

30 KM

OFFICIAL RESULT

ON - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - T

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	51	Daniel Antunes	SicóTrilhos	02:48:35		05:37	
2	64	Ruben Daniel da Silva Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	03:03:44	+15:09	06:07	
3	48	Rui Gaio	SCPOMBAL/TRAILTEAM	03:06:29	+17:54	06:13	
4	39	Pedro Santos	LAMA SOLTA	03:07:21	+18:46	06:15	
5	3	Sara Pedrosa	Clube Desportivo de Espite	03:08:16	+19:41	06:17	
6	65	Rui Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	03:12:04	+23:29	06:24	
7	22	Diogo Reis	Individual	03:20:10	+31:35	06:40	
8	46	Jordan Silva	SCPOMBAL/TRAILTEAM	03:22:05	+33:30	06:44	
9	47	Rúben Dias	SCPOMBAL/TRAILTEAM	03:22:05	+33:30	06:44	
10	5	Hélder Matos	AC Batalha	03:22:07	+33:32	06:44	
11	15	Tiago Carvalho	Diabinhos de Samuel	03:24:37	+36:02	06:49	
12	60	Bruno Valente	Trail da Amizade Runners	03:25:19	+36:44	06:51	
13	63	Pedro Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	03:26:29	+37:54	06:53	
14	23	Ivan Costa	Individual	03:26:36	+38:01	06:53	
15	25	Micael Ângelo Martins Marques	Individual	03:26:38	+38:03	06:53	
16	44	Mauro André da Costa Gonçalves	Roda Dianteira	03:26:48	+38:13	06:54	
17	6	Andreia Pita	ARCD Venda da Luísa	03:28:36	+40:01	06:57	
18	49	Henrique Fernandes	SCPOMBAL/TRAILTEAM	03:35:34	+46:59	07:11	
19	8	joao travasso	ARCD Venda da Luísa	03:38:20	+49:45	07:17	
20	9	David Simões	ARLU TRAIL	03:40:10	+51:35	07:20	
21	42	David Marques	Os Tolinhos	03:40:43	+52:08	07:21	
22	67	Marco Pedrosa	VILAVENTURA TRAIL	03:40:57	+52:22	07:22	
23	40	José Vieira	OCS Arrábida Trail Team	03:41:03	+52:28	07:22	
24	53	João Batista	SicóTrilhos	03:42:31	+53:56	07:25	
25	37	Jorge Abrantes	Individual	03:45:52	+57:17	07:32	
26	43	João Pedro da Silva Dâmaso	Pedrosa Vending	03:47:11	+58:36	07:34	
27	52	João Costa	SicóTrilhos	03:47:49	+59:14	07:36	
28	12	Rui Gameiro	ARLU TRAIL	03:47:59	+59:24	07:36	
29	10	Paulo Mendes	ARLU TRAIL	03:48:04	+59:29	07:36	
30	13	Vitor Nelson	Cerveira Team Running	03:49:51	+01:01:16	07:40	
31	11	Nelson Norte	ARLU TRAIL	03:51:50	+01:03:15	07:44	
32	14	CARLOS GASPAR	CHÍCHARO RUN TEAM A.ALVAIÁZERE	03:53:24	+01:04:49	07:47	
33	41	Raquel da Silva Matias	OPTILINK	03:53:35	+01:05:00	07:47	
34	66	Filipe José Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	03:53:37	+01:05:02	07:47	
35	59	Bruno Capitão	Team Capitão	03:54:57	+01:06:22	07:50	
36	58	João Capitão	Team Capitão	03:54:57	+01:06:22	07:50	
37	16	João Santos	Domus Trail	04:00:09	+01:11:34	08:00	
38	54	Edgar Gomes	SOURE MOV	04:00:40	+01:12:05	08:01	
39	68	Joselito Pereira	VILAVENTURA TRAIL	04:14:11	+01:25:36	08:28	
40	33	Nuno Alexandre Duarte Mota	Individual	04:14:54	+01:26:19	08:30	
41	61	Joni Alexandre Carreira Oliveira	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	04:21:48	+01:33:13	08:44	
42	69	Vítor Monteiro	VILAVENTURA TRAIL	04:28:36	+01:40:01	08:57	

30 KM

[illegible][illegible]

Official Timekeeper: Lap2Go	2 / 2	generate 21-abr-2024 14:26
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Trail

30 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	11,9°C	83%
End	14:24	11,9°C	83%

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

1	3	Sara Pedrosa	Clube Desportivo de Espite	Senior Feminino	03:08:16	06:17:23
2	56	Manuela Silva	Talentos Objetivos	Senior Feminino	04:40:39	+01:32:23 09:21:42

Senior Masculino

1	51	Daniel Antunes	SicóTrilhos	Senior Masculino	02:48:35		05:37
2	64	Ruben Daniel da Silva Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	03:03:44	+15:08	06:07
3	48	Rui Gaio	SCPOMBAL/TRAILTEAM	Senior Masculino	03:06:29	+17:53	06:13
4	65	Rui Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	03:12:04	+23:28	06:24
5	22	Diogo Reis	Individual	Senior Masculino	03:20:10	+31:35	06:40
6	46	Jordan Silva	SCPOMBAL/TRAILTEAM	Senior Masculino	03:22:05	+33:30	06:44
7	47	Rúben Dias	SCPOMBAL/TRAILTEAM	Senior Masculino	03:22:05	+33:30	06:44
8	60	Bruno Valente	Trail da Amizade Runners	Senior Masculino	03:25:19	+36:44	06:51
9	63	Pedro Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	03:26:29	+37:53	06:53
10	23	Ivan Costa	Individual	Senior Masculino	03:26:36	+38:01	06:53
11	25	Micael Ângelo Martins Marques	Individual	Senior Masculino	03:26:38	+38:02	06:53
12	42	David Marques	Os Tolinhos	Senior Masculino	03:40:43	+52:07	07:21
13	67	Marco Pedrosa	VILAVENTURA TRAIL	Senior Masculino	03:40:57	+52:21	07:22
14	43	João Pedro da Silva Dâmaso	Pedrosa Vending	Senior Masculino	03:47:11	+58:35	07:34
15	52	João Costa	SicóTrilhos	Senior Masculino	03:47:49	+59:14	07:36
16	58	João Capitão	Team Capitão	Senior Masculino	03:54:57	+01:06:22	07:50
17	61	Joni Alexandre Carreira Oliveira	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	04:21:48	+01:33:13	08:44
18	20	Bruno Gonçalves	Individual	Senior Masculino	04:33:34	+01:44:59	09:07
19	62	Jorge Acúrcio	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	04:46:19	+01:57:44	09:33
20	24	Joni da Silva Gaspar	Individual	Senior Masculino	04:56:07	+02:07:31	09:52
21	26	Nuno Filipe Agostinho Carrasqueira	Individual	Senior Masculino	05:21:10	+02:32:34	10:42
22	27	Tjerk Schuurmans	Individual	Senior Masculino	05:22:41	+02:34:06	10:45
23	84	Micael Domingues	Individual	Senior Masculino	05:53:59	+03:05:23	11:48

