68	1118	Jorge Borges	Gtt armazém do Caffè	01:33:29	+25:18	07:47	
69	1117	Mónica Borges	Gtt armazém do Caffè	01:33:30	+25:19	07:48	
70	1010	Ricardo Jorge da Rocha Sousa	adsebolido trail	01:33:35	+25:24	07:48	
71	1132	Filipe sousa	Individual	01:33:42	+25:31	07:48	
72	1085	Eliana Teixeira	Fridão Sem Limites	01:33:58	+25:47	07:50	
73	1228	Mito Sousa	Individual	01:34:34	+26:23	07:53	
74	1310	Manuel Teixeira	Turbo kings/ 2.0 AD Ancede	01:34:41	+26:30	07:53	
75	1012	LUIS RODRIGUEZ	AIAI TEAM	01:34:56	+26:45	07:55	
76	1272	António Luís	MSS Grupo Desportivo de Gondomar	01:35:09	+26:58	07:56	
77	1205	Fernando Oliveira	Individual	01:35:24	+27:13	07:57	
78	1323	João Baía	TURBOLENTOS	01:35:39	+27:28	07:58	
79	1315	Carina Rios Leite	TURBOLENTOS	01:35:39	+27:28	07:58	
80	1232	Jorge Cunha	Individual	01:35:54	+27:43	08:00	
81	1224	Armando Machado	Individual	01:36:15	+28:04	08:01	
82	1245	Jesus Castro	Leões de Tardariz Trail	01:36:18	+28:07	08:01	
83	1292	Luísa Marques	PORTO SENTIDO RUNNERS	01:36:27	+28:16	08:02	
84	1322	Ari Cardoso	TURBOLENTOS	01:36:30	+28:19	08:02	
85	1234	José Santos	Individual	01:36:35	+28:24	08:03	
86	1113	Pedro Rocha	Gens SC Trail	01:36:50	+28:39	08:04	

12KM - 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

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
87	1150	Ângela Silva	Individual	01:36:55	+28:44	08:05	
88	1008	Constantina Maria da Silva Rocha	adsebolido trail	01:37:02	+28:51	08:05	
89	1004	LILIANA MOTA	ADC Santa Isabel Trail Running	01:37:09	+28:58	08:06	
90	1126	Christophe Filipe Pelfort	Individual	01:37:25	+29:14	08:07	
91	1144	Rui Cepeda	Individual	01:37:26	+29:15	08:07	
92	1210	Manuel Morais	Individual	01:38:01	+29:50	08:10	
93	1295	Fernando Ferraz	PORTO SENTIDO RUNNERS	01:38:23	+30:12	08:12	
94	1282	Mariana Reis	Penta Clube da Covilhã/Sport Hotel Trail Running Team	01:38:24	+30:13	08:12	
95	1043	João Otto	BIAL Running	01:38:58	+30:47	08:15	
96	1063	Daniela Pontes	Coronado runners	01:39:00	+30:49	08:15	
97	563	Sandra Monteiro	Break	01:39:12	+31:01	08:16	
98	507	Manuel Rodrigues	Academia desportiva A.Valdevez	01:39:13	+31:02	08:16	
99	1084	Margarida Teixeira	Fridão Sem Limites	01:39:29	+31:18	08:17	
100	1247	Salete Martins	Leões de Tardariz Trail	01:39:32	+31:21	08:18	
101	1257	Joaquim Alves Pereira gomes	Modelos sempre	01:39:37	+31:26	08:18	
102	1326	Bruno Sousa	TURBOLENTOS	01:39:41	+31:30	08:18	
103	1325	André Pereira	TURBOLENTOS	01:39:42	+31:31	08:18	
104	1344	Celso Mota	Individual	01:39:56	+31:45	08:20	
105	1053	Paula Conceiçao Silva	Break	01:40:04	+31:53	08:20	
106	1055	Antonio Luis Gomes Coelho	Break	01:40:04	+31:53	08:20	
107	1331	Claudio Vieira	TURBOLENTOS	01:40:29	+32:18	08:22	
108	1194	José Ribeiro	Individual	01:40:35	+32:24	08:23	
109	1082	João Almeida	Estronca Silvas	01:40:56	+32:45	08:25	
110	1131	Fábio Rodrigues	Individual	01:40:58	+32:47	08:25	
111	1137	Jorge Gomes	Individual	01:41:05	+32:54	08:25	
112	1147	Vitor Sousa	Individual	01:41:17	+33:06	08:26	
113	1249	Hugo Moreira	Leões de Tardariz Trail	01:41:18	+33:07	08:26	
114	1226	Manuel Gadelho	Individual	01:41:40	+33:29	08:28	
115	1340	José Rocha	Velozes & Esfomeados	01:41:43	+33:32	08:29	
116	1049	Tomás Oliveira de Sá	Break	01:42:04	+33:53	08:30	
117	1237	Nuno Monteiro	Individual	01:42:09	+33:58	08:31	
118	1240	Filipa Moreira	Leões de Tardariz Trail	01:42:19	+34:08	08:32	
119	1168	Sandra Cristina Lopes Soares	Individual	01:42:23	+34:12	08:32	
120	1042	Francisco Cardona	BIAL Running	01:42:37	+34:26	08:33	
121	1222	Ricardo Gomes	Individual	01:42:39	+34:28	08:33	
122	1314	Marlene Madureira	TURBOLENTOS	01:42:53	+34:42	08:34	
123	1256	João Cunha	Mamas de Soja	01:43:17	+35:06	08:36	
124	1102	Carla Lima	GD Leões da Guarda - Lion Runners	01:43:17	+35:06	08:36	
125	1114	Vitor Santos	Gens SC Trail	01:43:45	+35:34	08:39	
126	1313	Rita Moreno	TURBOLENTOS	01:44:02	+35:51	08:40	
127	1319	Sara Teixeira	TURBOLENTOS	01:44:02	+35:51	08:40	
128	1307	Cristiano Fonseca	Turbo kings/ 2.0 AD Ancede	01:44:38	+36:27	08:43	
129	1192	Filipe Ferreira	Individual	01:44:45	+36:34	08:44	
130	1058	Lia Silva	Caminhadas da Amizade	01:46:18	+38:07	08:52	
131	1339	João Mendes	Velozes & Esfomeados	01:46:39	+38:28	08:53	

