

TRAIL LONGO - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	16,5°C	61%
End	12:30	16.5°C	61%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	22	Ricardo Martins	Individual	02:08:42		05:09	
2	18	José Pinheiro	DURA-F1 RACETEAM	02:12:27	+03:45	05:18	
3	12	Maicol Simões	CLTT - Clínica Litoralis Trail Team	02:12:29	+03:47	05:18	
4	14	Valter Matos	DCI/Trilhos Luso Bussaco	02:14:04	+05:22	05:22	
5	37	Luis Azevedo	Sport Clube Paradela	02:14:39	+05:57	05:23	
6	11	João Margarido	CLTT - Clínica Litoralis Trail Team	02:16:45	+08:03	05:28	
7	30	JOÃO CRUZ	LAAC - BIKE & SPORT	02:18:34	+09:52	05:33	
8	19	José Cruz	DURA-F1 RACETEAM	02:18:56	+10:14	05:33	
9	38	Ricardo Varalunga	Sport Clube Paradela	02:19:04	+10:22	05:34	
10	23	Antonio Ferreira	Individual	02:22:09	+13:27	05:41	
11	16	Vital José Pires Espinhal	DCI/Trilhos Luso Bussaco	02:22:09	+13:27	05:41	
12	5	Jorge Pereira	ARCD VENDA DA LUISA	02:26:59	+18:17	05:53	
13	31	TIAGO SANTOS	LAAC - BIKE & SPORT	02:29:05	+20:23	05:58	
14	4	Mário Felgueiras	Afifense Trail	02:31:11	+22:29	06:03	
15	6	André Pereira	Associação Desportiva de Ílhavo	02:33:35	+24:53	06:09	
16	26	Paulo Jorge dos Santos Pereira	Individual	02:36:21	+27:39	06:15	
17	2	Manuel Roseiro Ferreira	ADABEM Running Team	02:41:36	+32:54	06:28	
18	28	António Paulo	Individual	02:43:27	+34:45	06:32	
19	35	Ana Melo	Saca Trilhos Anadia	02:44:09	+35:27	06:34	
20	7	Francisco Martins Tavares	CDCParadela	02:45:08	+36:26	06:36	
21	8	Edgar Simões	CLTT - Clínica Litoralis Trail Team	02:46:33	+37:51	06:40	
22	21	Mario Moreira	Individual	02:48:44	+40:02	06:45	
23	36	Armando Cardoso	Sport Clube Paradela	02:49:22	+40:40	06:46	
24	9	Rafael Simoes	CLTT - Clínica Litoralis Trail Team	02:51:49	+43:07	06:52	
25	29	João Almada	João Almada	02:54:14	+45:32	06:58	
26	33	RICARDO HENRIQUES	LAAC - BIKE & SPORT	02:57:30	+48:48	07:06	
27	3	Vera Nogueira	Afifense Trail	02:57:52	+49:10	07:07	
28	15	DOS SANTOS	DCI/Trilhos Luso Bussaco	03:07:56	+59:14	07:31	
29	1	Fátima Ribeiro	ACTIB	03:14:36	+01:05:54	07:47	
30	25	Francisco Rodrigues	Individual	03:15:00	+01:06:18	07:48	
31	27	Pedro Rodrigues	Individual	03:15:00	+01:06:18	07:48	
32	13	José Rui Bandeira Coimbra	Cluve	03:20:05	+01:11:23	08:00	
33	10	Marilyn Lourenço	CLTT - Clínica Litoralis Trail Team	03:22:13	+01:13:31	08:05	
34	17	Alexandre Oliveira	Domus Trail	03:23:21	+01:14:39	08:08	

Trail Longo

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	16,5°C	61%
End	12:30	16.5°C	61%

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

1	7	Francisco Martins Tavares	CDCParadela	Junior Masculino	02:45:08	06:36
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Senior Masculino

1	22	Ricardo Martins	Individual	Senior Masculino	02:08:42	05:09:18
2	18	José Pinheiro	DURA-F1 RACETEAM	Senior Masculino	02:12:27	+03:44 05:18:05
3	30	JOÃO CRUZ	LAAC - BIKE & SPORT	Senior Masculino	02:18:34	+09:51 05:33:56
4	5	Jorge Pereira	ARCD VENDA DA LUISA	Senior Masculino	02:26:59	+18:16 05:53:12
5	31	TIAGO SANTOS	LAAC - BIKE & SPORT	Senior Masculino	02:29:05	+20:22 05:58:39
6	6	André Pereira	Associação Desportiva de Ílhavo	Senior Masculino	02:33:35	+24:52 06:09:09
7	8	Edgar Simões	CLTT - Clínica Litoralís Trail Team	Senior Masculino	02:46:33	+37:50 06:40:39
8	21	Mario Moreira	Individual	Senior Masculino	02:48:44	+40:01 06:45:40
9	9	Rafael Simoes	CLTT - Clínica Litoralís Trail Team	Senior Masculino	02:51:49	+43:06 06:52:46
10	17	Alexandre Oliveira	Domus Trail	Senior Masculino	03:23:21	+01:14:38 08:08:24

Veterana F40

1	35	Ana Melo	Saca Trilhos Anadia	Veterana F40	02:44:09	06:34:22
2	3	Vera Nogueira	Afifense Trail	Veterana F40	02:57:52	+13:42 07:07:14
3	1	Fátima Ribeiro	ACTIB	Veterana F40	03:14:36	+30:26 07:47:42
4	10	Marilyn Lourenço	CLTT - Clínica Litoral Trail Team	Veterana F40	03:22:13	+38:03 08:05:55

