

## TRAIL LONGO - STAGE 1

**22 KM**

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

## OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:00	18.1°C	83%
End	12:29	18.1°C	83%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1516	Mário Ibarra	G.D.A Ronda	01:33:09		04:14	
2	1594	Pedro Bastos	PNB	01:38:46	+05:37	04:29	
3	1515	Hugo Ferreira	G.D.A Ronda	01:42:03	+08:54	04:38	
4	1314	António Nunes	NS Trail Team	01:42:38	+09:29	04:40	
5	1517	José Costa	G.D.A Ronda	01:49:57	+16:48	05:00	
6	1586	Orlando Valente	Lourosa em Movimento	01:49:57	+16:48	05:00	
7	1600	José Almeida	running esmoriz	01:52:30	+19:21	05:07	
8	1595	Bruno Soares	Pupilos do Zé-Tó	01:53:27	+20:18	05:09	
9	1578	Ricardo Seromenho	JUVENTUDE ATLÉTICA MOZELENSE	01:53:57	+20:48	05:11	
10	1519	Manuel Bastos	G.D.A Ronda	01:55:46	+22:37	05:16	
11	1565	Pedro Pinto	Individual	01:56:09	+23:00	05:17	
12	1581	Ernesto Marques Alves	JUVENTUDE CORTEGACENSE	01:56:31	+23:22	05:18	
13	1537	Carlos Domingues	Individual	01:57:55	+24:46	05:22	
14	1502	Paula Santos	All About	01:58:07	+24:58	05:22	
15	1548	Rafael Bravo	Individual	02:01:50	+28:41	05:32	
16	1510	Henrique Neves	CCDFPJP	02:03:05	+29:56	05:36	
17	1509	Ulisses Baptista	Carregosa Lowlanders	02:03:17	+30:08	05:36	
18	1598	Tony bri	Run For Fun Laranjinhas	02:05:14	+32:05	05:42	
19	1541	Gil Bastos	Individual	02:06:26	+33:17	05:45	
20	1605	Diogo Melo	Team El Comandante	02:07:36	+34:27	05:48	
21	1596	Antonio Silva	Pupilos do Zé-Tó	02:08:31	+35:22	05:50	
22	1524	Carlos Carloto	Grupo Desportivo Teixosense	02:09:22	+36:13	05:53	
23	1525	Daniel Bordadagua	Grupo Desportivo Teixosense	02:09:22	+36:13	05:53	
24	1573	José neves	Individual	02:10:40	+37:31	05:56	
25	1597	Manuel Zola	Pupilos do Zé-Tó	02:12:04	+38:55	06:00	
26	1543	Leonardo Gil	Individual	02:12:07	+38:58	06:00	
27	1550	Tiago Lima	Individual	02:12:15	+39:06	06:01	
28	1619	Alexandra Fernandes	Individual	02:14:10	+41:01	06:06	
29	1552	Vitor Ferreira	Individual	02:15:37	+42:28	06:10	
30	1567	Américo Costa	Individual	02:16:50	+43:41	06:13	
31	1542	Jorge Oliveira	Individual	02:16:57	+43:48	06:14	
32	1564	Nuno Teixeira	Individual	02:17:22	+44:13	06:15	
33	1587	MARA CELIA	MC	02:17:25	+44:16	06:15	
34	1588	PEDRO ROCHA	MC	02:17:25	+44:16	06:15	
35	1533	Vitor sencadas	Hut Runners Aveiro	02:17:32	+44:23	06:15	
36	1559	António Henriques	Individual	02:17:32	+44:23	06:15	
37	1589	ana gomes	Meia Duzia	02:17:52	+44:43	06:16	
38	1590	Joaquim Silva	Meia Duzia	02:17:54	+44:45	06:16	
39	1579	Marlene Ferreira	JUVENTUDE CORTEGACENSE	02:18:52	+45:43	06:19	
40	1511	Leandro Ferreira	CF Perosinho Trail & Running	02:18:55	+45:46	06:19	
41	1601	Andreia Raquel Santos Noites Soares de Pinho	SPORTARC	02:20:11	+47:02	06:22	



**TRAIL LONGO - STAGE 1****22 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	1575	Manuel Cunha Lima	Individual	03:15:03	+01:41:54	08:52	
88	1558	Paula cristina Oliveira silva	Individual	03:19:49	+01:46:40	09:05	
89	1506	Miguel Antonio Martins Ferreira	BLACKBULLS/CNI/POUSADINHA	03:21:54	+01:48:45	09:11	
90	1538	Daniel Brás	Individual	03:21:57	+01:48:48	09:11	
91	1514	Marco Paulo Barbosa Vilas Boas	Duros da Santa	03:27:08	+01:53:59	09:25	
92	1512	Raquel Barreiro	Duros da Santa	03:27:08	+01:53:59	09:25	
93	1513	Celeste Fonseca	Duros da Santa	03:27:09	+01:54:00	09:25	

