

42KM - STAGE 1

42 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	9.6°C	93%
End	15:20	9.6°C	93%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	26	José Gaspar	Belenenses	02:42:14		03:52	
2	237	Bruno Miguel da Silva Ferreira	TEAM LANTEMIL	02:45:33	+03:19	03:56	
3	231	Edgar Resende	SiM Summit	03:10:07	+27:53	04:32	
4	82	Daniel	Individual	03:13:42	+31:28	04:37	
5	257	José Marques	Ze Team	03:14:07	+31:53	04:37	
6	47	Luis Gil	DECATHLON	03:14:17	+32:03	04:38	
7	118	Fátima Garrido Melo	Individual	03:14:19	+32:05	04:38	
8	217	ANTÓNIO SOUSA	RIPOLINS GRIJÓ A CORRER	03:15:51	+33:37	04:40	
9	225	João Prisal	Salamandrecos	03:19:36	+37:22	04:45	
10	64	Vasco Carvalho	Icarus Running Team	03:20:36	+38:22	04:47	
11	146	Nuno Carlos F. Campos	Individual	03:22:53	+40:39	04:50	
12	87	Fábio Filipe	Individual	03:27:25	+45:11	04:56	
13	251	Tiago Henrique	Viana Running	03:29:52	+47:38	05:00	
14	219	Paulo Fernandes	Run4Fun Vila Real	03:30:04	+47:50	05:00	
15	137	Henrique Barbosa	Individual	03:30:45	+48:31	05:01	
16	166	Vitor Neves	Individual	03:31:24	+49:10	05:02	
17	245	Fernando Álvarez García	Trogloditas runners	03:33:38	+51:24	05:05	
18	260	José Fortunato Ribeiro	Individual	03:35:33	+53:19	05:08	
19	28	Vítor Cavadas	Bikeservice	03:36:26	+54:12	05:09	
20	55	Paulo Gomes	EVELX - Associação de Estilos de Vida Saudável	03:36:35	+54:21	05:09	
21	238	Sérgio Monteiro	TEAM LANTEMIL	03:38:52	+56:38	05:13	
22	247	Fernando Manuel Tavares da Costa Antunes	TURBULENTOS	03:39:08	+56:54	05:13	
23	46	Fernando Gonçalves	DCI/Trilhos Luso Bussaco	03:39:27	+57:13	05:13	
24	81	Damián Álvarez Gutiérrez	Individual	03:39:46	+57:32	05:14	
25	12	Vitor Pinto	Amigos Vale Silencio	03:39:55	+57:41	05:14	
26	180	nuno cáceres	Individual	03:40:07	+57:53	05:14	
27	165	Vítor Manuel Gonçalves Sousa	Individual	03:42:23	+01:00:09	05:18	
28	9	José Marques	ÁGUIAS DA MISERICÓRDIA	03:42:47	+01:00:33	05:18	
29	155	Pedro Barbosa	Individual	03:43:33	+01:01:19	05:19	
30	203	Isaac Costa	Marão Trail	03:44:33	+01:02:19	05:21	
31	85	Emanuel Silva	Individual	03:46:20	+01:04:06	05:23	
32	92	Hugo Faria	Individual	03:47:12	+01:04:58	05:25	
33	198	RICARDO PIMENTA	ker sport trail running	03:47:37	+01:05:23	05:25	
34	149	Paulo Domingues	Individual	03:47:55	+01:05:41	05:26	
35	211	Jorge Bastos	Pernetas	03:49:22	+01:07:08	05:28	
36	174	Joaquim Viana	Individual	03:50:12	+01:07:58	05:29	
37	154	Paulo Silva	Individual	03:50:15	+01:08:01	05:29	
38	110	Rui Teixeira	Individual	03:50:38	+01:08:24	05:29	
39	132	FERNANDO COSTA	Individual	03:51:14	+01:09:00	05:30	
40	19	Marco Silva	ASPHALT ASSAULT TEAM	03:52:21	+01:10:07	05:32	
41	20	Vítor Fonseca	ASPHALT ASSAULT TEAM	03:52:31	+01:10:17	05:32	

42KM - STAGE 1

42 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	109	Rui Sousa	Individual	03:52:53	+01:10:39	05:33	
43	169	Ângelo Pereira	Individual	03:52:57	+01:10:43	05:33	
44	206	Alexandre Costa	Paços runners	03:53:50	+01:11:36	05:34	
45	58	Pedro Monteiro	GAIA-RUNNING	03:53:58	+01:11:44	05:34	
46	207	Fernando Ferreira	PAREDES AVENTURA	03:54:34	+01:12:20	05:35	
47	185	Rodrigo Costa	Individual	03:54:40	+01:12:26	05:35	
48	255	Nuno Balula	wikaboo	03:55:43	+01:13:29	05:37	
49	99	Marino R.	Individual	03:56:23	+01:14:09	05:38	
50	103	Paulo Xinês	Individual	03:56:26	+01:14:12	05:38	
51	218	Luis Rodrigues	Rosa Luxemburgo	03:56:58	+01:14:44	05:39	
52	113	Tiago Oliveira	Individual	03:57:24	+01:15:10	05:39	
53	134	Fernando Rosete	Individual	03:58:14	+01:16:00	05:40	
54	246	Pedro Pimentel	TUGAS NA ESTRADA	03:59:03	+01:16:49	05:42	
55	22	Carlos Azevedo	ASPHALT ASSAULT TEAM	03:59:20	+01:17:06	05:42	
56	215	Pedro Santos Vicente	PORTUGAL TROTTER	04:00:01	+01:17:47	05:43	
57	65	Cristiana Ferreira	Individual	04:00:16	+01:18:02	05:43	
58	171	Clemente Teixeira	Individual	04:00:49	+01:18:35	05:44	
59	41	Fernando Remelgado	CCD - SIEMENS	04:01:18	+01:19:04	05:45	
60	167	Adriano matias dos santos lima oliveira	Individual	04:01:51	+01:19:37	05:46	
61	102	Paulo Oliveira	Individual	04:02:07	+01:19:53	05:46	
62	33	MARCO CUNHA	C.D. MEXE AS PERNAS - SECÇÃO S.M.NEGRELOS (LEITE+BICAS)	04:02:19	+01:20:05	05:46	
63	136	Francisco Pinheiro	Individual	04:02:24	+01:20:10	05:46	
64	34	Luis Barreiro	CB RUN	04:02:34	+01:20:20	05:47	
65	200	Miguel pereira	Lobos Do Monte	04:02:46	+01:20:32	05:47	
66	145	Miguel Ferreira	Individual	04:02:50	+01:20:36	05:47	
67	112	Tiago Loureiro	Individual	04:03:00	+01:20:46	05:47	
68	241	Luís Santos	Trailistas "Eu é que sei!"	04:03:23	+01:21:09	05:48	
69	63	Fábio Santos	Hospital de Santa Maria - Porto	04:03:40	+01:21:26	05:48	
70	191	Luís Sousa Pires	Individual	04:03:45	+01:21:31	05:48	
71	107	Ricardo Peixoto	Individual	04:05:11	+01:22:57	05:50	
72	100	paulo cesar martins lima de carvalho	Individual	04:05:19	+01:23:05	05:50	
73	259	carlos braga	Individual	04:05:42	+01:23:28	05:51	
74	43	Bruno BARGE	CDC S. MARTINHO DA GÂNDARA	04:07:06	+01:24:52	05:53	
75	45	José Alfredo Gomes Ribeiro	CluVe (Clube Veteranos Coimbra)	04:07:36	+01:25:22	05:54	
76	57	Pedro Oliveira	FisioPedro Trail	04:07:36	+01:25:22	05:54	
77	184	PETER Vos	Individual	04:07:58	+01:25:44	05:54	
78	124	Ângelo Nogueira	Individual	04:08:21	+01:26:07	05:55	
79	86	ENRIQUE BENITO PEÑALVA	Individual	04:08:23	+01:26:09	05:55	
80	53	JOSÉ PONTE	EDV-VIANA TRAIL	04:09:27	+01:27:13	05:56	
81	89	Filipe Machado	Individual	04:09:37	+01:27:23	05:57	
82	164	Vitor Manuel da Silva Terra Almeida	Individual	04:09:39	+01:27:25	05:57	
83	195	Diogo Aguiar	Inquipa	04:11:22	+01:29:08	05:59	
84	60	VITOR DIAS	GDR Retorta - Quinta das Arcas	04:12:25	+01:30:11	06:01	
85	253	Filipe Martins	VISÃO OCULISTA	04:12:40	+01:30:26	06:01	
86	6	Alvaro Sousa	Adosa - Os Santa Apolónia	04:12:40	+01:30:26	06:01	

42 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	126	Bruno Resende	Individual	04:13:01	+01:30:47	06:01	
88	264	José Gomes	Cerveira Team Running	04:13:20	+01:31:06	06:02	
89	261	José Martins	Individual	04:13:44	+01:31:30	06:02	
90	252	José Moreira	Viriathvs Runners de Viseu	04:14:07	+01:31:53	06:03	
91	179	Manuel Oliveira	Individual	04:14:24	+01:32:10	06:03	
92	202	Blandine Craveiro	Marão Trail	04:14:53	+01:32:39	06:04	
93	70	Joana Creissac	Individual	04:15:25	+01:33:11	06:05	
94	161	Sérgio Rego	Individual	04:15:28	+01:33:14	06:05	
95	160	Rodrigo Oliveira	Individual	04:16:03	+01:33:49	06:06	
96	105	Pereira Nuno	Individual	04:16:19	+01:34:05	06:06	
97	199	Bruno Batista	LION RUNNERS - G. D. LEÕES DA GUARDA	04:16:47	+01:34:33	06:07	
98	133	FERNANDO MANUEL Ferreira Costa	Individual	04:17:05	+01:34:51	06:07	
99	56	Inês Peixoto	EVELX - Associação de Estilos de Vida Saudável	04:17:29	+01:35:15	06:08	
100	114	Vitor Pereira	Individual	04:17:32	+01:35:18	06:08	
101	88	Filipe Faria	Individual	04:17:40	+01:35:26	06:08	
102	66	Cristina Machado	Individual	04:18:43	+01:36:29	06:10	
103	77	Bruno Carvalho	Individual	04:19:02	+01:36:48	06:10	
104	108	Ruben Daniel Conceição	Individual	04:19:07	+01:36:53	06:10	
105	205	António Magalhães	Núcleo de Montanha de Espinho	04:19:57	+01:37:43	06:11	
106	50	Antonino Gonçalves	Desnível Positivo	04:20:34	+01:38:20	06:12	
107	239	Miguel Araújo	TEAM LANTEMIL	04:20:34	+01:38:20	06:12	
108	49	Filipe Alves	Desnível Positivo	04:20:35	+01:38:21	06:12	
109	163	VICENTE MACIAN MORRO	Individual	04:21:19	+01:39:05	06:13	
110	10	Paulo Leite	All About	04:21:33	+01:39:19	06:14	
111	186	Rui Silva	Individual	04:21:48	+01:39:34	06:14	
112	139	Jorge Coelho	Individual	04:22:32	+01:40:18	06:15	
113	157	Pedro Teixeira	Individual	04:23:19	+01:41:05	06:16	
114	123	Luz Paulo	Individual	04:23:23	+01:41:09	06:16	
115	173	joao paulo guimaraes	Individual	04:23:36	+01:41:22	06:17	
116	78	Bruno Porto	Individual	04:24:01	+01:41:47	06:17	
117	150	Paulo Ferreira	Individual	04:24:34	+01:42:20	06:18	
118	18	Paulo Reis	ARCORUN	04:24:34	+01:42:20	06:18	
119	42	Miguel Reynolds Brandão	CCD TRANQUILIDADE	04:24:39	+01:42:25	06:18	
120	177	Jose Monteiro	Individual	04:25:17	+01:43:03	06:19	
121	61	Carlos Bruno Grade	Grupo Desportivo e Recreativo de Manique de Cima	04:25:52	+01:43:38	06:20	
122	79	Carlos Barros	Individual	04:25:52	+01:43:38	06:20	
123	95	Jorge Costa	Individual	04:26:27	+01:44:13	06:21	
124	196	Paulo Nobre	Inquipa	04:27:33	+01:45:19	06:22	
125	222	Catia Luis	Salamandrecos	04:27:44	+01:45:30	06:22	
126	5	Renato Carvalho	ADCR Polícia Judiciária	04:29:25	+01:47:11	06:25	
127	242	avelino Faria	Trailistas "Eu é que sei!"	04:29:28	+01:47:14	06:25	
128	256	Helena Gomes	WOLVES	04:29:58	+01:47:44	06:26	
129	23	Jorge Anjos	ASPHALT ASSAULT TEAM	04:30:01	+01:47:47	06:26	
130	97	luis ramos	Individual	04:31:20	+01:49:06	06:28	
131	83	David Lopes Ferreira	Individual	04:31:30	+01:49:16	06:28	

42 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
132	236	ErasmO Alves	Taylors	04:31:52	+01:49:38	06:28	
133	193	Pedro Amorim	Individual	04:32:14	+01:50:00	06:29	
134	48	Goreti Silva	Desnível Positivo	04:32:14	+01:50:00	06:29	
135	212	PAULO PIMENTA	Pernetas	04:32:19	+01:50:05	06:29	
136	138	Jesus Prieto-Lloret	Individual	04:33:19	+01:51:05	06:30	
137	230	julio	Salgueiros Running	04:34:11	+01:51:57	06:32	
138	143	Luis Oliveira	Individual	04:35:31	+01:53:17	06:34	
139	38	Rogério Ribeiro	CB RUN	04:35:39	+01:53:25	06:34	
140	244	PAULO VALENTE	Trailistas "Eu é que sei!"	04:35:45	+01:53:31	06:34	
141	228	Eduardo Cabrita	Salamandrecos	04:37:06	+01:54:52	06:36	
142	127	Carlos Carreira	Individual	04:37:06	+01:54:52	06:36	
143	84	Dinis Silva	Individual	04:37:20	+01:55:06	06:36	
144	258	Ana Costa	Individual	04:37:26	+01:55:12	06:36	
145	94	Joao Silva	Individual	04:39:03	+01:56:49	06:39	
146	24	Luís Terêncio	ASPHALT ASSAULT TEAM	04:39:34	+01:57:20	06:39	
147	210	Joao Macedo	Pernetas	04:39:55	+01:57:41	06:40	
148	93	Humberto Barros	Individual	04:41:23	+01:59:09	06:42	
149	125	António Manuel Félix Duarte	Individual	04:41:23	+01:59:09	06:42	
150	204	Álvaro Silva	MSS CONTABILIDADE TRAIL TEAM	04:41:47	+01:59:33	06:43	
151	35	Nelson Ferreira	CB RUN	04:42:41	+02:00:27	06:44	
152	52	José Pedro Pinto Silva	Dragões do Mato	04:43:45	+02:01:31	06:45	
153	51	Rui Torres	Desnível Positivo	04:44:03	+02:01:49	06:46	
154	227	ROMÃO SANTOS	Salamandrecos	04:46:36	+02:04:22	06:49	
155	162	Valério Saleiro	Individual	04:46:55	+02:04:41	06:50	
156	27	Bruno cavadas	Bikeservice	04:46:56	+02:04:42	06:50	
157	194	Rui Pedras	Individual	04:47:17	+02:05:03	06:50	
158	201	Rui Oliveira	Marão Trail	04:48:45	+02:06:31	06:52	
159	17	José Amaro	AMINHACORRIDA	04:51:44	+02:09:30	06:57	
160	16	Ana Amaro	AMINHACORRIDA	04:51:44	+02:09:30	06:57	
161	8	Vitor Pereira	ÁGUEDA ACTION CLUB - ACTIB	04:52:28	+02:10:14	06:58	
162	1120	Salah Nejari	Individual	04:52:35	+02:10:21	06:58	
163	128	CARLOS DANIEL MARQUES OLIVEIRA	Individual	04:53:33	+02:11:19	06:59	
164	90	Francisco José Ramalho Ramalho Furão	Individual	04:54:55	+02:12:41	07:01	
165	30	PAULO CÉSAR SÁ DO VALE	Braguinhas Runners	04:55:02	+02:12:48	07:01	
166	221	Eduardo Bastos	S. S. Montepio	04:55:02	+02:12:48	07:01	
167	36	Vasco Faria	CB RUN	04:56:03	+02:13:49	07:03	
168	37	Diogo Barros	CB RUN	04:56:03	+02:13:49	07:03	
169	151	Paulo Machado	Individual	04:56:32	+02:14:18	07:04	
170	98	Márcio Silva	Individual	04:56:40	+02:14:26	07:04	
171	182	Pedro Vicente	Individual	04:59:14	+02:17:00	07:07	
172	240	José Neves	Trailistas "Eu é que sei!"	04:59:48	+02:17:34	07:08	
173	25	José Sousa	Associação de atletismo Lebres do sado	05:02:42	+02:20:28	07:12	
174	172	Francisco Batista	Individual	05:02:55	+02:20:41	07:13	
175	249	Vitor veiga	UrbanAtletas	05:03:03	+02:20:49	07:13	
176	119	Helena Gaspar	Individual	05:03:04	+02:20:50	07:13	

42 KM

OFFICIAL RESULT

generate 01-Dec-2019 18:42

42KM

42 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	9.6°C	93%
End	15:20	9.6°C	93%

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

1	65	Cristiana Ferreira	Individual	Senior Feminino	04:00:15	+01:18:01	05:43:16
2	70	Joana Creissac	Individual	Senior Feminino	04:15:25	+01:33:11	06:05:46
3	66	Cristina Machado	Individual	Senior Feminino	04:18:43	+01:36:29	06:10:12
4	222	Catia Luis	Salamandrecos	Senior Feminino	04:27:44	+01:45:30	06:22:14
5	258	Ana Costa	Individual	Senior Feminino	04:37:25	+01:55:11	06:36:36
6	73	Marisa ferreira	Individual	Senior Feminino	05:14:02	+02:31:48	07:29:50
7	69	Elsa Soares	Individual	Senior Feminino	05:18:37	+02:36:23	07:35:05
8	67	Cristina Santos	Individual	Senior Feminino	05:25:10	+02:42:56	07:45:06
9	213	Ana Nova	PORTO SENTIDO RUNNERS	Senior Feminino	05:48:51	+03:06:37	08:18:42

Senior Masculino

1	237	Bruno Miguel da Silva Ferreira	TEAM LANTEMIL	Senior Masculino	02:45:32	+03:18	03:56
2	231	Edgar Resende	SiM Summit	Senior Masculino	03:10:06	+27:52	04:32
3	82	Daniel	Individual	Senior Masculino	03:13:41	+31:27	04:37
4	257	José Marques	Ze Team	Senior Masculino	03:14:06	+31:52	04:37
5	64	Vasco Carvalho	Icarus Running Team	Senior Masculino	03:20:35	+38:21	04:4
6	87	Fábio Filipe	Individual	Senior Masculino	03:27:24	+45:10	04:56
7	251	Tiago Henrique	Viana Running	Senior Masculino	03:29:51	+47:37	05:00
8	28	Vítor Cavadas	Bikeservice	Senior Masculino	03:36:25	+54:11	05:09
9	55	Paulo Gomes	EVELX - Associação de Estilos de Vida Saudável	Senior Masculino	03:36:34	+54:20	05:09
10	238	Sérgio Monteiro	TEAM LANTEMIL	Senior Masculino	03:38:51	+56:37	05:13
11	81	Damián Álvarez Gutiérrez	Individual	Senior Masculino	03:39:46	+57:32	05:14
12	12	Vítor Pinto	Amigos Vale Silencio	Senior Masculino	03:39:55	+57:41	05:14
13	85	Emanuel Silva	Individual	Senior Masculino	03:46:20	+01:04:06	05:23
14	92	Hugo Faria	Individual	Senior Masculino	03:47:12	+01:04:58	05:25
15	110	Rui Teixeira	Individual	Senior Masculino	03:50:38	+01:08:24	05:29
16	19	Marco Silva	ASPHALT ASSAULT TEAM	Senior Masculino	03:52:20	+01:10:06	05:32
17	20	Vítor Fonseca	ASPHALT ASSAULT TEAM	Senior Masculino	03:52:31	+01:10:17	05:32
18	109	Rui Sousa	Individual	Senior Masculino	03:52:52	+01:10:38	05:33
19	58	Pedro Monteiro	GAIA-RUNNING	Senior Masculino	03:53:57	+01:11:44	05:34
20	99	Marino R.	Individual	Senior Masculino	03:56:23	+01:14:09	05:38
21	103	Paulo Xinês	Individual	Senior Masculino	03:56:25	+01:14:11	05:38
22	218	Luis Rodrigues	Rosa Luxemburgo	Senior Masculino	03:56:58	+01:14:44	05:39
23	113	Tiago Oliveira	Individual	Senior Masculino	03:57:24	+01:15:10	05:39
24	102	Paulo Oliveira	Individual	Senior Masculino	04:02:06	+01:19:52	05:46
25	34	Luis Barreiro	CB RUN	Senior Masculino	04:02:34	+01:20:20	05:47
26	112	Tiago Loureiro	Individual	Senior Masculino	04:03:00	+01:20:46	05:47

Official Timekeeper: Lap2Go	1 / 6	generate 01-Dec-2019 18:42
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42KM

[illegible]

42 KM

OFFICIAL RESULT

[illegible]

27	63	Fábio Santos	Hospital de Santa Maria - Porto	Senior Masculino	04:03:39	+01:21:25	05:48
28	107	Ricardo Peixoto	Individual	Senior Masculino	04:05:10	+01:22:56	05:50
29	100	paulo cesar martins lima de carvalho	Individual	Senior Masculino	04:05:18	+01:23:04	05:50
30	43	Bruno BARGE	CDC S. MARTINHO DA GÂNDARA	Senior Masculino	04:07:05	+01:24:51	05:53
31	57	Pedro Oliveira	FisioPedro Trail	Senior Masculino	04:07:36	+01:25:22	05:54
32	86	ENRIQUE BENITO PEÑALVA	Individual	Senior Masculino	04:08:22	+01:26:08	05:55
33	89	Filipe Machado	Individual	Senior Masculino	04:09:36	+01:27:23	05:5
34	195	Diogo Aguiar	Inquipa	Senior Masculino	04:11:21	+01:29:07	05:59
35	105	Pereira Nuno	Individual	Senior Masculino	04:16:19	+01:34:05	06:06
36	199	Bruno Batista	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	04:16:46	+01:34:32	06:07
37	114	Vitor Pereira	Individual	Senior Masculino	04:17:31	+01:35:17	06:08
38	88	Filipe Faria	Individual	Senior Masculino	04:17:39	+01:35:25	06:08
39	77	Bruno Carvalho	Individual	Senior Masculino	04:19:02	+01:36:48	06:10
40	108	Ruben Daniel Conceição	Individual	Senior Masculino	04:19:07	+01:36:53	06:10
41	78	Bruno Porto	Individual	Senior Masculino	04:24:01	+01:41:47	06:17
42	42	Miguel Reynolds Brandão	CCD TRANQUILIDADE	Senior Masculino	04:24:38	+01:42:24	06:18
43	79	Carlos Barros	Individual	Senior Masculino	04:25:52	+01:43:38	06:20
44	95	Jorge Costa	Individual	Senior Masculino	04:26:27	+01:44:13	06:21
45	196	Paulo Nobre	Inquipa	Senior Masculino	04:27:33	+01:45:19	06:22
46	97	luis ramos	Individual	Senior Masculino	04:31:20	+01:49:06	06:28
47	83	David Lopes Ferreira	Individual	Senior Masculino	04:31:30	+01:49:16	06:28
48	84	Dinis Silva	Individual	Senior Masculino	04:37:20	+01:55:06	06:36
49	94	Joao Silva	Individual	Senior Masculino	04:39:02	+01:56:48	06:39
50	93	Humberto Barros	Individual	Senior Masculino	04:41:23	+01:59:09	06:42
51	35	Nelson Ferreira	CB RUN	Senior Masculino	04:42:41	+02:00:27	06:44
52	27	Bruno cavadas	Bikeservice	Senior Masculino	04:46:56	+02:04:42	06:50
53	201	Rui Oliveira	Marão Trail	Senior Masculino	04:48:44	+02:06:30	06:52
54	8	Vitor Pereira	ÁGUEDA ACTION CLUB - ACTIB	Senior Masculino	04:52:28	+02:10:14	06:58
55	1120	Salah Nejjar	Individual	Senior Masculino	04:52:34	+02:10:20	06:58
56	90	Francisco José Ramalho Ramalho Furão	Individual	Senior Masculino	04:54:54	+02:12:40	07:01
57	30	PAULO CÉSAR SÁ DO VALE	Braguinhas Runners	Senior Masculino	04:55:01	+02:12:47	07:01
58	36	Vasco Faria	CB RUN	Senior Masculino	04:56:02	+02:13:48	07:03
59	98	Márcio Silva	Individual	Senior Masculino	04:56:39	+02:14:25	07:04
60	75	Bruno Alexandre Lopes Ribeiro	Individual	Senior Masculino	05:05:09	+02:22:55	07:16
61	39	Nuno Ferreira	CCD - SIEMENS	Senior Masculino	05:10:20	+02:28:06	07:23
62	62	Elson	Habcarpintaria	Senior Masculino	05:22:25	+02:40:11	07:41
63	223	Emanuel Severino	Salamandrecos	Senior Masculino	05:22:25	+02:40:11	07:41
64	80	Carlos Chora	Individual	Senior Masculino	05:25:11	+02:42:57	07:45
65	111	Simão Fernandes	Individual	Senior Masculino	05:42:15	+03:00:01	08:09
66	106	Ricardo Magalhaes	Individual	Senior Masculino	05:50:30	+03:08:16	08:21

Veterana F40

1	118	Fátima Garrido Melo	Individual	Veterana F40	03:14:18	+32:04	04:38
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Official Timekeeper: Lap2Go	2 / 6	generate 01-Dec-2019 18:42
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42KM

42 KM

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OFFICIAL RESULT

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2	202	Blandine Craveiro	Marão Trail	Veterana F40	04:14:53	+01:32:39	06:04
3	56	Inês Peixoto	EVELX - Associação de Estilos de Vida Saudável	Veterana F40	04:17:28	+01:35:14	06:08
4	256	Helena Gomes	WOLVES	Veterana F40	04:29:58	+01:47:44	06:26
5	48	Goreti Silva	Desnível Positivo	Veterana F40	04:32:14	+01:50:00	06:29
6	16	Ana Amaro	AMINHACORRIDA	Veterana F40	04:51:43	+02:09:29	06:57
7	119	Helena Gaspar	Individual	Veterana F40	05:03:03	+02:20:49	07:13
8	44	Maria Fernandes	Cerveira Team Running	Veterana F40	05:32:34	+02:50:20	07:55
9	115	ADELAIDE DUARTE	Individual	Veterana F40	05:32:53	+02:50:39	07:56
10	117	CLAUDIA CARVALHEIRA	Individual	Veterana F40	05:46:45	+03:04:31	08:15
11	235	Fernanda Alves	Tartarugas do Asfalto	Veterana F40	06:11:44	+03:29:30	08:51

