

SUNSET - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	19:00	21°C	77%
End	22:58	18°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	4122	Telmo Veloso	edv-vianatrail	Senior Masculino	01:26:27		06:39
2	2062	Emanuel Barreto de Freitas	associação porto da cruz trail team	Veterano M40	01:26:57	+00:30	06:41
3	4102	António Mendes	a.d.amarante trail running	Senior Masculino	01:32:10	+05:42	07:05
4	245	Nelson Fortes	emicela team	Veterano M40	01:35:31	+09:03	07:21
5	4139	JOSÉ LOPES	individual	Senior Masculino	01:36:00	+09:32	07:23
6	2057	Juan Nicásio Gouveia Teixeira	associação porto da cruz trail team	Senior Masculino	01:38:31	+12:03	07:35
7	4109	Lúcia Franco	associação desportiva galomar	Senior Feminino	01:38:33	+12:05	07:35
8	4143	Nuno Manuel Sena Limpo	individual	Senior Masculino	01:39:13	+12:46	07:38
9	1139	José Pedro Pinto Pinheiro	associação porto da cruz trail team	Veterano M40	01:39:37	+13:09	07:40
10	4105	alvaro vale	ade trail running	Senior Masculino	01:40:20	+13:53	07:43
11	4147	Raimundo Aballe Martínez	individual	Senior Masculino	01:40:21	+13:53	07:43
12	2058	Luis Miguel Alves Vieira	associação porto da cruz trail team	Senior Masculino	01:40:58	+14:31	07:46
13	1119	Nelson Diogo	amcf - arrábida trail team	Senior Masculino	01:41:17	+14:50	07:48
14	4150	Daniel Leite	mrc caminha	Senior Masculino	01:43:31	+17:04	07:58
15	2056	Ivo Daniel Vieira Olival	associação porto da cruz trail team	Senior Masculino	01:43:50	+17:22	07:59
16	4140	Marcelino Prieto Lorenzo	individual	Senior Masculino	01:44:06	+17:38	08:01
17	3067	Luis Marcelino Sousa Freitas	associação porto da cruz trail team	Sub 23 Masculino	01:44:14	+17:46	08:01
18	4155	Oscar Rodriguez Rodriguez	individual	Senior Masculino	01:44:29	+18:02	08:02
19	4154	Vitor Costa	piratas da montanha	Senior Masculino	01:44:39	+18:12	08:03
20	4116	Jorge Coelho	cerveira team running	Senior Masculino	01:45:05	+18:37	08:05
21	4135	Bruno Porto	individual	Senior Masculino	01:45:44	+19:16	08:08
22	4106	Ricardo Briote	ade trail running	Senior Masculino	01:45:50	+19:22	08:08
23	4101	César Lobo	a. d. carril	Senior Masculino	01:46:21	+19:53	08:11
24	4121	Susana Simões	edv-vianatrail	Senior Feminino	01:48:20	+21:52	08:20
25	4107	César Manuel Martins Carvalho	akuafit	Senior Masculino	01:48:56	+22:28	08:23
26	4156	Paulino Jose MARTINS Gomes	individual	Senior Masculino	01:52:41	+26:13	08:40
27	4137	Flávio Pereira	individual	Senior Masculino	01:52:41	+26:13	08:40
28	4118	Pedro Oliveira	cerveira team running	Senior Masculino	01:53:07	+26:39	08:42
29	4114	Isabel Cunha	cerveira team running	Senior Feminino	01:53:07	+26:39	08:42
30	4131	Sofia Miguel	individual	Senior Feminino	01:55:11	+28:43	08:52
31	4144	Nuno Miguel Silva Moreira	individual	Senior Masculino	01:55:25	+28:58	08:53
32	4158	JOSÉ ANTONIO LOMBA GONZÁLEZ	individual	Senior Masculino	01:55:33	+29:06	08:53
33	4134	Arlindo Ferreira	individual	Senior Masculino	01:56:18	+29:50	08:57
34	4153	Hugo Santos	piratas da montanha	Senior Masculino	01:56:18	+29:51	08:57
35	4142	Miguel Marques	individual	Senior Masculino	01:57:20	+30:52	09:02
36	4149	António Lourenço	mrc caminha	Senior Masculino	01:57:49	+31:22	09:04
37	4151	Sara Meira	padela natural team - fisiofreixo	Senior Feminino	01:58:40	+32:12	09:08
38	4152	João Sobreiro	padela natural team - fisiofreixo	Senior Masculino	01:58:40	+32:12	09:08
39	4115	Carlos Cunha	cerveira team running	Senior Masculino	01:59:10	+32:42	09:10
40	4117	José Fernandes	cerveira team running	Senior Masculino	01:59:10	+32:42	09:10

SUNSET - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	4159	JUAN JOSÉ MILEGO FERNÁNDEZ	individual	Senior Masculino	01:59:28	+33:00	09:11
42	3022	Ricardo Manuel Carvalho de Sá	akuafit	Senior Masculino	02:01:42	+35:15	09:22
43	1111	Carlos Manuel Moreira Rodrigues	akuafit	Veterano M40	02:01:42	+35:15	09:22
44	4113	Diogo Soares da Costa Almeida	carlos sá nature events	Senior Masculino	02:02:00	+35:32	09:23
45	4112	Natália Pires Amoedo	carlos sá nature events	Senior Feminino	02:02:00	+35:32	09:23
46	4127	fatima herdeiro	individual	Senior Feminino	02:03:33	+37:05	09:30
47	4133	António Ribeiro	individual	Senior Masculino	02:03:44	+37:17	09:31
48	4126	Elisabete Maria Soutulho Coelho Alves	individual	Senior Feminino	02:05:03	+38:35	09:37
49	4148	Vítor Manuel Dias Gonçalves	individual	Senior Masculino	02:05:03	+38:36	09:37
50	3068	Lisandra Pontes Basilio Tavares	associação porto da cruz trail team	Veterana F40	02:05:27	+39:00	09:39
51	2059	Venancio Neves Abreu	associação porto da cruz trail team	Senior Masculino	02:05:27	+39:00	09:39
52	4136	Ernesto pinho	individual	Senior Masculino	02:08:21	+41:53	09:52
53	4124	Angélica Da Silva Carvalho	individual	Senior Feminino	02:16:20	+49:52	10:29
54	4157	Ricardo Mendes	desnivel positivo	Senior Masculino	02:16:51	+50:24	10:32
55	4141	Miguel Guimarães	individual	Senior Masculino	02:19:06	+52:38	10:42
56	3330	Carla Caldas	individual	Veterana F40	02:19:08	+52:41	10:42
57	4119	Luísa Guimarães do Lago e Costa Rodrigues	cr candoso	Senior Feminino	02:24:01	+57:33	11:05
58	4120	Armando Jesus Freitas Fontão	cr candoso	Senior Masculino	02:24:01	+57:34	11:05
59	4111	Gonçalo Nuno Basilio Tavares	associação porto da cruz trail team	Senior Masculino	02:24:46	+58:18	11:08
60	4130	Sandra Da Silva	individual	Senior Feminino	02:30:13	+01:03:45	11:33
61	1011	Jorge Rafael Machado Vale	individual	Senior Masculino	02:30:13	+01:03:45	11:33
62	4110	Duarte Gil Caldeira Fernandes	associação porto da cruz trail team	Senior Masculino	02:49:05	+01:22:37	13:00
63	3023	Rui Francisco Alves Pinho	akuafit	Senior Masculino	02:49:28	+01:23:01	13:02
64	4108	Sandra Teixeira	akuafit	Senior Feminino	02:49:29	+01:23:01	13:02
65	4138	Hugo Agua	individual	Senior Masculino	02:49:32	+01:23:04	13:03
66	3070	José de Almada Mendonça	associação porto da cruz trail team	Veterano M50	03:09:09	+01:42:41	14:33
67	3069	NuNuno Miguel Dias Tavares	associação porto da cruz trail team	Veterano M40	03:14:45	+01:48:18	14:59
68	4145	Nuno Miguel Teixeira	individual	Senior Masculino	03:16:56	+01:50:28	15:09
69	4128	Liliana Teixeira	individual	Senior Feminino	03:16:56	+01:50:28	15:09
70	4129	Margarete Ramos da Mota Couto	individual	Senior Feminino	03:28:48	+02:02:20	16:04
71	4123	Ana Sofia Oliveira	individual	Senior Feminino	03:28:48	+02:02:21	16:04
72	3121	Isabel Sofia Abreu Rasteiro	centro trail carlos sá team penacova	Senior Feminino	03:42:55	+02:16:27	17:09
73	2106	Humberto Oliveira	centro trail carlos sá team penacova	Veterano M40	03:43:07	+02:16:39	17:10
74	3585	Anabela Freire Rodrigues	individual	Veterana F40	03:43:45	+02:17:18	17:13
75	3350	Mónica Santos	individual	Veterana F40	03:50:16	+02:23:49	17:43

GTSA AVENTURA 80K - STAGE 1

80 KM

[illegible][illegible]

OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	06:00	17°C	93%
End	22:02	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	1004	João Paulo Lima Rodrigues	amigos da montanha	Veterano M40	10:14:12		07:41
2	1003	Carlos Peixoto	amigos da montanha	Veterano M40	11:17:46	+01:03:33	08:28
3	1019	Fernando Alvarez Garcia	individual	Veterano M40	11:22:48	+01:08:36	08:32
4	1002	Ricardo Miranda	águas de alvelos	Senior Masculino	11:55:55	+01:41:42	08:57
5	1001	Amândio Antunes	afifense trail	Veterano M40	11:58:31	+01:44:18	08:59
6	1022	ADOLFO GARRIDO FERNANDEZ	individual	Veterano M50	12:45:10	+02:30:57	09:34
7	1029	Nuno Miguel (Fofoni)	núcleo de montanha de espinho	Veterano M40	12:55:05	+02:40:52	09:41
8	1030	José Miguel Jaques	olimpico vianense trail	Senior Masculino	13:09:43	+02:55:30	09:52
9	1015	Bruno Resende	individual	Veterano M40	14:08:54	+03:54:41	10:37
10	1007	Nuno Nunes	dá-lhe gás running team	Senior Masculino	14:13:42	+03:59:30	10:40
11	1037	Mariana Ballester	individual	Senior Feminino	14:30:50	+04:16:38	10:53
12	1026	Paulo Gomes	no tomorrow running team	Veterano M40	14:54:26	+04:40:14	11:11
13	248	Tiago Costa	ermida team	Senior Masculino	15:34:19	+05:20:06	11:41
14	1024	José Silva	ermida team	Veterano M40	15:34:20	+05:20:07	11:41
15	1009	Quim Sampaio	desnivel positivo	Veterano M60	15:35:20	+05:21:07	11:42
16	1016	cesar costa	individual	Veterano M40	15:58:00	+05:43:47	11:59
17	1017	Daniel Cristiano Grenha Fonseca	individual	Veterano M40	15:58:00	+05:43:47	11:59

Obs

BIB	NOTE	NAME	TEAM	CAT
1005	ROT	Ricardo Araujo	B.T.M.	Senior Masculino
1013	ROT	Fatinha Pinto	Individual	Veterana F40
1031	ROT	Elena Domínguez González	OLIMPICO VIANENSE TRAIL	Veterana F40
1032	ROT	Eusébio Ruas	OLIMPICO VIANENSE TRAIL	Veterano M50
1033	ROT	Francisco Ferreira	OLIMPICO VIANENSE TRAIL	Veterano M50
1010	DNF	Belmiro de Brito	Individual	Senior Masculino
1018	DNF	Duarte Gil Ribeiro Barbosa	Individual	Veterano M40
1034	DNF	Diogo Carvalho	TREPADORES	Veterano M50
1036	DNF	Filipe Leite	Individual	Senior Masculino

GTSA Aventura 80K

80 KM

[illegible]

R

REVISED

	Time	Temperature	Humidity
Start	06:00	17°C	93%
End	22:02	-99°C	-99%

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

1	1037	Mariana Ballester	Individual	Senior Feminino	14:30:50	+04:16:38	10:53
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Senior Masculino

1	1002	Ricardo Miranda	ÁGUIAS DE ALVELOS	Senior Masculino	11:55:55	+01:41:42	08:57
2	1030	José Miguel Jaques	OLIMPICO VIANENSE TRAIL	Senior Masculino	13:09:43	+02:55:30	09:52
3	1007	Nuno Nunes	Dá-lhe Gás Running team	Senior Masculino	14:13:42	+03:59:30	10:40
4	248	Tiago Costa	Ermida Team	Senior Masculino	15:34:19	+05:20:06	11:41

Veterano M40

1	1004	João Paulo Lima Rodrigues	Amigos da Montanha	Veterano M40	10:14:12	07:41
2	1003	Carlos Peixoto	Amigos da Montanha	Veterano M40	11:17:46	+01:03:33 08:28
3	1019	Fernando Alvarez Garcia	Individual	Veterano M40	11:22:48	+01:08:36 08:32
4	1001	Amândio Antunes	Afifense Trail	Veterano M40	11:58:31	+01:44:18 08:59
5	1029	Nuno Miguel (Fofoni)	Núcleo de Montanha de Espinho	Veterano M40	12:55:05	+02:40:52 09:41
6	1015	Bruno Resende	Individual	Veterano M40	14:08:54	+03:54:41 10:37
7	1026	Paulo Gomes	NO TOMORROW RUNNING TEAM	Veterano M40	14:54:26	+04:40:14 11:11
8	1024	José Silva	Ermida Team	Veterano M40	15:34:20	+05:20:07 11:41
9	1016	cesar costa	Individual	Veterano M40	15:58:00	+05:43:47 11:59
10	1017	Daniel Cristiano Grenha Fonseca	Individual	Veterano M40	15:58:00	+05:43:47 11:59

Veterano M50

1	1022	ADOLFO GARRIDO FERNANDEZ	Individual	Veterano M50	12:45:10	+02:30:57	09:34
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Veterano M60

1	1009	Quim Sampaio	DESNIVEL POSITIVO	Veterano M60	15:35:20	+05:21:07	11:42
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ULTRA TRAIL 53K - STAGE 1

53 KM

[illegible][illegible]

OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	09:00	18°C	93%
End	20:33	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	630	Hélio fumo	individual	Senior Masculino	05:22:44		06:05
2	15	Francisco Avelino Sousa Gonçalves de Freitas	acd jardim da serra	Veterano M40	05:38:34	+15:49	06:23
3	602	Leonel Rodrigues da Cunha	trail team bifase	Senior Masculino	05:44:57	+22:13	06:31
4	191	Nelson Santos	dão nelas runners	Veterano M40	05:52:57	+30:12	06:40
5	253	Pedro Jorge Silva Barros	factor x / s4l / medense fc	Senior Masculino	05:54:37	+31:53	06:41
6	266	Luis Gil	gaia trail	Veterano M40	05:54:59	+32:14	06:42
7	371	ROBERTO MATA MARTINEZ	individual	Senior Masculino	06:01:39	+38:55	06:49
8	113	Carlos Ferreira	btt alegria // tubani	Veterano M40	06:05:31	+42:46	06:54
9	624	Fernando Gomes	clube atletismo ferreira do zezere	Senior Masculino	06:08:17	+45:32	06:57
10	206	Helder Rocha	douroconta - gabinete de apoio e contabilidade	Veterano M40	06:20:33	+57:49	07:11
11	28	Francisco João da Cruz Fernandes	águias de alvelos	Senior Masculino	06:25:32	+01:02:48	07:16
12	212	Domingos Freitas	dr.merino/4moove	Senior Masculino	06:27:16	+01:04:32	07:18
13	10	José Sílvio de Sousa Freitas	acd jardim da serra	Senior Masculino	06:27:47	+01:05:03	07:19
14	232	Pedro Caprichoso	edv-vianatrail	Senior Masculino	06:28:57	+01:06:12	07:20
15	1	Danilson Pereira	emicela team	Senior Masculino	06:31:14	+01:08:29	07:23
16	211	Diogo da Silva Fernandes	dr.merino/4moove	Senior Masculino	06:32:37	+01:09:53	07:24
17	93	Pedro Rocha	aztrail/mercentro	Senior Masculino	06:33:44	+01:11:00	07:26
18	219	André Guedes	dr.merino/4moove	Veterano M40	06:34:13	+01:11:29	07:26
19	390	Carlos Barbosa	individual	Veterano M40	06:34:48	+01:12:03	07:27
20	580	Tiago Cantante Romão	salomon suunto portugal	Senior Masculino	06:36:14	+01:13:30	07:29
21	631	Miguel Reis e Silva	individual	Senior Masculino	06:36:14	+01:13:30	07:29
22	181	paulo renato sousa marreiros	coimbra trail running	Veterano M40	06:36:44	+01:13:59	07:29
23	29	Hugo Araujo	águias de alvelos	Senior Masculino	06:37:17	+01:14:33	07:30
24	12	Robert Serrão	acd jardim da serra	Senior Masculino	06:37:54	+01:15:09	07:30
25	609	Nelson Teixeira	tua saúde	Senior Masculino	06:39:06	+01:16:22	07:32
26	193	Artur Costa	desnivel positivo	Veterano M40	06:39:17	+01:16:33	07:32
27	469	Humberto Vara	individual	Veterano M50	06:42:10	+01:19:25	07:35
28	227	Ricardo Miguel Sousa Amorim	edl trail	Senior Masculino	06:42:46	+01:20:02	07:36
29	632	ANDRÉ MARTINS ALVES	minho e lima trail	Senior Masculino	06:49:10	+01:26:26	07:43
30	82	Daniel Batata	atletismo clube da tocha	Senior Masculino	06:49:28	+01:26:44	07:44
31	629	Sofia Roquete	amcf-arrábida trail team	Senior Feminino	06:51:34	+01:28:50	07:46
32	127	Tiago Manuel Gomes Godinho	caracol trail team	Senior Masculino	06:51:34	+01:28:50	07:46
33	612	Rui Fonseca	u. f. comércio e indústria atletismo	Veterano M40	06:54:56	+01:32:12	07:50
34	608	Nuno Guimarães	trogloeditas runners	Senior Masculino	06:55:21	+01:32:36	07:50
35	506	João Repas	monsanto running team	Senior Masculino	06:56:56	+01:34:11	07:52
36	34	Adriano Sá	águias de alvelos	Veterano M40	06:57:24	+01:34:40	07:53
37	27	Bruno Manuel Coutinho Ribeiro	águias de alvelos	Senior Masculino	06:59:37	+01:36:53	07:55
38	576	José Costa	runners do demo	Veterano M40	07:00:50	+01:38:06	07:56
39	135	Filipe Dantas	cerveira team running	Senior Masculino	07:01:29	+01:38:44	07:57
40	11	Luis Magno Rodrigues Sousa	acd jardim da serra	Senior Masculino	07:08:31	+01:45:47	08:05

ULTRA TRAIL 53K - STAGE 1

53 KM

[illegible]

OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	501	PAULO JORGE DOS SANTOS VAZ	minho e lima trail	Senior Masculino	07:11:42	+01:48:57	08:09
42	74	Bruno Costa	arca barcelos runners	Senior Masculino	07:13:34	+01:50:50	08:11
43	210	Carlos Ferreira	dr.merino/4moove	Senior Masculino	07:13:35	+01:50:51	08:11
44	102	Ricardo Fernando da Costa Ribeiro	brabus runners	Senior Masculino	07:15:31	+01:52:47	08:13
45	611	Paulo Miranda	turres trail team	Veterano M40	07:16:57	+01:54:13	08:15
46	470	João António Fernandes	ac portalegre /utsm	Veterano M50	07:18:26	+01:55:42	08:16
47	213	Fernando Carvalho	dr.merino/4moove	Senior Masculino	07:19:17	+01:56:33	08:17
48	201	Carlos Cardoso	dive into the mountains	Veterano M40	07:21:24	+01:58:40	08:20
49	531	Zo Vieira	ocs proaventuras	Veterano M50	07:21:43	+01:58:59	08:20
50	352	José Martín Fontán Arnejo	individual	Senior Masculino	07:23:00	+02:00:15	08:22
51	25	Carlos Neto	affense trail	Veterano M40	07:23:46	+02:01:01	08:22
52	538	Paulo Domingues	olimpico vianense trail	Veterano M50	07:23:47	+02:01:03	08:22
53	96	Oscar Ferreira	aztrail/mercentro	Veterano M50	07:25:46	+02:03:02	08:25
54	429	Miguel Brites	gd sociedade filarmónica 24 outubro de baleizão	Veterano M40	07:26:06	+02:03:21	08:25
55	207	Jose Miguel Fortuna Pinto	douroconta team trail	Senior Masculino	07:28:31	+02:05:47	08:28
56	32	Sergio Sá	águias de alvelos	Senior Masculino	07:29:32	+02:06:47	08:29
57	97	Javier Mogollon	berg outdoor	Senior Masculino	07:30:56	+02:08:11	08:30
58	443	Paulo Duraó	individual	Veterano M40	07:31:52	+02:09:07	08:32
59	491	Celso Oliveira	lion runners - g. d. leões da guarda	Senior Masculino	07:32:05	+02:09:21	08:32
60	419	José Nogueira	individual	Veterano M40	07:32:13	+02:09:29	08:32
61	265	Paulo Madeira	gaia trail	Senior Masculino	07:32:31	+02:09:47	08:32
62	194	Jorge Alves	desnivel positivo	Veterano M40	07:34:55	+02:12:11	08:35
63	148	Eusébio Fernandes	clube atletismo fafe	Veterano M40	07:34:57	+02:12:13	08:35
64	347	Jorge Filipe Martins Santos	individual	Senior Masculino	07:35:52	+02:13:08	08:36
65	444	Paulo Ribeiro	individual	Veterano M40	07:36:03	+02:13:19	08:36
66	46	Fernando Silva	alexandra carvalho team	Veterano M40	07:36:30	+02:13:46	08:37
67	504	Margarida Madeira	monsanto running team	Senior Feminino	07:36:31	+02:13:47	08:37
68	319	António Daniel da Silva Ribeiro	individual	Senior Masculino	07:36:45	+02:14:01	08:37
69	592	Valter Matos	strendure running team	Senior Masculino	07:37:06	+02:14:22	08:37
70	5	Miguel Barros	a.d.amarante trail running	Veterano M40	07:37:40	+02:14:55	08:38
71	215	Miguel Martins	dr.merino/4moove	Senior Masculino	07:39:34	+02:16:50	08:40
72	230	Emídio João Câmara Correia	edv-vianatrail	Senior Masculino	07:40:22	+02:17:37	08:41
73	125	Nuno Paiva	cães d'avenida	Veterano M50	07:40:48	+02:18:04	08:42
74	535	Nuno Araujo	olimpico vianense trail	Veterano M40	07:41:10	+02:18:26	08:42
75	473	Jorge Mamede Abrantes	individual	Veterano M50	07:42:12	+02:19:27	08:43
76	439	Óscar Rodrigues	individual	Veterano M40	07:45:35	+02:22:50	08:47
77	587	Paulino de Abreu	solopisadas team	Veterano M40	07:46:08	+02:23:23	08:48
78	508	Didier Valente	monsanto running team	Veterano M40	07:46:21	+02:23:36	08:48
79	156	Jorge António	clube desportivo e cultural da nave	Senior Masculino	07:46:50	+02:24:06	08:49
80	160	Rúben Escórcio	clube escola do estreito madeira	Senior Masculino	07:47:00	+02:24:16	08:49
81	343	Hugo Manuel Pinto	individual	Senior Masculino	07:47:21	+02:24:37	08:49
82	505	Bruno Fernandes	monsanto running team	Senior Masculino	07:47:40	+02:24:56	08:49
83	524	Luís Narciso	o mundo da corrida	Senior Masculino	07:47:52	+02:25:08	08:50
84	346	João Amândio	montanha clube trail running/efapel	Senior Masculino	07:48:32	+02:25:48	08:50

ULTRA TRAIL 53K - STAGE 1

53 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	614	João Antunes	viana running	Veterano M40	07:48:53	+02:26:09	08:51
86	619	Renato Filipe Jacob Melo	vikings trail runners / ccr alcabideque	Senior Masculino	07:49:16	+02:26:32	08:51
87	417	JORGE TIAGO	coimbra trail running	Veterano M40	07:50:55	+02:28:11	08:53
88	77	Pedro Batista	arsm-associação recreativa de s. miguel	Veterano M40	07:53:09	+02:30:25	08:56
89	383	alexandra fenandes	individual	Veterana F50	07:53:49	+02:31:05	08:56
90	341	Germano Joaquim Rosmaninho Figueira	individual	Senior Masculino	07:55:34	+02:32:50	08:58
91	468	Guilherme Ferreira David	individual	Veterano M50	07:56:09	+02:33:25	08:59
92	567	Antonio Cardoso	runner's da frente ribeirinha da póvoa de santa iria	Veterano M40	07:57:34	+02:34:50	09:01
93	565	Pedro Cardoso	runner's da frente ribeirinha da póvoa de santa iria	Senior Masculino	07:57:34	+02:34:50	09:01
94	284	IVO ALMEIDA	ginasio fit 4 fun	Veterano M40	07:58:31	+02:35:47	09:02
95	237	Sérgio Ramos	edv-vianatrail	Veterano M40	07:59:16	+02:36:32	09:03
96	17	José Carlos Franco	acd jardim da serra	Veterano M50	07:59:35	+02:36:51	09:03
97	434	Nilton Viegas de Sousa David	gd sociedade filarmónica 24 outubro de baleizão	Veterano M40	08:00:04	+02:37:20	09:03
98	512	Óscar Magolo	montanha clube trail running/efapel	Veterano M40	08:02:35	+02:39:51	09:06
99	627	João Henrique Da Cruz	cb run	Senior Masculino	08:03:07	+02:40:22	09:07
100	174	Jorge Nabais	coa - clube de orientação e aventura	Senior Masculino	08:03:14	+02:40:29	09:07
101	363	Nélio Guimaraes	individual	Senior Masculino	08:03:48	+02:41:04	09:08
102	625	João Teixeira	clube atletismo ferreira do zezere	Veterano M40	08:04:03	+02:41:19	09:08
103	546	Francisco Miguel Costa Fontelo	padela natural team	Veterano M40	08:05:02	+02:42:18	09:09
104	226	Marcelo Ramos martins	edl trail	Senior Masculino	08:05:03	+02:42:18	09:09
105	92	Humberto Silva	aztrail/mercentro	Senior Masculino	08:05:12	+02:42:28	09:09
106	626	Vítor Santos	clube atletismo ferreira do zezere	Veterano M40	08:05:16	+02:42:32	09:09
107	553	Jorge Vieira	porto de mós a correr	Senior Masculino	08:05:33	+02:42:48	09:10
108	596	Elisabete Santos	team lanthemil	Veterana F40	08:06:49	+02:44:05	09:11
109	145	Paulo Costa	clac entroncamento/ondatrilhos	Veterano M40	08:07:55	+02:45:11	09:12
110	336	Filipe Pires	barbaris team	Senior Masculino	08:08:43	+02:45:59	09:13
111	1448	Hugo Miguel Sousa da Silva	lion runners - g. d. leões da guarda	Senior Masculino	08:09:13	+02:46:29	09:14
112	621	Catarina Alexandra Ferreira Fernandes	viriatvhs runners viseu	Senior Feminino	08:10:14	+02:47:29	09:15
113	316	Alex Ribeiro	edv-vianatrail	Senior Masculino	08:10:19	+02:47:35	09:15
114	634	João Teixeira	edv-vianatrail	Veterano M40	08:10:19	+02:47:35	09:15
115	21	João Ramos	ade trail running	Sub 23 Masculino	08:12:47	+02:50:03	09:18
116	152	Miguel Silva	clube de montanhismo de braga	Senior Masculino	08:12:58	+02:50:13	09:18
117	599	Paulo Barbosa	team lanthemil	Veterano M40	08:13:32	+02:50:48	09:19
118	615	PEDRO TORRES	vidaativarunners	Senior Masculino	08:14:12	+02:51:28	09:19
119	180	Luis Miguel Cunha	coimbra trail running	Veterano M40	08:14:51	+02:52:07	09:20
120	532	João Leal	ofrunning	Senior Masculino	08:15:56	+02:53:12	09:21
121	366	Pedro Cerqueira	airorun	Senior Masculino	08:15:57	+02:53:13	09:21
122	39	Hélder Ribeiro	airorun	Senior Masculino	08:15:58	+02:53:13	09:21
123	18	José Isidoro Gomes de Ornelas	acd jardim da serra	Veterano M50	08:17:08	+02:54:23	09:23
124	14	Duarte Nicolau Sousa Abreu	acd jardim da serra	Veterano M40	08:17:08	+02:54:23	09:23
125	9	José Leandro Pereira Soares	acd jardim da serra	Senior Masculino	08:17:08	+02:54:23	09:23
126	37	Eduardo Cunha	águias de alvelos	Veterano M40	08:18:08	+02:55:23	09:24

ULTRA TRAIL 53K - STAGE 1

53 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
127	163	FRANCISCO ANTONIO DIAS NOGUEIRA	clube millennium bcp	Veterano M50	08:18:25	+02:55:41	09:24
128	257	João Agostinho Oliveira Santos	fisiofute trail run	Veterano M40	08:18:27	+02:55:42	09:24
129	44	Tiago Portela	alexandra carvalho team	Senior Masculino	08:18:46	+02:56:02	09:25
130	143	Lina Marques	clac entroncamento/ondatrilhos	Veterana F40	08:19:28	+02:56:44	09:25
131	112	Filipe Pinto	btt alegria // tubani	Senior Masculino	08:21:01	+02:58:17	09:27
132	94	Arménio Rodrigues	aztrail/mercentro	Veterano M40	08:21:17	+02:58:33	09:28
133	236	pedro caldas	edv-vianatrail	Veterano M40	08:22:14	+02:59:30	09:29
134	58	Domingos Barros	amigos da montanha	Veterano M40	08:22:49	+03:00:05	09:29
135	507	Simão Gonçalves Fernandes	monsanto running team	Senior Masculino	08:23:09	+03:00:25	09:30
136	509	Hildebrand Castro	monsanto running team	Veterano M40	08:23:19	+03:00:35	09:30
137	528	Amélia da Conceição Pais da Costa	ocs proaventuras	Veterana F50	08:24:10	+03:01:26	09:31
138	530	João Nuno Fonseca	ocs proaventuras	Veterano M50	08:24:11	+03:01:26	09:31
139	130	Fernando remelgado	ccd - siemens	Veterano M40	08:24:23	+03:01:39	09:31
140	461	Sérgio Santos	individual	Veterano M40	08:24:47	+03:02:03	09:31
141	251	Eloi Oliveira Malheiro	edv-vianatrail	Senior Masculino	08:25:23	+03:02:38	09:32
142	136	Luís Antunes	cerveira team running	Senior Masculino	08:25:23	+03:02:39	09:32
143	134	Ângelo Pereira	centro ciclista de gondomar	Veterano M50	08:25:35	+03:02:51	09:32
144	45	João Afonso	alexandra carvalho team	Sub 23 Masculino	08:26:53	+03:04:08	09:34
145	358	Marco Silva	individual	Senior Masculino	08:27:04	+03:04:20	09:34
146	178	António Costa	coa - clube de orientação e aventura	Veterano M50	08:27:52	+03:05:08	09:35
147	146	Pedro Anjos	clac entroncamento/ondatrilhos	Veterano M40	08:29:04	+03:06:20	09:36
148	311	Marina Alves	individual	Senior Feminino	08:29:16	+03:06:32	09:37
149	400	Filipe Marques	individual	Veterano M40	08:29:19	+03:06:35	09:37
150	292	Paulo Santos	grupo desportivo ferreirense	Veterano M40	08:29:53	+03:07:09	09:37
151	489	Luís Teixeira	limitless	Senior Masculino	08:30:51	+03:08:06	09:38
152	298	Ângela Costa	guimarunning	Veterana F40	08:31:22	+03:08:37	09:39
153	16	Pedro Mario Rodrigues Pinto	acd jardim da serra	Veterano M40	08:32:25	+03:09:41	09:40
154	254	Pedro Manuel Gomes dos Santos	factor x / s4l / medense fc	Senior Masculino	08:32:25	+03:09:41	09:40
155	240	José Cruz	ei team trail	Senior Masculino	08:33:52	+03:11:08	09:42
156	60	Carlos Pedrinhas	amigos da montanha	Veterano M50	08:34:50	+03:12:06	09:43
157	492	Luis sá	lion runners - g. d. leões da guarda	Veterano M40	08:35:49	+03:13:04	09:44
158	294	SERGIO COELHO	gtt-armazem do caffè	Veterano M40	08:37:50	+03:15:05	09:46
159	520	José Gomes	nocturnos de paredes	Veterano M50	08:38:02	+03:15:18	09:46
160	510	José Carlos Santos	monsanto running team	Veterano M50	08:38:03	+03:15:18	09:46
161	396	Eduardo Lourenço	individual	Veterano M40	08:39:07	+03:16:22	09:48
162	78	Pedro Alves	associação brunheiro natural	Veterano M40	08:39:09	+03:16:25	09:48
163	482	José Calisto	individual	Veterano M60	08:39:31	+03:16:46	09:48
164	340	Germano Cardoso	individual	Senior Masculino	08:39:31	+03:16:47	09:48
165	157	Hugo Pinto	clube efacec	Senior Masculino	08:41:05	+03:18:21	09:50
166	86	José Vicente	atr - algarve trail running	Veterano M40	08:41:45	+03:19:01	09:51
167	392	Daniel Alves	individual	Veterano M40	08:42:32	+03:19:48	09:52
168	332	Fernando Rodrigues	individual	Senior Masculino	08:42:53	+03:20:08	09:52
169	278	Romeu Alexandre Taneco Colaço	gin. qta do valbom - aaalcochete	Senior Masculino	08:43:45	+03:21:01	09:53

ULTRA TRAIL 53K - STAGE 1

53 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
170	522	Fernando Santos	núcleo de montanha de espinho	Veterano M40	08:44:44	+03:22:00	09:54
171	389	Ângelo Relvas	runner's da frente ribeirinha da póvoa de santa iria	Veterano M40	08:45:15	+03:22:30	09:55
172	66	Miguel Pinto	amigos do pedal trailagares	Sub 23 Masculino	08:45:33	+03:22:48	09:55
173	81	Sara Silva	atletismo clube da tocha	Senior Feminino	08:46:20	+03:23:36	09:56
174	584	Rodolfo Orão	sinmetro	Veterano M40	08:47:13	+03:24:29	09:57
175	601	Filipe Ferreira	team trail bem viver	Senior Masculino	08:47:23	+03:24:39	09:57
176	303	Fernando Jorge de Oliveira	hora do lobo trail - cf perosinho atletismo	Veterano M60	08:48:02	+03:25:18	09:58
177	426	Manuel Carocinho	gd sociedade filarmónica 24 outubro de baleizão	Veterano M40	08:48:21	+03:25:36	09:58
178	273	Carlos Troncão	gd sociedade filarmónica 24 outubro de baleizão	Veterano M40	08:48:21	+03:25:37	09:58
179	22	Marinha Pires	affense trail	Senior Feminino	08:48:39	+03:25:55	09:58
180	503	Luis Vieira	moloni running team	Veterano M50	08:50:47	+03:28:03	10:01
181	197	Antonio Almeida	dive into the mountains	Senior Masculino	08:50:54	+03:28:10	10:01
182	314	Slavica Serdar	individual	Senior Feminino	08:51:09	+03:28:25	10:01
183	502	Filipe Braz	moloni running team	Veterano M40	08:51:21	+03:28:37	10:02
184	222	Nuno Manuel Fernandes Freitas	ecobarcaventura	Senior Masculino	08:51:36	+03:28:51	10:02
185	607	Hugo Miguel	trilho perdido eventos / imporlux	Veterano M40	08:51:58	+03:29:14	10:02
186	144	João Lopes	clac entroncamento/ondatrilhos	Veterano M40	08:52:51	+03:30:07	10:03
187	6	Telmo Silva	a.d.amarante trail running	Veterano M40	08:54:33	+03:31:49	10:05
188	487	Ricardo Pimenta	ker sport	Veterano M40	08:55:30	+03:32:46	10:06
189	422	JOSE SA	individual	Veterano M40	08:55:33	+03:32:49	10:06
190	613	Daniela Soares	unidos à fresca	Senior Feminino	08:56:29	+03:33:45	10:07
191	13	António Domingos Mendes Rodrigues	acd jardim da serra	Veterano M40	08:56:32	+03:33:48	10:07
192	149	Rute Martins	clube atletismo ferreira do zezere	Senior Feminino	08:56:47	+03:34:03	10:08
193	83	António Batata	atletismo clube da tocha	Veterano M40	08:57:47	+03:35:03	10:09
194	35	Antonio Gomes	águias de alvelos	Veterano M40	08:57:52	+03:35:08	10:09
195	285	Aida Presa	girls4run	Veterana F40	08:58:15	+03:35:31	10:09
196	361	Martin Kern	individual	Senior Masculino	08:58:29	+03:35:45	10:10
197	263	Pedro Jesus	gáfete runners	Senior Masculino	08:58:36	+03:35:52	10:10
198	218	Paula Lage	dr.merino/4moove	Veterana F40	08:58:37	+03:35:52	10:10
199	63	Pedro Fernandes	amigos do empeno	Senior Masculino	08:58:40	+03:35:56	10:10
200	600	Dionísio Ferreira	team trail bem viver	Senior Masculino	08:58:42	+03:35:58	10:10
201	331	Fernando Jorge da Costa Pereira	individual	Senior Masculino	08:59:03	+03:36:18	10:10
202	192	Gisela pereira	desnivel positivo	Veterana F40	08:59:19	+03:36:35	10:11
203	404	Fred Kalahari	individual	Veterano M40	09:00:33	+03:37:49	10:12
204	84	Luís Costa	atr - algarve trail running	Senior Masculino	09:00:37	+03:37:53	10:12
205	391	Rita Teixeira	individual	Senior Feminino	09:00:49	+03:38:04	10:12
206	75	Gonçalo Rodrigues	arsm-associação recreativa de s. miguel	Senior Masculino	09:03:04	+03:40:19	10:15
207	275	José Canilhas	gd sociedade filarmónica 24 outubro de baleizão	Veterano M50	09:03:13	+03:40:29	10:15
208	432	Miguel Pimenta	coimbra trail running	Veterano M40	09:04:17	+03:41:33	10:16
209	549	Afonso bonifácio	pernetas	Senior Masculino	09:04:29	+03:41:45	10:16
210	365	paulo cesar martins lima de carvalho	trailistas "eu é que sei!"	Senior Masculino	09:04:29	+03:41:45	10:16

ULTRA TRAIL 53K - STAGE 1

53 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
211	356	luis agnelo pipa carvalho	individual	Senior Masculino	09:06:19	+03:43:35	10:18
212	357	Luís Nunes	runner's da frente ribeirinha da póvoa de santa iria	Senior Masculino	09:07:02	+03:44:18	10:19
213	188	Isabel Almeida	ctad - trilhos de cinfaes	Veterana F40	09:08:31	+03:45:47	10:21
214	329	Carlos Gomes	individual	Senior Masculino	09:08:37	+03:45:53	10:21
215	38	Miguel de Oliveira	airão trail team	Veterano M40	09:10:01	+03:47:17	10:23
216	204	Rui Miguel Pereira Inácio	dolcefuradouro	Senior Masculino	09:10:43	+03:47:59	10:23
217	411	João Manuel Maciel Linhares	individual	Veterano M40	09:11:42	+03:48:58	10:25
218	229	André Príncipe	edv-vianatrail	Senior Masculino	09:12:24	+03:49:40	10:25
219	250	Pedro Manuel Cerqueira Lopes	edv-vianatrail	Senior Masculino	09:12:24	+03:49:40	10:25
220	542	Lúcio Alves	os papatrilhos do caal	Veterano M40	09:14:56	+03:52:12	10:28
221	541	Marília Noro	os papatrilhos do caal	Senior Feminino	09:14:56	+03:52:12	10:28
222	239	José Ponte	edv-vianatrail	Veterano M60	09:15:22	+03:52:38	10:29
223	360	Mário Encarnação	individual	Senior Masculino	09:15:57	+03:53:13	10:29
224	308	Maria Elisa Salgueiro dos Santos	individual	Senior Feminino	09:17:52	+03:55:08	10:32
225	103	Ricardo Sampaio	brabus runners	Senior Masculino	09:18:00	+03:55:16	10:32
226	310	Marilisa Fernandes	individual	Senior Feminino	09:18:00	+03:55:16	10:32
227	420	Jose Pedro Gomes meneses	individual	Veterano M40	09:18:10	+03:55:25	10:32
228	622	José António de Almeida Moreira	viriahtvs runners viseu	Veterano M50	09:18:55	+03:56:10	10:33
229	287	Filipe Ramos	gondomar futsal clube	Veterano M40	09:20:21	+03:57:36	10:34
230	561	Ricardo Pereira	rpstudio trail team	Senior Masculino	09:21:06	+03:58:22	10:35
231	616	Mónica Ribeiro	vikings trail runners / ccr alcabideque	Senior Feminino	09:21:35	+03:58:51	10:36
232	199	Keta Batista	dive into the mountains	Veterana F40	09:22:17	+03:59:32	10:37
233	603	Luis Miguel Santos	trailistas "eu é que sei!"	Veterano M40	09:22:18	+03:59:34	10:37
234	151	Pedro Miguel Pires Gonçalves	clube de futebol guadiana	Senior Masculino	09:22:57	+04:00:13	10:37
235	224	José Florencio Rodrigues da Silva	ecobarcaventura	Veterano M40	09:24:49	+04:02:05	10:39
236	313	Silvia Casal Dominguez	individual	Senior Feminino	09:24:49	+04:02:05	10:39
237	89	BRUNO BARGE	aztrail/mercentro	Senior Masculino	09:25:13	+04:02:29	10:40
238	155	Carlos Freitas	clube desportivo e cultural da nave	Senior Masculino	09:25:40	+04:02:56	10:40
239	154	André Duarte	clube desportivo e cultural da nave	Senior Masculino	09:25:40	+04:02:56	10:40
240	370	Ricardo Nuno Paixão Gomes Ferreira	individual	Senior Masculino	09:27:13	+04:04:29	10:42
241	575	Vitor Marques	runner's da frente ribeirinha da póvoa de santa iria	Veterano M40	09:28:28	+04:05:43	10:44
242	121	Roberto Exposito Exposito	bugallasmobles&victorpazos	Veterano M40	09:28:33	+04:05:49	10:44
243	142	Cesar Francisco	cesar.francisco.com lagrimas team	Veterano M40	09:29:08	+04:06:24	10:44
244	291	Lurdes Gil	grupo desportivo ferreirense	Veterana F40	09:29:17	+04:06:33	10:44
245	79	José Sousa	associação de atletismo lebres do sado	Veterano M40	09:30:32	+04:07:48	10:46
246	140	Marco Caraux	cerveira team running	Veterano M40	09:30:35	+04:07:51	10:46
247	128	Vasco Faria	cb run	Senior Masculino	09:30:50	+04:08:05	10:46
248	540	António Oliveira	os finos	Veterano M40	09:31:25	+04:08:41	10:47
249	384	Samy Costa	braguinhas runners	Veterana F50	09:31:25	+04:08:41	10:47
250	175	Ricardo Salgueiro	coa - clube de orientação e aventura	Senior Masculino	09:32:37	+04:09:53	10:48
251	173	Nádia Afonso	coa - clube de orientação e aventura	Senior Feminino	09:32:37	+04:09:53	10:48
252	556	Paulo Gil	puxa por ti	Senior Masculino	09:33:22	+04:10:38	10:49

ULTRA TRAIL 53K - STAGE 1

53 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
253	559	Gustavo Pessa	puxa por ti	Veterano M40	09:33:22	+04:10:38	10:49
254	147	Susana Rodrigues	clube atletismo fafe	Senior Feminino	09:34:57	+04:12:13	10:51
255	302	Wilson Fonseca	hora do lobo trail - cf perosinho atletismo	Veterano M40	09:35:27	+04:12:42	10:51
256	564	Luis Miguel Braga Dias	runner's da frente ribeirinha da póvoa de santa iria	Senior Masculino	09:36:06	+04:13:22	10:52
257	415	Jorge Bastos	individual	Veterano M40	09:36:38	+04:13:54	10:53
258	238	stephane simoes	edv-vianatrail	Veterano M40	09:37:36	+04:14:52	10:54
259	205	Renato Veiga	dolcefuradouro	Veterano M40	09:38:14	+04:15:29	10:55
260	36	Daniel Fernandes	águias de alvelos	Veterano M40	09:38:41	+04:15:56	10:55
261	372	Rúben de Oliveira Lourenço Marques	individual	Senior Masculino	09:38:45	+04:16:00	10:55
262	106	Carla Isabel	braguinhas runners	Senior Feminino	09:40:02	+04:17:18	10:57
263	594	Carla Mendes	tartarugas solidárias	Veterana F40	09:40:38	+04:17:53	10:57
264	68	Ana Amaro	aminhacorrída/myprotein	Veterana F40	09:40:38	+04:17:53	10:57
265	617	André Costa	vikings trail runners / ccr alcabideque	Senior Masculino	09:42:08	+04:19:24	10:59
266	8	Jessie Serrão	acd jardim da serra	Senior Feminino	09:42:23	+04:19:39	10:59
267	464	vitor santos	leões de tardariz trail	Veterano M40	09:42:51	+04:20:07	11:00
268	186	Ana Paula Monteiro Costa	cr candoso	Veterana F50	09:43:05	+04:20:20	11:00
269	475	jose rodrigues costa	individual	Veterano M50	09:43:05	+04:20:20	11:00
270	71	Nelson Ferreira	amve	Senior Masculino	09:43:14	+04:20:30	11:00
271	216	Nuno Pinho	dr.merino/4moove	Senior Masculino	09:43:15	+04:20:30	11:00
272	373	Tiago José Cadima Borges	individual	Senior Masculino	09:43:35	+04:20:51	11:01
273	423	Jose Silva	individual	Veterano M40	09:43:46	+04:21:02	11:01
274	591	NELSON FRIAS AMARAL	strendure running team	Senior Masculino	09:43:48	+04:21:03	11:01
275	354	Jose.pereira	individual	Senior Masculino	09:44:35	+04:21:51	11:02
276	223	Domingos Manuel Marques Dias	ecobarcaventura	Veterano M40	09:44:50	+04:22:06	11:02
277	435	Nuno Alexandre Jacinto	individual	Veterano M40	09:45:12	+04:22:28	11:03
278	585	David Lafuente Alves	solopisadas team	Veterano M40	09:45:24	+04:22:40	11:03
279	588	Filipe Rodrigues Gonçalves	solopisadas team	Veterano M50	09:45:26	+04:22:42	11:03
280	4142	Miguel Marques	individual	Senior Masculino	09:46:40	+04:23:55	11:04
281	183	EMANUEL ALMEIDA	comdor runners	Senior Masculino	09:46:47	+04:24:03	11:04
282	387	Adriano Rocha	individual	Veterano M40	09:46:57	+04:24:13	11:04
283	4016	Hugo B	individual	Veterano M40	09:47:05	+04:24:21	11:05
284	578	Miguel Duarte Pedro	salamandrecos	Veterano M40	09:50:05	+04:27:20	11:08
285	552	Nuno Duarte	pimentinhas	Senior Masculino	09:50:20	+04:27:35	11:08
286	109	Catarina Maria Gomes Duarte da Silva	bruxos runners	Veterana F50	09:50:28	+04:27:44	11:08
287	521	Rui André Martins	núcleo de montanha de espinho	Senior Masculino	09:51:19	+04:28:35	11:09
288	225	Manuel pereira	ecobarcaventura	Veterano M50	09:51:42	+04:28:58	11:10
289	69	Jose Amaro	aminhacorrída/myprotein	Veterano M40	09:53:39	+04:30:55	11:12
290	605	Paulo Valente	trailistas "eu é que sei!"	Veterano M50	09:53:46	+04:31:02	11:12
291	488	Joaquim Leite	leões de tardariz trail	Veterano M50	09:54:08	+04:31:24	11:13
292	402	Francisco Rebelo	individual	Veterano M40	09:54:21	+04:31:37	11:13
293	72	ANDRÉ MARTINS	andré	Veterano M40	09:54:26	+04:31:42	11:13
294	56	Márcia Vilas Boas Bandeira	amigos da montanha	Veterana F40	09:54:50	+04:32:05	11:13
295	533	Bruno Pires	olimpico vianense trail	Senior Masculino	09:55:08	+04:32:24	11:14

ULTRA TRAIL 53K - STAGE 1

53 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
296	449	Rafael Monteiro	runner's da frente ribeirinha da póvoa de santa iria	Veterano M40	09:56:00	+04:33:16	11:15
297	114	Manuel Teixeira	btt alegria // tubani	Veterano M40	09:56:24	+04:33:40	11:15
298	441	paulo alves	individual	Veterano M40	09:58:12	+04:35:28	11:17
299	375	Telmo Urceira	individual	Sub 23 Masculino	09:58:56	+04:36:12	11:18
300	427	Marco Pereira	individual	Veterano M40	09:58:59	+04:36:15	11:18
301	80	Pedro Guimarães	associação porto da cruz trail team	Veterano M40	09:59:00	+04:36:16	11:18
302	398	Fernando Costa	individual	Veterano M40	09:59:36	+04:36:51	11:19
303	428	Marco Santana	individual	Veterano M40	10:00:13	+04:37:29	11:20
304	437	NUNO ATHAYDE	individual	Veterano M40	10:00:35	+04:37:50	11:20
305	484	José Duarte	kaninos	Veterano M50	10:00:47	+04:38:03	11:20
306	326	Bruno Pires	individual	Senior Masculino	10:01:19	+04:38:35	11:21
307	23	Carol Pereira	afifense trail	Veterana F40	10:02:47	+04:40:03	11:22
308	536	Pedro Carvalhido	olimpico vianense trail	Veterano M40	10:02:50	+04:40:06	11:22
309	321	Antonio Vasconcelos	individual	Senior Masculino	10:02:50	+04:40:06	11:22
310	572	Pedro Ferreira	runner's da frente ribeirinha da póvoa de santa iria	Veterano M40	10:03:23	+04:40:38	11:23
311	276	João Castel-Branco	geopark estrela	Senior Masculino	10:04:27	+04:41:43	11:24
312	242	Joaquim Coelho	ei team trail	Veterano M40	10:06:02	+04:43:18	11:26
313	474	José Botelho da Costa de Aguiar da Câmara	individual	Veterano M50	10:06:21	+04:43:36	11:26
314	582	Henrique Castro	sigmarunners	Veterano M40	10:06:35	+04:43:51	11:27
315	322	Bruno Daniel Machado Fontão	individual	Senior Masculino	10:07:46	+04:45:01	11:28
316	115	Luís Teixeira	budeguita runners	Veterano M40	10:07:47	+04:45:03	11:28
317	479	Carlos Correia	individual	Veterano M60	10:09:24	+04:46:40	11:30
318	141	José Gomes	cerveira team running	Veterano M50	10:09:40	+04:46:55	11:30
319	272	António Campaniço	gd sociedade filarmónica 24 outubro de baleizão	Senior Masculino	10:10:17	+04:47:33	11:31
320	374	Tomé pinto	individual	Senior Masculino	10:10:17	+04:47:33	11:31
321	91	Francisco Terra	aztrail/mercentro	Senior Masculino	10:11:58	+04:49:14	11:33
322	88	António Manuel Resende Martins	aztrail/mercentro	Senior Masculino	10:11:58	+04:49:14	11:33
323	558	Mafalda Lourenço	puxa por ti	Veterana F40	10:12:38	+04:49:54	11:34
324	523	Jorge Atalaia	o mundo da corrida	Senior Masculino	10:13:17	+04:50:33	11:34
325	85	Nuno Botelho	atr - algarve trail running	Senior Masculino	10:15:01	+04:52:16	11:36
326	555	Humberto Pinho	porto sentido runners	Veterano M60	10:15:30	+04:52:46	11:37
327	99	João Paulo Meixedo	berg outdoor	Veterano M50	10:16:05	+04:53:21	11:37
328	270	Rui Viegas	galhardos runners	Veterano M40	10:16:16	+04:53:32	11:38
329	7	John Kelly	ac batalha	Veterano M50	10:16:39	+04:53:55	11:38
330	70	Luís Barreiro	amve	Senior Masculino	10:17:37	+04:54:52	11:39
331	368	Renato Martins	individual	Senior Masculino	10:17:40	+04:54:55	11:39
332	515	José Maria Gouveia Martins	nast	Veterano M40	10:17:40	+04:54:55	11:39
333	455	Rui Machado	individual	Veterano M40	10:17:40	+04:54:56	11:39
334	55	Carlos Soares	amigos da montanha	Senior Masculino	10:19:28	+04:56:44	11:41
335	184	Hugo Couto	comdor runners	Senior Masculino	10:19:48	+04:57:04	11:42
336	200	Maria Sá	dive into the mountains	Veterana F40	10:21:11	+04:58:26	11:43
337	202	Pedro Cosra	dive into the mountains	Veterano M40	10:21:11	+04:58:27	11:43
338	198	CARLOS RIBEIRO	dive into the mountains	Senior Masculino	10:21:11	+04:58:27	11:43

