

TRAIL LONGO

22 KM

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

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	Time	Temperature	Humidity
Start	09:30	19,6°C	66%
End	14:39	24,6°C	55,6%

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
1	1	Diogo Fernandes	ofttel runners/afa cycles/alive fitness club	Senior Masculino	02:00:50	02:00:50	05:30
2	124	Ricardo Jorge Gonçalves da Silva	edv - viana trail	Senior Masculino	02:00:53	02:00:52	05:30
3	15	Albino Daniel Almeida Magalhães	edv - viana trail	Senior Masculino	02:01:51	02:01:51	05:32
4	11	António Martins	confraria trotamontes	Veterano M45	02:07:54	02:07:53	05:49
5	5	ARMANDINO TABORDA	oralklass-amigos do trail	Veterano M40	02:09:02	02:09:01	05:52
6	3	Belmiro Moreira Ferreira	individual	Veterano M45	02:10:00	02:10:00	05:55
7	542	Dinis Henrique Ferreira Guerra Gonçalves	multipower gaia trail	Senior Masculino	02:13:44	02:13:43	06:05
8	9	Luis Gil	juventude vidigalense	Senior Masculino	02:14:16	02:14:13	06:06
9	128	Jérôme Rocha Rodrigues	edv - viana trail	Senior Masculino	02:16:22	02:16:19	06:12
10	491	Gonçalo joao pereira de jesu	individual	Sub 23 Masculino	02:17:55	02:17:55	06:16
11	113	PAULO CÉSAR FERREIRA	ctad tiagoaragao.com	Senior Masculino	02:19:00	02:18:59	06:19
12	163	Tiago Teixeira	ginásio factor x	Senior Masculino	02:19:16	02:19:15	06:20
13	627	Paulo Domingues	shots international runners	Senior Masculino	02:20:01	02:19:49	06:22
14	114	Tiago Aragão	ctad tiagoaragao.com	Senior Masculino	02:20:21	02:20:18	06:23
15	535	João Pedro Pedrosa Nunes	multipower gaia trail	Senior Masculino	02:20:26	02:20:26	06:23
16	111	Victor Fernandes	ctad tiagoaragao.com	Senior Masculino	02:20:57	02:20:55	06:24
17	539	Bruno Fernando Alves Santiago	multipower gaia trail	Senior Masculino	02:22:07	02:22:06	06:28
18	181	Vitor Manuel Ferreira de Sousa	gondomar futsal clube	Veterano M45	02:22:22	02:22:20	06:28
19	129	Jorge Manuel Meira Rocha	edv - viana trail	Senior Masculino	02:23:23	02:23:21	06:31
20	133	Artur Manuel Ribeiro Cunha Matos	edv - viana trail	Veterano M45	02:23:29	02:23:28	06:31
21	192	andre cunha	guimarães running	Senior Masculino	02:23:47	02:23:43	06:32
22	191	Joaquim Manuel Martins De Freitas	grupo recreativo e dramático da retorta	Senior Masculino	02:25:30	02:25:23	06:37
23	544	Ivo Peko	multipower gaia trail	Senior Masculino	02:26:11	02:26:09	06:39
24	55	Pedro Baptista	arism - associação recreativa s. miguel	Senior Masculino	02:26:12	02:26:08	06:39
25	680	Vitor Hugo Oliveira da Silva	vimarunners	Senior Masculino	02:26:42	02:26:37	06:40
26	41	João Manuel do Vale Pereira Borges	addicted to trail	Senior Masculino	02:26:56	02:26:42	06:41
27	429	Paulo Jorge Vaz Gomes	individual	Veterano M45	02:27:42	02:27:36	06:43
28	57	Carlos Simões	arism - associação recreativa s. miguel	Veterano M45	02:28:03	02:28:01	06:44
29	134	Amaro Costa	edv - viana trail	Senior Masculino	02:28:21	02:28:19	06:45
30	79	Nuno Ferreira	be fitness	Sub 23 Masculino	02:29:31	02:29:30	06:48
31	166	José Paulo Ribeiro	ginásio factor x	Senior Masculino	02:29:32	02:29:31	06:48
32	637	Rogério Vicente	starolas	Senior Masculino	02:29:38	02:29:32	06:48
33	112	Nelson Amaral	ctad tiagoaragao.com	Senior Masculino	02:29:39	02:29:35	06:48
34	119	Pedro Ferrás da Silva Fernandes	ctad tiagoaragao.com	Senior Masculino	02:29:42	02:29:38	06:48
35	225	Joaquim machado pereira	individual	Veterano M45	02:29:56	02:29:54	06:49
36	141	Nelson Constantino	electrico futebol clube	Senior Masculino	02:30:22	02:30:22	06:50
37	170	Fernando Noronha	ginásio factor x	Veterano M45	02:30:24	02:30:22	06:50
38	34	ALVARO FERNANDEZ LOPEZ	todovertical v+	Senior Masculino	02:30:48	02:30:48	06:51
39	664	Abilio José Leite Marques	unidade especial de corrida	Veterano M50	02:30:53	02:30:46	06:52
40	23	Nuno Barra	ginásio factor x	Veterano M45	02:31:21	02:31:19	06:53

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
41	13	Adelino martins da silva	grupo recreativo e dramático da retorta	Veterano M40	02:31:37	02:31:36	06:54
42	523	Filipe Rodrigues Pereira	minho aventura	Senior Masculino	02:32:47	02:32:42	06:57
43	665	Rui Filipe Taipa Santos	unidade especial de corrida	Senior Masculino	02:33:46	02:33:39	06:59
44	575	Sérgio Suzano	oraklass-amigos do trail	Senior Masculino	02:34:07	02:34:01	07:00
45	527	Igor Salvador dos Santos Lopes da Silva	minho aventura	Senior Masculino	02:34:34	02:34:25	07:02
46	581	Vitor Pinto	oraklass-amigos do trail	Senior Masculino	02:34:42	02:34:42	07:02
47	149	Ricardo Rocha	fast ao km	Senior Masculino	02:34:55	02:34:52	07:03
48	611	Pedro Sousa	proaventuras	Veterano M55	02:35:25	02:35:17	07:04
49	699	Paulo Silva	paredes aventura	Veterano M40	02:35:26	02:35:01	07:04
50	135	stephane simoes	edv - viana trail	Senior Masculino	02:36:27	02:36:23	07:07
51	131	José Manuel Santos Faria	edv - viana trail	Senior Masculino	02:36:27	02:36:24	07:07
52	489	Aurélio Rebelo	individual	Senior Masculino	02:36:35	02:36:22	07:07
53	276	Mateus Silva	individual	Veterano M50	02:36:36	02:36:32	07:07
54	668	Filipe Miguel Grilo Teixeira	unidade especial de corrida	Senior Masculino	02:36:39	02:36:33	07:07
55	136	pedro caldas	edv - viana trail	Senior Masculino	02:37:10	02:37:05	07:09
56	583	Manue Augusto Correia Ferreira	oraklass-amigos do trail	Veterano M50	02:37:33	02:37:31	07:10
57	570	Fernando Queirós	oraklass-amigos do trail	Veterano M40	02:38:13	02:38:08	07:12
58	2	Lucinda Santos Sousa	gondomar futsal clube	Veterana F40	02:38:17	02:38:15	07:12
59	248	FREDERICO FERNANDES	individual	Senior Masculino	02:38:18	02:38:07	07:12
60	127	José Carlos Mesquita Alcobia	edv - viana trail	Veterano M40	02:38:34	02:38:32	07:12
61	268	José Manuel da Silva Soares	individual	Veterano M40	02:39:02	02:38:48	07:14
62	580	Fernando Taborda	oraklass-amigos do trail	Senior Masculino	02:39:38	02:39:37	07:15
63	576	Filipe Sousa	oraklass-amigos do trail	Senior Masculino	02:39:44	02:39:39	07:16
64	50	José Guilherme Féteira	arsm - associação recreativa s. miguel	Veterano M45	02:39:58	02:39:56	07:16
65	389	césar duarte	individual	Senior Masculino	02:40:06	02:40:04	07:17
66	596	Pedro Pratas	paredes aventura	Veterano M40	02:40:13	02:39:48	07:17
67	561	Maria Areias	oraklass-amigos do trail	Senior Feminino	02:40:15	02:40:11	07:17
68	7	António Magalhães	g.d. leões da guarda	Veterano M40	02:40:24	02:40:23	07:17
69	423	Ricardo Moreira	individual	Senior Masculino	02:40:41	02:40:35	07:18
70	355	Alexandre Pinto	individual	Senior Masculino	02:40:49	02:40:34	07:19
71	528	Luis Gonzaga	minho aventura	Veterano M45	02:40:57	02:40:49	07:19
72	150	Hugo Caldeira	fast n` furious	Senior Masculino	02:41:00	02:40:50	07:19
73	498	David Ferreira	individual	Senior Masculino	02:41:04	02:40:57	07:19
74	139	Vitor Rodrigues	electrico futebol clube	Senior Masculino	02:41:19	02:41:18	07:20
75	554	Gonçalo Manuel Marinho Lopes da Mota	nast	Veterano M40	02:41:39	02:41:37	07:21
76	691	Carlos Braz	nast	Senior Masculino	02:41:39	02:41:38	07:21
77	555	António Domingos Moreira de Freitas	nast	Senior Masculino	02:41:39	02:41:37	07:21
78	116	Pedro Miguel Moreira Mouta	ctad tiagoaragao.com	Senior Masculino	02:41:43	02:41:39	07:21
79	239	Nuno Abreu	individual	Senior Masculino	02:42:30	02:42:25	07:23
80	105	Jorge Manuel de Jesus Maia	clube zipper	Veterano M45	02:42:31	02:42:25	07:23
81	513	Eurico Moura	kemedo team	Senior Masculino	02:42:46	02:42:34	07:24
82	696	Rolando Santos	engomadoria l&a team	Senior Masculino	02:42:46	02:42:45	07:24
83	287	Nelson Sousa Marques	individual	Senior Masculino	02:42:46	02:42:43	07:24
84	132	José Domingos Fernandes Santos	edv - viana trail	Veterano M45	02:42:47	02:42:45	07:24

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
174	33	MARIA ABAL AUSTRI	todovertical v+	Senior Feminino	02:59:54	02:59:53	08:11
175	609	Jorge Manuel Nogueira Magalhães	porto runners	Veterano M40	03:00:18	03:00:12	08:12
176	415	Miguel Paredes	individual	Senior Masculino	03:00:21	03:00:17	08:12
177	434	Anabela Lopes Faria	individual	Senior Feminino	03:00:22	03:00:19	08:12
178	27	Bernardino C. Andrade	maia ac - go saúde	Veterano M40	03:00:25	03:00:01	08:12
179	534	Guilherme Martins	movimento juventude de merelim	Veterano M40	03:01:05	03:00:58	08:14
180	441	RICARDO JORGE MAIA ALBUQUERQUE	individual	Senior Masculino	03:01:27	03:01:21	08:15
181	104	Rui Jorge Canelhas Bastos Neves	clube zipper	Senior Masculino	03:01:35	03:01:24	08:15
182	632	Mário Oliveira	shots international runners	Senior Masculino	03:01:40	03:01:26	08:15
183	536	André Peixoto Costa Assunção	multipower gaia trail	Senior Masculino	03:01:44	03:01:36	08:16
184	405	Anselmo Pinto	vimarunners	Veterano M40	03:02:04	03:01:59	08:17
185	130	Nuno Ricardo Neto Franco Santos Cintra	edv - viana trail	Veterano M40	03:02:30	03:02:27	08:18
186	198	Hélder Tavares de Lemos	individual	Senior Masculino	03:02:38	03:02:32	08:18
187	579	Fernando Rocha Santos	oralklass-amigos do trail	Senior Masculino	03:02:45	03:02:35	08:18
188	309	Carlos Silva	individual	Veterano M45	03:02:46	03:02:36	08:18
189	100	Pedro Cancelo	clube zipper	Senior Masculino	03:02:57	03:02:47	08:19
190	254	Luís Guise	individual	Veterano M45	03:03:28	03:03:22	08:20
191	569	Pedro Duarte	oralklass-amigos do trail	Senior Masculino	03:03:57	03:03:47	08:22
192	574	Rui Costa	oralklass-amigos do trail	Sub 23 Masculino	03:03:57	03:03:47	08:22
193	264	manuel antonio ferreira pinto teixeira	individual	Veterano M40	03:03:57	03:03:53	08:22
194	477	Manuel Soares	individual	Senior Masculino	03:04:16	03:03:56	08:23
195	638	Nuno Sobral	team duas faces	Senior Masculino	03:04:31	03:04:28	08:23
196	83	José Luis Loureiro	blade runners	Veterano M50	03:04:33	03:04:30	08:23
197	525	Pedro Filipe Couto Nóvoa	minho aventura	Veterano M50	03:04:36	03:04:28	08:23
198	155	Cipriano Sousa	g.d. leões da guarda	Senior Masculino	03:04:40	03:04:38	08:24
199	409	ANDRÉ MIGUEL REIS	individual	Veterano M40	03:04:49	03:04:23	08:24
200	51	Ana Maria Féteira	arsm - associação recreativa s. miguel	Senior Feminino	03:04:51	03:04:47	08:24
201	252	alipio lopes	individual	Veterano M50	03:04:58	03:04:52	08:24
202	285	Paulo Jorge Pinho Ferreira	individual	Veterano M45	03:05:06	03:04:54	08:25
203	313	André Mesquita Guimarães	individual	Senior Masculino	03:05:31	03:05:12	08:26
204	545	Cristina Isabel Mendes Oliveira Dias	multipower gaia trail	Senior Feminino	03:05:32	03:05:27	08:26
205	505	Pedro Miguel Gonçalves da Silva Barbosa	individual	Veterano M40	03:05:33	03:05:25	08:26
206	671	PAULO SÉRGIO DA CUNHA AMORIM	usgunas	Veterano M45	03:05:48	03:05:43	08:27
207	591	pedro lopes	os caga tacos running team	Senior Masculino	03:05:56	03:05:32	08:27
208	215	Carlos Azevedo	individual	Senior Masculino	03:06:15	03:05:56	08:28
209	216	Marco Dias	individual	Senior Masculino	03:06:15	03:05:55	08:28
210	227	Lieven Verraest	individual	Veterano M45	03:06:19	03:06:03	08:28
211	60	Moisés Manso Nunes	arsm - associação recreativa s. miguel	Veterano M45	03:06:20	03:05:58	08:28
212	153	Carlos Frias	g.d. leões da guarda	Veterano M55	03:06:25	03:06:24	08:28
213	458	Rui Pedro Pinto	individual	Senior Masculino	03:06:33	03:06:10	08:29
214	584	Joana Catarina	oralklass-amigos do trail	Senior Feminino	03:06:44	03:06:35	08:29
215	101	Nuno Filipe Moreira Ribeiro	clube zipper	Senior Masculino	03:06:48	03:06:39	08:29

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

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
216	331	Rodrigo Oliveira	individual	Senior Masculino	03:06:53	03:06:11	08:30
217	504	Diogo Silva	individual	Senior Masculino	03:07:37	03:07:31	08:32
218	667	César Edgar de Sousa Leão	unidade especial de corrida	Senior Masculino	03:08:08	03:08:01	08:33
219	681	Bruno Fernandes	vimarunners	Senior Masculino	03:08:20	03:08:15	08:34
220	178	Carlos Martins	ginásio fit4fun	Senior Masculino	03:08:27	03:08:22	08:34
221	200	Regina Maria Serra Fernandes	individual	Senior Feminino	03:08:29	03:08:19	08:34
222	468	Nuno Oliveira	individual	Senior Masculino	03:08:46	03:08:36	08:35
223	502	Tiago Amaral	individual	Senior Masculino	03:08:47	03:08:40	08:35
224	20	Liliana Gomes	run&shine	Senior Feminino	03:08:47	03:08:40	08:35
225	363	Ricardo Carvalho	individual	Senior Masculino	03:08:49	03:08:41	08:35
226	250	Fernando Renato Gonçalves Oliveira	individual	Veterano M40	03:09:18	03:09:14	08:36
227	386	Filipe Campelo Lemos	individual	Veterano M45	03:09:40	03:09:22	08:37
228	501	Pedro Pinheiro	individual	Sub 23 Masculino	03:09:41	03:09:26	08:37
229	142	João Paio	electrico futebol clube	Veterano M45	03:09:52	03:09:48	08:38
230	121	Fátima Alendouro	desnível positivo	Veterana F40	03:09:57	03:09:54	08:38
231	312	Luís Miguel Vale	individual	Senior Masculino	03:10:11	03:10:07	08:39
232	560	Luis Manuel Silva	o mundo da corrida	Senior Masculino	03:10:42	03:10:27	08:40
233	152	Fernando Jorge Castro Oliveira	ffitgaia trail	Veterano M45	03:11:15	03:11:03	08:42
234	371	Manuel Quelhas	individual	Senior Masculino	03:11:39	03:10:54	08:43
235	251	Cândido Silva	clube spiridon de gaia	Veterano M40	03:11:55	03:11:16	08:43
236	330	Fernando Pereira	individual	Senior Masculino	03:12:04	03:11:36	08:44
237	206	Jorge Silva	individual	Senior Masculino	03:12:10	03:11:55	08:44
238	694	Fernando Vieira	individual	Senior Masculino	03:12:27	03:12:11	08:45
239	71	Vitor Matos	associação desportiva da efacec	Senior Masculino	03:12:52	03:12:45	08:46
240	514	Filipe Pereira	kemedo team	Senior Masculino	03:13:05	03:12:53	08:47
241	467	Carla Sousa	individual	Senior Feminino	03:13:09	03:12:59	08:47
242	108	Paulo Silva	clube zipper	Senior Masculino	03:13:14	03:12:54	08:47
243	564	Rita Loureiro	oralklass-amigos do trail	Sub 23 Feminino	03:13:19	03:13:11	08:47
244	589	francisco moreira	os barriguitas	Veterano M40	03:13:25	03:13:06	08:48
245	272	Vitor Manuel Barbosa Moreira	individual	Veterano M45	03:13:27	03:13:07	08:48
246	634	Raquel Campos	shots international runners	Senior Feminino	03:13:45	03:13:32	08:48
247	499	Tiago Bastos	individual	Sub 23 Masculino	03:13:47	03:13:41	08:49
248	179	José Luis Almeida	ginásio fit4fun	Senior Masculino	03:13:49	03:13:45	08:49
249	102	Sérgio Pedro Moreira Geraldès	clube zipper	Veterano M40	03:13:51	03:13:31	08:49
250	484	Vitor Hugo Guedes Cunha	individual	Sub 23 Masculino	03:13:58	03:13:41	08:49
251	461	Orlando Duarte	individual	Veterano M55	03:14:07	03:13:58	08:49
252	526	Luís Filipe Barros de Vasconcelos Guimarães	minho aventura	Senior Masculino	03:14:46	03:14:37	08:51
253	214	Maria Iracema Fernandes Costa	individual	Veterana F45	03:14:56	03:14:54	08:52
254	597	AGOSTINHO TORRES	pernetas	Senior Masculino	03:15:00	03:14:30	08:52
255	399	Duarte Paulo Ribeiro	individual	Veterano M45	03:15:10	03:14:51	08:52
256	333	Mário Meneses	individual	Veterano M55	03:15:28	03:14:52	08:53
257	253	Joaquim Coelho	individual	Veterano M40	03:15:29	03:15:18	08:53
258	556	André Rocha	not run alone	Senior Masculino	03:15:34	03:15:32	08:53
259	343	Paula lage	individual	Senior Feminino	03:15:35	03:14:59	08:53
260	689	Hugo Teixeira	individual	Sub 23 Masculino	03:15:42	03:15:31	08:54

