lap2go TIMING SOLUTION

**3º TraiLagares**
**Lagares**
**19-abril-2015**

# GRANDE TRAIL LAGARES 40K

**41 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 | 08:30 | 9ºC | 79,7% |
| End | 17:50 | 18,5ºC | 59,1% |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 1 | 66 | Tiago Teixeira | ginásio factor x | Senior Masculino | 04:28:41 | | 06:33 |
| 2 | 59 | Bruno Alcino Pinto | dr merino clínica médica | Senior Masculino | 04:43:20 | +14:39 | 06:55 |
| 3 | 2 | Joaquim Freitas | gdr retorta | Senior Masculino | 04:43:47 | +15:06 | 06:55 |
| 4 | 90 | Miguel Neves | centro ciclista de gondomar | Senior Masculino | 04:53:18 | +24:37 | 07:09 |
| 5 | 36 | Jose Neves | oralklass-aliança-amigos do trail | Veterano M40 | 05:00:37 | +31:56 | 07:20 |
| 6 | 105 | Paulo Silva | paredes aventura | Veterano M40 | 05:00:42 | +32:01 | 07:20 |
| 7 | 25 | Victor Emanuel De Castro Correia | individual | Veterano M40 | 05:00:46 | +32:05 | 07:20 |
| 8 | 9 | Fernando Leal Neves | amigos do pedal - trailagares | Veterano M50 | 05:00:54 | +32:13 | 07:20 |
| 9 | 39 | Belmiro Moreira | oralklass-aliança-amigos do trail | Senior Masculino | 05:01:35 | +32:54 | 07:21 |
| 10 | 123 | Sérgio Duarte | duas faces | Senior Masculino | 05:12:03 | +43:22 | 07:37 |
| 11 | 38 | Andre Nogueira | oralklass-aliança-amigos do trail | Senior Masculino | 05:17:34 | +48:53 | 07:45 |
| 12 | 3 | Daniel Ferreira | associação desportiva de cabroelo | Senior Masculino | 05:18:14 | +49:33 | 07:46 |
| 13 | 107 | Paulo Jorge Fernandes de Oliveira | individual | Senior Masculino | 05:19:35 | +50:54 | 07:48 |
| 14 | 115 | João Pinheiro | individual | Senior Masculino | 05:20:01 | +51:20 | 07:48 |
| 15 | 85 | Paulo Domingues | shots international runners | Senior Masculino | 05:20:03 | +51:22 | 07:48 |
| 16 | 6 | Marisa Vieira | sunset runners | Senior Feminino | 05:28:19 | +59:38 | 08:00 |
| 17 | 76 | Jorge Barbosa | paredes aventura | Senior Masculino | 05:29:38 | +01:00:57 | 08:02 |
| 18 | 124 | Pedro Ferreira Pinto | trilhos d' aventura | Senior Masculino | 05:36:07 | +01:07:26 | 08:12 |
| 19 | 92 | jose pacheco | individual | Veterano M40 | 05:40:06 | +01:11:25 | 08:18 |
| 20 | 64 | Rogério Coelho | gdr retorta | Senior Masculino | 05:42:47 | +01:14:06 | 08:22 |
| 21 | 91 | Angelo Pereira | centro ciclista de gondomar | Veterano M50 | 05:43:16 | +01:14:35 | 08:22 |
| 22 | 79 | Marco Paulo Alves Brochado | os lobos do saibro | Senior Masculino | 05:44:42 | +01:16:01 | 08:24 |
| 23 | 72 | Francisco Rebelo | byl! beat your limit | Senior Masculino | 05:44:50 | +01:16:09 | 08:25 |
| 24 | 54 | Jose Joaquim de Almeida Ferreira | individual | Veterano M50 | 05:45:50 | +01:17:09 | 08:26 |
| 25 | 80 | Sérgio Santos | didáxis trail | Senior Masculino | 05:46:25 | +01:17:44 | 08:27 |
| 26 | 5 | Elisabete Vieira | sunset runners | Senior Feminino | 05:46:58 | +01:18:17 | 08:28 |
| 27 | 122 | Luis Melo | desnivel positivo | Veterano M40 | 05:47:26 | +01:18:45 | 08:28 |
| 28 | 11 | Vitor Paulo Duarte Caldeira | individual | Senior Masculino | 05:47:59 | +01:19:18 | 08:29 |
| 29 | 58 | Bernardino José das Neves Alves Moreira Pinto | dr merino clínica médica | Senior Masculino | 05:48:13 | +01:19:32 | 08:30 |
| 30 | 95 | André Adriano Silva Coelho | individual | Senior Masculino | 05:49:46 | +01:21:05 | 08:32 |
| 31 | 42 | Paulo Domingues | gd4caminhos | Veterano M40 | 05:53:00 | +01:24:19 | 08:37 |
| 32 | 15 | Francisco Cristóvão Bastos Vieira Duarte | sunset runners | Senior Masculino | 05:53:53 | +01:25:12 | 08:38 |
| 33 | 14 | Fernando Carneiro | nast | Senior Masculino | 05:56:06 | +01:27:25 | 08:41 |
| 34 | 93 | Carlos Brás | nast | Senior Masculino | 05:56:06 | +01:27:25 | 08:41 |
| 35 | 77 | Jorge Barbosa | jc team trail | Senior Masculino | 05:57:13 | +01:28:32 | 08:43 |
| 36 | 78 | Carlos da Fonseca | jc team trail | Veterano M40 | 05:57:13 | +01:28:32 | 08:43 |
| 37 | 62 | José Manuel Santos Cruz | ei team trail | Senior Masculino | 05:58:19 | +01:29:38 | 08:44 |
| 38 | 49 | Maria Augusta Da Costa Loureiro | associação desportiva de cabroelo | Veterana F40 | 05:59:32 | +01:30:51 | 08:46 |
| 39 | 82 | JOSÉ MANUEL RODRIGO NUNES | usgunas | Veterano M40 | 06:02:29 | +01:33:48 | 08:50 |
| 40 | 84 | Paulo Alexandre Pereira de Almeida | individual | Veterano M40 | 06:06:04 | +01:37:23 | 08:56 |

