

45 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	08:30	-99°C	-99%
End	16:28	32.6°C	40%

Official Timekeeper: Lap2Go	1 / 1	generate 03-Jul-2016 16:47
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45 KM

OFFICIAL RESULT

[illegible]

Official Timekeeper: Lap2Go	2 / 2	generate 03-Jul-2016 16:49
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24 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	08:30	-99°C	-99%
End	13:30	32.6°C	40%

Official Timekeeper: Lap2Go	1 / 3	generate 03-Jul-2016 16:47
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24 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	185	José Luis Barros	individual	Senior Masculino	02:59:24	+49:54	07:29
42	163	Hortense Tenda	individual	Senior Feminino	02:59:32	+50:02	07:29
43	227	Leandro Anjos	natur ria produtos naturais	Senior Masculino	02:59:50	+50:20	07:30
44	240	Arnaldo Santos	nocturnos de paredes	Veterano M40	03:00:58	+51:27	07:32
45	176	Diogo Soares da Costa Almeida	individual	Senior Masculino	03:01:55	+52:25	07:35
46	119	António José Machado Loureiro	autistic runners	Veterano M40	03:02:15	+52:45	07:36
47	136	Carlos Alberto Nogueira Soares	ctad - trilhos de cinfães	Senior Masculino	03:02:19	+52:49	07:36
48	151	Manuel Avelino Reis Pinheiro	fridão sem limites	Veterano M40	03:03:27	+53:57	07:39
49	186	Luís Filipe Mendes Magalhaes	individual	Senior Masculino	03:04:46	+55:16	07:42
50	168	Anselmo Costa	individual	Senior Masculino	03:07:33	+58:03	07:49
51	209	LUIS MIGUEL ALVES DE FREITAS RIBEIRO	individual	Veterano M40	03:08:52	+59:21	07:52
52	173	Carlos Carvalho	individual	Senior Masculino	03:09:21	+59:50	07:53
53	115	Rui Pedro Moreira Lopes	amigos do pedal trailagares	Veterano M40	03:09:58	+01:00:28	07:55
54	202	Fernando nunes	individual	Veterano M40	03:10:05	+01:00:35	07:55
55	180	Jorge Costa	individual	Senior Masculino	03:11:32	+01:02:02	07:59
56	218	Luis Santos	insane trail team	Veterano M40	03:14:35	+01:05:04	08:06
57	235	Renato Pinto	nocturnos de paredes	Senior Masculino	03:15:57	+01:06:27	08:10
58	193	Team ROCKET	individual	Senior Masculino	03:16:06	+01:06:36	08:10
59	116	Pedro Cunha e Silva	ardaserra	Senior Masculino	03:16:32	+01:07:02	08:11
60	123	Hugo Miguel dos Santos Ribeiro	bombeiros voluntários de baião	Senior Masculino	03:17:04	+01:07:33	08:13
61	223	Rui Madureira	marco runners	Senior Masculino	03:20:54	+01:11:23	08:22
62	132	Hugo Pereira	campus clinic - dr rui monterroso	Senior Masculino	03:21:32	+01:12:01	08:24
63	111	Márcio Sérgio Rocha Sousa	amigos do pedal trailagares	Senior Masculino	03:23:16	+01:13:45	08:28
64	108	Adriano Jorge Oliveira Reis	amigos do pedal trailagares	Senior Masculino	03:23:58	+01:14:27	08:30
65	150	António Carlos Teixeira	fridão sem limites	Veterano M40	03:24:42	+01:15:11	08:32
66	105	Sílvio Pinto	a.d.amarante trail running	Senior Masculino	03:24:52	+01:15:21	08:32
67	179	João Cardoso	individual	Senior Masculino	03:24:52	+01:15:22	08:32
68	161	Jorge Silva	hora do lobo trail	Veterano M40	03:24:55	+01:15:25	08:32
69	135	ANTONIO MIRANDA	correr por um sorriso	Veterano M40	03:26:33	+01:17:03	08:36
70	156	Bruno Silva	h2co3 team	Senior Masculino	03:27:39	+01:18:09	08:39
71	241	José Gomes	nocturnos de paredes	Veterano M40	03:28:32	+01:19:02	08:41
72	217	Joel Alexandre Pinto e Silva	insane trail team	Veterano M40	03:32:04	+01:22:33	08:50
73	212	Miguel Leal	individual	Veterano M40	03:33:13	+01:23:42	08:53
74	155	Diogo Simal	grupo desportivo de trancoso	Senior Masculino	03:35:12	+01:25:41	08:58
75	120	carlos silva ferreira	autistic runners	Veterano M40	03:35:50	+01:26:19	09:00
76	222	Pedro Emanuel Madureira Assis Miranda	marco runners	Senior Masculino	03:36:19	+01:26:49	09:01
77	225	Filipe Ferreira	marco trail	Senior Masculino	03:36:19	+01:26:49	09:01
78	165	Sílvia Cunha	tartarugas do asfalto	Senior Feminino	03:36:30	+01:27:00	09:01
79	205	Jose Manuel Pereira castro Couto	individual	Veterano M40	03:37:55	+01:28:25	09:05
80	117	Jorge Alves	ardaserra	Veterano M40	03:40:14	+01:30:44	09:11
81	154	Sandra Cabral	ginásio clube de bragança	Veterana F40	03:41:01	+01:31:31	09:13
82	153	Hélder Fonseca	ginásio clube de bragança	Senior Masculino	03:41:02	+01:31:31	09:13
83	160	Luís Pinto	helder óptica team	Senior Masculino	03:41:17	+01:31:47	09:13
84	208	Lucio Dias	individual	Veterano M40	03:43:00	+01:33:29	09:18
85	215	Rui Miguel Borges	individual	Veterano M40	03:44:00	+01:34:29	09:21

TRAIL 24K - STAGE 1

24 KM

[illegible]

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	262	Sandra Sousa	hora do lobo trail	Veterana F40	03:45:13	+01:35:42	09:23
87	192	Sílvio Patrício	individual	Senior Masculino	03:47:14	+01:37:43	09:28
88	246	Álvaro Ribeiro	run 4 all	Veterano M40	03:52:58	+01:43:28	09:42
89	207	JOSE RODRIGUES COSTA	individual	Veterano M40	03:53:24	+01:43:54	09:44
90	107	Maria José Pereira Leão	amigos do pedal trailagares	Senior Feminino	03:55:14	+01:45:43	09:48
91	110	Fernando Ismael Oliveira Nogueira	amigos do pedal trailagares	Senior Masculino	03:55:14	+01:45:44	09:48
92	133	Hélder José de Abreu Vitorino Ribeiro	clube desportivo escola porto da cruz	Senior Masculino	03:58:41	+01:49:10	09:57
93	190	pedro ribeiro	individual	Senior Masculino	03:58:42	+01:49:12	09:57
94	191	Ricardo Gil Silva Magalhães	a.d.amarante trail running	Senior Masculino	04:00:04	+01:50:33	10:00
95	234	Paulo Colaço	nocturnos de paredes	Senior Masculino	04:00:05	+01:50:34	10:00
96	243	Nuno Salgado	nocturnos de paredes	Veterano M40	04:00:05	+01:50:35	10:00
97	242	Luis Filipe Santos	nocturnos de paredes	Veterano M40	04:00:05	+01:50:35	10:00
98	230	Luís Cardoso	nocturnos de paredes	Senior Masculino	04:04:32	+01:55:02	10:11
99	166	Susana Sousa Torres	individual	Senior Feminino	04:12:10	+02:02:39	10:30
100	128	Diana MArgarida Machado da Silva	boxtraining	Senior Feminino	04:12:11	+02:02:41	10:30
101	152	Luís Moura	gdrfpjbraga - runners	Veterano M40	04:12:14	+02:02:43	10:31
102	129	Luciano Miguel Cerqueira Carvalho	boxtraining	Senior Masculino	04:12:37	+02:03:06	10:32
103	122	António Manuel Sousa Santos	bombeiros voluntários de baião	Senior Masculino	04:15:14	+02:05:43	10:38
104	125	Pedro Miguel Soares de Castro	bombeiros voluntários de baião	Senior Masculino	04:15:14	+02:05:43	10:38
105	174	Carlos Junco	individual	Senior Masculino	04:19:03	+02:09:33	10:48
106	195	Clarisse Ribeiro	individual	Veterana F40	04:19:03	+02:09:33	10:48
107	229	José Correia	nocturnos de paredes	Senior Masculino	04:26:52	+02:17:21	11:07
108	238	Acacio Teixeira	nocturnos de paredes	Veterano M40	04:26:52	+02:17:21	11:07
109	233	Nuno Alexandre	nocturnos de paredes	Senior Masculino	04:26:54	+02:17:24	11:07
110	157	Claudia babo	helder óptica team	Senior Feminino	04:36:27	+02:26:56	11:31
111	169	Antides Miguel da Silva Figueiredo	individual	Senior Masculino	04:36:27	+02:26:56	11:31
112	158	Paula costa	helder óptica team	Senior Feminino	04:36:27	+02:26:56	11:31
113	159	Rita Basto	helder óptica team	Senior Feminino	04:36:27	+02:26:56	11:31
114	201	Feliciano Ferreira	individual	Veterano M40	04:36:27	+02:26:56	11:31
115	221	Joana Babo	marco runners	Senior Feminino	04:36:32	+02:27:02	11:31
116	260	Filipe Pinto	marco runners	Veterano M40	04:36:33	+02:27:02	11:31
117	239	Antonio Carvalho	nocturnos de paredes	Veterano M40	04:39:34	+02:30:04	11:39
118	258	Maria de Fátima Rocha Nunes	individual	Veterana F40	04:39:40	+02:30:09	11:39
119	124	João António Soares Ribeiro	bombeiros voluntários de baião	Senior Masculino	04:51:25	+02:41:55	12:09
120	184	José Fonseca	individual	Senior Masculino	04:58:37	+02:49:07	12:27

