

TRAIL LONGO - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:15	21,7°C	63%
End	13:49	21,7°C	63%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	19	Pedro Rafael Tavares Garrido	Saca Trilhos Anadia	02:00:23		04:49	
2	14	Ricardo Martins	Individual	02:20:20	+19:57	05:37	
3	8	João Margarido	CLTT - Clínica Litoralis Trail Team	02:21:53	+21:30	05:41	
4	9	Maikol Simões	CLTT - Clínica Litoralis Trail Team	02:24:45	+24:22	05:47	
5	25	José Cruz	Dura-F1 Race Team	02:29:08	+28:45	05:58	
6	21	Ricardo Varalunga	Sport Clube Paradela	02:32:25	+32:02	06:06	
7	12	Diogo Rafael da Silva Amaral	Individual	02:33:07	+32:44	06:07	
8	6	Edgar Simões	CLTT - Clínica Litoralis Trail Team	02:38:57	+38:34	06:21	
9	10	Vital José Pires Espinhal	DCI/Trilhos Luso Bussaco	02:43:41	+43:18	06:33	
10	23	Bruno Cardoso	TRAIL BELA BELA	02:45:27	+45:04	06:37	
11	15	Paulo Jorge dos Santos Pereira	Individual	02:56:00	+55:37	07:02	
12	13	Miguel Silva Resende	Individual	02:59:47	+59:24	07:11	
13	20	Ana Melo	Saca Trilhos Anadia	03:05:35	+01:05:12	07:25	
14	16	vasco sousa	Individual	03:07:57	+01:07:34	07:31	
15	24	Fernando Morais	Saca Trilhos Anadia	03:11:37	+01:11:14	07:40	
16	29	João Almada	ADT	03:12:09	+01:11:46	07:41	
17	5	Rui Silveira	Associação Desportiva de Ílhavo	03:17:11	+01:16:48	07:53	
18	22	João Saraiva	Sport Clube Paradela	03:22:33	+01:22:10	08:06	
19	17	Ana Pereira	OPraticante.pt	03:30:09	+01:29:46	08:24	
20	7	Marilyn Lourenço	CLTT - Clínica Litoralis Trail Team	03:52:52	+01:52:29	09:19	
21	27	António Pereira	Pedro Pereira Jardins	04:35:31	+02:35:08	11:01	

Trail Longo

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:15	21,7°C	63%
End	13:49	21,7°C	63%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

Senior Feminino

1	17	Ana Pereira	OPraticante.pt	Senior Feminino	03:30:09	08:24
---	----	-------------	----------------	-----------------	----------	-------

Senior Masculino

1	19	Pedro Rafael Tavares Garrido	Saca Trilhos Anadia	Senior Masculino	02:00:23	04:49
2	14	Ricardo Martins	Individual	Senior Masculino	02:20:20	+19:57 05:37
3	12	Diogo Rafael da Silva Amaral	Individual	Senior Masculino	02:33:07	+32:43 06:07
4	6	Edgar Simões	CLTT - Clínica Litoralís Trail Team	Senior Masculino	02:38:57	+38:33 06:21
5	13	Miguel Silva Resende	Individual	Senior Masculino	02:59:47	+59:23 07:11

Veterana F40

1	20	Ana Melo	Saca Trilhos Anadia	Veterana F40	03:05:35	07:25:19
2	7	Marilyn Lourenço	CLTT - Clínica Litoral Trail Team	Veterana F40	03:52:52	+47:16 09:19:19

Veterano M40

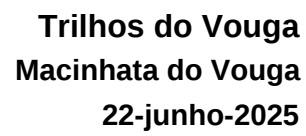
1	8	João Margarido	CLTT - Clínica Litoral Trail Team	Veterano M40	02:21:53	05:41:17
2	9	Maikol Simões	CLTT - Clínica Litoral Trail Team	Veterano M40	02:24:45	+02:52 05:47:11
3	21	Ricardo Varalunga	Sport Clube Paradela	Veterano M40	02:32:25	+10:32 06:06:06
4	23	Bruno Cardoso	TRAIL BELA BELA	Veterano M40	02:45:27	+23:33 06:37:00
5	5	Rui Silveira	Associação Desportiva de Ílhavo	Veterano M40	03:17:11	+55:17 07:53:18

