10º Trail Pombal Sicó
Pombal, PT
06-abril-2025

TRAIL ROSA ALBARDEIRA 30K - STAGE 1 — 30 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	12,9ºC	92%
End	14:06	12,9ºC	92%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	24	Marco Pacheco	Fátima Trail Team	02:45:23		05:31	
2	30	CLAÚDIO IOUREIRO	Gac - Grupo de Atletismo da Caranguejeira	02:48:03	+02:40	05:36	
3	9	Eduardo Ferreira	A. C. S. Mamede	02:55:52	+10:29	05:52	
4	8	Cláudio Júnior	A. C. S. Mamede	03:00:32	+15:09	06:01	
5	56	Carlos Carvalho	Talentos Objetivos	03:10:54	+25:31	06:22	
6	11	Emanuel Batista	A. C. S. Mamede	03:12:00	+26:37	06:24	
7	53	Luis Rodrigues	Núcleo do Desporto Amador de Pombal	03:13:58	+28:35	06:28	
8	32	Jordan Silva	Núcleo do Desporto Amador de Pombal	03:14:52	+29:29	06:30	
9	52	Helder Marco Domingues	Núcleo do Desporto Amador de Pombal	03:15:01	+29:38	06:30	
10	50	Luís Mendes	Monsanto Running Team	03:20:40	+35:17	06:41	
11	58	Bruno Valente	Trail da Amizade Runners	03:23:42	+38:19	06:47	
12	63	Bruno Antunes	Vilaventura Trail Team	03:23:52	+38:29	06:48	
13	35	Filipe Rafael Ramos Cantante Martinho	Individual	03:28:05	+42:42	06:56	
14	21	Tiago José da Silva Carvalho	Diabinhos de Samuel	03:30:00	+44:37	07:00	
15	46	Luis Alexandre	Trio dos Templarios ACR Santa Cita	03:30:30	+45:07	07:01	
16	18	João Mario Lopes Sacramento	Bombeiros V. Pombal	03:30:35	+45:12	07:01	
17	61	Paulino Oliveira	Trail da Amizade Runners	03:30:39	+45:16	07:01	
18	38	Pedro Gomes	Núcleo do Desporto Amador de Pombal	03:34:25	+49:02	07:09	
19	23	Luís Jorge	Fátima Trail Team	03:34:52	+49:29	07:10	
20	57	David Marques	Terrantêz Trail Team	03:35:34	+50:11	07:11	
21	25	Pedro Manso	Fátima Trail Team	03:37:10	+51:47	07:14	
22	43	Vitor Santos	Individual	03:37:42	+52:19	07:15	
23	42	Vitor Lopes	Individual	03:37:44	+52:21	07:15	
24	54	João Batista	SicóTrilhos	03:40:37	+55:14	07:21	
25	26	António Gameiro	Fátima Trail Team	03:41:35	+56:12	07:23	
26	62	Inês Tomás	Vilaventura Trail Team	03:41:42	+56:19	07:23	
27	65	Joselito Pereira	Vilaventura Trail Team	03:43:39	+58:16	07:27	
28	41	Tiago Sousa	Individual	03:45:39	+01:00:16	07:31	
29	40	Tiago Lopes	Ansibikers	03:47:03	+01:01:40	07:34	
30	49	VITOR MANUEL NOBRE DINIZ	Individual	03:47:39	+01:02:16	07:35	
31	13	Énio Mota	ARLU	03:49:12	+01:03:49	07:38	
32	17	Tiago Daniel Franco Neves	Bombeiros V. Pombal	03:49:35	+01:04:12	07:39	
33	14	Nelson Norte	ARLU	03:50:30	+01:05:07	07:41	
34	55	Milton Branco	SicóTrilhos	03:52:58	+01:07:35	07:46	
35	20	JOÃO SANCHES	Clube de Atletismo de Ferreira do Zêzere	03:53:37	+01:08:14	07:47	
36	37	Nuno Alexandre Duarte da Mota	Individual	03:53:52	+01:08:29	07:48	
37	5	Carla Silva	100 Gás Trail Team	03:59:58	+01:14:35	08:00	
38	28	Patrícia Gameiro Goomes	Individual	04:01:56	+01:16:33	08:04	
39	22	Tomé Fernandes	Evento_x	04:05:05	+01:19:42	08:10	
40	34	Catarina Alexandra Carvalho dos Santos	Individual	04:05:55	+01:20:32	08:12	

TRAIL ROSA ALBARDEIRA 30K - STAGE 1 30 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	10	Andreia Parreiras	A. C. S. Mamede	04:08:23	+01:23:00	08:17	
42	64	Marco Pedrosa	Vilaventura Trail Team	04:16:24	+01:31:01	08:33	
43	31	Joni Gaspar	Individual	04:31:39	+01:46:16	09:03	
44	48	Paulo do Couto Fernandes	Individual	04:37:15	+01:51:52	09:15	
45	45	António Simões	Individual	05:02:35	+02:17:12	10:05	
46	66	Sílvia Dias	100 Gás Trail Team	05:03:24	+02:18:01	10:07	
47	59	Nuno Martins	Trail da Amizade Runners	05:03:25	+02:18:02	10:07	
48	19	Carlos Gaspar	CHÍCHARO RUN TEAM A.ALVAIÁZERE	05:03:25	+02:18:02	10:07	
49	67	Luís Manuel Matos Ramos	RUN 4 FUN	05:03:26	+02:18:03	10:07	
50	47	Miguel Ângelo Saragoça Soares	Individual	05:17:55	+02:32:32	10:36	
51	36	Norberto Abreu	Individual	05:23:36	+02:38:13	10:47	
52	33	Nuno Carrasqueira	Individual	05:26:37	+02:41:14	10:53	
53	7	Sónia Pereira	100 Gás Trail Team	05:31:19	+02:45:56	11:03	
54	6	Isabel Vidinha	100 Gás Trail Team	05:31:20	+02:45:57	11:03	
55	44	Agostinho Barros	Individual	05:35:12	+02:49:49	11:10	

10º Trail Pombal Sicó

Pombal, PT

06-abril-2025

Trail Rosa Albardeira 30K

30 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	12,9ºC	92%
End	14:06	12,9ºC	92%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	62	Inês Tomás	Vilaventura Trail Team	Senior Feminino	03:41:42		07:23
2	28	Patrícia Gameiro Goomes	Individual	Senior Feminino	04:01:56	+20:14	08:04
Senior Masculino							
1	30	CLAÚDIO lOUREIRO	Gac - Grupo de Atletismo da Caranguejeira	Senior Masculino	02:48:03		05:36
2	9	Eduardo Ferreira	A. C. S. Mamede	Senior Masculino	02:55:52	+07:48	05:52
3	8	Cláudio Júnior	A. C. S. Mamede	Senior Masculino	03:00:32	+12:28	06:01
4	56	Carlos Carvalho	Talentos Objetivos	Senior Masculino	03:10:54	+22:50	06:22
5	32	Jordan Silva	Núcleo do Desporto Amador de Pombal	Senior Masculino	03:14:52	+26:48	06:30
6	50	Luís Mendes	Monsanto Running Team	Senior Masculino	03:20:40	+32:37	06:41
7	58	Bruno Valente	Trail da Amizade Runners	Senior Masculino	03:23:42	+35:38	06:47
8	63	Bruno Antunes	Vilaventura Trail Team	Senior Masculino	03:23:52	+35:48	06:48
9	17	Tiago Daniel Franco Neves	Bombeiros V. Pombal	Senior Masculino	03:49:35	+01:01:31	07:39
10	64	Marco Pedrosa	Vilaventura Trail Team	Senior Masculino	04:16:24	+01:28:21	08:33
11	31	Joni Gaspar	Individual	Senior Masculino	04:31:39	+01:43:35	09:03
12	59	Nuno Martins	Trail da Amizade Runners	Senior Masculino	05:03:25	+02:15:21	10:07
13	33	Nuno Carrasqueira	Individual	Senior Masculino	05:26:37	+02:38:33	10:53
Veterana F40							
1	5	Carla Silva	100 Gás Trail Team	Veterana F40	03:59:58		08:00
2	34	Catarina Alexandra Carvalho dos Santos	Individual	Veterana F40	04:05:55	+05:57	08:12
3	10	Andreia Parreiras	A. C. S. Mamede	Veterana F40	04:08:23	+08:24	08:17
Veterana F50							
1	66	Sílvia Dias	100 Gás Trail Team	Veterana F50	05:03:24		10:07
2	7	Sónia Pereira	100 Gás Trail Team	Veterana F50	05:31:19	+27:54	11:03
3	6	Isabel Vidinha	100 Gás Trail Team	Veterana F50	05:31:20	+27:56	11:03
Veterano M40							
1	24	Marco Pacheco	Fátima Trail Team	Veterano M40	02:45:23		05:31
2	53	Luis Rodrigues	Núcleo do Desporto Amador de Pombal	Veterano M40	03:13:58	+28:35	06:28

Trail Rosa Albardeira 30K

30 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

3	52	Helder Marco Domingues	Núcleo do Desporto Amador de Pombal	Veterano M40	03:15:01	+29:37	06:30
4	35	Filipe Rafael Ramos Cantante Martinho	Individual	Veterano M40	03:28:05	+42:41	06:56
5	21	Tiago José da Silva Carvalho	Diabinhos de Samuel	Veterano M40	03:30:00	+44:36	07:00
6	18	João Mario Lopes Sacramento	Bombeiros V. Pombal	Veterano M40	03:30:35	+45:11	07:01
7	61	Paulino Oliveira	Trail da Amizade Runners	Veterano M40	03:30:39	+45:15	07:01
8	38	Pedro Gomes	Núcleo do Desporto Amador de Pombal	Veterano M40	03:34:25	+49:01	07:09
9	23	Luís Jorge	Fátima Trail Team	Veterano M40	03:34:52	+49:29	07:10
10	57	David Marques	Terrantêz Trail Team	Veterano M40	03:35:34	+50:10	07:11
11	43	Vitor Santos	Individual	Veterano M40	03:37:42	+52:19	07:15
12	42	Vitor Lopes	Individual	Veterano M40	03:37:44	+52:20	07:15
13	54	João Batista	SicóTrilhos	Veterano M40	03:40:37	+55:14	07:21
14	41	Tiago Sousa	Individual	Veterano M40	03:45:39	+01:00:15	07:31
15	40	Tiago Lopes	Ansibikers	Veterano M40	03:47:03	+01:01:39	07:34
16	13	Énio Mota	ARLU	Veterano M40	03:49:12	+01:03:49	07:38
17	55	Milton Branco	SicóTrilhos	Veterano M40	03:52:58	+01:07:35	07:46
18	37	Nuno Alexandre Duarte da Mota	Individual	Veterano M40	03:53:52	+01:08:28	07:48
19	22	Tomé Fernandes	Evento_x	Veterano M40	04:05:05	+01:19:41	08:10
20	36	Norberto Abreu	Individual	Veterano M40	05:23:36	+02:38:13	10:47

