

TRILHO CURTO - 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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	09:30	18.4°C	56%
End	12:50	18.4°C	56%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	502	Miguel da conceição Cotrim	a.d.r.águas belas	Senior Masculino	01:07:27		05:37
2	602	Paulo Ferreira	individual	Veterano M45	01:09:35	+02:09	05:48
3	597	PEDRO SIMÕES	arasm - associação recreativa de são miguel	Veterano M40	01:11:04	+03:38	05:55
4	581	Tiago Lobo	individual	Senior Masculino	01:11:28	+04:02	05:57
5	547	Tiago Nunes	formobike btt & trail running	Senior Masculino	01:12:06	+04:39	06:01
6	503	Rodrigo Antunes Rosa	a.d.r.águas belas	Senior Masculino	01:13:37	+06:11	06:08
7	603	Rogério Cassaca	individual	Veterano M45	01:14:45	+07:18	06:14
8	526	Fernando Jorge	da-lhe gás	Senior Masculino	01:14:45	+07:18	06:14
9	506	Carlos Alberto Rosa Duro	a.d.r.águas belas	Veterano M55	01:14:52	+07:26	06:14
10	608	Filipe Carvalheiro	individual	Veterano M50	01:18:25	+10:58	06:32
11	638	Jose silva	pato bravo	Veterano M55	01:18:42	+11:16	06:34
12	616	Pedro Sequeira	montanha clube trail running/efapel	Senior Masculino	01:18:44	+11:17	06:34
13	501	Diogo Ferreira Silva	a.d.r.águas belas	Senior Masculino	01:19:06	+11:40	06:36
14	509	Jorge Fernandes	arasm - associação recreativa de são miguel	Veterano M60	01:19:15	+11:49	06:36
15	611	Paulo Cavaleiro	leitão & cavaleiro	Veterano M50	01:20:31	+13:04	06:43
16	530	Pedro Jesus	da-lhe gás	Senior Masculino	01:23:30	+16:03	06:58
17	523	Andre Roxo	da-lhe gás	Senior Masculino	01:23:35	+16:08	06:58
18	67	João Fantástico	mondego ultra trail	Senior Masculino	01:23:58	+16:32	07:00
19	532	Rodrigo Vieira	da-lhe gás	Senior Masculino	01:26:30	+19:03	07:13
20	650	Joao ferreira	team coffee	Senior Masculino	01:26:40	+19:13	07:13
21	607	Emilio Leal dos Santos	individual	Veterano M50	01:26:53	+19:26	07:14
22	649	João André Dias	team coffee	Senior Masculino	01:27:00	+19:33	07:15
23	552	Carla Santos	individual	Senior Feminino	01:27:34	+20:07	07:18
24	618	Júlio Marques	montanha clube trail running/efapel	Veterano M50	01:27:35	+20:08	07:18
25	575	José Silvestre	individual	Senior Masculino	01:27:41	+20:15	07:18
26	606	Domingos Ferreira Ramos casimiro	individual	Veterano M50	01:27:43	+20:16	07:19
27	531	Ricardo Henriques	da-lhe gás	Senior Masculino	01:28:44	+21:17	07:24
28	524	Cristiano Calado	da-lhe gás	Senior Masculino	01:28:44	+21:18	07:24
29	570	João Lamas	individual	Senior Masculino	01:31:05	+23:39	07:35
30	635	Amilcar Vinagre	ozxtreme/r.d.a.	Veterano M40	01:31:22	+23:55	07:37
31	657	Mauro Daniel Silva Martins	vikings trail runners / ccr alcabideque	Senior Masculino	01:31:42	+24:16	07:39
32	655	Mônica Ribeiro	vikings trail runners / ccr alcabideque	Senior Feminino	01:31:43	+24:16	07:39
33	565	Fernando Manuel Simões Bastos	individual	Senior Masculino	01:32:05	+24:39	07:40
34	654	José Antunes	trail bombeiros ansião team	Veterano M40	01:33:11	+25:45	07:46
35	653	Luis Ferreira	trail bombeiros ansião team	Senior Masculino	01:33:12	+25:46	07:46
36	629	Sofia Areias	ozxtreme/r.d.a.	Senior Feminino	01:33:18	+25:52	07:47
37	628	Renata Vinagre	ozxtreme/r.d.a.	Senior Feminino	01:33:28	+26:01	07:47
38	631	Fábio Silva	ozxtreme/r.d.a.	Senior Masculino	01:33:33	+26:07	07:48
39	652	Tiago Filipe das Neves Soares Domingues Pina	team coffee	Senior Masculino	01:33:50	+26:24	07:49

