TRAIL CURTO - STAGE 1 — 20 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	09:00	-99ºC	-99%
End	13:52	-99ºC	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	301	Nelson Loureiro	opraticante.pt	Senior Masculino	01:32:21		04:37
2	287	Sérgio Silva	mss contabilidade trail team	Senior Masculino	01:36:31	+04:10	04:50
3	131	Carlos Vieira	cidep fornos lusavouga	Senior Masculino	01:38:06	+05:44	04:54
4	223	Fernando Neves	runriver	Senior Masculino	01:39:53	+07:32	05:00
5	110	Bruno Miguel Rodrigues Moreira	amigos do pedal trailagares	Senior Masculino	01:43:20	+10:59	05:10
6	139	Nelson pereira	clube zupper	Senior Masculino	01:44:10	+11:48	05:13
7	346	Nuno Lemos	individual	Senior Masculino	01:44:40	+12:19	05:14
8	161	Tiago Aragão	ctad-consumo zero	Senior Masculino	01:44:59	+12:38	05:15
9	234	João Oliveira	individual	Senior Masculino	01:45:03	+12:42	05:15
10	250	Rui Alvim	mss contabilidade trail team	Veterano M45	01:45:39	+13:18	05:17
11	305	Abílio Fernandes	opraticante.pt	Veterano M45	01:45:56	+13:34	05:18
12	113	Marcos Leandro Gomes Ribeiro	andatrilhos de freamunde	Senior Masculino	01:48:01	+15:39	05:24
13	135	Adriano Teixeira	cidep fornos lusavouga	Veterano M45	01:48:55	+16:33	05:27
14	228	Isidro Pinto	individual	Senior Masculino	01:50:10	+17:49	05:31
15	345	José Paulo Ribeiro	individual	Senior Masculino	01:51:19	+18:58	05:34
16	134	João Tavares	cidep fornos lusavouga	Senior Masculino	01:51:38	+19:16	05:35
17	344	Orlando Valente	fc penafiel	Veterano M45	01:52:48	+20:27	05:38
18	168	Joaquim Manuel da Silva Correia	duelo d'ocasião	Veterano M45	01:52:53	+20:32	05:39
19	289	António Martins	mss contabilidade trail team	Veterano M45	01:52:58	+20:37	05:39
20	163	José Carlos Dias	ctad-consumo zero	Veterano M45	01:55:23	+23:02	05:46
21	293	Fernando Neves	mss contabilidade trail team	Veterano M45	01:56:15	+23:54	05:49
22	239	Miguel Brandão	individual	Senior Masculino	01:56:49	+24:27	05:50
23	297	Eduardo Vieira	nocturnos de paredes	Sub 23 Masculino	01:57:50	+25:29	05:54
24	280	Adriano Oliveira	lusitanos	Veterano M45	01:58:15	+25:54	05:55
25	278	Nelson Pires	lusitanos	Senior Masculino	01:58:15	+25:54	05:55
26	294	Manuel Póvoas	mss contabilidade trail team	Veterano M45	01:58:41	+26:19	05:56
27	140	Nicolas Lopes	clube zupper	Senior Masculino	01:58:43	+26:22	05:56
28	226	Gabriel Marante	individual	Senior Masculino	01:58:50	+26:28	05:57
29	273	Nando nunes	individual	Veterano M45	01:59:11	+26:50	05:58
30	263	Fernando Moreira	individual	Veterano M45	01:59:22	+27:00	05:58
31	221	Domingos Martins	individual	Senior Masculino	01:59:28	+27:06	05:58
32	327	Alcino Gouveia	sentir escariz running	Veterano M45	02:00:00	+27:39	06:00
33	311	Miguel santos	penafiel running team	Senior Masculino	02:00:25	+28:04	06:01
34	313	Hugo soares	penafiel running team	Sub 23 Masculino	02:00:25	+28:04	06:01
35	330	Ana Sousa	team lantemil	Senior Feminino	02:01:09	+28:48	06:03
36	331	Bruno Daniel Machado Fontão	team lantemil	Senior Masculino	02:01:09	+28:48	06:03
37	164	Pedro Sousa Ribeiro	ctad-consumo zero	Veterano M45	02:01:27	+29:05	06:04
38	220	Diogo Ribeiro	individual	Senior Masculino	02:01:41	+29:19	06:05
39	111	manuel arcanjo freitas ferreira	amigos do pedal trailagares	Veterano M45	02:01:47	+29:26	06:05
40	307	Antonio Fontes	os quatro	Veterano M45	02:02:37	+30:15	06:08