ULTRA TRAIL 53K - STAGE 1

53 KM

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OFFICIAL RESULT

[illegible]

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
339	418	Jose Silva	alexandra carvalho team	Veterano M40	10:21:16	+04:58:31	11:43
340	49	Rui Barreto	alexandra carvalho team	Veterano M40	10:21:16	+04:58:32	11:43
341	76	Luís Silva	arsm-associação recreativa de s. miguel	Senior Masculino	10:21:25	+04:58:41	11:43
342	477	Manuel Gregorio Gouveia Sardinha	individual	Veterano M50	10:21:28	+04:58:44	11:44
343	317	André Fernandes	individual	Senior Masculino	10:21:34	+04:58:50	11:44
344	355	Leonel Vieira	individual	Senior Masculino	10:23:19	+05:00:34	11:46
345	393	Daniel Amorim	individual	Veterano M40	10:24:03	+05:01:18	11:46
346	177	Nuno Figueiredo	coa - clube de orientação e aventura	Veterano M40	10:25:20	+05:02:36	11:48
347	447	Pedro Nuno Domingues Gonçalves "Igor"	individual	Veterano M40	10:25:43	+05:02:59	11:48
348	595	Vítor Horácio Esteves Correia	team lanthemil	Senior Masculino	10:25:43	+05:02:59	11:48
349	598	Marco Filipe Silva Moreira	team lanthemil	Veterano M40	10:25:44	+05:02:59	11:48
350	315	Solange Sousa	individual	Senior Feminino	10:25:55	+05:03:11	11:49
351	277	Renato Marques	gin. qta do valbom - aaalcochete	Senior Masculino	10:26:14	+05:03:30	11:49
352	279	Valter Martinho	gin. qta do valbom - aaalcochete	Senior Masculino	10:26:14	+05:03:30	11:49
353	618	Bruno Coelho	vikings trail runners / ccr alcabideque	Senior Masculino	10:27:44	+05:05:00	11:51
354	182	Renato Ferreira	coimbra trail running	Veterano M40	10:29:30	+05:06:46	11:53
355	271	Samuel Amorim	gd castelense	Senior Masculino	10:29:57	+05:07:12	11:53
356	513	Pedro Coelho	mrr / nice runners	Veterano M40	10:29:59	+05:07:15	11:53
357	158	Mário Ferreira	clube efacec	Veterano M40	10:29:59	+05:07:15	11:53
358	20	João laranjaeira	ade trail running	Senior Masculino	10:30:38	+05:07:54	11:54
359	42	Paulo Jorge Azevedo Duarte	alexandra carvalho team	Senior Masculino	10:30:46	+05:08:02	11:54
360	282	CONCEIÇÃO FERREIRA	ginasio fit 4 fun	Veterana F50	10:31:15	+05:08:31	11:55
361	573	Vasco Armés	runner's da frente ribeirinha da póvoa de santa iria	Veterano M40	10:31:16	+05:08:32	11:55
362	446	Pedro Fernandes	individual	Veterano M40	10:31:17	+05:08:33	11:55
363	299	Maria Franco	hora do lobo trail - cf perosinho atletismo	Senior Feminino	10:31:18	+05:08:34	11:55
364	436	Nuno Arigó Sousa Rocha	individual	Veterano M40	10:32:09	+05:09:25	11:56
365	359	Marco Lourenço	individual	Senior Masculino	10:32:10	+05:09:26	11:56
366	117	Hendrik Wielinga	budeguita runners	Veterano M50	10:34:07	+05:11:23	11:58
367	457	Rui Pereira	individual	Veterano M40	10:34:12	+05:11:28	11:58
368	305	Cátia Santos	individual	Senior Feminino	10:34:26	+05:11:42	11:58
369	448	Pedro Prates	individual	Veterano M40	10:34:26	+05:11:42	11:58
370	43	Pedro Costa	alexandra carvalho team	Senior Masculino	10:35:26	+05:12:42	11:59
371	333	Filipe Alves	individual	Senior Masculino	10:36:32	+05:13:48	12:01
372	98	Fátima Martins	berg outdoor	Veterana F40	10:36:50	+05:14:06	12:01
373	364	Nuno Campos	individual	Senior Masculino	10:36:51	+05:14:07	12:01
374	290	Gustavo Barros	green trace runners	Veterano M40	10:37:49	+05:15:05	12:02
375	100	Maria do Céu Rodrigues	bombeiros voluntários de montemor -o - novo	Veterana F40	10:38:35	+05:15:51	12:03
376	289	José Mendes	gondomar futsal clube	Veterano M50	10:39:59	+05:17:15	12:05
377	325	Bruno Moreira	team lanthemil	Senior Masculino	10:40:26	+05:17:42	12:05
378	458	Rui Pereira	individual	Veterano M40	10:41:07	+05:18:23	12:06
379	543	Vitor Simão Machado Pedroso	os rotos	Veterano M40	10:42:24	+05:19:40	12:07
380	295	Albino Campos	gtt-armazem do caffè	Veterano M50	10:43:36	+05:20:52	12:09
381	593	Manuel Luis Rolim Moleiro	sulfrutas, lda	Veterano M50	10:43:55	+05:21:11	12:09

ULTRA TRAIL 53K - STAGE 1

53 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
382	61	Patrícia Carvalho	amigos do empeno	Senior Feminino	10:44:09	+05:21:25	12:09
383	62	David Ferreira	amigos do empeno	Senior Masculino	10:44:09	+05:21:25	12:09
384	107	Aniceto Soares	bruxos runners	Senior Masculino	10:44:47	+05:22:03	12:10
385	111	Rui Carvalho	bruxos runners	Veterano M40	10:44:47	+05:22:03	12:10
386	574	Vasco Rosario	runner's da frente ribeirinha da póvoa de santa iria	Veterano M40	10:45:18	+05:22:33	12:11
387	123	José Manuel Oliveira	c.a.s.p.a. clube amador só para atlestismo	Veterano M50	10:45:26	+05:22:42	12:11
388	339	Gabriel Rosa	individual	Senior Masculino	10:45:41	+05:22:56	12:11
389	459	Rui Taveira	individual	Veterano M40	10:45:59	+05:23:15	12:11
390	517	José Paulo Magalhães Faria	no tomorrow running team	Veterano M40	10:45:59	+05:23:15	12:11
391	283	ANGELO PINHO	ginasio fit 4 fun	Veterano M40	10:46:37	+05:23:53	12:12
392	344	Humberto José de Lima Barros	individual	Senior Masculino	10:46:49	+05:24:05	12:12
393	349	José Daniel Romana	individual	Senior Masculino	10:46:59	+05:24:15	12:12
394	162	ARTUR CARLOS MOREIRA SILVA	clube millennium bcp	Veterano M50	10:46:59	+05:24:15	12:12
395	490	Bruno Monteiro	lion runners - g. d. leões da guarda	Senior Masculino	10:46:59	+05:24:15	12:12
396	47	João César Rebelo Alves Rocha	alexandra carvalho team	Veterano M40	10:48:25	+05:25:41	12:14
397	41	Carina silva	alexandra carvalho team	Senior Feminino	10:48:25	+05:25:41	12:14
398	170	Susana Gabriela Costa Pinto da Neta	clube zipper	Veterana F40	10:53:10	+05:30:26	12:19
399	529	Paulo Sousa	ocs proaventuras	Veterano M40	10:53:25	+05:30:41	12:20
400	499	Paulo Azevedo	lusitanos	Veterano M50	11:08:15	+05:45:31	12:37

Ultra Trail 53K

53 KM

R

REVISED

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	18°C	93%
End	20:33	-99°C	-99%

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

1	629	Sofia Roquete	AMCF-Arrábida Trail Team	Senior Feminino	06:51:34	+01:28:50	07:46:12
2	504	Margarida Madeira	Monsanto Running Team	Senior Feminino	07:36:31	+02:13:47	08:37:12
3	621	Catarina Alexandra Ferreira Fernandes	Viriathvs Runners Viseu	Senior Feminino	08:10:14	+02:47:29	09:15:12
4	311	Marina Alves	Individual	Senior Feminino	08:29:16	+03:06:32	09:37:12
5	81	Sara Silva	Atletismo Clube da Tocha	Senior Feminino	08:46:20	+03:23:36	09:56:12
6	22	Marinha Pires	Afifense Trail	Senior Feminino	08:48:39	+03:25:55	09:58:12
7	314	Slavica Serdar	Individual	Senior Feminino	08:51:09	+03:28:25	10:01:12
8	613	Daniela Soares	UNIDOS À FRESCA	Senior Feminino	08:56:29	+03:33:45	10:07:12
9	149	Rute Martins	Clube Atletismo Ferreira do Zezere	Senior Feminino	08:56:47	+03:34:03	10:08:12
10	391	Rita Teixeira	Individual	Senior Feminino	09:00:49	+03:38:04	10:12:12
11	541	Marília Noro	Os Papatrilhos do CAAL	Senior Feminino	09:14:56	+03:52:12	10:28:12
12	308	Maria Elisa Salgueiro dos Santos	Individual	Senior Feminino	09:17:52	+03:55:08	10:32:12
13	310	Marilisa Fernandes	Individual	Senior Feminino	09:18:00	+03:55:16	10:32:12
14	616	Mónica Ribeiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	09:21:35	+03:58:51	10:36:12
15	313	Silvia Casal Dominguez	Individual	Senior Feminino	09:24:49	+04:02:05	10:39:12
16	173	Nádia Afonso	COA - Clube de Orientação e Aventura	Senior Feminino	09:32:37	+04:09:53	10:48:12
17	147	Susana Rodrigues	Clube Atletismo Fafe	Senior Feminino	09:34:57	+04:12:13	10:51:12
18	106	Carla Isabel	Braguinhas Runners	Senior Feminino	09:40:02	+04:17:18	10:57:12
19	8	Jessie Serrão	ACD JARDIM DA SERRA	Senior Feminino	09:42:23	+04:19:39	10:59:12
20	315	Solange Sousa	Individual	Senior Feminino	10:25:55	+05:03:11	11:49:12
21	299	Maria Franco	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Feminino	10:31:18	+05:08:34	11:55:12
22	305	Cátia Santos	Individual	Senior Feminino	10:34:26	+05:11:42	11:58:12
23	61	Patrícia Carvalho	Amigos do Empeno	Senior Feminino	10:44:09	+05:21:25	12:09:12
24	41	Carina silva	Alexandra Carvalho Team	Senior Feminino	10:48:25	+05:25:41	12:14:12

Senior Masculino

1	630	Hélio fumo	Individual	Senior Masculino	05:22:44		06:05:11
2	602	Leonel Rodrigues da Cunha	Trail Team Bifase	Senior Masculino	05:44:57	+22:13	06:31:11
3	253	Pedro Jorge Silva Barros	FACTOR X / S4L / MEDENSE FC	Senior Masculino	05:54:37	+31:53	06:41:11
4	371	ROBERTO MATA MARTINEZ	Individual	Senior Masculino	06:01:39	+38:55	06:49:11
5	624	Fernando Gomes	Clube Atletismo Ferreira do Zezere	Senior Masculino	06:08:17	+45:32	06:57:11
6	28	Francisco João da Cruz Fernandes	ÁGUIAS DE ALVELOS	Senior Masculino	06:25:32	+01:02:48	07:16:11
7	212	Domingos Freitas	Dr.merino/4moove	Senior Masculino	06:27:16	+01:04:32	07:18:11
8	10	José Sílvio de Sousa Freitas	ACD JARDIM DA SERRA	Senior Masculino	06:27:47	+01:05:03	07:19:11
9	232	Pedro Caprichoso	EDV-VIANATRAIL	Senior Masculino	06:28:57	+01:06:12	07:20:11
10	1	Danilson Pereira	Emicela Team	Senior Masculino	06:31:14	+01:08:29	07:23:11

Official Timekeeper: Lap2Go	1 / 11	generate 24-Sep-2018 15:55
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Ultra Trail 53K

53 KM

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OFFICIAL RESULT

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REVISED

11	211	Diogo da Silva Fernandes	Dr.merino/4moove	Senior Masculino	06:32:37	+01:09:53	07:24
12	93	Pedro Rocha	AZtrail/Mercentro	Senior Masculino	06:33:44	+01:11:00	07:26
13	580	Tiago Cantante Romão	SALOMON SUUNTO PORTUGAL	Senior Masculino	06:36:14	+01:13:30	07:29
14	631	Miguel Reis e Silva	Individual	Senior Masculino	06:36:14	+01:13:30	07:29
15	29	Hugo Araujo	ÁGUIAS DE ALVELOS	Senior Masculino	06:37:17	+01:14:33	07:30
16	12	Robert Serrão	ACD JARDIM DA SERRA	Senior Masculino	06:37:54	+01:15:09	07:30
17	609	Nelson Teixeira	Tua Saúde	Senior Masculino	06:39:06	+01:16:22	07:32
18	227	Ricardo Miguel Sousa Amorim	EDL Trail	Senior Masculino	06:42:46	+01:20:02	07:36
19	632	ANDRÉ MARTINS ALVES	Minho e Lima Trail	Senior Masculino	06:49:10	+01:26:26	07:43
20	82	Daniel Batata	Atletismo Clube da Tocha	Senior Masculino	06:49:28	+01:26:44	07:44
21	127	Tiago Manuel Gomes Godinho	Caracol Trail Team	Senior Masculino	06:51:34	+01:28:50	07:46
22	608	Nuno Guimarães	Trogloditas Runners	Senior Masculino	06:55:21	+01:32:36	07:50
23	506	João Repas	Monsanto Running Team	Senior Masculino	06:56:56	+01:34:11	07:52
24	27	Bruno Manuel Coutinho Ribeiro	ÁGUIAS DE ALVELOS	Senior Masculino	06:59:37	+01:36:53	07:55
25	135	Filipe Dantas	Cerveira Team Running	Senior Masculino	07:01:29	+01:38:44	07:57
26	11	Luis Magno Rodrigues Sousa	ACD JARDIM DA SERRA	Senior Masculino	07:08:31	+01:45:47	08:05
27	501	PAULO JORGE DOS SANTOS VAZ	Minho e Lima Trail	Senior Masculino	07:11:42	+01:48:57	08:09
28	74	Bruno Costa	ARCA BarceloS runners	Senior Masculino	07:13:34	+01:50:50	08:11
29	210	Carlos Ferreira	Dr.merino/4moove	Senior Masculino	07:13:35	+01:50:51	08:11
30	102	Ricardo Fernando da Costa Ribeiro	Brabus Runners	Senior Masculino	07:15:31	+01:52:47	08:13
31	213	Fernando Carvalho	Dr.merino/4moove	Senior Masculino	07:19:17	+01:56:33	08:17
32	352	José Martín Fontán Arnejo	Individual	Senior Masculino	07:23:00	+02:00:15	08:22
33	207	Jose Miguel Fortuna Pinto	Douroconta team TRAIL	Senior Masculino	07:28:31	+02:05:47	08:28
34	32	Sergio Sá	ÁGUIAS DE ALVELOS	Senior Masculino	07:29:32	+02:06:47	08:29
35	97	Javier Mogollon	BERG OUTDOOR	Senior Masculino	07:30:56	+02:08:11	08:30
36	491	Celso Oliveira	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	07:32:05	+02:09:21	08:32
37	265	Paulo Madeira	Gaia Trail	Senior Masculino	07:32:31	+02:09:47	08:32
38	347	Jorge Filipe Martins Santos	Individual	Senior Masculino	07:35:52	+02:13:08	08:36
39	319	António Daniel da Silva Ribeiro	Individual	Senior Masculino	07:36:45	+02:14:01	08:37
40	592	Valter Matos	Strendure Running Team	Senior Masculino	07:37:06	+02:14:22	08:37
41	215	Miguel Martins	Dr.merino/4moove	Senior Masculino	07:39:34	+02:16:50	08:40
42	230	Emídio João Câmara Correia	EDV-VIANATRAIL	Senior Masculino	07:40:22	+02:17:37	08:41
43	156	Jorge António	Clube Desportivo e Cultural da Nave	Senior Masculino	07:46:50	+02:24:06	08:49
44	160	Rúben Escórcio	Clube Escola do Estreito Madeira	Senior Masculino	07:47:00	+02:24:16	08:49
45	343	Hugo Manuel Pinto	Individual	Senior Masculino	07:47:21	+02:24:37	08:49
46	505	Bruno Fernandes	Monsanto Running Team	Senior Masculino	07:47:40	+02:24:56	08:49
47	524	Luís Narciso	O Mundo da Corrida	Senior Masculino	07:47:52	+02:25:08	08:50
48	346	João Amândio	Montanha Clube Trail Running/Efapel	Senior Masculino	07:48:32	+02:25:48	08:50
49	619	Renato Filipe Jacob Melo	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	07:49:16	+02:26:32	08:51
50	341	Germano Joaquim Rosmaninho Figueira	Individual	Senior Masculino	07:55:34	+02:32:50	08:58
51	565	Pedro Cardoso	Runner's da frente ribeirinha da Póvoa de Santa Iria	Senior Masculino	07:57:34	+02:34:50	09:01
52	627	João Henrique Da Cruz	CB RUN	Senior Masculino	08:03:07	+02:40:22	09:07

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53	174	Jorge Nabais	COA - Clube de Orientação e Aventura	Senior Masculino	08:03:14	+02:40:29	09:07
54	363	Nélio Guimaraes	Individual	Senior Masculino	08:03:48	+02:41:04	09:08
55	226	Marcelo Ramos martins	EDL Trail	Senior Masculino	08:05:03	+02:42:18	09:09
56	92	Humberto Silva	AZtrail/Mercentro	Senior Masculino	08:05:12	+02:42:28	09:09
57	553	Jorge Vieira	Porto de Mós a Correr	Senior Masculino	08:05:33	+02:42:48	09:10
58	336	Filipe Pires	BARBARIS TEAM	Senior Masculino	08:08:43	+02:45:59	09:13
59	1448	Hugo Miguel Sousa da Silva	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	08:09:13	+02:46:29	09:14
60	316	Alex Ribeiro	EDV-VIANATRIL	Senior Masculino	08:10:19	+02:47:35	09:15
61	152	Miguel Silva	Clube de Montanhismo de Braga	Senior Masculino	08:12:58	+02:50:13	09:18
62	615	PEDRO TORRES	VIDAATIVARUNNERS	Senior Masculino	08:14:12	+02:51:28	09:19
63	532	João Leal	OFRunning	Senior Masculino	08:15:56	+02:53:12	09:21
64	366	Pedro Cerqueira	AIRORUN	Senior Masculino	08:15:57	+02:53:13	09:21
65	39	Hélder Ribeiro	AIRORUN	Senior Masculino	08:15:58	+02:53:13	09:21
66	9	José Leandro Pereira Soares	ACD JARDIM DA SERRA	Senior Masculino	08:17:08	+02:54:23	09:23
67	44	Tiago Portela	Alexandra Carvalho Team	Senior Masculino	08:18:46	+02:56:02	09:25
68	112	Filipe Pinto	BTT Alegria // TUBANI	Senior Masculino	08:21:01	+02:58:17	09:27
69	507	Simão Gonçalves Fernandes	Monsanto Running Team	Senior Masculino	08:23:09	+03:00:25	09:30
70	251	Eloi Oliveira Malheiro	EDV-VIANATRIL	Senior Masculino	08:25:23	+03:02:38	09:32
71	136	Luís Antunes	Cerveira Team Running	Senior Masculino	08:25:23	+03:02:39	09:32
72	358	Marco Silva	Individual	Senior Masculino	08:27:04	+03:04:20	09:34
73	489	Luís Teixeira	Limitless	Senior Masculino	08:30:51	+03:08:06	09:38
74	254	Pedro Manuel Gomes dos Santos	FACTOR X / S4L / MEDENSE FC	Senior Masculino	08:32:25	+03:09:41	09:40
75	240	José Cruz	EI Team Trail	Senior Masculino	08:33:52	+03:11:08	09:42
76	340	Germano Cardoso	Individual	Senior Masculino	08:39:31	+03:16:47	09:48
77	157	Hugo Pinto	Clube Efacec	Senior Masculino	08:41:05	+03:18:21	09:50
78	332	Fernando Rodrigues	Individual	Senior Masculino	08:42:53	+03:20:08	09:52
79	278	Romeu Alexandre Taneco Colaço	Gin. Qta do Valbom - AAAlcochete	Senior Masculino	08:43:45	+03:21:01	09:53
80	601	Filipe Ferreira	Team Trail Bem Viver	Senior Masculino	08:47:23	+03:24:39	09:57
81	197	Antonio Almeida	DiVE Into The Mountains	Senior Masculino	08:50:54	+03:28:10	10:01
82	222	Nuno Manuel Fernandes Freitas	Ecobarcaventura	Senior Masculino	08:51:36	+03:28:51	10:02
83	361	Martin Kern	Individual	Senior Masculino	08:58:29	+03:35:45	10:10
84	263	Pedro Jesus	Gáfete Runners	Senior Masculino	08:58:36	+03:35:52	10:10
85	63	Pedro Fernandes	Amigos do Empeno	Senior Masculino	08:58:40	+03:35:56	10:10
86	600	Dionísio Ferreira	Team Trail Bem Viver	Senior Masculino	08:58:42	+03:35:58	10:10
87	331	Fernando Jorge da Costa Pereira	Individual	Senior Masculino	08:59:03	+03:36:18	10:10
88	84	Luís Costa	ATR - Algarve Trail Running	Senior Masculino	09:00:37	+03:37:53	10:12
89	75	Gonçalo Rodrigues	ARSM-Associação Recreativa de S. Miguel	Senior Masculino	09:03:04	+03:40:19	10:15
90	549	Afonso bonifácio	Pernetas	Senior Masculino	09:04:29	+03:41:45	10:16
91	365	paulo cesar martins lima de carvalho	Trailistas "Eu é que sei!"	Senior Masculino	09:04:29	+03:41:45	10:16
92	356	luis agnelo pipa carvalho	Individual	Senior Masculino	09:06:19	+03:43:35	10:18
93	357	Luís Nunes	Runner's da frente ribeirinha da Póvoa de Santa Iria	Senior Masculino	09:07:02	+03:44:18	10:19
94	329	Carlos Gomes	Individual	Senior Masculino	09:08:37	+03:45:53	10:21
95	204	Rui Miguel Pereira Inácio	DolceFuradouro	Senior Masculino	09:10:43	+03:47:59	10:23
96	229	André Príncipe	EDV-VIANATRIL	Senior Masculino	09:12:24	+03:49:40	10:25

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97	250	Pedro Manuel Cerqueira Lopes	EDV-VIANATRAIL	Senior Masculino	09:12:24	+03:49:40	10:25
98	360	Mário Encarnação	Individual	Senior Masculino	09:15:57	+03:53:13	10:29
99	103	Ricardo Sampaio	Brabus Runners	Senior Masculino	09:18:00	+03:55:16	10:32
100	561	Ricardo Pereira	RPstudio Trail Team	Senior Masculino	09:21:06	+03:58:22	10:35
101	151	Pedro Miguel Pires Gonçalves	Clube de Futebol Guadiana	Senior Masculino	09:22:57	+04:00:13	10:37
102	89	BRUNO BARGE	AZtrail/Mercentro	Senior Masculino	09:25:13	+04:02:29	10:40
103	155	Carlos Freitas	Clube Desportivo e Cultural da Nave	Senior Masculino	09:25:40	+04:02:56	10:40
104	154	André Duarte	Clube Desportivo e Cultural da Nave	Senior Masculino	09:25:40	+04:02:56	10:40
105	370	Ricardo Nuno Paixão Gomes Ferreira	Individual	Senior Masculino	09:27:13	+04:04:29	10:42
106	128	Vasco Faria	CB RUN	Senior Masculino	09:30:50	+04:08:05	10:46
107	175	Ricardo Salgueiro	COA - Clube de Orientação e Aventura	Senior Masculino	09:32:37	+04:09:53	10:48
108	556	Paulo Gil	PUXA POR TI	Senior Masculino	09:33:22	+04:10:38	10:49
109	564	Luis Miguel Braga Dias	Runner's da frente ribeirinha da Póvoa de Santa Iria	Senior Masculino	09:36:06	+04:13:22	10:52
110	372	Rúben de Oliveira Lourenço Marques	Individual	Senior Masculino	09:38:45	+04:16:00	10:55
111	617	André Costa	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	09:42:08	+04:19:24	10:59
112	71	Nelson Ferreira	AMVE	Senior Masculino	09:43:14	+04:20:30	11:00
113	216	Nuno Pinho	Dr.merino/4moove	Senior Masculino	09:43:15	+04:20:30	11:00
114	373	Tiago José Cadima Borges	Individual	Senior Masculino	09:43:35	+04:20:51	11:01
115	591	NELSON FRIAS AMARAL	Strendure Running Team	Senior Masculino	09:43:48	+04:21:03	11:01
116	354	Jose.pereira	Individual	Senior Masculino	09:44:35	+04:21:51	11:02
117	4142	Miguel Marques	Individual	Senior Masculino	09:46:40	+04:23:55	11:04
118	183	EMANUEL ALMEIDA	ComDor Runners	Senior Masculino	09:46:47	+04:24:03	11:04
119	552	Nuno Duarte	Pimentinhas	Senior Masculino	09:50:20	+04:27:35	11:08
120	521	Rui André Martins	Núcleo de Montanha de Espinho	Senior Masculino	09:51:19	+04:28:35	11:09
121	533	Bruno Pires	OLIMPICO VIANENSE TRAIL	Senior Masculino	09:55:08	+04:32:24	11:14
122	326	Bruno Pires	Individual	Senior Masculino	10:01:19	+04:38:35	11:21
123	321	Antonio Vasconcelos	Individual	Senior Masculino	10:02:50	+04:40:06	11:22
124	276	João Castel-Branco	Geopark Estrela	Senior Masculino	10:04:27	+04:41:43	11:24
125	322	Bruno Daniel Machado Fontão	Individual	Senior Masculino	10:07:46	+04:45:01	11:28
126	272	António Campaniço	GD Sociedade Filarmónica 24 Outubro de Baleizão	Senior Masculino	10:10:17	+04:47:33	11:31
127	374	Tomé pinto	Individual	Senior Masculino	10:10:17	+04:47:33	11:31
128	91	Francisco Terra	AZtrail/Mercentro	Senior Masculino	10:11:58	+04:49:14	11:33
129	88	António Manuel Resende Martins	AZtrail/Mercentro	Senior Masculino	10:11:58	+04:49:14	11:33
130	523	Jorge Atalaia	O Mundo da Corrida	Senior Masculino	10:13:17	+04:50:33	11:34
131	85	Nuno Botelho	ATR - Algarve Trail Running	Senior Masculino	10:15:01	+04:52:16	11:36
132	70	Luís Barreiro	AMVE	Senior Masculino	10:17:37	+04:54:52	11:39
133	368	Renato Martins	Individual	Senior Masculino	10:17:40	+04:54:55	11:39
134	55	Carlos Soares	Amigos da Montanha	Senior Masculino	10:19:28	+04:56:44	11:41
135	184	Hugo Couto	ComDor Runners	Senior Masculino	10:19:48	+04:57:04	11:42
136	198	CARLOS RIBEIRO	DiVE Into The Mountains	Senior Masculino	10:21:11	+04:58:27	11:43
137	76	Luís Silva	ARSM-Associação Recreativa de S. Miguel	Senior Masculino	10:21:25	+04:58:41	11:43
138	317	André Fernandes	Individual	Senior Masculino	10:21:34	+04:58:50	11:44

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139	355	Leonel Vieira	Individual	Senior Masculino	10:23:19	+05:00:34	11:46
140	595	Vítor Horácio Esteves Correia	TEAM LANTEMIL	Senior Masculino	10:25:43	+05:02:59	11:48
141	277	Renato Marques	Gin. Qta do Valbom - AAAIcochete	Senior Masculino	10:26:14	+05:03:30	11:49
142	279	Valter Martinho	Gin. Qta do Valbom - AAAIcochete	Senior Masculino	10:26:14	+05:03:30	11:49
143	618	Bruno Coelho	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	10:27:44	+05:05:00	11:51
144	271	Samuel Amorim	GD Castelense	Senior Masculino	10:29:57	+05:07:12	11:53
145	20	João Iaranja	ADE Trail Running	Senior Masculino	10:30:38	+05:07:54	11:54
146	42	Paulo Jorge Azevedo Duarte	Alexandra Carvalho Team	Senior Masculino	10:30:46	+05:08:02	11:54
147	359	Marco Lourenço	Individual	Senior Masculino	10:32:10	+05:09:26	11:56
148	43	Pedro Costa	Alexandra Carvalho Team	Senior Masculino	10:35:26	+05:12:42	11:59
149	333	Filipe Alves	Individual	Senior Masculino	10:36:32	+05:13:48	12:01
150	364	Nuno Campos	Individual	Senior Masculino	10:36:51	+05:14:07	12:01
151	325	Bruno Moreira	TEAM LANTEMIL	Senior Masculino	10:40:26	+05:17:42	12:05
152	62	David Ferreira	Amigos do Empeno	Senior Masculino	10:44:09	+05:21:25	12:09
153	107	Aniceto Soares	Bruxos Runners	Senior Masculino	10:44:47	+05:22:03	12:10
154	339	Gabriel Rosa	Individual	Senior Masculino	10:45:41	+05:22:56	12:11
155	344	Humberto José de Lima Barros	Individual	Senior Masculino	10:46:49	+05:24:05	12:12
156	349	José Daniel Romana	Individual	Senior Masculino	10:46:59	+05:24:15	12:12
157	490	Bruno Monteiro	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	10:46:59	+05:24:15	12:12

Sub 23 Masculino

1	21	João Ramos	ADE Trail Running	Sub 23 Masculino	08:12:47	+02:50:03	09:18
2	45	João Afonso	Alexandra Carvalho Team	Sub 23 Masculino	08:26:53	+03:04:08	09:34
3	66	Miguel Pinto	AMIGOS DO PEDAL TRAILAGARES	Sub 23 Masculino	08:45:33	+03:22:48	09:55
4	375	Telmo Urceira	Individual	Sub 23 Masculino	09:58:56	+04:36:12	11:18

Veterana F40

1	596	Elisabete Santos	TEAM LANTEMIL	Veterana F40	08:06:49	+02:44:05	09:11
2	143	Lina Marques	CLAC Entroncamento/OndaTrilhos	Veterana F40	08:19:28	+02:56:44	09:25
3	298	Ângela Costa	GUIMARUNNING	Veterana F40	08:31:22	+03:08:37	09:39
4	285	Aida Presa	Girls4Run	Veterana F40	08:58:15	+03:35:31	10:09
5	218	Paula Lage	Dr.merino/4moove	Veterana F40	08:58:37	+03:35:52	10:10
6	192	Gisela pereira	DESNIVEL POSITIVO	Veterana F40	08:59:19	+03:36:35	10:11
7	188	Isabel Almeida	CTAD - Trilhos de Cinfaes	Veterana F40	09:08:31	+03:45:47	10:21
8	199	Keta Batista	DiVE Into The Mountains	Veterana F40	09:22:17	+03:59:32	10:37
9	291	Lurdes Gil	Grupo Desportivo Ferreirense	Veterana F40	09:29:17	+04:06:33	10:44
10	594	Carla Mendes	Tartarugas Solidárias	Veterana F40	09:40:38	+04:17:53	10:57
11	68	Ana Amaro	Aminhacorrida/Myprotein	Veterana F40	09:40:38	+04:17:53	10:57
12	56	Márcia Vilas Boas Bandeira	Amigos da Montanha	Veterana F40	09:54:50	+04:32:05	11:13
13	23	Carol Pereira	Afifense Trail	Veterana F40	10:02:47	+04:40:03	11:22
14	558	Mafalda Lourenço	PUXA POR TI	Veterana F40	10:12:38	+04:49:54	11:34

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15	200	Maria Sá	DiVe Into The Mountains	Veterana F40	10:21:11	+04:58:26	11:43
16	98	Fátima Martins	BERG OUTDOOR	Veterana F40	10:36:50	+05:14:06	12:01
17	100	Maria do Céu Rodrigues	Bombeiros Voluntários de Montemor -o -Novo	Veterana F40	10:38:35	+05:15:51	12:03
18	170	Susana Gabriela Costa Pinto da Neta	Clube Zupper	Veterana F40	10:53:10	+05:30:26	12:19

Veterana F50

1	383	alexandra fenandes	Individual	Veterana F50	07:53:49	+02:31:05	08:56
2	528	Amélia da Conceição Pais da Costa	OCS Proaventuras	Veterana F50	08:24:10	+03:01:26	09:31
3	384	Samy Costa	Braguinhas Runners	Veterana F50	09:31:25	+04:08:41	10:47
4	186	Ana Paula Monteiro Costa	CR Candoso	Veterana F50	09:43:05	+04:20:20	11:00
5	109	Catarina Maria Gomes Duarte da Silva	Bruxos Runners	Veterana F50	09:50:28	+04:27:44	11:08
6	282	CONCEIÇÃO FERREIRA	GINASIO FIT 4 FUN	Veterana F50	10:31:15	+05:08:31	11:55

Veterano M40

1	15	Francisco Avelino Sousa Gonçalves de Freitas	ACD JARDIM DA SERRA	Veterano M40	05:38:34	+15:49	06:23
2	191	Nelson Santos	Dão Nelas Runners	Veterano M40	05:52:57	+30:12	06:40
3	266	Luis Gil	Gaia Trail	Veterano M40	05:54:59	+32:14	06:42
4	113	Carlos Ferreira	BTT Alegria // TUBANI	Veterano M40	06:05:31	+42:46	06:54
5	206	Helder Rocha	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	06:20:33	+57:49	07:11
6	219	André Guedes	Dr.merino/4moove	Veterano M40	06:34:13	+01:11:29	07:26
7	390	Carlos Barbosa	Individual	Veterano M40	06:34:48	+01:12:03	07:27
8	181	paulo renato sousa marreiros	Coimbra Trail Running	Veterano M40	06:36:44	+01:13:59	07:29
9	193	Artur Costa	DESNIVEL POSITIVO	Veterano M40	06:39:17	+01:16:33	07:32
10	612	Rui Fonseca	U. F. Comércio e Indústria Atletismo	Veterano M40	06:54:56	+01:32:12	07:50
11	34	Adriano Sá	ÁGUIAS DE ALVELOS	Veterano M40	06:57:24	+01:34:40	07:53
12	576	José Costa	Runners do Demo	Veterano M40	07:00:50	+01:38:06	07:56
13	611	Paulo Miranda	Turres Trail Team	Veterano M40	07:16:57	+01:54:13	08:15
14	201	Carlos Cardoso	DiVe Into The Mountains	Veterano M40	07:21:24	+01:58:40	08:20
15	25	Carlos Neto	Affense Trail	Veterano M40	07:23:46	+02:01:01	08:22
16	429	Miguel Brites	GD Sociedade Filarmónica 24 Outubro de Baleizão	Veterano M40	07:26:06	+02:03:21	08:25
17	443	Paulo Durao	Individual	Veterano M40	07:31:52	+02:09:07	08:32
18	419	José Nogueira	Individual	Veterano M40	07:32:13	+02:09:29	08:32
19	194	Jorge Alves	DESNIVEL POSITIVO	Veterano M40	07:34:55	+02:12:11	08:35
20	148	Eusébio Fernandes	Clube Atletismo Fafe	Veterano M40	07:34:57	+02:12:13	08:35
21	444	Paulo Ribeiro	Individual	Veterano M40	07:36:03	+02:13:19	08:36
22	46	Fernando Silva	Alexandra Carvalho Team	Veterano M40	07:36:30	+02:13:46	08:37
23	5	Miguel Barros	A.D.Amarante trail running	Veterano M40	07:37:40	+02:14:55	08:38
24	535	Nuno Araujo	OLIMPICO VIANENSE TRAIL	Veterano M40	07:41:10	+02:18:26	08:42
25	439	Óscar Rodrigues	Individual	Veterano M40	07:45:35	+02:22:50	08:47
26	587	Paulino de Abreu	Solopisadas Team	Veterano M40	07:46:08	+02:23:23	08:48

Official Timekeeper: Lap2Go	6 / 11	generate 24-Sep-2018 15:55
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Ultra Trail 53K

53 KM

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OFFICIAL RESULT

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REVISED

27	508	Didier Valente	Monsanto Running Team	Veterano M40	07:46:21	+02:23:36	08:48
28	614	João Antunes	Viana Running	Veterano M40	07:48:53	+02:26:09	08:51
29	417	JORGE TIAGO	Coimbra Trail Running	Veterano M40	07:50:55	+02:28:11	08:53
30	77	Pedro Batista	ARSM-Associação Recreativa de S. Miguel	Veterano M40	07:53:09	+02:30:25	08:56
31	567	Antonio Cardoso	Runner's da Frente Ribeirinha da Póvoa de Santa Iria	Veterano M40	07:57:34	+02:34:50	09:01
32	284	IVO ALMEIDA	GINASIO FIT 4 FUN	Veterano M40	07:58:31	+02:35:47	09:02
33	237	Sérgio Ramos	EDV-VIANATRAIL	Veterano M40	07:59:16	+02:36:32	09:03
34	434	Nilton Viegas de Sousa David	GD Sociedade Filarmónica 24 Outubro de Baleizão	Veterano M40	08:00:04	+02:37:20	09:03
35	512	Óscar Magolo	Montanha Clube Trail Running/Efapel	Veterano M40	08:02:35	+02:39:51	09:06
36	625	João Teixeira	Clube Atletismo Ferreira do Zezere	Veterano M40	08:04:03	+02:41:19	09:08
37	546	Francisco Miguel Costa Fontelo	PADELA NATURAL TEAM	Veterano M40	08:05:02	+02:42:18	09:09
38	626	Vítor Santos	Clube Atletismo Ferreira do Zezere	Veterano M40	08:05:16	+02:42:32	09:09
39	145	Paulo Costa	CLAC Entroncamento/OndaTrilhos	Veterano M40	08:07:55	+02:45:11	09:12
40	634	João Teixeira	EDV-VIANATRAIL	Veterano M40	08:10:19	+02:47:35	09:15
41	599	Paulo Barbosa	TEAM LANTEMIL	Veterano M40	08:13:32	+02:50:48	09:19
42	180	Luis Miguel Cunha	Coimbra Trail Running	Veterano M40	08:14:51	+02:52:07	09:20
43	14	Duarte Nicolau Sousa Abreu	ACD JARDIM DA SERRA	Veterano M40	08:17:08	+02:54:23	09:23
44	37	Eduardo Cunha	ÁGUIAS DE ALVELOS	Veterano M40	08:18:08	+02:55:23	09:24
45	257	João Agostinho Oliveira Santos	Fisiofute Trail run	Veterano M40	08:18:27	+02:55:42	09:24
46	94	Arménio Rodrigues	AZtrail/Mercentro	Veterano M40	08:21:17	+02:58:33	09:28
47	236	pedro caldas	EDV-VIANATRAIL	Veterano M40	08:22:14	+02:59:30	09:29
48	58	Domingos Barros	Amigos da Montanha	Veterano M40	08:22:49	+03:00:05	09:29
49	509	Hildebrand Castro	Monsanto Running Team	Veterano M40	08:23:19	+03:00:35	09:30
50	130	Fernando remelgado	CCD - SIEMENS	Veterano M40	08:24:23	+03:01:39	09:31
51	461	Sérgio Santos	Individual	Veterano M40	08:24:47	+03:02:03	09:31
52	146	Pedro Anjos	CLAC Entroncamento/OndaTrilhos	Veterano M40	08:29:04	+03:06:20	09:36
53	400	Filipe Marques	Individual	Veterano M40	08:29:19	+03:06:35	09:37
54	292	Paulo Santos	Grupo Desportivo Ferreirense	Veterano M40	08:29:53	+03:07:09	09:37
55	16	Pedro Mario Rodrigues Pinto	ACD JARDIM DA SERRA	Veterano M40	08:32:25	+03:09:41	09:40
56	492	Luis sá	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	08:35:49	+03:13:04	09:44
57	294	SERGIO COELHO	GTT-Armazem do Caffè	Veterano M40	08:37:50	+03:15:05	09:46
58	396	Eduardo Lourenço	Individual	Veterano M40	08:39:07	+03:16:22	09:48
59	78	Pedro Alves	Associação Brunheiro Natural	Veterano M40	08:39:09	+03:16:25	09:48
60	86	José Vicente	ATR - Algarve Trail Running	Veterano M40	08:41:45	+03:19:01	09:51
61	392	Daniel Alves	Individual	Veterano M40	08:42:32	+03:19:48	09:52
62	522	Fernando Santos	Núcleo de Montanha de Espinho	Veterano M40	08:44:44	+03:22:00	09:54
63	389	Ângelo Relvas	Runner's da frente ribeirinha da Póvoa de Santa Iria	Veterano M40	08:45:15	+03:22:30	09:55
64	584	Rodolfo Orfão	Sinmetro	Veterano M40	08:47:13	+03:24:29	09:57
65	426	Manuel Carocinho	GD Sociedade Filarmónica 24 Outubro de Baleizão	Veterano M40	08:48:21	+03:25:36	09:58
66	273	Carlos Troncão	GD Sociedade Filarmónica 24 Outubro de Baleizão	Veterano M40	08:48:21	+03:25:37	09:58
67	502	Filipe Braz	Moloni Running Team	Veterano M40	08:51:21	+03:28:37	10:02

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Ultra Trail 53K

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68	607	Hugo Miguel	Trilho Perdido Eventos / Importlux	Veterano M40	08:51:58	+03:29:14	10:02
69	144	João Lopes	CLAC Entroncamento/OndaTrilhos	Veterano M40	08:52:51	+03:30:07	10:03
70	6	Telmo Silva	A.D.Amarante trail running	Veterano M40	08:54:33	+03:31:49	10:05
71	487	Ricardo Pimenta	KER SPORT	Veterano M40	08:55:30	+03:32:46	10:06
72	422	JOSE SA	Individual	Veterano M40	08:55:33	+03:32:49	10:06
73	13	António Domingos Mendes Rodrigues	ACD JARDIM DA SERRA	Veterano M40	08:56:32	+03:33:48	10:07
74	83	António Batata	Atletismo Clube da Tocha	Veterano M40	08:57:47	+03:35:03	10:09
75	35	Antonio Gomes	ÁGUIAS DE ALVELOS	Veterano M40	08:57:52	+03:35:08	10:09
76	404	Fred Kalahari	Individual	Veterano M40	09:00:33	+03:37:49	10:12
77	432	Miguel Pimenta	Coimbra Trail Running	Veterano M40	09:04:17	+03:41:33	10:16
78	38	Miguel de Oliveira	Airão Trail Team	Veterano M40	09:10:01	+03:47:17	10:23
79	411	João Manuel Maciel Linhares	Individual	Veterano M40	09:11:42	+03:48:58	10:25
80	542	Lúcio Alves	Os Papatrilhos do CAAL	Veterano M40	09:14:56	+03:52:12	10:28
81	420	Jose Pedro Gomes meneses	Individual	Veterano M40	09:18:10	+03:55:25	10:32
82	287	Filipe Ramos	GONDOMAR FUTSAL CLUBE	Veterano M40	09:20:21	+03:57:36	10:34
83	603	Luis Miguel Santos	Trailistas "Eu é que sei!"	Veterano M40	09:22:18	+03:59:34	10:37
84	224	José Florencio Rodrigues da Silva	Ecobarcaventura	Veterano M40	09:24:49	+04:02:05	10:39
85	575	Vitor Marques	Runner's da frente ribeirinha da Póvoa de Santa Iria	Veterano M40	09:28:28	+04:05:43	10:44
86	121	Roberto Exposito Exposito	Bugallasmobles&Victorpazos	Veterano M40	09:28:33	+04:05:49	10:44
87	142	Cesar Francisco	cesar.francisco.com lagrimas team	Veterano M40	09:29:08	+04:06:24	10:44
88	79	José Sousa	Associação de atletismo Lebres do sado	Veterano M40	09:30:32	+04:07:48	10:46
89	140	Marco Caraux	Cerveira Team Running	Veterano M40	09:30:35	+04:07:51	10:46
90	540	António Oliveira	Os Finos	Veterano M40	09:31:25	+04:08:41	10:47
91	559	Gustavo Pessa	PUXA POR TI	Veterano M40	09:33:22	+04:10:38	10:49
92	302	Wilson Fonseca	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	09:35:27	+04:12:42	10:51
93	415	Jorge Bastos	Individual	Veterano M40	09:36:38	+04:13:54	10:53
94	238	stephane simoes	EDV-VIANATRAIL	Veterano M40	09:37:36	+04:14:52	10:54
95	205	Renato Veiga	DolceFuradouro	Veterano M40	09:38:14	+04:15:29	10:55
96	36	Daniel Fernandes	ÁGUIAS DE ALVELOS	Veterano M40	09:38:41	+04:15:56	10:55
97	464	viktor santos	Leões de Tardariz Trail	Veterano M40	09:42:51	+04:20:07	11:00
98	423	Jose Silva	Individual	Veterano M40	09:43:46	+04:21:02	11:01
99	223	Domingos Manuel Marques Dias	Ecobarcaventura	Veterano M40	09:44:50	+04:22:06	11:02
100	435	Nuno Alexandre Jacinto	Individual	Veterano M40	09:45:12	+04:22:28	11:03
101	585	David Lafuente Alves	Solopisadas Team	Veterano M40	09:45:24	+04:22:40	11:03
102	387	Adriano Rocha	Individual	Veterano M40	09:46:57	+04:24:13	11:04
103	4016	Hugo B	Individual	Veterano M40	09:47:05	+04:24:21	11:05
104	578	Miguel Duarte Pedro	Salamandrecos	Veterano M40	09:50:05	+04:27:20	11:08
105	69	Jose Amaro	Aminhacorrida/Myprotein	Veterano M40	09:53:39	+04:30:55	11:12
106	402	Francisco Rebelo	Individual	Veterano M40	09:54:21	+04:31:37	11:13
107	72	ANDRÉ MARTINS	André	Veterano M40	09:54:26	+04:31:42	11:13
108	449	Rafael Monteiro	Runner's da frente ribeirinha da Póvoa de Santa Iria	Veterano M40	09:56:00	+04:33:16	11:15
109	114	Manuel Teixeira	BTT Alegria // TUBANI	Veterano M40	09:56:24	+04:33:40	11:15
110	441	paulo alves	Individual	Veterano M40	09:58:12	+04:35:28	11:17

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Ultra Trail 53K

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111	427	Marco Pereira	Individual	Veterano M40	09:58:59	+04:36:15	11:18
112	80	Pedro Guimarães	Associação Porto da Cruz Trail Team	Veterano M40	09:59:00	+04:36:16	11:18
113	398	Fernando Costa	Individual	Veterano M40	09:59:36	+04:36:51	11:19
114	428	Marco Santana	Individual	Veterano M40	10:00:13	+04:37:29	11:20
115	437	NUNO ATHAYDE	Individual	Veterano M40	10:00:35	+04:37:50	11:20
116	536	Pedro Carvalhido	OLIMPICO VIANENSE TRAIL	Veterano M40	10:02:50	+04:40:06	11:22
117	572	Pedro Ferreira	Runner's da Frente Ribeirinha da Póvoa de Santa Iria	Veterano M40	10:03:23	+04:40:38	11:23
118	242	Joaquim Coelho	El Team Trail	Veterano M40	10:06:02	+04:43:18	11:26
119	582	Henrique Castro	Sigmarunners	Veterano M40	10:06:35	+04:43:51	11:27
120	115	Luís Teixeira	BUDEGUITA RUNNERS	Veterano M40	10:07:47	+04:45:03	11:28
121	270	Rui Viegas	GALHARDOS RUNNERS	Veterano M40	10:16:16	+04:53:32	11:38
122	515	José Maria Gouveia Martins	NAST	Veterano M40	10:17:40	+04:54:55	11:39
123	455	Rui Machado	Individual	Veterano M40	10:17:40	+04:54:56	11:39
124	202	Pedro Cosra	DiVe Into The Mountains	Veterano M40	10:21:11	+04:58:27	11:43
125	48	Jose Silva	Alexandra Carvalho Team	Veterano M40	10:21:16	+04:58:31	11:43
126	49	Rui Barreto	Alexandra Carvalho Team	Veterano M40	10:21:16	+04:58:32	11:43
127	393	Daniel Amorim	Individual	Veterano M40	10:24:03	+05:01:18	11:46
128	177	Nuno Figueiredo	COA - Clube de Orientação e Aventura	Veterano M40	10:25:20	+05:02:36	11:48
129	447	Pedro Nuno Domingues Gonçalves "Igor"	Individual	Veterano M40	10:25:43	+05:02:59	11:48
130	598	Marco Filipe Silva Moreira	TEAM LANTEMIL	Veterano M40	10:25:44	+05:02:59	11:48
131	182	Renato Ferreira	Coimbra Trail Running	Veterano M40	10:29:30	+05:06:46	11:53
132	513	Pedro Coelho	MRR / Nice Runners	Veterano M40	10:29:59	+05:07:15	11:53
133	158	Mário Ferreira	Clube Efacec	Veterano M40	10:29:59	+05:07:15	11:53
134	573	Vasco Armés	Runner's da frente ribeirinha da Póvoa de Santa Iria	Veterano M40	10:31:16	+05:08:32	11:55
135	446	Pedro Fernandes	Individual	Veterano M40	10:31:17	+05:08:33	11:55
136	436	Nuno Arigó Sousa Rocha	Individual	Veterano M40	10:32:09	+05:09:25	11:56
137	457	Rui Pereira	Individual	Veterano M40	10:34:12	+05:11:28	11:58
138	448	Pedro Prates	Individual	Veterano M40	10:34:26	+05:11:42	11:58
139	290	Gustavo Barros	Green Trace Runners	Veterano M40	10:37:49	+05:15:05	12:02
140	458	Rui Pereira	Individual	Veterano M40	10:41:07	+05:18:23	12:06
141	543	Vitor Simão Machado Pedroso	OS ROTOS	Veterano M40	10:42:24	+05:19:40	12:07
142	111	Rui Carvalho	Bruxos Runners	Veterano M40	10:44:47	+05:22:03	12:10
143	574	Vasco Rosario	Runner's da frente ribeirinha da Póvoa de Santa Iria	Veterano M40	10:45:18	+05:22:33	12:11
144	459	Rui Taveira	Individual	Veterano M40	10:45:59	+05:23:15	12:11
145	517	José Paulo Magalhães Faria	NO TOMORROW RUNNING TEAM	Veterano M40	10:45:59	+05:23:15	12:11
146	283	ANGELO PINHO	GINASIO FIT 4 FUN	Veterano M40	10:46:37	+05:23:53	12:12
147	47	João César Rebelo Alves Rocha	Alexandra Carvalho Team	Veterano M40	10:48:25	+05:25:41	12:14
148	529	Paulo Sousa	OCS Proaventuras	Veterano M40	10:53:25	+05:30:41	12:20

