Trail ACTIB
Borralha, Águeda
12-novembro-2023

TRAIL LONGO - STAGE 1 — 25 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	--	--
End	14:01	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	709	Helder Lopes	DCI/Trilhos Luso Bussaco	01:57:44		04:43	
2	733	Pedro Rafael Tavares Garrido	Saca Trilhos Anadia	01:57:44		04:43	
3	715	João Santos	Dura-F1 Raceteam	02:06:18	+08:34	05:03	
4	712	Valter Matos	DCI/Trilhos Luso Bussaco	02:15:11	+17:27	05:24	
5	737	Luis Azevedo	Sport Clube Paradela	02:15:49	+18:05	05:26	
6	710	JOSIAS MEIRA	DCI/Trilhos Luso Bussaco	02:20:04	+22:20	05:36	
7	731	Luís Oliveira	Pés doridos	02:22:12	+24:28	05:41	
8	714	Filipe Fonseca	Dura-F1 Raceteam	02:22:13	+24:29	05:41	
9	729	Nelson Almeida	Oiãrunners	02:23:53	+26:09	05:45	
10	711	Pedro Manuel Correia Lopes	DCI/Trilhos Luso Bussaco	02:32:12	+34:28	06:05	
11	743	José Proença	Trail - GD Trancoso	02:34:54	+37:10	06:12	
12	726	VITAL ESPINHAL	LAAC - BIKE & SPORT	02:38:02	+40:18	06:19	
13	725	RICARDO HENRIQUES	LAAC - BIKE & SPORT	02:38:22	+40:38	06:20	
14	724	JOÃO CRUZ	LAAC - BIKE & SPORT	02:39:01	+41:17	06:22	
15	748	Paulo Jorge dos Santos Pereira	Individual	02:39:18	+41:34	06:22	
16	713	David Coutinho	Dura-F1 Raceteam	02:39:20	+41:36	06:22	
17	738	Tiago Ribeiro	Sport Clube Paradela	02:39:26	+41:42	06:23	
18	749	Francisco Serapicos	Individual	02:42:30	+44:46	06:30	
19	708	Alex Moreira	CF Os Marialvas	02:47:04	+49:20	06:41	
20	747	Paulo Ramirez	Sosense Trail Team - Braga & Fernandes	02:50:32	+52:48	06:49	
21	722	Antônio Paulo	Individual	02:51:59	+54:15	06:53	
22	744	Bruno Cardoso	Trail Bela Bela	02:52:21	+54:37	06:54	
23	730	Carlos Silva	OiãRunners	02:52:54	+55:10	06:55	
24	735	Alcino Neves Gouveia	Sentir escariz runing	02:53:14	+55:30	06:56	
25	734	Ana Melo	Saca Trilhos Anadia	02:53:35	+55:51	06:57	
26	732	António Silva	Pés doridos	02:54:01	+56:17	06:58	
27	719	Luís Dias	Individual	02:59:44	+01:02:00	07:11	
28	720	Rafael da Silva	Individual	03:01:15	+01:03:31	07:15	
29	723	Bruno Almeida	Individual	03:02:10	+01:04:26	07:17	
30	741	Jorge Piçarra	Tainadas Run Team	03:04:46	+01:07:02	07:23	
31	736	Armando Cardoso	Sport Clube Paradela	03:06:49	+01:09:05	07:28	
32	707	Ariana Tavares	C.D.C Paradela do Vouga	03:06:56	+01:09:12	07:29	
33	728	Pedro Guimarães	LETSRUNAZORES	03:07:00	+01:09:16	07:29	
34	704	Fábio Rodrigues	ARCO RUNNING TEAM	03:12:15	+01:14:31	07:41	
35	717	Mami Macedo	Haertha/TendernessCapacity - trail running team	03:14:49	+01:17:05	07:48	
36	716	Telmo Cupido	Haertha/TendernessCapacity - trail running team	03:14:53	+01:17:09	07:48	
37	739	João Saraiva	Sport Clube Paradela	03:20:45	+01:23:01	08:02	
38	727	AVELINO SILVA	LAAC - BIKE & SPORT	03:27:43	+01:29:59	08:19	
39	706	Romero Silva	ARCO RUNNING TEAM	03:31:01	+01:33:17	08:26	
40	742	Licinio Manuel Saragoça Costa	Tainadas Run Team	03:32:52	+01:35:08	08:31	
41	721	Diogo Jorge	Individual	03:40:07	+01:42:23	08:48	
42	740	Eduarda Vinagre	Tainadas Run Team	03:52:50	+01:55:06	09:19	

TRAIL LONGO - STAGE 1 — 25 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	703	Paula Simões	A.R.S.M. -Associação Recreativa de São Miguel	04:02:24	+02:04:40	09:42	
44	702	Márcio Silva	A.R.S.M. -Associação Recreativa de São Miguel	04:02:27	+02:04:43	09:42	
45	701	Jorge Scevola	A.R.S.M. -Associação Recreativa de São Miguel	04:02:30	+02:04:46	09:42	
46	705	Luís Almeida	ARCO RUNNING TEAM	04:46:20	+02:48:36	11:27	

