

TRAIL LONGO - STAGE 1

28 KM

R
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	263	Rogério Sousa	nocturnos de paredes	Senior Masculino	03:13:11	+45:35	06:54
44	255	Diogo João	multipower gaia trail	Senior Masculino	03:14:08	+46:32	06:56
45	74	Luis Vieira	entre os montes	Veterano M40	03:14:23	+46:47	06:57
46	314	Rui Andrade	team duas faces	Veterano M40	03:14:36	+47:00	06:57
47	271	Jorge Barbosa	paredes aventura	Veterano M40	03:14:52	+47:16	06:58
48	84	Vasco Brito	fitness club braga	Senior Masculino	03:15:28	+47:52	06:59
49	308	Bruno Loureiro	team duas faces	Senior Masculino	03:15:28	+47:52	06:59
50	210	Henrique Faria	individual	Veterano M40	03:16:00	+48:24	07:00
51	212	Joaquim Gabriel da Cruz a Silva	individual	Veterano M40	03:16:58	+49:22	07:02
52	266	Adelino Barbosa Rodrigues Pinheiro	os lebres btt sai da frente	Senior Masculino	03:17:44	+50:08	07:04
53	105	Sérgio Coelho	gtt - armazém do caffè	Senior Masculino	03:18:07	+50:31	07:05
54	260	Gonçalo Mota	nast	Veterano M40	03:18:07	+50:31	07:05
55	257	Fernando Carneiro	nast	Senior Masculino	03:18:07	+50:31	07:05
56	64	Romeu Pereira	crossfit vale do ave	Senior Masculino	03:18:56	+51:20	07:06
57	121	André Gonçalves	individual	Senior Masculino	03:19:26	+51:50	07:07
58	101	Elisabete Vieira	dr. merino / nutritif	Senior Feminino	03:19:31	+51:55	07:08
59	141	Fernando Jorge da Costa Pereira	individual	Senior Masculino	03:19:41	+52:05	07:08
60	122	André Pereira Dias	individual	Senior Masculino	03:20:14	+52:38	07:09
61	200	Duarte Gil Ribeiro Barbosa	individual	Veterano M40	03:21:10	+53:34	07:11
62	236	Victor Carvalhais	individual	Veterano M40	03:21:17	+53:41	07:11
63	184	Tiago André Moreira Pereira	individual	Senior Masculino	03:21:17	+53:41	07:11
64	243	Filipe Pereira	kemedo team	Senior Masculino	03:21:59	+54:23	07:13
65	143	Flávio Miguel Silva Martins	individual	Senior Masculino	03:22:06	+54:30	07:13
66	261	Fernando Almeida	nocturnos de paredes	Senior Masculino	03:22:07	+54:31	07:13
67	36	Jorge Sousa	amigos da montanha	Veterano M40	03:22:26	+54:50	07:14
68	264	Gil Oliveira	o praticante/equipa larouco trail running vilar perdizes	Veterano M40	03:23:01	+55:25	07:15
69	94	Nélson Rodrigues	galhardos runners	Senior Masculino	03:23:41	+56:05	07:16
70	327	Daniel Fernandes	vimarunners	Senior Masculino	03:23:56	+56:20	07:17
71	24	VITOR DANIEL SILVA PINTO	amcf arrábida trail time	Senior Masculino	03:24:15	+56:39	07:18
72	279	HUGO LOBO	run4all	Senior Masculino	03:24:57	+57:21	07:19
73	258	HELDER FERNANDO VIEIRA AZEVEDO	nast	Senior Masculino	03:25:05	+57:29	07:19
74	205	Fernando Pinheiro Mendes	individual	Veterano M40	03:25:12	+57:36	07:20
75	171	Nuno Sousa	individual	Senior Masculino	03:26:01	+58:25	07:21
76	267	Paulo Fernando Barbosa Rodrigues Pinheiro	os lebres btt sai da frente	Senior Masculino	03:27:12	+59:36	07:24
77	157	José Manuel Vidal	individual	Senior Masculino	03:27:30	+59:54	07:25
78	156	José Manuel Costa Pinto	individual	Senior Masculino	03:28:11	+01:00:35	07:26
79	39	Maria Augusta Da Costa Loureiro	associação desportiva de cabroelo	Veterana F40	03:29:21	+01:01:45	07:29
80	168	Nelson Silva	individual	Senior Masculino	03:30:16	+01:02:40	07:31
81	309	João Moutinho	team duas faces	Senior Masculino	03:30:40	+01:03:04	07:31
82	115	Estela Martins	individual	Senior Feminino	03:30:42	+01:03:06	07:31
83	275	virgilio Gomes Lopes Pinhel	pool team	Veterano M40	03:30:42	+01:03:06	07:31
84	67	Liliana Gomes	dr. merino / nutritif	Senior Feminino	03:30:55	+01:03:19	07:32
85	196	Armando Fontão	individual	Veterano M40	03:31:05	+01:03:29	07:32

TRAIL LONGO - STAGE 1

28 KM

R
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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	124	António Filipe Sousa Teixeira	individual	Senior Masculino	03:31:16	+01:03:40	07:33
87	218	José leite sousa	individual	Veterano M40	03:31:22	+01:03:46	07:33
88	148	Hugo Silva	individual	Senior Masculino	03:31:23	+01:03:47	07:33
89	78	João Vieira Mendes	fafe runners	Senior Masculino	03:31:26	+01:03:50	07:33
90	216	José Carvalhais	individual	Veterano M40	03:31:32	+01:03:56	07:33
91	329	Filipe Lages	vimarunners	Veterano M40	03:31:35	+01:03:59	07:33
92	145	Germano cardoso	individual	Senior Masculino	03:32:26	+01:04:50	07:35
93	252	Susana Costa Silva Costa	minho aventura	Senior Feminino	03:32:39	+01:05:03	07:36
94	135	Daniel Carvalho	individual	Senior Masculino	03:33:19	+01:05:43	07:37
95	34	Carlos Pedrinhas	amigos da montanha	Veterano M40	03:33:25	+01:05:49	07:37
96	183	Rui Manuel de Brito Machado	individual	Senior Masculino	03:34:27	+01:06:51	07:40
97	317	Elisabete Carvalho	trocopasso runners	Senior Feminino	03:34:48	+01:07:12	07:40
98	25	Fernando Vieira	amigo	Senior Masculino	03:34:50	+01:07:14	07:40
99	86	Vítor Barroso	fontainhas runners	Veterano M40	03:35:19	+01:07:43	07:41
100	85	Cláudio Taveira	fontainhas runners	Senior Masculino	03:35:19	+01:07:43	07:41
101	181	Ricardo Silveira	individual	Senior Masculino	03:35:23	+01:07:47	07:42
102	185	Tiago Cardoso	individual	Senior Masculino	03:35:29	+01:07:53	07:42
103	42	Vitor Castro	brabus runners	Senior Masculino	03:35:39	+01:08:03	07:42
104	312	Ricardo Dantas	team duas faces	Senior Masculino	03:36:15	+01:08:39	07:43
105	311	Pedro Santos	team duas faces	Senior Masculino	03:36:15	+01:08:39	07:43
106	93	Rui Manuel Ramos Costa	g.d.travassós	Senior Masculino	03:36:53	+01:09:17	07:45
107	70	Emidio Quinteira	entre os montes	Senior Masculino	03:38:04	+01:10:28	07:47
108	54	Nuno Mesquita	btt trilhos de penaguão	Senior Masculino	03:38:09	+01:10:33	07:47
109	223	LUIS MGUEL ALVES DE FREITAS RIBEIRO	individual	Veterano M40	03:38:35	+01:10:59	07:48
110	228	Nuno Oliveira e Silva	individual	Veterano M40	03:38:48	+01:11:12	07:49
111	248	Paulo Sérgio Guimarães Brochado	los manos	Veterano M40	03:39:02	+01:11:26	07:49
112	326	Bruno Fernandes	vimarunners	Senior Masculino	03:39:21	+01:11:45	07:50
113	330	Nuno Pedro Abreu Sampaio	vimarunners	Veterano M40	03:39:21	+01:11:45	07:50
114	132	Carlos Jorge Marques Ribeiro	individual	Senior Masculino	03:39:24	+01:11:48	07:50
115	324	Luis Leça	trocopasso runners	Veterano M40	03:39:30	+01:11:54	07:50
116	161	Luis filipe salgado teixeira	individual	Senior Masculino	03:39:41	+01:12:05	07:51
117	41	Alexandre Moreira	bodystation runners pro	Veterano M40	03:39:57	+01:12:21	07:51
118	76	Francisco Aragão	eu+ ginásio lma	Senior Masculino	03:40:00	+01:12:24	07:51
119	202	FAUSTO NEVES	individual	Veterano M40	03:40:57	+01:13:21	07:53
120	182	Ricardo Sousa	individual	Senior Masculino	03:41:11	+01:13:35	07:54
121	170	Nuno Lopes	individual	Senior Masculino	03:41:22	+01:13:46	07:54
122	188	Victor Lopes	individual	Senior Masculino	03:41:30	+01:13:54	07:55
123	251	Vitor Daniel Pinto da Cunha	marão team	Veterano M40	03:41:38	+01:14:02	07:55
124	215	José Barros	individual	Veterano M40	03:41:48	+01:14:12	07:55
125	38	JOSÉ SOUSA	associação de atletismo lebres do sado	Veterano M40	03:41:53	+01:14:17	07:55
126	319	Filipe Silva	trocopasso runners	Senior Masculino	03:42:40	+01:15:04	07:57
127	231	Paulo Brás	individual	Veterano M40	03:43:01	+01:15:25	07:58
128	60	PAULO PELICANO	corridas de pernas pro ar	Veterano M40	03:43:14	+01:15:38	07:58
129	176	Pedro Seabra	individual	Senior Masculino	03:43:14	+01:15:38	07:58
130	103	Pedro Costa	gtt - armazém do caffè	Senior Masculino	03:43:16	+01:15:40	07:58

TRAIL LONGO - STAGE 1

28 KM

R
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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
131	73	José Neto	entre os montes	Veterano M40	03:43:42	+01:16:06	07:59
132	113	Cristiana Esteves	individual	Senior Feminino	03:44:17	+01:16:41	08:01
133	99	Flor Madureira	grupo desportivo leoes de veneza	Veterana F40	03:44:21	+01:16:45	08:01
134	253	Fernanda Pinho	moreira relax runners	Veterana F40	03:44:27	+01:16:51	08:01
135	245	Alexandre Lourenço	kipsta boys	Senior Masculino	03:44:32	+01:16:56	08:01
136	194	Afonso Sousa Cardoso	individual	Veterano M40	03:45:08	+01:17:32	08:02
137	142	Filipe Cardoso	individual	Senior Masculino	03:45:37	+01:18:01	08:03
138	268	filipe ricardo pinto ferreira	os lobos do saibro	Senior Masculino	03:45:40	+01:18:04	08:04
139	211	Humberto Fontes	individual	Veterano M40	03:45:47	+01:18:11	08:04
140	187	Tomé pinto	individual	Senior Masculino	03:46:32	+01:18:56	08:05
141	235	Pedro Meneses	individual	Veterano M40	03:46:32	+01:18:56	08:05
142	4	Ester Alves	individual	Senior Feminino	03:46:34	+01:18:58	08:06
143	87	António Alves	fridão sem limites	Senior Masculino	03:47:11	+01:19:35	08:07
144	270	Helder Silva	papakms	Veterano M40	03:47:12	+01:19:36	08:07
145	37	Nélson Silva	amigos das sapatilhas	Senior Masculino	03:47:23	+01:19:47	08:07
146	22	Joaquim costa	amarante running team	Veterano M40	03:47:45	+01:20:09	08:08
147	23	Jose Manuel Machado teixeira	amarante running team	Veterano M40	03:47:45	+01:20:09	08:08
148	304	Joao Cardoso	ss montepio	Veterano M40	03:47:45	+01:20:09	08:08
149	328	Rui Miguel Gonçalves Almeida	vimarunners	Senior Masculino	03:48:27	+01:20:51	08:10
150	285	RUI REBELO	run4all	Senior Masculino	03:48:49	+01:21:13	08:10
151	295	Emanuel Almeida	ss montepio	Senior Masculino	03:49:34	+01:21:58	08:12
152	149	João Paulo Seródio	individual	Senior Masculino	03:50:24	+01:22:48	08:14
153	136	Daniel Santos	individual	Senior Masculino	03:50:29	+01:22:53	08:14
154	53	João Cristovam	btt trilhos de penaguão	Senior Masculino	03:51:21	+01:23:45	08:16
155	120	Andre Brochado	individual	Senior Masculino	03:52:04	+01:24:28	08:17
156	249	Manuel Teixeira	lusos xxi	Senior Masculino	03:53:07	+01:25:31	08:20
157	207	Frank Domingues	individual	Veterano M40	03:53:12	+01:25:36	08:20
158	167	Marco Paulo Ribeiro Nunes	individual	Senior Masculino	03:54:00	+01:26:24	08:21
159	225	Luiz Francisco	individual	Veterano M40	03:54:08	+01:26:32	08:22
160	130	Bruno Filipe Ribeiro Ferreira	individual	Senior Masculino	03:54:34	+01:26:58	08:23
161	174	pedro alexandre silva	individual	Senior Masculino	03:54:44	+01:27:08	08:23
162	82	Fernando Jorge Oliveira	ffit gaia trail	Veterano M40	03:55:01	+01:27:25	08:24
163	262	Jose Correia	nocturnos de paredes	Senior Masculino	03:55:48	+01:28:12	08:25
164	106	Rui Manuel Conde Franco	gtt - armazém do café	Veterano M40	03:55:59	+01:28:23	08:26
165	217	Jose Henrique Moutinho Pereira de Barros	individual	Veterano M40	03:57:10	+01:29:34	08:28
166	144	Frederico Pinto	individual	Senior Masculino	03:57:19	+01:29:43	08:29
167	265	Miguel Duarte	o praticante/equipa larouco trail running vilar perdizes	Veterano M40	03:58:00	+01:30:24	08:30
168	133	Carlos pinheiro	individual	Senior Masculino	03:58:06	+01:30:30	08:30
169	180	Ricardo Pinheiro	individual	Senior Masculino	03:58:06	+01:30:30	08:30
170	102	Hugo Edgar Macedo Peixoto Pereira	gtt - armazém do café	Senior Masculino	03:58:13	+01:30:37	08:30
171	57	Hélder José de Abreu Vitorino Ribeiro	clube desportivo escola do porto da cruz	Senior Masculino	03:58:34	+01:30:58	08:31
172	150	Jorge Borges	individual	Senior Masculino	03:59:27	+01:31:51	08:33
173	128	Artur Reis	individual	Senior Masculino	04:00:45	+01:33:09	08:36

