

HARD TRAIL 45K - STAGE 1

45 KM

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REVISED

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

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

	Time	Temperature	Humidity
Start	08:00	12.2°C	93%
End	15:33	21.7°C	56%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	76	Andre Pedro Rodrigues	dr. merino/nutrifit	Senior Masculino	03:53:30		05:11
2	204	Bruno Coelho	satecnosol outdour / la sportiva	Senior Masculino	04:01:55	+08:25	05:23
3	78	Diogo da Silva Fernandes	dr. merino/nutrifit	Senior Masculino	04:03:15	+09:46	05:24
4	92	Ricardo Jorge Gonçalves da Silva	edv-viana trail	Senior Masculino	04:04:33	+11:04	05:26
5	29	Délio Jorge Alves Ferreira	ca barreira	Senior Masculino	04:05:55	+12:25	05:28
6	11	Vitor Cordeiro	ac portalegre / utsm	Veterano M50	04:08:38	+15:09	05:32
7	8	Luis Semedo	ac portalegre / utsm	Senior Masculino	04:08:39	+15:09	05:32
8	208	Pedro Sousa	satecnosol outdour / la sportiva	Senior Masculino	04:10:07	+16:38	05:34
9	207	Leonel Cunha	satecnosol outdour / la sportiva	Senior Masculino	04:11:48	+18:18	05:36
10	63	Victor Fernandes	ctad trilhos de cinfaes	Senior Masculino	04:19:03	+25:34	05:45
11	120	Joao Paulo Lima Rodrigues	individual	Senior Masculino	04:19:40	+26:10	05:46
12	95	Gabriel Fagundes Meira	edv-viana trail	Veterano M40	04:24:51	+31:22	05:53
13	91	Pedro Manuel Reis Caprichoso	edv-viana trail	Senior Masculino	04:25:24	+31:55	05:54
14	7	Luís Cerqueira Malheiro	ac portalegre / utsm	Senior Masculino	04:27:45	+34:16	05:57
15	205	Bruno Gazela	satecnosol outdour / la sportiva	Senior Masculino	04:32:31	+39:01	06:03
16	177	Carlos Miguel da Costa Ferreira	nast - núcleo associativo de santo tirso	Senior Masculino	04:33:40	+40:11	06:05
17	5	Vitor Costa	a.d.amarante trail running	Senior Masculino	04:34:23	+40:54	06:06
18	9	Marco Nabais	ac portalegre / utsm	Senior Masculino	04:37:00	+43:31	06:09
19	77	David António Correia Ferreira	dr. merino/nutrifit	Senior Masculino	04:37:14	+43:44	06:10
20	194	Nuno Torres	proaventuras	Senior Masculino	04:40:45	+47:15	06:14
21	99	Artur Manuel Ribeiro Cunha Matos	edv-viana trail	Veterano M45	04:40:56	+47:26	06:15
22	30	Nuno Dias	ca barreira	Senior Masculino	04:41:02	+47:33	06:15
23	94	Tiago Alexandre Martins Teixeira	edv-viana trail	Senior Masculino	04:41:12	+47:43	06:15
24	127	Miguel Antonio Vicente Ribeiro	individual	Senior Masculino	04:45:11	+51:41	06:20
25	31	Paulo Jorge Gomes Duarte	ca barreira	Senior Masculino	04:45:31	+52:02	06:21
26	176	António Domingos Moreira de Freitas	nast - núcleo associativo de santo tirso	Senior Masculino	04:46:43	+53:13	06:22
27	97	VICTOR CORREIA	edv-viana trail	Veterano M40	04:46:50	+53:20	06:22
28	84	Amândio Faria de Freitas	edv-viana trail	Senior Masculino	04:49:59	+56:29	06:27
29	79	Diogo Carvalho	nast - núcleo associativo de santo tirso	Veterano M45	04:50:35	+57:06	06:27
30	174	Jorge Filipe Vilas Boas Sabino	morcegos trail	Senior Masculino	04:50:42	+57:12	06:28
31	52	Miguel Coutinho Moreira Frutuoso e Melo	coimbra trail running	Senior Masculino	04:52:06	+58:36	06:29
32	62	Tiago Alexandre Teixeira de Aragão	ctad trilhos de cinfaes	Senior Masculino	04:52:08	+58:39	06:30
33	35	Sara de Brito	ca barreira	Veterana F45	04:52:30	+59:00	06:30
34	90	Pedro Andre Cerqueira Caldas	edv-viana trail	Senior Masculino	04:53:50	+01:00:20	06:32
35	160	Amadeu Teixeira	individual	Veterano M55	04:56:02	+01:02:32	06:35
36	123	José Miguel Fernandes da Gama Nogueira	individual	Senior Masculino	04:56:28	+01:02:59	06:35
37	16	Ana Rocha Gonçalves	alive fitness club	Senior Feminino	04:56:49	+01:03:20	06:36
38	57	Bruno Alexandre Sousa Pereira Pinho dos Santos	ctad trilhos de cinfaes	Senior Masculino	04:56:54	+01:03:24	06:36
39	19	Tiago Filipe Barreirinhas Gaspar	arism - associação recreativa de s. miguel	Senior Masculino	04:57:34	+01:04:04	06:37