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Veterano M50

1	469	Humberto Vara	Individual	Veterano M50	06:42:10	+01:19:25	07:35
2	470	João António Fernandes	AC PORTALEGRE /UTSM	Veterano M50	07:18:26	+01:55:42	08:16
3	531	Zo Vieira	OCS Proaventuras	Veterano M50	07:21:43	+01:58:59	08:20
4	538	Paulo Domingues	OLIMPICO VIANENSE TRAIL	Veterano M50	07:23:47	+02:01:03	08:22
5	96	Oscar Ferreira	AZtrail/Mercentro	Veterano M50	07:25:46	+02:03:02	08:25
6	125	Nuno Paiva	Cães d'Avenida	Veterano M50	07:40:48	+02:18:04	08:42
7	473	Jorge Mamede Abrantes	Individual	Veterano M50	07:42:12	+02:19:27	08:43
8	468	Guilherme Ferreira David	Individual	Veterano M50	07:56:09	+02:33:25	08:59
9	17	José Carlos Franco	ACD JARDIM DA SERRA	Veterano M50	07:59:35	+02:36:51	09:03
10	18	José Isidoro Gomes de Ornelas	ACD JARDIM DA SERRA	Veterano M50	08:17:08	+02:54:23	09:23
11	163	FRANCISCO ANTONIO DIAS NOGUEIRA	Clube Millennium BCP	Veterano M50	08:18:25	+02:55:41	09:24
12	530	João Nuno Fonseca	OCS Proaventuras	Veterano M50	08:24:11	+03:01:26	09:31
13	134	Ângelo Pereira	CENTRO CICLISTA DE GONDOMAR	Veterano M50	08:25:35	+03:02:51	09:32
14	178	António Costa	COA - Clube de Orientação e Aventura	Veterano M50	08:27:52	+03:05:08	09:35
15	60	Carlos Pedrinhas	Amigos da Montanha	Veterano M50	08:34:50	+03:12:06	09:43
16	520	José Gomes	NOCTURNOS DE PAREDES	Veterano M50	08:38:02	+03:15:18	09:46
17	510	José Carlos Santos	Monsanto Running Team	Veterano M50	08:38:03	+03:15:18	09:46
18	503	Luis Vieira	Moloni Running Team	Veterano M50	08:50:47	+03:28:03	10:01
19	275	José Canilhas	GD Sociedade Filarmónica 24 Outubro de Baleizão	Veterano M50	09:03:13	+03:40:29	10:15
20	622	José António de Almeida Moreira	Viriathvs Runners Viseu	Veterano M50	09:18:55	+03:56:10	10:33
21	475	jose rodrigues costa	Individual	Veterano M50	09:43:05	+04:20:20	11:00
22	588	Filipe Rodrigues Gonçalves	Solopisadas Team	Veterano M50	09:45:26	+04:22:42	11:03
23	225	Manuel pereira	Ecobarcventura	Veterano M50	09:51:42	+04:28:58	11:10
24	605	Paulo Valente	Trailistas "Eu é que sei!"	Veterano M50	09:53:46	+04:31:02	11:12
25	488	Joaquim Leite	Leões de Tardariz Trail	Veterano M50	09:54:08	+04:31:24	11:13
26	484	José Duarte	Kaninos	Veterano M50	10:00:47	+04:38:03	11:20
27	474	José Botelho da Costa de Aguiar da Câmara	Individual	Veterano M50	10:06:21	+04:43:36	11:26
28	141	José Gomes	Cerveira Team Running	Veterano M50	10:09:40	+04:46:55	11:30
29	99	João Paulo Meixedo	BERG OUTDOOR	Veterano M50	10:16:05	+04:53:21	11:37
30	7	John Kelly	AC Batalha	Veterano M50	10:16:39	+04:53:55	11:38
31	477	Manuel Gregorio Gouveia Sardinha	Individual	Veterano M50	10:21:28	+04:58:44	11:44
32	117	Hendrik Wielinga	BUDEGUITA RUNNERS	Veterano M50	10:34:07	+05:11:23	11:58
33	289	José Mendes	GONDOMAR FUTSAL CLUBE	Veterano M50	10:39:59	+05:17:15	12:05
34	295	Albino Campos	GTT-Armazem do Caffè	Veterano M50	10:43:36	+05:20:52	12:09
35	593	Manuel Luis Rolim Moleiro	SULFRUTAS, LDA	Veterano M50	10:43:55	+05:21:11	12:09
36	123	José Manuel Oliveira	C.A.S.P.A. Clube Amador Só Para Atlestismo	Veterano M50	10:45:26	+05:22:42	12:11
37	162	ARTUR CARLOS MOREIRA SILVA	Clube Millennium BCP	Veterano M50	10:46:59	+05:24:15	12:12
38	499	Paulo Azevedo	Lusitanos	Veterano M50	11:08:15	+05:45:31	12:37

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1	482	José Calisto	Individual	Veterano M60	08:39:31	+03:16:46	09:48
2	303	Fernando Jorge de Oliveira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M60	08:48:02	+03:25:18	09:58
3	239	José Ponte	EDV-VIANATRAIL	Veterano M60	09:15:22	+03:52:38	10:29
4	479	Carlos Correia	Individual	Veterano M60	10:09:24	+04:46:40	11:30
5	555	Humberto Pinho	PORTO SENTIDO RUNNERS	Veterano M60	10:15:30	+04:52:46	11:37

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Official Timekeeper: Lap2Go	1 / 2	generate 24-Sep-2018 15:53
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GTSA VERTICAL - STAGE 1

4 KM

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	Time	Temperature	Humidity
Start	10:30	22°C	78%
End	08:55	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
1	4012	Ricardo Jorge Gonçalves da Silva	edv-vianatrail	Senior Masculino	31:01		07:45
2	26	Bruno Ferreira	águias de alvelos	Senior Masculino	32:15	+01:14	08:04
3	4009	Mário Elson	dr.merino/4moove	Senior Masculino	34:31	+03:30	08:38
4	4122	Telmo Veloso	edv-vianatrail	Senior Masculino	35:58	+04:57	09:00
5	4006	Ruben Veloso	caav/trail	Senior Masculino	36:25	+05:24	09:06
6	4010	Paulo Mesquita	edv-vianatrail	Senior Masculino	37:21	+06:20	09:20
7	4014	Angel Alvarez Perez	individual	Senior Masculino	37:28	+06:27	09:22
8	2007	Cristiano Santos	a.d.amarante trail running	Senior Masculino	37:51	+06:50	09:28
9	4019	Luis Enrique Martínez Martínez Comesaña	individual	Senior Masculino	38:04	+07:03	09:31
10	2014	Juvenal Sousa Faria	acd jardim da serra	Veterano M40	39:07	+08:06	09:47
11	4003	CRISTIANO OLIVEIRA	berg outdoor	Senior Masculino	39:27	+08:26	09:52
12	4022	Pedro Sabugueiro	individual	Senior Masculino	41:47	+10:46	10:27
13	4002	Elsa Pena Vicente	atletismo tui	Senior Feminino	42:15	+11:14	10:34
14	4024	Alex Tondela	montanha clube trail running/efapel	Veterano M40	42:21	+11:20	10:35
15	1190	Yago Pérez Parrado	club atletismo o pino	Senior Masculino	44:22	+13:21	11:06
16	4026	hugo ventura	oxxtreme/adcr pereira	Senior Masculino	44:45	+13:44	11:11
17	1119	Nelson Diogo	amcf - arrábida trail team	Senior Masculino	44:59	+13:58	11:15
18	4008	Luís Serrazina	crp ribafria	Senior Masculino	46:08	+15:07	11:32
19	2011	César Ramos	acd jardim da serra	Senior Masculino	46:20	+15:19	11:35
20	4018	Jorge Novoa Perez	individual	Senior Masculino	47:13	+16:12	11:48
21	4007	Carolina Perista Serrazina	crp ribafria	Senior Feminino	47:55	+16:54	11:59
22	4017	Joao Paulo Lopes Barbosa	ker sport	Senior Masculino	48:04	+17:03	12:01
23	4023	Sérgio Moreira	individual	Senior Masculino	48:18	+17:17	12:05
24	4013	Laura González Goce	individual	Senior Feminino	48:30	+17:29	12:08
25	4021	Nuno Iomba	individual	Senior Masculino	49:12	+18:11	12:18
26	3112	Paula costa	caav/trail	Senior Feminino	50:41	+19:40	12:40
27	4011	Jérôme Rocha Rodrigues	edv-vianatrail	Senior Masculino	50:56	+19:55	12:44
28	4121	Susana Simões	edv-vianatrail	Senior Feminino	51:05	+20:04	12:46
29	4030	Miguel Barnabé	vertical navis	Senior Masculino	51:14	+20:13	12:49
30	4027	José Luís Maciel	padela natural team - fisiofreixo	Senior Masculino	52:18	+21:17	13:05
31	4025	Hugo Paço do Casal	olimpico vianense trail	Senior Masculino	52:48	+21:47	13:12
32	4031	Hugo fernandes	edv-vianatrail	Senior Masculino	56:11	+25:10	14:03
33	4004	Vitor Ribeiro	brabus runners	Senior Masculino	56:35	+25:34	14:09
34	4001	Mayra Abreu	acd jardim da serra	Senior Feminino	56:55	+25:54	14:14
35	4116	Jorge Coelho	cerveira team running	Senior Masculino	57:05	+26:04	14:16
36	4020	Miguel Guimarães	individual	Senior Masculino	58:16	+27:15	14:34
37	4005	Sergio Coelho	btt alegria // tubani	Senior Masculino	01:02:23	+31:22	15:36
38	3544	Eriberto Matos	trail team montaria	Veterano M40	01:02:27	+31:26	15:37
39	1314	Gonçalo Nazaré	individual	Senior Masculino	01:02:30	+31:29	15:38
40	3168	Antonio Correia	emicela team	Senior Masculino	22:09:09	+21:38:07	05:32 :17



4 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	2 / 2	generate 24-Sep-2018 16:02
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GTSA Vertical

4 KM

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OFFICIAL RESULT

	Time	Temperature	Humidity
Start	10:30	22°C	78%
End	08:55	-99°C	-99%

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

1	4002	Elsa Pena Vicente	Atletismo Tui	Senior Feminino	42:15	+11:14	10:34
2	4007	Carolina Perista Serrazina	CRP RIBAFRIA	Senior Feminino	47:55	+16:54	11:59
3	4013	Laura González Goce	Individual	Senior Feminino	48:30	+17:29	12:08
4	3112	Paula costa	Caav/trail	Senior Feminino	50:41	+19:40	12:40
5	4121	Susana Simões	EDV-VIANATRAIL	Senior Feminino	51:05	+20:04	12:46
6	4001	Mayra Abreu	ACD JARDIM DA SERRA	Senior Feminino	56:55	+25:54	14:14
7	3163	Edena Lima	Emicela Team	Senior Feminino	22:09:37	+21:38:35	05:32:24

Senior Masculino

1	4012	Ricardo Jorge Gonçalves da Silva	EDV-VIANATRAIL	Senior Masculino	31:01		07:45
2	26	Bruno Ferreira	ÁGUIAS DE ALVELOS	Senior Masculino	32:15	+01:14	08:04
3	4009	Mário Elson	Dr.merino/4moove	Senior Masculino	34:31	+03:30	08:38
4	4122	Telmo Veloso	EDV-VIANATRAIL	Senior Masculino	35:58	+04:57	09:00
5	4006	Ruben Veloso	Caav/trail	Senior Masculino	36:25	+05:24	09:06
6	4010	Paulo Mesquita	EDV-VIANATRAIL	Senior Masculino	37:21	+06:20	09:20
7	4014	Angel Alvarez Perez	Individual	Senior Masculino	37:28	+06:27	09:22
8	2007	Cristiano Santos	A.D.Amarante trail running	Senior Masculino	37:51	+06:50	09:28
9	4019	Luis Enrique Martínez Martínez Comesaña	Individual	Senior Masculino	38:04	+07:03	09:31
10	4003	CRISTIANO OLIVEIRA	BERG OUTDOOR	Senior Masculino	39:27	+08:26	09:52
11	4022	Pedro Sabugueiro	Individual	Senior Masculino	41:47	+10:46	10:27
12	1190	Yago Pérez Parrado	Club Atletismo O Pino	Senior Masculino	44:22	+13:21	11:06
13	4026	hugo ventura	OZXTREME/ADCR PEREIRA	Senior Masculino	44:45	+13:44	11:11
14	1119	Nelson Diogo	AMCF - Arrábida Trail Team	Senior Masculino	44:59	+13:58	11:15
15	4008	Luís Serrazina	CRP RIBAFRIA	Senior Masculino	46:08	+15:07	11:32
16	2011	César Ramos	ACD JARDIM DA SERRA	Senior Masculino	46:20	+15:19	11:35
17	4018	Jorge Novoa Perez	Individual	Senior Masculino	47:13	+16:12	11:48
18	4017	Joao Paulo Lopes Barbosa	KER SPORT	Senior Masculino	48:04	+17:03	12:01
19	4023	Sérgio Moreira	Individual	Senior Masculino	48:18	+17:17	12:05
20	4021	Nuno Iomba	Individual	Senior Masculino	49:12	+18:11	12:18
21	4011	Jérôme Rocha Rodrigues	EDV-VIANATRAIL	Senior Masculino	50:56	+19:55	12:44
22	4030	Miguel Barnabé	VERTICAL NAVIS	Senior Masculino	51:14	+20:13	12:49
23	4027	José Luís Maciel	Padela Natural Team - Fisiofreixo	Senior Masculino	52:18	+21:17	13:05
24	4025	Hugo Paço do Casal	OLIMPICO VIANENSE TRAIL	Senior Masculino	52:48	+21:47	13:12
25	4031	Hugo fernandes	EDV-VIANATRAIL	Senior Masculino	56:11	+25:10	14:03
26	4004	Vitor Ribeiro	Brabus Runners	Senior Masculino	56:35	+25:34	14:09
27	4116	Jorge Coelho	Cerveira Team Running	Senior Masculino	57:05	+26:04	14:16
28	4020	Miguel Guimarães	Individual	Senior Masculino	58:16	+27:15	14:34

Official Timekeeper: Lap2Go	1 / 2	generate 24-Sep-2018 16:02
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GTSA Vertical

4 KM

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OFFICIAL RESULT

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29	4005	Sergio Coelho	BTT Alegria // TUBANI	Senior Masculino	01:02:23	+31:22	15:36
30	1314	Gonalo Nazar�	Individual	Senior Masculino	01:02:30	+31:29	15:38
31	3168	Antonio Correia	Emicela Team	Senior Masculino	22:09:09	+21:38:07	05:32:17

Veterano M40

1	2014	Juvenal Sousa Faria	ACD JARDIM DA SERRA	Veterano M40	39:07	+08:06	09:47
2	4024	Alex Tondela	Montanha Clube Trail Running/Efapel	Veterano M40	42:21	+11:20	10:35
3	3544	Eriberto Matos	Trail Team Montaria	Veterano M40	01:02:27	+31:26	15:37

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generate 24-Sep-2018 15:56

33 KM

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Official Timekeeper: Lap2Go	2 / 9	generate 24-Sep-2018 15:56
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TRAIL LONGO 33K - STAGE 1

33 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
83	1251	Ricardo Miguel Magalhães Nunes	fridão sem limites	Senior Masculino	04:46:19	+01:31:42	08:41
84	1533	gonzalo comesaña estevez	trail running nigran	Veterano M40	04:46:34	+01:31:57	08:41
85	1409	Trigueiro	individual	Veterano M40	04:46:37	+01:31:59	08:41
86	1482	Ana Azevedo	os santa apolónia	Senior Feminino	04:48:40	+01:34:02	08:45
87	1525	Bruno Cardoso	trail bela bela	Senior Masculino	04:50:20	+01:35:43	08:48
88	1270	Pedro Xavier	grupo desportivo santander totta	Veterano M40	04:50:27	+01:35:50	08:48
89	1504	Narciso Machado	profisio team	Veterano M50	04:50:48	+01:36:11	08:49
90	1316	ISRAEL CASTRO MARTINEZ	individual	Senior Masculino	04:51:20	+01:36:43	08:50
91	1384	manuel Vazquez Suarez	individual	Veterano M40	04:51:21	+01:36:44	08:50
92	1412	Vítor Cancela	individual	Veterano M40	04:51:40	+01:37:03	08:50
93	1552	Paulo Ribeiro	edv-vianatrail	Veterano M40	04:51:48	+01:37:11	08:51
94	1537	PAULA CRISTINA BRANCO	união fci tomar	Veterana F40	04:52:54	+01:38:16	08:53
95	1322	Julien Caldas Rodrigues	individual	Senior Masculino	04:53:12	+01:38:34	08:53
96	1166	Ariana Tavares	c. b. viseu running team	Sub 23 Feminino	04:53:36	+01:38:59	08:54
97	1463	Carla Santos	montanha clube trail running/efapel	Senior Feminino	04:55:43	+01:41:06	08:58
98	1532	bernardo carrera giraldez	trail running nigran	Veterano M40	04:56:21	+01:41:43	08:59
99	1531	jose antonio dominguez pereira	trail running nigran	Senior Masculino	04:56:21	+01:41:44	08:59
100	1105	Bruno Pereira	adeca	Senior Masculino	04:56:30	+01:41:52	08:59
101	1508	VITOR RITO	running espinho	Senior Masculino	04:56:38	+01:42:00	08:59
102	1439	Bruno Ramiro	kemedo team	Senior Masculino	04:56:48	+01:42:11	09:00
103	1541	Miguel Barnabé	vertical navis	Veterano M50	04:57:25	+01:42:48	09:01
104	1169	Francisco Pascual Fidalgo	castro-trail	Senior Masculino	04:57:51	+01:43:13	09:02
105	1417	Avelino Faria	individual	Veterano M50	04:58:32	+01:43:54	09:03
106	1161	João Pontedeira	breia team running	Senior Masculino	04:58:33	+01:43:56	09:03
107	1232	Patrícia Palma	edv-vianatrail	Senior Feminino	04:59:06	+01:44:29	09:04
108	1536	Nuno Lopes	uda / ponta branca	Veterano M40	04:59:10	+01:44:33	09:04
109	1540	Eduardo Lopes	vertical navis	Veterano M50	05:00:54	+01:46:16	09:07
110	1229	Susana alves	edl trail	Senior Feminino	05:01:26	+01:46:48	09:08
111	1120	José Madureira	amigo trail run	Senior Masculino	05:01:26	+01:46:49	09:08
112	1177	Paulo Pinto	centro trail carlos sá team penacova	Veterano M40	05:02:04	+01:47:27	09:09
113	1427	Zeca Carvalhais	individual	Veterano M50	05:02:05	+01:47:27	09:09
114	1484	Jorge Augusto Campos Machado	os santa apolónia	Veterano M50	05:02:09	+01:47:31	09:09
115	1520	luis manuel batista correia carvalho	tãlentos team	Veterano M50	05:02:29	+01:47:52	09:10
116	1128	J.Carlos Cardoso	arca barcelos runners	Veterano M50	05:02:49	+01:48:11	09:11
117	1273	Silvério Correia	grupo desportivo santander totta	Veterano M50	05:02:57	+01:48:19	09:11
118	1307	DeSousa	individual	Senior Masculino	05:03:01	+01:48:24	09:11
119	1526	Rui Almeida nina	trail bela bela	Senior Masculino	05:04:24	+01:49:47	09:13
120	1379	José Manuel Organista	individual	Veterano M40	05:04:54	+01:50:17	09:14
121	1319	Jorge Fernandes	individual	Senior Masculino	05:05:04	+01:50:27	09:15
122	1530	Miguel Araújo	trail me	Veterano M40	05:06:14	+01:51:36	09:17
123	1300	Bruno Alberto Silva Freitas	nast	Senior Masculino	05:06:22	+01:51:44	09:17
124	1147	Rodrigo Méren	atr - algarve trail running	Veterano M40	05:06:41	+01:52:03	09:18
125	1534	Rúben Daniel Soares Vieira	trail team bifase	Sub 23 Masculino	05:07:33	+01:52:56	09:19
126	1133	Jorge Alexandre Correia Moita	arasm-associação recreativa de s. miguel	Veterano M40	05:08:03	+01:53:26	09:20

TRAIL LONGO 33K - STAGE 1

33 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
127	1361	Afonso Goncalves	individual	Veterano M40	05:08:23	+01:53:46	09:21
128	1366	Bruno Tavares	individual	Veterano M40	05:08:56	+01:54:18	09:22
129	1137	António Manuel Faria dos Santos	associação porto da cruz trail team	Senior Masculino	05:08:59	+01:54:21	09:22
130	1413	Amadeu Peixoto	individual	Veterano M50	05:09:48	+01:55:10	09:23
131	1269	Paulo Jorge Rodrigues Alves	grupo desportivo santander totta	Veterano M40	05:09:53	+01:55:15	09:23
132	1222	Cláudio Monteiro	douroconta - gabinete de apoio e contabilidade	Veterano M50	05:10:07	+01:55:29	09:24
133	1333	Pedro Nunes	individual	Senior Masculino	05:10:08	+01:55:30	09:24
134	1265	Vítor Rocha	gontinhães trail runners	Veterano M40	05:10:18	+01:55:41	09:24
135	1201	João Pinho	coimbra trail running	Veterano M40	05:10:34	+01:55:57	09:25
136	1476	António Borges	olimpico vianense trail	Veterano M40	05:10:44	+01:56:07	09:25
137	1474	Nuno Paredinha	olimpico vianense trail	Senior Masculino	05:10:46	+01:56:08	09:25
138	1299	António	individual	Senior Masculino	05:11:34	+01:56:56	09:26
139	1419	Fernando Vicente	individual	Veterano M50	05:12:04	+01:57:26	09:27
140	1164	Luis Mesquita	bustos runners	Veterano M40	05:12:29	+01:57:51	09:28
141	1141	Gustavo Nunes	atlético clube de montemor - acm montemor a correr	Senior Masculino	05:13:49	+01:59:11	09:31
142	1420	joao luis de castro roxo	individual	Veterano M50	05:14:12	+01:59:34	09:31
143	1150	Sofia Coelho	individual	Veterana F40	05:14:14	+01:59:37	09:31
144	1348	Ana lucia Duarte	individual	Veterana F40	05:14:20	+01:59:42	09:32
145	1216	Gabriela Fonseca	dive into the mountains	Sub 23 Feminino	05:14:25	+01:59:48	09:32
146	1421	José Serra	individual	Veterano M50	05:14:34	+01:59:56	09:32
147	1487	domingos peixoto	palmeira runners	Veterano M40	05:15:11	+02:00:34	09:33
148	1488	José Manuel Rodrigues Costa	palmeira runners	Veterano M40	05:15:12	+02:00:34	09:33
149	1451	Miguel pereira	lobos do monte	Veterano M40	05:15:19	+02:00:41	09:33
150	1176	Nuno Engenheiro	centro trail carlos sá team penacova	Veterano M40	05:15:46	+02:01:09	09:34
151	1301	Bruno Branquinho	individual	Senior Masculino	05:16:58	+02:02:21	09:36
152	1407	Tiago Esperança	individual	Veterano M40	05:16:58	+02:02:21	09:36
153	1151	Manuel Oliveira	aztrail/mercentro	Veterano M40	05:17:26	+02:02:49	09:37
154	1146	António Monteiro	atlético clube de montemor - acm montemor a correr	Veterano M50	05:17:27	+02:02:49	09:37
155	1410	Vasco Jacinto	individual	Veterano M40	05:17:34	+02:02:56	09:37
156	1283	Miguel Soares	guimarunning	Veterano M40	05:17:36	+02:02:59	09:37
157	1385	Marcelo Silva	individual	Veterano M40	05:17:48	+02:03:11	09:38
158	1363	Antonio Jose Vilaça Martins	individual	Veterano M40	05:18:20	+02:03:43	09:39
159	1212	Fábio Mendes	dá-lhe gás running team	Senior Masculino	05:19:41	+02:05:04	09:41
160	1185	Filipe Alves	ceveira team running	Veterano M40	05:20:42	+02:06:05	09:43
161	1477	Hugo Paço Casal	olimpico vianense trail	Veterano M40	05:20:50	+02:06:12	09:43
162	1529	António Luis Coelho	trail me	Veterano M40	05:20:56	+02:06:19	09:44
163	1461	Helena Gomes	wolves	Veterana F40	05:20:58	+02:06:21	09:44
164	1391	Nuno Jaime	individual	Veterano M40	05:21:18	+02:06:40	09:44
165	1206	Tiago Coelho	correr leça	Senior Masculino	05:21:27	+02:06:49	09:44
166	1442	António Martins	lebres minhotas	Senior Masculino	05:21:33	+02:06:55	09:45
167	1109	jose pereira	airorun	Veterano M40	05:21:34	+02:06:56	09:45
168	1207	Fernanda Ferreira	correr leça	Veterana F40	05:21:36	+02:06:59	09:45
169	1335	René Fernández cidras	individual	Senior Masculino	05:22:04	+02:07:26	09:46
170	1503	Mario	profisio team	Veterano M40	05:22:44	+02:08:07	09:47

TRAIL LONGO 33K - STAGE 1

33 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
171	1228	Miguel Rêgo	ecobarcaventura	Veterano M40	05:22:48	+02:08:10	09:47
172	1332	Pedro Nogueira	individual	Senior Masculino	05:22:51	+02:08:14	09:47
173	1326	Mário Oliveira	individual	Senior Masculino	05:22:52	+02:08:14	09:47
174	1246	Lao Figueiredo	figueira kayak clube	Senior Masculino	05:22:54	+02:08:17	09:47
175	1304	Bruno Rafael	individual	Senior Masculino	05:23:06	+02:08:29	09:47
176	1522	Nuno Maia	team lanthemil	Senior Masculino	05:23:43	+02:09:05	09:49
177	1491	Jorge Barbosa	paredes aventura	Veterano M40	05:24:13	+02:09:35	09:49
178	1268	Nuno Almeida	grupo desportivo santander totta	Veterano M40	05:25:02	+02:10:25	09:51
179	1196	Helder José da rocha Oliveira	clube efacec	Senior Masculino	05:25:16	+02:10:39	09:51
180	1188	José Duarte	clac entroncamento/ondatrilhos	Senior Masculino	05:25:34	+02:10:56	09:52
181	1254	Catarina Amorim	gd castelense	Senior Feminino	05:25:59	+02:11:21	09:53
182	1383	Manuel Pinheiro	fridão sem limites	Veterano M40	05:26:18	+02:11:41	09:53
183	1313	Flavio	individual	Senior Masculino	05:28:17	+02:13:40	09:57
184	1352	Helena Fernandes	individual	Veterana F40	05:28:17	+02:13:40	09:57
185	1215	Paulo Ferreira	dive into the mountains	Senior Masculino	05:29:12	+02:14:35	09:59
186	1217	Carla Alexandra de Carvalho Antunes	dive into the mountains	Veterana F40	05:29:12	+02:14:35	09:59
187	1258	Carla Garrett	gin. qta do valbom - aaalcochete	Senior Feminino	05:29:15	+02:14:38	09:59
188	1380	Luís oliveira	individual	Veterano M40	05:29:19	+02:14:41	09:59
189	1277	LUISA ARAUJO	guimarunning	Senior Feminino	05:30:26	+02:15:48	10:01
190	1440	Fernando Gomes	kemedo team	Veterano M40	05:30:28	+02:15:51	10:01
191	1231	Ana Rita de Barros Carneiro	edl trail	Sub 23 Feminino	05:30:28	+02:15:51	10:01
192	1286	Fábio Santos	hsantamariart	Senior Masculino	05:30:30	+02:15:53	10:01
193	1535	Nuno Manuel Ferreira Granadas	turres trail clube	Senior Masculino	05:31:19	+02:16:41	10:02
194	1469	Paulo Graça	monte dos amigos	Veterano M50	05:31:41	+02:17:04	10:03
195	1285	Leonel Silva	hora do lobo trail - cf perosinho atletismo	Veterano M40	05:31:52	+02:17:14	10:03
196	1191	António Lopes	clube de atletismo trail runners da ponte	Senior Masculino	05:32:32	+02:17:55	10:05
197	1309	Fabio silva	individual	Senior Masculino	05:32:36	+02:17:58	10:05
198	1395	PEDRO SARAIVA	individual	Veterano M40	05:33:00	+02:18:23	10:05
199	1397	Raul Curva	individual	Veterano M40	05:33:55	+02:19:17	10:07
200	1129	HELDER COSTA	arpo	Senior Masculino	05:34:30	+02:19:52	10:08
201	1255	José de Azevedo Raposo	grupo desportivo santander totta	Veterano M40	05:34:57	+02:20:19	10:09
202	1381	Manuel Carlos Costa Martins	individual	Veterano M40	05:35:11	+02:20:33	10:09
203	1445	Diogo Flamino	linces de montemor	Sub 23 Masculino	05:35:51	+02:21:13	10:11
204	1501	Nelson vaz	profisio team	Senior Masculino	05:36:18	+02:21:40	10:11
205	1202	Fernando Venda	coimbra trail running	Veterano M60	05:36:38	+02:22:01	10:12
206	1256	Andreia Andrade	gdazambuja - trail team	Senior Feminino	05:36:40	+02:22:02	10:12
207	1257	Luís Benavente	gdazambuja - trail team	Veterano M40	05:36:40	+02:22:03	10:12
208	1524	Mónica Martins	team lanthemil	Veterana F40	05:36:43	+02:22:05	10:12
209	1514	RUI GONÇALVES	sportarc.running	Veterano M40	05:37:12	+02:22:35	10:13
210	1173	Paulo Jorge da Costa Carvalho	cdmrunning	Veterano M40	05:37:13	+02:22:35	10:13
211	1513	LUIS TEIXEIRA	sportarc.running	Veterano M40	05:37:13	+02:22:35	10:13
212	1264	Pedro Matos	gontinhães trail runners	Veterano M40	05:37:31	+02:22:54	10:14
213	1263	Simão Matos	gontinhães trail runners	Senior Masculino	05:37:32	+02:22:54	10:14
214	1236	Catarina Pereira	ei team trail	Veterana F40	05:39:26	+02:24:49	10:17
215	1113	AnaFael	alexandra carvalho team	Senior Feminino	05:39:44	+02:25:07	10:18

TRAIL LONGO 33K - STAGE 1

33 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
216	1542	Carmo Veiga	viana running	Veterana F40	05:39:44	+02:25:07	10:18
217	1112	Alexandra Carvalho	alexandra carvalho team	Senior Feminino	05:39:48	+02:25:11	10:18
218	1170	Francisco Rebelo	cbrunningteam	Veterano M40	05:40:08	+02:25:31	10:18
219	1349	Carina Pereira	individual	Veterana F40	05:40:10	+02:25:32	10:18
220	1553	Rui Amadeu Dantas	individual	Senior Masculino	05:40:14	+02:25:36	10:19
221	1111	Carlos Manuel Moreira Rodrigues	akuafit	Veterano M40	05:40:14	+02:25:36	10:19
222	1360	Rosa Nogueira	individual	Veterana F50	05:40:17	+02:25:39	10:19
223	1390	Nuno Freitas	individual	Veterano M40	05:40:43	+02:26:06	10:20
224	1303	Bruno Ferreira	monte dos amigos	Senior Masculino	05:41:47	+02:27:10	10:21
225	1250	José Conceição	fridão sem limites	Senior Masculino	05:41:49	+02:27:12	10:22
226	1372	Filipe Pereira	individual	Veterano M40	05:41:53	+02:27:16	10:22
227	1294	Silvia Rafael	individual	Senior Feminino	05:41:53	+02:27:16	10:22
228	1314	Gonçalo Nazaré	individual	Senior Masculino	05:42:01	+02:27:24	10:22
229	1369	Eliseu leite	individual	Veterano M40	05:42:17	+02:27:39	10:22
230	1399	Ricardo Santa	individual	Veterano M40	05:43:39	+02:29:02	10:25
231	1347	Olavo Martins Maciel	individual	Sub 23 Masculino	05:43:42	+02:29:04	10:25
232	1500	Nelson Machado	profisio team	Senior Masculino	05:45:10	+02:30:32	10:28
233	1418	Carlos Henriques	individual	Veterano M50	05:45:57	+02:31:19	10:29
234	1351	Célia Sousa	individual	Veterana F40	05:46:44	+02:32:07	10:30
235	1341	Tiago Oliveira	individual	Senior Masculino	05:49:02	+02:34:25	10:35
236	1467	Telmo Mendonça	monte dos amigos	Senior Masculino	05:50:15	+02:35:38	10:37
237	343	Hugo Manuel Pinto	individual	Senior Masculino	05:51:09	+02:36:32	10:38
238	1388	Milton	individual	Veterano M40	05:51:10	+02:36:32	10:38
239	1386	MIGUEL ÂNGELO BRITO FARIA	individual	Veterano M40	05:51:52	+02:37:15	10:40
240	1123	Nuno Cruz	arca barcelos runners	Senior Masculino	05:51:52	+02:37:15	10:40
241	1389	Nuno Araujo	individual	Veterano M40	05:54:12	+02:39:34	10:44
242	1163	Ricardo André Gonçalves Guerreiro	breia team running	Senior Masculino	05:54:46	+02:40:08	10:45
243	1320	José Padrão	individual	Senior Masculino	05:55:01	+02:40:24	10:46
244	1546	Diogo Filipe Oliveira Alves	vikings trail runners / ccr alcabideque	Senior Masculino	05:56:37	+02:42:00	10:48
245	1545	Daniel Gonçalves Marcos	vikings trail runners / ccr alcabideque	Senior Masculino	05:56:38	+02:42:00	10:48
246	1543	Sandra Agra	vikings trail runners / ccr alcabideque	Senior Feminino	05:56:38	+02:42:00	10:48
247	1356	Maria Cláudia Medeiros da Silva	individual	Veterana F50	05:57:20	+02:42:43	10:50
248	1370	Fausto Sá	individual	Veterano M40	05:58:59	+02:44:21	10:53
249	1187	Antonino Gonçalves	cerveira team running	Veterano M50	05:59:03	+02:44:26	10:53
250	1127	Firmino Silva	arca barcelos runners	Veterano M50	05:59:08	+02:44:31	10:53
251	1189	Carlos Silveira	clac entroncamento/ondatrilhos	Veterano M40	06:00:41	+02:46:03	10:56
252	1158	Ricardo Sá	berg outdoor	Veterano M40	06:00:43	+02:46:05	10:56
253	1171	Adelino Silva	ccd - siemens	Veterano M40	06:02:03	+02:47:26	10:58
254	1159	Filipe Abreu	boavista f. c.	Veterano M40	06:02:20	+02:47:42	10:59
255	1392	Paulo Pereira	individual	Veterano M40	06:02:34	+02:47:56	10:59
256	1186	Quim Araújo	cerveira team running	Veterano M40	06:02:37	+02:48:00	10:59
257	1452	Nuno Nabeiro	melgaço alvarinho trail team	Veterano M40	06:04:47	+02:50:09	11:03
258	1167	Cristina Laranjeiro	c.a.amigos parque da paz	Veterana F40	06:07:13	+02:52:36	11:08

TRAIL LONGO 33K - STAGE 1

33 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
259	1555	Roberto Pereira	individual	Senior Masculino	06:07:19	+02:52:41	11:08
260	1198	VITOR MANUEL COELHO ALMEIDA	clube millennium bcp	Veterano M50	06:07:26	+02:52:49	11:08
261	1213	rui torres	desnivel positivo	Veterano M50	06:07:34	+02:52:56	11:08
262	1517	Manuel Gomes	strendure running team	Veterano M40	06:09:20	+02:54:42	11:12
263	1401	Rogério Abreu	individual	Veterano M40	06:11:24	+02:56:47	11:15
264	1344	Vitor costa	individual	Senior Masculino	06:11:26	+02:56:48	11:15
265	1160	Paulo Ferreira	boavista f. c.	Veterano M50	06:11:27	+02:56:50	11:15
266	1431	Pedro Silva	jp	Senior Masculino	06:11:28	+02:56:51	11:15
267	1454	Mário Rodrigues	metralhas runners	Veterano M40	06:11:28	+02:56:51	11:15
268	1317	João Duarte	individual	Senior Masculino	06:11:54	+02:57:17	11:16
269	1414	Américo Pimenta	individual	Veterano M50	06:12:54	+02:58:16	11:18
270	1192	Daniel Luís	clube de atletismo trail runners da ponte	Senior Masculino	06:15:21	+03:00:44	11:22
271	1415	Antero cunha	individual	Veterano M50	06:17:31	+03:02:54	11:26
272	1357	Maria Conceição Queiroz	individual	Veterana F50	06:18:13	+03:03:36	11:28
273	1274	Rafael Escrivães	gtt-armazem do caffè	Senior Masculino	06:18:14	+03:03:36	11:28
274	1275	Dimitri Matos	gtt-armazem do caffè	Veterano M40	06:18:14	+03:03:36	11:28
275	1302	Bruno Ferreira	individual	Senior Masculino	06:18:15	+03:03:37	11:28
276	1339	Rui Dinis	individual	Senior Masculino	06:18:25	+03:03:47	11:28
277	1486	Deolinda Brites Antunes	palmeira runners	Veterana F40	06:18:32	+03:03:54	11:28
278	1400	Ricardo Silva	individual	Veterano M40	06:19:45	+03:05:07	11:30
279	1204	João Vaz	correr leça	Senior Masculino	06:20:22	+03:05:45	11:32
280	1282	Pedro Pereira	guimarrunning	Senior Masculino	06:20:23	+03:05:46	11:32
281	1464	Pedro Galamarra	montanha clube trail running/efapel	Senior Masculino	06:20:34	+03:05:56	11:32
282	1449	Ernesto Martins	lion runners - g. d. leões da guarda	Veterano M50	06:22:13	+03:07:35	11:35
283	1205	Ricardo Pimenta	correr leça	Senior Masculino	06:22:16	+03:07:39	11:35
284	1174	Rafael Silva	centro trail carlos sá team penacova	Senior Masculino	06:22:21	+03:07:43	11:35
285	1276	Cristina Machado	guimarrunning	Senior Feminino	06:23:27	+03:08:50	11:37
286	1371	Fernando Santos	individual	Veterano M40	06:23:27	+03:08:50	11:37
287	1331	Pedro Mota	individual	Senior Masculino	06:23:28	+03:08:50	11:37
288	1518	Dora Cristina de Jesus Reis	tâmentos team	Veterana F40	06:23:28	+03:08:50	11:37
289	1428	EDUARDO MEDEIROS	individual	Veterano M60	06:24:37	+03:10:00	11:39
290	1495	Bruno Ricardo Marques Guedes	porto sentido runners	Senior Masculino	06:24:59	+03:10:22	11:40
291	1181	Sofia Venade	ceveira team running	Senior Feminino	06:25:13	+03:10:35	11:40
292	1180	Sandra Araújo	ceveira team running	Senior Feminino	06:25:13	+03:10:36	11:40
293	1267	Luis Oliveira	grupo desportivo santander totta	Veterano M40	06:25:14	+03:10:37	11:40
294	1235	rui fernandes	ei team trail	Senior Masculino	06:25:35	+03:10:57	11:41
295	1350	Catarina Teixeira	individual	Veterana F40	06:25:35	+03:10:57	11:41
296	1362	Alexandre negrão	individual	Veterano M40	06:25:53	+03:11:16	11:42
297	1288	Cristiana Sofia Machado Martins	individual	Senior Feminino	06:26:31	+03:11:54	11:43
298	1208	António Barros	correr leça	Veterano M40	06:28:05	+03:13:28	11:46
299	1203	Dulce Neves	correr leça	Senior Feminino	06:28:05	+03:13:28	11:46
300	1472	Paulo Amaral	o mundo da corrida	Veterano M50	06:28:06	+03:13:28	11:46
301	1209	Nuno Morgado	correr leça	Veterano M40	06:28:06	+03:13:29	11:46
302	1115	Ricardo Esteves	alexandra carvalho team	Sub 23 Masculino	06:29:04	+03:14:26	11:47

TRAIL LONGO 33K - STAGE 1

33 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
303	1125	Vitor Silva	arca barcelos runners	Senior Masculino	06:29:52	+03:15:15	11:49
304	1295	Susana Araújo	individual	Senior Feminino	06:31:00	+03:16:23	11:51
305	1142	Manuel Bravo	atlético clube de montemor - acm montemor a correr	Veterano M40	06:31:00	+03:16:23	11:51
306	1140	Daniela Costa	atlético clube de montemor - acm montemor a correr	Senior Feminino	06:31:01	+03:16:23	11:51
307	1242	Daniel Campaniço	évora night runners	Senior Masculino	06:31:18	+03:16:40	11:51
308	1284	Leonardo Brito	hora do lobo trail - cf perosinho atletismo	Senior Masculino	06:32:03	+03:17:26	11:53
309	1261	Paulo Alexandre Matos	gontinhães trail runners	Senior Masculino	06:33:44	+03:19:07	11:56
310	1219	Paulo Ribeiro	dive into the mountains	Veterano M40	06:35:53	+03:21:16	12:00
311	1218	Lino Abreu	dive into the mountains	Veterano M40	06:35:53	+03:21:16	12:00
312	1266	luis miguel renee avila simoes gomes	grupo desportivo santander totta	Veterano M40	06:35:59	+03:21:21	12:00
313	1416	António Pinto	individual	Veterano M50	06:36:21	+03:21:43	12:01
314	1101	Ricardo Teixeira	a.d.amarante trail running	Senior Masculino	06:36:32	+03:21:54	12:01
315	1470	Liseta Pinto	mrr / nice runners	Veterana F40	06:37:41	+03:23:04	12:03
316	1394	PEDRO RICARDO MACHADO VALENTE GONÇALVES	individual	Veterano M40	06:39:00	+03:24:23	12:05
317	1429	Jaime Silva	individual	Veterano M60	06:41:24	+03:26:46	12:10
318	1297	Alexandre Miguel	individual	Senior Masculino	06:41:24	+03:26:47	12:10
319	1118	Paulo Oliveira Lopes	alverca urban runners	Senior Masculino	06:42:06	+03:27:29	12:11
320	1148	Sandro Silva	atr - algarve trail running	Veterano M40	06:42:21	+03:27:43	12:12
321	1479	Emanuel Dias	monte dos amigos	Senior Masculino	06:45:29	+03:30:52	12:17
322	1480	Helder Magalhães	monte dos amigos	Senior Masculino	06:45:34	+03:30:57	12:17
323	1505	Rosa Almeida	riberras trail	Veterana F40	06:45:36	+03:30:58	12:17
324	1149	João Menezes Silva	atr - algarve trail running	Veterano M50	06:45:36	+03:30:58	12:17
325	1364	António Soares	individual	Veterano M40	06:45:40	+03:31:03	12:18
326	1114	André Silva	alexandra carvalho team	Senior Masculino	06:46:53	+03:32:16	12:20
327	1324	Luis carlos oliveira costa conde	individual	Senior Masculino	06:49:03	+03:34:25	12:24
328	1247	RUI SÁ	fit gaia trail	Veterano M50	06:50:11	+03:35:33	12:26
329	1279	Alexandre Ribeiro	guimarunning	Senior Masculino	06:52:50	+03:38:13	12:31
330	1311	Filipe Caldas Rodrigues	individual	Senior Masculino	06:53:40	+03:39:03	12:32
331	1342	tiago rodrigues	individual	Senior Masculino	06:56:02	+03:41:24	12:36
332	1507	Nuno Almeida	riberras trail	Veterano M40	06:56:16	+03:41:38	12:37
333	1144	Nuno Chapa	atlético clube de montemor - acm montemor a correr	Veterano M40	06:56:42	+03:42:04	12:38
334	1193	Bruno Marquês	clube de atletismo trail runners da ponte	Veterano M40	06:58:52	+03:44:14	12:42
335	1465	Ana Loreto	montanha clube trail running/efapel	Veterana F50	07:08:02	+03:53:25	12:58
336	1493	Carla Feliciano Ferreira	pimpões trail team	Veterana F40	07:09:07	+03:54:29	13:00
337	1494	Paulo Ferreira	pimpões trail team	Veterano M50	07:09:07	+03:54:30	13:00
338	1156	Alexandra Oliveira	b.t.m.	Veterana F40	07:09:43	+03:55:05	13:01
339	1510	Cristina Barros	sinmetro	Veterana F40	07:11:10	+03:56:33	13:04
340	1138	Filipe Manuel de Jesus Franco	associação porto da cruz trail team	Senior Masculino	07:12:35	+03:57:58	13:07
341	1462	Sandra Gonçalves	montanha clube trail running / efapel lousã	Senior Feminino	07:15:05	+04:00:27	13:11
342	1404	Rui Morte	individual	Veterano M40	07:15:05	+04:00:27	13:11
343	1519	Elisabete Azougado	talentos team	Veterana F40	07:18:21	+04:03:43	13:17
344	1243	Ana Isabel Machado Ferreira Racha	évora night runners	Veterana F40	07:28:30	+04:13:52	13:35

33 KM

OFFICIAL RESULT

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Trail Longo 33K

33 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	16°C	100%
End	07:09	16°C	100%

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

1	1287	Adriana Dias	Individual	Senior Feminino	04:12:55	+58:18	07:40
2	2187	Andreia Almeida	Fridão Sem Limites	Senior Feminino	04:33:10	+01:18:33	08:17
3	1292	Mariana Figueiredo Delgado	Individual	Senior Feminino	04:41:28	+01:26:50	08:32
4	1482	Ana Azevedo	Os Santa Apolónia	Senior Feminino	04:48:40	+01:34:02	08:45
5	1463	Carla Santos	Montanha Clube Trail Running/Efapel	Senior Feminino	04:55:43	+01:41:06	08:58
6	1232	Patrícia Palma	EDV-VIANATRIL	Senior Feminino	04:59:06	+01:44:29	09:04
7	1229	Susana alves	EDL Trail	Senior Feminino	05:01:26	+01:46:48	09:08
8	1254	Catarina Amorim	GD Castelense	Senior Feminino	05:25:59	+02:11:21	09:53
9	1258	Carla Garrett	Gin. Qta do Valbom - AAAlcochete	Senior Feminino	05:29:15	+02:14:38	09:59
10	1277	LUIA ARAUJO	GUIMARUNNING	Senior Feminino	05:30:26	+02:15:48	10:01
11	1256	Andreia Andrade	GDAzambuja - Trail Team	Senior Feminino	05:36:40	+02:22:02	10:12
12	1113	AnaFael	Alexandra Carvalho Team	Senior Feminino	05:39:44	+02:25:07	10:18
13	1112	Alexandra Carvalho	Alexandra Carvalho Team	Senior Feminino	05:39:48	+02:25:11	10:18
14	1294	Silvia Rafael	Individual	Senior Feminino	05:41:53	+02:27:16	10:22
15	1543	Sandra Agra	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	05:56:38	+02:42:00	10:48
16	1276	Cristina Machado	GUIMARUNNING	Senior Feminino	06:23:27	+03:08:50	11:37
17	1181	Sofia Venade	Cerveira Team Running	Senior Feminino	06:25:13	+03:10:35	11:40
18	1180	Sandra Araújo	Cerveira Team Running	Senior Feminino	06:25:13	+03:10:36	11:40
19	1288	Cristiana Sofia Machado Martins	Individual	Senior Feminino	06:26:31	+03:11:54	11:43
20	1203	Dulce Neves	CORRER LEÇA	Senior Feminino	06:28:05	+03:13:28	11:46
21	1295	Susana Araújo	Individual	Senior Feminino	06:31:00	+03:16:23	11:51
22	1140	Daniela Costa	Atlético Clube de Montemor - ACM Montemor a Correr	Senior Feminino	06:31:01	+03:16:23	11:51
23	1462	Sandra Gonçalves	MONTANHA CLUBE TRAIL RUNNING / EFAPEL LOUSÁ	Senior Feminino	07:15:05	+04:00:27	13:11
24	1290	Filipa Isabel Vital Matias	DAP - Trail Team	Senior Feminino	08:02:23	+04:47:46	14:37
25	1447	Susana Faria	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	08:20:15	+05:05:38	15:10

Senior Masculino

1	1237	Joaquim Fortes	Emicela Team	Senior Masculino	03:14:37		05:54
2	1200	Diogo Pinheiro	Coimbra Trail Running	Senior Masculino	03:27:39	+13:02	06:18
3	1221	Tiago Pinto	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	03:33:18	+18:41	06:28
4	1551	João Pimentel	Escola de Atletismo de Coimbra/Intermarché Condeixa	Senior Masculino	03:40:51	+26:13	06:42
5	1455	JOEL FILIPE ALVES PEREIRA	Minho e Lima Trail	Senior Masculino	03:43:40	+29:03	06:47
6	1527	Carlos Coelho	TRAIL ME	Senior Masculino	03:51:53	+37:16	07:02

Official Timekeeper: Lap2Go	1 / 10	generate 24-Sep-2018 15:57
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Trail Longo 33K