Veterana F50

1	123	Luz Paulo	Individual	Veterana F50	04:23:22	+01:41:08	06:16
2	209	Arménia Celeste da Silva Basto Ribeiro	Pernetas	Veterana F50	05:22:15	+02:40:01	07:40
3	224	Ana Cristina Pinto Cabrita	Salamandrecos	Veterana F50	06:11:22	+03:29:08	08:51

Veterano M40

1	26	José Gaspar	Belenenses	Veterano M40	02:42:13	03:52
2	47	Luis Gil	DECATHLON	Veterano M40	03:14:16	+32:02 04:38
3	217	ANTÓNIO SOUSA	RIPOLINS GRIJÓ A CORRER	Veterano M40	03:15:51	+33:37 04:40
4	225	João Prisal	Salamandrecos	Veterano M40	03:19:35	+37:21 04:45
5	146	Nuno Carlos F. Campos	Individual	Veterano M40	03:22:52	+40:38 04:50
6	219	Paulo Fernandes	Run4Fun Vila Real	Veterano M40	03:30:04	+47:50 05:00
7	137	Henrique Barbosa	Individual	Veterano M40	03:30:45	+48:31 05:01
8	166	Vitor Neves	Individual	Veterano M40	03:31:23	+49:09 05:02
9	245	Fernando Álvarez García	Trogloditas runners	Veterano M40	03:33:38	+51:24 05:05
10	165	Vítor Manuel Gonçalves Sousa	Individual	Veterano M40	03:42:23	+01:00:09 05:18
11	9	José Marques	ÁGUIAS DA MISERICÓRDIA	Veterano M40	03:42:46	+01:00:32 05:18
12	155	Pedro Barbosa	Individual	Veterano M40	03:43:32	+01:01:18 05:19
13	203	Isaac Costa	Marão Trail	Veterano M40	03:44:32	+01:02:18 05:21
14	198	RICARDO PIMENTA	ker sport trail running	Veterano M40	03:47:37	+01:05:23 05:25
15	149	Paulo Domingues	Individual	Veterano M40	03:47:55	+01:05:41 05:26
16	211	Jorge Bastos	Pernetas	Veterano M40	03:49:22	+01:07:08 05:28
17	154	Paulo Silva	Individual	Veterano M40	03:50:15	+01:08:01 05:29
18	132	FERNANDO COSTA	Individual	Veterano M40	03:51:14	+01:09:00 05:30
19	255	Nuno Balula	wikaboo	Veterano M40	03:55:42	+01:13:29 05:37
20	134	Fernando Rosete	Individual	Veterano M40	03:58:14	+01:16:00 05:40
21	246	Pedro Pimentel	TUGAS NA ESTRADA	Veterano M40	03:59:03	+01:16:49 05:42
22	22	Carlos Azevedo	ASPHALT ASSAULT TEAM	Veterano M40	03:59:19	+01:17:05 05:42
23	215	Pedro Santos Vicente	PORTUGAL TROTTER	Veterano M40	04:00:00	+01:17:46 05:43
24	41	Fernando Remelgado	CCD - SIEMENS	Veterano M40	04:01:17	+01:19:03 05:45

42KM

42 KM

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[illegible]

25	33	MARCO CUNHA	C.D. MEXE AS PERNAS - SECÇÃO S.M.NEGRELOS (LEITE +BICAS)	Veterano M40	04:02:18	+01:20:04	05:46
26	136	Francisco Pinheiro	Individual	Veterano M40	04:02:24	+01:20:10	05:46
27	200	Miguel pereira	Lobos Do Monte	Veterano M40	04:02:45	+01:20:31	05:47
28	145	Miguel Ferreira	Individual	Veterano M40	04:02:50	+01:20:36	05:47
29	241	Luís Santos	Trailistas "Eu é que sei!"	Veterano M40	04:03:22	+01:21:08	05:48
30	259	carlos braga	Individual	Veterano M40	04:05:41	+01:23:27	05:51
31	124	Ângelo Nogueira	Individual	Veterano M40	04:08:20	+01:26:06	05:55
32	164	Vitor Manuel da Silva Terra Almeida	Individual	Veterano M40	04:09:38	+01:27:24	05:57
33	253	Filipe Martins	VISÃO OCULISTA	Veterano M40	04:12:39	+01:30:25	06:01
34	126	Bruno Resende	Individual	Veterano M40	04:13:00	+01:30:46	06:01
35	261	José Martins	Individual	Veterano M40	04:13:44	+01:31:30	06:02
36	161	Sérgio Rego	Individual	Veterano M40	04:15:27	+01:33:13	06:05
37	160	Rodrigo Oliveira	Individual	Veterano M40	04:16:02	+01:33:48	06:06
38	133	FERNANDO MANUEL Ferreira Costa	Individual	Veterano M40	04:17:05	+01:34:51	06:07
39	205	António Magalhães	Núcleo de Montanha de Espinho	Veterano M40	04:19:57	+01:37:43	06:11
40	239	Miguel Araújo	TEAM LANTEMIL	Veterano M40	04:20:34	+01:38:20	06:12
41	49	Filipe Alves	Desnível Positivo	Veterano M40	04:20:35	+01:38:21	06:12
42	163	VICENTE MACIAN MORRO	Individual	Veterano M40	04:21:19	+01:39:05	06:13
43	139	Jorge Coelho	Individual	Veterano M40	04:22:32	+01:40:18	06:15
44	157	Pedro Teixeira	Individual	Veterano M40	04:23:19	+01:41:05	06:16
45	150	Paulo Ferreira	Individual	Veterano M40	04:24:33	+01:42:19	06:18
46	18	Paulo Reis	ARCORUN	Veterano M40	04:24:34	+01:42:20	06:18
47	61	Carlos Bruno Grade	Grupo Desportivo e Recreativo de Manique de Cima	Veterano M40	04:25:52	+01:43:38	06:20
48	5	Renato Carvalho	ADCR Polícia Judiciária	Veterano M40	04:29:24	+01:47:10	06:25
49	23	Jorge Anjos	ASPHALT ASSAULT TEAM	Veterano M40	04:30:00	+01:47:46	06:26
50	236	Erasm0 Alves	Taylors	Veterano M40	04:31:51	+01:49:37	06:28
51	212	PAULO PIMENTA	Pernetas	Veterano M40	04:32:19	+01:50:05	06:29
52	138	Jesus Prieto-Lloret	Individual	Veterano M40	04:33:18	+01:51:04	06:30
53	230	julio	Salgueiros Running	Veterano M40	04:34:10	+01:51:56	06:32
54	143	Luis Oliveira	Individual	Veterano M40	04:35:31	+01:53:17	06:34
55	38	Rogério Ribeiro	CB RUN	Veterano M40	04:35:38	+01:53:24	06:34
56	127	Carlos Carreira	Individual	Veterano M40	04:37:05	+01:54:51	06:36
57	24	Luís Terêncio	ASPHALT ASSAULT TEAM	Veterano M40	04:39:34	+01:57:20	06:39
58	210	Joao Macedo	Pernetas	Veterano M40	04:39:55	+01:57:41	06:40
59	125	António Manuel Félix Duarte	Individual	Veterano M40	04:41:23	+01:59:09	06:42
60	52	José Pedro Pinto Silva	Dragões do Mato	Veterano M40	04:43:45	+02:01:31	06:45
61	227	ROMÃO SANTOS	Salamandrecos	Veterano M40	04:46:36	+02:04:22	06:49
62	162	Valério Saleiro	Individual	Veterano M40	04:46:54	+02:04:40	06:50
63	17	José Amaro	AMINHACORRIDA	Veterano M40	04:51:43	+02:09:29	06:57
64	128	CARLOS DANIEL MARQUES OLIVEIRA	Individual	Veterano M40	04:53:33	+02:11:19	06:59
65	221	Eduardo Bastos	S. S. Montepio	Veterano M40	04:55:02	+02:12:48	07:01
66	37	Diogo Barros	CB RUN	Veterano M40	04:56:02	+02:13:48	07:03
67	151	Paulo Machado	Individual	Veterano M40	04:56:31	+02:14:17	07:04
68	240	José Neves	Trailistas "Eu é que sei!"	Veterano M40	04:59:48	+02:17:34	07:08

Official Timekeeper: Lap2Go	4 / 6	generate 01-Dec-2019 18:42
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42KM

42 KM

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OFFICIAL RESULT

[illegible]

69	25	José Sousa	Associação de atletismo Lebres do sado	Veterano M40	05:02:42	+02:20:28	07:12
70	249	Vitor veiga	UrbanAtletas	Veterano M40	05:03:02	+02:20:48	07:13
71	59	Sergio Andre Marques Crista	GDR Juventude das Ribeiras	Veterano M40	05:05:32	+02:23:18	07:16
72	248	Jorge Seabra	UrbanAtletas	Veterano M40	05:06:10	+02:23:56	07:17
73	31	HILÁRIO RAMOS	Braguinhas Runners	Veterano M40	05:08:22	+02:26:08	07:21
74	232	DUARTE RELVAS	SOREMA	Veterano M40	05:11:28	+02:29:14	07:25
75	233	Miguel Barqueiro	Sunset Runners	Veterano M40	05:11:53	+02:29:39	07:26
76	131	Fernando Banca	Individual	Veterano M40	05:12:02	+02:29:48	07:26
77	153	Paulo Ribeiro	Individual	Veterano M40	05:17:31	+02:35:17	07:34
78	1095	António Oliveira	S. S. Montepio	Veterano M40	05:18:37	+02:36:23	07:35
79	214	MARCO CALDAS	PORTO SENTIDO RUNNERS	Veterano M40	05:28:55	+02:46:41	07:50
80	147	Nuno Diniz	Individual	Veterano M40	05:37:50	+02:55:36	08:03
81	159	Ricardo Mendes	Individual	Veterano M40	06:18:46	+03:36:32	09:01

Veterano M50

1	260	José Fortunato Ribeiro	Individual	Veterano M50	03:35:33	+53:19	05:08
2	46	Fernando Gonçalves	DCI/Trilhos Luso Bussaco	Veterano M50	03:39:26	+57:12	05:13
3	180	nuno cáceres	Individual	Veterano M50	03:40:07	+57:53	05:14
4	174	Joaquim Viana	Individual	Veterano M50	03:50:11	+01:07:57	05:29
5	169	Ângelo Pereira	Individual	Veterano M50	03:52:57	+01:10:43	05:33
6	206	Alexandre Costa	Paços runners	Veterano M50	03:53:49	+01:11:35	05:34
7	207	Fernando Ferreira	PAREDES AVENTURA	Veterano M50	03:54:33	+01:12:19	05:35
8	185	Rodrigo Costa	Individual	Veterano M50	03:54:39	+01:12:25	05:35
9	171	Clemente Teixeira	Individual	Veterano M50	04:00:48	+01:18:34	05:44
10	167	Adriano matias dos santos lima oliveira	Individual	Veterano M50	04:01:51	+01:19:37	05:46
11	184	PETER Vos	Individual	Veterano M50	04:07:57	+01:25:43	05:54
12	60	VITOR DIAS	GDR Retorta - Quinta das Arcas	Veterano M50	04:12:24	+01:30:10	06:01
13	6	Alvaro Sousa	Adosa - Os Santa Apolónia	Veterano M50	04:12:39	+01:30:25	06:01
14	264	José Gomes	Cerveira Team Running	Veterano M50	04:13:20	+01:31:06	06:02
15	252	José Moreira	Viriathvs Runners de Viseu	Veterano M50	04:14:06	+01:31:52	06:03
16	179	Manuel Oliveira	Individual	Veterano M50	04:14:24	+01:32:10	06:03
17	50	Antonino Gonçalves	Desnível Positivo	Veterano M50	04:20:34	+01:38:20	06:12
18	10	Paulo Leite	All About	Veterano M50	04:21:32	+01:39:18	06:14
19	186	Rui Silva	Individual	Veterano M50	04:21:47	+01:39:33	06:14
20	173	joao paulo guimaraes	Individual	Veterano M50	04:23:35	+01:41:21	06:17
21	177	Jose Monteiro	Individual	Veterano M50	04:25:16	+01:43:02	06:19
22	242	avelino Faria	Trailistas "Eu é que sei!"	Veterano M50	04:29:27	+01:47:13	06:25
23	244	PAULO VALENTE	Trailistas "Eu é que sei!"	Veterano M50	04:35:45	+01:53:31	06:34
24	228	Eduardo Cabrita	Salamandrecos	Veterano M50	04:37:05	+01:54:51	06:36
25	51	Rui Torres	Desnível Positivo	Veterano M50	04:44:02	+02:01:48	06:46
26	182	Pedro Vicente	Individual	Veterano M50	04:59:14	+02:17:00	07:07
27	172	Francisco Batista	Individual	Veterano M50	05:02:55	+02:20:41	07:13
28	243	Paulo Carvalho	Trailistas "Eu é que sei!"	Veterano M50	05:05:49	+02:23:35	07:17
29	250	Carlos Silva	UrbanAtletas	Veterano M50	05:06:10	+02:23:56	07:17

42KM

42 KM

[illegible]

OFFICIAL RESULT

[illegible]

30	32	José Fins	Braguinhas Runners	Veterano M50	05:08:21	+02:26:07	07:21
31	175	Jorge Alexandre Teixeira Esteves	Individual	Veterano M50	05:11:49	+02:29:35	07:25
32	234	José Silva	Sunset Runners	Veterano M50	05:11:49	+02:29:35	07:25
33	168	Amaro Rocha	Individual	Veterano M50	05:32:30	+02:50:16	07:55
34	183	PEPE TURON RICO	Individual	Veterano M50	05:33:42	+02:51:28	07:57
35	14	Fernando Silva	Amigos Vale Silencio	Veterano M50	05:50:44	+03:08:30	08:21
36	229	pedro jaime	Salamandrecos	Veterano M50	06:11:23	+03:29:09	08:51

Veterano M60

1	247	Fernando Manuel Tavares da Costa Antunes	TURBULENTOS	Veterano M60	03:39:08	+56:54	05:13
2	191	Luís Sousa Pires	Individual	Veterano M60	04:03:44	+01:21:30	05:48
3	45	José Alfredo Gomes Ribeiro	CluVe (Clube Veteranos Coimbra)	Veterano M60	04:07:36	+01:25:22	05:54
4	53	JOSÉ PONTE	EDV-VIANA TRAIL	Veterano M60	04:09:26	+01:27:12	05:56
5	193	Pedro Amorim	Individual	Veterano M60	04:32:14	+01:50:00	06:29
6	204	Álvaro Silva	MSS CONTABILIDADE TRAIL TEAM	Veterano M60	04:41:46	+01:59:32	06:43
7	194	Rui Pedras	Individual	Veterano M60	04:47:16	+02:05:02	06:50
8	192	Mário Meneses	Individual	Veterano M60	05:12:41	+02:30:27	07:27
9	15	Luis Santos Lisboa	Amigos Vale Silencio	Veterano M60	05:50:45	+03:08:31	08:21
10	7	Fernando Santos	AFIS/OVAR	Veterano M60	06:11:45	+03:29:31	08:51
11	189	FRANCISCO LUIS COMBARROS VILA	Individual	Veterano M60	06:14:00	+03:31:46	08:54
12	197	Quim Sampaio	Joaquim	Veterano M60	06:14:00	+03:31:46	08:54

32 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	08:50	9.7°C	93%
End	13:24	9.7°C	93%

Official Timekeeper: Lap2Go	1 / 3	generate 01-Dec-2019 15:22
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32 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	1046	Ana Filipa Gomes Marques	Individual	03:12:33	+01:04:45	06:01	
43	1113	Ricardo França	WOLVES	03:17:25	+01:09:37	06:10	
44	1043	sergio ricardo	HSantaMariaRT	03:17:56	+01:10:08	06:11	
45	1042	Eduardo Ferreira	HSantaMariaRT	03:17:56	+01:10:08	06:11	
46	1045	paulo freitas	HSantaMariaRT	03:17:57	+01:10:09	06:11	
47	1062	Solange Sousa	Individual	03:18:11	+01:10:23	06:12	
48	1077	José Augusto Batista Pinto	Individual	03:18:50	+01:11:02	06:13	
49	1080	Rui Pereira	Individual	03:18:50	+01:11:02	06:13	
50	1051	Filipe Sousa	Individual	03:20:06	+01:12:18	06:15	
51	188	António Santos Pereira	Individual	03:21:19	+01:13:31	06:17	
52	1059	Rui Marques	Individual	03:21:25	+01:13:37	06:18	
53	1053	Jonhy bolt	Individual	03:22:16	+01:14:28	06:19	
54	1029	Paulo Pinheiro	Dragões do Mato	03:22:22	+01:14:34	06:19	
55	1104	Miguel Moura	Taylors	03:22:34	+01:14:46	06:20	
56	170	Anrónio Tomás Kirsch Belo Ferreira	Individual	03:22:51	+01:15:03	06:20	
57	1020	Álvaro Oliveira	BoraLáCorrer	03:23:05	+01:15:17	06:21	
58	1082	DOMINGOS MARTINS MACHADO	Individual	03:23:30	+01:15:42	06:22	
59	1026	Maria Fernanda Freitas Ferreira	CORRER LEÇA	03:27:57	+01:20:09	06:30	
60	40	Adelino Silva	CCD - SIEMENS	03:29:43	+01:21:55	06:33	
61	1012	António Vela	ASPHALT ASSAULT TEAM	03:29:54	+01:22:06	06:34	
62	1013	Paulo Gavina	ASPHALT ASSAULT TEAM	03:29:54	+01:22:06	06:34	
63	2286	Jorge Vieira Dias Lobo	Individual	03:30:02	+01:22:14	06:34	
64	1057	Ricardo Cruz	Individual	03:30:20	+01:22:32	06:34	
65	1002	Maria de Jesus da Silva Pinto	5.7 CF ENDURANCE	03:31:51	+01:24:03	06:37	
66	1003	Francisco Pilão Pinto da Fonseca	5.7 CF ENDURANCE	03:31:51	+01:24:03	06:37	
67	1058	Rui Carvalho	Individual	03:31:51	+01:24:03	06:37	
68	1005	Paulo Soares	AMIGOS ATLETISMO POVOENSE	03:32:50	+01:25:02	06:39	
69	1103	Mónica Sá	Tartarugas do Asfalto	03:33:31	+01:25:43	06:40	
70	1032	ana coelho	GAIA-RUNNING	03:33:31	+01:25:43	06:40	
71	1107	Jorge Gonçalves	TUGAS NA ESTRADA	03:35:19	+01:27:31	06:44	
72	1081	Valdemar Almeida	Individual	03:38:26	+01:30:38	06:50	
73	1022	Isabel Gomes	BRAGA RUNNERS	03:39:06	+01:31:18	06:51	
74	1023	José Manuel	BRAGA RUNNERS	03:39:06	+01:31:18	06:51	
75	1073	LUIS MATEUS	Individual	03:39:43	+01:31:55	06:52	
76	1086	Maria Ricardo	LION RUNNERS - G. D. LEÕES DA GUARDA	03:40:43	+01:32:55	06:54	
77	1061	Miosete Silva	Individual	03:41:35	+01:33:47	06:55	
78	178	Manuel António Araújo Rocha Ribeiro	Individual	03:43:43	+01:35:55	06:59	
79	1098	Rui Carvalho	S. S. Montepio	03:48:45	+01:40:57	07:09	
80	1097	Ricardo Resende	S. S. Montepio	03:48:46	+01:40:58	07:09	
81	1091	João Pinheiro	PORTO SENTIDO RUNNERS	03:49:53	+01:42:05	07:11	
82	1090	Rui Silva	PORTO SENTIDO RUNNERS	03:49:53	+01:42:05	07:11	
83	1070	Hélder Silvério	Individual	03:51:43	+01:43:55	07:14	
84	1118	Manuel Rocha	Individual	03:54:04	+01:46:16	07:19	
85	1038	António Sousa	GAIA-RUNNING	03:54:14	+01:46:26	07:19	
86	1039	Ilídio Silva	GAIA-RUNNING	03:54:14	+01:46:26	07:19	

32 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	1065	Artur Fonseca	Individual	03:54:16	+01:46:28	07:19	
88	187	Vítor Vieira	Individual	03:54:21	+01:46:33	07:19	
89	1068	Daniel Nogueira	Individual	03:54:30	+01:46:42	07:20	
90	1019	Humberto Carvalho	BoraLáCorrer	03:55:21	+01:47:33	07:21	
91	1018	Ana Luísa Oliveira	BoraLáCorrer	03:55:21	+01:47:33	07:21	
92	1027	André Ferraz	Dragões do Mato	03:56:43	+01:48:55	07:24	
93	1028	Tiago Pinto	Dragões do Mato	03:56:46	+01:48:58	07:24	
94	1040	Luís Duarte	GAIA-RUNNING	03:58:21	+01:50:33	07:27	
95	1037	Paulo Vilarinho	GAIA-RUNNING	03:58:21	+01:50:33	07:27	
96	1096	Francisco Moreira	S. S. Montepio	03:58:44	+01:50:56	07:28	
97	1099	Fernando Carvalho	S. S. Montepio	03:58:44	+01:50:56	07:28	
98	1016	Sandra Manuela da Silva Zeferino	Bikeservice	04:00:28	+01:52:40	07:31	
99	1017	Sofia Pimentel	Bikeservice	04:00:29	+01:52:41	07:31	
100	1006	António Carvalho	AMIGOS ATLETISMO POVOENSE	04:02:18	+01:54:30	07:34	
101	1100	António Pinheiro	SIM Summit	04:03:37	+01:55:49	07:37	
102	1089	Filipe Ferreira	NOCTURNOS DE PAREDES	04:08:00	+02:00:12	07:45	
103	1064	Cristina Pires	Individual	04:14:24	+02:06:36	07:57	
104	1063	Alda Gonçalves	Individual	04:19:52	+02:12:04	08:07	
105	1116	Manon Chevalier	Individual	04:19:52	+02:12:04	08:07	
106	1123	Célia Sampaio	Individual	04:26:08	+02:18:20	08:19	
107	1124	Pedro Barbosa	Individual	04:26:30	+02:18:42	08:20	

32KM

32 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:50	9.7°C	93%
End	13:24	9.7°C	93%

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

1	1083	Sofia Pimenta	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	02:48:34	+40:47	05:16:11
2	1021	RAQUEL COSTA	BRAGA RUNNERS	Senior Feminino	03:04:15	+56:27	05:45:02
3	1015	NINI	Bikeservice	Senior Feminino	03:12:25	+01:04:37	06:01:02
4	1046	Ana Filipa Gomes Marques	Individual	Senior Feminino	03:12:33	+01:04:45	06:01:02
5	1032	ana coelho	GAIA-RUNNING	Senior Feminino	03:33:30	+01:25:43	06:40:02
6	1016	Sandra Manuela da Silva Zeferino	Bikeservice	Senior Feminino	04:00:28	+01:52:40	07:31:02
7	1017	Sofia Pimentel	Bikeservice	Senior Feminino	04:00:28	+01:52:40	07:31:02
8	1116	Manon Chevalier	Individual	Senior Feminino	04:19:51	+02:12:03	08:07:02

Senior Masculino

1	1025	Nuno Fernandes	Clube Atletismo Fafe	Senior Masculino	02:07:47		04:00
2	1084	Celso Oliveira	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	02:33:19	+25:31	04:47
3	1010	Paulo ribeiro	Apúlia a Correr	Senior Masculino	02:33:21	+25:33	04:48
4	1001	Licínio Macário	5.7 CF ENDURANCE	Senior Masculino	02:40:54	+33:06	05:02
5	1056	Paulo Maia	Individual	Senior Masculino	02:43:31	+35:43	05:07
6	1055	Miguel Silva	Individual	Senior Masculino	02:43:43	+35:55	05:07
7	1050	Fábio Pereira	Individual	Senior Masculino	02:46:45	+38:57	05:13
8	1041	Luís Ferraz	GTT-Armazém do Caffè	Senior Masculino	02:49:27	+41:39	05:18
9	1114	Mário Da Silva	WOLVES	Senior Masculino	02:56:45	+48:57	05:31
10	1054	José Mário Nunes de Sousa Gomes	Individual	Senior Masculino	03:02:50	+55:02	05:43
11	1119	pedro felgueiras abreu castro	Individual	Senior Masculino	03:06:04	+58:16	05:49
12	1094	Vitor Rito	RUNNING ESPINHO	Senior Masculino	03:06:35	+58:47	05:50
13	1048	André Leite	Individual	Senior Masculino	03:06:58	+59:11	05:51
14	1052	Joao Neves	Individual	Senior Masculino	03:09:47	+01:01:59	05:56
15	1030	Pedro Gomes	éjali...clube de amigos trailrunners	Senior Masculino	03:10:17	+01:02:29	05:57
16	1113	Ricardo França	WOLVES	Senior Masculino	03:17:25	+01:09:37	06:10
17	1043	sergio ricardo	HSantaMariaRT	Senior Masculino	03:17:55	+01:10:08	06:11
18	1042	Eduardo Ferreira	HSantaMariaRT	Senior Masculino	03:17:56	+01:10:08	06:11
19	1051	Filipe Sousa	Individual	Senior Masculino	03:20:06	+01:12:18	06:15
20	1059	Rui Marques	Individual	Senior Masculino	03:21:25	+01:13:37	06:18
21	1053	Jonhy bolt	Individual	Senior Masculino	03:22:16	+01:14:28	06:19
22	1012	António Vela	ASPHALT ASSAULT TEAM	Senior Masculino	03:29:53	+01:22:05	06:34
23	1013	Paulo Gavina	ASPHALT ASSAULT TEAM	Senior Masculino	03:29:53	+01:22:05	06:34
24	1057	Ricardo Cruz	Individual	Senior Masculino	03:30:19	+01:22:31	06:34
25	1058	Rui Carvalho	Individual	Senior Masculino	03:31:51	+01:24:03	06:37
26	1027	André Ferraz	Dragões do Mato	Senior Masculino	03:56:43	+01:48:55	07:24
27	1028	Tiago Pinto	Dragões do Mato	Senior Masculino	03:56:46	+01:48:58	07:24

32KM

32 KM

[illegible]

OFFICIAL RESULT

[illegible]

28	1100	António Pinheiro	SiM Summit	Senior Masculino	04:03:37	+01:55:49	07:37
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Veterana F40

