Trail Encostas do Mondego
Vila Verde, Figueira da Foz
01-dezembro-2019

MINI TRAIL - 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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	Time	Temperature	Humidity
Start	09:45	21,3ºC	88%
End	14:02	21,3ºC	88%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	568	João Manuel Cruz Silva	acdrs quinhendros	Veterano M40	01:19:13		05:17
2	978	Márcio Filipe Simões Pereira	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M40	01:19:51	+00:37	05:19
3	660	Tiago Duarte	atletismo clube da tocha	Senior Masculino	01:20:23	+01:09	05:22
4	543	Bruno Gonçalves	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M35	01:21:00	+01:46	05:24
5	540	Vasco Pereira	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Senior Masculino	01:21:52	+02:38	05:27
6	549	Paulo Amaral	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M40	01:22:05	+02:51	05:28
7	793	Paulo Neves	ccrd.liceia	Veterano M35	01:22:17	+03:04	05:29
8	890	Orlando Manuel Aveiro Pires	sc povoense - caracóis de corrida	Veterano M50	01:22:47	+03:33	05:31
9	945	Mauro Daniel Silva Martins	vikings trail runners / ccr alcabideque	Senior Masculino	01:22:48	+03:34	05:31
10	924	Manuel Pinto	tribo nr	Veterano M45	01:24:25	+05:11	05:38
11	789	Jorge Simões	gatoesbtt	Veterano M35	01:25:50	+06:36	05:43
12	954	Bruno Miguel Oliveira Ribeiro	vikings trail runners / ccr alcabideque	Veterano M35	01:26:07	+06:53	05:45
13	559	Luís Contente	acdrs quinhendros	Senior Masculino	01:26:25	+07:12	05:46
14	883	Alex Pedro da Silva	sc povoense - caracóis de corrida	Veterano M40	01:27:16	+08:02	05:49
15	561	Valter Daniel Leandro Lopes	acdrs quinhendros	Senior Masculino	01:27:18	+08:04	05:49
16	617	Tiago Gaspar	arsm - associação recreativa de s. miguel	Senior Masculino	01:27:33	+08:19	05:50
17	813	João Simões	individual	Veterano M45	01:27:58	+08:44	05:52
18	742	Tiago silva	gatoesbtt	Senior Masculino	01:27:59	+08:45	05:52
19	714	Rui Fresco	fátima trail team	Veterano M45	01:28:31	+09:17	05:54
20	636	Pedro ManosSimocas	arsm - associação recreativa de s. miguel	Veterano M45	01:28:37	+09:24	05:55
21	666	Paulo Pessoa	atletismo clube da tocha	Veterano M40	01:28:53	+09:39	05:56
22	648	Nelson Filipe de Almeida Heleno	assscc - ar livre e aventura	Senior Masculino	01:28:58	+09:44	05:56
23	607	Arlindo Ribeiro	arcd venda da luisa	Veterano M50	01:29:12	+09:58	05:57
24	729	Pedro Henrique Tinoco Nunes	formobike btt & trail running	Senior Masculino	01:29:40	+10:26	05:59
25	885	José Santos	sc povoense - caracóis de corrida	Veterano M40	01:30:06	+10:52	06:00
26	764	Bruno Andrade	individual	Senior Masculino	01:30:21	+11:07	06:01
27	548	André Fonte	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M40	01:30:34	+11:20	06:02
28	755	Rafael Matias	grvilaverdense	Senior Masculino	01:30:42	+11:28	06:03
29	743	Cesar Altino	gatoesbtt	Veterano M40	01:30:52	+11:38	06:04
30	539	Rodrigo Simões	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Senior Masculino	01:31:10	+11:56	06:05
31	947	Telmo Santos	vikings trail runners / ccr alcabideque	Senior Masculino	01:31:15	+12:01	06:05
32	560	tiago moreno	acdrs quinhendros	Senior Masculino	01:31:23	+12:10	06:06
33	744	Vitor Cação	gatoesbtt	Veterano M40	01:31:24	+12:10	06:06
34	733	José Jesus	formobike btt & trail running	Veterano M50	01:31:30	+12:16	06:06
35	815	Luis Martins 11	individual	Veterano M45	01:31:37	+12:23	06:07
36	888	Carlos Pagaimo	sc povoense - caracóis de corrida	Veterano M45	01:32:29	+13:15	06:10
37	570	Márcio Rodrigues	acdrs quinhendros	Veterano M40	01:33:10	+13:56	06:13
38	913	Ernesto Nabeiro	soure mov	Veterano M50	01:33:33	+14:19	06:14

MINI TRAIL - STAGE 1 — 15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
39	836	PAULO JORGE FREITAS NEVES	lama solta	Senior Masculino	01:34:07	+14:53	06:17
40	655	Nuno Coelho	assscc - ar livre e aventura	Veterano M45	01:34:39	+15:26	06:19
41	879	Marco Ferreira	roda dianteira	Veterano M40	01:35:10	+15:56	06:21
42	946	Ricardo Santos	vikings trail runners / ccr alcabideque	Senior Masculino	01:35:14	+16:00	06:21
43	634	Luis Amaro	arsm - associação recreativa de s. miguel	Veterano M45	01:36:17	+17:03	06:25
44	941	André Miguel Lameiro Monteiro	vikings trail runners / ccr alcabideque	Senior Masculino	01:36:31	+17:17	06:26
45	654	Pedro Cardoso	assscc - ar livre e aventura	Veterano M40	01:36:48	+17:34	06:27
46	889	Jose Miguel Santos	sc povoense - caracóis de corrida	Veterano M45	01:37:02	+17:48	06:28
47	547	Nuno Alves	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M35	01:37:04	+17:50	06:28
48	610	José Marques	arcd venda da luisa	Veterano M50	01:37:06	+17:52	06:28
49	526	Rodrigo Vieira	100 gás trail team	Senior Masculino	01:37:59	+18:45	06:32
50	643	José Correia	arsm - associação recreativa de s. miguel	Veterano M55	01:39:01	+19:47	06:36
51	546	Mário Santos	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M35	01:39:06	+19:52	06:36
52	934	Filipe Pinhão	verallia glassriders	Veterano M35	01:39:37	+20:23	06:39
53	554	Jorge Alves	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M50	01:39:44	+20:30	06:39
54	663	Eduardo Garcia	atletismo clube da tocha	Veterano M35	01:39:45	+20:31	06:39
55	590	Vitor Santo	arcd venda da luisa	Veterano M40	01:39:57	+20:43	06:40
56	791	Nelson dos Santos Vieira	individual	Veterano M35	01:40:50	+21:36	06:43
57	659	João Abrunheiro	atletismo clube da tocha	Senior Masculino	01:41:01	+21:47	06:44
58	792	Nuno Ramos	individual	Veterano M35	01:41:35	+22:21	06:46
59	751	ricardo Bexiga	grupo desportivo ferreirense	Veterano M35	01:41:35	+22:21	06:46
60	693	António Figueiredo	casa do benfica de arganil	Veterano M40	01:41:38	+22:24	06:47
61	805	Canana	individual	Veterano M45	01:41:39	+22:25	06:47
62	630	Aurélio Saúde	arsm - associação recreativa de s. miguel	Veterano M40	01:41:39	+22:25	06:47
63	882	Valter Edgar Teixeira Viveiros	sc povoense - caracóis de corrida	Veterano M35	01:41:40	+22:26	06:47
64	557	José Carlos Rodrigues	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M55	01:41:45	+22:31	06:47
65	856	Ricardo Santa	miro trail	Veterano M40	01:41:52	+22:38	06:47
66	932	Bruno Marques	grupo recreativo eirense	Senior Masculino	01:41:56	+22:42	06:48
67	633	Enrique Amaro	arsm - associação recreativa de s. miguel	Veterano M45	01:42:10	+22:56	06:49
68	827	Paulo Marques	individual	Veterano M50	01:42:19	+23:05	06:49
69	575	TóZé Serra	acdrs quinhendros	Veterano M50	01:43:00	+23:46	06:52
70	632	Vitor Viola	arsm - associação recreativa de s. miguel	Veterano M40	01:43:11	+23:58	06:53
71	859	Horácio Ferreira	miro trail	Veterano M50	01:43:26	+24:12	06:54
72	722	Marco Lourenço	figueira kayak clube	Veterano M45	01:43:46	+24:32	06:55
73	719	Filipe Mamede	figueira kayak clube	Veterano M45	01:43:47	+24:33	06:55
74	545	João Roso	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M35	01:44:14	+25:00	06:57
75	692	Ricardo Gírio	casa do benfica de arganil	Veterano M35	01:44:34	+25:20	06:58
76	802	Telmo Pedro	individual	Veterano M40	01:44:42	+25:28	06:59
77	921	Daniela Lourenço	tribo nr	Senior Feminino	01:44:47	+25:33	06:59
78	855	Joselito Pereira	miro trail	Veterano M40	01:45:26	+26:12	07:02
79	609	Carlos Quinteiro	arcd venda da luisa	Veterano M50	01:45:37	+26:23	07:03
80	567	Bruno Maciel Maia Rodrigues	acdrs quinhendros	Veterano M40	01:45:39	+26:25	07:03
81	874	Francisco Ferreira	os tolinhos	Veterano M55	01:46:30	+27:16	07:06

MINI TRAIL - STAGE 1 — 15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
82	803	Tiago Carvalho	individual	Veterano M40	01:47:31	+28:17	07:10
83	948	Tiago Matias	vikings trail runners / ccr alcabideque	Senior Masculino	01:47:33	+28:19	07:10
84	703	Fernando Alhau	coimbra trail running	Veterano M55	01:47:33	+28:19	07:10
85	732	António Soares	formobike btt & trail running	Veterano M45	01:47:34	+28:20	07:10
86	918	Mário Bandeira	tainadas run team	Senior Masculino	01:47:36	+28:22	07:10
87	957	Antonio Eufrasio de Melo	vikings trail runners / ccr alcabideque	Veterano M55	01:47:51	+28:37	07:11
88	829	Mário neves	individual	Veterano M55	01:48:02	+28:48	07:12
89	626	Sofia Coimbra	arsm - associação recreativa de s. miguel	Veterana F45	01:48:09	+28:56	07:13
90	892	Helder Marco	scpombal/trail team	Veterano M40	01:48:11	+28:57	07:13
91	698	João Pedro Cordeiro Rato	ccdr matas e cipreste	Veterano M40	01:48:29	+29:15	07:14
92	942	César Ramalho	vikings trail runners / ccr alcabideque	Senior Masculino	01:48:36	+29:22	07:14
93	956	Luis Pedro dos Santos caridade	vikings trail runners / ccr alcabideque	Veterano M45	01:48:36	+29:22	07:14
94	533	João Nepomuceno	100 gás trail team	Veterano M45	01:48:44	+29:30	07:15
95	669	Sérgio Filipe Frias Forte	aventuras forte(s) - turismo de natureza	Senior Masculino	01:48:48	+29:34	07:15
96	598	Paulo José Rodrigues Bernardo	arcd venda da luisa	Veterano M35	01:49:05	+29:52	07:16
97	887	Pedro Miguel de Jesus Figueiredo	sc povoense - caracóis de corrida	Veterano M40	01:49:24	+30:10	07:18
98	612	Francisco Silva	arcd venda da luisa	Veterano M55	01:49:51	+30:37	07:19
99	925	André Dias	tribo nr	Veterano M50	01:50:18	+31:04	07:21
100	819	Paulo Renato Mesquita Monteiro	individual	Veterano M45	01:50:41	+31:27	07:23
101	933	Gonçalo Durão	grupo recreativo eirense	Veterano M45	01:50:49	+31:36	07:23
102	696	Ricardo Nunes	ccdr matas e cipreste	Senior Masculino	01:50:57	+31:43	07:24
103	667	José Julião	atletismo clube da tocha	Veterano M60	01:51:03	+31:49	07:24
104	565	TIAGO PÊGO	acdrs quinhendros	Veterano M35	01:51:16	+32:02	07:25
105	599	Sérgio Vilão	arcd venda da luisa	Veterano M35	01:51:55	+32:41	07:28
106	914	Abel Batalha	soure mov	Veterano M55	01:52:07	+32:53	07:28
107	699	Henrique Lavaredas	ccdr matas e cipreste	Veterano M45	01:52:20	+33:06	07:29
108	509	David Cravo	#runjust4fun	Senior Masculino	01:52:20	+33:06	07:29
109	958	Victor Gonçalves	vikings trail runners / ccr alcabideque	Veterano M55	01:52:26	+33:12	07:30
110	676	João André Dias	bio team run	Veterano M35	01:53:02	+33:48	07:32
111	790	José Machado	individual	Veterano M35	01:53:03	+33:49	07:32
112	912	Paulo Lopes	soure mov	Veterano M45	01:53:07	+33:54	07:33
113	523	Ricardo Madureira	#runjust4fun	Veterano M55	01:53:44	+34:30	07:35
114	697	Henrique Carvalheiro	ccdr matas e cipreste	Veterano M35	01:53:46	+34:32	07:35
115	639	Sérgio Silva	arsm - associação recreativa de s. miguel	Veterano M45	01:53:55	+34:42	07:36
116	854	João Carlos Pereira	miro trail	Veterano M40	01:54:13	+34:59	07:37
117	606	Paulo Santos	arcd venda da luisa	Veterano M45	01:54:13	+34:59	07:37
118	664	Fábio Silva Costa	atletismo clube da tocha	Veterano M35	01:54:26	+35:13	07:38
119	959	Victor Manuel Coelho Bernardes	vikings trail runners / ccr alcabideque	Veterano M55	01:54:40	+35:26	07:39
120	637	Pedro Oliveira	arsm - associação recreativa de s. miguel	Veterano M45	01:54:46	+35:33	07:39
121	618	Dilia Santos	arsm - associação recreativa de s. miguel	Veterana F35	01:54:47	+35:33	07:39
122	671	ANTONIO MARQUES	avila runners	Veterano M50	01:55:02	+35:48	07:40
123	943	Diogo Filipe Oliveira Alves	vikings trail runners / ccr alcabideque	Senior Masculino	01:55:03	+35:49	07:40