TRAIL LONGO - STAGE 1

28 KM

R
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
219	81	António João da Rocha Machado	ffit gaia trail	Veterano M40	04:25:27	+01:57:51	09:29
220	222	Luis Fernando Martins	individual	Veterano M40	04:26:33	+01:58:57	09:31
221	100	FERNANDO ROCHA	grupo desportivo leoes de veneza	Veterano M40	04:28:02	+02:00:26	09:34
222	224	Luís Pedro Nogueira	individual	Veterano M40	04:28:13	+02:00:37	09:35
223	114	Elisabete Araújo	individual	Senior Feminino	04:28:13	+02:00:37	09:35
224	109	Filipe Dias	gym pura forma lixa	Senior Masculino	04:29:31	+02:01:55	09:38
225	110	Florianio Freitas	gym pura forma lixa	Senior Masculino	04:29:31	+02:01:55	09:38
226	108	Emanuel Freitas	gym pura forma lixa	Senior Masculino	04:29:31	+02:01:55	09:38
227	172	PAULO FILIPE LOUREIRO MOREIRA	individual	Senior Masculino	04:30:54	+02:03:18	09:40
228	129	Bernardino Ramos	individual	Senior Masculino	04:33:21	+02:05:45	09:46
229	56	Tiago Pinto	btt trilhos de penaguão	Senior Masculino	04:36:30	+02:08:54	09:53
230	199	Carlos Manuel Brás Alves	individual	Veterano M40	04:38:27	+02:10:51	09:57
231	195	Aníbal José Martins Felizardo	individual	Veterano M40	04:38:28	+02:10:52	09:57
232	203	Feliciano Ferreira	individual	Veterano M40	04:39:25	+02:11:49	09:59
233	125	Antonio Fonseca	individual	Senior Masculino	04:42:01	+02:14:25	10:04
234	206	Francisco Bartolomeu	individual	Veterano M40	04:42:03	+02:14:27	10:04
235	63	Helena Alexandra Sousa Ferreira	crossfit vale do ave	Senior Feminino	04:42:03	+02:14:27	10:04
236	307	António Pinheiro	team duas faces	Senior Masculino	04:45:17	+02:17:41	10:11
237	298	Nuno Bastos	ss montepio	Senior Masculino	04:47:29	+02:19:53	10:16
238	306	Ricardo Silva	ss montepio	Veterano M40	04:47:29	+02:19:53	10:16
239	118	rita pinto basto	individual	Senior Feminino	04:47:53	+02:20:17	10:17
240	123	Antides Figueiredo	individual	Senior Masculino	04:47:54	+02:20:18	10:17
241	191	Irene Monte	individual	Veterana F40	04:54:46	+02:27:10	10:32
242	246	Filipe Leite	kipsta boys	Senior Masculino	04:54:46	+02:27:10	10:32
243	152	José Carlos Fonseca	individual	Senior Masculino	04:55:59	+02:28:23	10:34
244	83	RUI SÁ	ffit gaia trail	Veterano M40	05:00:14	+02:32:38	10:43
245	50	Alvaro Vieira	btt trilhos de penaguão	Senior Masculino	05:05:48	+02:38:12	10:55
246	197	avelino teixeira	individual	Veterano M40	05:18:08	+02:50:32	11:22
247	112	Ana Luisa Xavier	individual	Senior Feminino	05:31:48	+03:04:12	11:51
248	234	Paulo Lorenzo Soares	individual	Veterano M40	05:31:48	+03:04:12	11:51
249	51	Carlos Gonçalves	btt trilhos de penaguão	Senior Masculino	05:53:26	+03:25:50	12:37
250	55	Paulo Guedes	btt trilhos de penaguão	Senior Masculino	05:53:26	+03:25:50	12:37

Trail Longo

28 KM



OFFICIAL RESULT

21	72	Pedro Ferreira	Entre os Montes	Senior Masculino	03:03:22	+35:46	06:33
22	15	ANDRE QUEIROS AMORIM	Individual	Senior Masculino	03:05:20	+37:44	06:37
23	159	Lino Pinto	Individual	Senior Masculino	03:06:31	+38:55	06:40
24	89	Ricardo Aires	Fridão Sem Limites	Senior Masculino	03:06:32	+38:56	06:40
25	325	ANDRÉ CUNHA	vimarunners	Senior Masculino	03:06:48	+39:12	06:40
26	163	Luís Miguel Teixeira Leite Pereira	Individual	Senior Masculino	03:07:40	+40:04	06:42
27	293	Tiago Pinheiro	Satecnosol Outdoor	Senior Masculino	03:07:47	+40:11	06:42
28	80	Rui Fernandes	Fafe Runners	Senior Masculino	03:09:15	+41:39	06:46
29	263	Rogério Sousa	Nocturnos de Paredes	Senior Masculino	03:13:11	+45:35	06:54
30	255	Diogo João	MULTIPOWER GAIA TRAIL	Senior Masculino	03:14:08	+46:32	06:56
31	84	Vasco Brito	Fitness Club Braga	Senior Masculino	03:15:28	+47:52	06:59
32	308	Bruno Loureiro	Team DUAS FACES	Senior Masculino	03:15:28	+47:52	06:59
33	266	Adelino Barbosa Rodrigues Pinheiro	os lebres btt sai da frente	Senior Masculino	03:17:44	+50:08	07:04
34	105	Sérgio Coelho	GTT - Armazém do Caffé	Senior Masculino	03:18:07	+50:31	07:05
35	257	Fernando Carneiro	NAST	Senior Masculino	03:18:07	+50:31	07:05
36	64	Romeu Pereira	CrossFit Vale do Ave	Senior Masculino	03:18:56	+51:20	07:06
37	121	André Gonçalves	Individual	Senior Masculino	03:19:26	+51:50	07:07
38	141	Fernando Jorge da Costa Pereira	Individual	Senior Masculino	03:19:41	+52:05	07:08
39	122	André Pereira Dias	Individual	Senior Masculino	03:20:14	+52:38	07:09
40	184	Tiago André Moreira Pereira	Individual	Senior Masculino	03:21:17	+53:41	07:11
41	243	Filipe Pereira	KeMedo Team	Senior Masculino	03:21:59	+54:23	07:13
42	143	Flávio Miguel Silva Martins	Individual	Senior Masculino	03:22:06	+54:30	07:13
43	261	Fernando Almeida	Nocturnos de Paredes	Senior Masculino	03:22:07	+54:31	07:13
44	94	Nélson Rodrigues	GALHARDOS RUNNERS	Senior Masculino	03:23:41	+56:05	07:16
45	327	Daniel Fernandes	vimarunners	Senior Masculino	03:23:56	+56:20	07:17
46	24	VITOR DANIEL SILVA PINTO	AMCF ARRÁBIDA TRAIL TIME	Senior Masculino	03:24:15	+56:39	07:18
47	279	HUGO LOBO	Run4all	Senior Masculino	03:24:57	+57:21	07:19
48	258	HELDER FERNANDO VIEIRA AZEVEDO	NAST	Senior Masculino	03:25:05	+57:29	07:19
49	171	Nuno Sousa	Individual	Senior Masculino	03:26:01	+58:25	07:21
50	267	Paulo Fernando Barbosa Rodrigues Pinheiro	os lebres btt sai da frente	Senior Masculino	03:27:12	+59:36	07:24
51	157	José Manuel Vidal	Individual	Senior Masculino	03:27:30	+59:54	07:25
52	156	José Manuel Costa Pinto	Individual	Senior Masculino	03:28:11	+01:00:35	07:26
53	168	Nelson Silva	Individual	Senior Masculino	03:30:16	+01:02:40	07:31
54	309	João Moutinho	Team DUAS FACES	Senior Masculino	03:30:40	+01:03:04	07:31
55	124	António Filipe Sousa Teixeira	Individual	Senior Masculino	03:31:16	+01:03:40	07:33
56	148	Hugo Silva	Individual	Senior Masculino	03:31:23	+01:03:47	07:33
57	78	João Vieira Mendes	Fafe Runners	Senior Masculino	03:31:26	+01:03:50	07:33
58	145	Germano cardoso	Individual	Senior Masculino	03:32:26	+01:04:50	07:35
59	135	Daniel Carvalho	Individual	Senior Masculino	03:33:19	+01:05:43	07:37
60	183	Rui Manuel de Brito Machado	Individual	Senior Masculino	03:34:27	+01:06:51	07:40
61	25	Fernando Vieira	AMIGO	Senior Masculino	03:34:50	+01:07:14	07:40
62	85	Cláudio Taveira	fontainhas runners	Senior Masculino	03:35:19	+01:07:43	07:41
63	181	Ricardo Silveira	Individual	Senior Masculino	03:35:23	+01:07:47	07:42
64	185	Tiago Cardoso	Individual	Senior Masculino	03:35:29	+01:07:53	07:42
65	42	Vitor Castro	Brabus Runners	Senior Masculino	03:35:39	+01:08:03	07:42

Trail Longo

28 KM



OFFICIAL RESULT

112	26	Nelson Nascimento	AMIGO	Senior Masculino	04:08:04	+01:40:28	08:52
113	139	Eugenio Afonso Oliveira Goncalves	Individual	Senior Masculino	04:09:21	+01:41:45	08:54
114	177	Pereira Nuno	Individual	Senior Masculino	04:11:01	+01:43:25	08:58
115	247	José Pedro Teixeira Duarte	Los Manos	Senior Masculino	04:11:01	+01:43:25	08:58
116	169	Nuno de Oliveira	Individual	Senior Masculino	04:12:09	+01:44:33	09:00
117	158	José Ricardo Ramalho Sousa	Individual	Senior Masculino	04:12:58	+01:45:22	09:02
118	95	Rui Viegas	GALHARDOS RUNNERS	Senior Masculino	04:13:02	+01:45:26	09:02
119	13	Ricardo Manuel Monteiro Teixeira	Individual	Senior Masculino	04:15:59	+01:48:23	09:09
120	44	Nuno Miguel Barroso Fernandes	brigada do reumático!	Senior Masculino	04:15:59	+01:48:23	09:09
121	47	Victor Vital	brigada do reumático!	Senior Masculino	04:16:00	+01:48:24	09:09
122	43	Alexandre Filipe correia Serafim	brigada do reumático!	Senior Masculino	04:16:00	+01:48:24	09:09
123	46	Sérgio Nuno Soares Alves	brigada do reumático!	Senior Masculino	04:16:00	+01:48:24	09:09
124	45	Rui Pedro Rodrigues Costa Fraga	brigada do reumático!	Senior Masculino	04:16:00	+01:48:24	09:09
125	165	Luis Teixeira	Individual	Senior Masculino	04:16:15	+01:48:39	09:09
126	320	José Almeida	Trocopasso Runners	Senior Masculino	04:18:39	+01:51:03	09:14
127	166	Marco Oliveira	Individual	Senior Masculino	04:18:51	+01:51:15	09:15
128	175	Pedro Miguel Martins Faria	Individual	Senior Masculino	04:20:28	+01:52:52	09:18
129	32	Carlos Alberto Peixoto Soares	Amigos da Montanha	Senior Masculino	04:23:12	+01:55:36	09:24
130	109	Filipe Dias	Gym Pura Forma Lixa	Senior Masculino	04:29:31	+02:01:55	09:38
131	110	Florianio Freitas	Gym Pura Forma Lixa	Senior Masculino	04:29:31	+02:01:55	09:38
132	108	Emanuel Freitas	Gym Pura Forma Lixa	Senior Masculino	04:29:31	+02:01:55	09:38
133	172	PAULO FILIPE LOUREIRO MOREIRA	Individual	Senior Masculino	04:30:54	+02:03:18	09:40
134	129	Bernardino Ramos	Individual	Senior Masculino	04:33:21	+02:05:45	09:46
135	56	Tiago Pinto	BTT Trilhos de Penaguão	Senior Masculino	04:36:30	+02:08:54	09:53
136	125	Antonio Fonseca	Individual	Senior Masculino	04:42:01	+02:14:25	10:04
137	307	António Pinheiro	Team DUAS FACES	Senior Masculino	04:45:17	+02:17:41	10:11
138	298	Nuno Bastos	SS MONTEPIO	Senior Masculino	04:47:29	+02:19:53	10:16
139	123	Antides Figueiredo	Individual	Senior Masculino	04:47:54	+02:20:18	10:17
140	246	Filipe Leite	Kipsta Boys	Senior Masculino	04:54:46	+02:27:10	10:32
141	152	José Carlos Fonseca	Individual	Senior Masculino	04:55:59	+02:28:23	10:34
142	50	Alvaro Vieira	BTT Trilhos de Penaguão	Senior Masculino	05:05:48	+02:38:12	10:55
143	51	Carlos Gonçalves	BTT Trilhos de Penaguão	Senior Masculino	05:53:26	+03:25:50	12:37
144	55	Paulo Guedes	BTT Trilhos de Penaguão	Senior Masculino	05:53:26	+03:25:50	12:37

