



## ULTRA 75K - STAGE 1

75 KM

**R**  
REVISED

## OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	82	Paulo Lima	individual	Veterano M40	12:59:37	+04:45:20	10:24
44	103	Jorge Barbosa	paredes aventura	Veterano M40	13:05:01	+04:50:44	10:28
45	46	João Daniel Gaioso Fernandes	individual	Senior Masculino	13:06:06	+04:51:49	10:29
46	108	CARLOS NAVEGA	sem rota	Veterano M40	13:12:17	+04:58:01	10:34
47	80	nuno coelho silva	individual	Veterano M40	13:18:09	+05:03:53	10:39
48	65	luisa santo	salamandrecos	Veterana F40	13:21:12	+05:06:55	10:41
49	102	Bruno Macedo	oscaga tacos running team	Senior Masculino	13:21:12	+05:06:55	10:41
50	10	Mário Jorge Abreu Goios Ferreira	adefacec	Veterano M40	13:27:00	+05:12:43	10:46
51	45	Hugo Medeiros	individual	Senior Masculino	13:40:17	+05:26:01	10:56
52	75	Hélder Ribeiro Agostinho	individual	Veterano M40	13:40:43	+05:26:26	10:57
53	90	Jose Antonio Pérez Fernandez	individual	Veterano M50	13:41:13	+05:26:57	10:57
54	7	Hugo Ricardo da Silva Barroso Pinto	adefacec	Senior Masculino	13:47:10	+05:32:54	11:02
55	83	Paulo Rodrigues	individual	Veterano M40	13:47:25	+05:33:09	11:02
56	73	Grupo Desportivo Ferroviários de Campanhã	individual	Veterano M40	13:47:26	+05:33:10	11:02
57	67	António Manuel Morgado Ferreira Simões	individual	Veterano M40	13:48:07	+05:33:50	11:02
58	60	Telmo Mendonça	individual	Senior Masculino	13:56:05	+05:41:48	11:09
59	6	Hugo Sa	ad quinta - atletismo	Senior Masculino	13:58:22	+05:44:05	11:11
60	63	Carmen Lima	individual	Veterana F40	14:00:00	+05:45:43	11:12
61	70	Domingos Morais	individual	Veterano M40	14:00:00	+05:45:43	11:12
62	29	Ana Filipa Meleiro Bernardo	individual	Senior Feminino	14:02:25	+05:48:09	11:14
63	56	Sandro Jordão	individual	Senior Masculino	14:07:44	+05:53:28	11:18





**COLETIVA GERAL - 75K**

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

RANK	TEAM	DESCRIPTION	POINTS
1	EDV-VIANA TRAIL	1 + 4 + 28	33
2	ADEFACEC	14 + 50 + 54	118



**LONGO 38K - STAGE 1**

**38 KM**

**R**  
REVISED

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	708	Nuno Miguel da Rocha Nunes	melres trail running - ordem para arrear	Senior Masculino	05:30:34	+01:25:57	08:42
44	647	Adelino Manuel Paulo Carvalho	individual	Veterano M40	05:34:25	+01:29:49	08:48
45	649	António Manuel Fernandes	individual	Veterano M40	05:35:18	+01:30:41	08:49
46	625	Nuno Braga	individual	Senior Masculino	05:35:18	+01:30:41	08:49
47	530	Marco Caraux	cerveira team running/clube celtas do minho	Senior Masculino	05:35:21	+01:30:45	08:50
48	577	Paulo Jorge	gondomar futsal clube	Senior Masculino	05:35:37	+01:31:00	08:50
49	733	Joao Castel-Branco	olimpico vianense trail/nd sport	Senior Masculino	05:36:56	+01:32:20	08:52
50	697	Raquel Pedro	juventude vidigalense	Veterana F40	05:38:13	+01:33:37	08:54
51	541	Paulo Alexandre Lema Pelicano	crocodilos / mister pc	Veterano M40	05:38:21	+01:33:45	08:54
52	622	MARÇAL AVELINO SALAZAR MARQUES MENDES	individual	Senior Masculino	05:42:36	+01:37:59	09:01
53	707	José Fernando Borges Pecegueiro	melres trail running - ordem para arrear	Senior Masculino	05:43:59	+01:39:22	09:03
54	748	André Carvalho	runners	Senior Masculino	05:46:41	+01:42:05	09:07
55	767	Soraia Monteiro	xl&s trail	Senior Feminino	05:46:47	+01:42:10	09:08
56	524	Jorge Manuel de Jesus Maia	budeguita runners	Veterano M50	05:47:15	+01:42:39	09:08
57	699	hugo ribeiro	limitless	Senior Masculino	05:53:17	+01:48:40	09:18
58	582	HÉLDER SILVA	glt-armazém do caffè	Senior Masculino	05:54:45	+01:50:09	09:20
59	539	Ricardo Dantas	crocodilos / mister pc	Senior Masculino	05:54:56	+01:50:19	09:20
60	740	alfredo costa	oursense o desporto a vossa medida	Veterano M50	05:57:10	+01:52:33	09:24
61	525	Fernando Remelgado	ccd - siemens	Senior Masculino	05:57:16	+01:52:39	09:24
62	636	Rúben Alves	individual	Senior Masculino	05:57:40	+01:53:04	09:25
63	588	Estela Martins	individual	Senior Feminino	05:57:44	+01:53:07	09:25
64	743	Jorge Bastos	pernetas	Senior Masculino	05:57:45	+01:53:09	09:25
65	556	Pedro Vale	experimentar/barceltécnica/sportsonfire	Senior Masculino	05:58:02	+01:53:26	09:25
66	639	Sérgio Salgueiro	individual	Senior Masculino	05:58:07	+01:53:31	09:25
67	679	Rui Leão	individual	Veterano M40	05:58:09	+01:53:33	09:26
68	515	António Loureiro	autistic runners	Veterano M50	06:00:12	+01:55:35	09:29
69	502	Pedro Guimarães	a+	Veterano M40	06:00:47	+01:56:11	09:30
70	638	Rui Nogueira	individual	Senior Masculino	06:02:06	+01:57:30	09:32
71	711	José Carlos Gomes	melres trail running - ordem para arrear	Veterano M40	06:02:32	+01:57:56	09:32
72	726	Antonio Azevedo	nascidos para correr	Veterano M50	06:04:34	+01:59:58	09:36
73	565	António Carlos Teixeira	fridão sem limites	Veterano M50	06:04:44	+02:00:07	09:36
74	552	Vitor Ribeiro	didaxis trail	Senior Masculino	06:05:25	+02:00:49	09:37
75	722	Gonçalo Valente	não fazemos nem mais um...km	Veterano M40	06:05:47	+02:01:10	09:38
76	717	Jorge Alexandre Correia Moita	montanha clube trail running/runners	Veterano M40	06:06:28	+02:01:51	09:39
77	651	Avelino Faria	individual	Veterano M40	06:08:45	+02:04:09	09:42
78	1337	Nuno Sobral	team duas faces	Senior Masculino	06:10:37	+02:06:00	09:45
79	576	André Trigais	gondomar futsal clube	Senior Masculino	06:10:43	+02:06:07	09:45
80	602	Daniel Duarte	individual	Senior Masculino	06:11:27	+02:06:50	09:47
81	562	Bruno dias	fitspot - parque nascente	Senior Masculino	06:11:51	+02:07:15	09:47
82	564	Rafael Almeida	fitspot - parque nascente	Senior Masculino	06:11:51	+02:07:15	09:47
83	769	Rui Pedreira Carmo	xl&s trail	Senior Masculino	06:15:05	+02:10:28	09:52
84	766	Ana Miranda	xl&s trail	Senior Feminino	06:20:11	+02:15:35	10:00
85	560	Joao Maia	falcões selvagens	Veterano M50	06:20:47	+02:16:10	10:01
86	575	Angelo Pinho	ginasio fit4fun	Veterano M40	06:22:02	+02:17:26	10:03
87	542	Rui Andrade	crocodilos / mister pc	Veterano M40	06:23:05	+02:18:29	10:05





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**38 KM**

**R**  
**REVISED**

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	601	Clemente Pinto	individual	Senior Masculino	07:11:20	+03:06:43	11:21
134	501	João Martins	a.d sebolido trail boneca d'ouro	Senior Masculino	07:12:26	+03:07:50	11:23
135	691	António Santos Pereira	invicta runners team	Veterano M60	07:12:54	+03:08:18	11:24
136	637	Rui da Silva Santos	individual	Senior Masculino	07:13:12	+03:08:35	11:24
137	665	Luís Miguel de Oliveira Martins	individual	Veterano M40	07:13:12	+03:08:36	11:24
138	586	Armanda Barroso	individual	Senior Feminino	07:13:49	+03:09:12	11:25
139	681	joao pedro silva	individual	Veterano M50	07:17:11	+03:12:35	11:30
140	553	Isabel Couto	equipa joao ferreira	Senior Feminino	07:19:53	+03:15:16	11:35
141	666	Luís Nogueira	individual	Veterano M40	07:19:54	+03:15:18	11:35
142	646	ISABEL ARAÚJO	individual	Veterana F50	07:19:54	+03:15:18	11:35
143	581	Emanuel O P B da Costa	gtt-armazém do caffè	Senior Masculino	07:20:05	+03:15:28	11:35
144	599	Antonio Santos	individual	Senior Masculino	07:21:26	+03:16:50	11:37
145	687	Paulo Festa	invicta runners team	Senior Masculino	07:22:28	+03:17:52	11:39
146	688	fernando jorge	invicta runners team	Veterano M40	07:22:28	+03:17:52	11:39
147	673	Paulo Cavaco	individual	Veterano M40	07:22:30	+03:17:53	11:39
148	569	Luis Oliveira	gd santander totta	Veterano M40	07:22:43	+03:18:06	11:39
149	628	Pedro Ferreira	individual	Senior Masculino	07:23:14	+03:18:38	11:40
150	710	Cristina Freitas	melres trail running - ordem para arrear	Veterana F40	07:23:33	+03:18:57	11:40
151	555	Gil Ferreira da Silva	eu+ run	Senior Masculino	07:25:17	+03:20:40	11:43
152	662	José Carlos Fangueiro Neves	individual	Veterano M40	07:26:51	+03:22:14	11:46
153	572	Paulo Alves	gdp - grupo despotivo pesqueira	Veterano M40	07:27:44	+03:23:08	11:47
154	713	Natasha Planas Dias	moleza	Veterana F40	07:27:57	+03:23:21	11:47
155	747	Pedro de Brito	pés troikados - cscs	Senior Masculino	07:28:33	+03:23:56	11:48
156	746	Daniel Taborda	pés troikados - cscs	Senior Masculino	07:28:34	+03:23:57	11:48
157	704	Maria Ricardo	lion runners - g. d. leões da guarda	Veterana F50	07:28:51	+03:24:15	11:49
158	745	Susana canhola	pernetas	Veterana F40	07:29:58	+03:25:22	11:50
159	648	Antero Cunha	individual	Veterano M40	07:33:52	+03:29:16	11:57
160	608	Goncalo Rosado	individual	Senior Masculino	07:35:12	+03:30:36	11:59
161	514	Roberto Teixeira Correia	arriba trail runners	Senior Masculino	07:35:21	+03:30:44	11:59
162	624	Nelson Silva -outsiders team	individual	Senior Masculino	07:37:26	+03:32:50	12:02
163	692	Esmeralda Souto	i-run	Veterana F40	07:40:04	+03:35:27	12:06
164	518	Carmo Loureiro	budeguita runners	Veterana F40	07:40:33	+03:35:56	12:07
165	590	Margarida Figueiroa	individual	Senior Feminino	07:40:34	+03:35:58	12:07
166	720	Fernanda Pinho	moreira relax runners	Veterana F40	07:43:20	+03:38:44	12:12
167	671	Nuno Ribeiro	individual	Veterano M40	07:43:55	+03:39:18	12:13
168	675	Paulo Paiva	individual	Veterano M40	07:44:16	+03:39:40	12:13
169	763	Estrela Faro	viriatvns runners viseu	Veterana F40	07:46:32	+03:41:55	12:17
170	765	José Faro	viriatvns runners viseu	Veterano M40	07:46:32	+03:41:55	12:17
171	762	Cláudia Nunes	viriatvns runners viseu	Senior Feminino	07:49:32	+03:44:55	12:21
172	612	Hugo Ventura	individual	Senior Masculino	07:51:40	+03:47:04	12:25
173	609	HELDER VIEIRA	individual	Senior Masculino	07:52:05	+03:47:28	12:25
174	755	Rui Mário Andrade Lázaro	trailistas "eu é que sei!"	Senior Masculino	07:53:30	+03:48:53	12:28
175	684	Paulo Valente	individual	Veterano M50	07:53:30	+03:48:53	12:28
176	756	Paulo Carvalho	trailistas "eu é que sei!"	Veterano M40	07:53:30	+03:48:53	12:28
177	645	Sandra Paula dos Santos Lopes Oliveira	individual	Veterana F40	07:53:53	+03:49:17	12:28