Trail ACTIB
Borralha, Águeda
12-novembro-2023

Trail Longo 25 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:15	-99ºC	-99%
End	14:01	-99ºC	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	707	Ariana Tavares	C.D.C Paradela do Vouga	Senior Feminino	03:06:56		07:29
Senior Masculino							
1	709	Helder Lopes	DCI/Trilhos Luso Bussaco	Senior Masculino	01:57:44		04:43
2	733	Pedro Rafael Tavares Garrido	Saca Trilhos Anadia	Senior Masculino	01:57:44	+00:00	04:43
3	737	Luis Azevedo	Sport Clube Paradela	Senior Masculino	02:15:49	+18:04	05:26
4	729	Nelson Almeida	Oiãrunners	Senior Masculino	02:23:53	+26:09	05:45
5	725	RICARDO HENRIQUES	LAAC - BIKE & SPORT	Senior Masculino	02:38:22	+40:38	06:20
6	724	JOÃO CRUZ	LAAC - BIKE & SPORT	Senior Masculino	02:39:01	+41:17	06:22
7	738	Tiago Ribeiro	Sport Clube Paradela	Senior Masculino	02:39:26	+41:42	06:23
8	719	Luís Dias	Individual	Senior Masculino	02:59:44	+01:02:00	07:11
9	720	Rafael da Silva	Individual	Senior Masculino	03:01:15	+01:03:31	07:15
10	736	Armando Cardoso	Sport Clube Paradela	Senior Masculino	03:06:49	+01:09:05	07:28
11	704	Fábio Rodrigues	ARCO RUNNING TEAM	Senior Masculino	03:12:15	+01:14:31	07:41
12	716	Telmo Cupido	Haertha/TendernessCapacity - trail running team	Senior Masculino	03:14:53	+01:17:09	07:48
13	702	Márcio Silva	A.R.S.M. -Associação Recreativa de São Miguel	Senior Masculino	04:02:27	+02:04:43	09:42
14	701	Jorge Scevola	A.R.S.M. -Associação Recreativa de São Miguel	Senior Masculino	04:02:30	+02:04:46	09:42
Sub 23 Masculino							
1	708	Alex Moreira	CF Os Marialvas	Sub 23 Masculino	02:47:04		06:41
2	721	Diogo Jorge	Individual	Sub 23 Masculino	03:40:07	+53:02	08:48
Veterana F40							
1	734	Ana Melo	Saca Trilhos Anadia	Veterana F40	02:53:35		06:57
2	717	Mami Macedo	Haertha/TendernessCapacity - trail running team	Veterana F40	03:14:49	+21:13	07:48
3	703	Paula Simões	A.R.S.M. -Associação Recreativa de São Miguel	Veterana F40	04:02:24	+01:08:49	09:42
Veterana F50							
1	740	Eduarda Vinagre	Tainadas Run Team	Veterana F50	03:52:50		09:19

Trail Longo — 25 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

Veterano M40

1	715	João Santos	Dura-F1 Raceteam	Veterano M40	02:06:18		05:03
2	712	Valter Matos	DCI/Trilhos Luso Bussaco	Veterano M40	02:15:11	+08:53	05:24
3	710	JOSIAS MEIRA	DCI/Trilhos Luso Bussaco	Veterano M40	02:20:04	+13:45	05:36
4	731	Luís Oliveira	Pés doridos	Veterano M40	02:22:12	+15:53	05:41
5	714	Filipe Fonseca	Dura-F1 Raceteam	Veterano M40	02:22:13	+15:54	05:41
6	711	Pedro Manuel Correia Lopes	DCI/Trilhos Luso Bussaco	Veterano M40	02:32:12	+25:53	06:05
7	726	VITAL ESPINHAL	LAAC - BIKE & SPORT	Veterano M40	02:38:02	+31:44	06:19
8	713	David Coutinho	Dura-F1 Raceteam	Veterano M40	02:39:20	+33:01	06:22
9	749	Francisco Serapicos	Individual	Veterano M40	02:42:30	+36:12	06:30
10	744	Bruno Cardoso	Trail Bela Bela	Veterano M40	02:52:21	+46:02	06:54
11	730	Carlos Silva	OiãRunners	Veterano M40	02:52:54	+46:35	06:55
12	741	Jorge Piçarra	Tainadas Run Team	Veterano M40	03:04:46	+58:28	07:23
13	739	João Saraiva	Sport Clube Paradela	Veterano M40	03:20:45	+01:14:27	08:02
14	706	Romero Silva	ARCO RUNNING TEAM	Veterano M40	03:31:01	+01:24:43	08:26
15	742	Licinio Manuel Saragoça Costa	Tainadas Run Team	Veterano M40	03:32:52	+01:26:34	08:31
16	705	Luís Almeida	ARCO RUNNING TEAM	Veterano M40	04:46:20	+02:40:01	11:27

Veterano M50

1	743	José Proença	Trail - GD Trancoso	Veterano M50	02:34:54		06:12
2	748	Paulo Jorge dos Santos Pereira	Individual	Veterano M50	02:39:18	+04:24	06:22
3	747	Paulo Ramirez	Sosense Trail Team - Braga & Fernandes	Veterano M50	02:50:32	+15:38	06:49
4	722	Antônio Paulo	Individual	Veterano M50	02:51:59	+17:05	06:53
5	735	Alcino Neves Gouveia	Sentir escariz runing	Veterano M50	02:53:14	+18:19	06:56
6	723	Bruno Almeida	Individual	Veterano M50	03:02:10	+27:15	07:17
7	728	Pedro Guimarães	LETSRUNAZORES	Veterano M50	03:07:00	+32:05	07:29

Veterano M60

1	732	António Silva	Pés doridos	Veterano M60	02:54:01		06:58
2	727	AVELINO SILVA	LAAC - BIKE & SPORT	Veterano M60	03:27:43	+33:41	08:19

