

TRAIL LONGO - STAGE 1

24 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	14:38	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	77	Nelson Costa	escola atletismo de coimbra	Veterano M40	02:22:28		05:56
2	27	Marcelo Araújo	focoteam24	Senior Masculino	02:25:48	+03:20	06:05
3	101	Ricardo Almeida	morcegos trail	Senior Masculino	02:29:12	+06:44	06:13
4	110	João Alves	nac trail	Veterano M40	02:29:44	+07:15	06:14
5	135	Toze Amorim	serviços sociais câmara santa maria feira	Veterano M45	02:32:55	+10:27	06:22
6	8	Bruno Silva	btt isolamais	Veterano M40	02:34:48	+12:19	06:27
7	121	António Manuel Esteves Oliveira da Silva	opraticante.pt	Veterano M40	02:40:38	+18:10	06:42
8	23	Diogo Pimenta	dci/trilhos luso bussaco	Senior Masculino	02:40:58	+18:29	06:42
9	84	Luis Miguel Cunha	individual	Veterano M45	02:41:22	+18:53	06:43
10	61	Ricardo Carreira	individual	Senior Masculino	02:44:34	+22:06	06:51
11	51	António Pinto	individual	Senior Masculino	02:45:53	+23:25	06:55
12	99	David Coutinho	jobra - associação jovens da branca	Veterano M40	02:49:45	+27:16	07:04
13	92	António Pinto	individual	Veterano M50	02:54:20	+31:51	07:16
14	1	Fernando Lima	nac trail	Veterano M40	02:54:36	+32:08	07:17
15	6	Antonio fernandes	amigos do trail	Veterano M40	02:55:15	+32:46	07:18
16	139	José Rosário	sporting club santacruzense	Veterano M40	02:56:51	+34:23	07:22
17	106	João Leite	nac trail	Senior Masculino	03:01:15	+38:46	07:33
18	122	Bruno Macedo	os caga tacos running team	Veterano M40	03:02:04	+39:36	07:35
19	73	Jorge Lopes	equipa a	Veterano M40	03:03:14	+40:46	07:38
20	113	António Fernandes	nac trail	Veterano M55	03:05:54	+43:26	07:45
21	131	Manuel Ferreira (ZOLA)	pupilos zé to	Veterano M60	03:06:50	+44:22	07:47
22	130	Leonel Cordeiro	porto de mós a correr	Veterano M45	03:08:47	+46:19	07:52
23	132	Luís Costa	runners do demo	Veterano M40	03:12:15	+49:47	08:01
24	43	João Filipe Martelo de oliveira	grvilaverdense	Veterano M45	03:12:48	+50:20	08:02
25	39	Amilcar Ramos	grvilaverdense	Veterano M40	03:12:49	+50:21	08:02
26	30	RICARDO RIBEIRO	ginásio fit4fun	Senior Masculino	03:13:49	+51:21	08:05
27	36	LUÍS PINHO	ginásio fit4fun	Veterano M45	03:13:50	+51:22	08:05
28	56	Carlos Ruben da Rocha Magalhães	individual	Senior Masculino	03:13:58	+51:30	08:05
29	87	Ricardo Rocha	individual	Veterano M45	03:14:17	+51:48	08:06
30	72	Jorge Gomes	individual	Veterano M40	03:14:24	+51:55	08:06
31	90	Adriano matias dos santos lima oliveira	individual	Veterano M50	03:14:26	+51:57	08:06
32	136	Nuno Teixeira	sportarc.running	Senior Masculino	03:17:21	+54:53	08:13
33	138	Daniel pereira	sporting club santacruzense	Senior Masculino	03:17:22	+54:53	08:13
34	5	Vitor Pereira	águeda action club - actib	Senior Masculino	03:21:20	+58:51	08:23
35	108	Dulce Bastos	nac trail	Veterana F45	03:23:40	+01:01:12	08:29
36	47	Cristiana Ferreira	individual	Senior Feminino	03:24:05	+01:01:36	08:30
37	144	André Silva	viseu running team	Veterano M40	03:25:33	+01:03:04	08:34
38	60	marco da silva pinheiro vasconcelos	individual	Senior Masculino	03:27:30	+01:05:02	08:39
39	129	Paula Pita	porto de mós a correr	Veterana F40	03:29:21	+01:06:52	08:43

TRAIL LONGO - STAGE 1

24 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	50	André Ribeiro	individual	Senior Masculino	03:31:18	+01:08:50	08:48
41	120	Pedro Rocha	ofrunning	Senior Masculino	03:31:25	+01:08:56	08:49
42	126	Jorge Santos	outlaw runners	Veterano M50	03:35:39	+01:13:10	08:59
43	112	AGOSTINHO COSTA	nac trail	Veterano M55	03:36:35	+01:14:07	09:01
44	140	Susana Flores	susana flores	Senior Feminino	03:36:44	+01:14:16	09:02
45	7	Conceição Ferreira	aztrail/mercentro	Veterana F50	03:37:28	+01:15:00	09:04
46	52	Bruno Almeida	individual	Senior Masculino	03:38:04	+01:15:35	09:05
47	143	Bruno Moreira	trailerz	Senior Masculino	03:38:04	+01:15:36	09:05
48	133	Joaquim Iobato	running espinho	Veterano M50	03:38:07	+01:15:39	09:05
49	9	Filipe Mota	c.d.c. paradela	Senior Masculino	03:38:50	+01:16:22	09:07
50	10	Jil Coelho	c.d.c. paradela	Senior Masculino	03:38:51	+01:16:22	09:07
51	102	Ana Catarina Venda Feminino Fonseca	nac trail	Senior Feminino	03:39:05	+01:16:37	09:08
52	104	Fábio Almeida	nac trail	Senior Masculino	03:39:06	+01:16:38	09:08
53	123	Filipe Pinho	outlaw runners	Veterano M40	03:41:39	+01:19:11	09:14
54	107	Pedro Henriques	nac trail	Senior Masculino	03:42:19	+01:19:51	09:16
55	68	Emanuel Cabeça	individual	Veterano M40	03:45:41	+01:23:13	09:24
56	83	Jorge Nunes	individual	Veterano M45	03:47:12	+01:24:43	09:28
57	64	Fátima Tavares	individual	Veterana F40	03:47:43	+01:25:15	09:29
58	38	Paula Coto	grvilaverdense	Veterana F45	03:48:22	+01:25:54	09:31
59	42	Carlos Palaio	grvilaverdense	Veterano M45	03:48:23	+01:25:55	09:31
60	41	Paulo Rocha	grvilaverdense	Veterano M40	03:48:24	+01:25:55	09:31
61	124	Carlos Couto	outlaw runners	Veterano M45	03:53:31	+01:31:02	09:44
62	96	Paulo Alexandre dos Santos Tavares	individual	Veterano M50	03:53:35	+01:31:07	09:44
63	125	Vitor Folgado	outlaw runners	Veterano M45	03:56:00	+01:33:31	09:50
64	71	Joaquim Baptista	individual	Veterano M40	03:56:21	+01:33:53	09:51
65	89	Sérgio Pinto Almeida	individual	Veterano M45	03:56:34	+01:34:05	09:51
66	21	Severina Almeida	correio de albergaria trail running	Veterana F40	03:56:37	+01:34:09	09:52
67	22	Humberto Almeida	correio de albergaria trail running	Veterano M45	03:57:23	+01:34:55	09:54
68	20	Silvério Oliveira dos Santos	Clube Pessoal Águas Gaia	Veterano M45	03:57:39	+01:35:10	09:54
69	12	Helder Marques	Caldas S. Jorge Sport Clube	Senior Masculino	03:58:04	+01:35:36	09:55
70	44	Jf Bugalho	grvilaverdense	Veterano M50	03:58:50	+01:36:22	09:57
71	119	Sofia Coelho	Núcleo de Montanha de Espinho	Veterana F45	03:58:52	+01:36:24	09:57
72	98	JOSE FARO	Javalis - Amizade & Glória	Veterano M45	04:00:13	+01:37:44	10:01
73	141	Susana Castro	Trail Runners Family	Veterana F40	04:00:17	+01:37:49	10:01
74	142	Fernando Marques	Trail Runners Family	Veterano M40	04:00:18	+01:37:49	10:01
75	35	LUIS ALMEIDA	Ginásio Fit4fun	Veterano M45	04:01:05	+01:38:37	10:03
76	34	Ângelo Pinho	Ginásio Fit4fun	Veterano M45	04:01:06	+01:38:37	10:03
77	32	ANA PISSARRA	Ginásio Fit4fun	Veterana F45	04:01:06	+01:38:37	10:03
78	25	Alexandre Pereira	Equipa A	Veterano M40	04:01:08	+01:38:39	10:03
79	116	Raquel Vasoncelos	No Tomorrow Running Team	Veterana F40	04:05:23	+01:42:54	10:13
80	114	Dora Dias	No Tomorrow Running Team	Senior Feminino	04:06:47	+01:44:19	10:17
81	18	Carlos Cardoso	Clube Atletismo Lamas	Veterano M45	04:06:48	+01:44:19	10:17
82	97	Antonio Gonçalves	individual	Veterano M55	04:12:04	+01:49:35	10:30
83	128	Manuel Constantino Silva	perna manca	Veterano M50	04:12:05	+01:49:37	10:30
84	127	António Constantino Silva	perna manca	Veterano M40	04:12:05	+01:49:37	10:30

