

**30KM - STAGE 1**
**30 KM**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
**OFFICIAL RESULT**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	08:30	--	--
End	14:36	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	115	Samuel Reis	Serra D'Aire Trail Team	03:01:29		06:03	
2	35	Ruben Caetano	cpalcanenatrail	03:08:16	+06:47	06:17	
3	50	Gil Gomes	Individual	03:10:18	+08:49	06:21	
4	15	Ricardo Garção	ARSM - Associação Recreativa de S. Miguel	03:11:51	+10:22	06:24	
5	34	Pedro Filipe André Machado	cpalcanenatrail	03:12:43	+11:14	06:25	
6	21	Sérgio Mesquita	C.D.C. Nave / Trail Runners	03:14:34	+13:05	06:29	
7	3	Moisés Matos Barroso	ABCansado Trail	03:21:18	+19:49	06:43	
8	36	Marco Vitorino	cpalcanenatrail	03:24:42	+23:13	06:49	
9	4	Bruno Marques	Abutres	03:27:04	+25:35	06:54	
10	131	Ruben Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	03:27:19	+25:50	06:55	
11	40	Luís Sá	GD Leões da Guarda - Lion Runners	03:31:44	+30:15	07:03	
12	11	Jorge Manuel Barbosa Moreira	Amigos do Pedal Trail Lagares	03:32:32	+31:03	07:05	
13	55	Cristiana Ferreira	Individual	03:34:43	+33:14	07:09	
14	122	Miguel Armando Quintais Castro	Trail - Grupo Desportivo de Trancoso	03:37:56	+36:27	07:16	
15	68	Rafael Bravo	Individual	03:40:58	+39:29	07:22	
16	17	Daniel Pinho	AZTrail	03:41:01	+39:32	07:22	
17	123	Nuno Laim	Trail da Ladeia Running Team	03:46:07	+44:38	07:32	
18	33	Paulo Friezas	cpalcanenatrail	03:46:28	+44:59	07:33	
19	97	Leonel Batista	Os Trinca Espinhas	03:47:36	+46:07	07:35	
20	104	Rui Martins	Run & Fun	03:48:41	+47:12	07:37	
21	109	António José Azevedo Mateus	Runners SERNANCELHE Terra da Castanha	03:51:07	+49:38	07:42	
22	69	Rafael Silva	Individual	03:52:04	+50:35	07:44	
23	83	Ricardo Alexandre Carvalho Trigo	Individual	03:56:05	+54:36	07:52	
24	20	Nuno Costa	Botão Camp	03:57:00	+55:31	07:54	
25	685	Miguel Carvalho	Individual	03:58:26	+56:57	07:57	
26	844	Liliana Moreira	Team El Comandante	03:58:26	+56:57	07:57	
27	16	Ana Antunes	Associação "Os Vouzelenses"	04:02:05	+01:00:36	08:04	
28	14	joao travasso	Arcd Venda Da Luísa	04:03:10	+01:01:41	08:06	
29	112	Eduardo Meireles	Saca Trilhos Anadia	04:04:14	+01:02:45	08:08	
30	78	Américo Costa	Individual	04:05:47	+01:04:18	08:12	
31	107	Jose Manuel Nunes Manso	RUN 4 FUN	04:05:55	+01:04:26	08:12	
32	79	Fernando Manuel Baptista rodrigues	Individual	04:06:00	+01:04:31	08:12	
33	106	Sandra Romano	RUN 4 FUN	04:06:36	+01:05:07	08:13	
34	6	Micael Silva	Adões Trail	04:06:42	+01:05:13	08:13	
35	8	Pedro Neto	Adões Trail	04:06:42	+01:05:13	08:13	
36	93	Julio Patricio	Individual	04:08:03	+01:06:35	08:16	
37	9	Paulo Loureiro	AGGVOUZELA	04:08:41	+01:07:12	08:17	
38	110	Armando Cardoso	S.c.paradela	04:09:27	+01:07:58	08:19	
39	77	Rui Rodrigues	Individual	04:10:32	+01:09:03	08:21	
40	111	Carla Santos	Saca Trilhos Anadia	04:12:08	+01:10:39	08:24	
41	37	Sérgio Ramalho	cpalcanenatrail	04:12:14	+01:10:45	08:24	
42	19	Humberto Silva	AZTrail	04:12:24	+01:10:55	08:25	

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**30 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	136	Marco Pontes	Viriathvs Runners Viseu	04:13:51	+01:12:22	08:28	
44	52	Paulino Edgar Rodrigues Duarte	Individual	04:16:25	+01:14:56	08:33	
45	38	Pedro Amaral	CRP-Ribafria	04:16:26	+01:14:57	08:33	
46	7	Paulo Silva	Adões Trail	04:19:40	+01:18:11	08:39	
47	45	Vitor Hugo Santos	Grupo desportivo da Mata	04:20:55	+01:19:26	08:42	
48	2	Antonio Brás	AB/CP	04:22:54	+01:21:25	08:46	
49	114	Bárbara Sá	Santana FC Trail Team	04:23:31	+01:22:02	08:47	
50	5	Joana Almeida	Adões Trail	04:24:19	+01:22:50	08:49	
51	53	Diogo Jorge	Individual	04:24:38	+01:23:09	08:49	
52	119	Paulo Pires	SS CGD	04:25:13	+01:23:44	08:50	
53	92	José Santos	Individual	04:25:13	+01:23:44	08:50	
54	67	Luís Monteiro	Individual	04:25:20	+01:23:51	08:51	
55	76	Pedro santos	Individual	04:26:18	+01:24:49	08:53	
56	88	Pedro Peça	Individual	04:26:19	+01:24:50	08:53	
57	62	Sónia Cardoso	Individual	04:26:34	+01:25:05	08:53	
58	86	Luís Cardoso	Individual	04:26:34	+01:25:05	08:53	
59	795	Mike Running	Run & Fun	04:27:03	+01:25:34	08:54	
60	41	Alfredo Rodrigues	GDCR-LAJES	04:27:29	+01:26:00	08:55	
61	127	PAULO DIAS	TRILHOS DA BAGA / K RUN TEAM	04:30:36	+01:29:07	09:01	
62	124	CRISTIANO GODINHO	TRILHOS DA BAGA / K RUN TEAM	04:30:37	+01:29:08	09:01	
63	32	Bruno Nico	cpalcanenatrail	04:31:04	+01:29:35	09:02	
64	12	João Pedro dos Santos Saldanha	Aminhacorrída/Runextrem	04:31:10	+01:29:41	09:02	
65	100	SMónica Fernandes	Run & Fun	04:31:19	+01:29:50	09:03	
66	101	Céu Vilar	Run & Fun	04:31:20	+01:29:51	09:03	
67	102	Tino Pais	Run & Fun	04:31:20	+01:29:51	09:03	
68	103	Cláudio Santos	Run & Fun	04:32:20	+01:30:51	09:05	
69	47	HERNÂNI FERNANDES	GT10.30SX	04:32:24	+01:30:55	09:05	
70	48	RUI PANÇA	GT10.30SX	04:32:24	+01:30:55	09:05	
71	70	André Maurício Sá Barbosa	Individual	04:32:24	+01:30:55	09:05	
72	129	Manuela Cunha	Trilhos do Costume	04:36:30	+01:35:01	09:13	
73	135	Rui Miguel Rebelo Santos	Viriathvs Runners Viseu	04:36:30	+01:35:01	09:13	
74	74	Joaquim Ribeiro	Individual	04:37:27	+01:35:58	09:15	
75	117	Raquel Vasconcelos	Sport Comércio Salgueiros	04:39:43	+01:38:14	09:19	
76	42	Rui Machinho	GDST - Grupo Desportivo Santander Totta	04:43:30	+01:42:01	09:27	
77	80	JOAO MANUEL LEANDRO JESUS	Individual	04:43:53	+01:42:24	09:28	
78	59	Raquel Rocha	Individual	04:45:04	+01:43:35	09:30	
79	58	Mónica Napita	Individual	04:49:49	+01:48:20	09:40	
80	99	Ricardo Fernandes	PCRrunners	04:51:28	+01:49:59	09:43	
81	31	Ricardo Carvalho	CORRER LISBOA	04:53:00	+01:51:31	09:46	
82	10	Maria Eugénia Agüero	Algarviana Team	04:53:25	+01:51:56	09:47	
83	84	Ricardo Barroso	Individual	04:55:31	+01:54:02	09:51	
84	56	Anabela Silva	Individual	04:56:03	+01:54:34	09:52	
85	73	Hugo Marques	Individual	04:56:05	+01:54:36	09:52	
86	64	Paula Romacho	Individual	04:57:35	+01:56:06	09:55	
87	65	Pedro Borges	Individual	04:57:43	+01:56:14	09:55	
88	94	Heitor santos	Individual	05:04:59	+02:03:30	10:10	

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	130	Rui Teixeira	Trilhos do Costume	05:12:07	+02:10:38	10:24	
90	82	Nuno Ruivo Silva	Individual	05:15:03	+02:13:34	10:30	
91	96	Paula Cristina Cordeiro	Os Trinca Espinhas	05:15:34	+02:14:05	10:31	
92	49	André Meireles	Individual	05:16:40	+02:15:11	10:33	
93	26	Carla Neves	Clube novobanco	05:17:04	+02:15:35	10:34	
94	46	Luis Queiroz	Grupo desportivo da Mata	05:24:36	+02:23:07	10:49	
95	44	Joao Santiago	Grupo desportivo da Mata	05:24:41	+02:23:12	10:49	
96	81	João Teixeira	Individual	05:26:08	+02:24:39	10:52	
97	66	Fernanda Ribeiro	Trilhos do Costume	05:26:46	+02:25:17	10:54	
98	128	Tatiana Amorim	Trilhos do Costume	05:26:47	+02:25:18	10:54	
99	95	Maria Puga	O Mundo da Corrida	05:27:56	+02:26:27	10:56	
100	108	Luis Carvalho	RUN 4 FUN	05:28:13	+02:26:44	10:56	
101	121	João Luís Almeida Cunha Rodrigues	Tartarugas Runners	05:29:32	+02:28:03	10:59	
102	18	Tiago Silva	AZTrail	05:30:43	+02:29:14	11:01	
103	105	Pedro Esteves	RUN 4 FUN	05:34:05	+02:32:36	11:08	
104	120	Joel Jacinto	Talentos Objectivos	05:34:05	+02:32:36	11:08	
105	27	Isabel Antunes	Clube novobanco	05:39:56	+02:38:27	11:20	
106	30	Jorge Monteiro	Clube novobanco	05:39:57	+02:38:28	11:20	
107	63	Filomena Jesus	Individual	05:49:32	+02:48:03	11:39	
108	43	Gabriela Santos	Grupo desportivo da Mata	05:49:53	+02:48:24	11:40	
109	60	ICIAR RODRIGO NEVADO	Individual	05:52:41	+02:51:12	11:45	
110	28	Sandra Silva	Clube novobanco	06:04:06	+03:02:37	12:08	
111	61	Paula Rodrigues	Individual	06:04:50	+03:03:21	12:10	
112	57	Mariana Pinheiro	Individual	06:04:50	+03:03:21	12:10	
113	691	Tiago Mesquita	CORRER LISBOA	06:04:50	+03:03:21	12:10	
114	29	Nuno Lopes	Clube novobanco	06:05:30	+03:04:01	12:11	

### 30KM

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

## OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	08:30	-99°C	-99%
End	14:36	-99°C	-99%

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

1	5	Joana Almeida	Adões Trail	Senior Feminino	04:24:19		08:49
2	128	Tatiana Amorim	Trilhos do Costume	Senior Feminino	05:26:47	+01:02:27	10:54

### Senior Masculino

1	50	Gil Gomes	Individual	Senior Masculino	03:10:18		06:21
2	17	Daniel Pinho	AZTrail	Senior Masculino	03:41:01	+30:43	07:22
3	6	Micael Silva	Adões Trail	Senior Masculino	04:06:42	+56:23	08:13
4	52	Paulino Edgar Rodrigues Duarte	Individual	Senior Masculino	04:16:25	+01:06:07	08:33
5	124	CRISTIANO GODINHO	TRILHOS DA BAGA / K RUN TEAM	Senior Masculino	04:30:37	+01:20:19	09:01
6	49	André Meireles	Individual	Senior Masculino	05:16:40	+02:06:22	10:33
7	105	Pedro Esteves	RUN 4 FUN	Senior Masculino	05:34:05	+02:23:46	11:08

### Sub 23 Masculino

1	53	Diogo Jorge	Individual	Sub 23 Masculino	04:24:38		08:49
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### Veterana F35

1	55	Cristiana Ferreira	Individual	Veterana F35	03:34:43		07:09
2	844	Liliana Moreira	Team El Comandante	Veterana F35	03:58:26	+23:43	07:57
3	16	Ana Antunes	Associação "Os Vouzelenses"	Veterana F35	04:02:05	+27:22	08:04

### Veterana F40

1	106	Sandra Romano	RUN 4 FUN	Veterana F40	04:06:36		08:13
2	114	Bárbara Sá	Santana FC Trail Team	Veterana F40	04:23:31	+16:55	08:47
3	100	SMónica Fernandes	Run & Fun	Veterana F40	04:31:19	+24:43	09:03
4	129	Manuela Cunha	Trilhos do Costume	Veterana F40	04:36:30	+29:54	09:13
5	59	Raquel Rocha	Individual	Veterana F40	04:45:04	+38:28	09:30
6	58	Mónica Napita	Individual	Veterana F40	04:49:49	+43:13	09:40
7	10	Maria Eugénia Agüero	Algarviana Team	Veterana F40	04:53:25	+46:49	09:47
8	56	Anabela Silva	Individual	Veterana F40	04:56:03	+49:27	09:52
9	57	Mariana Pinheiro	Individual	Veterana F40	06:04:50	+01:58:14	12:10

## 30KM

## 30 KM

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

### OFFICIAL RESULT

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

## Veterana F45

1	62	Sónia Cardoso	Individual	Veterana F45	04:26:34		08:53
2	101	Céu Vilar	Run & Fun	Veterana F45	04:31:20	+04:45	09:03
3	117	Raquel Vasconcelos	Sport Comércio Salgueiros	Veterana F45	04:39:43	+13:08	09:19
4	26	Carla Neves	Clube novobanco	Veterana F45	05:17:04	+50:29	10:34
5	43	Gabriela Santos	Grupo desportivo da Mata	Veterana F45	05:49:53	+01:23:19	11:40
6	60	ICIAR RODRIGO NEVADO	Individual	Veterana F45	05:52:41	+01:26:07	11:45
7	61	Paula Rodrigues	Individual	Veterana F45	06:04:50	+01:38:16	12:10

## Veterana F50

1	111	Carla Santos	Saca Trilhos Anadia	Veterana F50	04:12:08		08:24
2	64	Paula Romacho	Individual	Veterana F50	04:57:35	+45:26	09:55
3	96	Paula Cristina Cordeiro	Os Trinca Espinhas	Veterana F50	05:15:34	+01:03:25	10:31
4	27	Isabel Antunes	Clube novobanco	Veterana F50	05:39:56	+01:27:48	11:20
5	63	Filomena Jesus	Individual	Veterana F50	05:49:32	+01:37:23	11:39
6	28	Sandra Silva	Clube novobanco	Veterana F50	06:04:06	+01:51:57	12:08

## Veterana F55

1	66	Fernanda Ribeiro	Trilhos do Costume	Veterana F55	05:26:46		10:54
2	95	Maria Puga	O Mundo da Corrida	Veterana F55	05:27:56	+01:10	10:56

