

TRAIL LONGO - STAGE 1

20 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	18:00	9.3°C	93%
End	21:46	9.3°C	93%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	2	Daniel Santos	EDV-VIANA TRAIL	01:29:11		04:28	
2	8	Mário Ibarra	G.D.A Ronda	01:31:11	+02:00	04:34	
3	756	André Guedes	Caldas de S. Jorge Sport Clube	01:32:54	+03:43	04:39	
4	768	Hugo Silva	Dura-F1 Raceteam	01:38:34	+09:23	04:56	
5	7	Ivan Silva	Caldas de S. Jorge Sport Clube	01:38:51	+09:40	04:57	
6	12	José Costa	G.D.A Ronda	01:39:23	+10:12	04:58	
7	733	David ramalho	A.D.Sebolido trail	01:39:41	+10:30	04:59	
8	758	Ricardo Silva	Caldas de S. Jorge Sport Clube	01:39:53	+10:42	05:00	
9	770	António Gomes	Dura-F1 Raceteam	01:40:19	+11:08	05:01	
10	763	Rui Lopes Silva	Clube Desportivo Feirense	01:43:15	+14:04	05:10	
11	772	Filipe Fonseca	Dura-F1 Raceteam	01:43:55	+14:44	05:12	
12	866	Bruno Fernandes	Zequinhas running team	01:44:56	+15:45	05:15	
13	774	José Cruz	Dura-F1 Raceteam	01:45:35	+16:24	05:17	
14	865	Elvio Santos	Vale Correr	01:46:09	+16:58	05:18	
15	726	Renato Reis de Andrade	A Seita Que Dói Menos	01:46:16	+17:05	05:19	
16	11	Manuel Bastos	G.D.A Ronda	01:46:57	+17:46	05:21	
17	752	Nelson Reis	Bravos e Bravitas	01:48:00	+18:49	05:24	
18	805	Fabio Sousa	Individual	01:49:38	+20:27	05:29	
19	757	João Vieira	Caldas de S. Jorge Sport Clube	01:49:45	+20:34	05:29	
20	823	Marco Santos	Individual	01:49:52	+20:41	05:30	
21	769	José Pinheiro	Dura-F1 Raceteam	01:50:31	+21:20	05:32	
22	827	Pedro Alves	Individual	01:51:31	+22:20	05:35	
23	728	Cristiano Cunha	A. D. Nós Acreditamos	01:53:10	+23:59	05:40	
24	98	Bruno Soares	Arrifana Running	01:53:29	+24:18	05:40	
25	755	Carlos Cardoso	CAL - Clube Atletismo de Lamas	01:53:29	+24:18	05:40	
26	767	Joaquim Madureira	Clube Zupper	01:53:54	+24:43	05:42	
27	762	Vera Rodrigues	Clube Desportivo Feirense	01:54:31	+25:20	05:44	
28	858	Davide Ferreira	Sapatilhas verdes	01:54:49	+25:38	05:44	
29	829	Rui Pinto	Individual	01:56:15	+27:04	05:49	
30	840	Bruno Bastos	InterAvancaRun	01:56:19	+27:08	05:49	
31	778	MANUEL MACHADO	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	01:57:14	+28:03	05:52	
32	798	Rafael Bravo	Individual	01:57:30	+28:19	05:52	
33	720	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	01:57:30	+28:19	05:52	
34	754	Abílio Costa	C.D.C São Martinho da Gândara	01:57:42	+28:31	05:53	
35	764	Silvério Oliveira dos Santos	Clube Desportivo Feirense	01:57:43	+28:32	05:53	
36	717	Paulo Neta	Individual	01:57:44	+28:33	05:53	
37	794	Luis Neta	Individual	01:57:46	+28:35	05:53	
38	727	Nuno Cunha	A. D. Nós Acreditamos	01:58:27	+29:16	05:55	
39	701	Fernando Charrão	Arrifana Running	01:59:07	+29:56	05:57	
40	800	Ruben Azevedo	Individual	01:59:27	+30:16	05:58	
41	801	Sérgio Coelho	Individual	01:59:29	+30:18	05:58	
42	848	Agostinho Costa	Núcleo atletismo Cucujães	01:59:36	+30:25	05:59	

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20 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
43	792	Hugo Antunes	Individual	01:59:37	+30:26	05:59	
44	761	Leida Bello	Clube Desportivo Feirense	01:59:45	+30:34	05:59	
45	856	Miguel Ferreira	Run & Fun	02:01:11	+32:00	06:04	
46	705	Antonino Gonçalves	Desnível Positivo	02:01:16	+32:05	06:04	
47	704	Marco Vieira	Clube Zupper	02:01:25	+32:14	06:04	
48	785	Inês Maia Amaral	Individual	02:01:46	+32:35	06:05	
49	750	Paulo Alexandre Oliveira	Arrifana Running	02:01:47	+32:36	06:05	
50	847	Carlos Lameiras	Nova linha trail running	02:02:18	+33:07	06:07	
51	730	Antônio Pereira	A. D. Nós Acreditamos	02:03:05	+33:54	06:09	
52	710	Hugo Soares	Individual	02:03:11	+34:00	06:10	
53	845	António Pinto	MONTE DOS AMIGOS	02:03:25	+34:14	06:10	
54	791	Gualter Barros	Individual	02:04:13	+35:02	06:13	
55	783	Daniela Rodrigues Figueiredo	Individual	02:04:17	+35:06	06:13	
56	723	David Barros	100 ESFORÇO NÃO HÁ TINTO	02:04:32	+35:21	06:14	
57	709	Dmytro Karpov	Individual	02:04:48	+35:37	06:14	
58	841	Bruno Oliveira	InterAvancaRun	02:05:46	+36:35	06:17	
59	712	Stanislav Bzhostovych	Individual	02:06:40	+37:29	06:20	
60	857	Nuno Miguel Pereira Matias	Running Espinho	02:06:49	+37:38	06:20	
61	812	Bruno Sérgio Rodrigues Barros	Individual	02:08:14	+39:03	06:25	
62	796	Miguel Santos	Individual	02:08:17	+39:06	06:25	
63	795	Luis Silva	Individual	02:08:39	+39:28	06:26	
64	806	Fátima Tavares	Individual	02:08:46	+39:35	06:26	
65	828	Rui Ferreira	Individual	02:09:39	+40:28	06:29	
66	735	Roberto Freitas	A.D.Sebolido trail	02:09:45	+40:34	06:29	
67	759	Leandro Ferreira	CF Perosinho Trail & Running	02:09:53	+40:42	06:30	
68	731	Francisco Lemos	A. D. Nós Acreditamos	02:09:58	+40:47	06:30	
69	706	Rita Freitas	Individual	02:10:08	+40:57	06:30	
70	820	Jorge Tavares	Individual	02:10:29	+41:18	06:31	
71	804	Valter Soares	Individual	02:11:16	+42:05	06:34	
72	852	Ruben Moreira	OiãRunners	02:11:28	+42:17	06:34	
73	855	Cláudio Santos	Run & Fun	02:11:38	+42:27	06:35	
74	753	Filipe Esteves	C.D.C São Martinho da Gândara	02:13:11	+44:00	06:40	
75	718	João Mendes	Individual	02:13:19	+44:08	06:40	
76	802	Tiago Saramago	Individual	02:14:00	+44:49	06:42	
77	775	José Vidal	Dura-F1 Raceteam	02:14:04	+44:53	06:42	
78	751	Filomena Marques	Botão Camp	02:15:01	+45:50	06:45	
79	860	João Cardoso	Serviços Sociais Montepio	02:15:35	+46:24	06:47	
80	867	Bruno Miguel Ferreira Gonçalves	Zequinhas running team	02:15:44	+46:33	06:47	
81	821	Márcio Daniel Moura	Individual	02:15:45	+46:34	06:47	
82	815	Filipe Correia	Individual	02:15:46	+46:35	06:47	
83	813	Carlos Alberto Cruz	Individual	02:15:51	+46:40	06:48	
84	814	Eduardo Pinto	Individual	02:15:56	+46:45	06:48	
85	721	Miguel Sá	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:16:14	+47:03	06:49	
86	738	Fátima Pinho	AFIS/OVAR	02:16:32	+47:21	06:50	
87	749	Diogo Lopes	Arrifana Running	02:16:33	+47:22	06:50	
88	779	LILIANA PINHO	Guisande Trail Running	02:16:35	+47:24	06:50	

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20 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	715	Pedro Serra	Individual	02:17:06	+47:55	06:51	
90	746	Joaquim Pereira pinho	Amigos do trail OAZ	02:17:06	+47:55	06:51	
91	838	José Sá	Individual	02:17:30	+48:19	06:53	
92	809	Sandra Moreira	Individual	02:19:00	+49:49	06:57	
93	784	Filipa Liz	Individual	02:19:06	+49:55	06:57	
94	740	Helena Matos	AGM Team Running	02:19:49	+50:38	06:59	
95	707	Tania Vieira	Individual	02:20:32	+51:21	07:02	
96	741	Tiago Delgado	AGM Team Running	02:20:34	+51:23	07:02	
97	734	Ricardo sousa	A.D.Sebolido trail	02:20:35	+51:24	07:02	
98	739	Paula Cruz	AFIS/OVAR	02:21:19	+52:08	07:04	
99	862	José Neves	TrepaTrilhos Trail Team	02:21:20	+52:09	07:04	
100	832	Alcino Santos	Individual	02:21:36	+52:25	07:05	
101	780	Carlos Costa	Guisande Trail Running	02:22:06	+52:55	07:06	
102	811	Sofia Coelho	Individual	02:23:32	+54:21	07:11	
103	703	Ana Vaz	Clube de Orientação de Estarreja	02:24:04	+54:53	07:12	
104	864	Nuno Eça	TRTeam	02:24:25	+55:14	07:13	
105	808	Marta Gomes	Individual	02:25:10	+55:59	07:15	
106	830	Sérgio Manuel Silva	Individual	02:25:59	+56:48	07:18	
107	788	André Oliveira	Individual	02:26:47	+57:36	07:20	
108	737	Igor Neves	ACDRS QUINHENDROS	02:27:42	+58:31	07:23	
109	736	Jessica Lopes	ACDRS QUINHENDROS	02:27:42	+58:31	07:23	
110	803	Tony Lopes	Individual	02:28:36	+59:25	07:26	
111	786	Rita Costa	Individual	02:29:39	+01:00:28	07:29	
112	713	César Sousa	Individual	02:30:16	+01:01:05	07:31	
113	839	Manuel Teixeira	Individual	02:31:57	+01:02:46	07:36	
114	747	Paulo Ferreira	Amigos do trail OAZ	02:32:17	+01:03:06	07:37	
115	743	André Filipe da Silva Costa	Amigos do trail OAZ	02:32:17	+01:03:06	07:37	
116	760	Nuno Pires	Clube de Orientação de Estarreja	02:32:29	+01:03:18	07:37	
117	781	Paulo Jesus	Guisande Trail Running	02:33:48	+01:04:37	07:41	
118	833	Antero Cunha	Individual	02:36:55	+01:07:44	07:51	
119	846	Jonathan Oliveira	Nocturnos de Paredes	02:37:20	+01:08:09	07:52	
120	797	Pedro Alexandre Fernandes Teixeira	Individual	02:37:25	+01:08:14	07:52	
121	844	Artur José Pinto Mendes da Costa	Mont Blue Team	02:37:25	+01:08:14	07:52	
122	742	Toni Santos	AGM Team Running	02:38:04	+01:08:53	07:54	
123	861	Isabel Soares	SPORTARC	02:38:33	+01:09:22	07:56	
124	817	Hugo Soares	Individual	02:39:58	+01:10:47	08:00	
125	807	Lilabeth Santos	Individual	02:40:53	+01:11:42	08:03	
126	859	Jorge Vasconcelos	SCCOIMBRÕES/Equipa A	02:41:14	+01:12:03	08:04	
127	819	Jorge Silva	Individual	02:42:50	+01:13:39	08:08	
128	853	Diogo Silva	Run & Fun	02:43:30	+01:14:19	08:10	
129	816	Hugo Mourão	Individual	02:49:25	+01:20:14	08:28	
130	843	João Teixeira	Marta & João	02:53:26	+01:24:15	08:40	
131	842	Marta Mateus	Marta & João	02:53:26	+01:24:15	08:40	
132	719	Mike Running	Run & Fun	02:53:32	+01:24:21	08:41	
133	854	Céu Vilar	Run & Fun	02:53:32	+01:24:21	08:41	