TRAIL LONGO

22 KM

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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 SOLUTION

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
306	245	Jorge Fernandes	individual	Veterano M40	03:24:08	03:23:52	09:17
307	678	Nuno Esperança	villaurbana runners	Senior Masculino	03:24:16	03:24:00	09:17
308	483	Paulo Mendes	vimarunners	Senior Masculino	03:24:19	03:24:14	09:17
309	304	Nuno Miguel Miranda de Moura e Silva	individual	Senior Masculino	03:24:19	03:24:07	09:17
310	273	José Fernandes Ferreira	individual	Veterano M45	03:24:23	03:23:39	09:17
311	672	Pedro Fão	viana runners	Senior Masculino	03:24:24	03:24:06	09:17
312	676	Marco Gigante	viana runners	Senior Masculino	03:24:24	03:24:05	09:17
313	628	Miguel Seca	shots international runners	Senior Masculino	03:24:24	03:23:42	09:17
314	203	Rui Jorge Pereira Marinho Ribeiro	individual	Senior Masculino	03:24:29	03:23:47	09:18
315	62	Marco Lourenço	associação desportiva da efacec	Senior Masculino	03:24:40	03:24:32	09:18
316	231	Micael Cunha	individual	Sub 23 Masculino	03:24:43	03:24:39	09:18
317	510	Nuno Marques	kemedo team	Senior Masculino	03:25:23	03:25:09	09:20
318	301	Daniel Filipe Pereira Lacerda	individual	Senior Masculino	03:25:28	03:24:54	09:20
319	190	alcino araujo	groupama trail team	Veterano M45	03:25:31	03:25:01	09:21
320	666	Cândida Raquel Alves Ferreira	unidade especial de corrida	Senior Feminino	03:25:32	03:25:24	09:21
321	649	Ernesto Martins	touquenemosso	Veterano M50	03:25:40	03:25:07	09:21
322	122	Sérgio Vidal	desnível positivo	Senior Masculino	03:25:42	03:25:05	09:21
323	540	Rui Manuel Faria Gonçalves	multipower gaia trail	Senior Masculino	03:25:53	03:25:44	09:22
324	496	Carlos Frederico Pinto Carreira	individual	Senior Masculino	03:26:08	03:25:51	09:22
325	249	Mariana Figueiredo Delgado	individual	Senior Feminino	03:26:09	03:25:47	09:22
326	541	Francisco José Carneiro Oliveira	multipower gaia trail	Senior Masculino	03:26:12	03:26:05	09:22
327	432	Vasco Camilo Alves	individual	Veterano M40	03:26:31	03:26:08	09:23
328	593	João Luís Guerra Graça	os graças	Senior Masculino	03:26:34	03:26:21	09:23
329	466	Nuno Filpe Amorim da Silva	turbulentos	Senior Masculino	03:26:41	03:26:26	09:24
330	648	Fernando Gabriel Reis Leite	tnt - trilhos natura team	Senior Masculino	03:26:44	03:26:35	09:24
331	442	PEDRO MIGUEL FERNANDES OLIVEIRA	individual	Veterano M40	03:26:54	03:26:32	09:24
332	222	David Sousa	individual	Veterano M40	03:27:11	03:26:53	09:25
333	310	Eurico Fernando Portela Mendes	individual	Veterano M40	03:27:18	03:26:49	09:25
334	184	Ana Maria da Silva Amaral	gondomar futsal clube	Veterana F40	03:27:34	03:27:09	09:26
335	317	maria rosário martins	gondomar futsal clube	Veterana F45	03:27:34	03:27:21	09:26
336	497	José Regueiras	individual	Veterano M40	03:27:34	03:27:06	09:26
337	376	Pedro Filipe Pires Afonso	individual	Senior Masculino	03:27:49	03:27:39	09:27
338	66	Miguel Pereira	associação desportiva da efacec	Senior Masculino	03:27:52	03:27:23	09:27
339	385	António Reis	individual	Veterano M40	03:28:01	03:27:40	09:27
340	368	Carlos Manuel Viana Saragoça	individual	Senior Masculino	03:28:04	03:27:21	09:27
341	174	Jorge Miguel Gomes Costa	ginásio fit4fun	Sub 23 Masculino	03:28:33	03:28:27	09:29
342	37	Jose Andrade	individual	Veterano M50	03:28:39	03:28:15	09:29
343	373	Carlos Augusto Martins da Silva	individual	Veterano M40	03:28:39	03:28:01	09:29
344	455	Carlos Tadeia	individual	Veterano M45	03:28:59	03:28:58	09:30
345	305	Filipe França	individual	Senior Masculino	03:29:22	03:28:52	09:31
346	438	Jorge Braga	individual	Veterano M40	03:29:27	03:29:16	09:31
347	439	Luis Ribeiro	individual	Veterano M40	03:29:27	03:29:15	09:31
348	212	César Vidal	individual	Senior Masculino	03:29:29	03:29:19	09:31
349	28	Eduardo Ferreira	maia ac - go saúde	Senior Masculino	03:29:59	03:29:32	09:33
350	292	Germano Adrega Cardoso	individual	Senior Masculino	03:30:12	03:30:01	09:33

TRAIL LONGO

22 KM

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REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
351	298	Tiago Adrega	individual	Senior Masculino	03:30:12	03:30:00	09:33
352	587	Raquel Maria Gonçalves Guimarães	os aventureiros	Veterana F40	03:30:12	03:29:33	09:33
353	76	Fábio Monteiro	aventureiros	Senior Masculino	03:30:12	03:29:32	09:33
354	224	Orlando J. Correia	individual	Veterano M45	03:30:16	03:30:09	09:33
355	437	Rui António Alves Pinto	individual	Senior Masculino	03:30:57	03:30:21	09:35
356	58	João Otávio Cruz	arism - associação recreativa s. miguel	Sub 23 Masculino	03:31:01	03:30:53	09:36
357	366	Alexandra Fernandes	individual	Veterana F45	03:31:34	03:30:59	09:37
358	360	Estela Martins	individual	Senior Feminino	03:31:34	03:30:59	09:37
359	517	Luís Andrade	melres trail running - ordem para arriar	Veterano M40	03:31:49	03:31:31	09:38
360	403	Anabela Cordeiro	individual	Senior Feminino	03:31:58	03:31:55	09:38
361	157	Ricardo José Martins Alves Moreira	gaitas daninhas	Senior Masculino	03:32:26	03:31:54	09:39
362	398	FERNANDO MANUEL BORGES GARCIA	individual	Veterano M40	03:32:28	03:32:06	09:39
363	630	João Martins	shots international runners	Senior Masculino	03:32:28	03:32:13	09:39
364	413	joao cruz	individual	Veterano M40	03:32:30	03:32:00	09:40
365	568	Márcio Silva	oralklass-amigos do trail	Senior Masculino	03:32:58	03:32:37	09:41
366	452	Helder Jorge Ferreira de Castro	individual	Senior Masculino	03:32:58	03:32:37	09:41
367	506	António Ramalhão	individual	Senior Masculino	03:32:58	03:32:44	09:41
368	481	Paulo José Moreira	individual	Veterano M50	03:33:01	03:32:58	09:41
369	84	Mário Jorge Sousa Almeida	box ideal running team	Senior Masculino	03:33:15	03:33:01	09:42
370	462	Ricardo Miguel de Oliveira Cunha	individual	Senior Masculino	03:33:27	03:33:14	09:42
371	148	Cândido Rocha	fast ao km	Veterano M60	03:33:27	03:33:14	09:42
372	647	Francisco Aragão	tnt - trilhos natura team	Senior Masculino	03:33:54	03:33:45	09:43
373	562	Rosa Pereira	oralklass-amigos do trail	Senior Feminino	03:33:54	03:33:45	09:43
374	259	João Martins	individual	Veterano M45	03:34:09	03:33:30	09:44
375	211	Paula Silva	individual	Veterana F40	03:34:09	03:33:30	09:44
376	341	Helder Rodrigues	individual	Senior Masculino	03:34:32	03:34:01	09:45
377	623	Vanda Elisabete Penalva Fernandes	scalabis night runners	Senior Feminino	03:34:40	03:34:29	09:45
378	10	Anabela Keta	maia ac - go saúde	Senior Feminino	03:34:42	03:34:18	09:46
379	194	Helder Carvalho	icc	Senior Masculino	03:34:57	03:34:09	09:46
380	280	Carla Oliveira	individual	Senior Feminino	03:35:27	03:35:01	09:48
381	402	Pedro Costa	individual	Senior Masculino	03:35:27	03:35:10	09:48
382	391	RICARDO PINTO	individual	Senior Masculino	03:35:34	03:35:25	09:48
383	420	Nuno Filipe Monteiro Moreira da Silva	individual	Senior Masculino	03:35:56	03:35:37	09:49
384	322	JOSE ALBERTO MENDES	individual	Veterano M40	03:36:02	03:35:36	09:49
385	175	Anselmo Jorge Almeida	ginásio fit4fun	Veterano M40	03:36:27	03:36:22	09:50
386	138	Pedro Rocha	edv - viana trail	Senior Masculino	03:36:35	03:36:21	09:51
387	321	Ricardo Miguel Monteiro de Sousa ??	individual	Senior Masculino	03:36:39	03:36:20	09:51
388	588	josé moura sousa	os barriguitas	Veterano M60	03:36:39	03:36:20	09:51
389	146	PEDRO MIGUEL SILVA	falta de treino	Senior Masculino	03:36:45	03:36:09	09:51
390	613	Hugo Sá	prt/ad quinta	Senior Masculino	03:36:59	03:36:42	09:52
391	449	Pedro Cardoso	individual	Senior Masculino	03:38:11	03:38:05	09:55
392	493	Pedro Sa	individual	Senior Masculino	03:38:15	03:37:28	09:55

TRAIL LONGO
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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
438	65	Mário Ferreira	associação desportiva da efacec	Veterano M40	03:50:13	03:50:06	10:28
439	67	Tiago Joaquim Sousa	associação desportiva da efacec	Senior Masculino	03:50:13	03:49:47	10:28
440	419	Hugo Brito	individual	Veterano M40	03:50:17	03:49:48	10:28
441	444	Marta Lopes	individual	Senior Feminino	03:50:20	03:49:42	10:28
442	425	Luís Vilar	individual	Senior Masculino	03:50:20	03:49:43	10:28
443	117	Bruno Costa	ctad tiagoaragao.com	Sub 23 Masculino	03:50:34	03:50:29	10:29
444	110	Fernando Carneiro	clube zipper	Veterano M40	03:50:56	03:50:35	10:30
445	558	Vera Bizarro	o mundo da corrida	Senior Feminino	03:51:07	03:50:32	10:30
446	592	Cláudia Maria Guerra e Graça	os graças	Veterana F40	03:51:07	03:50:53	10:30
447	559	Lucia Martins	o mundo da corrida	Senior Feminino	03:51:16	03:50:41	10:31
448	381	Alexandre Viegas Maniés	individual	Veterano M45	03:51:20	03:50:31	10:31
449	189	antonio carneiro	groupama trail team	Veterano M45	03:51:20	03:50:50	10:31
450	374	Débora Vilas Boas	individual	Senior Feminino	03:51:20	03:51:01	10:31
451	582	Pedro Miguel Costa Lino de Seixas	oralklass-amigos do trail	Senior Masculino	03:51:42	03:51:31	10:32
452	151	Tânia Cunha	fast n` furious	Senior Feminino	03:51:44	03:51:33	10:32
453	408	ROSÁRIO MAGALHÃES	individual	Veterana F40	03:52:13	03:51:47	10:33
454	183	Filipe Sousa	gondomar futsal clube	Senior Masculino	03:52:13	03:51:49	10:33
455	687	João Pedro Ramos	wild team	Senior Masculino	03:52:17	03:51:44	10:34
456	488	Paulo Jorge Jaquel Pinto	individual	Veterano M40	03:52:17	03:52:13	10:34
457	258	Fernanda Pinho	individual	Veterana F45	03:52:18	03:52:03	10:34
458	464	Horacio moreira	individual	Senior Masculino	03:52:19	03:51:32	10:34
459	585	serafim fonseca	os amigos de s.pedro da cova	Veterano M60	03:52:21	03:52:12	10:34
460	201	Tiago Soeiro	individual	Senior Masculino	03:52:23	03:52:13	10:34
461	48	porfirio da silva pereira	aqui vamos nós!	Veterano M40	03:52:23	03:51:52	10:34
462	470	Jorge Yong	individual	Veterano M40	03:52:30	03:52:13	10:34
463	586	joão fonseca	os amigos de s.pedro da cova	Senior Masculino	03:52:33	03:52:24	10:34
464	171	Andreia Gilde	ginásio factor x	Senior Feminino	03:52:41	03:52:19	10:35
465	143	Miguel Teixeira	engomadoria l&a team	Senior Masculino	03:53:02	03:52:59	10:36
466	46	Cristina Rosa	addicted to trail	Senior Feminino	03:53:07	03:52:55	10:36
467	230	Rodolfo Carvalho	individual	Senior Masculino	03:53:10	03:52:42	10:36
468	281	NELSON VALENTE	individual	Veterano M40	03:54:43	03:54:03	10:40
469	356	Helder F. Silva	individual	Veterano M40	03:55:15	03:54:35	10:42
470	74	Angelina Viagem	aventureiros	Senior Feminino	03:55:25	03:54:44	10:42
471	75	Cristiana Esteves	aventureiros	Senior Feminino	03:55:36	03:54:55	10:43
472	695	Antonio Conde	individual	Senior Masculino	03:55:37	03:55:26	10:43
473	480	Maria João martins landeiro	individual	Senior Feminino	03:55:37	03:55:12	10:43
474	246	Marco Marques	individual	Senior Masculino	03:55:38	03:55:36	10:43
475	49	Filipe Cunha	aqui vamos nós!	Senior Masculino	03:55:52	03:55:21	10:43
476	460	Sandra Miranda	individual	Senior Feminino	03:55:53	03:55:16	10:43
477	650	Mário Soares	touquenemosso	Veterano M55	03:56:05	03:55:32	10:44
478	255	Sílvia Vasconcelos Vieira	individual	Senior Feminino	03:56:38	03:56:20	10:45
479	677	Liliana Araujo	villaurbana runners	Senior Feminino	03:56:38	03:56:20	10:45
480	345	Claudio David M. F. Silva	individual	Senior Masculino	03:56:42	03:56:09	10:46
481	279	Cristina Maria Fundevila Teixeira	individual	Veterana F40	03:56:43	03:56:15	10:46
482	344	Jorge Humberto Soares Garcez Borges	individual	Senior Masculino	03:56:43	03:56:11	10:46