## Veterano M35

1	115	Samuel Reis	Serra D'Aire Trail Team	Veterano M35	03:01:29		06:03
2	35	Ruben Caetano	cpalcanenatrail	Veterano M35	03:08:16	+06:47	06:17
3	34	Pedro Filipe André Machado	cpalcanenatrail	Veterano M35	03:12:43	+11:14	06:25
4	131	Ruben Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M35	03:27:19	+25:50	06:55
5	68	Rafael Bravo	Individual	Veterano M35	03:40:58	+39:29	07:22
6	33	Paulo Friezas	cpalcanenatrail	Veterano M35	03:46:28	+44:59	07:33
7	69	Rafael Silva	Individual	Veterano M35	03:52:04	+50:35	07:44
8	685	Miguel Carvalho	Individual	Veterano M35	03:58:26	+56:56	07:57
9	110	Armando Cardoso	S.c.paradela	Veterano M35	04:09:27	+01:07:58	08:19
10	67	Luís Monteiro	Individual	Veterano M35	04:25:20	+01:23:51	08:51
11	32	Bruno Nico	cpalcanenatrail	Veterano M35	04:31:04	+01:29:35	09:02
12	99	Ricardo Fernandes	PCRrunners	Veterano M35	04:51:28	+01:49:59	09:43
13	18	Tiago Silva	AZTrail	Veterano M35	05:30:43	+02:29:14	11:01
14	691	Tiago Mesquita	CORRER LISBOA	Veterano M35	06:04:50	+03:03:21	12:10

**30KM**

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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 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

**Veterano M40**

1	15	Ricardo Garção	ARSM - Associação Recreativa de S. Miguel	Veterano M40	03:11:51		06:24
2	36	Marco Vitorino	cpalcanenatrail	Veterano M40	03:24:42	+12:51	06:49
3	4	Bruno Marques	Abutres	Veterano M40	03:27:04	+15:13	06:54
4	123	Nuno Laim	Trail da Ladeia Running Team	Veterano M40	03:46:07	+34:16	07:32
5	109	António José Azevedo Mateus	Runners SERNANCELHE Terra da Castanha	Veterano M40	03:51:07	+39:16	07:42
6	14	joao travasso	Arcd Venda Da Luísa	Veterano M40	04:03:10	+51:18	08:06
7	9	Paulo Loureiro	AGGVOUZELA	Veterano M40	04:08:41	+56:50	08:17
8	77	Rui Rodrigues	Individual	Veterano M40	04:10:32	+58:41	08:21
9	76	Pedro santos	Individual	Veterano M40	04:26:18	+01:14:27	08:53
10	102	Tino Pais	Run & Fun	Veterano M40	04:31:20	+01:19:29	09:03
11	70	André Maurício Sá Barbosa	Individual	Veterano M40	04:32:24	+01:20:33	09:05
12	135	Rui Miguel Rebelo Santos	Viriathvs Runners Viseu	Veterano M40	04:36:30	+01:24:39	09:13
13	74	Joaquim Ribeiro	Individual	Veterano M40	04:37:27	+01:25:36	09:15
14	31	Ricardo Carvalho	CORRER LISBOA	Veterano M40	04:53:00	+01:41:09	09:46
15	73	Hugo Marques	Individual	Veterano M40	04:56:05	+01:44:14	09:52
16	65	Pedro Borges	Individual	Veterano M40	04:57:43	+01:45:52	09:55
17	44	Joao Santiago	Grupo desportivo da Mata	Veterano M40	05:24:41	+02:12:50	10:49

**Veterano M45**

1	21	Sérgio Mesquita	C.D.C. Nave / Trail Runners	Veterano M45	03:14:34		06:29
2	3	Moisés Matos Barroso	ABCansado Trail	Veterano M45	03:21:18	+06:44	06:43
3	40	Luís Sá	GD Leões da Guarda - Lion Runners	Veterano M45	03:31:44	+17:10	07:03
4	104	Rui Martins	Run & Fun	Veterano M45	03:48:41	+34:07	07:37
5	83	Ricardo Alexandre Carvalo Trigo	Individual	Veterano M45	03:56:05	+41:31	07:52
6	20	Nuno Costa	Botão Camp	Veterano M45	03:57:00	+42:25	07:54
7	78	Américo Costa	Individual	Veterano M45	04:05:47	+51:12	08:12
8	107	Jose Manuel Nunes Manso	RUN 4 FUN	Veterano M45	04:05:55	+51:21	08:12
9	79	Fernando Manuel Baptista rodrigues	Individual	Veterano M45	04:06:00	+51:26	08:12
10	19	Humberto Silva	AZTrail	Veterano M45	04:12:24	+57:49	08:25
11	136	Marco Pontes	Viriathvs Runners Viseu	Veterano M45	04:13:51	+59:17	08:28
12	45	Vitor Hugo Santos	Grupo desportivo da Mata	Veterano M45	04:20:55	+01:06:21	08:42
13	41	Alfredo Rodrigues	GDCR-LAJES	Veterano M45	04:27:29	+01:12:55	08:55
14	103	Cláudio Santos	Run & Fun	Veterano M45	04:32:20	+01:17:46	09:05
15	42	Rui Machinho	GDST - Grupo Desportivo Santander Totta	Veterano M45	04:43:30	+01:28:55	09:27
16	80	JOAO MANUEL LEANDRO JESUS	Individual	Veterano M45	04:43:53	+01:29:18	09:28
17	84	Ricardo Barroso	Individual	Veterano M45	04:55:31	+01:40:57	09:51
18	82	Nuno Ruivo Silva	Individual	Veterano M45	05:15:03	+02:00:28	10:30
19	81	João Teixeira	Individual	Veterano M45	05:26:08	+02:11:33	10:52
20	121	João Luís Almeida Cunha Rodrigues	Tartarugas Runners	Veterano M45	05:29:32	+02:14:58	10:59

**30KM**

**30 KM**

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

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

21	120	Joel Jacinto	Talentos Objectivos	Veterano M45	05:34:05	+02:19:31	11:08
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**Veterano M50**

1	122	Miguel Armando Quintais Castro	Trail - Grupo Desportivo de Trancoso	Veterano M50	03:37:56		07:16
2	97	Leonel Batista	Os Trinca Espinhas	Veterano M50	03:47:36	+09:40	07:35
3	8	Pedro Neto	Adões Trail	Veterano M50	04:06:42	+28:45	08:13
4	37	Sérgio Ramalho	cpalcanenatrail	Veterano M50	04:12:14	+34:18	08:24
5	7	Paulo Silva	Adões Trail	Veterano M50	04:19:40	+41:44	08:39
6	88	Pedro Peça	Individual	Veterano M50	04:26:19	+48:23	08:53
7	86	Luís Cardoso	Individual	Veterano M50	04:26:34	+48:38	08:53
8	795	Mike Running	Run & Fun	Veterano M50	04:27:03	+49:07	08:54
9	12	João Pedro dos Santos Saldanha	Aminhacorrída/Runextrem	Veterano M50	04:31:10	+53:14	09:02
10	47	HERNÂNI FERNANDES	GT10.30SX	Veterano M50	04:32:24	+54:28	09:05
11	48	RUI PANÇA	GT10.30SX	Veterano M50	04:32:24	+54:28	09:05
12	130	Rui Teixeira	Trilhos do Costume	Veterano M50	05:12:07	+01:34:11	10:24
13	46	Luis Queiroz	Grupo desportivo da Mata	Veterano M50	05:24:36	+01:46:40	10:49
14	29	Nuno Lopes	Clube novobanco	Veterano M50	06:05:30	+02:27:34	12:11

**Veterano M55**

1	11	Jorge Manuel Barbosa Moreira	Amigos do Pedal Trail Lagares	Veterano M55	03:32:32		07:05
2	38	Pedro Amaral	CRP-Ribafria	Veterano M55	04:16:26	+43:53	08:33
3	2	Antonio Brás	AB/CP	Veterano M55	04:22:54	+50:21	08:46
4	119	Paulo Pires	SS CGD	Veterano M55	04:25:13	+52:40	08:50
5	92	José Santos	Individual	Veterano M55	04:25:13	+52:40	08:50
6	127	PAULO DIAS	TRILHOS DA BAGA / K RUN TEAM	Veterano M55	04:30:36	+58:03	09:01
7	30	Jorge Monteiro	Clube novobanco	Veterano M55	05:39:57	+02:07:24	11:20

**Veterano M60**

1	112	Eduardo Meireles	Saca Trilhos Anadia	Veterano M60	04:04:14		08:08
2	93	Julio Patricio	Individual	Veterano M60	04:08:03	+03:49	08:16
3	108	Luis Carvalho	RUN 4 FUN	Veterano M60	05:28:13	+01:23:58	10:56

**Veterano M65**

1	94	Heitor santos	Individual	Veterano M65	05:04:59		10:10
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## **TEAM RESULTS - 30KM**

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

<b>RANK</b>	<b>TEAM</b>	<b>DESCRIPTION</b>	<b>POINTS</b>
1	CPALCANENATRIL	2 + 5 + 8	15
2	ADÕES TRAIL	34 + 35 + 46	115
3	RUN & FUN	20 + 59 + 65	144
4	AZTRAIL	16 + 42 + 102	160
5	RUN 4 FUN	31 + 33 + 100	164
6	GRUPO DESPORTIVO DA MATA	47 + 94 + 95	236
7	TRILHOS DO COSTUME	72 + 89 + 97	258
8	CLUBE NOVOBANCO	93 + 105 + 106	304



**18KM - STAGE 1**
**18 KM**

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

**OFFICIAL RESULT**

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

	Time	Temperature	Humidity
Start	09:15	--	--
End	14:38	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	812	Rui Figueiredo	Saca Trilhos Anadia	01:45:27		05:51	
2	811	Pedro Rafael Tavares Garrido	Saca Trilhos Anadia	01:46:11	+00:44	05:54	
3	507	David Santos	ACDRS QUINHENDROS	01:52:56	+07:29	06:16	
4	508	João Silva	ACDRS QUINHENDROS	01:54:19	+08:52	06:21	
5	814	Sérgio Manito	Saca Trilhos Anadia	01:57:52	+12:25	06:33	
6	623	Pedro Duarte	Grupo Desportivo 3 Santos Populares	01:58:11	+12:44	06:34	
7	599	Paulo Esteves	Dão Nelas Runners	01:58:51	+13:24	06:36	
8	542	Américo Pereira	Associação Desportiva de Palmeiros - Sintra	02:00:56	+15:29	06:43	
9	720	Paulo Nogueira	Individual	02:01:03	+15:36	06:43	
10	815	Jorge Santos	Saca Trilhos Anadia	02:03:23	+17:56	06:51	
11	604	António Gomes	Dura-F1 Raceteam	02:03:52	+18:25	06:53	
12	817	José Campar	Saca Trilhos Anadia	02:05:46	+20:19	06:59	
13	578	JORGE MATOS	CF Os Belenenses	02:06:15	+20:48	07:01	
14	714	Luis Martins	Individual	02:06:45	+21:18	07:03	
15	606	José Cruz	Dura-F1 Raceteam	02:09:43	+24:16	07:12	
16	515	Sérgio Cruz	ADCP PEDRALVA	02:11:07	+25:40	07:17	
17	808	José Silva	S.c.paradela	02:11:09	+25:42	07:17	
18	809	Ivo Tavares	Saca Trilhos Anadia	02:11:27	+26:00	07:18	
19	695	João Pedro Rato Margarido	Individual	02:12:00	+26:33	07:20	
20	540	Gilson Varela Tavares	Associação Desportiva de Palmeiros - Sintra	02:12:11	+26:44	07:21	
21	603	José Pinheiro	Dura-F1 Raceteam	02:12:23	+26:56	07:21	
22	538	José Féteira	ARSM - Associação Recreativa de S. Miguel	02:12:34	+27:07	07:22	
23	605	Filipe Fonseca	Dura-F1 Raceteam	02:12:40	+27:13	07:22	
24	598	Fábio Cruz	Dão Nelas Runners	02:12:40	+27:13	07:22	
25	866	Gil Pinho	Trail Team Vila de Mouros	02:12:53	+27:26	07:23	
26	547	Pedro Cardoso	ASSSCC - Ar Livre e Aventura	02:13:31	+28:04	07:25	
27	612	VITOR GOMES	Flashover	02:13:54	+28:27	07:26	
28	522	Nelson Ferreira	Adões Trail	02:14:00	+28:33	07:27	
29	614	Beatriz Alves	Furfor Running Project	02:15:31	+30:04	07:32	
30	835	António Silva	Storybuggies - Trail do Serrote	02:16:03	+30:36	07:33	
31	761	José Reis	JAM - Juventude Atlético Mozelense	02:16:05	+30:38	07:34	
32	737	António Amado	Individual	02:16:35	+31:08	07:35	
33	807	luis silva	S.c.paradela	02:18:27	+33:00	07:42	
34	512	João Pires	Adabem Running Team	02:18:38	+33:11	07:42	
35	768	Pedro Medley	OCS - Arrábida Trail Team	02:19:00	+33:33	07:43	
36	707	Hugo Gaspar	Individual	02:19:30	+34:03	07:45	
37	867	Gonçalo Gonçalves	Trail Team Vila de Mouros	02:20:04	+34:37	07:47	
38	657	Ines Jordao	Monsanto Running Team	02:20:25	+34:58	07:48	
39	531	Cláudio Dias	ARCAR Team / Trail do Vale	02:22:12	+36:45	07:54	
40	625	JOSÉ PROENÇA	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	02:22:14	+36:47	07:54	
41	511	João Alves	Adabem Running Team	02:23:33	+38:06	07:59	
42	754	Tomás Fonseca	Individual	02:24:22	+38:55	08:01	



## 18KM - STAGE 1

## 18 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	594	Cindy Santos Capaz	cpalcanenatrail	02:41:23	+55:56	08:58	
89	658	Joana Marreco	Individual	02:41:28	+56:01	08:58	
90	837	Beatriz Fernandes	Tainadas run team-somengil	02:41:29	+56:02	08:58	
91	833	Ernesto Nabeiro	Soure Mov	02:41:33	+56:06	08:58	
92	644	André Neto	Individual	02:41:39	+56:12	08:59	
93	545	Catarina Marques	ASSSCC - Ar Livre e Aventura	02:41:42	+56:15	08:59	
94	566	António Pinto	Caminhadas Noturnas Duras	02:43:08	+57:41	09:04	
95	557	Filomena Marques	Botão Camp	02:44:05	+58:38	09:07	
96	561	Rui Pereira	Bustos Runners	02:46:21	+01:00:54	09:14	
97	806	Filipe Ribeiro	Runners do Demo	02:46:27	+01:01:00	09:15	
98	881	Narciso José da Silva Pinho	Vamos a Pé - Taboiera	02:46:38	+01:01:11	09:15	
99	699	Paulo costa	Individual	02:46:51	+01:01:24	09:16	
100	728	marco duarte	Individual	02:48:05	+01:02:38	09:20	
101	890	Maria Elisabete Gonçalves Fernandes Repas	EDV Viana Trail	02:48:11	+01:02:44	09:21	
102	514	Mário Miguel Ferreira	ADCP PEDRALVA	02:48:15	+01:02:48	09:21	
103	509	TóZé Serra	ACDRS QUINHENDROS	02:48:39	+01:03:12	09:22	
104	882	Salomé Oliveira	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:48:56	+01:03:29	09:23	
105	555	Bela Silva	Botão Camp	02:49:38	+01:04:11	09:25	
106	510	Fátima Teles	Adabem Running Team	02:49:39	+01:04:12	09:26	
107	749	João Isidoro dos Santos	Individual	02:49:40	+01:04:13	09:26	
108	579	João Barreto	CF Os Marialvas	02:49:45	+01:04:18	09:26	
109	678	David Filipe Caetano Oliveira	Individual	02:49:55	+01:04:28	09:26	
110	596	Ricardo Faustino	CrossMates	02:49:55	+01:04:28	09:26	
111	651	André Caldeira Martins	Individual	02:50:44	+01:05:17	09:29	
112	543	Antonio Miranda	Associação Desportiva Fundão	02:50:44	+01:05:17	09:29	
113	621	Rosário Miranda	Grupo Desportivo 3 Santos Populares	02:51:14	+01:05:47	09:31	
114	726	Carlos Duarte	Individual	02:51:20	+01:05:53	09:31	
115	551	Julien Manso	Bairro dos Anjos	02:52:39	+01:07:12	09:36	
116	785	José Maia	Passo a Passo	02:53:17	+01:07:50	09:38	
117	788	João Maia	PATROL MOJ	02:55:03	+01:09:36	09:44	
118	783	Carlos Santos	Passo a Passo	02:55:12	+01:09:45	09:44	
119	549	Filipe Manuel Fernandes Tavares	AZTrail	02:55:15	+01:09:48	09:44	
120	620	Gaspar Araujo	GRC Telhadela	02:55:44	+01:10:17	09:46	
121	504	Edgar Conceição	ABCansado Trail	02:55:48	+01:10:21	09:46	
122	602	Luís Pinto	Diabinhos de Samuel	02:55:48	+01:10:21	09:46	
123	548	André Acúrcio	Atletismo Clube da Tocha	02:55:58	+01:10:31	09:47	
124	871	Hélder Freire	Trail Team Vila de Mouros	02:56:30	+01:11:03	09:48	
125	868	Tiago Miguel Silveira Gomes	Trail Team Vila de Mouros	02:56:30	+01:11:03	09:48	
126	663	Celeste Morgado	Individual	02:57:02	+01:11:35	09:50	
127	529	Carlos Campos	Ameal Trail	02:57:13	+01:11:46	09:51	
128	588	Luis Costa	Cluve - Clube de Veteranos de Atletismo de Coimbra	02:57:19	+01:11:52	09:51	
129	789	Tiago Gaspar	Penta Clube da Covilhã/Sport Hotel Trail Running Team	02:57:21	+01:11:54	09:51	
130	884	Paulo Jorge do Nascimento	Viriathvs Runners Viseu	02:57:30	+01:12:03	09:52	
131	758	MICHEL LECOINTE	Individual	02:57:33	+01:12:06	09:52	
132	776	LUIS MIGUEL COSTA DA SILVA	OS PE NA COVA	02:57:48	+01:12:21	09:53	