TRAIL LONGO - STAGE 1
20 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	765	MIGUEL ANTONIO MAGALHAES CUNHA	Clube Millennium BCP	02:53:51	+01:24:40	08:42	
135	863	Serhy Fedak	TRTeam	03:01:40	+01:32:29	09:05	
136	789	Anton Fedak	Individual	03:01:42	+01:32:31	09:05	
137	826	Paulo Soares	Individual	03:05:40	+01:36:29	09:17	
138	787	Abel Cardoso	Individual	03:23:34	+01:54:23	10:11	
139	824	Nuno Numão	Individual	03:23:35	+01:54:24	10:11	
140	725	Mariana Pinho de Magalhães	A Seita Que Dói Menos	03:45:21	+02:16:10	11:16	

Trail Longo

20 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

	Time	Temperature	Humidity
Start	18:00	9.3°C	93%
End	21:46	9.3°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	762	Vera Rodrigues	Clube Desportivo Feirense	Senior Feminino	01:54:31		05:44
2	761	Leida Bello	Clube Desportivo Feirense	Senior Feminino	01:59:45	+05:14	05:59
3	785	Inês Maia Amaral	Individual	Senior Feminino	02:01:46	+07:14	06:05
4	783	Daniela Rodrigues Figueiredo	Individual	Senior Feminino	02:04:17	+09:45	06:13
5	706	Rita Freitas	Individual	Senior Feminino	02:10:08	+15:36	06:30
6	738	Fátima Pinho	AFIS/OVAR	Senior Feminino	02:16:32	+22:01	06:50
7	784	Filipa Liz	Individual	Senior Feminino	02:19:06	+24:35	06:57
8	707	Tania Vieira	Individual	Senior Feminino	02:20:32	+26:00	07:02
9	739	Paula Cruz	AFIS/OVAR	Senior Feminino	02:21:19	+26:48	07:04
10	736	Jessica Lopes	ACDRS QUINHENDROS	Senior Feminino	02:27:42	+33:10	07:23
11	786	Rita Costa	Individual	Senior Feminino	02:29:39	+35:07	07:29
12	725	Mariana Pinho de Magalhães	A Seita Que Dói Menos	Senior Feminino	03:45:21	+01:50:49	11:16

Senior Masculino

1	2	Daniel Santos	EDV-VIANA TRAIL	Senior Masculino	01:29:11		04:28
2	8	Mário Ibarra	G.D.A Ronda	Senior Masculino	01:31:11	+02:00	04:34
3	756	André Guedes	Caldas de S. Jorge Sport Clube	Senior Masculino	01:32:54	+03:43	04:39
4	768	Hugo Silva	Dura-F1 Raceteam	Senior Masculino	01:38:34	+09:23	04:56
5	763	Rui Lopes Silva	Clube Desportivo Feirense	Senior Masculino	01:43:15	+14:04	05:10
6	726	Renato Reis de Andrade	A Seita Que Dói Menos	Senior Masculino	01:46:16	+17:04	05:19
7	757	João Vieira	Caldas de S. Jorge Sport Clube	Senior Masculino	01:49:45	+20:33	05:29
8	769	José Pinheiro	Dura-F1 Raceteam	Senior Masculino	01:50:31	+21:19	05:32
9	98	Bruno Soares	Arrifana Running	Senior Masculino	01:53:29	+24:17	05:40
10	840	Bruno Bastos	InterAvancaRun	Senior Masculino	01:56:19	+27:07	05:49
11	798	Rafael Bravo	Individual	Senior Masculino	01:57:30	+28:18	05:52
12	720	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Masculino	01:57:30	+28:19	05:52
13	794	Luis Neta	Individual	Senior Masculino	01:57:46	+28:35	05:53
14	727	Nuno Cunha	A. D. Nós Acreditamos	Senior Masculino	01:58:27	+29:16	05:55
15	800	Ruben Azevedo	Individual	Senior Masculino	01:59:27	+30:16	05:58
16	801	Sérgio Coelho	Individual	Senior Masculino	01:59:29	+30:18	05:58
17	792	Hugo Antunes	Individual	Senior Masculino	01:59:37	+30:25	05:59
18	710	Hugo Soares	Individual	Senior Masculino	02:03:11	+34:00	06:10
19	791	Gualter Barros	Individual	Senior Masculino	02:04:13	+35:01	06:13
20	709	Dmytro Karpov	Individual	Senior Masculino	02:04:48	+35:36	06:14
21	841	Bruno Oliveira	InterAvancaRun	Senior Masculino	02:05:46	+36:35	06:17
22	712	Stanislav Bzhostovych	Individual	Senior Masculino	02:06:40	+37:28	06:20
23	796	Miguel Santos	Individual	Senior Masculino	02:08:17	+39:05	06:25

Trail Longo

20 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

24	795	Luis Silva	Individual	Senior Masculino	02:08:39	+39:27	06:26
25	804	Valter Soares	Individual	Senior Masculino	02:11:16	+42:05	06:34
26	852	Ruben Moreira	OiãRunners	Senior Masculino	02:11:28	+42:17	06:34
27	802	Tiago Saramago	Individual	Senior Masculino	02:14:00	+44:49	06:42
28	788	André Oliveira	Individual	Senior Masculino	02:26:47	+57:36	07:20
29	803	Tony Lopes	Individual	Senior Masculino	02:28:36	+59:25	07:26
30	743	André Filipe da Silva Costa	Amigos do trail OAZ	Senior Masculino	02:32:17	+01:03:06	07:37
31	797	Pedro Alexandre Fernandes Teixeira	Individual	Senior Masculino	02:37:25	+01:08:13	07:52
32	853	Diogo Silva	Run & Fun	Senior Masculino	02:43:30	+01:14:18	08:10
33	863	Serhy Fedak	TRTeam	Senior Masculino	03:01:40	+01:32:29	09:05
34	789	Anton Fedak	Individual	Senior Masculino	03:01:42	+01:32:31	09:05
35	787	Abel Cardoso	Individual	Senior Masculino	03:23:34	+01:54:22	10:11

Veterana F40

1	806	Fátima Tavares	Individual	Veterana F40	02:08:46		06:26
2	751	Filomena Marques	Botão Camp	Veterana F40	02:15:01	+06:15	06:45
3	779	LILIANA PINHO	Guisande Trail Running	Veterana F40	02:16:35	+07:49	06:50
4	809	Sandra Moreira	Individual	Veterana F40	02:19:00	+10:14	06:57
5	740	Helena Matos	AGM Team Running	Veterana F40	02:19:49	+11:02	06:59
6	703	Ana Vaz	Clube de Orientação de Estarreja	Veterana F40	02:24:04	+15:17	07:12
7	808	Marta Gomes	Individual	Veterana F40	02:25:10	+16:23	07:15
8	861	Isabel Soares	SPORTARC	Veterana F40	02:38:33	+29:46	07:56
9	807	Lilibeth Santos	Individual	Veterana F40	02:40:53	+32:06	08:03
10	842	Marta Mateus	Marta & João	Veterana F40	02:53:26	+44:39	08:40
11	854	Céu Vilar	Run & Fun	Veterana F40	02:53:32	+44:45	08:41

Veterana F50

1	811	Sofia Coelho	Individual	Veterana F50	02:23:32		07:11
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Veterano M40

1	7	Ivan Silva	Caldas de S. Jorge Sport Clube	Veterano M40	01:38:51		04:57
2	12	José Costa	G.D.A Ronda	Veterano M40	01:39:23	+00:32	04:58
3	733	David ramalho	A.D.Sebolido trail	Veterano M40	01:39:41	+00:49	04:59
4	758	Ricardo Silva	Caldas de S. Jorge Sport Clube	Veterano M40	01:39:53	+01:02	05:00
5	770	António Gomes	Dura-F1 Raceteam	Veterano M40	01:40:19	+01:28	05:01
6	772	Filipe Fonseca	Dura-F1 Raceteam	Veterano M40	01:43:55	+05:04	05:12
7	866	Bruno Fernandes	Zequinhas running team	Veterano M40	01:44:56	+06:05	05:15
8	774	José Cruz	Dura-F1 Raceteam	Veterano M40	01:45:35	+06:44	05:17
9	865	Elvio Santos	Vale Correr	Veterano M40	01:46:09	+07:18	05:18
10	752	Nelson Reis	Bravos e Bravitas	Veterano M40	01:48:00	+09:09	05:24
11	805	Fabio Sousa	Individual	Veterano M40	01:49:38	+10:47	05:29
12	823	Marco Santos	Individual	Veterano M40	01:49:52	+11:01	05:30

Trail Longo

20 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

13	827	Pedro Alves	Individual	Veterano M40	01:51:31	+12:40	05:35
14	728	Cristiano Cunha	A. D. Nós Acreditamos	Veterano M40	01:53:10	+14:19	05:40
15	767	Joaquim Madureira	Clube Zupper	Veterano M40	01:53:54	+15:03	05:42
16	858	Davide Ferreira	Sapatilhas verdes	Veterano M40	01:54:49	+15:57	05:44
17	829	Rui Pinto	Individual	Veterano M40	01:56:15	+17:23	05:49
18	701	Fernando Charrão	Arrifana Running	Veterano M40	01:59:07	+20:16	05:57
19	704	Marco Vieira	Clube Zupper	Veterano M40	02:01:25	+22:34	06:04
20	750	Paulo Alexandre Oliveira	Arrifana Running	Veterano M40	02:01:47	+22:56	06:05
21	847	Carlos Lameiras	Nova linha trail running	Veterano M40	02:02:18	+23:27	06:07
22	845	António Pinto	MONTE DOS AMIGOS	Veterano M40	02:03:25	+24:34	06:10
23	723	David Barros	100 ESFORÇO NÃO HÁ TINTO	Veterano M40	02:04:32	+25:40	06:14
24	857	Nuno Miguel Pereira Matias	Running Espinho	Veterano M40	02:06:49	+27:58	06:20
25	812	Bruno Sérgio Rodrigues Barros	Individual	Veterano M40	02:08:14	+29:23	06:25
26	828	Rui Ferreira	Individual	Veterano M40	02:09:39	+30:47	06:29
27	735	Roberto Freitas	A.D.Sebolido trail	Veterano M40	02:09:45	+30:54	06:29
28	759	Leandro Ferreira	CF Perosinho Trail & Running	Veterano M40	02:09:53	+31:02	06:30
29	820	Jorge Tavares	Individual	Veterano M40	02:10:29	+31:38	06:31
30	855	Cláudio Santos	Run & Fun	Veterano M40	02:11:38	+32:46	06:35
31	753	Filipe Este vex	C.D.C São Martinho da Gândara	Veterano M40	02:13:11	+34:20	06:40
32	775	José Vidal	Dura-F1 Raceteam	Veterano M40	02:14:04	+35:13	06:42
33	867	Bruno Miguel Ferreira Gonçalves	Zequinhas running team	Veterano M40	02:15:44	+36:53	06:47
34	821	Márcio Daniel Moura	Individual	Veterano M40	02:15:45	+36:54	06:47
35	815	Filipe Correia	Individual	Veterano M40	02:15:46	+36:55	06:47
36	813	Carlos Alberto Cruz	Individual	Veterano M40	02:15:51	+36:59	06:48
37	814	Eduardo Pinto	Individual	Veterano M40	02:15:56	+37:04	06:48
38	749	Diogo Lopes	Arrifana Running	Veterano M40	02:16:33	+37:42	06:50
39	715	Pedro Serra	Individual	Veterano M40	02:17:06	+38:14	06:51
40	746	Joaquim Pereira pinho	Amigos do trail OAZ	Veterano M40	02:17:06	+38:14	06:51
41	741	Tiago Delgado	AGM Team Running	Veterano M40	02:20:34	+41:43	07:02
42	734	Ricardo sousa	A.D.Sebolido trail	Veterano M40	02:20:35	+41:43	07:02
43	780	Carlos Costa	Guisande Trail Running	Veterano M40	02:22:06	+43:15	07:06
44	864	Nuno Eça	TRTeam	Veterano M40	02:24:25	+45:33	07:13
45	830	Sérgio Manuel Silva	Individual	Veterano M40	02:25:59	+47:08	07:18
46	737	Igor Neves	ACDRS QUINHENDROS	Veterano M40	02:27:42	+48:50	07:23
47	713	César Sousa	Individual	Veterano M40	02:30:16	+51:25	07:31
48	747	Paulo Ferreira	Amigos do trail OAZ	Veterano M40	02:32:17	+53:26	07:37
49	781	Paulo Jesus	Guisande Trail Running	Veterano M40	02:33:48	+54:57	07:41
50	846	Jonathan Oliveira	Nocturnos de Paredes	Veterano M40	02:37:20	+58:28	07:52
51	844	Artur José Pinto Mendes da Costa	Mont Blue Team	Veterano M40	02:37:25	+58:34	07:52
52	742	Toni Santos	AGM Team Running	Veterano M40	02:38:04	+59:12	07:54
53	817	Hugo Soares	Individual	Veterano M40	02:39:58	+01:01:06	08:00
54	859	Jorge Vasconcelos	SCCOIMBRÕES/Equipa A	Veterano M40	02:41:14	+01:02:23	08:04
55	819	Jorge Silva	Individual	Veterano M40	02:42:50	+01:03:58	08:08
56	816	Hugo Mourão	Individual	Veterano M40	02:49:25	+01:10:34	08:28
57	843	João Teixeira	Marta & João	Veterano M40	02:53:26	+01:14:34	08:40
58	826	Paulo Soares	Individual	Veterano M40	03:05:40	+01:26:49	09:17