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	201	Inuo Filipe Melo	run 4 all	Senior Masculino	05:46:26	+01:52:56	07:42
86	170	Carlos Justo	minho aventura	Veterano M55	05:48:50	+01:55:21	07:45
87	33	Miguel Saraiva	ca barreira	Veterano M45	05:49:04	+01:55:34	07:45
88	93	Sérgio Filipe Cunha Matos	edv-viana trail	Senior Masculino	05:49:09	+01:55:40	07:46
89	45	Fernando Homem	clube amator só para atletismo	Senior Masculino	05:49:59	+01:56:29	07:47
90	169	Pedro Filipe Couto Nóvoa	minho aventura	Veterano M50	05:51:03	+01:57:34	07:48
91	144	António Morais	individual	Veterano M40	05:56:27	+02:02:58	07:55
92	153	Jorge Mamede Abrantes	individual	Veterano M45	05:56:30	+02:03:00	07:55
93	215	Pedro Valentim Batista	unidade especial de corrida	Sub 23 Masculino	05:56:58	+02:03:29	07:56
94	81	Tiago Amaral	dr. merino/nutrifit	Senior Masculino	05:57:10	+02:03:41	07:56
95	202	Pedro Sá	running team maia	Senior Masculino	05:58:33	+02:05:04	07:58
96	74	Liliana Augusta da Rocha Gomes	dr. merino/nutrifit	Senior Feminino	05:58:34	+02:05:04	07:58
97	198	João Nuno Fonseca	proaventuras	Veterano M45	05:58:43	+02:05:13	07:58
98	56	Paulo Pelicano	corcodilos/mister pc	Veterano M45	05:59:24	+02:05:55	07:59
99	181	eduardo soares	novo doce trail	Senior Masculino	06:00:55	+02:07:25	08:01
100	43	André Relvas	centro vicentino da serra de portalegre	Senior Masculino	06:01:33	+02:08:03	08:02
101	140	tome pinto	individual	Senior Masculino	06:02:38	+02:09:09	08:04
102	111	António José Soares Duarte Gomes	individual	Senior Masculino	06:07:21	+02:13:51	08:10
103	157	José Capela	individual	Veterano M50	06:07:22	+02:13:52	08:10
104	46	FERNANDO EDUARDO TEIXEIRA VILELA	clube millennium bcp	Veterano M50	06:08:59	+02:15:29	08:12
105	129	NELSON NUNES	individual	Senior Masculino	06:11:05	+02:17:36	08:15
106	110	André Jorge Araújo Pinheiro	individual	Senior Masculino	06:12:36	+02:19:07	08:17
107	133	Rui Pedro Campos Pinto	individual	Senior Masculino	06:12:48	+02:19:18	08:17
108	73	Elisabete Vieira	dr. merino/nutrifit	Senior Feminino	06:12:52	+02:19:22	08:17
109	156	Paulo Brás	individual	Veterano M45	06:12:53	+02:19:23	08:17
110	183	RUI FARIA	olimpico vianense trail/nd sport	Senior Masculino	06:13:33	+02:20:04	08:18
111	100	FERNANDO CUNHA	edv-viana trail	Veterano M50	06:13:51	+02:20:21	08:18
112	80	Nuno Jorge Moreira Pinho	dr. merino/nutrifit	Senior Masculino	06:14:08	+02:20:38	08:19
113	116	FILIPE GONÇALVES	individual	Senior Masculino	06:14:09	+02:20:39	08:19
114	125	MARCO MACHADO	individual	Senior Masculino	06:14:28	+02:20:58	08:19
115	51	Joel Almeida Martinho	coimbra trail running	Senior Masculino	06:14:54	+02:21:25	08:20
116	23	Domingos Filipe Pereira Nogueira	associação desportiva da efaced	Senior Masculino	06:15:31	+02:22:01	08:21
117	152	Ricardo Meireles	individual	Veterano M40	06:16:48	+02:23:18	08:22
118	213	PAULO JOSÉ MOREIRA	turbulento	Veterano M50	06:17:54	+02:24:24	08:24
119	217	Soraia Pereira Lima Monteiro	xl&s trail	Senior Feminino	06:19:58	+02:26:28	08:27
120	219	Pedro Manuel Pereira Vieira Gonçalves de Castro	xl&s trail	Senior Masculino	06:20:00	+02:26:30	08:27
121	102	Ana Maria Amaral	gondomar futsal clube	Veterana F40	06:22:24	+02:28:54	08:30
122	146	Isaque Lucena	individual	Veterano M40	06:29:10	+02:35:41	08:39
123	143	Sofia Coelho	individual	Veterana F40	06:33:15	+02:39:45	08:44
124	107	Mariana Machado Ballester	individual	Senior Feminino	06:34:53	+02:41:24	08:47
125	122	José Manuel Santos Faria	individual	Senior Masculino	06:34:55	+02:41:25	08:47
126	119	João Manuel Maciel Linhares	individual	Senior Masculino	06:34:56	+02:41:26	08:47
127	24	Hugo Ricardo da Silva Barroso Pinto	associação desportiva da efaced	Senior Masculino	06:35:08	+02:41:39	08:47