**18KM - STAGE 1**
**18 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	702	Ricardo Bica	Individual	02:57:54	+01:12:27	09:53	
134	796	Fernando Sacramento	Run & Fun	02:58:07	+01:12:40	09:54	
135	673	Rosa Cerveira	Individual	02:58:20	+01:12:53	09:54	
136	609	Ana Baptista	Espigueiros runners-caparrosinha	02:58:24	+01:12:57	09:55	
137	836	Carlos Bernardo	Suor e Raça	02:58:28	+01:13:01	09:55	
138	794	Tino Silva	Run & Fun	02:58:39	+01:13:12	09:55	
139	676	André Oliveira	Individual	02:58:42	+01:13:15	09:56	
140	704	Carlos Pedro Santiago Neves	Individual	02:58:50	+01:13:23	09:56	
141	648	Jorge Cardoso	Individual	02:59:36	+01:14:09	09:59	
142	839	Teresa Pinho	Tainadas run team-somengil	03:00:17	+01:14:50	10:01	
143	845	Olegário Oliveira	Team El Comandante	03:00:29	+01:15:02	10:02	
144	679	Fernando Duarte	Individual	03:01:17	+01:15:50	10:04	
145	527	MARIA RITA DA SILVA FERNANDES	AGGVOUZELA	03:01:24	+01:15:57	10:05	
146	887	Miguel Sá	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:01:26	+01:15:59	10:05	
147	595	ALEXANDRA LOPES NEVES	cpalcanenatrail	03:01:49	+01:16:22	10:06	
148	690	Tiago Gandarez	Individual	03:02:38	+01:17:11	10:09	
149	505	Carlos Leitão	ABCansado Trail	03:03:07	+01:17:40	10:10	
150	501	Marco Paulo Pinto da Costa	(Com)dores	03:03:37	+01:18:10	10:12	
151	570	Severina Almeida	CATR- Correio de Albergaria Trail Running	03:03:38	+01:18:11	10:12	
152	787	Lília Magalhães	PATROL MOJ	03:03:51	+01:18:24	10:13	
153	502	Rui Almeida	(Com)dores	03:04:12	+01:18:45	10:14	
154	774	Rita Fernandes	OS PE NA COVA	03:05:00	+01:19:33	10:17	
155	770	Bruno Parente	Os 4	03:05:10	+01:19:43	10:17	
156	755	Alberto Ferreira leite	Individual	03:06:06	+01:20:39	10:20	
157	615	Ana Monteiro	G.D.R. São Francisco da Serra	03:06:22	+01:20:55	10:21	
158	534	José Carlos Fernandes	Arcd Venda Da Luísa	03:06:53	+01:21:26	10:23	
159	692	Tiago Rodrigues	cpalcanenatrail	03:07:47	+01:22:20	10:26	
160	731	Rui Manuel da Rosa Colaço	Individual	03:07:58	+01:22:31	10:27	
161	826	Ana Barata	SARTIM	03:08:00	+01:22:33	10:27	
162	743	Álvaro Marques Costa	Individual	03:08:09	+01:22:42	10:27	
163	778	Pedro Manuel De Sousa Marques	OS PE NA COVA	03:08:12	+01:22:45	10:27	
164	830	Marcelo Fonseca	Smells like team spirit	03:08:20	+01:22:53	10:28	
165	626	Pedro Marques	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	03:08:25	+01:22:58	10:28	
166	655	Ana Rita Oliveira	Individual	03:08:30	+01:23:03	10:28	
167	777	Pedro Craveiro	OS PE NA COVA	03:09:00	+01:23:33	10:30	
168	546	Joselito MARQUES	ASSSCC - Ar Livre e Aventura	03:09:06	+01:23:39	10:30	
169	781	Armínio Martins	OS PE NA COVA	03:09:08	+01:23:41	10:30	
170	853	José Carlos Correia	Trail da Ladeia Running Team	03:09:20	+01:23:53	10:31	
171	689	Tiago Ferreira	Individual	03:09:34	+01:24:07	10:32	
172	824	MIGUEL FRANZINI	Sapatilhas Verdes	03:10:21	+01:24:54	10:35	
173	854	Jorge Ortola	Trail da Ladeia Running Team	03:10:55	+01:25:28	10:36	
174	649	Paulo Vigário	Individual	03:10:58	+01:25:31	10:37	
175	535	Maria João Matos Vieira	ARSM - Associação Recreativa de S. Miguel	03:11:21	+01:25:54	10:38	
176	537	Miguel Monteiro	ARSM - Associação Recreativa de S. Miguel	03:11:21	+01:25:54	10:38	
177	633	Americo Grou	GRVilaverdense	03:11:45	+01:26:18	10:39	

**18KM - STAGE 1**
**18 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	840	Celia Oliveira	Tainadas run team-somengil	03:12:03	+01:26:36	10:40	
179	769	Anabela Reis	Os 4	03:12:26	+01:26:59	10:41	
180	832	Amilcar de Oliveira Raimundo	Sosense Trail Team - Braga & Fernandes	03:12:28	+01:27:01	10:42	
181	730	Paulo Raposo	Individual	03:15:02	+01:29:35	10:50	
182	802	Gonçalo Fontes de Melo	RUN 4 FUN	03:15:03	+01:29:36	10:50	
183	723	Rui Vilar	Individual	03:15:06	+01:29:39	10:50	
184	617	Marta Vicente	GDCR-LAJES	03:15:13	+01:29:46	10:51	
185	888	Cândido Silva	Zenit AUTOMÓVEIS	03:15:14	+01:29:47	10:51	
186	628	Paulo Gonçalves	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	03:15:16	+01:29:49	10:51	
187	592	Edgar Semedo	Coimbra Trail Running	03:15:19	+01:29:52	10:51	
188	591	Diogo Reis	Coimbra Trail Running	03:15:23	+01:29:56	10:51	
189	590	Isabel Coimbra	Coimbra Trail Running	03:15:29	+01:30:02	10:52	
190	716	Luís Vizeu	Individual	03:15:39	+01:30:12	10:52	
191	593	Pedro Quadrio	Com(dores)	03:15:40	+01:30:13	10:52	
192	635	RENATO CRISTINA	GT10.30SX	03:15:46	+01:30:19	10:53	
193	780	João Azadinho	OS PE NA COVA	03:16:40	+01:31:13	10:56	
194	574	Ricardo Jorge da Cruz Ferreira dos Santos	CC FAMILY	03:16:40	+01:31:13	10:56	
195	572	Diogo da Silva Cancela	CC FAMILY	03:17:35	+01:32:08	10:59	
196	577	Nuno Miguel Pereira da Silva	CC FAMILY	03:17:35	+01:32:08	10:59	
197	759	Guedes Alfredo	Inter da Mata	03:18:26	+01:32:59	11:01	
198	858	Cláudia Patrícia Chiquita Saraiva	Trail Team Vila de Mouros	03:18:39	+01:33:12	11:02	
199	865	Dominik Wegrzyn	Trail Team Vila de Mouros	03:18:40	+01:33:13	11:02	
200	686	Paulo Avó	Individual	03:18:55	+01:33:28	11:03	
201	580	Susana Manuela Gonçalves Vieira Dias	Clube de Montanhismo da Guarda	03:19:16	+01:33:49	11:04	
202	661	Sónia Cardoso	TRILHOS DA BAGA / K RUN TEAM	03:19:25	+01:33:58	11:05	
203	739	Carlos Rodrigues	Individual	03:21:11	+01:35:44	11:11	
204	559	Joaquim Baptista	Botão Camp	03:21:12	+01:35:45	11:11	
205	756	Joaquim Santos	Individual	03:21:14	+01:35:47	11:11	
206	752	Luís Pereira	Individual	03:21:40	+01:36:13	11:12	
207	643	MARINA SIMÕES	Individual	03:21:52	+01:36:25	11:13	
208	610	Luís Figueiredo	Espigueiros runners-caparrosinha	03:22:41	+01:37:14	11:16	
209	567	Lúcia Ferreira	Carregal do Sal Runners - Entre o Dão e o Mondego	03:22:41	+01:37:14	11:16	
210	565	Luis Domingues	Cabritas do Monte	03:22:45	+01:37:18	11:16	
211	562	Jorge Agostinho	C A Barreira	03:23:09	+01:37:42	11:17	
212	671	Esther Wiegerink	Individual	03:24:28	+01:39:01	11:22	
213	638	Antonio Martins	Housemartins Belas	03:24:37	+01:39:10	11:22	
214	762	Pedro Estanqueiro	Lentos e Destemidos	03:25:00	+01:39:33	11:23	
215	650	Pedro Valente	Individual	03:25:07	+01:39:40	11:24	
216	767	Jonathan Oliveira	NOCTURNOS DE PAREDES	03:25:41	+01:40:14	11:26	
217	771	Luís Carvalheiro	Os 4	03:25:56	+01:40:29	11:26	
218	748	Filipe Leitão de Mendonça Côrte-Real	Individual	03:26:14	+01:40:47	11:27	
219	747	Carlos Henriques	Individual	03:26:29	+01:41:02	11:28	
220	696	Jorge Marieiro	Individual	03:27:02	+01:41:35	11:30	
221	852	Carlos Pereira	Trail da Ladeia Running Team	03:27:33	+01:42:06	11:32	

**18KM - STAGE 1**

**18 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
222	750	Joaquim Martins Varanda	Individual	03:27:35	+01:42:08	11:32	
223	719	Elizabete Loureiro	PORTO SENTIDO RUNNERS	03:29:50	+01:44:23	11:39	
224	528	Aldomar Martins	Algarviana Team	03:30:04	+01:44:37	11:40	
225	838	Sandra Rocha Oliveira	Tainadas run team-somengil	03:31:03	+01:45:36	11:43	
226	792	Rita Rijo	Rijo Team	03:33:01	+01:47:34	11:50	
227	641	Elisa Raquel Mealha Belo	Individual	03:33:03	+01:47:36	11:50	
228	751	José Castro	Individual	03:33:40	+01:48:13	11:52	
229	775	Liliana Rodrigues	OS PE NA COVA	03:34:55	+01:49:28	11:56	
230	601	Sofia Ramalho	Diabinhos de Samuel	03:36:39	+01:51:12	12:02	
231	766	Paulo Gomes	NO TOMORROW RUNNING TEAM	03:39:30	+01:54:03	12:12	
232	729	Paulo Antunes	Trail Team Vila de Mouros	03:39:43	+01:54:16	12:12	
233	879	Pedro TEK	TRILHOS DA BAGA / K RUN TEAM	03:40:40	+01:55:13	12:16	
234	530	Ana Carolina Roque	ARCAP	03:40:50	+01:55:23	12:16	
235	585	Céu Pardana	Clube novobanco	03:41:48	+01:56:21	12:19	
236	721	Pedro Bailão	Individual	03:42:19	+01:56:52	12:21	
237	734	AGOSTINHO PEREIRA	Individual	03:42:45	+01:57:18	12:22	
238	666	Silvia costa	Individual	03:42:50	+01:57:23	12:23	
239	506	Gabriel Almeida	ABCansado Trail	03:43:24	+01:57:57	12:25	
240	556	Danieli Sousa	Botão Camp	03:43:39	+01:58:12	12:25	
241	569	Marco Santiago	Casa Benfica Bairrada	03:44:23	+01:58:56	12:28	
242	568	Cristina Silva	Casa Benfica Bairrada	03:44:23	+01:58:56	12:28	
243	584	Ana Monteiro	Clube novobanco	03:44:41	+01:59:14	12:29	
244	503	Ricardo Carrondo	ABCansado Trail	03:45:22	+01:59:55	12:31	
245	550	Diana Felgueiras	Bairro dos Anjos	03:45:26	+01:59:59	12:31	
246	843	José Santos	Tálenos Team	03:45:39	+02:00:12	12:32	
247	860	Rita Falcão	Trail Team Vila de Mouros	03:45:39	+02:00:12	12:32	
248	870	Gentil Pereira	Trail Team Vila de Mouros	03:45:40	+02:00:13	12:32	
249	89	Ana Rita Roma	Individual	03:46:30	+02:01:03	12:35	
250	632	Isabel Gomes	GRVilaverdense	03:46:35	+02:01:08	12:35	
251	654	Sara Catita	RUN 4 FUN	03:46:37	+02:01:10	12:35	
252	801	Pedro Simões	RUN 4 FUN	03:46:38	+02:01:11	12:35	
253	539	Vera Ramos	Associação de Jovens de Landeira	03:46:43	+02:01:16	12:36	
254	573	Fábio Almeida	CC FAMILY	03:48:45	+02:03:18	12:42	
255	582	Dulce Tomaz	Clube Grupo Desportivo da Mata	03:49:48	+02:04:21	12:46	
256	564	Sandra Martins	Cabritas do Monte	03:50:07	+02:04:40	12:47	
257	554	António Matos	BoraBora, Vamos Lá!	03:51:24	+02:05:57	12:51	
258	575	Tiago Filipe Barros da Silva	CC FAMILY	03:52:00	+02:06:33	12:53	
259	636	José Correia	GT10.30SX	03:52:07	+02:06:40	12:54	
260	634	Miguel Silva	GT10.30SX	03:52:07	+02:06:40	12:54	
261	571	Vanessa Filipa Ferraz da Cruz Ramalho	CC FAMILY	03:52:33	+02:07:06	12:55	
262	627	Carlos Ortet	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	03:52:58	+02:07:31	12:57	
263	727	João Facadas	Individual	03:53:34	+02:08:07	12:59	
264	553	Edite Fernandes	BoraBora, Vamos Lá!	03:55:02	+02:09:35	13:03	
265	779	Armando Marques	OS PE NA COVA	03:55:23	+02:09:56	13:05	
266	532	Andreia Castro	Arcd Venda Da Luísa	03:55:54	+02:10:27	13:06	

