

TRAIL LONGO - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	16,3°C	95%
End	13:26	16.3°C	95%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	38	Pedro Rafael Tavares Garrido	Saca Trilhos Anadia	02:14:00		05:22	
2	6	Ricardo Coutinho Martins	ARCD VENDA DA LUISA	02:24:24	+10:24	05:47	
3	16	Josias Meira	DCI/Trilhos Luso Bussaco	02:33:34	+19:34	06:09	
4	27	Ricardo Martins	Individual	02:35:44	+21:44	06:14	
5	17	Valter Matos	DCI/Trilhos Luso Bussaco	02:38:25	+24:25	06:20	
6	13	João Margarido	CLTT - Clínica Litoralís Trail Team	02:44:54	+30:54	06:36	
7	14	Maikol Simões	CLTT - Clínica Litoralís Trail Team	02:45:30	+31:30	06:37	
8	1	Luís Azevedo	Sport Clube Paradela	02:48:24	+34:24	06:44	
9	19	José Cruz	DURA-F1 RACETEAM	02:54:20	+40:20	06:58	
10	28	Francisco Válga	Individual	02:54:38	+40:38	06:59	
11	18	Vital José Pires Espinhal	DCI/Trilhos Luso Bussaco	02:56:30	+42:30	07:04	
12	10	Edgar Simões	CLTT - Clínica Litoralís Trail Team	03:07:02	+53:02	07:29	
13	22	Vitor Sencadas	HutRunners Aveiro	03:07:16	+53:16	07:29	
14	26	Maksim Sarykevich	Individual	03:09:35	+55:36	07:35	
15	42	Ricardo Varalonga	Sport Clube Paradela	03:09:49	+55:49	07:36	
16	9	Miguel Vieira	CCR Alqueidão da Serra	03:12:21	+58:21	07:42	
17	25	Josue Marques	Individual	03:13:17	+59:17	07:44	
18	37	David Araújo	Saca Trilhos Anadia	03:14:03	+01:00:03	07:46	
19	29	Paulo Jorge dos Santos Pereira Pereira	Individual	03:15:26	+01:01:26	07:49	
20	39	Ana Melo	Saca Trilhos Anadia	03:17:55	+01:03:55	07:55	
21	45	Bruno Cardoso	TRAIL BELA BELA	03:21:29	+01:07:29	08:04	
22	4	Manuel António Roseiro Ferreira	ADABEM Running Team	03:28:42	+01:14:42	08:21	
23	41	Armando Cardoso	Sport Clube Paradela	03:29:48	+01:15:48	08:24	
24	11	Rafael Simoes	CLTT - Clínica Litoralís Trail Team	03:40:11	+01:26:11	08:48	
25	5	João Almada	ADT	03:41:57	+01:27:57	08:53	
26	24	Hugo Petronilho	Individual	03:47:49	+01:33:49	09:07	
27	30	António José Redondo Paulo	Individual	03:49:01	+01:35:01	09:10	
28	20	Fred José	Gadpedralva	03:57:57	+01:43:57	09:31	
29	31	António Manuel da Fonseca Pereira	Individual	04:16:28	+02:02:28	10:16	
30	35	Ana Mafalda Pereira	OPraticante.pt	04:16:45	+02:02:45	10:16	
31	15	José Rui Bandeira Coimbra	Cluve	04:17:29	+02:03:29	10:18	
32	23	Bruno Pinto	Individual	04:19:16	+02:05:16	10:22	
33	12	Marilyn Lourenço	CLTT - Clínica Litoralís Trail Team	04:20:41	+02:06:41	10:26	
34	32	Marta Rodrigues	marta rodrigues	04:31:37	+02:17:37	10:52	
35	46	Maria Santos	Let's Go Family	04:42:00	+02:28:00	11:17	
36	2	Daniel Alexandre	Sport Clube Paradela	04:42:31	+02:28:31	11:18	
37	7	Catarina Lopes	BARRA OCEAN RUNNERS	04:54:41	+02:40:41	11:47	

25 KM

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	08:30	16,3°C	95%
End	13:26	16.3°C	95%

Senior Feminino

1	35	Ana Mafalda Pereira	OPraticante.pt	Senior Feminino	04:16:45	10:16:45
2	7	Catarina Lopes	BARRA OCEAN RUNNERS	Senior Feminino	04:54:41	+37:55 11:47:36