Veterano M50

1	25	José Cruz	Dura-F1 Race Team	Veterano M50	02:29:08	05:58:25
2	10	Vital José Pires Espinhal	DCI/Trilhos Luso Bussaco	Veterano M50	02:43:41	+14:33 06:33:25
3	15	Paulo Jorge dos Santos Pereira	Individual	Veterano M50	02:56:00	+26:52 07:02:25
4	16	vasco sousa	Individual	Veterano M50	03:07:57	+38:48 07:31:25
5	22	João Saraiva	Sport Clube Paradela	Veterano M50	03:22:33	+53:25 08:06:25

Veterano M60

1	24	Fernando Morais	Saca Trilhos Anadia	Veterano M60	03:11:37	07:40:00
2	29	João Almada	ADT	Veterano M60	03:12:09	+00:32 07:41:00
3	27	António Pereira	Pedro Pereira Jardins	Veterano M60	04:35:31	+01:23:53 11:01:00

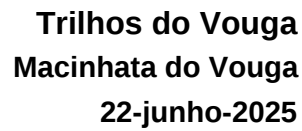


25 KM

OFFICIAL RESULT

[illegible]

Official Timekeeper: Lap2Go	2 / 2	generate 22-jun.-2025 13:58
-----------------------------	-------	-----------------------------

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 22-jun.-2025 13:11
-----------------------------	-------	-----------------------------

TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	21,7°C	63%
End	12:57	21,7°C	63%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	176	Rui Figueiredo	Saca Trilhos Anadia	01:23:02		05:32	
2	127	Luís Diogo	DCI/Trilhos Luso Bussaco	01:28:24	+05:22	05:54	
3	156	André Silva	NS Trail Team	01:32:02	+09:00	06:08	
4	105	BRUNO RODRIGUES	ACTIB	01:32:41	+09:39	06:11	
5	175	Filipe Costa	Saca Trilhos Anadia	01:32:42	+09:40	06:11	
6	178	Marcos André Ferreira	Sport Clube Paradela	01:35:07	+12:05	06:20	
7	122	SAMUEL SANTOS	DAR Recardães	01:35:45	+12:43	06:23	
8	118	Jose margarido	CLTT - Clínica Litoral Trail Team	01:36:45	+13:43	06:27	
9	128	JOSIAS MEIRA	DCI/Trilhos Luso Bussaco	01:38:41	+15:39	06:35	
10	165	Augusto Tavares	OPraticante.pt	01:42:16	+19:14	06:49	
11	124	ALEX TONDELA	DAR Recardães	01:42:31	+19:29	06:50	
12	139	Leonardo Gil	Individual	01:42:57	+19:55	06:52	
13	160	Domingos Vieira	OPraticante.pt	01:43:18	+20:16	06:53	
14	133	André Oliveira	Individual	01:45:10	+22:08	07:01	
15	121	RICARDO TAVARES	DAR Recardães	01:46:49	+23:47	07:07	
16	166	João Garrido	OPraticante.pt	01:46:56	+23:54	07:08	
17	110	Hélio José Esteves Simões	AFIPRE Team	01:47:46	+24:44	07:11	
18	123	JORGE FERREIRA	DAR Recardães	01:49:25	+26:23	07:18	
19	173	Luís Pereira	Passo a Passo	01:50:16	+27:14	07:21	
20	154	Carlos Duarte	Individual	01:50:30	+27:28	07:22	
21	137	Jorge Campos	Individual	01:52:53	+29:51	07:32	
22	192	Luis Dias	Individual	01:53:38	+30:36	07:35	
23	191	EUGÉNIO ALVES	VVTR VALONGO DO VOUGA TRAIL RUNNING	01:53:57	+30:55	07:36	
24	179	José Proença	TRAIL - Grupo Desportivo de Trancoso	01:54:17	+31:15	07:37	
25	162	Sérgio Ruela	OPraticante.pt	01:55:59	+32:57	07:44	
26	167	João Rocha	OPraticante.pt	01:56:03	+33:01	07:44	
27	106	HUGO GUERRA	ACTIB	01:58:34	+35:32	07:54	
28	177	Liliana Ferreira	Sport Clube Paradela	01:58:38	+35:36	07:55	
29	101	Pedro Alves	AAM Runners	01:58:41	+35:39	07:55	
30	142	Nuno Sarabando	Individual	02:00:27	+37:25	08:02	
31	113	Rodrigo Gouveia	BiciARCA Run Team	02:01:30	+38:28	08:06	
32	148	Bruno Marques	Individual	02:02:20	+39:18	08:09	
33	171	Luis Pedro Mota	Orthia	02:02:45	+39:43	08:11	
34	149	Manuel ventura da Silva Marques	Individual	02:03:18	+40:16	08:13	
35	116	Luis Santos	CLTT - Clínica Litoral Trail Team	02:03:18	+40:16	08:13	
36	157	André Gomes	Oiarunners	02:04:17	+41:15	08:17	
37	169	José Moreira	OPraticante.pt	02:04:30	+41:28	08:18	
38	150	Miguel Correia	Individual	02:04:40	+41:38	08:19	
39	129	Alexandra Gomes	Fox running team	02:05:56	+42:54	08:24	
40	185	Rui Barros	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:10:03	+47:01	08:40	
41	136	HUGO MATOS	Individual	02:10:23	+47:21	08:42	
42	181	Leonardo Alves	TRAIL BELA BELA	02:12:00	+48:58	08:48	