TRAIL CURTO - STAGE 1 — 20 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
41	141	Paulo Silva	clube zupper	Senior Masculino	02:02:37	+30:16	06:08
42	130	Carlos Soares	cidep fornos lusavouga	Senior Masculino	02:02:43	+30:21	06:08
43	162	Jorge Rodrigues	ctad-consumo zero	Veterano M45	02:03:23	+31:02	06:10
44	112	Rui Pedro Moreira Lopes	amigos do pedal trailagares	Veterano M45	02:03:25	+31:04	06:10
45	284	Ibraim Sousa	mss contabilidade trail team	Senior Masculino	02:04:00	+31:39	06:12
46	314	Albino Pires	porto sentido runners	Senior Masculino	02:04:28	+32:07	06:13
47	230	João	individual	Senior Masculino	02:05:00	+32:39	06:15
48	325	Paulo Gomes	sentir escariz running	Senior Masculino	02:05:04	+32:43	06:15
49	222	Emanuel Rocha	individual	Senior Masculino	02:06:05	+33:44	06:18
50	323	João Silva	sentir escariz running	Senior Masculino	02:06:21	+34:00	06:19
51	167	Márcio Botellho	duelo d'ocasião	Senior Masculino	02:06:31	+34:10	06:20
52	286	Pedro Leal	mss contabilidade trail team	Senior Masculino	02:07:02	+34:40	06:21
53	271	José Lopes	individual	Veterano M45	02:07:15	+34:53	06:22
54	310	Manuel Barbosa	paredes running	Senior Masculino	02:08:56	+36:35	06:27
55	146	Ricardo	copos e trilhos	Senior Masculino	02:09:17	+36:55	06:28
56	266	Jorge Durães	individual	Veterano M45	02:09:48	+37:27	06:29
57	137	António Barbosa	clube trilheiros & amigos	Senior Masculino	02:09:54	+37:33	06:30
58	218	Carlos Filipe Santos	individual	Senior Masculino	02:10:11	+37:49	06:31
59	315	BRUNO MELO	porto sentido runners	Senior Masculino	02:10:19	+37:58	06:31
60	298	Célia Neto	opraticante.pt	Senior Feminino	02:10:20	+37:59	06:31
61	195	joao anselmo fernandes vigário	gondomar futsal clube	Veterano M45	02:10:29	+38:08	06:31
62	324	Mário Pinho	sentir escariz running	Senior Masculino	02:11:02	+38:40	06:33
63	175	Patricia Ferreira	fc penafiel	Senior Feminino	02:11:17	+38:56	06:34
64	159	Emerson Falcão	ctad-consumo zero	Senior Masculino	02:11:26	+39:05	06:34
65	285	José Salas	mss contabilidade trail team	Senior Masculino	02:12:20	+39:59	06:37
66	283	Fábio Sousa	mss contabilidade trail team	Senior Masculino	02:12:20	+39:59	06:37
67	238	Manuel Pereira	individual	Senior Masculino	02:12:32	+40:11	06:38
68	312	Simão sousa	penafiel running team	Senior Masculino	02:12:38	+40:17	06:38
69	124	Ricardo Coelho	btt alegria // tubani	Senior Masculino	02:12:42	+40:21	06:38
70	125	Tony Mendes	btt alegria // tubani	Veterano M45	02:12:43	+40:22	06:38
71	275	Ricardo Rodrigues	individual	Veterano M45	02:12:45	+40:23	06:38
72	326	Toni Paiva	sentir escariz running	Senior Masculino	02:14:53	+42:32	06:45
73	190	Manuel silva	gondomar futsal clube	Senior Masculino	02:14:57	+42:35	06:45
74	132	Filipe Pinho	cidep fornos lusavouga	Senior Masculino	02:14:57	+42:35	06:45
75	210	Sandra Cunha	fc penafiel	Senior Feminino	02:15:05	+42:43	06:45
76	214	António Malheiro	individual	Senior Masculino	02:15:28	+43:07	06:46
77	193	Ângela Moutinho	gondomar futsal clube	Veterana F45	02:15:58	+43:37	06:48
78	224	Fernando Ribeiro	individual	Senior Masculino	02:16:52	+44:31	06:51
79	292	Aurélio Salas	mss contabilidade trail team	Veterano M45	02:17:57	+45:36	06:54
80	269	José Carvalho	individual	Veterano M45	02:18:09	+45:48	06:54
81	329	Jorge Almeida	soplabifana	Veterano M45	02:18:15	+45:54	06:55
82	166	André Filipe Silva Correia	duelo d'ocasião	Senior Masculino	02:18:33	+46:12	06:56
83	270	José Henrique Ferreira da Silva	individual	Veterano M45	02:18:43	+46:22	06:56
84	196	Pedro Sousa	gondomar futsal clube	Veterano M45	02:18:53	+46:32	06:57
85	316	Filipe Nascimento	porto sentido runners	Senior Masculino	02:19:13	+46:52	06:58

TRAIL CURTO - STAGE 1 — 20 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
86	122	Jorge Sousa	bitrunners	Senior Masculino	02:19:22	+47:01	06:58
87	261	António Matos	individual	Veterano M45	02:19:32	+47:10	06:59
88	279	Rui Rosas	lusitanos	Senior Masculino	02:19:55	+47:34	07:00
89	277	Luis Silva	lusitanos	Senior Masculino	02:19:55	+47:34	07:00
90	143	Joao barbosa	copos e trilhos	Senior Masculino	02:20:17	+47:56	07:01
91	142	Bruno Sousa	copos e trilhos	Senior Masculino	02:20:17	+47:56	07:01
92	184	Carlos Alberto	generosos runners	Senior Masculino	02:20:22	+48:01	07:01
93	117	JOAO MOREIRA	arrasa trilhos	Senior Masculino	02:20:25	+48:04	07:01
94	119	JOSE FERREIRA	arrasa trilhos	Veterano M45	02:21:49	+49:28	07:05
95	225	Filipe Sousa	individual	Senior Masculino	02:22:10	+49:48	07:07
96	340	Patrícia palmeira	ultimagem	Senior Feminino	02:22:32	+50:10	07:08
97	249	Rui Pinto	individual	Senior Masculino	02:22:44	+50:23	07:08
98	188	Filipe Cruz	gondomar futsal clube	Senior Masculino	02:23:17	+50:56	07:10
99	158	Marieta Branco	ctad-consumo zero	Senior Feminino	02:23:19	+50:57	07:10
100	156	Anabela Cordeiro	ctad-consumo zero	Senior Feminino	02:24:40	+52:19	07:14
101	265	Joao Ribeiro	individual	Veterano M45	02:25:10	+52:49	07:16
102	215	Bruno Pereira	individual	Senior Masculino	02:25:48	+53:27	07:17
103	118	ANTONIO SILVA	arrasa trilhos	Veterano M45	02:25:49	+53:28	07:17
104	267	Jorge Moreira	individual	Veterano M45	02:26:27	+54:06	07:19
105	319	Ana Cabral	sentir escariz running	Senior Feminino	02:26:38	+54:17	07:20
106	288	António Luís	mss contabilidade trail team	Veterano M45	02:27:11	+54:50	07:22
107	241	Nuno	individual	Senior Masculino	02:27:25	+55:04	07:22
108	348	Rui Fernandes	individual	Veterano M45	02:28:00	+55:39	07:24
109	155	Armando Jesus Freitas Fontão	cr candoso	Veterano M45	02:29:25	+57:03	07:28
110	242	Nuno Almeida	individual	Senior Masculino	02:29:34	+57:13	07:29
111	247	Ricardo Ramos	individual	Senior Masculino	02:30:00	+57:39	07:30
112	108	Cátia Neto	aliança de gandra	Senior Feminino	02:30:08	+57:47	07:30
113	260	Amandio Sousa	individual	Veterano M45	02:30:10	+57:48	07:31
114	121	Antonio Couto	baltar runners	Veterano M45	02:30:27	+58:05	07:31
115	244	Pedro Ferreira	porto sentido runners	Senior Masculino	02:30:28	+58:07	07:31
116	231	João Almeida	individual	Senior Masculino	02:30:38	+58:17	07:32
117	243	Paulo Torres	individual	Senior Masculino	02:31:26	+59:04	07:34
118	320	Flora Santos	sentir escariz running	Senior Feminino	02:31:31	+59:09	07:35
119	306	Carlos Morais	opraticante.pt	Veterano M45	02:31:36	+59:14	07:35
120	133	Gilberto Ferreira	cidep fornos lusavouga	Senior Masculino	02:31:36	+59:15	07:35
121	258	Xénia Betsabé Sousa Alves da Silva Graça	individual	Veterana F45	02:31:44	+59:23	07:35
122	245	Pedro Oliveira	individual	Senior Masculino	02:34:08	+01:01:47	07:42
123	318	Sara Eiró	salgueiros running	Senior Feminino	02:35:09	+01:02:47	07:45
124	174	Ricardo Sousa	factor x / s4l / medense fc	Veterano M45	02:35:58	+01:03:36	07:48
125	254	Clara Silva	individual	Veterana F45	02:36:18	+01:03:56	07:49
126	300	Miguel Santos	opraticante.pt	Senior Masculino	02:36:20	+01:03:58	07:49
127	197	Gustavo Santos	gramidense ifc	Senior Masculino	02:37:04	+01:04:43	07:51
128	199	Carina Silva	individual	Senior Feminino	02:39:12	+01:06:51	07:58
129	347	Eduardo Nascimento	individual	Veterano M45	02:42:46	+01:10:25	08:08
130	200	Cátia Raquel da Silva Sousa	individual	Senior Feminino	02:42:49	+01:10:28	08:08