**LONGO 38K - STAGE 1**

**38 KM**

R  
REVISED

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	610	Hugo Costa	individual	Senior Masculino	07:53:55	+03:49:18	12:28
179	758	Daniela Soares	unidos à fresca	Senior Feminino	07:54:39	+03:50:02	12:29
180	725	Manuel Costa	nascidos para correr	Veterano M40	07:55:39	+03:51:02	12:31
181	724	Maria Noemia Rolla	nascidos para correr	Veterana F50	07:58:39	+03:54:03	12:36
182	705	Mário Soares	lion runners - g. d. leões da guarda	Veterano M50	08:03:38	+03:59:02	12:44
183	702	Bruno Monteiro	lion runners - g. d. leões da guarda	Senior Masculino	08:06:36	+04:01:59	12:48
184	508	Manuel Neto de Moura	adefacec	Senior Masculino	08:09:04	+04:04:28	12:52
185	506	Diogo Ricardo Lopes Moreira	adefacec	Senior Masculino	08:09:07	+04:04:30	12:52
186	532	RICARDO JOSE MACHADO CABRAL BEIRAO	clube millennium bcp	Veterano M40	08:10:59	+04:06:23	12:55
187	626	Nuno Miguel Vieira Lopes	individual	Senior Masculino	08:12:16	+04:07:39	12:57
188	521	Rui Airosa	budeguita runners	Veterano M40	08:14:35	+04:09:58	13:01
189	611	HUGO FERREIRA	individual	Senior Masculino	08:16:38	+04:12:02	13:04
190	627	Pedro Costa	individual	Senior Masculino	08:21:11	+04:16:35	13:11
191	690	Vitor Silva	invicta runners team	Veterano M40	08:31:43	+04:27:06	13:28
192	558	Manuel Cunha Lima	experienciar/barceltécnica/sportsonfire	Veterano M50	08:34:18	+04:29:41	13:32
193	644	PAULA COSTA	individual	Veterana F40	08:34:35	+04:29:59	13:33
194	14	Vera Lúcia Augusto	aminhacorrida/kalenji	Veterana F40	08:34:35	+04:29:59	13:33
195	620	Manuel Joaquim Martins da Silva	individual	Senior Masculino	08:34:36	+04:29:59	13:33
196	574	Conceição Ferreira	ginasio fit4fun	Veterana F40	08:43:20	+04:38:43	13:46
197	573	Claudia Pissarra	ginasio fit4fun	Veterana F40	08:43:20	+04:38:43	13:46
198	676	Pedro Serra	individual	Veterano M40	08:46:51	+04:42:15	13:52
199	727	Paula Oliveira	nomeiodonada	Veterana F40	08:51:38	+04:47:01	13:59
200	589	JOANA MARTINS	individual	Senior Feminino	08:58:19	+04:53:43	14:10
201	656	Fernando Soares	individual	Veterano M40	09:05:13	+05:00:37	14:21
202	760	David Pinto	unidos à fresca	Veterano M40	09:57:39	+05:53:03	15:44
203	519	Sandra Oliveira	budeguita runners	Veterana F40	10:01:01	+05:56:25	15:49
204	559	Ana Isabel Martins	falcões selvagens	Veterana F50	10:18:08	+06:13:32	16:16
205	585	Ana Xavier	individual	Senior Feminino	10:22:40	+06:18:04	16:23
206	592	RAQUEL SANTOS	individual	Senior Feminino	10:22:56	+06:18:20	16:24
207	672	Nuno Salazar Ferreira	individual	Veterano M40	10:32:57	+06:28:21	16:39
208	522	Tiago Amorim	budeguita runners	Veterano M40	11:00:58	+06:56:21	17:24

## Longo 38K

38 KM

### OFFICIAL RESULT

**R**  
REVISED

LAP2GO - TIMING SOLUTION · LAP2GO - TIMING SOLUTION

LAP2GO - TIMING SOLUTION · LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	07:30	16.7°C	86%
End	18:30	16.7°C	86%

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

1	695	Bárbara Fernandes	Juventude Vidigalense	Senior Feminino	05:25:03		08:33
2	767	Soraia Monteiro	XL&S TRAIL	Senior Feminino	05:46:47	+21:44	09:08
3	588	Estela Martins	Individual	Senior Feminino	05:57:44	+32:41	09:25
4	766	Ana Miranda	XL&S TRAIL	Senior Feminino	06:20:12	+55:09	10:00
5	591	Olga Almeida	Individual	Senior Feminino	06:28:48	+01:03:45	10:14
6	594	Virginia Bezzi	Individual	Senior Feminino	06:32:46	+01:07:43	10:20
7	535	Clara Oliveira	CORRER VISEU	Senior Feminino	06:36:39	+01:11:36	10:26
8	561	Juliana Rodrigues	Fitspot - Parque Nascente	Senior Feminino	06:37:31	+01:12:28	10:28
9	587	Catarina Regalo	Individual	Senior Feminino	06:41:56	+01:16:53	10:35
10	731	Geisa Correia	O Mundo da Corrida	Senior Feminino	06:44:30	+01:19:27	10:39
11	586	Armanda Barroso	Individual	Senior Feminino	07:13:49	+01:48:46	11:25
12	553	Isabel Couto	EQUIPA JOAO FERREIRA	Senior Feminino	07:19:53	+01:54:50	11:35
13	590	Margarida Figueiroa	Individual	Senior Feminino	07:40:35	+02:15:32	12:07
14	762	Cláudia Nunes	Viriathvs Runners Viseu	Senior Feminino	07:49:32	+02:24:29	12:21
15	758	Daniela Soares	UNIDOS À FRESCA	Senior Feminino	07:54:39	+02:29:36	12:29
16	589	JOANA MARTINS	Individual	Senior Feminino	08:58:20	+03:33:17	14:10
17	585	Ana Xavier	Individual	Senior Feminino	10:22:41	+04:57:38	16:23
18	592	RAQUEL SANTOS	Individual	Senior Feminino	10:22:57	+04:57:54	16:24

## Senior Masculino

1	709	Rafael Cruz	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Senior Masculino	04:04:37		06:26
2	528	MÁRIO ELSON FONSECA	CENTRO DESPORTIVO CULTURAL NAVAIS	Senior Masculino	04:06:36	+01:59	06:29
3	549	Victor Fernandes	CTAD - Trilhos de Cinfães	Senior Masculino	04:07:45	+03:08	06:31
4	534	Paulo Carvalho	Coimbra Trail Running	Senior Masculino	04:20:43	+16:06	06:52
5	548	Tiago Aragão	CTAD - Trilhos de Cinfães	Senior Masculino	04:24:09	+19:32	06:57
6	578	Pedro Rocha	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:29:34	+24:57	07:06
7	761	João Narciso Gonçalves	vimarunners	Senior Masculino	04:35:37	+31:00	07:15
8	700	Ivan Rocha	Limitless	Senior Masculino	04:42:49	+38:12	07:27
9	629	Pedro Gomes	GALHARDOS RUNNERS	Senior Masculino	04:49:15	+44:38	07:37
10	583	SÉRGIO COELHO	GTT-Armazém do Caffè	Senior Masculino	04:49:28	+44:51	07:37
11	544	Bruno Santos	CTAD - Trilhos de Cinfães	Senior Masculino	04:49:45	+45:08	07:38
12	768	Ricardo miguel sousa amorim	XL&S TRAIL	Senior Masculino	04:51:18	+46:41	07:40
13	632	Pedro Verne	Individual	Senior Masculino	04:52:20	+47:43	07:42
14	605	ESTEVENY FREDERIC	Individual	Senior Masculino	04:59:57	+55:20	07:54
15	617	Laid Bellil	Individual	Senior Masculino	04:59:57	+55:20	07:54
16	618	Iino pinto	Individual	Senior Masculino	05:01:30	+56:53	07:56
17	554	Pedro Alves	EQUIPA JOAO FERREIRA	Senior Masculino	05:03:27	+58:50	07:59

Official Timekeeper: Lap2Go	1 / 6	generate 15-Jul-2016 12:30
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**Longo 38K**

**38 KM**



**OFFICIAL RESULT**

18	567	Nélson Rodrigues	GALHARDOS RUNNERS	Senior Masculino	05:03:43	+59:06	08:00
19	716	Paulo Nogueira	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Senior Masculino	05:04:09	+59:32	08:00
20	682	Gonçalo Torres	Individual	Senior Masculino	05:04:13	+59:36	08:00
21	513	helder rocha	AMIGOS DO TRAIL	Senior Masculino	05:04:13	+59:36	08:00
22	537	Marco Marques	Crocodilos / Mister PC	Senior Masculino	05:04:13	+59:36	08:00
23	547	Luís Silva	CTAD - Trilhos de Cinfães	Senior Masculino	05:06:59	+01:02:22	08:05
24	701	Luis Teixeira	Limitless	Senior Masculino	05:11:09	+01:06:32	08:11
25	757	Ricardo Costa	Unidade Especial de Corrida	Senior Masculino	05:18:27	+01:13:50	08:23
26	696	Jorge Luis Gonçalves Vieira	Juventude Vidigalense	Senior Masculino	05:25:02	+01:20:25	08:33
27	606	Fernando Pereira	Individual	Senior Masculino	05:27:04	+01:22:27	08:36
28	708	Nuno Miguel da Rocha Nunes	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Senior Masculino	05:30:34	+01:25:57	08:42
29	625	Nuno Braga	Individual	Senior Masculino	05:35:18	+01:30:41	08:49
30	530	Marco Caraux	Cerveira Team Running/Clube Celtas do Minho	Senior Masculino	05:35:22	+01:30:45	08:50
31	577	Paulo Jorge	GONDOMAR FUTSAL CLUBE	Senior Masculino	05:35:37	+01:31:00	08:50
32	733	Joao Castel-Branco	Olimpico Vianense Trail/ND Sport	Senior Masculino	05:36:57	+01:32:20	08:52
33	622	MARÇAL AVELINO SALAZAR MARQUES MENDES	Individual	Senior Masculino	05:42:36	+01:37:59	09:01
34	707	José Fernando Borges Pecegueiro	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Senior Masculino	05:43:59	+01:39:22	09:03
35	748	André Carvalho	Runners	Senior Masculino	05:46:42	+01:42:05	09:07
36	699	hugo ribeiro	Limitless	Senior Masculino	05:53:17	+01:48:40	09:18
37	582	HÉLDER SILVA	GTT-Armazém do Caffè	Senior Masculino	05:54:46	+01:50:09	09:20
38	539	Ricardo Dantas	Crocodilos / Mister PC	Senior Masculino	05:54:56	+01:50:19	09:20
39	525	Fernando Remelgado	CCD - SIEMENS	Senior Masculino	05:57:16	+01:52:39	09:24
40	636	Rúben Alves	Individual	Senior Masculino	05:57:41	+01:53:04	09:25
41	743	Jorge Bastos	Pernetas	Senior Masculino	05:57:46	+01:53:09	09:25
42	556	Pedro Vale	Experienciar/Barceltécnica/Sportso nfire	Senior Masculino	05:58:03	+01:53:26	09:25
43	639	Sérgio Salgueiro	Individual	Senior Masculino	05:58:08	+01:53:31	09:25
44	638	Rui Nogueira	Individual	Senior Masculino	06:02:07	+01:57:30	09:32
45	552	Vítor Ribeiro	Didáxis Trail	Senior Masculino	06:05:26	+02:00:49	09:37
46	1337	Nuno Sobral	Team DUAS FACES	Senior Masculino	06:10:37	+02:06:00	09:45
47	576	André Trigais	GONDOMAR FUTSAL CLUBE	Senior Masculino	06:10:44	+02:06:07	09:45
48	602	Daniel Duarte	Individual	Senior Masculino	06:11:27	+02:06:50	09:47
49	562	Bruno dias	Fitspot - Parque Nascente	Senior Masculino	06:11:52	+02:07:15	09:47
50	564	Rafael Almeida	Fitspot - Parque Nascente	Senior Masculino	06:11:52	+02:07:15	09:47
51	769	Rui Pedreira Carmo	XL&S TRAIL	Senior Masculino	06:15:05	+02:10:28	09:52
52	619	Manuel Fernandes	Individual	Senior Masculino	06:27:00	+02:22:23	10:11
53	714	Daniel Pereira	Moleza	Senior Masculino	06:27:29	+02:22:52	10:12
54	635	Rodrigo Oliveira	Individual	Senior Masculino	06:28:20	+02:23:43	10:13
55	642	Vitor Almeida	Individual	Senior Masculino	06:29:00	+02:24:23	10:14
56	607	Filipe Almeida	Individual	Senior Masculino	06:29:33	+02:24:56	10:15
57	754	José Miguel Fortuna Pinto	team Rede Ambiente	Senior Masculino	06:29:35	+02:24:58	10:15
58	623	Miguel Pessanha Moreira	Individual	Senior Masculino	06:32:45	+02:28:08	10:20
59	603	Daniel Goncalves Reis	Individual	Senior Masculino	06:36:23	+02:31:46	10:26

### Longo 38K

**38 KM**



### OFFICIAL RESULT

60	568	Rui Viegas	GALHARDOS RUNNERS	Senior Masculino	06:37:47	+02:33:10	10:28
61	742	Afonso Bonifácio	Pernetas	Senior Masculino	06:40:09	+02:35:32	10:32
62	736	Nuno Sousa	Oralklass-Amigos do Trail	Senior Masculino	06:42:17	+02:37:40	10:35
63	732	João Correia	O Mundo da Corrida	Senior Masculino	06:44:29	+02:39:52	10:39
64	686	Nuno Filipe Carmo Almeida Teixeira	Invicta Runners Team	Senior Masculino	06:47:36	+02:42:59	10:44
65	595	Alcides José da Silva Barbosa	Individual	Senior Masculino	06:48:11	+02:43:34	10:44
66	526	Nuno Ferreira	CCD - SIEMENS	Senior Masculino	06:56:08	+02:51:31	10:57
67	631	pedro manuel moreira santos	Individual	Senior Masculino	07:01:56	+02:57:19	11:06
68	507	Ivo Silva	ADEFACEC	Senior Masculino	07:04:43	+03:00:06	11:11
69	509	Nuno Filipe Gomes Moreira	ADEFACEC	Senior Masculino	07:04:44	+03:00:07	11:11
70	735	Bruno Pinto	Oralklass-Amigos do Trail	Senior Masculino	07:09:22	+03:04:45	11:18
71	601	Clemente Pinto	Individual	Senior Masculino	07:11:20	+03:06:43	11:21
72	501	João Martins	A.D Sebolido Trail boneca D'ouro	Senior Masculino	07:12:27	+03:07:50	11:23
73	637	Rui da Silva Santos	Individual	Senior Masculino	07:13:12	+03:08:35	11:24
74	581	Emanuel O P B da Costa	GTT-Armazém do Caffè	Senior Masculino	07:20:05	+03:15:28	11:35
75	599	Antonio Santos	Individual	Senior Masculino	07:21:27	+03:16:50	11:37
76	687	Paulo Festa	Invicta Runners Team	Senior Masculino	07:22:29	+03:17:52	11:39
77	628	Pedro Ferreira	Individual	Senior Masculino	07:23:15	+03:18:38	11:40
78	555	Gil Ferreira da Silva	EU+ Run	Senior Masculino	07:25:17	+03:20:40	11:43
79	747	Pedro de Brito	PÉS TROIKADOS - CSCS	Senior Masculino	07:28:33	+03:23:56	11:48
80	746	Daniel Taborda	PÉS TROIKADOS - CSCS	Senior Masculino	07:28:34	+03:23:57	11:48
81	608	Goncalo Rosado	Individual	Senior Masculino	07:35:13	+03:30:36	11:59
82	514	Roberto Teixeira Correia	Arriba Trail Runners	Senior Masculino	07:35:21	+03:30:44	11:59
83	624	Nelson Silva -outsiders team	Individual	Senior Masculino	07:37:27	+03:32:50	12:02
84	612	Hugo Ventura	Individual	Senior Masculino	07:51:41	+03:47:04	12:25
85	609	HELDER VIEIRA	Individual	Senior Masculino	07:52:05	+03:47:28	12:25
86	755	Rui Mário Andrade Lázaro	Trailistas "Eu é que sei!"	Senior Masculino	07:53:30	+03:48:53	12:28
87	610	Hugo Costa	Individual	Senior Masculino	07:53:55	+03:49:18	12:28
88	702	Bruno Monteiro	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	08:06:36	+04:01:59	12:48
89	508	Manuel Neto de Moura	ADEFACEC	Senior Masculino	08:09:05	+04:04:28	12:52
90	506	Diogo Ricardo Lopes Moreira	ADEFACEC	Senior Masculino	08:09:07	+04:04:30	12:52
91	626	Nuno Miguel Vieira Lopes	Individual	Senior Masculino	08:12:16	+04:07:39	12:57
92	611	HUGO FERREIRA	Individual	Senior Masculino	08:16:39	+04:12:02	13:04
93	627	Pedro Costa	Individual	Senior Masculino	08:21:12	+04:16:35	13:11
94	620	Manuel Joaquim Martins da Silva	Individual	Senior Masculino	08:34:36	+04:29:59	13:33