## Trail Longo

22 KM

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

## OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:00	18.1°C	83%
End	12:29	18.1°C	83%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
<b>Senior Feminino</b>							
1	1526	DIANA PINHO	Guisande Trail Running	Senior Feminino	02:23:08		06:30
2	1501	Fátima Maria Soares Pinho	AFIS/OVAR	Senior Feminino	02:23:33	+00:25	06:31
3	1521	Diana Almeida	Grupo de Corrida de Argoncilhe	Senior Feminino	02:31:52	+08:44	06:54
4	1512	Raquel Barreiro	Duros da Santa	Senior Feminino	03:27:08	+01:04:00	09:25

## Senior Masculino

1	1516	Mário Ibarra	G.D.A Ronda	Senior Masculino	01:33:09		04:14
2	1515	Hugo Ferreira	G.D.A Ronda	Senior Masculino	01:42:03	+08:54	04:38
3	1600	José Almeida	running esmoriz	Senior Masculino	01:52:30	+19:20	05:07
4	1595	Bruno Soares	Pupilos do Zé-Tó	Senior Masculino	01:53:27	+20:18	05:09
5	1537	Carlos Domingues	Individual	Senior Masculino	01:57:55	+24:46	05:22
6	1548	Rafael Bravo	Individual	Senior Masculino	02:01:50	+28:40	05:32
7	1541	Gil Bastos	Individual	Senior Masculino	02:06:26	+33:16	05:45
8	1605	Diogo Melo	Team El Comandante	Senior Masculino	02:07:36	+34:27	05:48
9	1524	Carlos Carloto	Grupo Desportivo Teixosense	Senior Masculino	02:09:22	+36:13	05:53
10	1543	Leonardo Gil	Individual	Senior Masculino	02:12:07	+38:58	06:00
11	1550	Tiago Lima	Individual	Senior Masculino	02:12:15	+39:05	06:01
12	1552	Vítor Ferreira	Individual	Senior Masculino	02:15:37	+42:28	06:10
13	1542	Jorge Oliveira	Individual	Senior Masculino	02:16:57	+43:48	06:14
14	1582	Pedro Matos	Lourosa em Movimento	Senior Masculino	02:25:53	+52:44	06:38
15	1547	Pedro Pinheiro	Individual	Senior Masculino	02:26:03	+52:54	06:38
16	1546	Mário Moreira	Individual	Senior Masculino	02:29:58	+56:49	06:49
17	1549	Tiago Gaspar	Individual	Senior Masculino	02:29:59	+56:50	06:49
18	1599	Edgar Rodrigues	running esmoriz	Senior Masculino	02:31:00	+57:51	06:52
19	1606	Carlos Manuel Simões Pereira	Trail da Ladeia Running Team	Senior Masculino	02:33:38	+01:00:29	06:59
20	1539	Edgar Silva	Individual	Senior Masculino	02:36:20	+01:03:11	07:06
21	1540	Filipe Soares	Individual	Senior Masculino	02:37:48	+01:04:39	07:10
22	1545	Luís Ferreira	Individual	Senior Masculino	03:06:52	+01:33:43	08:30
23	1505	FLÁVIO ANDRÉ SIMÕES TEIXEIRA	BLACKBULLS/CNI/POUSADINHA	Senior Masculino	03:09:14	+01:36:05	08:36
24	1551	Victor Araújo	Individual	Senior Masculino	03:09:59	+01:36:50	08:38
25	1538	Daniel Brás	Individual	Senior Masculino	03:21:57	+01:48:47	09:11

## Veterana F40

1	1587	MARA CELIA	MC	Veterana F40	02:17:25		06:15
2	1579	Marlene Ferreira	JUVENTUDE CORTEGACENSE	Veterana F40	02:18:52	+01:26	06:19
3	1553	Raquel Rocha	Individual	Veterana F40	02:31:48	+14:23	06:54

## Trail Longo

22 KM

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

### OFFICIAL RESULT

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

4	1527	SONIA ALMEIDA	Guisande Trail Running	Veterana F40	02:33:58	+16:33	07:00
5	1508	Mariline Baptista	Bravos e Bravitas	Veterana F40	02:34:56	+17:30	07:03

## Veterana F45

1	1589	ana gomes	Meia Duzia	Veterana F45	02:17:52		06:16
2	1601	Andreia Raquel Santos Noites Soares de Pinho	SPORTARC	Veterana F45	02:20:11	+02:19	06:22
3	1583	Célia Santos	Lourosa em Movimento	Veterana F45	02:25:53	+08:01	06:38
4	1507	Goreti Rocha	Bota para lá e Siigaaa	Veterana F45	02:45:46	+27:54	07:32
5	1554	Anabela Barata	Individual	Veterana F45	02:53:11	+35:19	07:52
6	1513	Celeste Fonseca	Duros da Santa	Veterana F45	03:27:09	+01:09:16	09:25