12KM - 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

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
132	1095	Tiago Maia	GD Leões da Guarda - Lion Runners	01:46:42	+38:31	08:53	
133	1051	Anabela Monteiro Gonçalves	Break	01:46:52	+38:41	08:54	
134	1061	Paulo Gonçalves	Centro Cultural D. T. da STCP	01:47:10	+38:59	08:56	
135	604	Luis Almeida	CORRER LEÇA	01:47:17	+39:06	08:56	
136	733	Jorge Cruz	Individual	01:47:17	+39:06	08:56	
137	1274	Joaquim Moreira	MSS Grupo Desportivo de Gondomar	01:47:34	+39:23	08:58	
138	1079	Maria Teixeira	ELES ANDEM AI	01:47:39	+39:28	08:58	
139	1264	Helder Oliveira	MSS Grupo Desportivo de Gondomar	01:48:11	+40:00	09:01	
140	1221	Paulo costa	Individual	01:48:28	+40:17	09:02	
141	1166	Nanda Costa	Individual	01:48:29	+40:18	09:02	
142	1021	HELENA CUNHA	ARRASTASSOLAS	01:48:34	+40:23	09:03	
143	1203	Amilcar Castro	Individual	01:48:53	+40:42	09:04	
144	1014	Marina Moreira	Amigos 100 Limites	01:48:55	+40:44	09:05	
145	1112	Nélson Fernandes	Gens SC Trail	01:49:42	+41:31	09:09	
146	1033	Ricardo Vieira	BIAL Running	01:50:02	+41:51	09:10	
147	1086	Rosa Soares	Fridão Sem Limites	01:50:08	+41:57	09:11	
148	1067	Rita Pimparel	Coronado runners	01:50:12	+42:01	09:11	
149	1158	Carolina Gomes	Individual	01:50:24	+42:13	09:12	
150	1024	Ana Dias	BIAL Running	01:50:32	+42:21	09:13	
151	1128	Diogo Figueiredo	Individual	01:50:45	+42:34	09:14	
152	1198	Pedro Miguel Costa	Individual	01:51:12	+43:01	09:16	
153	1111	Igor Santos	Gens SC Trail	01:51:50	+43:39	09:19	
154	1003	Rafael Pinto	ADC Santa Isabel Trail Running	01:52:10	+43:59	09:21	
155	1200	Tiago Barbosa	Individual	01:52:12	+44:01	09:21	
156	1007	Nuno Pinto	ADC Santa Isabel Trail Running	01:52:37	+44:26	09:23	
157	1183	Bruno Fernandes	Individual	01:53:34	+45:23	09:28	
158	1129	Diogo Gomes	Individual	01:53:34	+45:23	09:28	
159	1216	Domingos Fonseca	Individual	01:54:03	+45:52	09:30	
160	1220	Manuel Oliveira	Individual	01:54:20	+46:09	09:32	
161	1174	Marília Cunha	Individual	01:54:40	+46:29	09:33	
162	1136	joao pinto	Gang da Pedra	01:55:56	+47:45	09:40	
163	1230	Rui Lira Cardoso	Individual	01:56:30	+48:19	09:43	
164	1068	Vânia Rebelo	Coronado runners	01:56:52	+48:41	09:44	
165	1069	Rui Silva	Coronado runners	01:56:54	+48:43	09:45	
166	1186	Nuno Dias	Individual	01:57:11	+49:00	09:46	
167	1017	Paula Moreira	Amigos 100 Limites	01:57:49	+49:38	09:49	
168	1023	Vitor Sousa	Atletas da preguiça	01:57:49	+49:38	09:49	
169	1302	MARIA DE LURDES BARBEDO	SUCUPIRA ON TOUR	01:58:05	+49:54	09:50	
170	1303	Henrique Barbedo	SUCUPIRA ON TOUR	01:58:05	+49:54	09:50	
171	1002	Sandra Costa	A.S.C.SOBRADO	01:58:28	+50:17	09:52	
172	1227	Mário Rocha	Individual	01:58:38	+50:27	09:53	
173	1022	Rafaela Oliveira	Atletas da preguiça	01:58:39	+50:28	09:53	
174	1015	Vânia Moreira	Amigos 100 Limites	01:59:19	+51:08	09:57	
175	1223	ALCIDIO FIGUEIREDO	Individual	01:59:20	+51:09	09:57	
176	1255	Hugo Oliveira	Mamas de Soja	01:59:22	+51:11	09:57	
177	582	Arlete Borlido	CF Perosinho Trail & Running	01:59:46	+51:35	09:59	

12KM - 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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	1291	Ana Sousa	PORTO SENTIDO RUNNERS	01:59:58	+51:47	10:00	
179	1035	Catarina Dias	BIAL Running	01:59:59	+51:48	10:00	
180	1293	Lurdes Conceição	PORTO SENTIDO RUNNERS	02:00:39	+52:28	10:03	
181	1101	ROSA BARROS	GD Leões da Guarda - Lion Runners	02:00:49	+52:38	10:04	
182	1304	Maria Melo	Tonapista	02:00:59	+52:48	10:05	
183	1160	Elsa Henriques	Individual	02:01:43	+53:32	10:09	
184	1065	Tomás Paiva	Coronado runners	02:01:49	+53:38	10:09	
185	1229	Paulo Jorge Mendes Silva	Individual	02:02:19	+54:08	10:12	
186	1178	Luisa Cunha	Individual	02:02:54	+54:43	10:15	
187	1225	Manuel Brandão	Individual	02:02:55	+54:44	10:15	
188	1335	Susana Paupério	Unstoppableteam	02:04:28	+56:17	10:22	
189	1337	José Serafim Paupério	Unstoppableteam	02:04:28	+56:17	10:22	
190	1305	Pedro Martins	Tonapista	02:05:08	+56:57	10:26	
191	1107	Regina Silva	Gens SC Trail	02:05:55	+57:44	10:30	
192	1209	Luis Tiago Vieira	Individual	02:06:02	+57:51	10:30	
193	1204	Artur Fonseca	Individual	02:06:54	+58:43	10:34	
194	1239	Bárbara Moreira	Leões de Tardariz Trail	02:07:14	+59:03	10:36	
195	1241	Duarte Silva	Leões de Tardariz Trail	02:07:19	+59:08	10:37	
196	1062	Márcia Coelho	CF Perosinho Trail & Running	02:07:20	+59:09	10:37	
197	1244	Raquel Moreira	Leões de Tardariz Trail	02:07:20	+59:09	10:37	
198	1246	Ana Moreira	Leões de Tardariz Trail	02:07:24	+59:13	10:37	
199	1343	Helder Oliveira	Individual	02:07:29	+59:18	10:37	
200	1218	magalhaes luis	Individual	02:07:58	+59:47	10:40	
201	1081	Helder Vales	Estronca Silvas	02:08:24	+01:00:13	10:42	
202	1290	Guida Baptista	PORTO SENTIDO RUNNERS	02:08:26	+01:00:15	10:42	
203	1214	Carlos Marnoto	Individual	02:08:45	+01:00:34	10:44	
204	1096	AMELIA RAMOS	GD Leões da Guarda - Lion Runners	02:08:55	+01:00:44	10:45	
205	1106	Bruna Peixoto	Gens SC Trail	02:08:55	+01:00:44	10:45	
206	1334	Nuno Henriques	TURBOLENTOS	02:09:03	+01:00:52	10:45	
207	1083	Pedro Santos	Estronca Silvas	02:10:09	+01:01:58	10:51	
208	1080	Rute Sousa	Estronca Silvas	02:10:10	+01:01:59	10:51	
209	1190	Antonio Vaz	Individual	02:10:46	+01:02:35	10:54	
210	1119	Ana Alves	Individual	02:12:58	+01:04:47	11:05	
211	1233	José Alberto Teixeira	Individual	02:15:11	+01:07:00	11:16	
212	1159	Tiago Barbosa	Individual	02:15:40	+01:07:29	11:18	
213	756	Jorge Silva	Maia AC	02:15:51	+01:07:40	11:19	
214	667	Dina Gonçalves	GD Leões da Guarda - Lion Runners	02:15:52	+01:07:41	11:19	
215	1036	Catarina M Silva	BIAL Running	02:16:07	+01:07:56	11:21	
216	1031	Fabio Nunes	BIAL Running	02:16:07	+01:07:56	11:21	
217	1175	Virgínia Moreira	Individual	02:16:38	+01:08:27	11:23	
218	1321	Luana Almeida	TURBOLENTOS	02:16:53	+01:08:42	11:24	
219	1154	Joana Monteiro	Individual	02:16:59	+01:08:48	11:25	
220	1188	Vasco Brandão	Individual	02:18:17	+01:10:06	11:31	
221	1185	Helder Antonio Santos Ferreira	Individual	02:18:18	+01:10:07	11:31	
222	1047	Mónica Roque	Boavista Trail	02:18:22	+01:10:11	11:32	
223	1048	Pedro Cardoso	Boavista Trail	02:18:23	+01:10:12	11:32	