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
483	658	Carla Neves	trocopasso runners	Veterana F40	03:56:58	03:56:15	10:46
484	448	João Tondela	individual	Veterano M40	03:57:10	03:56:27	10:47
485	147	Joel Marques	fast ao km	Senior Masculino	03:57:38	03:57:23	10:48
486	223	Miguel Catarino	individual	Veterano M40	03:58:12	03:57:34	10:50
487	229	Ricardo Neves	individual	Veterano M45	03:58:12	03:57:35	10:50
488	262	Luísa Isabel Amorim Mota Almeida	individual	Senior Feminino	03:58:17	03:58:00	10:50
489	263	Nuno Miguel Vieira de Almeida	individual	Senior Masculino	03:58:17	03:57:59	10:50
490	532	José Silva	motomarretas racing team	Senior Masculino	03:59:09	03:58:47	10:52
491	103	Tiago Filipe Ramalho Teixeira	clube zipper	Senior Masculino	03:59:22	03:59:11	10:53
492	401	Abílio Soares	individual	Veterano M60	03:59:51	03:59:07	10:54
493	396	Susana Lobo Santos	individual	Veterana F40	03:59:51	03:59:07	10:54
494	336	Pedro de Sousa Martins Pereira	individual	Senior Masculino	04:00:47	04:00:12	10:57
495	78	Paulo Jorge da Silva Seabra	aventureiros	Veterano M40	04:01:14	04:00:34	10:58
496	519	Ricardo Manuel Rodrigues Frias	mente desportiva	Sub 23 Masculino	04:01:43	04:00:59	10:59
497	378	Francisco José Gomes da Costa	individual	Veterano M50	04:01:51	04:01:27	11:00
498	377	Mariana Neves Brandão	individual	Sub 23 Feminino	04:01:51	04:01:28	11:00
499	473	André Joaquim valadas martins	individual	Sub 23 Masculino	04:02:21	04:01:55	11:01
500	607	António Morgado	pipo	Veterano M55	04:02:38	04:02:02	11:02
501	605	Rui Bi Madeira	pipo	Veterano M40	04:02:38	04:02:03	11:02
502	606	Oscar Mendes	pipo	Senior Masculino	04:02:38	04:02:04	11:02
503	277	Fernando João Alves	individual	Veterano M45	04:03:13	04:02:45	11:03
504	427	Celso Reis	individual	Senior Masculino	04:04:05	04:03:43	11:06
505	617	Ana Costa	running team maia	Senior Feminino	04:04:10	04:03:29	11:06
506	205	Ilídio Pires	individual	Veterano M40	04:05:04	04:04:23	11:08
507	379	José Carlos Ramos	individual	Veterano M55	04:05:12	04:04:41	11:09
508	22	Paula Santos	individual	Veterana F40	04:06:41	04:06:12	11:13
509	616	Fernando Silva	running team maia	Senior Masculino	04:07:03	04:06:21	11:14
510	566	Francisco Bogalho	oralklass-amigos do trail	Senior Masculino	04:07:08	04:06:57	11:14
511	73	Vitor Manuel Oliveira da Silva	associação desportiva da efacec	Senior Masculino	04:07:27	04:06:57	11:15
512	185	Fernando José Moreira Pereira	gondomar futsal clube	Veterano M45	04:07:34	04:07:14	11:15
513	204	Júlio Manuel Rodrigues Costa	individual	Veterano M45	04:07:40	04:07:13	11:15
514	210	Manuel Faria Sampaio	individual	Veterano M60	04:07:41	04:07:13	11:16
515	314	Paula Oliveira	individual	Veterana F40	04:07:42	04:07:23	11:16
516	624	André Alves	setor curtido	Senior Masculino	04:08:00	04:07:14	11:16
517	645	Paulo Soares	the beauty and the beasts	Veterano M40	04:08:49	04:08:05	11:19
518	349	Susana Moreira	individual	Senior Feminino	04:09:20	04:08:48	11:20
519	357	Paulo Campos	individual	Senior Masculino	04:09:22	04:08:49	11:20
520	98	PEDRO RICARDO LOURENÇO	clube gbes - delegação do norte	Senior Masculino	04:09:43	04:09:20	11:21
521	24	Fernanda Cardoso	k team	Veterana F50	04:10:48	04:10:23	11:24
522	18	Sofia Azevedo	maia ac - go saúde	Senior Feminino	04:10:48	04:10:23	11:24
523	269	Séverine Boiteau	individual	Veterana F40	04:11:30	04:11:15	11:26
524	683	Cristina Cardoso	wellrunners welldomus - fitness and spa	Veterana F40	04:12:24	04:12:08	11:28
525	38	João Costa	individual	Senior Masculino	04:12:52	04:12:36	11:30
526	159	Adelaide Vigário	ginásio factor x	Veterana F50	04:13:09	04:12:50	11:30
527	193	Bruno Monteiro	icc	Senior Masculino	04:13:11	04:12:22	11:31
528	453	Fernando Monteiro	individual	Senior Masculino	04:13:12	04:12:23	11:31

TRAIL LONGO

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
529	92	Carlos Alberto Campos Viana	caetano runners	Senior Masculino	04:13:30	04:12:57	11:31
530	631	Liliana Pereira	shots international runners	Senior Feminino	04:13:35	04:12:54	11:32
531	635	Pedro Machado	shots international runners	Senior Masculino	04:13:35	04:12:52	11:32
532	633	Sandra Faria	shots international runners	Senior Feminino	04:13:35	04:12:54	11:32
533	93	Zélia da Conceição Campos Viana	caetano runners	Senior Feminino	04:13:46	04:13:14	11:32
534	274	Ligia Dias	individual	Senior Feminino	04:13:48	04:13:41	11:32
535	275	Rui Pedro Ferreira	individual	Veterano M40	04:13:50	04:13:42	11:32
536	447	José Pedro Silva Rodrigues	individual	Senior Masculino	04:13:50	04:13:24	11:32
537	240	Cristina Dias	individual	Veterana F40	04:14:12	04:14:04	11:33
538	323	Maria José Francisco	individual	Veterana F50	04:14:28	04:14:13	11:34
539	551	Paulo Alexandre pereira Oliveira	multipower gaia trail	Senior Masculino	04:14:38	04:14:13	11:34
540	463	José Silva	individual	Senior Masculino	04:14:52	04:14:39	11:35
541	456	Maria José Teixeira Dias Araújo	individual	Veterana F40	04:15:20	04:14:44	11:36
542	1276	Maria Martins	individual	Veterana F45	04:15:20	04:14:44	11:36
543	404	BASILIO QUEIRÓS	individual	Veterano M40	04:15:20	04:14:44	11:36
544	603	Maria Manuela Cunha Ferrreira	pernetas	Veterana F40	04:15:30	04:15:00	11:37
545	643	João DOMINGUES	the beauty and the beasts	Senior Masculino	04:15:33	04:15:17	11:37
546	160	Ana Paula Marques	ginásio factor x	Senior Feminino	04:16:40	04:16:18	11:40
547	289	Manuel Moura	individual	Veterano M55	04:17:38	04:17:20	11:43
548	375	Carlos Azevedo	individual	Senior Masculino	04:18:56	04:18:25	11:46
549	338	Pedro Tavares	individual	Senior Masculino	04:19:56	04:19:14	11:49
550	618	Paulo Pereira	running team maia	Senior Masculino	04:19:56	04:19:14	11:49
551	86	Marco António Moreira Marques	box ideal running team	Senior Masculino	04:20:09	04:19:55	11:50
552	422	nuno marques	individual	Senior Masculino	04:20:28	04:20:18	11:50
553	436	Teresa Oliveira	individual	Senior Feminino	04:22:43	04:22:30	11:57
554	384	Túlia Aires	individual	Senior Feminino	04:22:43	04:22:29	11:57
555	302	António Pinheiro	individual	Senior Masculino	04:23:15	04:22:38	11:58
556	701	Sara Macedo	individual	Senior Feminino	04:23:34	04:23:05	11:59
557	256	MARIO RUI LEITE COSTA	individual	Veterano M50	04:24:26	04:23:46	12:01
558	397	Fernando Monteiro	individual	Veterano M40	04:24:26	04:23:45	12:01
559	621	Pedro Salgueiro	sawadee	Senior Masculino	04:24:36	04:23:55	12:02
560	622	Tiago Salgueiro	sawadee	Senior Masculino	04:24:37	04:23:55	12:02
561	208	João Morais	individual	Veterano M40	04:25:08	04:25:00	12:03
562	247	Paulo R. Sousa	individual	Senior Masculino	04:25:08	04:24:38	12:03
563	516	Cristina Freitas	melres trail running - ordem para arriar	Senior Feminino	04:25:58	04:25:36	12:05
564	697	Vitor Silva	individual	Senior Masculino	04:26:04	04:25:36	12:06
565	188	António José Pereira Queiroz	gondomar futsal clube	Veterano M55	04:26:11	04:25:47	12:06
566	299	José António Miguens	individual	Veterano M40	04:26:36	04:25:55	12:07
567	241	Angelo Senra	individual	Senior Masculino	04:26:47	04:26:14	12:08
568	706	Rui Almeida	individual	Senior Masculino	04:27:10	04:26:26	12:09
569	417	francisco jorge moreira da silva	individual	Senior Masculino	04:30:01	04:29:38	12:16
570	599	ricardo monteiro	pernetas	Senior Masculino	04:30:47	04:30:16	12:19
571	388	António José Pereira Silva	individual	Veterano M40	04:31:36	04:30:51	12:21
572	660	Alexandre Afonso	trocopasso runners	Senior Masculino	04:31:37	04:30:53	12:21
573	94	Rui Pedro Campos Pinto	clube desportivo de lousado	Senior Masculino	04:33:36	04:33:10	12:26
574	95	Raquel da Silva Neiva	clube desportivo de lousado	Senior Feminino	04:33:36	04:33:10	12:26

TRAIL CURTO

10 KM

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	10:00	20,2°C	65%
End	14:30	23,3°C	59%

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
1	1062	Camilo Guedes	clube pessoal aguas gaia	Veterano M40	54:20	54:20	05:26
2	1116	Miguel Martins	nast	Senior Masculino	55:51	55:50	05:35
3	1064	José Adelino Oliveira	clube pessoal aguas gaia	Veterano M50	56:48	56:48	05:41
4	1160	André Nogueira	sapateiros da aldeola	Senior Masculino	58:12	58:11	05:49
5	1164	José Coelho	sapateiros da aldeola	Veterano M45	58:12	58:12	05:49
6	1117	Fernando Jorge Mendes Carneiro	nast	Senior Masculino	59:49	59:48	05:59
7	1280	André Ribeiro Fraga	locomotiva de paranhos	Senior Masculino	01:02:10	01:02:06	06:13
8	1102	Bruno Antunes	lusos xxi	Senior Masculino	01:02:52	01:02:35	06:17
9	1013	João Rebelo	engomadoria l&a team	Senior Masculino	01:03:05	01:03:05	06:19
10	1428	Vitor Santos	individual	Senior Masculino	01:03:14	01:03:11	06:19
11	1234	BRUNO ROCHA	individual	Senior Masculino	01:04:08	01:04:07	06:25
12	1065	Avelino Sousa	clube pessoal aguas gaia	Veterano M45	01:04:12	01:04:11	06:25
13	1088	Virgilio Jaime Santos Silva	gondomar futsal clube	Sub 23 Masculino	01:04:26	01:04:20	06:27
14	1416	Filipe Silva	individual	Senior Masculino	01:04:56	01:04:55	06:30
15	1305	Pedro José Lacerda Figueiredo	os turbomula d.o.c	Senior Masculino	01:05:00	01:04:39	06:30
16	1168	Paulo Sérgio Ferreira	setor curtido	Veterano M40	01:05:46	01:05:40	06:35
17	1299	Paulo Marques	individual	Veterano M40	01:06:18	01:06:17	06:38
18	1063	Jorge Santos	clube pessoal aguas gaia	Veterano M50	01:06:40	01:06:39	06:40
19	1034	Leonel Fernando Sousa Neves	box ideal running team	Senior Masculino	01:07:39	01:07:34	06:46
20	1153	Inuo Filipe Melo	run4all	Senior Masculino	01:08:12	01:08:08	06:49
21	1162	Francisco Ferreira	sapateiros da aldeola	Senior Masculino	01:08:14	01:08:12	06:49
22	1010	Tania Covas Costa	.com	Senior Feminino	01:08:22	01:08:17	06:50
23	1012	Miguel Sá	serviços sociais montepio	Veterano M40	01:08:40	01:08:37	06:52
24	1401	Jorge Moreira	individual	Senior Masculino	01:09:28	01:09:22	06:57
25	626	Artur Pereira	shots international runners	Senior Masculino	01:11:10	01:11:07	07:07
26	1119	Rui Moreira	opo's lindos	Senior Masculino	01:11:34	01:11:25	07:09
27	1221	Emanuel Costa	individual	Senior Masculino	01:11:38	01:11:36	07:10
28	1334	Fernando Jorge Pinto Vieira	individual	Senior Masculino	01:11:39	01:11:31	07:10
29	1020	francisco pereira	airórun	Veterano M40	01:11:44	01:11:42	07:10
30	1022	jose pereira	airórun	Veterano M45	01:11:44	01:11:43	07:10
31	1021	nuno mota	airórun	Sub 23 Masculino	01:11:44	01:11:43	07:10
32	1032	André Silva Mendes	associação desportiva da efacec	Senior Masculino	01:11:52	01:11:44	07:11
33	1376	Paulo Roberto Tavares Nogueira	individual	Senior Masculino	01:12:13	01:11:58	07:13
34	1395	Carlos Daniel Bessa	individual	Veterano M40	01:12:21	01:12:17	07:14
35	1228	Adelino Barbosa Rodrigues Pinheiro	individual	Senior Masculino	01:12:32	01:12:23	07:15
36	1227	Paulo Correia	individual	Senior Masculino	01:12:38	01:12:36	07:16
37	1229	Antonio Goncalves	individual	Senior Masculino	01:12:38	01:12:35	07:16
38	1367	André Sousa	individual	Senior Masculino	01:12:38	01:12:13	07:16
39	1096	Sergio Costa	lusos xxi	Senior Masculino	01:12:49	01:12:34	07:17
40	1015	João Amorim	individual	Senior Masculino	01:12:57	01:12:56	07:18
41	1120	André Oliveira	opo's lindos	Senior Masculino	01:13:04	01:12:55	07:18

TRAIL CURTO

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
87	1161	Paulo Machado	sapateiros da aldeola	Senior Masculino	01:21:46	01:21:45	08:11
88	1205	Bruno Alexandre Borges	vimarunners	Senior Masculino	01:22:13	01:22:09	08:13
89	1206	Sofia Fernandes	vimarunners	Senior Feminino	01:22:13	01:22:10	08:13
90	1241	Armando Santos	individual	Veterano M50	01:22:27	01:22:14	08:15
91	1212	Nuno dos Santos Graça	individual	Senior Masculino	01:23:21	01:23:14	08:20
92	1235	Pedro Gomes	individual	Senior Masculino	01:23:25	01:23:20	08:21
93	1359	Paulo Sousa	individual	Veterano M40	01:23:29	01:23:21	08:21
94	1167	Filipe Pinheiro	setor curtido	Senior Masculino	01:23:33	01:23:20	08:21
95	1279	Ricardo Manuel Da Silva Ribeiro	individual	Senior Masculino	01:23:35	01:23:24	08:21
96	1397	Nilton Patrick Brito dos Santos Pereira de Borja	individual	Senior Masculino	01:23:35	01:23:11	08:21
97	1278	Gilberto Orlando Teixeira Silva	individual	Senior Masculino	01:23:35	01:23:24	08:21
98	1049	Hugo Sousa	calheiros runners	Senior Masculino	01:23:40	01:23:33	08:22
99	1179	Francisco Gomes	shots international runners	Senior Masculino	01:24:00	01:23:57	08:24
100	1346	Ana Sofia Rangel Barbosa Pereira	individual	Senior Feminino	01:24:39	01:24:37	08:28
101	1118	Ana Carolina Lopes Ferreira	nast	Senior Feminino	01:24:43	01:24:42	08:28
102	1414	Carlos Carvalho	individual	Senior Masculino	01:24:44	01:24:41	08:28
103	1231	Nuno Miguel Soares Teixeira	individual	Senior Masculino	01:24:45	01:24:18	08:28
104	1215	Paulo Fernando Ramos Cavaco	individual	Veterano M40	01:24:49	01:24:37	08:29
105	1408	Beatriz Gullón	individual	Senior Feminino	01:24:49	01:24:46	08:29
106	1226	Jose Manuel Ferrer Martinez	individual	Senior Masculino	01:24:50	01:24:30	08:29
107	1274	HENRIQUE GUEDES VICÊNCIO	individual	Senior Masculino	01:24:56	01:24:33	08:30
108	1308	ernesto lareth	individual	Veterano M50	01:26:06	01:25:53	08:37
109	1295	fernando carlos sousa	individual	Veterano M40	01:26:28	01:26:05	08:39
110	1134	Paula Figueiredo	os turbomula d.o.c	Senior Feminino	01:26:28	01:26:07	08:39
111	1339	João Paulo Regal de Sousa	individual	Senior Masculino	01:26:33	01:26:18	08:39
112	1047	Avelino Rodrigues	calheiros runners	Veterano M40	01:26:42	01:26:36	08:40
113	1391	Fernando Pinto	individual	Veterano M45	01:26:59	01:26:54	08:42
114	1112	MARGARIDA MARTINS	mocidade s. gemil	Veterana F50	01:27:00	01:26:45	08:42
115	1111	RICARDO ROCHA	mocidade s. gemil	Senior Masculino	01:27:00	01:26:45	08:42
116	1083	Carlos Filipe Ferreira Correia	ginásio fit4fun	Sub 23 Masculino	01:27:20	01:26:54	08:44
117	1284	Luis Filipe	individual	Veterano M40	01:27:22	01:27:06	08:44
118	1257	MARIANA FRANÇA MARTINS	individual	Senior Feminino	01:27:24	01:27:08	08:44
119	1424	José Alberto Pereira	individual	Veterano M50	01:27:24	01:27:20	08:44
120	1301	Fernando Jorge Alves	individual	Veterano M45	01:27:38	01:27:26	08:46
121	1122	Diana Ribeiro	opo's lindos	Senior Feminino	01:27:44	01:27:35	08:46
122	1390	Pedro Miguel Barrias Fernandes	individual	Veterano M50	01:27:48	01:27:42	08:47
123	1073	Rui Sá	ffitgaia trail	Veterano M50	01:27:59	01:27:53	08:48
124	1330	José Pedro M Sampaio Santos	individual	Senior Masculino	01:28:07	01:27:49	08:49
125	1089	Vitor Manuel Ribeiro	gondomar futsal clube	Veterano M50	01:28:09	01:28:04	08:49
126	1307	Bruno Ferreira	individual	Senior Masculino	01:28:17	01:28:09	08:50
127	1314	Mimosa Maria Guerra Oliveira	individual	Senior Feminino	01:28:22	01:28:08	08:50
128	1099	André Gomes	lusos xxi	Senior Masculino	01:28:27	01:28:14	08:51
129	1325	José Miguel Bandeira da Silva	individual	Veterano M45	01:28:27	01:28:16	08:51
130	1194	Laura Sánchez Fernández	unidade especial de corrida	Senior Feminino	01:28:42	01:28:36	08:52
131	1415	João Sousa	individual	Veterano M40	01:28:53	01:28:43	08:53

