Trail Encostas do Mondego
Figueira da Foz,PT
01-December-2018

TRAIL CURTO - STAGE 1 — 15 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	09:15	8ºC	93%
End	13:14	8ºC	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	174	Nelson Costa	escola de atletismo de coimbra/intermarché condeixa	Veterano M40	01:09:27		04:38
2	175	Paulo Amaral	escola de atletismo de coimbra/intermarché condeixa	Veterano M40	01:11:49	+02:22	04:47
3	173	Márcio Pereira	escola de atletismo de coimbra/intermarché condeixa	Veterano M40	01:12:12	+02:44	04:49
4	177	Mário Teixeira	escola de atletismo de coimbra/intermarché condeixa	Veterano M45	01:13:29	+04:02	04:54
5	170	Paulo Palhinha	escola de atletismo de coimbra/intermarché condeixa	Veterano M35	01:14:00	+04:33	04:56
6	323	Orlando Pires	ozxtreme/adcrpereira	Veterano M45	01:14:34	+05:07	04:58
7	318	Fernando Carvalho	ozxtreme/adcrpereira	Veterano M40	01:15:06	+05:39	05:00
8	38	João Manuel Cruz Silva	acdrs quinhendros	Veterano M40	01:15:30	+06:02	05:02
9	172	Eduardo Moreira	escola de atletismo de coimbra/intermarché condeixa	Veterano M40	01:15:55	+06:28	05:04
10	394	Bruno Miguel Oliveira Ribeiro	vikings trail runners / ccr alcabideque	Veterano M35	01:16:46	+07:18	05:07
11	109	Tiago Duarte	atletismo clube da tocha	Senior Masculino	01:17:02	+07:35	05:08
12	241	Celso	individual	Veterano M35	01:17:17	+07:50	05:09
13	178	Ricardo Aguiar	escola de atletismo de coimbra/intermarché condeixa	Veterano M45	01:17:20	+07:52	05:09
14	575	Tiago Gaspar	trilhos dos templários / xporfit	Veterano M40	01:17:20	+07:52	05:09
15	346	José Santos	sc povoense - caracóis de corrida	Veterano M35	01:17:27	+08:00	05:10
16	196	José Jesus	formobike btt & trail running	Veterano M50	01:17:54	+08:27	05:12
17	348	Rodrigo Quintal	sc povoense - caracóis de corrida	Veterano M40	01:18:05	+08:37	05:12
18	347	Vitor Francisco	sc povoense - caracóis de corrida	Veterano M35	01:18:17	+08:49	05:13
19	144	Hugo Leite	clube atletismo fafe	Senior Masculino	01:18:38	+09:10	05:15
20	147	Eduardo Gonçalves	coimbra trail running	Senior Masculino	01:18:52	+09:25	05:16
21	110	Daniel Batata	atletismo clube da tocha	Veterano M35	01:19:01	+09:33	05:16
22	94	Carlos Simões	arsm - associação recreativa de s. miguel	Veterano M50	01:19:05	+09:38	05:16
23	289	Jorge Filipe	montanha clube trail running efapel	Senior Masculino	01:19:10	+09:43	05:17
24	85	André Magalhães	arsm - associação recreativa de s. miguel	Veterano M35	01:19:32	+10:05	05:18
25	383	Ricardo Santos	vikings trail runners / ccr alcabideque	Senior Masculino	01:19:46	+10:18	05:19
26	369	Filipe Carecho Pinheiro	vikings trail runners / ccr alcabideque	Juvenil Masculino	01:20:09	+10:42	05:21
27	321	Helder Piedade	ozxtreme/adcrpereira	Veterano M45	01:20:21	+10:54	05:21
28	68	Arlindo Ribeiro	arcd venda da luisa	Veterano M50	01:20:32	+11:04	05:22
29	169	André Fonte	escola de atletismo de coimbra/intermarché condeixa	Veterano M35	01:20:58	+11:30	05:24
30	380	Mauro Daniel Silva Martins	vikings trail runners / ccr alcabideque	Senior Masculino	01:21:19	+11:51	05:25
31	176	António Ferrolho	escola de atletismo de coimbra/intermarché condeixa	Veterano M45	01:21:29	+12:01	05:26
32	402	Tiago moreno	acdrs quinhendros	Senior Masculino	01:21:37	+12:10	05:27
33	102	Pedro Miguel Madaleno Cardoso	assscc - ar livre e aventura	Veterano M40	01:21:46	+12:19	05:27
34	362	Ernesto Nabeiro	soure mov	Veterano M45	01:21:49	+12:22	05:27
35	298	Celso Cristiano Marques	nexebra trail team	Senior Masculino	01:22:51	+13:24	05:31
36	382	Renato Filipe jacob Melo	vikings trail runners / ccr alcabideque	Senior Masculino	01:23:00	+13:32	05:32
37	34	Bruno Alexandre	acdrs quinhendros	Veterano M35	01:23:02	+13:34	05:32

TRAIL CURTO - STAGE 1 15 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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
38	313	Sacramento	ozxtreme/adcrpereira	Senior Masculino	01:23:07	+13:40	05:33
39	312	Marçio Cruz	ozxtreme/adcrpereira	Senior Masculino	01:23:13	+13:45	05:33
40	571	Rafael Martinho	trilhos dos templários / xporfit	Senior Masculino	01:23:37	+14:10	05:35
41	119	José Zananar	atletismo clube da tocha	Veterano M50	01:23:42	+14:14	05:35
42	349	JoséMiguel Santos	sc povoense - caracóis de corrida	Veterano M45	01:23:50	+14:22	05:35
43	292	Fernando Bastos	montanha clube trail running efapel	Veterano M35	01:23:55	+14:27	05:36
44	156	Américo Ramos	cscd norte e soure	Veterano M50	01:23:58	+14:30	05:36
45	374	Andre Braga de Oliveira Costa	vikings trail runners / ccr alcabideque	Senior Masculino	01:24:04	+14:37	05:36
46	193	Vitor Manuel Rodrigues Gomes	flashover - bvpenela	Veterano M40	01:24:10	+14:43	05:37
47	1	Cristina Couceiro	arsm - associação recreativa de s. miguel	Veterana F40	01:24:34	+15:06	05:38
48	120	Vitor faim	atletismo clube da tocha	Veterano M55	01:24:54	+15:26	05:40
49	100	Miguel Veloso	assscc - ar livre e aventura	Senior Masculino	01:25:00	+15:32	05:40
50	149	vasco morais pinheiro de sousa	coimbra trail running	Veterano M50	01:25:11	+15:44	05:41
51	297	João Carlos Simões Marques	montanha clube trail running efapel	Veterano M45	01:25:39	+16:11	05:43
52	411	Rodrigo Cardoso Simões	cscd norte e soure	Senior Masculino	01:25:58	+16:30	05:44
53	39	MÁRCIO RODRIGUES	acdrs quinhendros	Veterano M40	01:26:18	+16:50	05:45
54	112	Ricardo Silva	atletismo clube da tocha	Veterano M35	01:26:30	+17:02	05:46
55	71	Jose Marques	arcd venda da luisa	Veterano M50	01:26:40	+17:12	05:47
56	197	vitor Cação	gatõesbtt	Veterano M40	01:26:50	+17:22	05:47
57	115	BMarques	atletismo clube da tocha	Veterano M40	01:26:54	+17:27	05:48
58	368	Pedro Marques	trilhos dos templários / xporfit	Veterano M40	01:26:59	+17:31	05:48
59	42	Arnaldo Mendes	adm - orimondego	Veterano M40	01:27:15	+17:47	05:49
60	138	Ricardo Nunes	ccdr matas&cipreste trail team	Senior Masculino	01:27:19	+17:51	05:49
61	35	Filipe Saltão	acdrs quinhendros	Veterano M35	01:27:22	+17:55	05:50
62	113	Adriano Tabanez	atletismo clube da tocha	Veterano M40	01:28:41	+19:13	05:55
63	63	Artur Gândara	arcd venda da luisa	Veterano M40	01:28:54	+19:26	05:56
64	398	Victor Gonçalves	vikings trail runners / ccr alcabideque	Veterano M55	01:28:54	+19:26	05:56
65	206	Alex Silva	grvilaverdense	Veterano M40	01:28:59	+19:32	05:56
66	70	Carlos Quinteiro	arcd venda da luisa	Veterano M50	01:29:02	+19:35	05:56
67	274	Filipe carvalheiro	individual	Veterano M55	01:29:08	+19:40	05:57
68	28	Luis Barraca Pereira	a. d. buarcos	Veterano M45	01:29:40	+20:13	05:59
69	165	Pedro Moreira	escola de atletismo de coimbra/intermarché condeixa	Senior Masculino	01:29:51	+20:24	05:59
70	84	Sofia Coimbra	arsm - associação recreativa de s. miguel	Veterana F45	01:29:54	+20:27	06:00
71	279	Paulo Cavaleiro	leitão & cavaleiro	Veterano M55	01:30:02	+20:34	06:00
72	396	Luis Pedro dos Santos caridade	vikings trail runners / ccr alcabideque	Veterano M45	01:30:03	+20:36	06:00
73	118	Paulo Pessoa	atletismo clube da tocha	Veterano M40	01:30:14	+20:47	06:01
74	316	Tiago Costa	ozxtreme/adcrpereira	Veterano M35	01:30:15	+20:47	06:01
75	308	Nuno Coelho	os moitas	Veterano M40	01:30:15	+20:48	06:01
76	288	Carla Santos	montanha clube trail running efapel	Senior Feminino	01:30:21	+20:53	06:01
77	155	Jorge Rodrigues	cscd norte e soure	Veterano M45	01:30:41	+21:14	06:03
78	194	Paulo Marques	formobike btt & trail running	Senior Masculino	01:30:51	+21:24	06:03
79	410	Paulo Acúrcio	grupo desportivo ferreirense	Veterano M50	01:31:02	+21:34	06:04
80	167	Vitor Dias	escola de atletismo de coimbra/intermarché condeixa	Senior Masculino	01:31:08	+21:40	06:05

