Trilhos do Alfusqueiro
A-dos-Ferreiros, Águeda
13-abril-2025

TRAIL LONGO - STAGE 1 — 22 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	08:30	--	--
End	12:43	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	36	Pedro Rafael Tavares Garrido	Saca Trilhos Anadia	01:52:18		05:06	
2	33	José Meneses	NOCTURNOS DE PAREDES	01:57:27	+05:09	05:20	
3	5	Manuel Silva	ARCDVendadaLuisa	02:07:32	+15:14	05:48	
4	31	Gilberto Machado	NOCTURNOS DE PAREDES	02:07:51	+15:33	05:49	
5	11	Valter Matos	DCI/Trilhos Luso Bussaco	02:09:24	+17:06	05:53	
6	30	JOÃO CRUZ	LAAC - BIKE & SPORT	02:13:17	+20:59	06:03	
7	41	Luis Azevedo	Sport Clube Paradela	02:13:53	+21:35	06:05	
8	19	Henrique Madeira	Individual	02:16:42	+24:24	06:13	
9	15	Ricardo Martins	Individual	02:17:41	+25:23	06:16	
10	38	André Ferreira	Sport Clube Paradela	02:19:11	+26:53	06:20	
11	32	Filipe Meneses	NOCTURNOS DE PAREDES	02:19:32	+27:14	06:21	
12	42	Ricardo Varalonga	Sport Clube Paradela	02:19:57	+27:39	06:22	
13	8	Maikol Simões	CLTT - Clínica Litoralis Trail Team	02:20:20	+28:02	06:23	
14	40	Bruno Pakete	Sport Clube Paradela	02:23:46	+31:28	06:32	
15	23	Ricardo Silva	Individual	02:28:40	+36:22	06:45	
16	10	Rui Mota	DCI/Trilhos Luso Bussaco	02:31:46	+39:28	06:54	
17	44	Bruno Cardoso	TRAIL BELA BELA	02:32:22	+40:04	06:56	
18	1	André Pereira	A.D. Ílhavo	02:35:40	+43:22	07:05	
19	6	Edgar Simões	CLTT - Clínica Litoralis Trail Team	02:36:49	+44:31	07:08	
20	26	Paulo Amaro	Individual	02:39:34	+47:16	07:15	
21	37	Ana Melo	Saca Trilhos Anadia	02:40:29	+48:11	07:18	
22	9	TIAGO SARAIVA	DAR Recardães	02:42:07	+49:49	07:22	
23	13	Helder Marques	Individual	02:44:53	+52:35	07:30	
24	12	Vital José Pires Espinhal	DCI/Trilhos Luso Bussaco	02:45:49	+53:31	07:32	
25	18	Hélder Duarte	Individual	02:46:25	+54:07	07:34	
26	39	Armando Cardoso	Sport Clube Paradela	02:47:35	+55:17	07:37	
27	16	RODRIGO FERREIRA	Individual	02:47:57	+55:39	07:38	
28	7	Rafael Simoes	CLTT - Clínica Litoralis Trail Team	02:51:37	+59:19	07:48	
29	4	PAULO PEREIRA	ARC BARROCA	02:52:35	+01:00:17	07:51	
30	22	Ricardo Patrício	Boavista Trail	02:52:49	+01:00:31	07:51	
31	43	Diogo Oliveira	WeGoRun	02:53:15	+01:00:57	07:53	
32	34	Ana Mafalda Pereira	OPraticante.pt	02:53:56	+01:01:38	07:54	
33	29	António Paulo	jovase trail running	02:56:53	+01:04:35	08:02	
34	20	Luis Faria	Individual	03:06:01	+01:13:43	08:27	
35	2	João Almada	ADT	03:06:53	+01:14:35	08:30	
36	27	Paulo Ferreira	Individual	03:08:02	+01:15:44	08:33	
37	21	Manuel ventura da Silva Marques	Individual	03:08:13	+01:15:55	08:33	
38	35	Antonio Pereira	Pedro Pereira Jardins	04:12:06	+02:19:48	11:28	
39	28	Nelson Nogueira	Individual	04:13:28	+02:21:10	11:31	

lap2go TIMING SOLUTION

Trilhos do Alfusqueiro
A-dos-Ferreiros, Águeda
13-abril-2025

Trail Longo — 22 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	08:30	-99ºC	-99%
End	12:43	-99ºC	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	34	Ana Mafalda Pereira	OPraticante.pt	Senior Feminino	02:53:56		07:54
Senior Masculino							
1	36	Pedro Rafael Tavares Garrido	Saca Trilhos Anadia	Senior Masculino	01:52:18		05:06
2	5	Manuel Silva	ARCDVendadaLuisa	Senior Masculino	02:07:32	+15:14	05:48
3	31	Gilberto Machado	NOCTURNOS DE PAREDES	Senior Masculino	02:07:51	+15:33	05:49
4	30	JOÃO CRUZ	LAAC - BIKE & SPORT	Senior Masculino	02:13:17	+20:59	06:03
5	15	Ricardo Martins	Individual	Senior Masculino	02:17:41	+25:23	06:16
6	38	André Ferreira	Sport Clube Paradela	Senior Masculino	02:19:11	+26:52	06:20
7	1	André Pereira	A.D. Ílhavo	Senior Masculino	02:35:40	+43:21	07:05
8	6	Edgar Simões	CLTT - Clínica Litoralis Trail Team	Senior Masculino	02:36:49	+44:31	07:08
9	13	Helder Marques	Individual	Senior Masculino	02:44:53	+52:35	07:30
10	16	RODRIGO FERREIRA	Individual	Senior Masculino	02:47:57	+55:39	07:38
11	7	Rafael Simoes	CLTT - Clínica Litoralis Trail Team	Senior Masculino	02:51:37	+59:19	07:48
12	43	Diogo Oliveira	WeGoRun	Senior Masculino	02:53:15	+01:00:57	07:53
Sub 23 Masculino							
1	9	TIAGO SARAIVA	DAR Recardães	Sub 23 Masculino	02:42:07		07:22
Veterana F40							
1	37	Ana Melo	Saca Trilhos Anadia	Veterana F40	02:40:29		07:18
Veterano M40							
1	33	José Meneses	NOCTURNOS DE PAREDES	Veterano M40	01:57:27		05:20
2	11	Valter Matos	DCI/Trilhos Luso Bussaco	Veterano M40	02:09:24	+11:56	05:53
3	41	Luis Azevedo	Sport Clube Paradela	Veterano M40	02:13:53	+16:25	06:05
4	19	Henrique Madeira	Individual	Veterano M40	02:16:42	+19:15	06:13
5	32	Filipe Meneses	NOCTURNOS DE PAREDES	Veterano M40	02:19:32	+22:05	06:21
6	42	Ricardo Varalonga	Sport Clube Paradela	Veterano M40	02:19:57	+22:30	06:22
7	8	Maikol Simões	CLTT - Clínica Litoralis Trail Team	Veterano M40	02:20:20	+22:53	06:23
8	40	Bruno Pakete	Sport Clube Paradela	Veterano M40	02:23:46	+26:19	06:32
9	23	Ricardo Silva	Individual	Veterano M40	02:28:40	+31:13	06:45
10	10	Rui Mota	DCI/Trilhos Luso Bussaco	Veterano M40	02:31:46	+34:19	06:54
11	44	Bruno Cardoso	TRAIL BELA BELA	Veterano M40	02:32:22	+34:54	06:56