33 KM

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OFFICIAL RESULT

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7	3168	Antonio Correia	Emicela Team	Senior Masculino	03:52:23	+37:45	07:03
8	1248	Adão Paulo Teixeira Monteiro	Fridão Sem Limites	Senior Masculino	03:52:44	+38:07	07:03
9	1107	Tiago Marinho Freitas Subtil	Afifense Trail	Senior Masculino	03:53:56	+39:19	07:05
10	1528	Rui Alves	TRAIL ME	Senior Masculino	03:57:15	+42:37	07:11
11	1544	Bruno Miguel Ribeiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	04:06:16	+51:38	07:28
12	1328	Pablo Alvar	Individual	Senior Masculino	04:09:48	+55:10	07:34
13	1253	Hugo Henriques	GALHARDOS RUNNERS	Senior Masculino	04:12:43	+58:06	07:40
14	1119	Nelson Diogo	AMCF - Arrábida Trail Team	Senior Masculino	04:13:22	+58:45	07:41
15	1438	Bruno Ribeiro	Kaninos	Senior Masculino	04:21:52	+01:07:14	07:56
16	1547	Mauro Daniel Silva Martins	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	04:21:57	+01:07:19	07:56
17	1116	Carlos Costa	ALIANÇA DE GANDRA	Senior Masculino	04:23:29	+01:08:51	07:59
18	1485	Amaro Costa	Padela Natural Team - Fisiofreixo	Senior Masculino	04:25:25	+01:10:47	08:03
19	1433	Joao Valente	Juventude Cortegacense	Senior Masculino	04:28:21	+01:13:43	08:08
20	1252	José Maria Cigarro	Gafanhori	Senior Masculino	04:30:09	+01:15:31	08:11
21	1262	Ricardo Silva	Gontinhães Trail Runners	Senior Masculino	04:30:16	+01:15:38	08:11
22	1327	Nuno Filipe Ribeiro	EDV-VIANATRAIL	Senior Masculino	04:30:51	+01:16:13	08:12
23	1343	Valter Semedo Matos	Individual	Senior Masculino	04:31:06	+01:16:28	08:13
24	1121	Ivo Fernandes	Amigos do Empeno	Senior Masculino	04:31:42	+01:17:05	08:14
25	1512	Tiago Areias	Spin&Run Esposende	Senior Masculino	04:31:43	+01:17:05	08:14
26	1475	Richard Amorim	OLIMPICO VIANENSE TRAIL	Senior Masculino	04:32:39	+01:18:01	08:16
27	1330	Paulo Silva	Individual	Senior Masculino	04:33:34	+01:18:56	08:17
28	1168	Ruben Barbosa	CAAC - Clube de Atletismo de Arentim e Cunha	Senior Masculino	04:35:52	+01:21:15	08:22
29	1306	CESAR MARIZ	Individual	Senior Masculino	04:35:53	+01:21:15	08:22
30	1291	Márcio Teixeira	Fridão Sem Limites	Senior Masculino	04:36:31	+01:21:54	08:23
31	1296	Adriano António Lima Ferreira	Individual	Senior Masculino	04:37:12	+01:22:35	08:24
32	1154	Salvador Oliveira	B.T.M.	Senior Masculino	04:37:33	+01:22:55	08:25
33	1432	Ricardo Ferreira	Boavista	Senior Masculino	04:37:56	+01:23:18	08:25
34	1124	Pedro Vale	ARCA BarceloS runners	Senior Masculino	04:38:29	+01:23:51	08:26
35	1106	Gil Araujo	Afifense Trail	Senior Masculino	04:39:23	+01:24:45	08:28
36	1240	Vítor Maia	Espinho Trail Team	Senior Masculino	04:39:30	+01:24:53	08:28
37	1220	Diogo Filipe Vilaça e Silva	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	04:40:54	+01:26:16	08:31
38	1155	Vitor Ramalho	B.T.M.	Senior Masculino	04:42:01	+01:27:24	08:33
39	1466	Antonio Pinto	Monte dos Amigos	Senior Masculino	04:43:48	+01:29:10	08:36
40	1312	Filipe Machado	Individual	Senior Masculino	04:44:17	+01:29:40	08:37
41	1103	HUGO SEQUEIRA	AC PORTALEGRE /UTSM	Senior Masculino	04:44:55	+01:30:18	08:38
42	1329	Paulo Manuel Pereira Carvalho	Individual	Senior Masculino	04:45:13	+01:30:36	08:39
43	1298	ANGEL MANUEL CHANS SUAREZ	Individual	Senior Masculino	04:45:14	+01:30:37	08:39
44	1230	Roberto Carlos Silva Teixeira	EDL Trail	Senior Masculino	04:46:14	+01:31:36	08:40
45	1251	Ricardo Miguel Magalhães Nunes	Fridão Sem Limites	Senior Masculino	04:46:19	+01:31:42	08:41
46	1525	Bruno Cardoso	Trail Bela Bela	Senior Masculino	04:50:20	+01:35:43	08:48
47	1316	ISRAEL CASTRO MARTINEZ	Individual	Senior Masculino	04:51:20	+01:36:43	08:50
48	1322	Julien Caldas Rodrigues	Individual	Senior Masculino	04:53:12	+01:38:34	08:53
49	1531	jose antonio dominguez pereira	TRAIL RUNNING NIGRAN	Senior Masculino	04:56:21	+01:41:44	08:59
50	1105	Bruno Pereira	ADECA	Senior Masculino	04:56:30	+01:41:52	08:59

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Trail Longo 33K

33 KM

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51	1508	VITOR RITO	RUNNING ESPINHO	Senior Masculino	04:56:38	+01:42:00	08:59
52	1439	Bruno Ramiro	KeMedo Team	Senior Masculino	04:56:48	+01:42:11	09:00
53	1169	Francisco Pascual Fidalgo	CASTRO-TRAIL	Senior Masculino	04:57:51	+01:43:13	09:02
54	1161	João Pontedeira	Breia Team Running	Senior Masculino	04:58:33	+01:43:56	09:03
55	1120	José Madureira	AMIGO TRAIL RUN	Senior Masculino	05:01:26	+01:46:49	09:08
56	1307	DeSousa	Individual	Senior Masculino	05:03:01	+01:48:24	09:11
57	1526	Rui Almeida nina	Trail Bela Bela	Senior Masculino	05:04:24	+01:49:47	09:13
58	1319	Jorge Fernandes	Individual	Senior Masculino	05:05:04	+01:50:27	09:15
59	1300	Bruno Alberto Silva Freitas	NAST	Senior Masculino	05:06:22	+01:51:44	09:17
60	1137	António Manuel Faria dos Santos	Associação Porto da Cruz Trail Team	Senior Masculino	05:08:59	+01:54:21	09:22
61	1333	Pedro Nunes	Individual	Senior Masculino	05:10:08	+01:55:30	09:24
62	1474	Nuno Paredinha	OLIMPICO VIANENSE TRAIL	Senior Masculino	05:10:46	+01:56:08	09:25
63	1299	António	Individual	Senior Masculino	05:11:34	+01:56:56	09:26
64	1141	Gustavo Nunes	Atlético Clube de Montemor - ACM Montemor a Correr	Senior Masculino	05:13:49	+01:59:11	09:31
65	1301	Bruno Branquinho	Individual	Senior Masculino	05:16:58	+02:02:21	09:36
66	1212	Fábio Mendes	Dá-lhe Gás Running team	Senior Masculino	05:19:41	+02:05:04	09:41
67	1206	Tiago Coelho	CORRER LEÇA	Senior Masculino	05:21:27	+02:06:49	09:44
68	1442	António Martins	Lebres Minhotas	Senior Masculino	05:21:33	+02:06:55	09:45
69	1335	René Fernández cidras	Individual	Senior Masculino	05:22:04	+02:07:26	09:46
70	1332	Pedro Nogueira	Individual	Senior Masculino	05:22:51	+02:08:14	09:47
71	1326	Mário Oliveira	Individual	Senior Masculino	05:22:52	+02:08:14	09:47
72	1246	Lao Figueiredo	Figueira Kayak Clube	Senior Masculino	05:22:54	+02:08:17	09:47
73	1304	Bruno Rafael	Individual	Senior Masculino	05:23:06	+02:08:29	09:47
74	1522	Nuno Maia	TEAM LANTEMIL	Senior Masculino	05:23:43	+02:09:05	09:49
75	1196	Helder José da rocha Oliveira	Clube Efaced	Senior Masculino	05:25:16	+02:10:39	09:51
76	1188	José Duarte	CLAC Entroncamento/OndaTrilhos	Senior Masculino	05:25:34	+02:10:56	09:52
77	1313	Flavio	Individual	Senior Masculino	05:28:17	+02:13:40	09:57
78	1215	Paulo Ferreira	DiVe Into The Mountains	Senior Masculino	05:29:12	+02:14:35	09:59
79	1286	Fábio Santos	hSantamariaRT	Senior Masculino	05:30:30	+02:15:53	10:01
80	1535	Nuno Manuel Ferreira Granadas	Turres Trail Clube	Senior Masculino	05:31:19	+02:16:41	10:02
81	1191	António Lopes	Clube de Atletismo Trail Runners da Ponte	Senior Masculino	05:32:32	+02:17:55	10:05
82	1309	Fabio silva	Individual	Senior Masculino	05:32:36	+02:17:58	10:05
83	1129	HELDER COSTA	ARPO	Senior Masculino	05:34:30	+02:19:52	10:08
84	1501	Nelson vaz	Profisio Team	Senior Masculino	05:36:18	+02:21:40	10:11
85	1263	Simão Matos	Gontinhães Trail Runners	Senior Masculino	05:37:32	+02:22:54	10:14
86	1553	Rui Amadeu Dantas	Individual	Senior Masculino	05:40:14	+02:25:36	10:19
87	1303	Bruno Ferreira	Monte dos Amigos	Senior Masculino	05:41:47	+02:27:10	10:21
88	1250	José Conceição	Fridão Sem Limites	Senior Masculino	05:41:49	+02:27:12	10:22
89	1314	Gonçalo Nazaré	Individual	Senior Masculino	05:42:01	+02:27:24	10:22
90	1500	Nelson Machado	Profisio Team	Senior Masculino	05:45:10	+02:30:32	10:28
91	1341	Tiago Oliveira	Individual	Senior Masculino	05:49:02	+02:34:25	10:35
92	1467	Telmo Mendonça	Monte dos Amigos	Senior Masculino	05:50:15	+02:35:38	10:37
93	343	Hugo Manuel Pinto	Individual	Senior Masculino	05:51:09	+02:36:32	10:38
94	1123	Nuno Cruz	ARCA BarceloS runners	Senior Masculino	05:51:52	+02:37:15	10:40

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Trail Longo 33K

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95	1163	Ricardo André Gonçalves Guerreiro	Breia Team Running	Senior Masculino	05:54:46	+02:40:08	10:45
96	1320	José Padrão	Individual	Senior Masculino	05:55:01	+02:40:24	10:46
97	1546	Diogo Filipe Oliveira Alves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	05:56:37	+02:42:00	10:48
98	1545	Daniel Gonçalves Marcos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	05:56:38	+02:42:00	10:48
99	1555	Roberto Pereira	Individual	Senior Masculino	06:07:19	+02:52:41	11:08
100	1344	Vitor costa	Individual	Senior Masculino	06:11:26	+02:56:48	11:15
101	1431	Pedro Silva	JP	Senior Masculino	06:11:28	+02:56:51	11:15
102	1317	João Duarte	Individual	Senior Masculino	06:11:54	+02:57:17	11:16
103	1192	Daniel Luís	Clube de Atletismo Trail Runners da Ponte	Senior Masculino	06:15:21	+03:00:44	11:22
104	1274	Rafael Escrivães	GTT-Armazem do Caffè	Senior Masculino	06:18:14	+03:03:36	11:28
105	1302	Bruno Ferreira	Individual	Senior Masculino	06:18:15	+03:03:37	11:28
106	1339	Rui Dinis	Individual	Senior Masculino	06:18:25	+03:03:47	11:28
107	1204	João Vaz	CORRER LEÇA	Senior Masculino	06:20:22	+03:05:45	11:32
108	1282	Pedro Pereira	GUIMARUNNING	Senior Masculino	06:20:23	+03:05:46	11:32
109	1464	Pedro Galamarra	Montanha Clube Trail Running/Efapel	Senior Masculino	06:20:34	+03:05:56	11:32
110	1205	Ricardo Pimenta	CORRER LEÇA	Senior Masculino	06:22:16	+03:07:39	11:35
111	1174	Rafael Silva	Centro Trail Carlos Sá Team Penacova	Senior Masculino	06:22:21	+03:07:43	11:35
112	1331	Pedro Mota	Individual	Senior Masculino	06:23:28	+03:08:50	11:37
113	1495	Bruno Ricardo Marques Guedes	PORTO SENTIDO RUNNERS	Senior Masculino	06:24:59	+03:10:22	11:40
114	1235	rui fernandes	El Team Trail	Senior Masculino	06:25:35	+03:10:57	11:41
115	1125	Vitor Silva	ARCA BarceloS runners	Senior Masculino	06:29:52	+03:15:15	11:49
116	1242	Daniel Campaniço	Évora Night Runners	Senior Masculino	06:31:18	+03:16:40	11:51
117	1284	Leonardo Brito	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	06:32:03	+03:17:26	11:53
118	1261	Paulo Alexandre Matos	Gontinhães Trail Runners	Senior Masculino	06:33:44	+03:19:07	11:56
119	1101	Ricardo Teixeira	A.D.Amarante trail running	Senior Masculino	06:36:32	+03:21:54	12:01
120	1297	Alexandre Miguel	Individual	Senior Masculino	06:41:24	+03:26:47	12:10
121	1118	Paulo Oliveira Lopes	Alverca Urban Runners	Senior Masculino	06:42:06	+03:27:29	12:11
122	1479	Emanuel Dias	Monte dos Amigos	Senior Masculino	06:45:29	+03:30:52	12:17
123	1480	Helder Magalhães	Monte dos Amigos	Senior Masculino	06:45:34	+03:30:57	12:17
124	1114	André Silva	Alexandra Carvalho Team	Senior Masculino	06:46:53	+03:32:16	12:20
125	1324	Luis carlos oliveira costa conde	Individual	Senior Masculino	06:49:03	+03:34:25	12:24
126	1279	Alexandre Ribeiro	GUIMARUNNING	Senior Masculino	06:52:50	+03:38:13	12:31
127	1311	Filipe Caldas Rodrigues	Individual	Senior Masculino	06:53:40	+03:39:03	12:32
128	1342	tiago rodrigues	Individual	Senior Masculino	06:56:02	+03:41:24	12:36
129	1138	Filipe Manuel de Jesus Franco	Associação Porto da Cruz Trail Team	Senior Masculino	07:12:35	+03:57:58	13:07
130	1233	André Carvalho	EDV-VIANATRAIL	Senior Masculino	07:33:12	+04:18:34	13:44
131	1280	Francisco Correia	GUIMARUNNING	Senior Masculino	08:24:13	+05:09:35	15:17

Sub 23 Feminino

1	1166	Ariana Tavares	C. B. Viseu Running Team	Sub 23 Feminino	04:53:36	+01:38:59	08:54
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2	1216	Gabriela Fonseca	DiVe Into The Mountains	Sub 23 Feminino	05:14:25	+01:59:48	09:32
3	1231	Ana Rita de Barros Carneiro	EDL Trail	Sub 23 Feminino	05:30:28	+02:15:51	10:01

Sub 23 Masculino

1	1346	João Barbosa	Individual	Sub 23 Masculino	04:20:36	+01:05:59	07:54
2	1534	Rúben Daniel Soares Vieira	Trail Team Bifase	Sub 23 Masculino	05:07:33	+01:52:56	09:19
3	1445	Diogo Flamino	Linces de Montemor	Sub 23 Masculino	05:35:51	+02:21:13	10:11
4	1347	Olavo Martins Maciel	Individual	Sub 23 Masculino	05:43:42	+02:29:04	10:25
5	1115	Ricardo Esteves	Alexandra Carvalho Team	Sub 23 Masculino	06:29:04	+03:14:26	11:47

Veterana F40

1	1136	Lúcia Franco	Associação Desportiva Galomar	Veterana F40	03:58:59	+44:21	07:15
2	1496	MANUELA FARIA	PORTOCARGO RUNNERS	Veterana F40	04:46:15	+01:31:37	08:40
3	1446	Júlia Alves	Linces de Montemor	Veterana F40	04:46:15	+01:31:37	08:40
4	1537	PAULA CRISTINA BRANCO	União FCI Tomar	Veterana F40	04:52:54	+01:38:16	08:53
5	1150	Sofia Coelho	Individual	Veterana F40	05:14:14	+01:59:37	09:31
6	1348	Ana lucia Duarte	Individual	Veterana F40	05:14:20	+01:59:42	09:32
7	1461	Helena Gomes	WOLVES	Veterana F40	05:20:58	+02:06:21	09:44
8	1207	Fernanda Ferreira	CORRER LEÇA	Veterana F40	05:21:36	+02:06:59	09:45
9	1352	Helena Fernandes	Individual	Veterana F40	05:28:17	+02:13:40	09:57
10	1217	Carla Alexandra de Carvalho Antunes	DiVE Into The Mountains	Veterana F40	05:29:12	+02:14:35	09:59
11	1524	Mónica Martins	TEAM LANTEMIL	Veterana F40	05:36:43	+02:22:05	10:12
12	1236	Catarina Pereira	EI Team Trail	Veterana F40	05:39:26	+02:24:49	10:17
13	1542	Carmo Veiga	Viana Running	Veterana F40	05:39:44	+02:25:07	10:18
14	1349	Carina Pereira	Individual	Veterana F40	05:40:10	+02:25:32	10:18
15	1351	Célia Sousa	Individual	Veterana F40	05:46:44	+02:32:07	10:30
16	1167	Cristina Laranjeiro	C.A.Amigos Parque da Paz	Veterana F40	06:07:13	+02:52:36	11:08
17	1486	Deolinda Brites Antunes	Palmeira Runners	Veterana F40	06:18:32	+03:03:54	11:28
18	1518	Dora Cristina de Jesus Reis	Tálenos Team	Veterana F40	06:23:28	+03:08:50	11:37
19	1350	Catarina Teixeira	Individual	Veterana F40	06:25:35	+03:10:57	11:41
20	1470	Liseta Pinto	MRR / Nice Runners	Veterana F40	06:37:41	+03:23:04	12:03
21	1505	Rosa Almeida	Ribeiras Trail	Veterana F40	06:45:36	+03:30:58	12:17
22	1493	Carla Feliciano Ferreira	Pimpões Trail Team	Veterana F40	07:09:07	+03:54:29	13:00
23	1156	Alexandra Oliveira	B.T.M.	Veterana F40	07:09:43	+03:55:05	13:01
24	1510	Cristina Barros	Sinmetro	Veterana F40	07:11:10	+03:56:33	13:04
25	1519	Elisabete Azougado	Tálenos Team	Veterana F40	07:18:21	+04:03:43	13:17
26	1243	Ana Isabel Machado Ferreira Racha	Évora Night Runners	Veterana F40	07:28:30	+04:13:52	13:35
27	1131	Sandra Barata	ARSM-Associação Recreativa de S. Miguel	Veterana F40	07:33:13	+04:18:35	13:44
28	1353	Marina Campos	Individual	Veterana F40	08:15:46	+05:01:08	15:01

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Veterana F50

1	1135	Lucinda Moreiras	Associação Campo Redondo	Veterana F50	03:58:44	+44:07	07:14:51
2	1360	Rosa Nogueira	Individual	Veterana F50	05:40:17	+02:25:39	10:19:56
3	1356	Maria Cláudia Medeiros da Silva	Individual	Veterana F50	05:57:20	+02:42:43	10:50:03
4	1357	Maria Conceição Queiroz	Individual	Veterana F50	06:18:13	+03:03:36	11:28:49
5	1465	Ana Loreto	Montanha Clube Trail Running/Epapel	Veterana F50	07:08:02	+03:53:25	12:58:27
6	1197	GRACA MARIA COSTA MOREIRA SILVA	Clube Millennium BCP	Veterana F50	08:20:15	+05:05:38	15:10:53

Veterano M40

1	1539	Valdemar Cardoso	VERTICAL NAVIS	Veterano M40	03:30:57	+16:20	06:24
2	1178	Takahiro Ishida	Centro Trail Carlos Sá Team Penacova	Veterano M40	03:44:31	+29:53	06:48
3	1550	Carlos Nuno Araujo Martins	AIRORUN	Veterano M40	03:54:06	+39:29	07:06
4	1393	Pedro Bôto	Individual	Veterano M40	03:54:17	+39:39	07:06
5	1457	JOSÉ CARLOS COSTA	Minho e Lima Trail	Veterano M40	03:56:36	+41:59	07:10
6	1172	João Espiguiinha	CCD MATRIZ / BORBA TRAIL	Veterano M40	03:59:38	+45:01	07:16
7	1194	Luís Costa	Clube de Futebol Guadiana	Veterano M40	04:11:04	+56:26	07:36
8	1117	António Ferreira	All About	Veterano M40	04:16:29	+01:01:51	07:46
9	1502	Abílio Pereira	Profisio Team	Veterano M40	04:18:26	+01:03:48	07:50
10	1373	Francisco Pinheiro	Individual	Veterano M40	04:20:12	+01:05:35	07:53
11	245	Nelson Fortes	Emicela Team	Veterano M40	04:20:54	+01:06:17	07:54
12	1443	Jorge Domingues	Lebres Minhotas	Veterano M40	04:21:52	+01:07:14	07:56
13	1468	Leandro Pacheco	Monte dos Amigos	Veterano M40	04:24:00	+01:09:23	08:00
14	1130	Ricardo Homem Sousa	Arriba Trail Runners	Veterano M40	04:25:43	+01:11:06	08:03
15	1498	RENATO OLIVEIRA	PORTOCARGO RUNNERS	Veterano M40	04:25:52	+01:11:15	08:03
16	1450	Fausto teixeira	Lobos Do Monte	Veterano M40	04:28:46	+01:14:09	08:09
17	1367	Carlos Martins	KER SPORT	Veterano M40	04:31:06	+01:16:29	08:13
18	1509	José Miguel Machado Marques dos Santos	S C Povoense - Caracois de Corrida	Veterano M40	04:31:16	+01:16:38	08:13
19	1139	José Pedro Pinto Pinheiro	Associação Porto da Cruz Trail Team	Veterano M40	04:33:26	+01:18:48	08:17
20	1179	Vasco Melo	Centro Trail Carlos Sá Team Penacova	Veterano M40	04:40:59	+01:26:21	08:31
21	1241	Gilberto costa	Espinho Trail Team	Veterano M40	04:41:05	+01:26:27	08:31
22	1489	Manuel graça	Palmeira Runners	Veterano M40	04:44:16	+01:29:39	08:37
23	1143	Mário Figueiras	Atlético Clube de Montemor - ACM Montemor a Correr	Veterano M40	04:45:13	+01:30:36	08:39
24	1533	gonzalo comesaña estevez	TRAIL RUNNING NIGRAN	Veterano M40	04:46:34	+01:31:57	08:41
25	1409	Trigueiro	Individual	Veterano M40	04:46:37	+01:31:59	08:41
26	1270	Pedro Xavier	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M40	04:50:27	+01:35:50	08:48
27	1384	manuel Vazquez Suarez	Individual	Veterano M40	04:51:21	+01:36:44	08:50
28	1412	Vítor Cancela	Individual	Veterano M40	04:51:40	+01:37:03	08:50
29	1552	Paulo Ribeiro	EDV-VIANATRAIL	Veterano M40	04:51:48	+01:37:11	08:51

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Trail Longo 33K

33 KM

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72	1514	RUI GONÇALVES	Sportarc.Running	Veterano M40	05:37:12	+02:22:35	10:13
73	1173	Paulo Jorge da Costa Carvalho	cdmrunning	Veterano M40	05:37:13	+02:22:35	10:13
74	1513	LUIS TEIXEIRA	Sportarc.Running	Veterano M40	05:37:13	+02:22:35	10:13
75	1264	Pedro Matos	Gontinhães Trail Runners	Veterano M40	05:37:31	+02:22:54	10:14
76	1170	Francisco Rebelo	CBrunningTeam	Veterano M40	05:40:08	+02:25:31	10:18
77	1111	Carlos Manuel Moreira Rodrigues	Akuafit	Veterano M40	05:40:14	+02:25:36	10:19
78	1390	Nuno Freitas	Individual	Veterano M40	05:40:43	+02:26:06	10:20
79	1372	Filipe Pereira	Individual	Veterano M40	05:41:53	+02:27:16	10:22
80	1369	Eliseu leite	Individual	Veterano M40	05:42:17	+02:27:39	10:22
81	1399	Ricardo Santa	Individual	Veterano M40	05:43:39	+02:29:02	10:25
82	1388	Mílton	Individual	Veterano M40	05:51:10	+02:36:32	10:38
83	1386	MIGUEL ÂNGELO BRITO FARIA	Individual	Veterano M40	05:51:52	+02:37:15	10:40
84	1389	Nuno Araujo	Individual	Veterano M40	05:54:12	+02:39:34	10:44
85	1370	Fausto Sá	Individual	Veterano M40	05:58:59	+02:44:21	10:53
86	1189	Carlos Silveira	CLAC Entroncamento/OndaTrilhos	Veterano M40	06:00:41	+02:46:03	10:56
87	1158	Ricardo Sá	BERG OUTDOOR	Veterano M40	06:00:43	+02:46:05	10:56
88	1171	Adelino Silva	CCD - SIEMENS	Veterano M40	06:02:03	+02:47:26	10:58
89	1159	Filipe Abreu	Boavista F. C.	Veterano M40	06:02:20	+02:47:42	10:59
90	1392	Paulo Pereira	Individual	Veterano M40	06:02:34	+02:47:56	10:59
91	1186	Quim Araújo	Cerveira Team Running	Veterano M40	06:02:37	+02:48:00	10:59
92	1452	Nuno Nabeiro	Melgaço Alvarinho Trail Team	Veterano M40	06:04:47	+02:50:09	11:03
93	1517	Manuel Gomes	Strendure Running Team	Veterano M40	06:09:20	+02:54:42	11:12
94	1401	Rogério Abreu	Individual	Veterano M40	06:11:24	+02:56:47	11:15
95	1454	Mário Rodrigues	Metralhas Runners	Veterano M40	06:11:28	+02:56:51	11:15
96	1275	Dimitri Matos	GTT-Armazem do Caffè	Veterano M40	06:18:14	+03:03:36	11:28
97	1400	Ricardo Silva	Individual	Veterano M40	06:19:45	+03:05:07	11:30
98	1371	Fernando Santos	Individual	Veterano M40	06:23:27	+03:08:50	11:37
99	1267	Luis Oliveira	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M40	06:25:14	+03:10:37	11:40
100	1362	Alexandre negrão	Individual	Veterano M40	06:25:53	+03:11:16	11:42
101	1208	António Barros	CORRER LEÇA	Veterano M40	06:28:05	+03:13:28	11:46
102	1209	Nuno Morgado	CORRER LEÇA	Veterano M40	06:28:06	+03:13:29	11:46
103	1142	Manuel Bravo	Atlético Clube de Montemor - ACM Montemor a Correr	Veterano M40	06:31:00	+03:16:23	11:51
104	1219	Paulo Ribeiro	DiVE Into The Mountains	Veterano M40	06:35:53	+03:21:16	12:00
105	1218	Lino Abreu	DiVE Into The Mountains	Veterano M40	06:35:53	+03:21:16	12:00
106	1266	luis miguel renee avila simoes gomes	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M40	06:35:59	+03:21:21	12:00
107	1394	PEDRO RICARDO MACHADO VALENTE GONÇALVES	Individual	Veterano M40	06:39:00	+03:24:23	12:05
108	1148	Sandro Silva	ATR - Algarve Trail Running	Veterano M40	06:42:21	+03:27:43	12:12
109	1364	António Soares	Individual	Veterano M40	06:45:40	+03:31:03	12:18
110	1507	Nuno Almeida	Ribeiras Trail	Veterano M40	06:56:16	+03:41:38	12:37
111	1144	Nuno Chapa	Atlético Clube de Montemor - ACM Montemor a Correr	Veterano M40	06:56:42	+03:42:04	12:38
112	1193	Bruno Marquês	Clube de Atletismo Trail Runners da Ponte	Veterano M40	06:58:52	+03:44:14	12:42
113	1404	Rui Morte	Individual	Veterano M40	07:15:05	+04:00:27	13:11

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Trail Longo 33K

33 KM

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114	1365	Artur Fonseca	Individual	Veterano M40	07:32:42	+04:18:04	13:43
115	1134	Pedro Oliveira	ARSM-Associação Recreativa de S. Miguel	Veterano M40	07:33:12	+04:18:35	13:44

Veterano M50

1	1459	ANTONIO FRANCISCO DANTAS BARBOSA	Minho e Lima Trail	Veterano M50	04:15:38	+01:01:01	07:45
2	1126	Eduardo Silva	ARCA BarceloS runners	Veterano M50	04:18:00	+01:03:23	07:49
3	1425	Paulo Melo	Individual	Veterano M50	04:20:07	+01:05:29	07:53
4	1435	Ernesto alves	Juventude Cortegacense	Veterano M50	04:21:15	+01:06:37	07:55
5	1478	João Passos	OLIMPICO VIANENSE TRAIL	Veterano M50	04:44:00	+01:29:22	08:36
6	1423	Oscar Cruz Pazo	Individual	Veterano M50	04:44:43	+01:30:06	08:38
7	1424	Paulo José Silva Barros Moreira	Individual	Veterano M50	04:45:03	+01:30:26	08:38
8	1504	Narciso Machado	Profisio Team	Veterano M50	04:50:48	+01:36:11	08:49
9	1541	Miguel Barnabé	VERTICAL NAVIS	Veterano M50	04:57:25	+01:42:48	09:01
10	1417	Avelino Faria	Individual	Veterano M50	04:58:32	+01:43:54	09:03
11	1540	Eduardo Lopes	VERTICAL NAVIS	Veterano M50	05:00:54	+01:46:16	09:07
12	1427	Zeca Carvalhais	Individual	Veterano M50	05:02:05	+01:47:27	09:09
13	1484	Jorge Augusto Campos Machado	Os Santa Apolónia	Veterano M50	05:02:09	+01:47:31	09:09
14	1520	luis manuel batista correia carvalho	Tálenos Team	Veterano M50	05:02:29	+01:47:52	09:10
15	1128	J.Carlos Cardoso	ARCA BarceloS runners	Veterano M50	05:02:49	+01:48:11	09:11
16	1273	Silvério Correia	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M50	05:02:57	+01:48:19	09:11
17	1413	Amadeu Peixoto	Individual	Veterano M50	05:09:48	+01:55:10	09:23
18	1222	Cláudio Monteiro	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M50	05:10:07	+01:55:29	09:24
19	1419	Fernando Vicente	Individual	Veterano M50	05:12:04	+01:57:26	09:27
20	1420	joao luis de castro roxo	Individual	Veterano M50	05:14:12	+01:59:34	09:31
21	1421	José Serra	Individual	Veterano M50	05:14:34	+01:59:56	09:32
22	1146	António Monteiro	Atlético Clube de Montemor - ACM Montemor a Correr	Veterano M50	05:17:27	+02:02:49	09:37
23	1469	Paulo Graça	Monte dos Amigos	Veterano M50	05:31:41	+02:17:04	10:03
24	1418	Carlos Henriques	Individual	Veterano M50	05:45:57	+02:31:19	10:29
25	1187	Antonino Gonçalves	Cerveira Team Running	Veterano M50	05:59:03	+02:44:26	10:53
26	1127	Firmino Silva	ARCA BarceloS runners	Veterano M50	05:59:08	+02:44:31	10:53
27	1198	VITOR MANUEL COELHO ALMEIDA	Clube Millennium BCP	Veterano M50	06:07:26	+02:52:49	11:08
28	1213	rui torres	DESNIVEL POSITIVO	Veterano M50	06:07:34	+02:52:56	11:08
29	1160	Paulo Ferreira	Boavista F. C.	Veterano M50	06:11:27	+02:56:50	11:15
30	1414	Américo Pimenta	Individual	Veterano M50	06:12:54	+02:58:16	11:18
31	1415	Antero cunha	Individual	Veterano M50	06:17:31	+03:02:54	11:26
32	1449	Ernesto Martins	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M50	06:22:13	+03:07:35	11:35
33	1472	Paulo Amaral	O Mundo da Corrida	Veterano M50	06:28:06	+03:13:28	11:46
34	1416	António Pinto	Individual	Veterano M50	06:36:21	+03:21:43	12:01
35	1149	João Menezes Silva	ATR - Algarve Trail Running	Veterano M50	06:45:36	+03:30:58	12:17
36	1247	RUI SÁ	FIT GAIA TRAIL	Veterano M50	06:50:11	+03:35:33	12:26
37	1494	Paulo Ferreira	Pimpões Trail Team	Veterano M50	07:09:07	+03:54:30	13:00

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33 KM

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1	1202	Fernando Venda	Coimbra Trail Running	Veterano M60	05:36:38	+02:22:01	10:12
2	1428	EDUARDO MEDEIROS	Individual	Veterano M60	06:24:37	+03:10:00	11:39
3	1429	Jaime Silva	Individual	Veterano M60	06:41:24	+03:26:46	12:10

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TRAIL LONGO 21K - STAGE 1

21 KM

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	Time	Temperature	Humidity
Start	10:00	17°C	100%
End	08:10	17°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2129	Nuno Fernandes	clube atletismo fafe	Senior Masculino	01:51:14		05:18
2	2178	Eliseu Fortes	emicela team	Senior Masculino	01:57:47	+06:32	05:37
3	2066	Paulo Rafael dos Santos Palhinha	associação recreativa casaense - escola de atletismo de coimbra	Senior Masculino	02:00:29	+09:14	05:44
4	2062	Emanuel Barreto de Freitas	associação porto da cruz trail team	Veterano M40	02:03:02	+11:47	05:52
5	2508	Eurico Pereira	trail team bifase	Sub 23 Masculino	02:03:44	+12:29	05:54
6	2130	Nuno Lemos	clube atletismo fafe	Veterano M40	02:05:59	+14:45	06:00
7	2429	LUÍS ANTÓNIO MAGALHÃES	minho e lima trail	Veterano M40	02:06:56	+15:41	06:03
8	2131	Rui Pedro	clube atletismo fafe	Veterano M40	02:07:05	+15:50	06:03
9	2455	Francisco Martins de Figueiredo	oralklass amigos do trail	Senior Masculino	02:09:06	+17:51	06:09
10	2109	Manuel Lino Costa	centro trail carlos sá team penacova	Veterano M60	02:11:43	+20:29	06:16
11	2477	Pedro Gilvaz	ribeiras trail	Veterano M40	02:12:42	+21:28	06:19
12	4026	hugo ventura	ozxtreme/adcr pereira	Senior Masculino	02:14:53	+23:38	06:25
13	2348	Luis Miguel Oliveira de Freitas	airorun	Veterano M40	02:16:17	+25:03	06:29
14	2005	Ciano Ribeiro	a. d. carvalhal	Veterano M40	02:17:24	+26:10	06:33
15	2144	Paulo César Almeida Mendes	cr candoso	Veterano M40	02:18:34	+27:19	06:36
16	2548	Luis Silva	individual	Veterano M40	02:18:40	+27:25	06:36
17	2007	Cristiano Santos	a.d.amarante trail running	Senior Masculino	02:19:01	+27:47	06:37
18	2341	José Carlos Baptista Pereira	individual	Veterano M40	02:19:02	+27:48	06:37
19	2478	Pedro Pinto	ribeiras trail	Veterano M40	02:20:06	+28:51	06:40
20	2014	Juvenal Sousa Faria	acd jardim da serra	Veterano M40	02:23:59	+32:44	06:51
21	2186	Luis Verissimo	figueira kayak clube	Veterano M40	02:27:16	+36:01	07:01
22	2025	Daniel cardoso	airorun	Veterano M50	02:27:22	+36:07	07:01
23	2057	Juan Nicásio Gouveia Teixeira	associação porto da cruz trail team	Senior Masculino	02:27:22	+36:08	07:01
24	2213	Filipe Silva	hora do lobo trail - cf perosinho atletismo	Senior Masculino	02:27:45	+36:30	07:02
25	2470	vítor cabral	portocargo runners	Sub 23 Masculino	02:28:11	+36:56	07:03
26	2011	César Ramos	acd jardim da serra	Senior Masculino	02:28:11	+36:56	07:03
27	2252	helder franco	individual	Senior Masculino	02:28:12	+36:58	07:03
28	1375	Joao Antunes	individual	Veterano M40	02:28:19	+37:04	07:04
29	2169	Nuno Miguel Morais	edl trail	Veterano M40	02:28:19	+37:05	07:04
30	2063	João Duarte Rodrigues Figueira	associação porto da cruz trail team	Veterano M40	02:29:40	+38:25	07:08
31	2281	pedro amorim	individual	Senior Masculino	02:29:53	+38:38	07:08
32	2534	PAULO OLIVEIRA	vidaativarunners	Senior Masculino	02:31:41	+40:26	07:13
33	2426	FRANCISCO MORA	minho e lima trail	Senior Masculino	02:31:43	+40:28	07:14
34	2170	Jesus Ballesteros	edl trail	Veterano M50	02:31:43	+40:29	07:14
35	2350	Luis Silva	individual	Veterano M40	02:32:15	+41:01	07:15
36	2330	Antonio Chaer	individual	Veterano M40	02:32:30	+41:15	07:16
37	2111	João Cunha	cerveira team running	Senior Masculino	02:32:35	+41:21	07:16
38	2431	Renata Gonçalves	montanha clube trail running/efapel	Sub 23 Feminino	02:32:36	+41:22	07:16
39	2050	Carlos Rodrigues	arcorun	Senior Masculino	02:33:04	+41:50	07:17
40	3067	Luis Marcelino Sousa Freitas	associação porto da cruz trail team	Sub 23 Masculino	02:33:38	+42:24	07:19

TRAIL LONGO 21K - STAGE 1

21 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	2164	Samuel Amorim	edl trail	Senior Masculino	02:33:53	+42:38	07:20
42	2004	Xavier Amorim	a. d. carvalhal	Senior Masculino	02:34:02	+42:48	07:20
43	2354	Nelson Campos	individual	Veterano M40	02:34:08	+42:54	07:20
44	2538	PEDRO MIGUEL SANTOS MATOS	yazaki runners	Veterano M40	02:34:09	+42:54	07:20
45	2395	BRUNO MELO	invictus oporto team	Senior Masculino	02:34:14	+42:59	07:21
46	2499	Nuno Moreira	team tt	Senior Masculino	02:34:56	+43:42	07:23
47	2094	Fernando Coelho	caracois do monnte	Veterano M40	02:35:51	+44:36	07:25
48	2006	Jose Rocha	a. d. carvalhal	Veterano M40	02:35:54	+44:40	07:25
49	2055	Pedro Ramos	arsm-associação recreativa de s. miguel	Veterano M40	02:36:01	+44:46	07:26
50	2352	Manuel Carvalho	individual	Veterano M40	02:36:22	+45:08	07:27
51	3163	Edena Lima	emicela team	Senior Feminino	02:36:28	+45:14	07:27
52	2224	Elisabete Maria Soutulho Coelho Alves	individual	Senior Feminino	02:36:39	+45:24	07:28
53	2259	João silva	individual	Senior Masculino	02:37:23	+46:08	07:30
54	2482	Carlos Vinhas	running penafiel trail	Veterano M50	02:37:37	+46:22	07:30
55	2411	José Amorim	ker sport	Veterano M50	02:37:57	+46:42	07:31
56	2344	José Ribeiro	individual	Veterano M40	02:38:35	+47:21	07:33
57	2444	Carlos Alves	oada - os amigos da aventura	Senior Masculino	02:38:58	+47:43	07:34
58	2443	António Ribeiro	oada - os amigos da aventura	Senior Masculino	02:38:58	+47:44	07:34
59	2141	JOAQUIM SANTOS	cmc - carapaus	Veterano M50	02:40:54	+49:40	07:40
60	2276	Marinho	individual	Senior Masculino	02:41:57	+50:42	07:43
61	2469	TÂNIA BATEIRA	portocargo runners	Senior Feminino	02:43:13	+51:58	07:46
62	2058	Luis Miguel Alves Vieira	associação porto da cruz trail team	Senior Masculino	02:43:37	+52:22	07:47
63	2516	Júlio Teixeira	tricotar trails	Veterano M40	02:44:15	+53:00	07:49
64	2236	Artur Gil	individual	Senior Masculino	02:45:02	+53:48	07:52
65	2285	Ricardo Costa	individual	Senior Masculino	02:45:09	+53:54	07:52
66	2294	Rui Orlando Neto	individual	Senior Masculino	02:45:10	+53:56	07:52
67	2495	Sandra Araújo	team corpos 3	Senior Feminino	02:45:12	+53:58	07:52
68	2024	Helder azevedo	airorun	Veterano M40	02:45:13	+53:58	07:52
69	2076	SILVIA PEREIRA	barejo team	Senior Feminino	02:46:28	+55:13	07:56
70	2458	Marco Brochado	os lobos do saibro	Veterano M40	02:46:32	+55:17	07:56
71	2304	Vítor Manuel Dias Gonçalves	individual	Senior Masculino	02:48:17	+57:03	08:01
72	2168	Armando	edl trail	Veterano M40	02:48:32	+57:17	08:02
73	2457	Filipe Pinto	os lobos do saibro	Veterano M40	02:48:57	+57:42	08:03
74	2047	Antonio Carlos Sousa Vilas Boas	arca barcelos runners	Veterano M40	02:49:07	+57:52	08:03
75	2123	Maria Gonçalves	cerveira team running	Veterana F50	02:49:07	+57:52	08:03
76	2454	Nádia Casteleiro	oralklass amigos do trail	Senior Feminino	02:50:04	+58:49	08:06
77	2051	Carlos Couto	arcorun	Veterano M40	02:50:44	+59:29	08:08
78	2347	Luís Miguel Costa Gonçalves	individual	Veterano M40	02:50:55	+59:41	08:08
79	2019	VÍTOR GOMES	acra running	Senior Masculino	02:51:02	+59:48	08:09
80	2368	VILSON COSME OLIVEIRA DA ROCHA	individual	Veterano M40	02:51:05	+59:51	08:09
81	2278	Nelson Leandro Pinto	individual	Senior Masculino	02:51:26	+01:00:11	08:10
82	2531	Juliana Lopes Onuma	viana running	Veterana F40	02:52:11	+01:00:57	08:12
83	2400	Fernando Gonçalves	kalenji running club aveiro	Veterano M50	02:52:14	+01:00:59	08:12

TRAIL LONGO 21K - STAGE 1

21 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
84	2379	Gustavo Anjos	individual	Veterano M50	02:52:17	+01:01:02	08:12
85	2441	Carmino Gomes	nocturnos de paredes	Veterano M40	02:52:29	+01:01:14	08:13
86	2413	Paulo Soares	lethes trail team	Veterano M40	02:52:30	+01:01:15	08:13
87	2374	camilo Muniz Rodriguez	individual	Veterano M50	02:52:36	+01:01:21	08:13
88	2314	monica.Dieguez Rodriguez	individual	Veterana F40	02:52:38	+01:01:23	08:13
89	2056	Ivo Daniel Vieira Olival	associação porto da cruz trail team	Senior Masculino	02:52:54	+01:01:40	08:14
90	2412	Nuno Sendao	lethes trail team	Veterano M40	02:53:10	+01:01:56	08:15
91	2519	José Caguana	trogloditas runners	Senior Masculino	02:53:26	+01:02:11	08:16
92	2039	Gonçalo Duque	alverca urban runners	Sub 23 Masculino	02:53:48	+01:02:33	08:17
93	2406	Carla Amorim	ker sport	Veterana F40	02:53:49	+01:02:34	08:17
94	2367	SEBASTIÃO PEREIRA	individual	Veterano M40	02:53:55	+01:02:40	08:17
95	2496	Vitor Mansilhas	team corpos 3	Senior Masculino	02:53:56	+01:02:41	08:17
96	2364	Pedro Domingues	individual	Veterano M40	02:54:07	+01:02:53	08:18
97	2127	Raul fernandes	cerveira team running	Veterano M60	02:54:22	+01:03:08	08:18
98	2255	João Eduardo da Silva Domingues Mendonça	individual	Senior Masculino	02:55:10	+01:03:55	08:21
99	2016	Catarina Cerqueira	acra running	Senior Feminino	02:55:34	+01:04:20	08:22
100	2156	Pedro Miguel de Sá Freire Soares	dive into the mountains	Veterano M40	02:56:56	+01:05:42	08:26
101	2498	Ivo Daniel Azevedo Sampaio	team tt	Senior Masculino	02:56:57	+01:05:42	08:26
102	2397	Joel Sequeira	juventude cortegacense	Veterano M40	02:57:01	+01:05:47	08:26
103	2506	Pedro Rocha	trail me	Veterano M40	02:57:04	+01:05:49	08:26
104	2107	Jorge Cruz	centro trail carlos sá team penacova	Veterano M40	02:57:07	+01:05:53	08:26
105	2303	VITOR CRUZ	individual	Senior Masculino	02:57:31	+01:06:16	08:27
106	2183	Paulo Marques	enege epis e bordados	Senior Masculino	02:57:32	+01:06:17	08:27
107	2253	Hélder Rafael Machado da Cunha	individual	Senior Masculino	02:57:34	+01:06:20	08:27
108	2125	Patricio Bouça	cerveira team running	Veterano M40	02:57:35	+01:06:20	08:27
109	2017	CATARINA DANTAS	acra running	Senior Feminino	02:58:27	+01:07:13	08:30
110	2372	ANTONIO MARQUES	individual	Veterano M50	02:58:33	+01:07:18	08:30
111	2275	Marco Silva	individual	Senior Masculino	02:58:46	+01:07:31	08:31
112	2184	Emídio Quintera	entre os montes	Senior Masculino	02:58:55	+01:07:41	08:31
113	2093	Jose Diogo Ferreira Resende	caracois do monnte	Senior Masculino	02:59:22	+01:08:07	08:32
114	2360	Paulo Fernandes	individual	Veterano M40	02:59:24	+01:08:09	08:33
115	2456	Sérgio Suzano	oralklass amigos do trail	Senior Masculino	02:59:53	+01:08:39	08:34
116	2292	Rui Dimas	individual	Senior Masculino	02:59:53	+01:08:39	08:34
117	2266	José Miguel Barros da Silva	individual	Senior Masculino	02:59:57	+01:08:43	08:34
118	2346	Luis Lima	individual	Veterano M40	03:00:20	+01:09:05	08:35
119	2104	Sandra Santos	centro trail carlos sá team penacova	Veterana F40	03:00:34	+01:09:19	08:36
120	2065	José Xavier Nascimento Aveiro	associação porto da cruz trail team	Veterano M50	03:00:42	+01:09:27	08:36
121	2073	Nuno Gomes	b.t.m.	Senior Masculino	03:01:14	+01:10:00	08:38
122	2428	BRUNO DA SILVA NARCISO	minho e lima trail	Sub 23 Masculino	03:01:27	+01:10:12	08:38
123	2290	Rui Alexandre Sousa Silva	individual	Senior Masculino	03:01:38	+01:10:24	08:39
124	2175	FERNANDO CUNHA	edv-vianatrail	Veterano M50	03:01:55	+01:10:40	08:40
125	2118	Isabel Cunha	cerveira team running	Veterana F40	03:02:07	+01:10:52	08:40
126	4145	Nuno Miguel Teixeira	individual	Senior Masculino	03:02:09	+01:10:54	08:40
127	2048	Lucia Dias	arca barcelos runners	Senior Feminino	03:02:11	+01:10:56	08:41

TRAIL LONGO 21K - STAGE 1

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
128	2501	Paulo Silva	team workout 48/cam	Senior Masculino	03:02:52	+01:11:38	08:43
129	2399	Sérgio Paulo Ferreira Oliveira	juventude cortegacense	Veterano M40	03:02:58	+01:11:43	08:43
130	2295	Sami Tuovila	individual	Senior Masculino	03:03:00	+01:11:45	08:43
131	2189	Filipe Pinheiro	fridão sem limites	Veterano M40	03:03:01	+01:11:47	08:43
132	2013	Maria Teresa de Ornelas	acd jardim da serra	Veterana F40	03:03:09	+01:11:54	08:43
133	2012	oscar filipe nunes correia	acd jardim da serra	Senior Masculino	03:03:10	+01:11:55	08:43
134	2233	Tânia Filipa Barbosa dias carneiro	individual	Senior Feminino	03:03:15	+01:12:00	08:44
135	2291	Rui Carneiro	individual	Senior Masculino	03:03:15	+01:12:00	08:44
136	2023	José Lima	affense trail	Senior Masculino	03:03:33	+01:12:18	08:44
137	2112	Luís Barbosa	ceveira team running	Senior Masculino	03:03:35	+01:12:21	08:45
138	2001	Luis Aires	100 estrilhos	Veterano M50	03:04:03	+01:12:48	08:46
139	2414	PEDRO SENDÃO	lethes trail team	Veterano M40	03:04:21	+01:13:06	08:47
140	2100	Manuel Gomes	cavv/trail	Veterano M40	03:04:21	+01:13:06	08:47
141	2207	Maria Céu Lopes Lemos	gtt-armazem do caffè	Veterana F50	03:04:25	+01:13:10	08:47
142	2361	Paulo hernani	individual	Veterano M40	03:04:41	+01:13:27	08:48
143	2008	Marco Nunes	a.d.amarante trail running	Senior Masculino	03:04:52	+01:13:37	08:48
144	2402	Helder Gomes	kemedo team	Veterano M40	03:05:15	+01:14:01	08:49
145	2243	Diogo Silva	individual	Senior Masculino	03:05:16	+01:14:01	08:49
146	2472	NUNO TEIXEIRA	portocargo runners	Veterano M40	03:05:25	+01:14:10	08:50
147	2513	Jorge M Pires	trail team montaria	Veterano M40	03:05:30	+01:14:15	08:50
148	2546	Natalia Amoedo	individual	Senior Feminino	03:05:30	+01:14:15	08:50
149	2547	Diogo Almeida	individual	Senior Masculino	03:05:30	+01:14:15	08:50
150	2549	Filipe Samuel Rodrigues Carreira	individual	Senior Masculino	03:05:39	+01:14:24	08:50
151	2102	Henrique Matos	centro ciclista de gondomar	Veterano M40	03:05:54	+01:14:40	08:51
152	2365	Roberto Esteves	individual	Veterano M40	03:06:09	+01:14:55	08:52
153	2542	Hugo Barreiro	individual	Senior Masculino	03:06:09	+01:14:55	08:52
154	2494	josé raposo	tâmentos team	Veterano M50	03:06:20	+01:15:06	08:52
155	2460	Sergio Carlos Gonçalves Novo Fornelos	padela natural team - fisiofreixo	Veterano M40	03:06:28	+01:15:14	08:53
156	2338	FRANCISCO PACHECO	individual	Veterano M40	03:06:36	+01:15:21	08:53
157	2423	Francisco Esteves	melgaço alvarinho trail team	Senior Masculino	03:06:40	+01:15:26	08:53
158	2221	Cristina Teixeira	individual	Senior Feminino	03:06:45	+01:15:31	08:54
159	2128	João Dias	clac entroncamento/ondatrilhos	Veterano M50	03:06:54	+01:15:39	08:54
160	2532	Maria Augusta do Rosário da Silva Roleira Marinho	viana running	Veterana F40	03:07:15	+01:16:01	08:55
161	2159	Frederico Faria	é para acabar	Senior Masculino	03:08:13	+01:16:58	08:58
162	2432	Sara Soares	monte dos amigos	Senior Feminino	03:08:45	+01:17:30	08:59
163	2139	PAULO RIBEIRO	cmc - carapaus	Veterano M40	03:08:54	+01:17:39	09:00
164	2105	Zenaide Alves	centro trail carlos sá team penacova	Veterana F40	03:09:17	+01:18:03	09:01
165	2092	MANUEL PINTO	caav/trail	Veterano M50	03:10:04	+01:18:50	09:03
166	2085	João Venade	breia team running	Senior Masculino	03:10:05	+01:18:51	09:03
167	2247	Filipe Gomes	individual	Senior Masculino	03:10:11	+01:18:56	09:03
168	2545	Diogo Pereira	enege epis e bordados	Senior Masculino	03:10:22	+01:19:08	09:04
169	2331	Antonio Martins	individual	Veterano M40	03:10:23	+01:19:08	09:04
170	2481	Carlos Barbosa	running penafiel trail	Veterano M40	03:10:55	+01:19:40	09:06