## Veterana F50

1	1502	Paula Santos	All About	Veterana F50	01:58:07		05:22
2	1619	Alexandra Fernandes	Individual	Veterana F50	02:14:10	+16:02	06:06
3	1555	Fernanda Pinho	Individual	Veterana F50	02:44:23	+46:15	07:28
4	1558	Paula cristina Oliveira silva	Individual	Veterana F50	03:19:49	+01:21:41	09:05

## Veterano M40

1	1594	Pedro Bastos	PNB	Veterano M40	01:38:46		04:29
2	1565	Pedro Pinto	Individual	Veterano M40	01:56:09	+17:22	05:17
3	1525	Daniel Bordadagua	Grupo Desportivo Teixosense	Veterano M40	02:09:22	+30:35	05:53
4	1564	Nuno Teixeira	Individual	Veterano M40	02:17:22	+38:35	06:15
5	1588	PEDRO ROCHA	MC	Veterano M40	02:17:25	+38:38	06:15
6	1559	António Henriques	Individual	Veterano M40	02:17:32	+38:45	06:15
7	1511	Leandro Ferreira	CF Perosinho Trail & Running	Veterano M40	02:18:55	+40:08	06:19
8	1528	HELDER OLIVEIRA	Guisande Trail Running	Veterano M40	02:23:07	+44:20	06:30
9	1607	José Carlos de Oliveira Correia	Trail da Ladeia Running Team	Veterano M40	02:32:52	+54:05	06:57
10	1562	Jorge Pinto	Individual	Veterano M40	02:37:36	+58:49	07:10
11	1531	Nuno Eça	HMC Sports	Veterano M40	02:38:54	+01:00:07	07:13
12	1532	Bruno Silveira	Hut Runners Aveiro	Veterano M40	02:42:53	+01:04:06	07:24
13	1566	Ricardo Soares	Individual	Veterano M40	03:08:30	+01:29:43	08:34
14	1514	Marco Paulo Barbosa Vilas Boas	Duros da Santa	Veterano M40	03:27:08	+01:48:21	09:25

## Veterano M45

1	1517	José Costa	G.D.A Ronda	Veterano M45	01:49:57		05:00
2	1578	Ricardo Seromenho	JUVENTUDE ATLÉTICA MOZELENSE	Veterano M45	01:53:57	+03:59	05:11
3	1567	Américo Costa	Individual	Veterano M45	02:16:50	+26:53	06:13
4	1533	Vitor sencadas	Hut Runners Aveiro	Veterano M45	02:17:32	+27:34	06:15
5	1520	Gaspar Araujo	Grc Telhadela	Veterano M45	02:22:49	+32:52	06:30



## TEAM RESULTS - TRAIL LONGO

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

RANK	TEAM	DESCRIPTION	POINTS
1	G.D.A RONDA	1 + 3 + 5	9
2	PUPILOS DO ZÉ-TÓ	8 + 21 + 25	54
3	LOUROSA EM MOVIMENTO	6 + 48 + 49	103
4	HUT RUNNERS AVEIRO	35 + 43 + 70	148
5	GUISANDE TRAIL RUNNING	44 + 45 + 62	151
6	TRAIL DA LADEIA RUNNING TEAM	59 + 60 + 79	198
7	DUROS DA SANTA	91 + 92 + 93	276