TRAIL CURTO - STAGE 1 15 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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
81	114	António Batata	atletismo clube da tocha	Veterano M40	01:31:18	+21:51	06:05
82	293	Frederico Malta	montanha clube trail running efapel	Veterano M35	01:32:20	+22:53	06:09
83	163	Tiago Carvalho	dá-lhe gás team	Veterano M40	01:32:23	+22:56	06:10
84	91	Enrique Amaro	arsm - associação recreativa de s. miguel	Veterano M45	01:32:25	+22:57	06:10
85	189	Marco Lourenço	figueira kayak clube	Veterano M45	01:32:28	+23:00	06:10
86	50	Vera Bernardo	arcd venda da luisa	Veterana F35	01:33:07	+23:39	06:12
87	117	Nélio Oliveira	atletismo clube da tocha	Veterano M40	01:33:26	+23:59	06:14
88	264	Filipe Mamede	individual	Veterano M45	01:33:43	+24:16	06:15
89	192	Paulo Miguel Lourenço dos Santos	flashover - bvpenela	Veterano M40	01:33:55	+24:28	06:16
90	407	José Lemos	os tolinhos	Veterano M55	01:34:50	+25:23	06:19
91	150	Nuno Ferreira	cpr. a-do-barbas	Veterano M40	01:34:54	+25:27	06:20
92	397	Antonio Eufrasio de Melo	vikings trail runners / ccr alcabideque	Veterano M55	01:34:57	+25:29	06:20
93	403	Francisco Ferreira	os tolinhos	Veterano M50	01:35:21	+25:53	06:21
94	142	Antonio Marques	club de atletismo caracas	Veterano M50	01:35:32	+26:04	06:22
95	89	Vitor Viola	arsm - associação recreativa de s. miguel	Veterano M40	01:35:43	+26:16	06:23
96	376	Diogo Filipe Oliveira Alves	vikings trail runners / ccr alcabideque	Senior Masculino	01:35:51	+26:23	06:23
97	412	A. Sofia Areias	coimbra trail running	Senior Feminino	01:36:40	+27:12	06:27
98	255	João Loureiro	individual	Veterano M40	01:36:57	+27:29	06:28
99	93	Sérgio Silva	arsm - associação recreativa de s. miguel	Veterano M45	01:37:04	+27:37	06:28
100	360	Carlos Cardoso	soure mov	Veterano M40	01:37:15	+27:47	06:29
101	294	João Tiago Costa	montanha clube trail running efapel	Veterano M35	01:37:29	+28:02	06:30
102	296	Luis Vilela	montanha clube trail running efapel	Veterano M40	01:37:40	+28:13	06:31
103	247	Paulo Baptista	individual	Veterano M35	01:37:43	+28:16	06:31
104	107	David Madeira	atletismo clube da tocha	Senior Masculino	01:37:48	+28:21	06:31
105	253	Helder Marco Silva Domingues	individual	Veterano M40	01:37:55	+28:28	06:32
106	37	Bruno B. Ferreira	acdrs quinhendros	Veterano M40	01:38:14	+28:47	06:33
107	201	Luís Andrade	grupo desportivo ferreirense	Senior Masculino	01:38:18	+28:50	06:33
108	131	João Rainho	bio team run	Veterano M55	01:38:20	+28:52	06:33
109	121	José Julião	atletismo clube da tocha	Veterano M60	01:38:30	+29:03	06:34
110	139	Henrique Carvalheiro	ccdr matas&cipreste trail team	Veterano M35	01:38:37	+29:09	06:35
111	248	Ricardo Manuel Santos Pereira	individual	Veterano M35	01:38:54	+29:27	06:36
112	88	Pedro Oliveira	arsm - associação recreativa de s. miguel	Veterano M40	01:39:24	+29:57	06:38
113	276	José Botelho	individual	Veterano M60	01:39:26	+29:59	06:38
114	395	Antonio jose Damas Martins	vikings trail runners / ccr alcabideque	Veterano M45	01:39:27	+29:59	06:38
115	302	Fernando Fonseca	o mundo da corrida	Veterano M55	01:39:27	+30:00	06:38
116	190	Jorge Freitas	figueira kayak clube	Veterano M50	01:39:40	+30:13	06:39
117	30	Lora Sofia de Jesus Pereira	acdrs quinhendros	Veterana F35	01:39:53	+30:25	06:40
118	179	Jorge Alves	escola de atletismo de coimbra/intermarché condeixa	Veterano M50	01:40:20	+30:52	06:41
119	320	Virgilio Neto	ozxtreme/adcrpereira	Veterano M40	01:40:24	+30:56	06:42
120	353	Joana Dionísio	soure mov	Veterana F35	01:40:28	+31:00	06:42
121	275	José Cocenas	individual	Veterano M55	01:40:44	+31:16	06:43
122	146	Rodrigo Santos	coimbra trail running	Juvenil Masculino	01:40:55	+31:28	06:44
123	246	Marco Cunha	individual	Veterano M35	01:41:27	+31:59	06:46
124	187	João Vaz	figueira kayak clube	Veterano M40	01:41:27	+32:00	06:46
125	195	Nélio Girão	formobike btt & trail running	Veterano M35	01:41:30	+32:02	06:46

TRAIL CURTO - STAGE 1 15 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
126	209	Nelson Azenha	grvilaverdense	Veterano M45	01:41:34	+32:06	06:46
127	252	Eduardo Ribeiro	individual	Veterano M40	01:41:36	+32:08	06:46
128	77	Edgar Pires	arsm - associação recreativa de s. miguel	Senior Masculino	01:42:03	+32:35	06:48
129	24	José Tiago	#runjustfun	Veterano M50	01:42:12	+32:44	06:49
130	336	Adriano Fernandes Jordão	sal crossfit	Senior Masculino	01:42:13	+32:45	06:49
131	273	Jose Cardoso	individual	Veterano M50	01:42:25	+32:57	06:50
132	140	João Pedro Cordeiro Rato	ccdr matas&cipreste trail team	Veterano M35	01:42:49	+33:21	06:51
133	132	Manuel Fernandes	bio team run	Veterano M65	01:43:13	+33:45	06:53
134	32	Cidália Maria dos Santos Oliveira	acdrs quinhendros	Veterana F50	01:43:37	+34:09	06:54
135	260	Nuno Seabra	individual	Veterano M40	01:43:59	+34:31	06:56
136	191	António Carvalho	figueira kayak clube	Veterano M60	01:44:16	+34:48	06:57
137	10	David Cravo	#runjustfun	Senior Masculino	01:44:17	+34:49	06:57
138	280	Luís Mendes	luís mendes	Veterano M40	01:44:33	+35:06	06:58
139	40	TóZé Serra	acdrs quinhendros	Veterano M45	01:44:49	+35:21	06:59
140	295	Pedro Filipe Santos Simões	montanha clube trail running efapel	Veterano M35	01:44:50	+35:23	06:59
141	90	Duarte Miguel Santos	arsm - associação recreativa de s. miguel	Veterano M45	01:44:51	+35:24	06:59
142	108	Nuno Almeida	atletismo clube da tocha	Senior Masculino	01:45:01	+35:34	07:00
143	13	Mário Coelho	#runjustfun	Senior Masculino	01:46:02	+36:34	07:04
144	78	Ruben Nunes	arsm - associação recreativa de s. miguel	Senior Masculino	01:46:07	+36:39	07:04
145	198	Tomé Fernandes	grupo alegre unido bajouca	Veterano M40	01:46:22	+36:55	07:06
146	335	Ana Maria Fernandes Monteiro	sal crossfit	Senior Feminino	01:46:27	+36:59	07:06
147	154	João Luís Mendes Roso	cscd norte e soure	Veterano M35	01:46:31	+37:04	07:06
148	317	Antonio Ferreira	ozxtreme/adcrpereira	Veterano M40	01:46:32	+37:04	07:06
149	339	Pedro Miguel Costa Pinto	sal crossfit	Senior Masculino	01:46:36	+37:08	07:06
150	162	José Antunes	dá-lhe gás team	Veterano M40	01:46:48	+37:20	07:07
151	363	Fernando Rolo	soure mov	Veterano M45	01:47:04	+37:36	07:08
152	361	José Madeira	soure mov	Veterano M40	01:47:04	+37:36	07:08
153	166	Ricardo Santos	escola de atletismo de coimbra/intermarché condeixa	Senior Masculino	01:47:44	+38:16	07:11
154	261	Pedro Acúrcio	individual	Veterano M40	01:47:56	+38:29	07:12
155	350	Nuno Pessoa	sc povoense - caracóis de corrida	Veterano M45	01:48:01	+38:34	07:12
156	41	António Silva	acdrs quinhendros	Veterano M65	01:48:05	+38:37	07:12
157	135	Nuno Tiago Santos Pires	casa do benfica condeixa	Veterano M35	01:48:14	+38:46	07:13
158	381	Pedro Martins	vikings trail runners / ccr alcabideque	Senior Masculino	01:48:15	+38:47	07:13
159	557	jorge manuel ramos	individual	Veterano M60	01:48:19	+38:52	07:13
160	202	Sofia Simões	grupo desportivo ferreirense	Veterana F35	01:48:41	+39:14	07:15
161	124	Anabela Rodrigues Fonseca	bio team run	Veterana F45	01:48:57	+39:29	07:16
162	379	João Pedro Coimbra Lamas	vikings trail runners / ccr alcabideque	Senior Masculino	01:49:00	+39:32	07:16
163	95	José Oliveira	arsm - associação recreativa de s. miguel	Veterano M50	01:49:10	+39:42	07:17
164	157	Jorge Filipe Bernardes Silva	cwj runners	Senior Masculino	01:49:14	+39:47	07:17
165	299	Luis Mendes	nexebra trail team	Veterano M45	01:49:32	+40:04	07:18
166	45	zé ramalho	ansibikers	Veterano M55	01:49:32	+40:04	07:18
167	225	Maria Pereira	individual	Veterana F35	01:49:32	+40:04	07:18
168	66	Nelson Simões	arcd venda da luisa	Veterano M40	01:49:58	+40:31	07:20
169	309	Carlos Ribeiro	os tolinhos	Veterano M45	01:50:03	+40:36	07:20
170	263	Daniel Costa	individual	Veterano M45	01:50:11	+40:43	07:21

