

TRAIL LONGO - STAGE 1

24 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	11,4°C	92%
End	13:20	11.4°C	92%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	87	Pedro Rafael Tavares Garrido	Saca Trilhos Anadia	02:17:25		05:44	
2	88	Rui Figueiredo	Saca Trilhos Anadia	02:22:53	+05:28	05:57	
3	39	Ricardo Martins	ARCD Venda da Luisa	02:41:09	+23:44	06:43	
4	54	Rodrigo Santos	Dura-F1 Raceteam	02:41:10	+23:45	06:43	
5	50	João Margarido	CLTT - CLÍNICA LITORALIS TRAIL TEAM	02:46:43	+29:18	06:57	
6	53	Valter Matos	DCI/Trilhos Luso Bussaco	02:46:43	+29:18	06:57	
7	92	Luís Azevedo	Sport Clube Paradela	02:54:19	+36:54	07:16	
8	82	Vital José Pires Espinhal	LAAC - JOSÉ VIDAL BAIRRADA -BIKE & SPORT	03:00:22	+42:57	07:31	
9	56	José Cruz	Dura-F1 Raceteam	03:01:10	+43:45	07:33	
10	55	Hugo Silva	Dura-F1 Raceteam	03:08:03	+50:38	07:50	
11	89	António Ferreira	Smileflexible	03:10:55	+53:30	07:57	
12	83	André Gomes	Oiãrunners	03:12:12	+54:47	08:01	
13	51	Inês Teixeira	DAR - Desportivo atlético de Recardães	03:12:31	+55:06	08:01	
14	63	Tiago Dias	Individual	03:15:17	+57:52	08:08	
15	49	Sofia Padilha	Centro de Trail Carlos Sá Penacova Team	03:15:32	+58:07	08:09	
16	85	Ana Melo	Saca Trilhos Anadia	03:24:45	+01:07:20	08:32	
17	68	Frederico Salgado	Individual	03:30:00	+01:12:35	08:45	
18	79	João Cruz	LAAC - JOSÉ VIDAL BAIRRADA -BIKE & SPORT	03:31:59	+01:14:34	08:50	
19	43	João Rocha	Associação Cultural Bunheirense	03:34:26	+01:17:01	08:56	
20	86	João Almeida	Saca Trilhos Anadia	03:36:21	+01:18:56	09:01	
21	90	Liliana Ferreira	Sport Clube Paradela	03:36:27	+01:19:02	09:01	
22	37	Manuel Ferreira	Adabem Running Team	03:37:19	+01:19:54	09:03	
23	46	Pedro Pires	Bora Treinar Running Club	03:37:45	+01:20:20	09:04	
24	80	Tiago santos	LAAC - JOSÉ VIDAL BAIRRADA -BIKE & SPORT	03:38:42	+01:21:17	09:07	
25	61	David Ferreira	Individual	03:39:46	+01:22:21	09:09	
26	66	Simão Ferreira	Individual	03:43:03	+01:25:38	09:18	
27	77	António Paulo	JOVASE Trail Running	03:43:26	+01:26:01	09:19	
28	48	Igor Alves	Bora Treinar Running Club	03:43:41	+01:26:16	09:19	
29	81	Ricardo Henriques	LAAC - JOSÉ VIDAL BAIRRADA -BIKE & SPORT	03:52:45	+01:35:20	09:42	
30	40	Ana Pereira	Associação Cultural Bunheirense	03:53:26	+01:36:01	09:44	
31	69	Hélio José Esteves Simões	Individual	03:59:41	+01:42:16	09:59	
32	65	Rodrigo Almeida	Individual	04:00:09	+01:42:44	10:00	
33	38	João Almada	ADT	04:02:49	+01:45:24	10:07	
34	52	Renato Ribeiro	DCI/Trilhos Luso Bussaco	04:02:51	+01:45:26	10:07	
35	70	João Tiago Marques Oliveira	Individual	04:02:51	+01:45:26	10:07	
36	84	João Rodrigues	Oiãrunners	04:05:14	+01:47:49	10:13	
37	71	Luis Gil	Individual	04:05:27	+01:48:02	10:14	
38	57	Daniel Vieira	Fat & Furious	04:05:29	+01:48:04	10:14	
39	67	Carlos Estrela	Individual	04:07:17	+01:49:52	10:18	
40	58	João Monteiro	Fat & Furious	04:07:32	+01:50:07	10:19	
41	60	Jorge Martins	Hut Runners Aveiro	04:07:39	+01:50:14	10:19	
42	64	Afonso Marques	Individual	04:10:08	+01:52:43	10:25	

24 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	76	José Maia	Individual	04:17:45	+02:00:20	10:44	
44	47	Eduarda Vinagre	Bora Treinar Running Club	04:20:17	+02:02:52	10:51	
45	72	Jonathan Correa	Individual	04:23:12	+02:05:47	10:58	
46	78	Bruno Silva	LAAC - JOSÉ VIDAL BAIRRADA -BIKE & SPORT	04:25:35	+02:08:10	11:04	
47	35	Jorge Scevola	A.R.S.M- ASSOCIAÇÃO RECREATIVA DE SÃO MIGUEL	04:26:44	+02:09:19	11:07	
48	73	António Manuel da Fonseca Pereira	Individual	04:34:40	+02:17:15	11:27	
49	42	Júlia Rocha	Associação Cultural Bunheirense	04:35:39	+02:18:14	11:29	
50	74	Guedes Alfredo	DCI/Trilhos Luso Bussaco	04:35:40	+02:18:15	11:29	
51	59	Bruno Silveira	Hut Runners Aveiro	04:48:52	+02:31:27	12:02	
52	91	Armando Cardoso	Sport Clube Paradela	04:48:55	+02:31:30	12:02	

24 KM

[illegible][illegible]

	Time	Temperature	Humidity
Start	08:30	11,4°C	92%
End	13:20	11.4°C	92%

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

1	51	Inês Teixeira	DAR - Desportivo atlético de Recardães	Senior Feminino	03:12:31	08:01
2	49	Sofia Padilha	Centro de Trail Carlos Sá Penacova Team	Senior Feminino	03:15:32	+03:01 08:09
3	90	Liliana Ferreira	Sport Clube Paradela	Senior Feminino	03:36:27	+23:56 09:01
4	40	Ana Pereira	Associação Cultural Bunheirense	Senior Feminino	03:53:26	+40:55 09:44

Senior Masculino

1	54	Rodrigo Santos	Dura-F1 Raceteam	Senior Masculino	02:41:10	06:43
2	83	André Gomes	Oiãrunners	Senior Masculino	03:12:12	+31:01 08:01
3	63	Tiago Dias	Individual	Senior Masculino	03:15:17	+34:06 08:08
4	79	João Cruz	LAAC - JOSÉ VIDAL BAIRRADA - BIKE & SPORT	Senior Masculino	03:31:59	+50:49 08:50
5	46	Pedro Pires	Bora Treinar Running Club	Senior Masculino	03:37:45	+56:34 09:04
6	80	Tiago santos	LAAC - JOSÉ VIDAL BAIRRADA - BIKE & SPORT	Senior Masculino	03:38:42	+57:32 09:07
7	61	David Ferreira	Individual	Senior Masculino	03:39:46	+58:35 09:09
8	57	Daniel Vieira	Fat & Furious	Senior Masculino	04:05:29	+01:24:19 10:14
9	58	João Monteiro	Fat & Furious	Senior Masculino	04:07:32	+01:26:21 10:19
10	78	Bruno Silva	LAAC - JOSÉ VIDAL BAIRRADA - BIKE & SPORT	Senior Masculino	04:25:35	+01:44:25 11:04
11	35	Jorge Scevola	A.R.S.M- ASSOCIAÇÃO RECREATIVA DE SÃO MIGUEL	Senior Masculino	04:26:44	+01:45:34 11:07

Sub 23 Masculino

1	66	Simão Ferreira	Individual	Sub 23 Masculino	03:43:03	09:18:00
2	65	Rodrigo Almeida	Individual	Sub 23 Masculino	04:00:09	+17:06 10:00:00
3	64	Afonso Marques	Individual	Sub 23 Masculino	04:10:08	+27:04 10:25:00

Veterana F40

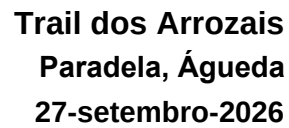
1	85	Ana Melo	Saca Trilhos Anadia	Veterana F40	03:24:45	08:32:10
2	42	Júlia Rocha	Associação Cultural Bunheirense	Veterana F40	04:35:39	+01:10:54 11:29:04

