

**ULTRA TRAIL - STAGE 1**

**53 KM**

R  
REVISED

**OFFICIAL RESULT**

	Time	Temperature	Humidity
Start	08:00	-99°C	-99%
End	20:36	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1	DAVID LOPEZ CASTAN	individual	Senior Masculino	05:46:47		06:33
2	15	Bruno Miguel Rodrigues Moreira	amigos do pedal trailagares	Senior Masculino	06:02:05	+15:18	06:50
3	16	Leonel Rodrigues da cunha	amigos do pedal trailagares	Senior Masculino	06:22:43	+35:55	07:13
4	42	Joaquim Manuel Martins de Freitas	gdr-retorta	Veterano M40	06:29:20	+42:32	07:21
5	31	stephane simoes	edv - viana trail	Veterano M40	07:03:07	+01:16:20	07:59
6	40	fernando lago castro	galiza trail team	Veterano M40	07:05:54	+01:19:07	08:02
7	63	Ricardo Monteiro	individual	Senior Masculino	07:10:00	+01:23:12	08:07
8	41	gonzalo comesaña estevez	galiza trail team	Veterano M40	07:10:00	+01:23:12	08:07
9	17	Amadeu Teixeira	amigos do pedal trailagares	Veterano M40	07:28:26	+01:41:39	08:28
10	120	Alex Tondela	sport clube beira-mar	Veterano M40	07:28:27	+01:41:39	08:28
11	30	sergio ramos	edv - viana trail	Senior Masculino	07:37:21	+01:50:34	08:38
12	20	ROGERIO NUNO FERRAZ MACHADO	brigada do trail running	Senior Masculino	07:47:16	+02:00:28	08:49
13	81	Joaquim Pinheiro	individual	Veterano M40	07:47:56	+02:01:09	08:50
14	18	Maria Augusta Da Costa Loureiro	associação desportiva de cabroelo	Veterana F40	07:49:31	+02:02:43	08:52
15	74	Domingos Jorge Costa Gomes	individual	Veterano M40	07:56:34	+02:09:47	09:00
16	75	Ezequiel Fernandes	vidaativarunners	Veterano M40	08:03:17	+02:16:29	09:07
17	61	paulo jorge reis filipe Filipe	individual	Senior Masculino	08:04:48	+02:18:00	09:09
18	86	PABLO CASAL NÚÑEZ	individual	Veterano M40	08:08:41	+02:21:54	09:13
19	117	Fernando costa	pernetas	Veterano M40	08:29:54	+02:43:06	09:37
20	29	pedro caldas	edv - viana trail	Senior Masculino	08:32:41	+02:45:53	09:40
21	126	Jose Martín Fontán Arnejo	individual	Senior Masculino	08:45:54	+02:59:06	09:55
22	124	Pedro Cunha	vidaativarunners	Senior Masculino	08:46:48	+03:00:01	09:56
23	76	Francisco Pinheiro	individual	Veterano M40	08:48:04	+03:01:17	09:58
24	118	Hugo Costa	rainha club	Senior Masculino	08:48:05	+03:01:18	09:58
25	37	bernardo carrera giraldez	galiza trail team	Senior Masculino	08:48:39	+03:01:51	09:58
26	38	israel castro martinez	galiza trail team	Senior Masculino	08:48:39	+03:01:52	09:58
27	22	Alexandre Dos Santos	c.a.s.p.a.	Senior Masculino	08:51:17	+03:04:30	10:01
28	123	Carlos Manuel Gonçalves Reis	vidaativarunners	Senior Masculino	08:53:11	+03:06:24	10:04
29	98	José Lopes	not run alone	Veterano M40	09:06:10	+03:19:23	10:18
30	65	Sérgio Leandro de Bessa Moreira	individual	Senior Masculino	09:06:39	+03:19:52	10:19
31	83	Luis Miguel Bessa Pinto	individual	Veterano M40	09:06:39	+03:19:52	10:19
32	97	Pedro Barbosa	not run alone	Senior Masculino	09:08:04	+03:21:17	10:20
33	96	Bruno Jonas	not run alone	Senior Masculino	09:08:40	+03:21:52	10:21
34	25	Américo Manuel Graça Gomes	clube atletismo de lamas	Veterano M40	09:28:13	+03:41:26	10:43
35	84	Luis Miguel Mendes Sá	individual	Veterano M40	09:32:21	+03:45:34	10:48
36	104	Rui Teixeira Pinto	os falta d'ar	Senior Masculino	09:33:13	+03:46:26	10:49
37	106	Carlos Fazendeiro	os falta d'ar	Veterano M40	09:33:14	+03:46:26	10:49
38	94	Fernando Almeida	nocturnos de paredes	Veterano M40	09:33:18	+03:46:30	10:49
39	73	CARLOS FONSECA	individual	Veterano M40	09:35:41	+03:48:54	10:52
40	102	paulo marques	os caga tacos running team	Veterano M40	09:35:52	+03:49:04	10:52
41	95	Jose Gomes	nocturnos de paredes	Veterano M40	09:40:02	+03:53:14	10:57







## Ultra Trail

**53 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

**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

33	88	Rui Madureira	Marco Runners	Senior Masculino	10:54:46	+05:07:58	12:21
34	58	José Pedro de Sousa Dias	Individual	Senior Masculino	11:04:11	+05:17:23	12:32
35	47	André cavadas	Individual	Senior Masculino	11:05:12	+05:18:24	12:33
36	32	Gil Ferreira da Silva	EU+ Run	Senior Masculino	11:12:47	+05:25:59	12:42
37	52	Daniel Fernandes	Individual	Senior Masculino	11:14:03	+05:27:15	12:43
38	92	Renato Pinto	NOCTURNOS DE PAREDES	Senior Masculino	11:39:55	+05:53:07	13:12

## Veterana F40

1	18	Maria Augusta Da Costa Loureiro	Associação Desportiva de Cabroelo	Veterana F40	07:49:31		08:52
2	70	Suzana Andrade	Individual	Veterana F40	10:00:37	+02:11:06	11:20
3	69	Patrícia Nunes	Individual	Veterana F40	11:04:52	+03:15:21	12:33

## Veterano M40

1	42	Joaquim Manuel Martins de Freitas	GDR-Retorta	Veterano M40	06:29:20		07:21
2	31	stephane simoes	EDV - Viana Trail	Veterano M40	07:03:08	+33:48	07:59
3	40	fernando lago castro	galiza trail team	Veterano M40	07:05:55	+36:35	08:02
4	41	gonzalo comesaña estevez	galiza trail team	Veterano M40	07:10:00	+40:40	08:07
5	17	Amadeu Teixeira	AMIGOS DO PEDAL TRILAGARES	Veterano M40	07:28:27	+59:07	08:28
6	120	Alex Tondela	Sport Clube Beira-Mar	Veterano M40	07:28:27	+59:07	08:28
7	81	Joaquim Pinheiro	Individual	Veterano M40	07:47:57	+01:18:37	08:50
8	74	Domingos Jorge Costa Gomes	Individual	Veterano M40	07:56:35	+01:27:15	09:00
9	75	Ezequiel Fernandes	VIDAATIVARUNNERS	Veterano M40	08:03:17	+01:33:57	09:07
10	86	PABLO CASAL NÚÑEZ	Individual	Veterano M40	08:08:42	+01:39:22	09:13
11	117	Fernando costa	Pernetas	Veterano M40	08:29:54	+02:00:34	09:37
12	76	Francisco Pinheiro	Individual	Veterano M40	08:48:05	+02:18:45	09:58
13	98	José Lopes	Not Run Alone	Veterano M40	09:06:11	+02:36:51	10:18
14	83	Luis Miguel Bessa Pinto	Individual	Veterano M40	09:06:40	+02:37:20	10:19
15	25	Américo Manuel Graça Gomes	CLUBE ATLETISMO DE LAMAS	Veterano M40	09:28:14	+02:58:54	10:43
16	84	Luís Miguel Mendes Sá	Individual	Veterano M40	09:32:22	+03:03:02	10:48
17	106	Carlos Fazendeiro	Os Falta D'Ar	Veterano M40	09:33:14	+03:03:54	10:49
18	94	Fernando Almeida	NOCTURNOS DE PAREDES	Veterano M40	09:33:18	+03:03:58	10:49
19	73	CARLOS FONSECA	Individual	Veterano M40	09:35:42	+03:06:22	10:52
20	102	paulo marques	os caga tacos running team	Veterano M40	09:35:52	+03:06:32	10:52
21	95	Jose Gomes	NOCTURNOS DE PAREDES	Veterano M40	09:40:02	+03:10:42	10:57
22	77	Gil Barros Rodrigues Silva Oliveira	Individual	Veterano M40	09:47:16	+03:17:56	11:05
23	19	António Loureiro	AUTISTIC.RUNNERS	Veterano M40	09:47:36	+03:18:16	11:05
24	39	eduardo goy gomez	galiza trail team	Veterano M40	09:47:37	+03:18:17	11:05
25	80	Joaquim Dias	Individual	Veterano M40	09:52:13	+03:22:53	11:10
26	115	Vitor Andrade	PAREDES AVENTURA	Veterano M40	10:07:17	+03:37:57	11:27
27	111	Fernando Salvador	PAREDES AVENTURA	Veterano M40	10:07:17	+03:37:57	11:27
28	23	Ângelo Pereira	CENTRO CICLISTA DE GONDOMAR	Veterano M40	10:07:18	+03:37:58	11:28









**TRAIL LONGO - STAGE 1**

**33 KM**

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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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	253	antonio pereira	clube praças da armada	Veterano M40	04:16:34	+01:18:52	07:47
42	552	Marco Barbosa	sweet runners	Senior Masculino	04:17:32	+01:19:49	07:48
43	416	Henrique Santos	individual	Veterano M40	04:17:34	+01:19:51	07:48
44	480	Carlos Ferreira	lusos xxi	Veterano M40	04:18:25	+01:20:42	07:50
45	472	Hugo Ribeiro	limitless	Senior Masculino	04:18:34	+01:20:52	07:50
46	333	Inacio Ribeiro	individual	Senior Masculino	04:23:26	+01:25:44	07:59
47	236	Horacio Ferr	arsm. associação recreativa s. miguel	Veterano M40	04:23:26	+01:25:44	07:59
48	265	Filipe de Oliveira	edv - viana trail	Senior Masculino	04:24:26	+01:26:44	08:01
49	286	paulo jorge	gondomar futsal clube	Senior Masculino	04:25:36	+01:27:54	08:03
50	510	Nuno Sousa	oralklass-amigos do trail	Senior Masculino	04:26:08	+01:28:25	08:04
51	385	Rui Faria	individual	Senior Masculino	04:27:27	+01:29:44	08:06
52	296	Estela martins	individual	Senior Feminino	04:27:37	+01:29:54	08:07
53	240	Bruno Macieira	gondomar futsal clube	Senior Masculino	04:27:37	+01:29:54	08:07
54	402	António Manuel Almeida Santos	individual	Veterano M40	04:28:14	+01:30:32	08:08
55	576	Antonio Maria Moreira Gomes	cfrit	Veterano M40	04:28:26	+01:30:43	08:08
56	241	Helder Silva	bota&signa	Senior Masculino	04:30:06	+01:32:23	08:11
57	573	Filipe Lages	vimarunners	Veterano M40	04:30:29	+01:32:47	08:12
58	529	Jorge Bastos	pernetas	Senior Masculino	04:31:02	+01:33:19	08:13
59	325	Filipe Saraiva Fernandes	individual	Senior Masculino	04:31:05	+01:33:22	08:13
60	299	Lúcia Lourenço	individual	Senior Feminino	04:31:35	+01:33:52	08:14
61	287	Pedro Matos	gondomar futsal clube	Senior Masculino	04:33:02	+01:35:20	08:16
62	272	Rafael Almeida	fitspot - parque nascente	Senior Masculino	04:33:36	+01:35:54	08:17
63	276	Emídio Marques	frezite	Senior Masculino	04:36:30	+01:38:48	08:23
64	337	José Barroso	individual	Senior Masculino	04:37:37	+01:39:55	08:25
65	532	Agostinho torres	pernetas	Veterano M40	04:37:40	+01:39:57	08:25
66	451	vitor coelho	individual	Veterano M40	04:40:16	+01:42:33	08:30
67	215	Rui Teixeira	a.d sebolido trail boneca d'ouro	Senior Masculino	04:41:22	+01:43:39	08:32
68	268	Juliana Rodrigues	fitspot - parque nascente	Senior Feminino	04:41:39	+01:43:56	08:32
69	436	Paulo Guilherme Silva	individual	Veterano M40	04:43:35	+01:45:52	08:36
70	503	Rogerio Sousa	nocturnos de paredes	Senior Masculino	04:45:57	+01:48:14	08:40
71	382	Ricardo Manuel Azevedo Boucinha	individual	Senior Masculino	04:46:17	+01:48:34	08:41
72	308	Antonio Rocha	individual	Senior Masculino	04:46:17	+01:48:34	08:41
73	249	FERNANDO LOPES	cdc s. martinho da gândara	Veterano M40	04:46:45	+01:49:02	08:41
74	248	BRUNO BARGE	cdc s. martinho da gândara	Senior Masculino	04:46:45	+01:49:02	08:41
75	389	Simão Cardoso	individual	Senior Masculino	04:49:47	+01:52:04	08:47
76	361	Nuno Santos	individual	Senior Masculino	04:49:47	+01:52:05	08:47
77	415	helder rodrigues	individual	Veterano M40	04:50:05	+01:52:23	08:47
78	238	Rúben Cunha	befitness runners	Senior Masculino	04:50:26	+01:52:43	08:48
79	110	Carlos Natividade Silva	paredes aventura	Veterano M40	04:52:32	+01:54:50	08:52
80	108	Nélson Sousa	paredes aventura	Senior Masculino	04:52:33	+01:54:50	08:52
81	340	José Ferreira Costa	individual	Senior Masculino	04:52:43	+01:55:00	08:52
82	339	Jose Elvio Jesus	individual	Senior Masculino	04:52:54	+01:55:12	08:53
83	358	Nuno Filipe Cardoso Maia	individual	Senior Masculino	04:53:03	+01:55:20	08:53
84	291	JOAQUIM GABRIEL DA CRUZ DA SILVA	grupo desportivo da pesca	Veterano M40	04:53:13	+01:55:30	08:53
85	380	Ricardo Dias	individual	Senior Masculino	04:53:14	+01:55:31	08:53

TRAIL LONGO - STAGE 1

33 KM

**R**  
REVISED

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	448	rui pedro pena	individual	Veterano M40	04:54:21	+01:56:38	08:55
87	232	Ana Paula Soares Vieira	amigos do pedal trailagares	Senior Feminino	04:54:23	+01:56:40	08:55
88	216	Tiago Silva	a.d sebolido trail boneca d'ouro	Senior Masculino	04:56:29	+01:58:46	08:59
89	375	Pedro Rocha	individual	Senior Masculino	04:56:29	+01:58:46	08:59
90	271	Pedro	fitspot - parque nascente	Senior Masculino	04:58:06	+02:00:24	09:02
91	283	Cláudio André Oliveira Trigais	gondomar futsal clube	Senior Masculino	04:58:42	+02:00:59	09:03
92	371	Pedro França	individual	Senior Masculino	04:58:49	+02:01:06	09:03
93	435	Paulo Brás	individual	Veterano M40	05:01:58	+02:04:15	09:09
94	489	Joana Rodrigues	moreira relax runners	Senior Feminino	05:02:26	+02:04:43	09:10
95	475	Diogo Ramalhão	lion runners - g. d. leões da guarda	Senior Masculino	05:04:41	+02:06:59	09:14
96	329	helder luis nunes pacheco	individual	Senior Masculino	05:07:42	+02:09:59	09:19
97	269	Bruno Sousa	fitspot - parque nascente	Senior Masculino	05:08:19	+02:10:36	09:21
98	322	Filipe Barbosa	individual	Senior Masculino	05:08:54	+02:11:12	09:22
99	406	Cândido Silva	individual	Veterano M40	05:10:16	+02:12:34	09:24
100	230	Goreti Correia	amigo	Veterana F40	05:10:40	+02:12:58	09:25
101	348	Luís Ferreira	individual	Senior Masculino	05:10:47	+02:13:05	09:25
102	226	José Madureira	amigo	Senior Masculino	05:11:04	+02:13:22	09:26
103	384	Rodrigo Oliveira	individual	Senior Masculino	05:11:46	+02:14:04	09:27
104	246	Ricardo Silva	ccd - renault, cacia	Senior Masculino	05:13:20	+02:15:38	09:30
105	566	Lucília Marlene Ferreira Silva	tecla 3 runners	Senior Feminino	05:14:02	+02:16:20	09:31
106	568	Hugo Sousa	tecla 3 runners	Senior Masculino	05:14:03	+02:16:20	09:31
107	113	Manuel Quelhas	paredes aventura	Veterano M40	05:14:34	+02:16:51	09:32
108	274	Jorge Monteiro	fitspot - parque nascente	Veterano M40	05:14:39	+02:16:57	09:32
109	499	Joaquim Manuel Andrade Santos	nast	Veterano M40	05:15:48	+02:18:06	09:34
110	522	André Ferreira	ozxtreme/gdcr	Senior Masculino	05:16:01	+02:18:18	09:35
111	368	pedro alexandre silva	individual	Senior Masculino	05:20:10	+02:22:27	09:42
112	250	Susana Lobo Santos	chegamos ao fim	Veterana F40	05:20:11	+02:22:28	09:42
113	418	João Manuel Santos Lopes Silva	individual	Veterano M40	05:20:51	+02:23:09	09:43
114	373	Pedro Manuel Nunes Martins	individual	Senior Masculino	05:21:14	+02:23:32	09:44
115	488	jorge pinheiro	monte dos amigos	Veterano M40	05:22:23	+02:24:40	09:46
116	554	Pedro Silva	sweet runners	Senior Masculino	05:22:45	+02:25:03	09:47
117	257	ANTONIO MIRANDA MIRANDA	correr por um sorriso - papelinf	Veterano M40	05:22:47	+02:25:04	09:47
118	395	Helena Gomes	individual	Veterana F40	05:22:47	+02:25:04	09:47
119	334	João António Coelho de Sousa	individual	Senior Masculino	05:23:25	+02:25:43	09:48
120	397	Paula Silva	individual	Veterana F40	05:24:36	+02:26:54	09:50
121	467	Maria da Luz Olivença	komokunomato	Veterana F40	05:24:36	+02:26:54	09:50
122	410	Fernando Santos	individual	Veterano M40	05:24:40	+02:26:57	09:50
123	504	Tiago Moreira	nocturnos de paredes	Senior Masculino	05:24:40	+02:26:58	09:50
124	421	José Carlos Saldanha	individual	Veterano M40	05:24:44	+02:27:01	09:50
125	263	Tiago Sousa	dr merino/ nutritfit	Senior Masculino	05:24:44	+02:27:01	09:50
126	414	Gil Pedrouços Boxe	individual	Veterano M40	05:25:37	+02:27:55	09:52
127	528	Afonso Bonifácio	pernetas	Senior Masculino	05:26:12	+02:28:29	09:53
128	305	Alvaro Rivera Santamaria	individual	Senior Masculino	05:28:17	+02:30:34	09:57
129	476	Fernando Antonio Silva Sampaio	lion runners - g. d. leões da guarda	Senior Masculino	05:28:54	+02:31:11	09:58
130	262	Gisela Maria da Silva Pereira	desnível positivo	Veterana F40	05:29:50	+02:32:08	10:00
131	477	Pedro Gaio	lion runners - g. d. leões da guarda	Senior Masculino	05:29:54	+02:32:11	10:00

TRAIL LONGO - STAGE 1

33 KM

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	431	Nuno Filipe Carvalho	individual	Veterano M40	05:30:24	+02:32:42	10:01
133	350	Luís Miguel Babo da Silva	individual	Senior Masculino	05:31:37	+02:33:54	10:03
134	470	Helder Silva	la zinco	Senior Masculino	05:31:47	+02:34:04	10:03
135	531	Susana canhola	pernetas	Veterana F40	05:32:51	+02:35:08	10:05
136	530	Vitor Silva	pernetas	Senior Masculino	05:32:51	+02:35:08	10:05
137	430	Miguel Moura	individual	Veterano M40	05:33:07	+02:35:25	10:06
138	330	Helder Parracho	individual	Senior Masculino	05:33:32	+02:35:49	10:06
139	446	Pedro Pereira Santos	individual	Veterano M40	05:34:20	+02:36:38	10:08
140	574	jose miguel casal cardoso neves	voleibol runners	Veterano M40	05:35:57	+02:38:14	10:11
141	347	Lourenço Emanuel Carvalho Pinto Teixeira	individual	Senior Masculino	05:36:05	+02:38:23	10:11
142	311	Bruno Cunha	individual	Senior Masculino	05:36:06	+02:38:23	10:11
143	469	Joana Paiva	la zinco	Senior Feminino	05:36:17	+02:38:35	10:11
144	525	Pedro Pratas	paredes aventura	Veterano M40	05:37:37	+02:39:54	10:14
145	437	Paulo Jorge da Silva Costa	individual	Veterano M40	05:37:37	+02:39:55	10:14
146	426	Manuel Faria Sampaio	individual	Veterano M40	05:38:17	+02:40:34	10:15
147	211	camilo Muñoz Rodriguez	+c@rreiros	Veterano M40	05:38:56	+02:41:14	10:16
148	465	Daniel Pinto	komokonumato	Senior Masculino	05:39:47	+02:42:05	10:18
149	335	João Pedro Cruz	individual	Senior Masculino	05:39:50	+02:42:07	10:18
150	527	Miguel Morais	perdi o táxi	Veterano M40	05:40:21	+02:42:39	10:19
151	217	Tiago Sousa	a.d sebolido trail boneca d'ouro	Senior Masculino	05:40:43	+02:43:01	10:20
152	468	Agostinho Sousa	kunalama runners	Veterano M40	05:40:55	+02:43:13	10:20
153	332	Hugo Leite	individual	Senior Masculino	05:40:56	+02:43:14	10:20
154	300	Mariana Machado Ballester	individual	Senior Feminino	05:40:57	+02:43:15	10:20
155	439	Paulo Macedo	individual	Veterano M40	05:41:44	+02:44:01	10:21
156	501	Antonio Brito	nocturnos de paredes	Senior Masculino	05:42:17	+02:44:34	10:22
157	544	JOAO CARDOSO	s. s. montepio	Veterano M40	05:42:54	+02:45:12	10:23
158	545	JOSE COSTA	s. s. montepio	Veterano M40	05:43:25	+02:45:42	10:24
159	419	JORGE PACHEOC	individual	Veterano M40	05:44:33	+02:46:50	10:26
160	515	rui assunção	os caga tacos running team	Senior Masculino	05:45:25	+02:47:43	10:28
161	514	paulo osorio	os caga tacos running team	Senior Masculino	05:45:25	+02:47:43	10:28
162	542	HUGO LOPES	s. s. montepio	Senior Masculino	05:45:33	+02:47:50	10:28
163	478	Maria Ricardo	lion runners - g. d. leões da guarda	Veterana F40	05:46:39	+02:48:57	10:30
164	429	Miguel Amado	individual	Veterano M40	05:47:23	+02:49:40	10:32
165	494	Helder Fernando Vieira Azevedo	nast	Senior Masculino	05:50:57	+02:53:14	10:38
166	495	Ana Carolina Lopes Ferreira	nast	Veterana F40	05:50:57	+02:53:15	10:38
167	319	Daniel Silva Pereira	individual	Senior Masculino	05:53:59	+02:56:17	10:44
168	342	José Luís Pinto	individual	Senior Masculino	05:54:03	+02:56:20	10:44
169	392	Adelaide Cunha de Sousa	individual	Veterana F40	05:54:25	+02:56:42	10:44
170	479	Antonio Rbeiro	lusitanusteam	Veterano M40	05:54:25	+02:56:42	10:44
171	349	Luís Filipe Neves Magalhaes	individual	Senior Masculino	05:54:26	+02:56:44	10:44
172	365	Paulo Marques	individual	Senior Masculino	05:55:00	+02:57:17	10:45
173	396	Lenita Lemos	individual	Veterana F40	05:55:00	+02:57:18	10:45
174	567	Alexandre Soares	tecla 3 runners	Senior Masculino	05:55:14	+02:57:32	10:46
175	401	Albino Campos	individual	Veterano M40	05:56:01	+02:58:19	10:47
176	425	Luis Miguel Lucas	individual	Veterano M40	05:56:02	+02:58:19	10:47



**TRAIL LONGO - STAGE 1**
**33 KM**
**OFFICIAL RESULT**
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 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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
222	408	DAVID JORGE GARCEZ ANTUNRS	individual	Veterano M40	06:15:33	+03:17:50	11:23
223	304	Albino Pinto	individual	Senior Masculino	06:19:18	+03:21:35	11:30
224	458	Rui Miguel Marques Claro	juventude cortegacense	Senior Masculino	06:20:04	+03:22:22	11:31
225	309	bruno andret ribeiro da silva	individual	Senior Masculino	06:21:15	+03:23:32	11:33
226	534	MANUELA FARIA	portocargo	Veterana F40	06:21:48	+03:24:06	11:34
227	247	Carlos Santos	ccd - renault, caccia	Veterano M40	06:21:49	+03:24:07	11:34
228	326	Francisco Gonçalves	individual	Senior Masculino	06:21:49	+03:24:07	11:34
229	374	Pedro Nuno Ramos Dinis	individual	Senior Masculino	06:21:50	+03:24:07	11:34
230	549	Filipe Abreu	sweet runners	Senior Masculino	06:23:44	+03:26:01	11:38
231	381	Ricardo Filipe Pereira Peixoto	individual	Senior Masculino	06:25:01	+03:27:19	11:40
232	369	Pedro Arlindo Vieira Madureira	individual	Senior Masculino	06:25:02	+03:27:19	11:40
233	351	Márcio Filipe de Sousa Coelho	individual	Senior Masculino	06:25:41	+03:27:58	11:41
234	355	Nelson Silva	individual	Senior Masculino	06:25:59	+03:28:16	11:42
235	357	Nuno de Oliveira	individual	Senior Masculino	06:26:46	+03:29:04	11:43
236	289	Paulo Gama	gondomar futsal clube	Veterano M40	06:26:47	+03:29:04	11:43
237	223	Bruno Monteiro	all about	Senior Masculino	06:26:48	+03:29:05	11:43
238	572	Gonçalo Oliveira	vilar rt	Senior Masculino	06:27:54	+03:30:12	11:45
239	440	Paulo Martins	individual	Veterano M40	06:28:01	+03:30:18	11:45
240	409	duarte paulo ribeiro	individual	Veterano M40	06:28:09	+03:30:27	11:46
241	277	Rui Manuel Ramos Costa	g.d.travassós	Senior Masculino	06:28:56	+03:31:14	11:47
242	403	António Pais	individual	Veterano M40	06:30:19	+03:32:37	11:50
243	315	Carlos Filipe Neves dos Santos	individual	Senior Masculino	06:30:20	+03:32:38	11:50
244	328	Hélder Eduardo Barros Cabral	individual	Senior Masculino	06:30:49	+03:33:06	11:51
245	28	Carla Raposo	correr lisboa	Veterana F40	06:31:25	+03:33:43	11:52
246	302	Rita Alexandra F Afonso	individual	Senior Feminino	06:31:25	+03:33:43	11:52
247	360	Nuno Sá	individual	Senior Masculino	06:32:55	+03:35:13	11:54
248	533	RICARDO PEREIRA	portocargo	Senior Masculino	06:32:56	+03:35:13	11:54
249	513	bruno macedo	os caga tacos running team	Senior Masculino	06:33:17	+03:35:34	11:55
250	512	andrea valente	os caga tacos running team	Senior Feminino	06:33:17	+03:35:35	11:55
251	338	José Carlos Rodrigues Gonçalves	individual	Senior Masculino	06:33:40	+03:35:58	11:56
252	378	Raul Viana	individual	Senior Masculino	06:37:43	+03:40:00	12:03
253	298	Helena Passos	individual	Senior Feminino	06:38:12	+03:40:30	12:04
254	237	César Martins	befitness runners	Senior Masculino	06:48:08	+03:50:26	12:22
255	239	Júlia Sousa	befitness runners	Veterana F40	06:48:09	+03:50:26	12:22
256	453	Solange Sousa	intensos	Senior Feminino	06:51:25	+03:53:42	12:28
257	565	Ricardo Dário Ribeiro de Barros	team ribeira bar	Senior Masculino	06:51:32	+03:53:49	12:28
258	388	Sérgio Filipe Neves Pereira	individual	Senior Masculino	06:55:24	+03:57:41	12:35
259	492	Pedro Dias	muita tracção running team	Veterano M40	06:57:49	+04:00:07	12:40
260	317	Celso André de Sousa Lopes	individual	Senior Masculino	06:57:52	+04:00:10	12:40
261	367	Paulo pinto	individual	Senior Masculino	07:04:07	+04:06:24	12:51
262	391	Valter Gaspar	individual	Senior Masculino	07:06:35	+04:08:53	12:56
263	524	Mário Costa	papamilhas	Senior Masculino	07:06:36	+04:08:53	12:56
264	600	WILSON FONSECA	individual	Veterano M40	08:16:58	+05:19:16	15:04
265	404	António Pedro Coelho	individual	Veterano M40	08:17:08	+05:19:25	15:04

**Trail Longo**

**33 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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

	Time	Temperature	Humidity
Start	08:00	-99°C	-99%
End	16:51	-99°C	-99%

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>CAT</b>	<b>RESULT</b>	<b>DIFF</b>	<b>1/KM</b>
<b>Senior Feminino</b>							
1	296	Estela martins	Individual	Senior Feminino	04:27:37		08:07
2	299	Lúcia Lourenço	Individual	Senior Feminino	04:31:35	+03:58	08:14
3	268	Juliana Rodrigues	Fitspot - Parque Nascente	Senior Feminino	04:41:39	+14:02	08:32
4	232	Ana Paula Soares Vieira	AMIGOS DO PEDAL TRILAGARES	Senior Feminino	04:54:23	+26:46	08:55
5	489	Joana Rodrigues	Moreira Relax Runners	Senior Feminino	05:02:26	+34:49	09:10
6	566	Lucília Marlene Ferreira Silva	Tecla 3 Runners	Senior Feminino	05:14:03	+46:26	09:31
7	469	Joana Paiva	LA Zinco	Senior Feminino	05:36:18	+01:08:41	10:11
8	300	Mariana Machado Ballester	Individual	Senior Feminino	05:40:58	+01:13:21	10:20
9	500	Daniela Ferreira	NOCTURNOS DE PAREDES	Senior Feminino	05:56:30	+01:28:53	10:48
10	521	Tatiana Soares	OzXtreme/GDCR	Senior Feminino	06:01:00	+01:33:23	10:56
11	301	Paula Montenegro	Individual	Senior Feminino	06:06:27	+01:38:50	11:06
12	221	Rosário Fernandes	Alive Runners	Senior Feminino	06:15:06	+01:47:29	11:22
13	302	Rita Alexandra F Afonso	Individual	Senior Feminino	06:31:26	+02:03:49	11:52
14	512	andreia valente	os caga tacos running team	Senior Feminino	06:33:18	+02:05:41	11:55
15	298	Helena Passos	Individual	Senior Feminino	06:38:13	+02:10:36	12:04
16	453	Solange Sousa	Intensos	Senior Feminino	06:51:25	+02:23:48	12:28

**Senior Masculino**

1	201	Nuno Manuel Mendes da Silva	BERG OUTDOOR	Senior Masculino	02:57:43		05:23
2	511	João Nogueira	Oralklass-Amigos do Trail	Senior Masculino	03:14:02	+16:19	05:53
3	219	Marcelo Pinho Araújo	ADCCJCLARK	Senior Masculino	03:24:07	+26:24	06:11
4	220	Nuno Roberto da Silva Faria	ADCCJCLARK	Senior Masculino	03:26:35	+28:52	06:16
5	344	José Pereira	Individual	Senior Masculino	03:30:14	+32:31	06:22
6	562	José Miguel Pinto	team Rede Ambiente	Senior Masculino	03:36:39	+38:56	06:34
7	343	José Miguel Fernandes da Gama Nogueira	Individual	Senior Masculino	03:37:26	+39:43	06:35
8	569	Filipe Miguel Teixeira	Unidade Especial de Corrida	Senior Masculino	03:37:30	+39:47	06:35
9	509	Belmiro Moreira	Oralklass-Amigos do Trail	Senior Masculino	03:37:48	+40:05	06:36
10	346	Lino Pinto	Individual	Senior Masculino	03:40:07	+42:24	06:40
11	377	Rafael Delgado	Individual	Senior Masculino	03:42:14	+44:31	06:44
12	508	Antonio Pinto	Oralklass-Amigos do Trail	Senior Masculino	03:46:35	+48:52	06:52
13	493	Carlos Miguel da Costa Ferreira	NAST	Senior Masculino	03:48:39	+50:56	06:56
14	550	Helder Barbosa	Sweet Runners	Senior Masculino	03:49:19	+51:36	06:57
15	273	Ricardo Ferreira	Fitspot - Parque Nascente	Senior Masculino	03:49:47	+52:04	06:58
16	312	Bruno Jose Melo Corga	Individual	Senior Masculino	03:49:59	+52:16	06:58
17	376	Pedro Tiago Saraiva de Almeida	Individual	Senior Masculino	03:54:24	+56:41	07:06
18	519	Marco Brochado	Os Lobos do Saibro	Senior Masculino	03:54:57	+57:14	07:07
19	331	helder rocha	Individual	Senior Masculino	03:55:39	+57:56	07:08

