

TRAIL LONGO - STAGE 1

25 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	09:00	9,7°C	76%
End	13:08	9,7°C	76%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	5	Bruno Fernandes	boavista trail	Senior Masculino	00:03		00:00
2	38	Pedro Santos	oralklass-amigos do trail	Veterano M40	00:03	+00:00	00:00
3	4	Maria Augusta Da Costa Loureiro	associação desportiva de cabroelo	Veterana F40	00:03	+00:00	00:00
4	6	Helder Barbosa	boavista trail	Senior Masculino	00:03	+00:00	00:00
5	11	Pedro Dias	boavista trail	Veterano M40	00:03	+00:00	00:00
6	3	Paula Soares	a.d.amarante	Senior Feminino	00:03	+00:00	00:00
7	19	António Carlos Tavares de Paiva	individual	Senior Masculino	00:03	+00:00	00:00
8	9	António Martins	boavista trail	Veterano M40	00:03	+00:00	00:00
9	28	Delfim Nunes	individual	Veterano M40	00:03	+00:00	00:00
10	34	Sara rafael	kemedo team	Veterana F40	00:03	+00:00	00:00
11	26	Maria Iracema costa	individual	Veterana F50	00:04	+00:00	00:00
12	15	César Sousa	hora do lobo trail - cf perosinho atletismo	Veterano M40	00:04	+00:00	00:00
13	7	M Ricardo Ferreira	boavista trail	Senior Masculino	00:04	+00:00	00:00
14	45	João Nogueira	oralklass-amigos do trail	Senior Masculino	00:04	+00:00	00:00
15	13	Marta Sousa	caracois do monte	Senior Feminino	00:04	+00:01	00:00
16	23	João Pedro Costa Ribeiro	oralklass-amigos do trail	Senior Masculino	00:04	+00:01	00:00
17	22	Hugo Pinto	individual	Senior Masculino	00:04	+00:01	00:00
18	18	Patricia Ribeiro	individual	Senior Feminino	00:04	+00:01	00:00
19	12	Paulo Ferreira	boavista trail	Veterano M50	00:04	+00:01	00:00
20	14	Margarida Neves	hora do lobo trail - cf perosinho atletismo	Veterana F50	00:04	+00:01	00:00
21	25	Sandra Maria Finisterra Araújo Travessas	capv	Veterana F40	00:04	+00:01	00:00
22	27	André Figueiredo	individual	Veterano M40	00:05	+00:01	00:00
23	10	Filipe Abreu	boavista trail	Veterano M40	00:05	+00:01	00:00
24	32	Joaquim Fernandes Pinheiro	individual	Veterano M50	00:05	+00:01	00:00
25	60	Henrique Faria	individual	Veterano M50	00:05	+00:01	00:00
26	43	Marta Silva	tog associação running team	Veterana F40	00:05	+00:01	00:00
27	21	Filipe Domingues	individual	Senior Masculino	00:05	+00:01	00:00
28	8	Pedro Silva	boavista trail	Senior Masculino	00:05	+00:02	00:00
29	24	Cristina Carvalho	individual	Veterana F40	00:05	+00:02	00:00
30	35	Alfredo Moreira	moinhos run - adrm	Veterano M40	00:05	+00:02	00:00
31	695	Jorge Mesquita	tog associação running team	Veterano M40	00:05	+00:02	00:00
32	30	Pedro Fernandes	individual	Veterano M40	00:05	+00:02	00:00
33	37	José Moreira Gomes	nocturnos de paredes	Veterano M50	00:05	+00:02	00:00
34	31	Ricardo Rodrigues	individual	Veterano M40	00:06	+00:02	00:00
35	41	Rui Bessa	sob efeito trail	Senior Masculino	00:06	+00:02	00:00
36	36	Filipe André Barbosa	nocturnos de paredes	Senior Masculino	00:06	+00:02	00:00
37	40	Nuno Silva	salgueiros running	Veterano M40	00:06	+00:02	00:00
38	17	Wilson Fonseca	hora do lobo trail - cf perosinho atletismo	Veterano M40	00:06	+00:03	00:00
39	39	Helder Marques	salgueiros running	Senior Masculino	00:06	+00:03	00:00
40	42	Mónica Sá	tartarugas do asfalto	Veterana F40	00:06	+00:03	00:00