24 KM

OFFICIAL RESULT

[illegible]

1	77	António Paulo	JOVASE Trail Running	Veterano M60	03:43:26	09:19
2	38	João Almada	ADT	Veterano M60	04:02:49	+19:23 10:07
3	76	José Maia	Individual	Veterano M60	04:17:45	+34:19 10:44
4	73	António Manuel da Fonseca Pereira	Individual	Veterano M60	04:34:40	+51:13 11:27



24 KM

OFFICIAL RESULT

5	74	Guedes Alfredo	DCI/Trilhos Luso Bussaco	Veterano M60	04:35:40	+52:14	11:29
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RANK	TEAM	DESCRIPTION	POINTS
1	SACA TRILHOS ANADIA	1 + 2 + 16	19
2	DURA-F1 RACETEAM	4 + 9 + 10	23
3	LAAC - JOSÉ VIDAL BAIRRADA -BIKE & SPORT	8 + 18 + 24	50
4	SPORT CLUBE PARADELA	7 + 21 + 52	80
5	DCI/TRILHOS LUSO BUSSACO	6 + 34 + 50	90
6	BORA TREINAR RUNNING CLUB	23 + 28 + 44	95
7	ASSOCIAÇÃO CULTURAL BUNHEIRENSE	19 + 30 + 49	98

TRAIL CURTO - STAGE 1

17 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	13,7°C	85%
End	13:22	13.7°C	85%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	200	Luis Manuel Pinho Diogo	DCI/Trilhos Luso Bussaco	01:41:57		06:00	
2	151	Samuel Santos	DAR - Desportivo atlético de Recardães	01:45:44	+03:47	06:13	
3	256	Jacinto Sousa	Saca Trilhos Anadia	01:48:34	+06:37	06:23	
4	119	Augusto Tavares	Associação Cultural Bunheirense	01:53:39	+11:42	06:41	
5	150	José margarido	CLTT - CLÍNICA LITORALIS TRAIL TEAM	01:54:38	+12:41	06:45	
6	159	José Martins	DAR - Desportivo atlético de Recardães	01:55:53	+13:56	06:49	
7	131	Manuel Vicente	BiciARCA run team	01:56:10	+14:13	06:50	
8	162	Marco Simões	DCI/Trilhos Luso Bussaco	01:58:35	+16:38	06:59	
9	163	António Silva	DCI/Trilhos Luso Bussaco	01:59:49	+17:52	07:03	
10	152	Bruno Rodrigues	DAR - Desportivo atlético de Recardães	02:01:18	+19:21	07:08	
11	258	Luís Silva	Sport Clube Paradela	02:01:54	+19:57	07:10	
12	191	André Oliveira	Individual	02:02:13	+20:16	07:11	
13	205	Ricardo Alves	Individual	02:04:12	+22:15	07:18	
14	165	António Gomes	Dura-F1 Raceteam	02:04:22	+22:25	07:19	
15	197	Jorge Campos	Individual	02:08:58	+27:01	07:35	
16	155	Sérgio Rodrigues	DAR - Desportivo atlético de Recardães	02:08:58	+27:01	07:35	
17	166	David Coutinho	Dura-F1 Raceteam	02:08:58	+27:01	07:35	
18	144	Luís Rafael Pereira Ferreira	C.D.C. Paradela do Vouga	02:09:06	+27:09	07:36	
19	264	Rúben Martins	Tainadas run team somengil	02:09:59	+28:02	07:39	
20	129	Sérgio Ferreira	BiciARCA run team	02:10:48	+28:51	07:42	
21	167	Filipe Fonseca	Dura-F1 Raceteam	02:12:05	+30:08	07:46	
22	261	Ricardo Vidal	Sport Clube Paradela	02:12:12	+30:15	07:47	
23	128	Rodrigo Gouveia	BiciARCA run team	02:13:34	+31:37	07:51	
24	176	Fernando Alves	Individual	02:15:02	+33:05	07:57	
25	212	Daniel Santiago	Individual	02:15:21	+33:24	07:58	
26	140	Félix	Bora Treinar Running Club	02:15:26	+33:29	07:58	
27	234	Carlos Duarte	Individual	02:15:33	+33:36	07:58	
28	231	Luís Pereira	Individual	02:17:15	+35:18	08:04	
29	233	Rui Branco	Individual	02:19:56	+37:59	08:14	
30	170	Pedro Pinho	GRC Telhadela Trail	02:20:51	+38:54	08:17	
31	222	Filipe pinho	Individual	02:21:11	+39:14	08:18	
32	154	Pedro Carvalho	DAR - Desportivo atlético de Recardães	02:22:03	+40:06	08:21	
33	134	Rafael Reis Jesus	Bora Treinar Running Club	02:22:37	+40:40	08:23	
34	126	Joni Campos	Aston Martinis	02:22:37	+40:40	08:23	
35	125	André Rafeiro	Aston Martinis	02:22:39	+40:42	08:23	
36	265	José Proença	TRAIL-Grupo Desportivo de Trancoso	02:23:13	+41:16	08:25	
37	203	Nuno Sarabando	Individual	02:24:13	+42:16	08:29	
38	107	Afonso Oliveira	Adabem Running Team	02:24:57	+43:00	08:32	
39	239	Nuno sousa	Lousada Trilhos	02:25:39	+43:42	08:34	
40	114	Domingos Vieira	Associação Cultural Bunheirense	02:26:46	+44:49	08:38	
41	194	Helder Marques	Individual	02:26:59	+45:02	08:39	
42	130	António Rodrigues	BiciARCA run team	02:27:31	+45:34	08:41	

Official Timekeeper: Lap2Go	1 / 4	generate 02-out.-2026 17:02
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17 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	121	João Miguel Garrido	Associação Cultural Bunheirense	02:27:32	+45:35	08:41	
44	245	Santiago Simões	Os Franciscos	02:28:00	+46:03	08:42	
45	172	Alexandra Gomes	Fox Running Team	02:28:07	+46:10	08:43	
46	120	João Vinha	Associação Cultural Bunheirense	02:28:07	+46:10	08:43	
47	169	Filipe Miranda	GRC Telhadela Trail	02:28:10	+46:13	08:43	
48	263	João Saraiva	Sport Clube Paradela	02:28:55	+46:58	08:46	
49	260	Sofia Costa	Sport Clube Paradela	02:29:41	+47:44	08:48	
50	220	Daniel Almeida	Individual	02:31:25	+49:28	08:54	
51	240	Narciso Pinho	Nucleo de veteranos G.D. Beira Vouga	02:33:22	+51:25	09:01	
52	211	Afonso Rodrigues	Individual	02:33:26	+51:29	09:02	
53	208	Rúben Santos	Individual	02:33:30	+51:33	09:02	
54	157	Nuno Santos	DAR - Desportivo atlético de Recardães	02:33:33	+51:36	09:02	
55	147	Sandra Ferreira	Calpet run&ride	02:34:05	+52:08	09:04	
56	103	Pedro Alves	AAM Runners	02:35:14	+53:17	09:08	
57	242	Amaro Daniel Ferreira Martins	Orthia trail serrote	02:35:39	+53:42	09:09	
58	209	Sérgio Henriques	Individual	02:36:20	+54:23	09:12	
59	196	João Filipe Martins Dias	Individual	02:37:13	+55:16	09:15	
60	111	Kevin Cruz	ASCVALEIRINHA	02:37:29	+55:32	09:16	
61	276	Marcos Oliveira	YOOHOO	02:37:33	+55:36	09:16	
62	123	António Rodrigues	Associação Cultural Bunheirense	02:39:19	+57:22	09:22	
63	101	HUGO MATOS	A MÁFIA E A PRINCESA	02:40:25	+58:28	09:26	
64	199	Jorge Santos	Individual	02:41:04	+59:07	09:28	
65	146	João Calçada	Calpet run&ride	02:41:54	+59:57	09:31	
66	221	Filipe Correia	Individual	02:44:16	+01:02:19	09:40	
67	237	Ricardo Branco	Lesmas Velozes	02:44:21	+01:02:24	09:40	
68	141	joao carvalho	Bora Treinar Running Club	02:44:26	+01:02:29	09:40	
69	145	Humberto Garcia	Calpet run&ride	02:44:56	+01:02:59	09:42	
70	254	André Flávio	Reclamações	02:47:01	+01:05:04	09:49	
71	249	Frederico da Costa Barros	Os Verbenses	02:48:17	+01:06:20	09:54	
72	124	José Moreira	Associação Cultural Bunheirense	02:48:50	+01:06:53	09:56	
73	132	Tiago Bastos	Bora Treinar Running Club	02:49:29	+01:07:32	09:58	
74	113	Ana Sofia Chipelo	Associação Cultural Bunheirense	02:49:34	+01:07:37	09:58	
75	257	Ana silva	Smileflexible	02:49:36	+01:07:39	09:59	
76	158	Paulo Silva	DAR - Desportivo atlético de Recardães	02:50:47	+01:08:50	10:03	
77	171	Filipe Pereira	GRC Telhadela Trail	02:53:08	+01:11:11	10:11	
78	164	Alexandre Oliveira	Domus Trail	02:53:38	+01:11:41	10:13	
79	204	Rafael Fernandes Duarte	Individual	02:54:22	+01:12:25	10:15	
80	201	Luís Marques	Individual	02:54:22	+01:12:25	10:15	
81	213	Gonçalo José Fernandes Romão	Individual	02:54:58	+01:13:01	10:18	
82	177	Gabriel Almeida	Individual	02:57:00	+01:15:03	10:25	
83	112	Joana Oliveira	Associação Cultural Bunheirense	02:57:28	+01:15:31	10:26	
84	160	Marta Rodrigues	DCI/Trilhos Luso Bussaco	02:59:07	+01:17:10	10:32	
85	185	Mónica Fernandes	Individual	03:01:40	+01:19:43	10:41	
86	229	Paulo Ferreira	Individual	03:01:45	+01:19:48	10:41	
87	195	Hugo Gaspar	Individual	03:02:35	+01:20:38	10:44	
88	178	Leandro margarido	Individual	03:04:46	+01:22:49	10:52	