### TRAIL CURTO - STAGE 1

12 KM

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

## OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:30	19.4°C	46%
End	12:29	19.4°C	46%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1052	Paulo Pinto	EV- PERALTAFIL	01:01:52		05:09	
2	1060	Antonio Cristóvão	G.D.C GUILHOVAI	01:02:00	+00:08	05:10	
3	1023	Fernando Lima	Arrifana Running	01:02:10	+00:18	05:11	
4	1313	Paulo Pereira	NS Trail Team	01:03:20	+01:28	05:17	
5	1011	António Assunção	ACAIL GAS	01:05:32	+03:40	05:28	
6	1315	José Tavares	NS Trail Team	01:05:34	+03:42	05:28	
7	1059	Pedro Cerdeirinha	G.D.A Ronda	01:06:25	+04:33	05:32	
8	1038	Rui Teixeira	Bravos e Bravitas	01:06:25	+04:33	05:32	
9	1122	André Filipe Costa Martins	Individual	01:06:32	+04:40	05:33	
10	1157	Miguel Almeida	Individual	01:06:33	+04:41	05:33	
11	1312	Márcio Melo	NS Trail Team	01:07:04	+05:12	05:35	
12	1229	Paulo Resende	Individual	01:07:23	+05:31	05:37	
13	1057	André Melo	G.D.A Ronda	01:07:27	+05:35	05:37	
14	1591	Fábio Almeida	Night Runners Feira	01:07:34	+05:42	05:38	
15	1264	Victor Correia	Night Runners Feira	01:08:24	+06:32	05:42	
16	1311	André Silva	NS Trail Team	01:08:31	+06:39	05:43	
17	1241	Augusto Aluai	Individual	01:08:46	+06:54	05:44	
18	1255	José Correia	Night Runners Feira	01:10:27	+08:35	05:52	
19	1204	Filipe Almeida	Individual	01:11:44	+09:52	05:59	
20	1367	Mário Valinho Dias	Tarzan	01:12:23	+10:31	06:02	
21	1040	Sérgio Costa	Bravos e Bravitas	01:14:28	+12:36	06:12	
22	1021	Tiago Gonçalves	Arrifana Running	01:14:32	+12:40	06:13	
23	1005	João Silva	2dU-Rego	01:14:33	+12:41	06:13	
24	1359	Tiago Santos	Sapatilhas verdes	01:15:24	+13:32	06:17	
25	1328	Diogo Caldeira	Pupilos do Zé-Tó	01:15:45	+13:53	06:19	
26	1257	Luis Morais	Individual	01:15:45	+13:53	06:19	
27	1333	Filipe Almeida	Pupilos do Zé-Tó	01:15:46	+13:54	06:19	
28	1020	Roberto Bastos	Arrifana Running	01:15:49	+13:57	06:19	
29	1043	João Santos	Caldas de São Jorge Sport Clube	01:16:20	+14:28	06:22	
30	1331	Pedro Paiva	Pupilos do Zé-Tó	01:16:32	+14:40	06:23	
31	1138	Filipe Monteiro	Individual	01:16:32	+14:40	06:23	
32	1081	Serafim Rocha	HMC Sports	01:16:33	+14:41	06:23	
33	1283	Nuno Miguel Oliveira Santos	Lourosa em Movimento	01:16:40	+14:48	06:23	
34	1332	Fabio Ferreira	Pupilos do Zé-Tó	01:16:59	+15:07	06:25	
35	1012	Vitor Santos	ACAIL GAS	01:17:04	+15:12	06:25	
36	1058	Helder Robalinho	G.D.A Ronda	01:17:52	+16:00	06:29	
37	1334	Humberto Rodrigues	Pupilos do Zé-Tó	01:17:53	+16:01	06:29	
38	1022	Fernando Charrão	Arrifana Running	01:18:05	+16:13	06:30	
39	1149	Jose Vinhas	Individual	01:18:48	+16:56	06:34	
40	1205	Filipe Carneiro	Individual	01:19:38	+17:46	06:38	
41	1135	Edgar Simões	Individual	01:20:17	+18:25	06:41	
42	1018	Manuel Rodrigues	ARCORUN	01:20:18	+18:26	06:42	

























## Trail Curto

**12 KM**

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

## OFFICIAL RESULT

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

82	1126	Andrés Ferreira	Individual	Senior Masculino	01:59:17	+52:52	09:56
83	1171	Rui Pinho	Individual	Senior Masculino	02:01:14	+54:49	10:06
84	1133	Diogo Caldas	Individual	Senior Masculino	02:01:28	+55:03	10:07
85	1142	Hugo José dos Reis Gouveia	Individual	Senior Masculino	02:01:29	+55:04	10:07
86	1076	IVO MOTA	Guisande Trail Running	Senior Masculino	02:02:29	+56:04	10:12
87	1282	Michellangelo Lopes	Lourosa em Movimento	Senior Masculino	02:02:54	+56:29	10:14
88	1077	José Teixeira	Guisande Trail Running	Senior Masculino	02:02:54	+56:29	10:15
89	1054	Filipe Almeida	Futuros Presidentes	Senior Masculino	02:03:26	+57:01	10:17
90	1397	Filipe Martins	Individual	Senior Masculino	02:05:21	+58:56	10:27
91	1128	Bruno Santos	Individual	Senior Masculino	02:06:26	+01:00:01	10:32
92	1366	Mário Couto	SPC	Senior Masculino	02:09:55	+01:03:30	10:50
93	1147	Jorge Fonseca	Individual	Senior Masculino	02:10:22	+01:03:57	10:52
94	1297	Igor Rodrigues	Maratonistas do sofá	Senior Masculino	02:11:47	+01:05:22	10:59
95	1148	José Oliveira	Individual	Senior Masculino	02:15:34	+01:09:09	11:18
96	1129	Carlos Ferreira	Individual	Senior Masculino	02:15:34	+01:09:09	11:18
97	1123	André Simões	Individual	Senior Masculino	02:15:35	+01:09:10	11:18
98	1276	Carlos Alves	Lameirões	Senior Masculino	02:22:55	+01:16:30	11:55
99	1284	Ricardo Ramos	Lourosa em Movimento	Senior Masculino	02:23:15	+01:16:50	11:56
100	1158	Miguel Pereira	Individual	Senior Masculino	02:25:45	+01:19:20	12:09
101	1379	Daniel Batalha	TURTLES	Senior Masculino	02:31:16	+01:24:51	12:36
102	1356	Daniel Serralva	Running Mozelos	Senior Masculino	02:32:21	+01:25:56	12:42
103	1144	João Moura	Individual	Senior Masculino	02:35:06	+01:28:41	12:56
104	1167	RICARDO FERREIRA	Individual	Senior Masculino	02:40:33	+01:34:08	13:23