TRAIL LONGO 21K - STAGE 1

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
171	2376	Duarte Alves	individual	Veterano M50	03:11:19	+01:20:04	09:07
172	2074	Sergio Martins	b.t.m.	Senior Masculino	03:11:46	+01:20:31	09:08
173	2045	Eduardo Martins	amc trail	Veterano M40	03:11:49	+01:20:34	09:08
174	2405	Arnaldo Azevedo	ker sport	Senior Masculino	03:12:14	+01:20:59	09:09
175	2404	Álvaro Amorim	ker sport	Senior Masculino	03:12:14	+01:20:59	09:09
176	2520	Irene Silva	trogloditas runners	Veterana F40	03:12:20	+01:21:06	09:10
177	2380	HENRIQUE BORGES	individual	Veterano M50	03:12:54	+01:21:39	09:11
178	1396	Pedro Teixeira	individual	Veterano M40	03:12:54	+01:21:39	09:11
179	2299	Sergio Torre	individual	Senior Masculino	03:13:08	+01:21:54	09:12
180	2437	Tiago Daniel Gomes Moreira	mountain runners	Sub 23 Masculino	03:13:35	+01:22:21	09:13
181	2436	Rui Miguel Sousa	mountain runners	Senior Masculino	03:13:36	+01:22:21	09:13
182	2155	Paulo Alexandre Carneiro	dive into the mountains	Veterano M40	03:13:58	+01:22:44	09:14
183	2474	Bruno Pereira	profisio team	Senior Masculino	03:14:11	+01:22:56	09:15
184	2396	JORGE LIMA	invictus oporto team	Veterano M40	03:14:11	+01:22:57	09:15
185	2098	Carlos Vale	carlos	Senior Masculino	03:14:18	+01:23:03	09:15
186	2033	Bragaole Hugo	akuafit	Veterano M40	03:14:20	+01:23:06	09:15
187	2044	Bruno Miguel Moreira Loureiro	amc trail	Senior Masculino	03:14:40	+01:23:25	09:16
188	2329	Anselmo Fernandes	individual	Veterano M40	03:14:58	+01:23:43	09:17
189	1458	ALVARO ARAÚJO	minho e lima trail	Veterano M50	03:15:05	+01:23:50	09:17
190	2163	Matilde Brito	edl trail	Senior Feminino	03:15:06	+01:23:51	09:17
191	2358	Nuno Rodrigues	individual	Veterano M40	03:15:06	+01:23:52	09:17
192	2106	Humberto Oliveira	centro trail carlos sá team penacova	Veterano M40	03:15:35	+01:24:20	09:19
193	2345	Leonel Carlos Cardoso Teixeira Pinto	individual	Veterano M40	03:15:36	+01:24:22	09:19
194	2204	MÓNIA RIBEIRO	gtt-armazem do caffè	Senior Feminino	03:15:45	+01:24:31	09:19
195	2190	Patrícia Lemos	gd castelense	Senior Feminino	03:15:45	+01:24:31	09:19
196	2523	Manuel Fonseca	uda / ponta branca	Senior Masculino	03:15:49	+01:24:34	09:19
197	2337	Fernando Mateus	individual	Veterano M40	03:16:02	+01:24:48	09:20
198	2099	Pedro Meirinhos	católica alumni health squad	Senior Masculino	03:16:14	+01:24:59	09:21
199	2078	JOSE MENDES	barejo team	Veterano M40	03:16:21	+01:25:06	09:21
200	2229	Liliana Cristina Soares	individual	Senior Feminino	03:16:33	+01:25:19	09:22
201	2461	Jose Ferreira	palmeira runners	Veterano M40	03:16:43	+01:25:29	09:22
202	2126	Luís Araújo	ceveira team running	Veterano M50	03:17:04	+01:25:49	09:23
203	2398	Julio Paulo Soares da Silva	juventude cortegacense	Veterano M40	03:17:11	+01:25:57	09:23
204	2054	Jorge Santos	arcorun	Veterano M50	03:17:34	+01:26:19	09:24
205	2250	Gabriel Fernando Soares Sousa	individual	Senior Masculino	03:17:42	+01:26:28	09:25
206	2137	AMERICO ANTONIO PEREIRA ANTUNES	clube millennium bcp	Veterano M50	03:17:57	+01:26:42	09:26
207	2465	Filipe Nascimento	porto sentido runners	Senior Masculino	03:18:28	+01:27:14	09:27
208	2279	Nuno Botelho	individual	Senior Masculino	03:18:32	+01:27:18	09:27
209	2075	Eduardo Sergio Costa Fonseca	b.t.m.	Veterano M40	03:18:33	+01:27:18	09:27
210	2072	Andre Silva	b.t.m.	Senior Masculino	03:18:34	+01:27:19	09:27
211	2256	João Leite	individual	Senior Masculino	03:18:52	+01:27:37	09:28
212	2009	Carina de Fátima Mendonça Araújo	acd jardim da serra	Senior Feminino	03:19:08	+01:27:54	09:29
213	4120	Armando Jesus Freitas Fontão	cr candoso	Veterano M40	03:19:13	+01:27:59	09:29

TRAIL LONGO 21K - STAGE 1

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
214	2211	Ju Sofia Silva Correia	homem da lenha runners	Senior Feminino	03:19:44	+01:28:30	09:31
215	2466	Paula Coutinho	porto sentido runners	Veterana F40	03:20:30	+01:29:16	09:33
216	2335	David Martins	individual	Veterano M40	03:21:44	+01:30:29	09:36
217	2517	Dorinda Sousa	trogloditas runners	Senior Feminino	03:22:27	+01:31:12	09:38
218	2485	Pedro Leite	só trilhos	Senior Masculino	03:23:36	+01:32:21	09:42
219	2533	JOAQUIM MIRANDA	vidaativarunners	Senior Masculino	03:24:19	+01:33:05	09:44
220	2536	MANUEL MARTINS	vidaativarunners	Veterano M40	03:24:19	+01:33:05	09:44
221	2264	Jorge Miguel Gomes Da Costa	individual	Senior Masculino	03:24:20	+01:33:05	09:44
222	2351	Manuel Araújo	individual	Veterano M40	03:24:43	+01:33:28	09:45
223	2116	Ana Mina	cerveira team running	Veterana F40	03:24:47	+01:33:33	09:45
224	2174	Abílio Mina	edv-vianatrail	Veterano M40	03:24:47	+01:33:33	09:45
225	2226	helenamadeira	individual	Senior Feminino	03:24:57	+01:33:42	09:46
226	2500	Pedro Lima	team tt	Veterano M40	03:25:01	+01:33:47	09:46
227	2381	Jesus Cao Alfonso	individual	Veterano M50	03:25:21	+01:34:06	09:47
228	2038	Lino Moreira	all about	Veterano M60	03:26:12	+01:34:57	09:49
229	2037	Paulo Leite	all about	Veterano M50	03:26:18	+01:35:04	09:49
230	2173	salome cerqueira	edv-vianatrail	Veterana F40	03:26:44	+01:35:29	09:51
231	2225	Elsa Soares	individual	Senior Feminino	03:26:48	+01:35:33	09:51
232	2425	MARTA SOFIA DANTAS DA CUNHA	minho e lima trail	Senior Feminino	03:27:22	+01:36:07	09:52
233	2343	Jose Manuel alvarez barbosa	individual	Veterano M40	03:27:57	+01:36:43	09:54
234	2439	Ana Favas	não fazemos nem mais um...km	Senior Feminino	03:28:08	+01:36:54	09:55
235	2417	Isabel Pinto	lion runners - g. d. leões da guarda	Veterana F40	03:29:29	+01:38:14	09:59
236	2356	nuno lima	individual	Veterano M40	03:29:35	+01:38:21	09:59
237	2357	Nuno Lopes	individual	Veterano M40	03:29:44	+01:38:30	09:59
238	2171	Nuno Silva	edv-vianatrail	Senior Masculino	03:29:51	+01:38:37	10:00
239	2114	Pedro Oliveira	cerveira team running	Senior Masculino	03:29:51	+01:38:37	10:00
240	2286	Ricardo Novais	individual	Senior Masculino	03:30:19	+01:39:04	10:01
241	2138	MIGUEL SILVA	cmc - carapaus	Senior Masculino	03:30:38	+01:39:23	10:02
242	2167	Susana Conceição	edl trail	Veterana F40	03:30:39	+01:39:24	10:02
243	2268	Leonardo Miguel Neto Andrade	individual	Senior Masculino	03:30:53	+01:39:39	10:03
244	2421	Emanuela Perez	melgaço alvarinho trail team	Senior Feminino	03:30:57	+01:39:42	10:03
245	2462	Jose peixoto	palmeira runners	Veterano M40	03:31:23	+01:40:09	10:04
246	2386	Paulo Genésio	individual	Veterano M50	03:31:55	+01:40:41	10:06
247	2377	Fernando Ferreira	individual	Veterano M50	03:32:06	+01:40:52	10:06
248	2251	Gustavo Vaz Cacho	individual	Senior Masculino	03:32:07	+01:40:52	10:06
249	2528	Ana Sofia Contreiras	vertical navis	Senior Feminino	03:32:24	+01:41:10	10:07
250	2212	Pedro Bogas Gonçalves	homem da lenha runners	Veterano M40	03:32:26	+01:41:12	10:07
251	2311	Marlene	individual	Veterana F40	03:32:26	+01:41:12	10:07
252	2265	José Andrade	individual	Senior Masculino	03:32:31	+01:41:16	10:07
253	2302	Vitor Alves	individual	Senior Masculino	03:33:11	+01:41:56	10:09
254	2154	João Paulo	dive into the mountains	Veterano M40	03:33:46	+01:42:32	10:11
255	2297	Sérgio Ferreira	individual	Senior Masculino	03:33:47	+01:42:32	10:11
256	2021	sameiro fraguinha	ade trail running	Veterana F40	03:34:06	+01:42:51	10:12
257	2244	Fernando Costa	individual	Senior Masculino	03:34:32	+01:43:17	10:13
258	2403	Libânia Lopes	ker sport	Senior Feminino	03:34:34	+01:43:20	10:13

TRAIL LONGO 21K - STAGE 1

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
259	2407	Carla Marques Silva	ker sport	Veterana F40	03:34:35	+01:43:20	10:13
260	2208	José Manuel Braga Ferreira	gtt-armazem do caffè	Veterano M50	03:34:39	+01:43:25	10:13
261	2087	Paulo Nunes	btt alegria // tubani	Veterano M40	03:35:39	+01:44:24	10:16
262	2022	eduardo jorge pacheco coutada	ade trail running	Veterano M40	03:35:41	+01:44:26	10:16
263	2237	Bruno Rodrigues	individual	Senior Masculino	03:36:19	+01:45:05	10:18
264	2529	Claudia Vicente	vertical navis	Senior Feminino	03:36:29	+01:45:15	10:19
265	2260	Joel coelho	individual	Senior Masculino	03:36:29	+01:45:15	10:19
266	2440	Carlos Manuel Teixeira da Rocha	nocturnos de paredes	Senior Masculino	03:37:09	+01:45:54	10:20
267	2192	Rafaela Ribeiro	generosos runners	Senior Feminino	03:37:09	+01:45:54	10:20
268	2077	RICARDO MENDES	barejo team	Senior Masculino	03:37:20	+01:46:06	10:21
269	2448	Luís Freitas	olimpico vianense trail	Senior Masculino	03:37:21	+01:46:07	10:21
270	2084	Luís António de Araújo Oliveira	bombeiros voluntários de barcelinhos	Senior Masculino	03:37:41	+01:46:26	10:22
271	2136	MARIO RUI VAZ GOMES VILACA	clube millennium bcp	Senior Masculino	03:38:28	+01:47:14	10:24
272	2339	João Ribeiro	individual	Veterano M40	03:38:50	+01:47:36	10:25
273	2394	António Santos Pereira	invicta runners team	Veterano M60	03:39:06	+01:47:51	10:26
274	2031	David Dias	akuafit	Senior Masculino	03:39:34	+01:48:19	10:27
275	2089	Micael Marques	c. b. viseu running team	Senior Masculino	03:39:42	+01:48:28	10:28
276	2113	Nuno Couto	cerveira team running	Senior Masculino	03:39:45	+01:48:30	10:28
277	2135	BRUNO RICARDO COSTA VASCONCELOS	clube millennium bcp	Senior Masculino	03:40:10	+01:48:55	10:29
278	2103	Paula Gonçalves	centro trail carlos sá team penacova	Senior Feminino	03:40:21	+01:49:06	10:30
279	2420	Paulo reis	lobos do monte	Senior Masculino	03:40:21	+01:49:07	10:30
280	2036	António Kirsh	all about	Veterano M50	03:40:38	+01:49:23	10:30
281	2108	Miguel Alves	centro trail carlos sá team penacova	Veterano M40	03:41:20	+01:50:06	10:32
282	2081	Diogo Almeida	berg outdoor	Senior Masculino	03:41:54	+01:50:39	10:34
283	2383	JOSE LUIS MOREIRA	individual	Veterano M50	03:42:07	+01:50:53	10:35
284	2086	Daniel Barbosa	btt alegria // tubani	Senior Masculino	03:42:12	+01:50:58	10:35
285	2214	Sónia Guimarães	hora do lobo trail - cf perosinho atletismo	Veterana F40	03:42:59	+01:51:44	10:37
286	2324	Paula Andrade	individual	Veterana F50	03:42:59	+01:51:45	10:37
287	2468	Rui Miguel Silva Almeida Teixeira	porto sentido runners	Veterano M40	03:42:59	+01:51:45	10:37
288	2540	Inês franco	berg outdoor	Veterana F40	03:43:06	+01:51:51	10:37
289	2493	Fernando Nascimento	tálenos team	Veterano M50	03:43:27	+01:52:12	10:38
290	2149	Su Gomes	dá-lhe gás running team	Senior Feminino	03:43:31	+01:52:16	10:39
291	2162	Ana Paula Alves	edl trail	Senior Feminino	03:43:33	+01:52:18	10:39
292	2362	Paulo Pinto	individual	Veterano M40	03:43:38	+01:52:24	10:39
293	2271	Luís Pinto	individual	Senior Masculino	03:43:38	+01:52:24	10:39
294	2059	Venancio Neves Abreu	associação porto da cruz trail team	Senior Masculino	03:43:43	+01:52:28	10:39
295	2408	Silvia Viana	ker sport	Veterana F40	03:43:46	+01:52:31	10:39
296	2512	Pedro Cunha	trail team montaria	Sub 23 Masculino	03:44:17	+01:53:02	10:41
297	2306	Juliana Domingues	individual	Sub 23 Feminino	03:44:17	+01:53:03	10:41
298	2282	Pedro Loureiro	individual	Senior Masculino	03:44:31	+01:53:17	10:42
299	2273	Luís Vieira	individual	Senior Masculino	03:45:15	+01:54:01	10:44
300	2003	Manuela Monteiro	100meta	Veterana F40	03:45:33	+01:54:18	10:44

TRAIL LONGO 21K - STAGE 1

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
301	2002	Nuno Neves	100meta	Senior Masculino	03:45:33	+01:54:18	10:44
302	2450	Carla Cruz	olimpico vianense trail	Veterana F40	03:45:54	+01:54:39	10:45
303	2480	Claudia Moura	running penafiel trail	Senior Feminino	03:46:37	+01:55:22	10:47
304	2378	Francisco Pereira da Costa	individual	Veterano M50	03:46:45	+01:55:31	10:48
305	2336	Eduardo Nascimento	individual	Veterano M40	03:46:54	+01:55:39	10:48
306	2223	Eduarda Barros	individual	Senior Feminino	03:47:38	+01:56:23	10:50
307	2246	Fernando Sousa	individual	Senior Masculino	03:47:48	+01:56:34	10:51
308	2486	Ivo Silva	spartan beer team	Senior Masculino	03:47:49	+01:56:34	10:51
309	2489	Mónica Ferreira	spin&run esposende	Veterana F40	03:47:55	+01:56:41	10:51
310	2300	Tiago André Silva Carneiro	individual	Senior Masculino	03:48:25	+01:57:10	10:53
311	2191	Claudia Coelho	generosos runners	Senior Feminino	03:49:25	+01:58:10	10:55
312	2018	HELENA CERQUEIRA	acra running	Senior Feminino	03:49:28	+01:58:13	10:56
313	2166	Rosa Pereira	edl trail	Veterana F40	03:49:32	+01:58:18	10:56
314	2392	Paulo Silva	iniciados	Veterano M40	03:49:43	+01:58:29	10:56
315	2391	Paulo Ferreira	iniciados	Senior Masculino	03:49:44	+01:58:29	10:56
316	2497	Tiago Dias	team lantermil	Senior Masculino	03:50:12	+01:58:57	10:58
317	2484	Rogério Palmeiro	shfit trail team	Veterano M40	03:50:26	+01:59:11	10:58
318	2473	Sandra Leite	profisio team	Senior Feminino	03:50:28	+01:59:13	10:58
319	2060	Vanda Abreu	associação porto da cruz trail team	Veterana F40	03:50:34	+01:59:19	10:59
320	2283	Pedro Tomás	individual	Senior Masculino	03:50:39	+01:59:24	10:59
321	2298	Sergio Filipe Maia de Sousa	individual	Senior Masculino	03:51:52	+02:00:37	11:02
322	2438	Alvaro Silva	mss-contabilidade	Veterano M50	03:54:45	+02:03:30	11:11
323	2471	ISABEL VIEIRA	portocargo runners	Veterana F40	03:54:45	+02:03:30	11:11
324	2446	Daniel Amorim	olhar encantador	Senior Masculino	03:55:11	+02:03:56	11:12
325	2319	sandra raimundo	individual	Veterana F40	03:55:35	+02:04:20	11:13
326	2490	Filipe Soares	ss montepio	Senior Masculino	03:56:00	+02:04:45	11:14
327	2507	yolanda gonzalez valverde	trail running nigran	Senior Feminino	03:56:01	+02:04:46	11:14
328	2210	Alexandra Matos	guimarunning	Veterana F40	03:56:01	+02:04:46	11:14
329	2124	Marco Segadães	cerveira team running	Veterano M40	03:56:03	+02:04:48	11:14
330	2288	Rui	individual	Senior Masculino	03:56:04	+02:04:50	11:15
331	2160	Fernanda Dias	ecobarcaventura	Veterana F50	03:56:06	+02:04:51	11:15
332	2320	Fatima Almeida	individual	Veterana F50	03:56:18	+02:05:04	11:15
333	2524	Mitá	uda / ponta branca	Veterana F40	03:56:21	+02:05:06	11:15
334	2527	Alexandre	uda / ponta branca	Veterano M40	03:56:21	+02:05:06	11:15
335	2034	Joana maia	alexandra carvalho team	Senior Feminino	03:56:52	+02:05:38	11:17
336	2035	Raquel maia	alexandra carvalho team	Senior Feminino	03:56:53	+02:05:38	11:17
337	2424	Francisco Lopes	melgaço alvarinho trail team	Senior Masculino	03:57:37	+02:06:23	11:19
338	2535	CARLA GONÇALVES	vidaativarunners	Veterana F40	03:58:09	+02:06:54	11:20
339	2537	MIGUEL OLIVEIRA	vidaativarunners	Veterano M50	03:58:09	+02:06:54	11:20
340	2140	JOÃO SILVA	cmc - carapaus	Veterano M50	03:58:12	+02:06:57	11:21
341	2390	Pedro Amorim	individual	Veterano M60	03:58:24	+02:07:10	11:21
342	2479	GABRIELA VEIGA	running espinho	Veterana F40	03:58:58	+02:07:43	11:23
343	2293	RUI ORLANDO MILHAO MENDES	individual	Senior Masculino	03:59:03	+02:07:49	11:23
344	2280	Nuno Mendes	individual	Senior Masculino	03:59:26	+02:08:12	11:24
345	2301	Tiago Mendes	individual	Senior Masculino	03:59:27	+02:08:13	11:24

TRAIL LONGO 21K - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
346	2245	Fernando Pereira	individual	Senior Masculino	03:59:57	+02:08:42	11:26
347	2476	Sónia Gilvaz	ribeiras trail	Veterana F40	04:00:12	+02:08:57	11:26
348	2467	Avelino Rodrigues	porto sentido runners	Veterano M40	04:00:40	+02:09:26	11:28
349	2043	Margarida Monteiro	alverca urban runners	Veterana F50	04:00:45	+02:09:30	11:28
350	2209	Alexandra Fernandes	guimarunning	Veterana F40	04:01:07	+02:09:52	11:29
351	2385	Manuel Coutinho Machado	individual	Veterano M50	04:01:14	+02:09:59	11:29
352	2370	Américo José Coutinho Machado	individual	Veterano M50	04:01:14	+02:10:00	11:29
353	4119	Luísa Guimarães do Lago e Costa Rodrigues	cr candoso	Veterana F40	04:01:17	+02:10:03	11:29
354	2067	Filipe Cunha	aztrail/mercentro	Veterano M40	04:01:43	+02:10:29	11:31
355	2068	Júlio Terra	aztrail/mercentro	Veterano M50	04:01:44	+02:10:29	11:31
356	2122	Cidália Barbosa	ceveira team running	Veterana F50	04:02:24	+02:11:10	11:33
357	2510	Bruno Pinheiro	trail team montaria	Senior Masculino	04:02:27	+02:11:12	11:33
358	2238	Bruno Rodrigues	individual	Senior Masculino	04:02:29	+02:11:15	11:33
359	2521	Gustavo Taveira	trogloeditas runners	Veterano M40	04:02:50	+02:11:35	11:34
360	1259	ANA PISSARRA	ginasio fit 4 fun	Veterana F40	04:02:50	+02:11:36	11:34
361	1260	DURBALINO FERREIRA	ginasio fit 4 fun	Veterano M50	04:02:50	+02:11:36	11:34
362	2355	Nelson Franco	individual	Veterano M40	04:03:38	+02:12:23	11:36
363	2464	Liliana Carvalho	pimentinhas	Senior Feminino	04:03:42	+02:12:27	11:36
364	2049	Joao Cruz	arca barcelos runners	Veterano M50	04:04:19	+02:13:04	11:38
365	2161	Teresa Neiva	ecobarcaventura	Veterana F50	04:04:23	+02:13:09	11:38
366	2258	JOAO SILVA	individual	Senior Masculino	04:04:25	+02:13:10	11:38
367	2026	Catarina Pinto	akuafit	Senior Feminino	04:04:43	+02:13:29	11:39
368	2222	Dalila Teixeira	individual	Senior Feminino	04:04:43	+02:13:29	11:39
369	2463	António Rodrigues Antunes	palmeira runners	Veterano M60	04:04:45	+02:13:30	11:39
370	2239	Carlos Fardilha	individual	Senior Masculino	04:04:46	+02:13:32	11:39
371	2393	Vítor Silva	invicta runners team	Veterano M40	04:04:48	+02:13:33	11:39
372	2487	Ana Silva	spin&run esposende	Senior Feminino	04:04:50	+02:13:35	11:40
373	2488	Vasco Marta	spin&run esposende	Senior Masculino	04:04:50	+02:13:35	11:40
374	2206	Andra julio	gtt-armazem do caffè	Veterana F40	04:04:57	+02:13:42	11:40
375	2475	Tiago Neiva	ribeiras trail	Senior Masculino	04:05:26	+02:14:12	11:41
376	2257	João Palhares	individual	Senior Masculino	04:06:26	+02:15:12	11:44
377	2445	Gonçalo Gomes	oada - os amigos da aventura	Sub 23 Masculino	04:06:39	+02:15:24	11:45
378	2010	fatima abreu fernandes	acd jardim da serra	Senior Feminino	04:06:58	+02:15:44	11:46
379	2198	JOÃO SOARES	ginasio energym	Veterano M40	04:07:04	+02:15:50	11:46
380	2416	Dina Gonçalves	lion runners - g. d. leões da guarda	Veterana F40	04:07:13	+02:15:58	11:46
381	2262	Jorg	individual	Senior Masculino	04:08:03	+02:16:49	11:49
382	2453	Jaime Pereira	olimpico vianense trail	Veterano M50	04:08:16	+02:17:02	11:49
383	2518	Maria José Gomes Oliveira	trogloeditas runners	Senior Feminino	04:08:36	+02:17:22	11:50
384	2096	Vitor Santos	carapaus de corrida	Veterano M40	04:08:41	+02:17:27	11:51
385	2095	Nuno Clemente	carapaus de corrida	Veterano M40	04:08:41	+02:17:27	11:51
386	2185	Vanessa Dias	equipa a	Senior Feminino	04:09:03	+02:17:48	11:52
387	2117	Elisia Gonçalves	ceveira team running	Veterana F40	04:10:14	+02:19:00	11:55
388	2199	Daniel Mendes	gondomar futsal clube	Senior Masculino	04:10:52	+02:19:37	11:57
389	2340	João Rio	individual	Veterano M40	04:11:26	+02:20:11	11:58
390	2121	Marisa Segadães	ceveira team running	Veterana F40	04:11:47	+02:20:32	11:59

TRAIL LONGO 21K - STAGE 1

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
391	2110	Rosa Rodrigues	cerveira team running	Senior Feminino	04:11:48	+02:20:33	11:59
392	2502	Rui Luis dos Santos Silva	titus vespasiano	Senior Masculino	04:12:26	+02:21:11	12:01
393	2503	Bruno Gil Gomes da Silva Lopes	titus vespasiano	Veterano M40	04:12:26	+02:21:11	12:01
394	2550	Fernando Monteiro	individual	Veterano M50	04:12:30	+02:21:15	12:01
395	2526	Sofia	uda / ponta branca	Veterana F40	04:12:33	+02:21:19	12:02
396	2459	Cristina Costa	ou vai ou racha	Veterana F40	04:12:52	+02:21:38	12:03
397	2326	Alcindo Silva	individual	Veterano M40	04:13:01	+02:21:47	12:03
398	2147	André Pereira	cricas	Veterano M40	04:13:07	+02:21:53	12:03
399	2145	Luís Carlos Viana Jorge	cricas	Senior Masculino	04:13:08	+02:21:53	12:03
400	2146	Cristina Amaral	cricas	Veterana F50	04:13:08	+02:21:53	12:03
401	2148	Marco Pacheco	cricas	Veterano M40	04:13:08	+02:21:53	12:03
402	2410	Antonio Miranda	ker sport	Veterano M50	04:13:38	+02:22:23	12:05
403	1511	Ivete Roderigues Gonçalves Alves	solopisadas team	Veterana F40	04:14:11	+02:22:56	12:06
404	2142	Rui Oliveira	comdor runners	Veterano M40	04:14:15	+02:23:00	12:06
405	2101	Catarina Palmeiro	cbrunningteam	Senior Feminino	04:14:52	+02:23:37	12:08
406	2201	Paulo Ferreira	grupo 46	Veterano M40	04:14:53	+02:23:38	12:08
407	2202	Pedro Sá Pereira	grupo 46	Veterano M40	04:14:55	+02:23:40	12:08
408	2200	Francisco Lopes	grupo 46	Veterano M40	04:14:56	+02:23:41	12:08
409	2150	Raquel Oliveira	dive into the mountains	Senior Feminino	04:16:29	+02:25:15	12:13
410	2153	Diana Moura	dive into the mountains	Veterana F40	04:16:30	+02:25:15	12:13
411	2152	Hernâni Pinto	dive into the mountains	Senior Masculino	04:16:30	+02:25:15	12:13
412	2151	Renata Almeida	dive into the mountains	Senior Feminino	04:16:30	+02:25:15	12:13
413	2401	Inês Monteiro	kaninos	Senior Feminino	04:16:33	+02:25:18	12:13
414	2083	Diogo Albuquerque	berg outdoor	Veterano M40	04:17:24	+02:26:09	12:15
415	2509	André Barros	trail team montaria	Senior Masculino	04:19:17	+02:28:02	12:21
416	2349	Luís Monteiro	individual	Veterano M40	04:19:20	+02:28:06	12:21
417	2052	Fernando Lopes	arcorun	Veterano M40	04:20:09	+02:28:55	12:23
418	2422	Patrícia Cristina ALVES Pereira	melgaço alvarinho trail team	Senior Feminino	04:20:24	+02:29:09	12:24
419	2090	Miguel Martins	caav/trail	Senior Masculino	04:20:54	+02:29:39	12:25
420	2375	Carlos Almeida	individual	Veterano M50	04:21:34	+02:30:20	12:27
421	2232	Sophie Duarte	individual	Senior Feminino	04:21:34	+02:30:20	12:27
422	2363	Pedro Carvalho	individual	Veterano M40	04:22:56	+02:31:42	12:31
423	2419	Paulo Pelayo	lions runners	Veterano M50	04:24:43	+02:33:28	12:36
424	2353	Miguel Henriques	individual	Veterano M40	04:24:54	+02:33:39	12:37
425	2551	Diogo Pereira	individual	Senior Masculino	04:26:33	+02:35:19	12:42
426	2309	Elisabete Melo	individual	Veterana F40	04:26:33	+02:35:19	12:42
427	2317	Rita Branco	individual	Veterana F40	04:26:48	+02:35:33	12:42
428	2028	Rosa Santos	akuafit	Senior Feminino	04:26:48	+02:35:33	12:42
429	2449	Oscar Sousa	olimpico vianense trail	Senior Masculino	04:27:35	+02:36:21	12:45
430	2097	Manuel Francisco	carapaus de corrida	Veterano M50	04:28:32	+02:37:17	12:47
431	2030	André Costa	akuafit	Senior Masculino	04:28:33	+02:37:18	12:47
432	2543	Filipa Oliveira	individual	Senior Feminino	04:29:16	+02:38:02	12:49
433	2172	Ligia Fernandes	edv-vianatrail	Veterana F40	04:30:47	+02:39:33	12:54
434	2388	Valentim Castro da Guia	individual	Veterano M50	04:30:47	+02:39:33	12:54

TRAIL LONGO 21K - STAGE 1

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
435	2143	Cândida Bento	correr leça	Senior Feminino	04:31:47	+02:40:32	12:57
436	1211	MANUEL RODRIGUES	correr leça	Veterano M60	04:31:47	+02:40:33	12:57
437	2435	Ricardo Silva	mountain runners	Senior Masculino	04:32:16	+02:41:02	12:58
438	2434	Claudia Sousa	mountain runners	Senior Feminino	04:32:17	+02:41:02	12:58
439	2373	Augusto Lopes	individual	Veterano M50	04:32:34	+02:41:19	12:59
440	2491	Elisabete Lourenço	tâmentos team	Veterana F40	04:32:34	+02:41:20	12:59
441	2492	cremilde raposo	tâmentos team	Veterana F50	04:32:34	+02:41:20	12:59
442	2061	Ana Paula Nascimento Aveiro	associação porto da cruz trail team	Veterana F50	04:33:19	+02:42:04	13:01
443	2165	Mariana Carneiro	edl trail	Sub 23 Feminino	04:33:22	+02:42:07	13:01
444	2307	Andreia Ribeiro	individual	Veterana F40	04:35:35	+02:44:20	13:07
445	2228	Juliana Moreira de Sá	individual	Senior Feminino	04:36:22	+02:45:07	13:10
446	2296	Sérgio Brochado	individual	Senior Masculino	04:36:22	+02:45:07	13:10
447	2308	elisabete lopes costa	individual	Veterana F40	04:36:31	+02:45:17	13:10
448	2369	Vitor perfeito Masculino sousa	individual	Veterano M40	04:36:33	+02:45:18	13:10
449	2046	Isabel Queiroga	apúlia a correr	Senior Feminino	04:36:44	+02:45:29	13:11
450	2080	Diana Marques Pinto	berg outdoor	Senior Feminino	04:37:30	+02:46:16	13:13
451	2082	Sara Santos Silva	berg outdoor	Veterana F40	04:37:31	+02:46:16	13:13
452	2230	Luísa Gonçalves Outeiro	individual	Senior Feminino	04:38:25	+02:47:11	13:16
453	2215	Ana Rio	individual	Senior Feminino	04:39:24	+02:48:10	13:18
454	2220	Clara Silva	individual	Senior Feminino	04:39:25	+02:48:10	13:18
455	2219	Carla Sofia Jesus da Costa	individual	Senior Feminino	04:41:19	+02:50:04	13:24
456	2274	Manuel Paulo Gomes Vieira de Almeida	individual	Senior Masculino	04:41:19	+02:50:04	13:24
457	2218	Carina Sofia Oliveira Correia	individual	Senior Feminino	04:41:50	+02:50:35	13:25
458	2270	Luís Guimarães	individual	Senior Masculino	04:42:38	+02:51:23	13:28
459	2327	Álvaro Cairrão	individual	Veterano M40	04:42:38	+02:51:24	13:28
460	2234	André Santos	individual	Senior Masculino	04:43:19	+02:52:05	13:30
461	2267	Leandro Rainha	individual	Senior Masculino	04:49:21	+02:58:06	13:47
462	2305	Vitor Santos	individual	Senior Masculino	04:49:31	+02:58:16	13:47
463	2321	Helena Costa	individual	Veterana F50	04:49:48	+02:58:33	13:48
464	2318	Rosa Alves	individual	Veterana F40	04:49:54	+02:58:40	13:48
465	2451	Isabel Gonçalves	olimpico vianense trail	Veterana F40	04:54:37	+03:03:23	14:02
466	2483	MARTA LOUREIRO	satiagobikes	Veterana F40	04:55:19	+03:04:05	14:04
467	2389	GARCIA DA SILVA	individual	Veterano M60	04:56:35	+03:05:21	14:07
468	2333	Bruno Rocha	individual	Veterano M40	04:57:07	+03:05:53	14:09
469	2132	Alberto Fernandes de Castro Pinhão	clube de montanhismo de braga	Veterano M60	04:57:13	+03:05:58	14:09
470	2071	Tanya Reis	b.t.m.	Senior Feminino	04:57:56	+03:06:42	14:11
471	2070	Sofia Pereira	b.t.m.	Senior Feminino	04:57:56	+03:06:42	14:11
472	2525	Patrícia Antunes	uda / ponta branca	Veterana F40	04:58:50	+03:07:35	14:14
473	2120	Lena Melo	cerveira team running	Veterana F40	04:58:51	+03:07:36	14:14
474	2119	Isabel Rolan	cerveira team running	Veterana F40	04:58:52	+03:07:37	14:14
475	2041	Cristina Lino	alverca urban runners	Veterana F50	04:58:52	+03:07:38	14:14
476	2040	Luisa Maria Areias Barbosa	alverca urban runners	Veterana F40	04:58:53	+03:07:38	14:14
477	2042	Graça Nobre	alverca urban runners	Veterana F50	04:58:53	+03:07:38	14:14
478	2134	Cátia Oliveira	clube efacec	Veterana F40	05:08:37	+03:17:22	14:42
479	2133	Filipe Bessa	clube efacec	Senior Masculino	05:08:38	+03:17:23	14:42

TRAIL LONGO 21K - STAGE 1

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
480	2032	Elsa Ferreira	akuafit	Veterana F40	05:11:46	+03:20:31	14:51
481	2027	Maria Filipa Oliveira Martins	akuafit	Senior Feminino	05:11:46	+03:20:31	14:51
482	2323	Luisa Almeida	individual	Veterana F50	05:12:13	+03:20:58	14:52
483	2203	Cleia santiago	gtt-armazem do caffè	Senior Feminino	05:27:45	+03:36:30	15:36
484	2504	Teresa Macedo	tmb	Veterana F50	05:28:00	+03:36:46	15:37
485	2334	Cláudio Tereso	individual	Veterano M40	05:39:43	+03:48:29	16:11

Trail Longo 21K

21 KM

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	Time	Temperature	Humidity
Start	10:00	17°C	100%
End	08:10	17°C	100%

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

1	3163	Edena Lima	Emicela Team	Senior Feminino	02:36:28	+45:14	07:27
2	2224	Elisabete Maria Soutulho Coelho Alves	Individual	Senior Feminino	02:36:39	+45:24	07:28
3	2469	TÂNIA BATEIRA	PORTOCARGO RUNNERS	Senior Feminino	02:43:13	+51:58	07:46
4	2495	Sandra Araújo	Team corpos 3	Senior Feminino	02:45:12	+53:58	07:52
5	2076	SILVIA PEREIRA	BAREJO TEAM	Senior Feminino	02:46:28	+55:13	07:56
6	2454	Nádia Casteleiro	Oralklass Amigos do Trail	Senior Feminino	02:50:04	+58:49	08:06
7	2016	Catarina Cerqueira	ACRA RUNNING	Senior Feminino	02:55:34	+01:04:20	08:22
8	2017	CATARINA DANTAS	ACRA RUNNING	Senior Feminino	02:58:27	+01:07:13	08:30
9	2048	Lucia Dias	ARCA BarceloS runners	Senior Feminino	03:02:11	+01:10:56	08:41
10	2233	Tânia filipa Barbosa dias carneiro	Individual	Senior Feminino	03:03:15	+01:12:00	08:44
11	2546	Natalia Amoedo	Individual	Senior Feminino	03:05:30	+01:14:15	08:50
12	2221	Cristina Teixeira	Individual	Senior Feminino	03:06:45	+01:15:31	08:54
13	2432	Sara Soares	Monte dos Amigos	Senior Feminino	03:08:45	+01:17:30	08:59
14	2163	Matilde Brito	EDL Trail	Senior Feminino	03:15:06	+01:23:51	09:17
15	2204	MÓNIA RIBEIRO	GTT-Armazem do Caffè	Senior Feminino	03:15:45	+01:24:31	09:19
16	2190	Patrícia Lemos	GD Castelense	Senior Feminino	03:15:45	+01:24:31	09:19
17	2229	Liliana Cristina Soares	Individual	Senior Feminino	03:16:33	+01:25:19	09:22
18	2009	Carina de Fátima Mendonça Araújo	ACD JARDIM DA SERRA	Senior Feminino	03:19:08	+01:27:54	09:29
19	2211	Ju Sofia Silva Correia	Homem da Lenha Runners	Senior Feminino	03:19:44	+01:28:30	09:31
20	2517	Dorinda Sousa	Trogloditas Runners	Senior Feminino	03:22:27	+01:31:12	09:38
21	2226	helena madeira	Individual	Senior Feminino	03:24:57	+01:33:42	09:46
22	2225	Elsa Soares	Individual	Senior Feminino	03:26:48	+01:35:33	09:51
23	2425	MARTA SOFIA DANTAS DA CUNHA	Minho e Lima Trail	Senior Feminino	03:27:22	+01:36:07	09:52
24	2439	Ana Favas	Não Fazemos Nem Mais Um...Km	Senior Feminino	03:28:08	+01:36:54	09:55
25	2421	Emanuela Perez	Melgaço Alvarinho Trail Team	Senior Feminino	03:30:57	+01:39:42	10:03
26	2528	Ana Sofia Contreiras	VERTICAL NAVIS	Senior Feminino	03:32:24	+01:41:10	10:07
27	2403	Libânia Lopes	KER SPORT	Senior Feminino	03:34:34	+01:43:20	10:13
28	2529	Claudia Vicente	VERTICAL NAVIS	Senior Feminino	03:36:29	+01:45:15	10:19
29	2192	Rafaela Ribeiro	GENEROSOS RUNNERS	Senior Feminino	03:37:09	+01:45:54	10:20
30	2103	Paula Gonçalves	Centro Trail Carlos Sá Team Penacova	Senior Feminino	03:40:21	+01:49:06	10:30
31	2149	Su Gomes	Dá-lhe Gás Running team	Senior Feminino	03:43:31	+01:52:16	10:39
32	2162	Ana Paula Alves	EDL Trail	Senior Feminino	03:43:33	+01:52:18	10:39
33	2480	Claudia Moura	Running Penafiel Trail	Senior Feminino	03:46:37	+01:55:22	10:47
34	2223	Eduarda Barros	Individual	Senior Feminino	03:47:38	+01:56:23	10:50
35	2191	Claudia Coelho	GENEROSOS RUNNERS	Senior Feminino	03:49:25	+01:58:10	10:55
36	2018	HELENA CERQUEIRA	ACRA RUNNING	Senior Feminino	03:49:28	+01:58:13	10:56
37	2473	Sandra Leite	Profisio Team	Senior Feminino	03:50:28	+01:59:13	10:58
38	2507	yolanda gonzalez valverde	TRAIL RUNNING NIGRAN	Senior Feminino	03:56:01	+02:04:46	11:14
39	2034	Joana maia	Alexandra Carvalho Team	Senior Feminino	03:56:52	+02:05:38	11:17

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Senior Masculino							
1	2129	Nuno Fernandes	Clube Atletismo Fafe	Senior Masculino	01:51:14		05:18
2	2178	Eliseu Fortes	Emicela Team	Senior Masculino	01:57:47	+06:32	05:37
3	2066	Paulo Rafael dos Santos Palhinha	Associação Recreativa Casaense - Escola de Atletismo de Coimbra	Senior Masculino	02:00:29	+09:14	05:44
4	2455	Francisco Martins de Figueiredo	Oralklass Amigos do Trail	Senior Masculino	02:09:06	+17:51	06:09
5	4026	hugo ventura	OZXTREME/ADCR PEREIRA	Senior Masculino	02:14:53	+23:38	06:25
6	2007	Cristiano Santos	A.D.Amarante trail running	Senior Masculino	02:19:01	+27:47	06:37
7	2057	Juan Nicásio Gouveia Teixeira	Associação Porto da Cruz Trail Team	Senior Masculino	02:27:22	+36:08	07:01
8	2213	Filipe Silva	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	02:27:45	+36:30	07:02
9	2011	César Ramos	ACD JARDIM DA SERRA	Senior Masculino	02:28:11	+36:56	07:03
10	2252	helder franco	Individual	Senior Masculino	02:28:12	+36:58	07:03

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Trail Longo 21K

21 KM

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11	2281	pedro amorim	Individual	Senior Masculino	02:29:53	+38:38	07:08
12	2534	PAULO OLIVEIRA	VIDAATIVARUNNERS	Senior Masculino	02:31:41	+40:26	07:13
13	2426	FRANCISCO MORA	Minho e Lima Trail	Senior Masculino	02:31:43	+40:28	07:14
14	2111	João Cunha	Cerveira Team Running	Senior Masculino	02:32:35	+41:21	07:16
15	2050	Carlos Rodrigues	ARCORUN	Senior Masculino	02:33:04	+41:50	07:17
16	2164	Samuel Amorim	EDL Trail	Senior Masculino	02:33:53	+42:38	07:20
17	2004	Xavier Amorim	A. D. CARVALHAL	Senior Masculino	02:34:02	+42:48	07:20
18	2395	BRUNO MELO	Invictus Oporto Team	Senior Masculino	02:34:14	+42:59	07:23
19	2499	Nuno Moreira	TEAM TT	Senior Masculino	02:34:56	+43:42	07:23
20	2259	João silva	Individual	Senior Masculino	02:37:23	+46:08	07:30
21	2444	Carlos Alves	OADA - Os Amigos da Aventura	Senior Masculino	02:38:58	+47:43	07:34
22	2443	António Ribeiro	OADA - Os Amigos da Aventura	Senior Masculino	02:38:58	+47:44	07:34
23	2276	Marinho	Individual	Senior Masculino	02:41:57	+50:42	07:43
24	2058	Luis Miguel Alves Vieira	Associação Porto da Cruz Trail Team	Senior Masculino	02:43:37	+52:22	07:47
25	2236	Artur Gil	Individual	Senior Masculino	02:45:02	+53:48	07:52
26	2285	Ricardo Costa	Individual	Senior Masculino	02:45:09	+53:54	07:52
27	2294	Rui Orlando Neto	Individual	Senior Masculino	02:45:10	+53:56	07:52
28	2304	Vítor Manuel Dias Gonçalves	Individual	Senior Masculino	02:48:17	+57:03	08:01
29	2019	VÍTOR GOMES	ACRA RUNNING	Senior Masculino	02:51:02	+59:48	08:09
30	2278	Nelson Leandro Pinto	Individual	Senior Masculino	02:51:26	+01:00:11	08:10
31	2056	Ivo Daniel Vieira Olival	Associação Porto da Cruz Trail Team	Senior Masculino	02:52:54	+01:01:40	08:14
32	2519	José Caguana	Trogloditas Runners	Senior Masculino	02:53:26	+01:02:11	08:16
33	2496	Vitor Mansilhas	Team corpos 3	Senior Masculino	02:53:56	+01:02:41	08:17
34	2255	João Eduardo da Silva Domingues Mendonça	Individual	Senior Masculino	02:55:10	+01:03:55	08:21
35	2498	Ivo Daniel Azevedo Sampaio	TEAM TT	Senior Masculino	02:56:57	+01:05:42	08:26
36	2303	VITOR CRUZ	Individual	Senior Masculino	02:57:31	+01:06:16	08:27
37	2183	Paulo Marques	ENEGE EPIS E BORDADOS	Senior Masculino	02:57:32	+01:06:17	08:27
38	2253	Hélder Rafael Machado da Cunha	Individual	Senior Masculino	02:57:34	+01:06:20	08:27
39	2275	Marco Silva	Individual	Senior Masculino	02:58:46	+01:07:31	08:31
40	2184	Emídio Quinteira	Entre os Montes	Senior Masculino	02:58:55	+01:07:41	08:31
41	2093	Jose Diogo Ferreira Resende	Caracois do Monmte	Senior Masculino	02:59:22	+01:08:07	08:32
42	2456	Sérgio Suzano	Oralklass Amigos do Trail	Senior Masculino	02:59:53	+01:08:39	08:34
43	2292	Rui Dimas	Individual	Senior Masculino	02:59:53	+01:08:39	08:34
44	2266	José Miguel Barros da Silva	Individual	Senior Masculino	02:59:57	+01:08:43	08:34
45	2073	Nuno Gomes	B.T.M.	Senior Masculino	03:01:14	+01:10:00	08:38
46	2290	Rui Alexandre Sousa Silva	Individual	Senior Masculino	03:01:38	+01:10:24	08:39
47	4145	Nuno Miguel Teixeira	Individual	Senior Masculino	03:02:09	+01:10:54	08:40
48	2501	Paulo Silva	Team Workout 48/CAM	Senior Masculino	03:02:52	+01:11:38	08:43
49	2295	Sami Tuovila	Individual	Senior Masculino	03:03:00	+01:11:45	08:43
50	2012	oscar filipe nunes correia	ACD JARDIM DA SERRA	Senior Masculino	03:03:10	+01:11:55	08:43
51	2291	Rui Carneiro	Individual	Senior Masculino	03:03:15	+01:12:00	08:44
52	2023	José Lima	Afifense Trail	Senior Masculino	03:03:33	+01:12:18	08:44
53	2112	Luís Barbosa	Cerveira Team Running	Senior Masculino	03:03:35	+01:12:21	08:45
54	2008	Marco Nunes	A.D.Amarante trail running	Senior Masculino	03:04:52	+01:13:37	08:48

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Trail Longo 21K

21 KM

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55	2243	Diogo Silva	Individual	Senior Masculino	03:05:16	+01:14:01	08:49
56	2547	Diogo Almeida	Individual	Senior Masculino	03:05:30	+01:14:15	08:50
57	2549	Filipe Samuel Rodrigues Carreira	Individual	Senior Masculino	03:05:39	+01:14:24	08:50
58	2542	Hugo Barreiro	Individual	Senior Masculino	03:06:09	+01:14:55	08:52
59	2423	Francisco Esteves	Melgaço Alvarinho Trail Team	Senior Masculino	03:06:40	+01:15:26	08:53
60	2159	Frederico Faria	É para acabar	Senior Masculino	03:08:13	+01:16:58	08:58
61	2085	João Venade	Breia Team Running	Senior Masculino	03:10:05	+01:18:51	09:03
62	2247	Filipe Gomes	Individual	Senior Masculino	03:10:11	+01:18:56	09:03
63	2545	Diogo Pereira	ENEGE EPIS E BORDADOS	Senior Masculino	03:10:22	+01:19:08	09:04
64	2074	Sergio Martins	B.T.M.	Senior Masculino	03:11:46	+01:20:31	09:08
65	2405	Arnaldo Azevedo	KER SPORT	Senior Masculino	03:12:14	+01:20:59	09:09
66	2404	Álvaro Amorim	KER SPORT	Senior Masculino	03:12:14	+01:20:59	09:09
67	2299	Sergio Torre	Individual	Senior Masculino	03:13:08	+01:21:54	09:12
68	2436	Rui Miguel Sousa	Mountain Runners	Senior Masculino	03:13:36	+01:22:21	09:13
69	2474	Bruno Pereira	Profisio Team	Senior Masculino	03:14:11	+01:22:56	09:15
70	2098	Carlos Vale	carlos	Senior Masculino	03:14:18	+01:23:03	09:15
71	2044	Bruno Miguel Moreira Loureiro	AMC TRAIL	Senior Masculino	03:14:40	+01:23:25	09:16
72	2523	Manuel Fonseca	UDA / Ponta Branca	Senior Masculino	03:15:49	+01:24:34	09:19
73	2099	Pedro Meirinhos	Católica Alumni Health Squad	Senior Masculino	03:16:14	+01:24:59	09:21
74	2250	Gabriel Fernando Soares Sousa	Individual	Senior Masculino	03:17:42	+01:26:28	09:25
75	2465	Filipe Nascimento	PORTO SENTIDO RUNNERS	Senior Masculino	03:18:28	+01:27:14	09:27
76	2279	Nuno Botelho	Individual	Senior Masculino	03:18:32	+01:27:18	09:27
77	2072	Andre Silva	B.T.M.	Senior Masculino	03:18:34	+01:27:19	09:27
78	2256	João Leite	Individual	Senior Masculino	03:18:52	+01:27:37	09:28
79	2485	Pedro Leite	Só Trilhos	Senior Masculino	03:23:36	+01:32:21	09:42
80	2533	JOAQUIM MIRANDA	VIDAATIVARUNNERS	Senior Masculino	03:24:19	+01:33:05	09:44
81	2264	Jorge Miguel Gomes Da Costa	Individual	Senior Masculino	03:24:20	+01:33:05	09:44
82	2171	Nuno Silva	EDV-VIANATRIL	Senior Masculino	03:29:51	+01:38:37	10:00
83	2114	Pedro Oliveira	Cerveira Team Running	Senior Masculino	03:29:51	+01:38:37	10:00
84	2286	Ricardo Novais	Individual	Senior Masculino	03:30:19	+01:39:04	10:01
85	2138	MIGUEL SILVA	CMC - CARAP AUS	Senior Masculino	03:30:38	+01:39:23	10:02
86	2268	Leonardo Miguel Neto Andrade	Individual	Senior Masculino	03:30:53	+01:39:39	10:03
87	2251	Gustavo Vaz Cacho	Individual	Senior Masculino	03:32:07	+01:40:52	10:06
88	2265	José Andrade	Individual	Senior Masculino	03:32:31	+01:41:16	10:07
89	2302	Vitor Alves	Individual	Senior Masculino	03:33:11	+01:41:56	10:09
90	2297	Sérgio Ferreira	Individual	Senior Masculino	03:33:47	+01:42:32	10:11
91	2244	Fernando Costa	Individual	Senior Masculino	03:34:32	+01:43:17	10:13
92	2237	Bruno Rodrigues	Individual	Senior Masculino	03:36:19	+01:45:05	10:18
93	2260	Joel coelho	Individual	Senior Masculino	03:36:29	+01:45:15	10:19
94	2440	Carlos Manuel Teixeira da Rocha	NOCTURNOS DE PAREDES	Senior Masculino	03:37:09	+01:45:54	10:20
95	2077	RICARDO MENDES	BAREJO TEAM	Senior Masculino	03:37:20	+01:46:06	10:21
96	2448	Luís Freitas	OLIMPICO VIANENSE TRAIL	Senior Masculino	03:37:21	+01:46:07	10:21
97	2084	Luís António de Araújo Oliveira	Bombeiros Voluntários de Barcelinhos	Senior Masculino	03:37:41	+01:46:26	10:22
98	2136	MARIO RUI VAZ GOMES VILACA	Clube Millennium BCP	Senior Masculino	03:38:28	+01:47:14	10:24
99	2031	David Dias	Akuafit	Senior Masculino	03:39:34	+01:48:19	10:27
100	2089	Micael Marques	C. B. Viseu Running Team	Senior Masculino	03:39:42	+01:48:28	10:28

