

ULTRA TRILHO 49K - STAGE 1

49 KM

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OFFICIAL RESULT

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REVISED

	Time	Temperature	Humidity
Start	08:00	7,7°C	99%
End	17:33	11.4°C	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	267	Tiago Aires	nutrimania	Senior Masculino	04:03:53		04:59
2	96	Tiago Texeira	edv-viana trail	Senior Masculino	04:13:09	+09:16	05:10
3	89	Victor Fernandes	ctad - trilhos de cinfaes	Senior Masculino	04:14:20	+10:27	05:11
4	214	Telmo Veloso	corremos.pt	Veterano M40	04:25:40	+21:47	05:25
5	7	Vitor Costa	a.d.amarante trail running	Senior Masculino	04:33:45	+29:52	05:35
6	187	Abílio Ribeiro	individual	Veterano M40	04:42:57	+39:04	05:46
7	99	Diogo Lopes	edv-viana trail	Senior Masculino	04:43:29	+39:36	05:4
8	220	Humberto Vara	individual	Veterano M50	04:46:56	+43:03	05:51
9	121	Pedro Rocha	gondomar futsal clube	Senior Masculino	04:50:29	+46:36	05:56
10	128	Joaquim Manuel Martins de Freitas	grupo dramático e recreativo de retorta	Veterano M40	04:53:08	+49:15	05:59
11	294	Paulo Domingues	shots international runners	Senior Masculino	04:53:08	+49:15	05:59
12	92	Nuno Miguel Carvalhido Gomes	edv-viana trail	Senior Masculino	04:54:20	+50:27	06:00
13	289	Adolfo Garrido Fernandez	runnig spor trail	Veterano M40	04:58:30	+54:37	06:06
14	192	João Paulo Dias Gonçalves	individual	Veterano M40	04:59:42	+55:49	06:07
15	94	pedro caldas	edv-viana trail	Senior Masculino	05:01:53	+58:00	06:10
16	91	Paulo Machado	drmerino/nutrifit	Veterano M40	05:04:36	+01:00:43	06:13
17	154	João Gonçalves	individual	Senior Masculino	05:06:32	+01:02:39	06:15
18	15	Vítor Pinto	aliança de gandra	Senior Masculino	05:06:55	+01:03:02	06:16
19	244	Pascoal Dias de Melo	minho aventura	Veterano M40	05:07:43	+01:03:50	06:17
20	33	Humberto Silva	aztrail	Senior Masculino	05:08:42	+01:04:49	06:18
21	123	José Paulo Pereira Ribeiro	gondomar futsal clube	Veterano M40	05:13:34	+01:09:41	06:24
22	95	sergio ramos	edv-viana trail	Senior Masculino	05:14:43	+01:10:50	06:25
23	98	stephane simoes	edv-viana trail	Veterano M40	05:14:44	+01:10:51	06:25
24	158	Leonardo Maia	individual	Senior Masculino	05:14:59	+01:11:06	06:26
25	146	Fernando Taborda	individual	Senior Masculino	05:17:40	+01:13:47	06:29
26	217	Amadeu Teixeira	individual	Veterano M50	05:18:16	+01:14:23	06:30
27	110	Raquel Costa	gafanhori	Senior Feminino	05:18:51	+01:14:58	06:30
28	86	Susana Simões	corremos.pt	Veterana F40	05:22:06	+01:18:13	06:34
29	127	FILIPE LIMA	grupo desportivo santander totta	Senior Masculino	05:22:08	+01:18:15	06:34
30	85	Pedro Pinho	corremos.pt	Senior Masculino	05:23:41	+01:19:48	06:36
31	230	Hugo Ferreira	kemedo team	Senior Masculino	05:24:15	+01:20:22	06:37
32	171	Pedro Ferreira	individual	Senior Masculino	05:24:17	+01:20:24	06:37
33	237	Fernando Alvarez Garcia	m.club.corporearenteiro trail	Veterano M40	05:24:48	+01:20:55	06:38
34	242	Daniel Silva	minho aventura	Veterano M40	05:25:48	+01:21:55	06:39
35	103	Manuel Chantre	entre os montes	Veterano M40	05:25:49	+01:21:56	06:39
36	142	Carlos Ferreira	individual	Senior Masculino	05:26:22	+01:22:29	06:40
37	164	Nelson Sousa	individual	Senior Masculino	05:27:21	+01:23:28	06:41
38	37	Jorge Brites	aztrail	Veterano M40	05:28:11	+01:24:18	06:42
39	239	Jose Fernando Barbosa Dos Santos	melres trail running - ordem para arrear	Veterano M40	05:28:22	+01:24:29	06:42
40	153	João Botelho Teixeira	individual	Senior Masculino	05:28:27	+01:24:34	06:42
41	234	Pedro Costa	kemedo team	Senior Masculino	05:29:08	+01:25:15	06:43

ULTRA TRILHO 49K - STAGE 1

49 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	34	Luis Gaspar	aztrail	Senior Masculino	05:30:44	+01:26:51	06:45
43	48	Ana Sousa	budeguita runners	Senior Feminino	05:31:20	+01:27:27	06:46
44	296	Tiago Andre Moreira Pereira	soulmates trail team	Senior Masculino	05:32:39	+01:28:46	06:47
45	172	Pedro Sa	individual	Senior Masculino	05:34:14	+01:30:21	06:49
46	108	Bruno Dias	fitspot-parque nascente	Senior Masculino	05:34:45	+01:30:52	06:50
47	299	Rui Martins	ss cgd	Senior Masculino	05:34:57	+01:31:04	06:50
48	201	Nelson Santos	individual	Veterano M40	05:36:37	+01:32:44	06:52
49	247	Tyna Valada	monsanto running team	Veterana F40	05:37:23	+01:33:30	06:53
50	229	Bruno Lopes	kemedo team	Senior Masculino	05:37:25	+01:33:32	06:53
51	93	nuno teixeira	edv-viana trail	Senior Masculino	05:38:37	+01:34:44	06:55
52	195	Luís Miguel Mendes Sá	individual	Veterano M40	05:39:23	+01:35:30	06:56
53	306	Rodrigo Silva	team lanthemil	Senior Masculino	05:40:27	+01:36:34	06:57
54	213	Rui Nascimento	individual	Veterano M40	05:41:07	+01:37:14	06:58
55	59	José Capela	casa da criança	Veterano M50	05:42:36	+01:38:43	07:00
56	210	Pedro Azevedo	individual	Veterano M40	05:43:01	+01:39:08	07:00
57	149	Germano Adrega Cardoso	individual	Senior Masculino	05:45:00	+01:41:07	07:02
58	19	Hélder Paulo Gonçalves Costa	amigo	Veterano M40	05:45:45	+01:41:52	07:03
59	175	Rúben Miguel Mendes Alves	individual	Senior Masculino	05:45:51	+01:41:58	07:03
60	177	Sérgio Silva	individual	Senior Masculino	05:45:54	+01:42:01	07:04
61	255	Alexandra Fernandes	nascidos para correr	Veterana F40	05:45:58	+01:42:05	07:04
62	117	Ricardo Ribeiro	ginasio fit4fun	Senior Masculino	05:46:22	+01:42:29	07:04
63	118	LUIS PINHO	ginasio fit4fun	Veterano M40	05:46:24	+01:42:31	07:04
64	31	Maria Augusta Da Costa Loureiro	associação desportiva de cabroelo	Veterana F40	05:46:25	+01:42:32	07:04
65	145	Fernando Leite	individual	Senior Masculino	05:46:57	+01:43:04	07:05
66	13	SERGE TERGAT	afrikanrunners	Senior Masculino	05:47:02	+01:43:09	07:05
67	12	Rui Pereira	afrikanrunners	Senior Masculino	05:47:03	+01:43:10	07:05
68	305	Pedro Oliveira	team lanthemil	Senior Masculino	05:47:27	+01:43:34	07:05
69	114	Alice Lopes	ginasio fit4fun	Senior Feminino	05:47:31	+01:43:38	07:06
70	253	Sandro Jordao	nao fazemos nem mais um...km	Senior Masculino	05:48:58	+01:45:05	07:07
71	232	Manuel Costa	kemedo team	Senior Masculino	05:49:04	+01:45:11	07:07
72	180	Tome pinto	individual	Senior Masculino	05:49:13	+01:45:20	07:08
73	109	Claudio Reininho	foz cõa trail	Veterano M40	05:49:53	+01:46:00	07:08
74	6	Abel Carvalho	100fôlego	Senior Masculino	05:50:15	+01:46:22	07:09
75	66	Antonio Filipe Bastos Fontes	clube atletismo de lamas	Veterano M40	05:50:15	+01:46:22	07:09
76	194	Luis Miguel Alves Monteiro	individual	Veterano M40	05:51:08	+01:47:15	07:10
77	249	Mário Ildefonso	monsanto running team	Veterano M60	05:52:00	+01:48:07	07:11
78	188	Christophe Ferreira	paredes aventura	Veterano M40	05:53:18	+01:49:25	07:13
79	126	arnaldo marinho	grupo desportivo leoes de veneza	Veterano M50	05:53:40	+01:49:47	07:13
80	9	Davide Silva	adtravassô	Senior Masculino	05:54:16	+01:50:23	07:14
81	62	Adelino Silva	ccd - siemens	Veterano M40	05:55:03	+01:51:10	07:15
82	18	Jorge Pedro	amfn mountain trails	Veterano M40	05:56:09	+01:52:16	07:16
83	53	João Carvalhal	budeguita runners	Veterano M40	05:57:26	+01:53:33	07:18
84	152	Hugo Filipe Nunes Gonçalves	individual	Senior Masculino	05:58:09	+01:54:16	07:19
85	151	Hugo Duarte Teixeira	individual	Senior Masculino	06:00:35	+01:56:42	07:22
86	8	Bruno Rodrigues	adtravassô	Senior Masculino	06:00:36	+01:56:43	07:22
87	60	Fernando Remelgado	ccd - siemens	Senior Masculino	06:00:40	+01:56:47	07:22

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49 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	254	Estela Martins	nascidos para correr	Senior Feminino	06:00:42	+01:56:49	07:22
89	315	Abilio José Leite Marques	unidade especial de corrida	Veterano M50	06:03:12	+01:59:19	07:25
90	269	Rui Pereira	ofrunning	Senior Masculino	06:03:27	+01:59:34	07:25
91	82	Marco Vieira	clube zipper	Veterano M40	06:03:28	+01:59:35	07:25
92	295	Pedro Machado	shots international runners	Senior Masculino	06:05:16	+02:01:23	07:27
93	138	André A Campos Cunha	individual	Senior Masculino	06:05:45	+02:01:52	07:28
94	243	José Miguel Dinis Ferreira Silva	minho aventura	Veterano M40	06:07:01	+02:03:08	07:29
95	135	Lúcia Lourenço	individual	Senior Feminino	06:07:35	+02:03:42	07:30
96	189	David Alves	individual	Veterano M40	06:08:18	+02:04:25	07:31
97	100	José Cruz	ei team trail	Senior Masculino	06:08:37	+02:04:44	07:31
98	155	João Martins	individual	Senior Masculino	06:09:33	+02:05:40	07:33
99	162	Miguel Oliveira	individual	Senior Masculino	06:09:34	+02:05:41	07:33
100	264	João Carlos Rocha	nucleo atletismo de vila real	Senior Masculino	06:10:14	+02:06:21	07:33
101	241	José Joaquim A. Ferreira	melres trail running - ordem para arrear	Veterano M50	06:11:32	+02:07:39	07:35
102	190	Francisco Rebelo	individual	Veterano M40	06:11:46	+02:07:53	07:35
103	179	Tiago Reitor	beat your limit!	Senior Masculino	06:11:46	+02:07:53	07:35
104	141	Carlos Azevedo	individual	Senior Masculino	06:12:37	+02:08:44	07:36
105	160	Marco Dias	individual	Senior Masculino	06:12:37	+02:08:44	07:36
106	238	Celestino Gomes	melres trail running - ordem para arrear	Senior Masculino	06:12:47	+02:08:54	07:36
107	36	Rui Lopo	aztrail	Senior Masculino	06:13:03	+02:09:10	07:37
108	104	José Neto	entre os montes	Veterano M50	06:14:02	+02:10:09	07:38
109	270	Rolando Martins Moreira dos Santos	olha eu trail dunning team	Veterano M40	06:14:02	+02:10:09	07:38
110	11	NEL SELASSIE	afrikanrunners	Senior Masculino	06:15:13	+02:11:20	07:39
111	260	Fernando Almeida	nocturnos de paredes	Veterano M40	06:15:19	+02:11:26	07:40
112	219	Fernando Jorge de Oliveira	individual	Veterano M50	06:15:40	+02:11:47	07:40
113	307	Abilio Malheiro	time to run	Veterano M40	06:17:16	+02:13:23	07:42
114	144	Fábio Agostinho Almeida da Silva	individual	Senior Masculino	06:17:17	+02:13:24	07:42
115	113	Zeca Carvalhais	ginásio culto do corpo	Veterano M40	06:17:29	+02:13:36	07:42
116	112	Victor Carvalhais	ginásio culto do corpo	Veterano M40	06:17:29	+02:13:36	07:42
117	42	Luís Filipe Carvalhais	bilarunners	Veterano M50	06:17:30	+02:13:37	07:42
118	122	Ricardo Couto	gondomar futsal clube	Senior Masculino	06:18:41	+02:14:48	07:44
119	88	Ricardo Dantas	crocodilos/misterpc	Senior Masculino	06:18:56	+02:15:03	07:44
120	205	Nuno Oliveira e Silva	individual	Veterano M40	06:21:17	+02:17:24	07:47
121	207	Paulo Braz	individual	Veterano M40	06:21:39	+02:17:46	07:47
122	293	LILIANA PEREIRA	shots international runners	Senior Feminino	06:21:39	+02:17:46	07:47
123	271	Raul Rodrigues	olimpico vianense trail/nd sport	Senior Masculino	06:23:18	+02:19:25	07:49
124	97	Paulo Jorge Gonçalves Lima Alves Pedra	edv-viana trail	Veterano M40	06:24:27	+02:20:34	07:51
125	236	Fernando António Silva Sampaio	lion runners - g. d. leões da guarda	Senior Masculino	06:25:53	+02:22:00	07:53
126	137	Alexandre Lourenço	individual	Senior Masculino	06:28:11	+02:24:18	07:55
127	287	MANUELA FARIA	portocargo	Veterana F40	06:29:16	+02:25:23	07:57
128	218	António Carlos	individual	Veterano M50	06:29:19	+02:25:26	07:57
129	298	Fábio Salgueiro Constantino	soulmates trail team	Senior Masculino	06:29:37	+02:25:44	07:57
130	67	Carlos Alberto da Silva Cardoso	clube atletismo de lamas	Veterano M40	06:29:38	+02:25:45	07:57
131	32	Hugo Evaristo	aztrail	Senior Masculino	06:30:14	+02:26:21	07:58
132	284	domingos barros	os selvagens	Veterano M40	06:30:41	+02:26:48	07:58

ULTRA TRILHO 49K - STAGE 1

49 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	14	YAYA RUSSUS	afrikanrunners	Senior Masculino	06:30:42	+02:26:49	07:58
134	318	Mario Costa	individual	Veterano M50	06:31:45	+02:27:52	08:00
135	44	Sérgio Moreira	blue o	Senior Masculino	06:31:49	+02:27:56	08:00
136	181	Vítor Manuel da Silva Pereira	individual	Senior Masculino	06:31:49	+02:27:56	08:00
137	116	Pedro Magalhaes	ginasio fit4fun	Senior Masculino	06:32:22	+02:28:29	08:00
138	81	Madureura Rodrigues	clube zipper	Veterano M40	06:32:47	+02:28:54	08:01
139	161	Mário Miguel Ferreira Barbosa	individual	Senior Masculino	06:33:32	+02:29:39	08:02
140	297	Virgilio Pinhel	soulmates trail team	Veterano M40	06:33:44	+02:29:51	08:02
141	235	Miguel Alves	leões de tardariz trail	Senior Masculino	06:34:03	+02:30:10	08:03
142	87	Pedro Santos	crocodilos/misterpc	Senior Masculino	06:34:22	+02:30:29	08:03
143	54	Jorge Maia	budeguita runners	Veterano M40	06:35:50	+02:31:57	08:05
144	55	Paulo Lagoa	budeguita runners	Veterano M40	06:35:52	+02:31:59	08:05
145	56	Tiago Almeida	budeguita runners	Veterano M40	06:35:52	+02:31:59	08:05
146	303	Helio Borges	team lanthemil	Senior Masculino	06:36:43	+02:32:50	08:06
147	199	Miguel Loureiro	individual	Veterano M40	06:36:47	+02:32:54	08:06
148	240	Luís Andrade	melres trail running - ordem para arrear	Veterano M40	06:38:14	+02:34:21	08:08
149	311	Avelino Joaquim Ferreira Faria	trailistas "eu é que sei"	Veterano M40	06:38:31	+02:34:38	08:08
150	286	TANIA BATEIRA	portocargo	Senior Feminino	06:38:48	+02:34:55	08:08
151	130	CARLOS JORGE MARQUES RIBEIRO	gtt - armazém do caffè	Senior Masculino	06:40:42	+02:36:49	08:11
152	131	Pedro Costa	gtt - armazém do caffè	Veterano M40	06:41:18	+02:37:25	08:11
153	198	Mário Rui Lopes Fernandes	individual	Veterano M40	06:41:25	+02:37:32	08:12
154	204	nuno freitas	individual	Veterano M40	06:42:46	+02:38:53	08:13
155	200	Nelson Castro	individual	Veterano M40	06:44:15	+02:40:22	08:15
156	150	Hélder Castro	individual	Senior Masculino	06:44:15	+02:40:22	08:15
157	43	Luís Fontinha	bilarrunners	Veterano M50	06:44:16	+02:40:23	08:15
158	75	FERNANDO EDUARDO TEIXEIRA VILELA	clube millennium bcp	Veterano M50	06:45:47	+02:41:54	08:17
159	83	Paulo Domingues	clube zipper	Veterano M40	06:46:14	+02:42:21	08:17
160	203	Nuno Fabião	individual	Veterano M40	06:47:15	+02:43:22	08:19
161	261	JONAS	not run alone	Senior Masculino	06:47:24	+02:43:31	08:19
162	76	Susana Neta	clube zipper	Senior Feminino	06:47:29	+02:43:36	08:19
163	84	Paulo Neta	clube zipper	Veterano M40	06:47:29	+02:43:36	08:19
164	274	francisco ferreira	olimpico vianense trail/nd sport	Veterano M50	06:47:31	+02:43:38	08:19
165	38	Bruno Graça	bando dos trilhos e tralhos, associação betetista	Veterano M40	06:48:29	+02:44:36	08:20
166	46	Nuno Miguel Barroso Fernandes	brigada do reumático!	Senior Masculino	06:48:42	+02:44:49	08:20
167	78	Hugo Moita	clube zipper	Senior Masculino	06:48:42	+02:44:49	08:20
168	47	Victor Vital	brigada do reumático!	Senior Masculino	06:48:42	+02:44:49	08:20
169	45	Alexandre Filipe correia Serafim	brigada do reumático!	Senior Masculino	06:48:43	+02:44:50	08:20
170	71	MARIA GABRIEL SANTOS RIBEIRO	clube millennium bcp	Veterano M40	06:50:15	+02:46:22	08:22
171	263	Raquel Afonso	novabase	Veterana F40	06:50:15	+02:46:22	08:22
172	39	Bruno Macieira	bikes & friends	Senior Masculino	06:50:31	+02:46:38	08:23
173	40	Rui Pereira	bikes & friends	Senior Masculino	06:50:32	+02:46:39	08:23
174	41	Telmo Mendonça	bikes & friends	Senior Masculino	06:50:33	+02:46:40	08:23
175	275	Helder Paiva	os caga tacos running team	Senior Masculino	06:52:21	+02:48:28	08:25

ULTRA TRILHO 49K - STAGE 1

49 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
176	20	ALBERTO FERNANDO DA SILVA MARQUES	amigos quinta das freiras	Veterano M40	06:53:53	+02:50:00	08:27
177	216	VIRIATO GIL	individual	Veterano M40	06:54:17	+02:50:24	08:27
178	16	Eduardo Pinto	all about	Veterano M40	06:54:17	+02:50:24	08:27
179	266	Nuno Tamagnini	núcleo de montanha de espinho	Veterano M40	06:54:27	+02:50:34	08:27
180	30	Pedro Meneses	associação desportiva da efaced	Veterano M40	06:54:42	+02:50:49	08:28
181	24	Gonçalo Almeida	arriba trail runners	Senior Masculino	06:55:04	+02:51:11	08:28
182	65	Américo Manuel Graça Gomes	clube atletismo de lamas	Veterano M40	06:55:46	+02:51:53	08:29
183	102	Joaquim Coelho	ei team trail	Veterano M40	06:55:49	+02:51:56	08:29
184	178	Telmo José Santos Lages	individual	Senior Masculino	06:56:43	+02:52:50	08:30
185	69	EDUARDO FILIPE AMARO FERREIRA	clube millennium bcp	Veterano M40	06:58:48	+02:54:55	08:33
186	70	JOSE LUIS BACEIRA FARINHA	clube millennium bcp	Veterano M40	06:58:48	+02:54:55	08:33
187	182	Cláudia Medeiros	individual	Veterana F40	06:59:22	+02:55:29	08:34
188	119	RUI FERREIRA	ginasio fit4fun	Veterano M40	06:59:28	+02:55:35	08:34
189	25	Hugo Barroso	associação desportiva da efaced	Senior Masculino	07:02:26	+02:58:33	08:37
190	107	FRANCISCO FONSECA	equipa joao ferreira	Veterano M40	07:02:45	+02:58:52	08:38
191	148	Francisco Terra	individual	Senior Masculino	07:03:48	+02:59:55	08:39
192	223	José Ferreira	individual	Veterano M50	07:05:32	+03:01:39	08:41
193	134	JOANA RODRIGUES DE SOUSA	individual	Senior Feminino	07:06:34	+03:02:41	08:42
194	302	Monica Martins	team lantemil	Senior Feminino	07:06:37	+03:02:44	08:42
195	256	Manuel Faria Sampaio	nascidos para correr	Veterano M60	07:07:05	+03:03:12	08:43
196	272	eusebio gaião ruas	olimpico vianense trail/nd sport	Veterano M40	07:07:43	+03:03:50	08:44
197	273	Jose Manuel Silva	olimpico vianense trail/nd sport	Veterano M40	07:07:43	+03:03:50	08:44
198	304	Pedro Coelho	team lantemil	Senior Masculino	07:07:55	+03:04:02	08:44
199	61	Nuno Filipe Faria Ferreira	ccd - siemens	Senior Masculino	07:08:18	+03:04:25	08:44
200	282	António Fernando oliveira	os finos	Veterano M40	07:09:12	+03:05:19	08:46
201	252	Helder Silva	moreira relax runners	Veterano M40	07:11:32	+03:07:39	08:48
202	101	Ricardo Carvalho	ei team trail	Senior Masculino	07:12:17	+03:08:24	08:49
203	313	Paulo Miguel Meixieira Duarte Carvalho	trailistas "eu é que sei"	Veterano M40	07:13:33	+03:09:40	08:51
204	169	Paulo Trigo	individual	Senior Masculino	07:13:34	+03:09:41	08:51
205	23	Ricardo Nana Oliveira	anunnaki	Senior Masculino	07:14:51	+03:10:58	08:52
206	22	Alexandre Oliveira	anunnaki	Senior Masculino	07:14:52	+03:10:59	08:52
207	184	ISABEL ARAÚJO	individual	Veterana F40	07:16:23	+03:12:30	08:54
208	290	Ana Costa	running team maia	Senior Feminino	07:16:47	+03:12:54	08:55
209	292	Pedro Filipe Teixeira Gonçalves	running team maia	Senior Masculino	07:16:48	+03:12:55	08:55
210	191	Hélder Agostinho	individual	Veterano M40	07:18:17	+03:14:24	08:57
211	265	Mika Magalhães	núcleo de montanha de espinho	Veterano M40	07:18:18	+03:14:25	08:57
212	29	Sadra Arribança	associação desportiva da efaced	Veterana F40	07:20:38	+03:16:45	09:00
213	183	Fernanda Pinho	individual	Veterana F40	07:20:38	+03:16:45	09:00
214	317	Jorge Filipe Marques	victoria	Veterano M50	07:26:53	+03:23:00	09:07
215	291	Paulo Pereira	running team maia	Senior Masculino	07:30:34	+03:26:41	09:12
216	77	Duarte Delgado	clube zipper	Senior Masculino	07:31:23	+03:27:30	09:13
217	79	João Carolo	clube zipper	Senior Masculino	07:31:23	+03:27:30	09:13
218	262	JOSÉ LOPES	not run alone	Veterano M40	07:32:16	+03:28:23	09:14
219	221	Joaquim Alberto Oliveira Gonçalves	individual	Veterano M50	07:33:33	+03:29:40	09:15

ULTRA TRILHO 49K - STAGE 1

49 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
220	125	Francisco Reis	grupo desportivo ferroviários de campanha	Veterano M40	07:33:35	+03:29:42	09:15
221	211	Pedro costa ferreira	individual	Veterano M40	07:34:53	+03:31:00	09:17
222	51	Ana Dias	budeguita runners	Veterana F40	07:36:52	+03:32:59	09:19
223	49	Rui Airosa	budeguita runners	Senior Masculino	07:36:52	+03:32:59	09:19
224	166	nuno marques	individual	Senior Masculino	07:39:47	+03:35:54	09:23
225	225	Mário Meneses	individual	Veterano M50	07:41:21	+03:37:28	09:25
226	300	Luis Pedro Nogueira	tartarugas do asfalto	Veterano M40	07:42:41	+03:38:48	09:27
227	124	jose antonio perez fernandez	grupo cuevas nogueira trail	Veterano M50	07:46:25	+03:42:32	09:31
228	280	Jorge Silva	os falta d'ar	Veterano M40	07:47:31	+03:43:38	09:32
229	288	ANTONIO MEDEIROS	runners monte aventino	Veterano M50	07:49:51	+03:45:58	09:35
230	212	Rui Alexandre de Granja Ribeiro	individual	Veterano M40	07:50:29	+03:46:36	09:36
231	197	manuel corredoira silva	individual	Veterano M40	07:52:17	+03:48:24	09:38
232	173	Rodolfo Carvalho	individual	Senior Masculino	07:52:22	+03:48:29	09:38
233	283	João Pedro Couto	os finos	Veterano M40	07:52:48	+03:48:55	09:39
234	17	Ilidio Pires	all about	Veterano M40	07:52:48	+03:48:55	09:39
235	63	Bruno Filipe Pinho	clube atletismo de lamas	Senior Masculino	07:57:21	+03:53:28	09:45
236	276	Pedro Lopes	os caga tacos running team	Senior Masculino	07:58:14	+03:54:21	09:46
237	310	Rui Mário Andrade Lázaro	trailistas "eu é que sei"	Senior Masculino	07:59:29	+03:55:36	09:47
238	309	Ricardo Teixeira	trailistas "eu é que sei"	Senior Masculino	07:59:29	+03:55:36	09:47
239	186	Paula Oliveira	individual	Veterana F40	08:05:47	+04:01:54	09:55
240	259	Pedro Moreira	no tomorrow running team	Veterano M40	08:07:32	+04:03:39	09:57
241	132	Ana Xavier	individual	Senior Feminino	08:07:33	+04:03:40	09:57
242	285	Rui Filipe	paredes aventura	Senior Masculino	08:07:33	+04:03:40	09:57
243	106	ADOLFO ALMEIDA	equipa joao ferreira	Senior Masculino	08:08:06	+04:04:13	09:58
244	176	Rui Quintão Gomes	individual	Senior Masculino	08:09:34	+04:05:41	09:59
245	147	Filipe Leite	individual	Senior Masculino	08:10:37	+04:06:44	10:01
246	319	Ivete Carneiro	jn running	Veterana F40	08:56:47	+04:52:54	10:57
247	90	Renato Viana	dental doctors	Veterano M40	08:56:47	+04:52:54	10:57
248	301	António Pinheiro	team duas faces	Senior Masculino	09:06:00	+05:02:07	11:09
249	193	João Pedro Valente Serdoura dos Santos	individual	Veterano M40	09:15:53	+05:12:00	11:21
250	120	Filipe Leitão	gondomar futsal clube	Senior Masculino	09:33:16	+05:29:23	11:42

Ultra Trilho 49K

49 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	08:00	7,7°C	99%
End	17:33	11.4°C	87%

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

1	110	Raquel Costa	Gafanhori	Senior Feminino	05:18:51	06:30:48
2	48	Ana Sousa	BUDEGUITA RUNNERS	Senior Feminino	05:31:20	+12:29 06:46:17
3	114	Alice Lopes	Ginasio Fit4Fun	Senior Feminino	05:47:31	+28:40 07:06:11
4	254	Estela Martins	Nascidos para Correr	Senior Feminino	06:00:42	+41:51 07:22:33
5	135	Lúcia Lourenço	Individual	Senior Feminino	06:07:35	+48:44 07:30:19
6	293	LILIANA PEREIRA	Shots International Runners	Senior Feminino	06:21:39	+01:02:48 07:47:27
7	286	TANIA BATEIRA	PORTOCARGO	Senior Feminino	06:38:48	+01:19:57 08:08:25
8	76	Susana Neta	Clube Zupper	Senior Feminino	06:47:29	+01:28:38 08:19:17
9	134	JOANA RODRIGUES DE SOUSA	Individual	Senior Feminino	07:06:34	+01:47:43 08:42:18
10	302	Monica Martins	TEAM LANTEMIL	Senior Feminino	07:06:37	+01:47:46 08:42:21
11	290	Ana Costa	RUNNING TEAM MAIA	Senior Feminino	07:16:47	+01:57:56 08:55:31
12	132	Ana Xavier	Individual	Senior Feminino	08:07:33	+02:48:42 09:57:05

Senior Masculino

1	267	Tiago Aires	Nutrimania	Senior Masculino	04:03:53	04:59
2	96	Tiago Texeira	EDV-VIANA TRAIL	Senior Masculino	04:13:09	+09:16 05:10
3	89	Victor Fernandes	CTAD - Trilhos de Cinfães	Senior Masculino	04:14:20	+10:27 05:11
4	7	Vitor Costa	A.D.Amarante trail running	Senior Masculino	04:33:45	+29:52 05:35
5	99	Diogo Lopes	EDV-VIANA TRAIL	Senior Masculino	04:43:29	+39:36 05:47
6	121	Pedro Rocha	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:50:29	+46:36 05:56
7	294	Paulo Domingues	Shots International Runners	Senior Masculino	04:53:08	+49:15 05:59
8	92	Nuno Miguel Carvalhido Gomes	EDV-VIANA TRAIL	Senior Masculino	04:54:20	+50:27 06:00
9	94	pedro caldas	EDV-VIANA TRAIL	Senior Masculino	05:01:53	+58:00 06:10
10	154	João Gonçalves	Individual	Senior Masculino	05:06:32	+01:02:39 06:15
11	15	Vítor Pinto	ALIANÇA DE GANDRA	Senior Masculino	05:06:55	+01:03:02 06:16
12	33	Humberto Silva	AZTrail	Senior Masculino	05:08:42	+01:04:49 06:18
13	95	sergio ramos	EDV-VIANA TRAIL	Senior Masculino	05:14:43	+01:10:50 06:25
14	158	Leonardo Maia	Individual	Senior Masculino	05:14:59	+01:11:06 06:26
15	146	Fernando Taborda	Individual	Senior Masculino	05:17:40	+01:13:47 06:29
16	127	FILIPE LIMA	GRUPO DESPORTIVO SANTANDER TOTTA	Senior Masculino	05:22:08	+01:18:15 06:34
17	85	Pedro Pinho	CORREMOS.PT	Senior Masculino	05:23:41	+01:19:48 06:36
18	230	Hugo Ferreira	KeMedo Team	Senior Masculino	05:24:15	+01:20:22 06:37
19	171	Pedro Ferreira	Individual	Senior Masculino	05:24:17	+01:20:24 06:37
20	142	Carlos Ferreira	Individual	Senior Masculino	05:26:22	+01:22:29 06:40
21	164	Nelson Sousa	Individual	Senior Masculino	05:27:21	+01:23:28 06:41
22	153	João Botelho Teixeira	Individual	Senior Masculino	05:28:27	+01:24:34 06:42
23	234	Pedro Costa	KeMedo Team	Senior Masculino	05:29:08	+01:25:15 06:43

Official Timekeeper: Lap2Go	1 / 7	generate 24-mar-2016 17:42
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Ultra Trilho 49K

49 KM

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24	34	Luis Gaspar	AZTrail	Senior Masculino	05:30:44	+01:26:51	06:45
25	296	Tiago Andre Moreira Pereira	Soulmates Trail Team	Senior Masculino	05:32:39	+01:28:46	06:47
26	172	Pedro Sa	Individual	Senior Masculino	05:34:14	+01:30:21	06:49
27	108	Bruno Dias	FITSPOT-Parque Nascente	Senior Masculino	05:34:45	+01:30:52	06:50
28	299	Rui Martins	SS CGD	Senior Masculino	05:34:57	+01:31:04	06:50
29	229	Bruno Lopes	KeMedo Team	Senior Masculino	05:37:25	+01:33:32	06:53
30	93	nuno teixeira	EDV-VIANA TRAIL	Senior Masculino	05:38:37	+01:34:44	06:55
31	306	Rodrigo Silva	TEAM LANTEMIL	Senior Masculino	05:40:27	+01:36:34	06:57
32	149	Germano Adrega Cardoso	Individual	Senior Masculino	05:45:00	+01:41:07	07:02
33	175	Rúben Miguel Mendes Alves	Individual	Senior Masculino	05:45:51	+01:41:58	07:03
34	177	Sérgio Silva	Individual	Senior Masculino	05:45:54	+01:42:01	07:04
35	117	Ricardo Ribeiro	Ginasio Fit4Fun	Senior Masculino	05:46:22	+01:42:29	07:04
36	145	Fernando Leite	Individual	Senior Masculino	05:46:57	+01:43:04	07:05
37	13	SERGE TERGAT	AfrikanRunners	Senior Masculino	05:47:02	+01:43:09	07:05
38	12	Rui Pereira	AfrikanRunners	Senior Masculino	05:47:03	+01:43:10	07:05
39	305	Pedro Oliveira	TEAM LANTEMIL	Senior Masculino	05:47:27	+01:43:34	07:05
40	253	Sandro Jordao	Nao Fazemos nem mais um...Km	Senior Masculino	05:48:58	+01:45:05	07:07
41	232	Manuel Costa	KeMedo Team	Senior Masculino	05:49:04	+01:45:11	07:07
42	180	Tome pinto	Individual	Senior Masculino	05:49:13	+01:45:20	07:08
43	6	Abel Carvalho	100Fôlego	Senior Masculino	05:50:15	+01:46:22	07:09
44	9	Davide Silva	ADTravassô	Senior Masculino	05:54:16	+01:50:23	07:14
45	152	Hugo Filipe Nunes Gonçalves	Individual	Senior Masculino	05:58:09	+01:54:16	07:19
46	151	Hugo Duarte Teixeira	Individual	Senior Masculino	06:00:35	+01:56:42	07:22
47	8	Bruno Rodrigues	ADTravassô	Senior Masculino	06:00:36	+01:56:43	07:22
48	60	Fernando Remelgado	CCD - SIEMENS	Senior Masculino	06:00:40	+01:56:47	07:22
49	269	Rui Pereira	OFRunning	Senior Masculino	06:03:27	+01:59:34	07:25
50	295	Pedro Machado	Shots International Runners	Senior Masculino	06:05:16	+02:01:23	07:27
51	138	André A Campos Cunha	Individual	Senior Masculino	06:05:45	+02:01:52	07:28
52	100	José Cruz	EI Team Trail	Senior Masculino	06:08:37	+02:04:44	07:31
53	155	João Martins	Individual	Senior Masculino	06:09:33	+02:05:40	07:33
54	162	Miguel Oliveira	Individual	Senior Masculino	06:09:34	+02:05:41	07:33
55	264	João Carlos Rocha	NUCLEO ATLETISMO DE VILA REAL	Senior Masculino	06:10:14	+02:06:21	07:33
56	179	Tiago Reitor	Beat Your Limit!	Senior Masculino	06:11:46	+02:07:53	07:35
57	141	Carlos Azevedo	Individual	Senior Masculino	06:12:37	+02:08:44	07:36
58	160	Marco Dias	Individual	Senior Masculino	06:12:37	+02:08:44	07:36
59	238	Celestino Gomes	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Senior Masculino	06:12:47	+02:08:54	07:36
60	36	Rui Lopo	AZTrail	Senior Masculino	06:13:03	+02:09:10	07:37
61	11	NEL SELASSIE	AfrikanRunners	Senior Masculino	06:15:13	+02:11:20	07:39
62	144	Fábio Agostinho Almeida da Silva	Individual	Senior Masculino	06:17:17	+02:13:24	07:42
63	122	Ricardo Couto	GONDOMAR FUTSAL CLUBE	Senior Masculino	06:18:41	+02:14:48	07:44
64	88	Ricardo Dantas	Crocodilos/MisterPC	Senior Masculino	06:18:56	+02:15:03	07:44
65	271	Raul Rodrigues	Olimpico Vianense Trail/ND Sport	Senior Masculino	06:23:18	+02:19:25	07:49
66	236	Fernando António Silva Sampaio	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	06:25:53	+02:22:00	07:53
67	137	Alexandre Lourenço	Individual	Senior Masculino	06:28:11	+02:24:18	07:55

Official Timekeeper: Lap2Go	2 / 7	generate 24-mar-2016 17:42
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Ultra Trilho 49K

49 KM

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68	298	Fábio Salgueiro Constantino	Soulmates Trail Team	Senior Masculino	06:29:37	+02:25:44	07:57
69	32	Hugo Evaristo	AZTrail	Senior Masculino	06:30:14	+02:26:21	07:58
70	14	YAYA RUSSUS	AfrikanRunners	Senior Masculino	06:30:42	+02:26:49	07:58
71	44	Sérgio Moreira	Blue O	Senior Masculino	06:31:49	+02:27:56	08:00
72	181	Vítor Manuel da Silva Pereira	Individual	Senior Masculino	06:31:49	+02:27:56	08:00
73	116	Pedro Magalhaes	Ginasio Fit4Fun	Senior Masculino	06:32:22	+02:28:29	08:00
74	161	Mário Miguel Ferreira Barbosa	Individual	Senior Masculino	06:33:32	+02:29:39	08:02
75	235	Miguel Alves	Leões de Tardariz Trail	Senior Masculino	06:34:03	+02:30:10	08:03
76	87	Pedro Santos	Crocodilos/MisterPC	Senior Masculino	06:34:22	+02:30:29	08:03
77	303	Helio Borges	TEAM LANTEMIL	Senior Masculino	06:36:43	+02:32:50	08:06
78	130	CARLOS JORGE MARQUES RIBEIRO	GTT - Armazém do Caffè	Senior Masculino	06:40:42	+02:36:49	08:11
79	150	Hélder Castro	Individual	Senior Masculino	06:44:15	+02:40:22	08:15
80	261	JONAS	Not Run Alone	Senior Masculino	06:47:24	+02:43:31	08:19
81	46	Nuno Miguel Barroso Fernandes	brigada do reumático!	Senior Masculino	06:48:42	+02:44:49	08:20
82	78	Hugo Moita	Clube Zupper	Senior Masculino	06:48:42	+02:44:49	08:20
83	47	Victor Vital	brigada do reumático!	Senior Masculino	06:48:42	+02:44:49	08:20
84	45	Alexandre Filipe correia Serafim	brigada do reumático!	Senior Masculino	06:48:43	+02:44:50	08:20
85	39	Bruno Macieira	Bikes & Friends	Senior Masculino	06:50:31	+02:46:38	08:23
86	40	Rui Pereira	Bikes & Friends	Senior Masculino	06:50:32	+02:46:39	08:23
87	41	Telmo Mendonça	Bikes & Friends	Senior Masculino	06:50:33	+02:46:40	08:23
88	275	Helder Paiva	os caga tacos running team	Senior Masculino	06:52:21	+02:48:28	08:25
89	24	Gonçalo Almeida	Arriba Trail Runners	Senior Masculino	06:55:04	+02:51:11	08:28
90	178	Telmo José Santos Lages	Individual	Senior Masculino	06:56:43	+02:52:50	08:30
91	25	Hugo Barroso	Associação Desportiva da Efacec	Senior Masculino	07:02:26	+02:58:33	08:37
92	148	Francisco Terra	Individual	Senior Masculino	07:03:48	+02:59:55	08:39
93	304	Pedro Coelho	TEAM LANTEMIL	Senior Masculino	07:07:55	+03:04:02	08:44
94	61	Nuno Filipe Faria Ferreira	CCD - SIEMENS	Senior Masculino	07:08:18	+03:04:25	08:44
95	101	Ricardo Carvalho	EI Team Trail	Senior Masculino	07:12:17	+03:08:24	08:49
96	169	Paulo Trigo	Individual	Senior Masculino	07:13:34	+03:09:41	08:51
97	23	Ricardo Nana Oliveira	Anunnaki	Senior Masculino	07:14:51	+03:10:58	08:52
98	22	Alexandre Oliveira	Anunnaki	Senior Masculino	07:14:52	+03:10:59	08:52
99	292	Pedro Filipe Teixeira Gonçalves	RUNNING TEAM MAIA	Senior Masculino	07:16:48	+03:12:55	08:55
100	291	Paulo Pereira	RUNNING TEAM MAIA	Senior Masculino	07:30:34	+03:26:41	09:12
101	77	Duarte Delgado	Clube Zupper	Senior Masculino	07:31:23	+03:27:30	09:13
102	79	João Carolo	Clube Zupper	Senior Masculino	07:31:23	+03:27:30	09:13
103	49	Rui Airosa	BUDEGUITA RUNNERS	Senior Masculino	07:36:52	+03:32:59	09:19
104	166	nuno marques	Individual	Senior Masculino	07:39:47	+03:35:54	09:23
105	173	Rodolfo Carvalho	Individual	Senior Masculino	07:52:22	+03:48:29	09:38
106	63	Bruno Filipe Pinho	CLUBE ATLETISMO DE LAMAS	Senior Masculino	07:57:21	+03:53:28	09:45
107	276	Pedro Lopes	os caga tacos running team	Senior Masculino	07:58:14	+03:54:21	09:46
108	310	Rui Mário Andrade Lázaro	Trailistas "Eu é que sei"	Senior Masculino	07:59:29	+03:55:36	09:47
109	309	Ricardo Teixeira	Trailistas "Eu é que sei"	Senior Masculino	07:59:29	+03:55:36	09:47
110	285	Rui Filipe	PAREDES AVENTURA	Senior Masculino	08:07:33	+04:03:40	09:57
111	106	ADOLFO ALMEIDA	EQUIPA JOAO FERREIRA	Senior Masculino	08:08:06	+04:04:13	09:58
112	176	Rui Quintão Gomes	Individual	Senior Masculino	08:09:34	+04:05:41	09:59
113	147	Filipe Leite	Individual	Senior Masculino	08:10:37	+04:06:44	10:00