Senior Masculino

1	38	Pedro Rafael Tavares Garrido	Saca Trilhos Anadia	Senior Masculino	02:14:00	05:22:00
2	27	Ricardo Martins	Individual	Senior Masculino	02:35:44	+21:44 06:14:00
3	10	Edgar Simões	CLTT - Clínica Litoral Trail Team	Senior Masculino	03:07:02	+53:02 07:29:00
4	26	Maksim Strykevich	Individual	Senior Masculino	03:09:35	+55:35 07:35:00
5	9	Miguel Vieira	CCR Alqueidão da Serra	Senior Masculino	03:12:21	+58:21 07:42:00
6	25	Josue Marques	Individual	Senior Masculino	03:13:17	+59:16 07:44:00
7	37	David Araújo	Saca Trilhos Anadia	Senior Masculino	03:14:03	+01:00:03 07:46:00
8	11	Rafael Simoes	CLTT - Clínica Litoral Trail Team	Senior Masculino	03:40:11	+01:26:11 08:48:00
9	24	Hugo Petronilho	Individual	Senior Masculino	03:47:49	+01:33:48 09:07:00
10	23	Bruno Pinto	Individual	Senior Masculino	04:19:16	+02:05:15 10:22:00
11	2	Daniel Alexandre	Sport Clube Paradelas	Senior Masculino	04:42:31	+02:28:31 11:18:00

Sub 23 Feminino

1	46	Maria Santos	Let's Go Family	Sub 23 Feminino	04:42:00	11:17
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Veterana F40

1	39	Ana Melo	Saca Trilhos Anadia	Veterana F40	03:17:55		07:55:45
2	12	Marilyn Lourenço	CLTT - Clínica Litoral Trail Team	Veterana F40	04:20:41	+01:02:45	10:26:26
3	32	Marta Rodrigues	marta rodrigues	Veterana F40	04:31:37	+01:13:41	10:52:14

Veterano M40

1	6	Ricardo Coutinho Martins	ARCD VENDA DA LUISA	Veterano M40	02:24:24	05:47
2	16	Josias Meira	DCI/Trilhos Luso Bussaco	Veterano M40	02:33:34	+09:10 06:09
3	17	Valter Matos	DCI/Trilhos Luso Bussaco	Veterano M40	02:38:25	+14:00 06:20
4	13	João Margarido	CLTT - Clínica Litoral Trail Team	Veterano M40	02:44:54	+20:29 06:36
5	14	Maikol Simões	CLTT - Clínica Litoral Trail Team	Veterano M40	02:45:30	+21:05 06:37
6	1	Luís Azevedo	Sport Clube Paradelas	Veterano M40	02:48:24	+23:59 06:44
7	28	Francisco Válga	Individual	Veterano M40	02:54:38	+30:13 06:59
8	22	Vitor Sencadas	HutRunners Aveiro	Veterano M40	03:07:16	+42:52 07:29
9	42	Ricardo Varalunga	Sport Clube Paradelas	Veterano M40	03:09:49	+45:25 07:36

Official Timekeeper: Lap2Go	1 / 2	generate 14-set.-2025 13:29
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25 KM

OFFICIAL RESULT

10	45	Bruno Cardoso	TRAIL BELA BELA	Veterano M40	03:21:29	+57:05	08:04
11	41	Armando Cardoso	Sport Clube Paradelas	Veterano M40	03:29:48	+01:05:24	08:24
12	20	Fred José	Gadpedralva	Veterano M40	03:57:57	+01:33:32	09:31
13	15	José Rui Bandeira Coimbra	Cluve	Veterano M40	04:17:29	+01:53:04	10:18

1	19	José Cruz	DURA-F1 RACETEAM	Veterano M50	02:54:20	06:58
2	18	Vital José Pires Espinhal	DCI/Trilhos Luso Bussaco	Veterano M50	02:56:30	+02:10 07:04
3	29	Paulo Jorge dos Santos Pereira Pereira	Individual	Veterano M50	03:15:26	+21:06 07:49
4	4	Manuel António Roseiro Ferreira	ADABEM Running Team	Veterano M50	03:28:42	+34:22 08:21

1	5	João Almada	ADT	Veterano M60	03:41:57		08:53
2	30	António José Redondo Paulo	Individual	Veterano M60	03:49:01	+07:04	09:10
3	31	António Manuel da Fonseca Pereira	Individual	Veterano M60	04:16:28	+34:31	10:16