24 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	163	Hortense Tenda	Individual	Senior Feminino	02:59:32		07:29:32
2	165	Sílvia Cunha	Tartarugas do Asfalto	Senior Feminino	03:36:30	+36:58	09:01:30
3	107	Maria José Pereira Leão	Amigos do Pedal TraiLagares	Senior Feminino	03:55:14	+55:41	09:48:35
4	166	Susana Sousa Torres	Individual	Senior Feminino	04:12:10	+01:12:37	10:30:37
5	128	Diana MARGARIDA Machado da Silva	boxtraining	Senior Feminino	04:12:11	+01:12:39	10:30:38
6	157	Claudia babo	Helder óptica team	Senior Feminino	04:36:27	+01:36:54	11:31:35
7	158	Paula costa	Helder óptica team	Senior Feminino	04:36:27	+01:36:54	11:31:35
8	159	Rita Basto	Helder óptica team	Senior Feminino	04:36:27	+01:36:54	11:31:35
9	221	Joana Babo	Marco Runners	Senior Feminino	04:36:32	+01:37:00	11:31:40

1	109	Bruno Miguel Rodrigues Moreira	Amigos do Pedal TrailLagares	Senior Masculino	02:09:30		05:24:15
2	143	Diogo Fernandes	DR. MERINO/NUTRIFIT	Senior Masculino	02:09:46	+00:15	05:24:30
3	148	Nuno Fernandes	Fafe Runners	Senior Masculino	02:10:35	+01:04	05:26:00
4	140	Bruno Loureiro	DR. MERINO/NUTRIFIT	Senior Masculino	02:30:58	+21:28	06:17:00
5	171	Aurélio Rebelo	Individual	Senior Masculino	02:35:20	+25:50	06:28:00
6	224	Bruno Gonçalves	MARCO TRAIL	Senior Masculino	02:36:03	+26:33	06:30:00
7	167	Agostinho Barbosa Reis	Individual	Senior Masculino	02:40:46	+31:16	06:42:00
8	141	David Ferreira	DR. MERINO/NUTRIFIT	Senior Masculino	02:44:37	+35:06	06:52:00
9	187	Manuel Francisco da Costa Vitor	Individual	Senior Masculino	02:45:55	+36:24	06:55:00
10	247	José Sá	Satecnosol Outdoor / La Sportiva	Senior Masculino	02:46:24	+36:53	06:56:00
11	259	Tiago Pinheiro	Satecnosol Outdoor / La Sportiva	Senior Masculino	02:47:00	+37:30	06:58:00
12	126	Vitor Manuel Gomes Monteiro	Bombeiros Voluntários de Baião	Senior Masculino	02:48:46	+39:16	07:02:00
13	232	Mauro Cardoso	Nocturnos de Paredes	Senior Masculino	02:49:06	+39:35	07:03:00
14	134	Rui Faria	Condivest/Lixanima	Senior Masculino	02:49:49	+40:19	07:05:00
15	244	Pedro Nunes	Núcleo atletismo de vila real	Senior Masculino	02:51:43	+42:13	07:09:00
16	228	Pedro Madeil	Natur Ria Produtos Naturais	Senior Masculino	02:52:33	+43:03	07:11:00
17	177	Fernando Jorge da Costa Pereira	Individual	Senior Masculino	02:54:51	+45:20	07:17:00
18	137	João Cardoso	CTAD - Trilhos de Cinfães	Senior Masculino	02:55:37	+46:06	07:19:00
19	255	Atleta 255	Individual	Senior Masculino	02:57:11	+47:40	07:23:00
20	172	Bruno Teixeira	Individual	Senior Masculino	02:57:54	+48:23	07:25:00
21	170	Artur Jorge Pereira	Individual	Senior Masculino	02:58:00	+48:29	07:25:00
22	216	Jorge Catarino	INSANE TRAIL TEAM	Senior Masculino	02:58:41	+49:10	07:27:00
23	185	josé Luis Barros	Individual	Senior Masculino	02:59:24	+49:54	07:29:00
24	227	Leandro Anjos	Natur Ria Produtos Naturais	Senior Masculino	02:59:50	+50:20	07:30:00
25	176	Diogo Soares da Costa Almeida	Individual	Senior Masculino	03:01:55	+52:25	07:35:00
26	136	Carlos Alberto Nogueira Soares	CTAD - Trilhos de Cinfães	Senior Masculino	03:02:19	+52:49	07:36:00
27	186	Luís Filipe Mendes Magalhaes	Individual	Senior Masculino	03:04:46	+55:16	07:42:00

Official Timekeeper: Lap2Go	1 / 4	generate 03-Jul-2016 16:49
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Trail 24K

24 KM

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OFFICIAL RESULT

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28	168	Anselmo Costa	Individual	Senior Masculino	03:07:33	+58:03	07:49
29	173	Carlos Carvalho	Individual	Senior Masculino	03:09:21	+59:50	07:53
30	180	Jorge Costa	Individual	Senior Masculino	03:11:32	+01:02:02	07:59
31	235	Renato Pinto	Nocturnos de Paredes	Senior Masculino	03:15:57	+01:06:27	08:10
32	193	Team ROCKET	Individual	Senior Masculino	03:16:06	+01:06:36	08:10
33	116	Pedro Cunha e Silva	ArdaSerra	Senior Masculino	03:16:32	+01:07:02	08:11
34	123	Hugo Miguel dos Santos Ribeiro	Bombeiros Voluntários de Baião	Senior Masculino	03:17:04	+01:07:33	08:13
35	223	Rui Madureira	Marco Runners	Senior Masculino	03:20:54	+01:11:23	08:22
36	132	Hugo Pereira	Campus Clinic - Dr Rui Monterroso	Senior Masculino	03:21:32	+01:12:01	08:24
37	111	Márcio Sérgio Rocha Sousa	Amigos do Pedal TrailLagares	Senior Masculino	03:23:16	+01:13:45	08:28
38	108	Adriano Jorge Oliveira Reis	Amigos do Pedal TrailLagares	Senior Masculino	03:23:58	+01:14:27	08:30
39	105	Sílvio Pinto	A.D.Amarante trail running	Senior Masculino	03:24:52	+01:15:21	08:32
40	179	João Cardoso	Individual	Senior Masculino	03:24:52	+01:15:22	08:32
41	156	Bruno Silva	H2CO3 TEAM	Senior Masculino	03:27:39	+01:18:09	08:39
42	155	Diogo Simal	Grupo Desportivo de Trancoso	Senior Masculino	03:35:12	+01:25:41	08:58
43	222	Pedro Emanuel Madureira Assis Miranda	Marco Runners	Senior Masculino	03:36:19	+01:26:49	09:01
44	225	Filipe Ferreira	MARCO TRAIL	Senior Masculino	03:36:19	+01:26:49	09:01
45	153	Hélder Fonseca	GINÁSIO CLUBE DE BRAGANÇA	Senior Masculino	03:41:02	+01:31:31	09:13
46	160	Luís Pinto	Helder óptica team	Senior Masculino	03:41:17	+01:31:47	09:13
47	192	Sílvio Patrício	Individual	Senior Masculino	03:47:14	+01:37:43	09:28
48	110	Fernando Ismael Oliveira Nogueira	Amigos do Pedal TrailLagares	Senior Masculino	03:55:14	+01:45:44	09:48
49	133	Hélder José de Abreu Vitorino Ribeiro	Clube Desportivo Escola Porto da Cruz	Senior Masculino	03:58:41	+01:49:10	09:57
50	190	pedro ribeiro	Individual	Senior Masculino	03:58:42	+01:49:12	09:57
51	191	Ricardo Gil Silva Magalhães	A.D.Amarante trail running	Senior Masculino	04:00:04	+01:50:33	10:00
52	234	Paulo Colaço	Nocturnos de Paredes	Senior Masculino	04:00:05	+01:50:34	10:00
53	230	Luís Cardoso	Nocturnos de Paredes	Senior Masculino	04:04:32	+01:55:02	10:11
54	129	Luciano Miguel Cerqueira Carvalho	boxtraining	Senior Masculino	04:12:37	+02:03:06	10:32
55	122	António Manuel Sousa Santos	Bombeiros Voluntários de Baião	Senior Masculino	04:15:14	+02:05:43	10:38
56	125	Pedro Miguel Soares de Castro	Bombeiros Voluntários de Baião	Senior Masculino	04:15:14	+02:05:43	10:38
57	174	Carlos Junco	Individual	Senior Masculino	04:19:03	+02:09:33	10:48
58	229	José Correia	Nocturnos de Paredes	Senior Masculino	04:26:52	+02:17:21	11:07
59	233	Nuno Alexandre	Nocturnos de Paredes	Senior Masculino	04:26:54	+02:17:24	11:07
60	169	Antides Miguel da Silva Figueiredo	Individual	Senior Masculino	04:36:27	+02:26:56	11:31
61	124	João António Soares Ribeiro	Bombeiros Voluntários de Baião	Senior Masculino	04:51:25	+02:41:55	12:09
62	184	José Fonseca	Individual	Senior Masculino	04:58:37	+02:49:07	12:27