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10 KM
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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
302	1336	Sergio Borges	individual	Senior Masculino	02:05:31	02:05:19	12:33
303	1136	Filipe Nogueira	os turbomula d.o.c	Senior Masculino	02:06:04	02:05:41	12:36
304	1137	Sara Moreira	os turbomula d.o.c	Senior Feminino	02:06:04	02:05:41	12:36
305	1266	Márcia Liliansa da Silva Ferreira Coelho	individual	Senior Feminino	02:06:23	02:06:18	12:38
306	1290	Maria da Conceição Rocha	individual	Senior Feminino	02:07:12	02:06:58	12:43
307	1289	Lídia Pereira	individual	Senior Feminino	02:07:12	02:06:59	12:43
308	1037	Minna Sillankorva	budeguita runners	Senior Feminino	02:08:24	02:07:49	12:50
309	1039	Ana Silva	budeguita runners	Senior Feminino	02:08:24	02:07:46	12:50
310	1040	Maria do Carmo Loureiro	budeguita runners	Veterana F40	02:08:24	02:07:49	12:50
311	1036	Isabel Lima	budeguita runners	Senior Feminino	02:08:24	02:07:48	12:50
312	1038	Isabel Marques	budeguita runners	Veterana F40	02:08:24	02:07:46	12:50
313	1041	Ana Dias	budeguita runners	Senior Feminino	02:08:25	02:07:49	12:50
314	1035	Sandra Oliveira	budeguita runners	Senior Feminino	02:08:25	02:07:53	12:51
315	1044	André Amorim	budeguita runners	Veterano M45	02:08:26	02:07:54	12:51
316	1043	Helena Dias	budeguita runners	Veterana F40	02:08:26	02:07:50	12:51
317	1145	Rui Gonçalves	portozanga	Veterano M55	02:08:40	02:08:18	12:52
318	1029	António Miguel Santos	all among&together team	Veterano M40	02:09:18	02:09:08	12:56
319	1026	Paula Daniel	all among&together team	Veterana F40	02:09:34	02:09:23	12:57
320	1027	Graça Casal	all among&together team	Veterana F45	02:09:34	02:09:21	12:57
321	1174	Daniela Lobato	she shesaid	Senior Feminino	02:09:47	02:09:38	12:59
322	1172	Marina Mendes	she shesaid	Senior Feminino	02:09:48	02:09:39	12:59
323	1373	Joana Cordeiro	individual	Senior Feminino	02:13:15	02:12:57	13:20
324	1372	Marta Mourão Corrêa Cordeiro	individual	Senior Feminino	02:13:17	02:12:58	13:20
325	1146	Sónia Nunes	portozanga	Senior Feminino	02:14:00	02:13:37	13:24
326	1007	Pedro Reis	doghouse	Veterano M40	02:15:16	02:15:05	13:32
327	1008	Salette Reis	doghouse	Veterana F40	02:15:16	02:15:05	13:32
328	1076	Jose Luis Aranha	ffitgaia trail	Veterano M45	02:16:18	02:16:14	13:38
329	1098	Filipa Silva	lusos xxi	Senior Feminino	02:17:20	02:17:02	13:44
330	1056	PAULO ALEXANDRE SANTOS	clube gbes - delegação do norte	Veterano M40	02:21:18	02:21:16	14:08
331	1025	António Carmo	all among&together team	Veterano M45	02:26:53	02:26:39	14:41
332	1129	Monica Fonseca	os faunos	Senior Feminino	02:29:03	02:28:36	14:54
333	1398	Andrea Cristina Moreira garcez	individual	Senior Feminino	02:33:08	02:32:50	15:19
334	1399	Célia Maria Oliveira Coelho	individual	Senior Feminino	02:33:08	02:32:51	15:19
335	1261	Bruno Monteiro	individual	Senior Masculino	02:34:19	02:33:57	15:26
336	1260	Sandra Carvalho	individual	Senior Feminino	02:34:19	02:33:59	15:26
337	1374	SÍLVIA SILVA	individual	Senior Feminino	02:35:10	02:34:40	15:31
338	1024	luis mota	airórun	Veterano M40	02:36:49	02:36:48	15:41
339	1236	MARIA ROSA SILVA PEREIRA COSTA	individual	Veterana F50	02:36:58	02:36:41	15:42
340	1237	DARIO MANUEL LEITE COSTA	individual	Veterano M45	02:36:58	02:36:42	15:42
341	1128	Joaquim Teixeira	os faunos	Senior Masculino	02:37:15	02:36:49	15:44
342	1130	Liliana Oliveira	os faunos	Senior Feminino	02:37:15	02:36:49	15:44
343	1184	António Pinho	swatrunners	Veterano M40	02:47:22	02:47:03	16:44
344	1185	Isabel Rangel	swatrunners	Veterana F40	02:47:22	02:47:02	16:44
345	1350	Cláudia Abrunhosa	individual	Veterana F40	02:50:22	02:49:52	17:02
346	1150	Alexandra Reis	reis do trail	Senior Feminino	02:50:22	02:49:52	17:02

Trail Longo

22 KM



OFFICIAL RESULT

14	129	Jorge Manuel Meira Rocha	EDV - Viana Trail	Senior Masculino	02:23:23	+22:33	06:31
15	192	andre cunha	Guimarães running	Senior Masculino	02:23:47	+22:57	06:32
16	191	Joaquim Manuel Martins De Freitas	Grupo Recreativo e Dramático da Retorta	Senior Masculino	02:25:30	+24:40	06:37
17	544	Ivo Peko	MULTIPOWER GAIA TRAIL	Senior Masculino	02:26:11	+25:21	06:39
18	55	Pedro Baptista	ARSM - Associação Recreativa S. Miguel	Senior Masculino	02:26:12	+25:22	06:39
19	680	Vitor Hugo Oliveira da Silva	vimarunners	Senior Masculino	02:26:42	+25:52	06:40
20	41	João Manuel do Vale Pereira Borges	Addicted to trail	Senior Masculino	02:26:56	+26:06	06:41
21	134	Amaro Costa	EDV - Viana Trail	Senior Masculino	02:28:21	+27:31	06:45
22	166	José Paulo Ribeiro	Ginásio Factor X	Senior Masculino	02:29:32	+28:42	06:48
23	637	Rogério Vicente	STAROLAS	Senior Masculino	02:29:38	+28:48	06:48
24	112	Nelson Amaral	CTAD tiagoaragao.com	Senior Masculino	02:29:39	+28:49	06:48
25	119	Pedro Ferrás da Silva Fernandes	CTAD tiagoaragao.com	Senior Masculino	02:29:42	+28:52	06:48
26	141	Nelson Constantino	ELECTRICO FUTEBOL CLUBE	Senior Masculino	02:30:22	+29:32	06:50
27	34	ALVARO FERNANDEZ LOPEZ	TODOVERTICAL V+	Senior Masculino	02:30:48	+29:58	06:51
28	523	Filipe Rodrigues Pereira	MINHO AVENTURA	Senior Masculino	02:32:47	+31:57	06:57
29	665	Rui Filipe Taipa Santos	Unidade Especial de Corrida	Senior Masculino	02:33:46	+32:56	06:59
30	575	Sérgio Suzano	Oralklass-Amigos do Trail	Senior Masculino	02:34:07	+33:17	07:00
31	527	Igor Salvador dos Santos Lopes da Silva	MINHO AVENTURA	Senior Masculino	02:34:34	+33:44	07:02
32	581	Vitor Pinto	Oralklass-Amigos do Trail	Senior Masculino	02:34:42	+33:52	07:02
33	149	Ricardo Rocha	FAST AO KM	Senior Masculino	02:34:55	+34:05	07:03
34	135	stephane simoes	EDV - Viana Trail	Senior Masculino	02:36:27	+35:37	07:07
35	131	José Manuel Santos Faria	EDV - Viana Trail	Senior Masculino	02:36:27	+35:37	07:07
36	489	Aurélio Rebelo	Individual	Senior Masculino	02:36:35	+35:45	07:07
37	668	Filipe Miguel Grilo Teixeira	Unidade Especial de Corrida	Senior Masculino	02:36:39	+35:49	07:07
38	136	pedro caldas	EDV - Viana Trail	Senior Masculino	02:37:10	+36:20	07:09
39	248	FREDERICO FERNANDES	Individual	Senior Masculino	02:38:18	+37:28	07:12
40	580	Fernando Taborda	Oralklass-Amigos do Trail	Senior Masculino	02:39:38	+38:48	07:15
41	576	Filipe Sousa	Oralklass-Amigos do Trail	Senior Masculino	02:39:44	+38:54	07:16
42	389	césar duarte	Individual	Senior Masculino	02:40:06	+39:16	07:17
43	423	Ricardo Moreira	Individual	Senior Masculino	02:40:41	+39:51	07:18
44	355	Alexandre Pinto	Individual	Senior Masculino	02:40:49	+39:59	07:19
45	150	Hugo Caldeira	FAST N' FURIOUS	Senior Masculino	02:41:00	+40:10	07:19
46	498	David Ferreira	Individual	Senior Masculino	02:41:04	+40:14	07:19
47	139	Vitor Rodrigues	ELECTRICO FUTEBOL CLUBE	Senior Masculino	02:41:19	+40:29	07:20
48	691	Carlos Braz	NAST	Senior Masculino	02:41:39	+40:49	07:21
49	555	António Domingos Moreira de Freitas	NAST	Senior Masculino	02:41:39	+40:49	07:21
50	116	Pedro Miguel Moreira Mouta	CTAD tiagoaragao.com	Senior Masculino	02:41:43	+40:53	07:21
51	239	Nuno Abreu	Individual	Senior Masculino	02:42:30	+41:40	07:23
52	513	Eurico Moura	KeMedo Team	Senior Masculino	02:42:46	+41:56	07:24
53	696	Rolando Santos	Engomadoria L&A Team	Senior Masculino	02:42:46	+41:56	07:24
54	287	Nelson Sousa Marques	Individual	Senior Masculino	02:42:46	+41:56	07:24
55	537	José Henrique Pinto de Oliveira	MULTIPOWER GAIA TRAIL	Senior Masculino	02:43:12	+42:22	07:25
56	604	Luis Azevedo	PI100PÉ	Senior Masculino	02:43:16	+42:26	07:25
57	565	André Nogueira	Oralklass-Amigos do Trail	Senior Masculino	02:43:26	+42:36	07:26

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58	337	Paulo Pereira	Individual	Senior Masculino	02:43:32	+42:42	07:26
59	416	João Dinis	Individual	Senior Masculino	02:43:50	+43:00	07:27
60	590	bruno manuel henriques macedo	os caga tacos running team	Senior Masculino	02:43:56	+43:06	07:27
61	284	Filipe Lima	Individual	Senior Masculino	02:44:17	+43:27	07:28
62	387	Pedro Barbosa ??	Individual	Senior Masculino	02:44:41	+43:51	07:29
63	42	Ricardo Correia	Addicted to trail	Senior Masculino	02:44:49	+43:59	07:30
64	522	Paulo Rodrigues	MINHO AVENTURA	Senior Masculino	02:44:56	+44:06	07:30
65	704	Ricardo Coelho	Not Run Alone	Senior Masculino	02:45:41	+44:51	07:32
66	144	Angelo Cabral	Engomadoria L&A Team	Senior Masculino	02:46:38	+45:48	07:34
67	507	Helder Gomes	KeMedo Team	Senior Masculino	02:46:38	+45:48	07:34
68	319	André Sousa	Individual	Senior Masculino	02:47:53	+47:03	07:38
69	475	Nuno Miguel Carvalhido Gomes	EDV - Viana Trail	Senior Masculino	02:48:35	+47:45	07:40
70	443	Nuno Miguel Maia	Individual	Senior Masculino	02:48:45	+47:55	07:40
71	406	Jorge Manuel dos Santos Marques	Individual	Senior Masculino	02:48:57	+48:07	07:41
72	400	Jorge Barbosa	Individual	Senior Masculino	02:49:01	+48:11	07:41
73	324	Tiago Carvalho	Individual	Senior Masculino	02:49:54	+49:04	07:43
74	594	Vitor Andrade	PAREDES AVENTURA	Senior Masculino	02:50:43	+49:53	07:46
75	669	Tiago Fernando Pereira Costa	Unidade Especial de Corrida	Senior Masculino	02:50:43	+49:53	07:46
76	663	Luís Miguel Azevedo da Silva	Unidade Especial de Corrida	Senior Masculino	02:50:43	+49:53	07:46
77	703	Ricardo Miguel Sousa	Individual	Senior Masculino	02:50:57	+50:07	07:46
78	620	Ricardo Fernandes	runningmadness	Senior Masculino	02:51:26	+50:36	07:48
79	485	José Filipe Moreira da Silva Figueiredo	Individual	Senior Masculino	02:51:27	+50:37	07:48
80	659	Filipe Silva	Trocopasso Runners	Senior Masculino	02:51:57	+51:07	07:49
81	318	Marcelo Fernando Monteiro de Sousa	Individual	Senior Masculino	02:52:11	+51:21	07:50
82	382	Hugo Moita	Individual	Senior Masculino	02:52:19	+51:29	07:50
83	370	Jorge Costa	Individual	Senior Masculino	02:52:26	+51:36	07:50
84	242	Paulo Fernando Barbosa Rodrigues Pinheiro	Individual	Senior Masculino	02:52:42	+51:52	07:51
85	367	Hélder Paulo Gonçalves Costa	Individual	Senior Masculino	02:52:52	+52:02	07:51
86	431	fernando lopes	Individual	Senior Masculino	02:52:57	+52:07	07:52
87	595	Fernando Salvador	PAREDES AVENTURA	Senior Masculino	02:53:13	+52:23	07:52
88	543	Diogo João Loureiro Masculino	MULTIPOWER GAIA TRAIL	Senior Masculino	02:54:01	+53:11	07:55
89	209	Joaquim Alves	Individual	Senior Masculino	02:54:38	+53:48	07:56
90	614	Paulo Paiva	RUN TO BE ALIVE	Senior Masculino	02:54:39	+53:49	07:56
91	445	Sérgio Silva	Individual	Senior Masculino	02:54:57	+54:07	07:57
92	383	Vítor André Silva Cardoso	Individual	Senior Masculino	02:55:43	+54:53	07:59
93	118	Carlos Alberto Nogueira Soares	CTAD tiagoaragao.com	Senior Masculino	02:55:44	+54:54	07:59
94	56	Paulo Nogueira	ARSM - Associação Recreativa S. Miguel	Senior Masculino	02:55:56	+55:06	08:00
95	547	Hugo Gonçalves	MULTIPOWER GAIA TRAIL	Senior Masculino	02:56:38	+55:48	08:02
96	393	Rúben Alves	Individual	Senior Masculino	02:56:41	+55:51	08:02
97	548	Paulo Alexandre da Fonseca Amadeu	MULTIPOWER GAIA TRAIL	Senior Masculino	02:56:44	+55:54	08:02
98	291	Carlos Alves	Individual	Senior Masculino	02:56:46	+55:56	08:02
99	538	Paulo Filipe Ferreira Madeira	MULTIPOWER GAIA TRAIL	Senior Masculino	02:57:09	+56:19	08:03
100	161	Bruno Miguel Neves	Ginásio Factor X	Senior Masculino	02:57:19	+56:29	08:04
101	492	André Macedo	Individual	Senior Masculino	02:57:49	+56:59	08:05
102	177	Ricardo Pereira	Ginásio Fit4Fun	Senior Masculino	02:58:05	+57:15	08:06