TRAIL LONGO - STAGE 1

24 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
85	79	Rui Familiar	individual	Veterano M40	04:12:06	+01:49:37	10:30
86	45	Ana Luísa	individual	Senior Feminino	04:12:17	+01:49:49	10:31
87	95	Mário Costa Pereira	individual	Veterano M50	04:14:02	+01:51:34	10:35
88	19	Fernando Soares	clube campismo de s. joão da madeira	Veterano M45	04:15:06	+01:52:38	10:38
89	86	Paulo	individual	Veterano M45	04:19:28	+01:56:59	10:49
90	11	Manuel Guedes	c.i.a. alpendorada	Veterano M40	04:19:59	+01:57:31	10:50
91	40	Joel Jacinto	grvilaverdense	Veterano M40	04:23:01	+02:00:33	10:58
92	29	licinia Santos	garças	Veterana F50	04:24:41	+02:02:13	11:02
93	80	Sérgio Marco Medeiros Tavares	individual	Veterano M40	04:24:44	+02:02:15	11:02
94	28	CARMO SILVA	garças	Veterana F50	04:24:44	+02:02:15	11:02
95	17	Américo Manuel Graça Gomes	clube atletismo lamas	Veterano M45	04:25:00	+02:02:31	11:03
96	16	Hélder SILVA	clube atletismo lamas	Veterano M40	04:25:01	+02:02:33	11:03
97	91	Antero Cunha	individual	Veterano M50	04:27:50	+02:05:22	11:10
98	55	Carlos guilherme	individual	Senior Masculino	04:34:43	+02:12:15	11:27
99	53	Bruno cavadas	individual	Senior Masculino	04:34:45	+02:12:16	11:27
100	54	Bruno conceição	individual	Senior Masculino	04:34:46	+02:12:17	11:27
101	70	Hugo Pinto	individual	Veterano M40	04:36:37	+02:14:08	11:32
102	67	Edgar Bruno Freitas Câmara	individual	Veterano M40	04:40:40	+02:18:12	11:42
103	62	Tiago Ferraz	individual	Senior Masculino	04:52:06	+02:29:38	12:10
104	63	Tony Lopes	individual	Senior Masculino	04:52:07	+02:29:38	12:10
105	58	Helder Lopes	individual	Senior Masculino	04:52:07	+02:29:38	12:10
106	75	LINDOLFO JOSÉ TEIXEIRA DA COSTA SOL	individual	Veterano M40	04:58:10	+02:35:42	12:25
107	37	Catarina Romualdo	grvilaverdense	Veterana F40	05:04:46	+02:42:17	12:42
108	81	Carlos Lancha	individual	Veterano M45	05:04:52	+02:42:24	12:42
109	33	PAULO CORREIA	ginásio fit4fun	Veterano M40	05:25:50	+03:03:22	13:35
110	117	Ana Barroso	no tomorrow running team	Veterana F45	05:30:01	+03:07:32	13:45
111	26	Mário Araújo	equipa a	Veterano M40	05:31:25	+03:08:57	13:49
112	46	Andreia Sofia Santos Mota	individual	Senior Feminino	05:37:30	+03:15:01	14:04
113	48	Lúcia Soares	individual	Sub 23 Feminino	05:37:30	+03:15:01	14:04
114	94	jose rodrigues costa	individual	Veterano M50	05:37:34	+03:15:05	14:04

24 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	14:38	-99°C	-99%

Senior Feminino

1	47	Cristiana Ferreira	Individual	Senior Feminino	03:24:05	+01:01:36	08:30:41
2	140	Susana Flores	Susana Flores	Senior Feminino	03:36:44	+01:14:16	09:02:59
3	102	Ana Catarina Venda Feminino Fonseca	NAC TRAIL	Senior Feminino	03:39:05	+01:16:37	09:08:42
4	114	Dora Dias	No Tomorrow Running Team	Senior Feminino	04:06:47	+01:44:19	10:17:06
5	45	Ana Luísa	Individual	Senior Feminino	04:12:17	+01:49:49	10:31:06
6	46	Andreia Sofia Santos Mota	Individual	Senior Feminino	05:37:30	+03:15:01	14:04:31

Senior Masculino

1	27	Marcelo Araújo	Focoteam24	Senior Masculino	02:25:48	+03:20	06:05
2	101	Ricardo Almeida	Morcegos Trail	Senior Masculino	02:29:12	+06:44	06:13
3	23	Diogo Pimenta	DCI/Trilhos Luso Bussaco	Senior Masculino	02:40:58	+18:29	06:42
4	61	Ricardo Carreira	Individual	Senior Masculino	02:44:34	+22:06	06:51
5	51	António Pinto	Individual	Senior Masculino	02:45:53	+23:25	06:55
6	106	João Leite	NAC TRAIL	Senior Masculino	03:01:15	+38:46	07:33
7	30	RICARDO RIBEIRO	GINÁSIO FIT4FUN	Senior Masculino	03:13:49	+51:21	08:05
8	56	Carlos Ruben da Rocha Magalhães	Individual	Senior Masculino	03:13:58	+51:30	08:05
9	136	Nuno Teixeira	Sportarc.running	Senior Masculino	03:17:21	+54:53	08:13
10	138	Daniel pereira	Sporting Club Santacruzense	Senior Masculino	03:17:22	+54:53	08:13
11	5	Vitor Pereira	ÁGUEDA ACTION CLUB - ACTIB	Senior Masculino	03:21:20	+58:51	08:23
12	60	marco da silva pinheiro vasconcelos	Individual	Senior Masculino	03:27:30	+01:05:02	08:39
13	50	André Ribeiro	Individual	Senior Masculino	03:31:18	+01:08:50	08:48
14	120	Pedro Rocha	Ofrunning	Senior Masculino	03:31:25	+01:08:56	08:49
15	52	Bruno Almeida	Individual	Senior Masculino	03:38:04	+01:15:35	09:05
16	143	Bruno Moreira	Trailerz	Senior Masculino	03:38:04	+01:15:36	09:05
17	9	Filipe Mota	C.D.C. Paradela	Senior Masculino	03:38:50	+01:16:22	09:07
18	10	Jil Coelho	C.D.C. Paradela	Senior Masculino	03:38:51	+01:16:22	09:07
19	104	Fábio Almeida	NAC TRAIL	Senior Masculino	03:39:06	+01:16:38	09:08
20	107	Pedro Henriques	NAC TRAIL	Senior Masculino	03:42:19	+01:19:51	09:16
21	12	Helder Marques	Caldas S. Jorge Sport Clube	Senior Masculino	03:58:04	+01:35:36	09:55
22	55	Carlos guilherme	Individual	Senior Masculino	04:34:43	+02:12:15	11:27
23	53	Bruno cavadas	Individual	Senior Masculino	04:34:45	+02:12:16	11:27
24	54	Bruno conceição	Individual	Senior Masculino	04:34:46	+02:12:17	11:27
25	62	Tiago Ferraz	Individual	Senior Masculino	04:52:06	+02:29:38	12:10
26	63	Tony Lopes	Individual	Senior Masculino	04:52:07	+02:29:38	12:10
27	58	Helder Lopes	Individual	Senior Masculino	04:52:07	+02:29:38	12:10

Trail Longo

24 KM

[illegible]

OFFICIAL RESULT

[illegible]

Sub 23 Feminino

1	48	Lúcia Soares	Individual	Sub 23 Feminino	05:37:30	+03:15:01	14:04
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Veterana F40

1	129	Paula Pita	Porto de Mós a Correr	Veterana F40	03:29:21	+01:06:52	08:43
2	64	Fátima Tavares	Individual	Veterana F40	03:47:43	+01:25:15	09:29
3	21	Severina Almeida	Correio de Albergaria Trail Running	Veterana F40	03:56:37	+01:34:09	09:52
4	141	susana castro	Trail Runners Family	Veterana F40	04:00:17	+01:37:49	10:01
5	116	Raquel Vasoncelos	No Tomorrow Running Team	Veterana F40	04:05:23	+01:42:54	10:13
6	37	Catarina Romualdo	GRVilaverdense	Veterana F40	05:04:46	+02:42:17	12:42

Veterana F45

1	108	Dulce Bastos	NAC TRAIL	Veterana F45	03:23:40	+01:01:12	08:29:45
2	38	paula coto	GRVilaverdense	Veterana F45	03:48:22	+01:25:54	09:31:12
3	119	Sofia Coelho	Núcleo de Montanha de Espinho	Veterana F45	03:58:52	+01:36:24	09:57:12
4	32	ANA PISSARRA	Ginásio Fit4fun	Veterana F45	04:01:06	+01:38:37	10:03:12
5	117	Ana Barroso	No Tomorrow Running Team	Veterana F45	05:30:01	+03:07:32	13:45:12

Veterana F50

1	7	Conceição Ferreira	AZTrail/Mercentro	Veterana F50	03:37:28	+01:15:00	09:04
2	29	licinia Santos	Garças	Veterana F50	04:24:41	+02:02:13	11:02
3	28	CARMO SILVA	Garças	Veterana F50	04:24:44	+02:02:15	11:02

