

Trail do Zêzere
Ferreira do Zêzere
14-novembro-2026

33KM - STAGE 1

33 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	08:30	14,5ºC	94%
End	15:28	14,5ºC	94%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	75	Pedro Ferreira	Saca Trilhos Anadia	03:01:59		05:31	
2	39	Tomás Teixeira	Individual	03:15:45	+13:46	05:56	
3	29	Francisco Santos	Fátima Trail Team	03:24:37	+22:38	06:12	
4	32	Duarte Teixeira	Individual	03:56:09	+54:10	07:09	
5	59	Frank Fritsche	Individual	03:59:46	+57:47	07:16	
6	78	Tiago Nogueira	Terrantêz Trail Team	04:12:23	+01:10:24	07:39	
7	77	Juliana de Sousa Salgueiro	Terrantêz Trail Team	04:25:55	+01:23:56	08:03	
8	35	Joao Domingues	Individual	04:26:13	+01:24:14	08:04	
9	10	Sérgio Antunes	Chamusca Trail	04:26:55	+01:24:56	08:05	
10	54	Rui Sanches	Individual	04:33:33	+01:31:34	08:17	
11	80	Fernando Homem	THOMAR ATHLETICS	04:34:23	+01:32:24	08:19	
12	76	Mafalda Frazão	Terrantêz Trail Team	04:34:32	+01:32:33	08:19	
13	71	Joana Cirne	run2eat	04:35:39	+01:33:40	08:21	
14	33	Filipe Gonçalo Jacinto Gomes	Individual	04:40:11	+01:38:12	08:29	
15	57	Pedro Silva	Individual	04:41:11	+01:39:12	08:31	
16	73	Jorge Cartaxo	run2eat	04:45:13	+01:43:14	08:39	
17	27	Rodrigo Vicente	Clube de Atletismo de Óbidos	04:46:22	+01:44:23	08:41	
18	2	Ricardo Matias	#somais1km	04:49:09	+01:47:10	08:46	
19	52	João Pedro da Silva Meira	Individual	04:55:24	+01:53:25	08:57	
20	28	Hilário Louro	Clube de Trilhos Mãos do Zêzere	04:57:22	+01:55:23	09:01	
21	53	Joel Fernandes	Individual	04:57:47	+01:55:48	09:01	
22	45	Carla Angueira	Individual	04:59:33	+01:57:34	09:05	
23	40	André Manso	Individual	04:59:33	+01:57:34	09:05	
24	8	Sofia Duarte	CAPenafirme	05:00:50	+01:58:51	09:07	
25	7	Ricardo Patrício	Boavista Trail	05:05:57	+02:03:58	09:16	
26	55	João Daniel Parreira Dias Pereira	Individual	05:13:32	+02:11:33	09:30	
27	61	Mário Rosa	Individual	05:13:53	+02:11:54	09:31	
28	68	José Inácio	Individual	05:13:54	+02:11:55	09:31	
29	49	Nelson Vaz	Individual	05:14:02	+02:12:03	09:31	
30	79	Ivan Ferreira	Terrantêz Trail Team	05:14:40	+02:12:41	09:32	
31	37	Kevin Ryser	Individual	05:21:56	+02:19:57	09:45	
32	44	Rita Teixeira	#somais1km	05:29:25	+02:27:26	09:59	
33	4	Adelino Trindade	#somais1km	05:29:25	+02:27:26	09:59	
34	67	Américo Rodrigues	Individual	05:36:22	+02:34:23	10:12	
35	69	João Correia	O Mundo da Corrida	05:37:30	+02:35:31	10:14	
36	60	João Sá Pereira	Individual	05:38:34	+02:36:35	10:16	
37	30	Mónica Caires	Individual	05:39:01	+02:37:02	10:16	
38	11	Carlos Gaspar	CHÍCHARO RUN TEAM A.ALVAIÁZERE	05:43:12	+02:41:13	10:24	
39	66	Jorge Silva	Individual	05:43:12	+02:41:13	10:24	
40	41	Daniel Antunes	Individual	05:43:12	+02:41:13	10:24	
41	36	João Pedro Ferreira Silva	Individual	05:43:13	+02:41:14	10:24	
42	38	Nuno Castanheira	Individual	05:43:13	+02:41:14	10:24	

33KM - STAGE 1

33 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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	58	Artur Soares	Individual	05:57:00	+02:55:01	10:49	
44	9	Pedro Silva	CASA DO BENFICA EM ABRANTES	06:04:45	+03:02:46	11:03	
45	74	Miguel Andrade	run2eat	06:08:01	+03:06:02	11:09	
46	70	Ana Patrícia Santos Maia Carlos	run2eat	06:08:01	+03:06:02	11:09	
47	72	Rita Souto	run2eat	06:08:01	+03:06:02	11:09	
48	34	João Afonso	Individual	06:12:03	+03:10:04	11:16	
49	62	Pedro Costa	Individual	06:18:06	+03:16:07	11:27	
50	1	Artur Gaio	#somais1km	06:33:03	+03:31:04	11:55	
51	43	Claudia Pires	Individual	06:53:01	+03:51:02	12:31	
52	56	Manuel Brito	Individual	06:54:01	+03:52:02	12:33	
53	26	Vitor Diniz	Clube de Atletismo de Ferreira do Zêzere	06:54:01	+03:52:02	12:33	

33KM **33 KM**

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	08:30	14,5ºC	94%
End	15:28	14,5ºC	94%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	30	Mónica Caires	Individual	Senior Feminino	05:39:01		10:16
2	70	Ana Patrícia Santos Maia Carlos	run2eat	Senior Feminino	06:08:01	+28:59	11:09
Senior Masculino							
1	39	Tomás Teixeira	Individual	Senior Masculino	03:15:45		05:56
2	29	Francisco Santos	Fátima Trail Team	Senior Masculino	03:24:37	+08:52	06:12
3	32	Duarte Teixeira	Individual	Senior Masculino	03:56:09	+40:24	07:09
4	35	Joao Domingues	Individual	Senior Masculino	04:26:13	+01:10:28	08:04
5	33	Filipe Gonçalo Jacinto Gomes	Individual	Senior Masculino	04:40:11	+01:24:26	08:29
6	37	Kevin Ryser	Individual	Senior Masculino	05:21:56	+02:06:11	09:45
7	36	João Pedro Ferreira Silva	Individual	Senior Masculino	05:43:13	+02:27:27	10:24
8	38	Nuno Castanheira	Individual	Senior Masculino	05:43:13	+02:27:28	10:24
9	34	João Afonso	Individual	Senior Masculino	06:12:03	+02:56:18	11:16
Sub 23 Masculino							
1	40	André Manso	Individual	Sub 23 Masculino	04:59:33		09:05
2	41	Daniel Antunes	Individual	Sub 23 Masculino	05:43:12	+43:39	10:24
Veterana F35							
1	76	Mafalda Frazão	Terrantêz Trail Team	Veterana F35	04:34:32		08:19
2	71	Joana Cirne	run2eat	Veterana F35	04:35:39	+01:07	08:21
3	72	Rita Souto	run2eat	Veterana F35	06:08:01	+01:33:29	11:09
Veterana F40							
1	77	Juliana de Sousa Salgueiro	Terrantêz Trail Team	Veterana F40	04:25:55		08:03
2	8	Sofia Duarte	CAPenafirme	Veterana F40	05:00:50	+34:55	09:07
3	43	Claudia Pires	Individual	Veterana F40	06:53:01	+02:27:06	12:31
Veterana F45							
1	44	Rita Teixeira	#somais1km	Veterana F45	05:29:25		09:59

Veterana F50

1	45	Carla Angueira	Individual	Veterana F50	04:59:33		09:05

Veterano M35

1	75	Pedro Ferreira	Saca Trilhos Anadia	Veterano M35	03:01:59		05:31
2	78	Tiago Nogueira	Terrantêz Trail Team	Veterano M35	04:12:23	+01:10:24	07:39
3	73	Jorge Cartaxo	run2eat	Veterano M35	04:45:13	+01:43:14	08:39
4	49	Nelson Vaz	Individual	Veterano M35	05:14:02	+02:12:02	09:31
5	74	Miguel Andrade	run2eat	Veterano M35	06:08:01	+03:06:01	11:09

Veterano M40

1	54	Rui Sanches	Individual	Veterano M40	04:33:33		08:17
2	27	Rodrigo Vicente	Clube de Atletismo de Óbidos	Veterano M40	04:46:22	+12:48	08:41
3	2	Ricardo Matias	#somais1km	Veterano M40	04:49:09	+15:36	08:46
4	52	João Pedro da Silva Meira	Individual	Veterano M40	04:55:24	+21:50	08:57
5	53	Joel Fernandes	Individual	Veterano M40	04:57:47	+24:13	09:01
6	79	Ivan Ferreira	Terrantêz Trail Team	Veterano M40	05:14:40	+41:07	09:32
7	1	Artur Gaio	#somais1km	Veterano M40	06:33:03	+01:59:30	11:55

Veterano M45

1	10	Sérgio Antunes	Chamusca Trail	Veterano M45	04:26:55		08:05
2	80	Fernando Homem	THOMAR ATHLETICS	Veterano M45	04:34:23	+07:27	08:19
3	57	Pedro Silva	Individual	Veterano M45	04:41:11	+14:16	08:31
4	7	Ricardo Patrício	Boavista Trail	Veterano M45	05:05:57	+39:02	09:16
5	55	João Daniel Parreira Dias Pereira	Individual	Veterano M45	05:13:32	+46:36	09:30
6	69	João Correia	O Mundo da Corrida	Veterano M45	05:37:30	+01:10:34	10:14
7	56	Manuel Brito	Individual	Veterano M45	06:54:01	+02:27:06	12:33

Veterano M50

1	59	Frank Fritsche	Individual	Veterano M50	03:59:46		07:16
2	28	Hilário Louro	Clube de Trilhos Mãos do Zêzere	Veterano M50	04:57:22	+57:35	09:01
3	61	Mário Rosa	Individual	Veterano M50	05:13:53	+01:14:07	09:31
4	60	João Sá Pereira	Individual	Veterano M50	05:38:34	+01:38:48	10:16
5	58	Artur Soares	Individual	Veterano M50	05:57:00	+01:57:13	10:49
6	9	Pedro Silva	CASA DO BENFICA EM ABRANTES	Veterano M50	06:04:45	+02:04:58	11:03
7	62	Pedro Costa	Individual	Veterano M50	06:18:06	+02:18:20	11:27