Veterana F40

1	146	Casimira Moura	DR. MERINO/NUTRIFIT	Veterana F40	02:42:18	06:46
2	154	Sandra Cabral	GINÁSIO CLUBE DE BRAGANÇA	Veterana F40	03:41:01	+58:43 09:13
3	262	Sandra Sousa	Hora do Lobo Trail	Veterana F40	03:45:13	+01:02:54 09:23
4	195	Clarisse Ribeiro	Individual	Veterana F40	04:19:03	+01:36:45 10:48
5	258	Maria de Fátima Rocha Nunes	Individual	Veterana F40	04:39:40	+01:57:21 11:39

Trail 24K

24 KM

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OFFICIAL RESULT

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Veterano M40

1	112	Francisco Lemos	Amigos do Pedal TraiLagares	Veterano M40	02:27:19	06:08
2	113	Jorge Manuel Barbosa Moreira	Amigos do Pedal TraiLagares	Veterano M40	02:30:15	+02:57 06:16
3	131	Valentim Henriques	C D Asas do Milénium	Veterano M40	02:32:03	+04:44 06:20
4	147	André Guedes	DR. MERINO/NUTRIFIT	Veterano M40	02:32:25	+05:07 06:21
5	138	José Carlos Dias	CTAD - Trilhos de Cinfães	Veterano M40	02:40:59	+13:40 06:42
6	210	Manuel Ferreira	Individual	Veterano M40	02:44:52	+17:34 06:52
7	211	Manuel ribeiro	Individual	Veterano M40	02:46:04	+18:45 06:55
8	198	Antonio Fernando Coutinho Moreira	Individual	Veterano M40	02:46:31	+19:13 06:56
9	203	francisco pinheiro	Individual	Veterano M40	02:46:42	+19:24 06:57
10	106	MIGUEL FERNANDO DA SILVA BARROS	A.D.Amarante trail running	Veterano M40	02:46:48	+19:30 06:57
11	121	Jose Luis Machado Loureiro	Autistic Runners	Veterano M40	02:51:52	+24:34 07:10
12	206	JOSE PEREIRA	Individual	Veterano M40	02:52:09	+24:50 07:10
13	197	Abilio Mendes Magalhaes	Individual	Veterano M40	02:53:08	+25:49 07:13
14	23	João Paulo Dias Gonçalves	Individual	Veterano M40	02:53:42	+26:24 07:14
15	245	Pedro Pratas	PAREDES AVENTURA	Veterano M40	02:55:47	+28:29 07:19
16	114	Paulo Jorge Freitas Ferreira	Amigos do Pedal TraiLagares	Veterano M40	02:57:11	+29:52 07:23
17	199	António Fernando Morais Ferreira da Cunha	Individual	Veterano M40	02:57:22	+30:03 07:23
18	240	Arnaldo Santos	Nocturnos de Paredes	Veterano M40	03:00:58	+33:39 07:32
19	119	António José Machado Loureiro	Autistic Runners	Veterano M40	03:02:15	+34:57 07:36
20	151	Manuel Avelino Reis Pinheiro	Fridão Sem Limites	Veterano M40	03:03:27	+36:09 07:39
21	209	LUIS MIGUEL ALVES DE FREITAS RIBEIRO	Individual	Veterano M40	03:08:52	+41:33 07:52
22	115	Rui Pedro Moreira Lopes	Amigos do Pedal TraiLagares	Veterano M40	03:09:58	+42:40 07:55
23	202	Fernando nunes	Individual	Veterano M40	03:10:05	+42:47 07:55
24	218	Luis Santos	INSANE TRAIL TEAM	Veterano M40	03:14:35	+47:16 08:06
25	150	António Carlos Teixeira	Fridão Sem Limites	Veterano M40	03:24:42	+57:23 08:32
26	161	Jorge Silva	Hora do Lobo Trail	Veterano M40	03:24:55	+57:37 08:32
27	135	ANTONIO MIRANDA	CORRER POR UM SORRISO	Veterano M40	03:26:33	+59:15 08:36
28	241	José Gomes	Nocturnos de Paredes	Veterano M40	03:28:32	+01:01:14 08:41
29	217	Joel Alexandre Pinto e Silva	INSANE TRAIL TEAM	Veterano M40	03:32:04	+01:04:45 08:50
30	212	Miguel Leal	Individual	Veterano M40	03:33:13	+01:05:54 08:53
31	120	carlos silva ferreira	Autistic Runners	Veterano M40	03:35:50	+01:08:31 09:00
32	205	Jose Manuel Pereira castro Couto	Individual	Veterano M40	03:37:55	+01:10:37 09:05
33	117	Jorge Alves	ArdaSerra	Veterano M40	03:40:14	+01:12:56 09:11
34	208	Lucio Dias	Individual	Veterano M40	03:43:00	+01:15:41 09:18
35	215	Rui Miguel Borges	Individual	Veterano M40	03:44:00	+01:16:41 09:20
36	246	Álvaro Ribeiro	Run 4 All	Veterano M40	03:52:58	+01:25:40 09:42
37	207	JOSE RODRIGUES COSTA	Individual	Veterano M40	03:53:24	+01:26:06 09:44
38	243	Nuno Salgado	Nocturnos de Paredes	Veterano M40	04:00:05	+01:32:47 10:00
39	242	Luis Filipe Santos	Nocturnos de Paredes	Veterano M40	04:00:05	+01:32:47 10:00
40	152	Luís Moura	GDRFPJBRAGA - RUNNERS	Veterano M40	04:12:14	+01:44:55 10:31
41	238	Acacio Teixeira	Nocturnos de Paredes	Veterano M40	04:26:52	+01:59:33 11:07
42	201	Feliciano Ferreira	Individual	Veterano M40	04:36:27	+02:09:08 11:31

Official Timekeeper: Lap2Go	3 / 4	generate 03-Jul-2016 16:49
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24 KM

OFFICIAL RESULT

[illegible]