Trail Longo

22 KM

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

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

12	18	Hélder Duarte	Individual	Veterano M40	02:46:25	+48:58	07:34
13	39	Armando Cardoso	Sport Clube Paradela	Veterano M40	02:47:35	+50:07	07:37
14	22	Ricardo Patrício	Boavista Trail	Veterano M40	02:52:49	+55:22	07:51
15	20	Luis Faria	Individual	Veterano M40	03:06:01	+01:08:34	08:27
16	21	Manuel ventura da Silva Marques	Individual	Veterano M40	03:08:13	+01:10:46	08:33

Veterano M50

1	26	Paulo Amaro	Individual	Veterano M50	02:39:34		07:15
2	12	Vital José Pires Espinhal	DCI/Trilhos Luso Bussaco	Veterano M50	02:45:49	+06:14	07:32
3	4	PAULO PEREIRA	ARC BARROCA	Veterano M50	02:52:35	+13:00	07:51
4	27	Paulo Ferreira	Individual	Veterano M50	03:08:02	+28:28	08:33

Veterano M60

1	29	António Paulo	jovase trail running	Veterano M60	02:56:53		08:02
2	2	João Almada	ADT	Veterano M60	03:06:53	+09:59	08:30
3	35	Antonio Pereira	Pedro Pereira Jardins	Veterano M60	04:12:06	+01:15:12	11:28
4	28	Nelson Nogueira	Individual	Veterano M60	04:13:28	+01:16:34	11:31

TEAM RESULTS - TRAIL LONGO

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

RANK	TEAM	DESCRIPTION	POINTS
1	NOCTURNOS DE PAREDES	2 + 4 + 11	17
2	SPORT CLUBE PARADELA	7 + 10 + 12	29
3	DCI/TRILHOS LUSO BUSSACO	5 + 16 + 24	45
4	CLTT - CLÍNICA LITORALIS TRAIL TEAM	13 + 19 + 28	60

lap2go TIMING SOLUTION

Trilhos do Alfusqueiro
A-dos-Ferreiros, Águeda
13-abril-2025

TRAIL CURTO - STAGE 1 — 15 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:00	--	--
End	12:46	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	216	Rui Figueiredo	Saca Trilhos Anadia	01:28:42		05:55	
2	139	Luís Diogo	DCI/Trilhos Luso Bussaco	01:35:02	+06:20	06:20	
3	196	André Silva	NS Trail Team	01:36:29	+07:47	06:26	
4	109	BRUNO RODRIGUES	ACTIB	01:37:32	+08:50	06:30	
5	132	SAMUEL SANTOS	DAR Recardães	01:39:01	+10:19	06:36	
6	201	João Matos	OPraticante.pt	01:39:06	+10:24	06:36	
7	129	Miguel Paiva	Correr Fermelã ACADOF	01:40:39	+11:57	06:43	
8	126	César Barros	CLTT - Clínica Litoralis Trail Team	01:40:57	+12:15	06:44	
9	148	José Manuel Gomes Nunes	Fox running team	01:41:07	+12:25	06:44	
10	200	Domingos Manuel Fidalgo Vieira	OPraticante.pt	01:41:19	+12:37	06:45	
11	203	Augusto Tavares	OPraticante.pt	01:44:31	+15:49	06:58	
12	121	Manuel Vicente	BiciARCA Run Team	01:45:03	+16:21	07:00	
13	136	ALEX TONDELA	DAR Recardães	01:47:09	+18:27	07:09	
14	183	Paulo Resende	Individual	01:47:55	+19:13	07:12	
15	204	João Garrido	OPraticante.pt	01:48:00	+19:18	07:12	
16	164	Leonardo Gil	Individual	01:48:45	+20:03	07:15	
17	115	Hélio José Esteves Simões	AFIPRE Team	01:48:51	+20:09	07:15	
18	226	Márcio Silva	Sport Clube Paradela	01:50:02	+21:20	07:20	
19	128	José Margarido	CLTT - Clínica Litoralis Trail Team	01:50:29	+21:47	07:22	
20	133	JORGE FERREIRA	DAR Recardães	01:51:38	+22:56	07:27	
21	220	Luís Silva	Sport Clube Paradela	01:51:53	+23:11	07:28	
22	119	Pedro Pinto	BiciARCA Run Team	01:52:18	+23:36	07:29	
23	188	Carlos Duarte	Individual	01:52:30	+23:48	07:30	
24	219	Daniel Alexandre	Sport Clube Paradela	01:52:34	+23:52	07:30	
25	154	André Gomes	Individual	01:53:40	+24:58	07:35	
26	131	RICARDO TAVARES	DAR Recardães	01:54:29	+25:47	07:38	
27	173	Daniel Santiago Ferreira	Individual	01:56:08	+27:26	07:45	
28	142	Francisco Natal	Flow Running Team	01:56:17	+27:35	07:45	
29	213	Luís Pereira	Passo a Passo	01:57:25	+28:43	07:50	
30	221	Marcos Ferreira	Sport Clube Paradela	01:57:49	+29:07	07:51	
31	155	André Oliveira	Individual	01:57:55	+29:13	07:52	
32	135	SÉRGIO RODRIGUES	DAR Recardães	01:58:11	+29:29	07:53	
33	225	José Silva	Sport Clube Paradela	01:58:46	+30:04	07:55	
34	230	José Proença	TRAIL-Grupo Desportivo de Trancoso	01:58:58	+30:16	07:56	
35	194	TIAGO SANTOS	LAAC - BIKE & SPORT	01:59:30	+30:48	07:58	
36	227	Ricardo Vidal	Sport Clube Paradela	02:00:15	+31:33	08:01	
37	110	HELDER MARQUES	ACTIB	02:01:57	+33:15	08:08	
38	163	Jorge Campos	Individual	02:02:08	+33:26	08:09	
39	223	Eduardo Fonseca	Sport Clube Paradela	02:02:44	+34:02	08:11	
40	239	EUGÉNIO ALVES	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:03:03	+34:21	08:12	
41	114	Bruno Marques	ADF Bike Riders	02:03:15	+34:33	08:13	
42	229	Leonardo Miguel Rodrigues Alves	TRAIL BELA BELA	02:03:20	+34:38	08:13	

