Trail Rota das Fontes
Castanheira do Vouga
23-março-2025

TRAIL LONGO - STAGE 1 — 31 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	8,1ºC	85%
End	14:46	8,1ºC	85%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	45	Pedro Rafael Tavares Garrido	Saca Trilhos Anadia	02:51:33		05:32	
2	25	José Pinheiro	DURA-F1 RACETEAM	03:12:42	+21:09	06:13	
3	24	Hugo Silva	DURA-F1 RACETEAM	03:14:42	+23:09	06:17	
4	31	Ricardo Martins	Individual	03:17:03	+25:30	06:21	
5	19	Valter Matos	DCI/Trilhos Luso Bussaco	03:22:18	+30:45	06:32	
6	27	José Cruz	DURA-F1 RACETEAM	03:23:29	+31:56	06:34	
7	12	João Margarido	CLTT - Clínica Litoralis Trail Team	03:24:11	+32:38	06:35	
8	48	Pedro Sousa	Saca Trilhos Anadia	03:24:56	+33:23	06:37	
9	30	João Rodrigues	Individual	03:25:48	+34:15	06:38	
10	52	Luis Azevedo	Sport Clube Paradela	03:30:04	+38:31	06:47	
11	16	João Silva	DCI/Trilhos Luso Bussaco	03:30:43	+39:10	06:48	
12	26	António Gomes	DURA-F1 RACETEAM	03:31:48	+40:15	06:50	
13	53	Ricardo Varalonga	Sport Clube Paradela	03:40:09	+48:36	07:06	
14	41	Bruno Marques	Montanha Clube Trail Running/Efapel	03:41:12	+49:39	07:08	
15	50	André Ferreira	Sport Clube Paradela	03:48:55	+57:22	07:23	
16	20	Armando Correia	DCI/Trilhos Luso Bussaco	03:49:38	+58:05	07:24	
17	39	Paulo Jorge dos Santos Pereira	Individual	03:54:12	+01:02:39	07:33	
18	9	joao travasso	ARCD VENDA DA LUISA	03:55:29	+01:03:56	07:36	
19	47	Marcel Santos	Saca Trilhos Anadia	03:56:32	+01:04:59	07:38	
20	36	Ricardo Silva	Individual	03:57:00	+01:05:27	07:39	
21	22	Vital José Pires Espinhal	DCI/Trilhos Luso Bussaco	03:57:05	+01:05:32	07:39	
22	21	Horácio Ferreira	DCI/Trilhos Luso Bussaco	03:58:22	+01:06:49	07:41	
23	49	Jorge André Coutinho pereira	Segimprima Running Team	04:02:45	+01:11:12	07:50	
24	54	Bruno Cardoso	TRAIL BELA BELA	04:05:49	+01:14:16	07:56	
25	46	Ana Melo	Saca Trilhos Anadia	04:09:14	+01:17:41	08:02	
26	8	Jorge Miguel Pereira	ARCD VENDA DA LUISA	04:14:29	+01:22:56	08:13	
27	17	Pedro Lopes	DCI/Trilhos Luso Bussaco	04:17:27	+01:25:54	08:18	
28	51	Armando Cardoso	Sport Clube Paradela	04:17:32	+01:25:59	08:18	
29	28	Jorge Marques	Goodfellas	04:22:12	+01:30:39	08:27	
30	42	Ana Pereira	OPraticante.pt	04:22:56	+01:31:23	08:29	
31	6	Leonor Salgueiro	Actib Trail	04:22:59	+01:31:26	08:29	
32	5	Manuel António Roseiro Ferreira	ACABEM RUNNING team	04:24:04	+01:32:31	08:31	
33	11	Rafael Simoes	CLTT - Clínica Litoralis Trail Team	04:29:31	+01:37:58	08:42	
34	13	FREDDY MARTINS	DAR Recardães	04:37:14	+01:45:41	08:57	
35	10	Edgar Simões	CLTT - Clínica Litoralis Trail Team	04:39:10	+01:47:37	09:00	
36	40	António Paulo	jovase trail running	04:48:17	+01:56:44	09:18	
37	18	Renato César Dias Ribeiro	DCI/Trilhos Luso Bussaco	04:52:14	+02:00:41	09:26	
38	38	José Sá	Individual	04:53:22	+02:01:49	09:28	
39	44	Antonio Pereira	Pedro Pereira Jardins	04:54:50	+02:03:17	09:31	
40	7	João Almada	ADT Trail	04:55:14	+02:03:41	09:31	
41	23	Patrícia Palmeira	DUELO D'OCASIÃO	05:26:14	+02:34:41	10:31	
42	55	Anselmo Dias	Viriathvs Runners Viseu	05:26:48	+02:35:15	10:33	

TRAIL LONGO - STAGE 1 31 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	14	Carla Martins	DCI/Trilhos Luso Bussaco	05:34:03	+02:42:30	10:47	
44	15	Paula Duarte	DCI/Trilhos Luso Bussaco	06:16:00	+03:24:27	12:08	
45	43	Pedro Pereira	Pedro Pereira Jardins	06:16:04	+03:24:31	12:08	
46	32	HELENA SOFIA RIBEIRO LOPES	DCI/Trilhos Luso Bussaco	06:16:05	+03:24:32	12:08	

Trail Rota das Fontes
Castanheira do Vouga
23-março-2025

Trail Longo — 31 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	8,1ºC	85%
End	14:46	8,1ºC	85%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	42	Ana Pereira	OPraticante.pt	Senior Feminino	04:22:56		08:29

Senior Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	45	Pedro Rafael Tavares Garrido	Saca Trilhos Anadia	Senior Masculino	02:51:33		05:32
2	25	José Pinheiro	DURA-F1 RACETEAM	Senior Masculino	03:12:42	+21:08	06:13
3	24	Hugo Silva	DURA-F1 RACETEAM	Senior Masculino	03:14:42	+23:08	06:17
4	31	Ricardo Martins	Individual	Senior Masculino	03:17:03	+25:29	06:21
5	30	João Rodrigues	Individual	Senior Masculino	03:25:48	+34:14	06:38
6	50	André Ferreira	Sport Clube Paradela	Senior Masculino	03:48:55	+57:22	07:23
7	49	Jorge André Coutinho pereira	Segimprima Running Team	Senior Masculino	04:02:45	+01:11:11	07:50
8	8	Jorge Miguel Pereira	ARCD VENDA DA LUISA	Senior Masculino	04:14:29	+01:22:55	08:13
9	28	Jorge Marques	Goodfellas	Senior Masculino	04:22:12	+01:30:38	08:27
10	11	Rafael Simoes	CLTT - Clínica Litoralis Trail Team	Senior Masculino	04:29:31	+01:37:58	08:42
11	10	Edgar Simões	CLTT - Clínica Litoralis Trail Team	Senior Masculino	04:39:10	+01:47:36	09:00
12	43	Pedro Pereira	Pedro Pereira Jardins	Senior Masculino	06:16:04	+03:24:30	12:08

Veterana F40

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	46	Ana Melo	Saca Trilhos Anadia	Veterana F40	04:09:14		08:02
2	6	Leonor Salgueiro	Actib Trail	Veterana F40	04:22:59	+13:44	08:29
3	23	Patrícia Palmeira	DUELO D'OCASIÃO	Veterana F40	05:26:14	+01:16:59	10:31
4	14	Carla Martins	DCI/Trilhos Luso Bussaco	Veterana F40	05:34:03	+01:24:49	10:47
5	32	HELENA SOFIA RIBEIRO LOPES	DCI/Trilhos Luso Bussaco	Veterana F40	06:16:05	+02:06:50	12:08

Veterana F50

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	15	Paula Duarte	DCI/Trilhos Luso Bussaco	Veterana F50	06:16:00		12:08

