



**TRAIL 25K - STAGE 1**

**25 KM**

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

**OFFICIAL RESULT**

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

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>	<b>CARD</b>
41	1	Artur Salvador	#sangalhos_Trail	03:44:52	+01:49:22	09:00	
42	50	Marta Rodrigues	Trilhos da Baga/ k Run team	03:48:09	+01:52:39	09:08	
43	28	João Tinoco	Individual	03:48:09	+01:52:39	09:08	
44	29	JORGE ROCHA	Individual	04:04:04	+02:08:34	09:46	

## Trail 25k

## 25 KM

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

### OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	08:45	10,2°C	89%
End	12:50	10,2°C	89%

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

1	39	Ana Pereira	OPraticante.pt	Senior Feminino	02:51:07		06:51
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## Senior Masculino

1	42	Pedro Rafael Tavares Garrido	Saca Trilhos Anadia	Senior Masculino	01:55:30		04:37
2	22	Manuel José Pinto e Silva	Individual	Senior Masculino	02:05:59	+10:29	05:02
3	26	Ricardo Martins	Individual	Senior Masculino	02:16:33	+21:03	05:28
4	45	André Ferreira	Sport Clube Paradela	Senior Masculino	02:21:01	+25:31	05:38
5	52	Jorge Pereira	Individual	Senior Masculino	02:28:40	+33:10	05:57
6	5	André Pereira	Associação Desportiva de Ílhavo	Senior Masculino	02:36:22	+40:52	06:15
7	25	Paulo Pires	Individual	Senior Masculino	02:51:17	+55:47	06:51
8	8	Rafael Simoes	CLTT - Clínica Litoral Trail Team	Senior Masculino	02:55:34	+01:00:03	07:01
9	48	André Ferreira	TRAIL BELA BELA	Senior Masculino	02:58:49	+01:03:19	07:09
10	7	Edgar Simões	CLTT - Clínica Litoral Trail Team	Senior Masculino	03:02:56	+01:07:25	07:19
11	40	Pedro Miguel Guimarães Pereira	Pedro Pereira Jardins	Senior Masculino	03:10:43	+01:15:13	07:38

## Veterana F40

1	36	Liliana Cardoso	Liliana Cardoso	Veterana F40	02:34:29		06:11
2	43	Ana Melo	Saca Trilhos Anadia	Veterana F40	02:51:46	+17:17	06:52
3	2	Leonor Salgueiro	Actib Trail	Veterana F40	03:06:32	+32:02	07:28
4	10	Idalina Ribeiro	DCI/Trilhos Luso Bussaco	Veterana F40	03:10:44	+36:14	07:38
5	50	Marta Rodrigues	Trilhos da Baga/ k Run team	Veterana F40	03:48:09	+01:13:40	09:08

## Veterano M40

1	34	João Santos	Saca Trilhos Anadia	Veterano M40	01:59:47		04:47
2	46	Bruno paquete	Sport Clube Paradela	Veterano M40	02:16:14	+16:27	05:27
3	19	Vitor Sencadas	Hut Runners Aveiro	Veterano M40	02:17:20	+17:32	05:30
4	9	João Margarido	CLTT - Clínica Litoral Trail Team	Veterano M40	02:19:02	+19:14	05:34
5	47	Ricardo Varalunga	Sport Clube Paradela	Veterano M40	02:24:26	+24:38	05:47
6	51	Ricardo Vidal	Sport Clube Paradela	Veterano M40	02:25:33	+25:45	05:49
7	49	Bruno Cardoso	TRAIL BELA BELA	Veterano M40	02:42:58	+43:11	06:31
8	18	Paulo Santos	Hipódromo da Abrançalha	Veterano M40	02:46:22	+46:35	06:39
9	31	Paulo Cruz	Individual	Veterano M40	02:51:12	+51:25	06:51
10	44	Pedro Correia	Sosense Trail Team CORIND, Braga e Fernandes	Veterano M40	02:51:15	+51:27	06:51
11	11	Renato Ribeiro	DCI/Trilhos Luso Bussaco	Veterano M40	03:10:45	+01:10:57	07:38

