

## TRAIL - STAGE 1

25 KM

[illegible]

## OFFICIAL RESULT

[illegible]

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:30 | 21°C        | 88%      |
| End   | 13:54 | 21°C        | 88%      |

| RANK | BIB | NAME                        | TEAM                                                             | CAT              | RESULT   | DIFF   | t/KM  |
|------|-----|-----------------------------|------------------------------------------------------------------|------------------|----------|--------|-------|
| 1    | 39  | Diogo Pinheiro              | coimbra trail running                                            | Senior Masculino | 01:57:01 |        | 04:41 |
| 2    | 13  | Nelson Costa                | a.r.casaense/escola de atletismo de coimbra/intermarché condeixa | Veterano M40     | 01:57:05 | +00:04 | 04:41 |
| 3    | 68  | Ricardo Carreira            | individual                                                       | Veterano M35     | 02:01:34 | +04:32 | 04:52 |
| 4    | 60  | André Miguel Silva Rosário  | zona alta trail                                                  | Senior Masculino | 02:02:20 | +05:18 | 04:54 |
| 5    | 27  | André Magalhães             | arsm - associação recreativa de s. miguel                        | Veterano M35     | 02:03:39 | +06:38 | 04:57 |
| 6    | 45  | Diogo Pimenta               | dci / trilhos luso bussaco                                       | Senior Masculino | 02:05:01 | +08:00 | 05:00 |
| 7    | 12  | Miguel Pires                | a.r.casaense/escola de atletismo de coimbra/intermarché condeixa | Veterano M40     | 02:06:07 | +09:05 | 05:03 |
| 8    | 109 | Ricardo Ferreira            | trilhos dos templários / xporfit                                 | Veterano M35     | 02:06:42 | +09:40 | 05:04 |
| 9    | 14  | Fernando Santos             | abutres                                                          | Senior Masculino | 02:07:37 | +10:35 | 05:06 |
| 10   | 47  | FRED KALAHARI               | edv viana trail                                                  | Veterano M45     | 02:07:57 | +10:55 | 05:07 |
| 11   | 76  | Sérgio Mesquita             | individual                                                       | Veterano M40     | 02:08:12 | +11:11 | 05:08 |
| 12   | 74  | Rui Ferreira                | individual                                                       | Veterano M40     | 02:09:06 | +12:05 | 05:10 |
| 13   | 90  | Celso Marques               | nexebra trail team                                               | Senior Masculino | 02:10:48 | +13:46 | 05:14 |
| 14   | 112 | Luís Alexandre              | trilhos dos templários / xporfit                                 | Veterano M45     | 02:13:12 | +16:10 | 05:20 |
| 15   | 40  | Luis Cunha                  | coimbra trail running                                            | Veterano M45     | 02:13:59 | +16:57 | 05:22 |
| 16   | 59  | Paulo Santos                | grupo desportivo ferreirense                                     | Veterano M50     | 02:14:09 | +17:08 | 05:22 |
| 17   | 108 | Rafael Martinho             | trilhos dos templários / xporfit                                 | Senior Masculino | 02:15:09 | +18:08 | 05:24 |
| 18   | 42  | Tony Figueiredo             | dão nelas runners                                                | Senior Masculino | 02:15:45 | +18:43 | 05:26 |
| 19   | 18  | Fernando Carvalho           | adcrpereira trail running team                                   | Veterano M40     | 02:19:30 | +22:28 | 05:35 |
| 20   | 32  | José Feteira                | arsm - associação recreativa de s. miguel                        | Veterano M50     | 02:21:58 | +24:57 | 05:41 |
| 21   | 101 | Amílcar Ramos               | tocer                                                            | Veterano M40     | 02:22:02 | +25:00 | 05:41 |
| 22   | 96  | Renato carvalho             | sicótrilhos                                                      | Senior Masculino | 02:22:53 | +25:52 | 05:43 |
| 23   | 111 | Hugo Gabriel                | trilhos dos templários / xporfit                                 | Veterano M40     | 02:23:41 | +26:40 | 05:45 |
| 24   | 89  | Bruno Videira               | miro trail                                                       | Veterano M35     | 02:25:18 | +28:16 | 05:49 |
| 25   | 94  | Sérgio Augusto Pereira Lima | sérgio lima                                                      | Veterano M45     | 02:25:25 | +28:24 | 05:49 |
| 26   | 105 | José Cocenas                | tocer                                                            | Veterano M55     | 02:26:22 | +29:21 | 05:51 |
| 27   | 91  | Fabio Marques               | nexebra trail team                                               | Senior Masculino | 02:26:24 | +29:22 | 05:51 |
| 28   | 72  | Miguel Goyanes              | individual                                                       | Veterano M40     | 02:27:12 | +30:10 | 05:53 |
| 29   | 31  | Pedro Mendes                | arsm - associação recreativa de s. miguel                        | Veterano M45     | 02:27:22 | +30:20 | 05:54 |
| 30   | 84  | Pedro Miguel Serra Santos   | lama solta                                                       | Veterano M35     | 02:27:52 | +30:51 | 05:55 |
| 31   | 73  | RUI CADETE                  | lama solta                                                       | Veterano M40     | 02:28:49 | +31:47 | 05:57 |
| 32   | 49  | Luís Oliveira               | figueira kayak clube                                             | Senior Masculino | 02:30:17 | +33:16 | 06:01 |
| 33   | 15  | Alexandre Mendes            | abutres                                                          | Veterano M45     | 02:30:45 | +33:44 | 06:02 |
| 34   | 46  | ANDREIA CORREIA             | edv viana trail                                                  | Senior Feminino  | 02:31:59 | +34:57 | 06:05 |
| 35   | 75  | Rui Ramos                   | individual                                                       | Veterano M40     | 02:32:17 | +35:16 | 06:06 |
| 36   | 103 | João Oliveira               | tocer                                                            | Veterano M45     | 02:33:32 | +36:31 | 06:09 |
| 37   | 44  | Nuno Salvador               | dão nelas runners                                                | Veterano M40     | 02:33:57 | +36:55 | 06:09 |
| 38   | 43  | Marcio freitas              | dão nelas runners                                                | Veterano M35     | 02:34:38 | +37:36 | 06:11 |
| 39   | 85  | Paulo Cavaleiro             | leitão & cavaleiro                                               | Veterano M55     | 02:35:02 | +38:01 | 06:12 |
| 40   | 67  | Mário Caridade              | individual                                                       | Veterano M35     | 02:35:11 | +38:10 | 06:12 |
| 41   | 110 | André Pereira               | trilhos dos templários / xporfit                                 | Veterano M40     | 02:35:52 | +38:50 | 06:14 |