MINI TRAIL - STAGE 1 — 15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
124	525	João Costa	100 gás trail team	Senior Masculino	01:55:22	+36:08	07:41
125	713	Paulo Roque	fátima trail team	Veterano M45	01:55:33	+36:19	07:42
126	771	Ruben Dias	vikings trail runners / ccr alcabideque	Senior Masculino	01:56:00	+36:46	07:44
127	940	Inês Oliveira Santos	vikings trail runners / ccr alcabideque	Senior Feminino	01:56:02	+36:48	07:44
128	876	João Rodrigues	roda dianteira	Senior Masculino	01:56:14	+37:00	07:45
129	731	Nélio Girão	formobike btt & trail running	Veterano M40	01:56:14	+37:01	07:45
130	891	António José Mendes de Oliveira Carvalho	sc povoense - caracóis de corrida	Veterano M60	01:56:18	+37:04	07:45
131	875	Sérgio Santos	pascoalitos/adbarcouço	Veterano M35	01:56:19	+37:05	07:45
132	531	Ricardo Henriques	100 gás trail team	Veterano M35	01:56:27	+37:13	07:46
133	817	Mario Salgado	individual	Veterano M45	01:56:44	+37:30	07:47
134	566	Bruno B Ferreira	acdrs quinhendros	Veterano M40	01:56:58	+37:44	07:48
135	752	Ricardo Manuel Santos Pereira	grupo desportivo ferreirense	Veterano M35	01:56:59	+37:45	07:48
136	613	José Santos	arcd venda da luisa	Veterano M55	01:57:17	+38:03	07:49
137	920	José António Fernandes Bugalho	tocer	Veterano M50	01:57:36	+38:22	07:50
138	848	Paula Neves	miro trail	Veterana F45	01:57:40	+38:26	07:51
139	578	Virgílio Neto	adcrpereira trail running team	Veterano M40	01:57:43	+38:29	07:51
140	842	Tiago Roque	lama solta	Veterano M40	01:57:45	+38:31	07:51
141	911	José Madeira	soure mov	Veterano M45	01:57:54	+38:40	07:52
142	635	Óscar Simões	arsm - associação recreativa de s. miguel	Veterano M45	01:57:59	+38:45	07:52
143	788	Gil marques	individual	Veterano M35	01:58:13	+38:59	07:53
144	806	Carlos Costa	individual	Veterano M45	01:58:14	+39:01	07:53
145	916	Jorge Cordeiro	soure mov	Veterano M55	01:58:23	+39:09	07:54
146	700	Tiago Figueiredo	clube benfeita - aldeia de xisto	Senior Masculino	01:58:28	+39:14	07:54
147	628	Luis Silva	arsm - associação recreativa de s. miguel	Veterano M35	01:58:34	+39:20	07:54
148	841	NILTON JORGE DA SILVA CAETANO	lama solta	Veterano M40	01:58:45	+39:31	07:55
149	870	Fernando Fonseca	o mundo da corrida	Veterano M55	01:58:47	+39:33	07:55
150	662	Eduardo Ferreira	atletismo clube da tocha	Veterano M35	01:59:13	+39:59	07:57
151	542	Raquel Matias	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterana F40	01:59:36	+40:22	07:58
152	665	Nélio Oliveira	atletismo clube da tocha	Veterano M40	02:01:05	+41:51	08:04
153	728	Paulo Marques	formobike btt & trail running	Senior Masculino	02:02:08	+42:54	08:09
154	830	Joaquim Almeida	coimbra trail running	Veterano M60	02:02:18	+43:04	08:09
155	601	Marco Oliveira	arcd venda da luisa	Veterano M40	02:02:19	+43:05	08:09
156	769	Rafael Coelho	individual	Senior Masculino	02:02:51	+43:37	08:11
157	824	José Cardoso	individual	Veterano M50	02:03:01	+43:47	08:12
158	853	Arménio Nogueira	miro trail	Veterano M40	02:03:04	+43:50	08:12
159	767	José Dionel	individual	Senior Masculino	02:03:20	+44:06	08:13
160	709	Cláudio Borges de Sousa	domplex	Veterano M45	02:04:01	+44:47	08:16
161	760	Manuel Fernandes	grvilaverdense	Veterano M65	02:04:12	+44:58	08:17
162	865	Dany Mateus	moinhos da gândara trail	Veterano M35	02:04:18	+45:04	08:17
163	816	Luis Mendes	individual	Veterano M45	02:04:19	+45:05	08:17
164	798	NUNO PAULINO	individual	Veterano M40	02:04:25	+45:12	08:18
165	641	Moisés Nunes	arsm - associação recreativa de s. miguel	Veterano M50	02:04:28	+45:14	08:18
166	642	Paulo Martins	arsm - associação recreativa de s. miguel	Veterano M50	02:04:28	+45:14	08:18

MINI TRAIL - 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
167	623	Cristina Couceiro	arsm - associação recreativa de s. miguel	Veterana F40	02:04:29	+45:15	08:18
168	625	Sandra Barata	arsm - associação recreativa de s. miguel	Veterana F45	02:04:29	+45:16	08:18
169	777	Ana Mota	soluções ideais	Veterana F40	02:04:51	+45:37	08:19
170	955	Antonio jose Damas Martins	vikings trail runners / ccr alcabideque	Veterano M45	02:04:52	+45:38	08:19
171	867	Joana Pascoal	montanha clube trail running/efapel	Senior Feminino	02:05:14	+46:00	08:21
172	585	João Nobre	arcd venda da luisa	Senior Masculino	02:05:27	+46:13	08:22
173	909	Augusto Cordeiro	soure mov	Veterano M40	02:05:31	+46:17	08:22
174	691	Paulo Soares	casa do benfica de arganil	Veterano M35	02:05:50	+46:37	08:23
175	555	Nuno Loureiro	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M50	02:06:08	+46:54	08:25
176	720	Hélder Pedrosa	figueira kayak clube	Veterano M45	02:06:19	+47:05	08:25
177	857	Rui Carvalho	miro trail	Veterano M40	02:06:55	+47:41	08:28
178	808	Daniel Costa	individual	Veterano M45	02:06:56	+47:42	08:28
179	761	JoaquiMiguel Cação Sousa	individual	Juvenil Masculino	02:06:56	+47:42	08:28
180	702	José Augusto dos Santos Diniz	coimbra trail running	Veterano M40	02:07:06	+47:53	08:28
181	564	Bruno Torreira	acdrs quinhendros	Veterano M35	02:07:13	+47:59	08:29
182	881	Hélder Cunha	sc povoense - caracóis de corrida	Senior Masculino	02:07:26	+48:13	08:30
183	880	Ana Reis	sc povoense - caracóis de corrida	Senior Feminino	02:07:28	+48:14	08:30
184	900	Tiago Ferreira	soure mov	Senior Masculino	02:07:36	+48:22	08:30
185	866	João Antonio Dinis Maricato	moinhos da gândara trail	Veterano M45	02:07:49	+48:35	08:31
186	727	Bruno Marques	formobike btt & trail running	Senior Masculino	02:07:54	+48:40	08:32
187	627	Zenaide Alves	arsm - associação recreativa de s. miguel	Veterana F45	02:07:57	+48:43	08:32
188	745	Jorge Santos	gordos em movimento	Veterano M45	02:08:09	+48:55	08:33
189	766	João ferreita	individual	Senior Masculino	02:08:32	+49:18	08:34
190	794	Tony Michael Cunha Vieira	individual	Veterano M35	02:08:35	+49:21	08:34
191	748	Sofia Alexandra Jorge Simões	grupo desportivo ferreirense	Veterana F40	02:08:36	+49:22	08:34
192	753	Melissa Fernandes	grvilaverdense	Senior Feminino	02:08:40	+49:26	08:35
193	707	Carlos Mendes	cumibroa bike`s running team	Veterano M35	02:08:44	+49:30	08:35
194	822	Fernando Medeiros	individual	Veterano M50	02:08:50	+49:36	08:35
195	864	Bruno Matos	moinhos da gândara trail	Veterano M35	02:08:56	+49:42	08:36
196	681	João Rainho	bio team run	Veterano M55	02:09:05	+49:51	08:36
197	828	José Reis	individual	Veterano M55	02:09:07	+49:53	08:36
198	708	Jorge Faria	cumibroa bike`s running team	Veterano M45	02:09:10	+49:56	08:37
199	838	CATARINA ISABEL FERNANDES SINTRA	lama solta	Veterana F40	02:09:20	+50:06	08:37
200	646	Daniela Guerra	assscc - ar livre e aventura	Senior Feminino	02:09:22	+50:08	08:37
201	814	Luis Campos	individual	Veterano M45	02:09:24	+50:10	08:38
202	651	Gabriela Oliveira	assscc - ar livre e aventura	Veterana F40	02:10:00	+50:46	08:40
203	640	José Oliveira	arsm - associação recreativa de s. miguel	Veterano M50	02:10:10	+50:56	08:41
204	674	Brian Cantante	bio team run	Senior Masculino	02:10:28	+51:14	08:42
205	835	Gil Alexandre Graça Novo	lama solta	Senior Masculino	02:10:41	+51:27	08:43
206	939	Goreti Gaudêncio	vikings trail runners / ccr alcabideque	Senior Feminino	02:10:49	+51:35	08:43
207	858	Artur Costa	miro trail	Veterano M50	02:10:52	+51:38	08:43
208	922	Miguel Silva Rocha	tribo nr	Senior Masculino	02:10:55	+51:41	08:44
209	677	Francisco António Correia Mendes	bio team run	Veterano M45	02:10:57	+51:43	08:44
210	750	Anabela Rodrigues Fonseca	grupo desportivo ferreirense	Veterana F50	02:11:07	+51:53	08:45