TRAIL CURTO - STAGE 1 — 15 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	147	Alexandra Gomes	Fox running team	02:03:42	+35:00	08:15	
44	165	Luís Dias	Individual	02:04:11	+35:29	08:17	
45	205	João Manuel Silva Rocha	OPraticante.pt	02:04:38	+35:56	08:19	
46	202	Sérgio Miguel Esteves Ruela	OPraticante.pt	02:05:25	+36:43	08:22	
47	218	Liliana Ferreira	Sport Clube Paradela	02:06:43	+38:01	08:27	
48	102	Luis Amaral	4Global7	02:06:47	+38:05	08:27	
49	195	RICARDO HENRIQUES	LAAC - BIKE & SPORT	02:07:22	+38:40	08:29	
50	156	Duarte Messias	Individual	02:10:08	+41:26	08:41	
51	234	Rui Barros	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:10:19	+41:37	08:41	
52	111	Hugo Guerra	ACTIB	02:10:43	+42:01	08:43	
53	143	Lucas Santos	Flow Running Team	02:13:17	+44:35	08:53	
54	186	Pedro Jorge	Individual	02:13:59	+45:17	08:56	
55	177	António Trigueiro	Individual	02:14:35	+45:53	08:58	
56	185	Paulo Silva	Individual	02:15:23	+46:41	09:02	
57	241	Fernando Bastos	Individual	02:16:03	+47:21	09:04	
58	210	Diogo Rufino	Os marmotas	02:16:53	+48:11	09:08	
59	222	Sofia Mónica Silva Costa	Sport Clube Paradela	02:17:31	+48:49	09:10	
60	169	Ricardo Manuel Guerra Pina	Individual	02:18:13	+49:31	09:13	
61	211	Nelson Marques	Passo a Passo	02:19:06	+50:24	09:16	
62	146	Rui Castanheira	Flow Running Team	02:19:40	+50:58	09:19	
63	103	Pedro Alves	AAM Runners	02:20:44	+52:02	09:23	
64	184	Paulo Silva	Individual	02:21:47	+53:05	09:27	
65	206	António Rodrigues	OPraticante.pt	02:22:26	+53:44	09:30	
66	207	JOSÉ MOREIRA	OPraticante.pt	02:22:41	+53:59	09:31	
67	162	Hugo Matos	Individual	02:22:46	+54:04	09:31	
68	107	CARLA BARBOSA	ACTIB	02:23:15	+54:33	09:33	
69	104	CATARINA CAETANO	ACTIB	02:23:15	+54:33	09:33	
70	112	CARLOS LOPES	ACTIB	02:23:26	+54:44	09:34	
71	116	António De Neiva Rodrigues	AFIPRE Team	02:24:57	+56:15	09:40	
72	127	Fatima Pinho	CLTT - Clínica Litoralis Trail Team	02:24:58	+56:16	09:40	
73	134	PEDRO CARVALHO	DAR Recardães	02:26:08	+57:26	09:45	
74	212	Carlos Santos	Passo a Passo	02:26:35	+57:53	09:46	
75	170	Tiago Dias	Individual	02:26:37	+57:55	09:46	
76	193	Dinis F. Oliveira	Keep Running Forward	02:26:41	+57:59	09:47	
77	158	elio fernandes	Individual	02:26:47	+58:05	09:47	
78	189	JOÃO ISISORO DOS SANTOS	Individual	02:26:48	+58:06	09:47	
79	240	Rui Rebelo	WeGoRun	02:27:08	+58:26	09:49	
80	181	Carlos ferreira	Individual	02:27:14	+58:32	09:49	
81	144	Rodrigo Pereira	Flow Running Team	02:27:29	+58:47	09:50	
82	145	Tiago Henriques	Flow Running Team	02:27:30	+58:48	09:50	
83	187	Vicente Pinto	Individual	02:27:46	+59:04	09:51	
84	101	Filipe Neves	100Noção	02:29:06	+01:00:24	09:56	
85	108	PAULA BRITO	ACTIB	02:31:30	+01:02:48	10:06	
86	141	Ricardo Ventura	Individual	02:31:56	+01:03:14	10:08	
87	153	Alexandre Dias	Individual	02:32:07	+01:03:25	10:08	
88	118	Rui Leandro Rodrigues Ferreira	ASCR Mosteirinho Runners	02:34:07	+01:05:25	10:16	

TRAIL CURTO - STAGE 1 — 15 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	151	Sofia Dias	Individual	02:34:27	+01:05:45	10:18	
90	137	PAULO JORGE	DAR Recardães	02:36:00	+01:07:18	10:24	
91	130	Cláudia Cálix	Correr Fermelã ACADOF	02:36:40	+01:07:58	10:27	
92	106	PEDRO ISABEL	ACTIB	02:42:57	+01:14:15	10:52	
93	166	Pedro Cruz	Individual	02:43:15	+01:14:33	10:53	
94	198	Ana Sofia Chipelo	OPraticante.pt	02:43:17	+01:14:35	10:53	
95	197	Márcio Ferreira	OiãRunners	02:43:56	+01:15:14	10:56	
96	180	Nuno Miguel Ferreira Gonçalves	Individual	02:44:24	+01:15:42	10:58	
97	25	Carlos Santos	Individual	02:44:45	+01:16:03	10:59	
98	120	Renato Neto	BiciARCA Run Team	02:44:45	+01:16:03	10:59	
99	125	Micael Marques	C.D.C. Paradela do Vouga	02:45:28	+01:16:46	11:02	
100	243	Mario Simoes	CLTT - Clínica Litoralis Trail Team	02:45:47	+01:17:05	11:03	
101	190	José Tavares	Individual	02:49:33	+01:20:51	11:18	
102	140	Rafael Marques	EMPURRA QUE VAI	02:50:09	+01:21:27	11:21	
103	224	João Silva	Sport Clube Paradela	02:50:44	+01:22:02	11:23	
104	159	Fábio Branco	Individual	02:51:15	+01:22:33	11:25	
105	233	Sandra Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:51:22	+01:22:40	11:25	
106	333	Joana Rodrigues	Individual	02:53:01	+01:24:19	11:32	
107	236	CARLA MELO	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:53:40	+01:24:58	11:35	
108	117	Isabel Martins Soares	ASCR Mosteirinho Runners	02:55:55	+01:27:13	11:44	
109	113	AVELINO SILVA	ACTIB	02:57:58	+01:29:16	11:52	
110	138	Arlindo Santos	DAR Recardães	03:03:32	+01:34:50	12:14	
111	208	Roberto Calisto	OPraticante.pt	03:03:39	+01:34:57	12:15	
112	209	Tertuliane Gonçalves	Os marmotas	03:06:34	+01:37:52	12:26	
113	214	Rufino Cardoso	Passo a Passo	03:09:21	+01:40:39	12:37	
114	174	Carla Lemos	Individual	03:11:10	+01:42:28	12:45	
115	231	Manuel Carlos Martins	Uma Questão de Atitude	03:11:10	+01:42:28	12:45	
116	123	Maria Ramos	BoraBora, Vamos Lá!	03:12:30	+01:43:48	12:50	
117	124	António Matos	BoraBora, Vamos Lá!	03:15:05	+01:46:23	13:00	
118	161	Helder Arede	Individual	03:15:11	+01:46:29	13:01	
119	167	Pedro Otal	Individual	03:15:11	+01:46:29	13:01	
120	157	Eduardo Henriques	Individual	03:15:12	+01:46:30	13:01	
121	237	LUISA SILVA	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:16:50	+01:48:08	13:07	
122	235	ROSA SILVA	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:18:22	+01:49:40	13:13	
123	238	Miguel Sá	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:18:24	+01:49:42	13:14	
124	122	Edite Fernandes	BoraBora, Vamos Lá!	03:21:23	+01:52:41	13:26	
125	191	Carlos Oliveira	J C T	03:21:24	+01:52:42	13:26	
126	242	Carla Almeida	Individual	03:22:40	+01:53:58	13:31	
127	176	Felisbela Monteiro	Individual	03:33:39	+02:04:57	14:15	
128	150	Rute Marisa Gomes da Costa	Individual	03:41:02	+02:12:20	14:44	
129	152	Afonso Barroso	Individual	03:41:03	+02:12:21	14:44	
130	228	Rui Miguel Dias de Almeida	Sport Clube Paradela	03:43:14	+02:14:32	14:53	
131	149	Beatriz da Cruz Duarte	Individual	03:45:38	+02:16:56	15:03	
132	168	Rafael Filipe Gomes da Costa	Individual	03:45:39	+02:16:57	15:03	