TRAIL LONGO - STAGE 1

25 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	29	Manuel Guedes	individual	Veterano M40	00:07	+00:03	00:00
42	16	Paulo Campos	hora do lobo trail - cf perosinho atletismo	Veterano M40	00:07	+00:03	00:00

Trail Longo
25 KM
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
OFFICIAL RESULT
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	09:00	9,7°C	76%
End	13:08	9,7°C	76%

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

1	3	Paula Soares	A.D.Amarante	Senior Feminino	00:03	+00:00	00:00
2	13	Marta Sousa	Caracois do Monte	Senior Feminino	00:04	+00:01	00:00
3	18	Patricia Ribeiro	Individual	Senior Feminino	00:04	+00:01	00:00

Senior Masculino

1	5	Bruno Fernandes	Boavista trail	Senior Masculino	00:03		00:00
2	6	Helder Barbosa	Boavista trail	Senior Masculino	00:03	+00:00	00:00
3	19	António Carlos Tavares de Paiva	Individual	Senior Masculino	00:03	+00:00	00:00
4	7	M Ricardo Ferreira	Boavista trail	Senior Masculino	00:04	+00:00	00:00
5	45	João Nogueira	Oralklass-Amigos do Trail	Senior Masculino	00:04	+00:00	00:00
6	23	João Pedro Costa Ribeiro	Oralklass-Amigos do Trail	Senior Masculino	00:04	+00:01	00:00
7	22	Hugo Pinto	Individual	Senior Masculino	00:04	+00:01	00:00
8	21	Filipe Domingues	Individual	Senior Masculino	00:05	+00:01	00:00
9	8	Pedro Silva	Boavista trail	Senior Masculino	00:05	+00:02	00:00
10	41	Rui Bessa	Sob Efeito Trail	Senior Masculino	00:06	+00:02	00:00
11	36	Filipe André Barbosa	NOCTURNOS DE PAREDES	Senior Masculino	00:06	+00:02	00:00
12	39	Helder Marques	Salgueiros Running	Senior Masculino	00:06	+00:03	00:00

Veterana F40

1	4	Maria Augusta Da Costa Loureiro	Associação Desportiva de Cabroelo	Veterana F40	00:03	+00:00	00:00
2	34	Sara rafael	KeMedo Team	Veterana F40	00:03	+00:00	00:00
3	25	Sandra Maria Finisterra Araújo Travessas	CAPV	Veterana F40	00:04	+00:01	00:00
4	43	Marta Silva	tog Associação Running Team	Veterana F40	00:05	+00:01	00:00
5	24	Cristina Carvalho	Individual	Veterana F40	00:05	+00:02	00:00
6	42	Mónica Sá	Tartarugas do Asfalto	Veterana F40	00:06	+00:03	00:00

Veterana F50

1	26	Maria Iracema costa	Individual	Veterana F50	00:04	+00:00	00:00
2	14	Margarida Neves	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	00:04	+00:01	00:00

Trail Longo

25 KM

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

OFFICIAL RESULT

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

Veterano M40

1	38	Pedro Santos	Oralklass-Amigos do Trail	Veterano M40	00:03	+00:00	00:00
2	11	Pedro Dias	Boavista trail	Veterano M40	00:03	+00:00	00:00
3	9	António Martins	Boavista trail	Veterano M40	00:03	+00:00	00:00
4	28	Delfim nunes	Individual	Veterano M40	00:03	+00:00	00:00
5	15	César Sousa	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	00:04	+00:00	00:00
6	27	André Figueiredo	Individual	Veterano M40	00:05	+00:01	00:00
7	10	Filipe Abreu	Boavista trail	Veterano M40	00:05	+00:01	00:00
8	35	Alfredo Moreira	Moinhos Run - ADRM	Veterano M40	00:05	+00:02	00:00
9	695	Jorge Mesquita	tog Associação Running Team	Veterano M40	00:05	+00:02	00:00
10	30	Pedro Fernandes	Individual	Veterano M40	00:05	+00:02	00:00
11	31	Ricardo Rodrigues	Individual	Veterano M40	00:06	+00:02	00:00
12	40	Nuno Silva	Salgueiros Running	Veterano M40	00:06	+00:02	00:00
13	17	Wilson Fonseca	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	00:06	+00:03	00:00
14	29	Manuel Guedes	Individual	Veterano M40	00:07	+00:03	00:00
15	16	Paulo Campos	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	00:07	+00:03	00:00