1	1111	Paula Rios	Viana Running	Veterana F40	02:43:20	+35:33	05:06:33
2	1109	Cristina Iglesias	Viana Running	Veterana F40	02:56:48	+49:00	05:32:48
3	1033	Orlanda Rego	GAIA-RUNNING	Veterana F40	03:04:09	+56:21	05:45:21
4	1110	Maria Augusta Rosário Silva Roleira Marinho	Viana Running	Veterana F40	03:07:24	+59:36	05:51:36
5	1093	Ana Sofia Coelho	Run4Fun Vila Real	Veterana F40	03:11:32	+01:03:44	05:59:44
6	1062	Solange Sousa	Individual	Veterana F40	03:18:10	+01:10:22	06:12:22
7	1026	Maria Fernanda Freitas Ferreira	CORRER LEÇA	Veterana F40	03:27:56	+01:20:08	06:30:08
8	1002	Maria de Jesus da Silva Pinto	5.7 CF ENDURANCE	Veterana F40	03:31:50	+01:24:02	06:37:02
9	1103	Mónica Sá	Tartarugas do Asfalto	Veterana F40	03:33:30	+01:25:43	06:40:43
10	1022	Isabel Gomes	BRAGA RUNNERS	Veterana F40	03:39:05	+01:31:18	06:51:18
11	1061	Miosete Silva	Individual	Veterana F40	03:41:35	+01:33:47	06:55:47
12	1018	Ana Luísa Oliveira	BoraLáCorrer	Veterana F40	03:55:20	+01:47:32	07:21:32
13	1123	Célia Sampaio	Individual	Veterana F40	04:26:07	+02:18:19	08:19:19

Veterana F50

1	1035	Elisabete Repas	GAIA-RUNNING	Veterana F50	03:04:09	+56:21	05:45:21
2	1086	Maria Ricardo	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F50	03:40:43	+01:32:55	06:54:38
3	1064	Cristina Pires	Individual	Veterana F50	04:14:23	+02:06:35	07:57:58
4	1063	Alda Gonçalves	Individual	Veterana F50	04:19:51	+02:12:03	08:07:54

Veterano M40

1	1105	Emílio Carvalho	the rookies	Veterano M40	02:08:22	+00:34	04:01
2	1049	Eusébio Fernandes	Individual	Veterano M40	02:30:38	+22:50	04:42
3	1072	JOSE RAFAEL MENDEZ MENDEZ	Individual	Veterano M40	02:34:11	+26:23	04:49
4	1092	RENATO OLIVEIRA	PORTOCARGO RUNNERS	Veterano M40	02:41:41	+33:53	05:03
5	1069	Francisco Rebelo	Individual	Veterano M40	02:43:16	+35:28	05:06
6	1112	Miguel Lira	Viana Running	Veterano M40	02:43:27	+35:39	05:06
7	1087	José Sá	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	02:44:41	+36:53	05:09
8	1036	Nuno Cunha Santos	GAIA-RUNNING	Veterano M40	02:49:56	+42:08	05:19
9	1071	José Manuel da Silva Gomes	Individual	Veterano M40	02:54:51	+47:03	05:28
10	1044	miguel sousa	HSantaMariaRT	Veterano M40	02:56:37	+48:49	05:31
11	1075	Pedro Francisco Moreira de Oliveira	Individual	Veterano M40	03:01:38	+53:50	05:41
12	1106	Ricardo Silva	TUGAS NA ESTRADA	Veterano M40	03:05:48	+58:00	05:48
13	1045	paulo freitas	HSantaMariaRT	Veterano M40	03:17:56	+01:10:08	06:11
14	1104	Miguel Moura	Taylors	Veterano M40	03:22:34	+01:14:46	06:20
15	40	Adelino Silva	CCD - SIEMENS	Veterano M40	03:29:42	+01:21:54	06:33

Official Timekeeper: Lap2Go	2 / 4	generate 01-Dec-2019 15:23
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32KM

[illegible]

32 KM

OFFICIAL RESULT

[illegible]

16	1003	Francisco Pilão Pinto da Fonseca	5.7 CF ENDURANCE	Veterano M40	03:31:50	+01:24:03	06:37
17	1005	Paulo Soares	AMIGOS ATLETISMO POVOENS	Veterano M40	03:32:50	+01:25:02	06:39
18	1023	José Manuel	BRAGA RUNNERS	Veterano M40	03:39:06	+01:31:18	06:51
19	1073	LUIS MATEUS	Individual	Veterano M40	03:39:42	+01:31:55	06:52
20	1098	Rui Carvalho	S. S. Montepio	Veterano M40	03:48:45	+01:40:57	07:09
21	1097	Ricardo Resende	S. S. Montepio	Veterano M40	03:48:45	+01:40:58	07:09
22	1090	Rui Silva	PORTO SENTIDO RUNNERS	Veterano M40	03:49:53	+01:42:05	07:11
23	1070	Hélder Silvério	Individual	Veterano M40	03:51:43	+01:43:55	07:14
24	1118	Manuel Rocha	Individual	Veterano M40	03:54:04	+01:46:16	07:19
25	1065	Artur Fonseca	Individual	Veterano M40	03:54:16	+01:46:28	07:19
26	1068	Daniel Nogueira	Individual	Veterano M40	03:54:29	+01:46:41	07:20
27	1019	Humberto Carvalho	BoraLáCorrer	Veterano M40	03:55:20	+01:47:32	07:21
28	1037	Paulo Vilarinho	GAIA-RUNNING	Veterano M40	03:58:20	+01:50:33	07:27
29	1096	Francisco Moreira	S. S. Montepio	Veterano M40	03:58:43	+01:50:56	07:28
30	1124	Pedro Barbosa	Individual	Veterano M40	04:26:30	+02:18:42	08:20

Veterano M50

1	1108	Carlos Manuel Fernandes	TURBULENTOS	Veterano M50	02:42:24	+34:36	05:05
2	1102	Manuel Moreira	SSCGD	Veterano M50	02:55:06	+47:18	05:28
3	1024	FORMIGA	BRAGA RUNNERS	Veterano M50	03:08:09	+01:00:22	05:53
4	1031	Mateus Silva	éjáli...clube de amigos trailrunners	Veterano M50	03:10:17	+01:02:29	05:57
5	1077	José Augusto Batista Pinto	Individual	Veterano M50	03:18:50	+01:11:02	06:13
6	1080	Rui Pereira	Individual	Veterano M50	03:18:50	+01:11:02	06:13
7	1029	Paulo Pinheiro	Dragões do Mato	Veterano M50	03:22:22	+01:14:34	06:19
8	170	Anrónio Tomás Kirsch Belo Ferreira	Individual	Veterano M50	03:22:51	+01:15:03	06:20
9	1081	Valdemar Almeida	Individual	Veterano M50	03:38:26	+01:30:38	06:50
10	178	Manuel António Araújo Rocha Ribeiro	Individual	Veterano M50	03:43:43	+01:35:55	06:59
11	1091	João Pinheiro	PORTO SENTIDO RUNNERS	Veterano M50	03:49:53	+01:42:05	07:11
12	1038	António Sousa	GAIA-RUNNING	Veterano M50	03:54:14	+01:46:26	07:19
13	1039	Ilídio Silva	GAIA-RUNNING	Veterano M50	03:54:14	+01:46:26	07:19
14	187	Vítor Vieira	Individual	Veterano M50	03:54:21	+01:46:33	07:19
15	1040	Luís Duarte	GAIA-RUNNING	Veterano M50	03:58:20	+01:50:32	07:27
16	1099	Fernando Carvalho	S. S. Montepio	Veterano M50	03:58:44	+01:50:56	07:28
17	1006	António Carvalho	AMIGOS ATLETISMO POVOENS	Veterano M50	04:02:18	+01:54:30	07:34
18	1089	Filipe Ferreira	NOCTURNOS DE PAREDES	Veterano M50	04:07:59	+02:00:12	07:45

Veterano M60

1	1088	Serafim Ramos	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M60	02:52:07	+44:19	05:23
2	188	António Santos Pereira	Individual	Veterano M60	03:21:19	+01:13:31	06:17
3	1020	Álvaro Oliveira	BoraLáCorrer	Veterano M60	03:23:05	+01:15:17	06:21
4	1082	DOMINGOS MARTINS MACHADO	Individual	Veterano M60	03:23:29	+01:15:41	06:22
5	2286	Jorge Vieira Dias Lobo	Individual	Veterano M60	03:30:02	+01:22:14	06:34



32 KM

OFFICIAL RESULT

[illegible]

21 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	9.6°C	93%
End	12:04	9.6°C	93%

Official Timekeeper: Lap2Go	1 / 9	generate 01-Dec-2019 15:21
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21 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	2034	Carlos Peixoto	Amigos da Montanha	01:44:04	+20:48	04:57	
43	2113	João Patatas	Hyundai - Mirandela a Correr	01:44:18	+21:02	04:58	
44	2217	Hélder Barbosa	Individual	01:44:18	+21:02	04:58	
45	2232	Marcos Ourives	Individual	01:44:33	+21:17	04:59	
46	2368	Filipe Villas-Boas	Run4Fun Vila Real	01:44:48	+21:32	04:59	
47	2245	Ricardo Silva	Individual	01:44:52	+21:36	05:00	
48	2272	José Lopes	Individual	01:45:13	+21:57	05:01	
49	2162	Luís Magalhaes	Individual	01:45:15	+21:59	05:01	
50	2253	Serafim Reis	Individual	01:45:16	+22:00	05:01	
51	2314	Manuel Faria	MSS CONTABILIDADE TRAIL TEAM	01:45:22	+22:06	05:01	
52	2385	Fernando Pinto	SOCIEDADE RECREIO CEPANENSE	01:45:55	+22:39	05:03	
53	2104	Diamantino Martins	GDR Juventude das Ribeiras	01:46:04	+22:48	05:03	
54	2032	Paulo Melo	All About	01:46:10	+22:54	05:03	
55	2363	Rui Lobo Castro	Rinus Fafe	01:46:17	+23:01	05:04	
56	2056	Manuel Gomes	BTT Alegria // TUBANI	01:46:17	+23:01	05:04	
57	2333	Filipe Caldeira Oliveira	Oiá Runners	01:46:17	+23:01	05:04	
58	2305	Filipe Póvoas	MSS CONTABILIDADE TRAIL TEAM	01:46:17	+23:01	05:04	
59	2287	Pedro Miguel de Ascensão Neves	Juventude desportiva de Gondomar	01:46:18	+23:02	05:04	
60	2165	Michel Silva	Individual	01:46:28	+23:12	05:04	
61	2304	David Sousa	MSS CONTABILIDADE TRAIL TEAM	01:46:38	+23:22	05:05	
62	2035	Cristóvão Sampaio	Amigos das Sapatilhas	01:46:44	+23:28	05:05	
63	2414	André Mesquita Guimarães	Trevo do Sucesso	01:46:45	+23:29	05:05	
64	2138	Bruno Gonçalves	Individual	01:46:47	+23:31	05:05	
65	2043	Toni Neto	Aves runners	01:46:52	+23:36	05:05	
66	2275	Nuno Ferreira	Individual	01:47:05	+23:49	05:06	
67	2384	Paulo Elias	SF2002	01:47:14	+23:58	05:06	
68	2315	Manuel Póvoas	MSS CONTABILIDADE TRAIL TEAM	01:47:15	+23:59	05:06	
69	2295	Pedro Gaio	LION RUNNERS - G. D. LEÕES DA GUARDA	01:47:15	+23:59	05:06	
70	2116	Manuel Alves	Icarus Running Team	01:48:03	+24:47	05:09	
71	2026	Jose Tavares	AFIS/OVAR	01:48:12	+24:56	05:09	
72	2353	Bruno Melo	PORTO SENTIDO RUNNERS	01:48:31	+25:15	05:10	
73	2288	Agostinho da Silva Neves	Juventude desportiva de Gondomar	01:48:36	+25:20	05:10	
74	2370	Joaquim Santos	Run4Fun Vila Real	01:48:43	+25:27	05:11	
75	2136	Amaro José Faria Barbosa	Individual	01:48:44	+25:28	05:11	
76	2119	Alejandra Hernandez	Individual	01:48:46	+25:30	05:11	
77	2308	Ibraim Sousa	MSS CONTABILIDADE TRAIL TEAM	01:48:47	+25:31	05:11	
78	2238	Paulo Fonseca Pinto	Individual	01:49:05	+25:49	05:12	
79	2381	Orlando Ferreira	Salgueiros Running	01:49:31	+26:15	05:13	
80	2312	Victor Azevedo	MSS CONTABILIDADE TRAIL TEAM	01:49:41	+26:25	05:13	
81	2010	Paulo Santos	A Vidraria Armando este ano patrocina	01:49:51	+26:35	05:14	
82	2105	Jorge Marinho	GDR Juventude das Ribeiras	01:49:58	+26:42	05:14	
83	2099	Filipe Oliveira	FisioPedro Trail	01:50:20	+27:04	05:15	
84	2089	Jorge Pinheiro	Dive into the montains	01:50:26	+27:10	05:16	
85	2277	paulo moreira	Individual	01:50:38	+27:22	05:16	
86	2364	Cidalia Novais	Rinus Fafe	01:50:46	+27:30	05:16	
87	2059	César Guimarães	CB RUN	01:50:53	+27:37	05:17	

21 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	2047	Filipe Pedrosa	Aves runners	01:50:55	+27:39	05:17	
89	2243	Pedro Rodrigues	Individual	01:51:03	+27:47	05:17	
90	2248	rui carvalho	Individual	01:51:18	+28:02	05:18	
91	1117	Hugo água	Individual	01:51:31	+28:15	05:19	
92	2170	Paulo Jorge Costa Oliveira	Individual	01:51:41	+28:25	05:19	
93	2024	Paulo Conde	AFIS/OVAR	01:51:47	+28:31	05:19	
94	2412	Jorge Pires	TRAIL TEAM MONTARIA	01:52:33	+29:17	05:22	
95	2036	Ricardo Filipe Oliveira Esteves	ARCORUN	01:52:35	+29:19	05:22	
96	2169	Nuno Monteiro	Individual	01:52:38	+29:22	05:22	
97	2149	Francisco Silva	Individual	01:52:50	+29:34	05:22	
98	2246	Rolando Paulo	Individual	01:53:01	+29:45	05:23	
99	2098	Daniel Neto	FisioPedro Trail	01:53:03	+29:47	05:23	
100	2077	João Maia	Coronado runners	01:53:04	+29:48	05:23	
101	2011	Daniel Santos	A. D. Amarante Trail Running	01:53:04	+29:48	05:23	
102	2249	RUI FERREIRA	Individual	01:53:05	+29:49	05:23	
103	2392	David Sora	Sora team	01:53:08	+29:52	05:23	
104	2180	Simon de Sousa	Individual	01:53:09	+29:53	05:23	
105	2289	Pedro lopes	Lbr Team	01:53:14	+29:58	05:24	
106	2425	MIGUEL ÂNGELO	XPLODTT	01:53:19	+30:03	05:24	
107	2027	Paulo Fernandes	AFIS/OVAR	01:53:25	+30:09	05:24	
108	2053	José Mendes	Boavista Trail	01:53:30	+30:14	05:24	
109	2214	domingos peixoto	Individual	01:53:31	+30:15	05:24	
110	2434	Tiago Miguel	Individual	01:53:55	+30:39	05:25	
111	2278	Paulo Nóvoa	Individual	01:53:57	+30:41	05:26	
112	2294	Jorge Figueiredo	LION RUNNERS - G. D. LEÕES DA GUARDA	01:54:18	+31:02	05:27	
113	2030	Henrique Marques	All About	01:54:22	+31:06	05:27	
114	2147	Filipe Carreira	Individual	01:54:24	+31:08	05:27	
115	2420	Jorge Daniel Silva	Viana Running	01:54:26	+31:10	05:27	
116	2419	HELENA SOUSA	Viana Running	01:54:26	+31:10	05:27	
117	2083	Roberto Esteves	Correr por Monção	01:54:29	+31:13	05:27	
118	2369	Rui Borges	Run4Fun Vila Real	01:54:43	+31:27	05:28	
119	2372	Rui Filipe Fernandes Marques Correia	Run4Fun Vila Real	01:54:43	+31:27	05:28	
120	2366	Sergio Teixeira	Rinus Fafe	01:54:45	+31:29	05:28	
121	2121	Andrea Gillström	Individual	01:55:11	+31:55	05:29	
122	2097	Marcos Santos	FACTOR X / S4L / MEDENSE FC	01:55:13	+31:57	05:29	
123	2242	Pedro Nuno Neves Pereira	Individual	01:55:35	+32:19	05:30	
124	1011	Jose Padrão	ARCA BarceloS runners	01:55:39	+32:23	05:30	
125	2049	Mario lima	Aves runners	01:55:52	+32:36	05:31	
126	2020	Miguel António Vieira Ferreira	ACRIF	01:55:56	+32:40	05:31	
127	2068	João Paulo Rocha	Cerealis - Milaneza	01:56:01	+32:45	05:31	
128	2319	Eduardo Neves	OFRunning	01:56:15	+32:59	05:32	
129	2409	Bruno Miguel Afonso Pinheiro	TRAIL TEAM MONTARIA	01:56:29	+33:13	05:33	
130	2029	Paula Santos	All About	01:56:36	+33:20	05:33	
131	2080	Antonio Carlos Tavares de Paiva	CORRER LEÇA	01:56:39	+33:23	05:33	
132	2058	Castor Tombo Cantarilla	CASTRO-TRAIL	01:56:47	+33:31	05:34	

21 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	2155	João Matias	Individual	01:56:53	+33:37	05:34	
134	2014	Sérgio Filipe Mendes Gomes	Acamados	01:57:06	+33:50	05:35	
135	2137	André Costa	Individual	01:57:12	+33:56	05:35	
136	2071	Sofia Peixoto	Clube Atletismo de Brito	01:57:12	+33:56	05:35	
137	2279	Paulo Silva	Individual	01:57:35	+34:19	05:36	
138	2023	Sara Conde	AFIS/OVAR	01:57:36	+34:20	05:36	
139	2316	José Paulo Magalhães Faria	NO TOMORROW RUNNING TEAM	01:57:39	+34:23	05:36	
140	2086	Hugo Lima	Desnível Positivo	01:57:55	+34:39	05:37	
141	2061	Leandro Rodrigues	CB RUN	01:57:56	+34:40	05:37	
142	2313	António Luís	MSS CONTABILIDADE TRAIL TEAM	01:57:58	+34:42	05:37	
143	1067	DANIEL MIRANDA	Individual	01:58:17	+35:01	05:38	
144	2009	Manuel Santos	A Vidraria Armando este ano patrocina	01:58:19	+35:03	05:38	
145	2216	Filipe Ribeiro	Individual	01:58:24	+35:08	05:38	
146	2256	Vitor Araújo	Individual	01:58:24	+35:08	05:38	
147	2357	Fernando Queirós	PORTO SENTIDO RUNNERS	01:58:25	+35:09	05:38	
148	2321	Hugo Ferreira	OFRunning	01:58:28	+35:12	05:38	
149	2004	Francisco Monteiro	#passoapasso-runners Pontével	01:58:33	+35:17	05:39	
150	2018	Joaquim Flávio Fernandes Carvalho	ACRIF	01:58:43	+35:27	05:39	
151	2016	Filipe Correia	ACRIF	01:58:43	+35:27	05:39	
152	2324	João Sousa	OFRunning	01:58:51	+35:35	05:40	
153	2006	Augusto Mendes	4TEAMBTT	01:58:53	+35:37	05:40	
154	2037	José Correia	ARCORUN	01:59:04	+35:48	05:40	
155	2281	Raul Macedo	Individual	01:59:30	+36:14	05:41	
156	2290	António Manuel Leite Ribeiro	LeoesASolta	01:59:30	+36:14	05:41	
157	2387	João Nuno	SOCIEDADE RECREIO CEPANENSE	01:59:43	+36:27	05:42	
158	2033	Lino Moreira	All About	02:00:01	+36:45	05:43	
159	2362	Joana Magalhães	Rinus Fafe	02:00:03	+36:47	05:43	
160	2210	Americo Areias	Individual	02:00:05	+36:49	05:43	
161	2418	Douglas	Viana Running	02:00:10	+36:54	05:43	
162	2219	JAVIER PEREZ ALONSO	Individual	02:00:31	+37:15	05:44	
163	2209	Amaro Fernandes	Individual	02:00:45	+37:29	05:45	
164	2007	João Mota	A Vidraria Armando este ano patrocina	02:01:39	+38:23	05:48	
165	2429	Tiago Martins	Zenit AUTOMÓVEIS	02:01:43	+38:27	05:48	
166	2282	Rui Coelho	Individual	02:01:52	+38:36	05:48	
167	2296	PAULO BRÁS	LION RUNNERS - G. D. LEÕES DA GUARDA	02:01:58	+38:42	05:48	
168	2114	Diogo Jorge Monteiro Alves	Icarus Running Team	02:02:06	+38:50	05:49	
169	2198	celeste moreira	Individual	02:02:16	+39:00	05:49	
170	2176	Ricardo Jorge Campos Seara Carneiro	Individual	02:02:23	+39:07	05:50	
171	2041	Jorge Costa	Aves runners	02:02:53	+39:37	05:51	
172	2226	José Rodrigues	Individual	02:02:54	+39:38	05:51	
173	2239	Paulo Hernani	Individual	02:03:06	+39:50	05:52	
174	2415	Carla Dalila Lage Vilela Martins de Oliveira	TURBULENTOS	02:03:12	+39:56	05:52	
175	2096	Martinho Dias	Ermida Team	02:03:23	+40:07	05:53	
176	2292	Claudia Carcau	LION RUNNERS - G. D. LEÕES DA GUARDA	02:03:36	+40:20	05:53	
177	2402	Marta Silva Ramos Ferreira	TEAM LANTEMIL	02:03:42	+40:26	05:53	

21KM - STAGE 1

21 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	2173	Pedro neto	Individual	02:03:52	+40:36	05:54	
179	2107	carlos alberto	GENEROSOS RUNNERS	02:03:53	+40:37	05:54	
180	2223	Jorge Costa	Individual	02:04:00	+40:44	05:54	
181	2397	Helder Alexandre Gomes Monteiro	SUCUPIRA F C	02:04:07	+40:51	05:55	
182	2064	Sara Silva	Cerealis - Milaneza	02:04:11	+40:55	05:55	
183	2327	Tiago Coelho	OFRunning	02:04:29	+41:13	05:56	
184	2440	Paulo Jorge do Couto Gomes	Individual	02:04:37	+41:21	05:56	
185	2332	Carlos Manuel Marques Silva	Oiã Runners	02:04:57	+41:41	05:57	
186	2025	Joaquim. Moreira	AFIS/OVAR	02:05:26	+42:10	05:58	
187	2301	Ana Rita Carneiro	Minho e Lima Trail	02:05:26	+42:10	05:58	
188	2351	Valentina Pereira	PORTO SENTIDO RUNNERS	02:05:31	+42:15	05:59	
189	2410	Fábio Afonso	TRAIL TEAM MONTARIA	02:05:54	+42:38	06:00	
190	2306	Ricardo Marques Moreira	MSS CONTABILIDADE TRAIL TEAM	02:06:00	+42:44	06:00	
191	2411	MIGUEL BARROS	TRAIL TEAM MONTARIA	02:06:08	+42:52	06:00	
192	2008	Eduardo Nunes	A Vidraria Armando este ano patrocina	02:06:12	+42:56	06:01	
193	2341	Ricardo Dias	Paços runners	02:06:38	+43:22	06:02	
194	2234	Milton	Individual	02:06:50	+43:34	06:02	
195	2422	Mike Pereira	VIEIRA A CORRER	02:06:51	+43:35	06:02	
196	2284	Victor Manuel	Individual	02:06:51	+43:35	06:02	
197	2328	Agostinho Correia Pacheco	OFRunning	02:07:06	+43:50	06:03	
198	2115	Maria Júlia Masculino Ribeiro	Icarus Running Team	02:07:26	+44:10	06:04	
199	2254	Sérgio	Individual	02:07:32	+44:16	06:04	
200	2398	HENRIQUE MANUEL SILVEIRA PEREIRA BARBEDO	SUCUPIRA F C	02:07:33	+44:17	06:04	
201	2396	MARIA DE LURDES PEREIRA GONÇALVES BARBEDO	SUCUPIRA F C	02:07:33	+44:17	06:04	
202	2244	Ricardo Quintas	Individual	02:07:42	+44:26	06:05	
203	2340	Mariana Pires	Paços runners	02:08:14	+44:58	06:06	
204	2054	Zé Tó Brito	BRAGA RUNNERS	02:08:42	+45:26	06:08	
205	2220	João Pedro Cunha	Individual	02:08:42	+45:26	06:08	
206	2095	Ricardo Alves	Emforça	02:08:47	+45:31	06:08	
207	2259	Vitor Miranda	Individual	02:09:04	+45:48	06:09	
208	2076	conceicao ferreira	Coronado runners	02:09:06	+45:50	06:09	
209	2152	Hugo Sousa	Individual	02:09:08	+45:52	06:09	
210	2276	Paulo Carneiro	Individual	02:09:08	+45:52	06:09	
211	2322	João Dias	OFRunning	02:09:17	+46:01	06:09	
212	2421	RICARDO QUEIROS	Viana Running	02:09:31	+46:15	06:10	
213	2391	António Mendes	SOCIEDADE RECREIO CEPANENSE	02:09:40	+46:24	06:10	
214	2388	Jorge Ferreira	SOCIEDADE RECREIO CEPANENSE	02:09:41	+46:25	06:11	
215	2390	Abílio Teixeira	SOCIEDADE RECREIO CEPANENSE	02:09:41	+46:25	06:11	
216	2156	João Nuno Xavier da Silva	Individual	02:09:45	+46:29	06:11	
217	2078	José Duarte	Coronado runners	02:09:51	+46:35	06:11	
218	2247	Rui Branco da Cruz	Individual	02:09:52	+46:36	06:11	
219	2200	Cristina Coelho	Individual	02:10:37	+47:21	06:13	
220	2283	Rui Madeira	Individual	02:11:20	+48:04	06:15	
221	2360	Rui Teixeira	PORTO SENTIDO RUNNERS	02:11:22	+48:06	06:15	
222	2307	António Rocha	MSS CONTABILIDADE TRAIL TEAM	02:11:35	+48:19	06:16	