### Trail 25k

25 KM

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

### OFFICIAL RESULT

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

12	15	João Soares	G.D. Leões da Guarda – LION RUNNERS	Veterano M40	03:37:12	+01:37:25	08:41
13	14	Filipe Pereira	G.D. Leões da Guarda – LION RUNNERS	Veterano M40	03:40:19	+01:40:32	08:49
14	28	João Tinoco	Individual	Veterano M40	03:48:09	+01:48:22	09:08
15	29	JORGE ROCHA	Individual	Veterano M40	04:04:04	+02:04:17	09:46

### Veterano M50

1	13	José Cruz	DURA-F1 RACETEAM	Veterano M50	02:17:54		05:31
2	3	Manuel Roseiro Ferreira	ADABEM Running Team	Veterano M50	02:38:01	+20:07	06:19
3	4	PAULO JORGE DOS SANTOS PEREIRA	ARC BARROCA	Veterano M50	02:38:53	+20:59	06:21
4	12	Vital José Pires Espinhal	DCI/Trilhos Luso Bussaco	Veterano M50	02:39:28	+21:34	06:23
5	32	CARLOS MARQUES	Individual	Veterano M50	02:54:27	+36:33	06:59
6	20	Artur Jorge Paiva	Hut Runners Aveiro	Veterano M50	03:13:00	+55:06	07:43
7	1	Artur Salvador	#sangalhos_Trail	Veterano M50	03:44:52	+01:26:58	09:00

### Veterano M60

1	41	António Manuel da Fonseca Pereira	Pedro Pereira Jardins	Veterano M60	02:55:34		07:01
2	33	JOÃO ANTONIO VINAGRE ALMADA	Individual	Veterano M60	02:56:31	+00:57	07:04
3	35	António Paulo	jovase trail running	Veterano M60	02:56:43	+01:08	07:04
4	17	Heitor Santos	GRUPO DESPORTIVO ASSEMPARK	Veterano M60	03:24:57	+29:23	08:12
5	16	Ernesto Martins	G.D. Leões da Guarda – LION RUNNERS	Veterano M60	03:36:52	+41:17	08:40