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## 41 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 | 35 | Rui Pereira | oralklass-aliança-amigos do trail | Senior Masculino | 06:07:26 | +01:38:45 | 08:58 |
| 42 | 19 | Helder Rocha | individual | Senior Masculino | 06:12:48 | +01:44:07 | 09:06 |
| 43 | 23 | Jose Fernando Barbosa dos Santos | individual | Veterano M40 | 06:13:40 | +01:44:59 | 09:07 |
| 44 | 116 | Joao Paulo Loureiro Ferreira | individual | Veterano M40 | 06:14:08 | +01:45:27 | 09:08 |
| 45 | 21 | Alberto Fernando Da Silva Marques | amigos quinta das freiras | Veterano M40 | 06:14:14 | +01:45:33 | 09:08 |
| 46 | 89 | Ricardo Moreira | shots international runners | Senior Masculino | 06:15:18 | +01:46:37 | 09:09 |
| 47 | 60 | Hélder Costa | individual | Senior Masculino | 06:18:35 | +01:49:54 | 09:14 |
| 48 | 110 | André Guerra | individual | Senior Masculino | 06:18:35 | +01:49:54 | 09:14 |
| 49 | 83 | Paulo Jorge Pinho Ferreira | ctr vale de cambra | Veterano M40 | 06:18:36 | +01:49:55 | 09:14 |
| 50 | 29 | Vitor Lima | amigos quinta das freiras | Veterano M40 | 06:20:43 | +01:52:02 | 09:17 |
| 51 | 7 | Elisabete Sofia Moreira Carvalho | trocopasso runners | Senior Feminino | 06:22:17 | +01:53:36 | 09:19 |
| 52 | 75 | José Rodrigues | trocopasso runners | Veterano M40 | 06:22:17 | +01:53:36 | 09:19 |
| 53 | 55 | Miguel Baía | eu+ ginásio - lma | Senior Masculino | 06:24:12 | +01:55:31 | 09:22 |
| 54 | 48 | António Carlos Teixeira | individual | Veterano M50 | 06:31:08 | +02:02:27 | 09:32 |
| 55 | 128 | Helder Silva | gtt - team | Senior Masculino | 06:32:38 | +02:03:57 | 09:35 |
| 56 | 71 | Luis Leça | trocopasso runners | Veterano M40 | 06:34:36 | +02:05:55 | 09:37 |
| 57 | 24 | Fernando Jorge Oliveira | ffit gaia trail | Veterano M40 | 06:36:22 | +02:07:41 | 09:40 |
| 58 | 81 | Fernando Coelho | vaindo | Senior Masculino | 06:36:43 | +02:08:02 | 09:41 |
| 59 | 22 | Celestino Manuela Soares Gomes | individual | Senior Masculino | 06:37:42 | +02:09:01 | 09:42 |
| 60 | 120 | Paulo Eusebio | desportonolimite | Senior Masculino | 06:38:19 | +02:09:38 | 09:43 |
| 61 | 16 | jose manuel dos santos costa | individual | Veterano M40 | 06:39:15 | +02:10:34 | 09:44 |
| 62 | 94 | Paulo Jorge de Freitas Ferreira | a.d. cabroelo | Veterano M40 | 06:40:06 | +02:11:25 | 09:46 |