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Official Timekeeper: Lap2Go	1 / 1	generate 14-set.-2025 13:22
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TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	16,3°C	89%
End	13:25	16.3°C	89%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	232	Rui Figueiredo	Saca Trilhos Anadia	01:30:49		06:03	
2	140	Luís Diogo	DCI/Trilhos Luso Bussaco	01:39:17	+08:28	06:37	
3	143	José Pinheiro	DURA-F1 RACETEAM	01:42:36	+11:47	06:50	
4	231	Filipe Costa	Saca Trilhos Anadia	01:44:03	+13:14	06:56	
5	142	Hugo Silva	DURA-F1 RACETEAM	01:46:08	+15:19	07:05	
6	225	Augusto Tavares	OPraticante.pt	01:46:20	+15:31	07:05	
7	236	Marcos Ferreira	Sport Clube Paradela	01:46:31	+15:42	07:06	
8	134	Bruno Rodrigues	DAR Recardães	01:49:43	+18:54	07:19	
9	170	Leonardo Gil	Individual	01:51:08	+20:19	07:25	
10	191	Tiago Goncalves	Individual	01:51:14	+20:25	07:25	
11	129	Jose margarido	CLTT - Clínica Litoral Trail Team	01:51:54	+21:05	07:28	
12	165	André Oliveira	Individual	01:52:12	+21:23	07:29	
13	133	SAMUEL SANTOS	DAR Recardães	01:53:50	+23:01	07:35	
14	118	Hélio José Esteves Simões	AFIPRE Team	01:55:24	+24:35	07:42	
15	124	Manuel Vicente	BiciARCA Run Team	01:55:25	+24:36	07:42	
16	235	Luís Silva	Sport Clube Paradela	01:56:05	+25:16	07:44	
17	215	José Sousa	OPraticante.pt	01:56:49	+26:00	07:47	
18	169	Jorge Campos	Individual	01:58:06	+27:17	07:52	
19	141	Rui Mota	DCI/Trilhos Luso Bussaco	01:58:15	+27:26	07:53	
20	113	Carlos Seguel	ADCP PEDRALVA	01:59:08	+28:19	07:57	
21	240	Márcio Silva	Sport Clube Paradela	01:59:53	+29:04	08:00	
22	149	Bruno Fraga	Haworth Portugal-Mobiliário Escritório SA	02:00:08	+29:19	08:01	
23	227	João Garrido	OPraticante.pt	02:02:05	+31:16	08:08	
24	267	Jorge Ferreira	DAR Recardães	02:03:45	+32:56	08:15	
25	120	André Pereira	Associação Desportiva de Ílhavo	02:04:04	+33:15	08:16	
26	206	André Gomes	OiãRunners	02:05:24	+34:35	08:22	
27	197	Carlos Duarte	Individual	02:06:43	+35:54	08:27	
28	179	Daniel Ferreira	Individual	02:07:16	+36:27	08:29	
29	114	Sérgio Manuel Silva da Cruz	ADCP PEDRALVA	02:07:44	+36:55	08:31	
30	204	Nuno sousa	Lousada trilhos	02:08:41	+37:52	08:35	
31	137	SÉRGIO RODRIGUES	DAR Recardães	02:08:56	+38:07	08:36	
32	205	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:09:05	+38:16	08:36	
33	230	Luis Pereira	Passo a Passo	02:09:11	+38:22	08:37	
34	155	Santiago Simões	Individual	02:11:09	+40:20	08:45	
35	135	DAVIDE SILVA	DAR Recardães	02:11:11	+40:22	08:45	
36	228	João Rocha	OPraticante.pt	02:14:21	+43:32	08:57	
37	101	Liliana Ferreira	Sport Clube Paradela	02:14:22	+43:33	08:57	
38	122	Leonardo Alves	Bela bela	02:15:53	+45:04	09:04	
39	123	Rodrigo Gouveia	BiciARCA Run Team	02:16:42	+45:53	09:07	
40	127	Débora Pinho	CLTT - Clínica Litoral Trail Team	02:16:47	+45:58	09:07	
41	144	David Coutinho	DURA-F1 RACETEAM	02:17:55	+47:06	09:12	
42	178	Tiago Dias	Individual	02:19:05	+48:16	09:16	

