

ULTRA TRILHOS 53K - STAGE 1

53 KM

R
REVISED

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	08:00	9°C	87%
End	18:17	9°C	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	203	Bruno Moreira	satecnosol outdoor - la sportiva	Senior Masculino	05:16:16		05:58
2	205	Pedro Sousa	satecnosol outdoor - la sportiva	Senior Masculino	05:22:42	+06:26	06:05
3	70	Diogo Fernandes	dr. merino/4moove	Senior Masculino	05:23:33	+07:17	06:06
4	19	Francisco Fernandes	águias de alvelos	Senior Masculino	05:25:39	+09:23	06:09
5	72	Miguel Martins	dr. merino/4moove	Senior Masculino	05:34:37	+18:21	06:19
6	25	João Paulo Lima Rodrigues	amigos da montanha	Senior Masculino	05:42:08	+25:52	06:27
7	23	Nelson Amaral	amcf - arrábida trail team	Veterano M40	05:43:00	+26:43	06:28
8	85	Gabriel Fagundes Meira	edv-viana trail	Veterano M40	05:43:37	+27:21	06:29
9	204	Leonel Cunha	satecnosol outdoor - la sportiva	Senior Masculino	05:46:59	+30:43	06:33
10	17	Bruno Ribeiro	águias de alvelos	Senior Masculino	05:48:22	+32:06	06:34
11	148	Tiago Aragão	ctad - trilhos cinfaes	Senior Masculino	05:56:42	+40:26	06:44
12	71	Inuo Melo	dr. merino/4moove	Senior Masculino	06:01:00	+44:44	06:49
13	200	António Ferreira	runner's do demo	Veterano M40	06:02:10	+45:54	06:50
14	91	Victor Correia	edv-viana trail	Veterano M45	06:09:46	+53:30	06:59
15	122	Anton Møller Christensen	individual	Senior Masculino	06:19:29	+01:03:13	07:10
16	231	Andre Cunha	vimarunners	Senior Masculino	06:20:25	+01:04:09	07:11
17	87	Artur Matos	edv-viana trail	Veterano M45	06:28:45	+01:12:29	07:20
18	111	Carlos Cardoso	gtt - armazém do caffè	Veterano M40	06:29:11	+01:12:55	07:21
19	20	Ana Rocha Gonçalves	alive runners	Senior Feminino	06:29:45	+01:13:29	07:21
20	26	Carlos Peixoto	amigos da montanha	Veterano M45	06:29:47	+01:13:31	07:21
21	60	Luís Miguel Azevedo da Silva	ctad - trilhos de cinfaes	Senior Masculino	06:31:53	+01:15:37	07:24
22	49	Carlos Daniel Gonçalves da Costa	clube de atletismo de fafe - fafe runners	Senior Masculino	06:32:45	+01:16:29	07:25
23	41	José Nuno Pereira Paiva	cães d'avenida	Veterano M50	06:35:12	+01:18:56	07:27
24	92	José Domingos Fernandes Santos	edv-viana trail	Veterano M50	06:36:02	+01:19:46	07:28
25	86	STEPHANE SIMOES	edv-viana trail	Veterano M40	06:36:03	+01:19:47	07:28
26	222	vitoe Coelho	team lantermil	Veterano M40	06:36:38	+01:20:22	07:29
27	61	Nuno Maia	ctad - trilhos de cinfaes	Senior Masculino	06:37:06	+01:20:50	07:30
28	58	Bruno dos Santos	ctad - trilhos de cinfaes	Senior Masculino	06:37:07	+01:20:51	07:30
29	83	pedro caldas	edv-viana trail	Senior Masculino	06:40:48	+01:24:32	07:34
30	18	Eduardo Cunha	águias de alvelos	Senior Masculino	06:42:06	+01:25:50	07:35
31	188	Jorge Rodrigues	naza - núcleo atletismo zona da abóboda	Veterano M50	06:46:10	+01:29:54	07:40
32	21	Joaquim Pinheiro	alive runners	Veterano M45	06:52:39	+01:36:23	07:47
33	69	Dino Pinto	dr. merino/4moove	Senior Masculino	06:53:07	+01:36:51	07:48
34	68	Bernardo Tavares	dr. merino/4moove	Senior Masculino	06:53:08	+01:36:52	07:48
35	76	Paula Lage	dr. merino/4moove	Veterana F40	06:54:40	+01:38:24	07:49
36	39	Ricardo Manuel dos Santos Coutinho Barreiro	caac - clube de atletismo de arentim e cunha	Senior Masculino	06:55:07	+01:38:51	07:50
37	134	Jose Antonio Azevedo Faria	team lantermil	Senior Masculino	06:55:37	+01:39:21	07:51
38	230	Ezequiel fernandes	vidaativarunners	Veterano M40	06:56:19	+01:40:03	07:51
39	193	José Afonso Ferreira	os mi-migos	Veterano M40	06:57:48	+01:41:32	07:53
40	179	Paulino Manuel de Abreu	melgaço alvarinho trail	Veterano M45	06:57:55	+01:41:39	07:53
41	185	Jose Manuel Sena Serrano	monsanto running team	Veterano M45	07:00:29	+01:44:13	07:56

ULTRA TRILHOS 53K - STAGE 1

53 KM

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REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	175	Jocelina Jesus Ferreira	juventude vidigalense	Veterana F40	07:00:40	+01:44:24	07:56
43	183	Daniel Silva	minho aventura	Veterano M40	07:01:19	+01:45:03	07:57
44	36	Ivo Morais	beat your limit!	Veterano M40	07:02:33	+01:46:17	07:58
45	219	rodrigo silva	team lantermil	Senior Masculino	07:03:28	+01:47:12	07:59
46	163	Rui Pereira	individual	Veterano M40	07:04:44	+01:48:28	08:01
47	7	Sérgio Peixoto	adeca/beat	Senior Masculino	07:05:16	+01:49:00	08:01
48	47	Marco Caraux	cerveira team running/clube celtas do minho	Veterano M40	07:05:46	+01:49:30	08:02
49	156	HUGO NALHA	individual	Veterano M40	07:06:49	+01:50:33	08:03
50	121	Andre pinheiro	individual	Senior Masculino	07:08:28	+01:52:12	08:05
51	66	Elisabete Vieira	dr. merino/4moove	Senior Feminino	07:08:39	+01:52:23	08:05
52	78	Luis Carvalho	dr. merino/4moove	Veterano M45	07:09:10	+01:52:54	08:06
53	171	Carlos Pedrinhas	amigos da montanha	Veterano M50	07:09:52	+01:53:36	08:07
54	181	Adriana Isabel Silva Gomes	minho aventura	Senior Feminino	07:11:01	+01:54:45	08:08
55	135	Leonardo Maia	individual	Senior Masculino	07:11:04	+01:54:48	08:08
56	190	Filipe Lemos	nortrail rt	Senior Masculino	07:11:09	+01:54:53	08:08
57	167	MARTINHO COSTA	individual	Veterano M45	07:12:19	+01:56:03	08:09
58	104	Manuel Avelino Reis Pinheiro	fridão sem limites	Veterano M45	07:12:55	+01:56:39	08:10
59	9	José Carlos Sousa Coelho	afacycles	Veterano M40	07:16:01	+01:59:45	08:14
60	127	Carlos Reis	individual	Senior Masculino	07:18:15	+02:01:59	08:16
61	229	Paulo Machado	uf 08 runners	Senior Masculino	07:20:26	+02:04:10	08:19
62	162	Rui Pedro Pena	individual	Veterano M40	07:21:17	+02:05:01	08:20
63	63	Joaquim Duarte	dá-lhe gás	Senior Masculino	07:21:49	+02:05:33	08:20
64	195	domingos barros	os selvagens	Veterano M45	07:21:53	+02:05:37	08:20
65	142	Nuno pedro cruzeiro lombaa	individual	Senior Masculino	07:21:53	+02:05:37	08:20
66	140	Mário Jorge Pereira Martins	individual	Senior Masculino	07:22:01	+02:05:45	08:20
67	202	Raquel Ferreira	satecnosol outdoor - la sportiva	Senior Feminino	07:23:02	+02:06:45	08:22
68	213	João Silva	team lantermil	Senior Masculino	07:24:45	+02:08:29	08:24
69	137	Marco Pereira	individual	Senior Masculino	07:24:46	+02:08:30	08:24
70	173	João Henrique Pereira Valadão	individual	Veterano M50	07:25:04	+02:08:48	08:24
71	79	Carlos Natividade Silva	dr. merino/4moove	Veterano M50	07:26:06	+02:09:50	08:25
72	31	Maria Augusta da Costa Loureiro	associação desportiva de cabroelo	Veterana F45	07:27:03	+02:10:47	08:26
73	103	Luis Miguel Brás Pinto	fridão sem limites	Senior Masculino	07:27:24	+02:11:08	08:27
74	40	Tiago Dinis Faria Sousa	caac - clube de atletismo de arentim e cunha	Senior Masculino	07:27:41	+02:11:25	08:27
75	1	Jose Capela	individual	Veterano M50	07:28:28	+02:12:12	08:28
76	10	SÉRGIO ALMEIDA	afrikanrunners	Senior Masculino	07:28:28	+02:12:12	08:28
77	209	Rui Martins	ss cgd	Senior Masculino	07:29:52	+02:13:36	08:29
78	176	João Pereira	média 10 team btt	Veterano M40	07:31:53	+02:15:37	08:32
79	123	António Almeida	individual	Senior Masculino	07:33:52	+02:17:36	08:34
80	57	Joaquim Madureira	clube zupper	Veterano M40	07:33:53	+02:17:37	08:34
81	45	Ângelo Pereira	centro ciclista de gondomar	Veterano M50	07:36:04	+02:19:48	08:36
82	201	José Manuel Gomes Nunes	runner's do demo	Veterano M40	07:37:51	+02:21:35	08:38
83	184	José Miguel Dinis Ferreira Silva	minho aventura	Veterano M40	07:39:06	+02:22:50	08:40
84	55	Nuno Ribeiro	clube zupper	Senior Masculino	07:40:43	+02:24:27	08:42
85	64	Pedro Dias	dá-lhe gás	Senior Masculino	07:42:20	+02:26:04	08:43
86	65	Aderito Oliveira	dá-lhe gás	Sub 23 Masculino	07:42:20	+02:26:04	08:43

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	98	Jose Antonio Silva	ermida team	Veterano M40	07:42:48	+02:26:32	08:44
88	117	Juliana Rodrigues	individual	Senior Feminino	07:43:12	+02:26:55	08:44
89	189	Fernando Almeida	nocturnos de paredes	Veterano M40	07:43:57	+02:27:41	08:45
90	75	Tiago Amaral	dr. merino/4moove	Senior Masculino	07:43:57	+02:27:41	08:45
91	174	Paulo Ferreira	individual	Veterano M50	07:45:34	+02:29:18	08:47
92	168	Paulo Jorge Loureiro	individual	Veterano M45	07:49:32	+02:33:16	08:52
93	46	Luis Antunes	cerveira team running/clube celtas do minho	Senior Masculino	07:50:36	+02:34:20	08:53
94	129	FILIPE GONÇALVES	individual	Senior Masculino	07:52:30	+02:36:14	08:55
95	48	José Gomes	cerveira team running/clube celtas do minho	Veterano M50	07:53:38	+02:37:22	08:56
96	56	Paulo Silva	clube zipper	Senior Masculino	07:53:43	+02:37:27	08:56
97	37	André Costa	befitness runners	Senior Masculino	07:55:17	+02:39:01	08:58
98	197	Eduardo Pinto	piratas running team	Veterano M40	07:56:32	+02:40:16	08:59
99	133	Joao Meira	individual	Senior Masculino	07:56:51	+02:40:35	09:00
100	22	Paula Penedo	amcf - arrábida trail team	Veterana F40	07:58:41	+02:42:25	09:02
101	155	Gil de Barros Rodrigues da Silva Oliveira	individual	Veterano M40	07:58:42	+02:42:26	09:02
102	132	Ivan Alves	individual	Senior Masculino	08:03:54	+02:47:38	09:08
103	210	Daniela Moreira Araujo	team lanternil	Senior Feminino	08:05:19	+02:49:03	09:09
104	217	Pedro Coelho	team lanternil	Senior Masculino	08:05:56	+02:49:40	09:10
105	218	Pedro Oliveira	team lanternil	Senior Masculino	08:05:56	+02:49:40	09:10
106	198	Daniel Moreira	putos da mangueira	Senior Masculino	08:07:17	+02:51:01	09:12
107	73	Nuno Pinho	dr. merino/4moove	Senior Masculino	08:07:59	+02:51:43	09:12
108	29	Ivo Silva	associação desportiva da efaced	Senior Masculino	08:08:17	+02:52:01	09:13
109	30	Miguel Cruz	associação desportiva da efaced	Senior Masculino	08:08:17	+02:52:01	09:13
110	126	Bruno Vilaça	individual	Senior Masculino	08:08:25	+02:52:09	09:13
111	215	Nuno Ricardo Dias Silva	team lanternil	Senior Masculino	08:09:06	+02:52:50	09:14
112	54	André Cavadas	clube zipper	Senior Masculino	08:09:37	+02:53:21	09:14
113	220	Rui Pinto	team lanternil	Senior Masculino	08:09:57	+02:53:41	09:15
114	97	José Maria Oliveira	equipa prius synergy drive trail runnig	Veterano M50	08:10:54	+02:54:38	09:16
115	43	Fernando Remelgado	ccd - siemens	Veterano M40	08:14:24	+02:58:08	09:20
116	216	PAULO MIGUEL DA COSTA PEREIRA LOUREIRO	team lanternil	Senior Masculino	08:14:52	+02:58:36	09:20
117	32	Paulo Machado	atletismo rua	Veterano M40	08:16:02	+02:59:46	09:22
118	169	Pedro Coelho	individual	Veterano M45	08:16:15	+02:59:59	09:22
119	27	Ana Paula Soares Vieira	amigos do pedal trailagares	Senior Feminino	08:18:25	+03:02:09	09:24
120	177	José Asorey Cacheda	melgaço alvarinho trail	Veterano M40	08:18:44	+03:02:28	09:25
121	208	Ricardo Henriques	shots international runners	Senior Masculino	08:19:33	+03:03:17	09:26
122	145	Rui Manuel de Brito Machado	individual	Senior Masculino	08:20:09	+03:03:53	09:26
123	143	Ricardo Miguelote	individual	Senior Masculino	08:20:17	+03:04:01	09:26
124	51	Ricardo Filipe Castro Gonçalves	clube de atletismo de fafe - fafe runners	Senior Masculino	08:26:17	+03:10:01	09:33
125	50	João Vieira Mendes	clube de atletismo de fafe - fafe runners	Senior Masculino	08:26:17	+03:10:01	09:33
126	109	Rafael Escrivães	gtt - armazém do caffè	Senior Masculino	08:31:32	+03:15:16	09:39
127	100	Emanuel Costa	fama runners	Senior Masculino	08:32:10	+03:15:54	09:40
128	238	Silvério Oliveira dos Santos	clube pessoal águas gaia	Veterano M45	08:32:23	+03:16:07	09:40
129	214	Nuno Filipe Cardoso Maia	team lanternil	Senior Masculino	08:32:33	+03:16:17	09:40

ULTRA TRILHOS 53K - STAGE 1

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R
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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
130	158	José Carlos Neves	trailistas eu é que sei!	Veterano M40	08:33:26	+03:17:10	09:41
131	178	Filipe Rodrigues Gonçalves	melgaço alvarinho trail	Veterano M45	08:34:42	+03:18:26	09:43
132	110	Tiago André da Silva Correia	gtt - armazém do caffè	Senior Masculino	08:35:02	+03:18:46	09:43
133	84	sergio ramos	edv-viana trail	Senior Masculino	08:36:03	+03:19:47	09:44
134	157	Jorge Lemos	individual	Veterano M40	08:36:03	+03:19:47	09:44
135	139	Mário André Carneiro Rego	individual	Senior Masculino	08:37:58	+03:21:42	09:46
136	15	NELSON NUNES	afrikanrunners	Veterano M40	08:39:43	+03:23:27	09:48
137	12	EMANUEL MARTINS	afrikanrunners	Veterano M40	08:39:43	+03:23:27	09:48
138	138	MARCO RUSSO	individual	Senior Masculino	08:39:44	+03:23:28	09:48
139	90	Paulo Vilaverde	edv-viana trail	Veterano M45	08:40:05	+03:23:49	09:49
140	186	Natália Pires Amoedo	mountainway - https://umaviagempelasmontanhas.wordpress.com/	Senior Feminino	08:42:52	+03:26:36	09:52
141	187	Diogo Soares da Costa Almeida	mountainway - https://umaviagempelasmontanhas.wordpress.com/	Senior Masculino	08:42:52	+03:26:36	09:52
142	118	Tania Bateira	individual	Senior Feminino	08:43:36	+03:27:20	09:53
143	102	Emídio Marques	frezite	Senior Masculino	08:45:00	+03:28:44	09:54
144	107	ANGELO PINHO	ginasio fit 4 fun	Veterano M40	08:55:10	+03:38:54	10:06
145	95	Miguel da Costa Bettencourt	equipa prius synergy drive trail runnig	Veterano M40	08:59:01	+03:42:45	10:10
146	199	João Pestana	putos da mangueira	Senior Masculino	09:01:56	+03:45:40	10:14
147	24	Carlos Alberto Peixoto Soares	amigos da montanha	Senior Masculino	09:02:09	+03:45:53	10:14
148	125	Bruno Ribeiro	individual	Senior Masculino	09:02:37	+03:46:21	10:14
149	211	Mónica Martins	team lantermil	Senior Feminino	09:05:52	+03:49:36	10:18
150	221	Rui Miguel Costa Teixeira	team lantermil	Veterano M40	09:05:53	+03:49:37	10:18
151	33	Rui Pereira	bardinos dos montes	Senior Masculino	09:08:32	+03:52:16	10:21
152	146	Rui Quintão Gomes	individual	Senior Masculino	09:11:39	+03:55:23	10:25
153	1282	maria do rosário da silva martins	individual	Veterana F45	09:15:01	+03:58:45	10:28
154	152	silva sara	individual	Veterana F40	09:15:01	+03:58:45	10:28
155	124	Artur Reis	individual	Senior Masculino	09:21:36	+04:05:20	10:36
156	35	Fernando Carneiro	clube zipper	Veterano M40	09:24:36	+04:08:20	10:39
157	224	Artur José Pinto Mendes da Costa	tesco team running	Senior Masculino	09:27:25	+04:11:09	10:42
158	212	Sandra Dias Pereira	team lantermil	Senior Feminino	09:27:25	+04:11:09	10:42
159	128	FABIO CHAVES RODRIGUEZ	individual	Senior Masculino	09:28:54	+04:12:38	10:44
160	160	MIGUEL ANGEL ESMORIS GARCÍA	individual	Veterano M40	09:28:54	+04:12:38	10:44
161	6	Luís Froes	a20km trail runnig team	Senior Masculino	09:33:00	+04:16:44	10:49
162	147	Taras Rohovets	individual	Senior Masculino	09:34:50	+04:18:34	10:51
163	194	amelia moreira	os selvagens	Veterana F50	09:36:00	+04:19:44	10:52
164	1339	alfredo costa	individual	Veterano M50	09:36:25	+04:20:09	10:53
165	52	Carlos Martins	clube nortada aventura	Veterano M40	09:40:48	+04:24:32	10:58
166	115	Fatinha Pinto	individual	Senior Feminino	09:41:10	+04:24:54	10:58
167	227	Marlene Barbosa	tiger girls	Senior Feminino	09:53:56	+04:37:40	11:12
168	225	Cristina Oliveira	tiger girls	Senior Feminino	09:53:56	+04:37:40	11:12
169	159	Miguel Alexandre Leitão Marques	individual	Veterano M40	09:53:56	+04:37:40	11:12
170	172	Fernando MoraisSantos	o mundo da corrida	Veterano M50	09:55:24	+04:39:08	11:14
171	96	Valter Sousa Braga	equipa prius synergy drive trail runnig	Veterano M40	09:57:49	+04:41:33	11:17
172	99	Manuel Cunha Lima	experienciar	Veterano M50	10:01:26	+04:45:10	11:21

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53 KM

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OFFICIAL RESULT

	Time	Temperature	Humidity
Start	08:00	9°C	87%
End	18:17	9°C	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
Senior Feminino							
1	20	Ana Rocha Gonçalves	Alive Runners	Senior Feminino	06:29:45		07:21
2	66	Elisabete Vieira	Dr. Merino/4moove	Senior Feminino	07:08:39	+38:54	08:05
3	181	Adriana Isabel Silva Gomes	MINHO AVENTURA	Senior Feminino	07:11:01	+41:16	08:08
4	202	Raquel Ferreira	Satecnosol Outdoor - La Sportiva	Senior Feminino	07:23:02	+53:16	08:22
5	117	Juliana Rodrigues	Individual	Senior Feminino	07:43:12	+01:13:26	08:44
6	210	Daniela Moreira Araujo	TEAM LANTEMIL	Senior Feminino	08:05:19	+01:35:34	09:09
7	27	Ana Paula Soares Vieira	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	08:18:25	+01:48:40	09:24
8	186	Natália Pires Amoedo	Mountainway - https://umaviagempelasmontanhas.wordpress.com/	Senior Feminino	08:42:52	+02:13:07	09:52
9	118	Tania Bateira	Individual	Senior Feminino	08:43:36	+02:13:51	09:53
10	211	Mónica Martins	TEAM LANTEMIL	Senior Feminino	09:05:52	+02:36:07	10:18
11	212	Sandra Dias Pereira	TEAM LANTEMIL	Senior Feminino	09:27:25	+02:57:40	10:42
12	115	Fatinha Pinto	Individual	Senior Feminino	09:41:10	+03:11:25	10:58
13	227	Marlene Barbosa	Tiger Girls	Senior Feminino	09:53:56	+03:24:11	11:12
14	225	Cristina Oliveira	Tiger Girls	Senior Feminino	09:53:56	+03:24:11	11:12

Senior Masculino

1	203	Bruno Moreira	Satecnosol Outdoor - La Sportiva	Senior Masculino	05:16:16		05:58
2	205	Pedro Sousa	Satecnosol Outdoor - La Sportiva	Senior Masculino	05:22:42	+06:26	06:05
3	70	Diogo Fernandes	Dr. Merino/4moove	Senior Masculino	05:23:33	+07:17	06:06
4	19	Francisco Fernandes	ÁGUIAS DE ALVELOS	Senior Masculino	05:25:39	+09:23	06:09
5	72	Miguel Martins	Dr. Merino/4moove	Senior Masculino	05:34:37	+18:21	06:19
6	25	João Paulo Lima Rodrigues	Amigos da Montanha	Senior Masculino	05:42:08	+25:52	06:27
7	204	Leonel Cunha	Satecnosol Outdoor - La Sportiva	Senior Masculino	05:46:59	+30:43	06:33
8	17	Bruno Ribeiro	ÁGUIAS DE ALVELOS	Senior Masculino	05:48:22	+32:06	06:34
9	148	Tiago Aragão	Ctad - Trilhos Cinfães	Senior Masculino	05:56:42	+40:26	06:44
10	71	Inuo Melo	Dr. Merino/4moove	Senior Masculino	06:01:00	+44:44	06:49
11	122	Anton Møller Christensen	Individual	Senior Masculino	06:19:29	+01:03:13	07:10
12	231	Andre Cunha	vimarunners	Senior Masculino	06:20:25	+01:04:09	07:11
13	60	Luís Miguel Azevedo da Silva	CTAD - Trilhos de Cinfães	Senior Masculino	06:31:53	+01:15:37	07:24
14	49	Carlos Daniel Gonçalves da Costa	Clube de Atletismo de Fafe - Fafe Runners	Senior Masculino	06:32:45	+01:16:29	07:25
15	61	Nuno Maia	CTAD - Trilhos de Cinfães	Senior Masculino	06:37:06	+01:20:50	07:30
16	58	Bruno dos Santos	CTAD - Trilhos de Cinfães	Senior Masculino	06:37:07	+01:20:51	07:30
17	83	pedro caldas	EDV-VIANA TRAIL	Senior Masculino	06:40:48	+01:24:32	07:34
18	18	Eduardo Cunha	ÁGUIAS DE ALVELOS	Senior Masculino	06:42:06	+01:25:50	07:35
19	69	Dino Pinto	Dr. Merino/4moove	Senior Masculino	06:53:07	+01:36:51	07:48

