

TRAIL LONGO - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	16.2°C	100%
End	14:00	16.2°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	97	Bruno Ferreira	individual	Senior Masculino	02:11:01		05:14
2	103	Pedro Rocha	individual	Senior Masculino	02:16:41	+05:40	05:28
3	22	Mário Pinto	grupo desportivo e cultural castelo de paiva	Senior Masculino	02:18:22	+07:21	05:32
4	7	Carlos Vieira	ad sebolido trail boneca douro	Senior Masculino	02:22:10	+11:08	05:41
5	83	Pedro Moreira	trail santa marta / tristes mas duros	Veterano M40	02:32:04	+21:02	06:05
6	101	Lucinda Sousa	individual	Veterana F40	02:40:44	+29:42	06:26
7	15	Roberto Freitas	boavista trail	Senior Masculino	02:42:40	+31:38	06:30
8	73	Sérgio Monteiro	sardonisca runners	Senior Masculino	02:48:28	+37:27	06:44
9	66	António Borges	porto sentido runners	Veterano M40	02:49:40	+38:39	06:47
10	52	Adriano matias dos santos lima oliveira	hora dos lobos	Veterano M50	02:53:50	+42:48	06:57
11	18	Paulo Silva	clube zipper	Senior Masculino	02:55:08	+44:06	07:00
12	47	Paulo Costa	individual	Veterano M40	02:55:19	+44:18	07:01
13	99	Nuno Pinho	individual	Senior Masculino	02:55:52	+44:50	07:02
14	3	rui Gomes	hora dos lobos	Senior Masculino	02:56:48	+45:47	07:04
15	100	Fernando Almeida	individual	Veterano M40	02:57:48	+46:46	07:07
16	20	Adérito Silva	dive - into the mountains	Senior Masculino	02:59:08	+48:07	07:10
17	36	Vítor Moreira	individual	Senior Masculino	02:59:28	+48:26	07:11
18	49	Ricardo Rocha	individual	Veterano M40	02:59:44	+48:42	07:11
19	14	Flávio Gouveia	boavista trail	Senior Masculino	03:01:49	+50:48	07:16
20	69	Miguel Silva	porto sentido runners	Veterano M40	03:01:54	+50:53	07:17
21	78	Carlos Oliveira	hora dos lobos	Senior Masculino	03:02:00	+50:58	07:17
22	16	Ricardo Coelho	btt alegria // tubani	Senior Masculino	03:03:55	+52:53	07:21
23	56	AGOSTINHO SOUSA	kunalama runners	Veterano M60	03:04:55	+53:54	07:24
24	8	Paulo Araújo	ad sebolido trail boneca douro	Senior Masculino	03:08:51	+57:50	07:33
25	64	Pedro Ferreira	porto sentido runners	Senior Masculino	03:11:10	+01:00:09	07:39
26	102	ana amaral	individual	Veterana F40	03:12:30	+01:01:28	07:42
27	50	Rui Fernandes	individual	Veterano M40	03:13:28	+01:02:27	07:44
28	81	Telmo Oliveira	trail running suil park	Veterano M40	03:15:39	+01:04:37	07:50
29	33	LUÍS GOMES	individual	Senior Masculino	03:16:36	+01:05:35	07:52
30	40	João Paulo Castro	individual	Veterano M40	03:16:51	+01:05:49	07:52
31	2	Leonel Silva	hora dos lobos	Veterano M40	03:17:08	+01:06:06	07:53
32	13	Maria Loureiro	associação desportiva de cabroelo	Veterana F40	03:18:56	+01:07:54	07:57
33	30	Fábio Campos	individual	Senior Masculino	03:19:26	+01:08:25	07:59
34	92	Pedro Domingues	villa running	Veterano M40	03:20:17	+01:09:15	08:01
35	1	Manuel Silva	individual	Senior Masculino	03:20:29	+01:09:28	08:01
36	95	Paulo Campos	hora dos lobos	Veterano M40	03:21:10	+01:10:08	08:03
37	24	Jorge Borges	gtt armazém do caffè	Veterano M40	03:22:08	+01:11:07	08:05
38	23	Rui Samuel Gonçalves	gtt armazém do caffè	Senior Masculino	03:22:09	+01:11:07	08:05
39	89	Artur Ferreira	unidos à fresca	Veterano M40	03:22:11	+01:11:09	08:05
40	88	Daniela Soares	unidos à fresca	Senior Feminino	03:22:12	+01:11:11	08:05
41	6	Bruno Barros	ad sebolido trail boneca douro	Senior Masculino	03:23:59	+01:12:57	08:10

TRAIL LONGO - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	4	Jorge Silva	hora dos lobos	Veterano M40	03:24:19	+01:13:18	08:10
43	80	André Oliveira	trail running suil park	Veterano M40	03:25:28	+01:14:27	08:13
44	29	António Silva	individual	Senior Masculino	03:25:37	+01:14:36	08:14
45	53	Paulo Silva	individual	Veterano M50	03:26:08	+01:15:06	08:15
46	82	Nuno Cunha	trail santa marta / tristes mas duros	Senior Masculino	03:30:09	+01:19:08	08:24
47	41	José Rodrigues	individual	Veterano M40	03:32:08	+01:21:07	08:29
48	84	Ricardo Cunha	trail santa marta / tristes mas duros	Veterano M40	03:32:36	+01:21:34	08:30
49	85	Marcos Gandra	trailento	Veterano M40	03:34:07	+01:23:06	08:34
50	79	Miguel Oliveira	trail running suil park	Senior Masculino	03:34:09	+01:23:07	08:34
51	75	Tiago Costa	sk	Senior Masculino	03:35:37	+01:24:35	08:37
52	59	Paulo Azevedo	lusitanos	Veterano M50	03:36:03	+01:25:02	08:39
53	62	Raquel Vasconcelos	no tomorrow running team	Veterana F40	03:36:34	+01:25:33	08:40
54	32	Jorge torrao	individual	Senior Masculino	03:37:15	+01:26:13	08:41
55	34	Nuno Almeida	individual	Senior Masculino	03:39:35	+01:28:34	08:47
56	21	Antonio Azevedo	douro conta	Veterano M50	03:40:24	+01:29:23	08:49
57	17	Rui Airosa	budeguita runners	Veterano M40	03:42:19	+01:31:17	08:54
58	90	Maria Franco	villa running	Senior Feminino	03:42:52	+01:31:50	08:55
59	86	Susana Sousa	trepatrielhos trail team	Veterana F40	03:42:58	+01:31:57	08:55
60	87	Ricardo Mota	trepatrielhos trail team	Veterano M40	03:42:58	+01:31:57	08:55
61	94	Ricardo França	wolves	Senior Masculino	03:43:00	+01:31:59	08:55
62	71	Vasco Luxo	porto sentido runners	Veterano M50	03:43:01	+01:32:00	08:55
63	70	Rui Teixeira	porto sentido runners	Veterano M40	03:43:02	+01:32:00	08:55
64	76	Jose Magalhães	sk	Veterano M40	03:43:32	+01:32:30	08:56
65	67	laurindo gomes	porto sentido runners	Veterano M40	03:44:40	+01:33:39	08:59
66	57	Miguel Mendes	lion runners g. d. leões da guarda	Senior Masculino	03:45:17	+01:34:16	09:01
67	74	Diogo Bessa	sk	Senior Masculino	03:47:30	+01:36:29	09:06
68	5	Tiago Alberto Pinto da Gama Lopes	#cabrasdomonte	Senior Masculino	03:47:31	+01:36:30	09:06
69	98	Marta Ferreira	individual	Senior Feminino	03:48:44	+01:37:43	09:09
70	63	João Couto	os finos	Veterano M40	03:49:43	+01:38:42	09:11
71	48	Paulo Lara	boavista trail	Veterano M40	03:49:47	+01:38:46	09:11
72	38	Carlos Reis	individual	Veterano M40	03:53:28	+01:42:26	09:20
73	37	Palmira Gouveia	individual	Veterana F40	03:54:45	+01:43:43	09:23
74	54	Carlos Correia	individual	Veterano M60	03:54:45	+01:43:43	09:23
75	65	Luisa Marques	porto sentido runners	Veterana F40	03:55:04	+01:44:03	09:24
76	12	Paulo Reis	arcorun	Veterano M40	03:57:32	+01:46:31	09:30
77	9	Joana Silva	arcorun	Senior Feminino	03:57:32	+01:46:31	09:30
78	60	Filipe Correia	melres trail running - ordem para arrear	Veterano M40	03:57:43	+01:46:41	09:31
79	28	Rita Fonseca	individual	Senior Feminino	03:59:23	+01:48:22	09:35
80	96	Margarida Neves	hora dos lobos	Veterana F50	04:08:34	+01:57:33	09:57
81	35	Paulo FERREIRA	individual	Senior Masculino	04:11:45	+02:00:44	10:04
82	26	Beatriz Barbosa	individual	Senior Feminino	04:14:48	+02:03:47	10:12
83	72	David Ferreira	runners team	Senior Masculino	04:18:43	+02:07:41	10:21
84	61	Ana Barroso	no tomorrow running team	Veterana F40	04:18:43	+02:07:42	10:21
85	58	Norberto Aguiar	lion runners g. d. leões da guarda	Senior Masculino	04:22:11	+02:11:10	10:29
86	27	Luisa Mota	individual	Senior Feminino	04:23:56	+02:12:55	10:33