## Veterana F40

1	1180	Tânia Mateus	Individual	Veterana F40	01:31:33		07:38
2	1342	Sandra César	Run For Fun Laranjinhas	Veterana F40	01:37:41	+06:08	08:08
3	1175	Carla cruz	Individual	Veterana F40	01:38:50	+07:17	08:14
4	1177	Fátima Sousa	Individual	Veterana F40	01:41:23	+09:50	08:27
5	1033	Iolanda Oliveira	Boa Onda	Veterana F40	01:48:13	+16:39	09:01
6	1176	Diana Soares	Individual	Veterana F40	01:49:13	+17:40	09:06
7	1034	Monica Silva	Boa Onda	Veterana F40	01:49:37	+18:03	09:08
8	1056	Carla Ascensão	Futuros Presidentes	Veterana F40	01:54:52	+23:19	09:34
9	1178	Patrícia Maria de Almeida Soares	Individual	Veterana F40	01:56:00	+24:27	09:40
10	1181	Vânia Costa	Individual	Veterana F40	01:58:17	+26:43	09:51
11	1174	Andreia rocha	Individual	Veterana F40	01:59:14	+27:41	09:56
12	1066	Sara Rodrigues	Gens SC Trail	Veterana F40	02:01:00	+29:26	10:05
13	1300	Patrícia Costa	Maxitrail	Veterana F40	02:02:17	+30:43	10:11
14	1385	Carla Sofia Simões Lemos	Uma Questão de Atitude	Veterana F40	02:04:09	+32:36	10:21
15	1172	Ana Catarina Filipe Pinheiro	Individual	Veterana F40	02:08:22	+36:48	10:42
16	1346	Ana Guerra	running esmoriz	Veterana F40	02:09:33	+37:59	10:48
17	1009	Estela Pinheiro de Abreu	Abraia	Veterana F40	02:09:53	+38:20	10:49
18	1046	Andreia Duarte	CF Perosinho Trail & Running	Veterana F40	02:18:40	+47:07	11:33
19	1173	Ana Paula Cruz	Individual	Veterana F40	02:23:39	+52:05	11:58
20	1329	Vera Nogueira	Pupilos do Zé-Tó	Veterana F40	02:27:40	+56:06	12:18

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## Trail Curto

12 KM

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

## OFFICIAL RESULT

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24	1344	Teresa Magalhães	Run For Fun Laranjinhãs	Veterana F50	02:32:29	+01:07:46	12:42
25	1017	Rosina couto	ARCORUN	Veterana F50	02:32:58	+01:08:15	12:45
26	1353	Adriana Santos	Running Espinho	Veterana F50	02:34:14	+01:09:30	12:51