**18KM - STAGE 1****18 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
267	533	Samuel Custodio	Arcd Venda Da Luísa	03:55:55	+02:10:28	13:06	
268	793	Fernanda Almeida	Run & Fun	03:56:21	+02:10:54	13:08	
269	889	Paula Ferreira	Run & Fun	03:56:22	+02:10:55	13:08	
270	630	Sandra Isabel Ferreira	Grupo desportivo da Mata	03:56:26	+02:10:59	13:08	
271	732	Tó-Zé Pinheiro	Individual	03:56:34	+02:11:07	13:09	
272	712	Lindolfo José Teixeira da Costa Sol	Individual	03:56:49	+02:11:22	13:09	
273	715	Luís Pascoal	Individual	03:59:19	+02:13:52	13:18	
274	772	Sandra Arraias	Os Arraias	04:05:43	+02:20:16	13:39	
275	722	Rui Valente	Individual	04:05:55	+02:20:28	13:40	
276	521	Luís Soares	Adões Trail	04:05:56	+02:20:29	13:40	
277	842	Patrícia Santos	Tálenos Team	04:06:05	+02:20:38	13:40	
278	841	Cassandra Woolford	Tálenos Team	04:06:05	+02:20:38	13:40	
279	717	Nelson Gaspar	Individual	04:06:11	+02:20:44	13:41	
280	656	Filomena Ferreira	Individual	04:06:15	+02:20:48	13:41	
281	705	David João Tafeu	Individual	04:06:15	+02:20:48	13:41	
282	662	Ana Vieira	Individual	04:06:36	+02:21:09	13:42	
283	850	Olinda serrador	Terrantéz Trail Team	04:07:31	+02:22:04	13:45	
284	786	Ana Araújo	PATROL MOJ	04:07:44	+02:22:17	13:46	
285	710	José António Carvalho	Individual	04:08:00	+02:22:33	13:47	
286	660	Rita Dias	Individual	04:08:00	+02:22:33	13:47	
287	563	Mariana Freitas	Cabritas do Monte	04:08:49	+02:23:22	13:49	
288	877	Carolina Rodrigues	Tricários	04:09:14	+02:23:47	13:51	
289	878	Ruben Sá	Tricários	04:09:34	+02:24:07	13:52	
290	803	Luis Madeira	RUN 4 FUN	04:10:47	+02:25:20	13:56	
291	586	Joaquim Monteiro	Clube novobanco	04:10:48	+02:25:21	13:56	
292	799	Rita Felizol	RUN 4 FUN	04:10:48	+02:25:21	13:56	
293	642	Inês Isusi	Individual	04:10:49	+02:25:22	13:56	
294	520	Hugo Silva	Adões Trail	04:13:17	+02:27:50	14:04	
295	616	Isabel Ferreira	G.D.R. São Francisco da Serra	04:14:00	+02:28:33	14:07	
296	587	Paulo Pardana	Clube novobanco	04:14:36	+02:29:09	14:09	
297	524	Simon Hodgson	AERGóis Trail Running	04:14:45	+02:29:18	14:09	
298	864	Maria Lúcia Peixoto Novais	Trail Team Vila de Mouros	04:15:02	+02:29:35	14:10	
299	611	João Carlos Rios	Faro,PEGADAS à 4ª Feira	04:16:06	+02:30:39	14:14	
300	805	Francisco Afonso	RUN 4 FUN	04:17:35	+02:32:08	14:19	
301	798	Cristina Morgado	RUN 4 FUN	04:17:47	+02:32:20	14:19	
302	618	Isabel Rodrigues	GDST - Grupo Desportivo Santander Totta	04:18:16	+02:32:49	14:21	
303	619	Joao Rodrigues	GDST - Grupo Desportivo Santander Totta	04:18:17	+02:32:50	14:21	
304	848	Patrícia Quintela	Trail Team Vila de Mouros	04:18:35	+02:33:08	14:22	
305	851	Helena Pedradas	Terrantéz Trail Team	04:18:46	+02:33:19	14:23	
306	526	Isabel Ferreira	AGGVOUZELA	04:19:33	+02:34:06	14:25	
307	664	Eliana Tavares	Individual	04:20:39	+02:35:12	14:29	
308	713	Luis Cambez	Individual	04:23:41	+02:38:14	14:39	
309	849	Francisco Domingues	Trail Team Vila de Mouros	04:23:53	+02:38:26	14:40	
310	872	João Pereira	Trail Team Vila de Mouros	04:23:53	+02:38:26	14:40	
311	875	Luís Sousa	Trail Team Vila de Mouros	04:23:53	+02:38:26	14:40	
312	862	Vera Silva	Trail Team Vila de Mouros	04:23:54	+02:38:27	14:40	

18KM - STAGE 1

18 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
313	863	Ana Patrícia Augusto	Trail Team Vila de Mouros	04:23:54	+02:38:27	14:40	
314	523	Jacqueline Hodgson	AERGóis Trail Running	04:25:18	+02:39:51	14:44	
315	674	Denise de Sene	Individual	04:33:06	+02:47:39	15:10	
316	800	Antonio Rego	RUN 4 FUN	04:38:49	+02:53:22	15:29	
317	513	Mário Figueiredo	Adabem Running Team	04:39:44	+02:54:17	15:32	
318	640	Carolina Barreto Ferreira	CC FAMILY	04:39:45	+02:54:18	15:33	
319	653	Rita P.	CC FAMILY	04:39:46	+02:54:19	15:33	
320	804	Raúl Matos	RUN 4 FUN	04:44:30	+02:59:03	15:48	
321	670	Rosa Maria Leitão Marques	Individual	04:54:59	+03:09:32	16:23	
322	672	Helena Nunes	Individual	04:54:59	+03:09:32	16:23	
323	668	Otilia Rosado	Individual	04:55:21	+03:09:54	16:25	
324	675	Ernestina Oliveira	Individual	04:55:21	+03:09:54	16:25	
325	1	Carla Pinto	AB/CP	05:03:28	+03:18:01	16:52	
326	709	Jorge Graça	Individual	05:05:51	+03:20:24	16:59	
327	669	Patrícia Fernandes	Individual	05:08:33	+03:23:06	17:09	



**18KM**

**18 KM**

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

**OFFICIAL RESULT**

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

	Time	Temperature	Humidity
Start	09:15	-99°C	-99%
End	14:38	-99°C	-99%

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

1	614	Beatriz Alves	Furfor Running Project	Senior Feminino	02:15:31		07:32
2	837	Beatriz Fernandes	Tainadas run team-somengil	Senior Feminino	02:41:29	+25:57	08:58
3	535	Maria João Matos Vieira	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	03:11:21	+55:49	10:38
4	643	MARINA SIMÕES	Individual	Senior Feminino	03:21:52	+01:06:20	11:13
5	838	Sandra Rocha Oliveira	Tainadas run team-somengil	Senior Feminino	03:31:03	+01:15:31	11:43
6	641	Elisa Raquel Mealha Belo	Individual	Senior Feminino	03:33:03	+01:17:31	11:50
7	550	Diana Felgueiras	Bairro dos Anjos	Senior Feminino	03:45:26	+01:29:54	12:31
8	571	Vanessa Filipa Ferraz da Cruz Ramalho	CC FAMILY	Senior Feminino	03:52:33	+01:37:01	12:55
9	630	Sandra Isabel Ferreira	Grupo desportivo da Mata	Senior Feminino	03:56:26	+01:40:54	13:08
10	786	Ana Araújo	PATROL MOJ	Senior Feminino	04:07:44	+01:52:12	13:46
11	563	Mariana Freitas	Cabritas do Monte	Senior Feminino	04:08:49	+01:53:17	13:49
12	877	Carolina Rodrigues	Tricários	Senior Feminino	04:09:14	+01:53:42	13:51
13	642	Inês Isusi	Individual	Senior Feminino	04:10:49	+01:55:17	13:56
14	640	Carolina Barreto Ferreira	CC FAMILY	Senior Feminino	04:39:45	+02:24:13	15:33

**Senior Masculino**

1	507	David Santos	ACDRS QUINHENDROS	Senior Masculino	01:52:56		06:16
2	809	Ivo Tavares	Saca Trilhos Anadia	Senior Masculino	02:11:27	+18:31	07:18
3	540	Gilson Varela Tavares	Associação Desportiva de Palmeiros - Sintra	Senior Masculino	02:12:11	+19:15	07:21
4	807	luis silva	S.c.paradela	Senior Masculino	02:18:27	+25:31	07:42
5	531	Cláudio Dias	ARCAR Team / Trail do Vale	Senior Masculino	02:22:12	+29:15	07:54
6	880	Luís Filipe Santos Marques	Unidos Run Team	Senior Masculino	02:29:10	+36:14	08:17
7	857	Rui Bogalheiro	Trail Team Vila de Mouros	Senior Masculino	02:29:46	+36:50	08:19
8	589	Filipe Semedo	Coimbra Trail Running	Senior Masculino	02:38:13	+45:17	08:47
9	645	David Araújo	Individual	Senior Masculino	02:40:11	+47:15	08:54
10	644	André Neto	Individual	Senior Masculino	02:41:39	+48:42	08:59
11	579	João Barreto	CF Os Marialvas	Senior Masculino	02:49:45	+56:49	09:26
12	549	Filipe Manuel Fernandes Tavares	AZTrail	Senior Masculino	02:55:15	+01:02:19	09:44
13	548	André Acúrcio	Atletismo Clube da Tocha	Senior Masculino	02:55:58	+01:03:01	09:47
14	648	Jorge Cardoso	Individual	Senior Masculino	02:59:36	+01:06:40	09:59
15	649	Paulo Vigário	Individual	Senior Masculino	03:10:58	+01:18:02	10:37
16	537	Miguel Monteiro	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	03:11:21	+01:18:25	10:38
17	574	Ricardo Jorge da Cruz Ferreira dos Santos	CC FAMILY	Senior Masculino	03:16:40	+01:23:44	10:56
18	572	Diogo da Silva Cancela	CC FAMILY	Senior Masculino	03:17:35	+01:24:39	10:59
19	650	Pedro Valente	Individual	Senior Masculino	03:25:07	+01:32:11	11:24

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**18KM**

**18 KM**

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**OFFICIAL RESULT**

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20	852	Carlos Pereira	Trail da Ladeia Running Team	Senior Masculino	03:27:33	+01:34:36	11:32
21	573	Fábio Almeida	CC FAMILY	Senior Masculino	03:48:45	+01:55:48	12:42
22	575	Tiago Filipe Barros da Silva	CC FAMILY	Senior Masculino	03:52:00	+01:59:04	12:53
23	878	Ruben Sá	Tricários	Senior Masculino	04:09:34	+02:16:38	13:52

**Sub 23 Masculino**

1	652	João Pedro Antunes Dias	Individual	Sub 23 Masculino	02:40:41		08:56
2	651	André Caldeira Martins	Individual	Sub 23 Masculino	02:50:44	+10:03	09:29

**Veterana F35**

1	594	Cindy Santos Capaz	cpalcanenatrail	Veterana F35	02:41:23		08:58
2	882	Salomé Oliveira	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F35	02:48:56	+07:33	09:23
3	839	Teresa Pinho	Tainadas run team-somengil	Veterana F35	03:00:17	+18:54	10:01
4	858	Cláudia Patrícia Chiquita Saraiva	Trail Team Vila de Mouros	Veterana F35	03:18:39	+37:16	11:02
5	601	Sofia Ramalho	Diabinhos de Samuel	Veterana F35	03:36:39	+55:16	12:02
6	530	Ana Carolina Roque	ARCAP	Veterana F35	03:40:50	+59:27	12:16
7	654	Sara Catita	RUN 4 FUN	Veterana F35	03:46:37	+01:05:13	12:35
8	532	Andreia Castro	Arcd Venda Da Luísa	Veterana F35	03:55:54	+01:14:31	13:06
9	653	Rita P.	CC FAMILY	Veterana F35	04:39:46	+01:58:22	15:33

**Veterana F40**

1	657	Ines Jordao	Monsanto Running Team	Veterana F40	02:20:25		07:48
2	613	Alexandra Gomes	Fox Running team	Veterana F40	02:38:08	+17:43	08:47
3	861	rute marisa fernandes duarte	Trail Team Vila de Mouros	Veterana F40	02:40:53	+20:28	08:56
4	658	Joana Marreco	Individual	Veterana F40	02:41:28	+21:02	08:58
5	545	Catarina Marques	ASSSCC - Ar Livre e Aventura	Veterana F40	02:41:42	+21:17	08:59
6	555	Bela Silva	Botão Camp	Veterana F40	02:49:38	+29:13	09:25
7	510	Fátima Teles	Adabem Running Team	Veterana F40	02:49:39	+29:14	09:26
8	609	Ana Baptista	Espigueiros runners-caparrosinha	Veterana F40	02:58:24	+37:59	09:55
9	774	Rita Fernandes	OS PE NA COVA	Veterana F40	03:05:00	+44:34	10:17
10	655	Ana Rita Oliveira	Individual	Veterana F40	03:08:30	+48:05	10:28
11	617	Marta Vicente	GDCR-LAJES	Veterana F40	03:15:13	+54:48	10:51
12	661	Sónia Cardoso	TRILHOS DA BAGA / K RUN TEAM	Veterana F40	03:19:25	+58:59	11:05
13	556	Danieli Sousa	Botão Camp	Veterana F40	03:43:39	+01:23:14	12:25
14	568	Cristina Silva	Casa Benfica Bairrada	Veterana F40	03:44:23	+01:23:58	12:28
15	860	Rita Falcão	Trail Team Vila de Mouros	Veterana F40	03:45:39	+01:25:14	12:32
16	89	Ana Rita Roma	Individual	Veterana F40	03:46:30	+01:26:05	12:35
17	539	Vera Ramos	Associação de Jovens de Landeira	Veterana F40	03:46:43	+01:26:18	12:36
18	564	Sandra Martins	Cabritas do Monte	Veterana F40	03:50:07	+01:29:41	12:47
19	772	Sandra Arraias	Os Arraias	Veterana F40	04:05:43	+01:45:17	13:39
20	656	Filomena Ferreira	Individual	Veterana F40	04:06:15	+01:45:50	13:41

**18KM**
**18 KM**

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**OFFICIAL RESULT**

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21	660	Rita Dias	Individual	Veterana F40	04:08:00	+01:47:35	13:47
22	526	Isabel Ferreira	AGGVOUZELA	Veterana F40	04:19:33	+01:59:08	14:25
23	862	Vera Silva	Trail Team Vila de Mouros	Veterana F40	04:23:54	+02:03:28	14:40