12KM - 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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
224	1276	José António Freitas	MSS Grupo Desportivo de Gondomar	02:19:49	+01:11:38	11:39	
225	1108	Ana Barros	Gens SC Trail	02:20:01	+01:11:50	11:40	
226	1066	Diana Oliveira	Coronado runners	02:22:53	+01:14:42	11:54	
227	1177	Beatriz Caldeira	Individual	02:23:49	+01:15:38	11:59	
228	1103	Daniela Moreira	Gens SC Trail	02:23:51	+01:15:40	11:59	
229	1316	Catarina Oliveira	TURBOLENTOS	02:24:33	+01:16:22	12:03	
230	1122	Mafalda Alves	Individual	02:24:55	+01:16:44	12:05	
231	1163	Estela Oliveira	Individual	02:24:55	+01:16:44	12:05	
232	1157	Ana Luísa Rocha	Individual	02:28:42	+01:20:31	12:24	
233	1179	Natalina Videira	Individual	02:29:58	+01:21:47	12:30	
234	1075	Carolina Gomes	DecaEspeciais	02:31:06	+01:22:55	12:36	
235	1077	Ruben Pereira	DecaEspeciais	02:31:07	+01:22:56	12:36	
236	1038	Oriana Moreira	BIAL Running	02:32:37	+01:24:26	12:43	
237	1025	Andreia Costa	BIAL Running	02:32:37	+01:24:26	12:43	
238	1170	Sónia Neves	Individual	02:32:39	+01:24:28	12:43	
239	1261	Maria Alves	MSS Grupo Desportivo de Gondomar	02:33:04	+01:24:53	12:45	
240	1297	Pedro Ramos	Running for Apela	02:34:10	+01:25:59	12:51	
241	1041	Daniela Rodrigues	BIAL Running	02:35:11	+01:27:00	12:56	
242	1088	Ana Paula	G.D.R. JUVENTUDE DAS RIBEIRAS	02:35:34	+01:27:23	12:58	
243	1089	Conceição Ribeiro	G.D.R. JUVENTUDE DAS RIBEIRAS	02:35:35	+01:27:24	12:58	
244	660	Rui Gonçalves	G.D.R. JUVENTUDE DAS RIBEIRAS	02:35:36	+01:27:25	12:58	
245	1090	Rosa Almeida	G.D.R. JUVENTUDE DAS RIBEIRAS	02:35:36	+01:27:25	12:58	
246	1184	Daniel Pinto	Individual	02:36:08	+01:27:57	13:01	
247	1121	Isabel Pereira	Individual	02:36:09	+01:27:58	13:01	
248	1099	Raquel Santos	GD Leões da Guarda - Lion Runners	02:38:01	+01:29:50	13:10	
249	1098	Joana Martins	GD Leões da Guarda - Lion Runners	02:38:01	+01:29:50	13:10	
250	1076	Isabel Araújo	DecaEspeciais	02:42:52	+01:34:41	13:34	
251	1074	Beatriz Rebelo	DecaEspeciais	02:42:52	+01:34:41	13:34	
252	1165	Maria Aida Henriques Antunes	Individual	02:45:34	+01:37:23	13:48	
253	1207	Hugo Alexandre Manso Gonçalves	Individual	02:45:34	+01:37:23	13:48	
254	1202	Alexandre Amaral Teles	Individual	02:46:56	+01:38:45	13:55	
255	1123	Mafalda Santos	Individual	02:47:42	+01:39:31	13:59	
256	1155	Lia Oliveira	Individual	02:47:43	+01:39:32	13:59	
257	1156	Mafalda Mesquita	Individual	02:47:43	+01:39:32	13:59	
258	1146	Serafim Sousa	Individual	02:47:52	+01:39:41	13:59	
259	1120	Inês Maria Maia	Individual	02:47:54	+01:39:43	14:00	
260	1161	Andreia Leitão	Individual	02:53:45	+01:45:34	14:29	
261	703	Cândida Seabra	Individual	02:53:45	+01:45:34	14:29	
262	1164	Irene Bárbara Jouin Monteiro	Individual	02:57:59	+01:49:48	14:50	
263	1172	Fátima Mendes	Individual	02:57:59	+01:49:48	14:50	
264	1180	Ana Augusta Moreira	Individual	03:03:06	+01:54:55	15:16	
265	1231	Adérito Fonseca	Individual	03:03:14	+01:55:03	15:16	