Trilhos do Alfusqueiro
A-dos-Ferreiros, Águeda
13-abril-2025

Trail Curto — 15 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:00	-99ºC	-99%
End	12:46	-99ºC	-99%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	218	Liliana Ferreira	Sport Clube Paradela	Senior Feminino	02:06:43		08:27
2	104	CATARINA CAETANO	ACTIB	Senior Feminino	02:23:15	+16:31	09:33
3	151	Sofia Dias	Individual	Senior Feminino	02:34:27	+27:44	10:18
4	198	Ana Sofia Chipelo	OPraticante.pt	Senior Feminino	02:43:17	+36:33	10:53
5	233	Sandra Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Feminino	02:51:22	+44:38	11:25
6	333	Joana Rodrigues	Individual	Senior Feminino	02:53:01	+46:18	11:32
7	209	Tertuliane Gonçalves	Os marmotas	Senior Feminino	03:06:34	+59:51	12:26
8	242	Carla Almeida	Individual	Senior Feminino	03:22:40	+01:15:57	13:31
9	150	Rute Marisa Gomes da Costa	Individual	Senior Feminino	03:41:02	+01:34:19	14:44
10	149	Beatriz da Cruz Duarte	Individual	Senior Feminino	03:45:38	+01:38:55	15:03

Senior Masculino

1	216	Rui Figueiredo	Saca Trilhos Anadia	Senior Masculino	01:28:42		05:55
2	139	Luís Diogo	DCI/Trilhos Luso Bussaco	Senior Masculino	01:35:02	+06:20	06:20
3	201	João Matos	OPraticante.pt	Senior Masculino	01:39:06	+10:24	06:36
4	129	Miguel Paiva	Correr Fermelã ACADOF	Senior Masculino	01:40:39	+11:56	06:43
5	126	César Barros	CLTT - Clínica Litoralis Trail Team	Senior Masculino	01:40:57	+12:14	06:44
6	200	Domingos Manuel Fidalgo Vieira	OPraticante.pt	Senior Masculino	01:41:19	+12:37	06:45
7	164	Leonardo Gil	Individual	Senior Masculino	01:48:45	+20:02	07:15
8	220	Luís Silva	Sport Clube Paradela	Senior Masculino	01:51:53	+23:11	07:28
9	119	Pedro Pinto	BiciARCA Run Team	Senior Masculino	01:52:18	+23:35	07:29
10	219	Daniel Alexandre	Sport Clube Paradela	Senior Masculino	01:52:34	+23:52	07:30
11	154	André Gomes	Individual	Senior Masculino	01:53:40	+24:57	07:35
12	131	RICARDO TAVARES	DAR Recardães	Senior Masculino	01:54:29	+25:46	07:38
13	142	Francisco Natal	Flow Running Team	Senior Masculino	01:56:17	+27:35	07:45
14	221	Marcos Ferreira	Sport Clube Paradela	Senior Masculino	01:57:49	+29:07	07:51
15	155	André Oliveira	Individual	Senior Masculino	01:57:55	+29:12	07:52
16	194	TIAGO SANTOS	LAAC - BIKE & SPORT	Senior Masculino	01:59:30	+30:48	07:58
17	163	Jorge Campos	Individual	Senior Masculino	02:02:08	+33:26	08:09
18	229	Leonardo Miguel Rodrigues Alves	TRAIL BELA BELA	Senior Masculino	02:03:20	+34:37	08:13
19	165	Luís Dias	Individual	Senior Masculino	02:04:11	+35:28	08:17
20	202	Sérgio Miguel Esteves Ruela	OPraticante.pt	Senior Masculino	02:05:25	+36:43	08:22
21	156	Duarte Messias	Individual	Senior Masculino	02:10:08	+41:26	08:41
22	234	Rui Barros	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Masculino	02:10:19	+41:37	08:41
23	143	Lucas Santos	Flow Running Team	Senior Masculino	02:13:17	+44:35	08:53
24	210	Diogo Rufino	Os marmotas	Senior Masculino	02:16:53	+48:11	09:08
25	169	Ricardo Manuel Guerra Pina	Individual	Senior Masculino	02:18:13	+49:30	09:13

Trail Curto

15 KM

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

OFFICIAL RESULT

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

26	162	Hugo Matos	Individual	Senior Masculino	02:22:46	+54:04	09:31
27	170	Tiago Dias	Individual	Senior Masculino	02:26:37	+57:54	09:46
28	193	Dinis F. Oliveira	Keep Running Forward	Senior Masculino	02:26:41	+57:59	09:47
29	158	elio fernandes	Individual	Senior Masculino	02:26:47	+58:05	09:47
30	144	Rodrigo Pereira	Flow Running Team	Senior Masculino	02:27:29	+58:47	09:50
31	145	Tiago Henriques	Flow Running Team	Senior Masculino	02:27:30	+58:47	09:50
32	141	Ricardo Ventura	Individual	Senior Masculino	02:31:56	+01:03:14	10:08
33	153	Alexandre Dias	Individual	Senior Masculino	02:32:07	+01:03:24	10:08
34	106	PEDRO ISABEL	ACTIB	Senior Masculino	02:42:57	+01:14:15	10:52
35	166	Pedro Cruz	Individual	Senior Masculino	02:43:15	+01:14:33	10:53
36	125	Micael Marques	C.D.C. Paradela do Vouga	Senior Masculino	02:45:28	+01:16:46	11:02
37	140	Rafael Marques	EMPURRA QUE VAI	Senior Masculino	02:50:09	+01:21:27	11:21
38	159	Fábio Branco	Individual	Senior Masculino	02:51:15	+01:22:33	11:25
39	161	Helder Arede	Individual	Senior Masculino	03:15:11	+01:46:29	13:01
40	167	Pedro Otal	Individual	Senior Masculino	03:15:11	+01:46:29	13:01
41	157	Eduardo Henriques	Individual	Senior Masculino	03:15:12	+01:46:29	13:01
42	152	Afonso Barroso	Individual	Senior Masculino	03:41:03	+02:12:21	14:44
43	168	Rafael Filipe Gomes da Costa	Individual	Senior Masculino	03:45:39	+02:16:57	15:03

