



**TRAIL LONGO - STAGE 1****25 KM****OFFICIAL RESULT**

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>CAT</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>
42	59	Hugo Raimundo	sabores do paco zatopegues	Veterano M40	03:04:32	+58:27	07:23
43	53	Cacau Medeiros	individual	Veterana F50	03:04:32	+58:27	07:23
44	64	Nuno Miguel Martins Gaspar	individual	Veterano M40	03:06:54	+01:00:49	07:29
45	530	Mário Caridade	individual	Senior Masculino	03:06:59	+01:00:54	07:29
46	112	Pedro Bragão	preta runners	Veterano M45	03:07:27	+01:01:22	07:30
47	52	Anabela Remédios	individual	Veterana F45	03:09:57	+01:03:52	07:36
48	86	Francisco Silva	já t'apanho	Veterano M45	03:10:55	+01:04:50	07:38
49	15	Edgar Gaspar	casa do benfica em abranes	Senior Masculino	03:11:42	+01:05:37	07:40
50	66	Paulo Cosma	individual	Veterano M40	03:11:50	+01:05:45	07:40
51	51	Paula Penedo	amcf - arrábida trail team	Veterana F40	03:13:02	+01:06:57	07:43
52	82	DE OLIVEIRA	individual	Veterano M55	03:15:56	+01:09:51	07:50
53	73	Hélder José Ferreira Correia	individual	Veterano M45	03:17:15	+01:11:10	07:53
54	97	Humberto Oliveira	os tolinhos	Veterano M40	03:17:15	+01:11:10	07:53
55	81	Raul Martins	individual	Veterano M50	03:17:42	+01:11:37	07:54
56	65	Nuno Rodrigues	individual	Veterano M40	03:19:11	+01:13:06	07:58
57	85	Pedro Campos	já t'apanho	Veterano M40	03:19:54	+01:13:49	08:00
58	99	Samuel Nunes	os tolinhos	Veterano M40	03:21:41	+01:15:36	08:04
59	39	Diogo Roberto	individual	Senior Masculino	03:21:41	+01:15:36	08:04
60	45	Miguel	individual	Senior Masculino	03:21:41	+01:15:36	08:04
61	31	Nuno Carrasco	clube novo banco	Veterano M40	03:22:20	+01:16:15	08:06
62	60	José fontinha	casa do benfica em abranes	Veterano M40	03:22:44	+01:16:39	08:07
63	55	Carlos Mendes	individual	Veterano M40	03:23:30	+01:17:25	08:08
64	113	Rafael Coelho	quenianos do ribatejo	Senior Masculino	03:26:06	+01:20:01	08:15
65	95	Sónia Almeida Filipe	os tolinhos	Senior Feminino	03:27:04	+01:20:59	08:17
66	25	David Leite	clube novo banco	Senior Masculino	03:27:34	+01:21:29	08:18
67	61	José São Bento	individual	Veterano M40	03:27:55	+01:21:50	08:19
68	24	Pedro Miguel Dias de Campos	clube edp lisboa	Veterano M40	03:28:04	+01:21:59	08:19
69	50	Margarida da Silva Nobre Nunes	individual	Veterana F40	03:28:10	+01:22:05	08:20
70	33	FERNANDA FRANÇA	clube ogma	Veterana F45	03:30:17	+01:24:12	08:25
71	34	JOAQUIM BEXIGA	clube ogma	Veterano M50	03:30:17	+01:24:12	08:25
72	100	Carlos Ribeiro	os tolinhos	Veterano M45	03:32:41	+01:26:36	08:30
73	22	Marco Lopes	clube de atletismo trail runners da ponte	Senior Masculino	03:34:50	+01:28:45	08:36
74	21	Daniel da Silva Freire Luis	clube de atletismo trail runners da ponte	Senior Masculino	03:34:50	+01:28:45	08:36
75	27	João Lobato	clube novo banco	Senior Masculino	03:36:09	+01:30:04	08:39
76	72	Carlos Nuno Alves Duarte	individual	Veterano M45	03:36:14	+01:30:09	08:39
77	30	Hugo Ribeiro	clube novo banco	Veterano M40	03:37:26	+01:31:22	08:42
78	29	Aíres Barata	clube novo banco	Veterano M40	03:41:46	+01:35:41	08:52
79	121	Flor Amonsky	individual	Senior Feminino	03:42:45	+01:36:40	08:55
80	40	Francisco Simão	individual	Senior Masculino	03:43:54	+01:37:49	08:57
81	74	Jorge Sobrinho	individual	Veterano M45	03:46:25	+01:40:20	09:03
82	23	António Serrano	clube de atletismo trail runners da ponte	Veterano M40	03:47:01	+01:40:56	09:05
83	63	Miguel Jorge Andrade Pita Mora Alves	individual	Veterano M40	03:47:04	+01:40:59	09:05
84	101	Horácio Alexandre	os tolinhos	Veterano M55	03:47:32	+01:41:27	09:06
85	92	João Pedro Dias Baptista	os galgos de tancos	Veterano M50	03:47:59	+01:41:54	09:07
86	57	Duarte Caldeirão	individual	Veterano M40	03:48:27	+01:42:22	09:08