15 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	196	Pedro Jorge	Individual	02:19:17	+48:28	09:17	
44	117	Bruno Marques	ADF Bike Riders	02:21:10	+50:21	09:25	
45	216	Sérgio Ruela	OPraticante.pt	02:23:59	+53:10	09:36	
46	266	Luis Serra	Individual	02:26:35	+55:46	09:46	
47	174	Nuno Filipe da Rocha Sarabando	Individual	02:27:33	+56:44	09:50	
48	184	António Trigueiro	Individual	02:27:34	+56:45	09:50	
49	245	HUGO MATOS	TRAIL BELA BELA	02:27:56	+57:07	09:52	
50	246	Tiago Ferreira	TRAIL BELA BELA	02:29:01	+58:12	09:56	
51	264	André Ferreira	Sport Clube Paradela	02:29:33	+58:44	09:58	
52	110	Hugo Guerra	ACTIB	02:30:45	+59:56	10:03	
53	252	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	02:32:38	+01:01:49	10:11	
54	243	Carlos Pinheiro	Sport Clube Paradela	02:33:13	+01:02:24	10:13	
55	115	Sérgio Silva	ADCP PEDRALVA	02:33:13	+01:02:24	10:13	
56	136	Pedro Carvalho	DAR Recardães	02:36:12	+01:05:23	10:25	
57	128	Fatima Pinho	CLTT - Clínica Litoralis Trail Team	02:36:23	+01:05:34	10:26	
58	238	João Silva	Sport Clube Paradela	02:38:22	+01:07:33	10:33	
59	193	Carlos Ferreira	Individual	02:38:27	+01:07:38	10:34	
60	111	Carlos Lopes	ACTIB	02:38:32	+01:07:43	10:34	
61	166	Andrés Yepes	Individual	02:38:40	+01:07:51	10:35	
62	131	IVO PINTO	DAR Recardães	02:39:15	+01:08:26	10:37	
63	194	Helder Prazeres	Individual	02:39:28	+01:08:39	10:38	
64	104	Pedro Alves	AAM Runners	02:39:57	+01:09:08	10:40	
65	130	Mário Simoes	CLTT - Clínica Litoralis Trail Team	02:40:08	+01:09:19	10:41	
66	244	Mariana Santos	TRAIL BELA BELA	02:40:27	+01:09:38	10:42	
67	210	Joana Oliveira	OPraticante.pt	02:42:14	+01:11:25	10:49	
68	260	Afonso Henriques	YooHoo	02:42:15	+01:11:26	10:49	
69	152	João Pedro Oliveira Silva	HutRunners Aveiro	02:42:59	+01:12:10	10:52	
70	106	Fatima Ribeiro	ACTIB	02:43:06	+01:12:17	10:52	
71	150	Francisco Martins	HutRunners Aveiro	02:43:13	+01:12:24	10:53	
72	116	Mário Miguel Ferreira	ADCP PEDRALVA	02:43:14	+01:12:25	10:53	
73	261	Marcos Oliveira	YooHoo	02:43:30	+01:12:41	10:54	
74	108	Paula Brito	ACTIB	02:44:27	+01:13:38	10:58	
75	153	Miguel Lopes	HutRunners Aveiro	02:44:48	+01:13:59	10:59	
76	211	Ana Sofia Chipelo	OPraticante.pt	02:44:58	+01:14:09	11:00	
77	176	Ricardo Manuel Guerra Pina	Individual	02:45:29	+01:14:40	11:02	
78	207	Liliana Silva	OiãRunners	02:46:19	+01:15:30	11:05	
79	154	Gabriel Almeida	Individual	02:46:30	+01:15:41	11:06	
80	138	PAULO JORGE	DAR Recardães	02:47:41	+01:16:52	11:11	
81	171	Marcio Nogueira	Individual	02:48:29	+01:17:40	11:14	
82	119	António De Neiva Rodrigues	AFIPRE Team	02:48:47	+01:17:58	11:15	
83	187	Lorenzo Soares	Individual	02:49:28	+01:18:39	11:18	
84	248	António Cruz	Tu és capaz ham	02:49:37	+01:18:48	11:18	
85	249	Luís Mendes	Tu és capaz ham	02:49:38	+01:18:49	11:19	
86	147	Andre Santos	Grupo Desportivo Ferreirense	02:49:56	+01:19:07	11:20	
87	202	Jorge Rodrigues	Jorge Rodrigues	02:52:54	+01:22:05	11:32	
88	201	Susana Cerqueira	Jorge Rodrigues	02:52:55	+01:22:06	11:32	