Trail Serra das Flores 2024

Gondomar, PT

26-maio-2024

12KM

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

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	09:20	16,3ºC	83%
End	12:50	16,3ºC	83%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Junior Feminino							
1	1282	Mariana Reis	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Junior Feminino	01:38:24		08:12
2	1084	Margarida Teixeira	Fridão Sem Limites	Junior Feminino	01:39:29	+01:05	08:17
Junior Masculino							
1	1283	Francisco Rabasquinho	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Junior Masculino	01:17:39		06:28
2	1094	Eduardo Filipe Ramos Oliveira	GD Leões da Guarda - Lion Runners	Junior Masculino	01:23:51	+06:11	06:59
3	1049	Tomás Oliveira de Sá	Break	Junior Masculino	01:42:04	+24:25	08:30
Juvenil Masculino							
1	1285	Carlos Ruano	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Juvenil Masculino	01:11:36		05:58
2	1003	Rafael Pinto	ADC Santa Isabel Trail Running	Juvenil Masculino	01:52:10	+40:34	09:21
Senior Feminino							
1	1087	Bea Moura	G.D.R. JUVENTUDE DAS RIBEIRAS	Senior Feminino	01:26:55		07:15
2	1063	Daniela Pontes	Coronado runners	Senior Feminino	01:39:00	+12:04	08:15
3	1240	Filipa Moreira	Leões de Tardariz Trail	Senior Feminino	01:42:19	+15:23	08:32
4	1313	Rita Moreno	TURBOLENTOS	Senior Feminino	01:44:02	+17:06	08:40
5	1014	Marina Moreira	Amigos 100 Limites	Senior Feminino	01:48:55	+21:59	09:05
6	1024	Ana Dias	BIAL Running	Senior Feminino	01:50:32	+23:37	09:13
7	1022	Rafaela Oliveira	Atletas da preguiça	Senior Feminino	01:58:39	+31:43	09:53
8	1015	Vânia Moreira	Amigos 100 Limites	Senior Feminino	01:59:19	+32:23	09:57
9	1335	Susana Paupério	Unstoppableteam	Senior Feminino	02:04:28	+37:32	10:22
10	1239	Bárbara Moreira	Leões de Tardariz Trail	Senior Feminino	02:07:14	+40:18	10:36
11	1119	Ana Alves	Individual	Senior Feminino	02:12:58	+46:02	11:05
12	1103	Daniela Moreira	Gens SC Trail	Senior Feminino	02:23:51	+56:55	11:59
13	1122	Mafalda Alves	Individual	Senior Feminino	02:24:55	+57:59	12:05
14	1075	Carolina Gomes	DecaEspeciais	Senior Feminino	02:31:06	+01:04:10	12:36
15	1025	Andreia Costa	BIAL Running	Senior Feminino	02:32:37	+01:05:41	12:43
16	1121	Isabel Pereira	Individual	Senior Feminino	02:36:09	+01:09:13	13:01
17	1076	Isabel Araújo	DecaEspeciais	Senior Feminino	02:42:52	+01:15:56	13:34
18	1074	Beatriz Rebelo	DecaEspeciais	Senior Feminino	02:42:52	+01:15:56	13:34
19	1123	Mafalda Santos	Individual	Senior Feminino	02:47:42	+01:20:46	13:59

20	1120	Inês Maria Maia	Individual	Senior Feminino	02:47:54	+01:20:58	14:00

Senior Masculino

1	1125	Carlos Rocha	Gang da Pedra	Senior Masculino	01:14:38		06:13
2	1064	Rui Moreira	Coronado runners	Senior Masculino	01:15:00	+00:22	06:15
3	1104	Bruno Rocha	Gens SC Trail	Senior Masculino	01:17:45	+03:07	06:29
4	1259	Rafael Sousa	MSS Grupo Desportivo de Gondomar	Senior Masculino	01:18:11	+03:33	06:31
5	1277	Fernando Teixeira	Os preguiças team	Senior Masculino	01:19:06	+04:27	06:35
6	1243	João Martins	Leões de Tardariz Trail	Senior Masculino	01:23:22	+08:44	06:57
7	1134	jayson CONTRERAS	Individual	Senior Masculino	01:25:54	+11:16	07:09
8	1145	Rui Gomes	Individual	Senior Masculino	01:27:22	+12:44	07:17
9	1143	Rúben Fonseca	Individual	Senior Masculino	01:28:21	+13:43	07:22
10	1140	Marcelo Oliveira	Individual	Senior Masculino	01:28:27	+13:49	07:22
11	1105	Nelson Teixeira	Gens SC Trail	Senior Masculino	01:28:52	+14:13	07:24
12	1135	João Pedro Videira Prazelos	Individual	Senior Masculino	01:29:14	+14:35	07:26
13	1309	Diogo Sousa	Turbo kings/ 2.0 AD Ancede	Senior Masculino	01:32:45	+18:07	07:44
14	1132	Filipe sousa	Individual	Senior Masculino	01:33:42	+19:03	07:48
15	1126	Christophe Filipe Pelfort	Individual	Senior Masculino	01:37:25	+22:46	08:07
16	1144	Rui Cepeda	Individual	Senior Masculino	01:37:26	+22:48	08:07
17	1131	Fábio Rodrigues	Individual	Senior Masculino	01:40:58	+26:19	08:25
18	1137	Jorge Gomes	Individual	Senior Masculino	01:41:05	+26:27	08:25
19	1147	Vitor Sousa	Individual	Senior Masculino	01:41:17	+26:38	08:26
20	1340	José Rocha	Velozes & Esfomeados	Senior Masculino	01:41:43	+27:05	08:29
21	1307	Cristiano Fonseca	Turbo kings/ 2.0 AD Ancede	Senior Masculino	01:44:38	+30:00	08:43
22	1339	João Mendes	Velozes & Esfomeados	Senior Masculino	01:46:39	+32:00	08:53
23	1033	Ricardo Vieira	BIAL Running	Senior Masculino	01:50:02	+35:23	09:10
24	1128	Diogo Figueiredo	Individual	Senior Masculino	01:50:45	+36:06	09:14
25	1129	Diogo Gomes	Individual	Senior Masculino	01:53:34	+38:56	09:28
26	1136	joao pinto	Gang da Pedra	Senior Masculino	01:55:56	+41:17	09:40
27	1023	Vitor Sousa	Atletas da preguiça	Senior Masculino	01:57:49	+43:10	09:49
28	1241	Duarte Silva	Leões de Tardariz Trail	Senior Masculino	02:07:19	+52:41	10:37
29	1159	Tiago Barbosa	Individual	Senior Masculino	02:15:40	+01:01:02	11:18
30	1031	Fabio Nunes	BIAL Running	Senior Masculino	02:16:07	+01:01:28	11:21
31	1077	Ruben Pereira	DecaEspeciais	Senior Masculino	02:31:07	+01:16:28	12:36
32	1146	Serafim Sousa	Individual	Senior Masculino	02:47:52	+01:33:14	13:59