Veterano M55

1	4	Adelino Trindade	#somais1km	Veterano M55	05:29:25		09:59
2	11	Carlos Gaspar	CHÍCHARO RUN TEAM A.ALVAIÁZERE	Veterano M55	05:43:12	+13:46	10:24
3	66	Jorge Silva	Individual	Veterano M55	05:43:12	+13:46	10:24
4	26	Vitor Diniz	Clube de Atletismo de Ferreira do Zêzere	Veterano M55	06:54:01	+01:24:36	12:33

Veterano M60

1	68	José Inácio	Individual	Veterano M60	05:13:54		09:31
2	67	Américo Rodrigues	Individual	Veterano M60	05:36:22	+22:28	10:12

TEAM RESULTS - 33KM

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	TERRANTÊZ TRAIL TEAM	6 + 7 + 12	25
2	RUN2EAT	13 + 16 + 44	73
3	#SOMAIS1KM	18 + 31 + 32	81

22KM - STAGE 1

22 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	08:45	14,5ºC	94%
End	13:19	14,5ºC	94%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1016	Rui Fernandes	Associação Desportiva Cultural e Recreativa de Paço dos Negros	01:55:18		05:14	
2	1076	Marcelo Coelho	GRF Benedita-Atletismo	02:00:57	+05:39	05:30	
3	1063	Ricardo Henriques	Fátima Trail Team	02:02:53	+07:35	05:35	
4	1130	Patricio Gaspar	Sandoeira Run Club	02:04:18	+09:00	05:39	
5	1067	Bruno Antunes	ÍBEX Trail Team / CA Riachense	02:07:19	+12:01	05:47	
6	1010	Rafael Lopes	Ama(dores) Trail Team/ACRU	02:08:52	+13:34	05:51	
7	1075	João Valente	Individual	02:09:58	+14:40	05:54	
8	1002	Victor Fernandes	A.D. Amarante Trail Running	02:11:08	+15:50	05:58	
9	1008	Tiago silva	Ama(dores) Trail Team/ACRU	02:15:42	+20:24	06:10	
10	1011	Carlos Manuel Dias Simões	Ama(dores) Trail Team/ACRU	02:16:01	+20:43	06:11	
11	1038	Frederico Constantino	CLAC Entroncamento	02:16:50	+21:32	06:13	
12	1018	Ricardo Justo	CASA DO BENFICA EM ABRANTES	02:17:22	+22:04	06:15	
13	1090	Rui Lopes	Individual	02:19:05	+23:47	06:19	
14	1091	Santiago del Puerto	Individual	02:21:59	+26:41	06:27	
15	1012	Paulo Oliveira	Ama(dores) Trail Team/ACRU	02:22:26	+27:08	06:28	
16	1015	José Vitor	Associação Desportiva Cultural e Recreativa de Paço dos Negros	02:22:32	+27:14	06:29	
17	1092	Vasco Antunes	Individual	02:22:36	+27:18	06:29	
18	1134	Rodrigo Casimiro	SCFZ Trail Runners	02:23:10	+27:52	06:30	
19	1048	Pedro Domingos	Individual	02:27:55	+32:37	06:43	
20	1088	Marco Reis	Individual	02:28:17	+32:59	06:44	
21	1144	Miguel Bernardino	Terrantêz Trail Team	02:30:25	+35:07	06:50	
22	1005	António Emídio	Agroal Trail Team	02:30:42	+35:24	06:51	
23	1087	Ivo Faustino	Individual	02:31:49	+36:31	06:54	
24	1043	Carlos Correia	CLAC Entroncamento	02:32:37	+37:19	06:56	
25	1021	Daniel Pedro	CASA DO BENFICA EM ABRANTES	02:34:39	+39:21	07:02	
26	1019	Ana Damas	CASA DO BENFICA EM ABRANTES	02:34:41	+39:23	07:02	
27	1003	Tiago Ramos	Adega Mouquito	02:35:12	+39:54	07:03	
28	1147	Vitor Pereira	THOMAR ATHLETICS	02:36:14	+40:56	07:06	
29	1023	André Santos	CASA DO BENFICA EM ABRANTES	02:37:33	+42:15	07:10	
30	1026	Paulo Baptista	CASA DO BENFICA EM ABRANTES	02:37:47	+42:29	07:10	
31	1064	Teofilo Casimiro	Fátima Trail Team	02:38:00	+42:42	07:11	
32	1115	Julio Patricio	Individual	02:38:05	+42:47	07:11	
33	1053	Filip Descheemaeker	Individual	02:39:07	+43:49	07:14	
34	1138	Domingos Casimiro	SCFZ Trail Runners	02:39:25	+44:07	07:15	
35	1111	Sergio Antunes	Individual	02:39:46	+44:28	07:16	
36	1031	Tiago branco	Chitas de Alcobaça	02:46:53	+51:35	07:35	
37	1032	Carlos Manix	Chitas de Alcobaça	02:46:53	+51:35	07:35	
38	1141	João Filipe Martins Dias	Tainadas run team-somengil	02:46:59	+51:41	07:35	
39	1027	João Paulo Jacinto	CASA DO BENFICA EM ABRANTES	02:47:01	+51:43	07:35	
40	1081	Paula Cristina Rosa Pedro	CASA DO BENFICA EM ABRANTES	02:47:10	+51:52	07:36	

22KM - STAGE 1

22 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	1058	Vânia Mourato	Clube Gavionenses Running	02:47:10	+51:52	07:36	
42	1059	Ricardo Curado Torres	Diabinhos de Samuel	02:47:11	+51:53	07:36	
43	1066	Marisa Figueiredo	GOAT- WEST TRAIL TEAM	02:47:18	+52:00	07:36	
44	1095	Joel Cunha	Individual	02:47:46	+52:28	07:38	
45	1135	Pedro Mendes	SCFZ Trail Runners	02:49:33	+54:15	07:42	
46	1146	Tiago Roberto	THOMAR ATHLETICS	02:49:58	+54:40	07:44	
47	1044	Luis Mota	CLAC Entroncamento	02:55:39	+01:00:21	07:59	
48	1039	Rita Carrilho	CLAC Entroncamento	02:57:27	+01:02:09	08:04	
49	1136	Carlos António	SCFZ Trail Runners	02:57:27	+01:02:09	08:04	
50	1126	Samuel Neto	rbb.club	02:57:45	+01:02:27	08:05	
51	1022	Tiago Silvério	CASA DO BENFICA EM ABRANTES	02:58:08	+01:02:50	08:06	
52	1030	Telmo Madeira	Chitas de Alcobaça	02:58:32	+01:03:14	08:07	
53	1060	David Simão	Equipa Diamantino Jorge	02:58:44	+01:03:26	08:07	
54	1078	Samuel Soares	Individual	02:58:57	+01:03:39	08:08	
55	1085	Fátima Duarte	THOMAR ATHLETICS	02:59:30	+01:04:12	08:10	
56	1061	Nuno Arnauth	Equipa Diamantino Jorge	02:59:56	+01:04:38	08:11	
57	1004	Carlos Filipe Santos Ferreira	Adega Mouquito	03:01:02	+01:05:44	08:14	
58	1101	Omar Garcia	Individual	03:01:52	+01:06:34	08:16	
59	1014	João Pedro Abalada	Associação Desportiva Cultural e Recreativa de Paço dos Negros	03:01:59	+01:06:41	08:16	
60	1140	Beatriz Fernandes	Tainadas run team-somengil	03:01:59	+01:06:41	08:16	
61	1071	Domitille Leclercq	Individual	03:01:59	+01:06:41	08:16	
62	1131	Bárbara Sá Marques	Santana FC - Trail Team	03:03:00	+01:07:42	08:19	
63	1072	Diogo Nobre	Individual	03:06:43	+01:11:25	08:29	
64	1118	Ricardo Carvalho	LIZ RUNNERS	03:07:54	+01:12:36	08:32	
65	1065	Luis Jorge	Fátima Trail Team	03:10:20	+01:15:02	08:39	
66	1102	Tiago Esteves	Individual	03:10:45	+01:15:27	08:40	
67	1123	Rita Navalho	Os Lobos de Carvalhal	03:10:53	+01:15:35	08:41	
68	1124	João Pedro	Os Lobos de Carvalhal	03:10:53	+01:15:35	08:41	
69	1150	Everlyn Pinilla	Trilhos do Costume	03:11:20	+01:16:02	08:42	
70	1096	Nuno Lucas	Individual	03:13:22	+01:18:04	08:47	
71	1148	Luís Marcelino	TRILHO DOS CÁGADOS	03:13:55	+01:18:37	08:49	
72	1112	Luis Silva	Individual	03:14:02	+01:18:44	08:49	
73	1149	Luis Serio	TRILHO DOS CÁGADOS	03:17:55	+01:22:37	09:00	
74	1029	Nuno Lourenço	Chitas de Alcobaça	03:18:13	+01:22:55	09:01	
75	1125	Manuel Silva	OS MATRECOS	03:18:58	+01:23:40	09:03	
76	1073	Guilherme Mendes	Individual	03:19:05	+01:23:47	09:03	
77	1013	JOSÉ PINHEIRO	Associação de Marinheiros de Ferreira do Zêzere	03:20:27	+01:25:09	09:07	
78	1036	Octávio Vazão	Chitas de Alcobaça	03:22:01	+01:26:43	09:11	
79	1057	Rodrigo Calado	Clube Gavionenses Running	03:25:01	+01:29:43	09:19	
80	1097	Nuno Miguel da Silva Ferreira	Individual	03:25:15	+01:29:57	09:20	
81	1127	Luís Miguel Borges Lopes	run2eat	03:25:29	+01:30:11	09:20	
82	1025	Miguel Capitulino	CASA DO BENFICA EM ABRANTES	03:25:30	+01:30:12	09:20	
83	1006	Catarina Fernandes	Alverca Urban Runners	03:25:36	+01:30:18	09:21	
84	1074	João Ramos	Individual	03:25:53	+01:30:35	09:21	
85	1070	Carlota Goncalves	Individual	03:25:54	+01:30:36	09:22	