Veterano M50

1	11	Emanuel Batista	A. C. S. Mamede	Veterano M50	03:12:00		06:24
2	46	Luis Alexandre	Trio dos Templarios ACR Santa Cita	Veterano M50	03:30:30	+18:29	07:01
3	25	Pedro Manso	Fátima Trail Team	Veterano M50	03:37:10	+25:09	07:14
4	65	Joselito Pereira	Vilaventura Trail Team	Veterano M50	03:43:39	+31:38	07:27
5	49	VITOR MANUEL NOBRE DINIZ	Individual	Veterano M50	03:47:39	+35:38	07:35
6	14	Nelson Norte	ARLU	Veterano M50	03:50:30	+38:29	07:41
7	20	JOÃO SANCHES	Clube de Atletismo de Ferreira do Zêzere	Veterano M50	03:53:37	+41:36	07:47
8	48	Paulo do Couto Fernandes	Individual	Veterano M50	04:37:15	+01:25:14	09:15
9	45	António Simões	Individual	Veterano M50	05:02:35	+01:50:34	10:05
10	19	Carlos Gaspar	CHÍCHARO RUN TEAM A.ALVAIÁZERE	Veterano M50	05:03:25	+01:51:24	10:07
11	67	Luís Manuel Matos Ramos	RUN 4 FUN	Veterano M50	05:03:26	+01:51:25	10:07
12	47	Miguel Ângelo Saragoça Soares	Individual	Veterano M50	05:17:55	+02:05:54	10:36
13	44	Agostinho Barros	Individual	Veterano M50	05:35:12	+02:23:11	11:10

Veterano M60

1	26	António Gameiro	Fátima Trail Team	Veterano M60	03:41:35		07:23

TEAM RESULTS - TRAIL 30K F

LAP2GO - TIMING 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	100 GÁS TRAIL TEAM	2 + 6 + 7	15

TEAM RESULTS - TRAIL 30K M

LAP2GO - TIMING 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	NÚCLEO DO DESPORTO AMADOR DE POMBAL	7 + 8 + 9 + 18	42
2	FÁTIMA TRAIL TEAM	1 + 19 + 21 + 25	66

10º Trail Pombal Sicó

Pombal, PT

06-abril-2025

TRAIL SPRINT CIDADE POMBAL 18K - STAGE 1 — 18 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	13,9ºC	92%
End	13:32	13,9ºC	92%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	109	Nelson Costa	A.R.Casaense/Escola de Atletismo de Coimbra	01:30:10		05:01	
2	285	Rafael Matias	Vilaventura Trail Team	01:32:34	+02:24	05:09	
3	105	João Freitas	A.R.Casaense/Escola de Atletismo de Coimbra	01:33:32	+03:22	05:12	
4	107	Eduardo Moreira	A.R.Casaense/Escola de Atletismo de Coimbra	01:34:30	+04:20	05:15	
5	106	José Galvão	A.R.Casaense/Escola de Atletismo de Coimbra	01:34:31	+04:21	05:15	
6	158	Frederico José	Fátima Trail Team	01:36:21	+06:11	05:21	
7	155	João Ribeiro	Fátima Trail Team	01:37:14	+07:04	05:24	
8	156	Tiago Gonçalves Lé	Fátima Trail Team	01:37:30	+07:20	05:25	
9	108	Márcio Pereira	A.R.Casaense/Escola de Atletismo de Coimbra	01:37:34	+07:24	05:25	
10	287	Tiago Alves	Vilaventura Trail Team	01:38:56	+08:46	05:30	
11	159	Nuno Daniel Antunes Maurício	Fátima Trail Team	01:42:59	+12:49	05:43	
12	282	Henrique Dias	Vilaventura Trail Team	01:45:23	+15:13	05:51	
13	283	Hernâni Gonçalves Ferreira	Vilaventura Trail Team	01:45:51	+15:41	05:53	
14	163	Flávio Esperança	GDRCUNIDOS	01:46:20	+16:10	05:54	
15	221	Victor Hugo Simões	LAMA SOLTA	01:46:53	+16:43	05:56	
16	114	PEDRO FERREIRA	AC VERMOIL	01:46:54	+16:44	05:56	
17	182	Ricardo Rua	Individual	01:48:47	+18:37	06:03	
18	264	Luís Veríssimo	Solas rotas	01:49:06	+18:56	06:04	
19	252	André Rodrigues	SicóTrilhos	01:49:34	+19:24	06:05	
20	113	MIGUEL ANGELO	AC VERMOIL	01:49:35	+19:25	06:05	
21	266	Hélder Filipe Rodrigues Ceboleiro	Terrantêz Trail Team	01:50:21	+20:11	06:08	
22	212	RUI SANTOS	Individual	01:51:37	+21:27	06:12	
23	203	João Pedro	Individual	01:52:07	+21:57	06:14	
24	122	Alexandre Marcelo	Ansibikers	01:52:29	+22:19	06:15	
25	146	Miguel Duarte	DCI/Trilhos Luso Bussaco	01:52:40	+22:30	06:16	
26	169	Alexandre Abreu	Individual	01:53:38	+23:28	06:19	
27	248	Sara Pedrosa	Sacatrilhos Anadia	01:54:17	+24:07	06:21	
28	230	Henrique Fernandes	NDAP	01:54:18	+24:08	06:21	
29	216	Luís Marques	LAMA SOLTA	01:54:18	+24:08	06:21	
30	115	ANTONIO SILVINO	AC VERMOIL	01:54:44	+24:34	06:22	
31	217	Nuno Neves	LAMA SOLTA	01:55:20	+25:10	06:24	
32	179	João Gaspar	Individual	01:55:40	+25:30	06:26	
33	257	Nelson Filipe Ferreira Lopes	SicóTrilhos	01:55:40	+25:30	06:26	
34	160	Filipe Neves	Fátima Trail Team	01:55:43	+25:33	06:26	
35	267	Vitor Pereira	Thomar Athletics	01:56:24	+26:14	06:28	
36	151	Paulo Costa	Diabinhos de Samuel	01:56:39	+26:29	06:29	
37	152	ANA CATARINA PEREIRA DAS NEVES	Fátima Trail Team	01:57:15	+27:05	06:31	
38	286	Ruben Vieira	Vilaventura Trail Team	01:57:16	+27:06	06:31	
39	254	Diogo Nunes	SicóTrilhos	01:57:18	+27:08	06:31	
40	191	Bruno Campos	Individual	01:57:22	+27:12	06:31	
41	220	Filipe Carraco Cerejo	LAMA SOLTA	01:58:02	+27:52	06:33	

TRAIL SPRINT CIDADE POMBAL 18K - STAGE 1 — 18 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
42	201	Joao carvalho	Individual	01:58:30	+28:20	06:35	
43	132	Joao Taborda	CF Os Belenenses	01:59:18	+29:08	06:38	
44	125	Carlos Diogo Ribeiro Mendes	Bombeiros V. Pombal	01:59:46	+29:36	06:39	
45	110	MANUELA MARTINS	AC VERMOIL	02:00:15	+30:05	06:41	
46	206	Pedro Nunes	Individual	02:00:52	+30:42	06:43	
47	145	Daniel Silva	DCI/Trilhos Luso Bussaco	02:00:54	+30:44	06:43	
48	275	Luis Gante	trail da ladeia running team	02:01:05	+30:55	06:44	
49	117	Henrique Carvalheiro	ACRM Silveirinha Grande e Claras	02:01:31	+31:21	06:45	
50	280	Carlos Capitão	Vilaventura Trail Team	02:01:35	+31:25	06:45	
51	209	Vítor Ribeiro	Individual	02:01:41	+31:31	06:46	
52	233	Mário Salgado	NDAP	02:01:47	+31:37	06:46	
53	278	BERNARDO MONTEIRO	Vilaventura Trail Team	02:02:03	+31:53	06:47	
54	222	Francisco Sebastião	MALAMENS TRAIL	02:02:41	+32:31	06:49	
55	166	Ricardo Lopes	Grupo Maravilha	02:02:43	+32:33	06:49	
56	153	Andreia Pereira	Fátima Trail Team	02:03:05	+32:55	06:50	
57	243	HELDER PEREIRA	Os Tolinhos	02:03:25	+33:15	06:51	
58	245	Jorge Cartaxo	Run2Eat	02:04:01	+33:51	06:53	
59	175	David Marques	Individual	02:05:33	+35:23	06:59	
60	173	Cédric Domingues	Individual	02:05:40	+35:30	06:59	
61	131	Vitor Nelson	Cerveira Team Running	02:06:02	+35:52	07:00	
62	181	Pedro Rodrigues	Individual	02:06:20	+36:10	07:01	
63	228	Martim Sousa Santos	Móveis e Companhia	02:06:58	+36:48	07:03	
64	235	PEDRO SILVA	NDAP	02:07:09	+36:59	07:04	
65	224	Norberto Rosa	MALAMENS TRAIL	02:07:20	+37:10	07:04	
66	200	Humberto Marques	Individual	02:08:00	+37:50	07:07	
67	184	Carla Turner	Individual	02:08:07	+37:57	07:07	
68	176	FORunners » Tio Jorge	Individual	02:08:16	+38:06	07:08	
69	256	Jorge Henriques	SicóTrilhos	02:08:35	+38:25	07:09	
70	147	Pedro Miguel Lopes Vieira	Devagar Devagarinho	02:08:53	+38:43	07:10	
71	199	Filipe Ramos	Individual	02:09:39	+39:29	07:12	
72	185	Marisa Silva	Individual	02:09:40	+39:30	07:12	
73	229	Nichita Ticu	NDAP	02:10:00	+39:50	07:13	
74	232	Rui Pereira	NDAP	02:10:02	+39:52	07:13	
75	215	Susana Fernandes	LAMA SOLTA	02:10:05	+39:55	07:14	
76	190	António Cordeiro	Individual	02:10:07	+39:57	07:14	
77	234	Nuno Ferreira	NDAP	02:10:09	+39:59	07:14	
78	242	Maria Pereira	Os Tolinhos	02:10:31	+40:21	07:15	
79	290	Vitor Monteiro	Vilaventura Trail Team	02:10:34	+40:24	07:15	
80	101	Tomé Lopes	100 Gás Trail Team	02:11:07	+40:57	07:17	
81	196	David Gameiro	Individual	02:11:33	+41:23	07:19	
82	149	Patrick Carvalho	Diabinhos de Samuel	02:11:56	+41:46	07:20	
83	161	Filomena Carvalho	Figueira Kayak Clube	02:12:02	+41:52	07:20	
84	118	Henrique Lavaredas	ACRM Silveirinha Grande e Claras	02:12:08	+41:58	07:20	
85	219	Filipe Alves Silva	LAMA SOLTA	02:12:52	+42:42	07:23	
86	193	Cilinio Rodrigues Antunes	Individual	02:13:07	+42:57	07:24	
87	210	Fernando Neves	Individual	02:13:42	+43:32	07:26	

TRAIL SPRINT CIDADE POMBAL 18K - STAGE 1 18 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