| 63 | 33 | António Ferreira | associação desportiva de cabroelo | Veterano M50 | 06:40:10 | +02:11:29 | 09:46 |
| 64 | 8 | Brígida Raquel Dias Pinto | oralklass-aliança-amigos do trail | Senior Feminino | 06:41:11 | +02:12:30 | 09:47 |
| 65 | 119 | Ana Ferreira | individual | Senior Feminino | 06:43:52 | +02:15:11 | 09:51 |
| 66 | 30 | Paulo Costa | amigos quinta das freiras | Veterano M40 | 06:44:48 | +02:16:07 | 09:52 |
| 67 | 87 | Raquel Campos | shots international runners | Senior Feminino | 06:44:48 | +02:16:07 | 09:52 |
| 68 | 86 | Ricardo Henriques | shots international runners | Senior Masculino | 06:44:48 | +02:16:07 | 09:52 |
| 69 | 102 | Joaquim Carlos da Silva Coelho | ei team trail | Veterano M40 | 06:50:59 | +02:22:18 | 10:01 |
| 70 | 18 | Joao Rafael Marques | individual | Senior Masculino | 06:51:07 | +02:22:26 | 10:02 |
| 71 | 108 | Ricardo Carvalho | ei team trail | Senior Masculino | 06:51:07 | +02:22:26 | 10:02 |
| 72 | 17 | Rui Jorge Pereira Marinho Ribeiro | individual | Senior Masculino | 07:02:12 | +02:33:31 | 10:18 |
| 73 | 20 | José Regueiras | ccdfpjp | Veterano M40 | 07:02:12 | +02:33:31 | 10:18 |
| 74 | 97 | Jose Lino Ferreira Moura | individual | Veterano M50 | 07:05:32 | +02:36:51 | 10:23 |
| 75 | 41 | TANIA BATEIRA | portocargo | Senior Feminino | 07:16:12 | +02:47:31 | 10:38 |
| 76 | 40 | MANUELA FARIA | portocargo | Veterana F40 | 07:16:12 | +02:47:31 | 10:38 |
| 77 | 68 | Paulo Sousa | all about | Veterano M40 | 07:18:28 | +02:49:47 | 10:42 |
| 78 | 69 | Rui Martins | all about | Senior Masculino | 07:18:28 | +02:49:47 | 10:42 |
| 79 | 67 | Manuel Brandão | all about | Veterano M40 | 07:18:29 | +02:49:48 | 10:42 |
| 80 | 63 | Manuel Faria Sampaio | individual | Veterano M50 | 07:19:06 | +02:50:25 | 10:43 |
| 81 | 50 | Rui Rocha | eu+ ginásio - lma | Senior Masculino | 07:19:34 | +02:50:53 | 10:43 |
| 82 | 45 | Eduardo Pinto | solmaia runners | Veterano M40 | 07:23:00 | +02:54:19 | 10:48 |
| 83 | 112 | Paulo Loureiro | individual | Senior Masculino | 07:23:37 | +02:54:56 | 10:49 |
| 84 | 26 | Mario Santos | arrastassolas | Senior Masculino | 07:24:05 | +02:55:24 | 10:50 |
| 85 | 121 | Fábio Daniel Pocinho Silva | individual | Senior Masculino | 07:26:05 | +02:57:24 | 10:53 |
| 86 | 117 | Diogo oliveira | individual | Senior Masculino | 07:26:05 | +02:57:24 | 10:53 |