TRILHO CURTO - STAGE 1

12 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	543	Manuel Morais	farmácia luciano e matos	Senior Masculino	01:35:12	+27:46	07:56
41	665	Ana Gonçalves	individual	Senior Feminino	01:35:14	+27:47	07:56
42	507	Lígia Coelho	arism - associação recreativa de são miguel	Veterana F45	01:35:18	+27:52	07:57
43	598	Virgílio Neto	individual	Veterano M40	01:35:46	+28:19	07:59
44	554	Carla Sofia	individual	Senior Feminino	01:35:51	+28:25	07:59
45	594	Miguel Gonçalves	individual	Veterano M40	01:37:35	+30:09	08:08
46	577	Paulino Oliveira	individual	Senior Masculino	01:38:00	+30:33	08:10
47	534	Silvia Dias	da-lhe gás	Veterana F40	01:38:08	+30:42	08:11
48	536	José Dias	da-lhe gás	Veterano M40	01:38:08	+30:42	08:11
49	615	Pedro Filipe Santos Simões	montanha clube trail running/efapel	Senior Masculino	01:38:17	+30:51	08:11
50	593	Eduardo Jorge Tomas da Silva	individual	Veterano M40	01:38:32	+31:05	08:13
51	505	Carlos Manuel Alves e Silva	a.d.r. águas belas	Veterano M50	01:40:27	+33:00	08:22
52	586	Alexandra Neves	individual	Veterana F45	01:44:09	+36:42	08:41
53	604	Rui Santos	individual	Veterano M45	01:44:09	+36:43	08:41
54	569	João Francisco	individual	Senior Masculino	01:44:31	+37:05	08:43
55	622	Pedro Santos	os intocáveis	Veterano M40	01:45:39	+38:12	08:48
56	623	Mário Silva	os intocáveis	Veterano M45	01:45:39	+38:12	08:48
57	520	Patricia Pires	da-lhe gás	Senior Feminino	01:45:52	+38:25	08:49
58	617	Luísa Baptista	montanha clube trail running/efapel	Veterana F50	01:46:07	+38:41	08:51
59	614	Ana Sêco	montanha clube trail running/efapel	Senior Feminino	01:46:34	+39:08	08:53
60	585	Sílvia Franco	individual	Veterana F40	01:47:59	+40:32	09:00
61	648	Helder sequeira	team coffee	Senior Masculino	01:47:59	+40:33	09:00
