

TRAIL LONGO - STAGE 1

21 KM

R
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
42	609	Daniel Pereira	s.c santacruzence	Senior Masculino	02:29:43	+48:58	07:08
43	505	Rui Ferreira	monte dos amigos	Senior Masculino	02:29:45	+48:59	07:08
44	518	Alexandre Pereira	equipa a	Veterano M40	02:29:46	+49:01	07:08
45	574	Ricardo Teixeira	individual	Veterano M50	02:30:11	+49:26	07:09
46	646	Orlanda Rego	gaia-running	Veterana F40	02:30:43	+49:57	07:11
47	643	Elisabete Repas	gaia-running	Veterana F50	02:30:43	+49:57	07:11
48	503	Manuel Jesus	individual	Veterano M50	02:30:43	+49:58	07:11
49	630	Fernando Santos	individual	Veterano M40	02:30:56	+50:11	07:11
50	642	Cristina Saraiva	hora do lobo	Veterana F50	02:31:58	+51:13	07:14
51	593	Eduardo Benigno	individual	Veterano M40	02:31:59	+51:14	07:14
52	516	Falcão	ctad - trilhos de cinfães	Veterano M40	02:32:22	+51:36	07:15
53	652	Ana Branco	individual	Senior Feminino	02:32:22	+51:37	07:15
54	512	Marilú	ctad - trilhos de cinfães	Veterana F40	02:32:26	+51:41	07:16
55	523	Nuno Rocha	individual	Senior Masculino	02:33:39	+52:54	07:19
56	546	PAULO SILVA	equipa joao ferreira	Veterano M40	02:33:45	+53:00	07:19
57	601	Tiago Faria	individual	Senior Masculino	02:34:20	+53:34	07:21
58	572	Manuel Quintas	btt-tt sandim	Veterano M50	02:34:46	+54:01	07:22
59	641	José Cardoso	mss contabilidade trail team	Veterano M40	02:34:49	+54:03	07:22
60	514	Helder Rodrigues	individual	Veterano M40	02:35:20	+54:34	07:24
61	517	Jorge Alves	invicta runners team	Veterano M40	02:35:33	+54:47	07:24
62	638	Julia	escola atletismo trofa	Veterana F40	02:35:51	+55:06	07:25
63	560	Mingues	individual	Veterano M40	02:36:04	+55:19	07:26
64	594	Belmiro Magalhães	individual	Senior Masculino	02:36:41	+55:56	07:28
65	584	Bruno Gonçalves	individual	Senior Masculino	02:37:44	+56:59	07:31
66	583	Ivo Ferreira	individual	Senior Masculino	02:37:44	+56:59	07:31
67	605	Sylvie Duarte	individual	Veterana F40	02:38:05	+57:20	07:32
68	507	Alcino Araujo	individual	Veterano M50	02:38:08	+57:22	07:32
69	618	Carlos Pereira	individual	Veterano M40	02:38:08	+57:23	07:32
70	539	Tiago Moreira	individual	Senior Masculino	02:39:18	+58:33	07:35
71	575	José Ferreira	individual	Veterano M40	02:39:35	+58:50	07:36
72	569	Mariana Batista	btt-tt sandim	Senior Feminino	02:39:58	+59:12	07:37
73	570	Marinho Quintas	btt-tt sandim	Veterano M40	02:39:58	+59:13	07:37
74	587	Tiago Cruz	adc são jacinto	Senior Masculino	02:40:43	+59:57	07:39
75	596	Manuel Gomes	mss contabilidade trail team	Veterano M40	02:42:32	+01:01:46	07:44
76	597	João Pedro	individual	Veterano M40	02:42:38	+01:01:53	07:45
77	637	Ricardo Lento	trepatrihos trail team	Senior Masculino	02:42:58	+01:02:13	07:46
78	636	Gilberto Sousa	individual	Senior Masculino	02:43:30	+01:02:44	07:47
79	553	Helder oliveira	individual	Senior Masculino	02:43:30	+01:02:45	07:47
80	545	CARLOS JORGE	equipa joao ferreira	Veterano M40	02:44:56	+01:04:10	07:51
81	441	Margarida Neves	hora do lobo	Veterana F50	02:45:53	+01:05:07	07:54
82	577	Ernesto Martins	lion runners - g. d. leões da guarda	Veterano M50	02:47:08	+01:06:22	07:58
83	579	João Soares	lion runners - g. d. leões da guarda	Senior Masculino	02:47:08	+01:06:23	07:58
84	647	Paulo Vilarinho	gaia-running	Veterano M40	02:47:17	+01:06:31	07:58
85	526	António Silva	a20s javalis trail team	Veterano M50	02:50:13	+01:09:28	08:06
86	607	Ricardo Rocha	individual	Veterano M40	02:50:38	+01:09:53	08:08
87	578	Filipe Pereira	lion runners - g. d. leões da guarda	Veterano M40	02:50:51	+01:10:05	08:08