Sub 23 Masculino

1	1301	Diogo Barbedo	SUCUPIRA ON TOUR	Sub 23 Masculino	01:11:14		05:56
2	1095	Tiago Maia	GD Leões da Guarda - Lion Runners	Sub 23 Masculino	01:46:42	+35:27	08:53
3	1065	Tomás Paiva	Coronado runners	Sub 23 Masculino	02:01:49	+50:35	10:09

12KM **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

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

Veterana F35

1	1071	Sílvia Gomes	DCI/Trilhos Luso Bussaco	Veterana F35	01:25:53		07:09
2	1150	Ângela Silva	Individual	Veterana F35	01:36:55	+11:01	08:05
3	563	Sandra Monteiro	Break	Veterana F35	01:39:12	+13:18	08:16
4	1314	Marlene Madureira	TURBOLENTOS	Veterana F35	01:42:53	+17:00	08:34
5	1067	Rita Pimparel	Coronado runners	Veterana F35	01:50:12	+24:18	09:11
6	1068	Vânia Rebelo	Coronado runners	Veterana F35	01:56:52	+30:58	09:44
7	1035	Catarina Dias	BIAL Running	Veterana F35	01:59:59	+34:05	10:00
8	1304	Maria Melo	Tonapista	Veterana F35	02:00:59	+35:05	10:05
9	1107	Regina Silva	Gens SC Trail	Veterana F35	02:05:55	+40:01	10:30
10	1244	Raquel Moreira	Leões de Tardariz Trail	Veterana F35	02:07:20	+41:27	10:37
11	1106	Bruna Peixoto	Gens SC Trail	Veterana F35	02:08:55	+43:02	10:45
12	1036	Catarina M Silva	BIAL Running	Veterana F35	02:16:07	+50:13	11:21
13	1154	Joana Monteiro	Individual	Veterana F35	02:16:59	+51:05	11:25
14	1066	Diana Oliveira	Coronado runners	Veterana F35	02:22:53	+56:59	11:54
15	1038	Oriana Moreira	BIAL Running	Veterana F35	02:32:37	+01:06:43	12:43
16	1155	Lia Oliveira	Individual	Veterana F35	02:47:43	+01:21:49	13:59
17	1156	Mafalda Mesquita	Individual	Veterana F35	02:47:43	+01:21:49	13:59

Veterana F40

1	1072	Liliana Martinho	DCI/Trilhos Luso Bussaco	Veterana F40	01:21:50		06:49
2	1001	Vanessa Soares	A. D. Nós Acreditamos	Veterana F40	01:29:11	+07:21	07:26
3	1085	Eliana Teixeira	Fridão Sem Limites	Veterana F40	01:33:58	+12:08	07:50
4	1315	Carina Rios Leite	TURBOLENTOS	Veterana F40	01:35:39	+13:49	07:58
5	1004	LILIANA MOTA	ADC Santa Isabel Trail Running	Veterana F40	01:37:09	+15:19	08:06
6	1319	Sara Teixeira	TURBOLENTOS	Veterana F40	01:44:02	+22:12	08:40
7	1058	Lia Silva	Caminhadas da Amizade	Veterana F40	01:46:18	+24:28	08:52
8	1158	Carolina Gomes	Individual	Veterana F40	01:50:24	+28:34	09:12
9	582	Arlete Borlido	CF Perosinho Trail & Running	Veterana F40	01:59:46	+37:56	09:59
10	1160	Elsa Henriques	Individual	Veterana F40	02:01:43	+39:53	10:09
11	1047	Mónica Roque	Boavista Trail	Veterana F40	02:18:22	+56:32	11:32
12	1108	Ana Barros	Gens SC Trail	Veterana F40	02:20:01	+58:11	11:40
13	1316	Catarina Oliveira	TURBOLENTOS	Veterana F40	02:24:33	+01:02:43	12:03
14	1157	Ana Luísa Rocha	Individual	Veterana F40	02:28:42	+01:06:52	12:24

Veterana F45

1	1279	Liliana Loureiro	Os preguiças team	Veterana F45	01:21:35		06:48
2	1091	Lucília Resende	GAIA-RUNNING	Veterana F45	01:23:24	+01:48	06:57
3	1320	Ilda Almeida	TURBOLENTOS	Veterana F45	01:31:10	+09:34	07:36
4	1117	Mónica Borges	Gtt armazém do Caffè	Veterana F45	01:33:30	+11:55	07:48
5	1168	Sandra Cristina Lopes Soares	Individual	Veterana F45	01:42:23	+20:47	08:32
6	1166	Nanda Costa	Individual	Veterana F45	01:48:29	+26:53	09:02

7	1021	HELENA CUNHA	ARRASTASSOLAS	Veterana F45	01:48:34	+26:59	09:03
8	1002	Sandra Costa	A.S.C.SOBRADO	Veterana F45	01:58:28	+36:52	09:52
9	1062	Márcia Coelho	CF Perosinho Trail & Running	Veterana F45	02:07:20	+45:44	10:37
10	1290	Guida Baptista	PORTO SENTIDO RUNNERS	Veterana F45	02:08:26	+46:51	10:42
11	1096	AMELIA RAMOS	GD Leões da Guarda - Lion Runners	Veterana F45	02:08:55	+47:20	10:45
12	1080	Rute Sousa	Estronca Silvas	Veterana F45	02:10:10	+48:34	10:51
13	1321	Luana Almeida	TURBOLENTOS	Veterana F45	02:16:53	+55:18	11:24
14	1163	Estela Oliveira	Individual	Veterana F45	02:24:55	+01:03:20	12:05
15	1170	Sónia Neves	Individual	Veterana F45	02:32:39	+01:11:04	12:43
16	1041	Daniela Rodrigues	BIAL Running	Veterana F45	02:35:11	+01:13:36	12:56
17	1099	Raquel Santos	GD Leões da Guarda - Lion Runners	Veterana F45	02:38:01	+01:16:25	13:10
18	1098	Joana Martins	GD Leões da Guarda - Lion Runners	Veterana F45	02:38:01	+01:16:26	13:10
19	1165	Maria Aida Henriques Antunes	Individual	Veterana F45	02:45:34	+01:23:59	13:48
20	1161	Andreia Leitão	Individual	Veterana F45	02:53:45	+01:32:10	14:29
21	1164	Irene Bárbara Jouin Monteiro	Individual	Veterana F45	02:57:59	+01:36:24	14:50