TRAIL LONGO - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	91	Sónia Guimarães	villa running	Veterana F40	04:30:09	+02:19:07	10:48
88	93	Sergio Guimarães	villa running	Veterano M40	04:30:09	+02:19:07	10:48
89	42	LINDOLFO JOSÉ TEIXEIRA DA COSTA SOL	individual	Veterano M40	04:35:26	+02:24:25	11:01
90	19	Pedro Magalhães	cuidado com o urso panda trail runners	Veterano M40	04:37:00	+02:25:58	11:05
91	44	nuno vinha	individual	Veterano M40	05:28:12	+03:17:10	13:08

Trail Longo

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	16.2°C	100%
End	14:00	16.2°C	100%

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

1	88	Daniela Soares	UNIDOS À FRESCA	Senior Feminino	03:22:12	+01:11:11	08:05:11
2	90	Maria Franco	Villa Running	Senior Feminino	03:42:52	+01:31:50	08:55:11
3	98	Marta Ferreira	Individual	Senior Feminino	03:48:44	+01:37:43	09:09:11
4	9	Joana Silva	ARCORUN	Senior Feminino	03:57:32	+01:46:31	09:30:11
5	28	Rita Fonseca	Individual	Senior Feminino	03:59:23	+01:48:22	09:35:11
6	26	Beatriz Barbosa	Individual	Senior Feminino	04:14:48	+02:03:47	10:12:11
7	27	Luisa Mota	Individual	Senior Feminino	04:23:56	+02:12:55	10:33:11

Senior Masculino

1	97	Bruno Ferreira	Individual	Senior Masculino	02:11:01		05:14
2	103	Pedro Rocha	Individual	Senior Masculino	02:16:41	+05:40	05:28
3	22	Mário Pinto	Grupo Desportivo e Cultural Castelo de Paiva	Senior Masculino	02:18:22	+07:21	05:32
4	7	Carlos Vieira	AD Sebolido Trail Boneca Douro	Senior Masculino	02:22:10	+11:08	05:41
5	15	Roberto Freitas	Boavista Trail	Senior Masculino	02:42:40	+31:38	06:30
6	73	Sérgio Monteiro	Sardonisca Runners	Senior Masculino	02:48:28	+37:27	06:44
7	18	Paulo Silva	Clube Zupper	Senior Masculino	02:55:08	+44:06	07:00
8	99	Nuno Pinho	Individual	Senior Masculino	02:55:52	+44:50	07:02
9	3	rui Gomes	Hora dos Lobos	Senior Masculino	02:56:48	+45:47	07:04
10	20	Adérito Silva	DIVE - Into The Mountains	Senior Masculino	02:59:08	+48:07	07:10
11	36	Vítor Moreira	Individual	Senior Masculino	02:59:28	+48:26	07:11
12	14	Flávio Gouveia	Boavista Trail	Senior Masculino	03:01:49	+50:48	07:16
13	78	Carlos Oliveira	Hora dos Lobos	Senior Masculino	03:02:00	+50:58	07:17
14	16	Ricardo Coelho	BTT Alegria // TUBANI	Senior Masculino	03:03:55	+52:53	07:21
15	8	Paulo Araújo	AD Sebolido Trail Boneca Douro	Senior Masculino	03:08:51	+57:50	07:33
16	64	Pedro Ferreira	PORTO SENTIDO RUNNERS	Senior Masculino	03:11:10	+01:00:09	07:39
17	33	LUÍS GOMES	Individual	Senior Masculino	03:16:36	+01:05:35	07:52
18	30	Fábio Campos	Individual	Senior Masculino	03:19:26	+01:08:25	07:59
19	1	Manuel Silva	Individual	Senior Masculino	03:20:29	+01:09:28	08:01
20	23	Rui Samuel Gonçalves	GTT Armazém do caffè	Senior Masculino	03:22:09	+01:11:07	08:05
21	6	Bruno Barros	AD Sebolido Trail Boneca Douro	Senior Masculino	03:23:59	+01:12:57	08:10
22	29	António Silva	Individual	Senior Masculino	03:25:37	+01:14:36	08:14
23	82	Nuno Cunha	Trail Santa Marta / Tristes Mas Duros	Senior Masculino	03:30:09	+01:19:08	08:24
24	79	Miguel Oliveira	Trail Running Suil Park	Senior Masculino	03:34:09	+01:23:07	08:34
25	75	Tiago Costa	SK	Senior Masculino	03:35:37	+01:24:35	08:37
26	32	Jorge torrao	Individual	Senior Masculino	03:37:15	+01:26:13	08:41
27	34	Nuno Almeida	Individual	Senior Masculino	03:39:35	+01:28:34	08:47
28	94	Ricardo França	WOLVES	Senior Masculino	03:43:00	+01:31:59	08:55

Official Timekeeper: Lap2Go	1 / 3	generate 30-Jun-2019 16:14
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Trail Longo

25 KM

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OFFICIAL RESULT

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29	57	Miguel Mendes	Lion Runners G. D. Leões da Guarda	Senior Masculino	03:45:17	+01:34:16	09:01
30	74	Diogo Bessa	SK	Senior Masculino	03:47:30	+01:36:29	09:06
31	5	Tiago Alberto Pinto da Gama Lopes	#cabrasdomonte	Senior Masculino	03:47:31	+01:36:30	09:06
32	35	Paulo FERREIRA	Individual	Senior Masculino	04:11:45	+02:00:44	10:04
33	72	David Ferreira	Runners Team	Senior Masculino	04:18:43	+02:07:41	10:21
34	58	Norberto Aguiar	Lion Runners G. D. Leões da Guarda	Senior Masculino	04:22:11	+02:11:10	10:29

Veterana F40

1	101	Lucinda Sousa	Individual	Veterana F40	02:40:44	+29:42	06:26
2	102	ana amaral	Individual	Veterana F40	03:12:30	+01:01:28	07:42
3	13	Maria Loureiro	Associação Desportiva de Cabroelo	Veterana F40	03:18:56	+01:07:54	07:57
4	62	Raquel Vasconcelos	NO TOMORROW RUNNING TEAM	Veterana F40	03:36:34	+01:25:33	08:40
5	86	Susana Sousa	TrepaTrilhos Trail Team	Veterana F40	03:42:58	+01:31:57	08:55
6	37	Palmira Gouveia	Individual	Veterana F40	03:54:45	+01:43:43	09:23
7	65	Luisa Marques	PORTO SENTIDO RUNNERS	Veterana F40	03:55:04	+01:44:03	09:24
8	61	Ana Barroso	NO TOMORROW RUNNING TEAM	Veterana F40	04:18:43	+02:07:42	10:21
9	91	Sónia Guimarães	Villa Running	Veterana F40	04:30:09	+02:19:07	10:48

Veterana F50

1	96	Margarida Neves	Hora dos Lobos	Veterana F50	04:08:34	+01:57:33	09:57
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Veterano M40