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**41 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 |
|---|---|---|---|---|---|---|---|
| 87 | 53 | César Filipe Martins Ferreira | eu+ ginásio - lma | Senior Masculino | 07:28:15 | +02:59:34 | 10:56 |
| 88 | 52 | Rafael Gonçalves | eu+ ginásio - lma | Senior Masculino | 07:28:15 | +02:59:34 | 10:56 |
| 89 | 13 | LUÍS NUNO SANTOS | afis ovar | Veterano M40 | 07:34:33 | +03:05:52 | 11:05 |
| 90 | 125 | Jorge Ribeiro | individual | Veterano M40 | 07:34:58 | +03:06:17 | 11:06 |
| 91 | 51 | Renato Barros | eu+ ginásio - lma | Senior Masculino | 07:37:51 | +03:09:10 | 11:10 |
| 92 | 74 | M. João Ricardo | trocopasso runners | Senior Feminino | 07:42:32 | +03:13:51 | 11:17 |
| 93 | 73 | Carla Neves | trocopasso runners | Veterana F40 | 07:42:33 | +03:13:52 | 11:17 |
| 94 | 113 | Jorge Silva | blip.pt | Senior Masculino | 07:45:17 | +03:16:36 | 11:21 |
| 95 | 31 | João Pedro Sousa | associação s4l | Senior Masculino | 07:53:57 | +03:25:16 | 11:34 |
| 96 | 12 | Manuel Teixeira | lusos xxi | Senior Masculino | 08:00:07 | +03:31:26 | 11:43 |
| 97 | 61 | francisco jorge moreira da silva | sexta a fundo runers | Senior Masculino | 08:00:08 | +03:31:27 | 11:43 |
| 98 | 34 | Mário Soares | touquenemposso | Veterano M50 | 08:06:38 | +03:37:57 | 11:52 |
| 99 | 109 | José Carlos Bago | blip.pt | Senior Masculino | 08:11:32 | +03:42:51 | 11:59 |
| 100 | 96 | Pedro Nogueira | individual | Senior Masculino | 08:18:21 | +03:49:40 | 12:09 |
| 101 | 88 | Rui Pereira | shots international runners | Senior Masculino | 08:18:29 | +03:49:48 | 12:09 |
| 102 | 56 | Vitor Fernandes leite | ginásio fit4fun | Senior Masculino | 08:21:11 | +03:52:30 | 12:13 |
| 103 | 57 | Maria Alice  Pinho Gomes | ginásio fit4fun | Senior Feminino | 08:21:11 | +03:52:30 | 12:13 |
| 104 | 44 | João Ferreira | solmaia runners | Senior Masculino | 08:21:25 | +03:52:44 | 12:14 |
| 105 | 28 | Carla Moreira | arrastassolas | Veterana F40 | 09:18:53 | +04:50:12 | 13:38 |