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	281	Henrique Antunes	Vilaventura Trail Team	02:13:47	+43:37	07:26	
89	255	Joni Correia	SicóTrilhos	02:14:32	+44:22	07:28	
90	139	Nicolau Cravo Ferreira	cscrfcharneca	02:14:35	+44:25	07:29	
91	195	Daniel Santos Gaspar	Individual	02:15:35	+45:25	07:32	
92	208	Rui Silva	Individual	02:16:33	+46:23	07:35	
93	177	João Antunes	Individual	02:17:14	+47:04	07:37	
94	265	Miguel Matias	SSCGD	02:17:56	+47:46	07:40	
95	157	Cidália Margarida Reis Silva	Fátima Trail Team	02:18:14	+48:04	07:41	
96	284	Rafael Domingues Gonçalves	Vilaventura Trail Team	02:19:13	+49:03	07:44	
97	103	PEDRO NATARIO	100 Gás Trail Team	02:19:43	+49:33	07:46	
98	263	Vitor Nunes	Solas rotas	02:20:52	+50:42	07:50	
99	225	Manuel Gaspar	MALAMENS TRAIL	02:21:08	+50:58	07:50	
100	231	Ricardo Gomes	NDAP	02:21:23	+51:13	07:51	
101	271	Sabine Ferreira	trail da ladeia running team	02:22:34	+52:24	07:55	
102	269	alfredo valente	Trail da Amizade Runners	02:22:49	+52:39	07:56	
103	126	Rodrigo Lopes Silva	Bombeiros V. Pombal	02:23:36	+53:26	07:59	
104	144	ALCINO BASTOS	DCI/Trilhos Luso Bussaco	02:24:06	+53:56	08:00	
105	127	Hélder Nunes	CCD CRÉDITO AGRICOLA	02:24:52	+54:42	08:03	
106	180	João Monteiro	Individual	02:24:59	+54:49	08:03	
107	138	Sofia Vieira	Clube Desportivo de Espite	02:25:12	+55:02	08:04	
108	119	Verónica Serrano	Ansibikers	02:25:25	+55:15	08:05	
109	121	Filipe Rodrigues	Ansibikers	02:25:25	+55:15	08:05	
110	120	Diogo Tavares	Ansibikers	02:25:26	+55:16	08:05	
111	124	Carlos Manuel Marques Palmeira	ARCD Venda da Luísa	02:25:27	+55:17	08:05	
112	239	Pedro Mateus	Ó Zé	02:26:08	+55:58	08:07	
113	202	João Dinis Graça Fernandes	Individual	02:26:27	+56:17	08:08	
114	211	João Santos	Individual	02:27:03	+56:53	08:10	
115	140	Carlos António Mota Longo da Conceição	cscrfcharneca	02:27:58	+57:48	08:13	
116	223	HUMBERTO SANTOS	MALAMENS TRAIL	02:28:28	+58:18	08:15	
117	261	Alexandre Veloso	Sky.runners	02:28:59	+58:49	08:17	
118	143	Marisa Duarte	DCI/Trilhos Luso Bussaco	02:29:27	+59:17	08:18	
119	246	Luís Lopes	Run2Eat	02:29:49	+59:39	08:19	
120	141	Jorge Manuel Fernandes Figueiral	cscrfcharneca	02:32:08	+01:01:58	08:27	
121	288	MARCO PASCOAL	Vilaventura Trail Team	02:33:02	+01:02:52	08:30	
122	170	André Mendes	Individual	02:34:21	+01:04:11	08:34	
123	134	Catarina G. C.	CHÍCHARO RUN TEAM A.ALVAIÁZERE	02:34:31	+01:04:21	08:35	
124	136	Nelson Paulino Silva	CHÍCHARO RUN TEAM A.ALVAIÁZERE	02:34:31	+01:04:21	08:35	
125	137	HELDER GONÇALVES	CLUBE ATLETISMO GASPAR & COSTA	02:36:04	+01:05:54	08:40	
126	249	Lurdes vital	Serra D Aire Trail Team	02:36:13	+01:06:03	08:41	
127	250	Inês Freitas	SicóTrilhos	02:37:06	+01:06:56	08:44	
128	253	Daniel Antunes	SicóTrilhos	02:37:06	+01:06:56	08:44	
129	226	Megane Silva	Maximos Renovaveis	02:37:26	+01:07:16	08:45	
130	227	Nuno Gonçalves	Maximos Renovaveis	02:37:26	+01:07:16	08:45	
131	183	Tiago Vieira	Individual	02:37:26	+01:07:16	08:45	
132	258	Rúben Simões	SicóTrilhos	02:38:05	+01:07:55	08:47	

TRAIL SPRINT CIDADE POMBAL 18K - STAGE 1 18 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

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	213	Helder de Jesus Paulo	Individual	02:39:29	+01:09:19	08:52	
134	189	Alexandre Blanco	Individual	02:39:35	+01:09:25	08:52	
135	251	Tânia Silva	SicóTrilhos	02:39:35	+01:09:25	08:52	
136	154	Áurea Rodrigues Ramos	Fátima Trail Team	02:40:19	+01:10:09	08:54	
137	133	Ana Cardoso	CHÍCHARO RUN TEAM A.ALVAIÁZERE	02:43:03	+01:12:53	09:04	
138	192	Bruno Gaspar	Individual	02:45:28	+01:15:18	09:12	
139	171	André Monteiro	Individual	02:46:39	+01:16:29	09:16	
140	112	ELSA SOARES	AC VERMOIL	02:46:53	+01:16:43	09:16	
141	205	Paulo Levada	Individual	02:47:32	+01:17:22	09:18	
142	262	Elsa Marques	Sky.runners	02:47:36	+01:17:26	09:19	
143	244	Ana Rita Pinho Souto	Run2Eat	02:49:18	+01:19:08	09:24	
144	204	Luis Mendes	Individual	02:49:42	+01:19:32	09:26	
145	188	Maria João	Individual	02:49:49	+01:19:39	09:26	
146	150	Sofia Ramalho	Diabinhos de Samuel	02:50:23	+01:20:13	09:28	
147	123	Paula Cristina Vicente Nunes Palmeira	ARCD Venda da Luísa	02:51:35	+01:21:25	09:32	
148	165	Luis Queiroz	Grupo Desportivo da Mata	02:52:09	+01:21:59	09:34	
149	164	Gabriela Santos	Grupo Desportivo da Mata	02:52:14	+01:22:04	09:34	
150	187	Sandra Antunes	Individual	02:54:37	+01:24:27	09:42	
151	168	Tânia da Silva Gaspar	Individual	02:57:32	+01:27:22	09:52	
152	186	Neuza Monteiro	Individual	02:57:46	+01:27:36	09:53	
153	237	Tania Cardoso	NOCTURNOS DE PAREDES	02:58:37	+01:28:27	09:55	
154	274	José Vintém	trail da ladeia running team	03:00:03	+01:29:53	10:00	
155	270	Mariana Vintém	trail da ladeia running team	03:00:05	+01:29:55	10:00	
156	247	Miguel Andrade	Run2Eat	03:00:47	+01:30:37	10:03	
157	197	Dennis Oliveira	Individual	03:07:58	+01:37:48	10:27	
158	260	Filipe Manuel silva Ferreira	SicóTrilhos	03:08:30	+01:38:20	10:28	
159	148	Arlindo Oliveira	Devagar Devagarinho	03:09:50	+01:39:40	10:33	
160	135	Tiago Santos	CHÍCHARO RUN TEAM A.ALVAIÁZERE	03:15:27	+01:45:17	10:52	
161	207	Pedro Santos	Individual	03:16:00	+01:45:50	10:53	
162	178	João Carrasqueira	Individual	03:19:21	+01:49:11	11:04	
163	128	Diogo André Marques Santos	CERCIPOM	03:38:39	+02:08:29	12:09	
164	102	Maria Simões	100 Gás Trail Team	03:38:57	+02:08:47	12:10	
165	129	Tiago lopes	CERCIPOM	03:39:24	+02:09:14	12:11	
166	130	António José Fernandes Pereira	CERCIPOM	03:39:46	+02:09:36	12:13	
167	104	Aníbal Luís	100 Gás Trail Team	03:42:16	+02:12:06	12:21	
168	272	Marisa Teixeira	trail da ladeia running team	04:00:44	+02:30:34	13:22	
169	273	Mira Teixeira	trail da ladeia running team	04:00:44	+02:30:34	13:22	

10º Trail Pombal Sicó

Pombal, PT

06-abril-2025

Trail Sprint Cidade Pombal 18K — 18 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	13,9ºC	92%
End	13:32	13,9ºC	92%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	248	Sara Pedrosa	Sacatrilhos Anadia	Senior Feminino	01:54:17		06:21
2	152	ANA CATARINA PEREIRA DAS NEVES	Fátima Trail Team	Senior Feminino	01:57:15	+02:57	06:31
3	110	MANUELA MARTINS	AC VERMOIL	Senior Feminino	02:00:15	+05:57	06:41
4	153	Andreia Pereira	Fátima Trail Team	Senior Feminino	02:03:05	+08:47	06:50
5	215	Susana Fernandes	LAMA SOLTA	Senior Feminino	02:10:05	+15:47	07:14
6	242	Maria Pereira	Os Tolinhos	Senior Feminino	02:10:31	+16:13	07:15
7	119	Verónica Serrano	Ansibikers	Senior Feminino	02:25:25	+31:07	08:05
8	134	Catarina G. C.	CHÍCHARO RUN TEAM A.ALVAIÁZERE	Senior Feminino	02:34:31	+40:13	08:35
9	250	Inês Freitas	SicóTrilhos	Senior Feminino	02:37:06	+42:48	08:44
10	226	Megane Silva	Maximos Renovaveis	Senior Feminino	02:37:26	+43:08	08:45
11	251	Tânia Silva	SicóTrilhos	Senior Feminino	02:39:35	+45:17	08:52
12	154	Áurea Rodrigues Ramos	Fátima Trail Team	Senior Feminino	02:40:19	+46:01	08:54
13	133	Ana Cardoso	CHÍCHARO RUN TEAM A.ALVAIÁZERE	Senior Feminino	02:43:03	+48:46	09:04
14	244	Ana Rita Pinho Souto	Run2Eat	Senior Feminino	02:49:18	+55:00	09:24
15	168	Tânia da Silva Gaspar	Individual	Senior Feminino	02:57:32	+01:03:14	09:52
16	270	Mariana Vintém	trail da ladeia running team	Senior Feminino	03:00:05	+01:05:47	10:00

Senior Masculino

1	285	Rafael Matias	Vilaventura Trail Team	Senior Masculino	01:32:34		05:09
2	105	João Freitas	A.R.Casaense/Escola de Atletismo de Coimbra	Senior Masculino	01:33:32	+00:57	05:12
3	106	José Galvão	A.R.Casaense/Escola de Atletismo de Coimbra	Senior Masculino	01:34:31	+01:56	05:15
4	155	João Ribeiro	Fátima Trail Team	Senior Masculino	01:37:14	+04:39	05:24
5	156	Tiago Gonçalves Lé	Fátima Trail Team	Senior Masculino	01:37:30	+04:56	05:25
6	287	Tiago Alves	Vilaventura Trail Team	Senior Masculino	01:38:56	+06:22	05:30
7	282	Henrique Dias	Vilaventura Trail Team	Senior Masculino	01:45:23	+12:48	05:51
8	283	Hernâni Gonçalves Ferreira	Vilaventura Trail Team	Senior Masculino	01:45:51	+13:17	05:53
9	163	Flávio Esperança	GDRCUNIDOS	Senior Masculino	01:46:20	+13:46	05:54
10	182	Ricardo Rua	Individual	Senior Masculino	01:48:47	+16:13	06:03
11	252	André Rodrigues	SicóTrilhos	Senior Masculino	01:49:34	+17:00	06:05
12	266	Hélder Filipe Rodrigues Ceboleiro	Terrantêz Trail Team	Senior Masculino	01:50:21	+17:47	06:08
13	169	Alexandre Abreu	Individual	Senior Masculino	01:53:38	+21:03	06:19
14	216	Luís Marques	LAMA SOLTA	Senior Masculino	01:54:18	+21:44	06:21
15	217	Nuno Neves	LAMA SOLTA	Senior Masculino	01:55:20	+22:45	06:24
16	179	João Gaspar	Individual	Senior Masculino	01:55:40	+23:05	06:26