## TRAIL - STAGE 1

25 KM

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB | NAME                            | TEAM                                      | CAT              | RESULT   | DIFF      | t/KM  |
|------|-----|---------------------------------|-------------------------------------------|------------------|----------|-----------|-------|
| 42   | 37  | Arnaldo Ferreira                | bttrain                                   | Veterano M40     | 02:36:37 | +39:36    | 06:16 |
| 43   | 65  | João Paulo Alves Pais Cabral    | individual                                | Veterano M35     | 02:36:53 | +39:52    | 06:17 |
| 44   | 100 | Ricardo Pereira                 | tocer                                     | Senior Masculino | 02:37:09 | +40:08    | 06:17 |
| 45   | 26  | Carla Reis                      | arsm - associação recreativa de s. miguel | Veterana F45     | 02:37:20 | +40:18    | 06:18 |
| 46   | 58  | Paulo Açafão                    | grupo desportivo ferreirense              | Veterano M50     | 02:37:48 | +40:46    | 06:19 |
| 47   | 8   | Gonçalo Fernandes               | 100 gás trail team                        | Veterano M35     | 02:37:59 | +40:57    | 06:19 |
| 48   | 114 | Mónica Ribeiro                  | vikings trail runners / ccr alcabideque   | Veterana F35     | 02:38:27 | +41:26    | 06:20 |
| 49   | 20  | Tiago Lopes                     | ansibikers                                | Veterano M35     | 02:38:30 | +41:29    | 06:20 |
| 50   | 28  | Gonçalo Rodrigues               | arsm - associação recreativa de s. miguel | Veterano M35     | 02:40:21 | +43:19    | 06:25 |
| 51   | 7   | Luís Miguel Pelicano Costa      | #runjust4fun                              | Veterano M50     | 02:40:57 | +43:56    | 06:26 |
| 52   | 33  | PAULO BAPTISTA                  | atletismo clube da tocha                  | Veterano M45     | 02:42:30 | +45:29    | 06:30 |
| 53   | 53  | Rodrigo Tavares                 | gang da areosa                            | Senior Masculino | 02:43:33 | +46:32    | 06:33 |
| 54   | 115 | Pedro Lopes                     | viriahtvs runners viseu                   | Senior Masculino | 02:43:44 | +46:43    | 06:33 |
| 55   | 22  | Pedro Ferreira                  | arcd venda da luisa                       | Veterano M45     | 02:43:53 | +46:52    | 06:33 |
| 56   | 98  | Carlos Cardoso                  | soure mov                                 | Veterano M40     | 02:44:20 | +47:19    | 06:34 |
| 57   | 21  | Rui Monteiro                    | arcd venda da luisa                       | Senior Masculino | 02:44:34 | +47:33    | 06:35 |
| 58   | 107 | Vitor Diniz                     | tomar runners                             | Veterano M45     | 02:45:36 | +48:34    | 06:37 |
| 59   | 82  | Rodolfo Carlos da Silva Deyllot | os tolinhos                               | Veterano M50     | 02:46:07 | +49:05    | 06:39 |
| 60   | 54  | Luís Andrade                    | grupo desportivo ferreirense              | Senior Masculino | 02:51:27 | +54:26    | 06:52 |
| 61   | 25  | Carla Soares                    | arsm - associação recreativa de s. miguel | Veterana F40     | 02:53:18 | +56:16    | 06:56 |
| 62   | 6   | João Salustiano                 | #runjust4fun                              | Veterano M45     | 02:53:18 | +56:16    | 06:56 |
| 63   | 69  | cristiano                       | individual                                | Veterano M40     | 02:53:41 | +56:39    | 06:57 |
