Nocturnos Zêzere Trail
Ferreira do Zêzere
14-setembro-2019

TRAIL CURTO K12 - STAGE 1 — 12 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	19:50	25,3ºC	57%
End	22:42	25,3ºC	57%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1128	Ricardo Fonseca	vitoria futebol clube trail running	Sub 23 Masculino	53:49		04:29
2	1096	Paulo Ferreira	porto de mós a correr	Veterano M35	01:03:02	+09:12	05:15
3	1121	Sérgio Vieira	vespinga saudável / fet	Veterano M35	01:03:42	+09:53	05:19
4	1120	André Ferreira	união fci de tomar	Senior Masculino	01:03:54	+10:04	05:20
5	1014	Pedro Miguel Ferreira Henriques Simões	arsm - associação recreativa de s. miguel	Veterano M45	01:04:00	+10:11	05:20
6	1005	Rodrigo Rosa	a.d.r águas belas	Senior Masculino	01:05:06	+11:17	05:26
7	1137	Rafael Martinho	trilhos dos templários/ xporfit	Senior Masculino	01:06:58	+13:08	05:35
8	1062	Dino Bento	individual	Senior Masculino	01:06:58	+13:09	05:35
9	1047	Diogo Alves	dá-lhe gás team	Sub 23 Masculino	01:09:11	+15:21	05:46
10	1039	Carlos Antunes	clac entroncamento/ondatrilhos	Veterano M50	01:09:14	+15:24	05:46
11	1050	Ricardo Ribeiro	grupo cicloturismo barquinhense	Veterano M35	01:09:15	+15:25	05:46
12	1132	João Pimenta	avelar	Senior Masculino	01:09:19	+15:29	05:47
13	1037	João Vieira	clac entroncamento/ondatrilhos	Senior Masculino	01:09:23	+15:33	05:47
14	1060	Claudio Alves	individual	Veterano M35	01:09:27	+15:38	05:47
15	1125	Rui Fresco	vespinga saudável / fet	Veterano M45	01:09:30	+15:40	05:48
16	1111	Filipe Caldeira	scfz trail runners	Veterano M40	01:10:04	+16:15	05:50
17	1015	José Simões	arsm - associação recreativa de s. miguel	Veterano M50	01:11:03	+17:13	05:55
18	1122	Marcelo Alonso	vespinga saudável / fet	Veterano M45	01:11:50	+18:00	05:59
19	1101	Filipe Maurício	rx runners	Junior Masculino	01:13:01	+19:11	06:05
20	1013	Aurélio Saúde	arsm - associação recreativa de s. miguel	Veterano M40	01:13:10	+19:20	06:06
21	1010	Carlos Duro	a.d.r águas belas	Veterano M60	01:14:36	+20:47	06:13
22	1103	João Lopes	rx runners	Veterano M35	01:14:43	+20:53	06:14
23	1069	PIERRE RIBEIRO	individual	Veterano M35	01:14:50	+21:00	06:14
24	1031	JOSÉ SILVA	casa do benfica em abrantes	Veterano M55	01:14:53	+21:03	06:14
25	1009	Domingos casimiro	a.d.r águas belas	Veterano M50	01:14:55	+21:05	06:15
26	1091	Nuno Arelo	não dá +	Veterano M35	01:16:34	+22:45	06:23
27	1108	Jorge Maurício	rx runners	Veterano M45	01:17:45	+23:55	06:29
28	1135	Ricardo Santa	#geraçãoceleiro	Veterano M40	01:17:51	+24:01	06:29
29	1008	Carlos Silva	a.d.r águas belas	Veterano M50	01:18:44	+24:54	06:34
30	1136	José Pedro	individual	Veterano M55	01:18:46	+24:56	06:34
31	1106	Luís Sousa	rx runners	Veterano M40	01:18:49	+24:59	06:34
32	1038	Lina Marques	clac entroncamento/ondatrilhos	Veterana F40	01:19:25	+25:35	06:37
33	1068	Michael Tomás	individual	Senior Masculino	01:20:38	+26:49	06:43
34	1067	Joao Ferreira	individual	Senior Masculino	01:20:38	+26:49	06:43
35	1084	Pedro Vitorino	individual	Veterano M40	01:20:45	+26:55	06:44
36	1051	Bruno Moço	grupo desportivo da parreira	Veterano M35	01:20:51	+27:01	06:44
37	1035	Carla Lourenço	clac entroncamento/ondatrilhos	Senior Feminino	01:21:10	+27:20	06:46
38	1071	RODRIGO JESUS	individual	Senior Masculino	01:21:12	+27:22	06:46
39	1041	Pedro Carmo	clac entroncamento/ondatrilhos	Veterano M40	01:21:19	+27:29	06:47
40	1042	João Lopes	clac entroncamento/ondatrilhos	Veterano M45	01:21:20	+27:30	06:47
41	1040	Paulo Costa	clac entroncamento/ondatrilhos	Veterano M40	01:21:34	+27:44	06:48