TRAIL CURTO - STAGE 1 15 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
171	326	Bruno Marques	pés troikados - cscs	Senior Masculino	01:50:23	+40:55	07:22
172	82	Carla Soares	arsm - associação recreativa de s. miguel	Veterana F40	01:50:31	+41:03	07:22
173	96	Moisés Nunes	arsm - associação recreativa de s. miguel	Veterano M50	01:50:31	+41:04	07:22
174	200	José Gil Andrade	grupo desportivo ferreirense	Senior Masculino	01:50:39	+41:11	07:23
175	83	Sandra Barata	arsm - associação recreativa de s. miguel	Veterana F45	01:50:54	+41:26	07:24
176	388	Patricia Isabel da Costa Simões	vikings trail runners / ccr alcabideque	Veterana F35	01:51:14	+41:47	07:25
177	128	Francisco Mendes	bio team run	Veterano M45	01:51:30	+42:02	07:26
178	152	Duarte Cruz	cscd norte e soure	Senior Masculino	01:51:35	+42:08	07:26
179	325	Paulo Lopes	pastelaria almeidoce	Veterano M45	01:51:36	+42:08	07:26
180	324	Nuno Queiroz	pastelaria almeidoce	Veterano M45	01:51:59	+42:32	07:28
181	364	António Batalha	soure mov	Veterano M50	01:52:02	+42:35	07:28
182	218	Fábio Barroca	individual	Senior Masculino	01:52:10	+42:42	07:29
183	220	Márcio Ferreira	individual	Senior Masculino	01:52:10	+42:42	07:29
184	64	Luís Miguel Martins	arcd venda da luisa	Veterano M40	01:52:13	+42:45	07:29
185	52	Célia Santos	arcd venda da luisa	Veterana F40	01:52:13	+42:45	07:29
186	342	Renato Cabete	sal crossfit	Veterano M35	01:52:53	+43:25	07:32
187	373	Sandra Agra	vikings trail runners / ccr alcabideque	Senior Feminino	01:53:00	+43:33	07:32
188	375	Daniel Gonçalves Marcos	vikings trail runners / ccr alcabideque	Senior Masculino	01:53:01	+43:33	07:32
189	372	Inês Oliveira Santos	vikings trail runners / ccr alcabideque	Senior Feminino	01:53:03	+43:36	07:32
190	98	Fausto Carvalho	arsm - associação recreativa de s. miguel	Veterano M60	01:53:19	+43:52	07:33
191	284	Bruno Matos	moinhos da gândara trail	Veterano M35	01:53:28	+44:00	07:34
192	153	Raquel Matias	cscd norte e soure	Veterana F40	01:53:46	+44:19	07:35
193	269	Mário Salgado	individual	Veterano M45	01:53:52	+44:25	07:36
194	141	Rodrigo Nunes	ccdr matas&cipreste trail team	Veterano M35	01:54:03	+44:35	07:36
195	44	Jorge Rocha	ansibikers	Veterano M40	01:54:06	+44:38	07:36
196	285	Dany Mateus	moinhos da gândara trail	Veterano M35	01:54:20	+44:53	07:37
197	222	RAIMISOM LOPES DOS SANTOS	individual	Senior Masculino	01:54:38	+45:11	07:39
198	327	Ana Oliveira	piordaperna	Senior Feminino	01:54:48	+45:20	07:39
199	151	Nuno Manso	cross trail	Veterano M45	01:54:53	+45:26	07:40
200	106	André Mendes	atletismo clube da tocha	Senior Masculino	01:54:54	+45:26	07:40
201	133	Luis Antonio Pinto Pereira	c.m.m. escaravelhos team	Veterano M55	01:54:55	+45:28	07:40
202	159	Carla Silva	dá-lhe gás team	Veterana F35	01:55:10	+45:42	07:41
203	33	Rosa Rodrigues	acdrs quinhendros	Veterana F50	01:55:37	+46:09	07:42
204	180	Vítor Santos	escola de atletismo de coimbra/intermarché condeixa	Veterano M50	01:55:42	+46:14	07:43
205	405	Adriana Majer	os tolinhos	Senior Feminino	01:55:47	+46:19	07:43
206	99	Joaquim Branquinho	arsm - associação recreativa de s. miguel	Veterano M65	01:55:48	+46:21	07:43
207	266	Herminio dos Santos Almeida	individual	Veterano M45	01:55:59	+46:31	07:44
208	111	Eduardo Ferreira	atletismo clube da tocha	Veterano M35	01:56:11	+46:43	07:45
209	164	Vitor Santos	dá-lhe gás team	Veterano M45	01:56:13	+46:45	07:45
210	212	Ana Reis	sc povoense - caracóis de corrida	Senior Feminino	01:56:33	+47:05	07:46
211	229	Susana Salvaterra	individual	Veterana F40	01:56:36	+47:09	07:46
212	251	Daniel Mendes	individual	Veterano M40	01:56:38	+47:10	07:47
213	217	Claudio Mendes	individual	Senior Masculino	01:56:43	+47:16	07:47
214	55	Luisa Miranda	arcd venda da luisa	Veterana F40	01:56:47	+47:19	07:47

TRAIL CURTO - STAGE 1 15 KM

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
215	48	André Antunes	arcd venda da luisa	Senior Masculino	01:56:47	+47:20	07:47
216	333	Ana Cabete	sal crossfit	Senior Feminino	01:57:02	+47:35	07:48
217	344	Luis Miguel Ferreira Barracho	sal crossfit	Veterano M40	01:57:06	+47:38	07:48
218	168	Dora Serra	escola de atletismo de coimbra/intermarché condeixa	Veterana F40	01:57:14	+47:46	07:49
219	338	Filipe Daniel Almeida Mateus	sal crossfit	Senior Masculino	01:57:17	+47:49	07:49
220	242	Fábio Silva Costa	individual	Veterano M35	01:58:05	+48:37	07:52
221	216	Bruno Miguel Sousa Carvalho	individual	Senior Masculino	01:58:23	+48:56	07:54
222	67	Vitor Marques	arcd venda da luisa	Veterano M45	01:58:23	+48:56	07:54
223	391	Alice Maria Rodrigues Ventura	vikings trail runners / ccr alcabideque	Veterana F50	01:58:34	+49:07	07:54
224	188	Armando Loureiro	figueira kayak clube	Veterano M45	01:59:06	+49:39	07:56
225	122	Durval Nuno Simões Pires	bio team run	Senior Masculino	02:00:04	+50:36	08:00
226	72	Pedro Roxo	arcd venda da luisa	Veterano M50	02:00:26	+50:58	08:02
227	81	Sara Filipe	arsm - associação recreativa de s. miguel	Veterana F35	02:00:28	+51:00	08:02
228	60	Elisabete Girão	arcd venda da luisa	Veterana F45	02:00:36	+51:09	08:02
229	300	Isabel Trindade	o mundo da corrida	Veterana F50	02:01:02	+51:34	08:04
230	29	Vânia Paixão	acdrs quinhendros	Senior Feminino	02:01:35	+52:08	08:06
231	129	Valter Rainho	bio team run	Veterano M45	02:01:40	+52:13	08:07
232	125	Claudia Rocha	bio team run	Veterana F45	02:01:40	+52:13	08:07
233	208	Paulo Rocha	grvilaverdense	Veterano M40	02:02:21	+52:54	08:09
234	351	Mariana Esteves	soure mov	Senior Feminino	02:02:29	+53:02	08:10
235	393	Alvaro Baptista	vikings trail runners / ccr alcabideque	Veterano M35	02:02:32	+53:04	08:10
236	17	Daniela Santos	#runjustfun	Veterana F40	02:02:34	+53:06	08:10
237	21	Teresa Rosa	#runjustfun	Veterana F45	02:02:44	+53:16	08:11
238	328	Andreia Dias	piordaperna	Senior Feminino	02:03:03	+53:36	08:12
239	215	Nadine Mariana Amaro Loureiro	individual	Senior Feminino	02:03:09	+53:41	08:13
240	223	Tiago Santos	individual	Senior Masculino	02:03:33	+54:05	08:14
241	370	Ana Carolina Jacob Melo	vikings trail runners / ccr alcabideque	Senior Feminino	02:03:48	+54:20	08:15
242	145	João Trindade	clube de condeixa	Veterano M40	02:03:59	+54:32	08:16
243	268	Luís Campos	individual	Veterano M45	02:04:22	+54:54	08:17
244	15	Carina Coutinho	#runjustfun	Veterana F35	02:04:26	+54:58	08:18
245	390	Paula Andrade	vikings trail runners / ccr alcabideque	Veterana F45	02:04:26	+54:58	08:18
246	160	NELSON CORDEIRO	dá-lhe gás team	Veterano M35	02:05:30	+56:02	08:22
247	221	Nelson Rosete	individual	Senior Masculino	02:05:47	+56:19	08:23
248	239	Maria do Ceu Moreira Rodrigues	individual	Veterana F55	02:05:58	+56:31	08:24
249	238	FERNANDA Mª COSTA GARISO LOPES	individual	Veterana F50	02:06:09	+56:41	08:25
250	332	Sónia Pereira	pombal jornal	Veterana F45	02:06:19	+56:51	08:25
251	256	Jorge Ferreira	individual	Veterano M40	02:06:20	+56:53	08:25
252	211	Bruno Rodrigues	individual	Juvenil Masculino	02:06:23	+56:56	08:26
253	9	Alexandre Veloso	#runjustfun	Senior Masculino	02:06:24	+56:56	08:26
254	345	Pedro Mesquito	sal crossfit	Veterano M45	02:06:35	+57:07	08:26
255	341	Eva Miriam Mendes Moutinho	sal crossfit	Veterana F40	02:06:35	+57:07	08:26
256	245	Luis Miguel Baptista	individual	Veterano M35	02:07:26	+57:59	08:30
257	249	Square matias	individual	Veterano M35	02:08:04	+58:36	08:32