| 64   | 52  | Gastão Sousa                    | fit@50                                    | Veterano M50     | 02:54:18 | +57:17    | 06:58 |
| 65   | 104 | Nuno Rodrigues                  | tocer                                     | Veterano M45     | 02:54:58 | +57:56    | 07:00 |
| 66   | 81  | Raul Martins                    | individual                                | Veterano M50     | 02:55:15 | +58:14    | 07:01 |
| 67   | 92  | Samuel Nunes                    | os tolinhos                               | Veterano M40     | 02:56:43 | +59:41    | 07:04 |
| 68   | 10  | Julio Loureiro                  | 100 gás trail team                        | Veterano M45     | 02:57:21 | +01:00:19 | 07:06 |
| 69   | 93  | José Lemos                      | os tolinhos                               | Veterano M55     | 02:57:32 | +01:00:30 | 07:06 |
| 70   | 77  | Luís Filipe Almeida Hilário     | individual                                | Veterano M45     | 02:58:48 | +01:01:47 | 07:09 |
| 71   | 83  | José Branco Calado Maçarria     | individual                                | Veterano M60     | 03:01:36 | +01:04:35 | 07:16 |
| 72   | 24  | Ana Féteira                     | arsm - associação recreativa de s. miguel | Veterana F40     | 03:04:31 | +01:07:29 | 07:23 |
| 73   | 30  | Nuno Engenheiro                 | arsm - associação recreativa de s. miguel | Veterano M45     | 03:04:31 | +01:07:29 | 07:23 |
| 74   | 56  | Lurdes Gil                      | grupo desportivo ferreirense              | Veterana F45     | 03:05:27 | +01:08:26 | 07:25 |
| 75   | 38  | Nelson Costa                    | bustos runners                            | Veterano M40     | 03:05:39 | +01:08:37 | 07:26 |
| 76   | 57  | José Gil Andrade                | grupo desportivo ferreirense              | Veterano M35     | 03:06:04 | +01:09:02 | 07:27 |
| 77   | 9   | Rui Abreu                       | 100 gás trail team                        | Veterano M40     | 03:06:45 | +01:09:43 | 07:28 |
| 78   | 97  | Marisa Bregieiro                | soure mov                                 | Veterana F35     | 03:07:24 | +01:10:22 | 07:30 |
| 79   | 99  | Acilio Noro                     | soure mov                                 | Veterano M45     | 03:07:24 | +01:10:22 | 07:30 |
| 80   | 16  | Nuno Silva                      | actib                                     | Veterano M40     | 03:07:52 | +01:10:50 | 07:31 |
| 81   | 78  | Ricardo do Carmo                | individual                                | Veterano M45     | 03:09:21 | +01:12:19 | 07:34 |
| 82   | 35  | Ricardo Santos                  | bio team run                              | Veterano M35     | 03:15:40 | +01:18:38 | 07:50 |
| 83   | 106 | Sônia Neto                      | tomar runners                             | Veterana F40     | 03:16:01 | +01:19:00 | 07:50 |
| 84   | 61  | João Baldaia                    | individual                                | Senior Masculino | 03:16:21 | +01:19:20 | 07:51 |
| 85   | 41  | carla sofia                     | cpt coimbra                               | Veterana F40     | 03:18:43 | +01:21:41 | 07:57 |
| 86   | 79  | Rui Vilar                       | individual                                | Veterano M45     | 03:19:16 | +01:22:14 | 07:58 |
| 87   | 48  | Mélanie Duarte                  | farmácia luciano e matos                  | Veterana F40     | 03:20:34 | +01:23:33 | 08:01 |