Veterana F40

1	6	Andreia Pita	ARCD Venda da Luísa	Veterana F40	03:28:36	06:57
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Trail

30 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterana F45

1	41	Raquel da Silva Matias	OPTILINK	Veterana F45	03:53:35	07:47:11
2	28	Catarina Santos	Individual	Veterana F45	04:33:34	+39:59 09:07:10
3	7	Silvia costa	ARCD Venda da Luísa	Veterana F45	05:05:29	+01:11:54 10:11:14
4	17	Gabriela Santos	Grupo Desportivo da Mata	Veterana F45	05:09:48	+01:16:13 10:20:27

Veterano M40

1	39	Pedro Santos	LAMA SOLTA	Veterano M40	03:07:21	06:15
2	44	Mauro André da Costa Gonçalves	Roda Dianteira	Veterano M40	03:26:48	+19:27 06:54
3	49	Henrique Fernandes	SCPOMBAL/TRAILTEAM	Veterano M40	03:35:34	+28:13 07:11
4	8	joao travasso	ARCD Venda da Luísa	Veterano M40	03:38:20	+30:58 07:17
5	9	David Simões	ARLU TRAIL	Veterano M40	03:40:10	+32:48 07:20
6	53	João Batista	SicóTrilhos	Veterano M40	03:42:31	+35:10 07:25
7	10	Paulo Mendes	ARLU TRAIL	Veterano M40	03:48:04	+40:43 07:36
8	59	Bruno Capitão	Team Capitão	Veterano M40	03:54:57	+47:35 07:50
9	54	Edgar Gomes	SOURE MOV	Veterano M40	04:00:40	+53:18 08:01
10	30	Paulo Mauricio	Individual	Veterano M40	04:35:20	+01:27:58 09:11
11	18	JOAO SANTIAGO	Grupo Desportivo da Mata	Veterano M40	04:41:21	+01:33:59 09:23

Veterano M45

1	15	Tiago Carvalho	Diabinhos de Samuel	Veterano M45	03:24:37	06:49
2	12	Rui Gameiro	ARLU TRAIL	Veterano M45	03:47:59	+23:22 07:36
3	11	Nelson Norte	ARLU TRAIL	Veterano M45	03:51:50	+27:13 07:44
4	66	Filipe José Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	03:53:37	+29:00 07:47
5	33	Nuno Alexandre Duarte Mota	Individual	Veterano M45	04:14:54	+50:16 08:30
6	57	JOEL JACINTO	Talentos Objetivos	Veterano M45	04:49:38	+01:25:01 09:39
7	32	José Manuel Henriques David Fernandes	Individual	Veterano M45	05:07:14	+01:42:37 10:14
8	31	henrique da mota jacob	Individual	Veterano M45	05:38:15	+02:13:38 11:17

Veterano M50

1	5	Hélder Matos	AC Batalha	Veterano M50	03:22:07	06:44
2	13	Vitor Nelson	Cerveira Team Running	Veterano M50	03:49:51	+27:44 07:40
3	16	João Santos	Domus Trail	Veterano M50	04:00:09	+38:02 08:00
4	68	Joselito Pereira	VILAVENTURA TRAIL	Veterano M50	04:14:11	+52:04 08:28
5	4	Pedro Silva	SCPOMBAL/TRAILTEAM	Veterano M50	04:33:35	+01:11:27 09:07
6	19	Luis Queiroz	Grupo Desportivo da Mata	Veterano M50	04:41:18	+01:19:11 09:23
7	34	Paulo Fernandes	Individual	Veterano M50	04:56:07	+01:34:00 09:52

30 KM

OFFICIAL RESULT

[illegible]

1	37	Jorge Abrantes	Individual	Veterano M55	03:45:52	07:32
2	14	CARLOS GASPAR	CHÍCHARO RUN TEAM A.ALVAIÁZERE	Veterano M55	03:53:24	+07:32 07:47
3	69	Vítor Monteiro	VILAVENTURA TRAIL	Veterano M55	04:28:36	+42:43 08:57
4	35	Agostinho Barros	Individual	Veterano M55	05:53:52	+02:07:59 11:48

1	40	José Vieira	OCS Arrábida Trail Team	Veterano M60	03:41:03	07:22
2	38	Manuel Cunha Lima	Individual	Veterano M60	05:07:28	+01:26:24 10:15

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Official Timekeeper: Lap2Go	1 / 1	generate 21-abr-2024 14:27
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18 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	13,2°C	71%
End	13:59	13,2°C	71%