## TRAIL LONGO - STAGE 1

25 KM

OFFICIAL RESULT

**R**  
REVISED

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
87	56	César Pires	individual	Veterano M40	03:51:30	+01:45:25	09:16
88	48	Ricardo Patrício	individual	Senior Masculino	03:52:01	+01:45:56	09:17
89	75	luis magalhaes	individual	Veterano M45	03:59:02	+01:52:57	09:34
90	77	Paulo Vicente	individual	Veterano M45	04:00:50	+01:54:45	09:38
91	79	Vasco Catroga	individual	Veterano M45	04:04:03	+01:57:58	09:46
92	58	Filipe Fernandes	individual	Veterano M40	04:04:04	+01:57:59	09:46
93	84	Vítor Manuel Medeiros Fernandes	individual	Veterano M60	04:10:42	+02:04:38	10:02
94	87	Carlos Alves	let's run azores	Veterano M40	04:14:57	+02:08:52	10:12
95	96	Helena Marques	os tolinhos	Veterana F40	04:30:04	+02:23:59	10:48
96	120	Sonia Cruz	sociedade recreativa da granja	Veterana F40	04:50:30	+02:44:25	11:37
97	109	Clélia Conceição	preta runners	Veterana F45	04:52:51	+02:46:46	11:43
98	108	Catarina Isabel Lopes Fontinha	preta runners	Veterana F40	04:54:43	+02:48:38	11:47
99	111	Paulo Fernando Costa Vieira	preta runners	Veterano M40	04:54:44	+02:48:39	11:47
100	110	Hugo Oliveira	preta runners	Veterano M40	04:54:46	+02:48:41	11:47
101	104	Diana Mara Ribeiro	preta runners	Senior Feminino	05:03:33	+02:57:28	12:09
102	522	Fernanda Tavares	individual	Senior Feminino	05:43:47	+03:37:42	13:45



## Trail Longo

25 KM



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

27	27	João Lobato	CLUBE NOVO BANCO	Senior Masculino	03:36:09	+01:30:04	08:39
28	40	Francisco Simão	Individual	Senior Masculino	03:43:54	+01:37:49	08:57
29	48	Ricardo Patrício	Individual	Senior Masculino	03:52:01	+01:45:56	09:17

## Sub 23 Masculino

1	49	Henrique Dias	Individual	Sub 23 Masculino	02:46:48	+40:43	06:40
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## Veterana F40

1	11	Tetyana Vakulyuk	Caracol Trail Team	Veterana F40	02:43:51	+37:46	06:33
2	51	Paula Penedo	AMCF - ARRÁBIDA TRAIL TEAM	Veterana F40	03:13:02	+01:06:57	07:43
3	50	Margarida da Silva Nobre Nunes	Individual	Veterana F40	03:28:10	+01:22:05	08:20
4	96	Helena Marques	Os Tolinhos	Veterana F40	04:30:04	+02:23:59	10:48
5	120	Sonia Cruz	Sociedade Recreativa da Granja	Veterana F40	04:50:30	+02:44:25	11:37
6	108	Catarina Isabel Lopes Fontinha	Preta runners	Veterana F40	04:54:43	+02:48:38	11:47

## Veterana F45

1	52	Anabela Remédios	Individual	Veterana F45	03:09:57	+01:03:52	07:36
2	33	FERNANDA FRANÇA	Clube OGMA	Veterana F45	03:30:17	+01:24:12	08:25
3	109	Clélia Conceição	Preta runners	Veterana F45	04:52:51	+02:46:46	11:43