TRAIL CURTO - STAGE 1

17 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	149	Maria Fatima Pinho	CLTT - CLÍNICA LITORALIS TRAIL TEAM	03:05:34	+01:23:37	10:55	
90	117	Marta Carmo	Associação Cultural Bunheirense	03:06:25	+01:24:28	10:58	
91	104	Fatima Ribeiro	ACTIB TRAIL	03:08:14	+01:26:17	11:04	
92	110	Alexandre Ferreira	Arroz com Todos	03:12:30	+01:30:33	11:19	
93	207	Ruben Sá	Individual	03:12:30	+01:30:33	11:19	
94	179	Aida Adams	Individual	03:12:43	+01:30:46	11:20	
95	116	Ivone Reis	Associação Cultural Bunheirense	03:13:53	+01:31:56	11:24	
96	118	Paula Oliveira	Associação Cultural Bunheirense	03:13:56	+01:31:59	11:24	
97	142	João Nuno Sousa Gomes	Bora Treinar Running Club	03:15:34	+01:33:37	11:30	
98	190	André Carvalho	Individual	03:16:01	+01:34:04	11:32	
99	127	Eduardo Correia	BiciARCA run team	03:16:17	+01:34:20	11:33	
100	251	César Ramalho	RCB trail	03:16:17	+01:34:20	11:33	
101	219	Carla Alexandra Marinho Melo	Individual	03:16:37	+01:34:40	11:34	
102	174	Luciana Matos	Hybrid girls	03:18:38	+01:36:41	11:41	
103	175	Mariana Martins	Hybrid girls	03:18:38	+01:36:41	11:41	
104	227	Mario Mendes	Individual	03:18:41	+01:36:44	11:41	
105	266	Paula Gonçalves	Vespera de 6a feira	03:21:40	+01:39:43	11:52	
106	252	Nélson Soares	RCB trail	03:25:33	+01:43:36	12:05	
107	235	José Tavares	Individual	03:26:20	+01:44:23	12:08	
108	108	Inês Martins	Adabem Running Team	03:26:31	+01:44:34	12:09	
109	247	Sofia Soares	Os que Vão	03:27:14	+01:45:17	12:11	
110	246	Marta Dias	Os que Vão	03:27:15	+01:45:18	12:11	
111	248	Diogo Santos	Os que Vão	03:27:19	+01:45:22	12:12	
112	206	Ricardo Soares	Individual	03:29:21	+01:47:24	12:19	
113	238	Paula sousa	Lousada Trilhos	03:29:22	+01:47:25	12:19	
114	133	Sílvia Oliveira	Bora Treinar Running Club	03:29:56	+01:47:59	12:21	
115	139	Elder Neves	Bora Treinar Running Club	03:29:56	+01:47:59	12:21	
116	138	Sónia Oliveira	Bora Treinar Running Club	03:29:56	+01:47:59	12:21	
117	135	ricardo lopes	Bora Treinar Running Club	03:29:58	+01:48:01	12:21	
118	183	Lénia Rocha de Oliveira	Individual	03:30:21	+01:48:24	12:22	
119	180	Beatriz Colaço	Individual	03:30:22	+01:48:25	12:22	
120	148	Marilyn Lourenço	CLTT - CLÍNICA LITORALIS TRAIL TEAM	03:32:22	+01:50:25	12:30	
121	122	José Rocha	Associação Cultural Bunheirense	03:32:36	+01:50:39	12:30	
122	106	Avelino de Barros Silva	ACTIB TRAIL	03:33:40	+01:51:43	12:34	
123	253	João Lemos	RCB trail	03:34:20	+01:52:23	12:36	
124	216	Lucia silva	Individual	03:34:52	+01:52:55	12:38	
125	241	Márcio Ferreira	Oiãrunners	03:37:03	+01:55:06	12:46	
126	202	Miguel Branco	Individual	03:37:59	+01:56:02	12:49	
127	225	Jose Fernando Lopes da Silva	Individual	03:38:03	+01:56:06	12:50	
128	268	Jose Rodrigues	Vespera de 6a feira	03:41:12	+01:59:15	13:01	
129	269	Paulo Roncon	Vespera de 6a feira	03:41:14	+01:59:17	13:01	
130	218	Sofia Oliveira	Individual	03:42:00	+02:00:03	13:04	
131	226	Marco Passos	Individual	03:42:00	+02:00:03	13:04	
132	193	Francisco Custódio	Individual	03:45:32	+02:03:35	13:16	
133	186	Neuza Silva	Individual	03:50:07	+02:08:10	13:32	

17 KM

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	215	Juliana Margarida Simões de Oliveira	Individual	03:50:17	+02:08:20	13:33	
135	270	Sandra Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:51:19	+02:09:22	13:36	
136	271	Fábio Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:51:19	+02:09:22	13:36	
137	274	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	03:51:23	+02:09:26	13:37	
138	273	LUIA SILVA	VVTR VALONGO DO VOUGA TRAIL RUNNING	04:01:27	+02:19:30	14:12	
139	272	ROSA SILVA	VVTR VALONGO DO VOUGA TRAIL RUNNING	04:01:48	+02:19:51	14:13	
140	275	MIGUEL SA	VVTR VALONGO DO VOUGA TRAIL RUNNING	04:01:48	+02:19:51	14:13	
141	230	Hélder Nogueira	Individual	04:09:00	+02:27:03	14:39	
142	255	Carlos Alçada	Reclamações	04:09:08	+02:27:11	14:39	
143	161	Kelly Farias	DCI/Trilhos Luso Bussaco	04:10:37	+02:28:40	14:45	
144	181	Carolina Barros Cardoso de Almeida	Individual	04:11:16	+02:29:19	14:47	
145	182	Francisca Azevedo	Individual	04:11:16	+02:29:19	14:47	
146	137	Rosário Bastos	Bora Treinar Running Club	04:15:34	+02:33:37	15:02	
147	136	Ana Cristina Serafim Macieira	Bora Treinar Running Club	04:22:07	+02:40:10	15:25	
148	143	Nelson Ribeiro da Silva	Bora Treinar Running Club	04:22:08	+02:40:11	15:25	
149	210	Zé Pedro	Individual	04:22:23	+02:40:26	15:26	
150	262	Carlos Pinheiro	Sport Clube Paradela	04:22:24	+02:40:27	15:26	
151	184	Marisa Marques	Individual	04:22:25	+02:40:28	15:26	

17 KM

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:00	13,7°C	85%
End	13:22	13.7°C	85%