## TRAIL - STAGE 1

**25 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB | NAME                                      | TEAM                                      | CAT              | RESULT   | DIFF      | t/KM  |
|------|-----|-------------------------------------------|-------------------------------------------|------------------|----------|-----------|-------|
| 88   | 63  | Bruno Carvalho                            | individual                                | Veterano M35     | 03:20:57 | +01:23:55 | 08:02 |
| 89   | 36  | Rui Santos                                | blackbulls / clube de condeixa            | Veterano M45     | 03:25:13 | +01:28:11 | 08:13 |
| 90   | 5   | Hugo Rodrigues                            | #runjust4fun                              | Veterano M35     | 03:28:09 | +01:31:07 | 08:20 |
| 91   | 51  | Esmeralda Fiúza                           | figueira kayak clube                      | Veterana F55     | 03:31:50 | +01:34:49 | 08:28 |
| 92   | 95  | Daniela silva                             | sicótrilhos                               | Senior Feminino  | 03:32:26 | +01:35:25 | 08:30 |
| 93   | 71  | Mário Araújo                              | individual                                | Veterano M40     | 03:35:37 | +01:38:36 | 08:38 |
| 94   | 116 | TIAGO CARVALHO                            | vvtr valongo vouga trail running          | Veterano M35     | 03:37:16 | +01:40:14 | 08:41 |
| 95   | 117 | MIGUEL SÁ                                 | vvtr valongo vouga trail running          | Veterano M45     | 03:37:16 | +01:40:14 | 08:41 |
| 96   | 34  | Isabel Gomes                              | bio team run                              | Veterana F50     | 03:37:34 | +01:40:33 | 08:42 |
| 97   | 88  | Fatima Malta                              | miro trail                                | Veterana F50     | 03:41:12 | +01:44:10 | 08:51 |
| 98   | 118 | Fausto Carvalho                           | arsm - associação recreativa de s. miguel | Veterano M65     | 03:46:47 | +01:49:46 | 09:04 |
| 99   | 29  | Pedro Freitas                             | arsm - associação recreativa de s. miguel | Veterano M35     | 03:46:47 | +01:49:46 | 09:04 |
| 100  | 102 | Joel Jacinto                              | toce                                      | Veterano M40     | 03:50:44 | +01:53:43 | 09:14 |
| 101  | 80  | Raúl Jorge da Cruz Gomes Vigário de Matos | run 4 fun                                 | Veterano M50     | 03:55:59 | +01:58:58 | 09:26 |
| 102  | 87  | Flávio Silva                              | miro trail                                | Senior Masculino | 04:21:35 | +02:24:34 | 10:28 |
| 103  | 86  | Tânia Ferreira                            | miro trail                                | Senior Feminino  | 04:21:35 | +02:24:34 | 10:28 |

## Trail

25 KM

[illegible]

## OFFICIAL RESULT

[illegible]

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:30 | 21°C        | 88%      |
| End   | 13:54 | 21°C        | 88%      |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | 1/KM |
|------|-----|------|------|-----|--------|------|------|
|------|-----|------|------|-----|--------|------|------|

## Senior Feminino

|   |    |                 |                 |                 |          |           |          |
|---|----|-----------------|-----------------|-----------------|----------|-----------|----------|
| 1 | 46 | ANDREIA CORREIA | EDV Viana Trail | Senior Feminino | 02:31:59 | +34:57    | 06:05:56 |
| 2 | 95 | Daniela silva   | Sicótrilhos     | Senior Feminino | 03:32:26 | +01:35:25 | 08:30:51 |
| 3 | 86 | Tânia Ferreira  | MIRO TRAIL      | Senior Feminino | 04:21:35 | +02:24:34 | 10:28:09 |