TEAM RESULTS - TRAIL LONGO

LAP2GO - TIMING 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	DCI/TRILHOS LUSO BUSSACO	1 + 4 + 6	11
2	DURA-F1 RACETEAM	3 + 8 + 16	27
3	LAAC - BIKE & SPORT	12 + 13 + 14	39
4	SPORT CLUBE PARADELA	5 + 17 + 31	53
5	TAINADAS RUN TEAM	30 + 40 + 42	112
6	ARCO RUNNING TEAM	34 + 39 + 46	119
7	A.R.S.M. -ASSOCIAÇÃO RECREATIVA DE SÃO MIGUEL	43 + 44 + 45	132

Trail ACTIB
Borralha, Águeda
12-novembro-2023

TRAIL CURTO - STAGE 1 — 15 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:30	--	--
End	12:39	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	473	Sérgio Manito	Individual	01:07:57		04:32	
2	546	Rui Figueiredo	Trail Bela Bela	01:09:57	+02:00	04:40	
3	528	Luís Diogo	Sport Clube Paradela	01:14:24	+06:27	04:58	
4	503	João Matos	OPraticante.pt	01:14:28	+06:31	04:58	
5	425	Hugo Silva	Dura-F1 Raceteam	01:16:55	+08:58	05:08	
6	560	Pedro Ferreira	VVTR VALONGO VOUGA TRAIL RUNNING	01:17:11	+09:14	05:09	
7	415	António Manuel Esteves Oliveira	DCI/Trilhos Luso Bussaco	01:17:57	+10:00	05:12	
8	427	António Gomes	Dura-F1 Raceteam	01:17:58	+10:01	05:12	
9	488	Filipe Costa	NAR - Núcleo de Atletismo de Requeixo	01:19:56	+11:59	05:20	
10	418	Manuel Vicente	Dci/Trilhos Luso Bussaco	01:20:13	+12:16	05:21	
11	530	Marcos Ferreira	Sport Clube Paradela	01:20:52	+12:55	05:23	
12	412	Márcia Martins	DCI/TRILHOS LUSO BUSSACO	01:21:31	+13:34	05:26	
13	527	José Silva	Sport Clube Paradela	01:21:49	+13:52	05:27	
14	552	Simão Pedro Pereira de Maia Oliveira	UDCRS / Silveiro Sport Team	01:22:28	+14:31	05:30	
15	429	José Cruz	Dura-F1 Raceteam	01:22:57	+15:00	05:32	
16	534	Márcio Silva	Sport Clube Paradela	01:23:03	+15:06	05:32	
17	547	João Almeida	Trail Bela Bela	01:23:57	+16:00	05:36	
18	501	Augusto Tavares	OPraticante.pt	01:24:25	+16:28	05:38	
19	512	João Garrido	OPraticante.pt	01:24:36	+16:39	05:38	
20	451	Pedro Mirassol	Individual	01:25:24	+17:27	05:42	
21	443	Gonçalo Moura	Individual	01:25:24	+17:27	05:42	
22	426	José Pinheiro	Dura-F1 Raceteam	01:25:48	+17:51	05:43	
23	548	EUGÉNIO ALVES	TRAIL BELA BELA	01:29:52	+21:55	05:59	
24	506	Sérgio Ruela	OPraticante.pt	01:30:00	+22:03	06:00	
25	436	Sérgio Rodrigues	Haertha/TendernessCapacity - trail running team	01:30:18	+22:21	06:01	
26	402	João Pires	Adabem Running Team	01:30:48	+22:51	06:03	
27	496	Tiago Simões	OiãRunners	01:31:59	+24:02	06:08	
28	529	Luís silva	Sport Clube Paradela	01:31:59	+24:02	06:08	
29	525	Cláudio Agostinho	Sport Clube Paradela	01:31:59	+24:02	06:08	
30	419	Tony Graça	DCI/TRILHOS LUSO BUSSACO	01:32:57	+25:00	06:12	
31	401	LUIS FERREIRA	ACD OS ÍLHAVOS	01:33:58	+26:01	06:16	
32	470	MARIO FERREIRA	Individual	01:34:09	+26:12	06:17	
33	465	Jorge ferreira	Individual	01:34:24	+26:27	06:18	
34	410	Tiago Taborda	DCI/Trilhos Luso Bussaco	01:35:48	+27:51	06:23	
35	461	Carlos Manuel Lopes Rocha	Individual	01:36:07	+28:10	06:24	
36	420	Joaquim Godinho	DCI/Trilhos Luso Bussaco	01:37:02	+29:05	06:28	
37	540	Kevin Regalado	Tainadas Run Team	01:37:04	+29:07	06:28	
38	517	Nelson Marques	Passo a Passo	01:37:04	+29:07	06:28	
39	565	Ricardo Vidal	Lion Runners - Grupo Desportivo Leões da Guarda	01:37:55	+29:58	06:32	
40	489	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	01:37:58	+30:01	06:32	
41	526	Daniel Alexandre	Sport Clube Paradela	01:38:22	+30:25	06:33	