Trail Longo**20 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

59	824	Nuno Numão	Individual	Veterano M40	03:23:35	+01:44:44	10:11
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Veterano M50

1	11	Manuel Bastos	G.D.A Ronda	Veterano M50	01:46:57		05:21
2	755	Carlos Cardoso	CAL - Clube Atletismo de Lamas	Veterano M50	01:53:29	+06:31	05:40
3	754	Abílio Costa	C.D.C São Martinho da Gândara	Veterano M50	01:57:42	+10:44	05:53
4	764	Silvério Oliveira dos Santos	Clube Desportivo Feirense	Veterano M50	01:57:43	+10:45	05:53
5	717	Paulo Neta	Individual	Veterano M50	01:57:44	+10:46	05:53
6	856	Miguel Ferreira	Run & Fun	Veterano M50	02:01:11	+14:13	06:04
7	705	Antonino Gonçalves	Desnível Positivo	Veterano M50	02:01:16	+14:18	06:04
8	860	João Cardoso	Serviços Sociais Montepio	Veterano M50	02:15:35	+28:37	06:47
9	721	Miguel Sá	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M50	02:16:14	+29:16	06:49
10	838	José Sá	Individual	Veterano M50	02:17:30	+30:32	06:53
11	862	José Neves	TrepaTrilhos Trail Team	Veterano M50	02:21:20	+34:22	07:04
12	832	Alcino Santos	Individual	Veterano M50	02:21:36	+34:38	07:05
13	839	Manuel Teixeira	Individual	Veterano M50	02:31:57	+44:59	07:36
14	760	Nuno Pires	Clube de Orientação de Estarreja	Veterano M50	02:32:29	+45:31	07:37
15	833	Antero Cunha	Individual	Veterano M50	02:36:55	+49:57	07:51
16	719	Mike Running	Run & Fun	Veterano M50	02:53:32	+01:06:34	08:41
17	765	MIGUEL ANTONIO MAGALHAES CUNHA	Clube Millennium BCP	Veterano M50	02:53:51	+01:06:53	08:42

Veterano M60

1	778	MANUEL MACHADO	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M60	01:57:14		05:52
2	848	Agostinho Costa	Núcleo atletismo Cucujães	Veterano M60	01:59:36	+02:22	05:59
3	730	Antônio Pereira	A. D. Nós Acreditamos	Veterano M60	02:03:05	+05:51	06:09
4	731	Francisco Lemos	A. D. Nós Acreditamos	Veterano M60	02:09:58	+12:44	06:30
5	718	João Mendes	Individual	Veterano M60	02:13:19	+16:05	06:40

TRAIL CURTO - STAGE 1**13 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	18:30	9°C	87%
End	21:02	9°C	87%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	5	Paulo Pereira	NS Trail Team	58:24		04:30	
2	269	João Sousa	Individual	58:24		04:30	
3	4	Fernando Lima	Arrifana Running	59:33	+01:09	04:35	
4	149	Bruno Silva	Bravos e Bravitas	59:43	+01:19	04:36	
5	441	André Silva	NS Trail Team	01:01:21	+02:57	04:43	
6	9	Hugo Ferreira	G.D.A Ronda	01:01:47	+03:23	04:45	
7	443	António Nunes	NS Trail Team	01:03:55	+05:31	04:55	
8	10	Hugo Silva	G.D.A Ronda	01:03:55	+05:31	04:55	
9	290	Roberto Filipe Pereira Bastos	Individual	01:03:56	+05:32	04:55	
10	480	António nogueira	Tuga Mobile ADAP Trail	01:03:58	+05:34	04:55	
11	444	José Tavares	NS Trail Team	01:04:01	+05:37	04:55	
12	167	Renato Silva	Caldas de S. Jorge Sport Clube	01:04:53	+06:29	04:59	
13	148	Rui Teixeira	Bravos e Bravitas	01:05:12	+06:48	05:01	
14	179	Diogo Pimenta	Dci/trilhos luso bussaco	01:05:39	+07:15	05:03	
15	83	António Assunção	ACAIL GAS	01:05:42	+07:18	05:03	
16	243	Andre melo	G.D.A Ronda	01:05:56	+07:32	05:04	
17	81	Alcino Silva	A.D.Sebolido trail	01:07:35	+09:11	05:12	
18	187	Fábio Almeida	Family4syte	01:08:49	+10:25	05:18	
19	65	Filipe Oliveira	Milheirós de Poiars	01:08:49	+10:25	05:18	
20	488	Paulo Jorge Oliveira	Clube Desportivo Feirense	01:09:10	+10:46	05:19	
21	152	Sérgio Costa	Bravos e Bravitas	01:10:17	+11:53	05:24	
22	360	Nuno Helder Teixeira da Costa	Individual	01:10:27	+12:03	05:25	
23	62	FILIPE SILVA	MC Running	01:10:28	+12:04	05:25	
24	85	BRUNO PEREIRA	ADC Santa Isabel Trail Running	01:10:29	+12:05	05:25	
25	52	FILIPE Rouxinol	Individual	01:10:35	+12:11	05:26	
26	43	Fernando Miguel Durães Barbosa Dias	Individual	01:10:39	+12:15	05:26	
27	163	João Santos	Caldas de S. Jorge Sport Clube	01:10:45	+12:21	05:27	
28	425	Nuno Miguel Oliveira Santos	Lourosa em Movimento	01:10:59	+12:35	05:28	
29	344	Filipe Manuel Tavares da Silva	Individual	01:11:39	+13:15	05:31	
30	172	FERNANDO JORGE MIRANDA FERREIRA	Clube Millennium BCP	01:12:26	+14:02	05:34	
31	460	Paulo Sérgio Silva Gomes	Sentir Escariz Running	01:12:43	+14:19	05:36	
32	86	Fernando Augusto	ADC Santa Isabel Trail Running	01:12:43	+14:19	05:36	
33	3	Liliana Cardoso	Clube Desportivo Feirense	01:12:47	+14:23	05:36	
34	166	Joaquim Vaz	Caldas de S. Jorge Sport Clube	01:12:49	+14:25	05:36	
35	494	André Batista	Clube Desportivo Feirense	01:12:50	+14:26	05:36	
36	293	Samuel da Silva rocha	Individual	01:13:19	+14:55	05:38	
37	63	HELDER MOTA	MC Running	01:13:44	+15:20	05:40	
38	365	Paulo Pinto	Individual	01:13:58	+15:34	05:41	
39	116	Antonio Silva	Arrifana Running	01:14:04	+15:40	05:42	
40	209	Pedro Lopes	Guisande Trail Running	01:14:25	+16:01	05:43	

TRAIL CURTO - STAGE 1

13 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	270	Joaquim Rodrigues	Individual	01:14:26	+16:02	05:44	
42	340	DANIEL MATOS	Individual	01:14:38	+16:14	05:44	
43	146	Fábio Pereira	Bravos e Bravitas	01:15:17	+16:53	05:47	
44	153	Alcides Relvas	Bravos e Bravitas	01:15:17	+16:53	05:47	
45	458	Tiago Santos	Sapatilhas verdes	01:15:21	+16:57	05:48	
46	71	FERNANDO MORAIS	SACA TRILHOS DE ANADIA	01:15:22	+16:58	05:48	
47	114	Nuno Saramago	Arrifana Running	01:15:25	+17:01	05:48	
48	189	João Gomes	Fitarena ginásio	01:15:27	+17:03	05:48	
49	124	Manuel Zola	Arrifana Running	01:15:39	+17:15	05:49	
50	361	Nuno morais	Individual	01:15:48	+17:24	05:50	
51	370	Rui Albino	Individual	01:15:51	+17:27	05:50	
52	419	José Graça	KeMedo Team	01:15:58	+17:34	05:51	
53	452	Luis Gomes	Pastello Runners	01:16:18	+17:54	05:52	
54	103	Tiago Gonçalves	Arrifana Running	01:16:25	+18:01	05:53	
55	173	CARLOS MANUEL CORREIA PINHEIRO	Clube Millennium BCP	01:16:30	+18:06	05:53	
56	118	Jorge Luz	Arrifana Running	01:16:57	+18:33	05:55	
57	294	Sérgio Ribeiro	Individual	01:16:57	+18:33	05:55	
58	354	Manuel Soares	Individual	01:16:57	+18:33	05:55	
59	66	Mário Oliveira	Milheirós de Poiares	01:17:03	+18:39	05:56	
60	6	Mónica Oliveira	Clube Desportivo Feirense	01:17:04	+18:40	05:56	
61	176	André de Oliveira Teixeira	CMFEIRA	01:17:21	+18:57	05:57	
62	150	Joaquim Teixeira	Bravos e Bravitas	01:17:49	+19:25	05:59	
63	377	Bernardino Novais Ribeiro	Individual	01:18:14	+19:50	06:01	
64	343	Fernando Silva	Individual	01:18:17	+19:53	06:01	
65	276	Marcelo Magalhães	Individual	01:19:08	+20:44	06:05	
66	31	Luciano Amaro	Individual	01:19:10	+20:46	06:05	
67	283	Myke santos	Individual	01:19:15	+20:51	06:06	
68	165	Armando Santos	Caldas de S. Jorge Sport Clube	01:19:15	+20:51	06:06	
69	113	Vasco Rocha	Arrifana Running	01:19:19	+20:55	06:06	
70	357	Márcio Oliveira	Individual	01:19:23	+20:59	06:06	
71	164	Miguel Almeida	Caldas de S. Jorge Sport Clube	01:19:24	+21:00	06:06	
72	22	Flavio Pinto	Fojo trail Team	01:19:28	+21:04	06:07	
73	112	Rui Filipe	Arrifana Running	01:19:46	+21:22	06:08	
74	392	José neves	Individual	01:20:08	+21:44	06:10	
75	82	António Pereira	A.D.Sebolido trail	01:20:18	+21:54	06:11	
76	490	Manuel Joaquim Teixeira Gonçalves	Fojo trail Team	01:20:34	+22:10	06:12	
77	78	Fernando Silva	A. D. Nós Acreditamos	01:20:45	+22:21	06:13	
78	400	Paulo Dias	Individual	01:21:01	+22:37	06:14	
79	430	Fernando Nobre	Lourosa em Movimento	01:21:08	+22:44	06:14	
80	375	Antonio Silva	Individual	01:21:08	+22:44	06:14	
81	347	Helder Teixeira	Individual	01:21:21	+22:57	06:15	
82	29	Joaquim Gomes	Individual	01:21:30	+23:06	06:16	
83	702	Pedro Gabriel	C.A. Amigos Parque da Paz	01:21:31	+23:07	06:16	
84	154	João Carvalho	BTT Isolamais/Sportaz	01:21:31	+23:07	06:16	
85	21	Ricardo Lopes	Fojo trail Team	01:21:50	+23:26	06:18	