Veterano M40

1	77	Nelson Costa	Escola Atletismo de Coimbra	Veterano M40	02:22:28	05:56
2	110	João Alves	NAC TRAIL	Veterano M40	02:29:44	+07:15 06:14
3	8	Bruno Silva	BTT ISOLAMAIS	Veterano M40	02:34:48	+12:19 06:27
4	121	António Manuel Esteves Oliveira da Silva	OPraticante.pt	Veterano M40	02:40:38	+18:10 06:42
5	99	David Coutinho	Jobra - Associação jovens da Branca	Veterano M40	02:49:45	+27:16 07:04
6	1	Fernando Lima	NAC TRAIL	Veterano M40	02:54:36	+32:08 07:17
7	6	Antonio fernandes	Amigos do trail	Veterano M40	02:55:15	+32:46 07:18
8	139	José Rosário	Sporting club Santacruzense	Veterano M40	02:56:51	+34:23 07:22
9	122	Bruno Macedo	Os Caga Tacos Running Team	Veterano M40	03:02:04	+39:36 07:35
10	73	Jorge Lopes	Equipa A	Veterano M40	03:03:14	+40:46 07:38
11	132	Luís Costa	Runners do Demo	Veterano M40	03:12:15	+49:47 08:01
12	39	Amilcar Ramos	GRVilaverdense	Veterano M40	03:12:49	+50:21 08:02
13	72	Jorge Gomes	Individual	Veterano M40	03:14:24	+51:55 08:06

Trail Longo

24 KM

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OFFICIAL RESULT

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14	144	André Silva	Viseu Running Team	Veterano M40	03:25:33	+01:03:04	08:34
15	123	Filipe Pinho	Outlaw Runners	Veterano M40	03:41:39	+01:19:11	09:14
16	68	Emanuel Cabeça	Individual	Veterano M40	03:45:41	+01:23:13	09:24
17	41	Paulo Rocha	GRVilaverdense	Veterano M40	03:48:24	+01:25:55	09:31
18	71	Joaquim Baptista	Individual	Veterano M40	03:56:21	+01:33:53	09:51
19	142	Fernando Marques	Trail Runners Family	Veterano M40	04:00:18	+01:37:49	10:01
20	25	Alexandre Pereira	Equipa A	Veterano M40	04:01:08	+01:38:39	10:03
21	127	António Constantino Silva	Perna Manca	Veterano M40	04:12:05	+01:49:37	10:30
22	79	Rui Familiar	Individual	Veterano M40	04:12:06	+01:49:37	10:30
23	11	Manuel Guedes	C.I.A. Alpendorada	Veterano M40	04:19:59	+01:57:31	10:50
24	40	Joel Jacinto	GRVilaverdense	Veterano M40	04:23:01	+02:00:33	10:58
25	80	Sérgio Marco Medeiros Tavares	Individual	Veterano M40	04:24:44	+02:02:15	11:02
26	16	Hélder SILVA	Clube Atletismo Lamas	Veterano M40	04:25:01	+02:02:33	11:03
27	70	Hugo Pinto	Individual	Veterano M40	04:36:37	+02:14:08	11:32
28	67	Edgar Bruno Freitas Câmara	Individual	Veterano M40	04:40:40	+02:18:12	11:42
29	75	LINDOLFO JOSÉ TEIXEIRA DA COSTA SOL	Individual	Veterano M40	04:58:10	+02:35:42	12:25
30	33	PAULO CORREIA	GINÁSIO FIT4FUN	Veterano M40	05:25:50	+03:03:22	13:35
31	26	Mário Araújo	Equipa A	Veterano M40	05:31:25	+03:08:57	13:49

Veterano M45

1	135	Toze Amorim	Serviços Sociais Câmara Santa Maria Feira	Veterano M45	02:32:55	+10:27	06:22
2	84	Luis Miguel Cunha	Individual	Veterano M45	02:41:22	+18:53	06:43
3	130	Leonel Cordeiro	Porto de Mós a Correr	Veterano M45	03:08:47	+46:19	07:52
4	43	João Filipe Martelo de oliveira	GRVilaverdense	Veterano M45	03:12:48	+50:20	08:02
5	36	LUÍS PINHO	GINÁSIO FIT4FUN	Veterano M45	03:13:50	+51:22	08:05
6	87	Ricardo Rocha	Individual	Veterano M45	03:14:17	+51:48	08:06
7	83	Jorge Nunes	Individual	Veterano M45	03:47:12	+01:24:43	09:28
8	42	Carlos Palaio	GRVilaverdense	Veterano M45	03:48:23	+01:25:55	09:31
9	124	Carlos Couto	Outlaw Runners	Veterano M45	03:53:31	+01:31:02	09:44
10	125	Vitor Folgado	Outlaw Runners	Veterano M45	03:56:00	+01:33:31	09:50
11	89	sérgio pinto almeida	Individual	Veterano M45	03:56:34	+01:34:05	09:51
12	22	Humberto Almeida	Correio de Albergaria Trail Running	Veterano M45	03:57:23	+01:34:55	09:54
13	20	Silvério Oliveira dos Santos	Clube Pessoal Águas Gaia	Veterano M45	03:57:39	+01:35:10	09:54
14	98	JOSE FARO	Javalis - Amizade & Gloria	Veterano M45	04:00:13	+01:37:44	10:01
15	35	LUIS ALMEIDA	Ginásio Fit4fun	Veterano M45	04:01:05	+01:38:37	10:03
16	34	ÂNGELO PINHO	Ginásio Fit4fun	Veterano M45	04:01:06	+01:38:37	10:03
17	18	Carlos Cardoso	Clube Atletismo Lamas	Veterano M45	04:06:48	+01:44:19	10:17
18	19	Fernando Soares	Clube Campismo de S. João da Madeira	Veterano M45	04:15:06	+01:52:38	10:38
19	86	Paulo	Individual	Veterano M45	04:19:28	+01:56:59	10:49
20	17	Américo Manuel Graça Gomes	Clube Atletismo Lamas	Veterano M45	04:25:00	+02:02:31	11:03
21	81	Carlos Lancha	Individual	Veterano M45	05:04:52	+02:42:24	12:42

24 KM

OFFICIAL RESULT

[illegible]

1	92	António Pinto	Individual	Veterano M50	02:54:20	+31:51	07:16
2	90	Adriano matias dos santos lima oliveira	Individual	Veterano M50	03:14:26	+51:57	08:06
3	126	Jorge Santos	Outlaw Runners	Veterano M50	03:35:39	+01:13:10	08:59
4	133	Joaquim lobato	Running Espinho	Veterano M50	03:38:07	+01:15:39	09:05
5	96	Paulo Alexandre dos Santos Tavares	Individual	Veterano M50	03:53:35	+01:31:07	09:44
6	44	jf bugalho	GRVilaverdense	Veterano M50	03:58:50	+01:36:22	09:57
7	128	Manuel Constantino Silva	Perna Manca	Veterano M50	04:12:05	+01:49:37	10:30
8	95	Mário Costa Pereira	Individual	Veterano M50	04:14:02	+01:51:34	10:35
9	91	Antero Cunha	Individual	Veterano M50	04:27:50	+02:05:22	11:10
10	94	jose rodrigues costa	Individual	Veterano M50	05:37:34	+03:15:05	14:04

1	113	António Fernandes	NAC TRAIL	Veterano M55	03:05:54	+43:26	07:45
2	112	AGOSTINHO COSTA	NAC TRAIL	Veterano M55	03:36:35	+01:14:07	09:01
3	97	Antonio Gonçalves	Individual	Veterano M55	04:12:04	+01:49:35	10:30

1	131	Manuel Ferreira (ZOLA)	Pupilos Zé TO	Veterano M60	03:06:50	+44:22	07:47
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RANK	TEAM	DESCRIPTION	POINTS
1	NAC TRAIL	4 + 14 + 17	35
2	GRVILAVERDENSE	24 + 25 + 58	107
3	GINÁSIO FIT4FUN	26 + 27 + 75	128
4	OUTLAW RUNNERS	42 + 53 + 61	156
5	EQUIPA A	19 + 78 + 111	208
6	NO TOMORROW RUNNING TEAM	79 + 80 + 110	269
7	CLUBE ATLETISMO LAMAS	81 + 95 + 96	272

TRAIL CURTO - STAGE 1

15 KM

[illegible][illegible]

OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	12:47	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	522	Paulo pinto	aztrail/mercentro	Veterano M40	01:18:26		05:14
2	676	Alex Tondela	montanha clube trail running/efapel	Veterano M40	01:18:32	+00:05	05:14
3	540	Domingos Vieira	bunheiro runners	Senior Masculino	01:19:06	+00:40	05:16
4	559	Ivan Silva	edv viana trail	Veterano M40	01:19:34	+01:07	05:18
5	671	Abílio Ribeiro	lusitanos	Veterano M45	01:26:07	+07:40	05:44
6	586	Bruno Gonçalves	grvilaverdense	Senior Masculino	01:27:01	+08:34	05:48
7	547	Rui souza	centro ciclista de gondomar	Veterano M45	01:31:02	+12:35	06:04
8	685	Sérgio Fernando Pereira Marques Lourenço	opraticante.pt	Veterano M45	01:31:02	+12:35	06:04
9	535	Jorge queiros	bravos&bravitas	Veterano M40	01:34:44	+16:17	06:19
10	592	Alex Silva	grvilaverdense	Veterano M40	01:35:37	+17:11	06:23
11	663	José Rodrigues de Almeida	individual	Veterano M55	01:35:40	+17:13	06:23
12	668	Nelson Pires	lusitanos	Senior Masculino	01:37:15	+18:49	06:29
13	537	Ricardo Silva	bravos&bravitas	Senior Masculino	01:37:54	+19:27	06:32
14	672	Adriano Oliveira	lusitanos	Veterano M45	01:37:58	+19:31	06:32
15	625	RUI FIGUEIREDO	individual	Senior Masculino	01:38:01	+19:34	06:32
16	569	Henrique Silva	fiaes running	Veterano M45	01:38:03	+19:37	06:32
17	593	João Loureiro	grvilaverdense	Veterano M40	01:39:35	+21:09	06:38
18	681	José Valente	nac trail	Senior Masculino	01:41:22	+22:55	06:46
19	501	Pedro Guimaraes	#letsrunazores	Veterano M50	01:41:26	+22:59	06:46
20	610	Daniel Santos	individual	Senior Masculino	01:42:48	+24:21	06:51
21	715	Miguel Silva	sentir escariz running	Senior Masculino	01:44:09	+25:42	06:57
22	568	Sergio Costa	fiaes running	Veterano M40	01:44:10	+25:44	06:57
23	525	Marcelo Fernandes	bravos&bravitas	Veterano M50	01:45:33	+27:06	07:02
24	719	Fernando Brandão	sentir escariz running	Veterano M45	01:46:00	+27:33	07:04
25	520	Ricardo Tavares	as belas e eles	Senior Masculino	01:46:02	+27:35	07:04
26	670	Rui Rosas	lusitanos	Veterano M40	01:46:05	+27:38	07:04
27	513	LEANDRO MATOS	amigos do trail	Veterano M40	01:46:18	+27:51	07:05
28	514	LUIS GONÇALVES	amigos do trail	Veterano M40	01:46:18	+27:51	07:05
29	722	Manuel Bastos	trail running clube btt de sanguedo	Veterano M45	01:46:26	+27:59	07:06
30	530	Rui Teixeira	bravos&bravitas	Senior Masculino	01:46:32	+28:05	07:06
31	597	Nelson Azenha	grvilaverdense	Veterano M45	01:46:45	+28:19	07:07
32	673	Paulo Azevedo	lusitanos	Veterano M50	01:46:47	+28:20	07:07
33	549	Paulo Silva	centro desportivo e cultural de são martinho da gândara	Veterano M45	01:46:52	+28:25	07:08
34	545	Bruno Vidinha	caldas s. jorge sport clube	Senior Masculino	01:46:58	+28:31	07:08
35	578	Carina Pinho	ginásio fit4fun	Senior Feminino	01:46:58	+28:32	07:08
36	516	Paulo Pinto	arasm - associação recreativa de s. miguel	Veterano M40	01:47:08	+28:41	07:09
37	515	Zenaide Alves	arasm - associação recreativa de s. miguel	Veterana F45	01:47:08	+28:41	07:09
38	512	PEDRO SILVA	amigos do trail	Senior Masculino	01:47:10	+28:43	07:09
39	659	José Nunes	individual	Veterano M50	01:47:38	+29:11	07:11
40	606	Palmira Vieira	individual	Senior Feminino	01:48:13	+29:46	07:13
41	650	Manuel Couto	individual	Veterano M45	01:48:14	+29:47	07:13

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	548	António Miguel Bastos Santos	centro desportivo e cultural de são martinho da gândara	Veterano M40	01:48:24	+29:57	07:14
43	656	Agostinho Alves	individual	Veterano M50	01:48:35	+30:08	07:14
44	519	Ricardo Magalhães	as belas e eles	Senior Masculino	01:48:40	+30:13	07:15
45	546	Ramiro Silva	caldas s. jorge sport clube	Veterano M50	01:48:53	+30:26	07:16
46	601	Manuel Fernandes	grvilaverdense	Veterano M60	01:48:57	+30:30	07:16
47	505	Joao Pedro Sousa Matos	100juizo runners	Senior Masculino	01:48:58	+30:31	07:16
48	664	Constantino vieira	individual	Veterano M60	01:49:08	+30:42	07:17
49	710	Vânia Relvas	sentir escariz running	Senior Feminino	01:49:25	+30:58	07:18
50	504	João Miguel Tavares Garrido	100juizo runners	Senior Masculino	01:49:27	+31:00	07:18
51	711	Cláudio Moreira	sentir escariz running	Senior Masculino	01:49:31	+31:04	07:18
52	527	Nuno Teixeira	bravos&bravitas	Senior Masculino	01:50:36	+32:10	07:22
53	639	Jorge Quental	individual	Veterano M40	01:51:22	+32:55	07:26
54	620	Pedro Lopes	individual	Senior Masculino	01:51:23	+32:56	07:26
55	557	Daniel Costa	dci mealhada	Veterano M45	01:52:08	+33:41	07:29
56	611	Diogo Silva	individual	Senior Masculino	01:52:53	+34:27	07:32
57	622	Ricardo Pereira	individual	Senior Masculino	01:53:10	+34:43	07:33
58	587	Alexandra Maia	grvilaverdense	Veterana F40	01:53:50	+35:23	07:35
59	595	Herminio Almeida	grvilaverdense	Veterano M45	01:53:51	+35:24	07:35
60	598	Paulo Pereira	grvilaverdense	Veterano M45	01:53:51	+35:24	07:35
61	612	Fábio Moreira Almeida	individual	Senior Masculino	01:54:27	+36:00	07:38
62	655	Viriato Manuel Ferreira Dias	individual	Veterano M45	01:55:07	+36:41	07:41
63	539	Paulo Bastos	btt isolamais	Veterano M40	01:55:16	+36:49	07:41
64	714	João Silva	sentir escariz running	Senior Masculino	01:55:44	+37:18	07:43
65	528	Pedro oliveira	bravos&bravitas	Senior Masculino	01:56:07	+37:40	07:44
66	689	Raul Leite	os alminhas	Senior Masculino	01:56:14	+37:47	07:45
67	692	Manuel Moura	os barriguitas	Veterano M60	01:57:30	+39:03	07:50
68	621	ricardo FILIPE REBELO LOUREIRO	individual	Senior Masculino	01:57:35	+39:08	07:50
69	594	Vitor Santos	grvilaverdense	Veterano M40	01:57:53	+39:26	07:52
70	647	Francisco Araujo	individual	Veterano M45	01:57:56	+39:29	07:52
71	654	Telmo Rui Aguiar Leite	individual	Veterano M45	01:57:58	+39:32	07:52
72	646	Carlos Augusto Martins da Silva	individual	Veterano M45	01:57:59	+39:32	07:52
73	511	VERA PINHO	amigos do trail	Senior Feminino	01:58:15	+39:48	07:53
74	523	Carlos Fernandes	aztrail/mercentro	Veterano M45	01:59:29	+41:02	07:58
75	585	Gaspar Araujo	grc telhadela	Veterano M40	02:00:05	+41:38	08:00
76	697	Lino Cunha Moreira	os turbomula	Veterano M60	02:00:13	+41:46	08:01
77	728	Luis Marques	trilhados	Senior Masculino	02:04:14	+45:48	08:17
78	727	David Aguiar	trilhados	Senior Masculino	02:04:14	+45:48	08:17
79	561	Silvia Batista	fiaes running	Veterana F45	02:04:59	+46:33	08:20
80	644	Valério Saleiro	individual	Veterano M40	02:05:47	+47:20	08:23
81	603	Carina Gouveia	individual	Senior Feminino	02:05:49	+47:22	08:23
82	706	Ana Cabral	sentir escariz running	Senior Feminino	02:06:01	+47:35	08:24
83	575	Brigite Geria Campos	gear up	Veterana F45	02:06:06	+47:39	08:24
84	533	Dorinda Gomes	bravos&bravitas	Veterana F45	02:06:38	+48:12	08:27
85	726	Carlos Freitas	trilhados	Senior Masculino	02:06:42	+48:15	08:27

TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	716	Flora Santos	sentir escariz running	Veterana F40	02:07:03	+48:37	08:28
87	524	Patricia Santos	bravos&bravitas	Senior Feminino	02:07:05	+48:38	08:28
88	723	Diana Pereira	trailerz	Senior Feminino	02:07:10	+48:43	08:29
89	584	FILIPE PEREIRA	grc telhadela	Veterano M40	02:07:10	+48:43	08:29
90	510	Carlos Daniel Brandão	7down	Senior Masculino	02:08:05	+49:39	08:32
91	583	Carlos Campos	grc telhadela	Senior Masculino	02:09:19	+50:52	08:37
92	674	Susana Martins	mimosa runners	Veterana F45	02:09:21	+50:54	08:37
93	675	José Pinho	mimosa runners	Veterano M45	02:09:21	+50:54	08:37
94	596	João Namora	grvilaverdense	Veterano M45	02:09:24	+50:58	08:38
95	508	Ana Catarina Ventura Silva	7down	Senior Feminino	02:09:25	+50:59	08:38
96	509	Erica Alexandra Godinho Gonçalves	7down	Senior Feminino	02:09:25	+50:59	08:38
97	562	Fábio Santos	fiaes running	Senior Masculino	02:10:29	+52:02	08:42
98	534	Bastos	bravos&bravitas	Veterano M40	02:10:44	+52:17	08:43
99	571	Filipe Ribeiro	filipe ribeiro	Veterano M40	02:10:45	+52:18	08:43
100	627	Vitor Hugo Tavares Almeida	individual	Senior Masculino	02:10:47	+52:21	08:43
101	554	Flávio Soares	clube atletismo lamas	Veterano M40	02:11:06	+52:39	08:44
102	683	Tália Alexandra Ferreira Martins.	nac trail	Veterana F50	02:11:21	+52:55	08:45
103	642	Ricardo Ferreira	individual	Veterano M40	02:11:25	+52:58	08:46
104	502	Ana Mafalda PEreira	100juizo runners	Senior Feminino	02:11:28	+53:02	08:46
105	729	Micael Marques	viseu running team	Senior Masculino	02:11:34	+53:07	08:46
106	615	Jorge Daniel da Silva Gonçalves	individual	Senior Masculino	02:12:23	+53:56	08:50
107	526	Daniel Oliveira	bravos&bravitas	Senior Masculino	02:12:39	+54:12	08:51
108	712	Diogo Moreira	sentir escariz running	Senior Masculino	02:12:39	+54:12	08:51
109	529	Ricardo santos	bravos&bravitas	Senior Masculino	02:12:40	+54:13	08:51
110	688	Pedro Lopes	os alminhas	Senior Masculino	02:12:52	+54:25	08:51
111	653	Pedro Pombal	individual	Veterano M45	02:13:59	+55:33	08:56
112	669	Luis Silva	lusitanos	Veterano M40	02:14:08	+55:41	08:57
113	667	João Costa	lusitanos	Senior Masculino	02:14:08	+55:42	08:57
114	640	Jorge Tavares	individual	Veterano M40	02:15:10	+56:43	09:01
115	682	Florbela Marques Queiros	nac trail	Veterana F40	02:15:12	+56:46	09:01
116	556	Mário Tavares	correo de albergaria trail running	Veterano M45	02:15:13	+56:46	09:01
117	536	Mike Miguel ferreira	bravos&bravitas	Veterano M45	02:15:14	+56:47	09:01
118	718	Mário Pinho	sentir escariz running	Veterano M40	02:18:26	+59:59	09:14
119	705	Luís Azevedo	sentir escariz running	Junior Masculino	02:18:54	+01:00:27	09:16
120	617	Marco Paiva	individual	Senior Masculino	02:19:16	+01:00:49	09:17
121	618	Micael Ferreira Nogueira	individual	Senior Masculino	02:19:16	+01:00:49	09:17
122	609	Bruno Sousa	individual	Senior Masculino	02:19:49	+01:01:22	09:19
123	760	RITA AGUIAR	ginásio fit4fun	Sub 23 Feminino	02:20:39	+01:02:12	09:23
124	709	Patrícia Amorim	sentir escariz running	Senior Feminino	02:20:46	+01:02:19	09:23
125	572	Alexandre Ferreira	gansos	Veterano M45	02:20:58	+01:02:31	09:24
126	573	Rui Machado	gansos	Veterano M50	02:20:59	+01:02:32	09:24
127	635	Célia Alexandra de Aguiar Pereira da Silva	individual	Veterana F45	02:21:08	+01:02:41	09:25

TRAIL CURTO - STAGE 1

15 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
128	724	Joaquim Norberto Alves das Neves	trepatrihos trail team	Senior Masculino	02:21:20	+01:02:53	09:25
129	690	Mario Neves	os alminhas	Veterano M40	02:21:36	+01:03:09	09:26
130	604	Daniela Ferreira	individual	Senior Feminino	02:21:37	+01:03:11	09:27
131	624	Ricardo Silva	individual	Senior Masculino	02:21:38	+01:03:11	09:27
132	616	José Fernando Mendes dos Santos	individual	Senior Masculino	02:21:39	+01:03:12	09:27
133	720	Dorinda Ribeiro Sousa	sportarc.running	Veterana F45	02:21:59	+01:03:32	09:28
134	631	Isabel Pinho	individual	Veterana F40	02:21:59	+01:03:32	09:28
135	721	Luísa Brandão Soares	sportarc.running	Veterana F45	02:21:59	+01:03:32	09:28
136	614	João Conceição	individual	Senior Masculino	02:22:46	+01:04:19	09:31
137	613	Hélder José Oliveira Lopes	individual	Senior Masculino	02:22:47	+01:04:20	09:31
138	544	Sofia Santos	c.d.c. paradela	Senior Feminino	02:22:55	+01:04:28	09:32
139	541	Helena Isabel Amador Oliveira Pereira	bunheiro runners	Senior Feminino	02:23:06	+01:04:39	09:32
140	660	Manuel Firmino Martins Soares	individual	Veterano M50	02:24:23	+01:05:56	09:38
141	704	Carlos Martins	race team - aveiro	Veterano M50	02:26:04	+01:07:37	09:44
142	538	Rui Manuel Soares	btt isolamais	Veterano M45	02:26:14	+01:07:47	09:45
143	506	João Tiago dos Santos de Sousa	100juizo runners	Sub 23 Masculino	02:26:25	+01:07:58	09:46
144	503	João André de Oliveira	100juizo runners	Senior Masculino	02:26:25	+01:07:59	09:46
145	599	Pedro Lopes	grvilaverdense	Veterano M45	02:26:44	+01:08:17	09:47
146	658	António Manuel dos Santos Couto	individual	Veterano M50	02:28:11	+01:09:44	09:53
147	607	Adriano Jardim Bernardino	individual	Senior Masculino	02:28:46	+01:10:19	09:55
148	707	Jessica Gouveia	sentir escariz running	Junior Feminino	02:28:47	+01:10:21	09:55
149	134	Alcino Gouveia	sentir escariz running	Veterano M45	02:28:49	+01:10:22	09:55
150	686	Jaime Azevedo	os alminhas	Senior Masculino	02:30:34	+01:12:08	10:02
151	605	Mónica Fernandes Silva	individual	Senior Feminino	02:30:58	+01:12:31	10:04
152	638	Silvia Pedro	individual	Veterana F50	02:32:04	+01:13:37	10:08
153	532	Sonia queiros	bravos&bravitas	Veterana F40	02:32:46	+01:14:19	10:11
154	600	José Guerra	grvilaverdense	Veterano M60	02:33:22	+01:14:55	10:13
155	588	Fátima Oliveira	grvilaverdense	Veterana F40	02:33:22	+01:14:55	10:13
156	521	Lurdes Moreira	as belas e eles	Veterana F40	02:33:38	+01:15:11	10:15
157	687	Nuno Silva	os alminhas	Senior Masculino	02:34:45	+01:16:18	10:19
158	691	Gino Ginelli	os alminhas	Veterano M45	02:34:46	+01:16:19	10:19
159	574	Cláudia Raquel Santos Simoes	gear up	Veterana F40	02:35:32	+01:17:06	10:22
160	717	Sandra Oliveira	sentir escariz running	Veterana F45	02:40:54	+01:22:27	10:44
161	713	Diogo Oliveira	sentir escariz running	Senior Masculino	02:40:54	+01:22:28	10:44
162	577	Ana Carolina Coutinho	ginásio fit4fun	Senior Feminino	02:40:56	+01:22:29	10:44
163	702	sandra oliveira	pammicos	Senior Feminino	02:41:19	+01:22:53	10:45
164	703	jorge oliveira	pammicos	Veterano M40	02:41:19	+01:22:53	10:45
165	507	Marta Carmo	100juizo runners	Senior Masculino	02:42:19	+01:23:52	10:49
166	678	Marisa Gonçalves	nac trail	Senior Feminino	02:43:31	+01:25:04	10:54
167	679	Bruno Bastos	nac trail	Senior Masculino	02:43:42	+01:25:15	10:55
168	555	Paulo Melo	clube atletismo lamas	Veterano M45	02:44:12	+01:25:45	10:57
169	582	CLAUDIA CARVALHEIRA	ginásio fit4fun	Veterana F45	02:44:22	+01:25:56	10:58