**Veterana F45**

1	557	Filomena Marques	Botão Camp	Veterana F45	02:44:05		09:07
2	663	Celeste Morgado	Individual	Veterana F45	02:57:02	+12:57	09:50
3	595	ALEXANDRA LOPES NEVES	cpalcanenatrail	Veterana F45	03:01:49	+17:44	10:06
4	570	Severina Almeida	CATR- Correio de Albergaria Trail Running	Veterana F45	03:03:38	+19:33	10:12
5	787	Lília Magalhães	PATROL MOJ	Veterana F45	03:03:51	+19:45	10:13
6	615	Ana Monteiro	G.D.R. São Francisco da Serra	Veterana F45	03:06:22	+22:17	10:21
7	826	Ana Barata	SARTIM	Veterana F45	03:08:00	+23:54	10:27
8	769	Anabela Reis	Os 4	Veterana F45	03:12:26	+28:21	10:41
9	590	Isabel Coimbra	Coimbra Trail Running	Veterana F45	03:15:29	+31:23	10:52
10	580	Susana Manuela Gonçalves Vieira Dias	Clube de Montanhismo da Guarda	Veterana F45	03:19:16	+35:11	11:04
11	567	Lúcia Ferreira	Carregal do Sal Runners - Entre o Dão e o Mondego	Veterana F45	03:22:41	+38:36	11:16
12	792	Rita Rijo	Rijo Team	Veterana F45	03:33:01	+48:56	11:50
13	775	Liliana Rodrigues	OS PE NA COVA	Veterana F45	03:34:55	+50:49	11:56
14	666	Silvia costa	Individual	Veterana F45	03:42:50	+58:45	12:23
15	582	Dulce Tomaz	Clube Grupo Desportivo da Mata	Veterana F45	03:49:48	+01:05:43	12:46
16	889	Paula Ferreira	Run & Fun	Veterana F45	03:56:22	+01:12:17	13:08
17	841	Cassandra Woolford	Tálenos Team	Veterana F45	04:06:05	+01:22:00	13:40
18	662	Ana Vieira	Individual	Veterana F45	04:06:36	+01:22:30	13:42
19	616	Isabel Ferreira	G.D.R. São Francisco da Serra	Veterana F45	04:14:00	+01:29:55	14:07
20	664	Eliana Tavares	Individual	Veterana F45	04:20:39	+01:36:33	14:29
21	863	Ana Patrícia Augusto	Trail Team Vila de Mouros	Veterana F45	04:23:54	+01:39:48	14:40

**Veterana F50**

1	544	Zenaide Alves	Associação recreativa de S.Miguel	Veterana F50	02:40:28		08:55
2	621	Rosário Miranda	Grupo Desportivo 3 Santos Populares	Veterana F50	02:51:14	+10:45	09:31
3	527	MARIA RITA DA SILVA FERNANDES	AGGVOUZELA	Veterana F50	03:01:24	+20:55	10:05
4	840	Celia Oliveira	Tainadas run team-somengil	Veterana F50	03:12:03	+31:34	10:40
5	719	Elizabete Loureiro	PORTO SENTIDO RUNNERS	Veterana F50	03:29:50	+49:22	11:39
6	553	Edite Fernandes	BoraBora, Vamos Lá!	Veterana F50	03:55:02	+01:14:34	13:03
7	842	Patrícia Santos	Tálenos Team	Veterana F50	04:06:05	+01:25:37	13:40
8	850	Olinda serrador	Terrantêz Trail Team	Veterana F50	04:07:31	+01:27:02	13:45
9	798	Cristina Morgado	RUN 4 FUN	Veterana F50	04:17:47	+01:37:18	14:19
10	848	Patrícia Quintela	Trail Team Vila de Mouros	Veterana F50	04:18:35	+01:38:07	14:22
11	670	Rosa Maria Leitão Marques	Individual	Veterana F50	04:54:59	+02:14:31	16:23
12	668	Otilia Rosado	Individual	Veterana F50	04:55:21	+02:14:53	16:25
13	1	Carla Pinto	AB/CP	Veterana F50	05:03:28	+02:23:00	16:52

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**18KM**

**18 KM**

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**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

14	669	Patrícia Fernandes	Individual	Veterana F50	05:08:33	+02:28:05	17:09
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**Veterana F55**

1	890	Maria Elisabete Gonçalves Fernandes Repas	EDV Viana Trail	Veterana F55	02:48:11		09:21
2	673	Rosa Cerveira	Individual	Veterana F55	02:58:20	+10:09	09:54
3	671	Esther Wiegerink	Individual	Veterana F55	03:24:28	+36:17	11:22
4	585	Céu Pardana	Clube novobanco	Veterana F55	03:41:48	+53:37	12:19
5	584	Ana Monteiro	Clube novobanco	Veterana F55	03:44:41	+56:30	12:29
6	632	Isabel Gomes	GRVilaverdense	Veterana F55	03:46:35	+58:24	12:35
7	799	Rita Felizol	RUN 4 FUN	Veterana F55	04:10:48	+01:22:37	13:56
8	864	Maria Lúcia Peixoto Novais	Trail Team Vila de Mouros	Veterana F55	04:15:02	+01:26:51	14:10
9	523	Jacqueline Hodgson	AERGóis Trail Running	Veterana F55	04:25:18	+01:37:07	14:44
10	672	Helena Nunes	Individual	Veterana F55	04:54:59	+02:06:48	16:23

**Veterana F60**

1	618	Isabel Rodrigues	GDST - Grupo Desportivo Santander Totta	Veterana F60	04:18:16		14:21
2	674	Denise de Sene	Individual	Veterana F60	04:33:06	+14:49	15:10
3	675	Ernestina Oliveira	Individual	Veterana F60	04:55:21	+37:04	16:25

**Veterana F65**

1	793	Fernanda Almeida	Run & Fun	Veterana F65	03:56:21		13:08
2	851	Helena Pedradas	Terrantêz Trail Team	Veterana F65	04:18:46	+22:25	14:23

**Veterano M35**

1	812	Rui Figueiredo	Saca Trilhos Anadia	Veterano M35	01:45:27		05:51
2	811	Pedro Rafael Tavares Garrido	Saca Trilhos Anadia	Veterano M35	01:46:11	+00:44	05:54
3	808	José Silva	S.c.paradela	Veterano M35	02:11:09	+25:42	07:17
4	603	José Pinheiro	Dura-F1 Raceteam	Veterano M35	02:12:23	+26:56	07:21
5	598	Fábio Cruz	Dão Nelas Runners	Veterano M35	02:12:40	+27:13	07:22
6	768	Pedro Medley	OCS - Arrábida Trail Team	Veterano M35	02:19:00	+33:33	07:43
7	810	Bruno Santos	Saca Trilhos Anadia	Veterano M35	02:25:23	+39:56	08:05
8	516	Alexandre Tarrafa	ADCRPEREIRA	Veterano M35	02:28:22	+42:55	08:15
9	683	Hugo Simões	Individual	Veterano M35	02:30:40	+45:13	08:22
10	677	Daniel Correia	Individual	Veterano M35	02:31:33	+46:06	08:25
11	622	Daniel Rodrigues	Grupo Desportivo 3 Santos Populares	Veterano M35	02:33:14	+47:47	08:31
12	682	Gualter Barros	Individual	Veterano M35	02:34:23	+48:56	08:35
13	681	Gonçalo Miguel Alves Marques	Saca Trilhos Anadia	Veterano M35	02:35:19	+49:52	08:38

**18KM**
**18 KM**
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**OFFICIAL RESULT**
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14	688	Rafael Castro Ferreira Lima	Individual	Veterano M35	02:40:47	+55:20	08:56
15	806	Filipe Ribeiro	Runners do Demo	Veterano M35	02:46:27	+01:01:00	09:15
16	678	David Filipe Caetano Oliveira	Individual	Veterano M35	02:49:55	+01:04:28	09:26
17	551	Julien Manso	Bairro dos Anjos	Veterano M35	02:52:39	+01:07:12	09:36
18	676	André Oliveira	Individual	Veterano M35	02:58:42	+01:13:14	09:56
19	679	Fernando Duarte	Individual	Veterano M35	03:01:17	+01:15:50	10:04
20	690	Tiago Gandarez	Individual	Veterano M35	03:02:38	+01:17:11	10:09
21	692	Tiago Rodrigues	cpalcanenatrail	Veterano M35	03:07:47	+01:22:20	10:26
22	830	Marcelo Fonseca	Smells like team spirit	Veterano M35	03:08:20	+01:22:53	10:28
23	689	Tiago Ferreira	Individual	Veterano M35	03:09:34	+01:24:07	10:32
24	577	Nuno Miguel Pereira da Silva	CC FAMILY	Veterano M35	03:17:35	+01:32:08	10:59
25	865	Dominik Wegrzyn	Trail Team Vila de Mouros	Veterano M35	03:18:40	+01:33:13	11:02
26	686	Paulo Avó	Individual	Veterano M35	03:18:55	+01:33:27	11:03
27	565	Luis Domingues	Cabritas do Monte	Veterano M35	03:22:45	+01:37:18	11:16
28	533	Samuel Custodio	Arcd Venda Da Luisa	Veterano M35	03:55:55	+02:10:27	13:06

**Veterano M40**

1	814	Sérgio Manito	Saca Trilhos Anadia	Veterano M40	01:57:52		06:33
2	623	Pedro Duarte	Grupo Desportivo 3 Santos Populares	Veterano M40	01:58:11	+00:19	06:34
3	599	Paulo Esteves	Dão Nelas Runners	Veterano M40	01:58:51	+00:59	06:36
4	695	João Pedro Rato Margarido	Individual	Veterano M40	02:12:00	+14:07	07:20
5	866	Gil Pinho	Trail Team Vila de Mouros	Veterano M40	02:12:53	+15:01	07:23
6	867	Gonçalo Gonçalves	Trail Team Vila de Mouros	Veterano M40	02:20:04	+22:12	07:47
7	511	João Alves	Adabem Running Team	Veterano M40	02:23:33	+25:41	07:59
8	698	Paulo Castro	Individual	Veterano M40	02:27:31	+29:39	08:12
9	782	Nelson Marques	Passo a Passo	Veterano M40	02:27:35	+29:43	08:12
10	541	Hugo Borges	Associação Desportiva de Palmeiros - Sintra	Veterano M40	02:27:42	+29:50	08:12
11	828	Tiago Joaquim	SCFZ Trail Runners	Veterano M40	02:31:00	+33:07	08:23
12	517	Carlos Correia	ADCRPEREIRA	Veterano M40	02:31:42	+33:50	08:26
13	813	Marcel Santos	Saca Trilhos Anadia	Veterano M40	02:38:06	+40:14	08:47
14	697	Mário Madeira	Individual	Veterano M40	02:39:35	+41:42	08:52
15	876	Carlos Eduardo Domingues	TREPANELAS/PRIFER	Veterano M40	02:39:54	+42:02	08:53
16	693	Alexandre Travassos Dias	Individual	Veterano M40	02:40:42	+42:50	08:56
17	699	Paulo costa	Individual	Veterano M40	02:46:51	+48:58	09:16
18	596	Ricardo Faustino	CrossMates	Veterano M40	02:49:55	+52:03	09:26
19	788	João Maia	PATROL MOJ	Veterano M40	02:55:03	+57:11	09:44
20	868	Tiago Miguel Silveira Gomes	Trail Team Vila de Mouros	Veterano M40	02:56:30	+58:38	09:48
21	789	Tiago Gaspar	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Veterano M40	02:57:21	+59:28	09:51
22	884	Paulo Jorge do Nascimento	Viriathvs Runners Viseu	Veterano M40	02:57:30	+59:38	09:52
23	702	Ricardo Bica	Individual	Veterano M40	02:57:54	+01:00:01	09:53
24	770	Bruno Parente	Os 4	Veterano M40	03:05:10	+01:07:17	10:17
25	853	José Carlos Correia	Trail da Ladeia Running Team	Veterano M40	03:09:20	+01:11:27	10:31
26	824	MIGUEL FRANZINI	Sapatilhas Verdes	Veterano M40	03:10:21	+01:12:29	10:35

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18KM

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**OFFICIAL RESULT**

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39	528	Aldomar Martins	Algarviana Team	Veterano M45	03:30:04	+01:35:45	11:40
40	879	Pedro TEK	TRILHOS DA BAGA / K RUN TEAM	Veterano M45	03:40:40	+01:46:20	12:16
41	721	Pedro Bailão	Individual	Veterano M45	03:42:19	+01:48:00	12:21
42	569	Marco Santiago	Casa Benfica Bairrada	Veterano M45	03:44:23	+01:50:03	12:28
43	870	Gentil Pereira	Trail Team Vila de Mouros	Veterano M45	03:45:40	+01:51:20	12:32
44	712	Lindolfo José Teixeira da Costa Sol	Individual	Veterano M45	03:56:49	+02:02:29	13:09
45	715	Luís Pascoal	Individual	Veterano M45	03:59:19	+02:05:00	13:18
46	722	Rui Valente	Individual	Veterano M45	04:05:55	+02:11:36	13:40
47	717	Nelson Gaspar	Individual	Veterano M45	04:06:11	+02:11:51	13:41
48	705	David João Tafeu	Individual	Veterano M45	04:06:15	+02:11:56	13:41
49	710	José António Carvalho	Individual	Veterano M45	04:08:00	+02:13:41	13:47
50	520	Hugo Silva	Adões Trail	Veterano M45	04:13:17	+02:18:58	14:04
51	713	Luis Cambez	Individual	Veterano M45	04:23:41	+02:29:22	14:39
52	872	João Pereira	Trail Team Vila de Mouros	Veterano M45	04:23:53	+02:29:34	14:40
53	709	Jorge Graça	Individual	Veterano M45	05:05:51	+03:11:32	16:59

**Veterano M50**

1	817	José Campar	Saca Trilhos Anadia	Veterano M50	02:05:46		06:59
2	578	JORGE MATOS	CF Os Belenenses	Veterano M50	02:06:15	+00:29	07:01
3	606	José Cruz	Dura-F1 Raceteam	Veterano M50	02:09:43	+03:57	07:12
4	522	Nelson Ferreira	Adões Trail	Veterano M50	02:14:00	+08:14	07:27
5	512	João Pires	Adabem Running Team	Veterano M50	02:18:38	+12:52	07:42
6	733	Ulisses Tamagnini Lopes da Silva Baptista	Individual	Veterano M50	02:26:00	+20:14	08:07
7	763	António Ferreira	Lobos da Serra - Loureiro	Veterano M50	02:28:26	+22:40	08:15
8	874	Daniel Casteleira	Trail Team Vila de Mouros	Veterano M50	02:38:20	+32:34	08:48
9	816	Egídio Alves Das Neves	Saca Trilhos Anadia	Veterano M50	02:38:52	+33:06	08:50
10	519	José Manuel Alves da Silva Barrinha	ADN Mértola	Veterano M50	02:39:47	+34:00	08:53
11	833	Ernesto Nabeiro	Soure Mov	Veterano M50	02:41:33	+35:46	08:58
12	566	António Pinto	Caminhadas Noturnas Duras	Veterano M50	02:43:08	+37:22	09:04
13	728	marco duarte	Individual	Veterano M50	02:48:05	+42:18	09:20
14	509	Tózé Serra	ACDRS QUINHENDROS	Veterano M50	02:48:39	+42:53	09:22
15	726	Carlos Duarte	Individual	Veterano M50	02:51:20	+45:34	09:31
16	783	Carlos Santos	Passo a Passo	Veterano M50	02:55:12	+49:25	09:44
17	529	Carlos Campos	Ameal Trail	Veterano M50	02:57:13	+51:27	09:51
18	588	Luis Costa	Cluve - Clube de Veteranos de Atletismo de Coimbra	Veterano M50	02:57:19	+51:32	09:51
19	836	Carlos Bernardo	Suor e Raça	Veterano M50	02:58:28	+52:42	09:55
20	845	Olegário Oliveira	Team El Comandante	Veterano M50	03:00:29	+54:43	10:02
21	887	Miguel Sá	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M50	03:01:26	+55:39	10:05
22	505	Carlos Leitão	ABCansado Trail	Veterano M50	03:03:07	+57:21	10:10
23	502	Rui Almeida	(Com)dores	Veterano M50	03:04:12	+58:26	10:14
24	731	Rui Manuel da Rosa Colaço	Individual	Veterano M50	03:07:58	+01:02:11	10:27
25	854	Jorge Ortola	Trail da Ladeia Running Team	Veterano M50	03:10:55	+01:05:09	10:36