## Veterana F50

1	53	Cacau Medeiros	Individual	Veterana F50	03:04:32	+58:27	07:23
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## Veterano M40

1	54	Bruno pereira	Individual	Veterano M40	02:13:39	+07:34	05:21
2	20	Helder Fernandes Pereira	Clube de Atletismo de Ferreira do Zêzere	Veterano M40	02:26:16	+20:11	05:51
3	16	MANUEL NOGUEIRA	CASA DO BENFICA EM ABRANTES	Veterano M40	02:27:45	+21:40	05:55
4	67	Paulo Poiars	Individual	Veterano M40	02:31:40	+25:35	06:04
5	17	José Carlos David	cem quedas	Veterano M40	02:33:00	+26:55	06:07
6	93	Nuno Lopes	Os Ponta Branca UDAlaiense	Veterano M40	02:47:41	+41:36	06:42
7	18	Pedro Anjos	CLAC Entroncamento/OndaTrilhos	Veterano M40	02:51:41	+45:36	06:52
8	68	Rui Lopes	Individual	Veterano M40	02:56:57	+50:52	07:05
9	59	Hugo Raimundo	Sabores do paco zatepegues	Veterano M40	03:04:32	+58:27	07:23
10	64	Nuno Miguel Martins Gaspar	Individual	Veterano M40	03:06:54	+01:00:49	07:29
11	66	Paulo Cosma	Individual	Veterano M40	03:11:50	+01:05:45	07:40
12	97	Humberto Oliveira	Os Tolinhos	Veterano M40	03:17:15	+01:11:10	07:53
13	65	Nuno Rodrigues	Individual	Veterano M40	03:19:11	+01:13:06	07:58
14	85	Pedro Campos	Já t'apanho	Veterano M40	03:19:54	+01:13:49	08:00

## Trail Longo

25 KM

## OFFICIAL RESULT

**R**  
REVISED

15	99	Samuel Nunes	Os Tolinhos	Veterano M40	03:21:41	+01:15:36	08:04
16	31	Nuno Carrasco	CLUBE NOVO BANCO	Veterano M40	03:22:20	+01:16:15	08:06
17	60	José fontinha	CASA DO BENFICA EM ABRANTES	Veterano M40	03:22:44	+01:16:39	08:07
18	55	Carlos Mendes	Individual	Veterano M40	03:23:30	+01:17:25	08:08
19	61	José São Bento	Individual	Veterano M40	03:27:55	+01:21:50	08:19
20	24	Pedro Miguel Dias de Campos	Clube EDP Lisboa	Veterano M40	03:28:04	+01:21:59	08:19
21	30	Hugo Ribeiro	CLUBE NOVO BANCO	Veterano M40	03:37:26	+01:31:22	08:42
22	29	Aires Barata	CLUBE NOVO BANCO	Veterano M40	03:41:46	+01:35:41	08:52
23	23	António Serrano	Clube de Atletismo Trail Runners da Ponte	Veterano M40	03:47:01	+01:40:56	09:05
24	63	Miguel Jorge Andrade Pita Mora Alves	Individual	Veterano M40	03:47:04	+01:40:59	09:05
25	57	Duarte Caldeirão	Individual	Veterano M40	03:48:27	+01:42:22	09:08
26	56	César Pires	Individual	Veterano M40	03:51:30	+01:45:25	09:16
27	58	Filipe Fernandes	Individual	Veterano M40	04:04:04	+01:57:59	09:46
28	87	Carlos Alves	Let's Run Azores	Veterano M40	04:14:57	+02:08:52	10:12
29	111	Paulo Fernando Costa Vieira	Preta runners	Veterano M40	04:54:44	+02:48:39	11:47
30	110	Hugo Oliveira	Preta runners	Veterano M40	04:54:46	+02:48:41	11:47