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45 KM



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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
128	28	Pascal Rodrigues	atr - algarve trail running	Veterano M40	06:36:34	+02:43:04	08:49
129	178	Fernando Carneiro	nast - núcleo associativo de santo tirso	Senior Masculino	06:40:12	+02:46:43	08:54
130	114	EMANUEL MARTINS	individual	Senior Masculino	06:40:13	+02:46:43	08:54
131	58	Carlos Alberto Nogueira Soares	ctad trilhos de cinfaes	Senior Masculino	06:40:14	+02:46:44	08:54
132	59	Carlos Silva	ctad trilhos de cinfaes	Senior Masculino	06:40:56	+02:47:27	08:55
133	21	Arsénio Fernandes	arism - associação recreativa de s. miguel	Veterano M60	06:41:03	+02:47:33	08:55
134	47	Susana Gabriela Costa Pinto da Neta	clube zipper	Veterana F40	06:42:26	+02:48:56	08:57
135	159	rui eduardo pereira	individual	Veterano M50	06:48:45	+02:55:15	09:05
136	70	Gisela Maria da Silva Pereira	desnível positivo	Veterana F40	06:51:40	+02:58:11	09:09
137	39	Ana Paula Santos	ccrd burinhosa	Veterana F50	06:56:29	+03:03:00	09:15
138	216	ANA CRISTINA ALVES DE MIRANDA	xl&s trail	Senior Feminino	06:58:52	+03:05:22	09:18
139	220	António José Costa Brito Ferreira	xl&s trail	Veterano M45	06:58:52	+03:05:22	09:19
140	109	ANDRE FILIPE QUINTAO AZEVEDO	individual	Senior Masculino	06:58:58	+03:05:28	09:19
141	163	Bruno Ribeiro	kaninos	Senior Masculino	07:00:27	+03:06:58	09:21
142	164	Humberto Barros	kaninos	Senior Masculino	07:00:28	+03:06:58	09:21
143	162	Manuel Faria Sampaio	individual	Veterano M60	07:03:18	+03:09:48	09:24
144	191	Antoine Calcada	padela natural team	Veterano M40	07:05:07	+03:11:37	09:27
145	190	Sylvain ROUX	padela natural team	Senior Masculino	07:05:10	+03:11:40	09:27
146	22	José Sousa	associação de atletismo lebres do sado	Veterano M40	07:16:14	+03:22:44	09:42
147	186	Fátima Pereira Gonçalves	os tugas	Veterana F45	07:16:14	+03:22:44	09:42
148	187	António Pereira Gonçalves	os tugas	Veterano M50	07:16:15	+03:22:46	09:42
149	175	Fernanda Pinho	moreira relax runners	Veterana F45	07:20:40	+03:27:11	09:48
150	26	Mário Jorge Ferreira	associação desportiva da efacec	Veterano M40	07:20:43	+03:27:14	09:48
151	158	MARIO RUI LEITE COSTA	individual	Veterano M50	07:20:44	+03:27:14	09:48
152	151	Paulo Seabra	individual	Veterano M40	07:20:46	+03:27:16	09:48
153	25	Miguel Cruz	associação desportiva da efacec	Senior Masculino	07:20:46	+03:27:17	09:48
154	161	Jaime de Almeida Coimbra da Silva	individual	Veterano M55	07:28:58	+03:35:28	09:59
155	108	Alexandre Miguel	individual	Senior Masculino	07:28:59	+03:35:29	09:59
156	184	Pedro Barbosa	olimpico vianense trail/nd sport	Veterano M45	07:32:45	+03:39:15	10:04
157	69	Célia Sampaio	desnível positivo	Veterana F40	07:32:46	+03:39:17	10:04

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25	174	Jorge Filipe Vilas Boas Sabino	Morcegos Trail	Senior Masculino	04:50:42	+57:12	06:28
26	52	Miguel Coutinho Moreira Frutuoso e Melo	Coimbra Trail Running	Senior Masculino	04:52:06	+58:36	06:29
27	62	Tiago Alexandre Teixeira de Aragão	CTAD TRILHOS DE CINFAES	Senior Masculino	04:52:09	+58:39	06:30
28	90	Pedro Andre Cerqueira Caldas	EDV-VIANA TRAIL	Senior Masculino	04:53:50	+01:00:20	06:32
29	123	José Miguel Fernandes da Gama Nogueira	Individual	Senior Masculino	04:56:29	+01:02:59	06:35
30	57	Bruno Alexandre Sousa Pereira Pinho dos Santos	CTAD TRILHOS DE CINFAES	Senior Masculino	04:56:54	+01:03:24	06:36
31	19	Tiago Filipe Barreirinhas Gaspar	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	04:57:34	+01:04:04	06:37
32	189	Miguel Ângelo Azevedo Carvalho	OzXtreme/GDCR	Senior Masculino	04:58:48	+01:05:18	06:38
33	50	João André Lousada Ferreira	Coimbra Trail Running	Senior Masculino	04:58:49	+01:05:19	06:38
34	113	Carlos Manuel Gonçalves Reis	Individual	Senior Masculino	04:59:00	+01:05:30	06:39
35	38	Ricardo Silva	CCD RENAULT CACIA	Senior Masculino	05:01:51	+01:08:21	06:42
36	68	Artur Costa	Desnível Positivo	Senior Masculino	05:02:08	+01:08:38	06:43
37	209	Tiago Pinheiro	Satecnosol Outdour / La Sportiva	Senior Masculino	05:03:24	+01:09:54	06:45
38	118	João	Individual	Senior Masculino	05:03:56	+01:10:26	06:45
39	121	José Bancaleiro	Individual	Senior Masculino	05:04:35	+01:11:05	06:46
40	37	Ricardo Manuel dos Santos Coutinho Barreiro	CAAC - Clube de Atletismo de Arentim e Cunha	Senior Masculino	05:08:41	+01:15:11	06:52
41	85	Diogo Lopes	EDV-VIANA TRAIL	Senior Masculino	05:10:19	+01:16:49	06:54
42	6	Dino Miguel Feiteira Mafra	AC PORTALEGRE / UTSM	Senior Masculino	05:14:36	+01:21:06	06:59
43	88	Nuno Oliveira	EDV-VIANA TRAIL	Senior Masculino	05:17:40	+01:24:10	07:04
44	168	Márcio Carvalho	KeMedo Team	Senior Masculino	05:20:11	+01:26:41	07:07
45	139	Simão Seiça	Individual	Senior Masculino	05:23:56	+01:30:26	07:12
46	87	Jérôme Rodrigues	EDV-VIANA TRAIL	Senior Masculino	05:25:31	+01:32:01	07:14
47	112	Bruno Costa	Individual	Senior Masculino	05:27:46	+01:34:16	07:17
48	72	Sérgio Santos	Didáxis Trail	Senior Masculino	05:32:30	+01:39:00	07:23
49	132	Ricardo Miranda	Individual	Senior Masculino	05:32:57	+01:39:27	07:24
50	53	Rui Ferreira	Coimbra Trail Running	Senior Masculino	05:34:45	+01:41:15	07:26
51	136	SÉRGIO ALMEIDA	Individual	Senior Masculino	05:35:03	+01:41:33	07:27
52	134	RUI PEREIRA	Individual	Senior Masculino	05:35:03	+01:41:33	07:27
53	167	Manuel Fernando Almeida Costa	KeMedo Team	Senior Masculino	05:39:19	+01:45:49	07:32
54	131	Paulo jorge reis filipe	Individual	Senior Masculino	05:43:22	+01:49:52	07:38
55	130	Paulo Gomes	Individual	Senior Masculino	05:43:22	+01:49:52	07:38
56	101	Bruno Carrudo	GOIRunners	Senior Masculino	05:43:38	+01:50:08	07:38
57	89	nuno Teixeira	EDV-VIANA TRAIL	Senior Masculino	05:44:03	+01:50:33	07:39
58	201	Inuo Filipe Melo	Run 4 All	Senior Masculino	05:46:26	+01:52:56	07:42
59	93	Sérgio Filipe Cunha Matos	EDV-VIANA TRAIL	Senior Masculino	05:49:10	+01:55:40	07:46
60	45	Fernando Homem	Clube Amador Só Para Atletismo	Senior Masculino	05:49:59	+01:56:29	07:47
61	81	Tiago Amaral	Dr. Merino/Nutrifit	Senior Masculino	05:57:11	+02:03:41	07:56
62	202	Pedro Sá	RUNNING TEAM MAIA	Senior Masculino	05:58:34	+02:05:04	07:58
63	181	eduardo soares	Novo Doce Trail	Senior Masculino	06:00:55	+02:07:25	08:01
64	43	André Relvas	Centro Vicentino da Serra de Portalegre	Senior Masculino	06:01:33	+02:08:03	08:02
65	140	tome pinto	Individual	Senior Masculino	06:02:39	+02:09:09	08:04
66	111	António José Soares Duarte Gomes	Individual	Senior Masculino	06:07:21	+02:13:51	08:10

