# TRAIL CURTO CIDADE DE POMBAL - 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 | 09:00 | -99ºC | -99% |
| End | 13:21 | 30.5ºC | 60% |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 1 | 566 | fernando marques | dci/ccdrpedrulha-mealhada | Veterano M35 | 01:17:29 | | 05:10 |
| 2 | 652 | Bruno Filipe | individual | Veterano M35 | 01:19:42 | +02:13 | 05:19 |
| 3 | 565 | Ricardo Santos | dci/ccdrpedrulha-mealhada | Senior Masculino | 01:21:57 | +04:28 | 05:28 |
| 4 | 606 | José Gonçalves | grupo alegre unido bajouca | Veterano M50 | 01:22:04 | +04:35 | 05:28 |
| 5 | 828 | Tiago Tomas | ccrd burinhosa | Senior Masculino | 01:24:21 | +06:52 | 05:37 |
| 6 | 592 | MAURO JOSE CARVALHO MODERNO | gim running team/inércia s.c. | Senior Masculino | 01:25:27 | +07:58 | 05:42 |
| 7 | 560 | Fernando Freire | dá-lhe gás team | Veterano M35 | 01:26:13 | +08:44 | 05:45 |
| 8 | 822 | Jose Figueira | ccrd burinhosa | Veterano M40 | 01:26:19 | +08:49 | 05:45 |
| 9 | 538 | TIAGO FERREIRA | clube veteranos do lis | Senior Masculino | 01:26:22 | +08:53 | 05:46 |
| 10 | 575 | Ricardo Carreira | gac-grupo de atletismo da caranguejeira | Senior Masculino | 01:26:38 | +09:09 | 05:47 |
| 11 | 540 | GONÇALO LOPES | clube veteranos do lis | Veterano M35 | 01:26:48 | +09:18 | 05:47 |
| 12 | 502 | Samuel Reis | a. c. s. mamede | Senior Masculino | 01:27:41 | +10:11 | 05:51 |
| 13 | 685 | Luís Miguel Mateus Ramos | individual | Veterano M40 | 01:27:45 | +10:16 | 05:51 |
| 14 | 661 | Joel Couto | individual | Veterano M35 | 01:28:18 | +10:49 | 05:53 |
| 15 | 600 | Ricardo Carreira | grupo alegre unido bajouca | Veterano M35 | 01:28:22 | +10:53 | 05:54 |
| 16 | 597 | Luís carlos Rodrigues da Silva | grf benedita - atletismo | Senior Masculino | 01:29:07 | +11:37 | 05:56 |
| 17 | 713 | Rui Miguel Carvalho Cadete | lama solta | Veterano M35 | 01:29:20 | +11:50 | 05:57 |
| 18 | 664 | Luis Norte | individual | Veterano M35 | 01:29:23 | +11:54 | 05:58 |
| 19 | 727 | Nuno Coutinho | norte e soure | Senior Masculino | 01:31:46 | +14:17 | 06:07 |
| 20 | 666 | Marcio santos cordeiro | individual | Veterano M35 | 01:32:08 | +14:39 | 06:09 |
| 21 | 601 | André Fernandes | grupo alegre unido bajouca | Veterano M40 | 01:32:09 | +14:40 | 06:09 |
| 22 | 522 | Paulo Cruz | ca barreira | Veterano M40 | 01:32:15 | +14:46 | 06:09 |
| 23 | 729 | Narciso Cordeiro | o pastor arrimalano | Veterano M50 | 01:32:33 | +15:04 | 06:10 |
| 24 | 629 | Pimenta | individual | Senior Masculino | 01:32:45 | +15:15 | 06:11 |
| 25 | 576 | Ricardo Marques | gac-grupo de atletismo da caranguejeira | Senior Masculino | 01:33:23 | +15:54 | 06:14 |
| 26 | 506 | HUGO HORTA | acbatalha | Veterano M35 | 01:33:41 | +16:11 | 06:15 |
| 27 | 578 | Horácio Gaspar | gac-grupo de atletismo da caranguejeira | Veterano M40 | 01:33:46 | +16:17 | 06:15 |
| 28 | 579 | Joaquim Santos | gac-grupo de atletismo da caranguejeira | Veterano M40 | 01:33:55 | +16:26 | 06:16 |
| 29 | 671 | Sílvio Moreira | individual | Veterano M35 | 01:33:55 | +16:26 | 06:16 |
| 30 | 541 | LEANDRO SANTOS | clube veteranos do lis | Veterano M35 | 01:34:02 | +16:33 | 06:16 |
| 31 | 507 | HELDER MATOS | acbatalha | Veterano M40 | 01:35:03 | +17:34 | 06:20 |
| 32 | 604 | Otelo Pereira | grupo alegre unido bajouca | Veterano M40 | 01:35:06 | +17:37 | 06:20 |
| 33 | 820 | Mauricio Rodrigues | ccrd burinhosa | Veterano M35 | 01:35:07 | +17:37 | 06:20 |
| 34 | 777 | Filipe Antonio | trail da ladeia running team | Veterano M40 | 01:35:10 | +17:41 | 06:21 |
| 35 | 788 | JOÃO PEDRO DE OLIVEIRA RODRIGUES | vilaventura trail running team | Veterano M40 | 01:35:36 | +18:06 | 06:22 |
| 36 | 689 | Ricardo Nuno Pedrosa da Silva | individual | Veterano M40 | 01:35:38 | +18:08 | 06:23 |
| 37 | 800 | Carlos Estrada | individual | Veterano M60 | 01:36:15 | +18:45 | 06:25 |
| 38 | 708 | Paulo Neves | lama solta | Senior Masculino | 01:36:34 | +19:04 | 06:26 |
| 39 | 623 | João Paulo Santos Domingues | individual | Senior Masculino | 01:36:55 | +19:26 | 06:28 |
| 40 | 821 | Nuno Lorvão | ccrd burinhosa | Veterano M40 | 01:37:08 | +19:39 | 06:29 |

## TRAIL CURTO CIDADE DE POMBAL - 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 |
|---|---|---|---|---|---|---|---|
| 41 | 678 | Helder Abreu | individual | Veterano M40 | 01:37:42 | +20:13 | 06:31 |
| 42 | 512 | Gonçalo Rocha | arcude trail team | Senior Masculino | 01:37:45 | +20:16 | 06:31 |
| 43 | 787 | Rui Pereira | vilaventura trail running team | Veterano M35 | 01:37:50 | +20:21 | 06:31 |
| 44 | 823 | Vanda Jeronimo | ccrd burinhosa | Veterana F35 | 01:37:57 | +20:28 | 06:32 |
| 45 | 528 | Andre Salgueiro | ccrd burinhosa | Senior Masculino | 01:37:58 | +20:29 | 06:32 |
| 46 | 603 | Jorge Rodrigues | grupo alegre unido bajouca | Veterano M40 | 01:38:30 | +21:01 | 06:34 |
| 47 | 619 | Gonçalo Nuno Gariso de Sousa Alves | individual | Senior Masculino | 01:38:50 | +21:21 | 06:35 |
| 48 | 561 | Tiago Carvalho | dá-lhe gás team | Veterano M35 | 01:38:51 | +21:22 | 06:35 |
| 49 | 514 | Sara Santos Pedrosa | associação pombal jovem | Senior Feminino | 01:39:08 | +21:38 | 06:37 |
| 50 | 748 | António Manuel Ferreira Mendes | ratatui team | Veterano M35 | 01:39:32 | +22:03 | 06:38 |
| 51 | 574 | Filipe Lima | free runners | Veterano M35 | 01:39:48 | +22:19 | 06:39 |
| 52 | 508 | Nuno Vitorino | adrm | Senior Masculino | 01:39:53 | +22:23 | 06:40 |
| 53 | 744 | Filipe Silva Oliveira | porto de mos a correr | Senior Masculino | 01:39:56 | +22:27 | 06:40 |
| 54 | 611 | Liliana Oliveira | individual | Senior Feminino | 01:39:57 | +22:28 | 06:40 |
| 55 | 745 | Emanuel Lopes | porto de mos a correr | Veterano M40 | 01:39:59 | +22:30 | 06:40 |
| 56 | 630 | Ricardo Pires | individual | Senior Masculino | 01:40:30 | +23:00 | 06:42 |
| 57 | 670 | Renato Miguel Mota Santos | individual | Veterano M35 | 01:40:33 | +23:04 | 06:42 |
| 58 | 793 | Gil Ribeiro | violinos | Senior Masculino | 01:40:34 | +23:05 | 06:42 |
| 59 | 503 | Carlos Cunha | a. c. s. mamede | Veterano M40 | 01:40:38 | +23:09 | 06:43 |
| 60 | 707 | Nuno Teodoro | lama solta | Senior Masculino | 01:41:16 | +23:47 | 06:45 |
| 61 | 577 | Guilherme Bento | gac-grupo de atletismo da caranguejeira | Veterano M40 | 01:41:29 | +24:00 | 06:46 |
| 62 | 556 | Fábio Roxo | dá-lhe gás team | Senior Masculino | 01:41:39 | +24:10 | 06:47 |
| 63 | 825 | Paulo Duarte | ccrd burinhosa | Veterano M50 | 01:41:46 | +24:17 | 06:47 |
| 64 | 725 | Helder Marco Silva Domingues | move up team | Veterano M40 | 01:41:59 | +24:30 | 06:48 |
| 65 | 796 | Ricardo Jorge | yudo green booster | Veterano M35 | 01:42:28 | +24:59 | 06:50 |
| 66 | 766 | André Neto | soure mov | Veterano M35 | 01:42:51 | +25:22 | 06:51 |
| 67 | 829 | Nuno Miguel Monteiro de Sousa | individual | Senior Masculino | 01:43:26 | +25:57 | 06:54 |
| 68 | 785 | renato carvalho | vilaventura trail running team | Senior Masculino | 01:43:32 | +26:03 | 06:54 |
| 69 | 789 | MARIO CASQUEIRA | vilaventura trail running team | Veterano M40 | 01:43:51 | +26:22 | 06:55 |
| 70 | 663 | José Miguel Ferreira Santos | individual | Veterano M35 | 01:43:54 | +26:24 | 06:56 |
| 71 | 700 | Eduardo Rosa Neves | lama solta | Senior Masculino | 01:44:09 | +26:40 | 06:57 |
| 72 | 543 | VITOR GODINHO | clube veteranos do lis | Veterano M40 | 01:44:41 | +27:12 | 06:59 |
| 73 | 706 | Luis Sintra Marques | lama solta | Senior Masculino | 01:44:42 | +27:13 | 06:59 |
| 74 | 732 | Frederico Sismeiro | os intocáveiis | Veterano M40 | 01:44:48 | +27:19 | 06:59 |
| 75 | 753 | Yvo Matias | rocket team | Senior Masculino | 01:44:50 | +27:21 | 06:59 |
| 76 | 749 | Cristiano de Jesus Santos | ratatui team | Veterano M35 | 01:44:56 | +27:27 | 07:00 |
| 77 | 588 | RUI FIGUEIREDO | gelcentro | Veterano M40 | 01:44:56 | +27:27 | 07:00 |
| 78 | 698 | Sergio Nuno Silva | juventude vidigalense | Veterano M40 | 01:45:17 | +27:48 | 07:01 |
| 79 | 712 | Pedro Miguel Serra Santos | lama solta | Veterano M35 | 01:45:22 | +27:53 | 07:01 |
| 80 | 580 | Nelson Sousa | gac-grupo de atletismo da caranguejeira | Veterano M40 | 01:45:23 | +27:54 | 07:02 |
| 81 | 637 | Cláudia Torres | individual | Veterana F35 | 01:45:31 | +28:02 | 07:02 |
| 82 | 505 | FÁBIO SILVA | acbatalha | Senior Masculino | 01:45:32 | +28:03 | 07:02 |
| 83 | 511 | José Carlos Ramalho | ansibikers | Veterano M50 | 01:45:56 | +28:27 | 07:04 |
| 84 | 596 | Joana Fialho Paulo | grf benedita - atletismo | Senior Feminino | 01:46:01 | +28:32 | 07:04 |