## Veterano M45

1	1	Luiz Carlos Carvalho da Mota	CASA DO BENFICA EM ABRANTES	Veterano M45	02:11:33	+05:28	05:16
2	13	Gil Afonso Vicente	Caracol Trail Team	Veterano M45	02:26:17	+20:12	05:51
3	12	Carlos Ferreira	Caracol Trail Team	Veterano M45	02:33:44	+27:39	06:09
4	70	Artur Bernardo	Individual	Veterano M45	02:44:28	+38:23	06:35
5	32	Fernando Capitão	CLUBE NOVO BANCO	Veterano M45	02:47:41	+41:36	06:42
6	102	José Manuel Marques Ferreira	painho trail	Veterano M45	02:47:49	+41:44	06:43
7	112	Pedro Bragão	Preta runners	Veterano M45	03:07:27	+01:01:22	07:30
8	86	Francisco Silva	Já t'apanho	Veterano M45	03:10:55	+01:04:50	07:38
9	73	Hélder José Ferreira Correia	Individual	Veterano M45	03:17:15	+01:11:10	07:53
10	100	Carlos Ribeiro	Os Tolinhos	Veterano M45	03:32:41	+01:26:36	08:30
11	72	Carlos Nuno Alves Duarte	Individual	Veterano M45	03:36:14	+01:30:09	08:39
12	74	Jorge Sobrinho	Individual	Veterano M45	03:46:25	+01:40:20	09:03
13	75	luis magalhaes	Individual	Veterano M45	03:59:02	+01:52:57	09:34
14	77	Paulo Vicente	Individual	Veterano M45	04:00:50	+01:54:45	09:38
15	79	Vasco Catroga	Individual	Veterano M45	04:04:03	+01:57:58	09:46

## Veterano M50

1	80	Jorge Rodrigues	NAZA - NÚCLEO DE ATLETISMO DA ZONA DA ABÓBODA	Veterano M50	02:38:34	+32:29	06:21
2	94	Leonel Campos	Os Ponta Branca UDAatalaiense	Veterano M50	02:48:14	+42:09	06:44
3	119	José Dias	ZONA ALTA TRAIL	Veterano M50	02:51:28	+45:23	06:52
4	81	Raul Martins	Individual	Veterano M50	03:17:42	+01:11:37	07:54
5	34	JOAQUIM BEXIGA	Clube OGMA	Veterano M50	03:30:17	+01:24:12	08:25
6	92	João Pedro Dias Baptista	Os Galgos de Tancos	Veterano M50	03:47:59	+01:41:54	09:07

Official Timekeeper: Lap2Go	3 / 4	generate 24-May-2018 15:27
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## TRAIL CURTO - STAGE 1