22KM - STAGE 1

22 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	1121	Ricardo Rodrigues	OCS - Arrábida Trail Team	03:26:05	+01:30:47	09:22	
87	1033	Joel Coelho	Chitas de Alcobaça	03:26:47	+01:31:29	09:24	
88	1133	Artur Coelho	SCALABIS NIGHT RUNNERS	03:32:03	+01:36:45	09:38	
89	1028	Magda Alves	Chitas de Alcobaça	03:32:18	+01:37:00	09:39	
90	1020	Cláudia Mendes	CASA DO BENFICA EM ABRANTES	03:32:40	+01:37:22	09:40	
91	1139	Miguel Matias	SSCGD	03:32:55	+01:37:37	09:41	
92	1079	Filipa Vicente	Individual	03:33:36	+01:38:18	09:43	
93	1120	Nicole Berger	OCS - Arrábida Trail Team	03:33:37	+01:38:19	09:43	
94	1106	Jan Korte	Individual	03:34:24	+01:39:06	09:45	
95	1093	Bruno Charrinho	Individual	03:35:07	+01:39:49	09:47	
96	1119	Claudia Esteves	O Mundo da Corrida	03:37:29	+01:42:11	09:53	
97	1035	Paulo vieira	Chitas de Alcobaça	03:37:30	+01:42:12	09:53	
98	1037	Vasco Beja	Chitas de Alcobaça	03:37:30	+01:42:12	09:53	
99	1041	Teresa Ventura	CLAC Entroncamento	03:38:35	+01:43:17	09:56	
100	1129	Carlos Costa	Runners frente ribeirinha	03:39:05	+01:43:47	09:58	
101	1034	Pedro Faustino	Chitas de Alcobaça	03:39:07	+01:43:49	09:58	
102	1099	Daniel Marques Pereira Gonçalves	Individual	03:41:12	+01:45:54	10:03	
103	1122	Carlos Martins	Oiãrunners	03:41:14	+01:45:56	10:03	
104	1089	Rodrigo Dinis	Individual	03:45:57	+01:50:39	10:16	
105	1103	Valter Escrevente	Individual	03:48:16	+01:52:58	10:23	
106	1082	Susana Araújo	Individual	03:48:49	+01:53:31	10:24	
107	1040	Ana Carmo	CLAC Entroncamento	04:00:33	+02:05:15	10:56	
108	1042	Pedro Carmo	CLAC Entroncamento	04:00:34	+02:05:16	10:56	
109	1069	Ana Antunes	Individual	04:00:42	+02:05:24	10:56	
110	1104	Andrés Perotti	Individual	04:08:42	+02:13:24	11:18	
111	1007	Carla Carvalho	Alverca Urban Runners	04:13:41	+02:18:23	11:32	
112	1110	Rui Batista	Individual	04:16:30	+02:21:12	11:40	
113	1083	Cristina caniço	Individual	04:16:30	+02:21:12	11:40	
114	1001	Cláudia Cardinal	A.D. Amarante Trail Running	04:25:06	+02:29:48	12:03	
115	1128	Dário Marreiros	run2eat	04:31:08	+02:35:50	12:19	



Trail do Zêzere
Ferreira do Zêzere
14-novembro-2026

22KM **22 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

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	08:45	14,5ºC	94%
End	13:19	14,5ºC	94%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	1140	Beatriz Fernandes	Tainadas run team-somengil	Senior Feminino	03:01:59		08:16
2	1071	Domitille Leclercq	Individual	Senior Feminino	03:01:59	+00:00	08:16
3	1070	Carlota Goncalves	Individual	Senior Feminino	03:25:54	+23:54	09:22
4	1069	Ana Antunes	Individual	Senior Feminino	04:00:42	+58:42	10:56
Senior Masculino							
1	1076	Marcelo Coelho	GRF Benedita-Atletismo	Senior Masculino	02:00:57		05:30
2	1075	João Valente	Individual	Senior Masculino	02:09:58	+09:00	05:54
3	1008	Tiago silva	Ama(dores) Trail Team/ACRU	Senior Masculino	02:15:42	+14:45	06:10
4	1038	Frederico Constantino	CLAC Entroncamento	Senior Masculino	02:16:50	+15:53	06:13
5	1134	Rodrigo Casimiro	SCFZ Trail Runners	Senior Masculino	02:23:10	+22:13	06:30
6	1048	Pedro Domingos	Individual	Senior Masculino	02:27:55	+26:57	06:43
7	1078	Samuel Soares	Individual	Senior Masculino	02:58:57	+57:59	08:08
8	1014	João Pedro Abalada	Associação Desportiva Cultural e Recreativa de Paço dos Negros	Senior Masculino	03:01:59	+01:01:01	08:16
9	1072	Diogo Nobre	Individual	Senior Masculino	03:06:43	+01:05:45	08:29
10	1073	Guilherme Mendes	Individual	Senior Masculino	03:19:05	+01:18:07	09:03
11	1057	Rodrigo Calado	Clube Gavionenses Running	Senior Masculino	03:25:01	+01:24:03	09:19
12	1074	João Ramos	Individual	Senior Masculino	03:25:53	+01:24:55	09:21
Sub 23 Feminino							
1	1039	Rita Carrilho	CLAC Entroncamento	Sub 23 Feminino	02:57:27		08:04
Sub 23 Masculino							
1	1018	Ricardo Justo	CASA DO BENFICA EM ABRANTES	Sub 23 Masculino	02:17:22		06:15
Veterana F35							
1	1123	Rita Navalho	Os Lobos de Carvalhal	Veterana F35	03:10:53		08:41
2	1150	Everlyn Pinilla	Trilhos do Costume	Veterana F35	03:11:20	+00:27	08:42
3	1079	Filipa Vicente	Individual	Veterana F35	03:33:36	+22:43	09:43

Veterana F40

1	1019	Ana Damas	CASA DO BENFICA EM ABRANTES	Veterana F40	02:34:41		07:02
2	1058	Vânia Mourato	Clube Gavionenses Running	Veterana F40	02:47:10	+12:29	07:36
3	1006	Catarina Fernandes	Alverca Urban Runners	Veterana F40	03:25:36	+50:54	09:21

Veterana F45

1	1081	Paula Cristina Rosa Pedro	CASA DO BENFICA EM ABRANTES	Veterana F45	02:47:10		07:36
2	1131	Bárbara Sá Marques	Santana FC - Trail Team	Veterana F45	03:03:00	+15:50	08:19
3	1028	Magda Alves	Chitas de Alcobaça	Veterana F45	03:32:18	+45:07	09:39
4	1041	Teresa Ventura	CLAC Entroncamento	Veterana F45	03:38:35	+51:25	09:56
5	1040	Ana Carmo	CLAC Entroncamento	Veterana F45	04:00:33	+01:13:23	10:56
6	1001	Cláudia Cardinal	A.D. Amarante Trail Running	Veterana F45	04:25:06	+01:37:55	12:03

Veterana F50

1	1066	Marisa Figueiredo	GOAT- WEST TRAIL TEAM	Veterana F50	02:47:18		07:36
2	1020	Cláudia Mendes	CASA DO BENFICA EM ABRANTES	Veterana F50	03:32:40	+45:21	09:40
3	1120	Nicole Berger	OCS - Arrábida Trail Team	Veterana F50	03:33:37	+46:18	09:43
4	1119	Claudia Esteves	O Mundo da Corrida	Veterana F50	03:37:29	+50:10	09:53
5	1082	Susana Araújo	Individual	Veterana F50	03:48:49	+01:01:30	10:24
6	1007	Carla Carvalho	Alverca Urban Runners	Veterana F50	04:13:41	+01:26:22	11:32

Veterana F55

1	1083	Cristina caniço	Individual	Veterana F55	04:16:30		11:40

Veterana F60

1	1085	Fátima Duarte	THOMAR ATHLETICS	Veterana F60	02:59:30		08:10

Veterano M35

1	1063	Ricardo Henriques	Fátima Trail Team	Veterano M35	02:02:53		05:35
2	1130	Patricio Gaspar	Sandoeira Run Club	Veterano M35	02:04:18	+01:25	05:39
3	1067	Bruno Antunes	ÍBEX Trail Team / CA Riachense	Veterano M35	02:07:19	+04:26	05:47
4	1010	Rafael Lopes	Ama(dores) Trail Team/ACRU	Veterano M35	02:08:52	+05:59	05:51
5	1090	Rui Lopes	Individual	Veterano M35	02:19:05	+16:12	06:19
6	1091	Santiago del Puerto	Individual	Veterano M35	02:21:59	+19:06	06:27
7	1015	José Vitor	Associação Desportiva Cultural e Recreativa de Paço dos Negros	Veterano M35	02:22:32	+19:38	06:29

8	1092	Vasco Antunes	Individual	Veterano M35	02:22:36	+19:42	06:29
9	1088	Marco Reis	Individual	Veterano M35	02:28:17	+25:23	06:44
10	1005	António Emídio	Agroal Trail Team	Veterano M35	02:30:42	+27:49	06:51
11	1087	Ivo Faustino	Individual	Veterano M35	02:31:49	+28:56	06:54
12	1021	Daniel Pedro	CASA DO BENFICA EM ABRANTES	Veterano M35	02:34:39	+31:46	07:02
13	1141	João Filipe Martins Dias	Tainadas run team-somengil	Veterano M35	02:46:59	+44:06	07:35
14	1135	Pedro Mendes	SCFZ Trail Runners	Veterano M35	02:49:33	+46:40	07:42
15	1022	Tiago Silvério	CASA DO BENFICA EM ABRANTES	Veterano M35	02:58:08	+55:15	08:06
16	1118	Ricardo Carvalho	LIZ RUNNERS	Veterano M35	03:07:54	+01:05:01	08:32
17	1124	João Pedro	Os Lobos de Carvalhal	Veterano M35	03:10:53	+01:08:00	08:41
18	1127	Luís Miguel Borges Lopes	run2eat	Veterano M35	03:25:29	+01:22:36	09:20
19	1089	Rodrigo Dinis	Individual	Veterano M35	03:45:57	+01:43:04	10:16