### Veterana F40

1	772	Maria Augusta Loureiro	Associação Desportiva de Cabroelo	Veterana F40	05:18:47		08:23
2	643	Fátima Manuela Gomes Alendouro	DESNIVEL POSITIVO	Veterana F40	05:25:51	+07:04	08:35
3	697	Raquel Pedro	Juventude Vidigalense	Veterana F40	05:38:14	+19:27	08:54
4	512	Fernanda Almeida	Agregar	Veterana F40	06:34:13	+01:15:26	10:22
5	710	Cristina Freitas	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Veterana F40	07:23:34	+02:04:47	11:40
6	713	Natasha Planas Dias	Moleza	Veterana F40	07:27:58	+02:09:11	11:47

Official Timekeeper: Lap2Go	3 / 6	generate 15-Jul-2016 12:30
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## Longo 38K

**38 KM**



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**OFFICIAL RESULT**

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7	745	Susana canhola	Pernetas	Veterana F40	07:29:59	+02:11:12	11:50
8	692	Esmeralda Souto	I-Run	Veterana F40	07:40:04	+02:21:17	12:06
9	518	Carmo Loureiro	BUDEGUITA RUNNERS	Veterana F40	07:40:33	+02:21:46	12:07
10	720	Fernanda Pinho	Moreira Relax Runners	Veterana F40	07:43:21	+02:24:34	12:12
11	763	Estrela Faro	Viriathvs Runners Viseu	Veterana F40	07:46:32	+02:27:45	12:17
12	645	Sandra Paula dos Santos Lopes Oliveira	Individual	Veterana F40	07:53:54	+02:35:07	12:28
13	644	PAULA COSTA	Individual	Veterana F40	08:34:36	+03:15:49	13:33
14	14	Vera Lúcia Augusto	Aminhacorrida/Kalenji	Veterana F40	08:34:36	+03:15:49	13:33
15	574	Conceição Ferreira	Ginasio Fit4Fun	Veterana F40	08:43:20	+03:24:33	13:46
16	573	Claudia Pissarra	Ginasio Fit4Fun	Veterana F40	08:43:20	+03:24:33	13:46
17	727	Paula Oliveira	NOMEIODONADA	Veterana F40	08:51:38	+03:32:51	13:59
18	519	Sandra Oliveira	BUDEGUITA RUNNERS	Veterana F40	10:01:02	+04:42:15	15:49

## Veterana F50

1	646	ISABEL ARAÚJO	Individual	Veterana F50	07:19:55		11:35
2	704	Maria Ricardo	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F50	07:28:52	+08:57	11:49
3	724	Maria Noemia Rolla	Nascidos para correr	Veterana F50	07:58:40	+38:45	12:36
4	559	Ana Isabel Martins	FALCÕES SELVAGENS	Veterana F50	10:18:09	+02:58:14	16:16

## Veterano M40

1	531	Nuno Patricio	Clube da Natureza de Alvito	Veterano M40	04:26:10		07:00
2	750	Pedro Nuno Serra Pires	Runners do Demo	Veterano M40	05:10:03	+43:53	08:10
3	749	José Manuel Gomes Nunes	Runners do Demo	Veterano M40	05:10:05	+43:55	08:10
4	566	Jorge Pereira	GAIA-RUNNING	Veterano M40	05:13:08	+46:58	08:14
5	571	Joaquim Silva	GDP - Grupo Despotivo Pesqueira	Veterano M40	05:16:54	+50:44	08:20
6	580	Paulo Jorge Crespo Gregório	GTeam	Veterano M40	05:18:12	+52:02	08:22
7	579	José Paulo Pereira Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	05:24:35	+58:25	08:33
8	663	José Costa	Individual	Veterano M40	05:25:52	+59:42	08:35
9	533	Henrique Faria	Clube Spiridon de Gaia	Veterano M40	05:29:19	+01:03:09	08:40
10	737	José Ferreira	Oralklass-Amigos do Trail	Veterano M40	05:29:59	+01:03:49	08:41
11	647	Adelino Manuel Paulo Carvalho	Individual	Veterano M40	05:34:26	+01:08:16	08:48
12	649	António Manuel Fernandes	Individual	Veterano M40	05:35:18	+01:09:08	08:49
13	541	Paulo Alexandre Lema Pelicano	Crocodilos / Mister PC	Veterano M40	05:38:22	+01:12:12	08:54
14	679	Rui Leão	Individual	Veterano M40	05:58:10	+01:32:00	09:26
15	502	Pedro Guimarães	A+	Veterano M40	06:00:48	+01:34:38	09:30
16	711	José Carlos Gomes	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Veterano M40	06:02:33	+01:36:23	09:32
17	722	Gonçalo Valente	Não Fazemos Nem Mais Um...Km	Veterano M40	06:05:47	+01:39:37	09:38
18	717	Jorge Alexandre Correia Moita	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Veterano M40	06:06:28	+01:40:18	09:39
19	651	Avelino Faria	Individual	Veterano M40	06:08:46	+01:42:36	09:42
20	575	Angelo Pinho	Ginasio Fit4Fun	Veterano M40	06:22:03	+01:55:53	10:03
21	542	Rui Andrade	Crocodilos / Mister PC	Veterano M40	06:23:06	+01:56:56	10:05



## Longo 38K

38 KM

OFFICIAL RESULT

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2	683	Nuno Paiva	Individual	Veterano M50	04:49:30	+19:08	07:37
3	524	Jorge Manuel de Jesus Maia	BUDEGUITA RUNNERS	Veterano M50	05:47:16	+01:16:54	09:08
4	740	alfredo costa	oursense o desporto a vossa medida	Veterano M50	05:57:10	+01:26:48	09:24
5	515	António Loureiro	Autistic Runners	Veterano M50	06:00:12	+01:29:50	09:29
6	726	Antonio Azevedo	Nascidos para correr	Veterano M50	06:04:35	+01:34:13	09:36
7	565	António Carlos Teixeira	Fridão Sem Limites	Veterano M50	06:04:44	+01:34:22	09:36
8	560	Joao Maia	FALCÕES SELVAGENS	Veterano M50	06:20:47	+01:50:25	10:01
9	681	joao pedro silva	Individual	Veterano M50	07:17:12	+02:46:50	11:30
10	684	Paulo Valente	Individual	Veterano M50	07:53:30	+03:23:08	12:28
11	705	Mário Soares	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M50	08:03:39	+03:33:17	12:44
12	558	Manuel Cunha Lima	Experienciar/Barceltécnica/Sportsonfire	Veterano M50	08:34:18	+04:03:56	13:32

## Veterano M60

1	685	Antonio Vasconcelos Carvalho	Individual	Veterano M60	06:40:08		10:32
2	691	António Santos Pereira	Invicta Runners Team	Veterano M60	07:12:55	+32:47	11:24







HIGH RUN 25K - STAGE 1

25 KM

OFFICIAL RESULT

**R**  
REVISED

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	1198	Vítor Paulo Duarte Caldeira	individual	Senior Masculino	04:22:15	+01:09:08	10:29
42	1323	Jose Nuno Costa	s. s. montepio	Veterano M40	04:22:38	+01:09:31	10:30
43	1021	Nelson Nascimento	amigo	Senior Masculino	04:22:40	+01:09:34	10:30
44	1020	José Madureira	amigo	Senior Masculino	04:22:40	+01:09:34	10:30
45	1110	Luís Miguel Brás Pinto	fridão sem limites	Senior Masculino	04:23:18	+01:10:11	10:32
46	1283	MARCO MACIEL	olimpico vianense trail/nd sport	Senior Masculino	04:23:54	+01:10:47	10:33
47	1008	Tiago Sousa	a.d sebolido trail boneca d'ouro	Senior Masculino	04:24:52	+01:11:45	10:36
48	1139	Hortense Tenda	individual	Senior Feminino	04:26:46	+01:13:40	10:40
49	1274	Renato Barros	montanha clube trail running/runners	Veterano M50	04:26:47	+01:13:40	10:40
50	1111	Manuel Avelino Reis Pinheiro	fridão sem limites	Veterano M40	04:26:56	+01:13:50	10:41
51	1268	Jorge Manuel Santos Henriques	lourival bike team	Senior Masculino	04:27:16	+01:14:09	10:41
52	1260	Joao Miguel Gomes da Silva	limitless	Senior Masculino	04:27:31	+01:14:25	10:42
53	1167	Jorge Miguel Abreu Barbosa	individual	Senior Masculino	04:27:38	+01:14:32	10:42
54	1061	Daniel Mendes Pinto	clube sem	Senior Masculino	04:27:49	+01:14:43	10:43
55	1077	António Correia	ctad - trilhos de cinfães	Veterano M40	04:29:37	+01:16:30	10:47
56	1333	Renato Ferreira	spotcriativo viseu running team	Veterano M40	04:29:39	+01:16:32	10:47
57	1221	João Martinho de Azevedo Sousa	individual	Veterano M40	04:29:39	+01:16:32	10:47
58	1225	José Luís Pinto	individual	Veterano M40	04:29:45	+01:16:38	10:47
59	1123	Manuel silva	gondomar futsal clube	Senior Masculino	04:30:02	+01:16:55	10:48
60	1122	Andreia Amorim	gondomar futsal clube	Senior Feminino	04:30:22	+01:17:16	10:49
61	1124	PEDRO MATOS	gondomar futsal clube	Senior Masculino	04:34:23	+01:21:16	10:59
62	1182	Patrick Sousa	individual	Senior Masculino	04:35:40	+01:22:34	11:02
63	1279	Paulo Colaço	nocturnos de paredes	Senior Masculino	04:36:27	+01:23:20	11:03
64	1178	Norberto Fernandes	individual	Senior Masculino	04:36:36	+01:23:29	11:04
65	1328	Rodolfo Orfão	sinmetro	Senior Masculino	04:37:06	+01:23:59	11:05
66	1029	AMILCAR FERREIRA	arcorun	Veterano M40	04:37:26	+01:24:20	11:06
67	1322	João Nuno Cardoso	s. s. montepio	Veterano M40	04:38:31	+01:25:25	11:08
68	1271	Pedro Vieira	moinhos run adrm	Veterano M40	04:38:49	+01:25:43	11:09
69	1287	David Morais	oraklass-amigos do trail	Senior Masculino	04:39:27	+01:26:21	11:11
70	1181	Nuno Ricardo santos Alves lage oliveira	individual	Senior Masculino	04:41:49	+01:28:43	11:16
71	1351	Mario Ferreira	individual	Veterano M40	04:42:16	+01:29:10	11:17
72	1243	Flávio Rebelo	individual	Veterano M50	04:42:35	+01:29:29	11:18
73	1347	Ricardo Miguelote	individual	Senior Masculino	04:44:50	+01:31:43	11:24
74	1196	Tiago Brandão	individual	Senior Masculino	04:45:30	+01:32:24	11:25
75	1219	helder Rodrigues	individual	Veterano M40	04:45:31	+01:32:25	11:25
76	1105	Pedro Oliveira	flash machine runners	Senior Masculino	04:46:51	+01:33:45	11:28
77	1023	Goreti Correia	amigo	Veterana F40	04:47:06	+01:33:59	11:29
78	1146	Sergia Ariana Pinto	individual	Senior Feminino	04:48:52	+01:35:46	11:33
79	1035	VITOR FOLGADO	arcorun	Veterano M40	04:49:45	+01:36:39	11:35
80	1074	Pedro Mouta	ctad - trilhos de cinfães	Senior Masculino	04:50:37	+01:37:31	11:38
81	1093	Francisco Fonseca	equipa joao ferreira	Veterano M40	04:50:44	+01:37:37	11:38
82	1157	Diego Todescato	individual	Senior Masculino	04:50:48	+01:37:41	11:38
83	1249	João Ferreira	inquipa trail sorriso	Veterano M40	04:51:47	+01:38:40	11:40
84	1318	Hugo Lopes	s. s. montepio	Senior Masculino	04:52:28	+01:39:22	11:42
85	1236	Pedro Brandão Gomes	individual	Veterano M40	04:53:00	+01:39:53	11:43