Ultra Trilhos 53K**53 KM****R**
REVISED

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

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20	68	Bernardo Tavares	Dr. Merino/4moove	Senior Masculino	06:53:08	+01:36:52	07:48
21	39	Ricardo Manuel dos Santos Coutinho Barreiro	CAAC - Clube de Atletismo de Arentim e Cunha	Senior Masculino	06:55:07	+01:38:51	07:50
22	134	Jose Antonio Azevedo Faria	TEAM LANTEMIL	Senior Masculino	06:55:37	+01:39:21	07:51
23	219	rodrigo silva	TEAM LANTEMIL	Senior Masculino	07:03:28	+01:47:12	07:59
24	7	Sérgio Peixoto	ADECA/BEAT	Senior Masculino	07:05:16	+01:49:00	08:01
25	121	Andre pinheiro	Individual	Senior Masculino	07:08:28	+01:52:12	08:05
26	135	Leonardo Maia	Individual	Senior Masculino	07:11:04	+01:54:48	08:08
27	190	Filipe Lemos	NorTrail RT	Senior Masculino	07:11:09	+01:54:53	08:08
28	127	Carlos Reis	Individual	Senior Masculino	07:18:15	+02:01:59	08:16
29	229	Paulo Machado	UF 08 RUNNERS	Senior Masculino	07:20:26	+02:04:10	08:19
30	63	Joaquim Duarte	Dá-Lhe Gás	Senior Masculino	07:21:49	+02:05:33	08:20
31	142	Nuno pedro cruzeiro lombaa	Individual	Senior Masculino	07:21:53	+02:05:37	08:20
32	140	Mário Jorge Pereira Martins	Individual	Senior Masculino	07:22:01	+02:05:45	08:20
33	213	João Silva	TEAM LANTEMIL	Senior Masculino	07:24:45	+02:08:29	08:24
34	137	Marco Pereira	Individual	Senior Masculino	07:24:46	+02:08:30	08:24
35	103	Luis Miguel Brás Pinto	Fridão Sem Limites	Senior Masculino	07:27:24	+02:11:08	08:27
36	40	Tiago Dinis Faria Sousa	CAAC - Clube de Atletismo de Arentim e Cunha	Senior Masculino	07:27:41	+02:11:25	08:27
37	10	SÉRGIO ALMEIDA	AfrikanRunners	Senior Masculino	07:28:28	+02:12:12	08:28
38	209	Rui Martins	SS CGD	Senior Masculino	07:29:52	+02:13:36	08:29
39	123	António Almeida	Individual	Senior Masculino	07:33:52	+02:17:36	08:34
40	55	Nuno Ribeiro	Clube Zupper	Senior Masculino	07:40:43	+02:24:27	08:42
41	64	Pedro Dias	Dá-Lhe Gás	Senior Masculino	07:42:20	+02:26:04	08:43
42	75	Tiago Amaral	Dr. Merino/4moove	Senior Masculino	07:43:57	+02:27:41	08:45
43	46	Luis Antunes	Cerveira Team Running/Clube Celtas do Minho	Senior Masculino	07:50:36	+02:34:20	08:53
44	129	FILIPPE GONÇALVES	Individual	Senior Masculino	07:52:30	+02:36:14	08:55
45	56	Paulo Silva	Clube Zupper	Senior Masculino	07:53:43	+02:37:27	08:56
46	37	André Costa	Befitness Runners	Senior Masculino	07:55:17	+02:39:01	08:58
47	133	Joao Meira	Individual	Senior Masculino	07:56:51	+02:40:35	09:00
48	132	Ivan Alves	Individual	Senior Masculino	08:03:54	+02:47:38	09:08
49	217	Pedro Coelho	TEAM LANTEMIL	Senior Masculino	08:05:56	+02:49:40	09:10
50	218	Pedro Oliveira	TEAM LANTEMIL	Senior Masculino	08:05:56	+02:49:40	09:10
51	198	Daniel Moreira	Putos da Mangueira	Senior Masculino	08:07:17	+02:51:01	09:12
52	73	Nuno Pinho	Dr. Merino/4moove	Senior Masculino	08:07:59	+02:51:43	09:12
53	29	Ivo Silva	Associação Desportiva da Efacec	Senior Masculino	08:08:17	+02:52:01	09:13
54	30	Miguel Cruz	Associação Desportiva da Efacec	Senior Masculino	08:08:17	+02:52:01	09:13
55	126	Bruno Vilaça	Individual	Senior Masculino	08:08:25	+02:52:09	09:13
56	215	Nuno Ricardo Dias Silva	TEAM LANTEMIL	Senior Masculino	08:09:06	+02:52:50	09:14
57	54	André Cavadas	Clube Zupper	Senior Masculino	08:09:37	+02:53:21	09:14
58	220	Rui Pinto	TEAM LANTEMIL	Senior Masculino	08:09:57	+02:53:41	09:15
59	216	PAULO MIGUEL DA COSTA PEREIRA LOUREIRO	TEAM LANTEMIL	Senior Masculino	08:14:52	+02:58:36	09:20
60	208	Ricardo Henriques	Shots International Runners	Senior Masculino	08:19:33	+03:03:17	09:26
61	145	Rui Manuel de Brito Machado	Individual	Senior Masculino	08:20:09	+03:03:53	09:26
62	143	Ricardo Miguelote	Individual	Senior Masculino	08:20:17	+03:04:01	09:26

Ultra Trilhos 53K

53 KM

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OFFICIAL RESULT

63	51	Ricardo Filipe Castro Gonçalves	Clube de Atletismo de Fafe - Fafe Runners	Senior Masculino	08:26:17	+03:10:01	09:33
64	50	João Vieira Mendes	Clube de Atletismo de Fafe - Fafe Runners	Senior Masculino	08:26:17	+03:10:01	09:33
65	109	Rafael Escrivães	GTT - Armazém do Caffè	Senior Masculino	08:31:32	+03:15:16	09:39
66	100	Emanuel Costa	FAMA RUNNERS	Senior Masculino	08:32:10	+03:15:54	09:40
67	214	Nuno Filipe Cardoso Maia	TEAM LANTEMIL	Senior Masculino	08:32:33	+03:16:17	09:40
68	110	Tiago André da Silva Correia	GTT - Armazém do Caffè	Senior Masculino	08:35:02	+03:18:46	09:43
69	84	sergio ramos	EDV-VIANA TRAIL	Senior Masculino	08:36:03	+03:19:47	09:44
70	139	Mário André Carneiro Rego	Individual	Senior Masculino	08:37:58	+03:21:42	09:46
71	138	MARCO RUSSO	Individual	Senior Masculino	08:39:44	+03:23:28	09:48
72	187	Diogo Soares da Costa Almeida	Mountainway - https://umaviagempelasmontanhas.wordpress.com/	Senior Masculino	08:42:52	+03:26:36	09:52
73	102	Emídio Marques	FREZITE	Senior Masculino	08:45:00	+03:28:44	09:54
74	199	João Pestana	Putos da Mangueira	Senior Masculino	09:01:56	+03:45:40	10:14
75	24	Carlos Alberto Peixoto Soares	Amigos da Montanha	Senior Masculino	09:02:09	+03:45:53	10:14
76	125	Bruno Ribeiro	Individual	Senior Masculino	09:02:37	+03:46:21	10:14
77	33	Rui Pereira	Bardinos dos Montes	Senior Masculino	09:08:32	+03:52:16	10:21
78	146	Rui Quintão Gomes	Individual	Senior Masculino	09:11:39	+03:55:23	10:25
79	124	Artur Reis	Individual	Senior Masculino	09:21:36	+04:05:20	10:36
80	224	Artur José Pinto Mendes da Costa	Tesco Team Running	Senior Masculino	09:27:25	+04:11:09	10:42
81	128	FABIO CHAVES RODRIGUEZ	Individual	Senior Masculino	09:28:54	+04:12:38	10:44
82	6	Luís Froes	A20km Trail Runnig Team	Senior Masculino	09:33:00	+04:16:44	10:49
83	147	Taras Rohovets	Individual	Senior Masculino	09:34:50	+04:18:34	10:51
84	114	Hugo Mota	Índios de BTTtrail	Senior Masculino	10:04:10	+04:47:54	11:24
85	42	Nuno Ferreira	CCD - SIEMENS	Senior Masculino	10:11:08	+04:54:52	11:32

Sub 23 Masculino

1	65	Aderito Oliveira	Dá-Lhe Gás	Sub 23 Masculino	07:42:20		08:43
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Veterana F40

1	76	Paula Lage	Dr. Merino/4moove	Veterana F40	06:54:40		07:49
2	175	Jocelina Jesus Ferreira	Juventude Vidigalense	Veterana F40	07:00:40	+06:00	07:56
3	22	Paula Penedo	AMCF - Arrábida Trail Team	Veterana F40	07:58:41	+01:04:01	09:02
4	152	silva sara	Individual	Veterana F40	09:15:01	+02:20:21	10:28
5	105	ANA PISSARRA	GINASIO FIT 4 FUN	Veterana F40	10:04:10	+03:09:30	11:24
6	151	Sandra Raposinho	Individual	Veterana F40	10:11:33	+03:16:53	11:32

Veterana F45

1	31	Maria Augusta da Costa Loureiro	Associação Desportiva de Cabroelo	Veterana F45	07:27:03		08:26
2	1282	maria do rosário da silva martins	Individual	Veterana F45	09:15:01	+01:47:58	10:28

Ultra Trilhos 53K

53 KM

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REVISED

OFFICIAL RESULT

36	52	Carlos Martins	Clube Nortada Aventura	Veterano M40	09:40:48	+03:57:49	10:58
37	159	Miguel Alexandre Leitão Marques	Individual	Veterano M40	09:53:56	+04:10:57	11:12
38	96	Valter Sousa Braga	Equipa Prius Synergy Drive Trail Runnig	Veterano M40	09:57:49	+04:14:50	11:17
39	153	Antonio Queiros	Individual	Veterano M40	10:11:33	+04:28:34	11:32

Veterano M45

1	91	Victor Correia	EDV-VIANA TRAIL	Veterano M45	06:09:46		06:59
2	87	Artur Matos	EDV-VIANA TRAIL	Veterano M45	06:28:45	+18:59	07:20
3	26	Carlos Peixoto	Amigos da Montanha	Veterano M45	06:29:47	+20:01	07:21
4	21	Joaquim Pinheiro	Alive Runners	Veterano M45	06:52:39	+42:53	07:47
5	179	Paulino Manuel de Abreu	Melgaço Alvarinho Trail	Veterano M45	06:57:55	+48:09	07:53
6	185	Jose Manuel Sena Serrano	Monsanto Running Team	Veterano M45	07:00:29	+50:43	07:56
7	78	Luis Carvalho	Dr. Merino/4moove	Veterano M45	07:09:10	+59:24	08:06
8	167	MARTINHO COSTA	Individual	Veterano M45	07:12:19	+01:02:33	08:09
9	104	Manuel Avelino Reis Pinheiro	Fridão Sem Limites	Veterano M45	07:12:55	+01:03:09	08:10
10	195	domingos barros	os selvagens	Veterano M45	07:21:53	+01:12:07	08:20
11	168	Paulo Jorge Loureiro	Individual	Veterano M45	07:49:32	+01:39:46	08:52
12	169	Pedro Coelho	Individual	Veterano M45	08:16:15	+02:06:29	09:22
13	238	Silvério Oliveira dos Santos	Clube Pessoal Águas Gaia	Veterano M45	08:32:23	+02:22:37	09:40
14	178	Filipe Rodrigues Gonçalves	Melgaço Alvarinho Trail	Veterano M45	08:34:42	+02:24:56	09:43
15	90	Paulo Vilaverde	EDV-VIANA TRAIL	Veterano M45	08:40:05	+02:30:19	09:49
16	44	Adelino Silva	CCD - SIEMENS	Veterano M45	10:11:07	+04:01:21	11:32

Veterano M50

1	41	José Nuno Pereira Paiva	Cães d'Avenida	Veterano M50	06:35:12		07:27
2	92	José Domingos Fernandes Santos	EDV-VIANA TRAIL	Veterano M50	06:36:02	+00:50	07:28
3	188	Jorge Rodrigues	NAZA - Núcleo Atletismo Zona da Abóboda	Veterano M50	06:46:10	+10:58	07:40
4	171	Carlos Pedrinhas	Amigos da Montanha	Veterano M50	07:09:52	+34:40	08:07
5	173	João Henrique Pereira Valadão	Individual	Veterano M50	07:25:04	+49:52	08:24
6	79	Carlos Natividade Silva	Dr. Merino/4moove	Veterano M50	07:26:06	+50:54	08:25
7	1	Jose Capela	Individual	Veterano M50	07:28:28	+53:16	08:28
8	45	Ângelo Pereira	CENTRO CICLISTA DE GONDOMAR	Veterano M50	07:36:04	+01:00:52	08:36
9	174	Paulo Ferreira	Individual	Veterano M50	07:45:34	+01:10:22	08:47
10	48	José Gomes	Cerveira Team Running/Clube Celtas do Minho	Veterano M50	07:53:38	+01:18:26	08:56
11	97	José Maria Oliveira	Equipa Prius Synergy Drive Trail Runnig	Veterano M50	08:10:54	+01:35:42	09:16
12	1339	alfredo costa	Individual	Veterano M50	09:36:25	+03:01:13	10:53
13	172	Fernando MoraisSantos	O Mundo da Corrida	Veterano M50	09:55:24	+03:20:12	11:14
14	99	Manuel Cunha Lima	experiençar	Veterano M50	10:01:26	+03:26:14	11:21

TRAIL LONGO - STAGE 1

28 KM

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REVISED

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:15	9°C	87%
End	15:27	9°C	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1421	Bruno silva	satecnosol outdoor - raidlight portugal	Sub 23 Masculino	02:27:49		05:17
2	1092	Victor Fernandes	ctad - trilhos de cinfães	Senior Masculino	02:28:09	+00:20	05:17
3	1158	HÉLDER SILVA	gtt - armazém do caffè	Senior Masculino	02:29:25	+01:36	05:20
4	1085	NUNO CARNEIRO	clube zupper	Senior Masculino	02:30:42	+02:53	05:23
5	1159	Luís Pedro Ferreira de Sousa Martins	gtt - armazém do caffè	Senior Masculino	02:31:15	+03:26	05:24
6	1149	Luis gil	gaia trail	Veterano M40	02:31:55	+04:06	05:26
7	1101	Pedro Marques	dr. merino/4moove	Veterano M50	02:33:04	+05:15	05:28
8	1148	Dinis Gonçalves	gaia trail	Veterano M40	02:34:34	+06:45	05:31
9	1161	Nuno Figueiredo	gtt - armazém do caffè	Senior Masculino	02:37:03	+09:14	05:37
10	1294	Filipe Jorge Mrais Braz	individual	Veterano M40	02:37:38	+09:49	05:38
11	1138	Pedro Santos	fugitivos urbanos - clínica + saúde	Veterano M40	02:37:56	+10:07	05:38
12	1414	João Nunes	runners clinic	Senior Masculino	02:39:46	+11:57	05:42
13	1142	Carlos Alves	gaia trail	Senior Masculino	02:40:20	+12:31	05:44
14	1419	Rui Santos	satecnosol outdoor - raidlight portugal	Senior Masculino	02:40:50	+13:01	05:45
15	206	Joaquim Manuel Martins de Freitas	satecnosol outdoor - raidlight portugal	Veterano M40	02:41:15	+13:26	05:46
16	1194	Antonio dos reis maia	individual	Senior Masculino	02:41:33	+13:44	05:46
17	1143	Ivo Peko	gaia trail	Senior Masculino	02:42:15	+14:26	05:48
18	1018	Ricardo Rego	amigos da montanha	Senior Masculino	02:42:48	+14:59	05:49
19	1356	Abílio Ribeiro	juventude cortegacense	Veterano M45	02:43:03	+15:14	05:49
20	1425	Vitor Rio	ss montepio	Senior Masculino	02:43:33	+15:44	05:50
21	1442	Ezequiel Fernandes	team lantermil	Veterano M45	02:45:36	+17:47	05:55
22	1115	RUI LARANJEIRA	experenciari/barceltécnica/sportsonfire	Veterano M40	02:46:15	+18:26	05:56
23	1040	Humberto Silva	aztrail	Senior Masculino	02:46:31	+18:42	05:57
24	1022	Jorge Manuel Barbosa Moreira	amigos do pedal trailagares	Veterano M45	02:49:15	+21:26	06:03
25	1232	José Miguel Nogueira	individual	Senior Masculino	02:49:38	+21:49	06:04
26	1245	Nuno Miguel Carvalho da Silva	individual	Senior Masculino	02:50:19	+22:30	06:05
27	1420	Tiago Pinheiro	satecnosol outdoor - raidlight portugal	Senior Masculino	02:51:58	+24:09	06:09
28	1462	Luis Filipe Salgado Oliveira	vimarunners	Senior Masculino	02:53:21	+25:32	06:11
29	1160	MARCELO TELES	gtt - armazém do caffè	Senior Masculino	02:54:24	+26:35	06:14
30	1459	Marco Silva	vilaverdeacorrer	Senior Masculino	02:55:14	+27:25	06:16
31	1066	Nuno Nunes	brabus runners	Senior Masculino	02:57:01	+29:12	06:19
32	1231	Jose Daniel	individual	Senior Masculino	02:57:01	+29:12	06:19
33	1253	Pedro Costa 2	individual	Senior Masculino	02:57:18	+29:29	06:20
34	1120	Nuno Alves	fama runners	Senior Masculino	02:57:59	+30:10	06:21
35	1273	Davide Pedrinha Fontes	individual	Sub 23 Masculino	02:58:19	+30:30	06:22
36	1274	Miguel Barros	cf jesuitas	Sub 23 Masculino	02:58:40	+30:51	06:23
37	1023	Carlos Coelho	amigos parque vizela	Senior Masculino	02:58:47	+30:58	06:23
38	1403	Marco Paulo Alves Brochado	os lobos do saibro	Senior Masculino	02:59:26	+31:37	06:25
39	1393	Paulo Ferreira	nocturnos de paredes	Veterano M40	02:59:43	+31:54	06:25
40	1305	Miguel Catarino	caes da avenida	Veterano M40	03:00:38	+32:49	06:27
41	1348	Jorge Catarino	insane trail team	Senior Masculino	03:00:43	+32:54	06:27

TRAIL LONGO - STAGE 1
28 KM
OFFICIAL RESULT
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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	1026	Carlos Fernandes	as belas e eles	Veterano M40	03:02:39	+34:50	06:31
43	1335	Tiago Vidal Leal	individual	Veterano M45	03:04:18	+36:29	06:35
44	1338	Abilio José Leite Marques	individual	Veterano M50	03:04:20	+36:31	06:35
45	1263	Ricardo Sousa	individual	Senior Masculino	03:04:36	+36:47	06:36
46	1367	Miguel Alves	leões de tardariz trail	Senior Masculino	03:04:36	+36:47	06:36
47	1234	LUIS MIGUEL DA CUNHA SANTOS	individual	Senior Masculino	03:05:36	+37:47	06:38
48	1320	telmo manel martins cardoso	individual	Veterano M40	03:05:40	+37:51	06:38
49	1329	Hugo Brito	individual	Veterano M40	03:05:47	+37:58	06:38
50	1034	Tiago Lima	aves runners	Senior Masculino	03:06:20	+38:31	06:39
51	1077	SANDRO MIGUEL SANTOS JORDAO	clube millennium bcp	Senior Masculino	03:06:25	+38:36	06:39
52	1360	Marco Botelho	juventude cortegacense	Veterano M40	03:06:25	+38:36	06:39
53	1430	Alberto Bertão	team agente meireles	Veterano M45	03:06:29	+38:40	06:40
54	1395	Daniela Russo	oralklass-amigos do trail	Senior Feminino	03:06:51	+39:02	06:40
55	1396	Francisco Figueiredo	oralklass-amigos do trail	Senior Masculino	03:07:00	+39:11	06:41
56	1007	Pedro Hugo Dourado	águas de alvelos	Senior Masculino	03:07:21	+39:32	06:41
57	1002	MANUEL GOMES	a.r.de negrelos	Veterano M50	03:07:43	+39:54	06:42
58	1235	Luís Teixeira	individual	Senior Masculino	03:07:58	+40:09	06:43
59	1041	Jorge Brites	aztrail	Veterano M45	03:08:04	+40:15	06:43
60	1144	Paulo Madeira	gaia trail	Senior Masculino	03:08:07	+40:18	06:43
61	1399	Bruno Cunha	os lobos do saibro	Senior Masculino	03:08:41	+40:52	06:44
62	1035	Afonso Torres	aves runners	Veterano M40	03:08:59	+41:10	06:45
63	1227	Jorge Silva	individual	Senior Masculino	03:09:10	+41:21	06:45
64	1287	Antonio Pereira	individual	Veterano M40	03:09:23	+41:34	06:46
65	1061	Carlos Silva	bota&sga	Senior Masculino	03:10:10	+42:21	06:48
66	1124	Rui Mota	fama runners	Senior Masculino	03:10:13	+42:24	06:48
67	1247	Pablo Reguera Ferreira	individual	Senior Masculino	03:10:21	+42:32	06:48
68	1013	Jose Bento Morais	all about	Veterano M50	03:10:58	+43:09	06:49
69	1145	Paulo Pinho	gaia trail	Senior Masculino	03:11:59	+44:10	06:51
70	1113	Ricardo Pais	ermidafit	Senior Masculino	03:12:37	+44:48	06:53
71	1455	Filipe Teixeira	unidade especial de corrida	Senior Masculino	03:12:51	+45:02	06:53
72	1382	André Lopes	moloni running team	Senior Masculino	03:13:04	+45:15	06:54
73	1383	Nuno Angelico	moloni running team	Senior Masculino	03:13:04	+45:15	06:54
74	1404	Norberto Fernando Sampaio Teixeira Fernandes	os lobos do saibro	Senior Masculino	03:13:14	+45:25	06:54
75	1164	Pedro Pereira	gtt - armazém do caffè	Veterano M40	03:13:24	+45:35	06:54
76	1154	Joaquim Silva	gdp - grupo desportivo da pesca	Veterano M40	03:14:01	+46:12	06:56
77	1116	David Gonçalves	factor x / s4l / medensefc	Senior Masculino	03:14:38	+46:49	06:57
78	1134	Carlos Lopes	frezite	Veterano M50	03:14:50	+47:01	06:58
79	1440	Joaquim Silva	team lantermil	Veterano M40	03:15:00	+47:11	06:58
80	1386	Carlos Pinto João	moloni running team	Veterano M40	03:15:23	+47:34	06:59
81	1236	Marçal Avelino Salazar Marques Mendes	individual	Senior Masculino	03:15:24	+47:35	06:59
82	1398	Paulo Pinheiro	os lobos btt sai da frente	Senior Masculino	03:15:36	+47:47	06:59
83	1137	António Carlos Silva Teixeira	fridão sem limites	Veterano M50	03:16:02	+48:13	07:00
84	1402	Lourenço Teixeira	os lobos do saibro	Senior Masculino	03:16:06	+48:17	07:00