Official Timekeeper: Lap2Go	3 / 7	generate 24-mar-2016 17:42
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Ultra Trilho 49K

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49 KM

OFFICIAL RESULT

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114	301	António Pinheiro	Team DUAS FACES	Senior Masculino	09:06:00	+05:02:07	11:09
115	120	Filipe Leão	GONDOMAR FUTSAL CLUBE	Senior Masculino	09:33:16	+05:29:23	11:42

Veterana F40

1	86	Susana Simões	CORREMOS.PT	Veterana F40	05:22:06	06:34
2	247	Tyna Valada	Monsanto Running Team	Veterana F40	05:37:23	+15:17 06:53
3	255	Alexandra Fernandes	Nascidos para Correr	Veterana F40	05:45:58	+23:52 07:04
4	31	Maria Augusta Da Costa Loureiro	Associação Desportiva de Cabroelo	Veterana F40	05:46:25	+24:19 07:04
5	287	MANUELA FARIA	PORTOCARGO	Veterana F40	06:29:16	+01:07:10 07:57
6	263	Raquel Afonso	Novabase	Veterana F40	06:50:15	+01:28:09 08:22
7	182	Cláudia Medeiros	Individual	Veterana F40	06:59:22	+01:37:16 08:34
8	184	ISABEL ARAÚJO	Individual	Veterana F40	07:16:23	+01:54:17 08:54
9	29	Sadra Arribança	Associação Desportiva da Efacec	Veterana F40	07:20:38	+01:58:32 09:00
10	183	Fernanda Pinho	Individual	Veterana F40	07:20:38	+01:58:32 09:00
11	51	Ana Dias	BUDEGUITA RUNNERS	Veterana F40	07:36:52	+02:14:46 09:19
12	186	Paula Oliveira	Individual	Veterana F40	08:05:47	+02:43:41 09:55
13	319	Ivete Carneiro	JN Running	Veterana F40	08:56:47	+03:34:41 10:57

Veterano M40

1	214	Telmo Veloso	CORREMOS.PT	Veterano M40	04:25:40	05:25
2	187	Abílio Ribeiro	Individual	Veterano M40	04:42:57	+17:17 05:46
3	128	Joaquim Manuel Martins de Freitas	Grupo Dramático e Recreativo de Retorta	Veterano M40	04:53:08	+27:28 05:59
4	289	Adolfo Garrido Fernandez	RUNNIG SPOR TRAIL	Veterano M40	04:58:30	+32:50 06:06
5	192	João Paulo Dias Gonçalves	Individual	Veterano M40	04:59:42	+34:02 06:07
6	91	Paulo Machado	DrMerino/Nutrifit	Veterano M40	05:04:36	+38:56 06:13
7	244	Pascoal Dias de Melo	MINHO AVENTURA	Veterano M40	05:07:43	+42:03 06:17
8	123	José Paulo Pereira Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	05:13:34	+47:54 06:24
9	98	stephane simoes	EDV-VIANA TRAIL	Veterano M40	05:14:44	+49:04 06:25
10	237	Fernando Alvarez Garcia	M.CLUB.Corporearenteiro Trail	Veterano M40	05:24:48	+59:08 06:38
11	242	Daniel Silva	MINHO AVENTURA	Veterano M40	05:25:48	+01:00:08 06:39
12	103	Manuel Chantre	Entre os Montes	Veterano M40	05:25:49	+01:00:09 06:39
13	37	Jorge Brites	AZTrail	Veterano M40	05:28:11	+01:02:31 06:42
14	239	Jose Fernando Barbosa Dos Santos	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Veterano M40	05:28:22	+01:02:42 06:42
15	201	Nelson Santos	Individual	Veterano M40	05:36:37	+01:10:57 06:52
16	195	Luís Miguel Mendes Sá	Individual	Veterano M40	05:39:23	+01:13:43 06:56
17	213	Rui Nascimento	Individual	Veterano M40	05:41:07	+01:15:27 06:58
18	210	Pedro Azevedo	Individual	Veterano M40	05:43:01	+01:17:21 07:00
19	19	Hélder Paulo Gonçalves Costa	Amigo	Veterano M40	05:45:45	+01:20:05 07:03
20	118	LUIS PINHO	Ginasio Fit4Fun	Veterano M40	05:46:24	+01:20:44 07:04
21	109	Claudio Reininho	FOZ CÔA TRAIL	Veterano M40	05:49:53	+01:24:13 07:08
22	66	Antonio Filipe Bastos Fontes	CLUBE ATLETISMO DE LAMAS	Veterano M40	05:50:15	+01:24:35 07:09

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Ultra Trilho 49K

49 KM

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OFFICIAL RESULT

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23	194	Luis Miguel Alves Monteiro	Individual	Veterano M40	05:51:08	+01:25:28	07:10
24	188	Christophe Ferreira	PAREDES AVENTURA	Veterano M40	05:53:18	+01:27:38	07:13
25	62	Adelino Silva	CCD - SIEMENS	Veterano M40	05:55:03	+01:29:23	07:15
26	18	Jorge Pedro	AMFN Mountain Trails	Veterano M40	05:56:09	+01:30:29	07:16
27	53	João Carvalho	BUDEGUITA RUNNERS	Veterano M40	05:57:26	+01:31:46	07:18
28	82	Marco Vieira	Clube Zupper	Veterano M40	06:03:28	+01:37:48	07:25
29	243	José Miguel Dinis Ferreira Silva	MINHO AVENTURA	Veterano M40	06:07:01	+01:41:21	07:29
30	189	David Alves	Individual	Veterano M40	06:08:18	+01:42:38	07:31
31	190	Francisco Rebelo	Individual	Veterano M40	06:11:46	+01:46:06	07:35
32	270	Rolando Martins Moreira dos Santos	Olha Eu trail Dunning team	Veterano M40	06:14:02	+01:48:22	07:38
33	260	Fernando Almeida	NOCTURNOS DE PAREDES	Veterano M40	06:15:19	+01:49:39	07:40
34	307	Abilio Malheiro	TIME TO RUN	Veterano M40	06:17:16	+01:51:36	07:42
35	113	Zeca Carvalhais	Ginásio Culto do Corpo	Veterano M40	06:17:29	+01:51:49	07:42
36	112	Victor Carvalhais	Ginásio Culto do Corpo	Veterano M40	06:17:29	+01:51:49	07:42
37	205	Nuno Oliveira e Silva	Individual	Veterano M40	06:21:17	+01:55:37	07:47
38	207	Paulo Braz	Individual	Veterano M40	06:21:39	+01:55:59	07:47
39	97	Paulo Jorge Gonçalves Lima Alves Pedra	EDV-VIANA TRAIL	Veterano M40	06:24:27	+01:58:47	07:51
40	67	Carlos Alberto da Silva Cardoso	CLUBE ATLETISMO DE LAMAS	Veterano M40	06:29:38	+02:03:58	07:57
41	284	domingos barros	os selvagens	Veterano M40	06:30:41	+02:05:01	07:58
42	81	Madureura Rodrigues	Clube Zupper	Veterano M40	06:32:47	+02:07:07	08:01
43	297	Virgilio Pinhel	Soulmates Trail Team	Veterano M40	06:33:44	+02:08:04	08:02
44	54	Jorge Maia	BUDEGUITA RUNNERS	Veterano M40	06:35:50	+02:10:10	08:05
45	55	Paulo Lagoa	BUDEGUITA RUNNERS	Veterano M40	06:35:52	+02:10:12	08:05
46	56	Tiago Almeida	BUDEGUITA RUNNERS	Veterano M40	06:35:52	+02:10:12	08:05
47	199	Miguel Loureiro	Individual	Veterano M40	06:36:47	+02:11:07	08:06
48	240	Luís Andrade	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Veterano M40	06:38:14	+02:12:34	08:08
49	311	Avelino Joaquim Ferreira Faria	Trailistas "Eu é que sei"	Veterano M40	06:38:31	+02:12:51	08:08
50	131	Pedro Costa	GTT - Armazém do Caffè	Veterano M40	06:41:18	+02:15:38	08:11
51	198	Mário Rui Lopes Fernandes	Individual	Veterano M40	06:41:25	+02:15:45	08:12
52	204	nuno freitas	Individual	Veterano M40	06:42:46	+02:17:06	08:13
53	200	Nelson Castro	Individual	Veterano M40	06:44:15	+02:18:35	08:15
54	83	Paulo Domingues	Clube Zupper	Veterano M40	06:46:14	+02:20:34	08:17
55	203	Nuno Fabião	Individual	Veterano M40	06:47:15	+02:21:35	08:19
56	84	Paulo Neta	Clube Zupper	Veterano M40	06:47:29	+02:21:49	08:19
57	38	Bruno Graça	Bando dos Trilhos e Tralhos, Associação Betetista	Veterano M40	06:48:29	+02:22:49	08:20
58	71	MARIA GABRIEL SANTOS RIBEIRO	Clube Millennium BCP	Veterano M40	06:50:15	+02:24:35	08:22
59	20	ALBERTO FERNANDO DA SILVA MARQUES	AMIGOS QUINTA DAS FREIRAS	Veterano M40	06:53:53	+02:28:13	08:27
60	216	VIRIATO GIL	Individual	Veterano M40	06:54:17	+02:28:37	08:27
61	16	Eduardo Pinto	All About	Veterano M40	06:54:17	+02:28:37	08:27
62	266	Nuno Tamagnini	Núcleo de Montanha de Espinho	Veterano M40	06:54:27	+02:28:47	08:27
63	30	Pedro Meneses	Associação Desportiva da Efacec	Veterano M40	06:54:42	+02:29:02	08:28
64	65	Américo Manuel Graça Gomes	CLUBE ATLETISMO DE LAMAS	Veterano M40	06:55:46	+02:30:06	08:29
65	102	Joaquim Coelho	EI Team Trail	Veterano M40	06:55:49	+02:30:09	08:29
66	69	EDUARDO FILIPE AMARO FERREIRA	Clube Millennium BCP	Veterano M40	06:58:48	+02:33:08	08:33

Official Timekeeper: Lap2Go	5 / 7	generate 24-mar-2016 17:42
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Ultra Trilho 49K

49 KM

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OFFICIAL RESULT

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67	70	JOSE LUIS BACEIRA FARINHA	Clube Millennium BCP	Veterano M40	06:58:48	+02:33:08	08:33
68	119	RUI FERREIRA	Ginasio Fit4Fun	Veterano M40	06:59:28	+02:33:48	08:34
69	107	FRANCISCO FONSECA	EQUIPA JOAO FERREIRA	Veterano M40	07:02:45	+02:37:05	08:38
70	272	eusebio gaião ruas	Olimpico Vianense Trail/ND Sport	Veterano M40	07:07:43	+02:42:03	08:44
71	273	Jose Manuel Silva	Olimpico Vianense Trail/ND Sport	Veterano M40	07:07:43	+02:42:03	08:44
72	282	António Fernando oliveira	Os Finos	Veterano M40	07:09:12	+02:43:32	08:46
73	252	Helder Silva	Moreira Relax Runners	Veterano M40	07:11:32	+02:45:52	08:48
74	313	Paulo Miguel Meixieira Duarte Carvalho	Trailistas "Eu é que sei"	Veterano M40	07:13:33	+02:47:53	08:51
75	191	Hélder Agostinho	Individual	Veterano M40	07:18:17	+02:52:37	08:57
76	265	Mika Magalhães	Núcleo de Montanha de Espinho	Veterano M40	07:18:18	+02:52:38	08:57
77	262	JOSÉ LOPES	Not Run Alone	Veterano M40	07:32:16	+03:06:36	09:14
78	125	Francisco Reis	GRUPO DESPORTIVO FERROVIÁRIOS DE CAMPANHÃ	Veterano M40	07:33:35	+03:07:55	09:15
79	211	Pedro costa ferreira	Individual	Veterano M40	07:34:53	+03:09:13	09:17
80	300	Luis Pedro Nogueira	Tartarugas do Asfalto	Veterano M40	07:42:41	+03:17:01	09:27
81	280	Jorge Silva	Os Falta D'Ar	Veterano M40	07:47:31	+03:21:51	09:32
82	212	Rui Alexandre de Granja Ribeiro	Individual	Veterano M40	07:50:29	+03:24:49	09:36
83	197	manuel correioira silva	Individual	Veterano M40	07:52:17	+03:26:37	09:38
84	283	João Pedro Couto	Os Finos	Veterano M40	07:52:48	+03:27:08	09:39
85	17	Ilidio Pires	All About	Veterano M40	07:52:48	+03:27:08	09:39
86	259	Pedro Moreira	NO TOMORROW RUNNING TEAM	Veterano M40	08:07:32	+03:41:52	09:57
87	90	Renato Viana	Dental Doctors	Veterano M40	08:56:47	+04:31:07	10:57
88	193	João Pedro Valente Serdoura dos Santos	Individual	Veterano M40	09:15:53	+04:50:13	11:21

Veterano M50

1	220	Humberto Vara	Individual	Veterano M50	04:46:56		05:51
2	217	Amadeu Teixeira	Individual	Veterano M50	05:18:16	+31:20	06:30
3	59	José Capela	Casa da Criança	Veterano M50	05:42:36	+55:40	07:00
4	126	arnaldo marinho	grupo desportivo leoes de veneza	Veterano M50	05:53:40	+01:06:44	07:13
5	315	Abilio José Leite Marques	Unidade Especial de Corrida	Veterano M50	06:03:12	+01:16:16	07:25
6	241	José Joaquim A. Ferreira	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Veterano M50	06:11:32	+01:24:36	07:35
7	104	José Neto	Entre os Montes	Veterano M50	06:14:02	+01:27:06	07:38
8	219	Fernando Jorge de Oliveira	Individual	Veterano M50	06:15:40	+01:28:44	07:40
9	42	Luís Filipe Carvalhais	BilaRunners	Veterano M50	06:17:30	+01:30:34	07:42
10	218	António Carlos	Individual	Veterano M50	06:29:19	+01:42:23	07:57
11	318	Mario Costa	Individual	Veterano M50	06:31:45	+01:44:49	08:00
12	43	Luís Fontinha	BilaRunners	Veterano M50	06:44:16	+01:57:20	08:15
13	75	FERNANDO EDUARDO TEIXEIRA VILELA	Clube Millennium BCP	Veterano M50	06:45:47	+01:58:51	08:17
14	274	francisco ferreira	Olimpico Vianense Trail/ND Sport	Veterano M50	06:47:31	+02:00:35	08:19
15	223	José Ferreira	Individual	Veterano M50	07:05:32	+02:18:36	08:41
16	317	Jorge Filipe Marques	VICTORIA	Veterano M50	07:26:53	+02:39:57	09:07
17	221	Joaquim Alberto Oliveira Gonçalves	Individual	Veterano M50	07:33:33	+02:46:37	09:15
18	225	Mário Meneses	Individual	Veterano M50	07:41:21	+02:54:25	09:25

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Ultra Trilho 49K

49 KM

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OFFICIAL RESULT

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19	124	jose antonio perez fernandez	grupo cuevas nogueira trail	Veterano M50	07:46:25	+02:59:29	09:31
20	288	ANTONIO MEDEIROS	RUNNERS MONTE AVENTINO	Veterano M50	07:49:51	+03:02:55	09:35

Veterano M60

1	249	Mário Ildefonso	Monsanto Running Team	Veterano M60	05:52:00		07:11
2	256	Manuel Faria Sampaio	Nascidos para Correr	Veterano M60	07:07:05	+01:15:05	08:43

Official Timekeeper: Lap2Go	1 / 1	generate 24-mar-2016 17:44
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TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:30	7,7°C	99%
End	14:53	11.4°C	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1864	Diogo Fernandes	drmerino/nutritfit	Senior Masculino	01:52:15		04:53
2	1804	Armando Teixeira	salomon	Veterano M40	01:54:48	+02:33	04:59
3	1716	Luis Gil	multipower gaia trail	Veterano M40	01:56:19	+04:04	05:03
4	1022	Paulo Costa	a.d.amarante trail running	Senior Masculino	01:57:19	+05:04	05:06
5	1674	Rafael Cruz	melres trail running - ordem para arrear	Senior Masculino	02:00:08	+07:53	05:13
6	1258	Pedro Sousa	satecnosol outdoor - lasportiva	Senior Masculino	02:00:28	+08:13	05:14
7	1475	Leonel Cunha	satecnosol outdoor - lasportiva	Senior Masculino	02:01:30	+09:15	05:1
8	1167	Tiago Aragão	ctad - trilhos de cinfães	Senior Masculino	02:02:24	+10:09	05:19
9	1865	Paulo César	ctad - trilhos de cinfães	Senior Masculino	02:03:05	+10:50	05:21
10	1384	cesar duarte	a.d.amarante trail running	Senior Masculino	02:05:21	+13:06	05:27
11	1713	Dinis Gonçalves	multipower gaia trail	Veterano M40	02:06:17	+14:02	05:29
12	1155	Ricardo Rego	clube zipper	Senior Masculino	02:06:47	+14:32	05:31
13	1178	João Gonçalves	ctm vila pouca de aguiar	Veterano M50	02:07:00	+14:45	05:31
14	1041	José Neves	aliança de gandra	Veterano M40	02:07:34	+15:19	05:33
15	1311	Tiago Manuel Oliveira Pinto	grupo dramático e recreativo de retorta	Senior Masculino	02:07:58	+15:43	05:34
16	1312	Adelino Martins Silva	grupo dramático e recreativo de retorta	Veterano M40	02:09:00	+16:45	05:37
17	1537	Carlos Alves	multipower gaia trail	Senior Masculino	02:09:23	+17:08	05:38
18	1019	Jose Pereira	a.d.amarante trail running	Senior Masculino	02:09:45	+17:30	05:38
19	1320	Luís Pedro Ferreira de Sousa Martins	gtt - armazém do caffè	Senior Masculino	02:10:22	+18:07	05:40
20	1259	Ricardo Miguel Magalhães Nunes	fridão sem limites	Senior Masculino	02:12:29	+20:14	05:46
21	1064	Manuel Barbosa	amigo	Veterano M40	02:14:52	+22:37	05:52
22	1710	Nuno Miguel	multipower gaia trail	Senior Masculino	02:14:57	+22:42	05:52
23	1529	António Amador	individual	Veterano M40	02:16:14	+23:59	05:55
24	1183	Hélder Rocha	douroconta trail team	Senior Masculino	02:17:40	+25:25	05:59
25	1132	JOSÉ MOTA	ciclistas cósmicos - gislótica	Veterano M50	02:18:48	+26:33	06:02
26	1294	Lucinda Sousa	gondomar futsal clube	Veterana F40	02:19:04	+26:49	06:03
27	1165	Luís Miguel Azevedo da Silva	ctad - trilhos de cinfães	Senior Masculino	02:19:05	+26:50	06:03
28	1708	Ivo Peko	multipower gaia trail	Senior Masculino	02:19:07	+26:52	06:03
29	1873	Nuno Paio	gondomar futsal clube	Veterano M40	02:19:13	+26:58	06:03
30	1832	José Pinto	team rede ambiente	Senior Masculino	02:20:13	+27:58	06:06
31	1715	Joaquim Pereira	multipower gaia trail	Veterano M40	02:20:28	+28:13	06:06
32	1090	Gabriel Coutinho	associação desportiva da efacec	Senior Masculino	02:20:53	+28:38	06:08
33	1415	Ivo Pereira	individual	Senior Masculino	02:21:15	+29:00	06:08
34	1693	leandro pacheco	monte dos amigos	Senior Masculino	02:21:15	+29:00	06:08
35	1458	Nuno Miguel Carvalho da Silva	individual	Senior Masculino	02:21:56	+29:41	06:10
36	1743	Nuno Castel-Branco	olimpico vianense trail/nd sport	Senior Masculino	02:22:27	+30:12	06:12
37	1646	Josue Moreira	leões de tardariz trail	Senior Masculino	02:22:28	+30:13	06:12
38	1379	Bruno Joaquim Carneiro Machado	individual	Senior Masculino	02:22:34	+30:19	06:12
39	1483	Ricardo Miranda	individual	Senior Masculino	02:22:40	+30:25	06:12
40	1380	Bruno Miguel Dias Costa	individual	Senior Masculino	02:22:41	+30:26	06:12
41	1310	João Pedro Padilha Leal	grupo dramático e recreativo de retorta	Senior Masculino	02:22:56	+30:41	06:13

Official Timekeeper: Lap2Go	1 / 18	generate 24-mar-2016 17:43
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TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	1278	Francisco Figueiredo	ginasio fit4fun	Senior Masculino	02:23:12	+30:57	06:14
43	1438	Lino Pinto	individual	Senior Masculino	02:23:14	+30:59	06:14
44	1495	Sérgio Cláudio Aires Quintelas	individual	Senior Masculino	02:23:15	+31:00	06:14
45	1440	Luis Filipe Rego Lemos	individual	Senior Masculino	02:23:25	+31:10	06:14
46	1175	António Campos	ctm vila pouca de aguiar	Veterano M40	02:24:02	+31:47	06:16
47	1092	Ivo Silva	associação desportiva da efacec	Senior Masculino	02:24:13	+31:58	06:16
48	1367	André Moreira Pinto	individual	Senior Masculino	02:24:15	+32:00	06:16
49	1742	Joao Castel-Branco	olimpico vianense trail/nd sport	Senior Masculino	02:24:20	+32:05	06:16
50	1863	Pedro Trindade	estrela grande trail	Senior Masculino	02:24:42	+32:27	06:17
51	1780	Helder Camilo	paredes aventura	Senior Masculino	02:24:42	+32:27	06:17
52	1765	Marco Brochado	os lobos do saibro	Senior Masculino	02:24:42	+32:27	06:17
53	1194	Sérgio Matos	edv-viana trail	Senior Masculino	02:25:16	+33:01	06:19
54	1805	Sérgio Miguel Lopes Monteiro	sardonisca runners	Senior Masculino	02:25:26	+33:11	06:19
55	1582	Paulo Araújo Costa	individual	Veterano M40	02:25:30	+33:15	06:20
56	1636	Helder Gomes	kemedo team	Senior Masculino	02:26:08	+33:53	06:21
57	1709	Micael	multipower gaia trail	Senior Masculino	02:26:11	+33:56	06:21
58	1309	Flávio Miguel Pastor Oliveira	grupo dramático e recreativo de retorta	Senior Masculino	02:26:12	+33:57	06:21
59	1543	ezequiel fernandes	individual	Veterano M40	02:26:29	+34:14	06:22
60	1419	João Moreira	individual	Senior Masculino	02:26:49	+34:34	06:23
61	1373	Antonio Goncalves	individual	Senior Masculino	02:27:07	+34:52	06:24
62	1087	Domingos Nogueira	associação desportiva da efacec	Senior Masculino	02:27:56	+35:41	06:26
63	1546	Francisco Pinheiro	individual	Veterano M40	02:28:13	+35:58	06:27
64	1764	Filipe Pinto	os lobos do saibro	Senior Masculino	02:28:33	+36:18	06:28
65	1038	Agostinho Sousa	aliança de gandra	Senior Masculino	02:28:39	+36:24	06:28
66	1040	Carlos Silva	aliança de gandra	Veterano M40	02:29:27	+37:12	06:30
67	1260	Manuel Avelino Reis Pinheiro	fridão sem limites	Veterano M40	02:29:34	+37:19	06:30
68	1017	Antonio mendes	a.d.amarante trail running	Senior Masculino	02:29:34	+37:19	06:30
69	1164	João cardoso	ctad - trilhos de cinfães	Senior Masculino	02:29:53	+37:38	06:31
70	1464	Paulo Pinho	individual	Senior Masculino	02:29:53	+37:38	06:31
71	1302	Antonio Rocha	gondomar futsal clube	Veterano M50	02:29:54	+37:39	06:31
72	1042	Leonel Neves	aliança de gandra	Veterano M40	02:31:18	+39:03	06:35
73	1413	Hugo Azevedo	beat your limit!	Senior Masculino	02:31:31	+39:16	06:35
74	1695	jorge pinheiro	monte dos amigos	Veterano M40	02:31:37	+39:22	06:36
75	1729	Antonio Azevedo	nascidos para correr	Veterano M50	02:31:42	+39:27	06:36
76	1127	Ângelo Pereira	centro ciclista de gondomar	Veterano M50	02:31:56	+39:41	06:36
77	1257	Luis Miguel Brás Pinto	fridão sem limites	Senior Masculino	02:32:23	+40:08	06:38
78	1712	Paulo Madeira	multipower gaia trail	Senior Masculino	02:32:25	+40:10	06:38
79	1588	Paulo Ferreira	individual	Veterano M40	02:32:27	+40:12	06:38
80	1314	Rogério Manuel Almeida Coelho	grupo dramático e recreativo de retorta	Veterano M40	02:32:31	+40:16	06:38
81	1261	Paulo Teixeira de Sousa	fridão sem limites	Veterano M40	02:32:35	+40:20	06:38
82	1763	Paulo Pinheiro	os lebres btt sai da frente	Senior Masculino	02:32:38	+40:23	06:38
83	1711	Paulo Amadeu	multipower gaia trail	Senior Masculino	02:32:42	+40:27	06:38
84	1478	Ricardo Ferreira	individual	Senior Masculino	02:32:50	+40:35	06:39
85	1744	Rui Faria	olimpico vianense trail/nd sport	Senior Masculino	02:33:17	+41:02	06:40
86	1234	Bruno Pinto	fitspot-parque nascente	Senior Masculino	02:33:26	+41:11	06:40
87	1070	MAXIMIANO BORGES	amigos do atletismo magna	Veterano M50	02:33:31	+41:16	06:40

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	1608	vitor coelho	individual	Veterano M40	02:33:35	+41:20	06:41
89	1653	Celso Oliveira	lion runners - g. d. leões da guarda	Senior Masculino	02:33:46	+41:31	06:41
90	1642	Laurindo Osorio	kemedo team	Veterano M40	02:33:54	+41:39	06:41
91	1650	José Carlos Gomes	ligeirinhos	Veterano M50	02:34:21	+42:06	06:43
92	1526	Alcino Gomes	individual	Veterano M40	02:34:22	+42:07	06:43
93	1168	José Carlos Dias	ctad - trilhos de cinfães	Veterano M40	02:34:25	+42:10	06:43
94	1645	Ivo Martins	leões de tardariz trail	Senior Masculino	02:34:31	+42:16	06:43
95	1613	Dionísio Manuel Correia Sousa	individual	Veterano M50	02:34:43	+42:28	06:44
96	1079	MANUEL SEGUNDO	arcorun	Veterano M60	02:34:53	+42:38	06:44
97	1287	André Trigais	gondomar futsal clube	Senior Masculino	02:35:20	+43:05	06:45
98	1878	Hugo Manuel Costa Andrade	grupo dramático e recreativo de retorta	Senior Masculino	02:35:43	+43:28	06:46
99	1228	Ricardo Rocha	fast ao km	Senior Masculino	02:35:45	+43:30	06:46
100	1113	César Gonçalves	bolts	Senior Masculino	02:35:46	+43:31	06:46
101	1291	Paulo Jorge	gondomar futsal clube	Senior Masculino	02:35:53	+43:38	06:47
102	1784	Emanuel Coelho	porto sentido runners	Senior Masculino	02:36:37	+44:22	06:49
103	1096	Pedro Pinto	associação desportiva da efacec	Veterano M40	02:36:50	+44:35	06:49
104	1589	Paulo Jorge Ferreira	individual	Veterano M40	02:37:15	+45:00	06:50
105	1789	José Magalhães	portocargo	Veterano M60	02:37:19	+45:04	06:50
106	1728	Pedro Teixeira	nascidos para correr	Veterano M40	02:37:23	+45:08	06:51
107	1818	Paulo Morais	somos nós team	Veterano M40	02:37:28	+45:13	06:51
108	1077	CARLOS COUTO	arcorun	Veterano M40	02:37:36	+45:21	06:51
109	1163	Antonio Teixeira	clube zipper	Veterano M50	02:37:52	+45:37	06:52
110	1124	Bruno Ramiro	casadotear.pt	Senior Masculino	02:38:15	+46:00	06:53
111	1605	Sérgio Albuquerque Moreira Pinto	individual	Veterano M40	02:38:25	+46:10	06:53
112	1480	Ricardo Jorge Teixeira Duarte	individual	Senior Masculino	02:38:33	+46:18	06:54
113	1493	Sérgio Bruno Monteiro de Carvalho	individual	Senior Masculino	02:38:49	+46:34	06:54
114	1299	Paulo Alves	gondomar futsal clube	Veterano M40	02:39:06	+46:51	06:55
115	1059	José Madureira	amigo	Senior Masculino	02:39:07	+46:52	06:55
116	1369	Ângelo Cabral	individual	Senior Masculino	02:39:15	+47:00	06:55
117	1827	Nuno Sobral	team duas faces	Senior Masculino	02:39:22	+47:07	06:56
118	1317	Emanuel Moreira da Costa	gtt - armazém do caffè	Senior Masculino	02:39:37	+47:22	06:56
119	1176	Carlos Sousa	ctm vila pouca de aguiar	Veterano M40	02:39:39	+47:24	06:56
120	1540	Daniel Mota	individual	Veterano M40	02:39:48	+47:33	06:57
121	1484	Ricardo Morais da Costa Nogueira	individual	Senior Masculino	02:39:54	+47:39	06:57
122	1031	Filipe Gonçalves	afrikanrunners	Senior Masculino	02:39:54	+47:39	06:57
123	1431	José Ferreira Costa	individual	Senior Masculino	02:39:56	+47:41	06:57
124	1565	Luis Artur Gonçalves	individual	Veterano M40	02:40:06	+47:51	06:58
125	1853	Filipe Lages	vimarunners	Veterano M40	02:40:09	+47:54	06:58
126	1233	Juliana Rodrigues	fitspot-parque nascente	Senior Feminino	02:40:10	+47:55	06:58
127	1030	João Almada	adtravassô	Veterano M50	02:40:10	+47:55	06:58
128	1505	Vitor Francisco	individual	Senior Masculino	02:40:11	+47:56	06:58
129	1237	Micael Morais	fitspot-parque nascente	Senior Masculino	02:40:12	+47:57	06:58
130	1172	Guilhermino Meireles	ctm vila pouca de aguiar	Senior Masculino	02:40:44	+48:29	06:59
131	1469	Pedro Filipe Dias Alves	individual	Senior Masculino	02:40:52	+48:37	07:00
132	1815	Paulo Melo	soldado desconhecido	Veterano M40	02:41:01	+48:46	07:00
133	1746	Pedro Pereira	olimpico vianense trail/nd sport	Veterano M40	02:41:24	+49:09	07:01

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
134	1240	Pedro Jorge	fitspot-parque nascente	Senior Masculino	02:41:27	+49:12	07:01
135	1562	José Paulo Mesquita	individual	Veterano M40	02:41:47	+49:32	07:02
136	1760	Manuel Oliveira	os falta d'ar	Veterano M40	02:41:53	+49:38	07:02
137	1726	Carlos Ferreira	nascidos para correr	Veterano M40	02:41:59	+49:44	07:03
138	1862	Ricardo Costa	unidade especial de corrida	Senior Masculino	02:42:01	+49:46	07:03
139	1013	Tiago Sousa	a. d. sebolido trail boneca d´ouro	Senior Masculino	02:42:38	+50:23	07:04
140	1670	Rui Madureira	marco runners	Senior Masculino	02:42:39	+50:24	07:04
141	1854	Luís Guise	vimarunners	Veterano M40	02:42:44	+50:29	07:05
142	1823	Pedro Sousa	spineclinic	Veterano M40	02:42:54	+50:39	07:05
143	1745	Mario Gonçalves	olimpico vianense trail/nd sport	Veterano M40	02:43:16	+51:01	07:06
144	1762	Adelino Pinheiro	os lebres btt sai da frente	Senior Masculino	02:43:39	+51:24	07:07
145	1226	Luis Lopes	pardetas	Veterano M40	02:43:55	+51:40	07:08
146	1152	Paulo Silva	clube zipper	Senior Masculino	02:44:10	+51:55	07:08
147	1169	Ângelo Costa	ctm vila pouca de aguiar	Senior Masculino	02:44:20	+52:05	07:09
148	1411	Henrique Barbosa	individual	Senior Masculino	02:44:21	+52:06	07:09
149	1219	Bruno Pereira	eu+ ginásio lma	Senior Masculino	02:44:56	+52:41	07:10
150	1241	Rafael Almeida	fitspot-parque nascente	Senior Masculino	02:45:49	+53:34	07:13
151	1428	Jorge Ribeiro	individual	Senior Masculino	02:45:51	+53:36	07:13
152	1571	Manuel Brandão	individual	Veterano M40	02:46:01	+53:46	07:13
153	1669	Pedro Nogueira	marco runners	Senior Masculino	02:46:04	+53:49	07:13
154	1378	Bernardo Tavares	individual	Senior Masculino	02:46:08	+53:53	07:13
155	1095	José Miguel Barbosa	associação desportiva da efacec	Veterano M40	02:46:11	+53:56	07:14
156	1547	Francisco Teotónio	individual	Veterano M40	02:46:13	+53:58	07:14
157	1166	Ricardo Carvalho	ctad - trilhos de cinfães	Senior Masculino	02:46:29	+54:14	07:14
158	1069	BENTO MORAIS	amigos do atletismo magna	Veterano M50	02:46:46	+54:31	07:15
159	1068	ALEXANDRE SILVA	amigos do atletismo magna	Veterano M50	02:46:47	+54:32	07:15
160	1283	Joana Cardoso	gondomar futsal clube	Senior Feminino	02:46:49	+54:34	07:15
161	1099	Arsénio Fernandes	associação recreativa de são miguel	Veterano M60	02:47:09	+54:54	07:16
162	1254	Carlos Alexandre Moreira Pinto	fridão sem limites	Senior Masculino	02:47:29	+55:14	07:17
163	1060	Nelson Nascimento	amigo	Senior Masculino	02:47:50	+55:35	07:18
164	1451	Miguel Seca	individual	Senior Masculino	02:48:05	+55:50	07:18
165	1277	CARLOS MARTINS	ginasio fit4fun	Senior Masculino	02:48:25	+56:10	07:19
166	1570	Manuel António Teixeira	individual	Veterano M40	02:48:48	+56:33	07:20
167	1788	Laurindo Gomes	porto sentido runners	Veterano M40	02:49:31	+57:16	07:22
168	1173	Sérgio Vilela	ctm vila pouca de aguiar	Senior Masculino	02:49:53	+57:38	07:23
169	1651	José Sá	lion runners - g. d. leões da guarda	Senior Masculino	02:49:57	+57:42	07:23
170	1866	Carlos Fazendeiro	os falta d'ar	Veterano M50	02:50:04	+57:49	07:24
171	1221	Miguel Baía	eu+ ginásio lma	Senior Masculino	02:50:32	+58:17	07:25
172	1446	Marco Sousa	individual	Senior Masculino	02:51:18	+59:03	07:27
173	1249	Rui Silva	fitspot-parque nascente	Veterano M40	02:51:20	+59:05	07:27
174	1625	Vitor Manuel Barbosa Moreira	individual	Veterano M50	02:51:36	+59:21	07:28
175	1371	António Ferreira	individual	Senior Masculino	02:51:39	+59:24	07:28
176	1381	Bruno Neves	individual	Senior Masculino	02:51:51	+59:36	07:28
177	1122	Albino Dias	budeguita runners	Veterano M40	02:51:52	+59:37	07:28
178	1583	PAULO BARBOSA	individual	Veterano M40	02:52:02	+59:47	07:29
179	1434	José Paulo Lima	individual	Senior Masculino	02:52:49	+01:00:34	07:31

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
180	1141	HELDER MANUEL SANTOS BAPTISTA	clube millennium bcp	Veterano M40	02:52:58	+01:00:43	07:31
181	1066	JOAQUIM FERNANDES	amigos do atletismo magna	Senior Masculino	02:53:13	+01:00:58	07:32
182	1067	PEDRO SOUSA	amigos do atletismo magna	Senior Masculino	02:53:13	+01:00:58	07:32
183	1253	António Joaquim Teixeira Alves	fridão sem limites	Senior Masculino	02:53:16	+01:01:01	07:32
184	1597	pedro mouro	individual	Veterano M40	02:53:29	+01:01:14	07:33
185	1496	Sergio Filipe Maia de Sousa	individual	Senior Masculino	02:53:36	+01:01:21	07:33
186	1102	Francisco Fernandes	aztrail	Senior Masculino	02:53:42	+01:01:27	07:33
187	1452	Miguel Soares	individual	Senior Masculino	02:53:43	+01:01:28	07:33
188	1222	Carlos Pereira	eu+ ginásio lma	Veterano M40	02:54:10	+01:01:55	07:34
189	1223	Francisco Aragão	eu+lma	Senior Masculino	02:54:10	+01:01:55	07:34
190	1126	Maria Rosário Martins	centro ciclista de gondomar	Veterana F40	02:54:16	+01:02:01	07:35
191	1208	Celso Santos	engomadoria l&a team	Senior Masculino	02:54:17	+01:02:02	07:35
192	1824	Joao Cardoso	ss montepio	Veterano M40	02:54:18	+01:02:03	07:35
193	1620	Luís Mota	individual	Veterano M50	02:54:22	+01:02:07	07:35
194	1326	FERNANDO AREZES	gtt - armazém do caffè	Veterano M40	02:54:51	+01:02:36	07:36
195	1091	Helder Faria	associação desportiva da efacec	Senior Masculino	02:55:02	+01:02:47	07:37
196	1063	Armando Ribeiro	amigo	Veterano M40	02:55:10	+01:02:55	07:37
197	1319	HUGO PALMEIRA	gtt - armazém do caffè	Senior Masculino	02:55:16	+01:03:01	07:37
198	1450	Miguel Santos	individual	Senior Masculino	02:55:36	+01:03:21	07:38
199	1488	Rui Lima	individual	Senior Masculino	02:55:57	+01:03:42	07:39
200	1533	Augusto Rodrigues	individual	Veterano M40	02:56:01	+01:03:46	07:39
201	1455	Nuno Alexandre Lopes dos Santos	individual	Senior Masculino	02:56:02	+01:03:47	07:39
202	1018	Hugo Angelo Ferraz Duarte	a.d.amarante trail running	Senior Masculino	02:56:22	+01:04:07	07:40
203	1109	Daniel Ribeiro	bitrunners	Senior Masculino	02:56:37	+01:04:22	07:41
204	1389	Daniel Silva Pereira	individual	Senior Masculino	02:56:38	+01:04:23	07:41
205	1796	ALCINDO PEREIRA	portocargo	Veterano M50	02:56:38	+01:04:23	07:41
206	1748	Helder Filipe Silva	os atletas	Senior Masculino	02:56:40	+01:04:25	07:41
207	1573	Miguel Mendes	individual	Veterano M40	02:56:43	+01:04:28	07:41
208	1012	Rui Teixeira	a. d. sebolido trail boneca d´ouro	Senior Masculino	02:56:49	+01:04:34	07:41
209	1271	Carlos Ferreira	gd bpi	Veterano M50	02:57:01	+01:04:46	07:42
210	1324	Rafael Escrivães	gtt - armazém do caffè	Senior Masculino	02:57:04	+01:04:49	07:42
211	1321	Nuno Figueiredo	gtt - armazém do caffè	Senior Masculino	02:57:05	+01:04:50	07:42
212	1139	ANTONIO JOSE FIGUEIREDO SANTOS	clube millennium bcp	Veterano M40	02:57:09	+01:04:54	07:42
213	1489	Rui Matos	individual	Senior Masculino	02:57:29	+01:05:14	07:43
214	1357	Sarina Guimarães	individual	Senior Feminino	02:57:30	+01:05:15	07:43
215	1197	Domingos Paulo Coutinho Meira Rocha	edv-viana trail	Veterano M40	02:57:47	+01:05:32	07:44
216	1612	António Pais	individual	Veterano M50	02:58:01	+01:05:46	07:44
217	1779	Miguel Ângelo Costa Teixeira	outdouro	Veterano M40	02:58:04	+01:05:49	07:45
218	1313	Paulo Luis Magalhães Nunes	grupo dramático e recreativo de retorta	Veterano M40	02:58:06	+01:05:51	07:45
219	27	Nuno Moreira	associação desportiva da efacec	Senior Masculino	02:58:12	+01:05:57	07:45
220	1397	Fernando Fernandes	individual	Senior Masculino	02:58:14	+01:05:59	07:45
221	1449	Miguel Cracel	individual	Senior Masculino	02:58:18	+01:06:03	07:45
222	1056	Sérgio Silva	alunos de meirim f.c.	Senior Masculino	02:59:06	+01:06:51	07:47
223	1408	Helder Parracho	individual	Senior Masculino	02:59:15	+01:07:00	07:48