21 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
223	2235	Nuno Rodrigues	Individual	02:11:35	+48:19	06:16	
224	1079	Rui Lobo Machado	Individual	02:12:06	+48:50	06:17	
225	2092	Cecília Martins	eFY	02:12:28	+49:12	06:18	
226	3186	André Oliveira	Individual	02:12:40	+49:24	06:19	
227	2045	Abílio Ferreira	Aves runners	02:12:50	+49:34	06:20	
228	2423	Rui Sousa	WOLVES	02:13:08	+49:52	06:20	
229	2225	José Henrique Ferreira da Silva	Individual	02:13:10	+49:54	06:20	
230	2222	Jorge Brito	Individual	02:13:15	+49:59	06:21	
231	2163	Manuel Laia Valente	Individual	02:13:28	+50:12	06:21	
232	2408	Benedita Ferreira	Titan Runners	02:13:28	+50:12	06:21	
233	2252	Rui Neves	Individual	02:13:31	+50:15	06:21	
234	2060	Leandro Oliveira	CB RUN	02:14:13	+50:57	06:23	
235	2082	Nelson Fernandes	Correr Para o Sucesso	02:14:27	+51:11	06:24	
236	2127	Moa Andersson	Individual	02:14:28	+51:12	06:24	
237	2050	Adélio Castro	Aves runners	02:14:30	+51:14	06:24	
238	2093	Isabel Carvalho	eFY	02:14:34	+51:18	06:24	
239	2141	Carlos Miguel Pinto Moreira	Individual	02:14:48	+51:32	06:25	
240	2125	Mara Gromball	Individual	02:14:53	+51:37	06:25	
241	2399	RICARDO NELSON MAIA	SUCUPIRA F C	02:15:04	+51:48	06:26	
242	2117	Paulo Manuel Monteiro Domingues	Ilha Brava Running	02:15:04	+51:48	06:26	
243	2407	Sérgio Carvalho	Temos pena	02:15:05	+51:49	06:26	
244	2382	Sara Colaço	Seixal Team	02:15:11	+51:55	06:26	
245	2040	Cláudia Coelho	Aves runners	02:15:12	+51:56	06:26	
246	2044	Delfina Rompante	Aves runners	02:15:12	+51:56	06:26	
247	2233	Mario Silva	Individual	02:15:14	+51:58	06:26	
248	2383	Rui Velez	Seixal Team	02:15:14	+51:58	06:26	
249	2017	João Pedro Vilaça Ferreira	ACRIF	02:15:15	+51:59	06:26	
250	2231	Marcos Gomes	Individual	02:15:43	+52:27	06:28	
251	2091	Daniela Vilas Boas	Dragon Club	02:15:51	+52:35	06:28	
252	1076	Rui Pedro Pinto	Individual	02:15:56	+52:40	06:28	
253	2143	Daniel Xavier	Individual	02:16:28	+53:12	06:30	
254	2211	Andre Seara	Individual	02:16:30	+53:14	06:30	
255	2413	Daniela Godinho	Trevo do Sucesso	02:16:30	+53:14	06:30	
256	2405	Fárido Tavares	Telhabel Runners	02:16:34	+53:18	06:30	
257	2335	Carlos Manuel Lemos Silva Martins	Oiã Runners	02:16:35	+53:19	06:30	
258	2124	Liliana Azevedo	Individual	02:16:38	+53:22	06:30	
259	2005	Manuela Monteiro	100meta	02:16:38	+53:22	06:30	
260	2427	Joel Sousa	Ze Team	02:17:10	+53:54	06:32	
261	2428	Tiago Ferreira	Ze Team	02:17:10	+53:54	06:32	
262	2205	Maria Ribeiro	Individual	02:17:16	+54:00	06:32	
263	2269	Jorge Caria	Individual	02:17:30	+54:14	06:33	
264	2293	Amílcar Teixeira	LION RUNNERS - G. D. LEÕES DA GUARDA	02:17:30	+54:14	06:33	
265	2354	Elizabeth loureiro	PORTO SENTIDO RUNNERS	02:17:32	+54:16	06:33	
266	2355	Marina Silva	PORTO SENTIDO RUNNERS	02:17:32	+54:16	06:33	
267	2352	André Oliveira	PORTO SENTIDO RUNNERS	02:17:32	+54:16	06:33	
268	2350	Ines Neves	PORTO SENTIDO RUNNERS	02:17:32	+54:16	06:33	

21 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
269	2081	Regina Silva	Correr Para o Sucesso	02:18:08	+54:52	06:35	
270	2291	Ricardo Gonçalves	LeoesASolta	02:18:10	+54:54	06:35	
271	2154	João André Teixeira Soares	Individual	02:18:18	+55:02	06:35	
272	2227	Luís Carlos Rocha	Individual	02:18:20	+55:04	06:35	
273	2356	Fernanda Carneiro	PORTO SENTIDO RUNNERS	02:18:23	+55:07	06:35	
274	2002	Jorge Cristino	#altacilindrada	02:18:34	+55:18	06:36	
275	2297	João Maia	MAGNUNSSSENS	02:18:36	+55:20	06:36	
276	2215	Fernando Agostinho	Individual	02:19:03	+55:47	06:37	
277	2015	Joaquim Oliveira	Acamados	02:19:06	+55:50	06:37	
278	2229	Manuel Correia	Individual	02:19:12	+55:56	06:38	
279	2126	Mariana Gomes Marques	Individual	02:19:12	+55:56	06:38	
280	2349	Manuel Carvalho	Pés de Chumbo Runners	02:19:24	+56:08	06:38	
281	2120	Anabela Silva	Individual	02:19:38	+56:22	06:39	
282	2179	Rui Lopes	Individual	02:19:55	+56:39	06:40	
283	2298	Óscar Martins	Melgaço Alvarinho Trail Team	02:20:14	+56:58	06:41	
284	2251	Rui Martins	Individual	02:20:18	+57:02	06:41	
285	2438	Paula Cristina Sá Peixoto	Braguinhas Runners	02:20:31	+57:15	06:41	
286	2051	José Coelho	Bikeservice	02:20:34	+57:18	06:42	
287	2347	Vítor Silva	Pernetas	02:20:40	+57:24	06:42	
288	2129	Rita Freitas	Individual	02:21:06	+57:50	06:43	
289	2153	JESUS GONZALEZ GONZALEZ	Individual	02:21:15	+57:59	06:44	
290	2067	Sandra Martins	Cerealis - Milaneza	02:21:30	+58:14	06:44	
291	2079	Nuno Alexandre da Costa Viana	Correr Antas à Noite	02:21:31	+58:15	06:44	
292	2241	Pedro Miguel Lourenço de Sousa	Individual	02:21:31	+58:15	06:44	
293	2031	José Nogueira	All About	02:21:31	+58:15	06:44	
294	2109	fernando rocha	GRUPO DESPORTIVO LEOES DO VENEZA	02:21:50	+58:34	06:45	
295	2436	Nuno Sá	Individual	02:22:07	+58:51	06:46	
296	2106	claudia coelho	GENEROSOS RUNNERS	02:22:13	+58:57	06:46	
297	135	FLORINDO JOSÉ GONZÁLEZ GONZALEZ	Individual	02:22:16	+59:00	06:46	
298	2271	José Cardoso	Individual	02:22:29	+59:13	06:47	
299	2303	Firmino Mendes	Montanha Clube Trail Running/Efapel	02:22:42	+59:26	06:48	
300	2404	Carlos Martins	Telhabel Runners	02:22:44	+59:28	06:48	
301	2406	Renato Seara	Telhabel Runners	02:22:45	+59:29	06:48	
302	2261	Artur Luis Moreira	Individual	02:22:45	+59:29	06:48	
303	3288	Luisa Marques	PORTO SENTIDO RUNNERS	02:22:56	+59:40	06:48	
304	2358	Jorge Pereira	PORTO SENTIDO RUNNERS	02:22:57	+59:41	06:48	
305	2196	Silvia Vilar	Individual	02:23:00	+59:44	06:49	
306	2342	Paulo Correia	Paulo Correia Reabilitação Integrada	02:23:01	+59:45	06:49	
307	2325	Mário Carvalho	OFRunning	02:23:18	+01:00:02	06:49	
308	2202	Elsa Mota	Individual	02:23:23	+01:00:07	06:50	
309	2430	Pedro Fernandes	Zenit AUTOMÓVEIS	02:23:27	+01:00:11	06:50	
310	2094	Suzana Rios	eFY	02:23:52	+01:00:36	06:51	
311	2130	Saga Nilsson	Individual	02:24:13	+01:00:57	06:52	
312	2140	carlos brandao	Individual	02:24:23	+01:01:07	06:53	
313	2184	Ana Pestana	Individual	02:24:26	+01:01:10	06:53	

21 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
314	2348	CARLA FRANCO	Pernetas	02:24:29	+01:01:13	06:53	
315	2416	Teresa Silva	TURBULENTOS	02:24:42	+01:01:26	06:53	
316	2417	Artur Silva	TURBULENTOS	02:24:42	+01:01:26	06:53	
317	2263	Avelino Paulo Moreira Marques	Individual	02:24:50	+01:01:34	06:54	
318	2186	Andréia Cristina de Oliveira	Individual	02:24:55	+01:01:39	06:54	
319	2431	Tony Dias	Zenit AUTOMÓVEIS	02:24:55	+01:01:39	06:54	
320	2260	abel ferreira	Individual	02:25:41	+01:02:25	06:56	
321	2344	Beatriz Loureiro	Pernetas	02:26:05	+01:02:49	06:57	
322	2257	Vitor Manuel Fonseca	Individual	02:26:10	+01:02:54	06:58	
323	2055	Sara Rocha	BTT Alegria // TUBANI	02:26:17	+01:03:01	06:58	
324	2206	Rosa vaz	Individual	02:26:20	+01:03:04	06:58	
325	2003	Luis cristino	#altacilindrada	02:26:30	+01:03:14	06:59	
326	2132	Silvia Vieira	Individual	02:26:34	+01:03:18	06:59	
327	2280	Paulo Soares	Individual	02:26:34	+01:03:18	06:59	
328	2203	Maria dos Anjos Gabriel Pereira	Individual	02:26:35	+01:03:19	06:59	
329	2334	Márcio Ferreira	Oiã Runners	02:26:50	+01:03:34	07:00	
330	2195	Paula Carneiro	Individual	02:28:26	+01:05:10	07:04	
331	2046	Afonso Torres	Aves runners	02:28:53	+01:05:37	07:05	
332	2048	Gabriel Freitas	Aves runners	02:28:53	+01:05:37	07:05	
333	2039	Ângela Pimenta	Aves runners	02:28:53	+01:05:37	07:05	
334	2145	Diogo Ricardo Soares Pereira	Individual	02:29:11	+01:05:55	07:06	
335	2310	Rui Augusto	MSS CONTABILIDADE TRAIL TEAM	02:29:11	+01:05:55	07:06	
336	2158	JOEL BARROSO AFONSO LANDEIRA	Individual	02:29:12	+01:05:56	07:06	
337	2190	Filipa Pimenta	Individual	02:29:29	+01:06:13	07:07	
338	2142	Carlos Neves	Individual	02:29:54	+01:06:38	07:08	
339	2074	Rita Chaves Rebelo	Clube Pessoal EDP - Delegação VNGaia	02:29:57	+01:06:41	07:08	
340	2073	Joana Chaves Rebelo	Clube Pessoal EDP - Delegação VNGaia	02:29:58	+01:06:42	07:08	
341	2174	PEDRO NEVES	Individual	02:30:02	+01:06:46	07:09	
342	2139	Bruno Martins	Individual	02:30:03	+01:06:47	07:09	
343	2012	Miguel Martins	Academia Desportiva de Arcos de Valdevez	02:30:07	+01:06:51	07:09	
344	2160	José Pedro Freitas	Individual	02:30:16	+01:07:00	07:09	
345	2070	Rafael Figueiredo	Chef Bandolete	02:30:16	+01:07:00	07:09	
346	2069	André Almeida	Chef Bandolete	02:30:16	+01:07:00	07:09	
347	2182	Sara Kindlund	Individual	02:30:41	+01:07:25	07:11	
348	2192	Maria Lurdes Mendes	Individual	02:30:52	+01:07:36	07:11	
349	2185	Ana Rebelo	Individual	02:30:52	+01:07:36	07:11	
350	2345	Liliana pinto	Pernetas	02:31:07	+01:07:51	07:12	
351	2128	Rahel Keppler	Individual	02:31:10	+01:07:54	07:12	
352	2311	Rui Rodrigues	MSS CONTABILIDADE TRAIL TEAM	02:31:20	+01:08:04	07:12	
353	2197	Susana canhola	Individual	02:31:49	+01:08:33	07:14	
354	2193	Marta Cardoso	Individual	02:31:56	+01:08:40	07:14	
355	2204	maria luz almeida	Individual	02:33:18	+01:10:02	07:18	
356	2151	Hugo Pereira	Individual	02:34:18	+01:11:02	07:21	
357	2191	Isabel Martins	Individual	02:34:33	+01:11:17	07:22	
358	2270	José Anes	Individual	02:34:33	+01:11:17	07:22	

21KM - STAGE 1

21 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
359	2201	Cristina Pacheco	Individual	02:34:34	+01:11:18	07:22	
360	2401	Carla Araújo	TEAM LANTEMIL	02:34:50	+01:11:34	07:22	
361	2087	Elisia Gonçalves	Desnível Positivo	02:34:51	+01:11:35	07:22	
362	2285	Carlos Almeida	Individual	02:34:57	+01:11:41	07:23	
363	2133	Sophie Duarte	Individual	02:34:58	+01:11:42	07:23	
364	2188	Diana Pereira	Individual	02:35:52	+01:12:36	07:25	
365	2400	Miguel Sousa	Taylors	02:36:38	+01:13:22	07:28	
366	2331	Carlos Maia	Oiã Runners	02:36:52	+01:13:36	07:28	
367	2103	Joaquim de Sousa	Fit2labor	02:37:01	+01:13:45	07:29	
368	2426	Mónica Margaride	Yazaki Runners	02:37:01	+01:13:45	07:29	
369	2230	Manuel Peixoto	Individual	02:37:02	+01:13:46	07:29	
370	2118	Plínio Marques Silva	Ilha Brava Running	02:37:02	+01:13:46	07:29	
371	2207	Abilio Silva	Individual	02:37:12	+01:13:56	07:29	
372	2367	José Freitas	RollingAventura	02:37:36	+01:14:20	07:30	
373	2084	Marta Martinho	CrossFit Black Edition	02:38:42	+01:15:26	07:33	
374	2085	Jorge Silva	CrossFit Black Edition	02:38:42	+01:15:26	07:33	
375	2379	Susana Vasconcelos	Salgueiros Running	02:41:11	+01:17:55	07:41	
376	2380	Ângelo Vidal	Salgueiros Running	02:41:12	+01:17:56	07:41	
377	2376	José Moreira	Salgueiros Running	02:41:12	+01:17:56	07:41	
378	2359	Miguel Azevedo	PORTO SENTIDO RUNNERS	02:41:21	+01:18:05	07:41	
379	2001	Silvia Sousa	#altacilindrada	02:41:22	+01:18:06	07:41	
380	2187	Cristina da Conceição Antunes Ferreira de Moura	Individual	02:45:47	+01:22:31	07:54	
381	2110	Ana Almeida	Hospital de Santa Maria - Porto	02:49:43	+01:26:27	08:05	
382	2172	Pedro Egídio Pinheiro Marques	Individual	02:49:44	+01:26:28	08:05	
383	2329	Manuel Moreira	OFRunning	02:51:02	+01:27:46	08:09	
384	2336	MARIO MAIA	oiã runners	02:55:20	+01:32:04	08:21	
385	2375	JOAO CASTRO LOPES	RUN4LUNCH	02:55:27	+01:32:11	08:21	
386	2373	CLARA PINTO	RUN4LUNCH	02:55:27	+01:32:11	08:21	
387	2189	Estefânia de Jesus Teixeira Matias	Individual	02:56:35	+01:33:19	08:25	
388	2258	Vitor Manuel Moreira Viana	Individual	02:56:35	+01:33:19	08:25	
389	2134	Alexandre Dias	Individual	02:56:35	+01:33:19	08:25	
390	2131	Sandra Silva	Individual	02:56:36	+01:33:20	08:25	
391	2183	João Pimenta	Individual	03:03:06	+01:39:50	08:43	

21KM

21 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:00	9.6°C	93%
End	12:04	9.6°C	93%

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

1	2119	Alejandra Hernandez	Individual	Senior Feminino	01:48:45	+25:29	05:11
2	2121	Andrea Gillström	Individual	Senior Feminino	01:55:10	+31:54	05:29
3	2071	Sofia Peixoto	Clube Atletismo de Brito	Senior Feminino	01:57:11	+33:55	05:35
4	2362	Joana Magalhães	Rinus Fafe	Senior Feminino	02:00:03	+36:47	05:43
5	2292	Claudia Carcau	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	02:03:35	+40:19	05:53
6	2402	Marta Silva Ramos Ferreira	TEAM LANTEMIL	Senior Feminino	02:03:42	+40:26	05:53
7	2351	Valentina Pereira	PORTO SENTIDO RUNNERS	Senior Feminino	02:05:31	+42:14	05:59
8	2340	Mariana Pires	Paços runners	Senior Feminino	02:08:13	+44:57	06:06
9	2408	Benedita Ferreira	Titan Runners	Senior Feminino	02:13:27	+50:11	06:21
10	2127	Moa Andersson	Individual	Senior Feminino	02:14:27	+51:11	06:24
11	2125	Mara Gromball	Individual	Senior Feminino	02:14:53	+51:36	06:25
12	2040	Cláudia Coelho	Aves runners	Senior Feminino	02:15:11	+51:55	06:26
13	2091	Daniela Vilas Boas	Dragon Club	Senior Feminino	02:15:50	+52:34	06:28
14	2413	Daniela Godinho	Trevo do Sucesso	Senior Feminino	02:16:30	+53:14	06:30
15	2124	Liliana Azevedo	Individual	Senior Feminino	02:16:37	+53:21	06:30
16	2350	Ines Neves	PORTO SENTIDO RUNNERS	Senior Feminino	02:17:32	+54:15	06:33
17	2081	Regina Silva	Correr Para o Sucesso	Senior Feminino	02:18:08	+54:52	06:35
18	2126	Mariana Gomes Marques	Individual	Senior Feminino	02:19:12	+55:55	06:38
19	2120	Anabela Silva	Individual	Senior Feminino	02:19:38	+56:22	06:39
20	2129	Rita Freitas	Individual	Senior Feminino	02:21:05	+57:49	06:43
21	2106	claudia coelho	GENEROSOS RUNNERS	Senior Feminino	02:22:13	+58:57	06:46
22	2130	Saga Nilsson	Individual	Senior Feminino	02:24:13	+01:00:57	06:52
23	2344	Beatriz Loureiro	Pernetas	Senior Feminino	02:26:05	+01:02:49	06:57
24	2055	Sara Rocha	BTT Alegria // TUBANI	Senior Feminino	02:26:17	+01:03:01	06:58
25	2132	Silvia Vieira	Individual	Senior Feminino	02:26:34	+01:03:17	06:59
26	2039	Ângela Pimenta	Aves runners	Senior Feminino	02:28:52	+01:05:36	07:05
27	2074	Rita Chaves Rebelo	Clube Pessoal EDP - Delegação VNGaia	Senior Feminino	02:29:57	+01:06:41	07:08
28	2073	Joana Chaves Rebelo	Clube Pessoal EDP - Delegação VNGaia	Senior Feminino	02:29:57	+01:06:41	07:08
29	2345	Liliana pinto	Pernetas	Senior Feminino	02:31:07	+01:07:51	07:12
30	2128	Rahel Keppler	Individual	Senior Feminino	02:31:09	+01:07:53	07:12
31	2401	Carla Araújo	TEAM LANTEMIL	Senior Feminino	02:34:50	+01:11:34	07:22
32	2133	Sophie Duarte	Individual	Senior Feminino	02:34:57	+01:11:41	07:23
33	2084	Marta Martinho	CrossFit Black Edition	Senior Feminino	02:38:41	+01:15:25	07:33
34	2001	Silvia Sousa	#altacilindrada	Senior Feminino	02:41:21	+01:18:05	07:41
35	2110	Ana Almeida	Hospital de Santa Maria - Porto	Senior Feminino	02:49:42	+01:26:26	08:05
36	2131	Sandra Silva	Individual	Senior Feminino	02:56:35	+01:33:19	08:25

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21KM

21 KM

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Senior Masculino

1	2108	Nelson Feiteira	Grupo de Corrida de Argoncilhe	Senior Masculino	01:23:16	03:58
2	2337	João Narciso Gonçalves	OLÍMPICO VIANENSE	Senior Masculino	01:26:19	+03:03 04:07
3	2299	Joel Pereira	Minho e Lima Trail	Senior Masculino	01:30:22	+07:06 04:18
4	2377	José Rocha	Salgueiros Running	Senior Masculino	01:32:30	+09:13 04:24
5	2300	Leandro Silva	Minho e Lima Trail	Senior Masculino	01:32:45	+09:29 04:25
6	2323	João Pedro Padilha Leal	OFRunning	Senior Masculino	01:33:20	+10:04 04:27
7	2171	Paulo Moreira	Aliados Trail Running Team	Senior Masculino	01:34:09	+10:53 04:29
8	2343	Rui Carvalho	PEDALARTE	Senior Masculino	01:34:42	+11:26 04:31
9	2042	Tiago Lima	Aves runners	Senior Masculino	01:35:11	+11:55 04:32
10	2181	Vitor Cruz	Individual	Senior Masculino	01:36:08	+12:52 04:35
11	2072	Sérgio Silva	Clube Atletismo de Brito	Senior Masculino	01:37:22	+14:06 04:38
12	2393	Carlos Gomes	Sport Comércio e Salgueiros	Senior Masculino	01:39:04	+15:48 04:43
13	2150	Hugo Marante Lima	Individual	Senior Masculino	01:40:09	+16:53 04:46
14	2320	Flavio Silva	OFRunning	Senior Masculino	01:43:28	+20:12 04:56
15	2075	Paulo Silva	Clube Zupper	Senior Masculino	01:43:55	+20:39 04:57
16	2368	Filipe Villas-Boas	Run4Fun Vila Real	Senior Masculino	01:44:48	+21:31 04:59
17	2162	Luís Magalhaes	Individual	Senior Masculino	01:45:14	+21:58 05:01
18	2363	Rui Lobo Castro	Rinus Fafe	Senior Masculino	01:46:16	+23:00 05:04
19	2056	Manuel Gomes	BTT Alegria // TUBANI	Senior Masculino	01:46:17	+23:00 05:04
20	2305	Filipe Póvoas	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:46:17	+23:01 05:04
21	2287	Pedro Miguel de Ascensão Neves	Juventude desportiva de Gondomar	Senior Masculino	01:46:17	+23:01 05:04
22	2165	Michel Silva	Individual	Senior Masculino	01:46:28	+23:12 05:04
23	2304	David Sousa	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:46:37	+23:21 05:05
24	2138	Bruno Gonçalves	Individual	Senior Masculino	01:46:47	+23:30 05:05
25	2043	Toni Neto	Aves runners	Senior Masculino	01:46:51	+23:35 05:05
26	2384	Paulo Elias	SF2002	Senior Masculino	01:47:14	+23:58 05:06
27	2353	Bruno Melo	PORTO SENTIDO RUNNERS	Senior Masculino	01:48:31	+25:15 05:10
28	2136	Amaro José Faria Barbosa	Individual	Senior Masculino	01:48:43	+25:27 05:11
29	2099	Filipe Oliveira	FisioPedro Trail	Senior Masculino	01:50:19	+27:03 05:15
30	2059	César Guimarães	CB RUN	Senior Masculino	01:50:53	+27:37 05:17
31	1117	Hugo água	Individual	Senior Masculino	01:51:30	+28:14 05:19
32	2170	Paulo Jorge Costa Oliveira	Individual	Senior Masculino	01:51:40	+28:24 05:19
33	2036	Ricardo Filipe Oliveira Esteves	ARCORUN	Senior Masculino	01:52:35	+29:19 05:22
34	2169	Nuno Monteiro	Individual	Senior Masculino	01:52:37	+29:21 05:22
35	2149	Francisco Silva	Individual	Senior Masculino	01:52:50	+29:34 05:22
36	2098	Daniel Neto	FisioPedro Trail	Senior Masculino	01:53:02	+29:46 05:23
37	2011	Daniel Santos	A. D. Amarante Trail Running	Senior Masculino	01:53:03	+29:47 05:23
38	2180	Simon de Sousa	Individual	Senior Masculino	01:53:09	+29:52 05:23
39	2289	Pedro lopes	Lbr Team	Senior Masculino	01:53:14	+29:58 05:24
40	2434	Tiago Miguel	Individual	Senior Masculino	01:53:54	+30:38 05:25
41	2147	Filipe Carreira	Individual	Senior Masculino	01:54:24	+31:08 05:27
42	2369	Rui Borges	Run4Fun Vila Real	Senior Masculino	01:54:43	+31:27 05:28