Official Timekeeper: Lap2Go	1 / 2	generate 22-jun.-2025 12:57
-----------------------------	-------	-----------------------------

TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	144	Ricardo Manuel Guerra Pina	Individual	02:12:57	+49:55	08:52	
44	117	Maria Fatima Pinho	CLTT - Clínica Litoralis Trail Team	02:13:19	+50:17	08:53	
45	112	Francisco Lopes	Associação Desportiva de Ílhavo	02:13:25	+50:23	08:54	
46	172	Carlos Santos	Passo a Passo	02:13:59	+50:57	08:56	
47	164	Luciana Fidalgo	OPraticante.pt	02:14:06	+51:04	08:56	
48	143	Pedro Garcia	Individual	02:15:59	+52:57	09:04	
49	180	Mariana Santos	TRAIL BELA BELA	02:18:31	+55:29	09:14	
50	141	Marcio Nogueira	Individual	02:20:38	+57:36	09:23	
51	107	CARLOS LOPES	ACTIB	02:22:18	+59:16	09:29	
52	152	Carlos Ferreira	Individual	02:24:18	+01:01:16	09:37	
53	159	Sofia Chipelo	OPraticante.pt	02:25:52	+01:02:50	09:43	
54	155	JOÃO ISIDORO DOS SANTOS	Individual	02:26:05	+01:03:03	09:44	
55	182	Gonçalo Farias	TRAIL BELA BELA	02:28:52	+01:05:50	09:55	
56	130	Rosa Cerveira	Grupo Desportivo de Oliveira de Frades	02:29:01	+01:05:59	09:56	
57	168	José Rocha	OPraticante.pt	02:29:10	+01:06:08	09:57	
58	145	Ana Camilo	Individual	02:29:12	+01:06:10	09:57	
59	103	CARLA BARBOSA	ACTIB	02:30:41	+01:07:39	10:03	
60	151	Nuno Miguel Ferreira Gonçalves	Individual	02:32:27	+01:09:25	10:10	
61	104	PAULA BRITO	ACTIB	02:34:20	+01:11:18	10:17	
62	125	PAULO JORGE	DAR Recardães	02:36:05	+01:13:03	10:24	
63	126	ARLINDO SANTOS	DAR Recardães	02:43:46	+01:20:44	10:55	
64	120	Nico van Elkan	Clube de Ancas	02:44:49	+01:21:47	10:59	
65	119	Goncalo Correia	Clube de Ancas	02:44:50	+01:21:48	10:59	
66	158	Carina Gouveira	OPraticante.pt	02:45:22	+01:22:20	11:01	
67	146	António Jesus	Individual	02:56:25	+01:33:23	11:46	
68	187	CARLA MELO	VVTR VALONGO DO VOUGA TRAIL RUNNING	02:58:47	+01:35:45	11:55	
69	163	Aida Valente	OPraticante.pt	03:00:09	+01:37:07	12:01	
70	108	AVELINO SILVA	ACTIB	03:00:10	+01:37:08	12:01	
71	153	Paulo Silva	Individual	03:02:25	+01:39:23	12:10	
72	114	António Matos	BoraBora, Vamos Lá!	03:04:11	+01:41:09	12:17	
73	184	Sandra Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:04:17	+01:41:15	12:17	
74	170	Roberto Calisto	OPraticante.pt	03:04:18	+01:41:16	12:17	
75	186	ROSA SILVA	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:13:38	+01:50:36	12:55	
76	188	LUISA SILVA	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:20:14	+01:57:12	13:21	
77	190	MIGUEL SA	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:20:14	+01:57:12	13:21	
78	174	Rufino Cardoso	Passo a Passo	03:27:55	+02:04:53	13:52	