TRAIL CURTO K12 - STAGE 1 — 12 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	CAT	RESULT	DIFF	t/KM
42	1024	Rui Dias	barquinha running team	Veterano M45	01:22:19	+28:29	06:52
43	1028	Margarida Pestana	c.d. os águias de alpiarça	Veterana F35	01:22:19	+28:30	06:52
44	1097	José Dias	prt evotrail	Veterano M35	01:22:21	+28:32	06:52
45	1020	Mário Santos	barquinha running team	Veterano M35	01:23:55	+30:05	07:00
46	1123	Octávio Lopes	vespinga saudável / fet	Veterano M40	01:24:57	+31:08	07:05
47	1109	Luís Caetano	rx runners	Veterano M45	01:25:35	+31:46	07:08
48	1006	Luís Marcelo Casimiro	a.d.r águas belas	Sub 23 Masculino	01:25:46	+31:57	07:09
49	1004	Rodrigo Casimiro	a.d.r águas belas	Junior Masculino	01:25:47	+31:57	07:09
50	1044	Sara Antunes	clube de atletismo de ferreira do zêzere	Senior Feminino	01:26:55	+33:05	07:15
51	1063	Diogo Gomes	individual	Senior Masculino	01:27:27	+33:37	07:17
52	1089	Diogo Vital	lebres do ribatejo trail team	Senior Masculino	01:28:29	+34:39	07:22
53	1110	Magda Caldeira	scfz trail runners	Senior Feminino	01:28:41	+34:51	07:23
54	1112	Daniel Santos	scfz trail runners	Veterano M45	01:29:32	+35:42	07:28
55	1119	César Conceição	trilhos dos templários/ xporfit	Veterano M40	01:29:50	+36:00	07:29
56	1001	Carla Silva	100 gás trail team	Veterana F35	01:32:38	+38:48	07:43
57	1027	ANA MARGARIDA	c.c.d. o alvitejo	Veterana F50	01:32:38	+38:48	07:43
58	1043	João Dias	clac entroncamento/ondatrilhos	Veterano M50	01:32:39	+38:50	07:43
59	1080	João Calado	individual	Veterano M40	01:33:07	+39:17	07:46
60	1065	Elio Aderneira	individual	Senior Masculino	01:34:31	+40:42	07:53
61	1072	Tiago Lopes	individual	Veterano M35	01:34:33	+40:43	07:53
62	1048	Nelia Pedrosa	free runners	Veterana F40	01:36:59	+43:09	08:05
63	1078	Maria Neves	individual	Veterana F45	01:37:46	+43:56	08:09
64	1087	PAULO COSTA	individual	Veterano M50	01:38:10	+44:20	08:11
65	1133	Ludovico Capito	caracol trail team	Veterano M50	01:39:08	+45:18	08:16
66	1117	Manuel Navas	team navas	Senior Masculino	01:40:00	+46:11	08:20
67	1118	José Navas	team navas	Veterano M55	01:40:02	+46:12	08:20
68	1124	Thierry Pereira	vespinga saudável / fet	Veterano M45	01:40:28	+46:38	08:22
69	1088	Carlos Alberto Dos Jesus	individual	Veterano M55	01:40:33	+46:43	08:23
70	1003	Vitor Santos	100 gás trail team	Veterano M45	01:42:07	+48:17	08:31
71	1002	Cristina Silva	100 gás trail team	Veterana F40	01:42:07	+48:17	08:31
72	1007	Zulmira Silva	a.d.r águas belas	Veterana F50	01:42:56	+49:07	08:35
73	1074	Malvina Calado	individual	Veterana F40	01:45:07	+51:17	08:46
74	1059	Telma Montez	individual	Veterana F35	01:45:07	+51:17	08:46
75	1064	Diogo Pereira Da Costa	individual	Senior Masculino	01:45:09	+51:20	08:46
76	1016	Patricia Santos	asas nos pés	Senior Feminino	01:47:45	+53:55	08:59
77	1021	Thomas Massot	barquinha running team	Senior Masculino	01:47:46	+53:56	08:59
78	1073	Cláudia Mourato	individual	Veterana F40	01:48:36	+54:46	09:03
79	1092	Kevin Gaspar	os 100 gás trail team	Senior Masculino	01:48:36	+54:47	09:03
80	1033	Rui Lopes	centro civico de alferrarede velha	Veterano M40	01:48:37	+54:48	09:03
81	1086	Carlos Gaspar	individual	Veterano M50	01:48:50	+55:00	09:04
82	1107	Fernando Rosário	rx runners	Veterano M45	01:49:28	+55:38	09:07
83	1049	Rui Neto	free runners	Veterano M40	01:51:15	+57:26	09:16
84	1029	Suzana Pestana	c.d. os águias de alpiarça	Veterana F40	01:51:48	+57:58	09:19
85	1085	João José Ribeiro Caetano	individual	Veterano M45	01:52:57	+59:08	09:25
86	1076	Cristina Mendes	individual	Veterana F45	01:52:58	+59:08	09:25
87	1055	Ana Filipa Feijão	individual	Senior Feminino	01:53:09	+59:20	09:26