Veterano M40

1	12	Maikol Simões	CLTT - Clínica Litoral Trail Team	Veterano M40	02:12:29	05:18:35
2	14	Valter Matos	DCI/Trilhos Luso Bussaco	Veterano M40	02:14:04	05:22:22
3	37	Luis Azevedo	Sport Clube Paradelas	Veterano M40	02:14:39	05:23:30
4	11	João Margarido	CLTT - Clínica Litoral Trail Team	Veterano M40	02:16:45	05:28:16
5	38	Ricardo Varalunga	Sport Clube Paradelas	Veterano M40	02:19:04	05:34:35
6	23	Antonio Ferreira	Individual	Veterano M40	02:22:09	05:41:39
7	36	Armando Cardoso	Sport Clube Paradelas	Veterano M40	02:49:22	06:46:53
8	33	RICARDO HENRIQUES	LAAC - BIKE & SPORT	Veterano M40	02:57:30	07:06:00
9	13	José Rui Bandeira Coimbra	Clube	Veterano M40	03:20:05	08:00:35

Veterano M50

1	19	José Cruz	DURA-F1 RACETEAM	Veterano M50	02:18:56	05:33
2	16	Vital José Pires Espinhal	DCI/Trilhos Luso Bussaco	Veterano M50	02:22:09	+03:13 05:41

Official Timekeeper: Lap2Go	1 / 2	generate 12-out.-2025 12:43
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Trail Longo

25 KM

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OFFICIAL RESULT

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3	4	Mário Felgueiras	Afifense Trail	Veterano M50	02:31:11	+12:14	06:03
4	26	Paulo Jorge dos Santos Pereira	Individual	Veterano M50	02:36:21	+17:25	06:15
5	2	Manuel Roseiro Ferreira	ADABEM Running Team	Veterano M50	02:41:36	+22:40	06:28
6	15	DOS SANTOS	DCI/Trilhos Luso Bussaco	Veterano M50	03:07:56	+49:00	07:31
7	25	Francisco Rodrigues	Individual	Veterano M50	03:15:00	+56:03	07:48
8	27	Pedro Rodrigues	Individual	Veterano M50	03:15:00	+56:04	07:48

Veterano M60

1	28	António Paulo	Individual	Veterano M60	02:43:27	06:32
2	29	João Almada	João Almada	Veterano M60	02:54:14	+10:46 06:58

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 12-out.-2025 12:43
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TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	16,7°C	61%
End	12:53	16.7°C	61%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	220	Rui Figueiredo	Saca Trilhos Anadia	01:16:45		05:07	
2	131	António Assunção	Clube Desportivo Feirense	01:18:41	+01:56	05:15	
3	174	Luis Manuel Pinho Diogo	Individual	01:18:48	+02:03	05:15	
4	132	SAMUEL SANTOS	DAR Recardães	01:21:44	+04:59	05:27	
5	218	Filipe Costa	Saca Trilhos Anadia	01:22:04	+05:19	05:28	
6	224	Marcos André Ferreira	Sport Clube Paradela	01:26:15	+09:30	05:45	
7	136	NUNO CORREIA	DAR Recardães	01:26:49	+10:04	05:47	
8	102	Didier de Jesus	A. R. CASAENSE / ESCOLA DE ATLETISMO DE COIMBRA	01:27:54	+11:09	05:52	
9	128	Jose margarido	CLTT - Clínica Litoralís Trail Team	01:28:17	+11:32	05:53	
10	193	Tiago Gonçalves	Individual	01:29:27	+12:42	05:58	
11	212	Augusto Tavares	OPraticante.pt	01:29:27	+12:42	05:58	
12	134	BRUNO RODRIGUES	DAR Recardães	01:31:01	+14:16	06:04	
13	172	Leonardo Gil	Individual	01:32:01	+15:16	06:08	
14	112	Hélio José Esteves Simões	AFIPRE Team	01:32:08	+15:23	06:09	
15	156	André Oliveira	Individual	01:32:52	+16:07	06:11	
16	119	Manuel Vicente	BiciARCA Run Team	01:35:39	+18:54	06:23	
17	208	João Matos	OPraticante.pt	01:35:55	+19:10	06:24	
18	104	António Veiga	ACD OS ILHAVOS	01:37:03	+20:18	06:28	
19	155	André Gomes	Individual	01:38:25	+21:40	06:34	
20	138	SERGIO RODRIGUES	DAR Recardães	01:38:46	+22:01	06:35	
21	135	JORGE FERREIRA	DAR Recardães	01:39:07	+22:22	06:36	
22	170	Jorge Campos	Individual	01:39:34	+22:49	06:38	
23	166	Helder Marques	Individual	01:39:44	+22:59	06:39	
24	217	Bruno Santos	Saca Trilhos Anadia	01:40:29	+23:44	06:42	
25	183	Vitor Cruz	Individual	01:40:29	+23:44	06:42	
26	219	Filipe Silva	Saca Trilhos Anadia	01:40:41	+23:56	06:43	
27	185	Daniel Ferreira	Individual	01:41:31	+24:46	06:46	
28	118	Rodrigo Gouveia	BiciARCA Run Team	01:41:38	+24:53	06:47	
29	139	Cristiana Ferreira	DCI/Trilhos Luso Bussaco	01:41:41	+24:56	06:47	
30	216	Luís Pereira	Passo a Passo	01:42:05	+25:20	06:48	
31	198	Carlos Duarte	Individual	01:42:47	+26:02	06:51	
32	209	Sérgio Ruela	OPraticante.pt	01:44:31	+27:46	06:58	
33	228	Ricardo Vidal	Sport Clube Paradela	01:45:03	+28:18	07:00	
34	237	Tiago Ferreira	TRAIL BELA BELA	01:45:32	+28:47	07:02	
35	142	Daniel Silva	DCI/Trilhos Luso Bussaco	01:46:10	+29:25	07:05	
36	173	Luís Dias	Individual	01:46:51	+30:06	07:07	
37	146	Alexandra Gomes	Fox running tean	01:46:57	+30:12	07:08	
38	164	Felipe Araujo	Individual	01:47:50	+31:05	07:11	
39	111	Bruno Marques	ADF Bike Riders	01:48:08	+31:23	07:13	
40	223	André Ferreira	Sport Clube Paradela	01:48:11	+31:26	07:13	
41	222	Liliana Ferreira	Sport Clube Paradela	01:48:11	+31:26	07:13	

TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	207	Domingos Vieira	OPraticante.pt	01:48:47	+32:02	07:15	
43	180	Tiago Dias	Individual	01:48:58	+32:13	07:16	
44	133	TIAGO SARAIVA	DAR Recardães	01:49:15	+32:30	07:17	
45	117	Leonardo Alves	Bela bela	01:49:55	+33:10	07:20	
46	167	Hugo Coelho	Individual	01:50:52	+34:07	07:23	
47	171	José Pedro Duarte	Individual	01:51:11	+34:26	07:25	
48	178	Rafael Reis Jesus	Individual	01:51:23	+34:38	07:26	
49	179	Ricardo Tavares	DAR Recardães	01:51:44	+34:59	07:27	
50	106	Luís Marques Serra	ACTIB	01:51:48	+35:03	07:27	
51	226	Eduardo Fonseca	Sport Clube Paradela	01:53:48	+37:03	07:35	
52	122	SERGIO SANTOS	Botão Camp	01:54:29	+37:44	07:38	
53	225	Sofia Costa	Sport Clube Paradela	01:54:50	+38:05	07:39	
54	103	Pedro Alves	AAM Runners	01:55:26	+38:41	07:42	
55	123	Humberto Garcia	Caramelos Running	01:56:56	+40:11	07:48	
56	242	Marcos Oliveira	Yoofoo	01:57:00	+40:15	07:48	
57	230	João Saraiva	Sport Clube Paradela	01:57:23	+40:38	07:50	
58	165	Gonçalo Oliveira	Individual	01:57:36	+40:51	07:50	
59	236	Marco Santos	TRAIL BELA BELA	01:58:00	+41:15	07:52	
60	235	HUGO MATOS	TRAIL BELA BELA	01:58:27	+41:42	07:54	
61	148	Anke van Zyl	Individual	01:59:46	+43:01	07:59	
62	206	Liliana Silva	OiãRunners	02:00:52	+44:07	08:03	
63	124	Jhonny Eurresta	Caramelos Running	02:00:59	+44:14	08:04	
64	213	José Moreira	OPraticante.pt	02:01:16	+44:31	08:05	
65	140	Marisa Duarte	DCI/Trilhos Luso Bussaco	02:01:33	+44:48	08:06	
66	127	Fatima Pinho	CLTT - Clínica Litoral Trail Team	02:05:10	+48:25	08:21	
67	211	Luciana Fidalgo	OPraticante.pt	02:05:54	+49:09	08:24	
68	137	PEDRO CARVALHO	DAR Recardães	02:05:56	+49:11	08:24	
69	163	Fábio Figueiredo	Individual	02:06:08	+49:23	08:25	
70	121	António Matos	BoraBora, Vamos Lá!	02:06:29	+49:44	08:26	
71	158	Carlos Serna	Individual	02:06:32	+49:47	08:26	
72	108	Liliana Silva	ACTIB	02:06:34	+49:49	08:26	
73	191	Nuno Paiva	Individual	02:06:34	+49:49	08:26	
74	107	Carla Barbosa	ACTIB	02:06:34	+49:49	08:26	
75	113	António De Neiva Rodrigues	AFIPRE Team	02:06:47	+50:02	08:27	
76	200	Luís Campos	Individual	02:07:07	+50:22	08:28	
77	215	Carlos Santos	Passo a Passo	02:07:42	+50:57	08:31	
78	109	Paula Brito	ACTIB	02:08:09	+51:24	08:33	
79	238	Gonçalo Farias	TRAIL BELA BELA	02:08:12	+51:27	08:33	
80	234	Mariana Santos	TRAIL BELA BELA	02:09:07	+52:22	08:36	
81	147	Gabriel Almeida	Individual	02:09:22	+52:37	08:37	
82	101	Pedro Miguel Camacho de Oliveira Scarlatti Quadrio	(Com)dores	02:09:45	+53:00	08:39	
83	110	Luís Manuel da Silva Vidal	ACTIB	02:12:15	+55:30	08:49	
84	129	Mário Simões	CLTT - Clínica Litoral Trail Team	02:12:19	+55:34	08:49	
85	175	Márcio Nogueira	Individual	02:13:49	+57:04	08:55	
86	221	Daniela Neves Silva	Sport Clube Paradela	02:15:08	+58:23	09:01	

TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	186	Marta Rodrigues	Individual	02:15:15	+58:30	09:01	
88	169	João Sousa	Individual	02:15:25	+58:40	09:02	
89	233	Jorge Rodrigues	Tartarugas	02:15:25	+58:40	09:02	
90	232	Susana Cerqueira	Tartarugas	02:15:54	+59:09	09:04	
91	231	Nuno Silva	Tartarugas	02:15:54	+59:09	09:04	
92	105	Catarina Caetano	ACTIB	02:17:18	+01:00:33	09:09	
93	154	André Filipe CRuz	Individual	02:18:01	+01:01:16	09:12	
94	203	tiago rocha	Melguinhas Doces	02:19:06	+01:02:21	09:16	
95	160	Eduardo Seabra	Individual	02:19:39	+01:02:54	09:19	
96	157	Carlos Alexandre Moreira Gonçalves	Individual	02:19:40	+01:02:55	09:19	
97	192	Robson Rios Barbosa	Individual	02:22:40	+01:05:55	09:31	
98	126	António Vinha	CDC Macieira de Cambra	02:22:56	+01:06:11	09:32	
99	182	Tomás Inácio	Individual	02:22:57	+01:06:12	09:32	
100	214	Nelson Marques	Passo a Passo	02:26:10	+01:09:25	09:45	
101	120	Maria Ramos	BoraBora, Vamos Lá!	02:26:23	+01:09:38	09:46	
102	125	Joel eurresta	Caramelos Running	02:27:25	+01:10:40	09:50	
103	168	Isaías Martins	Individual	02:27:33	+01:10:48	09:50	
104	204	Marco Caloba	MxP	02:28:58	+01:12:13	09:56	
105	205	Pedro Lucas	MxP	02:28:59	+01:12:14	09:56	
106	162	Fábio Branco	Individual	02:29:54	+01:13:09	10:00	
107	199	José Tavares	Individual	02:30:20	+01:13:35	10:01	
108	176	Miguel Oliveira	Individual	02:32:55	+01:16:10	10:12	
109	151	Rose Ramos	Individual	02:32:55	+01:16:10	10:12	
110	210	Aida Valente	OPraticante.pt	02:35:25	+01:18:40	10:22	
111	239	Sandra Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:35:41	+01:18:56	10:23	
112	240	Carla Alexandra marinho Melo	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:36:51	+01:20:06	10:27	
113	197	Rui Manuel Alves Abrantes	Individual	02:36:56	+01:20:11	10:28	
114	196	Paulo Silva	Individual	02:43:07	+01:26:22	10:52	
115	241	João Almeida	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:44:38	+01:27:53	10:59	
116	115	Eduardo vieira	AZtrail	02:47:12	+01:30:27	11:09	
117	187	Felisbela Monteiro	Individual	02:48:12	+01:31:27	11:13	
118	159	Diogo Santos	Individual	02:51:36	+01:34:51	11:26	
119	194	Carlos Santos	Individual	02:53:50	+01:37:05	11:35	
120	202	Carlos Oliveira	JCT	02:53:59	+01:37:14	11:36	
121	177	Rafael Filipe Gomes da Costa	Individual	03:07:03	+01:50:18	12:28	
122	149	Beatriz Duarte	Individual	03:07:03	+01:50:18	12:28	
123	114	Rita Gonçalves	Ana Rita Gonçalves	03:21:41	+02:04:56	13:27	
124	229	Rui Almeida	Sport Clube Paradela	03:21:42	+02:04:57	13:27	
125	152	Rute Costa	Individual	03:23:46	+02:07:01	13:35	
126	150	Débora Cruz	Individual	03:23:47	+02:07:02	13:35	

15 KM

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	242	Marcos Oliveira	YooHoo	Junior Masculino	01:57:00	07:48
2	147	Gabriel Almeida	Individual	Junior Masculino	02:09:22	+12:21 08:37

1	139	Cristiana Ferreira	DCI/Trilhos Luso Bussaco	Senior Feminino	01:41:41	06:47
2	222	Liliana Ferreira	Sport Clube Paradela	Senior Feminino	01:48:11	+06:30 07:13
3	148	Anke van Zyl	Individual	Senior Feminino	01:59:46	+18:05 07:59
4	234	Mariana Santos	TRAIL BELA BELA	Senior Feminino	02:09:07	+27:26 08:36
5	221	Daniela Neves Silva	Sport Clube Paradela	Senior Feminino	02:15:08	+33:26 09:01
6	105	Catarina Caetano	ACTIB	Senior Feminino	02:17:18	+35:37 09:09
7	151	Rose Ramos	Individual	Senior Feminino	02:32:55	+51:13 10:12
8	239	Sandra Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Feminino	02:35:41	+54:00 10:23
9	149	Beatriz Duarte	Individual	Senior Feminino	03:07:03	+01:25:22 12:28
10	152	Rute Costa	Individual	Senior Feminino	03:23:46	+01:42:05 13:35
11	150	Débora Cruz	Individual	Senior Feminino	03:23:47	+01:42:06 13:35

1	220	Rui Figueiredo	Saca Trilhos Anadia	Senior Masculino	01:16:45	05:07
2	174	Luis Manuel Pinho Diogo	Individual	Senior Masculino	01:18:48	+02:02 05:15
3	218	Filipe Costa	Saca Trilhos Anadia	Senior Masculino	01:22:04	+05:18 05:28
4	224	Marcos André Ferreira	Sport Clube Paradelas	Senior Masculino	01:26:15	+09:29 05:45
5	172	Leonardo Gil	Individual	Senior Masculino	01:32:01	+15:16 06:08
6	156	André Oliveira	Individual	Senior Masculino	01:32:52	+16:07 06:11
7	208	João Matos	OPraticante.pt	Senior Masculino	01:35:55	+19:09 06:24
8	104	António Veiga	ACD OS ILHAVOS	Senior Masculino	01:37:03	+20:18 06:28
9	155	André Gomes	Individual	Senior Masculino	01:38:25	+21:39 06:34
10	170	Jorge Campos	Individual	Senior Masculino	01:39:34	+22:48 06:38
11	166	Helder Marques	Individual	Senior Masculino	01:39:44	+22:58 06:39
12	217	Bruno Santos	Saca Trilhos Anadia	Senior Masculino	01:40:29	+23:43 06:42
13	183	Vitor Cruz	Individual	Senior Masculino	01:40:29	+23:43 06:42
14	219	Filipe Silva	Saca Trilhos Anadia	Senior Masculino	01:40:41	+23:56 06:43
15	209	Sérgio Ruela	OPraticante.pt	Senior Masculino	01:44:31	+27:45 06:58
16	237	Tiago Ferreira	TRAIL BELA BELA	Senior Masculino	01:45:32	+28:46 07:02
17	173	Luís Dias	Individual	Senior Masculino	01:46:51	+30:06 07:07
18	164	Felipe Araujo	Individual	Senior Masculino	01:47:50	+31:04 07:11
19	223	André Ferreira	Sport Clube Paradelas	Senior Masculino	01:48:11	+31:25 07:13