lap2go TIMING SOLUTION

**3º TraiLagares**
**Lagares**
**19-abril-2015**

## Grande Trail Lagares 40K

## 41 KM

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

# OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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 | 08:30 | 9ºC | 79,7% |
| End | 17:50 | 18,5ºC | 59,1% |

## Senior Feminino

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 1 | 6 | Marisa Vieira | Sunset Runners | Senior Feminino | 05:28:19 | | 08:00 |
| 2 | 5 | Elisabete Vieira | Sunset Runners | Senior Feminino | 05:46:58 | +18:39 | 08:28 |
| 3 | 7 | Elisabete Sofia Moreira Carvalho | Trocopasso Runners | Senior Feminino | 06:22:17 | +53:58 | 09:19 |
| 4 | 8 | Brígida Raquel Dias Pinto | ORALKLASS-ALIANÇA-AMIGOS DO TRAIL | Senior Feminino | 06:41:11 | +01:12:52 | 09:47 |
| 5 | 119 | Ana Ferreira | Individual | Senior Feminino | 06:43:52 | +01:15:33 | 09:51 |
| 6 | 87 | Raquel Campos | Shots International Runners | Senior Feminino | 06:44:48 | +01:16:29 | 09:52 |
| 7 | 41 | TANIA BATEIRA | PORTOCARGO | Senior Feminino | 07:16:12 | +01:47:53 | 10:38 |
| 8 | 74 | M. João Ricardo | Trocopasso Runners | Senior Feminino | 07:42:32 | +02:14:13 | 11:17 |
| 9 | 57 | Maria Alice  Pinho Gomes | Ginásio Fit4Fun | Senior Feminino | 08:21:11 | +02:52:52 | 12:13 |

## Senior Masculino

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 66 | Tiago Teixeira | Ginásio Factor X | Senior Masculino | 04:28:41 | | 06:33 |
| 2 | 59 | Bruno Alcino Pinto | Dr Merino Clínica Médica | Senior Masculino | 04:43:20 | +14:39 | 06:55 |
| 3 | 2 | Joaquim Freitas | GDR RETORTA | Senior Masculino | 04:43:47 | +15:06 | 06:55 |
| 4 | 90 | Miguel Neves | CENTRO CICLISTA DE GONDOMAR | Senior Masculino | 04:53:18 | +24:37 | 07:09 |
| 5 | 39 | Belmiro Moreira | ORALKLASS-ALIANÇA-AMIGOS DO TRAIL | Senior Masculino | 05:01:35 | +32:54 | 07:21 |
| 6 | 123 | Sérgio Duarte | DUAS FACES | Senior Masculino | 05:12:03 | +43:22 | 07:37 |
| 7 | 38 | Andre Nogueira | ORALKLASS-ALIANÇA-AMIGOS DO TRAIL | Senior Masculino | 05:17:34 | +48:53 | 07:45 |
| 8 | 3 | Daniel Ferreira | Associação Desportiva de Cabroelo | Senior Masculino | 05:18:14 | +49:33 | 07:46 |
| 9 | 107 | Paulo Jorge Fernandes de Oliveira | Individual | Senior Masculino | 05:19:35 | +50:54 | 07:48 |
| 10 | 115 | João Pinheiro | Individual | Senior Masculino | 05:20:01 | +51:20 | 07:48 |
| 11 | 85 | Paulo Domingues | Shots International Runners | Senior Masculino | 05:20:03 | +51:22 | 07:48 |
| 12 | 76 | Jorge Barbosa | PAREDES AVENTURA | Senior Masculino | 05:29:38 | +01:00:57 | 08:02 |
| 13 | 124 | Pedro Ferreira Pinto | Trilhos D' Aventura | Senior Masculino | 05:36:07 | +01:07:26 | 08:12 |
| 14 | 64 | Rogério Coelho | GDR RETORTA | Senior Masculino | 05:42:47 | +01:14:06 | 08:22 |
| 15 | 79 | Marco Paulo Alves Brochado | Os Lobos do Saibro | Senior Masculino | 05:44:42 | +01:16:01 | 08:24 |
| 16 | 72 | Francisco Rebelo | BYL! Beat Your Limit | Senior Masculino | 05:44:50 | +01:16:09 | 08:25 |
| 17 | 80 | Sérgio Santos | Didáxis Trail | Senior Masculino | 05:46:25 | +01:17:44 | 08:27 |
| 18 | 11 | Vitor Paulo Duarte Caldeira | Individual | Senior Masculino | 05:47:59 | +01:19:18 | 08:29 |
| 19 | 58 | Bernardino José das Neves Alves Moreira Pinto | Dr Merino Clínica Médica | Senior Masculino | 05:48:13 | +01:19:32 | 08:30 |
| 20 | 95 | André Adriano Silva Coelho | Individual | Senior Masculino | 05:49:46 | +01:21:05 | 08:32 |
| 21 | 15 | Francisco Cristóvão Bastos Vieira Duarte | Sunset Runners | Senior Masculino | 05:53:53 | +01:25:12 | 08:38 |
| 22 | 14 | Fernando Carneiro | NAST | Senior Masculino | 05:56:06 | +01:27:25 | 08:41 |

