

**TRAIL LONGO - 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 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

	Time	Temperature	Humidity
Start	08:30	15.3°C	100%
End	14:51	15.3°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	7	Luís Semedo	acportalegre / utsm	Senior Masculino	03:12:01		05:49
2	83	Tiago Romão	salomon suunto portugal	Senior Masculino	03:17:11	+05:10	05:59
3	85	Bruno Sousa	team trail bifase	Senior Masculino	03:19:15	+07:14	06:02
4	17	SERGIO SÁ	águias de álvelos	Senior Masculino	03:23:36	+11:35	06:10
5	15	OSCAR MENDES	águias de álvelos	Senior Masculino	03:30:19	+18:18	06:22
6	13	BRUNO RIBEIRO	águias de álvelos	Senior Masculino	03:38:08	+26:07	06:37
7	18	Bruno Costa	arca runners	Senior Masculino	04:01:38	+49:36	07:19
8	72	Sergio Araujo	padela natural team - fisiofreixo	Senior Masculino	04:08:56	+56:54	07:33
9	11	Tiago Subtil	affense trail	Senior Masculino	04:13:36	+01:01:34	07:41
10	14	Marcelo Martins	águias de álvelos	Senior Masculino	04:13:45	+01:01:44	07:41
11	89	Rui Soares	individual	Senior Masculino	04:13:45	+01:01:44	07:41
12	54	Hilário Louro	individual	Veterano M40	04:17:25	+01:05:24	07:48
13	45	Joao Oliveira	individual	Senior Masculino	04:18:19	+01:06:17	07:50
14	28	Ismael González González	coutadas trail team	Veterano M40	04:18:22	+01:06:20	07:50
15	16	RICARDO MIRANDA	águias de álvelos	Senior Masculino	04:27:14	+01:15:12	08:06
16	5	Andreia Correia	ac training	Senior Feminino	04:29:02	+01:17:00	08:09
17	6	Fred Kalahari	ac training	Veterano M40	04:29:07	+01:17:05	08:09
18	57	Pedro Pereira	individual	Veterano M40	04:31:48	+01:19:46	08:14
19	58	Paulo Manuel Costa	individual	Veterano M50	04:33:37	+01:21:35	08:17
20	36	Goreti Correia	edv - viana trail	Veterana F40	04:34:07	+01:22:05	08:18
21	4	Tiago Areias	individual	Senior Masculino	04:39:38	+01:27:37	08:28
22	33	Amaro Costa	edv - viana trail	Senior Masculino	04:40:29	+01:28:28	08:30
23	69	João Passos	olimpico vianense	Veterano M50	04:42:01	+01:29:59	08:33
24	82	Artur Costa	rx runners	Veterano M40	04:47:16	+01:35:14	08:42
25	23	Miguel Saraiva	ca barreira	Veterano M50	04:47:55	+01:35:54	08:43
26	86	Elisabete Alves	trogoditas runners	Senior Feminino	04:49:39	+01:37:37	08:47
27	25	Teresa Afonso	coimbra trail running	Veterana F40	05:00:15	+01:48:13	09:06
28	81	Victor Rodrigues	ribetrail	Veterano M40	05:00:16	+01:48:15	09:06
29	64	Jeronimo Silva	lavra	Veterano M40	05:01:30	+01:49:29	09:08
30	73	Tiago Oliveira	padela natural team - fisiofreixo	Senior Masculino	05:08:38	+01:56:37	09:21
31	76	Manuel António Sá Graça	palmeira runners	Veterano M50	05:09:32	+01:57:31	09:23
32	59	Manuel Faria Sampaio	individual	Veterano M60	05:15:16	+02:03:15	09:33
33	32	Patricia Palma	edv - viana trail	Senior Feminino	05:15:22	+02:03:21	09:33
34	34	Ricardo Silva	edv - viana trail	Senior Masculino	05:18:36	+02:06:35	09:39
35	77	Ana Sofia Vilas Boas Lopes Fontes	phoenix evorun	Senior Feminino	05:19:27	+02:07:26	09:41
36	84	Pedro Oliveira	team lantermil	Senior Masculino	05:21:46	+02:09:45	09:45
37	3	Wison Fonseca	individual	Veterano M40	05:22:55	+02:10:54	09:47
38	56	José Manuel Organista	individual	Veterano M40	05:24:25	+02:12:23	09:50
39	90	Pedro Pereira	individual	Senior Masculino	05:30:48	+02:18:47	10:01
40	71	João Meira	padela natural team - fisiofreixo	Senior Masculino	05:30:48	+02:18:47	10:01
41	75	SYLVAIN ROUX	padela natural team - fisiofreixo	Veterano M40	05:32:09	+02:20:07	10:04