MINI TRAIL - 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
211	688	Tiago Pires	casa do benfica condeixa	Veterano M35	02:11:11	+51:57	08:45
212	775	Sónia Filipe	os tolinhos	Veterana F35	02:11:40	+52:26	08:47
213	976	Arlindo Neves	vikings	Veterano M55	02:11:58	+52:44	08:48
214	710	Luis António Pinto Pereira	escaravelhos team c. m. m.	Veterano M60	02:11:58	+52:45	08:48
215	844	Ruben Rodrigues	miro trail	Senior Masculino	02:12:15	+53:01	08:49
216	538	Ricardo Santos	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Senior Masculino	02:12:15	+53:01	08:49
217	678	Valter Rainho	bio team run	Veterano M45	02:12:48	+53:34	08:51
218	680	Fernando Sousa	bio team run	Veterano M50	02:12:48	+53:34	08:51
219	901	Vasco Gamboa	soure mov	Senior Masculino	02:12:57	+53:43	08:52
220	935	Henrique Miguel Alves Fonseca	vikings trail runners / ccr alcabideque	Juvenil Masculino	02:13:20	+54:06	08:53
221	974	Valter Filipe da Silva Gomes	caminhos do diabo	Senior Masculino	02:13:20	+54:06	08:53
222	759	Adérito Neves	grvilaverdense	Veterano M50	02:13:23	+54:09	08:54
223	694	João Pedro Gírio de Carvalho	casa do benfica de arganil	Veterano M40	02:13:33	+54:19	08:54
224	563	Rosa Rodrigues	acdrs quinhendros	Veterana F50	02:13:36	+54:22	08:54
225	877	Bruno Miguel Carvalho Cunha	roda dianteira	Veterano M40	02:14:00	+54:46	08:56
226	847	Cecília Mendes	miro trail	Veterana F45	02:14:02	+54:48	08:56
227	573	António Pego	acdrs quinhendros	Veterano M45	02:14:03	+54:49	08:56
228	574	Josè carlos Simões	acdrs quinhendros	Veterano M45	02:14:04	+54:50	08:56
229	652	Otilia Costa	assscc - ar livre e aventura	Veterana F40	02:14:07	+54:53	08:57
230	741	Mário Silva	gang da areosa	Senior Masculino	02:14:11	+54:57	08:57
231	508	Alexandre Veloso	#runjust4fun	Senior Masculino	02:14:13	+54:59	08:57
232	961	João Lopes	vilaventura - trail running team	Senior Masculino	02:14:29	+55:15	08:58
233	899	João Santana	soure mov	Senior Masculino	02:14:30	+55:16	08:58
234	963	MARCO GABRIEL DA MOTA PASCOAL	vilaventura - trail running team	Veterano M35	02:14:32	+55:18	08:58
235	776	Virginia Sintra	individual	Veterana F35	02:14:46	+55:32	08:59
236	668	Maria de Fátima de Jesus Fernandes	aventuras forte(s) - turismo de natureza	Senior Feminino	02:15:00	+55:46	09:00
237	541	Maria Lima	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterana F40	02:15:05	+55:51	09:00
238	730	Maria Alexandra Maia	formobike btt & trail running	Veterana F45	02:15:19	+56:05	09:01
239	689	Carlos Manuel Povoa Santos	casa do benfica condeixa	Veterano M40	02:15:29	+56:15	09:02
240	581	Luis Miguel Ferreira Barracho	amc cross fit	Veterano M40	02:15:41	+56:27	09:03
241	579	Marcelo de Oliveira	amc cross fit	Senior Masculino	02:15:41	+56:27	09:03
242	593	Elisabete Girão	arcd venda da luisa	Veterana F45	02:16:29	+57:15	09:06
243	611	Pedro Silva	arcd venda da luisa	Veterano M50	02:16:29	+57:15	09:06
244	908	António Ferreira	soure mov	Veterano M40	02:17:22	+58:09	09:10
245	906	Eugénia Batista	soure mov	Veterana F55	02:17:27	+58:13	09:10
246	597	André Santos	arcd venda da luisa	Veterano M35	02:18:31	+59:17	09:14
247	661	Rute Bastos	atletismo clube da tocha	Veterana F40	02:18:31	+59:18	09:14
248	962	Ana Raquel Carvalho	vilaventura - trail running team	Veterana F35	02:18:42	+59:28	09:15
249	871	Gonçalo Cardoso	ocr figueira	Senior Masculino	02:18:54	+59:40	09:16
250	928	Ana Gaspar	ugas trail running	Senior Feminino	02:18:56	+59:42	09:16
251	602	Nelson Simões	arcd venda da luisa	Veterano M40	02:19:20	+01:00:06	09:17
252	907	Rosália Duarte	soure mov	Veterana F55	02:19:35	+01:00:21	09:18

MINI TRAIL - 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
253	527	Candida Catarina Ramalho Gonçalves	100 gás trail team	Veterana F40	02:19:36	+01:00:22	09:18
254	754	Pedro António Lopes	grvilaverdense	Senior Masculino	02:19:48	+01:00:34	09:19
255	529	Silvia Dias	100 gás trail team	Veterana F45	02:21:38	+01:02:24	09:27
256	535	Zé Dias	100 gás trail team	Veterano M45	02:21:38	+01:02:24	09:27
257	558	Vânia Paixão	acdrs quinhendros	Senior Feminino	02:22:16	+01:03:02	09:29
258	768	Luis Filipe Loureiro Martins	individual	Senior Masculino	02:22:38	+01:03:24	09:31
259	902	Joana Dionísio	soure mov	Veterana F35	02:23:45	+01:04:31	09:35
260	949	Patricia Isabel da Costa Simões	vikings trail runners / ccr alcabideque	Veterana F35	02:24:05	+01:04:51	09:36
261	734	Catarina Maria Magalhães Silva	gang da areosa	Senior Feminino	02:24:21	+01:05:07	09:37
262	797	Nuno Jesus	individual	Veterano M40	02:24:24	+01:05:10	09:38
263	679	Carlos Barroso	bio team run	Veterano M50	02:24:30	+01:05:16	09:38
264	950	Paula Andrade	vikings trail runners / ccr alcabideque	Veterana F45	02:24:30	+01:05:16	09:38
265	569	José Miguel Simão	acdrs quinhendros	Veterano M40	02:24:57	+01:05:43	09:40
266	645	Joaquim Branquinho	arsm - associação recreativa de s. miguel	Veterano M65	02:25:20	+01:06:06	09:41
267	725	Andreia Brites	formobike btt & trail running	Senior Feminino	02:25:39	+01:06:25	09:43
268	512	Maria João Ferreira	#runjust4fun	Veterana F35	02:26:50	+01:07:36	09:47
269	781	Mónica Martins	individual	Veterana F45	02:27:28	+01:08:14	09:50
270	556	VITOR LUIS PRATAS DOS SANTOS	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Veterano M50	02:29:22	+01:10:08	09:57
271	869	Isabel Trindade	o mundo da corrida	Veterana F55	02:29:22	+01:10:09	09:58
272	675	Carla Simões	bio team run	Veterana F35	02:29:26	+01:10:12	09:58
273	896	Rui Guedes	si imobiliaria	Veterano M45	02:30:12	+01:10:58	10:01
274	536	João Carlos Simões	100 gás trail team	Veterano M60	02:30:38	+01:11:24	10:03
275	740	Mário Oliveira	gang da areosa	Senior Masculino	02:30:48	+01:11:34	10:03
276	779	Susana Daniela Baptista Salvaterra	individual	Veterana F40	02:30:51	+01:11:37	10:03
277	511	Lara Azambujo	#runjust4fun	Veterana F35	02:30:51	+01:11:37	10:03
278	582	Jéssica Correia	arcd venda da luisa	Senior Feminino	02:31:21	+01:12:07	10:05
279	595	Paula Gonçalves	arcd venda da luisa	Veterana F45	02:31:24	+01:12:10	10:06
280	915	António Neves	soure mov	Veterano M55	02:31:26	+01:12:12	10:06
281	846	Sónia Fernandes	miro trail	Veterana F40	02:31:35	+01:12:22	10:06
282	592	Cristina Melo	arcd venda da luisa	Veterana F45	02:32:26	+01:13:12	10:10
283	624	Paula Marques	arsm - associação recreativa de s. miguel	Veterana F45	02:32:31	+01:13:18	10:10
284	840	JUDITE GONÇALVES ROQUE	lama solta	Veterana F40	02:32:52	+01:13:38	10:11
285	917	António Serôdio	soure mov	Veterano M60	02:32:54	+01:13:40	10:12
286	780	Celia Oliveira	individual	Veterana F45	02:33:10	+01:13:56	10:13
287	873	Carlos Novo	os tolinhos	Veterano M50	02:34:14	+01:15:00	10:17
288	845	Isabel Jesus	miro trail	Veterana F40	02:34:24	+01:15:10	10:18
289	658	Virgílio Cardoso da Costa Rato	atbv	Veterano M60	02:34:24	+01:15:10	10:18
290	818	Nuno Santos	individual	Veterano M45	02:34:33	+01:15:19	10:18
291	923	Jacqueline Dias	tribo nr	Veterana F50	02:34:37	+01:15:23	10:18
292	878	Hugo Moreira	roda dianteira	Veterano M40	02:35:07	+01:15:53	10:20
293	519	Teresa Lurdes Fernandes Rosa	#runjust4fun	Veterana F45	02:35:27	+01:16:13	10:22
294	594	Judite Duarte	arcd venda da luisa	Veterana F45	02:35:28	+01:16:14	10:22

MINI TRAIL - 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
295	951	Rosa Luisa Ramos Beja	vikings trail runners / ccr alcabideque	Veterana F45	02:35:47	+01:16:33	10:23
296	823	Jorge Lestro	individual	Veterano M50	02:36:03	+01:16:49	10:24
297	850	Jacinta Almeida	miro trail	Veterana F50	02:36:07	+01:16:53	10:24
298	649	Emanuella Barradas	assscc - ar livre e aventura	Veterana F35	02:37:14	+01:18:00	10:29
299	897	Pedro Freire Rodrigues	sicótrilhos abiúl	Veterano M45	02:37:26	+01:18:12	10:30
300	717	Urânia Chuva	figueira kayak clube	Veterana F45	02:38:01	+01:18:48	10:32
301	784	Cristina Mendes	individual	Veterana F50	02:38:07	+01:18:53	10:32
302	977	António Luís Silva Martins	correr viseu	Veterano M45	02:38:09	+01:18:55	10:33
303	868	Céu Santos	o mundo da corrida	Veterana F55	02:38:36	+01:19:22	10:34
304	706	Anabela Monteiro	cumibroa bike`s running team	Veterana F45	02:39:09	+01:19:55	10:37
305	726	Laura Jesus	formobike btt & trail running	Senior Feminino	02:39:24	+01:20:11	10:38
306	796	Luis Baptista	individual	Veterano M40	02:39:38	+01:20:24	10:39
307	862	Rui Manuel Melo Lopes	miro trail	Veterano M60	02:40:28	+01:21:14	10:42
308	583	Tânia Lourenço	arcd venda da luisa	Senior Feminino	02:40:54	+01:21:40	10:44
309	770	ricardo curado	individual	Senior Masculino	02:41:39	+01:22:25	10:47
310	695	Maria Jose Vasco Caceiro	casa do pessoal do hdff	Veterana F35	02:41:41	+01:22:27	10:47
311	937	Carla Margarida Oliveira Ribeiro	vikings trail runners / ccr alcabideque	Senior Feminino	02:42:05	+01:22:51	10:48
312	837	RUI PEDRO JORGE PEDROSA	lama solta	Senior Masculino	02:42:05	+01:22:51	10:48
313	572	Rui Pedro Fernandes Marques	acdrs quinhendros	Veterano M40	02:42:13	+01:22:59	10:49
314	670	Zenaida Andrade	avila runners	Veterana F45	02:42:13	+01:23:00	10:49
315	513	Susana Mendes	#runjust4fun	Veterana F35	02:42:17	+01:23:03	10:49
316	843	Flávia Baptista	miro trail	Senior Feminino	02:42:19	+01:23:06	10:49
317	936	Anabela de Oliveira Cardoso	vikings trail runners / ccr alcabideque	Senior Feminino	02:42:30	+01:23:16	10:50
318	534	Vitor Santos	100 gás trail team	Veterano M45	02:42:36	+01:23:22	10:50
319	524	Su Gomes	100 gás trail team	Senior Feminino	02:42:36	+01:23:22	10:50
320	930	Ângela Escaroupa	ugas trail running	Senior Feminino	02:42:38	+01:23:24	10:51
321	931	Catarina Escaroupa	ugas trail running	Senior Feminino	02:42:38	+01:23:24	10:51
322	861	Victor Silva	miro trail	Veterano M50	02:42:42	+01:23:28	10:51
323	615	José Correia	arcd venda da luisa	Veterano M60	02:42:45	+01:23:31	10:51
324	521	Maria do Céu Rodrigues	#runjust4fun	Veterana F55	02:42:46	+01:23:32	10:51
325	685	Marco Pereira	bmrice team	Veterano M40	02:42:55	+01:23:41	10:52
326	608	Carlos Canais	arcd venda da luisa	Veterano M50	02:43:44	+01:24:30	10:55
327	596	Cidália Canais	arcd venda da luisa	Veterana F50	02:43:44	+01:24:30	10:55
328	515	Catarina Isabel Rama Freitas	#runjust4fun	Veterana F40	02:44:26	+01:25:12	10:58
329	522	Leonel Buco	#runjust4fun	Veterano M35	02:44:27	+01:25:14	10:58
330	810	Francisco Figueiredo	individual	Veterano M45	02:44:48	+01:25:34	10:59
331	966	carina almeida	vlc	Veterana F35	02:45:09	+01:25:55	11:01
332	965	ana brandão	vlc	Senior Feminino	02:45:09	+01:25:55	11:01
333	718	Nuno Bandarra	figueira kayak clube	Veterano M40	02:46:20	+01:27:06	11:05
334	715	Helena Matias	figueira kayak clube	Veterana F40	02:46:21	+01:27:07	11:05
335	863	Carina Jordão	moinhos da gândara trail	Senior Feminino	02:47:13	+01:27:59	11:09
336	705	Fátima Machado	cpt coimbra	Veterana F55	02:47:15	+01:28:01	11:09
337	778	Clarisse Carreira Batista	individual	Veterana F40	02:47:15	+01:28:01	11:09
338	653	Luisa Santos	assscc - ar livre e aventura	Veterana F45	02:48:02	+01:28:49	11:12
339	975	André Santa	individual	Veterano M40	02:48:48	+01:29:34	11:15

