

FKTrail
Quiaios
08-novembro-2026

23KM - STAGE 1

23 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	08:50	18,5ºC	59%
End	13:32	18,5ºC	59%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1	André Magalhães	Marnobre Extreme Trail Team	02:17:47		05:59	
2	15	José margarido	Cltt-clinica litoralis trail team	02:19:43	+01:56	06:04	
3	58	Alfredo Gaspar	Talentos Objetivos	02:23:55	+06:08	06:15	
4	54	Samuel Castro	OCS - Arrábida Trail Team	02:24:07	+06:20	06:16	
5	59	Miguel Goyanes	Talentos Objetivos	02:35:22	+17:35	06:45	
6	35	Renato Rodrigues	Individual	02:36:15	+18:28	06:48	
7	17	Luis Cunha	Coimbra Trail Running	02:36:43	+18:56	06:49	
8	29	João Loureiro	GRVilaverdense	02:40:30	+22:43	06:59	
9	42	Serafim Ventura	Individual	02:41:22	+23:35	07:01	
10	52	Luís Neves	Marnobre Extreme Trail Team	02:45:00	+27:13	07:10	
11	476	Melissa Fernandes	Individual	02:47:24	+29:37	07:17	
12	39	Guida Fontes	Individual	02:47:26	+29:39	07:17	
13	37	Silvio Marques	Individual	02:47:40	+29:53	07:17	
14	28	Luis Gonçalves	GRVilaverdense	02:48:13	+30:26	07:19	
15	56	Cristiano Oliveira	Roda Dianteira	02:49:37	+31:50	07:22	
16	11	Paulo Ferreira	CalPet RUN & RIDE	02:50:02	+32:15	07:24	
17	21	Roman Nayavko	Expresso Martini	02:51:57	+34:10	07:29	
18	50	Maximiliano Duffard	Manttra Sport	02:53:50	+36:03	07:33	
19	51	Daniel Silva	Marnobre Extreme Trail Team	02:56:14	+38:27	07:40	
20	20	Daniel Gandarez	Domus Trail	02:57:20	+39:33	07:43	
21	3	Francisco Matias	100GPS	03:00:02	+42:15	07:50	
22	32	Diogo Jorge	Individual	03:00:20	+42:33	07:50	
23	23	César Alexandre Silva	GD Santa Cruz / Botelhos.pt	03:00:41	+42:54	07:51	
24	18	Luís Ferreira	Coimbra Trail Running	03:03:21	+45:34	07:58	
25	22	Filipa Simões	Gatões BTT	03:04:06	+46:19	08:00	
26	46	Chris Hilton	Individual	03:04:09	+46:22	08:00	
27	43	Pedro Sousa	Individual	03:06:16	+48:29	08:06	
28	8	Rogério Duarte	Bairro dos Anjos	03:06:21	+48:34	08:06	
29	13	António Santos	Centro de Trail Carlos Sá Penacova Team	03:07:05	+49:18	08:08	
30	4	Rui Reis	100GPS	03:08:29	+50:42	08:12	
31	6	Ricardo José Moreira da Costa	Arcd Venda Da Luísa	03:09:01	+51:14	08:13	
32	14	PAULO MOREIRA	CF Os Marialvas	03:09:12	+51:25	08:14	
33	38	Tiago Pereira	Individual	03:13:25	+55:38	08:25	
34	47	Elísio Gonçalves	Individual	03:13:48	+56:01	08:26	
35	19	Ricardo Torres	Diabinhos de Samuel	03:15:43	+57:56	08:31	
36	57	Peterson Alves Vargas	Talentos Objetivos	03:16:10	+58:23	08:32	
37	27	Fábio Barroca	GRVilaverdense	03:19:03	+01:01:16	08:39	
38	53	Ana Faísca	OCS - Arrábida Trail Team	03:19:23	+01:01:36	08:40	
39	44	Ricardo Benzinho Melo	Individual	03:21:44	+01:03:57	08:46	
40	2	Micael Nunes	100GPS	03:22:23	+01:04:36	08:48	
41	49	Cesar Agustin Saavedra Lascano	Manttra Sport	03:22:39	+01:04:52	08:49	
42	10	Sandra Ferreira	CalPet RUN & RIDE	03:22:56	+01:05:09	08:49	

23KM - STAGE 1

23 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	12	CATARINA SEQUEIRA	Centro de Trail Carlos Sá Penacova Team	03:23:04	+01:05:17	08:50	
44	40	Paula Isabel Carvalho Ferreira	Individual	03:30:58	+01:13:11	09:10	
45	25	Alfredo Rodrigues	GDCR LAJES	03:30:59	+01:13:12	09:10	
46	36	Ricardo Lé	Individual	03:32:47	+01:15:00	09:15	
47	9	Cláudio Pinto	Bairro dos Anjos	03:33:47	+01:16:00	09:18	
48	26	Isabel Teixeira	GRVilaverdense	03:34:28	+01:16:41	09:19	
49	31	Andrea Chiodaroli	Individual	03:36:23	+01:18:36	09:24	
50	55	Bruno Cartaxo	RM Runners by Mira a Mexer	03:40:28	+01:22:41	09:35	
51	30	Rui Santos	GRVilaverdense	03:43:28	+01:25:41	09:43	
52	48	Isaias Reis	Individual	03:45:11	+01:27:24	09:47	
53	33	Diogo Mota	Individual	03:48:29	+01:30:42	09:56	
54	7	Elsa Fajardo	Bairro dos Anjos	03:52:00	+01:34:13	10:05	
55	24	Marta Vicente	GDCR LAJES	03:58:41	+01:40:54	10:23	
56	34	Leonardo Costa	Individual	04:11:08	+01:53:21	10:55	
57	60	ISABEL GOMES	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	04:41:40	+02:23:53	12:15	

23KM

23 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	08:50	18,5ºC	59%
End	13:32	18,5ºC	59%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	476	Melissa Fernandes	Individual	Senior Feminino	02:47:24		07:17
2	22	Filipa Simões	Gatões BTT	Senior Feminino	03:04:06	+16:41	08:00
Senior Masculino							
1	35	Renato Rodrigues	Individual	Senior Masculino	02:36:15		06:48
2	37	Silvio Marques	Individual	Senior Masculino	02:47:40	+11:25	07:17
3	21	Roman Nayavko	Expresso Martini	Senior Masculino	02:51:57	+15:42	07:29
4	50	Maximiliano Duffard	Manttra Sport	Senior Masculino	02:53:50	+17:35	07:33
5	32	Diogo Jorge	Individual	Senior Masculino	03:00:20	+24:05	07:50
6	38	Tiago Pereira	Individual	Senior Masculino	03:13:25	+37:10	08:25
7	57	Peterson Alves Vargas	Talentos Objetivos	Senior Masculino	03:16:10	+39:55	08:32
8	49	Cesar Agustin Saavedra Lascano	Manttra Sport	Senior Masculino	03:22:39	+46:24	08:49
9	36	Ricardo Lé	Individual	Senior Masculino	03:32:47	+56:32	09:15
10	31	Andrea Chiodaroli	Individual	Senior Masculino	03:36:23	+01:00:08	09:24
11	33	Diogo Mota	Individual	Senior Masculino	03:48:29	+01:12:14	09:56
12	34	Leonardo Costa	Individual	Senior Masculino	04:11:08	+01:34:53	10:55
Veterana F40							
1	39	Guida Fontes	Individual	Veterana F40	02:47:26		07:17
Veterana F45							
1	53	Ana Faísca	OCS - Arrábida Trail Team	Veterana F45	03:19:23		08:40
2	40	Paula Isabel Carvalho Ferreira	Individual	Veterana F45	03:30:58	+11:35	09:10
3	24	Marta Vicente	GDCR LAJES	Veterana F45	03:58:41	+39:18	10:23
Veterana F50							
1	10	Sandra Ferreira	CalPet RUN & RIDE	Veterana F50	03:22:56		08:49
2	12	CATARINA SEQUEIRA	Centro de Trail Carlos Sá Penacova Team	Veterana F50	03:23:04	+00:08	08:50
3	7	Elsa Fajardo	Bairro dos Anjos	Veterana F50	03:52:00	+29:03	10:05

23KM **23 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

Veterana F55

1	26	Isabel Teixeira	GRVilaverdense	Veterana F55	03:34:28		09:19

Veterana F60

1	60	ISABEL GOMES	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F60	04:41:40		12:15

Veterano M35

1	23	César Alexandre Silva	GD Santa Cruz / Botelhos.pt	Veterano M35	03:00:41		07:51
2	2	Micael Nunes	100GPS	Veterano M35	03:22:23	+21:42	08:48

Veterano M40

1	58	Alfredo Gaspar	Talentos Objetivos	Veterano M40	02:23:55		06:15
2	54	Samuel Castro	OCS - Arrábida Trail Team	Veterano M40	02:24:07	+00:12	06:16
3	42	Serafim Ventura	Individual	Veterano M40	02:41:22	+17:27	07:01
4	52	Luís Neves	Marnobre Extreme Trail Team	Veterano M40	02:45:00	+21:05	07:10
5	28	Luis Gonçalves	GRVilaverdense	Veterano M40	02:48:13	+24:18	07:19
6	56	Cristiano Oliveira	Roda Dianteira	Veterano M40	02:49:37	+25:42	07:22
7	51	Daniel Silva	Marnobre Extreme Trail Team	Veterano M40	02:56:14	+32:19	07:40
8	3	Francisco Matias	100GPS	Veterano M40	03:00:02	+36:07	07:50
9	27	Fábio Barroca	GRVilaverdense	Veterano M40	03:19:03	+55:08	08:39

Veterano M45

1	1	André Magalhães	Marnobre Extreme Trail Team	Veterano M45	02:17:47		05:59
2	59	Miguel Goyanes	Talentos Objetivos	Veterano M45	02:35:22	+17:35	06:45
3	11	Paulo Ferreira	CalPet RUN & RIDE	Veterano M45	02:50:02	+32:15	07:24
4	20	Daniel Gandarez	Domus Trail	Veterano M45	02:57:20	+39:33	07:43
5	43	Pedro Sousa	Individual	Veterano M45	03:06:16	+48:29	08:06
6	8	Rogério Duarte	Bairro dos Anjos	Veterano M45	03:06:21	+48:34	08:06
7	14	PAULO MOREIRA	CF Os Marialvas	Veterano M45	03:09:12	+51:25	08:14
8	44	Ricardo Benzinho Melo	Individual	Veterano M45	03:21:44	+01:03:57	08:46
9	25	Alfredo Rodrigues	GDCR LAJES	Veterano M45	03:30:59	+01:13:12	09:10
10	55	Bruno Cartaxo	RM Runners by Mira a Mexer	Veterano M45	03:40:28	+01:22:41	09:35

Veterano M50

1	15	José margarido	Cltt-clinica litoralis trail team	Veterano M50	02:19:43		06:04
2	17	Luis Cunha	Coimbra Trail Running	Veterano M50	02:36:43	+17:00	06:49