1	83	Pedro Moreira	Trail Santa Marta / Tristes Mas Duros	Veterano M40	02:32:04	+21:02	06:05
2	66	António Borges	PORTO SENTIDO RUNNERS	Veterano M40	02:49:40	+38:39	06:47
3	47	Paulo Costa	Individual	Veterano M40	02:55:19	+44:18	07:01
4	100	Fernando Almeida	Individual	Veterano M40	02:57:48	+46:46	07:07
5	49	Ricardo Rocha	Individual	Veterano M40	02:59:44	+48:42	07:11
6	69	Miguel Silva	PORTO SENTIDO RUNNERS	Veterano M40	03:01:54	+50:53	07:17
7	50	Rui Fernandes	Individual	Veterano M40	03:13:28	+01:02:27	07:44
8	81	Telmo Oliveira	Trail Running Suil Park	Veterano M40	03:15:39	+01:04:37	07:50
9	40	João Paulo Castro	Individual	Veterano M40	03:16:51	+01:05:49	07:52
10	2	Leonel Silva	Hora dos Lobos	Veterano M40	03:17:08	+01:06:06	07:53
11	92	Pedro Domingues	Villa Running	Veterano M40	03:20:17	+01:09:15	08:01
12	95	Paulo Campos	Hora dos Lobos	Veterano M40	03:21:10	+01:10:08	08:03
13	24	Jorge Borges	GTT Armazém do caffè	Veterano M40	03:22:08	+01:11:07	08:05
14	89	Artur Ferreira	UNIDOS À FRESCA	Veterano M40	03:22:11	+01:11:09	08:05
15	4	Jorge Silva	Hora dos Lobos	Veterano M40	03:24:19	+01:13:18	08:10
16	80	André Oliveira	Trail Running Suil Park	Veterano M40	03:25:28	+01:14:27	08:13

Trail Longo

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

17	41	José Rodrigues	Individual	Veterano M40	03:32:08	+01:21:07	08:29
18	84	Ricardo Cunha	Trail Santa Marta / Tristes Mas Duros	Veterano M40	03:32:36	+01:21:34	08:30
19	85	Marcos Gandra	Trailento	Veterano M40	03:34:07	+01:23:06	08:34
20	17	Rui Airosa	BUDEGUITA RUNNERS	Veterano M40	03:42:19	+01:31:17	08:54
21	87	Ricardo Mota	TrepaTrilhos Trail Team	Veterano M40	03:42:58	+01:31:57	08:55
22	70	Rui Teixeira	PORTO SENTIDO RUNNERS	Veterano M40	03:43:02	+01:32:00	08:55
23	76	Jose Magalhães	SK	Veterano M40	03:43:32	+01:32:30	08:56
24	67	laurindo gomes	PORTO SENTIDO RUNNERS	Veterano M40	03:44:40	+01:33:39	08:59
25	63	João Couto	Os Finos	Veterano M40	03:49:43	+01:38:42	09:11
26	48	Paulo Lara	Boavista Trail	Veterano M40	03:49:47	+01:38:46	09:11
27	38	Carlos Reis	Individual	Veterano M40	03:53:28	+01:42:26	09:20
28	12	Paulo Reis	ARCORUN	Veterano M40	03:57:32	+01:46:31	09:30
29	60	Filipe Correia	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Veterano M40	03:57:43	+01:46:41	09:31
30	93	Sergio Guimarães	Villa Running	Veterano M40	04:30:09	+02:19:07	10:48
31	42	LINDOLFO JOSÉ TEIXEIRA DA COSTA SOL	Individual	Veterano M40	04:35:26	+02:24:25	11:01
32	19	Pedro Magalhães	Cuidado Com o Urso Panda Trail Runners	Veterano M40	04:37:00	+02:25:58	11:05
33	44	nuno vinha	Individual	Veterano M40	05:28:12	+03:17:10	13:08

Veterano M50

1	52	Adriano matias dos santos lima oliveira	Hora dos Lobos	Veterano M50	02:53:50	+42:48	06:57
2	53	Paulo Silva	Individual	Veterano M50	03:26:08	+01:15:06	08:15
3	59	Paulo Azevedo	Lusitanos	Veterano M50	03:36:03	+01:25:02	08:39
4	21	Antonio Azevedo	Douro Conta	Veterano M50	03:40:24	+01:29:23	08:49
5	71	Vasco Luxo	PORTO SENTIDO RUNNERS	Veterano M50	03:43:01	+01:32:00	08:55

Veterano M60

1	56	AGOSTINHO SOUSA	Kunalama runners	Veterano M60	03:04:55	+53:54	07:24
2	54	Carlos Correia	Individual	Veterano M60	03:54:45	+01:43:43	09:23

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	HORA DOS LOBOS	10 + 14 + 21	45
2	PORTO SENTIDO RUNNERS	9 + 20 + 25	54
3	AD SEBOLIDO TRAIL BONECA DOURO	4 + 24 + 41	69
4	BOAVISTA TRAIL	7 + 19 + 71	97
5	TRAIL SANTA MARTA / TRISTES MAS DUROS	5 + 46 + 48	99
6	TRAIL RUNNING SUIL PARK	28 + 43 + 50	121
7	VILLA RUNNING	34 + 58 + 87	179
8	SK	51 + 64 + 67	182

TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:45	16.6°C	93%
End	14:07	16.6°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	1051	Paulo pinto	aztrail mercentro	Veterano M40	01:29:35		05:58
2	1161	Agostinho Reis	individual	Senior Masculino	01:31:15	+01:40	06:05
3	1026	André Nogueira	aliados trail running team	Senior Masculino	01:33:14	+03:39	06:13
4	1030	Patrick Marques	aliados trail running team	Veterano M40	01:34:35	+05:00	06:18
5	1474	Mikael Alves	bananas	Senior Masculino	01:35:14	+05:39	06:21
6	1027	Bruno Pinto	aliados trail running team	Senior Masculino	01:36:06	+06:31	06:24
7	1080	Alcino Silva	clube independente de atletismo de alpendorada	Veterano M40	01:36:43	+07:08	06:27
8	1029	Paulo Moreira	aliados trail running team	Senior Masculino	01:36:51	+07:16	06:27
9	1036	Bruno Pereira	amigos 100 limites	Senior Masculino	01:38:31	+08:56	06:34
10	1028	Paulo Machado	aliados trail running team	Senior Masculino	01:39:54	+10:19	06:40
11	1324	Nuno Santos	matosinhos futsal clube	Veterano M40	01:40:33	+10:58	06:42
12	1334	Vitor Cruz	mountain runners	Senior Masculino	01:41:41	+12:06	06:47
13	1053	Daniel	bananas	Senior Masculino	01:45:12	+15:37	07:01
14	1055	Fabio Barbosa	bananas	Senior Masculino	01:45:26	+15:51	07:02
15	1009	Pedro Paiva	a noz	Veterano M40	01:46:00	+16:25	07:04
16	1358	Henrique Silva	nspneus vitalplace tdutek ecras led	Veterano M40	01:47:26	+17:51	07:10
17	1180	Filipe pinho	individual	Senior Masculino	01:48:31	+18:56	07:14
18	1285	Fernando seabra	individual	Veterano M50	01:49:00	+19:25	07:16
19	1363	António Silva	pupilos do zé-tó	Veterano M50	01:49:36	+20:01	07:18
20	1441	Nuno Silva	the newbies	Senior Masculino	01:49:47	+20:12	07:19
21	1359	Manuel Domingues	nspneus vitalplace tdutek ecras led	Veterano M50	01:50:11	+20:36	07:21
22	1074	Rui sousa	centro ciclista de gondomar	Veterano M40	01:50:33	+20:58	07:22
23	1328	Joaquim Ferreira	melres trail running - ordem para arrear	Veterano M50	01:51:00	+21:25	07:24
24	1367	Sergio Gomes	os preguiças team	Veterano M40	01:53:12	+23:36	07:33
25	1321	Adriano Oliveira	lusitanos	Veterano M40	01:53:37	+24:02	07:35
26	1438	Carlos Silva	the newbies	Senior Masculino	01:54:15	+24:40	07:37
27	1292	José Gomes	individual	Veterano M50	01:55:07	+25:32	07:41
28	1050	Arsénio Fernandes	arsm - associação recreativa de s. miguel	Veterano M60	01:55:34	+25:59	07:42
29	1439	Hugo Faria	the newbies	Senior Masculino	01:58:00	+28:25	07:52
30	1419	David Tavares	runriver - escola atletismo de rio tinto	Veterano M50	01:58:09	+28:34	07:53
31	1319	Nelson Pires	lusitanos	Senior Masculino	01:58:29	+28:54	07:54
32	1412	rui cardoso	pupilos do zé-tó	Veterano M40	01:58:45	+29:10	07:55
33	1160	Abel Rodrigues	individual	Senior Masculino	01:58:47	+29:12	07:55
34	1110	Ivo Oliveira	factor x / s4l / medense fc	Veterano M40	01:58:51	+29:16	07:55
35	1356	José Fernandes	nova linha trail runners	Veterano M40	01:59:10	+29:35	07:57
36	1414	Pedro Miguel Ferreira Miranda Fonseca	running espinho	Senior Masculino	01:59:49	+30:13	07:59
37	1384	Bruno Melo	porto sentido runners	Senior Masculino	02:00:02	+30:27	08:00
38	1365	Fernando Teixeira	os preguiças team	Senior Masculino	02:00:35	+31:00	08:02
39	1342	Vitor Azevedo	mss contabilidade trail team	Veterano M40	02:00:35	+31:00	08:02
40	1329	Hugo Soares	moinhos run - adrm	Senior Masculino	02:00:39	+31:04	08:03
41	1340	Fábio Sousa	mss contabilidade trail team	Senior Masculino	02:00:43	+31:08	08:03