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Trail Longo 21K

21 KM

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101	2113	Nuno Couto	Cerveira Team Running	Senior Masculino	03:39:45	+01:48:30	10:28
102	2135	BRUNO RICARDO COSTA VASCONCELOS	Clube Millennium BCP	Senior Masculino	03:40:10	+01:48:55	10:29
103	2420	Paulo reis	Lobos Do Monte	Senior Masculino	03:40:21	+01:49:07	10:30
104	2081	Diogo Almeida	BERG OUTDOOR	Senior Masculino	03:41:54	+01:50:39	10:34
105	2086	Daniel Barbosa	BTT Alegria // TUBANI	Senior Masculino	03:42:12	+01:50:58	10:35
106	2271	Luís Pinto	Individual	Senior Masculino	03:43:38	+01:52:24	10:39
107	2059	Venancio Neves Abreu	Associação Porto da Cruz Trail Team	Senior Masculino	03:43:43	+01:52:28	10:39
108	2282	Pedro Loureiro	Individual	Senior Masculino	03:44:31	+01:53:17	10:42
109	2273	Luís Vieira	Individual	Senior Masculino	03:45:15	+01:54:01	10:44
110	2002	Nuno Neves	100meta	Senior Masculino	03:45:33	+01:54:18	10:44
111	2246	Fernando Sousa	Individual	Senior Masculino	03:47:48	+01:56:34	10:51
112	2486	Ivo Silva	Spartan Beer Team	Senior Masculino	03:47:49	+01:56:34	10:51
113	2300	Tiago André Silva Carneiro	Individual	Senior Masculino	03:48:25	+01:57:10	10:53
114	2391	Paulo Ferreira	Iniciados	Senior Masculino	03:49:44	+01:58:29	10:56
115	2497	Tiago Dias	TEAM LANTEMIL	Senior Masculino	03:50:12	+01:58:57	10:58
116	2283	Pedro Tomás	Individual	Senior Masculino	03:50:39	+01:59:24	10:59
117	2298	Sergio Filipe Maia de Sousa	Individual	Senior Masculino	03:51:52	+02:00:37	11:02
118	2446	Daniel Amorim	OLHAR ENCANTADOR	Senior Masculino	03:55:11	+02:03:56	11:12
119	2490	Filipe Soares	SS MONTEPIO	Senior Masculino	03:56:00	+02:04:45	11:14
120	2288	Rui	Individual	Senior Masculino	03:56:04	+02:04:50	11:15
121	2424	Francisco Lopes	Melgaço Alvarinho Trail Team	Senior Masculino	03:57:37	+02:06:23	11:19
122	2293	RUI ORLANDO MILHAO MENDES	Individual	Senior Masculino	03:59:03	+02:07:49	11:23
123	2280	Nuno Mendes	Individual	Senior Masculino	03:59:26	+02:08:12	11:24
124	2301	Tiago Mendes	Individual	Senior Masculino	03:59:27	+02:08:13	11:24
125	2245	Fernando Pereira	Individual	Senior Masculino	03:59:57	+02:08:42	11:26
126	2510	Bruno Pinheiro	Trail Team Montaria	Senior Masculino	04:02:27	+02:11:12	11:33
127	2238	Bruno Rodrigues	Individual	Senior Masculino	04:02:29	+02:11:15	11:33
128	2258	JOAO SILVA	Individual	Senior Masculino	04:04:25	+02:13:10	11:38
129	2239	Carlos Fardilha	Individual	Senior Masculino	04:04:46	+02:13:32	11:39
130	2488	Vasco Marta	Spin&Run Esposende	Senior Masculino	04:04:50	+02:13:35	11:40
131	2475	Tiago Neiva	Ribeiras Trail	Senior Masculino	04:05:26	+02:14:12	11:41
132	2257	João Palhares	Individual	Senior Masculino	04:06:26	+02:15:12	11:44
133	2262	Jorg	Individual	Senior Masculino	04:08:03	+02:16:49	11:49
134	2199	Daniel Mendes	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:10:52	+02:19:37	11:57
135	2502	Rui Luis dos Santos Silva	Titus Vespasiano	Senior Masculino	04:12:26	+02:21:11	12:01
136	2145	Luís Carlos Viana Jorge	Cricas	Senior Masculino	04:13:08	+02:21:53	12:03
137	2152	Hernâni Pinto	DiVE Into The Mountains	Senior Masculino	04:16:30	+02:25:15	12:13
138	2509	André Barros	Trail Team Montaria	Senior Masculino	04:19:17	+02:28:02	12:21
139	2090	Miguel Martins	Caav/trail	Senior Masculino	04:20:54	+02:29:39	12:25
140	2551	Diogo Pereira	Individual	Senior Masculino	04:26:33	+02:35:19	12:42
141	2449	Oscar Sousa	OLIMPICO VIANENSE TRAIL	Senior Masculino	04:27:35	+02:36:21	12:45
142	2030	André Costa	Akuafit	Senior Masculino	04:28:33	+02:37:18	12:47
143	2435	Ricardo Silva	Mountain Runners	Senior Masculino	04:32:16	+02:41:02	12:58
144	2296	Sérgio Brochado	Individual	Senior Masculino	04:36:22	+02:45:07	13:10
145	2274	Manuel Paulo Gomes Vieira de Almeida	Individual	Senior Masculino	04:41:19	+02:50:04	13:24

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Trail Longo 21K

21 KM



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146	2270	Luís Guimarães	Individual	Senior Masculino	04:42:38	+02:51:23	13:28
147	2234	André Santos	Individual	Senior Masculino	04:43:19	+02:52:05	13:30
148	2267	Leandro Rainha	Individual	Senior Masculino	04:49:21	+02:58:06	13:47
149	2305	Vitor Santos	Individual	Senior Masculino	04:49:31	+02:58:16	13:47
150	2133	Filipe Bessa	Clube Efaced	Senior Masculino	05:08:38	+03:17:23	14:42

Sub 23 Feminino

1	2431	Renata Gonçalves	Montanha Clube Trail Running/Efapel	Sub 23 Feminino	02:32:36	+41:22	07:16
2	2306	Juliana Domingues	Individual	Sub 23 Feminino	03:44:17	+01:53:03	10:41
3	2165	Mariana Carneiro	EDL Trail	Sub 23 Feminino	04:33:22	+02:42:07	13:01

Sub 23 Masculino

1	2508	Eurico Pereira	Trail Team Bifase	Sub 23 Masculino	02:03:44	+12:29	05:54
2	2470	vitor cabral	PORTOCARGO RUNNERS	Sub 23 Masculino	02:28:11	+36:56	07:03
3	3067	Luis Marcelino Sousa Freitas	Associação Porto da Cruz Trail Team	Sub 23 Masculino	02:33:38	+42:24	07:19
4	2039	Gonçalo Duque	Alverca Urban Runners	Sub 23 Masculino	02:53:48	+01:02:33	08:17
5	2428	BRUNO DA SILVA NARCISO	Minho e Lima Trail	Sub 23 Masculino	03:01:27	+01:10:12	08:38
6	2437	Tiago Daniel Gomes Moreira	Mountain Runners	Sub 23 Masculino	03:13:35	+01:22:21	09:13
7	2512	Pedro Cunha	Trail Team Montaria	Sub 23 Masculino	03:44:17	+01:53:02	10:41
8	2445	Gonçalo Gomes	OADA - Os Amigos da Aventura	Sub 23 Masculino	04:06:39	+02:15:24	11:45

Veterana F40

1	2531	Juliana Lopes Onuma	Viana Running	Veterana F40	02:52:11	+01:00:57	08:12
2	2314	monica.Dieguez Rodriguez	Individual	Veterana F40	02:52:38	+01:01:23	08:13
3	2406	Carla Amorim	KER SPORT	Veterana F40	02:53:49	+01:02:34	08:17
4	2104	Sandra Santos	Centro Trail Carlos Sá Team Penacova	Veterana F40	03:00:34	+01:09:19	08:36
5	2118	Isabel Cunha	Cerveira Team Running	Veterana F40	03:02:07	+01:10:52	08:40
6	2013	Maria Teresa de Ornelas	ACD JARDIM DA SERRA	Veterana F40	03:03:09	+01:11:54	08:43
7	2532	Maria Augusta do Rosário da Silva Roleira Marinho	Viana Running	Veterana F40	03:07:15	+01:16:01	08:55
8	2105	Zenaide Alves	Centro Trail Carlos Sá Team Penacova	Veterana F40	03:09:17	+01:18:03	09:01
9	2520	Irene Silva	Trogloditas Runners	Veterana F40	03:12:20	+01:21:06	09:10
10	2466	Paula Coutinho	PORTO SENTIDO RUNNERS	Veterana F40	03:20:30	+01:29:16	09:33
11	2116	Ana Mina	Cerveira Team Running	Veterana F40	03:24:47	+01:33:33	09:45
12	2173	salome cerqueira	EDV-VIANATRAIL	Veterana F40	03:26:44	+01:35:29	09:51
13	2417	Isabel Pinto	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	03:29:29	+01:38:14	09:59
14	2167	Susana Conceição	EDL Trail	Veterana F40	03:30:39	+01:39:24	10:02
15	2311	Marlene	Individual	Veterana F40	03:32:26	+01:41:12	10:07
16	2021	sameiro fraguinha	ADE Trail Running	Veterana F40	03:34:06	+01:42:51	10:12

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Trail Longo 21K

21 KM

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17	2407	Carla Marques Silva	KER SPORT	Veterana F40	03:34:35	+01:43:20	10:13
18	2214	Sónia Guimarães	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F40	03:42:59	+01:51:44	10:37
19	2540	Inês franco	BERG OUTDOOR	Veterana F40	03:43:06	+01:51:51	10:37
20	2408	Silvia Viana	KER SPORT	Veterana F40	03:43:46	+01:52:31	10:39
21	2003	Manuela Monteiro	100meta	Veterana F40	03:45:33	+01:54:18	10:44
22	2450	Carla Cruz	OLIMPICO VIANENSE TRAIL	Veterana F40	03:45:54	+01:54:39	10:45
23	2489	Mónica Ferreira	Spin&Run Esposende	Veterana F40	03:47:55	+01:56:41	10:51
24	2166	Rosa Pereira	EDL Trail	Veterana F40	03:49:32	+01:58:18	10:56
25	2060	Vanda Abreu	Associação Porto da Cruz Trail Team	Veterana F40	03:50:34	+01:59:19	10:59
26	2471	ISABEL VIEIRA	PORTOCARGO RUNNERS	Veterana F40	03:54:45	+02:03:30	11:11
27	2319	sandra raimundo	Individual	Veterana F40	03:55:35	+02:04:20	11:13
28	2210	Alexandra Matos	GUIMARUNNING	Veterana F40	03:56:01	+02:04:46	11:14
29	2524	Mitá	UDA / Ponta Branca	Veterana F40	03:56:21	+02:05:06	11:15
30	2535	CARLA GONÇALVES	VIDAATIVARUNNERS	Veterana F40	03:58:09	+02:06:54	11:20
31	2479	GABRIELA VEIGA	RUNNING ESPINHO	Veterana F40	03:58:58	+02:07:43	11:23
32	2476	Sónia Gilvaz	Ribeiras Trail	Veterana F40	04:00:12	+02:08:57	11:26
33	2209	Alexandra Fernandes	GUIMARUNNING	Veterana F40	04:01:07	+02:09:52	11:29
34	4119	Luísa Guimarães do Lago e Costa Rodrigues	CR Candoso	Veterana F40	04:01:17	+02:10:03	11:29
35	1259	ANA PISSARRA	GINASIO FIT 4 FUN	Veterana F40	04:02:50	+02:11:36	11:34
36	2206	Andra julio	GTT-Armazem do Caffè	Veterana F40	04:04:57	+02:13:42	11:40
37	2416	Dina Gonçalves	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	04:07:13	+02:15:58	11:46
38	2117	Elisia Gonçalves	Cerveira Team Running	Veterana F40	04:10:14	+02:19:00	11:55
39	2121	Marisa Segadães	Cerveira Team Running	Veterana F40	04:11:47	+02:20:32	11:59
40	2526	Sofia	UDA / Ponta Branca	Veterana F40	04:12:33	+02:21:19	12:02
41	2459	Cristina Costa	Ou vai ou racha	Veterana F40	04:12:52	+02:21:38	12:03
42	1511	Ivete Roderigues Gonçalves Alves	Solopisadas Team	Veterana F40	04:14:11	+02:22:56	12:06
43	2153	Diana Moura	DiVe Into The Mountains	Veterana F40	04:16:30	+02:25:15	12:13
44	2309	Elisabete Melo	Individual	Veterana F40	04:26:33	+02:35:19	12:42
45	2317	Rita Branco	Individual	Veterana F40	04:26:48	+02:35:33	12:42
46	2172	Ligia Fernandes	EDV-VIANATRIL	Veterana F40	04:30:47	+02:39:33	12:54
47	2491	Elisabete Lourenço	Talentos Team	Veterana F40	04:32:34	+02:41:20	12:59
48	2307	Andreia Ribeiro	Individual	Veterana F40	04:35:35	+02:44:20	13:07
49	2308	elisabete lopes costa	Individual	Veterana F40	04:36:31	+02:45:17	13:10
50	2082	Sara Santos Silva	BERG OUTDOOR	Veterana F40	04:37:31	+02:46:16	13:13
51	2318	Rosa Alves	Individual	Veterana F40	04:49:54	+02:58:40	13:48
52	2451	Isabel Gonçalves	OLIMPICO VIANENSE TRAIL	Veterana F40	04:54:37	+03:03:23	14:02
53	2483	MARTA LOUREIRO	SATIAGOBIKES	Veterana F40	04:55:19	+03:04:05	14:04
54	2525	Patrícia Antunes	UDA / Ponta Branca	Veterana F40	04:58:50	+03:07:35	14:14
55	2120	Lena Melo	Cerveira Team Running	Veterana F40	04:58:51	+03:07:36	14:14
56	2119	Isabel Rolan	Cerveira Team Running	Veterana F40	04:58:52	+03:07:37	14:14
57	2040	Luisa Maria Areias Barbosa	Alverca Urban Runners	Veterana F40	04:58:53	+03:07:38	14:14
58	2134	Cátia Oliveira	Clube Efaced	Veterana F40	05:08:37	+03:17:22	14:42
59	2032	Elsa Ferreira	Akuafit	Veterana F40	05:11:46	+03:20:31	14:51

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Trail Longo 21K

21 KM

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Veterana F50

1	2123	Maria Gonçalves	Cerveira Team Running	Veterana F50	02:49:07	+57:52	08:03
2	2207	Maria Céu Lopes Lemos	GTT-Armazem do Caffè	Veterana F50	03:04:25	+01:13:10	08:47
3	2324	Paula Andrade	Individual	Veterana F50	03:42:59	+01:51:45	10:37
4	2160	Fernanda Dias	Ecobarcaventura	Veterana F50	03:56:06	+02:04:51	11:15
5	2320	Fatima Almeida	Individual	Veterana F50	03:56:18	+02:05:04	11:15
6	2043	Margarida Monteiro	Alverca Urban Runners	Veterana F50	04:00:45	+02:09:30	11:28
7	2122	Cidália Barbosa	Cerveira Team Running	Veterana F50	04:02:24	+02:11:10	11:33
8	2161	Teresa Neiva	Ecobarcaventura	Veterana F50	04:04:23	+02:13:09	11:38
9	2146	Cristina Amaral	Cricas	Veterana F50	04:13:08	+02:21:53	12:03
10	2492	cremilde raposo	Tãlentos Team	Veterana F50	04:32:34	+02:41:20	12:59
11	2061	Ana Paula Nascimento Aveiro	Associação Porto da Cruz Trail Team	Veterana F50	04:33:19	+02:42:04	13:01
12	2321	Helena Costa	Individual	Veterana F50	04:49:48	+02:58:33	13:48
13	2041	Cristina Lino	Alverca Urban Runners	Veterana F50	04:58:52	+03:07:38	14:14
14	2042	Graça Nobre	Alverca Urban Runners	Veterana F50	04:58:53	+03:07:38	14:14
15	2323	Luisa Almeida	Individual	Veterana F50	05:12:13	+03:20:58	14:52
16	2504	Teresa Macedo	TMB	Veterana F50	05:28:00	+03:36:46	15:37

Veterano M40

1	2062	Emanuel Barreto de Freitas	Associação Porto da Cruz Trail Team	Veterano M40	02:03:02	+11:47	05:52
2	2130	Nuno Lemos	Clube Atletismo Fafe	Veterano M40	02:05:59	+14:45	06:00
3	2429	LUÍS ANTÓNIO MAGALHÃES	Minho e Lima Trail	Veterano M40	02:06:56	+15:41	06:03
4	2131	Rui Pedro	Clube Atletismo Fafe	Veterano M40	02:07:05	+15:50	06:03
5	2477	Pedro Gilvaz	Ribeiras Trail	Veterano M40	02:12:42	+21:28	06:19
6	2348	Luis Miguel Oliveira de Freitas	AIRORUN	Veterano M40	02:16:17	+25:03	06:29
7	2005	Ciano Ribeiro	A. D. CARVALHAL	Veterano M40	02:17:24	+26:10	06:33
8	2144	Paulo César Almeida Mendes	CR Candoso	Veterano M40	02:18:34	+27:19	06:36
9	2548	Luis Silva	Individual	Veterano M40	02:18:40	+27:25	06:36
10	2341	José Carlos Baptista Pereira	Individual	Veterano M40	02:19:02	+27:48	06:37
11	2478	Pedro Pinto	Ribeiras Trail	Veterano M40	02:20:06	+28:51	06:40
12	2014	Juvenal Sousa Faria	ACD JARDIM DA SERRA	Veterano M40	02:23:59	+32:44	06:51
13	2186	Luis Verissimo	Figueira Kayak Clube	Veterano M40	02:27:16	+36:01	07:01
14	1375	Joao Antunes	Individual	Veterano M40	02:28:19	+37:04	07:04
15	2169	Nuno Miguel Morais	EDL Trail	Veterano M40	02:28:19	+37:05	07:04
16	2063	João Duarte Rodrigues Figueira	Associação Porto da Cruz Trail Team	Veterano M40	02:29:40	+38:25	07:08
17	2350	Luis Silva	Individual	Veterano M40	02:32:15	+41:01	07:15
18	2330	Antonio Chaer	Individual	Veterano M40	02:32:30	+41:15	07:16
19	2354	Nelson Campos	Individual	Veterano M40	02:34:08	+42:54	07:20
20	2538	PEDRO MIGUEL SANTOS MATOS	Yazaki Runners	Veterano M40	02:34:09	+42:54	07:20
21	2094	Fernando Coelho	Caracois do Monmte	Veterano M40	02:35:51	+44:36	07:25

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Trail Longo 21K

21 KM

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22	2006	Jose Rocha	A. D. CARVALHAL	Veterano M40	02:35:54	+44:40	07:25
23	2055	Pedro Ramos	ARSM-Associação Recreativa de S. Miguel	Veterano M40	02:36:01	+44:46	07:26
24	2352	Manuel Carvalho	Individual	Veterano M40	02:36:22	+45:08	07:27
25	2344	José Ribeiro	Individual	Veterano M40	02:38:35	+47:21	07:33
26	2516	Júlio Teixeira	Tricotar Trails	Veterano M40	02:44:15	+53:00	07:49
27	2024	Helder azevedo	AIRORUN	Veterano M40	02:45:13	+53:58	07:52
28	2458	Marco Brochado	Os Lobos do Saibro	Veterano M40	02:46:32	+55:17	07:56
29	2168	Armando	EDL Trail	Veterano M40	02:48:32	+57:17	08:02
30	2457	Filipe Pinto	Os Lobos do Saibro	Veterano M40	02:48:57	+57:42	08:03
31	2047	Antonio Carlos Sousa Vilas Boas	ARCA BarceloS runners	Veterano M40	02:49:07	+57:52	08:03
32	2051	Carlos Couto	ARCORUN	Veterano M40	02:50:44	+59:29	08:08
33	2347	Luís Miguel Costa Gonçalves	Individual	Veterano M40	02:50:55	+59:41	08:08
34	2368	VILSON COSME OLIVEIRA DA ROCHA	Individual	Veterano M40	02:51:05	+59:51	08:09
35	2441	Carmino Gomes	NOCTURNOS DE PAREDES	Veterano M40	02:52:29	+01:01:14	08:13
36	2413	Paulo Soares	LETHES TRAIL TEAM	Veterano M40	02:52:30	+01:01:15	08:13
37	2412	Nuno Sendao	LETHES TRAIL TEAM	Veterano M40	02:53:10	+01:01:56	08:15
38	2367	SEBASTIÃO PEREIRA	Individual	Veterano M40	02:53:55	+01:02:40	08:17
39	2364	Pedro Domingues	Individual	Veterano M40	02:54:07	+01:02:53	08:18
40	2156	Pedro Miguel de Sá Freire Soares	DiVe Into The Mountains	Veterano M40	02:56:56	+01:05:42	08:26
41	2397	Joel Sequeira	Juventude Cortegacense	Veterano M40	02:57:01	+01:05:47	08:26
42	2506	Pedro Rocha	TRAIL ME	Veterano M40	02:57:04	+01:05:49	08:26
43	2107	Jorge Cruz	Centro Trail Carlos Sá Team Penacova	Veterano M40	02:57:07	+01:05:53	08:26
44	2125	Patricio Bouça	Cerveira Team Running	Veterano M40	02:57:35	+01:06:20	08:27
45	2360	Paulo Fernandes	Individual	Veterano M40	02:59:24	+01:08:09	08:33
46	2346	Luis Lima	Individual	Veterano M40	03:00:20	+01:09:05	08:35
47	2399	Sérgio Paulo Ferreira Oliveira	Juventude Cortegacense	Veterano M40	03:02:58	+01:11:43	08:43
48	2189	Filipe Pinheiro	Fridão Sem Limites	Veterano M40	03:03:01	+01:11:47	08:43
49	2414	PEDRO SENDÃO	LETHES TRAIL TEAM	Veterano M40	03:04:21	+01:13:06	08:47
50	2100	Manuel Gomes	CAVV/TRAIL	Veterano M40	03:04:21	+01:13:06	08:47
51	2361	Paulo hernani	Individual	Veterano M40	03:04:41	+01:13:27	08:48
52	2402	Helder Gomes	KeMedo Team	Veterano M40	03:05:15	+01:14:01	08:49
53	2472	NUNO TEIXEIRA	PORTOCARGO RUNNERS	Veterano M40	03:05:25	+01:14:10	08:50
54	2513	Jorge M Pires	Trail Team Montaria	Veterano M40	03:05:30	+01:14:15	08:50
55	2102	Henrique Matos	CENTRO CICLISTA DE GONDOMAR	Veterano M40	03:05:54	+01:14:40	08:51
56	2365	Roberto Esteves	Individual	Veterano M40	03:06:09	+01:14:55	08:52
57	2460	Sergio Carlos Gonçalves Novo Fornos	Padela Natural Team - Fisiofreixo	Veterano M40	03:06:28	+01:15:14	08:53
58	2338	FRANCISCO PACHECO	Individual	Veterano M40	03:06:36	+01:15:21	08:53
59	2139	PAULO RIBEIRO	CMC - CARAPUS	Veterano M40	03:08:54	+01:17:39	09:00
60	2331	Antonio Martins	Individual	Veterano M40	03:10:23	+01:19:08	09:04
61	2481	Carlos Barbosa	Running Penafiel Trail	Veterano M40	03:10:55	+01:19:40	09:06
62	2045	Eduardo Martins	AMC TRAIL	Veterano M40	03:11:49	+01:20:34	09:08
63	1396	Pedro Teixeira	Individual	Veterano M40	03:12:54	+01:21:39	09:11
64	2155	Paulo Alexandre Carneiro	DiVe Into The Mountains	Veterano M40	03:13:58	+01:22:44	09:14

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21 KM

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65	2396	JORGE LIMA	Invictus Oporto Team	Veterano M40	03:14:11	+01:22:57	09:15
66	2033	Bragaole Hugo	Akuafit	Veterano M40	03:14:20	+01:23:06	09:15
67	2329	Anselmo Fernandes	Individual	Veterano M40	03:14:58	+01:23:43	09:17
68	2358	Nuno Rodrigues	Individual	Veterano M40	03:15:06	+01:23:52	09:17
69	2106	Humberto Oliveira	Centro Trail Carlos Sá Team Penacova	Veterano M40	03:15:35	+01:24:20	09:19
70	2345	Leonel Carlos Cardoso Teixeira Pinto	Individual	Veterano M40	03:15:36	+01:24:22	09:19
71	2337	Fernando Mateus	Individual	Veterano M40	03:16:02	+01:24:48	09:20
72	2078	JOSE MENDES	BAREJO TEAM	Veterano M40	03:16:21	+01:25:06	09:21
73	2461	Jose Ferreira	Palmeira Runners	Veterano M40	03:16:43	+01:25:29	09:22
74	2398	Julio Paulo Soares da Silva	Juventude Cortegacense	Veterano M40	03:17:11	+01:25:57	09:23
75	2075	Eduardo Sergio Costa Fonseca	B.T.M.	Veterano M40	03:18:33	+01:27:18	09:27
76	4120	Armando Jesus Freitas Fontão	CR Candoso	Veterano M40	03:19:13	+01:27:59	09:29
77	2335	David Martins	Individual	Veterano M40	03:21:44	+01:30:29	09:36
78	2536	MANUEL MARTINS	VIDAATIVARUNNERS	Veterano M40	03:24:19	+01:33:05	09:44
79	2351	Manuel Araújo	Individual	Veterano M40	03:24:43	+01:33:28	09:45
80	2174	Abílio Mina	EDV-VIANATRAIL	Veterano M40	03:24:47	+01:33:33	09:45
81	2500	Pedro Lima	TEAM TT	Veterano M40	03:25:01	+01:33:47	09:46
82	2343	Jose Manuel alvarez barbosa	Individual	Veterano M40	03:27:57	+01:36:43	09:54
83	2356	nuno lima	Individual	Veterano M40	03:29:35	+01:38:21	09:59
84	2357	Nuno Lopes	Individual	Veterano M40	03:29:44	+01:38:30	09:59
85	2462	Jose peixoto	Palmeira Runners	Veterano M40	03:31:23	+01:40:09	10:04
86	2212	Pedro Bogas Gonçalves	Homem da Lenha Runners	Veterano M40	03:32:26	+01:41:12	10:07
87	2154	João Paulo	DiVE Into The Mountains	Veterano M40	03:33:46	+01:42:32	10:11
88	2087	Paulo Nunes	BTT Alegria // TUBANI	Veterano M40	03:35:39	+01:44:24	10:16
89	2022	eduardo jorge pacheco coutada	ADE Trail Running	Veterano M40	03:35:41	+01:44:26	10:16
90	2339	João Ribeiro	Individual	Veterano M40	03:38:50	+01:47:36	10:25
91	2108	Miguel Alves	Centro Trail Carlos Sá Team Penacova	Veterano M40	03:41:20	+01:50:06	10:32
92	2468	Rui Miguel Silva Almeida Teixeira	PORTO SENTIDO RUNNERS	Veterano M40	03:42:59	+01:51:45	10:37
93	2362	Paulo Pinto	Individual	Veterano M40	03:43:38	+01:52:24	10:39
94	2336	Eduardo Nascimento	Individual	Veterano M40	03:46:54	+01:55:39	10:48
95	2392	Paulo Silva	Iniciados	Veterano M40	03:49:43	+01:58:29	10:56
96	2484	Rogério Palmeiro	SHFIT TRAIL TEAM	Veterano M40	03:50:26	+01:59:11	10:58
97	2124	Marco Segadães	Cerveira Team Running	Veterano M40	03:56:03	+02:04:48	11:14
98	2527	Alexandre	UDA / Ponta Branca	Veterano M40	03:56:21	+02:05:06	11:15
99	2467	Avelino Rodrigues	PORTO SENTIDO RUNNERS	Veterano M40	04:00:40	+02:09:26	11:28
100	2067	Filipe Cunha	AZtrail/Mercentro	Veterano M40	04:01:43	+02:10:29	11:31
101	2521	Gustavo Taveira	Trogloditas Runners	Veterano M40	04:02:50	+02:11:35	11:34
102	2355	Nelson Franco	Individual	Veterano M40	04:03:38	+02:12:23	11:36
103	2393	Vítor Silva	Invicta Runners Team	Veterano M40	04:04:48	+02:13:33	11:39
104	2198	JOÃO SOARES	GINASIO ENERGYM	Veterano M40	04:07:04	+02:15:50	11:46
105	2096	Vitor Santos	CARAP AUS DE CORRIDA	Veterano M40	04:08:41	+02:17:27	11:51
106	2095	Nuno Clemente	CARAP AUS DE CORRIDA	Veterano M40	04:08:41	+02:17:27	11:51
107	2340	João Rio	Individual	Veterano M40	04:11:26	+02:20:11	11:58
108	2503	Bruno Gil Gomes da Silva Lopes	Titus Vespasiano	Veterano M40	04:12:26	+02:21:11	12:01
109	2326	Alcindo Silva	Individual	Veterano M40	04:13:01	+02:21:47	12:03

Official Timekeeper: Lap2Go	10 / 12	generate 24-Sep-2018 15:58
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Trail Longo 21K

21 KM

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OFFICIAL RESULT

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110	2147	André Pereira	Cricas	Veterano M40	04:13:07	+02:21:53	12:03
111	2148	Marco Pacheco	Cricas	Veterano M40	04:13:08	+02:21:53	12:03
112	2142	Rui Oliveira	ComDor Runners	Veterano M40	04:14:15	+02:23:00	12:06
113	2201	Paulo Ferreira	Grupo 46	Veterano M40	04:14:53	+02:23:38	12:08
114	2202	Pedro Sá Pereira	Grupo 46	Veterano M40	04:14:55	+02:23:40	12:08
115	2200	Francisco Lopes	Grupo 46	Veterano M40	04:14:56	+02:23:41	12:08
116	2083	Diogo Albuquerque	BERG OUTDOOR	Veterano M40	04:17:24	+02:26:09	12:15
117	2349	Luís Monteiro	Individual	Veterano M40	04:19:20	+02:28:06	12:21
118	2052	Fernando Lopes	ARCORUN	Veterano M40	04:20:09	+02:28:55	12:23
119	2363	Pedro Carvalho	Individual	Veterano M40	04:22:56	+02:31:42	12:31
120	2353	Miguel Henriques	Individual	Veterano M40	04:24:54	+02:33:39	12:37
121	2369	Vitor perfeito Masculino sousa	Individual	Veterano M40	04:36:33	+02:45:18	13:10
122	2327	Álvaro Cairrão	Individual	Veterano M40	04:42:38	+02:51:24	13:28
123	2333	Bruno Rocha	Individual	Veterano M40	04:57:07	+03:05:53	14:09
124	2334	Cláudio Tereso	Individual	Veterano M40	05:39:43	+03:48:29	16:11

Veterano M50

1	2025	Daniel cardoso	AIRORUN	Veterano M50	02:27:22	+36:07	07:01
2	2170	Jesus Ballesteros	EDL Trail	Veterano M50	02:31:43	+40:29	07:14
3	2482	Carlos Vinhas	Running Penafiel Trail	Veterano M50	02:37:37	+46:22	07:30
4	2411	José Amorim	KER SPORT	Veterano M50	02:37:57	+46:42	07:31
5	2141	JOAQUIM SANTOS	CMC - CARAPAUS	Veterano M50	02:40:54	+49:40	07:40
6	2400	Fernando Gonçalves	Kalenji Running Club Aveiro	Veterano M50	02:52:14	+01:00:59	08:12
7	2379	Gustavo Anjos	Individual	Veterano M50	02:52:17	+01:01:02	08:12
8	2374	camilo Muniz Rodriguez	Individual	Veterano M50	02:52:36	+01:01:21	08:13
9	2372	ANTONIO MARQUES	Individual	Veterano M50	02:58:33	+01:07:18	08:30
10	2065	José Xavier Nascimento Aveiro	Associação Porto da Cruz Trail Team	Veterano M50	03:00:42	+01:09:27	08:36
11	2175	FERNANDO CUNHA	EDV-VIANATRAIL	Veterano M50	03:01:55	+01:10:40	08:40
12	2001	Luis Aires	100 eSTRILHOS	Veterano M50	03:04:03	+01:12:48	08:46
13	2494	josé raposo	Tálenos Team	Veterano M50	03:06:20	+01:15:06	08:52
14	2128	João Dias	CLAC Entroncamento/OndaTrilhos	Veterano M50	03:06:54	+01:15:39	08:54
15	2092	MANUEL PINTO	Caav/trail	Veterano M50	03:10:04	+01:18:50	09:03
16	2376	Duarte Alves	Individual	Veterano M50	03:11:19	+01:20:04	09:07
17	2380	HENRIQUE BORGES	Individual	Veterano M50	03:12:54	+01:21:39	09:11
18	1458	ALVARO ARAÚJO	Minho e Lima Trail	Veterano M50	03:15:05	+01:23:50	09:17
19	2126	Luís Araújo	Cerveira Team Running	Veterano M50	03:17:04	+01:25:49	09:23
20	2054	Jorge Santos	ARCORUN	Veterano M50	03:17:34	+01:26:19	09:24
21	2137	AMERICO ANTONIO PEREIRA ANTUNES	Clube Millennium BCP	Veterano M50	03:17:57	+01:26:42	09:26
22	2381	Jesus Cao Alfonso	Individual	Veterano M50	03:25:21	+01:34:06	09:47
23	2037	Paulo Leite	All About	Veterano M50	03:26:18	+01:35:04	09:49
24	2386	Paulo Genésio	Individual	Veterano M50	03:31:55	+01:40:41	10:06
25	2377	Fernando Ferreira	Individual	Veterano M50	03:32:06	+01:40:52	10:06
26	2208	José Manuel Braga Ferreira	GTT-Armazem do Caffè	Veterano M50	03:34:39	+01:43:25	10:13
27	2036	António Kirsh	All About	Veterano M50	03:40:38	+01:49:23	10:30

Trail Longo 21K

21 KM

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OFFICIAL RESULT

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28	2383	JOSE LUIS MOREIRA	Individual	Veterano M50	03:42:07	+01:50:53	10:35
29	2493	Fernando Nascimento	Tálenos Team	Veterano M50	03:43:27	+01:52:12	10:38
30	2378	Francisco Pereira da Costa	Individual	Veterano M50	03:46:45	+01:55:31	10:48
31	2438	Alvaro Silva	Mss-Contabilidade	Veterano M50	03:54:45	+02:03:30	11:11
32	2537	MIGUEL OLIVEIRA	VIDAATIVARUNNERS	Veterano M50	03:58:09	+02:06:54	11:20
33	2140	JOÃO SILVA	CMC - CARAP AUS	Veterano M50	03:58:12	+02:06:57	11:21
34	2385	Manuel Coutinho Machado	Individual	Veterano M50	04:01:14	+02:09:59	11:29
35	2370	Américo José Coutinho Machado	Individual	Veterano M50	04:01:14	+02:10:00	11:29
36	2068	Júlio Terra	AZtrail/Mercentro	Veterano M50	04:01:44	+02:10:29	11:31
37	1260	DURBALINO FERREIRA	GINASIO FIT 4 FUN	Veterano M50	04:02:50	+02:11:36	11:34
38	2049	Joao Cruz	ARCA BarceloS runners	Veterano M50	04:04:19	+02:13:04	11:38
39	2453	Jaime Pereira	OLIMPICO VIANENSE TRAIL	Veterano M50	04:08:16	+02:17:02	11:49
40	2550	Fernando Monteiro	Individual	Veterano M50	04:12:30	+02:21:15	12:01
41	2410	Antonio Miranda	KER SPORT	Veterano M50	04:13:38	+02:22:23	12:05
42	2375	Carlos Almeida	Individual	Veterano M50	04:21:34	+02:30:20	12:27
43	2419	Paulo Pelayo	Lions Runners	Veterano M50	04:24:43	+02:33:28	12:36
44	2097	Manuel Francisco	CARAP AUS DE CORRIDA	Veterano M50	04:28:32	+02:37:17	12:47
45	2388	Valentim Castro da Guia	Individual	Veterano M50	04:30:47	+02:39:33	12:54
46	2373	Augusto Lopes	Individual	Veterano M50	04:32:34	+02:41:19	12:59

Veterano M60

1	2109	Manuel Lino Costa	Centro Trail Carlos Sá Team Penacova	Veterano M60	02:11:43	+20:29	06:16
2	2127	Raul fernandes	Cerveira Team Running	Veterano M60	02:54:22	+01:03:08	08:18
3	2038	Lino Moreira	All About	Veterano M60	03:26:12	+01:34:57	09:49
4	2394	António Santos Pereira	Invicta Runners Team	Veterano M60	03:39:06	+01:47:51	10:26
5	2390	Pedro Amorim	Individual	Veterano M60	03:58:24	+02:07:10	11:21
6	2463	António Rodrigues Antunes	Palmeira Runners	Veterano M60	04:04:45	+02:13:30	11:39
7	1211	MANUEL RODRIGUES	CORRER LEÇA	Veterano M60	04:31:47	+02:40:33	12:57
8	2389	GARCIA DA SILVA	Individual	Veterano M60	04:56:35	+03:05:21	14:07
9	2132	Alberto Fernandes de Castro Pinhão	Clube de Montanhismo de Braga	Veterano M60	04:57:13	+03:05:58	14:09

Official Timekeeper: Lap2Go	1 / 2	generate 23-set-2018 17:29
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39	UDA / PONTA BRANCA	197 + 334 + 335	866
40	TÁLENTOS TEAM	155 + 290 + 441	886
41	ALVERCA URBAN RUNNERS	93 + 350 + 476	919
42	OLIMPICO VIANENSE TRAIL	270 + 303 + 383	956
43	BERG OUTDOOR	283 + 289 + 415	987
44	SPIN&RUN ESPOSENDE	310 + 373 + 374	1057
45	CRICAS	399 + 400 + 401	1200
46	CARAPAU DE CORRIDA	385 + 386 + 431	1202
47	GRUPO 46	407 + 408 + 409	1224

TRAIL CURTO 14K - STAGE 1

14 KM

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OFFICIAL RESULT

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REVISED

	Time	Temperature	Humidity
Start	10:00	17°C	100%
End	14:42	17°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
1	1238	Kueny Miranda	emicela team	Senior Masculino	01:11:14		05:05
2	2177	Edmar Andrade	emicela team	Senior Masculino	01:16:37	+05:22	05:28
3	4006	Ruben Veloso	caav/trail	Senior Masculino	01:18:01	+06:46	05:34
4	3457	BRUNO MIGUEL AMORIM RODRIGUES	minho e lima trail	Senior Masculino	01:19:21	+08:07	05:40
5	3299	FILIPE MENESES	ker sport	Senior Masculino	01:19:56	+08:41	05:43
6	3458	FILIPE SAMUEL RODRIGUES CORREIA	minho e lima trail	Senior Masculino	01:20:46	+09:31	05:46
7	3285	Adriano Rafael Caldas Morais	individual	Senior Masculino	01:21:29	+10:14	05:49
8	2554	Ricardo Manuel Carvalho de Sá	akuafit	Senior Masculino	01:22:53	+11:38	05:55
9	3006	ADELINO AIRES	alexandra carvalho team	Veterano M40	01:23:04	+11:49	05:56
10	3153	Abilio Almeida	dá-lhe gás running team	Veterano M40	01:23:34	+12:20	05:58
11	4132	Abílio Ribeiro	sporting clube espinho	Veterano M40	01:25:41	+14:26	06:07
12	3473	Mário Gonçalves	olimpico vianense trail	Veterano M40	01:25:48	+14:33	06:08
13	3048	Daniel Pereira	amigo trail run	Senior Masculino	01:26:58	+15:43	06:13
14	3196	Rui Manuel Mendes Azevedo	fridão sem limites	Senior Masculino	01:27:14	+15:59	06:14
15	3083	Arlindo Ferreira	bits&bikes/trail running	Veterano M50	01:28:59	+17:44	06:21
16	3043	Bruno Filipe Brandão Barbosa	amc trail	Senior Masculino	01:29:11	+17:56	06:22
17	3142	Adelino Pinto	clube trilheiros e amigos	Senior Masculino	01:29:16	+18:02	06:23
18	3301	IAGO VAZQUEZ	individual	Senior Masculino	01:29:32	+18:17	06:24
19	3445	Ricardo Salgueiro	lincs de montemor	Sub 23 Masculino	01:30:23	+19:08	06:27
20	3045	cesar goncalves	amc trail	Veterano M40	01:30:30	+19:15	06:28
21	3566	João Rodrigues	vale dos duros	Veterano M50	01:31:22	+20:07	06:32
22	3113	Carlos Loureiro	caav/trail	Veterano M40	01:31:43	+20:28	06:33
23	3314	Rafael Ferreira	individual	Senior Masculino	01:32:36	+21:21	06:37
24	3459	JORGE AMORIM	minho e lima trail	Senior Masculino	01:33:32	+22:18	06:41
25	3200	Bruno Daniel Mendes Azevedo	fridão sem limites	Veterano M40	01:34:39	+23:24	06:46
26	3203	Paulo Teixeira Sousa	fridão sem limites	Veterano M40	01:34:39	+23:24	06:46
27	3460	JOSÉ ALBERTO PIRES TRIGO	minho e lima trail	Veterano M40	01:34:57	+23:42	06:47
28	3534	Nuno Silva	the newbies	Senior Masculino	01:35:04	+23:50	06:47
29	3044	GONÇALO FREITAS	amc trail	Sub 23 Masculino	01:35:16	+24:01	06:48
30	3066	Raul Manuel Costa Alves	associação porto da cruz trail team	Senior Masculino	01:35:17	+24:02	06:48
31	3394	José Peixoto	individual	Veterano M40	01:35:38	+24:23	06:50
32	3437	Miguel Alves	leões de tardariz trail	Senior Masculino	01:35:51	+24:36	06:51
33	3323	Nuno Alexandre Antunes Cardoso	individual	Sub 23 Masculino	01:37:29	+26:14	06:58
34	3440	Dário Cardoso	leões de tardariz trail	Veterano M40	01:37:34	+26:19	06:58
35	3112	Paula costa	caav/trail	Senior Feminino	01:37:58	+26:43	07:00
36	3008	Alvaro Vale	ade trail running	Senior Masculino	01:38:14	+26:59	07:01
37	3291	Carlos Taveira	individual	Senior Masculino	01:38:35	+27:21	07:03
38	3385	Joao Batista Amorim da Silva	individual	Veterano M40	01:39:27	+28:12	07:06

TRAIL CURTO 14K - STAGE 1

14 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
39	3202	Manuel José Mendes Teixeira	fridão sem limites	Veterano M40	01:39:31	+28:16	07:07
40	3573	José Manuel Lopes	vidaativarunners	Senior Masculino	01:40:56	+29:41	07:13
41	3049	Vieirinha	amigo trail run	Veterano M40	01:41:20	+30:05	07:14
42	3416	Manuel Neves caramalho	individual	Veterano M50	01:41:31	+30:16	07:15
43	3387	João Carlos Pereira Morgado Barbosa	individual	Veterano M40	01:41:49	+30:35	07:16
44	3531	Carlos Silva	the newbies	Senior Masculino	01:43:41	+32:26	07:24
45	3103	Tony Mendes	btt alegria // tubani	Veterano M40	01:43:56	+32:41	07:25
46	3111	diana costa	caav/trail	Senior Feminino	01:44:00	+32:45	07:26
47	3305	Marco Veludo	individual	Senior Masculino	01:44:05	+32:50	07:26
48	3208	Jorge Beliago	gansos trail	Sub 23 Masculino	01:44:47	+33:32	07:29
49	3434	Ricardo Cruz	ker sport	Sub 23 Masculino	01:44:59	+33:44	07:30
50	3513	Armando Moreira	ribeiras trail	Veterano M40	01:45:23	+34:08	07:32
51	3560	Zeca Martins	trogloditas runners	Senior Masculino	01:45:26	+34:11	07:32
52	3428	Celso Gomes	juventude cortegacense	Veterano M50	01:45:49	+34:35	07:34
53	3397	Manuel Joaquim da Silva Baptista Vale	individual	Veterano M40	01:46:06	+34:51	07:35
54	3419	Paulo Dias	individual	Veterano M50	01:46:28	+35:13	07:36
55	3563	Ricardo Gomes	trogloditas runners	Senior Masculino	01:47:09	+35:54	07:39
56	3532	Hugo Faria	the newbies	Senior Masculino	01:47:12	+35:57	07:39
57	3152	ALBERTO PEREIRO GONZALEZ	coutadas trail team	Veterano M40	01:47:36	+36:21	07:41
58	3154	Fátima Cristina Figueiredo Oliveira	dive into the mountains	Senior Feminino	01:48:28	+37:13	07:45
59	3052	Sandra Carina Cabral Cunha	amigos do pedal trailagares	Senior Feminino	01:48:30	+37:16	07:45
60	3104	Adão Rocha	btt alegria // tubani	Veterano M50	01:48:32	+37:17	07:45
61	3073	Mario lima	aves runners	Senior Masculino	01:48:56	+37:42	07:47
62	3010	Tiago Gonsalves	affense trail	Senior Masculino	01:49:03	+37:48	07:47
63	3015	joao ferreira	airorun	Senior Masculino	01:49:16	+38:01	07:48
64	3421	Fernando Duarte Ferreira	individual	Veterano M60	01:49:36	+38:22	07:50
65	3065	Cátia Sofia Lima Vieira	associação porto da cruz trail team	Senior Feminino	01:49:46	+38:31	07:50
66	3068	Lisandra Pontes Basilio Tavares	associação porto da cruz trail team	Veterana F40	01:50:53	+39:38	07:55
67	3474	Alberto Cunha	olimpico vianense trail	Veterano M50	01:50:57	+39:43	07:56
68	3528	Eliana Pereira	team workout 48/cam	Senior Feminino	01:51:28	+40:13	07:58
69	3495	Goreti Sousa	profisio team	Veterana F50	01:51:33	+40:18	07:58
70	3293	Cláudio Macedo	individual	Senior Masculino	01:52:36	+41:21	08:03
71	3414	José Paulo Cardoso	individual	Veterano M50	01:52:41	+41:26	08:03
72	3288	Andre Mendes	individual	Senior Masculino	01:52:45	+41:30	08:03
73	3384	Henrique manuel lopes conde	individual	Veterano M40	01:53:02	+41:48	08:04
74	3195	Olga Cristina Ferreira Mota	fridão sem limites	Senior Feminino	01:53:04	+41:49	08:05
75	3300	Helder	rumo aventura	Senior Masculino	01:53:04	+41:49	08:05
76	3443	Sandrina Gomes	lethes trail team	Veterana F40	01:53:19	+42:04	08:06
77	3179	PAULO SILVA	equipa joão ferreira	Veterano M40	01:53:19	+42:05	08:06
78	3100	Sergio Coelho	btt alegria // tubani	Senior Masculino	01:53:34	+42:19	08:07
79	3024	Sérgio júnior	akuafit	Senior Masculino	01:53:46	+42:31	08:08
80	3190	antónio neves	fardetas	Veterano M40	01:53:58	+42:43	08:08

TRAIL CURTO 14K - STAGE 1

14 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
81	3020	Nuno Soares	akuafit	Senior Masculino	01:54:03	+42:48	08:09
82	3023	Rui Francisco Alves Pinho	akuafit	Senior Masculino	01:54:03	+42:48	08:09
83	3002	Gabriela Pinto	a.d.amarante trail running	Senior Feminino	01:54:34	+43:19	08:11
84	2188	Antonio Joaquim Teixeira Alves	fridão sem limites	Veterano M40	01:54:34	+43:19	08:11
85	3380	Fernando Pimentel	individual	Veterano M40	01:54:52	+43:37	08:12
86	3038	DANIEL BARRETO	alexandra carvalho team	Veterano M60	01:54:54	+43:39	08:12
87	3035	RICARDO REGO	alexandra carvalho team	Senior Masculino	01:54:54	+43:39	08:12
88	3110	Pedro Vieira	c.c.recreativo de são martinho	Senior Masculino	01:55:07	+43:53	08:13
89	3430	Paulo Castelo	juventude cortegacense	Veterano M50	01:55:29	+44:14	08:15
90	3003	Daniel Ribeiro	a.d.amarante trail running	Senior Masculino	01:55:31	+44:16	08:15
91	3001	Alice Pereira	a.d.amarante trail running	Senior Feminino	01:55:42	+44:27	08:16
92	3522	Fernando Carvalho	ss montepio	Veterano M50	01:56:20	+45:05	08:19
93	3412	Joaquim Rocha	individual	Veterano M50	01:56:24	+45:09	08:19
94	3373	Abílio Baltazar Morais	individual	Veterano M40	01:56:27	+45:12	08:19
95	3046	Paulo Bastos	amc trail	Veterano M40	01:56:29	+45:14	08:19
96	3313	Pedro Marques	individual	Senior Masculino	01:56:31	+45:16	08:19
97	3501	Ricardo Rocha	ribeiras trail	Senior Masculino	01:56:46	+45:31	08:20
98	3511	Margarida Martins	ribeiras trail	Veterana F50	01:56:46	+45:31	08:20
99	3016	deolinda faria	airorun	Veterana F40	01:57:09	+45:54	08:22
100	3379	Fernando Manuel Fernandes Rodrigues	individual	Veterano M40	01:57:10	+45:56	08:22
101	3533	Marçelo Teixeira	the newbies	Senior Masculino	01:57:40	+46:26	08:24
102	3194	Eliana Patricia Gonçalves Pinto Teixeira	fridão sem limites	Senior Feminino	01:57:41	+46:26	08:24
103	3388	joão cerqueira	individual	Veterano M40	01:57:47	+46:33	08:25
104	3544	Eriberto Matos	trail team montaria	Veterano M40	01:58:38	+47:23	08:28
105	3164	Vania Fernandes	emicela team	Senior Feminino	01:59:19	+48:05	08:31
106	3064	Judite Sousa	associação campo redondo	Veterana F40	01:59:26	+48:11	08:32
107	3514	Joaquim Pinto	ribeiras trail	Veterano M40	01:59:45	+48:31	08:33
108	3543	Tiago Martins	trail team montaria	Sub 23 Masculino	02:00:25	+49:10	08:36
109	3298	Domingos Filipe Lopes Lobo	individual	Senior Masculino	02:03:00	+51:45	08:47
110	3021	Pedro Miranda	akuafit	Senior Masculino	02:03:08	+51:54	08:48
111	3406	Pedro José Oliveira da Silva	individual	Veterano M40	02:03:43	+52:28	08:50
112	3176	Laura Santos	equipa joão ferreira	Veterana F50	02:03:58	+52:43	08:51
113	3321	João Rosa	individual	Sub 23 Masculino	02:04:28	+53:13	08:53
114	3177	CARLOS JORGE	equipa joão ferreira	Veterano M40	02:04:48	+53:33	08:55
115	3408	António Lima	individual	Veterano M50	02:05:19	+54:04	08:57
116	3516	José Moura	ribeiras trail	Veterano M50	02:05:30	+54:16	08:58
117	3287	André Leite	individual	Senior Masculino	02:05:33	+54:18	08:58
118	3557	Maria Araújo	trogloeditas runners	Senior Feminino	02:05:36	+54:22	08:58
119	3342	Isabel Rocha	individual	Veterana F40	02:05:38	+54:23	08:58
120	3325	Pedro Graça	individual	Sub 23 Masculino	02:05:40	+54:25	08:59
121	3322	João Santa Cruz	individual	Sub 23 Masculino	02:05:40	+54:25	08:59
122	3469	José Gonçalves	oada - os amigos da aventura	Veterano M40	02:05:41	+54:26	08:59
123	3555	Luisa Teixeira	tricotar trails	Veterana F40	02:06:00	+54:46	09:00
124	3556	Irene Varajão	trogloeditas runners	Senior Feminino	02:06:12	+54:58	09:01
125	3253	Marcia Russo	individual	Senior Feminino	02:06:41	+55:26	09:03