Trail Longo

33 KM



OFFICIAL RESULT

20	473	Ivan Rocha	Limitless	Senior Masculino	03:57:30	+59:47	07:12
21	474	Luís Teixeira	Limitless	Senior Masculino	03:57:31	+59:48	07:12
22	306	André A Campos Cunha	Individual	Senior Masculino	03:57:46	+01:00:03	07:12
23	310	Bruno Bispo	Individual	Senior Masculino	03:58:36	+01:00:53	07:14
24	462	FILIPE SOUSA	KeMedo Team	Senior Masculino	04:02:10	+01:04:27	07:20
25	486	leandro pacheco	Monte dos Amigos	Senior Masculino	04:10:20	+01:12:37	07:35
26	518	Filipe Pinto	Os Lobos do Saibro	Senior Masculino	04:11:51	+01:14:08	07:38
27	353	Mario Gonçalves	Individual	Senior Masculino	04:14:03	+01:16:20	07:42
28	481	Rui Machado	Maia Trail - Filónails	Senior Masculino	04:16:26	+01:18:43	07:46
29	552	Marco Barbosa	Sweet Runners	Senior Masculino	04:17:32	+01:19:49	07:48
30	472	Hugo Ribeiro	Limitless	Senior Masculino	04:18:35	+01:20:52	07:50
31	333	Inacio Ribeiro	Individual	Senior Masculino	04:23:27	+01:25:44	07:59
32	265	Filipe de Oliveira	EDV - Viana Trail	Senior Masculino	04:24:27	+01:26:44	08:01
33	286	paulo jorge	GONDONAR FUTSAL CLUBE	Senior Masculino	04:25:37	+01:27:54	08:03
34	510	Nuno Sousa	Oralklass-Amigos do Trail	Senior Masculino	04:26:08	+01:28:25	08:04
35	385	Rui Faria	Individual	Senior Masculino	04:27:27	+01:29:44	08:06
36	240	Bruno Macieira	GONDONAR FUTSAL CLUBE	Senior Masculino	04:27:37	+01:29:54	08:07
37	241	Helder Silva	Bota&Siga	Senior Masculino	04:30:06	+01:32:23	08:11
38	529	Jorge Bastos	Pernetas	Senior Masculino	04:31:02	+01:33:19	08:13
39	325	Filipe Saraiva Fernandes	Individual	Senior Masculino	04:31:05	+01:33:22	08:13
40	287	Pedro Matos	GONDONAR FUTSAL CLUBE	Senior Masculino	04:33:03	+01:35:20	08:16
41	272	Rafael Almeida	Fitspot - Parque Nascente	Senior Masculino	04:33:37	+01:35:54	08:17
42	276	Emídio Marques	FREZITE	Senior Masculino	04:36:31	+01:38:48	08:23
43	337	José Barroso	Individual	Senior Masculino	04:37:38	+01:39:55	08:25
44	215	Rui Teixeira	A.D Sebolido Trail boneca D'ouro	Senior Masculino	04:41:22	+01:43:39	08:32
45	503	Rogério Sousa	NOCTURNOS DE PAREDES	Senior Masculino	04:45:57	+01:48:14	08:40
46	382	Ricardo Manuel Azevedo Boucinha	Individual	Senior Masculino	04:46:17	+01:48:34	08:41
47	308	Antonio Rocha	Individual	Senior Masculino	04:46:17	+01:48:34	08:41
48	248	BRUNO BARGE	CDC S. MARTINHO DA GÂNDARA	Senior Masculino	04:46:45	+01:49:02	08:41
49	389	Simão Cardoso	Individual	Senior Masculino	04:49:47	+01:52:04	08:47
50	361	Nuno Santos	Individual	Senior Masculino	04:49:48	+01:52:05	08:47
51	238	Rúben Cunha	Befitness Runners	Senior Masculino	04:50:26	+01:52:43	08:48
52	108	Nélson Sousa	PAREDES AVENTURA	Senior Masculino	04:52:33	+01:54:50	08:52
53	340	José Ferreira Costa	Individual	Senior Masculino	04:52:43	+01:55:00	08:52
54	339	Jose Elvio Jesus	Individual	Senior Masculino	04:52:55	+01:55:12	08:53
55	358	Nuno Filipe Cardoso Maia	Individual	Senior Masculino	04:53:03	+01:55:20	08:53
56	380	Ricardo Dias	Individual	Senior Masculino	04:53:14	+01:55:31	08:53
57	216	Tiago Silva	A.D Sebolido Trail boneca D'ouro	Senior Masculino	04:56:29	+01:58:46	08:59
58	375	Pedro Rocha	Individual	Senior Masculino	04:56:29	+01:58:46	08:59
59	271	Pedro	Fitspot - Parque Nascente	Senior Masculino	04:58:07	+02:00:24	09:02
60	283	Cláudio André Oliveira Trigais	GONDONAR FUTSAL CLUBE	Senior Masculino	04:58:42	+02:00:59	09:03
61	371	Pedro França	Individual	Senior Masculino	04:58:49	+02:01:06	09:03
62	475	Diogo Ramalhão	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	05:04:42	+02:06:59	09:14
63	329	helder luis nunes pacheco	Individual	Senior Masculino	05:07:42	+02:09:59	09:19
64	269	Bruno Sousa	Fitspot - Parque Nascente	Senior Masculino	05:08:19	+02:10:36	09:21

**Trail Longo**
**33 KM**

**OFFICIAL RESULT**

65	322	Filipe Barbosa	Individual	Senior Masculino	05:08:55	+02:11:12	09:22
66	348	Luís Ferreira	Individual	Senior Masculino	05:10:48	+02:13:05	09:25
67	226	José Madureira	Amigo	Senior Masculino	05:11:05	+02:13:22	09:26
68	384	Rodrigo Oliveira	Individual	Senior Masculino	05:11:47	+02:14:04	09:27
69	246	Ricardo Silva	CCD - Renault, Cacia	Senior Masculino	05:13:21	+02:15:38	09:30
70	568	Hugo Sousa	Tecla 3 Runners	Senior Masculino	05:14:03	+02:16:20	09:31
71	522	André Ferreira	OzXtreme/GDCR	Senior Masculino	05:16:01	+02:18:18	09:35
72	368	pedro alexandre silva	Individual	Senior Masculino	05:20:10	+02:22:27	09:42
73	373	Pedro Manuel Nunes Martins	Individual	Senior Masculino	05:21:15	+02:23:32	09:44
74	554	Pedro Silva	Sweet Runners	Senior Masculino	05:22:46	+02:25:03	09:47
75	334	João António Coelho de Sousa	Individual	Senior Masculino	05:23:26	+02:25:43	09:48
76	504	Tiago Moreira	NOCTURNOS DE PAREDES	Senior Masculino	05:24:41	+02:26:58	09:50
77	263	Tiago Sousa	Dr Merino/ Nutrifit	Senior Masculino	05:24:44	+02:27:01	09:50
78	528	Afonso Bonifácio	Pernetas	Senior Masculino	05:26:12	+02:28:29	09:53
79	305	Alvaro Rivera Santamaria	Individual	Senior Masculino	05:28:17	+02:30:34	09:57
80	476	Fernando Antonio Silva Sampaio	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	05:28:54	+02:31:11	09:58
81	477	Pedro Gaio	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	05:29:54	+02:32:11	10:00
82	350	Luís Miguel Babo da Silva	Individual	Senior Masculino	05:31:37	+02:33:54	10:03
83	470	Helder Silva	LA Zinco	Senior Masculino	05:31:47	+02:34:04	10:03
84	530	Vítor Silva	Pernetas	Senior Masculino	05:32:51	+02:35:08	10:05
85	330	Helder Parracho	Individual	Senior Masculino	05:33:32	+02:35:49	10:06
86	347	Lourenço Emanuel Carvalho Pinto Teixeira	Individual	Senior Masculino	05:36:06	+02:38:23	10:11
87	311	Bruno Cunha	Individual	Senior Masculino	05:36:06	+02:38:23	10:11
88	465	Daniel Pinto	KOMOKUNOMATO	Senior Masculino	05:39:48	+02:42:05	10:18
89	335	João Pedro Cruz	Individual	Senior Masculino	05:39:50	+02:42:07	10:18
90	217	Tiago Sousa	A.D Sebolido Trail boneca D'ouro	Senior Masculino	05:40:44	+02:43:01	10:20
91	332	Hugo Leite	Individual	Senior Masculino	05:40:57	+02:43:14	10:20
92	501	Antonio Brito	NOCTURNOS DE PAREDES	Senior Masculino	05:42:17	+02:44:34	10:22
93	515	rui assunção	os caga tacos running team	Senior Masculino	05:45:26	+02:47:43	10:28
94	514	paulo osorio	os caga tacos running team	Senior Masculino	05:45:26	+02:47:43	10:28
95	542	HUGO LOPES	S. S. Montepio	Senior Masculino	05:45:33	+02:47:50	10:28
96	494	Helder Fernando Vieira Azevedo	NAST	Senior Masculino	05:50:57	+02:53:14	10:38
97	319	Daniel Silva Pereira	Individual	Senior Masculino	05:54:00	+02:56:17	10:44
98	342	José Luís Pinto	Individual	Senior Masculino	05:54:03	+02:56:20	10:44
99	349	Luís Filipe Neves Magalhaes	Individual	Senior Masculino	05:54:27	+02:56:44	10:44
100	365	Paulo Marques	Individual	Senior Masculino	05:55:00	+02:57:17	10:45
101	567	Alexandre Soares	Tecla 3 Runners	Senior Masculino	05:55:15	+02:57:32	10:46
102	243	Daniel Barbosa	BTT Alegria / TUBANI	Senior Masculino	05:56:20	+02:58:37	10:48
103	575	Pedro Daniel de Oliveira Nogueira	NOCTURNOS DE PAREDES	Senior Masculino	05:56:29	+02:58:46	10:48
104	456	Manuel carlos Almeida Rola	Juventude Cortegacense	Senior Masculino	05:57:55	+03:00:12	10:51
105	457	Ricardo Silva Machado	Juventude Cortegacense	Senior Masculino	05:57:56	+03:00:13	10:51
106	314	Bruno Melo	Individual	Senior Masculino	05:58:04	+03:00:21	10:51
107	383	Ricardo Torres Sousa	Individual	Senior Masculino	06:00:05	+03:02:22	10:55
108	561	Nuno Sobral	Team DUAS FACES	Senior Masculino	06:00:52	+03:03:09	10:56



**Trail Longo**

**33 KM**

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REVISED

**OFFICIAL RESULT**

109	547	Tiago Salgueiro	Sawadee	Senior Masculino	06:01:15	+03:03:32	10:57
110	502	Nuno Alexandre	NOCTURNOS DE PAREDES	Senior Masculino	06:02:23	+03:04:40	10:59
111	327	Francisco Luís Costa Teixeira	Individual	Senior Masculino	06:05:24	+03:07:41	11:04
112	359	Nuno Miguel Vieira Lopes	Individual	Senior Masculino	06:06:03	+03:08:20	11:06
113	560	António Pinheiro	Team DUAS FACES	Senior Masculino	06:06:25	+03:08:42	11:06
114	321	Fernando Montenegro	Individual	Senior Masculino	06:06:27	+03:08:44	11:06
115	372	Pedro Leandro Guedes Nogueira	Individual	Senior Masculino	06:06:55	+03:09:12	11:07
116	555	Vitor Silva	Sweet Runners	Senior Masculino	06:11:37	+03:13:54	11:16
117	280	Tiago Moreira	gangue das maçãs	Senior Masculino	06:12:50	+03:15:07	11:18
118	279	Luís Fonseca	gangue das maçãs	Senior Masculino	06:12:51	+03:15:08	11:18
119	564	paulo filipe sousa barbosa	team ribeira bar	Senior Masculino	06:13:42	+03:15:59	11:19
120	242	Vitor Ribeiro	Brabus Runners	Senior Masculino	06:15:19	+03:17:36	11:22
121	304	Albino Pinto	Individual	Senior Masculino	06:19:18	+03:21:35	11:30
122	458	Rui Miguel Marques Claro	Juventude Cortegacense	Senior Masculino	06:20:05	+03:22:22	11:31
123	309	bruno andret ribeiro da silva	Individual	Senior Masculino	06:21:15	+03:23:32	11:33
124	326	Francisco Gonçalves	Individual	Senior Masculino	06:21:50	+03:24:07	11:34
125	374	Pedro Nuno Ramos Dinis	Individual	Senior Masculino	06:21:50	+03:24:07	11:34
126	549	Filipe Abreu	Sweet Runners	Senior Masculino	06:23:44	+03:26:01	11:38
127	381	Ricardo Filipe Pereira Peixoto	Individual	Senior Masculino	06:25:02	+03:27:19	11:40
128	369	Pedro Arlindo Vieira Madureira	Individual	Senior Masculino	06:25:02	+03:27:19	11:40
129	351	Márcio Filipe de Sousa Coelho	Individual	Senior Masculino	06:25:41	+03:27:58	11:41
130	355	Nelson Silva	Individual	Senior Masculino	06:25:59	+03:28:16	11:42
131	357	Nuno de Oliveira	Individual	Senior Masculino	06:26:47	+03:29:04	11:43
132	223	Bruno Monteiro	All About	Senior Masculino	06:26:48	+03:29:05	11:43
133	572	Gonçalo Oliveira	Vilar RT	Senior Masculino	06:27:55	+03:30:12	11:45
134	277	Rui Manuel Ramos Costa	G.D.TRAVASSÓS	Senior Masculino	06:28:57	+03:31:14	11:47
135	315	Carlos Filipe Neves dos Santos	Individual	Senior Masculino	06:30:21	+03:32:38	11:50
136	328	Hélder Eduardo Barros Cabral	Individual	Senior Masculino	06:30:49	+03:33:06	11:51
137	360	Nuno Sá	Individual	Senior Masculino	06:32:56	+03:35:13	11:54
138	533	RICARDO PEREIRA	PORTOCARGO	Senior Masculino	06:32:56	+03:35:13	11:54
139	513	bruno macedo	os caga tacos running team	Senior Masculino	06:33:17	+03:35:34	11:55
140	338	José Carlos Rodrigues Gonçalves	Individual	Senior Masculino	06:33:41	+03:35:58	11:56
141	378	Raul Viana	Individual	Senior Masculino	06:37:43	+03:40:00	12:03
142	237	César Martins	Befitness Runners	Senior Masculino	06:48:09	+03:50:26	12:22
143	565	Ricardo Dário Ribeiro de Barros	team ribeira bar	Senior Masculino	06:51:32	+03:53:49	12:28
144	388	Sérgio Filipe Neves Pereira	Individual	Senior Masculino	06:55:24	+03:57:41	12:35
145	317	Celso André de Sousa Lopes	Individual	Senior Masculino	06:57:53	+04:00:10	12:40
146	367	Paulo pinto	Individual	Senior Masculino	07:04:07	+04:06:24	12:51
147	391	Valter Gaspar	Individual	Senior Masculino	07:06:36	+04:08:53	12:56
148	524	Mário Costa	papamilhas	Senior Masculino	07:06:36	+04:08:53	12:56

**Veterana F40**

1	230	Goreti Correia	Amigo	Veterana F40	05:10:41		09:25
2	250	Susana Lobo Santos	Chegamos ao fim	Veterana F40	05:20:11	+09:30	09:42
3	395	Helena Gomes	Individual	Veterana F40	05:22:47	+12:06	09:47



Trail Longo

33 KM



OFFICIAL RESULT

24	415	helder rodrigues	Individual	Veterano M40	04:50:06	+01:35:22	08:47
25	110	Carlos Natividade Silva	PAREDES AVENTURA	Veterano M40	04:52:33	+01:37:49	08:52
26	291	JOAQUIM GABRIEL DA CRUZ DA SILVA	GRUPO DESPORTIVO DA PESQUEIRA	Veterano M40	04:53:13	+01:38:29	08:53
27	448	rui pedro pena	Individual	Veterano M40	04:54:21	+01:39:37	08:55
28	435	Paulo Brás	Individual	Veterano M40	05:01:58	+01:47:14	09:09
29	406	Cândido Silva	Individual	Veterano M40	05:10:17	+01:55:33	09:24
30	113	Manuel Quelhas	PAREDES AVENTURA	Veterano M40	05:14:34	+01:59:50	09:32
31	274	Jorge Monteiro	Fitspot - Parque Nascente	Veterano M40	05:14:40	+01:59:56	09:32
32	499	Joaquim Manuel Andrade Santos	NAST	Veterano M40	05:15:49	+02:01:05	09:34
33	418	João Manuel Santos Lopes Silva	Individual	Veterano M40	05:20:52	+02:06:08	09:43
34	488	jorge pinheiro	Monte dos Amigos	Veterano M40	05:22:23	+02:07:39	09:46
35	257	ANTONIO MIRANDA MIRANDA	CORRER POR UM SORRISO - PAPELINF	Veterano M40	05:22:47	+02:08:03	09:47
36	410	Fernando Santos	Individual	Veterano M40	05:24:40	+02:09:56	09:50
37	421	José Carlos Saldanha	Individual	Veterano M40	05:24:44	+02:10:00	09:50
38	414	Gil Pedrouços Boxe	Individual	Veterano M40	05:25:38	+02:10:54	09:52
39	431	Nuno Filipe Carvalho	Individual	Veterano M40	05:30:25	+02:15:41	10:01
40	430	Miguel Moura	Individual	Veterano M40	05:33:08	+02:18:24	10:06
41	446	Pedro Pereira Santos	Individual	Veterano M40	05:34:21	+02:19:37	10:08
42	574	jose miguel casal cardoso neves	Voleibol Runners	Veterano M40	05:35:57	+02:21:13	10:11
43	525	Pedro Pratas	PAREDES AVENTURA	Veterano M40	05:37:37	+02:22:53	10:14
44	437	Paulo Jorge da Silva Costa	Individual	Veterano M40	05:37:38	+02:22:54	10:14
45	426	Manuel Faria Sampaio	Individual	Veterano M40	05:38:17	+02:23:33	10:15
46	211	camilo Muñoz Rodriguez	+C@rreiros	Veterano M40	05:38:57	+02:24:13	10:16
47	527	Miguel Morais	Perdi o Táxi	Veterano M40	05:40:22	+02:25:38	10:19
48	468	Agostinho Sousa	Kunalama Runners	Veterano M40	05:40:56	+02:26:12	10:20
49	439	Paulo Macedo	Individual	Veterano M40	05:41:44	+02:27:00	10:21
50	544	JOAO CARDOSO	S. S. Montepio	Veterano M40	05:42:55	+02:28:11	10:23
51	545	JOSE COSTA	S. S. Montepio	Veterano M40	05:43:25	+02:28:41	10:24
52	419	JORGE PACHEOC	Individual	Veterano M40	05:44:33	+02:29:49	10:26
53	429	Miguel Amado	Individual	Veterano M40	05:47:23	+02:32:39	10:32
54	479	Antonio Rbeiro	lusitanusteam	Veterano M40	05:54:25	+02:39:41	10:44
55	401	Albino Campos	Individual	Veterano M40	05:56:02	+02:41:18	10:47
56	425	Luis Miguel Lucas	Individual	Veterano M40	05:56:02	+02:41:18	10:47
57	506	Nuno Salgado	NOCTURNOS DE PAREDES	Veterano M40	05:56:30	+02:41:46	10:48
58	505	Luis F.Santos	NOCTURNOS DE PAREDES	Veterano M40	05:56:30	+02:41:46	10:48
59	497	Diogo Ferreira Carvalho	NAST	Veterano M40	05:58:29	+02:43:45	10:52
60	256	Nuno Morgado	Correr Leça	Veterano M40	06:00:40	+02:45:56	10:56
61	417	joão gonçalves	Individual	Veterano M40	06:00:41	+02:45:57	10:56
62	428	Mário Jorge Ferreira	Individual	Veterano M40	06:00:41	+02:45:57	10:56
63	290	fausto jose pereira neves	grupo desportivo da pesqueira	Veterano M40	06:02:23	+02:47:39	10:59
64	526	Eduardo Falcão	Perdi o Taxi	Veterano M40	06:04:30	+02:49:46	11:03
65	400	Adriano Rocha	Individual	Veterano M40	06:06:21	+02:51:37	11:06
66	441	Paulo queiros	Individual	Veterano M40	06:07:28	+02:52:44	11:08
67	461	Julio Paulo Soares da Silva	Juventude Cortegacense	Veterano M40	06:07:57	+02:53:13	11:09
68	460	Joao Paulo Costa Oliveira	Juventude Cortegacense	Veterano M40	06:07:57	+02:53:13	11:09





TRAIL - STAGE 1

20 KM

OFFICIAL RESULT



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	Time	Temperature	Humidity
Start	09:00	13.9°C	67%
End	19:06	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1202	Rui Laranjeira	experienciar/sportsonfire/barceltécnica	Veterano M40	02:23:29		07:10
2	2231	Ricardo Rego	ricardo	Senior Masculino	02:31:08	+07:40	07:33
3	1333	Ricardo Andre Ramos Miranda	gtt - armazém do caffè	Senior Masculino	02:34:38	+11:09	07:44
4	2419	António Martins	individual	Veterano M40	02:35:18	+11:49	07:46
5	1092	António Manuel Figueiredo Moita	anonymous prosports challenger	Veterano M40	02:35:24	+11:56	07:46
6	1323	Artur Barbosa	grupo desportivo dos ferroviários de campanhã	Senior Masculino	02:35:45	+12:16	07:47
7	1043	Fernando Oliveira	aliança de gandra	Veterano M40	02:35:57	+12:29	07:48
8	1077	Francisco Lemos	amigos do pedal trailagares	Veterano M40	02:36:44	+13:16	07:50
9	2169	Fábio Pinto	paredes aventura	Senior Masculino	02:36:57	+13:28	07:51
10	1556	Ivo Pereira	individual	Senior Masculino	02:37:51	+14:23	07:54
11	2116	Fernando Taborda	oralklass-amigos do trail	Senior Masculino	02:37:58	+14:30	07:54
12	1044	José Augusto	aliança de gandra	Veterano M40	02:38:58	+15:29	07:57
13	1073	Ricardo Emanuel Peixoto Moreira	amigos do pedal trailagares	Senior Masculino	02:39:00	+15:32	07:57
14	2123	Seninho Ribeiro	oralklass-amigos do trail	Senior Masculino	02:39:36	+16:07	07:59
15	2317	MARCO ANDRE ALMEIDA FERREIRA	team duas faces	Senior Masculino	02:40:01	+16:33	08:00
16	1679	Ricardo Soares PT	individual	Senior Masculino	02:40:12	+16:44	08:01
17	1331	Nuno Figueiredo	gtt - armazém do caffè	Senior Masculino	02:41:05	+17:37	08:03
18	2318	TIAGO FERREIRA SANTOS	team duas faces	Senior Masculino	02:41:15	+17:46	08:04
19	1069	António Manuel Dias Moreira	amigos do pedal trailagares	Senior Masculino	02:42:03	+18:35	08:06
20	1649	Paulo César Ferreira	individual	Senior Masculino	02:43:51	+20:23	08:12
21	2118	José Neto	oralklass-amigos do trail	Senior Masculino	02:44:53	+21:25	08:15
22	1979	Celso Oliveira	lion runners - g. d. leões da guarda	Senior Masculino	02:48:55	+25:27	08:27
23	1633	Milton César Miranda dos Santos	individual	Senior Masculino	02:49:07	+25:39	08:27
24	2097	João Pedro Leal	ofrunning	Senior Masculino	02:50:16	+26:47	08:31
25	1042	Carlos Silva	aliança de gandra	Veterano M40	02:50:19	+26:50	08:31
26	1327	Emanuel Orlando P.B. Costa	gtt - armazém do caffè	Senior Masculino	02:50:29	+27:01	08:31
27	2122	Rui Costa	oralklass-amigos do trail	Senior Masculino	02:50:35	+27:06	08:32
28	1344	Bruno Teixeira	helder óptica team	Senior Masculino	02:51:04	+27:36	08:33
29	1835	Jose Maria Soares Guimaraes	individual	Veterano M40	02:51:14	+27:45	08:34
30	2412	Hugo Romano	moinhos run - adrm	Veterano M40	02:51:26	+27:57	08:34
31	2111	Maria Areias	oralklass-amigos do trail	Senior Feminino	02:51:51	+28:23	08:36
32	2209	Narciso Machado	profisio team	Veterano M40	02:51:59	+28:30	08:36
33	1334	Sérgio André da Silva Coelho	gtt - armazém do caffè	Senior Masculino	02:52:18	+28:49	08:37
34	1307	Carlos Barbosa	global trail	Veterano M40	02:52:33	+29:05	08:38
35	1641	Nuno Miguel Carvalho da Silva	individual	Senior Masculino	02:52:44	+29:15	08:38
36	2170	Helder Camilo	paredes aventura	Senior Masculino	02:52:48	+29:19	08:38
37	2108	Nuno Manuel Coelho Paredinha	olimpico vianense trail/nd sport	Senior Masculino	02:54:08	+30:39	08:42
38	1549	Hugo Andrade	individual	Senior Masculino	02:54:16	+30:47	08:43
39	1796	Antonio Fernando Coutinho Moreira	individual	Veterano M40	02:54:40	+31:11	08:44
40	1667	Ricardo Ferreira	individual	Senior Masculino	02:54:51	+31:23	08:45
41	1560	João Cardoso	individual	Senior Masculino	02:54:52	+31:23	08:45







**TRAIL - STAGE 1**

**20 KM**

**OFFICIAL RESULT**

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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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	1337	Rafael Freitas	guimarrunning moscada	Senior Masculino	03:23:35	+01:00:07	10:11
133	1026	JORGE NUNES	afrikanrunners	Veterano M40	03:23:58	+01:00:30	10:12
134	1184	Nuno Pinho	dr merino/ nutritif	Senior Masculino	03:24:48	+01:01:19	10:14
135	1132	André costa	befitness runners	Senior Masculino	03:25:02	+01:01:34	10:15
136	1071	Fábio Daniel Dias Pinto	amigos do pedal trailagares	Senior Masculino	03:25:08	+01:01:39	10:15
137	1924	Tomas Correia	já te apanho	Veterano M40	03:25:17	+01:01:48	10:16
138	1828	Joaquim da Rocha	individual	Veterano M40	03:25:19	+01:01:50	10:16
139	1807	Carlos Miranda	individual	Veterano M40	03:25:44	+01:02:15	10:17
140	1381	Cláudia Santos	individual	Senior Feminino	03:25:47	+01:02:19	10:17
141	1324	Filipe Pacheco	grupo desportivo epys	Senior Masculino	03:26:03	+01:02:34	10:18
142	1651	Paulo Saraiva	individual	Senior Masculino	03:26:09	+01:02:41	10:19
143	1830	JORGE AMADEU MOREIRA DE SOUSA	individual	Veterano M40	03:26:28	+01:03:00	10:19
144	2081	Hélder Ribeiro	nós acreditamos	Senior Masculino	03:26:42	+01:03:13	10:20
145	1584	José Faria	individual	Senior Masculino	03:26:45	+01:03:17	10:20
146	1824	Ivo Almeida	individual	Veterano M40	03:26:50	+01:03:21	10:21
147	1062	João Araújo	amigos 1	Senior Masculino	03:26:50	+01:03:22	10:21
148	1322	Gustavo Santos	gramidense	Senior Masculino	03:26:51	+01:03:22	10:21
149	2373	José Manuel Rocha Lopes	vidaativarunners	Senior Masculino	03:26:56	+01:03:27	10:21
150	1874	Pábelo Marques	individual	Veterano M40	03:27:20	+01:03:51	10:22
151	1233	Alcino Vieira	fitspot - parque nascente	Veterano M40	03:27:22	+01:03:54	10:22
152	1310	Andreia Amorim	gondomar futsal clube	Senior Feminino	03:27:22	+01:03:54	10:22
153	2344	Luis Filipe Teixeira	too stupid to stop	Senior Masculino	03:28:28	+01:04:59	10:25
154	2233	José Maria Leal	rosário extreme	Veterano M40	03:28:30	+01:05:02	10:26
155	1473	André Rocha	individual	Senior Masculino	03:29:39	+01:06:11	10:29
156	1067	Mónica Isabel Vieira Coelho	amigos do pedal trailagares	Senior Feminino	03:29:48	+01:06:19	10:29
157	1158	Claudio Gomes	ccd - siemens	Senior Masculino	03:30:00	+01:06:32	10:30
158	1335	Edgar Pereira	guimarrunning moscada	Senior Masculino	03:30:09	+01:06:40	10:30
159	1554	Hugo Miguel Sousa da Silva	individual	Senior Masculino	03:30:26	+01:06:57	10:31
160	1595	José Sousa	individual	Senior Masculino	03:30:31	+01:07:02	10:32
161	1482	António Manuel Martins Gomes	individual	Senior Masculino	03:30:31	+01:07:03	10:32
162	1222	Daniela Gregorio	fitspot - parque nascente	Senior Feminino	03:30:34	+01:07:06	10:32
163	1515	Demétrio Matos	individual	Senior Masculino	03:30:40	+01:07:11	10:32
164	1329	HUGO PALMEIRA	gtt - armazém do caffè	Senior Masculino	03:30:40	+01:07:12	10:32
165	1212	JOSE LEMOS	feltrail	Senior Masculino	03:30:43	+01:07:14	10:32
166	1842	Jose Manuel dos Santos Costa	individual	Veterano M40	03:30:47	+01:07:18	10:32
167	1097	Ricardo Tavares	as belas e eles	Senior Masculino	03:32:25	+01:08:56	10:37
168	1565	João Martins	individual	Senior Masculino	03:32:59	+01:09:31	10:39
169	1668	Ricardo Gil Silva Magalhaes	individual	Senior Masculino	03:33:03	+01:09:35	10:39
170	2210	Raul Silva	profisio team	Veterano M40	03:33:05	+01:09:36	10:39
171	2207	Ricardo Pereira	profisio team	Senior Masculino	03:33:10	+01:09:42	10:40
172	1254	Paulo Ferreira	futurrunners	Senior Masculino	03:33:58	+01:10:29	10:42
173	1452	Tânia Margarida Simões Rino	individual	Senior Feminino	03:34:00	+01:10:31	10:42
174	1654	Pedro Castro	individual	Senior Masculino	03:34:17	+01:10:48	10:43
175	1495	BRUNO PINTO	individual	Senior Masculino	03:34:26	+01:10:57	10:43
176	1070	Bruno Filipe da Costa Mendes	amigos do pedal trailagares	Senior Masculino	03:34:36	+01:11:08	10:44

TRAIL - STAGE 1

20 KM

OFFICIAL RESULT

**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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
177	282	Sandra Pera	gondomar futsal clube	Senior Feminino	03:34:37	+01:11:08	10:44
178	2232	Francisco Costa	rosário extreme	Veterano M40	03:34:45	+01:11:16	10:44
179	2034	Emanuel Ramos	nascidos para correr	Senior Masculino	03:35:09	+01:11:40	10:45
180	1561	João Cardoso	individual	Senior Masculino	03:35:14	+01:11:46	10:46
181	1969	Joao Vale	leroy merlin braga	Senior Masculino	03:35:30	+01:12:02	10:47
182	1832	Jorge Miguel Sampaio da Costa	individual	Veterano M40	03:35:38	+01:12:09	10:47
183	1098	Rosa Magalhães	as belas e eles	Veterana F40	03:35:57	+01:12:29	10:48
184	1945	João Pinto	kunalama runners	Senior Masculino	03:36:04	+01:12:35	10:48
185	2106	DANIELA BARRETO	olimpico vianense trail/nd sport	Senior Feminino	03:36:13	+01:12:44	10:49
186	2109	SERGIO MARTINS	olimpico vianense trail/nd sport	Senior Masculino	03:36:13	+01:12:44	10:49
187	1462	Afonso Oliveira	individual	Senior Masculino	03:36:55	+01:13:26	10:51
188	2181	Vitor Sousa	pe de chumbo team	Veterano M40	03:36:56	+01:13:28	10:51
189	1004	Cesar Augusto Machado Viriato Lobo Ribeiro	100kmsteam	Veterano M40	03:36:57	+01:13:29	10:51
190	3989	Carolina Malheiro	cfit	Senior Masculino	03:37:07	+01:13:38	10:51
191	1712	Sonia Felix Sousa	individual	Senior Feminino	03:37:09	+01:13:41	10:51
192	2191	Emanuel Coelho	porto sentido runners	Senior Masculino	03:37:22	+01:13:54	10:52
193	1214	SERGIO FONSECA	feltrail	Veterano M40	03:37:52	+01:14:23	10:54
194	2371	HELDER MIGUEL CARVALHO TORRES	vidaativarunners	Senior Masculino	03:37:56	+01:14:28	10:54
195	2367	Carlos Eduardo Boaventura Fernandes	vidaativarunners	Senior Masculino	03:37:56	+01:14:28	10:54
196	2369	Fábio Faria	vidaativarunners	Senior Masculino	03:37:57	+01:14:28	10:54
197	1684	Romão Sampaio de Sousa	individual	Senior Masculino	03:38:05	+01:14:37	10:54
198	1608	Luís Filipe Mendes Magalhães	individual	Senior Masculino	03:38:09	+01:14:41	10:54
199	1566	João Pedro Felix Costa	individual	Senior Masculino	03:38:33	+01:15:04	10:56
200	2194	Avelino Rodrigues	porto sentido runners	Veterano M40	03:38:39	+01:15:11	10:56
201	2177	Manuel Barbosa	paredes running	Senior Masculino	03:38:58	+01:15:30	10:57
202	1066	Maria José Pereira Leão	amigos do pedal trailagares	Senior Feminino	03:38:59	+01:15:31	10:57
203	2105	Nuno Rodrigues	ofrunning	Veterano M40	03:39:26	+01:15:57	10:58
204	1075	António Jorge Coelho de Sousa	amigos do pedal trailagares	Veterano M40	03:40:01	+01:16:32	11:00
205	2124	Fernando Grabulho	oralklass-amigos do trail	Veterano M40	03:40:07	+01:16:38	11:00
206	2115	Élvio Ornelas	oralklass-amigos do trail	Senior Masculino	03:40:07	+01:16:38	11:00
207	1563	Joao Lima	individual	Senior Masculino	03:40:10	+01:16:41	11:01
208	2325	Nelson Duarte	the outsiders running trail team	Veterano M40	03:40:14	+01:16:45	11:01
209	2372	Jorge Emanuel Barbosa Jaques	vidaativarunners	Senior Masculino	03:40:26	+01:16:57	11:01
210	1876	Paulo Alexandre Leite	individual	Veterano M40	03:40:26	+01:16:57	11:01
211	2001	Pedro Vieira	moinhos run - adrm	Veterano M40	03:40:27	+01:16:59	11:01
212	1346	JOAQUIM PAULO ANDRADE REIS	helder óptica team	Veterano M40	03:40:30	+01:17:02	11:02
213	1008	Paulo Araujo	a.d sebolido trail boneca d'ouro	Senior Masculino	03:40:53	+01:17:25	11:03
214	1136	Paulo Elias	befitness runners	Senior Masculino	03:41:02	+01:17:33	11:03
215	1812	Eduardo Nascimento	individual	Veterano M40	03:41:06	+01:17:37	11:03
216	450	Telmo Manuel Mstrins Cardoso	individual	Veterano M40	03:41:07	+01:17:38	11:03
217	1050	Carlos Fonseca	all about	Senior Masculino	03:41:10	+01:17:41	11:04
218	1910	vitor coelho	individual	Veterano M40	03:42:10	+01:18:41	11:07
219	1850	LUIS ALMEIDA	individual	Veterano M40	03:42:10	+01:18:42	11:07
220	1338	Sérgio Macieira	guimarunning moscada	Senior Masculino	03:42:20	+01:18:52	11:07