TRAIL LONGO - STAGE 1

21 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	586	Rui Carmo	frende	Veterano M40	02:51:19	+01:10:33	08:09
89	548	Rui Moreira	geocrosstrail escariz	Veterano M40	02:51:23	+01:10:37	08:10
90	562	Ivo Couto	a20's box crossfit	Veterano M40	02:51:33	+01:10:48	08:10
91	616	João Santos	individual	Veterano M50	02:51:44	+01:10:59	08:11
92	612	Paulo Duarte	bravos&bravitas	Veterano M40	02:52:18	+01:11:33	08:12
93	538	Carlos Taveira	individual	Veterano M40	02:52:20	+01:11:34	08:12
94	559	Paulo genesio	mais que corridas	Veterano M50	02:52:47	+01:12:02	08:14
95	515	Mário Pereira	ctad - trilhos de cinfães	Veterano M50	02:53:20	+01:12:34	08:15
96	522	Paulo Sousa	individual	Veterano M40	02:55:57	+01:15:12	08:23
97	627	Costa	motivação	Veterano M40	02:57:41	+01:16:56	08:28
98	628	Dérinho	motivação	Senior Masculino	02:57:42	+01:16:56	08:28
99	542	Ricardo A. Silva Sousa	fit gaia trail	Veterano M40	02:59:24	+01:18:38	08:33
100	649	Silvia Peralta	gaia-running	Veterana F40	03:03:12	+01:22:27	08:43
101	540	Francisco Gomes	shots international runners	Veterano M40	03:06:15	+01:25:29	08:52
102	620	Dora Dias	no tomorrow running team	Senior Feminino	03:07:33	+01:26:47	08:56
103	660	Bruno Pinho	clube atletismo lamas	Senior Masculino	03:07:33	+01:26:48	08:56
104	556	José Moreira	clube atletismo lamas	Veterano M40	03:07:33	+01:26:48	08:56
105	555	Carlos Cardoso	clube atletismo lamas	Veterano M40	03:07:33	+01:26:48	08:56
106	619	Américo Gomes	clube atletismo lamas	Veterano M40	03:07:34	+01:26:48	08:56
107	554	Flavio Soares	clube atletismo lamas	Veterano M40	03:11:44	+01:30:59	09:08
108	580	Ricardo Freitas	lion runners - g. d. leões da guarda	Senior Masculino	03:12:38	+01:31:53	09:10
109	533	Helena Cunha	arrastassolas	Veterana F40	03:14:20	+01:33:34	09:15
110	534	Carla Moreira	arrastassolas	Veterana F40	03:14:20	+01:33:35	09:15
111	511	RICARDO	mccb clínica médica Idª	Senior Masculino	03:15:55	+01:35:09	09:20
112	622	Sérgio Lima	trinca bolotas	Senior Masculino	03:16:04	+01:35:19	09:20
113	625	Joana Sousa	trinca bolotas	Senior Feminino	03:16:05	+01:35:19	09:20
114	623	Diana Leite	trinca bolotas	Veterana F40	03:16:05	+01:35:20	09:20
115	527	António Pinheiro	dr. merino/4mooove	Senior Masculino	03:16:28	+01:35:43	09:21
116	634	Alberto Martins	wolves wolves	Veterano M50	03:18:30	+01:37:45	09:27
117	633	Iracema Costa	individual	Veterana F50	03:18:30	+01:37:45	09:27
118	585	José Pereira	frende	Veterano M40	03:18:34	+01:37:48	09:27
119	543	Ricardo	individual	Veterano M40	03:20:14	+01:39:28	09:32
120	654	Atleta 654	individual	Senior Masculino	03:21:29	+01:40:43	09:36
121	653	Atleta 653	individual	Senior Masculino	03:21:30	+01:40:44	09:36
122	599	Dina Gonçalves	lion runners - g. d. leões da guarda	Veterano M40	03:21:30	+01:40:44	09:36
123	536	Manuel Silva	arrastassolas	Veterano M40	03:32:06	+01:51:20	10:06
124	602	Ana Bem	fhmasters	Veterana F40	03:37:23	+01:56:37	10:21
125	603	Paulo Teixeira	fhmasters	Veterana F50	03:37:23	+01:56:38	10:21
126	592	Joaquim Sousa	fit2labor	Veterano M40	03:41:47	+02:01:01	10:34
127	591	Mónica Margaride	fit2labor	Veterana F40	03:41:47	+02:01:01	10:34
128	655	Artur Fonseca	ruptura total	Veterano M40	03:45:08	+02:04:23	10:43

Trail Longo

21 KM

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REVISED

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

OFFICIAL RESULT

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

31	579	João Soares	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	02:47:08	+01:06:23	07:58
32	628	Dérinho	Motivação	Senior Masculino	02:57:42	+01:16:56	08:28
33	660	Bruno Pinho	CLUBE ATLETISMO LAMAS	Senior Masculino	03:07:33	+01:26:48	08:56
34	580	Ricardo Freitas	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	03:12:38	+01:31:53	09:10
35	511	RICARDO	MCCB Clínica Médica Ldª	Senior Masculino	03:15:55	+01:35:09	09:20
36	622	Sérgio Lima	Trinca Bolotas	Senior Masculino	03:16:04	+01:35:19	09:20
37	527	António Pinheiro	Dr. Merino/4moove	Senior Masculino	03:16:28	+01:35:43	09:21
38	654	Atleta 654	Individual	Senior Masculino	03:21:29	+01:40:43	09:36
39	653	Atleta 653	Individual	Senior Masculino	03:21:30	+01:40:44	09:36

Veterana F40

1	646	Orlanda Rego	GAIA-RUNNING	Veterana F40	02:30:43	+49:57	07:11
2	512	Marilú	CTAD - Trilhos de Cinfães	Veterana F40	02:32:26	+51:41	07:16
3	638	Julia	escola atletismo trofa	Veterana F40	02:35:51	+55:06	07:25
4	605	Sylvie Duarte	Individual	Veterana F40	02:38:05	+57:20	07:32
5	649	Silvia Peralta	GAIA-RUNNING	Veterana F40	03:03:12	+01:22:27	08:43
6	533	Helena Cunha	ARRASTASSOLAS	Veterana F40	03:14:20	+01:33:34	09:15
7	534	Carla Moreira	ARRASTASSOLAS	Veterana F40	03:14:20	+01:33:35	09:15
8	623	Diana Leite	Trinca Bolotas	Veterana F40	03:16:05	+01:35:20	09:20
9	602	Ana Bem	FHMasters	Veterana F40	03:37:23	+01:56:37	10:21
10	591	Mónica Margaride	Fit2Labor	Veterana F40	03:41:47	+02:01:01	10:34

Veterana F50

1	643	Elisabete Repas	GAIA-RUNNING	Veterana F50	02:30:43	+49:57	07:11
2	642	Cristina Saraiva	Hora do lobo	Veterana F50	02:31:58	+51:13	07:14
3	441	Margarida Neves	Hora do lobo	Veterana F50	02:45:53	+01:05:07	07:54
4	633	Iracema Costa	Individual	Veterana F50	03:18:30	+01:37:45	09:27
5	603	Paulo Teixeira	FHMasters	Veterana F50	03:37:23	+01:56:38	10:21

Veterano M40

1	640	Gilberto Costa	ESPINHO TRAIL TEAM	Veterano M40	01:53:50	+13:04	05:25
2	528	Joaquim Fernandes	AMIGOS DO ATLETISMO MAGNA	Veterano M40	02:02:23	+21:38	05:50
3	617	Daniel Mota	Individual	Veterano M40	02:10:01	+29:16	06:12
4	567	Filipe Escobar	Equipa A	Veterano M40	02:18:19	+37:33	06:35
5	571	Joaquim Quintas	BTT-TT Sandim	Veterano M40	02:20:26	+39:41	06:41
6	537	Luís Ribeiro	ARRASTASSOLAS	Veterano M40	02:20:31	+39:46	06:41
7	549	Marcos Gandra	Individual	Veterano M40	02:20:36	+39:51	06:42
8	20	Manuel Freire	CLUBE TRILHEIROS & AMIGOS	Veterano M40	02:24:34	+43:48	06:53
9	508	Jorge Sousa	Individual	Veterano M40	02:25:38	+44:52	06:56
10	509	JORGE RODRIGUES	CTAD - Trilhos de Cinfães	Veterano M40	02:25:44	+44:59	06:56
11	631	Pirata	Equipa A	Veterano M40	02:27:31	+46:45	07:01

Official Timekeeper: Lap2Go	2 / 4	generate 16-out-2018 20:50
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Trail Longo
21 KM