TRAIL CURTO - STAGE 1

15 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
170	680	Ivo Pais	nac trail	Senior Masculino	02:47:23	+01:28:57	11:10
171	665	Jorge Masculino Pais	individual	Veterano M60	02:47:24	+01:28:57	11:10
172	581	PATRÍCIA MONTEIRO	ginásio fit4fun	Veterana F40	02:48:05	+01:29:39	11:12
173	590	Fátima Alemão	grvilaverdense	Veterana F55	02:48:32	+01:30:05	11:14
174	567	Virginia Moreira	fiaes running	Veterana F45	02:48:38	+01:30:11	11:15
175	652	Paulo Jorge Tavares Gomes	individual	Veterano M45	02:50:55	+01:32:28	11:24
176	591	Fátima Cabeço	grvilaverdense	Veterana F55	02:56:45	+01:38:18	11:47
177	645	Álvaro Cairrão	individual	Veterano M45	03:00:10	+01:41:43	12:01
178	630	Fátima de Jesus Lima Ribeiro	individual	Veterana F40	03:00:27	+01:42:00	12:02
179	629	Carla Susana Pereira Ferreira	individual	Veterana F40	03:00:27	+01:42:01	12:02
180	677	JOANA RAFAELA CORREIA FERNANDES	nac trail	Senior Feminino	03:01:39	+01:43:13	12:07
181	662	Jose Almeida	individual	Veterano M55	03:03:52	+01:45:25	12:15
182	694	Andreia Valente	os caga tacos running team	Senior Feminino	03:06:05	+01:47:38	12:24
183	725	José Dara	trepatrihos trail team	Veterano M60	03:07:47	+01:49:20	12:31
184	553	Teresa Tavares	clube atletismo lamas	Veterana F45	03:08:53	+01:50:26	12:36
185	551	Marlene Ferreira	clube atletismo lamas	Veterana F40	03:08:53	+01:50:26	12:36
186	552	Samanta Maia	clube atletismo lamas	Veterana F40	03:08:53	+01:50:27	12:36
187	628	Carla Cristina da Silva Oliveira	individual	Veterana F40	03:08:54	+01:50:27	12:36
188	517	Carla Barbosa	as belas e eles	Senior Feminino	03:11:39	+01:53:12	12:47
189	518	Cátia Silva	as belas e eles	Senior Feminino	03:11:39	+01:53:12	12:47
190	700	Veronica Sampaio	outlaw runners	Veterana F40	03:13:07	+01:54:40	12:53
191	698	Cláudia Dias	outlaw runners	Senior Feminino	03:13:07	+01:54:40	12:53
192	701	Sterling Bolivar	outlaw runners	Veterano M40	03:13:08	+01:54:41	12:53
193	589	Fernanda Freitas	grvilaverdense	Veterana F45	03:13:08	+01:54:41	12:53
194	570	PEDRO ALMEIDA	fiaes sport clube	Veterano M40	03:13:09	+01:54:42	12:53
195	565	Andreia Regal	fiaes running	Veterana F40	03:14:00	+01:55:33	12:56
196	566	Cecília Pinto	fiaes running	Veterana F45	03:14:01	+01:55:34	12:56
197	531	Vitor Manuel Ferreira Dias	bravos&bravitas	Senior Masculino	03:14:02	+01:55:36	12:56
198	699	Erika Jesus	outlaw runners	Veterana F40	03:24:29	+02:06:02	13:38
199	695	Rosinda Macedo	os caga tacos running team	Veterana F55	03:24:32	+02:06:05	13:38
200	693	Andreia Macedo	os caga tacos running team	Senior Feminino	03:24:32	+02:06:05	13:38
201	637	Luisa Silva	individual	Veterana F45	03:27:17	+02:08:50	13:49
202	636	Julieta Vidal	individual	Veterana F45	03:27:17	+02:08:50	13:49
203	651	Miguel Sá	individual	Veterano M45	03:27:17	+02:08:50	13:49
204	633	Rosa Silva	individual	Veterana F40	03:27:17	+02:08:50	13:49
205	602	Ana Miguel	individual	Senior Feminino	03:27:17	+02:08:50	13:49
206	648	João Paulo Félix	individual	Veterano M45	03:37:30	+02:19:03	14:30

Trail Curto

15 KM

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OFFICIAL RESULT

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REVISED

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	12:47	-99°C	-99%

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

1	707	Jessica Gouveia	Sentir Escariz running	Junior Feminino	02:28:47	+01:10:21	09:55
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Junior Masculino

1	705	Luís Azevedo	Sentir Escariz running	Junior Masculino	02:18:54	+01:00:27	09:16
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Senior Feminino

1	578	Carina Pinho	GINÁSIO FIT4FUN	Senior Feminino	01:46:58	+28:32	07:08
2	606	Palmira Vieira	Individual	Senior Feminino	01:48:13	+29:46	07:13
3	710	Vânia Relvas	Sentir Escariz running	Senior Feminino	01:49:25	+30:58	07:18
4	511	VERA PINHO	AMIGOS DO TRAIL	Senior Feminino	01:58:15	+39:48	07:53
5	603	Carina Gouveia	Individual	Senior Feminino	02:05:49	+47:22	08:23
6	706	Ana Cabral	Sentir Escariz running	Senior Feminino	02:06:01	+47:35	08:24
7	524	Patrícia Santos	Bravos&Bravitas	Senior Feminino	02:07:05	+48:38	08:28
8	723	Diana Pereira	Trailerz	Senior Feminino	02:07:10	+48:43	08:29
9	508	Ana Catarina Ventura Silva	7down	Senior Feminino	02:09:25	+50:59	08:38
10	509	Erica Alexandra Godinho Gonçalves	7down	Senior Feminino	02:09:25	+50:59	08:38
11	502	Ana Mafalda PEreira	100JUIZO RUNNERS	Senior Feminino	02:11:28	+53:02	08:46
12	709	Patrícia Amorim	Sentir Escariz running	Senior Feminino	02:20:46	+01:02:19	09:23
13	604	Daniela Ferreira	Individual	Senior Feminino	02:21:37	+01:03:11	09:27
14	544	Sofia Santos	C.D.C. Paradela	Senior Feminino	02:22:55	+01:04:28	09:32
15	541	Helena Isabel Amador Oliveira Pereira	Bunheiro Runners	Senior Feminino	02:23:06	+01:04:39	09:32
16	605	Mónica Fernandes Silva	Individual	Senior Feminino	02:30:58	+01:12:31	10:04
17	577	Ana Carolina Coutinho	Ginásio Fit4fun	Senior Feminino	02:40:56	+01:22:29	10:44
18	702	sandra oliveira	PamMicos	Senior Feminino	02:41:19	+01:22:53	10:45
19	678	Marisa Gonçalves	NAC TRAIL	Senior Feminino	02:43:31	+01:25:04	10:54
20	677	JOANA RAFAELA CORREIA FERNANDES	NAC TRAIL	Senior Feminino	03:01:39	+01:43:13	12:07
21	694	Andreia Valente	Os Caga Tacos Running Team	Senior Feminino	03:06:05	+01:47:38	12:24
22	517	Carla Barbosa	As Belas e Eles	Senior Feminino	03:11:39	+01:53:12	12:47
23	518	Cátia Silva	As Belas e Eles	Senior Feminino	03:11:39	+01:53:12	12:47
24	698	Cláudia Dias	Outlaw Runners	Senior Feminino	03:13:07	+01:54:40	12:53
25	693	Andreia Macedo	Os Caga Tacos Running Team	Senior Feminino	03:24:32	+02:06:05	13:38
26	602	Ana Miguel	Individual	Senior Feminino	03:27:17	+02:08:50	13:49