MINI TRAIL - 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
340	614	Fernando Martins	arcd venda da luisa	Veterano M60	02:49:03	+01:29:49	11:16
341	656	Gisela Margarida Alves Jorge	atbv	Veterana F45	02:49:40	+01:30:26	11:19
342	723	Sofia Santos	fitting point	Senior Feminino	02:50:17	+01:31:03	11:21
343	629	Alexandre Fernandes	arsm - associação recreativa de s. miguel	Veterano M40	02:50:56	+01:31:42	11:24
344	852	Fausto Reis	miro trail	Veterano M35	02:52:01	+01:32:47	11:28
345	747	Inês Rodrigues	grupo desportivo ferreirense	Senior Feminino	02:52:20	+01:33:07	11:29
346	622	Catarina Gomes	arsm - associação recreativa de s. miguel	Veterana F40	02:52:42	+01:33:28	11:31
347	895	José Abrantes	si imobiliaria	Veterano M45	02:53:08	+01:33:54	11:33
348	903	Alda Santos	soure mov	Veterana F45	02:53:38	+01:34:24	11:35
349	919	Tania Silva	team korpo activo	Senior Feminino	02:54:16	+01:35:02	11:37
350	969	Walter Palma	xanuxa trail	Veterano M55	02:54:21	+01:35:07	11:37
351	851	Silvia Pedro	miro trail	Veterana F50	02:54:25	+01:35:11	11:38
352	905	Dora Santos	soure mov	Veterana F45	02:54:25	+01:35:11	11:38
353	577	Fátima Lucas	actib	Veterana F35	02:54:49	+01:35:35	11:39
354	929	Ana Ramos	ugas trail running	Senior Feminino	02:55:06	+01:35:52	11:40
355	501	Ana Sofia Rolim Peças	#runjust4fun	Senior Feminino	02:55:29	+01:36:15	11:42
356	774	Fernanda Tavares	individual	Veterana F35	02:56:19	+01:37:05	11:45
357	502	Andreia Alexandra Ribeiro Faria	#runjust4fun	Senior Feminino	02:56:33	+01:37:19	11:46
358	510	Emanuel Marques	#runjust4fun	Senior Masculino	02:56:33	+01:37:19	11:46
359	650	Anabela Almeida	assscc - ar livre e aventura	Veterana F40	02:57:24	+01:38:10	11:50
360	562	Anabela Teixeira Colaço	acdrs quinhendros	Veterana F40	02:57:27	+01:38:13	11:50
361	721	João Quintas	figueira kayak clube	Veterano M45	02:57:40	+01:38:26	11:51
362	716	Sandra Matias	figueira kayak clube	Veterana F40	02:57:41	+01:38:27	11:51
363	979	Nuno Leal	individual	Veterano M35	02:59:57	+01:40:43	12:00
364	970	Filipe Monteiro	individual	Veterano M35	03:01:13	+01:41:59	12:05
365	972	Nuno Curado	individual	Veterano M35	03:01:13	+01:41:59	12:05
366	749	Dora Paula dos Ramos Dourado	grupo desportivo ferreirense	Veterana F45	03:02:17	+01:43:03	12:09
367	620	Sandra Borges	arsm - associação recreativa de s. miguel	Veterana F35	03:03:00	+01:43:46	12:12
368	973	Daniela Geitoeira	assscc - ar livre e aventura	Veterana F35	03:03:16	+01:44:03	12:13
369	587	Ana Santos	arcd venda da luisa	Veterana F35	03:03:41	+01:44:27	12:15
370	690	Nuno Alves	casa do benfica condeixa	Veterano M45	03:03:54	+01:44:40	12:16
371	860	José Santos	miro trail	Veterano M50	03:04:45	+01:45:32	12:19
372	849	Cristina Santos	miro trail	Veterana F50	03:04:46	+01:45:32	12:19
373	783	Sonia Mendes	individual	Veterana F45	03:05:57	+01:46:43	12:24
374	821	Antonio Alberto Rocha	individual	Veterano M50	03:05:59	+01:46:45	12:24
375	746	Cátia Castanheira	grupo desportivo ferreirense	Senior Feminino	03:06:26	+01:47:12	12:26
376	647	Jessica Cardoso	assscc - ar livre e aventura	Senior Feminino	03:08:03	+01:48:49	12:32
377	765	João Cruz	individual	Senior Masculino	03:08:11	+01:48:57	12:33
378	773	Carla Costa	individual	Veterana F35	03:08:11	+01:48:57	12:33
379	811	João Cruz	individual	Veterano M45	03:08:11	+01:48:58	12:33
380	964	Carla Nascimento	viriathvs runners viseu	Veterana F40	03:08:47	+01:49:33	12:35
381	672	Teresa Simões	b.v. brasfemes	Veterana F40	03:08:47	+01:49:33	12:35
382	528	Fatima Anastacio	100 gás trail team	Veterana F45	03:11:12	+01:51:58	12:45
383	756	Mafalda Sofia Cardoso Santos Figueiredo	grvilaverdense	Veterana F35	03:11:41	+01:52:27	12:47

MINI TRAIL - 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
384	833	Elisa Costa Bregieiro	lama solta	Senior Feminino	03:13:46	+01:54:32	12:55
385	832	DANIELA FREITAS NEVES	lama solta	Senior Feminino	03:13:46	+01:54:32	12:55
386	834	FILIPA NUNES DA SILVA	lama solta	Senior Feminino	03:13:46	+01:54:32	12:55
387	960	Cátia Ferreira	vilaventura - trail running team	Senior Feminino	03:13:46	+01:54:32	12:55
388	711	Mónica Cunha	farmácia luciano e matos	Veterana F40	03:14:26	+01:55:12	12:58
389	786	Paula Duarte	individual	Veterana F50	03:17:48	+01:58:34	13:11
390	762	Cátia Ferreira	individual	Senior Feminino	03:22:00	+02:02:46	13:28
391	657	Odete Maria Almeida Torres de Freitas	atbv	Veterana F50	03:22:19	+02:03:06	13:29
392	953	Clara Monteiro	vikings trail runners / ccr alcabideque	Veterana F60	03:22:35	+02:03:22	13:30
393	530	Maria Cidalia Freire	100 gás trail team	Veterana F60	03:25:25	+02:06:12	13:42
394	893	Sara Guedes	si imobiliaria	Veterana F40	03:30:14	+02:11:00	14:01
395	517	Mónica Sofia Hortet Menano	#runjust4fun	Veterana F40	03:34:56	+02:15:42	14:20
396	516	Elizabete Maria Sousa Loureiro	#runjust4fun	Veterana F40	03:34:57	+02:15:43	14:20
397	514	Ana lopes	#runjust4fun	Veterana F40	03:36:50	+02:17:37	14:27
398	504	Inês Forte	#runjust4fun	Senior Feminino	03:36:51	+02:17:37	14:27
399	506	Patricia Clara Lopes Ferro	#runjust4fun	Senior Feminino	03:36:51	+02:17:37	14:27
400	604	Nelson Gaspar	arcd venda da luisa	Veterano M45	03:45:18	+02:26:04	15:01
401	831	Daniela Barroca	lama solta	Senior Feminino	03:45:18	+02:26:04	15:01
402	589	Fátima Silva	arcd venda da luisa	Veterana F35	03:47:00	+02:27:46	15:08
403	739	Luis Máximo	gang da areosa	Senior Masculino	03:52:10	+02:32:57	15:29
404	735	Inês Ribeiro	gang da areosa	Senior Feminino	03:52:11	+02:32:57	15:29
405	518	Susana Simões	#runjust4fun	Veterana F45	04:03:16	+02:44:02	16:13
406	507	Rita Jorge	#runjust4fun	Senior Feminino	04:03:18	+02:44:04	16:13
407	967	Maria Alexandra Lavado Palma	xanuxa trail	Veterana F50	04:15:27	+02:56:13	17:02
408	968	Isabel Ucha	xanuxa trail	Veterana F55	04:15:30	+02:56:16	17:02
409	683	Marta Jorge	bmrice team	Veterana F40	04:16:34	+02:57:20	17:06
410	682	Rita Perdigão	bmrice team	Veterana F35	04:16:34	+02:57:20	17:06
411	758	João Miguel do Nascimento Loureiro	grvilaverdense	Veterano M45	04:16:38	+02:57:24	17:07

Trail Encostas do Mondego
Vila Verde, Figueira da Foz
01-dezembro-2019

Mini Trail — 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	09:45	21,3ºC	88%
End	14:02	21,3ºC	88%

Juvenil Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	761	JoaquiMiguel Cação Sousa	Individual	Juvenil Masculino	02:06:56	+47:42	08:28
2	935	Henrique Miguel Alves Fonseca	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Juvenil Masculino	02:13:20	+54:06	08:53