## TRAIL 15K - 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 SOLUTION - LAP2GO - TIMING SOLUTION

## OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:15	10,2°C	89%
End	12:51	10,2°C	89%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	275	André Silva	NS Trail Team	01:22:30		05:30	
2	107	Bruno Rodrigues	Actib Trail	01:22:39	+00:09	05:31	
3	309	Filipe Costa	Saca Trilhos Anadia	01:23:16	+00:46	05:33	
4	282	João Matos	OPraticante.pt	01:23:53	+01:23	05:36	
5	149	DAVIDE SILVA	DAR Recardães	01:24:39	+02:09	05:39	
6	166	Miguel Lourenço	Fox running team	01:25:15	+02:45	05:41	
7	156	Josias Meira	DCI/Trilhos Luso Bussaco	01:25:15	+02:45	05:41	
8	281	Domingos Vieira	OPraticante.pt	01:26:08	+03:38	05:45	
9	289	Augusto Tavares	OPraticante.pt	01:27:16	+04:46	05:49	
10	137	César Barros	CLTT - Clínica Litoral Trail Team	01:28:48	+06:18	05:55	
11	257	Paulo Resende	Individual	01:29:28	+06:58	05:58	
12	283	José Sousa	OPraticante.pt	01:29:43	+07:13	05:59	
13	155	Luís Manuel de Pinho Diogo	DCI/Trilhos Luso Bussaco	01:30:11	+07:41	06:01	
14	146	RICARDO TAVARES	DAR Recardães	01:30:28	+07:58	06:02	
15	195	DANIEL JESUS DA SILVA	Individual	01:30:58	+08:28	06:04	
16	291	João Miguel Garrido	OPraticante.pt	01:31:14	+08:44	06:05	
17	127	Manuel Vicente	BiciARCA Run Team	01:31:23	+08:53	06:06	
18	341	Marcio Silva	Sport Clube Paradelas	01:31:37	+09:07	06:06	
19	319	Marcos André Jesus Ferreira	Sport Clube Paradelas	01:33:10	+10:40	06:13	
20	318	Luís Silva	Sport Clube Paradelas	01:33:42	+11:12	06:15	
21	222	Tiago Daniel Almeida	Individual	01:33:46	+11:16	06:15	
22	211	Leonardo Gil	Individual	01:33:47	+11:17	06:15	
23	120	Armando Santiago	BARRA OCEAN RUNNERS	01:33:52	+11:22	06:15	
24	144	Rui Oliveira	Correr Fermelã ACADOF	01:34:34	+12:04	06:18	
25	201	Filipe Silva	Individual	01:36:28	+13:58	06:26	
26	241	Luis Martins	Individual	01:36:46	+14:16	06:27	
27	339	EUGÉNIO ALVES	VVTR VALONGO DO VOUGA TRAIL RUNNING	01:36:49	+14:19	06:27	
28	216	Pedro Manuel Pereira Pinto	Individual	01:36:55	+14:25	06:28	
29	158	José canha	DCI/Trilhos Luso Bussaco	01:36:58	+14:28	06:28	
30	151	Sérgio Rodrigues	DAR Recardães	01:37:11	+14:41	06:29	
31	330	José Proença	TRAIL - Grupo Desportivo de Trancoso	01:37:20	+14:50	06:29	
32	157	Amílcar Goncalves	DCI/Trilhos Luso Bussaco	01:37:25	+14:55	06:30	
33	233	Antonio Ferreira	Individual	01:37:27	+14:57	06:30	
34	300	Luís Pereira	Passo a Passo	01:37:54	+15:24	06:32	
35	240	Jorge Ferreira	Individual	01:38:08	+15:38	06:33	
36	316	Cláudio Agostinho	Sport Clube Paradelas	01:38:08	+15:39	06:33	
37	248	Vasco Portugal	Individual	01:38:16	+15:46	06:33	
38	261	Carlos Duarte	Individual	01:38:37	+16:07	06:34	
39	187	André Oliveira	Individual	01:39:21	+16:51	06:37	
40	344	João Cruz	LAAC - BIKE & SPORT	01:39:22	+16:52	06:37	
41	113	Hélio José Esteves Simões	AFIPRE Team	01:39:26	+16:56	06:38	
42	272	TIAGO SANTOS	LAAC - BIKE & SPORT	01:39:44	+17:14	06:39	