Official Timekeeper: Lap2Go	1 / 5	generate 21-abr-2024 14:06
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18 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	716	Hernâni Ferreira	VILAVENTURA TRAIL	01:58:13	+26:08	06:34	
44	680	Renato carvalho	SicóTrilhos	01:58:18	+26:13	06:34	
45	634	Joel Ferreira Costa	Individual	01:58:30	+26:25	06:35	
46	645	Joaquim Duarte	INDUSTRIAL DESPORTIVO VIEIRENSE	01:59:25	+27:20	06:38	
47	536	José Agostinho	Bairro dos Anjos	01:59:33	+27:28	06:38	
48	583	Pedro Relvas	GURUS-SUP	01:59:42	+27:37	06:39	
49	563	AQUILINO DIAS FERREIRA	Gaspar & Costa	01:59:42	+27:37	06:39	
50	684	Milton José Rodrigues Branco	SicóTrilhos	02:00:10	+28:05	06:41	
51	641	Joaquim Henriques	Individual	02:00:36	+28:31	06:42	
52	568	Fábio Ferreira	Grupo Alegre Unido Bajouca	02:01:03	+28:58	06:44	
53	569	Marco Reis	Grupo Alegre Unido Bajouca	02:02:07	+30:02	06:47	
54	539	Germano Capela	CA Barreira	02:02:15	+30:10	06:47	
55	576	Otelo Pereira	Grupo Alegre Unido Bajouca	02:02:20	+30:15	06:48	
56	650	Norberto Rosa	Malamens	02:02:29	+30:24	06:48	
57	558	João Josadak Acácio de Carvalho	FISIOSFERA	02:02:59	+30:54	06:50	
58	564	João Reis	GDRC UNIDOS	02:03:01	+30:56	06:50	
59	685	TIAGO FILIPE MARQUES OLIVEIRA	SicóTrilhos	02:03:09	+31:04	06:50	
60	630	Hélder Manuel dos Santos Morais Freire	Individual	02:04:03	+31:58	06:53	
61	735	Luis Fernandes	CPR A-DO-BARBAS	02:04:27	+32:22	06:55	
62	664	Carolina Rosa	SCPOMBAL/TRAILTEAM	02:04:37	+32:32	06:55	
63	629	Énio Mota	Individual	02:05:27	+33:22	06:58	
64	658	Dinis Santos	NCA Águias	02:05:35	+33:30	06:59	
65	671	Luís Rodrigues	SCPOMBAL/TRAILTEAM	02:06:35	+34:30	07:02	
66	665	Inês Tomás	SCPOMBAL/TRAILTEAM	02:06:37	+34:32	07:02	
67	621	Renato Martins	Individual	02:07:00	+34:55	07:03	
68	591	Edgar Manso	Individual	02:07:25	+35:20	07:05	
69	648	Jorge Henriques	Lourival Bike Team	02:08:10	+36:05	07:07	
70	582	Daniel Janeiro	GURUS-SUP	02:08:28	+36:23	07:08	
71	534	Sandra Gonçalves	Bairro dos Anjos	02:09:34	+37:29	07:12	
72	719	Bernardo Monteiro	VILAVENTURA TRAIL	02:10:33	+38:28	07:15	
73	525	Gonçalo Ferreira	ARLU TRAIL	02:10:45	+38:40	07:16	
74	598	Martim Santos	Individual	02:12:37	+40:32	07:22	
75	703	Carlos Matias	trail da ladeia running team	02:12:39	+40:34	07:22	
76	653	Virgínia Simões	NCA Águias	02:12:51	+40:46	07:23	
77	538	Daniel Lourenço	CA Barreira	02:13:13	+41:08	07:24	
78	601	Pedro Pereira	Individual	02:13:16	+41:11	07:24	
79	720	Carlos Capitão	VILAVENTURA TRAIL	02:13:19	+41:14	07:24	
80	652	Carolina Simões	NCA Águias	02:13:24	+41:19	07:25	
81	2	Gina Maria Estrela Domingues	SCPOMBAL/TRAILTEAM	02:13:43	+41:38	07:26	
82	627	Álvaro Nidegger	Individual	02:14:53	+42:48	07:30	
83	532	Jorge Santos	Avelar Sunset Team	02:15:02	+42:57	07:30	
84	659	Nelson Jorge	NCA Águias	02:15:15	+43:10	07:31	
85	623	Rui Neves	Individual	02:15:31	+43:26	07:32	
86	565	Luis Rosa	GDRC UNIDOS	02:15:45	+43:40	07:33	
87	682	Tomás Claro	SicóTrilhos	02:15:56	+43:51	07:33	

18 KM

OFFICIAL RESULT

ON - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - T

Official Timekeeper: Lap2Go	3 / 5	generate 21-abr-2024 14:06
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18 KM

OFFICIAL RESULT

ON - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - T

Official Timekeeper: Lap2Go	4 / 5	generate 21-abr-2024 14:06
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18 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	5 / 5	generate 21-abr-2024 14:06
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18 KM

OFFICIAL RESULT

ON - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - T

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	664	Carolina Rosa	SCPOMBAL/TRAILTEAM	Senior Feminino	02:04:37	06:55
2	665	Inês Tomás	SCPOMBAL/TRAILTEAM	Senior Feminino	02:06:37	+01:59 07:02
3	652	Carolina Simões	NCA Águias	Senior Feminino	02:13:24	+08:47 07:25
4	548	Cátia Montez	CPR A-DO-BARBAS	Senior Feminino	02:16:05	+11:28 07:34
5	646	Maria Inês da Silva Oliveira	LAMA SOLTA	Senior Feminino	02:17:17	+12:39 07:38
6	586	Mercês Guarda	Individual	Senior Feminino	02:19:54	+15:16 07:46
7	688	Nancy Cantante	Talentos Objetivos	Senior Feminino	02:20:59	+16:21 07:50
8	567	Stefany Oliveira	Grupo Alegre Unido Bajouca	Senior Feminino	02:27:21	+22:43 08:11
9	666	Telma Lopes	SCPOMBAL/TRAILTEAM	Senior Feminino	02:34:44	+30:06 08:36
10	518	Verónica Serrano	Ansibikers	Senior Feminino	02:41:51	+37:14 09:00
11	660	Isabel Cravo	NDAP	Senior Feminino	02:45:51	+41:13 09:13
12	584	Carla Gomes	100 Gás Trail Team	Senior Feminino	02:46:31	+41:53 09:15
13	675	Tânia Silva	SicóTrilhos	Senior Feminino	02:48:25	+43:47 09:21
14	566	Lúsa Areia	Grupo Alegre Unido Bajouca	Senior Feminino	03:00:23	+55:45 10:01
15	587	Tânia da Silva Gaspar	Individual	Senior Feminino	03:06:17	+01:01:40 10:21
16	706	Patrícia Gameiro Gomes	Trilho do Castelejo	Senior Feminino	03:13:39	+01:09:01 10:45
17	501	Marisa Gomes	100 Gás Trail Team	Senior Feminino	03:14:14	+01:09:36 10:47
18	695	Melanie Pires	Trail da Amizade Runners	Senior Feminino	03:14:14	+01:09:36 10:47
19	585	Elsa Ferro	Individual	Senior Feminino	03:16:59	+01:12:22 10:57