Veterana F40

1	2	Lucinda Sousa	GONDOMAR FUTSAL CLUBE	Veterana F40	02:55:37		06:16
2	39	Maria Augusta Da Costa Loureiro	Associação Desportiva de Cabroelo	Veterana F40	03:29:21	+33:44	07:29
3	99	Flor Madureira	GRUPO DESPORTIVO LEOES DE VENEZA	Veterana F40	03:44:21	+48:44	08:01
4	253	Fernanda Pinho	Moreira Relax Runners	Veterana F40	03:44:27	+48:50	08:01
5	96	Conceição Ferreira	Ginasio Fit4Fun	Veterana F40	04:03:02	+01:07:25	08:41
6	259	ANA CAROLINA LOPES FERREIRA	NAST	Veterana F40	04:07:08	+01:11:31	08:50
7	190	Henrique Marques	Individual	Veterana F40	04:14:00	+01:18:23	09:04
8	321	Carla Neves	Trocopasso Runners	Veterana F40	04:21:36	+01:25:59	09:21
9	191	Irene Monte	Individual	Veterana F40	04:54:46	+01:59:09	10:32

Official Timekeeper: Lap2Go	4 / 6	generate 22-Dec-2015 10:20
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Trail Longo

28 KM



OFFICIAL RESULT

Veterano M40

1	69	André Guedes	Dr. Merino / Nutrifit	Veterano M40	02:35:01		05:32
2	35	João Paulo Gonçalves	Amigos da Montanha	Veterano M40	02:47:24	+12:23	05:59
3	75	Manuel Chantre	Entre os Montes	Veterano M40	02:55:38	+20:37	06:16
4	8	Carlos Peixoto	Amigos da Montanha	Veterano M40	02:55:59	+20:58	06:17
5	29	Manuel Barbosa	AMIGO	Veterano M40	02:59:41	+24:40	06:25
6	229	Nuno Paiva	Individual	Veterano M40	03:06:46	+31:45	06:40
7	250	Mario Augusto Silva Soares	Marão Team	Veterano M40	03:07:34	+32:33	06:42
8	92	Manuel Pinheiro	Fridão Sem Limites	Veterano M40	03:08:05	+33:04	06:43
9	91	Alfredo Pinheiro	Fridão Sem Limites	Veterano M40	03:08:54	+33:53	06:45
10	272	Pedro Pratas	PAREDES AVENTURA	Veterano M40	03:09:18	+34:17	06:46
11	209	Hélder Paulo Gonçalves Costa	Individual	Veterano M40	03:10:07	+35:06	06:47
12	232	Paulo Ferreira	Individual	Veterano M40	03:10:40	+35:39	06:49
13	74	Luis Vieira	Entre os Montes	Veterano M40	03:14:23	+39:22	06:57
14	314	Rui Andrade	Team DUAS FACES	Veterano M40	03:14:36	+39:35	06:57
15	271	Jorge Barbosa	PAREDES AVENTURA	Veterano M40	03:14:52	+39:51	06:58
16	210	Henrique Faria	Individual	Veterano M40	03:16:00	+40:59	07:00
17	212	Joaquim Gabriel da Cruz a Silva	Individual	Veterano M40	03:16:58	+41:57	07:02
18	260	Gonçalo Mota	NAST	Veterano M40	03:18:07	+43:06	07:05
19	200	Duarte Gil Ribeiro Barbosa	Individual	Veterano M40	03:21:10	+46:09	07:11
20	236	Victor Carvalhais	Individual	Veterano M40	03:21:17	+46:16	07:11
21	36	Jorge Sousa	Amigos da Montanha	Veterano M40	03:22:26	+47:25	07:14
22	264	Gil Oliveira	O Praticante/Equipa Larouco Trail Running Vilar Perdizes	Veterano M40	03:23:01	+48:00	07:15
23	205	Fernando Pinheiro Mendes	Individual	Veterano M40	03:25:12	+50:11	07:20
24	275	virgilio Gomes Lopes Pinhel	Pool Team	Veterano M40	03:30:42	+55:41	07:31
25	196	Armando Fontão	Individual	Veterano M40	03:31:05	+56:04	07:32
26	218	José leite sousa	Individual	Veterano M40	03:31:22	+56:21	07:33
27	216	José Carvalhais	Individual	Veterano M40	03:31:32	+56:31	07:33
28	329	Filipe Lages	vimarunners	Veterano M40	03:31:35	+56:34	07:33
29	34	Carlos Pedrinhas	Amigos da Montanha	Veterano M40	03:33:25	+58:24	07:37
30	86	Vitor Barroso	fontainhas runners	Veterano M40	03:35:19	+01:00:18	07:41
31	223	LUIS MGUEL ALVES DE FREITAS RIBEIRO	Individual	Veterano M40	03:38:35	+01:03:34	07:48
32	228	Nuno Oliveira e Silva	Individual	Veterano M40	03:38:48	+01:03:47	07:49
33	248	Paulo Sérgio Guimarães Brochado	Los Manos	Veterano M40	03:39:02	+01:04:01	07:49
34	330	Nuno Pedro Abreu Sampaio	vimarunners	Veterano M40	03:39:21	+01:04:20	07:50
35	324	Luis Leça	Trocopasso Runners	Veterano M40	03:39:30	+01:04:29	07:50
36	41	Alexandre Moreira	Bodystation Runners PRO	Veterano M40	03:39:57	+01:04:56	07:51
37	202	FAUSTO NEVES	Individual	Veterano M40	03:40:57	+01:05:56	07:53
38	251	Vitor Daniel Pinto da Cunha	Marão Team	Veterano M40	03:41:38	+01:06:37	07:55
39	215	José Barros	Individual	Veterano M40	03:41:48	+01:06:47	07:55
40	38	JOSÉ SOUSA	Associação de atletismo Lebres do sado	Veterano M40	03:41:53	+01:06:52	07:55
41	231	Paulo Brás	Individual	Veterano M40	03:43:01	+01:08:00	07:58

Official Timekeeper: Lap2Go	5 / 6	generate 22-Dec-2015 10:20
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Trail Longo

28 KM

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OFFICIAL RESULT

42	60	PAULO PELICANO	Corridas de Pernas Pro Ar	Veterano M40	03:43:14	+01:08:13	07:58
43	73	José Neto	Entre os Montes	Veterano M40	03:43:42	+01:08:41	07:59
44	194	Afonso Sousa Cardoso	Individual	Veterano M40	03:45:08	+01:10:07	08:02
45	211	Humberto Fontes	Individual	Veterano M40	03:45:47	+01:10:46	08:04
46	235	Pedro Meneses	Individual	Veterano M40	03:46:32	+01:11:31	08:05
47	270	Helder Silva	PapaKms	Veterano M40	03:47:12	+01:12:11	08:07
48	22	Joaquim costa	AMARANTE RUNNING TEAM	Veterano M40	03:47:45	+01:12:44	08:08
49	23	Jose Manuel Machado teixeira	AMARANTE RUNNING TEAM	Veterano M40	03:47:45	+01:12:44	08:08
50	304	Joao Cardoso	SS MONTEPIO	Veterano M40	03:47:45	+01:12:44	08:08
51	207	Frank Domingues	Individual	Veterano M40	03:53:12	+01:18:11	08:20
52	225	Luiz Francisco	Individual	Veterano M40	03:54:08	+01:19:07	08:22
53	82	Fernando Jorge Oliveira	FFIT GAIA TRAIL	Veterano M40	03:55:01	+01:20:00	08:24
54	106	Rui Manuel Conde Franco	GTT - Armazém do Caffé	Veterano M40	03:55:59	+01:20:58	08:26
55	217	Jose Henrique Moutinho Pereira de Barros	Individual	Veterano M40	03:57:10	+01:22:09	08:28
56	265	Miguel Duarte	O Praticante/Equipa Larouco Trail Running Vilar Perdizes	Veterano M40	03:58:00	+01:22:59	08:30
57	233	Paulo Jorge da Silva Seabra	Individual	Veterano M40	04:00:46	+01:25:45	08:36
58	208	Gualter R. S. Peixoto	Moure Trail Running	Veterano M40	04:01:09	+01:26:08	08:37
59	198	Cândido Silva	Individual	Veterano M40	04:01:41	+01:26:40	08:38
60	227	Nuno Castro	Individual	Veterano M40	04:06:37	+01:31:36	08:48
61	28	Armando Ribeiro	AMIGO	Veterano M40	04:08:04	+01:33:03	08:52
62	97	Durbalino Ferreira	Ginasio Fit4Fun	Veterano M40	04:08:14	+01:33:13	08:52
63	213	Joaquim manuel carvalho silva	Individual	Veterano M40	04:13:41	+01:38:40	09:04
64	48	Paulo António Silva Lourenço	brigada do reumático!	Veterano M40	04:16:00	+01:40:59	09:09
65	221	José Ribeiro	Individual	Veterano M40	04:17:17	+01:42:16	09:11
66	77	Manuel Cunha Lima	EXPERIENCIAR - Farmácia Vila Cova / Centro Recuperação Daniel Cardoso	Veterano M40	04:19:18	+01:44:17	09:16
67	204	Fernando Cunha	Individual	Veterano M40	04:20:07	+01:45:06	09:17
68	219	Antonio José Machado Loureiro	Individual	Veterano M40	04:24:42	+01:49:41	09:27
69	230	Paulo Alves	Individual	Veterano M40	04:25:13	+01:50:12	09:28
70	81	António João da Rocha Machado	FFIT GAIA TRAIL	Veterano M40	04:25:27	+01:50:26	09:29
71	222	Luis Fernando Martins	Individual	Veterano M40	04:26:33	+01:51:32	09:31
72	100	FERNANDO ROCHA	GRUPO DESPORTIVO LEOES DE VENEZA	Veterano M40	04:28:02	+01:53:01	09:34
73	224	Luís Pedro Nogueira	Individual	Veterano M40	04:28:13	+01:53:12	09:35
74	199	Carlos Manuel Brás Alves	Individual	Veterano M40	04:38:27	+02:03:26	09:57
75	195	Aníbal José Martins Felizardo	Individual	Veterano M40	04:38:28	+02:03:27	09:57
76	203	Feliciano Ferreira	Individual	Veterano M40	04:39:25	+02:04:24	09:59
77	206	Francisco Bartolomeu	Individual	Veterano M40	04:42:03	+02:07:02	10:04
78	306	Ricardo Silva	SS MONTEPIO	Veterano M40	04:47:29	+02:12:28	10:16
79	83	RUI SÁ	FFIT GAIA TRAIL	Veterano M40	05:00:14	+02:25:13	10:43
80	197	avelino teixeira	Individual	Veterano M40	05:18:08	+02:43:07	11:22
81	234	Paulo Lorenzo Soares	Individual	Veterano M40	05:31:48	+02:56:47	11:51