TRAIL CURTO - STAGE 1

15 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	450	Pedro Alves	Individual	01:38:40	+30:43	06:35	
43	460	Carlos Justino	Individual	01:38:53	+30:56	06:36	
44	471	Nuno Jorge Oliveira e Almeida	Individual	01:39:08	+31:11	06:37	
45	403	Inês Teixeira	Águeda Action Club - ACTIB	01:39:53	+31:56	06:40	
46	404	RUI MOTA	ATAC - ÁGUEDA TRAIL AVENTURA CLUBE	01:40:28	+32:31	06:42	
47	424	NUNO JORGE DOS SANTOS	DESPORTIVO ATLETICO DE RECARDAES	01:40:34	+32:37	06:42	
48	477	Paulo Dias	Individual	01:40:42	+32:45	06:43	
49	495	Ruben Moreira	OiãRunners	01:40:58	+33:01	06:44	
50	407	António Rodrigues	BiciARCA run team	01:41:01	+33:04	06:44	
51	513	João Rocha	OPraticante.pt	01:41:07	+33:10	06:44	
52	423	DAVIDE CARVALHO	DESPORTIVO ATLETICO DE RECARDAES	01:41:17	+33:20	06:45	
53	482	João Almada	ADT	01:41:24	+33:27	06:46	
54	455	Ricardo Miguel de Almeida Tavares	Individual	01:41:25	+33:28	06:46	
55	521	Paulo Pires	Sosense Trail Team - Braga & Fernandes	01:41:26	+33:29	06:46	
56	430	José Vidal	Dura-F1 Raceteam	01:41:32	+33:35	06:46	
57	536	Carlos Pinheiro	Sport Clube Paradela	01:41:54	+33:57	06:48	
58	554	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	01:42:25	+34:28	06:50	
59	459	António Trigueiro	Individual	01:42:29	+34:32	06:50	
60	416	Bruno Pedro Salgueiro	DCI/TRILHOS LUSO BUSSACO	01:42:30	+34:33	06:50	
61	545	Teresa Reis	Trail Bela Bela	01:42:41	+34:44	06:51	
62	442	Carlos Alves	Individual	01:42:49	+34:52	06:51	
63	406	Sérgio Ferreira	BiciARCA run team	01:43:48	+35:51	06:55	
64	413	Júlia Santos	DCI/Trilhos Luso Bussaco	01:45:02	+37:05	07:00	
65	417	José Pereira	DCI/Trilhos Luso Bussaco	01:45:16	+37:19	07:01	
66	478	Paulo Jorge de Jesus António	Individual	01:46:02	+38:05	07:04	
67	411	Lucia Marques	DCI/Trilhos Luso Bussaco	01:46:19	+38:22	07:05	
68	444	Hugo Guerra	Individual	01:46:40	+38:43	07:07	
69	474	Manuel Domingues	Individual	01:46:54	+38:57	07:08	
70	555	Mário António Pereira Migueis	Vamos a Pé - Taboeira	01:48:50	+40:53	07:15	
71	511	Gabriel Godinho	OPraticante.pt	01:49:07	+41:10	07:16	
72	466	José de Almeida Dias	Individual	01:50:47	+42:50	07:23	
73	422	Ivo Leandro pinto Gonçalves	DESPORTIVO ATLETICO DE RECARDAES	01:50:51	+42:54	07:23	
74	435	Pedro silva	Haertha/TendernessCapacity - trail running team	01:50:54	+42:57	07:24	
75	463	Frederico Gaio	Individual	01:51:17	+43:20	07:25	
76	538	Teresa Pinho	Tainadas Run Team	01:51:31	+43:34	07:26	
77	544	Paulo Costa	Tainadas Run Team	01:51:32	+43:35	07:26	
78	524	Liliana Ferreira	Sport Clube Paradela	01:52:48	+44:52	07:31	
79	480	Sidonio arede almeida	Individual	01:55:08	+47:11	07:41	
80	448	Nuno Ribeiro	Individual	01:55:16	+47:19	07:41	
81	447	Miguel Branco	Individual	01:55:21	+47:24	07:41	
82	510	António Rodrigues	OPraticante.pt	01:56:33	+48:36	07:46	
83	414	Maria Mendes	DCI/Trilhos Luso Bussaco	01:56:42	+48:45	07:47	
84	421	Joaquim Martins	DCI/Trilhos Luso Bussaco	01:56:43	+48:46	07:47	
85	557	Fábio Silva	VVTR VALONGO VOUGA TRAIL RUNNING	01:57:33	+49:36	07:50	
86	561	Rui Barros	VVTR VALONGO VOUGA TRAIL RUNNING	01:57:36	+49:39	07:50	
87	494	Paulo Cardoso	OCR Carquejo	01:57:53	+49:56	07:52	