1	541	João Santos	Clube de Atletismo da Nazaré	Senior Masculino	01:34:37	05:15
2	546	Rafael Matias	Clube Desportivo de Espite	Senior Masculino	01:34:53	+00:15 05:16
3	537	Tiago Alves	BTTralhos Bike Team	Senior Masculino	01:38:42	+04:05 05:29
4	517	Joel Silva	ADR Mata	Senior Masculino	01:38:46	+04:09 05:29
5	549	Alexandre Sousa	CPR A-DO-BARBAS	Senior Masculino	01:39:33	+04:55 05:32
6	689	David Marques	Talentos Objetivos	Senior Masculino	01:42:30	+07:53 05:42
7	550	Pedro Silva	CPR A-DO-BARBAS	Senior Masculino	01:42:43	+08:06 05:42
8	677	Luis Lopes	SicóTrilhos	Senior Masculino	01:44:31	+09:54 05:48
9	715	Cláudio Nóbrega	VILAVENTURA TRAIL	Senior Masculino	01:47:08	+12:31 05:57
10	523	Rodrigo Noivo	ARLU TRAIL	Senior Masculino	01:48:15	+13:38 06:01
11	545	Micael Costa	Clube Desportivo de Espite	Senior Masculino	01:50:18	+15:40 06:08
12	678	Nelson Filipe Ferreira Lopes	SicóTrilhos	Senior Masculino	01:50:24	+15:47 06:08
13	676	Diogo Nunes	SicóTrilhos	Senior Masculino	01:51:25	+16:48 06:11
14	521	Elio silva	ARLU TRAIL	Senior Masculino	01:51:33	+16:55 06:12
15	516	João Santana	ADR Mata	Senior Masculino	01:52:26	+17:49 06:15
16	716	Hernâni Ferreira	VILAVENTURA TRAIL	Senior Masculino	01:58:13	+23:36 06:34
17	680	Renato carvalho	SicóTrilhos	Senior Masculino	01:58:18	+23:41 06:34

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18 KM

OFFICIAL RESULT

18	568	Fábio Ferreira	Grupo Alegre Unido Bajouca	Senior Masculino	02:01:03	+26:26	06:44
19	569	Marco Reis	Grupo Alegre Unido Bajouca	Senior Masculino	02:02:07	+27:29	06:47
20	564	João Reis	GDRC UNIDOS	Senior Masculino	02:03:01	+28:24	06:50
21	591	Edgar Manso	Individual	Senior Masculino	02:07:25	+32:47	07:05
22	648	Jorge Henriques	Lourival Bike Team	Senior Masculino	02:08:10	+33:32	07:07
23	582	Daniel Janeiro	GURUS-SUP	Senior Masculino	02:08:28	+33:51	07:08
24	598	Martim Santos	Individual	Senior Masculino	02:12:37	+38:00	07:22
25	601	Pedro Pereira	Individual	Senior Masculino	02:13:16	+38:38	07:24
26	565	Luis Rosa	GDRC UNIDOS	Senior Masculino	02:15:45	+41:08	07:33
27	599	Nuno Alexandre	Individual	Senior Masculino	02:15:57	+41:20	07:33
28	502	João Gonçalves	100 Gás Trail Team	Senior Masculino	02:15:59	+41:22	07:33
29	690	Tiago Oliveira	Talentos Objetivos	Senior Masculino	02:16:31	+41:54	07:35
30	733	FRANCISCO FERREIRA	Individual	Senior Masculino	02:17:59	+43:22	07:40
31	663	João Antunes	RUN 4 FUN	Senior Masculino	02:20:18	+45:41	07:48
32	602	Vitor santos	Individual	Senior Masculino	02:20:48	+46:11	07:49
33	594	Hugo Filipe Pereira Faustino	Individual	Senior Masculino	02:22:55	+48:18	07:56
34	597	José Freitas	Individual	Senior Masculino	02:28:35	+53:58	08:15
35	708	Roberto Duarte	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	02:28:55	+54:18	08:16
36	667	Samuel Gaspar	SCPOMBAL/TRAILTEAM	Senior Masculino	02:29:24	+54:47	08:18
37	737	Ricardo Mainha	Individual	Senior Masculino	02:30:14	+55:37	08:21
38	522	Marco Simões	ARLU TRAIL	Senior Masculino	02:31:33	+56:56	08:25
39	596	João Monteiro	Individual	Senior Masculino	02:35:33	+01:00:56	08:38
40	707	Daniel Marcos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	02:39:59	+01:05:22	08:53
41	718	Joao Lopes	VILAVENTURA TRAIL	Senior Masculino	02:49:41	+01:15:04	09:26
42	590	Carlos Diogo Ribeiro Mendes	Individual	Senior Masculino	02:53:54	+01:19:17	09:40
43	717	João Carlos Santos Nogueira	VILAVENTURA TRAIL	Senior Masculino	02:54:06	+01:19:29	09:40
44	681	Tiago Freire	SicóTrilhos	Senior Masculino	02:54:11	+01:19:34	09:41
45	589	André Monteiro	Individual	Senior Masculino	03:04:17	+01:29:39	10:14
46	588	Alexandre Manuel Ribeiro Mendes	Individual	Senior Masculino	03:04:33	+01:29:56	10:15
47	600	Pedro Carvalho da Silva	Individual	Senior Masculino	03:05:06	+01:30:29	10:17
48	595	João Carrasqueira	Individual	Senior Masculino	03:11:33	+01:36:56	10:39

1	668	Raquel Francisco	SCPOMBAL/TRAILTEAM	Sub 23 Feminino	02:58:26	09:55
2	699	Mariana Vintém	trail da ladeia running team	Sub 23 Feminino	03:45:10	+46:43 12:31

1	570	João Tavares Pedrosa	Grupo Alegre Unido Bajouca	Sub 23 Masculino	01:38:29	05:28
2	721	Rúben Vieira	VILAVENTURA TRAIL	Sub 23 Masculino	01:56:11	+17:42 06:27
3	719	Bernardo Monteiro	VILAVENTURA TRAIL	Sub 23 Masculino	02:10:33	+32:04 07:15
4	720	Carlos Capitão	VILAVENTURA TRAIL	Sub 23 Masculino	02:13:19	+34:50 07:24
5	682	Tomás Claro	SicóTrilhos	Sub 23 Masculino	02:15:56	+37:27 07:33

Trail Sprint

18 KM

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OFFICIAL RESULT

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6	519	Diogo Tavares	Ansibikers	Sub 23 Masculino	02:28:34	+50:05	08:15
7	603	Tiago Rafael Duarte de Oliveira	Individual	Sub 23 Masculino	02:28:58	+50:29	08:17
8	700	Gonalo Vint3m	trail da ladeia running team	Sub 23 Masculino	03:09:53	+01:31:23	10:33