62	632	Nelson Beja	ozxtreme/r.d.a.	Senior Masculino	01:48:50	+41:23	09:04
63	576	Luis Marcelo Dias Casimiro	individual	Senior Masculino	01:48:53	+41:26	09:04
64	540	Carolina Negrão Redondo Silva	farmácia luciano e matos	Senior Feminino	01:49:14	+41:47	09:06
65	542	João Filipe Novo Azeiteiro	farmácia luciano e matos	Senior Masculino	01:49:14	+41:48	09:06
66	658	Paula Andrade	vikings trail runners / ccr alcabideque	Veterana F40	01:50:02	+42:36	09:10
67	550	Ana Luísa Cristino Varela Geraldo	individual	Senior Feminino	01:50:07	+42:41	09:11
68	515	Hugo Bera	coimbra trail running	Senior Masculino	01:50:08	+42:42	09:11
69	504	Zulmira Godinho Ferreira Silva	a.d.r. águas belas	Veterana F45	01:51:19	+43:53	09:17
70	621	Mónica Pedras	os intocáveis	Senior Feminino	01:51:56	+44:29	09:20
71	660	Ana Loreto	montanha clube trail running/efapel	Veterano M45	01:52:17	+44:51	09:21
72	574	Jorge Fer	individual	Senior Masculino	01:52:47	+45:20	09:24
73	568	joao fernandes	individual	Senior Masculino	01:53:40	+46:14	09:28
74	580	Pedro Nuno Costa Sacramento	individual	Senior Masculino	01:53:40	+46:14	09:28
75	566	Hugo Gonçalves	individual	Senior Masculino	01:54:58	+47:32	09:35
76	640	NELSON MATIAS	rocket team	Veterano M40	01:55:26	+48:00	09:37
77	527	João Pedro	da-lhe gás	Senior Masculino	01:55:26	+48:00	09:37
78	639	Liliana Pedrosa	rocket team	Senior Feminino	01:55:31	+48:04	09:38
79	590	Fatima Malta	individual	Veterana F50	01:56:06	+48:40	09:41
80	620	Ana Bento	os intocáveis	Senior Feminino	01:56:17	+48:50	09:41
81	619	Luís Vasques	múmias paralíticas	Veterano M45	01:57:35	+50:08	09:48
82	548	Alexandra Dinis	individual	Senior Feminino	01:57:38	+50:11	09:48
83	560	Afonso	individual	Senior Masculino	01:58:59	+51:33	09:55