## Veterano M40

1	1060	Antonio Cristóvão	G.D.C GUILHOVAI	Veterano M40	01:02:00		05:10
2	1011	António Assunção	ACAIL GAS	Veterano M40	01:05:32	+03:31	05:28
3	1312	Márcio Melo	NS Trail Team	Veterano M40	01:07:04	+05:03	05:35
4	1204	Filipe Almeida	Individual	Veterano M40	01:11:44	+09:43	05:59
5	1043	João Santos	Caldas de São Jorge Sport Clube	Veterano M40	01:16:20	+14:19	06:22
6	1331	Pedro Paiva	Pupilos do Zé-Tó	Veterano M40	01:16:32	+14:31	06:23
7	1081	Serafim Rocha	HMC Sports	Veterano M40	01:16:33	+14:32	06:23
8	1205	Filipe Carneiro	Individual	Veterano M40	01:19:38	+17:37	06:38
9	1211	Pedro Pinho	Individual	Veterano M40	01:20:40	+18:39	06:43
10	1206	Hélder Teixeira	Individual	Veterano M40	01:24:02	+22:01	07:00
11	1127	Pedro Lopes	Guisande Trail Running	Veterano M40	01:25:41	+23:40	07:08
12	1585	Fernando Nobre	Lourosa em Movimento	Veterano M40	01:27:10	+25:09	07:16
13	1087	Pedro Neves	Hut Runners Aveiro	Veterano M40	01:27:17	+25:16	07:16
14	1208	Márcio Oliveira	Individual	Veterano M40	01:28:31	+26:30	07:23
15	1278	André Rodrigues	LEI RUNNERS	Veterano M40	01:29:01	+27:01	07:25
16	1200	Bruno Albergaria	Individual	Veterano M40	01:29:45	+27:45	07:29
17	1330	José Nuno	Pupilos do Zé-Tó	Veterano M40	01:31:24	+29:23	07:37
18	1202	Bruno Monteiro	Individual	Veterano M40	01:31:32	+29:31	07:38
19	1361	Gonçalo Oliveira	Sapatilhas verdes	Veterano M40	01:34:34	+32:33	07:53
20	1086	Jorge Martins	Hut Runners Aveiro	Veterano M40	01:36:55	+34:54	08:05
21	1349	Sergio Menezes	running esmoriz	Veterano M40	01:37:09	+35:09	08:06
22	1210	nuno rocha	Individual	Veterano M40	01:37:26	+35:25	08:07
23	1209	Nuno Cruz	Individual	Veterano M40	01:38:12	+36:11	08:11
24	1051	João Almeida	Estronca Silvas	Veterano M40	01:39:01	+37:00	08:15
25	1207	Marcio jose Mendes	Individual	Veterano M40	01:47:53	+45:52	08:59
26	1203	FERNANDO MENDES	Individual	Veterano M40	01:50:19	+48:18	09:12
27	1214	Sebastião Calvo	Individual	Veterano M40	01:56:49	+54:48	09:44
28	1212	Ricardo Filipe Tavares de Almeida	Individual	Veterano M40	02:07:40	+01:05:39	10:38
29	1291	Filipe Vasco	Lourosa em Movimento	Veterano M40	02:19:06	+01:17:06	11:36
30	1303	Telmo gondar	Motores das canecas	Veterano M40	02:22:07	+01:20:06	11:51
31	1213	Sandro Freitas	Individual	Veterano M40	02:22:32	+01:20:31	11:53

## Veterano M45

1	1052	Paulo Pinto	EV- PERALTAFIL	Veterano M45	01:01:52		05:09
2	1023	Fernando Lima	Arrifana Running	Veterano M45	01:02:10	+00:18	05:11
3	1313	Paulo Pereira	NS Trail Team	Veterano M45	01:03:20	+01:28	05:17
4	1229	Paulo Resende	Individual	Veterano M45	01:07:23	+05:31	05:37
5	1040	Sérgio Costa	Bravos e Bravitas	Veterano M45	01:14:28	+12:36	06:12
6	1333	Filipe Almeida	Pupilos do Zé-Tó	Veterano M45	01:15:46	+13:53	06:19

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**Trail Curto**

**12 KM**

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

**OFFICIAL RESULT**

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

7	1332	Fabio Ferreira	Pupilos do Zé-Tó	Veterano M45	01:16:59	+15:06	06:25
8	1334	Humberto Rodrigues	Pupilos do Zé-Tó	Veterano M45	01:17:53	+16:00	06:29
9	1022	Fernando Charrão	Arrifana Running	Veterano M45	01:18:05	+16:13	06:30
10	1234	Rui Cardoso	Individual	Veterano M45	01:22:22	+20:30	06:52
11	1235	Rui Ferreira	Individual	Veterano M45	01:23:18	+21:26	06:56
12	1221	Fernando Silva	Individual	Veterano M45	01:23:31	+21:39	06:58
13	1071	Nuno Pereira	Grupo de Corrida de Argoncilhe	Veterano M45	01:25:21	+23:28	07:07
14	1217	Carlos Alberto de Lima Bruno	Individual	Veterano M45	01:26:32	+24:40	07:13
15	1223	Luís Coelho	Individual	Veterano M45	01:28:55	+27:03	07:25
16	1350	Paulo Reis	running esmoriz	Veterano M45	01:28:57	+27:04	07:25
17	1068	Filipe Pereira	Grc Telhadela	Veterano M45	01:32:08	+30:16	07:41
18	1226	Marco Paiva	Individual	Veterano M45	01:33:04	+31:12	07:45
19	1069	João Silva	Grc Telhadela	Veterano M45	01:33:08	+31:16	07:46
20	1289	Manuel Silva	Lourosa em Movimento	Veterano M45	01:35:33	+33:41	07:58
21	1325	Luis Gomes	Pastello Runners	Veterano M45	01:39:45	+37:52	08:19
22	1372	Carlos Ribeiro	TodosAoMonte	Veterano M45	01:43:00	+41:08	08:35
23	1010	NUNO ANDRE FRANÇA DA SILVA MAIA	Abraia	Veterano M45	01:44:20	+42:28	08:42
24	1569	Hélder Costa	Individual	Veterano M45	01:47:58	+46:06	09:00
25	1232	Ricardo Amaral	Individual	Veterano M45	01:48:07	+46:15	09:01
26	1039	Hélder Silva	Bravos e Bravitas	Veterano M45	01:54:28	+52:36	09:32
27	1396	Paulo Mege	Individual	Veterano M45	01:54:31	+52:39	09:33
28	1228	Orlando Marques	Individual	Veterano M45	01:54:53	+53:00	09:34
29	1335	Rui Pereira	Pupilos do Zé-Tó	Veterano M45	01:56:10	+54:18	09:41
30	1231	Pedro Cruz	Individual	Veterano M45	01:58:18	+56:26	09:52
31	1219	Carlos Ribeiro	Individual	Veterano M45	01:58:22	+56:30	09:52
32	1266	TELMO NOGUEIRA	JUF ACC	Veterano M45	02:01:39	+59:47	10:08
33	1301	Nuno Pinho	Maxitrail	Veterano M45	02:02:17	+01:00:25	10:11
34	1236	Sérgio Paulo Pinto Coelho	Individual	Veterano M45	02:02:54	+01:01:01	10:14
35	1386	Manuel Carlos Costa Martins	Uma Questão de Atitude	Veterano M45	02:04:09	+01:02:17	10:21
36	1227	Nuno Miguel da Silva Lopes	Individual	Veterano M45	02:07:34	+01:05:42	10:38
37	1387	Gary Quintal	VIKINGS TRAIL RUNNERS - CCR ALCABIDEQUE	Veterano M45	02:13:52	+01:12:00	11:09
38	1230	Paulo Roncon	Individual	Veterano M45	02:15:33	+01:13:41	11:18

