Nocturnos Zêzere Trail
Ferreira do Zêzere
14-setembro-2019

TRAIL LONGO K25 - 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	19:30	25,7ºC	57%
End	01:05	25,7ºC	57%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	84	SERGIO CORREIA	zona alta trail	Veterano M35	02:34:51		06:12
2	17	LUIZ MOTA	casa do benfica em abrantes	Veterano M45	02:40:10	+05:19	06:24
3	75	Luís Alexandre	trilhos dos templários/ xporfit	Veterano M40	02:44:03	+09:12	06:34
4	90	Henrique Cavaleiro Delgado	clube de atletismo de ferreira do zêzere	Senior Masculino	02:53:04	+18:13	06:55
5	74	Ricardo Ferreira	trilhos dos templários/ xporfit	Veterano M35	02:55:10	+20:19	07:00
6	21	André Luís	clube de atletismo de ferreira do zêzere	Senior Masculino	02:56:54	+22:03	07:05
7	24	Hélder Pereira	clube de atletismo de ferreira do zêzere	Veterano M40	02:57:39	+22:48	07:06
8	67	Bernardo Emidio	trilho perdido eventos / imporlux	Senior Masculino	03:02:45	+27:54	07:19
9	70	Núrio Ramos	trilho perdido eventos / imporlux	Senior Masculino	03:04:12	+29:21	07:22
10	12	Daniel Netto Netto	c.d. os águias de alpiarça	Veterano M35	03:08:33	+33:42	07:33
11	39	Paulo Roque	individual	Veterano M45	03:10:08	+35:17	07:36
12	63	António Simões	rx runners	Veterano M40	03:16:59	+42:08	07:53
13	80	Délio Nunes	vespinga saudável / fet	Veterano M45	03:17:31	+42:40	07:54
14	77	Jose Fonseca	união fci de tomar	Veterano M50	03:19:13	+44:22	07:58
15	71	Paulo Silva	trilho perdido eventos / imporlux	Senior Masculino	03:19:46	+44:55	07:59
16	19	Luis Mota	clac entroncamento/ondatrilhos	Veterano M45	03:21:46	+46:55	08:04
17	52	Miguel Sousa	ourém vida team	Veterano M40	03:23:38	+48:47	08:09
18	53	Paulo Martins	ourém vida team	Veterano M45	03:23:44	+48:53	08:09
19	69	Miguel Henriques	trilho perdido eventos / imporlux	Senior Masculino	03:33:53	+59:02	08:33
20	85	Paulo Gaião	zona alta trail	Veterano M45	03:35:34	+01:00:43	08:37
21	43	Vitor Pires	individual	Veterano M50	03:35:34	+01:00:43	08:37
22	10	Catarina Silva	bruxos runners	Veterana F50	03:35:58	+01:01:07	08:38
23	47	Carlos António	não dá +	Veterano M40	03:37:25	+01:02:34	08:42
24	37	Helder Manuel Silva	individual	Veterano M45	03:38:31	+01:03:40	08:44
25	76	Tiago Gaspar	trilhos dos templários/ xporfit	Veterano M40	03:39:32	+01:04:41	08:47
26	64	Artur Costa	rx runners	Veterano M40	03:40:08	+01:05:17	08:48
27	86	Duarte Gil Nunes Pereira	sporting clube santacruzense (ilha da madeira)	Veterano M40	03:40:14	+01:05:23	08:49
28	58	César Gomes	pace.makers	Veterano M45	03:43:21	+01:08:30	08:56
29	78	Miguel Bértolo	vespinga saudável / fet	Veterano M35	03:44:29	+01:09:38	08:59
30	72	Vanda Matias	trilho perdido eventos / imporlux	Veterana F45	03:47:43	+01:12:52	09:07
31	61	Sandroglass Matias	pé na pinha	Veterano M45	03:47:44	+01:12:53	09:07
32	45	Su Raposo	linda-a-pastora sporting clube	Veterana F40	03:49:25	+01:14:34	09:11
33	27	Sofia Nunes	cork trail team	Senior Feminino	03:50:17	+01:15:26	09:13
34	36	Faustino Matos	individual	Veterano M40	03:51:02	+01:16:11	09:14
35	48	Jorge paulino	ocs-proaventuras	Veterano M40	03:51:22	+01:16:31	09:15
36	65	Ricardo Triães	rx runners	Veterano M40	03:56:16	+01:21:25	09:27
37	87	Pedro Gonçalo Nascimento de Oliveira	lh ginasio	Veterano M40	03:57:05	+01:22:14	09:29
38	51	César Ferreira	ourém vida team	Veterano M35	03:58:09	+01:23:18	09:32
39	35	Daniel Cavalheiro	individual	Veterano M40	04:03:37	+01:28:46	09:45
40	83	David Mendes	viver almonda	Veterano M40	04:08:48	+01:33:57	09:57
41	25	SOFIA RAMALHO	clube millennium bcp	Senior Feminino	04:10:14	+01:35:23	10:01