Veterano M50

1	12	Paulo Ferreira	Boavista trail	Veterano M50	00:04	+00:01	00:00
2	32	Joaquim Fernandes Pinheiro	Individual	Veterano M50	00:05	+00:01	00:00
3	60	Henrique Faria	Individual	Veterano M50	00:05	+00:01	00:00
4	37	José Moreira Gomes	NOCTURNOS DE PAREDES	Veterano M50	00:05	+00:02	00:00

TRAIL CURTO - STAGE 1

15 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
83	596	ANTÓNIO JOÃO GOMES DA SILVA	individual	Veterano M50	02:05:04	+49:26	08:20
84	534	Manuel Rocha	fast ao km	Veterano M50	02:05:08	+49:30	08:21
85	678	André Faria	tog associação running team	Senior Masculino	02:05:39	+50:00	08:23
86	704	Victor Cardoso	tog associação running team	Veterano M40	02:06:00	+50:21	08:24
87	604	Liliana vieira	kemedo team	Senior Feminino	02:06:57	+51:18	08:28
88	668	HUGO FILIPE FERNANDES SOUSA	tecla 3 runners	Senior Masculino	02:07:18	+51:40	08:29
89	667	LUCÍLIA MARLENE FERREIRA SILVA	tecla 3 runners	Senior Feminino	02:07:19	+51:40	08:29
90	696	José Antunes	tog associação running team	Veterano M40	02:07:26	+51:47	08:30
91	671	Fernando Brito	the predators	Senior Masculino	02:07:54	+52:15	08:32
92	514	Bastos	bravos	Veterano M40	02:08:04	+52:26	08:32
93	593	Stephen Gillett	individual	Veterano M40	02:08:40	+53:01	08:35
94	707	Manuel Barros	tog associação running team	Veterano M50	02:08:42	+53:04	08:35
95	662	Hassan El-Ghoulb	tainada team	Senior Masculino	02:09:20	+53:41	08:37
96	509	Patrícia Conceição	amigos 100 limites	Senior Feminino	02:09:24	+53:45	08:38
97	510	António Gonçalves	amigos 100 limites	Senior Masculino	02:09:24	+53:45	08:38
98	557	Bruno rocha	individual	Senior Masculino	02:09:28	+53:49	08:38
99	573	Mário Coelho	individual	Senior Masculino	02:10:11	+54:32	08:41
100	549	David Nogueira	hora do lobo trail - cf perosinho atletismo	Veterano M50	02:10:24	+54:45	08:42
101	516	Maria Teixeira	btt alegria // tubani	Veterana F50	02:11:09	+55:31	08:45
102	2	Sandra dos Santos	edv - viana trail	Senior Feminino	02:12:58	+57:19	08:52
103	654	Henrique Barros	salgueiros running	Veterano M40	02:13:11	+57:33	08:53
104	635	Diogo Pimenta	os goguinhos	Senior Masculino	02:18:09	+01:02:30	09:13
105	595	Alberto martins	individual	Veterano M50	02:18:12	+01:02:33	09:13
106	634	Marta Pimenta	os goguinhos	Senior Feminino	02:18:16	+01:02:37	09:13
107	577	Rui Madureira	individual	Senior Masculino	02:20:24	+01:04:45	09:22
108	522	Cristina Flores	clube atletismo da póvoa de varzim	Veterana F40	02:22:56	+01:07:17	09:32
109	641	Claudia Moura	running penafiel trail	Senior Feminino	02:23:13	+01:07:35	09:33
110	520	Conceição Rabaldo	clube atletismo da póvoa de varzim	Veterana F40	02:23:50	+01:08:11	09:35
111	710	Cândida Moreira	trail santa marta	Veterana F40	02:24:11	+01:08:32	09:37
112	571	Manuel Paulo Gomes vieira de Almeida	individual	Senior Masculino	02:29:29	+01:13:50	09:58
113	550	Carla Sofia Jesus da Costa	individual	Senior Feminino	02:29:29	+01:13:50	09:58
114	675	Sónia Reis	tog associação running team	Senior Feminino	02:29:44	+01:14:06	09:59
115	693	Carlos Conde	tog associação running team	Veterano M40	02:29:51	+01:14:13	09:59
116	714	David Silva	individual	Veterano M50	02:30:41	+01:15:02	10:03
117	651	Clara Rua	salgueiros running	Veterana F40	02:30:43	+01:15:04	10:03
118	592	RICARDO M FERREIRA	individual	Veterano M40	02:30:43	+01:15:05	10:03
119	523	Mariana Parente	clube atletismo da póvoa de varzim	Veterana F40	02:32:01	+01:16:23	10:08
120	552	Dina Isabel Perfeito dos Santos	individual	Senior Feminino	02:32:35	+01:16:56	10:10
121	570	Luis Mesquita	individual	Senior Masculino	02:32:52	+01:17:13	10:11
122	588	Jorge Manuel Gomes Teixeira	individual	Veterano M40	02:32:53	+01:17:14	10:12
123	553	Filipa Brito	individual	Senior Feminino	02:34:44	+01:19:05	10:19
124	626	Claudia Mota	nocturnos de paredes	Veterana F40	02:34:49	+01:19:11	10:19