Veterano M40

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	19	Valter Matos	DCI/Trilhos Luso Bussaco	Veterano M40	03:22:18		06:32
2	12	João Margarido	CLTT - Clínica Litoralis Trail Team	Veterano M40	03:24:11	+01:53	06:35
3	48	Pedro Sousa	Saca Trilhos Anadia	Veterano M40	03:24:56	+02:38	06:37
4	52	Luis Azevedo	Sport Clube Paradela	Veterano M40	03:30:04	+07:46	06:47
5	16	João Silva	DCI/Trilhos Luso Bussaco	Veterano M40	03:30:43	+08:25	06:48
6	26	António Gomes	DURA-F1 RACETEAM	Veterano M40	03:31:48	+09:30	06:50
7	53	Ricardo Varalonga	Sport Clube Paradela	Veterano M40	03:40:09	+17:51	07:06

Trail Longo

31 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

8	41	Bruno Marques	Montanha Clube Trail Running/Efapel	Veterano M40	03:41:12	+18:53	07:08
9	9	joao travasso	ARCD VENDA DA LUISA	Veterano M40	03:55:29	+33:11	07:36
10	47	Marcel Santos	Saca Trilhos Anadia	Veterano M40	03:56:32	+34:14	07:38
11	36	Ricardo Silva	Individual	Veterano M40	03:57:00	+34:42	07:39
12	54	Bruno Cardoso	TRAIL BELA BELA	Veterano M40	04:05:49	+43:31	07:56
13	17	Pedro Lopes	DCI/Trilhos Luso Bussaco	Veterano M40	04:17:27	+55:08	08:18
14	51	Armando Cardoso	Sport Clube Paradela	Veterano M40	04:17:32	+55:14	08:18
15	13	FREDDY MARTINS	DAR Recardães	Veterano M40	04:37:14	+01:14:56	08:57
16	18	Renato César Dias Ribeiro	DCI/Trilhos Luso Bussaco	Veterano M40	04:52:14	+01:29:56	09:26

Veterano M50

1	27	José Cruz	DURA-F1 RACETEAM	Veterano M50	03:23:29		06:34
2	20	Armando Correia	DCI/Trilhos Luso Bussaco	Veterano M50	03:49:38	+26:09	07:24
3	39	Paulo Jorge dos Santos Pereira	Individual	Veterano M50	03:54:12	+30:43	07:33
4	22	Vital José Pires Espinhal	DCI/Trilhos Luso Bussaco	Veterano M50	03:57:05	+33:36	07:39
5	21	Horácio Ferreira	DCI/Trilhos Luso Bussaco	Veterano M50	03:58:22	+34:53	07:41
6	5	Manuel António Roseiro Ferreira	ACABEM RUNNING team	Veterano M50	04:24:04	+01:00:35	08:31
7	38	José Sá	Individual	Veterano M50	04:53:22	+01:29:53	09:28
8	55	Anselmo Dias	Viriathvs Runners Viseu	Veterano M50	05:26:48	+02:03:18	10:33

Veterano M60

1	40	António Paulo	jovase trail running	Veterano M60	04:48:17		09:18
2	44	Antonio Pereira	Pedro Pereira Jardins	Veterano M60	04:54:50	+06:33	09:31
3	7	João Almada	ADT Trail	Veterano M60	04:55:14	+06:57	09:31

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	DURA-F1 RACETEAM	2 + 3 + 6	11
2	SACA TRILHOS ANADIA	1 + 8 + 19	28
3	DCI/TRILHOS LUSO BUSSACO	5 + 11 + 16	32
4	SPORT CLUBE PARADELA	10 + 13 + 15	38
5	CLTT - CLÍNICA LITORALIS TRAIL TEAM	7 + 33 + 35	75

Trail Rota das Fontes
Castanheira do Vouga
23-março-2025

TRAIL CURTO - STAGE 1 — 16 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	9,8ºC	78%
End	13:46	9,8ºC	78%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	107	Bruno Rodrigues	Actib Trail	01:52:34		07:02	
2	230	João Matos	OPraticante.pt	01:54:36	+02:02	07:10	
3	257	José Campar	Saca Trilhos Anadia	01:54:46	+02:12	07:10	
4	154	JOSIAS MEIRA	DCI/Trilhos Luso Bussaco	01:54:47	+02:13	07:10	
5	252	Filipe Costa	Saca Trilhos Anadia	01:54:59	+02:25	07:11	
6	148	Luís Diogo	DCI/Trilhos Luso Bussaco	01:55:48	+03:14	07:14	
7	255	João Almeida	Saca Trilhos Anadia	01:55:49	+03:15	07:14	
8	134	César Barros	CLTT - Clínica Litoralis Trail Team	01:57:22	+04:48	07:20	
9	234	Augusto Tavares	OPraticante.pt	01:58:02	+05:28	07:23	
10	229	Domingos Vieira	OPraticante.pt	01:59:15	+06:41	07:27	
11	222	JOÃO CRUZ	LAAC - BIKE & SPORT	02:00:00	+07:26	07:30	
12	137	Maikol Simões	CLTT - Clínica Litoralis Trail Team	02:01:29	+08:55	07:36	
13	189	Leonardo Gil	Individual	02:02:59	+10:25	07:41	
14	139	RICARDO TAVARES	DAR Recardães	02:04:09	+11:35	07:46	
15	197	Tiago Almeida	Individual	02:04:20	+11:46	07:46	
16	215	Paulo Resende	Individual	02:05:06	+12:32	07:49	
17	122	Manuel Vicente	BiciARCA Run Team	02:05:18	+12:44	07:50	
18	162	Luis Rodrigues	Fox running tean	02:05:29	+12:55	07:51	
19	142	ALEX TONDELA	DAR Recardães	02:06:00	+13:26	07:53	
20	277	Marcelo Sousa	Vale Correr	02:07:15	+14:41	07:57	
21	236	João Miguel Garrido	OPraticante.pt	02:07:43	+15:09	07:59	
22	155	Rui Mota	DCI/Trilhos Luso Bussaco	02:08:33	+15:59	08:02	
23	143	JORGE FERREIRA	DAR Recardães	02:10:02	+17:28	08:08	
24	264	Daniel Alexandre	Sport Clube Paradela	02:10:08	+17:34	08:08	
25	112	Hélio José Esteves Simões	AFIPRE Team	02:10:18	+17:44	08:09	
26	119	Pedro Pinto	BiciARCA Run Team	02:12:00	+19:26	08:15	
27	175	André Gomes	Individual	02:12:01	+19:27	08:15	
28	158	Miguel Duarte	DCI/Trilhos Luso Bussaco	02:12:02	+19:28	08:15	
29	176	André Oliveira	Individual	02:12:08	+19:34	08:15	
30	251	Teresa Reis	Saca Trilhos Anadia	02:13:38	+21:04	08:21	
31	196	Ricardo Santos	Individual	02:13:43	+21:09	08:21	
32	223	TIAGO SANTOS	LAAC - BIKE & SPORT	02:13:48	+21:14	08:22	
33	145	SERGIO RODRIGUES	DAR Recardães	02:14:10	+21:36	08:23	
34	128	Raul Batista	C.D.C. Paradela do Vouga	02:14:34	+22:00	08:25	
35	272	José Proença	TRAIL- Grupo Desportivo de Trancoso	02:15:25	+22:51	08:28	
36	181	Helder Marques	Individual	02:16:10	+23:37	08:31	
37	217	Carlos Duarte	Individual	02:16:11	+23:37	08:31	
38	210	Amilcar Oliveira Gonçalves	Individual	02:16:19	+23:45	08:31	
39	191	Marco Paulo Bela Simões	Individual	02:16:21	+23:47	08:31	
40	136	Jose margarido	CLTT - Clínica Litoralis Trail Team	02:17:28	+24:54	08:36	
41	138	Leida Bello	Clube Desportivo Feirense	02:17:32	+24:58	08:36	
42	263	Liliana Ferreira	Sport Clube Paradela	02:20:16	+27:42	08:46	