## Senior Masculino

|    |     |                            |                                  |                  |          |                 |
|----|-----|----------------------------|----------------------------------|------------------|----------|-----------------|
| 1  | 39  | Diogo Pinheiro             | Coimbra trail running            | Senior Masculino | 01:57:01 | 04:41           |
| 2  | 60  | André Miguel Silva Rosário | Zona Alta Trail                  | Senior Masculino | 02:02:20 | +05:18 04:54    |
| 3  | 45  | Diogo Pimenta              | DCI / Trilhos Luso Bussaco       | Senior Masculino | 02:05:01 | +08:00 05:00    |
| 4  | 14  | Fernando Santos            | Abutres                          | Senior Masculino | 02:07:37 | +10:35 05:06    |
| 5  | 90  | Celso Marques              | NEXEBRA TRAIL TEAM               | Senior Masculino | 02:10:48 | +13:46 05:14    |
| 6  | 108 | Rafael Martinho            | Trilhos dos Templários / XPORFIT | Senior Masculino | 02:15:09 | +18:08 05:24    |
| 7  | 42  | Tony Figueiredo            | Dão Nelas Runners                | Senior Masculino | 02:15:45 | +18:43 05:26    |
| 8  | 96  | Renato carvalho            | Sicótrilhos                      | Senior Masculino | 02:22:53 | +25:52 05:43    |
| 9  | 91  | Fabio Marques              | NEXEBRA TRAIL TEAM               | Senior Masculino | 02:26:24 | +29:22 05:51    |
| 10 | 49  | Luís Oliveira              | Figueira Kayak Clube             | Senior Masculino | 02:30:17 | +33:16 06:01    |
| 11 | 100 | Ricardo Pereira            | TOCER                            | Senior Masculino | 02:37:09 | +40:08 06:17    |
| 12 | 53  | Rodrigo Tavares            | Gang da Areosa                   | Senior Masculino | 02:43:33 | +46:32 06:33    |
| 13 | 115 | Pedro Lopes                | Viriathvs Runners Viseu          | Senior Masculino | 02:43:44 | +46:43 06:33    |
| 14 | 21  | Rui Monteiro               | ARCD Venda da Luisa              | Senior Masculino | 02:44:34 | +47:33 06:35    |
| 15 | 54  | Luís Andrade               | Grupo Desportivo Ferreirense     | Senior Masculino | 02:51:27 | +54:26 06:52    |
| 16 | 61  | João Baldaia               | Individual                       | Senior Masculino | 03:16:21 | +01:19:20 07:51 |
| 17 | 87  | Flávio Silva               | MIRO TRAIL                       | Senior Masculino | 04:21:35 | +02:24:34 10:28 |

## Veterana F35

|   |     |                  |                                            |              |          |           |          |
|---|-----|------------------|--------------------------------------------|--------------|----------|-----------|----------|
| 1 | 114 | Mónica Ribeiro   | VIKINGS TRAIL RUNNERS / CCR<br>ALCABIDEQUE | Veterana F35 | 02:38:27 | +41:26    | 06:20:22 |
| 2 | 97  | Marisa Bregieiro | Soure Mov                                  | Veterana F35 | 03:07:24 | +01:10:22 | 07:30:22 |

## Veterana F40

|   |     |              |                                           |              |          |           |          |
|---|-----|--------------|-------------------------------------------|--------------|----------|-----------|----------|
| 1 | 25  | Carla Soares | ARSM - Associação Recreativa de S. Miguel | Veterana F40 | 02:53:18 | +56:16    | 06:56:16 |
| 2 | 24  | Ana Féteira  | ARSM - Associação Recreativa de S. Miguel | Veterana F40 | 03:04:31 | +01:07:29 | 07:23:40 |
| 3 | 106 | Sônia Neto   | Tomar Runners                             | Veterana F40 | 03:16:01 | +01:19:00 | 07:50:16 |
| 4 | 41  | carla sofia  | CPT Coimbra                               | Veterana F40 | 03:18:43 | +01:21:41 | 07:57:16 |

## Trail

25 KM

[illegible]

## OFFICIAL RESULT

[illegible]

|   |    |                |                          |              |          |           |       |
|---|----|----------------|--------------------------|--------------|----------|-----------|-------|
| 5 | 48 | Mélanie Duarte | Farmácia Luciano e Matos | Veterana F40 | 03:20:34 | +01:23:33 | 08:01 |
|---|----|----------------|--------------------------|--------------|----------|-----------|-------|

## Veterana F45

|   |    |            |                                           |              |          |           |       |
|---|----|------------|-------------------------------------------|--------------|----------|-----------|-------|
| 1 | 26 | Carla Reis | ARSM - Associação Recreativa de S. Miguel | Veterana F45 | 02:37:20 | +40:18    | 06:18 |
| 2 | 56 | Lurdes Gil | Grupo Desportivo Ferreirense              | Veterana F45 | 03:05:27 | +01:08:26 | 07:25 |

## Veterana F50

|   |    |              |              |              |          |           |       |
|---|----|--------------|--------------|--------------|----------|-----------|-------|
| 1 | 34 | Isabel Gomes | Bio Team Run | Veterana F50 | 03:37:34 | +01:40:33 | 08:42 |
| 2 | 88 | Fatima Malta | MIRO TRAIL   | Veterana F50 | 03:41:12 | +01:44:10 | 08:51 |

## Veterana F55

|   |    |                 |                      |              |          |           |       |
|---|----|-----------------|----------------------|--------------|----------|-----------|-------|
| 1 | 51 | Esmeralda Fiúza | Figueira Kayak Clube | Veterana F55 | 03:31:50 | +01:34:49 | 08:28 |
|---|----|-----------------|----------------------|--------------|----------|-----------|-------|