**TRAIL - STAGE 1**

**20 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
402	1502	carlos moreira	individual	Senior Masculino	04:13:16	+01:49:47	12:40
403	1161	JOAQUIM PAULO	cdc s. martinho da gândara	Veterano M40	04:13:19	+01:49:50	12:40
404	1803	Carlos Avelino	individual	Veterano M40	04:13:33	+01:50:04	12:41
405	1404	Joana Moura	individual	Senior Feminino	04:13:41	+01:50:12	12:41
406	1359	Ana Ferreira	individual	Senior Feminino	04:13:41	+01:50:12	12:41
407	1413	Mafalda Luís	individual	Senior Feminino	04:13:41	+01:50:12	12:41
408	1527	Fábio Silva	gondomar futsal clube	Senior Masculino	04:13:41	+01:50:13	12:41
409	2104	João Paulo Dias	ofrunning	Veterano M40	04:14:13	+01:50:44	12:43
410	1791	Américo Santos	individual	Veterano M40	04:14:27	+01:50:58	12:43
411	1596	Julio do Monte Escriveaes	individual	Senior Masculino	04:15:23	+01:51:54	12:46
412	1094	Jorge Manuel Teixeira Alves	ardaserra	Veterano M40	04:15:23	+01:51:54	12:46
413	2079	Sandra Pereira	nós acreditamos	Senior Feminino	04:15:29	+01:52:00	12:46
414	2219	André Cancela	rainha club	Senior Masculino	04:15:30	+01:52:02	12:47
415	1698	Rui Pedro Freitas Paninho Oliveira	gondomar futsal clube	Senior Masculino	04:16:08	+01:52:40	12:48
416	2382	Paulo Filipe Fernandes Monteiro	vidaativarunners	Veterano M40	04:16:12	+01:52:43	12:49
417	1883	Paulo Jorge Jaquel Pinto	individual	Veterano M40	04:16:23	+01:52:54	12:49
418	2190	MIGUEL TEIXEIRA	pm	Veterano M40	04:16:36	+01:53:08	12:50
419	2189	PAULO SILVA	pm	Senior Masculino	04:16:36	+01:53:08	12:50
420	2409	Roberto Bessa	cfit	Senior Masculino	04:16:43	+01:53:14	12:50
421	2400	C Augusto Freitas Moura	cfit	Senior Masculino	04:16:43	+01:53:14	12:50
422	1721	Victor Hugo Cardoso Osório	individual	Senior Masculino	04:16:56	+01:53:27	12:51
423	1765	Maria de Fátima Marques Ribeiro	individual	Veterana F40	04:16:57	+01:53:29	12:51
424	1992	Margarida Monteiro	marão team	Veterana F40	04:17:15	+01:53:47	12:52
425	482	Mario Augusto Silva Soares	marão team	Veterano M40	04:17:16	+01:53:47	12:52
426	1226	Flavio Santos	fitspot - parque nascente	Senior Masculino	04:17:16	+01:53:48	12:52
427	1106	carlos silva ferreira	autistic.runners	Veterano M40	04:17:25	+01:53:57	12:52
428	1885	Paulo Nunes	individual	Veterano M40	04:17:28	+01:53:59	12:52
429	1162	Simão Araújo	cf jesuitas	Senior Masculino	04:17:49	+01:54:21	12:53
430	2407	Ricardo Costa	cfit	Senior Masculino	04:17:59	+01:54:30	12:54
431	1754	Lá-Saete Pinto	individual	Veterana F40	04:18:00	+01:54:32	12:54
432	1557	Jaime Soares	individual	Senior Masculino	04:18:01	+01:54:33	12:54
433	1341	Manuel Pereira	helder augusto ferreira camilo	Senior Masculino	04:18:03	+01:54:35	12:54
434	2245	Olegário Oliveira	runners unidos à pipa	Veterano M40	04:18:05	+01:54:36	12:54
435	1980	Filipe Pereira	lion runners - g. d. leões da guarda	Senior Masculino	04:18:07	+01:54:38	12:54
436	1321	Pedro Sousa	gondomar futsal clube	Veterano M40	04:18:08	+01:54:39	12:54
437	1921	José Pedro Ferreira de Morais	izzef	Senior Masculino	04:18:09	+01:54:40	12:54
438	2242	Jorge MAnuel	runners unidos à pipa	Senior Masculino	04:18:10	+01:54:41	12:55
439	2253	RUI BALBEIRA	s. s. montepio	Veterano M40	04:18:20	+01:54:52	12:55
440	1599	Leonardo Brito	individual	Senior Masculino	04:18:30	+01:55:02	12:56
441	2374	Ricardo Pinto da Costa	vidaativarunners	Senior Masculino	04:18:37	+01:55:08	12:56
442	1354	Ana Catarina da Silva Caetano	individual	Senior Feminino	04:18:37	+01:55:09	12:56
443	2366	Artur Jorge Serra Morais	vidaativarunners	Senior Masculino	04:18:38	+01:55:09	12:56
444	1391	Ema Guerra	individual	Senior Feminino	04:18:39	+01:55:11	12:56
445	1430	Paula Araújo	individual	Senior Feminino	04:18:40	+01:55:12	12:56
446	1750	Graça Silva	individual	Veterana F40	04:18:40	+01:55:12	12:56
447	1440	Sara Rocha	individual	Senior Feminino	04:18:40	+01:55:12	12:56

**TRAIL - STAGE 1**

**20 KM**

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
448	2350	Tiago Silva	trilha dos runners	Senior Masculino	04:18:57	+01:55:28	12:57
449	1241	Ricardo Maia	frezite	Senior Masculino	04:18:57	+01:55:29	12:57
450	1591	José Pereira	individual	Senior Masculino	04:19:02	+01:55:33	12:57
451	1524	Ercilio Duarte Cardoso Ribeiro	individual	Senior Masculino	04:19:21	+01:55:53	12:58
452	1893	RICARDO JOSÉ CARDOSO RIBEIRO	individual	Veterano M40	04:20:23	+01:56:54	13:01
453	2053	Hugo Neto	nocturnos de paredes	Senior Masculino	04:20:26	+01:56:58	13:01
454	1909	vitor campos	individual	Veterano M40	04:20:32	+01:57:03	13:02
455	1710	Simão Castro	individual	Senior Masculino	04:20:54	+01:57:26	13:03
456	2024	Juliana Santos	muita tração running team	Senior Feminino	04:21:08	+01:57:39	13:03
457	1795	António Fernando Azevedo Teixeira	individual	Veterano M40	04:21:13	+01:57:44	13:04
458	1390	Elsa Ribeiro	individual	Senior Feminino	04:21:23	+01:57:55	13:04
459	1688	Rui Baldaia Mendes	individual	Senior Masculino	04:21:24	+01:57:55	13:04
460	1718	Tiago Rocha	individual	Senior Masculino	04:21:29	+01:58:01	13:04
461	2311	Miguel Castro	team agente meireles ii	Senior Masculino	04:21:29	+01:58:01	13:04
462	1287	Lu Pinto	generosos	Veterana F40	04:21:47	+01:58:18	13:05
463	1144	Dionísio Ferreira	bodysation runners pro	Senior Masculino	04:21:47	+01:58:19	13:05
464	1145	Filipe Ferreira	bodysation runners pro	Senior Masculino	04:21:47	+01:58:19	13:05
465	1639	NUNO LOPES	individual	Senior Masculino	04:21:55	+01:58:26	13:06
466	1736	Antónia Bessa	individual	Veterana F40	04:22:00	+01:58:31	13:06
467	1520	Eduardo Manuel Matos de Paiva	individual	Senior Masculino	04:22:11	+01:58:43	13:07
468	1493	Bruno Onofre Monteiro Araújo	individual	Senior Masculino	04:22:39	+01:59:10	13:08
469	2087	Armando Cardoso	nós acreditamos	Veterano M40	04:22:46	+01:59:17	13:08
470	1891	Pedro Silva	individual	Veterano M40	04:22:46	+01:59:17	13:08
471	1753	Ivone Ferreira	individual	Veterana F40	04:22:49	+01:59:20	13:08
472	1700	Rui Sequeira	individual	Senior Masculino	04:22:49	+01:59:21	13:08
473	1127	Ana Rita	befitness runners	Senior Feminino	04:22:49	+01:59:21	13:08
474	1392	Eunice Salgado	individual	Senior Feminino	04:22:53	+01:59:25	13:09
475	1896	Rui Alves	individual	Veterano M40	04:23:13	+01:59:44	13:10
476	1002	Rui Miguel Ferreira Marques	100kmsteam	Senior Masculino	04:23:36	+02:00:08	13:11
477	1003	Antonio Augusto Martins Leal	100kmsteam	Veterano M40	04:23:36	+02:00:08	13:11
478	1737	Cacilda Maria Sousa Ramos	individual	Veterana F40	04:23:46	+02:00:17	13:11
479	1477	Anita Gabriela Moreira Nunes da Costa	individual	Senior Masculino	04:23:53	+02:00:24	13:12
480	1779	Sandra Sousa	individual	Veterana F40	04:24:04	+02:00:35	13:12
481	1090	serafim fonseca	amigos s.pedro da cova	Veterano M40	04:24:07	+02:00:38	13:12
482	1089	joão fonseca	amigos s.pedro da cova	Senior Masculino	04:24:08	+02:00:39	13:12
483	1857	MANUEL LUIS CASTELO BRANCO MENDES CARVALHO	individual	Veterano M40	04:24:10	+02:00:42	13:13
484	1773	Paula Anjos	individual	Veterana F40	04:24:16	+02:00:48	13:13
485	2406	Eugénio Alves	cfít	Senior Masculino	04:25:05	+02:01:36	13:15
486	1017	Susana Margarida Ferreira de Sousa	adccjclark	Senior Feminino	04:25:37	+02:02:08	13:17
487	1526	Fábio André Martins Alves	individual	Senior Masculino	04:25:50	+02:02:21	13:18
488	2180	Marco Costa	pe de chumbo team	Veterano M40	04:25:50	+02:02:22	13:18
489	1592	José Ribeiro	individual	Senior Masculino	04:26:10	+02:02:42	13:19
490	2052	Edgar Cardoso	nocturnos de paredes	Senior Masculino	04:26:11	+02:02:43	13:19









**TRAIL - STAGE 1****20 KM****R**  
REVISED**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
627	2069	Salette Silva	nocturnos de paredes	Veterana F40	04:49:39	+02:26:11	14:29
628	2070	Acacio Teixeira	nocturnos de paredes	Veterano M40	04:49:48	+02:26:20	14:29
629	2051	Alexandre Pinto	nocturnos de paredes	Senior Masculino	04:49:49	+02:26:20	14:29
630	1223	Ines Arcos	fitspot - parque nascente	Senior Feminino	04:50:03	+02:26:35	14:30
631	1080	Arnaldo Filipe Ferreira Sampaio	amigos do trabalho	Senior Masculino	04:50:04	+02:26:35	14:30
632	1781	Sonia Ferreira	individual	Veterana F40	04:50:04	+02:26:35	14:30
633	1428	Monica Borges	individual	Senior Feminino	04:50:12	+02:26:43	14:31
634	1330	Jorge Borges	gtt - armazém do caffè	Senior Masculino	04:50:12	+02:26:43	14:31
635	1441	Sara Santos	individual	Senior Feminino	04:50:27	+02:26:58	14:31
636	1855	Manuel Diogenes Barros	individual	Veterano M40	04:50:27	+02:26:58	14:31
637	1597	Julio Magalhães	individual	Senior Masculino	04:50:27	+02:26:58	14:31
638	1816	Filipe Coutinho	individual	Veterano M40	04:50:40	+02:27:12	14:32
639	1506	Cesar Gomes	individual	Senior Masculino	04:50:41	+02:27:13	14:32
640	2342	Carlos Vitor Moreira	too stupid to stop	Senior Masculino	04:50:47	+02:27:18	14:32
641	2343	Christophe Sousa	too stupid to stop	Senior Masculino	04:50:47	+02:27:19	14:32
642	1349	Filipe Gonçalves	índios de bttrail	Senior Masculino	04:51:10	+02:27:42	14:34
643	1055	Arménio Ribeiro	all about	Veterano M40	04:51:33	+02:28:04	14:35
644	1047	Ana Rocha	all about	Senior Feminino	04:51:33	+02:28:05	14:35
645	1757	MANUELA MOTA	individual	Veterana F40	04:51:46	+02:28:18	14:35
646	1818	FILIBE MOTA	individual	Veterano M40	04:51:46	+02:28:18	14:35
647	1081	Vitor Dias	amigos do trabalho	Veterano M40	04:51:55	+02:28:26	14:36
648	1578	Jorge Manuel pereira monteiro	individual	Senior Masculino	04:51:57	+02:28:29	14:36
649	1385	Delfina Costa	individual	Senior Feminino	04:52:33	+02:29:04	14:38
650	1993	Joana Babo	marco runners	Senior Feminino	04:52:42	+02:29:13	14:38
651	1994	João Bernardes	marco runners	Senior Masculino	04:52:42	+02:29:13	14:38
652	2057	Leandro Sousa	nocturnos de paredes	Senior Masculino	04:52:55	+02:29:26	14:39
653	1755	Liseta Pinto	individual	Veterana F40	04:53:14	+02:29:45	14:40
654	1575	JORGE COSTA	individual	Senior Masculino	04:53:50	+02:30:21	14:42
655	1672	Ricardo Luis Nicolau Oliveira	individual	Senior Masculino	04:53:52	+02:30:23	14:42
656	1955	David Alves	la zinco	Senior Masculino	04:53:57	+02:30:29	14:42
657	2085	Álvaro Cardoso	nós acreditamos	Veterano M40	04:55:05	+02:31:36	14:45
658	1956	Nuno Oliveira	la zinco	Senior Masculino	04:55:42	+02:32:13	14:47
659	1953	Bruno Matos	la zinco	Senior Masculino	04:55:42	+02:32:13	14:47
660	1957	Rui Carvalho	la zinco	Senior Masculino	04:55:42	+02:32:13	14:47
661	2098	Manuel Moreira	ofrunning	Senior Masculino	04:55:54	+02:32:26	14:48
662	2055	Jose Cunha	nocturnos de paredes	Senior Masculino	04:56:06	+02:32:38	14:48
663	2048	Raquel Ribeiro	nocturnos de paredes	Senior Feminino	04:56:07	+02:32:38	14:48
664	1518	Diogo Silva	individual	Senior Masculino	04:57:44	+02:34:16	14:53
665	1588	José Pedro Da Silva Dias	individual	Senior Masculino	04:58:03	+02:34:34	14:54
666	1154	Quim	caetano runners	Senior Masculino	04:58:15	+02:34:47	14:55
667	2045	Eva Moreira	nocturnos de paredes	Senior Feminino	04:58:20	+02:34:51	14:55
668	2076	NUNO GOMES	nocturnos de paredes	Veterano M40	04:58:20	+02:34:52	14:55
669	1714	Telmo Pereira	individual	Senior Masculino	04:58:42	+02:35:14	14:56
670	1960	Helena Gomes	legion combat	Senior Feminino	04:58:42	+02:35:14	14:56
671	1810	Domingos da Silva Fonseca	individual	Veterano M40	04:59:10	+02:35:42	14:58
672	1274	Sandra Vale	generosos	Senior Feminino	04:59:20	+02:35:51	14:58

**TRAIL - STAGE 1****20 KM****OFFICIAL RESULT****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

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<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>
673	1133	David Paiva	befitness runners	Senior Masculino	05:00:28	+02:37:00	15:01
674	1573	Jonas Faria	individual	Senior Masculino	05:00:55	+02:37:26	15:03
675	1887	Paulo Ribeiro de Sousa	individual	Veterano M40	05:01:08	+02:37:40	15:03
676	1143	Rui Silva	bitrunners	Senior Masculino	05:01:17	+02:37:48	15:04
677	1469	André Buffon	individual	Senior Masculino	05:01:43	+02:38:15	15:05
678	1998	Daniela Lopes	minions	Senior Feminino	05:01:53	+02:38:25	15:06
679	1999	Helder Pereira	minions	Senior Masculino	05:01:54	+02:38:25	15:06
680	1600	Leonel Caldas	individual	Senior Masculino	05:01:59	+02:38:31	15:06
681	2073	João Leite	nocturnos de paredes	Veterano M40	05:02:12	+02:38:44	15:07
682	1976	Tiago Paulo dos Santos guimaraes	limitless	Senior Masculino	05:02:13	+02:38:44	15:07
683	2316	Sílvia Teixeira	team duas faces	Senior Feminino	05:02:14	+02:38:45	15:07
684	1013	Bruno Oliveira	ad esmeriz running	Senior Masculino	05:02:32	+02:39:04	15:08
685	2198	MARCO OLIVEIRA	portocargo	Senior Masculino	05:03:29	+02:40:01	15:10
686	1260	Margarida Soares	gauleses	Senior Feminino	05:03:47	+02:40:18	15:11
687	2144	Bruno Daniel Barbosa Magalhaes	os guerreiros	Senior Masculino	05:03:49	+02:40:21	15:11
688	1262	Emanuel Soares	gauleses	Senior Masculino	05:04:14	+02:40:46	15:13
689	2022	jose moura	monte dos amigos	Veterano M40	05:04:30	+02:41:02	15:14
690	2036	Daniel Lopes	newton team	Senior Masculino	05:04:42	+02:41:13	15:14
691	2035	Bruno Vale	newton team	Senior Masculino	05:04:42	+02:41:14	15:14
692	2359	Ana Alves	usf ts	Veterana F40	05:04:47	+02:41:19	15:14
693	2358	Sérgio Dinis	usf ts	Senior Masculino	05:04:48	+02:41:19	15:14
694	2134	Elisabete assunção	os caga tacos running team	Senior Feminino	05:04:49	+02:41:20	15:14
695	2271	Aurora Maria Estrela Godinho	softeam	Senior Feminino	05:04:49	+02:41:20	15:14
696	1507	César Lopes	individual	Senior Masculino	05:04:55	+02:41:27	15:15
697	2167	Vitor Teixeira	papa trails	Senior Masculino	05:05:06	+02:41:38	15:15
698	1113	Rui Sousa	bandidos	Senior Masculino	05:05:13	+02:41:45	15:16
699	1429	Mónica Maria Ferreira Sá Costa Barbosa	individual	Senior Feminino	05:05:59	+02:42:31	15:18
700	2352	Fernando conceição	trilhos	Veterano M40	05:05:59	+02:42:31	15:18
701	1403	JOANA MARTINS	individual	Senior Feminino	05:06:24	+02:42:55	15:19
702	1611	Luís Gonçalves	individual	Senior Masculino	05:06:41	+02:43:12	15:20
703	1568	Joaquim Agostinho Costa e Sousa	individual	Senior Masculino	05:06:58	+02:43:30	15:21
704	2276	Cláudio Silva	somos nós team	Senior Masculino	05:07:06	+02:43:38	15:21
705	2402	Ricardo Nogueira	cfrit	Senior Masculino	05:07:06	+02:43:38	15:21
706	1464	ALBANO TEIXEIRA	individual	Senior Masculino	05:07:28	+02:44:00	15:22
707	2203	MANUEL PEREIRA	portocargo	Veterano M40	05:07:44	+02:44:15	15:23
708	1771	Monica Claudia Correia de Sousa Matos	individual	Veterana F40	05:07:47	+02:44:19	15:23
709	1853	Luís Pereira	individual	Veterano M40	05:08:06	+02:44:37	15:24
710	1685	Rúben Bastos	individual	Senior Masculino	05:08:10	+02:44:41	15:25
711	1342	Paula Costa	helder óptica team	Senior Feminino	05:08:10	+02:44:41	15:25
712	1480	António Gonçalves	individual	Senior Masculino	05:08:10	+02:44:42	15:25
713	1383	Cristina Moura	individual	Senior Feminino	05:08:11	+02:44:42	15:25
714	1743	Conceição Pereira	individual	Veterana F40	05:08:11	+02:44:42	15:25
715	1272	Natercia Teixeira	generosos	Senior Feminino	05:08:34	+02:45:06	15:26
716	1267	Claudia Coelho	generosos	Senior Feminino	05:08:34	+02:45:06	15:26
717	2008	eva ribeiro	monte dos amigos	Senior Feminino	05:08:44	+02:45:16	15:26



## TRAIL - STAGE 1

20 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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
763	1745	Eduarda Maria Vieira Magalhães Freitas	individual	Veterana F40	05:15:49	+02:52:20	15:47
764	1831	Raquel Santos	individual	Senior Feminino	05:15:49	+02:52:20	15:47
765	2403	Joana Teixeira	cfit	Senior Feminino	05:15:49	+02:52:21	15:47
766	1356	Ana Catarina Moreira Carneiro	individual	Senior Feminino	05:15:57	+02:52:29	15:48
767	2306	Duarte Meireles	team agente meireles	Senior Masculino	05:15:57	+02:52:29	15:48
768	2074	Jose Silva	nocturnos de paredes	Veterano M40	05:17:00	+02:53:32	15:51
769	1084	Cristina Amaral	amigos dos semáforos bamulá	Veterana F40	05:17:30	+02:54:02	15:53
770	1087	Marco Pacheco	amigos dos semáforos bamulá	Veterano M40	05:17:31	+02:54:02	15:53
771	1178	Luís Miguel Azevedo da Silva	ctad - trilhos de cinfães	Senior Masculino	05:17:32	+02:54:04	15:53
772	2294	Maria Portugal	tartarugas do asfalto	Veterana F40	05:18:45	+02:55:16	15:56
773	1589	Jose Pedro Sistelo	individual	Senior Masculino	05:18:45	+02:55:16	15:56
774	1704	Sérgio Brochado	individual	Senior Masculino	05:19:18	+02:55:49	15:58
775	2130	Andre Filipe Pinto Barros	os atletas	Senior Masculino	05:19:26	+02:55:57	15:58
776	1152	Márcia Vieira	caderneta de cromos	Senior Feminino	05:19:39	+02:56:11	15:59
777	1962	Rute Silva	legion combat	Senior Feminino	05:19:49	+02:56:21	15:59
778	1670	Ricardo Hugo Sá Santos	individual	Senior Masculino	05:19:49	+02:56:21	15:59
779	1309	Sérgio Silva	global trail	Veterano M40	05:20:08	+02:56:39	16:00
780	1693	Rui Lima	individual	Senior Masculino	05:20:24	+02:56:55	16:01
781	1778	Sandra Silva	individual	Veterana F40	05:20:24	+02:56:55	16:01
782	1264	Tiago Velho	gauleses	Senior Masculino	05:20:31	+02:57:02	16:02
783	1261	Rita Garcia	gauleses	Senior Feminino	05:20:31	+02:57:02	16:02
784	1977	Cristina Gonçalves	lion runners - g. d. leões da guarda	Senior Feminino	05:20:35	+02:57:06	16:02
785	1986	Miguel Fonseca	lion runners - g. d. leões da guarda	Veterano M40	05:20:37	+02:57:08	16:02
786	1734	Anabela Cunha	individual	Veterana F40	05:20:53	+02:57:25	16:03
787	2161	Nelson Montalvão	os turbomula	Veterano M40	05:21:42	+02:58:14	16:05
788	1752	Isaura de Almeida	individual	Veterana F40	05:22:25	+02:58:57	16:07
789	1448	sonia moreira	individual	Senior Feminino	05:23:06	+02:59:38	16:09
790	2415	Susana Silva	edv- viana trail	Senior Masculino	05:23:07	+02:59:38	16:09
791	2300	Marina Salgueiro	tartarugas trail	Veterana F40	05:23:07	+02:59:39	16:09
792	1848	JOSE RODRIGUES COSTA	individual	Veterano M40	05:23:08	+02:59:40	16:09
793	2298	Marco Maciel	tartarugas trail	Senior Masculino	05:23:08	+02:59:40	16:09
794	1410	Liliana Maria Ferreira Da Silva	individual	Senior Feminino	05:23:26	+02:59:57	16:10
795	1384	Daniela Costa	individual	Senior Feminino	05:23:26	+02:59:58	16:10
796	2175	Sonia Silva	paredes running	Senior Feminino	05:23:26	+02:59:58	16:10
797	2176	Antonio Barbosa	paredes running	Senior Masculino	05:23:26	+02:59:58	16:10
798	2299	Elisabete Pereira	tartarugas trail	Veterana F40	05:23:50	+03:00:22	16:12
799	2301	Jaime Pereira	tartarugas trail	Veterano M40	05:23:50	+03:00:22	16:12
800	2329	Marlene Rodrigues	thunder team	Senior Feminino	05:23:51	+03:00:23	16:12
801	2330	Pedro Rodrigues	thunder team	Veterano M40	05:23:51	+03:00:23	16:12
802	1424	Marisa Carvalho	individual	Senior Feminino	05:24:23	+03:00:55	16:13
803	2319	Prazeres Pires	team duas faces	Veterana F40	05:24:23	+03:00:55	16:13
804	1417	Maria Antónia Correia Cunha	individual	Senior Feminino	05:24:48	+03:01:20	16:14
805	1414	Márcia Almeida	individual	Senior Feminino	05:25:15	+03:01:47	16:16
806	1950	Mariana Oliveira	la zinco	Senior Feminino	05:25:16	+03:01:48	16:16
807	2314	Max Vale	team corleone	Senior Masculino	05:25:44	+03:02:16	16:17

## TRAIL - STAGE 1

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
808	1382	Cláudia Sofia Lopes Paula	individual	Senior Feminino	05:25:48	+03:02:19	16:17
809	1954	Carlos Alves	la zinco	Senior Masculino	05:27:10	+03:03:41	16:22
810	1306	António Soares	global trail	Veterano M40	05:27:56	+03:04:27	16:24
811	1548	henrique teixeira	individual	Senior Masculino	05:28:04	+03:04:35	16:24
812	2046	Lidia Mota	nocturnos de paredes	Senior Feminino	05:28:09	+03:04:41	16:24
813	2067	Maria Jesus	nocturnos de paredes	Veterana F40	05:29:07	+03:05:39	16:27
814	2254	RUI SILVA	s. s. montepio	Veterano M40	05:29:08	+03:05:39	16:27
815	2376	Vitor Silva	vidaativarunners	Senior Masculino	05:29:23	+03:05:55	16:28
816	2364	Abílio Guimarães Casanova	vidaativarunners	Senior Masculino	05:29:24	+03:05:55	16:28
817	1221	Beatriz Oliveira	fitspot - parque nascente	Senior Feminino	05:29:34	+03:06:06	16:29
818	1886	Paulo Próspero	individual	Veterano M40	05:30:38	+03:07:09	16:32
819	1030	Sara Rafael	aliança de gandra	Senior Feminino	05:30:41	+03:07:12	16:32
820	1362	Ana Rita Silva	individual	Senior Feminino	05:30:42	+03:07:13	16:32
821	1691	Rui de Matos	individual	Senior Masculino	05:30:44	+03:07:16	16:32
822	1388	Elisabete Maria soutulho coelho Alves	individual	Senior Feminino	05:30:50	+03:07:21	16:33
823	1301	Rodrigo Ferraz	generosos	Veterano M40	05:30:50	+03:07:22	16:33
824	1276	Sofia Tadeu	generosos	Senior Feminino	05:30:50	+03:07:22	16:33
825	1220	Beatriz Dias	fitspot - parque nascente	Senior Feminino	05:31:14	+03:07:46	16:34
826	1142	Jorge Sousa	bitrunners	Senior Masculino	05:31:22	+03:07:53	16:34
827	1266	Carla Pimentel	generosos	Senior Feminino	05:31:31	+03:08:02	16:35
828	1300	Pedro Costelha	generosos	Veterano M40	05:31:31	+03:08:03	16:35
829	1703	Sandro sousa	individual	Senior Masculino	05:31:32	+03:08:03	16:35
830	1436	Sara braga	individual	Senior Feminino	05:31:33	+03:08:05	16:35
831	1173	Rui Montenegro	colégio júlio dinis	Veterano M40	05:31:39	+03:08:11	16:35
832	1967	Mafalda Dias	leroy merlin braga	Senior Feminino	05:31:49	+03:08:20	16:35
833	1379	Cidália Barbosa	individual	Senior Feminino	05:31:51	+03:08:23	16:36
834	1445	Sílvia Moreira	individual	Senior Feminino	05:31:52	+03:08:23	16:36
835	1278	Antonio Oliveira	generosos	Senior Masculino	05:32:04	+03:08:35	16:36
836	1279	Manuel Adriano	generosos	Senior Masculino	05:32:05	+03:08:36	16:36
837	1313	Rui Santos	gondomar futsal clube	Senior Masculino	05:32:42	+03:09:14	16:38
838	2205	RENATO OLIVEIRA	portocargo	Veterano M40	05:33:11	+03:09:43	16:40
839	2199	ISABEL VIEIRA	portocargo	Veterana F40	05:34:03	+03:10:34	16:42
840	1706	Sérgio Moreira	individual	Senior Masculino	05:34:46	+03:11:17	16:44
841	1884	Paulo Lara	individual	Veterano M40	05:34:53	+03:11:24	16:45
842	1439	Sara Rocha	individual	Senior Feminino	05:35:07	+03:11:38	16:45
843	1725	Vítor Manuel Dias Gonçalves	individual	Senior Masculino	05:35:18	+03:11:49	16:46
844	2156	Filipe Nogueira	os turbomula	Senior Masculino	05:35:24	+03:11:55	16:46
845	2155	Sara Moreira	os turbomula	Senior Feminino	05:35:24	+03:11:56	16:46
846	2396	Maria Silva	cfít	Senior Feminino	05:35:58	+03:12:30	16:48
847	2397	José Barbosa	cfít	Senior Masculino	05:35:58	+03:12:30	16:48
848	2135	antonio tavares	os caga tacos running team	Senior Masculino	05:36:15	+03:12:47	16:49
849	1086	Luís Almeida	amigos dos semáforos bamulá	Veterano M40	05:36:19	+03:12:51	16:49
850	1115	maria lucinda barbosa moreira	barbosa	Veterana F40	05:36:28	+03:13:00	16:49
851	1116	augusto pinto barbosa	barbosa	Veterano M40	05:36:28	+03:13:00	16:49
852	1827	João Manuel Sousa	individual	Veterano M40	05:37:22	+03:13:53	16:52



TRAIL - STAGE 1

20 KM

**R**  
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
853	1858	Manuel Meireles	individual	Veterano M40	05:38:47	+03:15:18	16:56
854	2054	Jorge Ribeiro	nocturnos de paredes	Senior Masculino	05:38:47	+03:15:18	16:56
855	1198	Sergio Sousa	espera por mim	Senior Masculino	05:38:54	+03:15:25	16:57
856	1399	Isabel Queiroga	individual	Senior Feminino	05:39:01	+03:15:33	16:57
857	1357	Ana Cristina Araujo Cunha	individual	Senior Feminino	05:39:01	+03:15:33	16:57
858	1412	Mafalda Alves	individual	Senior Feminino	05:39:23	+03:15:55	16:58
859	2337	Tiago Lamego	tockandar	Senior Masculino	05:40:09	+03:16:41	17:00
860	2225	Rui Moreira	referee´s team	Senior Masculino	05:41:24	+03:17:56	17:04
861	2224	Mário Cunha	referee´s team	Senior Masculino	05:41:51	+03:18:23	17:06
862	1373	Carla Monteiro	individual	Senior Feminino	05:42:01	+03:18:33	17:06
863	1389	Elsa Costa	individual	Senior Feminino	05:42:01	+03:18:33	17:06
864	2037	Pedro Alves	nice runners	Veterano M40	05:42:27	+03:18:59	17:07
865	1431	Rita Teixeira Costa	individual	Senior Feminino	05:42:46	+03:19:17	17:08
866	1095	Carla Barbosa	as belas e eles	Senior Feminino	05:42:46	+03:19:18	17:08
867	2011	rosa almeida	monte dos amigos	Senior Feminino	05:43:09	+03:19:40	17:09
868	2020	sonia silva	monte dos amigos	Veterana F40	05:43:52	+03:20:24	17:12
869	2007	angela dias	monte dos amigos	Senior Feminino	05:44:18	+03:20:50	17:13
870	1192	SILVIA MOTA	equipa joao ferreira	Senior Feminino	05:45:28	+03:22:00	17:16
871	1191	MARCIA FREITAS	equipa joao ferreira	Senior Feminino	05:45:35	+03:22:06	17:17
872	1763	Maria Couto	individual	Veterana F40	05:45:43	+03:22:14	17:17
873	1446	Sofia Ferreira	individual	Senior Feminino	05:46:07	+03:22:39	17:18
874	1425	Marisa Moreira	individual	Senior Feminino	05:47:44	+03:24:15	17:23
875	1652	Paulo Sérgio Bessa	individual	Senior Masculino	05:47:44	+03:24:15	17:23
876	1609	Luis Filipe Nunes Rodrigues de Sousa Reis	individual	Senior Masculino	05:47:44	+03:24:16	17:23
877	2236	Helder Pinto	run for fun	Senior Masculino	05:47:44	+03:24:16	17:23
878	1764	Maria de Fátima da Silva Rocha	individual	Veterana F40	05:47:52	+03:24:24	17:24
879	1762	Maria Celeste Soares Azevedo	individual	Veterana F40	05:47:52	+03:24:24	17:24
880	1562	João Ferreira	individual	Senior Masculino	05:48:56	+03:25:28	17:27
881	1614	Luis Miguel Rodrigues Oliveira	individual	Senior Masculino	05:49:11	+03:25:42	17:28
882	1088	Miguel Magalhães	amigos dos semáforos bamulá	Veterano M40	05:49:51	+03:26:23	17:30
883	1083	Miguel Alves	amigos dos semáforos bamulá	Senior Masculino	05:49:52	+03:26:23	17:30
884	1085	Teresa Calix	amigos dos semáforos bamulá	Veterana F40	05:49:52	+03:26:23	17:30
885	2041	Andreia Silva	nocturnos de paredes	Senior Feminino	05:50:17	+03:26:48	17:31
886	2050	Tania Ferreira	nocturnos de paredes	Senior Feminino	05:50:17	+03:26:48	17:31
887	1485	Antonio Xavier	individual	Senior Masculino	05:50:43	+03:27:14	17:32
888	1772	Mónica Rocha	individual	Veterana F40	05:50:43	+03:27:14	17:32
889	2240	Miguel meleiro	run4all	Senior Masculino	05:50:43	+03:27:15	17:32
890	1819	Filipe Moutinho	individual	Veterano M40	05:51:53	+03:28:24	17:36
891	1408	Liliana Leal	individual	Senior Feminino	05:52:05	+03:28:36	17:36
892	2336	José Augusto Ribeiro da Silva	tockandar	Senior Masculino	05:52:24	+03:28:56	17:37
893	2335	Antonio Ramos	tockandar	Senior Masculino	05:52:24	+03:28:56	17:37
894	1559	João Barbosa Pereira	individual	Senior Masculino	05:53:43	+03:30:15	17:41
895	1676	Ricardo Moreira	individual	Senior Masculino	05:53:44	+03:30:16	17:41
896	1845	José Pacheco	individual	Veterano M40	05:56:11	+03:32:42	17:49
897	1963	Sofia Alves	legion combat	Senior Feminino	05:58:42	+03:35:14	17:56