Junior Feminino

1	112	Joana Oliveira	Associação Cultural Bunheirense	Junior Feminino	02:57:28	10:26
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Junior Masculino

1	264	Rúben Martins	Tainadas run team somengil	Junior Masculino	02:09:59	07:39
2	176	Fernando Alves	Individual	Junior Masculino	02:15:02	+05:02 07:57
3	107	Afonso Oliveira	Adabem Running Team	Junior Masculino	02:24:57	+14:57 08:32
4	245	Santiago Simões	Os Franciscos	Junior Masculino	02:28:00	+18:00 08:42
5	276	Marcos Oliveira	YOOHOO	Junior Masculino	02:37:33	+27:33 09:16
6	132	Tiago Bastos	Bora Treinar Running Club	Junior Masculino	02:49:29	+39:29 09:58
7	177	Gabriel Almeida	Individual	Junior Masculino	02:57:00	+47:01 10:25
8	178	Leandro margarido	Individual	Junior Masculino	03:04:46	+54:46 10:52

Senior Feminino

1	113	Ana Sofia Chipelo	Associação Cultural Bunheirense	Senior Feminino	02:49:34		09:58
2	257	Ana silva	Smileflexible	Senior Feminino	02:49:36	+00:02	09:59
3	185	Mónica Fernandes	Individual	Senior Feminino	03:01:40	+12:06	10:41
4	179	Aida Adams	Individual	Senior Feminino	03:12:43	+23:08	11:20
5	174	Luciana Matos	Hybrid girls	Senior Feminino	03:18:38	+29:03	11:41
6	175	Mariana Martins	Hybrid girls	Senior Feminino	03:18:38	+29:04	11:41
7	266	Paula Gonçalves	Vespera de 6a feira	Senior Feminino	03:21:40	+32:05	11:52
8	108	Inês Martins	Adabem Running Team	Senior Feminino	03:26:31	+36:57	12:09
9	247	Sofia Soares	Os que Vão	Senior Feminino	03:27:14	+37:40	12:11
10	246	Marta Dias	Os que Vão	Senior Feminino	03:27:15	+37:41	12:11
11	133	Sílvia Oliveira	Bora Treinar Running Club	Senior Feminino	03:29:56	+40:21	12:21
12	183	Lénia Rocha de Oliveira	Individual	Senior Feminino	03:30:21	+40:47	12:22
13	180	Beatriz Colaço	Individual	Senior Feminino	03:30:22	+40:48	12:22
14	186	Neuza Silva	Individual	Senior Feminino	03:50:07	+01:00:32	13:32
15	270	Sandra Ferreira	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Feminino	03:51:19	+01:01:44	13:36
16	181	Carolina Barros Cardoso de Almeida	Individual	Senior Feminino	04:11:16	+01:21:41	14:47
17	182	Francisca Azevedo	Individual	Senior Feminino	04:11:16	+01:21:41	14:47
18	184	Marisa Marques	Individual	Senior Feminino	04:22:25	+01:32:51	15:26

Senior Masculino

1	200	Luis Manuel Pinho Diogo	DCI/Trilhos Luso Bussaco	Senior Masculino	01:41:57	06:00
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Official Timekeeper: Lap2Go	1 / 5	generate 02-out.-2026 17:02
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Trail Curto

17 KM

[illegible]

OFFICIAL RESULT

[illegible]

2	151	Samuel Santos	DAR - Desportivo atlético de Recardães	Senior Masculino	01:45:44	+03:47	06:13
3	256	Jacinto Sousa	Saca Trilhos Anadia	Senior Masculino	01:48:34	+06:37	06:23
4	258	Luís Silva	Sport Clube Paradelas	Senior Masculino	02:01:54	+19:57	07:10
5	191	André Oliveira	Individual	Senior Masculino	02:02:13	+20:16	07:11
6	205	Ricardo Alves	Individual	Senior Masculino	02:04:12	+22:14	07:18
7	197	Jorge Campos	Individual	Senior Masculino	02:08:58	+27:01	07:35
8	144	Luís Rafael Pereira Ferreira	C.D.C. Paradelas do Vouga	Senior Masculino	02:09:06	+27:09	07:36
9	134	Rafael Reis Jesus	Bora Treinar Running Club	Senior Masculino	02:22:37	+40:40	08:23
10	126	Joni Campos	Aston Martinis	Senior Masculino	02:22:37	+40:40	08:23
11	125	André Rafeiro	Aston Martinis	Senior Masculino	02:22:39	+40:42	08:23
12	203	Nuno Sarabando	Individual	Senior Masculino	02:24:13	+42:15	08:29
13	114	Domingos Vieira	Associação Cultural Bunheirense	Senior Masculino	02:26:46	+44:49	08:38
14	194	Helder Marques	Individual	Senior Masculino	02:26:59	+45:02	08:39
15	208	Rúben Santos	Individual	Senior Masculino	02:33:30	+51:33	09:02
16	209	Sérgio Henriques	Individual	Senior Masculino	02:36:20	+54:22	09:12
17	196	João Filipe Martins Dias	Individual	Senior Masculino	02:37:13	+55:16	09:15
18	199	Jorge Santos	Individual	Senior Masculino	02:41:04	+59:07	09:28
19	146	João Calçada	Calpet run&ride	Senior Masculino	02:41:54	+59:57	09:31
20	237	Ricardo Branco	Lesmas Velozes	Senior Masculino	02:44:21	+01:02:24	09:40
21	145	Humberto Garcia	Calpet run&ride	Senior Masculino	02:44:56	+01:02:59	09:42
22	254	André Flávio	Reclamações	Senior Masculino	02:47:01	+01:05:04	09:49
23	249	Frederico da Costa Barros	Os Verbenses	Senior Masculino	02:48:17	+01:06:20	09:54
24	164	Alexandre Oliveira	Domus Trail	Senior Masculino	02:53:38	+01:11:41	10:13
25	204	Rafael Fernandes Duarte	Individual	Senior Masculino	02:54:22	+01:12:25	10:15
26	201	Luís Marques	Individual	Senior Masculino	02:54:22	+01:12:25	10:15
27	195	Hugo Gaspar	Individual	Senior Masculino	03:02:35	+01:20:38	10:44
28	207	Ruben Sá	Individual	Senior Masculino	03:12:30	+01:30:33	11:19
29	190	André Carvalho	Individual	Senior Masculino	03:16:01	+01:34:04	11:32
30	251	César Ramalho	RCB trail	Senior Masculino	03:16:17	+01:34:20	11:33
31	248	Diogo Santos	Os que Vão	Senior Masculino	03:27:19	+01:45:21	12:12
32	206	Ricardo Soares	Individual	Senior Masculino	03:29:21	+01:47:24	12:19
33	135	ricardo lopes	Bora Treinar Running Club	Senior Masculino	03:29:58	+01:48:01	12:21
34	202	Miguel Branco	Individual	Senior Masculino	03:37:59	+01:56:02	12:49
35	268	Jose Rodrigues	Vespera de 6a feira	Senior Masculino	03:41:12	+01:59:15	13:01
36	193	Francisco Custódio	Individual	Senior Masculino	03:45:32	+02:03:35	13:16
37	271	Fábio Silva	VVTR VALONGO DO VOUGA TRAIL RUNNING	Senior Masculino	03:51:19	+02:09:22	13:36
38	210	Zé Pedro	Individual	Senior Masculino	04:22:23	+02:40:26	15:26

Sub 23 Masculino

1	212	Daniel Santiago	Individual	Sub 23 Masculino	02:15:21	07:58
2	211	Afonso Rodrigues	Individual	Sub 23 Masculino	02:33:26	+18:04 09:02
3	213	Gonçalo José Fernandes Romão	Individual	Sub 23 Masculino	02:54:58	+39:36 10:18

Official Timekeeper: Lap2Go	2 / 5	generate 02-out.-2026 17:02
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17 KM

OFFICIAL RESULT

[illegible]