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
224	1486	Rui André Ribeiro Martins	individual	Senior Masculino	02:59:28	+01:07:13	07:48
225	1872	Ana Maria Amaral	individual	Veterana F40	02:59:29	+01:07:14	07:48
226	1112	Bruno Neiva	bolts	Senior Masculino	02:59:30	+01:07:15	07:48
227	1282	LUIS SILVA	ginasio fit4fun	Veterano M40	02:59:31	+01:07:16	07:48
228	1081	Pedro Carvalho	arrastassolas	Veterano M40	02:59:31	+01:07:16	07:48
229	1684	Pedro Emanuel Santos Silva	mira q corredores	Senior Masculino	02:59:32	+01:07:17	07:48
230	1801	Rui Pedro Ferreira Alves	runriver - escola de atletismo de rio tinto	Veterano M40	03:00:01	+01:07:46	07:50
231	1098	Tiago Luis Moreira de Barros	associação desportiva de cabroelo	Senior Masculino	03:00:07	+01:07:52	07:50
232	1097	Luís Fernando Castro Ferreira	associação desportiva de cabroelo	Senior Masculino	03:00:08	+01:07:53	07:50
233	1150	Helder Vieira	clube zipper	Senior Masculino	03:00:10	+01:07:55	07:50
234	1448	Mário Galhano	individual	Senior Masculino	03:00:10	+01:07:55	07:50
235	1148	Filipe Mendes	clube zipper	Senior Masculino	03:00:11	+01:07:56	07:50
236	1844	Manuel oaquim Martins da Silva	trepatrihos trail team	Senior Masculino	03:00:28	+01:08:13	07:51
237	1432	José Luís Martins Pinto	individual	Senior Masculino	03:00:39	+01:08:24	07:51
238	1094	Paulo Borges	associação desportiva da efacec	Senior Masculino	03:00:39	+01:08:24	07:51
239	1454	Nelson Silva	individual	Senior Masculino	03:00:40	+01:08:25	07:51
240	1211	MARIA FERNANDEZ	equipa joao ferreira	Senior Feminino	03:00:50	+01:08:35	07:52
241	1466	pedro alexandre branco silva	individual	Senior Masculino	03:01:05	+01:08:50	07:52
242	1078	VÍTOR FOLGADO	arcorun	Veterano M40	03:01:08	+01:08:53	07:53
243	1405	Helder Luis Nunes Pacheco	individual	Senior Masculino	03:01:09	+01:08:54	07:53
244	1177	Pedro Sá	ctm vila pouca de aguiar	Veterano M40	03:02:21	+01:10:06	07:56
245	1033	RUFUS	afrikanrunners	Senior Masculino	03:02:22	+01:10:07	07:56
246	1062	Goreti Correia	amigo	Veterana F40	03:02:24	+01:10:09	07:56
247	1576	Mike Dias	individual	Veterano M40	03:02:41	+01:10:26	07:57
248	1422	João Valente	individual	Senior Masculino	03:02:50	+01:10:35	07:57
249	1035	MANUDJÔ	afrikanrunners	Veterano M40	03:02:51	+01:10:36	07:57
250	1037	TWENTY JOKAS	afrikanrunners	Veterano M40	03:02:51	+01:10:36	07:57
251	1423	Joaquim Alves	individual	Senior Masculino	03:02:52	+01:10:37	07:57
252	1836	Nelson Duarte	the outsiders running trail team	Veterano M40	03:03:16	+01:11:01	07:58
253	1593	Paulo Sousa	individual	Veterano M40	03:03:24	+01:11:09	07:58
254	1058	Fernando Vieira	amigo	Senior Masculino	03:03:47	+01:11:32	07:59
255	1564	LUIS ALMEIDA	individual	Veterano M40	03:04:12	+01:11:57	08:01
256	1074	MIGUEL ANDRADE	arcorun	Senior Masculino	03:04:25	+01:12:10	08:01
257	1835	António Jesus	team rede ambiente	Veterano M40	03:04:45	+01:12:30	08:02
258	1737	Daniela Ferreira	nocturnos de paredes	Senior Feminino	03:05:03	+01:12:48	08:03
259	1437	Levi Filipe Pinto Arrepia	individual	Senior Masculino	03:05:05	+01:12:50	08:03
260	1279	JORGE COSTA	ginasio fit4fun	Senior Masculino	03:05:06	+01:12:51	08:03
261	1372	Antonio Fonseca	individual	Senior Masculino	03:05:13	+01:12:58	08:03
262	1024	Marco magalhaes	a.d.amarante trail running	Veterano M40	03:05:16	+01:13:01	08:03
263	1607	Sérgio Hugo Oliveira Faria Ricardo	individual	Veterano M40	03:05:42	+01:13:27	08:04
264	1220	Gil Ferreira da Silva	eu+ ginásio lma	Senior Masculino	03:05:48	+01:13:33	08:05
265	1851	Daniel Fernandes	vimarunners	Senior Masculino	03:05:56	+01:13:41	08:05
266	1638	Jose Pinto	kemedo team	Senior Masculino	03:06:01	+01:13:46	08:05
267	1568	Luís Nuno Santos	individual	Veterano M40	03:06:19	+01:14:04	08:06
268	1648	Carmo Marinho	ligeirinhos	Veterana F50	03:06:25	+01:14:10	08:06
269	1418	João Lima	individual	Senior Masculino	03:06:32	+01:14:17	08:07

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
270	1048	Carlos Fonseca	all about	Senior Masculino	03:06:33	+01:14:18	08:07
271	1786	Avelino Rodrigues	porto sentido runners	Veterano M40	03:06:36	+01:14:21	08:07
272	1785	Miguel Pereira	porto sentido runners	Senior Masculino	03:06:47	+01:14:32	08:07
273	1203	Pedro Borges	ei team trail	Veterano M40	03:06:49	+01:14:34	08:07
274	1616	Henrique Pinhão Martins	individual	Veterano M50	03:06:53	+01:14:38	08:08
275	1542	Eduardo Nascimenro	individual	Veterano M40	03:07:21	+01:15:06	08:09
276	1424	Joaquim Fernando Martins dos Santos	individual	Senior Masculino	03:07:25	+01:15:10	08:09
277	1553	Joao Domingues	individual	Veterano M40	03:07:37	+01:15:22	08:09
278	1242	Ricardo Ferreira	fitspot-parque nascente	Senior Masculino	03:07:53	+01:15:38	08:10
279	1769	JOSE MANUEL VIEIRA	os rotos	Veterano M50	03:08:04	+01:15:49	08:11
280	1768	JOSE MIGUEL PEREIRA	os rotos	Veterano M40	03:08:05	+01:15:50	08:11
281	1530	António Martins	individual	Veterano M40	03:08:13	+01:15:58	08:11
282	1082	Ligia P Coelho	arism - associação recreativa de são miguel	Veterana F40	03:08:16	+01:16:01	08:11
283	1603	Samuel Soares	individual	Veterano M40	03:08:39	+01:16:24	08:12
284	1856	José Miguel Neves	voleibol runners	Veterano M40	03:08:48	+01:16:33	08:13
285	1850	Bruno Vilaça	vanila vilessa	Senior Masculino	03:08:49	+01:16:34	08:13
286	1193	Pedro Rocha	edv-viana trail	Senior Masculino	03:09:05	+01:16:50	08:13
287	1831	Tiago Borges	team lantemil	Senior Masculino	03:09:06	+01:16:51	08:13
288	1199	PAULO JORGE RODRIGUES CARDOSO FERREIRA	edv-viana trail	Veterano M40	03:09:15	+01:17:00	08:14
289	1036	MINGUS	afrikanrunners	Veterano M40	03:09:16	+01:17:01	08:14
290	1781	Maunuel Barbosa	paredes running	Senior Masculino	03:09:38	+01:17:23	08:15
291	1410	Helder pinto	individual	Senior Masculino	03:09:45	+01:17:30	08:15
292	1425	Jorge Borges	individual	Senior Masculino	03:09:58	+01:17:43	08:16
293	1029	ADÉRITO SILVA	adtravassô	Veterano M40	03:10:05	+01:17:50	08:16
294	1028	Paulo Pires	adtravassô	Senior Masculino	03:10:07	+01:17:52	08:16
295	1545	Filipe Campelo Lemos	individual	Veterano M40	03:10:10	+01:17:55	08:16
296	1490	Rui Pedro da Costa Marques	individual	Senior Masculino	03:10:11	+01:17:56	08:16
297	1722	Filipe Machado	nascidos para correr	Senior Masculino	03:10:25	+01:18:10	08:17
298	1182	Pedro Daniel Ferreira Teixeira	doidos do mato	Senior Masculino	03:10:43	+01:18:28	08:18
299	1212	CARLOS COSTA	equipa joao ferreira	Senior Masculino	03:11:03	+01:18:48	08:18
300	1156	Ricardo Soares	clube zipper	Senior Masculino	03:11:13	+01:18:58	08:19
301	1460	Nuno Sá	individual	Senior Masculino	03:11:15	+01:19:00	08:19
302	1365	André Cunha	individual	Senior Masculino	03:11:26	+01:19:11	08:19
303	1501	Tiago Mendes	individual	Senior Masculino	03:11:33	+01:19:18	08:20
304	1023	Paulo Rocha	a.d.amarante trail running	Senior Masculino	03:11:36	+01:19:21	08:20
305	1637	José Pereira	kemedo team	Senior Masculino	03:11:48	+01:19:33	08:20
306	1581	Paulo Alexandre Leite	individual	Veterano M40	03:11:53	+01:19:38	08:21
307	1558	jorge rodrigues	individual	Veterano M40	03:11:57	+01:19:42	08:21
308	1276	CARLOS MAGALHAES	ginasio fit4fun	Senior Masculino	03:12:11	+01:19:56	08:21
309	1606	Sérgio Esteves	individual	Veterano M40	03:12:17	+01:20:02	08:22
310	1791	RICARDO PEREIRA	portocargo	Senior Masculino	03:12:19	+01:20:04	08:22
311	1694	miguel pinto	monte dos amigos	Senior Masculino	03:12:20	+01:20:05	08:22
312	1335	Carla Sousa	individual	Senior Feminino	03:12:21	+01:20:06	08:22
313	1852	Rui Almeida	vimarunners	Senior Masculino	03:12:27	+01:20:12	08:22
314	1783	Hugo Santos	piratas das montanhas	Veterano M40	03:12:30	+01:20:15	08:22

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
315	1609	Vitor Manuel Cruz da Costa	individual	Veterano M40	03:12:31	+01:20:16	08:22
316	1773	Nuno Marques	os turbomula	Senior Masculino	03:12:39	+01:20:24	08:23
317	1426	Jorge Carneiro	individual	Senior Masculino	03:12:41	+01:20:26	08:23
318	1790	Marta Silva	portocargo	Veterana F40	03:12:57	+01:20:42	08:23
319	1396	FÁBIO RODRIGUES	individual	Senior Masculino	03:12:57	+01:20:42	08:23
320	1171	César Sousa	ctm vila pouca de aguiar	Senior Masculino	03:13:04	+01:20:49	08:24
321	1332	Anabela de Castro Cordeiro	individual	Senior Feminino	03:13:06	+01:20:51	08:24
322	1700	Silvio Pinto	moure trail running	Senior Masculino	03:13:07	+01:20:52	08:24
323	1073	ANTÓNIO BATISTA	arcorun	Senior Masculino	03:13:08	+01:20:53	08:24
324	1521	Maria Iracema Fernandes Costa	individual	Veterana F40	03:13:10	+01:20:55	08:24
325	1412	Hugo André Vaz Faria Couto	individual	Senior Masculino	03:13:13	+01:20:58	08:24
326	1817	Fátima Vieira	somos nós team	Veterana F40	03:13:24	+01:21:09	08:25
327	1306	Vitor Ribeiro	gondomar futsal clube	Veterano M50	03:13:32	+01:21:17	08:25
328	1799	Pedro Marinho	rdut	Senior Masculino	03:13:39	+01:21:24	08:25
329	1663	Maria Sílvia Viana	maratonistas do minho	Senior Feminino	03:13:53	+01:21:38	08:26
330	1417	João Brito	individual	Senior Masculino	03:13:58	+01:21:43	08:26
331	1525	sara santos silva	individual	Veterana F40	03:14:00	+01:21:45	08:26
332	1025	Paulo Alves	a.d.amarante trail running	Veterano M40	03:14:00	+01:21:45	08:26
333	1281	JOSE JESUS	ginasio fit4fun	Veterano M40	03:14:08	+01:21:53	08:26
334	1574	Miguel Moura	individual	Veterano M40	03:14:10	+01:21:55	08:27
335	1243	Ricardo Vigário	fitspot-parque nascente	Senior Masculino	03:14:36	+01:22:21	08:28
336	1644	helder silva	lazinco	Senior Masculino	03:14:38	+01:22:23	08:28
337	1235	Bruno Sousa	fitspot-parque nascente	Senior Masculino	03:14:40	+01:22:25	08:28
338	1615	Fernando Pereira Moreira Oliveira	individual	Veterano M50	03:14:41	+01:22:26	08:28
339	1245	Carlindo Martins	fitspot-parque nascente	Veterano M40	03:14:43	+01:22:28	08:28
340	1590	Paulo Jorge Jaquel Pinto	individual	Veterano M40	03:14:56	+01:22:41	08:29
341	1584	Paulo Cavaco	individual	Veterano M40	03:14:57	+01:22:42	08:29
342	1858	Armando Pinho	wtf	Veterano M40	03:15:01	+01:22:46	08:29
343	1855	Nuno Pedro Abreu Sampaio	vimarunners	Veterano M40	03:15:03	+01:22:48	08:29
344	1248	Nuno Fontelonga	fitspot-parque nascente	Veterano M40	03:15:22	+01:23:07	08:30
345	1327	RUI CONDE	gtt - armazém do caffè	Veterano M40	03:15:23	+01:23:08	08:30
346	1385	César Ribeiro	individual	Senior Masculino	03:15:29	+01:23:14	08:30
347	1300	Paulo Gama	gondomar futsal clube	Veterano M40	03:15:41	+01:23:26	08:30
348	1842	Bruno Andrade	trailgloditas	Senior Masculino	03:16:00	+01:23:45	08:31
349	1416	João Araújo	individual	Senior Masculino	03:16:00	+01:23:45	08:31
350	1390	Andreia Barbosa	individual	Senior Feminino	03:16:02	+01:23:47	08:31
351	1265	Patrícia Ferreira	gangue das maçãs	Senior Feminino	03:16:07	+01:23:52	08:32
352	1459	Nuno Pereira	individual	Senior Masculino	03:16:10	+01:23:55	08:32
353	1395	Fábio Ricardo da Costa Campos	individual	Senior Masculino	03:16:13	+01:23:58	08:32
354	1301	Pedro Sousa	gondomar futsal clube	Veterano M40	03:16:34	+01:24:19	08:33
355	1266	Tiago Moreira	gangue das maçãs	Senior Masculino	03:16:35	+01:24:20	08:33
356	1247	Jorge Monteiro	fitspot-parque nascente	Veterano M40	03:16:38	+01:24:23	08:33
357	1532	Arnaldo Paulo Silva Pereira	individual	Veterano M40	03:16:43	+01:24:28	08:33
358	1366	André Filipe Rodrigues Gonçalves	individual	Senior Masculino	03:16:53	+01:24:38	08:34
359	1162	Manuel Cardoso	clube zipper	Veterano M40	03:17:08	+01:24:53	08:34
360	1209	Fernando Oliveira	engomadoria l&a team	Veterano M40	03:17:14	+01:24:59	08:35

TRILHOS 23K - STAGE 1

23 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
361	1499	Sílvio Rodrigues de Sá	individual	Senior Masculino	03:17:36	+01:25:21	08:35
362	1034	SERGE KIPTANUI	afrikanrunners	Senior Masculino	03:17:42	+01:25:27	08:36
363	1580	Paulo Alexandre Cristóvão Próspero	individual	Veterano M40	03:17:57	+01:25:42	08:36
364	1539	Daniel Lacerda	individual	Veterano M40	03:18:10	+01:25:55	08:37
365	1120	Carmo Loureiro	budeguita runners	Veterana F40	03:18:11	+01:25:56	08:37
366	1551	Hilario Costa	individual	Veterano M40	03:18:12	+01:25:57	08:37
367	1774	Pedro Figueiredo	os turbomula	Senior Masculino	03:18:44	+01:26:29	08:38
368	1153	Pedro Lopes	clube zipper	Senior Masculino	03:18:57	+01:26:42	08:39
369	1830	Hugo Pereira	team lantemil	Senior Masculino	03:18:58	+01:26:43	08:39
370	1462	Paulo Assis	individual	Senior Masculino	03:18:59	+01:26:44	08:39
371	1813	Marco Gonçalves	softeam	Senior Masculino	03:19:01	+01:26:46	08:39
372	1541	David J S Sousa	individual	Veterano M40	03:19:08	+01:26:53	08:39
373	1654	Pedro Gaio	lion runners - g. d. leões da guarda	Senior Masculino	03:19:09	+01:26:54	08:40
374	1047	Bruno Monteiro	all about	Senior Masculino	03:19:12	+01:26:57	08:40
375	1816	Andreia Morais	somos nós team	Senior Feminino	03:19:27	+01:27:12	08:40
376	1213	JOAO FERREIRA	equipa joao ferreira	Senior Masculino	03:19:55	+01:27:40	08:42
377	1214	PEDRO MEIRELES	equipa joao ferreira	Senior Masculino	03:19:56	+01:27:41	08:42
378	1686	Natália Patrícia Carvalho Leite da Cunha	moinhos run - adrm	Senior Feminino	03:19:58	+01:27:43	08:42
379	1061	Samuel Teixeira	amigo	Senior Masculino	03:20:09	+01:27:54	08:42
380	1142	JORGE MANUEL LANZINHA CALMEIRO	clube millennium bcp	Veterano M50	03:20:11	+01:27:56	08:42
381	1270	Jorge Silva	gd bpi	Veterano M40	03:20:22	+01:28:07	08:43
382	1468	Pedro Arlindo Vieira Madureira	individual	Senior Masculino	03:20:35	+01:28:20	08:43
383	1534	Baltazar Ferreira	individual	Veterano M40	03:20:36	+01:28:21	08:43
384	1131	PAULO JORGE GONÇALVES SOARES	ciclistas cósmicos - gislótica	Veterano M40	03:20:38	+01:28:23	08:43
385	1535	Benigno Azevedo	individual	Veterano M40	03:20:38	+01:28:23	08:43
386	1130	JOSÉ MIGUEL CRUZ PINTO	ciclistas cósmicos - gislótica	Senior Masculino	03:20:39	+01:28:24	08:43
387	1749	Ricardo Fonseca	os atletas	Senior Masculino	03:20:46	+01:28:31	08:44
388	1622	Manuel Pegas Rodrigues	individual	Veterano M50	03:21:05	+01:28:50	08:45
389	1325	Keta Batista	gtt - armazém do caffè	Veterana F40	03:21:18	+01:29:03	08:45
390	1491	Rui Pedro Pinto	individual	Senior Masculino	03:21:20	+01:29:05	08:45
391	1111	Margarida Sousa	bitrunners	Veterana F40	03:21:38	+01:29:23	08:46
392	1108	Gisela Sousa	bitrunners	Senior Feminino	03:21:38	+01:29:23	08:46
393	1239	Nuno França	fitspot-parque nascente	Senior Masculino	03:21:48	+01:29:33	08:46
394	1084	Ricardo Tavares	as belas e eles	Senior Masculino	03:21:59	+01:29:44	08:47
395	1256	Gustavo Bento	fridão sem limites	Senior Masculino	03:22:00	+01:29:45	08:47
396	1592	Paulo Queirós	individual	Veterano M40	03:22:08	+01:29:53	08:47
397	1577	Nuno Miguel Carneiro	individual	Veterano M40	03:22:15	+01:30:00	08:48
398	1685	Antonio Pereira	moinhos run - adrm	Veterano M50	03:22:24	+01:30:09	08:48
399	1089	Francisco Batista	associação desportiva da efacec	Senior Masculino	03:22:26	+01:30:11	08:48
400	1476	Raul Viana	individual	Senior Masculino	03:22:30	+01:30:15	08:48
401	1355	sara raquel silva pinto	individual	Senior Feminino	03:22:53	+01:30:38	08:49
402	1671	Nuno de Oliveira	medilixa	Senior Masculino	03:22:54	+01:30:39	08:49
403	1869	Rui Teixeira Pinto	os falta d'ar	Senior Masculino	03:23:08	+01:30:53	08:50

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
404	1658	Ernesto Martins	lion runners - g. d. leões da guarda	Veterano M50	03:23:10	+01:30:55	08:50
405	26	Miguel Cruz	associação desportiva da efacec	Senior Masculino	03:23:12	+01:30:57	08:50
406	1093	Manuel Moura	associação desportiva da efacec	Senior Masculino	03:23:13	+01:30:58	08:50
407	1675	Cristina Freitas	melres trail running - ordem para arrear	Veterana F40	03:23:16	+01:31:01	08:50
408	1006	Pedro Vidal	100fôlego	Veterano M40	03:23:18	+01:31:03	08:50
409	1778	Lino Moreira	os turbomula	Veterano M60	03:23:21	+01:31:06	08:50
410	1548	Gabriel Santos	individual	Veterano M40	03:23:22	+01:31:07	08:51
411	1347	Joana Sofia Passos Mesquita de Abreu	individual	Senior Feminino	03:23:24	+01:31:09	08:51
412	1494	Sergio Chacim	individual	Senior Masculino	03:23:24	+01:31:09	08:51
413	1393	Emanuel José Marques de Pinho Gomes	individual	Senior Masculino	03:23:41	+01:31:26	08:51
414	1755	Rui Pedro Bernardes dos santos	os contrabandistas	Senior Masculino	03:23:44	+01:31:29	08:51
415	1561	José Luís Silva	individual	Veterano M40	03:23:47	+01:31:32	08:52
416	1238	Miguel Guimarães	fitspot-parque nascente	Senior Masculino	03:24:01	+01:31:46	08:52
417	1251	Alcino Vieira	fitspot-parque nascente	Veterano M50	03:24:02	+01:31:47	08:52
418	1289	Manuel Silva	gondomar futsal clube	Senior Masculino	03:24:07	+01:31:52	08:52
419	1718	Raquel Sofia de Freitas Andrade	nascidos para correr	Senior Feminino	03:24:20	+01:32:05	08:53
420	1720	Bruno José da Silva Moura	nascidos para correr	Senior Masculino	03:24:22	+01:32:07	08:53
421	1129	Filipe Nunes	cfa runners	Senior Masculino	03:24:33	+01:32:18	08:54
422	1649	João Gil da Costa	ligeirinhos	Veterano M50	03:25:03	+01:32:48	08:55
423	1727	Nuno Henrique	nascidos para correr	Veterano M40	03:25:09	+01:32:54	08:55
424	1021	Nuno Moura	a.d.amarante trail running	Senior Masculino	03:25:13	+01:32:58	08:55
425	1272	Amaro José Leonardo Rodrigues	ginásio extreme fit (oliveira do hospital)	Veterano M40	03:25:15	+01:33:00	08:55
426	1244	Luisa Almeida	fitspot-parque nascente	Veterana F50	03:25:16	+01:33:01	08:56
427	1678	Filipe Pinto	metralhas runners	Senior Masculino	03:25:18	+01:33:03	08:56
428	1316	LILIANA ARAUJO	gtt - armazém do caffè	Senior Feminino	03:25:20	+01:33:05	08:56
429	1641	Renato Almeida	kemedo team	Senior Masculino	03:25:24	+01:33:09	08:56
430	1104	Oscar magalhaes	azulaico	Senior Masculino	03:25:30	+01:33:15	08:56
431	1103	Joaquim Teixeira	azulaico	Senior Masculino	03:25:31	+01:33:16	08:56
432	1549	Helder Manuel Ferreira Gomes	individual	Veterano M40	03:25:36	+01:33:21	08:56
433	1043	Augusto José Candoso Tavares	alive	Veterano M50	03:25:42	+01:33:27	08:57
434	1639	Luis Silva	kemedo team	Senior Masculino	03:25:59	+01:33:44	08:57
435	1119	João Monteiro	budeguita runners	Senior Masculino	03:26:02	+01:33:47	08:57
436	1388	Daniel Silva	individual	Senior Masculino	03:26:14	+01:33:59	08:58
437	1659	luis de Almeida	lion runners - g. d. leões da guarda	Veterano M50	03:26:20	+01:34:05	08:58
438	1688	Manuel Pereira	moinhos run - adrm	Senior Masculino	03:26:22	+01:34:07	08:58
439	1556	João Soares	individual	Veterano M40	03:26:25	+01:34:10	08:58
440	1544	Fernando Soares	individual	Veterano M40	03:26:31	+01:34:16	08:59
441	1053	Ricardo Teixeira	all about	Veterano M40	03:26:51	+01:34:36	09:00
442	1044	Ana Dolores	all about	Senior Feminino	03:26:51	+01:34:36	09:00
443	1439	Luís Carlos dos Anjos Melo	individual	Senior Masculino	03:27:00	+01:34:45	09:00
444	1039	Mario Almeida	aliança de gandra	Senior Masculino	03:27:01	+01:34:46	09:00
445	1065	Ana Borges	amigos da onça	Senior Feminino	03:27:02	+01:34:47	09:00
446	1635	Fernando Azevedo	kemedo team	Senior Masculino	03:27:04	+01:34:49	09:00
447	1202	Catarina Pereira	ei team trail	Veterana F40	03:27:08	+01:34:53	09:00
448	1377	Artur Ferreira	individual	Senior Masculino	03:27:11	+01:34:56	09:00

TRILHOS 23K - STAGE 1

23 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
449	1631	PAULO FREITAS	joana rodrigues sousa	Veterano M40	03:27:36	+01:35:21	09:02
450	1557	Joaquim Alcides Morgado Vaz	individual	Veterano M40	03:27:43	+01:35:28	09:02
451	1867	Nelson Ferreira	os falta d'ar	Senior Masculino	03:27:57	+01:35:42	09:02
452	1470	Pedro Miguel Araújo Oliveira	individual	Senior Masculino	03:28:01	+01:35:46	09:03
453	1140	CARLOS DANIEL SILVA BARBOSA DE ARAUJO	clube millennium bcp	Veterano M40	03:28:29	+01:36:14	09:04
454	1133	Hélder Henriques Santos Costa Silva	clube atletismo de lamas	Veterano M40	03:28:32	+01:36:17	09:04
455	1503	Valério Saleiro	individual	Senior Masculino	03:28:35	+01:36:20	09:04
456	1652	Márcia Lopes	lion runners - g. d. leões da guarda	Senior Feminino	03:28:55	+01:36:40	09:05
457	1269	Adriano Soares Moreira	gangue das maçãs	Veterano M50	03:29:03	+01:36:48	09:05
458	1514	Daniela sanches	individual	Veterana F40	03:29:06	+01:36:51	09:05
459	1453	Nelson Machado	individual	Senior Masculino	03:29:06	+01:36:51	09:05
460	1628	Fernando Conceição	invicta runners team	Veterano M50	03:29:39	+01:37:24	09:07
461	1057	Fábio Miranda	amigo	Senior Masculino	03:29:40	+01:37:25	09:07
462	1795	RENATO OLIVEIRA	portocargo	Veterano M40	03:30:08	+01:37:53	09:08
463	1085	Sandra Gonçalves	as belas e eles	Senior Feminino	03:30:18	+01:38:03	09:09
464	1330	Ana Isabel Rocha Campanhã	individual	Senior Feminino	03:30:18	+01:38:03	09:09
465	1421	João Poças	individual	Senior Masculino	03:30:18	+01:38:03	09:09
466	1600	Rui Fernandes	individual	Veterano M40	03:31:04	+01:38:49	09:11
467	1492	Rui Soares	individual	Senior Masculino	03:31:07	+01:38:52	09:11
468	1868	Tiago camboa	os falta d'ar	Senior Masculino	03:32:13	+01:39:58	09:14
469	1555	João Ramos	individual	Veterano M40	03:32:14	+01:39:59	09:14
470	1761	Rui Teixeira	os falta d'ar	Veterano M40	03:32:28	+01:40:13	09:14
471	1433	JOSE MARTINS	individual	Senior Masculino	03:32:36	+01:40:21	09:15
472	1429	JOSE COELHO	individual	Senior Masculino	03:32:38	+01:40:23	09:15
473	1264	Paulo Vilarinho	gaia running	Veterano M40	03:32:39	+01:40:24	09:15
474	1738	António Carvalho	nocturnos de paredes	Veterano M40	03:32:46	+01:40:31	09:15
475	1706	Ana Vieira	multipower gaia trail	Senior Feminino	03:32:49	+01:40:34	09:15
476	50	Tiago Almeida	budeguita runners	Senior Masculino	03:32:55	+01:40:40	09:15
477	57	Vítor Duarte	budeguita runners	Veterano M40	03:32:56	+01:40:41	09:15
478	1123	Tiago Amorim	budeguita runners	Veterano M40	03:32:58	+01:40:43	09:16
479	1195	Anabela Lobato Torres dos Santos Silva	edv-viana trail	Veterana F40	03:33:45	+01:41:30	09:18
480	1190	Iva Mafalda Alexandre Gonçalo Campelo da Silva	edv-viana trail	Senior Feminino	03:33:46	+01:41:31	09:18
481	1191	Sonia Sofia Parente	edv-viana trail	Senior Feminino	03:33:46	+01:41:31	09:18
482	1770	amelia moreira	os selvagens	Veterana F50	03:34:19	+01:42:04	09:19
483	1154	Pedro Rodrigues	clube zipper	Senior Masculino	03:35:18	+01:43:03	09:22
484	1656	Maria Ricardo	lion runners - g. d. leões da guarda	Veterana F50	03:35:57	+01:43:42	09:23
485	1660	Mário Soares	lion runners - g. d. leões da guarda	Veterano M50	03:35:58	+01:43:43	09:23
486	1849	David Pinto	unidos à fresca	Veterano M40	03:36:08	+01:43:53	09:24
487	1848	Daniela Soares	unidos à fresca	Senior Feminino	03:36:08	+01:43:53	09:24
488	1840	Ricardo Campos	toyota 4runner	Senior Masculino	03:36:23	+01:44:08	09:24
489	1072	Rui Campos	anonymous pro sports challenger	Veterano M40	03:36:24	+01:44:09	09:25
490	1461	Oscar Figueiredo	individual	Senior Masculino	03:36:30	+01:44:15	09:25
491	1689	Patrícia Sampaio	moinhos run - adrm	Veterana F40	03:37:30	+01:45:15	09:27

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
492	1690	Pedro Sa	moinhos run - adrm	Veterano M40	03:37:31	+01:45:16	09:27
493	1811	Diana Vieira	softeam	Senior Feminino	03:37:38	+01:45:23	09:28
494	1550	Henrique Silva	individual	Veterano M40	03:37:42	+01:45:27	09:28
495	1179	Ricardo Pires	da-lhe gas	Senior Masculino	03:37:44	+01:45:29	09:28
496	1382	Bruno Pereira da Cruz Vieira	individual	Senior Masculino	03:37:56	+01:45:41	09:29
497	1445	marco Peixoto	individual	Senior Masculino	03:38:15	+01:46:00	09:29
498	1052	Pedro Gavina	all about	Veterano M40	03:38:40	+01:46:25	09:30
499	1664	Francisco Cerqueira	maratonistas do minho	Veterano M40	03:38:42	+01:46:27	09:31
500	1563	José Rodrigues	individual	Veterano M40	03:39:43	+01:47:28	09:33
501	1569	Luis Terencio	individual	Veterano M40	03:39:53	+01:47:38	09:34
502	1699	Filipe Barros	moure trail running	Senior Masculino	03:40:02	+01:47:47	09:34
503	1020	Luis Mendes	a.d.amarante trail running	Senior Masculino	03:40:03	+01:47:48	09:34
504	1252	Sandra Bernardete Fernandes	fridão sem limites	Senior Feminino	03:40:29	+01:48:14	09:35
505	1739	João Paulo Barbosa Leite	nocturnos de paredes	Veterano M40	03:40:30	+01:48:15	09:35
506	1135	Ricardo José da Silva Mendonça	clube do pessoal edp - delegação de gaia	Senior Masculino	03:41:35	+01:49:20	09:38
507	1134	Helder Filipe da Silva Heitor	clube do pessoal edp - delegação de gaia	Senior Masculino	03:41:36	+01:49:21	09:38
508	1435	José Sousa	individual	Senior Masculino	03:41:41	+01:49:26	09:38
509	1758	paulo pinto	os escaca pedra	Senior Masculino	03:42:00	+01:49:45	09:39
510	1399	Filipe Daniel Pereira Bessa	individual	Senior Masculino	03:42:32	+01:50:17	09:41
511	1611	António Manuel da Silva Celeste	individual	Veterano M50	03:42:41	+01:50:26	09:41
512	1328	Pedro Barros	happyrun	Veterano M40	03:42:43	+01:50:28	09:41
513	1657	Mlguel Fonseca	lion runners - g. d. leões da guarda	Veterano M40	03:42:46	+01:50:31	09:41
514	1741	Natalia Manuela Teixeira Silva	olha eu trail dunning team	Senior Feminino	03:43:22	+01:51:07	09:43
515	1750	Ricardo Jorge Mateus Melo	os atletas	Senior Masculino	03:43:24	+01:51:09	09:43
516	1834	Osvaldo Ferreira	team rede ambiente	Senior Masculino	03:43:29	+01:51:14	09:43
517	1552	João Carlos Rocha Augusto	individual	Veterano M40	03:43:32	+01:51:17	09:43
518	1538	Carlos Lopes	individual	Veterano M40	03:43:33	+01:51:18	09:43
519	1672	Hugo Pêgas	melres trail running - ordem para arrear	Senior Masculino	03:43:47	+01:51:32	09:44
520	1229	Carlos Leal	fb.com/familiapatanisca	Senior Masculino	03:43:51	+01:51:36	09:44
521	1337	Cristina Rocha	individual	Senior Feminino	03:43:53	+01:51:38	09:44
522	1731	Raquel Ferreira de Vasconcelos	no tomorrow running team	Senior Feminino	03:44:12	+01:51:57	09:45
523	1567	Luis Gomes	individual	Veterano M40	03:44:46	+01:52:31	09:46
524	1754	Rui Assunção	os caga tacos running team	Senior Masculino	03:44:47	+01:52:32	09:46
525	1753	Paulo Osorio	os caga tacos running team	Senior Masculino	03:44:47	+01:52:32	09:46
526	1368	André Santos	individual	Senior Masculino	03:45:11	+01:52:56	09:47
527	1003	Carlos Santos	100fôlego	Veterano M40	03:45:43	+01:53:28	09:49
528	1782	Susana Machado	pimpampum	Senior Feminino	03:46:30	+01:54:15	09:51
529	1341	Dora Isabel Neto Dias	individual	Senior Feminino	03:46:54	+01:54:39	09:52
530	1516	Fátima Isabel Mirante	individual	Veterana F40	03:47:13	+01:54:58	09:53
531	1106	Jose Vitor Santos Gama	bicafé	Senior Masculino	03:47:31	+01:55:16	09:54
532	1105	Bruna Manuel Almeida Magalhães Gonçalves	bicafé	Senior Feminino	03:47:33	+01:55:18	09:54
533	1877	Pedro Miranda	marco runners	Senior Masculino	03:47:42	+01:55:27	09:54
534	1509	Cacilda Maria Sousa Ramos	individual	Veterana F40	03:47:53	+01:55:38	09:54
535	1487	Rui Duarte	individual	Senior Masculino	03:48:43	+01:56:28	09:57
536	1578	Nuno Miguel Ferreira Pacheco	individual	Veterano M40	03:48:58	+01:56:43	09:57

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
537	1820	Vânia Isabel Carvalho Moura	soulmates trail team	Senior Feminino	03:49:00	+01:56:45	09:57
538	1822	João Gil	soulmates trail team	Veterano M50	03:49:01	+01:56:46	09:57
539	1157	Cândida Vilas-Boas	clube zipper	Veterana F40	03:49:11	+01:56:56	09:58
540	1598	Ricardo Neves	individual	Veterano M40	03:49:38	+01:57:23	09:59
541	1456	Nuno Almeida	individual	Senior Masculino	03:50:03	+01:57:48	10:00
542	1349	Luisa Mota	individual	Senior Feminino	03:50:03	+01:57:48	10:00
543	1682	Mário Rodrigues	metralhas runners	Veterano M40	03:50:19	+01:58:04	10:01
544	1619	Justino Manuel dos Santos Gonçalves	individual	Veterano M50	03:50:22	+01:58:07	10:01
545	1602	Rui Trindade	individual	Veterano M40	03:50:23	+01:58:08	10:01
546	1107	Albertina Machado	bilarrunners	Veterana F40	03:50:26	+01:58:11	10:01
547	1819	Diana Rosalina Gonçalves Oliveira	soulmates trail team	Senior Feminino	03:50:26	+01:58:11	10:01
548	1647	Rosa Lúdia Silva	ligeirinhos	Veterana F40	03:50:27	+01:58:12	10:01
549	1370	Antonio Fernandes	individual	Senior Masculino	03:51:42	+01:59:27	10:04
550	1348	Liliana Ferreira	individual	Senior Feminino	03:52:52	+02:00:37	10:07
551	1286	Paulo Magano	gondomar futsal clube	Senior Masculino	03:52:53	+02:00:38	10:08
552	1290	Monica Carvalhais	gondomar futsal clube	Senior Masculino	03:52:54	+02:00:39	10:08
553	1463	Paulo Jorge Romão de Campos	individual	Senior Masculino	03:53:41	+02:01:26	10:10
554	1511	carla Oliveira	individual	Veterana F40	03:53:41	+02:01:26	10:10
555	1352	Mariana Guerra	individual	Senior Feminino	03:53:46	+02:01:31	10:10
556	1392	Eduardo Neves	individual	Senior Masculino	03:54:08	+02:01:53	10:11
557	1723	Carmen Lima	confraria trotamontes	Veterana F40	03:54:17	+02:02:02	10:11
558	1055	Luís Lobo	alltitudes trail team	Veterano M40	03:54:23	+02:02:08	10:11
559	1303	Adelaide Vígario	gondomar futsal clube	Veterana F50	03:54:28	+02:02:13	10:12
560	1587	Paulo Fernandes	individual	Veterano M40	03:54:29	+02:02:14	10:12
561	1447	Marcos Silva	individual	Senior Masculino	03:54:54	+02:02:39	10:13
562	1174	Lúcia Lemos	ctm vila pouca de aguiar	Veterana F40	03:54:57	+02:02:42	10:13
563	1125	Hugo José Miguel Pinto	ccpad - clube de caça e pesca do alto douro	Senior Masculino	03:55:19	+02:03:04	10:14
564	1687	Patricia Moreira	moinhos run - adrm	Senior Feminino	03:55:29	+02:03:14	10:14
565	1691	Rui Quinta	moinhos run - adrm	Veterano M50	03:55:29	+02:03:14	10:14
566	1049	Sonia Pereira	all about	Veterana F40	03:55:32	+02:03:17	10:14
567	1579	Osvaldo Alberto Silva Oliveira	individual	Veterano M40	03:55:34	+02:03:19	10:15
568	1345	Inês Carlos	individual	Senior Feminino	03:56:04	+02:03:49	10:16
569	1734	Susana Dantas	no tomorrow running team	Senior Feminino	03:56:06	+02:03:51	10:16
570	1100	carlos silva ferreira	autistic.runners	Veterano M40	03:56:16	+02:04:01	10:16
571	1808	Manuel Almeida	shots international runners	Senior Masculino	03:56:20	+02:04:05	10:17
572	1009	Sofia Carvalho	a. d. sebolido trail boneca d´ouro	Senior Feminino	03:57:42	+02:05:27	10:20
573	1008	Ana Cristina Pereira Rodrigues	a. d. sebolido trail boneca d´ouro	Senior Feminino	03:57:42	+02:05:27	10:20
574	1011	Pedro Soares	a. d. sebolido trail boneca d´ouro	Senior Masculino	03:57:43	+02:05:28	10:20
575	1010	Isaque Silva	a. d. sebolido trail boneca d´ouro	Senior Masculino	03:57:44	+02:05:29	10:20
576	1515	Elza Mendes Cordeiro	individual	Veterana F40	03:57:58	+02:05:43	10:21
577	1457	Nuno Fonseca	individual	Senior Masculino	03:58:01	+02:05:46	10:21
578	1627	Ivónio Martins	intrilhos/pascoalitos	Senior Masculino	03:58:07	+02:05:52	10:21
579	1626	Nélia Antunes	intrilhos/pascoalitos	Senior Feminino	03:58:07	+02:05:52	10:21
580	1717	Rui Vicente	multipower gaia trail	Veterano M40	03:58:40	+02:06:25	10:23
581	1752	Leonardo Brandão	os caga tacos running team	Senior Masculino	03:58:46	+02:06:31	10:23

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
582	1871	Luis Pedroso	individual	Veterano M40	03:59:18	+02:07:03	10:24
583	1180	Glória Monteiro	dental doctors	Veterana F40	03:59:18	+02:07:03	10:24
584	1810	Aurora Godinho	softeam	Senior Feminino	03:59:22	+02:07:07	10:24
585	1554	joão Filipe Morais	individual	Veterano M40	03:59:29	+02:07:14	10:25
586	1118	Vesa Velentinovic	budeguita runners	Senior Feminino	03:59:38	+02:07:23	10:25
587	1275	Sílvia Vilar	ginasio fit4fun	Senior Feminino	04:00:06	+02:07:51	10:26
588	1274	Carla Pinho	ginasio fit4fun	Senior Feminino	04:00:07	+02:07:52	10:26
589	1356	Sara Soares	individual	Senior Feminino	04:00:07	+02:07:52	10:26
590	1280	Conceição Ferreira	ginasio fit4fun	Veterana F40	04:00:08	+02:07:53	10:26
591	1860	Carolina Coutinho	ginasio fit4fun	Senior Feminino	04:00:09	+02:07:54	10:26
592	1116	Isabel Ferreira	budeguita runners	Senior Feminino	04:00:12	+02:07:57	10:27
593	1517	Helena Alves	individual	Veterana F40	04:00:39	+02:08:24	10:28
594	1665	Joana Babo	marco runners	Senior Feminino	04:00:53	+02:08:38	10:28
595	1667	João Bernardes	marco runners	Senior Masculino	04:01:04	+02:08:49	10:29
596	1666	Célio Soares	marco runners	Senior Masculino	04:01:05	+02:08:50	10:29
597	1304	Joaquim Matos	gondomar futsal clube	Veterano M50	04:01:21	+02:09:06	10:30
598	1508	Ana Paula Monteiro da Costa	individual	Veterana F40	04:01:27	+02:09:12	10:30
599	1027	Ana Luísa de Oliveira Melo	adtravassô	Senior Feminino	04:01:46	+02:09:31	10:31
600	1296	José Carlos Lascasas	gondomar futsal clube	Veterano M40	04:01:58	+02:09:43	10:31
601	1837	Fernando Leite	tnt - trilhos natura team	Senior Masculino	04:03:06	+02:10:51	10:34
602	1617	joao pedro silva	individual	Veterano M50	04:03:06	+02:10:51	10:34
603	1255	Filipe Reis Pinheiro	fridão sem limites	Senior Masculino	04:03:48	+02:11:33	10:36
604	1080	Helena Cunha	arrastassolas	Veterana F40	04:04:50	+02:12:35	10:39
605	1618	Joaquim Trindade	individual	Veterano M50	04:05:13	+02:12:58	10:40
606	1736	José Faria	no tomorrow running team	Veterano M40	04:05:39	+02:13:24	10:41
607	1777	Paula Figueiredo	os turbomula	Veterano M40	04:06:03	+02:13:48	10:42
608	1292	Rui Santos	gondomar futsal clube	Senior Masculino	04:06:27	+02:14:12	10:43
609	1680	Fernanda Carvalho	metralhas runners	Veterana F40	04:06:29	+02:14:14	10:43
610	1465	Pedro Alberto dos Santos Salazar Rodrigues	individual	Senior Masculino	04:06:58	+02:14:43	10:44
611	1621	LUIZ C.J. BLANQUET	individual	Veterano M50	04:07:14	+02:14:59	10:45
612	1128	Liliana Ribeiro	cfa runners	Senior Feminino	04:07:52	+02:15:37	10:47
613	1051	Alvaro Nunes	all about	Veterano M40	04:07:58	+02:15:43	10:47
614	1861	João Paulo Rocha	cães d´avenida	Veterano M50	04:07:59	+02:15:44	10:47
615	1467	Pedro Anjos	individual	Senior Masculino	04:08:59	+02:16:44	10:50
616	1086	Diogo Moreira	associação desportiva da efacec	Senior Masculino	04:09:29	+02:17:14	10:51
617	1719	Sofia Mendes	nascidos para correr	Senior Feminino	04:09:40	+02:17:25	10:51
618	1724	Nelson Martins	nascidos para correr	Senior Masculino	04:09:41	+02:17:26	10:51
619	1498	Sérgio Valente	individual	Senior Masculino	04:10:15	+02:18:00	10:53
620	1721	Bruno Lima	nascidos para correr	Senior Masculino	04:10:31	+02:18:16	10:54
621	1391	Diogo Sousa	individual	Senior Masculino	04:10:33	+02:18:18	10:54
622	1477	Ricardo Carvalho	individual	Senior Masculino	04:10:54	+02:18:39	10:55
623	1322	Pedro Alexandre Alves Marques	gtt - armazém do caffè	Senior Masculino	04:11:34	+02:19:19	10:56
624	1187	Neuza Catarina Morgado da Fonte Caridade	edv - viana trail	Senior Feminino	04:11:35	+02:19:20	10:56
625	1159	Paula Nascimento	clube zipper	Veterana F40	04:11:41	+02:19:26	10:57
626	1149	Gabriel Moreira	clube zipper	Senior Masculino	04:11:41	+02:19:26	10:57