MINI TRAIL 12K - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	25.4°C	63%
End	13:14	32.6°C	40%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1045	Fernando Gonçalves	fafe runners	Veterano M40	01:01:53		05:09
2	1209	Fábio Pinto	paredes aventura	Senior Masculino	01:05:11	+03:17	05:26
3	1036	Norberto Loureiro	clube de atletismo de nossa senhora da conceição	Senior Masculino	01:06:59	+05:05	05:35
4	1041	Bruno Santos	ctad - trilhos de cinfães	Senior Masculino	01:08:57	+07:03	05:45
5	1051	Paulo Teixeira Sousa	fridão sem limites	Veterano M40	01:10:32	+08:38	05:53
6	1132	David Queiros	individual	Senior Masculino	01:13:31	+11:37	06:08
7	1218	Ulisses Costa	run 4 all	Senior Masculino	01:14:53	+13:00	06:14
8	1166	Paulo Monteiro	individual	Senior Masculino	01:14:54	+13:01	06:15
9	1215	Helder Raimundo Queirós	run 4 all	Senior Masculino	01:15:34	+13:41	06:18
10	1137	Filipe Patricio	individual	Senior Masculino	01:17:12	+15:18	06:26
11	1038	Susana Simões	corremos.pt	Veterana F40	01:19:57	+18:03	06:40
12	1039	Telmo Veloso	corremos.pt	Veterano M40	01:19:57	+18:04	06:40
13	1164	orlando pinheiro gonçalves	individual	Senior Masculino	01:20:16	+18:23	06:41
14	1231	Ivo Ricardo Pires de Moura	villa de basto	Senior Masculino	01:20:46	+18:53	06:44
15	1140	Geraldo Gomes	individual	Veterano M40	01:20:49	+18:56	06:44
16	1153	Lúcio Simão Morais Ferreira da Cunha	individual	Veterano M40	01:22:37	+20:44	06:53
17	1135	Fernando Queirós	individual	Veterano M40	01:23:00	+21:06	06:55
18	1159	Manuel Sousa	individual	Veterano M40	01:23:16	+21:22	06:56
19	1136	filipe martins teixeira	individual	Senior Masculino	01:23:20	+21:26	06:57
20	1176	samuel coelho	individual	Senior Masculino	01:23:20	+21:26	06:57
21	1026	valter josé pereira cerqueira	ama associação mondim atletismo	Senior Masculino	01:23:23	+21:30	06:57
22	1233	Miguel Lemos	villa de basto	Senior Masculino	01:24:25	+22:32	07:02
23	1143	Hugo Silva	individual	Senior Masculino	01:24:52	+22:59	07:04
24	1155	Luis Loureiro	individual	Senior Masculino	01:24:52	+22:59	07:04
25	1013	Luís Azevedo	a.d.amarante trail running	Senior Masculino	01:25:47	+23:53	07:09
26	1058	Bruno Barbosa	ginásio 4fitness	Senior Masculino	01:26:27	+24:34	07:12
27	1167	Paulo Pires Carvalho	individual	Senior Masculino	01:26:29	+24:36	07:12
28	1025	joão marco pereira veloso	ama associação mondim atletismo	Senior Masculino	01:26:31	+24:37	07:13
29	1134	fernando manuel tuna magalhaes	individual	Senior Masculino	01:26:35	+24:42	07:13
30	1125	Carlos A .C .MACEDO	individual	Veterano M40	01:27:25	+25:31	07:17
31	1122	Adao Ribeiro	individual	Veterano M40	01:27:25	+25:32	07:17
32	1020	Liliana Mendes	acr ferverença	Senior Feminino	01:27:57	+26:04	07:20
33	1213	Manuel Barbosa	paredes running	Senior Masculino	01:28:07	+26:14	07:21
34	1186	Filipe Rocha	marco runners	Senior Masculino	01:28:20	+26:26	07:22
35	1255	Atleta 1255	individual	Senior Masculino	01:28:20	+26:26	07:22
36	1144	Ivo oliveira	individual	Senior Masculino	01:29:14	+27:20	07:26
37	1216	José Fernando Silva	run 4 all	Senior Masculino	01:29:29	+27:35	07:27
38	1056	Marcia Almeida	ginásio 4fitness	Senior Feminino	01:29:32	+27:38	07:28
39	1147	José Alves	individual	Senior Masculino	01:31:14	+29:21	07:36
40	1005	ALBERTO SOUSA	1001trilhos	Veterano M40	01:31:37	+29:43	07:38
41	1006	Clara Cerqueira	a.d.amarante trail running	Veterana F40	01:31:37	+29:44	07:38

12 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	1037	Jonas Maia	condinvest/lixanima	Senior Masculino	01:31:41	+29:47	07:38
43	204	José Ferreira teixeira	individual	Veterano M40	01:32:25	+30:32	07:42
44	1226	António Coelho	salão miro	Veterano M40	01:32:36	+30:43	07:43
45	1010	Eduardo Ribeiro	a.d.amarante trail running	Veterano M40	01:32:37	+30:43	07:43
46	1081	Célia Brigite Moura Silva	individual	Senior Feminino	01:34:03	+32:09	07:50
47	226	Vítor Queirós	marco trail	Senior Masculino	01:34:17	+32:23	07:51
48	1152	José ribeiro	individual	Veterano M40	01:34:49	+32:55	07:54
49	1014	Sérgio Pinto	a.d.amarante trail running	Senior Masculino	01:35:12	+33:18	07:56
50	1202	José Cunha	nocturnos de paredes	Senior Masculino	01:36:03	+34:10	08:00
51	1178	Eugénia Teixeira	keepmoving	Veterana F40	01:36:30	+34:36	08:03
52	1123	Bruno manuel martins ribeiro	individual	Senior Masculino	01:36:45	+34:51	08:04
53	1163	Miguel Varejão	individual	Senior Masculino	01:37:04	+35:10	08:05
54	1090	Eunice Salgado	individual	Senior Feminino	01:37:12	+35:19	08:06
55	1177	Simão Castro	individual	Senior Masculino	01:39:07	+37:13	08:16
56	1011	Fernando Cerqueira	a.d.amarante trail running	Veterano M40	01:40:15	+38:22	08:21
57	1015	Veríssimo Gonçalves	a.d.amarante trail running	Veterano M40	01:40:15	+38:22	08:21
58	1073	Ana Nunes	individual	Senior Feminino	01:40:18	+38:24	08:22
59	1165	PAULO ALEXANDRE CARNEIRO	individual	Veterano M40	01:42:04	+40:10	08:30
60	1012	José Azevedo	a.d.amarante trail running	Veterano M40	01:42:20	+40:26	08:32
61	1105	Paula Anjos	keepmoving	Veterana F40	01:42:52	+40:58	08:34
62	1232	joao moreira	villa de basto	Senior Masculino	01:42:58	+41:05	08:35
63	1063	Tiago Alves	ginásio 4fitness	Senior Masculino	01:43:33	+41:40	08:38
64	1060	Márcio Correia	ginásio 4fitness	Senior Masculino	01:43:33	+41:40	08:38
65	1059	Filipe Ferreira	ginásio 4fitness	Senior Masculino	01:43:34	+41:40	08:38
66	1133	Fernando Jorge Moreira Pacheco	individual	Senior Masculino	01:44:14	+42:20	08:41
67	1172	Ricardo Nogueira	individual	Senior Masculino	01:44:14	+42:20	08:41
68	1150	Jose Joaquim Carvalho Teixeira	individual	Senior Masculino	01:44:37	+42:44	08:43
69	1141	Hugo Edgar Norberto Soares Coelho	individual	Senior Masculino	01:44:42	+42:49	08:44
70	1193	Fernanda Leão	nocturnos de paredes	Veterana F40	01:45:37	+43:43	08:48
71	1168	Pedro Teixeira	individual	Veterano M40	01:46:04	+44:11	08:50
72	1093	Liliana Magalhães	individual	Senior Feminino	01:46:07	+44:14	08:51
73	1170	Ricardo Emanuel Carvalho Silveira	individual	Senior Masculino	01:46:25	+44:32	08:52
74	1149	José Fernando Machado Ribeiro	individual	Veterano M40	01:46:26	+44:33	08:52
75	1008	FILOMENA DA SILVA PEIXOTO DA COSTA NETO	a.d.amarante trail running	Veterana F40	01:46:40	+44:47	08:53
76	1009	Marisa Pinto	a.d.amarante trail running	Veterana F40	01:46:40	+44:47	08:53
77	1018	luis neves	acr ferverença	Senior Masculino	01:47:06	+45:13	08:56
78	1024	Márcio Neves	acr ferverença	Senior Masculino	01:47:06	+45:13	08:56
79	1160	Marcelo Teixeira	individual	Senior Masculino	01:47:08	+45:14	08:56
80	1111	Sílvia Margarida Teixeira da Silva	individual	Senior Feminino	01:47:13	+45:20	08:56
81	1212	Antonio Barbosa	paredes running	Senior Masculino	01:47:29	+45:36	08:57
82	1086	Eliana Patricia Gonçalves pinto Teixeira	individual	Senior Feminino	01:47:53	+46:00	08:59
83	1158	Manuel José Mendes Teixeira	individual	Veterano M40	01:47:54	+46:01	09:00
84	1239	Veloso	individual	Veterano M40	01:47:58	+46:05	09:00
85	1124	Bruno Pinheiro	individual	Senior Masculino	01:48:09	+46:15	09:01