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67	129	NELSON NUNES	Individual	Senior Masculino	06:11:06	+02:17:36	08:15
68	110	André Jorge Araújo Pinheiro	Individual	Senior Masculino	06:12:37	+02:19:07	08:17
69	133	Rui Pedro Campos Pinto	Individual	Senior Masculino	06:12:48	+02:19:18	08:17
70	183	RUI FARIA	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Masculino	06:13:34	+02:20:04	08:18
71	80	Nuno Jorge Moreira Pinho	Dr. Merino/Nutrifit	Senior Masculino	06:14:08	+02:20:38	08:19
72	116	FILIPE GONÇALVES	Individual	Senior Masculino	06:14:09	+02:20:39	08:19
73	125	MARCO MACHADO	Individual	Senior Masculino	06:14:28	+02:20:58	08:19
74	51	Joel Almeida Martinho	Coimbra Trail Running	Senior Masculino	06:14:55	+02:21:25	08:20
75	23	Domingos Filipe Pereira Nogueira	Associação Desportiva da Efacec	Senior Masculino	06:15:31	+02:22:01	08:21
76	219	Pedro Manuel Pereira Vieira Gonçalves de Castro	XL&S Trail	Senior Masculino	06:20:00	+02:26:30	08:27
77	122	José Manuel Santos Faria	Individual	Senior Masculino	06:34:55	+02:41:25	08:47
78	119	João Manuel Maciel Linhares	Individual	Senior Masculino	06:34:56	+02:41:26	08:47
79	24	Hugo Ricardo da Silva Barroso Pinto	Associação Desportiva da Efacec	Senior Masculino	06:35:09	+02:41:39	08:47
80	178	Fernando Carneiro	NAST - Núcleo Associativo de Santo Tirso	Senior Masculino	06:40:13	+02:46:43	08:54
81	114	EMANUEL MARTINS	Individual	Senior Masculino	06:40:13	+02:46:43	08:54
82	58	Carlos Alberto Nogueira Soares	CTAD TRILHOS DE CINFAES	Senior Masculino	06:40:14	+02:46:44	08:54
83	59	Carlos Silva	CTAD TRILHOS DE CINFAES	Senior Masculino	06:40:57	+02:47:27	08:55
84	109	ANDRE FILIPE QUINTAO AZEVEDO	Individual	Senior Masculino	06:58:58	+03:05:28	09:19
85	163	Bruno Ribeiro	Kaninos	Senior Masculino	07:00:28	+03:06:58	09:21
86	164	Humberto Barros	Kaninos	Senior Masculino	07:00:28	+03:06:58	09:21
87	190	Sylvain ROUX	PADELA NATURAL TEAM	Senior Masculino	07:05:10	+03:11:40	09:27
88	25	Miguel Cruz	Associação Desportiva da Efacec	Senior Masculino	07:20:47	+03:27:17	09:48
89	108	Alexandre Miguel	Individual	Senior Masculino	07:28:59	+03:35:29	09:59

Sub 23 Masculino

1	212	João Ramos	Trail Running Esposende	Sub 23 Masculino	05:28:40		07:18
2	215	Pedro Valentim Batista	Unidade Especial de Corrida	Sub 23 Masculino	05:56:59	+28:19	07:56

Veterana F40

1	102	Ana Maria Amaral	GONDOMAR FUTSAL CLUBE	Veterana F40	06:22:24		08:30
2	143	Sofia Coelho	Individual	Veterana F40	06:33:15	+10:51	08:44
3	47	Susana Gabriela Costa Pinto da Neta	Clube Zupper	Veterana F40	06:42:26	+20:02	08:57
4	70	Gisela Maria da Silva Pereira	Desnível Positivo	Veterana F40	06:51:41	+29:17	09:09
5	69	Célia Sampaio	Desnível Positivo	Veterana F40	07:32:47	+01:10:23	10:04