TRAIL LONGO - STAGE 1

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
176	1208	Fernando Silva	individual	Senior Masculino	03:36:27	+01:08:38	07:44
177	1409	Gilberto Orlando uuu	paulo pinheiro	Senior Masculino	03:36:32	+01:08:43	07:44
178	1190	Raquel Campos	individual	Senior Feminino	03:36:43	+01:08:54	07:44
179	1422	Mario Oliveira	shots international runners	Senior Masculino	03:36:44	+01:08:55	07:44
180	1317	Ricardo João Pinheiro	individual	Veterano M40	03:37:41	+01:09:52	07:46
181	1106	HUGO COUTO	equipa joao ferreira	Senior Masculino	03:38:29	+01:10:40	07:48
182	1374	Bruno Vigario	metralhas runners	Senior Masculino	03:38:29	+01:10:40	07:48
183	1201	Daniel Cruz Fernandes	individual	Senior Masculino	03:39:18	+01:11:29	07:50
184	1330	LUIS COSTA	individual	Veterano M45	03:39:21	+01:11:32	07:50
185	1319	Sérgio Miguel Batista Couto	individual	Veterano M40	03:39:21	+01:11:32	07:50
186	1237	Marcelo pinto	individual	Senior Masculino	03:39:55	+01:12:06	07:51
187	1280	Sofia Coelho	individual	Veterana F40	03:39:56	+01:12:07	07:51
188	1342	João Paulo Rocha	caes da avenida	Veterano M50	03:40:14	+01:12:25	07:52
189	1155	Manuel Silva	gondomar futsal clube	Senior Masculino	03:40:32	+01:12:43	07:53
190	1222	João Miguel dos Santos Neves de Oliveira	individual	Senior Masculino	03:40:39	+01:12:50	07:53
191	1349	Joel Silva	insane trail team	Veterano M40	03:40:46	+01:12:57	07:53
192	1163	Luis Miguel Lucas	gtt - armazém do caffè	Veterano M40	03:40:58	+01:13:09	07:54
193	1257	Pedro Pimenta	individual	Senior Masculino	03:41:09	+01:13:20	07:54
194	1111	Tiago Costa	ermida team	Senior Masculino	03:41:40	+01:13:51	07:55
195	1323	Henrique Borges	individual	Veterano M45	03:41:41	+01:13:52	07:55
196	1359	Joao Paulo Costa Oliveira	juventude cortegacense	Veterano M40	03:41:42	+01:13:53	07:55
197	1213	Helder Pacheco	individual	Senior Masculino	03:41:59	+01:14:10	07:56
198	1252	pedro alexandre domingos branco da silva	individual	Senior Masculino	03:42:00	+01:14:11	07:56
199	1206	Felisberto Arcipreste	individual	Senior Masculino	03:43:22	+01:15:33	07:59
200	1321	Carlos Passos	individual	Veterano M45	03:44:05	+01:16:16	08:00
201	1199	Carlos Monteiro	individual	Senior Masculino	03:44:05	+01:16:16	08:00
202	1347	Vítor Manuel Alves Fernandes	individual	Veterano M50	03:44:06	+01:16:17	08:00
203	1128	Luis António Freitas Teixeira	felgueiras runners	Veterano M40	03:44:23	+01:16:34	08:01
204	1127	José Miguel Freitas Teixeira	felgueiras runners	Senior Masculino	03:44:23	+01:16:34	08:01
205	1429	José Nuno Costa	ss montepio	Veterano M45	03:44:23	+01:16:34	08:01
206	1082	VITOR MANUEL COELHO ALMEIDA	clube millennium bcp	Veterano M50	03:44:38	+01:16:49	08:01
207	1451	Ricardo Mota	trepatrihos trail team	Veterano M40	03:44:42	+01:16:53	08:02
208	1450	Pedro Silva	trepatrihos trail team	Veterano M40	03:44:42	+01:16:53	08:02
209	82	Filipe Neves	individual	Senior Masculino	03:45:09	+01:17:20	08:02
210	1223	João Moreira	individual	Senior Masculino	03:45:15	+01:17:26	08:03
211	1246	Nuno Ricardo Soares de Sá	individual	Senior Masculino	03:45:53	+01:18:04	08:04
212	1048	Pedro Figueiredo	bardinos dos montes	Senior Masculino	03:46:22	+01:18:33	08:05
213	1381	Alexandra Oliveira	minho aventura	Veterana F40	03:46:40	+01:18:51	08:06
214	1387	Leonardo Brito	neighbors run	Sub 23 Masculino	03:47:14	+01:19:25	08:07
215	1171	Marco Sérgio Leal da Cunha	h2co3 team	Senior Masculino	03:47:27	+01:19:38	08:07
216	1218	Hugo Ferreira	individual	Senior Masculino	03:47:53	+01:20:04	08:08
217	1109	ORLANDO COSTA	equipa joao ferreira	Veterano M45	03:47:54	+01:20:05	08:08
218	1369	Joaquim Leite	leões de tardariz trail	Veterano M50	03:48:03	+01:20:14	08:09
219	1157	ONDINA MORIM	gtt - armazém do caffè	Senior Feminino	03:48:41	+01:20:52	08:10

TRAIL LONGO - STAGE 1

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
220	1044	Miguel Rodrigues	barbatanas trail team	Veterano M45	03:48:47	+01:20:58	08:10
221	1043	Rui Martins	barbatanas trail team	Veterano M40	03:48:48	+01:20:59	08:10
222	1091	Miguel Vinga da Quinta	correio de albergaria?	Senior Masculino	03:49:08	+01:21:19	08:11
223	1241	Miguel Moreira	individual	Senior Masculino	03:49:11	+01:21:22	08:11
224	1174	HENRIQUE MATOS	halp	Senior Masculino	03:49:12	+01:21:23	08:11
225	1309	Paulo Fernandes	individual	Veterano M40	03:49:29	+01:21:40	08:12
226	1354	Joao Miguel Almeida da Silva	juões	Senior Masculino	03:50:27	+01:22:38	08:14
227	1355	Joao Manuel Santos Silva	juões	Veterano M50	03:50:27	+01:22:38	08:14
228	1436	Miguel Jorge Ferreira Araujo	team lantermil	Senior Masculino	03:50:34	+01:22:45	08:14
229	1244	Nuno Campos	clube zipper	Senior Masculino	03:50:59	+01:23:10	08:15
230	1057	Sandra Silva	befitness runners	Senior Feminino	03:51:06	+01:23:17	08:15
231	1063	Rui Telmo Gomes	bota&sigma	Senior Masculino	03:51:21	+01:23:32	08:16
232	1014	Álvaro Nunes	all about spirit team	Veterano M40	03:51:40	+01:23:51	08:16
233	1021	Maria José Pereira Leão	amigos do pedal trailagares	Senior Feminino	03:51:42	+01:23:53	08:17
234	1290	Carlos Mota	individual	Veterano M40	03:51:55	+01:24:06	08:17
235	1401	Joaquim Ventura	os lobos do saibro	Senior Masculino	03:52:32	+01:24:43	08:18
236	1179	Carla Gonçalves	individual	Senior Feminino	03:53:32	+01:25:43	08:20
237	1098	Luis Barreiro	domoweb	Senior Masculino	03:53:38	+01:25:49	08:21
238	1012	Rui Lima	alive runners	Senior Masculino	03:53:53	+01:26:04	08:21
239	1302	Luís Miguel de Oliveira Martins	individual	Veterano M40	03:53:55	+01:26:06	08:21
240	1435	Marco Filipe Silva Moreira	team lantermil	Senior Masculino	03:54:08	+01:26:19	08:22
241	1378	César Ricardo Reis da Costa	minho aventura	Senior Masculino	03:54:13	+01:26:24	08:22
242	1379	Luís Filipe Barros de Vasconcelos Guimarães	minho aventura	Senior Masculino	03:54:13	+01:26:24	08:22
243	1167	Ricardo Castro	guimarães trail	Veterano M40	03:54:34	+01:26:45	08:23
244	1225	Jorge Carneiro	individual	Senior Masculino	03:54:52	+01:27:03	08:23
245	1303	Mauro Lourenço	individual	Veterano M40	03:55:11	+01:27:22	08:24
246	1288	Artur Ferreira	individual	Veterano M40	03:55:12	+01:27:23	08:24
247	1337	vitor coelho	individual	Veterano M45	03:55:28	+01:27:39	08:25
248	1209	Flávio José Costa Pereira	individual	Senior Masculino	03:55:33	+01:27:44	08:25
249	1205	Fabio alves	individual	Senior Masculino	03:55:39	+01:27:50	08:25
250	1312	Paulo Vilarinho	individual	Veterano M40	03:55:40	+01:27:51	08:25
251	1090	Luis Miguel Torres	comdor runners	Veterano M40	03:55:40	+01:27:51	08:25
252	1122	Paulinho Carvalho	fama runners	Senior Masculino	03:55:51	+01:28:02	08:25
253	1118	Daniel Vieira	fama runners	Senior Masculino	03:55:51	+01:28:02	08:25
254	1135	Andreia Sofia Santos Mota	fridão sem limites	Senior Feminino	03:56:00	+01:28:11	08:26
255	1051	Henrique Bruno	bardinos dos montes	Veterano M40	03:56:23	+01:28:34	08:27
256	1184	Daniela Soares	individual	Senior Feminino	03:56:23	+01:28:34	08:27
257	1105	david paulo pereira pinto	enjoyclimb	Veterano M45	03:56:24	+01:28:35	08:27
258	1152	Álvaro Marques	gcst	Veterano M50	03:56:51	+01:29:02	08:28
259	1005	André Amorim	águias de alvelos	Senior Masculino	03:57:00	+01:29:11	08:28
260	1037	Filipe Pedrosa	aves runners	Veterano M40	03:57:21	+01:29:32	08:29
261	1121	Nuno Oliveira	fama runners	Senior Masculino	03:58:06	+01:30:17	08:30
262	1438	Rogério torres	team lantermil	Senior Masculino	03:58:09	+01:30:20	08:30
263	1130	Helder Renato	frezite	Senior Masculino	03:58:09	+01:30:20	08:30
264	1433	Hugo Pereira	team lantermil	Senior Masculino	03:58:09	+01:30:20	08:30

TRAIL LONGO - STAGE 1

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
265	1055	Helena Castro	befitness runners	Senior Feminino	03:58:24	+01:30:35	08:31
266	1088	Hugo André Couto	comdor runners	Senior Masculino	04:00:30	+01:32:41	08:35
267	1384	Pedro Correia	moloni running team	Senior Masculino	04:01:07	+01:33:18	08:37
268	1096	André Magalhães	dc health club	Senior Masculino	04:01:56	+01:34:07	08:38
269	1196	Bruno Machado	individual	Senior Masculino	04:03:25	+01:35:36	08:42
270	1248	Paulo Alves	individual	Senior Masculino	04:03:25	+01:35:36	08:42
271	1211	Helder Fernandes	individual	Senior Masculino	04:03:25	+01:35:36	08:42
272	1207	fernando alves	individual	Senior Masculino	04:03:26	+01:35:37	08:42
273	1250	Paulo Filipe Loureiro Ferreira	individual	Senior Masculino	04:03:37	+01:35:48	08:42
274	1269	Sérgio Filipe Duarte Machado	individual	Senior Masculino	04:04:08	+01:36:19	08:43
275	1028	Filipe Bessa	associação desportiva da efacec	Senior Masculino	04:04:15	+01:36:26	08:43
276	1423	Rui Pereira	shots international runners	Senior Masculino	04:04:15	+01:36:26	08:43
277	1371	PAULO BRÁS	lion runners - g. d. leões da guarda	Veterano M45	04:04:16	+01:36:27	08:43
278	1307	Nuno Carneiro	individual	Veterano M40	04:05:06	+01:37:17	08:45
279	1038	Helder Costa	aves runners	Veterano M40	04:05:32	+01:37:43	08:46
280	1117	Daniel Oliveira	fama runners	Senior Masculino	04:05:46	+01:37:57	08:47
281	1076	Rui Manuel Ramos Costa	clube de atletismo de fafe - fafe runners	Senior Masculino	04:06:19	+01:38:30	08:48
282	1175	PEDRO MARQUES	halp	Senior Masculino	04:06:24	+01:38:35	08:48
283	1173	LILIANA NETO	halp	Senior Feminino	04:06:24	+01:38:35	08:48
284	1011	Rui Fernandes	alive runners	Senior Masculino	04:06:36	+01:38:47	08:48
285	1239	Marcio castro	individual	Senior Masculino	04:06:56	+01:39:07	08:49
286	1053	Ricardo Cabral	bardinos dos montes	Veterano M45	04:07:14	+01:39:25	08:50
287	1365	Bruno Andrade	lacraus	Senior Masculino	04:07:26	+01:39:37	08:50
288	1200	carlos teixeira	individual	Senior Masculino	04:07:26	+01:39:37	08:50
289	1299	José Pedro Silva	individual	Veterano M40	04:07:27	+01:39:38	08:50
290	1310	Paulo Nunes	individual	Veterano M40	04:08:06	+01:40:17	08:52
291	1187	Margaux Tjoeng	individual	Senior Feminino	04:08:50	+01:41:01	08:53
292	1281	Cristina Maria Fundevila Teixeira	individual	Veterana F45	04:09:05	+01:41:16	08:54
293	1069	Zé Luis	casa benfica santo tirso	Senior Masculino	04:09:12	+01:41:23	08:54
294	1033	Jorge Costa	aves runners	Senior Masculino	04:09:18	+01:41:29	08:54
295	1180	Carla Sofia Gonçalves Pinto	individual	Senior Feminino	04:09:18	+01:41:29	08:54
296	1333	RUI AZEVEDO	individual	Veterano M45	04:09:50	+01:42:01	08:55
297	1183	Daniela Mendes gomes Ferreira	individual	Senior Feminino	04:09:50	+01:42:01	08:55
298	1326	José Loureiro	individual	Veterano M45	04:10:23	+01:42:34	08:57
299	1390	Jose cunha	nocturnos de paredes	Senior Masculino	04:11:26	+01:43:37	08:59
300	1071	Ricardo Duarte	cerveira team running/clube celtas do minho	Senior Masculino	04:13:33	+01:45:44	09:03
301	1070	Nuno Ribeiro	cod - siemens	Senior Masculino	04:13:57	+01:46:08	09:04
302	1286	Antonio	individual	Veterano M40	04:14:05	+01:46:16	09:04
303	1457	Luis Silva	vaicomcalma	Senior Masculino	04:14:05	+01:46:16	09:04
304	1087	Pedro Arlindo Vieira Madureira	comdor runners	Senior Masculino	04:14:47	+01:46:58	09:06
305	1308	Óscar Manuel Fonseca Figueiredo	individual	Veterano M40	04:15:15	+01:47:26	09:07
306	1151	Rui Vicente	gaia trail	Veterano M40	04:16:59	+01:49:10	09:11
307	1325	JOSE CORREIA	individual	Veterano M45	04:17:34	+01:49:45	09:12
308	1411	Raquel Lobão	pés troikados - cscs	Senior Feminino	04:18:25	+01:50:36	09:14
309	1202	Domingos Teixeira	individual	Senior Masculino	04:20:28	+01:52:39	09:18

TRAIL LONGO - STAGE 1

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
355	1465	José Riba	x5	Veterano M50	04:39:24	+02:11:35	09:59
356	1340	Álvaro Brandão	individual	Veterano M50	04:39:28	+02:11:39	09:59
357	1341	Joao Gil	individual	Veterano M50	04:39:54	+02:12:05	10:00
358	1191	Sónia Alexandra Dias Brás	individual	Senior Feminino	04:39:55	+02:12:06	10:00
359	1017	Diana Patrícia Teixeira Ribeiro	amigos da montanha	Senior Feminino	04:40:11	+02:12:22	10:00
360	1283	Isabel Martins	amigos da montanha	Veterana F50	04:40:15	+02:12:26	10:01
361	1277	CLÁUDIA PINTO	individual	Veterana F40	04:40:16	+02:12:27	10:01
362	1045	Andrea Pereira	bardinos dos montes	Senior Feminino	04:41:50	+02:14:01	10:04
363	1445	Telmo John Soares	prius synergy drive trail runnig	Veterano M40	04:43:31	+02:15:42	10:08
364	1408	Paulo Macedo	pari passu	Veterano M50	04:43:46	+02:15:57	10:08
365	1276	Ana Rito	individual	Veterana F40	04:44:45	+02:16:56	10:10
366	1447	Paulo Rio	trail tasco	Senior Masculino	04:46:20	+02:18:31	10:14
367	1370	ORLANDO ROGÉRIO DE AZEVEDO HENRIQUES	limitless	Senior Masculino	04:48:21	+02:20:32	10:18
368	1086	Candida Vilas Boas	clube zipper	Veterana F40	04:50:55	+02:23:06	10:23
369	1072	Fernanda Esteves	cerveira team running/clube celtas do minho	Veterana F50	04:50:56	+02:23:07	10:23
370	1042	Julio Terra	aztrail	Veterano M50	04:53:28	+02:25:39	10:29
371	1306	Miguel Moreira17	individual	Veterano M40	04:55:29	+02:27:40	10:33
372	1407	Pedro Santos	pari passu	Veterano M40	04:55:30	+02:27:41	10:33
373	1195	Artur Fonseca	individual	Senior Masculino	04:56:36	+02:28:47	10:36
374	1050	Carla Santos	bardinos dos montes	Veterana F40	04:58:49	+02:31:00	10:40
375	1052	rui	bardinos dos montes	Veterano M40	04:58:49	+02:31:00	10:40
376	1272	Tiago Miguel dos Santos Barbosa	individual	Senior Masculino	04:59:22	+02:31:33	10:42
377	1297	Joaquim Agostinho de Sousa Pacheco10	individual	Veterano M40	05:03:45	+02:35:56	10:51
378	1047	Paulo Jorge Oliveira Ferreira	bardinos dos montes	Senior Masculino	05:04:21	+02:36:32	10:52
379	1049	Alexandra Madureira	bardinos dos montes	Veterana F40	05:04:21	+02:36:32	10:52
380	1081	ARTUR SILVA	clube millennium bcp	Veterano M50	05:07:54	+02:40:05	11:00
381	1133	José Lima	frezite	Sub 23 Masculino	05:12:37	+02:44:48	11:10
382	1169	Helder Manuel Magalhães Costa	guimatrilhas-trail runner	Senior Masculino	05:20:14	+02:52:25	11:26
383	1271	Tiago Costa	individual	Senior Masculino	05:21:18	+02:53:29	11:29
384	1284	Isaura Almeida	individual	Veterana F50	05:21:18	+02:53:29	11:29
385	1353	Paulo Jorge Ferreira Ribeiro	invicta runners team	Veterano M40	05:25:34	+02:57:45	11:38
386	1373	Joana Silva	metralhas runners	Senior Feminino	05:25:35	+02:57:46	11:38
387	1078	GRACA MARIA COSTA MOREIRA SILVA	clube millennium bcp	Veterana F50	05:26:51	+02:59:02	11:40
388	1185	Elisabete Araújo	individual	Senior Feminino	05:46:11	+03:18:22	12:22
389	1182	Daniela Marques	individual	Senior Feminino	05:46:11	+03:18:22	12:22
390	1351	JORGE ROCHA	invicta runners team	Senior Masculino	06:12:35	+03:44:46	13:18
391	1352	CARLA SANTOS	invicta runners team	Veterana F45	06:12:35	+03:44:46	13:18

Trail Longo

28 KM

R
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OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:15	9°C	87%
End	15:27	9°C	87%

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

1	1395	Daniela Russo	Oralklass-Amigos do Trail	Senior Feminino	03:06:51		06:40
2	1377	Tânia Filipa Miranda Salgado	MINHO AVENTURA	Senior Feminino	03:21:42	+14:51	07:12
3	1140	Inês Pinto	Gafanhori	Senior Feminino	03:22:29	+15:38	07:14
4	1417	Mariana Vilela Machado	Santa Apolónia	Senior Feminino	03:27:54	+21:03	07:26
5	1189	Raquel Andrade	Individual	Senior Feminino	03:28:49	+21:58	07:27
6	1192	Vera Fernandes	Individual	Senior Feminino	03:30:14	+23:23	07:31
7	1112	Telma Duarte	ErmidaFit	Senior Feminino	03:35:38	+28:47	07:42
8	1190	Raquel Campos	Individual	Senior Feminino	03:36:43	+29:52	07:44
9	1157	ONDINA MORIM	GTT - Armazém do Caffè	Senior Feminino	03:48:41	+41:50	08:10
10	1057	Sandra Silva	Befitness Runners	Senior Feminino	03:51:06	+44:15	08:15
11	1021	Maria José Pereira Leão	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	03:51:42	+44:51	08:17
12	1179	Carla Gonçalves	Individual	Senior Feminino	03:53:32	+46:41	08:20
13	1135	Andreia Sofia Santos Mota	Fridão Sem Limites	Senior Feminino	03:56:00	+49:09	08:26
14	1184	Daniela Soares	Individual	Senior Feminino	03:56:23	+49:32	08:27
15	1055	Helena Castro	Befitness Runners	Senior Feminino	03:58:24	+51:33	08:31
16	1173	LILIANA NETO	HALP	Senior Feminino	04:06:24	+59:33	08:48
17	1187	Margaux Tjoeng	Individual	Senior Feminino	04:08:50	+01:01:59	08:53
18	1180	Carla Sofia Gonçalves Pinto	Individual	Senior Feminino	04:09:18	+01:02:27	08:54
19	1183	Daniela Mendes gomes Ferreira	Individual	Senior Feminino	04:09:50	+01:02:59	08:55
20	1411	Raquel Lobão	PÉS TROIKADOS - CSCS	Senior Feminino	04:18:25	+01:11:34	09:14
21	1181	Carolina Torres	Individual	Senior Feminino	04:23:19	+01:16:28	09:24
22	1020	Ana Borges	Amigos da Onça	Senior Feminino	04:29:06	+01:22:15	09:37
23	1177	Ana Luisa Xavier	Individual	Senior Feminino	04:29:32	+01:22:41	09:38
24	1027	Lara Santos	Associação Desportiva da Efacec	Senior Feminino	04:29:32	+01:22:41	09:38
25	1056	Rita Cruz	Befitness Runners	Senior Feminino	04:31:33	+01:24:42	09:42
26	1178	Andreia Maia	Individual	Senior Feminino	04:32:06	+01:25:15	09:43
27	1046	Catía Ribeiro	Bardinos dos Montes	Senior Feminino	04:38:39	+01:31:48	09:57
28	1191	Sónia Alexandra Dias Brás	Individual	Senior Feminino	04:39:55	+01:33:04	10:00
29	1017	Diana Patrícia Teixeira Ribeiro	Amigos da Montanha	Senior Feminino	04:40:11	+01:33:20	10:00
30	1045	Andrea Pereira	Bardinos dos Montes	Senior Feminino	04:41:50	+01:34:59	10:04
31	1373	Joana Silva	Metralhas Runners	Senior Feminino	05:25:35	+02:18:44	11:38
32	1185	Elisabete Araújo	Individual	Senior Feminino	05:46:11	+02:39:20	12:22
33	1182	Daniela Marques	Individual	Senior Feminino	05:46:11	+02:39:20	12:22

Senior Masculino

1	1092	Victor Fernandes	CTAD - Trilhos de Cinfães	Senior Masculino	02:28:09		05:17
2	1158	HÉLDER SILVA	GTT - Armazém do Caffè	Senior Masculino	02:29:25	+01:16	05:20