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	1331	Miguel Santos	moinhos run - adrm	Veterano M40	02:00:55	+31:20	08:04
43	1065	João Tavares	btt alegria // tubani	Veterano M40	02:01:30	+31:55	08:06
44	1353	Rogério Sousa	nocturnos de paredes	Senior Masculino	02:01:43	+32:08	08:07
45	1185	Hugo Teixeira	individual	Senior Masculino	02:02:36	+33:01	08:10
46	1165	Bruno Quintino	individual	Senior Masculino	02:02:37	+33:02	08:11
47	1350	Manuel Pinheiro	mss contabilidade trail team	Veterano M40	02:02:45	+33:10	08:11
48	1310	jose tavares	jose rodrigues	Veterano M40	02:03:05	+33:30	08:12
49	1362	Joel Ferreira	os aventureiros	Senior Masculino	02:03:07	+33:32	08:13
50	1204	Paulo Neves	individual	Senior Masculino	02:03:10	+33:35	08:13
51	1020	Rui Teixeira	ad sebolido trail boneca douro	Senior Masculino	02:03:11	+33:36	08:13
52	1113	Ricardo Rocha	fast ao km	Veterano M40	02:03:33	+33:58	08:14
53	1391	Albino Pires	porto sentido runners	Veterano M40	02:03:52	+34:17	08:15
54	1018	Manuel Lopes	ad sebolido trail boneca douro	Senior Masculino	02:04:39	+35:04	08:19
55	1395	Filipe Nascimento	porto sentido runners	Veterano M40	02:04:58	+35:23	08:20
56	1357	António José Pinho Neves	nspneus vitalplace tdutek ecras led	Veterano M40	02:05:54	+36:19	08:24
57	1432	Sérgio Sousa	stcp runners	Veterano M40	02:06:22	+36:47	08:25
58	1276	Rui Moreira	individual	Veterano M40	02:06:24	+36:49	08:26
59	1206	Pedro Coelho	individual	Senior Masculino	02:06:48	+37:13	08:27
60	1031	Paulo Inverneiro	alpha running	Senior Masculino	02:06:56	+37:21	08:28
61	1407	carla araujo	pupilos do zé-tó	Veterana F40	02:07:27	+37:52	08:30
62	1008	Fábio Ferreira	a noz	Senior Masculino	02:07:28	+37:53	08:30
63	1323	Rui Rosas	lusitanos	Veterano M40	02:08:01	+38:26	08:32
64	1413	André Pinho	reumatico trail team	Veterano M40	02:08:13	+38:38	08:33
65	1314	Jorge Durães	kandimba runners	Veterano M40	02:08:23	+38:48	08:34
66	1330	Simão sousa	moinhos run - adrm	Senior Masculino	02:08:46	+39:11	08:35
67	1067	Tony Mendes	btt alegria // tubani	Veterano M40	02:09:54	+40:19	08:40
68	1409	jose rodrigues	pupilos do zé-tó	Veterano M40	02:10:49	+41:14	08:43
69	1440	Marcelo Teixeira	the newbies	Senior Masculino	02:11:50	+42:15	08:47
70	1111	António Neves	fardetas	Veterano M40	02:11:54	+42:19	08:48
71	1168	Carlos Nogueira	individual	Senior Masculino	02:11:56	+42:21	08:48
72	1430	Secundino Oliveira	stcp runners	Veterano M40	02:11:56	+42:21	08:48
73	1393	Fernando Cardoso	porto sentido runners	Veterano M40	02:11:56	+42:21	08:48
74	1032	Carlos Soares	alpha running	Veterano M40	02:12:01	+42:26	08:48
75	1368	Lino Cunha Moreira	os turbomula	Veterano M60	02:12:34	+42:59	08:50
76	1097	Luis Neves	equipotencia trail team	Senior Masculino	02:12:57	+43:22	08:52
77	1257	Fernando Soares	individual	Veterano M40	02:13:16	+43:41	08:53
78	1454	Carlos Ribeiro	trail4fun	Veterano M40	02:13:16	+43:41	08:53
79	1059	Micael Nogueira	bananas	Senior Masculino	02:13:27	+43:52	08:54
80	1282	Vitor Santos	individual	Veterano M40	02:14:00	+44:25	08:56
81	1428	Dinis Pinto	stcp runners	Veterano M40	02:14:30	+44:55	08:58
82	1041	Tó Faria	amigos 100 limites	Veterano M40	02:15:14	+45:39	09:01
83	1279	Sérgio Mota	individual	Veterano M40	02:15:16	+45:41	09:01
84	1035	Alcino Silva	amigos 100 limites	Senior Masculino	02:15:24	+45:49	09:02
85	1208	Raúl Moura	individual	Senior Masculino	02:15:34	+45:58	09:02
86	1064	Sergio Coelho	btt alegria // tubani	Senior Masculino	02:15:35	+46:00	09:02
87	1132	Andreia Magina Azevedo	individual	Senior Feminino	02:15:49	+46:14	09:03