Veterana F40

1	547	Sofia Vieira	Clube Desportivo de Espite	Veterana F40	01:50:15	06:07
2	692	Marisa Bregieiro	Talentos Objetivos	Veterana F40	01:57:30	+07:15 06:32
3	691	Cristina Teixeira	Talentos Objetivos	Veterana F40	02:31:40	+41:25 08:26
4	529	Sandra Antunes	As Gazelas	Veterana F40	02:53:49	+01:03:34 09:39
5	606	Neuza Monteiro	Individual	Veterana F40	03:06:05	+01:15:49 10:20
6	605	Joana Bexiga	Individual	Veterana F40	03:57:38	+02:07:23 13:12

Veterana F45

1	653	Virgínia Simões	NCA Águias	Veterana F45	02:12:51	07:23
2	2	Gina Maria Estrela Domingues	SCPOMBAL/TRAILTEAM	Veterana F45	02:13:43	+00:52 07:26
3	669	Filomena Carvalho	SCPOMBAL/TRAILTEAM	Veterana F45	02:19:30	+06:39 07:45
4	533	Nélia Pedrosa	Bairro dos Anjos	Veterana F45	02:26:22	+13:30 08:08
5	709	Isabel Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F45	02:37:08	+24:17 08:44
6	701	Sabine Ferreira	trail da ladeia running team	Veterana F45	02:52:33	+39:41 09:35
7	610	Sónia Belém Mendes	Trail da Amizade Runners	Veterana F45	02:54:59	+42:07 09:43
8	507	Sónia Monteiro	AC Batalha	Veterana F45	03:22:46	+01:09:55 11:16
9	608	Paula Virgínia dos Santos Marques	Individual	Veterana F45	03:31:36	+01:18:44 11:45
10	609	Rita Adriano	Individual	Veterana F45	03:36:40	+01:23:49 12:02
11	607	Fátima Pereira	Individual	Veterana F45	04:26:17	+02:13:26 14:48

Veterana F50

1	534	Sandra Gonçalves	Bairro dos Anjos	Veterana F50	02:09:34	07:12
2	524	Lurdes Gaspar	ARLU TRAIL	Veterana F50	02:23:08	+13:34 07:57
3	683	Stephanie Silva	SicóTrilhos	Veterana F50	02:35:02	+25:28 08:37
4	655	SÓNIA DOMINGUES PEREIRA	NCA Águias	Veterana F50	02:39:21	+29:46 08:51
5	572	Silvia Franco	Grupo Alegre Unido Bajouca	Veterana F50	02:41:47	+32:13 08:59
6	571	Anabela Fernandes	Grupo Alegre Unido Bajouca	Veterana F50	02:56:11	+46:36 09:47
7	530	Maria João	As Gazelas	Veterana F50	03:02:05	+52:31 10:07
8	612	Isabel Simões	Individual	Veterana F50	03:14:26	+01:04:52 10:48
9	614	Maria Ramos	Individual	Veterana F50	03:20:13	+01:10:39 11:07

Veterano M40

1	656	Luís Lisboa	NCA Águias	Veterano M40	01:41:12	05:37
2	574	Hugo Horta	Grupo Alegre Unido Bajouca	Veterano M40	01:43:34	+02:21 05:45
3	559	Luis Campino	G.A.Caranguejeira	Veterano M40	01:45:14	+04:02 05:51

Trail Sprint

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

4	619	José Oliveira	Individual	Veterano M40	01:48:48	+07:35	06:03
5	615	António Oliveira	Individual	Veterano M40	01:51:06	+09:53	06:10
6	528	Rui João	ARMeirinhas	Veterano M40	01:51:20	+10:07	06:11
7	520	Alexandre Marcelo	Ansibikers	Veterano M40	01:55:00	+13:47	06:23
8	573	Fernando Domingues	Grupo Alegre Unido Bajouca	Veterano M40	01:56:30	+15:17	06:28
9	744	Bruno Jorge	VILAVENTURA TRAIL	Veterano M40	01:57:07	+15:55	06:30
10	645	Joaquim Duarte	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M40	01:59:25	+18:13	06:38
11	684	Milton José Rodrigues Branco	SicóTrilhos	Veterano M40	02:00:10	+18:58	06:41
12	558	João Josadak Acácio de Carvalho	FISIOSFERA	Veterano M40	02:02:59	+21:46	06:50
13	685	TIAGO FILIPE MARQUES OLIVEIRA	SicóTrilhos	Veterano M40	02:03:09	+21:56	06:50
14	621	Renato Martins	Individual	Veterano M40	02:07:00	+25:47	07:03
15	525	Gonçalo Ferreira	ARLU TRAIL	Veterano M40	02:10:45	+29:32	07:16
16	623	Rui Neves	Individual	Veterano M40	02:15:31	+34:19	07:32
17	624	Rui Rodrigues Silva	Individual	Veterano M40	02:17:09	+35:56	07:37
18	617	Helder dos Santos Russo Faia	Individual	Veterano M40	02:17:26	+36:13	07:38
19	662	António Manuel Ferreira Mendes	Ratatui Team	Veterano M40	02:23:06	+41:53	07:57
20	710	Fernando Braz	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M40	02:28:34	+47:21	08:15
21	622	Ricardo Gomes	Individual	Veterano M40	02:29:01	+47:49	08:17
22	562	FILIPE ALEXANDRE DE LIMA	Gaspar & Costa	Veterano M40	02:29:14	+48:01	08:17
23	553	António João Duarte Santana	cscrfcharneca	Veterano M40	02:32:24	+51:12	08:28
24	723	NUNO CARVALHO	VILAVENTURA TRAIL	Veterano M40	02:34:27	+53:14	08:35
25	616	Bruno Dinis	Individual	Veterano M40	02:44:32	+01:03:19	09:08
26	722	MARCO PASCOAL	VILAVENTURA TRAIL	Veterano M40	02:49:42	+01:08:30	09:26
27	670	Renato Santos	SCPOMBAL/TRAILTEAM	Veterano M40	02:58:32	+01:17:19	09:55
28	620	Mário Serrano	Individual	Veterano M40	03:06:05	+01:24:52	10:20
29	730	Filipe Cortez Pereira	Individual	Veterano M40	03:13:01	+01:31:48	10:43
30	618	Jaime Ferro	Individual	Veterano M40	03:16:59	+01:35:46	10:57
31	694	Jorge Ribeiro	Team Trail Solidário do 25	Veterano M40	04:28:58	+02:47:45	14:57