Official Timekeeper: Lap2Go	1 / 4	generate 12-out.-2025 12:54
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15 KM

OFFICIAL RESULT

20	207	Domingos Vieira	OPraticante.pt	Senior Masculino	01:48:47	+32:01	07:15
21	180	Tiago Dias	Individual	Senior Masculino	01:48:58	+32:12	07:16
22	117	Leonardo Alves	Bela bela	Senior Masculino	01:49:55	+33:09	07:20
23	167	Hugo Coelho	Individual	Senior Masculino	01:50:52	+34:06	07:23
24	171	José Pedro Duarte	Individual	Senior Masculino	01:51:11	+34:25	07:25
25	178	Rafael Reis Jesus	Individual	Senior Masculino	01:51:23	+34:37	07:26
26	179	Ricardo Tavares	DAR Recardães	Senior Masculino	01:51:44	+34:58	07:27
27	106	Luís Marques Serra	ACTIB	Senior Masculino	01:51:48	+35:03	07:27
28	123	Humberto Garcia	Caramelos Running	Senior Masculino	01:56:56	+40:10	07:48
29	165	Gonçalo Oliveira	Individual	Senior Masculino	01:57:36	+40:50	07:50
30	236	Marco Santos	TRAIL BELA BELA	Senior Masculino	01:58:00	+41:14	07:52
31	235	HUGO MATOS	TRAIL BELA BELA	Senior Masculino	01:58:27	+41:41	07:54
32	124	Jhonny Eurresta	Caramelos Running	Senior Masculino	02:00:59	+44:13	08:04
33	163	Fábio Figueiredo	Individual	Senior Masculino	02:06:08	+49:22	08:25
34	158	Carlos Serna	Individual	Senior Masculino	02:06:32	+49:46	08:26
35	175	Márcio Nogueira	Individual	Senior Masculino	02:13:49	+57:03	08:55
36	169	João Sousa	Individual	Senior Masculino	02:15:25	+58:39	09:02
37	231	Nuno Silva	Tartarugas	Senior Masculino	02:15:54	+59:08	09:04
38	154	André Filipe CRuz	Individual	Senior Masculino	02:18:01	+01:01:15	09:12
39	160	Eduardo Seabra	Individual	Senior Masculino	02:19:39	+01:02:53	09:19
40	157	Carlos Alexandre Moreira Gonçalves	Individual	Senior Masculino	02:19:40	+01:02:54	09:19
41	182	Tomás Inácio	Individual	Senior Masculino	02:22:57	+01:06:11	09:32
42	125	Joel eurresta	Caramelos Running	Senior Masculino	02:27:25	+01:10:39	09:50
43	168	Isaías Martins	Individual	Senior Masculino	02:27:33	+01:10:47	09:50
44	204	Marco Caloba	MxP	Senior Masculino	02:28:58	+01:12:12	09:56
45	205	Pedro Lucas	MxP	Senior Masculino	02:28:59	+01:12:13	09:56
46	162	Fábio Branco	Individual	Senior Masculino	02:29:54	+01:13:08	10:00
47	176	Miguel Oliveira	Individual	Senior Masculino	02:32:55	+01:16:09	10:12
48	159	Diogo Santos	Individual	Senior Masculino	02:51:36	+01:34:50	11:26
49	177	Rafael Filipe Gomes da Costa	Individual	Senior Masculino	03:07:03	+01:50:17	12:28

1	132	SAMUEL SANTOS	DAR Recardões	Sub 23 Masculino	01:21:44	05:27
2	185	Daniel Ferreira	Individual	Sub 23 Masculino	01:41:31	+19:47 06:46
3	133	TIAGO SARAIVA	DAR Recardões	Sub 23 Masculino	01:49:15	+27:30 07:17
4	238	Gonçalo Farias	TRAIL BELA BELA	Sub 23 Masculino	02:08:12	+46:27 08:33

1	146	Alexandra Gomes	Fox running tean	Veterana F40	01:46:57	07:08
2	225	Sofia Costa	Sport Clube Paradelas	Veterana F40	01:54:50	+07:52 07:39
3	206	Liliana Silva	OiãRunners	Veterana F40	02:00:52	+13:54 08:03
4	140	Marisa Duarte	DCI/Trilhos Luso Bussaco	Veterana F40	02:01:33	+14:35 08:06
5	108	Liliana Silva	ACTIB	Veterana F40	02:06:34	+19:36 08:26
6	107	Carla Barbosa	ACTIB	Veterana F40	02:06:34	+19:36 08:26

Trail Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

7	109	Paula Brito	ACTIB	Veterana F40	02:08:09	+21:11	08:33
8	186	Marta Rodrigues	Individual	Veterana F40	02:15:15	+28:18	09:01
9	232	Susana Cerqueira	Tartarugas	Veterana F40	02:15:54	+28:56	09:04
10	210	Aida Valente	OPraticante.pt	Veterana F40	02:35:25	+48:27	10:22
11	114	Rita Gonçalves	Ana Rita Gonçalves	Veterana F40	03:21:41	+01:34:43	13:27

Veterana F50

1	211	Luciana Fidalgo	OPraticante.pt	Veterana F50	02:05:54	08:24
2	120	Maria Ramos	BoraBora, Vamos Lá!	Veterana F50	02:26:23	+20:28 09:46
3	240	Carla Alexandra marinho Melo	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterana F50	02:36:51	+30:57 10:27
4	187	Felisbela Monteiro	Individual	Veterana F50	02:48:12	+42:18 11:13