23KM **23 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

3	29	João Loureiro	GRVilaverdense	Veterano M50	02:40:30	+20:47	06:59
4	18	Luís Ferreira	Coimbra Trail Running	Veterano M50	03:03:21	+43:37	07:58
5	4	Rui Reis	100GPS	Veterano M50	03:08:29	+48:46	08:12
6	6	Ricardo José Moreira da Costa	Arcd Venda Da Luísa	Veterano M50	03:09:01	+49:18	08:13
7	19	Ricardo Torres	Diabinhos de Samuel	Veterano M50	03:15:43	+55:59	08:31
8	9	Cláudio Pinto	Bairro dos Anjos	Veterano M50	03:33:47	+01:14:04	09:18

Veterano M55

1	46	Chris Hilton	Individual	Veterano M55	03:04:09		08:00
2	13	António Santos	Centro de Trail Carlos Sá Penacova Team	Veterano M55	03:07:05	+02:55	08:08
3	47	Elísio Gonçalves	Individual	Veterano M55	03:13:48	+09:38	08:26
4	30	Rui Santos	GRVilaverdense	Veterano M55	03:43:28	+39:18	09:43
5	48	Isaias Reis	Individual	Veterano M55	03:45:11	+41:01	09:47

COLETIVA 23KM MASC

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	MARNOBRE EXTREME TRAIL TEAM	1 + 10 + 17	28
2	TALENTOS OBJETIVOS	3 + 5 + 33	41
3	GRVILAVERDENSE	8 + 12 + 34	54
4	100GPS	19 + 27 + 36	82

13KM - STAGE 1

13 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

	Time	Temperature	Humidity
Start	09:00	18,5ºC	59%
End	12:27	18,5ºC	59%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	170	Jose Carlos Silva Sousa	Atletismo Clube da Tocha	01:04:09		04:56	
2	131	Rafael Costa	AERGóis Trail Running	01:08:29	+04:20	05:16	
3	252	José Galvão	Escola de Atletismo de Coimbra/João Marques Real Estate	01:08:42	+04:33	05:17	
4	457	Alex Silva	Talentos Objetivos	01:08:57	+04:48	05:18	
5	129	Filipe Rodrigues	AERGóis Trail Running	01:09:25	+05:16	05:20	
6	441	José Sousa	Talentos Objetivos	01:11:19	+07:10	05:29	
7	226	António Jorge Vieira da Cunha	Centro Popular de Trabalhadores do Sobral de Ceira	01:11:33	+07:24	05:30	
8	171	Luís Contente	Atletismo Clube da Tocha	01:12:09	+08:00	05:33	
9	191	David Mendes	Centro de Trail Carlos Sá Penacova Team	01:12:26	+08:17	05:34	
10	254	Didier Jesus	Escola de Atletismo de Coimbra/João Marques Real Estate	01:12:46	+08:37	05:36	
11	264	Jorge Simoes	Gatões BTT	01:12:58	+08:49	05:37	
12	102	Rafa silva	ACDRS QUINHENDROS	01:12:58	+08:49	05:37	
13	172	César Figueiredo	Atletismo Clube da Tocha	01:13:04	+08:55	05:37	
14	392	Luis Narciso	O Mundo da Corrida	01:14:33	+10:24	05:44	
15	130	Vitor Duarte	AERGóis Trail Running	01:14:42	+10:33	05:45	
16	414	Luís Silva	Roda Dianteira	01:15:39	+11:30	05:49	
17	306	Alex junior	Individual	01:16:17	+12:08	05:52	
18	139	Ricardo Oliveira	Ameal Trail	01:17:11	+13:02	05:56	
19	342	Marco Paiva	Pereira Trail	01:17:20	+13:11	05:57	
20	308	Guilherme Patrício	Individual	01:18:14	+14:05	06:01	
21	155	Miguel Lopes	ASCVALEIRINHA/TRAIL	01:18:31	+14:22	06:02	
22	368	António Ferreira	Industrial desportivo vierense	01:19:11	+15:02	06:05	
23	114	Joao Simoes	ACDRS QUINHENDROS	01:19:11	+15:02	06:05	
24	163	Nelson Heleno	ASSSCC AR LIVRE E AVENTURA	01:19:38	+15:29	06:08	
25	397	João Neves	Pereira Trail	01:20:33	+16:24	06:12	
26	404	Joel Amado	Pereira Trail	01:20:34	+16:25	06:12	
27	253	Frederico Oliveira	Escola de Atletismo de Coimbra/João Marques Real Estate	01:21:06	+16:57	06:14	
28	382	José loureiro	Leões de Tardariz Trail	01:21:14	+17:05	06:15	
29	267	GUI RODRIGUES	Grupo Desportivo Ferreirense	01:21:21	+17:12	06:15	
30	454	Tiago Fernandes	Talentos Objetivos	01:21:40	+17:31	06:17	
31	173	Rui Varanda	Atletismo Clube da Tocha	01:21:46	+17:37	06:17	
32	443	Afonso Lopes	Talentos Objetivos	01:22:15	+18:06	06:20	
33	444	Ana Botelho	Talentos Objetivos	01:22:17	+18:08	06:20	
34	276	Tiago Abreu	GRVilaverdense	01:22:20	+18:11	06:20	
35	218	Vitor Rafael Silva Lopes	Centro de Trail Carlos Sá Penacova Team	01:22:32	+18:23	06:21	
36	122	Luis Lourenço	Acr seixo mira	01:22:59	+18:50	06:23	
37	297	Alexandre Nogueira	Individual	01:24:20	+20:11	06:29	
38	167	Sara Silva	Atletismo Clube da Tocha	01:24:35	+20:26	06:30	
39	164	Gonçalo Gonçalves	ASSSCC AR LIVRE E AVENTURA	01:25:10	+21:01	06:33	
40	434	Rúben Martins	Tainadas run team-somengil	01:25:12	+21:03	06:33	

13KM - STAGE 1

13 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	128	Carlos Rodrigues	AERGóis Trail Running	01:25:40	+21:31	06:35	
42	341	Luís Fontes	KONDORES RUNNERS TEAM/CCR VALONGUENSE	01:26:26	+22:17	06:39	
43	466	Jorge Perdigão	Unidos Run Team	01:26:41	+22:32	06:40	
44	353	Duarte Nuno Domingues	Individual	01:27:00	+22:51	06:42	
45	175	Bruno Romão	Bairro dos Anjos	01:27:20	+23:11	06:43	
46	439	Fábio Ferreira	Talentos Objetivos	01:27:42	+23:33	06:45	
47	458	Eduardo José da Cruz Loureiro	Talentos Objetivos	01:27:48	+23:39	06:45	
48	215	Rui Filipe Marques Costa	Centro de Trail Carlos Sá Penacova Team	01:28:36	+24:27	06:49	
49	266	vitor cação	GATOES TRAIL	01:29:00	+24:51	06:51	
50	132	Telmo Santos	Ameal Trail	01:29:13	+25:04	06:52	
51	465	Duarte Almeida	Ugas Trail	01:29:54	+25:45	06:55	
52	301	Marco Silva	Atletismo Clube da Tocha	01:30:14	+26:05	06:56	
53	214	André Parreiral	Centro de Trail Carlos Sá Penacova Team	01:31:08	+26:59	07:01	
54	461	Paulo Marques	Talentos Objetivos	01:31:13	+27:04	07:01	
55	125	Pedro Baptista	Acr seixo mira	01:31:27	+27:18	07:02	
56	185	Paulo Paradinha	CalPet RUN & RIDE	01:31:34	+27:25	07:03	
57	103	SANTIAGO FERREIRA	ACDRS QUINHENDROS	01:31:38	+27:29	07:03	
58	329	André Lavado	ACDRS QUINHENDROS	01:31:42	+27:33	07:03	
59	302	Rafael Tinoco Fernão	Individual	01:31:42	+27:33	07:03	
60	216	Marco Brásio	Centro de Trail Carlos Sá Penacova Team	01:32:43	+28:34	07:08	
61	345	Cesar Cardoso	Individual	01:32:45	+28:36	07:08	
62	309	Luis Miguel Varanda	Individual	01:32:46	+28:37	07:08	
63	196	ezequiel cardoso	Centro de Trail Carlos Sá Penacova Team	01:32:50	+28:41	07:08	
64	111	Aurélio Saúde	ACDRS QUINHENDROS	01:33:08	+28:59	07:10	
65	430	Nuno Alexandre Gonçalves da Silva	S. C. Povoense - Caracóis de Corrida	01:33:42	+29:33	07:12	
66	405	Fernando Jorge Soares Ferreira Neves	Pereira Trail	01:34:17	+30:08	07:15	
67	168	Andreia Silva	Atletismo Clube da Tocha	01:34:19	+30:10	07:15	
68	116	António Ferreira	ACDRS QUINHENDROS	01:34:45	+30:36	07:17	
69	199	Cláudia Sofia Neto	Centro de Trail Carlos Sá Penacova Team	01:34:54	+30:45	07:18	
70	283	Carlos Santos	GRVilaverdense	01:34:54	+30:45	07:18	
71	225	Victor Silva	Centro de Trail Carlos Sá Penacova Team	01:35:11	+31:02	07:19	
72	281	José Silva	GRVilaverdense	01:35:15	+31:06	07:20	
73	104	Diogo Bandarra	ACDRS QUINHENDROS	01:35:39	+31:30	07:21	
74	235	Vincent Eugene	CUMIBROA RUNNING TEAM	01:36:51	+32:42	07:27	
75	224	João Bernardino	Centro de Trail Carlos Sá Penacova Team	01:37:37	+33:28	07:31	
76	442	Tiago Oliveira	Talentos Objetivos	01:37:38	+33:29	07:31	
77	371	José Miguel Rocha Oliveira	Kondores Runners Team / CCR Valonguense	01:37:51	+33:42	07:32	
78	395	Alexandre Silva	Papakilometros	01:38:21	+34:12	07:34	
79	423	Pedro Fintes	Roda Dianteira	01:38:51	+34:42	07:36	
80	447	Elisa Sousa	Talentos Objetivos	01:39:08	+34:59	07:38	
81	379	Nuno Alexandre Matos da Silva	Kondores Runners Team / CCR Valonguense	01:39:09	+35:00	07:38	
82	110	BRUNO B FERREIRA	ACDRS QUINHENDROS	01:39:23	+35:14	07:39	
83	153	Inês Cruz	ASCVALEIRINHA/TRAIL	01:39:40	+35:31	07:40	
84	126	Kevin Cruz	ACSValeirinha	01:39:41	+35:32	07:40	
85	459	Pedro Figueiredo	Talentos Objetivos	01:40:28	+36:19	07:44	