TRAIL CURTO - STAGE 1 15 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
258	315	Andreia Costa	ozxtreme/adcrpereira	Veterana F40	02:08:25	+58:58	08:34
259	232	isabel Madeira	individual	Veterana F45	02:08:32	+59:05	08:34
260	134	Marisa Almeida	casa do benfica condeixa	Veterana F35	02:08:42	+59:15	08:35
261	136	Orlando Almeida	casa do benfica condeixa	Veterano M35	02:08:43	+59:15	08:35
262	59	Cristina Melo	arcd venda da luisa	Veterana F45	02:08:54	+59:26	08:36
263	231	Brigite Geria Campos	individual	Veterana F45	02:09:04	+59:36	08:36
264	130	Carlos Barroso	bio team run	Veterano M50	02:09:17	+59:49	08:37
265	385	Flavio Lopes	vikings trail runners / ccr alcabideque	Veterano M35	02:09:29	+01:00:02	08:38
266	384	Carla Ribeiro	vikings trail runners / ccr alcabideque	Senior Feminino	02:09:39	+01:00:11	08:39
267	371	Anabela de Oliveira Cardoso	vikings trail runners / ccr alcabideque	Senior Feminino	02:09:39	+01:00:11	08:39
268	366	António Neves	soure mov	Veterano M55	02:09:39	+01:00:12	08:39
269	6	Andreia Brites	#runjustfun	Senior Feminino	02:09:58	+01:00:30	08:40
270	286	João António Dinis Maricato	moinhos da gândara trail	Veterano M40	02:10:27	+01:00:59	08:42
271	282	Laura Cabete	moinhos da gândara trail	Senior Feminino	02:10:27	+01:01:00	08:42
272	281	Carina Jordão	moinhos da gândara trail	Senior Feminino	02:10:27	+01:01:00	08:42
273	358	EUGÉNIA MARIA MOURA CUNHA BATISTA	soure mov	Veterana F55	02:10:49	+01:01:22	08:43
274	359	Rosália Duarte	soure mov	Veterana F55	02:10:50	+01:01:22	08:43
275	74	Ana Ramos	arsm - associação recreativa de s. miguel	Senior Feminino	02:11:08	+01:01:40	08:45
276	271	João Gante Góis	individual	Veterano M50	02:11:57	+01:02:30	08:48
277	386	Tiago Guiomar	vikings trail runners / ccr alcabideque	Senior Masculino	02:12:46	+01:03:19	08:51
278	36	António Pego	acdrs quinhendros	Veterano M40	02:12:53	+01:03:25	08:52
279	31	Anabela Teixeira Colaço	acdrs quinhendros	Veterana F40	02:12:54	+01:03:26	08:52
280	301	Céu Santos	o mundo da corrida	Veterana F55	02:12:59	+01:03:31	08:52
281	12	Emanuel Marques	#runjustfun	Senior Masculino	02:13:15	+01:03:47	08:53
282	330	Cláudia Mota	pombal jornal	Veterana F45	02:13:22	+01:03:55	08:54
283	237	Zenaida Andrade	individual	Veterana F45	02:13:40	+01:04:12	08:55
284	401	Elisabete Pedrosa	individual	Veterana F45	02:14:01	+01:04:33	08:56
285	406	Carlos Novo	os tolinhos	Veterano M50	02:14:33	+01:05:06	08:58
286	186	Vanessa Seco	figueira kayak clube	Veterana F40	02:14:53	+01:05:25	09:00
287	230	Ana Pipio	individual	Veterana F45	02:14:53	+01:05:26	09:00
288	243	Hugo Moreira Rodrigues	individual	Veterano M35	02:15:32	+01:06:04	09:02
289	409	Ana Caçoete	grvilaverdense	Veterana F35	02:15:42	+01:06:14	09:03
290	356	Alda Santos	soure mov	Veterana F45	02:16:38	+01:07:10	09:07
291	80	Rita Carvalho	arsm - associação recreativa de s. miguel	Veterana F35	02:17:06	+01:07:39	09:08
292	86	Alexandre Santos	arsm - associação recreativa de s. miguel	Veterano M40	02:17:06	+01:07:39	09:08
293	204	Pedro Antonio Lopes	grvilaverdense	Juvenil Masculino	02:17:13	+01:07:46	09:09
294	355	Catarina Cordeiro	soure mov	Veterana F40	02:17:17	+01:07:50	09:09
295	343	José Miguel Nobreza Simão	sal crossfit	Veterano M40	02:17:29	+01:08:02	09:10
296	259	Nuno Santos	individual	Veterano M40	02:17:30	+01:08:02	09:10
297	404	Susana Bértolo	os tolinhos	Veterana F45	02:17:58	+01:08:30	09:12
298	265	Gerhard Doppler	individual	Veterano M45	02:18:41	+01:09:13	09:15
299	46	Jéssica Alexandra Dias Correia	arcd venda da luisa	Senior Feminino	02:19:41	+01:10:14	09:19
300	58	Cidália Canais	arcd venda da luisa	Veterana F45	02:19:41	+01:10:14	09:19
301	290	Sandra Gonçalves	montanha clube trail running efapel	Veterana F35	02:20:35	+01:11:07	09:22
302	311	Sílvia Pedro	out 2 run/miro	Veterana F50	02:20:46	+01:11:18	09:23

TRAIL CURTO - STAGE 1 15 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
303	61	Paula Nunes	arcd venda da luisa	Veterana F50	02:20:46	+01:11:19	09:23
304	56	Suzana Santo	arcd venda da luisa	Veterana F40	02:20:47	+01:11:19	09:23
305	16	Catarina Freitas	#runjustfun	Veterana F40	02:21:39	+01:12:12	09:27
306	18	Raquel Carvalho	#runjustfun	Veterana F40	02:21:43	+01:12:16	09:27
307	291	Célia Maria Simões Carvalho	montanha clube trail running efapel	Veterana F40	02:22:16	+01:12:48	09:29
308	234	silvia farto	individual	Veterana F45	02:22:26	+01:12:58	09:30
309	267	joão santos	individual	Veterano M45	02:22:26	+01:12:58	09:30
310	306	David Silva	opraticante.pt	Veterano M55	02:22:33	+01:13:05	09:30
311	203	Diogo Simões	grvilaverdense	Juvenil Masculino	02:23:25	+01:13:57	09:34
312	228	Otilia Costa	individual	Veterana F40	02:23:36	+01:14:08	09:34
313	389	Tania Rodrigues	vikings trail runners / ccr alcabideque	Veterana F35	02:23:36	+01:14:09	09:34
314	25	Ludgero Cabete Melanda	#runjustfun	Veterano M50	02:23:43	+01:14:16	09:35
315	305	Miguel Silva	opraticante.pt	Senior Masculino	02:24:18	+01:14:51	09:37
316	227	Isabel Ferreira Matos	individual	Veterana F40	02:24:26	+01:14:59	09:38
317	101	Anabela Cristina Rodrigues de Almeida	assscc - ar livre e aventura	Veterana F40	02:24:29	+01:15:02	09:38
318	171	Bruno Alves	escola de atletismo de coimbra/intermarché condeixa	Veterano M40	02:24:51	+01:15:23	09:39
319	304	Fernando Luis	o mundo da corrida	Veterano M65	02:25:01	+01:15:34	09:40
320	184	Sandra Matias	figueira kayak clube	Veterana F40	02:25:10	+01:15:42	09:41
321	408	João Quintas	figueira kayak clube	Veterano M45	02:25:10	+01:15:42	09:41
322	352	Sofia Santos	soure mov	Senior Feminino	02:25:41	+01:16:13	09:43
323	236	Sonia Mendes Ferreira	individual	Veterana F45	02:25:43	+01:16:16	09:43
324	262	Antonio Alberto Rocha	individual	Veterano M45	02:25:44	+01:16:16	09:43
325	19	Sónia dos Santos Ferreira	#runjustfun	Veterana F45	02:25:47	+01:16:19	09:43
326	207	Nuno Ribeiro	grvilaverdense	Veterano M40	02:25:52	+01:16:25	09:44
327	226	Claudia Raquel Santos Simões	individual	Veterana F40	02:26:16	+01:16:49	09:45
328	233	Paula Lopes	individual	Veterana F45	02:26:18	+01:16:51	09:45
329	307	Daniela Geitoeira	os moitas	Veterana F35	02:29:06	+01:19:39	09:56
330	334	Ana Filipa Lopes Domingues	sal crossfit	Senior Feminino	02:30:20	+01:20:53	10:01
331	337	André Simões	sal crossfit	Senior Masculino	02:30:21	+01:20:53	10:01
332	278	Giovanna Gaspar	jástrada	Veterana F40	02:31:03	+01:21:36	10:04
333	277	Elisabete Pereira	jástrada	Veterana F40	02:31:04	+01:21:36	10:04
334	53	Graça Simões	arcd venda da luisa	Veterana F40	02:31:47	+01:22:20	10:07
335	57	Tânia Nunes	arcd venda da luisa	Veterana F40	02:32:15	+01:22:48	10:09
336	47	Tânia Lourenço	arcd venda da luisa	Senior Feminino	02:32:16	+01:22:48	10:09
337	182	Maria Helena Costa Neves Correia Amado	farmácia luciano e matos	Veterana F60	02:32:49	+01:23:22	10:11
338	219	Fausto Reis	individual	Senior Masculino	02:34:10	+01:24:43	10:17
339	357	Dora Santos	soure mov	Veterana F45	02:35:38	+01:26:11	10:23
340	7	Inês Forte	#runjustfun	Senior Feminino	02:36:12	+01:26:45	10:25
341	11	Diogo Fonseca	#runjustfun	Senior Masculino	02:36:20	+01:26:52	10:25
342	5	Ana Batista	#runjustfun	Senior Feminino	02:36:22	+01:26:54	10:26
343	400	Paulo Mata	os cansados	Veterano M50	02:36:43	+01:27:16	10:27
344	354	Joana Gante	soure mov	Veterana F35	02:38:55	+01:29:28	10:36
345	235	Sílvia Marques	individual	Veterana F45	02:39:46	+01:30:18	10:39
346	240	Armandina Silva Vilas	individual	Veterana F60	02:39:50	+01:30:22	10:39

TRAIL CURTO - STAGE 1 15 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
347	329	Manuela Frias	pombal jornal	Veterana F40	02:43:18	+01:33:51	10:53
348	331	Sandra Carlos	pombal jornal	Veterana F45	02:43:18	+01:33:51	10:53
349	254	Hugo Filipe F Moreira	individual	Veterano M40	02:44:53	+01:35:25	11:00
350	20	Susana Simões	#runjustfun	Veterana F45	02:45:05	+01:35:38	11:00
351	244	Jorge Mateus Simão dos Santos	individual	Veterano M35	02:45:12	+01:35:44	11:01
352	257	José Antonio Silva	individual	Veterano M40	02:47:32	+01:38:04	11:10
353	8	Rita Batista	#runjustfun	Senior Feminino	02:49:11	+01:39:43	11:17
354	392	Clara Monteiro	vikings trail runners / ccr alcabideque	Veterana F55	02:49:39	+01:40:11	11:19
355	104	Odete Maria Almeida Torres de Freitas	atbv, associação trilhos da boa viagem	Veterana F45	02:51:19	+01:41:51	11:25
356	103	Gisela Margarida Alves Jorge	atbv, associação trilhos da boa viagem	Veterana F45	02:51:19	+01:41:51	11:25
357	210	Inês Rodrigues	individual	Juvenil Feminino	02:52:36	+01:43:08	11:30
358	181	Mónica Cunha	farmácia luciano e matos	Veterana F40	02:55:31	+01:46:03	11:42
359	214	Inês Silva	individual	Senior Feminino	02:56:06	+01:46:39	11:44
360	54	Lília Coutinho	arcd venda da luisa	Veterana F40	03:02:57	+01:53:30	12:12
361	65	Marco Oliveira	arcd venda da luisa	Veterano M40	03:02:58	+01:53:30	12:12
362	127	Pedro Figueiredo	bio team run	Veterano M35	03:28:57	+02:19:29	13:56
363	123	Patrícia Figueiredo	bio team run	Veterana F40	03:28:58	+02:19:31	13:56