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43	2097	Marcos Santos	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:55:12	+31:56	05:29
44	2319	Eduardo Neves	OFRunning	Senior Masculino	01:56:15	+32:59	05:32
45	2409	Bruno Miguel Afonso Pinheiro	TRAIL TEAM MONTARIA	Senior Masculino	01:56:29	+33:12	05:33
46	2155	João Matias	Individual	Senior Masculino	01:56:52	+33:36	05:34
47	2137	André Costa	Individual	Senior Masculino	01:57:11	+33:55	05:35
48	2086	Hugo Lima	Desnível Positivo	Senior Masculino	01:57:54	+34:38	05:37
49	2061	Leandro Rodrigues	CB RUN	Senior Masculino	01:57:56	+34:40	05:37
50	2321	Hugo Ferreira	OFRunning	Senior Masculino	01:58:27	+35:11	05:38
51	2018	Joaquim Flávio Fernandes Carvalho	ACRIF	Senior Masculino	01:58:42	+35:26	05:39
52	2016	Filipe Correia	ACRIF	Senior Masculino	01:58:42	+35:26	05:39
53	2324	João Sousa	OFRunning	Senior Masculino	01:58:51	+35:35	05:40
54	2418	Douglas	Viana Running	Senior Masculino	02:00:10	+36:54	05:43
55	2007	João Mota	A Vidraria Armando este ano patrocina	Senior Masculino	02:01:39	+38:23	05:48
56	2429	Tiago Martins	Zenit AUTOMÓVEIS	Senior Masculino	02:01:43	+38:27	05:48
57	2114	Diogo Jorge Monteiro Alves	Icarus Running Team	Senior Masculino	02:02:06	+38:50	05:49
58	2176	Ricardo Jorge Campos Seara Carneiro	Individual	Senior Masculino	02:02:23	+39:06	05:50
59	2041	Jorge Costa	Aves runners	Senior Masculino	02:02:53	+39:36	05:51
60	2096	Martinho Dias	Ermida Team	Senior Masculino	02:03:22	+40:06	05:53
61	2173	Pedro neto	Individual	Senior Masculino	02:03:51	+40:35	05:54
62	2327	Tiago Coelho	OFRunning	Senior Masculino	02:04:28	+41:12	05:56
63	2440	Paulo Jorge do Couto Gomes	Individual	Senior Masculino	02:04:37	+41:20	05:56
64	2410	Fábio Afonso	TRAIL TEAM MONTARIA	Senior Masculino	02:05:53	+42:37	06:00
65	2341	Ricardo Dias	Paços runners	Senior Masculino	02:06:37	+43:21	06:02
66	2422	Mike Pereira	VIEIRA A CORRER	Senior Masculino	02:06:50	+43:34	06:02
67	2095	Ricardo Alves	Emforça	Senior Masculino	02:08:46	+45:30	06:08
68	2152	Hugo Sousa	Individual	Senior Masculino	02:09:08	+45:52	06:09
69	2322	João Dias	OFRunning	Senior Masculino	02:09:16	+46:00	06:09
70	2156	João Nuno Xavier da Silva	Individual	Senior Masculino	02:09:45	+46:29	06:11
71	2163	Manuel Laia Valente	Individual	Senior Masculino	02:13:27	+50:11	06:21
72	2060	Leandro Oliveira	CB RUN	Senior Masculino	02:14:12	+50:56	06:23
73	2082	Nelson Fernandes	Correr Para o Sucesso	Senior Masculino	02:14:27	+51:11	06:24
74	2141	Carlos Miguel Pinto Moreira	Individual	Senior Masculino	02:14:48	+51:32	06:25
75	2017	João Pedro Vilaça Ferreira	ACRIF	Senior Masculino	02:15:15	+51:59	06:26
76	2143	Daniel Xavier	Individual	Senior Masculino	02:16:27	+53:11	06:30
77	2405	Fárido Tavares	Telhabel Runners	Senior Masculino	02:16:34	+53:18	06:30
78	2427	Joel Sousa	Ze Team	Senior Masculino	02:17:09	+53:53	06:32
79	2428	Tiago Ferreira	Ze Team	Senior Masculino	02:17:09	+53:53	06:32
80	2352	André Oliveira	PORTO SENTIDO RUNNERS	Senior Masculino	02:17:31	+54:15	06:33
81	2154	João André Teixeira Soares	Individual	Senior Masculino	02:18:17	+55:01	06:35
82	2297	João Maia	MAGNUNSSSENS	Senior Masculino	02:18:36	+55:19	06:36
83	2179	Rui Lopes	Individual	Senior Masculino	02:19:54	+56:38	06:40
84	2298	Óscar Martins	Melgaço Alvarinho Trail Team	Senior Masculino	02:20:14	+56:57	06:41
85	2051	José Coelho	Bikeservice	Senior Masculino	02:20:33	+57:17	06:42
86	2347	Vítor Silva	Pernetas	Senior Masculino	02:20:40	+57:23	06:42
87	2153	JESUS GONZALEZ GONZALEZ	Individual	Senior Masculino	02:21:14	+57:58	06:44
88	2436	Nuno Sá	Individual	Senior Masculino	02:22:06	+58:50	06:48

Official Timekeeper: Lap2Go	3 / 10	generate 01-Dec-2019 15:22
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21 KM

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89	2404	Carlos Martins	Telhabel Runners	Senior Masculino	02:22:44	+59:28	06:48
90	2406	Renato Seara	Telhabel Runners	Senior Masculino	02:22:44	+59:28	06:48
91	2325	Mário Carvalho	OFRunning	Senior Masculino	02:23:18	+01:00:02	06:49
92	2140	carlos brandao	Individual	Senior Masculino	02:24:23	+01:01:06	06:53
93	2145	Diogo Ricardo Soares Pereira	Individual	Senior Masculino	02:29:11	+01:05:55	07:06
94	2158	JOEL BARROSO AFONSO LANDEIRA	Individual	Senior Masculino	02:29:11	+01:05:55	07:06
95	2142	Carlos Neves	Individual	Senior Masculino	02:29:54	+01:06:38	07:08
96	2174	PEDRO NEVES	Individual	Senior Masculino	02:30:01	+01:06:45	07:09
97	2139	Bruno Martins	Individual	Senior Masculino	02:30:03	+01:06:47	07:09
98	2012	Miguel Martins	Academia Desportiva de Arcos de Valdevez	Senior Masculino	02:30:06	+01:06:50	07:09
99	2160	José Pedro Freitas	Individual	Senior Masculino	02:30:15	+01:06:59	07:09
100	2070	Rafael Figueiredo	Chef Bandolete	Senior Masculino	02:30:15	+01:06:59	07:09
101	2069	André Almeida	Chef Bandolete	Senior Masculino	02:30:16	+01:07:00	07:09
102	2151	Hugo Pereira	Individual	Senior Masculino	02:34:18	+01:11:02	07:21
103	2085	Jorge Silva	CrossFit Black Edition	Senior Masculino	02:38:41	+01:15:25	07:33
104	2376	José Moreira	Salgueiros Running	Senior Masculino	02:41:11	+01:17:55	07:41
105	2172	Pedro Egídio Pinheiro Marques	Individual	Senior Masculino	02:49:43	+01:26:27	08:05
106	2134	Alexandre Dias	Individual	Senior Masculino	02:56:35	+01:33:19	08:25

Sub 23 Feminino

1	2301	Ana Rita Carneiro	Minho e Lima Trail	Sub 23 Feminino	02:05:25	+42:09	05:58
2	2182	Sara Kindlund	Individual	Sub 23 Feminino	02:30:41	+01:07:25	07:11

Sub 23 Masculino

1	2113	João Patatas	Hyundai - Mirandela a Correr	Sub 23 Masculino	01:44:17	+21:01	04:58
2	2411	MIGUEL BARROS	TRAIL TEAM MONTARIA	Sub 23 Masculino	02:06:07	+42:51	06:00
3	3186	André Oliveira	Individual	Sub 23 Masculino	02:12:40	+49:24	06:19
4	2183	João Pimenta	Individual	Sub 23 Masculino	03:03:06	+01:39:50	08:43

Veterana F40

1	2364	Cidalia Novais	Rinus Fafe	Veterana F40	01:50:46	+27:30	05:16
2	2419	HELENA SOUSA	Viana Running	Veterana F40	01:54:26	+31:10	05:27
3	2029	Paula Santos	All About	Veterana F40	01:56:35	+33:19	05:33
4	2023	Sara Conde	AFIS/OVAR	Veterana F40	01:57:35	+34:19	05:36
5	2415	Carla Dalila Lage Vilela Martins de Oliveira	TURBULENTOS	Veterana F40	02:03:11	+39:55	05:52
6	2064	Sara Silva	Cerealis - Milaneza	Veterana F40	02:04:11	+40:55	05:55
7	2396	MARIA DE LURDES PEREIRA GONÇALVES BARBEDO	SUCUPIRA F C	Veterana F40	02:07:32	+44:16	06:04
8	2076	conceicao ferreira	Coronado runners	Veterana F40	02:09:05	+45:49	06:09
9	2092	Cecília Martins	eFY	Veterana F40	02:12:28	+49:12	06:18
10	2093	Isabel Carvalho	eFY	Veterana F40	02:14:34	+51:18	06:24

Official Timekeeper: Lap2Go	4 / 10	generate 01-Dec-2019 15:22
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OFFICIAL RESULT

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11	2382	Sara Colaço	Seixal Team	Veterana F40	02:15:10	+51:54	06:26
12	2005	Manuela Monteiro	100meta	Veterana F40	02:16:37	+53:21	06:30
13	2354	Elizabete loureiro	PORTO SENTIDO RUNNERS	Veterana F40	02:17:31	+54:15	06:33
14	2355	Marina Silva	PORTO SENTIDO RUNNERS	Veterana F40	02:17:31	+54:15	06:33
15	2067	Sandra Martins	Cerealis - Milaneza	Veterana F40	02:21:30	+58:14	06:44
16	3288	Luisa Marques	PORTO SENTIDO RUNNERS	Veterana F40	02:22:56	+59:40	06:48
17	2196	Silvia Vilar	Individual	Veterana F40	02:23:00	+59:44	06:49
18	2094	Suzana Rios	eFY	Veterana F40	02:23:51	+01:00:35	06:51
19	2184	Ana Pestana	Individual	Veterana F40	02:24:25	+01:01:09	06:53
20	2348	CARLA FRANCO	Pernetas	Veterana F40	02:24:29	+01:01:13	06:53
21	2416	Teresa Silva	TURBULENTOS	Veterana F40	02:24:41	+01:01:25	06:53
22	2186	Andréia Cristina de Oliveira	Individual	Veterana F40	02:24:54	+01:01:38	06:54
23	2195	Paula Carneiro	Individual	Veterana F40	02:28:25	+01:05:09	07:04
24	2190	Filipa Pimenta	Individual	Veterana F40	02:29:28	+01:06:12	07:07
25	2192	Maria Lurdes Mendes	Individual	Veterana F40	02:30:51	+01:07:35	07:11
26	2185	Ana Rebelo	Individual	Veterana F40	02:30:51	+01:07:35	07:11
27	2197	Susana canhola	Individual	Veterana F40	02:31:48	+01:08:32	07:14
28	2193	Marta Cardoso	Individual	Veterana F40	02:31:55	+01:08:39	07:14
29	2191	Isabel Martins	Individual	Veterana F40	02:34:33	+01:11:17	07:22
30	2087	Elisia Gonçalves	Desnível Positivo	Veterana F40	02:34:50	+01:11:34	07:22
31	2188	Diana Pereira	Individual	Veterana F40	02:35:52	+01:12:36	07:25
32	2426	Mónica Margaride	Yazaki Runners	Veterana F40	02:37:01	+01:13:44	07:29
33	2379	Susana Vasconcelos	Salgueiros Running	Veterana F40	02:41:10	+01:17:54	07:41
34	2187	Cristina da Conceição Antunes Ferreira de Moura	Individual	Veterana F40	02:45:46	+01:22:30	07:54
35	2373	CLARA PINTO	RUN4LUNCH	Veterana F40	02:55:26	+01:32:10	08:21
36	2189	Estefânia de Jesus Teixeira Matias	Individual	Veterana F40	02:56:35	+01:33:19	08:25

Veterana F50

1	2198	celeste moreira	Individual	Veterana F50	02:02:15	+38:59	05:49
2	2115	Maria Júlia Masculino Ribeiro	Icarus Running Team	Veterana F50	02:07:25	+44:09	06:04
3	2200	Cristina Coelho	Individual	Veterana F50	02:10:36	+47:20	06:13
4	2044	Delfina Rompante	Aves runners	Veterana F50	02:15:11	+51:55	06:26
5	2205	Maria Ribeiro	Individual	Veterana F50	02:17:16	+54:00	06:32
6	2356	Fernanda Carneiro	PORTO SENTIDO RUNNERS	Veterana F50	02:18:23	+55:06	06:35
7	2438	Paula Cristina Sá Peixoto	Braguinhas Runners	Veterana F50	02:20:31	+57:15	06:41
8	2202	Elsa Mota	Individual	Veterana F50	02:23:22	+01:00:06	06:50
9	2206	Rosa vaz	Individual	Veterana F50	02:26:19	+01:03:03	06:58
10	2203	Maria dos Anjos Gabriel Pereira	Individual	Veterana F50	02:26:34	+01:03:18	06:59
11	2204	maria luz almeida	Individual	Veterana F50	02:33:18	+01:10:02	07:18
12	2201	Cristina Pacheco	Individual	Veterana F50	02:34:33	+01:11:17	07:22

Veterano M40

1	2057	Federico losada Conde	CASTRO-TRAIL	Veterano M40	01:23:44	+00:28	03:59
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Official Timekeeper: Lap2Go	5 / 10	generate 01-Dec-2019 15:22
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2	2112	josé afonso	HSantaMariaRT	Veterano M40	01:25:53	+02:37	04:05
3	2432	Miguel Ribeiro	Zona Alta Trail	Veterano M40	01:27:25	+04:09	04:10
4	2240	Pedro Gilvaz	Individual	Veterano M40	01:30:31	+07:15	04:19
5	2102	Gualter Freitas	FISIOVERALEMOS	Veterano M40	01:33:46	+10:30	04:28
6	2019	Fernando Antunes Ribeiro Dos Santos	ACRIF	Veterano M40	01:34:27	+11:11	04:30
7	2088	Jorge Alves	Desnível Positivo	Veterano M40	01:34:34	+11:18	04:30
8	2101	Eduardo Lemos	FISIOVERALEMOS	Veterano M40	01:35:57	+12:41	04:34
9	2255	Sérgio Martins	Individual	Veterano M40	01:36:53	+13:37	04:37
10	2237	Paulo Fernandes	Individual	Veterano M40	01:39:04	+15:48	04:43
11	2439	Paulo Carvalho	Individual	Veterano M40	01:39:39	+16:23	04:45
12	2338	Nuno Araujo	OLÍMPICO VIANENSE	Veterano M40	01:39:43	+16:27	04:45
13	2424	HELDER SILVA	XPLODTT	Veterano M40	01:40:35	+17:19	04:47
14	2100	Sérgio Sampaio	FisioPedro Trail	Veterano M40	01:41:01	+17:45	04:49
15	2213	Daniel Grenha Fonseca	Individual	Veterano M40	01:41:08	+17:52	04:49
16	2013	Carlos Alberto Pires Loureiro	Academia Desportiva de Arcos de Valdevez	Veterano M40	01:41:54	+18:37	04:51
17	2212	António Cunha	Individual	Veterano M40	01:42:16	+19:00	04:52
18	2389	Victor Martins	SOCIEDADE RECREIO CEPANENSE	Veterano M40	01:42:19	+19:03	04:52
19	2317	Pedro Boto	O Mundo da Corrida	Veterano M40	01:42:50	+19:34	04:54
20	2021	Paulo César Barbosa Ferreira	ACRIF	Veterano M40	01:43:26	+20:10	04:56
21	2339	Carlos Couto	Outlaw runners	Veterano M40	01:43:51	+20:35	04:57
22	2034	Carlos Peixoto	Amigos da Montanha	Veterano M40	01:44:03	+20:47	04:57
23	2217	Hélder Barbosa	Individual	Veterano M40	01:44:17	+21:01	04:58
24	2232	Marcos Ourives	Individual	Veterano M40	01:44:32	+21:16	04:59
25	2245	Ricardo Silva	Individual	Veterano M40	01:44:51	+21:35	05:00
26	2253	Serafim Reis	Individual	Veterano M40	01:45:15	+21:59	05:01
27	2385	Fernando Pinto	SOCIEDADE RECREIO CEPANENSE	Veterano M40	01:45:55	+22:39	05:03
28	2104	Diamantino Martins	GDR Juventude das Ribeiras	Veterano M40	01:46:04	+22:47	05:03
29	2333	Filipe Caldeira Oliveira	Oiã Runners	Veterano M40	01:46:17	+23:01	05:04
30	2035	Cristóvão Sampaio	Amigos das Sapatilhas	Veterano M40	01:46:43	+23:27	05:05
31	2414	André Mesquita Guimarães	Trevo do Sucesso	Veterano M40	01:46:44	+23:28	05:05
32	2295	Pedro Gaio	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	01:47:15	+23:58	05:06
33	2370	Joaquim Santos	Run4Fun Vila Real	Veterano M40	01:48:42	+25:26	05:11
34	2308	Ibraim Sousa	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:48:46	+25:30	05:11
35	2238	Paulo Fonseca Pinto	Individual	Veterano M40	01:49:05	+25:49	05:12
36	2312	Victor Azevedo	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:49:41	+26:25	05:13
37	2089	Jorge Pinheiro	Dive into the montains	Veterano M40	01:50:25	+27:09	05:16
38	2047	Filipe Pedrosa	Aves runners	Veterano M40	01:50:55	+27:39	05:17
39	2243	Pedro Rodrigues	Individual	Veterano M40	01:51:02	+27:46	05:17
40	2248	rui carvalho	Individual	Veterano M40	01:51:18	+28:02	05:18
41	2024	Paulo Conde	AFIS/OVAR	Veterano M40	01:51:47	+28:30	05:19
42	2412	Jorge Pires	TRAIL TEAM MONTARIA	Veterano M40	01:52:32	+29:16	05:22
43	2246	Rolando Paulo	Individual	Veterano M40	01:53:01	+29:45	05:23

Official Timekeeper: Lap2Go	6 / 10	generate 01-Dec-2019 15:22
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44	2077	João Maia	Coronado runners	Veterano M40	01:53:03	+29:47	05:23
45	2249	RUI FERREIRA	Individual	Veterano M40	01:53:05	+29:49	05:23
46	2392	David Sora	Sora team	Veterano M40	01:53:08	+29:52	05:23
47	2425	MIGUEL ÂNGELO	XPLODTT	Veterano M40	01:53:18	+30:02	05:24
48	2214	domingos peixoto	Individual	Veterano M40	01:53:31	+30:15	05:24
49	2294	Jorge Figueiredo	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	01:54:18	+31:02	05:27
50	2030	Henrique Marques	All About	Veterano M40	01:54:21	+31:05	05:27
51	2420	Jorge Daniel Silva	Viana Running	Veterano M40	01:54:25	+31:09	05:27
52	2083	Roberto Esteves	Correr por Monção	Veterano M40	01:54:29	+31:13	05:27
53	2372	Rui Filipe Fernandes Marques Correia	Run4Fun Vila Real	Veterano M40	01:54:43	+31:27	05:28
54	2366	Sergio Teixeira	Rinus Fafe	Veterano M40	01:54:45	+31:29	05:28
55	2242	Pedro Nuno Neves Pereira	Individual	Veterano M40	01:55:35	+32:19	05:30
56	1011	Jose Padrão	ARCA BarceloS runners	Veterano M40	01:55:39	+32:22	05:30
57	2049	Mario lima	Aves runners	Veterano M40	01:55:51	+32:35	05:31
58	2020	Miguel António Vieira Ferreira	ACRIF	Veterano M40	01:55:55	+32:39	05:31
59	2080	Antonio Carlos Tavares de Paiva	CORRER LEÇA	Veterano M40	01:56:39	+33:22	05:33
60	2014	Sérgio Filipe Mendes Gomes	Acamados	Veterano M40	01:57:05	+33:49	05:35
61	2316	José Paulo Magalhães Faria	NO TOMORROW RUNNING TEAM	Veterano M40	01:57:39	+34:22	05:36
62	1067	DANIEL MIRANDA	Individual	Veterano M40	01:58:16	+35:00	05:38
63	2216	Filipe Ribeiro	Individual	Veterano M40	01:58:23	+35:07	05:38
64	2256	Vitor Araújo	Individual	Veterano M40	01:58:24	+35:08	05:38
65	2357	Fernando Queirós	PORTO SENTIDO RUNNERS	Veterano M40	01:58:25	+35:09	05:38
66	2004	Francisco Monteiro	#passoapasso-runners Pontével	Veterano M40	01:58:33	+35:17	05:39
67	2006	Augusto Mendes	4TEAMBTT	Veterano M40	01:58:53	+35:36	05:40
68	2037	José Correia	ARCORUN	Veterano M40	01:59:03	+35:47	05:40
69	2290	António Manuel Leite Ribeiro	LeoesASolta	Veterano M40	01:59:30	+36:14	05:41
70	2387	João Nuno	SOCIEDADE RECREIO CEPANENSE	Veterano M40	01:59:43	+36:27	05:42
71	2210	Americo Areias	Individual	Veterano M40	02:00:05	+36:48	05:43
72	2219	JAVIER PEREZ ALONSO	Individual	Veterano M40	02:00:31	+37:15	05:44
73	2209	Amaro Fernandes	Individual	Veterano M40	02:00:44	+37:28	05:45
74	2226	José Rodrigues	Individual	Veterano M40	02:02:54	+39:38	05:51
75	2239	Paulo Hernani	Individual	Veterano M40	02:03:06	+39:49	05:52
76	2107	carlos alberto	GENEROSOS RUNNERS	Veterano M40	02:03:53	+40:36	05:54
77	2223	Jorge Costa	Individual	Veterano M40	02:04:00	+40:44	05:54
78	2397	Helder Alexandre Gomes Monteiro	SUCUPIRA F C	Veterano M40	02:04:07	+40:51	05:55
79	2332	Carlos Manuel Marques Silva	Oiã Runners	Veterano M40	02:04:56	+41:40	05:57
80	2306	Ricardo Marques Moreira	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:05:59	+42:43	06:00
81	2234	Milton	Individual	Veterano M40	02:06:50	+43:34	06:02
82	2328	Agostinho Correia Pacheco	OFRunning	Veterano M40	02:07:05	+43:49	06:03
83	2254	Sérgio	Individual	Veterano M40	02:07:31	+44:15	06:04
84	2398	HENRIQUE MANUEL SILVEIRA PEREIRA BARBEDO	SUCUPIRA F C	Veterano M40	02:07:32	+44:16	06:04
85	2244	Ricardo Quintas	Individual	Veterano M40	02:07:41	+44:25	06:05
86	2054	Zé Tó Brito	BRAGA RUNNERS	Veterano M40	02:08:41	+45:25	06:08

Official Timekeeper: Lap2Go	7 / 10	generate 01-Dec-2019 15:22
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21 KM

OFFICIAL RESULT

87	2220	João Pedro Cunha	Individual	Veterano M40	02:08:42	+45:25	06:08
88	2259	Vitor Miranda	Individual	Veterano M40	02:09:03	+45:47	06:09
89	2421	RICARDO QUEIROS	Viana Running	Veterano M40	02:09:30	+46:14	06:10
90	2388	Jorge Ferreira	SOCIEDADE RECREIO CEPANENSE	Veterano M40	02:09:40	+46:24	06:11
91	2078	José Duarte	Coronado runners	Veterano M40	02:09:51	+46:35	06:11
92	2247	Rui Branco da Cruz	Individual	Veterano M40	02:09:51	+46:35	06:11
93	2360	Rui Teixeira	PORTO SENTIDO RUNNERS	Veterano M40	02:11:22	+48:06	06:15
94	2307	António Rocha	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:11:34	+48:18	06:16
95	2235	Nuno Rodrigues	Individual	Veterano M40	02:11:34	+48:18	06:16
96	2045	Abílio Ferreira	Aves runners	Veterano M40	02:12:49	+49:33	06:20
97	2423	Rui Sousa	WOLVES	Veterano M40	02:13:08	+49:52	06:20
98	2225	José Henrique Ferreira da Silva	Individual	Veterano M40	02:13:10	+49:54	06:20
99	2222	Jorge Brito	Individual	Veterano M40	02:13:15	+49:59	06:21
100	2252	Rui Neves	Individual	Veterano M40	02:13:30	+50:14	06:21
101	2399	RICARDO NELSON MAIA	SUCUPIRA F C	Veterano M40	02:15:03	+51:47	06:26
102	2407	Sérgio Carvalho	Temos pena	Veterano M40	02:15:04	+51:48	06:26
103	2233	Mario Silva	Individual	Veterano M40	02:15:13	+51:57	06:26
104	2231	Marcos Gomes	Individual	Veterano M40	02:15:43	+52:27	06:28
105	1076	Rui Pedro Pinto	Individual	Veterano M40	02:15:56	+52:40	06:28
106	2211	Andre Seara	Individual	Veterano M40	02:16:29	+53:13	06:30
107	2293	Amílcar Teixeira	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	02:17:29	+54:13	06:33
108	2291	Ricardo Gonçalves	LeoesASolta	Veterano M40	02:18:09	+54:53	06:35
109	2227	Luís Carlos Rocha	Individual	Veterano M40	02:18:19	+55:03	06:35
110	2002	Jorge Cristino	#altacilindrada	Veterano M40	02:18:34	+55:18	06:36
111	2215	Fernando Agostinho	Individual	Veterano M40	02:19:03	+55:47	06:37
112	2229	Manuel Correia	Individual	Veterano M40	02:19:11	+55:55	06:38
113	2349	Manuel Carvalho	Pés de Chumbo Runners	Veterano M40	02:19:23	+56:07	06:38
114	2251	Rui Martins	Individual	Veterano M40	02:20:18	+57:02	06:41
115	2079	Nuno Alexandre da Costa Viana	Correr Antas à Noite	Veterano M40	02:21:30	+58:14	06:44
116	2241	Pedro Miguel Lourenço de Sousa	Individual	Veterano M40	02:21:30	+58:14	06:44
117	135	FLORINDO JOSÉ GONZÁLEZ GONZALEZ	Individual	Veterano M40	02:22:16	+59:00	06:46
118	2358	Jorge Pereira	PORTO SENTIDO RUNNERS	Veterano M40	02:22:57	+59:40	06:48
119	2342	Paulo Correia	Paulo Correia Reabilitação Integrada	Veterano M40	02:23:00	+59:44	06:49
120	2430	Pedro Fernandes	Zenit AUTOMÓVEIS	Veterano M40	02:23:27	+01:00:11	06:50
121	2431	Tony Dias	Zenit AUTOMÓVEIS	Veterano M40	02:24:55	+01:01:38	06:54
122	2257	Vitor Manuel Fonseca	Individual	Veterano M40	02:26:09	+01:02:53	06:58
123	2003	Luis cristino	#altacilindrada	Veterano M40	02:26:30	+01:03:13	06:59
124	2334	Márcio Ferreira	Oiã Runners	Veterano M40	02:26:49	+01:03:33	07:00
125	2046	Afonso Torres	Aves runners	Veterano M40	02:28:52	+01:05:36	07:05
126	2048	Gabriel Freitas	Aves runners	Veterano M40	02:28:52	+01:05:36	07:05
127	2310	Rui Augusto	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:29:11	+01:05:55	07:06
128	2311	Rui Rodrigues	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:31:20	+01:08:03	07:12

Official Timekeeper: Lap2Go	8 / 10	generate 01-Dec-2019 15:22
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OFFICIAL RESULT

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129	2400	Miguel Sousa	Taylors	Veterano M40	02:36:38	+01:13:22	07:28
130	2331	Carlos Maia	Oiã Runners	Veterano M40	02:36:51	+01:13:35	07:28
131	2103	Joaquim de Sousa	Fit2labor	Veterano M40	02:37:00	+01:13:44	07:29
132	2230	Manuel Peixoto	Individual	Veterano M40	02:37:01	+01:13:45	07:29
133	2207	Abilio Silva	Individual	Veterano M40	02:37:12	+01:13:55	07:29
134	2380	Ângelo Vidal	Salgueiros Running	Veterano M40	02:41:11	+01:17:55	07:41
135	2359	Miguel Azevedo	PORTO SENTIDO RUNNERS	Veterano M40	02:41:21	+01:18:04	07:41
136	2329	Manuel Moreira	OFRunning	Veterano M40	02:51:02	+01:27:46	08:09
137	2258	Vitor Manuel Moreira Viana	Individual	Veterano M40	02:56:35	+01:33:19	08:25