TRAIL CURTO - STAGE 1

13 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
86	336	CARLOS ALBERTO DE LIMA BRUNO	Individual	01:21:52	+23:28	06:18	
87	249	César Maltez	Individual	01:22:02	+23:38	06:19	
88	259	Francisco Manuel Teixeira Marques	Individual	01:22:46	+24:22	06:22	
89	232	Laura feliza lopez	Individual	01:22:54	+24:30	06:23	
90	492	Vera Leite	Bravos e Bravitas	01:22:55	+24:31	06:23	
91	145	António Silva	Bravos e Bravitas	01:22:55	+24:31	06:23	
92	481	João Brito	Tuga Mobile ADAP Trail	01:23:33	+25:09	06:26	
93	254	Diogo Filipe Ferreira Magalhães	Individual	01:23:37	+25:13	06:26	
94	242	André Meireles	Individual	01:23:43	+25:19	06:26	
95	119	José Rodrigues	Arrifana Running	01:23:58	+25:34	06:28	
96	383	Constantino Mota	Individual	01:24:13	+25:49	06:29	
97	382	Carlos Santos	Individual	01:24:14	+25:50	06:29	
98	79	Júlio Sousa	A.D.Sebolido trail	01:24:50	+26:26	06:32	
99	97	Anthony Suarez	Arrifana Running	01:25:14	+26:50	06:33	
100	339	Carlos silva	Individual	01:25:20	+26:56	06:34	
101	33	Paulo Pinheiro	Individual	01:25:21	+26:57	06:34	
102	76	Davide Freitas	A. D. Nós Acreditamos	01:25:49	+27:25	06:36	
103	272	José Filipe	Individual	01:26:11	+27:47	06:38	
104	388	Jorge Rodrigues	Individual	01:26:13	+27:49	06:38	
105	26	André Dias	Individual	01:26:39	+28:15	06:40	
106	316	Carla Cardoso	Individual	01:26:47	+28:23	06:41	
107	170	João Duarte	Cavalinho	01:26:50	+28:26	06:41	
108	191	Maria do Céu Sardoura Ferreira	Fitarena ginásio	01:27:05	+28:41	06:42	
109	473	Márcio Santos	Traquinas do Conga	01:27:38	+29:14	06:44	
110	351	Luís Almeida	Individual	01:27:39	+29:15	06:45	
111	133	Lídia Forte	BodyWorkout	01:27:41	+29:17	06:45	
112	464	Erasmo Alves	TAYLORS	01:27:49	+29:25	06:45	
113	262	Gil Dudot	Individual	01:27:53	+29:29	06:46	
114	364	Paulo pinho	Individual	01:27:57	+29:33	06:46	
115	48	Rui Martins	Individual	01:28:03	+29:39	06:46	
116	54	Manuel Constantino Silva	Individual	01:28:05	+29:41	06:47	
117	353	MANUEL SILVA	Individual	01:28:06	+29:42	06:47	
118	271	Jorge Sousa	Individual	01:28:38	+30:14	06:49	
119	295	Tiago Batista	Individual	01:28:51	+30:27	06:50	
120	384	Domingos Ferreira	A.D.Sebolido trail	01:28:55	+30:31	06:50	
121	471	Frederico Silva	Traquinas do Conga	01:28:59	+30:35	06:51	
122	287	Rafael Mota	Individual	01:29:03	+30:39	06:51	
123	234	Mariana Pereira	Individual	01:29:07	+30:43	06:51	
124	496	Jose Herdeiro	Clube Desportivo Feirense	01:29:09	+30:46	06:52	
125	256	Fábio Daniel Gomes da Silva	Individual	01:29:15	+30:51	06:52	
126	80	Constantina Rocha	A.D.Sebolido trail	01:29:22	+30:58	06:52	
127	399	Paulo Crasto	Individual	01:29:24	+31:00	06:53	
128	36	Vladyslav Obrynba	Individual	01:29:44	+31:20	06:54	
129	238	Silvia silva	Individual	01:30:06	+31:42	06:56	
130	307	Liza Caballero Romero	Individual	01:30:17	+31:53	06:57	

TRAIL CURTO - STAGE 1

13 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
131	352	Luis santos	Individual	01:30:19	+31:55	06:57	
132	381	Carlos Ferreira	Individual	01:30:22	+31:58	06:57	
133	393	José Oliveira	Individual	01:30:27	+32:03	06:57	
134	87	RICARDO TEIXEIRA	ADC Santa Isabel Trail Running	01:30:51	+32:27	06:59	
135	120	Renato Tavares	Arrifana Running	01:31:05	+32:41	07:00	
136	55	Manuel Costa	Individual	01:31:06	+32:42	07:00	
137	171	Duarte Pinto	CCD Matosinhos	01:31:20	+32:56	07:02	
138	27	Andrés Yepes	Individual	01:31:40	+33:16	07:03	
139	84	LILIANA MOTA	ADC Santa Isabel Trail Running	01:31:44	+33:20	07:03	
140	449	Carlos Martins	OiãRunners	01:31:44	+33:20	07:03	
141	162	Miguel Santos	C.D.C São Martinho da Gândara	01:31:48	+33:24	07:04	
142	387	Jorge Alexandre Tavares Oliveira	Individual	01:31:59	+33:35	07:05	
143	424	Michelângelo Lopes	Lourosa em Movimento	01:32:24	+34:00	07:06	
144	30	Kevin Pinto Silva	Individual	01:32:24	+34:00	07:06	
145	185	Alberto Barros	Espírito jovem	01:32:26	+34:02	07:07	
146	451	Miguel Pimentel	OiãRunners	01:32:31	+34:07	07:07	
147	275	Luis Brás	Individual	01:32:34	+34:10	07:07	
148	205	Sonia Almeida	Guisande Trail Running	01:32:50	+34:26	07:08	
149	223	Claudia marina moreira da silva	Individual	01:32:53	+34:29	07:09	
150	389	José Augusto Ferreira	Individual	01:33:00	+34:36	07:09	
151	335	BRUNO MIGUEL	Individual	01:33:00	+34:36	07:09	
152	346	Francisco Manuel Silva Oliveira	Individual	01:33:03	+34:39	07:09	
153	479	Ana Soraia Freitas Sousa	Tuga Mobile ADAP Trail	01:33:10	+34:46	07:10	
154	239	Sofia Miguel	Individual	01:33:19	+34:55	07:11	
155	240	Vanessa M Santos	Individual	01:33:25	+35:01	07:11	
156	390	JOSE MANUEL MOREIRA	Individual	01:33:25	+35:01	07:11	
157	35	Rui Pedro Almeida Castanheira	Individual	01:33:34	+35:10	07:12	
158	143	Pedro Valença	Botão Camp	01:33:47	+35:23	07:13	
159	341	Daniel Silva	Individual	01:33:50	+35:26	07:13	
160	447	Márcio Ferreira	OiãRunners	01:34:01	+35:37	07:14	
161	50	Baltazar Ferreira	Individual	01:34:11	+35:47	07:15	
162	178	Vítor M Cardoso	Corre São João	01:34:19	+35:55	07:15	
163	474	Marcos Fonseca	Traquinas do Conga	01:34:30	+36:06	07:16	
164	32	Miguel Ribeiro Costa	Individual	01:34:48	+36:24	07:18	
165	279	Michael Ribeirinha	Individual	01:34:50	+36:26	07:18	
166	463	Paulo Teixeira	Sport Club Do Porto	01:34:50	+36:26	07:18	
167	268	João Queirós	Individual	01:34:56	+36:32	07:18	
168	57	José Castro	Individual	01:35:08	+36:44	07:19	
169	462	Manuel Guedes	Serviços Sociais Montepio	01:35:09	+36:45	07:19	
170	207	Domingos Ferreira	Guisande Trail Running	01:35:24	+37:00	07:20	
171	201	Bruna Ferreira	Guisande Trail Running	01:35:24	+37:00	07:20	
172	367	Ricardo Bastos	Individual	01:35:36	+37:12	07:21	
173	493	Antonio Jose Moreira de Sousa	Individual	01:35:38	+37:14	07:21	
174	342	Eduardo Amorim	Individual	01:35:38	+37:14	07:21	
175	426	Ricardo Duarte	Lourosa em Movimento	01:35:40	+37:16	07:22	
176	423	Vera Oliveira	Lourosa em Movimento	01:35:41	+37:17	07:22	

TRAIL CURTO - STAGE 1

13 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
177	60	Denis Stenderchuck	Margem Sul	01:35:52	+37:28	07:22	
178	431	Ivan Kharitonov	Margem Sul	01:35:53	+37:29	07:23	
179	218	Carina Lopes	Individual	01:35:56	+37:32	07:23	
180	385	Filipe Soares	Individual	01:36:16	+37:52	07:24	
181	220	Catarina Jorge	Individual	01:36:17	+37:53	07:24	
182	180	Mário Rosa	Dci/trilhos luso bussaco	01:36:24	+38:00	07:25	
183	89	Micaela costa	Amigos do trail OAZ	01:36:33	+38:09	07:26	
184	369	Rodrigo Miguel Santos Silva	Individual	01:37:32	+39:08	07:30	
185	25	Joana Espinhosa	Individual	01:37:35	+39:11	07:30	
186	69	César Moutinho	S4L Medense FC	01:37:35	+39:11	07:30	
187	158	Paula Castro	BTT Isolamais/Sportaz	01:37:49	+39:25	07:31	
188	206	TERESA SANTOS	Guisande Trail Running	01:37:50	+39:26	07:32	
189	68	Pedro Santos	Pacer	01:37:51	+39:27	07:32	
190	208	HELDER OLIVEIRA	Guisande Trail Running	01:37:51	+39:27	07:32	
191	467	Miguel Pinto	TeamCabral	01:37:56	+39:32	07:32	
192	252	Daniel Serralva	Individual	01:38:03	+39:39	07:33	
193	468	João Miranda	TeamCabral	01:38:05	+39:41	07:33	
194	108	Jorge Costa	Arrifana Running	01:38:12	+39:48	07:33	
195	122	José santos	Arrifana Running	01:38:13	+39:49	07:33	
196	183	Joel Magina	Elite Aradense	01:38:13	+39:49	07:33	
197	184	Tiago Fidalgo	Elite Aradense	01:38:13	+39:49	07:33	
198	16	Paula Cristina de Oliveira Martins	Arrifana Running	01:38:13	+39:49	07:33	
199	182	Emanuel Reis	Elite Aradense	01:38:14	+39:50	07:33	
200	181	Américo Santos	Elite Aradense	01:38:14	+39:50	07:33	
201	427	Carla Sousa	Lourosa em Movimento	01:38:25	+40:01	07:34	
202	247	Bruno Rocha	Individual	01:39:26	+41:02	07:39	
203	355	Manuel ventura da Silva Marques	Individual	01:39:33	+41:09	07:39	
204	264	Helder Marques	Individual	01:39:36	+41:12	07:40	
205	51	Carlos Barroso	Individual	01:39:39	+41:15	07:40	
206	190	Juliana Marques Melo	Fitarena ginásio	01:39:52	+41:28	07:41	
207	485	Helder Pereira	TURTLES	01:39:53	+41:29	07:41	
208	92	Carlos Estrela	Amigos do trail OAZ	01:40:17	+41:53	07:43	
209	348	Joaquim Sousa	Individual	01:40:21	+41:57	07:43	
210	446	Cristina Gomes	Núcleo de Montanha de Espinho	01:40:50	+42:26	07:45	
211	445	Ana Gomes	Núcleo de Montanha de Espinho	01:40:50	+42:26	07:45	
212	94	Mária Lúcia de Jesus Calmeiro	Arrifana Running	01:40:55	+42:31	07:46	
213	318	Fernanda Pinheiro	Individual	01:40:59	+42:35	07:46	
214	394	José Pinheiro	Individual	01:40:59	+42:35	07:46	
215	110	Pedro Paiva	Arrifana Running	01:41:00	+42:36	07:46	
216	18	Rogério Silva	C.D.C São Martinho da Gândara	01:41:05	+42:41	07:47	
217	368	Ricardo Manuel Andrade Gomes	Individual	01:41:06	+42:42	07:47	
218	418	RENATO ARAÚJO	JUF ACC	01:41:08	+42:44	07:47	
219	414	Cristiana Moreira	JUF ACC	01:41:08	+42:44	07:47	
220	495	Margarida Oliveira	MSS GRUPO DESPORTIVO DE GONDOMAR	01:41:24	+43:00	07:48	
221	258	Filipe sousa	Individual	01:41:40	+43:16	07:49	
222	28	Fábio Manuel Almeida Ventura	Individual	01:41:56	+43:32	07:50	