15 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	105	Carla Barbosa	ACTIB	02:53:43	+01:22:54	11:35	
90	253	Fábio Santos	Vortex	02:54:00	+01:23:11	11:36	
91	220	Marta Carmo	OPraticante.pt	02:56:47	+01:25:58	11:47	
92	121	Luis Santos	Associação Desportiva de Ílhavo	02:57:02	+01:26:13	11:48	
93	151	Jorge Martins	HutRunners Aveiro	02:57:38	+01:26:49	11:51	
94	270	Ana Camilo	Individual	02:58:30	+01:27:41	11:54	
95	262	Tomás Oliveira	YooHoo	03:01:45	+01:30:56	12:07	
96	199	José Tavares	Individual	03:02:00	+01:31:11	12:08	
97	186	José Silva	Individual	03:02:04	+01:31:15	12:08	
98	265	Bruno Silveira	HutRunners Aveiro	03:02:27	+01:31:38	12:10	
99	162	Sara Catarina Fernandes Dias	Individual	03:02:38	+01:31:49	12:11	
100	112	Avelino Silva	ACTIB	03:03:07	+01:32:18	12:12	
101	182	Susana Moreira	Individual	03:05:38	+01:34:49	12:23	
102	247	Gonçalo Farias	TRAIL BELA BELA	03:05:41	+01:34:52	12:23	
103	203	Paula sousa	Lousada trilhos	03:05:41	+01:34:52	12:23	
104	208	Márcio Ferreira	OiãRunners	03:07:29	+01:36:40	12:30	
105	229	José Rocha	OPraticante.pt	03:08:32	+01:37:43	12:34	
106	254	Sandra Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:15:35	+01:44:46	13:02	
107	256	CARLA MELO	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:16:08	+01:45:19	13:05	
108	212	Carina Gouveia	OPraticante.pt	03:16:54	+01:46:05	13:08	
109	258	João Almeida	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:17:52	+01:47:03	13:11	
110	139	ARLINDO SANTOS	DAR Recardães	03:17:53	+01:47:04	13:12	
111	161	Patrícia Nunes Simões	Individual	03:18:30	+01:47:41	13:14	
112	177	RODRIGO DAS NEVES	Individual	03:18:32	+01:47:43	13:14	
113	172	MARCO DE SOUSA GOMES	Individual	03:18:36	+01:47:47	13:14	
114	157	CRISTINA FERREIRA ABRANTES	Individual	03:18:36	+01:47:47	13:14	
115	167	Hugo Sampaio dos Reis	Individual	03:18:37	+01:47:48	13:14	
116	192	Artur Salvador	Individual	03:20:46	+01:49:57	13:23	
117	126	José Filipe	C.C.D Terroso	03:24:18	+01:53:29	13:37	
118	125	Jacky Filipe	C.C.D Terroso	03:24:19	+01:53:30	13:37	
119	164	Susana Silva	Individual	03:26:09	+01:55:20	13:45	
120	217	Aida Valente	OPraticante.pt	03:26:10	+01:55:21	13:45	
121	195	Paulo Silva	Individual	03:26:48	+01:55:59	13:47	
122	156	Carolina Martins	Individual	03:31:28	+02:00:39	14:06	
123	163	Sofia Soares	Individual	03:31:29	+02:00:40	14:06	
124	180	Joana Saraiva	Individual	03:32:30	+02:01:41	14:10	
125	145	Henrique Almeida	EstamosJuntos	03:32:49	+02:02:00	14:11	
126	146	Francisco Ramos	EstamosJuntos	03:32:49	+02:02:00	14:11	
127	160	Joana Patrícia Alves Pereira	Individual	03:33:04	+02:02:15	14:12	
128	213	Oriana Martins	OPraticante.pt	03:38:15	+02:07:26	14:33	
129	183	António Jesus	Individual	03:40:40	+02:09:51	14:43	
130	188	Marco Ribeiro	Individual	03:42:30	+02:11:41	14:50	
131	200	Carlos Oliveira	J C T	03:48:05	+02:17:16	15:12	
132	198	João Alberto Martins Santos	Individual	03:51:24	+02:20:35	15:26	
133	257	LUISA SILVA	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:54:00	+02:23:11	15:36	
134	259	MIGUEL SÁ	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:54:04	+02:23:15	15:36	

15 KM

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
135	222	Isabel Costa	OPraticante.pt	03:55:27	+02:24:38	15:42	
136	173	Miguel Branco	Individual	03:56:40	+02:25:51	15:47	
137	102	Maria João Nunes	1002	04:00:44	+02:29:55	16:03	
138	103	Mariana Nunes	1002	04:00:44	+02:29:55	16:03	
139	189	Nuno Miguel Silva Freitas	Individual	04:16:59	+02:46:10	17:08	
140	263	António Oliveira	YooHoo	04:25:06	+02:54:17	17:40	
141	242	Rui Almeida	Sport Clube Paradelas	04:25:30	+02:54:41	17:42	

15 KM

OFFICIAL RESULT

ION - | AP2GO - TIMING SOLUTION - | AP2GO - TIMING SOLUTION - | AP2GO - TIMING SOLUTION - | AP2GO - TIMING SOLUTION - |

	Time	Temperature	Humidity
Start	09:00	16,3°C	89%
End	13:25	16.3°C	89%

Junior Feminino

1	210	Joana Oliveira	OPraticante.pt	Junior Feminino	02:42:14	10:49
2	102	Maria João Nunes	1002	Junior Feminino	04:00:44	+01:18:29 16:03

Junior Masculino

1	155	Santiago Simões	Individual	Junior Masculino	02:11:09	08:45
2	260	Afonso Henriques	Yoofoo	Junior Masculino	02:42:15	+31:05 10:49
3	261	Marcos Oliveira	Yoofoo	Junior Masculino	02:43:30	+32:20 10:54
4	154	Gabriel Almeida	Individual	Junior Masculino	02:46:30	+35:20 11:06