Trail Sprint Cidade Pombal 18K

18 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

17	257	Nelson Filipe Ferreira Lopes	SicóTrilhos	Senior Masculino	01:55:40	+23:06	06:26
18	286	Ruben Vieira	Vilaventura Trail Team	Senior Masculino	01:57:16	+24:42	06:31
19	254	Diogo Nunes	SicóTrilhos	Senior Masculino	01:57:18	+24:43	06:31
20	125	Carlos Diogo Ribeiro Mendes	Bombeiros V. Pombal	Senior Masculino	01:59:46	+27:11	06:39
21	280	Carlos Capitão	Vilaventura Trail Team	Senior Masculino	02:01:35	+29:01	06:45
22	278	BERNARDO MONTEIRO	Vilaventura Trail Team	Senior Masculino	02:02:03	+29:28	06:47
23	222	Francisco Sebastião	MALAMENS TRAIL	Senior Masculino	02:02:41	+30:07	06:49
24	245	Jorge Cartaxo	Run2Eat	Senior Masculino	02:04:01	+31:27	06:53
25	175	David Marques	Individual	Senior Masculino	02:05:33	+32:59	06:59
26	173	Cédric Domingues	Individual	Senior Masculino	02:05:40	+33:06	06:59
27	181	Pedro Rodrigues	Individual	Senior Masculino	02:06:20	+33:46	07:01
28	228	Martim Sousa Santos	Móveis e Companhia	Senior Masculino	02:06:58	+34:23	07:03
29	176	FORunners » Tio Jorge	Individual	Senior Masculino	02:08:16	+35:42	07:08
30	256	Jorge Henriques	SicóTrilhos	Senior Masculino	02:08:35	+36:01	07:09
31	229	Nichita Ticu	NDAP	Senior Masculino	02:10:00	+37:26	07:13
32	101	Tomé Lopes	100 Gás Trail Team	Senior Masculino	02:11:07	+38:33	07:17
33	149	Patrick Carvalho	Diabinhos de Samuel	Senior Masculino	02:11:56	+39:22	07:20
34	281	Henrique Antunes	Vilaventura Trail Team	Senior Masculino	02:13:47	+41:12	07:26
35	255	Joni Correia	SicóTrilhos	Senior Masculino	02:14:32	+41:58	07:28
36	139	Nicolau Cravo Ferreira	cscrfcharneca	Senior Masculino	02:14:35	+42:01	07:29
37	177	João Antunes	Individual	Senior Masculino	02:17:14	+44:40	07:37
38	284	Rafael Domingues Gonçalves	Vilaventura Trail Team	Senior Masculino	02:19:13	+46:39	07:44
39	126	Rodrigo Lopes Silva	Bombeiros V. Pombal	Senior Masculino	02:23:36	+51:02	07:59
40	180	João Monteiro	Individual	Senior Masculino	02:24:59	+52:25	08:03
41	121	Filipe Rodrigues	Ansibikers	Senior Masculino	02:25:25	+52:50	08:05
42	120	Diogo Tavares	Ansibikers	Senior Masculino	02:25:26	+52:51	08:05
43	261	Alexandre Veloso	Sky.runners	Senior Masculino	02:28:59	+56:25	08:17
44	246	Luís Lopes	Run2Eat	Senior Masculino	02:29:49	+57:14	08:19
45	170	André Mendes	Individual	Senior Masculino	02:34:21	+01:01:46	08:34
46	253	Daniel Antunes	SicóTrilhos	Senior Masculino	02:37:06	+01:04:32	08:44
47	227	Nuno Gonçalves	Maximos Renovaveis	Senior Masculino	02:37:26	+01:04:52	08:45
48	183	Tiago Vieira	Individual	Senior Masculino	02:37:26	+01:04:52	08:45
49	258	Rúben Simões	SicóTrilhos	Senior Masculino	02:38:05	+01:05:31	08:47
50	171	André Monteiro	Individual	Senior Masculino	02:46:39	+01:14:05	09:16
51	247	Miguel Andrade	Run2Eat	Senior Masculino	03:00:47	+01:28:12	10:03
52	135	Tiago Santos	CHÍCHARO RUN TEAM A.ALVAIÁZERE	Senior Masculino	03:15:27	+01:42:53	10:52
53	178	João Carrasqueira	Individual	Senior Masculino	03:19:21	+01:46:46	11:04
54	128	Diogo André Marques Santos	CERCIPOM	Senior Masculino	03:38:39	+02:06:05	12:09
55	129	Tiago lopes	CERCIPOM	Senior Masculino	03:39:24	+02:06:50	12:11

Veterana F40

1	184	Carla Turner	Individual	Veterana F40	02:08:07		07:07
2	185	Marisa Silva	Individual	Veterana F40	02:09:40	+01:32	07:12
3	161	Filomena Carvalho	Figueira Kayak Clube	Veterana F40	02:12:02	+03:54	07:20

Trail Sprint Cidade Pombal 18K

18 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

4	157	Cidália Margarida Reis Silva	Fátima Trail Team	Veterana F40	02:18:14	+10:06	07:41
5	271	Sabine Ferreira	trail da ladeia running team	Veterana F40	02:22:34	+14:26	07:55
6	138	Sofia Vieira	Clube Desportivo de Espite	Veterana F40	02:25:12	+17:05	08:04
7	143	Marisa Duarte	DCI/Trilhos Luso Bussaco	Veterana F40	02:29:27	+21:20	08:18
8	112	ELSA SOARES	AC VERMOIL	Veterana F40	02:46:53	+38:46	09:16
9	150	Sofia Ramalho	Diabinhos de Samuel	Veterana F40	02:50:23	+42:15	09:28
10	187	Sandra Antunes	Individual	Veterana F40	02:54:37	+46:29	09:42
11	186	Neuza Monteiro	Individual	Veterana F40	02:57:46	+49:38	09:53
12	237	Tania Cardoso	NOCTURNOS DE PAREDES	Veterana F40	02:58:37	+50:30	09:55

Veterana F50

1	249	Lurdes vital	Serra D Aire Trail Team	Veterana F50	02:36:13		08:41
2	262	Elsa Marques	Sky.runners	Veterana F50	02:47:36	+11:23	09:19
3	188	Maria João	Individual	Veterana F50	02:49:49	+13:36	09:26
4	123	Paula Cristina Vicente Nunes Palmeira	ARCD Venda da Luísa	Veterana F50	02:51:35	+15:22	09:32
5	164	Gabriela Santos	Grupo Desportivo da Mata	Veterana F50	02:52:14	+16:01	09:34
6	272	Marisa Teixeira	trail da ladeia running team	Veterana F50	04:00:44	+01:24:31	13:22
7	273	Mira Teixeira	trail da ladeia running team	Veterana F50	04:00:44	+01:24:31	13:22

Veterana F60

1	102	Maria Simões	100 Gás Trail Team	Veterana F60	03:38:57		12:10

Veterano M40

1	109	Nelson Costa	A.R.Casaense/Escola de Atletismo de Coimbra	Veterano M40	01:30:10		05:01
2	107	Eduardo Moreira	A.R.Casaense/Escola de Atletismo de Coimbra	Veterano M40	01:34:30	+04:20	05:15
3	158	Frederico José	Fátima Trail Team	Veterano M40	01:36:21	+06:11	05:21
4	108	Márcio Pereira	A.R.Casaense/Escola de Atletismo de Coimbra	Veterano M40	01:37:34	+07:24	05:25
5	159	Nuno Daniel Antunes Maurício	Fátima Trail Team	Veterano M40	01:42:59	+12:49	05:43
6	221	Victor Hugo Simões	LAMA SOLTA	Veterano M40	01:46:53	+16:43	05:56
7	203	João Pedro	Individual	Veterano M40	01:52:07	+21:56	06:14
8	122	Alexandre Marcelo	Ansibikers	Veterano M40	01:52:29	+22:19	06:15
9	230	Henrique Fernandes	NDAP	Veterano M40	01:54:18	+24:08	06:21
10	151	Paulo Costa	Diabinhos de Samuel	Veterano M40	01:56:39	+26:29	06:29
11	191	Bruno Campos	Individual	Veterano M40	01:57:22	+27:12	06:31
12	220	Filipe Carraco Cerejo	LAMA SOLTA	Veterano M40	01:58:02	+27:51	06:33
13	201	Joao carvalho	Individual	Veterano M40	01:58:30	+28:20	06:35
14	132	Joao Taborda	CF Os Belenenses	Veterano M40	01:59:18	+29:08	06:38
15	206	Pedro Nunes	Individual	Veterano M40	02:00:52	+30:42	06:43
16	117	Henrique Carvalheiro	ACRM Silveirinha Grande e Claras	Veterano M40	02:01:31	+31:20	06:45
17	209	Vítor Ribeiro	Individual	Veterano M40	02:01:41	+31:31	06:46

Trail Sprint Cidade Pombal 18K

18 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

18	166	Ricardo Lopes	Grupo Maravilha	Veterano M40	02:02:43	+32:33	06:49
19	224	Norberto Rosa	MALAMENS TRAIL	Veterano M40	02:07:20	+37:10	07:04
20	200	Humberto Marques	Individual	Veterano M40	02:08:00	+37:50	07:07
21	147	Pedro Miguel Lopes Vieira	Devagar Devagarinho	Veterano M40	02:08:53	+38:43	07:10
22	199	Filipe Ramos	Individual	Veterano M40	02:09:39	+39:29	07:12
23	232	Rui Pereira	NDAP	Veterano M40	02:10:02	+39:52	07:13
24	190	António Cordeiro	Individual	Veterano M40	02:10:07	+39:57	07:14
25	196	David Gameiro	Individual	Veterano M40	02:11:33	+41:23	07:19
26	219	Filipe Alves Silva	LAMA SOLTA	Veterano M40	02:12:52	+42:42	07:23
27	193	Cilinio Rodrigues Antunes	Individual	Veterano M40	02:13:07	+42:57	07:24
28	195	Daniel Santos Gaspar	Individual	Veterano M40	02:15:35	+45:25	07:32
29	208	Rui Silva	Individual	Veterano M40	02:16:33	+46:22	07:35
30	103	PEDRO NATARIO	100 Gás Trail Team	Veterano M40	02:19:43	+49:33	07:46
31	263	Vitor Nunes	Solas rotas	Veterano M40	02:20:52	+50:42	07:50
32	231	Ricardo Gomes	NDAP	Veterano M40	02:21:23	+51:13	07:51
33	144	ALCINO BASTOS	DCI/Trilhos Luso Bussaco	Veterano M40	02:24:06	+53:55	08:00
34	202	João Dinis Graça Fernandes	Individual	Veterano M40	02:26:27	+56:16	08:08
35	223	HUMBERTO SANTOS	MALAMENS TRAIL	Veterano M40	02:28:28	+58:18	08:15
36	288	MARCO PASCOAL	Vilaventura Trail Team	Veterano M40	02:33:02	+01:02:52	08:30
37	189	Alexandre Blanco	Individual	Veterano M40	02:39:35	+01:09:24	08:52
38	192	Bruno Gaspar	Individual	Veterano M40	02:45:28	+01:15:18	09:12
39	205	Paulo Levada	Individual	Veterano M40	02:47:32	+01:17:22	09:18
40	204	Luis Mendes	Individual	Veterano M40	02:49:42	+01:19:32	09:26
41	197	Dennis Oliveira	Individual	Veterano M40	03:07:58	+01:37:48	10:27
42	260	Filipe Manuel silva Ferreira	SicóTrilhos	Veterano M40	03:08:30	+01:38:20	10:28
43	207	Pedro Santos	Individual	Veterano M40	03:16:00	+01:45:50	10:53
44	130	António José Fernandes Pereira	CERCIPOM	Veterano M40	03:39:46	+02:09:36	12:13