Trail Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	21,7°C	63%
End	12:57	21,7°C	63%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

Senior Feminino

1	177	Liliana Ferreira	Sport Clube Paradela	Senior Feminino	01:58:38	07:55
2	180	Mariana Santos	TRAIL BELA BELA	Senior Feminino	02:18:31	+19:52 09:14
3	159	Sofia Chipelo	OPraticante.pt	Senior Feminino	02:25:52	+27:13 09:43
4	158	Carina Gouveira	OPraticante.pt	Senior Feminino	02:45:22	+46:43 11:01
5	184	Sandra Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Feminino	03:04:17	+01:05:38 12:17

Senior Masculino

1	176	Rui Figueiredo	Saca Trilhos Anadia	Senior Masculino	01:23:02		05:32
2	127	Luís Diogo	DCI/Trilhos Luso Bussaco	Senior Masculino	01:28:24	+05:21	05:54
3	175	Filipe Costa	Saca Trilhos Anadia	Senior Masculino	01:32:42	+09:40	06:11
4	178	Marcos André Ferreira	Sport Clube Paradelas	Senior Masculino	01:35:07	+12:04	06:20
5	139	Leonardo Gil	Individual	Senior Masculino	01:42:57	+19:54	06:52
6	160	Domingos Vieira	OPraticante.pt	Senior Masculino	01:43:18	+20:15	06:53
7	133	André Oliveira	Individual	Senior Masculino	01:45:10	+22:07	07:01
8	121	RICARDO TAVARES	DAR Recardães	Senior Masculino	01:46:49	+23:46	07:07
9	137	Jorge Campos	Individual	Senior Masculino	01:52:53	+29:50	07:32
10	192	Luis Dias	Individual	Senior Masculino	01:53:38	+30:36	07:35
11	162	Sérgio Ruela	OPraticante.pt	Senior Masculino	01:55:59	+32:56	07:44
12	142	Nuno Sarabando	Individual	Senior Masculino	02:00:27	+37:24	08:02
13	116	Luis Santos	CLTT - Clínica Litoral Trail Team	Senior Masculino	02:03:18	+40:15	08:13
14	157	André Gomes	Oiarunners	Senior Masculino	02:04:17	+41:15	08:17
15	185	Rui Barros	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Masculino	02:10:03	+47:00	08:40
16	136	HUGO MATOS	Individual	Senior Masculino	02:10:23	+47:21	08:42
17	181	Leonardo Alves	TRAIL BELA BELA	Senior Masculino	02:12:00	+48:57	08:48
18	144	Ricardo Manuel Guerra Pina	Individual	Senior Masculino	02:12:57	+49:54	08:52
19	143	Pedro Garcia	Individual	Senior Masculino	02:15:59	+52:56	09:04
20	141	Marcio Nogueira	Individual	Senior Masculino	02:20:38	+57:36	09:23
21	120	Nico van Elkan	Clube de Ancas	Senior Masculino	02:44:49	+01:21:46	10:59
22	119	Goncalo Correia	Clube de Ancas	Senior Masculino	02:44:50	+01:21:47	10:59