HIGH RUN 25K - STAGE 1

25 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
129	1272	Rui Quinta	moinhos run adm	Veterano M50	05:27:29	+02:14:22	13:06
130	1301	Sara Velho	proaventuras	Veterana F40	05:27:55	+02:14:49	13:07
131	1140	Mafalda Luís	individual	Senior Feminino	05:27:58	+02:14:52	13:07
132	1200	Elisabete Carreira	individual	Veterana F40	05:28:00	+02:14:54	13:07
133	1109	Gustavo Bento	fridão sem limites	Senior Masculino	05:28:06	+02:14:59	13:07
134	1028	NUNO FILIPE FERNANDES	arcorun	Senior Masculino	05:29:09	+02:16:03	13:10
135	1149	André Micael Carrasqueira António	individual	Senior Masculino	05:29:31	+02:16:24	13:11
136	1310	Porfirio Pereira	rainhaclub	Veterano M40	05:29:53	+02:16:47	13:12
137	1094	Orlando Costa	equipa joao ferreira	Veterano M40	05:29:53	+02:16:47	13:12
138	1032	JORGE LEITE	arcorun	Veterano M40	05:31:17	+02:18:10	13:15
139	1107	Amilcar Lopes	flechas runners	Senior Masculino	05:32:27	+02:19:20	13:18
140	1065	Artur José Pinto Mendes da Costa	companhia do bazófiás	Senior Masculino	05:33:00	+02:19:53	13:19
141	1018	Fábio Miranda	amigo	Senior Masculino	05:33:06	+02:19:59	13:19
142	1234	Paulo Martins	individual	Veterano M40	05:35:45	+02:22:38	13:26
143	1216	Duarte Paulo Ribeiro	individual	Veterano M40	05:35:46	+02:22:40	13:26
144	1204	Isabel Carvalho	individual	Veterana F40	05:35:47	+02:22:40	13:26
145	1238	Pedro Quadrio	individual	Veterano M40	05:35:53	+02:22:47	13:26
146	1267	Luis Almeida	lion runners - g. d. leões da guarda	Veterano M50	05:35:55	+02:22:48	13:26
147	1174	Miguel Mendes	individual	Senior Masculino	05:38:41	+02:25:34	13:33
148	1026	ANTONIO BATISTA	arcorun	Senior Masculino	05:39:54	+02:26:48	13:36
149	1278	Rui Jorge Moreira Freitas	nice runners	Veterano M40	05:40:06	+02:27:00	13:36
150	1226	JOSE RODRIGUES COSTA	individual	Veterano M40	05:40:37	+02:27:31	13:38
151	1003	André Rodrigues	30over30.org	Senior Masculino	05:41:12	+02:28:05	13:39
152	1332	Hugo Costa	spotcriativo viseu running team	Senior Masculino	05:42:38	+02:29:32	13:42
153	1331	Ana Rodrigues	spotcriativo viseu running team	Senior Feminino	05:42:39	+02:29:32	13:42
154	1069	Severina Almeida	ctad - trilhos de cinfães	Senior Feminino	05:44:03	+02:30:56	13:46
155	1070	Bruno Costa	ctad - trilhos de cinfães	Senior Masculino	05:44:03	+02:30:57	13:46
156	1159	Filipe Nascimento	individual	Senior Masculino	05:44:14	+02:31:07	13:46
157	1233	Paolo Pozzan	individual	Veterano M40	05:44:26	+02:31:20	13:47
158	1240	Rui Gandra	individual	Veterano M40	05:44:34	+02:31:28	13:47
159	751	André Riscado	salamandreco	Senior Masculino	05:45:21	+02:32:15	13:49
160	1326	Sonia Dickmeyer	salamandreco	Senior Feminino	05:45:22	+02:32:15	13:49
161	753	Bruno Mesquita	salamandreco	Veterano M40	05:45:22	+02:32:15	13:49
162	1327	Magda Barbosa	salamandreco	Veterana F40	05:45:22	+02:32:16	13:49
163	1179	Nuno Cardoso	individual	Senior Masculino	05:45:59	+02:32:53	13:50
164	1127	Marco Guerra	gydarun	Senior Masculino	05:46:22	+02:33:16	13:51
165	1004	Eduardo Rodrigues	30over30.org	Veterano M40	05:46:23	+02:33:16	13:51
166	1248	Carla Maria Gil	inquipa trail sorriso	Veterana F50	05:47:22	+02:34:16	13:54
167	1312	Francisco Costa	rosário extreme	Veterano M50	05:47:24	+02:34:17	13:54
168	1215	David Paulo Vieira Costa	individual	Veterano M40	05:47:36	+02:34:29	13:54
169	2324	Jose Lima	o mundo da corrida	Veterano M50	05:47:43	+02:34:37	13:55
170	721	Helder Fernando Silva	moreira relax runners	Veterano M40	05:48:25	+02:35:18	13:56
171	719	Paulo Pires	moreira relax runners	Senior Masculino	05:48:26	+02:35:19	13:56
172	1208	Paula Anjos	individual	Veterana F40	05:49:50	+02:36:43	14:00
173	1256	Eugénia Teixeira	keepmoving	Veterana F40	05:49:50	+02:36:43	14:00
174	1277	Pedro Alves	nice runners	Veterano M40	05:52:10	+02:39:03	14:05

**HIGH RUN 25K - STAGE 1**
**25 KM**
**R**  
 REVISED

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
175	1148	Sofia Réis	individual	Senior Feminino	05:53:00	+02:39:53	14:07
176	614	jose andrade	individual	Senior Masculino	05:53:00	+02:39:54	14:07
177	1078	Humberto Almeida	ctad - trilhos de cinfães	Veterano M40	05:53:03	+02:39:57	14:07
178	1011	Nelson	ad quinta - atletismo	Senior Masculino	05:53:25	+02:40:19	14:08
179	1257	Daniel Pinto	komokunomato	Senior Masculino	05:56:29	+02:43:23	14:16
180	1209	Paula Silva	individual	Veterana F40	05:56:29	+02:43:23	14:16
181	1197	Vítor Manuel Dias Gonçalves	individual	Senior Masculino	05:58:37	+02:45:31	14:21
182	1135	Elisabete Alves	individual	Senior Feminino	05:58:38	+02:45:31	14:21
183	1057	NUNO FERNANDO ANDRADE MENDES	clube millennium bcp	Veterano M40	05:59:54	+02:46:47	14:24
184	1108	Inês Carlos Cardoso	fridão sem limites	Senior Feminino	06:00:10	+02:47:04	14:24
185	1250	Paulo Costa	inquipa trail sorriso	Veterano M40	06:00:24	+02:47:17	14:25
186	34	Afonso Goncalves	individual	Senior Masculino	06:00:36	+02:47:30	14:25
187	1151	António José Ferreira	individual	Senior Masculino	06:00:53	+02:47:47	14:26
188	1017	Elisabete Araujo	all about spirit team	Senior Feminino	06:01:22	+02:48:16	14:27
189	1016	Daniela Marques	all about spirit team	Senior Feminino	06:01:24	+02:48:17	14:27
190	1100	MARLENE PINTO	ffit gaia trail	Senior Feminino	06:03:16	+02:50:09	14:32
191	1350	Nuno Henrique	individual	Veterano M40	06:03:16	+02:50:09	14:32
192	1188	Ricardo Dias	individual	Senior Masculino	06:06:13	+02:53:07	14:39
193	1217	Eduardo Pinto	individual	Veterano M40	06:06:30	+02:53:24	14:40
194	1142	Patrícia Alexandra Batista Silva	individual	Senior Feminino	06:09:26	+02:56:20	14:47
195	1131	Carla Mendes	individual	Senior Feminino	06:09:26	+02:56:20	14:47
196	1130	Andreia Costa	individual	Senior Feminino	06:09:26	+02:56:20	14:47
197	1168	José Manuel Pinto	individual	Senior Masculino	06:09:34	+02:56:28	14:47
198	1319	João Pedro Barbosa	s. s. montepio	Senior Masculino	06:10:17	+02:57:10	14:49
199	1184	Paulo pinto	individual	Senior Masculino	06:11:14	+02:58:07	14:51
200	1192	Rui Pedro Dias Botelho	individual	Senior Masculino	06:11:48	+02:58:41	14:52
201	1254	Rita Carreira Pedrosa	juventude vidigalense	Veterana F40	06:14:28	+03:01:22	14:59
202	1349	Gabriel Oliveira Rodrigues	gaia-running	Senior Masculino	06:14:28	+03:01:22	14:59
203	1235	Paulo Ribeiro de Sousa	individual	Veterano M40	06:16:38	+03:03:32	15:04
204	1103	RUI SÁ	ffit gaia trail	Veterano M50	06:16:51	+03:03:45	15:04
205	1002	Carlos Vilaça	100fólego	Veterano M40	06:17:00	+03:03:54	15:05
206	1275	António Pereira	mulas da cooperativa	Senior Masculino	06:18:23	+03:05:17	15:08
207	1064	Vera Manuela Cardoso da Silva	companhia do bazófiã	Senior Feminino	06:20:24	+03:07:17	15:13
208	1129	Paulo Nicolau	gydarun	Veterano M40	06:21:58	+03:08:51	15:17
209	1126	Carla Silva	gydarun	Veterana F40	06:21:58	+03:08:51	15:17
210	1128	Paulo Aparício	gydarun	Veterano M40	06:21:58	+03:08:52	15:17
211	1091	sonia moreira	equipa joao ferreira	Senior Feminino	06:24:16	+03:11:10	15:22
212	1252	Paulo Ribeiro	inquipa trail sorriso	Veterano M50	06:25:13	+03:12:07	15:25
213	1086	Susana Silva	edv-viana trail	Senior Feminino	06:26:29	+03:13:23	15:28
214	630	Pedro Lobo	individual	Senior Masculino	06:29:04	+03:15:58	15:34
215	1059	Carlos Martins	clube nortada - murtosa night runners	Senior Masculino	06:29:04	+03:15:58	15:34
216	1092	Goreti Varela	equipa joao ferreira	Veterana F40	06:29:22	+03:16:15	15:34
217	2253	Paulo Ferreira	minions	Veterano M50	06:35:08	+03:22:01	15:48
218	1220	J.Henrique Matos	individual	Veterano M40	06:36:02	+03:22:56	15:51
219	1083	Helena Maia	duros vl	Veterana F50	06:37:31	+03:24:24	15:54







**High Run 25K****25 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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**REVISED**

	Time	Temperature	Humidity
Start	08:00	16.7°C	86%
End	16:48	16.7°C	86%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	TKM
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**Senior Feminino**

1	1292	Daniela Russo	Oralklass-Amigos do Trail	Senior Feminino	03:54:15		09:22
2	1139	Hortense Tenda	Individual	Senior Feminino	04:26:47	+32:32	10:40
3	1122	Andrea Amorim	GONDOMAR FUTSAL CLUBE	Senior Feminino	04:30:23	+36:08	10:49
4	1146	Sergia Ariana Pinto	Individual	Senior Feminino	04:48:53	+54:38	11:33
5	1305	Claudia Silva	RAINHA CLUB	Senior Feminino	05:17:55	+01:23:40	12:43
6	1081	Inês Pinto	DIMP	Senior Feminino	05:21:40	+01:27:25	12:52
7	1140	Mafalda Luís	Individual	Senior Feminino	05:27:59	+01:33:44	13:07
8	1331	Ana Rodrigues	Spotcriativo Viseu Running Team	Senior Feminino	05:42:39	+01:48:24	13:42
9	1069	Severina Almeida	CTAD - Trilhos de Cinfães	Senior Feminino	05:44:03	+01:49:48	13:46
10	1326	Sonia Dickmeyer	Salamandrecos	Senior Feminino	05:45:22	+01:51:07	13:49
11	1148	Sofia Réis	Individual	Senior Feminino	05:53:00	+01:58:45	14:07
12	1135	Elisabete Alves	Individual	Senior Feminino	05:58:38	+02:04:23	14:21
13	1108	Inês Carlos Cardoso	Fridão Sem Limites	Senior Feminino	06:00:11	+02:05:56	14:24
14	1017	Elisabete Araujo	All About Spirit Team	Senior Feminino	06:01:23	+02:07:08	14:27
15	1016	Daniela Marques	All About Spirit Team	Senior Feminino	06:01:24	+02:07:09	14:27
16	1100	MARLENE PINTO	FFit Gaia Trail	Senior Feminino	06:03:16	+02:09:01	14:32
17	1142	Patrícia Alexandra Batista Silva	Individual	Senior Feminino	06:09:27	+02:15:12	14:47
18	1131	Carla Mendes	Individual	Senior Feminino	06:09:27	+02:15:12	14:47
19	1130	Andrea Costa	Individual	Senior Feminino	06:09:27	+02:15:12	14:47
20	1064	Vera Manuela Cardoso da Silva	Companhia do Bazófiás	Senior Feminino	06:20:24	+02:26:09	15:13
21	1091	sonia moreira	EQUIPA JOAO FERREIRA	Senior Feminino	06:24:17	+02:30:02	15:22
22	1086	Susana Silva	EDV-VIANA TRAIL	Senior Feminino	06:26:30	+02:32:15	15:28
23	593	Soraia Vitoriano	Individual	Senior Feminino	06:47:38	+02:53:23	16:18
24	1144	Sara Brandao	Individual	Senior Feminino	07:02:51	+03:08:36	16:55
25	1009	Diana Tavares	AD Quinta - Atletismo	Senior Feminino	07:03:23	+03:09:08	16:56
26	1334	Carla Barbosa	Tai Runners	Senior Feminino	07:14:09	+03:19:54	17:22
27	1141	Mónica Maria Ferreira Sá Costa Barbosa	Individual	Senior Feminino	07:15:37	+03:21:22	17:25
28	1264	Susana Faria	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	07:36:51	+03:42:36	18:16
29	1145	Sara Rocha	Individual	Senior Feminino	08:00:37	+04:06:22	19:13
30	1043	Diva Freitas	BootSeals	Senior Feminino	08:20:00	+04:25:45	20:00
31	1045	Susana Ferreira	BootSeals	Senior Feminino	08:20:01	+04:25:46	20:00
32	1042	Cláudia Madureira	BootSeals	Senior Feminino	08:20:01	+04:25:46	20:00
33	1044	Marta Moutinho	BootSeals	Senior Feminino	08:20:02	+04:25:47	20:00
34	1304	Oriana Moreira	Pupis	Senior Feminino	08:31:42	+04:37:27	20:28
35	1303	Georgina Santos	Pupis	Senior Feminino	08:31:42	+04:37:27	20:28
36	1088	candida ines soares	EQUIPA JOAO FERREIRA	Senior Feminino	08:44:04	+04:49:49	20:58
37	1315	Ana Rita Silva	S&H	Senior Feminino	08:48:09	+04:53:54	21:08