Veterana F45

1	35	Sara de Brito	CA Barreira	Veterana F45	04:52:30		06:30
2	186	Fátima Pereira Gonçalves	OS TUGAS	Veterana F45	07:16:14	+02:23:44	09:42
3	175	Fernanda Pinho	Moreira Relax Runners	Veterana F45	07:20:41	+02:28:11	09:48

hard trail 45k

45 KM

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REVISED

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

OFFICIAL RESULT

Veterana F50

1	39	Ana Paula Santos	CCRD Burinhosa	Veterana F50	06:56:30	09:15
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Veterano M40

1	95	Gabriel Fagundes Meira	EDV-VIANA TRAIL	Veterano M40	04:24:52	05:53
2	97	VICTOR CORREIA	EDV-VIANA TRAIL	Veterano M40	04:46:50	+21:58 06:22
3	27	Pedro Jorge Ribeiro Pinto	Associação Desportiva da Efacec	Veterano M40	05:18:01	+53:09 07:04
4	82	Paulo Machado	Dr. Merino/Nutrifit	Veterano M40	05:18:51	+53:59 07:05
5	96	josé Carlos alcobia	EDV-VIANA TRAIL	Veterano M40	05:37:50	+01:12:58 07:30
6	40	Hélder S G Pinto	CCRD Burinhosa	Veterano M40	05:38:45	+01:13:53 07:32
7	144	António Morais	Individual	Veterano M40	05:56:28	+01:31:36 07:55
8	152	Ricardo Meireles	Individual	Veterano M40	06:16:48	+01:51:56 08:22
9	146	Isaque Lucena	Individual	Veterano M40	06:29:11	+02:04:19 08:39
10	28	Pascal Rodrigues	ATR - Algarve Trail Running	Veterano M40	06:36:34	+02:11:42 08:49
11	191	Antoine Calcada	PADELA NATURAL TEAM	Veterano M40	07:05:07	+02:40:15 09:27
12	22	José Sousa	Associação de atletismo Lebres do sado	Veterano M40	07:16:14	+02:51:22 09:42
13	26	Mário Jorge Ferreira	Associação Desportiva da Efacec	Veterano M40	07:20:44	+02:55:52 09:48
14	151	Paulo Seabra	Individual	Veterano M40	07:20:46	+02:55:54 09:48

Veterano M45

1	99	Artur Manuel Ribeiro Cunha Matos	EDV-VIANA TRAIL	Veterano M45	04:40:56	06:15
2	79	Diogo Carvalho	NAST - Núcleo Associativo de Santo Tirso	Veterano M45	04:50:36	+09:40 06:27
3	98	Abílio Augusto Góios Mina	EDV-VIANA TRAIL	Veterano M45	05:02:11	+21:15 06:43
4	32	Germano Capela	CA Barreira	Veterano M45	05:04:08	+23:12 06:46
5	20	José Guilherme Féteira	ARSM - Associação Recreativa de S. Miguel	Veterano M45	05:17:15	+36:19 07:03
6	185	António Amador	OriEstarreja	Veterano M45	05:24:14	+43:18 07:12
7	34	Paulo Eduardo Lopes da Cruz Oliveira	CA Barreira	Veterano M45	05:37:53	+56:57 07:31
8	54	Fausto Pimentel	Coimbra Trail Running	Veterano M45	05:44:18	+01:03:22 07:39
9	33	Miguel Saraiva	CA Barreira	Veterano M45	05:49:04	+01:08:08 07:45
10	153	Jorge Mamede Abrantes	Individual	Veterano M45	05:56:30	+01:15:34 07:55
11	198	João Nuno Fonseca	PROAVENTURAS	Veterano M45	05:58:43	+01:17:47 07:58
12	56	Paulo Pelicano	Corcodilos/Mister PC	Veterano M45	05:59:25	+01:18:29 07:59
13	156	Paulo Brás	Individual	Veterano M45	06:12:53	+01:31:57 08:17
14	220	António José Costa Brito Ferreira	XL&S TRAIL	Veterano M45	06:58:52	+02:17:56 09:19
15	184	Pedro Barbosa	OLIMPICO VIANENSE TRAIL/ND SPORT	Veterano M45	07:32:45	+02:51:49 10:04

COLETIVA 45KM

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

RANK	TEAM	DESCRIPTION	POINTS
1	Satecnosol Outdour / La Sportiva	2 + 8 + 9	19
2	Dr. Merino/Nutrifit	1 + 3 + 19	23
3	AC PORTALEGRE / UTSM	6 + 7 + 14	27
4	EDV-VIANA TRAIL	4 + 12 + 13	29
5	CA Barreira	5 + 22 + 25	52
6	NAST - Núcleo Associativo de Santo Tirso	16 + 26 + 29	71
7	CTAD TRILHOS DE CINFAES	10 + 32 + 38	80
8	ARSM - Associação Recreativa de S. Miguel	39 + 40 + 56	135
9	Coimbra Trail Running	31 + 42 + 71	144
10	PROAVENTURAS	20 + 55 + 97	172
11	Desnível Positivo	45 + 78 + 136	259
12	Associação Desportiva da Efacec	58 + 116 + 127	301