TRAIL CURTO K12 - STAGE 1 — 12 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	CAT	RESULT	DIFF	t/KM
88	1011	Filipa Mendes	ahbv abrantes	Senior Feminino	01:53:17	+59:27	09:26
89	1012	Bruno Ribeiro	ahbv abrantes	Veterano M40	01:53:17	+59:27	09:26
90	1081	Jose Fernandes	individual	Veterano M40	01:54:42	+01:00:52	09:34
91	1036	Claudia Fernandes	clac entroncamento/ondatrilhos	Senior Feminino	01:56:05	+01:02:15	09:40
92	1034	Paula Alves	charmosos trail team	Veterana F45	01:56:05	+01:02:15	09:40
93	1046	Vasco Catroga	coa / corvus trail team	Veterano M45	01:56:06	+01:02:16	09:41
94	1019	Patrícia Grangeia	barquinha running team	Senior Feminino	01:58:57	+01:05:07	09:55
95	1102	Sandra Isidro	rx runners	Veterana F35	01:59:04	+01:05:14	09:55
96	1104	Sérgio Marques	rx runners	Veterano M35	01:59:05	+01:05:15	09:55
97	1023	Cláudia Ferreira	barquinha running team	Veterana F45	02:07:07	+01:13:18	10:36
98	1057	Isabel Gomes	individual	Veterana F35	02:08:49	+01:14:59	10:44
99	1100	Sergio Rodelo	run crew trail montijo	Veterano M45	02:08:55	+01:15:05	10:45
100	1093	Catarina Marcelino	pace.makers	Veterana F40	02:11:15	+01:17:25	10:56
101	1095	Isabel Costa	pace.makers	Veterana F45	02:11:43	+01:17:54	10:59
102	1032	Jéssica Filipe	centro civico de alferrarede velha	Junior Feminino	02:15:57	+01:22:07	11:20
103	1077	Deonilde Marques	individual	Veterana F45	02:15:57	+01:22:07	11:20
104	1018	Luis Osório	asas nos pés	Veterano M55	02:18:18	+01:24:29	11:32
105	1017	Maria Tomás	asas nos pés	Veterana F45	02:18:19	+01:24:29	11:32
106	1105	Sofia Vieira	rx runners	Veterana F45	02:19:34	+01:25:45	11:38
107	1098	Sérgio Marques	prt evotrail	Veterano M40	02:22:46	+01:28:56	11:54
108	1056	Filipa Costa Vicente	individual	Senior Feminino	02:22:48	+01:28:59	11:54
109	1079	Artur Gaapar	individual	Veterano M40	02:22:49	+01:28:59	11:54
110	1129	NUNO PEREIRA	zêzere forever	Veterano M35	02:31:46	+01:37:56	12:39
111	1130	FLÁVIA PEREIRA	zêzere forever	Veterana F45	02:31:46	+01:37:57	12:39
112	1131	Rui Gameiro	zêzere forever	Veterano M45	02:31:47	+01:37:58	12:39
113	1114	Maria João Martins	slowrunners fastwalkers	Senior Feminino	02:35:27	+01:41:37	12:57
114	1115	Joao Cabrita	slowrunners fastwalkers	Veterano M50	02:35:27	+01:41:37	12:57
115	1113	Margarida Teixeira Da Costa	slowrunners fastwalkers	Veterana F35	02:35:28	+01:41:38	12:57
116	1126	Filipa Luis	vimarunners	Senior Feminino	02:37:19	+01:43:29	13:07
117	1127	Sofia Fernandes	vimarunners	Senior Feminino	02:37:19	+01:43:30	13:07
118	1083	Pedro Miguel Beiró Carreira	individual	Veterano M40	02:48:52	+01:55:02	14:04
119	1058	MÓNICA OLIVEIRA	individual	Veterana F35	02:49:14	+01:55:24	14:06

