

TRAIL - STAGE 1

16 KM

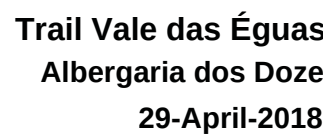
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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:00	11°C	100%
End	12:15	11°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	40	Licínio Mota Carreira	individual	Veterano M35	01:26:00		05:23
2	17	Filipe Jorge Marques Costa	individual	Senior Masculino	01:29:27	+03:26	05:35
3	8	Cláudio Bica	ama(dores) trail team	Senior Masculino	01:31:13	+05:13	05:42
4	7	Álvaro Castelão	ama(dores) trail team	Senior Masculino	01:33:14	+07:14	05:50
5	36	Joel Couto	individual	Veterano M35	01:37:25	+11:25	06:05
6	13	Abel Lopes	individual	Senior Masculino	01:41:26	+15:26	06:20
7	15	Cristovão Costa	individual	Senior Masculino	01:41:51	+15:51	06:22
8	35	Joaquim Santos	grupo de atletismo caranguejeira	Veterano M35	01:42:29	+16:29	06:24
9	37	José Manuel Gaspar Lopes	individual	Veterano M35	01:45:00	+18:59	06:34
10	2	Ricardo Vitorino	individual	Veterano M35	01:46:52	+20:51	06:41
11	45	Ricardo Pedrosa	individual	Veterano M35	01:47:13	+21:13	06:42
12	48	Filipe Silva Oliveira	porto de mós a correr	Senior Masculino	01:47:28	+21:28	06:43
13	22	Pedro Miguel Silva Neves	individual	Senior Masculino	01:47:55	+21:55	06:45
14	33	GUILHERME BENTO	grupo de atletismo caranguejeira	Veterano M35	01:49:12	+23:12	06:50
15	44	Pedro Miguel Nobre Marques	individual	Veterano M35	01:51:16	+25:16	06:57
16	42	Nelson Vieira Ferreira	individual	Veterano M35	01:53:59	+27:59	07:07
17	9	Diogo Duarte	associação pombal jovem	Senior Masculino	01:54:21	+28:21	07:09
18	31	Frederico	individual	Veterano M35	01:54:21	+28:21	07:09
19	10	Marco Mendes	associação pombal jovem	Senior Masculino	01:55:27	+29:26	07:13
20	52	Tiago Rodrigues	individual	Veterano M35	01:56:57	+30:57	07:19
21	32	Gonçalo Freitas	individual	Veterano M35	01:59:09	+33:09	07:27
22	24	Gina Domingues	individual	Veterana F35	02:03:40	+37:40	07:44
23	26	SONIA FERREIRA	individual	Veterana F35	02:04:34	+38:33	07:47
24	27	Virgínia Simões	individual	Veterana F35	02:06:18	+40:18	07:54
25	21	Paulo Mauricio	individual	Senior Masculino	02:07:07	+41:07	07:57
26	49	Inês Ferreira	slow runners pombal	Senior Feminino	02:08:26	+42:26	08:02
27	50	Jorge Martins	slow runners pombal	Veterano M35	02:08:26	+42:26	08:02
28	6	Gonçalo Pedro	am 18 de maio	Veterano M35	02:11:15	+45:15	08:12
29	3	Paulo Vicente	individual	Veterano M35	02:12:12	+46:12	08:16
30	16	Filipe Conceição Ventura	individual	Veterano M35	02:20:09	+54:09	08:46
31	23	Ricardo Gaspar	individual	Senior Masculino	02:29:23	+01:03:23	09:20
32	41	Luis Lacerda	individual	Veterano M35	02:30:40	+01:04:40	09:25
33	19	Marco Pereira	individual	Senior Masculino	02:32:26	+01:06:25	09:32
34	38	Leandro Santos	individual	Veterano M35	02:32:38	+01:06:38	09:32
35	28	Arlindo de Jesus Oliveira	individual	Veterano M35	02:33:23	+01:07:23	09:35
36	29	Carlos Marques	individual	Veterano M35	02:33:39	+01:07:39	09:36
37	18	Manuel Eduardo Sousa Marques	individual	Veterano M35	02:41:29	+01:15:29	10:06
38	11	Cláudio Filipe da Silva Tereso	casa da girafa team	Veterano M35	03:04:17	+01:38:17	11:31
39	47	Victor Da Ponte	moisés lourenço personal trainer	Veterano M35	03:10:49	+01:44:48	11:56
40	46	Ana Paula Pires Ramalho	moisés lourenço personal trainer	Veterana F35	03:10:50	+01:44:49	11:56
41	25	Sofia Margarida Duarte Gomes	individual	Veterana F35	03:12:11	+01:46:10	12:01



16 KM

OFFICIAL RESULT

[illegible]

Trail

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	11°C	100%
End	12:15	11°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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Senior Feminino

1	49	Inês Ferreira	Slow Runners Pombal	Senior Feminino	02:08:26	+42:26	08:02
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Senior Masculino

1	17	Filipe Jorge Marques Costa	Individual	Senior Masculino	01:29:27	+03:26	05:35
2	8	Cláudio Bica	Ama(dores) Trail Team	Senior Masculino	01:31:13	+05:13	05:42
3	7	Álvaro Castelhão	Ama(dores) trail team	Senior Masculino	01:33:14	+07:14	05:50
4	13	Abel Lopes	Individual	Senior Masculino	01:41:26	+15:26	06:20
5	15	Cristovão Costa	Individual	Senior Masculino	01:41:51	+15:51	06:22
6	48	Filipe Silva Oliveira	Porto de Mós a Correr	Senior Masculino	01:47:28	+21:28	06:43
7	22	Pedro Miguel Silva Neves	Individual	Senior Masculino	01:47:55	+21:55	06:45
8	9	Diogo Duarte	Associação Pombal Jovem	Senior Masculino	01:54:21	+28:21	07:09
9	10	Marco Mendes	Associação Pombal Jovem	Senior Masculino	01:55:27	+29:26	07:13
10	21	Paulo Mauricio	Individual	Senior Masculino	02:07:07	+41:07	07:57
11	23	Ricardo Gaspar	Individual	Senior Masculino	02:29:23	+01:03:23	09:20
12	19	Marco Pereira	Individual	Senior Masculino	02:32:26	+01:06:25	09:32

Veterana F35

1	24	Gina Domingues	Individual	Veterana F35	02:03:40	+37:40	07:44
2	26	SONIA FERREIRA	Individual	Veterana F35	02:04:34	+38:33	07:47
3	27	Virgínia Simões	Individual	Veterana F35	02:06:18	+40:18	07:54
4	46	Ana Paula Pires Ramalho	Moisés Lourenço Personal Trainer	Veterana F35	03:10:50	+01:44:49	11:56
5	25	Sofia Margarida Duarte Gomes	Individual	Veterana F35	03:12:11	+01:46:10	12:01

Veterano M35

1	40	Licínio Mota Carreira	Individual	Veterano M35	01:26:00		05:23
2	36	Joel Couto	Individual	Veterano M35	01:37:25	+11:25	06:05
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8	44	Pedro Miguel Nobre Marques	Individual	Veterano M35	01:51:16	+25:16	06:57
9	42	Nelson Vieira Ferreira	Individual	Veterano M35	01:53:59	+27:59	07:07
10	31	Frederico	Individual	Veterano M35	01:54:21	+28:21	07:09
11	52	Tiago Rodrigues	Individual	Veterano M35	01:56:57	+30:57	07:19

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