**TRAIL - STAGE 1**

**20 KM**

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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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
943	2010	patricia ferraz	monte dos amigos	Senior Feminino	06:52:13	+04:28:45	20:37
944	2018	paula coutinho	monte dos amigos	Veterana F40	06:52:14	+04:28:45	20:37
945	2017	paula almeida	monte dos amigos	Veterana F40	06:52:14	+04:28:46	20:37
946	2023	vítor costa	monte dos amigos	Veterano M40	06:52:16	+04:28:47	20:37
947	1285	Cristina Pinto	generosos	Veterana F40	06:54:25	+04:30:57	20:43
948	1290	Maria Jose Dias	generosos	Veterana F40	06:54:27	+04:30:58	20:43
949	1286	Estela Rodrigues	generosos	Veterana F40	06:54:27	+04:30:58	20:43
950	1303	Sergio Braga	generosos	Veterano M40	06:54:27	+04:30:58	20:43
951	1749	Graça Casal	individual	Veterana F40	07:06:34	+04:43:05	21:20
952	1793	António Carmo	individual	Veterano M40	07:06:34	+04:43:06	21:20
953	2282	IRENE MADEIRA	su team & friends	Senior Feminino	07:09:51	+04:46:23	21:30
954	2283	PATRICIA ANTUNES	su team & friends	Senior Feminino	07:10:36	+04:47:07	21:32
955	1964	Fábio José Cunha Ribeiro	legion combat	Senior Masculino	07:10:38	+04:47:09	21:32
956	1961	Layla Taiwane P- Romero	legion combat	Senior Feminino	07:10:38	+04:47:09	21:32
957	2270	Ana Filipa Matos Oliveira	softeam	Senior Feminino	07:14:51	+04:51:22	21:45
958	2006	andreia coelho	monte dos amigos	Senior Feminino	07:19:09	+04:55:40	21:57
959	1068	Adriano Jorge Oliveira Reis	amigos do pedal trailagares	Senior Masculino	09:26:09	+07:02:41	28:18



**Trail****20 KM****OFFICIAL RESULT****R**  
REVISED

38	1404	Joana Moura	Individual	Senior Feminino	04:13:41	+01:21:49	12:41
39	1359	Ana Ferreira	Individual	Senior Feminino	04:13:41	+01:21:49	12:41
40	1413	Mafalda Luís	Individual	Senior Feminino	04:13:41	+01:21:49	12:41
41	2079	Sandra Pereira	Nós Acreditamos	Senior Feminino	04:15:29	+01:23:37	12:46
42	1354	Ana Catarina da Silva Caetano	Individual	Senior Feminino	04:18:38	+01:26:46	12:56
43	1391	Ema Guerra	Individual	Senior Feminino	04:18:40	+01:26:48	12:56
44	1430	Paula Araújo	Individual	Senior Feminino	04:18:41	+01:26:49	12:56
45	1440	Sara Rocha	Individual	Senior Feminino	04:18:41	+01:26:49	12:56
46	2024	Juliana Santos	MUITA TRACÇÃO RUNNING TEAM	Senior Feminino	04:21:08	+01:29:16	13:03
47	1390	Elsa Ribeiro	Individual	Senior Feminino	04:21:24	+01:29:32	13:04
48	1127	Ana Rita	Befitness Runners	Senior Feminino	04:22:50	+01:30:58	13:08
49	1392	Eunice Salgado	Individual	Senior Feminino	04:22:54	+01:31:02	13:09
50	1017	Susana Margarida Ferreira de Sousa	ADCCJCLARK	Senior Feminino	04:25:37	+01:33:45	13:17
51	1420	MARIA JOSÉ GOMES DA SILVA	Individual	Senior Feminino	04:26:16	+01:34:24	13:19
52	2185	liliana pinto	Pernetas	Senior Feminino	04:28:33	+01:36:41	13:26
53	1363	Ana Tavares	Individual	Senior Feminino	04:29:48	+01:37:56	13:29
54	1418	Maria João Oliveira	Individual	Senior Feminino	04:29:49	+01:37:57	13:29
55	3244	Ana Rocha	Fitspot - Parque Nascente	Senior Feminino	04:30:39	+01:38:47	13:32
56	1375	Carmo Ferreira	Individual	Senior Feminino	04:30:39	+01:38:47	13:32
57	1941	Elisabete Fonseca	Kunalama Runners	Senior Feminino	04:32:34	+01:40:42	13:38
58	1149	Elisabete Pinto	Brabus Runners	Senior Feminino	04:32:57	+01:41:05	13:39
59	2044	Carla Sousa	NOCTURNOS DE PAREDES	Senior Feminino	04:33:40	+01:41:48	13:41
60	1018	Susana pinto	adrulsm-brasinhas	Senior Feminino	04:33:50	+01:41:58	13:42
61	1997	Lia Duarte	Melres Trail Running - Ordem para Arrear	Senior Feminino	04:34:01	+01:42:09	13:42
62	1996	Diana Vieira	Melres Trail Running - Ordem para Arrear	Senior Feminino	04:34:01	+01:42:09	13:42
63	1401	Joana Abreu	Individual	Senior Feminino	04:34:21	+01:42:29	13:43
64	2399	Cristina Moreira	NOCTURNOS DE PAREDES	Senior Feminino	04:35:15	+01:43:23	13:46
65	1027	Carla Pereira	ALIANÇA DE GANDRA	Senior Feminino	04:35:40	+01:43:48	13:47
66	1368	Banita	Individual	Senior Feminino	04:35:47	+01:43:55	13:47
67	2361	Joana dos Santos Ferreira	VAINDO	Senior Feminino	04:38:29	+01:46:37	13:55
68	1029	Paula Silva	ALIANÇA DE GANDRA	Senior Feminino	04:39:24	+01:47:32	13:58
69	1920	Ana Isabel Ferreira da Silva	IZZEF	Senior Feminino	04:39:28	+01:47:36	13:58
70	2140	Daniela Oliveira	Os Falta D'Ar	Senior Feminino	04:39:31	+01:47:39	13:59
71	1148	Elisabete Faria	Brabus Runners	Senior Feminino	04:40:40	+01:48:48	14:02
72	1195	Liliana Alves	ERMIDAFIT Runners	Senior Feminino	04:41:07	+01:49:15	14:03
73	1991	Fernanda Maria Ferreira Oliveira	Marão team	Senior Feminino	04:42:04	+01:50:12	14:06
74	1190	ISABEL PINTO	EQUIPA JOAO FERREIRA	Senior Feminino	04:42:40	+01:50:48	14:08
75	2292	Sílvia Cunha	Tartarugas do Asfalto	Senior Feminino	04:43:39	+01:51:47	14:11
76	1157	Susana Ribeiro	CCD - SIEMENS	Senior Feminino	04:47:40	+01:55:48	14:23
77	2401	Cristina Ferreira Neto	CFIT	Senior Feminino	04:49:10	+01:57:18	14:27
78	1223	Ines Arcos	Fitspot - Parque Nascente	Senior Feminino	04:50:04	+01:58:12	14:30
79	1428	Monica Borges	Individual	Senior Feminino	04:50:12	+01:58:20	14:31
80	1441	Sara Santos	Individual	Senior Feminino	04:50:27	+01:58:35	14:31
81	1047	Ana Rocha	All About	Senior Feminino	04:51:34	+01:59:42	14:35



Trail

20 KM



OFFICIAL RESULT

127	1414	Márcia Almeida	Individual	Senior Feminino	05:25:16	+02:33:24	16:16
128	1950	Mariana Oliveira	LA Zinco	Senior Feminino	05:25:17	+02:33:25	16:16
129	1382	Cláudia Sofia Lopes Paula	Individual	Senior Feminino	05:25:48	+02:33:56	16:17
130	2046	Lidia Mota	NOCTURNOS DE PAREDES	Senior Feminino	05:28:10	+02:36:18	16:24
131	1221	Beatriz Oliveira	Fitspot - Parque Nascente	Senior Feminino	05:29:35	+02:37:43	16:29
132	1030	Sara Rafael	ALIANÇA DE GANDRA	Senior Feminino	05:30:41	+02:38:49	16:32
133	1362	Ana Rita Silva	Individual	Senior Feminino	05:30:42	+02:38:50	16:32
134	1388	Elisabete Maria soutulho coelho Alves	Individual	Senior Feminino	05:30:50	+02:38:58	16:33
135	1276	Sofia Tadeu	GENEROSOS	Senior Feminino	05:30:51	+02:38:59	16:33
136	1220	Beatriz Dias	Fitspot - Parque Nascente	Senior Feminino	05:31:15	+02:39:23	16:34
137	1266	Carla Pimentel	GENEROSOS	Senior Feminino	05:31:31	+02:39:39	16:35
138	1436	Sara braga	Individual	Senior Feminino	05:31:34	+02:39:42	16:35
139	1967	Mafalda Dias	LEROY MERLIN BRAGA	Senior Feminino	05:31:49	+02:39:57	16:35
140	1379	Cidália Barbosa	Individual	Senior Feminino	05:31:52	+02:40:00	16:36
141	1445	Sílvia Moreira	Individual	Senior Feminino	05:31:52	+02:40:00	16:36
142	1439	Sara Rocha	Individual	Senior Feminino	05:35:07	+02:43:15	16:45
143	2155	Sara Moreira	Os TurboMula	Senior Feminino	05:35:25	+02:43:33	16:46
144	2396	Maria Silva	CFIT	Senior Feminino	05:35:59	+02:44:07	16:48
145	1399	Isabel Queiroga	Individual	Senior Feminino	05:39:02	+02:47:10	16:57
146	1357	Ana Cristina Araujo Cunha	Individual	Senior Feminino	05:39:02	+02:47:10	16:57
147	1412	Mafalda Alves	Individual	Senior Feminino	05:39:24	+02:47:32	16:58
148	1373	Carla Monteiro	Individual	Senior Feminino	05:42:02	+02:50:10	17:06
149	1389	Elsa Costa	Individual	Senior Feminino	05:42:02	+02:50:10	17:06
150	1431	Rita Teixeira Costa	Individual	Senior Feminino	05:42:46	+02:50:54	17:08
151	1095	Carla Barbosa	As Belas e Eles	Senior Feminino	05:42:47	+02:50:55	17:08
152	2011	rosa almeida	Monte dos Amigos	Senior Feminino	05:43:09	+02:51:17	17:09
153	2007	angela dias	Monte dos Amigos	Senior Feminino	05:44:19	+02:52:27	17:13
154	1192	SILVIA MOTA	EQUIPA JOAO FERREIRA	Senior Feminino	05:45:29	+02:53:37	17:16
155	1191	MARCIA FREITAS	EQUIPA JOAO FERREIRA	Senior Feminino	05:45:35	+02:53:43	17:17
156	1446	Sofia Ferreira	Individual	Senior Feminino	05:46:08	+02:54:16	17:18
157	1425	Marisa Moreira	Individual	Senior Feminino	05:47:44	+02:55:52	17:23
158	2041	Andreia Silva	NOCTURNOS DE PAREDES	Senior Feminino	05:50:17	+02:58:25	17:31
159	2050	Tania Ferreira	NOCTURNOS DE PAREDES	Senior Feminino	05:50:17	+02:58:25	17:31
160	1408	Liliana Leal	Individual	Senior Feminino	05:52:05	+03:00:13	17:36
161	1963	Sofia Alves	Legion Combat	Senior Feminino	05:58:43	+03:06:51	17:56
162	1455	VANESSA DO BEM	Individual	Senior Feminino	05:59:47	+03:07:55	17:59
163	1459	Vera Lúcia Moreira Llma da Silva Martins	Individual	Senior Feminino	05:59:47	+03:07:55	17:59
164	1270	Isabel Rocha	GENEROSOS	Senior Feminino	06:00:25	+03:08:33	18:01
165	2031	Samanta Maia	Mums run	Senior Feminino	06:04:18	+03:12:26	18:13
166	1259	Ana Machado	gangue das maçãs	Senior Feminino	06:06:36	+03:14:44	18:20
167	1423	Mariana Silva Gomes	Individual	Senior Feminino	06:06:45	+03:14:53	18:20
168	1447	Sonia Cardoso	Individual	Senior Feminino	06:08:14	+03:16:22	18:25
169	2153	Marta Mota	Os TurboMula	Senior Feminino	06:18:19	+03:26:27	18:55
170	2128	Rute Peixoto	Orange Power	Senior Feminino	06:22:49	+03:30:57	19:08
171	2126	Ana Lourenço	Orange Power	Senior Feminino	06:23:01	+03:31:09	19:09
172	2332	Cidalia Lima	Tockandar	Senior Feminino	06:23:26	+03:31:34	19:10

**Trail**

**20 KM**

**OFFICIAL RESULT**

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173	2333	Claudia Sofia T. F Ramos	Tockandar	Senior Feminino	06:23:34	+03:31:42	19:11
174	2334	Sofia Miranda	Tockandar	Senior Feminino	06:23:34	+03:31:42	19:11
175	2154	Priscila Mendes	Os TurboMula	Senior Feminino	06:26:52	+03:35:00	19:21
176	2127	Catarina Sousa	Orange Power	Senior Feminino	06:37:16	+03:45:24	19:52
177	2010	patricia ferraz	Monte dos Amigos	Senior Feminino	06:52:14	+04:00:22	20:37
178	2282	IRENE MADEIRA	SU TEAM & FRIENDS	Senior Feminino	07:09:52	+04:18:00	21:30
179	2283	PATRICIA ANTUNES	SU TEAM & FRIENDS	Senior Feminino	07:10:36	+04:18:44	21:32
180	1961	Layla Taiwane P- Romero	Legion Combat	Senior Feminino	07:10:38	+04:18:46	21:32
181	2270	Ana Filipa Matos Oliveira	SOFTEAM	Senior Feminino	07:14:51	+04:22:59	21:45
182	2006	andrea coelho	Monte dos Amigos	Senior Feminino	07:19:09	+04:27:17	21:57

## Senior Masculino

1	2231	Ricardo Rego	Ricardo	Senior Masculino	02:31:09		07:33
2	1333	Ricardo Andre Ramos Miranda	GTT - Armazém do Caffè	Senior Masculino	02:34:38	+03:29	07:44
3	1323	Artur Barbosa	Grupo Desportivo dos Ferroviários de Campanhã	Senior Masculino	02:35:45	+04:36	07:47
4	2169	Fábio Pinto	PAREDES AVENTURA	Senior Masculino	02:36:57	+05:48	07:51
5	1556	Ivo Pereira	Individual	Senior Masculino	02:37:52	+06:43	07:54
6	2116	Fernando Taborda	Oralklass-Amigos do Trail	Senior Masculino	02:37:59	+06:50	07:54
7	1073	Ricardo Emanuel Peixoto Moreira	AMIGOS DO PEDAL TRILAGARES	Senior Masculino	02:39:01	+07:52	07:57
8	2123	Seninho Ribeiro	Oralklass-Amigos do Trail	Senior Masculino	02:39:36	+08:27	07:59
9	2317	MARCO ANDRE ALMEIDA FERREIRA	Team DUAS FACES	Senior Masculino	02:40:02	+08:53	08:00
10	1679	Ricardo Soares PT	Individual	Senior Masculino	02:40:13	+09:04	08:01
11	1331	Nuno Figueiredo	GTT - Armazém do Caffè	Senior Masculino	02:41:06	+09:57	08:03
12	2318	TIAGO FERREIRA SANTOS	Team DUAS FACES	Senior Masculino	02:41:15	+10:06	08:04
13	1069	António Manuel Dias Moreira	AMIGOS DO PEDAL TRILAGARES	Senior Masculino	02:42:04	+10:55	08:06
14	1649	Paulo César Ferreira	Individual	Senior Masculino	02:43:52	+12:43	08:12
15	2118	José Neto	Oralklass-Amigos do Trail	Senior Masculino	02:44:54	+13:45	08:15
16	1979	Celso Oliveira	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	02:48:56	+17:47	08:27
17	1633	Milton César Miranda dos Santos	Individual	Senior Masculino	02:49:08	+17:59	08:27
18	2097	João Pedro Leal	OFRunning	Senior Masculino	02:50:16	+19:07	08:31
19	1327	Emanuel Orlando P.B. Costa	GTT - Armazém do Caffè	Senior Masculino	02:50:30	+19:21	08:31
20	2122	Rui Costa	Oralklass-Amigos do Trail	Senior Masculino	02:50:35	+19:26	08:32
21	1344	Bruno Teixeira	Helder óptica team	Senior Masculino	02:51:05	+19:56	08:33
22	1334	Sérgio André da Silva Coelho	GTT - Armazém do Caffè	Senior Masculino	02:52:18	+21:09	08:37
23	1641	Nuno Miguel Carvalho da Silva	Individual	Senior Masculino	02:52:44	+21:35	08:38
24	2170	Helder Camilo	PAREDES AVENTURA	Senior Masculino	02:52:48	+21:39	08:38
25	2108	Nuno Manuel Coelho Paredinha	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Masculino	02:54:08	+22:59	08:42
26	1549	Hugo Andrade	Individual	Senior Masculino	02:54:16	+23:07	08:43
27	1667	Ricardo Ferreira	Individual	Senior Masculino	02:54:52	+23:43	08:45
28	1560	João Cardoso	Individual	Senior Masculino	02:54:52	+23:43	08:45
29	1207	Ricardo Rocha	FAST AO KM	Senior Masculino	02:55:38	+24:29	08:47
30	1581	jose antonio Dominguez Pereira	Individual	Senior Masculino	02:56:04	+24:55	08:48

Official Timekeeper: Lap2Go	5 / 22	generate 31-May-2016 10:12
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Trail

20 KM

OFFICIAL RESULT



31	1653	pedro alves	Individual	Senior Masculino	02:56:12	+25:03	08:49
32	2405	Francisco Pacheco	CFIT	Senior Masculino	02:57:21	+26:12	08:52
33	2353	Ivan Silva	trilhaostermals.pt	Senior Masculino	02:57:46	+26:37	08:53
34	1031	Agostinho Sousa	ALIANÇA DE GANDRA	Senior Masculino	02:59:01	+27:52	08:57
35	1463	Agostinho Barbosa Reis	Individual	Senior Masculino	02:59:33	+28:24	08:59
36	1245	Adão Paulo Teixeira Monteiro	Fridão Sem Limites	Senior Masculino	03:00:04	+28:55	09:00
37	1332	Rafael Escrivães	GTT - Armazém do Caffè	Senior Masculino	03:00:11	+29:02	09:01
38	1197	Sérgio pereira	ERMIDAFIT Runners	Senior Masculino	03:00:24	+29:15	09:01
39	1981	José Sá	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	03:02:04	+30:55	09:06
40	1476	Angelo Vaz	Individual	Senior Masculino	03:02:15	+31:06	09:07
41	2362	André Ribeiro Almeida	VAINDO	Senior Masculino	03:03:00	+31:51	09:09
42	1666	Ricardo Ferreira	Individual	Senior Masculino	03:03:50	+32:41	09:12
43	1536	Flávio Martins	Individual	Senior Masculino	03:03:52	+32:43	09:12
44	1032	Filipe Moreira	ALIANÇA DE GANDRA	Senior Masculino	03:04:04	+32:55	09:12
45	1662	Pedro Rodrigues	Individual	Senior Masculino	03:05:45	+34:36	09:17
46	2103	Rui Pereira	OFRunning	Senior Masculino	03:05:50	+34:41	09:18
47	1657	Pedro Gonçalves	Individual	Senior Masculino	03:06:29	+35:20	09:19
48	1193	Luis Neves	Equipotencia	Senior Masculino	03:08:32	+37:23	09:26
49	1200	Francisco Martins de Figueiredo	ESTAMOS JUNTOS	Senior Masculino	03:09:21	+38:12	09:28
50	1678	Ricardo Pinto	Individual	Senior Masculino	03:10:08	+38:59	09:30
51	1503	carlos oliveira	Individual	Senior Masculino	03:11:13	+40:04	09:34
52	1618	Manuel Barbosa	Individual	Senior Masculino	03:11:21	+40:12	09:34
53	1037	Ivo Dias	ALIANÇA DE GANDRA	Senior Masculino	03:11:24	+40:15	09:34
54	1719	Tony Figueiredo	Individual	Senior Masculino	03:11:27	+40:18	09:34
55	1947	Mário Santos	Kunalama Runners	Senior Masculino	03:11:29	+40:20	09:34
56	1151	Ruben Barbosa	CAAC Clube Atletismo Arentim e Cunha	Senior Masculino	03:11:39	+40:30	09:35
57	1550	Hugo Fernanses	Individual	Senior Masculino	03:12:10	+41:01	09:36
58	2102	Ricardo Silva	OFRunning	Senior Masculino	03:13:02	+41:53	09:39
59	2408	Vitor Neto	CFIT	Senior Masculino	03:13:45	+42:36	09:41
60	1558	João barbosa	Individual	Senior Masculino	03:13:50	+42:41	09:42
61	2082	Leandro Teixeira	Nós Acreditamos	Senior Masculino	03:13:58	+42:49	09:42
62	324	Filipe Ramos	Individual	Senior Masculino	03:14:09	+43:00	09:42
63	1141	Daniel Ribeiro	BitRunners	Senior Masculino	03:14:46	+43:37	09:44
64	1328	Filipe Novais	GTT - Armazém do Caffè	Senior Masculino	03:15:44	+44:35	09:47
65	1167	Artur Pereira	Clube de Pesca de Amarante	Senior Masculino	03:16:05	+44:56	09:48
66	1326	CARLOS JORGE MARQUES RIBEIRO	GTT - Armazém do Caffè	Senior Masculino	03:16:21	+45:12	09:49
67	2418	Atleta 2418	Individual	Senior Masculino	03:16:27	+45:18	09:49
68	2113	Bruno Pinto	Oralklass-Amigos do Trail	Senior Masculino	03:17:00	+45:51	09:51
69	2212	Pedro Moreira	Prosel TEAM	Senior Masculino	03:17:34	+46:25	09:53
70	1305	João Barbosa	GLOBAL TRAIL	Senior Masculino	03:17:55	+46:46	09:54
71	1709	Sidónio Gonçalves	Individual	Senior Masculino	03:18:01	+46:52	09:54
72	1598	Leandro Anjos	Individual	Senior Masculino	03:18:15	+47:06	09:55
73	2188	Hugo Figueiredo	PM	Senior Masculino	03:18:37	+47:28	09:56
74	1231	Rui Bernardo	Fitspot - Parque Nascente	Senior Masculino	03:19:31	+48:22	09:59
75	2119	José Santos	Oralklass-Amigos do Trail	Senior Masculino	03:19:45	+48:36	09:59

Official Timekeeper: Lap2Go	6 / 22	generate 31-May-2016 10:12
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## Trail

20 KM

OFFICIAL RESULT

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

76	2120	Luis Lopes	Oralklass-Amigos do Trail	Senior Masculino	03:20:06	+48:57	10:00
77	2247	PEDRO MACHADO	S. S. Montepio	Senior Masculino	03:20:10	+49:01	10:01
78	2121	Tiago Sabença	Oralklass-Amigos do Trail	Senior Masculino	03:21:00	+49:51	10:03
79	1107	Luis Pinto	Avenida Caffè	Senior Masculino	03:21:08	+49:59	10:03
80	2114	David Morais	Oralklass-Amigos do Trail	Senior Masculino	03:21:09	+50:00	10:03
81	1521	Eliseu Manuel Campos Leite	Individual	Senior Masculino	03:21:20	+50:11	10:04
82	1722	Vitor Caldeira	Individual	Senior Masculino	03:21:36	+50:27	10:05
83	1723	Vitor cruz	Individual	Senior Masculino	03:21:48	+50:39	10:05
84	2060	Paulo Colaço	NOCTURNOS DE PAREDES	Senior Masculino	03:21:51	+50:42	10:06
85	1155	Bruno Ramiro	casadotear.com	Senior Masculino	03:22:00	+50:51	10:06
86	1074	Sérgio Filipe Lopes Silva	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	03:22:19	+51:10	10:07
87	1337	Rafael Freitas	GUIMARUNNING MOSCADA	Senior Masculino	03:23:36	+52:27	10:11
88	1184	Nuno Pinho	Dr Merino/ Nutrifit	Senior Masculino	03:24:48	+53:39	10:14
89	1132	André costa	Befitness Runners	Senior Masculino	03:25:03	+53:54	10:15
90	1071	Fábio Daniel Dias Pinto	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	03:25:08	+53:59	10:15
91	1324	Filipe Pacheco	Grupo Desportivo EPVS	Senior Masculino	03:26:03	+54:54	10:18
92	1651	Paulo Saraiva	Individual	Senior Masculino	03:26:10	+55:01	10:19
93	2081	Hélder Ribeiro	Nós Acreditamos	Senior Masculino	03:26:42	+55:33	10:20
94	1584	José Faria	Individual	Senior Masculino	03:26:46	+55:37	10:20
95	1062	João Araújo	Amigos 1	Senior Masculino	03:26:51	+55:42	10:21
96	1322	Gustavo Santos	Gramidense	Senior Masculino	03:26:51	+55:42	10:21
97	2373	José Manuel Rocha Lopes	VIDAATIVARUNNERS	Senior Masculino	03:26:56	+55:47	10:21
98	2344	Luis Filipe Teixeira	Too Stupid to Stop	Senior Masculino	03:28:28	+57:19	10:25
99	1473	André Rocha	Individual	Senior Masculino	03:29:40	+58:31	10:29
100	1158	Claudio Gomes	CCD - SIEMENS	Senior Masculino	03:30:01	+58:52	10:30
101	1335	Edgar Pereira	GUIMARUNNING MOSCADA	Senior Masculino	03:30:09	+59:00	10:30
102	1554	Hugo Miguel Sousa da Silva	Individual	Senior Masculino	03:30:26	+59:17	10:31
103	1595	José Sousa	Individual	Senior Masculino	03:30:31	+59:22	10:32
104	1482	António Manuel Martins Gomes	Individual	Senior Masculino	03:30:32	+59:23	10:32
105	1515	Demétrio Matos	Individual	Senior Masculino	03:30:40	+59:31	10:32
106	1329	HUGO PALMEIRA	GTT - Armazém do Caffè	Senior Masculino	03:30:41	+59:32	10:32
107	1212	JOSE LEMOS	Feltrail	Senior Masculino	03:30:43	+59:34	10:32
108	1097	Ricardo Tavares	As Belas e Eles	Senior Masculino	03:32:25	+01:01:16	10:37
109	1565	João Martins	Individual	Senior Masculino	03:33:00	+01:01:51	10:39
110	1668	Ricardo Gil Silva Magalhaes	Individual	Senior Masculino	03:33:04	+01:01:55	10:39
111	2207	Ricardo Pereira	Profisio Team	Senior Masculino	03:33:11	+01:02:02	10:40
112	1254	Paulo Ferreira	FuturRunners	Senior Masculino	03:33:58	+01:02:49	10:42
113	1654	Pedro Castro	Individual	Senior Masculino	03:34:17	+01:03:08	10:43
114	1495	BRUNO PINTO	Individual	Senior Masculino	03:34:26	+01:03:17	10:43
115	1070	Bruno Filipe da Costa Mendes	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	03:34:37	+01:03:28	10:44
116	2034	Emanuel Ramos	Nascidos para Correr	Senior Masculino	03:35:09	+01:04:00	10:45
117	1561	João Cardoso	Individual	Senior Masculino	03:35:15	+01:04:06	10:46
118	1969	Joao Vale	LEROY MERLIN BRAGA	Senior Masculino	03:35:31	+01:04:22	10:47
119	1945	João Pinto	Kunalama Runners	Senior Masculino	03:36:04	+01:04:55	10:48

**Trail**

**20 KM**

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**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**

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120	2109	SERGIO MARTINS	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Masculino	03:36:13	+01:05:04	10:49
121	1462	Afonso Oliveira	Individual	Senior Masculino	03:36:55	+01:05:46	10:51
122	3989	Carolina Malheiro	CFIT	Senior Masculino	03:37:07	+01:05:58	10:51
123	2191	Emanuel Coelho	Porto Sentido Runners	Senior Masculino	03:37:23	+01:06:14	10:52
124	2371	HELDER MIGUEL CARVALHO TORRES	VIDAATIVARUNNERS	Senior Masculino	03:37:57	+01:06:48	10:54
125	2367	Carlos Eduardo Boaventura Fernandes	VIDAATIVARUNNERS	Senior Masculino	03:37:57	+01:06:48	10:54
126	2369	Fábio Faria	VIDAATIVARUNNERS	Senior Masculino	03:37:57	+01:06:48	10:54
127	1684	Romão Sampaio de Sousa	Individual	Senior Masculino	03:38:06	+01:06:57	10:54
128	1608	Lúis Filipe Mendes Magalhães	Individual	Senior Masculino	03:38:10	+01:07:01	10:54
129	1566	João Pedro Felix Costa	Individual	Senior Masculino	03:38:33	+01:07:24	10:56
130	2177	Manuel Barbosa	Paredes Running	Senior Masculino	03:38:59	+01:07:50	10:57
131	2115	Élvio Ornelas	Oralklass-Amigos do Trail	Senior Masculino	03:40:07	+01:08:58	11:00
132	1563	Joao Lima	Individual	Senior Masculino	03:40:10	+01:09:01	11:01
133	2372	Jorge Emanuel Barbosa Jaques	VIDAATIVARUNNERS	Senior Masculino	03:40:26	+01:09:17	11:01
134	1008	Paulo Araujo	A.D Sebolido Trail boneca D'ouro	Senior Masculino	03:40:54	+01:09:45	11:03
135	1136	Paulo Elias	Befitness Runners	Senior Masculino	03:41:02	+01:09:53	11:03
136	1050	Carlos Fonseca	All About	Senior Masculino	03:41:10	+01:10:01	11:04
137	1338	Sérgio Macieira	GUIMARUNNING MOSCADA	Senior Masculino	03:42:21	+01:11:12	11:07
138	1628	Matias Silva	Individual	Senior Masculino	03:42:44	+01:11:35	11:08
139	1033	Francisco Bogalho	ALIANÇA DE GANDRA	Senior Masculino	03:43:10	+01:12:01	11:10
140	1681	Roberto costa	Individual	Senior Masculino	03:43:12	+01:12:03	11:10
141	1971	Diogo Gomes Rodrigues	Limitless	Senior Masculino	03:43:40	+01:12:31	11:11
142	2273	Marco Miguel Ferreira Gonçalves	SOFTEAM	Senior Masculino	03:45:00	+01:13:51	11:15
143	1586	José Manuel Rodrigues Costa	Individual	Senior Masculino	03:45:22	+01:14:13	11:16
144	1648	Paulo Almiro Borges Sampaio	Individual	Senior Masculino	03:45:28	+01:14:19	11:16
145	2064	Rui Almeida	NOCTURNOS DE PAREDES	Senior Masculino	03:45:37	+01:14:28	11:17
146	1483	António Marinho	Individual	Senior Masculino	03:45:42	+01:14:33	11:17
147	1571	Joaquim Fernando Martins Santos	Individual	Senior Masculino	03:45:50	+01:14:41	11:18
148	2206	Joaquim Mesquita	Profisio Team	Senior Masculino	03:47:49	+01:16:40	11:23
149	2166	Pedro Cabral	P & J	Senior Masculino	03:47:59	+01:16:50	11:24
150	2256	Filipe Barbosa	SAI DA FRENTE	Senior Masculino	03:48:39	+01:17:30	11:26
151	1958	Bruno Andrade	LACRAUS	Senior Masculino	03:49:18	+01:18:09	11:28
152	2131	Helder Silva	Os Atletas	Senior Masculino	03:50:28	+01:19:19	11:31
153	1208	ADRIANO MARINHO	Feltrail	Senior Masculino	03:50:31	+01:19:22	11:32
154	1209	ANTONIO FONSECA	Feltrail	Senior Masculino	03:50:32	+01:19:23	11:32
155	1702	Samuel Sampaio de Sousa	Individual	Senior Masculino	03:51:00	+01:19:51	11:33
156	2099	Mário Rui Padilha Carvalho	OFRunning	Senior Masculino	03:51:56	+01:20:47	11:36
157	1927	Rui Polido	JAVA Team - Trail and Running	Senior Masculino	03:52:25	+01:21:16	11:37
158	1512	Daniel Silva	Individual	Senior Masculino	03:52:31	+01:21:22	11:38
159	1096	Ricardo Magalhães	As Belas e Eles	Senior Masculino	03:52:32	+01:21:23	11:38
160	1146	Lúis Ribeiro	Bota&Siga	Senior Masculino	03:52:33	+01:21:24	11:38
161	1682	Rodrigo Alvarez Gomez	Individual	Senior Masculino	03:52:46	+01:21:37	11:38
162	2101	Ricardo Ramalho	OFRunning	Senior Masculino	03:52:51	+01:21:42	11:39
163	1053	Ricardo Oliveira	All About	Senior Masculino	03:53:17	+01:22:08	11:40
164	1944	Carlos manuel ribeiro magalhaes	Kunalama Runners	Senior Masculino	03:53:25	+01:22:16	11:40