**TRAIL 15K - 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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	258	Paulo Silva	Individual	02:11:48	+49:18	08:47	
135	310	Nuno Brito	Salgueiros Running	02:13:30	+51:00	08:54	
136	313	Rosa Tavares	Sosense Trail Team CORIND, Braga e Fernandes	02:13:30	+51:00	08:54	
137	141	José Rui Bandeira Coimbra	Cluve	02:13:31	+51:01	08:54	
138	312	Sérgio Henriques	Segimprima Running Team	02:13:50	+51:20	08:55	
139	112	Francisco Lopes	ADI - Associação Desportiva de Ílhavo	02:13:54	+51:24	08:56	
140	343	Francisco Gomes	Individual	02:14:04	+51:34	08:56	
141	224	Fátima Ribeiro	Individual	02:14:08	+51:38	08:57	
142	293	José Rocha	OPraticante.pt	02:14:12	+51:42	08:57	
143	236	Bruno Miguel da Silva Soares	Individual	02:14:22	+51:52	08:57	
144	191	Bruno Laureano	Individual	02:14:32	+52:02	08:58	
145	139	Mário Simões	CLTT - Clínica Litoralis Trail Team	02:14:35	+52:05	08:58	
146	37	Márcio Ferreira	OiãRunners	02:14:36	+52:06	08:58	
147	256	Octavio Sergio Rodrigues Linhares	Individual	02:15:05	+52:35	09:00	
148	169	Francisco Martins	Hut Runners Aveiro	02:15:31	+53:01	09:02	
149	239	João Oliveira	Individual	02:16:58	+54:28	09:08	
150	140	Nico van Elkan	Clube de Ancas	02:17:27	+54:57	09:10	
151	204	Goncalo Correia	Individual	02:17:27	+54:57	09:10	
152	324	Jorge Rodrigues	Tartarugas Velozes	02:17:37	+55:07	09:10	
153	145	Pedro Cruz	Correr Fermelã ACADOF	02:19:32	+57:02	09:18	
154	279	Carina Gouveia	OPraticante.pt	02:20:42	+58:12	09:23	
155	294	Paulo Silva	OPraticante.pt	02:20:52	+58:22	09:23	
156	237	Bruno Santos	Individual	02:20:57	+58:27	09:24	
157	106	Paula Brito	Actib Trail	02:21:09	+58:39	09:25	
158	101	Hugo Pereira Matos	A Máfia e a Princesa	02:21:09	+58:39	09:25	
159	333	João Abreu	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:21:40	+59:10	09:27	
160	269	Miriam Henriques	JuveRunTeam	02:21:45	+59:15	09:27	
161	342	Laurentina Almeida	Individual	02:21:51	+59:21	09:27	
162	202	Frederico Carvalho	Individual	02:22:01	+59:31	09:28	
163	163	Bruno Henriques	Fisbem Team	02:24:00	+01:01:30	09:36	
164	161	Tiago Pereira Marques	Fisbem Team	02:24:00	+01:01:30	09:36	
165	192	Bruno Rosendo	Individual	02:24:44	+01:02:14	09:39	
166	249	António cunha	Individual	02:24:58	+01:02:28	09:40	
167	287	Ivone Reis	OPraticante.pt	02:25:14	+01:02:44	09:41	
168	132	Bruna Silva	Caminhar pela desportiva	02:25:55	+01:03:25	09:44	
169	133	Rita Martins	Caminhar pela desportiva	02:25:55	+01:03:25	09:44	
170	306	João Ribeiro	Ribeiros	02:26:01	+01:03:31	09:44	
171	307	Paulo Ribeiro	Ribeiros	02:26:02	+01:03:32	09:44	
172	111	Avelino Silva	Actib Trail	02:26:11	+01:03:41	09:45	
173	288	Marta Carmo	OPraticante.pt	02:26:15	+01:03:45	09:45	
174	264	José Tavares	Individual	02:28:27	+01:05:57	09:54	
175	228	Brigite areias	Individual	02:28:47	+01:06:17	09:55	
176	206	João Alberto Oliveira Pereira	Individual	02:29:05	+01:06:35	09:56	
177	135	Guto Muniz	CASHM Clube de Atletismo de Sangalhos	02:29:05	+01:06:35	09:56	
178	184	Renato Guimarães	Individual	02:29:29	+01:06:59	09:58	
179	329	Hugo Oliveira	The brothers	02:29:46	+01:07:16	09:59	



## TRAIL 15K - 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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

## OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
180	183	Joana Rodrigues	Individual	02:30:07	+01:07:37	10:00	
181	263	Joaquim Santos	Individual	02:32:19	+01:09:49	10:09	
182	326	francisco oliveira	The brothers	02:32:36	+01:10:06	10:10	
183	332	Sandra Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:33:33	+01:11:03	10:14	
184	259	Rui Manuel Alves Abrantes	Individual	02:33:34	+01:11:04	10:14	
185	124	Renato Neto	BiciARCA Run Team	02:33:34	+01:11:04	10:14	
186	246	Sebastião Moisés Calvo	Individual	02:33:35	+01:11:05	10:14	
187	305	Pedro Carvalho	Remax Universal	02:34:25	+01:11:55	10:18	
188	335	Carla Melo	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:34:59	+01:12:29	10:20	
189	154	ARLINDO SANTOS	DAR Recardães	02:37:04	+01:14:34	10:28	
190	208	José Reis	Individual	02:38:48	+01:16:18	10:35	
191	280	Sofia Chipelo	OPraticante.pt	02:40:26	+01:17:56	10:42	
192	179	Chanel Monteiro	Individual	02:45:48	+01:23:18	11:03	
193	182	Joana Patrícia Alves Pereira	Individual	02:45:48	+01:23:18	11:03	
194	244	Nuno Rafael Gonçalves de Oliveira	Individual	02:47:09	+01:24:39	11:09	
195	168	Carolina Frade	Hipódromo da Abrançalha	02:47:33	+01:25:03	11:10	
196	226	Luzia de Fátima Ferreira Dias Soares	Individual	02:47:50	+01:25:20	11:11	
197	177	Andreia Reis	Individual	02:49:56	+01:27:26	11:20	
198	301	Rufino Cardoso	Passo a Passo	02:50:28	+01:27:58	11:22	
199	117	ANA RAQUEL DA SILVA FREITAS	BARRA OCEAN RUNNERS	02:51:23	+01:28:53	11:26	
200	185	RITA MIGUEL SÁ HENRIQUES	Individual	02:51:23	+01:28:53	11:26	
201	178	CAROLINA TAVARES	Individual	02:51:30	+01:29:00	11:26	
202	225	Joana Patricia Santos Fernandes Tavares	Individual	02:52:29	+01:29:59	11:30	
203	221	Simão Pereira	Individual	02:53:09	+01:30:39	11:33	
204	328	Simão Barbosa Simões	The brothers	02:54:02	+01:31:32	11:36	
205	325	Dinis Barbosa Simões	The brothers	02:54:07	+01:31:37	11:36	
206	327	João caseiro	The brothers	02:54:31	+01:32:01	11:38	
207	254	Luis Paulo Silva Ferreira	Individual	02:57:06	+01:34:36	11:48	
208	336	Luisa Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:00:13	+01:37:43	12:01	
209	142	Andreia Afonso	Correr Fermelã ACADOF	03:02:35	+01:40:05	12:10	
210	266	Carlos Oliveira	J C T	03:02:56	+01:40:26	12:12	
211	180	Diana Amador	Individual	03:07:22	+01:44:52	12:29	
212	321	Rui Almeida	Sport Clube Paradela	03:21:54	+01:59:24	13:28	
213	130	Rita Nércio	BoraBora, Vamos Lá!	03:25:19	+02:02:49	13:41	
214	131	António Matos	BoraBora, Vamos Lá!	03:25:21	+02:02:51	13:41	
215	129	Ana Maia	BoraBora, Vamos Lá!	03:25:21	+02:02:51	13:41	
216	227	Renata Lopes	Individual	03:25:41	+02:03:11	13:43	
217	285	Catarina Pinho	OPraticante.pt	03:31:48	+02:09:18	14:07	
218	286	Cidália Silva	OPraticante.pt	03:31:49	+02:09:19	14:07	