TRAIL CURTO - STAGE 1

15 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
171	541	Manuel Alves	futebol clube de penafiel	Veterano M50	03:48:41	+02:33:03	15:15
172	540	Julio Alves	futebol clube de penafiel	Veterano M40	03:48:42	+02:33:03	15:15
173	539	Isabel Galhardo	futebol clube de penafiel	Veterana F50	03:48:42	+02:33:03	15:15
174	628	Madalena Oliveira	nocturnos de paredes	Veterana F50	03:49:22	+02:33:44	15:18

Trail Curto
15 KM
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
OFFICIAL RESULT
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	09:00	9,7°C	76%
End	12:54	9,7°C	76%

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

1	535	Andreia Ribeiro Almeida	Fridão Sem Limites	Senior Feminino	01:41:43	+26:04	06:47
2	633	Brígida Pinto	Oralklass-Amigos do Trail	Senior Feminino	01:44:47	+29:08	06:59
3	555	Marta Moreira	Individual	Senior Feminino	01:53:11	+37:32	07:33
4	511	Cláudia Fernandes	AMOTINADOS	Senior Feminino	02:02:33	+46:54	08:10
5	604	Liliana vieira	KeMedo Team	Senior Feminino	02:06:57	+51:18	08:28
6	667	LUCÍLIA MARLENE FERREIRA SILVA	Tecla 3 Runners	Senior Feminino	02:07:19	+51:40	08:29
7	509	Patrícia Conceição	Amigos 100 Limites	Senior Feminino	02:09:24	+53:45	08:38
8	2	Sandra dos Santos	EDV - Viana Trail	Senior Feminino	02:12:58	+57:19	08:52
9	634	Marta Pimenta	Os Goguinhos	Senior Feminino	02:18:16	+01:02:37	09:13
10	641	Claudia Moura	Running Penafiel Trail	Senior Feminino	02:23:13	+01:07:35	09:33
11	550	Carla Sofia Jesus da Costa	Individual	Senior Feminino	02:29:29	+01:13:50	09:58
12	675	Sónia Reis	tog Associação Running Team	Senior Feminino	02:29:44	+01:14:06	09:59
13	552	Dina Isabel Perfeito dos Santos	Individual	Senior Feminino	02:32:35	+01:16:56	10:10
14	553	Filipa Brito	Individual	Senior Feminino	02:34:44	+01:19:05	10:19
15	644	Ana Margarida Brito	Salgueiros Running	Senior Feminino	02:42:50	+01:27:11	10:51
16	620	Graça Magalhães	NOCTURNOS DE PAREDES	Senior Feminino	02:49:29	+01:33:51	11:18
17	670	Elisa Garcês	THE PREDATORS	Senior Feminino	02:51:10	+01:35:31	11:25
18	621	Ines Silva	NOCTURNOS DE PAREDES	Senior Feminino	02:51:13	+01:35:34	11:25
19	676	Suse Silva	tog Associação Running Team	Senior Feminino	02:55:15	+01:39:36	11:41
20	673	Rosa Gonçalves	tog Associação Running Team	Senior Feminino	03:02:44	+01:47:05	12:11
21	677	Virginia Ferreira	tog Associação Running Team	Senior Feminino	03:06:28	+01:50:49	12:26
22	674	Silvia Rocha	tog Associação Running Team	Senior Feminino	03:07:55	+01:52:17	12:32
23	637	Ana costa	Pluri Run	Senior Feminino	03:28:15	+02:12:36	13:53