12 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	181	Jorge Filipe Silva Pinheiro	individual	Senior Masculino	01:48:16	+46:23	09:01
87	1076	Andreia Sofia Santos Mota	individual	Senior Feminino	01:48:52	+46:58	09:04
88	1230	Francisco José Fernandes Novais	villa de basto	Senior Masculino	01:48:58	+47:05	09:05
89	1251	Atleta 1251	individual	Senior Masculino	01:49:30	+47:36	09:08
90	1138	Alexandra Pimenta	individual	Senior Feminino	01:49:40	+47:47	09:08
91	1118	Susana Ferreira	individual	Senior Feminino	01:50:24	+48:30	09:12
92	1049	Filipe Reis Pinheiro	fridão sem limites	Senior Masculino	01:50:25	+48:31	09:12
93	1174	Rui miguel Rebelo gomes sousa	individual	Senior Masculino	01:50:44	+48:51	09:13
94	1031	Elisabete Faria	brabus runners	Senior Feminino	01:51:16	+49:23	09:16
95	1191	Filipe Alves	marco trail	Senior Masculino	01:51:16	+49:23	09:16
96	1048	Sandra Bernadete Fernandes	fridão sem limites	Senior Feminino	01:52:25	+50:31	09:22
97	1074	Ana Virgínia Lírio	individual	Senior Feminino	01:54:41	+52:47	09:33
98	1028	Cláudia Ramos	amigos das sapatilhas	Senior Feminino	01:54:55	+53:01	09:35
99	1148	Jose carlos ferreira nogueira	individual	Senior Masculino	01:55:00	+53:07	09:35
100	1083	Claudia Marisa Alves Sousa	individual	Senior Feminino	01:55:09	+53:15	09:36
101	1173	Rui Fonseca	individual	Senior Masculino	01:55:11	+53:18	09:36
102	1242	Atleta 1242	individual	Senior Masculino	01:55:36	+53:43	09:38
103	1200	Tania Cardoso	nocturnos de paredes	Senior Feminino	01:55:41	+53:48	09:38
104	1131	Daniel José Mesquita Andrade	individual	Senior Masculino	01:56:42	+54:48	09:44
105	1021	Lucy Araújo	acr ferverça	Senior Feminino	01:56:55	+55:01	09:45
106	1065	Cristina Dias	h2co3 team	Senior Feminino	01:58:15	+56:21	09:51
107	1066	Ricardo Daniel Dias	h2co3 team	Senior Masculino	01:58:15	+56:21	09:51
108	1180	Sonia teixeira	keepmoving	Veterana F40	01:58:42	+56:48	09:54
109	1179	Rita Araújo	keepmoving	Senior Feminino	01:58:51	+56:57	09:54
110	1106	Paula Lobão	individual	Veterana F40	01:59:05	+57:11	09:55
111	1145	Jaime José Sampaio Teixeira	individual	Veterano M40	02:01:24	+59:30	10:07
112	1080	Catarina Silva	individual	Senior Feminino	02:01:26	+59:33	10:07
113	1208	bruno daniel barbosa magalhaes	os guerreiros	Senior Masculino	02:01:26	+59:33	10:07
114	1087	Elisete Coelho	individual	Senior Feminino	02:01:27	+59:33	10:07
115	1102	MARIA VILELA	individual	Veterana F40	02:01:30	+59:37	10:08
116	1082	Cláudia Leitão	keepmoving	Senior Feminino	02:02:16	+01:00:22	10:11
117	1062	Ricardo Sampaio	ginásio 4fitness	Senior Masculino	02:02:19	+01:00:26	10:12
118	1117	Susana Carrilho	individual	Senior Feminino	02:02:50	+01:00:56	10:14
119	1211	Sonia Silva	paredes running	Senior Feminino	02:03:13	+01:01:20	10:16
120	1022	Maria Branco	acr ferverça	Senior Feminino	02:03:13	+01:01:20	10:16
121	1119	Susana Garcias	individual	Veterana F40	02:04:14	+01:02:20	10:21
122	1189	Andrea Vieira	marco trail	Senior Feminino	02:05:44	+01:03:50	10:29
123	1190	Eunice Coelho	marco trail	Senior Feminino	02:05:44	+01:03:51	10:29
124	1052	Adriana Vasconcelos	ginásio 4fitness	Senior Feminino	02:06:24	+01:04:30	10:32
125	1192	Eva Moreira	nocturnos de paredes	Senior Feminino	02:06:52	+01:04:59	10:34
126	1217	Nuno Sousa	run 4 all	Senior Masculino	02:11:47	+01:09:54	10:59
127	1214	Bruno Magalhães	run 4 all	Senior Masculino	02:11:48	+01:09:55	10:59
128	1061	Pedro Ferreira	ginásio 4fitness	Senior Masculino	02:11:53	+01:09:59	10:59
129	1199	Rita Ferreira	nocturnos de paredes	Senior Feminino	02:13:58	+01:12:04	11:10
130	1195	Maria Jesus	nocturnos de paredes	Veterana F40	02:14:01	+01:12:08	11:10
131	1203	Rui Silva	nocturnos de paredes	Veterano M40	02:14:02	+01:12:08	11:10

12 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
132	231	Marcelo Ferreira de Barros	nocturnos de paredes	Senior Masculino	02:14:20	+01:12:27	11:12
133	1053	Ana Oliveira	ginásio 4fitness	Senior Feminino	02:18:49	+01:16:55	11:34
134	1064	Claudia Bogalho	grupo desportivo de trancoso	Senior Feminino	02:19:18	+01:17:25	11:37
135	1121	Vera Carvalho	individual	Senior Feminino	02:19:19	+01:17:25	11:37
136	1067	Alexandra Vasconcelos	individual	Veterana F40	02:19:19	+01:17:25	11:37
137	1055	Elsa Ferreira	ginásio 4fitness	Senior Feminino	02:21:08	+01:19:15	11:46
138	1204	Salvador Santos	nocturnos de paredes	Veterano M40	02:21:30	+01:19:37	11:48
139	1201	João Paulo Barbosa Leite	nocturnos de paredes	Veterano M40	02:21:31	+01:19:37	11:48
140	1128	Cristiana Marisa castro oliveira	individual	Senior Masculino	02:22:28	+01:20:34	11:52
141	1161	Márcio Dias	individual	Senior Masculino	02:22:28	+01:20:34	11:52
142	1171	Ricardo Miguel Guedes dias	individual	Senior Masculino	02:22:28	+01:20:35	11:52
143	1210	Ana Ferreira	paredes running	Veterana F40	02:25:35	+01:23:41	12:08
144	1114	Sónia Isabel Da Costa Gonçalves	individual	Senior Feminino	02:26:58	+01:25:04	12:15
145	1112	Sónia Bastos	individual	Senior Feminino	02:26:58	+01:25:04	12:15
146	1196	Mónica Guedes	nocturnos de paredes	Senior Feminino	02:30:21	+01:28:28	12:32
147	1194	Lisete Manuela Pinto Gomes	nocturnos de paredes	Senior Feminino	02:30:22	+01:28:28	12:32
148	1070	Ana Carolina Carvalho	individual	Senior Feminino	02:35:01	+01:33:07	12:55
149	1139	Flávio Ribeiro	individual	Senior Masculino	02:35:01	+01:33:07	12:55
150	1072	Ana Maria Cardoso Pinheiro	individual	Veterana F40	02:37:13	+01:35:20	13:06
151	1142	Hugo Miguel Saraiva de Sousa	individual	Veterano M40	02:37:13	+01:35:20	13:06
152	1042	Margarida Dantas	experience	Senior Feminino	02:38:45	+01:36:51	13:14
153	1044	Sergio Bastos	experience	Senior Masculino	02:38:45	+01:36:51	13:14
154	1043	Sandra Silva	experience	Veterana F40	02:38:45	+01:36:51	13:14
155	1091	Goreti da Conceição Teixeira Pinheiro	individual	Senior Feminino	02:39:04	+01:37:11	13:15
156	1184	Francisco Basilio	laborial	Senior Masculino	02:39:39	+01:37:46	13:18
157	1258	Joaquim Teixeira	individual	Veterano M40	02:41:39	+01:39:45	13:28
158	1264	Filomena Pinheiro	individual	Veterana F40	02:41:39	+01:39:46	13:28
159	1094	M. Joao Nogueira	individual	Senior Feminino	02:42:29	+01:40:35	13:32
160	1096	maria bessa	individual	Senior Feminino	02:42:30	+01:40:36	13:33
161	1103	Marta catarina pinto rocha	individual	Senior Feminino	02:42:57	+01:41:04	13:35
162	1130	Daniel jose ferreira do vale	individual	Senior Masculino	02:42:58	+01:41:05	13:35
163	1108	Rute Claudia Carneiro Teixeira Pinto da Silva	individual	Veterana F40	02:44:04	+01:42:10	13:40
164	1077	Ariana Alexandra Mendes Costa Lima	individual	Senior Feminino	02:44:04	+01:42:10	13:40
165	213	Ricardo Augusto Teixeira Pinto de Magalhães	individual	Veterano M40	02:44:05	+01:42:11	13:40
166	1084	Deolinda Peixoto	individual	Veterana F40	02:44:05	+01:42:11	13:40
167	1040	MARIZA GONÇALVES	correr por um sorriso	Veterana F40	02:49:16	+01:47:23	14:06
168	1228	Maria Glória Lima Rebelo	twins	Senior Feminino	02:49:19	+01:47:25	14:07
169	1229	Carlos Márcio Magalhães de Almeida	twins	Senior Masculino	02:49:21	+01:47:27	14:07
170	1034	Petra Teles	campus clinic - dr rui monterroso	Senior Feminino	02:51:18	+01:49:24	14:17
171	1033	Kátia Pereira	campus clinic - dr rui monterroso	Senior Feminino	02:51:18	+01:49:25	14:17
172	1107	Roberta Pinto	individual	Senior Feminino	02:51:22	+01:49:29	14:17
173	164	Sara Marinho	individual	Senior Feminino	02:51:28	+01:49:34	14:17