Nocturnos Zêzere Trail
Ferreira do Zêzere
14-setembro-2019

Trail Curto K12 — 12 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	19:50	25,3ºC	57%
End	22:42	25,3ºC	57%

Junior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1032	Jéssica Filipe	Centro Civico de Alferrarede Velha	Junior Feminino	02:15:57	+01:22:07	11:20

Junior Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1101	Filipe Maurício	Rx Runners	Junior Masculino	01:13:01	+19:11	06:05
2	1004	Rodrigo Casimiro	A.D.R Águas Belas	Junior Masculino	01:25:47	+31:57	07:09

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1035	Carla Lourenço	CLAC Entroncamento/OndaTrilhos	Senior Feminino	01:21:10	+27:20	06:46
2	1044	Sara Antunes	Clube de Atletismo de Ferreira do Zêzere	Senior Feminino	01:26:55	+33:05	07:15
3	1110	Magda Caldeira	Scfz trail runners	Senior Feminino	01:28:41	+34:51	07:23
4	1016	Patricia Santos	Asas nos Pés	Senior Feminino	01:47:45	+53:55	08:59
5	1055	Ana Filipa Feijão	Individual	Senior Feminino	01:53:09	+59:20	09:26
6	1011	Filipa Mendes	AHBV Abrantes	Senior Feminino	01:53:17	+59:27	09:26
7	1036	Claudia Fernandes	CLAC Entroncamento/OndaTrilhos	Senior Feminino	01:56:05	+01:02:15	09:40
8	1019	Patrícia Grangeia	Barquinha Running Team	Senior Feminino	01:58:57	+01:05:07	09:55
9	1056	Filipa Costa Vicente	Individual	Senior Feminino	02:22:48	+01:28:59	11:54
10	1114	Maria João Martins	SlowRunners FastWalkers	Senior Feminino	02:35:27	+01:41:37	12:57
11	1126	Filipa Luis	vimarunners	Senior Feminino	02:37:19	+01:43:29	13:07
12	1127	Sofia Fernandes	Vimarunners	Senior Feminino	02:37:19	+01:43:30	13:07