## Veterano M35

|    |     |                              |                                           |              |          |           |       |
|----|-----|------------------------------|-------------------------------------------|--------------|----------|-----------|-------|
| 1  | 68  | Ricardo Carreira             | Individual                                | Veterano M35 | 02:01:34 | +04:32    | 04:52 |
| 2  | 27  | André Magalhães              | ARSM - Associação Recreativa de S. Miguel | Veterano M35 | 02:03:39 | +06:38    | 04:57 |
| 3  | 109 | Ricardo Ferreira             | Trilhos dos Templários / XPORFIT          | Veterano M35 | 02:06:42 | +09:40    | 05:04 |
| 4  | 89  | Bruno Videira                | MIRO TRAIL                                | Veterano M35 | 02:25:18 | +28:16    | 05:49 |
| 5  | 84  | Pedro Miguel Serra Santos    | Lama Solta                                | Veterano M35 | 02:27:52 | +30:51    | 05:55 |
| 6  | 43  | Marcio freitas               | Dão nelas runners                         | Veterano M35 | 02:34:38 | +37:36    | 06:11 |
| 7  | 67  | Mário Caridade               | Individual                                | Veterano M35 | 02:35:11 | +38:10    | 06:12 |
| 8  | 65  | João Paulo Alves Pais Cabral | Individual                                | Veterano M35 | 02:36:53 | +39:52    | 06:17 |
| 9  | 8   | Gonçalo Fernandes            | 100 Gás trail team                        | Veterano M35 | 02:37:59 | +40:57    | 06:19 |
| 10 | 20  | Tiago Lopes                  | AnsiBikers                                | Veterano M35 | 02:38:30 | +41:29    | 06:20 |
| 11 | 28  | Gonçalo Rodrigues            | ARSM - Associação Recreativa de S. Miguel | Veterano M35 | 02:40:21 | +43:19    | 06:25 |
| 12 | 57  | José Gil Andrade             | Grupo Desportivo Ferreirense              | Veterano M35 | 03:06:04 | +01:09:02 | 07:27 |
| 13 | 35  | Ricardo Santos               | Bio Team Run                              | Veterano M35 | 03:15:40 | +01:18:38 | 07:50 |
| 14 | 63  | Bruno Carvalho               | Individual                                | Veterano M35 | 03:20:57 | +01:23:55 | 08:02 |
| 15 | 5   | Hugo Rodrigues               | #Runjust4fun                              | Veterano M35 | 03:28:09 | +01:31:07 | 08:20 |
| 16 | 116 | TIAGO CARVALHO               | VVTR Valongo Vouga Trail Running          | Veterano M35 | 03:37:16 | +01:40:14 | 08:41 |
| 17 | 29  | Pedro Freitas                | ARSM - Associação Recreativa de S. Miguel | Veterano M35 | 03:46:47 | +01:49:46 | 09:04 |

## Veterano M40

|   |    |              |                                                                  |              |          |        |       |
|---|----|--------------|------------------------------------------------------------------|--------------|----------|--------|-------|
| 1 | 13 | Nelson Costa | A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa | Veterano M40 | 01:57:05 | +00:04 | 04:41 |
|---|----|--------------|------------------------------------------------------------------|--------------|----------|--------|-------|

## Trail

25 KM

[illegible]

## OFFICIAL RESULT

[illegible]