TRAIL CURTO - STAGE 1 — 16 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	157	Daniel Silva	DCI/Trilhos Luso Bussaco	02:20:46	+28:12	08:48	
44	161	Alexandra Gomes	Fox running tean	02:21:49	+29:15	08:52	
45	232	Sérgio Ruela	OPraticante.pt	02:21:52	+29:18	08:52	
46	200	Daniel Santiago	Individual	02:23:31	+30:57	08:58	
47	141	TIAGO SARAIVA	DAR Recardães	02:23:48	+31:14	08:59	
48	185	Jorge Campos	Individual	02:24:02	+31:28	09:00	
49	103	Pedro Alves	AAM Runners	02:24:10	+31:36	09:01	
50	206	Bruno Marques	Individual	02:24:45	+32:11	09:03	
51	224	RICARDO HENRIQUES	LAAC - BIKE & SPORT	02:25:06	+32:32	09:04	
52	243	Luís Pereira	Passo a Passo	02:25:29	+32:55	09:06	
53	187	Leonardo Alves	Individual	02:25:37	+33:03	09:06	
54	275	David Gonçalves	UDCRS - Silveiro Sport Team	02:26:40	+34:06	09:10	
55	265	Marcos André Jesus Ferreira	Sport Clube Paradela	02:26:40	+34:06	09:10	
56	237	João Rocha	OPraticante.pt	02:28:14	+35:40	09:16	
57	190	Luis Dias	Individual	02:29:19	+36:45	09:20	
58	213	João Pedro Jorge peralta	Individual	02:29:23	+36:49	09:20	
59	188	Leonardo Dias	Individual	02:29:27	+36:53	09:20	
60	242	Nelson Marques	Passo a Passo	02:29:46	+37:12	09:22	
61	111	PEDRO BASTOS	ADT Trail	02:29:46	+37:12	09:22	
62	268	Ricardo Vidal	Sport Clube Paradela	02:30:17	+37:43	09:24	
63	267	Eduardo Fonseca	Sport Clube Paradela	02:30:44	+38:10	09:25	
64	104	Gilberto Brites	Actib Trail	02:30:48	+38:14	09:25	
65	177	David Filipe da Silva Oliveira	Individual	02:32:05	+39:31	09:30	
66	179	Diogo Reis	Individual	02:32:05	+39:31	09:30	
67	258	Silvino da silva pais	Saca Trilhos Anadia	02:32:59	+40:25	09:34	
68	281	Eugénio Alves	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:33:09	+40:35	09:34	
69	214	luis Miguel Dos Anjos Henriques	Individual	02:33:23	+40:49	09:35	
70	123	Paulo Tavares	BiciARCA Run Team	02:33:23	+40:49	09:35	
71	144	PEDRO CARVALHO	DAR Recardães	02:33:33	+40:59	09:36	
72	133	Rui Camelo	Cinfães a Correr	02:34:14	+41:40	09:38	
73	195	Rafael Marques	Individual	02:34:51	+42:17	09:41	
74	280	Rui Barros	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:34:57	+42:23	09:41	
75	270	Fernando André Oliveira Costa	TRAIL BELA BELA	02:34:59	+42:25	09:41	
76	282	Zenaide Alves	Zenaide Alves	02:36:04	+43:30	09:45	
77	121	Rodrigo Gouveia	BiciARCA Run Team	02:36:55	+44:21	09:48	
78	249	Mário Oliveira	Run & Fun	02:38:27	+45:53	09:54	
79	105	Hugo Guerra	Actib Trail	02:38:30	+45:56	09:54	
80	174	André Filipe Cruz	Individual	02:39:16	+46:42	09:57	
81	226	Joana Marreco	Montanha Clube Trail Running/Efapel	02:39:32	+46:58	09:58	
82	278	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	02:40:26	+47:52	10:02	
83	253	Carla Santos	Saca Trilhos Anadia	02:43:14	+50:40	10:12	
84	207	Helder mota moreira	Individual	02:43:17	+50:43	10:12	
85	101	EMIDIO MARQUES	2 AMIGOS	02:44:02	+51:28	10:15	
86	250	Teresa Pinho	Saca Trilhos Anadia	02:46:19	+53:45	10:24	
87	259	João Henriques	Segimprima Running Team	02:46:25	+53:51	10:24	
88	109	Carlos Lopes	Actib Trail	02:47:11	+54:37	10:27	

TRAIL CURTO - STAGE 1 — 16 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	283	Catarina Caetano	Actib Trail	02:47:34	+55:00	10:28	
90	209	Manuel ventura da Silva Marques	Individual	02:47:36	+55:02	10:29	
91	276	Luís Lopes	Vale Correr	02:48:06	+55:32	10:30	
92	102	Hugo Matos	A MÁFIA E A PRINCESA	02:48:09	+55:35	10:31	
93	151	Marisa Duarte	DCI/Trilhos Luso Bussaco	02:50:32	+57:58	10:39	
94	193	Pedro Garcia	Individual	02:50:49	+58:15	10:41	
95	266	Sofia Costa	Sport Clube Paradela	02:51:13	+58:39	10:42	
96	239	José Moreira	OPraticante.pt	02:51:53	+59:19	10:45	
97	211	Carlos ferreira	Individual	02:52:01	+59:27	10:45	
98	245	José Maia	Passo a Passo	02:52:13	+59:39	10:46	
99	204	Paula Neves	Individual	02:52:21	+59:47	10:46	
100	303	Carla Barbosa	Actib Trail	02:52:21	+59:47	10:46	
101	153	Alcino Bastos	DCI/Trilhos Luso Bussaco	02:53:54	+01:01:20	10:52	
102	260	Ludovico Rocha	Segimprima Running Team	02:54:01	+01:01:27	10:53	
103	218	Luís Manuel da Silva Vidal	Individual	02:54:29	+01:01:55	10:54	
104	216	Paulo Silva	Individual	02:54:46	+01:02:12	10:55	
105	163	Bruno Tavares	Goodfellas	02:55:18	+01:02:44	10:57	
106	166	Rosa Cerveira	Grupo Desportivo de Oliveira de Frades	02:55:58	+01:03:24	11:00	
107	118	Tomas pereira	Banda Castanheirense	02:57:46	+01:05:12	11:07	
108	284	Fatima Ribeiro	Actib Trail	02:58:00	+01:05:26	11:07	
109	198	Tiago Dias	Individual	02:58:48	+01:06:14	11:11	
110	194	Pedro Henriques	Individual	02:59:09	+01:06:35	11:12	
111	113	António De Neiva Rodrigues	AFIPRE Team	02:59:22	+01:06:48	11:13	
112	172	Sofia Dias	Individual	03:02:40	+01:10:06	11:25	
113	199	Ana Camilo	Individual	03:02:41	+01:10:07	11:25	
114	156	Alfredo Ventura Rodrigues Guedes	DCI/Trilhos Luso Bussaco	03:04:14	+01:11:40	11:31	
115	182	João Alberto Oliveira Pereira0	Individual	03:04:19	+01:11:45	11:31	
116	173	Alexandre Dias	Individual	03:04:41	+01:12:07	11:33	
117	146	PAULO JORGE	DAR Recardães	03:05:29	+01:12:55	11:36	
118	184	João Monteiro	Individual	03:05:43	+01:13:09	11:36	
119	171	Marina Simões	Individual	03:05:52	+01:13:18	11:37	
120	132	Marcelo José da Silva Tameirão de Castro	Cinfães a Correr	03:06:10	+01:13:36	11:38	
121	178	Diogo Filipe Pereira Martins	Individual	03:06:12	+01:13:38	11:38	
122	271	Gonçalo Farias	TRAIL BELA BELA	03:06:57	+01:14:23	11:41	
123	208	José Coimbra	Individual	03:07:44	+01:15:10	11:44	
124	149	Idalina Ribeiro	DCI/Trilhos Luso Bussaco	03:10:18	+01:17:44	11:54	
125	238	José Rocha	OPraticante.pt	03:10:20	+01:17:46	11:54	
126	221	Dinis F. Oliveira	Keep Running Forward	03:11:13	+01:18:39	11:57	
127	106	Paula Brito	Actib Trail	03:11:13	+01:18:39	11:57	
128	262	Sérgio Henriques	Segimprima Running Team	03:12:06	+01:19:32	12:00	
129	261	Pedro Pereira	Segimprima Running Team	03:13:13	+01:20:39	12:05	
130	254	Cristina Meireles	Saca Trilhos Anadia	03:14:48	+01:22:14	12:10	
131	183	João Henriques	Individual	03:15:30	+01:22:56	12:13	
132	164	Cristina Soares	Goodfellas	03:18:21	+01:25:47	12:24	
133	274	Cesário Rocha	Trilhos da Baga/K Run Tem	03:20:20	+01:27:46	12:31	