**High Run 25K****25 KM****R**  
REVISED**OFFICIAL RESULT****Senior Masculino**

1	1173	Mauro Filipe Reis Coelho	Individual	Senior Masculino	03:19:17		07:58
2	1125	Luís Pedro Ferreira de Sousa Martins	GTT-Armazém do Caffè	Senior Masculino	03:22:40	+03:23	08:06
3	1290	Tiago Bastos	Oralklass-Amigos do Trail	Senior Masculino	03:33:14	+13:57	08:32
4	1096	José Rodrigues	Experienciar/Barceltécnica/Sportso nfire	Senior Masculino	03:35:50	+16:33	08:38
5	1344	Paulo Vaz	XL&S TRAIL	Senior Masculino	03:35:56	+16:39	08:38
6	1185	Pedro Martins	Individual	Senior Masculino	03:39:02	+19:45	08:46
7	1313	Paulo Pires	Runners do Demo	Senior Masculino	03:40:16	+20:59	08:49
8	1294	Filipe Pinto	Os Lobos do Saibro	Senior Masculino	03:40:57	+21:40	08:50
9	1282	Fernando Alves	Olimpico Vianense Trail/ND Sport	Senior Masculino	03:41:17	+22:00	08:51
10	1295	Marco Brochado	Os Lobos do Saibro	Senior Masculino	03:41:18	+22:01	08:51
11	1193	Rui Pedro Pinto	Individual	Senior Masculino	03:46:41	+27:24	09:04
12	1321	Vitor Rio	S. S. Montepio	Senior Masculino	03:49:26	+30:09	09:11
13	1071	João Cardoso	CTAD - Trilhos de Cinfães	Senior Masculino	03:51:27	+32:10	09:15
14	1015	Luis Miranda	AERGois Trail Running	Senior Masculino	03:53:52	+34:35	09:21
15	1286	Francisco Figueiredo	Oralklass-Amigos do Trail	Senior Masculino	03:54:15	+34:58	09:22
16	1285	Andre Nogueira	Oralklass-Amigos do Trail	Senior Masculino	03:54:24	+35:07	09:23
17	17	Emanuel Alexandre Custodio Machado	Centro Vicentino da Serra	Senior Masculino	03:54:45	+35:28	09:23
18	1014	João Carlos Rodrigues Miranda	AERGois Trail Running	Senior Masculino	03:58:29	+39:12	09:32
19	1291	Rui Pereira	Oralklass-Amigos do Trail	Senior Masculino	04:06:01	+46:44	09:50
20	1190	Ricardo Jorge Teixeira Duarte	Individual	Senior Masculino	04:14:55	+55:38	10:12
21	1006	Rui Teixeira	A.D Sebolido Trail boneca D'ouro	Senior Masculino	04:17:12	+57:55	10:17
22	1265	José Sá	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	04:18:28	+59:11	10:20
23	2282	Luis Lopes	Oralklass-Amigos do Trail	Senior Masculino	04:19:07	+59:50	10:22
24	1180	Nuno Miguel Conceição Coelho	Individual	Senior Masculino	04:21:57	+01:02:40	10:29
25	1198	Vitor Paulo Duarte Caldeira	Individual	Senior Masculino	04:22:15	+01:02:58	10:29
26	1021	Nelson Nascimento	Amigo	Senior Masculino	04:22:41	+01:03:24	10:30
27	1020	José Madureira	Amigo	Senior Masculino	04:22:41	+01:03:24	10:30
28	1110	Luís Miguel Brás Pinto	Fridão Sem Limites	Senior Masculino	04:23:18	+01:04:01	10:32
29	1283	MARCO MACIEL	Olimpico Vianense Trail/ND Sport	Senior Masculino	04:23:54	+01:04:37	10:33
30	1008	Tiago Sousa	A.D Sebolido Trail boneca D'ouro	Senior Masculino	04:24:52	+01:05:35	10:36
31	1268	Jorge Manuel Santos Henriques	Lourival Bike Team	Senior Masculino	04:27:16	+01:07:59	10:41
32	1260	Joao Miguel Gomes da Silva	Limitless	Senior Masculino	04:27:32	+01:08:15	10:42
33	1167	Jorge Miguel Abreu Barbosa	Individual	Senior Masculino	04:27:39	+01:08:22	10:42
34	1061	Daniel Mendes Pinto	Clube SEM	Senior Masculino	04:27:50	+01:08:33	10:43
35	1123	Manuel Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:30:02	+01:10:45	10:48
36	1124	PEDRO MATOS	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:34:23	+01:15:06	10:59
37	1182	Patrick Sousa	Individual	Senior Masculino	04:35:41	+01:16:24	11:02
38	1279	Paulo Colaço	NOCTURNOS DE PAREDES	Senior Masculino	04:36:27	+01:17:10	11:03
39	1178	Norberto Fernandes	Individual	Senior Masculino	04:36:36	+01:17:19	11:04
40	1328	Rodolfo Orfão	Sinmetro	Senior Masculino	04:37:06	+01:17:49	11:05
41	1287	David Morais	Oralklass-Amigos do Trail	Senior Masculino	04:39:28	+01:20:11	11:11
42	1181	Nuno Ricardo santos Alves lage oliveira	Individual	Senior Masculino	04:41:50	+01:22:33	11:16
43	1347	Ricardo Miguelote	Individual	Senior Masculino	04:44:50	+01:25:33	11:24

## High Run 25K

**25 KM**

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REVISED

**OFFICIAL RESULT**

44	1196	Tiago Brandão	Individual	Senior Masculino	04:45:31	+01:26:14	11:25
45	1105	Pedro Oliveira	Flash Machine Runners	Senior Masculino	04:46:52	+01:27:35	11:28
46	1074	Pedro Mouta	CTAD - Trilhos de Cinfães	Senior Masculino	04:50:38	+01:31:21	11:38
47	1157	Diego Todescato	Individual	Senior Masculino	04:50:48	+01:31:31	11:38
48	1318	Hugo Lopes	S. S. Montepio	Senior Masculino	04:52:29	+01:33:12	11:42
49	1158	Filipe Daniel Carvalho Pereira Feijó Amorim	Individual	Senior Masculino	04:54:06	+01:34:49	11:46
50	1266	Pedro Gaio	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	04:56:28	+01:37:11	11:52
51	1150	António Fonseca	Individual	Senior Masculino	04:56:31	+01:37:14	11:52
52	1156	David Camelo	Individual	Senior Masculino	04:58:43	+01:39:26	11:57
53	1165	Hugo André Couto	Individual	Senior Masculino	05:00:04	+01:40:47	12:00
54	1289	José Santos	Oralklass-Amigos do Trail	Senior Masculino	05:00:39	+01:41:22	12:02
55	1317	Emanuel Almeida	S. S. Montepio	Senior Masculino	05:03:12	+01:43:55	12:08
56	1106	Ricardo Monteiro	Flash Machine Runners	Senior Masculino	05:07:16	+01:47:59	12:17
57	1175	Miguel Pimenta	Individual	Senior Masculino	05:09:36	+01:50:19	12:23
58	1164	Hélder Viegas	Individual	Senior Masculino	05:10:00	+01:50:43	12:24
59	1038	Ricardo Magalhães	As Belas e Eles	Senior Masculino	05:10:25	+01:51:08	12:25
60	1036	Carlos Magalhães	As Belas e Eles	Senior Masculino	05:10:25	+01:51:08	12:25
61	1037	Hugo Valquaresma	As Belas e Eles	Senior Masculino	05:10:25	+01:51:08	12:25
62	1039	Ricardo Tavares	As Belas e Eles	Senior Masculino	05:10:25	+01:51:08	12:25
63	1095	Rui Filipe Fernandes de Vasconcelos Rocha	EU+ Run	Senior Masculino	05:10:37	+01:51:20	12:25
64	1010	André Silva	AD Quinta - Atletismo	Senior Masculino	05:14:30	+01:55:13	12:35
65	1306	Hugo Costa	RAINHA CLUB	Senior Masculino	05:17:55	+01:58:38	12:43
66	1308	Pedro Henriques	RAINHA CLUB	Senior Masculino	05:17:55	+01:58:38	12:43
67	1172	Marcos Silva	Individual	Senior Masculino	05:20:04	+02:00:47	12:48
68	1166	Jorge Carneiro	Individual	Senior Masculino	05:21:08	+02:01:51	12:51
69	1082	Domingos Martins	DIMP	Senior Masculino	05:21:40	+02:02:23	12:52
70	1262	Renato Lino Ribeiro	Limitless	Senior Masculino	05:23:34	+02:04:17	12:57
71	1109	Gustavo Bento	Fridão Sem Limites	Senior Masculino	05:28:06	+02:08:49	13:07
72	1028	NUNO FILIPE FERNANDES	ARCORUN	Senior Masculino	05:29:10	+02:09:53	13:10
73	1149	André Micael Carrasqueira António	Individual	Senior Masculino	05:29:31	+02:10:14	13:11
74	1107	Amílcar Lopes	FLECHAS RUNNERS	Senior Masculino	05:32:27	+02:13:10	13:18
75	1065	Artur José Pinto Mendes da Costa	Companhia do Bazófiás	Senior Masculino	05:33:00	+02:13:43	13:19
76	1018	Fábio Miranda	Amigo	Senior Masculino	05:33:06	+02:13:49	13:19
77	1174	Miguel Mendes	Individual	Senior Masculino	05:38:41	+02:19:24	13:33
78	1026	ANTONIO BATISTA	ARCORUN	Senior Masculino	05:39:55	+02:20:38	13:36
79	1003	André Rodrigues	30OVER30.ORG	Senior Masculino	05:41:12	+02:21:55	13:39
80	1332	Hugo Costa	Spotcriativo Viseu Running Team	Senior Masculino	05:42:39	+02:23:22	13:42
81	1070	Bruno Costa	CTAD - Trilhos de Cinfães	Senior Masculino	05:44:04	+02:24:47	13:46
82	1159	Filipe Nascimento	Individual	Senior Masculino	05:44:14	+02:24:57	13:46
83	751	André Riscado	Salamandrecos	Senior Masculino	05:45:22	+02:26:05	13:49
84	1179	Nuno Cardoso	Individual	Senior Masculino	05:46:00	+02:26:43	13:50
85	1127	Marco Guerra	GyDARun	Senior Masculino	05:46:23	+02:27:06	13:51
86	719	Paulo Pires	Moreira Relax Runners	Senior Masculino	05:48:26	+02:29:09	13:56
87	614	jose andrade	Individual	Senior Masculino	05:53:01	+02:33:44	14:07





**High Run 25K****25 KM****R  
REVISED**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**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

29	1232	Oscar silva	Individual	Veterano M40	04:59:57	+01:46:50	12:00
30	1227	Lúcio Simão Moraes Ferreira da Cunha	Individual	Veterano M40	05:08:59	+01:55:52	12:22
31	1102	Fernando Jorge Oliveira	FFit Gaia Trail	Veterano M40	05:11:16	+01:58:09	12:27
32	1005	Martinho	30OVER30.ORG	Veterano M40	05:13:14	+02:00:07	12:32
33	1033	JORGE SANTOS SILVA	ARCORUN	Veterano M40	05:14:45	+02:01:38	12:35
34	1237	Pedro Martins	Individual	Veterano M40	05:18:05	+02:04:58	12:43
35	1338	NELSON DUARTE	THE OUTSIDERS RUNNING TRAIL TEAM	Veterano M40	05:24:30	+02:11:23	12:59
36	1224	JOSE CARVALHO	Individual	Veterano M40	05:25:02	+02:11:55	13:00
37	1310	Porfirio Pereira	RAINHA CLUB	Veterano M40	05:29:54	+02:16:47	13:12
38	1094	Orlando Costa	EQUIPA JOAO FERREIRA	Veterano M40	05:29:54	+02:16:47	13:12
39	1032	JORGE LEITE	ARCORUN	Veterano M40	05:31:17	+02:18:10	13:15
40	1234	Paulo Martins	Individual	Veterano M40	05:35:45	+02:22:38	13:26
41	1216	Duarte Paulo Ribeiro	Individual	Veterano M40	05:35:47	+02:22:40	13:26
42	1238	Pedro Quadrio	Individual	Veterano M40	05:35:54	+02:22:47	13:26
43	1278	Rui Jorge Moreira Freitas	Nice Runners	Veterano M40	05:40:07	+02:27:00	13:36
44	1226	JOSE RODRIGUES COSTA	Individual	Veterano M40	05:40:38	+02:27:31	13:38
45	1233	Paolo Pozzan	Individual	Veterano M40	05:44:27	+02:31:20	13:47
46	1240	Rui Gandra	Individual	Veterano M40	05:44:35	+02:31:28	13:47
47	753	Bruno Mesquita	Salamandrecos	Veterano M40	05:45:22	+02:32:15	13:49
48	1004	Eduardo Rodrigues	30OVER30.ORG	Veterano M40	05:46:23	+02:33:16	13:51
49	1215	David Paulo Vieira Costa	Individual	Veterano M40	05:47:36	+02:34:29	13:54
50	721	Helder Fernando Silva	Moreira Relax Runners	Veterano M40	05:48:25	+02:35:18	13:56
51	1277	Pedro Alves	Nice Runners	Veterano M40	05:52:10	+02:39:03	14:05
52	1078	Humberto Almeida	CTAD - Trilhos de Cinfães	Veterano M40	05:53:04	+02:39:57	14:07
53	1057	NUNO FERNANDO ANDRADE MENDES	Clube Millennium BCP	Veterano M40	05:59:54	+02:46:47	14:24
54	1250	Paulo Costa	INQUIPA TRAIL SORRISO	Veterano M40	06:00:24	+02:47:17	14:25
55	1350	Nuno Henrique	Individual	Veterano M40	06:03:16	+02:50:09	14:32
56	1217	Eduardo Pinto	Individual	Veterano M40	06:06:31	+02:53:24	14:40
57	1235	Paulo Ribeiro de Sousa	Individual	Veterano M40	06:16:39	+03:03:32	15:04
58	1002	Carlos Vilaça	100Fôlego	Veterano M40	06:17:01	+03:03:54	15:05
59	1129	Paulo Nicolau	GyDArun	Veterano M40	06:21:58	+03:08:51	15:17
60	1128	Paulo Aparício	GyDArun	Veterano M40	06:21:59	+03:08:52	15:17
61	1220	J.Henrique Matos	Individual	Veterano M40	06:36:03	+03:22:56	15:51
62	1084	João Manuel Ferreira Marafona	DUROS VL	Veterano M40	06:37:31	+03:24:24	15:54
63	1231	nuno morgado	Individual	Veterano M40	06:46:22	+03:33:15	16:15
64	2204	jorge caria	Individual	Veterano M40	07:15:37	+04:02:30	17:25
65	652	Avelino Pereira de Sousa	Individual	Veterano M40	07:16:04	+04:02:57	17:27
66	1222	Jorge Pinheiro	Individual	Veterano M40	07:35:39	+04:22:32	18:14
67	1119	João Monge	Ginásio Clube Português	Veterano M40	08:09:32	+04:56:25	19:35
68	1354	Henrique Matos	Individual	Veterano M40	08:43:47	+05:30:40	20:57
69	1239	Rui Vicente	Individual	Veterano M40	08:43:50	+05:30:43	20:57
70	1299	Paulo Jorge Sousa Magalhães	Ou vai ou racha	Veterano M40	08:48:54	+05:35:47	21:09
71	1298	jose gentil almeida ferreira	Ou vai ou racha	Veterano M40	08:48:54	+05:35:47	21:09