TRAIL CURTO - STAGE 1 — 20 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
131	154	Luísa Guimarães do Lago e Costa Rodrigues	cr candoso	Senior Feminino	02:43:08	+01:10:47	08:09
132	187	Paula Cruz	gondomar futsal clube	Senior Feminino	02:43:30	+01:11:09	08:11
133	144	Luís Gonçalves	copos e trilhos	Senior Masculino	02:43:48	+01:11:27	08:11
134	145	Manuel Barbosa	copos e trilhos	Senior Masculino	02:43:49	+01:11:27	08:11
135	107	Carla Pereira	aliança de gandra	Senior Feminino	02:44:06	+01:11:45	08:12
136	116	Luís Rocha	aragão & friends	Senior Masculino	02:44:57	+01:12:35	08:15
137	102	Rui Sá	10temidos	Veterano M45	02:44:57	+01:12:36	08:15
138	296	Jaime Cardoso	nocturnos de paredes	Senior Masculino	02:45:42	+01:13:20	08:17
139	120	Lucia Lourenco	avf team	Senior Feminino	02:46:22	+01:14:01	08:19
140	194	Ilídio Oscar Vieira de Sousa Freitas	gondomar futsal clube	Veterano M45	02:46:22	+01:14:01	08:19
141	185	Andreia Amorim	gondomar futsal clube	Senior Feminino	02:46:22	+01:14:01	08:19
142	170	Jorge Duarte	espinho trail	Sub 23 Masculino	02:47:17	+01:14:55	08:22
143	172	Tony Barbosa	espinho trail	Veterano M45	02:47:17	+01:14:56	08:22
144	138	Ricardo Coelho	clube trilheiros & amigos	Senior Masculino	02:47:28	+01:15:07	08:22
145	328	Sousa Henrique	soplabifana	Senior Masculino	02:49:18	+01:16:57	08:28
146	211	Sandra Narciso	individual	Senior Feminino	02:50:00	+01:17:38	08:30
147	282	Marlene Martins	mss contabilidade trail team	Senior Feminino	02:52:27	+01:20:06	08:37
148	281	Isabel Santos	mss contabilidade trail team	Senior Feminino	02:52:55	+01:20:34	08:39
149	204	Fatima Freitas	individual	Senior Feminino	02:55:01	+01:22:40	08:45
150	303	Ricardo Fernandes	opraticante.pt	Senior Masculino	02:55:01	+01:22:40	08:45
151	136	Xavier Barbosa	cidep fornos lusavouga	Veterano M45	02:55:36	+01:23:15	08:47
152	253	Francisco David Sousa Mesquita	individual	Sub 23 Masculino	02:57:34	+01:25:13	08:53
153	229	Jaime Pinto Teixeira	individual	Senior Masculino	02:59:34	+01:27:13	08:59
154	177	Joana Ribeiro	gansos	Senior Feminino	03:00:48	+01:28:27	09:02
155	176	Cristina Fonseca	gansos	Senior Feminino	03:00:48	+01:28:27	09:02
156	181	Álvaro Almeida	gansos	Veterano M45	03:00:48	+01:28:27	09:02
157	180	Alcino Tavares	gansos	Veterano M45	03:00:48	+01:28:27	09:02
158	252	Celso Soares	individual	Sub 23 Masculino	03:01:01	+01:28:40	09:03
159	216	Bruno vigario	individual	Senior Masculino	03:02:44	+01:30:23	09:08
160	207	Liliana Teixeira	individual	Senior Feminino	03:03:01	+01:30:39	09:09
161	183	Cláudia Coelho	generosos runners	Senior Feminino	03:04:19	+01:31:57	09:13
162	259	Abilio Silva	individual	Veterano M45	03:04:57	+01:32:36	09:15
163	246	Pedro Silva	individual	Senior Masculino	03:05:29	+01:33:07	09:16
164	317	Pedro Valente	running espinho	Senior Masculino	03:05:29	+01:33:08	09:16
165	264	Fernando Rodrigues	individual	Veterano M45	03:09:42	+01:37:21	09:29
166	262	António Santos Couto	individual	Veterano M45	03:09:54	+01:37:32	09:30
167	213	Vânia Moreira	individual	Senior Feminino	03:11:06	+01:38:45	09:33
168	182	Joaquim Garces	gansos	Veterano M45	03:14:09	+01:41:48	09:42
169	208	Luísa Cruz	individual	Senior Feminino	03:15:03	+01:42:41	09:45
170	274	ORLANDO	individual	Veterano M45	03:15:03	+01:42:42	09:45
171	308	Helder Teles	papatrails	Senior Masculino	03:15:04	+01:42:43	09:45
172	209	Monica Magalhães	individual	Senior Feminino	03:15:05	+01:42:44	09:45
173	103	Carla Costa	ada trail running	Senior Feminino	03:15:09	+01:42:48	09:45
174	123	Miguel Oliveira	btt alegria // tubani	Senior Masculino	03:15:39	+01:43:18	09:47