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
627	1359	Sílvia Arminda Cardoso da Rocha	individual	Senior Feminino	04:12:05	+02:19:50	10:58
628	1298	Cesar Pais	gondomar futsal clube	Veterano M40	04:12:12	+02:19:57	10:58
629	1285	Rita Macedo	gondomar futsal clube	Senior Feminino	04:12:12	+02:19:57	10:58
630	1071	Sandra Bompastor da Costa	amigos vale silêncio	Senior Feminino	04:12:19	+02:20:04	10:58
631	1683	Artur Saraiva	metralhas runners	Veterano M50	04:13:15	+02:21:00	11:01
632	1054	Carlos Guedes	altitudes trail team	Veterano M40	04:13:15	+02:21:00	11:01
633	1338	Cristina Rodrigues Teixeira Lopes	individual	Senior Feminino	04:13:20	+02:21:05	11:01
634	1015	Ana Mendonça	a.d.amarante trail running	Senior Feminino	04:13:56	+02:21:41	11:01
635	1160	Alvaro Pinto	clube zipper	Veterano M40	04:14:12	+02:21:57	11:03
636	1531	Armando Moreira	individual	Veterano M40	04:14:13	+02:21:58	11:03
637	1217	ORLANDO COSTA	equipa joao ferreira	Veterano M40	04:14:27	+02:22:12	11:04
638	1189	Carla Alexandra Araújo Pereira	edv-viana trail	Senior Feminino	04:14:55	+02:22:40	11:05
639	1376	Arnaldo Costa	individual	Senior Masculino	04:14:57	+02:22:42	11:05
640	1427	Jorge Filipe Cruz Silva	individual	Senior Masculino	04:15:11	+02:22:56	11:06
641	1151	Joao Rodrigues	clube zipper	Senior Masculino	04:15:57	+02:23:42	11:08
642	1161	Antonio Silva	clube zipper	Veterano M40	04:15:58	+02:23:43	11:08
643	1110	Rui Silva	bitrunners	Senior Masculino	04:16:03	+02:23:48	11:08
644	1318	Hernâni Filipe Dias	glt - armazém do caffè	Senior Masculino	04:16:39	+02:24:24	11:10
645	1759	Cátia Fernandes	os falta d'ar	Senior Feminino	04:16:47	+02:24:32	11:10
646	1747	Andre Barros	os atletas	Senior Masculino	04:17:27	+02:25:12	11:12
647	1794	PAULO FERREIRA	portocargo	Veterano M40	04:21:19	+02:29:04	11:22
648	1227	José Casteli	fardetas	Veterano M60	04:21:20	+02:29:05	11:22
649	1016	andre martinez	a.d.amarante trail running	Senior Masculino	04:21:22	+02:29:07	11:22
650	1518	Ivete Alves	individual	Veterana F40	04:22:06	+02:29:51	11:24
651	1585	Paulo César Soares Ribeiro	individual	Veterano M40	04:22:10	+02:29:55	11:24
652	1186	Rui Carvalho	duros vl	Veterano M40	04:22:50	+02:30:35	11:26
653	1184	Helena Maia	duros vl	Veterana F50	04:22:51	+02:30:36	11:26
654	1185	João Marafona	duros vl	Veterano M40	04:22:51	+02:30:36	11:26
655	1420	João Pedro Padilha Leal	individual	Senior Masculino	04:22:52	+02:30:37	11:26
656	1362	sónia moreira	individual	Senior Feminino	04:22:53	+02:30:38	11:26
657	1474	PT Ricardo Soares	individual	Senior Masculino	04:23:45	+02:31:30	11:28
658	1846	Maria da Luz Olivença	trocópasso	Veterana F40	04:23:46	+02:31:31	11:28
659	1601	Rui Miguel Oliveira	individual	Veterano M40	04:23:47	+02:31:32	11:28
660	1703	Ana Margarida Ribeiro	mov'et	Senior Feminino	04:23:52	+02:31:37	11:28
661	1502	Tiago Soeiro	individual	Senior Masculino	04:24:21	+02:32:06	11:30
662	1293	CIDALIA PEIXOTO	gondomar futsal clube	Veterana F40	04:24:29	+02:32:14	11:30
663	1297	Mário Ribeiro	gondomar futsal clube	Veterano M40	04:24:30	+02:32:15	11:30
664	1363	VERA MARTINS	individual	Senior Feminino	04:24:31	+02:32:16	11:30
665	1679	Elsa Leite	metralhas runners	Veterana F40	04:24:36	+02:32:21	11:30
666	1681	Graca Farelo	metralhas runners	Veterana F40	04:24:38	+02:32:23	11:30
667	1857	Liliana Brandao	wtf	Veterana F40	04:25:03	+02:32:48	11:31
668	1792	ANTONIO MARTINS	portocargo	Veterano M40	04:25:03	+02:32:48	11:31
669	1751	Manuel Moura	os barriguitas	Veterano M60	04:25:14	+02:32:59	11:32
670	1643	Aurélio Carvalho	kemedo team	Veterano M60	04:25:58	+02:33:43	11:34
671	1402	Frederico Rocha	individual	Senior Masculino	04:26:15	+02:34:00	11:35
672	1181	Maria Portugal	dental doctors	Veterana F40	04:26:16	+02:34:01	11:35

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
673	1640	Pedro Duarte	kemedo team	Senior Masculino	04:26:34	+02:34:19	11:35
674	1346	Joana Martins	individual	Senior Feminino	04:26:38	+02:34:23	11:36
675	1575	Miguel Pereira Resende	individual	Veterano M40	04:26:38	+02:34:23	11:36
676	1825	Mónica Barbosa	tartarugas do asfalto	Senior Feminino	04:26:38	+02:34:23	11:36
677	1677	Sara Vigario	metralhas runners	Senior Feminino	04:26:53	+02:34:38	11:36
678	1350	Márcia Pinto	individual	Senior Feminino	04:26:53	+02:34:38	11:36
679	1374	António Mota	individual	Senior Masculino	04:27:07	+02:34:52	11:37
680	1215	CELIA AROSO	equipa joao ferreira	Veterana F40	04:27:41	+02:35:26	11:38
681	1216	GORETI VARELA	equipa joao ferreira	Veterana F40	04:27:41	+02:35:26	11:38
682	1807	Sofia Ferreira	shots international runners	Senior Feminino	04:28:00	+02:35:45	11:39
683	1101	antonio Joaquim teixeira Magalhaes	autistic.runners	Veterano M50	04:28:06	+02:35:51	11:39
684	1146	Cláudio Lísias Santos	clube vodafone	Veterano M40	04:29:24	+02:37:09	11:43
685	1351	Maria Alice Santos Silva	individual	Senior Feminino	04:29:25	+02:37:10	11:43
686	1144	Filipe Branco	clube vodafone	Senior Masculino	04:29:26	+02:37:11	11:43
687	1504	Vicente Rua	individual	Senior Masculino	04:29:27	+02:37:12	11:43
688	1386	Claudio Antonio Ribeiro martins da silva	individual	Senior Masculino	04:29:28	+02:37:13	11:43
689	1404	Helder Filipe Vieira Martins	individual	Senior Masculino	04:29:55	+02:37:40	11:44
690	1354	Patricia Manuela Ferreira da Silva	individual	Senior Feminino	04:29:56	+02:37:41	11:44
691	1046	Susana Faria	all about	Senior Feminino	04:30:03	+02:37:48	11:44
692	1520	Manuela Dias	individual	Veterana F40	04:30:43	+02:38:28	11:46
693	1145	Ricardo Faria	clube vodafone	Senior Masculino	04:32:03	+02:39:48	11:50
694	1147	Vitor Moutinho	clube vodafone	Veterano M40	04:32:05	+02:39:50	11:50
695	1262	Tulia Aires	funtastic duo	Senior Feminino	04:33:02	+02:40:47	11:52
696	1263	Sergio Brochado	funtastic duo	Senior Masculino	04:33:02	+02:40:47	11:52
697	1655	Sandra Pereira	lion runners - g. d. leões da guarda	Veterana F40	04:33:23	+02:41:08	11:53
698	1775	Fernando Carlos Sousa	os turbomula	Veterano M40	04:33:44	+02:41:29	11:54
699	1513	Cláudia Pinto	individual	Veterana F40	04:34:07	+02:41:52	11:55
700	1735	Ana Barroso	no tomorrow running team	Veterana F40	04:34:08	+02:41:53	11:55
701	1050	Susana Tavares	all about	Veterana F40	04:34:17	+02:42:02	11:56
702	1136	Ana Cristina Nogueira Lopes	clube millennium bcp	Veterana F40	04:34:19	+02:42:04	11:56
703	1698	Fernando Monteiro	moreira relax runners	Veterano M40	04:36:19	+02:44:04	12:01
704	1336	Cecília Maria Gomes de Sousa	individual	Senior Feminino	04:36:20	+02:44:05	12:01
705	1510	Carla Caria	individual	Veterana F40	04:36:20	+02:44:05	12:01
706	1331	Ana Luisa Carvalho	individual	Senior Feminino	04:38:33	+02:46:18	12:07
707	1361	Sónia Alves	individual	Senior Feminino	04:38:35	+02:46:20	12:07
708	1803	Diogo Santos	runrun	Senior Masculino	04:39:41	+02:47:26	12:10
709	1802	Silvia Couto	runrun	Senior Feminino	04:39:41	+02:47:26	12:10
710	1284	Patrícia Pereira	gondomar futsal clube	Senior Feminino	04:39:45	+02:47:30	12:10
711	1676	Lucia Santos	metralhas runners	Senior Feminino	04:39:45	+02:47:30	12:10
712	1339	Daniela Lopes	individual	Senior Feminino	04:39:51	+02:47:36	12:10
713	1443	Luis Pereira	individual	Senior Masculino	04:40:28	+02:48:13	12:12
714	1004	Carlos Vilaça	100fôlego	Veterano M40	04:40:59	+02:48:44	12:13
715	1756	Alex pires	os contrabandistas	Veterano M40	04:42:27	+02:50:12	12:17
716	1841	Rita Martins	toyota 4runner	Veterana F40	04:42:50	+02:50:35	12:18
717	1838	Patrícia Oliveira	toyota 4runner	Senior Feminino	04:42:50	+02:50:35	12:18

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
718	1839	Pedro Gonçalves	toyota 4runner	Senior Masculino	04:42:50	+02:50:35	12:18
719	1772	Filipe Nogueira	os turbomula	Senior Masculino	04:43:13	+02:50:58	12:19
720	1771	Sara Moreira	os turbomula	Senior Feminino	04:43:14	+02:50:59	12:19
721	1843	Pedro Gonçalves	trailgloditas	Veterano M40	04:46:38	+02:54:23	12:28
722	1599	Rui Branco	individual	Veterano M40	04:46:39	+02:54:24	12:28
723	1231	João Quintas	figueira kayak clube	Veterano M40	04:47:13	+02:54:58	12:29
724	1230	Sandra Matias	figueira kayak clube	Senior Feminino	04:47:14	+02:54:59	12:29
725	1288	Bruno Vigário	gondomar futsal clube	Senior Masculino	04:47:31	+02:55:16	12:30
726	1205	André João Cardoso	em'força – corremos com a esclerose múltipla	Senior Masculino	04:47:47	+02:55:32	12:31
727	1204	Carla Dias	em'força – corremos com a esclerose múltipla	Senior Feminino	04:47:47	+02:55:32	12:31
728	1206	Fernando Dias	em'força – corremos com a esclerose múltipla	Veterano M50	04:47:48	+02:55:33	12:31
729	1207	José Manuel Cardoso	em'força – corremos com a esclerose múltipla	Veterano M60	04:47:49	+02:55:34	12:31
730	1342	Elisabete Ferreira	individual	Senior Feminino	04:47:55	+02:55:40	12:31
731	1158	Dulce Moreda	clube zipper	Veterana F40	04:49:08	+02:56:53	12:34
732	1776	Nelson Montalvão	os turbomula	Veterano M40	04:49:17	+02:57:02	12:35
733	1630	Alcides Freire	jn running	Veterano M40	04:49:18	+02:57:03	12:35
734	1481	Ricardo Lopes	individual	Senior Masculino	04:49:44	+02:57:29	12:36
735	1353	Natacha Sofia Pereira Lourenço	individual	Senior Feminino	04:49:44	+02:57:29	12:36
736	1444	Luís Teixeira	individual	Senior Masculino	04:49:45	+02:57:30	12:36
737	1343	Elisabete Monteiro	individual	Senior Feminino	04:49:47	+02:57:32	12:36
738	1800	Alexandra Oliveira	running team maia	Senior Feminino	04:51:15	+02:59:00	12:40
739	1697	ROSA COSTA	moreira relax runners	Veterana F50	04:51:16	+02:59:01	12:40
740	1340	diana martins	individual	Senior Feminino	04:51:18	+02:59:03	12:40
741	1383	carlos santos	individual	Senior Masculino	04:51:21	+02:59:06	12:40
742	1497	Sergio Sousa	individual	Senior Masculino	04:51:21	+02:59:06	12:40
743	1624	Valter Barbosa	individual	Veterano M50	04:53:00	+03:00:45	12:44
744	1614	fernando mautempo	individual	Veterano M50	04:53:00	+03:00:45	12:44
745	1559	José Alberto Dias Martins	individual	Veterano M40	04:53:03	+03:00:48	12:44
746	1268	Sérgio Brites	gangue das maçãs	Veterano M40	04:53:05	+03:00:50	12:45
747	1267	Vasco Patrício	gangue das maçãs	Senior Masculino	04:53:06	+03:00:51	12:45
748	1847	Carla Leal	uh lá lá	Senior Feminino	04:57:26	+03:05:11	12:56
749	1334	carla brinco	individual	Senior Feminino	04:57:27	+03:05:12	12:56
750	1114	Elisabete Loureiro	bolts	Veterano M40	04:58:09	+03:05:54	12:58
751	1115	Luis Alves	bolts	Veterano M40	04:58:12	+03:05:57	12:58
752	1797	Georgina Santos	pupis	Senior Feminino	05:06:38	+03:14:23	13:20
753	1798	Oriana Moreira	pupis	Senior Feminino	05:06:39	+03:14:24	13:20
754	1329	Ana Arriscado	individual	Senior Feminino	05:09:55	+03:17:40	13:28
755	1117	Minna Sillankorva	budeguita runners	Senior Feminino	05:11:30	+03:19:15	13:33
756	1121	Isabel Lima	budeguita runners	Veterana F40	05:11:30	+03:19:15	13:33
757	1668	Nuno Amorim	marco runners	Senior Masculino	05:14:36	+03:22:21	13:41
758	1138	MARIA CRISTINA BRAS OLIVEIRA VILELA	clube millennium bcp	Veterana F40	05:19:49	+03:27:34	13:54
759	1137	CARLA SUSANA PAULO LOURENCO	clube millennium bcp	Veterana F40	05:19:50	+03:27:35	13:54

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
760	1809	Ana Filipa Oliveira	softeam	Senior Feminino	05:23:53	+03:31:38	14:05
761	1812	Fátima Godinho	softeam	Senior Feminino	05:23:56	+03:31:41	14:05

Trilhos 23K

23 KM

R

REVISED

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	7,7°C	99%
End	14:53	11.4°C	87%

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

1	1233	Juliana Rodrigues	FITSPOT-Parque Nascente	Senior Feminino	02:40:10	06:58
2	1283	Joana Cardoso	GONDOMAR FUTSAL CLUBE	Senior Feminino	02:46:49	+06:39 07:15
3	1357	Sarina Guimarães	Individual	Senior Feminino	02:57:30	+17:20 07:43
4	1211	MARIA FERNANDEZ	EQUIPA JOAO FERREIRA	Senior Feminino	03:00:50	+20:40 07:52
5	1737	Daniela Ferreira	NOCTURNOS DE PAREDES	Senior Feminino	03:05:03	+24:53 08:03
6	1335	Carla Sousa	Individual	Senior Feminino	03:12:21	+32:11 08:22
7	1332	Anabela de Castro Cordeiro	Individual	Senior Feminino	03:13:06	+32:56 08:24
8	1663	Maria Sílvia Viana	MARATONISTAS DO MINHO	Senior Feminino	03:13:53	+33:43 08:26
9	1390	Andreia Barbosa	Individual	Senior Feminino	03:16:02	+35:52 08:31
10	1265	Patrícia Ferreira	Gangue das Maças	Senior Feminino	03:16:07	+35:57 08:32
11	1816	Andreia Morais	Somos Nós Team	Senior Feminino	03:19:27	+39:17 08:40
12	1686	Natália Patrícia Carvalho Leite da Cunha	Moinhos Run - ADRM	Senior Feminino	03:19:58	+39:48 08:42
13	1108	Gisela Sousa	BitRunners	Senior Feminino	03:21:38	+41:28 08:46
14	1355	sara raquel silva pinto	Individual	Senior Feminino	03:22:53	+42:43 08:49
15	1347	Joana Sofia Passos Mesquita de Abreu	Individual	Senior Feminino	03:23:24	+43:14 08:51
16	1718	Raquel Sofia de Freitas Andrade	Nascidos para Correr	Senior Feminino	03:24:20	+44:10 08:53
17	1316	LILIANA ARAUJO	GTT - Armazém do Caffè	Senior Feminino	03:25:20	+45:10 08:56
18	1044	Ana Dolores	All About	Senior Feminino	03:26:51	+46:41 09:00
19	1065	Ana Borges	Amigos da Onça	Senior Feminino	03:27:02	+46:52 09:00
20	1652	Márcia Lopes	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	03:28:55	+48:45 09:05
21	1085	Sandra Gonçalves	As Belas e Eles	Senior Feminino	03:30:18	+50:08 09:09
22	1330	Ana Isabel Rocha Campanhã	Individual	Senior Feminino	03:30:18	+50:08 09:09
23	1706	Ana Vieira	MULTIPOWER GAIA TRAIL	Senior Feminino	03:32:49	+52:39 09:15
24	1190	Iva Mafalda Alexandre Gonçalves Campelo da Silva	EDV-VIANA TRAIL	Senior Feminino	03:33:46	+53:36 09:18
25	1191	Sonia Sofia Parente	EDV-VIANA TRAIL	Senior Feminino	03:33:46	+53:36 09:18
26	1848	Daniela Soares	UNIDOS À FRESCA	Senior Feminino	03:36:08	+55:58 09:24
27	1811	Diana Vieira	SOFTEAM	Senior Feminino	03:37:38	+57:28 09:28
28	1252	Sandra Bernardete Fernandes	Fridão Sem Limites	Senior Feminino	03:40:29	+01:00:19 09:35
29	1741	Natalia Manuela Teixeira Silva	Olha Eu trail Dunning team	Senior Feminino	03:43:22	+01:03:12 09:43
30	1337	Cristina Rocha	Individual	Senior Feminino	03:43:53	+01:03:43 09:44
31	1731	Raquel Ferreira de Vasconcelos	NO TOMORROW RUNNING TEAM	Senior Feminino	03:44:12	+01:04:02 09:45
32	1782	Susana Machado	PimPamPum	Senior Feminino	03:46:30	+01:06:20 09:51
33	1341	Dora Isabel Neto Dias	Individual	Senior Feminino	03:46:54	+01:06:44 09:52
34	1105	Bruna Manuel Almeida Magalhães Gonçalves	Bicafé	Senior Feminino	03:47:33	+01:07:23 09:54
35	1820	Vânia Isabel Carvalho Moura	Soulmates Trail Team	Senior Feminino	03:49:00	+01:08:50 09:57
36	1349	Luisa Mota	Individual	Senior Feminino	03:50:03	+01:09:53 10:00

Official Timekeeper: Lap2Go	1 / 18	generate 24-mar-2016 17:42
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Trilhos 23K

23 KM

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OFFICIAL RESULT

[illegible]

37	1819	Diana Rosalina Gonçalves Oliveira	Soulmates Trail Team	Senior Feminino	03:50:26	+01:10:16	10:01
38	1348	Liliana Ferreira	Individual	Senior Feminino	03:52:52	+01:12:42	10:07
39	1352	Mariana Guerra	Individual	Senior Feminino	03:53:46	+01:13:36	10:10
40	1687	Patricia Moreira	Moinhos Run - ADRM	Senior Feminino	03:55:29	+01:15:19	10:14
41	1345	Inês Carlos	Individual	Senior Feminino	03:56:04	+01:15:54	10:16
42	1734	Susana Dantas	NO TOMORROW RUNNING TEAM	Senior Feminino	03:56:06	+01:15:56	10:16
43	1009	Sofia Carvalho	A. D. Sebolido Trail Boneca D´Ouro	Senior Feminino	03:57:42	+01:17:32	10:20
44	1008	Ana Cristina Pereira Rodrigues	A. D. Sebolido Trail Boneca D´Ouro	Senior Feminino	03:57:42	+01:17:32	10:20
45	1626	Nélia Antunes	INtrilhos/Pascoalitos	Senior Feminino	03:58:07	+01:17:57	10:21
46	1810	Aurora Godinho	SOFTEAM	Senior Feminino	03:59:22	+01:19:12	10:24
47	1118	Vesa Velentinovic	BUDEGUITA RUNNERS	Senior Feminino	03:59:38	+01:19:28	10:25
48	1275	Sílvia Vilar	Ginasio Fit4Fun	Senior Feminino	04:00:06	+01:19:56	10:26
49	1274	Carla Pinho	Ginasio Fit4Fun	Senior Feminino	04:00:07	+01:19:57	10:26
50	1356	Sara Soares	Individual	Senior Feminino	04:00:07	+01:19:57	10:26
51	1860	Carolina Coutinho	Ginasio Fit4Fun	Senior Feminino	04:00:09	+01:19:59	10:26
52	1116	Isabel Ferreira	BUDEGUITA RUNNERS	Senior Feminino	04:00:12	+01:20:02	10:27
53	1665	Joana Babo	Marco Runners	Senior Feminino	04:00:53	+01:20:43	10:28
54	1027	Ana Luísa de Oliveira Melo	ADTravassô	Senior Feminino	04:01:46	+01:21:36	10:31
55	1128	Liliana Ribeiro	CFA Runners	Senior Feminino	04:07:52	+01:27:42	10:47
56	1719	Sofia Mendes	Nascidos para Correr	Senior Feminino	04:09:40	+01:29:30	10:51
57	1187	Neuza Catarina Morgado da Fonte Caridade	EDV - Viana Trail	Senior Feminino	04:11:35	+01:31:25	10:56
58	1359	Sílvia Arminda Cardoso da Rocha	Individual	Senior Feminino	04:12:05	+01:31:55	10:58
59	1285	Rita Macedo	GONDOMAR FUTSAL CLUBE	Senior Feminino	04:12:12	+01:32:02	10:58
60	1071	Sandra Bompastor da Costa	Amigos Vale Silêncio	Senior Feminino	04:12:19	+01:32:09	10:58
61	1338	Cristina Rodrigues Teixeira Lopes	Individual	Senior Feminino	04:13:20	+01:33:10	11:01
62	1015	Ana Mendonça	A.D.Amarante trail running	Senior Feminino	04:13:56	+01:33:46	11:02
63	1189	Carla Alexandra Araújo Pereira	EDV-VIANA TRAIL	Senior Feminino	04:14:55	+01:34:45	11:05
64	1759	Cátia Fernandes	Os Falta D'Ar	Senior Feminino	04:16:47	+01:36:37	11:10
65	1362	sónia moreira	Individual	Senior Feminino	04:22:53	+01:42:43	11:26
66	1703	Ana Margarida Ribeiro	Mov'et	Senior Feminino	04:23:52	+01:43:42	11:28
67	1363	VERA MARTINS	Individual	Senior Feminino	04:24:31	+01:44:21	11:30
68	1346	Joana Martins	Individual	Senior Feminino	04:26:38	+01:46:28	11:36
69	1825	Mónica Barbosa	Tartarugas do Asfalto	Senior Feminino	04:26:38	+01:46:28	11:36
70	1677	Sara Vigarío	Metralhas Runners	Senior Feminino	04:26:53	+01:46:43	11:36
71	1350	Márcia Pinto	Individual	Senior Feminino	04:26:53	+01:46:43	11:36
72	1807	Sofia Ferreira	Shots International Runners	Senior Feminino	04:28:00	+01:47:50	11:39
73	1351	Maria Alice Santos Silva	Individual	Senior Feminino	04:29:25	+01:49:15	11:43
74	1354	Patricia Manuela Ferreira da Silva	Individual	Senior Feminino	04:29:56	+01:49:46	11:44
75	1046	Susana Faria	All About	Senior Feminino	04:30:03	+01:49:53	11:44
76	1262	Tulia Aires	Funtastic Duo	Senior Feminino	04:33:02	+01:52:52	11:52
77	1336	Cecília Maria Gomes de Sousa	Individual	Senior Feminino	04:36:20	+01:56:10	12:01
78	1331	Ana Luisa Carvalho	Individual	Senior Feminino	04:38:33	+01:58:23	12:07
79	1361	Sónia Alves	Individual	Senior Feminino	04:38:35	+01:58:25	12:07
80	1802	Silvia Couto	RunRun	Senior Feminino	04:39:41	+01:59:31	12:10

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Trilhos 23K

23 KM

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81	1284	Patrícia Pereira	GONDOMAR FUTSAL CLUBE	Senior Feminino	04:39:45	+01:59:35	12:10
82	1676	Lucia Santos	Metralhas Runners	Senior Feminino	04:39:45	+01:59:35	12:10
83	1339	Daniela Lopes	Individual	Senior Feminino	04:39:51	+01:59:41	12:10
84	1838	Patrícia Oliveira	Toyota 4Runner	Senior Feminino	04:42:50	+02:02:40	12:18
85	1771	Sara Moreira	Os TurboMula	Senior Feminino	04:43:14	+02:03:04	12:19
86	1230	Sandra Matias	Figueira Kayak Clube	Senior Feminino	04:47:14	+02:07:04	12:29
87	1204	Carla Dias	EM'Força – Corremos com a Esclerose Múltipla	Senior Feminino	04:47:47	+02:07:37	12:31
88	1342	Elisabete Ferreira	Individual	Senior Feminino	04:47:55	+02:07:45	12:31
89	1353	Natacha Sofia Pereira Lourenço	Individual	Senior Feminino	04:49:44	+02:09:34	12:36
90	1343	Elisabete Monteiro	Individual	Senior Feminino	04:49:47	+02:09:37	12:36
91	1800	Alexandra Oliveira	RUNNING TEAM MAIA	Senior Feminino	04:51:15	+02:11:05	12:40
92	1340	diana martins	Individual	Senior Feminino	04:51:18	+02:11:08	12:40
93	1847	Carla Leal	Uh Lá Lá	Senior Feminino	04:57:26	+02:17:16	12:56
94	1334	carla brinco	Individual	Senior Feminino	04:57:27	+02:17:17	12:56
95	1797	Georgina Santos	Pupis	Senior Feminino	05:06:38	+02:26:28	13:20
96	1798	Oriana Moreira	Pupis	Senior Feminino	05:06:39	+02:26:29	13:20
97	1329	Ana Arriscado	Individual	Senior Feminino	05:09:55	+02:29:45	13:28
98	1117	Minna Sillankorva	BUDEGUITA RUNNERS	Senior Feminino	05:11:30	+02:31:20	13:33
99	1809	Ana Filipa Oliveira	SOFTEAM	Senior Feminino	05:23:53	+02:43:43	14:05
100	1812	Fátima Godinho	SOFTEAM	Senior Feminino	05:23:56	+02:43:46	14:05

Senior Masculino

1	1864	Diogo Fernandes	DrMerino/Nutrifit	Senior Masculino	01:52:15	04:53
2	1022	Paulo Costa	A.D.Amarante trail running	Senior Masculino	01:57:19	+05:04 05:06
3	1674	Rafael Cruz	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Senior Masculino	02:00:08	+07:53 05:13
4	1258	Pedro Sousa	Satecnosol Outdoor - LaSportiva	Senior Masculino	02:00:28	+08:13 05:14
5	1475	Leonel Cunha	Satecnosol Outdoor - LaSportiva	Senior Masculino	02:01:30	+09:15 05:17
6	1167	Tiago Aragão	CTAD - Trilhos de Cinfães	Senior Masculino	02:02:24	+10:09 05:19
7	1865	Paulo César	CTAD - Trilhos de Cinfães	Senior Masculino	02:03:05	+10:50 05:21
8	1384	cesar duarte	A.D.Amarante trail running	Senior Masculino	02:05:21	+13:06 05:27
9	1155	Ricardo Rego	Clube Zupper	Senior Masculino	02:06:47	+14:32 05:31
10	1311	Tiago Manuel Oliveira Pinto	Grupo Dramático e Recreativo de Retorta	Senior Masculino	02:07:58	+15:43 05:34
11	1537	Carlos Alves	MULTIPOWER GAIA TRAIL	Senior Masculino	02:09:23	+17:08 05:38
12	1019	Jose Pereira	A.D.Amarante trail running	Senior Masculino	02:09:45	+17:30 05:38
13	1320	Luís Pedro Ferreira de Sousa Martins	GTT - Armazém do Caffè	Senior Masculino	02:10:22	+18:07 05:40
14	1259	Ricardo Miguel Magalhães Nunes	Fridão Sem Limites	Senior Masculino	02:12:29	+20:14 05:46
15	1710	Nuno Miguel	MULTIPOWER GAIA TRAIL	Senior Masculino	02:14:57	+22:42 05:52
16	1183	Hélder Rocha	DOUROCONTA TRAIL TEAM	Senior Masculino	02:17:40	+25:25 05:59
17	1165	Luís Miguel Azevedo da Silva	CTAD - Trilhos de Cinfães	Senior Masculino	02:19:05	+26:50 06:03
18	1708	Ivo Peko	MULTIPOWER GAIA TRAIL	Senior Masculino	02:19:07	+26:52 06:03
19	1832	José Pinto	team Rede Ambiente	Senior Masculino	02:20:13	+27:58 06:06
20	1090	Gabriel Coutinho	Associação Desportiva da Efacec	Senior Masculino	02:20:53	+28:38 06:08
21	1415	Ivo Pereira	Individual	Senior Masculino	02:21:15	+29:00 06:08

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Trilhos 23K

23 KM

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22	1693	leandro pacheco	Monte dos Amigos	Senior Masculino	02:21:15	+29:00	06:08
23	1458	Nuno Miguel Carvalho da Silva	Individual	Senior Masculino	02:21:56	+29:41	06:10
24	1743	Nuno Castel-Branco	Olimpico Vianense Trail/ND Sport	Senior Masculino	02:22:27	+30:12	06:12
25	1646	Josue Moreira	Leões de Tardariz Trail	Senior Masculino	02:22:28	+30:13	06:12
26	1379	Bruno Joaquim Carneiro Machado	Individual	Senior Masculino	02:22:34	+30:19	06:12
27	1483	Ricardo Miranda	Individual	Senior Masculino	02:22:40	+30:25	06:12
28	1380	Bruno Miguel Dias Costa	Individual	Senior Masculino	02:22:41	+30:26	06:12
29	1310	João Pedro Padilha Leal	Grupo Dramático e Recreativo de Retorta	Senior Masculino	02:22:56	+30:41	06:13
30	1278	Francisco Figueiredo	Ginasio Fit4Fun	Senior Masculino	02:23:12	+30:57	06:14
31	1438	Lino Pinto	Individual	Senior Masculino	02:23:14	+30:59	06:14
32	1495	Sérgio Cláudio Aires Quintelas	Individual	Senior Masculino	02:23:15	+31:00	06:14
33	1440	Luis Filipe Rego Lemos	Individual	Senior Masculino	02:23:25	+31:10	06:14
34	1092	Ivo Silva	Associação Desportiva da Efacec	Senior Masculino	02:24:13	+31:58	06:16
35	1367	André Moreira Pinto	Individual	Senior Masculino	02:24:15	+32:00	06:16
36	1742	Joao Castel-Branco	Olimpico Vianense Trail/ND Sport	Senior Masculino	02:24:20	+32:05	06:17
37	1863	Pedro Trindade	Estrela Grande Trail	Senior Masculino	02:24:42	+32:27	06:17
38	1780	Helder Camilo	PAREDES AVENTURA	Senior Masculino	02:24:42	+32:27	06:17
39	1765	Marco Brochado	Os Lobos do Saibro	Senior Masculino	02:24:42	+32:27	06:17
40	1194	Sérgio Matos	EDV-VIANA TRAIL	Senior Masculino	02:25:16	+33:01	06:19
41	1805	Sérgio Miguel Lopes Monteiro	Sardonisca Runners	Senior Masculino	02:25:26	+33:11	06:19
42	1636	Helder Gomes	KeMedo Team	Senior Masculino	02:26:08	+33:53	06:21
43	1709	Micael	MULTIPOWER GAIA TRAIL	Senior Masculino	02:26:11	+33:56	06:21
44	1309	Flávio Miguel Pastor Oliveira	Grupo Dramático e Recreativo de Retorta	Senior Masculino	02:26:12	+33:57	06:21
45	1419	João Moreira	Individual	Senior Masculino	02:26:49	+34:34	06:23
46	1373	Antonio Goncalves	Individual	Senior Masculino	02:27:07	+34:52	06:24
47	1087	Domingos Nogueira	Associação Desportiva da Efacec	Senior Masculino	02:27:56	+35:41	06:26
48	1764	Filipe Pinto	Os Lobos do Saibro	Senior Masculino	02:28:33	+36:18	06:28
49	1038	Agostinho Sousa	ALIANÇA DE GANDRA	Senior Masculino	02:28:39	+36:24	06:28
50	1017	Antonio mendes	A.D.Amarante trail running	Senior Masculino	02:29:34	+37:19	06:30
51	1164	João cardoso	CTAD - Trilhos de Cinfães	Senior Masculino	02:29:53	+37:38	06:31
52	1464	Paulo Pinho	Individual	Senior Masculino	02:29:53	+37:38	06:31
53	1413	Hugo Azevedo	Beat Your Limit!	Senior Masculino	02:31:31	+39:16	06:35
54	1257	Luis Miguel Brás Pinto	Fridão Sem Limites	Senior Masculino	02:32:23	+40:08	06:38
55	1712	Paulo Madeira	MULTIPOWER GAIA TRAIL	Senior Masculino	02:32:25	+40:10	06:38
56	1763	Paulo Pinheiro	os lebres btt sai da frente	Senior Masculino	02:32:38	+40:23	06:38
57	1711	Paulo Amadeu	MULTIPOWER GAIA TRAIL	Senior Masculino	02:32:42	+40:27	06:38
58	1478	Ricardo Ferreira	Individual	Senior Masculino	02:32:50	+40:35	06:39
59	1744	Rui Faria	Olimpico Vianense Trail/ND Sport	Senior Masculino	02:33:17	+41:02	06:40
60	1234	Bruno Pinto	FITSPOT-Parque Nascente	Senior Masculino	02:33:26	+41:11	06:40
61	1653	Celso Oliveira	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	02:33:46	+41:31	06:41
62	1645	Ivo Martins	Leões de Tardariz Trail	Senior Masculino	02:34:31	+42:16	06:43
63	1287	André Trigais	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:35:20	+43:05	06:45
64	1878	Hugo Manuel Costa Andrade	Grupo Dramático e Recreativo de Retorta	Senior Masculino	02:35:43	+43:28	06:46
65	1228	Ricardo Rocha	FAST AO KM	Senior Masculino	02:35:45	+43:30	06:46

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Trilhos 23K

23 KM

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66	1113	César Gonçalves	Bolts	Senior Masculino	02:35:46	+43:31	06:46
67	1291	Paulo Jorge	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:35:53	+43:38	06:47
68	1784	Emanuel Coelho	PORTO SENTIDO RUNNERS	Senior Masculino	02:36:37	+44:22	06:49
69	1124	Bruno Ramiro	Casadotear.pt	Senior Masculino	02:38:15	+46:00	06:53
70	1480	Ricardo Jorge Teixeira Duarte	Individual	Senior Masculino	02:38:33	+46:18	06:54
71	1493	Sérgio Bruno Monteiro de Carvalho	Individual	Senior Masculino	02:38:49	+46:34	06:54
72	1059	José Madureira	Amigo	Senior Masculino	02:39:07	+46:52	06:55
73	1369	Ângelo Cabral	Individual	Senior Masculino	02:39:15	+47:00	06:55
74	1827	Nuno Sobral	Team DUAS FACES	Senior Masculino	02:39:22	+47:07	06:56
75	1317	Emanuel Moreira da Costa	GTT - Armazém do Caffè	Senior Masculino	02:39:37	+47:22	06:56
76	1484	Ricardo Morais da Costa Nogueira	Individual	Senior Masculino	02:39:54	+47:39	06:57
77	1031	Filipe Gonçalves	AfrikanRunners	Senior Masculino	02:39:54	+47:39	06:57
78	1431	José Ferreira Costa	Individual	Senior Masculino	02:39:56	+47:41	06:57
79	1505	Vitor Francisco	Individual	Senior Masculino	02:40:11	+47:56	06:58
80	1237	Micael Morais	FITSPOT-Parque Nascente	Senior Masculino	02:40:12	+47:57	06:58
81	1172	Guilhermino Meireles	CTM VILA POUCA DE AGUIAR	Senior Masculino	02:40:44	+48:29	06:59
82	1469	Pedro Filipe Dias Alves	Individual	Senior Masculino	02:40:52	+48:37	07:00
83	1240	Pedro Jorge	FITSPOT-Parque Nascente	Senior Masculino	02:41:27	+49:12	07:01
84	1862	Ricardo Costa	Unidade Especial de Corrida	Senior Masculino	02:42:01	+49:46	07:03
85	1013	Tiago Sousa	A. D. Sebolido Trail Boneca D´Ouro	Senior Masculino	02:42:38	+50:23	07:04
86	1670	Rui Madureira	Marco Runners	Senior Masculino	02:42:39	+50:24	07:04
87	1762	Adelino Pinheiro	os lebres btt sai da frente	Senior Masculino	02:43:39	+51:24	07:07
88	1152	Paulo Silva	Clube Zupper	Senior Masculino	02:44:10	+51:55	07:08
89	1169	Ângelo Costa	CTM VILA POUCA DE AGUIAR	Senior Masculino	02:44:20	+52:05	07:09
90	1411	Henrique Barbosa	Individual	Senior Masculino	02:44:21	+52:06	07:09
91	1219	Bruno Pereira	Eu+ Ginásio LMA	Senior Masculino	02:44:56	+52:41	07:10
92	1241	Rafael Almeida	FITSPOT-Parque Nascente	Senior Masculino	02:45:49	+53:34	07:13
93	1428	Jorge Ribeiro	Individual	Senior Masculino	02:45:51	+53:36	07:13
94	1669	Pedro Nogueira	Marco Runners	Senior Masculino	02:46:04	+53:49	07:13
95	1378	Bernardo Tavares	Individual	Senior Masculino	02:46:08	+53:53	07:13
96	1166	Ricardo Carvalho	CTAD - Trilhos de Cinfães	Senior Masculino	02:46:29	+54:14	07:14
97	1254	Carlos Alexandre Moreira Pinto	Fridão Sem Limites	Senior Masculino	02:47:29	+55:14	07:17
98	1060	Nelson Nascimento	Amigo	Senior Masculino	02:47:50	+55:35	07:18
99	1451	Miguel Seca	Individual	Senior Masculino	02:48:05	+55:50	07:18
100	1277	CARLOS MARTINS	Ginasio Fit4Fun	Senior Masculino	02:48:25	+56:10	07:19
101	1173	Sérgio Vilela	CTM VILA POUCA DE AGUIAR	Senior Masculino	02:49:53	+57:38	07:23
102	1651	José Sá	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	02:49:57	+57:42	07:23
103	1221	Miguel Baía	Eu+ Ginásio LMA	Senior Masculino	02:50:32	+58:17	07:25
104	1446	Marco Sousa	Individual	Senior Masculino	02:51:18	+59:03	07:27
105	1371	António Ferreira	Individual	Senior Masculino	02:51:39	+59:24	07:28
106	1381	Bruno Neves	Individual	Senior Masculino	02:51:51	+59:36	07:28
107	1434	José Paulo Lima	Individual	Senior Masculino	02:52:49	+01:00:34	07:31
108	1066	JOAQUIM FERNANDES	AMIGOS DO ATLETISMO MAGNA	Senior Masculino	02:53:13	+01:00:58	07:32
109	1067	PEDRO SOUSA	AMIGOS DO ATLETISMO MAGNA	Senior Masculino	02:53:13	+01:00:58	07:32
110	1253	António Joaquim Teixeira Alves	Fridão Sem Limites	Senior Masculino	02:53:16	+01:01:01	07:32