OFFICIAL RESULT

12	547	FRANCISCO FONSECA	EQUIPA JOAO FERREIRA	Veterano M40	02:27:33	+46:47	07:02
13	531	Pedro Carvalho	ARRASTASSOLAS	Veterano M40	02:28:57	+48:11	07:06
14	518	Alexandre Pereira	Equipa A	Veterano M40	02:29:46	+49:01	07:08
15	630	Fernando Santos	Individual	Veterano M40	02:30:56	+50:11	07:11
16	593	Eduardo Benigno	Individual	Veterano M40	02:31:59	+51:14	07:14
17	516	Falcão	CTAD - Trilhos de Cinfães	Veterano M40	02:32:22	+51:36	07:15
18	546	PAULO SILVA	EQUIPA JOAO FERREIRA	Veterano M40	02:33:45	+53:00	07:19
19	641	José Cardoso	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:34:49	+54:03	07:22
20	514	Helder Rodrigues	Individual	Veterano M40	02:35:20	+54:34	07:24
21	517	Jorge Alves	Invicta Runners Team	Veterano M40	02:35:33	+54:47	07:24
22	560	Mingues	Individual	Veterano M40	02:36:04	+55:19	07:26
23	618	Carlos Pereira	Individual	Veterano M40	02:38:08	+57:23	07:32
24	575	José Ferreira	Individual	Veterano M40	02:39:35	+58:50	07:36
25	570	Marinho Quintas	BTT-TT Sandim	Veterano M40	02:39:58	+59:13	07:37
26	596	Manuel Gomes	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:42:32	+01:01:46	07:44
27	597	João Pedro	Individual	Veterano M40	02:42:38	+01:01:53	07:45
28	545	CARLOS JORGE	EQUIPA JOAO FERREIRA	Veterano M40	02:44:56	+01:04:10	07:51
29	647	Paulo Vilarinho	GAIA-RUNNING	Veterano M40	02:47:17	+01:06:31	07:58
30	607	Ricardo Rocha	Individual	Veterano M40	02:50:38	+01:09:53	08:08
31	578	Filipe Pereira	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	02:50:51	+01:10:05	08:08
32	586	Rui Carmo	Freunde	Veterano M40	02:51:19	+01:10:33	08:09
33	548	Rui Moreira	Geocrosstrail Escariz	Veterano M40	02:51:23	+01:10:37	08:10
34	562	Ivo Couto	A20's Box CrossFit	Veterano M40	02:51:33	+01:10:48	08:10
35	612	Paulo Duarte	Bravos&bravitas	Veterano M40	02:52:18	+01:11:33	08:12
36	538	Carlos Taveira	Individual	Veterano M40	02:52:20	+01:11:34	08:12
37	522	Paulo Sousa	Individual	Veterano M40	02:55:57	+01:15:12	08:23
38	627	Costa	Motivação	Veterano M40	02:57:41	+01:16:56	08:28
39	542	Ricardo A. Silva Sousa	Fit Gaia Trail	Veterano M40	02:59:24	+01:18:38	08:33
40	540	Francisco Gomes	Shots International Runners	Veterano M40	03:06:15	+01:25:29	08:52
41	556	José Moreira	CLUBE ATLETISMO LAMAS	Veterano M40	03:07:33	+01:26:48	08:56
42	555	Carlos Cardoso	CLUBE ATLETISMO LAMAS	Veterano M40	03:07:33	+01:26:48	08:56
43	619	Américo Gomes	CLUBE ATLETISMO LAMAS	Veterano M40	03:07:34	+01:26:48	08:56
44	554	Flavio Soares	CLUBE ATLETISMO LAMAS	Veterano M40	03:11:44	+01:30:59	09:08
45	585	José Pereira	Freunde	Veterano M40	03:18:34	+01:37:48	09:27
46	543	Ricardo	Individual	Veterano M40	03:20:14	+01:39:28	09:32
47	599	Dina Gonçalves	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	03:21:30	+01:40:44	09:36
48	536	Manuel Silva	ARRASTASSOLAS	Veterano M40	03:32:06	+01:51:20	10:06
49	592	Joaquim Sousa	Fit2Labor	Veterano M40	03:41:47	+02:01:01	10:34
50	655	Artur Fonseca	Ruptura Total	Veterano M40	03:45:08	+02:04:23	10:43

Veterano M50

1	256	Amadeu Teixeira	Nós Acreditamos	Veterano M50	02:04:51	+24:06	05:57
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Official Timekeeper: Lap2Go	3 / 4	generate 16-out-2018 20:50
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TRAIL CURTO - STAGE 1

13 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	14,5°C	82%
End	12:49	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	353	Nelson Loureiro	individual	Senior Masculino	01:03:56		04:55
2	276	Dinis Gonçalves	gaia trail	Veterano M40	01:06:16	+02:20	05:06
3	107	Sérgio Silva	mss contabilidade trail team	Senior Masculino	01:07:20	+03:24	05:11
4	165	Rui Oliveira	a20's box	Veterano M40	01:10:28	+06:32	05:25
5	336	Camilo Guedes	clube pessoal aguas gaia	Veterano M40	01:11:49	+07:53	05:32
6	133	Asdrubal Freitas	mss contabilidade trail team	Veterano M50	01:12:04	+08:08	05:33
7	411	David Leite	caldas s. jorge sport clube	Veterano M50	01:12:24	+08:28	05:34
8	194	Celso Oliveira	lion runners - g. d. leões da guarda	Senior Masculino	01:12:54	+08:58	05:36
9	415	Rui Costa	hora do lobo	Senior Masculino	01:13:07	+09:11	05:37
10	268	Eduardo Xavier	devasta trilhos	Senior Masculino	01:15:16	+11:20	05:47
11	250	Ivo Barbosa	devasta trilhos	Senior Masculino	01:15:43	+11:47	05:49
12	199	José Sá	lion runners - g. d. leões da guarda	Senior Masculino	01:16:20	+12:24	05:52
13	327	Marcio Melo	bravos&bravitas	Senior Masculino	01:16:50	+12:54	05:55
14	96	David Sousa	mss contabilidade trail team	Senior Masculino	01:17:25	+13:29	05:57
15	304	Carlos sousa	devasta trilhos	Veterano M50	01:17:26	+13:30	05:57
16	422	Luis Teixeira	limitless	Senior Masculino	01:17:31	+13:35	05:58
17	117	Tó Faria	amigos 100 limites	Senior Masculino	01:17:33	+13:37	05:58
18	103	Filipe Póvoas	mss contabilidade trail team	Senior Masculino	01:17:33	+13:37	05:58
19	254	Fabio Silva	nós acreditamos	Senior Masculino	01:18:58	+15:02	06:05
20	384	José Almeida	team bolt	Senior Masculino	01:19:10	+15:14	06:05
21	231	Pedro Ferreira	individual	Veterano M40	01:19:36	+15:40	06:07
22	392	Rui Sousa	gondomar	Veterano M40	01:19:42	+15:46	06:08
23	13	Pedro Guimarães	ctad - trilhos de cinfães	Veterano M40	01:20:16	+16:20	06:11
24	118	Vigário	amigos 100 limites	Senior Masculino	01:21:01	+17:05	06:14
25	403	Eduardo Pinto	espinho trail team	Veterano M40	01:21:28	+17:32	06:16
26	404	Filipe Couto	espinho trail team	Senior Masculino	01:21:29	+17:33	06:16
27	114	Ibraim Sousa	mss contabilidade trail team	Veterano M40	01:21:46	+17:50	06:17
28	175	José Oliveira	sentir escariz running	Veterano M40	01:22:15	+18:19	06:20
29	335	Miguel Alves	leões de tardariz trail	Senior Masculino	01:22:27	+18:31	06:21
30	311	Dario Cardoso	leões de tardariz trail	Veterano M40	01:22:28	+18:32	06:21
31	16	Márcio Costa	grupo desportivo e cultural do banco de portugal	Senior Masculino	01:22:46	+18:50	06:22
32	2098	Ricardo Silva	bravos&bravitas	Senior Masculino	01:23:06	+19:10	06:24
33	91	Victor Azevedo	mss contabilidade trail team	Veterano M40	01:23:24	+19:28	06:25
34	149	ANIBAL SILVA	nascidos para correr	Veterano M50	01:23:30	+19:34	06:25
35	1	Joao Oliveira	facort running team	Senior Masculino	01:25:17	+21:21	06:34
36	182	Miguel Silva	sentir escariz running	Senior Masculino	01:25:26	+21:30	06:34
37	379	Filipe Pereira	team bolt	Senior Masculino	01:25:27	+21:31	06:34
38	320	Nuno Teixeira	bravos&bravitas	Senior Masculino	01:25:45	+21:49	06:36
39	416	Carlos Ferreira	hora do lobo	Veterano M50	01:26:04	+22:08	06:37
40	442	Henrique Ferreira	centro ciclista de gondomar	Veterano M50	01:26:15	+22:19	06:38
41	98	HUGUINHO	individual	Senior Masculino	01:26:16	+22:20	06:38