TRAIL CURTO 14K - STAGE 1

14 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
126	3545	Gil Martins	trail team montaria	Veterano M50	02:06:46	+55:31	09:03
127	3453	Rui Araújo	melaria limiana	Senior Masculino	02:06:48	+55:34	09:03
128	3401	Nelson silva	individual	Veterano M40	02:06:57	+55:42	09:04
129	3188	marisa doreta	pardetas	Veterana F40	02:07:43	+56:28	09:07
130	3354	Patricia Fernandes	individual	Veterana F40	02:08:18	+57:03	09:10
131	3317	Vítor Fernandes	individual	Senior Masculino	02:08:28	+57:13	09:11
132	3386	João Carlos da Silva Gomes	individual	Veterano M40	02:08:40	+57:25	09:11
133	3309	Paulo Cerqueira	individual	Senior Masculino	02:08:45	+57:30	09:12
134	3097	Daniel Sousa	btt alegria // tubani	Senior Masculino	02:09:04	+57:49	09:13
135	3485	RICARDO PEREIRA	portocargo runners	Senior Masculino	02:09:06	+57:52	09:13
136	3424	Anabela Marques	juventude cortegacense	Veterana F40	02:09:07	+57:52	09:13
137	3087	José Fonseca	braguinhas runners	Veterano M50	02:09:13	+57:58	09:14
138	3278	Rosa Pereira	individual	Senior Feminino	02:09:38	+58:24	09:16
139	3133	Silvina Cunha	cerveira team running	Veterana F40	02:10:06	+58:51	09:18
140	3128	Carlos Cunha	cerveira team running	Senior Masculino	02:10:06	+58:51	09:18
141	3081	Miguel Tolentino	berg outdoor	Veterano M40	02:10:15	+59:00	09:18
142	3332	Carla Salgado	individual	Veterana F40	02:10:18	+59:03	09:18
143	3122	Celsa Perez	cerveira team running	Senior Feminino	02:10:20	+59:05	09:19
144	3075	Emilio Davide Senra Cardoso	b.t.m.	Veterano M50	02:10:21	+59:06	09:19
145	3004	Graça Ribeiro	a.d.amarante trail running	Veterana F40	02:10:24	+59:09	09:19
146	3209	Miguel Costa	gansos trail	Veterano M40	02:10:25	+59:10	09:19
147	3027	Bruno Amorim	akuafit	Veterano M40	02:10:42	+59:28	09:20
148	3541	Marco Pires	trail team montaria	Sub 23 Masculino	02:10:58	+59:44	09:21
149	3028	David Paiva	akuafit	Veterano M40	02:11:02	+59:47	09:22
150	3071	Sérgio Lobo	atletico clube de montemor - acm montemor a correr	Senior Masculino	02:11:09	+59:54	09:22
151	3315	RICARDO CUNHA	individual	Senior Masculino	02:11:29	+01:00:15	09:24
152	3086	Elizabeth Ortiz	braguinhas runners	Veterana F40	02:11:35	+01:00:20	09:24
153	3441	Manuel Alvarino	leões de tardariz trail	Veterano M40	02:11:40	+01:00:25	09:24
154	3498	José Afonso	rampinhas	Veterano M50	02:12:00	+01:00:46	09:26
155	3337	Dina Maria Nascimento Aveiro	individual	Veterana F40	02:12:45	+01:01:30	09:29
156	3410	Fernando Amaro	individual	Veterano M50	02:13:15	+01:02:00	09:31
157	3549	Luís Magalhães	trailers	Veterano M40	02:13:19	+01:02:05	09:31
158	3509	Rosa Gama	ribeiras trail	Veterana F40	02:13:29	+01:02:14	09:32
159	3433	Sara Carpinteira	ker sport	Senior Feminino	02:13:34	+01:02:19	09:32
160	3206	Gonçalo Oliveira Pires	galhardos runners	Senior Masculino	02:13:40	+01:02:25	09:33
161	3207	Ricardo Almeida	galhardos runners	Senior Masculino	02:13:40	+01:02:25	09:33
162	3502	Sérgio Mendes	ribeiras trail	Senior Masculino	02:13:41	+01:02:26	09:33
163	3191	miguel queirós	pardetas	Veterano M40	02:13:44	+01:02:29	09:33
164	3527	Diogo Leonel Azevedo Sampaio	team tt	Senior Masculino	02:13:47	+01:02:33	09:33
165	3375	António Grande	individual	Veterano M40	02:14:05	+01:02:50	09:35
166	3007	Ana Carolina Pereira	ade trail running	Senior Feminino	02:14:07	+01:02:52	09:35
167	3141	Diana Dias	clube trilheiros e amigos	Senior Feminino	02:14:07	+01:02:52	09:35
168	3536	José Eusébio	trail me	Veterano M40	02:14:12	+01:02:57	09:35
169	3484	ANA MARTINS	portocargo runners	Senior Feminino	02:14:22	+01:03:07	09:36
170	3261	Isabel Ferreira	individual	Senior Feminino	02:14:28	+01:03:13	09:36

TRAIL CURTO 14K - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
171	3363	Sonia santos	individual	Veterana F40	02:14:45	+01:03:30	09:38
172	3381	Fernando Sérgio Moreira Filipe	individual	Veterano M40	02:14:51	+01:03:36	09:38
173	3383	Francisco Rua	individual	Veterano M40	02:14:51	+01:03:37	09:38
174	3461	Patricia Moreira	monte dos amigos	Senior Feminino	02:14:56	+01:03:41	09:38
175	3423	Miguel Pinheiro Matos	juventude cortegacense	Senior Masculino	02:15:33	+01:04:18	09:41
176	3316	Rui Silva	individual	Senior Masculino	02:15:46	+01:04:31	09:42
177	3307	Nelson xavier	individual	Senior Masculino	02:15:46	+01:04:31	09:42
178	3500	Ricardo Pinto	ribeiras trail	Senior Masculino	02:15:49	+01:04:34	09:42
179	3331	Carla Marina Araújo Vilas Boas	individual	Veterana F40	02:15:49	+01:04:34	09:42
180	3351	Nadir Sofia da Silva Vaz de Sousa	individual	Veterana F40	02:15:58	+01:04:43	09:43
181	3359	Sandra Amorim	individual	Veterana F40	02:15:58	+01:04:43	09:43
182	3390	João Paulo Gonçalves	individual	Veterano M40	02:16:01	+01:04:46	09:43
183	3276	Patricia Pereira	individual	Senior Feminino	02:16:49	+01:05:34	09:46
184	3282	Sónia Silva	individual	Senior Feminino	02:16:50	+01:05:35	09:46
185	3357	Rosa Beja	individual	Veterana F40	02:17:26	+01:06:11	09:49
186	3413	José Gonçalves	individual	Veterano M50	02:17:38	+01:06:23	09:50
187	3374	António Carvalho	individual	Veterano M40	02:17:43	+01:06:28	09:50
188	590	João Cardoso	ss montepio	Veterano M40	02:18:06	+01:06:51	09:52
189	3518	Rui Carvalho	ss montepio	Senior Masculino	02:18:07	+01:06:52	09:52
190	3025	Paula Ferreira	akuafit	Veterana F40	02:18:12	+01:06:58	09:52
191	3029	Filipe Pires Martins	akuafit	Veterano M40	02:18:13	+01:06:58	09:52
192	3400	Miguel Alves	individual	Veterano M40	02:18:49	+01:07:35	09:55
193	3411	Joaquim Augusto Teixeira Seca	individual	Veterano M50	02:18:54	+01:07:39	09:55
194	3427	Augusto Santos Silva	juventude cortegacense	Veterano M50	02:19:10	+01:07:55	09:56
195	3341	Isabel Pereira Gomes	individual	Veterana F40	02:19:28	+01:08:13	09:58
196	3554	Ivone Pardal	tricotar trails	Veterana F40	02:19:38	+01:08:24	09:58
197	3436	Isabel Domingues	lebres minhotas	Veterana F40	02:20:14	+01:09:00	10:01
198	3082	Alzira Alves	bits&bikes/trail running	Veterana F40	02:20:19	+01:09:04	10:01
199	3312	Pedro Manuel da Cunha Mota Pereira	individual	Senior Masculino	02:20:19	+01:09:04	10:01
200	3116	David José Alves Nogueira	caracois do monmte	Veterano M50	02:20:33	+01:09:18	10:02
201	3546	catarina santos	trailers	Senior Feminino	02:21:11	+01:09:56	10:05
202	3542	Miguel Barros	trail team montaria	Sub 23 Masculino	02:21:28	+01:10:13	10:06
203	3538	Gonçalo Paula	trail team montaria	Sub 23 Masculino	02:21:28	+01:10:14	10:06
204	3450	Albino Felix	malha no charco	Veterano M60	02:21:51	+01:10:36	10:08
205	3447	Gonçalo Loureiro	malha no charco	Senior Masculino	02:21:51	+01:10:36	10:08
206	3306	Miguel Oliveira	individual	Senior Masculino	02:21:59	+01:10:44	10:09
207	3070	José de Almada Mendonça	associação porto da cruz trail team	Veterano M50	02:22:13	+01:10:58	10:10
208	3422	Cristiana Marques de Carvalho	juventude cortegacense	Senior Feminino	02:22:29	+01:11:14	10:11
209	3467	António Jorge Carvalho	nocturnos de paredes	Veterano M50	02:22:29	+01:11:15	10:11
210	3192	josé castelo	fardetas	Veterano M60	02:22:39	+01:11:24	10:11
211	3019	Sara Alexandra Fernandes	akuafit	Senior Feminino	02:22:53	+01:11:38	10:12
212	3170	Jorge Vasconcelos	equipa a	Veterano M40	02:23:02	+01:11:47	10:13
213	3438	Nuno Pereira	leões de tardariz trail	Senior Masculino	02:23:06	+01:11:51	10:13
214	3535	Jose Silva	the newbies	Veterano M40	02:23:16	+01:12:01	10:14

TRAIL CURTO 14K - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
215	3243	Amelie Cote	individual	Senior Feminino	02:23:25	+01:12:10	10:15
216	3160	Pedro Bonito	é para acabar	Senior Masculino	02:23:26	+01:12:11	10:15
217	3158	Francisco van Zeller	é para acabar	Senior Masculino	02:23:26	+01:12:11	10:15
218	3435	Mónica Domingues	lebres minhotas	Senior Feminino	02:23:47	+01:12:32	10:16
219	3547	paula afonso	trailers	Veterana F40	02:23:56	+01:12:41	10:17
220	3540	Hélder Maciel	trail team montaria	Sub 23 Masculino	02:24:01	+01:12:47	10:17
221	3051	Zé Luis	amigos do empeno	Senior Masculino	02:24:04	+01:12:49	10:17
222	3078	Ivo Mesquita	berg outdoor	Senior Masculino	02:24:33	+01:13:18	10:20
223	3079	Ana Ribeiro	berg outdoor	Veterana F40	02:24:46	+01:13:31	10:20
224	3180	RUI COMPLETO	equipa joão ferreira	Veterano M40	02:25:46	+01:14:32	10:25
225	3084	Aurora Silva	braguinhas runners	Veterana F40	02:26:17	+01:15:02	10:27
226	3275	Minerva	individual	Senior Feminino	02:27:00	+01:15:45	10:30
227	3392	José Ferreira	individual	Veterano M40	02:27:10	+01:15:55	10:31
228	3197	Elisabete Nogueira	fridão sem limites	Veterana F40	02:27:14	+01:15:59	10:31
229	3095	Sara Rocha	btt alegria // tubani	Senior Feminino	02:27:58	+01:16:43	10:34
230	3256	ELIA FRANCISCO	individual	Senior Feminino	02:27:59	+01:16:44	10:34
231	3057	Filipa Ferreira	arca barcelos runners	Veterana F40	02:28:00	+01:16:45	10:34
232	3237	José Manuel Fernandes Moreira da Silva	grupo desportivo santander totta	Veterano M40	02:28:05	+01:16:50	10:35
233	3161	Liliana Rocha	ei team trail	Senior Feminino	02:28:16	+01:17:01	10:35
234	1554	Carine Reis	individual	Veterana F40	02:28:16	+01:17:01	10:35
235	3080	Susana Martins	berg outdoor	Veterana F40	02:28:33	+01:17:18	10:37
236	3496	Nuno Costa	quenianos do paço	Senior Masculino	02:28:37	+01:17:22	10:37
237	3488	CARLOS OLIVEIRA	portocargo runners	Veterano M40	02:29:04	+01:17:49	10:39
238	3340	Irene Silva	individual	Veterana F40	02:29:06	+01:17:51	10:39
239	3171	JOANA GOMES	equipa joão ferreira	Senior Feminino	02:29:21	+01:18:06	10:40
240	3431	ANABELA GOMES	kemedo team	Veterana F40	02:29:58	+01:18:44	10:43
241	3558	Paula Araújo	trogloeditas runners	Senior Feminino	02:30:56	+01:19:41	10:47
242	3268	Lurdes Martins	individual	Senior Feminino	02:31:11	+01:19:57	10:48
243	3050	Paulo Costa	amigos do empeno	Senior Masculino	02:31:33	+01:20:19	10:50
244	3520	Ricardo Resende	ss montepio	Veterano M40	02:31:44	+01:20:29	10:50
245	3324	Pedro Eusébio	individual	Sub 23 Masculino	02:31:49	+01:20:34	10:51
246	3497	David Azevedo	quenianos do paço	Veterano M40	02:31:51	+01:20:36	10:51
247	3580	Ana Cardoso	yazaki runners	Veterana F50	02:31:54	+01:20:39	10:51
248	3085	Elizabete Borges	braguinhas runners	Veterana F40	02:32:01	+01:20:46	10:52
249	3409	Domingos Araújo	individual	Veterano M50	02:32:02	+01:20:47	10:52
250	3115	DAVID COELHO	caav/trail	Veterano M60	02:32:07	+01:20:52	10:52
251	3201	Fernando Sampaio	fridão sem limites	Veterano M40	02:32:10	+01:20:56	10:52
252	3185	Teresa Rodrigues	edv-vianatrail	Veterana F40	02:32:14	+01:21:00	10:52
253	3187	Jose Gonçalves	edv-vianatrail	Veterano M40	02:32:15	+01:21:00	10:53
254	3120	Sandra Matos	centro ciclista de gondomar	Veterana F40	02:32:31	+01:21:16	10:54
255	3448	Rodrigo Pedrosa	malha no charco	Veterano M40	02:32:34	+01:21:20	10:54
256	3303	Júlio Machado	individual	Senior Masculino	02:32:43	+01:21:28	10:55
257	3264	Joana Pereira	individual	Senior Feminino	02:32:50	+01:21:35	10:55
258	3470	Miguel Carvalhido	oada - os amigos da aventura	Veterano M40	02:32:54	+01:21:39	10:55
259	3417	Moisés Merrelho	individual	Veterano M50	02:32:57	+01:21:42	10:56

TRAIL CURTO 14K - STAGE 1

14 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
260	3432	Andreia Ferraz	ker sport	Senior Feminino	02:33:14	+01:21:59	10:57
261	3571	JOANA CORREIA	vidaativarunners	Senior Feminino	02:33:23	+01:22:08	10:57
262	3575	SUSANA SILVA	vidaativarunners	Veterana F40	02:33:23	+01:22:08	10:57
263	3399	Manuel Teixeira	individual	Veterano M40	02:33:34	+01:22:19	10:58
264	3297	Diogo Costa	individual	Senior Masculino	02:33:34	+01:22:19	10:58
265	3119	Carmen Vidal	ccd matriz / borba trail	Veterana F40	02:33:59	+01:22:44	11:00
266	3076	Rafaela Mendes	berg outdoor	Senior Feminino	02:34:20	+01:23:05	11:01
267	3193	Carla Sofia Mendes Teixeira	fridão sem limites	Senior Feminino	02:34:30	+01:23:15	11:02
268	3026	Salomé Ferreira	akuafit	Veterana F40	02:34:40	+01:23:25	11:03
269	3559	Sandra Dantas	trogloditas runners	Senior Feminino	02:34:40	+01:23:25	11:03
270	3561	Fátima Barroso	trogloditas runners	Veterana F40	02:34:40	+01:23:25	11:03
271	3519	Francisco Moreira	ss montepio	Veterano M40	02:34:47	+01:23:32	11:03
272	3479	Susana	padela natural team - fisiofreixo	Senior Feminino	02:34:47	+01:23:33	11:03
273	3173	ANA MARGARIDA	equipa joão ferreira	Veterana F40	02:35:39	+01:24:25	11:07
274	2029	Susana Pereira	akuafit	Senior Feminino	02:35:43	+01:24:28	11:07
275	3145	Cristina Martins	correr leça	Senior Feminino	02:36:12	+01:24:58	11:09
276	3151	Pedro Justo	correr leça	Veterano M40	02:36:13	+01:24:58	11:10
277	3257	Elisa Dias	individual	Senior Feminino	02:36:21	+01:25:06	11:10
278	3295	David Plouffe	individual	Senior Masculino	02:36:21	+01:25:06	11:10
279	3131	Fátima Fernandes	cerveira team running	Veterana F40	02:36:23	+01:25:08	11:10
280	3250	Célia Cerqueira	individual	Senior Feminino	02:36:27	+01:25:12	11:11
281	3183	Cidália Ribeiro	edv-vianatrail	Veterana F40	02:36:28	+01:25:13	11:11
282	3096	Sofia Ferreira	btt alegria // tubani	Senior Feminino	02:36:42	+01:25:28	11:12
283	3098	Mário Estêvão	btt alegria // tubani	Senior Masculino	02:36:43	+01:25:28	11:12
284	3222	Joana Rocha	generosos runners	Senior Feminino	02:37:00	+01:25:45	11:13
285	3415	Luís Azevedo	individual	Veterano M50	02:37:05	+01:25:50	11:13
286	3099	Nelson Martins	btt alegria // tubani	Senior Masculino	02:37:08	+01:25:53	11:13
287	3366	Anabela Lourenço	individual	Veterana F50	02:37:12	+01:25:57	11:14
288	3210	Joaquim Garces	gansos trail	Veterano M50	02:37:23	+01:26:08	11:15
289	3144	Alessandra Moscato	correr leça	Senior Feminino	02:37:26	+01:26:11	11:15
290	3464	Fernanda Leão	nocturnos de paredes	Veterana F40	02:37:30	+01:26:15	11:15
291	3465	Maria Jesus	nocturnos de paredes	Veterana F40	02:37:48	+01:26:33	11:16
292	3521	Rui Silva	ss montepio	Veterano M40	02:37:48	+01:26:33	11:16
293	3114	Filipe Brito	caav/trail	Veterano M40	02:37:52	+01:26:37	11:17
294	3246	Anabela Areias	individual	Senior Feminino	02:38:26	+01:27:11	11:19
295	3339	Filipa Pimenta	individual	Veterana F40	02:38:55	+01:27:40	11:21
296	3552	Sara Macedo	trailistas "eu é que sei!"	Veterana F40	02:38:56	+01:27:41	11:21
297	3446	Vanda Coelho	lincs de montemor	Veterana F40	02:39:15	+01:28:00	11:23
298	3204	Cátia Roque	gafanhori	Senior Feminino	02:39:15	+01:28:01	11:23
299	3489	PAULO FERREIRA	portocargo runners	Veterano M40	02:39:26	+01:28:11	11:23
300	3487	LAURA VIEIRA	portocargo runners	Veterana F40	02:39:26	+01:28:11	11:23
301	3525	Elsa Maria Lima Moreira	team shark	Veterana F40	02:39:31	+01:28:16	11:24
302	3248	CARLA VAZQUEZ	individual	Senior Feminino	02:40:24	+01:29:09	11:27
303	3352	Nieves Hermida Fernández	individual	Veterana F40	02:40:24	+01:29:09	11:27
304	3118	joao remedios	carapaus	Veterano M50	02:40:54	+01:29:40	11:30
305	3364	Yolanda Blanco	individual	Veterana F40	02:41:30	+01:30:15	11:32

TRAIL CURTO 14K - STAGE 1

14 KM

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REVISED

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
306	3055	Ana Matos	arca barcelos runners	Veterana F40	02:42:31	+01:31:16	11:37
307	3056	Cidália Rodrigues	arca barcelos runners	Veterana F40	02:42:53	+01:31:38	11:38
308	3053	Laurinda Martins	apúlia a correr	Veterana F40	02:43:18	+01:32:03	11:40
309	3326	Ana Maria Ferreira	ei team trail	Veterana F40	02:43:46	+01:32:31	11:42
310	3564	Carlos Costa	trogloditas runners	Veterano M50	02:43:53	+01:32:38	11:42
311	3226	Paula Ferreira	generosos runners	Veterana F40	02:44:51	+01:33:36	11:47
312	3333	Carla Sofia Aguiar Silva	individual	Veterana F40	02:45:00	+01:33:46	11:47
313	3526	Izabel Ferreira Lopez Correia	team shark	Veterana F50	02:45:01	+01:33:46	11:47
314	3377	Eduardo Loureiro	individual	Veterano M40	02:45:03	+01:33:49	11:47
315	3189	silvia castelo	fardetas	Veterana F40	02:45:08	+01:33:53	11:48
316	3444	JORGE SOUSA	lethes trail team	Veterano M50	02:45:35	+01:34:20	11:50
317	3156	Marcelo Viegas	é nós na fita	Senior Masculino	02:45:47	+01:34:32	11:51
318	3157	Raphael Stanzani	é nós na fita	Senior Masculino	02:45:48	+01:34:33	11:51
319	3039	Alexandra Leite	all about	Veterana F40	02:45:58	+01:34:43	11:51
320	3093	Patrícia Pinto	btt alegria // tubani	Senior Feminino	02:46:25	+01:35:11	11:53
321	3343	Isabel Santos	individual	Veterana F40	02:47:10	+01:35:55	11:56
322	3146	Edite Gonçalves	correr leça	Senior Feminino	02:48:09	+01:36:54	12:01
323	3574	AUGUSTA SARAIVA	vidaativarunners	Veterana F40	02:48:22	+01:37:07	12:02
324	3199	Suzete do Rosario Passos de Sousa	fridão sem limites	Veterana F40	02:49:03	+01:37:48	12:05
325	3198	Rosa Soares	fridão sem limites	Veterana F40	02:49:05	+01:37:50	12:05
326	3481	Beatriz Loureiro	pernetas	Senior Feminino	02:49:12	+01:37:57	12:05
327	3398	Manuel Peixoto	individual	Veterano M40	02:49:12	+01:37:57	12:05
328	3393	José Peixoto	individual	Veterano M40	02:49:13	+01:37:58	12:05
329	3034	Idália Santos	alexandra carvalho team	Senior Feminino	02:49:23	+01:38:08	12:06
330	3365	Zenaida Andrade	individual	Veterana F40	02:50:00	+01:38:45	12:09
331	3452	Marina Celeste Pereira Cerqueira	manas cerqueira	Senior Feminino	02:50:26	+01:39:11	12:10
332	3451	Clara Susana Pereira Cerqueira	manas cerqueira	Senior Feminino	02:50:26	+01:39:11	12:10
333	3290	Carlos Araújo	individual	Senior Masculino	02:51:00	+01:39:45	12:13
334	3530	Nuno Felgueiras	team workout 48/cam	Senior Masculino	02:51:00	+01:39:46	12:13
335	3529	Joanna Rego	team workout 48/cam	Senior Feminino	02:51:01	+01:39:46	12:13
336	3486	DULCE RESENDE	portocargo runners	Veterana F40	02:51:33	+01:40:18	12:15
337	3345	Justa Ferreira	individual	Veterana F40	02:51:34	+01:40:19	12:15
338	3148	Marisa Silva	correr leça	Veterana F40	02:51:58	+01:40:43	12:17
339	3108	Ricardo Ramos	bueda canoka	Senior Masculino	02:52:04	+01:40:49	12:17
340	3125	Sammy Filipe	cerveira team running	Senior Feminino	02:52:12	+01:40:57	12:18
341	3135	Adelaide Filipe	cerveira team running	Veterana F50	02:52:13	+01:40:58	12:18
342	3147	Elsa Sousa	correr leça	Senior Feminino	02:52:16	+01:41:01	12:18
343	3063	Alexis Bolívar	arcorun	Veterano M40	02:52:27	+01:41:12	12:19
344	3475	Manuel Moura	os barriguitas	Veterano M60	02:53:05	+01:41:50	12:22
345	3329	Belén Iglesias Lopez	individual	Veterana F40	02:53:10	+01:41:55	12:22
346	3121	Isabel Sofia Abreu Rasteiro	centro trail carlos sá team penacova	Senior Feminino	02:53:32	+01:42:17	12:24
347	3254	Daniela Vieira	individual	Senior Feminino	02:53:33	+01:42:18	12:24
348	3106	Emanuel Vieira	bueda canoka	Senior Masculino	02:54:10	+01:42:55	12:26
349	3292	César Martins	individual	Senior Masculino	02:54:48	+01:43:34	12:29

TRAIL CURTO 14K - STAGE 1

14 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
350	3515	Rolando Marques	ribeiras trail	Veterano M40	02:56:02	+01:44:47	12:34
351	3506	Conceição Ribeiro	ribeiras trail	Veterana F40	02:56:54	+01:45:39	12:38
352	3109	Ricardo Pinto	bueda canoka	Veterano M40	02:56:57	+01:45:42	12:38
353	3403	Paulo Marques	individual	Veterano M40	02:57:01	+01:45:46	12:39
354	3318	Inês Anjo	individual	Sub 23 Feminino	02:57:01	+01:45:46	12:39
355	3272	Mariana Marques	individual	Senior Feminino	02:57:01	+01:45:46	12:39
356	3088	CATARINA PEREIRA	bravos da montanha	Senior Feminino	02:57:20	+01:46:05	12:40
357	3091	VITOR MENDES	bravos da montanha	Senior Masculino	02:57:20	+01:46:06	12:40
358	3090	MIGUEL BAPTISTA	bravos da montanha	Senior Masculino	02:57:21	+01:46:06	12:40
359	3089	GONÇALO LAGARTO	bravos da montanha	Senior Masculino	02:57:21	+01:46:06	12:40
360	3266	Lia Isabela Esteves Alves	individual	Senior Feminino	02:59:17	+01:48:02	12:48
361	3273	Mariana oliveira	individual	Senior Feminino	02:59:17	+01:48:02	12:48
362	3304	Luís Carlos Jácome Lima Barbosa	individual	Senior Masculino	02:59:17	+01:48:03	12:48
363	3249	Carolina Oliveira	individual	Senior Feminino	02:59:17	+01:48:03	12:48
364	3123	Dora Guerreiro	cerveira team running	Senior Feminino	02:59:42	+01:48:27	12:50
365	3405	Pedro Henrique Pereira Montêz	individual	Veterano M40	02:59:49	+01:48:34	12:51
366	3227	Sergio Reis	generosos runners	Veterano M50	02:59:52	+01:48:38	12:51
367	3072	Cláudia Martins	atr - algarve trail running	Veterana F40	03:01:39	+01:50:24	12:59
368	3061	Sandra Ferreira	arcorun	Veterana F40	03:01:52	+01:50:37	12:59
369	3058	Cláudia Dias	arcorun	Senior Feminino	03:01:53	+01:50:38	13:00
370	3270	Manuela vasconcelos	individual	Senior Feminino	03:01:54	+01:50:39	13:00
371	3294	Cristiano Miranda	individual	Senior Masculino	03:02:08	+01:50:53	13:01
372	3143	Ricardo Alexandre Oliveira da Rocha Coelho	clube trilheiros e amigos	Senior Masculino	03:02:44	+01:51:29	13:03
373	3376	Artur	individual	Veterano M40	03:02:53	+01:51:38	13:04
374	3492	Teresa oliveira	profisio team	Senior Feminino	03:02:55	+01:51:40	13:04
375	3491	Susana Aguiar	profisio team	Senior Feminino	03:02:55	+01:51:40	13:04
376	3493	VANESSA MENDES	profisio team	Senior Feminino	03:02:55	+01:51:40	13:04
377	3094	Paula Silva	btt alegria // tubani	Senior Feminino	03:02:57	+01:51:42	13:04
378	3102	Rita Silva	btt alegria // tubani	Veterana F40	03:02:57	+01:51:42	13:04
379	3107	Miguel Marques	bueda canoka	Senior Masculino	03:03:00	+01:51:46	13:04
380	3589	Paulo Alexandre Domingos Jerónimo	individual	Senior Masculino	03:03:07	+01:51:52	13:05
381	3499	Ângela Dias	ribeiras trail	Senior Feminino	03:03:23	+01:52:09	13:06
382	3439	Pedro Oliveira	leões de tardariz trail	Sub 23 Masculino	03:04:06	+01:52:51	13:09
383	3223	Lurdes Loureiro	generosos runners	Senior Feminino	03:04:18	+01:53:03	13:10
384	3280	Silvia Cruz	individual	Senior Feminino	03:04:20	+01:53:05	13:10
385	3355	Patricia Reis	individual	Veterana F40	03:04:20	+01:53:06	13:10
386	3576	Stephanie Abreu	vimarunners	Senior Feminino	03:04:28	+01:53:13	13:11
387	3289	Bruno Miguel Mendes Pinto	individual	Senior Masculino	03:04:28	+01:53:13	13:11
388	3241	Alea Ferreira	individual	Senior Feminino	03:04:28	+01:53:14	13:11
389	3577	Rui Fernandes	vimarunners	Senior Masculino	03:04:29	+01:53:14	13:11
390	3472	Sónia Novo	olimpico vianense trail	Veterana F40	03:04:33	+01:53:18	13:11
391	3310	Paulo Jorge de Sousa Amorim	individual	Senior Masculino	03:04:33	+01:53:18	13:11
392	3402	Nuno Sá Costa	individual	Veterano M40	03:04:59	+01:53:45	13:13

TRAIL CURTO 14K - STAGE 1

14 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
393	3033	Helena Beirão	alexandra carvalho team	Senior Feminino	03:05:55	+01:54:40	13:17
394	3442	Marco Oliveira	leões de tardariz trail	Veterano M40	03:06:20	+01:55:05	13:19
395	3260	linês Arcos	individual	Senior Feminino	03:06:59	+01:55:44	13:21
396	3490	MANUEL PEREIRA	portocargo runners	Veterano M50	03:07:43	+01:56:28	13:25
397	3150	Sandra Morgado	correr leça	Veterana F40	03:08:03	+01:56:48	13:26
398	3302	Jacopo Bono	individual	Senior Masculino	03:09:38	+01:58:23	13:33
399	3587	Antonio Areias	individual	Veterano M60	03:09:38	+01:58:23	13:33
400	3240	Alberta Carvalho	individual	Senior Feminino	03:09:44	+01:58:29	13:33
401	3284	Vera Pinheiro	individual	Senior Feminino	03:10:12	+01:58:57	13:35
402	3358	Rosa Oliveira	individual	Veterana F40	03:10:12	+01:58:57	13:35
403	3069	NuNuno Miguel Dias Tavares	associação porto da cruz trail team	Veterano M40	03:10:18	+01:59:03	13:36
404	3494	Paula Alves	profisio team	Veterana F40	03:10:23	+01:59:09	13:36
405	3565	Cláudia Ferreira	uda / ponta branca	Veterana F40	03:10:32	+01:59:17	13:37
406	3335	Célia Sousa Vieira	individual	Veterana F40	03:11:13	+01:59:59	13:40
407	3267	Lúcia Ferreira	individual	Senior Feminino	03:11:43	+02:00:28	13:42
408	3353	Nuria Blanco	individual	Veterana F40	03:11:43	+02:00:28	13:42
409	3233	Nuno Tomás Patrício	grupo 46	Sub 23 Masculino	03:12:02	+02:00:47	13:43
410	3585	Anabela Freire Rodrigues	individual	Veterana F40	03:12:11	+02:00:56	13:44
411	3218	Marta Trigo	gazelles - cães d'avenida	Veterana F40	03:12:20	+02:01:05	13:44
412	3216	Mafalda Fernandes	gazelles - cães d'avenida	Veterana F40	03:12:20	+02:01:06	13:44
413	3213	Bárbara Barbosa	gazelles - cães d'avenida	Veterana F40	03:12:21	+02:01:06	13:44
414	3550	Ana Chaves	trailistas "eu é que sei!"	Senior Feminino	03:12:22	+02:01:07	13:44
415	3212	Patricia Arrochela	gazelles - cães d'avenida	Senior Feminino	03:12:28	+02:01:14	13:45
416	3251	Cláudia Novais	individual	Senior Feminino	03:12:45	+02:01:30	13:46
417	3234	Patricia Martins	grupo 46	Veterana F40	03:14:27	+02:03:12	13:53
418	3235	Manuela Viterbo	grupo 46	Veterana F50	03:14:28	+02:03:14	13:53
419	3238	Cristina Moreira	hora do lobo trail - cf perosinho atletismo	Veterana F40	03:15:32	+02:04:18	13:58
420	3239	Paula Tavares	hora do lobo trail - cf perosinho atletismo	Veterana F40	03:15:33	+02:04:18	13:58
421	3349	Manuela Parente	individual	Veterana F40	03:15:50	+02:04:35	13:59
422	3582	Ana Paula Conceição	individual	Veterana F40	03:16:18	+02:05:03	14:01
423	3263	Joana Ferreira	individual	Senior Feminino	03:16:33	+02:05:18	14:02
424	3283	Susana Patricia Alves	individual	Senior Feminino	03:16:33	+02:05:18	14:02
425	3101	Tiago Gomes	btt alegria // tubani	Senior Masculino	03:16:34	+02:05:20	14:02
426	3074	Jose Carlos	b.t.m.	Veterano M40	03:16:35	+02:05:20	14:03
427	3271	Maria Cristina Dorés	individual	Senior Feminino	03:17:00	+02:05:45	14:04
428	3230	Maria da Luz Lourenço	gondarãfrente	Veterana F50	03:17:45	+02:06:30	14:08
429	3231	José Lourenço	gondarãfrente	Veterano M50	03:17:46	+02:06:31	14:08
430	3286	André	individual	Senior Masculino	03:18:13	+02:06:58	14:10
431	3378	FERNANDO CAMPOS	individual	Veterano M40	03:19:01	+02:07:46	14:13
432	3245	Ana Rita Coelho Batalha	individual	Senior Feminino	03:19:15	+02:08:00	14:14
433	3562	Judite Fernandes	trogloeditas runners	Veterana F40	03:19:56	+02:08:41	14:17
434	3588	Ana Cardoso	yazaki runners	Veterana F50	03:19:56	+02:08:41	14:17
435	3030	José Silva	akuafit	Veterano M40	03:20:00	+02:08:45	14:17
436	3348	Lurdes Sanguedo	individual	Veterana F40	03:20:00	+02:08:45	14:17
437	3017	Cristina Antunes	akuafit	Senior Feminino	03:20:00	+02:08:45	14:17
438	3367	Dora Saraiva	individual	Veterana F50	03:21:39	+02:10:24	14:24

TRAIL CURTO 14K - STAGE 1

14 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
439	3032	Ana Guedes	alexandra carvalho team	Senior Feminino	03:21:40	+02:10:25	14:24
440	3037	Nuno Esteves	alexandra carvalho team	Veterano M40	03:21:42	+02:10:28	14:24
441	3581	Rui Avelino Silva	yazaki runners	Veterano M50	03:21:43	+02:10:28	14:25
442	3483	Isabel Maria Vieira Moreira	porto sentido runners	Veterana F40	03:21:46	+02:10:31	14:25
443	3228	Vera Lourenço	gondaràfrente	Senior Feminino	03:21:55	+02:10:40	14:25
444	3132	Paula Alves	cerveira team running	Veterana F40	03:25:21	+02:14:06	14:40
445	3425	Gabriela França	juventude cortegacense	Veterana F40	03:26:38	+02:15:23	14:46
446	3426	Manuela Castelo	juventude cortegacense	Veterana F50	03:26:38	+02:15:24	14:46
447	3012	Tiago Oliveira	affense trail	Sub 23 Masculino	03:26:41	+02:15:26	14:46
448	3011	Francisco Augusto	affense trail	Sub 23 Masculino	03:27:15	+02:16:00	14:48
449	3503	Alexandra Marques	ribeiras trail	Veterana F40	03:27:35	+02:16:20	14:50
450	3507	Elsa Fernandes	ribeiras trail	Veterana F40	03:27:35	+02:16:20	14:50
451	3517	Manuel Santos	ribeiras trail	Veterano M50	03:27:53	+02:16:38	14:51
452	3504	Ana Paula Santos	ribeiras trail	Veterana F40	03:27:54	+02:16:39	14:51
453	3311	Pedro Ferreira	individual	Senior Masculino	03:29:50	+02:18:36	14:59
454	3054	Manuel Silva	apúlia a correr	Veterano M50	03:30:21	+02:19:06	15:02
455	3361	Sónia Carvalho	individual	Veterana F40	03:30:48	+02:19:33	15:03
456	3350	Mónica Santos	individual	Veterana F40	03:30:50	+02:19:35	15:04
457	3009	Carina Mendes	affense trail	Senior Feminino	03:32:04	+02:20:49	15:09
458	3013	Lurdes Ramos	affense trail	Veterana F40	03:32:04	+02:20:49	15:09
459	3346	Justina Almeida Ferreira	individual	Veterana F40	03:34:15	+02:23:00	15:18
460	3036	Sandra Costa	alexandra carvalho team	Veterana F40	03:34:47	+02:23:32	15:21
461	3175	Carolina Rocha	equipa joão ferreira	Veterana F50	03:35:37	+02:24:22	15:24
462	3174	SUSANA MATOS	equipa joão ferreira	Veterana F40	03:35:37	+02:24:22	15:24
463	3014	Paula Alexandra	affense trail	Veterana F40	03:36:56	+02:25:41	15:30
464	3255	Dina Simão	individual	Senior Feminino	03:37:07	+02:25:52	15:31
465	3221	Sandra Maria Neves Couto Ferreira	gdct incm	Veterana F40	03:37:31	+02:26:16	15:32
466	3117	conceicao allen	carapaus	Veterana F50	03:39:34	+02:28:19	15:41
467	3274	Melissa Piedade	individual	Senior Feminino	03:42:58	+02:31:44	15:56
468	3277	regina lima	individual	Senior Feminino	03:42:59	+02:31:44	15:56
469	3404	Pedro Filipe da Silva Teixeira	individual	Veterano M40	03:43:29	+02:32:14	15:58
470	3347	Ligia Rêgo	individual	Veterana F40	03:43:30	+02:32:15	15:58
471	3265	Katia Barbosa	individual	Senior Feminino	03:43:31	+02:32:16	15:58
472	3162	Ana Paula	ei team trail	Veterana F50	03:48:32	+02:37:17	16:19
473	3362	Sónia Machado	ei team trail	Veterana F40	03:48:33	+02:37:18	16:20
474	3059	Erika Jesus	arcorun	Senior Feminino	03:50:09	+02:38:54	16:26
475	3060	Patrícia Amorim	arcorun	Veterana F40	03:50:09	+02:38:54	16:26
476	3279	Sara franco	individual	Senior Feminino	03:52:31	+02:41:16	16:37
477	3225	Carla Gomes	generosos runners	Veterana F40	03:53:16	+02:42:01	16:40
478	3336	Cláudia Carvalhal	individual	Veterana F40	03:53:17	+02:42:02	16:40
479	3126	Sandra Esteves	cerveira team running	Senior Feminino	03:57:23	+02:46:08	16:57
480	3127	Vera Filipe	cerveira team running	Senior Feminino	03:57:24	+02:46:09	16:57
481	3139	António Tiago	cerveira team running	Veterano M50	03:57:24	+02:46:10	16:57
482	3137	Fátima Araújo	cerveira team running	Veterana F60	03:57:26	+02:46:11	16:58
483	3252	Daniela Bruno 28061983	individual	Senior Feminino	04:00:01	+02:48:47	17:09

TRAIL CURTO 14K - STAGE 1

14 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
484	3041	Paula Moreira	all about	Veterana F50	04:07:05	+02:55:50	17:39
485	3182	Joaquim Rodrigues	edv-vianatrail	Senior Masculino	04:09:00	+02:57:45	17:47
486	3184	Sandra Costa	edv-vianatrail	Veterana F40	04:09:01	+02:57:46	17:47
487	3186	Carlos Mendes	edv-vianatrail	Veterano M40	04:09:01	+02:57:46	17:47
488	3181	Carina Silva	edv-vianatrail	Senior Feminino	04:09:01	+02:57:47	17:47
489	3356	Rita Osório	individual	Veterana F40	04:09:03	+02:57:48	17:47
490	3328	Augusta Barbosa	individual	Veterana F40	04:09:03	+02:57:49	17:47
491	3523	Andreia Peixe	strong team	Senior Feminino	04:10:26	+02:59:11	17:53
492	3042	Ana Maria Moreira	all about	Veterana F60	04:10:30	+02:59:15	17:54
493	4128	Liliana Teixeira	individual	Senior Feminino	04:14:07	+03:02:52	18:09
494	3344	Joana Monteiro	individual	Veterana F40	04:15:24	+03:04:09	18:15
495	3031	Osvaldo Azevedo	akuafit	Veterano M40	04:15:24	+03:04:09	18:15
496	3524	Joana Faria	strong team	Senior Feminino	04:15:55	+03:04:40	18:17
497	3077	Hugo Alves	berg outdoor	Senior Masculino	04:17:24	+03:06:09	18:23
498	3092	Liliana Garcês	btt alegria // tubani	Senior Feminino	04:21:26	+03:10:11	18:40
499	3370	marina duarte	individual	Veterana F50	04:23:57	+03:12:42	18:51
500	3269	mafalda duarte	individual	Senior Feminino	04:23:57	+03:12:42	18:51
501	3454	Vanda Silva	metralhas runners	Senior Feminino	04:37:59	+03:26:45	19:51
502	3455	Márcia Pinto	metralhas runners	Veterana F40	04:41:35	+03:30:20	20:07

Trail Curto 14K

14 KM

[illegible][illegible]

OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	10:00	17°C	100%
End	14:42	17°C	100%

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

1	3112	Paula costa	Caav/trail	Senior Feminino	01:37:58	+26:43	07:00
2	3111	diana costa	Caav/trail	Senior Feminino	01:44:00	+32:45	07:26
3	3154	Fátima Cristina Figueiredo Oliveira	DiVE Into The Mountains	Senior Feminino	01:48:28	+37:13	07:45
4	3052	Sandra Carina Cabral Cunha	AMIGOS DO PEDAL TRILAGARES	Senior Feminino	01:48:30	+37:16	07:45
5	3065	Cátia Sofia Lima Vieira	Associação Porto da Cruz Trail Team	Senior Feminino	01:49:46	+38:31	07:50
6	3528	Eliana Pereira	Team Workout 48/CAM	Senior Feminino	01:51:28	+40:13	07:58
7	3195	Olga Cristina Ferreira Mota	Fridão Sem Limites	Senior Feminino	01:53:04	+41:49	08:05
8	3002	Gabriela Pinto	A.D.Amarante trail running	Senior Feminino	01:54:34	+43:19	08:11
9	3001	Alice Pereira	A.D.Amarante trail running	Senior Feminino	01:55:42	+44:27	08:16
10	3194	Eliana Patricia Gonçalves Pinto Teixeira	Fridão Sem Limites	Senior Feminino	01:57:41	+46:26	08:24
11	3164	Vania Fernandes	Emicela Team	Senior Feminino	01:59:19	+48:05	08:31
12	3557	Maria Araújo	Trogloditas Runners	Senior Feminino	02:05:36	+54:22	08:58
13	3556	Irene Varajão	Trogloditas Runners	Senior Feminino	02:06:12	+54:58	09:01
14	3253	Marcia Russo	Individual	Senior Feminino	02:06:41	+55:26	09:03
15	3278	Rosa Pereira	Individual	Senior Feminino	02:09:38	+58:24	09:16
16	3122	Celsa Perez	Cerveira Team Running	Senior Feminino	02:10:20	+59:05	09:19
17	3433	Sara Carpinteira	KER SPORT	Senior Feminino	02:13:34	+01:02:19	09:32
18	3007	Ana Carolina Pereira	ADE Trail Running	Senior Feminino	02:14:07	+01:02:52	09:35
19	3141	Diana Dias	Clube Trilheiros e amigos	Senior Feminino	02:14:07	+01:02:52	09:35
20	3484	ANA MARTINS	PORTOCARGO RUNNERS	Senior Feminino	02:14:22	+01:03:07	09:36
21	3261	Isabel Ferreira	Individual	Senior Feminino	02:14:28	+01:03:13	09:36
22	3461	Patricia Moreira	Monte dos Amigos	Senior Feminino	02:14:56	+01:03:41	09:38
23	3276	Patricia Pereira	Individual	Senior Feminino	02:16:49	+01:05:34	09:46
24	3282	Sónia Silva	Individual	Senior Feminino	02:16:50	+01:05:35	09:46
25	3546	catarina santos	Trailers	Senior Feminino	02:21:11	+01:09:56	10:05
26	3422	Cristiana Marques de Carvalho	Juventude Cortegacense	Senior Feminino	02:22:29	+01:11:14	10:11
27	3019	Sara Alexandra Fernandes	Akuafit	Senior Feminino	02:22:53	+01:11:38	10:12
28	3243	Amelie Cote	Individual	Senior Feminino	02:23:25	+01:12:10	10:15
29	3435	Mónica Domingues	Lebres Minhotas	Senior Feminino	02:23:47	+01:12:32	10:16
30	3275	Minerva	Individual	Senior Feminino	02:27:00	+01:15:45	10:30
31	3095	Sara Rocha	BTT Alegria // TUBANI	Senior Feminino	02:27:58	+01:16:43	10:34
32	3256	ELIA FRANCISCO	Individual	Senior Feminino	02:27:59	+01:16:44	10:34
33	3161	Liliana Rocha	El Team Trail	Senior Feminino	02:28:16	+01:17:01	10:35
34	3171	JOANA GOMES	Equipa João Ferreira	Senior Feminino	02:29:21	+01:18:06	10:40
35	3558	Paula Araújo	Trogloditas Runners	Senior Feminino	02:30:56	+01:19:41	10:47
36	3268	Lurdes Martins	Individual	Senior Feminino	02:31:11	+01:19:57	10:48
37	3264	Joana Pereira	Individual	Senior Feminino	02:32:50	+01:21:35	10:55
38	3432	Andreia Ferraz	KER SPORT	Senior Feminino	02:33:14	+01:21:59	10:57

Official Timekeeper: Lap2Go	1 / 12	generate 24-Sep-2018 17:31
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Trail Curto 14K