TRAIL CURTO - STAGE 1

16 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	1400	Sandrina Carneiro	rinus fafe	Senior Feminino	01:44:19	+27:37	06:31
43	1277	ALBINO DE OLIVEIRA RIBEIRO	individual	Veterano M40	01:44:19	+27:37	06:31
44	1239	Paulo António Da Cunha Ferreira	individual	Senior Masculino	01:44:32	+27:50	06:32
45	1236	Nuno Rafael Ribeiro Rodrigues	individual	Senior Masculino	01:44:33	+27:51	06:32
46	1336	Pedro Ferraz	nocturnos de paredes	Senior Masculino	01:44:44	+28:02	06:33
47	1206	Jorge Miguel Cibrão Ribeiro	individual	Senior Masculino	01:45:37	+28:55	06:36
48	1246	Pedro Ribeiro	individual	Senior Masculino	01:45:47	+29:05	06:37
49	1384	Adriano filipe salgado couto	profisio team	Senior Masculino	01:45:55	+29:13	06:37
50	1289	João Ferreira	individual	Veterano M40	01:45:56	+29:14	06:37
51	1122	Bebiana Silva	individual	Senior Feminino	01:46:00	+29:18	06:38
52	1382	Paulo Moura	profisio team	Senior Masculino	01:46:00	+29:18	06:38
53	1395	Narciso castro machado	profisio team	Veterano M40	01:46:00	+29:18	06:38
54	1321	Pedro Nogueira	marco runners	Senior Masculino	01:46:02	+29:20	06:38
55	1283	Eduardo Ribeiro	individual	Veterano M40	01:46:10	+29:28	06:38
56	1370	Pedro Silva	os não menos	Senior Masculino	01:46:20	+29:38	06:39
57	1258	silvio fernando fonseca pinto	individual	Senior Masculino	01:46:20	+29:38	06:39
58	1281	Bernardino Monteiro	individual	Veterano M40	01:46:21	+29:39	06:39
59	1136	Daniela Soraia Tralhão Gregório	individual	Senior Feminino	01:46:26	+29:44	06:39
60	1162	Sónia Carvalho	individual	Senior Feminino	01:47:17	+30:35	06:42
61	1391	Nelson Miguel Faria Vaz	profisio team	Senior Masculino	01:47:26	+30:44	06:43
62	1076	Hugo Peixotoq	ffit gaia trail	Senior Masculino	01:47:28	+30:46	06:43
63	1417	Ana Vieira	satecnosol outdoor	Senior Feminino	01:48:21	+31:39	06:46
64	1190	Filipe Cordeiro	individual	Senior Masculino	01:49:17	+32:35	06:50
65	1343	Arnaldo Santos	nocturnos de paredes	Veterano M40	01:49:41	+32:59	06:51
66	1205	Jorge Costa	individual	Senior Masculino	01:49:47	+33:05	06:52
67	1262	Carlos A .C .MACEDO	individual	Veterano M40	01:49:53	+33:11	06:52
68	1286	Fernando Queirós	individual	Veterano M40	01:49:56	+33:14	06:52
69	1319	Sérgio Costa	lusos xxi	Senior Masculino	01:50:21	+33:39	06:54
70	1385	Bruno Miguel Machado Pereira	profisio team	Senior Masculino	01:50:23	+33:41	06:54
71	1312	Tomas Correia	já te apanho	Veterano M40	01:50:44	+34:02	06:55
72	1275	ALBERTO CARVALHO	individual	Veterano M40	01:50:56	+34:14	06:56
73	1048	Nuno Angélico	dolcefarma	Senior Masculino	01:51:23	+34:41	06:58
74	147	Hugo Filipe Vieira Moura	individual	Senior Masculino	01:51:25	+34:43	06:58
75	1218	manuel antonio da silva	individual	Senior Masculino	01:51:37	+34:55	06:59
76	1203	Hugo Vladimiro Texeira da Silva	individual	Senior Masculino	01:52:07	+35:25	07:00
77	1237	Nuno Saavedra Duarte	individual	Senior Masculino	01:52:11	+35:29	07:01
78	1174	André Montenegro Ferreira	individual	Senior Masculino	01:52:29	+35:47	07:02
79	1324	MÓNICA MOREIRA	nast	Veterana F40	01:53:04	+36:22	07:04
80	1255	Samuel Carvalho	individual	Senior Masculino	01:53:05	+36:23	07:04
81	241	Manuel Barbosa	iniciados	Senior Masculino	01:53:17	+36:35	07:05
82	240	Joao Barbosa	iniciados	Senior Masculino	01:53:17	+36:35	07:05
83	238	Bruno Sousa	iniciados	Senior Masculino	01:53:17	+36:35	07:05
84	1257	sergio augusto oliveira nogueira	individual	Senior Masculino	01:53:29	+36:47	07:06
85	1215	Leandro Cunha Anjos	individual	Senior Masculino	01:53:29	+36:47	07:06
86	1274	Adriano Teixeira	individual	Veterano M40	01:53:29	+36:47	07:06
87	1338	Renato Sousa Pinto	nocturnos de paredes	Senior Masculino	01:53:36	+36:54	07:06

TRAIL CURTO - STAGE 1

16 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	1280	António José Pinheiro Ferraz	individual	Veterano M40	02:01:53	+45:11	07:37
134	1015	José Loureiro	amigos da montanha	Veterano M40	02:02:16	+45:34	07:39
135	1893	Célio Soares	marco runners	Senior Masculino	02:02:18	+45:36	07:39
136	1355	Fernando Silva	nós acreditamos	Veterano M40	02:02:21	+45:39	07:39
137	1380	Pedro Arnaldo Pinto Ferraz	pranq	Veterano M40	02:02:26	+45:44	07:39
138	1282	Cláudio Teixeira	individual	Veterano M40	02:02:27	+45:45	07:39
139	1232	Milton Moraes	individual	Senior Masculino	02:02:31	+45:49	07:39
140	1189	Fernando Lourenço Fernandes	individual	Senior Masculino	02:02:31	+45:49	07:39
141	1118	Alexandra Pimenta	individual	Senior Feminino	02:02:32	+45:50	07:39
142	1244	Pedro Mendes	individual	Senior Masculino	02:02:34	+45:52	07:40
143	1079	Catarina Cordeiro e Costa	fridão sem limites	Senior Feminino	02:02:35	+45:53	07:40
144	1341	Goretti Rocha	nocturnos de paredes	Veterana F40	02:02:37	+45:55	07:40
145	1106	Rodrigo Ferraz	generosos	Veterano M40	02:02:37	+45:55	07:40
146	1320	Maria Margarida Nunes Monteiro da Cunha	marão team	Veterana F40	02:02:48	+46:06	07:41
147	1356	Vitor Manuel Ribeiro Dias	nós acreditamos	Veterano M40	02:03:20	+46:38	07:43
148	1372	Alberto Monteiro	os reumaticos	Senior Masculino	02:03:22	+46:40	07:43
149	1416	PEDRO VIEIRA	run4all	Senior Masculino	02:04:07	+47:25	07:45
150	284	RUI CARVALHO	run4all	Senior Masculino	02:04:08	+47:26	07:45
151	1412	BRUNO MAGALHÃES	run4all	Senior Masculino	02:04:10	+47:28	07:46
152	1358	Sílvio Silva	nos cuidamos	Senior Masculino	02:04:21	+47:39	07:46
153	1443	Luis Leite	uf 08 runners	Senior Masculino	02:04:32	+47:50	07:47
154	1354	Armando Manuel Magalhaes Cardoso	nós acreditamos	Veterano M40	02:04:50	+48:08	07:48
155	1017	Carlos Silva Ferreira	autistic runners	Veterano M40	02:04:51	+48:09	07:48
156	1351	Lúcia Oliveira	nós acreditamos	Veterana F40	02:04:55	+48:13	07:48
157	1350	Ricardo Carvalho	nós acreditamos	Senior Masculino	02:04:55	+48:13	07:48
158	1260	Valério Miguel Barôa Saleiro	individual	Senior Masculino	02:05:05	+48:23	07:49
159	1402	Vitor Marinho Alves	rinus fafe	Veterano M40	02:05:09	+48:27	07:49
160	1399	Marisa Novais	rinus fafe	Senior Feminino	02:05:09	+48:27	07:49
161	1293	José Carlos Coelho	individual	Veterano M40	02:05:13	+48:31	07:50
162	1209	jose andre ferreira	individual	Senior Masculino	02:05:39	+48:57	07:51
163	1229	MIGUEL MACEDO	individual	Senior Masculino	02:05:40	+48:58	07:51
164	1081	Patricia Ribeiro	fridão sem limites	Senior Feminino	02:05:48	+49:06	07:52
165	1377	Antonio Maria Pereira Moreira	pranq	Veterano M40	02:05:51	+49:09	07:52
166	1108	Bruno Faria	go team	Senior Masculino	02:05:51	+49:09	07:52
167	1386	Carlos Andre oliveira Azevedo	profisio team	Senior Masculino	02:05:53	+49:11	07:52
168	1224	Miguel André Carvalho Varejão	individual	Senior Masculino	02:06:02	+49:20	07:53
169	1086	Manuel Teixeira Ferreira	fridão sem limites	Veterano M40	02:06:31	+49:49	07:54
170	1109	Pedro Martins	go team	Senior Masculino	02:06:31	+49:49	07:54
171	1226	Miguel Costa	individual	Senior Masculino	02:06:36	+49:54	07:55
172	1188	Fábio Ricardo da Costa Campos	individual	Senior Masculino	02:07:01	+50:19	07:56
173	1295	Luis Miguel Ribeiro de Faria	individual	Veterano M40	02:07:06	+50:24	07:57
174	1345	Sandra Isabel Vaz Pereira	nós acreditamos	Senior Feminino	02:07:20	+50:38	07:58
175	1072	Catarina Silva Oliveira	ffit gaia trail	Senior Feminino	02:07:22	+50:40	07:58
176	1334	Nuno Santos	nocturnos de paredes	Senior Masculino	02:07:43	+51:01	07:59
177	1392	Ricardo Jorge Machado Pereira	profisio team	Senior Masculino	02:07:46	+51:04	07:59

TRAIL CURTO - STAGE 1

16 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	237	Irene Lúcia	iniciados	Senior Feminino	02:07:49	+51:07	07:59
179	1393	Rui Manuel Da Silva Vaz	profisio team	Senior Masculino	02:07:53	+51:11	08:00
180	1245	Pedro Nuno Pinheiro Monteiro	individual	Senior Masculino	02:08:06	+51:24	08:00
181	1082	Sandra Fernandes	fridão sem limites	Senior Feminino	02:08:09	+51:27	08:01
182	1401	Gilberto Fernandes	rinus fafe	Senior Masculino	02:08:11	+51:29	08:01
183	1172	Albino Augusto Pires Machado	individual	Senior Masculino	02:08:21	+51:39	08:01
184	1389	Jose Nuno Lima Faria	profisio team	Senior Masculino	02:08:24	+51:42	08:01
185	1012	Rui Rodrigues	amigos da montanha	Senior Masculino	02:08:27	+51:45	08:02
186	1339	Rui Almeida	nocturnos de paredes	Senior Masculino	02:08:37	+51:55	08:02
187	1120	Ana Isabel Martins Oliveira	individual	Senior Feminino	02:08:43	+52:01	08:03
188	1221	Marcelo Teixeira	individual	Senior Masculino	02:09:39	+52:57	08:06
189	239	Hugo Moreira	iniciados	Senior Masculino	02:09:39	+52:57	08:06
190	1252	Ricardo Meireles	individual	Senior Masculino	02:10:05	+53:23	08:08
191	1208	José Amorim	individual	Senior Masculino	02:10:27	+53:45	08:09
192	1192	Filipe Silva	individual	Senior Masculino	02:11:34	+54:52	08:13
193	1305	Pedro Sá	individual	Veterano M40	02:11:35	+54:53	08:13
194	1436	Alexandre Afonso	trocopasso runners	Senior Masculino	02:11:39	+54:57	08:14
195	1297	Mario Nobre Dinis Piedade	individual	Veterano M40	02:11:40	+54:58	08:14
196	1164	Susana Sousa	individual	Senior Feminino	02:11:43	+55:01	08:14
197	1284	Fernando César Miguez	individual	Veterano M40	02:12:16	+55:34	08:16
198	1053	António Navega	dut	Senior Masculino	02:12:16	+55:34	08:16
199	1038	Mário Dantas	caracóis do norte	Veterano M40	02:13:03	+56:21	08:19
200	1288	Jaime José Sampaio Teixeira	individual	Veterano M40	02:13:03	+56:21	08:19
201	1181	Bruno Miguel Vieira	individual	Senior Masculino	02:13:10	+56:28	08:19
202	1133	Cristina Melo	individual	Senior Feminino	02:13:10	+56:28	08:19
203	1036	Sara Dantas	caracóis do norte	Senior Feminino	02:13:10	+56:28	08:19
204	1095	Bruno Carvalho	geadas running	Senior Masculino	02:13:17	+56:35	08:20
205	1071	Bruno Vasconcelos	familia vasconcelos	Senior Masculino	02:13:41	+56:59	08:21
206	1207	Jorge Pereira	individual	Senior Masculino	02:13:44	+57:02	08:22
207	1264	FILOMENA DA SILVA PEIXOTO DA COSTA NETO	individual	Veterana F40	02:14:01	+57:19	08:23
208	1077	Paulo Jorge Santos	ffit gaia trail	Senior Masculino	02:14:03	+57:21	08:23
209	300	António Coelho	ss montepio	Veterano M40	02:14:13	+57:31	08:23
210	1153	marisa pinto	individual	Senior Feminino	02:14:40	+57:58	08:25
211	1311	Júlio Santos	já te apanho	Veterano M40	02:14:50	+58:08	08:26
212	302	Hugo Costa	ss montepio	Veterano M40	02:14:51	+58:09	08:26
213	1085	José Ferreira Teixeira	fridão sem limites	Veterano M40	02:14:56	+58:14	08:26
214	1084	Alberto Agostinho Ribeiro da Silva	fridão sem limites	Veterano M40	02:14:56	+58:14	08:26
215	1124	carla maria teixeira costa	individual	Senior Feminino	02:14:59	+58:17	08:26
216	1161	Sílvia Margarida Teixeira da Silva	individual	Senior Feminino	02:15:03	+58:21	08:26
217	1435	Sónia Madureira	trocopasso runners	Senior Feminino	02:15:17	+58:35	08:27
218	1008	Ricardo Augusto Teixeira Pinto de Magalhães	a.d.amarante trail running	Veterano M40	02:15:20	+58:38	08:28
219	1139	gabriela maria gomes pinto	individual	Senior Feminino	02:15:23	+58:41	08:28
220	1092	Armandina da Silva Torres	gdct incm	Veterana F40	02:16:17	+59:35	08:31
221	1074	Vera Alexandra Oliveira Silva	ffit gaia trail	Senior Feminino	02:16:21	+59:39	08:31
222	1009	Rui Miguel Borges	a.d.amarante trail running	Veterano M40	02:16:21	+59:39	08:31