TRAIL CURTO - STAGE 1 — 15 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
88	541	Beatriz Fernandes	Tainadas Run Team	01:58:36	+50:39	07:54	
89	428	João Portugal	Dura-F1 Raceteam	01:58:46	+50:49	07:55	
90	523	Amilcar de Oliveira Raimundo	Sosense Trail Team - Braga & Fernandes	02:00:11	+52:14	08:01	
91	452	Rafael Marques	Individual	02:00:17	+52:20	08:01	
92	458	Álvaro Barbosa	Individual	02:00:37	+52:40	08:02	
93	441	Beatriz Paixao	Individual	02:00:49	+52:52	08:03	
94	577	Marisa João	Individual	02:01:15	+53:18	08:05	
95	539	Joni Rocha	Tainadas Run Team	02:02:20	+54:23	08:09	
96	475	Miguel Lopes	Individual	02:02:33	+54:36	08:10	
97	499	Ana Pereira	OPraticante.pt	02:03:15	+55:18	08:13	
98	464	João Silva	Individual	02:03:32	+55:35	08:14	
99	491	Paulo Jorge Simões da silva	NAR - Núcleo de Atletismo de Requeixo	02:03:53	+55:56	08:16	
100	520	Margarida Duarte	Trail Bela Bela	02:04:49	+56:52	08:19	
101	518	José Maia	Passo a Passo	02:05:02	+57:05	08:20	
102	454	Ricardo Marques	Individual	02:05:24	+57:27	08:22	
103	509	Marta Carmo	OPraticante.pt	02:05:29	+57:32	08:22	
104	476	octavio sergio rodrigues linhares	Individual	02:05:32	+57:35	08:22	
105	446	Luís Carlos Baptista Nunes	Individual	02:07:50	+59:53	08:31	
106	405	Eduardo Correia	BiciARCA run team	02:09:03	+01:01:06	08:36	
107	409	Artur Salvador	Clube de Atletismo de Sangalhos HM	02:09:06	+01:01:09	08:36	
108	497	Márcio Ferreira	OiãRunners	02:10:32	+01:02:35	08:42	
109	516	Bruno Parente	Os 4	02:11:36	+01:03:39	08:46	
110	543	Rosabell Santos	Tainadas Run Team	02:11:49	+01:03:52	08:47	
111	515	Anabela Reis	Os 4	02:12:03	+01:04:06	08:48	
112	456	João Dias	Individual	02:12:15	+01:04:18	08:49	
113	449	Paulo Ribeiro Dias	Individual	02:12:15	+01:04:18	08:49	
114	483	José António Abrantes Tavares	Individual	02:12:41	+01:04:44	08:51	
115	533	João Pedro Duarte Lopes	Sport Clube Paradela	02:12:47	+01:04:50	08:51	
116	481	António Breda	Individual	02:12:58	+01:05:01	08:52	
117	900	ATLETA SEM NOME	Individual	02:13:34	+01:05:37	08:54	
118	431	Dina Figueiredo	Fisbem Team	02:13:34	+01:05:37	08:54	
119	433	Fernando Vidal	Fisbem Team	02:13:34	+01:05:37	08:54	
120	432	Diogo Santos	Fisbem Team	02:13:34	+01:05:37	08:54	
121	537	Sandra Oliveira	Tainadas Run Team	02:13:55	+01:05:58	08:56	
122	504	José Rocha	OPraticante.pt	02:15:40	+01:07:43	09:03	
123	472	Roberto da Silva Antonio	Individual	02:16:25	+01:08:28	09:06	
124	558	João Abreu	VVTR VALONGO VOUGA TRAIL RUNNING	02:16:38	+01:08:41	09:07	
125	453	Raul Loura	Individual	02:18:22	+01:10:25	09:13	
126	487	Rosa Lopes	Luxaflex	02:18:38	+01:10:41	09:15	
127	500	Ivone Reis	OPraticante.pt	02:19:41	+01:11:44	09:19	
128	437	Maria Helena Dias Almeida	Ibérica- Grupo de desporto	02:20:06	+01:12:09	09:20	
129	438	Vera Lúcia Marques Soares	Ibérica- Grupo de desporto	02:20:06	+01:12:09	09:20	
130	514	Paulo Silva	OPraticante.pt	02:21:02	+01:13:05	09:24	
131	559	João Almeida	VVTR VALONGO VOUGA TRAIL RUNNING	02:22:24	+01:14:27	09:30	
132	553	Marco Paulo dos Santos Marques	Vamos a Pé - Taboeira	02:24:53	+01:16:56	09:40	
133	532	Kelly Farias	Sport Clube Paradela	02:27:39	+01:19:42	09:51	

TRAIL CURTO - STAGE 1 — 15 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	542	Cláudia Vilela	Tainadas Run Team	02:31:31	+01:23:34	10:06	
135	535	Rui Almeida	Sport Clube Paradela	02:36:57	+01:29:00	10:28	
136	562	Tomás Carvalho	Individual	02:39:58	+01:32:01	10:40	
137	564	Elio Fernandes	Individual	02:39:59	+01:32:02	10:40	
138	467	José Simões	Individual	02:44:21	+01:36:24	10:57	
139	457	Carla Neves	Individual	02:44:24	+01:36:27	10:58	
140	519	Rufino Cardoso	Passo a Passo	02:47:53	+01:39:56	11:12	
141	556	Sandra Ferreira	VVTR VALONGO VOUGA TRAIL RUNNING	02:55:09	+01:47:12	11:41	
142	484	Claudia Salgueiro	J C T	03:09:24	+02:01:27	12:38	
143	486	Jose Neves	J C T	03:09:25	+02:01:28	12:38	
144	485	Carlos Oliveira	J C T	03:09:25	+02:01:28	12:38	
145	469	Mário Brinco	Individual	03:09:25	+02:01:28	12:38	

Trail Curto — 15 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:30	-99ºC	-99%
End	12:39	-99ºC	-99%

Junior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	520	Margarida Duarte	Trail Bela Bela	Junior Feminino	02:04:49		08:19

Junior Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	562	Tomás Carvalho	Individual	Junior Masculino	02:39:58		10:40

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	403	Inês Teixeira	Águeda Action Club - ACTIB	Senior Feminino	01:39:53		06:40
2	545	Teresa Reis	Trail Bela Bela	Senior Feminino	01:42:41	+02:47	06:51
3	538	Teresa Pinho	Tainadas Run Team	Senior Feminino	01:51:31	+11:38	07:26
4	524	Liliana Ferreira	Sport Clube Paradela	Senior Feminino	01:52:48	+12:55	07:31
5	441	Beatriz Paixao	Individual	Senior Feminino	02:00:49	+20:56	08:03
6	499	Ana Pereira	OPraticante.pt	Senior Feminino	02:03:15	+23:22	08:13
7	431	Dina Figueiredo	Fisbem Team	Senior Feminino	02:13:34	+33:40	08:54
8	537	Sandra Oliveira	Tainadas Run Team	Senior Feminino	02:13:55	+34:02	08:56
9	500	Ivone Reis	OPraticante.pt	Senior Feminino	02:19:41	+39:47	09:19
10	556	Sandra Ferreira	VVTR VALONGO VOUGA TRAIL RUNNING	Senior Feminino	02:55:09	+01:15:15	11:41