Veterana F50

1	1252	Ana Amaral	lube EFACEC Bis.3Imo	Veterana F50	01:27:32		07:18
2	1052	Monica Moreira	Break	Veterana F50	01:30:33	+03:01	07:33
3	1245	Jesus Castro	Leões de Tardariz Trail	Veterana F50	01:36:18	+08:46	08:01
4	1292	Luísa Marques	PORTO SENTIDO RUNNERS	Veterana F50	01:36:27	+08:55	08:02
5	1008	Constantina Maria da Silva Rocha	adsebolido trail	Veterana F50	01:37:02	+09:30	08:05
6	1053	Paula Conceiçao Silva	Break	Veterana F50	01:40:04	+12:32	08:20
7	1051	Anabela Monteiro Gonçalves	Break	Veterana F50	01:46:52	+19:20	08:54
8	1086	Rosa Soares	Fridão Sem Limites	Veterana F50	01:50:08	+22:36	09:11
9	1174	Marília Cunha	Individual	Veterana F50	01:54:40	+27:08	09:33
10	1302	MARIA DE LURDES BARBEDO	SUCUPIRA ON TOUR	Veterana F50	01:58:05	+30:33	09:50
11	1291	Ana Sousa	PORTO SENTIDO RUNNERS	Veterana F50	01:59:58	+32:26	10:00
12	667	Dina Gonçalves	GD Leões da Guarda - Lion Runners	Veterana F50	02:15:52	+48:20	11:19
13	1175	Virgínia Moreira	Individual	Veterana F50	02:16:38	+49:06	11:23
14	1088	Ana Paula	G.D.R. JUVENTUDE DAS RIBEIRAS	Veterana F50	02:35:34	+01:08:02	12:58
15	1089	Conceição Ribeiro	G.D.R. JUVENTUDE DAS RIBEIRAS	Veterana F50	02:35:35	+01:08:03	12:58
16	1090	Rosa Almeida	G.D.R. JUVENTUDE DAS RIBEIRAS	Veterana F50	02:35:36	+01:08:04	12:58
17	703	Cândida Seabra	Individual	Veterana F50	02:53:45	+01:26:13	14:29
18	1172	Fátima Mendes	Individual	Veterana F50	02:57:59	+01:30:27	14:50

Veterana F55

1	1247	Salete Martins	Leões de Tardariz Trail	Veterana F55	01:39:32		08:18
2	1079	Maria Teixeira	ELES ANDEM AI	Veterana F55	01:47:39	+08:07	08:58

3	1178	Luisa Cunha	Individual	Veterana F55	02:02:54	+23:22	10:15
4	1246	Ana Moreira	Leões de Tardariz Trail	Veterana F55	02:07:24	+27:52	10:37
5	1177	Beatriz Caldeira	Individual	Veterana F55	02:23:49	+44:17	11:59
6	1179	Natalina Videira	Individual	Veterana F55	02:29:58	+50:26	12:30
7	1261	Maria Alves	MSS Grupo Desportivo de Gondomar	Veterana F55	02:33:04	+53:32	12:45

Veterana F60

1	1017	Paula Moreira	Amigos 100 Limites	Veterana F60	01:57:49		09:49
2	1293	Lurdes Conceição	PORTO SENTIDO RUNNERS	Veterana F60	02:00:39	+02:50	10:03
3	1101	ROSA BARROS	GD Leões da Guarda - Lion Runners	Veterana F60	02:00:49	+03:00	10:04

Veterana F65

1	1180	Ana Augusta Moreira	Individual	Veterana F65	03:03:06		15:16

Veterano M35

1	1078	Bruno Santos	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M35	01:08:11		05:41
2	1248	Josué Moreira	Leões de Tardariz Trail	Veterano M35	01:23:12	+15:01	06:56
3	1182	Bruno Castelo	Individual	Veterano M35	01:28:22	+20:10	07:22
4	1092	Emanuel Rocha	Gang da Pedra	Veterano M35	01:29:23	+21:12	07:27
5	1060	Ricardo Ferreira	Centro Cultural D. T. da STCP	Veterano M35	01:29:30	+21:19	07:28
6	1187	Tiago Veiga	Individual	Veterano M35	01:33:00	+24:48	07:45
7	1323	João Baía	TURBOLENTOS	Veterano M35	01:35:39	+27:27	07:58
8	1322	Ari Cardoso	TURBOLENTOS	Veterano M35	01:36:30	+28:19	08:02
9	1102	Carla Lima	GD Leões da Guarda - Lion Runners	Veterano M35	01:43:17	+35:06	08:36
10	1111	Igor Santos	Gens SC Trail	Veterano M35	01:51:50	+43:39	09:19
11	1183	Bruno Fernandes	Individual	Veterano M35	01:53:34	+45:23	09:28
12	1186	Nuno Dias	Individual	Veterano M35	01:57:11	+49:00	09:46
13	1305	Pedro Martins	Tonapista	Veterano M35	02:05:08	+56:57	10:26
14	1081	Helder Vales	Estronca Silvas	Veterano M35	02:08:24	+01:00:13	10:42
15	1188	Vasco Brandão	Individual	Veterano M35	02:18:17	+01:10:06	11:31
16	1185	Helder Antonio Santos Ferreira	Individual	Veterano M35	02:18:18	+01:10:06	11:31
17	1048	Pedro Cardoso	Boavista Trail	Veterano M35	02:18:23	+01:10:12	11:32
18	1184	Daniel Pinto	Individual	Veterano M35	02:36:08	+01:27:57	13:01

Veterano M40

1	1263	Bruno Rocha	MSS Grupo Desportivo de Gondomar	Veterano M40	01:12:11		06:01
2	1328	Luís Norim Olaio	TURBOLENTOS	Veterano M40	01:16:55	+04:44	06:25