Trail Longo

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OFFICIAL RESULT

47	1116	David Gonçalves	Factor X / S4L / MedenseFC	Senior Masculino	03:14:38	+46:29	06:57
48	1236	Marçal Avelino Salazar Marques Mendes	Individual	Senior Masculino	03:15:24	+47:15	06:59
49	1398	Paulo Pinheiro	Os lobos btt sai da frente	Senior Masculino	03:15:36	+47:27	06:59
50	1402	Lourenço Teixeira	Os Lobos do Saibro	Senior Masculino	03:16:06	+47:57	07:00
51	1064	Adriano Fernando lopes Mendes	Brabus Runners	Senior Masculino	03:16:28	+48:19	07:01
52	1102	Tome pinto	EDV-VIANA TRAIL	Senior Masculino	03:17:01	+48:52	07:02
53	1008	Ricardo Sousa	ÁGUIAS DE ALVELOS	Senior Masculino	03:17:37	+49:28	07:03
54	1389	FILIPE BARBOSA	NOCTURNOS DE PAREDES	Senior Masculino	03:18:59	+50:50	07:06
55	1224	Joao Pereira	Individual	Senior Masculino	03:20:51	+52:42	07:10
56	1065	Cesário Leite	Brabus Runners	Senior Masculino	03:21:06	+52:57	07:11
57	1221	Joao Lima	Individual	Senior Masculino	03:21:34	+53:25	07:12
58	1400	Filipe Pinto	Os Lobos do Saibro	Senior Masculino	03:21:38	+53:29	07:12
59	1210	Helder Cunha	Individual	Senior Masculino	03:22:10	+54:01	07:13
60	1141	Domingos Martins	Gafanhori	Senior Masculino	03:22:29	+54:20	07:14
61	1376	Rafael Almeida	Miguel Guimarães	Senior Masculino	03:22:48	+54:39	07:15
62	1214	Helder Parracho	Individual	Senior Masculino	03:24:25	+56:16	07:18
63	1434	João Nogueira	TEAM LANTEMIL	Senior Masculino	03:25:36	+57:27	07:21
64	1466	Sérgio Moreira	Individual	Senior Masculino	03:25:54	+57:45	07:21
65	1255	Pedro Nogueira	Individual	Senior Masculino	03:28:20	+01:00:11	07:26
66	1197	Bruno Moura	Individual	Senior Masculino	03:28:49	+01:00:40	07:27
67	1107	RICARDO CRESPO	EQUIPA JOAO FERREIRA	Senior Masculino	03:29:30	+01:01:21	07:29
68	1230	Jose Antonio Pereira Alves	Individual	Senior Masculino	03:29:41	+01:01:32	07:29
69	1025	Ricardo Magalhães	As Belas e Eles	Senior Masculino	03:29:44	+01:01:35	07:29
70	1062	Paulo Gomes	Bota&Siga	Senior Masculino	03:29:47	+01:01:38	07:30
71	1449	Manuel Joaquim Martins da Silva	TrepaTrilhos Trail Team	Senior Masculino	03:30:21	+01:02:12	07:31
72	1229	José Andrade	Individual	Senior Masculino	03:30:47	+01:02:38	07:32
73	1394	Nelson Leite	NorTrail RT	Senior Masculino	03:31:32	+01:03:23	07:33
74	1258	RICARDO FERNANDES	Individual	Senior Masculino	03:31:51	+01:03:42	07:34
75	1264	RUFINO FREITAS	Individual	Senior Masculino	03:31:51	+01:03:42	07:34
76	1448	André Sarmiento	TrepaTrilhos Trail Team	Senior Masculino	03:31:53	+01:03:44	07:34
77	1119	José Costa	FAMA RUNNERS	Senior Masculino	03:31:59	+01:03:50	07:34
78	1216	Hernâni Veríssimo	Individual	Senior Masculino	03:32:01	+01:03:52	07:34
79	1058	Paulo Elias	Befitness Runners	Senior Masculino	03:33:06	+01:04:57	07:37
80	1110	Eric Carvalho	Ermida Team	Senior Masculino	03:33:30	+01:05:21	07:38
81	1240	Marco Silva	Individual	Senior Masculino	03:33:50	+01:05:41	07:38
82	1095	Joel Gomes	Dá-Lhe Gás	Senior Masculino	03:34:00	+01:05:51	07:39
83	1099	Nelson Ferreira	Domoweb	Senior Masculino	03:34:34	+01:06:25	07:40
84	1170	Bruno Silva	H2CO3 TEAM	Senior Masculino	03:34:52	+01:06:43	07:40
85	1265	Rui da Silva Santos	Individual	Senior Masculino	03:34:53	+01:06:44	07:40
86	1104	Pedro Alves	EnjoyandgoRunners	Senior Masculino	03:35:25	+01:07:16	07:42
87	1262	Ricardo Peixoto	Individual	Senior Masculino	03:35:35	+01:07:26	07:42
88	1193	André Filipe Alves Ferreira	Individual	Senior Masculino	03:35:47	+01:07:38	07:42
89	1357	Luis Silva	Juventude Cortegacense	Senior Masculino	03:35:55	+01:07:46	07:43
90	1358	Ricardo Mamchado	Juventude Cortegacense	Senior Masculino	03:35:55	+01:07:46	07:43
91	1203	Eduardo Trigo	Individual	Senior Masculino	03:36:27	+01:08:18	07:44
92	1208	Fernando Silva	Individual	Senior Masculino	03:36:27	+01:08:18	07:44

Official Timekeeper: Lap2Go	3 / 10	generate 13-Feb-2017 18:30
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OFFICIAL RESULT

93	1409	Gilberto Orlando uuu	Paulo Pinheiro	Senior Masculino	03:36:32	+01:08:23	07:44
94	1422	Mario Oliveira	Shots International Runners	Senior Masculino	03:36:44	+01:08:35	07:44
95	1106	HUGO COUTO	EQUIPA JOAO FERREIRA	Senior Masculino	03:38:29	+01:10:20	07:48
96	1374	Bruno Vigario	Metralhas Runners	Senior Masculino	03:38:29	+01:10:20	07:48
97	1201	Daniel Cruz Fernandes	Individual	Senior Masculino	03:39:18	+01:11:09	07:50
98	1237	Marcelo pinto	Individual	Senior Masculino	03:39:55	+01:11:46	07:51
99	1155	Manuel Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:40:32	+01:12:23	07:53
100	1222	João Miguel dos Santos Neves de Oliveira	Individual	Senior Masculino	03:40:39	+01:12:30	07:53
101	1257	Pedro Pimenta	Individual	Senior Masculino	03:41:09	+01:13:00	07:54
102	1111	Tiago Costa	Ermida Team	Senior Masculino	03:41:40	+01:13:31	07:55
103	1213	Helder Pacheco	Individual	Senior Masculino	03:41:59	+01:13:50	07:56
104	1252	pedro alexandre domingos branco da silva	Individual	Senior Masculino	03:42:00	+01:13:51	07:56
105	1206	Felisberto Arcipreste	Individual	Senior Masculino	03:43:22	+01:15:13	07:59
106	1199	Carlos Monteiro	Individual	Senior Masculino	03:44:05	+01:15:56	08:00
107	1127	José Miguel Freitas Teixeira	Felgueiras Runners	Senior Masculino	03:44:23	+01:16:14	08:01
108	82	Filipe Neves	Individual	Senior Masculino	03:45:09	+01:17:00	08:02
109	1223	João Moreira	Individual	Senior Masculino	03:45:15	+01:17:06	08:03
110	1246	Nuno Ricardo Soares de Sá	Individual	Senior Masculino	03:45:53	+01:17:44	08:04
111	1048	Pedro Figueiredo	Bardinos dos Montes	Senior Masculino	03:46:22	+01:18:13	08:05
112	1171	Marco Sérgio Leal da Cunha	H2CO3 TEAM	Senior Masculino	03:47:27	+01:19:18	08:07
113	1218	Hugo Ferreira	Individual	Senior Masculino	03:47:53	+01:19:44	08:08
114	1091	Miguel Vinga da Quinta	Correio de Albergaria?	Senior Masculino	03:49:08	+01:20:59	08:11
115	1241	Miguel Moreira	Individual	Senior Masculino	03:49:11	+01:21:02	08:11
116	1174	HENRIQUE MATOS	HALP	Senior Masculino	03:49:12	+01:21:03	08:11
117	1354	Joao Miguel Almeida da Silva	JUÕES	Senior Masculino	03:50:27	+01:22:18	08:14
118	1436	Miguel Jorge Ferreira Araujo	TEAM LANTEMIL	Senior Masculino	03:50:34	+01:22:25	08:14
119	1244	Nuno Campos	Clube Zupper	Senior Masculino	03:50:59	+01:22:50	08:15
120	1063	Rui Telmo Gomes	Bota&Siga	Senior Masculino	03:51:21	+01:23:12	08:16
121	1401	Joaquim Ventura	Os Lobos do Saibro	Senior Masculino	03:52:32	+01:24:23	08:18
122	1098	Luis Barreiro	Domoweb	Senior Masculino	03:53:38	+01:25:29	08:21
123	1012	Rui Lima	Alive Runners	Senior Masculino	03:53:53	+01:25:44	08:21
124	1435	Marco Filipe Silva Moreira	TEAM LANTEMIL	Senior Masculino	03:54:08	+01:25:59	08:22
125	1378	César Ricardo Reis da Costa	MINHO AVENTURA	Senior Masculino	03:54:13	+01:26:04	08:22
126	1379	Luís Filipe Barros de Vasconcelos Guimarães	MINHO AVENTURA	Senior Masculino	03:54:13	+01:26:04	08:22
127	1225	Jorge Carneiro	Individual	Senior Masculino	03:54:52	+01:26:43	08:23
128	1209	Flávio José Costa Pereira	Individual	Senior Masculino	03:55:33	+01:27:24	08:25
129	1205	Fabio alves	Individual	Senior Masculino	03:55:39	+01:27:30	08:25
130	1122	Paulinho Carvalho	FAMA RUNNERS	Senior Masculino	03:55:51	+01:27:42	08:25
131	1118	Daniel Vieira	FAMA RUNNERS	Senior Masculino	03:55:51	+01:27:42	08:25
132	1005	André Amorim	ÁGUIAS DE ALVELOS	Senior Masculino	03:57:00	+01:28:51	08:28
133	1121	Nuno Oliveira	FAMA RUNNERS	Senior Masculino	03:58:06	+01:29:57	08:30
134	1438	Rogério torres	TEAM LANTEMIL	Senior Masculino	03:58:09	+01:30:00	08:30
135	1130	Helder Renato	FREZITE	Senior Masculino	03:58:09	+01:30:00	08:30
136	1433	Hugo Pereira	TEAM LANTEMIL	Senior Masculino	03:58:09	+01:30:00	08:30

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OFFICIAL RESULT

137	1088	Hugo André Couto	ComDor Runners	Senior Masculino	04:00:30	+01:32:21	08:35
138	1384	Pedro Correia	Moloni Running Team	Senior Masculino	04:01:07	+01:32:58	08:37
139	1096	André Magalhães	DC HEALTH CLUB	Senior Masculino	04:01:56	+01:33:47	08:38
140	1196	Bruno Machado	Individual	Senior Masculino	04:03:25	+01:35:16	08:42
141	1248	Paulo Alves	Individual	Senior Masculino	04:03:25	+01:35:16	08:42
142	1211	Helder Fernandes	Individual	Senior Masculino	04:03:25	+01:35:16	08:42
143	1207	fernando alves	Individual	Senior Masculino	04:03:26	+01:35:17	08:42
144	1250	Paulo Filipe Loureiro Ferreira	Individual	Senior Masculino	04:03:37	+01:35:28	08:42
145	1269	Sérgio Filipe Duarte Machado	Individual	Senior Masculino	04:04:08	+01:35:59	08:43
146	1028	Filipe Bessa	Associação Desportiva da Efacec	Senior Masculino	04:04:15	+01:36:06	08:43
147	1423	Rui Pereira	Shots International Runners	Senior Masculino	04:04:15	+01:36:06	08:43
148	1117	Daniel Oliveira	FAMA RUNNERS	Senior Masculino	04:05:46	+01:37:37	08:47
149	1076	Rui Manuel Ramos Costa	Clube de Atletismo de Fafe - Fafe Runners	Senior Masculino	04:06:19	+01:38:10	08:48
150	1175	PEDRO MARQUES	HALP	Senior Masculino	04:06:24	+01:38:15	08:48
151	1011	Rui Fernandes	Alive Runners	Senior Masculino	04:06:36	+01:38:27	08:48
152	1239	Marcio castro	Individual	Senior Masculino	04:06:56	+01:38:47	08:49
153	1365	Bruno Andrade	LACRAUS	Senior Masculino	04:07:26	+01:39:17	08:50
154	1200	carlos teixeira	Individual	Senior Masculino	04:07:26	+01:39:17	08:50
155	1069	Zé Luis	Casa Benfica Santo Tirso	Senior Masculino	04:09:12	+01:41:03	08:54
156	1033	Jorge Costa	Aves Runners	Senior Masculino	04:09:18	+01:41:09	08:54
157	1390	Jose cunha	NOCTURNOS DE PAREDES	Senior Masculino	04:11:26	+01:43:17	08:59
158	1071	Ricardo Duarte	Cerveira Team Running/Clube Celtas do Minho	Senior Masculino	04:13:33	+01:45:24	09:03
159	1070	Nuno Ribeiro	CCD - SIEMENS	Senior Masculino	04:13:57	+01:45:48	09:04
160	1457	Luis Silva	Vaicomcalma	Senior Masculino	04:14:05	+01:45:56	09:04
161	1087	Pedro Arlindo Vieira Madureira	ComDor Runners	Senior Masculino	04:14:47	+01:46:38	09:06
162	1202	Domingos Teixeira	Individual	Senior Masculino	04:20:28	+01:52:19	09:18
163	1004	SÉRGIO FERREIRA	AfrikanRunners	Senior Masculino	04:20:43	+01:52:34	09:19
164	1266	Rui Dinis	Individual	Senior Masculino	04:21:15	+01:53:06	09:20
165	1366	Luís Pinheiro	LACRAUS	Senior Masculino	04:23:19	+01:55:10	09:24
166	1029	Hugo Barroso	Associação Desportiva da Efacec	Senior Masculino	04:29:32	+02:01:23	09:38
167	1030	Vitor Matos	Associação Desportiva da Efacec	Senior Masculino	04:29:33	+02:01:24	09:38
168	1131	Rafael Silva	FREZITE	Senior Masculino	04:29:38	+02:01:29	09:38
169	1260	Ricardo jorge tavares correia	Individual	Senior Masculino	04:31:42	+02:03:33	09:42
170	1168	Alexandre Cunha Ribeiro	GuimaTrilhos-Trail Runner	Senior Masculino	04:31:56	+02:03:47	09:43
171	1073	Simão Araújo	CF Jesuítas	Senior Masculino	04:32:16	+02:04:07	09:43
172	1424	João Campos	SS MONTEPIO	Senior Masculino	04:32:28	+02:04:19	09:44
173	1256	Pedro Oliveira	Individual	Senior Masculino	04:32:28	+02:04:19	09:44
174	1198	Carlos André Costa Fernandes	Individual	Senior Masculino	04:32:42	+02:04:33	09:44
175	1261	Ricardo Moreira	Individual	Senior Masculino	04:32:42	+02:04:33	09:44
176	1251	Paulo Jorge Romão Campos	Individual	Senior Masculino	04:32:42	+02:04:33	09:44
177	1412	Adolfo Almeida	Piratas Running Team	Senior Masculino	04:35:24	+02:07:15	09:50
178	1267	Rui Pedro Dias Botelho	Individual	Senior Masculino	04:36:40	+02:08:31	09:53
179	1083	Hélder Vieira	Clube Zupper	Senior Masculino	04:39:03	+02:10:54	09:58
180	1084	Marco Ferreira	Clube Zupper	Senior Masculino	04:39:03	+02:10:54	09:58
181	1380	Paulo Jorge Costa Oliveira	MINHO AVENTURA	Senior Masculino	04:39:10	+02:11:01	09:58

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OFFICIAL RESULT

182	1447	Paulo Rio	Trail Tasco	Senior Masculino	04:46:20	+02:18:11	10:14
183	1370	ORLANDO ROGÉRIO DE AZEVEDO HENRIQUES	Limitless	Senior Masculino	04:48:21	+02:20:12	10:18
184	1195	Artur Fonseca	Individual	Senior Masculino	04:56:36	+02:28:27	10:36
185	1272	Tiago Miguel dos Santos Barbosa	Individual	Senior Masculino	04:59:22	+02:31:13	10:42
186	1047	Paulo Jorge Oliveira Ferreira	Bardinos dos Montes	Senior Masculino	05:04:21	+02:36:12	10:52
187	1169	Helder Manuel Magalhães Costa	GuimaTrilhos-Trail Runner	Senior Masculino	05:20:14	+02:52:05	11:26
188	1271	Tiago Costa	Individual	Senior Masculino	05:21:18	+02:53:09	11:29
189	1351	JORGE ROCHA	Invicta Runners Team	Senior Masculino	06:12:35	+03:44:26	13:18

Sub 23 Masculino

1	1421	Bruno silva	Satecnosol Outdoor - RaidLight Portugal	Sub 23 Masculino	02:27:49		05:17
2	1273	Davide Pedrinha Fontes	Individual	Sub 23 Masculino	02:58:19	+30:30	06:22
3	1274	Miguel Barros	CF JESUITAS	Sub 23 Masculino	02:58:40	+30:51	06:23
4	1147	Micael Cunha	Gaia Trail	Sub 23 Masculino	03:23:07	+55:18	07:15
5	1387	Leonardo Brito	Neighbors Run	Sub 23 Masculino	03:47:14	+01:19:25	08:07
6	1133	José Lima	FREZITE	Sub 23 Masculino	05:12:37	+02:44:48	11:10

Veterana F40

1	1439	elisabete santos	TEAM LANTEMIL	Veterana F40	03:19:00		07:06
2	1280	Sofia Coelho	Individual	Veterana F40	03:39:56	+20:56	07:51
3	1381	Alexandra Oliveira	MINHO AVENTURA	Veterana F40	03:46:40	+27:40	08:06
4	1279	Liseta Pinto	Individual	Veterana F40	04:29:33	+01:10:33	09:38
5	1278	Elsa carina Sousa Rodrigues	Individual	Veterana F40	04:29:38	+01:10:38	09:38
6	1277	CLÁUDIA PINTO	Individual	Veterana F40	04:40:16	+01:21:16	10:01
7	1276	Ana Rito	Individual	Veterana F40	04:44:45	+01:25:45	10:10
8	1086	Candida Vilas Boas	Clube Zupper	Veterana F40	04:50:55	+01:31:55	10:23
9	1050	Carla Santos	Bardinos dos Montes	Veterana F40	04:58:49	+01:39:49	10:40
10	1049	Alexandra Madureira	Bardinos dos Montes	Veterana F40	05:04:21	+01:45:21	10:52

Veterana F45

1	1372	Alexandra Fernandes	Maisfit Runners	Veterana F45	03:28:23		07:27
2	1281	Cristina Maria Fundevila Teixeira	Individual	Veterana F45	04:09:05	+40:42	08:54
3	1352	CARLA SANTOS	Invicta Runners Team	Veterana F45	06:12:35	+02:44:12	13:18

Veterana F50

1	1125	Ana Paula Simões	FAMA RUNNERS	Veterana F50	04:22:08		09:22
2	1283	Isabel Martins	Amigos da Montanha	Veterana F50	04:40:15	+18:07	10:01
3	1072	Fernanda Esteves	Cerveira Team Running/Clube Celtas do Minho	Veterana F50	04:50:56	+28:48	10:23
4	1284	Isaura Almeida	Individual	Veterana F50	05:21:18	+59:10	11:29

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Trail Longo

28 KM



OFFICIAL RESULT

5	1078	GRACA MARIA COSTA MOREIRA SILVA	Clube Millennium BCP	Veterana F50	05:26:51	+01:04:43	11:40
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Veterano M40

1	1149	Luis gil	Gaia Trail	Veterano M40	02:31:55		05:26
2	1148	Dinis Gonçalves	Gaia Trail	Veterano M40	02:34:34	+02:39	05:31
3	1294	Filipe Jorge Mrais Braz	Individual	Veterano M40	02:37:38	+05:43	05:38
4	1138	Pedro Santos	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	Veterano M40	02:37:56	+06:01	05:38
5	206	Joaquim Manuel Martins de Freitas	Satecnosol Outdoor - RaidLight Portugal	Veterano M40	02:41:15	+09:20	05:46
6	1115	RUI LARANJEIRA	Experienciar/Barceltécnica/Sports on fire	Veterano M40	02:46:15	+14:20	05:56
7	1393	Paulo Ferreira	NOCTURNOS DE PAREDES	Veterano M40	02:59:43	+27:48	06:25
8	1305	Miguel Catarino	CAES DA AVENIDA	Veterano M40	03:00:38	+28:43	06:27
9	1026	Carlos Fernandes	As Belas e Eles	Veterano M40	03:02:39	+30:44	06:31
10	1320	telmo manel martins cardoso	Individual	Veterano M40	03:05:40	+33:45	06:38
11	1329	Hugo Brito	Individual	Veterano M40	03:05:47	+33:52	06:38
12	1360	Marco Botelho	Juventude Cortegacense	Veterano M40	03:06:25	+34:30	06:39
13	1035	Afonso Torres	Aves Runners	Veterano M40	03:08:59	+37:04	06:45
14	1287	Antonio Pereira	Individual	Veterano M40	03:09:23	+37:28	06:46
15	1164	Pedro Pereira	GTT - Armazém do Caffè	Veterano M40	03:13:24	+41:29	06:54
16	1154	Joaquim Silva	GDP - Grupo Desportivo da Pesqueira	Veterano M40	03:14:01	+42:06	06:56
17	1440	Joaquim Silva	TEAM LANTEMIL	Veterano M40	03:15:00	+43:05	06:58
18	1386	Carlos Pinto João	Moloni Running Team	Veterano M40	03:15:23	+43:28	06:59
19	1103	Joaquim Coelho	El Team Trail	Veterano M40	03:18:25	+46:30	07:05
20	1461	Oscar Sousa	VilaVerdeaCorrer	Veterano M40	03:19:54	+47:59	07:08
21	1150	Paulo Sousa	Gaia Trail	Veterano M40	03:20:23	+48:28	07:09
22	1024	Paulo Freitas	AMIGOS PARQUE VIZELA	Veterano M40	03:21:31	+49:36	07:12
23	1156	Pedro Matos	GONDOMAR FUTSAL CLUBE	Veterano M40	03:23:53	+51:58	07:17
24	1318	Rui Miguel Aguiar Rodrigues	Individual	Veterano M40	03:24:36	+52:41	07:18
25	1410	Adelino Pinheiro	Paulo Pinheiro	Veterano M40	03:24:40	+52:45	07:19
26	1385	Álvaro Saraiva	Moloni Running Team	Veterano M40	03:28:07	+56:12	07:26
27	1153	Fausto Neves	GDP - Grupo Desportivo da Pesqueira	Veterano M40	03:30:16	+58:21	07:31
28	1428	Júlio Santos	SS MONTEPIO	Veterano M40	03:30:47	+58:52	07:32
29	1392	José Luís Pinto	NOCTURNOS DE PAREDES	Veterano M40	03:31:15	+59:20	07:33
30	1314	pedro sousa	Individual	Veterano M40	03:31:57	+01:00:02	07:34
31	1313	Pedro Augusto da Silva loureiro	Individual	Veterano M40	03:33:02	+01:01:07	07:37
32	1388	Leonel Silva	Neighbors Run	Veterano M40	03:33:47	+01:01:52	07:38
33	1296	Jeronimo Silva	Individual	Veterano M40	03:34:02	+01:02:07	07:39
34	1427	João Nuno Cardoso	SS MONTEPIO	Veterano M40	03:34:34	+01:02:39	07:40
35	1291	Daniel Alves	Individual	Veterano M40	03:34:42	+01:02:47	07:40
36	1441	Luis Vale	TEAM LANTEMIL	Veterano M40	03:35:17	+01:03:22	07:41
37	1300	Licínio Ribeiro	Individual	Veterano M40	03:35:43	+01:03:48	07:42

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Trail Longo

28 KM

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OFFICIAL RESULT

38	1295	francisco moreira	Individual	Veterano M40	03:35:44	+01:03:49	07:42
39	1364	Bruno Cardoso Araujo	KeMedo Team	Veterano M40	03:35:49	+01:03:54	07:42
40	1317	Ricardo João Pinheiro	Individual	Veterano M40	03:37:41	+01:05:46	07:46
41	1319	Sérgio Miguel Batista Couto	Individual	Veterano M40	03:39:21	+01:07:26	07:50
42	1349	Joel Silva	INSANE TRAIL TEAM	Veterano M40	03:40:46	+01:08:51	07:53
43	1163	Luis Miguel Lucas	GTT - Armazém do Caffè	Veterano M40	03:40:58	+01:09:03	07:54
44	1359	Joao Paulo Costa Oliveira	Juventude Cortegacense	Veterano M40	03:41:42	+01:09:47	07:55
45	1128	Luis António Freitas Teixeira	Felgueiras Runners	Veterano M40	03:44:23	+01:12:28	08:01
46	1451	Ricardo Mota	TrepaTrilhos Trail Team	Veterano M40	03:44:42	+01:12:47	08:02
47	1450	Pedro Silva	TrepaTrilhos Trail Team	Veterano M40	03:44:42	+01:12:47	08:02
48	1043	Rui Martins	Barbatanas trail team	Veterano M40	03:48:48	+01:16:53	08:10
49	1309	Paulo Fernandes	Individual	Veterano M40	03:49:29	+01:17:34	08:12
50	1014	Álvaro Nunes	All About Spirit Team	Veterano M40	03:51:40	+01:19:45	08:16
51	1290	Carlos Mota	Individual	Veterano M40	03:51:55	+01:20:00	08:17
52	1302	Luís Miguel de Oliveira Martins	Individual	Veterano M40	03:53:55	+01:22:00	08:21
53	1167	Ricardo Castro	Guimarães Trail	Veterano M40	03:54:34	+01:22:39	08:23
54	1303	Mauro Lourenço	Individual	Veterano M40	03:55:11	+01:23:16	08:24
55	1288	Artur Ferreira	Individual	Veterano M40	03:55:12	+01:23:17	08:24
56	1312	Paulo Vilarinho	Individual	Veterano M40	03:55:40	+01:23:45	08:25
57	1090	Luis Miguel Torres	ComDor Runners	Veterano M40	03:55:40	+01:23:45	08:25
58	1051	Henrique Bruno	Bardinos dos Montes	Veterano M40	03:56:23	+01:24:28	08:27
59	1037	Filipe Pedrosa	Aves Runners	Veterano M40	03:57:21	+01:25:26	08:29
60	1307	Nuno Carneiro	Individual	Veterano M40	04:05:06	+01:33:11	08:45
61	1038	Helder Costa	Aves Runners	Veterano M40	04:05:32	+01:33:37	08:46
62	1299	José Pedro Silva	Individual	Veterano M40	04:07:27	+01:35:32	08:50
63	1310	Paulo Nunes	Individual	Veterano M40	04:08:06	+01:36:11	08:52
64	1286	Antonio	Individual	Veterano M40	04:14:05	+01:42:10	09:04
65	1308	Óscar Manuel Fonseca Figueiredo	Individual	Veterano M40	04:15:15	+01:43:20	09:07
66	1151	Rui Vicente	Gaia Trail	Veterano M40	04:16:59	+01:45:04	09:11
67	1285	Alexandre Sousa	Individual	Veterano M40	04:21:58	+01:50:03	09:21
68	1054	Helder Fernando Ferreira Saraiva Santos25	Beer Club Runnig	Veterano M40	04:22:28	+01:50:33	09:22
69	1301	Luís Cláudio Ferreira Marques	Individual	Veterano M40	04:25:48	+01:53:53	09:30
70	1031	Mário Ferreira	Associação Desportiva da Efacec	Veterano M40	04:29:34	+01:57:39	09:38
71	1019	José Carlos Araújo	Amigos da Montanha	Veterano M40	04:33:43	+02:01:48	09:47
72	1426	André Antunes	SS MONTEPIO	Veterano M40	04:33:52	+02:01:57	09:47
73	1445	Telmo John Soares	Prius Synergy Drive Trail Runnig	Veterano M40	04:43:31	+02:11:36	10:08
74	1306	Miguel Moreira17	Individual	Veterano M40	04:55:29	+02:23:34	10:33
75	1407	Pedro Santos	Pari Passu	Veterano M40	04:55:30	+02:23:35	10:33
76	1052	ruí	Bardinos dos Montes	Veterano M40	04:58:49	+02:26:54	10:40
77	1297	Joaquim Agostinho de Sousa Pacheco10	Individual	Veterano M40	05:03:45	+02:31:50	10:51
78	1353	Paulo Jorge Ferreira Ribeiro	Invicta Runners Team	Veterano M40	05:25:34	+02:53:39	11:38