TRAIL LONGO K25 - 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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	26	RUI RAMALHO	clube millennium bcp	Veterano M50	04:10:16	+01:35:25	10:01
43	59	Rui Marçal	pace.makers	Veterano M45	04:18:18	+01:43:27	10:20
44	6	Olga Maria	arte dos trilhos	Veterana F45	04:18:40	+01:43:49	10:21
45	38	Paulo Rodrigues	individual	Veterano M45	04:20:22	+01:45:31	10:25
46	40	Paulo Teixeira	individual	Veterano M45	04:26:57	+01:52:06	10:41
47	33	Marina Teixeira	individual	Veterana F40	04:27:12	+01:52:21	10:41
48	32	Gonçalo Almeida	individual	Senior Masculino	04:29:19	+01:54:28	10:46
49	60	Zé Paulo	pace.makers	Veterano M55	04:30:55	+01:56:04	10:50
50	57	Sónia Marçal	pace.makers	Veterana F45	04:30:56	+01:56:05	10:50
51	82	Paulo Silva	vespinga saudável / fet	Veterano M50	04:40:22	+02:05:31	11:13
52	31	Emmanuel Domingos	individual	Veterano M35	04:44:33	+02:09:42	11:23
53	41	Pedro Dias	individual	Veterano M45	04:54:00	+02:19:09	11:46
54	88	Jucara Gonçalves	fátima	Veterana F45	04:55:34	+02:20:43	11:49
55	89	Rui Rodrigues	fátima	Veterano M35	04:56:00	+02:21:08	11:50
56	44	Manuel Cordeiro	individual	Veterano M60	04:58:29	+02:23:38	11:56
57	7	Fatima Lavrador	asas nos pés	Veterana F45	05:05:01	+02:30:10	12:12
58	62	Lina Mateus	rbs shoes	Veterana F40	05:11:49	+02:36:58	12:28
59	54	Carla Jesus	pace.makers	Veterana F35	05:15:36	+02:40:45	12:37
60	13	Michael Granadeiro	c.d. os águias de alpiarça	Senior Masculino	05:15:36	+02:40:45	12:37
61	14	Gina Oliveira	c.d. os águias de alpiarça	Veterana F50	05:30:50	+02:55:58	13:14
62	55	Carla Dias	pace.makers	Senior Feminino	05:30:50	+02:55:58	13:14
63	49	Orlando Alcobia	os cinco	Veterano M35	05:30:50	+02:55:59	13:14