Trail Curto

15 KM

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OFFICIAL RESULT

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REVISED

Senior Masculino

1	540	Domingos Vieira	Bunheiro Runners	Senior Masculino	01:19:06	+00:40	05:16
2	586	Bruno Gonçalves	GRVilaverdense	Senior Masculino	01:27:01	+08:34	05:48
3	668	Nelson Pires	Lusitanos	Senior Masculino	01:37:15	+18:49	06:29
4	537	Ricardo Silva	Bravos&Bravitas	Senior Masculino	01:37:54	+19:27	06:32
5	625	RUI FIGUEIREDO	Individual	Senior Masculino	01:38:01	+19:34	06:32
6	681	José Valente	NAC TRAIL	Senior Masculino	01:41:22	+22:55	06:46
7	610	Daniel Santos	Individual	Senior Masculino	01:42:48	+24:21	06:51
8	715	Miguel Silva	Sentir Escariz running	Senior Masculino	01:44:09	+25:42	06:57
9	520	Ricardo Tavares	As Belas e Eles	Senior Masculino	01:46:02	+27:35	07:04
10	530	Rui Teixeira	Bravos&Bravitas	Senior Masculino	01:46:32	+28:05	07:06
11	545	Bruno Vidinha	Caldas S. Jorge Sport Clube	Senior Masculino	01:46:58	+28:31	07:08
12	512	PEDRO SILVA	AMIGOS DO TRAIL	Senior Masculino	01:47:10	+28:43	07:09
13	519	Ricardo Magalhães	As Belas e Eles	Senior Masculino	01:48:40	+30:13	07:15
14	505	Joao Pedro Sousa Matos	100JUIZO RUNNERS	Senior Masculino	01:48:58	+30:31	07:16
15	504	João Miguel Tavares Garrido	100JUIZO RUNNERS	Senior Masculino	01:49:27	+31:00	07:18
16	711	Cláudio Moreira	Sentir Escariz running	Senior Masculino	01:49:31	+31:04	07:18
17	527	Nuno Teixeira	Bravos&Bravitas	Senior Masculino	01:50:36	+32:10	07:22
18	620	Pedro Lopes	Individual	Senior Masculino	01:51:23	+32:56	07:26
19	611	Diogo Silva	Individual	Senior Masculino	01:52:53	+34:27	07:32
20	622	Ricardo Pereira	Individual	Senior Masculino	01:53:10	+34:43	07:33
21	612	Fábio Moreira Almeida	Individual	Senior Masculino	01:54:27	+36:00	07:38
22	714	João Silva	Sentir Escariz running	Senior Masculino	01:55:44	+37:18	07:43
23	528	Pedro oliveira	Bravos&Bravitas	Senior Masculino	01:56:07	+37:40	07:44
24	689	Raul Leite	Os Alminhas	Senior Masculino	01:56:14	+37:47	07:45
25	621	ricardo FILIPE REBELO LOUREIRO	Individual	Senior Masculino	01:57:35	+39:08	07:50
26	728	Luis Marques	Trilhados	Senior Masculino	02:04:14	+45:48	08:17
27	727	David Aguiar	Trilhados	Senior Masculino	02:04:14	+45:48	08:17
28	726	Carlos Freitas	Trilhados	Senior Masculino	02:06:42	+48:15	08:27
29	510	Carlos Daniel Brandão	7down	Senior Masculino	02:08:05	+49:39	08:32
30	583	Carlos Campos	GRC Telhadela	Senior Masculino	02:09:19	+50:52	08:37
31	562	Fábio Santos	Fiaes Running	Senior Masculino	02:10:29	+52:02	08:42
32	627	Vitor Hugo Tavares Almeida	Individual	Senior Masculino	02:10:47	+52:21	08:43
33	729	Micael Marques	Viseu Running Team	Senior Masculino	02:11:34	+53:07	08:46
34	615	Jorge Daniel da Silva Gonçalves	Individual	Senior Masculino	02:12:23	+53:56	08:50
35	526	Daniel Oliveira	Bravos&Bravitas	Senior Masculino	02:12:39	+54:12	08:51
36	712	Diogo Moreira	Sentir Escariz running	Senior Masculino	02:12:39	+54:12	08:51
37	529	Ricardo santos	Bravos&Bravitas	Senior Masculino	02:12:40	+54:13	08:51
38	688	Pedro Lopes	Os Alminhas	Senior Masculino	02:12:52	+54:25	08:51
39	667	João Costa	Lusitanos	Senior Masculino	02:14:08	+55:42	08:57
40	617	Marco Paiva	Individual	Senior Masculino	02:19:16	+01:00:49	09:17
41	618	Micael Ferreira Nogueira	Individual	Senior Masculino	02:19:16	+01:00:49	09:17
42	609	Bruno Sousa	Individual	Senior Masculino	02:19:49	+01:01:22	09:19
43	724	Joaquim Norberto Alves das Neves	TrepaTrilhos Trail Team	Senior Masculino	02:21:20	+01:02:53	09:25
44	624	Ricardo Silva	Individual	Senior Masculino	02:21:38	+01:03:11	09:27

Official Timekeeper: Lap2Go	2 / 6	generate 27-mai-2019 13:00
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Trail Curto

15 KM



OFFICIAL RESULT

45	616	José Fernando Mendes dos Santos	Individual	Senior Masculino	02:21:39	+01:03:12	09:27
46	614	João Conceição	Individual	Senior Masculino	02:22:46	+01:04:19	09:31
47	613	Hélder José Oliveira Lopes	Individual	Senior Masculino	02:22:47	+01:04:20	09:31
48	503	João André de Oliveira	100JUIZO RUNNERS	Senior Masculino	02:26:25	+01:07:59	09:46
49	607	Adriano Jardim Bernardino	Individual	Senior Masculino	02:28:46	+01:10:19	09:55
50	686	Jaime Azevedo	Os Alminhas	Senior Masculino	02:30:34	+01:12:08	10:02
51	687	Nuno Silva	Os Alminhas	Senior Masculino	02:34:45	+01:16:18	10:19
52	713	Diogo Oliveira	Sentir Escariz running	Senior Masculino	02:40:54	+01:22:28	10:44
53	507	Marta Carmo	100JUIZO RUNNERS	Senior Masculino	02:42:19	+01:23:52	10:49
54	679	Bruno Bastos	NAC TRAIL	Senior Masculino	02:43:42	+01:25:15	10:55
55	680	Ivo Pais	NAC TRAIL	Senior Masculino	02:47:23	+01:28:57	11:10
56	531	Vitor Manuel Ferreira Dias	Bravos&Bravitas	Senior Masculino	03:14:02	+01:55:36	12:56

Sub 23 Feminino

1	760	RITA AGUIAR	GINÁSIO FIT4FUN	Sub 23 Feminino	02:20:39	+01:02:12	09:23
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Sub 23 Masculino

1	506	João Tiago dos Santos de Sousa	100JUIZO RUNNERS	Sub 23 Masculino	02:26:25	+01:07:58	09:46
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Veterana F40

1	587	Alexandra Maia	GRVilaverdense	Veterana F40	01:53:50	+35:23	07:35
2	716	Flora Santos	Sentir Escariz running	Veterana F40	02:07:03	+48:37	08:28
3	682	Florbela Marques Queiros	NAC TRAIL	Veterana F40	02:15:12	+56:46	09:01
4	631	Isabel Pinho	Individual	Veterana F40	02:21:59	+01:03:32	09:28
5	532	Sonia queiros	Bravos&bravitas	Veterana F40	02:32:46	+01:14:19	10:11
6	588	Fátima Oliveira	GRVilaverdense	Veterana F40	02:33:22	+01:14:55	10:13
7	521	Lurdes Moreira	As Belas e Eles	Veterana F40	02:33:38	+01:15:11	10:15
8	574	Cláudia Raquel Santos Simoes	Gear up	Veterana F40	02:35:32	+01:17:06	10:22
9	581	PATRÍCIA MONTEIRO	GINÁSIO FIT4FUN	Veterana F40	02:48:05	+01:29:39	11:12
10	630	Fátima de Jesus Lima Ribeiro	Individual	Veterana F40	03:00:27	+01:42:00	12:02
11	629	Carla Susana Pereira Ferreira	Individual	Veterana F40	03:00:27	+01:42:01	12:02
12	551	Marlene Ferreira	Clube Atletismo Lamas	Veterana F40	03:08:53	+01:50:26	12:36
13	552	Samanta Maia	Clube Atletismo Lamas	Veterana F40	03:08:53	+01:50:27	12:36
14	628	Carla Cristina da Silva Oliveira	Individual	Veterana F40	03:08:54	+01:50:27	12:36
15	700	Veronica Sampaio	Outlaw Runners	Veterana F40	03:13:07	+01:54:40	12:53
16	565	Andreia Regal	Fiaes Running	Veterana F40	03:14:00	+01:55:33	12:56
17	699	Erika Jesus	Outlaw Runners	Veterana F40	03:24:29	+02:06:02	13:38
18	633	Rosa Silva	Individual	Veterana F40	03:27:17	+02:08:50	13:49

Trail Curto

15 KM

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OFFICIAL RESULT

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REVISED

Veterana F45

1	515	Zenaide Alves	ARSM - Associação Recreativa de S. Miguel	Veterana F45	01:47:08	+28:41	07:09
2	561	Silvia Batista	Fiaes Running	Veterana F45	02:04:59	+46:33	08:20
3	575	Brigite Geria Campos	Gear up	Veterana F45	02:06:06	+47:39	08:24
4	533	Dorinda Gomes	Bravos&Bravitas	Veterana F45	02:06:38	+48:12	08:27
5	674	Susana Martins	MIMOSA RUNNERS	Veterana F45	02:09:21	+50:54	08:37
6	635	Célia Alexandra de Aguiar Pereira da Silva	Individual	Veterana F45	02:21:08	+01:02:41	09:25
7	720	Dorinda Ribeiro Sousa	Sportarc.running	Veterana F45	02:21:59	+01:03:32	09:28
8	721	Luísa Brandão Soares	Sportarc.running	Veterana F45	02:21:59	+01:03:32	09:28
9	717	Sandra Oliveira	Sentir Escariz running	Veterana F45	02:40:54	+01:22:27	10:44
10	582	CLAUDIA CARVALHEIRA	GINÁSIO FIT4FUN	Veterana F45	02:44:22	+01:25:56	10:58
11	567	Virginia Moreira	Fiaes Running	Veterana F45	02:48:38	+01:30:11	11:15
12	553	Teresa Tavares	Clube Atletismo Lamas	Veterana F45	03:08:53	+01:50:26	12:36
13	589	Fernanda Freitas	GRVilaverdense	Veterana F45	03:13:08	+01:54:41	12:53
14	566	Cecília Pinto	Fiaes Running	Veterana F45	03:14:01	+01:55:34	12:56
15	637	Luisa Silva	Individual	Veterana F45	03:27:17	+02:08:50	13:49
16	636	Julieta Vidal	Individual	Veterana F45	03:27:17	+02:08:50	13:49

Veterana F50

1	683	Tália Alexandra Ferreira Martins.	NAC TRAIL	Veterana F50	02:11:21	+52:55	08:45
2	638	Silvia Pedro	Individual	Veterana F50	02:32:04	+01:13:37	10:08

Veterana F55

1	590	Fátima Alemão	GRVilaverdense	Veterana F55	02:48:32	+01:30:05	11:14
2	591	Fátima Cabeço	GRVilaverdense	Veterana F55	02:56:45	+01:38:18	11:47
3	695	Rosinda Macedo	Os Caga Tacos Running Team	Veterana F55	03:24:32	+02:06:05	13:38