1	172	Alexandra Gomes	Fox Running Team	Veterana F40	02:28:07	08:43
2	260	Sofia Costa	Sport Clube Paradelas	Veterana F40	02:29:41	+01:33 08:48
3	160	Marta Rodrigues	DCI/Trilhos Luso Bussaco	Veterana F40	02:59:07	+30:59 10:32
4	117	Marta Carmo	Associação Cultural Bunheirense	Veterana F40	03:06:25	+38:18 10:58
5	104	Fatima Ribeiro	ACTIB TRAIL	Veterana F40	03:08:14	+40:07 11:04
6	116	Ivone Reis	Associação Cultural Bunheirense	Veterana F40	03:13:53	+45:46 11:24
7	138	Sónia Oliveira	Bora Treinar Running Club	Veterana F40	03:29:56	+01:01:49 12:21
8	148	Marilyn Lourenço	CLTT - CLÍNICA LITORALIS TRAIL TEAM	Veterana F40	03:32:22	+01:04:15 12:30
9	216	Lucia silva	Individual	Veterana F40	03:34:52	+01:06:45 12:38
10	218	Sofia Oliveira	Individual	Veterana F40	03:42:00	+01:13:53 13:04
11	215	Juliana Margarida Simões de Oliveira	Individual	Veterana F40	03:50:17	+01:22:10 13:33
12	272	ROSA SILVA	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterana F40	04:01:48	+01:33:41 14:13
13	137	Rosário Bastos	Bora Treinar Running Club	Veterana F40	04:15:34	+01:47:27 15:02
14	136	Ana Cristina Serafim Macieira	Bora Treinar Running Club	Veterana F40	04:22:07	+01:54:00 15:25

1	147	Sandra Ferreira	Calpet run&ride	Veterana F50	02:34:05	09:04:11
2	118	Paula Oliveira	Associação Cultural Bunheirense	Veterana F50	03:13:56	+39:51 11:24:07
3	219	Carla Alexandra Marinho Melo	Individual	Veterana F50	03:16:37	+42:31 11:34:38
4	238	Paula sousa	Lousada Trilhos	Veterana F50	03:29:22	+55:17 12:19:55
5	273	LUISA SILVA	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterana F50	04:01:27	+01:27:22 14:12:59
6	161	Kelly Farias	DCI/Trilhos Luso Bussaco	Veterana F50	04:10:37	+01:36:32 14:45:31

1	149	Maria Fatima Pinho	CLTT - CLÍNICA LITORALIS TRAIL TEAM	Veterana F60	03:05:34	10:55
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1	119	Augusto Tavares	Associação Cultural Bunheirense	Veterano M40	01:53:39	06:41
2	150	José margarido	CLTT - CLÍNICA LITORALIS TRAIL TEAM	Veterano M40	01:54:38	+00:59 06:45
3	162	Marco Simões	DCI/Trilhos Luso Bussaco	Veterano M40	01:58:35	+04:55 06:59
4	152	Bruno Rodrigues	DAR - Desportivo atlético de Recardães	Veterano M40	02:01:18	+07:38 07:08
5	165	António Gomes	Dura-F1 Raceteam	Veterano M40	02:04:22	+10:43 07:19
6	155	Sérgio Rodrigues	DAR - Desportivo atlético de Recardães	Veterano M40	02:08:58	+15:19 07:35
7	129	Sérgio Ferreira	BiciARCA run team	Veterano M40	02:10:48	+17:09 07:42
8	261	Ricardo Vidal	Sport Clube Paradela	Veterano M40	02:12:12	+18:32 07:47

Official Timekeeper: Lap2Go	3 / 5	generate 02-out.-2026 17:02
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Trail Curto

17 KM

[illegible]

OFFICIAL RESULT

[illegible]

9	128	Rodrigo Gouveia	BiciARCA run team	Veterano M40	02:13:34	+19:54	07:51
10	140	Félix	Bora Treinar Running Club	Veterano M40	02:15:26	+21:46	07:58
11	170	Pedro Pinho	GRC Telhadela Trail	Veterano M40	02:20:51	+27:12	08:17
12	222	Filipe pinho	Individual	Veterano M40	02:21:11	+27:31	08:18
13	154	Pedro Carvalho	DAR - Desportivo atlético de Recardães	Veterano M40	02:22:03	+28:24	08:21
14	239	Nuno sousa	Lousada Trilhos	Veterano M40	02:25:39	+32:00	08:34
15	121	João Miguel Garrido	Associação Cultural Bunheirense	Veterano M40	02:27:32	+33:53	08:41
16	169	Filipe Miranda	GRC Telhadela Trail	Veterano M40	02:28:10	+34:31	08:43
17	220	Daniel Almeida	Individual	Veterano M40	02:31:25	+37:46	08:54
18	103	Pedro Alves	AAM Runners	Veterano M40	02:35:14	+41:34	09:08
19	242	Amaro Daniel Ferreira Martins	Orthia trail serrote	Veterano M40	02:35:39	+42:00	09:09
20	111	Kevin Cruz	ASCVALEIRINHA	Veterano M40	02:37:29	+43:50	09:16
21	101	HUGO MATOS	A MÁFIA E A PRINCESA	Veterano M40	02:40:25	+46:45	09:26
22	221	Filipe Correia	Individual	Veterano M40	02:44:16	+50:37	09:40
23	141	joao carvalho	Bora Treinar Running Club	Veterano M40	02:44:26	+50:46	09:40
24	229	Paulo Ferreira	Individual	Veterano M40	03:01:45	+01:08:06	10:41
25	110	Alexandre Ferreira	Arroz com Todos	Veterano M40	03:12:30	+01:18:51	11:19
26	142	João Nuno Sousa Gomes	Bora Treinar Running Club	Veterano M40	03:15:34	+01:21:55	11:30
27	127	Eduardo Correia	BiciARCA run team	Veterano M40	03:16:17	+01:22:38	11:33
28	227	Mario Mendes	Individual	Veterano M40	03:18:41	+01:25:01	11:41
29	252	Nélson Soares	RCB trail	Veterano M40	03:25:33	+01:31:53	12:05
30	139	Elder Neves	Bora Treinar Running Club	Veterano M40	03:29:56	+01:36:16	12:21
31	122	José Rocha	Associação Cultural Bunheirense	Veterano M40	03:32:36	+01:38:57	12:30
32	241	Márcio Ferreira	Oiãrunners	Veterano M40	03:37:03	+01:43:23	12:46
33	225	Jose Fernando Lopes da Silva	Individual	Veterano M40	03:38:03	+01:44:24	12:50
34	226	Marco Passos	Individual	Veterano M40	03:42:00	+01:48:21	13:04
35	274	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M40	03:51:23	+01:57:43	13:37
36	255	Carlos Alçada	Reclamações	Veterano M40	04:09:08	+02:15:29	14:39
37	143	Nelson Ribeiro da Silva	Bora Treinar Running Club	Veterano M40	04:22:08	+02:28:29	15:25

Veterano M50

1	131	Manuel Vicente	BiciARCA run team	Veterano M50	01:56:10	06:50
2	163	António Silva	DCI/Trilhos Luso Bussaco	Veterano M50	01:59:49	+03:39 07:03
3	166	David Coutinho	Dura-F1 Raceteam	Veterano M50	02:08:58	+12:48 07:35
4	167	Filipe Fonseca	Dura-F1 Raceteam	Veterano M50	02:12:05	+15:54 07:46
5	231	Luís Pereira	Individual	Veterano M50	02:17:15	+21:04 08:04
6	233	Rui Branco	Individual	Veterano M50	02:19:56	+23:45 08:14
7	265	José Proença	TRAIL-Grupo Desportivo de Trancoso	Veterano M50	02:23:13	+27:02 08:25
8	130	António Rodrigues	BiciARCA run team	Veterano M50	02:27:31	+31:20 08:41
9	263	João Saraiva	Sport Clube Paradela	Veterano M50	02:28:55	+32:45 08:46
10	240	Narciso Pinho	Nucleo de veteranos G.D. Beira Vouga	Veterano M50	02:33:22	+37:12 09:01
11	157	Nuno Santos	DAR - Desportivo atlético de Recardães	Veterano M50	02:33:33	+37:22 09:02

Official Timekeeper: Lap2Go	4 / 5	generate 02-out.-2026 17:02
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Trail Curto

17 KM

[illegible]

OFFICIAL RESULT

[illegible]

12	123	António Rodrigues	Associação Cultural Bunheirense	Veterano M50	02:39:19	+43:08	09:22
13	124	José Moreira	Associação Cultural Bunheirense	Veterano M50	02:48:50	+52:39	09:56
14	158	Paulo Silva	DAR - Desportivo atlético de Recardães	Veterano M50	02:50:47	+54:36	10:03
15	171	Filipe Pereira	GRC Telhadela Trail	Veterano M50	02:53:08	+56:57	10:11
16	269	Paulo Roncon	Vespera de 6a feira	Veterano M50	03:41:14	+01:45:03	13:01
17	275	MIGUEL SA	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M50	04:01:48	+02:05:38	14:13
18	230	Hélder Nogueira	Individual	Veterano M50	04:09:00	+02:12:49	14:39
19	262	Carlos Pinheiro	Sport Clube Paradela	Veterano M50	04:22:24	+02:26:13	15:26