13KM - STAGE 1

13 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
86	118	Tózé Serra	ACDRS QUINHENDROS	01:40:42	+36:33	07:45	
87	455	Filipe Balsas	Talentos Objetivos	01:40:53	+36:44	07:46	
88	140	Sérgio Leite	Ameal Trail	01:40:59	+36:50	07:46	
89	406	Fernando Carvalho	Pereira Trail	01:41:02	+36:53	07:46	
90	121	Jorge Castelhano	Acr seixo mira	01:41:21	+37:12	07:48	
91	438	Nancy Cantante	Talentos Objetivos	01:41:50	+37:41	07:50	
92	237	Daniel Mateus	Daniel Mateus	01:41:59	+37:50	07:51	
93	399	Guida Carvalho	Pereira Trail	01:42:13	+38:04	07:52	
94	152	José Correia	ARSM - Associação Recreativa de S. Miguel	01:42:23	+38:14	07:53	
95	232	Marisa Martins	Coimbra Trail Running	01:42:32	+38:23	07:53	
96	344	Samuel Marques	Individual	01:42:59	+38:50	07:55	
97	307	Dinis Cravo	Individual	01:43:01	+38:52	07:55	
98	300	luis carlos cunha	Individual	01:43:07	+38:58	07:56	
99	445	Ana Monteiro	Talentos Objetivos	01:43:18	+39:09	07:57	
100	358	Luis Varanda	Individual	01:43:20	+39:11	07:57	
101	460	Amílcar Ramos	Talentos Objetivos	01:43:21	+39:12	07:57	
102	277	Celso Filipe Garrido Ferreira	GRVilaverdense	01:43:42	+39:33	07:59	
103	178	Sérgio Santos	Botão Camp	01:44:14	+40:05	08:01	
104	468	Jorge Acúrcio	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:44:36	+40:27	08:03	
105	211	Mónica Salvador	Centro de Trail Carlos Sá Penacova Team	01:44:46	+40:37	08:04	
106	183	HUMBERTO TUA	CalPet RUN & RIDE	01:44:54	+40:45	08:04	
107	299	José Duarte	Individual	01:45:10	+41:01	08:05	
108	403	Andre Santos	Pereira Trail	01:45:23	+41:14	08:06	
109	304	Rafael da Silva Carvalho	Individual	01:45:26	+41:17	08:07	
110	412	jose tavares	RM Runners by Mira a Mexer	01:45:27	+41:18	08:07	
111	429	José Miguel Machado Marques dos Santos	S. C. Povoense - Caracóis de Corrida	01:46:06	+41:57	08:10	
112	186	Anabela Dinis Tavares Figueiredo	CAOH-Clube Atlético de Oliveira do Hospital	01:46:23	+42:14	08:11	
113	470	Filipe José Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:46:24	+42:15	08:11	
114	398	Cátia Rosa	Pereira Trail	01:46:51	+42:42	08:13	
115	187	Vasco Figueiredo	CAOH-Clube Atlético de Oliveira do Hospital	01:47:01	+42:52	08:14	
116	204	Mariana Vasconcelos	Centro de Trail Carlos Sá Penacova Team	01:47:03	+42:54	08:14	
117	436	Jorge Martins	Tainadas run team-somengil	01:47:10	+43:01	08:15	
118	448	Lara Newiger	Talentos Objetivos	01:47:15	+43:06	08:15	
119	115	Nuno Bandarra	ACDRS QUINHENDROS	01:47:20	+43:11	08:15	
120	250	Rui Fernandes	DUELO D'OCASIÃO	01:47:24	+43:15	08:16	
121	209	Lúcia Sofia Silva	Centro de Trail Carlos Sá Penacova Team	01:47:38	+43:29	08:17	
122	248	Alexandre Oliveira	Domus Trail	01:47:48	+43:39	08:18	
123	400	Cátia Ferreira	Pereira Trail	01:47:57	+43:48	08:18	
124	220	Carlos Campos	Centro de Trail Carlos Sá Penacova Team	01:48:16	+44:07	08:20	
125	469	Luís Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:48:26	+44:17	08:20	
126	336	André Neves	Individual	01:48:47	+44:38	08:22	
127	160	Catarina Marques	ASSSCC AR LIVRE E AVENTURA	01:48:56	+44:47	08:23	
128	317	patricia mariz	Individual	01:49:09	+45:00	08:24	
129	162	Daniel Lopes	ASSSCC AR LIVRE E AVENTURA	01:49:10	+45:01	08:24	
130	120	Gabriel Pinho	Acr seixo mira	01:49:14	+45:05	08:24	

13KM - STAGE 1

13 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
131	433	Marinho Paulo Penacho Nunes	Soure Mov	01:49:26	+45:17	08:25	
132	134	Cláudia Amaro	Ameal Trail	01:49:33	+45:24	08:26	
133	337	Bruno Figueiredo	Individual	01:49:43	+45:34	08:26	
134	133	Tiago Jegundo	Ameal Trail	01:49:45	+45:36	08:27	
135	387	Ricardo Filipe Soares Santos	Lobitos	01:49:49	+45:40	08:27	
136	422	Ângelo Manuel Várzeas da Fonseca	Roda Dianteira	01:50:06	+45:57	08:28	
137	334	Pedro Maçorano	Individual	01:50:14	+46:05	08:29	
138	151	Paulo Martins	ARSM - Associação Recreativa de S. Miguel	01:50:47	+46:38	08:31	
139	257	Eduardo Ferreira	Expresso Martini	01:50:47	+46:38	08:31	
140	361	Raul Silva	Individual	01:50:50	+46:41	08:32	
141	346	Jaime Figueiredo	Individual	01:50:55	+46:46	08:32	
142	246	Susana Leitão	Domus Trail	01:50:56	+46:47	08:32	
143	410	Wesley Rosa	RM Runners by Mira a Mexer	01:51:02	+46:53	08:32	
144	188	Nuno Veiga	CAOH-Clube Atlético de Oliveira do Hospital	01:51:15	+47:06	08:33	
145	285	Hermínio Almeida	GRVilaverdense	01:51:17	+47:08	08:34	
146	372	Romeu Manuel da Silva Teixeira	Kondores Runners Team / CCR Valonguense	01:51:19	+47:10	08:34	
147	230	Telmo Craveiro	Clube PT Coimbra	01:51:22	+47:13	08:34	
148	202	Jenna Tiffany-Skinner	Centro de Trail Carlos Sá Penacova Team	01:51:38	+47:29	08:35	
149	212	Sandra Santos	Centro de Trail Carlos Sá Penacova Team	01:52:45	+48:36	08:40	
150	364	José Pereira	Individual	01:52:48	+48:39	08:41	
151	180	Pedro Valença	Botão Camp	01:53:02	+48:53	08:42	
152	179	David Dinis	Botão Camp	01:53:03	+48:54	08:42	
153	305	Leandro margarido	Individual	01:53:04	+48:55	08:42	
154	161	Brian Ferreira	ASSSCC AR LIVRE E AVENTURA	01:53:09	+49:00	08:42	
155	231	Daniel Raposo	Coala	01:53:16	+49:07	08:43	
156	354	Manuel Brandão	Individual	01:53:23	+49:14	08:43	
157	471	Joaquim Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:53:40	+49:31	08:45	
158	349	Nelson Lopes	Talentos Objetivos	01:53:46	+49:37	08:45	
159	396	Tatiana Costa	Pereira Trail	01:54:07	+49:58	08:47	
160	384	Rafael da Cruz Amaral	Lobitos	01:54:09	+50:00	08:47	
161	260	Merlina Garthe	Gatões BTT	01:54:09	+50:00	08:47	
162	284	Vitor Santos	GRVilaverdense	01:54:56	+50:47	08:50	
163	234	Anabela Monteiro	CUMIBROA RUNNING TEAM	01:55:32	+51:23	08:53	
164	236	Jorge Mendes	CUMIBROA RUNNING TEAM	01:55:33	+51:24	08:53	
165	331	Fábio Daniel Oliveira Gomes	Individual	01:55:41	+51:32	08:54	
166	117	António Gaspar	ACDRS QUINHENDROS	01:55:56	+51:47	08:55	
167	112	Carlos Manuel SantosSilva	ACDRS QUINHENDROS	01:56:00	+51:51	08:55	
168	378	Rui Patricio Martins Aleixo	Kondores Runners Team / CCR Valonguense	01:56:08	+51:59	08:56	
169	158	Fernando Oliveira	ASCVALEIRINHA/TRAIL	01:56:18	+52:09	08:57	
170	352	Arnaldo Ferreira	Individual	01:56:27	+52:18	08:57	
171	206	Dália Roma	Centro de Trail Carlos Sá Penacova Team	01:56:31	+52:22	08:58	
172	327	Júlia Santos	Individual	01:56:39	+52:30	08:58	
173	452	Filipa ribeiro	Talentos Objetivos	01:57:20	+53:11	09:02	
174	205	Sónia Semedo	Centro de Trail Carlos Sá Penacova Team	01:58:22	+54:13	09:06	
175	381	Ricardo Nuno Melo de Oliveira	Kondores Runners Team / CCR Valonguense	01:58:36	+54:27	09:07	
176	463	Luís Figueiredo	TransQuiaios Team	01:58:37	+54:28	09:07	

13KM - STAGE 1

13 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
177	464	Tiago Vilão	TransQuiaios Team	01:58:46	+54:37	09:08	
178	195	Victor Pereira	Centro de Trail Carlos Sá Penacova Team	01:59:02	+54:53	09:09	
179	221	Carlos Pereira	Centro de Trail Carlos Sá Penacova Team	01:59:04	+54:55	09:10	
180	154	Iris Tabanez	ASCVALEIRINHA/TRAIL	01:59:54	+55:45	09:13	
181	289	António Gonçalves	Healthy Move	01:59:54	+55:45	09:13	
182	355	Marco Silva	Figueira Kayak Clube	02:00:27	+56:18	09:16	
183	274	Maria Alexandra Maia	GRVilaverdense	02:01:33	+57:24	09:21	
184	123	Tiago de Jesus Lopes	Acr seixo mira	02:01:53	+57:44	09:23	
185	408	Cremilde Miranda	RM Runners by Mira a Mexer	02:02:00	+57:51	09:23	
186	413	Sérgio Domingues	RM Runners by Mira a Mexer	02:02:02	+57:53	09:23	
187	338	Carlos Jesus	Individual	02:02:45	+58:36	09:27	
188	124	Alexandre Pinho	Acr seixo mira	02:02:49	+58:40	09:27	
189	409	Tiago Jesus	RM Runners by Mira a Mexer	02:02:51	+58:42	09:27	
190	347	Jorge Ferreira	Individual	02:02:56	+58:47	09:27	
191	446	Cristina Santos	Talentos Objetivos	02:02:57	+58:48	09:27	
192	330	André Mariano	Individual	02:03:02	+58:53	09:28	
193	462	Andreia Coelho	Team P. Moles	02:03:07	+58:58	09:28	
194	270	Tânia Margarida Azenha Rodrigues	GRVilaverdense	02:03:48	+59:39	09:31	
195	282	Nuno Gois	GRVilaverdense	02:04:01	+59:52	09:32	
196	213	Ana Silva	Centro de Trail Carlos Sá Penacova Team	02:04:10	+01:00:01	09:33	
197	419	Xavier Alexandre Abrantes Santos	Roda Dianteira	02:04:43	+01:00:34	09:36	
198	194	António Coelho	Centro de Trail Carlos Sá Penacova Team	02:04:48	+01:00:39	09:36	
199	198	Ana Póvoa	Centro de Trail Carlos Sá Penacova Team	02:05:32	+01:01:23	09:39	
200	319	Tania Pinto	Individual	02:05:38	+01:01:29	09:40	
201	223	Ricardo Coelho	Centro de Trail Carlos Sá Penacova Team	02:05:58	+01:01:49	09:41	
202	150	luis inacio	ARSM - Associação Recreativa de S. Miguel	02:05:59	+01:01:50	09:41	
203	262	Carina Jordao	Gatões BTT	02:06:04	+01:01:55	09:42	
204	362	Ricardo Biscaia	Individual	02:06:07	+01:01:58	09:42	
205	101	Sandra Reis	Academia de Desportos de Condeixa	02:06:11	+01:02:02	09:42	
206	437	Betania Xavier vieira	Talentos Objetivos	02:06:19	+01:02:10	09:43	
207	391	Firmino Mendes	MONTANHA CLUBE TRAIL RUNNING EFAPEL	02:06:26	+01:02:17	09:44	
208	356	Pedro Jorge	Individual	02:06:30	+01:02:21	09:44	
209	292	Clara Nunes	Individual	02:06:41	+01:02:32	09:45	
210	177	Luis Ricardo Pereira Batista	Botão Camp	02:07:03	+01:02:54	09:46	
211	375	Tiago Filipe Cardoso dos Santos	Kondores Runners Team / CCR Valonguense	02:07:18	+01:03:09	09:48	
212	420	Marco Alexandre Costa Santos	Roda Dianteira	02:07:18	+01:03:09	09:48	
213	109	Nelia jesus	ACDRS QUINHENDROS	02:07:25	+01:03:16	09:48	
214	332	Fábio Simões	Individual	02:07:35	+01:03:26	09:49	
215	425	Luis Dias	Running4fun Team Viseu - CSP	02:08:08	+01:03:59	09:51	
216	401	Patrícia Ferreira	Pereira Trail	02:08:10	+01:04:01	09:52	
217	369	Celso Alves	JuveRunTeam	02:08:28	+01:04:19	09:53	
218	388	Rui Manuel Valente Silva	Lobitos	02:09:17	+01:05:08	09:57	
219	182	Francisca Calçada	CalPet RUN & RIDE	02:09:27	+01:05:18	09:57	
220	240	Mónica Ventura	Domus Trail	02:09:28	+01:05:19	09:58	
221	402	Sandra Salgado	Pereira Trail	02:09:28	+01:05:19	09:58	
222	376	Bruno Filipe Mendes Oliveira	Kondores Runners Team / CCR Valonguense	02:11:07	+01:06:58	10:05	