### Trail

20 KM

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REVISED

**OFFICIAL RESULT**

165	2157	Nuno Marques	Os TurboMula	Senior Masculino	03:54:10	+01:23:01	11:43
166	1009	Roberto Freitas	A.D Sebolido Trail boneca D'ouro	Senior Masculino	03:54:29	+01:23:20	11:43
167	1019	pedro fernandes	adrulsm-brasinh	Senior Masculino	03:54:54	+01:23:45	11:45
168	1248	Carlos Alexandre Moreira Pinto	Fridão Sem Limites	Senior Masculino	03:55:14	+01:24:05	11:46
169	1093	Pedro Silva	ArdaSerra	Senior Masculino	03:55:21	+01:24:12	11:46
170	1240	João Rebelo	FREZITE	Senior Masculino	03:56:31	+01:25:22	11:50
171	2184	Gilberto Pimenta	Performance Numérica	Senior Masculino	03:56:42	+01:25:33	11:50
172	1228	Miguel Guimaraes	Fitspot - Parque Nascente	Senior Masculino	03:57:37	+01:26:28	11:53
173	1604	Luis Alfredo Guichard Castro	Individual	Senior Masculino	03:58:46	+01:27:37	11:56
174	2211	Jorge Moreira	Prosel TEAM	Senior Masculino	03:58:59	+01:27:50	11:57
175	1925	David Polido	JAVA Team - Trail and Running	Senior Masculino	03:59:28	+01:28:19	11:58
176	1543	Helder Manuel Carvalho Alves Magalhães	Individual	Senior Masculino	03:59:45	+01:28:36	11:59
177	1650	Paulo Gomes Belo	Individual	Senior Masculino	03:59:51	+01:28:42	12:00
178	1535	Filipe Sala	Individual	Senior Masculino	04:00:08	+01:28:59	12:00
179	1637	Nuno Fernando Ribeiro Pereira	Individual	Senior Masculino	04:00:24	+01:29:15	12:01
180	1707	sergio silva	Individual	Senior Masculino	04:00:26	+01:29:17	12:01
181	1701	Rui Sousa	Individual	Senior Masculino	04:01:26	+01:30:17	12:04
182	1622	Márcio Santos	Individual	Senior Masculino	04:01:31	+01:30:22	12:05
183	1060	Fábio Ribeiro	Amigo	Senior Masculino	04:02:31	+01:31:22	12:08
184	1631	Miguel Ângelo Silva Neto	Individual	Senior Masculino	04:02:38	+01:31:29	12:08
185	1072	Fernando Ismael Oliveira Nogueira	AMIGOS DO PEDAL TRILLAGARES	Senior Masculino	04:02:41	+01:31:32	12:08
186	1619	Manuel Martins Vieira	Individual	Senior Masculino	04:03:14	+01:32:05	12:10
187	1720	vicente de souza	Individual	Senior Masculino	04:03:22	+01:32:13	12:10
188	1497	Bruno Ricardo Moreira de Sousa	Individual	Senior Masculino	04:03:33	+01:32:24	12:11
189	2349	Daniel Costa	trilha dos runners	Senior Masculino	04:03:37	+01:32:28	12:11
190	1110	Bruno Miguel Vieira	Aventureiros	Senior Masculino	04:03:38	+01:32:29	12:11
191	1194	VITOR MARTINS	EQUIPOTENCIA	Senior Masculino	04:03:49	+01:32:40	12:11
192	1250	Gustavo Bento	Fridão Sem Limites	Senior Masculino	04:04:19	+01:33:10	12:13
193	1189	bruno souza	ele e ela	Senior Masculino	04:04:19	+01:33:10	12:13
194	1982	Ricardo Silva	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	04:05:14	+01:34:05	12:16
195	1602	Libanio José Rocha Alves	Individual	Senior Masculino	04:05:15	+01:34:06	12:16
196	1114	Valter Martins	Bandidos	Senior Masculino	04:05:17	+01:34:08	12:16
197	2080	Fábio Silva	Nós Acreditamos	Senior Masculino	04:05:35	+01:34:26	12:17
198	1574	Jorge Carneiro	Individual	Senior Masculino	04:05:55	+01:34:46	12:18
199	1034	Marco Moreira	ALIANÇA DE GANDRA	Senior Masculino	04:06:20	+01:35:11	12:19
200	1626	Marco Sousa	Individual	Senior Masculino	04:07:07	+01:35:58	12:21
201	1974	Renato Lino Ribeiro	Limitless	Senior Masculino	04:07:22	+01:36:13	12:22
202	1479	António Ferreira	Individual	Senior Masculino	04:07:50	+01:36:41	12:24
203	2221	Micael Martins	Rainha Club	Senior Masculino	04:07:50	+01:36:41	12:24
204	1531	Filipe Alberto Alves Silva	Individual	Senior Masculino	04:07:51	+01:36:42	12:24
205	1620	Manuel Morais	Individual	Senior Masculino	04:07:52	+01:36:43	12:24
206	2058	Marcelo Barros	NOCTURNOS DE PAREDES	Senior Masculino	04:08:05	+01:36:56	12:24
207	1171	Marco Carvalho	Colégio Júlio Dinis	Senior Masculino	04:08:24	+01:37:15	12:25
208	1694	Rui Martins	Individual	Senior Masculino	04:09:17	+01:38:08	12:28

**Trail**

**20 KM**

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

**OFFICIAL RESULT**

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209	1539	FRANCISCO PACHECO	Individual	Senior Masculino	04:09:48	+01:38:39	12:29
210	1011	Ricardo Manuel Monteiro Teixeira	A.D.Amarante trail running	Senior Masculino	04:09:53	+01:38:44	12:30
211	1478	Anselmo Luís dos Santos Pereira	Individual	Senior Masculino	04:10:00	+01:38:51	12:30
212	2002	Nuno Moreira	Moinhos Run - ADRM	Senior Masculino	04:10:06	+01:38:57	12:30
213	2100	Renato Santos	OFRunning	Senior Masculino	04:10:08	+01:38:59	12:30
214	1472	André Neves	Individual	Senior Masculino	04:10:12	+01:39:03	12:31
215	1036	Sérgio Pereira	ALIANÇA DE GANDRA	Senior Masculino	04:10:23	+01:39:14	12:31
216	2370	Helder Filipe Ribeiro Vilas BOas	VIDAATIVARUNNERS	Senior Masculino	04:10:36	+01:39:27	12:32
217	1928	Sérgio Oliveira	JAVA Team - Trail and Running	Senior Masculino	04:10:53	+01:39:44	12:33
218	1646	Óscar Manuel Fonseca Figueiredo	Individual	Senior Masculino	04:11:05	+01:39:56	12:33
219	1063	Nuno santos	Amigos 1	Senior Masculino	04:12:13	+01:41:04	12:37
220	1923	Jose Barbosa	Já te apanho	Senior Masculino	04:12:31	+01:41:22	12:38
221	2220	Hélder Santos	Rainha Club	Senior Masculino	04:12:47	+01:41:38	12:38
222	1551	Hugo Filipe Vieira Moura	Individual	Senior Masculino	04:12:48	+01:41:39	12:38
223	1727	Vítor Vieira	Individual	Senior Masculino	04:12:49	+01:41:40	12:38
224	1544	Hélder Manuel Moreira Teles	Individual	Senior Masculino	04:12:49	+01:41:40	12:38
225	1525	Eurico Mateus	Individual	Senior Masculino	04:12:59	+01:41:50	12:39
226	1502	carlos moreira	Individual	Senior Masculino	04:13:16	+01:42:07	12:40
227	1527	Fábio Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:13:42	+01:42:33	12:41
228	1596	Julio do Monte Escriveaes	Individual	Senior Masculino	04:15:23	+01:44:14	12:46
229	2219	André Cancela	Rainha Club	Senior Masculino	04:15:31	+01:44:22	12:47
230	1698	Rui Pedro Freitas Paninho Oliveira	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:16:09	+01:45:00	12:48
231	2189	PAULO SILVA	PM	Senior Masculino	04:16:37	+01:45:28	12:50
232	2409	Roberto Bessa	CFIT	Senior Masculino	04:16:43	+01:45:34	12:50
233	2400	C Augusto Freitas Moura	CFIT	Senior Masculino	04:16:43	+01:45:34	12:50
234	1721	Victor Hugo Cardoso Osório	Individual	Senior Masculino	04:16:56	+01:45:47	12:51
235	1226	Flavio Santos	Fitspot - Parque Nascente	Senior Masculino	04:17:17	+01:46:08	12:52
236	1162	Simão Araújo	CF JESUITAS	Senior Masculino	04:17:50	+01:46:41	12:53
237	2407	Ricardo Costa	CFIT	Senior Masculino	04:17:59	+01:46:50	12:54
238	1557	Jaime Soares	Individual	Senior Masculino	04:18:02	+01:46:53	12:54
239	1341	Manuel Pereira	Helder Augusto Ferreira Camilo	Senior Masculino	04:18:04	+01:46:55	12:54
240	1980	Filipe Pereira	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	04:18:07	+01:46:58	12:54
241	1921	José Pedro Ferreira de Moraes	IZZEF	Senior Masculino	04:18:09	+01:47:00	12:54
242	2242	Jorge MAnuel	Runners Unidos à Pipa	Senior Masculino	04:18:10	+01:47:01	12:55
243	1599	Leonardo Brito	Individual	Senior Masculino	04:18:31	+01:47:22	12:56
244	2374	Ricardo Pinto da Costa	VIDAATIVARUNNERS	Senior Masculino	04:18:37	+01:47:28	12:56
245	2366	Artur Jorge Serra Moraes	VIDAATIVARUNNERS	Senior Masculino	04:18:38	+01:47:29	12:56
246	2350	Tiago Silva	trilha dos runners	Senior Masculino	04:18:57	+01:47:48	12:57
247	1241	Ricardo Maia	FREZITE	Senior Masculino	04:18:58	+01:47:49	12:57
248	1591	José Pereira	Individual	Senior Masculino	04:19:02	+01:47:53	12:57
249	1524	Ercílio Duarte Cardoso Ribeiro	Individual	Senior Masculino	04:19:22	+01:48:13	12:58
250	2053	Hugo Neto	NOCTURNOS DE PAREDES	Senior Masculino	04:20:27	+01:49:18	13:01
251	1710	Simão Castro	Individual	Senior Masculino	04:20:55	+01:49:46	13:03
252	1688	Rui Baldaia Mendes	Individual	Senior Masculino	04:21:24	+01:50:15	13:04
253	1718	Tiago Rocha	Individual	Senior Masculino	04:21:30	+01:50:21	13:04
254	2311	Miguel Castro	Team Agente Meireles II	Senior Masculino	04:21:30	+01:50:21	13:04

Official Timekeeper: Lap2Go	10 / 22	generate 31-May-2016 10:12
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**Trail**

**20 KM**

**OFFICIAL RESULT**



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255	1144	Dionísio Ferreira	Bodysation Runners Pro	Senior Masculino	04:21:48	+01:50:39	13:05
256	1145	Filipe Ferreira	Bodysation Runners Pro	Senior Masculino	04:21:48	+01:50:39	13:05
257	1639	NUNO LOPES	Individual	Senior Masculino	04:21:55	+01:50:46	13:06
258	1520	Eduardo Manuel Matos de Paiva	Individual	Senior Masculino	04:22:12	+01:51:03	13:07
259	1493	Bruno Onofre Monteiro Araújo	Individual	Senior Masculino	04:22:39	+01:51:30	13:08
260	1700	Rui Sequeira	Individual	Senior Masculino	04:22:50	+01:51:41	13:08
261	1002	Rui Miguel Ferreira Marques	100KmsTeam	Senior Masculino	04:23:37	+01:52:28	13:11
262	1477	Anita Gabriela Moreira Nunes da Costa	Individual	Senior Masculino	04:23:53	+01:52:44	13:12
263	1089	joão fonseca	amigos s.pedro da cova	Senior Masculino	04:24:08	+01:52:59	13:12
264	2406	Eugénio Alves	CFIT	Senior Masculino	04:25:05	+01:53:56	13:15
265	1526	Fábio André Martins Alves	Individual	Senior Masculino	04:25:50	+01:54:41	13:18
266	1592	José Ribeiro	Individual	Senior Masculino	04:26:11	+01:55:02	13:19
267	2052	Edgar Cardoso	NOCTURNOS DE PAREDES	Senior Masculino	04:26:12	+01:55:03	13:19
268	1943	Bruno Bartes	Kunalama Runners	Senior Masculino	04:26:13	+01:55:04	13:19
269	2056	Leandro Ramos	NOCTURNOS DE PAREDES	Senior Masculino	04:26:23	+01:55:14	13:19
270	1012	Carlos Moreira	ACADEMIA FERNANDA RIBEIRO	Senior Masculino	04:26:55	+01:55:46	13:21
271	1123	Vitor mendes	Barbudos da montanha	Senior Masculino	04:26:55	+01:55:46	13:21
272	2274	Henrique Sousa	Solitário	Senior Masculino	04:26:56	+01:55:47	13:21
273	1576	Jorge Filipe Pinheiro	Individual	Senior Masculino	04:28:37	+01:57:28	13:26
274	2241	Joel Guimarães	Runners Unidos à Pipa	Senior Masculino	04:29:53	+01:58:44	13:30
275	1138	Renato Ferreira	Befitness Runners	Senior Masculino	04:30:02	+01:58:53	13:30
276	2013	joao alves	Monte dos Amigos	Senior Masculino	04:30:06	+01:58:57	13:30
277	2287	Joel Alexandre Pinto	Super Box	Senior Masculino	04:30:14	+01:59:05	13:31
278	1112	Luis Veiga	Bandidos	Senior Masculino	04:30:21	+01:59:12	13:31
279	1111	Aurelio Neto	Bandidos	Senior Masculino	04:30:25	+01:59:16	13:31
280	1348	Cédric Silva	Índios de BTTrail	Senior Masculino	04:30:28	+01:59:19	13:31
281	1553	Hugo Miguel Ferreira Pinto	Individual	Senior Masculino	04:30:29	+01:59:20	13:31
282	1492	Bruno Miguel Silva Soares	Individual	Senior Masculino	04:30:34	+01:59:25	13:32
283	1227	Micael Morais	Fitspot - Parque Nascente	Senior Masculino	04:30:39	+01:59:30	13:32
284	2182	Rui Gomes	Pena Team	Senior Masculino	04:30:48	+01:59:39	13:32
285	2411	Daniel Silva	Individual	Senior Masculino	04:30:56	+01:59:47	13:33
286	1948	Nuno Barbosa	Kunalama Runners	Senior Masculino	04:32:34	+02:01:25	13:38
287	1616	Luís Pinheiro	Individual	Senior Masculino	04:32:57	+02:01:48	13:39
288	1490	bruno manuel martins ribeiro	Individual	Senior Masculino	04:33:01	+02:01:52	13:39
289	2310	José Guerra	Team Agente Meireles II	Senior Masculino	04:33:13	+02:02:04	13:40
290	2061	Paulo Gonçalves	NOCTURNOS DE PAREDES	Senior Masculino	04:33:40	+02:02:31	13:41
291	2132	Ricardo Fonseca	Os Atletas	Senior Masculino	04:33:43	+02:02:34	13:41
292	1281	Pedro Reis	GENEROSOS	Senior Masculino	04:33:56	+02:02:47	13:42
293	1277	Afonso Costa	GENEROSOS	Senior Masculino	04:33:57	+02:02:48	13:42
294	1673	Ricardo Magalhães	Individual	Senior Masculino	04:34:06	+02:02:57	13:42
295	1350	Flávio Cardoso	Índios de BTTrail	Senior Masculino	04:34:18	+02:03:09	13:43
296	1579	Josè Alexandre Alves Fernandes	Individual	Senior Masculino	04:34:18	+02:03:09	13:43
297	1583	José Carneiro	Individual	Senior Masculino	04:34:21	+02:03:12	13:43
298	1137	Paulo Morais	Befitness Runners	Senior Masculino	04:34:22	+02:03:13	13:43
299	1632	MIGUEL LOPES	Individual	Senior Masculino	04:34:22	+02:03:13	13:43
300	1007	Fábio Correia	A.D Sebolido Trail boneca D'ouro	Senior Masculino	04:34:30	+02:03:21	13:44

Trail

20 KM



OFFICIAL RESULT

301	1717	Tiago Miguel dos Santos Barbosa	Individual	Senior Masculino	04:34:42	+02:03:33	13:44
302	1630	Micael Bruno Barroso Domingues	Individual	Senior Masculino	04:34:59	+02:03:50	13:45
303	1975	Rui Guedes	Limitless	Senior Masculino	04:36:06	+02:04:57	13:48
304	1972	Filipe Carvalho	Limitless	Senior Masculino	04:36:06	+02:04:57	13:48
305	1051	Paulo Sousa	All About	Senior Masculino	04:36:45	+02:05:36	13:50
306	1511	Daniel Reis dos santos	Individual	Senior Masculino	04:36:54	+02:05:45	13:51
307	1484	Antonio Santos	Individual	Senior Masculino	04:37:03	+02:05:54	13:51
308	1690	Rui Costa Jesus	Individual	Senior Masculino	04:37:05	+02:05:56	13:51
309	2230	MARIO VIEIRA	REIS & POMBAS AMIGOS DO TRAIL	Senior Masculino	04:37:09	+02:06:00	13:51
310	1674	Ricardo Mendonça	Individual	Senior Masculino	04:37:13	+02:06:04	13:52
311	1509	Daniel filipe silva nogueira	Individual	Senior Masculino	04:37:13	+02:06:04	13:52
312	1542	Helder Heitor	Individual	Senior Masculino	04:37:13	+02:06:04	13:52
313	1534	Filipe Goncalves	Individual	Senior Masculino	04:38:12	+02:07:03	13:55
314	1210	CARLOS MOREIRA	Feltrail	Senior Masculino	04:38:12	+02:07:03	13:55
315	1147	Paulo Pereira	Bota&Siga	Senior Masculino	04:38:30	+02:07:21	13:56
316	1973	Orlando Rogério de Azevedo Henriques	Limitless	Senior Masculino	04:38:52	+02:07:43	13:57
317	1656	PEDRO FERREIRA	Individual	Senior Masculino	04:39:28	+02:08:19	13:58
318	1311	César Pais	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:40:39	+02:09:30	14:02
319	2285	FILIFE MAGANO	SU TEAM & FRIENDS	Senior Masculino	04:40:53	+02:09:44	14:03
320	1624	Marco Ferreira	Individual	Senior Masculino	04:41:03	+02:09:54	14:03
321	2290	Tiago Ferreira	Super Box	Senior Masculino	04:41:44	+02:10:35	14:05
322	1131	André Araújo	Befitness Runners	Senior Masculino	04:42:04	+02:10:55	14:06
323	1487	AURELIANO MARTINS	Individual	Senior Masculino	04:42:08	+02:10:59	14:06
324	1119	Paulo Sérgio Mendes ferreira	barbudos da montanha	Senior Masculino	04:42:13	+02:11:04	14:07
325	1015	Ruben Lima	AD Esmeriz Running	Senior Masculino	04:42:50	+02:11:41	14:09
326	1014	Marco Araújo	AD Esmeriz Running	Senior Masculino	04:42:51	+02:11:42	14:09
327	1538	Flávio Ortins	Individual	Senior Masculino	04:44:03	+02:12:54	14:12
328	2229	GERSON ALVES	REIS & POMBAS AMIGOS DO TRAIL	Senior Masculino	04:44:25	+02:13:16	14:13
329	2259	Miguel Vieira	Serviço Urgência & Friends	Senior Masculino	04:44:32	+02:13:23	14:14
330	1663	Pedro Teixeira	Individual	Senior Masculino	04:44:47	+02:13:38	14:14
331	1052	Philips Manteigas	All About	Senior Masculino	04:44:58	+02:13:49	14:15
332	1968	Fernando Pinheiro	LEROY MERLIN BRAGA	Senior Masculino	04:45:01	+02:13:52	14:15
333	1636	Nuno Cardoso	Individual	Senior Masculino	04:45:14	+02:14:05	14:16
334	1671	Ricardo Jorge Leão Sousa	Individual	Senior Masculino	04:46:50	+02:15:41	14:20
335	1249	Filipe Reis Pinheiro	Fridão Sem Limites	Senior Masculino	04:47:31	+02:16:22	14:23
336	1079	Antonio Jose Silva Sampaio	Amigos do trabalho	Senior Masculino	04:47:49	+02:16:40	14:23
337	1505	Carlos Silva	Individual	Senior Masculino	04:49:04	+02:17:55	14:27
338	1569	Joaquim Cardoso	Individual	Senior Masculino	04:49:30	+02:18:21	14:29
339	2051	Alexandre Pinto	NOCTURNOS DE PAREDES	Senior Masculino	04:49:49	+02:18:40	14:29
340	1080	Arnaldo Filipe Ferreira Sampaio	Amigos do trabalho	Senior Masculino	04:50:04	+02:18:55	14:30
341	1330	Jorge Borges	GTT - Armazém do Caffè	Senior Masculino	04:50:12	+02:19:03	14:31
342	1597	Julio Magalhães	Individual	Senior Masculino	04:50:27	+02:19:18	14:31
343	1506	Cesar Gomes	Individual	Senior Masculino	04:50:42	+02:19:33	14:32
344	2342	Carlos Vitor Moreira	Too Stupid to Stop	Senior Masculino	04:50:47	+02:19:38	14:32
345	2343	Christophe Sousa	Too Stupid to Stop	Senior Masculino	04:50:48	+02:19:39	14:32

## Trail

20 KM

OFFICIAL RESULT

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346	1349	Filipe Gonçalves	Índios de BTTrail	Senior Masculino	04:51:11	+02:20:02	14:34
347	1578	Jorge Manuel pereira monteiro	Individual	Senior Masculino	04:51:58	+02:20:49	14:36
348	1994	João Bernardes	Marco Runners	Senior Masculino	04:52:42	+02:21:33	14:38
349	2057	Leandro Sousa	NOCTURNOS DE PAREDES	Senior Masculino	04:52:55	+02:21:46	14:39
350	1575	JORGE COSTA	Individual	Senior Masculino	04:53:50	+02:22:41	14:42
351	1672	Ricardo Luis Nicolau Oliveira	Individual	Senior Masculino	04:53:52	+02:22:43	14:42
352	1955	David Alves	LA Zinco	Senior Masculino	04:53:58	+02:22:49	14:42
353	1956	Nuno Oliveira	LA Zinco	Senior Masculino	04:55:42	+02:24:33	14:47
354	1953	Bruno Matos	LA Zinco	Senior Masculino	04:55:42	+02:24:33	14:47
355	1957	Rui Carvalho	LA Zinco	Senior Masculino	04:55:42	+02:24:33	14:47
356	2098	Manuel Moreira	OFRunning	Senior Masculino	04:55:55	+02:24:46	14:48
357	2055	Jose Cunha	NOCTURNOS DE PAREDES	Senior Masculino	04:56:07	+02:24:58	14:48
358	1518	Diogo Silva	Individual	Senior Masculino	04:57:45	+02:26:36	14:53
359	1588	José Pedro Da Silva Dias	Individual	Senior Masculino	04:58:03	+02:26:54	14:54
360	1154	Quim	CAETANO RUNNERS	Senior Masculino	04:58:16	+02:27:07	14:55
361	1714	Telmo Pereira	Individual	Senior Masculino	04:58:43	+02:27:34	14:56
362	1133	David Paiva	Befitness Runners	Senior Masculino	05:00:29	+02:29:20	15:01
363	1573	Jonas Faria	Individual	Senior Masculino	05:00:55	+02:29:46	15:03
364	1143	Rui Silva	BitRunners	Senior Masculino	05:01:17	+02:30:08	15:04
365	1469	André Buffon	Individual	Senior Masculino	05:01:44	+02:30:35	15:05
366	1999	Helder Pereira	Minions	Senior Masculino	05:01:54	+02:30:45	15:06
367	1600	Leonel Caldas	Individual	Senior Masculino	05:02:00	+02:30:51	15:06
368	1976	Tiago Paulo dos Santos guimaraes	Limitless	Senior Masculino	05:02:13	+02:31:04	15:07
369	1013	Bruno Oliveira	AD Esmeriz Running	Senior Masculino	05:02:33	+02:31:24	15:08
370	2198	MARCO OLIVEIRA	PORTOCARGO	Senior Masculino	05:03:30	+02:32:21	15:10
371	2144	Bruno Daniel Barbosa Magalhaes	Os Guerreiros	Senior Masculino	05:03:50	+02:32:41	15:11
372	1262	Emanuel Soares	Gauleses	Senior Masculino	05:04:15	+02:33:06	15:13
373	2036	Daniel Lopes	newton team	Senior Masculino	05:04:42	+02:33:33	15:14
374	2035	Bruno Vale	newton team	Senior Masculino	05:04:43	+02:33:34	15:14
375	2358	Sérgio Dinis	USF TS	Senior Masculino	05:04:48	+02:33:39	15:14
376	1507	César Lopes	Individual	Senior Masculino	05:04:56	+02:33:47	15:15
377	2167	Vitor Teixeira	PAPA TRAILS	Senior Masculino	05:05:07	+02:33:58	15:15
378	1113	Rui Sousa	Bandidos	Senior Masculino	05:05:14	+02:34:05	15:16
379	1611	Luís Gonçalves	Individual	Senior Masculino	05:06:41	+02:35:32	15:20
380	1568	Joaquim Agostinho Costa e Sousa	Individual	Senior Masculino	05:06:59	+02:35:50	15:21
381	2276	Cláudio Silva	Somos Nós Team	Senior Masculino	05:07:07	+02:35:58	15:21
382	2402	Ricardo Nogueira	CFIT	Senior Masculino	05:07:07	+02:35:58	15:21
383	1464	ALBANO TEIXEIRA	Individual	Senior Masculino	05:07:29	+02:36:20	15:22
384	1685	Rúben Bastos	Individual	Senior Masculino	05:08:10	+02:37:01	15:25
385	1480	António Gonçalves	Individual	Senior Masculino	05:08:11	+02:37:02	15:25
386	2012	angelo faustino	Monte dos Amigos	Senior Masculino	05:08:45	+02:37:36	15:26
387	2228	CARLOS NEVES	REIS & POMBAS AMIGOS DO TRAIL	Senior Masculino	05:08:46	+02:37:37	15:26
388	1532	Filipe André dos Santos Pereira	Individual	Senior Masculino	05:08:52	+02:37:43	15:27
389	1150	Miguel Ângelo Araújo Silva	Brabus Runners	Senior Masculino	05:09:06	+02:37:57	15:27
390	1634	Nelson Amaro leal nunes	Individual	Senior Masculino	05:10:17	+02:39:08	15:31
391	1120	Rogério sousa	Barbudos da montanha	Senior Masculino	05:10:21	+02:39:12	15:31

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## Trail

20 KM

OFFICIAL RESULT

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392	1230	Ricardo Vigarío	Fitspot - Parque Nascente	Senior Masculino	05:11:11	+02:40:02	15:34
393	2368	Carlos Filipe Fernandes Vale	VIDAATIVARUNNERS	Senior Masculino	05:11:23	+02:40:14	15:34
394	2398	Serafim Garcês	NOCTURNOS DE PAREDES	Senior Masculino	05:11:23	+02:40:14	15:34
395	2059	Miguel Costa	NOCTURNOS DE PAREDES	Senior Masculino	05:11:24	+02:40:15	15:34
396	1689	Rui Correia	Individual	Senior Masculino	05:12:32	+02:41:23	15:38
397	2296	Heliodoro José dos Santos Dionísio	Tartarugas Solidárias	Senior Masculino	05:13:14	+02:42:05	15:40
398	1082	Henrique Melo	Amigos dos Semáforos Bamulá	Senior Masculino	05:13:16	+02:42:07	15:40
399	1474	Andre Silva	Individual	Senior Masculino	05:13:38	+02:42:29	15:41
400	1724	Vítor Daniel Ribeiro Pereira	Individual	Senior Masculino	05:13:43	+02:42:34	15:41
401	1627	Mário Jorge Noronha Soares de Sousa	Individual	Senior Masculino	05:14:05	+02:42:56	15:42
402	2306	Duarte Meireles	Team Agente Meireles	Senior Masculino	05:15:58	+02:44:49	15:48
403	1178	Luís Miguel Azevedo da Silva	CTAD - Trilhos de Cinfães	Senior Masculino	05:17:33	+02:46:24	15:53
404	1589	Jose Pedro Sistelo	Individual	Senior Masculino	05:18:45	+02:47:36	15:56
405	1704	Sérgio Brochado	Individual	Senior Masculino	05:19:18	+02:48:09	15:58
406	2130	Andre Filipe Pinto Barros	Os Atletas	Senior Masculino	05:19:26	+02:48:17	15:58
407	1670	Ricardo Hugo Sá Santos	Individual	Senior Masculino	05:19:50	+02:48:41	15:59
408	1693	Rui Lima	Individual	Senior Masculino	05:20:24	+02:49:15	16:01
409	1264	Tiago Velho	Gauleses	Senior Masculino	05:20:31	+02:49:22	16:02
410	2415	Susana Silva	EDV - VIANA TRAIL	Senior Masculino	05:23:07	+02:51:58	16:09
411	2298	Marco Maciel	Tartarugas Trail	Senior Masculino	05:23:09	+02:52:00	16:09
412	2176	Antonio Barbosa	Paredes Running	Senior Masculino	05:23:27	+02:52:18	16:10
413	2314	Max Vale	Team Corleone	Senior Masculino	05:25:45	+02:54:36	16:17
414	1954	Carlos Alves	LA Zinco	Senior Masculino	05:27:10	+02:56:01	16:22
415	1548	henrique teixeira	Individual	Senior Masculino	05:28:04	+02:56:55	16:24
416	2376	Vítor Silva	VIDAATIVARUNNERS	Senior Masculino	05:29:24	+02:58:15	16:28
417	2364	Abílio Guimarães Casanova	VIDAATIVARUNNERS	Senior Masculino	05:29:24	+02:58:15	16:28
418	1691	Rui de Matos	Individual	Senior Masculino	05:30:45	+02:59:36	16:32
419	1142	Jorge Sousa	BitRunners	Senior Masculino	05:31:22	+03:00:13	16:34
420	1703	Sandro sousa	Individual	Senior Masculino	05:31:32	+03:00:23	16:35
421	1278	Antonio Oliveira	GENEROSOS	Senior Masculino	05:32:04	+03:00:55	16:36
422	1279	Manuel Adriano	GENEROSOS	Senior Masculino	05:32:05	+03:00:56	16:36
423	1313	Rui Santos	GONDOMAR FUTSAL CLUBE	Senior Masculino	05:32:43	+03:01:34	16:38
424	1706	Sérgio Moreira	Individual	Senior Masculino	05:34:46	+03:03:37	16:44
425	1725	Vítor Manuel Dias Gonçalves	Individual	Senior Masculino	05:35:18	+03:04:09	16:46
426	2156	Filipe Nogueira	Os TurboMula	Senior Masculino	05:35:24	+03:04:15	16:46
427	2397	José Barbosa	CFIT	Senior Masculino	05:35:59	+03:04:50	16:48
428	2135	antonio tavares	os caga tacos running team	Senior Masculino	05:36:16	+03:05:07	16:49
429	2054	Jorge Ribeiro	NOCTURNOS DE PAREDES	Senior Masculino	05:38:47	+03:07:38	16:56
430	1198	Sergio Sousa	Espera por mim	Senior Masculino	05:38:54	+03:07:45	16:57
431	2337	Tiago Lamego	Tockandar	Senior Masculino	05:40:10	+03:09:01	17:00
432	2225	Rui Moreira	Referee's Team	Senior Masculino	05:41:25	+03:10:16	17:04
433	2224	Mário Cunha	Referee's Team	Senior Masculino	05:41:52	+03:10:43	17:06
434	1652	Paulo Sérgio Bessa	Individual	Senior Masculino	05:47:44	+03:16:35	17:23
435	1609	Luís Filipe Nunes Rodrigues de Sousa Reis	Individual	Senior Masculino	05:47:45	+03:16:36	17:23
436	2236	Helder Pinto	Run for Fun	Senior Masculino	05:47:45	+03:16:36	17:23
437	1562	João Ferreira	Individual	Senior Masculino	05:48:57	+03:17:48	17:27

Trail

20 KM

**R**  
REVISED

OFFICIAL RESULT

438	1614	Luis Miguel Rodrigues Oliveira	Individual	Senior Masculino	05:49:11	+03:18:02	17:28
439	1083	Miguel Alves	Amigos dos semáforos Bamulá	Senior Masculino	05:49:52	+03:18:43	17:30
440	1485	Antonio Xavier	Individual	Senior Masculino	05:50:43	+03:19:34	17:32
441	2240	Miguel meleiro	Run4all	Senior Masculino	05:50:44	+03:19:35	17:32
442	2336	José Augusto Ribeiro da Silva	Tockandar	Senior Masculino	05:52:25	+03:21:16	17:37
443	2335	Antonio Ramos	Tockandar	Senior Masculino	05:52:25	+03:21:16	17:37
444	1559	João Barbosa Pereira	Individual	Senior Masculino	05:53:44	+03:22:35	17:41
445	1676	Ricardo Moreira	Individual	Senior Masculino	05:53:45	+03:22:36	17:41
446	1164	Bruno Pinho	CLUBE ATLETISMO DE LAMAS	Senior Masculino	06:04:18	+03:33:09	18:13
447	1523	Emanuel Filipe Fernandes	Individual	Senior Masculino	06:06:45	+03:35:36	18:20
448	1644	Nuno Oliveira	Individual	Senior Masculino	06:07:02	+03:35:53	18:21
449	2286	PEDRO ALVES	SU TEAM & FRIENDS	Senior Masculino	06:22:46	+03:51:37	19:08
450	2129	Francisco Silva	Orange Power	Senior Masculino	06:22:52	+03:51:43	19:09
451	2065	Telmo Mota	NOCTURNOS DE PAREDES	Senior Masculino	06:40:55	+04:09:46	20:03
452	1964	Fábio José Cunha Ribeiro	Legion Combat	Senior Masculino	07:10:38	+04:39:29	21:32
453	1068	Adriano Jorge Oliveira Reis	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	09:26:10	+06:55:01	28:18

Veterana F40

1	1187	Casimira Moura	Dr Merino/ Nutrifit	Veterana F40	03:14:21		09:43
2	1098	Rosa Magalhães	As Belas e Eles	Veterana F40	03:35:58	+21:37	10:48
3	2277	fatima coelho	Somos Nós Team	Veterana F40	03:50:18	+35:57	11:31
4	2171	Paula Moreira	PAREDES AVENTURA	Veterana F40	03:57:44	+43:23	11:53
5	1739	carla sousa	Individual	Veterana F40	04:01:38	+47:17	12:05
6	1186	Alice Sousa	Dr Merino/ Nutrifit	Veterana F40	04:02:11	+47:50	12:07
7	1038	Alexandra Padilha	ALIANÇA DE GANDRA	Veterana F40	04:03:57	+49:36	12:12
8	1039	Ana Pinto	ALIANÇA DE GANDRA	Veterana F40	04:04:10	+49:49	12:12
9	1760	Maria Augusta Silva Rosário Silva Roleira Marinho	Individual	Veterana F40	04:04:49	+50:28	12:14
10	1315	Mónica Carvalhais	GONDOMAR FUTSAL CLUBE	Veterana F40	04:08:00	+53:39	12:24
11	2003	Patícia Sampaio	Moinhos Run - ADRM	Veterana F40	04:08:10	+53:49	12:25
12	2015	Fernanda leão	Monte dos Amigos	Veterana F40	04:08:17	+53:56	12:25
13	1746	Evelin Koester	Individual	Veterana F40	04:08:24	+54:03	12:25
14	1758	MANUELA SOUSA	Individual	Veterana F40	04:13:11	+58:50	12:40
15	1765	Maria de Fátima Marques Ribeiro	Individual	Veterana F40	04:16:58	+01:02:37	12:51
16	1992	Margarida Monteiro	Marão team	Veterana F40	04:17:16	+01:02:55	12:52
17	1754	Lá-Saete Pinto	Individual	Veterana F40	04:18:01	+01:03:40	12:54
18	1750	Graça Silva	Individual	Veterana F40	04:18:41	+01:04:20	12:56
19	1287	Lu Pinto	GENEROSOS	Veterana F40	04:21:47	+01:07:26	13:05
20	1736	Antónia Bessa	Individual	Veterana F40	04:22:00	+01:07:39	13:06
21	1753	Ivone Ferreira	Individual	Veterana F40	04:22:49	+01:08:28	13:08
22	1737	Cacilda Maria Sousa Ramos	Individual	Veterana F40	04:23:46	+01:09:25	13:11
23	1779	Sandra Sousa	Individual	Veterana F40	04:24:04	+01:09:43	13:12
24	1773	Paula Anjos	Individual	Veterana F40	04:24:17	+01:09:56	13:13
25	1939	Eugénia Teixeira	keepmoving	Veterana F40	04:28:17	+01:13:56	13:25
26	1761	Maria Candida Rodrigues	Individual	Veterana F40	04:29:49	+01:15:28	13:29