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## 18KM

## 18 KM

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### OFFICIAL RESULT

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26	730	Paulo Raposo	Individual	Veterano M50	03:15:02	+01:09:16	10:50
27	628	Paulo Gonçalves	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M50	03:15:16	+01:09:30	10:51
28	592	Edgar Semedo	Coimbra Trail Running	Veterano M50	03:15:19	+01:09:33	10:51
29	593	Pedro Quadrio	Com(dores)	Veterano M50	03:15:40	+01:09:53	10:52
30	635	RENATO CRISTINA	GT10.30SX	Veterano M50	03:15:46	+01:09:59	10:53
31	780	João Azadinho	OS PE NA COVA	Veterano M50	03:16:40	+01:10:54	10:56
32	610	Luís Figueiredo	Espigueiros runners-caparrosinha	Veterano M50	03:22:41	+01:16:55	11:16
33	638	Antonio Martins	Housemartins Belas	Veterano M50	03:24:37	+01:18:51	11:22
34	766	Paulo Gomes	NO TOMORROW RUNNING TEAM	Veterano M50	03:39:30	+01:33:44	12:12
35	729	Paulo Antunes	Trail Team Vila de Mouros	Veterano M50	03:39:43	+01:33:57	12:12
36	506	Gabriel Almeida	ABCansado Trail	Veterano M50	03:43:24	+01:37:37	12:25
37	801	Pedro Simões	RUN 4 FUN	Veterano M50	03:46:38	+01:40:52	12:35
38	554	António Matos	BoraBora, Vamos Lá!	Veterano M50	03:51:24	+01:45:37	12:51
39	627	Carlos Ortet	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M50	03:52:58	+01:47:12	12:57
40	727	João Facadas	Individual	Veterano M50	03:53:34	+01:47:48	12:59
41	779	Armando Marques	OS PE NA COVA	Veterano M50	03:55:23	+01:49:37	13:05
42	732	Tó-Zé Pinheiro	Individual	Veterano M50	03:56:34	+01:50:47	13:09
43	521	Luís Soares	Adões Trail	Veterano M50	04:05:56	+02:00:10	13:40
44	849	Francisco Domingues	Trail Team Vila de Mouros	Veterano M50	04:23:53	+02:18:07	14:40
45	875	Luís Sousa	Trail Team Vila de Mouros	Veterano M50	04:23:53	+02:18:07	14:40
46	800	Antonio Rego	RUN 4 FUN	Veterano M50	04:38:49	+02:33:02	15:29

## Veterano M55

1	538	José Féteira	ARSM - Associação Recreativa de S. Miguel	Veterano M55	02:12:34		07:22
2	737	António Amado	Individual	Veterano M55	02:16:35	+04:00	07:35
3	600	Dos Santos	DCI/LUSO/BUSSACO TRILHOS	Veterano M55	02:27:18	+14:43	08:11
4	818	Pedro Nogueira de Lemos	Saca Trilhos Anadia	Veterano M55	02:27:35	+15:01	08:12
5	773	Manuel Cabete	Os da Casa	Veterano M55	02:30:18	+17:43	08:21
6	829	vasco sousa	scp-caracóis de corrida	Veterano M55	02:31:53	+19:18	08:26
7	819	Silvino Pais	Saca Trilhos Anadia	Veterano M55	02:32:38	+20:03	08:29
8	765	Horácio Ferreira	MIRO TRAIL	Veterano M55	02:32:54	+20:20	08:30
9	738	Artur arromba	Individual	Veterano M55	02:40:30	+27:56	08:55
10	561	Rui Pereira	Bustos Runners	Veterano M55	02:46:21	+33:46	09:14
11	796	Fernando Sacramento	Run & Fun	Veterano M55	02:58:07	+45:32	09:54
12	781	Armínio Martins	OS PE NA COVA	Veterano M55	03:09:08	+56:34	10:30
13	832	Amílcar de Oliveira Raimundo	Sosense Trail Team - Braga & Fernandes	Veterano M55	03:12:28	+59:53	10:42
14	802	Gonçalo Fontes de Melo	RUN 4 FUN	Veterano M55	03:15:03	+01:02:29	10:50
15	759	Guedes Alfredo	Inter da Mata	Veterano M55	03:18:26	+01:05:52	11:01
16	739	Carlos Rodrigues	Individual	Veterano M55	03:21:11	+01:08:37	11:11
17	559	Joaquim Baptista	Botão Camp	Veterano M55	03:21:12	+01:08:37	11:11
18	762	Pedro Estanqueiro	Lentos e Destemidos	Veterano M55	03:25:00	+01:12:26	11:23
19	734	AGOSTINHO PEREIRA	Individual	Veterano M55	03:42:45	+01:30:10	12:22

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**18KM**
**18 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

20	843	José Santos	Talentos Team	Veterano M55	03:45:39	+01:33:04	12:32
21	636	José Correia	GT10.30SX	Veterano M55	03:52:07	+01:39:32	12:54
22	803	Luis Madeira	RUN 4 FUN	Veterano M55	04:10:47	+01:58:13	13:56
23	586	Joaquim Monteiro	Clube novobanco	Veterano M55	04:10:48	+01:58:13	13:56
24	619	Joao Rodrigues	GDST - Grupo Desportivo Santander Totta	Veterano M55	04:18:17	+02:05:43	14:21
25	804	Raúl Matos	RUN 4 FUN	Veterano M55	04:44:30	+02:31:55	15:48

**Veterano M60**

1	542	Américo Pereira	Associação Desportiva de Palmeiros - Sintra	Veterano M60	02:00:56		06:43
2	761	José Reis	JAM - Juventude Atlético Mozelense	Veterano M60	02:16:05	+15:09	07:34
3	754	Tomás Fonseca	Individual	Veterano M60	02:24:22	+23:25	08:01
4	820	FERNANDO MORAIS	Saca Trilhos Anadia	Veterano M60	02:28:28	+27:31	08:15
5	629	Manuel Machado	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M60	02:35:15	+34:18	08:37
6	749	João Isidoro dos Santos	Individual	Veterano M60	02:49:40	+48:43	09:26
7	785	José Maia	Passo a Passo	Veterano M60	02:53:17	+52:20	09:38
8	534	José Carlos Fernandes	Arcd Venda Da Luísa	Veterano M60	03:06:53	+01:05:56	10:23
9	743	Álvaro Marques Costa	Individual	Veterano M60	03:08:09	+01:07:12	10:27
10	752	Luís Pereira	Individual	Veterano M60	03:21:40	+01:20:43	11:12
11	748	Filipe Leitão de Mendonça Côrte-Real	Individual	Veterano M60	03:26:14	+01:25:17	11:27
12	747	Carlos Henriques	Individual	Veterano M60	03:26:29	+01:25:32	11:28
13	750	Joaquim Martins Varanda	Individual	Veterano M60	03:27:35	+01:26:38	11:32
14	751	José Castro	Individual	Veterano M60	03:33:40	+01:32:43	11:52
15	587	Paulo Pardana	Clube novobanco	Veterano M60	04:14:36	+02:13:39	14:09
16	524	Simon Hodgson	AERGóis Trail Running	Veterano M60	04:14:45	+02:13:48	14:09
17	611	João Carlos Rios	Faro,PEGADAS à 4ª Feira	Veterano M60	04:16:06	+02:15:09	14:14
18	805	Francisco Afonso	RUN 4 FUN	Veterano M60	04:17:35	+02:16:38	14:19
19	513	Mário Figueiredo	Adabem Running Team	Veterano M60	04:39:44	+02:38:47	15:32

**Veterano M65**

1	886	Jorge Silva	Viseu Trail	Veterano M65	02:38:39		08:49
2	758	MICHEL LECOINTE	Individual	Veterano M65	02:57:33	+18:53	09:52
3	755	Alberto Ferreira leite	Individual	Veterano M65	03:06:06	+27:26	10:20
4	633	Americo Grou	GRVilaverdense	Veterano M65	03:11:45	+33:05	10:39
5	756	Joaquim Santos	Individual	Veterano M65	03:21:14	+42:35	11:11
6	562	Jorge Agostinho	C A Barreira	Veterano M65	03:23:09	+44:29	11:17



## 10KM - STAGE 1

## 10 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	09:30	--	--
End	13:21	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	364	Didier de Jesus	Individual	01:02:17		06:14	
2	425	Ricardo pereira	Team El Comandante	01:02:53	+00:36	06:17	
3	426	Ricardo Ribas	Team El Comandante	01:05:07	+02:50	06:31	
4	415	Renato Ferreira	Runners do monte	01:05:22	+03:05	06:32	
5	394	Carlos Pimenta	Lusoteam	01:06:13	+03:56	06:37	
6	357	Tiago Fernandes	Individual	01:06:36	+04:19	06:40	
7	290	João Barbosa	Home Design	01:06:53	+04:36	06:41	
8	277	Daniel Martins	Grupo BTT Manteigas	01:06:58	+04:41	06:42	
9	317	Diogo carvalho	Individual	01:07:00	+04:43	06:42	
10	429	Jorge Miguel Ramos Taborda	Trail Team Vila de Mouros	01:07:06	+04:49	06:43	
11	283	Gonçalo Gonçalves	Grupo Pavigrés	01:08:40	+06:23	06:52	
12	209	Vitor Duarte	AERGóis Trail Running	01:09:20	+07:03	06:56	
13	220	Carlos Ferreira	Ameal Trail	01:10:19	+08:02	07:02	
14	213	Sérgio Teixeira	Alverca Urban Runners	01:10:24	+08:07	07:02	
15	269	César Almeida	Espigueiros runners-caparrosinha	01:10:56	+08:39	07:06	
16	380	Bernardino Ribeiro	Individual	01:11:41	+09:24	07:10	
17	424	Paulo Marques	Talentos Objectivos	01:12:40	+10:23	07:16	
18	261	Tomás Andrade Soares	Clube Desportivo Feirense	01:13:09	+10:52	07:19	
19	270	MISTER PR	Espigueiros runners-caparrosinha	01:13:23	+11:06	07:20	
20	381	Daniel Gomes	Individual	01:14:07	+11:50	07:25	
21	284	Fernando Silva	Grupo Pavigrés	01:15:45	+13:28	07:35	
22	359	Bruno Correia	Individual	01:16:23	+14:06	07:38	
23	377	Adérito Neves	Individual	01:18:03	+15:46	07:48	
24	262	Eugénio Gonçalves	Clube novobanco	01:18:11	+15:54	07:49	
25	206	José Amado	Adões Trail	01:18:25	+16:08	07:50	
26	222	Sérgio Costa	Ameal Trail	01:18:40	+16:23	07:52	
27	258	Luís Pedro Mota	CC FAMILY	01:18:47	+16:30	07:53	
28	273	José Figueiredo	Espigueiros runners-caparrosinha	01:18:51	+16:34	07:53	
29	402	Bernardo Simões da Silva	OS PE NA COVA	01:18:58	+16:41	07:54	
30	265	Ivo Leandro pinto Gonçalves	Desportivo atlético de recardaes DAR	01:19:14	+16:57	07:55	
31	369	João Campos	Individual	01:19:33	+17:16	07:57	
32	288	Nuno Gois	GRVilaverdense	01:19:46	+17:29	07:59	
33	407	MIKE MICHEL VELOSO PASCOAL	OS PE NA COVA	01:20:10	+17:53	08:01	
34	272	EDUARDO OLIVEIRA	Espigueiros runners-caparrosinha	01:20:37	+18:20	08:04	
35	309	João Prazelos	Individual	01:20:50	+18:33	08:05	
36	308	Frederico Carreira	Individual	01:21:00	+18:43	08:06	
37	304	Sofia Duarte	Individual	01:21:19	+19:02	08:08	
38	312	Luis Cardador	Individual	01:21:20	+19:03	08:08	
39	417	Ana Marisa Lopes	Saca Trilhos Anadia	01:21:54	+19:37	08:11	
40	231	Mauro Conde	ARSM - Associação Recreativa de S. Miguel	01:22:00	+19:43	08:12	
41	353	Daniel Gonçalves da Silva	Individual	01:22:45	+20:28	08:17	
42	232	CARLA HENRIQUES	ASSSCC - Ar Livre e Aventura	01:23:05	+20:48	08:18	

**10KM - STAGE 1**
**10 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

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>	<b>CARD</b>
43	275	Miguel Silva Resende	gr Contabilidade	01:24:30	+22:13	08:27	
44	358	Tiago Filipe Caria de Oliveira	Individual	01:24:59	+22:42	08:30	
45	276	José Neves	Grupo BTT Manteigas	01:25:37	+23:20	08:34	
46	437	Mário António Pereira Migueis	Vamos a Pé - Taboreira	01:25:42	+23:25	08:34	
47	395	Ana Mafalda Pereira	opraticante.pt	01:26:06	+23:49	08:37	
48	240	Lia silva	Caminhadas da Amizade	01:26:12	+23:55	08:37	
49	241	ORLANDO NOGUEIRA	Caminhadas da Amizade	01:26:19	+24:02	08:38	
50	230	Daniel Carvalho	ARSM - Associação Recreativa de S. Miguel	01:27:27	+25:10	08:45	
51	440	Luís Fernando Teixeira Cipriano	Individual	01:27:49	+25:32	08:47	
52	416	João Pedro Duarte Lopes	S.c.paradela	01:28:11	+25:54	08:49	
53	267	Teresa Teixeira	Espigueiros runners-caparrosinha	01:29:36	+27:19	08:58	
54	315	Ricardo Cardoso	Individual	01:29:36	+27:19	08:58	
55	260	César Manuel Felício Machado	CC FAMILY	01:29:58	+27:41	09:00	
56	310	José Ferreira	Individual	01:29:59	+27:42	09:00	
57	202	Rafael Pinto	ADC Santa Isabel Trail Running	01:30:04	+27:47	09:00	
58	205	Alexandre Baptista	Adões Trail	01:30:22	+28:05	09:02	
59	238	Mário Rui Pedroso	C Dores do Choupal de Coimbra	01:30:57	+28:40	09:06	
60	228	Gonçalo Henriques	ARCAR Team / Trail do Vale	01:31:59	+29:42	09:12	
61	203	Nuno Pinto	ADC Santa Isabel Trail Running	01:32:24	+30:07	09:14	
62	376	Rui mendes	Individual	01:32:49	+30:32	09:17	
63	379	Liodoro Rodrigues	Individual	01:32:58	+30:41	09:18	
64	311	José Magalhães	Individual	01:32:58	+30:41	09:18	
65	360	Manuel ventura da Silva Marques	Individual	01:33:16	+30:59	09:20	
66	242	Tiago Afonso	Carregal do Sal Runners - Entre o Dão e o Mondego	01:33:17	+31:00	09:20	
67	322	Sara Baptista	Individual	01:33:41	+31:24	09:22	
68	403	NANCY CRISTINA ALVES SIMÕES	OS PE NA COVA	01:33:58	+31:41	09:24	
69	408	HÉLIO JOSÉ CORREIA ANTUNES	OS PE NA COVA	01:33:58	+31:41	09:24	
70	431	Marta Rodrigues	TRILHOS DA BAGA / K RUN TEAM	01:34:02	+31:45	09:24	
71	784	Rufino Cardoso	Passo a Passo	01:34:07	+31:50	09:25	
72	307	Filipe Fonseca	Individual	01:34:31	+32:14	09:27	
73	301	Raquel Chá-Chá	Individual	01:34:41	+32:24	09:28	
74	323	Fátima Ribeiro	Individual	01:34:51	+32:34	09:29	
75	245	Rui FIDALGO	Carregal do Sal Runners - Entre o Dão e o Mondego	01:34:52	+32:35	09:29	
76	362	Pedro Abreu	Individual	01:35:31	+33:14	09:33	
77	298	Luana Ferreira	Individual	01:35:31	+33:14	09:33	
78	393	Paulo Santos	LAMEIOS	01:35:47	+33:30	09:35	
79	392	FILIPE ALMEIDA	LAMEIOS	01:35:50	+33:33	09:35	
80	266	Helena Melo	Espigueiros runners-caparrosinha	01:35:50	+33:33	09:35	
81	235	Tânia Rodrigues	Atletismo Clube da Tocha	01:36:03	+33:46	09:36	
82	278	VALTER JACINTO	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	01:36:22	+34:05	09:38	
83	326	Marilyn Susana Matias Lourenço	Individual	01:36:25	+34:08	09:39	
84	291	Pedro mendes	Individual	01:37:19	+35:02	09:44	
85	229	Carlos Alberto Lopes Gomes	ARCAR Team / Trail do Vale	01:38:09	+35:52	09:49	
86	292	Simão Silva	Individual	01:38:29	+36:12	09:51	
87	214	Filipa Rodrigues	Ameal Trail	01:39:01	+36:44	09:54	
88	383	João Luís Viegas Rocha Santos	Individual	01:39:11	+36:54	09:55	