Senior Masculino

1	504	André Nogueira	Aliados Trail Running Team	Senior Masculino	01:15:59	+00:21	05:04
2	544	MARCIO PINTO	grupo dramatico e recreativo da retorta	Senior Masculino	01:19:00	+03:21	05:16
3	506	Francisco Ferreira	Aliados Trail Running Team	Senior Masculino	01:20:08	+04:30	05:21
4	611	Sérgio Silva	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:20:14	+04:36	05:21
5	513	Miguel Ângelo	BitRunners	Senior Masculino	01:23:57	+08:18	05:36
6	636	Luis Miguel Sousa Mendes	Paços runners/Amigos da roda	Senior Masculino	01:24:22	+08:43	05:37
7	536	Paulo Monteiro	Fridão Sem Limites	Senior Masculino	01:26:21	+10:42	05:45
8	624	José Meneses	NOCTURNOS DE PAREDES	Senior Masculino	01:26:36	+10:57	05:46
9	561	Fabien Nicolas Rosier	Individual	Senior Masculino	01:26:45	+11:06	05:47
10	537	Ricardo Miguel Magalhães Nunes	Fridão Sem Limites	Senior Masculino	01:26:51	+11:12	05:47
11	505	Bruno Pinto	Aliados Trail Running Team	Senior Masculino	01:28:47	+13:08	05:55
12	508	Vitor Moreira	Aliados Trail Running Team	Senior Masculino	01:28:48	+13:09	05:55

Official Timekeeper: Lap2Go

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Trail Curto

15 KM

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OFFICIAL RESULT

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13	567	João Leite	Individual	Senior Masculino	01:29:08	+13:29	05:57
14	679	Carlos Silva	tog Associação Running Team	Senior Masculino	01:31:25	+15:46	06:06
15	507	Paulo Machado	Aliados Trail Running Team	Senior Masculino	01:32:01	+16:23	06:08
16	564	Hugo José Lopes Moutinho Loureiro	Individual	Senior Masculino	01:33:45	+18:07	06:15
17	686	Sérgio Francisco Barros Rodrigues	tog Associação Running Team	Senior Masculino	01:34:29	+18:50	06:18
18	610	Filipe Póvoas	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:36:16	+20:37	06:25
19	527	André Silva	Dá-Lhe Gás Running Team	Senior Masculino	01:36:24	+20:45	06:26
20	532	João Oliveira	Facort Running Team	Senior Masculino	01:43:27	+27:48	06:54
21	560	David Ferreira	Individual	Senior Masculino	01:48:20	+32:41	07:13
22	574	Paulo Conde	Individual	Senior Masculino	01:48:20	+32:41	07:13
23	562	Filipe truta	Individual	Senior Masculino	01:49:01	+33:22	07:16
24	687	Bruno Fernandes	tog Associação Running Team	Senior Masculino	01:49:04	+33:26	07:16
25	609	Dário Pinto	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:49:38	+33:59	07:19
26	709	Ricardo Cunha	Trail Santa Marta	Senior Masculino	01:50:52	+35:13	07:24
27	559	Cláudio Joaquim Oliveira da Silva	Individual	Senior Masculino	01:52:34	+36:55	07:30
28	612	Tiago Sequeira	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:53:11	+37:32	07:33
29	576	Pedro Victoriano	Individual	Senior Masculino	01:56:04	+40:25	07:44
30	568	Joaquim Domingos Lopes Alves	Individual	Senior Masculino	01:56:14	+40:35	07:45
31	684	Paulo Soares	tog Associação Running Team	Senior Masculino	01:59:52	+44:13	07:59
32	683	Nuno Sousa	tog Associação Running Team	Senior Masculino	02:00:26	+44:47	08:02
33	647	Nuno Maio	Salgueiros Running	Senior Masculino	02:00:48	+45:10	08:03
34	681	Joel Vale	tog Associação Running Team	Senior Masculino	02:01:23	+45:44	08:06
35	685	Pedro Dias	tog Associação Running Team	Senior Masculino	02:02:13	+46:34	08:09
36	501	Tiago David da Silva Ferreira	100PRESSA	Senior Masculino	02:03:03	+47:24	08:12
37	678	André Faria	tog Associação Running Team	Senior Masculino	02:05:39	+50:00	08:23
38	668	HUGO FILIPE FERNANDES SOUSA	Tecla 3 Runners	Senior Masculino	02:07:18	+51:40	08:29
39	671	Fernando Brito	THE PREDATORS	Senior Masculino	02:07:54	+52:15	08:32
40	662	Hassan El-Ghoulb	Tainada Team	Senior Masculino	02:09:20	+53:41	08:37
41	510	António Gonçalves	Amigos 100 Limites	Senior Masculino	02:09:24	+53:45	08:38
42	557	Bruno rocha	Individual	Senior Masculino	02:09:28	+53:49	08:38
43	573	Mário Coelho	Individual	Senior Masculino	02:10:11	+54:32	08:41
44	635	Diogo Pimenta	Os Goguinhos	Senior Masculino	02:18:09	+01:02:30	09:13
45	577	Rui Madureira	Individual	Senior Masculino	02:20:24	+01:04:45	09:22
46	571	Manuel Paulo Gomes vieira de Almeida	Individual	Senior Masculino	02:29:29	+01:13:50	09:58
47	570	Luis Mesquita	Individual	Senior Masculino	02:32:52	+01:17:13	10:11
48	661	Alexandre Alves	Tainada Team	Senior Masculino	02:35:23	+01:19:44	10:22
49	558	António Oliveira	Individual	Senior Masculino	02:43:10	+01:27:32	10:53
50	563	Hélder Vales	Individual	Senior Masculino	02:43:11	+01:27:32	10:53
51	680	Ismael Silva	tog Associação Running Team	Senior Masculino	02:52:49	+01:37:10	11:31
52	660	Abdoul Khadine Sow	Tainada Team	Senior Masculino	03:00:11	+01:44:33	12:01
53	699	Filipe Terra	tog Associação Running Team	Senior Masculino	03:01:29	+01:45:51	12:06
54	708	Bruno Santos	Trail Santa Marta	Senior Masculino	03:06:25	+01:50:46	12:26
55	623	Filipa Pinto	NOCTURNOS DE PAREDES	Senior Masculino	03:06:41	+01:51:02	12:27
56	638	Daniel Torres	Pluri Run	Senior Masculino	03:27:22	+02:11:43	13:50