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**41 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

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 23 | 93 | Carlos Brás | NAST | Senior Masculino | 05:56:06 | +01:27:25 | 08:41 |
| 24 | 77 | Jorge Barbosa | JC Team Trail | Senior Masculino | 05:57:13 | +01:28:32 | 08:43 |
| 25 | 62 | José Manuel Santos Cruz | EI Team Trail | Senior Masculino | 05:58:19 | +01:29:38 | 08:44 |
| 26 | 35 | Rui Pereira | ORALKLASS-ALIANÇA-AMIGOS DO TRAIL | Senior Masculino | 06:07:26 | +01:38:45 | 08:58 |
| 27 | 19 | Helder Rocha | Individual | Senior Masculino | 06:12:48 | +01:44:07 | 09:06 |
| 28 | 89 | Ricardo Moreira | Shots International Runners | Senior Masculino | 06:15:18 | +01:46:37 | 09:09 |
| 29 | 60 | Hélder Costa | Individual | Senior Masculino | 06:18:35 | +01:49:54 | 09:14 |
| 30 | 110 | André Guerra | Individual | Senior Masculino | 06:18:35 | +01:49:54 | 09:14 |
| 31 | 55 | Miguel Baía | Eu+ Ginásio - LMA | Senior Masculino | 06:24:12 | +01:55:31 | 09:22 |
| 32 | 128 | Helder Silva | GTT - TEAM | Senior Masculino | 06:32:38 | +02:03:57 | 09:35 |
| 33 | 81 | Fernando Coelho | VAINDO | Senior Masculino | 06:36:43 | +02:08:02 | 09:41 |
| 34 | 22 | Celestino Manuela Soares Gomes | Individual | Senior Masculino | 06:37:42 | +02:09:01 | 09:42 |
| 35 | 120 | Paulo Eusebio | Desportonolimite | Senior Masculino | 06:38:19 | +02:09:38 | 09:43 |
| 36 | 86 | Ricardo Henriques | Shots International Runners | Senior Masculino | 06:44:48 | +02:16:07 | 09:52 |
| 37 | 18 | Joao Rafael Marques | Individual | Senior Masculino | 06:51:07 | +02:22:26 | 10:02 |
| 38 | 108 | Ricardo Carvalho | EI Team Trail | Senior Masculino | 06:51:07 | +02:22:26 | 10:02 |
| 39 | 17 | Rui Jorge Pereira Marinho Ribeiro | Individual | Senior Masculino | 07:02:12 | +02:33:31 | 10:18 |
| 40 | 69 | Rui Martins | All About | Senior Masculino | 07:18:28 | +02:49:47 | 10:42 |
| 41 | 50 | Rui Rocha | Eu+ Ginásio - LMA | Senior Masculino | 07:19:34 | +02:50:53 | 10:43 |
| 42 | 112 | Paulo Loureiro | Individual | Senior Masculino | 07:23:37 | +02:54:56 | 10:49 |
| 43 | 26 | Mario Santos | ARRASTASSOLAS | Senior Masculino | 07:24:05 | +02:55:24 | 10:50 |
| 44 | 121 | Fábio Daniel Pocinho Silva | Individual | Senior Masculino | 07:26:05 | +02:57:24 | 10:53 |
| 45 | 117 | Diogo oliveira | Individual | Senior Masculino | 07:26:05 | +02:57:24 | 10:53 |
| 46 | 53 | César Filipe Martins Ferreira | Eu+ Ginásio - LMA | Senior Masculino | 07:28:15 | +02:59:34 | 10:56 |
| 47 | 52 | Rafael Gonçalves | Eu+ Ginásio - LMA | Senior Masculino | 07:28:15 | +02:59:34 | 10:56 |
| 48 | 51 | Renato Barros | Eu+ Ginásio - LMA | Senior Masculino | 07:37:51 | +03:09:10 | 11:10 |
| 49 | 113 | Jorge Silva | Blip.pt | Senior Masculino | 07:45:17 | +03:16:36 | 11:21 |
| 50 | 31 | João Pedro Sousa | Associação S4L | Senior Masculino | 07:53:57 | +03:25:16 | 11:34 |
| 51 | 12 | Manuel Teixeira | LUSOS XXI | Senior Masculino | 08:00:07 | +03:31:26 | 11:43 |
| 52 | 61 | francisco jorge moreira da silva | sexta a fundo runers | Senior Masculino | 08:00:08 | +03:31:27 | 11:43 |
| 53 | 109 | José Carlos Bago | Blip.pt | Senior Masculino | 08:11:32 | +03:42:51 | 11:59 |
| 54 | 96 | Pedro Nogueira | Individual | Senior Masculino | 08:18:21 | +03:49:40 | 12:09 |
| 55 | 88 | Rui Pereira | Shots International Runners | Senior Masculino | 08:18:29 | +03:49:48 | 12:09 |
| 56 | 56 | Vitor Fernandes leite | Ginásio Fit4Fun | Senior Masculino | 08:21:11 | +03:52:30 | 12:13 |
| 57 | 44 | João Ferreira | Solmaia Runners | Senior Masculino | 08:21:25 | +03:52:44 | 12:14 |