TRAIL CURTO - STAGE 1

13 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	180	Rui Figueiredo	sentir escaziz running	Veterano M40	01:35:45	+31:49	07:22
89	177	Jorge Moreira	sentir escaziz running	Veterano M40	01:35:49	+31:53	07:22
90	255	Armando Cardoso	nós acreditamos	Veterano M40	01:35:50	+31:54	07:22
91	347	Diana Sousa	equipa a	Veterana F40	01:36:39	+32:43	07:26
92	23	Valter Barbosa	stcp runners	Senior Masculino	01:36:43	+32:47	07:26
93	219	Américo Santos	taylors	Veterano M40	01:36:45	+32:49	07:27
94	79	José Pereira	equipa a	Veterano M50	01:37:02	+33:06	07:28
95	90	Patrícia Santos	oralklass amigos do trail	Senior Feminino	01:37:05	+33:09	07:28
96	425	Tiago Magalhães	limitless	Senior Masculino	01:38:06	+34:10	07:33
97	406	Jorge Duarte	espinho trail team	Senior Masculino	01:38:44	+34:48	07:36
98	30	Mariana Lemos	ctad - trilhos de cinfães	Senior Feminino	01:38:57	+35:01	07:37
99	210	Eugénio Soares	factor x / s4l / medense fc	Veterano M40	01:39:17	+35:21	07:38
100	35	Filipe Rocha	marcorunners	Senior Masculino	01:39:18	+35:22	07:38
101	228	Filipe Pinho	a20's box crossfit	Veterano M40	01:39:24	+35:28	07:39
102	325	Manuel Gomes	bravos&bravitas	Veterano M40	01:39:35	+35:39	07:40
103	621	Paulo Queirós	mss contabilidade trail team	Veterano M40	01:39:41	+35:45	07:40
104	423	Ivan Rocha	limitless	Senior Masculino	01:39:49	+35:53	07:41
105	218	Miguel Moura	taylors	Veterano M40	01:40:17	+36:21	07:43
106	339	José Barbosa	clube pessoal aguas gaia	Veterano M50	01:41:01	+37:05	07:46
107	65	Rui Queirós	mangueiras - run/walk team	Senior Masculino	01:42:18	+38:22	07:52
108	115	Bruno Peredo	mss contabilidade trail team	Senior Masculino	01:42:50	+38:54	07:55
109	226	ANTONIO	equipa joao ferreira	Veterano M40	01:43:02	+39:06	07:56
110	502	Artur Fonseca	ruptura total	Veterano M40	01:43:02	+39:06	07:56
111	261	Júlio Sequeira	mais que corridas	Senior Masculino	01:43:20	+39:24	07:57
112	399	Ricardo Duarte	espinho trail team	Senior Masculino	01:43:30	+39:34	07:58
113	397	Bruno Duarte	espinho trail team	Senior Masculino	01:43:30	+39:34	07:58
114	284	Nilda Magalhaes	individual	Veterana F50	01:43:34	+39:38	07:58
115	321	Vera Leite	bravos&bravitas	Senior Feminino	01:43:40	+39:44	07:58
116	4	Tiago Pereira	águas anta futsal	Senior Masculino	01:44:00	+40:04	08:00
117	147	Mena Silva	individual	Veterana F40	01:44:02	+40:06	08:00
118	357	Patrícia Ramos	equipa a	Senior Feminino	01:44:02	+40:06	08:00
119	394	Joel Almeida	taylors	Senior Masculino	01:44:08	+40:12	08:01
120	225	VITOR OSORIO	#atechoras!	Veterano M40	01:44:41	+40:45	08:03
121	338	Manuel Santiago	clube pessoal aguas gaia	Veterano M50	01:44:53	+40:57	08:04
122	124	Clara Teixeira	amigos 100 limites	Senior Feminino	01:45:17	+41:21	08:06
123	209	Jorge Almeida	factor x / s4l / medense fc	Veterano M40	01:45:38	+41:42	08:08
124	326	Pedro Bastos	bravos&bravitas	Veterano M40	01:45:40	+41:44	08:08
125	295	Pedro Moraes	mss contabilidade trail team	Senior Masculino	01:45:43	+41:47	08:08
126	393	Bruno Crespo	taylors	Senior Masculino	01:45:47	+41:51	08:08
127	266	Miguel Castro	mais que corridas	Veterano M40	01:46:07	+42:11	08:10
128	408	Rui Rodrigues	mais que corridas	Veterano M40	01:46:07	+42:11	08:10
129	141	Paula Quintela	mais que corridas	Veterana F50	01:46:07	+42:11	08:10
130	26	Emanuel Correia	magnunssens	Senior Masculino	01:46:10	+42:14	08:10
131	24	Paulo Santos	magnunssens	Senior Masculino	01:46:11	+42:15	08:10
132	176	Flora Santos	sentir escaziz running	Veterano M40	01:46:16	+42:20	08:11
133	178	Vânia Relvas	sentir escaziz running	Senior Feminino	01:46:16	+42:20	08:11