Senior Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1120	André Ferreira	União FCI de Tomar	Senior Masculino	01:03:54	+10:04	05:20
2	1005	Rodrigo Rosa	A.D.R Águas Belas	Senior Masculino	01:05:06	+11:17	05:26
3	1137	Rafael Martinho	Trilhos dos Templários/ XPORFIT	Senior Masculino	01:06:58	+13:08	05:35
4	1062	Dino Bento	Individual	Senior Masculino	01:06:58	+13:09	05:35
5	1132	João Pimenta	Avelar	Senior Masculino	01:09:19	+15:29	05:47
6	1037	João Vieira	CLAC Entroncamento/OndaTrilhos	Senior Masculino	01:09:23	+15:33	05:47
7	1068	Michael Tomás	Individual	Senior Masculino	01:20:38	+26:49	06:43
8	1067	Joao Ferreira	Individual	Senior Masculino	01:20:38	+26:49	06:43
9	1071	RODRIGO JESUS	Individual	Senior Masculino	01:21:12	+27:22	06:46
10	1063	Diogo Gomes	Individual	Senior Masculino	01:27:27	+33:37	07:17
11	1089	Diogo Vital	Lebres do Ribatejo trail team	Senior Masculino	01:28:29	+34:39	07:22
12	1065	Elio Aderneira	Individual	Senior Masculino	01:34:31	+40:42	07:53
13	1117	Manuel Navas	Team Navas	Senior Masculino	01:40:00	+46:11	08:20

Trail Curto K12 — 12 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

14	1064	Diogo Pereira Da Costa	Individual	Senior Masculino	01:45:09	+51:20	08:46
15	1021	Thomas Massot	Barquinha Running Team	Senior Masculino	01:47:46	+53:56	08:59
16	1092	Kevin Gaspar	Os 100 Gás Trail Team	Senior Masculino	01:48:36	+54:47	09:03

Sub 23 Masculino

1	1128	Ricardo Fonseca	Vitoria Futebol Clube Trail Running	Sub 23 Masculino	53:49		04:29
2	1047	Diogo Alves	Dá-lhe Gás Team	Sub 23 Masculino	01:09:11	+15:21	05:46
3	1006	Luís Marcelo Casimiro	A.D.R Águas Belas	Sub 23 Masculino	01:25:46	+31:57	07:09

Veterana F35

1	1028	Margarida Pestana	C.D. Os Águias de Alpiarça	Veterana F35	01:22:19	+28:30	06:52
2	1001	Carla Silva	100 Gás Trail Team	Veterana F35	01:32:38	+38:48	07:43
3	1059	Telma Montez	Individual	Veterana F35	01:45:07	+51:17	08:46
4	1102	Sandra Isidro	Rx Runners	Veterana F35	01:59:04	+01:05:14	09:55
5	1057	Isabel Gomes	Individual	Veterana F35	02:08:49	+01:14:59	10:44
6	1113	Margarida Teixeira Da Costa	SlowRunners FastWalkers	Veterana F35	02:35:28	+01:41:38	12:57
7	1058	MÓNICA OLIVEIRA	Individual	Veterana F35	02:49:14	+01:55:24	14:06

Veterana F40

1	1038	Lina Marques	CLAC Entroncamento/OndaTrilhos	Veterana F40	01:19:25	+25:35	06:37
2	1048	Nelia Pedrosa	Free Runners	Veterana F40	01:36:59	+43:09	08:05
3	1002	Cristina Silva	100 Gás Trail Team	Veterana F40	01:42:07	+48:17	08:31
4	1074	Malvina Calado	Individual	Veterana F40	01:45:07	+51:17	08:46
5	1073	Cláudia Mourato	Individual	Veterana F40	01:48:36	+54:46	09:03
6	1029	Suzana Pestana	C.D. Os Águias de Alpiarça	Veterana F40	01:51:48	+57:58	09:19
7	1093	Catarina Marcelino	pace.makers	Veterana F40	02:11:15	+01:17:25	10:56