Sub 23 Feminino

1	145	Ana Camilo	Individual	Sub 23 Feminino	02:29:12	09:57
---	-----	------------	------------	-----------------	----------	-------

Trail Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

Sub 23 Masculino

1	122	SAMUEL SANTOS	DAR Recardões	Sub 23 Masculino	01:35:45	06:23:00
2	182	Gonçalo Farias	TRAIL BELA BELA	Sub 23 Masculino	02:28:52	+53:06 09:55:00

Veterana F40

1	129	Alexandra Gomes	Fox running team	Veterana F40	02:05:56	08:24:45
2	103	CARLA BARBOSA	ACTIB	Veterana F40	02:30:41	+24:45 10:03:26
3	104	PAULA BRITO	ACTIB	Veterana F40	02:34:20	+28:24 10:17:46
4	163	Aida Valente	OPraticante.pt	Veterana F40	03:00:09	+54:13 12:01:55
5	186	ROSA SILVA	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterana F40	03:13:38	+01:07:42 12:55:37

Veterana F50

1	164	LUCIANA FIDALGO	OPRATICANTE.PT	VETERANA F50	02:14:06	08:56:00
2	187	CARLA MELO	VVTR VALONGO DO VOUGA TRAIL RUNNING	VETERANA F50	02:58:47	+44:41 11:55:00
3	188	LUISA SILVA	VVTR VALONGO DO VOUGA TRAIL RUNNING	VETERANA F50	03:20:14	+01:06:08 13:21:00

Veterana F60

1	117	Maria Fatima Pinho	CLTT - Clínica Litoral Trail Team	Veterana F60	02:13:19	08:53
2	130	Rosa Cerveira	Grupo Desportivo de Oliveira de Frades	Veterana F60	02:29:01	+15:42 09:56

Veterano M40

1	156	André Silva	NS Trail Team	Veterano M40	01:32:02	06:08
2	105	BRUNO RODRIGUES	ACTIB	Veterano M40	01:32:41	+00:39 06:11
3	118	Jose margarido	CLTT - Clínica Litoral Trail Team	Veterano M40	01:36:45	+04:43 06:27
4	128	JOSIAS MEIRA	DCI/Trilhos Luso Bussaco	Veterano M40	01:38:41	+06:39 06:35
5	165	Augusto Tavares	OPraticante.pt	Veterano M40	01:42:16	+10:14 06:49
6	166	João Garrido	OPraticante.pt	Veterano M40	01:46:56	+14:54 07:08
7	110	Hélio José Esteves Simões	AFIPRE Team	Veterano M40	01:47:46	+15:44 07:11
8	123	JORGE FERREIRA	DAR Recardães	Veterano M40	01:49:25	+17:23 07:18
9	167	João Rocha	OPraticante.pt	Veterano M40	01:56:03	+24:01 07:44
10	106	HUGO GUERRA	ACTIB	Veterano M40	01:58:34	+26:32 07:54
11	101	Pedro Alves	AAM Runners	Veterano M40	01:58:41	+26:39 07:55
12	113	Rodrigo Gouveia	BiciARCA Run Team	Veterano M40	02:01:30	+29:28 08:06
13	148	Bruno Marques	Individual	Veterano M40	02:02:20	+30:18 08:09
14	171	Luis Pedro Mota	Orthia	Veterano M40	02:02:45	+30:43 08:11
15	149	Manuel ventura da Silva Marques	Individual	Veterano M40	02:03:18	+31:16 08:13
16	150	Miguel Correia	Individual	Veterano M40	02:04:40	+32:38 08:19

Trail Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

17	112	Francisco Lopes	Associação Desportiva de Ílhavo	Veterano M40	02:13:25	+41:23	08:54
18	168	José Rocha	OPraticante.pt	Veterano M40	02:29:10	+57:08	09:57
19	151	Nuno Miguel Ferreira Gonçalves	Individual	Veterano M40	02:32:27	+01:00:25	10:10
20	146	António Jesus	Individual	Veterano M40	02:56:25	+01:24:23	11:46