3	1005	BRUNO PEREIRA	ADC Santa Isabel Trail Running	Veterano M40	01:16:55	+04:44	06:25
4	1057	Nuno Teixeira	Caldas de São Jorge Sport Clube	Veterano M40	01:17:15	+05:04	06:26
5	1196	Miguel Brandão	Individual	Veterano M40	01:18:21	+06:10	06:32
6	1054	Fernando Miguel Azevedo Portela	Break	Veterano M40	01:21:30	+09:19	06:48
7	1311	Tony Teixeira	Turbo kings/ 2.0 AD Ancede	Veterano M40	01:22:54	+10:43	06:55
8	1201	Tozé Moreira	Individual	Veterano M40	01:26:32	+14:20	07:13
9	1197	Sérgio Silva	MSS Grupo Desportivo de Gondomar	Veterano M40	01:28:22	+16:10	07:22
10	1189	Antônio nogueira	Individual	Veterano M40	01:28:22	+16:11	07:22
11	1006	RICARDO TEIXEIRA	ADC Santa Isabel Trail Running	Veterano M40	01:30:37	+18:26	07:33
12	1341	Nuno Neves	XXX	Veterano M40	01:32:42	+20:31	07:43
13	1310	Manuel Teixeira	Turbo kings/ 2.0 AD Ancede	Veterano M40	01:34:41	+22:30	07:53
14	1113	Pedro Rocha	Gens SC Trail	Veterano M40	01:36:50	+24:39	08:04
15	1043	João Otto	BIAL Running	Veterano M40	01:38:58	+26:47	08:15
16	1326	Bruno Sousa	TURBOLENTOS	Veterano M40	01:39:41	+27:30	08:18
17	1325	André Pereira	TURBOLENTOS	Veterano M40	01:39:42	+27:31	08:18
18	1194	José Ribeiro	Individual	Veterano M40	01:40:35	+28:24	08:23
19	1082	João Almeida	Estronca Silvas	Veterano M40	01:40:56	+28:45	08:25
20	1249	Hugo Moreira	Leões de Tardariz Trail	Veterano M40	01:41:18	+29:07	08:26
21	1042	Francisco Cardona	BIAL Running	Veterano M40	01:42:37	+30:26	08:33
22	1256	João Cunha	Mamas de Soja	Veterano M40	01:43:17	+31:06	08:36
23	1192	Filipe Ferreira	Individual	Veterano M40	01:44:45	+32:34	08:44
24	1112	Nélson Fernandes	Gens SC Trail	Veterano M40	01:49:42	+37:31	09:09
25	1198	Pedro Miguel Costa	Individual	Veterano M40	01:51:12	+39:01	09:16
26	1200	Tiago Barbosa	Individual	Veterano M40	01:52:12	+40:01	09:21
27	1069	Rui Silva	Coronado runners	Veterano M40	01:56:54	+44:43	09:45
28	1255	Hugo Oliveira	Mamas de Soja	Veterano M40	01:59:22	+47:11	09:57
29	1190	Antonio Vaz	Individual	Veterano M40	02:10:46	+58:34	10:54
30	660	Rui Gonçalves	G.D.R. JUVENTUDE DAS RIBEIRAS	Veterano M40	02:35:36	+01:23:25	12:58

Veterano M45

1	1266	Fábio Sufiatti	MSS Grupo Desportivo de Gondomar	Veterano M45	01:09:55		05:50
2	674	José Sá	GD Leões da Guarda - Lion Runners	Veterano M45	01:14:07	+04:12	06:11
3	1265	Ibraim Sousa	MSS Grupo Desportivo de Gondomar	Veterano M45	01:14:21	+04:25	06:12
4	1212	Sérgio Pereira	Individual	Veterano M45	01:18:39	+08:43	06:33
5	1299	PEDRO MARQUES	Runriver	Veterano M45	01:26:29	+16:33	07:12
6	1011	CARLOS ALAGO	AIAI TEAM	Veterano M45	01:30:48	+20:52	07:34
7	1332	Hugo André Dias Ribeiro	TURBOLENTOS	Veterano M45	01:31:02	+21:07	07:35
8	1118	Jorge Borges	Gtt armazém do Caffè	Veterano M45	01:33:29	+23:34	07:47
9	1012	LUIS RODRIGUEZ	AIAI TEAM	Veterano M45	01:34:56	+25:00	07:55
10	1205	Fernando Oliveira	Individual	Veterano M45	01:35:24	+25:28	07:57
11	1210	Manuel Morais	Individual	Veterano M45	01:38:01	+28:05	08:10
12	1257	Joaquim Alves Pereira gomes	Modelos sempre	Veterano M45	01:39:37	+29:41	08:18

13	1331	Claudio Vieira	TURBOLENTOS	Veterano M45	01:40:29	+30:33	08:22
14	1114	Vitor Santos	Gens SC Trail	Veterano M45	01:43:45	+33:49	08:39
15	1264	Helder Oliveira	MSS Grupo Desportivo de Gondomar	Veterano M45	01:48:11	+38:15	09:01
16	1203	Amilcar Castro	Individual	Veterano M45	01:48:53	+38:57	09:04
17	1007	Nuno Pinto	ADC Santa Isabel Trail Running	Veterano M45	01:52:37	+42:41	09:23
18	1209	Luis Tiago Vieira	Individual	Veterano M45	02:06:02	+56:07	10:30
19	1204	Artur Fonseca	Individual	Veterano M45	02:06:54	+56:58	10:34
20	1334	Nuno Henriques	TURBOLENTOS	Veterano M45	02:09:03	+59:07	10:45
21	1297	Pedro Ramos	Running for Apela	Veterano M45	02:34:10	+01:24:14	12:51
22	1207	Hugo Alexandre Manso Gonçalves	Individual	Veterano M45	02:45:34	+01:35:39	13:48
23	1202	Alexandre Amaral Teles	Individual	Veterano M45	02:46:56	+01:37:00	13:55