Veterano M45

1	1356	Abilio Ribeiro	Juventude Cortegacense	Veterano M45	02:43:03	05:49
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Trail Longo

28 KM

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OFFICIAL RESULT

2	1442	Ezequiel Fernandes	TEAM LANTEMIL	Veterano M45	02:45:36	+02:33	05:55
3	1022	Jorge Manuel Barbosa Moreira	AMIGOS DO PEDAL TRAILAGARES	Veterano M45	02:49:15	+06:12	06:03
4	1335	Tiago Vidal Leal	Individual	Veterano M45	03:04:18	+21:15	06:35
5	1430	Alberto Bertão	Team Agente Meireles	Veterano M45	03:06:29	+23:26	06:40
6	1041	Jorge Brites	AZTrail	Veterano M45	03:08:04	+25:01	06:43
7	1165	FERNANDO AREZES	GTT - Armazém do Caffè	Veterano M45	03:17:11	+34:08	07:03
8	1001	Pedro Guimaraes	#LETSRUNAZORES	Veterano M45	03:17:34	+34:31	07:03
9	1334	Rui Fernandes	Individual	Veterano M45	03:18:04	+35:01	07:04
10	1009	António Gomes	ÁGUIAS DE ALVELOS	Veterano M45	03:23:51	+40:48	07:17
11	1059	Duarte Paulo Ribeiro	BF	Veterano M45	03:24:22	+41:19	07:18
12	1060	Paulo Martins	BF	Veterano M45	03:24:22	+41:19	07:18
13	1322	francisco manuel de oliveira capitão garoto	Individual	Veterano M45	03:27:25	+44:22	07:24
14	1350	Luis Santos	INSANE TRAIL TEAM	Veterano M45	03:33:43	+50:40	07:38
15	1114	Carlos Manuel Barros FREIXO	experiençar	Veterano M45	03:33:53	+50:50	07:38
16	1463	Filipe Lages	vimarunners	Veterano M45	03:35:28	+52:25	07:42
17	1362	Julio Paulo Soares da Silva	Juventude Cortegacense	Veterano M45	03:35:55	+52:52	07:43
18	1444	Paulo Renato Leça Barbosa	TEAM LANTEMIL	Veterano M45	03:36:06	+53:03	07:43
19	1330	LUIS COSTA	Individual	Veterano M45	03:39:21	+56:18	07:50
20	1323	Henrique Borges	Individual	Veterano M45	03:41:41	+58:38	07:55
21	1321	Carlos Passos	Individual	Veterano M45	03:44:05	+01:01:02	08:00
22	1429	José Nuno Costa	SS MONTEPIO	Veterano M45	03:44:23	+01:01:20	08:01
23	1109	ORLANDO COSTA	EQUIPA JOAO FERREIRA	Veterano M45	03:47:54	+01:04:51	08:08
24	1044	Miguel Rodrigues	Barbatanas trail team	Veterano M45	03:48:47	+01:05:44	08:10
25	1337	vitoe Coelho	Individual	Veterano M45	03:55:28	+01:12:25	08:25
26	1105	david paulo pereira pinto	enjoyclimb	Veterano M45	03:56:24	+01:13:21	08:27
27	1371	PAULO BRÁS	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M45	04:04:16	+01:21:13	08:43
28	1053	Ricardo Cabral	Bardinos dos Montes	Veterano M45	04:07:14	+01:24:11	08:50
29	1333	RUI AZEVEDO	Individual	Veterano M45	04:09:50	+01:26:47	08:55
30	1326	José Loureiro	Individual	Veterano M45	04:10:23	+01:27:20	08:57
31	1325	JOSE CORREIA	Individual	Veterano M45	04:17:34	+01:34:31	09:12
32	1324	Hugo Ribeiro	Individual	Veterano M45	04:21:51	+01:38:48	09:21
33	1327	José Moreira	Individual	Veterano M45	04:21:52	+01:38:49	09:21
34	1443	Jorge Marques	TEAM LANTEMIL	Veterano M45	04:24:59	+01:41:56	09:28
35	1331	Manuel Teixeira	Individual	Veterano M45	04:29:34	+01:46:31	09:38
36	1328	jose rodrigues costa	Individual	Veterano M45	04:35:05	+01:52:02	09:49

Veterano M50

1	1101	Pedro Marques	Dr. Merino/4moove	Veterano M50	02:33:04		05:28
2	1338	Abilio José Leite Marques	Individual	Veterano M50	03:04:20	+31:16	06:35
3	1002	MANUEL GOMES	A.R.DE NEGRELOS	Veterano M50	03:07:43	+34:39	06:42
4	1013	Jose Bento Morais	All About	Veterano M50	03:10:58	+37:54	06:49
5	1134	Carlos Lopes	FREZITE	Veterano M50	03:14:50	+41:46	06:58
6	1137	António Carlos Silva Teixeira	Fridão Sem Limites	Veterano M50	03:16:02	+42:58	07:00

TRAIL CURTO - STAGE 1

17 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:45	9°C	87%
End	14:16	9°C	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2353	Manuel Maia	individual	Senior Masculino	01:24:03		04:57
2	2237	Pedro Rocha	gondomar futsal clube	Senior Masculino	01:24:16	+00:13	04:57
3	2325	Fabio Correia	individual	Senior Masculino	01:24:41	+00:38	04:59
4	2357	Nelson Fernandes	individual	Senior Masculino	01:24:59	+00:56	05:00
5	2132	Hugo Leite	clube de atletismo de fafe - fafe runners	Senior Masculino	01:27:05	+03:02	05:07
6	2071	André Pinto	andatrihos freamunde	Senior Masculino	01:28:49	+04:46	05:14
7	2015	Rui Pinho	akuafit	Senior Masculino	01:29:20	+05:17	05:15
8	2188	José Inácio Lima Rodrigues	experienciar	Senior Masculino	01:29:44	+05:41	05:17
9	2062	Vitor Rafael Sousa Moreira	amigos do pedal trailagares	Sub 23 Masculino	01:29:47	+05:43	05:17
10	2011	miguel figueiredo	airorun	Veterano M40	01:31:00	+06:56	05:21
11	2248	Carlos Santos	guimarães trail	Senior Masculino	01:31:20	+07:17	05:22
12	2226	Paulo Teixeira de Sousa	fridão sem limites	Veterano M40	01:31:23	+07:20	05:23
13	2152	Paulo Silva	dá-lhe gás	Veterano M40	01:31:35	+07:32	05:23
14	2217	Bruno Daniel Mendes Azevedo	fridão sem limites	Senior Masculino	01:31:41	+07:38	05:24
15	2220	Rui Manuel Mendes Azevedo	fridão sem limites	Senior Masculino	01:31:58	+07:55	05:25
16	2565	Pedro Manuel Silva	nast	Sub 23 Masculino	01:32:06	+08:03	05:25
17	2416	Abilio Martins Almeida	individual	Veterano M40	01:32:20	+08:17	05:26
18	2517	Adriano Oliveira	lusitanos	Veterano M45	01:33:27	+09:24	05:30
19	2578	Vasco Morais Pinheiro de Sousa	old school smash young ducks	Veterano M50	01:33:30	+09:27	05:30
20	2187	Filipe Santos Novais	experienciar	Senior Masculino	01:33:31	+09:28	05:30
21	2515	Rafael campos dos santos	limonetes	Senior Masculino	01:33:31	+09:28	05:30
22	2375	Romeu Filipa Pacheco Pereira	individual	Senior Masculino	01:33:33	+09:30	05:30
23	2451	Sérgio Sampaio	individual	Veterano M40	01:34:01	+09:57	05:32
24	2235	Lucinda Sousa	gondomar futsal clube	Veterana F45	01:34:51	+10:48	05:35
25	2236	José Paulo Ribeiro	gondomar futsal clube	Veterano M40	01:34:53	+10:50	05:35
26	2478	Dionisio Manuel Correia Sousa	individual	Veterano M50	01:34:55	+10:52	05:35
27	2452	Victor Manuel da silva Chaves	individual	Veterano M40	01:35:01	+10:58	05:35
28	2176	Sergio Pereira	ermidafit	Senior Masculino	01:35:05	+11:02	05:36
29	2023	Luis Miguel Almeida Fernandes	alive runners	Senior Masculino	01:35:16	+11:13	05:36
30	2013	jose pereira	airorun	Veterano M45	01:35:43	+11:40	05:38
31	2222	João Pedro machado	fridão sem limites	Sub 23 Masculino	01:35:47	+11:44	05:38
32	2695	João Oliveira	trinca orelhas de gato	Senior Masculino	01:37:49	+13:46	05:45
33	2058	Miguel Ângelo de Oliveira Pinto	amigos do pedal trailagares	Sub 23 Masculino	01:38:07	+14:04	05:46
34	2448	Rui Manuel Azevedo Araújo	individual	Veterano M40	01:38:32	+14:29	05:48
35	2224	Alex Plnto	fridão sem limites	Veterano M40	01:38:41	+14:38	05:48
36	2321	David Queirós	individual	Senior Masculino	01:39:43	+15:40	05:52
37	2219	Ricardo Miguel Magalhães Nunes	fridão sem limites	Senior Masculino	01:39:47	+15:44	05:52
38	2509	Manuel Oliveira	juventude cortegacense	Veterano M50	01:39:51	+15:48	05:52
39	2149	José Carlos Dias	ctad - trilhos de cinfães	Veterano M45	01:40:08	+16:05	05:53
40	2028	Nuno Freitas	alive runners	Senior Masculino	01:40:32	+16:29	05:55
41	2158	António Fernandes Azevedo	egosport/irmandade bike team	Veterano M40	01:40:41	+16:38	05:55
42	2150	Carlos Prudêncio	dá-lhe gás	Senior Masculino	01:40:55	+16:52	05:56

TRAIL CURTO - STAGE 1

17 KM



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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	2199	Manuel Veloso	fama runners	Veterano M40	01:40:59	+16:56	05:56
44	2012	francisco pereira	airorun	Veterano M45	01:41:27	+17:24	05:58
45	2228	Flávio Azevedo	gaia trail	Senior Masculino	01:41:33	+17:30	05:58
46	2518	Mlguel Lacerda	lusitanos	Veterano M45	01:41:39	+17:36	05:59
47	2074	Ricardo Neto	andatrilhos freamunde	Senior Masculino	01:41:44	+17:41	05:59
48	2124	Luís Miguel Oliveira	cf jesuítas	Senior Masculino	01:41:54	+17:51	06:00
49	2110	Ricardo Machado	bota&sigla	Senior Masculino	01:41:54	+17:51	06:00
50	2079	Ricardo Machado	andatrilhos freamunde	Veterano M50	01:41:54	+17:51	06:00
51	2202	Vitor Carneiro	fama runners	Veterano M40	01:42:29	+18:26	06:02
52	2571	ANTONIO BRITO	nocturnos de paredes	Veterano M40	01:42:47	+18:44	06:03
53	2567	MAURO CARDOSO	nocturnos de paredes	Senior Masculino	01:42:47	+18:44	06:03
54	2569	SERGIO VALE	nocturnos de paredes	Senior Masculino	01:42:47	+18:44	06:03
55	2066	Rui Pedro Moreira Lopes	amigos do pedal trailagares	Veterano M40	01:44:16	+20:13	06:08
56	2060	Ruben Daniel Soares Vieira	amigos do pedal trailagares	Sub 23 Masculino	01:44:16	+20:13	06:08
57	2523	jose antonio pereira lopes	maisfit runners	Senior Masculino	01:44:28	+20:25	06:09
58	2624	Nelson Noval	running team aldeia nova	Veterano M40	01:44:29	+20:26	06:09
59	2125	Mário Simões	cf jesuítas	Senior Masculino	01:44:31	+20:28	06:09
60	2063	Manuel Ferreira	amigos do pedal trailagares	Veterano M50	01:44:31	+20:28	06:09
61	2102	António Martins	befitness runners	Veterano M40	01:45:03	+21:00	06:11
62	2479	Fernando Martins	individual	Veterano M50	01:45:03	+21:00	06:11
63	2112	Eduardo Barbosa	bota&sigla	Veterano M40	01:46:01	+21:58	06:14
64	2470	Nuno Miguel Carvalho	individual	Veterano M45	01:46:09	+22:06	06:15
65	2584	Joel Ferreira	os aventureiros	Senior Masculino	01:46:09	+22:06	06:15
66	2151	José Gonçalves	dá-lhe gás	Senior Masculino	01:46:53	+22:50	06:17
67	2189	Sérgio Martins	experenciari	Senior Masculino	01:47:01	+22:58	06:18
68	2203	Manuel Gomes	fama runners	Veterano M45	01:47:14	+23:11	06:19
69	2593	Carlos Ribeiro	os2horas	Senior Masculino	01:47:31	+23:28	06:20
70	2577	CARLOS VINHAS	nocturnos de paredes	Veterano M50	01:47:47	+23:44	06:20
71	2710	Victor Cardoso	trinca orelhas de gato	Veterano M40	01:48:11	+24:08	06:22
72	2373	Ricardo Nogueira	individual	Senior Masculino	01:48:16	+24:13	06:22
73	116	Paulo Alves	gondomar futsal clube	Veterano M40	01:48:28	+24:25	06:23
74	2003	Pedro Vieira	a.d.sebolido trail boneca d'ouro	Senior Masculino	01:48:53	+24:50	06:24
75	2014	jose casemiro	airorun	Veterano M50	01:48:56	+24:53	06:25
76	2519	Paulo Azevedo	lusitanos	Veterano M45	01:49:26	+25:23	06:26
77	1136	António Joaquim Teixeira Alves	fridão sem limites	Veterano M40	01:49:43	+25:40	06:27
78	2342	João Ricardo	individual	Senior Masculino	01:49:52	+25:49	06:28
79	2108	Luís Ribeiro	bota&sigla	Senior Masculino	01:50:06	+26:03	06:29
80	2466	Jose Pereira	armazem do cafe	Senior Masculino	01:50:06	+26:03	06:29
81	2101	Ana Sousa	befitness runners	Senior Feminino	01:50:06	+26:03	06:29
82	2123	Luís Filipe Silva	cf jesuítas	Senior Masculino	01:50:42	+26:39	06:31
83	2531	João Pedro Correia da Silva	marta raquel martins seara	Senior Masculino	01:51:01	+26:58	06:32
84	2437	Nelson Monteiro	individual	Veterano M40	01:51:45	+27:42	06:34
85	2034	Hugo Monteiro	alive runners	Sub 23 Masculino	01:52:02	+27:59	06:35
86	2073	Carlos Leal	andatrilhos freamunde	Senior Masculino	01:52:07	+28:04	06:36
87	2455	Carlos Cardoso	individual	Veterano M45	01:52:38	+28:35	06:38
88	2075	João Cardoso	andatrilhos freamunde	Sub 23 Masculino	01:52:46	+28:43	06:38

TRAIL CURTO - STAGE 1

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
89	2230	Andreia Amorim	gondomar futsal clube	Senior Feminino	01:52:51	+28:48	06:38
90	2234	Telmo Mendonça	gondomar futsal clube	Senior Masculino	01:52:51	+28:48	06:38
91	2513	Hugo Moreira	leões de tardariz trail	Senior Masculino	01:52:52	+28:49	06:38
92	2427	jorge rodrigues	individual	Veterano M40	01:53:08	+29:05	06:39
93	2258	Nuno Silva	imperadores	Senior Masculino	01:53:13	+29:10	06:40
94	2078	Daniel Machado Neto	andatrinhos freamunde	Veterano M40	01:53:28	+29:25	06:41
95	2239	Fátima Cristina Figueiredo Oliveira	gtt - armazém do café	Senior Feminino	01:53:31	+29:28	06:41
96	2333	Helder teles	individual	Senior Masculino	01:53:37	+29:34	06:41
97	2390	Luis Maria Pinto Carvalho Lisboa de Paiva	individual	Sub 23 Masculino	01:53:43	+29:40	06:41
98	2459	Filipe Gomes	individual	Veterano M45	01:53:54	+29:51	06:42
99	2083	Ricardo Jorge Pinto Carvalho	atib finabraga running	Veterano M40	01:54:00	+29:57	06:42
100	2463	jorge pacheco	individual	Veterano M45	01:54:30	+30:27	06:44
101	2655	Sérgio Teixeira	tartarugas do asfalto	Senior Masculino	01:54:37	+30:34	06:45
102	2434	Manuel Jorge Costa Ferreira	individual	Veterano M40	01:54:54	+30:51	06:46
103	2572	Arnaldo Santos	nocturnos de paredes	Veterano M40	01:55:09	+31:06	06:46
104	2648	Filipe Abreu	sweet runners	Veterano M40	01:55:20	+31:17	06:47
105	2232	Bruno Fernandes	gondomar futsal clube	Senior Masculino	01:55:27	+31:24	06:48
106	2561	Rui Rodrigues	mountain runners	Senior Masculino	01:55:44	+31:41	06:49
107	2524	Paulo Mesquita	maisfit runners	Senior Masculino	01:56:00	+31:57	06:49
108	2256	Filipe Oliveyra	imperadores	Senior Masculino	01:56:05	+32:02	06:50
109	2707	Sergio Gomes	trinca orelhas de gato	Veterano M40	01:56:11	+32:08	06:50
110	2694	Bruno Monteiro	trinca orelhas de gato	Senior Masculino	01:56:18	+32:15	06:51
111	2131	Carlos Araújo	challenge force	Veterano M40	01:56:19	+32:16	06:51
112	2516	Rui Rosas	lusitanos	Senior Masculino	01:56:26	+32:23	06:51
113	2552	Alcino Vieira	miguel guimarães	Veterano M50	01:56:26	+32:23	06:51
114	2687	Rui Pedro Gonçalves Borges	trailistas eu é que sei	Veterano M40	01:56:48	+32:45	06:52
115	2395	Hanne Skovbo	individual	Veterana F40	01:56:52	+32:49	06:53
116	2096	Vitor Cardoso	baguim runners	Veterano M40	01:57:13	+33:10	06:54
117	2229	VITOR MANUEL GONÇALVES LOPES	gcst	Veterano M45	01:58:01	+33:58	06:57
118	2620	joao oliveira	rumo aventura	Senior Masculino	01:58:10	+34:07	06:57
119	2621	rui araujo	rumo aventura	Senior Masculino	01:58:12	+34:09	06:57
120	2430	Jose Domingos Duarte Nogueira	individual	Veterano M40	01:58:13	+34:10	06:57
121	2317	Bruno Ricardo Gomes de Pinho	individual	Senior Masculino	01:58:20	+34:17	06:58
122	2700	Agostinho Costa	trinca orelhas de gato	Veterano M40	01:58:26	+34:23	06:58
123	2314	Bruno Alberto Silva Freitas	individual	Senior Masculino	01:58:30	+34:27	06:58
124	2318	Bruno Rocha Pereira	individual	Senior Masculino	01:58:38	+34:35	06:59
125	2225	Manuel José Mendes Teixeira	fridão sem limites	Veterano M40	01:58:39	+34:36	06:59
126	2503	Manuel Ferreira dos Santos Valente Fernandes	juventude cortegacense	Senior Masculino	01:59:02	+34:59	07:00
127	2673	Ricardo Maia	team lantermil	Senior Masculino	01:59:03	+35:00	07:00
128	2447	Rui Fernando Piedade Teixeira	individual	Veterano M40	01:59:14	+35:11	07:01
129	2393	Rui Americo	individual	Sub 23 Masculino	01:59:36	+35:33	07:02
130	2424	Flávio Gonçalves	individual	Veterano M40	01:59:36	+35:33	07:02
131	2377	Ruben Araújo	individual	Senior Masculino	01:59:41	+35:38	07:02
132	2458	Eduardo Nascimento	individual	Veterano M45	02:00:01	+35:58	07:04

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	2665	Flávio Teixeira	team agente meireles	Veterano M40	02:00:04	+36:01	07:04
134	2641	Luis Ribeiro	ss montepio	Veterano M40	02:00:08	+36:05	07:04
135	2010	deolinda faria	airorun	Veterana F45	02:00:23	+36:20	07:05
136	2392	Pedro Cruz	individual	Sub 23 Masculino	02:00:23	+36:20	07:05
137	2605	FLAVIO MARQUES	papamilhas	Veterano M40	02:00:33	+36:30	07:06
138	2136	Armando Moreira	clube zipper	Veterano M50	02:00:43	+36:40	07:06
139	2307	Alexandre Manuel Esteves Ferreira	individual	Senior Masculino	02:01:34	+37:31	07:09
140	2510	Jorge Fernando Silva Marques Coelho	juventude cortegacense	Veterano M45	02:01:36	+37:33	07:09
141	2445	Pedro Seixas	oralklass -amigosdtrail	Veterano M40	02:01:39	+37:36	07:09
142	2633	João Machado	squadra di potenza	Senior Masculino	02:01:57	+37:54	07:10
143	2082	Hélder Oliveira	associação desportiva da efacec	Senior Masculino	02:02:50	+38:47	07:14
144	2525	Tiago Bragança	maisfit runners	Senior Masculino	02:03:57	+39:54	07:18
145	2135	Susana Gabriela Costa Pinto da Neta	clube zipper	Veterana F40	02:04:00	+39:57	07:18
146	2461	João Freitas	individual	Veterano M45	02:04:08	+40:05	07:18
147	2682	Domingos Ricardo	trail pinoco	Senior Masculino	02:04:08	+40:05	07:18
148	2285	Joana Azevedo	individual	Senior Feminino	02:04:09	+40:06	07:18
149	2676	Antônio caridade	team lantermil	Veterano M40	02:04:09	+40:06	07:18
150	2081	Rosa Magalhães	as belas e eles	Veterana F50	02:04:10	+40:07	07:18
151	2238	Jose Mendes	gondomar futsal clube	Veterano M50	02:04:19	+40:16	07:19
152	2560	Rui Miguel Sousa	mountain runners	Senior Masculino	02:04:24	+40:21	07:19
153	2048	Luís Delfim Gonçalves de Almeida	amazing world team	Senior Masculino	02:04:28	+40:25	07:19
154	2024	Luis Santos	alive runners	Senior Masculino	02:04:36	+40:33	07:20
155	2194	Rómulo Martins	fama runners	Senior Masculino	02:04:36	+40:33	07:20
156	2658	Avelino Sousa	tartarugas do asfalto	Veterano M50	02:04:42	+40:39	07:20
157	2715	Márcia Vilas Boas Bandeira	vidaativarunners	Senior Feminino	02:04:45	+40:42	07:20
158	2396	Helena Fernandes	individual	Veterana F40	02:05:03	+41:00	07:21
159	2508	Cecilio Maunel Silva Ferreira	juventude cortegacense	Veterano M40	02:05:33	+41:30	07:23
160	1406	HUGO SILVA	papamilhas	Senior Masculino	02:06:17	+42:14	07:26
161	2177	Claudio Herminio Simoes Ferreira	ermidafit	Veterano M45	02:06:41	+42:38	07:27
162	2213	Andreia Ribeiro Almeida	fridão sem limites	Senior Feminino	02:06:52	+42:49	07:28
163	2601	CELSO FERNANDES	papamilhas	Senior Masculino	02:07:12	+43:09	07:29
164	2449	Rui Taveira	individual	Veterano M40	02:07:18	+43:15	07:29
165	2502	Joel Sequeira	juventude cortegacense	Senior Masculino	02:07:18	+43:15	07:29
166	2698	Vicente de Sousa	trinca orelhas de gato	Senior Masculino	02:07:23	+43:20	07:30
167	2647	Fernando Carvalho	ss montepio	Veterano M50	02:07:25	+43:22	07:30
168	2206	Marco Rodrigues	fisico franco	Sub 23 Masculino	02:07:27	+43:24	07:30
169	2095	Sandra Cardoso	baguim runners	Veterana F40	02:07:40	+43:37	07:31
170	2298	Patrícia Grilo	individual	Senior Feminino	02:07:43	+43:40	07:31
171	2004	José Maria Ribeiro Fernandes	aedah	Veterano M50	02:07:46	+43:43	07:31
172	2292	Maria Carneiro	individual	Senior Feminino	02:07:47	+43:44	07:31
173	2558	Patrícia Ribeiro	mountain runners	Senior Feminino	02:07:57	+43:54	07:32
174	2677	ALEXANDRA AZEVEDO	team shark	Senior Feminino	02:08:02	+43:59	07:32
175	2186	Vasco Faria	evolution trail team	Senior Masculino	02:08:15	+44:12	07:33
176	2425	Ismael ALves	individual	Veterano M40	02:08:29	+44:26	07:34
177	2675	Débora Vilas Boas	team lantermil	Veterana F40	02:08:34	+44:31	07:34