Veterano M50

1	2274	Mário Gonçalves	Individual	Veterano M50	01:33:00	+09:44	04:26
2	2264	fernando pereira	Individual	Veterano M50	01:34:59	+11:42	04:31
3	2022	José Barbosa Pereira Macedo	ACRIF	Veterano M50	01:40:22	+17:06	04:47
4	2302	Antônio Barbosa	Minho e Lima Trail	Veterano M50	01:40:49	+17:33	04:48
5	2273	José Oliveira	Individual	Veterano M50	01:41:16	+18:00	04:49
6	2272	José Lopes	Individual	Veterano M50	01:45:12	+21:56	05:01
7	2314	Manuel Faria	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:45:22	+22:05	05:01
8	2032	Paulo Melo	All About	Veterano M50	01:46:09	+22:53	05:03
9	2275	Nuno Ferreira	Individual	Veterano M50	01:47:05	+23:49	05:06
10	2315	Manuel Póvoas	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:47:14	+23:58	05:06
11	2116	Manuel Alves	Icarus Running Team	Veterano M50	01:48:02	+24:46	05:09
12	2026	Jose Tavares	AFIS/OVAR	Veterano M50	01:48:12	+24:56	05:09
13	2381	Orlando Ferreira	Salgueiros Running	Veterano M50	01:49:31	+26:15	05:13
14	2010	Paulo Santos	A Vidraria Armando este ano patrocina	Veterano M50	01:49:50	+26:34	05:14
15	2105	Jorge Marinho	GDR Juventude das Ribeiras	Veterano M50	01:49:58	+26:42	05:14
16	2277	paulo moreira	Individual	Veterano M50	01:50:38	+27:22	05:16
17	2027	Paulo Fernandes	AFIS/OVAR	Veterano M50	01:53:25	+30:09	05:24
18	2053	José Mendes	Boavista Trail	Veterano M50	01:53:29	+30:13	05:24
19	2278	Paulo Nóvoa	Individual	Veterano M50	01:53:56	+30:40	05:26
20	2068	João Paulo Rocha	Cerealis - Milaneza	Veterano M50	01:56:01	+32:44	05:31
21	2058	Castor Tombo Cantarilla	CASTRO-TRAIL	Veterano M50	01:56:46	+33:30	05:34
22	2279	Paulo Silva	Individual	Veterano M50	01:57:35	+34:19	05:36
23	2313	António Luís	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:57:57	+34:41	05:37
24	2009	Manuel Santos	A Vidraria Armando este ano patrocina	Veterano M50	01:58:18	+35:02	05:38
25	2281	Raul Macedo	Individual	Veterano M50	01:59:30	+36:14	05:41
26	2282	Rui Coelho	Individual	Veterano M50	02:01:51	+38:35	05:48
27	2296	PAULO BRÁS	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M50	02:01:57	+38:41	05:48
28	2025	Joaquim. Moreira	AFIS/OVAR	Veterano M50	02:05:25	+42:09	05:58
29	2008	Eduardo Nunes	A Vidraria Armando este ano patrocina	Veterano M50	02:06:11	+42:55	06:01

21KM

21 KM

[illegible]

OFFICIAL RESULT

[illegible]

30	2284	Victor Manuel	Individual	Veterano M50	02:06:50	+43:34	06:02
31	2276	Paulo Carneiro	Individual	Veterano M50	02:09:08	+45:52	06:09
32	2391	António Mendes	SOCIEDADE RECREIO CEPANENSE	Veterano M50	02:09:40	+46:24	06:10
33	2390	Abílio Teixeira	SOCIEDADE RECREIO CEPANENSE	Veterano M50	02:09:40	+46:24	06:10
34	2283	Rui Madeira	Individual	Veterano M50	02:11:20	+48:04	06:15
35	1079	Rui Lobo Machado	Individual	Veterano M50	02:12:05	+48:49	06:17
36	2050	Adélio Castro	Aves runners	Veterano M50	02:14:30	+51:13	06:24
37	2117	Paulo Manuel Monteiro Domingues	Ilha Brava Running	Veterano M50	02:15:04	+51:47	06:26
38	2383	Rui Velez	Seixal Team	Veterano M50	02:15:14	+51:58	06:26
39	2335	Carlos Manuel Lemos Silva Martins	Oiã Runners	Veterano M50	02:16:35	+53:18	06:30
40	2269	Jorge Caria	Individual	Veterano M50	02:17:29	+54:13	06:33
41	2015	Joaquim Oliveira	Acamados	Veterano M50	02:19:06	+55:50	06:37
42	2031	José Nogueira	All About	Veterano M50	02:21:30	+58:14	06:44
43	2271	José Cardoso	Individual	Veterano M50	02:22:29	+59:13	06:47
44	2303	Firmino Mendes	Montanha Clube Trail Running/Efapel	Veterano M50	02:22:41	+59:25	06:48
45	2261	Artur Luis Moreira	Individual	Veterano M50	02:22:45	+59:29	06:48
46	2417	Artur Silva	TURBULENTOS	Veterano M50	02:24:41	+01:01:25	06:53
47	2263	Avelino Paulo Moreira Marques	Individual	Veterano M50	02:24:49	+01:01:33	06:54
48	2260	abel ferreira	Individual	Veterano M50	02:25:41	+01:02:25	06:56
49	2280	Paulo Soares	Individual	Veterano M50	02:26:34	+01:03:17	06:59
50	2270	José Anes	Individual	Veterano M50	02:34:33	+01:11:17	07:22
51	2118	Plínio Marques Silva	Ilha Brava Running	Veterano M50	02:37:02	+01:13:45	07:29
52	2367	José Freitas	RollingAventura	Veterano M50	02:37:36	+01:14:20	07:30
53	2336	MARIO MAIA	oiã runners	Veterano M50	02:55:19	+01:32:03	08:21
54	2375	JOAO CASTRO LOPES	RUN4LUNCH	Veterano M50	02:55:26	+01:32:10	08:21

Veterano M60

1	2288	Agostinho da Silva Neves	Juventude desportiva de Gondomar	Veterano M60	01:48:36	+25:20	05:10
2	2033	Lino Moreira	All About	Veterano M60	02:00:01	+36:44	05:43
3	2109	fernando rocha	GRUPO DESPORTIVO LEOES DO VENEZA	Veterano M60	02:21:50	+58:33	06:45
4	2285	Carlos Almeida	Individual	Veterano M60	02:34:57	+01:11:41	07:23

14KM - STAGE 1

14 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	9.6°C	93%
End	12:19	9.6°C	93%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	3320	Hélder Oliveira	SOCIEDADE RECREIO CEPANENSE	50:04		03:35	
2	3221	José Ferreira	Individual	50:09	+00:05	03:35	
3	3316	José Pires	SOCIEDADE RECREIO CEPANENSE	50:28	+00:24	03:36	
4	3264	Luís Magalhães	Minho e Lima Trail	52:26	+02:22	03:45	
5	3219	José Antonio losada miranda	Individual	52:40	+02:36	03:46	
6	3269	Sérgio Silva	MSS CONTABILIDADE TRAIL TEAM	52:57	+02:53	03:47	
7	3265	Alex Tondela	Montanha Clube Trail Running/Efapel	53:14	+03:10	03:48	
8	3220	José Ferreira	Individual	53:15	+03:11	03:48	
9	3074	Rui Fernandes	Clube Atletismo Fafe	54:53	+04:49	03:55	
10	3262	Bruno Rodrigues	Minho e Lima Trail	54:54	+04:50	03:55	
11	3328	André Silva	Sporting Clube de Espinho / António Leitão	55:18	+05:14	03:57	
12	3163	José Felipe González Álvarez	Individual	56:27	+06:23	04:02	
13	3176	Pedro Miguel Gomes Gonçalves Ferreira	Individual	56:34	+06:30	04:02	
14	3150	Bruno Ferreira	Individual	56:47	+06:43	04:03	
15	3332	Paulo Oliveira	Sporting Clube de Espinho / António Leitão	57:49	+07:45	04:08	
16	3153	Carlos Manuel de Sousa Barbosa	Individual	57:50	+07:46	04:08	
17	3337	Paulo Gomes	TEAM LANTEMIL	58:16	+08:12	04:10	
18	3331	Pedro Santos	Sporting Clube de Espinho / António Leitão	58:36	+08:32	04:11	
19	3330	Augusto Castro	Sporting Clube de Espinho / António Leitão	58:37	+08:33	04:11	
20	3322	Luís Vilela	SOCIEDADE RECREIO CEPANENSE	01:00:24	+10:20	04:19	
21	3324	René Teixeira	SOCIEDADE RECREIO CEPANENSE	01:00:25	+10:21	04:19	
22	3363	David Noya	VII LEGIO GEMINA	01:00:41	+10:37	04:20	
23	3312	Nuno Sousa	RUNNING ESPINHO	01:00:41	+10:37	04:20	
24	3123	Ana Sofia Martinez Barranco Kukutschka	Individual	01:01:32	+11:28	04:24	
25	3281	Vitor Faria	Palmeira Runners	01:01:44	+11:40	04:25	
26	3028	segundo rodrigues	ARCORUN	01:02:15	+12:11	04:27	
27	3173	Nuno Gomes	ADE Trail Running	01:02:15	+12:11	04:27	
28	3333	Nelson Mota Ramos	Sporting Clube Espinho Triatlo	01:02:29	+12:25	04:28	
29	3030	André Neves	Aves runners	01:03:02	+12:58	04:30	
30	3321	Rui Silva	SOCIEDADE RECREIO CEPANENSE	01:03:09	+13:05	04:31	
31	3185	Francisca Dias Martins	Individual	01:03:28	+13:24	04:32	
32	1121	atleta 1121	Individual	01:03:37	+13:33	04:33	
33	3104	Ricardo Feiteira	Grupo de Corrida de Argoncilhe	01:04:01	+13:57	04:34	
34	3252	Ernesto Marques Alves	Juventude Cortegacense	01:04:22	+14:18	04:36	
35	3243	Avelino Martins	Individual	01:04:35	+14:31	04:37	
36	3382	António Carlos Vilas Boas	Individual	01:04:58	+14:54	04:38	
37	3041	Humberto Carvalho	BoraBora, Vamos Lá!	01:05:10	+15:06	04:39	
38	3002	Pedro Vieira	A. D. Amarante Trail Running	01:05:13	+15:09	04:39	
39	3301	ANTONIO SILVA	RIPOLINS GRIJÓ A CORRER	01:05:15	+15:11	04:40	
40	3342	DE CASTRO PATRICE	Team Pendulés	01:05:53	+15:49	04:42	

14KM - STAGE 1

14 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	3094	João Pedro Silva	FisioPedro Trail	01:06:09	+16:05	04:43	
42	3177	Raul Coelho	Individual	01:06:17	+16:13	04:44	
43	3329	Paulo Moreira	Sporting Clube de Espinho / António Leitão	01:06:56	+16:52	04:47	
44	3359	Manuel	TUGAS NA ESTRADA	01:07:31	+17:27	04:49	
45	3302	CARLOS RIPOLINS	RIPOLINS GRIJÓ A CORRER	01:08:10	+18:06	04:52	
46	3023	Nuno Cruz	ARCA BarceloS runners	01:08:16	+18:12	04:53	
47	3024	Jorge Ribeiro	ARCA BarceloS runners	01:08:16	+18:12	04:53	
48	3162	José Angel Rodríguez González	Individual	01:08:18	+18:14	04:53	
49	3065	Bruno Filipe Ferraz Pinto	Cerealis - Milaneza	01:08:41	+18:37	04:54	
50	3317	Cristina Carneiro	SOCIEDADE RECREIO CEPANENSE	01:08:53	+18:49	04:55	
51	3343	Rui Carvalho	the rookies	01:09:05	+19:01	04:56	
52	3217	Gilberto Ferreira	Individual	01:09:25	+19:21	04:58	
53	3279	Vitor Carneiro	Paços runners	01:09:29	+19:25	04:58	
54	3263	Geny Amorim	Minho e Lima Trail	01:09:50	+19:46	04:59	
55	3280	José Costa	Palmeira Runners	01:10:01	+19:57	05:00	
56	3213	Cédric Madureira	Individual	01:10:22	+20:18	05:02	
57	3166	Luís Lemos	Individual	01:10:29	+20:25	05:02	
58	3102	Mario casqueira	Gialmar sa	01:10:42	+20:38	05:03	
59	3009	Francisca Costa Leite	Alexandra Carvalho Team	01:10:54	+20:50	05:04	
60	3164	Jose Fernández	Individual	01:11:17	+21:13	05:05	
61	3181	Ricardo Pinto	Individual	01:11:17	+21:13	05:05	
62	3017	Frutuoso Sousa	AMC TRAIL	01:11:20	+21:16	05:06	
63	3237	Manuel Pereira Araújo	Individual	01:11:28	+21:24	05:06	
64	3385	José Duarte	RIPOLINS GRIJÓ A CORRER	01:11:33	+21:29	05:07	
65	3152	Bruno Vicente	Individual	01:11:54	+21:50	05:08	
66	3254	Daniela Sarmiento	LION RUNNERS - G. D. LEÕES DA GUARDA	01:12:58	+22:54	05:13	
67	3235	Joaquim Teixeira	Individual	01:12:59	+22:55	05:13	
68	3108	Luís Manuel Carvalhosa Alves	Icarus Running Team	01:13:13	+23:09	05:14	
69	3251	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	01:13:34	+23:30	05:15	
70	3035	Bruno Casal	BoraBora, Vamos Lá!	01:13:44	+23:40	05:16	
71	3126	Cátia de Freitas Alves Azenha	Individual	01:14:07	+24:03	05:18	
72	3182	Tiago Pereira	Individual	01:14:11	+24:07	05:18	
73	3119	Antonio De Sousa Longras	IMPETUS	01:14:40	+24:36	05:20	
74	3101	Nuno Brito	Gansos	01:14:43	+24:39	05:20	
75	3090	Joaquim Rocha	ExerciseForYou	01:14:50	+24:46	05:21	
76	3340	BONVALLET FABRICE	Team Pendulés	01:14:52	+24:48	05:21	
77	3384	Gilberto gaspar martins	Individual	01:14:52	+24:48	05:21	
78	3311	Ricardo Pais	RUNNING ESPINHO	01:15:01	+24:57	05:21	
79	3225	Manuel	RUNNING ESPINHO	01:15:04	+25:00	05:22	
80	3250	Maria Oliveira	Juventude Cortegacense	01:16:00	+25:56	05:26	
81	3168	Marcos Carvalho	Individual	01:16:21	+26:17	05:27	
82	3170	Nelson Meira	Individual	01:16:36	+26:32	05:28	
83	3160	Joel Abreu	Individual	01:16:36	+26:32	05:28	
84	3369	Inês Dias	Workio	01:16:41	+26:37	05:29	
85	3167	Marcos André Marques Pedroso	Individual	01:16:48	+26:44	05:29	

14KM - STAGE 1

14 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
86	3117	Alberto Francisco Amaro Ferreira	IMPETUS	01:17:01	+26:57	05:30	
87	3253	Tiago Maia	LION RUNNERS - G. D. LEÕES DA GUARDA	01:17:04	+27:00	05:30	
88	3227	Nelson Maia	Individual	01:17:11	+27:07	05:31	
89	3323	Nuno Maia	SOCIEDADE RECREIO CEPANENSE	01:17:22	+27:18	05:32	
90	3233	david Barreira	Individual	01:17:23	+27:19	05:32	
91	3313	Sara Eiró	Salgueiros Running	01:17:28	+27:24	05:32	
92	3341	DE CASTRO JEAN-PHILIPPE	Team Pendulés	01:17:31	+27:27	05:32	
93	3079	Marlene Ferreira	Dragons	01:17:36	+27:32	05:33	
94	3294	Carlos Martins	PORTO SENTIDO RUNNERS	01:17:38	+27:34	05:33	
95	3234	Joaquim Aleixo	Individual	01:17:38	+27:34	05:33	
96	3148	Virginia Martins Santos	Individual	01:17:54	+27:50	05:34	
97	2157	João Rodrigues	Individual	01:17:57	+27:53	05:34	
98	3249	Anabela dos Santos Marques	Juventude Cortegacense	01:18:05	+28:01	05:35	
99	3078	Amélia Ramos	Dragons	01:18:52	+28:48	05:38	
100	3306	Sónia Alves	Rosa Luxemburgo	01:19:25	+29:21	05:40	
101	3174	Pedro Marques	Individual	01:19:33	+29:29	05:41	
102	3218	Gustavo Jorge da Rocha Taveira	Individual	01:19:36	+29:32	05:41	
103	3315	Sandra Gonçalves	SOCIEDADE RECREIO CEPANENSE	01:19:37	+29:33	05:41	
104	3232	Xavier Barbosa	Individual	01:20:11	+30:07	05:44	
105	3157	Gabriel Carneiro	Aves runners	01:20:11	+30:07	05:44	
106	3112	Jorge Fernando Simões da Silva	IMPETUS	01:20:26	+30:22	05:45	
107	3089	Jose Ferreira	ExerciseForYou	01:20:41	+30:37	05:46	
108	3266	Joaquim Pereira	Mozelos Runners	01:20:43	+30:39	05:46	
109	3171	Nuno André Pacheco Costa	Individual	01:20:49	+30:45	05:46	
110	3187	Ricardo Fernandes Viana	Individual	01:20:58	+30:54	05:47	
111	3208	Sofia Martins	Individual	01:21:03	+30:59	05:47	
112	3154	Claudio Daniel Couto Correia	Individual	01:21:05	+31:01	05:48	
113	3360	Ricardo Neto	TUGAS NA ESTRADA	01:21:06	+31:02	05:48	
114	3255	Susana Luis	LION RUNNERS - G. D. LEÕES DA GUARDA	01:21:12	+31:08	05:48	
115	3375	MARTA FONSECA	Individual	01:21:24	+31:20	05:49	
116	3361	Clarisse Couto	Viana Running	01:21:47	+31:43	05:51	
117	3042	PEDRO MATOS	BRAGA RUNNERS	01:22:17	+32:13	05:53	
118	3134	Irma Martins	Individual	01:22:53	+32:49	05:55	
119	3348	Gonçalo Pires	TRAIL TEAM MONTARIA	01:23:22	+33:18	05:57	
120	3207	Palmira Baltazar	Individual	01:24:13	+34:09	06:01	
121	3113	Carlos Manuel Serra Quintela	IMPETUS	01:24:23	+34:19	06:02	
122	3135	Isa Daniela Marinho Queirós	Individual	01:24:41	+34:37	06:03	
123	3091	Sara Machado	Figueiredos Runners & Friends	01:24:43	+34:39	06:03	
124	3093	António Machado	Figueiredos Runners & Friends	01:24:44	+34:40	06:03	
125	3275	Clara da Luz Oliveira Fernandes	OFRunning	01:24:48	+34:44	06:03	
126	3082	Fernanda Dias	Ecobarcaventura	01:24:55	+34:51	06:04	
127	3184	Ana Catarina Pereira de Sande e Castro	Individual	01:25:04	+35:00	06:05	
128	3040	António Matos	BoraBora, Vamos Lá!	01:25:04	+35:00	06:05	
129	3292	Ricardo Silva	PORTO SENTIDO RUNNERS	01:25:12	+35:08	06:05	
130	3293	Romero Sa	PORTO SENTIDO RUNNERS	01:25:12	+35:08	06:05	

14KM - STAGE 1
14 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
131	3286	Berta Ferreira	PORTO SENTIDO RUNNERS	01:25:22	+35:18	06:06	
132	3379	Ana Sofia Pontes Castanheiro	Individual	01:25:55	+35:51	06:08	
133	3145	RITA MALTÊZ	Individual	01:25:58	+35:54	06:08	
134	3158	JOÃO NEVES	Individual	01:25:59	+35:55	06:09	
135	3380	Carlos Dias	Individual	01:26:13	+36:09	06:09	
136	3296	ISABEL VIEIRA	PORTOCARGO RUNNERS	01:26:17	+36:13	06:10	
137	3229	PEDRO PEREIRA	Individual	01:26:25	+36:21	06:10	
138	3236	Luis Loureiro	Individual	01:27:09	+37:05	06:13	
139	3256	Lucinda Gomes	LION RUNNERS - G. D. LEÕES DA GUARDA	01:27:19	+37:15	06:14	
140	3032	Jonas Maia	Bigodes	01:27:21	+37:17	06:14	
141	3273	Patrícia Moreira	OFRunning	01:27:23	+37:19	06:15	
142	3261	Marta Sofia Dantas da Cunha	Minho e Lima Trail	01:27:52	+37:48	06:17	
143	1007	António Pereira	AMIGOS ATLETISMO POVOENSE	01:27:52	+37:48	06:17	
144	3268	Paulo Silva	MSS CONTABILIDADE TRAIL TEAM	01:28:02	+37:58	06:17	
145	3178	Ricardo Coelho	Individual	01:28:25	+38:21	06:19	
146	3033	Andreia Cavadas	Bikeservice	01:28:27	+38:23	06:19	
147	3120	Águeda Neto	Individual	01:28:31	+38:27	06:19	
148	3325	Cátia Brito	Sora team	01:28:38	+38:34	06:20	
149	3018	José Carlos Pereira Araújo	Amigos da Montanha	01:28:48	+38:44	06:21	
150	3019	José Carlos Rodrigues Loureiro	Amigos da Montanha	01:28:49	+38:45	06:21	
151	3318	Agostinha Gonçalves	SOCIEDADE RECREIO CEPANENSE	01:28:51	+38:47	06:21	
152	3130	Elisa Alves	Individual	01:28:58	+38:54	06:21	
153	3197	Paula correia	Individual	01:29:19	+39:15	06:23	
154	3080	Rosa Barros	Dragons	01:29:20	+39:16	06:23	
155	3246	Francisco Granja	Individual	01:29:35	+39:31	06:24	
156	3371	Micael Silva	Ze Team	01:29:43	+39:39	06:25	
157	3364	Ana Bonifácio	WOLVES	01:29:48	+39:44	06:25	
158	3305	Marta Magalhães	Rosa Luxemburgo	01:29:49	+39:45	06:25	
159	3307	Vânia Costa	Rosa Luxemburgo	01:29:49	+39:45	06:25	
160	3099	Helder Oliveira	GAIA-RUNNING	01:30:05	+40:01	06:26	
161	3209	Teresa Pires	Individual	01:30:07	+40:03	06:26	
162	3169	Michel Martins	Individual	01:30:08	+40:04	06:26	
163	3214	Duarte Domingos Costa Martins	Individual	01:30:11	+40:07	06:26	
164	2175	Raul	Individual	01:30:21	+40:17	06:27	
165	3128	Cristina Martins	Individual	01:30:33	+40:29	06:28	
166	3205	Maria Rebelo	Individual	01:31:09	+41:05	06:31	
167	3049	Paulo Rosa	Cansados team	01:31:26	+41:22	06:32	
168	3338	DE CASTRO NICOLAS	Team Pendulés	01:31:30	+41:26	06:32	
169	3242	António Silva	Individual	01:31:35	+41:31	06:32	
170	3140	Mónica	Individual	01:31:50	+41:46	06:34	
171	3155	Fernando Fernandes	Individual	01:31:51	+41:47	06:34	
172	3043	CARLOS CARVALHO	BRAGA RUNNERS	01:31:54	+41:50	06:34	
173	3201	Sandra Silva	Individual	01:31:57	+41:53	06:34	
174	3374	Fernando Marques	Ze Team	01:31:58	+41:54	06:34	
175	3038	Paula Juliet s	BoraBora, Vamos Lá!	01:32:19	+42:15	06:36	
176	1122	atleta 1122	Individual	01:32:24	+42:20	06:36	

14KM - STAGE 1

14 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
177	3362	JOSE MANUEL VENDA LIRA	Viana Running	01:32:31	+42:27	06:36	
178	3239	Paulo Almeida	Individual	01:32:41	+42:37	06:37	
179	3006	Eduardo Machado	Acamados	01:32:51	+42:47	06:38	
180	3137	Jacinta Silva	Individual	01:33:02	+42:58	06:39	
181	1004	José Fernandes	AMIGOS ATLETISMO POVOENSE	01:33:02	+42:58	06:39	
182	3063	antonio esteves	Cerealis - Milaneza	01:33:10	+43:06	06:39	
183	3066	Hélder Alexandre Vitorino Sousa	Cerealis - Milaneza	01:33:13	+43:09	06:40	
184	3103	Ana Sousa	GONDOMAR FUTSAL CLUBE	01:33:27	+43:23	06:41	
185	3276	Raquel Alexandra Ferreira Neves Moreira	OFRunning	01:33:29	+43:25	06:41	
186	3037	Edite Fernandes	BoraBora, Vamos Lá!	01:33:30	+43:26	06:41	
187	3047	Maria Ribeiro	Braguinhas Runners	01:33:47	+43:43	06:42	
188	3206	Mi Ferreira	Individual	01:34:06	+44:02	06:43	
189	3319	Barbara Maia	SOCIEDADE RECREIO CEPANENSE	01:34:30	+44:26	06:45	
190	3048	Tiago Jorge de Matos Martins	Braguinhas Runners	01:35:05	+45:01	06:48	
191	3136	Isabel Cristina de Tomás Gonçalves	Individual	01:35:18	+45:14	06:48	
192	3151	Bruno Miguel Dias Rangel	Individual	01:35:18	+45:14	06:48	
193	3240	Paulo João Brás Abrantes Viana	Individual	01:35:22	+45:18	06:49	
194	3223	José Silva	Individual	01:35:34	+45:30	06:50	
195	3196	Nancy martins	Individual	01:35:34	+45:30	06:50	
196	3097	Lurdes Duarte	GAIA-RUNNING	01:35:44	+45:40	06:50	
197	3046	Kamila Vieira	Braguinhas Runners	01:35:45	+45:41	06:50	
198	3105	Ivone Ferraz	GTT-Armazém do Caffè	01:35:45	+45:41	06:50	
199	3083	Georgina Santos	Estafermos	01:36:02	+45:58	06:52	
200	3284	Vera Sousa	PORTO SENTIDO RUNNERS	01:36:08	+46:04	06:52	
201	3285	Ana Sousa	PORTO SENTIDO RUNNERS	01:36:08	+46:04	06:52	
202	3290	Cristina Silva	PORTO SENTIDO RUNNERS	01:36:08	+46:04	06:52	
203	3339	DE CASTRO ELISA	Team Pendulés	01:36:14	+46:10	06:52	
204	3143	Paula Simões	Individual	01:36:23	+46:19	06:53	
205	3238	Mário da Costa Neto	Individual	01:36:39	+46:35	06:54	
206	3013	Ivan Chedas	Alto picoto	01:36:44	+46:40	06:55	
207	3014	Daniel Chedas	Alto picoto	01:36:44	+46:40	06:55	
208	3193	Liliana Meireles	Individual	01:36:47	+46:43	06:55	
209	3179	Ricardo Miguel Leitão Correia	Individual	01:36:57	+46:53	06:56	
210	3200	Sandra oliveira	Individual	01:37:11	+47:07	06:57	
211	3368	Miguel Moura	WOLVES	01:37:17	+47:13	06:57	
212	3125	Barbara Feio	Individual	01:37:20	+47:16	06:57	
213	3142	Patricia Alexandra Santos Silva	Individual	01:37:33	+47:29	06:58	
214	3109	Leonel Filipe Da Cunha Pinho	IMPETUS	01:37:47	+47:43	06:59	
215	3198	Paula Ferreira	Individual	01:37:47	+47:43	06:59	
216	3358	Jose Nogueira	TUGAS NA ESTRADA	01:37:52	+47:48	06:59	
217	3355	Edna Queiroz	TUGAS NA ESTRADA	01:37:52	+47:48	06:59	
218	3084	Oriana Moreira	Estafermos	01:37:55	+47:51	07:00	
219	3106	fernando cunha	HSantaMariaRT	01:38:11	+48:07	07:01	
220	3027	rosina couto	ARCORUN	01:38:37	+48:33	07:03	
221	3007	António Félix Ferreira	Acamados	01:38:43	+48:39	07:03	