14 KM

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OFFICIAL RESULT

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REVISED

39	3571	JOANA CORREIA	VIDAATIVARUNNERS	Senior Feminino	02:33:23	+01:22:08	10:57
40	3076	Rafaela Mendes	BERG OUTDOOR	Senior Feminino	02:34:20	+01:23:05	11:01
41	3193	Carla Sofia Mendes Teixeira	Fridão Sem Limites	Senior Feminino	02:34:30	+01:23:15	11:02
42	3559	Sandra Dantas	Trogloditas Runners	Senior Feminino	02:34:40	+01:23:25	11:03
43	3479	Susana	Padela Natural Team - Fisiofreixo	Senior Feminino	02:34:47	+01:23:33	11:03
44	2029	Susana Pereira	Akuafit	Senior Feminino	02:35:43	+01:24:28	11:07
45	3145	Cristina Martins	CORRER LEÇA	Senior Feminino	02:36:12	+01:24:58	11:09
46	3257	Elisa Dias	Individual	Senior Feminino	02:36:21	+01:25:06	11:10
47	3250	Célia Cerqueira	Individual	Senior Feminino	02:36:27	+01:25:12	11:11
48	3096	Sofia Ferreira	BTT Alegria // TUBANI	Senior Feminino	02:36:42	+01:25:28	11:12
49	3222	Joana Rocha	GENEROSOS RUNNERS	Senior Feminino	02:37:00	+01:25:45	11:13
50	3144	Alessandra Moscato	CORRER LEÇA	Senior Feminino	02:37:26	+01:26:11	11:15
51	3246	Anabela Areias	Individual	Senior Feminino	02:38:26	+01:27:11	11:19
52	3204	Cátia Roque	Gafanhori	Senior Feminino	02:39:15	+01:28:01	11:23
53	3248	CARLA VAZQUEZ	Individual	Senior Feminino	02:40:24	+01:29:09	11:27
54	3093	Patrícia Pinto	BTT Alegria // TUBANI	Senior Feminino	02:46:25	+01:35:11	11:53
55	3146	Edite Gonçalves	CORRER LEÇA	Senior Feminino	02:48:09	+01:36:54	12:01
56	3481	Beatriz Loureiro	Pernetas	Senior Feminino	02:49:12	+01:37:57	12:05
57	3034	Idália Santos	Alexandra Carvalho Team	Senior Feminino	02:49:23	+01:38:08	12:06
58	3452	Marina Celeste Pereira Cerqueira	Manas Cerqueira	Senior Feminino	02:50:26	+01:39:11	12:10
59	3451	Clara Susana Pereira Cerqueira	Manas Cerqueira	Senior Feminino	02:50:26	+01:39:11	12:10
60	3529	Joanna Rego	Team Workout 48/CAM	Senior Feminino	02:51:01	+01:39:46	12:13
61	3125	Sammy Filipe	Cerveira Team Running	Senior Feminino	02:52:12	+01:40:57	12:18
62	3147	Elsa Sousa	CORRER LEÇA	Senior Feminino	02:52:16	+01:41:01	12:18
63	3121	Isabel Sofia Abreu Rasteiro	Centro Trail Carlos Sá Team Penacova	Senior Feminino	02:53:32	+01:42:17	12:24
64	3254	Daniela Vieira	Individual	Senior Feminino	02:53:33	+01:42:18	12:24
65	3272	Mariana Marques	Individual	Senior Feminino	02:57:01	+01:45:46	12:39
66	3088	CATARINA PEREIRA	Bravos da montanha	Senior Feminino	02:57:20	+01:46:05	12:40
67	3266	Lia Isabela Esteves Alves	Individual	Senior Feminino	02:59:17	+01:48:02	12:48
68	3273	Mariana oliveira	Individual	Senior Feminino	02:59:17	+01:48:02	12:48
69	3249	Carolina Oliveira	Individual	Senior Feminino	02:59:17	+01:48:03	12:48
70	3123	Dora Guerreiro	Cerveira Team Running	Senior Feminino	02:59:42	+01:48:27	12:50
71	3058	Cláudia Dias	ARCORUN	Senior Feminino	03:01:53	+01:50:38	13:00
72	3270	Manuela vasconcelos	Individual	Senior Feminino	03:01:54	+01:50:39	13:00
73	3492	Teresa oliveira	Profisio Team	Senior Feminino	03:02:55	+01:51:40	13:04
74	3491	Susana Aguiar	Profisio Team	Senior Feminino	03:02:55	+01:51:40	13:04
75	3493	VANESSA MENDES	Profisio Team	Senior Feminino	03:02:55	+01:51:40	13:04
76	3094	Paula Silva	BTT Alegria // TUBANI	Senior Feminino	03:02:57	+01:51:42	13:04
77	3499	Ângela Dias	Ribeiras Trail	Senior Feminino	03:03:23	+01:52:09	13:06
78	3223	Lurdes Loureiro	GENEROSOS RUNNERS	Senior Feminino	03:04:18	+01:53:03	13:10
79	3280	Silvia Cruz	Individual	Senior Feminino	03:04:20	+01:53:05	13:10
80	3576	Stephanie Abreu	vimarunners	Senior Feminino	03:04:28	+01:53:13	13:11
81	3241	Alea Ferreira	Individual	Senior Feminino	03:04:28	+01:53:14	13:11
82	3033	Helena Beirão	Alexandra Carvalho Team	Senior Feminino	03:05:55	+01:54:40	13:17
83	3260	linês Arcos	Individual	Senior Feminino	03:06:59	+01:55:44	13:21
84	3240	Alberta Carvalho	Individual	Senior Feminino	03:09:44	+01:58:29	13:33

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Trail Curto 14K

14 KM

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OFFICIAL RESULT

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REVISED

85	3284	Vera Pinheiro	Individual	Senior Feminino	03:10:12	+01:58:57	13:35
86	3267	Lúcia Ferreira	Individual	Senior Feminino	03:11:43	+02:00:28	13:42
87	3550	Ana Chaves	Trailistas "Eu é que sei!"	Senior Feminino	03:12:22	+02:01:07	13:44
88	3212	Patricia Arrochela	Gazelles - Cães d'Avenida	Senior Feminino	03:12:28	+02:01:14	13:45
89	3251	Cláudia Novais	Individual	Senior Feminino	03:12:45	+02:01:30	13:46
90	3263	Joana Ferreira	Individual	Senior Feminino	03:16:33	+02:05:18	14:02
91	3283	Susana Patricia Alves	Individual	Senior Feminino	03:16:33	+02:05:18	14:02
92	3271	Maria Cristina Dorés	Individual	Senior Feminino	03:17:00	+02:05:45	14:04
93	3245	Ana Rita Coelho Batalha	Individual	Senior Feminino	03:19:15	+02:08:00	14:14
94	3017	Cristina Antunes	Akuafit	Senior Feminino	03:20:00	+02:08:45	14:17
95	3032	Ana Guedes	Alexandra Carvalho Team	Senior Feminino	03:21:40	+02:10:25	14:24
96	3228	Vera Lourenço	Gondarãfrente	Senior Feminino	03:21:55	+02:10:40	14:25
97	3009	Carina Mendes	Afifense Trail	Senior Feminino	03:32:04	+02:20:49	15:09
98	3255	Dina Simão	Individual	Senior Feminino	03:37:07	+02:25:52	15:31
99	3274	Melissa Piedade	Individual	Senior Feminino	03:42:58	+02:31:44	15:56
100	3277	regina lima	Individual	Senior Feminino	03:42:59	+02:31:44	15:56
101	3265	Katia Barbosa	Individual	Senior Feminino	03:43:31	+02:32:16	15:58
102	3059	Erika Jesus	ARCORUN	Senior Feminino	03:50:09	+02:38:54	16:26
103	3279	Sara franco	Individual	Senior Feminino	03:52:31	+02:41:16	16:37
104	3126	Sandra Esteves	Cerveira Team Running	Senior Feminino	03:57:23	+02:46:08	16:57
105	3127	Vera Filipe	Cerveira Team Running	Senior Feminino	03:57:24	+02:46:09	16:57
106	3252	Daniela Bruno 28061983	Individual	Senior Feminino	04:00:01	+02:48:47	17:09
107	3181	Carina Silva	EDV-VIANATRAIL	Senior Feminino	04:09:01	+02:57:47	17:47
108	3523	Andreia Peixe	Strong Team	Senior Feminino	04:10:26	+02:59:11	17:53
109	4128	Liliana Teixeira	Individual	Senior Feminino	04:14:07	+03:02:52	18:09
110	3524	Joana Faria	Strong Team	Senior Feminino	04:15:55	+03:04:40	18:17
111	3092	Liliana Garcês	BTT Alegria // TUBANI	Senior Feminino	04:21:26	+03:10:11	18:40
112	3269	mafalda duarte	Individual	Senior Feminino	04:23:57	+03:12:42	18:51
113	3454	Vanda Silva	Metralhas Runners	Senior Feminino	04:37:59	+03:26:45	19:51

Senior Masculino

1	1238	Kueny Miranda	Emicela Team	Senior Masculino	01:11:14		05:05
2	2177	Edmar Andrade	Emicela Team	Senior Masculino	01:16:37	+05:22	05:28
3	4006	Ruben Veloso	Caav/trail	Senior Masculino	01:18:01	+06:46	05:34
4	3457	BRUNO MIGUEL AMORIM RODRIGUES	Minho e Lima Trail	Senior Masculino	01:19:21	+08:07	05:40
5	3299	FILIFE MENESSES	KER SPORT	Senior Masculino	01:19:56	+08:41	05:43
6	3458	FILIFE SAMUEL RODRIGUES CORREIA	Minho e Lima Trail	Senior Masculino	01:20:46	+09:31	05:46
7	3285	Adriano Rafael Caldas Moraes	Individual	Senior Masculino	01:21:29	+10:14	05:49
8	2554	Ricardo Manuel Carvalho de Sá	Akuafit	Senior Masculino	01:22:53	+11:38	05:55
9	3048	Daniel Pereira	AMIGO TRAIL RUN	Senior Masculino	01:26:58	+15:43	06:13
10	3196	Rui Manuel Mendes Azevedo	Fridão Sem Limites	Senior Masculino	01:27:14	+15:59	06:14
11	3043	Bruno Filipe Brandão Barbosa	AMC TRAIL	Senior Masculino	01:29:11	+17:56	06:22
12	3142	Adelino Pinto	Clube trilheiros e amigos	Senior Masculino	01:29:16	+18:02	06:23
13	3301	IAGO VAZQUEZ	Individual	Senior Masculino	01:29:32	+18:17	06:24

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Trail Curto 14K

14 KM

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OFFICIAL RESULT

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REVISED

14	3314	Rafael Ferreira	Individual	Senior Masculino	01:32:36	+21:21	06:37
15	3459	JORGE AMORIM	Minho e Lima Trail	Senior Masculino	01:33:32	+22:18	06:41
16	3534	Nuno Silva	The Newbies	Senior Masculino	01:35:04	+23:50	06:47
17	3066	Raul Manuel Costa Alves	Associação Porto da Cruz Trail Team	Senior Masculino	01:35:17	+24:02	06:48
18	3437	Miguel Alves	Leões de Tardariz Trail	Senior Masculino	01:35:51	+24:36	06:51
19	3008	Alvaro Vale	ADE Trail Running	Senior Masculino	01:38:14	+26:59	07:01
20	3291	Carlos Taveira	Individual	Senior Masculino	01:38:35	+27:21	07:03
21	3573	José Manuel Lopes	VIDAATIVARUNNERS	Senior Masculino	01:40:56	+29:41	07:11
22	3531	Carlos Silva	The Newbies	Senior Masculino	01:43:41	+32:26	07:24
23	3305	Marco Veludo	Individual	Senior Masculino	01:44:05	+32:50	07:26
24	3560	Zeca Martins	Trogloditas Runners	Senior Masculino	01:45:26	+34:11	07:32
25	3563	Ricardo Gomes	Trogloditas Runners	Senior Masculino	01:47:09	+35:54	07:39
26	3532	Hugo Faria	The Newbies	Senior Masculino	01:47:12	+35:57	07:39
27	3073	Mario lima	Aves Runners	Senior Masculino	01:48:56	+37:42	07:47
28	3010	Tiago Gonsalves	Afifense Trail	Senior Masculino	01:49:03	+37:48	07:47
29	3015	joao ferreira	AIRORUN	Senior Masculino	01:49:16	+38:01	07:48
30	3293	Cláudio Macedo	Individual	Senior Masculino	01:52:36	+41:21	08:03
31	3288	Andre Mendes	Individual	Senior Masculino	01:52:45	+41:30	08:03
32	3300	Helder	Rumo Aventura	Senior Masculino	01:53:04	+41:49	08:05
33	3100	Sergio Coelho	BTT Alegria // TUBANI	Senior Masculino	01:53:34	+42:19	08:07
34	3024	Sérgio júnior	Akuafit	Senior Masculino	01:53:46	+42:31	08:08
35	3020	Nuno Soares	Akuafit	Senior Masculino	01:54:03	+42:48	08:09
36	3023	Rui Francisco Alves Pinho	Akuafit	Senior Masculino	01:54:03	+42:48	08:09
37	3035	RICARDO REGO	Alexandra Carvalho Team	Senior Masculino	01:54:54	+43:39	08:12
38	3110	Pedro Vieira	C.C.Recreativo de São Martinho	Senior Masculino	01:55:07	+43:53	08:13
39	3003	Daniel Ribeiro	A.D.Amarante trail running	Senior Masculino	01:55:31	+44:16	08:15
40	3313	Pedro Marques	Individual	Senior Masculino	01:56:31	+45:16	08:19
41	3501	Ricardo Rocha	Ribeiras Trail	Senior Masculino	01:56:46	+45:31	08:20
42	3533	Marçelo Teixeira	The Newbies	Senior Masculino	01:57:40	+46:26	08:24
43	3298	Domingos Filipe Lopes Lobo	Individual	Senior Masculino	02:03:00	+51:45	08:47
44	3021	Pedro Miranda	Akuafit	Senior Masculino	02:03:08	+51:54	08:48
45	3287	André Leite	Individual	Senior Masculino	02:05:33	+54:18	08:58
46	3453	Rui Araújo	Melaria Limiana	Senior Masculino	02:06:48	+55:34	09:03
47	3317	Vítor Fernandes	Individual	Senior Masculino	02:08:28	+57:13	09:11
48	3309	Paulo Cerqueira	Individual	Senior Masculino	02:08:45	+57:30	09:12
49	3097	Daniel Sousa	BTT Alegria // TUBANI	Senior Masculino	02:09:04	+57:49	09:13
50	3485	RICARDO PEREIRA	PORTOCARGO RUNNERS	Senior Masculino	02:09:06	+57:52	09:13
51	3128	Carlos Cunha	Cerveira Team Running	Senior Masculino	02:10:06	+58:51	09:18
52	3071	Sérgio Lobo	Atlético Clube de Montemor - ACM Montemor a Correr	Senior Masculino	02:11:09	+59:54	09:22
53	3315	RICARDO CUNHA	Individual	Senior Masculino	02:11:29	+01:00:15	09:24
54	3206	Gonçalo Oliveira Pires	GALHARDOS RUNNERS	Senior Masculino	02:13:40	+01:02:25	09:33
55	3207	Ricardo Almeida	GALHARDOS RUNNERS	Senior Masculino	02:13:40	+01:02:25	09:33
56	3502	Sérgio Mendes	Ribeiras Trail	Senior Masculino	02:13:41	+01:02:26	09:33
57	3527	Diogo Leonel Azevedo Sampaio	TEAM TT	Senior Masculino	02:13:47	+01:02:33	09:33
58	3423	Miguel Pinheiro Matos	Juventude Cortegacense	Senior Masculino	02:15:33	+01:04:18	09:41

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Trail Curto 14K

14 KM

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OFFICIAL RESULT

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REVISED

59	3316	Rui Silva	Individual	Senior Masculino	02:15:46	+01:04:31	09:42
60	3307	Nelson xavier	Individual	Senior Masculino	02:15:46	+01:04:31	09:42
61	3500	Ricardo Pinto	Ribeiras Trail	Senior Masculino	02:15:49	+01:04:34	09:42
62	3518	Rui Carvalho	SS MONTEPIO	Senior Masculino	02:18:07	+01:06:52	09:52
63	3312	Pedro Manuel da Cunha Mota Pereira	Individual	Senior Masculino	02:20:19	+01:09:04	10:01
64	3447	Gonalo Loureiro	Malha no Charco	Senior Masculino	02:21:51	+01:10:36	10:08
65	3306	Miguel Oliveira	Individual	Senior Masculino	02:21:59	+01:10:44	10:09
66	3438	Nuno Pereira	Lees de Tardariz Trail	Senior Masculino	02:23:06	+01:11:51	10:13
67	3160	Pedro Bonito	 para acabar	Senior Masculino	02:23:26	+01:12:11	10:15
68	3158	Francisco van Zeller	 para acabar	Senior Masculino	02:23:26	+01:12:11	10:15
69	3051	Z Luis	Amigos do Empeno	Senior Masculino	02:24:04	+01:12:49	10:17
70	3078	Ivo Mesquita	BERG OUTDOOR	Senior Masculino	02:24:33	+01:13:18	10:20
71	3496	Nuno Costa	Quenianos do Pao	Senior Masculino	02:28:37	+01:17:22	10:37
72	3050	Paulo Costa	Amigos do Empeno	Senior Masculino	02:31:33	+01:20:19	10:50
73	3303	Jlio Machado	Individual	Senior Masculino	02:32:43	+01:21:28	10:55
74	3297	Diogo Costa	Individual	Senior Masculino	02:33:34	+01:22:19	10:58
75	3295	David Plouffe	Individual	Senior Masculino	02:36:21	+01:25:06	11:10
76	3098	Mrio Estvo	BTT Alegria // TUBANI	Senior Masculino	02:36:43	+01:25:28	11:12
77	3099	Nelson Martins	BTT Alegria // TUBANI	Senior Masculino	02:37:08	+01:25:53	11:13
78	3156	Marcelo Viegas	 nis na fita	Senior Masculino	02:45:47	+01:34:32	11:51
79	3157	Raphael Stanzani	 nis na fita	Senior Masculino	02:45:48	+01:34:33	11:51
80	3290	Carlos Arajo	Individual	Senior Masculino	02:51:00	+01:39:45	12:13
81	3530	Nuno Felgueiras	Team Workout 48/CAM	Senior Masculino	02:51:00	+01:39:46	12:13
82	3108	Ricardo Ramos	Bueda Canoka	Senior Masculino	02:52:04	+01:40:49	12:17
83	3106	Emanuel Vieira	Bueda Canoka	Senior Masculino	02:54:10	+01:42:55	12:26
84	3292	Csar Martins	Individual	Senior Masculino	02:54:48	+01:43:34	12:29
85	3091	VITOR MENDES	Bravos da montanha	Senior Masculino	02:57:20	+01:46:06	12:40
86	3090	MIGUEL BAPTISTA	Bravos da montanha	Senior Masculino	02:57:21	+01:46:06	12:40
87	3089	GONALO LAGARTO	Bravos da montanha	Senior Masculino	02:57:21	+01:46:06	12:40
88	3304	Lus Carlos Jcome Lima Barbosa	Individual	Senior Masculino	02:59:17	+01:48:03	12:48
89	3294	Cristiano Miranda	Individual	Senior Masculino	03:02:08	+01:50:53	13:01
90	3143	Ricardo Alexandre Oliveira da Rocha Coelho	Clube Trilheiros e Amigos	Senior Masculino	03:02:44	+01:51:29	13:03
91	3107	Miguel Marques	Bueda Canoka	Senior Masculino	03:03:00	+01:51:46	13:04
92	3589	Paulo Alexandre Domingos Jernimo	Individual	Senior Masculino	03:03:07	+01:51:52	13:05
93	3289	Bruno Miguel Mendes Pinto	Individual	Senior Masculino	03:04:28	+01:53:13	13:11
94	3577	Rui Fernandes	vimarunners	Senior Masculino	03:04:29	+01:53:14	13:11
95	3310	Paulo Jorge de Sousa Amorim	Individual	Senior Masculino	03:04:33	+01:53:18	13:11
96	3302	Jacopo Bono	Individual	Senior Masculino	03:09:38	+01:58:23	13:33
97	3101	Tiago Gomes	BTT Alegria // TUBANI	Senior Masculino	03:16:34	+02:05:20	14:02
98	3286	Andr	Individual	Senior Masculino	03:18:13	+02:06:58	14:10
99	3311	Pedro Ferreira	Individual	Senior Masculino	03:29:50	+02:18:36	14:59
100	3182	Joaquim Rodrigues	EDV-VIANATRAIL	Senior Masculino	04:09:00	+02:57:45	17:47
101	3077	Hugo Alves	BERG OUTDOOR	Senior Masculino	04:17:24	+03:06:09	18:23

Trail Curto 14K

14 KM

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Sub 23 Feminino

1	3318	Inês Anjo	Individual	Sub 23 Feminino	02:57:01	+01:45:46	12:39
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Sub 23 Masculino

1	3445	Ricardo Sagueiro	Linces de Montemor	Sub 23 Masculino	01:30:23	+19:08	06:27
2	3044	GONALO FREITAS	AMC TRAIL	Sub 23 Masculino	01:35:16	+24:01	06:48
3	3323	Nuno Alexandre Antunes Cardoso	Individual	Sub 23 Masculino	01:37:29	+26:14	06:58
4	3208	Jorge Beliago	Gansos trail	Sub 23 Masculino	01:44:47	+33:32	07:29
5	3434	Ricardo Cruz	KER SPORT	Sub 23 Masculino	01:44:59	+33:44	07:30
6	3543	Tiago Martins	Trail Team Montaria	Sub 23 Masculino	02:00:25	+49:10	08:36
7	3321	Joo Rosa	Individual	Sub 23 Masculino	02:04:28	+53:13	08:53
8	3325	Pedro Graa	Individual	Sub 23 Masculino	02:05:40	+54:25	08:59
9	3322	Joo Santa Cruz	Individual	Sub 23 Masculino	02:05:40	+54:25	08:59
10	3541	Marco Pires	Trail Team Montaria	Sub 23 Masculino	02:10:58	+59:44	09:21
11	3542	Miguel Barros	Trail Team Montaria	Sub 23 Masculino	02:21:28	+01:10:13	10:06
12	3538	Gonalo Paula	Trail Team Montaria	Sub 23 Masculino	02:21:28	+01:10:14	10:06
13	3540	Hlder Maciel	Trail Team Montaria	Sub 23 Masculino	02:24:01	+01:12:47	10:17
14	3324	Pedro Eusbio	Individual	Sub 23 Masculino	02:31:49	+01:20:34	10:51
15	3439	Pedro Oliveira	Lees de Tardariz Trail	Sub 23 Masculino	03:04:06	+01:52:51	13:09
16	3233	Nuno Toms Patrcio	Grupo 46	Sub 23 Masculino	03:12:02	+02:00:47	13:43
17	3012	Tiago Oliveira	Afifense Trail	Sub 23 Masculino	03:26:41	+02:15:26	14:46
18	3011	Francisco Augusto	Afifense Trail	Sub 23 Masculino	03:27:15	+02:16:00	14:48

Veterana F40

1	3068	Lisandra Pontes Basilio Tavares	Associação Porto da Cruz Trail Team	Veterana F40	01:50:53	+39:38	07:55
2	3443	Sandrina Gomes	LETHES TRAIL TEAM	Veterana F40	01:53:19	+42:04	08:06
3	3016	deolinda faria	AIRORUN	Veterana F40	01:57:09	+45:54	08:22
4	3064	Judite Sousa	Associação Campo Redondo	Veterana F40	01:59:26	+48:11	08:32
5	3342	Isabel Rocha	Individual	Veterana F40	02:05:38	+54:23	08:58
6	3555	Luisa Teixeira	Tricotar Trails	Veterana F40	02:06:00	+54:46	09:00
7	3188	marisa doreta	Fardetas	Veterana F40	02:07:43	+56:28	09:07
8	3354	Patricia Fernandes	Individual	Veterana F40	02:08:18	+57:03	09:10
9	3424	Anabela Marques	Juventude Cortegacense	Veterana F40	02:09:07	+57:52	09:13
10	3133	Silvina Cunha	Cerveira Team Running	Veterana F40	02:10:06	+58:51	09:18
11	3332	Carla Salgado	Individual	Veterana F40	02:10:18	+59:03	09:18
12	3004	Graça Ribeiro	A.D.Amarante trail running	Veterana F40	02:10:24	+59:09	09:19
13	3086	Elizabeth Ortiz	Braguinhas Runners	Veterana F40	02:11:35	+01:00:20	09:24
14	3337	Dina Maria Nascimento Aveiro	Individual	Veterana F40	02:12:45	+01:01:30	09:29
15	3509	Rosa Gama	Ribeiras Trail	Veterana F40	02:13:29	+01:02:14	09:32
16	3363	Sonia santos	Individual	Veterana F40	02:14:45	+01:03:30	09:38

Trail Curto 14K

14 KM

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17	3331	Carla Marina Araújo Vilas Boas	Individual	Veterana F40	02:15:49	+01:04:34	09:42
18	3351	Nadir Sofia da Silva Vaz de Sousa	Individual	Veterana F40	02:15:58	+01:04:43	09:43
19	3359	Sandra Amorim	Individual	Veterana F40	02:15:58	+01:04:43	09:43
20	3357	Rosa Beja	Individual	Veterana F40	02:17:26	+01:06:11	09:49
21	3025	Paula Ferreira	Akuafit	Veterana F40	02:18:12	+01:06:58	09:52
22	3341	Isabel Pereira Gomes	Individual	Veterana F40	02:19:28	+01:08:13	09:58
23	3554	Ivone Pardal	Tricotar Trails	Veterana F40	02:19:38	+01:08:24	09:58
24	3436	Isabel Domingues	Lebres Minhotas	Veterana F40	02:20:14	+01:09:00	10:01
25	3082	Alzira Alves	Bits&Bikes/Trail Running	Veterana F40	02:20:19	+01:09:04	10:01
26	3547	paula afonso	Trailers	Veterana F40	02:23:56	+01:12:41	10:17
27	3079	Ana Ribeiro	BERG OUTDOOR	Veterana F40	02:24:46	+01:13:31	10:20
28	3084	Aurora Silva	Braguinhas Runners	Veterana F40	02:26:17	+01:15:02	10:27
29	3197	Elisabete Nogueira	Fridão Sem Limites	Veterana F40	02:27:14	+01:15:59	10:31
30	3057	Filipa Ferreira	ARCA BarceloS runners	Veterana F40	02:28:00	+01:16:45	10:34
31	1554	Carine Reis	Individual	Veterana F40	02:28:16	+01:17:01	10:35
32	3080	Susana Martins	BERG OUTDOOR	Veterana F40	02:28:33	+01:17:18	10:37
33	3340	Irene Silva	Individual	Veterana F40	02:29:06	+01:17:51	10:39
34	3431	ANABELA GOMES	KeMedo Team	Veterana F40	02:29:58	+01:18:44	10:43
35	3085	Elisabete Borges	Braguinhas Runners	Veterana F40	02:32:01	+01:20:46	10:52
36	3185	Teresa Rodrigues	EDV-VIANATRAIL	Veterana F40	02:32:14	+01:21:00	10:52
37	3120	Sandra Matos	CENTRO CICLISTA DE GONDOMAR	Veterana F40	02:32:31	+01:21:16	10:54
38	3575	SUSANA SILVA	VIDAATIVARUNNERS	Veterana F40	02:33:23	+01:22:08	10:57
39	3119	Carmen Vidal	CCD MATRIZ / BORBA TRAIL	Veterana F40	02:33:59	+01:22:44	11:00
40	3026	Salomé Ferreira	Akuafit	Veterana F40	02:34:40	+01:23:25	11:03
41	3561	Fátima Barroso	Trogloditas Runners	Veterana F40	02:34:40	+01:23:25	11:03
42	3173	ANA MARGARIDA	Equipa João Ferreira	Veterana F40	02:35:39	+01:24:25	11:07
43	3131	Fátima Fernandes	Cerveira Team Running	Veterana F40	02:36:23	+01:25:08	11:10
44	3183	Cidália Ribeiro	EDV-VIANATRAIL	Veterana F40	02:36:28	+01:25:13	11:11
45	3464	Fernanda Leão	NOCTURNOS DE PAREDES	Veterana F40	02:37:30	+01:26:15	11:15
46	3465	Maria Jesus	NOCTURNOS DE PAREDES	Veterana F40	02:37:48	+01:26:33	11:16
47	3339	Filipa Pimenta	Individual	Veterana F40	02:38:55	+01:27:40	11:21
48	3552	Sara Macedo	Trailistas "Eu é que sei!"	Veterana F40	02:38:56	+01:27:41	11:21
49	3446	Vanda Coelho	Linces de Montemor	Veterana F40	02:39:15	+01:28:00	11:23
50	3487	LAURA VIEIRA	PORTOCARGO RUNNERS	Veterana F40	02:39:26	+01:28:11	11:23
51	3525	Elsa Maria Lima Moreira	TEAM SHARK	Veterana F40	02:39:31	+01:28:16	11:24
52	3352	Nieves Hermida Fernández	Individual	Veterana F40	02:40:24	+01:29:09	11:27
53	3364	Yolanda Blanco	Individual	Veterana F40	02:41:30	+01:30:15	11:32
54	3055	Ana Matos	ARCA BarceloS runners	Veterana F40	02:42:31	+01:31:16	11:37
55	3056	Cidália Rodrigues	ARCA BarceloS runners	Veterana F40	02:42:53	+01:31:38	11:38
56	3053	Laurinda Martins	Apúlia a Correr	Veterana F40	02:43:18	+01:32:03	11:40
57	3326	Ana Maria Ferreira	EI Team Trail	Veterana F40	02:43:46	+01:32:31	11:42
58	3226	Paula Ferreira	GENEROSOS RUNNERS	Veterana F40	02:44:51	+01:33:36	11:47
59	3333	Carla Sofia Aguilar Silva	Individual	Veterana F40	02:45:00	+01:33:46	11:47
60	3189	silvia castelo	Fardetas	Veterana F40	02:45:08	+01:33:53	11:48
61	3039	Alexandra Leite	All About	Veterana F40	02:45:58	+01:34:43	11:51
62	3343	Isabel Santos	Individual	Veterana F40	02:47:10	+01:35:55	11:56

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Trail Curto 14K

14 KM

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63	3574	AUGUSTA SARAIVA	VIDAATIVARUNNERS	Veterana F40	02:48:22	+01:37:07	12:02
64	3199	Suzete do Rosario Passos de Sousa	Fridão Sem Limites	Veterana F40	02:49:03	+01:37:48	12:05
65	3198	Rosa Soares	Fridão Sem Limites	Veterana F40	02:49:05	+01:37:50	12:05
66	3365	Zenaida Andrade	Individual	Veterana F40	02:50:00	+01:38:45	12:09
67	3486	DULCE RESENDE	PORTOCARGO RUNNERS	Veterana F40	02:51:33	+01:40:18	12:15
68	3345	Justa Ferreira	Individual	Veterana F40	02:51:34	+01:40:19	12:15
69	3148	Marisa Silva	CORRER LEÇA	Veterana F40	02:51:58	+01:40:43	12:17
70	3329	Belén Iglesias Lopez	Individual	Veterana F40	02:53:10	+01:41:55	12:22
71	3506	Conceição Ribeiro	Ribeiras Trail	Veterana F40	02:56:54	+01:45:39	12:38
72	3072	Cláudia Martins	ATR - Algarve Trail Running	Veterana F40	03:01:39	+01:50:24	12:59
73	3061	Sandra Ferreira	ARCORUN	Veterana F40	03:01:52	+01:50:37	12:59
74	3102	Rita Silva	BTT Alegria // TUBANI	Veterana F40	03:02:57	+01:51:42	13:04
75	3355	Patricia Reis	Individual	Veterana F40	03:04:20	+01:53:06	13:10
76	3472	Sónia Novo	OLIMPICO VIANENSE TRAIL	Veterana F40	03:04:33	+01:53:18	13:11
77	3150	Sandra Morgado	CORRER LEÇA	Veterana F40	03:08:03	+01:56:48	13:26
78	3358	Rosa Oliveira	Individual	Veterana F40	03:10:12	+01:58:57	13:35
79	3494	Paula Alves	Profisio Team	Veterana F40	03:10:23	+01:59:09	13:36
80	3565	Cláudia Ferreira	UDA / Ponta Branca	Veterana F40	03:10:32	+01:59:17	13:37
81	3335	Célia Sousa Vieira	Individual	Veterana F40	03:11:13	+01:59:59	13:40
82	3353	Nuria Blanco	Individual	Veterana F40	03:11:43	+02:00:28	13:42
83	3585	Anabela Freire Rodrigues	Individual	Veterana F40	03:12:11	+02:00:56	13:44
84	3218	Marta Trigo	Gazelles - Cães d'Avenida	Veterana F40	03:12:20	+02:01:05	13:44
85	3216	Mafalda Fernandes	Gazelles - Cães d'Avenida	Veterana F40	03:12:20	+02:01:06	13:44
86	3213	Bárbara Barbosa	Gazelles - Cães d'Avenida	Veterana F40	03:12:21	+02:01:06	13:44
87	3234	Patricia Martins	Grupo 46	Veterana F40	03:14:27	+02:03:12	13:53
88	3238	Cristina Moreira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F40	03:15:32	+02:04:18	13:58
89	3239	Paula Tavares	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F40	03:15:33	+02:04:18	13:58
90	3349	Manuela Parente	Individual	Veterana F40	03:15:50	+02:04:35	13:59
91	3582	Ana Paula Conceição	Individual	Veterana F40	03:16:18	+02:05:03	14:01
92	3562	Judite Fernandes	Trogloditas Runners	Veterana F40	03:19:56	+02:08:41	14:17
93	3348	Lurdes Sanguedo	Individual	Veterana F40	03:20:00	+02:08:45	14:17
94	3483	Isabel Maria Vieira Moreira	PORTO SENTIDO RUNNERS	Veterana F40	03:21:46	+02:10:31	14:25
95	3132	Paula Alves	Cerveira Team Running	Veterana F40	03:25:21	+02:14:06	14:40
96	3425	Gabriela França	Juventude Cortegacense	Veterana F40	03:26:38	+02:15:23	14:46
97	3503	Alexandra Marques	Ribeiras Trail	Veterana F40	03:27:35	+02:16:20	14:50
98	3507	Elsa Fernandes	Ribeiras Trail	Veterana F40	03:27:35	+02:16:20	14:50
99	3504	Ana Paula Santos	Ribeiras Trail	Veterana F40	03:27:54	+02:16:39	14:51
100	3361	Sónia Carvalho	Individual	Veterana F40	03:30:48	+02:19:33	15:03
101	3350	Mónica Santos	Individual	Veterana F40	03:30:50	+02:19:35	15:04
102	3013	Lurdes Ramos	Afifense Trail	Veterana F40	03:32:04	+02:20:49	15:09
103	3346	Justina Almeida Ferreira	Individual	Veterana F40	03:34:15	+02:23:00	15:18
104	3036	Sandra Costa	Alexandra Carvalho Team	Veterana F40	03:34:47	+02:23:32	15:21
105	3174	SUSANA MATOS	Equipa João Ferreira	Veterana F40	03:35:37	+02:24:22	15:24
106	3014	Paula Alexandra	Afifense Trail	Veterana F40	03:36:56	+02:25:41	15:30
107	3221	Sandra Maria Neves Couto Ferreira	GDCT INCM	Veterana F40	03:37:31	+02:26:16	15:32

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Trail Curto 14K

14 KM

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108	3347	Ligia Rêgo	Individual	Veterana F40	03:43:30	+02:32:15	15:58
109	3362	Sónia Machado	EI Team Trail	Veterana F40	03:48:33	+02:37:18	16:20
110	3060	Patrícia Amorim	ARCORUN	Veterana F40	03:50:09	+02:38:54	16:26
111	3225	Carla Gomes	GENEROSOS RUNNERS	Veterana F40	03:53:16	+02:42:01	16:40
112	3336	Cláudia Carvalhal	Individual	Veterana F40	03:53:17	+02:42:02	16:40
113	3184	Sandra Costa	EDV-VIANATRAIL	Veterana F40	04:09:01	+02:57:46	17:47
114	3356	Rita Osório	Individual	Veterana F40	04:09:03	+02:57:48	17:47
115	3328	Augusta Barbosa	Individual	Veterana F40	04:09:03	+02:57:49	17:47
116	3344	Joana Monteiro	Individual	Veterana F40	04:15:24	+03:04:09	18:15
117	3455	Márcia Pinto	Metralhas Runners	Veterana F40	04:41:35	+03:30:20	20:07

Veterana F50

1	3495	Goreti Sousa	Profisio Team	Veterana F50	01:51:33	+40:18	07:58
2	3511	Margarida Martins	Ribeiras Trail	Veterana F50	01:56:46	+45:31	08:20
3	3176	Laura Santos	Equipa João Ferreira	Veterana F50	02:03:58	+52:43	08:51
4	3580	Ana Cardoso	Yazaki Runners	Veterana F50	02:31:54	+01:20:39	10:51
5	3366	Anabela Lourenço	Individual	Veterana F50	02:37:12	+01:25:57	11:14
6	3526	Izabel Ferreira Lopez Correia	TEAM SHARK	Veterana F50	02:45:01	+01:33:46	11:47
7	3135	Adelaide Filipe	Cerveira Team Running	Veterana F50	02:52:13	+01:40:58	12:18
8	3235	Manuela Viterbo	Grupo 46	Veterana F50	03:14:28	+02:03:14	13:53
9	3230	Maria da Luz Lourenço	Gondarâfrente	Veterana F50	03:17:45	+02:06:30	14:08
10	3588	Ana Cardoso	Yazaki Runners	Veterana F50	03:19:56	+02:08:41	14:17
11	3367	Dora Saraiva	Individual	Veterana F50	03:21:39	+02:10:24	14:24
12	3426	Manuela Castelo	Juventude Cortegacense	Veterana F50	03:26:38	+02:15:24	14:46
13	3175	Carolina Rocha	Equipa João Ferreira	Veterana F50	03:35:37	+02:24:22	15:24
14	3117	conceicao allen	Carapaus	Veterana F50	03:39:34	+02:28:19	15:41
15	3162	Ana Paula	EI Team Trail	Veterana F50	03:48:32	+02:37:17	16:19
16	3041	Paula Moreira	All About	Veterana F50	04:07:05	+02:55:50	17:39
17	3370	marina duarte	Individual	Veterana F50	04:23:57	+03:12:42	18:51

Veterana F60

1	3137	Fátima Araújo	Cerveira Team Running	Veterana F60	03:57:26	+02:46:11	16:58
2	3042	Ana Maria Moreira	All About	Veterana F60	04:10:30	+02:59:15	17:54

Veterano M40

1	3006	ADELINO AIRES	Alexandra Carvalho Team	Veterano M40	01:23:04	+11:49	05:56
2	3153	Abilio Almeida	Dá-lhe Gás Running team	Veterano M40	01:23:34	+12:20	05:58
3	4132	Abílio Ribeiro	Sporting Clube Espinho	Veterano M40	01:25:41	+14:26	06:07
4	3473	Mário Gonçalves	OLIMPICO VIANENSE TRAIL	Veterano M40	01:25:48	+14:33	06:08
5	3045	cesar gonalves	AMC TRAIL	Veterano M40	01:30:30	+19:15	06:28
6	3113	Carlos Loureiro	Caav/trail	Veterano M40	01:31:43	+20:28	06:33
7	3200	Bruno Daniel Mendes Azevedo	Fridão Sem Limites	Veterano M40	01:34:39	+23:24	06:46

Trail Curto 14K

14 KM

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8	3203	Paulo Teixeira Sousa	Fridão Sem Limites	Veterano M40	01:34:39	+23:24	06:46
9	3460	JOSÉ ALBERTO PIRES TRIGO	Minho e Lima Trail	Veterano M40	01:34:57	+23:42	06:47
10	3394	José Peixoto	Individual	Veterano M40	01:35:38	+24:23	06:50
11	3440	Dario Cardoso	Leões de Tardariz Trail	Veterano M40	01:37:34	+26:19	06:58
12	3385	Joao Batista Amorim da Silva	Individual	Veterano M40	01:39:27	+28:12	07:06
13	3202	Manuel José Mendes Teixeira	Fridão Sem Limites	Veterano M40	01:39:31	+28:16	07:07
14	3049	Vieirinha	AMIGO TRAIL RUN	Veterano M40	01:41:20	+30:05	07:14
15	3387	João Carlos Pereira Morgado Barbosa	Individual	Veterano M40	01:41:49	+30:35	07:16
16	3103	Tony Mendes	BTT Alegria // TUBANI	Veterano M40	01:43:56	+32:41	07:25
17	3513	Armando Moreira	Ribeiras Trail	Veterano M40	01:45:23	+34:08	07:32
18	3397	Manuel Joaquim da Silva Baptista Vale	Individual	Veterano M40	01:46:06	+34:51	07:35
19	3152	ALBERTO PEREIRO GONZALEZ	COUTADAS TRAIL TEAM	Veterano M40	01:47:36	+36:21	07:41
20	3384	Henrique manuel lopes conde	Individual	Veterano M40	01:53:02	+41:48	08:04
21	3179	PAULO SILVA	Equipa João Ferreira	Veterano M40	01:53:19	+42:05	08:06
22	3190	antónio neves	Fardetas	Veterano M40	01:53:58	+42:43	08:08
23	2188	Antonio Joaquim Teixeira Alves	Fridão Sem Limites	Veterano M40	01:54:34	+43:19	08:11
24	3380	Fernando Pimentel	Individual	Veterano M40	01:54:52	+43:37	08:12
25	3373	Abílio Baltazar Morais	Individual	Veterano M40	01:56:27	+45:12	08:19
26	3046	Paulo Bastos	AMC TRAIL	Veterano M40	01:56:29	+45:14	08:19
27	3379	Fernando Manuel Fernandes Rodrigues	Individual	Veterano M40	01:57:10	+45:56	08:22
28	3388	joão cerqueira	Individual	Veterano M40	01:57:47	+46:33	08:25
29	3544	Eriberto Matos	Trail Team Montaria	Veterano M40	01:58:38	+47:23	08:28
30	3514	Joaquim Pinto	Ribeiras Trail	Veterano M40	01:59:45	+48:31	08:33
31	3406	Pedro José Oliveira da Silva	Individual	Veterano M40	02:03:43	+52:28	08:50
32	3177	CARLOS JORGE	Equipa João Ferreira	Veterano M40	02:04:48	+53:33	08:55
33	3469	José Gonçalves	OADA - Os Amigos da Aventura	Veterano M40	02:05:41	+54:26	08:59
34	3401	Nelson silva	Individual	Veterano M40	02:06:57	+55:42	09:04
35	3386	João Carlos da Silva Gomes	Individual	Veterano M40	02:08:40	+57:25	09:11
36	3081	Miguel Tolentino	BERG OUTDOOR	Veterano M40	02:10:15	+59:00	09:18
37	3209	Miguel Costa	Gansos trail	Veterano M40	02:10:25	+59:10	09:19
38	3027	Bruno Amorim	Akuafit	Veterano M40	02:10:42	+59:28	09:20
39	3028	David Paiva	Akuafit	Veterano M40	02:11:02	+59:47	09:22
40	3441	Manuel Alvarino	Leões de Tardariz Trail	Veterano M40	02:11:40	+01:00:25	09:24
41	3549	Luís Magalhães	Trailers	Veterano M40	02:13:19	+01:02:05	09:31
42	3191	miguel queirós	Fardetas	Veterano M40	02:13:44	+01:02:29	09:33
43	3375	António Grande	Individual	Veterano M40	02:14:05	+01:02:50	09:35
44	3536	José Eusébio	TRAIL ME	Veterano M40	02:14:12	+01:02:57	09:35
45	3381	Fernando Sérgio Moreira Filipe	Individual	Veterano M40	02:14:51	+01:03:36	09:38
46	3383	Francisco Rua	Individual	Veterano M40	02:14:51	+01:03:37	09:38
47	3390	João Paulo Gonçalves	Individual	Veterano M40	02:16:01	+01:04:46	09:43
48	3374	António Carvalho	Individual	Veterano M40	02:17:43	+01:06:28	09:50
49	590	João Cardoso	SS MONTEPIO	Veterano M40	02:18:06	+01:06:51	09:52
50	3029	Filipe Pires Martins	Akuafit	Veterano M40	02:18:13	+01:06:58	09:52
51	3400	Miguel Alves	Individual	Veterano M40	02:18:49	+01:07:35	09:55
52	3170	Jorge Vasconcelos	EQUIPA A	Veterano M40	02:23:02	+01:11:47	10:13
53	3535	Jose Silva	The Newbies	Veterano M40	02:23:16	+01:12:01	10:14

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Trail Curto 14K

14 KM

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54	3180	RUI COMPLETO	Equipa João Ferreira	Veterano M40	02:25:46	+01:14:32	10:25
55	3392	José Ferreira	Individual	Veterano M40	02:27:10	+01:15:55	10:31
56	3237	José Manuel Fernandes Moreira da Silva	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M40	02:28:05	+01:16:50	10:35
57	3488	CARLOS OLIVEIRA	PORTOCARGO RUNNERS	Veterano M40	02:29:04	+01:17:49	10:39
58	3520	Ricardo Resende	SS MONTEPIO	Veterano M40	02:31:44	+01:20:29	10:50
59	3497	David Azevedo	Quenianos do Paço	Veterano M40	02:31:51	+01:20:36	10:5
60	3201	Fernando Sampaio	Fridão Sem Limites	Veterano M40	02:32:10	+01:20:56	10:52
61	3187	Jose Gonçalves	EDV-VIANATRIL	Veterano M40	02:32:15	+01:21:00	10:53
62	3448	Rodrigo Pedrosa	Malha no Charco	Veterano M40	02:32:34	+01:21:20	10:54
63	3470	Miguel Carvalhido	OADA - Os Amigos da Aventura	Veterano M40	02:32:54	+01:21:39	10:55
64	3399	Manuel Teixeira	Individual	Veterano M40	02:33:34	+01:22:19	10:58
65	3519	Francisco Moreira	SS MONTEPIO	Veterano M40	02:34:47	+01:23:32	11:03
66	3151	Pedro Justo	CORRER LEÇA	Veterano M40	02:36:13	+01:24:58	11:10
67	3521	Rui Silva	SS MONTEPIO	Veterano M40	02:37:48	+01:26:33	11:16
68	3114	Filipe Brito	Caav/trail	Veterano M40	02:37:52	+01:26:37	11:17
69	3489	PAULO FERREIRA	PORTOCARGO RUNNERS	Veterano M40	02:39:26	+01:28:11	11:23
70	3377	Eduardo Loureiro	Individual	Veterano M40	02:45:03	+01:33:49	11:47
71	3398	Manuel Peixoto	Individual	Veterano M40	02:49:12	+01:37:57	12:05
72	3393	José Peixoto	Individual	Veterano M40	02:49:13	+01:37:58	12:05
73	3063	Alexis Bolívar	ARCORUN	Veterano M40	02:52:27	+01:41:12	12:19
74	3515	Rolando Marques	Ribeiras Trail	Veterano M40	02:56:02	+01:44:47	12:34
75	3109	Ricardo Pinto	Bueda Canoka	Veterano M40	02:56:57	+01:45:42	12:38
76	3403	Paulo Marques	Individual	Veterano M40	02:57:01	+01:45:46	12:39
77	3405	Pedro Henrique Pereira Montêz	Individual	Veterano M40	02:59:49	+01:48:34	12:51
78	3376	Artur	Individual	Veterano M40	03:02:53	+01:51:38	13:04
79	3402	Nuno Sá Costa	Individual	Veterano M40	03:04:59	+01:53:45	13:13
80	3442	Marco Oliveira	Leões de Tardariz Trail	Veterano M40	03:06:20	+01:55:05	13:19
81	3069	NuNuno Miguel Dias Tavares	Associação Porto da Cruz Trail Team	Veterano M40	03:10:18	+01:59:03	13:36
82	3074	Jose Carlos	B.T.M.	Veterano M40	03:16:35	+02:05:20	14:03
83	3378	FERNANDO CAMPOS	Individual	Veterano M40	03:19:01	+02:07:46	14:13
84	3030	José Silva	Akuafit	Veterano M40	03:20:00	+02:08:45	14:17
85	3037	Nuno Esteves	Alexandra Carvalho Team	Veterano M40	03:21:42	+02:10:28	14:24
86	3404	Pedro Filipe da Silva Teixeira	Individual	Veterano M40	03:43:29	+02:32:14	15:58
87	3186	Carlos Mendes	EDV-VIANATRIL	Veterano M40	04:09:01	+02:57:46	17:47
88	3031	Osvaldo Azevedo	Akuafit	Veterano M40	04:15:24	+03:04:09	18:15

Veterano M50

1	3083	Arlindo Ferreira	Bits&Bikes/Trail Running	Veterano M50	01:28:59	+17:44	06:21
2	3566	João Rodrigues	Vale dos Duros	Veterano M50	01:31:22	+20:07	06:32
3	3416	Manuel Neves caramalho	Individual	Veterano M50	01:41:31	+30:16	07:15
4	3428	Celso Gomes	Juventude Cortegacense	Veterano M50	01:45:49	+34:35	07:34
5	3419	Paulo Dias	Individual	Veterano M50	01:46:28	+35:13	07:36
6	3104	Adão Rocha	BTT Alegria // TUBANI	Veterano M50	01:48:32	+37:17	07:45
7	3474	Alberto Cunha	OLIMPICO VIANENSE TRAIL	Veterano M50	01:50:57	+39:43	07:56

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Trail Curto 14K

14 KM

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8	3414	José Paulo Cardoso	Individual	Veterano M50	01:52:41	+41:26	08:03
9	3430	Paulo Castelo	Juventude Cortegacense	Veterano M50	01:55:29	+44:14	08:15
10	3522	Fernando Carvalho	SS MONTEPIO	Veterano M50	01:56:20	+45:05	08:19
11	3412	Joaquim Rocha	Individual	Veterano M50	01:56:24	+45:09	08:19
12	3408	António Lima	Individual	Veterano M50	02:05:19	+54:04	08:57
13	3516	José Moura	Ribeiras Trail	Veterano M50	02:05:30	+54:16	08:58
14	3545	Gil Martins	Trail Team Montaria	Veterano M50	02:06:46	+55:31	09:03
15	3087	José Fonseca	Braguinhas Runners	Veterano M50	02:09:13	+57:58	09:14
16	3075	Emilio Davide Senra Cardoso	B.T.M.	Veterano M50	02:10:21	+59:06	09:19
17	3498	José Afonso	Rampinhas	Veterano M50	02:12:00	+01:00:46	09:26
18	3410	Fernando Amaro	Individual	Veterano M50	02:13:15	+01:02:00	09:31
19	3413	José Gonçalves	Individual	Veterano M50	02:17:38	+01:06:23	09:50
20	3411	Joaquim Augusto Teixeira Seca	Individual	Veterano M50	02:18:54	+01:07:39	09:55
21	3427	Augusto Santos Silva	Juventude Cortegacense	Veterano M50	02:19:10	+01:07:55	09:56
22	3116	David José Alves Nogueira	Caracois do Monmte	Veterano M50	02:20:33	+01:09:18	10:02
23	3070	José de Almada Mendonça	Associação Porto da Cruz Trail Team	Veterano M50	02:22:13	+01:10:58	10:10
24	3467	António Jorge Carvalho	NOCTURNOS DE PAREDES	Veterano M50	02:22:29	+01:11:15	10:11
25	3409	Domingos Araújo	Individual	Veterano M50	02:32:02	+01:20:47	10:52
26	3417	Moisés Merrelho	Individual	Veterano M50	02:32:57	+01:21:42	10:56
27	3415	Luís Azevedo	Individual	Veterano M50	02:37:05	+01:25:50	11:13
28	3210	Joaquim Garces	Gansos trail	Veterano M50	02:37:23	+01:26:08	11:15
29	3118	joao remedios	Carapaus	Veterano M50	02:40:54	+01:29:40	11:30
30	3564	Carlos Costa	Trogloditas Runners	Veterano M50	02:43:53	+01:32:38	11:42
31	3444	JORGE SOUSA	LETHES TRAIL TEAM	Veterano M50	02:45:35	+01:34:20	11:50
32	3227	Sergio Reis	GENEROSOS RUNNERS	Veterano M50	02:59:52	+01:48:38	12:51
33	3490	MANUEL PEREIRA	PORTOCARGO RUNNERS	Veterano M50	03:07:43	+01:56:28	13:25
34	3231	José Lourenço	Gondarãfrente	Veterano M50	03:17:46	+02:06:31	14:08
35	3581	Rui Avelino Silva	Yazaki Runners	Veterano M50	03:21:43	+02:10:28	14:25
36	3517	Manuel Santos	Ribeiras Trail	Veterano M50	03:27:53	+02:16:38	14:51
37	3054	Manuel Silva	Apúlia a Correr	Veterano M50	03:30:21	+02:19:06	15:02
38	3139	António Tiago	Cerveira Team Running	Veterano M50	03:57:24	+02:46:10	16:57

Veterano M60

1	3421	Fernando Duarte Ferreira	Individual	Veterano M60	01:49:36	+38:22	07:50
2	3038	DANIEL BARRETO	Alexandra Carvalho Team	Veterano M60	01:54:54	+43:39	08:12
3	3450	Albino Felix	Malha no Charco	Veterano M60	02:21:51	+01:10:36	10:08
4	3192	josé castelo	Fardetas	Veterano M60	02:22:39	+01:11:24	10:11
5	3115	DAVID COELHO	Caav/trail	Veterano M60	02:32:07	+01:20:52	10:52
6	3475	Manuel Moura	OS BARRIGUITAS	Veterano M60	02:53:05	+01:41:50	12:22
7	3587	Antonio Areias	Individual	Veterano M60	03:09:38	+01:58:23	13:33

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