Veterano M45

1	551	Sérgio Junqueira	CPR A-DO-BARBAS	Veterano M45	01:35:00	05:17
2	575	Joel Couto	Grupo Alegre Unido Bajouca	Veterano M45	01:38:05	+03:05 05:27
3	526	Rui Isidoro	ARLU TRAIL	Veterano M45	01:46:14	+11:14 05:54
4	633	João Pedro Rodrigues	Individual	Veterano M45	01:53:17	+18:17 06:18
5	697	Pedro M L Quelhas	Trail da Amizade Runners	Veterano M45	01:53:21	+18:21 06:18
6	647	VÍTOR HUGO DA GRAÇA SIMÕES	LAMA SOLTA	Veterano M45	01:54:56	+19:56 06:23
7	634	Joel Ferreira Costa	Individual	Veterano M45	01:58:30	+23:30 06:35
8	576	Otelo Pereira	Grupo Alegre Unido Bajouca	Veterano M45	02:02:20	+27:19 06:48
9	650	Norberto Rosa	Malamens	Veterano M45	02:02:29	+27:29 06:48
10	630	Hélder Manuel dos Santos Morais Freire	Individual	Veterano M45	02:04:03	+29:03 06:53
11	735	Luis Fernandes	CPR A-DO-BARBAS	Veterano M45	02:04:27	+29:26 06:55
12	629	Énio Mota	Individual	Veterano M45	02:05:27	+30:26 06:58
13	671	Luís Rodrigues	SCPOMBAL/TRAILTEAM	Veterano M45	02:06:35	+31:35 07:02

18 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	5 / 6	generate 21-abr-2024 14:06
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Trail Sprint

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

8	514	Lino Carraco	ACRM Silveirinha Grande Claras	Veterano M55	02:42:56	+58:15	09:03
9	736	Arlindo de Jesus Oliveira	Devagar devagarinho....	Veterano M55	03:35:48	+01:51:07	11:59

Veterano M60

1	513	ANTÓNIO SILVINO	AC VERMOIL	Veterano M60	01:46:40	05:56
2	536	José Agostinho	Bairro dos Anjos	Veterano M60	01:59:33	+12:53 06:38
3	563	AQUILINO DIAS FERREIRA	Gaspar & Costa	Veterano M60	01:59:42	+13:02 06:39
4	532	Jorge Santos	Avelar Sunset Team	Veterano M60	02:15:02	+28:22 07:30
5	581	Filipe Carvalheiro	Grupo Alegre Unido Bajouca	Veterano M60	02:16:32	+29:52 07:35
6	651	Manuel Gaspar	Malamens	Veterano M60	02:19:59	+33:19 07:47
7	698	Alfredo Valente	Trail da Amizade Runners	Veterano M60	02:25:34	+38:53 08:05
8	542	José Rato	Clube de Atletismo da Nazaré	Veterano M60	02:26:13	+39:33 08:07
9	557	Luís Fernando Rocha das Neves	cscrcharneca	Veterano M60	02:28:03	+41:23 08:14
10	504	Fernando Tavares	100 Gás Trail Team	Veterano M60	02:32:15	+45:34 08:27
11	540	Jorge Agostinho	CA Barreira	Veterano M60	02:36:09	+49:29 08:40
12	556	Jorge Manuel Fernandes Figueiral	cscrcharneca	Veterano M60	02:41:42	+55:02 08:59
13	644	Vitor Manuel Borges Fontes	Individual	Veterano M60	02:45:59	+59:19 09:13
14	724	Hélder sousa monteiro	VILAVENTURA TRAIL	Veterano M60	03:02:07	+01:15:27 10:07
15	643	Virgílio Oliveira	Individual	Veterano M60	03:36:37	+01:49:57 12:02
16	543	Luis Delgado	Clube de Atletismo da Nazaré	Veterano M60	04:16:58	+02:30:18 14:17

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Official Timekeeper: Lap2Go	1 / 1	generate 21-abr-2024 14:04
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Official Timekeeper: Lap2Go	1 / 1	generate 21-abr-2024 14:05
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12 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1067	Marco Helder Mota Branco Ferreira Gomes	Individual	58:40		04:53	
2	1027	Ricardo Nunes	Grupo Alegre Unido Bajouca	01:02:59	+04:19	05:15	
3	1119	Bruno Antunes	VILAVENTURA TRAIL	01:03:12	+04:32	05:16	
4	1146	Luís Marques	LAMA SOLTA	01:04:42	+06:02	05:23	
5	1089	Alcides Ferreira	NCA Águias	01:05:28	+06:48	05:27	
6	1098	João Gomes	SicóTrilhos	01:05:47	+07:07	05:29	
7	1011	Igor Neves	ACDRS QUINHENDROS	01:06:54	+08:14	05:35	
8	1071	Nuno Ferreira	SCPOMBAL/TRAILTEAM	01:09:44	+11:04	05:49	
9	696	Gabriel Fazenda	Trail da Amizade Runners	01:09:47	+11:07	05:49	
10	1080	Valter Filipe da Silva Gomes	Individual	01:10:09	+11:29	05:51	
11	1153	Afonso Simões	OPraticante.pt/Trail da Ladeia	01:10:31	+11:51	05:53	
12	1081	Diogo Carvalho	Individual	01:10:52	+12:12	05:54	
13	1012	Henrique Carvalheiro	ACRM Silveirinha Grande Claras	01:11:21	+12:41	05:57	
14	1063	José Manuel Gaspar Lopes	Individual	01:14:39	+15:59	06:13	
15	1057	Ivo Neto	Individual	01:15:13	+16:33	06:16	
16	1052	Fernando Godinho	Individual	01:15:32	+16:52	06:18	
17	1154	Gabriel Mendes Lopes	OPraticante.pt/Trail da Ladeia	01:15:35	+16:55	06:18	
18	29	Dário Santos	Individual	01:17:13	+18:33	06:26	
19	1084	Diogo Caseiro	LIZ RUNNERS	01:18:19	+19:39	06:32	
20	1055	Henrique Lavaredas	Individual	01:19:40	+21:00	06:38	
21	741	Tiago Vicente	Hallstar	01:20:04	+21:24	06:40	
22	1073	Nuno Ricardo da Silva Moreira	Individual	01:20:42	+22:02	06:44	
23	1022	Liliana Sofia Ribeiro de Almeida	FISIOSFERA	01:20:57	+22:17	06:45	
24	1083	Ilídio Leal dos Santos	LAMA SOLTA	01:21:39	+22:59	06:48	
25	1095	David Carreira Figueirinha	Runmelt	01:21:45	+23:05	06:49	
26	1125	Carlos Fresco	Xplose	01:21:49	+23:09	06:49	
27	1145	Patrick Carvalho	Diabinhos de Samuel	01:22:45	+24:05	06:54	
28	1058	João Manuel Cordeiro Gonçalves	Individual	01:23:21	+24:41	06:57	
29	1062	Jorge Faria	Individual	01:23:58	+25:18	07:00	
30	1005	MARTA FONSECA	AC VERMOIL	01:25:29	+26:49	07:07	
31	1020	Pedro Rocha	Clube de Atletismo da Nazaré	01:25:34	+26:54	07:08	
32	1018	Bruno Vital	Avelar Sunset Team	01:25:43	+27:03	07:09	
33	1079	Sérgio Miranda	Individual	01:25:46	+27:06	07:09	
34	1064	José Miguel Ferreira santos	Individual	01:26:02	+27:22	07:10	
35	1038	Manuela Frias	Pombal Jornal	01:26:17	+27:37	07:11	
36	1077	Ricardo Curado Torres	Individual	01:26:30	+27:50	07:12	
37	1046	Susana Moreira das Neves	Individual	01:26:38	+27:58	07:13	
38	1147	Marco Murgeiro	Individual	01:26:53	+28:13	07:14	
39	1151	Jorge Ortolá	OPraticante.pt/Trail da Ladeia	01:27:18	+28:38	07:16	
40	1036	Lídia Claro	Individual	01:27:33	+28:53	07:18	
41	1040	Marisa Silva	Individual	01:27:34	+28:54	07:18	