12 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
174	1079	Catarina Marinho	individual	Senior Feminino	02:51:28	+01:49:35	14:17
175	1097	Maria Carolina Teixeira	individual	Veterana F40	02:59:23	+01:57:30	14:57
176	1197	Olga Ferreira	nocturnos de paredes	Veterana F40	03:01:06	+01:59:13	15:06
177	1224	Helder Tiago Fernandes Correia	run for life	Senior Masculino	03:02:34	+02:00:40	15:13
178	1225	Joao Carlos Machado Pinto Ribeiro	run for life	Veterano M40	03:02:34	+02:00:41	15:13
179	1221	Maria Paulina Pilão Soares	run for life	Veterana F40	03:02:36	+02:00:43	15:13
180	1169	Ricardo da Silva	individual	Senior Masculino	03:04:29	+02:02:35	15:22
181	1115	Sónia Maria Pinto Da Silva	individual	Senior Feminino	03:04:29	+02:02:35	15:22
182	1075	Andreia Judite Dias Moreira	individual	Senior Feminino	03:04:30	+02:02:36	15:23
183	1127	couto	individual	Senior Masculino	03:04:44	+02:02:51	15:24
184	1175	Rui Pedro da Silva Rodrigues	individual	Senior Masculino	03:04:45	+02:02:51	15:24
185	1099	Maria Estela Mota Carvalho	individual	Veterana F40	03:05:12	+02:03:19	15:26
186	1101	Maria Teresa Moreira	individual	Veterana F40	03:08:06	+02:06:12	15:41
187	1098	Maria da Conceição Basto Pereira	individual	Veterana F40	03:08:08	+02:06:14	15:41
188	1100	Maria Fernanda Brochado Pinto	individual	Veterana F40	03:08:45	+02:06:51	15:44
189	1116	Susana Alexandra Ferreira Teixeira	individual	Senior Feminino	03:10:41	+02:08:47	15:53
190	1085	Dina Coelho	individual	Veterana F40	03:10:41	+02:08:47	15:53
191	1109	sandra carvalho	individual	Senior Feminino	03:12:32	+02:10:38	16:03
192	1110	SILVIA CARVALHO	individual	Senior Feminino	03:12:33	+02:10:39	16:03
193	1016	silvia Teixeira	acr ferverça	Senior Feminino	03:12:43	+02:10:49	16:04
194	1017	susana neves	acr ferverça	Senior Feminino	03:12:43	+02:10:49	16:04
195	1154	Luís Lemos Lopes	individual	Veterano M40	03:13:31	+02:11:37	16:08
196	1157	Manuel Fernando Lemos Ferreira	individual	Veterano M40	03:13:35	+02:11:42	16:08
197	1068	Alzira Gonçalves	individual	Senior Feminino	03:13:35	+02:11:42	16:08
198	1095	Maria Armandina Lemos ferreira	individual	Senior Feminino	03:13:36	+02:11:43	16:08
199	1237	Antonio José Costa Monteiro	voluntários da caminhada	Senior Masculino	03:13:42	+02:11:49	16:09
200	1238	Júlio Jorge Cardoso Barbosa	voluntários da caminhada	Senior Masculino	03:13:42	+02:11:49	16:09
201	1236	Sara Isabel Oliveira Cardoso	voluntários da caminhada	Senior Feminino	03:13:43	+02:11:49	16:09
202	1235	Maria Adélia Nogueira Moreira	voluntários da caminhada	Senior Feminino	03:13:44	+02:11:50	16:09
203	1234	Diana Filipa Oliveira Pinto Nogueira	voluntários da caminhada	Senior Feminino	03:13:46	+02:11:53	16:09
204	1104	Natália Marisa Sousa Leite	individual	Senior Feminino	03:17:13	+02:15:20	16:26
205	1069	Ana Amélia da Costa Queirós	individual	Senior Feminino	03:17:13	+02:15:20	16:26

12 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	1020	Liliana Mendes	ACR Fervença	Senior Feminino	01:27:57	07:20
2	1056	Marcia Almeida	Ginásio 4Fitness	Senior Feminino	01:29:32	+01:34 07:28
3	1081	Célia Brigitte Moura Silva	Individual	Senior Feminino	01:34:03	+06:05 07:50
4	1090	Eunice Salgado	Individual	Senior Feminino	01:37:12	+09:15 08:06
5	1073	Ana Nunes	Individual	Senior Feminino	01:40:18	+12:20 08:22
6	1093	Liliana Magalhães	Individual	Senior Feminino	01:46:07	+18:10 08:51
7	1111	Sílvia Margarida Teixeira da Silva	Individual	Senior Feminino	01:47:13	+19:16 08:56
8	1086	Eliana Patricia Gonçalves pinto Teixeira	Individual	Senior Feminino	01:47:53	+19:56 08:59
9	1076	Andreia Sofia Santos Mota	Individual	Senior Feminino	01:48:52	+20:54 09:04
10	1138	Alexandra Pimenta	Individual	Senior Feminino	01:49:40	+21:43 09:08
11	1118	Susana Ferreira	Individual	Senior Feminino	01:50:24	+22:26 09:12
12	1031	Elisabete Faria	Brabus Runners	Senior Feminino	01:51:16	+23:19 09:16
13	1048	Sandra Bernadete Fernandes	Fridão Sem Limites	Senior Feminino	01:52:25	+24:27 09:22
14	1074	Ana Virgínia Lório	Individual	Senior Feminino	01:54:41	+26:43 09:33
15	1028	Cláudia Ramos	Amigos das Sapatilhas	Senior Feminino	01:54:55	+26:57 09:35
16	1083	Claudia Marisa Alves Sousa	Individual	Senior Feminino	01:55:09	+27:11 09:36
17	1200	Tania Cardoso	Nocturnos de Paredes	Senior Feminino	01:55:41	+27:44 09:38
18	1021	Lucy Araújo	ACR Fervença	Senior Feminino	01:56:55	+28:57 09:45
19	1065	Cristina Dias	H2CO3 TEAM	Senior Feminino	01:58:15	+30:17 09:51
20	1179	Rita Araújo	keepmoving	Senior Feminino	01:58:51	+30:53 09:54
21	1080	Catarina Silva	Individual	Senior Feminino	02:01:26	+33:29 10:07
22	1087	Elisete Coelho	Individual	Senior Feminino	02:01:27	+33:29 10:07
23	1082	Cláudia Leitão	keepmoving	Senior Feminino	02:02:16	+34:18 10:11
24	1117	Susana Carrilho	Individual	Senior Feminino	02:02:50	+34:52 10:14
25	1211	Sonia Silva	Paredes Running	Senior Feminino	02:03:13	+35:16 10:16
26	1022	Maria Branco	ACR Fervença	Senior Feminino	02:03:13	+35:16 10:16
27	1189	Andrea Vieira	MARCO TRAIL	Senior Feminino	02:05:44	+37:46 10:29
28	1190	Eunice Coelho	MARCO TRAIL	Senior Feminino	02:05:44	+37:47 10:29
29	1052	Adriana Vasconcelos	Ginásio 4Fitness	Senior Feminino	02:06:24	+38:26 10:32
30	1192	Eva Moreira	Nocturnos de Paredes	Senior Feminino	02:06:52	+38:55 10:34
31	1199	Rita Ferreira	Nocturnos de Paredes	Senior Feminino	02:13:58	+46:00 11:10
32	1053	Ana Oliveira	Ginásio 4Fitness	Senior Feminino	02:18:49	+50:51 11:34
33	1064	Claudia Bogalho	Grupo Desportivo de Trancoso	Senior Feminino	02:19:18	+51:21 11:37
34	1121	Vera Carvalho	Individual	Senior Feminino	02:19:19	+51:21 11:37
35	1055	Elsa Ferreira	Ginásio 4Fitness	Senior Feminino	02:21:08	+53:11 11:46
36	1114	Sónia Isabel Da Costa Gonçalves	Individual	Senior Feminino	02:26:58	+59:00 12:15
37	1112	Sónia Bastos	Individual	Senior Feminino	02:26:58	+59:00 12:15
38	1196	Mónica Guedes	Nocturnos de Paredes	Senior Feminino	02:30:21	+01:02:24 12:32
39	1194	Lisete Manuela Pinto Gomes	Nocturnos de Paredes	Senior Feminino	02:30:22	+01:02:24 12:32