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13 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
223	298	Diogo Matias	Individual	02:11:25	+01:07:16	10:07	
224	315	Lucia silva	Individual	02:11:26	+01:07:17	10:07	
225	119	João Carlos Rua Castelhano	Acr seixo mira	02:11:52	+01:07:43	10:09	
226	359	Paulo Arriaga	Individual	02:12:37	+01:08:28	10:12	
227	181	Carolina Ribeiro	CalPet RUN & RIDE	02:12:49	+01:08:40	10:13	
228	394	Nuno Fernandes	opraticante.pt	02:12:51	+01:08:42	10:13	
229	370	Gonçalo Bandeira Simões	Kondores Runners Team / CCR Valonguense	02:12:57	+01:08:48	10:14	
230	377	Pedro Miguel Alves da Silva	Kondores Runners Team / CCR Valonguense	02:12:57	+01:08:48	10:14	
231	238	Maria João Cotovio	Diabinhos de Samuel	02:13:23	+01:09:14	10:16	
232	386	Luís Carlos Nogueira Arede da Silva	Lobitos	02:13:52	+01:09:43	10:18	
233	417	Débora Soares	Roda Dianteira	02:13:52	+01:09:43	10:18	
234	127	Ana Marins	ADCR Pereira	02:13:56	+01:09:47	10:18	
235	169	DORA ALMEIDA	Atletismo Clube da Tocha	02:14:00	+01:09:51	10:18	
236	318	Stephanie Van Staden	Individual	02:14:03	+01:09:54	10:19	
237	135	Caty Costa	Ameal Trail	02:14:07	+01:09:58	10:19	
238	453	lIDIA cHOUCO	Talentos Objetivos	02:14:16	+01:10:07	10:20	
239	421	Ricardo Marques	Roda Dianteira	02:15:15	+01:11:06	10:24	
240	328	André Grilo	Individual	02:15:17	+01:11:08	10:24	
241	291	Beatriz Lourenço	Individual	02:15:31	+01:11:22	10:25	
242	159	Joana Silva	ASSSCC AR LIVRE E AVENTURA	02:15:45	+01:11:36	10:27	
243	296	Vanessa Santos	Individual	02:16:00	+01:11:51	10:28	
244	294	Mariana Fernandes	Individual	02:16:00	+01:11:51	10:28	
245	295	Patrícia Isabel Rodrigues Martins	Individual	02:16:25	+01:12:16	10:30	
246	357	JOSE MOITINHO	Individual	02:16:28	+01:12:19	10:30	
247	107	Marina Lino	ACDRS QUINHENDROS	02:16:52	+01:12:43	10:32	
248	374	Dina Lucas	Kondores Runners Team / CCR Valonguense	02:16:54	+01:12:45	10:32	
249	323	Ana Lúcia Oliveira	Individual	02:17:21	+01:13:12	10:34	
250	380	Nuno Frota	Kondores Runners Team / CCR Valonguense	02:17:26	+01:13:17	10:34	
251	320	Vanda Graça	CF Os Marialvas	02:17:47	+01:13:38	10:36	
252	432	Eugénia Batista	Soure Mov	02:18:17	+01:14:08	10:38	
253	416	Cátia Lorenço Rodrigues	Roda Dianteira	02:19:35	+01:15:26	10:44	
254	251	Albino Fernandes	DUELO D'OCASIÃO	02:20:46	+01:16:37	10:50	
255	222	Gary Quintal	Centro de Trail Carlos Sá Penacova Team	02:21:07	+01:16:58	10:51	
256	365	Paulo Acúrcio	Individual	02:21:26	+01:17:17	10:53	
257	138	João Costa	Ameal Trail	02:21:27	+01:17:18	10:53	
258	219	Ricardo Moreira	Centro de Trail Carlos Sá Penacova Team	02:21:39	+01:17:30	10:54	
259	210	Anabela Alves	Centro de Trail Carlos Sá Penacova Team	02:21:39	+01:17:30	10:54	
260	343	Pedro Valente	Individual	02:21:55	+01:17:46	10:55	
261	259	Adriana Almeida	Gatões BTT	02:22:27	+01:18:18	10:57	
262	367	Antonio Tafula	Individual	02:22:51	+01:18:42	10:59	
263	227	Catarina Alexandra Ribeiro de Sousa	CF Os Marialvas	02:23:07	+01:18:58	11:01	
264	366	Vitor Paulino Lopes Gariso	Individual	02:23:31	+01:19:22	11:02	
265	136	Daniel Couceiro	Ameal Trail	02:23:43	+01:19:34	11:03	
266	449	Ana Baptista	Talentos Objetivos	02:23:59	+01:19:50	11:05	
267	156	Liliana Gonçalves	ASCVALEIRINHA/TRAIL	02:24:12	+01:20:03	11:06	

13KM - STAGE 1

13 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
268	233	Fernando da Silva Venda	Coimbra Trail Running	02:24:15	+01:20:06	11:06	
269	197	Tiago Coelho	Centro de Trail Carlos Sá Penacova Team	02:25:37	+01:21:28	11:12	
270	278	Henrique Santos	GRVilaverdense	02:25:38	+01:21:29	11:12	
271	165	Celso FIGUEIREDO	ASSSCC AR LIVRE E AVENTURA	02:26:06	+01:21:57	11:14	
272	228	Susana Costa	CF Os Marialvas	02:26:12	+01:22:03	11:15	
273	105	Filipa Duarte	ACDRS QUINHENDROS	02:26:18	+01:22:09	11:15	
274	383	Liliana Oliveira	Liliana Oliveira	02:27:47	+01:23:38	11:22	
275	176	Catarina Ramos	Botão Camp	02:28:07	+01:23:58	11:24	
276	321	Sofia Fernandes	Individual	02:28:31	+01:24:22	11:25	
277	241	Carla Prina	Domus Trail	02:32:24	+01:28:15	11:43	
278	245	Oriana Dias	Domus Trail	02:32:25	+01:28:16	11:43	
279	350	Pedro Manuel Marques Gonçalves	Individual	02:32:52	+01:28:43	11:46	
280	360	Pedro Ramalho	Individual	02:33:53	+01:29:44	11:50	
281	339	Diego Pastor	Individual	02:34:02	+01:29:53	11:51	
282	426	Isa Maia dos Santos	S. C. Povoense - Caracóis de Corrida	02:34:05	+01:29:56	11:51	
283	316	Patrícia Cunha	Individual	02:34:11	+01:30:02	11:52	
284	363	Carlos Barroso	Individual	02:34:51	+01:30:42	11:55	
285	324	Ana Soares	Individual	02:34:54	+01:30:45	11:55	
286	415	Anamar Sofia Azevedo Paulino	Roda Dianteira	02:37:46	+01:33:37	12:08	
287	244	Vera Lúcia de Jesus Manco	Domus Trail	02:37:52	+01:33:43	12:09	
288	280	Jorge Raul Vilares	GRVilaverdense	02:42:04	+01:37:55	12:28	
289	435	Sara Silva	Tainadas run team-somengil	02:43:16	+01:39:07	12:34	
290	411	Wilian Rosa	RM Runners by Mira a Mexer	02:43:38	+01:39:29	12:35	
291	190	Fábio Santos	CarvaCity	02:44:33	+01:40:24	12:39	
292	189	Susana Melo	CarvaCity	02:44:34	+01:40:25	12:40	
293	174	Cláudia Vala	Bairro dos Anjos	02:44:45	+01:40:36	12:40	
294	249	Orlando Silva	Domus Trail	02:45:44	+01:41:35	12:45	
295	242	Daniela Caramujo	Domus Trail	02:45:44	+01:41:35	12:45	
296	424	Raúl Matos	RUN 4 FUN	02:45:53	+01:41:44	12:46	
297	273	Margarida Gante	GRVilaverdense	02:45:59	+01:41:50	12:46	
298	393	Zina Fernandes	opraticante.pt	02:47:15	+01:43:06	12:52	
299	389	Fátima Malta	MIRO TRAIL	02:49:25	+01:45:16	13:02	
300	208	Liliana Porto	Centro de Trail Carlos Sá Penacova Team	02:51:35	+01:47:26	13:12	
301	272	Fernanda Freitas	GRVilaverdense	02:51:39	+01:47:30	13:12	
302	431	ANTONIO CARVALHO	S. C. Povoense - Caracóis de Corrida	02:52:48	+01:48:39	13:18	
303	428	Fátima Maria da Silva Maia	S. C. Povoense - Caracóis de Corrida	02:52:48	+01:48:39	13:18	
304	269	Lurdes Gil	Grupo Desportivo Ferreirense	02:53:00	+01:48:51	13:18	
305	475	Pedro Cruz	Vinhas vet	02:53:40	+01:49:31	13:22	
306	474	Gonçalo Morgado	Vinhas vet	02:54:31	+01:50:22	13:25	
307	229	Manuel Costa	CF Os Marialvas	02:55:29	+01:51:20	13:30	
308	157	Adriana Terrivel	ASCVALEIRINHA/TRAIL	02:56:06	+01:51:57	13:33	
309	473	Tiago neto	Vinhas vet	02:56:23	+01:52:14	13:34	
310	263	Joana Raquel Silveira Cavaleiro	Gatões BTT	02:56:25	+01:52:16	13:34	
311	261	Tania Filipa	Gatões BTT	02:56:25	+01:52:16	13:34	
312	243	Cristina Gonçalves	Domus Trail	02:57:04	+01:52:55	13:37	
313	247	Manuela Gabriel	Domus Trail	02:58:28	+01:54:19	13:44	