Veterano M50

1	114	PEDRO FERREIRA	AC VERMOIL	Veterano M50	01:46:54		05:56
2	264	Luís Veríssimo	Solas rotas	Veterano M50	01:49:06	+02:11	06:04
3	113	MIGUEL ANGELO	AC VERMOIL	Veterano M50	01:49:35	+02:41	06:05
4	212	RUI SANTOS	Individual	Veterano M50	01:51:37	+04:43	06:12
5	146	Miguel Duarte	DCI/Trilhos Luso Bussaco	Veterano M50	01:52:40	+05:46	06:16
6	160	Filipe Neves	Fátima Trail Team	Veterano M50	01:55:43	+08:49	06:26
7	267	Vitor Pereira	Thomar Athletics	Veterano M50	01:56:24	+09:29	06:28
8	145	Daniel Silva	DCI/Trilhos Luso Bussaco	Veterano M50	02:00:54	+13:59	06:43
9	275	Luis Gante	trail da ladeia running team	Veterano M50	02:01:05	+14:11	06:44
10	233	Mário Salgado	NDAP	Veterano M50	02:01:47	+14:52	06:46
11	243	HELDER PEREIRA	Os Tolinhos	Veterano M50	02:03:25	+16:30	06:51
12	131	Vitor Nelson	Cerveira Team Running	Veterano M50	02:06:02	+19:07	07:00
13	235	PEDRO SILVA	NDAP	Veterano M50	02:07:09	+20:15	07:04
14	234	Nuno Ferreira	NDAP	Veterano M50	02:10:09	+23:14	07:14
15	290	Vitor Monteiro	Vilaventura Trail Team	Veterano M50	02:10:34	+23:40	07:15
16	118	Henrique Lavaredas	ACRM Silveirinha Grande e Claras	Veterano M50	02:12:08	+25:14	07:20

Trail Sprint Cidade Pombal 18K

18 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

17	210	Fernando Neves	Individual	Veterano M50	02:13:42	+26:47	07:26
18	265	Miguel Matias	SSCGD	Veterano M50	02:17:56	+31:01	07:40
19	127	Hélder Nunes	CCD CRÉDITO AGRICOLA	Veterano M50	02:24:52	+37:58	08:03
20	239	Pedro Mateus	Ó Zé	Veterano M50	02:26:08	+39:14	08:07
21	211	João Santos	Individual	Veterano M50	02:27:03	+40:08	08:10
22	140	Carlos António Mota Longo da Conceição	cscrfcharneca	Veterano M50	02:27:58	+41:04	08:13
23	137	HELDER GONÇALVES	CLUBE ATLETISMO GASPAR & COSTA	Veterano M50	02:36:04	+49:10	08:40
24	165	Luis Queiroz	Grupo Desportivo da Mata	Veterano M50	02:52:09	+01:05:14	09:34
25	274	José Vintém	trail da ladeia running team	Veterano M50	03:00:03	+01:13:08	10:00
26	148	Arlindo Oliveira	Devagar Devagarinho	Veterano M50	03:09:50	+01:22:56	10:33

Veterano M60

1	115	ANTONIO SILVINO	AC VERMOIL	Veterano M60	01:54:44		06:22
2	225	Manuel Gaspar	MALAMENS TRAIL	Veterano M60	02:21:08	+26:23	07:50
3	269	alfredo valente	Trail da Amizade Runners	Veterano M60	02:22:49	+28:04	07:56
4	124	Carlos Manuel Marques Palmeira	ARCD Venda da Luísa	Veterano M60	02:25:27	+30:42	08:05
5	141	Jorge Manuel Fernandes Figueiral	cscrfcharneca	Veterano M60	02:32:08	+37:24	08:27
6	136	Nelson Paulino Silva	CHÍCHARO RUN TEAM A.ALVAIÁZERE	Veterano M60	02:34:31	+39:46	08:35
7	213	Helder de Jesus Paulo	Individual	Veterano M60	02:39:29	+44:44	08:52
8	104	Aníbal Luís	100 Gás Trail Team	Veterano M60	03:42:16	+01:47:31	12:21

TEAM RESULTS - TRAIL SPRINT 18K F

LAP2GO - TIMING 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	FÁTIMA TRAIL TEAM	2 + 4 + 10	16
2	TRAIL DA LADEIA RUNNING TEAM	11 + 33 + 35	79

TEAM RESULTS - TRAIL SPRINT 18K M

LAP2GO - TIMING 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	A.R.CASAENSE/ESCOLA DE ATLETISMO DE COIMBRA	1 + 3 + 4 + 5	13
2	FÁTIMA TRAIL TEAM	6 + 7 + 8 + 11	32
3	VILAVENTURA TRAIL TEAM	2 + 10 + 12 + 13	37
4	LAMA SOLTA	15 + 28 + 30 + 39	112
5	SICÓTRILHOS	19 + 32 + 37 + 64	152
6	NDAP	27 + 49 + 60 + 67	203
7	MALAMENS TRAIL	51 + 61 + 89 + 103	304

lap2go TIMING SOLUTION

10º Trail Pombal Sicó

Pombal, PT

06-abril-2025

MINI TRAIL B. V. POMBAL 10K - 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

	Time	Temperature	Humidity
Start	10:00	13,9ºC	92%
End	12:50	13,9ºC	92%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	508	MARCO GOMES	AC VERMOIL	42:49		04:17	
2	595	Adriano Silva	Individual	44:50	+02:01	04:29	
3	559	Hugo Santos	Individual	46:45	+03:56	04:41	
4	544	Ricardo Nunes	Grupo Alegre Unido Bajouca	46:55	+04:06	04:42	
5	613	João Jesus	Individual	47:09	+04:20	04:43	
6	702	José Ávila	Talentos Objetivos	47:46	+04:57	04:47	
7	632	Ricardo Alegrete	Individual	48:21	+05:32	04:50	
8	610	João Carlos Miquelão Santos	Individual	48:25	+05:36	04:50	
9	622	Luís Miguel Mendes Figueiredo	Individual	48:25	+05:36	04:50	
10	503	PEDRO ROCHA	AC VERMOIL	48:38	+05:49	04:52	
11	537	valter Filipe Silva Gomes	Diabinhos de Samuel	50:38	+07:49	05:04	
12	626	Nuno Moreira	Individual	51:14	+08:25	05:07	
13	615	Joel Costa	Individual	51:34	+08:45	05:09	
14	630	Renato Jorge Freire Martins	Individual	52:43	+09:54	05:16	
15	678	João Gomes	SicóTrilhos	52:52	+10:03	05:17	
16	539	João Gonçalves	FullProtein Trail Team	53:09	+10:20	05:19	
17	597	Bruno Ferreira	Individual	53:27	+10:38	05:21	
18	640	Tiago Fernandes Simões	Individual	54:19	+11:30	05:26	
19	511	Joel Santos	ACRM Silveirinha Grande e Claras	54:57	+12:08	05:30	
20	513	Luís Filipe Carvalheiro	ACRM Silveirinha Grande e Claras	55:45	+12:56	05:34	
21	639	Tiago Carvalho	Individual	55:47	+12:58	05:35	
22	541	Nuno Alexandre	FullProtein Trail Team	56:42	+13:53	05:40	
23	650	Lino Bento	LAMA SOLTA	57:10	+14:21	05:43	
24	620	Lucas Silva	Individual	57:13	+14:24	05:43	
25	631	Renato Miguel da Mota Santos	Individual	57:37	+14:48	05:46	
26	558	Guilherme Ferrão	Individual	58:05	+15:16	05:48	
27	609	Isevane Silva	Individual	58:22	+15:33	05:50	
28	588	Sara Neves	Individual	58:36	+15:47	05:52	
29	621	Luís Alves	Individual	58:36	+15:47	05:52	
30	625	Martinho Miguel Fernandes Correia	Individual	58:45	+15:56	05:52	
31	569	Eduarda Gonçalves	Individual	58:50	+16:01	05:53	
32	614	João Simões	Individual	59:09	+16:20	05:55	
33	510	João Sintra	ACRM Silveirinha Grande e Claras	59:29	+16:40	05:57	
34	635	Rui Neves	Individual	59:44	+16:55	05:58	
35	543	Pedro José Pedrosa Cabecinhas	Grupo Alegre Unido Bajouca	59:44	+16:55	05:58	
36	633	Ricardo Fojo	Individual	01:00:01	+17:12	06:00	
37	714	Goreti Gaudencio	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:00:03	+17:14	06:00	
38	715	Rui Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:00:04	+17:15	06:00	
39	637	Samuel silva	Individual	01:00:06	+17:17	06:01	
40	649	Tânia Marina da Silva Carreira	LAMA SOLTA	01:00:26	+17:37	06:03	
41	695	Luís Costa	Sumol Compal	01:00:34	+17:45	06:03	
42	509	Mónica Jordão	ACRM Silveirinha Grande e Claras	01:00:50	+18:01	06:05	

MINI TRAIL B. V. POMBAL 10K - 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	540	João Manuel Cordeiro Gonçalves	FullProtein Trail Team	01:01:01	+18:12	06:06	
44	528	António Carvalho	CHÍCHARO RUN TEAM A.ALVAIÁZERE	01:01:25	+18:36	06:09	
45	598	Carlos Gonçalves	Individual	01:01:41	+18:52	06:10	
46	666	Pedro Mendes	Os Carapaças	01:01:49	+19:00	06:11	
47	623	Luís Morgado	Individual	01:02:16	+19:27	06:14	
48	591	Susana Moreira	Individual	01:02:30	+19:41	06:15	
49	533	CARLOS GASPAR	CLUBE ATLETISMO GASPAR & COSTA	01:03:04	+20:15	06:18	
50	721	Ilidio Santos	Individual	01:03:38	+20:49	06:22	
51	578	Marta Fonseca	Individual	01:03:53	+21:04	06:23	
52	593	vera portela	Individual	01:03:53	+21:04	06:23	
53	676	David C. Figueirinha	Runmelt	01:04:27	+21:38	06:27	
54	525	Bruno Lima	CCD CRÉDITO AGRICOLA	01:04:38	+21:49	06:28	
55	534	PAULO DOMINGUES	CLUBE ATLETISMO GASPAR & COSTA	01:04:48	+21:59	06:29	
56	646	João Padeiro	Individual	01:04:49	+22:00	06:29	
57	710	Luís Simões	trail da ladeia running team	01:04:54	+22:05	06:29	
58	2	Gina Maria Estrela Domingues	Individual	01:04:57	+22:08	06:30	
59	596	António Jesus	Individual	01:04:57	+22:08	06:30	
60	627	Paulo Araújo	Individual	01:05:13	+22:24	06:31	
61	604	Gonçalo Freitas	Individual	01:05:13	+22:24	06:31	
62	619	Lino Carraco	Individual	01:05:46	+22:57	06:35	
63	641	Tiago Santos	Individual	01:06:07	+23:18	06:37	
64	698	Rúben Gonçalves	Sumol Compal	01:06:10	+23:21	06:37	
65	506	HELDER GOMES	AC VERMOIL	01:06:24	+23:35	06:38	
66	594	Adilio Miguel Carreira dos Santos	Individual	01:06:34	+23:45	06:39	
67	523	Rui Paulo Gonçalves Freire	Caminhantes da Sicó	01:06:38	+23:49	06:40	
68	522	Luís Carlos Simões Linharelhos	Bombeiros V. Pombal	01:06:50	+24:01	06:41	
69	629	Pedro Rufino	Individual	01:06:51	+24:02	06:41	
70	504	MARTA FONSECA	AC VERMOIL	01:07:19	+24:30	06:44	
71	515	Joao gomes	Ansibikers	01:07:43	+24:54	06:46	
72	647	Tomás Marques	Individual	01:07:46	+24:57	06:47	
73	516	Carla Mendes	Ansibikers	01:08:06	+25:17	06:49	
74	567	Cláudia Silva	Individual	01:08:08	+25:19	06:49	
75	517	Silvia Oliveira	Ansibikers	01:08:14	+25:25	06:49	
76	236	Jorge Tomé	Nexebra Trail Team	01:08:16	+25:27	06:50	
77	624	Manuel Santos	Individual	01:08:27	+25:38	06:51	
78	706	Frederico Pinheiro	Trail da Amizade Runners	01:08:44	+25:55	06:52	
79	636	samuel santos	Individual	01:08:51	+26:02	06:53	
80	560	Adriana cruz	Individual	01:09:00	+26:11	06:54	
81	565	Catarina Silva	Individual	01:09:09	+26:20	06:55	
82	519	Clara Isabel Ferreira Mendes	Bombeiros V. Pombal	01:09:19	+26:30	06:56	
83	660	Isabel Mateus	Marretas	01:09:19	+26:30	06:56	
84	662	Mário Martinho	Marretas	01:09:21	+26:32	06:56	
85	692	Natália Mota	Sumol Compal	01:09:50	+27:01	06:59	
86	686	Eduardo Mendes	SicóTrilhos	01:09:52	+27:03	06:59	
87	527	Paula Gameiro	CHÍCHARO RUN TEAM A.ALVAIÁZERE	01:10:19	+27:30	07:02	
88	585	Rita Mendes	Individual	01:10:32	+27:43	07:03	