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
84	558	Patrícia Lourenço	individual	Senior Feminino	01:59:00	+51:33	09:55
85	656	Sandra Agra	vikings trail runners / ccr alcabideque	Senior Feminino	02:00:57	+53:31	10:05
86	551	Bruna Cordeiro	individual	Senior Feminino	02:01:02	+53:35	10:05
87	559	Rute marques	individual	Senior Feminino	02:01:02	+53:35	10:05
88	561	Alexandre Frutuoso	individual	Senior Masculino	02:01:21	+53:55	10:07
89	587	Margarida Silvestre	individual	Veterana F45	02:01:53	+54:26	10:09
90	625	Paulo Sousa	os tolinhos	Senior Masculino	02:02:17	+54:50	10:11
91	624	Tânia Bértolo	os tolinhos	Senior Feminino	02:02:17	+54:51	10:11
92	613	Nuno Martinho	martinsobral	Veterano M40	02:02:35	+55:09	10:13
93	612	Raquel Caetano	martinsobral	Senior Feminino	02:02:35	+55:09	10:13
94	519	Natália Jesus	da-lhe gás	Senior Feminino	02:02:48	+55:21	10:14
95	661	Carlos Novo	individual	Senior Masculino	02:03:08	+55:41	10:16
96	535	Silvia Piedade	da-lhe gás	Veterana F40	02:04:25	+56:59	10:22
97	522	Susana Gomes	da-lhe gás	Senior Feminino	02:04:26	+57:00	10:22
98	549	Ana Cristina Silva Dias	individual	Senior Feminino	02:04:32	+57:05	10:23
99	556	Mónica Apóstolo	individual	Senior Feminino	02:04:45	+57:19	10:24
100	567	João dos Santos Costa Boléo Cassapo	individual	Senior Masculino	02:04:51	+57:24	10:24
101	579	Pedro Miguel Alves	individual	Senior Masculino	02:04:51	+57:25	10:24
102	601	Henrique Antunes dos Santos	individual	Veterano M45	02:04:58	+57:32	10:25
103	529	Nuno Leal	da-lhe gás	Senior Masculino	02:08:40	+01:01:14	10:43
104	544	Rosa Aparecida Marques Cunha	farmácia luciano e matos	Veterana F45	02:13:37	+01:06:10	11:08
105	555	Gisele da Costa Margatho	individual	Senior Feminino	02:13:37	+01:06:11	11:08
106	572	João Vaz	individual	Senior Masculino	02:13:37	+01:06:11	11:08
107	533	Victor Coelho	da-lhe gás	Senior Masculino	02:13:39	+01:06:12	11:08
108	659	Xana Mateus	vila seca run team	Senior Feminino	02:14:16	+01:06:50	11:11
109	512	Dídia Conceição	canela & chocolate	Veterana F40	02:16:34	+01:09:07	11:23
110	514	Raul Oliveira	canela & chocolate	Veterano M45	02:16:34	+01:09:07	11:23
111	582	Cristina Maria Oliveira Pereira Gonçalves	individual	Veterana F40	02:18:30	+01:11:03	11:33
112	525	David Morgado	da-lhe gás	Senior Masculino	02:18:51	+01:11:24	11:34
113	517	Ana Rosinha	da-lhe gás	Senior Feminino	02:18:51	+01:11:24	11:34
114	521	Sara Simões	da-lhe gás	Senior Feminino	02:18:51	+01:11:24	11:34
115	637	Oswaldo Tavares	ozxtreme/r.d.a.	Veterano M40	02:18:52	+01:11:25	11:34
116	636	Daniel Henriques	ozxtreme/r.d.a.	Veterano M40	02:20:51	+01:13:24	11:44
117	588	Maria Alcina de Jesus Malta	individual	Veterana F45	02:22:07	+01:14:40	11:51
118	647	Joana nascimento	team coffee	Senior Feminino	02:23:25	+01:15:58	11:57
119	516	Dulce Manuel Vasconcelos Martins Manso	coimbra trail running	Veterana F40	02:25:58	+01:18:31	12:10
120	633	Pedro Almeida	ozxtreme/r.d.a.	Senior Masculino	02:25:58	+01:18:32	12:10
121	599	Cláudio Tereso	individual	Veterano M45	02:25:58	+01:18:32	12:10
122	546	Paulo Jorge Gonçalves Eusébio	follow me	Veterano M40	02:30:44	+01:23:17	12:34
123	539	Magda Araújo	desliza team	Senior Feminino	02:30:49	+01:23:23	12:34
124	541	Mónica Cunha	farmácia luciano e matos	Senior Feminino	02:31:30	+01:24:04	12:38
125	584	Marta Campos	individual	Veterana F40	02:31:55	+01:24:28	12:40