TRAIL CURTO - STAGE 1 — 20 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
175	104	Margarida Brás	ada trail running	Senior Feminino	03:15:51	+01:43:30	09:48
176	268	Jose Alves	individual	Veterano M45	03:17:47	+01:45:26	09:53
177	203	Estela Oliveira	individual	Senior Feminino	03:17:48	+01:45:26	09:53
178	192	Ana Sousa	gondomar futsal clube	Veterana F45	03:18:54	+01:46:33	09:57
179	206	Liliana J. Vieira da Silva	individual	Senior Feminino	03:23:20	+01:50:59	10:10
180	235	João Pedro Cardoso	individual	Senior Masculino	03:25:51	+01:53:30	10:18
181	202	Dália	individual	Senior Feminino	03:26:11	+01:53:50	10:19
182	115	Francisco Barbosa	aragão & friends	Senior Masculino	03:26:12	+01:53:50	10:19
183	114	Águeda Isabel Sousa Cruz	aragão & friends	Senior Feminino	03:26:13	+01:53:51	10:19
184	191	Telmo Ferreira	gondomar futsal clube	Senior Masculino	03:32:14	+01:59:52	10:37
185	189	Filipe Leitão	gondomar futsal clube	Senior Masculino	03:32:14	+01:59:53	10:37
186	44	Celeste Ribeiro	pernetas	Veterana F45	03:32:57	+02:00:36	10:39
187	198	Ana Teixeira	individual	Senior Feminino	03:34:27	+02:02:06	10:43
188	12	Isabel Dias	individual	Senior Feminino	03:36:37	+02:04:16	10:50
189	105	João Manuel Gonçalves	akg runners	Senior Masculino	03:38:58	+02:06:37	10:57
190	5	Sandra Oliveira	budeguita runners	Senior Feminino	03:41:22	+02:09:01	11:04
191	248	Roberto Freitas	boavista trail	Senior Masculino	03:41:53	+02:09:32	11:06
192	201	Celina Leão	individual	Senior Feminino	03:41:54	+02:09:33	11:06
193	349	Cláudia Silva	individual	Senior Masculino	03:42:14	+02:09:53	11:07
194	171	Cristina Duarte	espinho trail	Veterana F45	03:47:34	+02:15:13	11:23
195	169	Carla Pereira	espinho trail	Senior Feminino	03:47:34	+02:15:13	11:23
196	342	Pedro Oliveira	ultimagem	Senior Masculino	03:49:10	+02:16:49	11:28
197	341	José Mourisco	ultimagem	Senior Masculino	03:58:43	+02:26:22	11:56
198	337	Sandra ferreira	trilhos e cadilhos	Sub 23 Feminino	04:08:32	+02:36:10	12:26
199	179	Fernanda Santos	gansos	Veterana F45	04:08:32	+02:36:11	12:26
200	178	Deolinda Campanha	gansos	Veterana F45	04:08:32	+02:36:11	12:26
201	149	Alexandre Costa	cosmenatura	Senior Masculino	04:21:24	+02:49:03	13:04
202	150	Marco António	cosmenatura	Senior Masculino	04:21:34	+02:49:13	13:05
203	152	Pedro Marques	cosmenatura	Senior Masculino	04:21:38	+02:49:17	13:05
204	147	Carla Duarte	cosmenatura	Senior Feminino	04:21:41	+02:49:19	13:05
205	148	Cláudia Botelho	cosmenatura	Senior Feminino	04:21:41	+02:49:19	13:05
206	151	Paulo Nogueira	cosmenatura	Senior Masculino	04:22:14	+02:49:53	13:07
207	332	Catarina Martins	trilhos e cadilhos	Senior Feminino	04:26:00	+02:53:38	13:18
208	333	Liliana Silva	trilhos e cadilhos	Senior Feminino	04:26:00	+02:53:38	13:18
209	334	Telma Sousa	trilhos e cadilhos	Senior Feminino	04:26:00	+02:53:38	13:18
210	335	Teresa Coelho	trilhos e cadilhos	Senior Feminino	04:26:00	+02:53:38	13:18
211	256	Maria Manuela	individual	Veterana F45	04:35:22	+03:03:01	13:46
212	255	Eva Faria	individual	Veterana F45	04:35:25	+03:03:04	13:46
213	129	Marco Batista	centro cultural da stcp	Veterano M45	04:49:29	+03:17:07	14:28
214	128	Domingos Faustino	centro cultural da stcp	Veterano M45	04:49:29	+03:17:08	14:28