MINI TRAIL B. V. POMBAL 10K - 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
89	716	Barbara Monteiro	Vilaventura Trail Team	01:10:37	+27:48	07:04	
90	634	Rodrigo Victorino	Individual	01:10:37	+27:48	07:04	
91	603	Francisco Gaspar	Individual	01:10:38	+27:49	07:04	
92	601	Dino Marques	Individual	01:10:49	+28:00	07:05	
93	505	EUGENIO MENDES	AC VERMOIL	01:11:23	+28:34	07:08	
94	608	Humberto José Costa Duarte	Individual	01:11:44	+28:55	07:10	
95	599	Daniel Sintrao	Individual	01:11:50	+29:01	07:11	
96	600	David Cintrão	Individual	01:11:50	+29:01	07:11	
97	606	Henrique Neves Domingues	Individual	01:12:19	+29:30	07:14	
98	675	Edite Cardoso	Run & Fun	01:12:27	+29:38	07:15	
99	700	Vasco Roldão	Sumol Compal	01:12:28	+29:39	07:15	
100	556	Gabriel Ribeiro	Individual	01:12:29	+29:40	07:15	
101	557	Leonor Luís Gomes	Individual	01:12:29	+29:40	07:15	
102	638	SÉRGIO FERREIRA	Individual	01:12:45	+29:56	07:17	
103	548	Adriano Marques	GRUPO WHITE MINERALS & CORBÁRIO	01:13:09	+30:20	07:19	
104	507	LEANDRO SANTOS	AC VERMOIL	01:13:22	+30:33	07:20	
105	616	Joel Martins	Individual	01:13:35	+30:46	07:21	
106	514	Caty Costa	Ameal trail	01:13:35	+30:46	07:22	
107	701	Vasco Santos	Sumol Compal	01:13:36	+30:47	07:22	
108	551	Martinho Ferreira	GRUPO WHITE MINERALS & CORBÁRIO	01:13:45	+30:56	07:23	
109	562	Alexandra Isabel Vieira da Agostinha	Individual	01:13:51	+31:02	07:23	
110	628	Paulo santos	Individual	01:14:04	+31:15	07:24	
111	579	Mónica Godinho	Individual	01:14:11	+31:22	07:25	
112	501	Cátia Andrade	100 Gás Trail Team	01:14:13	+31:24	07:25	
113	502	João Carlos Gaspar Simões	100 Gás Trail Team	01:14:22	+31:33	07:26	
114	570	Filipa Marques	Individual	01:14:39	+31:50	07:28	
115	643	Ana Seabra	Individual	01:15:04	+32:15	07:30	
116	648	Sandra Pereira	LAMA SOLTA	01:15:30	+32:41	07:33	
117	512	Lucidio Dias	ACRM Silveirinha Grande e Claras	01:15:33	+32:44	07:33	
118	587	Sandra Martins	Individual	01:15:39	+32:50	07:34	
119	709	Arlete António	trail da ladeia running team	01:15:41	+32:52	07:34	
120	549	Martinho Ferreira	GRUPO WHITE MINERALS & CORBÁRIO	01:15:53	+33:04	07:35	
121	586	Sandra Liceia	Individual	01:16:09	+33:20	07:37	
122	711	Carlos Gasparoto	Tropa da Sicopão	01:16:11	+33:22	07:37	
123	668	Pedro Ribeiro	OsManos2025	01:17:05	+34:16	07:43	
124	667	Patrícia Ribeiro	OsManos2025	01:17:05	+34:16	07:43	
125	553	Silvio Lopes	GRUPO WHITE MINERALS & CORBÁRIO	01:17:12	+34:23	07:43	
126	602	Emanuel Goncalves	Individual	01:17:16	+34:27	07:44	
127	645	Inês Rodrigues	Individual	01:17:33	+34:44	07:45	
128	524	André Lopes	CCD CRÉDITO AGRICOLA	01:17:52	+35:03	07:47	
129	526	Filipe Simões	CCD CRÉDITO AGRICOLA	01:17:52	+35:03	07:47	
130	679	Amandine Rodrigues	SicóTrilhos	01:18:06	+35:17	07:49	
131	520	Cristina Lopes Marque	Bombeiros V. Pombal	01:18:08	+35:19	07:49	
132	684	Stéphanie Gonçalves	SicóTrilhos	01:18:29	+35:40	07:51	
133	583	Paula Valério	Individual	01:18:53	+36:04	07:53	

MINI TRAIL B. V. POMBAL 10K - 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
134	697	Pedro Gameiro	Sumol Compal	01:18:57	+36:08	07:54	
135	691	Mara Santos	Sumol Compal	01:18:59	+36:10	07:54	
136	580	Natalia Mendes	Individual	01:19:12	+36:23	07:55	
137	521	Inês MorgadoPinheiro	Bombeiros V. Pombal	01:19:16	+36:27	07:56	
138	571	Jacinta Valério	Individual	01:19:32	+36:43	07:57	
139	663	Rodolfo Ponte	Marretas	01:19:33	+36:44	07:57	
140	659	Daniela Andrade	Marretas	01:19:34	+36:45	07:57	
141	547	Inês Lopes	GRUPO WHITE MINERALS & CORBÁRIO	01:19:52	+37:03	07:59	
142	592	Teresa Oliveira	Individual	01:20:32	+37:43	08:03	
143	717	Helder Monteiro	Vilaventura Trail Team	01:20:46	+37:57	08:05	
144	577	Marília Cruz	Individual	01:21:20	+38:31	08:08	
145	671	António Mendes	Ratatuiteam	01:21:21	+38:32	08:08	
146	673	Tomás Abreu	Ratatuiteam	01:21:21	+38:32	08:08	
147	672	Pedro Abreu	Ratatuiteam	01:21:21	+38:32	08:08	
148	670	André Gomes	Ratatuiteam	01:21:22	+38:33	08:08	
149	653	Patrícia Rosa	MALAMENS TRAIL	01:21:39	+38:50	08:10	
150	518	Carolina Rodrigues Mota Longo	Bombeiros V. Pombal	01:22:27	+39:38	08:15	
151	589	Sílvia Domingues	Individual	01:22:40	+39:51	08:16	
152	719	Nelson Santos Nogueira	Vilaventura Trail Team	01:22:43	+39:54	08:16	
153	718	João Carlos Santos Nogueira	Vilaventura Trail Team	01:22:43	+39:54	08:16	
154	561	Alexandra Duarte Oliveira	Individual	01:22:56	+40:07	08:18	
155	674	Diana Lopes	Run & Fun	01:22:56	+40:07	08:18	
156	696	Mário Gomes	Sumol Compal	01:23:27	+40:38	08:21	
157	573	LUCETTE NETO	Individual	01:23:54	+41:05	08:23	
158	563	Anabela Carpinteiro	Individual	01:24:16	+41:27	08:26	
159	687	Hugo Barros	SicóTrilhos	01:24:34	+41:45	08:27	
160	568	Daniela Valerio	Individual	01:25:12	+42:23	08:31	
161	535	ANASTASIIA HOTSYK	cscrfcharneca	01:25:59	+43:10	08:36	
162	531	LAETITIA FRANCISCO	CLUBE ATLETISMO GASPAR & COSTA	01:26:33	+43:44	08:39	
163	530	HELENA PINTO	CLUBE ATLETISMO GASPAR & COSTA	01:26:36	+43:47	08:40	
164	703	ANA MORGADO	Terrantêz Trail Team	01:26:42	+43:53	08:40	
165	532	SARA GASPAR	CLUBE ATLETISMO GASPAR & COSTA	01:27:01	+44:12	08:42	
166	704	Paulo Caetano	Terrantêz Trail Team	01:28:37	+45:48	08:52	
167	575	Luisa Monteiro	Individual	01:29:02	+46:13	08:54	
168	682	Sofia Martins	SicóTrilhos	01:29:02	+46:13	08:54	
169	654	Elisabete Pereira	MALAMENS TRAIL	01:29:06	+46:17	08:55	
170	655	Gilvania Gaspar	MALAMENS TRAIL	01:29:27	+46:38	08:57	
171	712	Ana Simões	Vieira Team	01:29:48	+46:59	08:59	
172	713	Sofia Farias	Vieira Team	01:29:48	+46:59	08:59	
173	685	Tânia Freire	SicóTrilhos	01:29:53	+47:04	08:59	
174	582	Patrícia Cardoso Brás	Individual	01:30:23	+47:34	09:02	
175	699	Tiago Mira	Sumol Compal	01:30:23	+47:34	09:02	
176	1	Pedro Pimpao	Individual	01:31:21	+48:32	09:08	
177	693	Gilberto Cordeiro	Sumol Compal	01:32:05	+49:16	09:13	
178	657	Manuela Murtinho	Manuela Murtinho	01:33:00	+50:11	09:18	
179	656	Idalina Silva	Manuela Murtinho	01:33:06	+50:17	09:19	

MINI TRAIL B. V. POMBAL 10K - 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
180	590	Sofia Nunes	Individual	01:35:15	+52:26	09:32	
181	642	Tomás Adão	Individual	01:35:15	+52:26	09:32	
182	683	Sónia Ribeiro	SicóTrilhos	01:37:42	+54:53	09:46	
183	680	Fátima Marques	SicóTrilhos	01:37:42	+54:53	09:46	
184	689	Inês Sol	SOL	01:39:29	+56:40	09:57	
185	690	Aires Sol	SOL	01:39:45	+56:56	09:58	
186	545	Fabiana Mendes	GRUPO WHITE MINERALS & CORBÁRIO	01:40:02	+57:13	10:00	
187	552	Pedro Coelho	GRUPO WHITE MINERALS & CORBÁRIO	01:57:40	+01:14:51	11:46	
188	584	Rachel Kirichu	Individual	02:05:48	+01:22:59	12:35	
189	29	Bruno Vital	Individual	02:41:38	+01:58:49	16:10	