trilho curto

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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	09:30	18.4°C	56%
End	12:50	18.4°C	56%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	552	Carla Santos	Individual	Senior Feminino	01:27:34		07:18
2	655	Mônica Ribeiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	01:31:43	+04:09	07:39
3	629	Sofia Areias	OzXtreme/R.D.A.	Senior Feminino	01:33:19	+05:45	07:47
4	628	Renata Vinagre	OzXtreme/R.D.A.	Senior Feminino	01:33:28	+05:54	07:47
5	665	Ana Gonçalves	Individual	Senior Feminino	01:35:14	+07:40	07:56
6	554	Carla Sofia	Individual	Senior Feminino	01:35:52	+08:18	07:59
7	520	Patricia Pires	Da-lhe Gás	Senior Feminino	01:45:52	+18:18	08:49
8	614	Ana Sêco	Montanha Clube Trail Running/Efapel	Senior Feminino	01:46:35	+19:01	08:53
9	540	Carolina Negrão Redondo Silva	Farmácia Luciano e Matos	Senior Feminino	01:49:14	+21:40	09:06
10	550	Ana Luísa Cristino Varela Geraldo	Individual	Senior Feminino	01:50:08	+22:34	09:11
11	621	Mónica Pedras	Os Intocáveis	Senior Feminino	01:51:56	+24:22	09:20
12	639	Liliana Pedrosa	Rocket Team	Senior Feminino	01:55:31	+27:57	09:38
13	620	Ana Bento	Os Intocáveis	Senior Feminino	01:56:17	+28:43	09:41
14	548	Alexandra Dinis	Individual	Senior Feminino	01:57:38	+30:04	09:48
15	558	Patricia Lourenço	Individual	Senior Feminino	01:59:00	+31:26	09:55
16	656	Sandra Agra	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	02:00:58	+33:24	10:05
17	551	Bruna Cordeiro	Individual	Senior Feminino	02:01:02	+33:28	10:05
18	559	Rute marques	Individual	Senior Feminino	02:01:02	+33:28	10:05
19	624	Tânia Bértolo	Os Tolinhos	Senior Feminino	02:02:18	+34:44	10:11
20	612	Raquel Caetano	Martinsobral	Senior Feminino	02:02:36	+35:02	10:13
21	519	Natália Jesus	Da-lhe Gás	Senior Feminino	02:02:48	+35:14	10:14
22	522	Susana Gomes	Da-lhe Gás	Senior Feminino	02:04:27	+36:53	10:22
23	549	Ana Cristina Silva Dias	Individual	Senior Feminino	02:04:32	+36:58	10:23
24	556	Mónica Apóstolo	Individual	Senior Feminino	02:04:46	+37:12	10:24
25	555	Gisele da Costa Margatho	Individual	Senior Feminino	02:13:38	+46:04	11:08
26	659	Xana Mateus	Vila Seca Run Team	Senior Feminino	02:14:17	+46:43	11:11
27	517	Ana Rosinha	Da-lhe Gás	Senior Feminino	02:18:51	+51:17	11:34
28	521	Sara Simões	Da-lhe Gás	Senior Feminino	02:18:51	+51:17	11:34
29	647	Joana nascimento	Team Coffee	Senior Feminino	02:23:25	+55:51	11:57
30	539	Magda Araújo	Desliza Team	Senior Feminino	02:30:50	+01:03:16	12:34
31	541	Mónica Cunha	Farmácia Luciano e Matos	Senior Feminino	02:31:31	+01:03:57	12:38
32	662	Ana Amado	Farmácia	Senior Feminino	02:32:16	+01:04:42	12:41
33	663	Carla Sofia Simões Henriques	Individual	Senior Feminino	02:33:38	+01:06:04	12:48
34	626	Leonor Fonseca	OzXtreme/R.D.A.	Senior Feminino	02:35:39	+01:08:05	12:58
35	627	Patrícia Henriques	OzXtreme/R.D.A.	Senior Feminino	02:35:39	+01:08:05	12:58
36	641	Susana Ladeira	SCP	Senior Feminino	02:37:13	+01:09:39	13:06
37	643	Ana Catarina Oliveira	Team Coffee	Senior Feminino	02:56:59	+01:29:25	14:45

trilho curto

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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

38	646	Joana Costa	Team Coffee	Senior Feminino	02:57:00	+01:29:26	14:45
39	518	Cândida Gonçalves	Da-lhe Gás	Senior Feminino	03:05:06	+01:37:32	15:25