**Trail**

**20 KM**

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

**OFFICIAL RESULT**

27	1782	susana vidal pereira	Individual	Veterana F40	04:30:41	+01:16:20	13:32
28	1740	Clarisse Ribeiro	Individual	Veterana F40	04:34:21	+01:20:00	13:43
29	2172	Raquel Ferreira	PAREDES AVENTURA	Veterana F40	04:36:34	+01:22:13	13:50
30	2068	Maria Joana Teixeira Ferreira Reguengo	NOCTURNOS DE PAREDES	Veterana F40	04:38:47	+01:24:26	13:56
31	2089	Zélia Carneiro	O Passarinho	Veterana F40	04:39:14	+01:24:53	13:58
32	1040	Cândida Vilas-Boas	ALIANÇA DE GANDRA	Veterana F40	04:39:20	+01:24:59	13:58
33	1922	Maria José Malheiro Coelho	IZZEF	Veterana F40	04:39:28	+01:25:07	13:58
34	2293	Glória Monteiro	Tartarugas do Asfalto	Veterana F40	04:43:39	+01:29:18	14:11
35	2069	Salette Silva	NOCTURNOS DE PAREDES	Veterana F40	04:49:40	+01:35:19	14:29
36	1781	Sonia Ferreira	Individual	Veterana F40	04:50:04	+01:35:43	14:30
37	1757	MANUELA MOTA	Individual	Veterana F40	04:51:47	+01:37:26	14:35
38	1755	Liseta Pinto	Individual	Veterana F40	04:53:14	+01:38:53	14:40
39	2359	Ana Alves	USF TS	Veterana F40	05:04:48	+01:50:27	15:14
40	1771	Monica Claudia Correia de Sousa Matos	Individual	Veterana F40	05:07:48	+01:53:27	15:23
41	1743	Conceição Pereira	Individual	Veterana F40	05:08:11	+01:53:50	15:25
42	2158	Paula Moreira	Os TurboMula	Veterana F40	05:09:01	+01:54:40	15:27
43	2016	helen a roxo	Monte dos Amigos	Veterana F40	05:09:25	+01:55:04	15:28
44	1174	elsa fernandes	convidada Monte dos Amigos	Veterana F40	05:09:26	+01:55:05	15:28
45	2297	Catarina Lagoa	Tartarugas Solidárias	Veterana F40	05:13:14	+01:58:53	15:40
46	2039	sílvia Maciel	Ninja Team	Veterana F40	05:14:13	+01:59:52	15:43
47	2200	LAURA VIEIRA	PORTOCARGO	Veterana F40	05:15:05	+02:00:44	15:45
48	3759	Isabel Lopes	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	05:15:49	+02:01:28	15:47
49	1745	Eduarda Maria Vieira Magalhães Freitas	Individual	Veterana F40	05:15:49	+02:01:28	15:47
50	1084	Cristina Amaral	Amigos dos semáforos Bamulá	Veterana F40	05:17:31	+02:03:10	15:53
51	2294	Maria Portugal	Tartarugas do Asfalto	Veterana F40	05:18:45	+02:04:24	15:56
52	1778	Sandra Silva	Individual	Veterana F40	05:20:24	+02:06:03	16:01
53	1734	Anabela Cunha	Individual	Veterana F40	05:20:54	+02:06:33	16:03
54	1752	Isaura de Almeida	Individual	Veterana F40	05:22:26	+02:08:05	16:07
55	2300	Marina Salgueiro	Tartarugas Trail	Veterana F40	05:23:08	+02:08:47	16:09
56	2299	Elisabete Pereira	Tartarugas Trail	Veterana F40	05:23:51	+02:09:30	16:12
57	2319	Prazeres Pires	Team DUAS FACES	Veterana F40	05:24:24	+02:10:03	16:13
58	2067	Maria Jesus	NOCTURNOS DE PAREDES	Veterana F40	05:29:08	+02:14:47	16:27
59	2199	ISABEL VIEIRA	PORTOCARGO	Veterana F40	05:34:03	+02:19:42	16:42
60	1115	maria lucinda barbosa moreira	barbosa	Veterana F40	05:36:29	+02:22:08	16:49
61	2020	sonia silva	Monte dos Amigos	Veterana F40	05:43:53	+02:29:32	17:12
62	1763	Maria Couto	Individual	Veterana F40	05:45:43	+02:31:22	17:17
63	1764	Maria de Fátima da Silva Rocha	Individual	Veterana F40	05:47:53	+02:33:32	17:24
64	1762	Maria Celeste Soares Azevedo	Individual	Veterana F40	05:47:53	+02:33:32	17:24
65	1085	Teresa Calix	Amigos dos semáforos Bamulá	Veterana F40	05:49:52	+02:35:31	17:30
66	1772	Mónica Rocha	Individual	Veterana F40	05:50:43	+02:36:22	17:32
67	1289	Manuela Rosas	GENEROSOS	Veterana F40	06:00:20	+02:45:59	18:01
68	1775	Paula Próspero	Individual	Veterana F40	06:03:57	+02:49:36	18:12
69	1983	Dina Maria Marques Goncalves	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	06:04:17	+02:49:56	18:13





**Trail**

**20 KM**

**OFFICIAL RESULT**

**R**  
REVISED

66	450	Telmo Manuel Msrtins Cardoso	Individual	Veterano M40	03:41:07	+01:17:38	11:03
67	1910	vitoe Coelho	Individual	Veterano M40	03:42:10	+01:18:41	11:07
68	1850	LUIS ALMEIDA	Individual	Veterano M40	03:42:11	+01:18:42	11:07
69	1001	ALBERTO SOUSA	1001 TRILHOS	Veterano M40	03:42:54	+01:19:25	11:09
70	1205	Luis Lopes	Fardetas	Veterano M40	03:42:55	+01:19:26	11:09
71	2278	fernando morais	Somos Nós Team	Veterano M40	03:43:32	+01:20:03	11:11
72	1318	José Mendes	GONDOMAR FUTSAL CLUBE	Veterano M40	03:43:57	+01:20:28	11:12
73	1811	Domingos Manuel Oliveira Peixoto	Individual	Veterano M40	03:45:22	+01:21:53	11:16
74	1843	José Manuel Moreira Lopes	Individual	Veterano M40	03:45:27	+01:21:58	11:16
75	1821	Helder Manuel Rosa da Silva Deveza	Individual	Veterano M40	03:45:28	+01:21:59	11:16
76	1058	Carlos Passos	All About Spirit Team	Veterano M40	03:46:19	+01:22:50	11:19
77	2410	Antonio Augusto dos Reis Pinto	CFIT	Veterano M40	03:46:22	+01:22:53	11:19
78	1907	Victor Barros Ferreira	Individual	Veterano M40	03:47:07	+01:23:38	11:21
79	536	António Gaspar Vieira Moreira	RDMRUN	Veterano M40	03:47:59	+01:24:30	11:24
80	1213	JOSE MAIAS	Feltrail	Veterano M40	03:50:20	+01:26:51	11:31
81	443	Pedro Martins	Individual	Veterano M40	03:52:09	+01:28:40	11:36
82	1880	Paulo Ferreira	Individual	Veterano M40	03:52:30	+01:29:01	11:37
83	1108	Agostinho Moreira	Avenida Caffé	Veterano M40	03:52:30	+01:29:01	11:38
84	1787	adriano magalhaes	Individual	Veterano M40	03:52:32	+01:29:03	11:38
85	1804	carlos campos	Individual	Veterano M40	03:52:36	+01:29:07	11:38
86	2174	Jorge Oliveira	PAREDES AVENTURA	Veterano M40	03:52:36	+01:29:07	11:38
87	1057	Paulo Melo	All About	Veterano M40	03:53:15	+01:29:46	11:40
88	1862	Mário Pereira	Individual	Veterano M40	03:53:16	+01:29:47	11:40
89	1833	Jorge Moreira	Individual	Veterano M40	03:54:07	+01:30:38	11:42
90	1911	vitoe Manuel Nogueira barbosa	Individual	Veterano M40	03:54:07	+01:30:38	11:42
91	1020	paulo freitas	adrulsm-brasinhas	Veterano M40	03:54:54	+01:31:25	11:45
92	1840	José Ferreira	Individual	Veterano M40	03:55:35	+01:32:06	11:47
93	1203	JOSÉ DUARTE	FAMILIA PEREIRA	Veterano M40	03:56:55	+01:33:26	11:51
94	1005	João Guimarães	A. D. L.	Veterano M40	03:57:49	+01:34:20	11:53
95	1869	Mike Dias	Individual	Veterano M40	03:58:41	+01:35:12	11:56
96	1820	Francisco Manuel Ribeiro da Costa	Individual	Veterano M40	03:59:25	+01:35:56	11:58
97	1879	Paulo Fernandes	Individual	Veterano M40	04:00:38	+01:37:09	12:02
98	1838	José Carlos Bago	Individual	Veterano M40	04:00:55	+01:37:26	12:03
99	1295	Filipe Carelhas	GENEROSOS	Veterano M40	04:01:02	+01:37:33	12:03
100	1124	Ricardo silva meneses	barbudos da montanha	Veterano M40	04:01:12	+01:37:43	12:04
101	1890	Pedro Ferreira	Individual	Veterano M40	04:01:59	+01:38:30	12:06
102	1201	Carlos Pereira	EU+ Run	Veterano M40	04:03:20	+01:39:51	12:10
103	1308	Sérgio Osório	GLOBAL TRAIL	Veterano M40	04:03:59	+01:40:30	12:12
104	1839	José Carlos pereira Gomes	Individual	Veterano M40	04:04:00	+01:40:31	12:12
105	1813	Fernando Manuel Dias Mendes	Individual	Veterano M40	04:04:06	+01:40:37	12:12
106	1985	Ernesto Martins	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	04:05:14	+01:41:45	12:16
107	1860	Manuel Sampaio	Individual	Veterano M40	04:05:47	+01:42:18	12:17
108	2005	Rui Quinta	Moinhos Run - ADRM	Veterano M40	04:05:51	+01:42:22	12:18
109	1846	José Pedro Gomes	Individual	Veterano M40	04:07:52	+01:44:23	12:24
110	1823	Henrique Marques	Individual	Veterano M40	04:08:10	+01:44:41	12:24
111	2004	Pedro Sá	Moinhos Run - ADRM	Veterano M40	04:08:11	+01:44:42	12:25







**Trail**

**20 KM**

**OFFICIAL RESULT**

**R**  
**REVISED**

203	1087	Marco Pacheco	Amigos dos semáforos Bamulá	Veterano M40	05:17:31	+02:54:02	15:53
204	1309	Sérgio Silva	GLOBAL TRAIL	Veterano M40	05:20:08	+02:56:39	16:00
205	1986	Miguel Fonseca	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	05:20:37	+02:57:08	16:02
206	2161	Nelson Montalvão	Os TurboMula	Veterano M40	05:21:43	+02:58:14	16:05
207	1848	JOSE RODRIGUES COSTA	Individual	Veterano M40	05:23:09	+02:59:40	16:09
208	2301	Jaime Pereira	Tartarugas Trail	Veterano M40	05:23:51	+03:00:22	16:12
209	2330	Pedro Rodrigues	Thunder Team	Veterano M40	05:23:52	+03:00:23	16:12
210	1306	António Soares	GLOBAL TRAIL	Veterano M40	05:27:56	+03:04:27	16:24
211	2254	RUI SILVA	S. S. Montepio	Veterano M40	05:29:08	+03:05:39	16:27
212	1886	Paulo Próspero	Individual	Veterano M40	05:30:38	+03:07:09	16:32
213	1301	Rodrigo Ferraz	GENEROSOS	Veterano M40	05:30:51	+03:07:22	16:33
214	1300	Pedro Costelha	GENEROSOS	Veterano M40	05:31:32	+03:08:03	16:35
215	1173	Rui Montenegro	Colégio Júlio Dinis	Veterano M40	05:31:40	+03:08:11	16:35
216	2205	RENATO OLIVEIRA	PORTOCARGO	Veterano M40	05:33:12	+03:09:43	16:40
217	1884	Paulo Lara	Individual	Veterano M40	05:34:53	+03:11:24	16:45
218	1086	Luís Almeida	Amigos dos semáforos Bamulá	Veterano M40	05:36:20	+03:12:51	16:49
219	1116	augusto pinto barbosa	barbosa	Veterano M40	05:36:29	+03:13:00	16:49
220	1827	João Manuel Sousa	Individual	Veterano M40	05:37:22	+03:13:53	16:52
221	1858	Manuel Meireles	Individual	Veterano M40	05:38:47	+03:15:18	16:56
222	2037	Pedro Alves	Nice Runners	Veterano M40	05:42:28	+03:18:59	17:07
223	1088	Miguel Magalhães	Amigos dos semáforos Bamulá	Veterano M40	05:49:52	+03:26:23	17:30
224	1819	Filipe Moutinho	Individual	Veterano M40	05:51:53	+03:28:24	17:36
225	1845	José Pacheco	Individual	Veterano M40	05:56:11	+03:32:42	17:49
226	1966	João Barbosa	Legion Combat	Veterano M40	05:58:43	+03:35:14	17:56
227	1847	JOSE PEREIRA DUARTE	Individual	Veterano M40	05:59:48	+03:36:19	17:59
228	1837	JOSE CABRAL	Individual	Veterano M40	06:05:33	+03:42:04	18:17
229	2146	Pedro Justo	Os Justos da Mata	Veterano M40	06:09:23	+03:45:54	18:28
230	1931	joao pedro p r m silva	jps	Veterano M40	06:16:14	+03:52:45	18:49
231	2159	Carlos Mota	Os TurboMula	Veterano M40	06:18:20	+03:54:51	18:55
232	2160	José Xavier	Os TurboMula	Veterano M40	06:26:18	+04:02:49	19:19
233	2138	antonio macedo	os caga tacos running team	Veterano M40	06:27:34	+04:04:05	19:23
234	1293	Aderito Faustino	GENEROSOS	Veterano M40	06:51:24	+04:27:55	20:34
235	1294	Andre Dias	GENEROSOS	Veterano M40	06:51:24	+04:27:55	20:34
236	2023	vitor costa	Monte dos Amigos	Veterano M40	06:52:16	+04:28:47	20:37
237	1303	Sergio Braga	GENEROSOS	Veterano M40	06:54:27	+04:30:58	20:43
238	1793	António Carmo	Individual	Veterano M40	07:06:35	+04:43:06	21:20

**COLETIVA TRAIL**

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	Oralklass-Amigos do Trail	11 + 14 + 21 + 27	73
2	GTT - Armazém do Caffè	3 + 17 + 26 + 33	79
3	ALIANÇA DE GANDRA	7 + 12 + 25 + 51	95
4	AMIGOS DO PEDAL TRAILAGARES	8 + 13 + 19 + 73	113
5	OFRunning	24 + 70 + 91 + 203	388
6	Fitspot - Parque Nascente	63 + 82 + 115 + 151	411
7	PAREDES AVENTURA	9 + 36 + 119 + 268	432
8	Fridão Sem Limites	48 + 52 + 55 + 282	437
9	OLIMPICO VIANENSE TRAIL/ND SPORT	37 + 44 + 185 + 186	452
10	Porto Sentido Runners	72 + 79 + 192 + 200	543
11	CFIT	49 + 92 + 190 + 241	572
12	Profisio Team	32 + 170 + 171 + 244	617
13	Nós Acreditamos	90 + 94 + 144 + 338	666
14	As Belas e Eles	59 + 167 + 183 + 263	672
15	VIDAATIVARUNNERS	149 + 194 + 195 + 196	734
16	LION RUNNERS - G. D. Leões da Guarda	22 + 58 + 333 + 334	747
17	NOCTURNOS DE PAREDES	64 + 128 + 236 + 351	779
18	Feltrail	165 + 193 + 252 + 254	864
19	GONDOMAR FUTSAL CLUBE	152 + 177 + 228 + 350	907
20	Dr Merino/ Nutrifit	97 + 134 + 312 + 364	907
21	Moinhos Run - ADRM	30 + 211 + 340 + 353	934
22	Kunalama Runners	87 + 184 + 274 + 491	1036
23	Befitness Runners	135 + 214 + 362 + 387	1098
24	GLOBAL TRAIL	34 + 109 + 326 + 779	1248
25	All About	217 + 271 + 273 + 569	1330
26	Rainha Club	320 + 346 + 392 + 414	1472
27	Team DUAS FACES	15 + 18 + 683 + 803	1519
28	Limitless	227 + 344 + 565 + 566	1702
29	GENEROSOS	306 + 462 + 542 + 543	1853
30	S. S. Montepio	118 + 439 + 494 + 814	1865
31	Runners Unidos à Pipa	434 + 438 + 511 + 512	1895
32	Os Falta D'Ar	78 + 590 + 591 + 747	2006
33	Bandidos	336 + 517 + 518 + 698	2069
34	Monte dos Amigos	356 + 514 + 515 + 689	2074
35	Os Atletas	253 + 540 + 548 + 775	2116
36	SOFTTEAM	230 + 394 + 695 + 957	2276
37	PORTOCARGO	229 + 685 + 707 + 749	2370
38	Tartarugas do Asfalto	605 + 609 + 610 + 772	2596



TRAIL CURTO - STAGE 1

12 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

	Time	Temperature	Humidity
Start	09:15	13.9°C	67%
End	15:38	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	3810	Bruno Silva	oralklass-amigos do trail	Senior Masculino	01:12:47		06:04
2	3288	PEDRO SANTOS	fugitivos urbanos	Veterano M40	01:12:57	+00:10	06:05
3	3811	Filipe Carneiro	oralklass-amigos do trail	Senior Masculino	01:13:22	+00:34	06:07
4	3180	Paulo Silva	da-lhe gas	Veterano M40	01:16:42	+03:54	06:24
5	3926	André Pinto	salming footlovers freamunde	Senior Masculino	01:16:55	+04:07	06:25
6	3201	Sérgio Santos	engomadoria l&a team	Veterano M40	01:17:03	+04:16	06:25
7	3199	Anthony Lopes	engomadoria l&a team	Senior Masculino	01:17:29	+04:41	06:27
8	3178	Aderito Oliveira	da-lhe gas	Senior Masculino	01:17:34	+04:47	06:28
9	3641	Abilio Martins Almeida	individual	Veterano M40	01:17:39	+04:52	06:28
10	3683	Rui Oliveira	individual	Veterano M40	01:19:29	+06:41	06:37
11	1677	Ricardo Oliveira	individual	Senior Masculino	01:21:46	+08:58	06:49
12	2216	Sérgio Gaião	quinta do lago	Senior Masculino	01:22:50	+10:02	06:54
13	3744	Josué Moreira	leões de tardariz trail	Senior Masculino	01:22:54	+10:06	06:55
14	3509	Cristiano Nogueira	clube zipper	Senior Masculino	01:24:20	+11:32	07:02
15	3179	Carlos Prudêncio	da-lhe gas	Senior Masculino	01:26:23	+13:36	07:12
16	3044	Rúben Rodrigues	a20's box warriors	Senior Masculino	01:26:31	+13:44	07:13
17	3669	Laurindo Osório	individual	Veterano M40	01:26:41	+13:54	07:13
18	3327	Rui Gomes	hs trail team	Senior Masculino	01:26:45	+13:57	07:14
19	3084	Fernando Santos	aliança de gandra	Veterano M40	01:26:49	+14:01	07:14
20	3515	Emanuel Rodrigo Carvalho da Cunha	individual	Senior Masculino	01:27:28	+14:40	07:17
21	3778	Cristiano Oliveira	molinhas team	Senior Masculino	01:28:09	+15:21	07:21
22	3817	Orlando Nogueira	oralklass-amigos do trail	Veterano M40	01:28:21	+15:33	07:22
23	3107	Pedro Silva	amigos do sofá	Senior Masculino	01:28:42	+15:54	07:24
24	3524	Helder Norberto Oliveira da Silva	individual	Senior Masculino	01:29:05	+16:17	07:25
25	3777	Tiago Manuel Monteiro Soares	moinhos run - adrm	Senior Masculino	01:29:07	+16:19	07:26
26	3745	Miguel Alves	leões de tardariz trail	Senior Masculino	01:29:36	+16:49	07:28
27	3814	Mario Taborda	oralklass-amigos do trail	Senior Masculino	01:31:16	+18:29	07:36
28	507	Andre Nogueira	oralklass-amigos do trail	Senior Masculino	01:31:30	+18:42	07:38
29	3809	Rita Loureiro	oralklass-amigos do trail	Senior Feminino	01:31:30	+18:43	07:38
30	3543	José Meneses	individual	Senior Masculino	01:32:34	+19:47	07:43
31	3988	Arnaldo Nogueira	cfit	Senior Masculino	01:32:36	+19:48	07:43
32	3494	André Maria	individual	Senior Masculino	01:33:31	+20:44	07:48
33	3552	Marcos Joaquim Magalhães Mendes	individual	Senior Masculino	01:35:08	+22:20	07:56
34	3924	Ricardo Miguel Sousa Moreira	sofia	Senior Masculino	01:35:08	+22:21	07:56
35	3867	Sergio Soares	prosel team	Senior Masculino	01:35:12	+22:24	07:56
36	3538	Joel Santos	individual	Senior Masculino	01:35:27	+22:39	07:57
37	3740	Hugo Moreira	leões de tardariz trail	Senior Masculino	01:35:53	+23:05	07:59
38	3200	Filipe Lopes	engomadoria l&a team	Senior Masculino	01:36:19	+23:32	08:02
39	3119	Ricardo Neto	andatrilhos   freamunde	Senior Masculino	01:36:23	+23:36	08:02
40	3807	Joana Gonçalves	oralklass-amigos do trail	Senior Feminino	01:36:29	+23:42	08:02

















TRAIL CURTO - STAGE 1

12 KM

**R**  
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
352	3568	Pedro Silva	individual	Senior Masculino	02:33:35	+01:20:48	12:48
353	3525	Helder Ribeiro	individual	Senior Masculino	02:33:36	+01:20:48	12:48
354	3997	João Ribeiro	individual	Senior Masculino	02:33:36	+01:20:48	12:48
355	3574	Ricardo Sousa	individual	Senior Masculino	02:33:48	+01:21:00	12:49
356	2213	Sara Soares	pupilos	Senior Feminino	02:33:57	+01:21:10	12:50
357	3801	Pedro Torres	not fast, just furious	Senior Masculino	02:34:44	+01:21:56	12:54
358	3095	Ana Rita Nogueira Coelho	amigos do pedal trailagares	Senior Feminino	02:35:06	+01:22:19	12:56
359	3098	Telma Filipa Teixeira Rocha	amigos do pedal trailagares	Senior Feminino	02:35:07	+01:22:19	12:56
360	3069	Sara Barbosa	aliança de gandra	Senior Feminino	02:35:17	+01:22:30	12:56
361	3932	Jorge Almeida	soplabifana	Veterano M40	02:35:22	+01:22:34	12:57
362	1438	Sara Pinto	individual	Senior Feminino	02:35:28	+01:22:40	12:57
363	3797	Jose FernandoLeal	nocturnos de paredes	Veterano M40	02:35:45	+01:22:57	12:59
364	1759	Maria Augusta Esperança	individual	Veterana F40	02:36:19	+01:23:31	13:02
365	1783	Vânia Cunha	individual	Veterana F40	02:36:19	+01:23:31	13:02
366	3397	Fátima Freitas	individual	Senior Feminino	02:37:01	+01:24:13	13:05
367	3322	Barbara Teixeira	gtt - armazém do caffè	Senior Feminino	02:37:29	+01:24:42	13:07
368	3406	isabel oliveira	individual	Senior Feminino	02:37:53	+01:25:06	13:09
369	3833	Filipa Moreira	paredes aventura	Senior Feminino	02:37:53	+01:25:06	13:09
370	3345	João Campos	individual	Senior Masculino	02:37:59	+01:25:12	13:10
371	3748	Sérgio Oliveira	leões de tardariz trail	Senior Masculino	02:38:01	+01:25:14	13:10
372	3902	rui rocha	run2eat	Veterano M40	02:38:20	+01:25:32	13:12
373	3503	Bruno Morais	individual	Senior Masculino	02:38:20	+01:25:33	13:12
374	3901	nuno correia	run2eat	Senior Masculino	02:38:20	+01:25:33	13:12
375	3056	Ricardo Filipe da Silva Brochado	acrorunners	Senior Masculino	02:39:19	+01:26:31	13:17
376	3058	Ildio Paulo Pereira Almeida	acrorunners	Veterano M40	02:39:19	+01:26:31	13:17
377	3269	Jose Silva	fitspot - parque nascente	Veterano M40	02:39:30	+01:26:43	13:18
378	2043	Tânia Cardoso	nocturnos de paredes	Senior Feminino	02:39:36	+01:26:49	13:18
379	3792	Salomé Gomes	nocturnos de paredes	Senior Feminino	02:39:36	+01:26:49	13:18
380	3055	João Filipe Teixeira Cunha	acrorunners	Senior Masculino	02:39:39	+01:26:51	13:18
381	3051	Maria Rosa Teixeira Mendes	acrorunners	Senior Feminino	02:39:39	+01:26:52	13:18
382	3499	António Xavier Teixeira Pires	individual	Senior Masculino	02:40:16	+01:27:28	13:21
383	3446	Patrícia Maria Magalhães Silva	individual	Senior Feminino	02:40:18	+01:27:30	13:22
384	3217	Abilio Neves	equipotencia	Veterano M40	02:40:23	+01:27:36	13:22
385	3672	MANUEL PINTO	individual	Veterano M40	02:40:24	+01:27:36	13:22
386	3800	Luís Vieira	not fast, just furious	Senior Masculino	02:40:26	+01:27:38	13:22
387	1320	Mário Ribeiro	gondomar futsal clube	Veterano M40	02:40:34	+01:27:47	13:23
388	1206	Luis Cardoso	farroncos papa km	Senior Masculino	02:40:35	+01:27:48	13:23
389	3487	VIRGINIA PAIVA	individual	Senior Feminino	02:41:20	+01:28:32	13:27
390	3122	Lurdes Moreira	as belas e eles	Veterana F40	02:41:22	+01:28:35	13:27
391	3531	JOANA LOPES	individual	Senior Masculino	02:41:32	+01:28:45	13:28
392	3463	SARA GOMES	individual	Senior Feminino	02:41:32	+01:28:45	13:28
393	3470	Sofia Dias	individual	Senior Feminino	02:41:47	+01:29:00	13:29
394	3242	Ana Bandeira	fitspot - parque nascente	Senior Feminino	02:41:47	+01:29:00	13:29
395	3622	Paula Cristina Marques Paiva	individual	Veterana F40	02:41:48	+01:29:00	13:29
396	1768	Maria Lurdes Alcobia da conceicao	individual	Veterana F40	02:42:12	+01:29:25	13:31
397	3860	José Ricardo	porto sentido runners	Veterano M40	02:42:12	+01:29:25	13:31



## TRAIL CURTO - STAGE 1

12 KM

## OFFICIAL RESULT

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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
444	3847	Lucinda Mouta	porto sentido runners	Senior Feminino	02:50:29	+01:37:42	14:12
445	3371	Catarina Caprichoso Carvalho	individual	Senior Feminino	02:51:14	+01:38:26	14:16
446	1865	Miguel Ferreira	individual	Veterano M40	02:51:14	+01:38:26	14:16
447	3240	Manuel Rocha	fast ao km	Veterano M40	02:52:01	+01:39:13	14:20
448	1978	Rita Martins	lion runners - g. d. leões da guarda	Senior Feminino	02:52:03	+01:39:15	14:20
449	3249	Susana Latourrette	fitspot - parque nascente	Senior Feminino	02:52:09	+01:39:22	14:21
450	1868	Miguel Pinto	individual	Veterano M40	02:52:09	+01:39:22	14:21
451	3149	Susana Pinto	brabus runners	Senior Feminino	02:53:20	+01:40:33	14:27
452	3216	Sandra Coelho	equipotencia	Senior Masculino	02:53:45	+01:40:57	14:29
453	3209	Micaela Santos	equipotencia	Senior Feminino	02:53:47	+01:41:00	14:29
454	3040	Pedro Gonçalves	a20's box warriors	Senior Masculino	02:53:49	+01:41:01	14:29
455	3023	Marisa Costa	a20's box warriors	Senior Feminino	02:53:49	+01:41:02	14:29
456	3021	Elisabete Santos	a20's box warriors	Senior Feminino	02:53:49	+01:41:02	14:29
457	2280	Sónia Raquel Ferraz Bastos	sónias	Senior Feminino	02:53:53	+01:41:06	14:29
458	2165	Paulo Jorge de Sousa Magalhães	ou vai ou racha	Veterano M40	02:54:06	+01:41:19	14:31
459	3656	João Paulo Vilas	individual	Veterano M40	02:54:07	+01:41:19	14:31
460	3254	Pedro Polónia	fitspot - parque nascente	Senior Masculino	02:54:17	+01:41:29	14:31
461	3829	josegentil	ou vai o racha	Veterano M40	02:54:18	+01:41:31	14:32
462	3112	Filipe Lopes	andatrinhos   freamunde	Senior Masculino	02:54:35	+01:41:47	14:33
463	3116	Luís Pedro	andatrinhos   freamunde	Senior Masculino	02:54:35	+01:41:47	14:33
464	3117	Marco Mendes	andatrinhos   freamunde	Senior Masculino	02:54:35	+01:41:48	14:33
465	3128	Silvia Azevedo	aventureiras	Veterana F40	02:54:44	+01:41:57	14:34
466	3684	Sergio Oliveira	individual	Veterano M40	02:54:52	+01:42:05	14:34
467	3802	Rogério Oliveira	not fast, just furious	Senior Masculino	02:55:02	+01:42:15	14:35
468	3993	Sónia Barbosa	cfit	Senior Feminino	02:55:12	+01:42:24	14:36
469	2413	Luis Pereira	individual	Senior Masculino	02:55:16	+01:42:28	14:36
470	3569	Renato Moreira	individual	Senior Masculino	02:55:17	+01:42:30	14:36
471	3480	Susana Moreira	individual	Senior Feminino	02:55:18	+01:42:30	14:37
472	3628	sandra cunha	individual	Veterana F40	02:55:32	+01:42:44	14:38
473	3037	José Zeferino	a20's box warriors	Senior Masculino	02:55:56	+01:43:09	14:40
474	3373	Catarina Ferreira	individual	Senior Feminino	02:55:58	+01:43:10	14:40
475	3768	José Ricardo Oliveira e Silva	marcha dos pinguins	Senior Masculino	02:56:39	+01:43:51	14:43
476	3767	Juliana Maria Tavares Soares	marcha dos pinguins	Senior Feminino	02:56:39	+01:43:51	14:43
477	3330	José Aleixo	hs trail team	Veterano M40	02:57:59	+01:45:12	14:50
478	3071	Carlos Martins	aliança de gandra	Senior Masculino	02:58:14	+01:45:26	14:51
479	3355	Andreia Silva	individual	Senior Feminino	02:58:14	+01:45:27	14:51
480	3358	Angela Maia	individual	Senior Feminino	02:58:14	+01:45:27	14:51
481	3225	Roberto rios	eu sei lá	Senior Masculino	02:58:16	+01:45:28	14:51
482	3478	Susana Magalhães	individual	Senior Feminino	02:58:54	+01:46:07	14:55
483	3398	Filipa Conceição Alves Rego	individual	Senior Feminino	02:58:54	+01:46:07	14:55
484	3376	Cátia Cândida Barbosa Fonseca	individual	Senior Feminino	02:58:54	+01:46:07	14:55
485	3438	Mónica Patrícia Silva Pinto	individual	Senior Feminino	02:59:02	+01:46:14	14:55
486	3256	Celeste Vieira	fitspot - parque nascente	Veterana F40	02:59:06	+01:46:18	14:56
487	3259	Maria Carvalho	fitspot - parque nascente	Veterana F40	02:59:06	+01:46:19	14:56
488	3243	Ana Ferro	fitspot - parque nascente	Senior Feminino	02:59:06	+01:46:19	14:56
489	3812	Lisandra Ferreira	oralklass-amigos do trail	Senior Masculino	02:59:09	+01:46:22	14:56













## TRAIL CURTO - STAGE 1

**12 KM**

**OFFICIAL RESULT**

**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 - LAP2GO - TIMING SOLUTION

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
713	3386	Cristina Sousa	individual	Senior Feminino	03:25:02	+02:12:14	17:05
714	3483	Vania Maia	individual	Senior Feminino	03:25:02	+02:12:14	17:05
715	3863	ANA MARTINS	portocargo	Senior Feminino	03:25:32	+02:12:44	17:08
716	3864	MARIA JOSE OLIVEIRA	portocargo	Senior Feminino	03:25:32	+02:12:45	17:08
717	2163	Cátia Sofia Neves Braga	ou vai ou racha	Senior Feminino	03:25:38	+02:12:50	17:08
718	2164	Ana Rita Barros Neves Magalhães	ou vai ou racha	Veterana F40	03:25:40	+02:12:52	17:08
719	3830	silvia maciel	ou vai ou racha	Senior Feminino	03:25:43	+02:12:56	17:09
720	3086	Vitor Rocha	aliança de gandra	Veterano M40	03:25:49	+02:13:02	17:09
721	3076	Elisabete Silva	aliança de gandra	Veterana F40	03:26:09	+02:13:22	17:11
722	3832	Cristina Costa	ou vai ou racha	Veterana F40	03:26:28	+02:13:40	17:12
723	3831	arminda maciel	ou vai ou racha	Veterana F40	03:26:30	+02:13:42	17:13
724	3266	Almerindo Freitas	fitspot - parque nascente	Veterano M40	03:26:36	+02:13:49	17:13
725	3083	António Paiva	aliança de gandra	Veterano M40	03:26:44	+02:13:56	17:14
726	3079	Maria Oliveira	aliança de gandra	Veterana F40	03:26:44	+02:13:57	17:14
727	3068	Paula Vinhas	aliança de gandra	Senior Feminino	03:26:44	+02:13:57	17:14
728	3066	Celina Ferreira	aliança de gandra	Senior Feminino	03:26:44	+02:13:57	17:14
729	3245	Clara Costa	fitspot - parque nascente	Senior Feminino	03:26:58	+02:14:10	17:15
730	3264	Sofia Martins	fitspot - parque nascente	Veterana F40	03:27:11	+02:14:23	17:16
731	3356	Andreia Sofia Rio Padrão	individual	Senior Feminino	03:27:20	+02:14:33	17:17
732	3341	Ana Fernandes	individual	Senior Feminino	03:27:20	+02:14:33	17:17
733	3584	Sérgio Filipe Sousa Moutinho	individual	Senior Masculino	03:27:20	+02:14:33	17:17
734	3770	Marcia Pinto	metralhas runners	Veterana F40	03:27:29	+02:14:42	17:17
735	3352	Andreia Machado	individual	Senior Feminino	03:28:19	+02:15:31	17:22
736	3460	Sandra Silva	individual	Senior Feminino	03:28:20	+02:15:33	17:22
737	3143	Fátima Costa	bitrunners	Veterana F40	03:28:31	+02:15:44	17:23
738	3407	Isabel Susano	individual	Senior Feminino	03:28:32	+02:15:44	17:23
739	3603	Fernanda Maria Moreira Leal	individual	Veterana F40	03:28:46	+02:15:59	17:24
740	3469	Sofia Arrepiá	individual	Senior Feminino	03:29:08	+02:16:21	17:26
741	3474	Sonia SOUSA	individual	Senior Feminino	03:29:09	+02:16:21	17:26
742	3314	Sergio Reis	generosos	Veterano M40	03:29:09	+02:16:21	17:26
743	3545	José Rodrigo Martins Ferreira Peixoto Coelho	individual	Senior Masculino	03:29:21	+02:16:34	17:27
744	3451	Raquel Maria pinto Teixeira	individual	Senior Feminino	03:29:21	+02:16:34	17:27
745	3414	Joana Pinto	individual	Senior Feminino	03:29:22	+02:16:34	17:27
746	3351	Andreia Ferreira	individual	Senior Feminino	03:29:24	+02:16:37	17:27
747	3711	Sandra Teixeira	juventude popular paredes	Senior Feminino	03:29:49	+02:17:02	17:29
748	3166	Paulo Coelho	cães & gatos	Veterano M40	03:29:49	+02:17:02	17:29
749	3710	Rita Salomé Teixeira	juventude popular paredes	Senior Feminino	03:29:50	+02:17:02	17:29
750	3935	CELIA MARIA PACHECO FERREIRA	sweet runners	Veterana F40	03:30:13	+02:17:25	17:31
751	3364	Carla Araújo	individual	Senior Feminino	03:30:29	+02:17:41	17:32
752	3394	Emilia Maria Silva Araújo	individual	Senior Feminino	03:30:46	+02:17:59	17:34
753	3408	Joana Alves	individual	Senior Feminino	03:30:47	+02:17:59	17:34
754	3359	ARMANDINA PAIVA	individual	Senior Feminino	03:31:04	+02:18:17	17:35
755	3928	Sara Costa	somos nós team	Senior Feminino	03:31:04	+02:18:17	17:35
756	3937	Raquel Gomes	sweet runners	Veterana F40	03:31:06	+02:18:19	17:36
757	3425	Maria Fernandes	individual	Senior Feminino	03:31:09	+02:18:22	17:36