Mini Trail 12K

12 KM

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40	1070	Ana Carolina Carvalho	Individual	Senior Feminino	02:35:01	+01:07:03	12:55
41	1042	Margarida Dantas	Experience	Senior Feminino	02:38:45	+01:10:47	13:14
42	1091	Goreti da Conceição Teixeira Pinheiro	Individual	Senior Feminino	02:39:04	+01:11:07	13:15
43	1094	M. Joao Nogueira	Individual	Senior Feminino	02:42:29	+01:14:31	13:32
44	1096	maria bessa	Individual	Senior Feminino	02:42:30	+01:14:32	13:33
45	1103	Marta catarina pinto rocha	Individual	Senior Feminino	02:42:57	+01:15:00	13:35
46	1077	Ariana Alexandra Mendes Costa Lima	Individual	Senior Feminino	02:44:04	+01:16:06	13:40
47	1228	Maria Glória Lima Rebelo	Twins	Senior Feminino	02:49:19	+01:21:21	14:07
48	1034	Petra Teles	Campus Clinic - Dr Rui Monterroso	Senior Feminino	02:51:18	+01:23:20	14:17
49	1033	Kátia Pereira	Campus Clinic - Dr Rui Monterroso	Senior Feminino	02:51:18	+01:23:21	14:17
50	1107	Roberta Pinto	Individual	Senior Feminino	02:51:22	+01:23:25	14:17
51	164	Sara Marinho	Individual	Senior Feminino	02:51:28	+01:23:30	14:17
52	1079	Catarina Marinho	Individual	Senior Feminino	02:51:28	+01:23:31	14:17
53	1115	Sónia Maria Pinto Da Silva	Individual	Senior Feminino	03:04:29	+01:36:31	15:22
54	1075	Andreia Judite Dias Moreira	Individual	Senior Feminino	03:04:30	+01:36:32	15:23
55	1116	Susana Alexandra Ferreira Teixeira	Individual	Senior Feminino	03:10:41	+01:42:43	15:53
56	1109	sandra carvalho	Individual	Senior Feminino	03:12:32	+01:44:34	16:03
57	1110	SILVIA CARVALHO	Individual	Senior Feminino	03:12:33	+01:44:35	16:03
58	1016	silvia Teixeira	ACR Fervença	Senior Feminino	03:12:43	+01:44:45	16:04
59	1017	susana neves	ACR Fervença	Senior Feminino	03:12:43	+01:44:45	16:04
60	1068	Alzira Gonçalves	Individual	Senior Feminino	03:13:35	+01:45:38	16:08
61	1095	Maria Armandina Lemos ferreira	Individual	Senior Feminino	03:13:36	+01:45:39	16:08
62	1236	Sara Isabel Oliveira Cardoso	Voluntários da caminhada	Senior Feminino	03:13:43	+01:45:45	16:09
63	1235	Maria Adélia Nogueira Moreira	Voluntários da caminhada	Senior Feminino	03:13:44	+01:45:46	16:09
64	1234	Diana Filipa Oliveira Pinto Nogueira	Voluntários da caminhada	Senior Feminino	03:13:46	+01:45:49	16:09
65	1104	Natália Marisa Sousa Leite	Individual	Senior Feminino	03:17:13	+01:49:16	16:26
66	1069	Ana Amélia da Costa Queirós	Individual	Senior Feminino	03:17:13	+01:49:16	16:26

Senior Masculino

1	1209	Fábio Pinto	PAREDES AVENTURA	Senior Masculino	01:05:11		05:26
2	1036	Norberto Loureiro	Clube de Atletismo de Nossa Senhora da Conceição	Senior Masculino	01:06:59	+01:48	05:35
3	1041	Bruno Santos	CTAD - Trilhos de Cinfães	Senior Masculino	01:08:57	+03:46	05:45
4	1132	David Queiros	Individual	Senior Masculino	01:13:31	+08:20	06:08
5	1218	Ulisses Costa	Run 4 All	Senior Masculino	01:14:53	+09:43	06:14
6	1166	Paulo Monteiro	Individual	Senior Masculino	01:14:54	+09:44	06:15
7	1215	Helder Raimundo Queirós	Run 4 All	Senior Masculino	01:15:34	+10:24	06:18
8	1137	Filipe Patricio	Individual	Senior Masculino	01:17:12	+12:01	06:26
9	1164	orlando pinheiro gonçalves	Individual	Senior Masculino	01:20:16	+15:06	06:41
10	1231	Ivo Ricardo Pires de Moura	Villa de Basto	Senior Masculino	01:20:46	+15:36	06:44
11	1136	filipe martins teixeira	Individual	Senior Masculino	01:23:20	+18:09	06:57
12	1176	samuel coelho	Individual	Senior Masculino	01:23:20	+18:09	06:57
13	1026	valter josé pereira cerqueira	AMA associação mondim atletismo	Senior Masculino	01:23:23	+18:13	06:57
14	1233	Miguel Lemos	Villa de Basto	Senior Masculino	01:24:25	+19:15	07:02
15	1143	Hugo Silva	Individual	Senior Masculino	01:24:52	+19:42	07:04

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Mini Trail 12K

12 KM

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16	1155	Luis Loureiro	Individual	Senior Masculino	01:24:52	+19:42	07:04
17	1013	Luís Azevedo	A.D.Amarante trail running	Senior Masculino	01:25:47	+20:36	07:09
18	1058	Bruno Barbosa	Ginásio 4Fitness	Senior Masculino	01:26:27	+21:17	07:12
19	1167	Paulo Pires Carvalho	Individual	Senior Masculino	01:26:29	+21:19	07:12
20	1025	joão marco pereira veloso	AMA associação mondim atletismo	Senior Masculino	01:26:31	+21:20	07:13
21	1134	fernando manuel tuna magalhaes	Individual	Senior Masculino	01:26:35	+21:25	07:13
22	1213	Manuel Barbosa	Paredes Running	Senior Masculino	01:28:07	+22:57	07:21
23	1186	Filipe Rocha	Marco Runners	Senior Masculino	01:28:20	+23:09	07:22
24	1255	Atleta 1255	Individual	Senior Masculino	01:28:20	+23:09	07:22
25	1144	Ivo oliveira	Individual	Senior Masculino	01:29:14	+24:03	07:26
26	1216	José Fernando Silva	Run 4 All	Senior Masculino	01:29:29	+24:18	07:27
27	1147	José Alves	Individual	Senior Masculino	01:31:14	+26:04	07:36
28	1037	Jonas Maia	Condivest/Lixanima	Senior Masculino	01:31:41	+26:30	07:38
29	226	Vítor Queirós	MARCO TRAIL	Senior Masculino	01:34:17	+29:06	07:51
30	1014	Sérgio Pinto	A.D.Amarante trail running	Senior Masculino	01:35:12	+30:01	07:56
31	1202	José Cunha	Nocturnos de Paredes	Senior Masculino	01:36:03	+30:53	08:00
32	1123	Bruno manuel martins ribeiro	Individual	Senior Masculino	01:36:45	+31:34	08:04
33	1163	Miguel Varejão	Individual	Senior Masculino	01:37:04	+31:53	08:05
34	1177	Simão Castro	Individual	Senior Masculino	01:39:07	+33:56	08:16
35	1232	joao moreira	Villa de Basto	Senior Masculino	01:42:58	+37:48	08:35
36	1063	Tiago Alves	Ginásio 4Fitness	Senior Masculino	01:43:33	+38:23	08:38
37	1060	Márcio Correia	Ginásio 4Fitness	Senior Masculino	01:43:33	+38:23	08:38
38	1059	Filipe Ferreira	Ginásio 4Fitness	Senior Masculino	01:43:34	+38:23	08:38
39	1133	Fernando Jorge Moreira Pacheco	Individual	Senior Masculino	01:44:14	+39:03	08:41
40	1172	Ricardo Nogueira	Individual	Senior Masculino	01:44:14	+39:03	08:41
41	1150	Jose Joaquim Carvalho Teixeira	Individual	Senior Masculino	01:44:37	+39:27	08:43
42	1141	Hugo Edgar Norberto Soares Coelho	Individual	Senior Masculino	01:44:42	+39:32	08:44
43	1170	Ricardo Emanuel Carvalho Silveira	Individual	Senior Masculino	01:46:25	+41:15	08:52
44	1018	luis neves	ACR Fervença	Senior Masculino	01:47:06	+41:56	08:56
45	1024	Márcio Neves	ACR Fervença	Senior Masculino	01:47:06	+41:56	08:56
46	1160	Marcelo Teixeira	Individual	Senior Masculino	01:47:08	+41:57	08:56
47	1212	Antonio Barbosa	Paredes Running	Senior Masculino	01:47:29	+42:19	08:57
48	1124	Bruno Pinheiro	Individual	Senior Masculino	01:48:09	+42:58	09:01
49	181	Jorge Filipe Silva Pinheiro	Individual	Senior Masculino	01:48:16	+43:06	09:01
50	1230	Francisco José Fernandes Novais	Villa de Basto	Senior Masculino	01:48:58	+43:48	09:05
51	1251	Atleta 1251	Individual	Senior Masculino	01:49:30	+44:19	09:08
52	1049	Filipe Reis Pinheiro	Fridão Sem Limites	Senior Masculino	01:50:25	+45:14	09:12
53	1174	Rui miguel Rebelo gomes sousa	Individual	Senior Masculino	01:50:44	+45:34	09:14
54	1191	Filipe Alves	MARCO TRAIL	Senior Masculino	01:51:16	+46:06	09:16
55	1148	Jose carlos ferreira nogueira	Individual	Senior Masculino	01:55:00	+49:50	09:35
56	1173	Rui Fonseca	Individual	Senior Masculino	01:55:11	+50:01	09:36
57	1242	Atleta 1242	Individual	Senior Masculino	01:55:36	+50:26	09:38
58	1131	Daniel José Mesquita Andrade	Individual	Senior Masculino	01:56:42	+51:31	09:44
59	1066	Ricardo Daniel Dias	H2CO3 TEAM	Senior Masculino	01:58:15	+53:04	09:51
60	1208	bruno daniel barbosa magalhaes	os guerreiros	Senior Masculino	02:01:26	+56:16	10:07
61	1062	Ricardo Sampaio	Ginásio 4Fitness	Senior Masculino	02:02:19	+57:09	10:12