TRAIL CURTO - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	2431	José Manuel Ferreira	individual	Veterano M40	02:08:34	+44:31	07:34
179	2076	Pedro Oliveira	andatrilhos freamunde	Sub 23 Masculino	02:08:47	+44:44	07:35
180	2155	Alice Sousa	dr. merino/4moove	Veterana F45	02:08:49	+44:46	07:35
181	2241	Nuno Costa	gtt - armazém do caffè	Senior Masculino	02:08:51	+44:48	07:35
182	2616	Rui Lobo	rinus fafe	Senior Masculino	02:08:56	+44:53	07:35
183	2320	Carlos Alberto Castro	individual	Senior Masculino	02:09:00	+44:57	07:35
184	2343	Joaquim Domingos Lopes Alves	individual	Senior Masculino	02:09:24	+45:21	07:37
185	2418	Alberto Silvério16	individual	Veterano M40	02:09:24	+45:21	07:37
186	2109	Paulo Pereira	bota&sigma	Senior Masculino	02:09:32	+45:29	07:37
187	2174	JOAQUIM TEIXEIRA	equipa joao ferreira	Veterano M50	02:09:44	+45:41	07:38
188	2001	joao paulo guimaraes	a. d. lustosa	Veterano M50	02:09:45	+45:42	07:38
189	2088	Mário Lima	aves runners	Senior Masculino	02:09:52	+45:49	07:38
190	2215	Eliana Patrícia G. P. Teixeira	fridão sem limites	Senior Feminino	02:09:54	+45:51	07:39
191	2111	Carlos Ribeiro	bota&sigma	Veterano M40	02:10:07	+46:04	07:39
192	2044	Augusto Tavares	alive runners	Veterano M50	02:10:16	+46:13	07:40
193	2322	Diogo Matos	individual	Senior Masculino	02:10:42	+46:39	07:41
194	2568	Renato Pinto	nocturnos de paredes	Senior Masculino	02:10:57	+46:54	07:42
195	2631	Sandra Mesquita	são mateus runners	Veterana F40	02:11:02	+46:59	07:43
196	2644	Rui Balbeira	ss montepio	Veterano M40	02:11:06	+47:03	07:43
197	2432	Luis Medeiros Pereira	individual	Veterano M40	02:11:26	+47:23	07:44
198	1332	Paulo Ribeiro	individual	Veterano M45	02:11:26	+47:23	07:44
199	1016	Ricardo Paulo de Sousa Osório	amazing world team	Veterano M40	02:11:33	+47:30	07:44
200	2618	Vítor Alves	rinus fafe	Veterano M45	02:11:53	+47:50	07:46
201	2245	vítor campos	gtt - armazém do caffè	Veterano M40	02:12:15	+48:12	07:47
202	2617	Cidália Novais	rinus fafe	Veterana F40	02:12:54	+48:51	07:49
203	2627	Rui	running team aldeia nova	Veterano M45	02:13:00	+48:57	07:49
204	2278	EDUARDA PINTO	individual	Senior Feminino	02:13:07	+49:04	07:50
205	2436	Marco Antonio Pinto da Silva Carvalho	individual	Senior Masculino	02:13:08	+49:05	07:50
206	2374	Ricardo Novais	individual	Senior Masculino	02:13:10	+49:07	07:50
207	2179	Sandra Filipa Sampaio Martins	eu + cinco	Senior Feminino	02:13:12	+49:09	07:50
208	2608	Camila David Mendes Moura	pari passu	Sub 23 Feminino	02:13:13	+49:10	07:50
209	2696	Luis Martins25	trinca orelhas de gato	Senior Masculino	02:13:14	+49:11	07:50
210	2254	Carlos Morais	healthypump runners	Senior Masculino	02:13:25	+49:22	07:51
211	2255	Duarte Costa	healthypump runners	Sub 23 Masculino	02:13:26	+49:23	07:51
212	2056	Fernando Ismael Oliveira Nogueira	amigos do pedal trailagares	Senior Masculino	02:13:32	+49:29	07:51
213	2713	José Jesus	trinca orelhas de gato	Veterano M45	02:13:36	+49:33	07:52
214	2714	Jose Junio	trinca orelhas de gato	Veterano M50	02:13:45	+49:42	07:52
215	2180	André Almeida	eu + cinco	Senior Masculino	02:14:06	+50:03	07:53
216	2184	José Machado	eu + cinco	Veterano M45	02:14:06	+50:03	07:53
217	2178	Maria João Oliveira	eu + cinco	Senior Feminino	02:14:06	+50:03	07:53
218	1363	Pedro Rola	juventude cortegacense	Veterano M45	02:14:12	+50:09	07:54
219	2512	Domingos Fernando Oliveira Camboa	juventude cortegacense	Veterano M50	02:14:12	+50:09	07:54
220	2339	Hugo Mendes	individual	Senior Masculino	02:14:18	+50:15	07:54
221	2218	Filipe Reis Pinheiro	fridão sem limites	Senior Masculino	02:14:34	+50:31	07:55
222	2649	Vera Malheiro	tainadas family running	Senior Feminino	02:15:12	+51:09	07:57

TRAIL CURTO - STAGE 1

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
223	2368	Pedro Miguel Mendes Carneiro	individual	Senior Masculino	02:15:18	+51:14	07:58
224	2635	Alexandre Leite	ss montepio	Senior Masculino	02:15:18	+51:15	07:58
225	2672	Filipe Silva	team lantermil	Senior Masculino	02:15:19	+51:16	07:58
226	2460	Henrique Silva	individual	Veterano M45	02:15:41	+51:38	07:59
227	2651	Miguel Silva	tainadas family running	Senior Masculino	02:15:44	+51:41	07:59
228	2290	Márcia Sofia Cunha	individual	Senior Feminino	02:15:45	+51:42	07:59
229	2389	José Moça	individual	Sub 23 Masculino	02:15:59	+51:56	08:00
230	2530	Joao Goncalves	maisfit runners	Veterano M50	02:16:02	+51:59	08:00
231	2002	Carina Pereira	a.d.amarante trail running	Senior Feminino	02:16:16	+52:13	08:01
232	2699	E. Morata	trinca orelhas de gato	Sub 23 Masculino	02:16:43	+52:40	08:03
233	2693	Duarte Araújo	trevo do sucesso	Senior Masculino	02:16:44	+52:41	08:03
234	2472	Ricardo Ribeiro	individual	Veterano M45	02:16:48	+52:45	08:03
235	2674	Tiago Dias	team lantermil	Senior Masculino	02:16:57	+52:54	08:03
236	2072	Carlos Felgueiras	andatrilhos freamunde	Senior Masculino	02:16:58	+52:55	08:03
237	2428	José Alberto Martins Ribeiro	individual	Veterano M40	02:17:13	+53:10	08:04
238	2345	Joaquim Silva	individual	Senior Masculino	02:17:18	+53:15	08:05
239	2105	Vítor Dinis	befitness runners	Veterano M45	02:17:40	+53:37	08:06
240	2097	Lourenço Cardoso	baguim runners	Veterano M45	02:17:43	+53:40	08:06
241	2662	Filipe Martinho	tbno4e	Veterano M40	02:18:27	+54:24	08:09
242	2683	José Gouveia	trail pinoco	Senior Masculino	02:18:34	+54:31	08:09
243	2686	Vítor Faria	trail pinoco	Veterano M40	02:18:34	+54:31	08:09
244	2338	Hugo Jorge Fernandes Marques	individual	Senior Masculino	02:18:49	+54:46	08:10
245	2697	Pedro sousa	trinca orelhas de gato	Senior Masculino	02:18:59	+54:56	08:11
246	2471	Pedro Costa	individual	Veterano M45	02:19:04	+55:01	08:11
247	2103	Luís Ochoa	befitness runners	Veterano M40	02:19:41	+55:38	08:13
248	2147	Liliana Ribeiro	crossfit aveiro	Senior Feminino	02:19:46	+55:43	08:13
249	2120	JOSÉ FERREIRA	caipicompany	Veterano M40	02:19:46	+55:43	08:13
250	2148	Filipe nunes	crossfit aveiro	Senior Masculino	02:19:46	+55:43	08:13
251	2603	Nuno Monteiro	papamilhas	Senior Masculino	02:19:49	+55:46	08:14
252	2625	Ricardo	running team aldeia nova	Veterano M40	02:19:56	+55:53	08:14
253	2610	Ricardo Ribeiro	paulo pinheiro	Senior Masculino	02:20:07	+56:04	08:15
254	2031	Cristiana Marinho Lagoa	alive runners	Sub 23 Feminino	02:20:30	+56:27	08:16
255	2420	Carlos Alberto Dinis da Silva	individual	Veterano M40	02:20:42	+56:39	08:17
256	2615	João Lira	rinus fafe	Senior Masculino	02:20:43	+56:40	08:17
257	2265	Ana Martins	individual	Senior Feminino	02:21:05	+57:02	08:18
258	2514	Agostinho Cardoso	leões de tardariz trail	Veterano M45	02:21:06	+57:03	08:18
259	2573	NUNO ALEXANDRE	nocturnos de paredes	Veterano M40	02:21:12	+57:09	08:18
260	2679	Luis Fonseca	teixeira's	Sub 23 Masculino	02:21:17	+57:14	08:19
261	2347	José Gregório Dias Dionísio	individual	Senior Masculino	02:21:19	+57:16	08:19
262	2242	Ricardo Miranda	gtt - armazém do caffè	Senior Masculino	02:21:25	+57:22	08:19
263	1162	SERGIO ANDRE DA SILVA COELHO	gtt - armazém do caffè	Senior Masculino	02:21:25	+57:22	08:19
264	2606	MANUEL SANTOS	papamilhas	Veterano M40	02:21:27	+57:24	08:19
265	2159	Paulo Morgado	egosport/irmandade bike team	Veterano M40	02:21:29	+57:26	08:19
266	2145	Carlos Cachulo	correio de albergaria	Senior Masculino	02:21:45	+57:42	08:20
267	2264	Ana Ferreira	individual	Senior Feminino	02:21:45	+57:42	08:20

TRAIL CURTO - STAGE 1**17 KM****OFFICIAL RESULT****R**
REVISEDLAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
312	2139	Cristina Rocha	comdor runners	Senior Feminino	02:27:41	+01:03:38	08:41
313	2195	Vasco Guimarães	fama runners	Senior Masculino	02:27:43	+01:03:40	08:41
314	2656	Márcia Ferreira	tartarugas do asfalto	Veterana F40	02:27:49	+01:03:46	08:42
315	2709	Silvio Dias	trinca orelhas de gato	Veterano M40	02:28:18	+01:04:15	08:43
316	2712	Carlos Conde	trinca orelhas de gato	Veterano M45	02:28:18	+01:04:15	08:43
317	2650	David Paiva	tainadas family running	Senior Masculino	02:28:20	+01:04:17	08:44
318	2315	Bruno Miguel machado Ferreira	individual	Senior Masculino	02:28:22	+01:04:19	08:44
319	2367	Pedro Miguel Martins Ferreira	individual	Senior Masculino	02:28:22	+01:04:19	08:44
320	2160	INES RIBEIRO	equipa joao ferreira	Senior Feminino	02:28:23	+01:04:20	08:44
321	2161	RITA OLIVEIRA	equipa joao ferreira	Senior Feminino	02:28:24	+01:04:21	08:44
322	2692	António Loureiro	trepatrihos trail team	Veterano M50	02:28:31	+01:04:28	08:44
323	2243	joana sofia macedo maia	gtt - armazém do caffè	Sub 23 Feminino	02:28:33	+01:04:30	08:44
324	2468	Miguel Rufino	individual	Veterano M45	02:28:55	+01:04:52	08:46
325	2134	Paulo Oliveira	clube zipper	Senior Masculino	02:29:01	+01:04:58	08:46
326	2688	Alexandra Couto	trepatrihos trail team	Senior Feminino	02:29:03	+01:05:00	08:46
327	2626	Sérgio	running team aldeia nova	Veterano M40	02:29:15	+01:05:12	08:47
328	2233	Pedro Rodrigues	gondomar futsal clube	Senior Masculino	02:29:21	+01:05:18	08:47
329	2474	António José Gonçalves da Ascensão Fonseca	individual	Veterano M50	02:29:25	+01:05:22	08:47
330	2207	Igor Gonçalves	free runners	Senior Masculino	02:29:37	+01:05:34	08:48
331	2527	Ana sofia ribeiro neto	maisfit runners	Sub 23 Feminino	02:29:45	+01:05:42	08:49
332	2354	Mário Estêvão	individual	Senior Masculino	02:30:03	+01:06:00	08:50
333	2153	Carina Silva	divertidas.lol	Senior Feminino	02:30:06	+01:06:03	08:50
334	2691	Elisa de Sousa Alves Lopes	trepatrihos trail team	Veterana F50	02:30:08	+01:06:05	08:50
335	2690	Susana Sousa	trepatrihos trail team	Veterana F40	02:30:08	+01:06:05	08:50
336	2144	Sara Vinga da Quinta	correio de albergaria	Senior Feminino	02:30:11	+01:06:08	08:50
337	2400	Mónica Vilas Boas	individual	Veterana F40	02:30:43	+01:06:40	08:52
338	2614	Marisa Novais	rinus fafe	Senior Feminino	02:30:47	+01:06:44	08:52
339	2702	Antonio Neto	trinca orelhas de gato	Veterano M40	02:30:58	+01:06:55	08:53
340	2045	Manuel Martins	alive runners	Veterano M50	02:31:37	+01:07:34	08:55
341	2444	Paulo Moreira	individual	Veterano M40	02:31:38	+01:07:35	08:55
342	2198	Margarida Pinto	fama runners	Veterana F45	02:31:49	+01:07:46	08:56
343	2036	Sandra Silva	alive runners	Veterana F40	02:32:10	+01:08:07	08:57
344	2033	Diogo Andre Sousa Cardoso	alive runners	Sub 23 Masculino	02:32:11	+01:08:08	08:57
345	2403	Nelson Silva	individual	Veterano M45	02:32:28	+01:08:25	08:58
346	2331	Helder Filipe	individual	Senior Masculino	02:32:38	+01:08:35	08:59
347	2583	Bruno Castelo	os aventureiros	Senior Masculino	02:32:38	+01:08:35	08:59
348	2261	Alberta Margarida Rocha Rodrigues	individual	Senior Feminino	02:32:39	+01:08:36	08:59
349	2623	Tiago	running team aldeia nova	Senior Masculino	02:33:26	+01:09:23	09:02
350	2652	Cristiana Rodrigues	tartarugas do asfalto	Senior Feminino	02:33:41	+01:09:38	09:02
351	2200	Rui Simões Ferreira	fama runners	Veterano M40	02:33:53	+01:09:50	09:03
352	2475	António Luis Martins do Vale Lima	individual	Veterano M50	02:34:04	+01:10:01	09:04
353	2613	Joana Magalhães	rinus fafe	Senior Feminino	02:34:07	+01:10:04	09:04
354	2504	Marcia Castro Costa	juventude cortegacense	Veterana F40	02:34:13	+01:10:10	09:04
355	2280	Fernanda Maria Ferreira Oliveira	individual	Senior Feminino	02:34:26	+01:10:23	09:05
356	2602	Lino Pinto	papamilhas	Senior Masculino	02:34:36	+01:10:33	09:06

TRAIL CURTO - STAGE 1

17 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
492	2382	Sidónio Gonçalves	individual	Senior Masculino	03:01:21	+01:37:18	10:40
493	2266	Anabela Silva	individual	Senior Feminino	03:01:23	+01:37:20	10:40
494	2279	Eliana Lopes	individual	Senior Feminino	03:01:24	+01:37:21	10:40
495	2497	Jorge Oliveira	jas	Veterano M40	03:01:30	+01:37:27	10:41
496	2244	Aida Linhares	gtt - armazém do caffè	Veterana F40	03:02:04	+01:38:01	10:43
497	2634	Tania Rebelo	ss montepio	Senior Feminino	03:02:35	+01:38:32	10:44
498	2639	Rui Rebelo	ss montepio	Senior Masculino	03:02:35	+01:38:32	10:44
499	2273	Carla Rocha	individual	Senior Feminino	03:02:48	+01:38:45	10:45
500	2284	Isabel Monteiro	individual	Senior Feminino	03:02:48	+01:38:45	10:45
501	2117	RICARDO PEREIRA	caipicompany	Senior Masculino	03:03:04	+01:39:01	10:46
502	2384	Tiago Manuel Gonçalves Correia da Silva	individual	Senior Masculino	03:03:21	+01:39:18	10:47
503	2441	Nuno Garcia	individual	Veterano M40	03:03:32	+01:39:29	10:48
504	2130	Leonel Silva	challenge force	Senior Masculino	03:03:44	+01:39:41	10:49
505	2128	Adriana Neves	challenge force	Senior Feminino	03:03:46	+01:39:43	10:49
506	2005	Maria Moreira	afrikanrunners	Senior Feminino	03:04:02	+01:39:59	10:50
507	2007	Sandra Freitas	afrikanrunners	Senior Feminino	03:04:03	+01:40:00	10:50
508	2141	Andreia Alexandra Martins Sena Barbosa de Sá	comdor runners	Veterana F40	03:04:21	+01:40:18	10:51
509	2274	Célia	individual	Senior Feminino	03:04:31	+01:40:28	10:51
510	2708	Sergio Rocha	trinca orelhas de gato	Veterano M40	03:04:56	+01:40:53	10:53
511	2053	Ana Rita Nogueira Coelho	amigos do pedal trailagares	Senior Feminino	03:04:57	+01:40:54	10:53
512	2055	Telma Filipa Teixeira Rocha	amigos do pedal trailagares	Senior Feminino	03:04:57	+01:40:54	10:53
513	2495	Anabela Barata	jas	Senior Feminino	03:05:03	+01:41:00	10:53
514	2126	Célia Fonte	cf jesuitas	Veterana F40	03:05:09	+01:41:06	10:54
515	2127	Helena Sousa Tavares	cf jesuitas	Veterana F45	03:05:09	+01:41:06	10:54
516	2405	Sofia Ferreira	individual	Veterana F40	03:05:09	+01:41:06	10:54
517	2223	Suzete do Rosário Passos de Sousa	fridão sem limites	Veterana F40	03:05:32	+01:41:29	10:55
518	2501	Natalia alves	joana	Veterana F40	03:05:41	+01:41:38	10:55
519	2506	Maria Mendonça	juventude cortegacense	Veterana F50	03:05:45	+01:41:42	10:56
520	2247	Susana Ribeiro	guimarães trail	Senior Feminino	03:06:45	+01:42:42	10:59
521	2246	Liliana Lima	guimarães trail	Senior Feminino	03:06:46	+01:42:43	10:59
522	2008	Sofia Moreira	afrikanrunners	Senior Feminino	03:06:48	+01:42:45	10:59
523	2581	Fernanda Castelo	os aventureiros	Senior Feminino	03:06:58	+01:42:55	11:00
524	2364	Paulo Filipe Loureiro Moreira	individual	Senior Masculino	03:07:30	+01:43:27	11:02
525	2586	Elsa Costa	os fugitivos da crise	Senior Feminino	03:07:45	+01:43:42	11:03
526	2411	Maria Lurdes Mendes	individual	Veterana F45	03:07:45	+01:43:42	11:03
527	2589	Diana Carneiro	os fugitivos da crise	Veterana F40	03:07:47	+01:43:44	11:03
528	2487	Raul Macedo	individual	Veterano M50	03:07:49	+01:43:46	11:03
529	2588	João Ferreira	os fugitivos da crise	Senior Masculino	03:07:49	+01:43:46	11:03
530	2587	Daniel Machado	os fugitivos da crise	Senior Masculino	03:07:49	+01:43:46	11:03
531	2085	Joselina Sousa	aves runners	Senior Feminino	03:08:04	+01:44:01	11:04
532	2499	Nuno Correia	jesuitas warriors	Senior Masculino	03:09:10	+01:45:07	11:08
533	2370	Pedro Santos	individual	Senior Masculino	03:09:14	+01:45:11	11:08
534	2310	ANDRÉ FILIPE LOPES AUGUSTO	individual	Senior Masculino	03:09:19	+01:45:16	11:08
535	2009	Miguela Monteiro	afrikanrunners	Veterana F40	03:09:36	+01:45:33	11:09

TRAIL CURTO - STAGE 1

17 KM

OFFICIAL RESULT

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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
582	2522	Helena	maisfit runners	Senior Feminino	03:52:25	+02:28:22	13:40
583	2269	Patricia Marlene Neves Pereira	gondomar futsal club	Senior Feminino	03:52:25	+02:28:22	13:40
584	2533	Sonia Sampaio	metralhas runners	Veterana F40	03:52:25	+02:28:22	13:40
585	2276	cristiana marina Fiuza do vale	individual	Senior Feminino	03:52:45	+02:28:42	13:42
586	2359	Nelson Miguel Oliveira Granja	individual	Senior Masculino	03:52:45	+02:28:42	13:42
587	2334	Henrique José dos Reis Pereira	individual	Senior Masculino	03:52:46	+02:28:43	13:42
588	2328	Filipe M Antunes	individual	Senior Masculino	03:53:12	+02:29:09	13:43
589	2595	ANA NEVES	ou vai ou racha	Veterana F40	04:05:19	+02:41:16	14:26
590	2270	Bárbara Soares	individual	Senior Feminino	04:05:19	+02:41:16	14:26
591	2596	Cristina Costa	ou vai ou racha	Veterana F45	04:05:42	+02:41:39	14:27
592	2098	Helena Sofia Ribeiro de Sousa	bardinos dos montes	Senior Feminino	04:12:50	+02:48:47	14:52
593	2597	Maria Arminda Faria Maciel	ou vai ou racha	Veterana F45	04:20:02	+02:55:59	15:18
594	2598	jose Gentil almeida Ferreira	ou vai ou racha	Veterano M40	04:20:03	+02:56:00	15:18
595	2021	André Carvalho	alive runners	Senior Masculino	04:30:39	+03:06:36	15:55

Trail Curto

17 KM

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OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:45	9°C	87%
End	14:16	9°C	87%