TRAIL CURTO - STAGE 1

12 KM

OFFICIAL RESULT

**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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
803	3366	carla ribeiro	individual	Senior Feminino	03:40:24	+02:27:36	18:22
804	3043	Ricardo Ferreira	a20's box warriors	Senior Masculino	03:40:36	+02:27:48	18:23
805	3157	Fernanda Soares	btt alegria / tubani	Veterana F40	03:40:53	+02:28:06	18:24
806	3154	Maria José Vieira	btt alegria / tubani	Senior Feminino	03:40:54	+02:28:06	18:25
807	3455	Rita Salomé Rocha de Sousa	individual	Senior Feminino	03:41:22	+02:28:34	18:27
808	3444	Patricia lemos	individual	Senior Feminino	03:41:22	+02:28:34	18:27
809	3887	Marta Sofia da Silva Moreira	royal school of languages	Senior Feminino	03:42:20	+02:29:33	18:32
810	3766	Bebiana Sousa	lusos xxi	Veterana F40	03:42:34	+02:29:46	18:33
811	1664	Pedro Vieira	individual	Senior Masculino	03:42:53	+02:30:05	18:34
812	3375	Catarina Pinto	individual	Senior Feminino	03:42:53	+02:30:05	18:34
813	3963	Sara Alexandra da Silva Ferreira	trofa team	Senior Feminino	03:42:53	+02:30:06	18:34
814	3965	Luis António Costa Pereira	trofa team	Senior Masculino	03:42:53	+02:30:06	18:34
815	2260	Fatima Castro	snowtortugas	Senior Feminino	03:43:31	+02:30:44	18:38
816	3966	Patrícia Carolina Silva	uh lá lá	Senior Feminino	03:43:52	+02:31:05	18:39
817	3393	Elisabete Duarte	individual	Senior Feminino	03:43:52	+02:31:05	18:39
818	2267	Nuno Castro	snowtortugas	Senior Masculino	03:43:57	+02:31:09	18:40
819	3181	Ana Alice Silva	danados	Senior Feminino	03:44:24	+02:31:36	18:42
820	3007	Ana Moreira	10temidos	Senior Feminino	03:45:14	+02:32:26	18:46
821	3009	Daniela Moreira	10temidos	Senior Feminino	03:45:14	+02:32:27	18:46
822	3790	Rafaela C.Marques	nocturnos de paredes	Senior Feminino	03:46:36	+02:33:48	18:53
823	3344	Ana Manuela Martins Ferreira Peixoto Coelho	individual	Senior Feminino	03:47:44	+02:34:56	18:59
824	3587	Tiago Emanuel Pinto Nunes Magalhães	individual	Senior Masculino	03:47:44	+02:34:56	18:59
825	1585	Jose Guerra	individual	Senior Masculino	03:47:57	+02:35:09	19:00
826	3729	Vânia Sofia Vieira Moreira	kunochão	Senior Feminino	03:49:03	+02:36:16	19:05
827	3725	Carla Manuela Manuela Camilo Sousa	kunochão	Senior Feminino	03:49:03	+02:36:16	19:05
828	3728	Paula Cristina Lourenço Freitas	kunochão	Senior Feminino	03:49:03	+02:36:16	19:05
829	3274	Paulo Costa	fitspot - parque nascente	Veterano M40	03:49:11	+02:36:23	19:06
830	3447	Patrícia Rodrigues	individual	Senior Feminino	03:50:26	+02:37:39	19:12
831	1170	Serafim Ramos	clube do pessoal edp - porto	Veterano M40	03:51:24	+02:38:37	19:17
832	3258	Márcia	fitspot - parque nascente	Veterana F40	03:51:54	+02:39:06	19:20
833	3789	Joana Aparicio	nocturnos de paredes	Senior Feminino	03:51:59	+02:39:11	19:20
834	3008	Andreia Teixeira	10temidos	Senior Feminino	03:52:10	+02:39:22	19:21
835	3014	Lilia Sá	10temidos	Veterana F40	03:52:10	+02:39:23	19:21
836	3316	Patrícia Santos	gondomar futsal clube	Senior Feminino	03:52:23	+02:39:36	19:22
837	3231	Sandra Gonçalves	fairgirls	Senior Feminino	03:53:30	+02:40:43	19:28
838	3230	Isabel Gonçalves	fairgirls	Senior Feminino	03:53:31	+02:40:43	19:28
839	3232	Paula Moreira	fairgirls	Veterana F40	03:53:31	+02:40:43	19:28
840	3835	Lucinda Marques	paredes running	Veterana F40	03:53:55	+02:41:08	19:30
841	3385	Cristina Silva	individual	Senior Feminino	03:53:58	+02:41:11	19:30
842	3392	Elisa Maria Carvalho Pimenta	individual	Senior Feminino	03:54:16	+02:41:28	19:31
843	3347	Ana Rita Silva Amado	individual	Senior Feminino	03:54:16	+02:41:28	19:31
844	3872	Cristina Silva	rainha club	Veterana F40	03:54:43	+02:41:55	19:34
845	3871	Angelica Jorge	rainha club	Veterana F40	03:54:43	+02:41:56	19:34
846	3732	Angela Simões	la zinco	Senior Feminino	03:56:40	+02:43:53	19:43

Official Timekeeper: Lap2Go	19 / 20	generate 05-Jun-2016 22:04
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## TRAIL CURTO - STAGE 1

12 KM



## OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
847	1952	Artur Mota	la zinco	Senior Masculino	04:03:21	+02:50:34	20:17
848	3319	Helena Moura	gondomar futsal clube	Veterana F40	04:05:58	+02:53:10	20:30
849	3321	Silvina Gama	gondomar futsal clube	Veterana F40	04:06:07	+02:53:19	20:31
850	3142	Fernando Araújo	befitness runners	Veterano M40	04:13:05	+03:00:18	21:05
851	3786	Luis Moura	na beiersdorf	Veterano M40	04:14:47	+03:01:59	21:14
852	3834	Ana Ferreira	paredes running	Veterana F40	04:14:47	+03:01:59	21:14
853	3475	Soraia Aguiar	individual	Senior Feminino	04:15:14	+03:02:26	21:16
854	3380	Cláudia Oliveira	individual	Senior Feminino	04:15:14	+03:02:27	21:16
855	3570	Ricardo Ferreira	individual	Senior Masculino	04:15:15	+03:02:28	21:16
856	3450	Raquel Alves dos Santos	individual	Senior Feminino	04:16:51	+03:04:04	21:24
857	3346	Ana Paiva Santos	individual	Senior Feminino	04:16:51	+03:04:04	21:24
858	2263	Rafaela Figueira	snowtortugas	Senior Feminino	04:17:21	+03:04:33	21:27
859	2265	Vania Ribeiro	snowtortugas	Senior Feminino	04:17:21	+03:04:34	21:27
860	3219	Natália pereira	ermidafit runners	Senior Feminino	04:18:23	+03:05:36	21:32
861	2395	Maria koch	π 100 pé	Veterana F40	04:19:47	+03:07:00	21:39
862	2392	Nuno Pereira	π 100 pé	Senior Masculino	04:19:48	+03:07:01	21:39
863	2391	Nuno Moreira	π 100 pé	Senior Masculino	04:19:49	+03:07:01	21:39
864	2390	Sandra castro	π 100 pé	Senior Feminino	04:19:49	+03:07:02	21:39
865	3035	José Oliveira	a20's box warriors	Senior Masculino	04:20:42	+03:07:54	21:44
866	2305	Eugenia Ferreira	team agente meireles	Senior Feminino	04:22:16	+03:09:28	21:51
867	2304	Elisabete Mendes	team agente meireles	Senior Feminino	04:22:18	+03:09:31	21:52
868	3982	Susana Rito	all about	Senior Feminino	04:22:54	+03:10:06	21:55
869	3735	Daniel Leal	leal	Senior Masculino	04:25:13	+03:12:25	22:06
870	3734	Andreia Brandão	leal	Senior Feminino	04:25:13	+03:12:26	22:06
871	3405	Isabel Martins	individual	Senior Feminino	04:31:50	+03:19:02	22:39
872	3090	Susana Barbosa	all about	Veterana F40	04:48:17	+03:35:30	24:01
873	3413	Joana oliveira	individual	Senior Feminino	04:48:17	+03:35:30	24:01
874	3295	ana moreira	futebol clube de penafiel	Senior Feminino	04:50:20	+03:37:33	24:12
875	3308	Rui Pinto	futebol clube de penafiel	Veterano M40	04:50:20	+03:37:33	24:12
876	3145	Manuela Saraiva	bora lá	Veterana F40	04:53:28	+03:40:41	24:27
877	3660	JOSE COSTA PINTO	individual	Veterano M40	04:53:47	+03:40:59	24:29
878	3821	Angélica Ferreira	os falta d'ar	Senior Feminino	04:58:40	+03:45:52	24:53
879	3304	isabel galhardo	futebol clube de penafiel	Veterano M40	05:02:56	+03:50:09	25:15
880	3302	Sandra Mendes	futebol clube de penafiel	Veterana F40	05:02:57	+03:50:10	25:15
881	3307	Manuel alves	futebol clube de penafiel	Veterano M40	05:02:58	+03:50:11	25:15
882	3185	LUCIA ISABEL COSTA	danados	Senior Feminino	05:04:25	+03:51:38	25:22
883	3182	ANA RITA VILAS	danados	Senior Feminino	05:04:26	+03:51:38	25:22
884	1135	Miguel Silva	befitness runners	Senior Masculino	05:05:18	+03:52:31	25:27
885	3648	avelino eugenio rosa fernandes	individual	Veterano M40	05:12:24	+03:59:37	26:02
886	3546	luis miguel alves fernandes	individual	Senior Masculino	05:12:25	+03:59:38	26:02
887	1312	Pedro Rodrigues	gondomar futsal clube	Senior Masculino	05:43:00	+04:30:12	28:35











Trail Curto

12 KM



OFFICIAL RESULT

172	3338	Ana Cristina Ferreira Moreira	Individual	Senior Feminino	03:11:01	+01:39:30	15:55
173	3001	Luciana Barbosa	"os 100 Ar"	Senior Feminino	03:11:07	+01:39:36	15:56
174	3137	Rute Fonseca	Beep... Beep...	Senior Feminino	03:11:14	+01:39:43	15:56
175	3962	Vânia Santos	Trail Sra do Salto	Senior Feminino	03:11:33	+01:40:02	15:58
176	3959	Flavia Nogueira	Trail Sra do Salto	Senior Feminino	03:11:43	+01:40:12	15:59
177	3365	Carla Patrícia Barros da Mota	Individual	Senior Feminino	03:11:59	+01:40:28	16:00
178	3188	Mariana Sá	Danados	Senior Feminino	03:12:26	+01:40:55	16:02
179	3162	Eugénia Alves	Cães & Gatos	Senior Feminino	03:14:03	+01:42:32	16:10
180	3104	Susana Ferreira	Amigos do Sofá	Senior Feminino	03:14:32	+01:43:01	16:13
181	3806	Bárbara Neto	Oralklass-Amigos do Trail	Senior Feminino	03:14:42	+01:43:11	16:13
182	3733	Paula Silva	LA Zinco	Senior Feminino	03:14:47	+01:43:16	16:14
183	3731	Andreia Carvalho	LA Zinco	Senior Feminino	03:14:47	+01:43:16	16:14
184	3431	Marisa Cunha	Individual	Senior Feminino	03:15:10	+01:43:39	16:16
185	3010	Mariana Martins	10TEMIDOS	Senior Feminino	03:15:15	+01:43:44	16:16
186	3382	Cristina Aleixo	Individual	Senior Feminino	03:15:39	+01:44:08	16:18
187	3153	Cristina Neves	BTT Alegria / TUBANI	Senior Feminino	03:16:08	+01:44:37	16:21
188	3419	Liliana Oliveira	Individual	Senior Feminino	03:16:11	+01:44:40	16:21
189	3846	Lisa Pereira	Porto Sentido Runners	Senior Feminino	03:16:14	+01:44:43	16:21
190	3383	Cristina Almeida	Individual	Senior Feminino	03:16:33	+01:45:02	16:23
191	3282	SANDRA SILVA	FUGITIVOS URBANOS	Senior Feminino	03:16:49	+01:45:18	16:24
192	3283	SOFIA COELHO	FUGITIVOS URBANOS	Senior Feminino	03:16:50	+01:45:19	16:24
193	3452	Raquel Silva	Individual	Senior Feminino	03:17:16	+01:45:45	16:26
194	3370	Catarina Barbosa	Individual	Senior Feminino	03:17:35	+01:46:04	16:28
195	3362	Blandina Sousa	Individual	Senior Feminino	03:17:35	+01:46:04	16:28
196	3791	Sofia Vieira	NOCTURNOS DE PAREDES	Senior Feminino	03:18:00	+01:46:29	16:30
197	3897	Sofia Bernardo	Run Forrest Run	Senior Feminino	03:18:13	+01:46:42	16:31
198	3696	RAQUEL DE SOUSA	JOSÉ RIBEIRO CABELEIREIRO	Senior Feminino	03:18:47	+01:47:16	16:34
199	3348	Ana Silva	Individual	Senior Feminino	03:19:30	+01:47:59	16:38
200	3343	Ana Filipa Gaspar Vidal	Individual	Senior Feminino	03:20:01	+01:48:30	16:40
201	3838	Ilidia Isabel da Rocha	Pedais de aço btt	Senior Feminino	03:21:09	+01:49:38	16:46
202	3466	Sara Teixeira	Individual	Senior Feminino	03:21:16	+01:49:45	16:46
203	3707	Juliana Martins Lemos	Juventude Popular Paredes	Senior Feminino	03:22:04	+01:50:33	16:50
204	3704	Ana Margarida Teixeira	Juventude Popular Paredes	Senior Feminino	03:22:04	+01:50:33	16:50
205	3709	Patrícia Alexandra Abreu Leite	Juventude Popular Paredes	Senior Feminino	03:22:05	+01:50:34	16:50
206	1915	ana rosinhas	Intensos	Senior Feminino	03:22:06	+01:50:35	16:50
207	1048	Filipa Alves	All About	Senior Feminino	03:23:00	+01:51:29	16:55
208	3110	Ana Costa	Andatrilhos   Freamunde	Senior Feminino	03:23:02	+01:51:31	16:55
209	3167	Rute Alexandra Almeida Pinheiro Ribeiro	Carol Team	Senior Feminino	03:23:07	+01:51:36	16:56
210	3284	SONIA LOURENÇO	FUGITIVOS URBANOS	Senior Feminino	03:23:32	+01:52:01	16:58
211	3279	ANA SOUSA	FUGITIVOS URBANOS	Senior Feminino	03:23:32	+01:52:01	16:58
212	3769	Sara Vigarío	Metralhas Runners	Senior Feminino	03:23:37	+01:52:06	16:58
213	3995	SOFIA SOUSA	Individual	Senior Feminino	03:23:41	+01:52:10	16:58
214	3354	Andreia Moreira	Individual	Senior Feminino	03:23:41	+01:52:10	16:58
215	3723	Fátima Sousa	Kunalama Runners	Senior Feminino	03:23:42	+01:52:11	16:58
216	3974	Daniela Gomes	VIDAATIVARUNNERS	Senior Feminino	03:23:55	+01:52:24	17:00
217	3978	Patrícia Miranda	VIDAATIVARUNNERS	Senior Feminino	03:23:55	+01:52:24	17:00

Official Timekeeper: Lap2Go	5 / 21	generate 05-Jun-2016 22:05
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Trail Curto

12 KM



OFFICIAL RESULT

263	3697	SANDRA ROCHA	JOSÉ RIBEIRO CABELEIREIRO	Senior Feminino	03:35:26	+02:03:55	17:57
264	3917	Ana Durães	SAI DA FRENTE	Senior Feminino	03:35:58	+02:04:27	18:00
265	3484	Vania Monteiro	Individual	Senior Feminino	03:36:29	+02:04:58	18:02
266	3788	Isabel Moreira	NOCTURNOS DE PAREDES	Senior Feminino	03:36:40	+02:05:09	18:03
267	3251	Veronica Dias	Fitspot - Parque Nascente	Senior Feminino	03:36:56	+02:05:25	18:05
268	3417	Liliana Andreia Barbosa Mendes	Individual	Senior Feminino	03:36:57	+02:05:26	18:05
269	3436	Marta Pereira	Individual	Senior Feminino	03:36:57	+02:05:26	18:05
270	3415	Leonilde Silveira	Individual	Senior Feminino	03:37:15	+02:05:44	18:06
271	3781	Andrea Cristina Costa Fernandes Magalhães Ferreira	Muita Tracção Running Tribe	Senior Feminino	03:37:16	+02:05:45	18:06
272	3379	Clara Pereira	Individual	Senior Feminino	03:37:18	+02:05:47	18:07
273	3449	Paula Cruz	Individual	Senior Feminino	03:37:22	+02:05:51	18:07
274	3900	liliana borges	Run2Eat	Senior Feminino	03:37:23	+02:05:52	18:07
275	3404	Isabel machado	Individual	Senior Feminino	03:39:19	+02:07:48	18:17
276	3366	carla ribeiro	Individual	Senior Feminino	03:40:24	+02:08:53	18:22
277	3154	Maria José Vieira	BTT Alegria / TUBANI	Senior Feminino	03:40:54	+02:09:23	18:25
278	3455	Rita Salomé Rocha de Sousa	Individual	Senior Feminino	03:41:22	+02:09:51	18:27
279	3444	Patrícia lemos	Individual	Senior Feminino	03:41:22	+02:09:51	18:27
280	3887	Marta Sofia da Silva Moreira	ROYAL SCHOOL OF LANGUAGES	Senior Feminino	03:42:21	+02:10:50	18:32
281	3375	Catarina Pinto	Individual	Senior Feminino	03:42:53	+02:11:22	18:34
282	3963	Sara Alexandra da Silva Ferreira	Trofa Team	Senior Feminino	03:42:54	+02:11:23	18:34
283	2260	Fatima Castro	Snowtortugas	Senior Feminino	03:43:32	+02:12:01	18:38
284	3966	Patrícia Carolina Silva	Uh Lá Lá	Senior Feminino	03:43:53	+02:12:22	18:39
285	3393	Elisabete Duarte	Individual	Senior Feminino	03:43:53	+02:12:22	18:39
286	3181	Ana Alice Silva	Danados	Senior Feminino	03:44:24	+02:12:53	18:42
287	3007	Ana Moreira	10TEMIDOS	Senior Feminino	03:45:14	+02:13:43	18:46
288	3009	Daniela Moreira	10TEMIDOS	Senior Feminino	03:45:15	+02:13:44	18:46
289	3790	Rafaela C.Marques	NOCTURNOS DE PAREDES	Senior Feminino	03:46:36	+02:15:05	18:53
290	3344	Ana Manuela Martins Ferreira Peixoto Coelho	Individual	Senior Feminino	03:47:44	+02:16:13	18:59
291	3729	Vânia Sofia Vieira Moreira	kunochão	Senior Feminino	03:49:04	+02:17:33	19:05
292	3725	Carla Manuela Manuela Camilo Sousa	kunochão	Senior Feminino	03:49:04	+02:17:33	19:05
293	3728	Paula Cristina Lourenço Freitas	kunochão	Senior Feminino	03:49:04	+02:17:33	19:05
294	3447	Patrícia Rodrigues	Individual	Senior Feminino	03:50:27	+02:18:56	19:12
295	3789	Joana Aparicio	NOCTURNOS DE PAREDES	Senior Feminino	03:51:59	+02:20:28	19:20
296	3008	Andreia Teixeira	10TEMIDOS	Senior Feminino	03:52:10	+02:20:39	19:21
297	3316	Patrícia Santos	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:52:24	+02:20:53	19:22
298	3231	Sandra Gonçalves	FairGirls	Senior Feminino	03:53:31	+02:22:00	19:28
299	3230	Isabel Gonçalves	FairGirls	Senior Feminino	03:53:31	+02:22:00	19:28
300	3385	Cristina Silva	Individual	Senior Feminino	03:53:59	+02:22:28	19:30
301	3392	Elisa Maria Carvalho Pimenta	Individual	Senior Feminino	03:54:16	+02:22:45	19:31
302	3347	Ana Rita Silva Amado	Individual	Senior Feminino	03:54:16	+02:22:45	19:31
303	3732	Angela Simões	LA Zinco	Senior Feminino	03:56:41	+02:25:10	19:43
304	3475	Soraia Aguiar	Individual	Senior Feminino	04:15:14	+02:43:43	21:16
305	3380	Cláudia Oliveira	Individual	Senior Feminino	04:15:15	+02:43:44	21:16
306	3450	Raquel Alves dos Santos	Individual	Senior Feminino	04:16:52	+02:45:21	21:24



**Trail Curto**

**12 KM**

**OFFICIAL RESULT**



28	3740	Hugo Moreira	Leões de Tardariz Trail	Senior Masculino	01:35:53	+23:05	07:59
29	3200	Filipe Lopes	Engomadoria L&A Team	Senior Masculino	01:36:20	+23:32	08:02
30	3119	Ricardo Neto	Andatrilhos   Freamura	Senior Masculino	01:36:24	+23:36	08:02
31	3508	Cristiano José P. Coutinho	Individual	Senior Masculino	01:37:06	+24:18	08:06
32	1623	Marco Aurélio Gonçalves Marques	Individual	Senior Masculino	01:37:14	+24:26	08:06
33	1500	Carlos Fernandes	Individual	Senior Masculino	01:37:19	+24:31	08:07
34	3198	Fernando Oliveira	Engomadoria L&A Team	Senior Masculino	01:37:45	+24:57	08:09
35	3992	Carlos Leal	CFIT	Senior Masculino	01:37:53	+25:05	08:09
36	3032	Filipe Sousa	A20's Box Warriors	Senior Masculino	01:38:02	+25:14	08:10
37	3031	Fábio Silva	A20's Box Warriors	Senior Masculino	01:38:03	+25:15	08:10
38	3030	David Martins	A20's Box Warriors	Senior Masculino	01:38:04	+25:16	08:10
39	3005	Jorge Daniel de Sousa Ribeiro	1001 TRILHOS	Senior Masculino	01:38:24	+25:36	08:12
40	2095	Silvio Ribeiro	Oficina do Corpo	Senior Masculino	01:38:25	+25:37	08:12
41	3690	Bruno Maia	Javalis Portugal	Senior Masculino	01:38:47	+25:59	08:14
42	3019	Manuel Lopes	A.D Sebolido Trail boneca D'ouro	Senior Masculino	01:39:07	+26:19	08:16
43	3070	Carlos Campos	ALIANÇA DE GANDRA	Senior Masculino	01:39:37	+26:49	08:18
44	3892	Nuno André Bessa Meireles	ROYAL SCHOOL OF LANGUAGES	Senior Masculino	01:39:58	+27:10	08:20
45	3507	Carlos Sousa	Individual	Senior Masculino	01:39:59	+27:11	08:20
46	3517	Fernando Azevedo	Individual	Senior Masculino	01:40:01	+27:13	08:20
47	3214	Joaquim Ribeiro	Equipotencia	Senior Masculino	01:40:01	+27:13	08:20
48	3106	António Moreira	Amigos do Sofá	Senior Masculino	01:40:03	+27:15	08:20
49	1642	Nuno Miguel Marques da Silva Vaz	Individual	Senior Masculino	01:40:20	+27:32	08:22
50	3579	Rui Pedro Martins Machado	Individual	Senior Masculino	01:40:47	+27:59	08:24
51	3743	José Santos	Leões de Tardariz Trail	Senior Masculino	01:41:14	+28:26	08:26
52	3850	Bruno Guedes	Porto Sentido Runners	Senior Masculino	01:43:18	+30:30	08:37
53	2093	Diogo Abreu	Oficina do Corpo	Senior Masculino	01:43:26	+30:38	08:37
54	3510	Daniel Filipe Pereira Teixeira	Individual	Senior Masculino	01:43:36	+30:48	08:38
55	3984	CESAR RIBEIRO	SOLAGASTA	Senior Masculino	01:43:50	+31:02	08:39
56	3340	Hélder Colaço	Individual	Senior Masculino	01:43:54	+31:06	08:39
57	3074	Mário Almeida	ALIANÇA DE GANDRA	Senior Masculino	01:44:18	+31:30	08:41
58	3156	Ricardo Barbosa	BTT Alegria / TUBANI	Senior Masculino	01:44:33	+31:45	08:43
59	3492	André Daniel Marques Soares Pinto	Individual	Senior Masculino	01:44:37	+31:49	08:43
60	3039	Paulo Silva	A20's Box Warriors	Senior Masculino	01:45:16	+32:28	08:46
61	3582	Salvador Santiago	Individual	Senior Masculino	01:45:57	+33:09	08:50
62	3075	Nuno Pinheiro	ALIANÇA DE GANDRA	Senior Masculino	01:46:04	+33:16	08:50
63	3516	Fabio Bruno da Cunha Teixeira	Individual	Senior Masculino	01:46:05	+33:17	08:50
64	3215	Oscar Costa	Equipotencia	Senior Masculino	01:46:51	+34:03	08:54
65	3566	Pedro Pereira	Individual	Senior Masculino	01:47:08	+34:20	08:56
66	3537	Joel Domingos Batista Antunes	Individual	Senior Masculino	01:47:10	+34:22	08:56
67	3013	Tiago Castro	10TEMIDOS	Senior Masculino	01:47:23	+34:35	08:57
68	1256	Bruno Lopes	Gafanhotos Saltitantes	Senior Masculino	01:48:09	+35:21	09:01
69	3742	José Castro	Leões de Tardariz Trail	Senior Masculino	01:49:06	+36:18	09:05
70	3540	José Andrade	Individual	Senior Masculino	01:49:27	+36:39	09:07
71	3042	Renato Oliveira	A20's Box Warriors	Senior Masculino	01:49:50	+37:02	09:09
72	3034	João Brites	A20's Box Warriors	Senior Masculino	01:50:08	+37:20	09:11





Trail Curto

12 KM



OFFICIAL RESULT

116	3575	ricardoribeiro	Individual	Senior Masculino	02:11:05	+58:17	10:55
117	3374	João Silva	Individual	Senior Masculino	02:11:50	+59:02	10:59
118	2320	Oswaldo Ferreira	team Rede Ambiente	Senior Masculino	02:12:10	+59:22	11:01
119	3764	João Paulo Andrade Carvalho	LUSOS XXI	Senior Masculino	02:13:14	+01:00:26	11:06
120	3820	João Ricardo Grilo	Os caminhantes	Senior Masculino	02:13:54	+01:01:06	11:10
121	3590	Vitor Ferreira pão em casa	Individual	Senior Masculino	02:14:03	+01:01:15	11:10
122	1513	Dário Lourenço	Individual	Senior Masculino	02:14:55	+01:02:07	11:15
123	1489	Bruno Lourenço	Individual	Senior Masculino	02:15:03	+01:02:15	11:15
124	3491	Álvaro Santos	Individual	Senior Masculino	02:15:37	+01:02:49	11:18
125	3495	André Miguel Santos Fernandes	Individual	Senior Masculino	02:15:37	+01:02:49	11:18
126	3940	Adolfo Ferreira	Tartarugas do Cávado	Senior Masculino	02:15:59	+01:03:11	11:20
127	3012	Rui Saraiva	10TEMIDOS	Senior Masculino	02:15:59	+01:03:11	11:20
128	3717	Pedro Duarte	KeMedo Team	Senior Masculino	02:16:41	+01:03:53	11:23
129	3841	Dario Lopes	Pernetas	Senior Masculino	02:17:07	+01:04:19	11:26
130	3196	Hernâni Pinto	easymeals	Senior Masculino	02:17:11	+01:04:23	11:26
131	1257	Bruno Miguel P. S. Silva	Gafanhotos Saltitantes	Senior Masculino	02:17:16	+01:04:28	11:26
132	3255	Sergio Azevedo	Fitspot - Parque Nascente	Senior Masculino	02:17:28	+01:04:40	11:27
133	3313	Eduardo Monteiro	Gafanhotos Saltitantes	Senior Masculino	02:17:35	+01:04:47	11:28
134	3521	Helder Joaquim Ferreira Moreira	Individual	Senior Masculino	02:17:46	+01:04:58	11:29
135	3909	Ivo Martins	S. S. Montepio	Senior Masculino	02:17:57	+01:05:09	11:30
136	3312	Luis Teixeira	FuturRunners	Senior Masculino	02:18:27	+01:05:39	11:32
137	3253	Pedro Paiva	Fitspot - Parque Nascente	Senior Masculino	02:18:28	+01:05:40	11:32
138	3580	Rui souza	Individual	Senior Masculino	02:18:53	+01:06:05	11:34
139	3949	Paulo Pinto	Tecla 3 Runners	Senior Masculino	02:19:55	+01:07:07	11:40
140	3882	sergio pereira	reumatico	Senior Masculino	02:19:56	+01:07:08	11:40
141	3964	Leonardo Costa Pereira	Trofa Team	Senior Masculino	02:20:05	+01:07:17	11:40
142	2091	Jose Gonçalo Gomes Guedes Rodrigues	O Quarteto dos 3 amigos Gonçalo e Miguel	Senior Masculino	02:20:10	+01:07:22	11:41
143	3891	Luis Filipe Durães Borges	ROYAL SCHOOL OF LANGUAGES	Senior Masculino	02:20:53	+01:08:05	11:44
144	3317	Bruno Vigário	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:21:11	+01:08:23	11:46
145	3220	João Coelho	ERMIDAFIT Runners	Senior Masculino	02:21:19	+01:08:31	11:47
146	3252	Jose Ribeiro	Fitspot - Parque Nascente	Senior Masculino	02:21:50	+01:09:02	11:49
147	1172	Ricardo Teixeira	Colégio Júlio Dinis	Senior Masculino	02:21:55	+01:09:07	11:50
148	3506	CARLOS MIGUEL RIBEIRO MOREIRA	Individual	Senior Masculino	02:22:04	+01:09:16	11:50
149	3576	Roberto Carlos Ferreira Moreira	Individual	Senior Masculino	02:22:11	+01:09:23	11:51
150	1728	Zé-tó	Individual	Senior Masculino	02:23:01	+01:10:13	11:55
151	3301	isaac ferreira	Futebol Clube de Penafiel	Senior Masculino	02:23:05	+01:10:17	11:55
152	3581	Rui Sousa	Individual	Senior Masculino	02:23:08	+01:10:20	11:56
153	3556	Nelson Marques	Individual	Senior Masculino	02:23:25	+01:10:37	11:57
154	3757	Pedro Bernardes	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	02:23:38	+01:10:50	11:58
155	1486	Armando Luis Rocha Pinto	Individual	Senior Masculino	02:24:04	+01:11:16	12:00
156	1496	BRUNO RICARDO GONÇALVES ANTÃO	Individual	Senior Masculino	02:24:08	+01:11:20	12:01
157	3514	Eduardo Vieira	Individual	Senior Masculino	02:24:19	+01:11:31	12:02
158	3052	Bruno José Rocha Ribeiro	ACRORUNNERS	Senior Masculino	02:24:28	+01:11:40	12:02
159	2215	Joel Ferraz	Quinta do Lago	Senior Masculino	02:24:39	+01:11:51	12:03





Trail Curto

12 KM

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REVISED

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OFFICIAL RESULT

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252	3584	Sérgio Filipe Sousa Moutinho	Individual	Senior Masculino	03:27:21	+02:14:33	17:17
253	3545	José Rodrigo Martins Ferreira Peixoto Coelho	Individual	Senior Masculino	03:29:22	+02:16:34	17:27
254	3739	Guilherme Oliveira	Leões de Tardariz Trail	Senior Masculino	03:33:10	+02:20:22	17:46
255	3189	nuno ricardo sousa	Danados	Senior Masculino	03:33:30	+02:20:42	17:48
256	3523	HELDER MOREIRA	Individual	Senior Masculino	03:36:09	+02:23:21	18:01
257	1461	João Oliveira	Individual	Senior Masculino	03:37:49	+02:25:01	18:09
258	3043	Ricardo Ferreira	A20's Box Warriors	Senior Masculino	03:40:36	+02:27:48	18:23
259	1664	Pedro Vieira	Individual	Senior Masculino	03:42:53	+02:30:05	18:34
260	3965	Luis António Costa Pereira	Trofa Team	Senior Masculino	03:42:54	+02:30:06	18:34
261	2267	Nuno Castro	Snowtortugas	Senior Masculino	03:43:57	+02:31:09	18:40
262	3587	Tiago Emanuel Pinto Nunes Magalhães	Individual	Senior Masculino	03:47:44	+02:34:56	18:59
263	1585	Jose Guerra	Individual	Senior Masculino	03:47:57	+02:35:09	19:00
264	1952	Artur Mota	LA Zinco	Senior Masculino	04:03:22	+02:50:34	20:17
265	3570	Ricardo Ferreira	Individual	Senior Masculino	04:15:16	+03:02:28	21:16
266	2392	Nuno Pereira	π 100 pé	Senior Masculino	04:19:49	+03:07:01	21:39
267	2391	Nuno Moreira	π 100 pé	Senior Masculino	04:19:49	+03:07:01	21:39
268	3035	José Oliveira	A20's Box Warriors	Senior Masculino	04:20:42	+03:07:54	21:44
269	3735	Daniel Leal	Leal	Senior Masculino	04:25:13	+03:12:25	22:06
270	1135	Miguel Silva	Befitness Runners	Senior Masculino	05:05:19	+03:52:31	25:27
271	3546	luis miguel alves fernandes	Individual	Senior Masculino	05:12:26	+03:59:38	26:02
272	1312	Pedro Rodrigues	GONDOMAR FUTSAL CLUBE	Senior Masculino	05:43:00	+04:30:12	28:35