Veterana F60

1	127	Fatima Pinho	CLTT - Clínica Litoral Trail Team	Veterana F60	02:05:10	08:21
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Veterano M40

1	131	António Assunção	Clube Desportivo Feirense	Veterano M40	01:18:41	05:15
2	136	NUNO CORREIA	DAR Recardães	Veterano M40	01:26:49	+08:08 05:47
3	102	Didier de Jesus	A. R. CASAENSE / ESCOLA DE ATLETISMO DE COIMBRA	Veterano M40	01:27:54	+09:13 05:52
4	128	Jose margarido	CLTT - Clínica Litoral Trail Team	Veterano M40	01:28:17	+09:36 05:53
5	193	Tiago Gonçalves	Individual	Veterano M40	01:29:27	+10:45 05:58
6	212	Augusto Tavares	OPraticante.pt	Veterano M40	01:29:27	+10:46 05:58
7	134	BRUNO RODRIGUES	DAR Recardães	Veterano M40	01:31:01	+12:20 06:04
8	112	Hélio José Esteves Simões	AFIPRE Team	Veterano M40	01:32:08	+13:27 06:09
9	138	SERGIO RODRIGUES	DAR Recardães	Veterano M40	01:38:46	+20:05 06:35
10	135	JORGE FERREIRA	DAR Recardães	Veterano M40	01:39:07	+20:25 06:36
11	118	Rodrigo Gouveia	BiciARCA Run Team	Veterano M40	01:41:38	+22:57 06:47
12	228	Ricardo Vidal	Sport Clube Paradelas	Veterano M40	01:45:03	+26:21 07:00
13	111	Bruno Marques	ADF Bike Riders	Veterano M40	01:48:08	+29:27 07:13
14	226	Eduardo Fonseca	Sport Clube Paradelas	Veterano M40	01:53:48	+35:07 07:35
15	122	SERGIO SANTOS	Botão Camp	Veterano M40	01:54:29	+35:48 07:38
16	103	Pedro Alves	AAM Runners	Veterano M40	01:55:26	+36:45 07:42
17	137	PEDRO CARVALHO	DAR Recardães	Veterano M40	02:05:56	+47:15 08:24
18	191	Nuno Paiva	Individual	Veterano M40	02:06:34	+47:53 08:26
19	233	Jorge Rodrigues	Tartarugas	Veterano M40	02:15:25	+56:44 09:02
20	203	tiago rocha	Melguinhas Doces	Veterano M40	02:19:06	+01:00:25 09:16
21	192	Robson Rios Barbosa	Individual	Veterano M40	02:22:40	+01:03:59 09:31
22	126	António Vinha	CDC Macieira de Cambra	Veterano M40	02:22:56	+01:04:15 09:32
23	214	Nelson Marques	Passo a Passo	Veterano M40	02:26:10	+01:07:29 09:45
24	241	João Almeida	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M40	02:44:38	+01:25:56 10:59

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Trail Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

25	115	Eduardo vieira	AZtrail	Veterano M40	02:47:12	+01:28:31	11:09
26	229	Rui Almeida	Sport Clube Paradela	Veterano M40	03:21:42	+02:03:01	13:27

Veterano M50

1	119	Manuel Vicente	BiciARCA Run Team	Veterano M50	01:35:39	06:23
2	216	Luís Pereira	Passo a Passo	Veterano M50	01:42:05	+06:26 06:48
3	142	Daniel Silva	DCI/Trilhos Luso Bussaco	Veterano M50	01:46:10	+10:31 07:05
4	230	João Saraiva	Sport Clube Paradelas	Veterano M50	01:57:23	+21:43 07:50
5	213	José Moreira	OPraticante.pt	Veterano M50	02:01:16	+25:37 08:05
6	121	António Matos	BoraBora, Vamos Lá!	Veterano M50	02:06:29	+30:50 08:26
7	215	Carlos Santos	Passo a Passo	Veterano M50	02:07:42	+32:03 08:31
8	101	Pedro Miguel Camacho de Oliveira Scarlatti Quadrio	(Com)dores	Veterano M50	02:09:45	+34:06 08:39
9	129	Mário Simões	CLTT - Clínica Litoral Trail Team	Veterano M50	02:12:19	+36:40 08:49
10	197	Rui Manuel Alves Abrantes	Individual	Veterano M50	02:36:56	+01:01:17 10:28
11	196	Paulo Silva	Individual	Veterano M50	02:43:07	+01:07:28 10:52
12	194	Carlos Santos	Individual	Veterano M50	02:53:50	+01:18:11 11:35
13	202	Carlos Oliveira	JCT	Veterano M50	02:53:59	+01:18:20 11:36

Veterano M60

1	198	Carlos Duarte	Individual	Veterano M60	01:42:47	06:51
2	113	António De Neiva Rodrigues	AFIPRE Team	Veterano M60	02:06:47	+23:59 08:27
3	200	Luís Campos	Individual	Veterano M60	02:07:07	+24:20 08:28
4	110	Luís Manuel da Silva Vidal	ACTIB	Veterano M60	02:12:15	+29:28 08:49
5	199	José Tavares	Individual	Veterano M60	02:30:20	+47:32 10:01