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

1	2101	Ana Sousa	Befitness Runners	Senior Feminino	01:50:06		06:29
2	2230	Andreia Amorim	GONDOMAR FUTSAL CLUBE	Senior Feminino	01:52:51	+02:45	06:38
3	2239	Fátima Cristina Figueiredo Oliveira	GTT - Armazém do Caffè	Senior Feminino	01:53:31	+03:25	06:41
4	2285	Joana Azevedo	Individual	Senior Feminino	02:04:09	+14:03	07:18
5	2715	Márcia Vilas Boas Bandeira	VIDAATIVARUNNERS	Senior Feminino	02:04:45	+14:39	07:20
6	2213	Andreia Ribeiro Almeida	Fridão Sem Limites	Senior Feminino	02:06:52	+16:46	07:28
7	2298	Patrícia Grilo	Individual	Senior Feminino	02:07:43	+17:37	07:31
8	2292	Maria Carneiro	Individual	Senior Feminino	02:07:47	+17:41	07:31
9	2558	Patricia Ribeiro	Mountain Runners	Senior Feminino	02:07:57	+17:51	07:32
10	2677	ALEXANDRA AZEVEDO	TEAM SHARK	Senior Feminino	02:08:02	+17:56	07:32
11	2215	Eliana Patrícia G. P. Teixeira	Fridão Sem Limites	Senior Feminino	02:09:54	+19:48	07:39
12	2278	EDUARDA PINTO	Individual	Senior Feminino	02:13:07	+23:01	07:50
13	2179	Sandra Filipa Sampaio Martins	Eu + cinco	Senior Feminino	02:13:12	+23:06	07:50
14	2178	Maria João Oliveira	Eu + cinco	Senior Feminino	02:14:06	+24:00	07:53
15	2649	Vera Malheiro	Tainadas Family Running	Senior Feminino	02:15:12	+25:06	07:57
16	2290	Márcia Sofia Cunha	Individual	Senior Feminino	02:15:45	+25:39	07:59
17	2002	Carina Pereira	A.D.Amarante trail running	Senior Feminino	02:16:16	+26:10	08:01
18	2147	Liliana Ribeiro	CrossFit Aveiro	Senior Feminino	02:19:46	+29:40	08:13
19	2265	Ana Martins	Individual	Senior Feminino	02:21:05	+30:59	08:18
20	2264	Ana Ferreira	Individual	Senior Feminino	02:21:45	+31:39	08:20
21	2288	Mafalda Luís	Individual	Senior Feminino	02:21:46	+31:40	08:20
22	2020	Liliana Barros	Alive Runners	Senior Feminino	02:21:55	+31:49	08:21
23	2557	Liliana Magalhaes	Mountain Runners	Senior Feminino	02:21:59	+31:53	08:21
24	2521	Diana Pinto	Maisfit Runners	Senior Feminino	02:24:28	+34:22	08:30
25	2018	Isabel Ferreira	Alive Runners	Senior Feminino	02:24:56	+34:50	08:32
26	2582	Vanessa Santos	os aventureiros	Senior Feminino	02:25:57	+35:51	08:35
27	2139	Cristina Rocha	ComDor Runners	Senior Feminino	02:27:41	+37:35	08:41
28	2160	INES RIBEIRO	EQUIPA JOAO FERREIRA	Senior Feminino	02:28:23	+38:17	08:44
29	2161	RITA OLIVEIRA	EQUIPA JOAO FERREIRA	Senior Feminino	02:28:24	+38:18	08:44
30	2688	Alexandra Couto	TrepaTrilhos Trail Team	Senior Feminino	02:29:03	+38:57	08:46
31	2153	Carina Silva	Divertidas.lol	Senior Feminino	02:30:06	+40:00	08:50
32	2144	Sara Vinga da Quinta	CORREIO DE ALBERGARIA	Senior Feminino	02:30:11	+40:05	08:50
33	2614	Marisa Novais	Rinus Fafe	Senior Feminino	02:30:47	+40:41	08:52
34	2261	Alberta Margarida Rocha Rodrigues	Individual	Senior Feminino	02:32:39	+42:33	08:59
35	2652	Cristiana Rodrigues	Tartarugas do Asfalto	Senior Feminino	02:33:41	+43:35	09:02
36	2613	Joana Magalhães	Rinus Fafe	Senior Feminino	02:34:07	+44:01	09:04
37	2280	Fernanda Maria Ferreira Oliveira	Individual	Senior Feminino	02:34:26	+44:20	09:05
38	2267	Andreia Ascenso de Sousa	Individual	Senior Feminino	02:34:43	+44:37	09:06
39	2654	Joana Martins	Tartarugas do Asfalto	Senior Feminino	02:34:59	+44:53	09:07

Trail Curto

17 KM

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OFFICIAL RESULT

40	2275	Céu Cordeiro	Individual	Senior Feminino	02:36:19	+46:13	09:12
41	2556	Claudia Sousa	Mountain Runners	Senior Feminino	02:36:54	+46:48	09:14
42	2287	Liliana Ferreira	Individual	Senior Feminino	02:37:05	+46:59	09:14
43	2566	RAQUEL RIBEIRO	NOCTURNOS DE PAREDES	Senior Feminino	02:38:32	+48:26	09:20
44	2046	Patricia Fonseca	AMAZING WORLD TEAM	Senior Feminino	02:39:12	+49:06	09:22
45	2006	Patricia Machado	AfrikanRunners	Senior Feminino	02:41:20	+51:14	09:29
46	2718	María de Fátima Rodrigues da Silva	ZZ35	Senior Feminino	02:42:04	+51:58	09:32
47	2019	Liliana Alves	Alive Runners	Senior Feminino	02:43:10	+53:04	09:36
48	2294	Maria José Sacramento	Individual	Senior Feminino	02:43:16	+53:10	09:36
49	2069	Marta Ribeiro	Andatrilhos Freamunde	Senior Feminino	02:43:17	+53:11	09:36
50	2068	Cristina Machado	Andatrilhos Freamunde	Senior Feminino	02:43:17	+53:11	09:36
51	2216	Olga Cristina Mota	Fridão Sem Limites	Senior Feminino	02:43:58	+53:52	09:39
52	2500	Joana Alves	Joana	Senior Feminino	02:44:29	+54:23	09:41
53	2087	Vera Gonçalves	Aves Runners	Senior Feminino	02:45:11	+55:05	09:43
54	2084	Cátia Magalhães	Aves Runners	Senior Feminino	02:45:11	+55:05	09:43
55	2162	SONIA MOREIRA	EQUIPA JOAO FERREIRA	Senior Feminino	02:45:43	+55:37	09:45
56	2630	Alexandra Gomes	São Mateus Runners	Senior Feminino	02:46:37	+56:31	09:48
57	2156	Susana Silva5	EDV-VIANA TRAIL	Senior Feminino	02:46:44	+56:38	09:49
58	2670	Cristiana Martins	TEAM LANTEMIL	Senior Feminino	02:47:00	+56:54	09:49
59	2262	Ana Alexandra Andrês Morais Ribeiro	Individual	Senior Feminino	02:47:07	+57:01	09:50
60	2492	Paula Cristina Fernandes Pereira	IronLadies	Senior Feminino	02:47:36	+57:30	09:52
61	2277	Eduarda Gonçalves Coelho	Individual	Senior Feminino	02:48:45	+58:39	09:56
62	2300	Renata Almeida	Individual	Senior Feminino	02:48:59	+58:53	09:56
63	2122	Cristina Miranda	CF Jesuítas	Senior Feminino	02:49:29	+59:23	09:58
64	2271	Belém Sampaio-Marques	Individual	Senior Feminino	02:49:51	+59:45	10:00
65	2537	Sofia Naldinho	Miguel Guimarães	Senior Feminino	02:50:14	+01:00:08	10:01
66	2140	Susana Moreia	ComDor Runners	Senior Feminino	02:50:38	+01:00:32	10:02
67	2622	Carla	Running Team Aldeia Nova	Senior Feminino	02:50:50	+01:00:44	10:03
68	2538	Susana Latourrette	Miguel Guimarães	Senior Feminino	02:51:45	+01:01:39	10:06
69	2070	Milene Coelho	Andatrilhos Freamunde	Senior Feminino	02:51:49	+01:01:43	10:06
70	2214	Carla Sofia Mendes Teixeira	Fridão Sem Limites	Senior Feminino	02:53:00	+01:02:54	10:11
71	2590	Patrícia Lage	Os Trailgloditas	Senior Feminino	02:53:44	+01:03:38	10:13
72	2305	Teresa Mariana Sá Pinto Carneiro	Individual	Senior Feminino	02:55:08	+01:05:02	10:18
73	2534	Ana Ferro	Miguel Guimarães	Senior Feminino	02:56:06	+01:06:00	10:22
74	2291	Maria Alexandra Carvalho Oliveira	Individual	Senior Feminino	02:56:27	+01:06:21	10:23
75	2289	Márcia Ferreira	Individual	Senior Feminino	02:57:08	+01:07:02	10:25
76	2272	Carla Dias	Individual	Senior Feminino	02:57:15	+01:07:09	10:26
77	2016	Carla Martins	Alive Runners	Senior Feminino	02:58:08	+01:08:02	10:29
78	2263	Ana Catarina Pimentel Azevedo do Fundo	Individual	Senior Feminino	02:59:05	+01:08:59	10:32
79	2489	Diana Sofia Moreira Alves	IronLadies	Senior Feminino	03:00:02	+01:09:56	10:35
80	2190	Natália Santos	FAMA RUNNERS	Senior Feminino	03:00:23	+01:10:17	10:37
81	2653	Cristina Araujo	Tartarugas do Asfalto	Senior Feminino	03:00:51	+01:10:45	10:38
82	2496	sandra oliveira	JAS	Senior Feminino	03:01:09	+01:11:03	10:39
83	2266	Anabela Silva	Individual	Senior Feminino	03:01:23	+01:11:17	10:40
84	2279	Eliana Lopes	Individual	Senior Feminino	03:01:24	+01:11:18	10:40
85	2634	Tania Rebelo	SS MONTEPIO	Senior Feminino	03:02:35	+01:12:29	10:44

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86	2273	Carla Rocha	Individual	Senior Feminino	03:02:48	+01:12:42	10:45
87	2284	Isabel Monteiro	Individual	Senior Feminino	03:02:48	+01:12:42	10:45
88	2128	Adriana Neves	CHALLENGE FORCE	Senior Feminino	03:03:46	+01:13:40	10:49
89	2005	Maria Moreira	AfrikanRunners	Senior Feminino	03:04:02	+01:13:56	10:50
90	2007	Sandra Freitas	AfrikanRunners	Senior Feminino	03:04:03	+01:13:57	10:50
91	2274	Célia	Individual	Senior Feminino	03:04:31	+01:14:25	10:51
92	2053	Ana Rita Nogueira Coelho	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	03:04:57	+01:14:51	10:53
93	2055	Telma Filipa Teixeira Rocha	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	03:04:57	+01:14:51	10:53
94	2495	Anabela Barata	JAS	Senior Feminino	03:05:03	+01:14:57	10:53
95	2247	Susana Ribeiro	Guimarães Trail	Senior Feminino	03:06:45	+01:16:39	10:59
96	2246	Liliana Lima	Guimarães Trail	Senior Feminino	03:06:46	+01:16:40	10:59
97	2008	Sofia Moreira	AfrikanRunners	Senior Feminino	03:06:48	+01:16:42	10:59
98	2581	Fernanda Castelo	os aventureiros	Senior Feminino	03:06:58	+01:16:52	11:00
99	2586	Elsa Costa	OS FUGITIVOS DA CRISE	Senior Feminino	03:07:45	+01:17:39	11:03
100	2085	Joselina Sousa	Aves Runners	Senior Feminino	03:08:04	+01:17:58	11:04
101	2268	Andreia Ferreira	Individual	Senior Feminino	03:11:31	+01:21:25	11:16
102	2669	Carla Sofia Marques Araújo	TEAM LANTEMIL	Senior Feminino	03:12:11	+01:22:05	11:18
103	2671	susana pinheiro	TEAM LANTEMIL	Senior Feminino	03:12:11	+01:22:05	11:18
104	2017	Francisca Silva	Alive Runners	Senior Feminino	03:12:21	+01:22:15	11:19
105	2146	Cristina Redondo	Correio de Albergaria?	Senior Feminino	03:16:10	+01:26:04	11:32
106	2067	Carolina Files	Andatrilhos Freamunde	Senior Feminino	03:20:01	+01:29:55	11:46
107	2611	Daniela Cristina Oliveira Areias	Pedro Miguel	Senior Feminino	03:20:48	+01:30:42	11:49
108	2717	Sofia Fernandes	vimarunners	Senior Feminino	03:24:03	+01:33:57	12:00
109	2632	Sílvia Freitas	SchoolEmbassy.com	Senior Feminino	03:24:52	+01:34:46	12:03
110	2490	Liliana Susete Pimenta Brandão	IronLadies	Senior Feminino	03:27:03	+01:36:57	12:11
111	2296	Marlene Sampaio	Individual	Senior Feminino	03:28:05	+01:37:59	12:14
112	2114	Sheila Ferreira	CAIPICOMPANY	Senior Feminino	03:36:07	+01:46:01	12:43
113	2297	Patricia Carvalho	Individual	Senior Feminino	03:36:32	+01:46:26	12:44
114	2301	Sílvia Catarina Coelho Gomes	Individual	Senior Feminino	03:44:34	+01:54:28	13:13
115	2522	Helena	Maisfit Runners	Senior Feminino	03:52:25	+02:02:19	13:40
116	2269	Patricia Marlene Neves Pereira	Gondomar Futsal Club	Senior Feminino	03:52:25	+02:02:19	13:40
117	2276	cristiana marina Fiuza do vale	Individual	Senior Feminino	03:52:45	+02:02:39	13:42
118	2270	Bárbara Soares	Individual	Senior Feminino	04:05:19	+02:15:13	14:26
119	2098	Helena Sofia Ribeiro de Sousa	Bardinos dos Montes	Senior Feminino	04:12:50	+02:22:44	14:52

Senior Masculino

1	2353	Manuel Maia	Individual	Senior Masculino	01:24:03		04:57
2	2237	Pedro Rocha	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:24:16	+00:13	04:57
3	2325	Fabio Correia	Individual	Senior Masculino	01:24:41	+00:38	04:59
4	2357	Nelson Fernandes	Individual	Senior Masculino	01:24:59	+00:56	05:00
5	2132	Hugo Leite	Clube de Atletismo de Fafe - Fafe Runners	Senior Masculino	01:27:05	+03:02	05:07
6	2071	André Pinto	Andatrilhos Freamunde	Senior Masculino	01:28:49	+04:46	05:14
7	2015	Rui Pinho	Akuafit	Senior Masculino	01:29:20	+05:17	05:15

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54	2621	rui araujo	Rumo Aventura	Senior Masculino	01:58:12	+34:09	06:57
55	2317	Bruno Ricardo Gomes de Pinho	Individual	Senior Masculino	01:58:20	+34:17	06:58
56	2314	Bruno Alberto Silva Freitas	Individual	Senior Masculino	01:58:30	+34:27	06:58
57	2318	Bruno Rocha Pereira	Individual	Senior Masculino	01:58:38	+34:35	06:59
58	2503	Manuel Ferreira dos Santos Valente Fernandes	Juventude Cortegacense	Senior Masculino	01:59:02	+34:59	07:00
59	2673	Ricardo Maia	TEAM LANTEMIL	Senior Masculino	01:59:03	+35:00	07:00
60	2377	Ruben Araújo	Individual	Senior Masculino	01:59:41	+35:38	07:02
61	2307	Alexandre Manuel Esteves Ferreira	Individual	Senior Masculino	02:01:34	+37:31	07:09
62	2633	João Machado	Squadra Di Potenza	Senior Masculino	02:01:57	+37:54	07:10
63	2082	Hélder Oliveira	Associação Desportiva da Efacec	Senior Masculino	02:02:50	+38:47	07:14
64	2525	Tiago Bragança	Maisfit Runners	Senior Masculino	02:03:57	+39:54	07:18
65	2682	Domingos Ricardo	TRAIL PINOCO	Senior Masculino	02:04:08	+40:05	07:18
66	2560	Rui Miguel Sousa	Mountain Runners	Senior Masculino	02:04:24	+40:21	07:19
67	2048	Luis Delfim Gonçalves de Almeida	AMAZING WORLD TEAM	Senior Masculino	02:04:28	+40:25	07:19
68	2024	Luis Santos	Alive Runners	Senior Masculino	02:04:36	+40:33	07:20
69	2194	Rómulo Martins	FAMA RUNNERS	Senior Masculino	02:04:36	+40:33	07:20
70	1406	HUGO SILVA	papamilhas	Senior Masculino	02:06:17	+42:14	07:26
71	2601	CELSO FERNANDES	papamilhas	Senior Masculino	02:07:12	+43:09	07:29
72	2502	Joel Sequeira	Juventude Cortegacense	Senior Masculino	02:07:18	+43:15	07:29
73	2698	Vicente de Sousa	Trinca Orelhas de Gato	Senior Masculino	02:07:23	+43:20	07:30
74	2186	Vasco Faria	Evolution Trail Team	Senior Masculino	02:08:15	+44:12	07:33
75	2241	Nuno Costa	GTT - Armazém do Caffè	Senior Masculino	02:08:51	+44:48	07:35
76	2616	Rui Lobo	Rinus Fafe	Senior Masculino	02:08:56	+44:53	07:35
77	2320	Carlos Alberto Castro	Individual	Senior Masculino	02:09:00	+44:57	07:35
78	2343	Joaquim Domingos Lopes Alves	Individual	Senior Masculino	02:09:24	+45:21	07:37
79	2109	Paulo Pereira	Bota&Siga	Senior Masculino	02:09:32	+45:29	07:37
80	2088	Mário Lima	Aves Runners	Senior Masculino	02:09:52	+45:49	07:38
81	2322	Diogo Matos	Individual	Senior Masculino	02:10:42	+46:39	07:41
82	2568	Renato Pinto	NOCTURNOS DE PAREDES	Senior Masculino	02:10:57	+46:54	07:42
83	2436	Marco Antonio Pinto da Silva Carvalho	Individual	Senior Masculino	02:13:08	+49:05	07:50
84	2374	Ricardo Novais	Individual	Senior Masculino	02:13:10	+49:07	07:50
85	2696	Luis Martins25	Trinca Orelhas de Gato	Senior Masculino	02:13:14	+49:11	07:50
86	2254	Carlos Morais	HealthyPump Runners	Senior Masculino	02:13:25	+49:22	07:51
87	2056	Fernando Ismael Oliveira Nogueira	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	02:13:32	+49:29	07:51
88	2180	André Almeida	Eu + cinco	Senior Masculino	02:14:06	+50:03	07:53
89	2339	Hugo Mendes	Individual	Senior Masculino	02:14:18	+50:15	07:54
90	2218	Filipe Reis Pinheiro	Fridão Sem Limites	Senior Masculino	02:14:34	+50:31	07:55
91	2368	Pedro Miguel Mendes Carneiro	Individual	Senior Masculino	02:15:18	+51:14	07:58
92	2635	Alexandre Leite	SS MONTEPIO	Senior Masculino	02:15:18	+51:15	07:58
93	2672	Filipe Silva	TEAM LANTEMIL	Senior Masculino	02:15:19	+51:16	07:58
94	2651	Miguel Silva	Tainadas Family Running	Senior Masculino	02:15:44	+51:41	07:59
95	2693	Duarte Araújo	Trevo do Sucesso	Senior Masculino	02:16:44	+52:41	08:03
96	2674	Tiago Dias	TEAM LANTEMIL	Senior Masculino	02:16:57	+52:54	08:03
97	2072	Carlos Felgueiras	Andatrilhos Freamunde	Senior Masculino	02:16:58	+52:55	08:03
98	2345	Joaquim Silva	Individual	Senior Masculino	02:17:18	+53:15	08:05

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145	2192	César Matos Gomes	FAMA RUNNERS	Senior Masculino	02:40:43	+01:16:40	09:27
146	2719	Luís Miguel Neto Ferreira	ZZ35	Senior Masculino	02:42:04	+01:18:01	09:32
147	2327	Filipe Leão	Individual	Senior Masculino	02:42:05	+01:18:02	09:32
148	2386	Vitor Martins	Individual	Senior Masculino	02:42:05	+01:18:02	09:32
149	1129	André Vasconcelos	FREZITE	Senior Masculino	02:43:09	+01:19:06	09:36
150	2381	Sérgio Oliveira	Individual	Senior Masculino	02:44:26	+01:20:23	09:40
151	2539	João Costa	Miguel Guimarães	Senior Masculino	02:44:48	+01:20:45	09:42
152	2089	Ricardo Martins	Aves Runners	Senior Masculino	02:45:11	+01:21:08	09:43
153	2313	Basílio Magno de Sousa Andrade	Individual	Senior Masculino	02:46:23	+01:22:20	09:47
154	2663	Duarte Nuno Meireles	Team Agente Meireles	Senior Masculino	02:47:22	+01:23:19	09:51
155	2316	BRUNO RICARDO COSTA VASCONCELOS	Individual	Senior Masculino	02:47:41	+01:23:38	09:52
156	2319	Bruno Rodrigues	Individual	Senior Masculino	02:48:40	+01:24:37	09:55
157	2196	Virgílio Teixeira	FAMA RUNNERS	Senior Masculino	02:49:29	+01:25:26	09:58
158	2559	César Couto	Mountain Runners	Senior Masculino	02:49:53	+01:25:50	10:00
159	2025	Manuel Faria	Alive Runners	Senior Masculino	02:50:45	+01:26:42	10:03
160	2029	Rui Sousa	Alive Runners	Senior Masculino	02:50:45	+01:26:42	10:03
161	2607	Luis Marques	Pari Passu	Senior Masculino	02:50:46	+01:26:43	10:03
162	2259	Nuno Teixeira	Imperadores	Senior Masculino	02:51:01	+01:26:58	10:04
163	2361	Nuno Filipe	Individual	Senior Masculino	02:51:06	+01:27:03	10:04
164	2553	Ricardo Miguel de Oliveira Cunha	MINHO AVENTURA	Senior Masculino	02:52:38	+01:28:35	10:09
165	2541	Miguel Guimarães	Miguel Guimarães	Senior Masculino	02:56:06	+01:32:03	10:22
166	2355	Mário Gonçalves	Individual	Senior Masculino	02:57:08	+01:33:05	10:25
167	2309	André Cardoso	Individual	Senior Masculino	02:57:14	+01:33:11	10:26
168	2330	Gonçalo Rodrigues	Individual	Senior Masculino	02:59:59	+01:35:56	10:35
169	2360	Nuno Ferreira	Individual	Senior Masculino	03:00:03	+01:36:00	10:36
170	2326	Fernando Reis	Individual	Senior Masculino	03:00:03	+01:36:00	10:36
171	2382	Sidónio Gonçalves	Individual	Senior Masculino	03:01:21	+01:37:18	10:40
172	2639	Rui Rebelo	SS MONTEPIO	Senior Masculino	03:02:35	+01:38:32	10:44
173	2117	RICARDO PEREIRA	CAIPICOMPANY	Senior Masculino	03:03:04	+01:39:01	10:46
174	2384	Tiago Manuel Gonçalves Correia da Silva	Individual	Senior Masculino	03:03:21	+01:39:18	10:47
175	2130	Leonel Silva	CHALLENGE FORCE	Senior Masculino	03:03:44	+01:39:41	10:49
176	2364	Paulo Filipe Loureiro Moreira	Individual	Senior Masculino	03:07:30	+01:43:27	11:02
177	2588	João Ferreira	OS FUGITIVOS DA CRISE	Senior Masculino	03:07:49	+01:43:46	11:03
178	2587	Daniel Machado	OS FUGITIVOS DA CRISE	Senior Masculino	03:07:49	+01:43:46	11:03
179	2499	Nuno Correia	Jesuitas Warriors	Senior Masculino	03:09:10	+01:45:07	11:08
180	2370	Pedro Santos	Individual	Senior Masculino	03:09:14	+01:45:11	11:08
181	2310	ANDRÉ FILIPE LOPES AUGUSTO	Individual	Senior Masculino	03:09:19	+01:45:16	11:08
182	2341	joao novo	Individual	Senior Masculino	03:09:59	+01:45:56	11:11
183	2337	Hugo Filipe Lourenço Correia	Individual	Senior Masculino	03:11:19	+01:47:16	11:15
184	2366	Pedro Leite	Individual	Senior Masculino	03:12:50	+01:48:47	11:21
185	1259	Ricardo Jorge Leão Sousa	Individual	Senior Masculino	03:18:54	+01:54:51	11:42
186	2612	Pedro Miguel Sousa Monteiro	Pedro Miguel	Senior Masculino	03:20:50	+01:56:47	11:49
187	2346	Jorge Manuel Portela Barbosa	Individual	Senior Masculino	03:25:57	+02:01:54	12:07
188	2181	André Azevedo	Eu + cinco	Senior Masculino	03:31:24	+02:07:21	12:26
189	2182	Claudio Gomes	Eu + cinco	Senior Masculino	03:31:24	+02:07:21	12:26