**10KM - STAGE 1**

**10 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	346	Leonor de Melo Gomes	Individual	01:39:11	+36:54	09:55	
90	289	Pedro Lopes	GRVilaverdense	01:39:17	+37:00	09:56	
91	412	Lua Raquel Martins Afonso	Penta Clube da Covilhã/Sport Hotel Trail Running Team	01:39:29	+37:12	09:57	
92	244	Micael Duarte	Carregal do Sal Runners - Entre o Dão e o Mondego	01:39:42	+37:25	09:58	
93	825	José Miguel Melo Brandão	Sapatilhas Verdes	01:39:55	+37:38	09:59	
94	268	Maria carricho	Espigueiros runners-caparrosinha	01:39:59	+37:42	10:00	
95	318	Ana Alho	Individual	01:40:10	+37:53	10:01	
96	296	Joana Trindade	Individual	01:40:12	+37:55	10:01	
97	297	Liliana Guerreiro	Individual	01:40:12	+37:55	10:01	
98	313	Rafael Trindade	Individual	01:40:12	+37:55	10:01	
99	420	Daniela Chambel	SCFZ Trail Runners	01:40:19	+38:02	10:02	
100	274	Carla Monteiro	G.D.R. São Francisco da Serra	01:40:23	+38:06	10:02	
101	410	João Nogueira	OS PE NA COVA	01:40:31	+38:14	10:03	
102	285	Álvaro Fonseca	Grupo Pavigrés	01:40:37	+38:20	10:04	
103	344	Sonia Silva Pereira	Individual	01:40:37	+38:20	10:04	
104	243	Lúcia Freitas	Carregal do Sal Runners - Entre o Dão e o Mondego	01:40:59	+38:42	10:06	
105	372	Manuel Oliveira	Individual	01:41:04	+38:47	10:06	
106	433	Nuno Oliveira	URB TEODORA RUNNING TEAM	01:41:10	+38:53	10:07	
107	246	Mónica Silva	Casa Benfica Bairrada	01:41:17	+39:00	10:08	
108	378	Alexandre Joaquim Pimenta Gomes	Individual	01:41:29	+39:12	10:09	
109	581	Ana Marques	Clube Efacec BIS3IMO	01:42:06	+39:49	10:13	
110	400	Valéria Maria Dinis Carvalho	OS PE NA COVA	01:42:19	+40:02	10:14	
111	432	Bruno Oliveira	URB TEODORA RUNNING TEAM	01:42:26	+40:09	10:15	
112	356	Gonçalo Ferreira Duarte	Individual	01:43:08	+40:51	10:19	
113	299	Mónica Dias	Individual	01:43:08	+40:51	10:19	
114	237	Paula Soares	Bravos e bravitas	01:43:58	+41:41	10:24	
115	375	Paulo Ferreira	Individual	01:45:38	+43:21	10:34	
116	419	Rita Neves	Sarzedo Runners	01:46:09	+43:52	10:37	
117	314	Raul Araújo	Individual	01:46:16	+43:59	10:38	
118	293	Beatriz Vaz	Individual	01:46:48	+44:31	10:41	
119	436	Marco Paulo dos Santos Marques	Vamos a Pé - Taboeira	01:47:26	+45:09	10:45	
120	236	João Martelo	Botão Camp	01:47:41	+45:24	10:46	
121	427	Marli Evangelista Gomes	Trail Team Vila de Mouros	01:47:57	+45:40	10:48	
122	233	Anabela Almeida	ASSCC - Ar Livre e Aventura	01:48:06	+45:49	10:49	
123	239	Dália Roma	C.D.C. Nave / Trail Runners	01:48:15	+45:58	10:50	
124	355	Fábio Correia	Individual	01:48:15	+45:58	10:50	
125	324	Helena Pires	Individual	01:49:18	+47:01	10:56	
126	208	Pedro Miguel Henriques dos Anjos	AERGóis Trail Running	01:50:37	+48:20	11:04	
127	221	Miguel Santos	Ameal Trail	01:51:04	+48:47	11:06	
128	259	Amaro Daniel Ferreira Martins	CC FAMILY	01:51:07	+48:50	11:07	
129	388	Joaquim Oliveira	Juventude desportiva de Gondomar	01:51:21	+49:04	11:08	
130	281	Sandra Correia	Grupo Pavigrés	01:51:38	+49:21	11:10	
131	218	Lucy Brandão	Ameal Trail	01:51:38	+49:21	11:10	
132	371	Jose Miguel Pereira	Individual	01:51:50	+49:33	11:11	
133	337	Ligia Alves	Individual	01:52:02	+49:45	11:12	

**10KM - STAGE 1**
**10 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

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>	<b>CARD</b>
134	300	Natalia Kovalska	Individual	01:52:17	+50:00	11:14	
135	409	João Brandão	OS PE NA COVA	01:52:41	+50:24	11:16	
136	351	Noémia Rolla	Individual	01:53:21	+51:04	11:20	
137	338	Marisa Coimbra Neves	Individual	01:53:24	+51:07	11:20	
138	413	Jaime da Cruz Duarte Areia	Pés ao Caminho	01:53:28	+51:11	11:21	
139	252	Tiago André da Silva Neves	CC FAMILY	01:53:43	+51:26	11:22	
140	253	Catarina Santos	CC FAMILY	01:53:43	+51:26	11:22	
141	361	Nuno Bento	Individual	01:54:01	+51:44	11:24	
142	406	Fátima Almeida	OS PE NA COVA	01:54:10	+51:53	11:25	
143	255	Ana Patrícia Marta	CC FAMILY	01:54:42	+52:25	11:28	
144	216	Rita Santos	Ameal Trail	01:55:15	+52:58	11:32	
145	387	Carlos Oliveira	J C T	01:55:30	+53:13	11:33	
146	391	Vera Martins	La Família	01:55:34	+53:17	11:33	
147	418	ANA PINHO	Sapatilhas Verdes	01:55:37	+53:20	11:34	
148	823	Candida Brandão	Sapatilhas Verdes	01:55:38	+53:21	11:34	
149	247	Monica Dias	Casa Benfica Bairrada	01:56:11	+53:54	11:37	
150	347	Maria João Tomás	Individual	01:56:48	+54:31	11:41	
151	234	José Mendes	ASSSCC - Ar Livre e Aventura	01:56:49	+54:32	11:41	
152	306	Carlos Ribeiro	Individual	01:57:36	+55:19	11:46	
153	435	Liliana Patrícia Rodrigues de Pinho	Vamos a Pé - Taboeira	01:57:37	+55:20	11:46	
154	254	FÁTIMA GUERRA	CC FAMILY	01:58:07	+55:50	11:49	
155	328	Patricia Duarte	Individual	01:59:20	+57:03	11:56	
156	434	Nuno Patrício	URB TEODORA RUNNING TEAM	01:59:21	+57:04	11:56	
157	411	José Amorim de Jesus Padilha	OS PE NA COVA	02:00:03	+57:46	12:00	
158	215	Filipa Duarte	Ameal Trail	02:00:40	+58:23	12:04	
159	287	Fernanda Freitas	GRVilaverdense	02:00:45	+58:28	12:04	
160	223	Miguel Cortesão	Ameal Trail	02:00:49	+58:32	12:05	
161	217	Ana Lucas	Ameal Trail	02:02:38	+01:00:21	12:16	
162	211	Cátia Raquel Oliveira Rodrigues	AGGVOUZELA	02:03:54	+01:01:37	12:23	
163	271	Manuel Saraiva	Espigueiros runners-caparrosinha	02:03:56	+01:01:39	12:24	
164	226	Jéssica Henriques	ARCAR Team / Trail do Vale	02:04:27	+01:02:10	12:27	
165	348	Teresa Taveira	Individual	02:04:32	+01:02:15	12:27	
166	321	Nádia Moura	Individual	02:06:08	+01:03:51	12:37	
167	212	Catarina Isabel Teixeira da Costa Correia Loureiro	AGGVOUZELA	02:06:13	+01:03:56	12:37	
168	204	Maria Soares	Adões Trail	02:06:38	+01:04:21	12:40	
169	401	João Cardoso	OS PE NA COVA	02:06:38	+01:04:21	12:40	
170	398	Mafalda Alvarinhas Padilha	OS PE NA COVA	02:06:39	+01:04:22	12:40	
171	397	Flávia Gonçalves	OS PE NA COVA	02:06:39	+01:04:22	12:40	
172	286	César Santos	Grupo Pavigrés	02:07:02	+01:04:45	12:42	
173	746	Augusto Fernandes	Individual	02:07:17	+01:05:00	12:44	
174	325	Joana Bexiga	Individual	02:08:22	+01:06:05	12:50	
175	639	Alexandra Silva	Individual	02:08:22	+01:06:05	12:50	
176	370	João Tavares	Individual	02:08:59	+01:06:42	12:54	
177	263	Miguel Rasteiro	Com(dores)	02:09:00	+01:06:43	12:54	
178	250	Ana Teresa Duarte Marques	CC FAMILY	02:09:14	+01:06:57	12:55	

## 10KM - STAGE 1

## 10 KM

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

### OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
179	251	Marta Soares Gomes	CC FAMILY	02:09:15	+01:06:58	12:55	
180	341	Paula lagoa	Individual	02:09:36	+01:07:19	12:58	
181	340	Paula lagoa	Individual	02:09:38	+01:07:21	12:58	
182	332	Carla Atilhó	Individual	02:10:38	+01:08:21	13:04	
183	404	SUSANA RAQUEL ALVES SIMÕES	OS PE NA COVA	02:11:06	+01:08:49	13:07	
184	438	Luisa Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:12:41	+01:10:24	13:16	
185	319	Carmen Mendes	Individual	02:12:55	+01:10:38	13:17	
186	390	José Carmo Teixeira	Juventude desportiva de Gondomar	02:12:55	+01:10:38	13:18	
187	389	Jorge Teixeira	Juventude desportiva de Gondomar	02:12:56	+01:10:39	13:18	
188	257	Lurdes Soares	CC FAMILY	02:14:19	+01:12:02	13:26	
189	256	Carla Claudino	CC FAMILY	02:14:21	+01:12:04	13:26	
190	282	Liliana Simões	Grupo Pavigrés	02:17:28	+01:15:11	13:45	
191	350	Maria Furtado	Individual	02:17:31	+01:15:14	13:45	
192	368	Henrique silva	Individual	02:17:46	+01:15:29	13:47	
193	330	Sónia Ferreira	Individual	02:17:47	+01:15:30	13:47	
194	421	Liliana Figueiredo	SCFZ Trail Runners	02:17:59	+01:15:43	13:48	
195	396	Diogo Arraias	Os Arraias	02:18:29	+01:16:12	13:51	
196	342	Sónia Margarida Pereira Morais	Individual	02:19:05	+01:16:48	13:55	
197	343	Sónia Semedo	Individual	02:19:05	+01:16:48	13:55	
198	224	Diana Dias	ARCAR Team / Trail do Vale	02:20:13	+01:17:56	14:01	
199	225	Inês Salvador	ARCAR Team / Trail do Vale	02:20:34	+01:18:17	14:03	
200	405	Anabela Martins Alvarinhas	OS PE NA COVA	02:20:53	+01:18:36	14:05	
201	339	Paula Ferreira	Individual	02:21:19	+01:19:02	14:08	
202	336	Fátima Pereira	Individual	02:21:20	+01:19:03	14:08	
203	327	Mónica Barbosa	Individual	02:23:40	+01:21:23	14:22	
204	399	Margarida Lourenço	OS PE NA COVA	02:24:18	+01:22:01	14:26	
205	201	Sandra Tomé	(Com)dores	02:25:59	+01:23:42	14:36	
206	385	Rui Moura	Inter da Mata	02:26:25	+01:24:08	14:39	
207	305	António Ferreira	Individual	02:26:50	+01:24:33	14:41	
208	384	João Luís Frade Cajeira	Individual	02:27:22	+01:25:05	14:44	
209	423	Fernando Silva	STR Turtles	02:27:42	+01:25:25	14:46	
210	422	Eulália Vitorino	STR Turtles	02:27:42	+01:25:25	14:46	
211	349	Margarida Urbano	Individual	02:28:56	+01:26:39	14:54	
212	345	Ana Rosa Ferreira Matias	Individual	02:29:10	+01:26:53	14:55	
213	333	Cristina Mamede Abrantes	Individual	02:32:35	+01:30:18	15:15	
214	373	Marco Dias	Individual	02:32:36	+01:30:19	15:16	
215	329	Patrícia Lopes	Individual	02:33:43	+01:31:26	15:22	
216	227	Soraia Henriques	ARCAR Team / Trail do Vale	02:34:51	+01:32:34	15:29	
217	207	Isaura Sofia Marques Garcia	AERGóis Trail Running	02:35:48	+01:33:31	15:35	
218	210	Marta Barata	AERGóis Trail Running	02:36:10	+01:33:53	15:37	
219	334	Deolinda Soares	Individual	02:42:45	+01:40:28	16:17	
220	366	Filipe Nadais	Individual	02:43:19	+01:41:02	16:20	
221	363	Daniel Silva	Individual	02:49:26	+01:47:09	16:57	
222	354	Daniel Teixeira	Individual	03:16:00	+02:13:43	19:36	
223	430	Luís Miguel Freire de Menezes Pestana	Trail Team Vila de Mouros	03:50:51	+02:48:34	23:05	

**10KM - STAGE 1****10 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
224	428	Paula Cristina de Jesus Gouveia Pestana	Trail Team Vila de Mouros	03:51:39	+02:49:22	23:10	



**10KM****10 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

	Time	Temperature	Humidity
Start	09:30	-99°C	-99%
End	13:21	-99°C	-99%

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

1	261	Tomás Andrade Soares	Clube Desportivo Feirense	Junior Masculino	01:13:09		07:19
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**Juvenil Feminino**

1	412	Lua Raquel Martins Afonso	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Juvenil Feminino	01:39:29		09:57
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**Juvenil Masculino**

1	202	Rafael Pinto	ADC Santa Isabel Trail Running	Juvenil Masculino	01:30:04		09:00
2	291	Pedro mendes	Individual	Juvenil Masculino	01:37:19	+07:15	09:44
3	292	Simão Silva	Individual	Juvenil Masculino	01:38:29	+08:25	09:51