Sub 23 Masculino

1	132	SAMUEL SANTOS	DAR Recardães	Sub 23 Masculino	01:39:01		06:36
2	173	Daniel Santiago Ferreira	Individual	Sub 23 Masculino	01:56:08	+17:06	07:45

Veterana F40

1	147	Alexandra Gomes	Fox running team	Veterana F40	02:03:42		08:15
2	222	Sofia Mónica Silva Costa	Sport Clube Paradela	Veterana F40	02:17:31	+13:49	09:10
3	107	CARLA BARBOSA	ACTIB	Veterana F40	02:23:15	+19:33	09:33
4	108	PAULA BRITO	ACTIB	Veterana F40	02:31:30	+27:47	10:06
5	117	Isabel Martins Soares	ASCR Mosteirinho Runners	Veterana F40	02:55:55	+52:13	11:44
6	174	Carla Lemos	Individual	Veterana F40	03:11:10	+01:07:28	12:45
7	235	ROSA SILVA	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterana F40	03:18:22	+01:14:40	13:13

Veterana F50

1	130	Cláudia Cálix	Correr Fermelã ACADOF	Veterana F50	02:36:40		10:27
2	236	CARLA MELO	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterana F50	02:53:40	+17:00	11:35
3	123	Maria Ramos	BoraBora, Vamos Lá!	Veterana F50	03:12:30	+35:50	12:50
4	237	LUISA SILVA	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterana F50	03:16:50	+40:10	13:07
5	122	Edite Fernandes	BoraBora, Vamos Lá!	Veterana F50	03:21:23	+44:43	13:26
6	176	Felisbela Monteiro	Individual	Veterana F50	03:33:39	+56:59	14:15

Trail Curto — 15 KM

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

OFFICIAL RESULT

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

Veterana F60

1	127	Fatima Pinho	CLTT - Clínica Litoralis Trail Team	Veterana F60	02:24:58		09:40

Veterano M40

1	196	André Silva	NS Trail Team	Veterano M40	01:36:29		06:26
2	109	BRUNO RODRIGUES	ACTIB	Veterano M40	01:37:32	+01:02	06:30
3	203	Augusto Tavares	OPraticante.pt	Veterano M40	01:44:31	+08:01	06:58
4	204	João Garrido	OPraticante.pt	Veterano M40	01:48:00	+11:30	07:12
5	115	Hélio José Esteves Simões	AFIPRE Team	Veterano M40	01:48:51	+12:21	07:15
6	226	Márcio Silva	Sport Clube Paradela	Veterano M40	01:50:02	+13:33	07:20
7	128	José Margarido	CLTT - Clínica Litoralis Trail Team	Veterano M40	01:50:29	+13:59	07:22
8	133	JORGE FERREIRA	DAR Recardães	Veterano M40	01:51:38	+15:08	07:27
9	135	SÉRGIO RODRIGUES	DAR Recardães	Veterano M40	01:58:11	+21:41	07:53
10	225	José Silva	Sport Clube Paradela	Veterano M40	01:58:46	+22:16	07:55
11	227	Ricardo Vidal	Sport Clube Paradela	Veterano M40	02:00:15	+23:45	08:01
12	110	HELDER MARQUES	ACTIB	Veterano M40	02:01:57	+25:27	08:08
13	223	Eduardo Fonseca	Sport Clube Paradela	Veterano M40	02:02:44	+26:14	08:11
14	114	Bruno Marques	ADF Bike Riders	Veterano M40	02:03:15	+26:45	08:13
15	205	João Manuel Silva Rocha	OPraticante.pt	Veterano M40	02:04:38	+28:08	08:19
16	195	RICARDO HENRIQUES	LAAC - BIKE & SPORT	Veterano M40	02:07:22	+30:53	08:29
17	111	Hugo Guerra	ACTIB	Veterano M40	02:10:43	+34:13	08:43
18	177	António Trigueiro	Individual	Veterano M40	02:14:35	+38:05	08:58
19	241	Fernando Bastos	Individual	Veterano M40	02:16:03	+39:33	09:04
20	211	Nelson Marques	Passo a Passo	Veterano M40	02:19:06	+42:36	09:16
21	146	Rui Castanheira	Flow Running Team	Veterano M40	02:19:40	+43:10	09:19
22	103	Pedro Alves	AAM Runners	Veterano M40	02:20:44	+44:14	09:23
23	134	PEDRO CARVALHO	DAR Recardães	Veterano M40	02:26:08	+49:38	09:45
24	240	Rui Rebelo	WeGoRun	Veterano M40	02:27:08	+50:38	09:49
25	101	Filipe Neves	100Noção	Veterano M40	02:29:06	+52:36	09:56
26	197	Márcio Ferreira	OiäRunners	Veterano M40	02:43:56	+01:07:26	10:56
27	180	Nuno Miguel Ferreira Gonçalves	Individual	Veterano M40	02:44:24	+01:07:54	10:58
28	120	Renato Neto	BiciARCA Run Team	Veterano M40	02:44:45	+01:08:15	10:59
29	224	João Silva	Sport Clube Paradela	Veterano M40	02:50:44	+01:14:14	11:23
30	231	Manuel Carlos Martins	Uma Questão de Atitude	Veterano M40	03:11:10	+01:34:41	12:45
31	228	Rui Miguel Dias de Almeida	Sport Clube Paradela	Veterano M40	03:43:14	+02:06:44	14:53

Veterano M50

1	148	José Manuel Gomes Nunes	Fox running team	Veterano M50	01:41:07		06:44
2	121	Manuel Vicente	BiciARCA Run Team	Veterano M50	01:45:03	+03:56	07:00
3	136	ALEX TONDELA	DAR Recardães	Veterano M50	01:47:09	+06:02	07:09
4	183	Paulo Resende	Individual	Veterano M50	01:47:55	+06:48	07:12