**Veterano M50**

1	1315	José Tavares	NS Trail Team	Veterano M50	01:05:34		05:28
2	1264	Victor Correia	Night Runners Feira	Veterano M50	01:08:24	+02:50	05:42
3	1241	Augusto Aluai	Individual	Veterano M50	01:08:46	+03:12	05:44
4	1255	José Correia	Night Runners Feira	Veterano M50	01:10:27	+04:53	05:52
5	1257	Luis Morais	Individual	Veterano M50	01:15:45	+10:11	06:19
6	1012	Vitor Santos	ACAIL GAS	Veterano M50	01:17:04	+11:30	06:25
7	1018	Manuel Rodrigues	ARCORUN	Veterano M50	01:20:18	+14:44	06:42
8	1279	Américo Lei	LEI RUNNERS	Veterano M50	01:22:03	+16:29	06:50
9	1336	António Ferreira	Pupilos do Zé-Tó	Veterano M50	01:22:22	+16:48	06:52
10	1302	JORGE LAGAREIRO	MC	Veterano M50	01:22:24	+16:49	06:52

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**Trail Curto****12 KM**

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

**OFFICIAL RESULT**

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

11	1256	JOSÉ MANUEL FERREIRA MOREIRA	Individual	Veterano M50	01:23:32	+17:58	06:58
12	1041	Alcides Relvas	Bravos e Bravitas	Veterano M50	01:23:53	+18:19	06:59
13	1251	Jorge Branco	Individual	Veterano M50	01:24:47	+19:13	07:04
14	1239	Antonio Silva	Individual	Veterano M50	01:25:59	+20:25	07:10
15	1048	Nuno Pinho	Domingo levo um Rádio	Veterano M50	01:28:20	+22:45	07:22
16	1024	Carlos Santos	Arrifana Running	Veterano M50	01:28:24	+22:50	07:22
17	1245	Carlos Miguel	Individual	Veterano M50	01:28:30	+22:56	07:23
18	1025	Constantino Mota	Arrifana Running	Veterano M50	01:28:54	+23:20	07:25
19	1337	Carlos Familiar	Pupilos do Zé-Tó	Veterano M50	01:29:13	+23:39	07:26
20	1250	Joaquim Teixeira	Individual	Veterano M50	01:29:30	+23:56	07:27
21	1253	José Augusto Mendes Ferreira	Individual	Veterano M50	01:29:31	+23:56	07:28
22	1267	Paulo Santos	JUF ACC	Veterano M50	01:30:48	+25:13	07:34
23	1004	Fernando Ramalho	20 Ver Correr	Veterano M50	01:30:49	+25:15	07:34
24	1294	Joaquim Sá	Lourosa em Movimento	Veterano M50	01:31:25	+25:51	07:37
25	1373	Antonio Ribeiro	TodosAoMonte	Veterano M50	01:31:27	+25:53	07:37
26	1295	Jorge Oliveira	Lourosa em Movimento	Veterano M50	01:33:14	+27:40	07:46
27	1609	RICHARD NOGUEIRA	Trail Running Sanguedo	Veterano M50	01:33:56	+28:22	07:50
28	1345	César Araújo	Run For Fun Laranjinhos	Veterano M50	01:34:50	+29:15	07:54
29	1368	Erasmo Alves	TAYLORS	Veterano M50	01:36:27	+30:53	08:02
30	1338	Elisio Maia	Pupilos do Zé-Tó	Veterano M50	01:36:30	+30:56	08:02
31	1238	antonio jesus albuquerque	Individual	Veterano M50	01:36:33	+30:58	08:03
32	1262	Miguel Vaz	Individual	Veterano M50	01:36:55	+31:20	08:05
33	1037	Pedro Valença	Botão Camp	Veterano M50	01:37:35	+32:00	08:08
34	1269	Vicente Pinto	JUVENTUDE ATLÉTICA MOZELENSE	Veterano M50	01:38:43	+33:09	08:14