Nocturnos Zêzere Trail
Ferreira do Zêzere
14-setembro-2019

Trail Longo K25 **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	19:30	25,7ºC	57%
End	01:05	25,7ºC	57%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	27	Sofia Nunes	Cork Trail Team	Senior Feminino	03:50:17	+01:15:26	09:13
2	25	SOFIA RAMALHO	Clube Millennium Bcp	Senior Feminino	04:10:14	+01:35:23	10:01
3	55	Carla Dias	pace.makers	Senior Feminino	05:30:50	+02:55:58	13:14
Senior Masculino							
1	90	Henrique Cavaleiro Delgado	Clube de Atletismo de Ferreira do Zêzere	Senior Masculino	02:53:04	+18:13	06:55
2	21	André Luís	Clube de Atletismo de Ferreira do Zêzere	Senior Masculino	02:56:54	+22:03	07:05
3	67	Bernardo Emidio	Trilho Perdido Eventos / Imporlux	Senior Masculino	03:02:45	+27:54	07:19
4	70	Núrio Ramos	Trilho Perdido Eventos / Imporlux	Senior Masculino	03:04:12	+29:21	07:22
5	71	Paulo Silva	Trilho Perdido Eventos / Imporlux	Senior Masculino	03:19:46	+44:55	07:59
6	69	Miguel Henriques	Trilho Perdido Eventos / Imporlux	Senior Masculino	03:33:53	+59:02	08:33
7	32	Gonçalo Almeida	Individual	Senior Masculino	04:29:19	+01:54:28	10:46
8	13	Michael Granadeiro	C.D. Os Águias de Alpiarça	Senior Masculino	05:15:36	+02:40:45	12:37
Veterana F35							
1	54	Carla Jesus	pace.makers	Veterana F35	05:15:36	+02:40:45	12:37
Veterana F40							
1	45	Su Raposo	Linda-a-Pastora Sporting Clube	Veterana F40	03:49:25	+01:14:34	09:11
2	33	Marina Teixeira	Individual	Veterana F40	04:27:12	+01:52:21	10:41
3	62	Lina Mateus	RBS SHOES	Veterana F40	05:11:49	+02:36:58	12:28
Veterana F45							
1	72	Vanda Matias	Trilho Perdido Eventos / Imporlux	Veterana F45	03:47:43	+01:12:52	09:07
2	6	Olga Maria	Arte dos trilhos	Veterana F45	04:18:40	+01:43:49	10:21
3	57	Sónia Marçal	pace.makers	Veterana F45	04:30:56	+01:56:05	10:50
4	88	Jucara Gonçalves	Fátima	Veterana F45	04:55:34	+02:20:43	11:49
5	7	Fatima Lavrador	Asas nos Pés	Veterana F45	05:05:01	+02:30:10	12:12
Veterana F50							
1	10	Catarina Silva	Bruxos Runners	Veterana F50	03:35:58	+01:01:07	08:38

2	14	Gina Oliveira	C.D. Os Águias de Alpiarça	Veterana F50	05:30:50	+02:55:58	13:14

Veterano M35

1	84	SERGIO CORREIA	ZONA ALTA TRAIL	Veterano M35	02:34:51		06:12
2	74	Ricardo Ferreira	Trilhos dos Templários/ XPORFIT	Veterano M35	02:55:10	+20:19	07:00
3	12	Daniel Netto Netto	C.D. Os Águias de Alpiarça	Veterano M35	03:08:33	+33:42	07:33
4	78	Miguel Bértolo	VESPINGA SAUDÁVEL / FET	Veterano M35	03:44:29	+01:09:38	08:59
5	51	César Ferreira	Ourém Vida Team	Veterano M35	03:58:09	+01:23:18	09:32
6	31	Emmanuel Domingos	Individual	Veterano M35	04:44:33	+02:09:42	11:23
7	89	Rui Rodrigues	Fátima	Veterano M35	04:56:00	+02:21:08	11:50
8	49	Orlando Alcobia	Os Cinco	Veterano M35	05:30:50	+02:55:59	13:14