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Trilhos 23K

23 KM

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111	1496	Sergio Filipe Maia de Sousa	Individual	Senior Masculino	02:53:36	+01:01:21	07:33
112	1102	Francisco Fernandes	AZTrail	Senior Masculino	02:53:42	+01:01:27	07:33
113	1452	Miguel Soares	Individual	Senior Masculino	02:53:43	+01:01:28	07:33
114	1223	Francisco Aragão	EU+LMA	Senior Masculino	02:54:10	+01:01:55	07:34
115	1208	Celso Santos	Engomadoria L&A Team	Senior Masculino	02:54:17	+01:02:02	07:35
116	1091	Helder Faria	Associação Desportiva da Efacec	Senior Masculino	02:55:02	+01:02:47	07:37
117	1319	HUGO PALMEIRA	GTT - Armazém do Caffè	Senior Masculino	02:55:16	+01:03:01	07:37
118	1450	Miguel Santos	Individual	Senior Masculino	02:55:36	+01:03:21	07:38
119	1488	Rui Lima	Individual	Senior Masculino	02:55:57	+01:03:42	07:39
120	1455	Nuno Alexandre Lopes dos Santos	Individual	Senior Masculino	02:56:02	+01:03:47	07:39
121	1018	Hugo Angelo Ferraz Duarte	A.D.Amarante trail running	Senior Masculino	02:56:22	+01:04:07	07:40
122	1109	Daniel Ribeiro	BitRunners	Senior Masculino	02:56:37	+01:04:22	07:41
123	1389	Daniel Silva Pereira	Individual	Senior Masculino	02:56:38	+01:04:23	07:41
124	1748	Helder Filipe Silva	Os Atletas	Senior Masculino	02:56:40	+01:04:25	07:41
125	1012	Rui Teixeira	A. D. Sebolido Trail Boneca D´Ouro	Senior Masculino	02:56:49	+01:04:34	07:41
126	1324	Rafael Escrivães	GTT - Armazém do Caffè	Senior Masculino	02:57:04	+01:04:49	07:42
127	1321	Nuno Figueiredo	GTT - Armazém do Caffè	Senior Masculino	02:57:05	+01:04:50	07:42
128	1489	Rui Matos	Individual	Senior Masculino	02:57:29	+01:05:14	07:43
129	27	Nuno Moreira	Associação Desportiva da Efacec	Senior Masculino	02:58:12	+01:05:57	07:45
130	1397	Fernando Fernandes	Individual	Senior Masculino	02:58:14	+01:05:59	07:45
131	1449	Miguel Cracel	Individual	Senior Masculino	02:58:18	+01:06:03	07:45
132	1056	Sérgio Silva	ALUNOS DE MEIRIM F.C.	Senior Masculino	02:59:06	+01:06:51	07:47
133	1408	Helder Parracho	Individual	Senior Masculino	02:59:15	+01:07:00	07:48
134	1486	Rui André Ribeiro Martins	Individual	Senior Masculino	02:59:28	+01:07:13	07:48
135	1112	Bruno Neiva	Bolts	Senior Masculino	02:59:30	+01:07:15	07:48
136	1684	Pedro Emanuel Santos Silva	Mira Q Corredores	Senior Masculino	02:59:32	+01:07:17	07:48
137	1098	Tiago Luis Moreira de Barros	Associação Desportiva de Cabroelo	Senior Masculino	03:00:07	+01:07:52	07:50
138	1097	Luís Fernando Castro Ferreira	Associação Desportiva de Cabroelo	Senior Masculino	03:00:08	+01:07:53	07:50
139	1150	Helder Vieira	Clube Zupper	Senior Masculino	03:00:10	+01:07:55	07:50
140	1448	Mário Galhano	Individual	Senior Masculino	03:00:10	+01:07:55	07:50
141	1148	Filipe Mendes	Clube Zupper	Senior Masculino	03:00:11	+01:07:56	07:50
142	1844	Manuel oaquim Martins da Silva	TrepaTrilhos Trail Team	Senior Masculino	03:00:28	+01:08:13	07:51
143	1432	José Luís Martins Pinto	Individual	Senior Masculino	03:00:39	+01:08:24	07:51
144	1094	Paulo Borges	Associação Desportiva da Efacec	Senior Masculino	03:00:39	+01:08:24	07:51
145	1454	Nelson Silva	Individual	Senior Masculino	03:00:40	+01:08:25	07:51
146	1466	pedro alexandre branco silva	Individual	Senior Masculino	03:01:05	+01:08:50	07:52
147	1405	Helder Luis Nunes Pacheco	Individual	Senior Masculino	03:01:09	+01:08:54	07:53
148	1033	RUFUS	AfrikanRunners	Senior Masculino	03:02:22	+01:10:07	07:56
149	1422	João Valente	Individual	Senior Masculino	03:02:50	+01:10:35	07:57
150	1423	Joaquim Alves	Individual	Senior Masculino	03:02:52	+01:10:37	07:57
151	1058	Fernando Vieira	Amigo	Senior Masculino	03:03:47	+01:11:32	07:59
152	1074	MIGUEL ANDRADE	ARCORUN	Senior Masculino	03:04:25	+01:12:10	08:01
153	1437	Levi Filipe Pinto Arrepia	Individual	Senior Masculino	03:05:05	+01:12:50	08:03
154	1279	JORGE COSTA	Ginasio Fit4Fun	Senior Masculino	03:05:06	+01:12:51	08:03

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Trilhos 23K

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155	1372	Antonio Fonseca	Individual	Senior Masculino	03:05:13	+01:12:58	08:03
156	1220	Gil Ferreira da Silva	Eu+ Ginásio LMA	Senior Masculino	03:05:48	+01:13:33	08:05
157	1851	Daniel Fernandes	vimarunners	Senior Masculino	03:05:56	+01:13:41	08:05
158	1638	Jose Pinto	KeMedo Team	Senior Masculino	03:06:01	+01:13:46	08:05
159	1418	João Lima	Individual	Senior Masculino	03:06:32	+01:14:17	08:07
160	1048	Carlos Fonseca	All About	Senior Masculino	03:06:33	+01:14:18	08:07
161	1785	Miguel Pereira	PORTO SENTIDO RUNNERS	Senior Masculino	03:06:47	+01:14:32	08:07
162	1424	Joaquim Fernando Martins dos Santos	Individual	Senior Masculino	03:07:25	+01:15:10	08:09
163	1242	Ricardo Ferreira	FITSPOT-Parque Nascente	Senior Masculino	03:07:53	+01:15:38	08:10
164	1850	Bruno Vilaça	Vanila Vilessa	Senior Masculino	03:08:49	+01:16:34	08:13
165	1193	Pedro Rocha	EDV-VIANA TRAIL	Senior Masculino	03:09:05	+01:16:50	08:13
166	1831	Tiago Borges	TEAM LANTEMIL	Senior Masculino	03:09:06	+01:16:51	08:13
167	1781	Maunuel Barbosa	Paredes Running	Senior Masculino	03:09:38	+01:17:23	08:15
168	1410	Helder pinto	Individual	Senior Masculino	03:09:45	+01:17:30	08:15
169	1425	Jorge Borges	Individual	Senior Masculino	03:09:58	+01:17:43	08:16
170	1028	Paulo Pires	ADTravassô	Senior Masculino	03:10:07	+01:17:52	08:16
171	1490	Rui Pedro da Costa Marques	Individual	Senior Masculino	03:10:11	+01:17:56	08:16
172	1722	Filipe Machado	Nascidos para Correr	Senior Masculino	03:10:25	+01:18:10	08:17
173	1182	Pedro Daniel Ferreira Teixeira	Doidos do Mato	Senior Masculino	03:10:43	+01:18:28	08:18
174	1212	CARLOS COSTA	EQUIPA JOAO FERREIRA	Senior Masculino	03:11:03	+01:18:48	08:18
175	1156	Ricardo Soares	Clube Zupper	Senior Masculino	03:11:13	+01:18:58	08:19
176	1460	Nuno Sá	Individual	Senior Masculino	03:11:15	+01:19:00	08:19
177	1365	André Cunha	Individual	Senior Masculino	03:11:26	+01:19:11	08:19
178	1501	Tiago Mendes	Individual	Senior Masculino	03:11:33	+01:19:18	08:20
179	1023	Paulo Rocha	A.D.Amarante trail running	Senior Masculino	03:11:36	+01:19:21	08:20
180	1637	José Pereira	KeMedo Team	Senior Masculino	03:11:48	+01:19:33	08:20
181	1276	CARLOS MAGALHAES	Ginasio Fit4Fun	Senior Masculino	03:12:11	+01:19:56	08:21
182	1791	RICARDO PEREIRA	PORTOCARGO	Senior Masculino	03:12:19	+01:20:04	08:22
183	1694	miguel pinto	Monte dos Amigos	Senior Masculino	03:12:20	+01:20:05	08:22
184	1852	Rui Almeida	vimarunners	Senior Masculino	03:12:27	+01:20:12	08:22
185	1773	Nuno Marques	Os TurboMula	Senior Masculino	03:12:39	+01:20:24	08:23
186	1426	Jorge Carneiro	Individual	Senior Masculino	03:12:41	+01:20:26	08:23
187	1396	FÁBIO RODRIGUES	Individual	Senior Masculino	03:12:57	+01:20:42	08:23
188	1171	César Sousa	CTM VILA POUCA DE AGUIAR	Senior Masculino	03:13:04	+01:20:49	08:24
189	1700	Silvio Pinto	Moure Trail Running	Senior Masculino	03:13:07	+01:20:52	08:24
190	1073	ANTÓNIO BATISTA	ARCORUN	Senior Masculino	03:13:08	+01:20:53	08:24
191	1412	Hugo André Vaz Faria Couto	Individual	Senior Masculino	03:13:13	+01:20:58	08:24
192	1799	Pedro Marinho	RDUT	Senior Masculino	03:13:39	+01:21:24	08:25
193	1417	João Brito	Individual	Senior Masculino	03:13:58	+01:21:43	08:26
194	1243	Ricardo Vigário	FITSPOT-Parque Nascente	Senior Masculino	03:14:36	+01:22:21	08:28
195	1644	helder silva	LAZINCO	Senior Masculino	03:14:38	+01:22:23	08:28
196	1235	Bruno Sousa	FITSPOT-Parque Nascente	Senior Masculino	03:14:40	+01:22:25	08:28
197	1385	César Ribeiro	Individual	Senior Masculino	03:15:29	+01:23:14	08:30
198	1842	Bruno Andrade	Trailgloditas	Senior Masculino	03:16:00	+01:23:45	08:31
199	1416	João Araújo	Individual	Senior Masculino	03:16:00	+01:23:45	08:31
200	1459	Nuno Pereira	Individual	Senior Masculino	03:16:10	+01:23:55	08:32

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Trilhos 23K

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201	1395	Fábio Ricardo da Costa Campos	Individual	Senior Masculino	03:16:13	+01:23:58	08:32
202	1266	Tiago Moreira	Gangue das Maças	Senior Masculino	03:16:35	+01:24:20	08:33
203	1366	André Filipe Rodrigues Gonçalves	Individual	Senior Masculino	03:16:53	+01:24:38	08:34
204	1499	Sílvio Rodrigues de Sá	Individual	Senior Masculino	03:17:36	+01:25:21	08:35
205	1034	SERGE KIPTANUI	AfrikanRunners	Senior Masculino	03:17:42	+01:25:27	08:36
206	1774	Pedro Figueiredo	Os TurboMula	Senior Masculino	03:18:44	+01:26:29	08:38
207	1153	Pedro Lopes	Clube Zupper	Senior Masculino	03:18:57	+01:26:42	08:39
208	1830	Hugo Pereira	TEAM LANTEMIL	Senior Masculino	03:18:58	+01:26:43	08:39
209	1462	Paulo Assis	Individual	Senior Masculino	03:18:59	+01:26:44	08:39
210	1813	Marco Gonçalves	SOFTEAM	Senior Masculino	03:19:01	+01:26:46	08:39
211	1654	Pedro Gaio	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	03:19:09	+01:26:54	08:40
212	1047	Bruno Monteiro	All About	Senior Masculino	03:19:12	+01:26:57	08:40
213	1213	JOAO FERREIRA	EQUIPA JOAO FERREIRA	Senior Masculino	03:19:55	+01:27:40	08:42
214	1214	PEDRO MEIRELES	EQUIPA JOAO FERREIRA	Senior Masculino	03:19:56	+01:27:41	08:42
215	1061	Samuel Teixeira	Amigo	Senior Masculino	03:20:09	+01:27:54	08:42
216	1468	Pedro Arlindo Vieira Madureira	Individual	Senior Masculino	03:20:35	+01:28:20	08:43
217	1130	JOSÉ MIGUEL CRUZ PINTO	CICLISTAS CÓSMICOS - GISLÓTICA	Senior Masculino	03:20:39	+01:28:24	08:43
218	1749	Ricardo Fonseca	Os Atletas	Senior Masculino	03:20:46	+01:28:31	08:44
219	1491	Rui Pedro Pinto	Individual	Senior Masculino	03:21:20	+01:29:05	08:45
220	1239	Nuno França	FITSPOT-Parque Nascente	Senior Masculino	03:21:48	+01:29:33	08:46
221	1084	Ricardo Tavares	As Belas e Eles	Senior Masculino	03:21:59	+01:29:44	08:47
222	1256	Gustavo Bento	Fridão Sem Limites	Senior Masculino	03:22:00	+01:29:45	08:47
223	1089	Francisco Batista	Associação Desportiva da Efacec	Senior Masculino	03:22:26	+01:30:11	08:48
224	1476	Raul Viana	Individual	Senior Masculino	03:22:30	+01:30:15	08:48
225	1671	Nuno de Oliveira	MediLixa	Senior Masculino	03:22:54	+01:30:39	08:49
226	1869	Rui Teixeira Pinto	Os Falta D'Ar	Senior Masculino	03:23:08	+01:30:53	08:50
227	26	Miguel Cruz	Associação Desportiva da Efacec	Senior Masculino	03:23:12	+01:30:57	08:50
228	1093	Manuel Moura	Associação Desportiva da Efacec	Senior Masculino	03:23:13	+01:30:58	08:50
229	1494	Sergio Chacim	Individual	Senior Masculino	03:23:24	+01:31:09	08:51
230	1393	Emanuel José Marques de Pinho Gomes	Individual	Senior Masculino	03:23:41	+01:31:26	08:51
231	1755	Rui Pedro Bernardes dos santos	Os contrabandistas	Senior Masculino	03:23:44	+01:31:29	08:51
232	1238	Miguel Guimarães	FITSPOT-Parque Nascente	Senior Masculino	03:24:01	+01:31:46	08:52
233	1289	Manuel Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:24:07	+01:31:52	08:52
234	1720	Bruno José da Silva Moura	Nascidos para Correr	Senior Masculino	03:24:22	+01:32:07	08:53
235	1129	Filipe Nunes	CFA Runners	Senior Masculino	03:24:33	+01:32:18	08:54
236	1021	Nuno Moura	A.D.Amarante trail running	Senior Masculino	03:25:13	+01:32:58	08:55
237	1678	Filipe Pinto	Metralhas Runners	Senior Masculino	03:25:18	+01:33:03	08:56
238	1641	Renato Almeida	KeMedo Team	Senior Masculino	03:25:24	+01:33:09	08:56
239	1104	Oscar magalhaes	AZULAICO	Senior Masculino	03:25:30	+01:33:15	08:56
240	1103	Joaquim Teixeira	AZULAICO	Senior Masculino	03:25:31	+01:33:16	08:56
241	1639	Luis Silva	KeMedo Team	Senior Masculino	03:25:59	+01:33:44	08:57
242	1119	João Monteiro	BUDEGUITA RUNNERS	Senior Masculino	03:26:02	+01:33:47	08:57
243	1388	Daniel Silva	Individual	Senior Masculino	03:26:14	+01:33:59	08:58
244	1688	Manuel Pereira	Moinhos Run - ADRM	Senior Masculino	03:26:22	+01:34:07	08:58

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245	1439	Luís Carlos dos Anjos Melo	Individual	Senior Masculino	03:27:00	+01:34:45	09:00
246	1039	Mario Almeida	ALIANÇA DE GANDRA	Senior Masculino	03:27:01	+01:34:46	09:00
247	1635	Fernando Azevedo	KeMedo Team	Senior Masculino	03:27:04	+01:34:49	09:00
248	1377	Artur Ferreira	Individual	Senior Masculino	03:27:11	+01:34:56	09:00
249	1867	Nelson Ferreira	Os Falta D'Ar	Senior Masculino	03:27:57	+01:35:42	09:02
250	1470	Pedro Miguel Araújo Oliveira	Individual	Senior Masculino	03:28:01	+01:35:46	09:03
251	1503	Valério Saleiro	Individual	Senior Masculino	03:28:35	+01:36:20	09:04
252	1453	Nelson Machado	Individual	Senior Masculino	03:29:06	+01:36:51	09:05
253	1057	Fábio Miranda	Amigo	Senior Masculino	03:29:40	+01:37:25	09:07
254	1421	João Poças	Individual	Senior Masculino	03:30:18	+01:38:03	09:09
255	1492	Rui Soares	Individual	Senior Masculino	03:31:07	+01:38:52	09:11
256	1868	Tiago camboa	Os Falta D'Ar	Senior Masculino	03:32:13	+01:39:58	09:14
257	1433	JOSE MARTINS	Individual	Senior Masculino	03:32:36	+01:40:21	09:15
258	1429	JOSE COELHO	Individual	Senior Masculino	03:32:38	+01:40:23	09:15
259	50	Tiago Almeida	BUDEGUITA RUNNERS	Senior Masculino	03:32:55	+01:40:40	09:15
260	1154	Pedro Rodrigues	Clube Zupper	Senior Masculino	03:35:18	+01:43:03	09:22
261	1840	Ricardo Campos	Toyota 4Runner	Senior Masculino	03:36:23	+01:44:08	09:24
262	1461	Oscar Figueiredo	Individual	Senior Masculino	03:36:30	+01:44:15	09:25
263	1179	Ricardo Pires	Da-lhe Gas	Senior Masculino	03:37:44	+01:45:29	09:28
264	1382	Bruno Pereira da Cruz Vieira	Individual	Senior Masculino	03:37:56	+01:45:41	09:29
265	1445	marco Peixoto	Individual	Senior Masculino	03:38:15	+01:46:00	09:29
266	1699	Filipe Barros	Moure Trail Running	Senior Masculino	03:40:02	+01:47:47	09:34
267	1020	Luis Mendes	A.D.Amarante trail running	Senior Masculino	03:40:03	+01:47:48	09:34
268	1135	Ricardo José da Silva Mendonça	Clube do Pessoal EDP - Delegação de Gaia	Senior Masculino	03:41:35	+01:49:20	09:38
269	1134	Helder Filipe da Silva Heitor	Clube do Pessoal EDP - Delegação de Gaia	Senior Masculino	03:41:36	+01:49:21	09:38
270	1435	José Sousa	Individual	Senior Masculino	03:41:41	+01:49:26	09:38
271	1758	paulo pinto	os escaca pedra	Senior Masculino	03:42:00	+01:49:45	09:39
272	1399	Filipe Daniel Pereira Bessa	Individual	Senior Masculino	03:42:32	+01:50:17	09:41
273	1750	Ricardo Jorge Mateus Melo	Os Atletas	Senior Masculino	03:43:24	+01:51:09	09:43
274	1834	Osvaldo Ferreira	team Rede Ambiente	Senior Masculino	03:43:29	+01:51:14	09:43
275	1672	Hugo Pêgas	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Senior Masculino	03:43:47	+01:51:32	09:44
276	1229	Carlos Leal	fb.com/familiapatanisca	Senior Masculino	03:43:51	+01:51:36	09:44
277	1754	Rui Assunção	os caga tacos running team	Senior Masculino	03:44:47	+01:52:32	09:46
278	1753	Paulo Osorio	os caga tacos running team	Senior Masculino	03:44:47	+01:52:32	09:46
279	1368	André Santos	Individual	Senior Masculino	03:45:11	+01:52:56	09:47
280	1106	Jose Vitor Santos Gama	Bicafé	Senior Masculino	03:47:31	+01:55:16	09:54
281	1877	Pedro Miranda	Marco Runners	Senior Masculino	03:47:42	+01:55:27	09:54
282	1487	Rui Duarte	Individual	Senior Masculino	03:48:43	+01:56:28	09:57
283	1456	Nuno Almeida	Individual	Senior Masculino	03:50:03	+01:57:48	10:00
284	1370	Antonio Fernandes	Individual	Senior Masculino	03:51:42	+01:59:27	10:04
285	1286	Paulo Magano	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:52:53	+02:00:38	10:08
286	1290	Monica Carvalhais	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:52:54	+02:00:39	10:08
287	1463	Paulo Jorge Romão de Campos	Individual	Senior Masculino	03:53:41	+02:01:26	10:10
288	1392	Eduardo Neves	Individual	Senior Masculino	03:54:08	+02:01:53	10:11

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289	1447	Marcos Silva	Individual	Senior Masculino	03:54:54	+02:02:39	10:13
290	1125	Hugo José Miguel Pinto	CCPAD - CLUBE DE CAÇA E PESCA DO ALTO DOURO	Senior Masculino	03:55:19	+02:03:04	10:14
291	1808	Manuel Almeida	Shots International Runners	Senior Masculino	03:56:20	+02:04:05	10:17
292	1011	Pedro Soares	A. D. Sebolido Trail Boneca D ´Ouro	Senior Masculino	03:57:43	+02:05:28	10:20
293	1010	Isaque Silva	A. D. Sebolido Trail Boneca D ´Ouro	Senior Masculino	03:57:44	+02:05:29	10:20
294	1457	Nuno Fonseca	Individual	Senior Masculino	03:58:01	+02:05:46	10:21
295	1627	Ivónio Martins	INtrilhos/Pascoalitos	Senior Masculino	03:58:07	+02:05:52	10:22
296	1752	Leonardo Brandão	os caga tacos running team	Senior Masculino	03:58:46	+02:06:31	10:23
297	1667	João Bernardes	Marco Runners	Senior Masculino	04:01:04	+02:08:49	10:29
298	1666	Célio Soares	Marco Runners	Senior Masculino	04:01:05	+02:08:50	10:29
299	1837	Fernando Leite	TNT - Trilhos Natura Team	Senior Masculino	04:03:06	+02:10:51	10:34
300	1255	Filipe Reis Pinheiro	Fridão Sem Limites	Senior Masculino	04:03:48	+02:11:33	10:36
301	1292	Rui Santos	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:06:27	+02:14:12	10:43
302	1465	Pedro Alberto dos Santos Salazar Rodrigues	Individual	Senior Masculino	04:06:58	+02:14:43	10:44
303	1467	Pedro Anjos	Individual	Senior Masculino	04:08:59	+02:16:44	10:50
304	1086	Diogo Moreira	Associação Desportiva da Efaced	Senior Masculino	04:09:29	+02:17:14	10:51
305	1724	Nelson Martins	Nascidos para Correr	Senior Masculino	04:09:41	+02:17:26	10:51
306	1498	Sérgio Valente	Individual	Senior Masculino	04:10:15	+02:18:00	10:53
307	1721	Bruno Lima	Nascidos para Correr	Senior Masculino	04:10:31	+02:18:16	10:54
308	1391	Diogo Sousa	Individual	Senior Masculino	04:10:33	+02:18:18	10:54
309	1477	Ricardo Carvalho	Individual	Senior Masculino	04:10:54	+02:18:39	10:55
310	1322	Pedro Alexandre Alves Marques	GTT - Armazém do Caffè	Senior Masculino	04:11:34	+02:19:19	10:56
311	1149	Gabriel Moreira	Clube Zupper	Senior Masculino	04:11:41	+02:19:26	10:57
312	1376	Arnaldo Costa	Individual	Senior Masculino	04:14:57	+02:22:42	11:05
313	1427	Jorge Filipe Cruz Silva	Individual	Senior Masculino	04:15:11	+02:22:56	11:06
314	1151	Joao Rodrigues	Clube Zupper	Senior Masculino	04:15:57	+02:23:42	11:08
315	1110	Rui Silva	BitRunners	Senior Masculino	04:16:03	+02:23:48	11:08
316	1318	Hernâni Filipe Dias	GTT - Armazém do Caffè	Senior Masculino	04:16:39	+02:24:24	11:10
317	1747	Andre Barros	Os Atletas	Senior Masculino	04:17:27	+02:25:12	11:12
318	1016	andre martinez	A.D.Amarante trail running	Senior Masculino	04:21:22	+02:29:07	11:22
319	1420	João Pedro Padilha Leal	Individual	Senior Masculino	04:22:52	+02:30:37	11:26
320	1474	PT Ricardo Soares	Individual	Senior Masculino	04:23:45	+02:31:30	11:28
321	1502	Tiago Soeiro	Individual	Senior Masculino	04:24:21	+02:32:06	11:30
322	1402	Frederico Rocha	Individual	Senior Masculino	04:26:15	+02:34:00	11:35
323	1640	Pedro Duarte	KeMedo Team	Senior Masculino	04:26:34	+02:34:19	11:35
324	1374	António Mota	Individual	Senior Masculino	04:27:07	+02:34:52	11:37
325	1144	Filipe Branco	Clube Vodafone	Senior Masculino	04:29:26	+02:37:11	11:43
326	1504	Vicente Rua	Individual	Senior Masculino	04:29:27	+02:37:12	11:43
327	1386	Claudio Antonio Ribeiro martins da silva	Individual	Senior Masculino	04:29:28	+02:37:13	11:43
328	1404	Helder Filipe Vieira Martins	Individual	Senior Masculino	04:29:55	+02:37:40	11:44
329	1145	Ricardo Faria	Clube Vodafone	Senior Masculino	04:32:03	+02:39:48	11:50
330	1263	Sergio Brochado	Funtastic Duo	Senior Masculino	04:33:02	+02:40:47	11:52
331	1803	Diogo Santos	RunRun	Senior Masculino	04:39:41	+02:47:26	12:10
332	1443	Luis Pereira	Individual	Senior Masculino	04:40:28	+02:48:13	12:12

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333	1839	Pedro Gonçalves	Toyota 4Runner	Senior Masculino	04:42:50	+02:50:35	12:18
334	1772	Filipe Nogueira	Os TurboMula	Senior Masculino	04:43:13	+02:50:58	12:19
335	1288	Bruno Vigário	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:47:31	+02:55:16	12:30
336	1205	André João Cardoso	EM'Força – Corremos com a Esclerose Múltipla	Senior Masculino	04:47:47	+02:55:32	12:31
337	1481	Ricardo Lopes	Individual	Senior Masculino	04:49:44	+02:57:29	12:36
338	1444	Luís Teixeira	Individual	Senior Masculino	04:49:45	+02:57:30	12:36
339	1383	carlos santos	Individual	Senior Masculino	04:51:21	+02:59:06	12:40
340	1497	Sergio Sousa	Individual	Senior Masculino	04:51:21	+02:59:06	12:40
341	1267	Vasco Patrício	Gangue das Maças	Senior Masculino	04:53:06	+03:00:51	12:45
342	1668	Nuno Amorim	Marco Runners	Senior Masculino	05:14:36	+03:22:21	13:41

Veterana F40

1	1294	Lucinda Sousa	GONDOMAR FUTSAL CLUBE	Veterana F40	02:19:04		06:03
2	1126	Maria Rosário Martins	CENTRO CICLISTA DE GONDOMAR	Veterana F40	02:54:16	+35:12	07:35
3	1872	Ana Maria Amaral	Individual	Veterana F40	02:59:29	+40:25	07:48
4	1062	Goreti Correia	Amigo	Veterana F40	03:02:24	+43:20	07:56
5	1082	Lígia P Coelho	ARSM - Associação Recreativa de São Miguel	Veterana F40	03:08:16	+49:12	08:11
6	1790	Marta Silva	PORTOCARGO	Veterana F40	03:12:57	+53:53	08:23
7	1521	Maria Iracema Fernandes Costa	Individual	Veterana F40	03:13:10	+54:06	08:24
8	1817	Fátima Vieira	Somos Nós Team	Veterana F40	03:13:24	+54:20	08:25
9	1525	sara santos silva	Individual	Veterana F40	03:14:00	+54:56	08:26
10	1120	Carmo Loureiro	BUDEGUITA RUNNERS	Veterana F40	03:18:11	+59:07	08:37
11	1325	Keta Batista	GTT - Armazém do Caffè	Veterana F40	03:21:18	+01:02:14	08:45
12	1111	Margarida Sousa	BitRunners	Veterana F40	03:21:38	+01:02:34	08:46
13	1675	Cristina Freitas	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Veterana F40	03:23:16	+01:04:12	08:50
14	1202	Catarina Pereira	El Team Trail	Veterana F40	03:27:08	+01:08:04	09:00
15	1514	Daniela sanches	Individual	Veterana F40	03:29:06	+01:10:02	09:05
16	1195	Anabela Lobato Torres dos Santos Silva	EDV-VIANA TRAIL	Veterana F40	03:33:45	+01:14:41	09:18
17	1689	Patrícia Sampaio	Moinhos Run - ADRM	Veterana F40	03:37:30	+01:18:26	09:27
18	1516	Fátima Isabel Mirante	Individual	Veterana F40	03:47:13	+01:28:09	09:53
19	1509	Cacilda Maria Sousa Ramos	Individual	Veterana F40	03:47:53	+01:28:49	09:54
20	1157	Cândida Vilas-Boas	Clube Zupper	Veterana F40	03:49:11	+01:30:07	09:58
21	1107	Albertina Machado	BilaRunners	Veterana F40	03:50:26	+01:31:22	10:01
22	1647	Rosa Lídia Silva	Ligeirinhos	Veterana F40	03:50:27	+01:31:23	10:01
23	1511	carla Oliveira	Individual	Veterana F40	03:53:41	+01:34:37	10:10
24	1723	Carmen Lima	Confraria Trotamontes	Veterana F40	03:54:17	+01:35:13	10:11
25	1174	Lúcia Lemos	CTM VILA POUCA DE AGUIAR	Veterana F40	03:54:57	+01:35:53	10:13
26	1049	Sonia Pereira	All About	Veterana F40	03:55:32	+01:36:28	10:14
27	1515	Elza Mendes Cordeiro	Individual	Veterana F40	03:57:58	+01:38:54	10:21
28	1180	Glória Monteiro	Dental Doctors	Veterana F40	03:59:18	+01:40:14	10:24
29	1280	Conceição Ferreira	Ginasio Fit4Fun	Veterana F40	04:00:08	+01:41:04	10:26
30	1517	Helena Alves	Individual	Veterana F40	04:00:39	+01:41:35	10:28

Trilhos 23K

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31	1508	Ana Paula Monteiro da Costa	Individual	Veterana F40	04:01:27	+01:42:23	10:30
32	1080	Helena Cunha	ARRASTASSOLAS	Veterana F40	04:04:50	+01:45:46	10:39
33	1680	Fernanda Carvalho	Metralhas Runners	Veterana F40	04:06:29	+01:47:25	10:43
34	1159	Paula Nascimento	Clube Zupper	Veterana F40	04:11:41	+01:52:37	10:57
35	1518	Ivete Alves	Individual	Veterana F40	04:22:06	+02:03:02	11:24
36	1846	Maria da Luz Oliveira	TROCÓPASSO	Veterana F40	04:23:46	+02:04:42	11:28
37	1293	CIDALIA PEIXOTO	GONDOMAR FUTSAL CLUBE	Veterana F40	04:24:29	+02:05:25	11:30
38	1679	Elsa Leite	Metralhas Runners	Veterana F40	04:24:36	+02:05:32	11:30
39	1681	Graca Farelo	Metralhas Runners	Veterana F40	04:24:38	+02:05:34	11:30
40	1857	Liliana Brandao	WTF	Veterana F40	04:25:03	+02:05:59	11:31
41	1181	Maria Portugal	Dental Doctors	Veterana F40	04:26:16	+02:07:12	11:35
42	1215	CELIA AROSO	EQUIPA JOAO FERREIRA	Veterana F40	04:27:41	+02:08:37	11:38
43	1216	GORETI VARELA	EQUIPA JOAO FERREIRA	Veterana F40	04:27:41	+02:08:37	11:38
44	1520	Manuela Dias	Individual	Veterana F40	04:30:43	+02:11:39	11:46
45	1655	Sandra Pereira	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	04:33:23	+02:14:19	11:53
46	1513	Cláudia Pinto	Individual	Veterana F40	04:34:07	+02:15:03	11:55
47	1735	Ana Barroso	NO TOMORROW RUNNING TEAM	Veterana F40	04:34:08	+02:15:04	11:55
48	1050	Susana Tavares	All About	Veterana F40	04:34:17	+02:15:13	11:56
49	1136	Ana Cristina Nogueira Lopes	Clube Millennium BCP	Veterana F40	04:34:19	+02:15:15	11:56
50	1510	Carla Caria	Individual	Veterana F40	04:36:20	+02:17:16	12:01
51	1841	Rita Martins	Toyota 4Runner	Veterana F40	04:42:50	+02:23:46	12:18
52	1158	Dulce Moreda	Clube Zupper	Veterana F40	04:49:08	+02:30:04	12:34
53	1121	Isabel Lima	BUDEGUITA RUNNERS	Veterana F40	05:11:30	+02:52:26	13:33
54	1138	MARIA CRISTINA BRAS OLIVEIRA VILELA	Clube Millennium BCP	Veterana F40	05:19:49	+03:00:45	13:54
55	1137	CARLA SUSANA PAULO LOURENCO	Clube Millennium BCP	Veterana F40	05:19:50	+03:00:46	13:54

Veterana F50

1	1648	Carmo Marinho	Ligeirinhos	Veterana F50	03:06:25		08:06
2	1244	Luisa Almeida	FITSPOT-Parque Nascente	Veterana F50	03:25:16	+18:51	08:56
3	1770	amelia moreira	os selvagens	Veterana F50	03:34:19	+27:54	09:19
4	1656	Maria Ricardo	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F50	03:35:57	+29:32	09:23
5	1303	Adelaide Vigarior	GONDOMAR FUTSAL CLUBE	Veterana F50	03:54:28	+48:03	10:12
6	1184	Helena Maia	DUROS VL	Veterana F50	04:22:51	+01:16:26	11:26
7	1697	ROSA COSTA	Moreira Relax Runners	Veterana F50	04:51:16	+01:44:51	12:40

Veterano M40

1	1804	Armando Teixeira	Salomon	Veterano M40	01:54:48	04:59
2	1716	Luis Gil	MULTIPOWER GAIA TRAIL	Veterano M40	01:56:19	+01:31 05:03
3	1713	Dinis Gonçalves	MULTIPOWER GAIA TRAIL	Veterano M40	02:06:17	+11:29 05:29
4	1041	José Neves	ALIANÇA DE GANDRA	Veterano M40	02:07:34	+12:46 05:33

Trilhos 23K

23 KM

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5	1312	Adelino Martins Silva	Grupo Dramático e Recreativo de Retorta	Veterano M40	02:09:00	+14:12	05:37
6	1064	Manuel Barbosa	Amigo	Veterano M40	02:14:52	+20:04	05:52
7	1529	António Amador	Individual	Veterano M40	02:16:14	+21:26	05:55
8	1873	Nuno Paio	GONDOMAR FUTSAL CLUBE	Veterano M40	02:19:13	+24:25	06:03
9	1715	Joaquim Pereira	MULTIPOWER GAIA TRAIL	Veterano M40	02:20:28	+25:40	06:06
10	1175	António Campos	CTM VILA POUCA DE AGUIAR	Veterano M40	02:24:02	+29:14	06:16
11	1582	Paulo Araújo Costa	Individual	Veterano M40	02:25:30	+30:42	06:20
12	1543	ezequiel fernandes	Individual	Veterano M40	02:26:29	+31:41	06:22
13	1546	Francisco Pinheiro	Individual	Veterano M40	02:28:13	+33:25	06:27
14	1040	Carlos Silva	ALIANÇA DE GANDRA	Veterano M40	02:29:27	+34:39	06:30
15	1260	Manuel Avelino Reis Pinheiro	Fridão Sem Limites	Veterano M40	02:29:34	+34:46	06:30
16	1042	Leonel Neves	ALIANÇA DE GANDRA	Veterano M40	02:31:18	+36:30	06:35
17	1695	jorge pinheiro	Monte dos Amigos	Veterano M40	02:31:37	+36:49	06:36
18	1588	Paulo Ferreira	Individual	Veterano M40	02:32:27	+37:39	06:38
19	1314	Rogério Manuel Almeida Coelho	Grupo Dramático e Recreativo de Retorta	Veterano M40	02:32:31	+37:43	06:38
20	1261	Paulo Teixeira de Sousa	Fridão Sem Limites	Veterano M40	02:32:35	+37:47	06:38
21	1608	vitoe Coelho	Individual	Veterano M40	02:33:35	+38:47	06:41
22	1642	Laurindo Osorio	KeMedo Team	Veterano M40	02:33:54	+39:06	06:41
23	1526	Alcino Gomes	Individual	Veterano M40	02:34:22	+39:34	06:43
24	1168	José Carlos Dias	CTAD - Trilhos de Cinfães	Veterano M40	02:34:25	+39:37	06:43
25	1096	Pedro Pinto	Associação Desportiva da Efacec	Veterano M40	02:36:50	+42:02	06:49
26	1589	Paulo Jorge Ferreira	Individual	Veterano M40	02:37:15	+42:27	06:50
27	1728	Pedro Teixeira	Nascidos para Correr	Veterano M40	02:37:23	+42:35	06:51
28	1818	Paulo Moraes	Somos Nós Team	Veterano M40	02:37:28	+42:40	06:51
29	1077	CARLOS COUTO	ARCORUN	Veterano M40	02:37:36	+42:48	06:51
30	1605	Sérgio Albuquerque Moreira Pinto	Individual	Veterano M40	02:38:25	+43:37	06:53
31	1299	Paulo Alves	GONDOMAR FUTSAL CLUBE	Veterano M40	02:39:06	+44:18	06:55
32	1176	Carlos Sousa	CTM VILA POUCA DE AGUIAR	Veterano M40	02:39:39	+44:51	06:56
33	1540	Daniel Mota	Individual	Veterano M40	02:39:48	+45:00	06:57
34	1565	Luis Artur Gonçalves	Individual	Veterano M40	02:40:06	+45:18	06:58
35	1853	Filipe Lages	vimarunners	Veterano M40	02:40:09	+45:21	06:58
36	1815	Paulo Melo	Soldado Desconhecido	Veterano M40	02:41:01	+46:13	07:00
37	1746	Pedro Pereira	Olimpico Vianense Trail/ND Sport	Veterano M40	02:41:24	+46:36	07:01
38	1562	José Paulo Mesquita	Individual	Veterano M40	02:41:47	+46:59	07:02
39	1760	Manuel Oliveira	Os Falta D'Ar	Veterano M40	02:41:53	+47:05	07:02
40	1726	Carlos Ferreira	Nascidos para Correr	Veterano M40	02:41:59	+47:11	07:03
41	1854	Luís Guise	vimarunners	Veterano M40	02:42:44	+47:56	07:05
42	1823	Pedro Sousa	SPINECLINIC	Veterano M40	02:42:54	+48:06	07:05
43	1745	Mario Gonçalves	Olimpico Vianense Trail/ND Sport	Veterano M40	02:43:16	+48:28	07:06
44	1226	Luis Lopes	Fardetas	Veterano M40	02:43:55	+49:07	07:08
45	1571	Manuel Brandão	Individual	Veterano M40	02:46:01	+51:13	07:13
46	1095	José Miguel Barbosa	Associação Desportiva da Efacec	Veterano M40	02:46:11	+51:23	07:14
47	1547	Francisco Teotónio	Individual	Veterano M40	02:46:13	+51:25	07:14
48	1570	Manuel António Teixeira	Individual	Veterano M40	02:48:48	+54:00	07:20
49	1788	Laurindo Gomes	PORTO SENTIDO RUNNERS	Veterano M40	02:49:31	+54:43	07:22

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Trilhos 23K

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50	1249	Rui Silva	FITSPOT-Parque Nascente	Veterano M40	02:51:20	+56:32	07:27
51	1122	Albino Dias	BUDEGUITA RUNNERS	Veterano M40	02:51:52	+57:04	07:28
52	1583	PAULO BARBOSA	Individual	Veterano M40	02:52:02	+57:14	07:29
53	1141	HELDER MANUEL SANTOS BAPTISTA	Clube Millennium BCP	Veterano M40	02:52:58	+58:10	07:31
54	1597	pedro mouro	Individual	Veterano M40	02:53:29	+58:41	07:33
55	1222	Carlos Pereira	Eu+ Ginásio LMA	Veterano M40	02:54:10	+59:22	07:34
56	1824	Joao Cardoso	SS MONTEPIO	Veterano M40	02:54:18	+59:30	07:35
57	1326	FERNANDO AREZES	GTT - Armazém do Caffè	Veterano M40	02:54:51	+01:00:03	07:36
58	1063	Armando Ribeiro	Amigo	Veterano M40	02:55:10	+01:00:22	07:37
59	1533	Augusto Rodrigues	Individual	Veterano M40	02:56:01	+01:01:13	07:39
60	1573	Miguel Mendes	Individual	Veterano M40	02:56:43	+01:01:55	07:41
61	1139	ANTONIO JOSE FIGUEIREDO SANTOS	Clube Millennium BCP	Veterano M40	02:57:09	+01:02:21	07:42
62	1197	Domingos Paulo Coutinho Meira Rocha	EDV-VIANA TRAIL	Veterano M40	02:57:47	+01:02:59	07:44
63	1779	Miguel Ângelo Costa Teixeira	OUTDOURO	Veterano M40	02:58:04	+01:03:16	07:45
64	1313	Paulo Luis Magalhães Nunes	Grupo Dramático e Recreativo de Retorta	Veterano M40	02:58:06	+01:03:18	07:45
65	1282	LUIS SILVA	Ginasio Fit4Fun	Veterano M40	02:59:31	+01:04:43	07:48
66	1081	Pedro Carvalho	ARRASTASSOLAS	Veterano M40	02:59:31	+01:04:43	07:48
67	1801	Rui Pedro Ferreira Alves	RUNRIVER - Escola de Atletismo de Rio Tinto	Veterano M40	03:00:01	+01:05:13	07:50
68	1078	VÍTOR FOLGADO	ARCORUN	Veterano M40	03:01:08	+01:06:20	07:53
69	1177	Pedro Sá	CTM VILA POUCA DE AGUIAR	Veterano M40	03:02:21	+01:07:33	07:56
70	1576	Mike Dias	Individual	Veterano M40	03:02:41	+01:07:53	07:57
71	1035	MANUDJÔ	AfrikanRunners	Veterano M40	03:02:51	+01:08:03	07:57
72	1037	TWENTY JOKAS	AfrikanRunners	Veterano M40	03:02:51	+01:08:03	07:57
73	1836	Nelson Duarte	THE OUTSIDERS RUNNING TRAIL TEAM	Veterano M40	03:03:16	+01:08:28	07:58
74	1593	Paulo Sousa	Individual	Veterano M40	03:03:24	+01:08:36	07:58
75	1564	LUIS ALMEIDA	Individual	Veterano M40	03:04:12	+01:09:24	08:01
76	1835	António Jesus	team Rede Ambiente	Veterano M40	03:04:45	+01:09:57	08:02
77	1024	Marco magalhaes	A.D.Amarante trail running	Veterano M40	03:05:16	+01:10:28	08:03
78	1607	Sérgio Hugo Oliveira Faria Ricardo	Individual	Veterano M40	03:05:42	+01:10:54	08:04
79	1568	Luís Nuno Santos	Individual	Veterano M40	03:06:19	+01:11:31	08:06
80	1786	Avelino Rodrigues	PORTO SENTIDO RUNNERS	Veterano M40	03:06:36	+01:11:48	08:07
81	1203	Pedro Borges	EI Team Trail	Veterano M40	03:06:49	+01:12:01	08:07
82	1542	Eduardo Nascimenro	Individual	Veterano M40	03:07:21	+01:12:33	08:09
83	1553	Joao Domingues	Individual	Veterano M40	03:07:37	+01:12:49	08:09
84	1768	JOSE MIGUEL PEREIRA	OS ROTOS	Veterano M40	03:08:05	+01:13:17	08:11
85	1530	António Martins	Individual	Veterano M40	03:08:13	+01:13:25	08:11
86	1603	Samuel Soares	Individual	Veterano M40	03:08:39	+01:13:51	08:12
87	1856	José Miguel Neves	Voleibol Runners	Veterano M40	03:08:48	+01:14:00	08:13
88	1199	PAULO JORGE RODRIGUES CARDOSO FERREIRA	EDV-VIANA TRAIL	Veterano M40	03:09:15	+01:14:27	08:14
89	1036	MINGUS	AfrikanRunners	Veterano M40	03:09:16	+01:14:28	08:14
90	1029	ADÉRITO SILVA	ADTravassô	Veterano M40	03:10:05	+01:15:17	08:16
91	1545	Filipe Campelo Lemos	Individual	Veterano M40	03:10:10	+01:15:22	08:16