13KM - STAGE 1

13 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
314	472	Johanna Leite	Vinhas vet	03:02:24	+01:58:15	14:02	
315	258	Eduarda Agra	FlashOver-BVP	03:03:03	+01:58:54	14:05	
316	147	Diana Gomes	Aqui há gato	03:03:20	+01:59:11	14:06	
317	310	Ana Ribeiro	Individual	03:03:41	+01:59:32	14:08	
318	427	Cláudia Vendas	S. C. Povoense - Caracóis de Corrida	03:03:43	+01:59:34	14:08	
319	373	Maria Alexandra Marques Sousa	Kondores Runners Team / CCR Valonguense	03:04:38	+02:00:29	14:12	
320	293	Daniela Mendes	Individual	03:05:42	+02:01:33	14:17	
321	265	carlos ramos	Gatões BTT	03:08:01	+02:03:52	14:28	
322	108	Luísa Santana	ACDRS QUINHENDROS	03:08:34	+02:04:25	14:30	
323	113	Gonçalo Durão	ACDRS QUINHENDROS	03:08:49	+02:04:40	14:31	
324	275	Fátima Cabeço	GRVilaverdense	03:13:01	+02:08:52	14:51	
325	311	Daiane Ribeiro de Souza Pastor	Individual	03:14:59	+02:10:50	15:00	
326	303	Lucas Kenji de Souza Okama	Individual	03:16:53	+02:12:44	15:09	
327	385	Yurimar Abreu Lourenço	Lobitos	03:24:58	+02:20:49	15:46	
328	143	Tiago Jaria	Aqui há gato	03:26:12	+02:22:03	15:52	
329	148	Marta Nunes	Aqui há gato	03:26:19	+02:22:10	15:52	
330	146	Cristina Silva	Aqui há gato	03:26:19	+02:22:10	15:52	
331	145	Helena Silveira	Aqui há gato	03:26:21	+02:22:12	15:52	
332	287	Pedro Lopes	GRVilaverdense	03:26:32	+02:22:23	15:53	
333	286	Paulo Pereira	GRVilaverdense	03:26:32	+02:22:23	15:53	
334	325	Magda Dias	Figueira Kayak Clube	03:26:32	+02:22:23	15:53	
335	314	Liliana Fernandes	Figueira Kayak Clube	03:26:32	+02:22:23	15:53	
336	279	João Bairrão	GRVilaverdense	03:26:32	+02:22:23	15:53	

13KM **13 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	09:00	18,5ºC	59%
End	12:27	18,5ºC	59%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	438	Nancy Cantante	Talentos Objetivos	Senior Feminino	01:41:50		07:50
2	232	Marisa Martins	Coimbra Trail Running	Senior Feminino	01:42:32	+00:41	07:53
3	396	Tatiana Costa	Pereira Trail	Senior Feminino	01:54:07	+12:16	08:47
4	260	Merlina Garthe	Gatões BTT	Senior Feminino	01:54:09	+12:18	08:47
5	437	Betania Xavier vieira	Talentos Objetivos	Senior Feminino	02:06:19	+24:28	09:43
6	292	Clara Nunes	Individual	Senior Feminino	02:06:41	+24:50	09:45
7	182	Francisca Calçada	CalPet RUN & RIDE	Senior Feminino	02:09:27	+27:36	09:57
8	181	Carolina Ribeiro	CalPet RUN & RIDE	Senior Feminino	02:12:49	+30:58	10:13
9	291	Beatriz Lourenço	Individual	Senior Feminino	02:15:31	+33:40	10:25
10	159	Joana Silva	ASSSCC AR LIVRE E AVENTURA	Senior Feminino	02:15:45	+33:54	10:27
11	296	Vanessa Santos	Individual	Senior Feminino	02:16:00	+34:09	10:28
12	294	Mariana Fernandes	Individual	Senior Feminino	02:16:00	+34:09	10:28
13	295	Patrícia Isabel Rodrigues Martins	Individual	Senior Feminino	02:16:25	+34:34	10:30
14	259	Adriana Almeida	Gatões BTT	Senior Feminino	02:22:27	+40:36	10:57
15	176	Catarina Ramos	Botão Camp	Senior Feminino	02:28:07	+46:16	11:24
16	472	Johanna Leite	Vinhas vet	Senior Feminino	03:02:24	+01:20:33	14:02
17	293	Daniela Mendes	Individual	Senior Feminino	03:05:42	+01:23:51	14:17

Senior Masculino

1	252	José Galvão	Escola de Atletismo de Coimbra/João Marques Real Estate	Senior Masculino	01:08:42		05:17
2	129	Filipe Rodrigues	AERGóis Trail Running	Senior Masculino	01:09:25	+00:42	05:20
3	441	José Sousa	Talentos Objetivos	Senior Masculino	01:11:19	+02:36	05:29
4	226	António Jorge Vieira da Cunha	Centro Popular de Trabalhadores do Sobral de Ceira	Senior Masculino	01:11:33	+02:50	05:30
5	191	David Mendes	Centro de Trail Carlos Sá Penacova Team	Senior Masculino	01:12:26	+03:43	05:34
6	102	Rafa silva	ACDRS QUINHENDROS	Senior Masculino	01:12:58	+04:15	05:37
7	130	Vitor Duarte	AERGóis Trail Running	Senior Masculino	01:14:42	+06:00	05:45
8	414	Luís Silva	Roda Dianteira	Senior Masculino	01:15:39	+06:56	05:49
9	397	João Neves	Pereira Trail	Senior Masculino	01:20:33	+11:51	06:12
10	267	GUI RODRIGUES	Grupo Desportivo Ferreirense	Senior Masculino	01:21:21	+12:39	06:15
11	297	Alexandre Nogueira	Individual	Senior Masculino	01:24:20	+15:38	06:29
12	128	Carlos Rodrigues	AERGóis Trail Running	Senior Masculino	01:25:40	+16:58	06:35
13	439	Fábio Ferreira	Talentos Objetivos	Senior Masculino	01:27:42	+18:59	06:45
14	132	Telmo Santos	Ameal Trail	Senior Masculino	01:29:13	+20:30	06:52
15	301	Marco Silva	Atletismo Clube da Tocha	Senior Masculino	01:30:14	+21:31	06:56
16	302	Rafael Tinoco Fernão	Individual	Senior Masculino	01:31:42	+23:00	07:03

17	442	Tiago Oliveira	Talentos Objetivos	Senior Masculino	01:37:38	+28:56	07:31
18	371	José Miguel Rocha Oliveira	Kondores Runners Team / CCR Valonguense	Senior Masculino	01:37:51	+29:08	07:32
19	300	luis carlos cunha	Individual	Senior Masculino	01:43:07	+34:24	07:56
20	183	HUMBERTO TUA	CalPet RUN & RIDE	Senior Masculino	01:44:54	+36:11	08:04
21	299	José Duarte	Individual	Senior Masculino	01:45:10	+36:27	08:05
22	133	Tiago Jegundo	Ameal Trail	Senior Masculino	01:49:45	+41:02	08:27
23	257	Eduardo Ferreira	Expresso Martini	Senior Masculino	01:50:47	+42:05	08:31
24	372	Romeu Manuel da Silva Teixeira	Kondores Runners Team / CCR Valonguense	Senior Masculino	01:51:19	+42:36	08:34
25	384	Rafael da Cruz Amaral	Lobitos	Senior Masculino	01:54:09	+45:26	08:47
26	298	Diogo Matias	Individual	Senior Masculino	02:11:25	+01:02:43	10:07
27	119	João Carlos Rua Castelhano	Acr seixo mira	Senior Masculino	02:11:52	+01:03:10	10:09
28	370	Gonçalo Bandeira Simões	Kondores Runners Team / CCR Valonguense	Senior Masculino	02:12:57	+01:04:14	10:14
29	473	Tiago neto	Vinhas vet	Senior Masculino	02:56:23	+01:47:41	13:34

Sub 18 Feminino

1	153	Inês Cruz	ASCVALEIRINHA/TRAIL	Sub 18 Feminino	01:39:40		07:40
2	426	Isa Maia dos Santos	S. C. Povoense - Caracóis de Corrida	Sub 18 Feminino	02:34:05	+54:25	11:51
3	415	Anamar Sofia Azevedo Paulino	Roda Dianteira	Sub 18 Feminino	02:37:46	+58:05	12:08

Sub 18 Masculino

1	443	Afonso Lopes	Talentos Objetivos	Sub 18 Masculino	01:22:15		06:20
2	103	SANTIAGO FERREIRA	ACDRS QUINHENDROS	Sub 18 Masculino	01:31:38	+09:22	07:03
3	304	Rafael da Silva Carvalho	Individual	Sub 18 Masculino	01:45:26	+23:11	08:07
4	120	Gabriel Pinho	Acr seixo mira	Sub 18 Masculino	01:49:14	+26:58	08:24
5	195	Victor Pereira	Centro de Trail Carlos Sá Penacova Team	Sub 18 Masculino	01:59:02	+36:47	09:09
6	194	António Coelho	Centro de Trail Carlos Sá Penacova Team	Sub 18 Masculino	02:04:48	+42:33	09:36
7	303	Lucas Kenji de Souza Okama	Individual	Sub 18 Masculino	03:16:53	+01:54:37	15:09

Sub 20 Feminino

1	154	Iris Tabanez	ASCVALEIRINHA/TRAIL	Sub 20 Feminino	01:59:54		09:13

Sub 20 Masculino

1	155	Miguel Lopes	ASCVALEIRINHA/TRAIL	Sub 20 Masculino	01:18:31		06:02
2	434	Rúben Martins	Tainadas run team-somengil	Sub 20 Masculino	01:25:12	+06:41	06:33
3	465	Duarte Almeida	Ugas Trail	Sub 20 Masculino	01:29:54	+11:23	06:55
4	196	ezequiel cardoso	Centro de Trail Carlos Sá Penacova Team	Sub 20 Masculino	01:32:50	+14:19	07:08

5	104	Diogo Bandarra	ACDRS QUINHENDROS	Sub 20 Masculino	01:35:39	+17:08	07:21
6	305	Leandro margarido	Individual	Sub 20 Masculino	01:53:04	+34:33	08:42
7	143	Tiago Jaria	Aqui há gato	Sub 20 Masculino	03:26:12	+02:07:41	15:52

Sub 23 Masculino

1	131	Rafael Costa	AERGóis Trail Running	Sub 23 Masculino	01:08:29		05:16
2	306	Alex junior	Individual	Sub 23 Masculino	01:16:17	+07:48	05:52
3	308	Guilherme Patrício	Individual	Sub 23 Masculino	01:18:14	+09:45	06:01
4	309	Luis Miguel Varanda	Individual	Sub 23 Masculino	01:32:46	+24:17	07:08
5	307	Dinis Cravo	Individual	Sub 23 Masculino	01:43:01	+34:32	07:55
6	197	Tiago Coelho	Centro de Trail Carlos Sá Penacova Team	Sub 23 Masculino	02:25:37	+01:17:08	11:12