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Official Timekeeper: Lap2Go	1 / 1	generate 12-out.-2025 12:44
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MINI TRAIL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:45	20,2°C	47%
End	12:17	20,2°C	47%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	520	Francisco Cadinha	Individual	57:53		05:47	
2	518	Tiago Marcelino	CENAP	01:00:32	+02:39	06:03	
3	542	Rodrigo Fernandes Martins	Individual	01:00:33	+02:40	06:03	
4	564	Americo martins de pinho	Run For Fun Laranjinhas	01:02:24	+04:31	06:14	
5	568	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	01:04:50	+06:57	06:29	
6	567	Diogo Veiga	VeigaFit	01:04:55	+07:02	06:29	
7	537	Francisco Manuel Teixeira Marques	Individual	01:04:58	+07:05	06:30	
8	521	Nilton Marques	Individual	01:06:26	+08:33	06:39	
9	555	Paulo Silva	Individual	01:06:27	+08:34	06:39	
10	516	Paulo Tavares	BiciARCA Run Team	01:08:05	+10:12	06:48	
11	534	André Louro	Individual	01:09:25	+11:32	06:57	
12	190	Manuel ventura da Silva Marques	Individual	01:11:33	+13:40	07:09	
13	515	António Rodrigues	BiciARCA Run Team	01:12:01	+14:08	07:12	
14	552	Mário Pereira	Individual	01:12:19	+14:26	07:14	
15	550	JOSÉ SILVA	Individual	01:14:00	+16:07	07:24	
16	506	Leandro Arede	ACTIB	01:17:03	+19:10	07:42	
17	514	Eduardo Correia	BiciARCA Run Team	01:18:21	+20:28	07:50	
18	519	Tomás Andrade Soares	Clube Desportivo Feirense	01:24:03	+26:10	08:24	
19	559	Simao Pedro Pinheiro	Puro Judo	01:24:40	+26:47	08:28	
20	539	João Manuel Caravela Cardoso	Individual	01:24:40	+26:47	08:28	
21	517	Nuno Oliveira	CENAP	01:26:05	+28:12	08:36	
22	563	Sérgio Cunha	Puro Judo	01:28:09	+30:16	08:49	
23	525	Filipa Parreira	Individual	01:28:18	+30:25	08:50	
24	543	Ruben Aguiar	Individual	01:28:18	+30:25	08:50	
25	508	Ana Gaspar	BiciARCA Run Team	01:30:10	+32:17	09:01	
26	561	Jordao Martins Laranja	Puro Judo	01:30:56	+33:03	09:06	
27	532	Susana Tavares	Individual	01:31:28	+33:35	09:09	
28	545	Simão Pedro Simões Pereira	Individual	01:31:55	+34:02	09:12	
29	548	Joana saraiva	Individual	01:33:40	+35:47	09:22	
30	551	Marco Ribeiro	Individual	01:33:40	+35:47	09:22	
31	580	Nazaré Saimeira	BiciARCA Run Team	01:35:31	+37:38	09:33	
32	557	José Augusto Tavares Pereira	Levata-te e Anda	01:37:27	+39:34	09:45	
33	527	Joana Ferreira	Individual	01:37:45	+39:52	09:46	
34	540	João Silva	Individual	01:37:45	+39:52	09:47	
35	523	Cátia Paiva	Individual	01:42:27	+44:34	10:15	
36	531	Silvia da Silva	Individual	01:42:28	+44:35	10:15	
37	547	Tiago Rodrigues	Individual	01:42:29	+44:36	10:15	
38	565	Raquel Simões Guimarães	Sport Clube Paradela	01:42:29	+44:36	10:15	
39	536	Diogo Videira Neto	Individual	01:43:36	+45:43	10:22	
40	530	Patricia Cai Lin	Individual	01:43:36	+45:43	10:22	
41	511	Hugo Antunes	Bela bela	01:45:34	+47:41	10:33	
42	512	Raphael Nascimento	Bela bela	01:45:35	+47:42	10:33	

MINI TRAIL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	546	Tiago Filipe Pereira Rodrigues	Individual	01:49:45	+51:52	10:59	
44	502	Maria João	1002	01:50:13	+52:20	11:01	
45	503	Mariana Nunes	1002	01:50:15	+52:22	11:01	
46	566	Íris Morgado	TR	01:51:38	+53:45	11:10	
47	554	Paulo Saraiva	Individual	01:53:51	+55:58	11:23	
48	507	Mónica Barbosa	Amantes Trail & Run	01:57:10	+59:17	11:43	
49	526	Inês Pereira	Individual	02:01:13	+01:03:20	12:07	
50	562	Nuno Martins	Puro Judo	02:02:15	+01:04:22	12:13	
51	524	Diana Amador	Individual	02:03:11	+01:05:18	12:19	
52	510	Carla Barbosa	As Belas e Eles	02:04:05	+01:06:12	12:24	
53	509	Cátia Silva	As Belas e Eles	02:04:05	+01:06:12	12:24	
54	505	Marta Cândido	ACTIB	02:15:33	+01:17:40	13:33	
55	504	Érica Santiago	ACTIB	02:15:41	+01:17:48	13:34	
56	529	Marisa Pereira Marques	Individual	02:25:14	+01:27:21	14:31	
57	522	Carina Almeida	Individual	02:25:15	+01:27:22	14:31	
58	558	Joaquim Cardoso	Passo a Passo	02:28:51	+01:30:58	14:53	
59	541	Luís Gomes	Individual	02:32:09	+01:34:16	15:13	
60	533	Tânia da Conceição Silva	Individual	02:32:09	+01:34:16	15:13	

Mini Trail

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:45	20,2°C	47%
End	12:17	20,2°C	47%

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

1	502	Maria João	1002	Junior Feminino	01:50:13	11:01
2	505	Marta Cândido	ACTIB	Junior Feminino	02:15:33	+25:19 13:33
3	504	Érica Santiago	ACTIB	Junior Feminino	02:15:41	+25:27 13:34

Junior Masculino

1	520	Francisco Cadinha	Individual	Junior Masculino	57:53	05:47
2	521	Nilton Marques	Individual	Junior Masculino	01:06:26	+08:32 06:39
3	506	Leandro Arede	ACTIB	Junior Masculino	01:17:03	+19:09 07:42
4	559	Simao Pedro Pinheiro	Puro Judo	Junior Masculino	01:24:40	+26:46 08:28