## Veterana F40

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 49 | Maria Augusta Da Costa Loureiro | Associação Desportiva de Cabroelo | Veterana F40 | 05:59:32 | | 08:46 |
| 2 | 40 | MANUELA FARIA | PORTOCARGO | Veterana F40 | 07:16:12 | +01:16:40 | 10:38 |
| 3 | 73 | Carla Neves | Trocopasso Runners | Veterana F40 | 07:42:33 | +01:43:01 | 11:17 |
| 4 | 28 | Carla Moreira | ARRASTASSOLAS | Veterana F40 | 09:18:53 | +03:19:21 | 13:38 |

## Grande Trail Lagares 40K

**41 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

# Veterano M40

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 36 | Jose Neves | ORALKLASS-ALIANÇA-AMIGOS DO TRAIL | Veterano M40 | 05:00:37 | | 07:20 |
| 2 | 105 | Paulo Silva | PAREDES AVENTURA | Veterano M40 | 05:00:42 | +00:05 | 07:20 |
| 3 | 25 | Victor Emanuel De Castro Correia | Individual | Veterano M40 | 05:00:46 | +00:09 | 07:20 |
| 4 | 92 | jose pacheco | Individual | Veterano M40 | 05:40:06 | +39:29 | 08:18 |
| 5 | 122 | Luis Melo | DESNIVEL POSITIVO | Veterano M40 | 05:47:26 | +46:49 | 08:28 |
| 6 | 42 | Paulo Domingues | GD4Caminhos | Veterano M40 | 05:53:00 | +52:23 | 08:37 |
| 7 | 78 | Carlos da Fonseca | JC Team Trail | Veterano M40 | 05:57:13 | +56:36 | 08:43 |
| 8 | 82 | JOSÉ MANUEL RODRIGO NUNES | USGUNAS | Veterano M40 | 06:02:29 | +01:01:52 | 08:50 |
| 9 | 84 | Paulo Alexandre Pereira de Almeida | Individual | Veterano M40 | 06:06:04 | +01:05:27 | 08:56 |
| 10 | 23 | Jose Fernando Barbosa dos Santos | Individual | Veterano M40 | 06:13:40 | +01:13:03 | 09:07 |
| 11 | 116 | Joao Paulo Loureiro Ferreira | Individual | Veterano M40 | 06:14:08 | +01:13:31 | 09:08 |
| 12 | 21 | Alberto Fernando Da Silva Marques | AMIGOS QUINTA DAS FREIRAS | Veterano M40 | 06:14:14 | +01:13:37 | 09:08 |
| 13 | 83 | Paulo Jorge Pinho Ferreira | CTR Vale de Cambra | Veterano M40 | 06:18:36 | +01:17:59 | 09:14 |
| 14 | 29 | Vitor Lima | AMIGOS QUINTA DAS FREIRAS | Veterano M40 | 06:20:43 | +01:20:06 | 09:17 |
| 15 | 75 | José Rodrigues | Trocopasso Runners | Veterano M40 | 06:22:17 | +01:21:40 | 09:19 |
| 16 | 71 | Luis Leça | Trocopasso Runners | Veterano M40 | 06:34:36 | +01:33:59 | 09:37 |
| 17 | 24 | Fernando Jorge Oliveira | FFit Gaia Trail | Veterano M40 | 06:36:22 | +01:35:45 | 09:40 |
| 18 | 16 | jose manuel dos santos costa | Individual | Veterano M40 | 06:39:15 | +01:38:38 | 09:44 |
| 19 | 94 | Paulo Jorge de Freitas Ferreira | A.D. Cabroelo | Veterano M40 | 06:40:06 | +01:39:29 | 09:46 |
| 20 | 30 | Paulo Costa | AMIGOS QUINTA DAS FREIRAS | Veterano M40 | 06:44:48 | +01:44:11 | 09:52 |
| 21 | 102 | Joaquim Carlos da Silva Coelho | EI Team Trail | Veterano M40 | 06:50:59 | +01:50:22 | 10:01 |
| 22 | 20 | José Regueiras | CCDFPJP | Veterano M40 | 07:02:12 | +02:01:35 | 10:18 |
| 23 | 68 | Paulo Sousa | All About | Veterano M40 | 07:18:28 | +02:17:51 | 10:42 |
| 24 | 67 | Manuel Brandão | All About | Veterano M40 | 07:18:29 | +02:17:52 | 10:42 |
| 25 | 45 | Eduardo Pinto | Solmaia Runners | Veterano M40 | 07:23:00 | +02:22:23 | 10:48 |
| 26 | 13 | LUÍS NUNO SANTOS | AFIS OVAR | Veterano M40 | 07:34:33 | +02:33:56 | 11:05 |
| 27 | 125 | Jorge Ribeiro | Individual | Veterano M40 | 07:34:58 | +02:34:21 | 11:06 |