Veterano M40

1	1011	Carlos Manuel Dias Simões	Ama(dores) Trail Team/ACRU	Veterano M40	02:16:01		06:11
2	1144	Miguel Bernardino	Terrantêz Trail Team	Veterano M40	02:30:25	+14:24	06:50
3	1003	Tiago Ramos	Adega Mouquito	Veterano M40	02:35:12	+19:10	07:03
4	1023	André Santos	CASA DO BENFICA EM ABRANTES	Veterano M40	02:37:33	+21:31	07:10
5	1095	Joel Cunha	Individual	Veterano M40	02:47:46	+31:45	07:38
6	1146	Tiago Roberto	THOMAR ATHLETICS	Veterano M40	02:49:58	+33:57	07:44
7	1126	Samuel Neto	rbb.club	Veterano M40	02:57:45	+41:43	08:05
8	1060	David Simão	Equipa Diamantino Jorge	Veterano M40	02:58:44	+42:42	08:07
9	1065	Luis Jorge	Fátima Trail Team	Veterano M40	03:10:20	+54:19	08:39
10	1096	Nuno Lucas	Individual	Veterano M40	03:13:22	+57:21	08:47
11	1029	Nuno Lourenço	Chitas de Alcobaça	Veterano M40	03:18:13	+01:02:12	09:01
12	1097	Nuno Miguel da Silva Ferreira	Individual	Veterano M40	03:25:15	+01:09:13	09:20
13	1093	Bruno Charrinho	Individual	Veterano M40	03:35:07	+01:19:05	09:47

Veterano M45

1	1016	Rui Fernandes	Associação Desportiva Cultural e Recreativa de Paço dos Negros	Veterano M45	01:55:18		05:14
2	1012	Paulo Oliveira	Ama(dores) Trail Team/ACRU	Veterano M45	02:22:26	+27:08	06:28
3	1031	Tiago branco	Chitas de Alcobaça	Veterano M45	02:46:53	+51:35	07:35
4	1136	Carlos António	SCFZ Trail Runners	Veterano M45	02:57:27	+01:02:09	08:04
5	1030	Telmo Madeira	Chitas de Alcobaça	Veterano M45	02:58:32	+01:03:14	08:07
6	1061	Nuno Arnauth	Equipa Diamantino Jorge	Veterano M45	02:59:56	+01:04:38	08:11
7	1004	Carlos Filipe Santos Ferreira	Adega Mouquito	Veterano M45	03:01:02	+01:05:44	08:14
8	1101	Omar Garcia	Individual	Veterano M45	03:01:52	+01:06:33	08:16
9	1102	Tiago Esteves	Individual	Veterano M45	03:10:45	+01:15:27	08:40
10	1148	Luís Marcelino	TRILHO DOS CÁGADOS	Veterano M45	03:13:55	+01:18:37	08:49
11	1099	Daniel Marques Pereira Gonçalves	Individual	Veterano M45	03:41:12	+01:45:53	10:03
12	1103	Valter Escrevente	Individual	Veterano M45	03:48:16	+01:52:58	10:23

13	1042	Pedro Carmo	CLAC Entroncamento	Veterano M45	04:00:34	+02:05:16	10:56

Veterano M50

1	1002	Victor Fernandes	A.D. Amarante Trail Running	Veterano M50	02:11:08		05:58
2	1043	Carlos Correia	CLAC Entroncamento	Veterano M50	02:32:37	+21:29	06:56
3	1147	Vitor Pereira	THOMAR ATHLETICS	Veterano M50	02:36:14	+25:05	07:06
4	1064	Teofilo Casimiro	Fátima Trail Team	Veterano M50	02:38:00	+26:51	07:11
5	1053	Filip Descheemaeker	Individual	Veterano M50	02:39:07	+27:59	07:14
6	1111	Sergio Antunes	Individual	Veterano M50	02:39:46	+28:38	07:16
7	1032	Carlos Manix	Chitas de Alcobaça	Veterano M50	02:46:53	+35:45	07:35
8	1059	Ricardo Curado Torres	Diabinhos de Samuel	Veterano M50	02:47:11	+36:03	07:36
9	1044	Luis Mota	CLAC Entroncamento	Veterano M50	02:55:39	+44:31	07:59
10	1025	Miguel Capitulino	CASA DO BENFICA EM ABRANTES	Veterano M50	03:25:30	+01:14:22	09:20
11	1121	Ricardo Rodrigues	OCS - Arrábida Trail Team	Veterano M50	03:26:05	+01:14:56	09:22
12	1033	Joel Coelho	Chitas de Alcobaça	Veterano M50	03:26:47	+01:15:39	09:24
13	1139	Miguel Matias	SSCGD	Veterano M50	03:32:55	+01:21:47	09:41
14	1106	Jan Korte	Individual	Veterano M50	03:34:24	+01:23:16	09:45
15	1034	Pedro Faustino	Chitas de Alcobaça	Veterano M50	03:39:07	+01:27:59	09:58
16	1104	Andrés Perotti	Individual	Veterano M50	04:08:42	+01:57:34	11:18
17	1110	Rui Batista	Individual	Veterano M50	04:16:30	+02:05:22	11:40

Veterano M55

1	1026	Paulo Baptista	CASA DO BENFICA EM ABRANTES	Veterano M55	02:37:47		07:10
2	1112	Luis Silva	Individual	Veterano M55	03:14:02	+36:15	08:49
3	1149	Luis Serio	TRILHO DOS CÁGADOS	Veterano M55	03:17:55	+40:08	09:00
4	1013	JOSÉ PINHEIRO	Associação de Marinheiros de Ferreira do Zêzere	Veterano M55	03:20:27	+42:40	09:07
5	1133	Artur Coelho	SCALABIS NIGHT RUNNERS	Veterano M55	03:32:03	+54:16	09:38
6	1035	Paulo vieira	Chitas de Alcobaça	Veterano M55	03:37:30	+59:43	09:53
7	1128	Dário Marreiros	run2eat	Veterano M55	04:31:08	+01:53:21	12:19

Veterano M60

1	1115	Julio Patricio	Individual	Veterano M60	02:38:05		07:11
2	1138	Domingos Casimiro	SCFZ Trail Runners	Veterano M60	02:39:25	+01:20	07:15
3	1027	João Paulo Jacinto	CASA DO BENFICA EM ABRANTES	Veterano M60	02:47:01	+08:56	07:35
4	1125	Manuel Silva	OS MATRECOS	Veterano M60	03:18:58	+40:53	09:03
5	1036	Octávio Vazão	Chitas de Alcobaça	Veterano M60	03:22:01	+43:56	09:11
6	1037	Vasco Beja	Chitas de Alcobaça	Veterano M60	03:37:30	+59:25	09:53
7	1129	Carlos Costa	Runners frente ribeirinha	Veterano M60	03:39:05	+01:01:00	09:58

22KM

22 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

8	1122	Carlos Martins	Oiãrunners	Veterano M60	03:41:14	+01:03:09	10:03

TEAM RESULTS - 22KM

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	AMA(DORES) TRAIL TEAM/ACRU	6 + 9 + 10	25
2	CASA DO BENFICA EM ABRANTES	12 + 25 + 26	63
3	ASSOCIAÇÃO DESPORTIVA CULTURAL E RECREATIVA DE PAÇO DOS NEGROS	1 + 16 + 59	76
4	CLAC ENTRONCAMENTO	11 + 24 + 47	82
5	SCFZ TRAIL RUNNERS	18 + 34 + 45	97
6	FÁTIMA TRAIL TEAM	3 + 31 + 65	99
7	CHITAS DE ALCOBAÇA	36 + 37 + 52	125
8	THOMAR ATHLETICS	28 + 46 + 55	129



Trail do Zêzere
Ferreira do Zêzere
14-novembro-2026

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

	Time	Temperature	Humidity
Start	09:15	14,5ºC	94%
End	12:40	14,5ºC	94%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	2079	João Pinto	Clube Desportivo de Espite	56:14		04:20	
2	2193	Jérôme Grasland	Individual	58:25	+02:11	04:30	
3	2291	Vasco Rosa	THOMAR ATHLETICS	01:02:20	+06:06	04:48	
4	2184	Ricardo Salgueira	Individual	01:02:31	+06:17	04:49	
5	2095	Dinis Miranda	Individual	01:05:26	+09:12	05:02	
6	2256	Jorge Catarino	run2eat	01:07:54	+11:40	05:13	
7	2030	Bruno Fidalgo	C. D. "Os Águias" de Alpiarça	01:08:35	+12:21	05:17	
8	2040	Edgar Manso	CCD Sertã	01:08:59	+12:45	05:18	
9	2181	Pedro Lourenço	Individual	01:10:27	+14:13	05:25	
10	2240	David Dias	Natura Team	01:12:34	+16:20	05:35	
11	2004	António Filipe Esteves Curto	A.C.R Senhora do Desterro	01:15:17	+19:03	05:47	
12	2037	Rafael Cruz	CCD Sertã	01:15:29	+19:15	05:48	
13	2185	Rúben Cruz	Individual	01:16:59	+20:45	05:55	
14	2059	Jonas Descheemaeker	Individual	01:17:27	+21:13	05:57	
15	2190	César Ferreira	Individual	01:17:39	+21:25	05:58	
16	2125	Pedro Martins	Individual	01:18:07	+21:53	06:01	
17	2129	Tiago Coutinho	Individual	01:18:48	+22:34	06:04	
18	2219	Helder Moringa	Individual	01:19:09	+22:55	06:05	
19	2249	Tânia Sofia Figueiredo Ribeiro	OUTCORE	01:19:25	+23:11	06:07	
20	2008	Pedro Vitorino	Agroal Trail Team	01:20:17	+24:03	06:11	
21	2006	JOÃO BAPTISTA	ACRDC Sismaria	01:20:55	+24:41	06:13	
22	2192	Hugo Salvado	Individual	01:21:45	+25:31	06:17	
23	2277	Nelson Miguel Vieira Gaspar	ACRDC Sismaria	01:21:54	+25:40	06:18	
24	2083	Joao Casinhas	CPA CHESMAS	01:23:37	+27:23	06:26	
25	2045	Jose marques	Agroal Trail Team	01:25:30	+29:16	06:35	
26	2156	Stephanie Lopes	Individual	01:26:28	+30:14	06:39	
27	2191	Gonçalo Luís	Individual	01:26:40	+30:26	06:40	
28	2027	Filipa Baptista	Associação Desportiva Cultural e Recreativa de Paço dos Negros	01:27:56	+31:42	06:46	
29	2019	Luis Santos	ARLU TRAIL	01:28:19	+32:05	06:48	
30	2173	Edgar Duque Gonçalves	Individual	01:28:31	+32:17	06:49	
31	2117	João cunha	Individual	01:28:36	+32:22	06:49	
32	2035	André Farinha	CCD Sertã	01:28:37	+32:23	06:49	
33	2104	Daniela Pereira	Individual	01:29:31	+33:17	06:53	
34	2119	Luís Martins	Individual	01:29:55	+33:41	06:55	
35	2114	Francisco Paredes	Individual	01:30:19	+34:05	06:57	
36	2127	Rodrigo Azevedo	Individual	01:30:35	+34:21	06:58	
37	2263	Carlos Manso	SCFZ Trail Runners	01:30:56	+34:42	07:00	
38	2052	Célio Caetano	Chitas de Alcobaça	01:30:57	+34:43	07:00	
39	2034	Margarida Tavares	CCD Sertã	01:31:45	+35:31	07:03	
40	2086	Liliana Lopes	Equipa Diamantino Jorge	01:32:20	+36:06	07:06	
41	2202	Daniel Alho	Individual	01:32:32	+36:18	07:07	