Trail Encostas do Mondego
Figueira da Foz,PT
01-December-2018

Trail Curto

15 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	09:15	8ºC	93%
End	13:14	8ºC	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Juvenil Feminino							
1	210	Inês Rodrigues	Individual	Juvenil Feminino	02:52:36	+01:43:08	11:30
Juvenil Masculino							
1	369	Filipe Carecho Pinheiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Juvenil Masculino	01:20:09	+10:42	05:21
2	146	Rodrigo Santos	Coimbra Trail Running	Juvenil Masculino	01:40:55	+31:28	06:44
3	211	Bruno Rodrigues	Individual	Juvenil Masculino	02:06:23	+56:56	08:26
4	204	Pedro Antonio Lopes	GRVilaverdense	Juvenil Masculino	02:17:13	+01:07:46	09:09
5	203	Diogo Simões	GRVilaverdense	Juvenil Masculino	02:23:25	+01:13:57	09:34
Senior Feminino							
1	288	Carla Santos	Montanha Clube Trail Running Efapel	Senior Feminino	01:30:21	+20:53	06:01
2	412	A. Sofia Areias	Coimbra Trail Running	Senior Feminino	01:36:40	+27:12	06:27
3	335	Ana Maria Fernandes Monteiro	SAL CrossFit	Senior Feminino	01:46:27	+36:59	07:06
4	373	Sandra Agra	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	01:53:00	+43:33	07:32
5	372	Inês Oliveira Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	01:53:03	+43:36	07:32
6	327	Ana Oliveira	Piordaperna	Senior Feminino	01:54:48	+45:20	07:39
7	405	Adriana Majer	Os Tolinhos	Senior Feminino	01:55:47	+46:19	07:43
8	212	Ana Reis	SC Povoense - Caracóis de Corrida	Senior Feminino	01:56:33	+47:05	07:46
9	333	Ana Cabete	SAL CrossFit	Senior Feminino	01:57:02	+47:35	07:48
10	29	Vânia Paixão	ACDRS QUINHENDROS	Senior Feminino	02:01:35	+52:08	08:06
11	351	Mariana Esteves	Soure Mov	Senior Feminino	02:02:29	+53:02	08:10
12	328	Andreia Dias	Piordaperna	Senior Feminino	02:03:03	+53:36	08:12
13	215	Nadine Mariana Amaro Loureiro	Individual	Senior Feminino	02:03:09	+53:41	08:13
14	370	Ana Carolina Jacob Melo	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	02:03:48	+54:20	08:15
15	384	Carla Ribeiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	02:09:39	+01:00:11	08:39
16	371	Anabela de Oliveira Cardoso	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	02:09:39	+01:00:11	08:39
17	6	Andreia Brites	#runjustfun	Senior Feminino	02:09:58	+01:00:30	08:40
18	282	Laura Cabete	Moinhos da Gândara Trail	Senior Feminino	02:10:27	+01:01:00	08:42
19	281	Carina Jordão	Moinhos da Gândara Trail	Senior Feminino	02:10:27	+01:01:00	08:42
20	74	Ana Ramos	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	02:11:08	+01:01:40	08:45

Trail Curto 15 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

21	46	Jéssica Alexandra Dias Correia	ARCD Venda da Luisa	Senior Feminino	02:19:41	+01:10:14	09:19
22	352	Sofia Santos	Soure Mov	Senior Feminino	02:25:41	+01:16:13	09:43
23	334	Ana Filipa Lopes Domingues	SAL CrossFit	Senior Feminino	02:30:20	+01:20:53	10:01
24	47	Tânia Lourenço	ARCD Venda da Luisa	Senior Feminino	02:32:16	+01:22:48	10:09
25	7	Inês Forte	#runjustfun	Senior Feminino	02:36:12	+01:26:45	10:25
26	5	Ana Batista	#runjustfun	Senior Feminino	02:36:22	+01:26:54	10:26
27	8	Rita Batista	#runjustfun	Senior Feminino	02:49:11	+01:39:43	11:17
28	214	Inês Silva	Individual	Senior Feminino	02:56:06	+01:46:39	11:44

Senior Masculino

1	109	Tiago Duarte	Atletismo Clube da Tocha	Senior Masculino	01:17:02	+07:35	05:08
2	144	Hugo Leite	Clube Atletismo Fafe	Senior Masculino	01:18:38	+09:10	05:15
3	147	Eduardo Gonçalves	Coimbra Trail Running	Senior Masculino	01:18:52	+09:25	05:16
4	289	Jorge Filipe	Montanha Clube Trail Running Efapel	Senior Masculino	01:19:10	+09:43	05:17
5	383	Ricardo Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:19:46	+10:18	05:19
6	380	Mauro Daniel Silva Martins	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:21:19	+11:51	05:25
7	402	Tiago moreno	ACDRS QUINHENDROS	Senior Masculino	01:21:37	+12:10	05:27
8	298	Celso Cristiano Marques	NEXEBRA TRAIL TEAM	Senior Masculino	01:22:51	+13:24	05:31
9	382	Renato Filipe jacob Melo	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:23:00	+13:32	05:32
10	313	Sacramento	Ozxtreme/ADCRPereira	Senior Masculino	01:23:07	+13:40	05:33
11	312	Marçio Cruz	Ozxtreme/ADCRPereira	Senior Masculino	01:23:13	+13:45	05:33
12	571	Rafael Martinho	Trilhos dos Templários / XPORFIT	Senior Masculino	01:23:37	+14:10	05:35
13	374	Andre Braga de Oliveira Costa	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:24:04	+14:37	05:36
14	100	Miguel Veloso	ASSSCC - Ar Livre e Aventura	Senior Masculino	01:25:00	+15:32	05:40
15	411	Rodrigo Cardoso Simões	CSCD NORTE e SOURE	Senior Masculino	01:25:58	+16:30	05:44
16	138	Ricardo Nunes	CCDR MATAS&CIPRESTE TRAIL TEAM	Senior Masculino	01:27:19	+17:51	05:49
17	165	Pedro Moreira	Escola de Atletismo de Coimbra/Intermarché Condeixa	Senior Masculino	01:29:51	+20:24	05:59
18	194	Paulo Marques	FormoBike Btt & Trail Running	Senior Masculino	01:30:51	+21:24	06:03
19	167	Vitor Dias	Escola de Atletismo de Coimbra/Intermarché Condeixa	Senior Masculino	01:31:08	+21:40	06:05
20	376	Diogo Filipe Oliveira Alves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:35:51	+26:23	06:23
21	107	David Madeira	Atletismo Clube da Tocha	Senior Masculino	01:37:48	+28:21	06:31
22	201	Luís Andrade	Grupo Desportivo Ferreirense	Senior Masculino	01:38:18	+28:50	06:33
23	77	Edgar Pires	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	01:42:03	+32:35	06:48
24	336	Adriano Fernandes Jordão	SAL CrossFit	Senior Masculino	01:42:13	+32:45	06:49
25	10	David Cravo	#runjustfun	Senior Masculino	01:44:17	+34:49	06:57
26	108	Nuno Almeida	Atletismo Clube da Tocha	Senior Masculino	01:45:01	+35:34	07:00
27	13	Mário Coelho	#runjustfun	Senior Masculino	01:46:02	+36:34	07:04

Trail Curto 15 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

28	78	Ruben Nunes	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	01:46:07	+36:39	07:04
29	339	Pedro Miguel Costa Pinto	SAL CrossFit	Senior Masculino	01:46:36	+37:08	07:06
30	166	Ricardo Santos	Escola de Atletismo de Coimbra/Intermarché Condeixa	Senior Masculino	01:47:44	+38:16	07:11
31	381	Pedro Martins	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:48:15	+38:47	07:13
32	379	João Pedro Coimbra Lamas	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:49:00	+39:32	07:16
33	157	Jorge Filipe Bernardes Silva	CWJ Runners	Senior Masculino	01:49:14	+39:47	07:17
34	326	Bruno Marques	PÉS TROIKADOS - CSCS	Senior Masculino	01:50:23	+40:55	07:22
35	200	José Gil Andrade	Grupo Desportivo Ferreirense	Senior Masculino	01:50:39	+41:11	07:23
36	152	Duarte Cruz	CSCD NORTE e SOURE	Senior Masculino	01:51:35	+42:08	07:26
37	218	Fábio Barroca	Individual	Senior Masculino	01:52:10	+42:42	07:29
38	220	Márcio Ferreira	Individual	Senior Masculino	01:52:10	+42:42	07:29
39	375	Daniel Gonçalves Marcos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:53:01	+43:33	07:32
40	222	RAIMISOM LOPES DOS SANTOS	Individual	Senior Masculino	01:54:38	+45:11	07:39
41	106	André Mendes	Atletismo Clube da Tocha	Senior Masculino	01:54:54	+45:26	07:40
42	217	Claudio Mendes	Individual	Senior Masculino	01:56:43	+47:16	07:47
43	48	André Antunes	ARCD Venda da Luisa	Senior Masculino	01:56:47	+47:20	07:47
44	338	Filipe Daniel Almeida Mateus	SAL CrossFit	Senior Masculino	01:57:17	+47:49	07:49
45	216	Bruno Miguel Sousa Carvalho	Individual	Senior Masculino	01:58:23	+48:56	07:54
46	122	Durval Nuno Simões Pires	Bio Team Run	Senior Masculino	02:00:04	+50:36	08:00
47	223	Tiago Santos	Individual	Senior Masculino	02:03:33	+54:05	08:14
48	221	Nelson Rosete	Individual	Senior Masculino	02:05:47	+56:19	08:23
49	9	Alexandre Veloso	#runjustfun	Senior Masculino	02:06:24	+56:56	08:26
50	386	Tiago Guiomar	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	02:12:46	+01:03:19	08:51
51	12	Emanuel Marques	#runjustfun	Senior Masculino	02:13:15	+01:03:47	08:53
52	305	Miguel Silva	opraticante.pt	Senior Masculino	02:24:18	+01:14:51	09:37
53	337	André Simões	SAL CrossFit	Senior Masculino	02:30:21	+01:20:53	10:01
54	219	Fausto Reis	Individual	Senior Masculino	02:34:10	+01:24:43	10:17
55	11	Diogo Fonseca	#runjustfun	Senior Masculino	02:36:20	+01:26:52	10:25

Veterana F35

1	50	Vera Bernardo	ARCD Venda da Luisa	Veterana F35	01:33:07	+23:39	06:12
2	30	Lora Sofia de Jesus Pereira	ACDRS QUINHENDROS	Veterana F35	01:39:53	+30:25	06:40
3	353	Joana Dionísio	Soure Mov	Veterana F35	01:40:28	+31:00	06:42
4	202	Sofia Simões	Grupo Desportivo Ferreirense	Veterana F35	01:48:41	+39:14	07:15
5	225	Maria Pereira	Individual	Veterana F35	01:49:32	+40:04	07:18
6	388	Patricia Isabel da Costa Simões	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F35	01:51:14	+41:47	07:25
7	159	Carla Silva	Dá-lhe Gás team	Veterana F35	01:55:10	+45:42	07:41
8	81	Sara Filipe	ARSM - Associação Recreativa de S. Miguel	Veterana F35	02:00:28	+51:00	08:02
9	15	Carina Coutinho	#runjustfun	Veterana F35	02:04:26	+54:58	08:18