Senior Masculino

1	502	Miguel da conceição Cotrim	A.D.R.Águas Belas	Senior Masculino	01:07:27		05:37
2	581	Tiago Lobo	Individual	Senior Masculino	01:11:29	+04:02	05:57
3	547	Tiago Nunes	Formobike BTT & Trail Running	Senior Masculino	01:12:06	+04:39	06:01
4	503	Rodrigo Antunes Rosa	A.D.R.Águas Belas	Senior Masculino	01:13:38	+06:11	06:08
5	526	Fernando Jorge	Da-lhe Gás	Senior Masculino	01:14:45	+07:18	06:14
6	616	Pedro Sequeira	Montanha Clube Trail Running/Efapel	Senior Masculino	01:18:44	+11:17	06:34
7	501	Diogo Ferreira Silva	A.D.R.Águas Belas	Senior Masculino	01:19:07	+11:40	06:36
8	530	Pedro Jesus	Da-lhe Gás	Senior Masculino	01:23:30	+16:03	06:58
9	523	Andre Roxo	Da-lhe Gás	Senior Masculino	01:23:35	+16:08	06:58
10	67	João Fantástico	Mondego Ultra Trail	Senior Masculino	01:23:59	+16:32	07:00
11	532	Rodrigo Vieira	Da-lhe Gás	Senior Masculino	01:26:30	+19:03	07:13
12	650	Joao ferreira	Team Coffee	Senior Masculino	01:26:40	+19:13	07:13
13	649	João André Dias	Team Coffee	Senior Masculino	01:27:00	+19:33	07:15
14	575	José Silvestre	Individual	Senior Masculino	01:27:42	+20:15	07:18
15	531	Ricardo Henriques	Da-lhe Gás	Senior Masculino	01:28:44	+21:17	07:24
16	524	Cristiano Calado	Da-lhe Gás	Senior Masculino	01:28:45	+21:18	07:24
17	570	João Lamas	Individual	Senior Masculino	01:31:06	+23:39	07:35
18	657	Mauro Daniel Silva Martins	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:31:43	+24:16	07:39
19	565	Fernando Manuel Simões Bastos	Individual	Senior Masculino	01:32:06	+24:39	07:40
20	653	Luis Ferreira	Trail Bombeiros Ansião Team	Senior Masculino	01:33:13	+25:46	07:46
21	631	Fábio Silva	OzXtreme/R.D.A.	Senior Masculino	01:33:34	+26:07	07:48
22	652	Tiago Filipe das Neves Soares Domingues Pina	Team Coffee	Senior Masculino	01:33:51	+26:24	07:49
23	543	Manuel Morais	Farmácia Luciano e Matos	Senior Masculino	01:35:13	+27:46	07:56
24	577	Paulino Oliveira	Individual	Senior Masculino	01:38:00	+30:33	08:10
25	615	Pedro Filipe Santos Simões	Montanha Clube Trail Running/Efapel	Senior Masculino	01:38:18	+30:51	08:11
26	569	João Francisco	Individual	Senior Masculino	01:44:32	+37:05	08:43
27	648	Helder sequeira	Team Coffee	Senior Masculino	01:48:00	+40:33	09:00
28	632	Nelson Beja	OzXtreme/R.D.A.	Senior Masculino	01:48:50	+41:23	09:04
29	576	Luis Marcelo Dias Casimiro	Individual	Senior Masculino	01:48:53	+41:26	09:04
30	542	João Filipe Novo Azeiteiro	Farmácia Luciano e Matos	Senior Masculino	01:49:15	+41:48	09:06
31	515	Hugo Bera	Coimbra Trail Running	Senior Masculino	01:50:09	+42:42	09:11
32	574	Jorge Fer	Individual	Senior Masculino	01:52:47	+45:20	09:24
33	568	joao fernandes	Individual	Senior Masculino	01:53:41	+46:14	09:28
34	580	Pedro Nuno Costa Sacramento	Individual	Senior Masculino	01:53:41	+46:14	09:28
35	566	Hugo Gonçalves	Individual	Senior Masculino	01:54:59	+47:32	09:35
36	527	João Pedro	Da-lhe Gás	Senior Masculino	01:55:27	+48:00	09:37
37	560	Afonso	Individual	Senior Masculino	01:59:00	+51:33	09:55
38	561	Alexandre Frutuoso	Individual	Senior Masculino	02:01:22	+53:55	10:07