TRAIL CURTO - STAGE 1

13 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
225	344	Bárbara Feio	individual	Senior Feminino	02:06:32	+01:02:36	09:44
226	313	Sandra Paiva	paivas	Senior Feminino	02:06:33	+01:02:37	09:44
227	413	Cristina Moura	hora do lobo	Veterana F40	02:06:54	+01:02:58	09:46
228	414	Conceição Pereira	hora do lobo	Veterana F50	02:06:54	+01:02:58	09:46
229	224	Moscato	correr leça	Senior Feminino	02:07:11	+01:03:15	09:47
230	370	Pedro Regal	manguelas - run/walk team	Senior Masculino	02:07:55	+01:03:59	09:50
231	390	Vitor Rocha	individual	Senior Masculino	02:07:57	+01:04:01	09:51
232	248	Hugo Almeida	lion runners - g. d. leões da guarda	Veterano M40	02:08:08	+01:04:12	09:51
233	293	Eduardo Loureiro	strong team	Senior Masculino	02:08:37	+01:04:41	09:54
234	247	Marta Almeida	lion runners - g. d. leões da guarda	Veterana F40	02:08:40	+01:04:44	09:54
235	19	Sandra Roque	individual	Senior Feminino	02:08:41	+01:04:45	09:54
236	310	Mara Freitas	reumatico trail team	Senior Feminino	02:08:41	+01:04:45	09:54
237	18	Bruno Nunes	individual	Senior Masculino	02:08:42	+01:04:46	09:54
238	74	MARIA CECILIA	mc	Veterana F50	02:08:44	+01:04:48	09:54
239	146	Jose rebelo	mais que corridas	Veterano M50	02:08:49	+01:04:52	09:55
240	345	Raul Ferreira	lion runners - g. d. leões da guarda	Veterano M50	02:08:56	+01:05:00	09:55
241	282	Sandra Oliveira	papamailes	Senior Feminino	02:09:14	+01:05:18	09:57
242	283	Mic	individual	Veterano M40	02:09:20	+01:05:24	09:57
243	7	Isabel Oliveira	individual	Senior Feminino	02:09:29	+01:05:33	09:58
244	40	Raquel Ribeiro	arrastassolas	Veterana F40	02:09:40	+01:05:44	09:59
245	38	Pedro Magalhães	arrastassolas	Veterano M40	02:09:49	+01:05:53	09:59
246	308	Adriana Costa	individual	Senior Feminino	02:10:07	+01:06:11	10:01
247	83	RUI	equipa joao ferreira	Veterano M40	02:11:09	+01:07:13	10:05
248	193	Carina Silva	lion runners - g. d. leões da guarda	Veterana F40	02:11:14	+01:07:18	10:06
249	166	Paulo Melo	redondos.corre	Veterano M40	02:11:35	+01:07:39	10:07
250	300	Suzy SS	individual	Veterana F40	02:11:54	+01:07:58	10:09
251	315	Pedro	individual	Veterano M40	02:11:55	+01:07:59	10:09
252	203	Renata Vieira	lion runners - g. d. leões da guarda	Veterana F40	02:11:55	+01:07:59	10:09
253	299	Tiago Medeiros	individual	Veterano M40	02:11:56	+01:08:00	10:09
254	5	ERMELINDA NICOLAU	individual	Veterana F50	02:12:06	+01:08:10	10:10
255	62	Rogério Gomes	a20s javalis trail team	Senior Masculino	02:12:51	+01:08:55	10:13
256	377	Jorge Soares	sempre a abrir!!	Veterano M40	02:13:48	+01:09:52	10:18
257	164	Jorge Luz	redondos.corre	Veterano M50	02:14:42	+01:10:46	10:22
258	160	Sara Coelho	redondos.corre	Senior Feminino	02:14:44	+01:10:48	10:22
259	57	Américo Leal	mss contabilidade trail team	Veterano M50	02:14:48	+01:10:52	10:22
260	374	Sara Santos	equipa a	Senior Feminino	02:15:23	+01:11:27	10:25
261	222	André Pinho	reumatico trail team	Veterano M40	02:15:44	+01:11:48	10:27
262	52	Miguel Gastao	nem que chova	Senior Masculino	02:15:55	+01:11:59	10:27
263	29	João Resende	invicta runners team	Veterano M40	02:16:41	+01:12:45	10:31
264	383	Ana Campos	team bolt	Veterana F40	02:17:00	+01:13:04	10:32
265	279	Vera Silva	gaia trail	Senior Feminino	02:17:01	+01:13:05	10:32
266	157	Susana Duarte	redondos.corre	Veterana F40	02:18:12	+01:14:16	10:38
267	158	Manuel Jorge	team aguenta aí	Veterano M40	02:18:14	+01:14:18	10:38
268	51	Clemente meireles	nem que chova	Veterano M50	02:18:16	+01:14:20	10:38
269	249	Micaela Brito	devasta trilhos	Senior Feminino	02:18:53	+01:14:57	10:41
270	214	Carla Varandas	ctad - trilhos de cinfães	Senior Feminino	02:19:41	+01:15:45	10:45

TRAIL CURTO - STAGE 1

13 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
271	86	ANA MARGARIDA	equipa joao ferreira	Veterana F40	02:20:32	+01:16:36	10:49
272	66	Ana Leite	manguelas - run/walk team	Senior Masculino	02:21:09	+01:17:13	10:52
273	181	Ana Silva	sentir escariz running	Senior Feminino	02:21:12	+01:17:16	10:52
274	291	Sara Moreira	individual	Veterana F40	02:21:12	+01:17:16	10:52
275	237	Ricardo Gomes	osfazconta	Veterano M40	02:22:20	+01:18:24	10:57
276	104	Silvina Barbosa	mss contabilidade trail team	Veterana F40	02:22:24	+01:18:28	10:57
277	71	Lurdes Monteiro	ctad - trilhos de cinfães	Veterana F50	02:22:24	+01:18:28	10:57
278	95	Sara Gonçalves	individual	Senior Feminino	02:22:31	+01:18:35	10:58
279	192	Filipe	nocturnos de paredes	Senior Masculino	02:23:13	+01:19:17	11:01
280	206	Miguel Silva	el corte inglês running team porto	Senior Masculino	02:23:21	+01:19:25	11:02
281	108	Raquel Marques	mss contabilidade trail team	Senior Feminino	02:23:34	+01:19:38	11:03
282	135	Carla Maravilhas	mss contabilidade trail team	Senior Feminino	02:23:34	+01:19:38	11:03
283	207	Vanessa Costa	el corte inglês running team porto	Senior Feminino	02:23:35	+01:19:39	11:03
284	215	Paulo Neves	gdct unice	Veterano M40	02:23:40	+01:19:44	11:03
285	213	Igor Santos	gdct unice	Senior Masculino	02:23:57	+01:20:01	11:04
286	438	Susana Costa Costa	individual	Veterana F40	02:23:58	+01:20:02	11:05
287	381	Susana Borges	team bolt	Veterana F40	02:24:04	+01:20:08	11:05
288	312	Ana Martins	mais que corridas	Veterana F50	02:24:13	+01:20:17	11:06
289	201	Marlene Pinto	lion runners - g. d. leões da guarda	Senior Feminino	02:24:41	+01:20:45	11:08
290	433	Bruno Gonçalves	mais que corridas	Senior Masculino	02:25:49	+01:21:53	11:13
291	139	Fabio ervoes	mais que corridas	Senior Masculino	02:25:49	+01:21:53	11:13
292	380	Susana Silva	team bolt	Veterana F40	02:26:23	+01:22:27	11:16
293	436	Guilhermina Santos	individual	Veterana F50	02:26:29	+01:22:33	11:16
294	223	Plant Powred	correr leça	Senior Feminino	02:27:56	+01:24:00	11:23
295	375	Juana Silva	individual	Senior Feminino	02:28:38	+01:24:42	11:26
296	202	Raquel Santos	lion runners - g. d. leões da guarda	Senior Feminino	02:29:40	+01:25:44	11:31
297	200	Luis Sá	lion runners - g. d. leões da guarda	Veterano M40	02:29:41	+01:25:45	11:31
298	289	Rosa Bispo	em força - corremos com a esclerose múltipla	Veterana F50	02:30:41	+01:26:45	11:36
299	286	José Pires Lima	em força - corremos com a esclerose múltipla	Veterano M50	02:30:42	+01:26:46	11:36
300	234	Adriana Duarte	osfazconta	Senior Feminino	02:30:50	+01:26:54	11:36
301	77	SANDRA OLIVEIRA	mc	Veterana F40	02:31:24	+01:27:28	11:39
302	346	Susana Pereira	#atechoras!	Senior Feminino	02:32:41	+01:28:45	11:45
303	144	Fernando ascensao	mais que corridas	Veterano M40	02:37:16	+01:33:20	12:06
304	145	Flavio pais	mais que corridas	Veterano M50	02:38:06	+01:34:10	12:10
305	39	Raquel Lopes	arrastassolas	Senior Feminino	02:38:51	+01:34:55	12:13
306	102	Soraia Póvoas	mss contabilidade trail team	Senior Feminino	02:39:56	+01:36:00	12:18
307	216	Liliana Gomes	amigos 100 limites	Veterana F40	02:39:57	+01:36:01	12:18
308	301	Carla Santos	invicta runners team	Veterana F40	02:39:58	+01:36:02	12:18
309	233	Jorge Silva	osfazconta	Senior Masculino	02:40:01	+01:36:05	12:19
310	112	Vanessa Ramos	mss contabilidade trail team	Senior Feminino	02:41:10	+01:37:14	12:24
311	328	Tiago Silva	bravos&bravitas	Senior Masculino	02:41:11	+01:37:15	12:24
312	274	Monica Morais	individual	Senior Feminino	02:41:14	+01:37:18	12:24
313	68	Anabela Borges	manguelas - run/walk team	Veterana F40	02:42:08	+01:38:12	12:28
314	360	Ricardo Paiva	individual	Senior Masculino	02:42:47	+01:38:51	12:31
315	212	Bruna Peixoto	gdct unice	Senior Feminino	02:42:55	+01:38:59	12:32