Trail Curto 15 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

10	134	Marisa Almeida	CASA DO BENFICA CONDEIXA	Veterana F35	02:08:42	+59:15	08:35
11	409	Ana Caçoete	GRVilaverdense	Veterana F35	02:15:42	+01:06:14	09:03
12	80	Rita Carvalho	ARSM - Associação Recreativa de S. Miguel	Veterana F35	02:17:06	+01:07:39	09:08
13	290	Sandra Gonçalves	Montanha Clube Trail Running Efapel	Veterana F35	02:20:35	+01:11:07	09:22
14	389	Tania Rodrigues	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F35	02:23:36	+01:14:09	09:34
15	307	Daniela Geitoeira	Os Moitas	Veterana F35	02:29:06	+01:19:39	09:56
16	354	Joana Gante	Soure Mov	Veterana F35	02:38:55	+01:29:28	10:36

Veterana F40

1	1	Cristina Couceiro	ARSM - Associação Recreativa de S. Miguel	Veterana F40	01:24:34	+15:06	05:38
2	82	Carla Soares	ARSM - Associação Recreativa de S. Miguel	Veterana F40	01:50:31	+41:03	07:22
3	52	Célia Santos	ARCD Venda da Luisa	Veterana F40	01:52:13	+42:45	07:29
4	153	Raquel Matias	CSCD NORTE e SOURE	Veterana F40	01:53:46	+44:19	07:35
5	229	Susana Salvaterra	Individual	Veterana F40	01:56:36	+47:09	07:46
6	55	Luisa Miranda	ARCD Venda da Luisa	Veterana F40	01:56:47	+47:19	07:47
7	168	Dora Serra	Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterana F40	01:57:14	+47:46	07:49
8	17	Daniela Santos	#runjustfun	Veterana F40	02:02:34	+53:06	08:10
9	341	Eva Miriam Mendes Moutinho	SAL CrossFit	Veterana F40	02:06:35	+57:07	08:26
10	315	Andreia Costa	Ozxtreme/ADCRPereira	Veterana F40	02:08:25	+58:58	08:34
11	31	Anabela Teixeira Colaço	ACDRS QUINHENDROS	Veterana F40	02:12:54	+01:03:26	08:52
12	186	Vanessa Seco	Figueira Kayak Clube	Veterana F40	02:14:53	+01:05:25	09:00
13	355	Catarina Cordeiro	Soure Mov	Veterana F40	02:17:17	+01:07:50	09:09
14	56	Suzana Santo	ARCD Venda da Luisa	Veterana F40	02:20:47	+01:11:19	09:23
15	16	Catarina Freitas	#runjustfun	Veterana F40	02:21:39	+01:12:12	09:27
16	18	Raquel Carvalho	#runjustfun	Veterana F40	02:21:43	+01:12:16	09:27
17	291	Célia Maria Simões Carvalho	Montanha Clube Trail Running Efapel	Veterana F40	02:22:16	+01:12:48	09:29
18	228	Otilia Costa	Individual	Veterana F40	02:23:36	+01:14:08	09:34
19	227	Isabel Ferreira Matos	Individual	Veterana F40	02:24:26	+01:14:59	09:38
20	101	Anabela Cristina Rodrigues de Almeida	ASSSCC - Ar Livre e Aventura	Veterana F40	02:24:29	+01:15:02	09:38
21	184	Sandra Matias	Figueira Kayak Clube	Veterana F40	02:25:10	+01:15:42	09:41
22	226	Claudia Raquel Santos Simões	Individual	Veterana F40	02:26:16	+01:16:49	09:45
23	278	Giovanna Gaspar	Jástrada	Veterana F40	02:31:03	+01:21:36	10:04
24	277	Elisabete Pereira	Jástrada	Veterana F40	02:31:04	+01:21:36	10:04
25	53	Graça Simões	ARCD Venda da Luisa	Veterana F40	02:31:47	+01:22:20	10:07
26	57	Tânia Nunes	ARCD Venda da Luisa	Veterana F40	02:32:15	+01:22:48	10:09
27	329	Manuela Frias	Pombal Jornal	Veterana F40	02:43:18	+01:33:51	10:53
28	181	Mónica Cunha	Farmácia Luciano e Matos	Veterana F40	02:55:31	+01:46:03	11:42
29	54	Lília Coutinho	ARCD Venda da Luisa	Veterana F40	03:02:57	+01:53:30	12:12
30	123	Patrícia Figueiredo	Bio Team Run	Veterana F40	03:28:58	+02:19:31	13:56

Trail Curto 15 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

Veterana F45

1	84	Sofia Coimbra	ARSM - Associação Recreativa de S. Miguel	Veterana F45	01:29:54	+20:27	06:00
2	124	Anabela Rodrigues Fonseca	Bio Team Run	Veterana F45	01:48:57	+39:29	07:16
3	83	Sandra Barata	ARSM - Associação Recreativa de S. Miguel	Veterana F45	01:50:54	+41:26	07:24
4	60	Elisabete Girão	ARCD Venda da Luisa	Veterana F45	02:00:36	+51:09	08:02
5	125	Claudia Rocha	Bio Team Run	Veterana F45	02:01:40	+52:13	08:07
6	21	Teresa Rosa	#runjustfun	Veterana F45	02:02:44	+53:16	08:11
7	390	Paula Andrade	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F45	02:04:26	+54:58	08:18
8	332	Sónia Pereira	Pombal Jornal	Veterana F45	02:06:19	+56:51	08:25
9	232	isabel Madeira	Individual	Veterana F45	02:08:32	+59:05	08:34
10	59	Cristina Melo	ARCD Venda da Luisa	Veterana F45	02:08:54	+59:26	08:36
11	231	Brigite Geria Campos	Individual	Veterana F45	02:09:04	+59:36	08:36
12	330	Cláudia Mota	Pombal Jornal	Veterana F45	02:13:22	+01:03:55	08:54
13	237	Zenaida Andrade	Individual	Veterana F45	02:13:40	+01:04:12	08:55
14	401	Elisabete Pedrosa	Individual	Veterana F45	02:14:01	+01:04:33	08:56
15	230	Ana Pipio	Individual	Veterana F45	02:14:53	+01:05:26	09:00
16	356	Alda Santos	Soure Mov	Veterana F45	02:16:38	+01:07:10	09:07
17	404	Susana Bértolo	Os Tolinhos	Veterana F45	02:17:58	+01:08:30	09:12
18	58	Cidália Canais	ARCD Venda da Luisa	Veterana F45	02:19:41	+01:10:14	09:19
19	234	silvia farto	Individual	Veterana F45	02:22:26	+01:12:58	09:30
20	236	Sonia Mendes Ferreira	Individual	Veterana F45	02:25:43	+01:16:16	09:43
21	19	Sónia dos Santos Ferreira	#runjustfun	Veterana F45	02:25:47	+01:16:19	09:43
22	233	Paula Lopes	Individual	Veterana F45	02:26:18	+01:16:51	09:45
23	357	Dora Santos	Soure Mov	Veterana F45	02:35:38	+01:26:11	10:23
24	235	Sílvia Marques	Individual	Veterana F45	02:39:46	+01:30:18	10:39
25	331	Sandra Carlos	Pombal Jornal	Veterana F45	02:43:18	+01:33:51	10:53
26	20	Susana Simões	#runjustfun	Veterana F45	02:45:05	+01:35:38	11:00
27	104	Odete Maria Almeida Torres de Freitas	ATBV, Associação Trilhos da Boa Viagem	Veterana F45	02:51:19	+01:41:51	11:25
28	103	Gisela Margarida Alves Jorge	ATBV, Associação Trilhos da Boa Viagem	Veterana F45	02:51:19	+01:41:51	11:25

Veterana F50

1	32	Cidália Maria dos Santos Oliveira	ACDRS QUINHENDROS	Veterana F50	01:43:37	+34:09	06:54
2	33	Rosa Rodrigues	ACDRS QUINHENDROS	Veterana F50	01:55:37	+46:09	07:42
3	391	Alice Maria Rodrigues Ventura	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F50	01:58:34	+49:07	07:54
4	300	Isabel Trindade	O Mundo da Corrida	Veterana F50	02:01:02	+51:34	08:04
5	238	FERNANDA Mª COSTA GARISO LOPES	Individual	Veterana F50	02:06:09	+56:41	08:25
6	311	Sílvia Pedro	out 2 run/Miro	Veterana F50	02:20:46	+01:11:18	09:23
7	61	Paula Nunes	ARCD Venda da Luisa	Veterana F50	02:20:46	+01:11:19	09:23

Trail Curto 15 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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Veterana F55

1	239	Maria do Ceu Moreira Rodrigues	Individual	Veterana F55	02:05:58	+56:31	08:24
2	358	EUGÉNIA MARIA MOURA CUNHA BATISTA	Soure Mov	Veterana F55	02:10:49	+01:01:22	08:43
3	359	Rosália Duarte	Soure Mov	Veterana F55	02:10:50	+01:01:22	08:43
4	301	Céu Santos	O Mundo da Corrida	Veterana F55	02:12:59	+01:03:31	08:52
5	392	Clara Monteiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F55	02:49:39	+01:40:11	11:19

Veterana F60

1	182	Maria Helena Costa Neves Correia Amado	Farmácia Luciano e Matos	Veterana F60	02:32:49	+01:23:22	10:11
2	240	Armandina Silva Vilas	Individual	Veterana F60	02:39:50	+01:30:22	10:39

Veterano M35

1	170	Paulo Palhinha	Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M35	01:14:00	+04:33	04:56
2	394	Bruno Miguel Oliveira Ribeiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M35	01:16:46	+07:18	05:07
3	241	Celso	Individual	Veterano M35	01:17:17	+07:50	05:09
4	346	José Santos	SC Povoense - Caracóis de Corrida	Veterano M35	01:17:27	+08:00	05:10
5	347	Vitor Francisco	SC Povoense - Caracóis de Corrida	Veterano M35	01:18:17	+08:49	05:13
6	110	Daniel Batata	Atletismo Clube da Tocha	Veterano M35	01:19:01	+09:33	05:16
7	85	André Magalhães	ARSM - Associação Recreativa de S. Miguel	Veterano M35	01:19:32	+10:05	05:18
8	169	André Fonte	Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M35	01:20:58	+11:30	05:24
9	34	Bruno Alexandre	ACDRS QUINHENDROS	Veterano M35	01:23:02	+13:34	05:32
10	292	Fernando Bastos	Montanha Clube Trail Running Efapel	Veterano M35	01:23:55	+14:27	05:36
11	112	Ricardo Silva	Atletismo Clube da Tocha	Veterano M35	01:26:30	+17:02	05:46
12	35	Filipe Saltão	ACDRS QUINHENDROS	Veterano M35	01:27:22	+17:55	05:50
13	316	Tiago Costa	Ozxtreme/ADCRPereira	Veterano M35	01:30:15	+20:47	06:01
14	293	Frederico Malta	Montanha Clube Trail Running Efapel	Veterano M35	01:32:20	+22:53	06:09
15	294	João Tiago Costa	Montanha Clube Trail Running Efapel	Veterano M35	01:37:29	+28:02	06:30
16	247	Paulo Baptista	Individual	Veterano M35	01:37:43	+28:16	06:31
17	139	Henrique Carvalheiro	CCDR MATAS&CIPRESTE TRAIL TEAM	Veterano M35	01:38:37	+29:09	06:35
18	248	Ricardo Manuel Santos Pereira	Individual	Veterano M35	01:38:54	+29:27	06:36
19	246	Marco Cunha	Individual	Veterano M35	01:41:27	+31:59	06:46
20	195	Nélio Girão	FormoBike Btt & Trail Running	Veterano M35	01:41:30	+32:02	06:46
21	140	João Pedro Cordeiro Rato	CCDR MATAS&CIPRESTE TRAIL TEAM	Veterano M35	01:42:49	+33:21	06:51