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103	47	Ricardo Dantas	ADRULSM	Senior Masculino	02:58:21	+57:31	08:06
104	164	Paulo Jorge Oliveira	Ginásio Factor X	Senior Masculino	02:58:22	+57:32	08:06
105	162	Nuno Teixeira	Ginásio Factor X	Senior Masculino	02:58:22	+57:32	08:06
106	414	Nuno Alves	Individual	Senior Masculino	02:58:28	+57:38	08:07
107	520	Bruno Filipe Pereira	Mente Desportiva	Senior Masculino	02:58:35	+57:45	08:07
108	64	Pedro Pinto	Associação Desportiva da Efacec	Senior Masculino	02:58:43	+57:53	08:07
109	140	José Constantino	ELECTRICO FUTEBOL CLUBE	Senior Masculino	02:59:03	+58:13	08:08
110	415	Miguel Paredes	Individual	Senior Masculino	03:00:21	+59:31	08:12
111	441	RICARDO JORGE MAIA ALBUQUERQUE	Individual	Senior Masculino	03:01:27	+01:00:37	08:15
112	104	Rui Jorge Canelhas Bastos Neves	Clube Zupper	Senior Masculino	03:01:35	+01:00:45	08:15
113	632	Mário Oliveira	Shots International Runners	Senior Masculino	03:01:40	+01:00:50	08:15
114	536	André Peixoto Costa Assunção	MULTIPOWER GAIA TRAIL	Senior Masculino	03:01:44	+01:00:54	08:16
115	198	Hélder Tavares de Lemos	Individual	Senior Masculino	03:02:38	+01:01:48	08:18
116	579	Fernando Rocha Santos	Oralklass-Amigos do Trail	Senior Masculino	03:02:45	+01:01:55	08:18
117	100	Pedro Cancelo	Clube Zupper	Senior Masculino	03:02:57	+01:02:07	08:19
118	569	Pedro Duarte	Oralklass-Amigos do Trail	Senior Masculino	03:03:57	+01:03:07	08:22
119	477	Manuel Soares	Individual	Senior Masculino	03:04:16	+01:03:26	08:23
120	638	Nuno Sobral	Team DUAS FACES	Senior Masculino	03:04:31	+01:03:41	08:23
121	155	Cipriano Sousa	G.D. Leões da Guarda	Senior Masculino	03:04:40	+01:03:50	08:24
122	313	André Mesquita Guimarães	Individual	Senior Masculino	03:05:31	+01:04:41	08:26
123	591	pedro lopes	os caga tacos running team	Senior Masculino	03:05:56	+01:05:06	08:27
124	215	Carlos Azevedo	Individual	Senior Masculino	03:06:15	+01:05:25	08:28
125	216	Marco Dias	Individual	Senior Masculino	03:06:15	+01:05:25	08:28
126	458	Rui Pedro Pinto	Individual	Senior Masculino	03:06:33	+01:05:43	08:29
127	101	Nuno Filipe Moreira Ribeiro	Clube Zupper	Senior Masculino	03:06:48	+01:05:58	08:29
128	331	Rodrigo Oliveira	Individual	Senior Masculino	03:06:53	+01:06:03	08:30
129	504	Diogo Silva	Individual	Senior Masculino	03:07:37	+01:06:47	08:32
130	667	César Edgar de Sousa Leão	Unidade Especial de Corrida	Senior Masculino	03:08:08	+01:07:18	08:33
131	681	Bruno Fernandes	vimarunners	Senior Masculino	03:08:20	+01:07:30	08:34
132	178	Carlos Martins	Ginásio Fit4Fun	Senior Masculino	03:08:27	+01:07:37	08:34
133	468	Nuno Oliveira	Individual	Senior Masculino	03:08:46	+01:07:56	08:35
134	502	Tiago Amaral	Individual	Senior Masculino	03:08:47	+01:07:57	08:35
135	363	Ricardo Carvalho	Individual	Senior Masculino	03:08:49	+01:07:59	08:35
136	312	Luís Miguel Vale	Individual	Senior Masculino	03:10:11	+01:09:21	08:39
137	560	Luis Manuel Silva	O Mundo da Corrida	Senior Masculino	03:10:42	+01:09:52	08:40
138	371	Manuel Quelhas	Individual	Senior Masculino	03:11:39	+01:10:49	08:43
139	330	Fernando Pereira	Individual	Senior Masculino	03:12:04	+01:11:14	08:44
140	206	Jorge Silva	Individual	Senior Masculino	03:12:10	+01:11:20	08:44
141	694	Fernando Vieira	Individual	Senior Masculino	03:12:27	+01:11:37	08:45
142	71	Vitor Matos	Associação Desportiva da Efacec	Senior Masculino	03:12:52	+01:12:02	08:46
143	514	Filipe Pereira	KeMedo Team	Senior Masculino	03:13:05	+01:12:15	08:47
144	108	Paulo Silva	Clube Zupper	Senior Masculino	03:13:14	+01:12:24	08:47
145	179	José Luis Almeida	Ginásio Fit4Fun	Senior Masculino	03:13:49	+01:12:59	08:49
146	526	Luís Filipe Barros de Vasconcelos Guimarães	MINHO AVENTURA	Senior Masculino	03:14:46	+01:13:56	08:51
147	597	AGOSTINHO TORRES	Pernetas	Senior Masculino	03:15:00	+01:14:10	08:52

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148	556	André Rocha	Not Run Alone	Senior Masculino	03:15:34	+01:14:44	08:53
149	296	Pedro Costa	Individual	Senior Masculino	03:15:43	+01:14:53	08:54
150	342	Nuno Martins	Individual	Senior Masculino	03:15:43	+01:14:53	08:54
151	688	José Daivd	Individual	Senior Masculino	03:15:43	+01:14:53	08:54
152	311	Diogo Oliveira Aguiar	Individual	Senior Masculino	03:16:05	+01:15:15	08:55
153	476	Nelson Duarte Garcia Costa	Individual	Senior Masculino	03:16:24	+01:15:34	08:56
154	364	Helder Braga	Individual	Senior Masculino	03:17:13	+01:16:23	08:58
155	85	Carlos Manuel Ferreira Martins	Box Ideal Running Team	Senior Masculino	03:17:21	+01:16:31	08:58
156	145	MIGUEL MAIA DIAS	FALTA DE TREINO	Senior Masculino	03:18:26	+01:17:36	09:01
157	509	Dario Gil	KeMedo Team	Senior Masculino	03:18:47	+01:17:57	09:02
158	89	João Carvalhal	BUDEGUITA RUNNERS	Senior Masculino	03:18:48	+01:17:58	09:02
159	424	Luis Miguel Ribeiro	Individual	Senior Masculino	03:18:52	+01:18:02	09:02
160	563	Pedro Machado	Oralklass-Amigos do Trail	Senior Masculino	03:19:21	+01:18:31	09:04
161	644	Gabriel Vieira	The Beauty and the Beasts	Senior Masculino	03:19:21	+01:18:31	09:04
162	472	Jose Sousa	Individual	Senior Masculino	03:19:23	+01:18:33	09:04
163	454	João Carlos Fernandes	Individual	Senior Masculino	03:19:45	+01:18:55	09:05
164	549	Domingos José Cepeda Morais	MULTIPOWER GAIA TRAIL	Senior Masculino	03:20:03	+01:19:13	09:06
165	72	Tiago Sousa	Associação Desportiva da Efacec	Senior Masculino	03:20:25	+01:19:35	09:07
166	358	Fábio Vasconcelos	Individual	Senior Masculino	03:20:25	+01:19:35	09:07
167	158	João Luís Barbosa Pereira	Gaitas Daninhas	Senior Masculino	03:21:11	+01:20:21	09:09
168	202	Manuel Morais	Individual	Senior Masculino	03:21:27	+01:20:37	09:09
169	361	Márcio Castro	Individual	Senior Masculino	03:22:00	+01:21:10	09:11
170	573	David Morais	Oralklass-Amigos do Trail	Senior Masculino	03:22:28	+01:21:38	09:12
171	518	Bruno Alexandre Oliveira da Silva	Mente Desportiva	Senior Masculino	03:23:02	+01:22:12	09:14
172	69	Ivo Silva	Associação Desportiva da Efacec	Senior Masculino	03:23:17	+01:22:27	09:14
173	187	João Pedro Rodrigues de Sousa	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:23:22	+01:22:32	09:15
174	293	Pedro Barbosa	Not Run Alone	Senior Masculino	03:23:29	+01:22:39	09:15
175	430	Aníbal Botelho	Individual	Senior Masculino	03:23:47	+01:22:57	09:16
176	500	David Camelo	Individual	Senior Masculino	03:24:04	+01:23:14	09:17
177	70	Pedro Miguel Cruz	Associação Desportiva da Efacec	Senior Masculino	03:24:05	+01:23:15	09:17
178	63	Bruno Miguel de Sousa Cunha	Associação Desportiva da Efacec	Senior Masculino	03:24:06	+01:23:16	09:17
179	678	Nuno Esperança	VillaUrbana Runners	Senior Masculino	03:24:16	+01:23:26	09:17
180	483	Paulo Mendes	Vimarunners	Senior Masculino	03:24:19	+01:23:29	09:17
181	304	Nuno Miguel Miranda de Moura e Silva	Individual	Senior Masculino	03:24:19	+01:23:29	09:17
182	672	Pedro Fão	VIANA RUNNERS	Senior Masculino	03:24:24	+01:23:34	09:17
183	676	Marco Gigante	VIANA RUNNERS	Senior Masculino	03:24:24	+01:23:34	09:17
184	628	Miguel Seca	Shots International Runners	Senior Masculino	03:24:24	+01:23:34	09:17
185	203	Rui Jorge Pereira Marinho Ribeiro	Individual	Senior Masculino	03:24:29	+01:23:39	09:18
186	62	Marco Lourenço	Associação Desportiva da Efacec	Senior Masculino	03:24:40	+01:23:50	09:18
187	510	Nuno Marques	KeMedo Team	Senior Masculino	03:25:23	+01:24:33	09:20
188	301	Daniel Filipe Pereira Lacerda	Individual	Senior Masculino	03:25:28	+01:24:38	09:20
189	122	Sérgio Vidal	Desnível Positivo	Senior Masculino	03:25:42	+01:24:52	09:21
190	540	Rui Manuel Faria Gonçalves	MULTIPOWER GAIA TRAIL	Senior Masculino	03:25:53	+01:25:03	09:22
191	496	Carlos Frederico Pinto Carreira	Individual	Senior Masculino	03:26:08	+01:25:18	09:22
192	541	Francisco José Carneiro Oliveira	MULTIPOWER GAIA TRAIL	Senior Masculino	03:26:12	+01:25:22	09:22
193	593	João Luís Guerra Graça	Os Graças	Senior Masculino	03:26:34	+01:25:44	09:23

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240	283	Filipe Nogueira	Individual	Senior Masculino	03:48:50	+01:48:00	10:24
241	450	CÉSAR RIBEIRO	Individual	Senior Masculino	03:48:53	+01:48:03	10:24
242	67	Tiago Joaquim Sousa	Associação Desportiva da Efacec	Senior Masculino	03:50:13	+01:49:23	10:28
243	425	Luís Vilar	Individual	Senior Masculino	03:50:20	+01:49:30	10:28
244	582	Pedro Miguel Costa Lino de Seixas	Oralklass-Amigos do Trail	Senior Masculino	03:51:42	+01:50:52	10:32
245	183	Filipe Sousa	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:52:13	+01:51:23	10:33
246	687	João Pedro Ramos	WILD Team	Senior Masculino	03:52:17	+01:51:27	10:34
247	464	Horacio moreira	Individual	Senior Masculino	03:52:19	+01:51:29	10:34
248	201	Tiago Soeiro	Individual	Senior Masculino	03:52:23	+01:51:33	10:34
249	586	joão fonseca	os amigos de s.pedro da cova	Senior Masculino	03:52:33	+01:51:43	10:34
250	143	Miguel Teixeira	Engomadoria L&A Team	Senior Masculino	03:53:02	+01:52:12	10:36
251	230	Rodolfo Carvalho	Individual	Senior Masculino	03:53:10	+01:52:20	10:36
252	695	Antonio Conde	Individual	Senior Masculino	03:55:37	+01:54:47	10:43
253	246	Marco Marques	Individual	Senior Masculino	03:55:38	+01:54:48	10:43
254	49	Filipe Cunha	Aqui Vamos Nós!	Senior Masculino	03:55:52	+01:55:02	10:43
255	345	Claudio David M. F. Silva	Individual	Senior Masculino	03:56:42	+01:55:52	10:46
256	344	Jorge Humberto Soares Garcez Borges	Individual	Senior Masculino	03:56:43	+01:55:53	10:46
257	147	Joel Marques	FAST AO KM	Senior Masculino	03:57:38	+01:56:48	10:48
258	263	Nuno Miguel Vieira de Almeida	Individual	Senior Masculino	03:58:17	+01:57:27	10:50
259	532	José Silva	MotoMarretas Racing Team	Senior Masculino	03:59:09	+01:58:19	10:52
260	103	Tiago Filipe Ramalho Teixeira	Clube Zupper	Senior Masculino	03:59:22	+01:58:32	10:53
261	336	Pedro de Sousa Martins Pereira	Individual	Senior Masculino	04:00:47	+01:59:57	10:57
262	606	Oscar Mendes	PIPO	Senior Masculino	04:02:38	+02:01:48	11:02
263	427	Celso Reis	Individual	Senior Masculino	04:04:05	+02:03:15	11:06
264	616	Fernando Silva	RUNNING TEAM MAIA	Senior Masculino	04:07:03	+02:06:13	11:14
265	566	Francisco Bogalho	Oralklass-Amigos do Trail	Senior Masculino	04:07:08	+02:06:18	11:14
266	73	Vitor Manuel Oliveira da Silva	Associação Desportiva da Efacec	Senior Masculino	04:07:27	+02:06:37	11:15
267	624	André Alves	Setor curtido	Senior Masculino	04:08:00	+02:07:10	11:16
268	357	Paulo Campos	Individual	Senior Masculino	04:09:22	+02:08:32	11:20
269	98	PEDRO RICARDO LOURENÇO	CLUBE GBES - DELEGAÇÃO DO NORTE	Senior Masculino	04:09:43	+02:08:53	11:21
270	38	João Costa	Individual	Senior Masculino	04:12:52	+02:12:02	11:30
271	193	Bruno Monteiro	ICC	Senior Masculino	04:13:11	+02:12:21	11:31
272	453	Fernando Monteiro	Individual	Senior Masculino	04:13:12	+02:12:22	11:31
273	92	Carlos Alberto Campos Viana	CAETANO RUNNERS	Senior Masculino	04:13:30	+02:12:40	11:31
274	635	Pedro Machado	Shots International Runners	Senior Masculino	04:13:35	+02:12:45	11:32
275	447	José Pedro Silva Rodrigues	Individual	Senior Masculino	04:13:50	+02:13:00	11:32
276	551	Paulo Alexandre pereira Oliveira	MULTIPOWER GAIA TRAIL	Senior Masculino	04:14:38	+02:13:48	11:34
277	463	José Silva	Individual	Senior Masculino	04:14:52	+02:14:02	11:35
278	643	João DOMINGUES	The Beauty and the Beasts	Senior Masculino	04:15:33	+02:14:43	11:37
279	375	Carlos Azevedo	Individual	Senior Masculino	04:18:56	+02:18:06	11:46
280	338	Pedro Tavares	Individual	Senior Masculino	04:19:56	+02:19:06	11:49
281	618	Paulo Pereira	RUNNING TEAM MAIA	Senior Masculino	04:19:56	+02:19:06	11:49
282	86	Marco António Moreira Marques	Box Ideal Running Team	Senior Masculino	04:20:09	+02:19:19	11:50
283	422	nuno marques	Individual	Senior Masculino	04:20:28	+02:19:38	11:50
284	302	António Pinheiro	Individual	Senior Masculino	04:23:15	+02:22:25	11:58
285	621	Pedro Salgueiro	Sawadee	Senior Masculino	04:24:36	+02:23:46	12:02

Trail Longo

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OFFICIAL RESULT

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286	622	Tiago Salgueiro	Sawadee	Senior Masculino	04:24:37	+02:23:47	12:02
287	247	Paulo R. Sousa	Individual	Senior Masculino	04:25:08	+02:24:18	12:03
288	697	Vitor Silva	Individual	Senior Masculino	04:26:04	+02:25:14	12:06
289	241	Angelo Senra	Individual	Senior Masculino	04:26:47	+02:25:57	12:08
290	706	Rui Almeida	Individual	Senior Masculino	04:27:10	+02:26:20	12:09
291	417	francisco jorge moreira da silva	Individual	Senior Masculino	04:30:01	+02:29:11	12:16
292	599	ricardo monteiro	Pernetas	Senior Masculino	04:30:47	+02:29:57	12:19
293	660	Alexandre Afonso	Trocopasso Runners	Senior Masculino	04:31:37	+02:30:47	12:21
294	94	Rui Pedro Campos Pinto	CLUBE DESPORTIVO DE LOUSADO	Senior Masculino	04:33:36	+02:32:46	12:26
295	412	Raphael Simões Fernandes Stanzani	Individual	Senior Masculino	04:35:34	+02:34:44	12:32
296	395	Hugo Pinto	Individual	Senior Masculino	04:38:05	+02:37:15	12:38
297	698	David Moura	Individual	Senior Masculino	04:42:35	+02:41:45	12:51
298	88	Tiago Almeida	BUDEGUITA RUNNERS	Senior Masculino	04:43:46	+02:42:56	12:54
299	169	Alexandra Barradas	Ginásio Factor X	Senior Masculino	04:45:13	+02:44:23	12:58
300	421	Pedro Miguel Gonçalves Póvoas	Individual	Senior Masculino	04:59:44	+02:58:54	13:37
301	495	Hélder Ribeiro Agostinho	Individual	Senior Masculino	05:00:21	+02:59:31	13:39
302	479	Hugo Miguel Godinho Jacob Fragoso	Individual	Senior Masculino	05:04:00	+03:03:10	13:49
303	600	Claudio Manuel Cerqueira da silva	Pernetas	Senior Masculino	05:09:32	+03:08:42	14:04

Sub 23 Feminino

1	182	Diana Júlia Dias Paulo Ferreira de Sousa	GONDOMAR FUTSAL CLUBE	Sub 23 Feminino	02:48:34	+47:44	07:40
2	564	Rita Loureiro	Oralklass-Amigos do Trail	Sub 23 Feminino	03:13:19	+01:12:29	08:47
3	377	Mariana Neves Brandão	Individual	Sub 23 Feminino	04:01:51	+02:01:01	11:00
4	474	Catarina Soares Peixoto	Individual	Sub 23 Feminino	05:04:00	+03:03:10	13:49

Sub 23 Masculino

1	491	Gonçalo joao pereira de Jesus	Individual	Sub 23 Masculino	02:17:55	+17:05	06:16
2	79	Nuno Ferreira	Be Fitness	Sub 23 Masculino	02:29:31	+28:41	06:48
3	53	Tiago Gaspar	ARSM - Associação Recreativa S. Miguel	Sub 23 Masculino	02:43:21	+42:31	07:26
4	521	Valdir Costa	MINHO AVENTURA	Sub 23 Masculino	02:55:00	+54:10	07:57
5	578	Ruben Filipe da Silva Martins	Oralklass-Amigos do Trail	Sub 23 Masculino	02:56:18	+55:28	08:01
6	705	João Machado	Not Run Alone	Sub 23 Masculino	02:56:38	+55:48	08:02
7	574	Rui Costa	Oralklass-Amigos do Trail	Sub 23 Masculino	03:03:57	+01:03:07	08:22
8	501	Pedro Pinheiro	Individual	Sub 23 Masculino	03:09:41	+01:08:51	08:37
9	499	Tiago Bastos	Individual	Sub 23 Masculino	03:13:47	+01:12:57	08:49
10	484	Vitor Hugo Guedes Cunha	Individual	Sub 23 Masculino	03:13:58	+01:13:08	08:49
11	689	Hugo Teixeira	Individual	Sub 23 Masculino	03:15:42	+01:14:52	08:54
12	557	Ricardo Areias	Not Run Alone	Sub 23 Masculino	03:17:21	+01:16:31	08:58
13	451	Rafael Pinto	Individual	Sub 23 Masculino	03:22:09	+01:21:19	09:11
14	231	Micael Cunha	Individual	Sub 23 Masculino	03:24:43	+01:23:53	09:18
15	174	Jorge Miguel Gomes Costa	Ginásio Fit4Fun	Sub 23 Masculino	03:28:33	+01:27:43	09:29