14KM - STAGE 1

14 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
222	3336	PEPE	STRONGREAM	01:38:54	+48:50	07:04	
223	3081	Ana Afonso	Ecobarcaventura	01:38:59	+48:55	07:04	
224	3087	Justa Ferreira	ExerciseForYou	01:38:59	+48:55	07:04	
225	3008	José Mendes	Acamados	01:39:02	+48:58	07:04	
226	3202	Sonia da Costa Fernandes	Individual	01:39:10	+49:06	07:05	
227	3274	Raquel Sofia Silva Ferreira	OFRunning	01:39:28	+49:24	07:06	
228	3107	Maria de La Salette Silva Monteiro	Icarus Running Team	01:39:32	+49:28	07:07	
229	3039	Ana Gonçalves	BoraBora, Vamos Lá!	01:39:35	+49:31	07:07	
230	3272	Arménia Santos	OFRunning	01:39:41	+49:37	07:07	
231	3010	Elisabete Melo	All About	01:40:00	+49:56	07:09	
232	3308	catarina brito	Os Sonos	01:40:05	+50:01	07:09	
233	3372	Tiago Marques	Ze Team	01:40:10	+50:06	07:09	
234	3212	António Manuel Pires Pinto	Individual	01:40:12	+50:08	07:09	
235	3203	Emília Carneiro Pinto	Individual	01:40:13	+50:09	07:09	
236	3204	Isabel Monteiro	Individual	01:40:16	+50:12	07:10	
237	3086	Isabel Rocha	ExerciseForYou	01:40:19	+50:15	07:10	
238	3076	Susana Pereira	Desnível Positivo	01:41:01	+50:57	07:13	
239	3270	Célia Vieira	NAST	01:41:16	+51:12	07:14	
240	3210	Joaquina Martins	Individual	01:41:33	+51:29	07:15	
241	3199	Paula Morais	Individual	01:41:44	+51:40	07:16	
242	3025	Hugo Granja	ARCORUN	01:41:54	+51:50	07:17	
243	3026	Maria Alcina Moura	ARCORUN	01:41:56	+51:52	07:17	
244	3283	Lisa Pereira	PORTO SENTIDO RUNNERS	01:42:01	+51:57	07:17	
245	3282	Ines Pinto	PORTO SENTIDO RUNNERS	01:42:01	+51:57	07:17	
246	3159	Joaquim Silva	Individual	01:42:03	+51:59	07:17	
247	3365	Cristina Coelho	WOLVES	01:42:07	+52:03	07:18	
248	3267	Fernando Sousa	Mozelos Runners	01:42:24	+52:20	07:19	
249	3077	Mariana Pinheiro	Dragões do Mato	01:42:27	+52:23	07:19	
250	3346	CARLOS AMORIM	TRAIL TEAM MONTARIA	01:42:32	+52:28	07:19	
251	3088	Lurdes Sanguedo	ExerciseForYou	01:42:53	+52:49	07:21	
252	3304	Manuela Alves	Rosa Luxemburgo	01:44:09	+54:05	07:26	
253	3303	Júlia Gouveia	Rosa Luxemburgo	01:44:13	+54:09	07:27	
254	3029	Carina Barbosa	Aves runners	01:44:15	+54:11	07:27	
255	3211	maria filomena venâncio lopes marcelo	Individual	01:44:34	+54:30	07:28	
256	3005	Mariana Pontes Ferreira	Acamados	01:45:16	+55:12	07:31	
257	3133	Iris Oliveira	Individual	01:45:22	+55:18	07:32	
258	3183	Ana Catarina Cruzeiro Lomba	Individual	01:45:26	+55:22	07:32	
259	3138	Joana Bacelar	Individual	01:46:40	+56:36	07:37	
260	3194	Lucía Doval Sánchez	Individual	01:46:48	+56:44	07:38	
261	3376	ELIZABETH ORTIZ	Braguinhas Runners	01:47:00	+56:56	07:39	
262	3124	Ariana pereira	Aves runners	01:47:15	+57:11	07:40	
263	3377	Maria Fatima Fernandes Pinho	Individual	01:47:41	+57:37	07:41	
264	3092	Vania Campos	Figueiredos Runners & Friends	01:47:46	+57:42	07:42	
265	3351	Ana Chaves	Trailistas "Eu é que sei!"	01:47:55	+57:51	07:42	
266	3352	Ana Paula Conceição	Trailistas "Eu é que sei!"	01:48:03	+57:59	07:43	

14KM - STAGE 1

14 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
267	3004	Joana Pontes Ferreira	Acamados	01:48:46	+58:42	07:46	
268	3075	Olga Alexandra de Azevedo Martins	Correr Antas à Noite	01:49:06	+59:02	07:48	
269	3022	Maria Silva	Amigos Vale Silencio	01:49:07	+59:03	07:48	
270	3192	Fátima Pereira	Individual	01:49:26	+59:22	07:49	
271	3045	Ana Cardoso	Braguinhass Runners	01:49:45	+59:41	07:50	
272	3044	Alda Maria Fernandes Ribeiro	Braguinhass Runners	01:49:45	+59:41	07:50	
273	3114	Maria Catarino Morim	IMPETUS	01:49:51	+59:47	07:51	
274	3345	ANDRÉ BARROS	TRAIL TEAM MONTARIA	01:51:43	+01:01:39	07:59	
275	3344	NATÁLIA AMORIM	TRAIL TEAM MONTARIA	01:51:43	+01:01:39	07:59	
276	3072	Joana Freitas	Chef Bandolete	01:54:02	+01:03:58	08:09	
277	3191	Esperança Melo	Individual	01:54:02	+01:03:58	08:09	
278	3034	Clara Capelas	Bikeservice	01:54:09	+01:04:05	08:09	
279	3271	Carla Magalhães	Núcleo de Montanha de Espinho	01:55:05	+01:05:01	08:13	
280	3347	CRISTIANA CRUZ	TRAIL TEAM MONTARIA	01:55:35	+01:05:31	08:15	
281	3287	Isabel Ferraz	PORTO SENTIDO RUNNERS	01:55:45	+01:05:41	08:16	
282	3291	Lurdes Conceição	PORTO SENTIDO RUNNERS	01:55:45	+01:05:41	08:16	
283	120	Ivory Green-Lott	Individual	01:56:29	+01:06:25	08:19	
284	3310	RUI CUNHA	RUN4LUNCH	02:00:44	+01:10:40	08:37	
285	3190	Celina Reis	Individual	02:00:44	+01:10:40	08:37	
286	3309	TERESA REIS	RUN4LUNCH	02:00:44	+01:10:40	08:37	
287	3278	Erika Darcília	Outlaw runners	02:02:18	+01:12:14	08:44	
288	3127	Cristiana Mota	Individual	02:03:19	+01:13:15	08:48	
289	3060	Sílvia Carvalho	Cerealis - Milaneza	02:05:15	+01:15:11	08:57	
290	3189	CARLA	Individual	02:05:55	+01:15:51	09:00	
291	3260	Ana Silva	Melgaço Alvarinho Trail Team	02:06:12	+01:16:08	09:01	
292	3195	Maria Fernanda Lima Pereira	Individual	02:06:38	+01:16:34	09:03	
293	3053	Carla Soares	Cerealis - Milaneza	02:11:03	+01:20:59	09:22	
294	3226	Miguel Ferreira	Individual	02:16:22	+01:26:18	09:44	
295	3350	Sandra Pires	TRAIL TEAM MONTARIA	02:22:33	+01:32:29	10:11	
296	3349	JACINTA ROCHA	TRAIL TEAM MONTARIA	02:22:34	+01:32:30	10:11	
297	3357	Paulo Queiroz	TUGAS NA ESTRADA	02:22:37	+01:32:33	10:11	
298	3354	Bruno Queiroz	TUGAS NA ESTRADA	02:22:38	+01:32:34	10:11	
299	3068	José Júlio Pinto Duarte	Cerealis - Milaneza	02:23:37	+01:33:33	10:15	
300	3055	Márcia Andreia Cardoso Cunha	Cerealis - Milaneza	02:23:37	+01:33:33	10:16	
301	3052	Carla Maria Machado Nunes Oliveira	Cerealis - Milaneza	02:25:21	+01:35:17	10:23	
302	3061	Sónia Gonçalves	Cerealis - Milaneza	02:25:22	+01:35:18	10:23	
303	3057	Maria Beatriz Pereira Oliveira	Cerealis - Milaneza	02:25:23	+01:35:19	10:23	
304	3141	Monica Tavares	Individual	02:25:34	+01:35:30	10:24	
305	3131	Fatima Lobo	Individual	02:25:34	+01:35:30	10:24	
306	3129	Daniela Neves	Individual	02:25:34	+01:35:30	10:24	
307	3070	Sandro Fernando Almeida Santos André Madanços	Cerealis - Milaneza	02:26:26	+01:36:22	10:28	
308	3059	Sandra Cristina Cardoso da Silva	Cerealis - Milaneza	02:26:26	+01:36:22	10:28	
309	3058	Mónica Curado dos Santos	Cerealis - Milaneza	02:26:34	+01:36:30	10:28	
310	3056	Margarida Bacelar	Cerealis - Milaneza	02:26:34	+01:36:30	10:28	
311	3069	Pedro Rodrigues	Cerealis - Milaneza	02:26:35	+01:36:31	10:28	

14KM - STAGE 1

14 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
312	3334	Nana	Strong Team	02:27:09	+01:37:05	10:31	
313	3139	Joana Faria	Individual	02:27:09	+01:37:05	10:31	
314	3180	RICARDO PAIVA	Individual	02:27:12	+01:37:08	10:31	
315	3012	Ana Maria Moreira	All About	02:29:32	+01:39:28	10:41	
316	3011	Gracinda Nogueira	All About	02:33:19	+01:43:15	10:57	
317	3110	Maria Alice Catarino Morim	IMPETUS	02:34:01	+01:43:57	11:00	
318	3115	Maria Filomena Silva Lousada	IMPETUS	02:34:09	+01:44:05	11:01	
319	3116	Cristina Rosa Hipolito Cruz Silva	IMPETUS	02:34:10	+01:44:06	11:01	
320	3383	MARIA DA SOLEDADE MARQUES B. SILVA	IMPETUS	02:34:10	+01:44:06	11:01	
321	3096	Isabel Marques	GAIA-RUNNING	02:37:15	+01:47:11	11:14	
322	3100	Nuno Duarte	GAIA-RUNNING	02:37:16	+01:47:12	11:14	
323	3098	Maria Rosário Silva	GAIA-RUNNING	02:37:16	+01:47:12	11:14	
324	3259	Regina Maia	MAGNUNSSSENS	02:52:59	+02:02:55	12:21	
325	3258	Aurora Moreira	MAGNUNSSSENS	02:53:05	+02:03:01	12:22	
326	3373	Cristina Rosa	Ze Team	03:08:09	+02:18:05	13:26	
327	3370	Ana Rita Cavaco	Ze Team	03:08:11	+02:18:07	13:27	

14KM

14 KM

R

REVISED

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	9.6°C	93%
End	12:19	9.6°C	93%

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

1	3123	Ana Sofia Martinez Barranco Kukutschka	Individual	Senior Feminino	01:01:31	+11:27	04:24
2	3009	Francisca Costa Leite	Alexandra Carvalho Team	Senior Feminino	01:10:54	+20:49	05:04
3	3126	Cátia de Freitas Alves Azenha	Individual	Senior Feminino	01:14:06	+24:02	05:18
4	3369	Inês Dias	Workio	Senior Feminino	01:16:40	+26:36	05:29
5	3313	Sara Eiró	Salgueiros Running	Senior Feminino	01:17:27	+27:23	05:32
6	3148	Virginia Martins Santos	Individual	Senior Feminino	01:17:53	+27:49	05:34
7	3306	Sónia Alves	Rosa Luxemburgo	Senior Feminino	01:19:25	+29:21	05:40
8	3315	Sandra Gonçalves	SOCIEDADE RECREIO CEPANENSE	Senior Feminino	01:19:37	+29:33	05:41
9	3361	Clarisse Couto	Viana Running	Senior Feminino	01:21:47	+31:43	05:51
10	3134	Irma Martins	Individual	Senior Feminino	01:22:53	+32:48	05:55
11	3135	Isa Daniela Marinho Queirós	Individual	Senior Feminino	01:24:41	+34:37	06:03
12	3091	Sara Machado	Figueiredos Runners & Friends	Senior Feminino	01:24:43	+34:39	06:03
13	3145	RITA MALTÊZ	Individual	Senior Feminino	01:25:57	+35:53	06:08
14	3273	Patrícia Moreira	OFRunning	Senior Feminino	01:27:23	+37:19	06:15
15	3261	Marta Sofia Dantas da Cunha	Minho e Lima Trail	Senior Feminino	01:27:51	+37:47	06:17
16	3033	Andreia Cavadas	Bikeservice	Senior Feminino	01:28:27	+38:22	06:19
17	3120	Águeda Neto	Individual	Senior Feminino	01:28:30	+38:26	06:19
18	3325	Cátia Brito	Sora team	Senior Feminino	01:28:37	+38:33	06:20
19	3130	Elisa Alves	Individual	Senior Feminino	01:28:57	+38:53	06:21
20	3305	Marta Magalhães	Rosa Luxemburgo	Senior Feminino	01:29:49	+39:44	06:25
21	3307	Vânia Costa	Rosa Luxemburgo	Senior Feminino	01:29:49	+39:44	06:25
22	3128	Cristina Martins	Individual	Senior Feminino	01:30:33	+40:29	06:28
23	3140	Mónica	Individual	Senior Feminino	01:31:50	+41:45	06:34
24	3137	Jacinta Silva	Individual	Senior Feminino	01:33:01	+42:57	06:39
25	3136	Isabel Cristina de Tomás Gonçalves	Individual	Senior Feminino	01:35:18	+45:13	06:48
26	3046	Kamila Vieira	Braguinhas Runners	Senior Feminino	01:35:44	+45:40	06:50
27	3083	Georgina Santos	Estafermos	Senior Feminino	01:36:01	+45:57	06:52
28	3284	Vera Sousa	PORTO SENTIDO RUNNERS	Senior Feminino	01:36:08	+46:03	06:52
29	3143	Paula Simões	Individual	Senior Feminino	01:36:22	+46:18	06:53
30	3125	Barbara Feio	Individual	Senior Feminino	01:37:20	+47:16	06:57
31	3142	Patricia Alexandra Santos Silva	Individual	Senior Feminino	01:37:32	+47:28	06:58
32	3109	Leonel Filipe Da Cunha Pinho	IMPETUS	Senior Feminino	01:37:46	+47:42	06:59
33	3084	Oriana Moreira	Estafermos	Senior Feminino	01:37:55	+47:50	07:00
34	3081	Ana Afonso	Ecobarcaventura	Senior Feminino	01:38:58	+48:54	07:04
35	3274	Raquel Sofia Silva Ferreira	OFRunning	Senior Feminino	01:39:28	+49:23	07:06
36	3272	Arménia Santos	OFRunning	Senior Feminino	01:39:41	+49:37	07:07
37	3308	catarina brito	Os Sonos	Senior Feminino	01:40:05	+50:00	07:09
38	3076	Susana Pereira	Desnível Positivo	Senior Feminino	01:41:00	+50:56	07:13

Official Timekeeper: Lap2Go	1 / 9	generate 05-Dec-2019 10:03
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14KM

14 KM



OFFICIAL RESULT

39	3283	Lisa Pereira	PORTO SENTIDO RUNNERS	Senior Feminino	01:42:00	+51:56	07:17
40	3282	Ines Pinto	PORTO SENTIDO RUNNERS	Senior Feminino	01:42:00	+51:56	07:17
41	3304	Manuela Alves	Rosa Luxemburgo	Senior Feminino	01:44:08	+54:04	07:26
42	3303	Júlia Gouveia	Rosa Luxemburgo	Senior Feminino	01:44:12	+54:08	07:27
43	3029	Carina Barbosa	Aves runners	Senior Feminino	01:44:14	+54:10	07:27
44	3005	Mariana Pontes Ferreira	Acamados	Senior Feminino	01:45:16	+55:11	07:31
45	3133	Iris Oliveira	Individual	Senior Feminino	01:45:21	+55:17	07:32
46	3138	Joana Bacelar	Individual	Senior Feminino	01:46:39	+56:35	07:37
47	3124	Ariana pereira	Aves runners	Senior Feminino	01:47:14	+57:10	07:40
48	3351	Ana Chaves	Trailistas "Eu é que sei!"	Senior Feminino	01:47:54	+57:50	07:42
49	3004	Joana Pontes Ferreira	Acamados	Senior Feminino	01:48:45	+58:41	07:46
50	3075	Olga Alexandra de Azevedo Martins	Correr Antas à Noite	Senior Feminino	01:49:05	+59:01	07:48
51	3045	Ana Cardoso	Braguinhas Runners	Senior Feminino	01:49:44	+59:40	07:50
52	3044	Alda Maria Fernandes Ribeiro	Braguinhas Runners	Senior Feminino	01:49:45	+59:40	07:50
53	3344	NATÁLIA AMORIM	TRAIL TEAM MONTARIA	Senior Feminino	01:51:43	+01:01:38	07:59
54	3072	Joana Freitas	Chef Bandolete	Senior Feminino	01:54:01	+01:03:57	08:09
55	3127	Cristiana Mota	Individual	Senior Feminino	02:03:18	+01:13:14	08:48
56	3060	Sílvia Carvalho	Cerealis - Milaneza	Senior Feminino	02:05:15	+01:15:11	08:57
57	3260	Ana Silva	Melgaço Alvarinho Trail Team	Senior Feminino	02:06:11	+01:16:07	09:01
58	3052	Carla Maria Machado Nunes Oliveira	Cerealis - Milaneza	Senior Feminino	02:25:21	+01:35:17	10:23
59	3061	Sónia Gonçalves	Cerealis - Milaneza	Senior Feminino	02:25:22	+01:35:17	10:23
60	3141	Monica Tavares	Individual	Senior Feminino	02:25:33	+01:35:29	10:24
61	3131	Fatima Lobo	Individual	Senior Feminino	02:25:33	+01:35:29	10:24
62	3129	Daniela Neves	Individual	Senior Feminino	02:25:34	+01:35:29	10:24
63	3059	Sandra Cristina Cardoso da Silva	Cerealis - Milaneza	Senior Feminino	02:26:26	+01:36:22	10:28
64	3058	Mónica Curado dos Santos	Cerealis - Milaneza	Senior Feminino	02:26:34	+01:36:29	10:28
65	3056	Margarida Bacelar	Cerealis - Milaneza	Senior Feminino	02:26:34	+01:36:29	10:28
66	3334	Nana	Strong Team	Senior Feminino	02:27:08	+01:37:04	10:31
67	3139	Joana Faria	Individual	Senior Feminino	02:27:08	+01:37:04	10:31
68	3110	Maria Alice Catarino Morim	IMPETUS	Senior Feminino	02:34:01	+01:43:57	11:00
69	3370	Ana Rita Cavaco	Ze Team	Senior Feminino	03:08:11	+02:18:06	13:27

Senior Masculino

1	3316	José Pires	SOCIEDADE RECREIO CEPANENSE	Senior Masculino	50:28	+00:24	03:36
2	3269	Sérgio Silva	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	52:57	+02:52	03:47
3	3074	Rui Fernandes	Clube Atletismo Fafe	Senior Masculino	54:53	+04:48	03:55
4	3262	Bruno Rodrigues	Minho e Lima Trail	Senior Masculino	54:53	+04:49	03:55
5	3328	André Silva	Sporting Clube de Espinho / António Leitão	Senior Masculino	55:17	+05:13	03:57
6	3163	José Felipe González Álvarez	Individual	Senior Masculino	56:26	+06:22	04:02
7	3176	Pedro Miguel Gomes Gonçalves Ferreira	Individual	Senior Masculino	56:34	+06:29	04:02
8	3150	Bruno Ferreira	Individual	Senior Masculino	56:47	+06:43	04:03
9	3153	Carlos Manuel de Sousa Barbosa	Individual	Senior Masculino	57:50	+07:45	04:08

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10	3363	David Noya	VII LEGIO GEMINA	Senior Masculino	01:00:40	+10:36	04:20
11	3173	Nuno Gomes	ADE Trail Running	Senior Masculino	01:02:15	+12:10	04:27
12	1121	atleta 1121	Individual	Senior Masculino	01:03:37	+13:32	04:33
13	3094	João Pedro Silva	FisioPedro Trail	Senior Masculino	01:06:08	+16:04	04:43
14	3177	Raul Coelho	Individual	Senior Masculino	01:06:16	+16:12	04:44
15	3023	Nuno Cruz	ARCA BarceloS runners	Senior Masculino	01:08:15	+18:11	04:53
16	3162	José Angel Rodríguez González	Individual	Senior Masculino	01:08:17	+18:13	04:53
17	3065	Bruno Filipe Ferraz Pinto	Cerealis - Milaneza	Senior Masculino	01:08:40	+18:36	04:54
18	3343	Rui Carvalho	the rookies	Senior Masculino	01:09:04	+19:00	04:56
19	3279	Vitor Carneiro	Paços runners	Senior Masculino	01:09:29	+19:24	04:58
20	3263	Geny Amorim	Minho e Lima Trail	Senior Masculino	01:09:49	+19:45	04:59
21	3166	Luís Lemos	Individual	Senior Masculino	01:10:29	+20:24	05:02
22	3164	Jose Fernández	Individual	Senior Masculino	01:11:16	+21:12	05:05
23	3181	Ricardo Pinto	Individual	Senior Masculino	01:11:16	+21:12	05:05
24	3017	Frutuoso Sousa	AMC TRAIL	Senior Masculino	01:11:19	+21:15	05:06
25	3152	Bruno Vicente	Individual	Senior Masculino	01:11:53	+21:49	05:08
26	3035	Bruno Casal	BoraBora, Vamos Lá!	Senior Masculino	01:13:44	+23:39	05:16
27	3182	Tiago Pereira	Individual	Senior Masculino	01:14:10	+24:06	05:18
28	3311	Ricardo Pais	RUNNING ESPINHO	Senior Masculino	01:15:00	+24:56	05:21
29	3168	Marcos Carvalho	Individual	Senior Masculino	01:16:20	+26:16	05:27
30	3170	Nelson Meira	Individual	Senior Masculino	01:16:35	+26:31	05:28
31	3160	Joel Abreu	Individual	Senior Masculino	01:16:36	+26:31	05:28
32	3167	Marcos André Marques Pedroso	Individual	Senior Masculino	01:16:47	+26:43	05:29
33	2157	João Rodrigues	Individual	Senior Masculino	01:17:57	+27:52	05:34
34	3174	Pedro Marques	Individual	Senior Masculino	01:19:32	+29:28	05:41
35	3157	Gabriel Carneiro	Aves runners	Senior Masculino	01:20:10	+30:06	05:44
36	3112	Jorge Fernando Simões da Silva	IMPETUS	Senior Masculino	01:20:26	+30:21	05:45
37	3171	Nuno André Pacheco Costa	Individual	Senior Masculino	01:20:48	+30:44	05:46
38	3154	Claudio Daniel Couto Correia	Individual	Senior Masculino	01:21:05	+31:01	05:48
39	3042	PEDRO MATOS	BRAGA RUNNERS	Senior Masculino	01:22:16	+32:12	05:53
40	3158	JOÃO NEVES	Individual	Senior Masculino	01:25:59	+35:54	06:09
41	3032	Jonas Maia	Bigodes	Senior Masculino	01:27:20	+37:16	06:14
42	3268	Paulo Silva	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:28:02	+37:57	06:17
43	3178	Ricardo Coelho	Individual	Senior Masculino	01:28:25	+38:21	06:19
44	3371	Micael Silva	Ze Team	Senior Masculino	01:29:43	+39:38	06:25
45	3169	Michel Martins	Individual	Senior Masculino	01:30:07	+40:03	06:26
46	2175	Raul	Individual	Senior Masculino	01:30:21	+40:17	06:27
47	3049	Paulo Rosa	Cansados team	Senior Masculino	01:31:25	+41:21	06:32
48	3155	Fernando Fernandes	Individual	Senior Masculino	01:31:50	+41:46	06:34
49	1122	atleta 1122	Individual	Senior Masculino	01:32:24	+42:19	06:36
50	3006	Eduardo Machado	Acamados	Senior Masculino	01:32:51	+42:46	06:38
51	3151	Bruno Miguel Dias Rangel	Individual	Senior Masculino	01:35:18	+45:14	06:48
52	3179	Ricardo Miguel Leitão Correia	Individual	Senior Masculino	01:36:57	+46:52	06:56
53	3025	Hugo Granja	ARCORUN	Senior Masculino	01:41:54	+51:50	07:17
54	3159	Joaquim Silva	Individual	Senior Masculino	01:42:02	+51:58	07:17
55	3346	CARLOS AMORIM	TRAIL TEAM MONTARIA	Senior Masculino	01:42:31	+52:27	07:19

Official Timekeeper: Lap2Go	3 / 9	generate 05-Dec-2019 10:03
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56	3345	ANDRÉ BARROS	TRAIL TEAM MONTARIA	Senior Masculino	01:51:42	+01:01:38	07:59
57	3070	Sandro Fernando Almeida Santos André Madanços	Cerealís - Milaneza	Senior Masculino	02:26:26	+01:36:21	10:28
58	3069	Pedro Rodrigues	Cerealís - Milaneza	Senior Masculino	02:26:34	+01:36:30	10:28
59	3180	RICARDO PAIVA	Individual	Senior Masculino	02:27:12	+01:37:07	10:31