Trail Curto 15 KM

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

OFFICIAL RESULT

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22	295	Pedro Filipe Santos Simões	Montanha Clube Trail Running Efapel	Veterano M35	01:44:50	+35:23	06:59
23	154	João Luís Mendes Roso	CSCD NORTE e SOURE	Veterano M35	01:46:31	+37:04	07:06
24	135	Nuno Tiago Santos Pires	CASA DO BENFICA CONDEIXA	Veterano M35	01:48:14	+38:46	07:13
25	342	Renato Cabete	SAL CrossFit	Veterano M35	01:52:53	+43:25	07:32
26	284	Bruno Matos	Moinhos da Gândara Trail	Veterano M35	01:53:28	+44:00	07:34
27	141	Rodrigo Nunes	CCDR MATAS&CIPRESTE TRAIL TEAM	Veterano M35	01:54:03	+44:35	07:36
28	285	Dany Mateus	Moinhos da Gândara Trail	Veterano M35	01:54:20	+44:53	07:37
29	111	Eduardo Ferreira	Atletismo Clube da Tocha	Veterano M35	01:56:11	+46:43	07:45
30	242	Fábio Silva Costa	Individual	Veterano M35	01:58:05	+48:37	07:52
31	393	Alvaro Baptista	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M35	02:02:32	+53:04	08:10
32	160	NELSON CORDEIRO	Dá-lhe Gás team	Veterano M35	02:05:30	+56:02	08:22
33	245	Luis Miguel Baptista	Individual	Veterano M35	02:07:26	+57:59	08:30
34	249	Square matias	Individual	Veterano M35	02:08:04	+58:36	08:32
35	136	Orlando Almeida	CASA DO BENFICA CONDEIXA	Veterano M35	02:08:43	+59:15	08:35
36	385	Flavio Lopes	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M35	02:09:29	+01:00:02	08:38
37	243	Hugo Moreira Rodrigues	Individual	Veterano M35	02:15:32	+01:06:04	09:02
38	244	Jorge Mateus Simão dos Santos	Individual	Veterano M35	02:45:12	+01:35:44	11:01
39	127	Pedro Figueiredo	Bio Team Run	Veterano M35	03:28:57	+02:19:29	13:56

Veterano M40

1	174	Nelson Costa	Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	01:09:27		04:38
2	175	Paulo Amaral	Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	01:11:49	+02:22	04:47
3	173	Márcio Pereira	Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	01:12:12	+02:44	04:49
4	318	Fernando Carvalho	Ozxtreme/ADCRPereira	Veterano M40	01:15:06	+05:39	05:00
5	38	João Manuel Cruz Silva	ACDRS QUINHENDROS	Veterano M40	01:15:30	+06:02	05:02
6	172	Eduardo Moreira	Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	01:15:55	+06:28	05:04
7	575	Tiago Gaspar	Trilhos dos Templários / XPORFIT	Veterano M40	01:17:20	+07:52	05:09
8	348	Rodrigo Quintal	SC Povoense - Caracóis de Corrida	Veterano M40	01:18:05	+08:37	05:12
9	102	Pedro Miguel Madaleno Cardoso	ASSSCC - Ar Livre e Aventura	Veterano M40	01:21:46	+12:19	05:27
10	193	Vitor Manuel Rodrigues Gomes	FlashOver - BVPenela	Veterano M40	01:24:10	+14:43	05:37
11	39	MÁRCIO RODRIGUES	ACDRS QUINHENDROS	Veterano M40	01:26:18	+16:50	05:45
12	197	vitor Cação	GATÕESBTT	Veterano M40	01:26:50	+17:22	05:47
13	115	BMarques	Atletismo Clube da Tocha	Veterano M40	01:26:54	+17:27	05:48
14	368	Pedro Marques	Trilhos dos Templários / XPORFIT	Veterano M40	01:26:59	+17:31	05:48
15	42	Arnaldo Mendes	ADM - ORIMONDEGO	Veterano M40	01:27:15	+17:47	05:49
16	113	Adriano Tabanez	Atletismo Clube da Tocha	Veterano M40	01:28:41	+19:13	05:55
17	63	Artur Gândara	ARCD Venda da Luisa	Veterano M40	01:28:54	+19:26	05:56
18	206	Alex Silva	GRVilaverdense	Veterano M40	01:28:59	+19:32	05:56
19	118	Paulo Pessoa	Atletismo Clube da Tocha	Veterano M40	01:30:14	+20:47	06:01

Trail Curto 15 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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20	308	Nuno Coelho	Os Moitas	Veterano M40	01:30:15	+20:48	06:01
21	114	António Batata	Atletismo Clube da Tocha	Veterano M40	01:31:18	+21:51	06:05
22	163	Tiago Carvalho	Dá-lhe Gás team	Veterano M40	01:32:23	+22:56	06:10
23	117	Nélio Oliveira	Atletismo Clube da Tocha	Veterano M40	01:33:26	+23:59	06:14
24	192	Paulo Miguel Lourenço dos Santos	FlashOver - BVPenela	Veterano M40	01:33:55	+24:28	06:16
25	150	Nuno Ferreira	CPR. A-do-Barbas	Veterano M40	01:34:54	+25:27	06:20
26	89	Vitor Viola	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:35:43	+26:16	06:23
27	255	João Loureiro	Individual	Veterano M40	01:36:57	+27:29	06:28
28	360	Carlos Cardoso	Soure Mov	Veterano M40	01:37:15	+27:47	06:29
29	296	Luis Vilela	Montanha Clube Trail Running Efapel	Veterano M40	01:37:40	+28:13	06:31
30	253	Helder Marco Silva Domingues	Individual	Veterano M40	01:37:55	+28:28	06:32
31	37	Bruno B. Ferreira	ACDRS QUINHENDROS	Veterano M40	01:38:14	+28:47	06:33
32	88	Pedro Oliveira	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:39:24	+29:57	06:38
33	320	Virgilio Neto	Ozxtreme/ADCRPereira	Veterano M40	01:40:24	+30:56	06:42
34	187	João Vaz	Figueira Kayak Clube	Veterano M40	01:41:27	+32:00	06:46
35	252	Eduardo Ribeiro	Individual	Veterano M40	01:41:36	+32:08	06:46
36	260	Nuno Seabra	Individual	Veterano M40	01:43:59	+34:31	06:56
37	280	Luís Mendes	Luís Mendes	Veterano M40	01:44:33	+35:06	06:58
38	198	Tomé Fernandes	Grupo Alegre Unido Bajouca	Veterano M40	01:46:22	+36:55	07:06
39	317	Antonio Ferreira	Ozxtreme/ADCRPereira	Veterano M40	01:46:32	+37:04	07:06
40	162	José Antunes	Dá-lhe Gás team	Veterano M40	01:46:48	+37:20	07:07
41	361	José Madeira	Soure Mov	Veterano M40	01:47:04	+37:36	07:08
42	261	Pedro Acúrcio	Individual	Veterano M40	01:47:56	+38:29	07:12
43	66	Nelson Simões	ARCD Venda da Luisa	Veterano M40	01:49:58	+40:31	07:20
44	64	Luís Miguel Martins	ARCD Venda da Luisa	Veterano M40	01:52:13	+42:45	07:29
45	44	Jorge Rocha	Ansibikers	Veterano M40	01:54:06	+44:38	07:36
46	251	Daniel Mendes	Individual	Veterano M40	01:56:38	+47:10	07:47
47	344	Luis Miguel Ferreira Barracho	Sal Crossfit	Veterano M40	01:57:06	+47:38	07:48
48	208	Paulo Rocha	GRVilaverdense	Veterano M40	02:02:21	+52:54	08:09
49	145	João Trindade	Clube de Condeixa	Veterano M40	02:03:59	+54:32	08:16
50	256	Jorge Ferreira	Individual	Veterano M40	02:06:20	+56:53	08:25
51	286	João António Dinis Maricato	Moinhos da Gândara Trail	Veterano M40	02:10:27	+01:00:59	08:42
52	36	António Pego	ACDRS QUINHENDROS	Veterano M40	02:12:53	+01:03:25	08:52
53	86	Alexandre Santos	ARSM - Associação Recreativa de S. Miguel	Veterano M40	02:17:06	+01:07:39	09:08
54	343	José Miguel Nobreza Simão	SAL CrossFit	Veterano M40	02:17:29	+01:08:02	09:10
55	259	Nuno Santos	Individual	Veterano M40	02:17:30	+01:08:02	09:10
56	171	Bruno Alves	Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	02:24:51	+01:15:23	09:39
57	207	Nuno Ribeiro	GRVilaverdense	Veterano M40	02:25:52	+01:16:25	09:44
58	254	Hugo Filipe F Moreira	Individual	Veterano M40	02:44:53	+01:35:25	11:00
59	257	José Antonio Silva	Individual	Veterano M40	02:47:32	+01:38:04	11:10
60	65	Marco Oliveira	ARCD Venda da Luisa	Veterano M40	03:02:58	+01:53:30	12:12

Trail Curto 15 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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Veterano M45