Veterana F45

1	1078	Maria Neves	Individual	Veterana F45	01:37:46	+43:56	08:09
2	1076	Cristina Mendes	Individual	Veterana F45	01:52:58	+59:08	09:25
3	1034	Paula Alves	Charmosos trail team	Veterana F45	01:56:05	+01:02:15	09:40
4	1023	Cláudia Ferreira	Barquinha Running Team	Veterana F45	02:07:07	+01:13:18	10:36
5	1095	Isabel Costa	pace.makers	Veterana F45	02:11:43	+01:17:54	10:59
6	1077	Deonilde Marques	Individual	Veterana F45	02:15:57	+01:22:07	11:20
7	1017	Maria Tomás	Asas nos Pés	Veterana F45	02:18:19	+01:24:29	11:32
8	1105	Sofia Vieira	Rx Runners	Veterana F45	02:19:34	+01:25:45	11:38
9	1130	FLÁVIA PEREIRA	ZÊZERE FOREVER	Veterana F45	02:31:46	+01:37:57	12:39

Trail Curto K12 — 12 KM

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OFFICIAL RESULT

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Veterana F50

1	1027	ANA MARGARIDA	C.C.D. O ALVITEJO	Veterana F50	01:32:38	+38:48	07:43
2	1007	Zulmira Silva	A.D.R Águas Belas	Veterana F50	01:42:56	+49:07	08:35

Veterano M35

1	1096	Paulo Ferreira	Porto de Mós a Correr	Veterano M35	01:03:02	+09:12	05:15
2	1121	Sérgio Vieira	VESPINGA SAUDÁVEL / FET	Veterano M35	01:03:42	+09:53	05:19
3	1050	Ricardo Ribeiro	Grupo Cicloturismo Barquinhense	Veterano M35	01:09:15	+15:25	05:46
4	1060	Claudio Alves	Individual	Veterano M35	01:09:27	+15:38	05:47
5	1103	João Lopes	RX runners	Veterano M35	01:14:43	+20:53	06:14
6	1069	PIERRE RIBEIRO	Individual	Veterano M35	01:14:50	+21:00	06:14
7	1091	Nuno Arelo	Não dá +	Veterano M35	01:16:34	+22:45	06:23
8	1051	Bruno Moço	Grupo Desportivo da Parreira	Veterano M35	01:20:51	+27:01	06:44
9	1097	José Dias	PRT Evotrail	Veterano M35	01:22:21	+28:32	06:52
10	1020	Mário Santos	Barquinha Running Team	Veterano M35	01:23:55	+30:05	07:00
11	1072	Tiago Lopes	Individual	Veterano M35	01:34:33	+40:43	07:53
12	1104	Sérgio Marques	RX Runners	Veterano M35	01:59:05	+01:05:15	09:55
13	1129	NUNO PEREIRA	ZÊZERE FOREVER	Veterano M35	02:31:46	+01:37:56	12:39

Veterano M40

1	1111	Filipe Caldeira	Scfz trail runners	Veterano M40	01:10:04	+16:15	05:50
2	1013	Aurélio Saúde	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:13:10	+19:20	06:06
3	1135	Ricardo Santa	#GeraçãoCeleiro	Veterano M40	01:17:51	+24:01	06:29
4	1106	Luís Sousa	Rx Runners	Veterano M40	01:18:49	+24:59	06:34
5	1084	Pedro Vitorino	Individual	Veterano M40	01:20:45	+26:55	06:44
6	1041	Pedro Carmo	CLAC Entroncamento/OndaTrilhos	Veterano M40	01:21:19	+27:29	06:47
7	1040	Paulo Costa	CLAC Entroncamento/OndaTrilhos	Veterano M40	01:21:34	+27:44	06:48
8	1123	Octávio Lopes	VESPINGA SAUDÁVEL / FET	Veterano M40	01:24:57	+31:08	07:05
9	1119	César Conceição	Trilhos dos Templários/ XPORFIT	Veterano M40	01:29:50	+36:00	07:29
10	1080	João Calado	Individual	Veterano M40	01:33:07	+39:17	07:46
11	1033	Rui Lopes	Centro Civico de Alferrarede Velha	Veterano M40	01:48:37	+54:48	09:03
12	1049	Rui Neto	Free Runners	Veterano M40	01:51:15	+57:26	09:16
13	1012	Bruno Ribeiro	AHBV Abrantes	Veterano M40	01:53:17	+59:27	09:26
14	1081	Jose Fernandes	Individual	Veterano M40	01:54:42	+01:00:52	09:34
15	1098	Sérgio Marques	PRT Evotrail	Veterano M40	02:22:46	+01:28:56	11:54
16	1079	Artur Gaapar	Individual	Veterano M40	02:22:49	+01:28:59	11:54
17	1083	Pedro Miguel Beiró Carreira	Individual	Veterano M40	02:48:52	+01:55:02	14:04