TRAIL CURTO - STAGE 1 — 16 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
134	273	Marta Rodrigues	Trilhos da Baga/K Run Tem	03:20:36	+01:28:02	12:32	
135	130	Sérgio Silva	Carpe Diem	03:23:15	+01:30:41	12:42	
136	131	Patrícia Duarte	Cinfães a Correr	03:23:48	+01:31:14	12:44	
137	203	Alda Cordeiro	Individual	03:24:55	+01:32:21	12:48	
138	108	Hélder Marques	Actib Trail	03:29:14	+01:36:40	13:05	
139	241	Diogo Tavares Rufino	Os marmotas	03:30:00	+01:37:26	13:07	
140	240	Tertuliane Gonçalves	Os marmotas	03:30:01	+01:37:27	13:08	
141	127	Micael Marques	C.D.C. Paradela do Vouga	03:31:22	+01:38:48	13:13	
142	170	Joana Rodrigues	Individual	03:37:30	+01:44:56	13:36	
143	186	José Ricardo Marques Reis	Individual	03:38:24	+01:45:50	13:39	
144	135	Marilyn Lourenço	CLTT - Clínica Litoralis Trail Team	03:38:55	+01:46:21	13:41	
145	167	Ricardo Fonseca Oliveira	Individual	03:39:29	+01:46:55	13:43	
146	180	Fábio Branco	Individual	03:44:53	+01:52:19	14:03	
147	228	Márcio Ferreira	OiãRunners	03:46:08	+01:53:34	14:08	
148	129	Anabela Silva	Carpe Diem	03:48:43	+01:56:09	14:18	
149	244	Rufino Cardoso	Passo a Passo	03:49:07	+01:56:33	14:19	
150	110	Avelino Silva	Actib Trail	03:49:12	+01:56:38	14:19	
151	279	Sandra Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:53:02	+02:00:28	14:34	
152	147	Arlindo Santos	DAR Recardães	03:53:18	+02:00:44	14:35	
153	126	António Matos	BoraBora, Vamos Lá!	03:53:34	+02:01:00	14:36	
154	246	Pedro Carvalho	Remax Universal	03:54:17	+02:01:43	14:39	
155	192	Miguel Frade	Individual	03:58:05	+02:05:31	14:53	
156	116	Luisa Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	04:03:02	+02:10:28	15:11	
157	115	Carla Melo	VVTR VALONGO DO VOUGA TRAIL RUNNING	04:03:47	+02:11:13	15:14	
158	114	Rosa Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	04:13:54	+02:21:20	15:52	
159	117	Miguel Sá	VVTR VALONGO DO VOUGA TRAIL RUNNING	04:13:56	+02:21:22	15:52	

Trail Rota das Fontes
Castanheira do Vouga
23-março-2025

Trail Curto — 16 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	9,8ºC	78%
End	13:46	9,8ºC	78%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Junior Masculino							
1	167	Ricardo Fonseca Oliveira	Individual	Junior Masculino	03:39:29		13:43
Juvenil Masculino							
1	118	Tomas pereira	Banda Castanheirense	Juvenil Masculino	02:57:46		11:07
Senior Feminino							
1	251	Teresa Reis	Saca Trilhos Anadia	Senior Feminino	02:13:38		08:21
2	138	Leida Bello	Clube Desportivo Feirense	Senior Feminino	02:17:32	+03:53	08:36
3	263	Liliana Ferreira	Sport Clube Paradela	Senior Feminino	02:20:16	+06:38	08:46
4	250	Teresa Pinho	Saca Trilhos Anadia	Senior Feminino	02:46:19	+32:41	10:24
5	283	Catarina Caetano	Actib Trail	Senior Feminino	02:47:34	+33:56	10:28
6	172	Sofia Dias	Individual	Senior Feminino	03:02:40	+49:02	11:25
7	171	Marina Simões	Individual	Senior Feminino	03:05:52	+52:14	11:37
8	131	Patrícia Duarte	Cinfães a Correr	Senior Feminino	03:23:48	+01:10:09	12:44
9	240	Tertuliane Gonçalves	Os marmotas	Senior Feminino	03:30:01	+01:16:22	13:08
10	170	Joana Rodrigues	Individual	Senior Feminino	03:37:30	+01:23:51	13:36
11	279	Sandra Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Feminino	03:53:02	+01:39:24	14:34
Senior Masculino							
1	230	João Matos	OPraticante.pt	Senior Masculino	01:54:36		07:10
2	252	Filipe Costa	Saca Trilhos Anadia	Senior Masculino	01:54:59	+00:23	07:11
3	148	Luís Diogo	DCI/Trilhos Luso Bussaco	Senior Masculino	01:55:48	+01:12	07:14
4	134	César Barros	CLTT - Clínica Litoralis Trail Team	Senior Masculino	01:57:22	+02:46	07:20
5	229	Domingos Vieira	OPraticante.pt	Senior Masculino	01:59:15	+04:39	07:27
6	222	JOÃO CRUZ	LAAC - BIKE & SPORT	Senior Masculino	02:00:00	+05:24	07:30
7	189	Leonardo Gil	Individual	Senior Masculino	02:02:59	+08:23	07:41
8	139	RICARDO TAVARES	DAR Recardães	Senior Masculino	02:04:09	+09:33	07:46
9	197	Tiago Almeida	Individual	Senior Masculino	02:04:20	+09:44	07:46
10	277	Marcelo Sousa	Vale Correr	Senior Masculino	02:07:15	+12:39	07:57
11	264	Daniel Alexandre	Sport Clube Paradela	Senior Masculino	02:10:08	+15:32	08:08
12	119	Pedro Pinto	BiciARCA Run Team	Senior Masculino	02:12:00	+17:24	08:15
13	175	André Gomes	Individual	Senior Masculino	02:12:01	+17:25	08:15
14	176	André Oliveira	Individual	Senior Masculino	02:12:08	+17:32	08:15
15	196	Ricardo Santos	Individual	Senior Masculino	02:13:43	+19:07	08:21