Trail Volta às Origens
Cabroelo, Penafiel
01-março-2020

Trail Curto — 20 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	09:00	-99ºC	-99%
End	13:52	-99ºC	-99%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	330	Ana Sousa	Team Lantemil	Senior Feminino	02:01:09	+28:48	06:03
2	298	Célia Neto	OPraticante.pt	Senior Feminino	02:10:20	+37:59	06:31
3	175	Patricia Ferreira	FC Penafiel	Senior Feminino	02:11:17	+38:56	06:34
4	210	Sandra Cunha	FC Penafiel	Senior Feminino	02:15:05	+42:43	06:45
5	340	Patrícia palmeira	Ultimagem	Senior Feminino	02:22:32	+50:10	07:08
6	158	Marieta Branco	CTAD-Consumo Zero	Senior Feminino	02:23:19	+50:57	07:10
7	156	Anabela Cordeiro	CTAD-Consumo Zero	Senior Feminino	02:24:40	+52:19	07:14
8	319	Ana Cabral	Sentir Escariz running	Senior Feminino	02:26:38	+54:17	07:20
9	108	Cátia Neto	Aliança de Gandra	Senior Feminino	02:30:08	+57:47	07:30
10	320	Flora Santos	Sentir Escariz running	Senior Feminino	02:31:31	+59:09	07:35
11	318	Sara Eiró	Salgueiros Running	Senior Feminino	02:35:09	+01:02:47	07:45
12	199	Carina Silva	Individual	Senior Feminino	02:39:12	+01:06:51	07:58
13	200	Cátia Raquel da Silva Sousa	Individual	Senior Feminino	02:42:49	+01:10:28	08:08
14	154	Luísa Guimarães do Lago e Costa Rodrigues	CR CANDOSO	Senior Feminino	02:43:08	+01:10:47	08:09
15	187	Paula Cruz	Gondomar Futsal Clube	Senior Feminino	02:43:30	+01:11:09	08:11
16	107	Carla Pereira	Aliança de Gandra	Senior Feminino	02:44:06	+01:11:45	08:12
17	120	Lucia Lourenco	AVF Team	Senior Feminino	02:46:22	+01:14:01	08:19
18	185	Andreia Amorim	Gondomar Futsal Clube	Senior Feminino	02:46:22	+01:14:01	08:19
19	211	Sandra Narciso	Individual	Senior Feminino	02:50:00	+01:17:38	08:30
20	282	Marlene Martins	MSS Contabilidade Trail Team	Senior Feminino	02:52:27	+01:20:06	08:37
21	281	Isabel Santos	MSS Contabilidade Trail Team	Senior Feminino	02:52:55	+01:20:34	08:39
22	204	Fatima Freitas	Individual	Senior Feminino	02:55:01	+01:22:40	08:45
23	177	Joana Ribeiro	Gansos	Senior Feminino	03:00:48	+01:28:27	09:02
24	176	Cristina Fonseca	Gansos	Senior Feminino	03:00:48	+01:28:27	09:02
25	207	Liliana Teixeira	Individual	Senior Feminino	03:03:01	+01:30:39	09:09
26	183	Cláudia Coelho	GENEROSOS RUNNERS	Senior Feminino	03:04:19	+01:31:57	09:13
27	213	Vânia Moreira	Individual	Senior Feminino	03:11:06	+01:38:45	09:33
28	208	Luísa Cruz	Individual	Senior Feminino	03:15:03	+01:42:41	09:45
29	209	Monica Magalhães	Individual	Senior Feminino	03:15:05	+01:42:44	09:45
30	103	Carla Costa	ADA Trail Running	Senior Feminino	03:15:09	+01:42:48	09:45
31	104	Margarida Brás	ADA Trail Running	Senior Feminino	03:15:51	+01:43:30	09:48
32	203	Estela Oliveira	Individual	Senior Feminino	03:17:48	+01:45:26	09:53
33	206	Liliana J. Vieira da Silva	Individual	Senior Feminino	03:23:20	+01:50:59	10:10
34	202	Dália	Individual	Senior Feminino	03:26:11	+01:53:50	10:19
35	114	Águeda Isabel Sousa Cruz	Aragão & Friends	Senior Feminino	03:26:13	+01:53:51	10:19
36	198	Ana Teixeira	Individual	Senior Feminino	03:34:27	+02:02:06	10:43
37	12	Isabel Dias	Individual	Senior Feminino	03:36:37	+02:04:16	10:50
38	5	Sandra Oliveira	Budeguita Runners	Senior Feminino	03:41:22	+02:09:01	11:04
39	201	Celina Leão	Individual	Senior Feminino	03:41:54	+02:09:33	11:06

Trail Curto — 20 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

40	169	Carla Pereira	Espinho Trail	Senior Feminino	03:47:34	+02:15:13	11:23
41	147	Carla Duarte	COSMENATURA	Senior Feminino	04:21:41	+02:49:19	13:05
42	148	Cláudia Botelho	COSMENATURA	Senior Feminino	04:21:41	+02:49:19	13:05
43	332	Catarina Martins	Trilhos e Cadilhos	Senior Feminino	04:26:00	+02:53:38	13:18
44	333	Liliana Silva	Trilhos e Cadilhos	Senior Feminino	04:26:00	+02:53:38	13:18
45	334	Telma Sousa	Trilhos e Cadilhos	Senior Feminino	04:26:00	+02:53:38	13:18
46	335	Teresa Coelho	Trilhos e Cadilhos	Senior Feminino	04:26:00	+02:53:38	13:18