**Trail 15k**

**15 KM**

**OFFICIAL RESULT**

14	120	Armando Santiago	BARRA OCEAN RUNNERS	Senior Masculino	01:33:52	+10:36	06:15
15	144	Rui Oliveira	Correr Fermelã ACADOF	Senior Masculino	01:34:34	+11:18	06:18
16	201	Filipe Silva	Individual	Senior Masculino	01:36:28	+13:12	06:26
17	216	Pedro Manuel Pereira Pinto	Individual	Senior Masculino	01:36:55	+13:39	06:28
18	316	Cláudio Agostinho	Sport Clube Paradela	Senior Masculino	01:38:08	+14:52	06:33
19	187	André Oliveira	Individual	Senior Masculino	01:39:21	+16:05	06:37
20	344	João Cruz	LAAC - BIKE & SPORT	Senior Masculino	01:39:22	+16:05	06:37
21	272	TIAGO SANTOS	LAAC - BIKE & SPORT	Senior Masculino	01:39:44	+16:27	06:39
22	210	Leonardo Dias	Individual	Senior Masculino	01:41:39	+18:22	06:47
23	212	Luís Dias	Individual	Senior Masculino	01:41:40	+18:24	06:47
24	207	Jorge Campos	Individual	Senior Masculino	01:42:08	+18:52	06:49
25	197	David Pinheiro Gonçalves	Individual	Senior Masculino	01:42:08	+18:52	06:49
26	317	Daniel Alexandre	Sport Clube Paradela	Senior Masculino	01:42:15	+18:59	06:49
27	194	Daniel Alves	Individual	Senior Masculino	01:43:01	+19:45	06:52
28	284	Sérgio Ruela	OPraticante.pt	Senior Masculino	01:43:21	+20:05	06:53
29	278	André Gomes	OiãRunners	Senior Masculino	01:43:29	+20:13	06:54
30	147	TIAGO SARAIVA	DAR Recardães	Senior Masculino	01:45:35	+22:18	07:02
31	219	Renato Silva	Individual	Senior Masculino	01:45:56	+22:40	07:04
32	214	Pedro Cerqueira	Individual	Senior Masculino	01:47:40	+24:24	07:11
33	200	Fernando Resende	Individual	Senior Masculino	01:48:07	+24:51	07:12
34	220	Ricardo Branquinho	Individual	Senior Masculino	01:49:11	+25:55	07:17
35	334	Rui Barros	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Masculino	01:51:11	+27:55	07:25
36	217	Rafael Marques	Individual	Senior Masculino	01:51:22	+28:06	07:25
37	270	Cristiano Faneca	JuveRunTeam	Senior Masculino	01:52:51	+29:34	07:31
38	209	Leonardo Alves	Individual	Senior Masculino	01:53:28	+30:12	07:34
39	340	Gilberto Simões	Individual	Senior Masculino	01:54:37	+31:21	07:38
40	199	Élio Fernandes	Individual	Senior Masculino	01:54:49	+31:33	07:39
41	276	André Neto	OBAMAS	Senior Masculino	01:54:57	+31:41	07:40
42	205	Hugo Coelho	Individual	Senior Masculino	01:54:57	+31:41	07:40
43	277	Paulo Vigário	OBAMAS	Senior Masculino	01:54:58	+31:42	07:40
44	189	Andrés Yepes	Individual	Senior Masculino	01:58:18	+35:02	07:53
45	345	Leonardo Canas	Individual	Senior Masculino	01:58:20	+35:04	07:53
46	203	Frederico da Costa Barros	Individual	Senior Masculino	01:58:28	+35:12	07:54
47	170	Carlos Domigues	Hut Runners Aveiro	Senior Masculino	02:02:54	+39:38	08:12
48	119	ANDRE FILIPE BARBOSA ALMEIDA PINHO	BARRA OCEAN RUNNERS	Senior Masculino	02:03:19	+40:03	08:13
49	121	BERNARDO LEITE	BARRA OCEAN RUNNERS	Senior Masculino	02:03:19	+40:03	08:13
50	215	Pedro Garcia	Individual	Senior Masculino	02:03:20	+40:04	08:13
51	190	Bruno Corga	Individual	Senior Masculino	02:03:32	+40:16	08:14
52	186	André Filipe Cruz	Individual	Senior Masculino	02:05:59	+42:42	08:24
53	160	Ricardo Morais	Fisbem Team	Senior Masculino	02:07:07	+43:51	08:28
54	223	Tiago Rosendo	Individual	Senior Masculino	02:08:13	+44:57	08:33
55	104	Pedro Filipe Rebelo Isabel	Actib Trail	Senior Masculino	02:09:46	+46:30	08:39
56	188	André Vieira Lopes	Individual	Senior Masculino	02:10:12	+46:55	08:41
57	312	Sérgio Henriques	Segimprima Running Team	Senior Masculino	02:13:50	+50:34	08:55
58	191	Bruno Laureano	Individual	Senior Masculino	02:14:32	+51:15	08:58