## TRAIL CURTO CIDADE DE POMBAL - 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 |
|---|---|---|---|---|---|---|---|
| 85 | 705 | Luís Oliveira | lama solta | Senior Masculino | 01:46:25 | +28:56 | 07:06 |
| 86 | 517 | João Pedro Silva Gaspar | associação pombal jovem | Senior Masculino | 01:46:38 | +29:09 | 07:07 |
| 87 | 595 | JOÃO SINTRA MARQUES | gim running team/inércia s.c. | Veterano M60 | 01:47:45 | +30:16 | 07:11 |
| 88 | 726 | HENRIQUE LAVAREDAS | move up team | Veterano M40 | 01:47:51 | +30:21 | 07:11 |
| 89 | 684 | Leonel Pinto | individual | Veterano M40 | 01:49:07 | +31:38 | 07:17 |
| 90 | 518 | Marco Mendes | associação pombal jovem | Senior Masculino | 01:49:43 | +32:14 | 07:19 |
| 91 | 510 | JORGE ROCHA | ansibikers | Veterano M40 | 01:50:00 | +32:31 | 07:20 |
| 92 | 550 | Miguel Ângelo Duarte das Neves Matias | cscrfcharneca | Veterano M40 | 01:50:10 | +32:40 | 07:21 |
| 93 | 715 | DIOGO CASEIRO | liz runners | Veterano M40 | 01:50:14 | +32:45 | 07:21 |
| 94 | 526 | Henrique Carvalheiro | ccdr matas e cipreste trailteam | Senior Masculino | 01:50:14 | +32:45 | 07:21 |
| 95 | 769 | AUGUSTO CORDEIRO | soure mov | Veterano M40 | 01:50:17 | +32:48 | 07:21 |
| 96 | 674 | Fernando José das Neves | individual | Veterano M40 | 01:50:32 | +33:03 | 07:22 |
| 97 | 759 | Joana Dionísio | soure mov | Veterana F35 | 01:51:25 | +33:56 | 07:26 |
| 98 | 553 | Luís Fernando Rocha das Neves | cscrfcharneca | Veterano M50 | 01:51:29 | +34:00 | 07:26 |
| 99 | 516 | Diogo Mota Duarte | associação pombal jovem | Senior Masculino | 01:51:49 | +34:20 | 07:27 |
| 100 | 688 | Porfirio Maduro | individual | Veterano M40 | 01:51:51 | +34:22 | 07:27 |
| 101 | 626 | Manuel Fernandes | individual | Senior Masculino | 01:51:55 | +34:25 | 07:28 |
| 102 | 757 | André Duarte | soure mov | Senior Masculino | 01:52:15 | +34:46 | 07:29 |
| 103 | 527 | Rodrigo José Gomes Nunes | ccdr matas e cipreste trailteam | Senior Masculino | 01:52:30 | +35:01 | 07:30 |
| 104 | 562 | José Antunes | dá-lhe gás team | Veterano M40 | 01:52:31 | +35:02 | 07:30 |
| 105 | 559 | Silvia Dias | dá-lhe gás team | Veterana F40 | 01:53:03 | +35:34 | 07:32 |
| 106 | 563 | José Dias | dá-lhe gás team | Veterano M40 | 01:53:04 | +35:34 | 07:32 |
| 107 | 771 | José Madeira | soure mov | Veterano M40 | 01:53:08 | +35:39 | 07:33 |
| 108 | 547 | Bruno Miguel Ferreira Simões Lima | cscrfcharneca | Senior Masculino | 01:54:09 | +36:39 | 07:37 |
| 109 | 607 | Ramiro Rodrigues | grupo alegre unido bajouca | Veterano M60 | 01:54:25 | +36:56 | 07:38 |
| 110 | 536 | Luis Manuel Gomes Ruivo | cfpombal | Veterano M40 | 01:54:27 | +36:58 | 07:38 |
| 111 | 525 | ANDRÉ RAFAEL COSTA LOPES | ccd crédito agricola | Senior Masculino | 01:54:28 | +36:59 | 07:38 |
| 112 | 530 | Fábio Ferraz | cfpombal | Senior Masculino | 01:54:40 | +37:11 | 07:39 |
| 113 | 581 | Tome fernandes | gau bajouca | Veterano M35 | 01:55:05 | +37:36 | 07:40 |
| 114 | 557 | João Costa | dá-lhe gás team | Senior Masculino | 01:55:14 | +37:45 | 07:41 |
| 115 | 634 | Bernardo Valente | individual | Sub 23 Masculino | 01:55:23 | +37:54 | 07:42 |
| 116 | 605 | Pedro Cabecinhas | grupo alegre unido bajouca | Veterano M40 | 01:55:23 | +37:54 | 07:42 |
| 117 | 534 | Nando Ferreira | cfpombal | Veterano M35 | 01:55:35 | +38:06 | 07:42 |
| 118 | 683 | JUSTINO MANUEL ROSA DA SILVA | individual | Veterano M40 | 01:55:46 | +38:16 | 07:43 |
| 119 | 542 | ANTERO RODRIGUES | clube veteranos do lis | Veterano M40 | 01:55:51 | +38:21 | 07:43 |
| 120 | 602 | Gilberto Santos | grupo alegre unido bajouca | Veterano M40 | 01:55:59 | +38:30 | 07:44 |
| 121 | 826 | Carmen Almeida | ccrd burinhosa | Veterana F35 | 01:56:16 | +38:47 | 07:45 |
| 122 | 537 | Pedro Carlos | charles team | Veterano M40 | 01:57:00 | +39:31 | 07:48 |
| 123 | 654 | Daniel Rodrigues | individual | Veterano M35 | 01:57:14 | +39:45 | 07:49 |
| 124 | 546 | PHILIPPE MILLIROUX | crapast | Veterano M35 | 01:57:23 | +39:54 | 07:50 |
| 125 | 742 | Sara Alexandra H.Duarte Domingues | pombalconta | Veterana F40 | 01:58:00 | +40:31 | 07:52 |
| 126 | 743 | António Gomes | pombalconta | Veterano M40 | 01:58:18 | +40:48 | 07:53 |