Trail Longo

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OFFICIAL RESULT

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16	58	João Otávio Cruz	ARSM - Associação Recreativa S. Miguel	Sub 23 Masculino	03:31:01	+01:30:11	09:36
17	117	Bruno Costa	CTAD tiagoaragao.com	Sub 23 Masculino	03:50:34	+01:49:44	10:29
18	519	Ricardo Manuel Rodrigues Frias	Mente Desportiva	Sub 23 Masculino	04:01:43	+02:00:53	10:59
19	473	André Joaquim valadas martins	Individual	Sub 23 Masculino	04:02:21	+02:01:31	11:01

Veterana F40

1	2	Lucinda Santos Sousa	GONDOMAR FUTSAL CLUBE	Veterana F40	02:38:17	+37:27	07:12
2	457	Maria Augusta da Costa Loureiro	Individual	Veterana F40	02:54:01	+53:11	07:55
3	121	Fátima Alendouro	Desnível Positivo	Veterana F40	03:09:57	+01:09:07	08:38
4	184	Ana Maria da Silva Amaral	GONDOMAR FUTSAL CLUBE	Veterana F40	03:27:34	+01:26:44	09:26
5	587	Raquel Maria Gonçalves Guimarães	os aventureiros	Veterana F40	03:30:12	+01:29:22	09:33
6	211	Paula Silva	Individual	Veterana F40	03:34:09	+01:33:19	09:44
7	1069	Sónia Cristina Pinto da Mota	ELITIANOS	Veterana F40	03:40:12	+01:39:22	10:01
8	465	Sandra Maria Finisterra Travessas	TURBULENTOS	Veterana F40	03:40:34	+01:39:44	10:02
9	592	Cláudia Maria Guerra e Graça	Os Graças	Veterana F40	03:51:07	+01:50:17	10:30
10	408	ROSÁRIO MAGALHÃES	Individual	Veterana F40	03:52:13	+01:51:23	10:33
11	279	Cristina Maria Fundevila Teixeira	Individual	Veterana F40	03:56:43	+01:55:53	10:46
12	658	Carla Neves	Trocopasso Runners	Veterana F40	03:56:58	+01:56:08	10:46
13	396	Susana Lobo Santos	Individual	Veterana F40	03:59:51	+01:59:01	10:54
14	22	Paula Santos	Individual	Veterana F40	04:06:41	+02:05:51	11:13
15	314	Paula Oliveira	Individual	Veterana F40	04:07:42	+02:06:52	11:16
16	269	Séverine Boiteau	Individual	Veterana F40	04:11:30	+02:10:40	11:26
17	683	Cristina Cardoso	Wellrunners Welldomus - Fitness and SPA	Veterana F40	04:12:24	+02:11:34	11:28
18	240	Cristina Dias	Individual	Veterana F40	04:14:12	+02:13:22	11:33
19	456	Maria José Teixeira Dias Araújo	Individual	Veterana F40	04:15:20	+02:14:30	11:36
20	603	Maria Manuela Cunha Ferreira	Pernetas	Veterana F40	04:15:30	+02:14:40	11:37
21	602	Susana Manuela Pinhal Canhola	Pernetas	Veterana F40	04:33:47	+02:32:57	12:27
22	679	Carmen Lima	VillaUrbana Runners	Veterana F40	04:39:01	+02:38:11	12:41
23	533	Paula Costa	Movimento Juventude de Merelim	Veterana F40	05:00:33	+02:59:43	13:40

Veterana F45

1	214	Maria Iracema Fernandes Costa	Individual	Veterana F45	03:14:56	+01:14:06	08:52
2	6	Flor Madureira	GRUPO DESPORTIVO LEÕES DO VENEZA	Veterana F45	03:17:25	+01:16:35	08:58
3	317	maria rosário martins	GONDOMAR FUTSAL CLUBE	Veterana F45	03:27:34	+01:26:44	09:26
4	366	Alexandra Fernandes	Individual	Veterana F45	03:31:34	+01:30:44	09:37
5	258	Fernanda Pinho	Individual	Veterana F45	03:52:18	+01:51:28	10:34
6	1276	Maria Martins	Individual	Veterana F45	04:15:20	+02:14:30	11:36
7	369	Anabela Moraes	Individual	Veterana F45	04:40:30	+02:39:40	12:45
8	642	Maria José Valente	TemplarTrail	Veterana F45	04:43:28	+02:42:38	12:53
9	335	Maria da Luz Olivença	Individual	Veterana F45	04:50:59	+02:50:09	13:14

Trail Longo
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OFFICIAL RESULT

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Veterana F50

1	14	Fernanda Maria E. M. Costa	Ginásio Factor X	Veterana F50	03:43:09	+01:42:19	10:09
2	24	Fernanda Cardoso	K team	Veterana F50	04:10:48	+02:09:58	11:24
3	159	Adelaide Vigário	Ginásio Factor X	Veterana F50	04:13:09	+02:12:19	11:30
4	323	Maria José Francisco	Individual	Veterana F50	04:14:28	+02:13:38	11:34

Veterano M40

1	5	ARMANDINO TABORDA	Oralklass-Amigos do Trail	Veterano M40	02:09:02	+08:12	05:52
2	13	Adelino martins da silva	Grupo Recreativo e Dramático da Retorta	Veterano M40	02:31:37	+30:47	06:54
3	699	Paulo Silva	PAREDES AVENTURA	Veterano M40	02:35:26	+34:36	07:04
4	570	Fernando Queirós	Oralklass-Amigos do Trail	Veterano M40	02:38:13	+37:23	07:12
5	127	José Carlos Mesquita Alcobia	EDV - Viana Trail	Veterano M40	02:38:34	+37:44	07:12
6	268	José Manuel da Silva Soares	Individual	Veterano M40	02:39:02	+38:12	07:14
7	596	Pedro Pratas	PAREDES AVENTURA	Veterano M40	02:40:13	+39:23	07:17
8	7	António Magalhães	G.D. Leões da Guarda	Veterano M40	02:40:24	+39:34	07:17
9	554	Gonçalo Manuel Marinho Lopes da Mota	NAST	Veterano M40	02:41:39	+40:49	07:21
10	176	Luis Filipe Pinho	Ginásio Fit4Fun	Veterano M40	02:43:03	+42:13	07:25
11	54	Marco Rodrigues	ARSM - Associação Recreativa S. Miguel	Veterano M40	02:45:28	+44:38	07:31
12	572	Jose Neves	Oralklass-Amigos do Trail	Veterano M40	02:50:22	+49:32	07:45
13	308	Mario Gonçalves	Individual	Veterano M40	02:50:36	+49:46	07:45
14	156	Augusto Oliveira	GAIA-RUNNING	Veterano M40	02:51:33	+50:43	07:48
15	325	Fernando Pinheiro Mendes	Individual	Veterano M40	02:52:16	+51:26	07:50
16	77	Nuno Simões	Aventureiros	Veterano M40	02:52:31	+51:41	07:51
17	25	Pedro Silva Pereira	PI100PÉ	Veterano M40	02:53:27	+52:37	07:53
18	670	JOSÉ MANUEL RODRIGO NUNES	USGUNAS	Veterano M40	02:53:36	+52:46	07:53
19	608	Paulo Luis Magalhães Nunes	Porto Runners	Veterano M40	02:54:43	+53:53	07:57
20	657	José Rodrigues	Trocopasso Runners	Veterano M40	02:56:14	+55:24	08:01
21	577	João Marques	Oralklass-Amigos do Trail	Veterano M40	02:58:51	+58:01	08:08
22	609	Jorge Manuel Nogueira Magalhães	Porto Runners	Veterano M40	03:00:18	+59:28	08:12
23	27	Bernardino C. Andrade	Maia AC - Go Saúde	Veterano M40	03:00:25	+59:35	08:12
24	534	Guilherme Martins	Movimento Juventude de Merelim	Veterano M40	03:01:05	+01:00:15	08:14
25	405	Anselmo Pinto	vimarunners	Veterano M40	03:02:04	+01:01:14	08:17
26	130	Nuno Ricardo Neto Franco Santos Cintra	EDV - Viana Trail	Veterano M40	03:02:30	+01:01:40	08:18
27	264	manuel antonio ferreira pinto teixeira	Individual	Veterano M40	03:03:57	+01:03:07	08:22
28	409	ANDRÉ MIGUEL REIS	Individual	Veterano M40	03:04:49	+01:03:59	08:24
29	505	Pedro Miguel Gonçalves da Silva Barbosa	Individual	Veterano M40	03:05:33	+01:04:43	08:26
30	250	Fernando Renato Gonçalves Oliveira	Individual	Veterano M40	03:09:18	+01:08:28	08:36
31	251	Cândido Silva	Clube Spiridon de Gaia	Veterano M40	03:11:55	+01:11:05	08:43
32	589	francisco moreira	OS BARRIGUITAS	Veterano M40	03:13:25	+01:12:35	08:48
33	102	Sérgio Pedro Moreira Gerales	Clube Zupper	Veterano M40	03:13:51	+01:13:01	08:49

Trail Longo
22 KM
OFFICIAL RESULT
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34	253	Joaquim Coelho	Individual	Veterano M40	03:15:29	+01:14:39	08:53
35	16	António Morais	Maia AC - Go Saúde	Veterano M40	03:21:24	+01:20:34	09:09
36	352	Nuno Faro Beirão	Individual	Veterano M40	03:23:25	+01:22:35	09:15
37	531	Filipe Moreira	MotoMarretas Racing Team	Veterano M40	03:23:47	+01:22:57	09:16
38	245	Jorge Fernandes	Individual	Veterano M40	03:24:08	+01:23:18	09:17
39	432	Vasco Camilo Alves	Individual	Veterano M40	03:26:31	+01:25:41	09:23
40	442	PEDRO MIGUEL FERNANDES OLIVEIRA	Individual	Veterano M40	03:26:54	+01:26:04	09:24
41	222	David Sousa	Individual	Veterano M40	03:27:11	+01:26:21	09:25
42	310	Eurico Fernando Portela Mendes	Individual	Veterano M40	03:27:18	+01:26:28	09:25
43	497	José Regueiras	Individual	Veterano M40	03:27:34	+01:26:44	09:26
44	385	António Reis	Individual	Veterano M40	03:28:01	+01:27:11	09:27
45	373	Carlos Augusto Martins da Silva	Individual	Veterano M40	03:28:39	+01:27:49	09:29
46	438	Jorge Braga	Individual	Veterano M40	03:29:27	+01:28:37	09:31
47	439	Luis Ribeiro	Individual	Veterano M40	03:29:27	+01:28:37	09:31
48	517	Luís Andrade	MELRES TRAIL RUNNING - Ordem para arriar	Veterano M40	03:31:49	+01:30:59	09:38
49	398	FERNANDO MANUEL BORGES GARCIA	Individual	Veterano M40	03:32:28	+01:31:38	09:39
50	413	joao cruz	Individual	Veterano M40	03:32:30	+01:31:40	09:40
51	322	JOSE ALBERTO MENDES	Individual	Veterano M40	03:36:02	+01:35:12	09:49
52	175	Anselmo Jorge Almeida	Ginásio Fit4Fun	Veterano M40	03:36:27	+01:35:37	09:50
53	303	Carlos Silva	Individual	Veterano M40	03:39:29	+01:38:39	09:59
54	278	José Pedro Pinto Silva	Individual	Veterano M40	03:41:02	+01:40:12	10:03
55	350	Tiago Pedroso	Individual	Veterano M40	03:43:02	+01:42:12	10:08
56	351	Armindo Miguel Pinheiro	Individual	Veterano M40	03:43:03	+01:42:13	10:08
57	601	Fernando Manuel Ferreira da Costa	Pernetas	Veterano M40	03:43:11	+01:42:21	10:09
58	36	Mário Gouveia	Confraria Trotamontes	Veterano M40	03:43:31	+01:42:41	10:10
59	610	Luís Rodrigues	Porto Runners	Veterano M40	03:46:50	+01:46:00	10:19
60	195	Vitor Carvalho	ICC	Veterano M40	03:46:55	+01:46:05	10:19
61	65	Mário Ferreira	Associação Desportiva da Efacec	Veterano M40	03:50:13	+01:49:23	10:28
62	419	Hugo Brito	Individual	Veterano M40	03:50:17	+01:49:27	10:28
63	110	Fernando Carneiro	Clube Zupper	Veterano M40	03:50:56	+01:50:06	10:30
64	488	Paulo Jorge Jaquel Pinto	Individual	Veterano M40	03:52:17	+01:51:27	10:34
65	48	porfirio da silva pereira	Aqui Vamos Nós!	Veterano M40	03:52:23	+01:51:33	10:34
66	470	Jorge Yong	Individual	Veterano M40	03:52:30	+01:51:40	10:34
67	281	NELSON VALENTE	Individual	Veterano M40	03:54:43	+01:53:53	10:40
68	356	Helder F. Silva	Individual	Veterano M40	03:55:15	+01:54:25	10:42
69	448	João Tondela	Individual	Veterano M40	03:57:10	+01:56:20	10:47
70	223	Miguel Catarino	Individual	Veterano M40	03:58:12	+01:57:22	10:50
71	78	Paulo Jorge da Silva Seabra	Aventureiros	Veterano M40	04:01:14	+02:00:24	10:58
72	605	Rui Bi Madeira	PIPO	Veterano M40	04:02:38	+02:01:48	11:02
73	205	Ilídio Pires	Individual	Veterano M40	04:05:04	+02:04:14	11:08
74	645	Paulo Soares	The Beauty and the Beasts	Veterano M40	04:08:49	+02:07:59	11:19
75	275	Rui Pedro Ferreira	Individual	Veterano M40	04:13:50	+02:13:00	11:32
76	404	BASILIO QUEIRÓS	Individual	Veterano M40	04:15:20	+02:14:30	11:36
77	397	Fernando Monteiro	Individual	Veterano M40	04:24:26	+02:23:36	12:01

Official Timekeeper: Lap2Go	12 / 15	generate 11-jun-2014 12:19
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OFFICIAL RESULT

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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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

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78	208	João Morais	Individual	Veterano M40	04:25:08	+02:24:18	12:03
79	299	José António Miguens	Individual	Veterano M40	04:26:36	+02:25:46	12:07
80	388	António José Pereira Silva	Individual	Veterano M40	04:31:36	+02:30:46	12:21
81	87	Joaquim Alexandre Campos Almeida	Box Ideal Running Team	Veterano M40	04:33:47	+02:32:57	12:27
82	295	PedroTeixeira	Individual	Veterano M40	04:42:35	+02:41:45	12:51
83	641	Jaime Filipe Barros	TemplarTrail	Veterano M40	04:43:28	+02:42:38	12:53

Veterano M45

1	11	António Martins	Confraria Trotamontes	Veterano M45	02:07:54	+07:04	05:49
2	3	Belmiro Moreira Ferreira	Individual	Veterano M45	02:10:00	+09:10	05:55
3	181	Vitor Manuel Ferreira de Sousa	GONDOMAR FUTSAL CLUBE	Veterano M45	02:22:22	+21:32	06:28
4	133	Artur Manuel Ribeiro Cunha Matos	EDV - Viana Trail	Veterano M45	02:23:29	+22:39	06:31
5	429	Paulo Jorge Vaz Gomes	Individual	Veterano M45	02:27:42	+26:52	06:43
6	57	Carlos Simões	ARSM - Associação Recreativa S. Miguel	Veterano M45	02:28:03	+27:13	06:44
7	225	Joaquim machado pereira	Individual	Veterano M45	02:29:56	+29:06	06:49
8	170	Fernando Noronha	Ginásio Factor X	Veterano M45	02:30:24	+29:34	06:50
9	23	Nuno Barra	Ginásio Factor X	Veterano M45	02:31:21	+30:31	06:53
10	50	José Guilherme Fêteira	ARSM - Associação Recreativa S. Miguel	Veterano M45	02:39:58	+39:08	07:16
11	528	Luis Gonzaga	MINHO AVENTURA	Veterano M45	02:40:57	+40:07	07:19
12	105	Jorge Manuel de Jesus Maia	Clube Zupper	Veterano M45	02:42:31	+41:41	07:23
13	132	José Domingos Fernandes Santos	EDV - Viana Trail	Veterano M45	02:42:47	+41:57	07:24
14	294	Jose Silva	Individual	Veterano M45	02:48:28	+47:38	07:39
15	394	Paulo Baltasar Martins	Individual	Veterano M45	02:48:30	+47:40	07:40
16	469	Antonio Serafim Cunha	Individual	Veterano M45	02:55:07	+54:17	07:58
17	82	António José Machado loureiro	Blade Runners	Veterano M45	02:55:17	+54:27	07:58
18	656	Luis Leça	Trocopasso Runners	Veterano M45	02:56:14	+55:24	08:01
19	233	VASCO FIGUEIREDO	Individual	Veterano M45	02:58:17	+57:27	08:06
20	220	Manuel Olivera	Individual	Veterano M45	02:58:20	+57:30	08:06
21	99	ALVARO MACHADO	CLUBE GBES - DELEGAÇÃO DO NORTE	Veterano M45	02:59:14	+58:24	08:09
22	309	Carlos Silva	Individual	Veterano M45	03:02:46	+01:01:56	08:18
23	254	Luís Guise	Individual	Veterano M45	03:03:28	+01:02:38	08:20
24	285	Paulo Jorge Pinho Ferreira	Individual	Veterano M45	03:05:06	+01:04:16	08:25
25	671	PAULO SÉRGIO DA CUNHA AMORIM	USGUNAS	Veterano M45	03:05:48	+01:04:58	08:27
26	227	Lieven Verraest	Individual	Veterano M45	03:06:19	+01:05:29	08:28
27	60	Moisés Manso Nunes	ARSM - Associação Recreativa S. Miguel	Veterano M45	03:06:20	+01:05:30	08:28
28	386	Filipe Campelo Lemos	Individual	Veterano M45	03:09:40	+01:08:50	08:37
29	142	João Paio	ELECTRICO FUTEBOL CLUBE	Veterano M45	03:09:52	+01:09:02	08:38
30	152	Fernando Jorge Castro Oliveira	FFitGaia Trail	Veterano M45	03:11:15	+01:10:25	08:42
31	272	Vitor Manuel Barbosa Moreira	Individual	Veterano M45	03:13:27	+01:12:37	08:48
32	399	Duarte Paulo Ribeiro	Individual	Veterano M45	03:15:10	+01:14:20	08:52
33	186	Joaquim Jaime Sousa	GONDOMAR FUTSAL CLUBE	Veterano M45	03:18:18	+01:17:28	09:01
34	651	Paulo Faria	TRAIL ME	Veterano M45	03:20:25	+01:19:35	09:07