Senior Feminino

1	101	Liliana Ferreira	Sport Clube Paradelas	Senior Feminino	02:14:22		08:57
2	127	Débora Pinho	CLTT - Clínica Litoral Trail Team	Senior Feminino	02:16:47	+02:24	09:07
3	244	Mariana Santos	TRAIL BELA BELA	Senior Feminino	02:40:27	+26:04	10:42
4	211	Ana Sofia Chipelo	OPraticante.pt	Senior Feminino	02:44:58	+30:36	11:00
5	162	Sara Catarina Fernandes Dias	Individual	Senior Feminino	03:02:38	+48:15	12:11
6	254	Sandra Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Feminino	03:15:35	+01:01:12	13:02
7	212	Carina Gouveia	OPraticante.pt	Senior Feminino	03:16:54	+01:02:31	13:08
8	161	Patrícia Nunes Simões	Individual	Senior Feminino	03:18:30	+01:04:07	13:14
9	157	CRISTINA FERREIRA ABRANTES	Individual	Senior Feminino	03:18:36	+01:04:14	13:14
10	164	Susana Silva	Individual	Senior Feminino	03:26:09	+01:11:46	13:45
11	156	Carolina Martins	Individual	Senior Feminino	03:31:28	+01:17:05	14:06
12	163	Sofia Soares	Individual	Senior Feminino	03:31:29	+01:17:06	14:06
13	160	Joana Patrícia Alves Pereira	Individual	Senior Feminino	03:33:04	+01:18:41	14:12
14	213	Oriana Martins	OPraticante.pt	Senior Feminino	03:38:15	+01:23:52	14:33
15	103	Mariana Nunes	1002	Senior Feminino	04:00:44	+01:46:21	16:03

Senior Masculino

1	232	Rui Figueiredo	Saca Trilhos Anadia	Senior Masculino	01:30:49	06:03:17
2	140	Luís Diogo	DCI/Trilhos Luso Bussaco	Senior Masculino	01:39:17	+08:28 06:37:45
3	143	José Pinheiro	DURA-F1 RACETEAM	Senior Masculino	01:42:36	+11:46 06:50:01
4	231	Filipe Costa	Saca Trilhos Anadia	Senior Masculino	01:44:03	+13:13 06:56:54
5	142	Hugo Silva	DURA-F1 RACETEAM	Senior Masculino	01:46:08	+15:19 07:05:13
6	236	Marcos Ferreira	Sport Clube Paradela	Senior Masculino	01:46:31	+15:41 07:06:32
7	170	Leonardo Gil	Individual	Senior Masculino	01:51:08	+20:18 07:25:50

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OFFICIAL RESULT

8	165	André Oliveira	Individual	Senior Masculino	01:52:12	+21:22	07:29
9	235	Luís Silva	Sport Clube Paradelas	Senior Masculino	01:56:05	+25:15	07:44
10	215	José Sousa	OPraticante.pt	Senior Masculino	01:56:49	+25:59	07:47
11	169	Jorge Campos	Individual	Senior Masculino	01:58:06	+27:16	07:52
12	120	André Pereira	Associação Desportiva de Ílhavo	Senior Masculino	02:04:04	+33:15	08:10
13	206	André Gomes	OiãRunners	Senior Masculino	02:05:24	+34:35	08:22
14	122	Leonardo Alves	Bela bela	Senior Masculino	02:15:53	+45:04	09:04
15	178	Tiago Dias	Individual	Senior Masculino	02:19:05	+48:15	09:16
16	216	Sérgio Ruela	OPraticante.pt	Senior Masculino	02:23:59	+53:09	09:36
17	266	Luis Serra	Individual	Senior Masculino	02:26:35	+55:45	09:46
18	174	Nuno Filipe da Rocha Sarabando	Individual	Senior Masculino	02:27:33	+56:43	09:50
19	245	HUGO MATOS	TRAIL BELA BELA	Senior Masculino	02:27:56	+57:07	09:52
20	246	Tiago Ferreira	TRAIL BELA BELA	Senior Masculino	02:29:01	+58:11	09:56
21	264	André Ferreira	Sport Clube Paradelas	Senior Masculino	02:29:33	+58:43	09:58
22	166	Andrés Yepes	Individual	Senior Masculino	02:38:40	+01:07:50	10:35
23	131	IVO PINTO	DAR Recardões	Senior Masculino	02:39:15	+01:08:25	10:37
24	150	Francisco Martins	HutRunners Aveiro	Senior Masculino	02:43:13	+01:12:23	10:53
25	176	Ricardo Manuel Guerra Pina	Individual	Senior Masculino	02:45:29	+01:14:40	11:02
26	171	Marcio Nogueira	Individual	Senior Masculino	02:48:29	+01:17:40	11:14
27	248	António Cruz	Tu és capaz ham	Senior Masculino	02:49:37	+01:18:47	11:18
28	249	Luís Mendes	Tu és capaz ham	Senior Masculino	02:49:38	+01:18:48	11:19
29	177	RODRIGO DAS NEVES	Individual	Senior Masculino	03:18:32	+01:47:42	13:14
30	172	MARCO DE SOUSA GOMES	Individual	Senior Masculino	03:18:36	+01:47:46	13:14
31	167	Hugo Sampaio dos Reis	Individual	Senior Masculino	03:18:37	+01:47:48	13:14
32	125	Jacky Filipe	C.C.D Terroso	Senior Masculino	03:24:19	+01:53:29	13:37
33	173	Miguel Branco	Individual	Senior Masculino	03:56:40	+02:25:50	15:47