1	177	Mário Teixeira	Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M45	01:13:29	+04:02	04:54
2	323	Orlando Pires	Ozxtreme/ADCRPereira	Veterano M45	01:14:34	+05:07	04:58
3	178	Ricardo Aguiar	Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M45	01:17:20	+07:52	05:09
4	321	Helder Piedade	Ozxtreme/ADCRPereira	Veterano M45	01:20:21	+10:54	05:21
5	176	António Ferrolho	Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M45	01:21:29	+12:01	05:26
6	362	Ernesto Nabeiro	Soure Mov	Veterano M45	01:21:49	+12:22	05:27
7	349	JoséMiguel Santos	SC Povoense - Caracóis de Corrida	Veterano M45	01:23:50	+14:22	05:35
8	297	João Carlos Simões Marques	Montanha Clube Trail Running Efapel	Veterano M45	01:25:39	+16:11	05:43
9	28	Luis Barraca Pereira	A. D. Buarcos	Veterano M45	01:29:40	+20:13	05:59
10	396	Luis Pedro dos Santos caridade	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	01:30:03	+20:36	06:00
11	155	Jorge Rodrigues	CSCD NORTE e SOURE	Veterano M45	01:30:41	+21:14	06:03
12	91	Enrique Amaro	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:32:25	+22:57	06:10
13	189	Marco Lourenço	Figueira Kayak Clube	Veterano M45	01:32:28	+23:00	06:10
14	264	Filipe Mamede	Individual	Veterano M45	01:33:43	+24:16	06:15
15	93	Sérgio Silva	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:37:04	+27:37	06:28
16	395	Antonio jose Damas Martins	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	01:39:27	+29:59	06:38
17	209	Nelson Azenha	GRVilaverdense	Veterano M45	01:41:34	+32:06	06:46
18	40	TóZé Serra	ACDRS QUINHENDROS	Veterano M45	01:44:49	+35:21	06:59
19	90	Duarte Miguel Santos	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:44:51	+35:24	06:59
20	363	Fernando Rolo	Soure Mov	Veterano M45	01:47:04	+37:36	07:08
21	350	Nuno Pessoa	SC Povoense - Caracóis de Corrida	Veterano M45	01:48:01	+38:34	07:12
22	299	Luis Mendes	NEXEBRA TRAIL TEAM	Veterano M45	01:49:32	+40:04	07:18
23	309	Carlos Ribeiro	Os Tolinhos	Veterano M45	01:50:03	+40:36	07:20
24	263	Daniel Costa	Individual	Veterano M45	01:50:11	+40:43	07:21
25	128	Francisco Mendes	Bio Team Run	Veterano M45	01:51:30	+42:02	07:26
26	325	Paulo Lopes	Pastelaria Almeidoce	Veterano M45	01:51:36	+42:08	07:26
27	324	Nuno Queiroz	Pastelaria Almeidoce	Veterano M45	01:51:59	+42:32	07:28
28	269	Mário Salgado	Individual	Veterano M45	01:53:52	+44:25	07:36
29	151	Nuno Manso	Cross Trail	Veterano M45	01:54:53	+45:26	07:40
30	266	Herminio dos Santos Almeida	Individual	Veterano M45	01:55:59	+46:31	07:44
31	164	Vitor Santos	Dá-lhe Gás team	Veterano M45	01:56:13	+46:45	07:45
32	67	Vitor Marques	ARCD Venda da Luisa	Veterano M45	01:58:23	+48:56	07:54
33	188	Armando Loureiro	Figueira Kayak Clube	Veterano M45	01:59:06	+49:39	07:56
34	129	Valter Rainho	Bio Team Run	Veterano M45	02:01:40	+52:13	08:07
35	268	Luís Campos	Individual	Veterano M45	02:04:22	+54:54	08:17
36	345	Pedro Mesquito	SAL CrossFit	Veterano M45	02:06:35	+57:07	08:26
37	265	Gerhard Doppler	Individual	Veterano M45	02:18:41	+01:09:13	09:15

Trail Curto 15 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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38	267	joão santos	Individual	Veterano M45	02:22:26	+01:12:58	09:30
39	408	João Quintas	Figueira Kayak Clube	Veterano M45	02:25:10	+01:15:42	09:41
40	262	Antonio Alberto Rocha	Individual	Veterano M45	02:25:44	+01:16:16	09:43

Veterano M50

1	196	José Jesus	FormoBike Btt & Trail Running	Veterano M50	01:17:54	+08:27	05:12
2	94	Carlos Simões	ARSM - Associação Recreativa de S. Miguel	Veterano M50	01:19:05	+09:38	05:16
3	68	Arlindo Ribeiro	ARCD Venda da Luisa	Veterano M50	01:20:32	+11:04	05:22
4	119	José Zananar	Atletismo Clube da Tocha	Veterano M50	01:23:42	+14:14	05:35
5	156	Américo Ramos	CSCD NORTE e SOURE	Veterano M50	01:23:58	+14:30	05:36
6	149	vasco morais pinheiro de sousa	Coimbra Trail Running	Veterano M50	01:25:11	+15:44	05:41
7	71	Jose Marques	ARCD Venda da Luisa	Veterano M50	01:26:40	+17:12	05:47
8	70	Carlos Quinteiro	ARCD Venda da Luisa	Veterano M50	01:29:02	+19:35	05:56
9	410	Paulo Acúrcio	Grupo Desportivo Ferreirense	Veterano M50	01:31:02	+21:34	06:04
10	403	Francisco Ferreira	Os Tolinhos	Veterano M50	01:35:21	+25:53	06:21
11	142	Antonio Marques	Club de Atletismo Caracas	Veterano M50	01:35:32	+26:04	06:22
12	190	Jorge Freitas	Figueira Kayak Clube	Veterano M50	01:39:40	+30:13	06:39
13	179	Jorge Alves	Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M50	01:40:20	+30:52	06:41
14	24	José Tiago	#runjustfun	Veterano M50	01:42:12	+32:44	06:49
15	273	Jose Cardoso	Individual	Veterano M50	01:42:25	+32:57	06:50
16	95	José Oliveira	ARSM - Associação Recreativa de S. Miguel	Veterano M50	01:49:10	+39:42	07:17
17	96	Moisés Nunes	ARSM - Associação Recreativa de S. Miguel	Veterano M50	01:50:31	+41:04	07:22
18	364	António Batalha	Soure Mov	Veterano M50	01:52:02	+42:35	07:28
19	180	Vítor Santos	Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M50	01:55:42	+46:14	07:43
20	72	Pedro Roxo	ARCD Venda da Luisa	Veterano M50	02:00:26	+50:58	08:02
21	130	Carlos Barroso	Bio Team Run	Veterano M50	02:09:17	+59:49	08:37
22	271	João Gante Góis	Individual	Veterano M50	02:11:57	+01:02:30	08:48
23	406	Carlos Novo	Os Tolinhos	Veterano M50	02:14:33	+01:05:06	08:58
24	25	Ludgero Cabete Melanda	#runjustfun	Veterano M50	02:23:43	+01:14:16	09:35
25	400	Paulo Mata	Os Cansados	Veterano M50	02:36:43	+01:27:16	10:27

Veterano M55

1	120	Vitor faim	Atletismo Clube da Tocha	Veterano M55	01:24:54	+15:26	05:40
2	398	Victor Gonçalves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M55	01:28:54	+19:26	05:56
3	274	Filipe carvalheiro	Individual	Veterano M55	01:29:08	+19:40	05:57
4	279	Paulo Cavaleiro	Leitão & Cavaleiro	Veterano M55	01:30:02	+20:34	06:00
5	407	José Lemos	Os Tolinhos	Veterano M55	01:34:50	+25:23	06:19
6	397	Antonio Eufrasio de Melo	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M55	01:34:57	+25:29	06:20
7	131	João Rainho	Bio Team Run	Veterano M55	01:38:20	+28:52	06:33

Trail Curto 15 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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8	302	Fernando Fonseca	O Mundo da Corrida	Veterano M55	01:39:27	+30:00	06:38
9	275	José Cocenas	Individual	Veterano M55	01:40:44	+31:16	06:43
10	45	zé ramalho	Ansibikers	Veterano M55	01:49:32	+40:04	07:18
11	133	Luis Antonio Pinto Pereira	C.M.M. Escaravelhos Team	Veterano M55	01:54:55	+45:28	07:40
12	366	António Neves	Soure Mov	Veterano M55	02:09:39	+01:00:12	08:39
13	306	David Silva	opraticante.pt	Veterano M55	02:22:33	+01:13:05	09:30

Veterano M60

1	121	José Julião	Atletismo Clube da Tocha	Veterano M60	01:38:30	+29:03	06:34
2	276	José Botelho	Individual	Veterano M60	01:39:26	+29:59	06:38
3	191	António Carvalho	Figueira Kayak Clube	Veterano M60	01:44:16	+34:48	06:57
4	557	jorge manuel ramos	Individual	Veterano M60	01:48:19	+38:52	07:13
5	98	Fausto Carvalho	ARSM - Associação Recreativa de S. Miguel	Veterano M60	01:53:19	+43:52	07:33

Veterano M65

1	132	Manuel Fernandes	Bio Team Run	Veterano M65	01:43:13	+33:45	06:53
2	41	António Silva	ACDRS QUINHENDROS	Veterano M65	01:48:05	+38:37	07:12
3	99	Joaquim Branquinho	ARSM - Associação Recreativa de S. Miguel	Veterano M65	01:55:48	+46:21	07:43
4	304	Fernando Luis	O Mundo da Corrida	Veterano M65	02:25:01	+01:15:34	09:40

COLETIVO - TRAIL CURTO

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 - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	ESCOLA DE ATLETISMO DE COIMBRA/INTERMARCHÉ CONDEIXA	1 + 2 + 3	6
2	OZXTREME/ADCRPEREIRA	6 + 7 + 27	40
3	SC POVOENSE - CARACÓIS DE CORRIDA	15 + 17 + 18	50
4	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	10 + 25 + 26	61
5	ATLETISMO CLUBE DA TOCHA	11 + 21 + 41	73
6	ACDRS QUINHENDROS	8 + 32 + 37	77
7	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	22 + 24 + 47	93
8	TRILHOS DOS TEMPLÁRIOS / XPORFIT	14 + 40 + 58	112
9	MONTANHA CLUBE TRAIL RUNNING EFAPEL	23 + 43 + 51	117
10	ARCD VENDA DA LUISA	28 + 55 + 63	146
11	COIMBRA TRAIL RUNNING	20 + 50 + 97	167
12	CSCD NORTE E SOURE	44 + 52 + 77	173
13	FORMOBIKE BTT & TRAIL RUNNING	16 + 78 + 125	219
14	SOURE MOV	34 + 100 + 120	254
15	CCDR MATAS&CIPRESTE TRAIL TEAM	60 + 110 + 132	302
16	FIGUEIRA KAYAK CLUBE	85 + 116 + 124	325
17	GRUPO DESPORTIVO FERREIRENSE	79 + 107 + 160	346
18	OS TOLINHOS	90 + 93 + 169	352
19	ASSSCC - AR LIVRE E AVENTURA	33 + 49 + 317	399
20	BIO TEAM RUN	108 + 133 + 161	402
21	#RUNJUSTFUN	129 + 137 + 143	409
22	GRVILAVERDENSE	65 + 126 + 233	424
23	SAL CROSSFIT	130 + 146 + 149	425
24	DÁ-LHE GÁS TEAM	83 + 150 + 202	435
25	O MUNDO DA CORRIDA	115 + 229 + 280	624
26	MOINHOS DA GÂNDARA TRAIL	191 + 196 + 270	657
27	CASA DO BENFICA CONDEIXA	157 + 260 + 261	678
28	POMBAL JORNAL	250 + 282 + 347	879