TRAIL CURTO - STAGE 1

13 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
316	302	Sónia Maria	gdct unicare	Veterana F40	02:43:33	+01:39:37	12:35
317	171	CELINA BAPTISTA	individual	Veterana F50	02:44:11	+01:40:15	12:38
318	170	Carlos Navega Navega	individual	Veterano M50	02:44:12	+01:40:16	12:38
319	131	Daniel Miguel	meninas/os do trail	Senior Masculino	02:44:28	+01:40:32	12:39
320	130	Patrícia Santos	meninas/os do trail	Senior Feminino	02:44:31	+01:40:35	12:39
321	132	Patrícia Miguel	meninas/os do trail	Senior Feminino	02:44:31	+01:40:35	12:39
322	167	Fernando Ferreira	hora do lobo	Veterano M40	02:44:42	+01:40:46	12:40
323	298	Alcina Moura	arcorun	Veterana F50	02:44:42	+01:40:46	12:40
324	37	Ricardo Braga	rechonchudos trail runners	Senior Masculino	02:46:51	+01:42:55	12:50
325	352	Paulo Ramos	motivação	Veterano M40	02:47:10	+01:43:14	12:52
326	80	SUSANA MATOS	equipa joao ferreira	Veterana F40	02:47:11	+01:43:15	12:52
327	241	Salomé Castro	individual	Veterana F40	02:49:52	+01:45:56	13:04
328	99	Elisete	individual	Senior Feminino	02:50:32	+01:46:36	13:07
329	100	CHOURICA	individual	Senior Masculino	02:50:32	+01:46:36	13:07
330	64	Marriissee	manguelas - run/walk team	Senior Masculino	02:52:57	+01:49:01	13:18
331	307	Francisco Cardoso	individual	Senior Masculino	02:52:57	+01:49:01	13:18
332	191	Torres	maisquecorridas	Senior Masculino	02:52:59	+01:49:03	13:18
333	305	Ana Vinhas	individual	Senior Feminino	02:53:03	+01:49:07	13:19
334	306	Jéssica Reis	individual	Senior Feminino	02:53:03	+01:49:07	13:19
335	84	RITA GONÇALVES	equipa joao ferreira	Veterana F40	02:53:20	+01:49:24	13:20
336	227	CAROLINA	equipa joao ferreira	Veterana F50	02:53:20	+01:49:24	13:20
337	190	Talagaia	talagaia garage	Senior Masculino	02:53:48	+01:49:52	13:22
338	434	Bruno Fernandes	mais que corridas	Senior Masculino	02:54:31	+01:50:35	13:26
339	245	Susana Duarte	vila nova de gaia	Veterana F40	02:54:44	+01:50:48	13:27
340	89	Diana Poças	fit gaia trail	Veterana F40	02:54:45	+01:50:49	13:27
341	361	Fatima Lobo	individual	Senior Feminino	02:54:45	+01:50:49	13:27
342	369	Angela Araujo	individual	Veterana F40	02:54:46	+01:50:50	13:27
343	159	Lapa	a20's box crossfit	Senior Masculino	02:55:24	+01:51:28	13:30
344	127	Luis Reis	a20s javalis trail team	Veterano M40	02:55:25	+01:51:29	13:30
345	402	Carla Pereira	espinho trail team	Senior Feminino	02:56:14	+01:52:18	13:33
346	401	Cristina Duarte	espinho trail team	Veterana F40	02:56:14	+01:52:18	13:33
347	342	Ilda	individual	Veterana F40	03:02:34	+01:58:38	14:03
348	330	Claudia Sofia Augusto	individual	Veterana F40	03:02:36	+01:58:40	14:03
349	333	MARTINS	individual	Senior Masculino	03:02:36	+01:58:40	14:03
350	331	VIEGAS	individual	Veterano M40	03:02:36	+01:58:40	14:03
351	332	Joana	individual	Veterana F40	03:02:37	+01:58:41	14:03
352	367	Sara Pereira	nocturnos de paredes	Senior Feminino	03:08:01	+02:04:05	14:28
353	235	Brigida Duarte	osfazconta	Veterana F40	03:15:27	+02:11:31	15:02
354	236	Vania Soares	osfazconta	Senior Feminino	03:15:28	+02:11:32	15:02
355	243	Catarina Silva	osfazconta	Senior Feminino	03:15:28	+02:11:32	15:02
356	6	A MIGUEL MORENO	individual	Senior Masculino	03:15:58	+02:12:02	15:05
357	365	José Machado	nocturnos de paredes	Veterano M50	03:17:31	+02:13:35	15:12
358	253	Liliana Ribeiro	arrastassolas	Senior Feminino	03:18:22	+02:14:26	15:16
359	270	Liliana Teixeira	arrastassolas	Veterana F40	03:18:24	+02:14:28	15:16