1	270	Ana Camilo	Individual	Sub 23 Feminino	02:58:30	11:54
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1	133	SAMUEL SANTOS	DAR Recardães	Sub 23 Masculino	01:53:50	07:35
2	179	Daniel Ferreira	Individual	Sub 23 Masculino	02:07:16	+13:26 08:29
3	262	Tomás Oliveira	YooHoo	Sub 23 Masculino	03:01:45	+01:07:55 12:07
4	247	Gonçalo Farias	TRAIL BELA BELA	Sub 23 Masculino	03:05:41	+01:11:51 12:23

1	106	Fatima Ribeiro	ACTIB	Veterana F40	02:43:06	10:52
2	108	Paula Brito	ACTIB	Veterana F40	02:44:27	+01:21 10:58
3	207	Liliana Silva	OiãRunners	Veterana F40	02:46:19	+03:12 11:05
4	201	Susana Cerqueira	Jorge Rodrigues	Veterana F40	02:52:55	+09:48 11:32
5	105	Carla Barbosa	ACTIB	Veterana F40	02:53:43	+10:36 11:35

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6	220	Marta Carmo	OPraticante.pt	Veterana F40	02:56:47	+13:40	11:47
7	182	Susana Moreira	Individual	Veterana F40	03:05:38	+22:31	12:23
8	217	Aida Valente	OPraticante.pt	Veterana F40	03:26:10	+43:03	13:45
9	180	Joana Saraiva	Individual	Veterana F40	03:32:30	+49:23	14:10

1	203	Paula sousa	Lousada trilhos	Veterana F50	03:05:41	12:23
2	256	CARLA MELO	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterana F50	03:16:08	+10:26 13:05
3	257	LUISA SILVA	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterana F50	03:54:00	+48:18 15:36
4	222	Isabel Costa	OPraticante.pt	Veterana F50	03:55:27	+49:45 15:42

1	128	Fatima Pinho	CLTT - Clínica Litoral Trail Team	Veterana F60	02:36:23	10:26
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1	225	Augusto Tavares	OPraticante.pt	Veterano M40	01:46:20	07:05
2	134	Bruno Rodrigues	DAR Recardães	Veterano M40	01:49:43	+03:23 07:19
3	191	Tiago Goncalves	Individual	Veterano M40	01:51:14	+04:54 07:25
4	129	Jose margarido	CLTT - Clínica Litoralís Trail Team	Veterano M40	01:51:54	+05:34 07:28
5	118	Hélio José Esteves Simões	AFIPRE Team	Veterano M40	01:55:24	+09:04 07:42
6	141	Rui Mota	DCI/Trilhos Luso Bussaco	Veterano M40	01:58:15	+11:55 07:53
7	113	Carlos Seguel	ADCP PEDRALVA	Veterano M40	01:59:08	+12:48 07:57
8	240	Márcio Silva	Sport Clube Paradelas	Veterano M40	01:59:53	+13:33 08:00
9	149	Bruno Fraga	Haworth Portugal-Mobiliário Escritório SA	Veterano M40	02:00:08	+13:48 08:01
10	227	João Garrido	OPraticante.pt	Veterano M40	02:02:05	+15:45 08:08
11	267	Jorge Ferreira	DAR Recardães	Veterano M40	02:03:45	+17:25 08:15
12	114	Sérgio Manuel Silva da Cruz	ADCP PEDRALVA	Veterano M40	02:07:44	+21:24 08:31
13	204	Nuno sousa	Lousada trilhos	Veterano M40	02:08:41	+22:21 08:35
14	137	SÉRGIO RODRIGUES	DAR Recardães	Veterano M40	02:08:56	+22:36 08:36
15	205	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M40	02:09:05	+22:45 08:36
16	135	DAVIDE SILVA	DAR Recardães	Veterano M40	02:11:11	+24:51 08:45
17	228	João Rocha	OPraticante.pt	Veterano M40	02:14:21	+28:01 08:57
18	123	Rodrigo Gouveia	BiciARCA Run Team	Veterano M40	02:16:42	+30:22 09:07
19	117	Bruno Marques	ADF Bike Riders	Veterano M40	02:21:10	+34:50 09:25
20	184	António Trigueiro	Individual	Veterano M40	02:27:34	+41:14 09:50
21	110	Hugo Guerra	ACTIB	Veterano M40	02:30:45	+44:25 10:03
22	115	Sérgio Silva	ADCP PEDRALVA	Veterano M40	02:33:13	+46:53 10:13
23	136	Pedro Carvalho	DAR Recardães	Veterano M40	02:36:12	+49:52 10:25
24	238	João Silva	Sport Clube Paradelas	Veterano M40	02:38:22	+52:02 10:33