TRAIL CURTO - STAGE 1**13 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
223	282	Miguel Pereira	Individual	01:41:58	+43:34	07:51	
224	332	Antonio Jesus	Individual	01:42:00	+43:36	07:51	
225	241	André Martins	Individual	01:42:06	+43:42	07:51	
226	253	Daniel Teixeira	Individual	01:42:09	+43:45	07:51	
227	224	Daniela Goulart	Individual	01:42:09	+43:45	07:51	
228	121	José Belez Pereira	Arrifana Running	01:42:15	+43:51	07:52	
229	417	TELMO NOGUEIRA	JUF ACC	01:42:31	+44:07	07:53	
230	836	francisco costa	Individual	01:42:34	+44:10	07:53	
231	39	Anabela Ribeiro	Individual	01:42:46	+44:22	07:54	
232	217	Brígida Lima	Individual	01:43:21	+44:57	07:57	
233	17	BRUNO VIEIRA	AZTrail	01:43:21	+44:57	07:57	
234	261	Fritz Mende	Individual	01:43:36	+45:12	07:58	
235	102	Tiago Campos	Arrifana Running	01:43:51	+45:27	07:59	
236	221	Catarina Lopes	Individual	01:43:51	+45:27	07:59	
237	196	Duarte Malheiro	GlassDrive Running Sport	01:43:56	+45:32	08:00	
238	298	Vitor Correia	Individual	01:44:09	+45:45	08:01	
239	349	Jorge Manuel Cota Pereira	Individual	01:44:10	+45:46	08:01	
240	285	Pedro Almeida	Individual	01:44:12	+45:48	08:01	
241	199	VALTER JACINTO	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	01:44:21	+45:57	08:02	
242	15	Carlos Marques	@corredoresderua@	01:44:25	+46:01	08:02	
243	404	Vitor Manuel dos Santos Silva	Individual	01:44:44	+46:20	08:03	
244	305	Joana Tavares	Individual	01:45:23	+46:59	08:06	
245	302	edite guedes	Individual	01:45:28	+47:04	08:07	
246	72	João Rodrigues	Sapatilhas verdes	01:45:28	+47:04	08:07	
247	434	Antonio Luis	MSS GRUPO DESPORTIVO DE GONDOMAR	01:45:58	+47:34	08:09	
248	193	Rúben Leandro Santos Pereira	Furadouro Trail	01:46:19	+47:55	08:11	
249	192	Marcia Alexandra Pinho Campos	Furadouro Trail	01:46:20	+47:56	08:11	
250	194	Virgílio César da Silva Neves	Furadouro Trail	01:46:20	+47:56	08:11	
251	115	Antonio Gonçalves	Arrifana Running	01:46:33	+48:09	08:12	
252	421	André Nascimento	Let's Activate	01:46:42	+48:18	08:12	
253	198	CARLOS ORTET	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	01:46:52	+48:28	08:13	
254	292	Rui Silva	Individual	01:47:07	+48:43	08:14	
255	212	Hugo Valente	H&S	01:47:14	+48:50	08:15	
256	453	Elisa Maria França Oliveira Ferreira	PEMJ	01:47:18	+48:54	08:15	
257	454	Pedro Filipe Camarinha da Rocha	PEMJ	01:47:18	+48:54	08:15	
258	289	Ricardo Lopes	Individual	01:47:25	+49:01	08:16	
259	257	Filipe Martins	Individual	01:47:25	+49:01	08:16	
260	151	Ricardo Ferreira	Bravos e Bravitas	01:47:37	+49:13	08:17	
261	420	Vasco José Ferro e Silva	Let's Activate	01:47:54	+49:30	08:18	
262	228	Gabriela Pinhal	Individual	01:47:56	+49:32	08:18	
263	405	Antonio Tafula	Individual	01:47:58	+49:34	08:18	
264	478	Sofia Castro	TRTeam	01:48:11	+49:47	08:19	
265	24	Jéssica Fonte	Individual	01:48:24	+50:00	08:20	
266	483	Ricardo Santos	TURTLES	01:48:30	+50:06	08:21	
267	237	Patrícia Almeida	Individual	01:48:48	+50:24	08:22	
268	274	José Teixeira	Individual	01:48:48	+50:24	08:22	

TRAIL CURTO - STAGE 1

13 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
269	309	Maria de Fátima Rodrigues Moreira	Individual	01:49:09	+50:45	08:24	
270	267	João Gonçalves	Individual	01:49:11	+50:47	08:24	
271	255	Diogo Santos	Individual	01:49:14	+50:50	08:24	
272	321	Maria Ramos	Individual	01:49:14	+50:50	08:24	
273	378	Carlos Bastos	Individual	01:49:55	+51:31	08:27	
274	46	Nuno Morgado	Individual	01:50:41	+52:17	08:31	
275	406	Casimiro António Fernandes	Individual	01:50:44	+52:20	08:31	
276	186	Ana Almeida	Family4syte	01:50:44	+52:20	08:31	
277	106	Orquídea Gomes	Arrifana Running	01:50:44	+52:20	08:31	
278	161	Jorge Rocha	C.D.C São Martinho da Gândara	01:50:46	+52:22	08:31	
279	373	ALCIDIO FIGUEIREDO	Individual	01:50:58	+52:34	08:32	
280	88	Ana Silva	AGM Team Running	01:51:04	+52:40	08:33	
281	319	Fernanda Sousa	Individual	01:51:04	+52:40	08:33	
282	211	Susana Almeida	H&S	01:51:08	+52:44	08:33	
283	77	Martinha Magalhães	A. D. Nós Acreditamos	01:51:13	+52:49	08:33	
284	34	Rui Miguel Santos Carvalho	Individual	01:51:15	+52:51	08:33	
285	90	Andres Ferreira	Amigos do trail OAZ	01:51:29	+53:05	08:35	
286	461	Joaquim Melo	Serviços Sociais Montepio	01:51:47	+53:23	08:36	
287	41	Marta Alves	Individual	01:51:52	+53:28	08:36	
288	203	Ricardo Lopes	Guisande Trail Running	01:52:15	+53:51	08:38	
289	204	Sandra Matos	Guisande Trail Running	01:52:22	+53:58	08:39	
290	210	Pedro Santos	Guisande Trail Running	01:52:24	+54:00	08:39	
291	67	Marisa Isabel Sobral Rianço	Montes Saloios Trail Team	01:52:26	+54:02	08:39	
292	250	Daniel Brás	Individual	01:52:34	+54:10	08:40	
293	487	Joana Pinho	Zequinhas running team	01:52:38	+54:14	08:40	
294	376	Artur Franca	Individual	01:53:39	+55:15	08:45	
295	448	Amílcar Ferreira	OiãRunners	01:54:23	+55:59	08:48	
296	850	Nuno Capela	Núcleo de Montanha de Espinho	01:54:42	+56:19	08:49	
297	330	Alberto Manuel Oliveira Ferreira	Individual	01:55:33	+57:09	08:53	
298	213	Diva Silva	Helder Pereira	01:55:34	+57:10	08:53	
299	415	Cristiana Pinto	JUF ACC	01:55:34	+57:10	08:53	
300	359	Marco Pereira	Individual	01:55:35	+57:11	08:53	
301	42	Eduardo Banha	Individual	01:55:41	+57:17	08:54	
302	20	Elisia Gonçalves	Desnível Positivo	01:56:08	+57:44	08:56	
303	456	Jaime Areia	Pés ao Caminho	01:56:16	+57:52	08:57	
304	91	Carlos Verdisca	Amigos do trail OAZ	01:56:21	+57:57	08:57	
305	429	Sofia Martins	Lourosa em Movimento	01:57:13	+58:49	09:01	
306	297	Tiago Lopes	Individual	01:57:27	+59:03	09:02	
307	147	Hélder Ferreira	Bravos e Bravitas	01:57:33	+59:09	09:03	
308	476	Paula Pinheiro	Trilhos e Tradições	01:57:33	+59:09	09:03	
309	188	Marta Rodrigues	Fitarena ginásio	01:57:34	+59:10	09:03	
310	248	Carlos Ribeiro	Individual	01:58:56	+01:00:32	09:09	
311	306	Ligia Alves	Individual	01:59:10	+01:00:46	09:10	
312	472	Leonardo Santos	Traquinas do Conga	01:59:33	+01:01:09	09:12	
313	470	Bruno Amaro	Traquinas do Conga	01:59:37	+01:01:13	09:12	
314	174	Cândida Vilas-Boas	Clube Zupper	02:01:02	+01:02:38	09:19	

TRAIL CURTO - STAGE 1

13 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
361	469	Tiago Mendes	Traquinas do Conga	02:15:01	+01:16:37	10:23	
362	73	Luisa Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:16:09	+01:17:45	10:28	
363	413	Marta Pinho	Iron Legs Runners	02:16:14	+01:17:50	10:29	
364	410	Luís Filipe de Almeida Oliveira	Iron Legs Runners	02:16:15	+01:17:51	10:29	
365	325	Susana Rodrigues	Individual	02:17:58	+01:19:34	10:37	
366	397	Leonardo Rorato	Individual	02:20:28	+01:22:04	10:48	
367	160	Fernando Vieira	BTT Isolamais/Sportaz	02:24:17	+01:25:53	11:06	
368	156	Sónia Carvalho	BTT Isolamais/Sportaz	02:24:17	+01:25:53	11:06	
369	482	Daniel Batalha	TURTLES	02:25:31	+01:27:07	11:12	
370	484	Cláudia Silva	TURTLES	02:25:32	+01:27:08	11:12	
371	313	Sandra silva	Individual	02:27:43	+01:29:19	11:22	
372	310	Maria silva	Individual	02:27:44	+01:29:20	11:22	
373	127	Catarina Balão	BodyWorkout	02:28:16	+01:29:52	11:24	
374	132	Isabel Silva	BodyWorkout	02:28:16	+01:29:52	11:24	
375	131	Filipa Luz	BodyWorkout	02:28:16	+01:29:52	11:24	
376	314	Silvia Ferreira	Individual	02:28:45	+01:30:21	11:27	
377	231	Karina Moreira	Individual	02:28:45	+01:30:21	11:27	
378	459	Carolina Cardoso	Sapatilhas verdes	02:29:29	+01:31:05	11:30	
379	311	Marta Martins	Individual	02:29:30	+01:31:06	11:30	
380	142	António Matos	BoraBora, Vamos Lá!	02:30:26	+01:32:02	11:34	
381	141	Ana Maia	BoraBora, Vamos Lá!	02:30:27	+01:32:03	11:34	
382	333	Atleta 333	Individual	02:32:11	+01:33:47	11:42	
383	299	Andreia Duarte	Individual	02:32:12	+01:33:48	11:42	
384	59	Joaquim Castro	Love is in the air	02:32:49	+01:34:25	11:45	
385	403	Ramiro Silva	Individual	02:32:50	+01:34:26	11:45	

Trail Curto

13 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

	Time	Temperature	Humidity
Start	18:30	9°C	87%
End	21:02	9°C	87%

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

1	232	Laura feliza lopez	Individual	Senior Feminino	01:22:54		06:23
2	133	Lídia Forte	BodyWorkout	Senior Feminino	01:27:41	+04:47	06:45
3	234	Mariana Pereira	Individual	Senior Feminino	01:29:07	+06:12	06:51
4	238	Silvia silva	Individual	Senior Feminino	01:30:06	+07:11	06:56
5	223	Claudia marina moreira da silva	Individual	Senior Feminino	01:32:53	+09:59	07:09
6	479	Ana Soraia Freitas Sousa	Tuga Mobile ADAP Trail	Senior Feminino	01:33:10	+10:16	07:10
7	239	Sofia Miguel	Individual	Senior Feminino	01:33:19	+10:25	07:11
8	240	Vanessa M Santos	Individual	Senior Feminino	01:33:25	+10:31	07:11
9	201	Bruna Ferreira	Guisande Trail Running	Senior Feminino	01:35:24	+12:30	07:20
10	423	Vera Oliveira	Lourosa em Movimento	Senior Feminino	01:35:41	+12:47	07:22
11	218	Carina Lopes	Individual	Senior Feminino	01:35:56	+13:02	07:23
12	220	Catarina Jorge	Individual	Senior Feminino	01:36:17	+13:23	07:24
13	89	Micaela costa	Amigos do trail OAZ	Senior Feminino	01:36:33	+13:39	07:26
14	25	Joana Espinhosa	Individual	Senior Feminino	01:37:35	+14:41	07:30
15	94	Mária Lúcia de Jesus Calmeiro	Arrifana Running	Senior Feminino	01:40:55	+18:01	07:46
16	414	Cristiana Moreira	JUF ACC	Senior Feminino	01:41:08	+18:14	07:47
17	224	Daniela Goulart	Individual	Senior Feminino	01:42:09	+19:15	07:51
18	217	Brígida Lima	Individual	Senior Feminino	01:43:21	+20:27	07:57
19	221	Catarina Lopes	Individual	Senior Feminino	01:43:51	+20:57	07:59
20	453	Elisa Maria França Oliveira Ferreira	PEMJ	Senior Feminino	01:47:18	+24:24	08:15
21	228	Gabriela Pinhal	Individual	Senior Feminino	01:47:56	+25:02	08:18
22	24	Jéssica Fonte	Individual	Senior Feminino	01:48:24	+25:30	08:20
23	237	Patrícia Almeida	Individual	Senior Feminino	01:48:48	+25:54	08:22
24	186	Ana Almeida	Family4syte	Senior Feminino	01:50:44	+27:50	08:31
25	88	Ana Silva	AGM Team Running	Senior Feminino	01:51:04	+28:10	08:33
26	211	Susana Almeida	H&S	Senior Feminino	01:51:08	+28:14	08:33
27	213	Diva Silva	Helder Pereira	Senior Feminino	01:55:34	+32:40	08:53
28	415	Cristiana Pinto	JUF ACC	Senior Feminino	01:55:34	+32:40	08:53
29	188	Marta Rodrigues	Fitarena ginásio	Senior Feminino	01:57:34	+34:40	09:03
30	175	Soraia Raquel Gomes Rodrigues	CMFEIRA	Senior Feminino	02:02:09	+39:15	09:24
31	229	Isabela Augusta Rodrigues	Individual	Senior Feminino	02:04:04	+41:10	09:33
32	439	Joana Filipa Sousa Reis	No fio da navalha	Senior Feminino	02:04:39	+41:45	09:35
33	222	Catarina Martinho Dias	Individual	Senior Feminino	02:04:46	+41:52	09:36
34	137	Raquel Silva	BodyWorkout	Senior Feminino	02:11:00	+48:06	10:05
35	135	Mara Amorim	BodyWorkout	Senior Feminino	02:11:00	+48:06	10:05
36	130	Filipa Bastos	BodyWorkout	Senior Feminino	02:11:03	+48:08	10:05
37	136	Marta Fontes	BodyWorkout	Senior Feminino	02:11:03	+48:09	10:05
38	128	Cátia Balona	BodyWorkout	Senior Feminino	02:11:05	+48:11	10:05
39	126	Andreia Moreira	BodyWorkout	Senior Feminino	02:11:06	+48:12	10:05