Veterano M45

1	1014	Pedro Miguel Ferreira Henriques Simões	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:04:00	+10:11	05:20

Trail Curto K12 — 12 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

OFFICIAL RESULT

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2	1125	Rui Fresco	VESPINGA SAUDÁVEL / FET	Veterano M45	01:09:30	+15:40	05:48
3	1122	Marcelo Alonso	VESPINGA SAUDÁVEL / FET	Veterano M45	01:11:50	+18:00	05:59
4	1108	Jorge Maurício	Rx Runners	Veterano M45	01:17:45	+23:55	06:29
5	1042	João Lopes	CLAC Entroncamento/OndaTrilhos	Veterano M45	01:21:20	+27:30	06:47
6	1024	Rui Dias	Barquinha Running Team	Veterano M45	01:22:19	+28:29	06:52
7	1109	Luís Caetano	RX Runners	Veterano M45	01:25:35	+31:46	07:08
8	1112	Daniel Santos	SCFZ trail runners	Veterano M45	01:29:32	+35:42	07:28
9	1124	Thierry Pereira	VESPINGA SAUDÁVEL / FET	Veterano M45	01:40:28	+46:38	08:22
10	1003	Vitor Santos	100 Gás Trail Team	Veterano M45	01:42:07	+48:17	08:31
11	1107	Fernando Rosário	RX runners	Veterano M45	01:49:28	+55:38	09:07
12	1085	João José Ribeiro Caetano	Individual	Veterano M45	01:52:57	+59:08	09:25
13	1046	Vasco Catroga	COA / Corvus Trail Team	Veterano M45	01:56:06	+01:02:16	09:41
14	1100	Sergio Rodelo	Run Crew Trail Montijo	Veterano M45	02:08:55	+01:15:05	10:45
15	1131	Rui Gameiro	ZÊZERE FOREVER	Veterano M45	02:31:47	+01:37:58	12:39

Veterano M50

1	1039	Carlos Antunes	CLAC Entroncamento/OndaTrilhos	Veterano M50	01:09:14	+15:24	05:46
2	1015	José Simões	ARSM - Associação Recreativa de S. Miguel	Veterano M50	01:11:03	+17:13	05:55
3	1009	Domingos casimiro	A.D.R Águas Belas	Veterano M50	01:14:55	+21:05	06:15
4	1008	Carlos Silva	A.D.R Águas Belas	Veterano M50	01:18:44	+24:54	06:34
5	1043	João Dias	CLAC Entroncamento/OndaTrilhos	Veterano M50	01:32:39	+38:50	07:43
6	1087	PAULO COSTA	Individual	Veterano M50	01:38:10	+44:20	08:11
7	1133	Ludovico Capito	Caracol Trail Team	Veterano M50	01:39:08	+45:18	08:16
8	1086	Carlos Gaspar	Individual	Veterano M50	01:48:50	+55:00	09:04
9	1115	Joao Cabrita	SlowRunners FastWalkers	Veterano M50	02:35:27	+01:41:37	12:57

Veterano M55

1	1031	JOSÉ SILVA	CASA DO BENFICA EM ABRANTES	Veterano M55	01:14:53	+21:03	06:14
2	1136	José Pedro	Individual	Veterano M55	01:18:46	+24:56	06:34
3	1118	José Navas	Team Navas	Veterano M55	01:40:02	+46:12	08:20
4	1088	Carlos Alberto Dos Jesus	Individual	Veterano M55	01:40:33	+46:43	08:23
5	1018	Luis Osório	Asas nos Pés	Veterano M55	02:18:18	+01:24:29	11:32

Veterano M60

1	1010	Carlos Duro	A.D.R Águas Belas	Veterano M60	01:14:36	+20:47	06:13