Veterana F35

1	444	Ana Botelho	Talentos Objetivos	Veterana F35	01:22:17		06:20
2	167	Sara Silva	Atletismo Clube da Tocha	Veterana F35	01:24:35	+02:18	06:30
3	447	Elisa Sousa	Talentos Objetivos	Veterana F35	01:39:08	+16:50	07:38
4	399	Guida Carvalho	Pereira Trail	Veterana F35	01:42:13	+19:56	07:52
5	445	Ana Monteiro	Talentos Objetivos	Veterana F35	01:43:18	+21:01	07:57
6	398	Cátia Rosa	Pereira Trail	Veterana F35	01:46:51	+24:34	08:13
7	448	Lara Newiger	Talentos Objetivos	Veterana F35	01:47:15	+24:57	08:15
8	446	Cristina Santos	Talentos Objetivos	Veterana F35	02:02:57	+40:40	09:27
9	240	Mónica Ventura	Domus Trail	Veterana F35	02:09:28	+47:10	09:58
10	417	Débora Soares	Roda Dianteira	Veterana F35	02:13:52	+51:35	10:18
11	416	Cátia Lorenço Rodrigues	Roda Dianteira	Veterana F35	02:19:35	+57:17	10:44
12	261	Tania Filipa	Gatões BTT	Veterana F35	02:56:25	+01:34:08	13:34
13	310	Ana Ribeiro	Individual	Veterana F35	03:03:41	+01:41:24	14:08
14	373	Maria Alexandra Marques Sousa	Kondores Runners Team / CCR Valonguense	Veterana F35	03:04:38	+01:42:21	14:12
15	311	Daiane Ribeiro de Souza Pastor	Individual	Veterana F35	03:14:59	+01:52:41	15:00
16	385	Yurimar Abreu Lourenço	Lobitos	Veterana F35	03:24:58	+02:02:40	15:46

Veterana F40

1	168	Andreia Silva	Atletismo Clube da Tocha	Veterana F40	01:34:19		07:15
2	199	Cláudia Sofia Neto	Centro de Trail Carlos Sá Penacova Team	Veterana F40	01:34:54	+00:34	07:18
3	204	Mariana Vasconcelos	Centro de Trail Carlos Sá Penacova Team	Veterana F40	01:47:03	+12:44	08:14
4	400	Cátia Ferreira	Pereira Trail	Veterana F40	01:47:57	+13:38	08:18
5	317	patricia mariz	Individual	Veterana F40	01:49:09	+14:50	08:24
6	134	Cláudia Amaro	Ameal Trail	Veterana F40	01:49:33	+15:14	08:26
7	202	Jenna Tiffany-Skinner	Centro de Trail Carlos Sá Penacova Team	Veterana F40	01:51:38	+17:18	08:35

8	205	Sónia Semedo	Centro de Trail Carlos Sá Penacova Team	Veterana F40	01:58:22	+24:02	09:06
9	270	Tânia Margarida Azenha Rodrigues	GRVilaverdense	Veterana F40	02:03:48	+29:29	09:31
10	198	Ana Póvoa	Centro de Trail Carlos Sá Penacova Team	Veterana F40	02:05:32	+31:12	09:39
11	319	Tania Pinto	Individual	Veterana F40	02:05:38	+31:18	09:40
12	262	Carina Jordao	Gatões BTT	Veterana F40	02:06:04	+31:45	09:42
13	401	Patrícia Ferreira	Pereira Trail	Veterana F40	02:08:10	+33:50	09:52
14	315	Lucia silva	Individual	Veterana F40	02:11:26	+37:07	10:07
15	318	Stephanie Van Staden	Individual	Veterana F40	02:14:03	+39:44	10:19
16	107	Marina Lino	ACDRS QUINHENDROS	Veterana F40	02:16:52	+42:33	10:32
17	374	Dina Lucas	Kondores Runners Team / CCR Valonguense	Veterana F40	02:16:54	+42:35	10:32
18	320	Vanda Graça	CF Os Marialvas	Veterana F40	02:17:47	+43:28	10:36
19	449	Ana Baptista	Talentos Objetivos	Veterana F40	02:23:59	+49:40	11:05
20	105	Filipa Duarte	ACDRS QUINHENDROS	Veterana F40	02:26:18	+51:59	11:15
21	241	Carla Prina	Domus Trail	Veterana F40	02:32:24	+58:05	11:43
22	316	Patrícia Cunha	Individual	Veterana F40	02:34:11	+59:52	11:52
23	189	Susana Melo	CarvaCity	Veterana F40	02:44:34	+01:10:14	12:40
24	242	Daniela Caramujo	Domus Trail	Veterana F40	02:45:44	+01:11:25	12:45
25	263	Joana Raquel Silveira Cavaleiro	Gatões BTT	Veterana F40	02:56:25	+01:22:06	13:34
26	145	Helena Silveira	Aqui há gato	Veterana F40	03:26:21	+01:52:01	15:52
27	314	Liliana Fernandes	Figueira Kayak Clube	Veterana F40	03:26:32	+01:52:13	15:53

Veterana F45

1	209	Lúcia Sofia Silva	Centro de Trail Carlos Sá Penacova Team	Veterana F45	01:47:38		08:17
2	160	Catarina Marques	ASSSCC AR LIVRE E AVENTURA	Veterana F45	01:48:56	+01:17	08:23
3	206	Dália Roma	Centro de Trail Carlos Sá Penacova Team	Veterana F45	01:56:31	+08:52	08:58
4	452	Filipa ribeiro	Talentos Objetivos	Veterana F45	01:57:20	+09:41	09:02
5	462	Andreia Coelho	Team P. Moles	Veterana F45	02:03:07	+15:28	09:28
6	101	Sandra Reis	Academia de Desportos de Condeixa	Veterana F45	02:06:11	+18:32	09:42
7	402	Sandra Salgado	Pereira Trail	Veterana F45	02:09:28	+21:49	09:58
8	127	Ana Marins	ADCR Pereira	Veterana F45	02:13:56	+26:17	10:18
9	169	DORA ALMEIDA	Atletismo Clube da Tocha	Veterana F45	02:14:00	+26:21	10:18
10	227	Catarina Alexandra Ribeiro de Sousa	CF Os Marialvas	Veterana F45	02:23:07	+35:28	11:01
11	156	Liliana Gonçalves	ASCVALEIRINHA/TRAIL	Veterana F45	02:24:12	+36:33	11:06
12	228	Susana Costa	CF Os Marialvas	Veterana F45	02:26:12	+38:33	11:15
13	321	Sofia Fernandes	Individual	Veterana F45	02:28:31	+40:52	11:25
14	244	Vera Lúcia de Jesus Manco	Domus Trail	Veterana F45	02:37:52	+50:13	12:09
15	435	Sara Silva	Tainadas run team-somengil	Veterana F45	02:43:16	+55:37	12:34
16	208	Liliana Porto	Centro de Trail Carlos Sá Penacova Team	Veterana F45	02:51:35	+01:03:56	13:12
17	243	Cristina Gonçalves	Domus Trail	Veterana F45	02:57:04	+01:09:25	13:37
18	147	Diana Gomes	Aqui há gato	Veterana F45	03:03:20	+01:15:41	14:06

19	148	Marta Nunes	Aqui há gato	Veterana F45	03:26:19	+01:38:40	15:52
20	146	Cristina Silva	Aqui há gato	Veterana F45	03:26:19	+01:38:40	15:52

Veterana F50

1	211	Mónica Salvador	Centro de Trail Carlos Sá Penacova Team	Veterana F50	01:44:46		08:04
2	186	Anabela Dinis Tavares Figueiredo	CAOH-Clube Atlético de Oliveira do Hospital	Veterana F50	01:46:23	+01:36	08:11
3	246	Susana Leitão	Domus Trail	Veterana F50	01:50:56	+06:10	08:32
4	212	Sandra Santos	Centro de Trail Carlos Sá Penacova Team	Veterana F50	01:52:45	+07:58	08:40
5	274	Maria Alexandra Maia	GRVilaverdense	Veterana F50	02:01:33	+16:46	09:21
6	238	Maria João Cotovio	Diabinhos de Samuel	Veterana F50	02:13:23	+28:36	10:16
7	453	IIDIA cHOUCO	Talentos Objetivos	Veterana F50	02:14:16	+29:30	10:20
8	323	Ana Lúcia Oliveira	Individual	Veterana F50	02:17:21	+32:34	10:34
9	210	Anabela Alves	Centro de Trail Carlos Sá Penacova Team	Veterana F50	02:21:39	+36:52	10:54
10	383	Liliana Oliveira	Liliana Oliveira	Veterana F50	02:27:47	+43:00	11:22
11	245	Oriana Dias	Domus Trail	Veterana F50	02:32:25	+47:39	11:43
12	324	Ana Soares	Individual	Veterana F50	02:34:54	+50:08	11:55
13	174	Cláudia Vala	Bairro dos Anjos	Veterana F50	02:44:45	+59:58	12:40
14	273	Margarida Gante	GRVilaverdense	Veterana F50	02:45:59	+01:01:12	12:46
15	393	Zina Fernandes	opraticante.pt	Veterana F50	02:47:15	+01:02:28	12:52
16	272	Fernanda Freitas	GRVilaverdense	Veterana F50	02:51:39	+01:06:52	13:12
17	428	Fátima Maria da Silva Maia	S. C. Povoense - Caracóis de Corrida	Veterana F50	02:52:48	+01:08:02	13:18
18	269	Lurdes Gil	Grupo Desportivo Ferreirense	Veterana F50	02:53:00	+01:08:14	13:18
19	157	Adriana Terrivel	ASCVALEIRINHA/TRAIL	Veterana F50	02:56:06	+01:11:19	13:33
20	427	Cláudia Vendas	S. C. Povoense - Caracóis de Corrida	Veterana F50	03:03:43	+01:18:56	14:08
21	108	Luísa Santana	ACDRS QUINHENDROS	Veterana F50	03:08:34	+01:23:47	14:30
22	325	Magda Dias	Figueira Kayak Clube	Veterana F50	03:26:32	+01:41:45	15:53

Veterana F55

1	234	Anabela Monteiro	CUMIBROA RUNNING TEAM	Veterana F55	01:55:32		08:53
2	327	Júlia Santos	Individual	Veterana F55	01:56:39	+01:06	08:58
3	408	Cremilde Miranda	RM Runners by Mira a Mexer	Veterana F55	02:02:00	+06:28	09:23
4	213	Ana Silva	Centro de Trail Carlos Sá Penacova Team	Veterana F55	02:04:10	+08:37	09:33
5	109	Nelia jesus	ACDRS QUINHENDROS	Veterana F55	02:07:25	+11:52	09:48
6	135	Caty Costa	Ameal Trail	Veterana F55	02:14:07	+18:34	10:19
7	247	Manuela Gabriel	Domus Trail	Veterana F55	02:58:28	+01:02:55	13:44
8	258	Eduarda Agra	FlashOver-BVP	Veterana F55	03:03:03	+01:07:30	14:05

Veterana F60

1	432	Eugénia Batista	Soure Mov	Veterana F60	02:18:17		10:38
2	389	Fátima Malta	MIRO TRAIL	Veterana F60	02:49:25	+31:08	13:02
3	275	Fátima Cabeço	GRVilaverdense	Veterana F60	03:13:01	+54:44	14:51