TRAIL CURTO - STAGE 1

16 KM

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REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
268	1080	Liliana Magalhães	fridão sem limites	Senior Feminino	02:25:47	+01:09:05	09:07
269	1317	Raquel Costa	lusos xxi	Senior Feminino	02:26:12	+01:09:30	09:08
270	1298	Miguel Bastos	individual	Veterano M40	02:26:17	+01:09:35	09:09
271	1196	Gonçalo Rodrigues	individual	Senior Masculino	02:26:19	+01:09:37	09:09
272	1128	Cecília Maria Gomes de Sousa	individual	Senior Feminino	02:26:27	+01:09:45	09:09
273	1006	Emanuel Lima	a.d.amarante trail running	Veterano M40	02:27:04	+01:10:22	09:12
274	1156	Raquel Oliveira	individual	Senior Feminino	02:27:06	+01:10:24	09:12
275	1202	Hernâni Pinto	individual	Senior Masculino	02:27:06	+01:10:24	09:12
276	1327	Eva Moreira	nocturnos de paredes	Senior Feminino	02:27:07	+01:10:25	09:12
277	1357	Liliana Monteiro	nos cuidamos	Senior Feminino	02:27:08	+01:10:26	09:12
278	1135	Daniela Sofia Marinho Queirós	individual	Senior Feminino	02:27:11	+01:10:29	09:12
279	1125	Catarina Isabel Pereira Ribeiro	individual	Senior Feminino	02:27:11	+01:10:29	09:12
280	1013	Susana Maria Faria da Silva	amigos da montanha	Veterana F40	02:28:03	+01:11:21	09:15
281	1142	Inês Carlos Cardoso	individual	Senior Feminino	02:28:44	+01:12:02	09:18
282	1011	Isabel Martins	amigos da montanha	Veterana F40	02:28:58	+01:12:16	09:19
283	1452	Ana Alves	usf ts	Veterana F40	02:30:00	+01:13:18	09:23
284	1098	Nuno Cunha	geadas running	Senior Masculino	02:30:10	+01:13:28	09:23
285	1099	António Quadros	geadas running	Veterano M40	02:30:11	+01:13:29	09:23
286	1096	Jorge oliveira	geadas running	Senior Masculino	02:30:11	+01:13:29	09:23
287	1094	Sandrina Queiroz	geadas running	Senior Feminino	02:30:12	+01:13:30	09:23
288	1090	Gustavo Bento	fridão sem limites	Senior Masculino	02:30:13	+01:13:31	09:23
289	1178	Bruno Fernandes	individual	Senior Masculino	02:30:13	+01:13:31	09:23
290	1093	Maria Marlene	geadas running	Senior Feminino	02:30:13	+01:13:31	09:23
291	1130	Cláudia Babo	individual	Senior Feminino	02:30:13	+01:13:31	09:23
292	1148	Liliana PaulaVieira Couto Costa	individual	Senior Feminino	02:30:14	+01:13:32	09:23
293	1200	Hélder Filipe Pinto de Almeida	individual	Senior Masculino	02:31:06	+01:14:24	09:27
294	1100	Claudia Coelho	generosos	Senior Feminino	02:31:53	+01:15:11	09:30
295	1160	Sílvia Faria	individual	Senior Feminino	02:32:13	+01:15:31	09:31
296	1150	Lucinda Viegas	individual	Senior Feminino	02:32:28	+01:15:46	09:32
297	1062	Ana Paula Oliveira	extreme runners	Veterana F40	02:32:59	+01:16:17	09:34
298	1138	francisca amaral	individual	Senior Feminino	02:33:43	+01:17:01	09:36
299	1158	sandra hoeger	individual	Senior Feminino	02:33:43	+01:17:01	09:36
300	1359	Helena Almeida	not run alone	Senior Feminino	02:33:54	+01:17:12	09:37
301	1035	Célia Pereira	caracóis do norte	Senior Feminino	02:34:11	+01:17:29	09:38
302	1360	Elsa Ribeiro	o praticante/equipa larouco trail running vilar perdizes	Senior Feminino	02:34:18	+01:17:36	09:39
303	1446	Liliana Cardoso	unidade especial de corrida	Senior Feminino	02:34:18	+01:17:36	09:39
304	1361	Mauro Fernandes	o praticante/equipa larouco trail running vilar perdizes	Veterano M40	02:34:19	+01:17:37	09:39
305	1411	ANTONIO CARNEIRO	run4all	Senior Masculino	02:34:59	+01:18:17	09:41
306	1101	Cristiana Coelho	generosos	Senior Feminino	02:36:09	+01:19:27	09:46
307	1318	João Paulo Andrade Carvalho	lusos xxi	Senior Masculino	02:37:19	+01:20:37	09:50
308	1131	Cláudia Leitão	individual	Senior Feminino	02:37:26	+01:20:44	09:50
309	1265	ISABEL ARAUJO	individual	Veterana F40	02:37:26	+01:20:44	09:50
310	1169	VERA MARTINS	individual	Senior Feminino	02:37:26	+01:20:44	09:50
311	1137	Elisete da Conceição Teixeira Coelho	individual	Senior Feminino	02:37:56	+01:21:14	09:52

TRAIL CURTO - STAGE 1

16 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
312	1216	LUCIANO ANTÓNIO MARTINS TEIXEIRA	individual	Senior Masculino	02:37:57	+01:21:15	09:52
313	1439	Eduardo João Moreira Maia	tropa d'elite	Senior Masculino	02:38:12	+01:21:30	09:53
314	1438	Diogo Miguel Magalhães Góis da Silva	tropa d'elite	Senior Masculino	02:38:12	+01:21:30	09:53
315	1437	Cláudia Catarina Ferreira do 275054420	tropa d'elite	Senior Feminino	02:38:12	+01:21:30	09:53
316	1440	Márcio André Abreu Ribeiro	tropa d'elite	Senior Masculino	02:38:12	+01:21:30	09:53
317	1424	Sandra Gonçalves	the 18/19 machines	Senior Feminino	02:39:03	+01:22:21	09:56
318	1425	Bruno Andrade	the 18/19 machines	Senior Masculino	02:39:03	+01:22:21	09:56
319	1428	Luís Pinheiro	the 18/19 machines	Senior Masculino	02:39:03	+01:22:21	09:56
320	1430	Dulce Perestrelo	the 18/19 machines	Veterana F40	02:39:04	+01:22:22	09:56
321	1431	Nina Silva	the 18/19 machines	Veterana F40	02:39:04	+01:22:22	09:56
322	1433	Eurico Mendes	the 18/19 machines	Veterano M40	02:39:04	+01:22:22	09:56
323	1432	Raquel Campo Grande	the 18/19 machines	Veterana F40	02:39:04	+01:22:22	09:56
324	1426	Henrique Rocha	the 18/19 machines	Senior Masculino	02:39:05	+01:22:23	09:57
325	1362	Elsa Costa	os fugitivos da crise	Senior Feminino	02:39:35	+01:22:53	09:58
326	1363	João Ferreira	os fugitivos da crise	Senior Masculino	02:39:36	+01:22:54	09:59
327	1029	Luis Miguel Teixeira Carvalho	botasbikeshop	Senior Masculino	02:40:09	+01:23:27	10:01
328	1028	António Francisco Sampaio Castro Xavier	botasbikeshop	Senior Masculino	02:40:11	+01:23:29	10:01
329	1027	Ana Margarida Oliveira Dias	botasbikeshop	Senior Feminino	02:40:11	+01:23:29	10:01
330	1294	JOSE RODRIGUES COSTA	individual	Veterano M40	02:40:16	+01:23:34	10:01
331	1132	CRISTIANA MARISA CASTRO	individual	Senior Feminino	02:40:42	+01:24:00	10:03
332	1159	SARA CATARINA CAETANO	individual	Senior Feminino	02:40:42	+01:24:00	10:03
333	1248	RICARDO DIAS	individual	Senior Masculino	02:40:43	+01:24:01	10:03
334	1299	Nuno Lacerda	individual	Veterano M40	02:41:46	+01:25:04	10:07
335	1325	Andreia Silva	nocturnos de paredes	Senior Feminino	02:42:02	+01:25:20	10:08
336	1306	Raul Macedo	individual	Veterano M40	02:43:14	+01:26:32	10:12
337	1269	Maria Lurdes Mendes	individual	Veterana F40	02:43:14	+01:26:32	10:12
338	1279	antonio guimaraes	individual	Veterano M40	02:43:15	+01:26:33	10:12
339	1176	Antonio Barbosa	individual	Senior Masculino	02:43:16	+01:26:34	10:12
340	1163	Sonia Silva	individual	Senior Feminino	02:43:17	+01:26:35	10:12
341	1041	Sandra Machado	casal maravilha	Senior Feminino	02:43:30	+01:26:48	10:13
342	1042	Miguel Costa	casal maravilha	Senior Masculino	02:43:30	+01:26:48	10:13
343	1328	Tania Ferreira	nocturnos de paredes	Senior Feminino	02:44:02	+01:27:20	10:15
344	1078	Marcia Cristina Oliveira	ffit gaia trail	Veterana F40	02:44:26	+01:27:44	10:17
345	1140	Gisela Bessa	individual	Senior Feminino	02:47:05	+01:30:23	10:27
346	1266	Maria Cândida Moreira da Silva Ramos Seabra	individual	Veterana F40	02:47:05	+01:30:23	10:27
347	1044	Sonia Raquel Ferraz Bastos	clube de pesca de amarante	Senior Feminino	02:47:31	+01:30:49	10:28
348	1043	Sónia Isabel da Costa Gonçalves	clube de pesca de amarante	Senior Feminino	02:47:32	+01:30:50	10:28
349	1242	Paulo reis	individual	Senior Masculino	02:47:51	+01:31:09	10:29
350	1066	João Soares	famelga	Senior Masculino	02:47:52	+01:31:10	10:29
351	1117	Adelina Marlene Lopes Faria	individual	Senior Feminino	02:48:26	+01:31:44	10:32
352	1168	Vera Liliana Pereira de Sousa	individual	Senior Feminino	02:49:51	+01:33:09	10:37
353	1451	Vitor Teixeira	usf ts	Senior Masculino	02:50:05	+01:33:23	10:38

TRAIL CURTO - STAGE 1

16 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
354	1448	Estela Oliveira	usf ts	Senior Feminino	02:50:14	+01:33:32	10:38
355	1157	Raquel Silva	individual	Senior Feminino	02:50:58	+01:34:16	10:41
356	1276	alberto martins	individual	Veterano M40	02:50:59	+01:34:17	10:41
357	1102	Ines Borges	generosos	Senior Feminino	02:51:46	+01:35:04	10:44
358	1146	joana silva	individual	Senior Feminino	02:53:20	+01:36:38	10:50
359	1134	Daniela Lopes	individual	Senior Feminino	02:53:20	+01:36:38	10:50
360	1450	Mónica Magalhães	usf ts	Senior Feminino	02:54:24	+01:37:42	10:54
361	1396	Georgina Raquel Rodrigues dos Santos	pupis	Senior Feminino	02:55:49	+01:39:07	10:59
362	1397	Oriana Ana Ferraz Moreira	pupis	Senior Feminino	02:55:49	+01:39:07	10:59
363	1022	Teresa Cerejo	aventureiras	Senior Feminino	02:59:53	+01:43:11	11:15
364	1061	Paulo Cocheteux Ferraz de lacerda	extreme academy	Veterano M40	03:01:51	+01:45:09	11:22
365	1059	Paulo Oliveira Ferraz de Lacerda	extreme academy	Senior Masculino	03:01:51	+01:45:09	11:22
366	1271	Paula Peixoto	individual	Veterana F40	03:02:12	+01:45:30	11:23
367	1167	Vânia Cristina Ferreira Cunha	individual	Senior Feminino	03:02:13	+01:45:31	11:23
368	1197	Graça Andrea Teixeira Vieira	individual	Senior Masculino	03:02:32	+01:45:50	11:25
369	1186	Eunice Coelho	individual	Senior Masculino	03:02:32	+01:45:50	11:25
370	1149	Lúcia Leite Ferreira	individual	Senior Feminino	03:02:32	+01:45:50	11:25
371	1421	Prazeres Pires	team duas faces	Veterana F40	03:02:46	+01:46:04	11:25
372	1023	ana bras	aventureiras	Veterana F40	03:04:22	+01:47:40	11:31
373	1020	Sandra Faria	aventureiras	Senior Feminino	03:04:23	+01:47:41	11:31
374	1121	Beatriz Cardoso Marinho	individual	Senior Feminino	03:05:27	+01:48:45	11:35
375	1427	José Almeida	the 18/19 machines	Senior Masculino	03:06:14	+01:49:32	11:38
376	1369	Hugo Manuel Martins Marafona	os não menos	Senior Masculino	03:14:37	+01:57:55	12:10
377	1366	Patrícia Casanova	os não menos	Senior Feminino	03:14:38	+01:57:56	12:10
378	1364	Carolina Casanova	os não menos	Senior Feminino	03:14:38	+01:57:56	12:10
379	1371	Rui Cunha	os não menos	Senior Masculino	03:14:39	+01:57:57	12:10
380	1429	Vitor Cardoso	the 18/19 machines	Senior Masculino	03:24:57	+02:08:15	12:49