trilho curto

12 KM

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39	625	Paulo Sousa	Os Tolinhos	Senior Masculino	02:02:17	+54:50	10:11
40	661	Carlos Novo	Individual	Senior Masculino	02:03:08	+55:41	10:16
41	567	João dos Santos Costa Boléo Cassapo	Individual	Senior Masculino	02:04:51	+57:24	10:24
42	579	Pedro Miguel Alves	Individual	Senior Masculino	02:04:52	+57:25	10:24
43	529	Nuno Leal	Da-lhe Gás	Senior Masculino	02:08:41	+01:01:14	10:43
44	572	João Vaz	Individual	Senior Masculino	02:13:38	+01:06:11	11:08
45	533	Victor Coelho	Da-lhe Gás	Senior Masculino	02:13:39	+01:06:12	11:08
46	525	David Morgado	Da-lhe Gás	Senior Masculino	02:18:51	+01:11:24	11:34
47	633	Pedro Almeida	OzXtreme/R.D.A.	Senior Masculino	02:25:59	+01:18:32	12:10
48	634	Samuel Martinho	OzXtreme/R.D.A.	Senior Masculino	02:35:39	+01:28:12	12:58
49	642	Jónatas valença	SCP	Senior Masculino	02:37:13	+01:29:46	13:06
50	564	Bruno Miguel Diogo	Individual	Senior Masculino	02:57:00	+01:49:33	14:45
51	528	Joaquim Angelo	Da-lhe Gás	Senior Masculino	03:00:22	+01:52:55	15:02

Veterana F40

1	534	Silvia Dias	Da-lhe Gás	Veterana F40	01:38:09		08:11
2	585	Sílvia Franco	Individual	Veterana F40	01:47:59	+09:50	09:00
3	658	Paula Andrade	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F40	01:50:03	+11:54	09:10
4	535	Silvia Piedade	Da-lhe Gás	Veterana F40	02:04:26	+26:17	10:22
5	512	Dídia Conceição	Canela & Chocolate	Veterana F40	02:16:34	+38:25	11:23
6	582	Cristina Maria Oliveira Pereira Gonçalves	Individual	Veterana F40	02:18:30	+40:21	11:33
7	516	Dulce Manuel Vasconcelos Martins Manso	Coimbra Trail Running	Veterana F40	02:25:58	+47:49	12:10
8	584	Marta Campos	Individual	Veterana F40	02:31:55	+53:46	12:40
9	511	clelia conceição	Canela & Chocolate	Veterana F40	02:32:07	+53:58	12:41
10	583	Kiki Ameixial	Individual	Veterana F40	02:41:34	+01:03:25	13:28

Veterana F45

1	507	Lígia Coelho	ARSM - Associação Recreativa de São Miguel	Veterana F45	01:35:19		07:57
2	586	Alexandra Neves	Individual	Veterana F45	01:44:09	+08:50	08:41
3	504	Zulmira Godinho Ferreira Silva	A.D.R.Águas Belas	Veterana F45	01:51:20	+16:01	09:17
4	587	Margarida Silvestre	Individual	Veterana F45	02:01:53	+26:34	10:09
5	544	Rosa Aparecida Marques Cunha	Farmácia Luciano e Matos	Veterana F45	02:13:37	+38:18	11:08
6	588	Maria Alcina de Jesus Malta	Individual	Veterana F45	02:22:07	+46:48	11:51
7	664	Maria De Fátima Pires Rodrigues	Individual	Veterana F45	02:33:39	+58:20	12:48

Veterana F50

1	617	Luísa Baptista	Montanha Clube Trail Running/Efapel	Veterana F50	01:46:08		08:51
2	590	Fatima Malta	Individual	Veterana F50	01:56:07	+09:59	09:41
3	513	Ana Bela Gaspar	Canela & Chocolate	Veterana F50	02:32:07	+45:59	12:41

Official Timekeeper: Lap2Go	3 / 5	generate 09-Apr-2017 12:50
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trilho curto
12 KM
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Veterana F55

1	545	Helena Amado	Farmácia Luciano e Matos	Veterana F55	02:33:31	12:48
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Veterano M40