|    |     |                   |                                                                  |              |          |           |       |
|----|-----|-------------------|------------------------------------------------------------------|--------------|----------|-----------|-------|
| 2  | 12  | Miguel Pires      | A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa | Veterano M40 | 02:06:07 | +09:05    | 05:03 |
| 3  | 76  | Sérgio Mesquita   | Individual                                                       | Veterano M40 | 02:08:12 | +11:11    | 05:08 |
| 4  | 74  | Rui Ferreira      | Individual                                                       | Veterano M40 | 02:09:06 | +12:05    | 05:10 |
| 5  | 18  | Fernando Carvalho | ADCRPereira Trail Running Team                                   | Veterano M40 | 02:19:30 | +22:28    | 05:35 |
| 6  | 101 | Amílcar Ramos     | TOCER                                                            | Veterano M40 | 02:22:02 | +25:00    | 05:41 |
| 7  | 111 | Hugo Gabriel      | Trilhos dos Templários / XPORFIT                                 | Veterano M40 | 02:23:41 | +26:40    | 05:45 |
| 8  | 72  | Miguel Goyanes    | Individual                                                       | Veterano M40 | 02:27:12 | +30:10    | 05:53 |
| 9  | 73  | RUI CADETE        | Lama Solta                                                       | Veterano M40 | 02:28:49 | +31:47    | 05:57 |
| 10 | 75  | Rui Ramos         | Individual                                                       | Veterano M40 | 02:32:17 | +35:16    | 06:06 |
| 11 | 44  | Nuno Salvador     | Dão Nelas Runners                                                | Veterano M40 | 02:33:57 | +36:55    | 06:09 |
| 12 | 110 | André Pereira     | Trilhos dos Templários / XPORFIT                                 | Veterano M40 | 02:35:52 | +38:50    | 06:14 |
| 13 | 37  | Arnaldo Ferreira  | BTTRAIN                                                          | Veterano M40 | 02:36:37 | +39:36    | 06:16 |
| 14 | 98  | Carlos Cardoso    | Soure Mov                                                        | Veterano M40 | 02:44:20 | +47:19    | 06:34 |
| 15 | 69  | cristiano         | Individual                                                       | Veterano M40 | 02:53:41 | +56:39    | 06:57 |
| 16 | 92  | Samuel Nunes      | Os Tolinhos                                                      | Veterano M40 | 02:56:43 | +59:41    | 07:04 |
| 17 | 38  | Nelson Costa      | Bustos Runners                                                   | Veterano M40 | 03:05:39 | +01:08:37 | 07:26 |
| 18 | 9   | Rui Abreu         | 100 Gás Trail Team                                               | Veterano M40 | 03:06:45 | +01:09:43 | 07:28 |
| 19 | 16  | Nuno Silva        | ACTIB                                                            | Veterano M40 | 03:07:52 | +01:10:50 | 07:31 |
| 20 | 71  | Mário Araújo      | Individual                                                       | Veterano M40 | 03:35:37 | +01:38:36 | 08:38 |
| 21 | 102 | Joel Jacinto      | TOCER                                                            | Veterano M40 | 03:50:44 | +01:53:43 | 09:14 |

## Veterano M45

|    |     |                             |                                           |              |          |           |       |
|----|-----|-----------------------------|-------------------------------------------|--------------|----------|-----------|-------|
| 1  | 47  | FRED KALAHARI               | EDV Viana Trail                           | Veterano M45 | 02:07:57 | +10:55    | 05:07 |
| 2  | 112 | Luís Alexandre              | Trilhos dos Templários / XPORFIT          | Veterano M45 | 02:13:12 | +16:10    | 05:20 |
| 3  | 40  | Luis Cunha                  | Coimbra Trail Running                     | Veterano M45 | 02:13:59 | +16:57    | 05:22 |
| 4  | 94  | Sérgio Augusto Pereira Lima | Sérgio Lima                               | Veterano M45 | 02:25:25 | +28:24    | 05:49 |
| 5  | 31  | Pedro Mendes                | ARSM - Associação Recreativa de S. Miguel | Veterano M45 | 02:27:22 | +30:20    | 05:54 |
| 6  | 15  | Alexandre Mendes            | Abutres                                   | Veterano M45 | 02:30:45 | +33:44    | 06:02 |
| 7  | 103 | João Oliveira               | TOCER                                     | Veterano M45 | 02:33:32 | +36:31    | 06:09 |
| 8  | 33  | PAULO BAPTISTA              | ATLETISMO CLUBE DA TOCHA                  | Veterano M45 | 02:42:30 | +45:29    | 06:30 |
| 9  | 22  | Pedro Ferreira              | ARCD Venda da Luisa                       | Veterano M45 | 02:43:53 | +46:52    | 06:33 |
| 10 | 107 | Vitor Diniz                 | Tomar Runners                             | Veterano M45 | 02:45:36 | +48:34    | 06:37 |
| 11 | 6   | João Salustiano             | #Runjust4fun                              | Veterano M45 | 02:53:18 | +56:16    | 06:56 |
| 12 | 104 | Nuno Rodrigues              | TOCER                                     | Veterano M45 | 02:54:58 | +57:56    | 07:00 |
| 13 | 10  | Julio Loureiro              | 100 Gás Trail Team                        | Veterano M45 | 02:57:21 | +01:00:19 | 07:06 |
| 14 | 77  | Luís Filipe Almeida Hilário | Individual                                | Veterano M45 | 02:58:48 | +01:01:47 | 07:09 |
| 15 | 30  | Nuno Engenheiro             | ARSM - Associação Recreativa de S. Miguel | Veterano M45 | 03:04:31 | +01:07:29 | 07:23 |
| 16 | 99  | Acilio Noro                 | Soure Mov                                 | Veterano M45 | 03:07:24 | +01:10:22 | 07:30 |
| 17 | 78  | Ricardo do Carmo            | Individual                                | Veterano M45 | 03:09:21 | +01:12:19 | 07:34 |
| 18 | 79  | Rui Vilar                   | Individual                                | Veterano M45 | 03:19:16 | +01:22:14 | 07:58 |
| 19 | 36  | Rui Santos                  | BlackBulls / Clube de Condeixa            | Veterano M45 | 03:25:13 | +01:28:11 | 08:13 |