Trail Curto

16 KM



OFFICIAL RESULT

39	1145	Joana Correia	Individual	Senior Feminino	02:23:06	+46:59	08:57
40	1123	Carla Fernandes	Individual	Senior Feminino	02:23:13	+47:06	08:57
41	1154	Olga maria fonseca carvalho	Individual	Senior Feminino	02:25:19	+49:12	09:05
42	1021	Sónia Brás	Aventureiras	Senior Feminino	02:25:46	+49:39	09:07
43	1080	Liliana Magalhães	Fridão Sem Limites	Senior Feminino	02:25:47	+49:40	09:07
44	1317	Raquel Costa	LUSOS XXI	Senior Feminino	02:26:12	+50:05	09:08
45	1128	Cecília Maria Gomes de Sousa	Individual	Senior Feminino	02:26:27	+50:20	09:09
46	1156	Raquel Oliveira	Individual	Senior Feminino	02:27:06	+50:59	09:12
47	1327	Eva Moreira	Nocturnos de Paredes	Senior Feminino	02:27:07	+51:00	09:12
48	1357	Liliana Monteiro	NOS CUIDAMOS	Senior Feminino	02:27:08	+51:01	09:12
49	1135	Daniela Sofia Marinho Queirós	Individual	Senior Feminino	02:27:11	+51:04	09:12
50	1125	Catarina Isabel Pereira Ribeiro	Individual	Senior Feminino	02:27:11	+51:04	09:12
51	1142	Inês Carlos Cardoso	Individual	Senior Feminino	02:28:44	+52:37	09:18
52	1094	Sandrina Queiroz	Geadas Running	Senior Feminino	02:30:12	+54:05	09:23
53	1093	Maria Marlene	geadas running	Senior Feminino	02:30:13	+54:06	09:23
54	1130	Cláudia Babo	Individual	Senior Feminino	02:30:13	+54:06	09:23
55	1148	Liliana PaulaVieira Couto Costa	Individual	Senior Feminino	02:30:14	+54:07	09:23
56	1100	Claudia Coelho	GENEROSOS	Senior Feminino	02:31:53	+55:46	09:30
57	1160	Sílvia Faria	Individual	Senior Feminino	02:32:13	+56:06	09:31
58	1150	Lucinda Viegas	Individual	Senior Feminino	02:32:28	+56:21	09:32
59	1138	francisca amaral	Individual	Senior Feminino	02:33:43	+57:36	09:36
60	1158	sandra hoeger	Individual	Senior Feminino	02:33:43	+57:36	09:36
61	1359	Helena Almeida	Not Run Alone	Senior Feminino	02:33:54	+57:47	09:37
62	1035	Célia Pereira	Caracóis do Norte	Senior Feminino	02:34:11	+58:04	09:38
63	1360	Elsa Ribeiro	O Praticante/Equipa Larouco Trail Running Vilar Perdizes	Senior Feminino	02:34:18	+58:11	09:39
64	1446	Liliana Cardoso	Unidade Especial de Corrida	Senior Feminino	02:34:18	+58:11	09:39
65	1101	Cristiana Coelho	GENEROSOS	Senior Feminino	02:36:09	+01:00:02	09:46
66	1131	Cláudia Leitão	Individual	Senior Feminino	02:37:26	+01:01:19	09:50
67	1169	VERA MARTINS	Individual	Senior Feminino	02:37:26	+01:01:19	09:50
68	1137	Elisete da Conceição Teixeira Coelho	Individual	Senior Feminino	02:37:56	+01:01:49	09:52
69	1437	Cláudia Catarina Ferreira do 275054420	Tropa D'Elite	Senior Feminino	02:38:12	+01:02:05	09:53
70	1424	Sandra Gonçalves	The 18/19 Machines	Senior Feminino	02:39:03	+01:02:56	09:56
71	1362	Elsa Costa	OS FUGITIVOS DA CRISE	Senior Feminino	02:39:35	+01:03:28	09:58
72	1027	Ana Margarida Oliveira Dias	BotasBikeShop	Senior Feminino	02:40:11	+01:04:04	10:01
73	1132	CRISTIANA MARISA CASTRO	Individual	Senior Feminino	02:40:42	+01:04:35	10:03
74	1159	SARA CATARINA CAETANO	Individual	Senior Feminino	02:40:42	+01:04:35	10:03
75	1325	Andreia Silva	Nocturnos de Paredes	Senior Feminino	02:42:02	+01:05:55	10:08
76	1163	Sonia Silva	Individual	Senior Feminino	02:43:17	+01:07:10	10:12
77	1041	Sandra Machado	Casal Maravilha	Senior Feminino	02:43:30	+01:07:23	10:13
78	1328	Tania Ferreira	Nocturnos de Paredes	Senior Feminino	02:44:02	+01:07:55	10:15
79	1140	Gisela Bessa	Individual	Senior Feminino	02:47:05	+01:10:58	10:27
80	1044	Sonia Raquel Ferraz Bastos	Clube de Pesca de Amarante	Senior Feminino	02:47:31	+01:11:24	10:28
81	1043	Sónia Isabel da Costa Gonçalves	Clube de Pesca de Amarante	Senior Feminino	02:47:32	+01:11:25	10:28
82	1117	Adelina Marlene Lopes Faria	Individual	Senior Feminino	02:48:26	+01:12:19	10:32
83	1168	Vera Liliana Pereira de Sousa	Individual	Senior Feminino	02:49:51	+01:13:44	10:37

Trail Curto

16 KM

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REVISED

OFFICIAL RESULT

84	1448	Estela Oliveira	USF TS	Senior Feminino	02:50:14	+01:14:07	10:38
85	1157	Raquel Silva	Individual	Senior Feminino	02:50:58	+01:14:51	10:41
86	1102	Ines Borges	GENEROSOS	Senior Feminino	02:51:46	+01:15:39	10:44
87	1146	joana silva	Individual	Senior Feminino	02:53:20	+01:17:13	10:50
88	1134	Daniela Lopes	Individual	Senior Feminino	02:53:20	+01:17:13	10:50
89	1450	Mónica Magalhães	USF TS	Senior Feminino	02:54:24	+01:18:17	10:54
90	1396	Georgina Raquel Rodrigues dos Santos	Pupis	Senior Feminino	02:55:49	+01:19:42	10:59
91	1397	Oriana Ana Ferraz Moreira	Pupis	Senior Feminino	02:55:49	+01:19:42	10:59
92	1022	Teresa Cerejo	Aventureiras	Senior Feminino	02:59:53	+01:23:46	11:15
93	1167	Vânia Cristina Ferreira Cunha	Individual	Senior Feminino	03:02:13	+01:26:06	11:23
94	1149	Lúcia Leite Ferreira	Individual	Senior Feminino	03:02:32	+01:26:25	11:25
95	1020	Sandra Faria	Aventureiras	Senior Feminino	03:04:23	+01:28:16	11:31
96	1121	Beatriz Cardoso Marinho	Individual	Senior Feminino	03:05:27	+01:29:20	11:35
97	1366	Patrícia Casanova	Os Não Menos	Senior Feminino	03:14:38	+01:38:31	12:10
98	1364	Carolina Casanova	Os Não Menos	Senior Feminino	03:14:38	+01:38:31	12:10

Senior Masculino

1	1001	João Lázaro Santos	Boccasballs	Senior Masculino	01:16:42		04:48
2	1058	José Inácio lima rodrigues	EXPERIENCIAR - Farmácia Vila Cova / Centro Recuperação Daniel Cardoso	Senior Masculino	01:21:53	+05:11	05:07
3	1005	Marcelo Pinho Araújo	3pros15	Senior Masculino	01:22:44	+06:02	05:10
4	1217	Luis Filipe Salgado Oliveira	Individual	Senior Masculino	01:25:36	+08:54	05:21
5	1447	César Leão	Unidade Especial de Corrida	Senior Masculino	01:26:36	+09:54	05:25
6	1418	Paulo Rocha	Satecnosol Outdoor	Senior Masculino	01:26:51	+10:09	05:26
7	1442	Francisco Ferreira	UF 08 RUNNERS	Senior Masculino	01:27:15	+10:33	05:27
8	1198	Helder Augusto Ferreira Camilo Camilo	Individual	Senior Masculino	01:29:07	+12:25	05:34
9	1420	Ricardo Pais	ST TRAIL	Senior Masculino	01:29:39	+12:57	05:36
10	1381	Miguel martins	Profisio Team	Senior Masculino	01:29:59	+13:17	05:37
11	1238	Paulo Alex. F. Santos	Individual	Senior Masculino	01:30:01	+13:19	05:38
12	1444	Paulo Machado	UF 08 RUNNERS	Senior Masculino	01:31:08	+14:26	05:42
13	1331	Mauro Cardoso	Nocturnos de Paredes	Senior Masculino	01:31:36	+14:54	05:43
14	1179	Bruno Filipe Ribeiro Teixeira	Individual	Senior Masculino	01:31:47	+15:05	05:44
15	1024	João Lázaro Mendes	Boccasballs	Senior Masculino	01:33:13	+16:31	05:50
16	1116	Nuno Figueiredo	GTT - Armazém do Caffé	Senior Masculino	01:33:43	+17:01	05:51
17	1323	António Manuel Moura Pinto	Mocidade SanGemil AC	Senior Masculino	01:34:37	+17:55	05:55
18	1089	Alexandre Pinto	Fridão Sem Limites	Senior Masculino	01:34:48	+18:06	05:56
19	1348	Hélder Marinho	Nós Acreditamos	Senior Masculino	01:35:45	+19:03	05:59
20	1170	Adão Paulo Teixeira Monteiro	Individual	Senior Masculino	01:36:09	+19:27	06:01
21	1231	Miguel Pereira	Individual	Senior Masculino	01:37:01	+20:19	06:04
22	1030	Rogério Nuno Ferraz Machado	Brigada do Trail	Senior Masculino	01:40:40	+23:58	06:17
23	1222	Márcio André Silva Dias	Individual	Senior Masculino	01:42:00	+25:18	06:23
24	1347	Hélder Cristiano Leite Ribeiro	Nós Acreditamos	Senior Masculino	01:42:21	+25:39	06:24
25	1340	Sergio Vale	Nocturnos de Paredes	Senior Masculino	01:43:33	+26:51	06:28
26	1191	Filipe Patrício	Individual	Senior Masculino	01:43:58	+27:16	06:30
27	1239	Paulo António Da Cunha Ferreira	Individual	Senior Masculino	01:44:32	+27:50	06:32

Trail Curto

16 KM



OFFICIAL RESULT

28	1236	Nuno Rafael Ribeiro Rodrigues	Individual	Senior Masculino	01:44:33	+27:51	06:32
29	1336	Pedro Ferraz	Nocturnos de Paredes	Senior Masculino	01:44:44	+28:02	06:33
30	1206	Jorge Miguel Cibrão Ribeiro	Individual	Senior Masculino	01:45:37	+28:55	06:36
31	1246	Pedro Ribeiro	Individual	Senior Masculino	01:45:47	+29:05	06:37
32	1384	Adriano filipe salgado couto	Profisio Team	Senior Masculino	01:45:55	+29:13	06:37
33	1382	Paulo Moura	Profisio Team	Senior Masculino	01:46:00	+29:18	06:38
34	1321	Pedro Nogueira	Marco Runners	Senior Masculino	01:46:02	+29:20	06:38
35	1370	Pedro Silva	Os Não Menos	Senior Masculino	01:46:20	+29:38	06:39
36	1258	silvio fernando fonseca pinto	Individual	Senior Masculino	01:46:20	+29:38	06:39
37	1391	Nelson Miguel Faria Vaz	Profisio Team	Senior Masculino	01:47:26	+30:44	06:43
38	1076	Hugo Peixotoq	FFIT GAIA TRAIL	Senior Masculino	01:47:28	+30:46	06:43
39	1190	Filipe Cordeiro	Individual	Senior Masculino	01:49:17	+32:35	06:50
40	1205	Jorge Costa	Individual	Senior Masculino	01:49:47	+33:05	06:52
41	1319	Sérgio Costa	LUSOS XXI	Senior Masculino	01:50:21	+33:39	06:54
42	1385	Bruno Miguel Machado Pereira	Profisio Team	Senior Masculino	01:50:23	+33:41	06:54
43	1048	Nuno Angélico	DOLCEFARMA	Senior Masculino	01:51:23	+34:41	06:58
44	147	Hugo Filipe Vieira Moura	Individual	Senior Masculino	01:51:25	+34:43	06:58
45	1218	manuel antonio da silva	Individual	Senior Masculino	01:51:37	+34:55	06:59
46	1203	Hugo Vladimiro Texeira da Silva	Individual	Senior Masculino	01:52:07	+35:25	07:00
47	1237	Nuno Saavedra Duarte	Individual	Senior Masculino	01:52:11	+35:29	07:01
48	1174	André Montenegro Ferreira	Individual	Senior Masculino	01:52:29	+35:47	07:02
49	1255	Samuel Carvalho	Individual	Senior Masculino	01:53:05	+36:23	07:04
50	241	Manuel Barbosa	Iniciados	Senior Masculino	01:53:17	+36:35	07:05
51	240	Joao Barbosa	Iniciados	Senior Masculino	01:53:17	+36:35	07:05
52	238	Bruno Sousa	Iniciados	Senior Masculino	01:53:17	+36:35	07:05
53	1257	sergio augusto oliveira nogueira	Individual	Senior Masculino	01:53:29	+36:47	07:06
54	1215	Leandro Cunha Anjos	Individual	Senior Masculino	01:53:29	+36:47	07:06
55	1338	Renato Sousa Pinto	Nocturnos de Paredes	Senior Masculino	01:53:36	+36:54	07:06
56	1388	Joaquim Manuel Abreu Mesquita	Profisio Team	Senior Masculino	01:54:25	+37:43	07:09
57	1180	Bruno Maia	Individual	Senior Masculino	01:54:52	+38:10	07:11
58	1037	Rui Pedro Marinho Pinto	Caracóis do Norte	Senior Masculino	01:54:53	+38:11	07:11
59	1346	Fábio Silva	Nós Acreditamos	Senior Masculino	01:54:57	+38:15	07:11
60	1251	Ricardo Manuel Silva Ribeiro	Individual	Senior Masculino	01:55:05	+38:23	07:12
61	1194	Gilberto Orlando	Individual	Senior Masculino	01:55:05	+38:23	07:12
62	1329	António Brito Teixeira	Nocturnos de Paredes	Senior Masculino	01:55:42	+39:00	07:14
63	1213	José Luís Pinto	Individual	Senior Masculino	01:55:54	+39:12	07:15
64	1332	Nuno Alexandre	Nocturnos de Paredes	Senior Masculino	01:55:59	+39:17	07:15
65	1097	Manuel Abobeira	Geadas Running	Senior Masculino	01:57:16	+40:34	07:20
66	138	Edgar Ruben Queiros	Individual	Senior Masculino	01:57:38	+40:56	07:21
67	1010	Emanuel Pinho Gomes	Alvatrilhos	Senior Masculino	01:57:38	+40:56	07:21
68	1387	Joao Saldanha	Profisio Team	Senior Masculino	01:57:40	+40:58	07:21
69	1115	Luis Marcelo Ribeiro Teles	GTT - Armazém do Caffé	Senior Masculino	01:57:45	+41:03	07:22
70	1375	Rui Miguel Moreira Pinto Ferraz	PRANQ	Senior Masculino	01:58:21	+41:39	07:24
71	1337	Pedro Nogueira	Nocturnos de Paredes	Senior Masculino	01:58:42	+42:00	07:25
72	1204	João Pedro Macedo	Individual	Senior Masculino	01:58:45	+42:03	07:25
73	1259	Telmo Marcos Mendes Silva	Individual	Senior Masculino	02:00:09	+43:27	07:31