## TRAIL CURTO CIDADE DE POMBAL - 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 |
|---|---|---|---|---|---|---|---|
| 127 | 770 | Fernando Rolo | soure mov | Veterano M40 | 01:58:20 | +40:51 | 07:53 |
| 128 | 791 | Cátia Ferreira | violinos | Senior Feminino | 01:58:25 | +40:56 | 07:54 |
| 129 | 651 | Bruno Alexandre da Silva Cordeiro | individual | Veterano M35 | 01:58:40 | +41:11 | 07:55 |
| 130 | 618 | Fábio Morgado | individual | Senior Masculino | 01:58:46 | +41:16 | 07:55 |
| 131 | 593 | Nelson Pedrosa Mota | gim running team/inércia s.c. | Senior Masculino | 01:58:52 | +41:23 | 07:55 |
| 132 | 504 | RAFAELA MOREIRA | acbatalha | Senior Feminino | 01:59:28 | +41:59 | 07:58 |
| 133 | 551 | Nuno Miguel Gomes dos Santos | cscrfcharneca | Veterano M40 | 01:59:34 | +42:05 | 07:58 |
| 134 | 631 | Tiago Manuel Soares Duarte | individual | Senior Masculino | 02:01:07 | +43:38 | 08:05 |
| 135 | 824 | Anibal Siva | ccrd burinhosa | Veterano M50 | 02:01:13 | +43:44 | 08:05 |
| 136 | 767 | GONÇALO MAMEDE | soure mov | Veterano M35 | 02:01:31 | +44:01 | 08:06 |
| 137 | 647 | Maria Do Rosario Lourenço | individual | Veterana F40 | 02:01:31 | +44:02 | 08:06 |
| 138 | 711 | Marco Murgeiro | lama solta | Veterano M35 | 02:01:48 | +44:19 | 08:07 |
| 139 | 591 | MARCO RAFAEL DOS SANTOS OLIVEIRA | gim running team/inércia s.c. | Senior Masculino | 02:03:19 | +45:50 | 08:13 |
| 140 | 585 | EDUARDO GONÇALVES | gelcentro | Senior Masculino | 02:03:46 | +46:16 | 08:15 |
| 141 | 686 | Mário Gonçalves Salgado | individual | Veterano M40 | 02:04:26 | +46:57 | 08:18 |
| 142 | 531 | Tiago Mourão Jorge | cfpombal | Senior Masculino | 02:04:38 | +47:09 | 08:19 |
| 143 | 587 | EUGENIO SANTOS | gelcentro | Veterano M35 | 02:04:48 | +47:19 | 08:19 |
| 144 | 548 | Virginia Margarida Sintra | cscrfcharneca | Veterana F35 | 02:05:01 | +47:32 | 08:20 |
| 145 | 572 | Raquel Matias | formobike btt & trail running | Veterana F35 | 02:05:32 | +48:03 | 08:22 |
| 146 | 544 | Carla Sofia | cpt coimbra | Veterana F35 | 02:06:08 | +48:39 | 08:25 |
| 147 | 529 | Tânia Arnaut | cfpombal | Senior Feminino | 02:06:21 | +48:52 | 08:25 |
| 148 | 676 | Filipe ventura | individual | Veterano M40 | 02:06:42 | +49:13 | 08:27 |
| 149 | 693 | Alcino José Santos coutinho | individual | Veterano M60 | 02:06:49 | +49:20 | 08:27 |
| 150 | 642 | Paula Cristina Simões Valente | individual | Veterana F35 | 02:06:53 | +49:24 | 08:28 |
| 151 | 555 | Susana Gomes | dá-lhe gás team | Senior Feminino | 02:06:55 | +49:25 | 08:28 |
| 152 | 509 | Pedro Miguel Luís Mendes | ansibikers | Senior Masculino | 02:06:55 | +49:26 | 08:28 |
| 153 | 533 | Rita Mendes | cfpombal | Veterana F35 | 02:07:56 | +50:26 | 08:32 |
| 154 | 658 | Francisco Cordeiro | individual | Veterano M35 | 02:08:32 | +51:03 | 08:34 |
| 155 | 773 | Vitor Gariso | soure mov | Veterano M50 | 02:08:35 | +51:06 | 08:34 |
| 156 | 539 | PAULA MARGARIDA RODRIGUES | clube veteranos do lis | Veterana F40 | 02:09:17 | +51:48 | 08:37 |
| 157 | 736 | José Santos | out 2 run/miro | Veterano M50 | 02:09:43 | +52:14 | 08:39 |
| 158 | 545 | Sara MILLIROUX | crapast | Veterana F35 | 02:10:16 | +52:46 | 08:41 |
| 159 | 694 | Leandro Santos | individual | Veterano M60 | 02:10:48 | +53:18 | 08:43 |
| 160 | 786 | João marco domingues gomes | vilaventura trail running team | Veterano M35 | 02:10:54 | +53:24 | 08:44 |
| 161 | 724 | CARLOS JORGE DA SILVA MATIAS | move up team | Veterano M35 | 02:11:41 | +54:11 | 08:47 |
| 162 | 589 | Goreti Gaudêncio | gim running team/inércia s.c. | Senior Feminino | 02:11:52 | +54:23 | 08:47 |
| 163 | 781 | Marcos Alves | tribo nr | Veterano M40 | 02:12:17 | +54:47 | 08:49 |
| 164 | 622 | João  Cardoso | individual | Senior Masculino | 02:12:18 | +54:48 | 08:49 |
| 165 | 827 | Luis Conceição | ccrd burinhosa | Veterano M50 | 02:13:32 | +56:03 | 08:54 |
| 166 | 515 | Vânia Leal | associação pombal jovem | Senior Feminino | 02:13:33 | +56:03 | 08:54 |
| 167 | 513 | Lisete Antunes | associação pombal jovem | Senior Feminino | 02:13:33 | +56:04 | 08:54 |
| 168 | 668 | Paulo Miguel Santos Vilela | individual | Veterano M35 | 02:13:41 | +56:12 | 08:55 |

## TRAIL CURTO CIDADE DE POMBAL - 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 |
|---|---|---|---|---|---|---|---|
| 169 | 819 | Rafael Santos | individual | Veterano M35 | 02:13:43 | +56:14 | 08:55 |
| 170 | 615 | Bruno Ferreira | individual | Senior Masculino | 02:13:44 | +56:15 | 08:55 |
| 171 | 733 | Mário Silva | os intocáveiis | Veterano M40 | 02:14:20 | +56:51 | 08:57 |
| 172 | 763 | Eugénia Batista | soure mov | Veterana F50 | 02:14:20 | +56:51 | 08:57 |
| 173 | 755 | Nelson Matias | rocket team | Veterano M40 | 02:14:36 | +57:07 | 08:58 |
| 174 | 549 | Carlos António Mota Longo da Conceição | cscrfcharneca | Veterano M40 | 02:14:39 | +57:10 | 08:59 |
| 175 | 571 | Bruno Miguel Silva Rodrigues | estrela poiense | Veterano M35 | 02:14:41 | +57:12 | 08:59 |
| 176 | 598 | Luísa Areia | grupo alegre unido bajouca | Senior Feminino | 02:15:14 | +57:45 | 09:01 |
| 177 | 635 | Rodrigo José Santos Martins | individual | Sub 23 Masculino | 02:15:30 | +58:01 | 09:02 |
| 178 | 780 | helena lopes | tribo nr | Veterana F40 | 02:15:37 | +58:08 | 09:03 |
| 179 | 523 | Catarina Palmeiro | cbrunningteam | Veterana F35 | 02:15:58 | +58:28 | 09:04 |
| 180 | 524 | Jorge Plácido | cbrunningteam | Veterano M40 | 02:15:59 | +58:30 | 09:04 |
| 181 | 782 | Diogo Mendes | vilaventura trail running team | Senior Masculino | 02:16:42 | +59:13 | 09:07 |
| 182 | 628 | Paulo Mauricio | individual | Senior Masculino | 02:16:59 | +59:30 | 09:08 |
| 183 | 590 | JOANA ROSA | gim running team/inércia s.c. | Senior Feminino | 02:17:01 | +59:32 | 09:08 |
| 184 | 695 | Rogério Freire luís | individual | Veterano M60 | 02:17:10 | +59:41 | 09:09 |
| 185 | 632 | Vasco gamboa | soure mov | Senior Masculino | 02:17:23 | +59:53 | 09:10 |
| 186 | 665 | Marcio moreira | individual | Veterano M35 | 02:17:29 | +01:00:00 | 09:10 |
| 187 | 761 | Catarina Cordeiro | soure mov | Veterana F40 | 02:17:40 | +01:00:11 | 09:11 |
| 188 | 734 | Pedro Santos | os intocáveiis | Veterano M40 | 02:17:46 | +01:00:17 | 09:11 |
| 189 | 728 | Manuela Pinto | o mundo da corrida | Veterana F50 | 02:17:57 | +01:00:28 | 09:12 |
| 190 | 747 | André Filipe Marques Gomes | ratatui team | Veterano M35 | 02:19:00 | +01:01:30 | 09:16 |
| 191 | 750 | José Carlos Marques Gomes | ratatui team | Veterano M35 | 02:19:00 | +01:01:31 | 09:16 |
| 192 | 754 | Liliana Pedrosa | rocket team | Veterana F40 | 02:19:22 | +01:01:53 | 09:18 |
| 193 | 752 | TÂNIA PEDROSA | rocket team | Senior Feminino | 02:19:23 | +01:01:54 | 09:18 |
| 194 | 594 | ELISABETE MARIA SANTOS PEDROSA | gim running team/inércia s.c. | Veterana F40 | 02:20:19 | +01:02:50 | 09:21 |
| 195 | 741 | Sónia Pereira | pombal jornal | Veterana F40 | 02:20:34 | +01:03:05 | 09:22 |
| 196 | 719 | JÉSSICA SABRINA PESSOA NETO | move up team | Senior Feminino | 02:20:35 | +01:03:06 | 09:22 |
| 197 | 740 | Manuela Frias | pombal jornal | Veterana F40 | 02:20:38 | +01:03:09 | 09:23 |
| 198 | 584 | DIOGO BASTOS | gelcentro | Senior Masculino | 02:20:43 | +01:03:14 | 09:23 |
| 199 | 586 | ELTON RODRIGUES | gelcentro | Senior Masculino | 02:20:45 | +01:03:16 | 09:23 |
| 200 | 648 | Martine Rainho | individual | Veterana F40 | 02:20:56 | +01:03:27 | 09:24 |
| 201 | 760 | Rita Cordeiro | soure mov | Veterana F35 | 02:21:17 | +01:03:48 | 09:25 |
| 202 | 687 | Nuno Rodrigues | individual | Veterano M40 | 02:22:19 | +01:04:50 | 09:29 |
| 203 | 710 | Marisa Bregieiro | lama solta | Veterana F35 | 02:22:22 | +01:04:53 | 09:30 |
| 204 | 790 | Pedro Freire Rodrigues | vilaventura trail running team | Veterano M40 | 02:22:27 | +01:04:58 | 09:30 |
| 205 | 564 | Vitor Santos | dá-lhe gás team | Veterano M40 | 02:22:35 | +01:05:06 | 09:30 |
| 206 | 718 | CATARINA MARQUES RODRIGUES | move up team | Senior Feminino | 02:23:50 | +01:06:21 | 09:35 |
| 207 | 764 | Fernanda Lopes | soure mov | Veterana F50 | 02:24:21 | +01:06:52 | 09:37 |
| 208 | 552 | Pascoal Duarte Oliveira | cscrfcharneca | Veterano M40 | 02:24:22 | +01:06:53 | 09:38 |
| 209 | 608 | Adriana Costa | individual | Senior Feminino | 02:24:29 | +01:07:00 | 09:38 |
| 210 | 709 | Catarina Sintra | lama solta | Veterana F35 | 02:24:41 | +01:07:12 | 09:39 |
| 211 | 703 | Ivo Leal dos Santos | lama solta | Senior Masculino | 02:24:45 | +01:07:16 | 09:39 |