Trail Longo

22 KM



OFFICIAL RESULT

35	237	José Carlos Dias	Individual	Veterano M45	03:22:22	+01:21:32	09:12
36	273	José Fernandes Ferreira	Individual	Veterano M45	03:24:23	+01:23:33	09:17
37	190	alcino araujo	groupama trail team	Veterano M45	03:25:31	+01:24:41	09:21
38	455	Carlos Tadeia	Individual	Veterano M45	03:28:59	+01:28:09	09:30
39	224	Orlando J. Correia	Individual	Veterano M45	03:30:16	+01:29:26	09:33
40	259	João Martins	Individual	Veterano M45	03:34:09	+01:33:19	09:44
41	167	Pedro Sousa	Ginásio Factor X	Veterano M45	03:40:23	+01:39:33	10:01
42	168	Jorge Suzano	Ginásio Factor X	Veterano M45	03:40:23	+01:39:33	10:01
43	96	JOSÉ JAIME TEIXEIRA	CLUBE GBES - DELEGAÇÃO DO NORTE	Veterano M45	03:40:23	+01:39:33	10:01
44	365	Antonio Fernandes	Individual	Veterano M45	03:42:34	+01:41:44	10:07
45	270	Francisco Santos	Individual	Veterano M45	03:43:29	+01:42:39	10:10
46	334	Joaquim Silva Torres	Individual	Veterano M45	03:43:31	+01:42:41	10:10
47	326	Joaquim Paulo Ferreira Correia Silva	Individual	Veterano M45	03:43:32	+01:42:42	10:10
48	68	Hercílio Santos	Associação Desportiva da Efacec	Veterano M45	03:49:31	+01:48:41	10:26
49	381	Alexandre Viegas Maniés	Individual	Veterano M45	03:51:20	+01:50:30	10:31
50	189	antonio carneiro	groupama trail team	Veterano M45	03:51:20	+01:50:30	10:31
51	229	Ricardo Neves	Individual	Veterano M45	03:58:12	+01:57:22	10:50
52	277	Fernando João Alves	Individual	Veterano M45	04:03:13	+02:02:23	11:03
53	185	Fernando José Moreira Pereira	GONDOMAR FUTSAL CLUBE	Veterano M45	04:07:34	+02:06:44	11:15
54	204	Júlio Manuel Rodrigues Costa	Individual	Veterano M45	04:07:40	+02:06:50	11:15
55	59	Vitor Manuel Feteira de Matos Pimenta	ARSM - Associação Recreativa S. Miguel	Veterano M45	04:51:37	+02:50:47	13:15
56	1000	João Meixedo	GD4Caminhos	Veterano M45	05:09:33	+03:08:43	14:04

Veterano M50

1	664	Abilio José Leite Marques	Unidade Especial de Corrida	Veterano M50	02:30:53	+30:03	06:52
2	276	Mateus Silva	Individual	Veterano M50	02:36:36	+35:46	07:07
3	583	Manue Augusto Correia Ferreira	Oralklass-Amigos do Trail	Veterano M50	02:37:33	+36:43	07:10
4	30	Arnaldo Marinho	GRUPO DESPORTIVO LEÕES DO VENEZA	Veterano M50	02:43:40	+42:50	07:26
5	197	Mário Santos	Individual	Veterano M50	02:49:24	+48:34	07:42
6	83	José Luis Loureiro	Blade Runners	Veterano M50	03:04:33	+01:03:43	08:23
7	525	Pedro Filipe Couto Nóvoa	MINHO AVENTURA	Veterano M50	03:04:36	+01:03:46	08:23
8	252	alipio lopes	Individual	Veterano M50	03:04:58	+01:04:08	08:24
9	265	António Santos	Individual	Veterano M50	03:16:06	+01:15:16	08:55
10	553	Fernando Manuel Gonçalves Nunes	MULTIPOWER GAIA TRAIL	Veterano M50	03:16:07	+01:15:17	08:55
11	31	PAULO RODRIGUES	GRUPO DESPORTIVO LEÕES DO VENEZA	Veterano M50	03:17:25	+01:16:35	08:58
12	649	Ernesto Martins	TOUQUENEMOSSO	Veterano M50	03:25:40	+01:24:50	09:21
13	37	Jose Andrade	Individual	Veterano M50	03:28:39	+01:27:49	09:29
14	481	Paulo José Moreira	Individual	Veterano M50	03:33:01	+01:32:11	09:41
15	348	Abel Álvaro Duarte Gomes	Individual	Veterano M50	03:40:01	+01:39:11	10:00
16	378	Francisco José Gomes da Costa	Individual	Veterano M50	04:01:51	+02:01:01	11:00
17	256	MARIO RUI LEITE COSTA	Individual	Veterano M50	04:24:26	+02:23:36	12:01
18	440	Nuno Lacerda	Individual	Veterano M50	04:40:44	+02:39:54	12:46

Senior Feminino

22 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:30	19,6°C	66%
End	14:39	24,6°C	55,6%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
1	561	Maria Areias	Oralklass-Amigos do Trail	Senior Feminino	02:40:15		07:17
2	52	Cristina Couceiro	ARSM - Associação Recreativa S. Miguel	Senior Feminino	02:44:49	+04:34	07:30
3	182	Diana Júlia Dias Paulo Ferreira de Sousa	GONDOMAR FUTSAL CLUBE	Sub 23 Feminino	02:48:34	+08:19	07:40
4	4	Elisabete Carvalho	Trocopasso Runners	Senior Feminino	02:56:14	+15:59	08:01
5	165	Anabela Santos Freitas	Ginásio Factor X	Senior Feminino	02:58:22	+18:07	08:06
6	43	Marta Rosa	Addicted to trail	Senior Feminino	02:58:41	+18:26	08:07
7	33	MARIA ABAL AUSTRI	TODOVERTICAL V+	Senior Feminino	02:59:54	+19:39	08:11
8	434	Anabela Lopes Faria	Individual	Senior Feminino	03:00:22	+20:07	08:12
9	51	Ana Maria Féteira	ARSM - Associação Recreativa S. Miguel	Senior Feminino	03:04:51	+24:36	08:24
10	545	Cristina Isabel Mendes Oliveira Dias	MULTIPOWER GAIA TRAIL	Senior Feminino	03:05:32	+25:17	08:26
11	584	Joana Catarina	Oralklass-Amigos do Trail	Senior Feminino	03:06:44	+26:29	08:29
12	200	Regina Maria Serra Fernandes	Individual	Senior Feminino	03:08:29	+28:14	08:34
13	20	Liliana Gomes	Run&Shine	Senior Feminino	03:08:47	+28:32	08:35
14	467	Carla Sousa	Individual	Senior Feminino	03:13:09	+32:54	08:47
15	564	Rita Loureiro	Oralklass-Amigos do Trail	Sub 23 Feminino	03:13:19	+33:04	08:47
16	634	Raquel Campos	Shots International Runners	Senior Feminino	03:13:45	+33:30	08:48
17	343	Paula lage	Individual	Senior Feminino	03:15:35	+35:20	08:53
18	702	Aureliana Polonia	Individual	Senior Feminino	03:23:29	+43:14	09:15
19	44	Blandine Craveiro	Addicted to trail	Senior Feminino	03:24:05	+43:50	09:17
20	45	Ana Torres	Addicted to trail	Senior Feminino	03:24:05	+43:50	09:17
21	666	Cândida Raquel Alves Ferreira	Unidade Especial de Corrida	Senior Feminino	03:25:32	+45:17	09:21
22	249	Mariana Figueiredo Delgado	Individual	Senior Feminino	03:26:09	+45:54	09:22
23	360	Estela Martins	Individual	Senior Feminino	03:31:34	+51:19	09:37
24	403	Anabela Cordeiro	Individual	Senior Feminino	03:31:58	+51:43	09:38
25	562	Rosa Pereira	Oralklass-Amigos do Trail	Senior Feminino	03:33:54	+53:39	09:43
26	623	Vanda Elisabete Penalva Fernandes	SCALABIS NIGHT RUNNERS	Senior Feminino	03:34:40	+54:25	09:45
27	10	Anabela Keta	Maia AC - Go Saúde	Senior Feminino	03:34:42	+54:27	09:46
28	280	Carla Oliveira	Individual	Senior Feminino	03:35:27	+55:12	09:48
29	418	MARGARIDA figueiroa	Individual	Senior Feminino	03:39:08	+58:53	09:58
30	661	M. João Ricardo	Trocopasso Runners	Senior Feminino	03:40:13	+59:58	10:01
31	8	Raquel Sofia de Freitas Andrade	Individual	Senior Feminino	03:42:34	+01:02:19	10:07
32	486	Sofia fernandes	Individual	Senior Feminino	03:45:10	+01:04:55	10:14
33	290	Ana Sousa	Individual	Senior Feminino	03:45:45	+01:05:30	10:16
34	444	Marta Lopes	Individual	Senior Feminino	03:50:20	+01:10:05	10:28
35	558	Vera Bizarro	O Mundo da Corrida	Senior Feminino	03:51:07	+01:10:52	10:30
36	559	Lucia Martins	O Mundo da Corrida	Senior Feminino	03:51:16	+01:11:01	10:31
37	374	Débora Vilas Boas	Individual	Senior Feminino	03:51:20	+01:11:05	10:31
38	151	Tânia Cunha	FAST N' FURIOUS	Senior Feminino	03:51:44	+01:11:29	10:32
39	171	Andreia Gilde	Ginásio Factor X	Senior Feminino	03:52:41	+01:12:26	10:35

Official Timekeeper: Lap2Go	1 / 2	generate 11-Jun-2014 12:25
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Senior Feminino
22 KM
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REVISED
OFFICIAL RESULT

40	46	Cristina Rosa	Addicted to trail	Senior Feminino	03:53:07	+01:12:52	10:36
41	74	Angelina Viagem	Aventureiros	Senior Feminino	03:55:25	+01:15:10	10:42
42	75	Cristiana Esteves	Aventureiros	Senior Feminino	03:55:36	+01:15:21	10:43
43	480	Maria João martins landeiro	Individual	Senior Feminino	03:55:37	+01:15:22	10:43
44	460	Sandra Miranda	Individual	Senior Feminino	03:55:53	+01:15:38	10:43
45	255	Sílvia Vasconcelos Vieira	Individual	Senior Feminino	03:56:38	+01:16:23	10:45
46	677	Liliana Araujo	VillaUrbana Runners	Senior Feminino	03:56:38	+01:16:23	10:45
47	262	Luísa Isabel Amorim Mota Almeida	Individual	Senior Feminino	03:58:17	+01:18:02	10:50
48	377	Mariana Neves Brandão	Individual	Sub 23 Feminino	04:01:51	+01:21:36	11:00
49	617	Ana Costa	RUNNING TEAM MAIA	Senior Feminino	04:04:10	+01:23:55	11:06
50	349	Susana Moreira	Individual	Senior Feminino	04:09:20	+01:29:05	11:20
51	18	Sofia Azevedo	Maia AC - Go Saúde	Senior Feminino	04:10:48	+01:30:33	11:24
52	631	Liliana Pereira	Shots International Runners	Senior Feminino	04:13:35	+01:33:20	11:32
53	633	Sandra Faria	Shots International Runners	Senior Feminino	04:13:35	+01:33:20	11:32
54	93	Zélia da Conceição Campos Viana	CAETANO RUNNERS	Senior Feminino	04:13:46	+01:33:31	11:32
55	274	Ligia Dias	Individual	Senior Feminino	04:13:48	+01:33:33	11:32
56	160	Ana Paula Marques	Ginásio Factor X	Senior Feminino	04:16:40	+01:36:25	11:40
57	384	Túlia Aires	Individual	Senior Feminino	04:22:43	+01:42:28	11:57
58	436	Teresa Oliveira	Individual	Senior Feminino	04:22:43	+01:42:28	11:57
59	701	Sara Macedo	Individual	Senior Feminino	04:23:34	+01:43:19	11:59
60	516	Cristina Freitas	MELRES TRAIL RUNNING - Ordem para arriar	Senior Feminino	04:25:58	+01:45:43	12:05
61	95	Raquel da Silva Neiva	CLUBE DESPORTIVO DE LOUSADO	Senior Feminino	04:33:36	+01:53:21	12:26
62	471	Teresa Sousa	Individual	Senior Feminino	04:38:00	+01:57:45	12:38
63	552	Sandra Cristina Cepeda Morais Oliveira	MULTIPOWER GAIA TRAIL	Senior Feminino	04:43:59	+02:03:44	12:55
64	550	Elsa Jesus Sequeira Cardoso Morais	MULTIPOWER GAIA TRAIL	Senior Feminino	04:52:12	+02:11:57	13:17
65	234	Renata Carvalho	Individual	Senior Feminino	04:59:44	+02:19:29	13:37
66	567	Renata Coelho	Oralklass-Amigos do Trail	Senior Feminino	05:00:33	+02:20:18	13:40
67	474	Catarina Soares Peixoto	Individual	Sub 23 Feminino	05:04:00	+02:23:45	13:49
68	598	LILIANA PINTO	Pernetas	Senior Feminino	05:09:32	+02:29:17	14:04
69	999	Patrícia Leite	GD4Caminhos	Senior Feminino	05:09:33	+02:29:18	14:04

Senior Masculinos

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

OFFICIAL RESULT

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267	143	Miguel Teixeira	Engomadoria L&A Team	Senior Masculino	03:53:02	+01:52:12	10:36
268	230	Rodolfo Carvalho	Individual	Senior Masculino	03:53:10	+01:52:20	10:36
269	695	Antonio Conde	Individual	Senior Masculino	03:55:37	+01:54:47	10:43
270	246	Marco Marques	Individual	Senior Masculino	03:55:38	+01:54:48	10:43
271	49	Filipe Cunha	Aqui Vamos Nós!	Senior Masculino	03:55:52	+01:55:02	10:43
272	345	Claudio David M. F. Silva	Individual	Senior Masculino	03:56:42	+01:55:52	10:46
273	344	Jorge Humberto Soares Garcez Borges	Individual	Senior Masculino	03:56:43	+01:55:53	10:46
274	147	Joel Marques	FAST AO KM	Senior Masculino	03:57:38	+01:56:48	10:48
275	263	Nuno Miguel Vieira de Almeida	Individual	Senior Masculino	03:58:17	+01:57:27	10:50
276	532	José Silva	MotoMarretas Racing Team	Senior Masculino	03:59:09	+01:58:19	10:52
277	103	Tiago Filipe Ramalho Teixeira	Clube Zupper	Senior Masculino	03:59:22	+01:58:32	10:53
278	336	Pedro de Sousa Martins Pereira	Individual	Senior Masculino	04:00:47	+01:59:57	10:57
279	519	Ricardo Manuel Rodrigues Frias	Mente Desportiva	Sub 23 Masculino	04:01:43	+02:00:53	10:59
280	473	André Joaquim valadas martins	Individual	Sub 23 Masculino	04:02:21	+02:01:31	11:01
281	606	Oscar Mendes	PIPO	Senior Masculino	04:02:38	+02:01:48	11:02
282	427	Celso Reis	Individual	Senior Masculino	04:04:05	+02:03:15	11:06
283	616	Fernando Silva	RUNNING TEAM MAIA	Senior Masculino	04:07:03	+02:06:13	11:14
284	566	Francisco Bogalho	Oralklass-Amigos do Trail	Senior Masculino	04:07:08	+02:06:18	11:14
285	73	Vitor Manuel Oliveira da Silva	Associação Desportiva da Efacec	Senior Masculino	04:07:27	+02:06:37	11:15
286	624	André Alves	Setor curtido	Senior Masculino	04:08:00	+02:07:10	11:16
287	357	Paulo Campos	Individual	Senior Masculino	04:09:22	+02:08:32	11:20
288	98	PEDRO RICARDO LOURENÇO	CLUBE GBES - DELEGAÇÃO DO NORTE	Senior Masculino	04:09:43	+02:08:53	11:21
289	38	João Costa	Individual	Senior Masculino	04:12:52	+02:12:02	11:30
290	193	Bruno Monteiro	ICC	Senior Masculino	04:13:11	+02:12:21	11:31
291	453	Fernando Monteiro	Individual	Senior Masculino	04:13:12	+02:12:22	11:31
292	92	Carlos Alberto Campos Viana	CAETANO RUNNERS	Senior Masculino	04:13:30	+02:12:40	11:31
293	635	Pedro Machado	Shots International Runners	Senior Masculino	04:13:35	+02:12:45	11:32
294	447	José Pedro Silva Rodrigues	Individual	Senior Masculino	04:13:50	+02:13:00	11:32
295	551	Paulo Alexandre pereira Oliveira	MULTIPOWER GAIA TRAIL	Senior Masculino	04:14:38	+02:13:48	11:34
296	463	José Silva	Individual	Senior Masculino	04:14:52	+02:14:02	11:35
297	643	João DOMINGUES	The Beauty and the Beasts	Senior Masculino	04:15:33	+02:14:43	11:37
298	375	Carlos Azevedo	Individual	Senior Masculino	04:18:56	+02:18:06	11:46
299	338	Pedro Tavares	Individual	Senior Masculino	04:19:56	+02:19:06	11:49
300	618	Paulo Pereira	RUNNING TEAM MAIA	Senior Masculino	04:19:56	+02:19:06	11:49
301	86	Marco António Moreira Marques	Box Ideal Running Team	Senior Masculino	04:20:09	+02:19:19	11:50
302	422	nuno marques	Individual	Senior Masculino	04:20:28	+02:19:38	11:50
303	302	António Pinheiro	Individual	Senior Masculino	04:23:15	+02:22:25	11:58
304	621	Pedro Salgueiro	Sawadee	Senior Masculino	04:24:36	+02:23:46	12:02
305	622	Tiago Salgueiro	Sawadee	Senior Masculino	04:24:37	+02:23:47	12:02
306	247	Paulo R. Sousa	Individual	Senior Masculino	04:25:08	+02:24:18	12:03
307	697	Vitor Silva	Individual	Senior Masculino	04:26:04	+02:25:14	12:06
308	241	Angelo Senra	Individual	Senior Masculino	04:26:47	+02:25:57	12:08
309	706	Rui Almeida	Individual	Senior Masculino	04:27:10	+02:26:20	12:09
310	417	francisco jorge moreira da silva	Individual	Senior Masculino	04:30:01	+02:29:11	12:16
311	599	ricardo monteiro	Pernetas	Senior Masculino	04:30:47	+02:29:57	12:19
312	660	Alexandre Afonso	Trocopasso Runners	Senior Masculino	04:31:37	+02:30:47	12:21