**High Run 25K**

**25 KM**

**R**  
REVISED

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**

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

**Veterano M50**

1	1054	JOSÉ MOTA	CICLISTAS CÓSMICOS - GISLÓTICA	Veterano M50	03:37:56		08:43
2	1242	Fernando Alberto Da Silva Ramos	Individual	Veterano M50	04:11:28	+33:32	10:04
3	1274	Renato Barros	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Veterano M50	04:26:47	+48:51	10:40
4	1243	Flávio Rebelo	Individual	Veterano M50	04:42:36	+01:04:40	11:18
5	1053	JOSE MIGUEL CRUZ PINTO	CICLISTAS CÓSMICOS - GISLÓTICA	Veterano M50	05:11:04	+01:33:08	12:27
6	1048	Fernando Barbosa	BootSeals	Veterano M50	05:20:49	+01:42:53	12:50
7	1276	VitorManuel Henriques Pereira Santos	Nel-Pédatlata	Veterano M50	05:24:00	+01:46:04	12:58
8	1241	Carlos Correia	Individual	Veterano M50	05:25:22	+01:47:26	13:01
9	1272	Rui Quinta	Moinhos Run ADRM	Veterano M50	05:27:29	+01:49:33	13:06
10	1267	Luis Almeida	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M50	05:35:55	+01:57:59	13:26
11	1312	Francisco Costa	ROSÁRIO EXTREME	Veterano M50	05:47:24	+02:09:28	13:54
12	2324	Jose Lima	O Mundo da Corrida	Veterano M50	05:47:44	+02:09:48	13:55
13	1103	RUI SÁ	FFit Gaia Trail	Veterano M50	06:16:52	+02:38:56	15:04
14	1252	Paulo Ribeiro	INQUIPA TRAIL SORRISO	Veterano M50	06:25:14	+02:47:18	15:25
15	2253	Paulo Ferreira	Minions	Veterano M50	06:35:08	+02:57:12	15:48
16	1058	ARTUR CARLOS MOREIRA SILVA	Clube Millennium BCP	Veterano M50	08:00:38	+04:22:42	19:14
17	1120	Walter Palma	Ginásio Clube Português	Veterano M50	08:09:28	+04:31:32	19:35

**Veterano M60**

1	1112	Fernando Vieira	GAIA-RUNNING	Veterano M60	07:01:21		16:51
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**SOFT RUN 19K - STAGE 1**

**19 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	2039	João Ferreira	equipa joao ferreira	Senior Masculino	04:02:39	+01:37:02	12:46
88	2238	Pedro Ferreira	leões de tardariz trail	Veterano M40	04:02:54	+01:37:16	12:47
89	2003	Fabio Correia	a.d sebolido trail boneca d'ouro	Senior Masculino	04:03:51	+01:38:13	12:50
90	2094	Alexandra Azevedo	individual	Senior Feminino	04:03:52	+01:38:14	12:50
91	2183	Ana Margarida Nogueira Coelho	individual	Veterana F40	04:04:29	+01:38:52	12:52
92	2297	José António R Sousa	pernetas	Senior Masculino	04:04:30	+01:38:53	12:52
93	2259	Miguel Xavier Cunha Fernandes	montanha clube trail running/runners	Senior Masculino	04:05:22	+01:39:45	12:55
94	2323	Fernando Carvalho	s. s. montepio	Veterano M50	04:05:25	+01:39:48	12:55
95	2117	Liliana Magalhães	individual	Senior Feminino	04:05:49	+01:40:11	12:56
96	2174	Ricardo Brito	individual	Senior Masculino	04:07:14	+01:41:37	13:01
97	2134	André Montenegro Ferreira	individual	Senior Masculino	04:07:34	+01:41:57	13:02
98	2071	Durbalino Ferreira	ginasio fit4fun	Veterano M50	04:08:22	+01:42:45	13:04
99	2318	Luís Loureiro	s. s. montepio	Senior Masculino	04:08:25	+01:42:48	13:05
100	2317	Hugo Silva	s. s. montepio	Senior Masculino	04:08:25	+01:42:48	13:05
101	1302	Paulo Freitas	pt jr Sousa team	Veterano M40	04:08:41	+01:43:03	13:05
102	2305	Joana Rodrigues Sousa	pt jr Sousa team	Senior Feminino	04:08:41	+01:43:03	13:05
103	2255	Patrícia Sampaio	moinhos run adrm	Veterana F40	04:11:13	+01:45:35	13:13
104	2256	Pedro Sá	moinhos run adrm	Veterano M40	04:11:13	+01:45:35	13:13
105	2200	Baltazar Ferreira	individual	Veterano M40	04:11:15	+01:45:37	13:13
106	2028	Hugo Freixo	clube zipper	Senior Masculino	04:11:15	+01:45:38	13:13
107	2352	CARLOS MANUEL COSTA FREIXO	zipper	Veterano M40	04:11:15	+01:45:38	13:13
108	2222	Marco Silva	island team	Senior Masculino	04:13:16	+01:47:38	13:20
109	2221	Fernanda Silva	island team	Senior Feminino	04:13:16	+01:47:39	13:20
110	2194	Nina Silva	individual	Veterana F40	04:13:19	+01:47:42	13:20
111	2062	Sandra Fernandes	fridão sem limites	Senior Feminino	04:13:20	+01:47:42	13:20
112	2237	Manuel Oliveira	leões de tardariz trail	Veterano M40	04:14:01	+01:48:23	13:22
113	2075	Sérgio Osório	global trail	Veterano M40	04:14:05	+01:48:28	13:22
114	2162	Mário Noronha	individual	Senior Masculino	04:14:59	+01:49:22	13:25
115	2182	Vitor Daniel Ribeiro Pereira	individual	Senior Masculino	04:15:00	+01:49:23	13:25
116	2161	Marco Paulo Sousa Ferreira	individual	Senior Masculino	04:15:21	+01:49:43	13:26
117	2129	Susana Sousa	individual	Senior Feminino	04:15:23	+01:49:45	13:26
118	2276	Patrícia Santos	oralklass-amigos do trail	Senior Feminino	04:17:09	+01:51:32	13:32
119	2203	João Saraiva	individual	Veterano M40	04:17:58	+01:52:20	13:35
120	2145	Helder Filipe da Costa Vieira	individual	Senior Masculino	04:17:59	+01:52:22	13:35
121	2344	Tiago Silva	trilha dos runners	Senior Masculino	04:18:09	+01:52:32	13:35
122	2214	Carlos Almeid	individual	Veterano M50	04:18:28	+01:52:50	13:36
123	2165	Nelson Pedro da Rocha carvalho	individual	Senior Masculino	04:18:29	+01:52:52	13:36
124	2342	Bruno Andrade	trailgloditas	Senior Masculino	04:19:33	+01:53:55	13:40
125	2245	Filipe Pereira	lion runners - g. d. leões da guarda	Senior Masculino	04:20:00	+01:54:22	13:41
126	2350	Sérgy Pereyra	viriatrys runners viseu	Veterano M40	04:21:25	+01:55:47	13:46
127	2219	Jorge Lima	invictus oporto team	Senior Masculino	04:23:38	+01:58:01	13:53
128	2140	Carlos Alberto Soares Moreira	individual	Senior Masculino	04:23:43	+01:58:06	13:53
129	2231	Sonia Teixeira	keepmoving	Veterana F40	04:24:54	+01:59:16	13:57
130	2099	Anna Myslinska	individual	Senior Feminino	04:25:20	+01:59:43	13:58
131	2316	Rui Fernandes	runners do demo	Senior Masculino	04:25:33	+01:59:55	13:59



**SOFT RUN 19K - STAGE 1**

**19 KM**

**R**  
REVISED

**OFFICIAL RESULT**

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>CAT</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>
177	2146	henrique teixeira	individual	Senior Masculino	05:02:30	+02:36:52	15:55
178	2167	Nuno Oliveira	individual	Senior Masculino	05:05:51	+02:40:14	16:06
179	2339	Dulce Correia	trail running clube btt sanguedo	Veterana F40	05:05:58	+02:40:20	16:06
180	2225	João Tiago Lopes	jjdt	Senior Masculino	05:06:03	+02:40:25	16:06
181	2226	Tiago Dias Nunoos	jjdt	Senior Masculino	05:06:03	+02:40:25	16:06
182	2199	Margarida Machado	individual	Veterana F50	05:06:04	+02:40:27	16:07
183	2217	Ivone Catia Martins Rocha	invicta runners team	Senior Feminino	05:06:12	+02:40:35	16:07
184	1087	Andreia Muxagato	equipa joao ferreira	Senior Feminino	05:06:13	+02:40:36	16:07
185	2340	Rosa Conceição	trail running clube btt sanguedo	Veterana F40	05:06:14	+02:40:36	16:07
186	2036	Teresa Capelo	equipa joao ferreira	Senior Feminino	05:06:21	+02:40:44	16:07
187	2016	Lurdes Moreira	as belas e eles	Veterana F40	05:09:14	+02:43:36	16:17
188	2101	Carina Silva	individual	Senior Feminino	05:11:07	+02:45:29	16:22
189	2190	Isa Ouveira	individual	Veterana F40	05:11:22	+02:45:45	16:23
190	2315	Carlos Viamonte	recos	Veterano M50	05:11:53	+02:46:16	16:25
191	2314	Pedro Resende	recos	Senior Masculino	05:11:53	+02:46:16	16:25
192	2176	Ricardo Morais da Costa Nogueira	individual	Senior Masculino	05:12:16	+02:46:39	16:26
193	2250	Eunice Coelho	marco trail	Senior Feminino	05:12:31	+02:46:53	16:27
194	2249	Andrea Vieira	marco trail	Senior Feminino	05:12:31	+02:46:53	16:27
195	2184	Ana Pestanays	individual	Veterana F40	05:16:51	+02:51:13	16:41
196	2111	Filipa Gonçalves	individual	Senior Feminino	05:16:54	+02:51:17	16:41
197	2015	Carla Barbosa	as belas e eles	Senior Feminino	05:18:45	+02:53:07	16:47
198	2113	Isabel Patricia da Silva Barbosa	individual	Senior Feminino	05:19:52	+02:54:14	16:50
199	2076	Sérgio Silva	global trail	Veterano M40	05:21:43	+02:56:05	16:56
200	2299	Isabel Carvalho	pernetas	Veterana F40	05:23:21	+02:57:43	17:01
201	2303	Rui carvalho	pernetas	Veterano M40	05:23:21	+02:57:43	17:01
202	2227	Ana Umbelino	juventude vidigalense	Senior Feminino	05:23:25	+02:57:48	17:01
203	2309	Cecília Martins	pt jr Sousa team	Veterana F40	05:23:28	+02:57:50	17:01
204	2311	Natália Santos	pt jr Sousa team	Veterana F40	05:23:28	+02:57:50	17:01
205	2306	Lígia Freitas	pt jr Sousa team	Senior Feminino	05:23:28	+02:57:51	17:02
206	2122	Patricia Gonçalves	individual	Senior Feminino	05:24:18	+02:58:41	17:04
207	2197	Susana Neves	individual	Veterana F40	05:24:18	+02:58:41	17:04
208	2136	Arnaldo Costa	individual	Senior Masculino	05:24:47	+02:59:09	17:06
209	2195	ROSA COSTA	individual	Veterana F40	05:24:47	+02:59:09	17:06
210	2100	Araci Queiroga	individual	Senior Feminino	05:29:05	+03:03:27	17:19
211	2114	Isabel Queiroga	individual	Senior Feminino	05:30:50	+03:05:12	17:25
212	2096	Ana Cristina araujo da Cunha	individual	Senior Feminino	05:30:52	+03:05:14	17:25
213	2121	Marta Regina Queirós Couto	individual	Senior Feminino	05:30:53	+03:05:15	17:25
214	2029	Célia Alves	ctad - trilhos de cinfães	Veterana F40	05:30:53	+03:05:15	17:25
215	2026	Tania Filipa Gomes Magalhães	cfite	Senior Feminino	05:30:53	+03:05:16	17:25
216	2095	Ana Arriscado	individual	Senior Feminino	05:31:09	+03:05:32	17:26
217	2108	Dulce Almeida	individual	Senior Feminino	05:31:46	+03:06:09	17:28
218	2353	VICTOR HUGO DA SILVA RODRIGUES	zupper	Veterano M40	05:34:21	+03:08:44	17:36
219	1089	Isabel Aguiar	equipa joao ferreira	Senior Feminino	05:34:43	+03:09:05	17:37
220	2109	Elisabete Susana da Silbva Monteiro	individual	Senior Feminino	05:39:41	+03:14:04	17:53
221	2156	Luís Teixeira	individual	Senior Masculino	05:39:42	+03:14:05	17:53

SOFT RUN 19K - STAGE 1

19 KM

R  
REVISED

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
222	2349	Ana Cláudia Sereno	vimarunners	Senior Feminino	05:39:49	+03:14:12	17:53
223	2267	Elisabete Pinhel	nós	Veterana F40	05:43:51	+03:18:14	18:06
224	2310	Helena Cardoso	pt jrsousa team	Veterana F40	05:46:12	+03:20:34	18:13
225	2295	Sofia Canez	pernetas	Senior Feminino	05:47:24	+03:21:46	18:17
226	2293	Catarina Alexandra Pinto Nogueira	pernetas	Senior Feminino	05:47:24	+03:21:46	18:17
227	2292	Ana Canez	pernetas	Senior Feminino	05:47:24	+03:21:47	18:17
228	2044	Célia Aroso	equipa joao ferreira	Veterana F40	05:47:30	+03:21:52	18:17
229	2341	Fernando Correia	trail running clube btt sanguedo	Veterano M50	05:48:11	+03:22:33	18:20
230	2103	Catarina Caprichoso Carvalho	individual	Senior Feminino	05:48:11	+03:22:33	18:20
231	2128	Sonia Cardoso	individual	Senior Feminino	05:48:21	+03:22:43	18:20
232	2307	Susana Marinho	pt jrsousa team	Senior Feminino	05:48:31	+03:22:54	18:21
233	2170	Pedro Manuel Sousa Teixeira	individual	Senior Masculino	05:56:32	+03:30:54	18:46
234	2158	Manuel Sousa	individual	Senior Masculino	05:59:02	+03:33:24	18:54
235	2291	Paulo cunha	patas negras	Veterano M40	06:03:12	+03:37:34	19:07
236	2228	Susana Paula Duarte Vaz Saraiva Ferraz	juventude vidigalense	Veterana F50	06:12:51	+03:47:14	19:37
237	2229	Carlos Manuel Conceição Ferraz	juventude vidigalense	Veterano M50	06:13:40	+03:48:03	19:40
238	2287	rosinda macedo	os caga tacos running team	Veterana F50	06:15:45	+03:50:07	19:47
239	2288	Antonio Macedo	os caga tacos running team	Veterano M50	06:15:45	+03:50:08	19:47
240	2132	Alexandre Teles	individual	Senior Masculino	06:15:54	+03:50:17	19:47
241	1041	Elvira Lima	beat your limit!	Veterana F40	06:16:18	+03:50:40	19:48
242	2243	Daniela Silva	lion runners - g. d. leões da guarda	Senior Feminino	06:16:18	+03:50:40	19:48
243	2247	Dina Gonçalves	lion runners - g. d. leões da guarda	Veterana F40	06:16:18	+03:50:40	19:48
244	2210	Pedro Pereira	individual	Veterano M40	06:19:25	+03:53:48	19:58
245	2208	Nuno Peralta	individual	Veterano M40	06:19:25	+03:53:48	19:58
246	2180	Tiago Gomes	individual	Senior Masculino	06:19:25	+03:53:48	19:58
247	2213	António Carmo	individual	Veterano M50	06:25:45	+04:00:08	20:18
248	517	Ana Sousa	budeguita runners	Senior Feminino	06:28:43	+04:03:06	20:28
249	2186	Carla Santos	individual	Veterana F40	06:31:43	+04:06:05	20:37
250	2330	Nelson Braga	tá muito lento	Senior Masculino	06:37:47	+04:12:09	20:56
251	2097	Ana Sá	individual	Senior Feminino	06:39:08	+04:13:31	21:00
252	2023	Isabel Marques	budeguita runners	Veterana F40	06:42:49	+04:17:12	21:12
253	1049	Isabel Ferreira	budeguita runners	Senior Feminino	06:42:50	+04:17:12	21:12
254	2024	Paula Sousa	budeguita runners	Veterana F40	06:42:55	+04:17:18	21:12
255	1051	Helder Sousa	budeguita runners	Veterano M40	06:42:55	+04:17:18	21:12
256	2198	Lurdes Monteiro	individual	Veterana F50	06:46:05	+04:20:27	21:22
257	2115	Julliane Cristina	individual	Senior Feminino	06:46:10	+04:20:32	21:23
258	2055	mafalda gomes	fitmafia	Senior Feminino	06:51:16	+04:25:39	21:39
259	2057	sandra roque	fitmafia	Veterana F40	06:51:17	+04:25:40	21:39
260	2327	Renata Costa	tá muito lento	Senior Feminino	06:52:09	+04:26:31	21:42
261	2120	Marta Liliana Duarte Carvalho	individual	Senior Feminino	06:52:26	+04:26:48	21:42
262	2345	Carla Leal	uh lá lá	Senior Feminino	06:52:27	+04:26:50	21:43
263	2102	Carla Brinco	individual	Senior Feminino	06:52:30	+04:26:53	21:43
264	2329	Sofia Valente	tá muito lento	Senior Feminino	07:05:39	+04:40:02	22:24
265	2331	Pedro Amaral	tá muito lento	Senior Masculino	07:05:40	+04:40:02	22:24
266	2289	Paula Jesus	os poderosos	Senior Feminino	07:16:56	+04:51:18	23:00