Trail Curto

13 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

40	127	Catarina Balão	BodyWorkout	Senior Feminino	02:28:16	+01:05:22	11:24
41	132	Isabel Silva	BodyWorkout	Senior Feminino	02:28:16	+01:05:22	11:24
42	131	Filipa Luz	BodyWorkout	Senior Feminino	02:28:16	+01:05:22	11:24
43	231	Karina Moreira	Individual	Senior Feminino	02:28:45	+01:05:51	11:27
44	141	Ana Maia	BoraBora, Vamos Lá!	Senior Feminino	02:30:27	+01:07:33	11:34

Senior Masculino

1	269	João Sousa	Individual	Senior Masculino	58:24		04:30
2	441	André Silva	NS Trail Team	Senior Masculino	01:01:21	+02:56	04:43
3	9	Hugo Ferreira	G.D.A Ronda	Senior Masculino	01:01:47	+03:22	04:45
4	290	Roberto Filipe Pereira Bastos	Individual	Senior Masculino	01:03:56	+05:32	04:55
5	148	Rui Teixeira	Bravos e Bravitas	Senior Masculino	01:05:12	+06:47	05:01
6	179	Diogo Pimenta	Dci/trilhos luso bussaco	Senior Masculino	01:05:39	+07:15	05:03
7	243	Andre melo	G.D.A Ronda	Senior Masculino	01:05:56	+07:31	05:04
8	187	Fábio Almeida	Family4syte	Senior Masculino	01:08:49	+10:24	05:18
9	65	Filipe Oliveira	Milheirós de Poiares	Senior Masculino	01:08:49	+10:25	05:18
10	425	Nuno Miguel Oliveira Santos	Lourosa em Movimento	Senior Masculino	01:10:59	+12:34	05:28
11	494	André Batista	Clube Desportivo Feirense	Senior Masculino	01:12:50	+14:25	05:36
12	293	Samuel da Silva rocha	Individual	Senior Masculino	01:13:19	+14:54	05:38
13	270	Joaquim Rodrigues	Individual	Senior Masculino	01:14:26	+16:02	05:44
14	146	Fábio Pereira	Bravos e Bravitas	Senior Masculino	01:15:17	+16:52	05:47
15	458	Tiago Santos	Sapatilhas verdes	Senior Masculino	01:15:21	+16:56	05:48
16	189	João Gomes	Fitarena ginásio	Senior Masculino	01:15:27	+17:02	05:48
17	103	Tiago Gonçalves	Arrifana Running	Senior Masculino	01:16:25	+18:00	05:53
18	294	Sérgio Ribeiro	Individual	Senior Masculino	01:16:57	+18:32	05:55
19	176	André de Oliveira Teixeira	CMFEIRA	Senior Masculino	01:17:21	+18:56	05:57
20	276	Marcelo Magalhães	Individual	Senior Masculino	01:19:08	+20:43	06:05
21	31	Luciano Amaro	Individual	Senior Masculino	01:19:10	+20:45	06:05
22	283	Myke santos	Individual	Senior Masculino	01:19:15	+20:50	06:06
23	29	Joaquim Gomes	Individual	Senior Masculino	01:21:30	+23:06	06:16
24	154	João Carvalho	BTT Isolamais/Sportaz	Senior Masculino	01:21:31	+23:06	06:16
25	21	Ricardo Lopes	Fojo trail Team	Senior Masculino	01:21:50	+23:25	06:18
26	249	César Maltez	Individual	Senior Masculino	01:22:02	+23:37	06:19
27	259	Francisco Manuel Teixeira Marques	Individual	Senior Masculino	01:22:46	+24:21	06:22
28	145	António Silva	Bravos e Bravitas	Senior Masculino	01:22:55	+24:30	06:23
29	254	Diogo Filipe Ferreira Magalhães	Individual	Senior Masculino	01:23:37	+25:12	06:26
30	242	André Meireles	Individual	Senior Masculino	01:23:43	+25:18	06:26
31	79	Júlio Sousa	A.D.Sebolido trail	Senior Masculino	01:24:50	+26:26	06:32
32	97	Anthony Suarez	Arrifana Running	Senior Masculino	01:25:14	+26:49	06:33
33	33	Paulo Pinheiro	Individual	Senior Masculino	01:25:21	+26:56	06:34
34	76	Davide Freitas	A. D. Nós Acreditamos	Senior Masculino	01:25:49	+27:24	06:36
35	272	José Filipe	Individual	Senior Masculino	01:26:11	+27:47	06:38
36	26	André Dias	Individual	Senior Masculino	01:26:39	+28:14	06:40
37	262	Gil Dudot	Individual	Senior Masculino	01:27:53	+29:29	06:46
38	271	Jorge Sousa	Individual	Senior Masculino	01:28:38	+30:13	06:49

Trail Curto

13 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

39	295	Tiago Batista	Individual	Senior Masculino	01:28:51	+30:26	06:50
40	287	Rafael Mota	Individual	Senior Masculino	01:29:03	+30:38	06:51
41	256	Fábio Daniel Gomes da Silva	Individual	Senior Masculino	01:29:15	+30:50	06:52
42	36	Vladyslav Obrynba	Individual	Senior Masculino	01:29:44	+31:19	06:54
43	27	Andrés Yepes	Individual	Senior Masculino	01:31:40	+33:15	07:03
44	424	Michelângelo Lopes	Lourosa em Movimento	Senior Masculino	01:32:24	+33:59	07:06
45	30	Kevin Pinto Silva	Individual	Senior Masculino	01:32:24	+34:00	07:06
46	275	Luís Brás	Individual	Senior Masculino	01:32:34	+34:10	07:07
47	35	Rui Pedro Almeida Castanheira	Individual	Senior Masculino	01:33:34	+35:10	07:12
48	32	Miguel Ribeiro Costa	Individual	Senior Masculino	01:34:48	+36:23	07:18
49	279	Michael Ribeirinha	Individual	Senior Masculino	01:34:50	+36:25	07:18
50	268	João Queirós	Individual	Senior Masculino	01:34:56	+36:31	07:18
51	426	Ricardo Duarte	Lourosa em Movimento	Senior Masculino	01:35:40	+37:15	07:22
52	69	César Moutinho	S4L Medense FC	Senior Masculino	01:37:35	+39:10	07:30
53	467	Miguel Pinto	TeamCabral	Senior Masculino	01:37:56	+39:31	07:32
54	252	Daniel Serralva	Individual	Senior Masculino	01:38:03	+39:38	07:33
55	183	Joel Magina	Elite Aradense	Senior Masculino	01:38:13	+39:48	07:33
56	184	Tiago Fidalgo	Elite Aradense	Senior Masculino	01:38:13	+39:48	07:33
57	182	Emanuel Reis	Elite Aradense	Senior Masculino	01:38:14	+39:49	07:33
58	181	Américo Santos	Elite Aradense	Senior Masculino	01:38:14	+39:49	07:33
59	247	Bruno Rocha	Individual	Senior Masculino	01:39:26	+41:02	07:39
60	264	Helder Marques	Individual	Senior Masculino	01:39:36	+41:11	07:40
61	258	Filipe sousa	Individual	Senior Masculino	01:41:40	+43:15	07:49
62	28	Fábio Manuel Almeida Ventura	Individual	Senior Masculino	01:41:56	+43:31	07:50
63	282	Miguel Pereira	Individual	Senior Masculino	01:41:58	+43:33	07:51
64	241	André Martins	Individual	Senior Masculino	01:42:06	+43:41	07:51
65	253	Daniel Teixeira	Individual	Senior Masculino	01:42:09	+43:44	07:51
66	261	Fritz Mende	Individual	Senior Masculino	01:43:36	+45:11	07:58
67	102	Tiago Campos	Arrifana Running	Senior Masculino	01:43:51	+45:26	07:59
68	298	Vitor Correia	Individual	Senior Masculino	01:44:09	+45:45	08:01
69	285	Pedro Almeida	Individual	Senior Masculino	01:44:12	+45:47	08:01
70	72	João Rodrigues	Sapatilhas verdes	Senior Masculino	01:45:28	+47:04	08:07
71	292	Rui Silva	Individual	Senior Masculino	01:47:07	+48:42	08:14
72	212	Hugo Valente	H&S	Senior Masculino	01:47:14	+48:49	08:15
73	454	Pedro Filipe Camarinha da Rocha	PEMJ	Senior Masculino	01:47:18	+48:54	08:15
74	289	Ricardo Lopes	Individual	Senior Masculino	01:47:25	+49:00	08:16
75	257	Filipe Martins	Individual	Senior Masculino	01:47:25	+49:00	08:16
76	420	Vasco José Ferro e Silva	Let's Activate	Senior Masculino	01:47:54	+49:29	08:18
77	483	Ricardo Santos	TURTLES	Senior Masculino	01:48:30	+50:05	08:21
78	274	José Teixeira	Individual	Senior Masculino	01:48:48	+50:23	08:22
79	267	João Gonçalves	Individual	Senior Masculino	01:49:11	+50:46	08:24
80	255	Diogo Santos	Individual	Senior Masculino	01:49:14	+50:49	08:24
81	34	Rui Miguel Santos Carvalho	Individual	Senior Masculino	01:51:15	+52:50	08:33
82	90	Andres Ferreira	Amigos do trail OAZ	Senior Masculino	01:51:29	+53:04	08:35
83	461	Joaquim Melo	Serviços Sociais Montepio	Senior Masculino	01:51:47	+53:23	08:36
84	203	Ricardo Lopes	Guisande Trail Running	Senior Masculino	01:52:15	+53:50	08:38

Trail Curto

13 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

85	250	Daniel Brás	Individual	Senior Masculino	01:52:34	+54:09	08:40
86	91	Carlos Verdisca	Amigos do trail OAZ	Senior Masculino	01:56:21	+57:56	08:57
87	297	Tiago Lopes	Individual	Senior Masculino	01:57:27	+59:02	09:02
88	147	Hélder Ferreira	Bravos e Bravitas	Senior Masculino	01:57:33	+59:08	09:03
89	248	Carlos Ribeiro	Individual	Senior Masculino	01:58:56	+01:00:32	09:09
90	177	Manuel António de Oliveira Teixeira	CMFEIRA	Senior Masculino	02:02:09	+01:03:44	09:24
91	440	Rafael Fernandes Duarte	No fio da navalha	Senior Masculino	02:04:24	+01:05:59	09:34
92	296	Tiago Daniel Couto Gonçalves	Individual	Senior Masculino	02:04:46	+01:06:22	09:36
93	280	Miguel Almeida	Individual	Senior Masculino	02:06:03	+01:07:38	09:42
94	104	Vítor Dias	Arrifana Running	Senior Masculino	02:11:21	+01:12:56	10:06
95	277	Marco Antonio Figueiredo Pinto	Individual	Senior Masculino	02:14:34	+01:16:09	10:21
96	469	Tiago Mendes	Traquinas do Conga	Senior Masculino	02:15:01	+01:16:37	10:23
97	410	Luís Filipe de Almeida Oliveira	Iron Legs Runners	Senior Masculino	02:16:15	+01:17:50	10:29
98	482	Daniel Batalha	TURTLES	Senior Masculino	02:25:31	+01:27:06	11:12