10º Trail Pombal Sicó

Pombal, PT

06-abril-2025

Mini Trail B. V. Pombal 10K

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	10:00	13,9ºC	92%
End	12:50	13,9ºC	92%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Junior Masculino							
1	503	PEDRO ROCHA	AC VERMOIL	Junior Masculino	48:38		04:52
2	678	João Gomes	SicóTrilhos	Junior Masculino	52:52	+04:14	05:17
3	556	Gabriel Ribeiro	Individual	Junior Masculino	01:12:29	+23:51	07:15
Juvenil Feminino							
1	557	Leonor Luís Gomes	Individual	Juvenil Feminino	01:12:29		07:15
2	653	Patrícia Rosa	MALAMENS TRAIL	Juvenil Feminino	01:21:39	+09:10	08:10
3	689	Inês Sol	SOL	Juvenil Feminino	01:39:29	+27:00	09:57
Juvenil Masculino							
1	559	Hugo Santos	Individual	Juvenil Masculino	46:45		04:41
2	558	Guilherme Ferrão	Individual	Juvenil Masculino	58:05	+11:19	05:48
3	515	Joao gomes	Ansibikers	Juvenil Masculino	01:07:43	+20:58	06:46
Senior Feminino							
1	588	Sara Neves	Individual	Senior Feminino	58:36		05:52
2	569	Eduarda Gonçalves	Individual	Senior Feminino	58:50	+00:14	05:53
3	714	Goreti Gaudencio	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	01:00:03	+01:27	06:00
4	649	Tânia Marina da Silva Carreira	LAMA SOLTA	Senior Feminino	01:00:26	+01:50	06:03
5	509	Mónica Jordão	ACRM Silveirinha Grande e Claras	Senior Feminino	01:00:50	+02:14	06:05
6	591	Susana Moreira	Individual	Senior Feminino	01:02:30	+03:54	06:15
7	578	Marta Fonseca	Individual	Senior Feminino	01:03:53	+05:17	06:23
8	593	vera portela	Individual	Senior Feminino	01:03:53	+05:17	06:23
9	2	Gina Maria Estrela Domingues	Individual	Senior Feminino	01:04:57	+06:20	06:30
10	504	MARTA FONSECA	AC VERMOIL	Senior Feminino	01:07:19	+08:43	06:44
11	516	Carla Mendes	Ansibikers	Senior Feminino	01:08:06	+09:30	06:49
12	567	Cláudia Silva	Individual	Senior Feminino	01:08:08	+09:32	06:49
13	517	Silvia Oliveira	Ansibikers	Senior Feminino	01:08:14	+09:38	06:49
14	560	Adriana cruz	Individual	Senior Feminino	01:09:00	+10:24	06:54
15	565	Catarina Silva	Individual	Senior Feminino	01:09:09	+10:33	06:55
16	519	Clara Isabel Ferreira Mendes	Bombeiros V. Pombal	Senior Feminino	01:09:19	+10:42	06:56
17	660	Isabel Mateus	Marretas	Senior Feminino	01:09:19	+10:43	06:56
18	692	Natália Mota	Sumol Compal	Senior Feminino	01:09:50	+11:14	06:59
19	527	Paula Gameiro	CHÍCHARO RUN TEAM A.ALVAIÁZERE	Senior Feminino	01:10:19	+11:43	07:02

Mini Trail B. V. Pombal 10K

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

20	585	Rita Mendes	Individual	Senior Feminino	01:10:32	+11:56	07:03
21	716	Barbara Monteiro	Vilaventura Trail Team	Senior Feminino	01:10:37	+12:01	07:04
22	675	Edite Cardoso	Run & Fun	Senior Feminino	01:12:27	+13:51	07:15
23	514	Caty Costa	Ameal trail	Senior Feminino	01:13:35	+14:59	07:22
24	562	Alexandra Isabel Vieira da Agostinha	Individual	Senior Feminino	01:13:51	+15:15	07:23
25	579	Mónica Godinho	Individual	Senior Feminino	01:14:11	+15:35	07:25
26	501	Cátia Andrade	100 Gás Trail Team	Senior Feminino	01:14:13	+15:37	07:25
27	570	Filipa Marques	Individual	Senior Feminino	01:14:39	+16:03	07:28
28	648	Sandra Pereira	LAMA SOLTA	Senior Feminino	01:15:30	+16:54	07:33
29	587	Sandra Martins	Individual	Senior Feminino	01:15:39	+17:03	07:34
30	709	Arlete António	trail da ladeia running team	Senior Feminino	01:15:41	+17:05	07:34
31	586	Sandra Liceia	Individual	Senior Feminino	01:16:09	+17:33	07:37
32	667	Patrícia Ribeiro	OsManos2025	Senior Feminino	01:17:05	+18:29	07:43
33	679	Amandine Rodrigues	SicóTrilhos	Senior Feminino	01:18:06	+19:30	07:49
34	520	Cristina Lopes Marque	Bombeiros V. Pombal	Senior Feminino	01:18:08	+19:32	07:49
35	684	Stéphanie Gonçalves	SicóTrilhos	Senior Feminino	01:18:29	+19:53	07:51
36	583	Paula Valério	Individual	Senior Feminino	01:18:53	+20:17	07:53
37	691	Mara Santos	Sumol Compal	Senior Feminino	01:18:59	+20:22	07:54
38	580	Natalia Mendes	Individual	Senior Feminino	01:19:12	+20:36	07:55
39	521	Inês MorgadoPinheiro	Bombeiros V. Pombal	Senior Feminino	01:19:16	+20:40	07:56
40	571	Jacinta Valério	Individual	Senior Feminino	01:19:32	+20:56	07:57
41	659	Daniela Andrade	Marretas	Senior Feminino	01:19:34	+20:58	07:57
42	547	Inês Lopes	GRUPO WHITE MINERALS & CORBÁRIO	Senior Feminino	01:19:52	+21:16	07:59
43	592	Teresa Oliveira	Individual	Senior Feminino	01:20:32	+21:56	08:03
44	577	Marília Cruz	Individual	Senior Feminino	01:21:20	+22:44	08:08
45	518	Carolina Rodrigues Mota Longo	Bombeiros V. Pombal	Senior Feminino	01:22:27	+23:51	08:15
46	589	Sílvia Domingues	Individual	Senior Feminino	01:22:40	+24:03	08:16
47	561	Alexandra Duarte Oliveira	Individual	Senior Feminino	01:22:56	+24:20	08:18
48	674	Diana Lopes	Run & Fun	Senior Feminino	01:22:56	+24:20	08:18
49	573	LUCETTE NETO	Individual	Senior Feminino	01:23:54	+25:18	08:23
50	563	Anabela Carpinteiro	Individual	Senior Feminino	01:24:16	+25:40	08:26
51	568	Daniela Valerio	Individual	Senior Feminino	01:25:12	+26:36	08:31
52	535	ANASTASIIA HOTSYK	cscrfcharneca	Senior Feminino	01:25:59	+27:23	08:36
53	531	LAETITIA FRANCISCO	CLUBE ATLETISMO GASPAR & COSTA	Senior Feminino	01:26:33	+27:56	08:39
54	530	HELENA PINTO	CLUBE ATLETISMO GASPAR & COSTA	Senior Feminino	01:26:36	+27:59	08:40
55	703	ANA MORGADO	Terrantêz Trail Team	Senior Feminino	01:26:42	+28:06	08:40
56	532	SARA GASPAR	CLUBE ATLETISMO GASPAR & COSTA	Senior Feminino	01:27:01	+28:25	08:42
57	575	Luisa Monteiro	Individual	Senior Feminino	01:29:02	+30:25	08:54
58	682	Sofia Martins	SicóTrilhos	Senior Feminino	01:29:02	+30:26	08:54
59	654	Elisabete Pereira	MALAMENS TRAIL	Senior Feminino	01:29:06	+30:29	08:55
60	655	Gilvania Gaspar	MALAMENS TRAIL	Senior Feminino	01:29:27	+30:51	08:57
61	712	Ana Simões	Vieira Team	Senior Feminino	01:29:48	+31:12	08:59
62	713	Sofia Farias	Vieira Team	Senior Feminino	01:29:48	+31:12	08:59
63	685	Tânia Freire	SicóTrilhos	Senior Feminino	01:29:53	+31:17	08:59

Mini Trail B. V. Pombal 10K — 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

64	582	Patrícia Cardoso Brás	Individual	Senior Feminino	01:30:23	+31:47	09:02
65	657	Manuela Murtinho	Manuela Murtinho	Senior Feminino	01:33:00	+34:24	09:18
66	656	Idalina Silva	Manuela Murtinho	Senior Feminino	01:33:06	+34:30	09:19
67	590	Sofia Nunes	Individual	Senior Feminino	01:35:15	+36:39	09:32
68	683	Sónia Ribeiro	SicóTrilhos	Senior Feminino	01:37:42	+39:06	09:46
69	680	Fátima Marques	SicóTrilhos	Senior Feminino	01:37:42	+39:06	09:46
70	545	Fabiana Mendes	GRUPO WHITE MINERALS & CORBÁRIO	Senior Feminino	01:40:02	+41:26	10:00
71	584	Rachel Kirichu	Individual	Senior Feminino	02:05:48	+01:07:12	12:35

Senior Masculino

1	508	MARCO GOMES	AC VERMOIL	Senior Masculino	42:49		04:17
2	595	Adriano Silva	Individual	Senior Masculino	44:50	+02:00	04:29
3	544	Ricardo Nunes	Grupo Alegre Unido Bajouca	Senior Masculino	46:55	+04:05	04:42
4	613	João Jesus	Individual	Senior Masculino	47:09	+04:19	04:43
5	702	José Ávila	Talentos Objetivos	Senior Masculino	47:46	+04:56	04:47
6	632	Ricardo Alegrete	Individual	Senior Masculino	48:21	+05:31	04:50
7	610	João Carlos Miquelão Santos	Individual	Senior Masculino	48:25	+05:35	04:50
8	622	Luís Miguel Mendes Figueiredo	Individual	Senior Masculino	48:25	+05:35	04:50
9	537	valter Filipe Silva Gomes	Diabinhos de Samuel	Senior Masculino	50:38	+07:48	05:04
10	626	Nuno Moreira	Individual	Senior Masculino	51:14	+08:24	05:07
11	615	Joel Costa	Individual	Senior Masculino	51:34	+08:44	05:09
12	630	Renato Jorge Freire Martins	Individual	Senior Masculino	52:43	+09:53	05:16
13	539	João Gonçalves	FullProtein Trail Team	Senior Masculino	53:09	+10:20	05:19
14	597	Bruno Ferreira	Individual	Senior Masculino	53:27	+10:37	05:21
15	640	Tiago Fernandes Simões	Individual	Senior Masculino	54:19	+11:29	05:26
16	511	Joel Santos	ACRM Silveirinha Grande e Claras	Senior Masculino	54:57	+12:07	05:30
17	513	Luís Filipe Carvalheiro	ACRM Silveirinha Grande e Claras	Senior Masculino	55:45	+12:55	05:34
18	639	Tiago Carvalho	Individual	Senior Masculino	55:47	+12:57	05:35
19	541	Nuno Alexandre	FullProtein Trail Team	Senior Masculino	56:42	+13:52	05:40
20	650	Lino Bento	LAMA SOLTA	Senior Masculino	57:10	+14:21	05:43
21	620	Lucas Silva	Individual	Senior Masculino	57:13	+14:23	05:43
22	631	Renato Miguel da Mota Santos	Individual	Senior Masculino	57:37	+14:47	05:46
23	609	Isevane Silva	Individual	Senior Masculino	58:22	+15:32	05:50
24	621	Luís Alves	Individual	Senior Masculino	58:36	+15:46	05:52
25	625	Martinho Miguel Fernandes Correia	Individual	Senior Masculino	58:45	+15:55	05:52
26	614	João Simões	Individual	Senior Masculino	59:09	+16:20	05:55
27	510	João Sintra	ACRM Silveirinha Grande e Claras	Senior Masculino	59:29	+16:39	05:57
28	635	Rui Neves	Individual	Senior Masculino	59:44	+16:54	05:58
29	543	Pedro José Pedrosa Cabecinhas	Grupo Alegre Unido Bajouca	Senior Masculino	59:44	+16:54	05:58
30	633	Ricardo Fojo	Individual	Senior Masculino	01:00:01	+17:11	06:00
31	715	Rui Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:00:04	+17:14	06:00
32	637	Samuel silva	Individual	Senior Masculino	01:00:06	+17:16	06:01
33	695	Luís Costa	Sumol Compal	Senior Masculino	01:00:34	+17:44	06:03
34	540	João Manuel Cordeiro Gonçalves	FullProtein Trail Team	Senior Masculino	01:01:01	+18:11	06:06