13 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 - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	09:30	15°C	82%
End	12:15	15°C	82%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	503	ANTÓNIO ALMEIDA	casa do benfica em abranes	Senior Masculino	56:37		04:21
2	505	Daniel Domingues	casa do benfica em abranes	Sub 23 Masculino	01:02:50	+06:13	04:50
3	593	Mario ramos	sabores do paco zatopegues	Senior Masculino	01:05:45	+09:08	05:03
4	517	Ruben Cotrim	dirrunners	Senior Masculino	01:08:35	+11:57	05:17
5	506	José Silva	casa do benfica em abranes	Veterano M55	01:09:03	+12:25	05:19
6	502	Jorge Martins	arsm- associação recreativa de são miguel	Veterano M60	01:11:41	+15:03	05:31
7	568	Emanuel Rocha Freitas	mau maus	Senior Masculino	01:13:16	+16:39	05:38
8	524	Bruno Silvério	individual	Senior Masculino	01:14:49	+18:12	05:45
9	547	Pedro Alfaiate	individual	Veterano M40	01:18:46	+22:09	06:04
10	561	JOÃO PRATAS	individual	Veterano M50	01:19:22	+22:44	06:06
11	508	Vitor marques	chão de codes/btz mação	Veterano M55	01:19:41	+23:04	06:08
12	558	Carlos José Faria Marques	individual	Veterano M50	01:20:03	+23:26	06:09
13	504	Joel Martins	casa do benfica em abranes	Senior Masculino	01:20:07	+23:30	06:10
14	544	Jorge José Oliveira Pires	individual	Veterano M40	01:20:54	+24:16	06:13
15	583	Rui Manuel da Costa Bernardino	os galgos de tancos	Veterano M45	01:23:44	+27:06	06:26
16	28	Pedro Sanguino	clube novo banco	Senior Masculino	01:24:10	+27:32	06:28
17	557	Diogo Maia	zona alta trail	Senior Masculino	01:24:43	+28:06	06:31
18	528	João Fernandes	individual	Senior Masculino	01:26:49	+30:12	06:41
19	592	Ricardo Apura	quenianos do ribatejo	Senior Masculino	01:27:43	+31:06	06:45
20	501	Lígia Pires Coelho	arsm- associação recreativa de são miguel	Veterana F45	01:29:56	+33:19	06:55
21	553	José Jacinto	individual	Veterano M45	01:30:20	+33:42	06:57
22	566	Fernando Rosa	individual	Veterano M55	01:32:53	+36:16	07:09
23	567	João José Vicente Barroso H. Serras	individual	Veterano M60	01:33:31	+36:54	07:12
24	559	Joao Manuel Damas Jacinto	individual	Veterano M50	01:34:12	+37:35	07:15
25	511	CARLA SOFIA CALDEIRA FERNANDES	clube de atletismo trail runners da ponte	Veterana F40	01:36:11	+39:34	07:24
26	546	Manuel Jose Correia Gomes	individual	Veterano M40	01:36:44	+40:07	07:26
27	597	Márcio Horta	unimaxial-maxialvivo	Senior Masculino	01:37:40	+41:03	07:31
28	582	Sónia Cristina Nunes Correia	os galgos de tancos	Veterana F40	01:37:50	+41:13	07:32
29	554	José Laia	individual	Veterano M45	01:38:09	+41:31	07:33
30	512	MARGARIDA INACIO	clube de atletismo trail runners da ponte	Veterana F45	01:38:12	+41:35	07:33
31	540	MARIA RAQUEL ROSA PRATAS BATISTA CORREIA	individual	Veterana F45	01:40:06	+43:29	07:42
32	538	Cidália Magalhães	individual	Veterana F45	01:40:10	+43:33	07:42
33	509	Paulo Jorge dos Reis Mota	clac	Veterano M45	01:40:27	+43:49	07:44
34	570	João Costa	momsteel	Senior Masculino	01:43:04	+46:26	07:56
35	532	Nuno Marques	individual	Senior Masculino	01:43:05	+46:28	07:56
36	555	LUIS LEITAO	individual	Veterano M45	01:43:52	+47:14	07:59
37	569	Gonçalo Oliveira	momsteel	Senior Masculino	01:47:54	+51:17	08:18
38	519	Pedro Reis	dirrunners	Veterano M40	01:48:03	+51:26	08:19



**Trail Curto****13 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	15°C	82%
End	12:15	15°C	82%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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**Junior Feminino**

1	515	Margarida Lemos	DirtRunners	Junior Feminino	02:20:02	+01:23:24	10:46
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**Senior Feminino**

1	520	Alexandra Simão	Individual	Senior Feminino	01:48:53	+52:15	08:23
2	587	Teresa Ventura	QualquerCoisa	Senior Feminino	01:49:29	+52:52	08:25
3	586	Mónica Ventura	QualquerCoisa	Senior Feminino	01:49:58	+53:21	08:28
4	514	Filipa Matias	DAP Trail Team	Senior Feminino	02:03:22	+01:06:45	09:29
5	521	Cláudia Moura	Individual	Senior Feminino	02:03:55	+01:07:18	09:32
6	590	Inês Diogo	Quenianos do Ribatejo	Senior Feminino	02:15:29	+01:18:51	10:25
7	595	Delia Pereira	Unimaxial-maxialvivo	Senior Feminino	02:24:34	+01:27:57	11:07