Veterana F40

1	3854	Natália Paredes	Porto Sentido Runners	Veterana F40	01:49:43		09:09
2	3257	Fernanda Pinto	Fitspot - Parque Nascente	Veterana F40	01:50:09	+00:26	09:11
3	2328	Maria Paula Sousa Pessoa de Amorim	The Stigs Invicta	Veterana F40	01:54:08	+04:25	09:31
4	3100	Carmen Moreira	AMIGOS DO PEDAL TRAILAGARES	Veterana F40	01:54:57	+05:14	09:35
5	3594	carla maria teixeira costa	Individual	Veterana F40	01:55:34	+05:51	09:38
6	3930	Minda Coelho	Somos Nós Team	Veterana F40	01:56:58	+07:15	09:45
7	3915	Maria Fatima Leal	S. S. Montepio	Veterana F40	01:57:50	+08:07	09:49
8	3853	Elisabete Loureiro	Porto Sentido Runners	Veterana F40	01:58:44	+09:01	09:54
9	3197	irene barbosa	ele e ela	Veterana F40	02:02:00	+12:17	10:10
10	3970	Fatima Nunes	USF TS	Veterana F40	02:02:20	+12:37	10:12
11	3237	Laurinda Isabel Carvalho de Sá e Silva	Família Silva	Veterana F40	02:04:03	+14:20	10:20
12	3953	Claudia Santos	TGV RUNNING	Veterana F40	02:04:11	+14:28	10:21
13	3929	Maria José	Somos Nós Team	Veterana F40	02:06:29	+16:46	10:32
14	3630	SILVIA FERREIRA	Individual	Veterana F40	02:06:48	+17:05	10:34
15	3276	FERNANDA FRANÇA	FRANÇA	Veterana F40	02:08:14	+18:31	10:41
16	3601	Elisabete Gonçalves	Individual	Veterana F40	02:11:05	+21:22	10:55
17	3914	CARLA BARROS	S. S. Montepio	Veterana F40	02:11:19	+21:36	10:57
18	3627	Saete Maria Mendes soares	Individual	Veterana F40	02:16:56	+27:13	11:25
19	3223	Paula Silva	ERMIDAFIT Runners	Veterana F40	02:18:16	+28:33	11:31
20	3126	Célia Alves	Aventureiras	Veterana F40	02:19:08	+29:25	11:36
21	3599	Cristina Sousa	Individual	Veterana F40	02:19:30	+29:47	11:37

Official Timekeeper: Lap2Go

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generate 05-Jun-2016 22:05

**Trail Curto**

**12 KM**



**OFFICIAL RESULT**

22	3596	Cidália Maria Correia Soares	Individual	Veterana F40	02:27:05	+37:22	12:15
23	3081	Verónica Fontes	ALIANÇA DE GANDRA	Veterana F40	02:27:17	+37:34	12:16
24	3077	Fernanda Leal	ALIANÇA DE GANDRA	Veterana F40	02:27:23	+37:40	12:17
25	1759	Maria Augusta Esperança	Individual	Veterana F40	02:36:19	+46:36	13:02
26	1783	Vânia Cunha	Individual	Veterana F40	02:36:19	+46:36	13:02
27	3122	Lurdes Moreira	As Belas e Eles	Veterana F40	02:41:23	+51:40	13:27
28	3622	Paula Cristina Marques Paiva	Individual	Veterana F40	02:41:48	+52:05	13:29
29	1768	Maria Lurdes Alcobia da conceição	Individual	Veterana F40	02:42:13	+52:30	13:31
30	3626	Raquel Mendes	Individual	Veterana F40	02:42:43	+53:00	13:34
31	3617	Maria José Ferreira da Silva	Individual	Veterana F40	02:45:40	+55:57	13:48
32	3623	paula cristina mendes ferreira	Individual	Veterana F40	02:46:13	+56:30	13:51
33	3818	Marília Dias	Os Arrastas	Veterana F40	02:47:02	+57:19	13:55
34	3101	Florbela Sousa Gonçalves	AMIGOS DO PEDAL TRAILAGARES	Veterana F40	02:47:11	+57:28	13:56
35	3088	Elisabete Melo	All About	Veterana F40	02:47:20	+57:37	13:57
36	3639	Susana Monteiro	Individual	Veterana F40	02:48:48	+59:05	14:04
37	3128	Silvia Azevedo	Aventureiras	Veterana F40	02:54:45	+01:05:02	14:34
38	3628	sandra cunha	Individual	Veterana F40	02:55:32	+01:05:49	14:38
39	3256	Celeste Vieira	Fitspot - Parque Nascente	Veterana F40	02:59:06	+01:09:23	14:56
40	3259	Maria Carvalho	Fitspot - Parque Nascente	Veterana F40	02:59:07	+01:09:24	14:56
41	3843	Maria Jose Silva	pipb	Veterana F40	03:00:27	+01:10:44	15:02
42	3952	Cleonice Mendes	Tecla 3 Runners	Veterana F40	03:01:02	+01:11:19	15:05
43	3616	Maria João Silva Barbosa	Individual	Veterana F40	03:01:26	+01:11:43	15:07
44	3944	Marta Sofia Novo de Carvalho	Tartarugas do Cávado	Veterana F40	03:01:45	+01:12:02	15:09
45	3089	Isaura Alves	All About	Veterana F40	03:02:13	+01:12:30	15:11
46	3606	Isabel Susana da Silva Moreira Próspero	Individual	Veterana F40	03:02:28	+01:12:45	15:12
47	3127	Paula Afonso	Aventureiras	Veterana F40	03:03:18	+01:13:35	15:17
48	3936	Elisete Viegas	Sweet Runners	Veterana F40	03:03:51	+01:14:08	15:19
49	3614	Maria Filomena Venâncio Lopes Marcelo	Individual	Veterana F40	03:03:55	+01:14:12	15:20
50	3779	Regina Maria Martins Mota	Molinhas Team	Veterana F40	03:04:34	+01:14:51	15:23
51	3760	Renata Vieira	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	03:04:37	+01:14:54	15:23
52	3758	Cristina Sampaio	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	03:04:37	+01:14:54	15:23
53	3625	Paula Santos	Individual	Veterana F40	03:04:59	+01:15:16	15:25
54	3636	Susana Cristina Fernandes Cunha	Individual	Veterana F40	03:06:08	+01:16:25	15:31
55	3619	Maria Sousa	Individual	Veterana F40	03:07:35	+01:17:52	15:38
56	3608	Margarida Soares Rocha	Individual	Veterana F40	03:07:39	+01:17:56	15:38
57	3994	Marieta Moreira	CFIT	Veterana F40	03:07:43	+01:18:00	15:39
58	3631	SILVIA ROCHA	Individual	Veterana F40	03:08:39	+01:18:56	15:43
59	3600	Dária Teuxeira	Individual	Veterana F40	03:09:09	+01:19:26	15:46
60	3078	Maria Neves	ALIANÇA DE GANDRA	Veterana F40	03:09:17	+01:19:34	15:46
61	3611	Maria de Fátima Fernandes Pinho	Individual	Veterana F40	03:09:32	+01:19:49	15:48
62	3236	FATIMA PEREIRA	FAMILIA PEREIRA	Veterana F40	03:09:58	+01:20:15	15:50
63	3621	Paula Branco	Individual	Veterana F40	03:10:22	+01:20:39	15:52
64	3875	ANA PAULA NOGUEIRA DA SILVA	Raposas	Veterana F40	03:10:27	+01:20:44	15:52

Trail Curto

12 KM

OFFICIAL RESULT



65	3629	Sandra Oliveira	Individual	Veterana F40	03:10:50	+01:21:07	15:54
66	3947	sandra madureira	team Rede Ambiente	Veterana F40	03:10:51	+01:21:08	15:54
67	3620	Palmira Carolina Coelho Almeida	Individual	Veterana F40	03:11:01	+01:21:18	15:55
68	3945	Rita Santos	Tartarugas do Cávado	Veterana F40	03:11:02	+01:21:19	15:55
69	3624	Paula Idalina Barros da Mota Fernandes	Individual	Veterana F40	03:11:59	+01:22:16	16:00
70	3171	Maria Jorge Sá Dantas	Centro de Marcha e Corrida da União de Freguesias	Veterana F40	03:12:25	+01:22:42	16:02
71	0	Maria de Fátima da Silva Ferreira Teixeira	Individual	Veterana F40	03:12:26	+01:22:43	16:02
72	3593	Avelina Rocha	Individual	Veterana F40	03:13:34	+01:23:51	16:08
73	3634	sonia marina da silva forte	Individual	Veterana F40	03:14:01	+01:24:18	16:10
74	3165	Odete Coelho	Cães & Gatos	Veterana F40	03:14:02	+01:24:19	16:10
75	3163	Maria do Carmo Pinto	Cães & Gatos	Veterana F40	03:14:02	+01:24:19	16:10
76	3164	Maria Regina Carvalho	Cães & Gatos	Veterana F40	03:14:02	+01:24:19	16:10
77	3816	Aurora Morais	Oralklass-Amigos do Trail	Veterana F40	03:14:42	+01:24:59	16:14
78	3618	Maria Neves	Individual	Veterana F40	03:16:29	+01:26:46	16:22
79	3260	Maria Guerra	Fitspot - Parque Nascente	Veterana F40	03:17:02	+01:27:19	16:25
80	3794	Susana Magalhães	NOCTURNOS DE PAREDES	Veterana F40	03:18:00	+01:28:17	16:30
81	3700	FELICIDADE CARNEIRO	JOSÉ RIBEIRO CABELEIREIRO	Veterana F40	03:18:47	+01:29:04	16:34
82	3261	Maria Pinto	Fitspot - Parque Nascente	Veterana F40	03:20:45	+01:31:02	16:44
83	3635	sonia sampaio	Individual	Veterana F40	03:20:46	+01:31:03	16:44
84	3637	Susana Fernandes	Individual	Veterana F40	03:21:05	+01:31:22	16:45
85	3793	Emilia Rodrigues	NOCTURNOS DE PAREDES	Veterana F40	03:21:20	+01:31:37	16:47
86	2227	Maria José Peres	reis	Veterana F40	03:23:00	+01:33:17	16:55
87	3168	Maria Adelaide Madureira Pereira	Carol Team	Veterana F40	03:23:11	+01:33:28	16:56
88	3592	ana lemos	Individual	Veterana F40	03:23:37	+01:33:54	16:58
89	3724	Augusta Sousa	Kunalama Runners	Veterana F40	03:23:43	+01:34:00	16:59
90	3981	Augusta Saraiva	VIDAATIVARUNNERS	Veterana F40	03:23:55	+01:34:12	17:00
91	3602	Elizabete Ferreira	Individual	Veterana F40	03:24:19	+01:34:36	17:02
92	3597	Cláudia Matos	Individual	Veterana F40	03:24:20	+01:34:37	17:02
93	2164	Ana Rita Barros Neves Magalhães	Ou vai ou Racha	Veterana F40	03:25:40	+01:35:57	17:08
94	3076	Elisabete Silva	ALIANÇA DE GANDRA	Veterana F40	03:26:10	+01:36:27	17:11
95	3832	Cristina Costa	Ou vai ou Racha	Veterana F40	03:26:28	+01:36:45	17:12
96	3831	arminda maciel	Ou vai ou Racha	Veterana F40	03:26:30	+01:36:47	17:13
97	3079	Maria Oliveira	ALIANÇA DE GANDRA	Veterana F40	03:26:45	+01:37:02	17:14
98	3264	Sofia Martins	Fitspot - Parque Nascente	Veterana F40	03:27:11	+01:37:28	17:16
99	3770	Marcia Pinto	Metralhas Runners	Veterana F40	03:27:30	+01:37:47	17:17
100	3143	Fátima Costa	BitRunners	Veterana F40	03:28:32	+01:38:49	17:23
101	3603	Fernanda Maria Moreira Leal	Individual	Veterana F40	03:28:47	+01:39:04	17:24
102	3935	CELIA MARIA PACHECO FERREIRA	Sweet Runners	Veterana F40	03:30:13	+01:40:30	17:31
103	3937	Raquel Gomes	Sweet Runners	Veterana F40	03:31:07	+01:41:24	17:36
104	3080	Silvia Pinto	ALIANÇA DE GANDRA	Veterana F40	03:31:10	+01:41:27	17:36
105	3222	Maria Manuela Vilela Dias	ERMIDAFIT Runners	Veterana F40	03:31:43	+01:42:00	17:39
106	3190	ana cristina silva	Danados	Veterana F40	03:33:13	+01:43:30	17:46
107	3148	Leonor Araújo	Bota&Siga	Veterana F40	03:34:13	+01:44:30	17:51
108	3615	Maria Graça Silva Sousa	Individual	Veterana F40	03:35:17	+01:45:34	17:56

**Trail Curto**

**12 KM**



**OFFICIAL RESULT**

109	3265	Sonia Moreira	Fitspot - Parque Nascente	Veterana F40	03:35:29	+01:45:46	17:57
110	3208	Luisa Ventura	Equipa XPTO'S	Veterana F40	03:36:01	+01:46:18	18:00
111	3235	DELFINA PEREIRA	FAMILIA PEREIRA	Veterana F40	03:36:05	+01:46:22	18:00
112	3234	ANA MARIA	FAMILIA PEREIRA	Veterana F40	03:36:05	+01:46:22	18:00
113	3605	ISABEL GONÇALVES	Individual	Veterana F40	03:36:12	+01:46:29	18:01
114	3604	GUILHERMINA ROCHA	Individual	Veterana F40	03:36:13	+01:46:30	18:01
115	3783	Deolinda Manuela Madureira Ferreira e Silva	Muita Tracção Running Tribe	Veterana F40	03:37:17	+01:47:34	18:06
116	3157	Fernanda Soares	BTT Alegria / TUBANI	Veterana F40	03:40:54	+01:51:11	18:24
117	3766	Bebiana Sousa	LUSOS XXI	Veterana F40	03:42:34	+01:52:51	18:33
118	3258	Márcia	Fitspot - Parque Nascente	Veterana F40	03:51:54	+02:02:11	19:20
119	3014	Lília Sá	10TEMIDOS	Veterana F40	03:52:11	+02:02:28	19:21
120	3232	Paula Moreira	FairGirls	Veterana F40	03:53:31	+02:03:48	19:28
121	3835	Lucinda Marques	Paredes Running	Veterana F40	03:53:56	+02:04:13	19:30
122	3872	Cristina Silva	Rainha Club	Veterana F40	03:54:43	+02:05:00	19:34
123	3871	Angelica Jorge	Rainha Club	Veterana F40	03:54:44	+02:05:01	19:34
124	3319	Helena Moura	GONDOMAR FUTSAL CLUBE	Veterana F40	04:05:58	+02:16:15	20:30
125	3321	Silvina Gama	GONDOMAR FUTSAL CLUBE	Veterana F40	04:06:07	+02:16:24	20:31
126	3834	Ana Ferreira	Paredes Running	Veterana F40	04:14:47	+02:25:04	21:14
127	2395	Maria koch	π 100 pé	Veterana F40	04:19:48	+02:30:05	21:39
128	3090	Susana Barbosa	All About	Veterana F40	04:48:18	+02:58:35	24:01
129	3145	Manuela Saraiva	Bora Lá	Veterana F40	04:53:29	+03:03:46	24:27
130	3302	Sandra Mendes	Futebol Clube de Penafiel	Veterana F40	05:02:58	+03:13:15	25:15

**Veterano M40**

1	3288	PEDRO SANTOS	FUGITIVOS URBANOS	Veterano M40	01:12:58		06:05
2	3180	Paulo Silva	Da-lhe Gas	Veterano M40	01:16:42	+03:44	06:24
3	3201	Sérgio Santos	Engomadoria L&A Team	Veterano M40	01:17:04	+04:06	06:25
4	3641	Abílio Martins Almeida	Individual	Veterano M40	01:17:40	+04:42	06:28
5	3683	Rui Oliveira	Individual	Veterano M40	01:19:29	+06:31	06:37
6	3669	Laurindo Osório	Individual	Veterano M40	01:26:42	+13:44	07:13
7	3084	Fernando Santos	ALIANÇA DE GANDRA	Veterano M40	01:26:49	+13:51	07:14
8	3817	Orlando Nogueira	Oralklass-Amigos do Trail	Veterano M40	01:28:21	+15:23	07:22
9	3109	José Costa	Amigos do Sofá	Veterano M40	01:37:49	+24:51	08:09
10	3686	Silvino Alberto da Silva Mendes	Individual	Veterano M40	01:38:22	+25:24	08:12
11	2257	Carlos Manuel Rocha	SAI DA FRENTE	Veterano M40	01:39:20	+26:22	08:17
12	3332	Teófilo Freitas	HS Trail Team	Veterano M40	01:41:37	+28:39	08:28
13	3753	Mário Moura	Leões de Tardariz Trail	Veterano M40	01:42:08	+29:10	08:31
14	3082	António Oliveira	ALIANÇA DE GANDRA	Veterano M40	01:42:23	+29:25	08:32
15	3685	sergio rui da costa e cunha	Individual	Veterano M40	01:44:37	+31:39	08:43
16	3750	António Pinto	Leões de Tardariz Trail	Veterano M40	01:46:03	+33:05	08:50
17	3754	Pedro Ferreira	Leões de Tardariz Trail	Veterano M40	01:46:04	+33:06	08:50
18	3059	José Manuel Teixeira Vieira	ACRORUNNERS	Veterano M40	01:46:30	+33:32	08:52
19	3017	Paulo Ribeiro	10TEMIDOS	Veterano M40	01:47:23	+34:25	08:57
20	3972	Jorge Conceição	USF TS	Veterano M40	01:48:06	+35:08	09:01



Trail Curto

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OFFICIAL RESULT



21	1861	Mário Fonseca	Individual	Veterano M40	01:49:47	+36:49	09:09
22	1815	Filipe Campelo Lemos	Individual	Veterano M40	01:49:49	+36:51	09:09
23	1806	CARLOS FERNANDO ESPERANÇA	Individual	Veterano M40	01:50:04	+37:06	09:10
24	3855	Carlos Duarte	Porto Sentido Runners	Veterano M40	01:53:59	+41:01	09:30
25	3049	Luís Reis	A20's Box Warriors	Veterano M40	01:54:04	+41:06	09:30
26	1987	Rui Moreira	LUSOS XXI	Veterano M40	01:54:11	+41:13	09:31
27	3987	Jorge António de Jesus Moreira	CFIT	Veterano M40	01:54:57	+41:59	09:35
28	3856	Carlos Martins	Porto Sentido Runners	Veterano M40	01:55:01	+42:03	09:35
29	3751	Joaquim Leite	Leões de Tardariz Trail	Veterano M40	01:55:01	+42:03	09:35
30	3720	Amândio Sousa	Kinkipa	Veterano M40	01:55:21	+42:23	09:37
31	3859	João Barbosa	Porto Sentido Runners	Veterano M40	01:56:39	+43:41	09:43
32	3971	Hugo Almeida	USF TS	Veterano M40	01:56:41	+43:43	09:43
33	3761	Carlos Valente	Los Compadres	Veterano M40	01:57:58	+45:00	09:50
34	3650	Carlos Moutinho	Individual	Veterano M40	01:58:44	+45:46	09:54
35	2078	Salvador Santos	NOCTURNOS DE PAREDES	Veterano M40	02:00:27	+47:29	10:02
36	2258	Emanuel Duraes	SAI DA FRENTE	Veterano M40	02:01:33	+48:35	10:08
37	3108	Armindo Moreira	Amigos do Sofá	Veterano M40	02:02:20	+49:22	10:12
38	3238	Rui Miguel Russa Ferreira da Silva	Família Silva	Veterano M40	02:04:03	+51:05	10:20
39	1937	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	Veterano M40	02:04:06	+51:08	10:21
40	3955	Hermengardo Silva	TGV RUNNING	Veterano M40	02:04:11	+51:13	10:21
41	3278	Suzete do Rosário Passos de Sousa	Fridão Sem Limites	Veterano M40	02:06:09	+53:11	10:31
42	3886	Helder Couto	Rock n Roll run team	Veterano M40	02:06:44	+53:46	10:34
43	35	francisco jorge moreira da silva	fatextil runers	Veterano M40	02:07:30	+54:32	10:38
44	1902	Rui Paradela da Silva	Individual	Veterano M40	02:08:04	+55:06	10:40
45	3681	Renato Costa	Individual	Veterano M40	02:08:17	+55:19	10:41
46	3664	José Mário Magalhães de Pereira	Individual	Veterano M40	02:08:59	+56:01	10:45
47	3227	Gil silva	Eu sei lá	Veterano M40	02:09:26	+56:28	10:47
48	1800	Avelino Paulo Moreira Marques	Individual	Veterano M40	02:09:57	+56:59	10:50
49	3329	Henrique Sobral	HS Trail Team	Veterano M40	02:10:15	+57:17	10:51
50	3665	José Paulo Sousa Simaria	Individual	Veterano M40	02:10:22	+57:24	10:52
51	3085	Telmo Almeida	ALIANÇA DE GANDRA	Veterano M40	02:10:38	+57:40	10:53
52	3268	Fernando Oliveira	Fitspot - Parque Nascente	Veterano M40	02:11:42	+58:44	10:58
53	1580	João Silva	Individual	Veterano M40	02:11:49	+58:51	10:59
54	3169	Paulo Jorge Madureira Ribeiro	Carol Team	Veterano M40	02:11:50	+58:52	10:59
55	3675	Nuno Miguel Cabral	Individual	Veterano M40	02:12:22	+59:24	11:02
56	3226	Fernando Carneiro	Eu sei lá	Veterano M40	02:14:01	+01:01:03	11:10
57	3152	MANUEL ANTONIO ALMEIDA COELHO	BRIGADA DO TRAIL RUNNINIG	Veterano M40	02:15:54	+01:02:56	11:19
58	3946	Francisco Lopo	Tartarugas do Cávado	Veterano M40	02:15:59	+01:03:01	11:20
59	3645	ANTÓNIO ALBERTO COELHO COSTA	Individual	Veterano M40	02:16:27	+01:03:29	11:22
60	449	Samuel Soares	Individual	Veterano M40	02:16:35	+01:03:37	11:23
61	3884	André Figueiredo	RnR running team	Veterano M40	02:16:52	+01:03:54	11:24
62	3661	José da Rocha Rodrigues	Individual	Veterano M40	02:16:56	+01:03:58	11:25
63	3652	Hugo Cesar Carvalho de Sousa	Individual	Veterano M40	02:17:13	+01:04:15	11:26
64	1236	David Sousa	Fitspot - Parque Nascente	Veterano M40	02:17:27	+01:04:29	11:27
65	3267	Carlindo Martins	Fitspot - Parque Nascente	Veterano M40	02:17:32	+01:04:34	11:28
66	3862	Miguel Azevedo	Porto Sentido Runners	Veterano M40	02:17:43	+01:04:45	11:29

Trail Curto

12 KM

OFFICIAL RESULT

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67	3954	Augusto Ribeiro	TGV RUNNING	Veterano M40	02:18:42	+01:05:44	11:33
68	2092	Jose Miguel Cunha Bastos	O Quarteto dos 3 amigos Gonçalo e Miguel	Veterano M40	02:20:10	+01:07:12	11:41
69	3271	Marco Régua	Fitspot - Parque Nascente	Veterano M40	02:21:50	+01:08:52	11:49
70	3306	Julio alves	Futebol Clube de Penafiel	Veterano M40	02:23:05	+01:10:07	11:55
71	3305	jose manuel rodrigues	Futebol Clube de Penafiel	Veterano M40	02:23:06	+01:10:08	11:56
72	3749	Agostinho Cardoso	Leões de Tardariz Trail	Veterano M40	02:23:15	+01:10:17	11:56
73	3270	Luis Espirito Santo	Fitspot - Parque Nascente	Veterano M40	02:24:02	+01:11:04	12:00
74	3858	Fernando Ferraz	Porto Sentido Runners	Veterano M40	02:24:08	+01:11:10	12:01
75	3845	Pedro Brizado	pipb	Veterano M40	02:24:40	+01:11:42	12:03
76	3048	José Teixeira	A20's Box Warriors	Veterano M40	02:25:14	+01:12:16	12:06
77	3653	Isaac Batista Pereira	Individual	Veterano M40	02:25:21	+01:12:23	12:07
78	3771	Paulo Ferreira	Metralhas Runners	Veterano M40	02:26:06	+01:13:08	12:11
79	3018	Rui Sá	10TEMIDOS	Veterano M40	02:26:28	+01:13:30	12:12
80	3667	José Saraiva	Individual	Veterano M40	02:26:55	+01:13:57	12:15
81	3158	Filipe Teixeira	BTT Alegria / TUBANI	Veterano M40	02:27:02	+01:14:04	12:15
82	1809	Daniel Branco	Individual	Veterano M40	02:27:03	+01:14:05	12:15
83	3702	JOSÉ RIBEIRO	JOSÉ RIBEIRO CABELEIREIRO	Veterano M40	02:27:05	+01:14:07	12:15
84	3647	António Manuel Coelho de Sousa	Individual	Veterano M40	02:27:06	+01:14:08	12:15
85	1784	Abilio Jose Moreira Pacheco	Individual	Veterano M40	02:27:38	+01:14:40	12:18
86	2217	Hugo Ferraz	Quinta do Lago	Veterano M40	02:27:59	+01:15:01	12:20
87	3857	Cláudio Cerqueira	Porto Sentido Runners	Veterano M40	02:28:20	+01:15:22	12:22
88	1859	MANUEL PIRES RODRIGUES	Individual	Veterano M40	02:29:09	+01:16:11	12:26
89	3716	António Macedo Lemos	Juventude Popular Paredes	Veterano M40	02:29:53	+01:16:55	12:29
90	3241	Ricardo A. Silva Sousa	Ffit Gaia Trail running Team	Veterano M40	02:31:55	+01:18:57	12:40
91	1797	António Jorge Martins Magalhães Antunes	Individual	Veterano M40	02:32:15	+01:19:17	12:41
92	3643	Alberto Fernando Cruz Oliveira	Individual	Veterano M40	02:32:21	+01:19:23	12:42
93	3932	Jorge Almeida	soplafifana	Veterano M40	02:35:22	+01:22:24	12:57
94	3797	Jose FernandoLeal	NOCTURNOS DE PAREDES	Veterano M40	02:35:45	+01:22:47	12:59
95	3902	rui rocha	Run2Eat	Veterano M40	02:38:20	+01:25:22	13:12
96	3058	Ilidio Paulo Pereira Almeida	ACRORUNNERS	Veterano M40	02:39:19	+01:26:21	13:17
97	3269	Jose Silva	Fitspot - Parque Nascente	Veterano M40	02:39:31	+01:26:33	13:18
98	3217	Abilio Neves	Equipotencia	Veterano M40	02:40:24	+01:27:26	13:22
99	3672	MANUEL PINTO	Individual	Veterano M40	02:40:24	+01:27:26	13:22
100	1320	Mário Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	02:40:35	+01:27:37	13:23
101	3860	José Ricardo	Porto Sentido Runners	Veterano M40	02:42:13	+01:29:15	13:31
102	3050	Luis Santos	A20's Box Warriors	Veterano M40	02:42:51	+01:29:53	13:34
103	3646	Antonio Costa	Individual	Veterano M40	02:43:56	+01:30:58	13:40
104	2312	Alberto Bertão	Team Agente Meireles II	Veterano M40	02:44:00	+01:31:02	13:40
105	3795	Antero Bessa	NOCTURNOS DE PAREDES	Veterano M40	02:44:47	+01:31:49	13:44
106	3658	José Alves	Individual	Veterano M40	02:45:27	+01:32:29	13:47
107	3277	AMERICO FRANÇA	FRANÇA	Veterano M40	02:46:45	+01:33:47	13:54
108	3649	Belmiro Pacheco	Individual	Veterano M40	02:47:30	+01:34:32	13:58
109	3644	Alexandre Almeida	Individual	Veterano M40	02:49:02	+01:36:04	14:05
110	1888	Paulo Silva	Individual	Veterano M40	02:49:16	+01:36:18	14:06
111	1865	Miguel Ferreira	Individual	Veterano M40	02:51:14	+01:38:16	14:16

Official Timekeeper: Lap2Go	19 / 21	generate 05-Jun-2016 22:05
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## Trail Curto

**12 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

112	3240	Manuel Rocha	FAST AO KM	Veterano M40	02:52:01	+01:39:03	14:20
113	1868	Miguel Pinto	Individual	Veterano M40	02:52:10	+01:39:12	14:21
114	2165	Paulo Jorge de Sousa Magalhães	Ou vai ou Racha	Veterano M40	02:54:07	+01:41:09	14:31
115	3656	João Paulo Vilas	Individual	Veterano M40	02:54:07	+01:41:09	14:31
116	3829	josegentil	ou vai o racha	Veterano M40	02:54:19	+01:41:21	14:32
117	3684	Sergio Oliveira	Individual	Veterano M40	02:54:53	+01:41:55	14:34
118	3330	José Aleixo	HS Trail Team	Veterano M40	02:58:00	+01:45:02	14:50
119	3046	Arnaldo Silva	A20's Box Warriors	Veterano M40	02:59:28	+01:46:30	14:57
120	3671	Manuel Oliveira	Individual	Veterano M40	02:59:37	+01:46:39	14:58
121	3844	Isidro Silva	pipb	Veterano M40	03:00:27	+01:47:29	15:02
122	3015	Fernando Sá	10TEMIDOS	Veterano M40	03:02:54	+01:49:56	15:14
123	3146	José Silva	Bora Lá	Veterano M40	03:02:59	+01:50:01	15:15
124	3866	MANUEL ALMEIDA	PORTOCARGO	Veterano M40	03:03:13	+01:50:15	15:16
125	3780	Alexandre Pereira Henriques Sousa de Almeida	Molinhas Team	Veterano M40	03:04:34	+01:51:36	15:23
126	3885	Carlos Viamonte	RnR running team	Veterano M40	03:05:09	+01:52:11	15:26
127	3895	Paulo Fernando Monteiro de Barros	ROYAL SCHOOL OF LANGUAGES	Veterano M40	03:06:54	+01:53:56	15:35
128	3894	José Júlio Pereira Borges	ROYAL SCHOOL OF LANGUAGES	Veterano M40	03:10:21	+01:57:23	15:52
129	3655	João Gaspar	Individual	Veterano M40	03:13:36	+02:00:38	16:08
130	3836	Luis Ribeiro	Paredes Running	Veterano M40	03:14:04	+02:01:06	16:10
131	3701	JOSÉ BONIFÁCIO	JOSÉ RIBEIRO CABELEIREIRO	Veterano M40	03:14:22	+02:01:24	16:12
132	3873	Camilo Costa	Rainha Club	Veterano M40	03:14:34	+02:01:36	16:13
133	3659	José Coelho	Individual	Veterano M40	03:14:37	+02:01:39	16:13
134	3016	Jorge Silva	10TEMIDOS	Veterano M40	03:15:15	+02:02:17	16:16
135	3047	João Pinto	A20's Box Warriors	Veterano M40	03:15:58	+02:03:00	16:20
136	3798	TÓ Madureira	NOCTURNOS DE PAREDES	Veterano M40	03:16:03	+02:03:05	16:20
137	3861	Lourenço Marques	Porto Sentido Runners	Veterano M40	03:16:40	+02:03:42	16:23
138	3898	Pedro Carvalho	Run Forrest Run	Veterano M40	03:18:13	+02:05:15	16:31
139	3799	Tomas Ferreira	NOCTURNOS DE PAREDES	Veterano M40	03:21:20	+02:08:22	16:47
140	3224	Luís Coelho	ERMIDAFIT Runners	Veterano M40	03:22:24	+02:09:26	16:52
141	3666	José Pinheiro	Individual	Veterano M40	03:23:34	+02:10:36	16:58
142	3688	Victor Coelho	Individual	Veterano M40	03:23:37	+02:10:39	16:58
143	3837	Paulo cunha	Patás Negras	Veterano M40	03:23:58	+02:11:00	17:00
144	3273	Mohamed Moudnib	Fitspot - Parque Nascente	Veterano M40	03:24:25	+02:11:27	17:02
145	3680	Pedro Rocha	Individual	Veterano M40	03:24:37	+02:11:39	17:03
146	3086	Vitor Rocha	ALIANÇA DE GANDRA	Veterano M40	03:25:50	+02:12:52	17:09
147	3266	Almerindo Freitas	Fitspot - Parque Nascente	Veterano M40	03:26:37	+02:13:39	17:13
148	3083	António Paiva	ALIANÇA DE GANDRA	Veterano M40	03:26:44	+02:13:46	17:14
149	3314	Sergio Reis	GENEROSOS	Veterano M40	03:29:09	+02:16:11	17:26
150	3166	Paulo Coelho	Cães & Gatos	Veterano M40	03:29:50	+02:16:52	17:29
151	3796	Hugo C.Marques	NOCTURNOS DE PAREDES	Veterano M40	03:36:40	+02:23:42	18:03
152	3272	Miguel Eiras	Fitspot - Parque Nascente	Veterano M40	03:36:56	+02:23:58	18:05
153	3785	Luis Manuel Babo Simões	Muita Tracção Running Tribe	Veterano M40	03:37:16	+02:24:18	18:06
154	3784	Jorge Manuel Pinto Pereira Ferreira	Muita Tracção Running Tribe	Veterano M40	03:37:17	+02:24:19	18:06
155	2028	José Pires	MUITA TRACÇÃO RUNNING TEAM	Veterano M40	03:37:18	+02:24:20	18:06

**Trail Curto**

**12 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

156	3274	Paulo Costa	Fitspot - Parque Nascente	Veterano M40	03:49:11	+02:36:13	19:06
157	1170	Serafim Ramos	Clube do Pessoal EDP - Porto	Veterano M40	03:51:25	+02:38:27	19:17
158	3142	Fernando Araújo	Befitness Runners	Veterano M40	04:13:06	+03:00:08	21:05
159	3786	Luis Moura	NA Beiersdorf	Veterano M40	04:14:47	+03:01:49	21:14
160	3308	Rui Pinto	Futebol Clube de Penafiel	Veterano M40	04:50:21	+03:37:23	24:12
161	3660	JOSE COSTA PINTO	Individual	Veterano M40	04:53:47	+03:40:49	24:29
162	3304	isabel galhardo	Futebol Clube de Penafiel	Veterano M40	05:02:57	+03:49:59	25:15
163	3307	Manuel alves	Futebol Clube de Penafiel	Veterano M40	05:02:59	+03:50:01	25:15
164	3648	avelino eugenio rosa fernandes	Individual	Veterano M40	05:12:25	+03:59:27	26:02