## Trail 15k

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

### OFFICIAL RESULT

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

34	171	Jorge Martins	Hut Runners Aveiro	Veterano M40	02:07:53	+45:23	08:32
35	231	Anselmo Marques	Individual	Veterano M40	02:08:04	+45:34	08:32
36	141	José Rui Bandeira Coimbra	Cluve	Veterano M40	02:13:31	+51:01	08:54
37	112	Francisco Lopes	ADI - Associação Desportiva de Ílhavo	Veterano M40	02:13:54	+51:24	08:56
38	343	Francisco Gomes	Individual	Veterano M40	02:14:04	+51:34	08:56
39	293	José Rocha	OPraticante.pt	Veterano M40	02:14:12	+51:42	08:57
40	236	Bruno Miguel da Silva Soares	Individual	Veterano M40	02:14:22	+51:52	08:57
41	37	Márcio Ferreira	OiãRunners	Veterano M40	02:14:36	+52:06	08:58
42	239	João Oliveira	Individual	Veterano M40	02:16:58	+54:28	09:08
43	324	Jorge Rodrigues	Tartarugas Velozes	Veterano M40	02:17:37	+55:07	09:10
44	145	Pedro Cruz	Correr Fermelã ACADOF	Veterano M40	02:19:32	+57:02	09:18
45	294	Paulo Silva	OPraticante.pt	Veterano M40	02:20:52	+58:22	09:23
46	237	Bruno Santos	Individual	Veterano M40	02:20:57	+58:27	09:24
47	163	Bruno Henriques	Fisbem Team	Veterano M40	02:24:00	+01:01:30	09:36
48	135	Guto Muniz	CASHM Clube de Atletismo de Sangalhos	Veterano M40	02:29:05	+01:06:35	09:56
49	329	Hugo Oliveira	The brothers	Veterano M40	02:29:46	+01:07:16	09:59
50	124	Renato Neto	BiciARCA Run Team	Veterano M40	02:33:34	+01:11:04	10:14
51	246	Sebastião Moisés Calvo	Individual	Veterano M40	02:33:35	+01:11:05	10:14
52	305	Pedro Carvalho	Remax Universal	Veterano M40	02:34:25	+01:11:55	10:18
53	244	Nuno Rafael Gonçalves de Oliveira	Individual	Veterano M40	02:47:09	+01:24:39	11:09
54	321	Rui Almeida	Sport Clube Paradela	Veterano M40	03:21:54	+01:59:24	13:28

## Veterano M50

1	257	Paulo Resende	Individual	Veterano M50	01:29:28		05:58
2	127	Manuel Vicente	BiciARCA Run Team	Veterano M50	01:31:23	+01:54	06:06
3	330	José Proença	TRAIL - Grupo Desportivo de Trancoso	Veterano M50	01:37:20	+07:51	06:29
4	157	Amílcar Goncalves	DCI/Trilhos Luso Bussaco	Veterano M50	01:37:25	+07:56	06:30
5	300	Luís Pereira	Passo a Passo	Veterano M50	01:37:54	+08:26	06:32
6	152	ALEX TONDELA	DAR Recardães	Veterano M50	01:40:13	+10:44	06:41
7	296	José Moreira	OPraticante.pt	Veterano M50	01:46:28	+16:59	07:06
8	128	Paulo Tavares	BiciARCA Run Team	Veterano M50	01:47:55	+18:26	07:12
9	253	LUIS AMARAL	Individual	Veterano M50	01:51:05	+21:36	07:24
10	173	Jorge Branco	Hut Runners Aveiro	Veterano M50	01:56:06	+26:37	07:44
11	331	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	Veterano M50	01:57:11	+27:42	07:49
12	267	José Neves	J C T	Veterano M50	01:59:12	+29:43	07:57
13	110	Carlos Lopes	Actib Trail	Veterano M50	01:59:20	+29:51	07:57
14	252	Fernando de Sousa	Individual	Veterano M50	01:59:56	+30:27	08:00
15	126	António Rodrigues	BiciARCA Run Team	Veterano M50	02:01:10	+31:41	08:05
16	295	António Rodrigues	OPraticante.pt	Veterano M50	02:01:30	+32:01	08:06
17	299	Carlos Santos	Passo a Passo	Veterano M50	02:02:36	+33:07	08:10
18	338	Miguel Sá	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M50	02:02:48	+33:19	08:11
19	153	PAULO JORRGE	DAR Recardães	Veterano M50	02:08:16	+38:47	08:33

Official Timekeeper: Lap2Go	5 / 6	generate 16-fev.-2025 12:52
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