Sub 23 Feminino

1	3185	Francisca Dias Martins	Individual	Sub 23 Feminino	01:03:28	+13:24	04:32
2	3184	Ana Catarina Pereira de Sande e Castro	Individual	Sub 23 Feminino	01:25:04	+34:59	06:05
3	3379	Ana Sofia Pontes Castanheiro	Individual	Sub 23 Feminino	01:25:54	+35:50	06:08
4	3319	Barbara Maia	SOCIEDADE RECREIO CEPANENSE	Sub 23 Feminino	01:34:30	+44:25	06:45
5	3077	Mariana Pinheiro	Dragões do Mato	Sub 23 Feminino	01:42:27	+52:22	07:19
6	3183	Ana Catarina Cruzeiro Lomba	Individual	Sub 23 Feminino	01:45:25	+55:21	07:32
7	3092	Vania Campos	Figueiredos Runners & Friends	Sub 23 Feminino	01:47:46	+57:42	07:42
8	3347	CRISTIANA CRUZ	TRAIL TEAM MONTARIA	Sub 23 Feminino	01:55:35	+01:05:31	08:15

Sub 23 Masculino

1	3253	Tiago Maia	LION RUNNERS - G. D. LEÕES DA GUARDA	Sub 23 Masculino	01:17:03	+26:59	05:30
2	3187	Ricardo Fernandes Viana	Individual	Sub 23 Masculino	01:20:58	+30:53	05:47
3	3348	Gonçalo Pires	TRAIL TEAM MONTARIA	Sub 23 Masculino	01:23:21	+33:17	05:57
4	3113	Carlos Manuel Serra Quintela	IMPETUS	Sub 23 Masculino	01:24:22	+34:18	06:02
5	3338	DE CASTRO NICOLAS	Team Pendulés	Sub 23 Masculino	01:31:29	+41:25	06:32
6	3013	Ivan Chedas	Alto picoto	Sub 23 Masculino	01:36:43	+46:39	06:55
7	3372	Tiago Marques	Ze Team	Sub 23 Masculino	01:40:10	+50:05	07:09
8	3354	Bruno Queiroz	TUGAS NA ESTRADA	Sub 23 Masculino	02:22:37	+01:32:33	10:11

Veterana F40

1	3317	Cristina Carneiro	SOCIEDADE RECREIO CEPANENSE	Veterana F40	01:08:52	+18:48	04:55
2	3254	Daniela Sarmento	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	01:12:57	+22:53	05:13
3	3250	Maria Oliveira	Juventude Cortegacense	Veterana F40	01:15:59	+25:55	05:26
4	3079	Marlene Ferreira	Dragons	Veterana F40	01:17:35	+27:31	05:33
5	3249	Anabela dos Santos Marques	Juventude Cortegacense	Veterana F40	01:18:05	+28:00	05:35
6	3078	Amélia Ramos	Dragons	Veterana F40	01:18:51	+28:47	05:38
7	3255	Susana Luis	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	01:21:11	+31:07	05:48
8	3375	MARTA FONSECA	Individual	Veterana F40	01:21:24	+31:19	05:49
9	3275	Clara da Luz Oliveira Fernandes	OFRunning	Veterana F40	01:24:48	+34:44	06:03
10	3286	Berta Ferreira	PORTO SENTIDO RUNNERS	Veterana F40	01:25:21	+35:17	06:06
11	3296	ISABEL VIEIRA	PORTOCARGO RUNNERS	Veterana F40	01:26:16	+36:12	06:10

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12	3197	Paula correira	Individual	Veterana F40	01:29:18	+39:14	06:23
13	3364	Ana Bonifácio	WOLVES	Veterana F40	01:29:48	+39:44	06:25
14	3201	Sandra Silva	Individual	Veterana F40	01:31:57	+41:52	06:34
15	3038	Paula Juliet s	BoraBora, Vamos Lá!	Veterana F40	01:32:18	+42:14	06:36
16	3276	Raquel Alexandra Ferreira Neves Moreira	OFRunning	Veterana F40	01:33:29	+43:25	06:41
17	3037	Edite Fernandes	BoraBora, Vamos Lá!	Veterana F40	01:33:29	+43:25	06:41
18	3047	Maria Ribeiro	Braguinhas Runners	Veterana F40	01:33:47	+43:43	06:42
19	3196	Nancy martins	Individual	Veterana F40	01:35:34	+45:29	06:50
20	3105	Ivone Ferraz	GTT-Armazém do Caffè	Veterana F40	01:35:45	+45:40	06:50
21	3285	Ana Sousa	PORTO SENTIDO RUNNERS	Veterana F40	01:36:08	+46:03	06:52
22	3193	Liliana Meireles	Individual	Veterana F40	01:36:46	+46:42	06:55
23	3200	Sandra oliveira	Individual	Veterana F40	01:37:10	+47:06	06:57
24	3198	Paula Ferreira	Individual	Veterana F40	01:37:47	+47:42	06:59
25	3355	Edna Queiroz	TUGAS NA ESTRADA	Veterana F40	01:37:52	+47:48	06:59
26	3087	Justa Ferreira	ExerciseForYou	Veterana F40	01:38:58	+48:54	07:04
27	3202	Sonia da Costa Fernandes	Individual	Veterana F40	01:39:10	+49:05	07:05
28	3086	Isabel Rocha	ExerciseForYou	Veterana F40	01:40:18	+50:14	07:10
29	3270	Célia Vieira	NAST	Veterana F40	01:41:15	+51:11	07:14
30	3199	Paula Morais	Individual	Veterana F40	01:41:44	+51:40	07:16
31	3365	Cristina Coelho	WOLVES	Veterana F40	01:42:07	+52:02	07:18
32	3088	Lurdes Sanguedo	ExerciseForYou	Veterana F40	01:42:53	+52:49	07:21
33	3194	Lucía Doval Sánchez	Individual	Veterana F40	01:46:47	+56:43	07:38
34	3376	ELIZABETH ORTIZ	Braguinhas Runners	Veterana F40	01:47:00	+56:55	07:39
35	3377	Maria Fatima Fernandes Pinho	Individual	Veterana F40	01:47:40	+57:36	07:41
36	3352	Ana Paula Conceição	Trailistas "Eu é que sei!"	Veterana F40	01:48:02	+57:58	07:43
37	3192	Fátima Pereira	Individual	Veterana F40	01:49:25	+59:21	07:49
38	3114	Maria Catarino Morim	IMPETUS	Veterana F40	01:49:51	+59:46	07:51
39	3191	Esperança Melo	Individual	Veterana F40	01:54:02	+01:03:57	08:09
40	3271	Carla Magalhães	Núcleo de Montanha de Espinho	Veterana F40	01:55:04	+01:05:00	08:13
41	3287	Isabel Ferraz	PORTO SENTIDO RUNNERS	Veterana F40	01:55:44	+01:05:40	08:16
42	120	Ivory Green-Lott	Individual	Veterana F40	01:56:28	+01:06:24	08:19
43	3190	Celina Reis	Individual	Veterana F40	02:00:43	+01:10:39	08:37
44	3278	Erika Darcília	Outlaw runners	Veterana F40	02:02:18	+01:12:14	08:44
45	3189	CARLA	Individual	Veterana F40	02:05:54	+01:15:50	09:00
46	3195	Maria Fernanda Lima Pereira	Individual	Veterana F40	02:06:38	+01:16:33	09:03
47	3053	Carla Soares	Cerealis - Milaneza	Veterana F40	02:11:02	+01:20:58	09:22
48	3350	Sandra Pires	TRAIL TEAM MONTARIA	Veterana F40	02:22:32	+01:32:28	10:11
49	3349	JACINTA ROCHA	TRAIL TEAM MONTARIA	Veterana F40	02:22:34	+01:32:29	10:11
50	3055	Márcia Andreia Cardoso Cunha	Cerealis - Milaneza	Veterana F40	02:23:37	+01:33:32	10:16
51	3057	Maria Beatriz Pereira Oliveira	Cerealis - Milaneza	Veterana F40	02:25:22	+01:35:18	10:23
52	3115	Maria Filomena Silva Lousada	IMPETUS	Veterana F40	02:34:09	+01:44:04	11:01
53	3383	MARIA DA SOLEDADE MARQUES B. SILVA	IMPETUS	Veterana F40	02:34:10	+01:44:06	11:01
54	3096	Isabel Marques	GAIA-RUNNING	Veterana F40	02:37:15	+01:47:10	11:14

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Veterana F50

1	3208	Sofia Martins	Individual	Veterana F50	01:21:03	+30:58	05:47
2	3207	Palmira Baltazar	Individual	Veterana F50	01:24:13	+34:09	06:01
3	3082	Fernanda Dias	Ecobarcaventura	Veterana F50	01:24:54	+34:50	06:04
4	3256	Lucinda Gomes	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F50	01:27:19	+37:15	06:14
5	3318	Agostinha Gonçalves	SOCIEDADE RECREIO CEPANENSE	Veterana F50	01:28:51	+38:47	06:21
6	3080	Rosa Barros	Dragons	Veterana F50	01:29:20	+39:15	06:23
7	3209	Teresa Pires	Individual	Veterana F50	01:30:06	+40:02	06:26
8	3205	Maria Rebelo	Individual	Veterana F50	01:31:09	+41:05	06:31
9	3103	Ana Sousa	GONDOMAR FUTSAL CLUBE	Veterana F50	01:33:27	+43:22	06:41
10	3206	Mi Ferreira	Individual	Veterana F50	01:34:06	+44:01	06:43
11	3097	Lurdes Duarte	GAIA-RUNNING	Veterana F50	01:35:43	+45:39	06:50
12	3290	Cristina Silva	PORTO SENTIDO RUNNERS	Veterana F50	01:36:08	+46:04	06:52
13	3339	DE CASTRO ELISA	Team Pendulés	Veterana F50	01:36:13	+46:09	06:52
14	3107	Maria de La Salete Silva Monteiro	Icarus Running Team	Veterana F50	01:39:31	+49:27	07:07
15	3039	Ana Gonçalves	BoraBora, Vamos Lá!	Veterana F50	01:39:35	+49:31	07:07
16	3010	Elisabete Melo	All About	Veterana F50	01:39:59	+49:55	07:09
17	3203	Emília Carneiro Pinto	Individual	Veterana F50	01:40:12	+50:08	07:09
18	3204	Isabel Monteiro	Individual	Veterana F50	01:40:16	+50:11	07:10
19	3022	Maria Silva	Amigos Vale Silencio	Veterana F50	01:49:06	+59:02	07:48
20	3034	Clara Capelas	Bikeservice	Veterana F50	01:54:09	+01:04:04	08:09
21	3291	Lurdes Conceição	PORTO SENTIDO RUNNERS	Veterana F50	01:55:44	+01:05:40	08:16
22	3309	TERESA REIS	RUN4LUNCH	Veterana F50	02:00:43	+01:10:39	08:37
23	3011	Gracinda Nogueira	All About	Veterana F50	02:33:18	+01:43:14	10:57
24	3116	Cristina Rosa Hipolito Cruz Silva	IMPETUS	Veterana F50	02:34:09	+01:44:05	11:01
25	3098	Maria Rosário Silva	GAIA-RUNNING	Veterana F50	02:37:15	+01:47:11	11:14
26	3373	Cristina Rosa	Ze Team	Veterana F50	03:08:09	+02:18:05	13:26

Veterana F60

1	3027	rosina couto	ARCORUN	Veterana F60	01:38:37	+48:32	07:03:12
2	3210	Joaquina Martins	Individual	Veterana F60	01:41:32	+51:28	07:15:12
3	3026	Maria Alcina Moura	ARCORUN	Veterana F60	01:41:55	+51:51	07:17:12
4	3211	maria filomena venâncio lopes marcelo	Individual	Veterana F60	01:44:33	+54:29	07:28:12
5	3012	Ana Maria Moreira	All About	Veterana F60	02:29:31	+01:39:27	10:41:12
6	3259	Regina Maia	MAGNUNSSSENS	Veterana F60	02:52:59	+02:02:55	12:21:12
7	3258	Aurora Moreira	MAGNUNSSSENS	Veterana F60	02:53:04	+02:03:00	12:22:12

Veterano M40

1	3320	Hélder Oliveira	SOCIEDADE RECREIO CEPANENSE	Veterano M40	50:04	03:35
2	3221	José Ferreira	Individual	Veterano M40	50:09	+00:04 03:35

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3	3264	Luís Magalhães	Minho e Lima Trail	Veterano M40	52:25	+02:21	03:45
4	3219	José Antonio losada miranda	Individual	Veterano M40	52:40	+02:36	03:46
5	3265	Alex Tondela	Montanha Clube Trail Running/Efapel	Veterano M40	53:14	+03:09	03:48
6	3220	José Ferreira	Individual	Veterano M40	53:15	+03:10	03:48
7	3337	Paulo Gomes	TEAM LANTEMIL	Veterano M40	58:16	+08:11	04:10
8	3331	Pedro Santos	Sporting Clube de Espinho / António Leitão	Veterano M40	58:36	+08:32	04:11
9	3312	Nuno Sousa	RUNNING ESPINHO	Veterano M40	01:00:41	+10:36	04:20
10	3281	Vitor Faria	Palmeira Runners	Veterano M40	01:01:44	+11:39	04:25
11	3030	André Neves	Aves runners	Veterano M40	01:03:01	+12:57	04:30
12	3321	Rui Silva	SOCIEDADE RECREIO CEPANENSE	Veterano M40	01:03:09	+13:04	04:31
13	3104	Ricardo Feiteira	Grupo de Corrida de Argoncilhe	Veterano M40	01:04:01	+13:56	04:34
14	3382	António Carlos Vilas Boas	Individual	Veterano M40	01:04:58	+14:53	04:38
15	3041	Humberto Carvalho	BoraBora, Vamos Lá!	Veterano M40	01:05:09	+15:05	04:39
16	3002	Pedro Vieira	A. D. Amarante Trail Running	Veterano M40	01:05:12	+15:08	04:39
17	3342	DE CASTRO PATRICE	Team Pendulés	Veterano M40	01:05:52	+15:48	04:42
18	3024	Jorge Ribeiro	ARCA BarceloS runners	Veterano M40	01:08:15	+18:11	04:53
19	3217	Gilberto Ferreira	Individual	Veterano M40	01:09:25	+19:21	04:58
20	3280	José Costa	Palmeira Runners	Veterano M40	01:10:00	+19:56	05:00
21	3213	Cédric Madureira	Individual	Veterano M40	01:10:21	+20:17	05:02
22	3102	Mario casqueira	Gialmar sa	Veterano M40	01:10:42	+20:37	05:03
23	3385	José Duarte	RIPOLINS GRIJÓ A CORRER	Veterano M40	01:11:33	+21:29	05:07
24	3101	Nuno Brito	Gansos	Veterano M40	01:14:42	+24:38	05:20
25	3340	BONVALLET FABRICE	Team Pendulés	Veterano M40	01:14:51	+24:47	05:21
26	3384	Gilberto gaspar martins	Individual	Veterano M40	01:14:52	+24:47	05:21
27	3225	Manuel	RUNNING ESPINHO	Veterano M40	01:15:03	+24:59	05:22
28	3117	Alberto Francisco Amaro Ferreira	IMPETUS	Veterano M40	01:17:00	+26:56	05:30
29	3227	Nelson Maia	Individual	Veterano M40	01:17:11	+27:06	05:31
30	3341	DE CASTRO JEAN-PHILIPPE	Team Pendulés	Veterano M40	01:17:30	+27:26	05:32
31	3218	Gustavo Jorge da Rocha Taveira	Individual	Veterano M40	01:19:36	+29:31	05:41
32	3232	Xavier Barbosa	Individual	Veterano M40	01:20:10	+30:06	05:44
33	3089	Jose Ferreira	ExerciseForYou	Veterano M40	01:20:41	+30:37	05:46
34	3266	Joaquim Pereira	Mozelos Runners	Veterano M40	01:20:43	+30:39	05:46
35	3093	António Machado	Figueiredos Runners & Friends	Veterano M40	01:24:43	+34:39	06:03
36	3040	António Matos	BoraBora, Vamos Lá!	Veterano M40	01:25:04	+35:00	06:05
37	3292	Ricardo Silva	PORTO SENTIDO RUNNERS	Veterano M40	01:25:12	+35:07	06:05
38	3293	Romero Sa	PORTO SENTIDO RUNNERS	Veterano M40	01:25:12	+35:08	06:05
39	3380	Carlos Dias	Individual	Veterano M40	01:26:12	+36:08	06:09
40	3229	PEDRO PEREIRA	Individual	Veterano M40	01:26:25	+36:21	06:10
41	3018	José Carlos Pereira Araújo	Amigos da Montanha	Veterano M40	01:28:48	+38:43	06:21
42	3214	Duarte Domingos Costa Martins	Individual	Veterano M40	01:30:10	+40:06	06:26
43	3043	CARLOS CARVALHO	BRAGA RUNNERS	Veterano M40	01:31:54	+41:49	06:34
44	1004	José Fernandes	AMIGOS ATLETISMO POVOENSE	Veterano M40	01:33:02	+42:57	06:39
45	3066	Hélder Alexandre Vitorino Sousa	Cerealis - Milaneza	Veterano M40	01:33:13	+43:09	06:40
46	3048	Tiago Jorge de Matos Martins	Braguinhas Runners	Veterano M40	01:35:05	+45:01	06:48

Official Timekeeper: Lap2Go	7 / 9	generate 05-Dec-2019 10:03
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14KM

[illegible]

14 KM

OFFICIAL RESULT

[illegible]

47	3223	José Silva	Individual	Veterano M40	01:35:33	+45:29	06:50
48	3014	Daniel Chedas	Alto picoto	Veterano M40	01:36:44	+46:39	06:55
49	3368	Miguel Moura	WOLVES	Veterano M40	01:37:17	+47:12	06:57
50	3336	PEPE	STRONGREAM	Veterano M40	01:38:53	+48:49	07:04
51	3212	António Manuel Pires Pinto	Individual	Veterano M40	01:40:12	+50:08	07:09
52	3226	Miguel Ferreira	Individual	Veterano M40	02:16:21	+01:26:17	09:44
53	3357	Paulo Queiroz	TUGAS NA ESTRADA	Veterano M40	02:22:37	+01:32:33	10:11

Veterano M50

1	3332	Paulo Oliveira	Sporting Clube de Espinho / António Leitão	Veterano M50	57:48	+07:44	04:08
2	3322	Luís Vilela	SOCIEDADE RECREIO CEPANENSE	Veterano M50	01:00:24	+10:19	04:19
3	3324	René Teixeira	SOCIEDADE RECREIO CEPANENSE	Veterano M50	01:00:25	+10:21	04:19
4	3333	Nelson Mota Ramos	Sporting Clube Espinho Triatlo	Veterano M50	01:02:28	+12:24	04:28
5	3252	Ernesto Marques Alves	Juventude Cortegacense	Veterano M50	01:04:21	+14:17	04:36
6	3301	ANTONIO SILVA	RIPOLINS GRIJÓ A CORRER	Veterano M50	01:05:14	+15:10	04:40
7	3329	Paulo Moreira	Sporting Clube de Espinho / António Leitão	Veterano M50	01:06:56	+16:52	04:47
8	3237	Manuel Pereira Araújo	Individual	Veterano M50	01:11:27	+21:23	05:06
9	3235	Joaquim Teixeira	Individual	Veterano M50	01:12:58	+22:54	05:13
10	3108	Luís Manuel Carvalhosa Alves	Icarus Running Team	Veterano M50	01:13:13	+23:09	05:14
11	3251	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	Veterano M50	01:13:34	+23:30	05:15
12	3119	Antonio De Sousa Longras	IMPETUS	Veterano M50	01:14:39	+24:35	05:20
13	3090	Joaquim Rocha	ExerciseForYou	Veterano M50	01:14:49	+24:45	05:21
14	3323	Nuno Maia	SOCIEDADE RECREIO CEPANENSE	Veterano M50	01:17:21	+27:17	05:32
15	3233	david Barreira	Individual	Veterano M50	01:17:23	+27:19	05:32
16	3294	Carlos Martins	PORTO SENTIDO RUNNERS	Veterano M50	01:17:37	+27:33	05:33
17	3234	Joaquim Aleixo	Individual	Veterano M50	01:17:37	+27:33	05:33
18	3236	Luis Loureiro	Individual	Veterano M50	01:27:08	+37:04	06:13
19	1007	António Pereira	AMIGOS ATLETISMO POVOENSE	Veterano M50	01:27:51	+37:47	06:17
20	3019	José Carlos Rodrigues Loureiro	Amigos da Montanha	Veterano M50	01:28:48	+38:44	06:21
21	3099	Helder Oliveira	GAIA-RUNNING	Veterano M50	01:30:05	+40:00	06:26
22	3374	Fernando Marques	Ze Team	Veterano M50	01:31:58	+41:53	06:34
23	3362	JOSE MANUEL VENDA LIRA	Viana Running	Veterano M50	01:32:30	+42:26	06:36
24	3239	Paulo Almeida	Individual	Veterano M50	01:32:41	+42:36	06:37
25	3063	antonio esteves	Cerealís - Milaneza	Veterano M50	01:33:09	+43:05	06:39
26	3240	Paulo João Brás Abrantes Viana	Individual	Veterano M50	01:35:22	+45:17	06:49
27	3238	Mário da Costa Neto	Individual	Veterano M50	01:36:39	+46:34	06:54
28	3007	António Félix Ferreira	Acamados	Veterano M50	01:38:42	+48:38	07:03
29	3267	Fernando Sousa	Mozelos Runners	Veterano M50	01:42:24	+52:19	07:19
30	3310	RUI CUNHA	RUN4LUNCH	Veterano M50	02:00:43	+01:10:39	08:37
31	3068	José Júlio Pinto Duarte	Cerealís - Milaneza	Veterano M50	02:23:36	+01:33:32	10:15

14KM

14 KM



OFFICIAL RESULT

32 3100 Nuno Duarte GAIA-RUNNING Veterano M50 02:37:15 +01:47:11 11:14

Veterano M60

1	3330	Augusto Castro	Sporting Clube de Espinho / António Leitão	Veterano M60	58:36	+08:32	04:11
2	3028	segundo rodrigues	ARCORUN	Veterano M60	01:02:14	+12:10	04:27
3	3243	Avelino Martins	Individual	Veterano M60	01:04:35	+14:30	04:37
4	3359	Manuel	TUGAS NA ESTRADA	Veterano M60	01:07:30	+17:26	04:49
5	3302	CARLOS RIPOLINS	RIPOLINS GRIJÓ A CORRER	Veterano M60	01:08:09	+18:05	04:52
6	3360	Ricardo Neto	TUGAS NA ESTRADA	Veterano M60	01:21:05	+31:01	05:48
7	3246	Francisco Granja	Individual	Veterano M60	01:29:35	+39:30	06:24
8	3242	António Silva	Individual	Veterano M60	01:31:34	+41:30	06:32
9	3358	Jose Nogueira	TUGAS NA ESTRADA	Veterano M60	01:37:52	+47:47	06:59
10	3106	fernando cunha	HSantaMariaRT	Veterano M60	01:38:10	+48:06	07:01
11	3008	José Mendes	Acamados	Veterano M60	01:39:01	+48:57	07:04

1.609 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	15:30	13.6°C	71%
End	16:29	12.2°C	81%

Official Timekeeper: Lap2Go	1 / 1	generate 30-Nov-2019 17:34
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Extreme Mile

1.609 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	15:30	13.6°C	71%
End	16:29	12.2°C	81%

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

1	4014	Renata Gonçalves	Individual	Senior Feminino	26:19	+05:18	-
2	4001	Maria de Jesus da Silva Pinto	5.7 CF ENDURANCE	Senior Feminino	27:26	+06:25	-
3	4010	Alejandra Hernandez	Individual	Senior Feminino	27:45	+06:44	-
4	4004	Paula Santos	All About	Senior Feminino	30:39	+09:38	-
5	4007	Constança Brito	ARCA BarceloS runners	Senior Feminino	30:43	+09:42	-
6	4012	Dores Cachetas	Individual	Senior Feminino	32:16	+11:15	-
7	4011	Carla Antunes	Individual	Senior Feminino	36:36	+15:35	-
8	4015	Teresa Pinheiro	Individual	Senior Feminino	57:58	+36:57	-

Senior Masculino

1	4038	Alex Tondela	Montanha Clube Trail Running/Efapel	Senior Masculino	21:01	-
2	4019	Fábio Filipe	Individual	Senior Masculino	21:33	+00:32
3	4027	Nuno Guimarães	Individual	Senior Masculino	22:56	+01:55
4	4042	Nuno Moreira	TEAM TT	Senior Masculino	23:24	+02:23
5	4023	José Pereira	Individual	Senior Masculino	23:59	+02:58
6	4045	Arlindo Ferreira	Individual	Senior Masculino	24:26	+03:25
7	4035	Bruno Batista	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	24:44	+03:43
8	4026	Miguel Rêgo	Individual	Senior Masculino	24:49	+03:48
9	4017	Álvaro Henrique Valentim Vale	Individual	Senior Masculino	25:41	+04:40
10	4036	Celso Oliveira	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	26:13	+05:12
11	4049	Domingos Manuel Marques Dias	Individual	Senior Masculino	27:04	+06:03
12	4009	André Príncipe	EDV-VIANA TRAIL	Senior Masculino	27:11	+06:10
13	4037	Nuno Santos	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	27:14	+06:13
14	4029	Paulo Elias	Individual	Senior Masculino	27:43	+06:42
15	4043	Pedro Lima	TEAM TT	Senior Masculino	27:59	+06:58
16	4008	segundo rodrigues	ARCORUN	Senior Masculino	28:12	+07:11
17	4044	José Moreira	Viriathvs Runners de Viseu	Senior Masculino	28:22	+07:21
18	4020	Fernando Pereira	Individual	Senior Masculino	29:00	+07:59
19	4003	Daniel Santos	A. D. Amarante Trail Running	Senior Masculino	29:11	+08:10
20	4006	Leandro Freitas	AMC TRAIL	Senior Masculino	29:21	+08:20
21	4022	Jorge Lobo	Individual	Senior Masculino	29:53	+08:52
22	4005	Marco Silva	All About	Senior Masculino	30:29	+09:28
23	4041	Ivo Sampaio	TEAM TT	Senior Masculino	30:35	+09:34
24	4048	José Gomes	Individual	Senior Masculino	31:30	+10:29
25	4024	Luis Leal	Individual	Senior Masculino	31:33	+10:32

Extreme Mile

1.609 KM

[illegible]

OFFICIAL RESULT

[illegible]

26	4002	Francisco Pilão Pinto da Fonseca	5.7 CF ENDURANCE	Senior Masculino	32:03	+11:02	-
27	4031	Rui Araújo	Individual	Senior Masculino	32:55	+11:54	-
28	4025	Marco Ferreira	Individual	Senior Masculino	34:04	+13:03	-
29	4032	Sérgio Pereira	Individual	Senior Masculino	36:48	+15:47	-
30	4033	sergio pereira braga	Individual	Senior Masculino	37:35	+16:34	-
31	4034	Valter Caseiro	Individual	Senior Masculino	40:54	+19:53	-
32	4046	Miguel Marote Rodrigues	Individual	Senior Masculino	46:02	+25:01	-