## TRAIL CURTO CIDADE DE POMBAL - 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 |
|---|---|---|---|---|---|---|---|
| 212 | 696 | Gilvania Dinis | jástrada | Veterana F35 | 02:24:46 | +01:07:17 | 09:39 |
| 213 | 704 | Lino Silva | lama solta | Senior Masculino | 02:24:47 | +01:07:17 | 09:39 |
| 214 | 697 | Elisabete Pereira | jástrada | Veterana F40 | 02:24:47 | +01:07:18 | 09:39 |
| 215 | 721 | MANUELA SILVA | move up team | Senior Feminino | 02:25:53 | +01:08:24 | 09:44 |
| 216 | 649 | Monica Salvador | individual | Veterana F40 | 02:27:03 | +01:09:34 | 09:48 |
| 217 | 582 | Isabel Parreiral | gear up | Veterana F35 | 02:27:03 | +01:09:34 | 09:48 |
| 218 | 657 | Énio Mota | individual | Veterano M35 | 02:27:35 | +01:10:06 | 09:50 |
| 219 | 739 | Celine Nunes | pombal jornal | Veterana F35 | 02:29:55 | +01:12:26 | 10:00 |
| 220 | 617 | Fábio Gonçalves | individual | Senior Masculino | 02:29:57 | +01:12:28 | 10:00 |
| 221 | 520 | Tiago Barros da Silva | associação pombal jovem | Senior Masculino | 02:30:12 | +01:12:43 | 10:01 |
| 222 | 783 | João Carlos Santos Nogueira | vilaventura trail running team | Senior Masculino | 02:30:56 | +01:13:27 | 10:04 |
| 223 | 765 | Rosália Duarte | soure mov | Veterana F50 | 02:31:00 | +01:13:30 | 10:04 |
| 224 | 735 | Isabel Jesus | out 2 run/miro | Veterana F35 | 02:31:06 | +01:13:37 | 10:04 |
| 225 | 569 | MARCO PASCOAL | dream team | Senior Masculino | 02:31:14 | +01:13:45 | 10:05 |
| 226 | 625 | Luís Gameiro | individual | Senior Masculino | 02:31:16 | +01:13:47 | 10:05 |
| 227 | 730 | Ana Bento | os intocáveiis | Veterana F35 | 02:32:07 | +01:14:38 | 10:09 |
| 228 | 659 | Helder Jose Martins Jeronimo | individual | Veterano M35 | 02:32:27 | +01:14:57 | 10:10 |
| 229 | 669 | Pedro Pimpão | individual | Veterano M35 | 02:33:15 | +01:15:45 | 10:13 |
| 230 | 655 | Daniel Santos Gaspar | individual | Veterano M35 | 02:34:15 | +01:16:46 | 10:17 |
| 231 | 662 | Jose Gaspar | individual | Veterano M35 | 02:34:27 | +01:16:58 | 10:18 |
| 232 | 660 | Hugo Carvalho | individual | Veterano M35 | 02:34:27 | +01:16:58 | 10:18 |
| 233 | 720 | JOANA INES CARVALHO SOUSA FRADE | move up team | Senior Feminino | 02:35:45 | +01:18:15 | 10:23 |
| 234 | 609 | Andreia Sofia Rodrigues | individual | Senior Feminino | 02:36:23 | +01:18:54 | 10:26 |
| 235 | 723 | MARIA MANUELA SIMÕES MURTINHO | move up team | Veterana F40 | 02:37:27 | +01:19:58 | 10:30 |
| 236 | 627 | Michael Gonçalves | individual | Senior Masculino | 02:38:11 | +01:20:42 | 10:33 |
| 237 | 653 | CARLOS TESO GONÇALVES | individual | Veterano M35 | 02:38:12 | +01:20:42 | 10:33 |
| 238 | 798 | Alexandre Gonçalves | individual | Veterano M35 | 02:38:12 | +01:20:42 | 10:33 |
| 239 | 616 | Dennis Oliveira | individual | Senior Masculino | 02:39:23 | +01:21:54 | 10:38 |
| 240 | 681 | João Silva | individual | Veterano M40 | 02:39:28 | +01:21:59 | 10:38 |
| 241 | 692 | MANUEL EDUARDO SOUSA MARQUES | individual | Veterano M50 | 02:41:29 | +01:24:00 | 10:46 |
| 242 | 639 | Eva Moutinho | individual | Veterana F35 | 02:42:01 | +01:24:31 | 10:48 |
| 243 | 570 | PEDRO MESQUITO | dream team | Veterano M40 | 02:42:01 | +01:24:32 | 10:48 |
| 244 | 643 | Sara Santos | individual | Veterana F35 | 02:42:01 | +01:24:32 | 10:48 |
| 245 | 610 | Filipa Loureiro | individual | Senior Feminino | 02:44:25 | +01:26:55 | 10:58 |
| 246 | 614 | Bruno Dias | individual | Senior Masculino | 02:44:25 | +01:26:55 | 10:58 |
| 247 | 717 | Márcio Rodrigues | desbrava mato | Senior Masculino | 02:44:32 | +01:27:03 | 10:58 |
| 248 | 567 | Mariana Jorge | desbrava mato | Senior Feminino | 02:44:32 | +01:27:03 | 10:58 |
| 249 | 568 | David Silva | desbrava mato | Senior Masculino | 02:44:37 | +01:27:08 | 10:58 |
| 250 | 799 | Antonio Miguel Batista Pirienes | individual | Veterano M40 | 02:47:10 | +01:29:41 | 11:09 |
| 251 | 640 | Patrícia Isabel Martins Viegas | individual | Veterana F35 | 02:47:10 | +01:29:41 | 11:09 |
| 252 | 650 | Céu Neves | individual | Veterana F50 | 02:47:18 | +01:29:49 | 11:09 |
| 253 | 762 | Dora Santos | soure mov | Veterana F40 | 02:47:58 | +01:30:29 | 11:12 |
| 254 | 716 | Andreia Silva | desbrava mato | Senior Feminino | 02:49:13 | +01:31:43 | 11:17 |
| 255 | 1 | Pedro Brilhante | individual | Senior Masculino | 02:52:00 | +01:34:30 | 11:28 |

## TRAIL CURTO CIDADE DE POMBAL - 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

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 256 | 558 | Liliana Domingos | dá-lhe gás team | Veterana F35 | 02:53:01 | +01:35:32 | 11:32 |
| 257 | 554 | Cátia Rodrigues | dá-lhe gás team | Senior Feminino | 02:53:02 | +01:35:33 | 11:32 |
| 258 | 673 | Cláudio Tereso | individual | Veterano M40 | 02:53:34 | +01:36:05 | 11:34 |
| 259 | 573 | Patrícia Gaspar | free runners | Veterana F35 | 02:54:41 | +01:37:12 | 11:39 |
| 260 | 746 | Tania Isabel Pereira Gomes | ratatui team | Senior Feminino | 03:00:08 | +01:42:38 | 12:01 |
| 261 | 656 | Emmanuel Gomes | individual | Veterano M35 | 03:00:22 | +01:42:53 | 12:02 |
| 262 | 612 | Rita Sofia Lopes Gonçalves Domingues | individual | Senior Feminino | 03:00:23 | +01:42:53 | 12:02 |
| 263 | 690 | Almerindo | individual | Veterano M50 | 03:02:19 | +01:44:50 | 12:09 |
| 264 | 737 | Paula Carmo | papa trilhos do caal | Veterana F50 | 03:02:46 | +01:45:17 | 12:11 |
| 265 | 722 | CECILIA OLIVEIRA | move up team | Veterana F40 | 03:02:51 | +01:45:22 | 12:11 |
| 266 | 636 | Catarina Cruz | individual | Veterana F35 | 03:15:07 | +01:57:38 | 13:01 |
| 267 | 583 | Miguel Albuquerque | gear up | Veterano M35 | 03:15:08 | +01:57:38 | 13:01 |

## Trail Curto Cidade de Pombal — 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 | 09:00 | -99ºC | -99% |
| End | 13:21 | 30.5ºC | 60% |