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25	104	Pedro Alves	AAM Runners	Veterano M40	02:39:57	+53:37	10:40
26	187	Lorenzo Soares	Individual	Veterano M40	02:49:28	+01:03:08	11:18
27	147	Andre Santos	Grupo Desportivo Ferreirense	Veterano M40	02:49:56	+01:03:36	11:20
28	202	Jorge Rodrigues	Jorge Rodrigues	Veterano M40	02:52:54	+01:06:34	11:32
29	253	Fábio Santos	Vortex	Veterano M40	02:54:00	+01:07:40	11:36
30	121	Luis Santos	Associação Desportiva de Ílhavo	Veterano M40	02:57:02	+01:10:42	11:48
31	151	Jorge Martins	HutRunners Aveiro	Veterano M40	02:57:38	+01:11:18	11:51
32	186	José Silva	Individual	Veterano M40	03:02:04	+01:15:44	12:08
33	265	Bruno Silveira	HutRunners Aveiro	Veterano M40	03:02:27	+01:16:07	12:10
34	208	Márcio Ferreira	OiãRunners	Veterano M40	03:07:29	+01:21:09	12:30
35	229	José Rocha	OPraticante.pt	Veterano M40	03:08:32	+01:22:12	12:34
36	258	João Almeida	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M40	03:17:52	+01:31:32	13:11
37	145	Henrique Almeida	EstamosJuntos	Veterano M40	03:32:49	+01:46:29	14:11
38	183	António Jesus	Individual	Veterano M40	03:40:40	+01:54:20	14:43
39	188	Marco Ribeiro	Individual	Veterano M40	03:42:30	+01:56:10	14:50
40	189	Nuno Miguel Silva Freitas	Individual	Veterano M40	04:16:59	+02:30:39	17:08
41	242	Rui Almeida	Sport Clube Paradelas	Veterano M40	04:25:30	+02:39:10	17:42

1	124	Manuel Vicente	BiciARCA Run Team	Veterano M50	01:55:25	07:42
2	230	Luis Pereira	Passo a Passo	Veterano M50	02:09:11	+13:45 08:37
3	144	David Coutinho	DURA-F1 RACETEAM	Veterano M50	02:17:55	+22:29 09:12
4	196	Pedro Jorge	Individual	Veterano M50	02:19:17	+23:51 09:17
5	252	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	Veterano M50	02:32:38	+37:12 10:11
6	243	Carlos Pinheiro	Sport Clube Paradela	Veterano M50	02:33:13	+37:47 10:13
7	193	Carlos Ferreira	Individual	Veterano M50	02:38:27	+43:01 10:34
8	111	Carlos Lopes	ACTIB	Veterano M50	02:38:32	+43:06 10:34
9	194	Helder Prazeres	Individual	Veterano M50	02:39:28	+44:02 10:38
10	130	Mário Simoes	CLTT - Clínica Litoral Trail Team	Veterano M50	02:40:08	+44:42 10:41
11	152	João Pedro Oliveira Silva	HutRunners Aveiro	Veterano M50	02:42:59	+47:33 10:52
12	116	Mário Miguel Ferreira	ADCP PEDRALVA	Veterano M50	02:43:14	+47:49 10:53
13	153	Miguel Lopes	HutRunners Aveiro	Veterano M50	02:44:48	+49:22 10:59
14	138	PAULO JORGE	DAR Recardães	Veterano M50	02:47:41	+52:15 11:11
15	192	Artur Salvador	Individual	Veterano M50	03:20:46	+01:25:20 13:23
16	126	José Filipe	C.C.D Terroso	Veterano M50	03:24:18	+01:28:52 13:37
17	195	Paulo Silva	Individual	Veterano M50	03:26:48	+01:31:22 13:47
18	146	Francisco Ramos	EstamosJuntos	Veterano M50	03:32:49	+01:37:23 14:11
19	200	Carlos Oliveira	J C T	Veterano M50	03:48:05	+01:52:39 15:12
20	259	MIGUEL SÁ	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M50	03:54:04	+01:58:38 15:36
21	263	António Oliveira	YooHoo	Veterano M50	04:25:06	+02:29:40 17:40

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1	197	Carlos Duarte	Individual	Veterano M60	02:06:43	08:27
2	119	António De Neiva Rodrigues	AFIPRE Team	Veterano M60	02:48:47	+42:04 11:15
3	199	José Tavares	Individual	Veterano M60	03:02:00	+55:16 12:08
4	112	Avelino Silva	ACTIB	Veterano M60	03:03:07	+56:23 12:12
5	139	ARLINDO SANTOS	DAR Recardães	Veterano M60	03:17:53	+01:11:09 13:12
6	198	João Alberto Martins Santos	Individual	Veterano M60	03:51:24	+01:44:40 15:26

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Official Timekeeper: Lap2Go	1 / 1	generate 14-set.-2025 13:23
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