Veterano M60

1	159	José Martins	DAR - Desportivo atlético de Recardães	Veterano M60	01:55:53	06:49
2	234	Carlos Duarte	Individual	Veterano M60	02:15:33	+19:40 07:58
3	120	João Vinha	Associação Cultural Bunheirense	Veterano M60	02:28:07	+32:14 08:43
4	235	José Tavares	Individual	Veterano M60	03:26:20	+01:30:26 12:08
5	106	Avelino de Barros Silva	ACTIB TRAIL	Veterano M60	03:33:40	+01:37:47 12:34
6	253	João Lemos	RCB trail	Veterano M60	03:34:20	+01:38:27 12:36

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 02-out.-2026 17:02
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10 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	15,3°C	80%
End	12:46	15.3°C	80%

Official Timekeeper: Lap2Go	1 / 4	generate 02-out.-2026 17:02
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10 KM

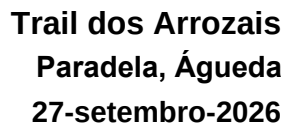
OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	192	Diogo Santos	Individual	01:44:31	+32:40	10:27	
42	339	Ana Carolina Almeida Dias Ferreira	Individual	01:44:44	+32:53	10:28	
43	400	Paulo Rui Cabral Dias Ferreira	Individual	01:44:45	+32:54	10:28	
44	454	Anabela Pereira	Vasconha BTT Vouzela	01:45:05	+33:14	10:31	
45	375	Cláudio Guerra	Individual	01:45:18	+33:27	10:32	
46	387	Gonçalo Morgado	Individual	01:47:28	+35:37	10:45	
47	409	Ricardo Seródio	Individual	01:47:43	+35:52	10:46	
48	346	Cátia Paiva	Individual	01:48:06	+36:15	10:49	
49	391	João Pedro Barros	Individual	01:48:14	+36:23	10:49	
50	367	Su Catrina Lopes	Individual	01:48:44	+36:53	10:52	
51	425	Afonso Santos	Os que Vão	01:49:04	+37:13	10:54	
52	349	Cristina Oliveira	Individual	01:49:47	+37:56	10:59	
53	315	Fabiana Lima	Aston Martinis	01:50:54	+39:03	11:05	
54	314	Daniela Resende	Aston Martinis	01:50:54	+39:03	11:05	
55	416	Carla vieira	Lousada Trilhos	01:51:05	+39:14	11:07	
56	445	Sandra Maria Sousa Silva Marques	Souto Rio' Acima	01:51:39	+39:48	11:10	
57	444	Paula Cristina Mendes Brito	Souto Rio' Acima	01:51:40	+39:49	11:10	
58	324	Pedro Lima	Bora Treinar Running Club	01:52:42	+40:51	11:16	
59	320	Ines Machado	Bora Treinar Running Club	01:52:43	+40:52	11:16	
60	322	Sandra Ramos	Bora Treinar Running Club	01:52:43	+40:52	11:16	
61	335	Carlos Rodrigues	DCI/Trilhos Luso Bussaco	01:52:43	+40:52	11:16	
62	385	Francisco Ramos	Individual	01:52:47	+40:56	11:17	
63	338	Alexandra Seródio	Individual	01:52:52	+41:01	11:17	
64	357	Margarida Castela Simões	Individual	01:53:20	+41:29	11:20	
65	341	Ana Raquel Santiago	Individual	01:53:20	+41:29	11:20	
66	395	Marco Ribeiro	Individual	01:53:49	+41:58	11:23	
67	455	Raquel Sousa	Vasconha BTT Vouzela	01:54:15	+42:24	11:25	
68	447	Sara Filipa	Sport Clube Paradela	01:54:25	+42:34	11:26	
69	389	Henrique Almeida	Individual	01:54:28	+42:37	11:27	
70	379	Diogo Videira Neto	Individual	01:55:29	+43:38	11:33	
71	325	Roberto Souza	Bora Treinar Running Club	01:55:37	+43:46	11:34	
72	377	Daniel Lima	Individual	01:55:51	+44:00	11:35	
73	361	Patricia Cai Lin	Individual	01:55:52	+44:01	11:35	
74	214	Diana Passos	Individual	01:56:13	+44:22	11:37	
75	392	João Silva	Individual	01:56:49	+44:58	11:41	
76	316	Ana Gaspar	BiciARCA run team	01:57:04	+45:13	11:42	
77	363	Rita Nova	Individual	01:57:40	+45:49	11:46	
78	342	Andreia Matos	Individual	01:57:41	+45:50	11:46	
79	393	José Augusto Estimado	Individual	01:58:06	+46:15	11:49	
80	348	Cristina Almeida	Individual	01:58:13	+46:22	11:49	
81	362	RAQUEL BRITO	Individual	01:59:05	+47:14	11:54	
82	354	Luana Pato	Individual	02:00:44	+48:53	12:04	
83	417	Pedro silva	Lousada Trilhos	02:01:37	+49:46	12:10	
84	411	Tomás Oliveira	Individual	02:06:27	+54:36	12:39	
85	301	Alexandra Candido	ACTIB TRAIL	02:08:11	+56:20	12:49	
86	419	Raquel Martins	Oiärunners	02:08:22	+56:31	12:50	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	428	Daniel Peixoto	PexTeam	02:09:51	+58:00	12:59	
88	427	Joana Costa	PexTeam	02:09:52	+58:01	12:59	
89	429	Tânia Almeida	Smileflexible	02:10:03	+58:12	13:00	
90	323	bruno teixeira	Bora Treinar Running Club	02:11:03	+59:12	13:06	
91	412	Toninho Oliveira	Individual	02:11:58	+01:00:07	13:12	
92	401	paulo santos	Individual	02:13:10	+01:01:19	13:19	
93	187	Patrícia Alexandra Bastos Oliveira	Individual	02:14:14	+01:02:23	13:25	
94	423	Maria Gabriel	Os Franciscos	02:14:39	+01:02:48	13:28	
95	426	Filipe Santos	Os que Vão	02:14:40	+01:02:49	13:28	
96	424	Afonso Almeida	Os Franciscos	02:14:40	+01:02:49	13:28	
97	376	Cristiano Filipe da Silva Cardoso	Individual	02:14:51	+01:03:00	13:29	
98	343	bebiana ferreira marques	Individual	02:14:51	+01:03:00	13:29	
99	303	Marta Candido	ACTIB TRAIL	02:14:52	+01:03:01	13:29	
100	353	Lara Diogo Pato	Individual	02:14:53	+01:03:02	13:29	
101	408	Ricardo Lagoela	Individual	02:15:05	+01:03:14	13:31	
102	364	Rosa Lopes	Individual	02:15:32	+01:03:41	13:33	
103	306	Isabel Costa	Associação Cultural Bunheirense	02:20:19	+01:08:28	14:02	
104	381	Fábio Branco	Individual	02:23:11	+01:11:20	14:19	
105	360	MARISA DANIELA PEREIRA TAVARES	Individual	02:23:13	+01:11:22	14:19	
106	396	Milton Fontes	Individual	02:23:15	+01:11:24	14:20	
107	450	Sara silva	Tainadas run team somengil	02:23:48	+01:11:57	14:23	
108	330	João Carlos da Fonseca Coelho	Centro Social Arco-Iris	02:23:53	+01:12:02	14:23	
109	355	Ludimila marvila Costa	Individual	02:24:14	+01:12:23	14:25	
110	352	Juliana Maciel	Individual	02:24:15	+01:12:24	14:25	
111	443	Vitor rosa	Soltem javalis	02:32:14	+01:20:23	15:13	
112	441	Fernando portela	Soltem javalis	02:34:45	+01:22:54	15:29	
113	431	Reginaldo Mariano Cavalcante	Sola Murcha	02:35:29	+01:23:38	15:33	
114	430	Angélica Cavalcante	Sola Murcha	02:35:29	+01:23:38	15:33	
115	333	Ana Silva	Clube de Ancas	02:36:35	+01:24:44	15:40	
116	350	Diana Souto	Individual	02:37:26	+01:25:35	15:45	
117	351	Joana Saraiva	Individual	02:37:27	+01:25:36	15:45	
118	365	Sandra Jesus	Individual	02:37:52	+01:26:01	15:47	
119	344	carla sofia silva neves	Individual	02:38:27	+01:26:36	15:51	
120	340	Ana catarina cunha	Individual	02:38:28	+01:26:37	15:51	
121	440	Duarte goncalves	Soltem javalis	02:45:16	+01:33:25	16:32	
122	437	Regina rodrigues	Soltem javalis	02:45:16	+01:33:25	16:32	
123	433	Elaine teixeira	Soltem javalis	02:51:32	+01:39:41	17:09	
124	436	Patrícia palma	Soltem javalis	02:51:32	+01:39:41	17:09	
125	438	Acilio mota	Soltem javalis	02:52:53	+01:41:02	17:17	
126	442	João ferrao	Soltem javalis	02:53:04	+01:41:13	17:18	
127	432	Anabela rodrigues	Soltem javalis	02:53:04	+01:41:13	17:18	
128	439	Afonso silva	Soltem javalis	02:57:26	+01:45:35	17:45	
129	369	telma rodrigues	Individual	03:02:51	+01:51:00	18:17	
130	356	luisa sousa	Individual	03:02:52	+01:51:01	18:17	
131	358	Maria Adriana	Individual	03:02:52	+01:51:01	18:17	