### Senior Feminino

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 1 | 514 | Sara Santos Pedrosa | Associação Pombal Jovem | Senior Feminino | 01:39:08 | +21:38 | 06:37 |
| 2 | 611 | Liliana Oliveira | Individual | Senior Feminino | 01:39:57 | +22:28 | 06:40 |
| 3 | 596 | Joana Fialho Paulo | GRF Benedita - Atletismo | Senior Feminino | 01:46:01 | +28:32 | 07:04 |
| 4 | 791 | Cátia Ferreira | VIOLINOS | Senior Feminino | 01:58:25 | +40:56 | 07:54 |
| 5 | 504 | RAFAELA MOREIRA | ACBATALHA | Senior Feminino | 01:59:28 | +41:59 | 07:58 |
| 6 | 529 | Tânia Arnaut | CFPombal | Senior Feminino | 02:06:21 | +48:52 | 08:25 |
| 7 | 555 | Susana Gomes | Dá-lhe Gás team | Senior Feminino | 02:06:55 | +49:25 | 08:28 |
| 8 | 589 | Goreti Gaudêncio | Gim Running Team/Inércia S.C. | Senior Feminino | 02:11:52 | +54:23 | 08:47 |
| 9 | 515 | Vânia Leal | Associação Pombal Jovem | Senior Feminino | 02:13:33 | +56:03 | 08:54 |
| 10 | 513 | Lisete Antunes | Associação Pombal Jovem | Senior Feminino | 02:13:33 | +56:04 | 08:54 |
| 11 | 598 | Luísa Areia | Grupo Alegre Unido Bajouca | Senior Feminino | 02:15:14 | +57:45 | 09:01 |
| 12 | 590 | JOANA ROSA | Gim Running Team/Inércia S.C. | Senior Feminino | 02:17:01 | +59:32 | 09:08 |
| 13 | 752 | TÂNIA PEDROSA | Rocket Team | Senior Feminino | 02:19:23 | +01:01:54 | 09:18 |
| 14 | 719 | JÉSSICA SABRINA PESSOA NETO | Move Up Team | Senior Feminino | 02:20:35 | +01:03:06 | 09:22 |
| 15 | 718 | CATARINA MARQUES RODRIGUES | Move Up Team | Senior Feminino | 02:23:50 | +01:06:21 | 09:35 |
| 16 | 608 | Adriana Costa | Individual | Senior Feminino | 02:24:29 | +01:07:00 | 09:38 |
| 17 | 721 | MANUELA SILVA | Move Up Team | Senior Feminino | 02:25:53 | +01:08:24 | 09:44 |
| 18 | 720 | JOANA INES CARVALHO SOUSA FRADE | Move Up Team | Senior Feminino | 02:35:45 | +01:18:15 | 10:23 |
| 19 | 609 | Andreia Sofia Rodrigues | Individual | Senior Feminino | 02:36:23 | +01:18:54 | 10:26 |
| 20 | 610 | Filipa Loureiro | Individual | Senior Feminino | 02:44:25 | +01:26:55 | 10:58 |
| 21 | 567 | Mariana Jorge | Desbrava Mato | Senior Feminino | 02:44:32 | +01:27:03 | 10:58 |
| 22 | 716 | Andreia Silva | Desbrava Mato | Senior Feminino | 02:49:13 | +01:31:43 | 11:17 |
| 23 | 554 | Cátia Rodrigues | Dá-lhe Gás team | Senior Feminino | 02:53:02 | +01:35:33 | 11:32 |
| 24 | 746 | Tania Isabel Pereira Gomes | Ratatui Team | Senior Feminino | 03:00:08 | +01:42:38 | 12:01 |
| 25 | 612 | Rita Sofia Lopes Gonçalves Domingues | Individual | Senior Feminino | 03:00:23 | +01:42:53 | 12:02 |

### Senior Masculino

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 565 | Ricardo Santos | DCI/CCDRPedrulha-Mealhada | Senior Masculino | 01:21:57 | +04:28 | 05:28 |
| 2 | 828 | Tiago Tomas | CCRD Burinhosa | Senior Masculino | 01:24:21 | +06:52 | 05:37 |
| 3 | 592 | MAURO JOSE CARVALHO MODERNO | Gim Running Team/Inércia S.C. | Senior Masculino | 01:25:27 | +07:58 | 05:42 |
| 4 | 538 | TIAGO FERREIRA | CLUBE VETERANOS DO LIS | Senior Masculino | 01:26:22 | +08:53 | 05:46 |
| 5 | 575 | Ricardo Carreira | GAC-Grupo de Atletismo da Caranguejeira | Senior Masculino | 01:26:38 | +09:09 | 05:47 |
| 6 | 502 | Samuel Reis | A. C. S. Mamede | Senior Masculino | 01:27:41 | +10:11 | 05:51 |
| 7 | 597 | Luís carlos Rodrigues da Silva | GRF Benedita - Atletismo | Senior Masculino | 01:29:07 | +11:37 | 05:56 |
| 8 | 727 | Nuno Coutinho | NORTE e SOURE | Senior Masculino | 01:31:46 | +14:17 | 06:07 |
| 9 | 629 | Pimenta | Individual | Senior Masculino | 01:32:45 | +15:15 | 06:11 |

## Trail Curto Cidade de Pombal 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 | 576 | Ricardo Marques | GAC-Grupo de Atletismo da Caranguejeira | Senior Masculino | 01:33:23 | +15:54 | 06:14 |
| 11 | 708 | Paulo Neves | LAMA SOLTA | Senior Masculino | 01:36:34 | +19:04 | 06:26 |
| 12 | 623 | João Paulo Santos Domingues | Individual | Senior Masculino | 01:36:55 | +19:26 | 06:28 |
| 13 | 512 | Gonçalo Rocha | ARCUDE Trail Team | Senior Masculino | 01:37:45 | +20:16 | 06:31 |
| 14 | 528 | Andre Salgueiro | CCRD Burinhosa | Senior Masculino | 01:37:58 | +20:29 | 06:32 |
| 15 | 619 | Gonçalo Nuno Gariso de Sousa Alves | Individual | Senior Masculino | 01:38:50 | +21:21 | 06:35 |
| 16 | 508 | Nuno Vitorino | ADRM | Senior Masculino | 01:39:53 | +22:23 | 06:40 |
| 17 | 744 | Filipe Silva Oliveira | Porto de Mos a correr | Senior Masculino | 01:39:56 | +22:27 | 06:40 |
| 18 | 630 | Ricardo Pires | Individual | Senior Masculino | 01:40:30 | +23:00 | 06:42 |
| 19 | 793 | Gil Ribeiro | VIOLINOS | Senior Masculino | 01:40:34 | +23:05 | 06:42 |
| 20 | 707 | Nuno Teodoro | LAMA SOLTA | Senior Masculino | 01:41:16 | +23:47 | 06:45 |
| 21 | 556 | Fábio Roxo | Dá-lhe Gás team | Senior Masculino | 01:41:39 | +24:10 | 06:47 |
| 22 | 829 | Nuno Miguel Monteiro de Sousa | Individual | Senior Masculino | 01:43:26 | +25:57 | 06:54 |
| 23 | 785 | renato carvalho | VILAVENTURA Trail Running Team | Senior Masculino | 01:43:32 | +26:03 | 06:54 |
| 24 | 700 | Eduardo Rosa Neves | LAMA SOLTA | Senior Masculino | 01:44:09 | +26:40 | 06:57 |
| 25 | 706 | Luis Sintra Marques | LAMA SOLTA | Senior Masculino | 01:44:42 | +27:13 | 06:59 |
| 26 | 753 | Yvo Matias | Rocket Team | Senior Masculino | 01:44:50 | +27:21 | 06:59 |
| 27 | 505 | FÁBIO SILVA | ACBATALHA | Senior Masculino | 01:45:32 | +28:03 | 07:02 |
| 28 | 705 | Luís Oliveira | LAMA SOLTA | Senior Masculino | 01:46:25 | +28:56 | 07:06 |
| 29 | 517 | João Pedro Silva Gaspar | Associação Pombal Jovem | Senior Masculino | 01:46:38 | +29:09 | 07:07 |
| 30 | 518 | Marco Mendes | Associação Pombal Jovem | Senior Masculino | 01:49:43 | +32:14 | 07:19 |
| 31 | 526 | Henrique Carvalheiro | CCDR Matas e Cipreste TrailTeam | Senior Masculino | 01:50:14 | +32:45 | 07:21 |
| 32 | 516 | Diogo Mota Duarte | Associação Pombal Jovem | Senior Masculino | 01:51:49 | +34:20 | 07:27 |
| 33 | 626 | Manuel Fernandes | Individual | Senior Masculino | 01:51:55 | +34:25 | 07:28 |
| 34 | 757 | André Duarte | SOURE MOV | Senior Masculino | 01:52:15 | +34:46 | 07:29 |
| 35 | 527 | Rodrigo José Gomes Nunes | CCDR Matas e Cipreste TrailTeam | Senior Masculino | 01:52:30 | +35:01 | 07:30 |
| 36 | 547 | Bruno Miguel Ferreira Simões Lima | cscrfcharneca | Senior Masculino | 01:54:09 | +36:39 | 07:37 |
| 37 | 525 | ANDRÉ RAFAEL COSTA LOPES | CCD CRÉDITO AGRICOLA | Senior Masculino | 01:54:28 | +36:59 | 07:38 |
| 38 | 530 | Fábio Ferraz | CFPombal | Senior Masculino | 01:54:40 | +37:11 | 07:39 |
| 39 | 557 | João Costa | Dá-lhe Gás team | Senior Masculino | 01:55:14 | +37:45 | 07:41 |
| 40 | 618 | Fábio Morgado | Individual | Senior Masculino | 01:58:46 | +41:16 | 07:55 |
| 41 | 593 | Nelson Pedrosa Mota | Gim Running Team/Inércia S.C. | Senior Masculino | 01:58:52 | +41:23 | 07:55 |
| 42 | 631 | Tiago Manuel Soares Duarte | Individual | Senior Masculino | 02:01:07 | +43:38 | 08:05 |
| 43 | 591 | MARCO RAFAEL DOS SANTOS OLIVEIRA | Gim Running Team/Inércia S.C. | Senior Masculino | 02:03:19 | +45:50 | 08:13 |
| 44 | 585 | EDUARDO GONÇALVES | GELCENTRO | Senior Masculino | 02:03:46 | +46:16 | 08:15 |
| 45 | 531 | Tiago Mourão Jorge | CFPombal | Senior Masculino | 02:04:38 | +47:09 | 08:19 |
| 46 | 509 | Pedro Miguel Luís Mendes | Ansibikers | Senior Masculino | 02:06:55 | +49:26 | 08:28 |
| 47 | 622 | João  Cardoso | Individual | Senior Masculino | 02:12:18 | +54:48 | 08:49 |
| 48 | 615 | Bruno Ferreira | Individual | Senior Masculino | 02:13:44 | +56:15 | 08:55 |
| 49 | 782 | Diogo Mendes | VILAVENTURA Trail Running Team | Senior Masculino | 02:16:42 | +59:13 | 09:07 |
| 50 | 628 | Paulo Mauricio | Individual | Senior Masculino | 02:16:59 | +59:30 | 09:08 |
| 51 | 632 | Vasco gamboa | SOURE MOV | Senior Masculino | 02:17:23 | +59:53 | 09:10 |
| 52 | 584 | DIOGO BASTOS | GELCENTRO | Senior Masculino | 02:20:43 | +01:03:14 | 09:23 |
| 53 | 586 | ELTON RODRIGUES | GELCENTRO | Senior Masculino | 02:20:45 | +01:03:16 | 09:23 |
| 54 | 703 | Ivo Leal dos Santos | LAMA SOLTA | Senior Masculino | 02:24:45 | +01:07:16 | 09:39 |