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190	2116	Miguel Ferreira	CAIPICOMPANY	Senior Masculino	03:36:07	+02:12:04	12:43
191	2115	Carlos Reboredo	CAIPICOMPANY	Senior Masculino	03:36:19	+02:12:16	12:44
192	2359	Nelson Miguel Oliveira Granja	Individual	Senior Masculino	03:52:45	+02:28:42	13:42
193	2334	Henrique José dos Reis Pereira	Individual	Senior Masculino	03:52:46	+02:28:43	13:42
194	2328	Filipe M Antunes	Individual	Senior Masculino	03:53:12	+02:29:09	13:43
195	2021	André Carvalho	Alive Runners	Senior Masculino	04:30:39	+03:06:36	15:55

Sub 23 Feminino

1	2608	Camila David Mendes Moura	Pari Passu	Sub 23 Feminino	02:13:13		07:50
2	2031	Cristiana Marinho Lagoa	Alive Runners	Sub 23 Feminino	02:20:30	+07:17	08:16
3	2221	Inês Carlos Cardoso	Fridão Sem Limites	Sub 23 Feminino	02:25:30	+12:17	08:34
4	2243	joana sofia macedo maia	GTT - Armazém do Caffè	Sub 23 Feminino	02:28:33	+15:20	08:44
5	2527	Ana sofia ribeiro neto	Maisfit Runners	Sub 23 Feminino	02:29:45	+16:32	08:49
6	2032	Inês Sousa	Alive Runners	Sub 23 Feminino	02:38:45	+25:32	09:20
7	2528	Filipa Pinto	Maisfit Runners	Sub 23 Feminino	02:51:54	+38:41	10:07

Sub 23 Masculino

1	2062	Vitor Rafael Sousa Moreira	AMIGOS DO PEDAL TRAILAGARES	Sub 23 Masculino	01:29:47		05:17
2	2565	Pedro Manuel Silva	NAST	Sub 23 Masculino	01:32:06	+02:20	05:25
3	2222	João Pedro machado	Fridão Sem Limites	Sub 23 Masculino	01:35:47	+06:01	05:38
4	2058	Miguel Ângelo de Oliveira Pinto	AMIGOS DO PEDAL TRAILAGARES	Sub 23 Masculino	01:38:07	+08:21	05:46
5	2060	Ruben Daniel Soares Vieira	AMIGOS DO PEDAL TRAILAGARES	Sub 23 Masculino	01:44:16	+14:30	06:08
6	2034	Hugo Monteiro	Alive Runners	Sub 23 Masculino	01:52:02	+22:16	06:35
7	2075	João Cardoso	Andatrilhos Freamunde	Sub 23 Masculino	01:52:46	+23:00	06:38
8	2390	Luis Maria Pinto Carvalho Lisboa de Paiva	Individual	Sub 23 Masculino	01:53:43	+23:57	06:41
9	2393	Rui Americo	Individual	Sub 23 Masculino	01:59:36	+29:50	07:02
10	2392	Pedro Cruz	Individual	Sub 23 Masculino	02:00:23	+30:37	07:05
11	2206	Marco Rodrigues	Fisico franco	Sub 23 Masculino	02:07:27	+37:41	07:30
12	2076	Pedro Oliveira	Andatrilhos Freamunde	Sub 23 Masculino	02:08:47	+39:01	07:35
13	2255	Duarte Costa	HealthyPump Runners	Sub 23 Masculino	02:13:26	+43:40	07:51
14	2389	José Moça	Individual	Sub 23 Masculino	02:15:59	+46:13	08:00
15	2699	E. Morata	Trinca Orelhas de Gato	Sub 23 Masculino	02:16:43	+46:57	08:03
16	2679	Luis Fonseca	Teixeira's	Sub 23 Masculino	02:21:17	+51:31	08:19
17	2033	Diogo Andre Sousa Cardoso	Alive Runners	Sub 23 Masculino	02:32:11	+01:02:25	08:57
18	1275	Nuno Gonçalves	Individual	Sub 23 Masculino	02:54:25	+01:24:39	10:16
19	2211	Rui Ferreira	FREZITE	Sub 23 Masculino	02:55:09	+01:25:23	10:18
20	2212	Rui Moreira	FREZITE	Sub 23 Masculino	03:32:27	+02:02:41	12:30

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Veterana F40

1	2395	Hanne Skovbo	Individual	Veterana F40	01:56:52		06:53
2	2135	Susana Gabriela Costa Pinto da Neta	Clube Zupper	Veterana F40	02:04:00	+07:08	07:18
3	2396	Helena Fernandes	Individual	Veterana F40	02:05:03	+08:11	07:21
4	2095	Sandra Cardoso	Baguim Runners	Veterana F40	02:07:40	+10:48	07:31
5	2675	Débora Vilas Boas	TEAM LANTEMIL	Veterana F40	02:08:34	+11:42	07:34
6	2631	Sandra Mesquita	São Mateus Runners	Veterana F40	02:11:02	+14:10	07:43
7	2617	Cidália Novais	Rinus Fafe	Veterana F40	02:12:54	+16:02	07:49
8	2157	Célia Azevedo Meira	EDV-VIANA TRAIL	Veterana F40	02:23:10	+26:18	08:25
9	2399	Maria Margarida Nunes Monteiro da Cunha	Individual	Veterana F40	02:24:02	+27:10	08:28
10	2604	SANDRA SANTOS	papamilhas	Veterana F40	02:25:00	+28:08	08:32
11	2401	Nina Silva	Individual	Veterana F40	02:25:58	+29:06	08:35
12	2656	Márcia Ferreira	Tartarugas do Asfalto	Veterana F40	02:27:49	+30:57	08:42
13	2690	Susana Sousa	TrepaTrilhos Trail Team	Veterana F40	02:30:08	+33:16	08:50
14	2400	Mónica Vilas Boas	Individual	Veterana F40	02:30:43	+33:51	08:52
15	2036	Sandra Silva	Alive Runners	Veterana F40	02:32:10	+35:18	08:57
16	2504	Marcia Castro Costa	Juventude Cortegacense	Veterana F40	02:34:13	+37:21	09:04
17	2080	Lurdes Moreira	As Belas e Eles	Veterana F40	02:39:58	+43:06	09:25
18	2165	ISABEL PINTO	EQUIPA JOAO FERREIRA	Veterana F40	02:42:43	+45:51	09:34
19	2051	Helga Amorim	Amazing world team	Veterana F40	02:43:16	+46:24	09:36
20	2570	Maria Jesus	NOCTURNOS DE PAREDES	Veterana F40	02:50:40	+53:48	10:02
21	2077	Lúisa Silva	Andatrilhos Freamunde	Veterana F40	02:51:49	+54:57	10:06
22	2554	Ana Helena Cardoso Carneiro	MINHO AVENTURA	Veterana F40	02:52:37	+55:45	10:09
23	2591	Carmen Maria Alegria Amaro	Os Trailgloditas	Veterana F40	02:53:44	+56:52	10:13
24	2183	Maria Nogueira	Eu + cinco	Veterana F40	02:55:00	+58:08	10:18
25	2164	GORETI VARELA	EQUIPA JOAO FERREIRA	Veterana F40	02:57:55	+01:01:03	10:28
26	2244	Aida Linhares	GTT - Armazém do Caffè	Veterana F40	03:02:04	+01:05:12	10:43
27	2141	Andreia Alexandra Martins Sena Barbosa de Sá	ComDor Runners	Veterana F40	03:04:21	+01:07:29	10:51
28	2126	Célia Fonte	CF Jesuítas	Veterana F40	03:05:09	+01:08:17	10:54
29	2405	Sofia Ferreira	Individual	Veterana F40	03:05:09	+01:08:17	10:54
30	2223	Suzete do Rosário Passos de Sousa	Fridão Sem Limites	Veterana F40	03:05:32	+01:08:40	10:55
31	2501	Natalia alves	Joana	Veterana F40	03:05:41	+01:08:49	10:55
32	2589	Diana Carneiro	OS FUGITIVOS DA CRISE	Veterana F40	03:07:47	+01:10:55	11:03
33	2009	Miguela Monteiro	AfrikanRunners	Veterana F40	03:09:36	+01:12:44	11:09
34	2493	Regina Celeste Machado de Lima	IronLadies	Veterana F40	03:10:30	+01:13:38	11:12
35	2721	Susana Cunha	Individual	Veterana F40	03:11:42	+01:14:50	11:17
36	2394	Eduarda Maria Moreira de Sá	Individual	Veterana F40	03:12:51	+01:15:59	11:21
37	2397	Leonilde Macedo	Individual	Veterana F40	03:14:07	+01:17:15	11:25
38	2166	RITA GONÇALVES	EQUIPA JOAO FERREIRA	Veterana F40	03:15:59	+01:19:07	11:32
39	2163	CELIA AROSO	EQUIPA JOAO FERREIRA	Veterana F40	03:19:33	+01:22:41	11:44
40	2406	Susana Isabel Pereira Lopes	Individual	Veterana F40	03:35:44	+01:38:52	12:41
41	2118	Isabel Santos	CAIPICOMPANY	Veterana F40	03:36:21	+01:39:29	12:44
42	2402	Olinda Raquel Teixeira Mendes	Individual	Veterana F40	03:44:33	+01:47:41	13:13
43	2533	Sonia Sampaio	Metralhas Runners	Veterana F40	03:52:25	+01:55:33	13:40

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51	2245	vitores campos	GTT - Armazém do Caffè	Veterano M40	02:12:15	+41:16	07:47
52	2428	José Alberto Martins Ribeiro	Individual	Veterano M40	02:17:13	+46:14	08:04
53	2662	Filipe Martinho	TBNO4E	Veterano M40	02:18:27	+47:28	08:09
54	2686	Vitor Faria	TRAIL PINOCO	Veterano M40	02:18:34	+47:35	08:09
55	2103	Luis Ochoa	Befitness Runners	Veterano M40	02:19:41	+48:42	08:13
56	2120	JOSÉ FERREIRA	CAIPICOMPANY	Veterano M40	02:19:46	+48:47	08:13
57	2625	Ricardo	Running Team Aldeia Nova	Veterano M40	02:19:56	+48:57	08:14
58	2420	Carlos Alberto Dinis da Silva	Individual	Veterano M40	02:20:42	+49:43	08:17
59	2573	NUNO ALEXANDRE	NOCTURNOS DE PAREDES	Veterano M40	02:21:12	+50:13	08:18
60	2606	MANUEL SANTOS	papamilhas	Veterano M40	02:21:27	+50:28	08:19
61	2159	Paulo Morgado	Egosport/Irmandade Bike Team	Veterano M40	02:21:29	+50:30	08:19
62	2040	Nuno Pacheco	Alive Runners	Veterano M40	02:22:43	+51:44	08:24
63	2433	Luis Miguel Moreira Mendes	Individual	Veterano M40	02:22:44	+51:45	08:24
64	2429	José António Moreira Ferreira	Individual	Veterano M40	02:23:13	+52:14	08:26
65	2107	PAULO JORGE MADUREIRA RIBEIRO	Bombeiros V. S. Mamede Infesta	Veterano M40	02:24:25	+53:26	08:30
66	2703	Fernando Pereira	Trinca Orelhas de Gato	Veterano M40	02:25:17	+54:18	08:33
67	2709	Silvio Dias	Trinca Orelhas de Gato	Veterano M40	02:28:18	+57:19	08:43
68	2626	Sérgio	Running Team Aldeia Nova	Veterano M40	02:29:15	+58:16	08:47
69	2702	Antonio Neto	Trinca Orelhas de Gato	Veterano M40	02:30:58	+59:59	08:53
70	2444	Paulo Moreira	Individual	Veterano M40	02:31:38	+01:00:39	08:55
71	2200	Rui Simões Ferreira	FAMA RUNNERS	Veterano M40	02:33:53	+01:02:54	09:03
72	2435	Marcelo Sousa	Individual	Veterano M40	02:36:23	+01:05:24	09:12
73	2701	Alcino Tavares	Trinca Orelhas de Gato	Veterano M40	02:39:15	+01:08:16	09:22
74	2642	Ricardo Ferreira Silva	SS MONTEPIO	Veterano M40	02:39:52	+01:08:53	09:24
75	2422	Fernando Ferreira	Individual	Veterano M40	02:40:09	+01:09:10	09:25
76	2440	Nuno Carvalho	Individual	Veterano M40	02:42:37	+01:11:38	09:34
77	2438	Nelson Santos	Individual	Veterano M40	02:44:26	+01:13:27	09:40
78	2421	Eduardo Atraca	Individual	Veterano M40	02:45:02	+01:14:03	09:43
79	2507	Anabela dos Santos Marques	Juventude Cortegacense	Veterano M40	02:46:37	+01:15:38	09:48
80	2549	Paulo Oliveira	Miguel Guimarães	Veterano M40	02:48:37	+01:17:38	09:55
81	2645	Rui Silva	SS MONTEPIO	Veterano M40	02:50:40	+01:19:41	10:02
82	2090	Abílio Ferreira	Aves Runners	Veterano M40	02:50:42	+01:19:43	10:03
83	2039	Marco Osorio Silva	Alive Runners	Veterano M40	02:50:45	+01:19:46	10:03
84	2547	Carlindo Martins	Miguel Guimarães	Veterano M40	02:51:45	+01:20:46	10:06
85	2201	Vali Ribeiro	FAMA RUNNERS	Veterano M40	02:52:02	+01:21:03	10:07
86	2592	João Morgado	Os Trailgloditas	Veterano M40	02:53:44	+01:22:45	10:13
87	2609	Jorge Ferreira	Pari Passu	Veterano M40	02:55:57	+01:24:58	10:21
88	2092	Gabriel Freitas	Aves Runners	Veterano M40	02:56:48	+01:25:49	10:24
89	2170	EDGAR SARAIVA	EQUIPA JOAO FERREIRA	Veterano M40	02:57:06	+01:26:07	10:25
90	2497	Jorge Oliveira	JAS	Veterano M40	03:01:30	+01:30:31	10:41
91	2441	Nuno Garcia	Individual	Veterano M40	03:03:32	+01:32:33	10:48
92	2708	Sergio Rocha	Trinca Orelhas de Gato	Veterano M40	03:04:56	+01:33:57	10:53
93	2143	Rui Miguel Oliveira	ComDor Runners	Veterano M40	03:13:32	+01:42:33	11:23
94	2119	Francisco Ramalho	CAIPICOMPANY	Veterano M40	03:21:46	+01:50:47	11:52
95	2548	Miguel Eiras	Miguel Guimarães	Veterano M40	03:43:03	+02:12:04	13:07
96	2599	PAULO MAGALHÃES	Ou vai ou racha	Veterano M40	03:45:51	+02:14:52	13:17

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97 2598 jose Gentil almeida Ferreira Ou vai ou racha Veterano M40 04:20:03 +02:49:04 15:18

Veterano M45

1	2517	Adriano Oliveira	Lusitanos	Veterano M45	01:33:27		05:30
2	2013	jose pereira	AIRORUN	Veterano M45	01:35:43	+02:16	05:38
3	2149	José Carlos Dias	CTAD - Trilhos de Cinfães	Veterano M45	01:40:08	+06:41	05:53
4	2012	francisco pereira	AIRORUN	Veterano M45	01:41:27	+08:00	05:58
5	2518	Miguel Lacerda	Lusitanos	Veterano M45	01:41:39	+08:12	05:59
6	2470	Nuno Miguel Carvalho	Individual	Veterano M45	01:46:09	+12:42	06:15
7	2203	Manuel Gomes	FAMA RUNNERS	Veterano M45	01:47:14	+13:47	06:19
8	2519	Paulo Azevedo	Lusitanos	Veterano M45	01:49:26	+15:59	06:26
9	2455	Carlos Cardoso	Individual	Veterano M45	01:52:38	+19:11	06:38
10	2459	Filipe Gomes	Individual	Veterano M45	01:53:54	+20:27	06:42
11	2463	jorge pacheco	Individual	Veterano M45	01:54:30	+21:03	06:44
12	2229	VITOR MANUEL GONÇALVES LOPES	GCST	Veterano M45	01:58:01	+24:34	06:57
13	2458	Eduardo Nascimento	Individual	Veterano M45	02:00:01	+26:34	07:04
14	2510	Jorge Fernando Silva Marques Coelho	Juventude Cortegacense	Veterano M45	02:01:36	+28:09	07:09
15	2461	João Freitas	Individual	Veterano M45	02:04:08	+30:41	07:18
16	2177	Claudio Herminio Simoes Ferreira	ErmidaFit	Veterano M45	02:06:41	+33:14	07:27
17	1332	Paulo Ribeiro	Individual	Veterano M45	02:11:26	+37:59	07:44
18	2618	Vítor Alves	Rinus Fafe	Veterano M45	02:11:53	+38:26	07:46
19	2627	Rui	Running Team Aldeia Nova	Veterano M45	02:13:00	+39:33	07:49
20	2713	José Jesus	Trinca Orelhas de Gato	Veterano M45	02:13:36	+40:09	07:52
21	2184	José Machado	Eu + cinco	Veterano M45	02:14:06	+40:39	07:53
22	1363	Pedro Rola	Juventude Cortegacense	Veterano M45	02:14:12	+40:45	07:54
23	2460	Henrique Silva	Individual	Veterano M45	02:15:41	+42:14	07:59
24	2472	Ricardo Ribeiro	Individual	Veterano M45	02:16:48	+43:21	08:03
25	2105	Vítor Dinis	Befitness Runners	Veterano M45	02:17:40	+44:13	08:06
26	2097	Lourenço Cardoso	Baguim Runners	Veterano M45	02:17:43	+44:16	08:06
27	2471	Pedro Costa	Individual	Veterano M45	02:19:04	+45:37	08:11
28	2514	Agostinho Cardoso	Leões de Tardariz Trail	Veterano M45	02:21:06	+47:39	08:18
29	2042	Fernando Carreira	Alive Runners	Veterano M45	02:22:29	+49:02	08:23
30	2041	Carlos Ferreira	Alive Runners	Veterano M45	02:22:29	+49:02	08:23
31	2574	João Leite	NOCTURNOS DE PAREDES	Veterano M45	02:23:10	+49:43	08:25
32	2680	Joao Teixeira	Teixeira's	Veterano M45	02:23:20	+49:53	08:26
33	2678	RUI ROCHA	TEAM SHARK	Veterano M45	02:24:21	+50:54	08:30
34	2453	Agostinho Mota	Individual	Veterano M45	02:25:20	+51:53	08:33
35	2711	Carlos Anjos	Trinca Orelhas de Gato	Veterano M45	02:25:29	+52:02	08:34
36	2712	Carlos Conde	Trinca Orelhas de Gato	Veterano M45	02:28:18	+54:51	08:43
37	2468	Miguel Rufino	Individual	Veterano M45	02:28:55	+55:28	08:46
38	2403	Nelson Silva	Individual	Veterano M45	02:32:28	+59:01	08:58
39	2646	Francisco Moreira	SS MONTEPIO	Veterano M45	02:35:04	+01:01:37	09:07
40	2575	JOSE SILVA	NOCTURNOS DE PAREDES	Veterano M45	02:36:17	+01:02:50	09:12
41	2457	Daniel Gomes	Individual	Veterano M45	02:40:45	+01:07:18	09:27

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42	2551	Paulo Costa	Miguel Guimarães	Veterano M45	02:41:49	+01:08:22	09:31
43	2093	Francisco Carneiro	Aves Runners	Veterano M45	02:45:11	+01:11:44	09:43
44	2462	jorge lobo	Individual	Veterano M45	02:47:07	+01:13:40	09:50
45	2550	Fernando Gomes	Miguel Guimarães	Veterano M45	02:51:44	+01:18:17	10:06
46	2043	Miguel Marques	Alive Runners	Veterano M45	02:55:33	+01:22:06	10:20
47	2454	Augusto Manuel Jeronimo lopes	Individual	Veterano M45	03:14:25	+01:40:58	11:26
48	2171	ARTUR CARDOSO	EQUIPA JOAO FERREIRA	Veterano M45	03:22:49	+01:49:22	11:56

Veterano M50

1	2578	Vasco Morais Pinheiro de Sousa	Old school smash young ducks	Veterano M50	01:33:30		05:30
2	2478	Dionisio Manuel Correia Sousa	Individual	Veterano M50	01:34:55	+01:25	05:35
3	2509	Manuel Oliveira	Juventude Cortegacense	Veterano M50	01:39:51	+06:21	05:52
4	2079	Ricardo Machado	Andatrilhos Freamunde	Veterano M50	01:41:54	+08:24	06:00
5	2063	Manuel Ferreira	AMIGOS DO PEDAL TRAILAGARES	Veterano M50	01:44:31	+11:01	06:09
6	2479	Fernando Martins	Individual	Veterano M50	01:45:03	+11:33	06:11
7	2577	CARLOS VINHAS	NOCTURNOS DE PAREDES	Veterano M50	01:47:47	+14:17	06:20
8	2014	jose casemiro	AIRORUN	Veterano M50	01:48:56	+15:26	06:25
9	2552	Alcino Vieira	Miguel Guimarães	Veterano M50	01:56:26	+22:56	06:51
10	2136	Armando Moreira	Clube Zupper	Veterano M50	02:00:43	+27:13	07:06
11	2238	Jose Mendes	GONDOMAR FUTSAL CLUBE	Veterano M50	02:04:19	+30:49	07:19
12	2658	Avelino Sousa	Tartarugas do Asfalto	Veterano M50	02:04:42	+31:12	07:20
13	2647	Fernando Carvalho	SS MONTEPIO	Veterano M50	02:07:25	+33:55	07:30
14	2004	José Maria Ribeiro Fernandes	AEDAH	Veterano M50	02:07:46	+34:16	07:31
15	2174	JOAQUIM TEIXEIRA	EQUIPA JOAO FERREIRA	Veterano M50	02:09:44	+36:14	07:38
16	2001	joao paulo guimaraes	A. D. Lustosa	Veterano M50	02:09:45	+36:15	07:38
17	2044	Augusto Tavares	Alive Runners	Veterano M50	02:10:16	+36:46	07:40
18	2714	Jose Junio	Trinca Orelhas de Gato	Veterano M50	02:13:45	+40:15	07:52
19	2512	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	Veterano M50	02:14:12	+40:42	07:54
20	2530	Joao Goncalves	MAISFIT RUNNERS	Veterano M50	02:16:02	+42:32	08:00
21	1397	josé moura de sousa	OS BARRIGUITAS	Veterano M50	02:23:37	+50:07	08:27
22	2481	João Almeida	Individual	Veterano M50	02:25:03	+51:33	08:32
23	2692	António Loureiro	TrepaTrilhos Trail Team	Veterano M50	02:28:31	+55:01	08:44
24	2474	António José Gonçalves da Ascensão Fonseca	Individual	Veterano M50	02:29:25	+55:55	08:47
25	2045	Manuel Martins	Alive Runners	Veterano M50	02:31:37	+58:07	08:55
26	2475	António Luis Martins do Vale Lima	Individual	Veterano M50	02:34:04	+01:00:34	09:04
27	2476	Carlos Almeida	Individual	Veterano M50	02:37:41	+01:04:11	09:17
28	2576	ANTONIO CARVALHO	NOCTURNOS DE PAREDES	Veterano M50	02:38:32	+01:05:02	09:20
29	2480	Isaac Batista Pereira	Individual	Veterano M50	02:38:39	+01:05:09	09:20
30	2185	Paulo Barroso	Eu + cinco	Veterano M50	02:45:14	+01:11:44	09:43
31	2511	Augusto Santos Silva	Juventude Cortegacense	Veterano M50	02:45:40	+01:12:10	09:45
32	2629	augusto pinto barbosa	s.liz	Veterano M50	02:47:10	+01:13:40	09:50
33	2094	Adélio Castro	Aves Runners	Veterano M50	02:50:42	+01:17:12	10:03
34	2585	Manuel Moura	OS BARRIGUITAS	Veterano M50	02:53:33	+01:20:03	10:13
35	2484	JOSE CARLOS NEVES	Individual	Veterano M50	02:59:59	+01:26:29	10:35