Trail Curto

15 KM

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

OFFICIAL RESULT

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

5	213	Luís Pereira	Passo a Passo	Veterano M50	01:57:25	+16:18	07:50
6	230	José Proença	TRAIL-Grupo Desportivo de Trancoso	Veterano M50	01:58:58	+17:51	07:56
7	102	Luis Amaral	4Global7	Veterano M50	02:06:47	+25:40	08:27
8	186	Pedro Jorge	Individual	Veterano M50	02:13:59	+32:52	08:56
9	185	Paulo Silva	Individual	Veterano M50	02:15:23	+34:16	09:02
10	184	Paulo Silva	Individual	Veterano M50	02:21:47	+40:39	09:27
11	206	António Rodrigues	OPraticante.pt	Veterano M50	02:22:26	+41:19	09:30
12	207	JOSÉ MOREIRA	OPraticante.pt	Veterano M50	02:22:41	+41:34	09:31
13	112	CARLOS LOPES	ACTIB	Veterano M50	02:23:26	+42:19	09:34
14	212	Carlos Santos	Passo a Passo	Veterano M50	02:26:35	+45:28	09:46
15	181	Carlos ferreira	Individual	Veterano M50	02:27:14	+46:07	09:49
16	187	Vicente Pinto	Individual	Veterano M50	02:27:46	+46:39	09:51
17	118	Rui Leandro Rodrigues Ferreira	ASCR Mosteirinho Runners	Veterano M50	02:34:07	+53:00	10:16
18	137	PAULO JORGE	DAR Recardães	Veterano M50	02:36:00	+54:53	10:24
19	25	Carlos Santos	Individual	Veterano M50	02:44:45	+01:03:38	10:59
20	243	Mario Simoes	CLTT - Clínica Litoralis Trail Team	Veterano M50	02:45:47	+01:04:39	11:03
21	208	Roberto Calisto	OPraticante.pt	Veterano M50	03:03:39	+01:22:32	12:15
22	214	Rufino Cardoso	Passo a Passo	Veterano M50	03:09:21	+01:28:14	12:37
23	124	António Matos	BoraBora, Vamos Lá!	Veterano M50	03:15:05	+01:33:58	13:00
24	238	Miguel Sá	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M50	03:18:24	+01:37:17	13:14
25	191	Carlos Oliveira	J C T	Veterano M50	03:21:24	+01:40:16	13:26

Veterano M60

1	188	Carlos Duarte	Individual	Veterano M60	01:52:30		07:30
2	239	EUGÉNIO ALVES	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M60	02:03:03	+10:32	08:12
3	116	António De Neiva Rodrigues	AFIPRE Team	Veterano M60	02:24:57	+32:26	09:40
4	189	JOÃO ISISORO DOS SANTOS	Individual	Veterano M60	02:26:48	+34:17	09:47
5	190	José Tavares	Individual	Veterano M60	02:49:33	+57:03	11:18
6	113	AVELINO SILVA	ACTIB	Veterano M60	02:57:58	+01:05:28	11:52
7	138	Arlindo Santos	DAR Recardães	Veterano M60	03:03:32	+01:11:02	12:14

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 - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	OPRATICANTE.PT	6 + 10 + 11	27
2	DAR RECARDÃES	5 + 13 + 20	38
3	SPORT CLUBE PARADELA	18 + 21 + 24	63
4	ACTIB	4 + 37 + 52	93
5	CLTT - CLÍNICA LITORALIS TRAIL TEAM	8 + 19 + 72	99
6	BICIARCA RUN TEAM	12 + 22 + 98	132
7	FLOW RUNNING TEAM	28 + 53 + 62	143
8	PASSO A PASSO	29 + 61 + 74	164
9	VVTR VALONGO DO VOUGA TRAIL RUNNING	40 + 51 + 105	196
10	BORABORA, VAMOS LÁ!	116 + 117 + 124	357

lap2go TIMING SOLUTION

Trilhos do Alfusqueiro
A-dos-Ferreiros, Águeda
13-abril-2025

MINI TRAIL - 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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:30	--	--
End	12:27	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	364	José Sousa	OPraticante.pt	52:41		05:16	
2	313	Fernando Antunes	CDC Macieira de Cambra	54:15	+01:34	05:25	
3	370	Fábio Salgado	Os Serranos	56:24	+03:43	05:38	
4	384	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	56:59	+04:18	05:42	
5	358	Nuno Teixeira	Caldas São Jorge Sport Clube	01:00:11	+07:30	06:01	
6	315	Nuno Jorge Santos	DAR Recardães	01:01:27	+08:46	06:09	
7	314	IVO PINTO	DAR Recardães	01:01:53	+09:12	06:11	
8	312	Paulo Tavares	BiciARCA Run Team	01:02:03	+09:22	06:12	
9	331	Ines Amaral	Individual	01:02:11	+09:30	06:13	
10	355	vasco sousa	Individual	01:04:51	+12:10	06:29	
11	381	Daniel Domingues Simões	TRAIL BELA BELA	01:05:15	+12:34	06:32	
12	353	Helder Prazeres	Individual	01:06:02	+13:21	06:36	
13	351	Mário Pereira	Individual	01:06:08	+13:27	06:37	
14	378	Carlos PInheiro	Sport Clube Paradela	01:06:43	+14:02	06:40	
15	322	Alexandre Samuel Fonseca Duarte	Flow Running Team	01:06:46	+14:05	06:41	
16	323	Celso Silva	Flow Running Team	01:06:47	+14:06	06:41	
17	306	FATIMA RIBEIRO	ACTIB	01:08:45	+16:04	06:52	
18	361	Carla Manuela Rodrigues pinto Gonçalves	ONDA TEAM	01:09:00	+16:19	06:54	
19	336	Andrés Yepes	Individual	01:09:04	+16:23	06:54	
20	317	Joaquim Martins	DCI/Trilhos Luso Bussaco	01:09:41	+17:00	06:58	
21	307	LILIANA SILVA	ACTIB	01:10:10	+17:29	07:01	
22	310	Lídia Antunes	BiciARCA Run Team	01:12:29	+19:48	07:15	
23	311	Eduardo Correia	BiciARCA Run Team	01:12:30	+19:49	07:15	
24	339	David Jesus	Individual	01:12:35	+19:54	07:16	
25	324	Tânia Ângelo	Fox running team	01:12:37	+19:56	07:16	
26	379	Mariana Santos	TRAIL BELA BELA	01:13:09	+20:28	07:19	
27	337	Artur Silva	Individual	01:13:52	+21:11	07:23	
28	325	Catarina Granja	GranjaDias	01:14:04	+21:23	07:24	
29	326	Carlos Dias	GranjaDias	01:14:04	+21:23	07:24	
30	360	Paulo Silva	OPraticante.pt	01:14:28	+21:47	07:27	
31	350	Bruno Santos	Individual	01:17:22	+24:41	07:44	
32	316	Andrea Marin Marques	DCI/Trilhos Luso Bussaco	01:19:42	+27:01	07:58	
33	366	Marta Carmo	OPraticante.pt	01:20:00	+27:19	08:00	
34	348	Brigite Areias	Individual	01:21:07	+28:26	08:07	
35	367	António Garrido	OPraticante.pt	01:21:08	+28:27	08:07	
36	357	Pedro Armando Rodrigues Ribeiro Inácio	Individual	01:22:07	+29:26	08:13	
37	344	Tomás Vidal Inácio	Individual	01:22:07	+29:26	08:13	
38	390	Ricardo Costa	WeGoRun	01:22:18	+29:37	08:14	
39	386	Gabriel Vieira	WeGoRun	01:22:34	+29:53	08:15	
40	368	Catarina Matos	Os marmotas	01:22:56	+30:15	08:18	