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	921	Daniela Lourenço	Tribo NR	Senior Feminino	01:44:47	+25:33	06:59
2	940	Inês Oliveira Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	01:56:02	+36:48	07:44
3	867	Joana Pascoal	Montanha Clube Trail Running/EFAPEL	Senior Feminino	02:05:14	+46:00	08:21
4	880	Ana Reis	SC Povoense - Caracóis de Corrida	Senior Feminino	02:07:28	+48:14	08:30
5	753	Melissa Fernandes	GRVilaverdense	Senior Feminino	02:08:40	+49:26	08:35
6	646	Daniela Guerra	ASSSCC - Ar Livre e Aventura	Senior Feminino	02:09:22	+50:08	08:37
7	939	Goreti Gaudêncio	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	02:10:49	+51:35	08:43
8	668	Maria de Fátima de Jesus Fernandes	Aventuras Forte(s) - Turismo de Natureza	Senior Feminino	02:15:00	+55:46	09:00
9	928	Ana Gaspar	UGAS TRAIL Running	Senior Feminino	02:18:56	+59:42	09:16
10	558	Vânia Paixão	ACDRS QUINHENDROS	Senior Feminino	02:22:16	+01:03:02	09:29
11	734	Catarina Maria Magalhães Silva	Gang da Areosa	Senior Feminino	02:24:21	+01:05:07	09:37
12	725	Andreia Brites	Formobike BTT & Trail Running	Senior Feminino	02:25:39	+01:06:25	09:43
13	582	Jéssica Correia	ARCD Venda da Luisa	Senior Feminino	02:31:21	+01:12:07	10:05
14	726	Laura Jesus	Formobike BTT & Trail Running	Senior Feminino	02:39:24	+01:20:11	10:38
15	583	Tânia Lourenço	ARCD Venda da Luisa	Senior Feminino	02:40:54	+01:21:40	10:44
16	937	Carla Margarida Oliveira Ribeiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	02:42:05	+01:22:51	10:48
17	843	Flávia Baptista	MIRO TRAIL	Senior Feminino	02:42:19	+01:23:06	10:49
18	936	Anabela de Oliveira Cardoso	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	02:42:30	+01:23:16	10:50
19	524	Su Gomes	100 Gás Trail Team	Senior Feminino	02:42:36	+01:23:22	10:50
20	930	Ângela Escaroupa	UGAS TRAIL Running	Senior Feminino	02:42:38	+01:23:24	10:51
21	931	Catarina Escaroupa	UGAS TRAIL Running	Senior Feminino	02:42:38	+01:23:24	10:51
22	965	ana brandão	VLC	Senior Feminino	02:45:09	+01:25:55	11:01
23	863	Carina Jordão	Moinhos da Gândara Trail	Senior Feminino	02:47:13	+01:27:59	11:09
24	723	Sofia Santos	Fitting Point	Senior Feminino	02:50:17	+01:31:03	11:21
25	747	Inês Rodrigues	Grupo Desportivo Ferreirense	Senior Feminino	02:52:20	+01:33:07	11:29
26	919	Tania Silva	Team korpo activo	Senior Feminino	02:54:16	+01:35:02	11:37
27	929	Ana Ramos	UGAS TRAIL Running	Senior Feminino	02:55:06	+01:35:52	11:40
28	501	Ana Sofia Rolim Peças	#Runjust4fun	Senior Feminino	02:55:29	+01:36:15	11:42

Mini Trail — 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

29	502	Andreia Alexandra Ribeiro Faria	#Runjust4fun	Senior Feminino	02:56:33	+01:37:19	11:46
30	746	Cátia Castanheira	Grupo Desportivo Ferreirense	Senior Feminino	03:06:26	+01:47:12	12:26
31	647	Jessica Cardoso	ASSSCC - Ar Livre e Aventura	Senior Feminino	03:08:03	+01:48:49	12:32
32	833	Elisa Costa Bregieiro	Lama Solta	Senior Feminino	03:13:46	+01:54:32	12:55
33	832	DANIELA FREITAS NEVES	Lama Solta	Senior Feminino	03:13:46	+01:54:32	12:55
34	834	FILIPA NUNES DA SILVA	Lama Solta	Senior Feminino	03:13:46	+01:54:32	12:55
35	960	Cátia Ferreira	Vilaventura - Trail Running Team	Senior Feminino	03:13:46	+01:54:32	12:55
36	762	Cátia Ferreira	Individual	Senior Feminino	03:22:00	+02:02:46	13:28
37	504	Inês Forte	#Runjust4fun	Senior Feminino	03:36:51	+02:17:37	14:27
38	506	Patricia Clara Lopes Ferro	#Runjust4fun	Senior Feminino	03:36:51	+02:17:37	14:27
39	831	Daniela Barroca	Lama Solta	Senior Feminino	03:45:18	+02:26:04	15:01
40	735	Inês Ribeiro	Gang da Areosa	Senior Feminino	03:52:11	+02:32:57	15:29
41	507	Rita Jorge	#Runjust4fun	Senior Feminino	04:03:18	+02:44:04	16:13

Senior Masculino

1	660	Tiago Duarte	Atletismo Clube da Tocha	Senior Masculino	01:20:23	+01:09	05:22
2	540	Vasco Pereira	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Senior Masculino	01:21:52	+02:38	05:27
3	945	Mauro Daniel Silva Martins	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:22:48	+03:34	05:31
4	559	Luís Contente	ACDRS QUINHENDROS	Senior Masculino	01:26:25	+07:12	05:46
5	561	Valter Daniel Leandro Lopes	ACDRS QUINHENDROS	Senior Masculino	01:27:18	+08:04	05:49
6	617	Tiago Gaspar	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	01:27:33	+08:19	05:50
7	742	Tiago silva	GATOESBTT	Senior Masculino	01:27:59	+08:45	05:52
8	648	Nelson Filipe de Almeida Heleno	ASSSCC - Ar Livre e Aventura	Senior Masculino	01:28:58	+09:44	05:56
9	729	Pedro Henrique Tinoco Nunes	Formobike btt & Trail Running	Senior Masculino	01:29:40	+10:26	05:59
10	764	Bruno Andrade	Individual	Senior Masculino	01:30:21	+11:07	06:01
11	755	Rafael Matias	GRVilaverdense	Senior Masculino	01:30:42	+11:28	06:03
12	539	Rodrigo Simões	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Senior Masculino	01:31:10	+11:56	06:05
13	947	Telmo Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:31:15	+12:01	06:05
14	560	tiago moreno	ACDRS QUINHENDROS	Senior Masculino	01:31:23	+12:10	06:06
15	836	PAULO JORGE FREITAS NEVES	Lama Solta	Senior Masculino	01:34:07	+14:53	06:17
16	946	Ricardo Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:35:14	+16:00	06:21
17	941	André Miguel Lameiro Monteiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:36:31	+17:17	06:26
18	526	Rodrigo Vieira	100 Gás Trail Team	Senior Masculino	01:37:59	+18:45	06:32
19	659	João Abrunheiro	Atletismo Clube da Tocha	Senior Masculino	01:41:01	+21:47	06:44
20	932	Bruno Marques	Grupo Recreativo Eirense	Senior Masculino	01:41:56	+22:42	06:48
21	948	Tiago Matias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:47:33	+28:19	07:10
22	918	Mário Bandeira	TAINADAS RUN TEAM	Senior Masculino	01:47:36	+28:22	07:10
23	942	César Ramalho	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:48:36	+29:22	07:14

Mini Trail — 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

24	669	Sérgio Filipe Frias Forte	Aventuras Forte(s) - Turismo de Natureza	Senior Masculino	01:48:48	+29:34	07:15
25	696	Ricardo Nunes	CCDR Matas e Cipreste	Senior Masculino	01:50:57	+31:43	07:24
26	509	David Cravo	#Runjust4fun	Senior Masculino	01:52:20	+33:06	07:29
27	943	Diogo Filipe Oliveira Alves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:55:03	+35:49	07:40
28	525	João Costa	100 Gás Trail Team	Senior Masculino	01:55:22	+36:08	07:41
29	771	Ruben Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	01:56:00	+36:46	07:44
30	876	João Rodrigues	Roda Dianteira	Senior Masculino	01:56:14	+37:00	07:45
31	700	Tiago Figueiredo	Clube Benfeita - Aldeia de Xisto	Senior Masculino	01:58:28	+39:14	07:54
32	728	Paulo Marques	Formobike BTT & Trail Running	Senior Masculino	02:02:08	+42:54	08:09
33	769	Rafael Coelho	Individual	Senior Masculino	02:02:51	+43:37	08:11
34	767	José Dionel	Individual	Senior Masculino	02:03:20	+44:06	08:13
35	585	João Nobre	ARCD Venda da Luisa	Senior Masculino	02:05:27	+46:13	08:22
36	881	Hélder Cunha	SC Povoense - Caracóis de Corrida	Senior Masculino	02:07:26	+48:13	08:30
37	900	Tiago Ferreira	Soure Mov	Senior Masculino	02:07:36	+48:22	08:30
38	727	Bruno Marques	Formobike BTT & Trail Running	Senior Masculino	02:07:54	+48:40	08:32
39	766	João ferreita	Individual	Senior Masculino	02:08:32	+49:18	08:34
40	674	Brian Cantante	Bio Team Run	Senior Masculino	02:10:28	+51:14	08:42
41	835	Gil Alexandre Graça Novo	Lama Solta	Senior Masculino	02:10:41	+51:27	08:43
42	922	Miguel Silva Rocha	Tribo NR	Senior Masculino	02:10:55	+51:41	08:44
43	844	Ruben Rodrigues	MIRO TRAIL	Senior Masculino	02:12:15	+53:01	08:49
44	538	Ricardo Santos	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Senior Masculino	02:12:15	+53:01	08:49
45	901	Vasco Gamboa	Soure Mov	Senior Masculino	02:12:57	+53:43	08:52
46	974	Valter Filipe da Silva Gomes	Caminhos do diabo	Senior Masculino	02:13:20	+54:06	08:53
47	741	Mário Silva	Gang da Areosa	Senior Masculino	02:14:11	+54:57	08:57
48	508	Alexandre Veloso	#Runjust4fun	Senior Masculino	02:14:13	+54:59	08:57
49	961	João Lopes	Vilaventura - Trail Running Team	Senior Masculino	02:14:29	+55:15	08:58
50	899	João Santana	Soure Mov	Senior Masculino	02:14:30	+55:16	08:58
51	579	Marcelo de Oliveira	AMC Cross Fit	Senior Masculino	02:15:41	+56:27	09:03
52	871	Gonçalo Cardoso	OCR FIGUEIRA	Senior Masculino	02:18:54	+59:40	09:16
53	754	Pedro António Lopes	GRVilaverdense	Senior Masculino	02:19:48	+01:00:34	09:19
54	768	Luis Filipe Loureiro Martins	Individual	Senior Masculino	02:22:38	+01:03:24	09:31
55	740	Mário Oliveira	Gang da Areosa	Senior Masculino	02:30:48	+01:11:34	10:03
56	770	ricardo curado	Individual	Senior Masculino	02:41:39	+01:22:25	10:47
57	837	RUI PEDRO JORGE PEDROSA	Lama Solta	Senior Masculino	02:42:05	+01:22:51	10:48
58	510	Emanuel Marques	#Runjust4fun	Senior Masculino	02:56:33	+01:37:19	11:46
59	765	João Cruz	Individual	Senior Masculino	03:08:11	+01:48:57	12:33
60	739	Luis Máximo	Gang da Areosa	Senior Masculino	03:52:10	+02:32:57	15:29

Veterana F35

1	618	Dilia Santos	ARSM - Associação Recreativa de S. Miguel	Veterana F35	01:54:47	+35:33	07:39
2	775	Sónia Filipe	Os Tolinhos	Veterana F35	02:11:40	+52:26	08:47

Mini Trail — 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

3	776	Virginia Sintra	Individual	Veterana F35	02:14:46	+55:32	08:59
4	962	Ana Raquel Carvalho	Vilaventura - Trail Running Team	Veterana F35	02:18:42	+59:28	09:15
5	902	Joana Dionísio	Soure Mov	Veterana F35	02:23:45	+01:04:31	09:35
6	949	Patricia Isabel da Costa Simões	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F35	02:24:05	+01:04:51	09:36
7	512	Maria João Ferreira	#Runjust4fun	Veterana F35	02:26:50	+01:07:36	09:47
8	675	Carla Simões	Bio Team Run	Veterana F35	02:29:26	+01:10:12	09:58
9	511	Lara Azambujo	#Runjust4fun	Veterana F35	02:30:51	+01:11:37	10:03
10	649	Emanuella Barradas	ASSSCC - Ar Livre e Aventura	Veterana F35	02:37:14	+01:18:00	10:29
11	695	Maria Jose Vasco Caceiro	Casa do Pessoal do HDFF	Veterana F35	02:41:41	+01:22:27	10:47
12	513	Susana Mendes	#Runjust4fun	Veterana F35	02:42:17	+01:23:03	10:49
13	966	carina almeida	VLC	Veterana F35	02:45:09	+01:25:55	11:01
14	577	Fátima Lucas	ACTIB	Veterana F35	02:54:49	+01:35:35	11:39
15	774	Fernanda Tavares	Individual	Veterana F35	02:56:19	+01:37:05	11:45
16	620	Sandra Borges	ARSM - Associação Recreativa de S. Miguel	Veterana F35	03:03:00	+01:43:46	12:12
17	973	Daniela Geitoeira	ASSSCC - Ar Livre e Aventura	Veterana F35	03:03:16	+01:44:03	12:13
18	587	Ana Santos	ARCD Venda da Luisa	Veterana F35	03:03:41	+01:44:27	12:15
19	773	Carla Costa	Individual	Veterana F35	03:08:11	+01:48:57	12:33
20	756	Mafalda Sofia Cardoso Santos Figueiredo	GRVilaverdense	Veterana F35	03:11:41	+01:52:27	12:47
21	589	Fátima Silva	ARCD Venda da Luisa	Veterana F35	03:47:00	+02:27:46	15:08
22	682	Rita Perdigão	BMRice Team	Veterana F35	04:16:34	+02:57:20	17:06