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Trilhos 23K

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92	1581	Paulo Alexandre Leite	Individual	Veterano M40	03:11:53	+01:17:05	08:21
93	1558	jorge rodrigues	Individual	Veterano M40	03:11:57	+01:17:09	08:21
94	1606	Sérgio Esteves	Individual	Veterano M40	03:12:17	+01:17:29	08:22
95	1783	Hugo Santos	Piratas das Montanhas	Veterano M40	03:12:30	+01:17:42	08:22
96	1609	Vitor Manuel Cruz da Costa	Individual	Veterano M40	03:12:31	+01:17:43	08:22
97	1025	Paulo Alves	A.D.Amarante trail running	Veterano M40	03:14:00	+01:19:12	08:26
98	1281	JOSE JESUS	Ginasio Fit4Fun	Veterano M40	03:14:08	+01:19:20	08:26
99	1574	Miguel Moura	Individual	Veterano M40	03:14:10	+01:19:22	08:27
100	1245	Carlindo Martins	FITSPOT-Parque Nascente	Veterano M40	03:14:43	+01:19:55	08:28
101	1590	Paulo Jorge Jaquel Pinto	Individual	Veterano M40	03:14:56	+01:20:08	08:29
102	1584	Paulo Cavaco	Individual	Veterano M40	03:14:57	+01:20:09	08:29
103	1858	Armando Pinho	WTF	Veterano M40	03:15:01	+01:20:13	08:29
104	1855	Nuno Pedro Abreu Sampaio	vimarunners	Veterano M40	03:15:03	+01:20:15	08:29
105	1248	Nuno Fontelonga	FITSPOT-Parque Nascente	Veterano M40	03:15:22	+01:20:34	08:30
106	1327	RUI CONDE	GTT - Armazém do Caffè	Veterano M40	03:15:23	+01:20:35	08:30
107	1300	Paulo Gama	GONDOMAR FUTSAL CLUBE	Veterano M40	03:15:41	+01:20:53	08:30
108	1301	Pedro Sousa	GONDOMAR FUTSAL CLUBE	Veterano M40	03:16:34	+01:21:46	08:33
109	1247	Jorge Monteiro	FITSPOT-Parque Nascente	Veterano M40	03:16:38	+01:21:50	08:33
110	1532	Arnaldo Paulo Silva Pereira	Individual	Veterano M40	03:16:43	+01:21:55	08:33
111	1162	Manuel Cardoso	Clube Zupper	Veterano M40	03:17:08	+01:22:20	08:34
112	1209	Fernando Oliveira	Engomadoria L&A Team	Veterano M40	03:17:14	+01:22:26	08:35
113	1580	Paulo Alexandre Cristóvão Próspero	Individual	Veterano M40	03:17:57	+01:23:09	08:36
114	1539	Daniel Lacerda	Individual	Veterano M40	03:18:10	+01:23:22	08:37
115	1551	Hilario Costa	Individual	Veterano M40	03:18:12	+01:23:24	08:37
116	1541	David J S Sousa	Individual	Veterano M40	03:19:08	+01:24:20	08:39
117	1270	Jorge Silva	GD BPI	Veterano M40	03:20:22	+01:25:34	08:43
118	1534	Baltazar Ferreira	Individual	Veterano M40	03:20:36	+01:25:48	08:43
119	1131	PAULO JORGE GONÇALVES SOARES	CICLISTAS CÓSMICOS - GISLÓTICA	Veterano M40	03:20:38	+01:25:50	08:43
120	1535	Benigno Azevedo	Individual	Veterano M40	03:20:38	+01:25:50	08:43
121	1592	Paulo Queirós	Individual	Veterano M40	03:22:08	+01:27:20	08:47
122	1577	Nuno Miguel Carneiro	Individual	Veterano M40	03:22:15	+01:27:27	08:48
123	1006	Pedro Vidal	100Fôlego	Veterano M40	03:23:18	+01:28:30	08:50
124	1548	Gabriel Santos	Individual	Veterano M40	03:23:22	+01:28:34	08:51
125	1561	José Luís Silva	Individual	Veterano M40	03:23:47	+01:28:59	08:52
126	1727	Nuno Henrique	Nascidos para Correr	Veterano M40	03:25:09	+01:30:21	08:55
127	1272	Amaro José Leonardo Rodrigues	GINÁSIO EXTREME FIT (Oliveira do Hospital)	Veterano M40	03:25:15	+01:30:27	08:55
128	1549	Helder Manuel Ferreira Gomes	Individual	Veterano M40	03:25:36	+01:30:48	08:56
129	1556	João Soares	Individual	Veterano M40	03:26:25	+01:31:37	08:58
130	1544	Fernando Soares	Individual	Veterano M40	03:26:31	+01:31:43	08:59
131	1053	Ricardo Teixeira	All About	Veterano M40	03:26:51	+01:32:03	09:00
132	1631	PAULO FREITAS	JOANA RODRIGUES SOUSA	Veterano M40	03:27:36	+01:32:48	09:02
133	1557	Joaquim Alcides Morgado Vaz	Individual	Veterano M40	03:27:43	+01:32:55	09:02
134	1140	CARLOS DANIEL SILVA BARBOSA DE ARAUJO	Clube Millennium BCP	Veterano M40	03:28:29	+01:33:41	09:04
135	1133	Hélder Henriques Santos Costa Silva	CLUBE ATLETISMO DE LAMAS	Veterano M40	03:28:32	+01:33:44	09:04

Official Timekeeper: Lap2Go	15 / 18	generate 24-mar-2016 17:42
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Trilhos 23K

23 KM

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OFFICIAL RESULT

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136	1795	RENATO OLIVEIRA	PORTOCARGO	Veterano M40	03:30:08	+01:35:20	09:08
137	1600	Rui Fernandes	Individual	Veterano M40	03:31:04	+01:36:16	09:11
138	1555	João Ramos	Individual	Veterano M40	03:32:14	+01:37:26	09:14
139	1761	Rui Teixeira	Os Falta D'Ar	Veterano M40	03:32:28	+01:37:40	09:14
140	1264	Paulo Vilarinho	Gaia Running	Veterano M40	03:32:39	+01:37:51	09:15
141	1738	António Carvalho	NOCTURNOS DE PAREDES	Veterano M40	03:32:46	+01:37:58	09:15
142	57	Vítor Duarte	BUDEGUITA RUNNERS	Veterano M40	03:32:56	+01:38:08	09:15
143	1123	Tiago Amorim	BUDEGUITA RUNNERS	Veterano M40	03:32:58	+01:38:10	09:16
144	1849	David Pinto	UNIDOS À FRESCA	Veterano M40	03:36:08	+01:41:20	09:24
145	1072	Rui Campos	ANONYMOUS Pro Sports Challenger	Veterano M40	03:36:24	+01:41:36	09:25
146	1690	Pedro Sa	Moinhos Run - ADRM	Veterano M40	03:37:31	+01:42:43	09:27
147	1550	Henrique Silva	Individual	Veterano M40	03:37:42	+01:42:54	09:28
148	1052	Pedro Gavina	All About	Veterano M40	03:38:40	+01:43:52	09:30
149	1664	Francisco Cerqueira	MARATONISTAS DO MINHO	Veterano M40	03:38:42	+01:43:54	09:31
150	1563	José Rodrigues	Individual	Veterano M40	03:39:43	+01:44:55	09:33
151	1569	Luis Terencio	Individual	Veterano M40	03:39:53	+01:45:05	09:34
152	1739	João Paulo Barbosa Leite	NOCTURNOS DE PAREDES	Veterano M40	03:40:30	+01:45:42	09:35
153	1328	Pedro Barros	HappyRun	Veterano M40	03:42:43	+01:47:55	09:41
154	1657	Miguel Fonseca	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	03:42:46	+01:47:58	09:41
155	1552	João Carlos Rocha Augusto	Individual	Veterano M40	03:43:32	+01:48:44	09:43
156	1538	Carlos Lopes	Individual	Veterano M40	03:43:33	+01:48:45	09:43
157	1567	Luis Gomes	Individual	Veterano M40	03:44:46	+01:49:58	09:46
158	1003	Carlos Santos	100Fôlego	Veterano M40	03:45:43	+01:50:55	09:49
159	1578	Nuno Miguel Ferreira Pacheco	Individual	Veterano M40	03:48:58	+01:54:10	09:57
160	1598	Ricardo Neves	Individual	Veterano M40	03:49:38	+01:54:50	09:59
161	1682	Mário Rodrigues	Metralhas Runners	Veterano M40	03:50:19	+01:55:31	10:01
162	1602	Rui Trindade	Individual	Veterano M40	03:50:23	+01:55:35	10:01
163	1055	Luís Lobo	alltitudes trail team	Veterano M40	03:54:23	+01:59:35	10:11
164	1587	Paulo Fernandes	Individual	Veterano M40	03:54:29	+01:59:41	10:12
165	1579	Osvaldo Alberto Silva Oliveira	Individual	Veterano M40	03:55:34	+02:00:46	10:15
166	1100	carlos silva ferreira	autistic.runners	Veterano M40	03:56:16	+02:01:28	10:16
167	1717	Rui Vicente	MULTIPOWER GAIA TRAIL	Veterano M40	03:58:40	+02:03:52	10:23
168	1871	Luis Pedroso	Individual	Veterano M40	03:59:18	+02:04:30	10:24
169	1554	joão Filipe Morais	Individual	Veterano M40	03:59:29	+02:04:41	10:25
170	1296	José Carlos Lascasas	GONDOMAR FUTSAL CLUBE	Veterano M40	04:01:58	+02:07:10	10:31
171	1736	José Faria	NO TOMORROW RUNNING TEAM	Veterano M40	04:05:39	+02:10:51	10:41
172	1777	Paula Figueiredo	Os TurboMula	Veterano M40	04:06:03	+02:11:15	10:42
173	1051	Alvaro Nunes	All About	Veterano M40	04:07:58	+02:13:10	10:47
174	1298	Cesar Pais	GONDOMAR FUTSAL CLUBE	Veterano M40	04:12:12	+02:17:24	10:58
175	1054	Carlos Guedes	alltitudes trail team	Veterano M40	04:13:15	+02:18:27	11:01
176	1160	Alvaro Pinto	Clube Zupper	Veterano M40	04:14:12	+02:19:24	11:03
177	1531	Armando Moreira	Individual	Veterano M40	04:14:13	+02:19:25	11:03
178	1217	ORLANDO COSTA	EQUIPA JOAO FERREIRA	Veterano M40	04:14:27	+02:19:39	11:04
179	1161	Antonio Silva	Clube Zupper	Veterano M40	04:15:58	+02:21:10	11:08

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Trilhos 23K

23 KM

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180	1794	PAULO FERREIRA	PORTOCARGO	Veterano M40	04:21:19	+02:26:31	11:22
181	1585	Paulo César Soares Ribeiro	Individual	Veterano M40	04:22:10	+02:27:22	11:24
182	1186	Rui Carvalho	DUROS VL	Veterano M40	04:22:50	+02:28:02	11:26
183	1185	João Marafona	DUROS VL	Veterano M40	04:22:51	+02:28:03	11:26
184	1601	Rui Miguel Oliveira	Individual	Veterano M40	04:23:47	+02:28:59	11:28
185	1297	Mário Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	04:24:30	+02:29:42	11:30
186	1792	ANTONIO MARTINS	PORTOCARGO	Veterano M40	04:25:03	+02:30:15	11:31
187	1575	Miguel Pereira Resende	Individual	Veterano M40	04:26:38	+02:31:50	11:36
188	1146	Cláudio Lísias Santos	Clube Vodafone	Veterano M40	04:29:24	+02:34:36	11:43
189	1147	Vitor Moutinho	Clube Vodafone	Veterano M40	04:32:05	+02:37:17	11:50
190	1775	Fernando Carlos Sousa	Os TurboMula	Veterano M40	04:33:44	+02:38:56	11:54
191	1698	Fernando Monteiro	Moreira Relax Runners	Veterano M40	04:36:19	+02:41:31	12:01
192	1004	Carlos Vilaça	100Fôlego	Veterano M40	04:40:59	+02:46:11	12:13
193	1756	Alex pires	Os contrabandistas	Veterano M40	04:42:27	+02:47:39	12:17
194	1843	Pedro Gonçalves	Trailgloditas	Veterano M40	04:46:38	+02:51:50	12:28
195	1599	Rui Branco	Individual	Veterano M40	04:46:39	+02:51:51	12:28
196	1231	João Quintas	Figueira Kayak Clube	Veterano M40	04:47:13	+02:52:25	12:29
197	1776	Nelson Montalvão	Os TurboMula	Veterano M40	04:49:17	+02:54:29	12:35
198	1630	Alcides Freire	JN Running	Veterano M40	04:49:18	+02:54:30	12:35
199	1559	José Alberto Dias Martins	Individual	Veterano M40	04:53:03	+02:58:15	12:44
200	1268	Sérgio Brites	Gangue das Maças	Veterano M40	04:53:05	+02:58:17	12:45
201	1114	Elisabete Loureiro	Bolts	Veterano M40	04:58:09	+03:03:21	12:58
202	1115	Luis Alves	Bolts	Veterano M40	04:58:12	+03:03:24	12:58

Veterano M50

1	1178	João Gonçalves	CTM VILA POUCA DE AGUIAR	Veterano M50	02:07:00		05:31
2	1132	JOSÉ MOTA	CICLISTAS CÔSMICOS - GISLÓTICA	Veterano M50	02:18:48	+11:48	06:02
3	1302	Antonio Rocha	GONDOMAR FUTSAL CLUBE	Veterano M50	02:29:54	+22:54	06:31
4	1729	Antonio Azevedo	Nascidos para Correr	Veterano M50	02:31:42	+24:42	06:36
5	1127	Ângelo Pereira	CENTRO CICLISTA DE GONDOMAR	Veterano M50	02:31:56	+24:56	06:36
6	1070	MAXIMIANO BORGES	AMIGOS DO ATLETISMO MAGNA	Veterano M50	02:33:31	+26:31	06:40
7	1650	José Carlos Gomes	Ligeirinhos	Veterano M50	02:34:21	+27:21	06:43
8	1613	Dionísio Manuel Correia Sousa	Individual	Veterano M50	02:34:43	+27:43	06:44
9	1163	Antonio Teixeira	Clube Zupper	Veterano M50	02:37:52	+30:52	06:52
10	1030	João Almada	ADTravassô	Veterano M50	02:40:10	+33:10	06:58
11	1069	BENTO MORAIS	AMIGOS DO ATLETISMO MAGNA	Veterano M50	02:46:46	+39:46	07:15
12	1068	ALEXANDRE SILVA	AMIGOS DO ATLETISMO MAGNA	Veterano M50	02:46:47	+39:47	07:15
13	1866	Carlos Fazendeiro	Os Falta D'Ar	Veterano M50	02:50:04	+43:04	07:24
14	1625	Vitor Manuel Barbosa Moreira	Individual	Veterano M50	02:51:36	+44:36	07:28
15	1620	Luís Mota	Individual	Veterano M50	02:54:22	+47:22	07:35
16	1796	ALCINDO PEREIRA	PORTOCARGO	Veterano M50	02:56:38	+49:38	07:41
17	1271	Carlos Ferreira	GD BPI	Veterano M50	02:57:01	+50:01	07:42
18	1612	António Pais	Individual	Veterano M50	02:58:01	+51:01	07:44
19	1616	Henrique Pinhão Martins	Individual	Veterano M50	03:06:53	+59:53	08:08

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Trilhos 23K

23 KM

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20	1769	JOSE MANUEL VIEIRA	OS ROTOS	Veterano M50	03:08:04	+01:01:04	08:11
21	1306	Vitor Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M50	03:13:32	+01:06:32	08:25
22	1615	Fernando Pereira Moreira Oliveira	Individual	Veterano M50	03:14:41	+01:07:41	08:28
23	1142	JORGE MANUEL LANZINHA CALMEIRO	Clube Millennium BCP	Veterano M50	03:20:11	+01:13:11	08:42
24	1622	Manuel Pegas Rodrigues	Individual	Veterano M50	03:21:05	+01:14:05	08:45
25	1685	Antonio Pereira	Moinhos Run - ADRM	Veterano M50	03:22:24	+01:15:24	08:48
26	1658	Ernesto Martins	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M50	03:23:10	+01:16:10	08:50
27	1251	Alcino Vieira	FITSPOT-Parque Nascente	Veterano M50	03:24:02	+01:17:02	08:52
28	1649	João Gil da Costa	Ligeirinhos	Veterano M50	03:25:03	+01:18:03	08:55
29	1043	Augusto José Candoso Tavares	ALIVE	Veterano M50	03:25:42	+01:18:42	08:57
30	1659	luis de Almeida	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M50	03:26:20	+01:19:20	08:58
31	1269	Adriano Soares Moreira	Gangue das Maças	Veterano M50	03:29:03	+01:22:03	09:05
32	1628	Fernando Conceição	Invicta Runners Team	Veterano M50	03:29:39	+01:22:39	09:07
33	1660	Mário Soares	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M50	03:35:58	+01:28:58	09:23
34	1611	António Manuel da Silva Celeste	Individual	Veterano M50	03:42:41	+01:35:41	09:41
35	1822	João Gil	Soulmates Trail Team	Veterano M50	03:49:01	+01:42:01	09:57
36	1619	Justino Manuel dos Santos Gonçalves	Individual	Veterano M50	03:50:22	+01:43:22	10:01
37	1691	Rui Quinta	Moinhos Run - ADRM	Veterano M50	03:55:29	+01:48:29	10:14
38	1304	Joaquim Matos	GONDOMAR FUTSAL CLUBE	Veterano M50	04:01:21	+01:54:21	10:30
39	1617	joao pedro silva	Individual	Veterano M50	04:03:06	+01:56:06	10:34
40	1618	Joaquim Trindade	Individual	Veterano M50	04:05:13	+01:58:13	10:40
41	1621	LUIZ C.J. BLANQUET	Individual	Veterano M50	04:07:14	+02:00:14	10:45
42	1861	João Paulo Rocha	CÃES D´AVENIDA	Veterano M50	04:07:59	+02:00:59	10:47
43	1683	Artur Saraiva	Metralhas Runners	Veterano M50	04:13:15	+02:06:15	11:01
44	1101	antonio Joaquim teixeira Magalhaes	autistic.runners	Veterano M50	04:28:06	+02:21:06	11:39
45	1206	Fernando Dias	EM'Força – Corremos com a Esclerose Múltipla	Veterano M50	04:47:48	+02:40:48	12:31
46	1624	Valter Barbosa	Individual	Veterano M50	04:53:00	+02:46:00	12:44
47	1614	fernando mautempo	Individual	Veterano M50	04:53:00	+02:46:00	12:44

Veterano M60

1	1079	MANUEL SEGUNDO	ARCORUN	Veterano M60	02:34:53	06:44
2	1789	José Magalhães	PORTOCARGO	Veterano M60	02:37:19	+02:26 06:50
3	1099	Arsénio Fernandes	Associação Recreativa de São Miguel	Veterano M60	02:47:09	+12:16 07:16
4	1778	Lino Moreira	Os TurboMula	Veterano M60	03:23:21	+48:28 08:50
5	1227	José Casteli	Fardetas	Veterano M60	04:21:20	+01:46:27 11:22
6	1751	Manuel Moura	OS BARRIGUITAS	Veterano M60	04:25:14	+01:50:21 11:32
7	1643	Aurélio Carvalho	KeMedo Team	Veterano M60	04:25:58	+01:51:05 11:34
8	1207	José Manuel Cardoso	EM'Força – Corremos com a Esclerose Múltipla	Veterano M60	04:47:49	+02:12:56 12:31

COLETIVA 23K[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	MULTIPOWER GAIA TRAIL	3 + 11 + 17	31
2	A.D.Amarante trail running	4 + 10 + 18	32
3	CTAD - Trilhos de Cinfães	8 + 9 + 27	44
4	Grupo Dramático e Recreativo de Retorta	15 + 16 + 41	72
5	GONDOMAR FUTSAL CLUBE	26 + 29 + 71	126
6	Associação Desportiva da Efacec	32 + 47 + 62	141
7	ALIANÇA DE GANDRA	14 + 65 + 66	145
8	Fridão Sem Limites	20 + 67 + 77	164
9	Olimpico Vianense Trail/ND Sport	36 + 49 + 85	170
10	CTM VILA POUCA DE AGUIAR	13 + 46 + 119	178
11	Clube Zupper	12 + 109 + 146	267
12	Amigo	21 + 115 + 163	299
13	Nascidos para Correr	75 + 106 + 137	318
14	GTT - Armazém do Caffè	19 + 118 + 194	331
15	FITSPOT-Parque Nascente	86 + 126 + 129	341
16	AMIGOS DO ATLETISMO MAGNA	87 + 158 + 159	404
17	KeMedo Team	56 + 90 + 266	412
18	Monte dos Amigos	34 + 74 + 311	419
19	Ginasio Fit4Fun	42 + 165 + 227	434
20	ARCORUN	96 + 108 + 242	446
21	Eu+ Ginásio LMA	149 + 171 + 188	508
22	vimarunners	125 + 141 + 265	531
23	PORTO SENTIDO RUNNERS	102 + 167 + 271	540
24	EDV-VIANA TRAIL	53 + 215 + 286	554
25	AfrikanRunners	122 + 245 + 249	616
26	PORTOCARGO	105 + 205 + 310	620
27	LION RUNNERS - G. D. LEÕES DA GUARDA	89 + 169 + 373	631
28	Os Falta D'Ar	136 + 170 + 403	709
29	ADTravassô	127 + 293 + 294	714
30	Clube Millennium BCP	180 + 212 + 380	772
31	Ligeirinhos	91 + 268 + 422	781
32	CICLISTAS CÓSMICOS - GISLÓTICA	25 + 384 + 386	795
33	team Rede Ambiente	30 + 257 + 516	803
34	Somos Nós Team	107 + 326 + 375	808
35	Marco Runners	140 + 153 + 533	826
36	EQUIPA JOAO FERREIRA	240 + 299 + 376	915
37	A. D. Sebolido Trail Boneca D´Ouro	139 + 208 + 572	919
38	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	5 + 407 + 519	931

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Official Timekeeper: Lap2Go	2 / 2	generate 24-mar-2016 17:44
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MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	10:00	7,7°C	99%
End	14:19	11.4°C	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2402	Tiago Leal	multipower gaia trail	Senior Masculino	49:50		04:09
2	2186	Vitor Hugo Neves Barbosa	grupo dramático e recreativo de retorta	Senior Masculino	51:40	+01:50	04:18
3	2189	Henrique Carlos Rodrigues Dias	grupo dramático e recreativo de retorta	Veterano M50	52:56	+03:06	04:25
4	2187	Fernando Filipe Ferreira Silva	grupo dramático e recreativo de retorta	Veterano M40	53:44	+03:54	04:29
5	2397	Bruno Santiago	multipower gaia trail	Senior Masculino	54:44	+04:54	04:34
6	2545	Joaquim Rocha	grupo dramático e recreativo de retorta	Veterano M50	55:54	+06:04	04:39
7	2556	Tiago Pinto	douroconta trail team	Senior Masculino	56:30	+06:40	04:43
8	2254	Fábio Pinto	individual	Senior Masculino	58:08	+08:18	04:51
9	2101	Anthony Lopes	engomadoria l&a team	Senior Masculino	59:29	+09:39	04:57
10	2107	Sérgio Santos	engomadoria l&a team	Senior Masculino	59:31	+09:41	04:58
11	2091	Bruno Santos	douroconta trail team	Senior Masculino	01:00:28	+10:38	05:02
12	2398	Bruno Soares	multipower gaia trail	Senior Masculino	01:01:04	+11:14	05:05
13	2078	Aderito Oliveira	da-lhe gas	Senior Masculino	01:01:48	+11:58	05:09
14	2400	Nelson Marques	multipower gaia trail	Senior Masculino	01:02:13	+12:23	05:11
15	2301	Abilio Martins de Almeida	individual	Veterano M40	01:02:32	+12:42	05:13
16	2066	Cristiano Nogueira	clubes zipper	Senior Masculino	01:02:57	+13:07	05:15
17	2104	João Coelho	engomadoria l&a team	Senior Masculino	01:03:11	+13:21	05:16
18	2026	Fernando Oliveira	aliança de gandra	Veterano M40	01:04:46	+14:56	05:24
19	2093	Vitor Rio	douroconta trail team	Senior Masculino	01:05:45	+15:55	05:29
20	2399	Miguel Furtado	multipower gaia trail	Senior Masculino	01:06:32	+16:42	05:33
21	2079	Carlos Prudêncio	da-lhe gas	Senior Masculino	01:06:35	+16:45	05:33
22	2269	Mario Taborda	individual	Senior Masculino	01:07:22	+17:32	05:37
23	2003	Paulo Araujo	a. d. sebolido trail boneca d´ouro	Senior Masculino	01:07:41	+17:51	05:38
24	2401	Patricio Fernando	multipower gaia trail	Senior Masculino	01:08:09	+18:19	05:41
25	2004	Roberto Freitas	a. d. sebolido trail boneca d´ouro	Senior Masculino	01:08:17	+18:27	05:41
26	2069	Pedro Cancelo	clubes zipper	Senior Masculino	01:08:53	+19:03	05:44
27	2183	Agostinho Fernando Cunha Fernandes	grupo dramático e recreativo de retorta	Senior Masculino	01:09:19	+19:29	05:47
28	2044	PAULO GRILO	arcorun	Veterano M40	01:09:48	+19:58	05:49
29	2090	Armando Fonseca	douroconta trail team	Senior Masculino	01:10:17	+20:27	05:51
30	2427	António Tavares	os caga tacos running team	Senior Masculino	01:10:41	+20:51	05:53
31	2105	João Rebelo	engomadoria l&a team	Senior Masculino	01:11:04	+21:14	05:55
32	2106	Ricardo Barros	engomadoria l&a team	Senior Masculino	01:11:04	+21:14	05:55
33	2042	JORGE GOMES	arcorun	Senior Masculino	01:11:24	+21:34	05:57
34	2428	João Pinho	os caga tacos running team	Senior Masculino	01:11:50	+22:00	05:59
35	2239	sonia Félix Ferreira Sousa	individual	Senior Feminino	01:12:03	+22:13	06:00
36	2275	Ribeiro	individual	Senior Masculino	01:12:05	+22:15	06:00
37	2488	ARTUR PEREIRA	shots international runners	Senior Masculino	01:12:11	+22:21	06:01
38	2040	Ricardo Jorge Neto	andatrilhos freamunde	Senior Masculino	01:12:17	+22:27	06:01
39	2002	Manuel Lopes	a. d. sebolido trail boneca d´ouro	Senior Masculino	01:12:53	+23:03	06:04
40	2324	paulo jorge almeida da costa	individual	Veterano M40	01:13:05	+23:15	06:05
41	2259	Joel Filipe Ferreira Santos	individual	Senior Masculino	01:13:30	+23:40	06:08

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	2172	Andreia Amorim	gondomar futsal clube	Senior Feminino	01:13:39	+23:49	06:08
43	2353	José Santos	leões de tardariz trail	Senior Masculino	01:14:14	+24:24	06:11
44	2102	Daniel Guimaraes	engomadoria l&a team	Senior Masculino	01:14:29	+24:39	06:12
45	2308	Carlos Araújo	individual	Veterano M40	01:14:33	+24:43	06:13
46	2396	Anabela Freitas	multipower gaia trail	Senior Feminino	01:14:53	+25:03	06:14
47	2339	Bruno Maia	javalis portugal	Senior Masculino	01:15:22	+25:32	06:17
48	2036	Fernando Branco	alunos de meirim f.c.	Veterano M40	01:15:43	+25:53	06:19
49	2035	Ibraim Sousa	alunos de meirim f.c.	Senior Masculino	01:15:43	+25:53	06:19
50	1586	Paulo Costa	individual	Veterano M40	01:15:44	+25:54	06:19
51	2020	João Otto	aliança de gandra	Senior Masculino	01:15:59	+26:09	06:20
52	2391	joaquim pinto	monte dos amigos	Veterano M40	01:16:30	+26:40	06:22
53	2539	Daniel Filipe Andrade Fernandes	worth a grid	Senior Masculino	01:16:35	+26:45	06:23
54	2540	José Pedro de Sousa Dias	worth a grid	Senior Masculino	01:16:35	+26:45	06:23
55	2088	Domingos Martins	dimp	Senior Masculino	01:16:42	+26:52	06:24
56	2047	Rosa Magalhães	as belas e eles	Veterana F50	01:17:20	+27:30	06:27
57	2208	Cristiana Raquel de Sousa Ferreira	individual	Senior Feminino	01:17:36	+27:46	06:28
58	2464	Carlos Martins	porto sentido runners	Veterano M40	01:17:46	+27:56	06:29
59	2261	José Amorim	individual	Senior Masculino	01:17:57	+28:07	06:30
60	2250	Carlos Silva	individual	Senior Masculino	01:18:01	+28:11	06:30
61	2073	Antonio Barbosa	clube zipper	Veterano M50	01:18:54	+29:04	06:35
62	2497	Miguel Moreira	solmaia runners	Senior Masculino	01:19:02	+29:12	06:35
63	2352	Jose Castro	leões de tardariz trail	Senior Masculino	01:19:05	+29:15	06:35
64	2103	Filipe Lopes	engomadoria l&a team	Senior Masculino	01:19:20	+29:30	06:37
65	2543	Marisa Pereira	zipper	Senior Feminino	01:20:30	+30:40	06:42
66	2266	Luís Luz	individual	Senior Masculino	01:20:53	+31:03	06:44
67	2453	pedro brizado	pipb	Veterano M40	01:21:11	+31:21	06:46
68	2192	Cidalia Teixeira	individual	Senior Feminino	01:21:40	+31:50	06:48
69	2014	Anabela Pinto	aliança de gandra	Senior Feminino	01:21:42	+31:52	06:49
70	2319	Manuel Diogenes Barros	individual	Veterano M40	01:21:55	+32:05	06:50
71	2546	Isabel Santos	keepmoving	Senior Feminino	01:21:58	+32:08	06:50
72	2354	Miguel Reis	leões de tardariz trail	Senior Masculino	01:21:59	+32:09	06:50
73	2235	Renata Simões Vinagre	individual	Senior Feminino	01:22:16	+32:26	06:51
74	2111	António Lourenço	engomadoria l&a team	Veterano M50	01:22:29	+32:39	06:52
75	2157	Maria Guerra	fitspot-parque nascente	Veterana F40	01:22:31	+32:41	06:53
76	2461	Bruno Ricardo Marques Guedes	porto sentido runners	Senior Masculino	01:22:37	+32:47	06:53
77	2371	José Carlos Soares Gomes	melres trail running - ordem para arrear	Veterano M40	01:22:38	+32:48	06:53
78	2190	Alexandra Marques Azevedo	individual	Senior Feminino	01:22:48	+32:58	06:54
79	2325	Paulo Monteiro	individual	Veterano M40	01:22:50	+33:00	06:54
80	2359	António Pinto	leões de tardariz trail	Veterano M50	01:22:59	+33:09	06:55
81	2024	Alexandra Padilha	aliança de gandra	Veterana F40	01:23:15	+33:25	06:56
82	2011	Célia Aguiar	adtravassô	Veterana F40	01:23:28	+33:38	06:57
83	2358	Pedro Ferreira	leões de tardariz trail	Veterano M40	01:23:34	+33:44	06:58
84	2357	Mário Moura	leões de tardariz trail	Veterano M40	01:23:34	+33:44	06:58
85	2442	Agostinho Silva	osfazconta	Veterano M50	01:24:10	+34:20	07:01
86	2360	Joaquim Leite	leões de tardariz trail	Veterano M50	01:24:24	+34:34	07:02
87	2263	Leonel Caldas	individual	Senior Masculino	01:24:27	+34:37	07:02

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	2278	Ricardo Pinto	individual	Senior Masculino	01:24:49	+34:59	07:04
89	2421	Emanuel Dias	one more mile	Senior Masculino	01:24:51	+35:01	07:04
90	2023	Paulo Sousa	aliança de gandra	Senior Masculino	01:25:37	+35:47	07:08
91	2013	Ana Maria Pinto	aliança de gandra	Senior Feminino	01:25:37	+35:47	07:08
92	2315	Jorge Manuel marques dos santos silva	individual	Veterano M40	01:25:40	+35:50	07:08
93	2050	José Gomes	associação desportiva da efaced	Senior Masculino	01:25:56	+36:06	07:10
94	2070	Tiago Ramalho	clubes zupper	Senior Masculino	01:26:18	+36:28	07:12
95	2008	Rui Genio	adtravassô	Senior Masculino	01:26:21	+36:31	07:12
96	2007	Andreia Paulos	adtravassô	Senior Feminino	01:26:22	+36:32	07:12
97	2394	Joaquim Pereira	mozelos runners	Veterano M40	01:26:30	+36:40	07:12
98	2393	António Rodrigues	mozelos runners	Veterano M40	01:26:30	+36:40	07:12
99	2553	Marco Oliveira	individual	Senior Masculino	01:26:31	+36:41	07:13
100	2257	João Baltazar	individual	Senior Masculino	01:26:38	+36:48	07:13
101	2211	Daniela Mota Machado	individual	Senior Feminino	01:26:54	+37:04	07:15
102	2221	Joana Moura	individual	Senior Feminino	01:27:00	+37:10	07:15
103	2193	ana ferreira	individual	Senior Feminino	01:27:00	+37:10	07:15
104	2226	Mafalda Luís	individual	Senior Feminino	01:27:01	+37:11	07:15
105	1702	Helder Peixoto	moire trail running	Veterano M40	01:27:03	+37:13	07:15
106	2237	SILVIA FERREIRA	individual	Senior Feminino	01:27:04	+37:14	07:15
107	2303	Antonio Alfredo Moura Reis	individual	Veterano M40	01:27:15	+37:25	07:16
108	2249	Bruno José Gomes Monteiro	individual	Senior Masculino	01:27:15	+37:25	07:16
109	2019	Filipe Silva	aliança de gandra	Senior Masculino	01:27:21	+37:31	07:17
110	2272	Pedro Filipe santos Cardoso Gomes	individual	Senior Masculino	01:27:38	+37:48	07:18
111	2379	paula morais	monte dos amigos	Senior Feminino	01:27:42	+37:52	07:19
112	2454	Fábio Marques	pm	Senior Masculino	01:27:43	+37:53	07:19
113	2457	Miguel Teixeira	pm	Veterano M40	01:27:43	+37:53	07:19
114	2456	Tiagi Silva	pm	Senior Masculino	01:27:43	+37:53	07:19
115	2256	Gerson. Alves	individual	Senior Masculino	01:27:49	+37:59	07:19
116	2197	Ana Marques	individual	Senior Feminino	01:28:07	+38:17	07:21
117	2048	Bruno Cunha	associação desportiva da efaced	Senior Masculino	01:28:22	+38:32	07:22
118	2162	Fernando Oliveira	fitspot-parque nascente	Veterano M40	01:28:44	+38:54	07:24
119	2188	Joaquim Manuel Barbosa Nogueira	grupo dramático e recreativo de retorta	Veterano M40	01:28:45	+38:55	07:24
120	2152	Flávio Santos	fitspot-parque nascente	Senior Masculino	01:28:45	+38:55	07:24
121	2309	Carlos Moutinho	individual	Veterano M40	01:28:47	+38:57	07:24
122	2009	Carmina Frutuoso	adtravassô	Veterana F40	01:28:49	+38:59	07:24
123	2229	Marlene Martins	individual	Senior Feminino	01:29:03	+39:13	07:25
124	2001	Fabio Correia	a. d. sebolido trail boneca d´ouro	Senior Masculino	01:29:21	+39:31	07:27
125	2356	Manuel Alvarino	leões de tardariz trail	Veterano M40	01:29:25	+39:35	07:27
126	2460	Raquel Pereira	porto sentido runners	Senior Feminino	01:29:37	+39:47	07:28
127	2466	Elisabete Loureiro	porto sentido runners	Veterano M40	01:29:38	+39:48	07:28
128	2468	José Ricardo	porto sentido runners	Veterano M40	01:29:38	+39:48	07:28
129	2455	Paulo Silva	pm	Senior Masculino	01:29:39	+39:49	07:28
130	2328	Americo Ribeiro	individual	Veterano M50	01:29:41	+39:51	07:28
131	2302	Amilcar Dias Vinagre Simões	individual	Veterano M40	01:30:03	+40:13	07:30
132	2049	Diogo Ferreira	associação desportiva da efaced	Senior Masculino	01:30:20	+40:30	07:32

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	2052	Ana Moreira	budeguita runners	Veterana F40	01:30:49	+40:59	07:34
134	1662	Sérgio Santos	locomotiva de paranhos	Senior Masculino	01:30:50	+41:00	07:34
135	2495	Teresa Pinto	solmaia runners	Senior Feminino	01:30:50	+41:00	07:34
136	2490	Isabel Pinto	solmaia runners	Senior Feminino	01:30:51	+41:01	07:34
137	2071	Carlos Freixo	clube zipper	Veterano M40	01:30:56	+41:06	07:35
138	2310	César Augusto Machado Viriato Lobo Ribeiro	individual	Veterano M40	01:30:58	+41:08	07:35
139	2304	António Augusto Martins Leal	individual	Veterano M40	01:30:58	+41:08	07:35
140	2280	Rui Miguel Ferreira Marques	individual	Senior Masculino	01:30:58	+41:08	07:35
141	2247	Bruno Carneiro	individual	Senior Masculino	01:31:33	+41:43	07:38
142	2409	Luís Vieira	not fast, just furious	Senior Masculino	01:31:39	+41:49	07:38
143	2022	Marco Moreira	aliança de gandra	Senior Masculino	01:31:43	+41:53	07:39
144	2017	Paula Silva	aliança de gandra	Senior Feminino	01:31:44	+41:54	07:39
145	2404	Bruno Pereira	individual	Senior Masculino	01:31:56	+42:06	07:40
146	2373	Nuno Moreira	moinhos run - adrm	Senior Masculino	01:32:01	+42:11	07:40
147	2258	João Paulo Regal de Sousa	individual	Senior Masculino	01:32:10	+42:20	07:41
148	2156	Ana Guimarães	fitspot-parque nascente	Veterana F40	01:32:12	+42:22	07:41
149	2122	BRUNO FONSECA	equipa joao ferreira	Senior Masculino	01:32:18	+42:28	07:42
150	2231	Patrícia Lopes	individual	Senior Feminino	01:32:20	+42:30	07:42
151	2062	Cátia Moreira	clube zipper	Senior Feminino	01:32:22	+42:32	07:42
152	2094	Catarina Isabel Ribeiro	dupla cd	Senior Feminino	01:32:26	+42:36	07:42
153	2095	Daniela Sofia Marinho Queirós	dupla cd	Senior Feminino	01:32:26	+42:36	07:42
154	2038	Luís Pedro	andatrilhos freamunde	Senior Masculino	01:32:36	+42:46	07:43
155	2039	Marco Mendes	andatrilhos freamunde	Senior Masculino	01:32:37	+42:47	07:43
156	2080	Paulo Silva	da-lhe gas	Senior Masculino	01:33:15	+43:25	07:46
157	2168	Suzete do Rosário Passos de Sousa	fridão sem limites	Senior Feminino	01:33:23	+43:33	07:47
158	2143	Ana Luisa Flores	fitspot-parque nascente	Senior Feminino	01:33:38	+43:48	07:48
159	2277	Ricardo Jorge Cardoso dos Santos Couto	individual	Senior Masculino	01:33:40	+43:50	07:48
160	2267	Manuel Ramiro Alves Ferreira	individual	Senior Masculino	01:33:40	+43:50	07:48
161	2144	Célia Moreira	fitspot-parque nascente	Senior Feminino	01:33:46	+43:56	07:49
162	2265	Luís Filipe de Matos Isidoro	individual	Senior Masculino	01:33:57	+44:07	07:50
163	2240	Sónia Maria Fernandes Vidal	individual	Senior Feminino	01:34:02	+44:12	07:50
164	2175	Vasco Aguiar	gondomar futsal clube	Senior Masculino	01:34:03	+44:13	07:50
165	1507	Ana Margarida Nogueira coelho	individual	Veterana F40	01:34:09	+44:19	07:51
166	2321	Miguel Moura	individual	Veterano M40	01:34:21	+44:31	07:52
167	2252	Duarte Viana Dias	individual	Senior Masculino	01:34:23	+44:33	07:52
168	2369	Lia Duarte	melres trail running - ordem para arrear	Senior Feminino	01:34:25	+44:35	07:52
169	2368	Diana Vieira	melres trail running - ordem para arrear	Senior Feminino	01:34:26	+44:36	07:52
170	2363	Filipe Pereira	lion runners - g. d. leões da guarda	Senior Masculino	01:34:36	+44:46	07:53
171	2045	Carla Barbosa	as belas e eles	Senior Feminino	01:35:01	+45:11	07:55
172	2248	Bruno Fernandes	individual	Senior Masculino	01:35:13	+45:23	07:56
173	2207	Claudia Babo	individual	Senior Feminino	01:35:13	+45:23	07:56
174	2153	João Costa	fitspot-parque nascente	Senior Masculino	01:35:17	+45:27	07:56
175	2145	Diana Almeida	fitspot-parque nascente	Senior Feminino	01:35:17	+45:27	07:56
176	2123	CLAUDIA CUNHA	equipa joao ferreira	Veterana F40	01:35:18	+45:28	07:56