Senior Masculinos**22 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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

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313	94	Rui Pedro Campos Pinto	CLUBE DESPORTIVO DE LOUSADO	Senior Masculino	04:33:36	+02:32:46	12:26
314	412	Raphael Simões Fernandes Stanzani	Individual	Senior Masculino	04:35:34	+02:34:44	12:32
315	395	Hugo Pinto	Individual	Senior Masculino	04:38:05	+02:37:15	12:38
316	698	David Moura	Individual	Senior Masculino	04:42:35	+02:41:45	12:51
317	88	Tiago Almeida	BUDEGUITA RUNNERS	Senior Masculino	04:43:46	+02:42:56	12:54
318	169	Alexandra Barradas	Ginásio Factor X	Senior Masculino	04:45:13	+02:44:23	12:58
319	421	Pedro Miguel Gonçalves Póvoas	Individual	Senior Masculino	04:59:44	+02:58:54	13:37
320	495	Hélder Ribeiro Agostinho	Individual	Senior Masculino	05:00:21	+02:59:31	13:39
321	479	Hugo Miguel Godinho Jacob Fragoso	Individual	Senior Masculino	05:04:00	+03:03:10	13:49
322	600	Claudio Manuel Cerqueira da silva	Pernetas	Senior Masculino	05:09:32	+03:08:42	14:04

Veterano 1 Masculino

22 KM

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39	233	VASCO FIGUEIREDO	Individual	Veterano M45	02:58:17	+50:23	08:06
40	220	Manuel Olivera	Individual	Veterano M45	02:58:20	+50:26	08:06
41	577	João Marques	Oralklass-Amigos do Trail	Veterano M40	02:58:51	+50:57	08:08
42	99	ALVARO MACHADO	CLUBE GBES - DELEGAÇÃO DO NORTE	Veterano M45	02:59:14	+51:20	08:09
43	609	Jorge Manuel Nogueira Magalhães	Porto Runners	Veterano M40	03:00:18	+52:24	08:12
44	27	Bernardino C. Andrade	Maia AC - Go Saúde	Veterano M40	03:00:25	+52:31	08:12
45	534	Guilherme Martins	Movimento Juventude de Merelim	Veterano M40	03:01:05	+53:11	08:14
46	405	Anselmo Pinto	vimarunners	Veterano M40	03:02:04	+54:10	08:17
47	130	Nuno Ricardo Neto Franco Santos Cintra	EDV - Viana Trail	Veterano M40	03:02:30	+54:36	08:18
48	309	Carlos Silva	Individual	Veterano M45	03:02:46	+54:52	08:18
49	254	Luis Guise	Individual	Veterano M45	03:03:28	+55:34	08:20
50	264	manuel antonio ferreira pinto teixeira	Individual	Veterano M40	03:03:57	+56:03	08:22
51	409	ANDRÉ MIGUEL REIS	Individual	Veterano M40	03:04:49	+56:55	08:24
52	285	Paulo Jorge Pinho Ferreira	Individual	Veterano M45	03:05:06	+57:12	08:25
53	505	Pedro Miguel Gonçalves da Silva Barbosa	Individual	Veterano M40	03:05:33	+57:39	08:26
54	671	PAULO SÉRGIO DA CUNHA AMORIM	USGUNAS	Veterano M45	03:05:48	+57:54	08:27
55	227	Lieven Verraest	Individual	Veterano M45	03:06:19	+58:25	08:28
56	60	Moisés Manso Nunes	ARSM - Associação Recreativa S. Miguel	Veterano M45	03:06:20	+58:26	08:28
57	250	Fernando Renato Gonçalves Oliveira	Individual	Veterano M40	03:09:18	+01:01:24	08:36
58	386	Filipe Campelo Lemos	Individual	Veterano M45	03:09:40	+01:01:46	08:37
59	142	João Paio	ELECTRICO FUTEBOL CLUBE	Veterano M45	03:09:52	+01:01:58	08:38
60	152	Fernando Jorge Castro Oliveira	FFitGaia Trail	Veterano M45	03:11:15	+01:03:21	08:42
61	251	Cândido Silva	Clube Spiridon de Gaia	Veterano M40	03:11:55	+01:04:01	08:43
62	589	francisco moreira	OS BARRIGUITAS	Veterano M40	03:13:25	+01:05:31	08:48
63	272	Vitor Manuel Barbosa Moreira	Individual	Veterano M45	03:13:27	+01:05:33	08:48
64	102	Sérgio Pedro Moreira Geraldés	Clube Zupper	Veterano M40	03:13:51	+01:05:57	08:49
65	399	Duarte Paulo Ribeiro	Individual	Veterano M45	03:15:10	+01:07:16	08:52
66	253	Joaquim Coelho	Individual	Veterano M40	03:15:29	+01:07:35	08:53
67	186	Joaquim Jaime Sousa	GONDOMAR FUTSAL CLUBE	Veterano M45	03:18:18	+01:10:24	09:01
68	651	Paulo Faria	TRAIL ME	Veterano M45	03:20:25	+01:12:31	09:07
69	16	António Morais	Maia AC - Go Saúde	Veterano M40	03:21:24	+01:13:30	09:09
70	237	José Carlos Dias	Individual	Veterano M45	03:22:22	+01:14:28	09:12
71	352	Nuno Faro Beirão	Individual	Veterano M40	03:23:25	+01:15:31	09:15
72	531	Filipe Moreira	MotoMarretas Racing Team	Veterano M40	03:23:47	+01:15:53	09:16
73	245	Jorge Fernandes	Individual	Veterano M40	03:24:08	+01:16:14	09:17
74	273	José Fernandes Ferreira	Individual	Veterano M45	03:24:23	+01:16:29	09:17
75	190	alcino araujo	groupama trail team	Veterano M45	03:25:31	+01:17:37	09:21
76	432	Vasco Camilo Alves	Individual	Veterano M40	03:26:31	+01:18:37	09:23
77	442	PEDRO MIGUEL FERNANDES OLIVEIRA	Individual	Veterano M40	03:26:54	+01:19:00	09:24
78	222	David Sousa	Individual	Veterano M40	03:27:11	+01:19:17	09:25
79	310	Eurico Fernando Portela Mendes	Individual	Veterano M40	03:27:18	+01:19:24	09:25
80	497	José Regueiras	Individual	Veterano M40	03:27:34	+01:19:40	09:26
81	385	António Reis	Individual	Veterano M40	03:28:01	+01:20:07	09:27

Veterano 1 Masculino

22 KM

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82	373	Carlos Augusto Martins da Silva	Individual	Veterano M40	03:28:39	+01:20:45	09:29
83	455	Carlos Tadeia	Individual	Veterano M45	03:28:59	+01:21:05	09:30
84	438	Jorge Braga	Individual	Veterano M40	03:29:27	+01:21:33	09:31
85	439	Luis Ribeiro	Individual	Veterano M40	03:29:27	+01:21:33	09:31
86	224	Orlando J. Correia	Individual	Veterano M45	03:30:16	+01:22:22	09:33
87	517	Luis Andrade	MELRES TRAIL RUNNING - Ordem para arriar	Veterano M40	03:31:49	+01:23:55	09:38
88	398	FERNANDO MANUEL BORGES GARCIA	Individual	Veterano M40	03:32:28	+01:24:34	09:39
89	413	joao cruz	Individual	Veterano M40	03:32:30	+01:24:36	09:40
90	259	João Martins	Individual	Veterano M45	03:34:09	+01:26:15	09:44
91	322	JOSE ALBERTO MENDES	Individual	Veterano M40	03:36:02	+01:28:08	09:49
92	175	Anselmo Jorge Almeida	Ginásio Fit4Fun	Veterano M40	03:36:27	+01:28:33	09:50
93	303	Carlos Silva	Individual	Veterano M40	03:39:29	+01:31:35	09:59
94	96	JOSÉ JAIME TEIXEIRA	CLUBE GBES - DELEGAÇÃO DO NORTE	Veterano M45	03:40:23	+01:32:29	10:01
95	167	Pedro Sousa	Ginásio Factor X	Veterano M45	03:40:23	+01:32:29	10:01
96	168	Jorge Suzano	Ginásio Factor X	Veterano M45	03:40:23	+01:32:29	10:01
97	278	José Pedro Pinto Silva	Individual	Veterano M40	03:41:02	+01:33:08	10:03
98	365	Antonio Fernandes	Individual	Veterano M45	03:42:34	+01:34:40	10:07
99	350	Tiago Pedroso	Individual	Veterano M40	03:43:02	+01:35:08	10:08
100	351	Armindo Miguel Pinheiro	Individual	Veterano M40	03:43:03	+01:35:09	10:08
101	601	Fernando Manuel Ferreira da Costa	Pernetas	Veterano M40	03:43:11	+01:35:17	10:09
102	270	Francisco Santos	Individual	Veterano M45	03:43:29	+01:35:35	10:10
103	36	Mário Gouveia	Confraria Trotamontes	Veterano M40	03:43:31	+01:35:37	10:10
104	334	Joaquim Silva Torres	Individual	Veterano M45	03:43:31	+01:35:37	10:10
105	326	Joaquim Paulo Ferreira Correia Silva	Individual	Veterano M45	03:43:32	+01:35:38	10:10
106	610	Luís Rodrigues	Porto Runners	Veterano M40	03:46:50	+01:38:56	10:19
107	195	Vitor Carvalho	ICC	Veterano M40	03:46:55	+01:39:01	10:19
108	68	Hercílio Santos	Associação Desportiva da Efacec	Veterano M45	03:49:31	+01:41:37	10:26
109	65	Mário Ferreira	Associação Desportiva da Efacec	Veterano M40	03:50:13	+01:42:19	10:28
110	419	Hugo Brito	Individual	Veterano M40	03:50:17	+01:42:23	10:28
111	110	Fernando Carneiro	Clube Zupper	Veterano M40	03:50:56	+01:43:02	10:30
112	189	antonio carneiro	groupama trail team	Veterano M45	03:51:20	+01:43:26	10:31
113	381	Alexandre Viegas Maniés	Individual	Veterano M45	03:51:20	+01:43:26	10:31
114	488	Paulo Jorge Jaquel Pinto	Individual	Veterano M40	03:52:17	+01:44:23	10:34
115	48	porfirio da silva pereira	Aqui Vamos Nós!	Veterano M40	03:52:23	+01:44:29	10:34
116	470	Jorge Yong	Individual	Veterano M40	03:52:30	+01:44:36	10:34
117	281	NELSON VALENTE	Individual	Veterano M40	03:54:43	+01:46:49	10:40
118	356	Helder F. Silva	Individual	Veterano M40	03:55:15	+01:47:21	10:42
119	448	João Tondela	Individual	Veterano M40	03:57:10	+01:49:16	10:47
120	223	Miguel Catarino	Individual	Veterano M40	03:58:12	+01:50:18	10:50
121	229	Ricardo Neves	Individual	Veterano M45	03:58:12	+01:50:18	10:50
122	78	Paulo Jorge da Silva Seabra	Aventureiros	Veterano M40	04:01:14	+01:53:20	10:58
123	605	Rui Bi Madeira	PIPO	Veterano M40	04:02:38	+01:54:44	11:02
124	277	Fernando João Alves	Individual	Veterano M45	04:03:13	+01:55:19	11:03
125	205	Ilídio Pires	Individual	Veterano M40	04:05:04	+01:57:10	11:08

Veterano 1 Masculino

22 KM

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OFFICIAL RESULT

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126	185	Fernando José Moreira Pereira	GONDOMAR FUTSAL CLUBE	Veterano M45	04:07:34	+01:59:40	11:15
127	204	Júlio Manuel Rodrigues Costa	Individual	Veterano M45	04:07:40	+01:59:46	11:15
128	645	Paulo Soares	The Beauty and the Beasts	Veterano M40	04:08:49	+02:00:55	11:19
129	275	Rui Pedro Ferreira	Individual	Veterano M40	04:13:50	+02:05:56	11:32
130	404	BASILIO QUEIRÓS	Individual	Veterano M40	04:15:20	+02:07:26	11:36
131	397	Fernando Monteiro	Individual	Veterano M40	04:24:26	+02:16:32	12:01
132	208	João Morais	Individual	Veterano M40	04:25:08	+02:17:14	12:03
133	299	José António Miguens	Individual	Veterano M40	04:26:36	+02:18:42	12:07
134	388	António José Pereira Silva	Individual	Veterano M40	04:31:36	+02:23:42	12:21
135	87	Joaquim Alexandre Campos Almeida	Box Ideal Running Team	Veterano M40	04:33:47	+02:25:53	12:27
136	295	PedroTeixeira	Individual	Veterano M40	04:42:35	+02:34:41	12:51
137	641	Jaime Filipe Barros	TemplarTrail	Veterano M40	04:43:28	+02:35:34	12:53
138	59	Vitor Manuel Feteira de Matos Pimenta	ARSM - Associação Recreativa S. Miguel	Veterano M45	04:51:37	+02:43:43	13:15
139	1000	João Meixedo	GD4Caminhos	Veterano M45	05:09:33	+03:01:39	14:04

Veterano 2 Masculino

22 KM

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:30	19.6°C	66%
End	14:39	24.6°C	55.6%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	664	Abilio José Leite Marques	Unidade Especial de Corrida	Veterano M50	02:30:53		06:52
2	611	Pedro Sousa	PROAVENTURAS	Veterano M55	02:35:25	+04:32	07:04
3	276	Mateus Silva	Individual	Veterano M50	02:36:36	+05:43	07:07
4	583	Manue Augusto Correia Ferreira	Oralklass-Amigos do Trail	Veterano M50	02:37:33	+06:40	07:10
5	30	Arnaldo Marinho	GRUPO DESPORTIVO LEÕES DO VENEZA	Veterano M50	02:43:40	+12:47	07:26
6	197	Mário Santos	Individual	Veterano M50	02:49:24	+18:31	07:42
7	154	Leopoldo Fernandes	G.D. Leões da Guarda	Veterano M55	02:49:48	+18:55	07:43
8	83	José Luis Loureiro	Blade Runners	Veterano M50	03:04:33	+33:40	08:23
9	525	Pedro Filipe Couto Nóvoa	MINHO AVENTURA	Veterano M50	03:04:36	+33:43	08:23
10	252	alipio lopes	Individual	Veterano M50	03:04:58	+34:05	08:24
11	153	Carlos Frias	G.D. Leões da Guarda	Veterano M55	03:06:25	+35:32	08:28
12	461	Orlando Duarte	Individual	Veterano M55	03:14:07	+43:14	08:49
13	333	Mário Meneses	Individual	Veterano M55	03:15:28	+44:35	08:53
14	265	António Santos	Individual	Veterano M50	03:16:06	+45:13	08:55
15	553	Fernando Manuel Gonçalves Nunes	MULTIPOWER GAIA TRAIL	Veterano M50	03:16:07	+45:14	08:55
16	31	PAULO RODRIGUES	GRUPO DESPORTIVO LEÕES DO VENEZA	Veterano M50	03:17:25	+46:32	08:58
17	649	Ernesto Martins	TOUQUENEMPOSSO	Veterano M50	03:25:40	+54:47	09:21
18	37	Jose Andrade	Individual	Veterano M50	03:28:39	+57:46	09:29
19	481	Paulo José Moreira	Individual	Veterano M50	03:33:01	+01:02:08	09:41
20	286	Alberto Valente	Individual	Veterano M55	03:38:32	+01:07:39	09:56
21	348	Abel Álvaro Duarte Gomes	Individual	Veterano M50	03:40:01	+01:09:08	10:00
22	686	Serafim Ramos	WILD Team	Veterano M55	03:49:19	+01:18:26	10:25
23	426	Mário José Ferreira Palmeirão	Individual	Veterano M55	03:49:59	+01:19:06	10:27
24	650	Mário Soares	TOUQUENEMPOSSO	Veterano M55	03:56:05	+01:25:12	10:44
25	378	Francisco José Gomes da Costa	Individual	Veterano M50	04:01:51	+01:30:58	11:00
26	607	António Morgado	PIPO	Veterano M55	04:02:38	+01:31:45	11:02
27	379	José Carlos Ramos	Individual	Veterano M55	04:05:12	+01:34:19	11:09
28	289	Manuel Moura	Individual	Veterano M55	04:17:38	+01:46:45	11:43
29	256	MARIO RUI LEITE COSTA	Individual	Veterano M50	04:24:26	+01:53:33	12:01
30	188	António José Pereira Queiroz	GONDOMAR FUTSAL CLUBE	Veterano M55	04:26:11	+01:55:18	12:06
31	440	Nuno Lacerda	Individual	Veterano M50	04:40:44	+02:09:51	12:46