Trail Curto

16 KM



OFFICIAL RESULT

74	1060	Tiago Gomes	Extreme Academy	Senior Masculino	02:00:10	+43:28	07:31
75	1240	Paulo Dias	Individual	Senior Masculino	02:00:26	+43:44	07:32
76	1230	Miguel Magalhães da Silva	Individual	Senior Masculino	02:00:26	+43:44	07:32
77	1219	Manuel Pereira	Individual	Senior Masculino	02:00:27	+43:45	07:32
78	1310	José Barbosa	Já te apanho	Senior Masculino	02:01:11	+44:29	07:34
79	242	Ricardo Moreira	Iniciados	Senior Masculino	02:01:21	+44:39	07:35
80	1243	Pedro Jorge Lopes Carneiro	Individual	Senior Masculino	02:01:51	+45:09	07:37
81	1075	Eduardo Bernardino	FFIT GAIA TRAIL	Senior Masculino	02:01:53	+45:11	07:37
82	1893	Célio Soares	Marco Runners	Senior Masculino	02:02:18	+45:36	07:39
83	1232	Milton Morais	Individual	Senior Masculino	02:02:31	+45:49	07:39
84	1189	Fernando Lourenço Fernandes	Individual	Senior Masculino	02:02:31	+45:49	07:39
85	1244	Pedro Mendes	Individual	Senior Masculino	02:02:34	+45:52	07:40
86	1372	Alberto Monteiro	Os Reumaticos	Senior Masculino	02:03:22	+46:40	07:43
87	1416	PEDRO VIEIRA	Run4all	Senior Masculino	02:04:07	+47:25	07:45
88	284	RUI CARVALHO	Run4all	Senior Masculino	02:04:08	+47:26	07:45
89	1412	BRUNO MAGALHÃES	Run4all	Senior Masculino	02:04:10	+47:28	07:46
90	1358	Sílvio Silva	NOS CUIDAMOS	Senior Masculino	02:04:21	+47:39	07:46
91	1443	Luis Leite	UF 08 RUNNERS	Senior Masculino	02:04:32	+47:50	07:47
92	1350	Ricardo Carvalho	Nós Acreditamos	Senior Masculino	02:04:55	+48:13	07:48
93	1260	Valério Miguel Barôa Saleiro	Individual	Senior Masculino	02:05:05	+48:23	07:49
94	1209	jose andre ferreira	Individual	Senior Masculino	02:05:39	+48:57	07:51
95	1229	MIGUEL MACEDO	Individual	Senior Masculino	02:05:40	+48:58	07:51
96	1108	Bruno Faria	Go team	Senior Masculino	02:05:51	+49:09	07:52
97	1386	Carlos Andre oliveira Azevedo	Profisio Team	Senior Masculino	02:05:53	+49:11	07:52
98	1224	Miguel André Carvalho Varejão	Individual	Senior Masculino	02:06:02	+49:20	07:53
99	1109	Pedro Martins	Go team	Senior Masculino	02:06:31	+49:49	07:54
100	1226	Miguel Costa	Individual	Senior Masculino	02:06:36	+49:54	07:55
101	1188	Fábio Ricardo da Costa Campos	Individual	Senior Masculino	02:07:01	+50:19	07:56
102	1334	Nuno Santos	Nocturnos de Paredes	Senior Masculino	02:07:43	+51:01	07:59
103	1392	Ricardo Jorge Machado Pereira	Profisio Team	Senior Masculino	02:07:46	+51:04	07:59
104	1393	Rui Manuel Da Silva Vaz	Profisio Team	Senior Masculino	02:07:53	+51:11	08:00
105	1245	Pedro Nuno Pinheiro Monteiro	Individual	Senior Masculino	02:08:06	+51:24	08:00
106	1401	Gilberto Fernandes	RINUS FAFE	Senior Masculino	02:08:11	+51:29	08:01
107	1172	Albino Augusto Pires Machado	Individual	Senior Masculino	02:08:21	+51:39	08:01
108	1389	Jose Nuno Lima Faria	Profisio Team	Senior Masculino	02:08:24	+51:42	08:01
109	1012	Rui Rodrigues	Amigos da Montanha	Senior Masculino	02:08:27	+51:45	08:02
110	1339	Rui Almeida	Nocturnos de Paredes	Senior Masculino	02:08:37	+51:55	08:02
111	1221	Marcelo Teixeira	Individual	Senior Masculino	02:09:39	+52:57	08:06
112	239	Hugo Moreira	Iniciados	Senior Masculino	02:09:39	+52:57	08:06
113	1252	Ricardo Meireles	Individual	Senior Masculino	02:10:05	+53:23	08:08
114	1208	José Amorim	Individual	Senior Masculino	02:10:27	+53:45	08:09
115	1192	Filipe Silva	Individual	Senior Masculino	02:11:34	+54:52	08:13
116	1436	Alexandre Afonso	Trocopasso Runners	Senior Masculino	02:11:39	+54:57	08:14
117	1053	António Navega	DUT	Senior Masculino	02:12:16	+55:34	08:16
118	1181	Bruno Miguel Vieira	Individual	Senior Masculino	02:13:10	+56:28	08:19
119	1095	Bruno Carvalho	Geadas Running	Senior Masculino	02:13:17	+56:35	08:20

Trail Curto

16 KM



OFFICIAL RESULT

120	1071	Bruno Vasconcelos	Familia Vasconcelos	Senior Masculino	02:13:41	+56:59	08:21
121	1207	Jorge Pereira	Individual	Senior Masculino	02:13:44	+57:02	08:22
122	1077	Paulo Jorge Santos	FFIT Gaia TRail	Senior Masculino	02:14:03	+57:21	08:23
123	1113	Emanuel O P B da Costa	GTT - Armazém do Caffé	Senior Masculino	02:16:25	+59:43	08:32
124	1199	Helder César Teixeira Costa	Individual	Senior Masculino	02:16:27	+59:45	08:32
125	1241	Paulo Rafael Costa Silva	Individual	Senior Masculino	02:16:28	+59:46	08:32
126	1249	Ricardo Gil Silva Magalhaes	Individual	Senior Masculino	02:16:28	+59:46	08:32
127	1227	Miguel Ferrás	Individual	Senior Masculino	02:16:28	+59:46	08:32
128	1390	Nelson Manuel Fernandes Machado	Profisio Team	Senior Masculino	02:16:36	+59:54	08:32
129	1045	Artur Pereira	Clube de Pesca de Amarante	Senior Masculino	02:16:41	+59:59	08:33
130	1414	MIGUEL MELEIRO	Run4all	Senior Masculino	02:16:42	+01:00:00	08:33
131	1182	Bruno Pinheiro	Individual	Senior Masculino	02:16:46	+01:00:04	08:33
132	1070	Andre Vasconcelos	Familia Vasconcelos	Senior Masculino	02:16:51	+01:00:09	08:33
133	1212	JOSE FARIA	Individual	Senior Masculino	02:16:53	+01:00:11	08:33
134	1333	Nuno Gomes	Nocturnos de Paredes	Senior Masculino	02:17:01	+01:00:19	08:34
135	1247	Pedro Sousa	Individual	Senior Masculino	02:17:31	+01:00:49	08:36
136	1046	Jorge Filipe Silva Pinheiro	Clube de Pesca de Amarante	Senior Masculino	02:18:56	+01:02:14	08:41
137	1413	JOÃO MONTEIRO	Run4all	Senior Masculino	02:19:02	+01:02:20	08:41
138	1175	André Pinto	Individual	Senior Masculino	02:20:09	+01:03:27	08:46
139	1185	Dino Pinto	Individual	Senior Masculino	02:20:09	+01:03:27	08:46
140	1253	Rúben Bastos	Individual	Senior Masculino	02:20:28	+01:03:46	08:47
141	1177	António jorge da silva gonçalves	Individual	Senior Masculino	02:20:28	+01:03:46	08:47
142	164	Luis Roque	Individual	Senior Masculino	02:21:31	+01:04:49	08:51
143	1183	Carlos Filipe gomes Goncalves	Individual	Senior Masculino	02:22:54	+01:06:12	08:56
144	1254	Rui aureliano de Sousa Martins	Individual	Senior Masculino	02:22:55	+01:06:13	08:56
145	1214	José Pimenta	Individual	Senior Masculino	02:23:12	+01:06:30	08:57
146	1196	Gonçalo Rodrigues	Individual	Senior Masculino	02:26:19	+01:09:37	09:09
147	1202	Hernâni Pinto	Individual	Senior Masculino	02:27:06	+01:10:24	09:12
148	1098	Nuno Cunha	Geadas Running	Senior Masculino	02:30:10	+01:13:28	09:23
149	1096	Jorge oliveira	Geadas Running	Senior Masculino	02:30:11	+01:13:29	09:23
150	1090	Gustavo Bento	Fridão Sem Limites	Senior Masculino	02:30:13	+01:13:31	09:23
151	1178	Bruno Fernandes	Individual	Senior Masculino	02:30:13	+01:13:31	09:23
152	1200	Hélder Filipe Pinto de Almeida	Individual	Senior Masculino	02:31:06	+01:14:24	09:27
153	1411	ANTONIO CARNEIRO	Run4all	Senior Masculino	02:34:59	+01:18:17	09:41
154	1318	João Paulo Andrade Carvalho	LUSOS XXI	Senior Masculino	02:37:19	+01:20:37	09:50
155	1216	LUCIANO ANTÓNIO MARTINS TEIXEIRA	Individual	Senior Masculino	02:37:57	+01:21:15	09:52
156	1439	Eduardo João Moreira Maia	Tropa D'Elite	Senior Masculino	02:38:12	+01:21:30	09:53
157	1438	Diogo Miguel Magalhães Góis da Silva	Tropa D'Elite	Senior Masculino	02:38:12	+01:21:30	09:53
158	1440	Márcio André Abreu Ribeiro	Tropa D'Elite	Senior Masculino	02:38:12	+01:21:30	09:53
159	1425	Bruno Andrade	The 18/19 Machines	Senior Masculino	02:39:03	+01:22:21	09:56
160	1428	Luís Pinheiro	The 18/19 Machines	Senior Masculino	02:39:03	+01:22:21	09:56
161	1426	Henrique Rocha	The 18/19 Machines	Senior Masculino	02:39:05	+01:22:23	09:57
162	1363	João Ferreira	OS FUGITIVOS DA CRISE	Senior Masculino	02:39:36	+01:22:54	09:59
163	1029	Luis Miguel Teixeira Carvalho	BotasBikeShop	Senior Masculino	02:40:09	+01:23:27	10:01
164	1028	António Francisco Sampaio Castro Xavier	BotasBikeShop	Senior Masculino	02:40:11	+01:23:29	10:01