UPHILL 45KM

Rk	Dorsal	NomeAtleta	NomeClube	Escalao	TempoOficial
1	8	Luis Semedo	AC PORTALEGRE / UTSM	Senior Masculino	00:08:59
2	78	Diogo da Silva Fernandes	Dr. Merino/Nutrifit	Senior Masculino	00:09:05
3	92	Ricardo Jorge Gonçalves da Silva	EDV-VIANA TRAIL	Senior Masculino	00:09:13
4	76	Andre Pedro Rodrigues	Dr. Merino/Nutrifit	Senior Masculino	00:09:17
5	204	Bruno Coelho	Satecnosol Outdour / La Sportiva	Senior Masculino	00:09:21
6	205	Bruno Gazela	Satecnosol Outdour / La Sportiva	Senior Masculino	00:09:47
7	207	Leonel Cunha	Satecnosol Outdour / La Sportiva	Senior Masculino	00:09:57
8	208	Pedro Sousa	Satecnosol Outdour / La Sportiva	Senior Masculino	00:10:13
9	29	Délio Jorge Alves Ferreira	CA Barreira	Senior Masculino	00:10:19
10	113	Carlos Manuel Gonçalves Reis	Individual	Senior Masculino	00:10:20
11	7	Luís Cerqueira Malheiro	AC PORTALEGRE / UTSM	Senior Masculino	00:10:30
12	11	Vitor Cordeiro	AC PORTALEGRE / UTSM	Veterano M50	00:10:30
13	95	Gabriel Fagundes Meira	EDV-VIANA TRAIL	Veterano M40	00:10:33
14	63	Victor Fernandes	CTAD TRILHOS DE CINFAES	Senior Masculino	00:10:38
15	62	Tiago Alexandre Teixeira de Aragão	CTAD TRILHOS DE CINFAES	Senior Masculino	00:10:40
16	38	Ricardo Silva	CCD RENAULT CACIA	Senior Masculino	00:10:43
17	87	Jérôme Rodrigues	EDV-VIANA TRAIL	Senior Masculino	00:10:43
18	202	Pedro Sá	RUNNING TEAM MAIA	Senior Masculino	00:10:46
19	219	Pedro Manuel Pereira Vieira Gonçalves de Castro	XL&S Trail	Senior Masculino	00:10:47
20	27	Pedro Jorge Ribeiro Pinto	Associação Desportiva da Efacec	Veterano M40	00:10:55
21	68	Artur Costa	Desnível Positivo	Senior Masculino	00:10:55
22	5	Vitor Costa	A.D.Amarante trail running	Senior Masculino	00:10:58
23	85	Diogo Lopes	EDV-VIANA TRAIL	Senior Masculino	00:10:58
24	99	Artur Manuel Ribeiro Cunha Matos	EDV-VIANA TRAIL	Veterano M45	00:11:03
25	94	Tiago Alexandre Martins Teixeira	EDV-VIANA TRAIL	Senior Masculino	00:11:05
26	91	Pedro Manuel Reis Caprichoso	EDV-VIANA TRAIL	Senior Masculino	00:11:09
27	177	Carlos Miguel da Costa Ferreira	NAST - Núcleo Associativo de Santo Tirso	Senior Masculino	00:11:11
28	120	Joao Paulo Lima Rodrigues	Individual	Senior Masculino	00:11:12
29	52	Miguel Coutinho Moreira Frutuoso e Melo	Coimbra Trail Running	Senior Masculino	00:11:14
30	84	Amândio Faria de Freitas	EDV-VIANA TRAIL	Senior Masculino	00:11:17

31	77 David António Correia Ferreira	Dr. Merino/Nutrifit	Senior Masculino	00:11:19
32	176 António Domingos Moreira de Freitas	NAST - Núcleo Associativo de Santo Tirso	Senior Masculino	00:11:20
33	97 VICTOR CORREIA	EDV-VIANA TRAIL	Veterano M40	00:11:20
34	9 Marco Nabais	AC PORTALEGRE / UTSM	Senior Masculino	00:11:20
35	90 Pedro Andre Cerqueira Caldas	EDV-VIANA TRAIL	Senior Masculino	00:11:31
36	86 Hugo Sousa	EDV-VIANA TRAIL	Senior Masculino	00:11:43
37	123 José Miguel Fernandes da Gama Nogueira	Individual	Senior Masculino	00:11:50
38	30 Nuno Dias	CA Barreira	Senior Masculino	00:11:56
39	57 Bruno Alexandre Sousa Pereira Pinho dos Santos	CTAD TRILHOS DE CINFAES	Senior Masculino	00:11:58
40	96 José Carlos alcobia	EDV-VIANA TRAIL	Veterano M40	00:12:00
41	79 Diogo Carvalho	NAST	Veterano M45	00:12:01
42	194 Nuno Torres	PROAVENTURAS	Senior Masculino	00:12:01
43	19 Tiago Filipe Barreirinhas Gaspar	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	00:12:02
44	31 Paulo Jorge Gomes Duarte	CA Barreira	Senior Masculino	00:12:05
45	130 Paulo Gomes	Individual	Senior Masculino	00:12:07
46	174 Jorge Filipe Vilas Boas Sabino	Morcegos Trail	Senior Masculino	00:12:09
47	16 Ana Rocha Gonçalves	Alive Fitness Club	Senior Feminino	00:12:09
48	212 João Ramos	Trail Running Esposende	Sub 23 Masculino	00:12:12
49	118 João	Individual	Senior Masculino	00:12:14
50	132 Ricardo Miranda	Individual	Senior Masculino	00:12:16
51	112 Bruno Costa	Individual	Senior Masculino	00:12:21
52	42 Ângelo Pereira	CENTRO CICLISTA DE GONDOMAR	Veterano M50	00:12:22
53	201 Inuo Filipe Melo	Run 4 All	Senior Masculino	00:12:23
54	50 João André Lousada Ferreira	Coimbra Trail Running	Senior Masculino	00:12:26
55	209 Tiago Pinheiro	Satecnosol Outdour / La Sportiva	Senior Masculino	00:12:28
56	121 José Bancaleiro	Individual	Senior Masculino	00:12:31
57	189 Miguel Ângelo Azevedo Carvalho	OzXtreme/GDCR	Senior Masculino	00:12:34
58	145 Elisio Gonçalves	Individual	Veterano M40	00:12:35
59	160 Amadeu Teixeira	Individual	Veterano M55	00:12:37
60	32 Germano Capela	CA Barreira	Veterano M45	00:12:38
61	20 José Guilherme Féteira	ARSM - Associação Recreativa de S. Miguel	Veterano M45	00:12:40
62	170 Carlos Justo	MINHO AVENTURA	Veterano M55	00:12:42
63	98 Abílio Augusto Góios Mina	EDV-VIANA TRAIL	Veterano M45	00:12:44