**TRAIL LONGO - 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 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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	51	Silvio Freitas	individual	Senior Masculino	05:34:25	+02:22:24	10:08
43	12	Marco machado	afrikanrunners	Veterano M40	05:36:36	+02:24:35	10:12
44	31	David Antunes	desnivel positivo	Veterano M50	05:37:28	+02:25:27	10:14
45	27	Tiago Coelho	correr leça	Senior Masculino	05:39:21	+02:27:20	10:17
46	66	Raquel Vasconcelos	no tomorrow running team	Veterana F40	05:42:46	+02:30:45	10:23
47	67	Paulo Gomes	no tomorrow running team	Veterano M40	05:42:48	+02:30:47	10:23
48	79	Conceição Queiroz	phoenix evorun	Veterana F60	06:01:57	+02:49:56	10:58
49	78	Hugo Pereira	phoenix evorun	Senior Masculino	06:02:00	+02:49:59	10:58
50	26	João Pinho	coimbra trail running	Veterano M40	06:05:06	+02:53:05	11:04
51	63	Ricardo Henriques	laac	Senior Masculino	06:05:32	+02:53:31	11:05
52	62	Pedro Henriques	laac	Senior Masculino	06:05:37	+02:53:35	11:05
53	24	Rui Costa	clube atletismo fafe	Senior Masculino	06:16:32	+03:04:31	11:25
54	39	Nelson Franco	esmoriz	Veterano M40	06:18:18	+03:06:16	11:28
55	37	Luis Ramos	ei team trail	Senior Masculino	06:20:20	+03:08:19	11:32
56	30	Gisela Pereira	desnivel positivo	Veterana F40	06:20:31	+03:08:30	11:32
57	9	Mauro Gonçalves	ade trail running	Veterano M40	06:20:40	+03:08:38	11:32

## Trail Longo

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 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

	Time	Temperature	Humidity
Start	08:30	15.3°C	100%
End	14:51	15.3°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
<b>Senior Feminino</b>							
1	5	Andreia Correia	AC TRAINING	Senior Feminino	04:29:02	+01:17:00	08:09
2	86	Elisabete Alves	Trogloditas runners	Senior Feminino	04:49:39	+01:37:37	08:47
3	32	Patricia Palma	EDV - Viana Trail	Senior Feminino	05:15:22	+02:03:21	09:33
4	77	Ana Sofia Vilas Boas Lopes Fontes	Phoenix Evorun	Senior Feminino	05:19:27	+02:07:26	09:41

## Senior Masculino

1	7	Luís Semedo	ACPORTALEGRE / UTSM	Senior Masculino	03:12:01		05:49
2	83	Tiago Romão	SALOMON SUUNTO PORTUGAL	Senior Masculino	03:17:11	+05:10	05:59
3	85	Bruno Sousa	Team Trail Bifase	Senior Masculino	03:19:15	+07:14	06:02
4	17	SERGIO SÁ	Águias de Ávelos	Senior Masculino	03:23:36	+11:35	06:10
5	15	OSCAR MENDES	Águias de Ávelos	Senior Masculino	03:30:19	+18:18	06:22
6	13	BRUNO RIBEIRO	Águias de Ávelos	Senior Masculino	03:38:08	+26:07	06:37
7	18	Bruno Costa	Arca Runners	Senior Masculino	04:01:38	+49:36	07:19
8	72	Sergio Araujo	Padela Natural Team - Fisiofreixo	Senior Masculino	04:08:56	+56:54	07:33
9	11	Tiago Subtil	Afifense Trail	Senior Masculino	04:13:36	+01:01:34	07:41
10	14	Marcelo Martins	Águias de Ávelos	Senior Masculino	04:13:45	+01:01:44	07:41
11	89	Rui Soares	Individual	Senior Masculino	04:13:45	+01:01:44	07:41
12	45	Joao Oliveira	Individual	Senior Masculino	04:18:19	+01:06:17	07:50
13	16	RICARDO MIRANDA	Águias de Ávelos	Senior Masculino	04:27:14	+01:15:12	08:06
14	4	Tiago Areias	Individual	Senior Masculino	04:39:38	+01:27:37	08:28
15	33	Amaro Costa	EDV - Viana Trail	Senior Masculino	04:40:29	+01:28:28	08:30
16	73	Tiago Oliveira	Padela Natural Team - Fisiofreixo	Senior Masculino	05:08:38	+01:56:37	09:21
17	34	Ricardo Silva	EDV - Viana Trail	Senior Masculino	05:18:36	+02:06:35	09:39
18	84	Pedro Oliveira	TEAM LANTEMIL	Senior Masculino	05:21:46	+02:09:45	09:45
19	90	Pedro Pereira	Individual	Senior Masculino	05:30:48	+02:18:47	10:01
20	71	João Meira	Padela Natural Team - Fisiofreixo	Senior Masculino	05:30:48	+02:18:47	10:01
21	51	Silvio Freitas	Individual	Senior Masculino	05:34:25	+02:22:24	10:08
22	27	Tiago Coelho	CORRER LEÇA	Senior Masculino	05:39:21	+02:27:20	10:17
23	78	Hugo Pereira	Phoenix Evorun	Senior Masculino	06:02:00	+02:49:59	10:58
24	63	Ricardo Henriques	LAAC	Senior Masculino	06:05:32	+02:53:31	11:05
25	62	Pedro Henriques	LAAC	Senior Masculino	06:05:37	+02:53:35	11:05
26	24	Rui Costa	Clube Atletismo Fafe	Senior Masculino	06:16:32	+03:04:31	11:25
27	37	Luis Ramos	EI Team Trail	Senior Masculino	06:20:20	+03:08:19	11:32