## Trail Curto Cidade de Pombal — 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

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 55 | 704 | Lino Silva | LAMA SOLTA | Senior Masculino | 02:24:47 | +01:07:17 | 09:39 |
| 56 | 617 | Fábio Gonçalves | Individual | Senior Masculino | 02:29:57 | +01:12:28 | 10:00 |
| 57 | 520 | Tiago Barros da Silva | Associação Pombal Jovem | Senior Masculino | 02:30:12 | +01:12:43 | 10:01 |
| 58 | 783 | João Carlos Santos Nogueira | VILAVENTURA Trail Running Team | Senior Masculino | 02:30:56 | +01:13:27 | 10:04 |
| 59 | 569 | MARCO PASCOAL | DREAM TEAM | Senior Masculino | 02:31:14 | +01:13:45 | 10:05 |
| 60 | 625 | Luís Gameiro | Individual | Senior Masculino | 02:31:16 | +01:13:47 | 10:05 |
| 61 | 627 | Michael Gonçalves | Individual | Senior Masculino | 02:38:11 | +01:20:42 | 10:33 |
| 62 | 616 | Dennis Oliveira | Individual | Senior Masculino | 02:39:23 | +01:21:54 | 10:38 |
| 63 | 614 | Bruno Dias | Individual | Senior Masculino | 02:44:25 | +01:26:55 | 10:58 |
| 64 | 717 | Márcio Rodrigues | Desbrava Mato | Senior Masculino | 02:44:32 | +01:27:03 | 10:58 |
| 65 | 568 | David Silva | Desbrava Mato | Senior Masculino | 02:44:37 | +01:27:08 | 10:58 |
| 66 | 1 | Pedro Brilhante | Individual | Senior Masculino | 02:52:00 | +01:34:30 | 11:28 |

## Sub 23 Masculino

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 634 | Bernardo Valente | Individual | Sub 23 Masculino | 01:55:23 | +37:54 | 07:42 |
| 2 | 635 | Rodrigo José Santos Martins | Individual | Sub 23 Masculino | 02:15:30 | +58:01 | 09:02 |

## Veterana F35

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 823 | Vanda Jeronimo | CCRD Burinhosa | Veterana F35 | 01:37:57 | +20:28 | 06:32 |
| 2 | 637 | Cláudia Torres | Individual | Veterana F35 | 01:45:31 | +28:02 | 07:02 |
| 3 | 759 | Joana Dionísio | SOURE MOV | Veterana F35 | 01:51:25 | +33:56 | 07:26 |
| 4 | 826 | Carmen Almeida | CCRD Burinhosa | Veterana F35 | 01:56:16 | +38:47 | 07:45 |
| 5 | 548 | Virginia Margarida Sintra | cscrfcharneca | Veterana F35 | 02:05:01 | +47:32 | 08:20 |
| 6 | 572 | Raquel Matias | Formobike BTT & Trail Running | Veterana F35 | 02:05:32 | +48:03 | 08:22 |
| 7 | 544 | Carla Sofia | CPT Coimbra | Veterana F35 | 02:06:08 | +48:39 | 08:25 |
| 8 | 642 | Paula Cristina Simões Valente | Individual | Veterana F35 | 02:06:53 | +49:24 | 08:28 |
| 9 | 533 | Rita Mendes | CFPombal | Veterana F35 | 02:07:56 | +50:26 | 08:32 |
| 10 | 545 | Sara MILLIROUX | CRAPAST | Veterana F35 | 02:10:16 | +52:46 | 08:41 |
| 11 | 523 | Catarina Palmeiro | CBrunningTEAM | Veterana F35 | 02:15:58 | +58:28 | 09:04 |
| 12 | 760 | Rita Cordeiro | SOURE MOV | Veterana F35 | 02:21:17 | +01:03:48 | 09:25 |
| 13 | 710 | Marisa Bregieiro | LAMA SOLTA | Veterana F35 | 02:22:22 | +01:04:53 | 09:30 |
| 14 | 709 | Catarina Sintra | LAMA SOLTA | Veterana F35 | 02:24:41 | +01:07:12 | 09:39 |
| 15 | 696 | Gilvania Dinis | Jástrada | Veterana F35 | 02:24:46 | +01:07:17 | 09:39 |
| 16 | 582 | Isabel Parreiral | Gear up | Veterana F35 | 02:27:03 | +01:09:34 | 09:48 |
| 17 | 739 | Celine Nunes | Pombal Jornal | Veterana F35 | 02:29:55 | +01:12:26 | 10:00 |
| 18 | 735 | Isabel Jesus | out 2 run/Miro | Veterana F35 | 02:31:06 | +01:13:37 | 10:04 |
| 19 | 730 | Ana Bento | Os Intocáveiis | Veterana F35 | 02:32:07 | +01:14:38 | 10:09 |
| 20 | 639 | Eva Moutinho | Individual | Veterana F35 | 02:42:01 | +01:24:31 | 10:48 |
| 21 | 643 | Sara Santos | Individual | Veterana F35 | 02:42:01 | +01:24:32 | 10:48 |
| 22 | 640 | Patrícia Isabel Martins Viegas | Individual | Veterana F35 | 02:47:10 | +01:29:41 | 11:09 |
| 23 | 558 | Liliana Domingos | Dá-lhe Gás team | Veterana F35 | 02:53:01 | +01:35:32 | 11:32 |
| 24 | 573 | Patrícia Gaspar | Free Runners | Veterana F35 | 02:54:41 | +01:37:12 | 11:39 |
| 25 | 636 | Catarina Cruz | Individual | Veterana F35 | 03:15:07 | +01:57:38 | 13:01 |

## Trail Curto Cidade de Pombal — 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 F40

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 559 | Silvia Dias | Dá-lhe Gás team | Veterana F40 | 01:53:03 | +35:34 | 07:32 |
| 2 | 742 | Sara Alexandra H.Duarte Domingues | POMBALCONTA | Veterana F40 | 01:58:00 | +40:31 | 07:52 |
| 3 | 647 | Maria Do Rosario Lourenço | Individual | Veterana F40 | 02:01:31 | +44:02 | 08:06 |
| 4 | 539 | PAULA MARGARIDA RODRIGUES | CLUBE VETERANOS DO LIS | Veterana F40 | 02:09:17 | +51:48 | 08:37 |
| 5 | 780 | helena lopes | Tribo NR | Veterana F40 | 02:15:37 | +58:08 | 09:03 |
| 6 | 761 | Catarina Cordeiro | SOURE MOV | Veterana F40 | 02:17:40 | +01:00:11 | 09:11 |
| 7 | 754 | Liliana Pedrosa | Rocket Team | Veterana F40 | 02:19:22 | +01:01:53 | 09:18 |
| 8 | 594 | ELISABETE MARIA SANTOS PEDROSA | Gim Running Team/Inércia S.C. | Veterana F40 | 02:20:19 | +01:02:50 | 09:21 |
| 9 | 741 | Sónia Pereira | Pombal Jornal | Veterana F40 | 02:20:34 | +01:03:05 | 09:22 |
| 10 | 740 | Manuela Frias | Pombal Jornal | Veterana F40 | 02:20:38 | +01:03:09 | 09:23 |
| 11 | 648 | Martine Rainho | Individual | Veterana F40 | 02:20:56 | +01:03:27 | 09:24 |
| 12 | 697 | Elisabete Pereira | Jástrada | Veterana F40 | 02:24:47 | +01:07:18 | 09:39 |
| 13 | 649 | Monica Salvador | Individual | Veterana F40 | 02:27:03 | +01:09:34 | 09:48 |
| 14 | 723 | MARIA MANUELA SIMÕES MURTINHO | Move Up Team | Veterana F40 | 02:37:27 | +01:19:58 | 10:30 |
| 15 | 762 | Dora Santos | SOURE MOV | Veterana F40 | 02:47:58 | +01:30:29 | 11:12 |
| 16 | 722 | CECILIA OLIVEIRA | Move Up Team | Veterana F40 | 03:02:51 | +01:45:22 | 12:11 |

## Veterana F50

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 763 | Eugénia Batista | SOURE MOV | Veterana F50 | 02:14:20 | +56:51 | 08:57 |
| 2 | 728 | Manuela Pinto | O Mundo da Corrida | Veterana F50 | 02:17:57 | +01:00:28 | 09:12 |
| 3 | 764 | Fernanda Lopes | SOURE MOV | Veterana F50 | 02:24:21 | +01:06:52 | 09:37 |
| 4 | 765 | Rosália Duarte | SOURE MOV | Veterana F50 | 02:31:00 | +01:13:30 | 10:04 |
| 5 | 650 | Céu Neves | Individual | Veterana F50 | 02:47:18 | +01:29:49 | 11:09 |
| 6 | 737 | Paula Carmo | Papa Trilhos do CAAL | Veterana F50 | 03:02:46 | +01:45:17 | 12:11 |