Trail Curto

13 KM



OFFICIAL RESULT

16	404	Filipe Couto	ESPINHO TRAIL TEAM	Senior Masculino	01:21:29	+17:33	06:16
17	335	Miguel Alves	Leões de Tardariz Trail	Senior Masculino	01:22:27	+18:31	06:21
18	16	Márcio Costa	Grupo Desportivo e Cultural do Banco de Portugal	Senior Masculino	01:22:46	+18:50	06:22
19	2098	Ricardo Silva	Bravos&bravitas	Senior Masculino	01:23:06	+19:10	06:24
20	1	Joao Oliveira	Facort Running Team	Senior Masculino	01:25:17	+21:21	06:34
21	182	Miguel Silva	Sentir Escariz running	Senior Masculino	01:25:26	+21:30	06:34
22	379	Filipe Pereira	Team Bolt	Senior Masculino	01:25:27	+21:31	06:34
23	320	Nuno Teixeira	Bravos&bravitas	Senior Masculino	01:25:45	+21:49	06:36
24	98	HUGUINHO	Individual	Senior Masculino	01:26:16	+22:20	06:38
25	385	Gabriel Pinto	Team Bolt	Senior Masculino	01:26:55	+22:59	06:41
26	407	António Duarte	ESPINHO TRAIL TEAM	Senior Masculino	01:28:19	+24:23	06:48
27	221	RICARDO PEREIRA	#atechoras!	Senior Masculino	01:28:39	+24:43	06:49
28	189	Toni Paiva	Sentir Escariz running	Senior Masculino	01:29:24	+25:28	06:53
29	136	Dário Pinto	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:29:44	+25:48	06:54
30	27	Hugo Ramos	Magnunssens	Senior Masculino	01:30:11	+26:15	06:56
31	396	Márcio Moreira	ESPINHO TRAIL TEAM	Senior Masculino	01:30:14	+26:18	06:57
32	55	Resultado Superado Lda	Fit Gaia Trail	Senior Masculino	01:30:49	+26:53	06:59
33	46	Daniel Soares	DSD	Senior Masculino	01:31:16	+27:20	07:01
34	398	Ricardo Sousa	ESPINHO TRAIL TEAM	Senior Masculino	01:32:06	+28:10	07:05
35	49	Tiago Sequeira	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:32:32	+28:36	07:07
36	410	Carlos Cruz	Sentir Escariz running	Senior Masculino	01:32:35	+28:39	07:07
37	292	Pedro Marques	Individual	Senior Masculino	01:33:08	+29:12	07:10
38	155	Bruno Andrade	Grupo Corrida de Argoncilhe	Senior Masculino	01:33:15	+29:19	07:10
39	267	PEDRO	Individual	Senior Masculino	01:33:28	+29:32	07:11
40	63	João Regal	Manguelas - Run/Walk TEAM	Senior Masculino	01:33:56	+30:00	07:14
41	358	Pedro Campos	Trilhos MDF	Senior Masculino	01:34:32	+30:36	07:16
42	179	Daniel Oliveira	Sentir Escariz running	Senior Masculino	01:34:46	+30:50	07:17
43	329	Joao Santos	Bravos&bravitas	Senior Masculino	01:35:14	+31:18	07:20
44	229	Joel Marques	Individual	Senior Masculino	01:35:14	+31:18	07:20
45	23	Valter Barbosa	STCP Runners	Senior Masculino	01:36:43	+32:47	07:26
46	425	Tiago Magalhães	Limitless	Senior Masculino	01:38:06	+34:10	07:33
47	406	Jorge Duarte	ESPINHO TRAIL TEAM	Senior Masculino	01:38:44	+34:48	07:36
48	35	Filipe Rocha	MarcoRunners	Senior Masculino	01:39:18	+35:22	07:38
49	423	Ivan Rocha	Limitless	Senior Masculino	01:39:49	+35:53	07:41
50	65	Rui Queirós	Manguelas - Run/Walk TEAM	Senior Masculino	01:42:18	+38:22	07:52
51	115	Bruno Peredo	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:42:50	+38:54	07:55
52	261	Júlio Sequeira	Mais que corridas	Senior Masculino	01:43:20	+39:24	07:57
53	399	Ricardo Duarte	ESPINHO TRAIL TEAM	Senior Masculino	01:43:30	+39:34	07:58
54	397	Bruno Duarte	ESPINHO TRAIL TEAM	Senior Masculino	01:43:30	+39:34	07:58
55	4	Tiago Pereira	Águias Anta futsal	Senior Masculino	01:44:00	+40:04	08:00
56	394	Joel Almeida	TAYLORS	Senior Masculino	01:44:08	+40:12	08:01
57	295	Pedro Morais	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:45:43	+41:47	08:08
58	393	Bruno Crespo	TAYLORS	Senior Masculino	01:45:47	+41:51	08:08