Trail Curto

16 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

16	223	TIAGO SANTOS	LAAC - BIKE & SPORT	Senior Masculino	02:13:48	+19:12	08:22
17	128	Raul Batista	C.D.C. Paradela do Vouga	Senior Masculino	02:14:34	+19:58	08:25
18	181	Helder Marques	Individual	Senior Masculino	02:16:10	+21:34	08:31
19	191	Marco Paulo Bela Simões	Individual	Senior Masculino	02:16:21	+21:45	08:31
20	232	Sérgio Ruela	OPraticante.pt	Senior Masculino	02:21:52	+27:16	08:52
21	185	Jorge Campos	Individual	Senior Masculino	02:24:02	+29:25	09:00
22	187	Leonardo Alves	Individual	Senior Masculino	02:25:37	+31:01	09:06
23	275	David Gonçalves	UDCRS - Silveiro Sport Team	Senior Masculino	02:26:40	+32:04	09:10
24	265	Marcos André Jesus Ferreira	Sport Clube Paradela	Senior Masculino	02:26:40	+32:04	09:10
25	190	Luis Dias	Individual	Senior Masculino	02:29:19	+34:43	09:20
26	188	Leonardo Dias	Individual	Senior Masculino	02:29:27	+34:51	09:20
27	111	PEDRO BASTOS	ADT Trail	Senior Masculino	02:29:46	+35:10	09:22
28	104	Gilberto Brites	Actib Trail	Senior Masculino	02:30:48	+36:12	09:25
29	177	David Filipe da Silva Oliveira	Individual	Senior Masculino	02:32:05	+37:29	09:30
30	179	Diogo Reis	Individual	Senior Masculino	02:32:05	+37:29	09:30
31	195	Rafael Marques	Individual	Senior Masculino	02:34:51	+40:15	09:41
32	280	Rui Barros	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Masculino	02:34:57	+40:20	09:41
33	270	Fernando André Oliveira Costa	TRAIL BELA BELA	Senior Masculino	02:34:59	+40:23	09:41
34	105	Hugo Guerra	Actib Trail	Senior Masculino	02:38:30	+43:54	09:54
35	174	André Filipe Cruz	Individual	Senior Masculino	02:39:16	+44:40	09:57
36	259	João Henriques	Segimprima Running Team	Senior Masculino	02:46:25	+51:49	10:24
37	276	Luís Lopes	Vale Correr	Senior Masculino	02:48:06	+53:30	10:30
38	102	Hugo Matos	A MÁFIA E A PRINCESA	Senior Masculino	02:48:09	+53:33	10:31
39	193	Pedro Garcia	Individual	Senior Masculino	02:50:49	+56:13	10:41
40	260	Ludovico Rocha	Segimprima Running Team	Senior Masculino	02:54:01	+59:25	10:53
41	163	Bruno Tavares	Goodfellas	Senior Masculino	02:55:18	+01:00:42	10:57
42	198	Tiago Dias	Individual	Senior Masculino	02:58:48	+01:04:12	11:11
43	194	Pedro Henriques	Individual	Senior Masculino	02:59:09	+01:04:33	11:12
44	182	João Alberto Oliveira Pereira0	Individual	Senior Masculino	03:04:19	+01:09:43	11:31
45	173	Alexandre Dias	Individual	Senior Masculino	03:04:41	+01:10:05	11:33
46	184	João Monteiro	Individual	Senior Masculino	03:05:43	+01:11:07	11:36
47	132	Marcelo José da Silva Tameirão de Castro	Cinfães a Correr	Senior Masculino	03:06:10	+01:11:33	11:38
48	178	Diogo Filipe Pereira Martins	Individual	Senior Masculino	03:06:12	+01:11:35	11:38
49	221	Dinis F. Oliveira	Keep Running Forward	Senior Masculino	03:11:13	+01:16:37	11:57
50	262	Sérgio Henriques	Segimprima Running Team	Senior Masculino	03:12:06	+01:17:30	12:00
51	261	Pedro Pereira	Segimprima Running Team	Senior Masculino	03:13:13	+01:18:37	12:05
52	183	João Henriques	Individual	Senior Masculino	03:15:30	+01:20:54	12:13
53	241	Diogo Tavares Rufino	Os marmotas	Senior Masculino	03:30:00	+01:35:24	13:07
54	127	Micael Marques	C.D.C. Paradela do Vouga	Senior Masculino	03:31:22	+01:36:46	13:13
55	186	José Ricardo Marques Reis	Individual	Senior Masculino	03:38:24	+01:43:48	13:39
56	180	Fábio Branco	Individual	Senior Masculino	03:44:53	+01:50:17	14:03
57	192	Miguel Frade	Individual	Senior Masculino	03:58:05	+02:03:29	14:53

Trail Curto

16 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	199	Ana Camilo	Individual	Sub 23 Feminino	03:02:41		11:25

Sub 23 Masculino

1	200	Daniel Santiago	Individual	Sub 23 Masculino	02:23:31		08:58
2	141	TIAGO SARAIVA	DAR Recardães	Sub 23 Masculino	02:23:48	+00:16	08:59
3	271	Gonçalo Farias	TRAIL BELA BELA	Sub 23 Masculino	03:06:57	+43:25	11:41

Veterana F40

1	161	Alexandra Gomes	Fox running tean	Veterana F40	02:21:49		08:52
2	226	Joana Marreco	Montanha Clube Trail Running/Efapel	Veterana F40	02:39:32	+17:43	09:58
3	151	Marisa Duarte	DCI/Trilhos Luso Bussaco	Veterana F40	02:50:32	+28:43	10:39
4	266	Sofia Costa	Sport Clube Paradela	Veterana F40	02:51:13	+29:23	10:42
5	303	Carla Barbosa	Actib Trail	Veterana F40	02:52:21	+30:32	10:46
6	284	Fatima Ribeiro	Actib Trail	Veterana F40	02:58:00	+36:10	11:07
7	149	Idalina Ribeiro	DCI/Trilhos Luso Bussaco	Veterana F40	03:10:18	+48:29	11:54
8	106	Paula Brito	Actib Trail	Veterana F40	03:11:13	+49:24	11:57
9	164	Cristina Soares	Goodfellas	Veterana F40	03:18:21	+56:31	12:24
10	273	Marta Rodrigues	Trilhos da Baga/K Run Tem	Veterana F40	03:20:36	+58:47	12:32
11	135	Marilyn Lourenço	CLTT - Clínica Litoralis Trail Team	Veterana F40	03:38:55	+01:17:06	13:41
12	114	Rosa Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterana F40	04:13:54	+01:52:04	15:52

Veterana F50

1	282	Zenaide Alves	Zenaide Alves	Veterana F50	02:36:04		09:45
2	253	Carla Santos	Saca Trilhos Anadia	Veterana F50	02:43:14	+07:09	10:12
3	204	Paula Neves	Individual	Veterana F50	02:52:21	+16:16	10:46
4	203	Alda Cordeiro	Individual	Veterana F50	03:24:55	+48:51	12:48
5	129	Anabela Silva	Carpe Diem	Veterana F50	03:48:43	+01:12:38	14:18
6	116	Luisa Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterana F50	04:03:02	+01:26:57	15:11
7	115	Carla Melo	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterana F50	04:03:47	+01:27:42	15:14

Veterana F60

1	166	Rosa Cerveira	Grupo Desportivo de Oliveira de Frades	Veterana F60	02:55:58		11:00