Veterana F40

1	542	Raquel Matias	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterana F40	01:59:36	+40:22	07:58
2	623	Cristina Couceiro	ARSM - Associação Recreativa de S. Miguel	Veterana F40	02:04:29	+45:15	08:18
3	777	Ana Mota	Soluções Ideais	Veterana F40	02:04:51	+45:37	08:19
4	748	Sofia Alexandra Jorge Simões	Grupo Desportivo Ferreirense	Veterana F40	02:08:36	+49:22	08:34
5	838	CATARINA ISABEL FERNANDES SINTRA	Lama Solta	Veterana F40	02:09:20	+50:06	08:37
6	651	Gabriela Oliveira	ASSSCC - Ar Livre e Aventura	Veterana F40	02:10:00	+50:46	08:40
7	652	Otilia Costa	ASSSCC - Ar Livre e Aventura	Veterana F40	02:14:07	+54:53	08:57
8	541	Maria Lima	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterana F40	02:15:05	+55:51	09:00
9	661	Rute Bastos	Atletismo Clube da Tocha	Veterana F40	02:18:31	+59:18	09:14
10	527	Candida Catarina Ramalho Gonçalves	100 Gás trail team	Veterana F40	02:19:36	+01:00:22	09:18
11	779	Susana Daniela Baptista Salvaterra	Individual	Veterana F40	02:30:51	+01:11:37	10:03
12	846	Sónia Fernandes	MIRO TRAIL	Veterana F40	02:31:35	+01:12:22	10:06
13	840	JUDITE GONÇALVES ROQUE	Lama Solta	Veterana F40	02:32:52	+01:13:38	10:11
14	845	Isabel Jesus	MIRO TRAIL	Veterana F40	02:34:24	+01:15:10	10:18
15	515	Catarina Isabel Rama Freitas	#Runjust4fun	Veterana F40	02:44:26	+01:25:12	10:58
16	715	Helena Matias	Figueira Kayak Clube	Veterana F40	02:46:21	+01:27:07	11:05
17	778	Clarisse Carreira Batista	Individual	Veterana F40	02:47:15	+01:28:01	11:09

Mini Trail — 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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18	622	Catarina Gomes	ARSM - Associação Recreativa de S. Miguel	Veterana F40	02:52:42	+01:33:28	11:31
19	650	Anabela Almeida	ASSSCC - Ar Livre e Aventura	Veterana F40	02:57:24	+01:38:10	11:50
20	562	Anabela Teixeira Colaço	ACDRS QUINHENDROS	Veterana F40	02:57:27	+01:38:13	11:50
21	716	Sandra Matias	Figueira Kayak Clube	Veterana F40	02:57:41	+01:38:27	11:51
22	964	Carla Nascimento	Viriathvs Runners Viseu	Veterana F40	03:08:47	+01:49:33	12:35
23	672	Teresa Simões	B.V. Brasfemes	Veterana F40	03:08:47	+01:49:33	12:35
24	711	Mónica Cunha	Farmácia Luciano e Matos	Veterana F40	03:14:26	+01:55:12	12:58
25	893	Sara Guedes	SI IMOBILIARIA	Veterana F40	03:30:14	+02:11:00	14:01
26	517	Mónica Sofia Hortet Menano	#Runjust4fun	Veterana F40	03:34:56	+02:15:42	14:20
27	516	Elizabete Maria Sousa Loureiro	#Runjust4fun	Veterana F40	03:34:57	+02:15:43	14:20
28	514	Ana lopes	#Runjust4fun	Veterana F40	03:36:50	+02:17:37	14:27
29	683	Marta Jorge	BMRice Team	Veterana F40	04:16:34	+02:57:20	17:06

Veterana F45

1	626	Sofia Coimbra	ARSM - Associação Recreativa de S. Miguel	Veterana F45	01:48:09	+28:56	07:13
2	848	Paula Neves	MIRO TRAIL	Veterana F45	01:57:40	+38:26	07:51
3	625	Sandra Barata	ARSM - Associação Recreativa de S. Miguel	Veterana F45	02:04:29	+45:16	08:18
4	627	Zenaide Alves	ARSM - Associação Recreativa de S. Miguel	Veterana F45	02:07:57	+48:43	08:32
5	847	Cecília Mendes	MIRO TRAIL	Veterana F45	02:14:02	+54:48	08:56
6	730	Maria Alexandra Maia	Formobike btt & trail running	Veterana F45	02:15:19	+56:05	09:01
7	593	Elisabete Girão	ARCD Venda da Luisa	Veterana F45	02:16:29	+57:15	09:06
8	529	Silvia Dias	100 Gás Trail Team	Veterana F45	02:21:38	+01:02:24	09:27
9	950	Paula Andrade	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F45	02:24:30	+01:05:16	09:38
10	781	Mónica Martins	Individual	Veterana F45	02:27:28	+01:08:14	09:50
11	595	Paula Gonçalves	ARCD Venda da Luisa	Veterana F45	02:31:24	+01:12:10	10:06
12	592	Cristina Melo	ARCD Venda da Luisa	Veterana F45	02:32:26	+01:13:12	10:10
13	624	Paula Marques	ARSM - Associação Recreativa de S. Miguel	Veterana F45	02:32:31	+01:13:18	10:10
14	780	Celia Oliveira	Individual	Veterana F45	02:33:10	+01:13:56	10:13
15	519	Teresa Lurdes Fernandes Rosa	#Runjust4fun	Veterana F45	02:35:27	+01:16:13	10:22
16	594	Judite Duarte	ARCD Venda da Luisa	Veterana F45	02:35:28	+01:16:14	10:22
17	951	Rosa Luisa Ramos Beja	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F45	02:35:47	+01:16:33	10:23
18	717	Urânia Chuva	Figueira Kayak Clube	Veterana F45	02:38:01	+01:18:48	10:32
19	706	Anabela Monteiro	CUMIBROA BIKE`S RUNNING TEAM	Veterana F45	02:39:09	+01:19:55	10:37
20	670	Zenaida Andrade	Avila Runners	Veterana F45	02:42:13	+01:23:00	10:49
21	653	Luisa Santos	ASSSCC - Ar Livre e Aventura	Veterana F45	02:48:02	+01:28:49	11:12
22	656	Gisela Margarida Alves Jorge	ATBV	Veterana F45	02:49:40	+01:30:26	11:19
23	903	Alda Santos	Soure Mov	Veterana F45	02:53:38	+01:34:24	11:35
24	905	Dora Santos	Soure Mov	Veterana F45	02:54:25	+01:35:11	11:38
25	749	Dora Paula dos Ramos Dourado	Grupo Desportivo Ferreirense	Veterana F45	03:02:17	+01:43:03	12:09

26	783	Sonia Mendes	Individual	Veterana F45	03:05:57	+01:46:43	12:24
27	528	Fatima Anastacio	100 Gás Trail Team	Veterana F45	03:11:12	+01:51:58	12:45
28	518	Susana Simões	#Runjust4fun	Veterana F45	04:03:16	+02:44:02	16:13

Veterana F50

1	750	Anabela Rodrigues Fonseca	Grupo Desportivo Ferreirense	Veterana F50	02:11:07	+51:53	08:45
2	563	Rosa Rodrigues	ACDRS QUINHENDROS	Veterana F50	02:13:36	+54:22	08:54
3	923	Jacqueline Dias	Tribo NR	Veterana F50	02:34:37	+01:15:23	10:18
4	850	Jacinta Almeida	MIRO TRAIL	Veterana F50	02:36:07	+01:16:53	10:24
5	784	Cristina Mendes	Individual	Veterana F50	02:38:07	+01:18:53	10:32
6	596	Cidália Canais	ARCD Venda da Luisa	Veterana F50	02:43:44	+01:24:30	10:55
7	851	Silvia Pedro	MIRO TRAIL	Veterana F50	02:54:25	+01:35:11	11:38
8	849	Cristina Santos	MIRO TRAIL	Veterana F50	03:04:46	+01:45:32	12:19
9	786	Paula Duarte	Individual	Veterana F50	03:17:48	+01:58:34	13:11
10	657	Odete Maria Almeida Torres de Freitas	ATBV	Veterana F50	03:22:19	+02:03:06	13:29
11	967	Maria Alexandra Lavado Palma	XanUxa Trail	Veterana F50	04:15:27	+02:56:13	17:02

Veterana F55

1	906	Eugénia Batista	Soure Mov	Veterana F55	02:17:27	+58:13	09:10
2	907	Rosália Duarte	Soure Mov	Veterana F55	02:19:35	+01:00:21	09:18
3	869	Isabel Trindade	O MUNDO DA CORRIDA	Veterana F55	02:29:22	+01:10:09	09:58
4	868	Céu Santos	O MUNDO DA CORRIDA	Veterana F55	02:38:36	+01:19:22	10:34
5	521	Maria do Céu Rodrigues	#Runjust4fun	Veterana F55	02:42:46	+01:23:32	10:51
6	705	Fátima Machado	CPT Coimbra	Veterana F55	02:47:15	+01:28:01	11:09
7	968	Isabel Ucha	XanUxa Trail	Veterana F55	04:15:30	+02:56:16	17:02

Veterana F60

1	953	Clara Monteiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F60	03:22:35	+02:03:22	13:30
2	530	Maria Cidalia Freire	100 Gás Trail Team	Veterana F60	03:25:25	+02:06:12	13:42

Veterano M35

1	543	Bruno Gonçalves	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M35	01:21:00	+01:46	05:24
2	793	Paulo Neves	CCRD.Liceia	Veterano M35	01:22:17	+03:04	05:29
3	789	Jorge Simões	GATOESBTT	Veterano M35	01:25:50	+06:36	05:43
4	954	Bruno Miguel Oliveira Ribeiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M35	01:26:07	+06:53	05:45
5	547	Nuno Alves	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M35	01:37:04	+17:50	06:28
6	546	Mário Santos	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M35	01:39:06	+19:52	06:36