Senior Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	546	Rui Figueiredo	Trail Bela Bela	Senior Masculino	01:09:57		04:40
2	528	Luís Diogo	Sport Clube Paradela	Senior Masculino	01:14:24	+04:27	04:58
3	503	João Matos	OPraticante.pt	Senior Masculino	01:14:28	+04:31	04:58
4	425	Hugo Silva	Dura-F1 Raceteam	Senior Masculino	01:16:55	+06:58	05:08
5	560	Pedro Ferreira	VVTR VALONGO VOUGA TRAIL RUNNING	Senior Masculino	01:17:11	+07:14	05:09
6	488	Filipe Costa	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	01:19:56	+09:58	05:20
7	530	Marcos Ferreira	Sport Clube Paradela	Senior Masculino	01:20:52	+10:55	05:23
8	527	José Silva	Sport Clube Paradela	Senior Masculino	01:21:49	+11:52	05:27
9	552	Simão Pedro Pereira de Maia Oliveira	UDCRS / Silveiro Sport Team	Senior Masculino	01:22:28	+12:31	05:30
10	501	Augusto Tavares	OPraticante.pt	Senior Masculino	01:24:25	+14:27	05:38
11	451	Pedro Mirassol	Individual	Senior Masculino	01:25:24	+15:27	05:42
12	443	Gonçalo Moura	Individual	Senior Masculino	01:25:24	+15:27	05:42
13	426	José Pinheiro	Dura-F1 Raceteam	Senior Masculino	01:25:48	+15:51	05:43
14	506	Sérgio Ruela	OPraticante.pt	Senior Masculino	01:30:00	+20:03	06:00
15	496	Tiago Simões	OiãRunners	Senior Masculino	01:31:59	+22:02	06:08

Trail Curto

15 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

16	529	Luís silva	Sport Clube Paradela	Senior Masculino	01:31:59	+22:02	06:08
17	525	Cláudio Agostinho	Sport Clube Paradela	Senior Masculino	01:31:59	+22:02	06:08
18	401	LUIS FERREIRA	ACD OS ÍLHAVOS	Senior Masculino	01:33:58	+24:01	06:16
19	410	Tiago Taborda	DCI/Trilhos Luso Bussaco	Senior Masculino	01:35:48	+25:51	06:23
20	540	Kevin Regalado	Tainadas Run Team	Senior Masculino	01:37:04	+27:07	06:28
21	489	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	01:37:58	+28:01	06:32
22	526	Daniel Alexandre	Sport Clube Paradela	Senior Masculino	01:38:22	+28:25	06:33
23	450	Pedro Alves	Individual	Senior Masculino	01:38:40	+28:43	06:35
24	495	Ruben Moreira	OiãRunners	Senior Masculino	01:40:58	+31:01	06:44
25	455	Ricardo Miguel de Almeida Tavares	Individual	Senior Masculino	01:41:25	+31:28	06:46
26	521	Paulo Pires	Sosense Trail Team - Braga & Fernandes	Senior Masculino	01:41:26	+31:29	06:46
27	442	Carlos Alves	Individual	Senior Masculino	01:42:49	+32:52	06:51
28	444	Hugo Guerra	Individual	Senior Masculino	01:46:40	+36:43	07:07
29	422	Ivo Leandro pinto Gonçalves	DESPORTIVO ATLETICO DE RECARDAES	Senior Masculino	01:50:51	+40:54	07:23
30	435	Pedro silva	Haertha/TendernessCapacity - trail running team	Senior Masculino	01:50:54	+40:57	07:24
31	448	Nuno Ribeiro	Individual	Senior Masculino	01:55:16	+45:19	07:41
32	447	Miguel Branco	Individual	Senior Masculino	01:55:21	+45:24	07:41
33	557	Fábio Silva	VVTR VALONGO VOUGA TRAIL RUNNING	Senior Masculino	01:57:33	+47:36	07:50
34	561	Rui Barros	VVTR VALONGO VOUGA TRAIL RUNNING	Senior Masculino	01:57:36	+47:39	07:50
35	452	Rafael Marques	Individual	Senior Masculino	02:00:17	+50:20	08:01
36	539	Joni Rocha	Tainadas Run Team	Senior Masculino	02:02:20	+52:23	08:09
37	454	Ricardo Marques	Individual	Senior Masculino	02:05:24	+55:27	08:22
38	446	Luís Carlos Baptista Nunes	Individual	Senior Masculino	02:07:50	+57:53	08:31
39	449	Paulo Ribeiro Dias	Individual	Senior Masculino	02:12:15	+01:02:18	08:49
40	900	ATLETA SEM NOME	Individual	Senior Masculino	02:13:34	+01:03:37	08:54
41	433	Fernando Vidal	Fisbem Team	Senior Masculino	02:13:34	+01:03:37	08:54
42	432	Diogo Santos	Fisbem Team	Senior Masculino	02:13:34	+01:03:37	08:54
43	504	José Rocha	OPraticante.pt	Senior Masculino	02:15:40	+01:05:43	09:03
44	558	João Abreu	VVTR VALONGO VOUGA TRAIL RUNNING	Senior Masculino	02:16:38	+01:06:41	09:07
45	453	Raul Loura	Individual	Senior Masculino	02:18:22	+01:08:25	09:13
46	559	João Almeida	VVTR VALONGO VOUGA TRAIL RUNNING	Senior Masculino	02:22:24	+01:12:27	09:30
47	564	Elio Fernandes	Individual	Senior Masculino	02:39:59	+01:30:02	10:40