Veterano M50

1	124	ALEX TONDELA	DAR Recardães	Veterano M50	01:42:31	06:50
2	173	Luís Pereira	Passo a Passo	Veterano M50	01:50:16	+07:45 07:21
3	179	José Proença	TRAIL - Grupo Desportivo de Trancoso	Veterano M50	01:54:17	+11:46 07:37
4	169	José Moreira	OPraticante.pt	Veterano M50	02:04:30	+21:58 08:18
5	172	Carlos Santos	Passo a Passo	Veterano M50	02:13:59	+31:27 08:56
6	107	CARLOS LOPES	ACTIB	Veterano M50	02:22:18	+39:47 09:29
7	152	Carlos Ferreira	Individual	Veterano M50	02:24:18	+41:46 09:37
8	125	PAULO JORGE	DAR Recardães	Veterano M50	02:36:05	+53:34 10:24
9	153	Paulo Silva	Individual	Veterano M50	03:02:25	+01:19:53 12:10
10	114	António Matos	BoraBora, Vamos Lá!	Veterano M50	03:04:11	+01:21:40 12:17
11	170	Roberto Calisto	OPraticante.pt	Veterano M50	03:04:18	+01:21:47 12:17
12	190	MIGUEL SA	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M50	03:20:14	+01:37:43 13:21
13	174	Rufino Cardoso	Passo a Passo	Veterano M50	03:27:55	+01:45:23 13:52

Veterano M60

1	154	Carlos Duarte	Individual	Veterano M60	01:50:30	07:22
2	191	EUGÉNIO ALVES	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M60	01:53:57	+03:27 07:36
3	155	JOÃO ISIDORO DOS SANTOS	Individual	Veterano M60	02:26:05	+35:35 09:44
4	126	ARLINDO SANTOS	DAR Recardões	Veterano M60	02:43:46	+53:15 10:55
5	108	AVELINO SILVA	ACTIB	Veterano M60	03:00:10	+01:09:40 12:01

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	DAR RECARDÃES	7 + 11 + 15	33
2	OPRATICANTE.PT	10 + 13 + 16	39
3	ACTIB	4 + 27 + 51	82
4	CLTT - CLÍNICA LITORALIS TRAIL TEAM	8 + 35 + 44	87
5	VVTR VALONGO DO VOUGA TRAIL RUNNING	23 + 40 + 68	131
6	PASSO A PASSO	19 + 46 + 78	143
7	TRAIL BELA BELA	42 + 49 + 55	146