Senior Masculino

1	301	Nelson Loureiro	OPraticante.pt	Senior Masculino	01:32:21		04:37
2	287	Sérgio Silva	MSS Contabilidade Trail Team	Senior Masculino	01:36:31	+04:10	04:50
3	131	Carlos Vieira	CIDEP Fornos Lusavouga	Senior Masculino	01:38:06	+05:44	04:54
4	223	Fernando Neves	RunRiver	Senior Masculino	01:39:53	+07:32	05:00
5	110	Bruno Miguel Rodrigues Moreira	Amigos do Pedal TraiLagares	Senior Masculino	01:43:20	+10:59	05:10
6	139	Nelson pereira	Clube zupper	Senior Masculino	01:44:10	+11:48	05:13
7	346	Nuno Lemos	Individual	Senior Masculino	01:44:40	+12:19	05:14
8	161	Tiago Aragão	CTAD-Consumo Zero	Senior Masculino	01:44:59	+12:38	05:15
9	234	João Oliveira	Individual	Senior Masculino	01:45:03	+12:42	05:15
10	113	Marcos Leandro Gomes Ribeiro	Andatrilhos de freamunde	Senior Masculino	01:48:01	+15:39	05:24
11	228	Isidro Pinto	Individual	Senior Masculino	01:50:10	+17:49	05:31
12	345	José Paulo Ribeiro	Individual	Senior Masculino	01:51:19	+18:58	05:34
13	134	João Tavares	CIDEP Fornos Lusavouga	Senior Masculino	01:51:38	+19:16	05:35
14	239	Miguel Brandão	Individual	Senior Masculino	01:56:49	+24:27	05:50
15	278	Nelson Pires	Lusitanos	Senior Masculino	01:58:15	+25:54	05:55
16	140	Nicolas Lopes	Clube Zupper	Senior Masculino	01:58:43	+26:22	05:56
17	226	Gabriel Marante	Individual	Senior Masculino	01:58:50	+26:28	05:57
18	221	Domingos Martins	Individual	Senior Masculino	01:59:28	+27:06	05:58
19	311	Miguel santos	Penafiel running team	Senior Masculino	02:00:25	+28:04	06:01
20	331	Bruno Daniel Machado Fontão	Team Lantemil	Senior Masculino	02:01:09	+28:48	06:03
21	220	Diogo Ribeiro	Individual	Senior Masculino	02:01:41	+29:19	06:05
22	141	Paulo Silva	Clube Zupper	Senior Masculino	02:02:37	+30:16	06:08
23	130	Carlos Soares	CIDEP Fornos Lusavouga	Senior Masculino	02:02:43	+30:21	06:08
24	284	Ibraim Sousa	MSS Contabilidade Trail Team	Senior Masculino	02:04:00	+31:39	06:12
25	314	Albino Pires	Porto Sentido runners	Senior Masculino	02:04:28	+32:07	06:13
26	230	João	Individual	Senior Masculino	02:05:00	+32:39	06:15
27	325	Paulo Gomes	Sentir Escariz running	Senior Masculino	02:05:04	+32:43	06:15
28	222	Emanuel Rocha	Individual	Senior Masculino	02:06:05	+33:44	06:18
29	323	João Silva	Sentir Escariz running	Senior Masculino	02:06:21	+34:00	06:19
30	167	Márcio Botellho	Duelo D'ocasião	Senior Masculino	02:06:31	+34:10	06:20
31	286	Pedro Leal	MSS Contabilidade Trail Team	Senior Masculino	02:07:02	+34:40	06:21
32	310	Manuel Barbosa	Paredes Running	Senior Masculino	02:08:56	+36:35	06:27
33	146	Ricardo	copos e trilhos	Senior Masculino	02:09:17	+36:55	06:28
34	137	António Barbosa	Clube Trilheiros & Amigos	Senior Masculino	02:09:54	+37:33	06:30
35	218	Carlos Filipe Santos	Individual	Senior Masculino	02:10:11	+37:49	06:31
36	315	BRUNO MELO	PORTO SENTIDO RUNNERS	Senior Masculino	02:10:19	+37:58	06:31

Trail Curto — 20 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

37	324	Mário Pinho	Sentir Escariz running	Senior Masculino	02:11:02	+38:40	06:33
38	159	Emerson Falcão	CTAD-Consumo Zero	Senior Masculino	02:11:26	+39:05	06:34
39	285	José Salas	MSS Contabilidade Trail Team	Senior Masculino	02:12:20	+39:59	06:37
40	283	Fábio Sousa	MSS Contabilidade Trail Team	Senior Masculino	02:12:20	+39:59	06:37
41	238	Manuel Pereira	Individual	Senior Masculino	02:12:32	+40:11	06:38
42	312	Simão sousa	Penafiel running team	Senior Masculino	02:12:38	+40:17	06:38
43	124	Ricardo Coelho	BTT alegria // TUBANI	Senior Masculino	02:12:42	+40:21	06:38
44	326	Toni Paiva	Sentir Escariz running	Senior Masculino	02:14:53	+42:32	06:45
45	190	Manuel silva	Gondomar Futsal Clube	Senior Masculino	02:14:57	+42:35	06:45
46	132	Filipe Pinho	CIDEP Fornos Lusavouga	Senior Masculino	02:14:57	+42:35	06:45
47	214	António Malheiro	Individual	Senior Masculino	02:15:28	+43:07	06:46
48	224	Fernando Ribeiro	Individual	Senior Masculino	02:16:52	+44:31	06:51
49	166	André Filipe Silva Correia	Duelo D'ocasião	Senior Masculino	02:18:33	+46:12	06:56
50	316	Filipe Nascimento	Porto Sentido Runners	Senior Masculino	02:19:13	+46:52	06:58
51	122	Jorge Sousa	BITRUNNERS	Senior Masculino	02:19:22	+47:01	06:58
52	279	Rui Rosas	Lusitanos	Senior Masculino	02:19:55	+47:34	07:00
53	277	Luis Silva	Lusitanos	Senior Masculino	02:19:55	+47:34	07:00
54	143	Joao barbosa	Copos e trilhos	Senior Masculino	02:20:17	+47:56	07:01
55	142	Bruno Sousa	COPOS E TRILHOS	Senior Masculino	02:20:17	+47:56	07:01
56	184	Carlos Alberto	GENEROSOS RUNNERS	Senior Masculino	02:20:22	+48:01	07:01
57	117	JOAO MOREIRA	ARRASA TRILHOS	Senior Masculino	02:20:25	+48:04	07:01
58	225	Filipe Sousa	Individual	Senior Masculino	02:22:10	+49:48	07:07
59	249	Rui Pinto	Individual	Senior Masculino	02:22:44	+50:23	07:08
60	188	Filipe Cruz	Gondomar Futsal Clube	Senior Masculino	02:23:17	+50:56	07:10
61	215	Bruno Pereira	Individual	Senior Masculino	02:25:48	+53:27	07:17
62	241	Nuno	Individual	Senior Masculino	02:27:25	+55:04	07:22
63	242	Nuno Almeida	Individual	Senior Masculino	02:29:34	+57:13	07:29
64	247	Ricardo Ramos	Individual	Senior Masculino	02:30:00	+57:39	07:30
65	244	Pedro Ferreira	Porto Sentido Runners	Senior Masculino	02:30:28	+58:07	07:31
66	231	João Almeida	Individual	Senior Masculino	02:30:38	+58:17	07:32
67	243	Paulo Torres	Individual	Senior Masculino	02:31:26	+59:04	07:34
68	133	Gilberto Ferreira	CIDEP Fornos Lusavouga	Senior Masculino	02:31:36	+59:15	07:35
69	245	Pedro Oliveira	Individual	Senior Masculino	02:34:08	+01:01:47	07:42
70	300	Miguel Santos	OPraticante.pt	Senior Masculino	02:36:20	+01:03:58	07:49
71	197	Gustavo Santos	Gramidense IFC	Senior Masculino	02:37:04	+01:04:43	07:51
72	144	Luís Gonçalves	Copos e trilhos	Senior Masculino	02:43:48	+01:11:27	08:11
73	145	Manuel Barbosa	Copos e Trilhos	Senior Masculino	02:43:49	+01:11:27	08:11
74	116	Luís Rocha	Aragão & Friends	Senior Masculino	02:44:57	+01:12:35	08:15
75	296	Jaime Cardoso	Nocturnos de Paredes	Senior Masculino	02:45:42	+01:13:20	08:17
76	138	Ricardo Coelho	Clube Trilheiros & Amigos	Senior Masculino	02:47:28	+01:15:07	08:22
77	328	Sousa Henrique	Soplabifana	Senior Masculino	02:49:18	+01:16:57	08:28
78	303	Ricardo Fernandes	OPraticante.pt	Senior Masculino	02:55:01	+01:22:40	08:45
79	229	Jaime Pinto Teixeira	Individual	Senior Masculino	02:59:34	+01:27:13	08:59
80	216	Bruno vigario	Individual	Senior Masculino	03:02:44	+01:30:23	09:08
81	246	Pedro Silva	Individual	Senior Masculino	03:05:29	+01:33:07	09:16
82	317	Pedro Valente	Running Espinho	Senior Masculino	03:05:29	+01:33:08	09:16