12 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	2 / 3	generate 21-abr-2024 14:01
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12 KM

OFFICIAL RESULT

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	1032	Fátima Marques	Individual	01:52:31	+53:51	09:23	
89	1041	Natália Domingues Duarte Mendes	Individual	01:54:13	+55:33	09:31	
90	1024	CATARINA ISABEL NETO SANTOS	Gaspar & Costa	01:55:54	+57:14	09:39	
91	1072	Nuno Marques	Individual	01:56:45	+58:05	09:44	
92	1014	Ana Margarida Cordeiro Oliveira	ActiveLifebyTiagoSilva	01:56:46	+58:06	09:44	
93	1085	Elisabete Pereira	Malamens	01:56:46	+58:06	09:44	
94	1086	Gilvania Gaspar	Malamens	01:56:47	+58:07	09:44	
95	1112	Beatriz Ferreira Anastácio	trail da ladeia running team	01:56:49	+58:09	09:44	
96	1116	Ana Simões	Vieira Team	01:57:13	+58:33	09:46	
97	1117	Sofia Farias	Vieira Team	01:57:17	+58:37	09:46	
98	1092	Anabela Cruz	Run & Fun	02:00:29	+01:01:49	10:02	
99	1044	Rita Isabel Alves Gonçalves	Individual	02:01:00	+01:02:20	10:05	
100	1037	Liliana Marques	Individual	02:01:57	+01:03:17	10:10	
101	1152	Sónia Mendes	OPraticante.pt/Trail da Ladeia	02:05:19	+01:06:39	10:27	
102	1087	Carla Pimenta	MmCp	02:05:24	+01:06:44	10:27	
103	1157	Inês Freitas	SicóTrilhos	02:05:25	+01:06:45	10:27	
104	1103	Hugo Barros	SicóTrilhos	02:05:26	+01:06:46	10:27	
105	1149	Tiago Barros	SicóTrilhos	02:05:26	+01:06:46	10:27	
106	1106	Mara Andreia Gonçalves dos Santos	SUMOL+COMPAL	02:05:27	+01:06:47	10:27	
107	1002	MARGARIDA LIMA	100 Gás Trail Team	02:05:27	+01:06:47	10:27	
108	1003	HELDER CARRASQUEIRA	100 Gás Trail Team	02:05:28	+01:06:48	10:27	
109	1114	Licinia Freire	trail da ladeia running team	02:05:34	+01:06:54	10:28	
110	702	Marisa Teixeira	trail da ladeia running team	02:05:39	+01:06:59	10:28	
111	1093	Diana Lopes	Run & Fun	02:05:59	+01:07:19	10:30	
112	1070	Nelson Santos Nogueira	VILAVENTURA TRAIL	02:06:41	+01:08:01	10:33	
113	1025	PATRÍCIA PIMENTA GASPAR	Gaspar & Costa	02:07:30	+01:08:50	10:38	
114	1059	João Rocha Quaresma	Individual	02:17:01	+01:18:21	11:25	
115	1122	Cristina Dias	Xplose	02:19:22	+01:20:42	11:37	
116	1015	Helena Alonso	ActiveLifebyTiagoSilva	02:21:57	+01:23:17	11:50	
117	1016	António Trigo	ActiveLifebyTiagoSilva	02:21:58	+01:23:18	11:50	
118	613	Maria Celmira Lourenço Teixeira	Individual	02:23:02	+01:24:22	11:55	
119	1155	Helena Marques	Individual	02:49:30	+01:50:50	14:07	
120	1045	Rosa Jerónimo	Individual	02:52:18	+01:53:38	14:21	
121	1034	Graça Calisto	Individual	02:52:18	+01:53:38	14:22	
122	1124	Salomé Almeida	Xplose	02:59:35	+02:00:55	14:58	
123	1121	Catarina Vieira	Xplose	02:59:36	+02:00:56	14:58	
124	1126	Tiago Carvalho	Xplose	02:59:36	+02:00:56	14:58	
125	1110	Noemie Freire	Team Trail Solidário do 25	03:28:23	+02:29:43	17:22	
126	1156	Beatriz Rebelo	Individual	03:28:23	+02:29:43	17:22	

12 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Official Timekeeper: Lap2Go	1 / 4	generate 21-abr-2024 14:02
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Mini Trail