MINI TRAIL - 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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	389	Rui Oliveira	WeGoRun	01:23:11	+30:30	08:19	
42	387	Gleverson Nunes	WeGoRun	01:23:13	+30:32	08:19	
43	349	Raquel Brito	Individual	01:24:04	+31:23	08:24	
44	319	João Fernandes	Dos que vão	01:24:17	+31:36	08:26	
45	332	Joana Pereira	Individual	01:24:28	+31:47	08:27	
46	391	Rui Marques	Run Domingueiro	01:26:03	+33:22	08:36	
47	302	Maria João Cardoso	100Noção	01:27:06	+34:25	08:43	
48	318	Sofia Soares	Dos que vão	01:27:57	+35:16	08:48	
49	328	CRISTINA FERREIRA ABRANTES	Individual	01:28:49	+36:08	08:53	
50	341	MARCO DE SOUSA GOMES	Individual	01:28:49	+36:08	08:53	
51	342	RODRIGO DAS NEVES	Individual	01:28:49	+36:08	08:53	
52	340	João Silva	Individual	01:28:59	+36:18	08:54	
53	347	Patrícia Martins	Individual	01:29:11	+36:30	08:55	
54	327	Beatriz Cavaleiro	Individual	01:29:37	+36:56	08:58	
55	382	Gonçalo Sousa Farias	TRAIL BELA BELA	01:29:38	+36:57	08:58	
56	373	Joana Costa	PEX Team	01:30:36	+37:55	09:04	
57	374	Daniel Peixoto	PEX Team	01:30:36	+37:55	09:04	
58	388	Luis Santos	WeGoRun	01:31:57	+39:16	09:12	
59	343	Rúben Santos	Individual	01:32:28	+39:47	09:15	
60	334	Mariana Almeida	Individual	01:32:28	+39:47	09:15	
61	383	Kelly Farias	TrilhosLusoBussaco	01:32:42	+40:01	09:16	
62	303	ALEXANDRA FIGUEIREDO	ACTIB	01:32:55	+40:14	09:17	
63	304	MARTA FERREIRA	ACTIB	01:33:03	+40:22	09:18	
64	377	Raquel Simões Guimarães	Sport Clube Paradela	01:34:38	+41:57	09:28	
65	321	Maria Micaela oño	Flow Running Team	01:37:28	+44:47	09:45	
66	375	Cláudia Silva	SPEEDY TEAM	01:39:37	+46:56	09:58	
67	345	Inês Delgado	Individual	01:40:03	+47:22	10:00	
68	305	RUBEN PIRES	ACTIB	01:40:03	+47:22	10:00	
69	354	Ricardo J T Moreira	Individual	01:41:40	+48:59	10:10	
70	372	Jaime Areia	Pés ao Caminho	01:44:51	+52:10	10:29	
71	330	Diana Amador	Individual	01:46:25	+53:44	10:39	
72	308	Cátia Silva	As Belas e Eles	01:46:28	+53:47	10:39	
73	309	Carla Barbosa	As Belas e Eles	01:46:29	+53:48	10:39	
74	359	Cidália Silva	OPraticante.pt	01:47:26	+54:45	10:45	
75	301	Alexandra Monteiro	100Noção	01:47:30	+54:49	10:45	
76	329	Daniela Borges	Individual	01:48:04	+55:23	10:48	
77	356	João Luís Frade Cajeira	Individual	01:51:32	+58:51	11:09	
78	346	Mónica Barbosa	Individual	01:52:24	+59:43	11:14	
79	376	Susana Gomes	SPEEDY TEAM	01:55:42	+01:03:01	11:34	
80	371	Joaquim Cardoso	Passo a Passo	02:28:29	+01:35:48	14:51	

Trilhos do Alfusqueiro
A-dos-Ferreiros, Águeda
13-abril-2025

Mini Trail

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:30	-99ºC	-99%
End	12:27	-99ºC	-99%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	331	Ines Amaral	Individual	Senior Feminino	01:02:11		06:13
2	324	Tânia Ângelo	Fox running team	Senior Feminino	01:12:37	+10:25	07:16
3	379	Mariana Santos	TRAIL BELA BELA	Senior Feminino	01:13:09	+10:58	07:19
4	325	Catarina Granja	GranjaDias	Senior Feminino	01:14:04	+11:52	07:24
5	316	Andrea Marin Marques	DCI/Trilhos Luso Bussaco	Senior Feminino	01:19:42	+17:31	07:58
6	368	Catarina Matos	Os marmotas	Senior Feminino	01:22:56	+20:44	08:18
7	332	Joana Pereira	Individual	Senior Feminino	01:24:28	+22:16	08:27
8	318	Sofia Soares	Dos que vão	Senior Feminino	01:27:57	+25:45	08:48
9	328	CRISTINA FERREIRA ABRANTES	Individual	Senior Feminino	01:28:49	+26:37	08:53
10	327	Beatriz Cavaleiro	Individual	Senior Feminino	01:29:37	+27:25	08:58
11	334	Mariana Almeida	Individual	Senior Feminino	01:32:28	+30:16	09:15
12	321	Maria Micaela oño	Flow Running Team	Senior Feminino	01:37:28	+35:17	09:45
13	330	Diana Amador	Individual	Senior Feminino	01:46:25	+44:13	10:39
14	308	Cátia Silva	As Belas e Eles	Senior Feminino	01:46:28	+44:16	10:39
15	329	Daniela Borges	Individual	Senior Feminino	01:48:04	+45:53	10:48