## Veterano M35

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 566 | fernando marques | DCI/CCDRPedrulha-Mealhada | Veterano M35 | 01:17:29 | | 05:10 |
| 2 | 652 | Bruno Filipe | Individual | Veterano M35 | 01:19:42 | +02:13 | 05:19 |
| 3 | 560 | Fernando Freire | Dá-lhe Gás team | Veterano M35 | 01:26:13 | +08:44 | 05:45 |
| 4 | 540 | GONÇALO LOPES | CLUBE VETERANOS DO LIS | Veterano M35 | 01:26:48 | +09:18 | 05:47 |
| 5 | 661 | Joel Couto | Individual | Veterano M35 | 01:28:18 | +10:49 | 05:53 |
| 6 | 600 | Ricardo Carreira | Grupo Alegre Unido Bajouca | Veterano M35 | 01:28:22 | +10:53 | 05:54 |
| 7 | 713 | Rui Miguel Carvalho Cadete | LAMA SOLTA | Veterano M35 | 01:29:20 | +11:50 | 05:57 |
| 8 | 664 | Luis Norte | Individual | Veterano M35 | 01:29:23 | +11:54 | 05:58 |
| 9 | 666 | Marcio santos cordeiro | Individual | Veterano M35 | 01:32:08 | +14:39 | 06:09 |
| 10 | 506 | HUGO HORTA | ACBATALHA | Veterano M35 | 01:33:41 | +16:11 | 06:15 |
| 11 | 671 | Sílvio Moreira | Individual | Veterano M35 | 01:33:55 | +16:26 | 06:16 |
| 12 | 541 | LEANDRO SANTOS | CLUBE VETERANOS DO LIS | Veterano M35 | 01:34:02 | +16:33 | 06:16 |
| 13 | 820 | Mauricio Rodrigues | CCRD Burinhosa | Veterano M35 | 01:35:07 | +17:37 | 06:20 |

## Trail Curto Cidade de Pombal 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

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 14 | 787 | Rui Pereira | VILAVENTURA Trail Running Team | Veterano M35 | 01:37:50 | +20:21 | 06:31 |
| 15 | 561 | Tiago Carvalho | Dá-lhe Gás team | Veterano M35 | 01:38:51 | +21:22 | 06:35 |
| 16 | 748 | António Manuel Ferreira Mendes | Ratatui Team | Veterano M35 | 01:39:32 | +22:03 | 06:38 |
| 17 | 574 | Filipe Lima | Free Runners | Veterano M35 | 01:39:48 | +22:19 | 06:39 |
| 18 | 670 | Renato Miguel Mota Santos | Individual | Veterano M35 | 01:40:33 | +23:04 | 06:42 |
| 19 | 796 | Ricardo Jorge | Yudo Green Booster | Veterano M35 | 01:42:28 | +24:59 | 06:50 |
| 20 | 766 | André Neto | SOURE MOV | Veterano M35 | 01:42:51 | +25:22 | 06:51 |
| 21 | 663 | José Miguel Ferreira Santos | Individual | Veterano M35 | 01:43:54 | +26:24 | 06:56 |
| 22 | 749 | Cristiano de Jesus Santos | Ratatui Team | Veterano M35 | 01:44:56 | +27:27 | 07:00 |
| 23 | 712 | Pedro Miguel Serra Santos | LAMA SOLTA | Veterano M35 | 01:45:22 | +27:53 | 07:01 |
| 24 | 581 | Tome fernandes | GAU Bajouca | Veterano M35 | 01:55:05 | +37:36 | 07:40 |
| 25 | 534 | Nando Ferreira | CFPombal | Veterano M35 | 01:55:35 | +38:06 | 07:42 |
| 26 | 654 | Daniel Rodrigues | Individual | Veterano M35 | 01:57:14 | +39:45 | 07:49 |
| 27 | 546 | PHILIPPE MILLIROUX | CRAPAST | Veterano M35 | 01:57:23 | +39:54 | 07:50 |
| 28 | 651 | Bruno Alexandre da Silva Cordeiro | Individual | Veterano M35 | 01:58:40 | +41:11 | 07:55 |
| 29 | 767 | GONÇALO MAMEDE | SOURE MOV | Veterano M35 | 02:01:31 | +44:01 | 08:06 |
| 30 | 711 | Marco Murgeiro | LAMA SOLTA | Veterano M35 | 02:01:48 | +44:19 | 08:07 |
| 31 | 587 | EUGENIO SANTOS | GELCENTRO | Veterano M35 | 02:04:48 | +47:19 | 08:19 |
| 32 | 658 | Francisco Cordeiro | Individual | Veterano M35 | 02:08:32 | +51:03 | 08:34 |
| 33 | 786 | João marco domingues gomes | VILAVENTURA Trail Running Team | Veterano M35 | 02:10:54 | +53:24 | 08:44 |
| 34 | 724 | CARLOS JORGE DA SILVA MATIAS | Move Up Team | Veterano M35 | 02:11:41 | +54:11 | 08:47 |
| 35 | 668 | Paulo Miguel Santos Vilela | Individual | Veterano M35 | 02:13:41 | +56:12 | 08:55 |
| 36 | 819 | Rafael Santos | Individual | Veterano M35 | 02:13:43 | +56:14 | 08:55 |
| 37 | 571 | Bruno Miguel Silva Rodrigues | Estrela Poiense | Veterano M35 | 02:14:41 | +57:12 | 08:59 |
| 38 | 665 | Marcio moreira | Individual | Veterano M35 | 02:17:29 | +01:00:00 | 09:10 |
| 39 | 747 | André Filipe Marques Gomes | Ratatui Team | Veterano M35 | 02:19:00 | +01:01:30 | 09:16 |
| 40 | 750 | José Carlos Marques Gomes | Ratatui Team | Veterano M35 | 02:19:00 | +01:01:31 | 09:16 |
| 41 | 657 | Énio Mota | Individual | Veterano M35 | 02:27:35 | +01:10:06 | 09:50 |
| 42 | 659 | Helder Jose Martins Jeronimo | Individual | Veterano M35 | 02:32:27 | +01:14:57 | 10:10 |
| 43 | 669 | Pedro Pimpão | Individual | Veterano M35 | 02:33:15 | +01:15:45 | 10:13 |
| 44 | 655 | Daniel Santos Gaspar | Individual | Veterano M35 | 02:34:15 | +01:16:46 | 10:17 |
| 45 | 662 | Jose Gaspar | Individual | Veterano M35 | 02:34:27 | +01:16:58 | 10:18 |
| 46 | 660 | Hugo Carvalho | Individual | Veterano M35 | 02:34:27 | +01:16:58 | 10:18 |
| 47 | 653 | CARLOS TESO GONÇALVES | Individual | Veterano M35 | 02:38:12 | +01:20:42 | 10:33 |
| 48 | 798 | Alexandre Gonçalves | Individual | Veterano M35 | 02:38:12 | +01:20:42 | 10:33 |
| 49 | 656 | Emmanuel Gomes | Individual | Veterano M35 | 03:00:22 | +01:42:53 | 12:02 |
| 50 | 583 | Miguel Albuquerque | Gear up | Veterano M35 | 03:15:08 | +01:57:38 | 13:01 |

## Veterano M40

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 822 | Jose Figueira | CCRD Burinhosa | Veterano M40 | 01:26:19 | +08:49 | 05:45 |
| 2 | 685 | Luís Miguel Mateus Ramos | Individual | Veterano M40 | 01:27:45 | +10:16 | 05:51 |
| 3 | 601 | André Fernandes | Grupo Alegre Unido Bajouca | Veterano M40 | 01:32:09 | +14:40 | 06:09 |
| 4 | 522 | Paulo Cruz | CA Barreira | Veterano M40 | 01:32:15 | +14:46 | 06:09 |
| 5 | 578 | Horácio Gaspar | GAC-Grupo de Atletismo da Caranguejeira | Veterano M40 | 01:33:46 | +16:17 | 06:15 |