**Senior Masculino**

1	503	ANTÓNIO ALMEIDA	CASA DO BENFICA EM ABRANTES	Senior Masculino	56:37		04:21
2	593	Mario ramos	Sabores do paco zatepegues	Senior Masculino	01:05:45	+09:08	05:03
3	517	Ruben Cotrim	DirtRunners	Senior Masculino	01:08:35	+11:57	05:17
4	568	Emanuel Rocha Freitas	Mau Maus	Senior Masculino	01:13:16	+16:39	05:38
5	524	Bruno Silvério	Individual	Senior Masculino	01:14:49	+18:12	05:45
6	504	Joel Martins	CASA DO BENFICA EM ABRANTES	Senior Masculino	01:20:07	+23:30	06:10
7	28	Pedro Sanguino	CLUBE NOVO BANCO	Senior Masculino	01:24:10	+27:32	06:28
8	557	Diogo Maia	ZONA ALTA TRAIL	Senior Masculino	01:24:43	+28:06	06:31
9	528	João Fernandes	Individual	Senior Masculino	01:26:49	+30:12	06:41
10	592	Ricardo Apura	Quenianos do Ribatejo	Senior Masculino	01:27:43	+31:06	06:45
11	597	Márcio Horta	Unimaxial-maxialvivo	Senior Masculino	01:37:40	+41:03	07:31
12	570	João Costa	Momsteel	Senior Masculino	01:43:04	+46:26	07:56
13	532	Nuno Marques	Individual	Senior Masculino	01:43:05	+46:28	07:56
14	569	Gonçalo Oliveira	Momsteel	Senior Masculino	01:47:54	+51:17	08:18
15	527	João António Felício Alexandre	Individual	Senior Masculino	01:48:53	+52:16	08:23
16	588	Nuno Rito	QualquerCoisa	Senior Masculino	01:49:58	+53:21	08:28
17	533	Pedro Catroga	Individual	Senior Masculino	01:50:06	+53:29	08:28
18	526	Isaac Gadanha	Individual	Senior Masculino	01:54:51	+58:14	08:50
19	523	Bruno	Individual	Senior Masculino	01:56:06	+59:29	08:56
20	529	João Vicente	Individual	Senior Masculino	02:03:56	+01:07:18	09:32
21	591	João Carlos Pereira Gomes	Quenianos do Ribatejo	Senior Masculino	02:09:26	+01:12:48	09:57
22	596	Ivo Pereira	Unimaxial-maxialvivo	Senior Masculino	02:14:22	+01:17:45	10:20
23	525	Cristiano Cardoso Neves	Individual	Senior Masculino	02:15:28	+01:18:51	10:25

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## Trail Curto

13 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

### OFFICIAL RESULT

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24	531	Micael Marques	Individual	Senior Masculino	02:16:06	+01:19:28	10:28
25	577	David Catroga	Nights	Senior Masculino	02:23:30	+01:26:53	11:02

## Sub 23 Masculino

1	505	Daniel Domingues	CASA DO BENFICA EM ABRANTES	Sub 23 Masculino	01:02:50	+06:13	04:50
2	534	André Diogo	Individual	Sub 23 Masculino	02:12:34	+01:15:57	10:12

## Veterana F40

1	511	CARLA SOFIA CALDEIRA FERNANDES	Clube de Atletismo Trail Runners da Ponte	Veterana F40	01:36:11	+39:34	07:24
2	582	Sónia Cristina Nunes Correia	Os Galgos de Tancos	Veterana F40	01:37:50	+41:13	07:32
3	518	Mónica Monteiro	DirtRunners	Veterana F40	01:48:24	+51:46	08:20
4	535	Carla Palmeiro	Individual	Veterana F40	02:20:21	+01:23:44	10:48
5	579	Ana Gaio	Nights	Veterana F40	02:23:29	+01:26:52	11:02
6	598	Ângela Pimenta	Unimaxial-maxialvivo	Veterana F40	02:33:57	+01:37:20	11:51
7	572	Anabela Frazão	Momsteel	Veterana F40	02:44:10	+01:47:33	12:38

## Veterana F45

1	501	Lígia Pires Coelho	ARSM- Associação Recreativa de São Miguel	Veterana F45	01:29:56	+33:19	06:55
2	512	MARGARIDA INACIO	Clube de Atletismo Trail Runners da Ponte	Veterana F45	01:38:12	+41:35	07:33
3	540	MARIA RAQUEL ROSA PRATAS BATISTA CORREIA	Individual	Veterana F45	01:40:06	+43:29	07:42
4	538	Cidália Magalhães	Individual	Veterana F45	01:40:10	+43:33	07:42
5	541	Sofia Margarida Lopes Tempero Paulo Pimenta	Individual	Veterana F45	01:55:11	+58:33	08:52
6	539	Lidia Dias	Individual	Veterana F45	02:13:06	+01:16:28	10:14

## Veterana F50

1	584	Anabela Silvestre	Os Tolinhos	Veterana F50	01:48:41	+52:04	08:22
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## Veterana F55

1	542	Fernanda Pratas	Individual	Veterana F55	01:59:56	+01:03:19	09:14
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## Veterana F60