**Senior Feminino**

1	304	Sofia Duarte	Individual	Senior Feminino	01:21:19		08:08
2	395	Ana Mafalda Pereira	opraticante.pt	Senior Feminino	01:26:06	+04:46	08:37
3	301	Raquel Chá-Chá	Individual	Senior Feminino	01:34:41	+13:22	09:28
4	298	Luana Ferreira	Individual	Senior Feminino	01:35:31	+14:11	09:33
5	296	Joana Trindade	Individual	Senior Feminino	01:40:12	+18:53	10:01
6	297	Liliana Guerreiro	Individual	Senior Feminino	01:40:12	+18:53	10:01
7	400	Valéria Maria Dinis Carvalho	OS PE NA COVA	Senior Feminino	01:42:19	+21:00	10:14
8	299	Mónica Dias	Individual	Senior Feminino	01:43:08	+21:48	10:19
9	419	Rita Neves	Sarzedo Runners	Senior Feminino	01:46:09	+24:50	10:37
10	293	Beatriz Vaz	Individual	Senior Feminino	01:46:48	+25:28	10:41
11	427	Marli Evangelista Gomes	Trail Team Vila de Mouros	Senior Feminino	01:47:57	+26:37	10:48
12	300	Natalia Kovalska	Individual	Senior Feminino	01:52:17	+30:58	11:14
13	226	Jéssica Henriques	ARCAR Team / Trail do Vale	Senior Feminino	02:04:27	+43:07	12:27
14	398	Mafalda Alvarinhas Padilha	OS PE NA COVA	Senior Feminino	02:06:39	+45:19	12:40
15	397	Flávia Gonçalves	OS PE NA COVA	Senior Feminino	02:06:39	+45:20	12:40
16	639	Alexandra Silva	Individual	Senior Feminino	02:08:22	+47:03	12:50
17	250	Ana Teresa Duarte Marques	CC FAMILY	Senior Feminino	02:09:14	+47:55	12:55
18	251	Marta Soares Gomes	CC FAMILY	Senior Feminino	02:09:15	+47:55	12:55
19	224	Diana Dias	ARCAR Team / Trail do Vale	Senior Feminino	02:20:13	+58:53	14:01
20	225	Inês Salvador	ARCAR Team / Trail do Vale	Senior Feminino	02:20:34	+59:15	14:03
21	399	Margarida Lourenço	OS PE NA COVA	Senior Feminino	02:24:18	+01:02:59	14:26
22	227	Soraia Henriques	ARCAR Team / Trail do Vale	Senior Feminino	02:34:51	+01:13:32	15:29



**10KM**
**10 KM**
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**OFFICIAL RESULT**
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5	246	Mónica Silva	Casa Benfica Bairrada	Veterana F35	01:41:17	+07:36	10:08
6	253	Catarina Santos	CC FAMILY	Veterana F35	01:53:43	+20:02	11:22
7	254	FÁTIMA GUERRA	CC FAMILY	Veterana F35	01:58:07	+24:26	11:49
8	321	Nádia Moura	Individual	Veterana F35	02:06:08	+32:26	12:37
9	212	Catarina Isabel Teixeira da Costa Correia Loureiro	AGGVOUZELA	Veterana F35	02:06:13	+32:31	12:37
10	319	Carmen Mendes	Individual	Veterana F35	02:12:55	+39:13	13:17
11	421	Liliana Figueiredo	SCFZ Trail Runners	Veterana F35	02:17:59	+44:18	13:48
12	210	Marta Barata	AERGóis Trail Running	Veterana F35	02:36:10	+01:02:28	15:37

**Veterana F40**

1	417	Ana Marisa Lopes	Saca Trilhos Anadia	Veterana F40	01:21:54		08:11
2	232	CARLA HENRIQUES	ASSSCC - Ar Livre e Aventura	Veterana F40	01:23:05	+01:11	08:18
3	240	Lia silva	Caminhadas da Amizade	Veterana F40	01:26:12	+04:17	08:37
4	403	NANCY CRISTINA ALVES SIMÕES	OS PE NA COVA	Veterana F40	01:33:58	+12:03	09:24
5	431	Marta Rodrigues	TRILHOS DA BAGA / K RUN TEAM	Veterana F40	01:34:02	+12:08	09:24
6	323	Fátima Ribeiro	Individual	Veterana F40	01:34:51	+12:56	09:29
7	235	Tânia Rodrigues	Atletismo Clube da Tocha	Veterana F40	01:36:03	+14:09	09:36
8	326	Marilyn Susana Matias Lourenço	Individual	Veterana F40	01:36:25	+14:31	09:39
9	243	Lúcia Freitas	Carregal do Sal Runners - Entre o Dão e o Mondego	Veterana F40	01:40:59	+19:05	10:06
10	581	Ana Marques	Clube Efacec BIS3IMO	Veterana F40	01:42:06	+20:12	10:13
11	239	Dália Roma	C.D.C. Nave / Trail Runners	Veterana F40	01:48:15	+26:21	10:50
12	324	Helena Pires	Individual	Veterana F40	01:49:18	+27:23	10:56
13	281	Sandra Correia	Grupo Pavigrés	Veterana F40	01:51:38	+29:44	11:10
14	216	Rita Santos	Ameal Trail	Veterana F40	01:55:15	+33:21	11:32
15	418	ANA PINHO	Sapatilhas Verdes	Veterana F40	01:55:37	+33:43	11:34
16	247	Monica Dias	Casa Benfica Bairrada	Veterana F40	01:56:11	+34:17	11:37
17	435	Liliana Patrícia Rodrigues de Pinho	Vamos a Pé - Taboeira	Veterana F40	01:57:37	+35:43	11:46
18	328	Patricia Duarte	Individual	Veterana F40	01:59:20	+37:26	11:56
19	215	Filipa Duarte	Ameal Trail	Veterana F40	02:00:40	+38:46	12:04
20	325	Joana Bexiga	Individual	Veterana F40	02:08:22	+46:28	12:50
21	330	Sónia Ferreira	Individual	Veterana F40	02:17:47	+55:52	13:47
22	327	Mónica Barbosa	Individual	Veterana F40	02:23:40	+01:01:46	14:22
23	201	Sandra Tomé	(Com)dores	Veterana F40	02:25:59	+01:04:05	14:36
24	329	Patrícia Lopes	Individual	Veterana F40	02:33:43	+01:11:49	15:22

**Veterana F45**

1	267	Teresa Teixeira	Espigueiros runners-caparrosinha	Veterana F45	01:29:36		08:58
2	266	Helena Melo	Espigueiros runners-caparrosinha	Veterana F45	01:35:50	+06:14	09:35
3	274	Carla Monteiro	G.D.R. São Francisco da Serra	Veterana F45	01:40:23	+10:46	10:02
4	344	Sonia Silva Pereira	Individual	Veterana F45	01:40:37	+11:01	10:04
5	237	Paula Soares	Bravos e bravitas	Veterana F45	01:43:58	+14:21	10:24

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## 10KM

## 10 KM

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## OFFICIAL RESULT

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6	233	Anabela Almeida	ASSSCC - Ar Livre e Aventura	Veterana F45	01:48:06	+18:29	10:49
7	218	Lucy Brandão	Ameal Trail	Veterana F45	01:51:38	+22:02	11:10
8	337	Lígia Alves	Individual	Veterana F45	01:52:02	+22:25	11:12
9	338	Marisa Coimbra Neves	Individual	Veterana F45	01:53:24	+23:47	11:20
10	255	Ana Patrícia Marta	CC FAMILY	Veterana F45	01:54:42	+25:06	11:28
11	391	Vera Martins	La Família	Veterana F45	01:55:34	+25:57	11:33
12	217	Ana Lucas	Ameal Trail	Veterana F45	02:02:38	+33:02	12:16
13	341	Paula Iagoa	Individual	Veterana F45	02:09:36	+39:59	12:58
14	340	Paula Iagoa	Individual	Veterana F45	02:09:38	+40:02	12:58
15	332	Carla Atilhó	Individual	Veterana F45	02:10:38	+41:01	13:04
16	404	SUSANA RAQUEL ALVES SIMÕES	OS PE NA COVA	Veterana F45	02:11:06	+41:29	13:07
17	256	Carla Claudino	CC FAMILY	Veterana F45	02:14:21	+44:45	13:26
18	282	Liliana Simões	Grupo Pavigrés	Veterana F45	02:17:28	+47:51	13:45
19	342	Sónia Margarida Pereira Morais	Individual	Veterana F45	02:19:05	+49:29	13:55
20	343	Sónia Semedo	Individual	Veterana F45	02:19:05	+49:29	13:55
21	339	Paula Ferreira	Individual	Veterana F45	02:21:19	+51:42	14:08
22	336	Fátima Pereira	Individual	Veterana F45	02:21:20	+51:44	14:08
23	333	Cristina Mamede Abrantes	Individual	Veterana F45	02:32:35	+01:02:58	15:15
24	334	Deolinda Soares	Individual	Veterana F45	02:42:45	+01:13:09	16:17

## Veterana F50

1	346	Leonor de Melo Gomes	Individual	Veterana F50	01:39:11		09:55
2	823	Candida Brandão	Sapatilhas Verdes	Veterana F50	01:55:38	+16:26	11:34
3	347	Maria João Tomás	Individual	Veterana F50	01:56:48	+17:36	11:41
4	287	Fernanda Freitas	GRVilaverdense	Veterana F50	02:00:45	+21:33	12:04
5	438	Luisa Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterana F50	02:12:41	+33:29	13:16
6	345	Ana Rosa Ferreira Matias	Individual	Veterana F50	02:29:10	+49:58	14:55

## Veterana F55

1	268	Maria carriço	Espigueiros runners-caparrosinha	Veterana F55	01:39:59		10:00
2	406	Fátima Almeida	OS PE NA COVA	Veterana F55	01:54:10	+14:10	11:25
3	348	Teresa Taveira	Individual	Veterana F55	02:04:32	+24:32	12:27
4	204	Maria Soares	Adões Trail	Veterana F55	02:06:38	+26:38	12:40
5	257	Lurdes Soares	CC FAMILY	Veterana F55	02:14:19	+34:19	13:26
6	405	Anabela Martins Alvarinhas	OS PE NA COVA	Veterana F55	02:20:53	+40:54	14:05
7	428	Paula Cristina de Jesus Gouveia Pestana	Trail Team Vila de Mouros	Veterana F55	03:51:39	+02:11:39	23:10

## Veterana F60

1	350	Maria Furtado	Individual	Veterana F60	02:17:31		13:45
2	422	Eulália Vitorino	STR Turtles	Veterana F60	02:27:42	+10:11	14:46

## 10KM

## 10 KM

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### 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

3	349	Margarida Urbano	Individual	Veterana F60	02:28:56	+11:24	14:54
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## Veterana F65

1	351	Noémia Rolla	Individual	Veterana F65	01:53:21		11:20
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## Veterano M35

1	357	Tiago Fernandes	Individual	Veterano M35	01:06:36		06:40
2	429	Jorge Miguel Ramos Taborda	Trail Team Vila de Mouros	Veterano M35	01:07:06	+00:29	06:43
3	258	Luís Pedro Mota	CC FAMILY	Veterano M35	01:18:47	+12:10	07:53
4	265	Ivo Leandro pinto Gonçalves	Desportivo atlético de recardaes DAR	Veterano M35	01:19:14	+12:38	07:55
5	407	MIKE MICHEL VELOSO PASCOAL	OS PE NA COVA	Veterano M35	01:20:10	+13:33	08:01
6	353	Daniel Gonçalves da Silva	Individual	Veterano M35	01:22:45	+16:09	08:17
7	275	Miguel Silva Resende	gr Contabilidade	Veterano M35	01:24:30	+17:53	08:27
8	358	Tiago Filipe Caria de Oliveira	Individual	Veterano M35	01:24:59	+18:22	08:30
9	276	José Neves	Grupo BTT Manteigas	Veterano M35	01:25:37	+19:00	08:34
10	205	Alexandre Baptista	Adões Trail	Veterano M35	01:30:22	+23:45	09:02
11	356	Gonçalo Ferreira Duarte	Individual	Veterano M35	01:43:08	+36:31	10:19
12	355	Fábio Correia	Individual	Veterano M35	01:48:15	+41:38	10:50
13	234	José Mendes	ASSSCC - Ar Livre e Aventura	Veterano M35	01:56:49	+50:12	11:41
14	263	Miguel Rasteiro	Com(dores)	Veterano M35	02:09:00	+01:02:23	12:54
15	354	Daniel Teixeira	Individual	Veterano M35	03:16:00	+02:09:23	19:36

## Veterano M40

1	283	Gonçalo Gonçalves	Grupo Pavigrés	Veterano M40	01:08:40		06:52
2	220	Carlos Ferreira	Ameal Trail	Veterano M40	01:10:19	+01:38	07:02
3	359	Bruno Correia	Individual	Veterano M40	01:16:23	+07:42	07:38
4	222	Sérgio Costa	Ameal Trail	Veterano M40	01:18:40	+09:59	07:52
5	288	Nuno Gois	GRVilaverdense	Veterano M40	01:19:46	+11:05	07:59
6	440	Luís Fernando Teixeira Cipriano	Individual	Veterano M40	01:27:49	+19:09	08:47
7	360	Manuel ventura da Silva Marques	Individual	Veterano M40	01:33:16	+24:36	09:20
8	408	HÉLIO JOSÉ CORREIA ANTUNES	OS PE NA COVA	Veterano M40	01:33:58	+25:17	09:24
9	362	Pedro Abreu	Individual	Veterano M40	01:35:31	+26:50	09:33
10	392	FILIPE ALMEIDA	LAMEIROS	Veterano M40	01:35:50	+27:09	09:35
11	221	Miguel Santos	Ameal Trail	Veterano M40	01:51:04	+42:23	11:06
12	259	Amaro Daniel Ferreira Martins	CC FAMILY	Veterano M40	01:51:07	+42:26	11:07
13	361	Nuno Bento	Individual	Veterano M40	01:54:01	+45:20	11:24

## Veterano M45

1	364	Didier de jesus	Individual	Veterano M45	01:02:17		06:14
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### 10KM

### 10 KM

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### OFFICIAL RESULT

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9	236	João Martelo	Botão Camp	Veterano M50	01:47:41	+40:47	10:46
10	388	Joaquim Oliveira	Juventude desportiva de Gondomar	Veterano M50	01:51:21	+44:27	11:08
11	387	Carlos Oliveira	J C T	Veterano M50	01:55:30	+48:36	11:33
12	271	Manuel Saraiva	Espigueiros runners-caparrosinha	Veterano M50	02:03:56	+57:02	12:24
13	390	José Carmo Teixeira	Juventude desportiva de Gondomar	Veterano M50	02:12:55	+01:06:02	13:18
14	389	Jorge Teixeira	Juventude desportiva de Gondomar	Veterano M50	02:12:56	+01:06:02	13:18

### Veterano M55

1	380	Bernardino Ribeiro	Individual	Veterano M55	01:11:41		07:10
2	424	Paulo Marques	Talentos Objectivos	Veterano M55	01:12:40	+00:59	07:16
3	381	Daniel Gomes	Individual	Veterano M55	01:14:07	+02:26	07:25
4	825	José Miguel Melo Brandão	Sapatilhas Verdes	Veterano M55	01:39:55	+28:14	09:59
5	410	João Nogueira	OS PE NA COVA	Veterano M55	01:40:31	+28:50	10:03
6	285	Álvaro Fonseca	Grupo Pavigrés	Veterano M55	01:40:37	+28:56	10:04
7	430	Luís Miguel Freire de Menezes Pestana	Trail Team Vila de Mouros	Veterano M55	03:50:51	+02:39:10	23:05

### Veterano M60

1	273	José Figueiredo	Espigueiros runners-caparrosinha	Veterano M60	01:18:51		07:53
2	272	EDUARDO OLIVEIRA	Espigueiros runners-caparrosinha	Veterano M60	01:20:37	+01:46	08:04
3	383	João Luís Viegas Rocha Santos	Individual	Veterano M60	01:39:11	+20:20	09:55
4	411	José Amorim de Jesus Padilha	OS PE NA COVA	Veterano M60	02:00:03	+41:12	12:00
5	286	César Santos	Grupo Pavigrés	Veterano M60	02:07:02	+48:10	12:42
6	746	Augusto Fernandes	Individual	Veterano M60	02:07:17	+48:26	12:44
7	423	Fernando Silva	STR Turtles	Veterano M60	02:27:42	+01:08:50	14:46

### Veterano M65

1	278	VALTER JACINTO	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M65	01:36:22		09:38
2	413	Jaime da Cruz Duarte Areia	Pés ao Caminho	Veterano M65	01:53:28	+17:06	11:21
3	396	Diogo Arraias	Os Arraias	Veterano M65	02:18:29	+42:06	13:51
4	384	João Luís Frade Cajeira	Individual	Veterano M65	02:27:22	+51:00	14:44