## Veterana F40

1	36	Goreti Correia	EDV - Viana Trail	Veterana F40	04:34:07	+01:22:05	08:18
---	----	----------------	-------------------	--------------	----------	-----------	-------

## Trail Longo

33 KM

### OFFICIAL RESULT

2	25	Teresa Afonso	Coimbra Trail Running	Veterana F40	05:00:15	+01:48:13	09:06
3	66	Raquel Vasconcelos	NO TOMORROW RUNNING TEAM	Veterana F40	05:42:46	+02:30:45	10:23
4	30	Gisela Pereira	DESNIVEL POSITIVO	Veterana F40	06:20:31	+03:08:30	11:32

## Veterana F60

1	79	Conceição Queiroz	Phoenix Evorun	Veterana F60	06:01:57	+02:49:56	10:58
---	----	-------------------	----------------	--------------	----------	-----------	-------

## Veterano M40

1	54	Hilário Louro	Individual	Veterano M40	04:17:25	+01:05:24	07:48
2	28	Ismael González González	COUTADAS TRAIL TEAM	Veterano M40	04:18:22	+01:06:20	07:50
3	6	Fred Kalahari	AC TRAINING	Veterano M40	04:29:07	+01:17:05	08:09
4	57	Pedro Pereira	Individual	Veterano M40	04:31:48	+01:19:46	08:14
5	82	Artur Costa	RX RUNNERS	Veterano M40	04:47:16	+01:35:14	08:42
6	81	Victor Rodrigues	RIBEITRAIL	Veterano M40	05:00:16	+01:48:15	09:06
7	64	Jeronimo Silva	Lavra	Veterano M40	05:01:30	+01:49:29	09:08
8	3	Wison Fonseca	Individual	Veterano M40	05:22:55	+02:10:54	09:47
9	56	José Manuel Organista	Individual	Veterano M40	05:24:25	+02:12:23	09:50
10	75	SYLVAIN ROUX	Padela Natural Team - Fisiofreixo	Veterano M40	05:32:09	+02:20:07	10:04
11	12	Marco machado	AfrikanRunners	Veterano M40	05:36:36	+02:24:35	10:12
12	67	Paulo Gomes	NO TOMORROW RUNNING TEAM	Veterano M40	05:42:48	+02:30:47	10:23
13	26	João Pinho	Coimbra Trail Running	Veterano M40	06:05:06	+02:53:05	11:04
14	39	Nelson Franco	Esmoriz	Veterano M40	06:18:18	+03:06:16	11:28
15	9	Mauro Gonçalves	ADE Trail Running	Veterano M40	06:20:40	+03:08:38	11:32

## Veterano M50

1	58	Paulo Manuel Costa	Individual	Veterano M50	04:33:37	+01:21:35	08:17
2	69	João Passos	OLIMPICO VIANENSE	Veterano M50	04:42:01	+01:29:59	08:33
3	23	Miguel Saraiva	CA Barreira	Veterano M50	04:47:55	+01:35:54	08:43
4	76	Manuel António Sá Graça	Palmeira Runners	Veterano M50	05:09:32	+01:57:31	09:23
5	31	David Antunes	DESNIVEL POSITIVO	Veterano M50	05:37:28	+02:25:27	10:14

## Veterano M60

1	59	Manuel Faria Sampaio	Individual	Veterano M60	05:15:16	+02:03:15	09:33
---	----	----------------------	------------	--------------	----------	-----------	-------

## COLETIVO - 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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	ÁGUIAS DE ALVELOS	4 + 5 + 6 + 10 + 15	40