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	1223	Andreia Teles	individual	Veterana F40	02:15:49	+46:14	09:03
89	1192	Joel Gomes	individual	Senior Masculino	02:16:21	+46:46	09:05
90	1320	Pedro Carvalho	lusitanos	Senior Masculino	02:17:24	+47:49	09:10
91	1351	Manuel Ribeiro	mss contabilidade trail team	Veterano M40	02:17:44	+48:09	09:11
92	1088	JOÃO PAULO CAMPOS	ddt runners	Veterano M40	02:18:03	+48:28	09:12
93	1211	RICARDO FILIPE REBELO LOUREIRO	individual	Senior Masculino	02:19:41	+50:06	09:19
94	1213	Ricardo Novais	individual	Senior Masculino	02:19:48	+50:13	09:19
95	1399	Rui Jesus	porto sentido runners	Veterano M50	02:20:04	+50:29	09:20
96	1022	José Alves	ad sebolido trail boneca douro	Veterano M50	02:20:04	+50:29	09:20
97	1042	Cláudia Fernandes	amotinados trail	Veterana F40	02:20:09	+50:34	09:21
98	1253	Carlos Manuel Farinha Víriato	individual	Veterano M40	02:20:28	+50:53	09:22
99	1175	Eduardo Miguel Oliveira Quaresma	individual	Senior Masculino	02:20:34	+50:59	09:22
100	1364	Clara Teixeira	os preguiças team	Senior Feminino	02:20:36	+51:01	09:22
101	1108	Susana Silva	factor x / s4l / medense fc	Senior Feminino	02:20:50	+51:15	09:23
102	1107	Joaquim Rocha	exerciseforyou	Veterano M50	02:20:51	+51:16	09:23
103	1084	Manuela Monteiro	corre caraças	Veterana F40	02:21:03	+51:27	09:24
104	1370	Joel Coelho	pepperoni	Veterano M40	02:21:07	+51:32	09:25
105	1248	Amilcar Daniel	individual	Veterano M40	02:21:10	+51:35	09:25
106	1355	Daniel Tomé	nova linha trail runners	Veterano M40	02:21:16	+51:41	09:25
107	1354	Carlos Silva	nova linha trail runners	Veterano M40	02:21:17	+51:42	09:25
108	1470	Rosa Teixeira	hora dos lobos	Veterana F40	02:21:49	+52:14	09:27
109	1001	Elisabete Leal	#correratenumdarmais por fo	Veterana F40	02:23:09	+53:34	09:33
110	1019	Márcio Sousa	ad sebolido trail boneca douro	Senior Masculino	02:23:26	+53:51	09:34
111	1295	Manuel Domingues	individual	Veterano M50	02:23:40	+54:05	09:35
112	1169	Carlos Soares	individual	Senior Masculino	02:23:48	+54:13	09:35
113	1174	Daniel Neves	individual	Senior Masculino	02:24:21	+54:46	09:37
114	1075	João Sousa	claranet	Senior Masculino	02:25:07	+55:32	09:41
115	1469	Filipe Silva	hora dos lobos	Senior Masculino	02:25:28	+55:53	09:42
116	1348	Aurélio Salas	mss contabilidade trail team	Veterano M40	02:25:41	+56:06	09:43
117	1302	Arlindo José Salgado Pereira	individual	Veterano M60	02:26:20	+56:45	09:45
118	1090	Antonio Gonçalves	dive - into the mountains	Veterano M50	02:26:37	+57:02	09:47
119	1383	Bruno Guedes	porto sentido runners	Senior Masculino	02:26:37	+57:02	09:47
120	1220	Tiago Vieira	individual	Senior Masculino	02:27:02	+57:27	09:48
121	1082	Ben Fernandes	cmf/ada	Senior Masculino	02:27:25	+57:50	09:50
122	1100	Venancio Almeida	espeliosos	Senior Masculino	02:28:07	+58:32	09:53
123	1085	Jorge Monteiro	corre caraças	Veterano M40	02:28:08	+58:33	09:53
124	1197	Miguel Rocha	individual	Senior Masculino	02:28:29	+58:54	09:54
125	1198	Nelson Dias	individual	Senior Masculino	02:28:59	+59:24	09:56
126	1300	Rui Fernando dos Santos Pereira da Silva Almeida	individual	Veterano M50	02:29:21	+59:45	09:57
127	1182	Hugo Claudio Campos Pacheco	individual	Senior Masculino	02:29:33	+59:58	09:58
128	1189	Sylvie Duarte	individual	Veterana F40	02:29:53	+01:00:18	10:00
129	1313	Hugo Ferreira	kandimba runners	Veterano M40	02:30:35	+01:01:00	10:02

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
130	1278	Rui Sergio Pinheiro da Costa Rodrigues Dias	individual	Veterano M40	02:31:04	+01:01:29	10:04
131	1347	António Rocha	mss contabilidade trail team	Veterano M40	02:31:41	+01:02:06	10:07
132	1447	Paulo Santos	tog - trinca orelhas de gato	Veterano M40	02:32:17	+01:02:42	10:09
133	1361	Bruno Castelo	os aventureiros	Senior Masculino	02:32:47	+01:03:12	10:11
134	1089	PAULO FERREIRA	ddt runners	Veterano M40	02:32:55	+01:03:20	10:12
135	1112	José Castelo	fardetas	Veterano M60	02:33:05	+01:03:30	10:12
136	1066	Paulo Nunes	btt alegria // tubani	Veterano M40	02:33:09	+01:03:34	10:13
137	1462	VITOR CARVALHO	xtrilhosteam	Senior Masculino	02:33:40	+01:04:05	10:15
138	1396	Jorge Pereira	porto sentido runners	Veterano M40	02:34:29	+01:04:54	10:18
139	1372	Nuno Coelho	perna manca	Senior Masculino	02:34:38	+01:05:03	10:19
140	1346	António Alves	mss contabilidade trail team	Veterano M40	02:35:05	+01:05:30	10:20
141	1101	Angelo Silva	espeliosos	Veterano M40	02:35:18	+01:05:43	10:21
142	1459	José Cabral	tt runners	Senior Masculino	02:35:24	+01:05:49	10:22
143	1228	Elisabete Rocha	individual	Veterana F40	02:36:15	+01:06:40	10:25
144	1388	Cidalia Soares	porto sentido runners	Veterana F40	02:36:19	+01:06:44	10:25
145	1177	Fábio Carneiro	individual	Senior Masculino	02:36:24	+01:06:49	10:26
146	1453	Eva Santos	trail santa marta / tristes mas duros	Veterana F50	02:36:28	+01:06:53	10:26
147	1170	Cédric Silva	individual	Senior Masculino	02:36:29	+01:06:54	10:26
148	1106	José Ferreira	exerciseforyou	Veterano M40	02:36:31	+01:06:56	10:26
149	1186	Isaías Vieira	individual	Senior Masculino	02:36:36	+01:07:01	10:26
150	1187	joao bessa	individual	Senior Masculino	02:36:42	+01:07:07	10:27
151	1316	Luís Vieira	kunalama runners	Senior Masculino	02:36:42	+01:07:07	10:27
152	1277	Rui Paulo Pereira	individual	Veterano M40	02:37:02	+01:07:27	10:28
153	1237	MARISA SILVA	individual	Veterana F40	02:37:23	+01:07:48	10:30
154	1144	Liliana Soares	individual	Senior Feminino	02:37:29	+01:07:54	10:30
155	1081	Xana Azevedo	cmf/ada	Senior Feminino	02:37:42	+01:08:07	10:31
156	1286	Fernando Souto	individual	Veterano M50	02:37:47	+01:08:12	10:31
157	1077	Sergio Alves	claranet	Senior Masculino	02:38:29	+01:08:54	10:34
158	1047	Alice Sousa	amotinados trail	Veterana F40	02:38:34	+01:08:59	10:34
159	1231	Ieda Cristina de Lima	individual	Veterana F40	02:38:37	+01:09:02	10:35
160	1114	Manuel Rocha	fast ao km	Veterano M60	02:38:46	+01:09:11	10:35
161	10	Rui Viegas	arcorun	Senior Masculino	02:38:53	+01:09:18	10:36
162	1281	Sousa Henrique	individual	Veterano M40	02:39:14	+01:09:39	10:37
163	1127	Flávio Cardoso	índios do btrail	Senior Masculino	02:39:20	+01:09:45	10:37
164	1159	Abel Cardoso	individual	Senior Masculino	02:39:54	+01:10:19	10:40
165	1338	Tiago Daniel	mountain runners	Senior Masculino	02:40:03	+01:10:28	10:40
166	1249	António Rodrigues	individual	Veterano M40	02:40:16	+01:10:41	10:41
167	1294	Manuel Carvalho Guedes	individual	Veterano M50	02:41:01	+01:11:26	10:44
168	1133	Angela Vieira	individual	Senior Feminino	02:41:03	+01:11:28	10:44
169	1109	Marco Oliveira Zamalek	factor x / s4l / medense fc	Senior Masculino	02:41:03	+01:11:28	10:44
170	1037	Eduardo Silva	amigos 100 limites	Senior Masculino	02:41:05	+01:11:30	10:44
171	1039	Mauro Silva	amigos 100 limites	Senior Masculino	02:41:05	+01:11:30	10:44
172	1335	Miguel Sousa	mountain runners	Senior Masculino	02:41:10	+01:11:34	10:45
173	1121	Fernando Platinas	generosos runners	Veterano M40	02:41:18	+01:11:43	10:45
174	1072	Fabio Jorge Martins Sousa	bunker lounge trail	Senior Masculino	02:42:20	+01:12:45	10:49