1	89	Filomena Correia	OPraticante.PT	Veterana F60	02:19:54	+01:23:16	10:46
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## Trail Curto

13 KM

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## OFFICIAL RESULT

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### Veterano M40

1	547	Pedro Alfaiate	Individual	Veterano M40	01:18:46	+22:09	06:04
2	544	Jorge José Oliveira Pires	Individual	Veterano M40	01:20:54	+24:16	06:13
3	546	Manuel Jose Correia Gomes	Individual	Veterano M40	01:36:44	+40:07	07:26
4	519	Pedro Reis	DirtRunners	Veterano M40	01:48:03	+51:26	08:19
5	543	Francisco Pereira	Individual	Veterano M40	01:48:24	+51:47	08:20
6	545	Jorge Nunes	Individual	Veterano M40	01:49:55	+53:18	08:27
7	550	Ricardo Guedes	Individual	Veterano M40	01:56:06	+59:29	08:56
8	549	Pedro Gomes	Individual	Veterano M40	02:22:23	+01:25:46	10:57
9	599	Luis Barra	Unimaxial-maxialvivo	Veterano M40	02:33:55	+01:37:18	11:50
10	551	Ricardo Jorge Nicolau Carriche	Individual	Veterano M40	02:36:10	+01:39:33	12:01
11	573	Filipe Marques	Momsteel	Veterano M40	02:44:08	+01:47:30	12:38

### Veterano M45

1	583	Rui Manuel da Costa Bernardino	Os Galgos de Tancos	Veterano M45	01:23:44	+27:06	06:26
2	553	José Jacinto	Individual	Veterano M45	01:30:20	+33:42	06:57
3	554	José Laia	Individual	Veterano M45	01:38:09	+41:31	07:33
4	509	Paulo Jorge dos Reis Mota	Clac	Veterano M45	01:40:27	+43:49	07:44
5	555	LUIS LEITAO	Individual	Veterano M45	01:43:52	+47:14	07:59

### Veterano M50

1	561	JOÃO PRATAS	Individual	Veterano M50	01:19:22	+22:44	06:06
2	558	Carlos José Faria Marques	Individual	Veterano M50	01:20:03	+23:26	06:09
3	559	Joao Manuel Damas Jacinto	Individual	Veterano M50	01:34:12	+37:35	07:15
4	562	Jorge Natário	Individual	Veterano M50	01:48:52	+52:15	08:22
5	565	Paulo Simão	Individual	Veterano M50	01:48:53	+52:16	08:23
6	585	Miguel Milheirço	Os Tolinhos	Veterano M50	01:55:13	+58:36	08:52
7	564	Paulo Ferreira	Individual	Veterano M50	02:04:38	+01:08:01	09:35
8	90	David Silva	OPraticante.PT	Veterano M50	02:13:06	+01:16:29	10:14

### Veterano M55

1	506	José Silva	CASA DO BENFICA EM ABRANTES	Veterano M55	01:09:03	+12:25	05:19
2	508	Vitor marques	Chão de codes/BTZ Mação	Veterano M55	01:19:41	+23:04	06:08
3	566	Fernando Rosa	Individual	Veterano M55	01:32:53	+36:16	07:09

### Veterano M60

1	502	Jorge Martins	ARSM- Associação Recreativa de São Miguel	Veterano M60	01:11:41	+15:03	05:31
2	567	João José Vicente Barroso H. Serras	Individual	Veterano M60	01:33:31	+36:54	07:12

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**Trail Curto****13 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

3	589	Joaquim Ventura	QualquerCoisa	Veterano M60	01:48:20	+51:43	08:20
4	507	CARLOS ALFAIATE	CASA DO BENFICA EM ABRANTES	Veterano M60	01:57:47	+01:01:10	09:04

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

RANK	TEAM	DESCRIPTION	POINTS
1	CASA DO BENFICA EM ABRANTES	1 + 2 + 5	8
2	DIRTRUNNERS	4 + 38 + 40	82
3	QUALQUERCOISA	39 + 47 + 49	135
4	QUENIANOS DO RIBATEJO	19 + 63 + 69	151
5	MOMSTEEL	34 + 37 + 81	152
6	UNIMAXIAL-MAXIALVIVO	27 + 67 + 77	171