Trail Curto — 20 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

83	308	Helder Teles	Papatrails	Senior Masculino	03:15:04	+01:42:43	09:45
84	123	Miguel Oliveira	BTT alegria // TUBANI	Senior Masculino	03:15:39	+01:43:18	09:47
85	235	João Pedro Cardoso	Individual	Senior Masculino	03:25:51	+01:53:30	10:18
86	115	Francisco Barbosa	Aragão & friends	Senior Masculino	03:26:12	+01:53:50	10:19
87	191	Telmo Ferreira	Gondomar Futsal Clube	Senior Masculino	03:32:14	+01:59:52	10:37
88	189	Filipe Leitão	Gondomar Futsal Clube	Senior Masculino	03:32:14	+01:59:53	10:37
89	105	João Manuel Gonçalves	AKG Runners	Senior Masculino	03:38:58	+02:06:37	10:57
90	248	Roberto Freitas	Boavista Trail	Senior Masculino	03:41:53	+02:09:32	11:06
91	349	Cláudia Silva	Individual	Senior Masculino	03:42:14	+02:09:53	11:07
92	342	Pedro Oliveira	Ultimagem	Senior Masculino	03:49:10	+02:16:49	11:28
93	341	José Mourisco	Ultimagem	Senior Masculino	03:58:43	+02:26:22	11:56
94	149	Alexandre Costa	COSMENATURA	Senior Masculino	04:21:24	+02:49:03	13:04
95	150	Marco António	COSMENATURA	Senior Masculino	04:21:34	+02:49:13	13:05
96	152	Pedro Marques	COSMENATURA	Senior Masculino	04:21:38	+02:49:17	13:05
97	151	Paulo Nogueira	COSMENATURA	Senior Masculino	04:22:14	+02:49:53	13:07

Sub 23 Feminino

1	337	Sandra ferreira	Trilhos e Cadilhos	Sub 23 Feminino	04:08:32	+02:36:10	12:26

Sub 23 Masculino

1	297	Eduardo Vieira	Nocturnos de Paredes	Sub 23 Masculino	01:57:50	+25:29	05:54
2	313	Hugo soares	Penafiel running team	Sub 23 Masculino	02:00:25	+28:04	06:01
3	170	Jorge Duarte	Espinho Trail	Sub 23 Masculino	02:47:17	+01:14:55	08:22
4	253	Francisco David Sousa Mesquita	Individual	Sub 23 Masculino	02:57:34	+01:25:13	08:53
5	252	Celso Soares	Individual	Sub 23 Masculino	03:01:01	+01:28:40	09:03

Veterana F45

1	193	Ângela Moutinho	Gondomar Futsal Clube	Veterana F45	02:15:58	+43:37	06:48
2	258	Xénia Betsabé Sousa Alves da Silva Graça	Individual	Veterana F45	02:31:44	+59:23	07:35
3	254	Clara Silva	Individual	Veterana F45	02:36:18	+01:03:56	07:49
4	192	Ana Sousa	Gondomar Futsal Clube	Veterana F45	03:18:54	+01:46:33	09:57
5	44	Celeste Ribeiro	Pernetas	Veterana F45	03:32:57	+02:00:36	10:39
6	171	Cristina Duarte	Espinho Trail	Veterana F45	03:47:34	+02:15:13	11:23
7	179	Fernanda Santos	Gansos	Veterana F45	04:08:32	+02:36:11	12:26
8	178	Deolinda Campanha	Gansos	Veterana F45	04:08:32	+02:36:11	12:26
9	256	Maria Manuela	Individual	Veterana F45	04:35:22	+03:03:01	13:46
10	255	Eva Faria	Individual	Veterana F45	04:35:25	+03:03:04	13:46