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

23	1032	Fátima Marques	Individual	Senior Feminino	01:52:31	+31:33	09:23
24	1041	Natália Domingues Duarte Mendes	Individual	Senior Feminino	01:54:13	+33:15	09:31
25	1024	CATARINA ISABEL NETO SANTOS	Gaspar & Costa	Senior Feminino	01:55:54	+34:56	09:39
26	1014	Ana Margarida Cordeiro Oliveira	ActiveLifebyTiagoSilva	Senior Feminino	01:56:46	+35:48	09:44
27	1085	Elisabete Pereira	Malamens	Senior Feminino	01:56:46	+35:48	09:44
28	1086	Gilvania Gaspar	Malamens	Senior Feminino	01:56:47	+35:49	09:44
29	1116	Ana Simões	Vieira Team	Senior Feminino	01:57:13	+36:15	09:46
30	1117	Sofia Farias	Vieira Team	Senior Feminino	01:57:17	+36:19	09:46
31	1092	Anabela Cruz	Run & Fun	Senior Feminino	02:00:29	+39:31	10:02
32	1044	Rita Isabel Alves Gonçalves	Individual	Senior Feminino	02:01:00	+40:02	10:05
33	1037	Liliana Marques	Individual	Senior Feminino	02:01:57	+40:59	10:10
34	1152	Sónia Mendes	OPraticante.pt/Trail da Ladeia	Senior Feminino	02:05:19	+44:21	10:27
35	1087	Carla Pimenta	MmCp	Senior Feminino	02:05:24	+44:26	10:27
36	1157	Inês Freitas	SicóTrilhos	Senior Feminino	02:05:25	+44:27	10:27
37	1106	Mara Andreia Gonçalves dos Santos	SUMOL+COMPAL	Senior Feminino	02:05:27	+44:29	10:27
38	1002	MARGARIDA LIMA	100 Gás Trail Team	Senior Feminino	02:05:27	+44:29	10:27
39	1114	Licinia Freire	trail da ladeia running team	Senior Feminino	02:05:34	+44:36	10:28
40	702	Marisa Teixeira	trail da ladeia running team	Senior Feminino	02:05:39	+44:41	10:28
41	1093	Diana Lopes	Run & Fun	Senior Feminino	02:05:59	+45:01	10:30
42	1025	PATRÍCIA PIMENTA GASPAR	Gaspar & Costa	Senior Feminino	02:07:30	+46:32	10:38
43	1122	Cristina Dias	Xplose	Senior Feminino	02:19:22	+58:24	11:37
44	1015	Helena Alonso	ActiveLifebyTiagoSilva	Senior Feminino	02:21:57	+01:00:59	11:50
45	613	Maria Celmira Lourenço Teixeira	Individual	Senior Feminino	02:23:02	+01:02:04	11:55
46	1155	Helena Marques	Individual	Senior Feminino	02:49:30	+01:28:32	14:07
47	1045	Rosa Jerónimo	Individual	Senior Feminino	02:52:18	+01:31:20	14:21
48	1034	Graça Calisto	Individual	Senior Feminino	02:52:18	+01:31:20	14:22
49	1124	Salomé Almeida	Xplose	Senior Feminino	02:59:35	+01:38:37	14:58
50	1121	Catarina Vieira	Xplose	Senior Feminino	02:59:36	+01:38:38	14:58
51	1110	Noemie Freire	Team Trail Solidário do 25	Senior Feminino	03:28:23	+02:07:25	17:22
52	1156	Beatriz Rebelo	Individual	Senior Feminino	03:28:23	+02:07:25	17:22

Senior Masculino

1	1067	Marco Helder Mota Branco Ferreira Gomes	Individual	Senior Masculino	58:40	04:53
2	1027	Ricardo Nunes	Grupo Alegre Unido Bajouca	Senior Masculino	01:02:59	+04:18 05:15
3	1119	Bruno Antunes	VILAVENTURA TRAIL	Senior Masculino	01:03:12	+04:31 05:16
4	1146	Luís Marques	LAMA SOLTA	Senior Masculino	01:04:42	+06:01 05:23
5	1089	Alcides Ferreira	NCA Águias	Senior Masculino	01:05:28	+06:48 05:27
6	1011	Igor Neves	ACDRS QUINHENDROS	Senior Masculino	01:06:54	+08:14 05:35
7	1071	Nuno Ferreira	SCPOMBAL/TRAILTEAM	Senior Masculino	01:09:44	+11:03 05:49
8	1080	Valter Filipe da Silva Gomes	Individual	Senior Masculino	01:10:09	+11:28 05:51
9	1012	Henrique Carvalheiro	ACRM Silveirinha Grande Claras	Senior Masculino	01:11:21	+12:41 05:57
10	1063	José Manuel Gaspar Lopes	Individual	Senior Masculino	01:14:39	+15:58 06:13
11	1057	Ivo Neto	Individual	Senior Masculino	01:15:13	+16:32 06:16
12	1052	Fernando Godinho	Individual	Senior Masculino	01:15:32	+16:51 06:18

Official Timekeeper: Lap2Go	2 / 4	generate 21-abr-2024 14:02
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12 KM

OFFICIAL RESULT

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

Official Timekeeper: Lap2Go	3 / 4	generate 21-abr-2024 14:02
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12 KM

OFFICIAL RESULT

59	1072	Nuno Marques	Individual	Senior Masculino	01:56:45	+58:04	09:44
60	1103	Hugo Barros	SicóTrilhos	Senior Masculino	02:05:26	+01:06:45	10:27
61	1149	Tiago Barros	SicóTrilhos	Senior Masculino	02:05:26	+01:06:45	10:27
62	1003	HELDER CARRASQUEIRA	100 Gás Trail Team	Senior Masculino	02:05:28	+01:06:48	10:27
63	1070	Nelson Santos Nogueira	VILAVENTURA TRAIL	Senior Masculino	02:06:41	+01:08:00	10:33
64	1059	João Rocha Quaresma	Individual	Senior Masculino	02:17:01	+01:18:20	11:25
65	1016	António Trigo	ActiveLifebyTiagoSilva	Senior Masculino	02:21:58	+01:23:17	11:50
66	1126	Tiago Carvalho	Xplose	Senior Masculino	02:59:36	+02:00:56	14:58

1	1081	Diogo Carvalho	Individual	Sub 23 Masculino	01:10:52	05:54
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