Sub 23 Feminino

1	541	Beatriz Fernandes	Tainadas Run Team	Sub 23 Feminino	01:58:36		07:54

Trail Curto — 15 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

Sub 23 Masculino

1	456	João Dias	Individual	Sub 23 Masculino	02:12:15		08:49

Veterana F40

1	412	Márcia Martins	DCI/TRILHOS LUSO BUSSACO	Veterana F40	01:21:31		05:26
2	411	Lucia Marques	DCI/Trilhos Luso Bussaco	Veterana F40	01:46:19	+24:48	07:05
3	577	Marisa João	Individual	Veterana F40	02:01:15	+39:43	08:05
4	509	Marta Carmo	OPraticante.pt	Veterana F40	02:05:29	+43:57	08:22
5	543	Rosabell Santos	Tainadas Run Team	Veterana F40	02:11:49	+50:17	08:47
6	515	Anabela Reis	Os 4	Veterana F40	02:12:03	+50:31	08:48
7	487	Rosa Lopes	Luxaflex	Veterana F40	02:18:38	+57:07	09:15
8	437	Maria Helena Dias Almeida	Ibérica- Grupo de desporto	Veterana F40	02:20:06	+58:35	09:20
9	438	Vera Lúcia Marques Soares	Ibérica- Grupo de desporto	Veterana F40	02:20:06	+58:35	09:20
10	542	Cláudia Vilela	Tainadas Run Team	Veterana F40	02:31:31	+01:09:59	10:06
11	457	Carla Neves	Individual	Veterana F40	02:44:24	+01:22:53	10:58
12	484	Claudia Salgueiro	J C T	Veterana F40	03:09:24	+01:47:53	12:38

Veterana F50

1	413	Júlia Santos	DCI/Trilhos Luso Bussaco	Veterana F50	01:45:02		07:00
2	414	Maria Mendes	DCI/Trilhos Luso Bussaco	Veterana F50	01:56:42	+11:39	07:47
3	532	Kelly Farias	Sport Clube Paradela	Veterana F50	02:27:39	+42:36	09:51

Veterano M40

1	473	Sérgio Manito	Individual	Veterano M40	01:07:57		04:32
2	415	António Manuel Esteves Oliveira	DCI/Trilhos Luso Bussaco	Veterano M40	01:17:57	+10:00	05:12
3	427	António Gomes	Dura-F1 Raceteam	Veterano M40	01:17:58	+10:01	05:12
4	429	José Cruz	Dura-F1 Raceteam	Veterano M40	01:22:57	+15:00	05:32
5	534	Márcio Silva	Sport Clube Paradela	Veterano M40	01:23:03	+15:06	05:32
6	547	João Almeida	Trail Bela Bela	Veterano M40	01:23:57	+16:00	05:36
7	512	João Garrido	OPraticante.pt	Veterano M40	01:24:36	+16:39	05:38
8	436	Sérgio Rodrigues	Haertha/TendernessCapacity - trail running team	Veterano M40	01:30:18	+22:21	06:01
9	470	MARIO FERREIRA	Individual	Veterano M40	01:34:09	+26:12	06:17
10	465	Jorge ferreira	Individual	Veterano M40	01:34:24	+26:27	06:18
11	461	Carlos Manuel Lopes Rocha	Individual	Veterano M40	01:36:07	+28:10	06:24
12	517	Nelson Marques	Passo a Passo	Veterano M40	01:37:04	+29:07	06:28
13	565	Ricardo Vidal	Lion Runners - Grupo Desportivo Leões da Guarda	Veterano M40	01:37:55	+29:58	06:32
14	460	Carlos Justino	Individual	Veterano M40	01:38:53	+30:56	06:36
15	471	Nuno Jorge Oliveira e Almeida	Individual	Veterano M40	01:39:08	+31:11	06:37

Trail Curto

15 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

16	404	RUI MOTA	ATAC - ÁGUEDA TRAIL AVENTURA CLUBE	Veterano M40	01:40:28	+32:31	06:42
17	424	NUNO JORGE DOS SANTOS	DESPORTIVO ATLETICO DE RECARDAES	Veterano M40	01:40:34	+32:37	06:42
18	513	João Rocha	OPraticante.pt	Veterano M40	01:41:07	+33:10	06:44
19	423	DAVIDE CARVALHO	DESPORTIVO ATLETICO DE RECARDAES	Veterano M40	01:41:17	+33:20	06:45
20	430	José Vidal	Dura-F1 Raceteam	Veterano M40	01:41:32	+33:35	06:46
21	554	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	Veterano M40	01:42:25	+34:28	06:50
22	459	António Trigueiro	Individual	Veterano M40	01:42:29	+34:32	06:50
23	416	Bruno Pedro Salgueiro	DCI/TRILHOS LUSO BUSSACO	Veterano M40	01:42:30	+34:33	06:50
24	406	Sérgio Ferreira	BiciARCA run team	Veterano M40	01:43:48	+35:51	06:55
25	511	Gabriel Godinho	OPraticante.pt	Veterano M40	01:49:07	+41:10	07:16
26	466	José de Almeida Dias	Individual	Veterano M40	01:50:47	+42:50	07:23
27	463	Frederico Gaio	Individual	Veterano M40	01:51:17	+43:20	07:25
28	544	Paulo Costa	Tainadas Run Team	Veterano M40	01:51:32	+43:35	07:26
29	510	António Rodrigues	OPraticante.pt	Veterano M40	01:56:33	+48:36	07:46
30	494	Paulo Cardoso	OCR Carquejo	Veterano M40	01:57:53	+49:56	07:52
31	428	João Portugal	Dura-F1 Raceteam	Veterano M40	01:58:46	+50:49	07:55
32	458	Álvaro Barbosa	Individual	Veterano M40	02:00:37	+52:40	08:02
33	464	João Silva	Individual	Veterano M40	02:03:32	+55:34	08:14
34	405	Eduardo Correia	BiciARCA run team	Veterano M40	02:09:03	+01:01:06	08:36
35	497	Márcio Ferreira	OiãRunners	Veterano M40	02:10:32	+01:02:35	08:42
36	516	Bruno Parente	Os 4	Veterano M40	02:11:36	+01:03:39	08:46
37	533	João Pedro Duarte Lopes	Sport Clube Paradela	Veterano M40	02:12:47	+01:04:50	08:51
38	472	Roberto da Silva Antonio	Individual	Veterano M40	02:16:25	+01:08:28	09:06
39	514	Paulo Silva	OPraticante.pt	Veterano M40	02:21:02	+01:13:04	09:24
40	553	Marco Paulo dos Santos Marques	Vamos a Pé - Taboeira	Veterano M40	02:24:53	+01:16:56	09:40
41	535	Rui Almeida	Sport Clube Paradela	Veterano M40	02:36:57	+01:29:00	10:28
42	467	José Simões	Individual	Veterano M40	02:44:21	+01:36:24	10:57
43	469	Mário Brinco	Individual	Veterano M40	03:09:25	+02:01:28	12:38