1	597	PEDRO SIMÕES	ARSM - Associação Recreativa de São Miguel	Veterano M40	01:11:05	05:55
2	635	Amilcar Vinagre	OzXtreme/R.D.A.	Veterano M40	01:31:22	+20:17 07:37
3	654	José Antunes	Trail Bombeiros Ansião Team	Veterano M40	01:33:12	+22:07 07:46
4	598	Virgílio Neto	Individual	Veterano M40	01:35:46	+24:41 07:59
5	594	Miguel Gonçalves	Individual	Veterano M40	01:37:36	+26:31 08:08
6	536	José Dias	Da-lhe Gás	Veterano M40	01:38:09	+27:04 08:11
7	593	Eduardo Jorge Tomas da Silva	Individual	Veterano M40	01:38:32	+27:27 08:13
8	622	Pedro Santos	Os Intocáveis	Veterano M40	01:45:39	+34:34 08:48
9	640	NELSON MATIAS	Rocket Team	Veterano M40	01:55:27	+44:22 09:37
10	613	Nuno Martinho	Martinsobral	Veterano M40	02:02:36	+51:31 10:13
11	637	Oswaldo Tavares	OzXtreme/R.D.A.	Veterano M40	02:18:52	+01:07:47 11:34
12	636	Daniel Henriques	OzXtreme/R.D.A.	Veterano M40	02:20:51	+01:09:46 11:44
13	546	Paulo Jorge Gonçalves Eusébio	Follow Me	Veterano M40	02:30:44	+01:19:39 12:34
14	596	Pedro Graça	Individual	Veterano M40	02:33:08	+01:22:03 12:46
15	595	Nuno Ameixial	Individual	Veterano M40	02:41:34	+01:30:29 13:28

Veterano M45

1	602	Paulo Ferreira	Individual	Veterano M45	01:09:36	05:48
2	603	Rogério Cassaca	Individual	Veterano M45	01:14:45	+05:09 06:14
3	604	Rui Santos	Individual	Veterano M45	01:44:10	+34:34 08:41
4	623	Mário Silva	Os Intocáveis	Veterano M45	01:45:39	+36:03 08:48
5	660	Ana Loreto	Montanha Clube Trail Running/Efapel	Veterano M45	01:52:18	+42:42 09:21
6	619	Luís Vasques	Múmias Paralíticas	Veterano M45	01:57:35	+47:59 09:48
7	601	Henrique Antunes dos Santos	Individual	Veterano M45	02:04:59	+55:23 10:25
8	514	Raul Oliveira	Canela & Chocolate	Veterano M45	02:16:34	+01:06:58 11:23
9	599	Cláudio Tereso	Individual	Veterano M45	02:25:59	+01:16:23 12:10

Veterano M50

1	608	Filipe Carvalheiro	Individual	Veterano M50	01:18:25	06:32
2	611	Paulo Cavaleiro	Leitão & Cavaleiro	Veterano M50	01:20:31	+02:06 06:43
3	607	Emilio Leal dos Santos	Individual	Veterano M50	01:26:53	+08:28 07:14
4	618	Júlio Marques	Montanha Clube Trail Running/Efapel	Veterano M50	01:27:35	+09:10 07:18
5	606	Domingos Ferreira Ramos casimiro	Individual	Veterano M50	01:27:43	+09:18 07:19
6	505	Carlos Manuel Alves e Silva	A.D.R.Águas Belas	Veterano M50	01:40:27	+22:02 08:22

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trilho curto

12 KM

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Veterano M55

1	506	Carlos Alberto Rosa Duro	A.D.R.Águas Belas	Veterano M55	01:14:53		06:14
2	638	Jose silva	Pato bravo	Veterano M55	01:18:43	+03:50	06:34

Veterano M60

1	509	Jorge Fernandes	ARSM - Associação Recreativa de São Miguel	Veterano M60	01:19:16		06:36
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COLETIVA

Rk	NOME	Pontos
1	OzXtreme/R.D.A.	10
2	Coimbra Trail Running	12
3	A.D.R.Águas Belas	16
4	Da-lhe Gás	30
5	Montanha Clube Trail Running/Efapel	50
6	ARSM - Associação Recreativa de São Miguel	59
7	Team Coffee	81
8	Atletismo Clube da Tocha	101
9	PelaEstradaFora	102
10	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	129
11	Farmácia Luciano e Matos	163
12	O Mundo da Corrida	164
13	Os Intocáveis	181
14	Canela & Chocolate	345