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
175	1176	Emanuel Guedes Pereira Damaso	individual	Senior Masculino	02:42:23	+01:12:48	10:50
176	1458	João Lopes	tt runners	Senior Masculino	02:42:28	+01:12:52	10:50
177	1322	Luis Miguel Teixeira da Silva	lusitanos	Veterano M40	02:42:28	+01:12:53	10:50
178	1076	Miguel Fonseca	claranet	Senior Masculino	02:42:36	+01:13:01	10:50
179	31	Gabriel Filipe Lara Pinto da Cunha	individual	Senior Masculino	02:43:08	+01:13:33	10:53
180	1006	Lígia Oliveira	20 ver correr	Veterana F40	02:43:18	+01:13:43	10:53
181	1007	José Oliveira	20 ver correr	Veterano M40	02:43:19	+01:13:43	10:53
182	1099	Nuno Gonçalves	espeliosos	Senior Masculino	02:43:21	+01:13:46	10:53
183	1158	Vera isabel santos nunes	individual	Senior Feminino	02:43:23	+01:13:48	10:54
184	1411	ricardo bastos	pupilos do zé-tó	Veterano M40	02:43:38	+01:14:03	10:55
185	1467	David Braga	individual	Senior Masculino	02:43:38	+01:14:03	10:55
186	1466	José Coelho	individual	Veterano M40	02:43:38	+01:14:03	10:55
187	1406	sandro filipe	pupilos do zé-tó	Senior Masculino	02:43:38	+01:14:03	10:55
188	1405	daniel costa	pupilos do zé-tó	Senior Masculino	02:43:39	+01:14:04	10:55
189	1449	Liliana Gouveia	trail running suil park	Senior Feminino	02:44:09	+01:14:34	10:57
190	1402	Cristiano Mota	posh! já foste	Senior Masculino	02:44:17	+01:14:42	10:57
191	1045	Sérgio Nuno Silva	amotinados trail	Veterano M40	02:44:18	+01:14:43	10:57
192	1448	Rui Cucas	tog - trinca orelhas de gato	Veterano M50	02:44:29	+01:14:54	10:58
193	1038	Flávio Teixeira	amigos 100 limites	Senior Masculino	02:44:36	+01:15:00	10:58
194	1271	Pedro Pombal	individual	Veterano M40	02:44:38	+01:15:03	10:59
195	1073	Raul Jorge Martins Sousa	bunker lounge trail	Veterano M40	02:44:39	+01:15:04	10:59
196	1173	Daniel Amaral	individual	Senior Masculino	02:44:41	+01:15:06	10:59
197	1203	Paulo Jorge Sousa	individual	Senior Masculino	02:44:47	+01:15:12	10:59
198	1261	José da Silva Cabral	individual	Veterano M40	02:45:29	+01:15:54	11:02
199	1301	VALDEMAR SILVA	individual	Veterano M50	02:45:29	+01:15:54	11:02
200	1021	Albano Sousa	ad sebolido trail boneca douro	Veterano M50	02:46:19	+01:16:44	11:05
201	1246	Clara Rua	individual	Veterana F50	02:46:57	+01:17:22	11:08
202	1431	Sérgio Silva	stcp runners	Veterano M40	02:47:20	+01:17:45	11:09
203	1215	Rúben Moreira	individual	Senior Masculino	02:47:33	+01:17:58	11:10
204	1408	suzana duarte	pupilos do zé-tó	Veterana F40	02:47:42	+01:18:07	11:11
205	1044	Antônio Cardoso	amotinados trail	Veterano M40	02:48:06	+01:18:31	11:12
206	1199	Nelson Miranda	individual	Senior Masculino	02:48:07	+01:18:32	11:13
207	1337	Ricardo Silva	mountain runners	Senior Masculino	02:48:15	+01:18:40	11:13
208	1410	pedro portugal	pupilos do zé-tó	Veterano M40	02:49:09	+01:19:34	11:17
209	1288	JOAQUIM ALEIXO	individual	Veterano M50	02:49:33	+01:19:57	11:18
210	1417	Clemente meireles	running espinho	Veterano M50	02:49:40	+01:20:05	11:19
211	1266	Miguel cunha	individual	Veterano M40	02:50:24	+01:20:49	11:22
212	1120	Ricardo Teixeira	gansos	Veterano M40	02:50:53	+01:21:18	11:24
213	1437	Mónica Sá	tartarugas asfalto	Veterana F40	02:50:57	+01:21:22	11:24
214	1143	Liliana de Jesus Vieira da Silva	individual	Senior Feminino	02:51:14	+01:21:39	11:25
215	1398	Rui Silva	porto sentido runners	Veterano M40	02:51:16	+01:21:41	11:25
216	1259	Jaime Manuel Prieto Morais	individual	Veterano M40	02:51:24	+01:21:49	11:26
217	1079	Patricia Lima	claranet	Veterana F40	02:51:55	+01:22:20	11:28
218	1264	Luis Sousa	individual	Veterano M40	02:52:17	+01:22:42	11:29
219	1195	Marcelo Araújo	individual	Senior Masculino	02:52:30	+01:22:55	11:30

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
220	1325	Liliana Couto	maus caminhos	Senior Feminino	02:52:53	+01:23:18	11:32
221	1188	João Moreira	individual	Senior Masculino	02:52:54	+01:23:18	11:32
222	1207	Pedro Miguel Moreira Pinto	individual	Senior Masculino	02:52:54	+01:23:19	11:32
223	1184	Hugo Soares	individual	Senior Masculino	02:52:54	+01:23:19	11:32
224	1471	Beatriz Cruz	hora dos lobos	Veterana F40	02:53:01	+01:23:26	11:32
225	1460	Paulo Abreu	tt runners	Senior Masculino	02:53:29	+01:23:54	11:34
226	1457	Carlos Paiva	tt runners	Senior Masculino	02:53:42	+01:24:07	11:35
227	1164	Bruno Nunes	individual	Senior Masculino	02:53:50	+01:24:15	11:35
228	1153	Sandra Silva	individual	Senior Feminino	02:53:51	+01:24:15	11:35
229	1134	Bárbara Feio	individual	Senior Feminino	02:54:39	+01:25:04	11:39
230	1205	Pedro	individual	Senior Masculino	02:54:40	+01:25:04	11:39
231	1303	Joaquim Nunes	individual	Veterano M60	02:54:40	+01:25:05	11:39
232	1023	Margarida Vieira de Campos Brás	ada trail running	Senior Feminino	02:54:41	+01:25:06	11:39
233	1456	Paula Cristina Coelho	trailento	Veterana F50	02:54:47	+01:25:12	11:39
234	1245	Albina Sousa	individual	Veterana F50	02:54:49	+01:25:14	11:39
235	1287	João Calheiros	individual	Veterano M50	02:55:15	+01:25:40	11:41
236	1468	Conceição Pereira	hora dos lobos	Veterana F50	02:55:35	+01:26:00	11:42
237	1451	Cândida Moreira	trail santa marta / tristes mas duros	Veterana F40	02:55:48	+01:26:13	11:43
238	1016	Diana Paiva	ad sebolido trail boneca douro	Senior Feminino	02:55:55	+01:26:20	11:44
239	1033	Cláudia Pereira	amigos 100 limites	Senior Feminino	02:56:22	+01:26:47	11:46
240	1034	Maria Ferreira	amigos 100 limites	Veterana F50	02:56:27	+01:26:51	11:46
241	1260	João Rafael Oliveira da Silv a	individual	Veterano M40	02:57:07	+01:27:32	11:49
242	1318	João Costa	lusitanos	Senior Masculino	02:57:09	+01:27:34	11:49
243	1378	Liliana Chaves	porto sentido runners	Senior Feminino	02:57:30	+01:27:55	11:50
244	1129	Ana almeida	individual	Senior Feminino	02:57:44	+01:28:09	11:51
245	1280	Sérgio ribeiro	individual	Veterano M40	02:57:44	+01:28:09	11:51
246	1332	Rui Ferreira	monte dos amigos	Senior Masculino	02:58:30	+01:28:55	11:54
247	1298	Paulo Dias	individual	Veterano M50	02:58:31	+01:28:56	11:54
248	1297	Manuel Vilas Boas	individual	Veterano M50	03:00:07	+01:30:32	12:01
249	1267	Nuno Brito	individual	Veterano M40	03:00:32	+01:30:57	12:02
250	1262	Luciano Conde	individual	Veterano M40	03:00:34	+01:30:59	12:02
251	1233	Maria Augusta	individual	Veterana F40	03:00:37	+01:31:02	12:02
252	1341	Paulo Silva	mss contabilidade trail team	Senior Masculino	03:00:46	+01:31:11	12:03
253	1221	Tiago Vilas Boas	individual	Senior Masculino	03:00:50	+01:31:15	12:03
254	1452	Delfina Eiras	trail santa marta / tristes mas duros	Veterana F50	03:00:57	+01:31:22	12:04
255	1312	Alexandre Sousa	kandimba runners	Veterano M40	03:02:52	+01:33:17	12:11
256	1151	Sandra Ferreira	individual	Senior Feminino	03:03:18	+01:33:43	12:13
257	1146	Marta Reguengo	individual	Senior Feminino	03:03:18	+01:33:43	12:13
258	1025	Binita	ai de ti que não apareças	Veterana F40	03:03:21	+01:33:46	12:13
259	1436	PEPE	strong team	Veterano M40	03:03:34	+01:33:59	12:14
260	1190	João Pedro dos Santos Cardoso	individual	Senior Masculino	03:03:40	+01:34:05	12:15
261	1191	Joaquim Cardoso	individual	Senior Masculino	03:03:41	+01:34:06	12:15
262	1122	Cláudia Alexandra dos Santos Figueiredo lopes	giras & boas	Senior Feminino	03:03:42	+01:34:07	12:15
263	1124	Elsa Maria Meireles Amaral	giras & boas	Veterana F50	03:03:42	+01:34:07	12:15