## Trail

**25 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

|    |     |           |                                  |              |          |           |       |
|----|-----|-----------|----------------------------------|--------------|----------|-----------|-------|
| 20 | 117 | MIGUEL SÁ | VVTR Valongo Vouga Trail Running | Veterano M45 | 03:37:16 | +01:40:14 | 08:41 |
|----|-----|-----------|----------------------------------|--------------|----------|-----------|-------|

## Veterano M50

|   |    |                                           |                                           |              |          |           |       |
|---|----|-------------------------------------------|-------------------------------------------|--------------|----------|-----------|-------|
| 1 | 59 | Paulo Santos                              | Grupo Desportivo Ferreirense              | Veterano M50 | 02:14:09 | +17:08    | 05:22 |
| 2 | 32 | José Feteira                              | ARSM - Associação Recreativa de S. Miguel | Veterano M50 | 02:21:58 | +24:57    | 05:41 |
| 3 | 58 | Paulo Açafrão                             | Grupo Desportivo Ferreirense              | Veterano M50 | 02:37:48 | +40:46    | 06:19 |
| 4 | 7  | Luís Miguel Pelicano Costa                | #Runjust4fun                              | Veterano M50 | 02:40:57 | +43:56    | 06:26 |
| 5 | 82 | Rodolfo Carlos da Silva Deyllot           | Os Tolinhos                               | Veterano M50 | 02:46:07 | +49:05    | 06:39 |
| 6 | 52 | Gastão Sousa                              | Fit@50                                    | Veterano M50 | 02:54:18 | +57:17    | 06:58 |
| 7 | 81 | Raul Martins                              | Individual                                | Veterano M50 | 02:55:15 | +58:14    | 07:01 |
| 8 | 80 | Raúl Jorge da Cruz Gomes Vigário de Matos | Run 4 Fun                                 | Veterano M50 | 03:55:59 | +01:58:58 | 09:26 |

## Veterano M55

|   |     |                 |                    |              |          |           |       |
|---|-----|-----------------|--------------------|--------------|----------|-----------|-------|
| 1 | 105 | José Cocenas    | TOCER              | Veterano M55 | 02:26:22 | +29:21    | 05:51 |
| 2 | 85  | Paulo Cavaleiro | Leitão & Cavaleiro | Veterano M55 | 02:35:02 | +38:01    | 06:12 |
| 3 | 93  | José Lemos      | Os Tolinhos        | Veterano M55 | 02:57:32 | +01:00:30 | 07:06 |

## Veterano M60

|   |    |                             |            |              |          |           |       |
|---|----|-----------------------------|------------|--------------|----------|-----------|-------|
| 1 | 83 | José Branco Calado Maçarria | Individual | Veterano M60 | 03:01:36 | +01:04:35 | 07:16 |
|---|----|-----------------------------|------------|--------------|----------|-----------|-------|

## Veterano M65

|   |     |                 |                                           |              |          |           |       |
|---|-----|-----------------|-------------------------------------------|--------------|----------|-----------|-------|
| 1 | 118 | Fausto Carvalho | ARSM - Associação Recreativa de S. Miguel | Veterano M65 | 03:46:47 | +01:49:46 | 09:04 |
|---|-----|-----------------|-------------------------------------------|--------------|----------|-----------|-------|

COLETIVO - TRAIL

[illegible]

| RANK | TEAM                                      | DESCRIPTION   | POINTS |
|------|-------------------------------------------|---------------|--------|
| 1    | TRILHOS DOS TEMPLÁRIOS / XPORFIT          | 8 + 14 + 17   | 39     |
| 2    | ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL | 5 + 20 + 29   | 54     |
| 3    | TOCER                                     | 21 + 26 + 36  | 83     |
| 4    | DÃO NELAS RUNNERS                         | 18 + 37 + 38  | 93     |
| 5    | GRUPO DESPORTIVO FERREIRENSE              | 16 + 46 + 60  | 122    |
| 6    | 100 GÁS TRAIL TEAM                        | 47 + 68 + 77  | 192    |
| 7    | OS TOLINHOS                               | 59 + 67 + 69  | 195    |
| 8    | #RUNJUST4FUN                              | 51 + 62 + 90  | 203    |
| 9    | SOURE MOV                                 | 56 + 78 + 79  | 213    |
| 10   | MIRO TRAIL                                | 24 + 97 + 102 | 223    |