10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
132	383	Ferando Silva0	Individual	03:02:52	+01:51:01	18:17	
133	319	Beatriz Dias	Bora Treinar Running Club	03:15:39	+02:03:48	19:34	
134	318	Ana Monteiro	Bora Treinar Running Club	03:15:39	+02:03:48	19:34	
135	449	Rui Almeida	Sport Clube Paradela	03:15:41	+02:03:50	19:34	

10 KM

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	418	Liliana Silva	Oiãrunners	Senior Feminino	01:31:43	09:10
2	302	Liliana Margarita Lopes da Silva	ACTIB TRAIL	Senior Feminino	01:38:24	+06:41 09:50
3	326	Francisca Calçada	Calpet run&ride	Senior Feminino	01:39:23	+07:40 09:56
4	359	Mariana Tavares	Individual	Senior Feminino	01:39:25	+07:42 09:57
5	321	Marli Souza	Bora Treinar Running Club	Senior Feminino	01:40:07	+08:24 10:01
6	366	Sofia Vaz	Individual	Senior Feminino	01:41:13	+09:30 10:07
7	339	Ana Carolina Almeida Dias Ferreira	Individual	Senior Feminino	01:44:44	+13:01 10:28
8	454	Anabela Pereira	Vasconha BTT Vouzela	Senior Feminino	01:45:05	+13:22 10:31
9	346	Cátia Paiva	Individual	Senior Feminino	01:48:06	+16:23 10:49
10	367	Su Catrina Lopes	Individual	Senior Feminino	01:48:44	+17:01 10:52
11	349	Cristina Oliveira	Individual	Senior Feminino	01:49:47	+18:04 10:59
12	315	Fabiana Lima	Aston Martinis	Senior Feminino	01:50:54	+19:11 11:05
13	314	Daniela Resende	Aston Martinis	Senior Feminino	01:50:54	+19:11 11:05
14	416	Carla vieira	Lousada Trilhos	Senior Feminino	01:51:05	+19:22 11:07
15	445	Sandra Maria Sousa Silva Marques	Souto Rio' Acima	Senior Feminino	01:51:39	+19:56 11:10
16	444	Paula Cristina Mendes Brito	Souto Rio' Acima	Senior Feminino	01:51:40	+19:56 11:10
17	320	Ines Machado	Bora Treinar Running Club	Senior Feminino	01:52:43	+20:59 11:16
18	322	Sandra Ramos	Bora Treinar Running Club	Senior Feminino	01:52:43	+21:00 11:16
19	338	Alexandra Seródio	Individual	Senior Feminino	01:52:52	+21:09 11:17
20	357	Margarida Castela Simões	Individual	Senior Feminino	01:53:20	+21:37 11:20
21	341	Ana Raquel Santiago	Individual	Senior Feminino	01:53:20	+21:37 11:20
22	455	Raquel Sousa	Vasconha BTT Vouzela	Senior Feminino	01:54:15	+22:31 11:25
23	447	Sara Filipa	Sport Clube Paradelas	Senior Feminino	01:54:25	+22:41 11:26
24	361	Patricia Cai Lin	Individual	Senior Feminino	01:55:52	+24:08 11:35
25	214	Diana Passos	Individual	Senior Feminino	01:56:13	+24:29 11:37
26	316	Ana Gaspar	BiciARCA run team	Senior Feminino	01:57:04	+25:21 11:42
27	363	Rita Nova	Individual	Senior Feminino	01:57:40	+25:57 11:46
28	342	Andreia Matos	Individual	Senior Feminino	01:57:41	+25:58 11:46
29	348	Cristina Almeida	Individual	Senior Feminino	01:58:13	+26:30 11:49
30	362	RAQUEL BRITO	Individual	Senior Feminino	01:59:05	+27:22 11:54
31	354	Luana Pato	Individual	Senior Feminino	02:00:44	+29:00 12:04
32	301	Alexandra Candido	ACTIB TRAIL	Senior Feminino	02:08:11	+36:27 12:49
33	419	Raquel Martins	Oiãrunners	Senior Feminino	02:08:22	+36:39 12:50
34	427	Joana Costa	PexTeam	Senior Feminino	02:09:52	+38:08 12:59
35	429	Tânia Almeida	Smileflexible	Senior Feminino	02:10:03	+38:20 13:00
36	187	Patrícia Alexandra Bastos Oliveira	Individual	Senior Feminino	02:14:14	+42:31 13:25
37	423	Maria Gabriel	Os Franciscos	Senior Feminino	02:14:39	+42:56 13:28
38	343	bebiana ferreira marques	Individual	Senior Feminino	02:14:51	+43:07 13:29
39	303	Marta Candido	ACTIB TRAIL	Senior Feminino	02:14:52	+43:09 13:29

10 KM

OFFICIAL RESULT

40	353	Lara Diogo Pato	Individual	Senior Feminino	02:14:53	+43:10	13:29
41	364	Rosa Lopes	Individual	Senior Feminino	02:15:32	+43:49	13:33
42	306	Isabel Costa	Associação Cultural Bunheirense	Senior Feminino	02:20:19	+48:36	14:02
43	360	MARISA DANIELA PEREIRA TAVARES	Individual	Senior Feminino	02:23:13	+51:30	14:19
44	450	Sara silva	Tainadas run team somengil	Senior Feminino	02:23:48	+52:05	14:23
45	355	Ludimila marvila Costa	Individual	Senior Feminino	02:24:14	+52:31	14:25
46	352	Juliana Maciel	Individual	Senior Feminino	02:24:15	+52:32	14:25
47	430	Angélica Cavalcante	Sola Murcha	Senior Feminino	02:35:29	+01:03:46	15:33
48	333	Ana Silva	Clube de Ancas	Senior Feminino	02:36:35	+01:04:52	15:40
49	350	Diana Souto	Individual	Senior Feminino	02:37:26	+01:05:43	15:45
50	351	Joana Saraiva	Individual	Senior Feminino	02:37:27	+01:05:43	15:45
51	365	Sandra Jesus	Individual	Senior Feminino	02:37:52	+01:06:09	15:47
52	344	carla sofia silva neves	Individual	Senior Feminino	02:38:27	+01:06:44	15:51
53	340	Ana catarina cunha	Individual	Senior Feminino	02:38:28	+01:06:45	15:51
54	437	Regina rodrigues	Soltem javalis	Senior Feminino	02:45:16	+01:13:33	16:32
55	433	Elaine teixeira	Soltem javalis	Senior Feminino	02:51:32	+01:19:49	17:09
56	436	Patrícia palma	Soltem javalis	Senior Feminino	02:51:32	+01:19:49	17:09
57	432	Anabela rodrigues	Soltem javalis	Senior Feminino	02:53:04	+01:21:21	17:18
58	369	telma rodrigues	Individual	Senior Feminino	03:02:51	+01:31:08	18:17
59	356	luisa sousa	Individual	Senior Feminino	03:02:52	+01:31:08	18:17
60	358	Maria Adriana	Individual	Senior Feminino	03:02:52	+01:31:08	18:17
61	319	Beatriz Dias	Bora Treinar Running Club	Senior Feminino	03:15:39	+01:43:55	19:34
62	318	Ana Monteiro	Bora Treinar Running Club	Senior Feminino	03:15:39	+01:43:56	19:34