64	133 Rui Pedro Campos Pinto	Individual	Senior Masculino	00:12:47
65	18 Cristina Couceiro	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	00:12:47
66	35 Sara de Brito	CA Barreira	Veterano M45	00:12:49
67	37 Ricardo Manuel dos Santos Coutinho Barreiro	CAAC - Clube de Atletismo de Arentim e Cunha	Senior Masculino	00:12:50
68	71 Arnaldo Rodrigues	Desnível Positivo	Veterano M50	00:12:50
69	72 Sérgio Santos	Didáxis Trail	Senior Masculino	00:12:52
70	36 Jorge Agostinho	CA Barreira	Veterano M55	00:12:52
71	215 Pedro Valentim Batista	Unidade Especial de Corrida	Sub 23 Masculino	00:12:52
72	53 Rui Ferreira	Coimbra Trail Running	Senior Masculino	00:12:55
73	211 Pedro Miguel Da Silva Oliveira	TEAM LANTEMIL	Senior Masculino	00:12:55
74	181 eduardo soares	Novo Doce Trail	Senior Masculino	00:12:58
75	140 tome pinto	Individual	Senior Masculino	00:13:04
76	134 RUI PEREIRA	Individual	Senior Masculino	00:13:07
77	168 Márcio Carvalho	KeMedo Team	Senior Masculino	00:13:08
78	136 SÉRGIO ALMEIDA	Individual	Senior Masculino	00:13:08
79	88 Nuno Oliveira	EDV-VIANA TRAIL	Senior Masculino	00:13:09
80	75 Marisa Alexandra da Rocha Vieira	Dr. Merino/Nutrifit	Senior Feminino	00:13:17
81	89 nuno Teixeira	EDV-VIANA TRAIL	Senior Masculino	00:13:18
82	127 Miguel Antonio Vicente Ribeiro	Individual	Senior Masculino	00:13:20
83	131 Paulo jorge reis filipe	Individual	Senior Masculino	00:13:22
84	33 Miguel Saraiva	CA Barreira	Veterano M45	00:13:23
85	183 RUI FARIA	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Masculino	00:13:25
86	6 Dino Miguel Feiteira Mafra	AC PORTALEGRE / UTSM	Senior Masculino	00:13:27
87	82 Paulo Machado	Dr. Merino/Nutrifit	Veterano M40	00:13:27
88	144 António Morais	Individual	Veterano M40	00:13:32
89	217 Soraia Pereira Lima Monteiro	XL&S Trail	Senior Feminino	00:13:33
90	158 MARIO RUI LEITE COSTA	Individual	Veterano M50	00:13:34
91	185 António Amador	OriEstarreja	Veterano M45	00:13:39
92	93 Sérgio Filipe Cunha Matos	EDV-VIANA TRAIL	Senior Masculino	00:13:43
93	111 António José Soares Duarte Gomes	Individual	Senior Masculino	00:13:45
94	198 João Nuno Fonseca	PROAVENTURAS	Veterano M45	00:13:45
95	192 Marco Dias	PADELA NATURAL TEAM	Veterano M40	00:13:45
96	45 Fernando Homem	Clube Amador Só Para Atletismo	Senior Masculino	00:13:46

97	40 Hélder S G Pinto	CCRD Burinhosa	Veterano M40	00:13:49
98	152 Ricardo Meireles	Individual	Veterano M40	00:13:49
99	110 André Jorge Araújo Pinheiro	Individual	Senior Masculino	00:13:51
100	167 Manuel Fernando Almeida Costa	KeMedo Team	Senior Masculino	00:13:54
101	200 Zo Vieira	PROAVENTURAS	Veterano M50	00:13:57
102	139 Simão Seiça	Individual	Senior Masculino	00:13:58
103	166 FILIPE JOSÉ FERREIRA DE SOUSA	KeMedo Team	Senior Masculino	00:13:58
104	80 Nuno Jorge Moreira Pinho	Dr. Merino/Nutrifit	Senior Masculino	00:14:10
105	58 Carlos Alberto Nogueira Soares	CTAD TRILHOS DE CINFAES	Senior Masculino	00:14:13
106	125 MARCO MACHADO	Individual	Senior Masculino	00:14:14
107	46 FERNANDO EDUARDO TEIXEIRA VILELA	Clube Millennium BCP	Veterano M50	00:14:14
108	116 FILIPE GONÇALVES	Individual	Senior Masculino	00:14:16
109	129 NELSON NUNES	Individual	Senior Masculino	00:14:18
110	101 Bruno Carrudo	GO!Runners	Senior Masculino	00:14:24
111	214 Ricardo Zeferino Ribeiro	Unidade Especial de Corrida	Senior Masculino	00:14:25
112	74 Liliana Augusta da Rocha Gomes	Dr. Merino/Nutrifit	Senior Feminino	00:14:26
113	141 Daniel Silva Pereira	Individual	Sub 23 Masculino	00:14:27
114	156 Paulo Brás	Individual	Veterano M45	00:14:32
115	83 Carla Sousa	EDV-VIANA TRAIL	Senior Feminino	00:14:33
116	34 Paulo Eduardo Lopes da Cruz Oliveira	CA Barreira	Veterano M45	00:14:33
117	21 Arsénio Fernandes	ARSM - Associação Recreativa de S. Miguel	Veterano M60	00:14:35
118	54 Fausto Pimentel	Coimbra Trail Running	Veterano M45	00:14:37
119	56 Paulo Pelicano	Corcodilos/Mister PC	Veterano M45	00:14:37
120	169 Pedro Filipe Couto Nóvoa	MINHO AVENTURA	Veterano M50	00:14:39
121	23 Domingos Filipe Pereira Nogueira	Associação Desportiva da Efacec	Senior Masculino	00:14:40
122	153 Jorge Mamede Abrantes	Individual	Veterano M45	00:14:41
123	25 Miguel Cruz	Associação Desportiva da Efacec	Senior Masculino	00:14:42
124	124 Leonardo Maia	Individual	Senior Masculino	00:14:43
125	128 Miguel Filipe Gonçalves Carvalho Soares	Individual	Senior Masculino	00:14:46
126	43 André Relvas	Centro Vicentino da Serra de Portalegre	Senior Masculino	00:14:56
127	190 Sylvain ROUX	PADELA NATURAL TEAM	Senior Masculino	00:14:57
128	191 Antoine Calcada	PADELA NATURAL TEAM	Veterano M40	00:14:59
129	26 Mário Jorge Ferreira	Associação Desportiva da Efacec	Veterano M40	00:15:01