Veterano M45

1	250	Rui Alvim	MSS Contabilidade Trail Team	Veterano M45	01:45:39	+13:18	05:17

Trail Curto — 20 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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2	305	Abílio Fernandes	OPraticante.pt	Veterano M45	01:45:56	+13:34	05:18
3	135	Adriano Teixeira	CIDEP Fornos Lusavouga	Veterano M45	01:48:55	+16:33	05:27
4	344	Orlando Valente	FC PENAFIEL	Veterano M45	01:52:48	+20:27	05:38
5	168	Joaquim Manuel da Silva Correia	Duelo D'ocasião	Veterano M45	01:52:53	+20:32	05:39
6	289	António Martins	MSS Contabilidade Trail Team	Veterano M45	01:52:58	+20:37	05:39
7	163	José Carlos Dias	CTAD-Consumo Zero	Veterano M45	01:55:23	+23:02	05:46
8	293	Fernando Neves	MSS Contabilidade Trail Team	Veterano M45	01:56:15	+23:54	05:49
9	280	Adriano Oliveira	Lusitanos	Veterano M45	01:58:15	+25:54	05:55
10	294	Manuel Póvoas	MSS Contabilidade Trail Team	Veterano M45	01:58:41	+26:19	05:56
11	273	Nando nunes	Individual	Veterano M45	01:59:11	+26:50	05:58
12	263	Fernando Moreira	Individual	Veterano M45	01:59:22	+27:00	05:58
13	327	Alcino Gouveia	Sentir Escariz running	Veterano M45	02:00:00	+27:39	06:00
14	164	Pedro Sousa Ribeiro	CTAD-Consumo Zero	Veterano M45	02:01:27	+29:05	06:04
15	111	manuel arcanjo freitas ferreira	amigos do pedal trailagares	Veterano M45	02:01:47	+29:26	06:05
16	307	Antonio Fontes	Os Quatro	Veterano M45	02:02:37	+30:15	06:08
17	162	Jorge Rodrigues	CTAD-Consumo Zero	Veterano M45	02:03:23	+31:02	06:10
18	112	Rui Pedro Moreira Lopes	Amigos do Pedal TraiLagares	Veterano M45	02:03:25	+31:04	06:10
19	271	José Lopes	Individual	Veterano M45	02:07:15	+34:53	06:22
20	266	Jorge Durães	Individual	Veterano M45	02:09:48	+37:27	06:29
21	195	joao anselmo fernandes vigário	Gondomar Futsal Clube	Veterano M45	02:10:29	+38:08	06:31
22	125	Tony Mendes	BTT alegria // TUBANI	Veterano M45	02:12:43	+40:22	06:38
23	275	Ricardo Rodrigues	Individual	Veterano M45	02:12:45	+40:23	06:38
24	292	Aurélio Salas	MSS Contabilidade Trail Team	Veterano M45	02:17:57	+45:36	06:54
25	269	José Carvalho	Individual	Veterano M45	02:18:09	+45:48	06:54
26	329	Jorge Almeida	Soplabifana	Veterano M45	02:18:15	+45:54	06:55
27	270	José Henrique Ferreira da Silva	Individual	Veterano M45	02:18:43	+46:22	06:56
28	196	Pedro Sousa	Gondomar Futsal Clube	Veterano M45	02:18:53	+46:32	06:57
29	261	António Matos	Individual	Veterano M45	02:19:32	+47:10	06:59
30	119	JOSE FERREIRA	ARRASA TRILHOS	Veterano M45	02:21:49	+49:28	07:05
31	265	Joao Ribeiro	Individual	Veterano M45	02:25:10	+52:49	07:16
32	118	ANTONIO SILVA	ARRASA TRILHOS	Veterano M45	02:25:49	+53:28	07:17
33	267	Jorge Moreira	Individual	Veterano M45	02:26:27	+54:06	07:19
34	288	António Luís	MSS Contabilidade Trail Team	Veterano M45	02:27:11	+54:50	07:22
35	348	Rui Fernandes	Individual	Veterano M45	02:28:00	+55:39	07:24
36	155	Armando Jesus Freitas Fontão	CR CANDOSO	Veterano M45	02:29:25	+57:03	07:28
37	260	Amandio Sousa	Individual	Veterano M45	02:30:10	+57:48	07:31
38	121	Antonio Couto	Baltar Runners	Veterano M45	02:30:27	+58:05	07:31
39	306	Carlos Morais	OPraticante.pt	Veterano M45	02:31:36	+59:14	07:35
40	174	Ricardo Sousa	Factor X / S4L / Medense FC	Veterano M45	02:35:58	+01:03:36	07:48
41	347	Eduardo Nascimento	Individual	Veterano M45	02:42:46	+01:10:25	08:08
42	102	Rui Sá	10TEMIDOS	Veterano M45	02:44:57	+01:12:36	08:15
43	194	Ilídio Oscar Vieira de Sousa Freitas	Gondomar Futsal Clube	Veterano M45	02:46:22	+01:14:01	08:19
44	172	Tony Barbosa	Espinho Trail	Veterano M45	02:47:17	+01:14:56	08:22
45	136	Xavier Barbosa	CIDEP Fornos Lusavouga	Veterano M45	02:55:36	+01:23:15	08:47
46	181	Álvaro Almeida	Gansos	Veterano M45	03:00:48	+01:28:27	09:02
47	180	Alcino Tavares	Gansos	Veterano M45	03:00:48	+01:28:27	09:02

Trail Curto

20 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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48	259	Abilio Silva	Individual	Veterano M45	03:04:57	+01:32:36	09:15
49	264	Fernando Rodrigues	Individual	Veterano M45	03:09:42	+01:37:21	09:29
50	262	António Santos Couto	Individual	Veterano M45	03:09:54	+01:37:32	09:30
51	182	Joaquim Garces	Gansos	Veterano M45	03:14:09	+01:41:48	09:42
52	274	ORLANDO	Individual	Veterano M45	03:15:03	+01:42:42	09:45
53	268	Jose Alves	Individual	Veterano M45	03:17:47	+01:45:26	09:53
54	129	Marco Batista	Centro Cultural da STCP	Veterano M45	04:49:29	+03:17:07	14:28
55	128	Domingos Faustino	Centro Cultural da STCP	Veterano M45	04:49:29	+03:17:08	14:28