Mini Trail — 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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7	934	Filipe Pinhão	Verallia GlassRiders	Veterano M35	01:39:37	+20:23	06:39
8	663	Eduardo Garcia	Atletismo Clube da Tocha	Veterano M35	01:39:45	+20:31	06:39
9	791	Nelson dos Santos Vieira	Individual	Veterano M35	01:40:50	+21:36	06:43
10	792	Nuno Ramos	Individual	Veterano M35	01:41:35	+22:21	06:46
11	751	ricardo Bexiga	Grupo Desportivo Ferreirense	Veterano M35	01:41:35	+22:21	06:46
12	882	Valter Edgar Teixeira Viveiros	SC Povoense - Caracóis de Corrida	Veterano M35	01:41:40	+22:26	06:47
13	545	João Roso	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M35	01:44:14	+25:00	06:57
14	692	Ricardo Gírio	Casa do Benfica de Arganil	Veterano M35	01:44:34	+25:20	06:58
15	598	Paulo José Rodrigues Bernardo	ARCD Venda da Luisa	Veterano M35	01:49:05	+29:52	07:16
16	565	TIAGO PÊGO	ACDRS QUINHENDROS	Veterano M35	01:51:16	+32:02	07:25
17	599	Sérgio Vilão	ARCD Venda da Luisa	Veterano M35	01:51:55	+32:41	07:28
18	676	João André Dias	Bio Team Run	Veterano M35	01:53:02	+33:48	07:32
19	790	José Machado	Individual	Veterano M35	01:53:03	+33:49	07:32
20	697	Henrique Carvalheiro	CCDR Matas e Cipreste	Veterano M35	01:53:46	+34:32	07:35
21	664	Fábio Silva Costa	Atletismo Clube da Tocha	Veterano M35	01:54:26	+35:13	07:38
22	875	Sérgio Santos	Pascoalitos/ADbARCOUÇO	Veterano M35	01:56:19	+37:05	07:45
23	531	Ricardo Henriques	100 Gás Trail Team	Veterano M35	01:56:27	+37:13	07:46
24	752	Ricardo Manuel Santos Pereira	Grupo Desportivo Ferreirense	Veterano M35	01:56:59	+37:45	07:48
25	788	Gil marques	Individual	Veterano M35	01:58:13	+38:59	07:53
26	628	Luis Silva	ARSM - Associação Recreativa de S. Miguel	Veterano M35	01:58:34	+39:20	07:54
27	662	Eduardo Ferreira	Atletismo clube da tocha	Veterano M35	01:59:13	+39:59	07:57
28	865	Dany Mateus	Moinhos da Gândara Trail	Veterano M35	02:04:18	+45:04	08:17
29	691	Paulo Soares	Casa do Benfica de Arganil	Veterano M35	02:05:50	+46:37	08:23
30	564	Bruno Torreira	ACDRS QUINHENDROS	Veterano M35	02:07:13	+47:59	08:29
31	794	Tony Michael Cunha Vieira	Individual	Veterano M35	02:08:35	+49:21	08:34
32	707	Carlos Mendes	CUMIBROA BIKE`S RUNNING TEAM	Veterano M35	02:08:44	+49:30	08:35
33	864	Bruno Matos	Moinhos da Gândara Trail	Veterano M35	02:08:56	+49:42	08:36
34	688	Tiago Pires	Casa do Benfica Condeixa	Veterano M35	02:11:11	+51:57	08:45
35	963	MARCO GABRIEL DA MOTA PASCOAL	VILAVENTURA - TRAIL RUNNING TEAM	Veterano M35	02:14:32	+55:18	08:58
36	597	André Santos	ARCD Venda da Luisa	Veterano M35	02:18:31	+59:17	09:14
37	522	Leonel Buco	#Runjust4fun	Veterano M35	02:44:27	+01:25:14	10:58
38	852	Fausto Reis	MIRO TRAIL	Veterano M35	02:52:01	+01:32:47	11:28
39	979	Nuno Leal	Individual	Veterano M35	02:59:57	+01:40:43	12:00
40	970	Filipe Monteiro	Individual	Veterano M35	03:01:13	+01:41:59	12:05
41	972	Nuno Curado	Individual	Veterano M35	03:01:13	+01:41:59	12:05

Veterano M40

1	568	João Manuel Cruz Silva	ACDRS QUINHENDROS	Veterano M40	01:19:13		05:17
2	978	Márcio Filipe Simões Pereira	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	01:19:51	+00:37	05:19
3	549	Paulo Amaral	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	01:22:05	+02:51	05:28

Mini Trail — 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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4	883	Alex Pedro da Silva	SC Povoense - Caracóis de Corrida	Veterano M40	01:27:16	+08:02	05:49
5	666	Paulo Pessoa	Atletismo Clube da Tocha	Veterano M40	01:28:53	+09:39	05:56
6	885	José Santos	SC Povoense - Caracóis de Corrida	Veterano M40	01:30:06	+10:52	06:00
7	548	André Fonte	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	01:30:34	+11:20	06:02
8	743	Cesar Altino	GATOESBTT	Veterano M40	01:30:52	+11:38	06:04
9	744	Vitor Cação	GATOESBTT	Veterano M40	01:31:24	+12:10	06:06
10	570	Márcio Rodrigues	ACDRS QUINHENDROS	Veterano M40	01:33:10	+13:56	06:13
11	879	Marco Ferreira	Roda Dianteira	Veterano M40	01:35:10	+15:56	06:21
12	654	Pedro Cardoso	ASSSCC - Ar Livre e Aventura	Veterano M40	01:36:48	+17:34	06:27
13	590	Vitor Santo	ARCD Venda da Luisa	Veterano M40	01:39:57	+20:43	06:40
14	693	António Figueiredo	Casa do Benfica de Arganil	Veterano M40	01:41:38	+22:24	06:47
15	630	Aurélio Saúde	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:41:39	+22:25	06:47
16	856	Ricardo Santa	MIRO TRAIL	Veterano M40	01:41:52	+22:38	06:47
17	632	Vitor Viola	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:43:11	+23:58	06:53
18	802	Telmo Pedro	Individual	Veterano M40	01:44:42	+25:28	06:59
19	855	Joselito Pereira	MIRO TRAIL	Veterano M40	01:45:26	+26:12	07:02
20	567	Bruno Maciel Maia Rodrigues	ACDRS QUINHENDROS	Veterano M40	01:45:39	+26:25	07:03
21	803	Tiago Carvalho	Individual	Veterano M40	01:47:31	+28:17	07:10
22	892	Helder Marco	SCPombal/Trail Team	Veterano M40	01:48:11	+28:57	07:13
23	698	João Pedro Cordeiro Rato	CCDR Matas e Cipreste	Veterano M40	01:48:29	+29:15	07:14
24	887	Pedro Miguel de Jesus Figueiredo	SC Povoense - Caracóis de Corrida	Veterano M40	01:49:24	+30:10	07:18
25	854	João Carlos Pereira	MIRO TRAIL	Veterano M40	01:54:13	+34:59	07:37
26	731	Nélio Girão	Formobike BTT & Trail Running	Veterano M40	01:56:14	+37:01	07:45
27	566	Bruno B Ferreira	ACDRS QUINHENDROS	Veterano M40	01:56:58	+37:44	07:48
28	578	Virgílio Neto	ADCRPereira Trail Running Team	Veterano M40	01:57:43	+38:29	07:51
29	842	Tiago Roque	Lama Solta	Veterano M40	01:57:45	+38:31	07:51
30	841	NILTON JORGE DA SILVA CAETANO	Lama Solta	Veterano M40	01:58:45	+39:31	07:55
31	665	Nélio Oliveira	Atletismo Clube da Tocha	Veterano M40	02:01:05	+41:51	08:04
32	601	Marco Oliveira	ARCD Venda da Luisa	Veterano M40	02:02:19	+43:05	08:09
33	853	Arménio Nogueira	MIRO TRAIL	Veterano M40	02:03:04	+43:50	08:12
34	798	NUNO PAULINO	Individual	Veterano M40	02:04:25	+45:12	08:18
35	909	Augusto Cordeiro	Soure Mov	Veterano M40	02:05:31	+46:17	08:22
36	857	Rui Carvalho	MIRO TRAIL	Veterano M40	02:06:55	+47:41	08:28
37	702	José Augusto dos Santos Diniz	Coimbra Trail Running	Veterano M40	02:07:06	+47:53	08:28
38	694	João Pedro Gírio de Carvalho	Casa do Benfica de Arganil	Veterano M40	02:13:33	+54:19	08:54
39	877	Bruno Miguel Carvalho Cunha	Roda Dianteira	Veterano M40	02:14:00	+54:46	08:56
40	689	Carlos Manuel Povoa Santos	Casa do Benfica Condeixa	Veterano M40	02:15:29	+56:15	09:02
41	581	Luis Miguel Ferreira Barracho	AMC Cross Fit	Veterano M40	02:15:41	+56:27	09:03
42	908	António Ferreira	Soure Mov	Veterano M40	02:17:22	+58:09	09:10
43	602	Nelson Simões	ARCD Venda da Luisa	Veterano M40	02:19:20	+01:00:06	09:17
44	797	Nuno Jesus	Individual	Veterano M40	02:24:24	+01:05:10	09:38
45	569	José Miguel Simão	ACDRS QUINHENDROS	Veterano M40	02:24:57	+01:05:43	09:40

Mini Trail — 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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46	878	Hugo Moreira	Roda Dianteira	Veterano M40	02:35:07	+01:15:53	10:20
47	796	Luis Baptista	Individual	Veterano M40	02:39:38	+01:20:24	10:39
48	572	Rui Pedro Fernandes Marques	ACDRS QUINHENDROS	Veterano M40	02:42:13	+01:22:59	10:49
49	685	Marco Pereira	BMRice Team	Veterano M40	02:42:55	+01:23:41	10:52
50	718	Nuno Bandarra	Figueira Kayak Clube	Veterano M40	02:46:20	+01:27:06	11:05
51	975	André Santa	Individual	Veterano M40	02:48:48	+01:29:34	11:15
52	629	Alexandre Fernandes	ARSM - Associação Recreativa de S. Miguel	Veterano M40	02:50:56	+01:31:42	11:24

Veterano M45

1	924	Manuel Pinto	Tribo NR	Veterano M45	01:24:25	+05:11	05:38
2	813	João Simões	Individual	Veterano M45	01:27:58	+08:44	05:52
3	714	Rui Fresco	Fátima Trail Team	Veterano M45	01:28:31	+09:17	05:54
4	636	Pedro ManosSimocas	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:28:37	+09:24	05:55
5	815	Luis Martins 11	Individual	Veterano M45	01:31:37	+12:23	06:07
6	888	Carlos Pagaimo	SC Povoense - Caracóis de Corrida	Veterano M45	01:32:29	+13:15	06:10
7	655	Nuno Coelho	ASSSCC - Ar Livre e Aventura	Veterano M45	01:34:39	+15:26	06:19
8	634	Luis Amaro	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:36:17	+17:03	06:25
9	889	Jose Miguel Santos	SC Povoense - Caracóis de Corrida	Veterano M45	01:37:02	+17:48	06:28
10	805	Canana	Individual	Veterano M45	01:41:39	+22:25	06:47
11	633	Enrique Amaro	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:42:10	+22:56	06:49
12	722	Marco Lourenço	Figueira Kayak Clube	Veterano M45	01:43:46	+24:32	06:55
13	719	Filipe Mamede	Figueira Kayak Clube	Veterano M45	01:43:47	+24:33	06:55
14	732	António Soares	Formobike BTT & Trail Running	Veterano M45	01:47:34	+28:20	07:10
15	956	Luis Pedro dos Santos caridade	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	01:48:36	+29:22	07:14
16	533	João Nepomuceno	100 Gás Trail Team	Veterano M45	01:48:44	+29:30	07:15
17	819	Paulo Renato Mesquita Monteiro	Individual	Veterano M45	01:50:41	+31:27	07:23
18	933	Gonçalo Durão	Grupo Recreativo Eirense	Veterano M45	01:50:49	+31:36	07:23
19	699	Henrique Lavaredas	CCDR Matas e Cipreste	Veterano M45	01:52:20	+33:06	07:29
20	912	Paulo Lopes	Soure Mov	Veterano M45	01:53:07	+33:54	07:33
21	639	Sérgio Silva	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:53:55	+34:42	07:36
22	606	Paulo Santos	ARCD Venda da Luisa	Veterano M45	01:54:13	+34:59	07:37
23	637	Pedro Oliveira	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:54:46	+35:33	07:39
24	713	Paulo Roque	Fátima Trail Team	Veterano M45	01:55:33	+36:19	07:42
25	817	Mario Salgado	Individual	Veterano M45	01:56:44	+37:30	07:47
26	911	José Madeira	Soure Mov	Veterano M45	01:57:54	+38:40	07:52
27	635	Óscar Simões	ARSM - Associação Recreativa de S. Miguel	Veterano M45	01:57:59	+38:45	07:52
28	806	Carlos Costa	Individual	Veterano M45	01:58:14	+39:01	07:53
29	709	Cláudio Borges de Sousa	Domplex	Veterano M45	02:04:01	+44:47	08:16