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
177	2424	Pedro Leite	one more mile	Senior Masculino	01:35:22	+45:32	07:57
178	2423	Helder Magalhães	one more mile	Senior Masculino	01:35:23	+45:33	07:57
179	2549	Pedro Rodrigues	gondomar futsal clube	Senior Masculino	01:35:30	+45:40	07:58
180	2392	jose moura	monte dos amigos	Veterano M40	01:35:56	+46:06	08:00
181	2329	Armindo Moura	individual	Veterano M50	01:35:57	+46:07	08:00
182	2245	Verónica Maia	individual	Senior Feminino	01:35:59	+46:09	08:00
183	2487	Nelson Guedes	sai da frente guedes	Senior Masculino	01:36:09	+46:19	08:01
184	2165	Paulo Costa	fitspot-parque nascente	Veterano M40	01:36:23	+46:33	08:02
185	2479	JOÃO STRECH	pt jr sousa team	Veterano M40	01:36:33	+46:43	08:03
186	2139	Rui Miguel Russa Ferreira da Silva	família silva	Veterano M40	01:36:36	+46:46	08:03
187	2138	Laurinda Isabel Carvalho de Sá e Silva	família silva	Veterana F40	01:36:37	+46:47	08:03
188	2323	Nuno Miguel Cabral	individual	Veterano M40	01:36:38	+46:48	08:03
189	2268	Marco Rui Fernandes do Ermo	individual	Senior Masculino	01:37:09	+47:19	08:06
190	2140	Manuel Rocha	fast ao km	Veterano M60	01:37:15	+47:25	08:06
191	1701	Gualter Peixoto	moure trail running	Veterano M40	01:37:30	+47:40	08:07
192	2376	eva ribeiro	monte dos amigos	Senior Feminino	01:37:41	+47:51	08:08
193	2380	rosa almeida	monte dos amigos	Senior Feminino	01:37:41	+47:51	08:08
194	2142	Ana Bandeira	fitspot-parque nascente	Senior Feminino	01:37:46	+47:56	08:09
195	2163	José Bandeira da Silva	fitspot-parque nascente	Veterano M40	01:37:46	+47:56	08:09
196	2551	Paulo Nuno Castro José Gonçalves lopes	individual	Veterano M40	01:37:55	+48:05	08:10
197	2372	Ana Helena Cardoso Carneiro	minho aventura	Veterana F40	01:38:05	+48:15	08:10
198	2097	Hernâni Pinto	easymeals	Senior Masculino	01:38:05	+48:15	08:10
199	2096	Raquel Oliveira	easymeals	Senior Feminino	01:38:06	+48:16	08:10
200	2472	Fernando Ferraz	porto sentido runners	Veterano M50	01:38:35	+48:45	08:13
201	2283	Sérgio Pereira	individual	Senior Masculino	01:38:36	+48:46	08:13
202	2524	Ana Alves	usf ts	Veterana F40	01:39:32	+49:42	08:18
203	2029	Bruno Ferreira	all about	Senior Masculino	01:39:39	+49:49	08:18
204	2028	Andreia Reis	all about	Senior Feminino	01:39:39	+49:49	08:18
205	2500	Ana Soares	solmaia runners	Veterana F40	01:40:08	+50:18	08:21
206	2509	Sílvia Teixeira	team duas faces	Senior Feminino	01:40:11	+50:21	08:21
207	2068	Gilberto José Sousa Ferreira	clube zipper	Senior Masculino	01:40:15	+50:25	08:21
208	2384	conceição ribeiro	monte dos amigos	Veterana F40	01:40:20	+50:30	08:22
209	2431	António Macedo	os caga tacos running team	Veterano M60	01:40:20	+50:30	08:22
210	2327	Alfredo da Rocha Astorga viana	individual	Veterano M50	01:40:49	+50:59	08:24
211	2098	Ana Ferreira	ei team trail	Veterana F40	01:41:47	+51:57	08:29
212	2046	Lurdes Moreira	as belas e eles	Senior Feminino	01:41:56	+52:06	08:30
213	2037	Cristina Machado	andatrilhos freamunde	Senior Feminino	01:42:08	+52:18	08:31
214	2041	Daniel Machado Neto	andatrilhos freamunde	Veterano M40	01:42:09	+52:19	08:31
215	2522	Mafalda Alves	usf ts	Senior Feminino	01:42:10	+52:20	08:31
216	2523	Mónica Magalhães	usf ts	Senior Feminino	01:42:11	+52:21	08:31
217	2521	Estela Oliveira	usf ts	Senior Feminino	01:42:13	+52:23	08:31
218	2215	Gabriela Fonseca	individual	Senior Feminino	01:42:19	+52:29	08:32
219	2083	Cristina Mota	dental doctors	Veterana F40	01:42:22	+52:32	08:32
220	2458	Paulo Lopes	pm	Veterano M40	01:42:29	+52:39	08:32
221	2161	Celeste Vieira	fitspot-parque nascente	Veterana F50	01:42:41	+52:51	08:33

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
222	2435	Marisa Sousa	os turbomula	Senior Feminino	01:42:49	+52:59	08:34
223	2326	Victor Carneiro	individual	Veterano M40	01:42:55	+53:05	08:35
224	2201	Bé Miranda	individual	Senior Feminino	01:42:56	+53:06	08:35
225	2010	Carmo Gonçalves	adtravassô	Veterana F40	01:42:57	+53:07	08:35
226	2006	Ana morais	adtravassô	Senior Feminino	01:42:57	+53:07	08:35
227	2288	Filomena Rocha	individual	Veterana F40	01:42:58	+53:08	08:35
228	2467	José Carlos Soares	porto sentido runners	Veterano M40	01:42:59	+53:09	08:35
229	2462	Vera Lúcia Sousa	porto sentido runners	Senior Masculino	01:43:00	+53:10	08:35
230	2075	André Cunha	cunhax	Senior Masculino	01:43:19	+53:29	08:37
231	2177	Helena Moura	gondomar futsal clube	Veterana F40	01:43:29	+53:39	08:37
232	2343	CECÍLIA MARTINS	joana rodrigues sousa	Veterana F40	01:43:44	+53:54	08:39
233	2341	LIGIA FREITAS	joana rodrigues sousa	Senior Feminino	01:43:44	+53:54	08:39
234	2337	sandra	jas	Senior Feminino	01:43:48	+53:58	08:39
235	2420	Bruno Rodrigues	ojogo	Veterano M40	01:43:49	+53:59	08:39
236	2100	Lucelia Ferreira	engomadoria l&a team	Senior Feminino	01:43:57	+54:07	08:40
237	2406	Antonio Rebocho	nascidos para correr	Senior Masculino	01:44:09	+54:19	08:41
238	2110	Maria Ferreira	engomadoria l&a team	Veterano M40	01:44:10	+54:20	08:41
239	2108	Glória Alves	engomadoria l&a team	Veterano M40	01:44:11	+54:21	08:41
240	2015	Cátia Francisco	aliança de gandra	Senior Feminino	01:44:41	+54:51	08:43
241	2099	Sonia Machado	ei team trail	Senior Feminino	01:44:49	+54:59	08:44
242	2031	Ana Trigo	all about	Veterana F40	01:45:00	+55:10	08:45
243	2217	Inês Rodrigues Santos	individual	Senior Feminino	01:45:10	+55:20	08:46
244	2289	Joana Vaz	individual	Veterana F40	01:45:12	+55:22	08:46
245	2336	Anabela Barata	jas	Senior Feminino	01:45:14	+55:24	08:46
246	2345	NATALIA SANTOS	joana rodrigues sousa	Veterana F40	01:45:19	+55:29	08:47
247	2362	Deolinda Silva	ligeirinhos	Veterana F50	01:45:20	+55:30	08:47
248	2438	Brigida Duarte	osfazconta	Senior Feminino	01:45:20	+55:30	08:47
249	2025	Carla Pinto	aliança de gandra	Veterana F40	01:45:22	+55:32	08:47
250	2296	paulateixeira	individual	Veterana F40	01:45:24	+55:34	08:47
251	2155	Rui Francês	fitspot-parque nascente	Senior Masculino	01:45:40	+55:50	08:48
252	2209	Cristina Araújo	individual	Senior Feminino	01:45:42	+55:52	08:49
253	2148	Mariana Brito	fitspot-parque nascente	Senior Feminino	01:45:45	+55:55	08:49
254	2395	Fernando Sousa	mozelos runners	Veterano M50	01:45:51	+56:01	08:49
255	2452	Isidro Silva	pipb	Veterano M40	01:45:58	+56:08	08:50
256	2129	Mónica Tavares	equipa xpto's	Senior Feminino	01:45:58	+56:08	08:50
257	2130	Miguel Brochado	equipa xpto's	Senior Masculino	01:45:58	+56:08	08:50
258	2018	Sara Barbosa	aliança de gandra	Senior Feminino	01:45:59	+56:09	08:50
259	2021	Marco Moreira	aliança de gandra	Senior Masculino	01:46:00	+56:10	08:50
260	2510	Liliana Escudeiro	team lanthemil	Senior Feminino	01:46:30	+56:40	08:52
261	2514	Vitor Coelho	team lanthemil	Veterano M40	01:46:30	+56:40	08:52
262	2119	SONIA TELES	equipa joao ferreira	Senior Feminino	01:46:31	+56:41	08:53
263	2481	António Monteiro	quinta das arcas	Senior Masculino	01:46:33	+56:43	08:53
264	2547	Jose Eduardo Moreira	individual	Senior Masculino	01:46:34	+56:44	08:53
265	2180	Ana Sousa	gondomar futsal clube	Veterana F50	01:46:44	+56:54	08:54
266	2227	Maria silva	individual	Senior Feminino	01:46:47	+56:57	08:54
267	2405	Paula Ferreira	nascidos para correr	Senior Feminino	01:46:48	+56:58	08:54

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
268	2407	Nuno Ferreira	nascidos para correr	Senior Masculino	01:46:49	+56:59	08:54
269	2135	Sara Moreira	famelga	Senior Feminino	01:47:09	+57:19	08:56
270	2136	João Pedro Soares	famelga	Senior Masculino	01:47:11	+57:21	08:56
271	2210	Cristina Moura	individual	Senior Feminino	01:47:24	+57:34	08:57
272	2492	Maria Oliveira	solmaia runners	Senior Feminino	01:47:43	+57:53	08:59
273	2115	DANIELA QUELHAS	equipa joao ferreira	Senior Feminino	01:47:47	+57:57	08:59
274	2126	MARIA JOAO FONSECA	equipa joao ferreira	Veterana F40	01:47:58	+58:08	09:00
275	2347	NUNO SANTOS	joana rodrigues sousa	Veterano M40	01:48:00	+58:10	09:00
276	2484	mara freitas	reumatico	Senior Feminino	01:48:12	+58:22	09:01
277	2459	Lisa Pereira	porto sentido runners	Senior Feminino	01:48:12	+58:22	09:01
278	2072	Vitor Rodrigues	clube zipper	Veterano M40	01:48:44	+58:54	09:04
279	2333	José Manuel O. Costa	individual	Veterano M50	01:48:46	+58:56	09:04
280	2202	Carla Teixeira	individual	Senior Feminino	01:48:47	+58:57	09:04
281	2284	Yago Riveiro Rodríguez	individual	Senior Masculino	01:48:53	+59:03	09:04
282	2279	Rui Castro	individual	Senior Masculino	01:48:53	+59:03	09:04
283	2253	Edgar Veiga	individual	Senior Masculino	01:48:55	+59:05	09:05
284	2403	Aurora Silva	multipower gaia trail	Veterana F40	01:49:11	+59:21	09:06
285	2541	Zara Sousa	zaroé	Senior Feminino	01:49:14	+59:24	09:06
286	2542	Josué Costa Brito	zaroé	Senior Masculino	01:49:15	+59:25	09:06
287	2478	MANUEL PEREIRA	portocargo	Veterano M50	01:49:47	+59:57	09:09
288	2476	LAURA VIEIRA	portocargo	Veterana F40	01:49:57	+01:00:07	09:10
289	2179	Susana Sousa	gondomar futsal clube	Veterana F40	01:50:03	+01:00:13	09:10
290	2344	HELENA CARDOSO	joana rodrigues sousa	Veterana F40	01:50:04	+01:00:14	09:10
291	2465	Cláudio Cerqueira	porto sentido runners	Veterano M40	01:50:12	+01:00:22	09:11
292	2082	Sergio Pereira	dental doctors	Senior Masculino	01:50:14	+01:00:24	09:11
293	2081	Vanda Miranda	dental doctors	Senior Feminino	01:50:14	+01:00:24	09:11
294	2171	Sónia Ferreira	gangue das maçãs	Senior Feminino	01:50:24	+01:00:34	09:12
295	2469	Lourenço Marques	porto sentido runners	Veterano M40	01:50:32	+01:00:42	09:13
296	2516	FERNANDO PINTO	toyota 4runner	Veterano M60	01:50:36	+01:00:46	09:13
297	2285	Ana Lisa	individual	Veterana F40	01:50:52	+01:01:02	09:14
298	2334	José Mário Magalhães de Pereira	individual	Veterano M50	01:50:58	+01:01:08	09:15
299	2317	Licínio Borges	individual	Veterano M40	01:51:11	+01:01:21	09:16
300	2293	Marta Neves	individual	Veterana F40	01:51:12	+01:01:22	09:16
301	2410	Pedro Torres	not fast, just furious	Senior Masculino	01:51:13	+01:01:23	09:16
302	2498	Nuno Campos	solmaia runners	Senior Masculino	01:51:24	+01:01:34	09:17
303	2051	Tania Rebelo	beat your limit!	Senior Feminino	01:51:37	+01:01:47	09:18
304	2348	Isabel Aguiar	kemedo team	Senior Feminino	01:51:39	+01:01:49	09:18
305	2181	Pedro Gonçalves	gondomar futsal clube	Veterano M40	01:52:10	+01:02:20	09:21
306	2133	Begoña Pérez	eu+ run	Senior Feminino	01:52:17	+01:02:27	09:21
307	2169	Ana Machado	gangue das maçãs	Senior Feminino	01:52:21	+01:02:31	09:22
308	2199	Andrea Vieira	individual	Senior Feminino	01:52:29	+01:02:39	09:22
309	2214	Eunice Coelho	individual	Senior Feminino	01:52:29	+01:02:39	09:22
310	2027	Fernanda leal	aliança de gandra	Veterana F40	01:52:57	+01:03:07	09:25
311	2016	Isabel Neves	aliança de gandra	Senior Feminino	01:52:57	+01:03:07	09:25
312	2440	Vania Soares	osfazconta	Senior Feminino	01:53:10	+01:03:20	09:26
313	2446	Antonio Barbosa	paredes running	Senior Masculino	01:53:17	+01:03:27	09:26

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
314	2445	Sonia Silva	paredes running	Senior Feminino	01:53:19	+01:03:29	09:27
315	2411	Rogério Oliveira	not fast, just furious	Senior Masculino	01:54:21	+01:04:31	09:32
316	2213	Elisabete Almeida	individual	Senior Feminino	01:54:28	+01:04:38	09:32
317	2232	PATRICIA PEREIRA	individual	Senior Feminino	01:54:48	+01:04:58	09:34
318	2274	RAUL PEREIRA	individual	Senior Masculino	01:54:49	+01:04:59	09:34
319	2233	Raquel Santos	individual	Senior Feminino	01:54:58	+01:05:08	09:35
320	2131	Ricardo Borges	equipa xpto's	Senior Masculino	01:54:58	+01:05:08	09:35
321	2212	Dora Ventura	individual	Senior Feminino	01:54:58	+01:05:08	09:35
322	2141	Rita Leal	fb.com/familiapatanisca	Senior Feminino	01:55:02	+01:05:12	09:35
323	2060	Marta André	casadotear.pt	Senior Feminino	01:55:08	+01:05:18	09:36
324	2385	helenaxoxo	monte dos amigos	Veterana F40	01:55:27	+01:05:37	09:37
325	2085	Celso Mota	dental doctors	Veterano M40	01:55:45	+01:05:55	09:39
326	2286	Elisa Pereira	individual	Veterana F40	01:55:50	+01:06:00	09:39
327	2355	Lurdes Silva	leões de tardariz trail	Veterana F50	01:55:59	+01:06:09	09:40
328	2364	Dina Gonçalves	lion runners - g. d. leões da guarda	Veterana F40	01:56:08	+01:06:18	09:41
329	2350	Lénio Fernando Nogueira Marinho	lénio fernando nogueira marinho	Veterano M60	01:56:09	+01:06:19	09:41
330	2418	Marco André Oliveira Paiva	nurses runners	Senior Masculino	01:56:14	+01:06:24	09:41
331	2493	Marisa Pinto	solmaia runners	Senior Feminino	01:57:04	+01:07:14	09:45
332	2502	Maria Pedrosa	solmaia runners	Veterana F40	01:57:04	+01:07:14	09:45
333	2494	Susana Coelho	solmaia runners	Senior Feminino	01:57:04	+01:07:14	09:45
334	2077	Raul Cunha	cunhax	Veterano M40	01:57:27	+01:07:37	09:47
335	2475	ISABEL VIEIRA	portocargo	Veterana F40	01:57:49	+01:07:59	09:49
336	2536	Pedro Matos	wild runners	Senior Masculino	01:58:05	+01:08:15	09:50
337	2312	Ivo Almeida	individual	Veterano M40	01:58:07	+01:08:17	09:51
338	2515	Marlene Rodrigues	thunder team	Senior Feminino	01:58:07	+01:08:17	09:51
339	2270	Nuno Frias	individual	Senior Masculino	01:58:10	+01:08:20	09:51
340	2388	sandra lopes	monte dos amigos	Veterana F40	01:58:28	+01:08:38	09:52
341	2389	sonia silva	monte dos amigos	Veterana F40	01:58:29	+01:08:39	09:52
342	2318	Luís Alves	individual	Veterano M40	01:59:16	+01:09:26	09:56
343	2311	Filipe Moutinho	individual	Veterano M40	01:59:22	+01:09:32	09:57
344	2437	Adriana Duarte	osfazconta	Senior Feminino	01:59:51	+01:10:01	09:59
345	2506	Mário Araújo	solmaia runners	Veterano M40	02:00:41	+01:10:51	10:03
346	2504	Filipe pinho	solmaia runners	Veterano M40	02:00:42	+01:10:52	10:04
347	1845	Daniel Pinto	trocópasso	Senior Masculino	02:01:00	+01:11:10	10:05
348	1522	Paula Cristina das Neves Ribeiro Próspero	individual	Veterana F40	02:01:24	+01:11:34	10:07
349	2158	Maria Pinto	fitspot-parque nascente	Veterana F40	02:01:31	+01:11:41	10:08
350	2147	Maria Barreiros	fitspot-parque nascente	Senior Feminino	02:01:31	+01:11:41	10:08
351	2164	Mohamed Moudnib	fitspot-parque nascente	Veterano M40	02:01:32	+01:11:42	10:08
352	2084	Luisa Azevedo	dental doctors	Veterana F40	02:01:34	+01:11:44	10:08
353	2086	João Azevedo	dental doctors	Veterano M40	02:01:34	+01:11:44	10:08
354	2538	David Silva	wild runners	Veterano M40	02:01:54	+01:12:04	10:09
355	2537	Sandra Matos	wild runners	Veterana F40	02:01:54	+01:12:04	10:10
356	2535	Gisélia Braga	wild runners	Senior Feminino	02:01:55	+01:12:05	10:10
357	2117	FILIPA CERVANTES	equipa joao ferreira	Senior Feminino	02:02:10	+01:12:20	10:11
358	2375	angela dias	monte dos amigos	Senior Feminino	02:02:15	+01:12:25	10:11

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
359	2377	maria lopes	monte dos amigos	Senior Feminino	02:02:15	+01:12:25	10:11
360	2146	Joana Naldinho	fitspot-parque nascente	Senior Feminino	02:02:17	+01:12:27	10:11
361	2441	Jorge Silva	osfazconta	Senior Masculino	02:02:34	+01:12:44	10:13
362	2089	Maria de Fátima da Silva Ferreira Teixeira	doidos do mato	Veterana F40	02:02:38	+01:12:48	10:13
363	2416	Patrícia Isabel Ferreira dos Santos	nurses runners	Senior Feminino	02:03:10	+01:13:20	10:16
364	2414	Andreia Alexandra Ferreira dos Santos	nurses runners	Senior Feminino	02:03:11	+01:13:21	10:16
365	2451	Maria Joao Silva	pipb	Veterana F40	02:03:17	+01:13:27	10:16
366	2365	Isabel Lopes	lion runners - g. d. leões da guarda	Veterana F50	02:03:19	+01:13:29	10:17
367	2150	Susana Latourrette	fitspot-parque nascente	Senior Feminino	02:03:32	+01:13:42	10:18
368	2242	Susana Mateus	individual	Senior Feminino	02:03:39	+01:13:49	10:18
369	2276	Ricardo Jorge Alves Oliveira	individual	Senior Masculino	02:03:40	+01:13:50	10:18
370	2114	CARMO MARINHO	equipa joao ferreira	Senior Feminino	02:04:33	+01:14:43	10:23
371	2121	TERESA CAPELO	equipa joao ferreira	Senior Feminino	02:04:57	+01:15:07	10:25
372	2223	Liliana Marques	individual	Senior Feminino	02:04:59	+01:15:09	10:25
373	2299	Gisela Ferreira	individual	Veterana F50	02:04:59	+01:15:09	10:25
374	2415	Diana Vanessa Gomes Ferreira de Pinho Sousa	nurses runners	Senior Feminino	02:05:06	+01:15:16	10:25
375	2419	Pedro Miguel Rocha Sousa	nurses runners	Senior Masculino	02:05:06	+01:15:16	10:26
376	2127	RITA GONÇALVES	equipa joao ferreira	Veterana F40	02:05:34	+01:15:44	10:28
377	2128	JORGE RODRIGUES	equipa joao ferreira	Veterano M40	02:05:40	+01:15:50	10:28
378	1604	Sandro Figueiredo Lopes Da Silva	individual	Veterano M40	02:05:48	+01:15:58	10:29
379	2386	paula almeida	monte dos amigos	Veterana F40	02:06:29	+01:16:39	10:32
380	2387	paula coutinho	monte dos amigos	Veterana F40	02:06:29	+01:16:39	10:32
381	2246	Adelino Jesus Cunha Lopes Videira	individual	Senior Masculino	02:06:30	+01:16:40	10:33
382	2198	Andreia Vieira	individual	Senior Feminino	02:06:42	+01:16:52	10:33
383	2520	Pedro Filipe Pinto Barbosa	turtles	Senior Masculino	02:06:46	+01:16:56	10:34
384	2206	Claudia Sofia da costa Santos	individual	Senior Feminino	02:06:46	+01:16:56	10:34
385	1740	José Rodrigues	not run alone	Veterano M50	02:06:48	+01:16:58	10:34
386	2517	Joana Azevedo	trailistas "eu é que sei"	Senior Feminino	02:06:50	+01:17:00	10:34
387	2443	Joana Machado	p & j	Senior Feminino	02:07:09	+01:17:19	10:36
388	2444	Pedro Cabral	p & j	Senior Masculino	02:07:10	+01:17:20	10:36
389	2496	Manuel Mota	solmaia runners	Senior Masculino	02:07:59	+01:18:09	10:40
390	2501	Luísa Nogueira	solmaia runners	Veterana F40	02:08:01	+01:18:11	10:40
391	2548	Cláudia Guedes	solmaia runners	Senior Feminino	02:08:02	+01:18:12	10:40
392	2374	andreia coelho	monte dos amigos	Senior Feminino	02:08:10	+01:18:20	10:41
393	2361	Sandra Amorim	ligeirinhos	Veterana F40	02:08:15	+01:18:25	10:41
394	2200	Ariana Botelho dos Santos	individual	Senior Feminino	02:08:41	+01:18:51	10:43
395	2216	Helena Moraes	individual	Senior Feminino	02:10:05	+01:20:15	10:50
396	1473	Pedro Teixeira	individual	Senior Masculino	02:10:06	+01:20:16	10:50
397	1814	Elisabete Melo	soldado desconhecido	Veterana F40	02:10:52	+01:21:02	10:54
398	2224	Liliana Patricia Santos Fagundes	individual	Senior Feminino	02:11:28	+01:21:38	10:57
399	2519	Ana Lúcia Martins Monteiro	turtles	Senior Feminino	02:11:28	+01:21:38	10:57
400	2218	Isabel Susana da Silva Moreira Próspero	individual	Senior Feminino	02:12:36	+01:22:46	11:03
401	2236	Sandra Sousa	individual	Senior Feminino	02:12:42	+01:22:52	11:03

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
402	2300	maria filomena venâncio lopes marcelo	individual	Veterana F60	02:12:44	+01:22:54	11:04
403	2351	Tânia Santos	leões de tardariz trail	Senior Feminino	02:12:57	+01:23:07	11:05
404	2480	Ana Camões	quinta das arcas	Senior Feminino	02:13:10	+01:23:20	11:06
405	2482	Mário Rui Monteiro	quinta das arcas	Senior Masculino	02:13:10	+01:23:20	11:06
406	2449	Luis Ribeiro	paredes running	Veterano M40	02:13:40	+01:23:50	11:08
407	2448	Lucinda Marques	paredes running	Veterana F40	02:13:40	+01:23:50	11:08
408	2167	Almerindo Freitas	fitspot-parque nascente	Veterano M60	02:13:57	+01:24:07	11:10
409	2554	Sandra Almendra	individual	Veterana F40	02:14:35	+01:24:45	11:13
410	2316	José Aleixo	individual	Veterano M40	02:15:00	+01:25:10	11:15
411	2349	andrea carvalho	lazinco	Senior Feminino	02:15:01	+01:25:11	11:15
412	2238	Silvia monteiro fonseca	individual	Senior Feminino	02:15:07	+01:25:17	11:16
413	2124	CONCEIÇÃO MARTINS	equipa joao ferreira	Veterana F40	02:15:09	+01:25:19	11:16
414	2149	Marisa Silva	fitspot-parque nascente	Senior Feminino	02:15:21	+01:25:31	11:17
415	2159	Sandra Morgado	fitspot-parque nascente	Veterana F40	02:15:24	+01:25:34	11:17
416	2382	vitor costa	monte dos amigos	Senior Masculino	02:15:31	+01:25:41	11:18
417	2378	patricia ferraz	monte dos amigos	Senior Feminino	02:15:31	+01:25:41	11:18
418	2439	Catarina Silva	osfazconta	Senior Feminino	02:16:03	+01:26:13	11:20
419	2055	Sandra Soares	budeguita runners	Veterana F40	02:16:48	+01:26:58	11:24
420	2053	Isabel Marques	budeguita runners	Veterana F40	02:16:48	+01:26:58	11:24
421	2059	Jorge Ribeiro	cães e gatos	Veterano M40	02:17:59	+01:28:09	11:30
422	2291	Maria do Carmo Ribeiro Moura Pinto	individual	Veterana F40	02:18:00	+01:28:10	11:30
423	2058	Eugénia Alves	cães e gatos	Senior Feminino	02:18:01	+01:28:11	11:30
424	1705	Filipe Dias	muito musculo	Veterano M40	02:18:03	+01:28:13	11:30
425	2550	Odete Coelho	individual	Veterana F40	02:18:04	+01:28:14	11:30
426	2474	EMANUEL NEVES	portocargo	Senior Masculino	02:18:47	+01:28:57	11:34
427	2477	MANUEL ALMEIDA	portocargo	Veterano M40	02:18:49	+01:28:59	11:34
428	2473	ANA MARTINS	portocargo	Senior Feminino	02:18:50	+01:29:00	11:34
429	2116	DIANA LIRA	equipa joao ferreira	Senior Feminino	02:19:32	+01:29:42	11:38
430	2525	Vanessa Pedro	vanila vilessa	Senior Feminino	02:20:26	+01:30:36	11:42
431	2429	Mª Fátima Lopes	os caga tacos running team	Veterana F50	02:20:27	+01:30:37	11:42
432	2430	Rosinda Macedo	os caga tacos running team	Veterana F50	02:20:28	+01:30:38	11:42
433	2307	Amélia Cardoso	individual	Veterana F50	02:21:10	+01:31:20	11:46
434	2290	Luísa Ventura	individual	Veterana F40	02:21:10	+01:31:20	11:46
435	2219	Joana Alves	individual	Senior Feminino	02:21:11	+01:31:21	11:46
436	2120	TANIA BRITO	equipa joao ferreira	Senior Feminino	02:21:49	+01:31:59	11:49
437	2118	SANDRA SANTOS	equipa joao ferreira	Senior Feminino	02:21:51	+01:32:01	11:49
438	2294	Natália Pinto	individual	Veterana F40	02:22:09	+01:32:19	11:51
439	2342	ANA NORIM	joana rodrigues sousa	Veterana F40	02:22:22	+01:32:32	11:52
440	2346	JOÃO CLAÚDIO BANDEIRA	joana rodrigues sousa	Veterano M40	02:22:22	+01:32:32	11:52
441	2160	Sofia Martins	fitspot-parque nascente	Veterana F40	02:23:02	+01:33:12	11:55
442	2076	Ana Cristina Cunha	cunhax	Veterana F40	02:23:12	+01:33:22	11:56
443	2366	Paulo Gomes	lion runners - g. d. leões da guarda	Veterano M40	02:23:39	+01:33:49	11:58
444	2287	FATIMA SANTIAGO	individual	Veterana F40	02:23:41	+01:33:51	11:58
445	2331	jose carlos martins carneiro	individual	Veterano M50	02:25:02	+01:35:12	12:05
446	2220	Joana Filipa de Jesus Martins	individual	Senior Feminino	02:25:03	+01:35:13	12:05

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
447	2292	Maria José Peres	individual	Veterana F40	02:25:30	+01:35:40	12:08
448	2194	Ana Isabel Gonçalves dos Reis	individual	Senior Feminino	02:25:30	+01:35:40	12:08
449	2434	Hugo Marafona	os não menos	Senior Masculino	02:26:05	+01:36:15	12:10
450	2432	Patrícia Casanova	os não menos	Senior Feminino	02:26:06	+01:36:16	12:11
451	2433	Bruno Lopes	os não menos	Senior Masculino	02:26:07	+01:36:17	12:11
452	2061	GISELA PATRICIA NETO MAGALHAES PINTO	ciclistas cósmicos - gislótica	Senior Feminino	02:28:45	+01:38:55	12:24
453	2228	Marisa Carvalho	individual	Senior Feminino	02:29:19	+01:39:29	12:27
454	2273	pedro miguel feitaira torrão	individual	Senior Masculino	02:29:22	+01:39:32	12:27
455	2425	Beta Assunção	os caga tacos running team	Senior Feminino	02:30:02	+01:40:12	12:30
456	2426	Mónica Pereira	os caga tacos running team	Senior Feminino	02:30:02	+01:40:12	12:30
457	2222	Joana pinto	individual	Senior Feminino	02:32:04	+01:42:14	12:40
458	2204	Catarina Teixeira Pinto	individual	Senior Feminino	02:32:04	+01:42:14	12:40
459	2447	Ana Ferreira	paredes running	Veterana F40	02:32:20	+01:42:30	12:42
460	1500	Tiago André Brito Dias	individual	Senior Masculino	02:32:20	+01:42:30	12:42
461	2527	Marcos Silva	vesturiateam252	Senior Masculino	02:32:22	+01:42:32	12:42
462	2529	Tiago Meireles	vesturiateam252	Senior Masculino	02:32:28	+01:42:38	12:42
463	2530	Carlos Silva	vesturiateam252	Veterano M40	02:32:28	+01:42:38	12:42
464	2531	Filipe Leite	vesturiateam252	Veterano M40	02:32:29	+01:42:39	12:42
465	2526	Marisa Patrao	vesturiateam252	Senior Feminino	02:32:30	+01:42:40	12:43
466	2533	Manuel Meireles	vesturiateam252	Veterano M40	02:32:30	+01:42:40	12:43
467	2436	Ana Moreira	os turbomula	Veterana F60	02:34:14	+01:44:24	12:51
468	2033	Susana Barbosa	all about	Veterana F40	02:34:16	+01:44:26	12:51
469	2113	ANA MOTA	equipa joao ferreira	Senior Feminino	02:34:46	+01:44:56	12:54
470	2322	Miguel Rocha	individual	Veterano M40	02:38:08	+01:48:18	13:11
471	2064	Elsa Oliveira	clube zipper	Senior Feminino	02:58:18	+02:08:28	14:52
472	2063	Elisabete Moreira	clube zipper	Senior Feminino	02:58:21	+02:08:31	14:52
473	2032	Patricia Pires	all about	Veterana F40	03:03:07	+02:13:17	15:16
474	2320	Márcio Guedes	individual	Veterano M40	04:19:13	+03:29:23	21:36

Mini Trilhos 12K

12 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	10:00	7,7°C	99%
End	14:19	11,4°C	87%

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

1	2239	sonia Félix Ferreira Sousa	Individual	Senior Feminino	01:12:03		06:00
2	2172	Andreia Amorim	GONDOMAR FUTSAL CLUBE	Senior Feminino	01:13:39	+01:36	06:08
3	2396	Anabela Freitas	MULTIPOWER GAIA TRAIL	Senior Feminino	01:14:53	+02:50	06:14
4	2208	Cristiana Raquel de Sousa Ferreira	Individual	Senior Feminino	01:17:36	+05:33	06:28
5	2543	Marisa Pereira	ZUPPER	Senior Feminino	01:20:30	+08:27	06:42
6	2192	Cidalia Teixeira	Individual	Senior Feminino	01:21:40	+09:37	06:48
7	2014	Anabela Pinto	ALIANÇA DE GANDRA	Senior Feminino	01:21:42	+09:39	06:49
8	2546	Isabel Santos	keepmoving	Senior Feminino	01:21:58	+09:55	06:50
9	2235	Renata Simões Vinagre	Individual	Senior Feminino	01:22:16	+10:13	06:51
10	2190	Alexandra Marques Azevedo	Individual	Senior Feminino	01:22:48	+10:45	06:54
11	2013	Ana Maria Pinto	ALIANÇA DE GANDRA	Senior Feminino	01:25:37	+13:34	07:08
12	2007	Andreia Paulos	ADTravassô	Senior Feminino	01:26:22	+14:19	07:12
13	2211	Daniela Mota Machado	Individual	Senior Feminino	01:26:54	+14:51	07:15
14	2221	Joana Moura	Individual	Senior Feminino	01:27:00	+14:57	07:15
15	2193	ana ferreira	Individual	Senior Feminino	01:27:00	+14:57	07:15
16	2226	Mafalda Luís	Individual	Senior Feminino	01:27:01	+14:58	07:15
17	2237	SILVIA FERREIRA	Individual	Senior Feminino	01:27:04	+15:01	07:15
18	2379	paula morais	Monte dos Amigos	Senior Feminino	01:27:42	+15:39	07:19
19	2197	Ana Marques	Individual	Senior Feminino	01:28:07	+16:04	07:21
20	2229	Marlene Martins	Individual	Senior Feminino	01:29:03	+17:00	07:25
21	2460	Raquel Pereira	PORTO SENTIDO RUNNERS	Senior Feminino	01:29:37	+17:34	07:28
22	2495	Teresa Pinto	Solmaia Runners	Senior Feminino	01:30:50	+18:47	07:34
23	2490	Isabel Pinto	Solmaia Runners	Senior Feminino	01:30:51	+18:48	07:34
24	2017	Paula Silva	ALIANÇA DE GANDRA	Senior Feminino	01:31:44	+19:41	07:39
25	2231	Patrícia Lopes	Individual	Senior Feminino	01:32:20	+20:17	07:42
26	2062	Cátia Moreira	Clube Zupper	Senior Feminino	01:32:22	+20:19	07:42
27	2094	Catarina Isabel Ribeiro	Dupla CD	Senior Feminino	01:32:26	+20:23	07:42
28	2095	Daniela Sofia Marinho Queirós	Dupla CD	Senior Feminino	01:32:26	+20:23	07:42
29	2168	Suzete do Rosário Passos de Sousa	Fridão Sem Limites	Senior Feminino	01:33:23	+21:20	07:47
30	2143	Ana Luisa Flores	FITSPOT-Parque Nascente	Senior Feminino	01:33:38	+21:35	07:48
31	2144	Célia Moreira	FITSPOT-Parque Nascente	Senior Feminino	01:33:46	+21:43	07:49
32	2240	Sónia Maria Fernandes Vidal	Individual	Senior Feminino	01:34:02	+21:59	07:50
33	2369	Lia Duarte	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Senior Feminino	01:34:25	+22:22	07:52
34	2368	Diana Vieira	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Senior Feminino	01:34:26	+22:23	07:52
35	2045	Carla Barbosa	As Belas e Eles	Senior Feminino	01:35:01	+22:58	07:55
36	2207	Claudia Babo	Individual	Senior Feminino	01:35:13	+23:10	07:56
37	2145	Diana Almeida	FITSPOT-Parque Nascente	Senior Feminino	01:35:17	+23:14	07:56
38	2245	Verónica Maia	Individual	Senior Feminino	01:35:59	+23:56	08:00

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Mini Trilhos 12K

12 KM

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39	2376	eva ribeiro	Monte dos Amigos	Senior Feminino	01:37:41	+25:38	08:08
40	2380	rosa almeida	Monte dos Amigos	Senior Feminino	01:37:41	+25:38	08:08
41	2142	Ana Bandeira	FITSPOT-Parque Nascente	Senior Feminino	01:37:46	+25:43	08:09
42	2096	Raquel Oliveira	easymeals	Senior Feminino	01:38:06	+26:03	08:10
43	2028	Andreia Reis	All About	Senior Feminino	01:39:39	+27:36	08:18
44	2509	Sílvia Teixeira	Team DUAS FACES	Senior Feminino	01:40:11	+28:08	08:21
45	2046	Lurdes Moreira	As Belas e Eles	Senior Feminino	01:41:56	+29:53	08:30
46	2037	Cristina Machado	Andatrilhos Freamunde	Senior Feminino	01:42:08	+30:05	08:31
47	2522	Mafalda Alves	USF TS	Senior Feminino	01:42:10	+30:07	08:31
48	2523	Mónica Magalhães	USF TS	Senior Feminino	01:42:11	+30:08	08:31
49	2521	Estela Oliveira	USF TS	Senior Feminino	01:42:13	+30:10	08:31
50	2215	Gabriela Fonseca	Individual	Senior Feminino	01:42:19	+30:16	08:32
51	2435	Marisa Sousa	Os TurboMula	Senior Feminino	01:42:49	+30:46	08:34
52	2201	Bé Miranda	Individual	Senior Feminino	01:42:56	+30:53	08:35
53	2006	Ana morais	ADTravassô	Senior Feminino	01:42:57	+30:54	08:35
54	2341	LIGIA FREITAS	JOANA RODRIGUES SOUSA	Senior Feminino	01:43:44	+31:41	08:39
55	2337	sandra	JAS	Senior Feminino	01:43:48	+31:45	08:39
56	2100	Lucelia Ferreira	Engomadoria L&A Team	Senior Feminino	01:43:57	+31:54	08:40
57	2015	Cátia Francisco	ALIANÇA DE GANDRA	Senior Feminino	01:44:41	+32:38	08:43
58	2099	Sonia Machado	EI Team Trail	Senior Feminino	01:44:49	+32:46	08:44
59	2217	Inês Rodrigues Santos	Individual	Senior Feminino	01:45:10	+33:07	08:46
60	2336	Anabela Barata	JAS	Senior Feminino	01:45:14	+33:11	08:46
61	2438	Brigida Duarte	OsFazConta	Senior Feminino	01:45:20	+33:17	08:47
62	2209	Cristina Araújo	Individual	Senior Feminino	01:45:42	+33:39	08:49
63	2148	Mariana Brito	FITSPOT-Parque Nascente	Senior Feminino	01:45:45	+33:42	08:49
64	2129	Mónica Tavares	Equipa XPTO's	Senior Feminino	01:45:58	+33:55	08:50
65	2018	Sara Barbosa	ALIANÇA DE GANDRA	Senior Feminino	01:45:59	+33:56	08:50
66	2510	Liliana Escudeiro	TEAM LANTEMIL	Senior Feminino	01:46:30	+34:27	08:52
67	2119	SONIA TELES	EQUIPA JOAO FERREIRA	Senior Feminino	01:46:31	+34:28	08:53
68	2227	Maria silva	Individual	Senior Feminino	01:46:47	+34:44	08:54
69	2405	Paula Ferreira	Nascidos para Correr	Senior Feminino	01:46:48	+34:45	08:54
70	2135	Sara Moreira	Famelga	Senior Feminino	01:47:09	+35:06	08:56
71	2210	Cristina Moura	Individual	Senior Feminino	01:47:24	+35:21	08:57
72	2492	Maria Oliveira	Solmaia Runners	Senior Feminino	01:47:43	+35:40	08:59
73	2115	DANIELA QUELHAS	EQUIPA JOAO FERREIRA	Senior Feminino	01:47:47	+35:44	08:59
74	2484	mara freitas	reumatico	Senior Feminino	01:48:12	+36:09	09:01
75	2459	Lisa Pereira	PORTO SENTIDO RUNNERS	Senior Feminino	01:48:12	+36:09	09:01
76	2202	Carla Teixeira	Individual	Senior Feminino	01:48:47	+36:44	09:04
77	2541	Zara Sousa	Zaróé	Senior Feminino	01:49:14	+37:11	09:06
78	2081	Vanda Miranda	Dental Doctors	Senior Feminino	01:50:14	+38:11	09:11
79	2171	Sónia Ferreira	Gangue das Maças	Senior Feminino	01:50:24	+38:21	09:12
80	2051	Tania Rebelo	Beat Your Limit!	Senior Feminino	01:51:37	+39:34	09:18
81	2348	Isabel Aguiar	KeMedo Team	Senior Feminino	01:51:39	+39:36	09:18
82	2133	Begoña Pérez	EU+ Run	Senior Feminino	01:52:17	+40:14	09:21
83	2169	Ana Machado	Gangue das Maças	Senior Feminino	01:52:21	+40:18	09:22
84	2199	Andrea Vieira	Individual	Senior Feminino	01:52:29	+40:26	09:22

Official Timekeeper: Lap2Go	2 / 12	generate 24-mar-2016 17:43
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Mini Trilhos 12K