35	1293	João Neves	Lourosa em Movimento	Veterano M50	01:38:50	+33:16	08:14
36	1355	Armindo Pinheiro	Running Espinho	Veterano M50	01:38:53	+33:19	08:14
37	1079	José Pinheiro	Guisande Trail Running	Veterano M50	01:38:55	+33:21	08:15
38	1244	Carlos Lancha	Individual	Veterano M50	01:41:32	+35:58	08:28
39	1341	Pedro Pombal	Pupilos do Zé-Tó	Veterano M50	01:41:55	+36:21	08:30
40	1242	Carlos Fernandes	Individual	Veterano M50	01:43:02	+37:28	08:35
41	1258	Luís Vidal	Individual	Veterano M50	01:44:24	+38:50	08:42
42	1504	Paulo Reis	ARCORUN	Veterano M50	01:44:33	+38:59	08:43
43	1072	Fernando Silva	Grupo de Corrida de Argoncilhe	Veterano M50	01:44:48	+39:14	08:44
44	1299	Marcos Oliveira	Marcos Oliveira	Veterano M50	01:45:46	+40:12	08:49
45	1261	Miguel Lopes	Individual	Veterano M50	01:45:54	+40:20	08:50
46	1375	Fernando Correia	Trail Running BTT Sanguedo	Veterano M50	01:46:33	+40:59	08:53
47	1063	Alcino Tavares	Gansos	Veterano M50	01:48:55	+43:20	09:05
48	1252	Jorge Vicente da rocha fontes	Individual	Veterano M50	01:49:01	+43:27	09:05
49	1321	Joaquim Santos	Os Remendados	Veterano M50	01:49:17	+43:42	09:06
50	1246	Carlos Rocha	Individual	Veterano M50	01:49:30	+43:55	09:07
51	1036	Adriano Ferreira	Boa Onda	Veterano M50	01:49:37	+44:03	09:08
52	1260	Mauricio Lins	Individual	Veterano M50	01:49:41	+44:07	09:08
53	1240	Artur Pedro Enes	Individual	Veterano M50	01:50:16	+44:41	09:11
54	1384	Vítor Silva	TURTLES	Veterano M50	01:52:12	+46:38	09:21
55	1310	Joaquim Moreira	Night Runners Feira	Veterano M50	01:52:39	+47:05	09:23
56	1398	David Fernandes	Individual	Veterano M50	01:52:52	+47:18	09:24

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## TEAM RESULTS - TRAIL CURTO

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

RANK	TEAM	DESCRIPTION	POINTS
1	NS TRAIL TEAM	4 + 6 + 11	21
2	NIGHT RUNNERS FEIRA	14 + 15 + 18	47
3	ARRIFANA RUNNING	3 + 22 + 28	53
4	G.D.A RONDA	7 + 13 + 36	56
5	PUPILOS DO ZÉ-TÓ	25 + 27 + 30	82
6	BRAVOS E BRAVITAS	8 + 21 + 55	84
7	LOUROSA EM MOVIMENTO	33 + 71 + 98	202
8	LEI RUNNERS	45 + 85 + 86	216
9	GUISANDE TRAIL RUNNING	63 + 103 + 140	306
10	HUT RUNNERS AVEIRO	72 + 121 + 122	315
11	SAPATILHAS VERDES	24 + 110 + 212	346
12	A SEITA QUE DÓI MENOS	58 + 152 + 153	363
13	HMC SPORTS	32 + 96 + 253	381
14	TODOSAOMONTE	99 + 128 + 159	386
15	PALHORUNNERS	50 + 126 + 227	403
16	GRUPO DE CORRIDA DE ARGONCILHE	62 + 167 + 175	404
17	SPC	74 + 75 + 298	447
18	RUNNING ESMORIZ	84 + 123 + 250	457
19	GENS SC TRAIL	56 + 149 + 262	467
20	JUVENTUDE CORTEGACENSE	65 + 241 + 242	548
21	ARCORUN	42 + 171 + 341	554
22	RUN FOR FUN LARANJINHAS	112 + 130 + 313	555
23	TURTLES	155 + 206 + 207	568
24	BOA ONDA	186 + 187 + 197	570
25	FUTUROS PRESIDENTES	170 + 177 + 223	570
26	GANSOS	190 + 191 + 248	629
27	RUNNING ESPINHO	139 + 261 + 345	745