Trail Curto**15 KM**

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

OFFICIAL RESULT

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Veterana F40

1	578	Lurdes Pinheiro	Individual	Veterana F40	01:56:23	+00:44	07:46
2	522	Cristina Flores	Clube atletismo da Póvoa de Varzim	Veterana F40	02:22:56	+01:07:17	09:32
3	520	Conceição Rabaldo	Clube atletismo da Póvoa de Varzim	Veterana F40	02:23:50	+01:08:11	09:35
4	710	Cândida Moreira	Trail Santa Marta	Veterana F40	02:24:11	+01:08:32	09:37
5	651	Clara Rua	Salgueiros Running	Veterana F40	02:30:43	+01:15:04	10:03
6	523	Mariana Parente	Clube atletismo da Póvoa de Varzim	Veterana F40	02:32:01	+01:16:23	10:08
7	626	Claudia Mota	NOCTURNOS DE PAREDES	Veterana F40	02:34:49	+01:19:11	10:19
8	713	Susana Couto	WOLVES	Veterana F40	02:53:32	+01:37:53	11:34
9	688	Beatriz Almeida	tog Associação Running Team	Veterana F40	03:01:31	+01:45:53	12:06
10	690	Kika Martins	tog Associação Running Team	Veterana F40	03:07:54	+01:52:15	12:32
11	691	Rute Pinto	tog Associação Running Team	Veterana F40	03:07:56	+01:52:17	12:32
12	689	Goreti Rocha	tog Associação Running Team	Veterana F40	03:10:01	+01:54:22	12:40
13	603	Carla Maria Pereira Santos	Invicta Runners Team	Veterana F40	03:34:12	+02:18:33	14:17
14	652	Joana Vieira	Salgueiros Running	Veterana F40	03:45:41	+02:30:02	15:03