Veterano M50

1	418	Manuel Vicente	Dci/Trilhos Luso Bussaco	Veterano M50	01:20:13		05:21
2	402	João Pires	Adabem Running Team	Veterano M50	01:30:48	+10:35	06:03
3	419	Tony Graça	DCI/TRILHOS LUSO BUSSACO	Veterano M50	01:32:57	+12:43	06:12
4	477	Paulo Dias	Individual	Veterano M50	01:40:42	+20:28	06:43
5	407	António Rodrigues	BiciARCA run team	Veterano M50	01:41:01	+20:47	06:44
6	536	Carlos Pinheiro	Sport Clube Paradela	Veterano M50	01:41:54	+21:40	06:48
7	417	José Pereira	DCI/Trilhos Luso Bussaco	Veterano M50	01:45:16	+25:03	07:01
8	478	Paulo Jorge de Jesus António	Individual	Veterano M50	01:46:02	+25:48	07:04
9	474	Manuel Domingues	Individual	Veterano M50	01:46:54	+26:41	07:08
10	555	Mário António Pereira Migueis	Vamos a Pé - Taboeira	Veterano M50	01:48:50	+28:36	07:15
11	480	Sidonio arede almeida	Individual	Veterano M50	01:55:08	+34:55	07:41
12	421	Joaquim Martins	DCI/Trilhos Luso Bussaco	Veterano M50	01:56:43	+36:29	07:47

Trail Curto

15 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

13	523	Amilcar de Oliveira Raimundo	Sosense Trail Team - Braga & Fernandes	Veterano M50	02:00:11	+39:57	08:01
14	475	Miguel Lopes	Individual	Veterano M50	02:02:33	+42:19	08:10
15	491	Paulo Jorge Simões da silva	NAR - Núcleo de Atletismo de Requeixo	Veterano M50	02:03:53	+43:39	08:16
16	518	José Maia	Passo a Passo	Veterano M50	02:05:02	+44:49	08:20
17	476	octavio sergio rodrigues linhares	Individual	Veterano M50	02:05:32	+45:19	08:22
18	409	Artur Salvador	Clube de Atletismo de Sangalhos HM	Veterano M50	02:09:06	+48:53	08:36
19	519	Rufino Cardoso	Passo a Passo	Veterano M50	02:47:53	+01:27:40	11:12
20	486	Jose Neves	J C T	Veterano M50	03:09:25	+01:49:11	12:38
21	485	Carlos Oliveira	J C T	Veterano M50	03:09:25	+01:49:12	12:38

Veterano M60

1	548	EUGÉNIO ALVES	TRAIL BELA BELA	Veterano M60	01:29:52		05:59
2	420	Joaquim Godinho	DCI/Trilhos Luso Bussaco	Veterano M60	01:37:02	+07:09	06:28
3	482	João Almada	ADT	Veterano M60	01:41:24	+11:32	06:46
4	483	José António Abrantes Tavares	Individual	Veterano M60	02:12:41	+42:49	08:51
5	481	António Breda	Individual	Veterano M60	02:12:58	+43:06	08:52

TEAM RESULTS - TRAIL CURTO

LAP2GO - TIMING 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	SPORT CLUBE PARADELA	3 + 11 + 13	27
2	DURA-F1 RACETEAM	5 + 8 + 15	28
3	DCI/TRILHOS LUSO BUSSACO	7 + 10 + 12	29
4	OPRATICANTE.PT	4 + 18 + 19	41
5	TRAIL BELA BELA	2 + 17 + 23	42
6	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	9 + 40 + 99	148
7	DESPORTIVO ATLETICO DE RECARDAES	47 + 52 + 73	172
8	VVTR VALONGO VOUGA TRAIL RUNNING	6 + 85 + 86	177
9	OIÃRUNNERS	27 + 49 + 108	184
10	TAINADAS RUN TEAM	37 + 76 + 77	190
11	BICIARCA RUN TEAM	50 + 63 + 106	219
12	VAMOS A PÉ - TABOEIRA	58 + 70 + 132	260
13	PASSO A PASSO	38 + 101 + 140	279
14	FISBEM TEAM	118 + 119 + 120	357
15	J C T	142 + 143 + 144	429