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59	26	Emanuel Correia	Magnunssens	Senior Masculino	01:46:10	+42:14	08:10
60	24	Paulo Santos	Magnunssens	Senior Masculino	01:46:11	+42:15	08:10
61	25	João Maia	Magnunssens	Senior Masculino	01:46:28	+42:32	08:11
62	116	Alcino Silva	Amigos 100 Limites	Senior Masculino	01:47:08	+43:12	08:15
63	232	Carlos Simoes	Reumatico trail team	Senior Masculino	01:48:40	+44:44	08:22
64	183	Bruno Gonçalves	Sentir Escariz running	Senior Masculino	01:48:57	+45:01	08:23
65	161	Carlos Gomes	Redondos.Corre	Senior Masculino	01:49:33	+45:37	08:26
66	294	Junior Oliveira	Redondos.Corre	Senior Masculino	01:49:34	+45:38	08:26
67	275	Tiago Ferreira	Individual	Senior Masculino	01:49:57	+46:01	08:27
68	363	Mário Rodrigues	Individual	Senior Masculino	01:49:57	+46:01	08:27
69	106	Nuno Santos	Hora do lobo trai/ clube futebol de Perosinho atletismo	Senior Masculino	01:50:11	+46:15	08:29
70	185	Paulo Mesquita	Equipa A	Senior Masculino	01:52:45	+48:49	08:40
71	9	José Casanova	Individual	Senior Masculino	01:52:54	+48:58	08:41
72	272	José Ricardo Veludo	A20s Javalis Trail Team	Senior Masculino	01:53:39	+49:43	08:45
73	138	Salvador talagaia	Mais que corridas	Senior Masculino	01:54:00	+50:04	08:46
74	217	NUNO MAIO	#atechoras!	Senior Masculino	01:54:03	+50:07	08:46
75	41	Marco Dias	Individual	Senior Masculino	01:58:15	+54:19	09:06
76	36	Rui Rodrgues	Individual	Senior Masculino	01:59:03	+55:07	09:09
77	163	Diogo Rocha	Redondos.Corre	Senior Masculino	01:59:22	+55:26	09:11
78	359	Manuel Ruivo	Individual	Senior Masculino	01:59:36	+55:40	09:12
79	378	Pedro Correia	Individual	Senior Masculino	01:59:46	+55:50	09:13
80	309	Miguel Reis	Leões de Tardariz Trail	Senior Masculino	02:00:45	+56:49	09:17
81	220	MIGUEL FARIA	Reumatico trail team	Senior Masculino	02:02:25	+58:29	09:25
82	318	Bruno Gonçalves	Individual	Senior Masculino	02:02:31	+58:35	09:25
83	11	Ricardo	Individual	Senior Masculino	02:02:33	+58:37	09:26
84	285	Micael Oliveira	Individual	Senior Masculino	02:02:34	+58:38	09:26
85	314	Pedro Santos	Individual	Senior Masculino	02:03:02	+59:06	09:28
86	420	Bruno rocha	Individual	Senior Masculino	02:03:03	+59:07	09:28
87	246	Vitor quintas	Reumatico trail team	Senior Masculino	02:03:19	+59:23	09:29
88	230	Filipe	Reumatico trail team	Senior Masculino	02:04:44	+01:00:48	09:36
89	129	Manuel Moreira	BIG SMILE TEAM	Senior Masculino	02:05:00	+01:01:04	09:37
90	319	Nuno Veloso	#reconquista	Senior Masculino	02:05:11	+01:01:15	09:38
91	370	Pedro Regal	Manguelas - Run/Walk TEAM	Senior Masculino	02:07:55	+01:03:59	09:50
92	390	Vitor Rocha	Individual	Senior Masculino	02:07:57	+01:04:01	09:51
93	293	Eduardo Loureiro	Strong Team	Senior Masculino	02:08:37	+01:04:41	09:54
94	18	Bruno Nunes	Individual	Senior Masculino	02:08:42	+01:04:46	09:54
95	62	Rogério Gomes	A20s Javalis Trail Team	Senior Masculino	02:12:51	+01:08:55	10:13
96	52	Miguel Gastao	nem que chova	Senior Masculino	02:15:55	+01:11:59	10:27
97	66	Ana Leite	Manguelas - Run/Walk TEAM	Senior Masculino	02:21:09	+01:17:13	10:52
98	192	Filipe	NOCTURNOS DE PAREDES	Senior Masculino	02:23:13	+01:19:17	11:01
99	206	Miguel Silva	El Corte Inglês Running Team Porto	Senior Masculino	02:23:21	+01:19:25	11:02
100	213	Igor Santos	GDCT UNICRE	Senior Masculino	02:23:57	+01:20:01	11:04
101	433	Bruno Gonçalves	Mais que corridas	Senior Masculino	02:25:49	+01:21:53	11:13
102	139	Fabio ervoes	Mais que corridas	Senior Masculino	02:25:49	+01:21:53	11:13
103	233	Jorge Silva	OsFazConta	Senior Masculino	02:40:01	+01:36:05	12:19

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104	328	Tiago Silva	Bravos&bravitas	Senior Masculino	02:41:11	+01:37:15	12:24
105	360	Ricardo Paiva	Individual	Senior Masculino	02:42:47	+01:38:51	12:31
106	131	Daniel Miguel	Meninas/os do Trail	Senior Masculino	02:44:28	+01:40:32	12:39
107	37	Ricardo Braga	Rechonchudos Trail Runners	Senior Masculino	02:46:51	+01:42:55	12:50
108	100	CHOURICA	Individual	Senior Masculino	02:50:32	+01:46:36	13:07
109	64	Marrissee	Manguelas - Run/Walk TEAM	Senior Masculino	02:52:57	+01:49:01	13:18
110	307	Francisco Cardoso	Individual	Senior Masculino	02:52:57	+01:49:01	13:18
111	191	Torres	Maisquecorridas	Senior Masculino	02:52:59	+01:49:03	13:18
112	190	Talagaia	TALAGAIA GARAGE	Senior Masculino	02:53:48	+01:49:52	13:22
113	434	Bruno Fernandes	Mais que corridas	Senior Masculino	02:54:31	+01:50:35	13:26
114	159	Lapa	A20's Box CrossFit	Senior Masculino	02:55:24	+01:51:28	13:30
115	333	MARTINS	Individual	Senior Masculino	03:02:36	+01:58:40	14:03
116	6	A MIGUEL MORENO	Individual	Senior Masculino	03:15:58	+02:12:02	15:05

Veterana F40

1	440	Ana Amaral	Centro Ciclista de Gondomar	Veterana F40	01:27:32	+23:36	06:44
2	269	Sandra Campos	Individual	Veterana F40	01:33:00	+29:04	07:09
3	382	Sónia Madureira	Team Bolt	Veterana F40	01:34:41	+30:45	07:17
4	32	Olga Gomes	Scespinho António leitao	Veterana F40	01:35:04	+31:08	07:19
5	389	Silvia Baptista	Fiães sc	Veterana F40	01:35:25	+31:29	07:20
6	347	Diana Sousa	Equipa A	Veterana F40	01:36:39	+32:43	07:26
7	147	Mena Silva	Individual	Veterana F40	01:44:02	+40:06	08:00
8	195	Daniela Sarmiento	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	01:47:11	+43:15	08:15
9	368	Mónica Oliveira	Geocrosstrail Escariz	Veterana F40	01:49:31	+45:35	08:25
10	303	Nicole Mendes	Mais que corridas	Veterana F40	01:52:23	+48:27	08:39
11	435	Márcia Madeira	Individual	Veterana F40	01:52:40	+48:44	08:40
12	322	Dorinda Gomes	Bravos&bravitas	Veterana F40	01:52:44	+48:48	08:40
13	75	SUSANA COSTA	MC	Veterana F40	01:52:53	+48:57	08:41
14	142	Ana alves	Mais que corridas	Veterana F40	01:55:12	+51:16	08:52
15	240	Isaura Cruz	PIPO	Veterana F40	01:55:45	+51:49	08:54
16	87	Maria Fonseca	EQUIPA JOAO FERREIRA	Veterana F40	01:58:52	+54:56	09:09
17	21	Becas	CLUBE TRILHEIROS & AMIGOS	Veterana F40	02:00:52	+56:56	09:18
18	277	Ana Gonçalves	Gaia Trail	Veterana F40	02:01:22	+57:26	09:20
19	14	Ana Josu	Individual	Veterana F40	02:02:20	+58:24	09:25
20	93	Sónia Pires	Fit Gaia Trail	Veterana F40	02:02:35	+58:39	09:26
21	204	Susana Luis	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	02:02:42	+58:46	09:26
22	400	Paula Cruz	ESPINHO TRAIL TEAM	Veterana F40	02:03:05	+59:09	09:28
23	8	Paula Moura	CTAD - Trilhos de Cinfães	Veterana F40	02:03:05	+59:09	09:28
24	429	Susana Duarte	Mais que corridas	Veterana F40	02:04:47	+01:00:51	09:36
25	428	Céu Costa	Mais que corridas	Veterana F40	02:04:47	+01:00:51	09:36
26	252	Maria	Vitória Antiques	Veterana F40	02:04:50	+01:00:54	09:36
27	413	Cristina Moura	Hora do lobo	Veterana F40	02:06:54	+01:02:58	09:46
28	247	Marta Almeida	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	02:08:40	+01:04:44	09:54