130	159 rui eduardo pereira	Individual	Veterano M50	00:15:03
131	180 Jorge Rodrigues	NAZA-Nucleo Atletismo Zona da Abóboda	Veterano M50	00:15:05
132	1 Fernanda Verde	Individual	Senior Feminino	00:15:11
133	59 Carlos Silva	CTAD TRILHOS DE CINFAES	Senior Masculino	00:15:14
134	24 Hugo Ricardo da Silva Barroso Pinto	Associação Desportiva da Efacec	Senior Masculino	00:15:16
135	146 Isaque Lucena	Individual	Veterano M40	00:15:16
136	81 Tiago Amaral	Dr. Merino/Nutrifit	Senior Masculino	00:15:16
137	100 FERNANDO CUNHA	EDV-VIANA TRAIL	Veterano M50	00:15:18
138	28 Pascal Rodrigues	ATR - Algarve Trail Running	Veterano M40	00:15:18
139	220 António José Costa Brito Ferreira	XL&S TRAIL	Veterano M45	00:15:27
140	216 ANA CRISTINA ALVES DE MIRANDA	XL&S TRAIL	Senior Feminino	00:15:34
141	187 António Pereira Gonçalves	OS TUGAS	Veterano M50	00:15:40
142	39 Ana Paula Santos	CCRD Burinhosa	Veterana F50	00:15:42
143	157 José Capela	Individual	Veterano M50	00:15:52
144	119 João Manuel Maciel Linhares	Individual	Senior Masculino	00:15:54
145	164 Humberto Barros	Kaninos	Senior Masculino	00:15:55
146	102 Ana Maria Amaral	GONDOMAR FUTSAL CLUBE	Veterana F40	00:15:57
147	163 Bruno Ribeiro	Kaninos	Senior Masculino	00:16:02
148	108 Alexandre Miguel	Individual	Senior Masculino	00:16:03
149	109 ANDRE FILIPE QUINTAO AZEVEDO	Individual	Senior Masculino	00:16:08
150	213 PAULO JOSÉ MOREIRA	TURBULENTO	Veterano M50	00:16:08
151	162 Manuel Faria Sampaio	Individual	Veterano M60	00:16:09
152	151 Paulo Seabra	Individual	Veterano M40	00:16:18
153	175 Fernanda Pinho	Moreira Relax Runners	Veterana F45	00:16:18
154	122 José Manuel Santos Faria	Individual	Senior Masculino	00:16:19
155	107 Mariana Machado Ballester	Individual	Senior Feminino	00:16:19
156	179 Paula Penedo	NAZA-Nucleo Atletismo Zona da Abóboda	Senior Feminino	00:16:27
157	178 Fernando Carneiro	NAST - Núcleo Associativo de Santo Tirso	Senior Masculino	00:16:32
158	143 Sofia Coelho	Individual	Veterana F40	00:16:38
159	73 Elisabete Vieira	Dr. Merino/Nutrifit	Senior Feminino	00:16:38
160	155 Nelson Ramos	Individual	Veterano M45	00:16:39
161	114 EMANUEL MARTINS	Individual	Senior Masculino	00:16:45
162	51 Joel Almeida Martinho	Coimbra Trail Running	Senior Masculino	00:16:53

163	22 José Sousa	Associação de atletismo Lebres do sado	Veterano M40	00:17:01
164	47 Susana Gabriela Costa Pinto da Neta	Clube Zupper	Veterana F40	00:17:01
165	186 Fátima Pereira Gonçalves	OS TUGAS	Veterana F45	00:17:03
166	70 Gisela Maria da Silva Pereira	Desnível Positivo	Veterana F40	00:17:12
167	184 Pedro Barbosa	OLIMPICO VIANENSE TRAIL/ND SPORT	Veterano M45	00:17:41
168	69 Célia Sampaio	Desnível Positivo	Veterana F40	00:18:00
169	161 Jaime de Almeida Coimbra da Silva	Individual	Veterano M55	00:18:06
170	199 Paulo Martins	PROAVENTURAS	Veterano M50	00:18:23
171	196 Maria Martins	PROAVENTURAS	Veterana F45	00:18:58
172	15 Daniel Sampaio	Afifense Trail	Sub 23 Masculino	00:27:00
173	210 Carla Moreira	Team Famalicão	Veterana F40	00:31:18