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Mini Trail 12K

12 KM

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62	1217	Nuno Sousa	Run 4 All	Senior Masculino	02:11:47	+01:06:37	10:59
63	1214	Bruno Magalhães	Run 4 All	Senior Masculino	02:11:48	+01:06:38	10:59
64	1061	Pedro Ferreira	Ginásio 4Fitness	Senior Masculino	02:11:53	+01:06:42	10:59
65	231	Marcelo Ferreira de Barros	Nocturnos de Paredes	Senior Masculino	02:14:20	+01:09:10	11:12
66	1128	Cristiana Marisa castro oliveira	Individual	Senior Masculino	02:22:28	+01:17:17	11:52
67	1161	Márcio Dias	Individual	Senior Masculino	02:22:28	+01:17:17	11:52
68	1171	Ricardo Miguel Guedes dias	Individual	Senior Masculino	02:22:28	+01:17:18	11:52
69	1139	Flávio Ribeiro	Individual	Senior Masculino	02:35:01	+01:29:50	12:55
70	1044	Sergio Bastos	Experience	Senior Masculino	02:38:45	+01:33:34	13:14
71	1184	Francisco Basilio	LABORIAL	Senior Masculino	02:39:39	+01:34:29	13:18
72	1130	Daniel jose ferreira do vale	Individual	Senior Masculino	02:42:58	+01:37:48	13:35
73	1229	Carlos Márcio Magalhães de Almeida	Twins	Senior Masculino	02:49:21	+01:44:10	14:07
74	1224	Helder Tiago Fernandes Correia	Run For Life	Senior Masculino	03:02:34	+01:57:23	15:13
75	1169	Ricardo da Silva	Individual	Senior Masculino	03:04:29	+01:59:18	15:22
76	1127	couto	Individual	Senior Masculino	03:04:44	+01:59:34	15:24
77	1175	Rui Pedro da Silva Rodrigues	Individual	Senior Masculino	03:04:45	+01:59:34	15:24
78	1237	Antonio José Costa Monteiro	Voluntários da caminhada	Senior Masculino	03:13:42	+02:08:32	16:09
79	1238	Júlio Jorge Cardoso Barbosa	Voluntários da caminhada	Senior Masculino	03:13:42	+02:08:32	16:09

Veterana F40

1	1038	Susana Simões	CORREMOS.PT	Veterana F40	01:19:57		06:40
2	1006	Clara Cerqueira	A.D.Amarante trail running	Veterana F40	01:31:37	+11:41	07:38
3	1178	Eugénia Teixeira	keepmoving	Veterana F40	01:36:30	+16:33	08:03
4	1105	Paula Anjos	keepmoving	Veterana F40	01:42:52	+22:55	08:34
5	1193	Fernanda Leão	Nocturnos de Paredes	Veterana F40	01:45:37	+25:40	08:48
6	1008	FILOMENA DA SILVA PEIXOTO DA COSTA NETO	A.D.Amarante trail running	Veterana F40	01:46:40	+26:44	08:53
7	1009	Marisa Pinto	A.D.Amarante trail running	Veterana F40	01:46:40	+26:44	08:53
8	1180	Sonia teixeira	keepmoving	Veterana F40	01:58:42	+38:45	09:54
9	1106	Paula Lobão	Individual	Veterana F40	01:59:05	+39:08	09:55
10	1102	MARIA VILELA	Individual	Veterana F40	02:01:30	+41:34	10:08
11	1119	Susana Garcias	Individual	Veterana F40	02:04:14	+44:17	10:21
12	1195	Maria Jesus	Nocturnos de Paredes	Veterana F40	02:14:01	+54:05	11:10
13	1067	Alexandra Vasconcelos	Individual	Veterana F40	02:19:19	+59:22	11:37
14	1210	Ana Ferreira	Paredes Running	Veterana F40	02:25:35	+01:05:38	12:08
15	1072	Ana Maria Cardoso Pinheiro	Individual	Veterana F40	02:37:13	+01:17:17	13:06
16	1043	Sandra Silva	Experience	Veterana F40	02:38:45	+01:18:48	13:14
17	1264	Filomena Pinheiro	Individual	Veterana F40	02:41:39	+01:21:43	13:28
18	1108	Rute Claudia Carneiro Teixeira Pinto da Silva	Individual	Veterana F40	02:44:04	+01:24:07	13:40
19	1084	Deolinda Peixoto	Individual	Veterana F40	02:44:05	+01:24:08	13:40
20	1040	MARIZA GONÇALVES	CORRER POR UM SORRISO	Veterana F40	02:49:16	+01:29:20	14:06
21	1097	Maria Carolina Teixeira	Individual	Veterana F40	02:59:23	+01:39:27	14:57
22	1197	Olga Ferreira	Nocturnos de Paredes	Veterana F40	03:01:06	+01:41:10	15:06
23	1221	Maria Paulina Pilão Soares	Run For Life	Veterana F40	03:02:36	+01:42:40	15:13
24	1099	Maria Estela Mota Carvalho	Individual	Veterana F40	03:05:12	+01:45:16	15:26

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25	1101	Maria Teresa Moreira	Individual	Veterana F40	03:08:06	+01:48:09	15:41
26	1098	Maria da Conceição Basto Pereira	Individual	Veterana F40	03:08:08	+01:48:11	15:41
27	1100	Maria Fernanda Brochado Pinto	Individual	Veterana F40	03:08:45	+01:48:48	15:44
28	1085	Dina Coelho	Individual	Veterana F40	03:10:41	+01:50:44	15:53

1	1045	Fernando Gonçalves	Fafe Runners	Veterano M40	01:01:53	05:09
2	1051	Paulo Teixeira Sousa	Fridão Sem Limites	Veterano M40	01:10:32	+08:38 05:53
3	1039	Telmo Veloso	CORREMOS.PT	Veterano M40	01:19:57	+18:04 06:40
4	1140	Geraldo Gomes	Individual	Veterano M40	01:20:49	+18:56 06:44
5	1153	Lúcio Simão Morais Ferreira da Cunha	Individual	Veterano M40	01:22:37	+20:44 06:53
6	1135	Fernando Queirós	Individual	Veterano M40	01:23:00	+21:06 06:55
7	1159	Manuel Sousa	Individual	Veterano M40	01:23:16	+21:22 06:56
8	1125	Carlos A .C .MACEDO	Individual	Veterano M40	01:27:25	+25:31 07:17
9	1122	Adao Ribeiro	Individual	Veterano M40	01:27:25	+25:32 07:17
10	1005	ALBERTO SOUSA	1001trilhos	Veterano M40	01:31:37	+29:43 07:38
11	204	José Ferreira teixeira	Individual	Veterano M40	01:32:25	+30:32 07:42
12	1226	António Coelho	Salão Miro	Veterano M40	01:32:36	+30:43 07:43
13	1010	Eduardo Ribeiro	A.D.Amarante trail running	Veterano M40	01:32:37	+30:43 07:43
14	1152	José ribeiro	Individual	Veterano M40	01:34:49	+32:55 07:54
15	1011	Fernando Cerqueira	A.D.Amarante trail running	Veterano M40	01:40:15	+38:22 08:21
16	1015	Veríssimo Gonçalves	A.D.Amarante trail running	Veterano M40	01:40:15	+38:22 08:21
17	1165	PAULO ALEXANDRE CARNEIRO	Individual	Veterano M40	01:42:04	+40:10 08:30
18	1012	José Azevedo	A.D.Amarante trail running	Veterano M40	01:42:20	+40:26 08:32
19	1168	Pedro Teixeira	Individual	Veterano M40	01:46:04	+44:11 08:50
20	1149	José Fernando Machado Ribeiro	Individual	Veterano M40	01:46:26	+44:33 08:52
21	1158	Manuel José Mendes Teixeira	Individual	Veterano M40	01:47:54	+46:01 09:00
22	1239	Veloso	Individual	Veterano M40	01:47:58	+46:05 09:00
23	1145	Jaime José Sampaio Teixeira	Individual	Veterano M40	02:01:24	+59:30 10:07
24	1203	Rui Silva	Nocturnos de Paredes	Veterano M40	02:14:02	+01:12:08 11:10
25	1204	Salvador Santos	Nocturnos de Paredes	Veterano M40	02:21:30	+01:19:37 11:48
26	1201	João Paulo Barbosa Leite	Nocturnos de Paredes	Veterano M40	02:21:31	+01:19:37 11:48
27	1142	Hugo Miguel Saraiva de Sousa	Individual	Veterano M40	02:37:13	+01:35:20 13:06
28	1258	Joaquim Teixeira	Individual	Veterano M40	02:41:39	+01:39:45 13:28
29	213	Ricardo Augusto Teixeira Pinto de Magalhães	Individual	Veterano M40	02:44:05	+01:42:11 13:40
30	1225	Joao Carlos Machado Pinto Ribeiro	Run For Life	Veterano M40	03:02:34	+02:00:41 15:13
31	1154	Luís Lemos Lopes	Individual	Veterano M40	03:13:31	+02:11:37 16:08
32	1157	Manuel Fernando Lemos Ferreira	Individual	Veterano M40	03:13:35	+02:11:42 16:08