Veterana F50

1	581	FATIMA PAIS	Individual	Veterana F50	01:55:31	+00:52	07:42
2	516	Maria Teixeira	BTT Alegria // TUBANI	Veterana F50	02:11:09	+01:53	08:45
3	711	Delfina Eiras	Trail Santa Marta	Veterana F50	02:39:03	+01:23:24	10:36
4	613	Natália Carvalho	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	02:49:26	+01:33:47	11:18
5	692	Deolinda Campanhã	tog Associação Running Team	Veterana F50	03:10:02	+01:54:23	12:40
6	525	Celina Baptista	CNCBacadapasso	Veterana F50	03:26:23	+02:10:44	13:46
7	653	Paula Salgado	Salgueiros Running	Veterana F50	03:45:41	+02:30:02	15:03
8	539	Isabel Galhardo	Futebol Clube de Penafiel	Veterana F50	03:48:42	+02:33:03	15:15
9	628	Madalena Oliveira	NOCTURNOS DE PAREDES	Veterana F50	03:49:22	+02:33:44	15:18

Veterano M40

1	529	Marco Faria	Dá-Lhe Gás Running Team	Veterano M40	01:16:45	+01:06	05:07
2	542	Nuno Azevedo	G.D.C.C.P - CASTELO DE PAIVA	Veterano M40	01:18:04	+02:25	05:12
3	545	ADELINO SILVA	grupo dramatico e recreativo da retorta	Veterano M40	01:24:10	+08:31	05:37
4	538	Agostinho Paulo Teixeira de Sousa	Fridão Sem Limites	Veterano M40	01:25:12	+09:33	05:41
5	528	Abilio Almeida	Dá-Lhe Gás Running Team	Veterano M40	01:26:52	+11:13	05:48
6	642	Carlos barbosa	Running Penafiel Trail	Veterano M40	01:33:26	+17:47	06:14
7	589	José Paulo Ribeiro	Individual	Veterano M40	01:35:03	+19:25	06:20
8	533	Ricardo Rocha	FAST AO KM	Veterano M40	01:37:58	+22:20	06:32
9	617	Vitor Azevedo	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:38:00	+22:21	06:32

Official Timekeeper: Lap2Go

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Trail Curto
15 KM

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

OFFICIAL RESULT

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Veterano M50

1	547	HENRIQUE DIAS	grupo dramático e recreativo da retorta	Veterano M50	01:15:38		05:03
2	518	Asdrúbal Freitas	CENTRO CICLISTA DE GONDOMAR	Veterano M50	01:30:44	+15:05	06:03
3	643	Carlos Vinhas	Running Penafiel Trail	Veterano M50	01:39:30	+23:52	06:38
4	619	Manuel Póvoas	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:42:09	+26:30	06:49
5	659	pedro barbosa	Swet runners	Veterano M50	01:44:05	+28:27	06:56
6	601	Manuel costa	Individual	Veterano M50	01:44:19	+28:40	06:57
7	602	Paulo Dias	Individual	Veterano M50	01:49:00	+33:21	07:16
8	706	Fernando Vital	tog Associação Running Team	Veterano M50	01:52:33	+36:54	07:30
9	599	José Leça	Individual	Veterano M50	01:53:28	+37:49	07:34
10	705	António Lima	tog Associação Running Team	Veterano M50	02:01:46	+46:07	08:07
11	600	Manuel Bernardino Moreira dos Reis	Individual	Veterano M50	02:02:33	+46:55	08:10
12	596	ANTÓNIO JOÃO GOMES DA SILVA	Individual	Veterano M50	02:05:04	+49:26	08:20
13	534	Manuel Rocha	FAST AO KM	Veterano M50	02:05:08	+49:30	08:21
14	707	Manuel Barros	tog Associação Running Team	Veterano M50	02:08:42	+53:04	08:35
15	549	David Nogueira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M50	02:10:24	+54:45	08:42
16	595	Alberto martins	Individual	Veterano M50	02:18:12	+01:02:33	09:13
17	714	David Silva	Individual	Veterano M50	02:30:41	+01:15:02	10:03
18	597	João Sousa	Individual	Veterano M50	02:36:58	+01:21:20	10:28
19	712	Manuel Sousa	Trail Santa Marta	Veterano M50	02:38:19	+01:22:40	10:33
20	598	Jose António Freitas	Individual	Veterano M50	02:44:28	+01:28:50	10:58
21	632	Manuel Pinto	NOCTURNOS DE PAREDES	Veterano M50	02:49:36	+01:33:57	11:18
22	526	Carlos Navega	CNCBacadapasso	Veterano M50	03:26:23	+02:10:44	13:46
23	543	Rui machado	gansos	Veterano M50	03:34:12	+02:18:33	14:17
24	541	Manuel Alves	Futebol Clube de Penafiel	Veterano M50	03:48:41	+02:33:03	15:15