Mini Trail B. V. Pombal 10K

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

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35	528	António Carvalho	CHÍCHARO RUN TEAM A.ALVAIÁZERE	Senior Masculino	01:01:25	+18:35	06:09
36	598	Carlos Gonçalves	Individual	Senior Masculino	01:01:41	+18:51	06:10
37	666	Pedro Mendes	Os Carapaças	Senior Masculino	01:01:49	+18:59	06:11
38	623	Luís Morgado	Individual	Senior Masculino	01:02:16	+19:26	06:14
39	533	CARLOS GASPAR	CLUBE ATLETISMO GASPAR & COSTA	Senior Masculino	01:03:04	+20:14	06:18
40	721	Ilidio Santos	Individual	Senior Masculino	01:03:38	+20:48	06:22
41	676	David C. Figueirinha	Runmelt	Senior Masculino	01:04:27	+21:37	06:27
42	525	Bruno Lima	CCD CRÉDITO AGRICOLA	Senior Masculino	01:04:38	+21:48	06:28
43	534	PAULO DOMINGUES	CLUBE ATLETISMO GASPAR & COSTA	Senior Masculino	01:04:48	+21:58	06:29
44	710	Luís Simões	trail da ladeia running team	Senior Masculino	01:04:54	+22:04	06:29
45	596	António Jesus	Individual	Senior Masculino	01:04:57	+22:08	06:30
46	627	Paulo Araújo	Individual	Senior Masculino	01:05:13	+22:23	06:31
47	604	Gonçalo Freitas	Individual	Senior Masculino	01:05:13	+22:23	06:31
48	619	Lino Carraco	Individual	Senior Masculino	01:05:46	+22:57	06:35
49	641	Tiago Santos	Individual	Senior Masculino	01:06:07	+23:17	06:37
50	698	Rúben Gonçalves	Sumol Compal	Senior Masculino	01:06:10	+23:21	06:37
51	506	HELDER GOMES	AC VERMOIL	Senior Masculino	01:06:24	+23:34	06:38
52	594	Adilio Miguel Carreira dos Santos	Individual	Senior Masculino	01:06:34	+23:44	06:39
53	523	Rui Paulo Gonçalves Freire	Caminhantes da Sicó	Senior Masculino	01:06:38	+23:48	06:40
54	522	Luís Carlos Simões Linharelhos	Bombeiros V. Pombal	Senior Masculino	01:06:50	+24:00	06:41
55	629	Pedro Rufino	Individual	Senior Masculino	01:06:51	+24:01	06:41
56	236	Jorge Tomé	Nexebra Trail Team	Senior Masculino	01:08:16	+25:26	06:50
57	624	Manuel Santos	Individual	Senior Masculino	01:08:27	+25:38	06:51
58	706	Frederico Pinheiro	Trail da Amizade Runners	Senior Masculino	01:08:44	+25:55	06:52
59	636	samuel santos	Individual	Senior Masculino	01:08:51	+26:01	06:53
60	662	Mário Martinho	Marretas	Senior Masculino	01:09:21	+26:31	06:56
61	686	Eduardo Mendes	SicóTrilhos	Senior Masculino	01:09:52	+27:02	06:59
62	634	Rodrigo Victorino	Individual	Senior Masculino	01:10:37	+27:48	07:04
63	603	Francisco Gaspar	Individual	Senior Masculino	01:10:38	+27:49	07:04
64	601	Dino Marques	Individual	Senior Masculino	01:10:49	+27:59	07:05
65	505	EUGENIO MENDES	AC VERMOIL	Senior Masculino	01:11:23	+28:34	07:08
66	608	Humberto José Costa Duarte	Individual	Senior Masculino	01:11:44	+28:54	07:10
67	599	Daniel Sintrao	Individual	Senior Masculino	01:11:50	+29:00	07:11
68	600	David Cintrão	Individual	Senior Masculino	01:11:50	+29:01	07:11
69	606	Henrique Neves Domingues	Individual	Senior Masculino	01:12:19	+29:29	07:14
70	700	Vasco Roldão	Sumol Compal	Senior Masculino	01:12:28	+29:38	07:15
71	638	SÉRGIO FERREIRA	Individual	Senior Masculino	01:12:45	+29:55	07:17
72	548	Adriano Marques	GRUPO WHITE MINERALS & CORBÁRIO	Senior Masculino	01:13:09	+30:19	07:19
73	507	LEANDRO SANTOS	AC VERMOIL	Senior Masculino	01:13:22	+30:32	07:20
74	616	Joel Martins	Individual	Senior Masculino	01:13:35	+30:45	07:21
75	701	Vasco Santos	Sumol Compal	Senior Masculino	01:13:36	+30:46	07:22
76	551	Martinho Ferreira	GRUPO WHITE MINERALS & CORBÁRIO	Senior Masculino	01:13:45	+30:56	07:23
77	628	Paulo santos	Individual	Senior Masculino	01:14:04	+31:14	07:24

Mini Trail B. V. Pombal 10K

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

78	502	João Carlos Gaspar Simões	100 Gás Trail Team	Senior Masculino	01:14:22	+31:33	07:26
79	512	Lucidio Dias	ACRM Silveirinha Grande e Claras	Senior Masculino	01:15:33	+32:43	07:33
80	549	Martinho Ferreira	GRUPO WHITE MINERALS & CORBÁRIO	Senior Masculino	01:15:53	+33:03	07:35
81	711	Carlos Gasparoto	Tropa da Sicopão	Senior Masculino	01:16:11	+33:21	07:37
82	668	Pedro Ribeiro	OsManos2025	Senior Masculino	01:17:05	+34:15	07:43
83	553	Silvio Lopes	GRUPO WHITE MINERALS & CORBÁRIO	Senior Masculino	01:17:12	+34:22	07:43
84	602	Emanuel Goncalves	Individual	Senior Masculino	01:17:16	+34:26	07:44
85	524	André Lopes	CCD CRÉDITO AGRICOLA	Senior Masculino	01:17:52	+35:02	07:47
86	526	Filipe Simões	CCD CRÉDITO AGRICOLA	Senior Masculino	01:17:52	+35:02	07:47
87	697	Pedro Gameiro	Sumol Compal	Senior Masculino	01:18:57	+36:08	07:54
88	663	Rodolfo Ponte	Marretas	Senior Masculino	01:19:33	+36:43	07:57
89	717	Helder Monteiro	Vilaventura Trail Team	Senior Masculino	01:20:46	+37:56	08:05
90	671	António Mendes	Ratatuiteam	Senior Masculino	01:21:21	+38:31	08:08
91	672	Pedro Abreu	Ratatuiteam	Senior Masculino	01:21:21	+38:31	08:08
92	670	André Gomes	Ratatuiteam	Senior Masculino	01:21:22	+38:32	08:08
93	719	Nelson Santos Nogueira	Vilaventura Trail Team	Senior Masculino	01:22:43	+39:53	08:16
94	718	João Carlos Santos Nogueira	Vilaventura Trail Team	Senior Masculino	01:22:43	+39:53	08:16
95	696	Mário Gomes	Sumol Compal	Senior Masculino	01:23:27	+40:38	08:21
96	687	Hugo Barros	SicóTrilhos	Senior Masculino	01:24:34	+41:44	08:27
97	704	Paulo Caetano	Terrantêz Trail Team	Senior Masculino	01:28:37	+45:47	08:52
98	699	Tiago Mira	Sumol Compal	Senior Masculino	01:30:23	+47:33	09:02
99	1	Pedro Pimpao	Individual	Senior Masculino	01:31:21	+48:31	09:08
100	693	Gilberto Cordeiro	Sumol Compal	Senior Masculino	01:32:05	+49:15	09:13
101	642	Tomás Adão	Individual	Senior Masculino	01:35:15	+52:26	09:32
102	690	Aires Sol	SOL	Senior Masculino	01:39:45	+56:55	09:58
103	552	Pedro Coelho	GRUPO WHITE MINERALS & CORBÁRIO	Senior Masculino	01:57:40	+01:14:51	11:46
104	29	Bruno Vital	Individual	Senior Masculino	02:41:38	+01:58:49	16:10

Sub 23 Feminino

1	643	Ana Seabra	Individual	Sub 23 Feminino	01:15:04		07:30
2	645	Inês Rodrigues	Individual	Sub 23 Feminino	01:17:33	+02:28	07:45

Sub 23 Masculino

1	646	João Padeiro	Individual	Sub 23 Masculino	01:04:49		06:29
2	647	Tomás Marques	Individual	Sub 23 Masculino	01:07:46	+02:56	06:47
3	673	Tomás Abreu	Ratatuiteam	Sub 23 Masculino	01:21:21	+16:32	08:08

TEAM RESULTS - MINI TRAIL 10K F

LAP2GO - TIMING 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	BOMBEIROS V. POMBAL	16 + 37 + 42	95
2	SICÓTRILHOS	36 + 38 + 62	136
3	CLUBE ATLETISMO GASPAR & COSTA	57 + 58 + 60	175
4	MALAMENS TRAIL	48 + 63 + 64	175

TEAM RESULTS - MINI TRAIL 10K M

LAP2GO - TIMING 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	AC VERMOIL	1 + 10 + 56 + 72	139
2	ACRM SILVEIRINHA GRANDE E CLARAS	19 + 20 + 31 + 87	157
3	SUMOL COMPAL	37 + 55 + 77 + 83	252
4	GRUPO WHITE MINERALS & CORBÁRIO	80 + 84 + 88 + 91	343
5	RATATUITEAM	98 + 99 + 100 + 101	398

10º Trail Pombal Sicó

Pombal, PT

06-abril-2025

LAP2GO - TIMING 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

Mini Trail B. V. Pombal 10K | sou bombeiro — 10000m

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	676	David C. Figueirinha	Runmelt	Senior Masculino	01:04:27		06:27
2	522	Luís Carlos Simões Linharelhos	Bombeiros V. Pombal	Senior Masculino	01:06:50	+02:22	06:41
3	516	Carla Mendes	Ansibikers	Senior Feminino	01:08:06	+03:38	06:49
4	519	Clara Isabel Ferreira Mendes	Bombeiros V. Pombal	Senior Feminino	01:09:19	+04:51	06:56
5	599	Daniel Sintrao	Individual	Senior Masculino	01:11:50	+07:22	07:11
6	562	Alexandra Isabel Vieira da Agostinha	Individual	Senior Feminino	01:13:51	+09:23	07:23
7	645	Inês Rodrigues	Individual	Sub 23 Feminino	01:17:33	+13:05	07:45
8	520	Cristina Lopes Marque	Bombeiros V. Pombal	Senior Feminino	01:18:08	+13:40	07:49
9	521	Inês MorgadoPinheiro	Bombeiros V. Pombal	Senior Feminino	01:19:16	+14:49	07:56
10	518	Carolina Rodrigues Mota Longo	Bombeiros V. Pombal	Senior Feminino	01:22:27	+17:59	08:15
11	703	ANA MORGADO	Terrantêz Trail Team	Senior Feminino	01:26:42	+22:15	08:40
12	704	Paulo Caetano	Terrantêz Trail Team	Senior Masculino	01:28:37	+24:09	08:52