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

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	2089	Gilberto Videira	Ganaditos	01:34:21	+38:07	07:15	
43	2269	Tiago Joaquim	SCFZ Trail Runners	01:34:35	+38:21	07:17	
44	2216	Pedro Cruz	Individual	01:34:43	+38:29	07:17	
45	2172	Dário Nobre	Individual	01:34:50	+38:36	07:18	
46	2080	André Lobo	Constância Mountain Runners	01:34:53	+38:39	07:18	
47	2259	Nuno Miguel Santos Marques	Santana FC - Trail Team	01:35:18	+39:04	07:20	
48	2197	Patric Vieira	Individual	01:35:48	+39:34	07:22	
49	2178	Luis Martins	Individual	01:37:10	+40:56	07:28	
50	2278	Marta Fernandes	Sporting Clube Lourinhanense	01:38:11	+41:57	07:33	
51	2116	Gonçalo Lopes	Individual	01:38:13	+41:59	07:33	
52	2128	Rui Dias	Individual	01:38:18	+42:04	07:34	
53	2214	Nuno Carvalho	Individual	01:38:34	+42:20	07:35	
54	2093	Eva Martins Rei	Individual	01:38:50	+42:36	07:36	
55	2265	Magda Caldeira	SCFZ Trail Runners	01:39:07	+42:53	07:37	
56	2042	João Xavier	CCD Sertã	01:39:19	+43:05	07:38	
57	2242	Luís Gomes	O PACE C€RTO	01:39:28	+43:14	07:39	
58	2215	Nuno Ferreira	Individual	01:39:45	+43:31	07:40	
59	2113	Fábio Rodrigues	Individual	01:41:12	+44:58	07:47	
60	2292	Claudia dos santos	Trail da Ladeia Running Team	01:41:20	+45:06	07:48	
61	2195	Jorge Sarca	Individual	01:41:21	+45:07	07:48	
62	2050	Vera Pascoal	Chitas de Alcobaça	01:41:24	+45:10	07:48	
63	2038	Margarida Nunes	CCD Sertã	01:41:24	+45:10	07:48	
64	2043	Vítor Fontes	CCD Sertã	01:41:25	+45:11	07:48	
65	2199	Bruno Santos	Individual	01:41:30	+45:16	07:48	
66	2266	Raquel Catarina Martins da Costa	SCFZ Trail Runners	01:41:32	+45:18	07:49	
67	2268	João Pereira	SCFZ Trail Runners	01:41:32	+45:18	07:49	
68	2228	José Castro	Individual	01:42:04	+45:50	07:51	
69	2220	Nuno Homem	Individual	01:42:49	+46:35	07:55	
70	2163	Cristina Mendes	Individual	01:42:49	+46:35	07:55	
71	2110	Bryan Bento Adriano	Individual	01:42:59	+46:45	07:55	
72	2180	Paulo Agostinho	Individual	01:43:20	+47:06	07:57	
73	2281	Marta Sousa	Team Alcanhões	01:43:21	+47:07	07:57	
74	2285	Fábio Ferra	Team Alcanhões	01:43:22	+47:08	07:57	
75	1117	Sérgio Almeida	Lentidão Furiosa-Freixianda	01:43:25	+47:11	07:57	
76	2107	Mariana Freitas Marques	Individual	01:43:56	+47:42	08:00	
77	2179	Nuno Martins	Individual	01:44:07	+47:53	08:01	
78	2121	Marco Cotrim	Individual	01:44:07	+47:53	08:01	
79	2098	Ana Jorge	Individual	01:44:19	+48:05	08:01	
80	2279	Lénia Rocha de Oliveira	Tainadas run team-somengil	01:44:38	+48:24	08:03	
81	2057	Cássio Heitmann	CLAC Entroncamento	01:45:26	+49:12	08:07	
82	2288	Carina Lopes	Terrantêz Trail Team	01:45:34	+49:20	08:07	
83	2231	Mário Costa	Individual	01:45:42	+49:28	08:08	
84	2041	Sérgio Campino	CCD Sertã	01:45:55	+49:41	08:09	
85	2150	Carla Gomes	100 gás Trail Team	01:46:07	+49:53	08:10	
86	2161	Salomé Silva	Individual	01:46:11	+49:57	08:10	
87	2239	Sofia Martins	Natura Team	01:46:11	+49:57	08:10	

13KM - STAGE 1

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	2085	Maria João Cotovio	Diabinhos de Samuel	01:46:20	+50:06	08:11	
89	2208	Ricardo Jorge Ribeiro Correia	Individual	01:48:49	+52:35	08:22	
90	2204	Franco Fernandes	ACRDC Sismaria	01:49:25	+53:11	08:25	
91	2248	Sónia Patrício	OUTCORE	01:50:42	+54:28	08:31	
92	2206	Nelson Ferraria	Individual	01:50:50	+54:36	08:32	
93	2025	Cidalia Maria Santos Matias Pedro	Associação de Toledo	01:50:52	+54:38	08:32	
94	2188	Adriano Araújo	Individual	01:50:54	+54:40	08:32	
95	2055	Marta Ventura	CLAC Entroncamento	01:50:55	+54:41	08:32	
96	2026	Daphne van Winkel	Associação Desportiva Cultural e Recreativa de Paço dos Negros	01:51:00	+54:46	08:32	
97	2031	Lúcia Santos	Caminhadas da Amizade	01:51:08	+54:54	08:33	
98	2137	Neuza Almeida	Individual	01:51:08	+54:54	08:33	
99	2175	João Rodrigues	Individual	01:51:48	+55:34	08:36	
100	2183	Ricardo Ferreira Soares	Individual	01:51:49	+55:35	08:36	
101	2131	Eugénia Kostenko	Individual	01:51:53	+55:39	08:36	
102	2312	Marina Marques	Individual	01:51:55	+55:41	08:37	
103	2287	João Nuno Pepino	Team Alcanhões	01:52:24	+56:10	08:39	
104	2148	Sara Rei	Individual	01:54:22	+58:08	08:48	
105	2196	Nuno Ricardo Brardo Barata	Individual	01:54:23	+58:09	08:48	
106	2272	Nuno Seabra	SCFZ Trail Runners	01:54:24	+58:10	08:48	
107	2171	Bruno Pescador	Individual	01:54:25	+58:11	08:48	
108	2036	João Garcia	CCD Sertã	01:54:44	+58:30	08:50	
109	2024	Luis Almeida	ASAP TEAM	01:55:03	+58:49	08:51	
110	2198	Roberto Gonçalves	Individual	01:55:52	+59:38	08:55	
111	2032	Mélanie Santos	CASA DO BENFICA EM ABRANTES	01:56:29	+01:00:15	08:58	
112	2238	Cristiano Ribeiro	Natura Team	01:56:31	+01:00:17	08:58	
113	1137	Carlos Manuel Guia Antunes	SCFZ Trail Runners	01:56:51	+01:00:37	08:59	
114	2039	Sandra Martins	CCD Sertã	01:57:45	+01:01:31	09:03	
115	2227	João Garcia	Individual	01:57:49	+01:01:35	09:04	
116	2293	Elsa da Silva Gonçalves	Trail da Ladeia Running Team	01:57:57	+01:01:43	09:04	
117	2087	Lucília Santos	Fátima Trail Team	01:58:02	+01:01:48	09:05	
118	2048	Dulce Batista	Chitas de Alcobaça	01:58:45	+01:02:31	09:08	
119	2194	Jorge Barros	Individual	01:58:46	+01:02:32	09:08	
120	2046	Glória Alves	Chitas de Alcobaça	01:58:46	+01:02:32	09:08	
121	2134	Cláudia Afonso	Individual	01:58:47	+01:02:33	09:08	
122	2155	Sónia Sofia Fernandes Cordeiro	Individual	01:59:19	+01:03:05	09:11	
123	2297	LILIANA FREITAS FLORENCIO	Trilho Perdido Eventos / Imporlux	01:59:26	+01:03:12	09:11	
124	2225	Friedrich Mayer	Individual	02:00:07	+01:03:53	09:14	
125	2049	Marina Maia	Chitas de Alcobaça	02:00:54	+01:04:40	09:18	
126	2047	Vera Cardiga	Chitas de Alcobaça	02:00:54	+01:04:40	09:18	
127	2210	António Gonçalves	Individual	02:01:25	+01:05:11	09:20	
128	2126	Rafael Antunes	Individual	02:01:25	+01:05:11	09:20	
129	2145	Marta Mestre	Individual	02:01:26	+01:05:12	09:20	
130	2284	Ana Sofia Inês	Team Alcanhões	02:01:40	+01:05:26	09:22	
131	2162	Sonia Oliveira	Individual	02:01:56	+01:05:42	09:23	
132	2111	David Amaro	ACRDC Sismaria	02:02:17	+01:06:03	09:24	