## SOFT RUN 19K - STAGE 1

19 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

**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

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REVISED

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>CAT</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>
267	2008	MariaJoao Cardoso	a+	Veterana F40	07:35:13	+05:09:35	23:58

**Soft Run 19K**

**19 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

	<b>Time</b>	<b>Temperature</b>	<b>Humidity</b>
Start	09:00	17.8°C	85%
End	16:35	17.8°C	85%

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>CAT</b>	<b>RESULT</b>	<b>DIFF</b>	<b>↑/KM</b>
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**Senior Feminino**

1	2265	Albertina Cunha	NOCTURNOS DE PAREDES	Senior Feminino	02:51:12		09:01
2	2277	Rita Loureiro	Oralklass-Amigos do Trail	Senior Feminino	02:59:29	+08:17	09:27
3	2254	Inês Moreira	Moinhos Run ADRM	Senior Feminino	03:22:09	+30:57	10:38
4	2118	luisa cruz	Individual	Senior Feminino	03:26:14	+35:02	10:51
5	2086	Rosa Rodrigues	Individual	Senior Feminino	03:29:26	+38:14	11:01
6	2085	Cesar Pais	GONDONAR FUTSAL CLUBE	Senior Feminino	03:29:26	+38:14	11:01
7	2119	Marisa Valério Rodrigues	Individual	Senior Feminino	03:31:41	+40:29	11:08
8	2078	Joana Cardoso	GONDONAR FUTSAL CLUBE	Senior Feminino	03:34:13	+43:01	11:16
9	2275	Joana Gonçalves	Oralklass-Amigos do Trail	Senior Feminino	03:34:20	+43:08	11:17
10	2268	Daniela Barreto	Olimpico Vianense Trail/ND Sport	Senior Feminino	03:35:04	+43:52	11:19
11	2274	Andreia Barbosa	Oralklass-Amigos do Trail	Senior Feminino	03:35:07	+43:55	11:19
12	2027	Carla Cantante	Clube SEM	Senior Feminino	03:46:57	+55:45	11:57
13	2002	Sofia Carvalho	A.D Sebolido Trail boneca D'ouro	Senior Feminino	03:53:10	+01:01:58	12:16
14	2030	Estela Neto	Didaxis Trail	Senior Feminino	04:00:20	+01:09:08	12:39
15	2001	Ana Rodrigues	A.D Sebolido Trail boneca D'ouro	Senior Feminino	04:00:33	+01:09:21	12:40
16	2069	LILIANA SOFIA AGUIAR	GATUS TRAIL	Senior Feminino	04:02:18	+01:11:06	12:45
17	2094	Alexandra Azevedo	Individual	Senior Feminino	04:03:52	+01:12:40	12:50
18	2117	Liliana Magalhães	Individual	Senior Feminino	04:05:49	+01:14:37	12:56
19	2305	Joana Rodrigues sousa	PT JRSOUSA TEAM	Senior Feminino	04:08:41	+01:17:29	13:05
20	2221	Fernanda Silva	Island Team	Senior Feminino	04:13:17	+01:22:05	13:20
21	2062	Sandra Fernandes	Fridão Sem Limites	Senior Feminino	04:13:20	+01:22:08	13:20
22	2129	Susana Sousa	Individual	Senior Feminino	04:15:23	+01:24:11	13:26
23	2276	Patricia Santos	Oralklass-Amigos do Trail	Senior Feminino	04:17:10	+01:25:58	13:32
24	2099	Anna Myslinska	Individual	Senior Feminino	04:25:21	+01:34:09	13:58
25	2125	Sara Barbosa	Individual	Senior Feminino	04:27:00	+01:35:48	14:03
26	2218	Célia Sousa	Invictus Oporto Team	Senior Feminino	04:27:00	+01:35:48	14:03
27	2242	Cristina Gonçalves	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	04:35:45	+01:44:33	14:31
28	2338	Mi Couto	Trail Running Clube Btt Sanguedo	Senior Feminino	04:35:46	+01:44:34	14:31
29	2032	Carla Alexandra Araújo Pereira	EDV-VIANA TRAIL	Senior Feminino	04:36:26	+01:45:14	14:33
30	2077	ana maria rodrigues	Individual	Senior Feminino	04:36:26	+01:45:14	14:33
31	2257	Carla Isabel Correia Sousa Santos	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Senior Feminino	04:36:32	+01:45:20	14:33
32	2110	Fátima Cardoso	Individual	Senior Feminino	04:37:18	+01:46:06	14:36
33	2098	Ângela Maria de Jesus Mendes	Individual	Senior Feminino	04:39:29	+01:48:17	14:43
34	2230	Rita Araújo	keepmoving	Senior Feminino	04:43:58	+01:52:46	14:57
35	2241	Ana Oliveira	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	04:45:57	+01:54:45	15:03
36	2105	Cláudia Leitaõ	Individual	Senior Feminino	04:48:18	+01:57:06	15:10
37	2337	Sílvia Teixeira	Team DUAS FACES	Senior Feminino	04:48:31	+01:57:19	15:11



Soft Run 19K

19 KM

OFFICIAL RESULT

**R**  
REVISED

38	2107	Diana Coelho	Individual	Senior Feminino	04:49:49	+01:58:37	15:15
39	2059	Ana Flores	Fitspot - Parque Nascente	Senior Feminino	04:53:06	+02:01:54	15:26
40	2266	Carla Pereira	Nós	Senior Feminino	04:59:40	+02:08:28	15:46
41	2217	Ivone Catia Martins Rocha	Invicta Runners Team	Senior Feminino	05:06:13	+02:15:01	16:07
42	1087	Andreia Muxagato	EQUIPA JOAO FERREIRA	Senior Feminino	05:06:14	+02:15:02	16:07
43	2036	Teresa Capelo	EQUIPA JOAO FERREIRA	Senior Feminino	05:06:22	+02:15:10	16:07
44	2101	Carina Silva	Individual	Senior Feminino	05:11:07	+02:19:55	16:22
45	2250	Eunice Coelho	MARCO TRAIL	Senior Feminino	05:12:31	+02:21:19	16:27
46	2249	Andrea Vieira	MARCO TRAIL	Senior Feminino	05:12:31	+02:21:19	16:27
47	2111	Filipa Gonçalves	Individual	Senior Feminino	05:16:55	+02:25:43	16:41
48	2015	Carla Barbosa	As Belas e Eles	Senior Feminino	05:18:45	+02:27:33	16:47
49	2113	Isabel Patricia da Silva Barbosa	Individual	Senior Feminino	05:19:52	+02:28:40	16:50
50	2227	Ana Umbelino	Juventude Vidigalense	Senior Feminino	05:23:26	+02:32:14	17:01
51	2306	Lígia Freitas	PT JRSOUSA TEAM	Senior Feminino	05:23:29	+02:32:17	17:02
52	2122	Patricia Gonçalves	Individual	Senior Feminino	05:24:19	+02:33:07	17:04
53	2100	Araci Queiroga	Individual	Senior Feminino	05:29:05	+02:37:53	17:19
54	2114	Isabel Queiroga	Individual	Senior Feminino	05:30:50	+02:39:38	17:25
55	2096	Ana Cristina araujo da Cunha	Individual	Senior Feminino	05:30:52	+02:39:40	17:25
56	2121	Marta Regina Queirós Couto	Individual	Senior Feminino	05:30:53	+02:39:41	17:25
57	2026	Tania Filipa Gomes Magalhães	CFIT	Senior Feminino	05:30:54	+02:39:42	17:25
58	2095	Ana Arriscado	Individual	Senior Feminino	05:31:10	+02:39:58	17:26
59	2108	Dulce Almeida	Individual	Senior Feminino	05:31:47	+02:40:35	17:28
60	1089	Isabel Aguiar	EQUIPA JOAO FERREIRA	Senior Feminino	05:34:43	+02:43:31	17:37
61	2109	Elisabete Susana da Silbva Monteiro	Individual	Senior Feminino	05:39:42	+02:48:30	17:53
62	2349	Ana Cláudia Sereno	vimarunners	Senior Feminino	05:39:50	+02:48:38	17:53
63	2295	Sofia Canez	Pernetas	Senior Feminino	05:47:24	+02:56:12	18:17
64	2293	Catarina Alexandra Pinto Nogueira	Pernetas	Senior Feminino	05:47:24	+02:56:12	18:17
65	2292	Ana Canez	Pernetas	Senior Feminino	05:47:25	+02:56:13	18:17
66	2103	Catarina Caprichoso Carvalho	Individual	Senior Feminino	05:48:11	+02:56:59	18:20
67	2128	Sonia Cardoso	Individual	Senior Feminino	05:48:21	+02:57:09	18:20
68	2307	Susana Marinho	PT JRSOUSA TEAM	Senior Feminino	05:48:32	+02:57:20	18:21
69	2243	Daniela Silva	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	06:16:18	+03:25:06	19:48
70	517	Ana Sousa	BUDEGUITA RUNNERS	Senior Feminino	06:28:44	+03:37:32	20:28
71	2097	Ana Sá	Individual	Senior Feminino	06:39:09	+03:47:57	21:00
72	1049	Isabel Ferreira	BUDEGUITA RUNNERS	Senior Feminino	06:42:50	+03:51:38	21:12
73	2115	Julliane Cristina	Individual	Senior Feminino	06:46:10	+03:54:58	21:23
74	2055	mafalda gomes	FitMafia	Senior Feminino	06:51:17	+04:00:05	21:39
75	2327	Renata Costa	tá muito lento	Senior Feminino	06:52:09	+04:00:57	21:42
76	2120	Marta Liliana Duarte Carvalho	Individual	Senior Feminino	06:52:26	+04:01:14	21:42
77	2345	Carla Leal	Uh Lá Lá	Senior Feminino	06:52:28	+04:01:16	21:43
78	2102	Carla Brinco	Individual	Senior Feminino	06:52:31	+04:01:19	21:43
79	2329	Sofia Valente	tá muito lento	Senior Feminino	07:05:40	+04:14:28	22:24
80	2289	Paula Jesus	os poderosos	Senior Feminino	07:16:56	+04:25:44	23:00