## Trail Curto Cidade de Pombal — 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

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 6 | 579 | Joaquim Santos | GAC-Grupo de Atletismo da Caranguejeira | Veterano M40 | 01:33:55 | +16:26 | 06:16 |
| 7 | 507 | HELDER MATOS | ACBATALHA | Veterano M40 | 01:35:03 | +17:34 | 06:20 |
| 8 | 604 | Otelo Pereira | Grupo Alegre Unido Bajouca | Veterano M40 | 01:35:06 | +17:37 | 06:20 |
| 9 | 777 | Filipe Antonio | trail da ladeia running team | Veterano M40 | 01:35:10 | +17:41 | 06:21 |
| 10 | 788 | JOÃO PEDRO DE OLIVEIRA RODRIGUES | VILAVENTURA Trail Running Team | Veterano M40 | 01:35:36 | +18:06 | 06:22 |
| 11 | 689 | Ricardo Nuno Pedrosa da Silva | Individual | Veterano M40 | 01:35:38 | +18:08 | 06:23 |
| 12 | 821 | Nuno Lorvão | CCRD Burinhosa | Veterano M40 | 01:37:08 | +19:39 | 06:29 |
| 13 | 678 | Helder Abreu | Individual | Veterano M40 | 01:37:42 | +20:13 | 06:31 |
| 14 | 603 | Jorge Rodrigues | Grupo Alegre Unido Bajouca | Veterano M40 | 01:38:30 | +21:01 | 06:34 |
| 15 | 745 | Emanuel Lopes | Porto de Mos a correr | Veterano M40 | 01:39:59 | +22:30 | 06:40 |
| 16 | 503 | Carlos Cunha | A. C. S. Mamede | Veterano M40 | 01:40:38 | +23:09 | 06:43 |
| 17 | 577 | Guilherme Bento | GAC-Grupo de Atletismo da Caranguejeira | Veterano M40 | 01:41:29 | +24:00 | 06:46 |
| 18 | 725 | Helder Marco Silva Domingues | Move Up Team | Veterano M40 | 01:41:59 | +24:30 | 06:48 |
| 19 | 789 | MARIO CASQUEIRA | VILAVENTURA Trail Running Team | Veterano M40 | 01:43:51 | +26:22 | 06:55 |
| 20 | 543 | VITOR GODINHO | CLUBE VETERANOS DO LIS | Veterano M40 | 01:44:41 | +27:12 | 06:59 |
| 21 | 732 | Frederico Sismeiro | Os Intocáveiis | Veterano M40 | 01:44:48 | +27:19 | 06:59 |
| 22 | 588 | RUI FIGUEIREDO | GELCENTRO | Veterano M40 | 01:44:56 | +27:27 | 07:00 |
| 23 | 698 | Sergio Nuno Silva | Juventude Vidigalense | Veterano M40 | 01:45:17 | +27:48 | 07:01 |
| 24 | 580 | Nelson Sousa | GAC-Grupo de Atletismo da Caranguejeira | Veterano M40 | 01:45:23 | +27:54 | 07:02 |
| 25 | 726 | HENRIQUE LAVAREDAS | Move Up Team | Veterano M40 | 01:47:51 | +30:21 | 07:11 |
| 26 | 684 | Leonel Pinto | Individual | Veterano M40 | 01:49:07 | +31:38 | 07:17 |
| 27 | 510 | JORGE  ROCHA | Ansibikers | Veterano M40 | 01:50:00 | +32:31 | 07:20 |
| 28 | 550 | Miguel Ângelo Duarte das Neves Matias | cscrfcharneca | Veterano M40 | 01:50:10 | +32:40 | 07:21 |
| 29 | 715 | DIOGO CASEIRO | LIZ RUNNERS | Veterano M40 | 01:50:14 | +32:45 | 07:21 |
| 30 | 769 | AUGUSTO CORDEIRO | SOURE MOV | Veterano M40 | 01:50:17 | +32:48 | 07:21 |
| 31 | 674 | Fernando José das Neves | Individual | Veterano M40 | 01:50:32 | +33:03 | 07:22 |
| 32 | 688 | Porfirio Maduro | Individual | Veterano M40 | 01:51:51 | +34:22 | 07:27 |
| 33 | 562 | José Antunes | Dá-lhe Gás team | Veterano M40 | 01:52:31 | +35:02 | 07:30 |
| 34 | 563 | José Dias | Dá-lhe Gás team | Veterano M40 | 01:53:04 | +35:34 | 07:32 |
| 35 | 771 | José Madeira | SOURE MOV | Veterano M40 | 01:53:08 | +35:39 | 07:33 |
| 36 | 536 | Luis Manuel Gomes Ruivo | CFPombal | Veterano M40 | 01:54:27 | +36:58 | 07:38 |
| 37 | 605 | Pedro Cabecinhas | Grupo Alegre Unido Bajouca | Veterano M40 | 01:55:23 | +37:54 | 07:42 |
| 38 | 683 | JUSTINO MANUEL ROSA DA SILVA | Individual | Veterano M40 | 01:55:46 | +38:16 | 07:43 |
| 39 | 542 | ANTERO RODRIGUES | CLUBE VETERANOS DO LIS | Veterano M40 | 01:55:51 | +38:21 | 07:43 |
| 40 | 602 | Gilberto Santos | Grupo Alegre Unido Bajouca | Veterano M40 | 01:55:59 | +38:30 | 07:44 |
| 41 | 537 | Pedro Carlos | Charles Team | Veterano M40 | 01:57:00 | +39:31 | 07:48 |
| 42 | 743 | António Gomes | POMBALCONTA | Veterano M40 | 01:58:18 | +40:48 | 07:53 |
| 43 | 770 | Fernando Rolo | SOURE MOV | Veterano M40 | 01:58:20 | +40:51 | 07:53 |
| 44 | 551 | Nuno Miguel Gomes dos Santos | cscrfcharneca | Veterano M40 | 01:59:34 | +42:05 | 07:58 |
| 45 | 686 | Mário Gonçalves Salgado | Individual | Veterano M40 | 02:04:26 | +46:57 | 08:18 |
| 46 | 676 | Filipe ventura | Individual | Veterano M40 | 02:06:42 | +49:13 | 08:27 |
| 47 | 781 | Marcos Alves | Tribo NR | Veterano M40 | 02:12:17 | +54:47 | 08:49 |
| 48 | 733 | Mário Silva | Os Intocáveiis | Veterano M40 | 02:14:20 | +56:51 | 08:57 |

## Trail Curto Cidade de Pombal 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

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 49 | 755 | Nelson Matias | Rocket Team | Veterano M40 | 02:14:36 | +57:07 | 08:58 |
| 50 | 549 | Carlos António Mota Longo da Conceição | cscrfcharneca | Veterano M40 | 02:14:39 | +57:10 | 08:59 |
| 51 | 524 | Jorge Plácido | CBrunningTEAM | Veterano M40 | 02:15:59 | +58:30 | 09:04 |
| 52 | 734 | Pedro Santos | Os Intocáveiis | Veterano M40 | 02:17:46 | +01:00:17 | 09:11 |
| 53 | 687 | Nuno Rodrigues | Individual | Veterano M40 | 02:22:19 | +01:04:50 | 09:29 |
| 54 | 790 | Pedro Freire Rodrigues | VILAVENTURA Trail Running Team | Veterano M40 | 02:22:27 | +01:04:58 | 09:30 |
| 55 | 564 | Vitor Santos | Dá-lhe Gás team | Veterano M40 | 02:22:35 | +01:05:06 | 09:30 |
| 56 | 552 | Pascoal Duarte Oliveira | cscrfcharneca | Veterano M40 | 02:24:22 | +01:06:53 | 09:38 |
| 57 | 681 | João Silva | Individual | Veterano M40 | 02:39:28 | +01:21:59 | 10:38 |
| 58 | 570 | PEDRO MESQUITO | DREAM TEAM | Veterano M40 | 02:42:01 | +01:24:32 | 10:48 |
| 59 | 799 | Antonio Miguel Batista Pirienes | Individual | Veterano M40 | 02:47:10 | +01:29:41 | 11:09 |
| 60 | 673 | Cláudio Tereso | Individual | Veterano M40 | 02:53:34 | +01:36:05 | 11:34 |

## Veterano M50

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 606 | José Gonçalves | Grupo Alegre Unido Bajouca | Veterano M50 | 01:22:04 | +04:35 | 05:28 |
| 2 | 729 | Narciso Cordeiro | O Pastor Arrimalano | Veterano M50 | 01:32:33 | +15:04 | 06:10 |
| 3 | 825 | Paulo Duarte | CCRD Burinhosa | Veterano M50 | 01:41:46 | +24:17 | 06:47 |
| 4 | 511 | José Carlos Ramalho | Ansibikers | Veterano M50 | 01:45:56 | +28:27 | 07:04 |
| 5 | 553 | Luís Fernando Rocha das Neves | cscrfcharneca | Veterano M50 | 01:51:29 | +34:00 | 07:26 |
| 6 | 824 | Anibal Siva | CCRD Burinhosa | Veterano M50 | 02:01:13 | +43:44 | 08:05 |
| 7 | 773 | Vitor Gariso | SOURE MOV | Veterano M50 | 02:08:35 | +51:06 | 08:34 |
| 8 | 736 | José Santos | out 2 run/Miro | Veterano M50 | 02:09:43 | +52:14 | 08:39 |
| 9 | 827 | Luis Conceição | CCRD Burinhosa | Veterano M50 | 02:13:32 | +56:03 | 08:54 |
| 10 | 692 | MANUEL EDUARDO SOUSA MARQUES | Individual | Veterano M50 | 02:41:29 | +01:24:00 | 10:46 |
| 11 | 690 | Almerindo | Individual | Veterano M50 | 03:02:19 | +01:44:50 | 12:09 |

## Veterano M60

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 800 | Carlos Estrada | Individual | Veterano M60 | 01:36:15 | +18:45 | 06:25 |
| 2 | 595 | JOÃO SINTRA MARQUES | Gim Running Team/Inércia S.C. | Veterano M60 | 01:47:45 | +30:16 | 07:11 |
| 3 | 607 | Ramiro Rodrigues | Grupo Alegre Unido Bajouca | Veterano M60 | 01:54:25 | +36:56 | 07:38 |
| 4 | 693 | Alcino José Santos coutinho | Individual | Veterano M60 | 02:06:49 | +49:20 | 08:27 |
| 5 | 694 | Leandro Santos | Individual | Veterano M60 | 02:10:48 | +53:18 | 08:43 |
| 6 | 695 | Rogério Freire luís | Individual | Veterano M60 | 02:17:10 | +59:41 | 09:09 |

# COLETIVO - TRAIL CURTO CIDADE DE POMBAL

LAP2GO - TIMING 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 | GRUPO ALEGRE UNIDO BAJOUCA | 4 + 15 + 21 + 32 | 72 |
| 2 | CCRD BURINHOSA | 5 + 8 + 33 + 40 | 86 |
| 3 | GAC-GRUPO DE ATLETISMO DA CARANGUEJEIRA | 10 + 25 + 27 + 28 | 90 |
| 4 | CLUBE VETERANOS DO LIS | 9 + 11 + 30 + 72 | 122 |
| 5 | LAMA SOLTA | 17 + 38 + 60 + 71 | 186 |
| 6 | VILAVENTURA TRAIL RUNNING TEAM | 35 + 43 + 68 + 69 | 215 |
| 7 | DÁ-LHE GÁS TEAM | 7 + 48 + 62 + 104 | 221 |
| 8 | ACBATALHA | 26 + 31 + 82 + 132 | 271 |
| 9 | ASSOCIAÇÃO POMBAL JOVEM | 49 + 86 + 90 + 99 | 324 |
| 10 | SOURE MOV | 66 + 95 + 97 + 102 | 360 |
| 11 | GIM RUNNING TEAM/INÉRCIA S.C. | 6 + 87 + 131 + 139 | 363 |
| 12 | CSCRFCHARNECA | 92 + 98 + 108 + 133 | 431 |
| 13 | CFPOMBAL | 110 + 112 + 117 + 142 | 481 |
| 14 | RATATUI TEAM | 50 + 76 + 190 + 191 | 507 |
| 15 | MOVE UP TEAM | 64 + 88 + 161 + 196 | 509 |
| 16 | GELCENTRO | 77 + 140 + 143 + 198 | 558 |
| 17 | ROCKET TEAM | 75 + 173 + 192 + 193 | 633 |
| 18 | OS INTOCÁVEIIS | 74 + 171 + 188 + 227 | 660 |
| 19 | DESBRAVA MATO | 247 + 248 + 249 + 254 | 998 |