Veterana F40

1	3	Liliana Cardoso	Clube Desportivo Feirense	Veterana F40	01:12:47		05:36
2	6	Mónica Oliveira	Clube Desportivo Feirense	Veterana F40	01:17:04	+04:16	05:56
3	492	Vera Leite	Bravos e Bravitas	Veterana F40	01:22:55	+10:07	06:23
4	307	Liza Caballero Romero	Individual	Veterana F40	01:30:17	+17:29	06:57
5	84	LILIANA MOTA	ADC Santa Isabel Trail Running	Veterana F40	01:31:44	+18:56	07:03
6	205	Sonia Almeida	Guisande Trail Running	Veterana F40	01:32:50	+20:02	07:08
7	206	TERESA SANTOS	Guisande Trail Running	Veterana F40	01:37:50	+25:03	07:32
8	427	Carla Sousa	Lourosa em Movimento	Veterana F40	01:38:25	+25:37	07:34
9	190	Juliana Marques Melo	Fitarena ginásio	Veterana F40	01:39:52	+27:04	07:41
10	446	Cristina Gomes	Núcleo de Montanha de Espinho	Veterana F40	01:40:50	+28:02	07:45
11	445	Ana Gomes	Núcleo de Montanha de Espinho	Veterana F40	01:40:50	+28:02	07:45
12	305	Joana Tavares	Individual	Veterana F40	01:45:23	+32:35	08:06
13	302	edite guedes	Individual	Veterana F40	01:45:28	+32:40	08:07
14	192	Marcia Alexandra Pinho Campos	Furadouro Trail	Veterana F40	01:46:20	+33:32	08:11
15	478	Sofia Castro	TRTeam	Veterana F40	01:48:11	+35:23	08:19
16	309	Maria de Fátima Rodrigues Moreira	Individual	Veterana F40	01:49:09	+36:21	08:24
17	204	Sandra Matos	Guisande Trail Running	Veterana F40	01:52:22	+39:34	08:39
18	67	Marisa Isabel Sobral Rianço	Montes Saloios Trail Team	Veterana F40	01:52:26	+39:38	08:39
19	487	Joana Pinho	Zequinhas running team	Veterana F40	01:52:38	+39:50	08:40
20	20	Elisia Gonçalves	Desnível Positivo	Veterana F40	01:56:08	+43:21	08:56
21	306	Ligia Alves	Individual	Veterana F40	01:59:10	+46:22	09:10
22	475	Carmen Silva	Trilhos e Tradições	Veterana F40	02:03:32	+50:44	09:30
23	38	Vânia Paula Soares Cardoso	Individual	Veterana F40	02:04:33	+51:45	09:35
24	301	Dora Bastos	Individual	Veterana F40	02:04:41	+51:53	09:35
25	437	Célia Margarida Soares de Pinho	Night Runners Feira	Veterana F40	02:04:57	+52:10	09:37
26	412	Fátima Oliveira	Iron Legs Runners	Veterana F40	02:09:27	+56:39	09:57
27	140	Cátia Duro	BodyWorkout	Veterana F40	02:11:01	+58:13	10:05
28	138	Ana Almeida	BodyWorkout	Veterana F40	02:11:06	+58:19	10:05
29	105	Sandra Gomes	Arrifana Running	Veterana F40	02:11:22	+58:34	10:06

Trail Curto**13 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

30	304	Joana Bexiga	Individual	Veterana F40	02:14:58	+01:02:11	10:23
31	73	Luisa Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterana F40	02:16:09	+01:03:21	10:28
32	413	Marta Pinho	Iron Legs Runners	Veterana F40	02:16:14	+01:03:27	10:29
33	156	Sónia Carvalho	BTT Isolamais/Sportaz	Veterana F40	02:24:17	+01:11:29	11:06
34	484	Cláudia Silva	TURTLES	Veterana F40	02:25:32	+01:12:45	11:12
35	313	Sandra Silva	Individual	Veterana F40	02:27:43	+01:14:56	11:22
36	310	Maria Silva	Individual	Veterana F40	02:27:44	+01:14:56	11:22
37	314	Silvia Ferreira	Individual	Veterana F40	02:28:45	+01:15:58	11:27
38	459	Carolina Cardoso	Sapatilhas verdes	Veterana F40	02:29:29	+01:16:42	11:30
39	311	Marta Martins	Individual	Veterana F40	02:29:30	+01:16:42	11:30
40	299	Andreia Duarte	Individual	Veterana F40	02:32:12	+01:19:24	11:42

Veterana F50

1	316	Carla Cardoso	Individual	Veterana F50	01:26:47		06:41
2	191	Maria do Céu Sardoura Ferreira	Fitarena ginásio	Veterana F50	01:27:05	+00:18	06:42
3	80	Constantina Rocha	A.D.Sebolido trail	Veterana F50	01:29:22	+02:35	06:52
4	158	Paula Castro	BTT Isolamais/Sportaz	Veterana F50	01:37:49	+11:02	07:31
5	16	Paula Cristina de Oliveira Martins	Arrifana Running	Veterana F50	01:38:13	+11:26	07:33
6	318	Fernanda Pinheiro	Individual	Veterana F50	01:40:59	+14:11	07:46
7	495	Margarida Oliveira	MSS GRUPO DESPORTIVO DE GONDOMAR	Veterana F50	01:41:24	+14:36	07:48
8	39	Anabela Ribeiro	Individual	Veterana F50	01:42:46	+15:58	07:54
9	321	Maria Ramos	Individual	Veterana F50	01:49:14	+22:27	08:24
10	106	Orquídea Gomes	Arrifana Running	Veterana F50	01:50:44	+23:56	08:31
11	319	Fernanda Sousa	Individual	Veterana F50	01:51:04	+24:17	08:33
12	77	Martinha Magalhães	A. D. Nós Acreditamos	Veterana F50	01:51:13	+24:25	08:33
13	41	Marta Alves	Individual	Veterana F50	01:51:52	+25:05	08:36
14	429	Sofia Martins	Lourosa em Movimento	Veterana F50	01:57:13	+30:25	09:01
15	476	Paula Pinheiro	Trilhos e Tradições	Veterana F50	01:57:33	+30:46	09:03
16	174	Cândida Vilas-Boas	Clube Zupper	Veterana F50	02:01:02	+34:15	09:19
17	322	Noémi Shigetomi	Individual	Veterana F50	02:02:05	+35:17	09:23
18	326	Teresa Taveira	Individual	Veterana F50	02:04:45	+37:57	09:36
19	157	Lucinda Lemos	BTT Isolamais/Sportaz	Veterana F50	02:05:18	+38:30	09:38
20	195	Augusta Pereira	GlassDrive Running Sport	Veterana F50	02:06:42	+39:55	09:45
21	70	Ângela Moutinho	S4L Medense FC	Veterana F50	02:10:46	+43:59	10:04
22	107	Susana Gomes	Arrifana Running	Veterana F50	02:11:21	+44:33	10:06
23	325	Susana Rodrigues	Individual	Veterana F50	02:17:58	+51:11	10:37

Veterana F60

1	327	Ana Fonseca	Individual	Veterana F60	02:02:39		09:26
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Trail Curto

13 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

Veterano M40

1	5	Paulo Pereira	NS Trail Team	Veterano M40	58:24		04:30
2	4	Fernando Lima	Arrifana Running	Veterano M40	59:33	+01:09	04:35
3	149	Bruno Silva	Bravos e Bravitas	Veterano M40	59:43	+01:19	04:36
4	10	Hugo Silva	G.D.A Ronda	Veterano M40	01:03:55	+05:31	04:55
5	480	Antônio nogueira	Tuga Mobile ADAP Trail	Veterano M40	01:03:58	+05:34	04:55
6	83	Antônio Assunção	ACAIL GAS	Veterano M40	01:05:42	+07:17	05:03
7	488	Paulo Jorge Oliveira	Clube Desportivo Feirense	Veterano M40	01:09:10	+10:46	05:19
8	152	Sérgio Costa	Bravos e Bravitas	Veterano M40	01:10:17	+11:52	05:24
9	360	Nuno Helder Teixeira da Costa	Individual	Veterano M40	01:10:27	+12:02	05:25
10	62	FILIPE SILVA	MC Running	Veterano M40	01:10:28	+12:04	05:25
11	85	BRUNO PEREIRA	ADC Santa Isabel Trail Running	Veterano M40	01:10:29	+12:04	05:25
12	43	Fernando Miguel Durães Barbosa Dias	Individual	Veterano M40	01:10:39	+12:14	05:26
13	163	João Santos	Caldas de S. Jorge Sport Clube	Veterano M40	01:10:45	+12:20	05:27
14	344	Filipe Manuel Tavares da Silva	Individual	Veterano M40	01:11:39	+13:14	05:31
15	172	FERNANDO JORGE MIRANDA FERREIRA	Clube Millennium BCP	Veterano M40	01:12:26	+14:02	05:34
16	460	Paulo Sérgio Silva Gomes	Sentir Escariz Running	Veterano M40	01:12:43	+14:18	05:36
17	86	Fernando Augusto	ADC Santa Isabel Trail Running	Veterano M40	01:12:43	+14:19	05:36
18	63	HELDER MOTA	MC Running	Veterano M40	01:13:44	+15:19	05:40
19	365	Paulo Pinto	Individual	Veterano M40	01:13:58	+15:33	05:41
20	209	Pedro Lopes	Guisande Trail Running	Veterano M40	01:14:25	+16:00	05:43
21	340	DANIEL MATOS	Individual	Veterano M40	01:14:38	+16:14	05:44
22	114	Nuno Saramago	Arrifana Running	Veterano M40	01:15:25	+17:01	05:48
23	361	Nuno morais	Individual	Veterano M40	01:15:48	+17:24	05:50
24	370	Rui Albino	Individual	Veterano M40	01:15:51	+17:27	05:50
25	452	Luis Gomes	Pastello Runners	Veterano M40	01:16:18	+17:53	05:52
26	354	Manuel Soares	Individual	Veterano M40	01:16:57	+18:33	05:55
27	150	Joaquim Teixeira	Bravos e Bravitas	Veterano M40	01:17:49	+19:25	05:59
28	343	Fernando Silva	Individual	Veterano M40	01:18:17	+19:53	06:01
29	113	Vasco Rocha	Arrifana Running	Veterano M40	01:19:19	+20:54	06:06
30	357	Márcio Oliveira	Individual	Veterano M40	01:19:23	+20:59	06:06
31	164	Miguel Almeida	Caldas de S. Jorge Sport Clube	Veterano M40	01:19:24	+20:59	06:06
32	22	Flavio Pinto	Fojo trail Team	Veterano M40	01:19:28	+21:03	06:07
33	112	Rui Filipe	Arrifana Running	Veterano M40	01:19:46	+21:21	06:08
34	490	Manuel Joaquim Teixeira Gonçalves	Fojo trail Team	Veterano M40	01:20:34	+22:10	06:12
35	430	Fernando Nobre	Lourosa em Movimento	Veterano M40	01:21:08	+22:44	06:14
36	347	Helder Teixeira	Individual	Veterano M40	01:21:21	+22:57	06:15
37	702	Pedro Gabriel	C.A. Amigos Parque da Paz	Veterano M40	01:21:31	+23:07	06:16
38	336	CARLOS ALBERTO DE LIMA BRUNO	Individual	Veterano M40	01:21:52	+23:28	06:18
39	339	Carlos silva	Individual	Veterano M40	01:25:20	+26:56	06:34
40	170	João Duarte	Cavalinho	Veterano M40	01:26:50	+28:25	06:41
41	473	Márcio Santos	Traquinas do Conga	Veterano M40	01:27:38	+29:13	06:44
42	351	Luis Almeida	Individual	Veterano M40	01:27:39	+29:14	06:45
43	464	Erasmus Alves	TAYLORS	Veterano M40	01:27:49	+29:24	06:45
44	364	Paulo pinho	Individual	Veterano M40	01:27:57	+29:33	06:46