Senior Masculino

1	364	José Sousa	OPraticante.pt	Senior Masculino	52:41		05:16
2	370	Fábio Salgado	Os Serranos	Senior Masculino	56:24	+03:43	05:38
3	314	IVO PINTO	DAR Recardães	Senior Masculino	01:01:53	+09:12	06:11
4	381	Daniel Domingues Simões	TRAIL BELA BELA	Senior Masculino	01:05:15	+12:34	06:32
5	322	Alexandre Samuel Fonseca Duarte	Flow Running Team	Senior Masculino	01:06:46	+14:05	06:41
6	323	Celso Silva	Flow Running Team	Senior Masculino	01:06:47	+14:06	06:41
7	336	Andrés Yepes	Individual	Senior Masculino	01:09:04	+16:23	06:54
8	339	David Jesus	Individual	Senior Masculino	01:12:35	+19:54	07:16
9	337	Artur Silva	Individual	Senior Masculino	01:13:52	+21:10	07:23
10	326	Carlos Dias	GranjaDias	Senior Masculino	01:14:04	+21:23	07:24
11	344	Tomás Vidal Inácio	Individual	Senior Masculino	01:22:07	+29:26	08:13
12	386	Gabriel Vieira	WeGoRun	Senior Masculino	01:22:34	+29:53	08:15
13	389	Rui Oliveira	WeGoRun	Senior Masculino	01:23:11	+30:30	08:19
14	387	Gleverson Nunes	WeGoRun	Senior Masculino	01:23:13	+30:32	08:19
15	319	João Fernandes	Dos que vão	Senior Masculino	01:24:17	+31:35	08:26
16	341	MARCO DE SOUSA GOMES	Individual	Senior Masculino	01:28:49	+36:08	08:53
17	342	RODRIGO DAS NEVES	Individual	Senior Masculino	01:28:49	+36:08	08:53
18	340	João Silva	Individual	Senior Masculino	01:28:59	+36:18	08:54
19	388	Luis Santos	WeGoRun	Senior Masculino	01:31:57	+39:16	09:12
20	343	Rúben Santos	Individual	Senior Masculino	01:32:28	+39:46	09:15

Mini Trail

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

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

Sub 23 Feminino

1	303	ALEXANDRA FIGUEIREDO	ACTIB	Sub 23 Feminino	01:32:55		09:17
2	304	MARTA FERREIRA	ACTIB	Sub 23 Feminino	01:33:03	+00:08	09:18
3	345	Inês Delgado	Individual	Sub 23 Feminino	01:40:03	+07:08	10:00

Sub 23 Masculino

1	382	Gonçalo Sousa Farias	TRAIL BELA BELA	Sub 23 Masculino	01:29:38		08:58
2	305	RUBEN PIRES	ACTIB	Sub 23 Masculino	01:40:03	+10:24	10:00

Veterana F40

1	306	FATIMA RIBEIRO	ACTIB	Veterana F40	01:08:45		06:52
2	307	LILIANA SILVA	ACTIB	Veterana F40	01:10:10	+01:25	07:01
3	310	Lídia Antunes	BiciARCA Run Team	Veterana F40	01:12:29	+03:44	07:15
4	366	Marta Carmo	OPraticante.pt	Veterana F40	01:20:00	+11:15	08:00
5	302	Maria João Cardoso	100Noção	Veterana F40	01:27:06	+18:21	08:43
6	347	Patrícia Martins	Individual	Veterana F40	01:29:11	+20:26	08:55
7	373	Joana Costa	PEX Team	Veterana F40	01:30:36	+21:51	09:04
8	377	Raquel Simões Guimarães	Sport Clube Paradela	Veterana F40	01:34:38	+25:53	09:28
9	375	Cláudia Silva	SPEEDY TEAM	Veterana F40	01:39:37	+30:52	09:58
10	309	Carla Barbosa	As Belas e Eles	Veterana F40	01:46:29	+37:43	10:39
11	359	Cidália Silva	OPraticante.pt	Veterana F40	01:47:26	+38:41	10:45
12	301	Alexandra Monteiro	100Noção	Veterana F40	01:47:30	+38:45	10:45
13	346	Mónica Barbosa	Individual	Veterana F40	01:52:24	+43:39	11:14

Veterana F50

1	361	Carla Manuela Rodrigues pinto Gonçalves	ONDA TEAM	Veterana F50	01:09:00		06:54
2	348	Brigite Areias	Individual	Veterana F50	01:21:07	+12:07	08:07
3	349	Raquel Brito	Individual	Veterana F50	01:24:04	+15:03	08:24
4	383	Kelly Farias	TrilhosLusoBussaco	Veterana F50	01:32:42	+23:42	09:16
5	376	Susana Gomes	SPEEDY TEAM	Veterana F50	01:55:42	+46:41	11:34

Veterano M40

1	384	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M40	56:59		05:42
2	358	Nuno Teixeira	Caldas São Jorge Sport Clube	Veterano M40	01:00:11	+03:11	06:01
3	315	Nuno Jorge Santos	DAR Recardães	Veterano M40	01:01:27	+04:27	06:09
4	351	Mário Pereira	Individual	Veterano M40	01:06:08	+09:09	06:37
5	311	Eduardo Correia	BiciARCA Run Team	Veterano M40	01:12:30	+15:30	07:15
6	360	Paulo Silva	OPraticante.pt	Veterano M40	01:14:28	+17:29	07:27

Mini Trail

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

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

7	350	Bruno Santos	Individual	Veterano M40	01:17:22	+20:22	07:44
8	390	Ricardo Costa	WeGoRun	Veterano M40	01:22:18	+25:18	08:14
9	374	Daniel Peixoto	PEX Team	Veterano M40	01:30:36	+33:37	09:04

Veterano M50

1	313	Fernando Antunes	CDC Macieira de Cambra	Veterano M50	54:15		05:25
2	312	Paulo Tavares	BiciARCA Run Team	Veterano M50	01:02:03	+07:48	06:12
3	355	vasco sousa	Individual	Veterano M50	01:04:51	+10:36	06:29
4	353	Helder Prazeres	Individual	Veterano M50	01:06:02	+11:47	06:36
5	378	Carlos PInheiro	Sport Clube Paradela	Veterano M50	01:06:43	+12:28	06:40
6	317	Joaquim Martins	DCI/Trilhos Luso Bussaco	Veterano M50	01:09:41	+15:26	06:58
7	354	Ricardo J T Moreira	Individual	Veterano M50	01:41:40	+47:25	10:10
8	371	Joaquim Cardoso	Passo a Passo	Veterano M50	02:28:29	+01:34:14	14:51

Veterano M60

1	367	António Garrido	OPraticante.pt	Veterano M60	01:21:08		08:07
2	357	Pedro Armando Rodrigues Ribeiro Inácio	Individual	Veterano M60	01:22:07	+00:59	08:13
3	391	Rui Marques	Run Domingueiro	Veterano M60	01:26:03	+04:55	08:36
4	372	Jaime Areia	Pés ao Caminho	Veterano M60	01:44:51	+23:42	10:29
5	356	João Luís Frade Cajeira	Individual	Veterano M60	01:51:32	+30:24	11:09

TEAM RESULTS - MINI TRAIL

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

RANK	TEAM	DESCRIPTION	POINTS
1	BICIARCA RUN TEAM	8 + 22 + 23	53
2	OPRATICANTE.PT	1 + 33 + 35	69
3	TRAIL BELA BELA	11 + 26 + 55	92
4	FLOW RUNNING TEAM	15 + 16 + 65	96
5	ACTIB	17 + 21 + 62	100
6	WEGORUN	38 + 39 + 41	118