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	2267	Bruno Silva	SCFZ Trail Runners	02:02:36	+01:06:22	09:26	
134	2261	Andreia Ribeiro	SCFZ Trail Runners	02:02:36	+01:06:22	09:26	
135	2130	Tiago Miguel Flamino Tacão	Individual	02:02:41	+01:06:27	09:26	
136	2286	Nuno Soares	Team Alcanhões	02:02:42	+01:06:28	09:26	
137	2056	Mónica Ventura	CLAC Entroncamento	02:03:20	+01:07:06	09:29	
138	2029	Virgínia Silva	C. D. "Os Águias" de Alpiarça	02:03:20	+01:07:06	09:29	
139	2118	João Martins	Individual	02:04:19	+01:08:05	09:34	
140	2124	Nuno Martins	Individual	02:04:19	+01:08:05	09:34	
141	2170	André Martins	Individual	02:04:21	+01:08:07	09:34	
142	2082	Luís Barroso	Correr por Castelo Branco	02:05:12	+01:08:58	09:38	
143	2142	Filipa Costa	Individual	02:05:20	+01:09:06	09:38	
144	2099	Carla Duque	Individual	02:05:24	+01:09:10	09:39	
145	2028	Susana Flor	Associação Desportiva Cultural e Recreativa de Paço dos Negros	02:06:35	+01:10:21	09:44	
146	2229	José Paulo Navas Cândido	Individual	02:06:53	+01:10:39	09:46	
147	2159	Ana Mendes	Individual	02:06:58	+01:10:44	09:46	
148	2273	Filipa Godinho	SCOCS - Sport Clube Operário de Cem Soldos	02:07:26	+01:11:12	09:48	
149	2274	Joel Mourão	SCOCS - Sport Clube Operário de Cem Soldos	02:07:27	+01:11:13	09:48	
150	2147	Rita Cúrdia	Individual	02:08:32	+01:12:18	09:53	
151	2096	Alice Leal	Individual	02:08:32	+01:12:18	09:53	
152	2201	Célio Neves	Individual	02:08:59	+01:12:45	09:55	
153	2275	Fátima Reis	Serranos Run Team	02:10:22	+01:14:08	10:02	
154	2153	Patrícia Rodrigues	Individual	02:11:02	+01:14:48	10:05	
155	2146	Paula Lucas	Individual	02:11:02	+01:14:48	10:05	
156	2221	Paulo Castro	Individual	02:11:03	+01:14:49	10:05	
157	2109	Sónia Isaías	Individual	02:11:23	+01:15:09	10:06	
158	2088	Silvia Giestas	Ganaditos	02:13:07	+01:16:53	10:14	
159	2232	Dulce Almeida	Lentidão Furiosa-Freixianda	02:13:11	+01:16:57	10:15	
160	2053	Jacinta Mendes	Cimo do Monte	02:13:29	+01:17:15	10:16	
161	2213	Miguel Lobo	Individual	02:14:10	+01:17:56	10:19	
162	2094	Kyara Quitério Veríssimo	Individual	02:15:12	+01:18:58	10:24	
163	2189	Bruno Quitério	Individual	02:15:12	+01:18:58	10:24	
164	2151	Ana Elisabete Silva Neves	Individual	02:17:35	+01:21:21	10:35	
165	2106	Francisca Stoffel	Individual	02:19:01	+01:22:47	10:42	
166	2108	Natasha Anna Celtner	Individual	02:19:02	+01:22:48	10:42	
167	2258	Carla Sofia Atilhó	Santana FC - Trail Team	02:19:02	+01:22:48	10:42	
168	2233	Gina Matos	Maçanicas Vila Ginásio Team	02:20:21	+01:24:07	10:48	
169	2235	Célia Catarina Marques Pires	Maçanicas Vila Ginásio Team	02:20:25	+01:24:11	10:48	
170	2158	Susana Diogo	Individual	02:20:45	+01:24:31	10:50	
171	2234	Mónica Cardoso Costa	Maçanicas Vila Ginásio Team	02:21:17	+01:25:03	10:52	
172	2236	Dulce Isabel Santos Rodrigues	Maçanicas Vila Ginásio Team	02:21:21	+01:25:07	10:52	
173	2203	David Quintino	Individual	02:21:43	+01:25:29	10:54	
174	2174	Joao Filipe dos santos Duarte	Individual	02:22:01	+01:25:47	10:55	
175	2280	Joana Caetano	Team Alcanhões	02:22:04	+01:25:50	10:56	
176	2282	Sara Isabel	Team Alcanhões	02:22:04	+01:25:50	10:56	
177	2017	Patrícia Marta	Alverca Urban Runners	02:22:15	+01:26:01	10:57	

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
178	2018	Sandra Carvalho	Alverca Urban Runners	02:22:15	+01:26:01	10:57	
179	2133	Andreia Mendes	Individual	02:22:24	+01:26:10	10:57	
180	2157	Susana Caeiro	Individual	02:22:24	+01:26:10	10:57	
181	2255	Rita de Cássia Cirqueira	run2eat	02:22:53	+01:26:39	10:59	
182	2044	Otília Vedor	Chamusca Trail	02:23:28	+01:27:14	11:02	
183	2241	luis pimentel	Individual	02:23:29	+01:27:15	11:02	
184	2276	Silvana Gomes	SILVANA GOMES	02:25:29	+01:29:15	11:11	
185	2244	Ana Pires	Os 3 da Vida Airada	02:26:17	+01:30:03	11:15	
186	2144	Joana Mendes	Individual	02:28:59	+01:32:45	11:28	
187	2168	Leonor Coelho	Individual	02:29:09	+01:32:55	11:28	
188	2097	Alina Alves	Individual	02:29:11	+01:32:57	11:29	
189	2115	Gil Miguel Emídio Pinheiro	Individual	02:34:13	+01:37:59	11:52	
190	2264	Liliana Perna Figueiredo	SCFZ Trail Runners	02:34:52	+01:38:38	11:55	
191	2090	Débora Mendes	Girls team vilarregense	02:35:31	+01:39:17	11:58	
192	2103	Daniela Maia	Individual	02:39:05	+01:42:51	12:14	
193	2169	Alexandre Ferreira	Individual	02:39:08	+01:42:54	12:14	
194	2247	Ana Martins	Os Trinca Espinhas	02:40:10	+01:43:56	12:19	
195	2140	Ana Filipa Serra Dias	Individual	03:01:42	+02:05:28	13:59	
196	2262	Jéssica Neves	SCFZ Trail Runners	03:05:03	+02:08:49	14:14	
197	2101	Catarina Francisco	Individual	03:10:42	+02:14:28	14:40	
198	2100	Catarina Belo	Individual	03:10:42	+02:14:28	14:40	
199	2149	Tania Rei	Individual	03:10:42	+02:14:28	14:40	
200	2071	André Rosário	Clube de Atletismo de Ferreira do Zêzere	03:10:44	+02:14:30	14:40	

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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	09:15	14,5ºC	94%
End	12:40	14,5ºC	94%

Juvenil Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2093	Eva Martins Rei	Individual	Juvenil Feminino	01:38:50		07:36
2	2055	Marta Ventura	CLAC Entroncamento	Juvenil Feminino	01:50:55	+12:04	08:32
3	2094	Kyara Quitério Veríssimo	Individual	Juvenil Feminino	02:15:12	+36:22	10:24

Juvenil Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2095	Dinis Miranda	Individual	Juvenil Masculino	01:05:26		05:02

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2249	Tânia Sofia Figueiredo Ribeiro	OUTCORE	Senior Feminino	01:19:25		06:07
2	2104	Daniela Pereira	Individual	Senior Feminino	01:29:31	+10:05	06:53
3	2281	Marta Sousa	Team Alcanhões	Senior Feminino	01:43:21	+23:56	07:57
4	2107	Mariana Freitas Marques	Individual	Senior Feminino	01:43:56	+24:30	08:00
5	2098	Ana Jorge	Individual	Senior Feminino	01:44:19	+24:53	08:01
6	2248	Sónia Patrício	OUTCORE	Senior Feminino	01:50:42	+31:17	08:31
7	2261	Andreia Ribeiro	SCFZ Trail Runners	Senior Feminino	02:02:36	+43:11	09:26
8	2099	Carla Duque	Individual	Senior Feminino	02:05:24	+45:58	09:39
9	2273	Filipa Godinho	SCOCS - Sport Clube Operário de Cem Soldos	Senior Feminino	02:07:26	+48:00	09:48
10	2096	Alice Leal	Individual	Senior Feminino	02:08:32	+49:06	09:53
11	2109	Sónia Isaías	Individual	Senior Feminino	02:11:23	+51:58	10:06
12	2053	Jacinta Mendes	Cimo do Monte	Senior Feminino	02:13:29	+54:03	10:16
13	2106	Francisca Stoffel	Individual	Senior Feminino	02:19:01	+59:35	10:42
14	2108	Natasha Anna Celtner	Individual	Senior Feminino	02:19:02	+59:36	10:42
15	2280	Joana Caetano	Team Alcanhões	Senior Feminino	02:22:04	+01:02:39	10:56
16	2282	Sara Isabel	Team Alcanhões	Senior Feminino	02:22:04	+01:02:39	10:56
17	2097	Alina Alves	Individual	Senior Feminino	02:29:11	+01:09:45	11:29
18	2090	Débora Mendes	Girls team vilarregense	Senior Feminino	02:35:31	+01:16:06	11:58
19	2103	Daniela Maia	Individual	Senior Feminino	02:39:05	+01:19:39	12:14
20	2262	Jéssica Neves	SCFZ Trail Runners	Senior Feminino	03:05:03	+01:45:37	14:14
21	2101	Catarina Francisco	Individual	Senior Feminino	03:10:42	+01:51:16	14:40
22	2100	Catarina Belo	Individual	Senior Feminino	03:10:42	+01:51:16	14:40