Trail Curto

16 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

2	254	Cristina Meireles	Saca Trilhos Anadia	Veterana F60	03:14:48	+18:49	12:10

Veterano M40

1	107	Bruno Rodrigues	Actib Trail	Veterano M40	01:52:34		07:02
2	154	JOSIAS MEIRA	DCI/Trilhos Luso Bussaco	Veterano M40	01:54:47	+02:13	07:10
3	255	João Almeida	Saca Trilhos Anadia	Veterano M40	01:55:49	+03:14	07:14
4	234	Augusto Tavares	OPraticante.pt	Veterano M40	01:58:02	+05:28	07:23
5	137	Maikol Simões	CLTT - Clínica Litoralis Trail Team	Veterano M40	02:01:29	+08:54	07:36
6	142	ALEX TONDELA	DAR Recardães	Veterano M40	02:06:00	+13:26	07:53
7	236	João Miguel Garrido	OPraticante.pt	Veterano M40	02:07:43	+15:09	07:59
8	155	Rui Mota	DCI/Trilhos Luso Bussaco	Veterano M40	02:08:33	+15:59	08:02
9	143	JORGE FERREIRA	DAR Recardães	Veterano M40	02:10:02	+17:28	08:08
10	112	Hélio José Esteves Simões	AFIPRE Team	Veterano M40	02:10:18	+17:44	08:09
11	145	SERGIO RODRIGUES	DAR Recardães	Veterano M40	02:14:10	+21:36	08:23
12	136	Jose margarido	CLTT - Clínica Litoralis Trail Team	Veterano M40	02:17:28	+24:54	08:36
13	103	Pedro Alves	AAM Runners	Veterano M40	02:24:10	+31:36	09:01
14	206	Bruno Marques	Individual	Veterano M40	02:24:45	+32:11	09:03
15	224	RICARDO HENRIQUES	LAAC - BIKE & SPORT	Veterano M40	02:25:06	+32:32	09:04
16	237	João Rocha	OPraticante.pt	Veterano M40	02:28:14	+35:40	09:16
17	242	Nelson Marques	Passo a Passo	Veterano M40	02:29:46	+37:11	09:22
18	268	Ricardo Vidal	Sport Clube Paradela	Veterano M40	02:30:17	+37:42	09:24
19	267	Eduardo Fonseca	Sport Clube Paradela	Veterano M40	02:30:44	+38:09	09:25
20	144	PEDRO CARVALHO	DAR Recardães	Veterano M40	02:33:33	+40:59	09:36
21	133	Rui Camelo	Cinfães a Correr	Veterano M40	02:34:14	+41:40	09:38
22	121	Rodrigo Gouveia	BiciARCA Run Team	Veterano M40	02:36:55	+44:21	09:48
23	207	Helder mota moreira	Individual	Veterano M40	02:43:17	+50:43	10:12
24	101	EMIDIO MARQUES	2 AMIGOS	Veterano M40	02:44:02	+51:28	10:15
25	209	Manuel ventura da Silva Marques	Individual	Veterano M40	02:47:36	+55:02	10:29
26	153	Alcino Bastos	DCI/Trilhos Luso Bussaco	Veterano M40	02:53:54	+01:01:20	10:52
27	208	José Coimbra	Individual	Veterano M40	03:07:44	+01:15:10	11:44
28	238	José Rocha	OPraticante.pt	Veterano M40	03:10:20	+01:17:46	11:54
29	108	Hélder Marques	Actib Trail	Veterano M40	03:29:14	+01:36:40	13:05
30	228	Márcio Ferreira	OiăRunners	Veterano M40	03:46:08	+01:53:34	14:08
31	246	Pedro Carvalho	Remax Universal	Veterano M40	03:54:17	+02:01:42	14:39

Veterano M50

1	257	José Campar	Saca Trilhos Anadia	Veterano M50	01:54:46		07:10
2	215	Paulo Resende	Individual	Veterano M50	02:05:06	+10:19	07:49
3	122	Manuel Vicente	BiciARCA Run Team	Veterano M50	02:05:18	+10:32	07:50
4	162	Luis Rodrigues	Fox running tean	Veterano M50	02:05:29	+10:42	07:51
5	158	Miguel Duarte	DCI/Trilhos Luso Bussaco	Veterano M50	02:12:02	+17:16	08:15
6	272	José Proença	TRAIL- Grupo Desportivo de Trancoso	Veterano M50	02:15:25	+20:39	08:28

Trail Curto

16 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	210	Amilcar Oliveira Gonçalves	Individual	Veterano M50	02:16:19	+21:33	08:31
8	157	Daniel Silva	DCI/Trilhos Luso Bussaco	Veterano M50	02:20:46	+26:00	08:48
9	243	Luís Pereira	Passo a Passo	Veterano M50	02:25:29	+30:43	09:06
10	213	João Pedro Jorge peralta	Individual	Veterano M50	02:29:23	+34:37	09:20
11	258	Silvino da silva pais	Saca Trilhos Anadia	Veterano M50	02:32:59	+38:13	09:34
12	214	luis Miguel Dos Anjos Henriques	Individual	Veterano M50	02:33:23	+38:37	09:35
13	123	Paulo Tavares	BiciARCA Run Team	Veterano M50	02:33:23	+38:37	09:35
14	249	Mário Oliveira	Run & Fun	Veterano M50	02:38:27	+43:41	09:54
15	278	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	Veterano M50	02:40:26	+45:40	10:02
16	109	Carlos Lopes	Actib Trail	Veterano M50	02:47:11	+52:25	10:27
17	239	José Moreira	OPraticante.pt	Veterano M50	02:51:53	+57:07	10:45
18	211	Carlos ferreira	Individual	Veterano M50	02:52:01	+57:15	10:45
19	216	Paulo Silva	Individual	Veterano M50	02:54:46	+01:00:00	10:55
20	156	Alfredo Ventura Rodrigues Guedes	DCI/Trilhos Luso Bussaco	Veterano M50	03:04:14	+01:09:28	11:31
21	146	PAULO JORGE	DAR Recardães	Veterano M50	03:05:29	+01:10:43	11:36
22	274	Cesário Rocha	Trilhos da Baga/K Run Tem	Veterano M50	03:20:20	+01:25:34	12:31
23	130	Sérgio Silva	Carpe Diem	Veterano M50	03:23:15	+01:28:29	12:42
24	244	Rufino Cardoso	Passo a Passo	Veterano M50	03:49:07	+01:54:21	14:19
25	126	António Matos	BoraBora, Vamos Lá!	Veterano M50	03:53:34	+01:58:48	14:36
26	117	Miguel Sá	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M50	04:13:56	+02:19:10	15:52

Veterano M60

1	217	Carlos Duarte	Individual	Veterano M60	02:16:11		08:31
2	281	Eugénio Alves	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M60	02:33:09	+16:57	09:34
3	245	José Maia	Passo a Passo	Veterano M60	02:52:13	+36:02	10:46
4	218	Luís Manuel da Silva Vidal	Individual	Veterano M60	02:54:29	+38:17	10:54
5	113	António De Neiva Rodrigues	AFIPRE Team	Veterano M60	02:59:22	+43:10	11:13
6	110	Avelino Silva	Actib Trail	Veterano M60	03:49:12	+01:33:00	14:19
7	147	Arlindo Santos	DAR Recardães	Veterano M60	03:53:18	+01:37:06	14:35

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	SACA TRILHOS ANADIA	3 + 5 + 7	15
2	OPRATICANTE.PT	2 + 9 + 10	21
3	DCI/TRILHOS LUSO BUSSACO	4 + 6 + 22	32
4	DAR RECARDÃES	14 + 19 + 23	56
5	CLTT - CLÍNICA LITORALIS TRAIL TEAM	8 + 12 + 40	60
6	LAAC - BIKE & SPORT	11 + 32 + 51	94
7	BICIARCA RUN TEAM	17 + 26 + 70	113
8	SPORT CLUBE PARADELA	24 + 42 + 55	121
9	ACTIB TRAIL	1 + 64 + 79	144
10	PASSO A PASSO	52 + 60 + 98	210
11	VVTR VALONGO DO VOUGA TRAIL RUNNING	68 + 74 + 151	293
12	SEGIMPRIMA RUNNING TEAM	87 + 102 + 128	317
13	CINFÃES A CORRER	72 + 120 + 136	328