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Trail Curto

13 KM

OFFICIAL RESULT

45	48	Rui Martins	Individual	Veterano M40	01:28:03	+29:38	06:46
46	353	MANUEL SILVA	Individual	Veterano M40	01:28:06	+29:41	06:47
47	471	Frederico Silva	Traquinas do Conga	Veterano M40	01:28:59	+30:34	06:51
48	496	Jose Herdeiro	Clube Desportivo Feirense	Veterano M40	01:29:09	+30:45	06:52
49	352	Luis santos	Individual	Veterano M40	01:30:19	+31:55	06:57
50	87	RICARDO TEIXEIRA	ADC Santa Isabel Trail Running	Veterano M40	01:30:51	+32:27	06:59
51	171	Duarte Pinto	CCD Matosinhos	Veterano M40	01:31:20	+32:55	07:02
52	162	Miguel Santos	C.D.C São Martinho da Gândara	Veterano M40	01:31:48	+33:23	07:04
53	335	BRUNO MIGUEL	Individual	Veterano M40	01:33:00	+34:35	07:09
54	346	Francisco Manuel Silva Oliveira	Individual	Veterano M40	01:33:03	+34:39	07:09
55	341	Daniel Silva	Individual	Veterano M40	01:33:50	+35:26	07:13
56	447	Márcio Ferreira	OiãRunners	Veterano M40	01:34:01	+35:36	07:14
57	474	Marcos Fonseca	Traquinas do Conga	Veterano M40	01:34:30	+36:06	07:16
58	463	Paulo Teixeira	Sport Club Do Porto	Veterano M40	01:34:50	+36:26	07:18
59	462	Manuel Guedes	Serviços Sociais Montepio	Veterano M40	01:35:09	+36:44	07:19
60	207	Domingos Ferreira	Guisande Trail Running	Veterano M40	01:35:24	+37:00	07:20
61	367	Ricardo Bastos	Individual	Veterano M40	01:35:36	+37:12	07:21
62	493	Antonio Jose Moreira de Sousa	Individual	Veterano M40	01:35:38	+37:13	07:21
63	342	Eduardo Amorim	Individual	Veterano M40	01:35:38	+37:14	07:21
64	60	Denis Stenderchuck	Margen Sul	Veterano M40	01:35:52	+37:27	07:22
65	431	Ivan Kharitonov	Margen Sul	Veterano M40	01:35:53	+37:29	07:23
66	369	Rodrigo Miguel Santos Silva	Individual	Veterano M40	01:37:32	+39:07	07:30
67	68	Pedro Santos	Pacer	Veterano M40	01:37:51	+39:26	07:32
68	208	HELDER OLIVEIRA	Guisande Trail Running	Veterano M40	01:37:51	+39:26	07:32
69	468	João Miranda	TeamCabral	Veterano M40	01:38:05	+39:41	07:33
70	108	Jorge Costa	Arrifana Running	Veterano M40	01:38:12	+39:48	07:33
71	355	Manuel ventura da Silva Marques	Individual	Veterano M40	01:39:33	+41:08	07:39
72	485	Helder Pereira	TURTLES	Veterano M40	01:39:53	+41:28	07:41
73	92	Carlos Estrela	Amigos do trail OAZ	Veterano M40	01:40:17	+41:52	07:43
74	348	Joaquim Sousa	Individual	Veterano M40	01:40:21	+41:57	07:43
75	110	Pedro Paiva	Arrifana Running	Veterano M40	01:41:00	+42:35	07:46
76	368	Ricardo Manuel Andrade Gomes	Individual	Veterano M40	01:41:06	+42:41	07:47
77	332	Antonio Jesus	Individual	Veterano M40	01:42:00	+43:36	07:51
78	417	TELMO NOGUEIRA	JUF ACC	Veterano M40	01:42:31	+44:07	07:53
79	17	BRUNO VIEIRA	AZTrail	Veterano M40	01:43:21	+44:57	07:57
80	196	Duarte Malheiro	GlassDrive Running Sport	Veterano M40	01:43:56	+45:32	08:00
81	349	Jorge Manuel Cota Pereira	Individual	Veterano M40	01:44:10	+45:45	08:01
82	193	Rúben Leandro Santos Pereira	Furadouro Trail	Veterano M40	01:46:19	+47:55	08:11
83	194	Virgílio César da Silva Neves	Furadouro Trail	Veterano M40	01:46:20	+47:56	08:11
84	421	André Nascimento	Let's Activate	Veterano M40	01:46:42	+48:18	08:12
85	151	Ricardo Ferreira	Bravos e Bravitas	Veterano M40	01:47:37	+49:12	08:17
86	46	Nuno Morgado	Individual	Veterano M40	01:50:41	+52:16	08:31
87	161	Jorge Rocha	C.D.C São Martinho da Gândara	Veterano M40	01:50:46	+52:22	08:31
88	210	Pedro Santos	Guisande Trail Running	Veterano M40	01:52:24	+53:59	08:39
89	850	Nuno Capela	Núcleo de Montanha de Espinho	Veterano M40	01:54:42	+56:18	08:49
90	330	Alberto Manuel Oliveira Ferreira	Individual	Veterano M40	01:55:33	+57:09	08:53

Trail Curto

13 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

30	387	Jorge Alexandre Tavares Oliveira	Individual	Veterano M50	01:31:59	+28:03	07:05
31	185	Alberto Barros	Espírito jovem	Veterano M50	01:32:26	+28:31	07:07
32	451	Miguel Pimentel	OiãRunners	Veterano M50	01:32:31	+28:35	07:07
33	389	José Augusto Ferreira	Individual	Veterano M50	01:33:00	+29:04	07:09
34	390	JOSE MANUEL MOREIRA	Individual	Veterano M50	01:33:25	+29:30	07:11
35	143	Pedro Valença	Botão Camp	Veterano M50	01:33:47	+29:51	07:13
36	50	Baltazar Ferreira	Individual	Veterano M50	01:34:11	+30:16	07:15
37	178	Vítor M Cardoso	Corre São João	Veterano M50	01:34:19	+30:24	07:15
38	385	Filipe Soares	Individual	Veterano M50	01:36:16	+32:20	07:24
39	180	Mário Rosa	Dci/trilhos luso bussaco	Veterano M50	01:36:24	+32:29	07:25
40	51	Carlos Barroso	Individual	Veterano M50	01:39:39	+35:43	07:40
41	394	José Pinheiro	Individual	Veterano M50	01:40:59	+37:03	07:46
42	418	RENATO ARAÚJO	JUF ACC	Veterano M50	01:41:08	+37:12	07:47
43	836	francisco costa	Individual	Veterano M50	01:42:34	+38:38	07:53
44	404	Vitor Manuel dos Santos Silva	Individual	Veterano M50	01:44:44	+40:48	08:03
45	434	Antonio luis	MSS GRUPO DESPORTIVO DE GONDOMAR	Veterano M50	01:45:58	+42:03	08:09
46	115	Antonio Gonçalves	Arrifana Running	Veterano M50	01:46:33	+42:37	08:12
47	198	CARLOS ORTET	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M50	01:46:52	+42:56	08:13
48	378	Carlos Bastos	Individual	Veterano M50	01:49:55	+45:59	08:27
49	373	ALCIDIO FIGUEIREDO	Individual	Veterano M50	01:50:58	+47:03	08:32
50	376	Artur Franca	Individual	Veterano M50	01:53:39	+49:44	08:45
51	448	Amílcar Ferreira	OiãRunners	Veterano M50	01:54:23	+50:28	08:48
52	435	José Antonio Freitas	MSS GRUPO DESPORTIVO DE GONDOMAR	Veterano M50	02:02:28	+58:33	09:25
53	379	Carlos Borges	Individual	Veterano M50	02:02:39	+58:44	09:26
54	386	Joaquim silva	Individual	Veterano M50	02:04:33	+01:00:37	09:35
55	438	Mário Costa Pereira	Night Runners Feira	Veterano M50	02:04:57	+01:01:01	09:37
56	53	Luís Miguel M. Franquinho	Individual	Veterano M50	02:08:28	+01:04:32	09:53
57	397	Leonardo Rorato	Individual	Veterano M50	02:20:28	+01:16:32	10:48
58	142	António Matos	BoraBora, Vamos Lá!	Veterano M50	02:30:26	+01:26:30	11:34
59	403	Ramiro Silva	Individual	Veterano M50	02:32:50	+01:28:54	11:45

Veterano M60

1	153	Alcides Relvas	Bravos e Bravitas	Veterano M60	01:15:17		05:47
2	71	FERNANDO MORAIS	SACA TRILHOS DE ANADIA	Veterano M60	01:15:22	+00:04	05:48
3	124	Manuel Zola	Arrifana Running	Veterano M60	01:15:39	+00:22	05:49
4	66	Mário Oliveira	Milheirós de Poiares	Veterano M60	01:17:03	+01:46	05:56
5	481	João Brito	Tuga Mobile ADAP Trail	Veterano M60	01:23:33	+08:16	06:26
6	57	José Castro	Individual	Veterano M60	01:35:08	+19:50	07:19
7	122	José santos	Arrifana Running	Veterano M60	01:38:13	+22:55	07:33
8	18	Rogério Silva	C.D.C São Martinho da Gândara	Veterano M60	01:41:05	+25:47	07:47
9	121	José Beleza Pereira	Arrifana Running	Veterano M60	01:42:15	+26:57	07:52
10	199	VALTER JACINTO	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M60	01:44:21	+29:04	08:02

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Trail Curto
13 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

11	15	Carlos Marques	@corredoresderua@	Veterano M60	01:44:25	+29:08	08:02
12	405	Antonio Tafula	Individual	Veterano M60	01:47:58	+32:41	08:18
13	406	Casimiro António Fernandes	Individual	Veterano M60	01:50:44	+35:26	08:31
14	456	Jaime Areia	Pés ao Caminho	Veterano M60	01:56:16	+40:59	08:57
15	123	José Silva	Arrifana Running	Veterano M60	02:11:22	+56:04	10:06
16	160	Fernando Vieira	BTT Isolamais/Sportaz	Veterano M60	02:24:17	+01:08:59	11:06
17	59	Joaquim Castro	Love is in the air	Veterano M60	02:32:49	+01:17:31	11:45

TEAM RESULTS - TRAIL CURTO

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

RANK	TEAM	DESCRIPTION	POINTS
1	NS TRAIL TEAM	1 + 5 + 7	13
2	G.D.A RONDA	6 + 8 + 16	30
3	BRAVOS E BRAVITAS	4 + 13 + 21	38
4	CALDAS DE S. JORGE SPORT CLUBE	12 + 27 + 34	73
5	CLUBE DESPORTIVO FEIRENSE	20 + 33 + 35	88
6	ARRIFANA RUNNING	3 + 39 + 47	89
7	A.D.SEBOCIDO TRAIL	17 + 75 + 98	190
8	ADC SANTA ISABEL TRAIL RUNNING	24 + 32 + 134	190
9	FOJO TRAIL TEAM	72 + 76 + 85	233
10	LOUROSA EM MOVIMENTO	28 + 79 + 143	250
11	TUGA MOBILE ADAP TRAIL	10 + 92 + 153	255
12	GUISANDE TRAIL RUNNING	40 + 148 + 170	358
13	FITARENA GINÁSIO	48 + 108 + 206	362
14	TRAQUINAS DO CONGA	109 + 121 + 163	393
15	OIÃRUNNERS	140 + 146 + 160	446
16	A. D. NÓS ACREDITAMOS	77 + 102 + 283	462
17	ELITE ARADENSE	196 + 197 + 199	592
18	BTT ISOLAMAIS/SPORTAZ	84 + 187 + 336	607
19	C.D.C SÃO MARTINHO DA GÂNDARA	141 + 216 + 278	635
20	JUF ACC	218 + 219 + 229	666
21	SAPATILHAS VERDES	45 + 246 + 378	669
22	AMIGOS DO TRAIL OAZ	183 + 208 + 285	676
23	CMFEIRA	61 + 316 + 317	694
24	NÚCLEO DE MONTANHA DE ESPINHO	210 + 211 + 296	717
25	FURADOURO TRAIL	248 + 249 + 250	747
26	MSS GRUPO DESPORTIVO DE GONDOMAR	220 + 247 + 318	785
27	BODYWORKOUT	111 + 345 + 346	802
28	TURTLES	207 + 266 + 369	842
29	GLASSDRIVE RUNNING SPORT	237 + 339 + 340	916
30	TRILHOS E TRADIÇÕES	308 + 322 + 323	953
31	IRON LEGS RUNNERS	343 + 363 + 364	1070