Veterano M35

1	170	Jose Carlos Silva Sousa	Atletismo Clube da Tocha	Veterano M35	01:04:09		04:56
2	171	Luís Contente	Atletismo Clube da Tocha	Veterano M35	01:12:09	+08:00	05:33
3	163	Nelson Heleno	ASSSCC AR LIVRE E AVENTURA	Veterano M35	01:19:38	+15:29	06:08
4	454	Tiago Fernandes	Talentos Objetivos	Veterano M35	01:21:40	+17:31	06:17
5	276	Tiago Abreu	GRVilaverdense	Veterano M35	01:22:20	+18:11	06:20
6	175	Bruno Romão	Bairro dos Anjos	Veterano M35	01:27:20	+23:10	06:43
7	215	Rui Filipe Marques Costa	Centro de Trail Carlos Sá Penacova Team	Veterano M35	01:28:36	+24:26	06:49
8	214	André Parreiral	Centro de Trail Carlos Sá Penacova Team	Veterano M35	01:31:08	+26:58	07:01
9	329	André Lavado	ACDRS QUINHENDROS	Veterano M35	01:31:42	+27:33	07:03
10	121	Jorge Castelhano	Acr seixo mira	Veterano M35	01:41:21	+37:12	07:48
11	250	Rui Fernandes	DUELO D'OCASIÃO	Veterano M35	01:47:24	+43:14	08:16
12	248	Alexandre Oliveira	Domus Trail	Veterano M35	01:47:48	+43:38	08:18
13	162	Daniel Lopes	ASSSCC AR LIVRE E AVENTURA	Veterano M35	01:49:10	+45:01	08:24
14	334	Pedro Maçorano	Individual	Veterano M35	01:50:14	+46:04	08:29
15	410	Wesley Rosa	RM Runners by Mira a Mexer	Veterano M35	01:51:02	+46:52	08:32
16	230	Telmo Craveiro	Clube PT Coimbra	Veterano M35	01:51:22	+47:12	08:34
17	161	Brian Ferreira	ASSSCC AR LIVRE E AVENTURA	Veterano M35	01:53:09	+49:00	08:42
18	331	Fábio Daniel Oliveira Gomes	Individual	Veterano M35	01:55:41	+51:31	08:54
19	409	Tiago Jesus	RM Runners by Mira a Mexer	Veterano M35	02:02:51	+58:41	09:27
20	330	André Mariano	Individual	Veterano M35	02:03:02	+58:53	09:28
21	419	Xavier Alexandre Abrantes Santos	Roda Dianteira	Veterano M35	02:04:43	+01:00:33	09:36
22	332	Fábio Simões	Individual	Veterano M35	02:07:35	+01:03:26	09:49
23	328	André Grilo	Individual	Veterano M35	02:15:17	+01:11:07	10:24
24	136	Daniel Couceiro	Ameal Trail	Veterano M35	02:23:43	+01:19:33	11:03
25	411	Wilian Rosa	RM Runners by Mira a Mexer	Veterano M35	02:43:38	+01:39:29	12:35
26	475	Pedro Cruz	Vinhas vet	Veterano M35	02:53:40	+01:49:30	13:22
27	474	Gonçalo Morgado	Vinhas vet	Veterano M35	02:54:31	+01:50:22	13:25

Veterano M40

1	392	Luis Narciso	O Mundo da Corrida	Veterano M40	01:14:33		05:44
2	139	Ricardo Oliveira	Ameal Trail	Veterano M40	01:17:11	+02:37	05:56
3	342	Marco Paiva	Pereira Trail	Veterano M40	01:17:20	+02:46	05:57
4	404	Joel Amado	Pereira Trail	Veterano M40	01:20:34	+06:00	06:12
5	253	Frederico Oliveira	Escola de Atletismo de Coimbra/João Marques Real Estate	Veterano M40	01:21:06	+06:32	06:14

6	218	Vitor Rafael Silva Lopes	Centro de Trail Carlos Sá Penacova Team	Veterano M40	01:22:32	+07:58	06:21
7	122	Luis Lourenço	Acr seixo mira	Veterano M40	01:22:59	+08:25	06:23
8	164	Gonçalo Gonçalves	ASSSCC AR LIVRE E AVENTURA	Veterano M40	01:25:10	+10:36	06:33
9	341	Luís Fontes	KONDORES RUNNERS TEAM/CCR VALONGUENSE	Veterano M40	01:26:26	+11:52	06:39
10	216	Marco Brásio	Centro de Trail Carlos Sá Penacova Team	Veterano M40	01:32:43	+18:09	07:08
11	455	Filipe Balsas	Talentos Objetivos	Veterano M40	01:40:53	+26:19	07:46
12	140	Sérgio Leite	Ameal Trail	Veterano M40	01:40:59	+26:25	07:46
13	237	Daniel Mateus	Daniel Mateus	Veterano M40	01:41:59	+27:25	07:51
14	344	Samuel Marques	Individual	Veterano M40	01:42:59	+28:25	07:55
15	277	Celso Filipe Garrido Ferreira	GRVilaverdense	Veterano M40	01:43:42	+29:08	07:59
16	468	Jorge Acúrcio	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M40	01:44:36	+30:02	08:03
17	403	Andre Santos	Pereira Trail	Veterano M40	01:45:23	+30:50	08:06
18	412	jose tavares	RM Runners by Mira a Mexer	Veterano M40	01:45:27	+30:53	08:07
19	436	Jorge Martins	Tainadas run team-somengil	Veterano M40	01:47:10	+32:36	08:15
20	336	André Neves	Individual	Veterano M40	01:48:47	+34:13	08:22
21	337	Bruno Figueiredo	Individual	Veterano M40	01:49:43	+35:09	08:26
22	387	Ricardo Filipe Soares Santos	Lobitos	Veterano M40	01:49:49	+35:15	08:27
23	463	Luís Figueiredo	TransQuiaios Team	Veterano M40	01:58:37	+44:03	09:07
24	464	Tiago Vilão	TransQuiaios Team	Veterano M40	01:58:46	+44:12	09:08
25	123	Tiago de Jesus Lopes	Acr seixo mira	Veterano M40	02:01:53	+47:19	09:23
26	338	Carlos Jesus	Individual	Veterano M40	02:02:45	+48:11	09:27
27	375	Tiago Filipe Cardoso dos Santos	Kondores Runners Team / CCR Valonguense	Veterano M40	02:07:18	+52:44	09:48
28	420	Marco Alexandre Costa Santos	Roda Dianteira	Veterano M40	02:07:18	+52:44	09:48
29	425	Luis Dias	Running4fun Team Viseu - CSP	Veterano M40	02:08:08	+53:35	09:51
30	386	Luís Carlos Nogueira Arede da Silva	Lobitos	Veterano M40	02:13:52	+59:18	10:18
31	421	Ricardo Marques	Roda Dianteira	Veterano M40	02:15:15	+01:00:41	10:24
32	138	João Costa	Ameal Trail	Veterano M40	02:21:27	+01:06:53	10:53
33	343	Pedro Valente	Individual	Veterano M40	02:21:55	+01:07:21	10:55
34	339	Diego Pastor	Individual	Veterano M40	02:34:02	+01:19:28	11:51
35	190	Fábio Santos	CarvaCity	Veterano M40	02:44:33	+01:29:59	12:39
36	249	Orlando Silva	Domus Trail	Veterano M40	02:45:44	+01:31:10	12:45

Veterano M45

1	457	Alex Silva	Talentos Objetivos	Veterano M45	01:08:57		05:18
2	254	Didier Jesus	Escola de Atletismo de Coimbra/João Marques Real Estate	Veterano M45	01:12:46	+03:48	05:36
3	264	Jorge Simoes	Gatões BTT	Veterano M45	01:12:58	+04:00	05:37
4	172	César Figueiredo	Atletismo Clube da Tocha	Veterano M45	01:13:04	+04:06	05:37
5	466	Jorge Perdigão	Unidos Run Team	Veterano M45	01:26:41	+17:43	06:40
6	458	Eduardo José da Cruz Loureiro	Talentos Objetivos	Veterano M45	01:27:48	+18:50	06:45
7	266	vitor cação	GATOES TRAIL	Veterano M45	01:29:00	+20:02	06:51

8	125	Pedro Baptista	Acr seixo mira	Veterano M45	01:31:27	+22:29	07:02
9	345	Cesar Cardoso	Individual	Veterano M45	01:32:45	+23:48	07:08
10	405	Fernando Jorge Soares Ferreira Neves	Pereira Trail	Veterano M45	01:34:17	+25:20	07:15
11	281	José Silva	GRVilaverdense	Veterano M45	01:35:15	+26:18	07:20
12	235	Vincent Eugene	CUMIBROA RUNNING TEAM	Veterano M45	01:36:51	+27:53	07:27
13	395	Alexandre Silva	Papakilometros	Veterano M45	01:38:21	+29:24	07:34
14	110	BRUNO B FERREIRA	ACDRS QUINHENDROS	Veterano M45	01:39:23	+30:25	07:39
15	126	Kevin Cruz	ACSValeirinha	Veterano M45	01:39:41	+30:43	07:40
16	459	Pedro Figueiredo	Talentos Objetivos	Veterano M45	01:40:28	+31:30	07:44
17	178	Sérgio Santos	Botão Camp	Veterano M45	01:44:14	+35:16	08:01
18	469	Luís Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	01:48:26	+39:28	08:20
19	346	Jaime Figueiredo	Individual	Veterano M45	01:50:55	+41:57	08:32
20	231	Daniel Raposo	Coala	Veterano M45	01:53:16	+44:18	08:43
21	349	Nelson Lopes	Talentos Objetivos	Veterano M45	01:53:46	+44:49	08:45
22	378	Rui Patricio Martins Aleixo	Kondores Runners Team / CCR Valonguense	Veterano M45	01:56:08	+47:10	08:56
23	158	Fernando Oliveira	ASCVALEIRINHA/TRAIL	Veterano M45	01:56:18	+47:21	08:57
24	413	Sérgio Domingues	RM Runners by Mira a Mexer	Veterano M45	02:02:02	+53:04	09:23
25	124	Alexandre Pinho	Acr seixo mira	Veterano M45	02:02:49	+53:52	09:27
26	347	Jorge Ferreira	Individual	Veterano M45	02:02:56	+53:58	09:27
27	282	Nuno Gois	GRVilaverdense	Veterano M45	02:04:01	+55:03	09:32
28	177	Luis Ricardo Pereira Batista	Botão Camp	Veterano M45	02:07:03	+58:05	09:46
29	388	Rui Manuel Valente Silva	Lobitos	Veterano M45	02:09:17	+01:00:19	09:57
30	376	Bruno Filipe Mendes Oliveira	Kondores Runners Team / CCR Valonguense	Veterano M45	02:11:07	+01:02:09	10:05
31	377	Pedro Miguel Alves da Silva	Kondores Runners Team / CCR Valonguense	Veterano M45	02:12:57	+01:03:59	10:14
32	219	Ricardo Moreira	Centro de Trail Carlos Sá Penacova Team	Veterano M45	02:21:39	+01:12:41	10:54
33	278	Henrique Santos	GRVilaverdense	Veterano M45	02:25:38	+01:16:40	11:12
34	165	Celso FIGUEIREDO	ASSSCC AR LIVRE E AVENTURA	Veterano M45	02:26:06	+01:17:09	11:14
35	350	Pedro Manuel Marques Gonçalves	Individual	Veterano M45	02:32:52	+01:23:54	11:46
36	280	Jorge Raul Vilares	GRVilaverdense	Veterano M45	02:42:04	+01:33:06	12:28
37	279	João Bairrão	GRVilaverdense	Veterano M45	03:26:32	+02:17:35	15:53