TRAIL - STAGE 1

10 KM

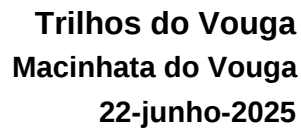
[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:45	24,1°C	53%
End	11:52	24.1°C	53%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	211	Ruben Almeida	DCI/Trilhos Luso Bussaco	49:17		04:56	
2	226	Paulo Resende	Individual	52:29	+03:12	05:15	
3	232	José Sousa	OPraticante.pt	52:54	+03:37	05:17	
4	249	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	57:36	+08:19	05:46	
5	229	João Barbosa	JAVALIS100LIMITES	58:29	+09:12	05:51	
6	208	Nuno Teixeira	Caldas de São Jorge Sport Clube	01:02:06	+12:49	06:13	
7	209	IVO PINTO	DAR Recardães	01:05:09	+15:52	06:31	
8	210	NUNO JORGE SANTOS	DAR Recardães	01:05:26	+16:09	06:33	
9	230	Daniel Gomes	JAVALIS100LIMITES	01:05:39	+16:22	06:34	
10	247	Daniel Domingues Simões	TRAIL BELA BELA	01:05:56	+16:39	06:36	
11	248	Tiago Ferreira	TRAIL BELA BELA	01:07:14	+17:57	06:43	
12	242	João Martins	Tartaruguinhas Aventureiras	01:10:47	+21:30	07:05	
13	201	Pedro Vieira	A.D. Amarante Trail Running	01:12:17	+23:00	07:14	
14	204	FATIMA RIBEIRO	ACTIB	01:15:37	+26:20	07:34	
15	205	LILIANA SILVA	ACTIB	01:15:41	+26:24	07:34	
16	225	José Carlos Dias Marques	Individual	01:15:42	+26:25	07:34	
17	239	Paulo Silva	OPraticante.pt	01:21:42	+32:25	08:10	
18	219	David Martins Ferreira de Jesus	Individual	01:24:59	+35:42	08:30	
19	240	António Garrido	OPraticante.pt	01:25:03	+35:46	08:30	
20	245	Edgar Figueiredo	Tartaruguinhas Aventureiras	01:27:32	+38:15	08:45	
21	212	Joaquim Santos	Grupo Desportivo de Oliveira de Frades	01:30:46	+41:29	09:05	
22	236	Marta Carmo	OPraticante.pt	01:31:55	+42:38	09:11	
23	237	Patrícia Lamego	OPraticante.pt	01:31:55	+42:38	09:12	
24	215	Joana Patrícia Alves Pereiraq	Individual	01:32:36	+43:19	09:16	
25	221	MARCO GOMES	Individual	01:33:57	+44:40	09:24	
26	214	CRISTINA ABRANTES	Individual	01:33:57	+44:40	09:24	
27	222	RODRIGO NEVES	Individual	01:33:58	+44:41	09:24	
28	220	Filipe Silva	Individual	01:34:48	+45:31	09:29	
29	217	Mariana Cerveira	Individual	01:34:48	+45:31	09:29	
30	241	Sara Martins	Tartaruguinhas Aventureiras	01:35:05	+45:48	09:31	
31	207	Ana Gaspar	BiciARCA Run Team	01:35:05	+45:48	09:31	
32	238	Isabel Costa	OPraticante.pt	01:39:42	+50:25	09:58	
33	223	Simão Pedro Simões Pereira	Individual	01:40:31	+51:14	10:03	
34	216	Joana Rodrigues	Individual	01:43:51	+54:34	10:23	
35	213	Carla Garcia	Individual	01:44:29	+55:12	10:27	
36	233	Marcelo Monteiro	OPraticante.pt	01:45:10	+55:53	10:31	
37	202	MARTA CANDIDO	ACTIB	01:47:10	+57:53	10:43	
38	206	HELDER MARQUES	ACTIB	01:47:10	+57:53	10:43	
39	235	Cidália Silva	OPraticante.pt	01:58:40	+01:09:23	11:52	
40	234	Catarina Pinho	OPraticante.pt	01:58:40	+01:09:23	11:52	
41	243	Salete Oliveira	Tartaruguinhas Aventureiras	02:03:14	+01:13:57	12:19	
42	244	Lurdes Pereira	Tartaruguinhas Aventureiras	02:03:14	+01:13:57	12:19	



10 KM

[illegible][illegible]

Official Timekeeper: Lap2Go	2 / 2	generate 22-jun.-2025 11:54
-----------------------------	-------	-----------------------------

Trail

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:45	24,1°C	53%
End	11:52	24.1°C	53%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

Junior Feminino

1	202	MARTA CANDIDO	ACTIB	Junior Feminino	01:47:10	10:43
---	-----	---------------	-------	-----------------	----------	-------

Senior Feminino

1	215	Joana Patrícia Alves Pereiraq	Individual	Senior Feminino	01:32:36	09:16
2	214	CRISTINA ABRANTES	Individual	Senior Feminino	01:33:57	+01:21 09:24
3	217	Mariana Cerveira	Individual	Senior Feminino	01:34:48	+02:12 09:29
4	241	Sara Martins	Tartaruguinhas Aventureiras	Senior Feminino	01:35:05	+02:28 09:31
5	216	Joana Rodrigues	Individual	Senior Feminino	01:43:51	+11:14 10:23
6	213	Carla Garcia	Individual	Senior Feminino	01:44:29	+11:52 10:27
7	231	Beatriz Moreira	OPraticante.pt	Senior Feminino	02:08:38	+36:01 12:52