Trail Curto

16 KM



OFFICIAL RESULT

165	1248	RICARDO DIAS	Individual	Senior Masculino	02:40:43	+01:24:01	10:03
166	1176	Antonio Barbosa	Individual	Senior Masculino	02:43:16	+01:26:34	10:12
167	1042	Miguel Costa	Casal Maravilha	Senior Masculino	02:43:30	+01:26:48	10:13
168	1242	Paulo reis	Individual	Senior Masculino	02:47:51	+01:31:09	10:29
169	1066	João Soares	Famelga	Senior Masculino	02:47:52	+01:31:10	10:29
170	1451	Vitor Teixeira	USF TS	Senior Masculino	02:50:05	+01:33:23	10:38
171	1059	Paulo Oliveira Ferraz de Lacerda	Extreme Academy	Senior Masculino	03:01:51	+01:45:09	11:22
172	1197	Graça Andrea Teixeira Vieira	Individual	Senior Masculino	03:02:32	+01:45:50	11:25
173	1186	Eunice Coelho	Individual	Senior Masculino	03:02:32	+01:45:50	11:25
174	1427	José Almeida	The 18/19 Machines	Senior Masculino	03:06:14	+01:49:32	11:38
175	1369	Hugo Manuel Martins Marafona	Os Não Menos	Senior Masculino	03:14:37	+01:57:55	12:10
176	1371	Rui Cunha	Os Não Menos	Senior Masculino	03:14:39	+01:57:57	12:10
177	1429	Vitor Cardoso	The 18/19 Machines	Senior Masculino	03:24:57	+02:08:15	12:49

Veterana F40

1	1324	MÓNICA MOREIRA	NAST	Veterana F40	01:53:04		07:04
2	98	Ana Maria Amaral	GONDOMAR FUTSAL CLUBE	Veterana F40	02:00:25	+07:21	07:32
3	1341	Goretti Rocha	Nocturnos de Paredes	Veterana F40	02:02:37	+09:33	07:40
4	1320	Maria Margarida Nunes Monteiro da Cunha	Marão Team	Veterana F40	02:02:48	+09:44	07:41
5	1351	Lúcia Oliveira	Nós Acreditamos	Veterana F40	02:04:55	+11:51	07:48
6	1264	FILOMENA DA SILVA PEIXOTO DA COSTA NETO	Individual	Veterana F40	02:14:01	+20:57	08:23
7	1092	Armandina da Silva Torres	GDCT INCM	Veterana F40	02:16:17	+23:13	08:31
8	1314	Sônia Teixeira	keepmoving	Veterana F40	02:16:54	+23:50	08:33
9	1107	Fernanda Almeida	Ginasio Fit4Fun	Veterana F40	02:17:26	+24:22	08:35
10	1376	Natalia de Azevedo Monteiro de Sá	PRANQ	Veterana F40	02:22:12	+29:08	08:53
11	1268	Maria José Silva Teixeira	Individual	Veterana F40	02:22:17	+29:13	08:54
12	1013	Susana Maria Faria da Silva	Amigos da Montanha	Veterana F40	02:28:03	+34:59	09:15
13	1011	Isabel Martins	Amigos da Montanha	Veterana F40	02:28:58	+35:54	09:19
14	1452	Ana Alves	USF TS	Veterana F40	02:30:00	+36:56	09:23
15	1062	Ana Paula Oliveira	Extreme Runners	Veterana F40	02:32:59	+39:55	09:34
16	1265	ISABEL ARAUJO	Individual	Veterana F40	02:37:26	+44:22	09:50
17	1430	Dulce Perestrelo	The 18/19 Machines	Veterana F40	02:39:04	+46:00	09:56
18	1431	Nina Silva	The 18/19 Machines	Veterana F40	02:39:04	+46:00	09:56
19	1432	Raquel Campo Grande	The 18/19 Machines	Veterana F40	02:39:04	+46:00	09:56
20	1269	Maria Lurdes Mendes	Individual	Veterana F40	02:43:14	+50:10	10:12
21	1078	Marcia Cristina Oliveira	FFIT GAIA TRAIL	Veterana F40	02:44:26	+51:22	10:17
22	1266	Maria Cândida Moreira da Silva Ramos Seabra	Individual	Veterana F40	02:47:05	+54:01	10:27
23	1271	Paula Peixoto	Individual	Veterana F40	03:02:12	+01:09:08	11:23
24	1421	Prazeres Pires	Team DUAS FACES	Veterana F40	03:02:46	+01:09:42	11:25
25	1023	ana bras	Aventureiras	Veterana F40	03:04:22	+01:11:18	11:31

Trail Curto

16 KM



OFFICIAL RESULT

Veterano M40

1	1419	Armandino taborda	Satecnosol Outdoor	Veterano M40	01:19:53		05:00
2	1025	João Carlos Santos	Boccasballs	Veterano M40	01:25:00	+05:07	05:19
3	1292	jorge oliveira	Individual	Veterano M40	01:27:55	+08:02	05:30
4	1007	Miguel Fernando da Silva Barros	A.D.Amarante trail running	Veterano M40	01:27:57	+08:04	05:30
5	1287	Francisco Pinheiro	Individual	Veterano M40	01:33:43	+13:50	05:51
6	1033	José Martins Teixeira Coelho	Brigada do Trail	Veterano M40	01:34:03	+14:10	05:53
7	1004	José Fernandes	.COM Clube de Orientação do Minho	Veterano M40	01:36:12	+16:19	06:01
8	1047	José Carlos Dias	CTAD - Trilhos de Cinfães	Veterano M40	01:36:45	+16:52	06:03
9	1026	João Paulo Lázaro	Boccasballs	Veterano M40	01:38:48	+18:55	06:10
10	1063	Sérgio Anunciacao	Extreme Runners	Veterano M40	01:40:14	+20:21	06:16
11	1353	António José Marinho Cunha	Nós Acreditamos	Veterano M40	01:40:19	+20:26	06:16
12	1087	Paulo sousa	Fridão Sem Limites	Veterano M40	01:42:06	+22:13	06:23
13	1277	ALBINO DE OLIVEIRA RIBEIRO	Individual	Veterano M40	01:44:19	+24:26	06:31
14	1289	João Ferreira	Individual	Veterano M40	01:45:56	+26:03	06:37
15	1395	Narciso castro machado	Profisio Team	Veterano M40	01:46:00	+26:07	06:38
16	1283	Eduardo Ribeiro	Individual	Veterano M40	01:46:10	+26:17	06:38
17	1281	Bernardino Monteiro	Individual	Veterano M40	01:46:21	+26:28	06:39
18	1343	Arnaldo Santos	Nocturnos de Paredes	Veterano M40	01:49:41	+29:48	06:51
19	1262	Carlos A .C .MACEDO	Individual	Veterano M40	01:49:53	+30:00	06:52
20	1286	Fernando Queirós	Individual	Veterano M40	01:49:56	+30:03	06:52
21	1312	Tomas Correia	Já te apanho	Veterano M40	01:50:44	+30:51	06:55
22	1275	ALBERTO CARVALHO	Individual	Veterano M40	01:50:56	+31:03	06:56
23	1274	Adriano Teixeira	Individual	Veterano M40	01:53:29	+33:36	07:06
24	1110	vitor ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	01:53:36	+33:43	07:06
25	1285	Fernando Mendes Cardoso	Individual	Veterano M40	01:54:37	+34:44	07:10
26	1378	Jose Manuel Magalhaes Monteiro	PRANQ	Veterano M40	01:54:45	+34:52	07:10
27	1103	Geraldo Gomes	GENEROSOS	Veterano M40	01:54:50	+34:57	07:11
28	1342	Acacio Teixeira	Nocturnos de Paredes	Veterano M40	01:55:44	+35:51	07:14
29	1272	Adao Ribeiro	Individual	Veterano M40	01:56:53	+37:00	07:18
30	1296	Manuel Mário da Costa Alves Pereira	Individual	Veterano M40	01:57:38	+37:45	07:21
31	1352	Álvaro Cardoso	Nós Acreditamos	Veterano M40	01:58:28	+38:35	07:24
32	1344	Nuno Salgado	Nocturnos de Paredes	Veterano M40	01:58:42	+38:49	07:25
33	1032	Jorge Manuel Moreira Coelho	Brigada do Trail	Veterano M40	01:59:34	+39:41	07:28
34	214	Jorge Silva	Individual	Veterano M40	02:00:26	+40:33	07:32
35	1394	Manuel Antonio Saldanha Dos Santos	Profisio Team	Veterano M40	02:01:02	+41:09	07:34
36	1280	António José Pinheiro Ferraz	Individual	Veterano M40	02:01:53	+42:00	07:37
37	1015	José Loureiro	Amigos da Montanha	Veterano M40	02:02:16	+42:23	07:39
38	1355	Fernando Silva	Nós Acreditamos	Veterano M40	02:02:21	+42:28	07:39
39	1380	Pedro Arnaldo Pinto Ferraz	PRANQ	Veterano M40	02:02:26	+42:33	07:39
40	1282	Cláudio Teixeira	Individual	Veterano M40	02:02:27	+42:34	07:39
41	1106	Rodrigo Ferraz	GENEROSOS	Veterano M40	02:02:37	+42:44	07:40
42	1356	Vitor Manuel Ribeiro Dias	Nós Acreditamos	Veterano M40	02:03:20	+43:27	07:43
43	1354	Armando Manuel Magalhaes Cardoso	Nós Acreditamos	Veterano M40	02:04:50	+44:57	07:48
44	1017	Carlos Silva Ferreira	Autistic Runners	Veterano M40	02:04:51	+44:58	07:48

Official Timekeeper: Lap2Go	8 / 9	generate 22-Dec-2015 18:49
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Trail Curto

16 KM



OFFICIAL RESULT

45	1402	Vitor Marinho Alves	RINUS FAFE	Veterano M40	02:05:09	+45:16	07:49
46	1293	José Carlos Coelho	Individual	Veterano M40	02:05:13	+45:20	07:50
47	1377	Antonio Maria Pereira Moreira	PRANQ	Veterano M40	02:05:51	+45:58	07:52
48	1086	Manuel Teixeira Ferreira	Fridão Sem Limites	Veterano M40	02:06:31	+46:38	07:54
49	1295	Luis Miguel Ribeiro de Faria	Individual	Veterano M40	02:07:06	+47:13	07:57
50	1305	Pedro Sá	Individual	Veterano M40	02:11:35	+51:42	08:13
51	1297	Mario Nobre Dinis Piedade	Individual	Veterano M40	02:11:40	+51:47	08:14
52	1284	Fernando César Miguez	Individual	Veterano M40	02:12:16	+52:23	08:16
53	1038	Mário Dantas	Caracóis do Norte	Veterano M40	02:13:03	+53:10	08:19
54	1288	Jaime José Sampaio Teixeira	Individual	Veterano M40	02:13:03	+53:10	08:19
55	300	António Coelho	SS MONTEPIO	Veterano M40	02:14:13	+54:20	08:23
56	1311	Júlio Santos	Já te apanho	Veterano M40	02:14:50	+54:57	08:26
57	302	Hugo Costa	SS MONTEPIO	Veterano M40	02:14:51	+54:58	08:26
58	1085	José Ferreira Teixeira	Fridão Sem Limites	Veterano M40	02:14:56	+55:03	08:26
59	1084	Alberto Agostinho Ribeiro da Silva	Fridão Sem Limites	Veterano M40	02:14:56	+55:03	08:26
60	1008	Ricardo Augusto Teixeira Pinto de Magalhães	A.D.Amarante trail running	Veterano M40	02:15:20	+55:27	08:28
61	1009	Rui Miguel Borges	A.D.Amarante trail running	Veterano M40	02:16:21	+56:28	08:31
62	1031	Fernando Jorge de Sá Paiva	Brigada do Trail	Veterano M40	02:16:45	+56:52	08:33
63	1016	Antonio Joaquim Teixeira de Magalhães	Autistic Runners	Veterano M40	02:17:03	+57:10	08:34
64	1049	Alice Sousa	Duas faces	Veterano M40	02:17:33	+57:40	08:36
65	1308	Rui Quinta	Individual	Veterano M40	02:18:36	+58:43	08:40
66	1278	Antonio Archer	Individual	Veterano M40	02:19:55	+01:00:02	08:45
67	1379	Paulo Manuel Teixeira de Sá	PRANQ	Veterano M40	02:22:13	+01:02:20	08:53
68	256	Nuno Henrique	Nascidos Para Correr	Veterano M40	02:22:57	+01:03:04	08:56
69	1291	João Gil	Individual	Veterano M40	02:25:46	+01:05:53	09:07
70	1298	Miguel Bastos	Individual	Veterano M40	02:26:17	+01:06:24	09:09
71	1006	Emanuel Lima	A.D.Amarante trail running	Veterano M40	02:27:04	+01:07:11	09:12
72	1099	António Quadros	Geadas Running	Veterano M40	02:30:11	+01:10:18	09:23
73	1361	Mauro Fernandes	O Praticante/Equipa Larouco Trail Running Vilar Perdizes	Veterano M40	02:34:19	+01:14:26	09:39
74	1433	Eurico Mendes	The 18/19 Machines	Veterano M40	02:39:04	+01:19:11	09:56
75	1294	JOSE RODRIGUES COSTA	Individual	Veterano M40	02:40:16	+01:20:23	10:01
76	1299	Nuno Lacerda	Individual	Veterano M40	02:41:46	+01:21:53	10:07
77	1306	Raul Macedo	Individual	Veterano M40	02:43:14	+01:23:21	10:12
78	1279	antonio guimaraes	Individual	Veterano M40	02:43:15	+01:23:22	10:12
79	1276	alberto martins	Individual	Veterano M40	02:50:59	+01:31:06	10:41
80	1061	Paulo Cocheteux Ferraz de lacerda	Extreme Academy	Veterano M40	03:01:51	+01:41:58	11:22