Senior Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2079	João Pinto	Clube Desportivo de Espite	Senior Masculino	56:14		04:20
2	2291	Vasco Rosa	THOMAR ATHLETICS	Senior Masculino	01:02:20	+06:05	04:48

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

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3	2004	António Filipe Esteves Curto	A.C.R Senhora do Desterro	Senior Masculino	01:15:17	+19:02	05:47
4	2059	Jonas Descheemaeker	Individual	Senior Masculino	01:17:27	+21:12	05:57
5	2125	Pedro Martins	Individual	Senior Masculino	01:18:07	+21:52	06:01
6	2129	Tiago Coutinho	Individual	Senior Masculino	01:18:48	+22:33	06:04
7	2117	João cunha	Individual	Senior Masculino	01:28:36	+32:21	06:49
8	2119	Luís Martins	Individual	Senior Masculino	01:29:55	+33:40	06:55
9	2114	Francisco Paredes	Individual	Senior Masculino	01:30:19	+34:04	06:57
10	2127	Rodrigo Azevedo	Individual	Senior Masculino	01:30:35	+34:20	06:58
11	2263	Carlos Manso	SCFZ Trail Runners	Senior Masculino	01:30:56	+34:41	07:00
12	2116	Gonçalo Lopes	Individual	Senior Masculino	01:38:13	+41:58	07:33
13	2128	Rui Dias	Individual	Senior Masculino	01:38:18	+42:03	07:34
14	2113	Fábio Rodrigues	Individual	Senior Masculino	01:41:12	+44:57	07:47
15	2110	Bryan Bento Adriano	Individual	Senior Masculino	01:42:59	+46:44	07:55
16	2121	Marco Cotrim	Individual	Senior Masculino	01:44:07	+47:52	08:01
17	2238	Cristiano Ribeiro	Natura Team	Senior Masculino	01:56:31	+01:00:16	08:58
18	2126	Rafael Antunes	Individual	Senior Masculino	02:01:25	+01:05:10	09:20
19	2111	David Amaro	ACRDC Sismaria	Senior Masculino	02:02:17	+01:06:02	09:24
20	2130	Tiago Miguel Flamino Tacão	Individual	Senior Masculino	02:02:41	+01:06:26	09:26
21	2118	João Martins	Individual	Senior Masculino	02:04:19	+01:08:04	09:34
22	2124	Nuno Martins	Individual	Senior Masculino	02:04:19	+01:08:04	09:34
23	2274	Joel Mourão	SCOCS - Sport Clube Operário de Cem Soldos	Senior Masculino	02:07:27	+01:11:12	09:48
24	2115	Gil Miguel Emídio Pinheiro	Individual	Senior Masculino	02:34:13	+01:37:58	11:52

Sub 23 Feminino

1	2034	Margarida Tavares	CCD Sertã	Sub 23 Feminino	01:31:45		07:03
2	2131	Eugénia Kostenko	Individual	Sub 23 Feminino	01:51:53	+20:07	08:36

Sub 23 Masculino

1	2037	Rafael Cruz	CCD Sertã	Sub 23 Masculino	01:15:29		05:48
2	2035	André Farinha	CCD Sertã	Sub 23 Masculino	01:28:37	+13:08	06:49
3	2036	João Garcia	CCD Sertã	Sub 23 Masculino	01:54:44	+39:14	08:50

Veterana F35

1	2292	Claudia dos santos	Trail da Ladeia Running Team	Veterana F35	01:41:20		07:48
2	2279	Lénia Rocha de Oliveira	Tainadas run team-somengil	Veterana F35	01:44:38	+03:17	08:03
3	2137	Neuza Almeida	Individual	Veterana F35	01:51:08	+09:47	08:33
4	2312	Marina Marques	Individual	Veterana F35	01:51:55	+10:34	08:37
5	2032	Mélanie Santos	CASA DO BENFICA EM ABRANTES	Veterana F35	01:56:29	+15:08	08:58
6	2134	Cláudia Afonso	Individual	Veterana F35	01:58:47	+17:26	09:08

7	2133	Andreia Mendes	Individual	Veterana F35	02:22:24	+41:03	10:57

Veterana F40

1	2086	Liliana Lopes	Equipa Diamantino Jorge	Veterana F40	01:32:20		07:06
2	2265	Magda Caldeira	SCFZ Trail Runners	Veterana F40	01:39:07	+06:46	07:37
3	2038	Margarida Nunes	CCD Sertã	Veterana F40	01:41:24	+09:03	07:48
4	2266	Raquel Catarina Martins da Costa	SCFZ Trail Runners	Veterana F40	01:41:32	+09:11	07:49
5	2288	Carina Lopes	Terrantêz Trail Team	Veterana F40	01:45:34	+13:14	08:07
6	2148	Sara Rei	Individual	Veterana F40	01:54:22	+22:01	08:48
7	2145	Marta Mestre	Individual	Veterana F40	02:01:26	+29:05	09:20
8	2142	Filipa Costa	Individual	Veterana F40	02:05:20	+32:59	09:38
9	2147	Rita Cúrdia	Individual	Veterana F40	02:08:32	+36:11	09:53
10	2146	Paula Lucas	Individual	Veterana F40	02:11:02	+38:42	10:05
11	2088	Silvia Giestas	Ganaditos	Veterana F40	02:13:07	+40:46	10:14
12	2233	Gina Matos	Maçanicas Vila Ginásio Team	Veterana F40	02:20:21	+48:00	10:48
13	2234	Mónica Cardoso Costa	Maçanicas Vila Ginásio Team	Veterana F40	02:21:17	+48:56	10:52
14	2144	Joana Mendes	Individual	Veterana F40	02:28:59	+56:38	11:28
15	2264	Liliana Perna Figueiredo	SCFZ Trail Runners	Veterana F40	02:34:52	+01:02:32	11:55
16	2140	Ana Filipa Serra Dias	Individual	Veterana F40	03:01:42	+01:29:21	13:59
17	2149	Tania Rei	Individual	Veterana F40	03:10:42	+01:38:21	14:40

Veterana F45

1	2156	Stephanie Lopes	Individual	Veterana F45	01:26:28		06:39
2	2027	Filipa Baptista	Associação Desportiva Cultural e Recreativa de Paço dos Negros	Veterana F45	01:27:56	+01:28	06:46
3	2278	Marta Fernandes	Sporting Clube Lourinhanense	Veterana F45	01:38:11	+11:42	07:33
4	2150	Carla Gomes	100 gás Trail Team	Veterana F45	01:46:07	+19:39	08:10
5	2026	Daphne van Winkel	Associação Desportiva Cultural e Recreativa de Paço dos Negros	Veterana F45	01:51:00	+24:31	08:32
6	2039	Sandra Martins	CCD Sertã	Veterana F45	01:57:45	+31:17	09:03
7	2046	Glória Alves	Chitas de Alcobaça	Veterana F45	01:58:46	+32:18	09:08
8	2155	Sónia Sofia Fernandes Cordeiro	Individual	Veterana F45	01:59:19	+32:50	09:11
9	2297	LILIANA FREITAS FLORENCIO	Trilho Perdido Eventos / Imporlux	Veterana F45	01:59:26	+32:58	09:11
10	2047	Vera Cardiga	Chitas de Alcobaça	Veterana F45	02:00:54	+34:26	09:18
11	2284	Ana Sofia Inês	Team Alcanhões	Veterana F45	02:01:40	+35:12	09:22
12	2056	Mónica Ventura	CLAC Entroncamento	Veterana F45	02:03:20	+36:51	09:29
13	2153	Patrícia Rodrigues	Individual	Veterana F45	02:11:02	+44:34	10:05
14	2151	Ana Elisabete Silva Neves	Individual	Veterana F45	02:17:35	+51:06	10:35
15	2158	Susana Diogo	Individual	Veterana F45	02:20:45	+54:17	10:50
16	2157	Susana Caeiro	Individual	Veterana F45	02:22:24	+55:56	10:57
17	2276	Silvana Gomes	SILVANA GOMES	Veterana F45	02:25:29	+59:01	11:11

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

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Veterana F50

1	2161	Salomé Silva	Individual	Veterana F50	01:46:11		08:10
2	2239	Sofia Martins	Natura Team	Veterana F50	01:46:11	+00:00	08:10
3	2085	Maria João Cotovio	Diabinhos de Samuel	Veterana F50	01:46:20	+00:08	08:11
4	2025	Cidalia Maria Santos Matias Pedro	Associação de Toledo	Veterana F50	01:50:52	+04:41	08:32
5	2293	Elsa da Silva Gonçalves	Trail da Ladeia Running Team	Veterana F50	01:57:57	+11:46	09:04
6	2048	Dulce Batista	Chitas de Alcobaça	Veterana F50	01:58:45	+12:34	09:08
7	2049	Marina Maia	Chitas de Alcobaça	Veterana F50	02:00:54	+14:43	09:18
8	2162	Sonia Oliveira	Individual	Veterana F50	02:01:56	+15:45	09:23
9	2028	Susana Flor	Associação Desportiva Cultural e Recreativa de Paço dos Negros	Veterana F50	02:06:35	+20:24	09:44
10	2159	Ana Mendes	Individual	Veterana F50	02:06:58	+20:47	09:46
11	2275	Fátima Reis	Serranos Run Team	Veterana F50	02:10:22	+24:11	10:02
12	2232	Dulce Almeida	Lentidão Furiosa-Freixianda	Veterana F50	02:13:11	+27:00	10:15
13	2258	Carla Sofia Atilhó	Santana FC - Trail Team	Veterana F50	02:19:02	+32:51	10:42
14	2235	Célia Catarina Marques Pires	Maçanicas Vila Ginásio Team	Veterana F50	02:20:25	+34:14	10:48
15	2236	Dulce Isabel Santos Rodrigues	Maçanicas Vila Ginásio Team	Veterana F50	02:21:21	+35:09	10:52
16	2017	Patrícia Marta	Alverca Urban Runners	Veterana F50	02:22:15	+36:04	10:57
17	2018	Sandra Carvalho	Alverca Urban Runners	Veterana F50	02:22:15	+36:04	10:57
18	2044	Otília Vedor	Chamusca Trail	Veterana F50	02:23:28	+37:17	11:02
19	2244	Ana Pires	Os 3 da Vida Airada	Veterana F50	02:26:17	+40:05	11:15