Senior Masculino

1	232	José Sousa	OPraticante.pt	Senior Masculino	52:54	05:17
2	209	IVO PINTO	DAR Recardães	Senior Masculino	01:05:09	+12:15 06:31
3	247	Daniel Domingues Simões	TRAIL BELA BELA	Senior Masculino	01:05:56	+13:02 06:36
4	248	Tiago Ferreira	TRAIL BELA BELA	Senior Masculino	01:07:14	+14:19 06:43
5	242	João Martins	Tartaruguinhas Aventureiras	Senior Masculino	01:10:47	+17:52 07:05
6	219	David Martins Ferreira de Jesus	Individual	Senior Masculino	01:24:59	+32:05 08:30
7	221	MARCO GOMES	Individual	Senior Masculino	01:33:57	+41:02 09:24
8	222	RODRIGO NEVES	Individual	Senior Masculino	01:33:58	+41:03 09:24
9	220	Filipe Silva	Individual	Senior Masculino	01:34:48	+41:53 09:29
10	223	Simão Pedro Simões Pereira	Individual	Senior Masculino	01:40:31	+47:37 10:03
11	233	Marcelo Monteiro	OPraticante.pt	Senior Masculino	01:45:10	+52:16 10:31

Veterana F40

1	204	FATIMA RIBEIRO	ACTIB	Veterana F40	01:15:37	07:34
2	205	LILIANA SILVA	ACTIB	Veterana F40	01:15:41	+00:03 07:34
3	236	Marta Carmo	OPraticante.pt	Veterana F40	01:31:55	+16:17 09:11
4	237	Patrícia Lamego	OPraticante.pt	Veterana F40	01:31:55	+16:17 09:12
5	207	Ana Gaspar	BiciARCA Run Team	Veterana F40	01:35:05	+19:28 09:31
6	235	Cidália Silva	OPraticante.pt	Veterana F40	01:58:40	+43:02 11:52
7	234	Catarina Pinho	OPraticante.pt	Veterana F40	01:58:40	+43:02 11:52
8	243	Salete Oliveira	Tartaruguinhas Aventureiras	Veterana F40	02:03:14	+47:36 12:19

Trail

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterana F50

1	238	Isabel Costa	OPraticante.pt	Veterana F50	01:39:42	09:58
---	-----	--------------	----------------	--------------	----------	-------

Veterana F60

1	244	Lurdes Pereira	Tartaruguinhas Aventureiras	Veterana F60	02:03:14	12:19
---	-----	----------------	-----------------------------	--------------	----------	-------

Veterano M40

1	211	Ruben Almeida	DCI/Trilhos Luso Bussaco	Veterano M40	49:17	04:56
2	249	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M40	57:36	+08:19 05:46
3	208	Nuno Teixeira	Caldas de São Jorge Sport Clube	Veterano M40	01:02:06	+12:48 06:13
4	210	NUNO JORGE SANTOS	DAR Recardães	Veterano M40	01:05:26	+16:09 06:33
5	201	Pedro Vieira	A.D. Amarante Trail Running	Veterano M40	01:12:17	+22:59 07:14
6	239	Paulo Silva	OPraticante.pt	Veterano M40	01:21:42	+32:24 08:10
7	245	Edgar Figueiredo	Tartaruguinhas Aventureiras	Veterano M40	01:27:32	+38:14 08:45
8	206	HELDER MARQUES	ACTIB	Veterano M40	01:47:10	+57:53 10:43

Veterano M50

1	226	Paulo Resende	Individual	Veterano M50	52:29		05:15
2	229	João Barbosa	JAVALIS100LIMITES	Veterano M50	58:29	+06:00	05:51
3	225	José Carlos Dias Marques	Individual	Veterano M50	01:15:42	+23:12	07:34

Veterano M60

1	230	Daniel Gomes	JAVALIS100LIMITES	Veterano M60	01:05:39	06:34
2	240	António Garrido	OPraticante.pt	Veterano M60	01:25:03	+19:24 08:30
3	212	Joaquim Santos	Grupo Desportivo de Oliveira de Frades	Veterano M60	01:30:46	+25:07 09:05

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 22-jun.-2025 11:56
-----------------------------	-------	-----------------------------