Mini Trail — 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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30	816	Luis Mendes	Individual	Veterano M45	02:04:19	+45:05	08:17
31	955	Antonio jose Damas Martins	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	02:04:52	+45:38	08:19
32	720	Hélder Pedrosa	Figueira Kayak Clube	Veterano M45	02:06:19	+47:05	08:25
33	808	Daniel Costa	Individual	Veterano M45	02:06:56	+47:42	08:28
34	866	João Antonio Dinis Maricato	Moinhos da Gândara Trail	Veterano M45	02:07:49	+48:35	08:31
35	745	Jorge Santos	Gordos em Movimento	Veterano M45	02:08:09	+48:55	08:33
36	708	Jorge Faria	CUMIBROA BIKE`S RUNNING TEAM	Veterano M45	02:09:10	+49:56	08:37
37	814	Luis Campos	Individual	Veterano M45	02:09:24	+50:10	08:38
38	677	Francisco António Correia Mendes	Bio Team Run	Veterano M45	02:10:57	+51:43	08:44
39	678	Valter Rainho	Bio Team Run	Veterano M45	02:12:48	+53:34	08:51
40	573	António Pego	ACDRS QUINHENDROS	Veterano M45	02:14:03	+54:49	08:56
41	574	Josè carlos Simões	ACDRS QUINHENDROS	Veterano M45	02:14:04	+54:50	08:56
42	535	Zé Dias	100 Gás Trail Team	Veterano M45	02:21:38	+01:02:24	09:27
43	896	Rui Guedes	SI IMOBILIARIA	Veterano M45	02:30:12	+01:10:58	10:01
44	818	Nuno Santos	Individual	Veterano M45	02:34:33	+01:15:19	10:18
45	897	Pedro Freire Rodrigues	SicóTrilhos Abiúl	Veterano M45	02:37:26	+01:18:12	10:30
46	977	António Luís Silva Martins	Correr Viseu	Veterano M45	02:38:09	+01:18:55	10:33
47	534	Vitor Santos	100 Gás Trail Team	Veterano M45	02:42:36	+01:23:22	10:50
48	810	Francisco Figueiredo	Individual	Veterano M45	02:44:48	+01:25:34	10:59
49	895	José Abrantes	SI IMOBILIARIA	Veterano M45	02:53:08	+01:33:54	11:33
50	721	João Quintas	Figueira Kayak Clube	Veterano M45	02:57:40	+01:38:26	11:51
51	690	Nuno Alves	Casa do Benfica Condeixa	Veterano M45	03:03:54	+01:44:40	12:16
52	811	João Cruz	Individual	Veterano M45	03:08:11	+01:48:58	12:33
53	604	Nelson Gaspar	ARCD Venda da Luisa	Veterano M45	03:45:18	+02:26:04	15:01
54	758	João Miguel do Nascimento Loureiro	GRVilaverdense	Veterano M45	04:16:38	+02:57:24	17:07

Veterano M50

1	890	Orlando Manuel Aveiro Pires	SC Povoense - Caracóis de Corrida	Veterano M50	01:22:47	+03:33	05:31
2	607	Arlindo Ribeiro	ARCD Venda da Luisa	Veterano M50	01:29:12	+09:58	05:57
3	733	José Jesus	Formobike BTT & Trail Running	Veterano M50	01:31:30	+12:16	06:06
4	913	Ernesto Nabeiro	Soure Mov	Veterano M50	01:33:33	+14:19	06:14
5	610	José Marques	ARCD Venda da Luisa	Veterano M50	01:37:06	+17:52	06:28
6	554	Jorge Alves	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M50	01:39:44	+20:30	06:39
7	827	Paulo Marques	Individual	Veterano M50	01:42:19	+23:05	06:49
8	575	TóZé Serra	ACDRS QUINHENDROS	Veterano M50	01:43:00	+23:46	06:52
9	859	Horácio Ferreira	MIRO TRAIL	Veterano M50	01:43:26	+24:12	06:54
10	609	Carlos Quinteiro	ARCD Venda da Luisa	Veterano M50	01:45:37	+26:23	07:03
11	925	André Dias	Tribo NR	Veterano M50	01:50:18	+31:04	07:21
12	671	ANTONIO MARQUES	Avila Runners	Veterano M50	01:55:02	+35:48	07:40
13	920	José António Fernandes Bugalho	TOCER	Veterano M50	01:57:36	+38:22	07:50
14	824	José Cardoso	Individual	Veterano M50	02:03:01	+43:47	08:12
15	641	Moisés Nunes	ARSM - Associação Recreativa de S. Miguel	Veterano M50	02:04:28	+45:14	08:18

Mini Trail — 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

16	642	Paulo Martins	ARSM - Associação Recreativa de S. Miguel	Veterano M50	02:04:28	+45:14	08:18
17	555	Nuno Loureiro	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M50	02:06:08	+46:54	08:25
18	822	Fernando Medeiros	Individual	Veterano M50	02:08:50	+49:36	08:35
19	640	José Oliveira	ARSM - Associação Recreativa de S. Miguel	Veterano M50	02:10:10	+50:56	08:41
20	858	Artur Costa	MIRO TRAIL	Veterano M50	02:10:52	+51:38	08:43
21	680	Fernando Sousa	Bio Team run	Veterano M50	02:12:48	+53:34	08:51
22	759	Adérito Neves	GRVilaverdense	Veterano M50	02:13:23	+54:09	08:54
23	611	Pedro Silva	ARCD Venda da Luisa	Veterano M50	02:16:29	+57:15	09:06
24	679	Carlos Barroso	Bio Team Run	Veterano M50	02:24:30	+01:05:16	09:38
25	556	VITOR LUIS PRATAS DOS SANTOS	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M50	02:29:22	+01:10:08	09:57
26	873	Carlos Novo	Os Tolinhos	Veterano M50	02:34:14	+01:15:00	10:17
27	823	Jorge Lestro	Individual	Veterano M50	02:36:03	+01:16:49	10:24
28	861	Victor Silva	MIRO TRAIL	Veterano M50	02:42:42	+01:23:28	10:51
29	608	Carlos Canais	ARCD Venda da Luisa	Veterano M50	02:43:44	+01:24:30	10:55
30	860	José Santos	MIRO TRAIL	Veterano M50	03:04:45	+01:45:32	12:19
31	821	Antonio Alberto Rocha	Individual	Veterano M50	03:05:59	+01:46:45	12:24

Veterano M55

1	643	José Correia	ARSM - Associação Recreativa de S. Miguel	Veterano M55	01:39:01	+19:47	06:36
2	557	José Carlos Rodrigues	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M55	01:41:45	+22:31	06:47
3	874	Francisco Ferreira	Os Tolinhos	Veterano M55	01:46:30	+27:16	07:06
4	703	Fernando Alhau	Coimbra Trail Running	Veterano M55	01:47:33	+28:19	07:10
5	957	Antonio Eufrasio de Melo	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M55	01:47:51	+28:37	07:11
6	829	Mário neves	Individual	Veterano M55	01:48:02	+28:48	07:12
7	612	Francisco Silva	ARCD Venda da Luisa	Veterano M55	01:49:51	+30:37	07:19
8	914	Abel Batalha	Soure Mov	Veterano M55	01:52:07	+32:53	07:28
9	958	Victor Gonçalves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M55	01:52:26	+33:12	07:30
10	523	Ricardo Madureira	#Runjust4fun	Veterano M55	01:53:44	+34:30	07:35
11	959	Victor Manuel Coelho Bernardes	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M55	01:54:40	+35:26	07:39
12	613	José Santos	ARCD Venda da Luisa	Veterano M55	01:57:17	+38:03	07:49
13	916	Jorge Cordeiro	Soure Mov	Veterano M55	01:58:23	+39:09	07:54
14	870	Fernando Fonseca	O MUNDO DA CORRIDA	Veterano M55	01:58:47	+39:33	07:55
15	681	João Rainho	Bio Team Run	Veterano M55	02:09:05	+49:51	08:36
16	828	José Reis	Individual	Veterano M55	02:09:07	+49:53	08:36
17	976	Arlindo Neves	Vikings	Veterano M55	02:11:58	+52:44	08:48
18	915	António Neves	Soure Mov	Veterano M55	02:31:26	+01:12:12	10:06
19	969	Walter Palma	XanUxa Trail	Veterano M55	02:54:21	+01:35:07	11:37

Mini Trail — 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

Veterano M60

1	667	José Julião	Atletismo clube da tocha	Veterano M60	01:51:03	+31:49	07:24
2	891	António José Mendes de Oliveira Carvalho	SC Povoense - Caracóis de Corrida	Veterano M60	01:56:18	+37:04	07:45
3	830	Joaquim Almeida	Coimbra Trail Running	Veterano M60	02:02:18	+43:04	08:09
4	710	Luis António Pinto Pereira	Escaravelhos Team C. M. M.	Veterano M60	02:11:58	+52:45	08:48
5	536	João Carlos Simões	100 Gás Trail Team	Veterano M60	02:30:38	+01:11:24	10:03
6	917	António Serôdio	Soure Mov	Veterano M60	02:32:54	+01:13:40	10:12
7	658	Virgílio Cardoso da Costa Rato	ATBV	Veterano M60	02:34:24	+01:15:10	10:18
8	862	Rui Manuel Melo Lopes	Miro Trail	Veterano M60	02:40:28	+01:21:14	10:42
9	615	José Correia	ARCD Venda da Luisa	Veterano M60	02:42:45	+01:23:31	10:51
10	614	Fernando Martins	ARCD Venda da Luisa	Veterano M60	02:49:03	+01:29:49	11:16

Veterano M65

1	760	Manuel Fernandes	GRVilaverdense	Veterano M65	02:04:12	+44:58	08:17
2	645	Joaquim Branquinho	ARSM - Associação Recreativa de S. Miguel	Veterano M65	02:25:20	+01:06:06	09:41

COLETIVO - MINI TRAIL

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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	A.R.CASAENSE/ESCOLA DE ATLETISMO DE COIMBRA/INTERMARCHÉ CONDEIXA	2 + 4 + 5	11
2	ACDRS QUINHENDROS	1 + 13 + 15	29
3	SC POVOENSE - CARACÓIS DE CORRIDA	8 + 14 + 25	47
4	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	9 + 12 + 31	52
5	GATOESBTT	11 + 18 + 29	58
6	ATLETISMO CLUBE DA TOCHA	3 + 21 + 54	78
7	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	16 + 20 + 43	79
8	ASSSCC - AR LIVRE E AVENTURA	22 + 40 + 45	107
9	ARCD VENDA DA LUISA	23 + 48 + 55	126
10	FORMOBIKE BTT & TRAIL RUNNING	24 + 34 + 85	143
11	TRIBO NR	10 + 77 + 99	186
12	MIRO TRAIL	65 + 71 + 78	214
13	SOURE MOV	38 + 106 + 112	256
14	100 GÁS TRAIL TEAM	49 + 94 + 124	267
15	CCDR MATAS E CIPRESTE	91 + 102 + 107	300
16	CASA DO BENFICA DE ARGANIL	60 + 75 + 174	309
17	FIGUEIRA KAYAK CLUBE	72 + 73 + 176	321
18	LAMA SOLTA	39 + 140 + 148	327
19	GRVILAVERDENSE	28 + 161 + 192	381
20	GRUPO DESPORTIVO FERREIRENSE	59 + 135 + 191	385
21	RODA DIANTEIRA	41 + 128 + 225	394
22	COIMBRA TRAIL RUNNING	84 + 154 + 180	418
23	#RUNJUST4FUN	108 + 113 + 231	452
24	BIO TEAM RUN	110 + 196 + 204	510
25	MOINHOS DA GÂNDARA TRAIL	162 + 185 + 195	542
26	OS TOLINHOS	81 + 212 + 287	580
27	CUMIBROA BIKE`S RUNNING TEAM	193 + 198 + 304	695
28	VILAVENTURA - TRAIL RUNNING TEAM	232 + 234 + 248	714
29	O MUNDO DA CORRIDA	149 + 271 + 303	723
30	GANG DA AREOSA	230 + 261 + 275	766
31	CASA DO BENFICA CONDEIXA	211 + 239 + 370	820
32	UGAS TRAIL RUNNING	250 + 320 + 321	891
33	SI IMOBILIARIA	273 + 347 + 394	1014
34	ATBV	289 + 341 + 391	1021
35	BMRICE TEAM	325 + 409 + 410	1144
36	XANUXA TRAIL	350 + 407 + 408	1165