## Soft Run 19K

## 19 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

## OFFICIAL RESULT



## Senior Masculino

1	2258	José António Rodrigues Sequeira	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Senior Masculino	02:25:38		07:40
2	2279	Filipe Carneiro	Oralklass-Amigos do Trail	Senior Masculino	02:30:47	+05:09	07:56
3	1288	Fernando Taborda	Oralklass-Amigos do Trail	Senior Masculino	02:32:43	+07:05	08:02
4	2063	Adão Paulo Teixeira Monteiro	Fridão Sem Limites	Senior Masculino	02:51:12	+25:34	09:01
5	2252	Nuno Rafael Ribeiro Rodrigues	Minions	Senior Masculino	02:54:51	+29:13	09:12
6	2281	José Neto	Oralklass-Amigos do Trail	Senior Masculino	02:58:36	+32:58	09:24
7	2005	Miguel Oliveira	A.D Sebolido Trail boneca D´ouro	Senior Masculino	03:02:15	+36:37	09:36
8	2270	Sergio Martins	Olimpico Vianense Trail/ND Sport	Senior Masculino	03:03:40	+38:02	09:40
9	2021	Minna Sillankorva	BUDEGUITA RUNNERS	Senior Masculino	03:06:40	+41:02	09:49
10	2166	Nuno Miguel Carvalho da Silva	Individual	Senior Masculino	03:08:14	+42:36	09:54
11	2280	Ivo Dias	Oralklass-Amigos do Trail	Senior Masculino	03:08:37	+42:59	09:56
12	2072	João Barbosa	Global Trail	Senior Masculino	03:11:21	+45:43	10:04
13	2269	Gonçalo Freitas	Olimpico Vianense Trail/ND Sport	Senior Masculino	03:16:22	+50:44	10:20
14	2236	Miguel Alves	Leões de Tardariz Trail	Senior Masculino	03:16:22	+50:44	10:20
15	2135	Angelo Vaz	Individual	Senior Masculino	03:16:50	+51:12	10:22
16	2051	Nuno faria	Experienciar/Barceltécnica/Sportsonfire	Senior Masculino	03:19:49	+54:11	10:31
17	2172	Pedro Pereira	Individual	Senior Masculino	03:20:02	+54:24	10:32
18	2260	Pedro Sequeira	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Senior Masculino	03:20:02	+54:24	10:32
19	2232	Tiago Santos	LACRAUS	Senior Masculino	03:22:08	+56:30	10:38
20	2351	Helder Filipe Silva	ZindeGang	Senior Masculino	03:22:56	+57:18	10:41
21	2347	Pedro Cunha	VIDAATIVARUNNERS	Senior Masculino	03:25:20	+59:42	10:48
22	2153	Josué Alberto França Moreira	Individual	Senior Masculino	03:25:41	+01:00:03	10:50
23	2151	joel alexandre anastácio batista	Individual	Senior Masculino	03:27:18	+01:01:40	10:55
24	2041	Márcio Costa	EQUIPA JOAO FERREIRA	Senior Masculino	03:30:05	+01:04:27	11:03
25	2234	Hugo Moreira	Leões de Tardariz Trail	Senior Masculino	03:30:13	+01:04:35	11:04
26	2018	Daniel Barbosa	BTT Alegria / TUBANI	Senior Masculino	03:31:31	+01:05:53	11:08
27	2283	Mario Taborda	Oralklass-Amigos do Trail	Senior Masculino	03:33:31	+01:07:53	11:14
28	2009	Fábio Emanuel Vasconcelos da Silva	ADEFACEC	Senior Masculino	03:34:11	+01:08:33	11:16
29	2164	Miguel Santos	Individual	Senior Masculino	03:36:13	+01:10:35	11:23
30	2006	Pedro Vieira	A.D Sebolido Trail boneca D´ouro	Senior Masculino	03:40:48	+01:15:10	11:37
31	2007	Roberto Freitas	A.D Sebolido Trail boneca D´ouro	Senior Masculino	03:40:51	+01:15:13	11:37
32	2298	Vitor Manuel Oliveira Coelho	Pernetas	Senior Masculino	03:41:02	+01:15:24	11:38
33	2343	Daniel Costa	trilha dos runners	Senior Masculino	03:41:33	+01:15:55	11:40
34	2235	José Santos	Leões de Tardariz Trail	Senior Masculino	03:42:56	+01:17:18	11:44
35	2144	FRANCISCO PACHECO	Individual	Senior Masculino	03:46:21	+01:20:43	11:55
36	2334	Fernando Meireles	Taylor's	Senior Masculino	03:47:36	+01:21:58	11:59
37	2033	BRUNO SOUSA	ele e ela	Senior Masculino	03:55:00	+01:29:22	12:22
38	2004	Isaque Silva	A.D Sebolido Trail boneca D´ouro	Senior Masculino	04:00:33	+01:34:55	12:40
39	2181	Tiago Guedes	Individual	Senior Masculino	04:00:51	+01:35:13	12:41
40	2043	Pedro Meireles	EQUIPA JOAO FERREIRA	Senior Masculino	04:01:29	+01:35:51	12:43
41	2092	Tiago Sampaio	GTT-Armazém do Caffè	Senior Masculino	04:01:58	+01:36:20	12:44
42	2154	Julio do Monte Escriveas	Individual	Senior Masculino	04:02:35	+01:36:57	12:46

**Soft Run 19K**

**19 KM**



**OFFICIAL RESULT**

43	2039	João Ferreira	EQUIPA JOAO FERREIRA	Senior Masculino	04:02:40	+01:37:02	12:46
44	2003	Fabio Correia	A.D Sebolido Trail boneca D'ouro	Senior Masculino	04:03:51	+01:38:13	12:50
45	2297	José António R Sousa	Pernetas	Senior Masculino	04:04:31	+01:38:53	12:52
46	2259	Miguel Xavier Cunha Fernandes	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Senior Masculino	04:05:23	+01:39:45	12:55
47	2174	Ricardo Brito	Individual	Senior Masculino	04:07:15	+01:41:37	13:01
48	2134	André Montenegro Ferreira	Individual	Senior Masculino	04:07:35	+01:41:57	13:02
49	2318	Luís Loureiro	S. S. Montepio	Senior Masculino	04:08:26	+01:42:48	13:05
50	2317	Hugo Silva	S. S. Montepio	Senior Masculino	04:08:26	+01:42:48	13:05
51	2028	Hugo Freixo	Clube Zupper	Senior Masculino	04:11:16	+01:45:38	13:13
52	2222	Marco Silva	Island Team	Senior Masculino	04:13:16	+01:47:38	13:20
53	2162	Mário Noronha	Individual	Senior Masculino	04:15:00	+01:49:22	13:25
54	2182	Vitor Daniel Ribeiro Pereira	Individual	Senior Masculino	04:15:01	+01:49:23	13:25
55	2161	Marco Paulo Sousa Ferreira	Individual	Senior Masculino	04:15:21	+01:49:43	13:26
56	2145	Helder Filipe da Costa Vieira	Individual	Senior Masculino	04:18:00	+01:52:22	13:35
57	2344	Tiago Silva	trilha dos runners	Senior Masculino	04:18:10	+01:52:32	13:35
58	2165	Nelson Pedro da Rocha carvalho	Individual	Senior Masculino	04:18:30	+01:52:52	13:36
59	2342	Bruno Andrade	Trailgloditas	Senior Masculino	04:19:33	+01:53:55	13:40
60	2245	Filipe Pereira	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	04:20:00	+01:54:22	13:41
61	2219	Jorge Lima	Invictus Oporto Team	Senior Masculino	04:23:39	+01:58:01	13:53
62	2140	Carlos Alberto Soares Moreira	Individual	Senior Masculino	04:23:44	+01:58:06	13:53
63	2316	Rui Fernandes	Runners do Demo	Senior Masculino	04:25:33	+01:59:55	13:59
64	2064	Filipe Reis Pinheiro	Fridão Sem Limites	Senior Masculino	04:26:58	+02:01:20	14:03
65	2177	Ricardo Teixeira	Individual	Senior Masculino	04:28:22	+02:02:44	14:07
66	2148	João Baltazar	Individual	Senior Masculino	04:28:23	+02:02:45	14:08
67	2179	Rui Correia	Individual	Senior Masculino	04:29:44	+02:04:06	14:12
68	2143	Fernando Miguel Quadrado Bolota Fonseca	Individual	Senior Masculino	04:29:56	+02:04:18	14:12
69	2090	João Laranjeira	GTT-Armazém do Caffè	Senior Masculino	04:35:45	+02:10:07	14:31
70	2091	Tiago Sá	GTT-Armazém do Caffè	Senior Masculino	04:35:45	+02:10:07	14:31
71	2138	Bruno Emanuel Moreira	Individual	Senior Masculino	04:36:26	+02:10:48	14:33
72	2261	Tiago Figueiredo	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Senior Masculino	04:36:33	+02:10:55	14:33
73	2224	João Martins	JJDT	Senior Masculino	04:39:55	+02:14:17	14:44
74	2155	Leandro Costa	Individual	Senior Masculino	04:39:55	+02:14:17	14:44
75	2089	Flávio Ortins	GTT-Armazém do Caffè	Senior Masculino	04:45:30	+02:19:52	15:02
76	1177	Moisés Esteves	Individual	Senior Masculino	04:45:45	+02:20:07	15:02
77	2246	Pedro Bernardes	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	04:45:57	+02:20:19	15:03
78	1163	Helder Ferreira	Individual	Senior Masculino	04:47:05	+02:21:27	15:07
79	2173	Pedro Varanda	Individual	Senior Masculino	04:49:49	+02:24:11	15:15
80	1194	Sérgio Brochado	Individual	Senior Masculino	04:59:40	+02:34:02	15:46
81	2146	henrique teixeira	Individual	Senior Masculino	05:02:30	+02:36:52	15:55
82	2167	Nuno Oliveira	Individual	Senior Masculino	05:05:52	+02:40:14	16:06
83	2225	João Tiago Lopes	JJDT	Senior Masculino	05:06:03	+02:40:25	16:06
84	2226	Tiago Dias Nunoos	JJDT	Senior Masculino	05:06:03	+02:40:25	16:06
85	2314	Pedro Resende	Recos	Senior Masculino	05:11:54	+02:46:16	16:25





**Soft Run 19K**

**19 KM**

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**OFFICIAL RESULT**

33	2263	Fernando Monteiro	Moreira Relax Runners	Veterano M40	05:01:59	+02:31:12	15:54
34	2076	Sérgio Silva	Global Trail	Veterano M40	05:21:43	+02:50:56	16:56
35	2303	Rui carvalho	Pernetas	Veterano M40	05:23:21	+02:52:34	17:01
36	2353	VICTOR HUGO DA SILVA RODRIGUES	ZUPPER	Veterano M40	05:34:22	+03:03:35	17:36
37	2291	Paulo cunha	Patás Negras	Veterano M40	06:03:12	+03:32:25	19:07
38	2210	Pedro Pereira	Individual	Veterano M40	06:19:26	+03:48:39	19:58
39	2208	Nuno Peralta	Individual	Veterano M40	06:19:26	+03:48:39	19:58
40	1051	Helder Sousa	BUDEGUITA RUNNERS	Veterano M40	06:42:56	+04:12:09	21:12

**Veterano M50**

1	2068	Alfredo Pinheiro	Fridão Sem Limites	Veterano M50	02:37:25		08:17
2	2273	Leandro Freitas	Olimpico Vianense Trail/ND Sport	Veterano M50	03:29:49	+52:24	11:03
3	2239	António Pinto	Leões de Tardariz Trail	Veterano M50	03:39:10	+01:01:45	11:32
4	2215	Pedro Manuel Mieiro Vidinha Carneiro	Individual	Veterano M50	03:42:20	+01:04:55	11:42
5	2240	Joaquim Leite	Leões de Tardariz Trail	Veterano M50	03:52:45	+01:15:20	12:15
6	2216	Vitor Almeida	Individual	Veterano M50	04:01:30	+01:24:05	12:43
7	2323	Fernando Carvalho	S. S. Montepio	Veterano M50	04:05:26	+01:28:01	12:55
8	2071	Durbalino Ferreira	Ginasio Fit4Fun	Veterano M50	04:08:23	+01:30:58	13:04
9	2214	Carlos Almeid	Individual	Veterano M50	04:18:28	+01:41:03	13:36
10	2212	Alvaro da Silva Reis	Individual	Veterano M50	04:51:09	+02:13:44	15:19
11	2315	Carlos Viamonte	Recos	Veterano M50	05:11:54	+02:34:29	16:25
12	2341	Fernando Correia	Trail Running Clube Btt Sanguedo	Veterano M50	05:48:11	+03:10:46	18:20
13	2229	Carlos Manuel Conceição Ferraz	Juventude Vidigalense	Veterano M50	06:13:41	+03:36:16	19:40
14	2288	Antonio Macedo	os caga tacos running team	Veterano M50	06:15:46	+03:38:21	19:47
15	2213	António Carmo	Individual	Veterano M50	06:25:46	+03:48:21	20:18

**COLETIVA GERAL - 19K**

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

RANK	TEAM	DESCRIPTION	POINTS
1	Oraklass-Amigos do Trail	2 + 3 + 4	9
2	Fridão Sem Limites	5 + 6 + 8	19
3	Olimpico Vianense Trail/ND Sport	14 + 21 + 22	57
4	Leões de Tardariz Trail	23 + 41 + 57	121
5	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	1 + 27 + 93	121
6	BTT Alegria / TUBANI	35 + 43 + 52	130
7	A.D Sebolido Trail boneca D'ouro	13 + 58 + 59	130
8	Global Trail	19 + 20 + 113	152
9	GONDOMAR FUTSAL CLUBE	38 + 48 + 81	167
10	EQUIPA JOAO FERREIRA	40 + 79 + 87	206
11	Pernetas	54 + 60 + 92	206
12	S. S. Montepio	42 + 94 + 99	235
13	Moinhos Run ADRM	29 + 103 + 104	236
14	Invictus Oporto Team	18 + 127 + 134	279
15	PT JRSOUSA TEAM	101 + 102 + 135	338
16	BUDEGUITA RUNNERS	15 + 85 + 248	348
17	GTT-Armazém do Caffè	82 + 142 + 144	368
18	Trail Running Clube Btt Sanguedo	73 + 145 + 179	397
19	LION RUNNERS - G. D. LEÕES DA GUARDA	125 + 143 + 161	429
20	As Belas e Eles	45 + 187 + 197	429
21	JJDT	155 + 180 + 181	516
22	Juventude Vidigalense	202 + 236 + 237	675
23	FitMafia	167 + 258 + 259	684
24	tá muito lento	250 + 260 + 264	774

## UTDP 2016 PENALIZAÇÕES

Dorsal	Atleta	Penalização	Tempo Penalização
59	Sergio Moreira	Manta Termica	01:00:00
501	João Martins	Manta Termica	01:00:00
514	Roberto Teixeira Correia	Apito	00:03:00
521	Rui Airosa	Manta Termica	01:00:00
522	Tiago Amorim	Manta Termica	01:00:00
524	Jorge Manuel de Jesus Maia	Apito	00:03:00
558	Manuel Cunha Lima	Manta Termica	01:00:00
558	Manuel Cunha Lima	Apito	00:03:00
575	Angelo Pinho	Apito	00:03:00
586	Armanda Barroso	Manta Termica	01:00:00
601	Clemente Pinto	Manta Termica	01:00:00
609	HELDER VIEIRA	Apito	00:03:00
611	HUGO FERREIRA	Apito	00:03:00
618	lino pinto	Apito	00:03:00
643	Fátima Manuela Gomes Alendouro	Apito	00:03:00
652	Avelino Pereira de Sousa	Apito	00:03:00
658	Francisco Pinheiro	Telemóvel	01:00:00
672	Nuno Salazar Ferreira	Manta Termica	01:00:00
692	Esmeralda Souto	Manta Termica	01:00:00
694	carlos tadea	Manta Termica	01:00:00
703	Fernando Sampaio	Manta Termica	01:00:00
720	Fernanda Pinho	Manta Termica	01:00:00
720	Fernanda Pinho	Apito	00:03:00
723	Jorge Rocha	Manta Termica	01:00:00
723	Jorge Rocha	Apito	00:03:00
723	Jorge Rocha	Copo	00:03:00
723	Jorge Rocha	Agua	00:30:00
724	Maria Noemia Rolla	Apito	00:03:00
737	José Ferreira	Apito	00:03:00
741	Paula Lage	Apito	00:03:00
760	David Pinto	Telemóvel	01:00:00
760	David Pinto	Manta Termica	01:00:00
760	David Pinto	Apito	00:03:00
762	Cláudia Nunes	Apito	00:03:00