# Veterano M50

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 9 | Fernando Leal Neves | Amigos do Pedal - TraiLagares | Veterano M50 | 05:00:54 | | 07:20 |
| 2 | 91 | Angelo Pereira | CENTRO CICLISTA DE GONDOMAR | Veterano M50 | 05:43:16 | +42:22 | 08:22 |
| 3 | 54 | Jose Joaquim de Almeida Ferreira | Individual | Veterano M50 | 05:45:50 | +44:56 | 08:26 |
| 4 | 48 | António Carlos Teixeira | Individual | Veterano M50 | 06:31:08 | +01:30:14 | 09:32 |
| 5 | 33 | António Ferreira | Associação Desportiva de Cabroelo | Veterano M50 | 06:40:10 | +01:39:16 | 09:46 |
| 6 | 97 | Jose Lino Ferreira Moura | Individual | Veterano M50 | 07:05:32 | +02:04:38 | 10:23 |
| 7 | 63 | Manuel Faria Sampaio | Individual | Veterano M50 | 07:19:06 | +02:18:12 | 10:43 |
| 8 | 34 | Mário Soares | TOUQUENEMPOSSO | Veterano M50 | 08:06:38 | +03:05:44 | 11:52 |

## COLETIVA 40K

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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 | ORALKLASS-ALIANÇA-AMIGOS DO TRAIL | 5 + 9 + 11 | 25 |
| 2 | Sunset Runners | 16 + 26 + 32 | 74 |
| 3 | Associação Desportiva de Cabroelo | 12 + 38 + 63 | 113 |
| 4 | Shots International Runners | 15 + 46 + 67 | 128 |
| 5 | Trocopasso Runners | 51 + 52 + 56 | 159 |
| 6 | AMIGOS QUINTA DAS FREIRAS | 45 + 50 + 66 | 161 |
| 7 | EI Team Trail | 37 + 69 + 71 | 177 |
| 8 | Eu+ Ginásio - LMA | 53 + 81 + 87 | 221 |
| 9 | All About | 77 + 78 + 79 | 234 |