12 KM

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85	2214	Eunice Coelho	Individual	Senior Feminino	01:52:29	+40:26	09:22
86	2016	Isabel Neves	ALIANÇA DE GANDRA	Senior Feminino	01:52:57	+40:54	09:25
87	2440	Vania Soares	OsFazConta	Senior Feminino	01:53:10	+41:07	09:26
88	2445	Sonia Silva	Paredes Running	Senior Feminino	01:53:19	+41:16	09:27
89	2213	Elisabete Almeida	Individual	Senior Feminino	01:54:28	+42:25	09:32
90	2232	PATRICIA PEREIRA	Individual	Senior Feminino	01:54:48	+42:45	09:34
91	2233	Raquel Santos	Individual	Senior Feminino	01:54:58	+42:55	09:35
92	2212	Dora Ventura	Individual	Senior Feminino	01:54:58	+42:55	09:35
93	2141	Rita Leal	fb.com/familiapatanisca	Senior Feminino	01:55:02	+42:59	09:35
94	2060	Marta André	Casadotear.pt	Senior Feminino	01:55:08	+43:05	09:36
95	2493	Marisa Pinto	Solmaia Runners	Senior Feminino	01:57:04	+45:01	09:45
96	2494	Susana Coelho	Solmaia Runners	Senior Feminino	01:57:04	+45:01	09:45
97	2515	Marlene Rodrigues	Thunder Team	Senior Feminino	01:58:07	+46:04	09:51
98	2437	Adriana Duarte	OsFazConta	Senior Feminino	01:59:51	+47:48	09:59
99	2147	Maria Barreiros	FITSPOT-Parque Nascente	Senior Feminino	02:01:31	+49:28	10:08
100	2535	Gisélia Braga	Wild Runners	Senior Feminino	02:01:55	+49:52	10:10
101	2117	FILIPA CERVANTES	EQUIPA JOAO FERREIRA	Senior Feminino	02:02:10	+50:07	10:11
102	2375	angela dias	Monte dos Amigos	Senior Feminino	02:02:15	+50:12	10:11
103	2377	maria lopes	Monte dos Amigos	Senior Feminino	02:02:15	+50:12	10:11
104	2146	Joana Naldinho	FITSPOT-Parque Nascente	Senior Feminino	02:02:17	+50:14	10:11
105	2416	Patrícia Isabel Ferreira dos Santos	Nurses Runners	Senior Feminino	02:03:10	+51:07	10:16
106	2414	Andreia Alexandra Ferreira dos Santos	Nurses Runners	Senior Feminino	02:03:11	+51:08	10:16
107	2150	Susana Latourrette	FITSPOT-Parque Nascente	Senior Feminino	02:03:32	+51:29	10:18
108	2242	Susana Mateus	Individual	Senior Feminino	02:03:39	+51:36	10:18
109	2114	CARMO MARINHO	EQUIPA JOAO FERREIRA	Senior Feminino	02:04:33	+52:30	10:23
110	2121	TERESA CAPELO	EQUIPA JOAO FERREIRA	Senior Feminino	02:04:57	+52:54	10:25
111	2223	Liliana Marques	Individual	Senior Feminino	02:04:59	+52:56	10:25
112	2415	Diana Vanessa Gomes Ferreira de Pinho Sousa	Nurses Runners	Senior Feminino	02:05:06	+53:03	10:25
113	2198	Andreia Vieira	Individual	Senior Feminino	02:06:42	+54:39	10:33
114	2206	Claudia Sofia da costa Santos	Individual	Senior Feminino	02:06:46	+54:43	10:34
115	2517	Joana Azevedo	Trailistas "Eu é que sei"	Senior Feminino	02:06:50	+54:47	10:34
116	2443	Joana Machado	P & J	Senior Feminino	02:07:09	+55:06	10:36
117	2548	Cláudia Guedes	Solmaia Runners	Senior Feminino	02:08:02	+55:59	10:40
118	2374	andreia coelho	Monte dos Amigos	Senior Feminino	02:08:10	+56:07	10:41
119	2200	Ariana Botelho dos Santos	Individual	Senior Feminino	02:08:41	+56:38	10:43
120	2216	Helena Moraes	Individual	Senior Feminino	02:10:05	+58:02	10:50
121	2224	Liliana Patricia Santos Fagundes	Individual	Senior Feminino	02:11:28	+59:25	10:57
122	2519	Ana Lúcia Martins Monteiro	Turtles	Senior Feminino	02:11:28	+59:25	10:57
123	2218	Isabel Susana da Silva Moreira Próspero	Individual	Senior Feminino	02:12:36	+01:00:33	11:03
124	2236	Sandra Sousa	Individual	Senior Feminino	02:12:42	+01:00:39	11:03
125	2351	Tânia Santos	Leões de Tardariz Trail	Senior Feminino	02:12:57	+01:00:54	11:05
126	2480	Ana Camões	Quinta das Arcas	Senior Feminino	02:13:10	+01:01:07	11:06
127	2349	andreia carvalho	LAZINCO	Senior Feminino	02:15:01	+01:02:58	11:15
128	2238	Silvia monteiro fonseca	Individual	Senior Feminino	02:15:07	+01:03:04	11:16
129	2149	Marisa Silva	FITSPOT-Parque Nascente	Senior Feminino	02:15:21	+01:03:18	11:17

Official Timekeeper: Lap2Go	3 / 12	generate 24-mar-2016 17:43
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Mini Trilhos 12K

12 KM

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OFFICIAL RESULT

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130	2378	patricia ferraz	Monte dos Amigos	Senior Feminino	02:15:31	+01:03:28	11:18
131	2439	Catarina Silva	OsFazConta	Senior Feminino	02:16:03	+01:04:00	11:20
132	2058	Eugénia Alves	Cães e Gatos	Senior Feminino	02:18:01	+01:05:58	11:30
133	2473	ANA MARTINS	PORTOCARGO	Senior Feminino	02:18:50	+01:06:47	11:34
134	2116	DIANA LIRA	EQUIPA JOAO FERREIRA	Senior Feminino	02:19:32	+01:07:29	11:38
135	2525	Vanessa Pedro	Vanila Vilessa	Senior Feminino	02:20:26	+01:08:23	11:42
136	2219	Joana Alves	Individual	Senior Feminino	02:21:11	+01:09:08	11:46
137	2120	TANIA BRITO	EQUIPA JOAO FERREIRA	Senior Feminino	02:21:49	+01:09:46	11:49
138	2118	SANDRA SANTOS	EQUIPA JOAO FERREIRA	Senior Feminino	02:21:51	+01:09:48	11:49
139	2220	Joana Filipa de Jesus Martins	Individual	Senior Feminino	02:25:03	+01:13:00	12:05
140	2194	Ana Isabel Gonçalves dos Reis	Individual	Senior Feminino	02:25:30	+01:13:27	12:08
141	2432	Patrícia Casanova	Os Não Menos	Senior Feminino	02:26:06	+01:14:03	12:11
142	2061	GISELA PATRICIA NETO MAGALHAES PINTO	CICLISTAS CÔSMICOS - GISLÓTICA	Senior Feminino	02:28:45	+01:16:42	12:24
143	2228	Marisa Carvalho	Individual	Senior Feminino	02:29:19	+01:17:16	12:27
144	2425	Beta Assunção	os caga tacos running team	Senior Feminino	02:30:02	+01:17:59	12:30
145	2426	Mónica Pereira	os caga tacos running team	Senior Feminino	02:30:02	+01:17:59	12:30
146	2222	Joana pinto	Individual	Senior Feminino	02:32:04	+01:20:01	12:40
147	2204	Catarina Teixeira Pinto	Individual	Senior Feminino	02:32:04	+01:20:01	12:40
148	2526	Marisa Patrao	VesturiaTeam252	Senior Feminino	02:32:30	+01:20:27	12:43
149	2113	ANA MOTA	EQUIPA JOAO FERREIRA	Senior Feminino	02:34:46	+01:22:43	12:54
150	2064	Elsa Oliveira	Clube Zupper	Senior Feminino	02:58:18	+01:46:15	14:52
151	2063	Elisabete Moreira	Clube Zupper	Senior Feminino	02:58:21	+01:46:18	14:52

Senior Masculino

1	2402	Tiago Leal	MULTIPOWER GAIA TRAIL	Senior Masculino	49:50	04:09
2	2186	Vitor Hugo Neves Barbosa	Grupo Dramático e Recreativo de Retorta	Senior Masculino	51:40	+01:50 04:18
3	2397	Bruno Santiago	MULTIPOWER GAIA TRAIL	Senior Masculino	54:44	+04:54 04:34
4	2556	Tiago Pinto	DOUROCONTA TRAIL TEAM	Senior Masculino	56:30	+06:40 04:43
5	2254	Fábio Pinto	Individual	Senior Masculino	58:08	+08:18 04:51
6	2101	Anthony Lopes	Engomadoria L&A Team	Senior Masculino	59:29	+09:39 04:57
7	2107	Sérgio Santos	Engomadoria L&A Team	Senior Masculino	59:31	+09:41 04:58
8	2091	Bruno Santos	DOUROCONTA TRAIL TEAM	Senior Masculino	01:00:28	+10:38 05:02
9	2398	Bruno Soares	MULTIPOWER GAIA TRAIL	Senior Masculino	01:01:04	+11:14 05:05
10	2078	Aderito Oliveira	Da-lhe Gas	Senior Masculino	01:01:48	+11:58 05:09
11	2400	Nelson Marques	MULTIPOWER GAIA TRAIL	Senior Masculino	01:02:13	+12:23 05:11
12	2066	Cristiano Nogueira	Clube Zupper	Senior Masculino	01:02:57	+13:07 05:15
13	2104	João Coelho	Engomadoria L&A Team	Senior Masculino	01:03:11	+13:21 05:16
14	2093	Vitor Rio	DOUROCONTA TRAIL TEAM	Senior Masculino	01:05:45	+15:55 05:29
15	2399	Miguel Furtado	MULTIPOWER GAIA TRAIL	Senior Masculino	01:06:32	+16:42 05:33
16	2079	Carlos Prudêncio	Da-lhe Gas	Senior Masculino	01:06:35	+16:45 05:33
17	2269	Mario Taborda	Individual	Senior Masculino	01:07:22	+17:32 05:37
18	2003	Paulo Araujo	A. D. Sebolido Trail Boneca D´Ouro	Senior Masculino	01:07:41	+17:51 05:38
19	2401	Patricio Fernando	MULTIPOWER GAIA TRAIL	Senior Masculino	01:08:09	+18:19 05:41

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Mini Trilhos 12K

12 KM

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20	2004	Roberto Freitas	A. D. Sebolido Trail Boneca D´Ouro	Senior Masculino	01:08:17	+18:27	05:41
21	2069	Pedro Cancelo	Clube Zupper	Senior Masculino	01:08:53	+19:03	05:44
22	2183	Agostinho Fernando Cunha Fernandes	Grupo Dramático e Recreativo de Retorta	Senior Masculino	01:09:19	+19:29	05:47
23	2090	Armando Fonseca	DOUROCONTA TRAIL TEAM	Senior Masculino	01:10:17	+20:27	05:51
24	2427	António Tavares	os caga tacos running team	Senior Masculino	01:10:41	+20:51	05:53
25	2105	João Rebelo	Engomadoria L&A Team	Senior Masculino	01:11:04	+21:14	05:55
26	2106	Ricardo Barros	Engomadoria L&A Team	Senior Masculino	01:11:04	+21:14	05:55
27	2042	JORGE GOMES	ARCORUN	Senior Masculino	01:11:24	+21:34	05:57
28	2428	João Pinho	os caga tacos running team	Senior Masculino	01:11:50	+22:00	05:59
29	2275	Ribeiro	Individual	Senior Masculino	01:12:05	+22:15	06:00
30	2488	ARTUR PEREIRA	Shots International Runners	Senior Masculino	01:12:11	+22:21	06:01
31	2040	Ricardo Jorge Neto	Andatrilhos Freamunde	Senior Masculino	01:12:17	+22:27	06:01
32	2002	Manuel Lopes	A. D. Sebolido Trail Boneca D´Ouro	Senior Masculino	01:12:53	+23:03	06:04
33	2259	Joel Filipe Ferreira Santos	Individual	Senior Masculino	01:13:30	+23:40	06:08
34	2353	José Santos	Leões de Tardariz Trail	Senior Masculino	01:14:14	+24:24	06:11
35	2102	Daniel Guimaraes	Engomadoria L&A Team	Senior Masculino	01:14:29	+24:39	06:12
36	2339	Bruno Maia	Javalis Portugal	Senior Masculino	01:15:22	+25:32	06:17
37	2035	Ibraim Sousa	ALUNOS DE MEIRIM F.C.	Senior Masculino	01:15:43	+25:53	06:19
38	2020	João Otto	ALIANÇA DE GANDRA	Senior Masculino	01:15:59	+26:09	06:20
39	2539	Daniel Filipe Andrade Fernandes	Worth a Grid	Senior Masculino	01:16:35	+26:45	06:23
40	2540	José Pedro de Sousa Dias	Worth a Grid	Senior Masculino	01:16:35	+26:45	06:23
41	2088	Domingos Martins	DIMP	Senior Masculino	01:16:42	+26:52	06:24
42	2261	José Amorim	Individual	Senior Masculino	01:17:57	+28:07	06:30
43	2250	Carlos Silva	Individual	Senior Masculino	01:18:01	+28:11	06:30
44	2497	Miguel Moreira	Solmaia Runners	Senior Masculino	01:19:02	+29:12	06:35
45	2352	Jose Castro	Leões de Tardariz Trail	Senior Masculino	01:19:05	+29:15	06:35
46	2103	Filipe Lopes	Engomadoria L&A Team	Senior Masculino	01:19:20	+29:30	06:37
47	2266	Luís Luz	Individual	Senior Masculino	01:20:53	+31:03	06:44
48	2354	Miguel Reis	Leões de Tardariz Trail	Senior Masculino	01:21:59	+32:09	06:50
49	2461	Bruno Ricardo Marques Guedes	PORTO SENTIDO RUNNERS	Senior Masculino	01:22:37	+32:47	06:53
50	2263	Leonel Caldas	Individual	Senior Masculino	01:24:27	+34:37	07:02
51	2278	Ricardo Pinto	Individual	Senior Masculino	01:24:49	+34:59	07:04
52	2421	Emanuel Dias	ONE MORE MILE	Senior Masculino	01:24:51	+35:01	07:04
53	2023	Paulo Sousa	ALIANÇA DE GANDRA	Senior Masculino	01:25:37	+35:47	07:08
54	2050	José Gomes	Associação Desportiva da Efacec	Senior Masculino	01:25:56	+36:06	07:10
55	2070	Tiago Ramalho	Clube Zupper	Senior Masculino	01:26:18	+36:28	07:12
56	2008	Rui Genio	ADTravassô	Senior Masculino	01:26:21	+36:31	07:12
57	2553	Marco Oliveira	Individual	Senior Masculino	01:26:31	+36:41	07:13
58	2257	João Baltazar	Individual	Senior Masculino	01:26:38	+36:48	07:13
59	2249	Bruno José Gomes Monteiro	Individual	Senior Masculino	01:27:15	+37:25	07:16
60	2019	Filipe Silva	ALIANÇA DE GANDRA	Senior Masculino	01:27:21	+37:31	07:17
61	2272	Pedro Filipe santos Cardoso Gomes	Individual	Senior Masculino	01:27:38	+37:48	07:18
62	2454	Fábio Marques	PM	Senior Masculino	01:27:43	+37:53	07:19
63	2456	Tiagi Silva	PM	Senior Masculino	01:27:43	+37:53	07:19

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64	2256	Gerson. Alves	Individual	Senior Masculino	01:27:49	+37:59	07:19
65	2048	Bruno Cunha	Associação Desportiva da Efacec	Senior Masculino	01:28:22	+38:32	07:22
66	2152	Flávio Santos	FITSPOT-Parque Nascente	Senior Masculino	01:28:45	+38:55	07:24
67	2001	Fabio Correia	A. D. Sebolido Trail Boneca D´Ouro	Senior Masculino	01:29:21	+39:31	07:27
68	2455	Paulo Silva	PM	Senior Masculino	01:29:39	+39:49	07:28
69	2049	Diogo Ferreira	Associação Desportiva da Efacec	Senior Masculino	01:30:20	+40:30	07:32
70	1662	Sérgio Santos	LOCOMOTIVA DE PARANHOS	Senior Masculino	01:30:50	+41:00	07:34
71	2280	Rui Miguel Ferreira Marques	Individual	Senior Masculino	01:30:58	+41:08	07:35
72	2247	Bruno Carneiro	Individual	Senior Masculino	01:31:33	+41:43	07:38
73	2409	Luís Vieira	Not Fast, Just Furious	Senior Masculino	01:31:39	+41:49	07:38
74	2022	Marco Moreira	ALIANÇA DE GANDRA	Senior Masculino	01:31:43	+41:53	07:39
75	2404	Bruno Pereira	Individual	Senior Masculino	01:31:56	+42:06	07:40
76	2373	Nuno Moreira	Moinhos Run - ADRM	Senior Masculino	01:32:01	+42:11	07:40
77	2258	João Paulo Regal de Sousa	Individual	Senior Masculino	01:32:10	+42:20	07:41
78	2122	BRUNO FONSECA	EQUIPA JOAO FERREIRA	Senior Masculino	01:32:18	+42:28	07:42
79	2038	Luís Pedro	Andatrilhos Freamunde	Senior Masculino	01:32:36	+42:46	07:43
80	2039	Marco Mendes	Andatrilhos Freamunde	Senior Masculino	01:32:37	+42:47	07:43
81	2080	Paulo Silva	Da-lhe Gas	Senior Masculino	01:33:15	+43:25	07:46
82	2277	Ricardo Jorge Cardoso dos Santos Couto	Individual	Senior Masculino	01:33:40	+43:50	07:48
83	2267	Manuel Ramiro Alves Ferreira	Individual	Senior Masculino	01:33:40	+43:50	07:48
84	2265	Luís Filipe de Matos Isidoro	Individual	Senior Masculino	01:33:57	+44:07	07:50
85	2175	Vasco Aguiar	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:34:03	+44:13	07:50
86	2252	Duarte Viana Dias	Individual	Senior Masculino	01:34:23	+44:33	07:52
87	2363	Filipe Pereira	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	01:34:36	+44:46	07:53
88	2248	Bruno Fernandes	Individual	Senior Masculino	01:35:13	+45:23	07:56
89	2153	João Costa	FITSPOT-Parque Nascente	Senior Masculino	01:35:17	+45:27	07:56
90	2424	Pedro Leite	ONE MORE MILE	Senior Masculino	01:35:22	+45:32	07:57
91	2423	Helder Magalhães	ONE MORE MILE	Senior Masculino	01:35:23	+45:33	07:57
92	2549	Pedro Rodrigues	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:35:30	+45:40	07:58
93	2487	Nelson Guedes	Sai da Frente GUEDES	Senior Masculino	01:36:09	+46:19	08:01
94	2268	Marco Rui Fernandes do Ermo	Individual	Senior Masculino	01:37:09	+47:19	08:06
95	2097	Hernâni Pinto	easymeals	Senior Masculino	01:38:05	+48:15	08:10
96	2283	Sérgio Pereira	Individual	Senior Masculino	01:38:36	+48:46	08:13
97	2029	Bruno Ferreira	All About	Senior Masculino	01:39:39	+49:49	08:18
98	2068	Gilberto José Sousa Ferreira	Clube Zupper	Senior Masculino	01:40:15	+50:25	08:21
99	2462	Vera Lúcia Sousa	PORTO SENTIDO RUNNERS	Senior Masculino	01:43:00	+53:10	08:35
100	2075	André Cunha	cUnHaX	Senior Masculino	01:43:19	+53:29	08:37
101	2406	Antonio Rebocho	Nascidos para Correr	Senior Masculino	01:44:09	+54:19	08:41
102	2155	Rui Francês	FITSPOT-Parque Nascente	Senior Masculino	01:45:40	+55:50	08:48
103	2130	Miguel Brochado	Equipa XPTO's	Senior Masculino	01:45:58	+56:08	08:50
104	2021	Marco Moreira	ALIANÇA DE GANDRA	Senior Masculino	01:46:00	+56:10	08:50
105	2481	António Monteiro	Quinta das Arcas	Senior Masculino	01:46:33	+56:43	08:53
106	2547	Jose Eduardo Moreira	Individual	Senior Masculino	01:46:34	+56:44	08:53
107	2407	Nuno Ferreira	Nascidos para Correr	Senior Masculino	01:46:49	+56:59	08:54

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108	2136	João Pedro Soares	Famelga	Senior Masculino	01:47:11	+57:21	08:56
109	2284	Yago Riveiro Rodríguez	Individual	Senior Masculino	01:48:53	+59:03	09:04
110	2279	Rui Castro	Individual	Senior Masculino	01:48:53	+59:03	09:04
111	2253	Edgar Veiga	Individual	Senior Masculino	01:48:55	+59:05	09:05
112	2542	Josué Costa Brito	Zaróé	Senior Masculino	01:49:15	+59:25	09:06
113	2082	Sergio Pereira	Dental Doctors	Senior Masculino	01:50:14	+01:00:24	09:11
114	2410	Pedro Torres	Not Fast, Just Furious	Senior Masculino	01:51:13	+01:01:23	09:16
115	2498	Nuno Campos	Solmaia Runners	Senior Masculino	01:51:24	+01:01:34	09:17
116	2446	Antonio Barbosa	Paredes Running	Senior Masculino	01:53:17	+01:03:27	09:26
117	2411	Rogério Oliveira	Not Fast, Just Furious	Senior Masculino	01:54:21	+01:04:31	09:32
118	2274	RAUL PEREIRA	Individual	Senior Masculino	01:54:49	+01:04:59	09:34
119	2131	Ricardo Borges	Equipa XPTO's	Senior Masculino	01:54:58	+01:05:08	09:35
120	2418	Marco André Oliveira Paiva	Nurses Runners	Senior Masculino	01:56:14	+01:06:24	09:41
121	2536	Pedro Matos	Wild Runners	Senior Masculino	01:58:05	+01:08:15	09:50
122	2270	Nuno Frias	Individual	Senior Masculino	01:58:10	+01:08:20	09:51
123	1845	Daniel Pinto	TROCÓPASSO	Senior Masculino	02:01:00	+01:11:10	10:05
124	2441	Jorge Silva	OsFazConta	Senior Masculino	02:02:34	+01:12:44	10:13
125	2276	Ricardo Jorge Alves Oliveira	Individual	Senior Masculino	02:03:40	+01:13:50	10:18
126	2419	Pedro Miguel Rocha Sousa	Nurses Runners	Senior Masculino	02:05:06	+01:15:16	10:26
127	2246	Adelino Jesus Cunha Lopes Videira	Individual	Senior Masculino	02:06:30	+01:16:40	10:33
128	2520	Pedro Filipe Pinto Barbosa	Turtles	Senior Masculino	02:06:46	+01:16:56	10:34
129	2444	Pedro Cabral	P & J	Senior Masculino	02:07:10	+01:17:20	10:36
130	2496	Manuel Mota	Solmaia Runners	Senior Masculino	02:07:59	+01:18:09	10:40
131	1473	Pedro Teixeira	Individual	Senior Masculino	02:10:06	+01:20:16	10:50
132	2482	Mário Rui Monteiro	Quinta das Arcas	Senior Masculino	02:13:10	+01:23:20	11:06
133	2382	vitoe costa	Monte dos Amigos	Senior Masculino	02:15:31	+01:25:41	11:18
134	2474	EMANUEL NEVES	PORTOCARGO	Senior Masculino	02:18:47	+01:28:57	11:34
135	2434	Hugo Marafona	Os Não Menos	Senior Masculino	02:26:05	+01:36:15	12:10
136	2433	Bruno Lopes	Os Não Menos	Senior Masculino	02:26:07	+01:36:17	12:11
137	2273	pedro miguel feitaira torrão	Individual	Senior Masculino	02:29:22	+01:39:32	12:27
138	1500	Tiago André Brito Dias	Individual	Senior Masculino	02:32:20	+01:42:30	12:42
139	2527	Marcos Silva	VesturiaTeam252	Senior Masculino	02:32:22	+01:42:32	12:42
140	2529	Tiago Meireles	VesturiaTeam252	Senior Masculino	02:32:28	+01:42:38	12:42

Veterana F40

1	2157	Maria Guerra	FITSPOT-Parque Nascente	Veterana F40	01:22:31	06:53
2	2024	Alexandra Padilha	ALIANÇA DE GANDRA	Veterana F40	01:23:15	+00:44 06:56
3	2011	Célia Aguiar	ADTravassô	Veterana F40	01:23:28	+00:57 06:57
4	2009	Carmina Frutuoso	ADTravassô	Veterana F40	01:28:49	+06:18 07:24
5	2052	Ana Moreira	BUDEGUITA RUNNERS	Veterana F40	01:30:49	+08:18 07:34
6	2156	Ana Guimarães	FITSPOT-Parque Nascente	Veterana F40	01:32:12	+09:41 07:41
7	1507	Ana Margarida Nogueira coelho	Individual	Veterana F40	01:34:09	+11:38 07:51
8	2123	CLAUDIA CUNHA	EQUIPA JOAO FERREIRA	Veterana F40	01:35:18	+12:47 07:56
9	2138	Laurinda Isabel Carvalho de Sá e Silva	Família Silva	Veterana F40	01:36:37	+14:06 08:03
10	2372	Ana Helena Cardoso Carneiro	MINHO AVENTURA	Veterana F40	01:38:05	+15:34 08:10

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11	2524	Ana Alves	USF TS	Veterana F40	01:39:32	+17:01	08:18
12	2500	Ana Soares	Solmaia Runners	Veterana F40	01:40:08	+17:37	08:21
13	2384	conceição ribeiro	Monte dos Amigos	Veterana F40	01:40:20	+17:49	08:22
14	2098	Ana Ferreira	EI Team Trail	Veterana F40	01:41:47	+19:16	08:29
15	2083	Cristina Mota	Dental Doctors	Veterana F40	01:42:22	+19:51	08:32
16	2010	Carmo Gonçalves	ADTravassô	Veterana F40	01:42:57	+20:26	08:35
17	2288	Filomena Rocha	Individual	Veterana F40	01:42:58	+20:27	08:35
18	2177	Helena Moura	GONDOMAR FUTSAL CLUBE	Veterana F40	01:43:29	+20:58	08:37
19	2343	CECÍLIA MARTINS	JOANA RODRIGUES SOUSA	Veterana F40	01:43:44	+21:13	08:39
20	2031	Ana Trigo	All About	Veterana F40	01:45:00	+22:29	08:45
21	2289	Joana Vaz	Individual	Veterana F40	01:45:12	+22:41	08:46
22	2345	NATALIA SANTOS	JOANA RODRIGUES SOUSA	Veterana F40	01:45:19	+22:48	08:47
23	2025	Carla Pinto	ALIANÇA DE GANDRA	Veterana F40	01:45:22	+22:51	08:47
24	2296	paulateixeira	Individual	Veterana F40	01:45:24	+22:53	08:47
25	2126	MARIA JOAO FONSECA	EQUIPA JOAO FERREIRA	Veterana F40	01:47:58	+25:27	09:00
26	2403	Aurora Silva	MULTIPOWER GAIA TRAIL	Veterana F40	01:49:11	+26:40	09:06
27	2476	LAURA VIEIRA	PORTOCARGO	Veterana F40	01:49:57	+27:26	09:10
28	2179	Susana Sousa	GONDOMAR FUTSAL CLUBE	Veterana F40	01:50:03	+27:32	09:10
29	2344	HELENA CARDOSO	JOANA RODRIGUES SOUSA	Veterana F40	01:50:04	+27:33	09:10
30	2285	Ana Lisa	Individual	Veterana F40	01:50:52	+28:21	09:14
31	2293	Marta Neves	Individual	Veterana F40	01:51:12	+28:41	09:16
32	2027	Fernanda leal	ALIANÇA DE GANDRA	Veterana F40	01:52:57	+30:26	09:25
33	2385	helenaxoxo	Monte dos Amigos	Veterana F40	01:55:27	+32:56	09:37
34	2286	Elisa Pereira	Individual	Veterana F40	01:55:50	+33:19	09:39
35	2364	Dina Gonçalves	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	01:56:08	+33:37	09:41
36	2502	Maria Pedrosa	Solmaia Runners	Veterana F40	01:57:04	+34:33	09:45
37	2475	ISABEL VIEIRA	PORTOCARGO	Veterana F40	01:57:49	+35:18	09:49
38	2388	sandra lopes	Monte dos Amigos	Veterana F40	01:58:28	+35:57	09:52
39	2389	sonia silva	Monte dos Amigos	Veterana F40	01:58:29	+35:58	09:52
40	1522	Paula Cristina das Neves Ribeiro Próspero	Individual	Veterana F40	02:01:24	+38:53	10:07
41	2158	Maria Pinto	FITSPOT-Parque Nascente	Veterana F40	02:01:31	+39:00	10:08
42	2084	Luisa Azevedo	Dental Doctors	Veterana F40	02:01:34	+39:03	10:08
43	2537	Sandra Matos	Wild Runners	Veterana F40	02:01:54	+39:23	10:10
44	2089	Maria de Fátima da Silva Ferreira Teixeira	Doidos do Mato	Veterana F40	02:02:38	+40:07	10:13
45	2451	Maria Joao Silva	pipb	Veterana F40	02:03:17	+40:46	10:16
46	2127	RITA GONÇALVES	EQUIPA JOAO FERREIRA	Veterana F40	02:05:34	+43:03	10:28
47	2386	paula almeida	Monte dos Amigos	Veterana F40	02:06:29	+43:58	10:32
48	2387	paula coutinho	Monte dos Amigos	Veterana F40	02:06:29	+43:58	10:32
49	2501	Luísa Nogueira	Solmaia Runners	Veterana F40	02:08:01	+45:30	10:40
50	2361	Sandra Amorim	Ligeirinhos	Veterana F40	02:08:15	+45:44	10:41
51	1814	Elisabete Melo	Soldado Desconhecido	Veterana F40	02:10:52	+48:21	10:54
52	2448	Lucinda Marques	Paredes Running	Veterana F40	02:13:40	+51:09	11:08
53	2554	Sandra Almendra	Individual	Veterana F40	02:14:35	+52:04	11:13
54	2124	CONCEIÇÃO MARTINS	EQUIPA JOAO FERREIRA	Veterana F40	02:15:09	+52:38	11:16

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Mini Trilhos 12K

12 KM

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55	2159	Sandra Morgado	FITSPOT-Parque Nascente	Veterana F40	02:15:24	+52:53	11:17
56	2055	Sandra Soares	BUDEGUITA RUNNERS	Veterana F40	02:16:48	+54:17	11:24
57	2053	Isabel Marques	BUDEGUITA RUNNERS	Veterana F40	02:16:48	+54:17	11:24
58	2291	Maria do Carmo Ribeiro Moura Pinto	Individual	Veterana F40	02:18:00	+55:29	11:30
59	2550	Odete Coelho	Individual	Veterana F40	02:18:04	+55:33	11:30
60	2290	Luísa Ventura	Individual	Veterana F40	02:21:10	+58:39	11:46
61	2294	Natália Pinto	Individual	Veterana F40	02:22:09	+59:38	11:51
62	2342	ANA NORIM	JOANA RODRIGUES SOUSA	Veterana F40	02:22:22	+59:51	11:52
63	2160	Sofia Martins	FITSPOT-Parque Nascente	Veterana F40	02:23:02	+01:00:31	11:55
64	2076	Ana Cristina Cunha	cUnHaX	Veterana F40	02:23:12	+01:00:41	11:56
65	2287	FATIMA SANTIAGO	Individual	Veterana F40	02:23:41	+01:01:10	11:58
66	2292	Maria José Peres	Individual	Veterana F40	02:25:30	+01:02:59	12:08
67	2447	Ana Ferreira	Paredes Running	Veterana F40	02:32:20	+01:09:49	12:42
68	2033	Susana Barbosa	All About	Veterana F40	02:34:16	+01:11:45	12:51
69	2032	Patricia Pires	All About	Veterana F40	03:03:07	+01:40:36	15:16

Veterana F50

1	2047	Rosa Magalhães	As Belas e Eles	Veterana F50	01:17:20	06:27
2	2161	Celeste Vieira	FITSPOT-Parque Nascente	Veterana F50	01:42:41	+25:21 08:33
3	2362	Deolinda Silva	Ligeirinhos	Veterana F50	01:45:20	+28:00 08:47
4	2180	Ana Sousa	GONDOMAR FUTSAL CLUBE	Veterana F50	01:46:44	+29:24 08:54
5	2355	Lurdes Silva	Leões de Tardariz Trail	Veterana F50	01:55:59	+38:39 09:40
6	2365	Isabel Lopes	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F50	02:03:19	+45:59 10:17
7	2299	Gisela Ferreira	Individual	Veterana F50	02:04:59	+47:39 10:25
8	2429	Mª Fátima Lopes	os caga tacos running team	Veterana F50	02:20:27	+01:03:07 11:42
9	2430	Rosinda Macedo	os caga tacos running team	Veterana F50	02:20:28	+01:03:08 11:42
10	2307	Amélia Cardoso	Individual	Veterana F50	02:21:10	+01:03:50 11:46

Veterana F60

1	2300	maria filomena venâncio lopes marcelo	Individual	Veterana F60	02:12:44	11:04
2	2436	Ana Moreira	Os TurboMula	Veterana F60	02:34:14	+21:30 12:51

Veterano M40

1	2187	Fernando Filipe Ferreira Silva	Grupo Dramático e Recreativo de Retorta	Veterano M40	53:44	04:29
2	2301	Abilio Martins de Almeida	Individual	Veterano M40	01:02:32	+08:48 05:13
3	2026	Fernando Oliveira	ALIANÇA DE GANDRA	Veterano M40	01:04:46	+11:02 05:24
4	2044	PAULO GRILO	ARCORUN	Veterano M40	01:09:48	+16:04 05:49
5	2324	paulo jorge almeida da costa	Individual	Veterano M40	01:13:05	+19:21 06:05
6	2308	Carlos Araújo	Individual	Veterano M40	01:14:33	+20:49 06:13
7	2036	Fernando Branco	ALUNOS DE MEIRIM F.C.	Veterano M40	01:15:43	+21:59 06:19
8	1586	Paulo Costa	Individual	Veterano M40	01:15:44	+22:00 06:19

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Mini Trilhos 12K

12 KM

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9	2391	joaquim pinto	Monte dos Amigos	Veterano M40	01:16:30	+22:46	06:22
10	2464	Carlos Martins	PORTO SENTIDO RUNNERS	Veterano M40	01:17:46	+24:02	06:29
11	2453	pedro brizado	pipb	Veterano M40	01:21:11	+27:27	06:46
12	2319	Manuel Diogenes Barros	Individual	Veterano M40	01:21:55	+28:11	06:50
13	2371	José Carlos Soares Gomes	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Veterano M40	01:22:38	+28:54	06:53
14	2325	Paulo Monteiro	Individual	Veterano M40	01:22:50	+29:06	06:54
15	2358	Pedro Ferreira	Leões de Tardariz Trail	Veterano M40	01:23:34	+29:50	06:58
16	2357	Mário Moura	Leões de Tardariz Trail	Veterano M40	01:23:34	+29:50	06:58
17	2315	Jorge Manuel marques dos santos silva	Individual	Veterano M40	01:25:40	+31:56	07:08
18	2394	Joaquim Pereira	Mozelos Runners	Veterano M40	01:26:30	+32:46	07:12
19	2393	António Rodrigues	Mozelos Runners	Veterano M40	01:26:30	+32:46	07:12
20	1702	Helder Peixoto	Moure Trail Running	Veterano M40	01:27:03	+33:19	07:15
21	2303	Antonio Alfredo Moura Reis	Individual	Veterano M40	01:27:15	+33:31	07:16
22	2457	Miguel Teixeira	PM	Veterano M40	01:27:43	+33:59	07:19
23	2162	Fernando Oliveira	FITSPOT-Parque Nascente	Veterano M40	01:28:44	+35:00	07:24
24	2188	Joaquim Manuel Barbosa Nogueira	Grupo Dramático e Recreativo de Retorta	Veterano M40	01:28:45	+35:01	07:24
25	2309	Carlos Moutinho	Individual	Veterano M40	01:28:47	+35:03	07:24
26	2356	Manuel Alvarino	Leões de Tardariz Trail	Veterano M40	01:29:25	+35:41	07:27
27	2466	Elisabete Loureiro	PORTO SENTIDO RUNNERS	Veterano M40	01:29:38	+35:54	07:28
28	2468	José Ricardo	PORTO SENTIDO RUNNERS	Veterano M40	01:29:38	+35:54	07:28
29	2302	Amilcar Dias Vinagre Simões	Individual	Veterano M40	01:30:03	+36:19	07:30
30	2071	Carlos Freixo	Clube Zupper	Veterano M40	01:30:56	+37:12	07:35
31	2310	César Augusto Machado Viriato Lobo Ribeiro	Individual	Veterano M40	01:30:58	+37:14	07:35
32	2304	António Augusto Martins Leal	Individual	Veterano M40	01:30:58	+37:14	07:35
33	2321	Miguel Moura	Individual	Veterano M40	01:34:21	+40:37	07:52
34	2392	jose moura	Monte dos Amigos	Veterano M40	01:35:56	+42:12	08:00
35	2165	Paulo Costa	FITSPOT-Parque Nascente	Veterano M40	01:36:23	+42:39	08:02
36	2479	JOÃO STRECH	PT JR SOUSA TEAM	Veterano M40	01:36:33	+42:49	08:03
37	2139	Rui Miguel Russa Ferreira da Silva	Família Silva	Veterano M40	01:36:36	+42:52	08:03
38	2323	Nuno Miguel Cabral	Individual	Veterano M40	01:36:38	+42:54	08:03
39	1701	Gualter Peixoto	Moure Trail Running	Veterano M40	01:37:30	+43:46	08:07
40	2163	José Bandeira da Silva	FITSPOT-Parque Nascente	Veterano M40	01:37:46	+44:02	08:09
41	2551	Paulo Nuno Castro José Gonçalves lopes	Individual	Veterano M40	01:37:55	+44:11	08:10
42	2041	Daniel Machado Neto	Andatrilhos Freamunde	Veterano M40	01:42:09	+48:25	08:31
43	2458	Paulo Lopes	PM	Veterano M40	01:42:29	+48:45	08:32
44	2326	Victor Carneiro	Individual	Veterano M40	01:42:55	+49:11	08:35
45	2467	José Carlos Soares	PORTO SENTIDO RUNNERS	Veterano M40	01:42:59	+49:15	08:35
46	2420	Bruno Rodrigues	OJOGO	Veterano M40	01:43:49	+50:05	08:39
47	2110	Maria Ferreira	Engomadoria L&A Team	Veterano M40	01:44:10	+50:26	08:41
48	2108	Glória Alves	Engomadoria L&A Team	Veterano M40	01:44:11	+50:27	08:41
49	2452	Isidro Silva	pipb	Veterano M40	01:45:58	+52:14	08:50
50	2514	Vitor Coelho	TEAM LANTEMIL	Veterano M40	01:46:30	+52:46	08:52
51	2347	NUNO SANTOS	JOANA RODRIGUES SOUSA	Veterano M40	01:48:00	+54:16	09:00
52	2072	Vitor Rodrigues	Clube Zupper	Veterano M40	01:48:44	+55:00	09:02

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53	2465	Cláudio Cerqueira	PORTO SENTIDO RUNNERS	Veterano M40	01:50:12	+56:28	09:11
54	2469	Lourenço Marques	PORTO SENTIDO RUNNERS	Veterano M40	01:50:32	+56:48	09:13
55	2317	Licínio Borges	Individual	Veterano M40	01:51:11	+57:27	09:16
56	2181	Pedro Gonçalves	GONDOMAR FUTSAL CLUBE	Veterano M40	01:52:10	+58:26	09:21
57	2085	Celso Mota	Dental Doctors	Veterano M40	01:55:45	+01:02:01	09:39
58	2077	Raul Cunha	cUnHaX	Veterano M40	01:57:27	+01:03:43	09:47
59	2312	Ivo Almeida	Individual	Veterano M40	01:58:07	+01:04:23	09:51
60	2318	Luís Alves	Individual	Veterano M40	01:59:16	+01:05:32	09:56
61	2311	Filipe Moutinho	Individual	Veterano M40	01:59:22	+01:05:38	09:57
62	2506	Mário Araújo	Solmaia Runners	Veterano M40	02:00:41	+01:06:57	10:03
63	2504	Filipe pinho	Solmaia Runners	Veterano M40	02:00:42	+01:06:58	10:04
64	2164	Mohamed Moudnib	FITSPOT-Parque Nascente	Veterano M40	02:01:32	+01:07:48	10:08
65	2086	João Azevedo	Dental Doctors	Veterano M40	02:01:34	+01:07:50	10:08
66	2538	David Silva	Wild Runners	Veterano M40	02:01:54	+01:08:10	10:09
67	2128	JORGE RODRIGUES	EQUIPA JOAO FERREIRA	Veterano M40	02:05:40	+01:11:56	10:28
68	1604	Sandro Figueiredo Lopes Da Silva	Individual	Veterano M40	02:05:48	+01:12:04	10:29
69	2449	Luis Ribeiro	Paredes Running	Veterano M40	02:13:40	+01:19:56	11:08
70	2316	José Aleixo	Individual	Veterano M40	02:15:00	+01:21:16	11:15
71	2059	Jorge Ribeiro	Cães e Gatos	Veterano M40	02:17:59	+01:24:15	11:30
72	1705	Filipe Dias	Muito Musculo	Veterano M40	02:18:03	+01:24:19	11:30
73	2477	MANUEL ALMEIDA	PORTOCARGO	Veterano M40	02:18:49	+01:25:05	11:34
74	2346	JOÃO CLÁUDIO BANDEIRA	JOANA RODRIGUES SOUSA	Veterano M40	02:22:22	+01:28:38	11:52
75	2366	Paulo Gomes	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	02:23:39	+01:29:55	11:58
76	2530	Carlos Silva	VesturiaTeam252	Veterano M40	02:32:28	+01:38:44	12:42
77	2531	Filipe Leite	VesturiaTeam252	Veterano M40	02:32:29	+01:38:45	12:42
78	2533	Manuel Meireles	VesturiaTeam252	Veterano M40	02:32:30	+01:38:46	12:43
79	2322	Miguel Rocha	Individual	Veterano M40	02:38:08	+01:44:24	13:11
80	2320	Márcio Guedes	Individual	Veterano M40	04:19:13	+03:25:29	21:36

Veterano M50

1	2189	Henrique Carlos Rodrigues Dias	Grupo Dramático e Recreativo de Retorta	Veterano M50	52:56	04:25
2	2545	Joaquim Rocha	Grupo Dramático e Recreativo de Retorta	Veterano M50	55:54	+02:58 04:39
3	2073	Antonio Barbosa	Clube Zupper	Veterano M50	01:18:54	+25:58 06:35
4	2111	António Lourenço	Engomadoria L&A Team	Veterano M50	01:22:29	+29:33 06:52
5	2359	António Pinto	Leões de Tardariz Trail	Veterano M50	01:22:59	+30:03 06:55
6	2442	Agostinho Silva	OsFazConta	Veterano M50	01:24:10	+31:14 07:01
7	2360	Joaquim Leite	Leões de Tardariz Trail	Veterano M50	01:24:24	+31:28 07:02
8	2328	Americo Ribeiro	Individual	Veterano M50	01:29:41	+36:45 07:28
9	2329	Armindo Moura	Individual	Veterano M50	01:35:57	+43:01 08:00
10	2472	Fernando Ferraz	PORTO SENTIDO RUNNERS	Veterano M50	01:38:35	+45:39 08:13
11	2327	Alfredo da Rocha Astorga viana	Individual	Veterano M50	01:40:49	+47:53 08:24
12	2395	Fernando Sousa	Mozelos Runners	Veterano M50	01:45:51	+52:55 08:49
13	2333	José Manuel O. Costa	Individual	Veterano M50	01:48:46	+55:50 09:04

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14	2478	MANUEL PEREIRA	PORTOCARGO	Veterano M50	01:49:47	+56:51	09:09
15	2334	José Mário Magalhães de Pereira	Individual	Veterano M50	01:50:58	+58:02	09:15
16	1740	José Rodrigues	Not Run Alone	Veterano M50	02:06:48	+01:13:52	10:34
17	2331	jose carlos martins carneiro	Individual	Veterano M50	02:25:02	+01:32:06	12:05

Veterano M60

1	2140	Manuel Rocha	FAST AO KM	Veterano M60	01:37:15	08:06
2	2431	António Macedo	os caga tacos running team	Veterano M60	01:40:20	+03:05 08:22
3	2516	FERNANDO PINTO	Toyota 4Runner	Veterano M60	01:50:36	+13:21 09:13
4	2350	Lénio Fernando Nogueira Marinho	Lénio Fernando Nogueira Marinho	Veterano M60	01:56:09	+18:54 09:41
5	2167	Almerindo Freitas	FITSPOT-Parque Nascente	Veterano M60	02:13:57	+36:42 11:10

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39	Wild Runners	336 + 354 + 355	1045
40	Nurses Runners	330 + 363 + 364	1057
41	Quinta das Arcas	263 + 404 + 405	1072
42	Os Não Menos	449 + 450 + 451	1350
43	VesturiaTeam252	461 + 462 + 463	1386