1	336	William Caetano	DCI/Trilhos Luso Bussaco	Senior Masculino	01:11:51	07:11
2	406	Rafael Fernandes	Individual	Senior Masculino	01:12:53	+01:01 07:17
3	337	RICARDO MENDES	GENS S.C TRAIL	Senior Masculino	01:13:04	+01:13 07:18
4	410	Samuel Marques	Individual	Senior Masculino	01:19:09	+07:17 07:55
5	329	Paulo Paradinha	Calpet run&ride	Senior Masculino	01:19:18	+07:26 07:56
6	448	Diogo Silva	Sport Clube Paradelas	Senior Masculino	01:19:34	+07:43 07:57
7	384	Francisco Marques	Individual	Senior Masculino	01:19:48	+07:57 07:59
8	308	Cláudio Matos	Associação Cultural Bunheirense	Senior Masculino	01:22:41	+10:50 08:16
9	386	Frederico Pereira	Individual	Senior Masculino	01:24:09	+12:18 08:25
10	451	Jorge Martins	Tainadas run team somengil	Senior Masculino	01:26:45	+14:53 08:40
11	371	André Tavares	Individual	Senior Masculino	01:26:45	+14:53 08:41
12	415	André Branco	Lesmas Velozes	Senior Masculino	01:27:35	+15:43 08:45
13	105	HUGO HENRIQUE PARRANÇA GUERRA	ACTIB TRAIL	Senior Masculino	01:28:40	+16:48 08:52
14	397	nuno capela	Individual	Senior Masculino	01:28:47	+16:55 08:53
15	327	Alírio Diniz	Calpet run&ride	Senior Masculino	01:29:04	+17:13 08:54
16	331	José Silva	Centro Social Arco-Íris	Senior Masculino	01:32:25	+20:34 09:15
17	382	Fábio Estima	Individual	Senior Masculino	01:33:34	+21:42 09:21
18	309	Duarte Carinha	Associação Cultural Bunheirense	Senior Masculino	01:33:37	+21:45 09:22
19	372	Artur Silva	Individual	Senior Masculino	01:36:45	+24:54 09:41

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Mini Trail

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

20	394	Lucas Monteiro	Individual	Senior Masculino	01:37:24	+25:32	09:44
21	102	JORGE SCEVOLA	A.R.S.M- ASSOCIAÇÃO RECREATIVA DE SÃO MIGUEL	Senior Masculino	01:39:16	+27:24	09:56
22	446	Dinis Fernando Costa de Oliveira	Souto Rio' Acima	Senior Masculino	01:39:19	+27:28	09:56
23	413	Valentim Rosa	Individual	Senior Masculino	01:39:20	+27:28	09:56
24	332	Luís Duarte Marabuto da Fonseca Coelho	Centro Social Arco-Íris	Senior Masculino	01:39:21	+27:30	09:56
25	304	Mário Jorge Oliveira	Adabem Running Team	Senior Masculino	01:40:11	+28:20	10:01
26	407	Ricardo Almeida	Individual	Senior Masculino	01:40:12	+28:21	10:01
27	313	Celso Figueiredo	ASSSCC AR LIVRE E AVENTURA	Senior Masculino	01:40:22	+28:30	10:02
28	311	Miguel Tavares	Associação Cultural Bunheirense	Senior Masculino	01:40:23	+28:31	10:02
29	456	Carlos Matos	Vasconha BTT Vouzela	Senior Masculino	01:40:29	+28:38	10:03
30	388	Helder Arede	Individual	Senior Masculino	01:40:48	+28:56	10:05
31	404	Pedro Otal	Individual	Senior Masculino	01:40:48	+28:56	10:05
32	403	Pedro Leal	Individual	Senior Masculino	01:41:35	+29:44	10:10
33	402	Paulo Silva	Individual	Senior Masculino	01:41:45	+29:53	10:11
34	328	João Pacheco	Calpet run&ride	Senior Masculino	01:43:28	+31:36	10:21
35	192	Diogo Santos	Individual	Senior Masculino	01:44:31	+32:40	10:27
36	400	Paulo Rui Cabral Dias Ferreira	Individual	Senior Masculino	01:44:45	+32:53	10:28
37	375	Cláudio Guerra	Individual	Senior Masculino	01:45:18	+33:26	10:32
38	387	Gonçalo Morgado	Individual	Senior Masculino	01:47:28	+35:36	10:45
39	409	Ricardo Serôdio	Individual	Senior Masculino	01:47:43	+35:51	10:46
40	391	João Pedro Barros	Individual	Senior Masculino	01:48:14	+36:22	10:49
41	425	Afonso Santos	Os que Vão	Senior Masculino	01:49:04	+37:13	10:54
42	324	Pedro Lima	Bora Treinar Running Club	Senior Masculino	01:52:42	+40:51	11:16
43	335	Carlos Rodrigues	DCI/Trilhos Luso Bussaco	Senior Masculino	01:52:43	+40:51	11:16
44	385	Francisco Ramos	Individual	Senior Masculino	01:52:47	+40:56	11:17
45	395	Marco Ribeiro	Individual	Senior Masculino	01:53:49	+41:57	11:23
46	389	Henrique Almeida	Individual	Senior Masculino	01:54:28	+42:36	11:27
47	379	Diogo Videira Neto	Individual	Senior Masculino	01:55:29	+43:37	11:33
48	325	Roberto Souza	Bora Treinar Running Club	Senior Masculino	01:55:37	+43:45	11:34
49	377	Daniel Lima	Individual	Senior Masculino	01:55:51	+44:00	11:35
50	392	João Silva	Individual	Senior Masculino	01:56:49	+44:58	11:41
51	393	José Augusto Estimado	Individual	Senior Masculino	01:58:06	+46:15	11:49
52	417	Pedro silva	Lousada Trilhos	Senior Masculino	02:01:37	+49:46	12:10
53	411	Tomás Oliveira	Individual	Senior Masculino	02:06:27	+54:35	12:39
54	428	Daniel Peixoto	PexTeam	Senior Masculino	02:09:51	+58:00	12:59
55	323	bruno teixeira	Bora Treinar Running Club	Senior Masculino	02:11:03	+59:11	13:06
56	412	Toninho Oliveira	Individual	Senior Masculino	02:11:58	+01:00:07	13:12
57	401	paulo santos	Individual	Senior Masculino	02:13:10	+01:01:19	13:19
58	426	Filipe Santos	Os que Vão	Senior Masculino	02:14:40	+01:02:48	13:28
59	424	Afonso Almeida	Os Franciscos	Senior Masculino	02:14:40	+01:02:48	13:28
60	376	Cristiano Filipe da Silva Cardoso	Individual	Senior Masculino	02:14:51	+01:02:59	13:29
61	408	Ricardo Lagoela	Individual	Senior Masculino	02:15:05	+01:03:14	13:31
62	381	Fábio Branco	Individual	Senior Masculino	02:23:11	+01:11:19	14:19
63	396	Milton Fontes	Individual	Senior Masculino	02:23:15	+01:11:24	14:20
64	330	João Carlos da Fonseca Coelho	Centro Social Arco-Íris	Senior Masculino	02:23:53	+01:12:02	14:23

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10 KM

OFFICIAL RESULT

65	443	Vitor rosa	Soltem javalis	Senior Masculino	02:32:14	+01:20:22	15:13
66	441	Fernando portela	Soltem javalis	Senior Masculino	02:34:45	+01:22:53	15:29
67	431	Reginaldo Mariano Cavalcante	Sola Murcha	Senior Masculino	02:35:29	+01:23:37	15:33
68	440	Duarte goncalves	Soltem javalis	Senior Masculino	02:45:16	+01:33:24	16:32
69	438	Acilio mota	Soltem javalis	Senior Masculino	02:52:53	+01:41:02	17:17
70	442	João ferrao	Soltem javalis	Senior Masculino	02:53:04	+01:41:12	17:18
71	439	Afonso silva	Soltem javalis	Senior Masculino	02:57:26	+01:45:34	17:45
72	383	Ferando Silva0	Individual	Senior Masculino	03:02:52	+01:51:00	18:17
73	449	Rui Almeida	Sport Clube Paradela	Senior Masculino	03:15:41	+02:03:50	19:34