Senior Feminino

1	525	Filipa Parreira	Individual	Senior Feminino	01:28:18	08:50
2	532	Susana Tavares	Individual	Senior Feminino	01:31:28	+03:09 09:09
3	527	Joana Ferreira	Individual	Senior Feminino	01:37:45	+09:26 09:46
4	523	Cátia Paiva	Individual	Senior Feminino	01:42:27	+14:08 10:15
5	531	Silvia da Silva	Individual	Senior Feminino	01:42:28	+14:09 10:15
6	530	Patricia Cai Lin	Individual	Senior Feminino	01:43:36	+15:18 10:22
7	503	Mariana Nunes	1002	Senior Feminino	01:50:15	+21:56 11:01
8	526	Inês Pereira	Individual	Senior Feminino	02:01:13	+32:55 12:07
9	524	Diana Amador	Individual	Senior Feminino	02:03:11	+34:52 12:19
10	509	Cátia Silva	As Belas e Eles	Senior Feminino	02:04:05	+35:46 12:24
11	529	Marisa Pereira Marques	Individual	Senior Feminino	02:25:14	+56:56 14:31
12	522	Carina Almeida	Individual	Senior Feminino	02:25:15	+56:56 14:31
13	533	Tânia da Conceição Silva	Individual	Senior Feminino	02:32:09	+01:03:51 15:13

Senior Masculino

1	518	Tiago Marcelino	CENAP	Senior Masculino	01:00:32	06:03
2	542	Rodrigo Fernandes Martins	Individual	Senior Masculino	01:00:33	+00:00 06:03
3	537	Francisco Manuel Teixeira Marques	Individual	Senior Masculino	01:04:58	+04:25 06:30
4	534	André Louro	Individual	Senior Masculino	01:09:25	+08:52 06:57
5	539	João Manuel Caravela Cardoso	Individual	Senior Masculino	01:24:40	+24:07 08:28
6	517	Nuno Oliveira	CENAP	Senior Masculino	01:26:05	+25:32 08:36
7	543	Ruben Aguiar	Individual	Senior Masculino	01:28:18	+27:45 08:50
8	545	Simão Pedro Simões Pereira	Individual	Senior Masculino	01:31:55	+31:22 09:12
9	540	João Silva	Individual	Senior Masculino	01:37:45	+37:12 09:47

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Mini Trail

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

10	547	Tiago Rodrigues	Individual	Senior Masculino	01:42:29	+41:56	10:15
11	536	Diogo Videira Neto	Individual	Senior Masculino	01:43:36	+43:03	10:22
12	511	Hugo Antunes	Bela bela	Senior Masculino	01:45:34	+45:01	10:33
13	512	Raphael Nascimento	Bela bela	Senior Masculino	01:45:35	+45:02	10:33
14	546	Tiago Filipe Pereira Rodrigues	Individual	Senior Masculino	01:49:45	+49:12	10:59
15	541	Luís Gomes	Individual	Senior Masculino	02:32:09	+01:31:36	15:13

Sub 23 Feminino

1	566	Íris Morgado	TR	Sub 23 Feminino	01:51:38	11:10
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Sub 23 Masculino

1	519	Tomás Andrade Soares	Clube Desportivo Feirense	Sub 23 Masculino	01:24:03	08:24
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Veterana F40

1	508	Ana Gaspar	BiciARCA Run Team	Veterana F40	01:30:10	09:01
2	548	Joana saraiva	Individual	Veterana F40	01:33:40	+03:29 09:22
3	565	Raquel Simões Guimarães	Sport Clube Paradela	Veterana F40	01:42:29	+12:18 10:15
4	507	Mónica Barbosa	Amantes Trail & Run	Veterana F40	01:57:10	+26:59 11:43
5	510	Carla Barbosa	As Belas e Eles	Veterana F40	02:04:05	+33:54 12:24

Veterana F50

1	580	Nazaré Saimeira	BiciARCA Run Team	Veterana F50	01:35:31	09:33
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Veterano M40

1	568	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M40	01:04:50	06:29
2	567	Diogo Veiga	VeigaFit	Veterano M40	01:04:55	+00:04 06:29
3	190	Manuel ventura da Silva Marques	Individual	Veterano M40	01:11:33	+06:43 07:09
4	552	Mário Pereira	Individual	Veterano M40	01:12:19	+07:29 07:14
5	550	JOSÉ SILVA	Individual	Veterano M40	01:14:00	+09:09 07:24
6	514	Eduardo Correia	BiciARCA Run Team	Veterano M40	01:18:21	+13:30 07:50
7	563	Sérgio Cunha	Puro Judo	Veterano M40	01:28:09	+23:19 08:49
8	561	Jordao Martins Laranja	Puro Judo	Veterano M40	01:30:56	+26:06 09:06
9	551	Marco Ribeiro	Individual	Veterano M40	01:33:40	+28:49 09:22
10	562	Nuno Martins	Puro Judo	Veterano M40	02:02:15	+57:24 12:13

Veterano M50

1	564	Americo martins de pinho	Run For Fun Laranjinhas	Veterano M50	01:02:24	06:14
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Mini Trail

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

2	555	Paulo Silva	Individual	Veterano M50	01:06:27	+04:02	06:39
3	516	Paulo Tavares	BiciARCA Run Team	Veterano M50	01:08:05	+05:41	06:48
4	515	António Rodrigues	BiciARCA Run Team	Veterano M50	01:12:01	+09:37	07:12
5	557	José Augusto Tavares Pereira	Levata-te e Anda	Veterano M50	01:37:27	+35:02	09:45
6	554	Paulo Saraiva	Individual	Veterano M50	01:53:51	+51:27	11:23
7	558	Joaquim Cardoso	Passo a Passo	Veterano M50	02:28:51	+01:26:26	14:53