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
264	1123	Mónica Alexandra Oliveira Mendes Azevedo	giras & boas	Veterana F40	03:03:42	+01:34:07	12:15
265	1473	Antonio Silva	os grossos das 7	Veterano M40	03:03:58	+01:34:23	12:16
266	1268	Paulo Cosme	individual	Veterano M40	03:04:20	+01:34:45	12:17
267	1382	Vera Sousa	porto sentido runners	Senior Feminino	03:05:26	+01:35:51	12:22
268	1118	Jorge caldas	gansos	Veterano M40	03:05:26	+01:35:51	12:22
269	1397	Paulo Rocha	porto sentido runners	Veterano M40	03:05:26	+01:35:51	12:22
270	1043	Helena Ferreira	amotinados trail	Veterana F50	03:05:32	+01:35:57	12:22
271	1095	Joaquim Fernando Soares Ribeiro	equipaqualquer	Veterano M50	03:06:05	+01:36:30	12:24
272	1155	Sara Mota	individual	Senior Feminino	03:06:49	+01:37:14	12:27
273	1429	Paulo Gonçalves	stcp runners	Veterano M40	03:06:49	+01:37:14	12:27
274	1427	Cristina Sousa	stcp runners	Veterana F40	03:06:51	+01:37:16	12:27
275	1258	Filipe Correia	individual	Veterano M40	03:07:08	+01:37:33	12:29
276	1087	BRUNO CARDOSO	ddt runners	Senior Masculino	03:09:02	+01:39:27	12:36
277	1201	Nuno Teixeira	individual	Senior Masculino	03:09:58	+01:40:23	12:40
278	1463	VITOR SANTOS	xtrilhosteam	Senior Masculino	03:10:00	+01:40:25	12:40
279	1052	Juliana Coelho	bananas	Senior Feminino	03:11:17	+01:41:42	12:45
280	1056	Joao Sousa	bananas	Senior Masculino	03:11:18	+01:41:43	12:45
281	1239	Martapin@gmail.com	individual	Veterana F40	03:12:14	+01:42:39	12:49
282	1296	Manuel Paiva	individual	Veterano M50	03:12:49	+01:43:14	12:51
283	1149	Renata Poças	individual	Senior Feminino	03:12:49	+01:43:14	12:51
284	1265	Miguel Cadilhe	individual	Veterano M40	03:12:49	+01:43:14	12:51
285	1183	Hugo Costa	individual	Senior Masculino	03:13:46	+01:44:11	12:55
286	1024	Bruna Silva	ai de ti que não apareças	Senior Feminino	03:14:29	+01:44:54	12:58
287	1418	Fátima Aguiar	runriver - escola atletismo de rio tinto	Veterana F50	03:14:29	+01:44:54	12:58
288	1425	Jorge Nápoles	shark team	Veterano M40	03:14:35	+01:45:00	12:58
289	1216	Rui Correia	individual	Senior Masculino	03:14:45	+01:45:10	12:59
290	1254	Carlos Manuel Monteiro Ferreira	individual	Veterano M40	03:15:16	+01:45:41	13:01
291	1242	Rosa Cândido	individual	Veterana F40	03:15:16	+01:45:41	13:01
292	1299	Paulo Silva	individual	Veterano M50	03:16:23	+01:46:48	13:06
293	1232	Jacqueline Pereira	individual	Veterana F40	03:16:33	+01:46:58	13:06
294	1210	Ricardo Fernandes	individual	Senior Masculino	03:17:20	+01:47:44	13:09
295	1229	Fatima Freitas	individual	Veterana F40	03:17:20	+01:47:44	13:09
296	1163	André Filipe Cunha Marques	individual	Senior Masculino	03:17:28	+01:47:53	13:10
297	1194	José Miguel matos da costa	individual	Senior Masculino	03:17:28	+01:47:53	13:10
298	1327	Vera Gomes	melres trail running - ordem para arrear	Veterana F40	03:17:41	+01:48:06	13:11
299	1465	Luiz Blanquet	hora dos lobos	Veterano M50	03:17:53	+01:48:18	13:12
300	1193	Jorge Manuel Lopes Pereira	individual	Senior Masculino	03:17:54	+01:48:19	13:12
301	1145	Lúcia Gomes de Sousa	individual	Senior Feminino	03:17:55	+01:48:19	13:12
302	1387	Vitor Martins	porto sentido runners	Senior Masculino	03:17:59	+01:48:24	13:12
303	1241	Paula Morais	individual	Veterana F40	03:18:04	+01:48:29	13:12
304	1152	Sandra Paiva	individual	Senior Feminino	03:18:05	+01:48:30	13:12
305	1130	Ana Patrícia Maia da Silva Pinto da Cunha	individual	Senior Feminino	03:18:29	+01:48:54	13:14
306	1450	Salomé Mota	trail running suil park	Veterana F40	03:20:28	+01:50:53	13:22