Trail Rota das Fontes
Castanheira do Vouga
23-março-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	09:45	10,3ºC	77%
End	13:22	10,3ºC	77%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	316	Diogo Pimenta	DCI/Trilhos Luso Bussaco	01:02:10		06:13	
2	326	Francisco Teixeira	Individual	01:03:59	+01:49	06:24	
3	317	William Caetano	DCI/Trilhos Luso Bussaco	01:04:42	+02:32	06:28	
4	378	Bruno Simoes	Saca Trilhos Anadia	01:07:24	+05:14	06:44	
5	324	Bruno Marques	Grupo Desportivo de Oliveira de Frades	01:08:59	+06:49	06:54	
6	312	Nuno Teixeira	Caldas de São Jorge Sport Clube	01:14:40	+12:30	07:28	
7	315	NUNO SANTOS	DAR Recardães	01:16:35	+14:25	07:40	
8	313	Miguel Vieira	CCR Alqueidão da Serra	01:18:36	+16:26	07:52	
9	349	RODRIGO FERREIRA	Individual	01:22:29	+20:19	08:15	
10	385	JOÃO BARTOLOMEU	UDCRS - Silveiro Sport Team	01:22:34	+20:24	08:15	
11	379	Carlos Pinheiro	Sport Clube Paradela	01:22:57	+20:47	08:18	
12	341	Daniel Domingues Simões	Individual	01:23:37	+21:27	08:22	
13	314	IVO PINTO	DAR Recardães	01:24:22	+22:12	08:26	
14	377	Margarida Duarte	Saca Trilhos Anadia	01:25:14	+23:04	08:31	
15	383	TOMÁS BARTOLOMEU	UDCRS - Silveiro Sport Team	01:27:36	+25:26	08:46	
16	361	Nuno Silva	Individual	01:28:14	+26:04	08:49	
17	310	Eduardo Correia	BiciARCA Run Team	01:29:45	+27:35	08:58	
18	328	Rodrigo Arede De Oliveira	Individual	01:31:55	+29:45	09:12	
19	301	VITOR FERNANDES	2 AMIGOS	01:31:55	+29:45	09:12	
20	372	Paulo Silva	OPraticante.pt	01:32:52	+30:42	09:17	
21	358	BRUNO SANTOS	Individual	01:33:43	+31:33	09:22	
22	365	João Isidoro dos Santos	Individual	01:33:45	+31:35	09:22	
23	322	Catarina da Costa Granja	GranjaDias	01:34:33	+32:23	09:27	
24	323	Carlos Alberto Marques Dias	GranjaDias	01:34:33	+32:23	09:27	
25	308	Lidia Antunes	BiciARCA Run Team	01:36:23	+34:13	09:38	
26	373	António Garrido	OPraticante.pt	01:38:26	+36:16	09:51	
27	386	Thomas Tendeiro Cravo	UDCRS - Silveiro Sport Team	01:38:26	+36:16	09:51	
28	327	Gabriel Almeida	Individual	01:39:34	+37:24	09:57	
29	369	Marta Carmo	OPraticante.pt	01:40:54	+38:44	10:05	
30	359	João Marques	Individual	01:40:54	+38:44	10:05	
31	348	Ricardo Mineiro	Individual	01:41:51	+39:41	10:11	
32	304	Liliana Silva	Actib Trail	01:44:38	+42:28	10:28	
33	364	Rui Oliveira	Individual	01:44:39	+42:29	10:28	
34	311	João Tavares	BRAVUS-Team	01:44:40	+42:30	10:28	
35	325	Joaquim Santos	Grupo Desportivo de Oliveira de Frades	01:47:06	+44:56	10:43	
36	381	Diogo Martins Esteves	UDCRS - Silveiro Sport Team	01:49:00	+46:50	10:54	
37	380	Carlos Eduardo Ferreira Coelho	UDCRS - Silveiro Sport Team	01:49:01	+46:51	10:54	
38	375	Daniel Peixoto	PEX Team	01:49:36	+47:26	10:58	
39	335	Joana Patrícia Alves Pereira	Individual	01:52:25	+50:15	11:14	
40	342	David Martins Ferreira de Jesus	Individual	01:52:29	+50:19	11:15	
41	353	Joana Saraiva	Individual	01:53:54	+51:44	11:23	
42	360	Marco Ribeiro	Individual	01:53:55	+51:45	11:23	

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
43	388	Helder Prazeres	Individual	01:55:21	+53:11	11:32	
44	329	Andrea Marques	Individual	01:55:23	+53:13	11:32	
45	345	Jorge Miguel Lourenço Videira	Individual	02:00:06	+57:56	12:01	
46	382	João Pedro Carvalho Pina	UDCRS - Silveiro Sport Team	02:00:34	+58:24	12:03	
47	318	Afonso Manuel da Costa Santos	Dos que vão	02:05:08	+01:02:58	12:31	
48	384	Elva Cardoso	UDCRS - Silveiro Sport Team	02:07:58	+01:05:48	12:48	
49	340	Patrícia Neves	Individual	02:10:09	+01:07:59	13:01	
50	319	Sofia Baptista Martins Soares	Dos que vão	02:10:30	+01:08:20	13:03	
51	387	Liliana Patrícia Rodrigues de Pinho	Vamos a Pé - Taboeira	02:10:51	+01:08:41	13:05	
52	302	Ruben Pires	Actib Trail	02:12:18	+01:10:08	13:14	
53	351	Inês Delgado	Individual	02:12:19	+01:10:09	13:14	
54	370	Patrícia Lamego	OPraticante.pt	02:13:35	+01:11:25	13:22	
55	371	Isabel Cristina Costa	OPraticante.pt	02:13:39	+01:11:29	13:22	
56	366	Mario Marinho	Mario	02:16:26	+01:14:16	13:39	
57	309	Nazaré Saimeira	BiciARCA Run Team	02:17:01	+01:14:51	13:42	
58	357	Ana Gomes	Individual	02:17:08	+01:14:58	13:43	
59	363	José Lopes	Individual	02:17:08	+01:14:58	13:43	
60	331	Diana Amador	Individual	02:19:43	+01:17:33	13:58	
61	354	Lúcia Simões	Individual	02:22:05	+01:19:55	14:12	
62	352	carla sofia silva neves	Individual	02:22:05	+01:19:55	14:12	
63	350	Rui Pessoa	Individual	02:24:19	+01:22:09	14:26	
64	321	Elisabete Santos	DUELO D'OCASIÃO	02:24:19	+01:22:09	14:26	
65	368	Cidália Silva	OPraticante.pt	02:30:50	+01:28:40	15:05	
66	367	Catarina Pinho	OPraticante.pt	02:30:50	+01:28:40	15:05	
67	356	Susana Almeida	Individual	02:34:50	+01:32:40	15:29	
68	332	Diana Costa	Individual	02:34:51	+01:32:41	15:29	
69	362	Stephen Sampaio	Individual	02:34:53	+01:32:43	15:29	
70	338	Mariana Andrade	Individual	03:06:22	+02:04:12	18:38	
71	337	Mafalda Almeida	Individual	03:06:22	+02:04:12	18:38	
72	374	Joaquim Cardoso	Passo a Passo	03:07:28	+02:05:18	18:45	
73	334	Gabriela Amandy Peres dos Santos e Santos	Individual	03:37:07	+02:34:57	21:43	
74	347	Oscar Nolasco Lima Estima	Individual	03:37:07	+02:34:57	21:43	

Trail Rota das Fontes
Castanheira do Vouga
23-março-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	09:45	10,3ºC	77%
End	13:22	10,3ºC	77%

Junior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	377	Margarida Duarte	Saca Trilhos Anadia	Junior Feminino	01:25:14		08:31

Junior Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	326	Francisco Teixeira	Individual	Junior Masculino	01:03:59		06:24
2	318	Afonso Manuel da Costa Santos	Dos que vão	Junior Masculino	02:05:08	+01:01:09	12:31

Juvenil Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	328	Rodrigo Arede De Oliveira	Individual	Juvenil Masculino	01:31:55		09:12
2	327	Gabriel Almeida	Individual	Juvenil Masculino	01:39:34	+07:39	09:57