Veterano M40

1	522	Paulo pinto	AZTrail/Mercentro	Veterano M40	01:18:26	05:14
2	676	Alex Tondela	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Veterano M40	01:18:32	+00:05 05:14
3	559	Ivan Silva	EDV Viana Trail	Veterano M40	01:19:34	+01:07 05:18
4	535	Jorge queiros	Bravos&bravitas	Veterano M40	01:34:44	+16:17 06:19
5	592	Alex Silva	GRVilaverdense	Veterano M40	01:35:37	+17:11 06:23
6	593	João Loureiro	GRVilaverdense	Veterano M40	01:39:35	+21:09 06:38
7	568	Sergio Costa	Fiaes Running	Veterano M40	01:44:10	+25:44 06:57
8	670	Rui Rosas	Lusitanos	Veterano M40	01:46:05	+27:38 07:04
9	513	LEANDRO MATOS	AMIGOS DO TRAIL	Veterano M40	01:46:18	+27:51 07:05
10	514	LUIS GONÇALVES	AMIGOS DO TRAIL	Veterano M40	01:46:18	+27:51 07:05

Trail Curto

15 KM

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OFFICIAL RESULT

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11	516	Paulo Pinto	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:47:08	+28:41	07:09
12	548	António Miguel Bastos Santos	Centro Desportivo e Cultural de São Martinho da Gândara	Veterano M40	01:48:24	+29:57	07:14
13	639	Jorge Quental	Individual	Veterano M40	01:51:22	+32:55	07:26
14	539	Paulo Bastos	BTT Isolamais	Veterano M40	01:55:16	+36:49	07:41
15	594	Vitor Santos	GRVilaverdense	Veterano M40	01:57:53	+39:26	07:52
16	585	Gaspar Araujo	GRC Telhadela	Veterano M40	02:00:05	+41:38	08:00
17	644	Valério Saleiro	Individual	Veterano M40	02:05:47	+47:20	08:23
18	584	FILIPE PEREIRA	GRC Telhadela	Veterano M40	02:07:10	+48:43	08:29
19	534	Bastos	Bravos&Bravitas	Veterano M40	02:10:44	+52:17	08:43
20	571	Filipe Ribeiro	Filipe Ribeiro	Veterano M40	02:10:45	+52:18	08:43
21	554	Flávio Soares	Clube Atletismo Lamas	Veterano M40	02:11:06	+52:39	08:44
22	642	Ricardo Ferreira	Individual	Veterano M40	02:11:25	+52:58	08:46
23	669	Luis Silva	Lusitanos	Veterano M40	02:14:08	+55:41	08:57
24	640	Jorge Tavares	Individual	Veterano M40	02:15:10	+56:43	09:01
25	718	Mário Pinho	Sentir Escariz running	Veterano M40	02:18:26	+59:59	09:14
26	690	Mario Neves	Os Alminhas	Veterano M40	02:21:36	+01:03:09	09:26
27	703	jorge oliveira	PamMicos	Veterano M40	02:41:19	+01:22:53	10:45
28	701	Sterling Bolivar	Outlaw Runners	Veterano M40	03:13:08	+01:54:41	12:53
29	570	PEDRO ALMEIDA	FIAES SPORT CLUBE	Veterano M40	03:13:09	+01:54:42	12:53

Veterano M45

1	671	Abílio Ribeiro	Lusitanos	Veterano M45	01:26:07	+07:40	05:44
2	547	Rui sousa	Centro ciclista de gondomar	Veterano M45	01:31:02	+12:35	06:04
3	685	Sérgio Fernando Pereira Marques Lourenço	OPraticante.pt	Veterano M45	01:31:02	+12:35	06:04
4	672	Adriano Oliveira	Lusitanos	Veterano M45	01:37:58	+19:31	06:32
5	569	Henrique Silva	Fiaes Running	Veterano M45	01:38:03	+19:37	06:32
6	719	Fernando Brandão	Sentir Escariz running	Veterano M45	01:46:00	+27:33	07:04
7	722	Manuel Bastos	Trail running clube BTT de sanguedo	Veterano M45	01:46:26	+27:59	07:06
8	597	Nelson Azenha	GRVilaverdense	Veterano M45	01:46:45	+28:19	07:07
9	549	Paulo Silva	Centro Desportivo e Cultural de São Martinho da Gândara	Veterano M45	01:46:52	+28:25	07:08
10	650	Manuel Couto	Individual	Veterano M45	01:48:14	+29:47	07:13
11	557	Daniel Costa	DCI Mealhada	Veterano M45	01:52:08	+33:41	07:29
12	595	Herminio Almeida	GRVilaverdense	Veterano M45	01:53:51	+35:24	07:35
13	598	Paulo Pereira	GRVilaverdense	Veterano M45	01:53:51	+35:24	07:35
14	655	Viriato Manuel Ferreira Dias	Individual	Veterano M45	01:55:07	+36:41	07:41
15	647	Francisco Araujo	Individual	Veterano M45	01:57:56	+39:29	07:52
16	654	Telmo Rui Aguiar Leite	Individual	Veterano M45	01:57:58	+39:32	07:52
17	646	Carlos Augusto Martins da Silva	Individual	Veterano M45	01:57:59	+39:32	07:52
18	523	Carlos Fernandes	Aztrail/mercentro	Veterano M45	01:59:29	+41:02	07:58
19	675	José Pinho	MIMOSA RUNNERS	Veterano M45	02:09:21	+50:54	08:37
20	596	João Namora	GRVilaverdense	Veterano M45	02:09:24	+50:58	08:38
21	653	Pedro Pombal	Individual	Veterano M45	02:13:59	+55:33	08:56

Official Timekeeper: Lap2Go	5 / 6	generate 27-mai-2019 13:00
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Trail Curto

15 KM



OFFICIAL RESULT

22	556	Mário Tavares	Correio de Albergaria Trail Running	Veterano M45	02:15:13	+56:46	09:01
23	536	Mike Miguel ferreira	Bravos&Bravitas	Veterano M45	02:15:14	+56:47	09:01
24	572	Alexandre Ferreira	Gansos	Veterano M45	02:20:58	+01:02:31	09:24
25	538	Rui Manuel Soares	BTT Isolamais	Veterano M45	02:26:14	+01:07:47	09:45
26	599	Pedro Lopes	GRVilaverdense	Veterano M45	02:26:44	+01:08:17	09:47
27	134	Alcino Gouveia	Sentir Escariz running	Veterano M45	02:28:49	+01:10:22	09:55
28	691	Gino Ginelli	Os Alminhas	Veterano M45	02:34:46	+01:16:19	10:19
29	555	Paulo Melo	Clube Atletismo Lamas	Veterano M45	02:44:12	+01:25:45	10:57
30	652	Paulo Jorge Tavares Gomes	Individual	Veterano M45	02:50:55	+01:32:28	11:24
31	645	Álvaro Cairrão	Individual	Veterano M45	03:00:10	+01:41:43	12:01
32	651	Miguel Sá	Individual	Veterano M45	03:27:17	+02:08:50	13:49
33	648	João Paulo Félix	Individual	Veterano M45	03:37:30	+02:19:03	14:30

Veterano M50

1	501	Pedro Guimaraes	#LetsRunAzores	Veterano M50	01:41:26	+22:59	06:46
2	525	Marcelo Fernandes	Bravos&bravitas	Veterano M50	01:45:33	+27:06	07:02
3	673	Paulo Azevedo	Lusitanos	Veterano M50	01:46:47	+28:20	07:07
4	659	José Nunes	Individual	Veterano M50	01:47:38	+29:11	07:11
5	656	Agostinho Alves	Individual	Veterano M50	01:48:35	+30:08	07:14
6	546	Ramiro Silva	Caldas S. Jorge Sport Clube	Veterano M50	01:48:53	+30:26	07:16
7	573	Rui Machado	Gansos	Veterano M50	02:20:59	+01:02:32	09:24
8	660	Manuel Firmino Martins Soares	Individual	Veterano M50	02:24:23	+01:05:56	09:38
9	704	Carlos Martins	Race Team - Aveiro	Veterano M50	02:26:04	+01:07:37	09:44
10	658	António Manuel dos Santos Couto	Individual	Veterano M50	02:28:11	+01:09:44	09:53

Veterano M55

1	663	José Rodrigues de Almeida	Individual	Veterano M55	01:35:40	+17:13	06:23
2	662	Jose Almeida	Individual	Veterano M55	03:03:52	+01:45:25	12:15

Veterano M60

1	601	Manuel Fernandes	GRVilaverdense	Veterano M60	01:48:57	+30:30	07:16
2	664	Constantino vieira	Individual	Veterano M60	01:49:08	+30:42	07:17
3	692	Manuel Moura	Os Barriguitas	Veterano M60	01:57:30	+39:03	07:50
4	697	Lino Cunha Moreira	Os TurboMula	Veterano M60	02:00:13	+41:46	08:01
5	600	José Guerra	GRVilaverdense	Veterano M60	02:33:22	+01:14:55	10:13
6	665	Jorge Masculino Pais	Individual	Veterano M60	02:47:24	+01:28:57	11:10
7	725	José Dara	TrepaTrilhos Trail Team	Veterano M60	03:07:47	+01:49:20	12:31

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Official Timekeeper: Lap2Go	1 / 1	generate 26-mai-2019 12:41
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