Veterano M50

1	114	Joao Simoes	ACDRS QUINHENDROS	Veterano M50	01:19:11		06:05
2	173	Rui Varanda	Atletismo Clube da Tocha	Veterano M50	01:21:46	+02:34	06:17
3	353	Duarte Nuno Domingues	Individual	Veterano M50	01:27:00	+07:49	06:42
4	111	Aurélio Saúde	ACDRS QUINHENDROS	Veterano M50	01:33:08	+13:56	07:10
5	430	Nuno Alexandre Gonçalves da Silva	S. C. Povoense - Caracóis de Corrida	Veterano M50	01:33:42	+14:30	07:12
6	283	Carlos Santos	GRVilaverdense	Veterano M50	01:34:54	+15:42	07:18
7	423	Pedro Fintes	Roda Dianteira	Veterano M50	01:38:51	+19:40	07:36
8	379	Nuno Alexandre Matos da Silva	Kondores Runners Team / CCR Valonguense	Veterano M50	01:39:09	+19:58	07:38

9	406	Fernando Carvalho	Pereira Trail	Veterano M50	01:41:02	+21:50	07:46
10	460	Amílcar Ramos	Talentos Objetivos	Veterano M50	01:43:21	+24:09	07:57
11	429	José Miguel Machado Marques dos Santos	S. C. Povoense - Caracóis de Corrida	Veterano M50	01:46:06	+26:55	08:10
12	470	Filipe José Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M50	01:46:24	+27:12	08:11
13	187	Vasco Figueiredo	CAOH-Clube Atlético de Oliveira do Hospital	Veterano M50	01:47:01	+27:49	08:14
14	115	Nuno Bandarra	ACDRS QUINHENDROS	Veterano M50	01:47:20	+28:08	08:15
15	220	Carlos Campos	Centro de Trail Carlos Sá Penacova Team	Veterano M50	01:48:16	+29:04	08:20
16	422	Ângelo Manuel Várzeas da Fonseca	Roda Dianteira	Veterano M50	01:50:06	+30:54	08:28
17	354	Manuel Brandão	Individual	Veterano M50	01:53:23	+34:11	08:43
18	284	Vitor Santos	GRVilaverdense	Veterano M50	01:54:56	+35:44	08:50
19	236	Jorge Mendes	CUMIBROA RUNNING TEAM	Veterano M50	01:55:33	+36:21	08:53
20	112	Carlos Manuel SantosSilva	ACDRS QUINHENDROS	Veterano M50	01:56:00	+36:48	08:55
21	352	Arnaldo Ferreira	Individual	Veterano M50	01:56:27	+37:15	08:57
22	381	Ricardo Nuno Melo de Oliveira	Kondores Runners Team / CCR Valonguense	Veterano M50	01:58:36	+39:24	09:07
23	221	Carlos Pereira	Centro de Trail Carlos Sá Penacova Team	Veterano M50	01:59:04	+39:53	09:10
24	355	Marco Silva	Figueira Kayak Clube	Veterano M50	02:00:27	+41:15	09:16
25	223	Ricardo Coelho	Centro de Trail Carlos Sá Penacova Team	Veterano M50	02:05:58	+46:46	09:41
26	150	luis inacio	ARSM - Associação Recreativa de S. Miguel	Veterano M50	02:05:59	+46:47	09:41
27	356	Pedro Jorge	Individual	Veterano M50	02:06:30	+47:18	09:44
28	369	Celso Alves	JuveRunTeam	Veterano M50	02:08:28	+49:16	09:53
29	394	Nuno Fernandes	opraticante.pt	Veterano M50	02:12:51	+53:39	10:13
30	380	Nuno Frota	Kondores Runners Team / CCR Valonguense	Veterano M50	02:17:26	+58:15	10:34
31	222	Gary Quintal	Centro de Trail Carlos Sá Penacova Team	Veterano M50	02:21:07	+01:01:55	10:51
32	265	carlos ramos	Gatões BTT	Veterano M50	03:08:01	+01:48:49	14:28
33	113	Gonçalo Durão	ACDRS QUINHENDROS	Veterano M50	03:08:49	+01:49:37	14:31

Veterano M55

1	382	José loureiro	Leões de Tardariz Trail	Veterano M55	01:21:14		06:15
2	185	Paulo Paradinha	CalPet RUN & RIDE	Veterano M55	01:31:34	+10:19	07:03
3	116	António Ferreira	ACDRS QUINHENDROS	Veterano M55	01:34:45	+13:31	07:17
4	224	João Bernardino	Centro de Trail Carlos Sá Penacova Team	Veterano M55	01:37:37	+16:22	07:31
5	118	Tózé Serra	ACDRS QUINHENDROS	Veterano M55	01:40:42	+19:27	07:45
6	358	Luis Varanda	Individual	Veterano M55	01:43:20	+22:05	07:57
7	433	Marinho Paulo Penacho Nunes	Soure Mov	Veterano M55	01:49:26	+28:11	08:25
8	151	Paulo Martins	ARSM - Associação Recreativa de S. Miguel	Veterano M55	01:50:47	+29:32	08:31
9	361	Raul Silva	Individual	Veterano M55	01:50:50	+29:35	08:32

13KM

13 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

10	188	Nuno Veiga	CAOH-Clube Atlético de Oliveira do Hospital	Veterano M55	01:51:15	+30:00	08:33
11	285	Hermínio Almeida	GRVilaverdense	Veterano M55	01:51:17	+30:02	08:34
12	180	Pedro Valença	Botão Camp	Veterano M55	01:53:02	+31:48	08:42
13	179	David Dinis	Botão Camp	Veterano M55	01:53:03	+31:48	08:42
14	117	António Gaspar	ACDRS QUINHENDROS	Veterano M55	01:55:56	+34:41	08:55
15	289	António Gonçalves	Healthy Move	Veterano M55	01:59:54	+38:39	09:13
16	362	Ricardo Biscaia	Individual	Veterano M55	02:06:07	+44:52	09:42
17	359	Paulo Arriaga	Individual	Veterano M55	02:12:37	+51:22	10:12
18	357	JOSE MOITINHO	Individual	Veterano M55	02:16:28	+55:13	10:30
19	360	Pedro Ramalho	Individual	Veterano M55	02:33:53	+01:12:39	11:50
20	424	Raúl Matos	RUN 4 FUN	Veterano M55	02:45:53	+01:24:39	12:46
21	287	Pedro Lopes	GRVilaverdense	Veterano M55	03:26:32	+02:05:17	15:53
22	286	Paulo Pereira	GRVilaverdense	Veterano M55	03:26:32	+02:05:17	15:53

Veterano M60

1	368	António Ferreira	Industrial desportivo vierense	Veterano M60	01:19:11		06:05
2	461	Paulo Marques	Talentos Objetivos	Veterano M60	01:31:13	+12:01	07:01
3	225	Victor Silva	Centro de Trail Carlos Sá Penacova Team	Veterano M60	01:35:11	+16:00	07:19
4	152	José Correia	ARSM - Associação Recreativa de S. Miguel	Veterano M60	01:42:23	+23:11	07:53
5	364	José Pereira	Individual	Veterano M60	01:52:48	+33:37	08:41
6	365	Paulo Acúrcio	Individual	Veterano M60	02:21:26	+01:02:15	10:53
7	366	Vitor Paulino Lopes Gariso	Individual	Veterano M60	02:23:31	+01:04:20	11:02
8	363	Carlos Barroso	Individual	Veterano M60	02:34:51	+01:15:39	11:55

Veterano M65

1	471	Joaquim Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M65	01:53:40		08:45
2	391	Firmino Mendes	MONTANHA CLUBE TRAIL RUNNING EFAPEL	Veterano M65	02:06:26	+12:45	09:44
3	251	Albino Fernandes	DUELO D'OCASIÃO	Veterano M65	02:20:46	+27:06	10:50

Veterano M70

1	367	Antonio Tafula	Individual	Veterano M70	02:22:51		10:59
2	233	Fernando da Silva Venda	Coimbra Trail Running	Veterano M70	02:24:15	+01:23	11:06
3	431	ANTONIO CARVALHO	S. C. Povoense - Caracóis de Corrida	Veterano M70	02:52:48	+29:56	13:18
4	229	Manuel Costa	CF Os Marialvas	Veterano M70	02:55:29	+32:37	13:30

COLETIVA 13KM MASC

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	ATLETISMO CLUBE DA TOCHA	1 + 8 + 13	22
2	AERGÓIS TRAIL RUNNING	2 + 5 + 15	22
3	ESCOLA DE ATLETISMO DE COIMBRA/JOÃO MARQUES REAL ESTATE	3 + 10 + 27	40
4	TALENTOS OBJETIVOS	4 + 6 + 30	40
5	PEREIRA TRAIL	19 + 25 + 26	70
6	CENTRO DE TRAIL CARLOS SÁ PENACOVA TEAM	9 + 34 + 46	89
7	ACDRS QUINHENDROS	12 + 23 + 55	90
8	AMEAL TRAIL	18 + 48 + 82	148
9	GRVILAVERDENSE	33 + 66 + 68	167
10	ASSSCC AR LIVRE E AVENTURA	24 + 37 + 110	171
11	ACR SEIXO MIRA	35 + 53 + 84	172
12	RODA DIANTEIRA	16 + 75 + 116	207
13	KONDORES RUNNERS TEAM / CCR VALONGUENSE	73 + 76 + 125	274
14	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	94 + 101 + 108	303
15	BOTÃO CAMP	93 + 128 + 129	350
16	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	86 + 118 + 163	367
17	S. C. POVOENSE - CARACÓIS DE CORRIDA	63 + 100 + 208	371
18	RM RUNNERS BY MIRA A MEXER	99 + 122 + 153	374
19	LOBITOS	115 + 136 + 173	424
20	VINHAS VET	209 + 210 + 212	631

COLETIVA 13KM FEM

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	TALENTOS OBJETIVOS	1 + 5 + 7	13
2	CENTRO DE TRAIL CARLOS SÁ PENACOVA TEAM	4 + 11 + 14	29
3	PEREIRA TRAIL	8 + 13 + 17	38
4	ATLETISMO CLUBE DA TOCHA	2 + 3 + 54	59
5	ASCVALEIRINHA/TRAIL	6 + 31 + 73	110
6	GATÕES BTT	25 + 40 + 70	135
7	DOMUS TRAIL	21 + 47 + 79	147
8	GRVILAVERDENSE	32 + 36 + 90	158
9	ACDRS QUINHENDROS	44 + 63 + 75	182
10	RODA DIANTEIRA	52 + 68 + 84	204
11	CF OS MARIALVAS	66 + 71 + 74	211
12	S. C. POVOENSE - CARACÓIS DE CORRIDA	81 + 95 + 106	282
13	AQUI HÁ GATO	104 + 113 + 114	331