Veterana F55

1	2050	Vera Pascoal	Chitas de Alcobaça	Veterana F55	01:41:24		07:48
2	2163	Cristina Mendes	Individual	Veterana F55	01:42:49	+01:25	07:55
3	2087	Lucília Santos	Fátima Trail Team	Veterana F55	01:58:02	+16:38	09:05
4	2029	Virgínia Silva	C. D. "Os Águias" de Alpiarça	Veterana F55	02:03:20	+21:56	09:29
5	2247	Ana Martins	Os Trinca Espinhas	Veterana F55	02:40:10	+58:45	12:19

Veterana F60

1	2031	Lúcia Santos	Caminhadas da Amizade	Veterana F60	01:51:08		08:33
2	2255	Rita de Cássia Cirqueira	run2eat	Veterana F60	02:22:53	+31:44	10:59
3	2168	Leonor Coelho	Individual	Veterana F60	02:29:09	+38:00	11:28

Veterano M35

1	2184	Ricardo Salgueira	Individual	Veterano M35	01:02:31		04:49
2	2181	Pedro Lourenço	Individual	Veterano M35	01:10:27	+07:56	05:25
3	2185	Rúben Cruz	Individual	Veterano M35	01:16:59	+14:27	05:55
4	2173	Edgar Duque Gonçalves	Individual	Veterano M35	01:28:31	+25:59	06:49
5	2172	Dário Nobre	Individual	Veterano M35	01:34:50	+32:19	07:18
6	2080	André Lobo	Constância Mountain Runners	Veterano M35	01:34:53	+32:22	07:18

7	2178	Luis Martins	Individual	Veterano M35	01:37:10	+34:39	07:28
8	2242	Luís Gomes	O PACE C€RTO	Veterano M35	01:39:28	+36:56	07:39
9	2268	João Pereira	SCFZ Trail Runners	Veterano M35	01:41:32	+39:01	07:49
10	2180	Paulo Agostinho	Individual	Veterano M35	01:43:20	+40:49	07:57
11	2179	Nuno Martins	Individual	Veterano M35	01:44:07	+41:35	08:01
12	2175	João Rodrigues	Individual	Veterano M35	01:51:48	+49:17	08:36
13	2183	Ricardo Ferreira Soares	Individual	Veterano M35	01:51:49	+49:17	08:36
14	2171	Bruno Pescador	Individual	Veterano M35	01:54:25	+51:53	08:48
15	2267	Bruno Silva	SCFZ Trail Runners	Veterano M35	02:02:36	+01:00:05	09:26
16	2170	André Martins	Individual	Veterano M35	02:04:21	+01:01:49	09:34
17	2174	Joao Filipe dos santos Duarte	Individual	Veterano M35	02:22:01	+01:19:29	10:55
18	2169	Alexandre Ferreira	Individual	Veterano M35	02:39:08	+01:36:37	12:14
19	2071	André Rosário	Clube de Atletismo de Ferreira do Zêzere	Veterano M35	03:10:44	+02:08:13	14:40

Veterano M40

1	2193	Jérôme Grasland	Individual	Veterano M40	58:25		04:30
2	2030	Bruno Fidalgo	C. D. "Os Águias" de Alpiarça	Veterano M40	01:08:35	+10:09	05:17
3	2040	Edgar Manso	CCD Sertã	Veterano M40	01:08:59	+10:33	05:18
4	2190	César Ferreira	Individual	Veterano M40	01:17:39	+19:13	05:58
5	2192	Hugo Salvado	Individual	Veterano M40	01:21:45	+23:19	06:17
6	2191	Gonçalo Luís	Individual	Veterano M40	01:26:40	+28:14	06:40
7	2269	Tiago Joaquim	SCFZ Trail Runners	Veterano M40	01:34:35	+36:09	07:17
8	2197	Patric Vieira	Individual	Veterano M40	01:35:48	+37:22	07:22
9	2195	Jorge Sarca	Individual	Veterano M40	01:41:21	+42:55	07:48
10	2285	Fábio Ferra	Team Alcanhões	Veterano M40	01:43:22	+44:56	07:57
11	2041	Sérgio Campino	CCD Sertã	Veterano M40	01:45:55	+47:29	08:09
12	2188	Adriano Araújo	Individual	Veterano M40	01:50:54	+52:28	08:32
13	2196	Nuno Ricardo Brardo Barata	Individual	Veterano M40	01:54:23	+55:57	08:48
14	2198	Roberto Gonçalves	Individual	Veterano M40	01:55:52	+57:26	08:55
15	2194	Jorge Barros	Individual	Veterano M40	01:58:46	+01:00:20	09:08
16	2286	Nuno Soares	Team Alcanhões	Veterano M40	02:02:42	+01:04:16	09:26
17	2189	Bruno Quitério	Individual	Veterano M40	02:15:12	+01:16:46	10:24

Veterano M45

1	2256	Jorge Catarino	run2eat	Veterano M45	01:07:54		05:13
2	2277	Nelson Miguel Vieira Gaspar	ACRDC Sismaria	Veterano M45	01:21:54	+14:00	06:18
3	2202	Daniel Alho	Individual	Veterano M45	01:32:32	+24:38	07:07
4	2089	Gilberto Videira	Ganaditos	Veterano M45	01:34:21	+26:27	07:15
5	2042	João Xavier	CCD Sertã	Veterano M45	01:39:19	+31:25	07:38
6	2199	Bruno Santos	Individual	Veterano M45	01:41:30	+33:36	07:48
7	1117	Sérgio Almeida	Lentidão Furiosa-Freixianda	Veterano M45	01:43:25	+35:31	07:57
8	2208	Ricardo Jorge Ribeiro Correia	Individual	Veterano M45	01:48:49	+40:55	08:22
9	2204	Franco Fernandes	ACRDC Sismaria	Veterano M45	01:49:25	+41:31	08:25

10	2206	Nelson Ferraria	Individual	Veterano M45	01:50:50	+42:56	08:32
11	2287	João Nuno Pepino	Team Alcanhões	Veterano M45	01:52:24	+44:30	08:39
12	2024	Luis Almeida	ASAP TEAM	Veterano M45	01:55:03	+47:09	08:51
13	2201	Célio Neves	Individual	Veterano M45	02:08:59	+01:01:05	09:55
14	2203	David Quintino	Individual	Veterano M45	02:21:43	+01:13:49	10:54

Veterano M50

1	2240	David Dias	Natura Team	Veterano M50	01:12:34		05:35
2	2008	Pedro Vitorino	Agroal Trail Team	Veterano M50	01:20:17	+07:42	06:11
3	2006	JOÃO BAPTISTA	ACRDC Sismaria	Veterano M50	01:20:55	+08:21	06:13
4	2083	Joao Casinhas	CPA CHESMAS	Veterano M50	01:23:37	+11:03	06:26
5	2019	Luis Santos	ARLU TRAIL	Veterano M50	01:28:19	+15:45	06:48
6	2216	Pedro Cruz	Individual	Veterano M50	01:34:43	+22:09	07:17
7	2259	Nuno Miguel Santos Marques	Santana FC - Trail Team	Veterano M50	01:35:18	+22:44	07:20
8	2214	Nuno Carvalho	Individual	Veterano M50	01:38:34	+25:59	07:35
9	2215	Nuno Ferreira	Individual	Veterano M50	01:39:45	+27:10	07:40
10	2272	Nuno Seabra	SCFZ Trail Runners	Veterano M50	01:54:24	+41:50	08:48
11	2210	António Gonçalves	Individual	Veterano M50	02:01:25	+48:51	09:20
12	2213	Miguel Lobo	Individual	Veterano M50	02:14:10	+01:01:36	10:19

Veterano M55

1	2219	Helder Moringa	Individual	Veterano M55	01:19:09		06:05
2	2052	Célio Caetano	Chitas de Alcobaça	Veterano M55	01:30:57	+11:47	07:00
3	2220	Nuno Homem	Individual	Veterano M55	01:42:49	+23:40	07:55
4	2057	Cássio Heitmann	CLAC Entroncamento	Veterano M55	01:45:26	+26:17	08:07
5	1137	Carlos Manuel Guia Antunes	SCFZ Trail Runners	Veterano M55	01:56:51	+37:42	08:59
6	2221	Paulo Castro	Individual	Veterano M55	02:11:03	+51:54	10:05

Veterano M60

1	2045	Jose marques	Agroal Trail Team	Veterano M60	01:25:30		06:35
2	2043	Vítor Fontes	CCD Sertã	Veterano M60	01:41:25	+15:54	07:48
3	2228	José Castro	Individual	Veterano M60	01:42:04	+16:33	07:51
4	2231	Mário Costa	Individual	Veterano M60	01:45:42	+20:11	08:08
5	2227	João Garcia	Individual	Veterano M60	01:57:49	+32:18	09:04
6	2225	Friedrich Mayer	Individual	Veterano M60	02:00:07	+34:36	09:14
7	2082	Luís Barroso	Correr por Castelo Branco	Veterano M60	02:05:12	+39:41	09:38
8	2229	José Paulo Navas Cândido	Individual	Veterano M60	02:06:53	+41:22	09:46
9	2241	luis pimentel	Individual	Veterano M60	02:23:29	+57:58	11:02

TEAM RESULTS - 13KM

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	CCD SERTÃ	8 + 12 + 32	52
2	ACRDC SISMARIA	21 + 23 + 90	134
3	SCFZ TRAIL RUNNERS	37 + 43 + 55	135
4	NATURA TEAM	10 + 87 + 112	209
5	CHITAS DE ALCOBAÇA	38 + 62 + 118	218
6	TEAM ALCANHÕES	73 + 74 + 103	250
7	ASSOCIAÇÃO DESPORTIVA CULTURAL E RECREATIVA DE PAÇO DOS NEGROS	28 + 96 + 145	269
8	CLAC ENTRONCAMENTO	81 + 95 + 137	313
9	MAÇANICAS VILA GINÁSIO TEAM	168 + 169 + 171	508