Veterano M50

1	1250	José Loureiro	Leões de Tardariz Trail	Veterano M50	01:10:38		05:53
2	1268	Luís Silvestre	MSS Grupo Desportivo de Gondomar	Veterano M50	01:14:42	+04:04	06:14
3	1270	Rui Alvim	MSS Grupo Desportivo de Gondomar	Veterano M50	01:18:47	+08:09	06:34
4	1219	Manuel Fernando Santos Oliveira	Individual	Veterano M50	01:19:10	+08:31	06:36
5	1217	Emanuel Lourenço Neves	Individual	Veterano M50	01:19:18	+08:39	06:36
6	1312	José Pinto	Turbo kings/ 2.0 AD Ancede	Veterano M50	01:21:27	+10:49	06:47
7	1269	Manuel Ferreira	MSS Grupo Desportivo de Gondomar	Veterano M50	01:22:11	+11:33	06:51
8	1294	Fernando Queirós	PORTO SENTIDO RUNNERS	Veterano M50	01:24:01	+13:23	07:00
9	1009	António Pereira	adsebolido trail	Veterano M50	01:24:06	+13:28	07:01
10	1271	Rui Augusto	MSS Grupo Desportivo de Gondomar	Veterano M50	01:24:28	+13:50	07:02
11	1010	Ricardo Jorge da Rocha Sousa	adsebolido trail	Veterano M50	01:33:35	+22:57	07:48
12	1344	Celso Mota	Individual	Veterano M50	01:39:56	+29:18	08:20
13	1222	Ricardo Gomes	Individual	Veterano M50	01:42:39	+32:01	08:33
14	1061	Paulo Gonçalves	Centro Cultural D. T. da STCP	Veterano M50	01:47:10	+36:32	08:56
15	733	Jorge Cruz	Individual	Veterano M50	01:47:17	+36:39	08:56
16	1221	Paulo costa	Individual	Veterano M50	01:48:28	+37:50	09:02
17	1216	Domingos Fonseca	Individual	Veterano M50	01:54:03	+43:25	09:30
18	1220	Manuel Oliveira	Individual	Veterano M50	01:54:20	+43:42	09:32
19	1303	Henrique Barbedo	SUCUPIRA ON TOUR	Veterano M50	01:58:05	+47:27	09:50
20	1218	magalhaes luis	Individual	Veterano M50	02:07:58	+57:20	10:40
21	1214	Carlos Marnoto	Individual	Veterano M50	02:08:45	+58:07	10:44

Veterano M55

1	1273	António Martins	MSS Grupo Desportivo de Gondomar	Veterano M55	01:21:45		06:49
2	1342	Fernando Pereira	GONDOMAR FUTSAL CLUBE	Veterano M55	01:27:32	+05:47	07:18
3	1056	Diogo Ferreira de Carvalho	Break	Veterano M55	01:30:33	+08:48	07:33

4	1228	Mito Sousa	Individual	Veterano M55	01:34:34	+12:49	07:53
5	1272	António Luís	MSS Grupo Desportivo de Gondomar	Veterano M55	01:35:09	+13:24	07:56
6	1224	Armando Machado	Individual	Veterano M55	01:36:15	+14:30	08:01
7	1055	Antonio Luis Gomes Coelho	Break	Veterano M55	01:40:04	+18:19	08:20
8	1226	Manuel Gadelho	Individual	Veterano M55	01:41:40	+19:55	08:28
9	1274	Joaquim Moreira	MSS Grupo Desportivo de Gondomar	Veterano M55	01:47:34	+25:48	08:58
10	1230	Rui Lira Cardoso	Individual	Veterano M55	01:56:30	+34:45	09:43
11	1227	Mário Rocha	Individual	Veterano M55	01:58:38	+36:53	09:53
12	1223	ALCIDIO FIGUEIREDO	Individual	Veterano M55	01:59:20	+37:35	09:57
13	1229	Paulo Jorge Mendes Silva	Individual	Veterano M55	02:02:19	+40:34	10:12
14	1225	Manuel Brandão	Individual	Veterano M55	02:02:55	+41:10	10:15
15	1337	José Serafim Paupério	Unstoppableteam	Veterano M55	02:04:28	+42:43	10:22
16	1083	Pedro Santos	Estronca Silvas	Veterano M55	02:10:09	+48:24	10:51

Veterano M60

1	1300	José Rodrigues de Almeida	Sporting Club Santacruzense	Veterano M60	01:17:16		06:26
2	1020	João Moreira	Amigos 100 Limites	Veterano M60	01:23:37	+06:20	06:58
3	1232	Jorge Cunha	Individual	Veterano M60	01:35:54	+18:37	08:00
4	1234	José Santos	Individual	Veterano M60	01:36:35	+19:18	08:03
5	1295	Fernando Ferraz	PORTO SENTIDO RUNNERS	Veterano M60	01:38:23	+21:06	08:12
6	604	Luis Almeida	CORRER LEÇA	Veterano M60	01:47:17	+30:00	08:56
7	1343	Helder Oliveira	Individual	Veterano M60	02:07:29	+50:12	10:37
8	1233	José Alberto Teixeira	Individual	Veterano M60	02:15:11	+57:54	11:16
9	1276	José António Freitas	MSS Grupo Desportivo de Gondomar	Veterano M60	02:19:49	+01:02:32	11:39
10	1231	Adérito Fonseca	Individual	Veterano M60	03:03:14	+01:45:57	15:16

Veterano M65

1	1236	Manuel costa	Individual	Veterano M65	01:25:09		07:06
2	507	Manuel Rodrigues	Academia desportiva A.Valdevez	Veterano M65	01:39:13	+14:04	08:16
3	1237	Nuno Monteiro	Individual	Veterano M65	01:42:09	+17:00	08:31
4	756	Jorge Silva	Maia AC	Veterano M65	02:15:51	+50:42	11:19

EQUIPAS FEM 12K

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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	TURBOLENTOS	9 + 12 + 26	47
2	BREAK	8 + 20 + 23	51
3	LEÕES DE TARDARIZ TRAIL	13 + 22 + 24	59
4	FRIDÃO SEM LIMITES	11 + 21 + 35	67
5	CORONADO RUNNERS	19 + 36 + 40	95
6	PORTO SENTIDO RUNNERS	14 + 47 + 49	110
7	AMIGOS 100 LIMITES	34 + 41 + 45	120
8	BIAL RUNNING	38 + 48 + 66	152
9	GD LEÕES DA GUARDA - LION RUNNERS	50 + 61 + 65	176
10	G.D.R. JUVENTUDE DAS RIBEIRAS	5 + 86 + 87	178
11	GENS SC TRAIL	55 + 62 + 71	188
12	DECAESPECIAIS	80 + 92 + 93	265

EQUIPAS MASC 12K

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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	MSS GRUPO DESPORTIVO DE GONDOMAR	2 + 6 + 8	16
2	LEÕES DE TARDARIZ TRAIL	3 + 30 + 31	64
3	TURBO KINGS/ 2.0 AD ANCEDE	25 + 29 + 57	111
4	TURBOLENTOS	12 + 55 + 67	134
5	GENS SC TRAIL	17 + 48 + 72	137
6	GD LEÕES DA GUARDA - LION RUNNERS	7 + 33 + 98	138
7	BREAK	26 + 52 + 83	161
8	ADC SANTA ISABEL TRAIL RUNNING	13 + 53 + 116	182
9	GANG DA PEDRA	9 + 50 + 123	182
10	CORONADO RUNNERS	11 + 125 + 132	268
11	BIAL RUNNING	77 + 95 + 112	284
12	ESTRONCA SILVAS	86 + 142 + 145	373