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	322	Catarina da Costa Granja	GranjaDias	Senior Feminino	01:34:33		09:27
2	335	Joana Patrícia Alves Pereira	Individual	Senior Feminino	01:52:25	+17:51	11:14
3	329	Andrea Marques	Individual	Senior Feminino	01:55:23	+20:49	11:32
4	340	Patrícia Neves	Individual	Senior Feminino	02:10:09	+35:36	13:01
5	319	Sofia Baptista Martins Soares	Dos que vão	Senior Feminino	02:10:30	+35:57	13:03
6	331	Diana Amador	Individual	Senior Feminino	02:19:43	+45:09	13:58
7	332	Diana Costa	Individual	Senior Feminino	02:34:51	+01:00:17	15:29
8	338	Mariana Andrade	Individual	Senior Feminino	03:06:22	+01:31:48	18:38
9	337	Mafalda Almeida	Individual	Senior Feminino	03:06:22	+01:31:49	18:38
10	334	Gabriela Amandy Peres dos Santos e Santos	Individual	Senior Feminino	03:37:07	+02:02:33	21:43

Senior Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	316	Diogo Pimenta	DCI/Trilhos Luso Bussaco	Senior Masculino	01:02:10		06:13
2	317	William Caetano	DCI/Trilhos Luso Bussaco	Senior Masculino	01:04:42	+02:32	06:28
3	313	Miguel Vieira	CCR Alqueidão da Serra	Senior Masculino	01:18:36	+16:26	07:52
4	349	RODRIGO FERREIRA	Individual	Senior Masculino	01:22:29	+20:19	08:15
5	341	Daniel Domingues Simões	Individual	Senior Masculino	01:23:37	+21:27	08:22
6	314	IVO PINTO	DAR Recardães	Senior Masculino	01:24:22	+22:12	08:26
7	323	Carlos Alberto Marques Dias	GranjaDias	Senior Masculino	01:34:33	+32:23	09:27
8	348	Ricardo Mineiro	Individual	Senior Masculino	01:41:51	+39:41	10:11
9	381	Diogo Martins Esteves	UDCRS - Silveiro Sport Team	Senior Masculino	01:49:00	+46:50	10:54
10	380	Carlos Eduardo Ferreira Coelho	UDCRS - Silveiro Sport Team	Senior Masculino	01:49:01	+46:51	10:54

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

11	342	David Martins Ferreira de Jesus	Individual	Senior Masculino	01:52:29	+50:19	11:15
12	345	Jorge Miguel Lourenço Videira	Individual	Senior Masculino	02:00:06	+57:56	12:01
13	382	João Pedro Carvalho Pina	UDCRS - Silveiro Sport Team	Senior Masculino	02:00:34	+58:24	12:03
14	350	Rui Pessoa	Individual	Senior Masculino	02:24:19	+01:22:09	14:26
15	347	Oscar Nolasco Lima Estima	Individual	Senior Masculino	03:37:07	+02:34:57	21:43

Sub 23 Feminino

1	351	Inês Delgado	Individual	Sub 23 Feminino	02:12:19		13:14

Sub 23 Masculino

1	383	TOMÁS BARTOLOMEU	UDCRS - Silveiro Sport Team	Sub 23 Masculino	01:27:36		08:46
2	302	Ruben Pires	Actib Trail	Sub 23 Masculino	02:12:18	+44:42	13:14

Veterana F40

1	308	Lidia Antunes	BiciARCA Run Team	Veterana F40	01:36:23		09:38
2	369	Marta Carmo	OPraticante.pt	Veterana F40	01:40:54	+04:30	10:05
3	304	Liliana Silva	Actib Trail	Veterana F40	01:44:38	+08:14	10:28
4	353	Joana Saraiva	Individual	Veterana F40	01:53:54	+17:30	11:23
5	384	Elva Cardoso	UDCRS - Silveiro Sport Team	Veterana F40	02:07:58	+31:34	12:48
6	387	Liliana Patrícia Rodrigues de Pinho	Vamos a Pé - Taboeira	Veterana F40	02:10:51	+34:28	13:05
7	370	Patrícia Lamego	OPraticante.pt	Veterana F40	02:13:35	+37:12	13:22
8	354	Lúcia Simões	Individual	Veterana F40	02:22:05	+45:41	14:12
9	352	carla sofia silva neves	Individual	Veterana F40	02:22:05	+45:41	14:12
10	321	Elisabete Santos	DUELO D'OCASIÃO	Veterana F40	02:24:19	+47:55	14:26
11	368	Cidália Silva	OPraticante.pt	Veterana F40	02:30:50	+54:26	15:05
12	367	Catarina Pinho	OPraticante.pt	Veterana F40	02:30:50	+54:27	15:05
13	356	Susana Almeida	Individual	Veterana F40	02:34:50	+58:26	15:29

Veterana F50

1	371	Isabel Cristina Costa	OPraticante.pt	Veterana F50	02:13:39		13:22
2	309	Nazaré Saimeira	BiciARCA Run Team	Veterana F50	02:17:01	+03:22	13:42
3	357	Ana Gomes	Individual	Veterana F50	02:17:08	+03:28	13:43

Veterano M40

1	378	Bruno Simoes	Saca Trilhos Anadia	Veterano M40	01:07:24		06:44
2	324	Bruno Marques	Grupo Desportivo de Oliveira de Frades	Veterano M40	01:08:59	+01:34	06:54
3	312	Nuno Teixeira	Caldas de São Jorge Sport Clube	Veterano M40	01:14:40	+07:15	07:28
4	315	NUNO SANTOS	DAR Recardães	Veterano M40	01:16:35	+09:10	07:40

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 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	385	JOÃO BARTOLOMEU	UDCRS - Silveiro Sport Team	Veterano M40	01:22:34	+15:09	08:15
6	361	Nuno Silva	Individual	Veterano M40	01:28:14	+20:49	08:49
7	310	Eduardo Correia	BiciARCA Run Team	Veterano M40	01:29:45	+22:20	08:58
8	301	VITOR FERNANDES	2 AMIGOS	Veterano M40	01:31:55	+24:31	09:12
9	372	Paulo Silva	OPraticante.pt	Veterano M40	01:32:52	+25:28	09:17
10	358	BRUNO SANTOS	Individual	Veterano M40	01:33:43	+26:19	09:22
11	386	Thomas Tendeiro Cravo	UDCRS - Silveiro Sport Team	Veterano M40	01:38:26	+31:01	09:51
12	359	João Marques	Individual	Veterano M40	01:40:54	+33:29	10:05
13	375	Daniel Peixoto	PEX Team	Veterano M40	01:49:36	+42:11	10:58
14	360	Marco Ribeiro	Individual	Veterano M40	01:53:55	+46:30	11:23
15	362	Stephen Sampaio	Individual	Veterano M40	02:34:53	+01:27:28	15:29

Veterano M50

1	379	Carlos Pinheiro	Sport Clube Paradela	Veterano M50	01:22:57		08:18
2	364	Rui Oliveira	Individual	Veterano M50	01:44:39	+21:42	10:28
3	311	João Tavares	BRAVUS-Team	Veterano M50	01:44:40	+21:43	10:28
4	388	Helder Prazeres	Individual	Veterano M50	01:55:21	+32:24	11:32
5	366	Mario Marinho	Mario	Veterano M50	02:16:26	+53:29	13:39
6	363	José Lopes	Individual	Veterano M50	02:17:08	+54:11	13:43
7	374	Joaquim Cardoso	Passo a Passo	Veterano M50	03:07:28	+01:44:30	18:45

Veterano M60

1	365	João Isidoro dos Santos	Individual	Veterano M60	01:33:45		09:22
2	373	António Garrido	OPraticante.pt	Veterano M60	01:38:26	+04:40	09:51
3	325	Joaquim Santos	Grupo Desportivo de Oliveira de Frades	Veterano M60	01:47:06	+13:20	10:43

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	UDCRS - SILVEIRO SPORT TEAM	10 + 15 + 27	52
2	OPRATICANTE.PT	20 + 26 + 29	75
3	BICIARCA RUN TEAM	17 + 25 + 57	99