Veterano M40

1	75	Luís Alexandre	Trilhos dos Templários/ XPORFIT	Veterano M40	02:44:03	+09:12	06:34
2	24	Hélder Pereira	Clube de Atletismo de Ferreira do Zêzere	Veterano M40	02:57:39	+22:48	07:06
3	63	António Simões	Rx Runners	Veterano M40	03:16:59	+42:08	07:53
4	52	Miguel Sousa	Ourém Vida Team	Veterano M40	03:23:38	+48:47	08:09
5	47	Carlos António	Não dá +	Veterano M40	03:37:25	+01:02:34	08:42
6	76	Tiago Gaspar	Trilhos dos Templários/ XPORFIT	Veterano M40	03:39:32	+01:04:41	08:47
7	64	Artur Costa	RX RUNNERS	Veterano M40	03:40:08	+01:05:17	08:48
8	86	Duarte Gil Nunes Pereira	Sporting Clube Santacruzense (Ilha da Madeira)	Veterano M40	03:40:14	+01:05:23	08:49
9	36	Faustino Matos	Individual	Veterano M40	03:51:02	+01:16:11	09:14
10	48	Jorge paulino	OCS-PROAVENTURAS	Veterano M40	03:51:22	+01:16:31	09:15
11	65	Ricardo Triães	Rx Runners	Veterano M40	03:56:16	+01:21:25	09:27
12	87	Pedro Gonçalo Nascimento de Oliveira	LH Ginasio	Veterano M40	03:57:05	+01:22:14	09:29
13	35	Daniel Cavalheiro	Individual	Veterano M40	04:03:37	+01:28:46	09:45
14	83	David Mendes	Viver Almonda	Veterano M40	04:08:48	+01:33:57	09:57

Veterano M45

1	17	LUIZ MOTA	CASA DO BENFICA EM ABRANTES	Veterano M45	02:40:10	+05:19	06:24
2	39	Paulo Roque	Individual	Veterano M45	03:10:08	+35:17	07:36
3	80	Délio Nunes	VESPINGA SAUDÁVEL / FET	Veterano M45	03:17:31	+42:40	07:54
4	19	Luis Mota	CLAC Entroncamento/OndaTrilhos	Veterano M45	03:21:46	+46:55	08:04
5	53	Paulo Martins	Ourém Vida Team	Veterano M45	03:23:44	+48:53	08:09
6	85	Paulo Gaião	ZONA ALTA TRAIL	Veterano M45	03:35:34	+01:00:43	08:37
7	37	Helder Manuel Silva	Individual	Veterano M45	03:38:31	+01:03:40	08:44
8	58	César Gomes	pace.makers	Veterano M45	03:43:21	+01:08:30	08:56
9	61	Sandroglass Matias	Pé na Pinha	Veterano M45	03:47:44	+01:12:53	09:07
10	59	Rui Marçal	pace.makers	Veterano M45	04:18:18	+01:43:27	10:20

Trail Longo K25 — 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

11	38	Paulo Rodrigues	Individual	Veterano M45	04:20:22	+01:45:31	10:25
12	40	Paulo Teixeira	Individual	Veterano M45	04:26:57	+01:52:06	10:41
13	41	Pedro Dias	Individual	Veterano M45	04:54:00	+02:19:09	11:46

Veterano M50

1	77	Jose Fonseca	União FCI de Tomar	Veterano M50	03:19:13	+44:22	07:58
2	43	Vitor Pires	Individual	Veterano M50	03:35:34	+01:00:43	08:37
3	26	RUI RAMALHO	Clube Millennium Bcp	Veterano M50	04:10:16	+01:35:25	10:01
4	82	Paulo Silva	VESPINGA SAUDÁVEL / FET	Veterano M50	04:40:22	+02:05:31	11:13

Veterano M55

1	60	Zé Paulo	pace.makers	Veterano M55	04:30:55	+01:56:04	10:50

Veterano M60

1	44	Manuel Cordeiro	Individual	Veterano M60	04:58:29	+02:23:38	11:56

COLETIVO - TRAIL LONGO K25

LAP2GO - TIMING 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	CLUBE DE ATLETISMO DE FERREIRA DO ZÊZERE	4 + 6 + 7	17
2	TRILHO PERDIDO EVENTOS / IMPORLUX	8 + 9 + 15	32
3	TRILHOS DOS TEMPLÁRIOS/ XPORFIT	3 + 5 + 25	33
4	OURÉM VIDA TEAM	17 + 18 + 38	73
5	RX RUNNERS	12 + 26 + 36	74
6	PACE.MAKERS	28 + 43 + 49	120
7	C.D. OS ÁGUIAS DE ALPIARÇA	10 + 60 + 61	131