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
307	1063	Miguel Oliveira	btt alegria // tubani	Senior Masculino	03:20:42	+01:51:07	13:23
308	1472	Rui Quinta	individual	Veterano M50	03:20:45	+01:51:10	13:23
309	1381	Patrícia Ribeiro	porto sentido runners	Senior Feminino	03:22:09	+01:52:34	13:29
310	1289	Jorge Caria	individual	Veterano M50	03:22:25	+01:52:50	13:30
311	1012	CARLOS CLEMENTE	abc do crimerunners	Veterano M40	03:22:34	+01:52:58	13:30
312	1139	Joana Ferreira	individual	Senior Feminino	03:26:32	+01:56:57	13:46
313	1157	Susana Patrícia Alves	individual	Senior Feminino	03:26:33	+01:56:58	13:46
314	1377	Flavia Teixeira	porto sentido runners	Senior Feminino	03:27:11	+01:57:36	13:49
315	1385	Hugo Dias	porto sentido runners	Senior Masculino	03:27:11	+01:57:36	13:49
316	1369	Silvia Cruz	pepperoni	Veterana F40	03:27:41	+01:58:05	13:51
317	1150	Rute Ferreira	individual	Senior Feminino	03:27:41	+01:58:06	13:51
318	1256	eduardo paulo nogueira castro	individual	Veterano M40	03:27:54	+01:58:19	13:52
319	1102	Rita Moura	exerciseforyou	Senior Feminino	03:29:44	+02:00:09	13:59
320	1415	Silvia Costa	running espinho	Veterana F40	03:30:37	+02:01:02	14:02
321	1416	Paulo Ferreira	running espinho	Veterano M40	03:30:37	+02:01:02	14:02
322	1247	Maria Cidália Teixeira da Silva	individual	Veterana F50	03:30:55	+02:01:20	14:04
323	1344	Natália Carvalho	mss contabilidade trail team	Veterana F50	03:31:08	+02:01:33	14:05
324	1060	Daniela Oliveira	btt alegria // tubani	Senior Feminino	03:31:25	+02:01:50	14:06
325	1098	Abilio Neves	equipotencia trail team	Veterano M60	03:32:20	+02:02:45	14:09
326	1317	Bruno Pinho	lion runners g. d. leões da guarda	Senior Masculino	03:32:29	+02:02:54	14:10
327	1290	Jose Almeida	individual	Veterano M50	03:33:39	+02:04:03	14:15
328	1005	Gonçalo Lopes	20 comer	Senior Masculino	03:33:45	+02:04:10	14:15
329	1083	Carla Azevedo	corre caraças	Senior Feminino	03:33:48	+02:04:13	14:15
330	1104	Justa Ferreira	exerciseforyou	Veterana F40	03:33:58	+02:04:23	14:16
331	1003	Daniel Loureiro	20 comer	Senior Masculino	03:34:00	+02:04:25	14:16
332	1004	Gonçalo Almeida	20 comer	Senior Masculino	03:34:01	+02:04:26	14:16
333	1291	José Fernando Leal Pais Neto	individual	Veterano M50	03:34:55	+02:05:20	14:20
334	1252	Benjamim Manuel Silva Ferreira	individual	Veterano M40	03:34:55	+02:05:20	14:20
335	1131	Ana Silva	individual	Senior Feminino	03:35:12	+02:05:37	14:21
336	1212	Ricardo Leal	individual	Senior Masculino	03:35:14	+02:05:38	14:21
337	46	Paulo correia	individual	Veterano M40	03:36:42	+02:07:07	14:27
338	1263	Luis Moutinho	individual	Veterano M40	03:36:43	+02:07:08	14:27
339	1343	Maria José Gomes	mss contabilidade trail team	Veterana F50	03:36:54	+02:07:19	14:28
340	1455	Vânia Sofia Domingues Ferreira	trailento	Senior Feminino	03:36:54	+02:07:19	14:28
341	1379	Lisa Pereira	porto sentido runners	Senior Feminino	03:38:07	+02:08:32	14:33
342	1389	Cristina Silva	porto sentido runners	Veterana F40	03:38:08	+02:08:33	14:33
343	1424	Ana magalhaes	shark team	Veterana F40	03:38:49	+02:09:14	14:35
344	1403	Ivo Magalhães	posh! já foste	Senior Masculino	03:39:05	+02:09:30	14:36
345	1404	Ana Paiva	posh! já foste	Veterana F60	03:39:08	+02:09:33	14:37
346	1071	Pedro Pato	budeguita runners	Veterano M40	03:42:26	+02:12:51	14:50
347	1069	Isabel Ferreira	budeguita runners	Veterana F40	03:42:27	+02:12:52	14:50
348	1070	Jorge Chef Cook	budeguita runners	Veterano M40	03:42:28	+02:12:53	14:50
349	1308	Rosa Silva	irmandade do tango	Veterana F40	03:43:25	+02:13:50	14:54
350	1078	Monica Pinto	claranet	Veterana F40	03:44:52	+02:15:17	15:00
351	1225	CARLA CARDOSO	individual	Veterana F40	03:45:47	+02:16:11	15:03

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
352	1251	ARMANDO VALENTE	individual	Veterano M40	03:46:00	+02:16:25	15:04
353	1141	Joana Oliveira	individual	Senior Feminino	03:46:06	+02:16:31	15:04
354	1162	Agostinho Matos	individual	Senior Masculino	03:46:06	+02:16:31	15:04
355	1236	Marisa Gomes	individual	Veterana F40	03:46:53	+02:17:18	15:08
356	1311	Filipe	kandimba runners	Senior Masculino	03:47:15	+02:17:40	15:09
357	1390	Isabel Moreira	porto sentido runners	Veterana F40	03:52:27	+02:22:52	15:30
358	1305	Patrícia Gomes	irmandade do tango	Senior Feminino	03:53:10	+02:23:35	15:33
359	1309	Miguel Sá	irmandade do tango	Veterano M40	03:53:11	+02:23:35	15:33
360	1307	Luísa Silva	irmandade do tango	Veterana F40	03:53:11	+02:23:36	15:33
361	1306	Tiago Carvalho	irmandade do tango	Senior Masculino	03:53:11	+02:23:36	15:33
362	1304	Ana Miguel	irmandade do tango	Senior Feminino	03:53:12	+02:23:36	15:33
363	1105	Lurdes Sanguedo	exerciseforyou	Veterana F40	03:53:38	+02:24:03	15:35
364	1196	Márcio Marante	individual	Senior Masculino	03:54:15	+02:24:40	15:37
365	1140	Joana Filipa Neto Silva	individual	Senior Feminino	03:56:36	+02:27:01	15:46
366	1218	Sérgio Manuel Dias Rocha	individual	Senior Masculino	03:56:36	+02:27:01	15:46
367	1445	Kika Martins	tog - trinca orelhas de gato	Veterana F40	03:56:48	+02:27:13	15:47
368	1443	Antonieta Ribeiro	tog - trinca orelhas de gato	Senior Feminino	04:01:10	+02:31:35	16:05
369	1446	Xana Bento	tog - trinca orelhas de gato	Veterana F40	04:01:10	+02:31:35	16:05
370	1166	Bruno vigário	individual	Senior Masculino	04:03:01	+02:33:26	16:12
371	1156	Sara Vigário	individual	Senior Feminino	04:03:01	+02:33:26	16:12
372	1375	Jorge Teixeira	perna manca	Veterano M40	04:04:53	+02:35:17	16:20
373	1126	Monica Borges	gtt armazém do caffè	Veterana F40	04:05:35	+02:36:00	16:22
374	1423	Paula Margarida Moreira	scouts	Veterana F40	04:05:36	+02:36:01	16:22
375	1230	Helga Cosme	individual	Veterana F40	04:06:09	+02:36:34	16:25
376	1049	Fernando Lopes	arcorun	Veterano M40	04:11:06	+02:41:31	16:44
377	1048	Patrícia Amorim	arcorun	Veterana F40	04:11:06	+02:41:31	16:44
378	1376	José Pereira	perna manca	Veterano M50	04:11:49	+02:42:14	16:47
379	1373	Dulce Teixeira	perna manca	Veterana F40	04:11:49	+02:42:14	16:47
380	1061	Paula Silva	btt alegria // tubani	Senior Feminino	04:11:59	+02:42:24	16:48
381	1238	Marta Ferreira	individual	Veterana F40	04:19:36	+02:50:01	17:18
382	1227	Dulce assuncao	individual	Veterana F40	04:19:36	+02:50:01	17:18
383	1422	Bruno Gonçalves	scouts	Senior Masculino	04:25:43	+02:56:08	17:43
384	1421	Sandra Gonçalves	scouts	Senior Feminino	04:25:43	+02:56:08	17:43
385	1401	Barbara Martins	posh! já foste	Senior Feminino	04:26:32	+02:56:57	17:46
386	1400	Ana Caetano	posh! já foste	Senior Feminino	04:26:33	+02:56:58	17:46
387	1117	Elsa marques	gansos	Veterana F40	04:31:02	+03:01:27	18:04
388	1116	Sandra rocha	gansos	Senior Feminino	04:31:02	+03:01:27	18:04
389	1096	Jose Paulo Pereira Barbosa	equipaqualquer	Veterano M50	04:33:05	+03:03:30	18:12
390	1255	Carlos Ribeiro	individual	Veterano M40	04:33:14	+03:03:39	18:13
391	1235	Maria Joao Martinho	individual	Veterana F40	04:33:14	+03:03:39	18:13
392	1244	Sofia Dantas	individual	Veterana F40	04:33:15	+03:03:40	18:13
393	1154	Sara Costa	individual	Senior Feminino	04:33:15	+03:03:40	18:13
394	1093	Cristina Maria Pinto Bernardes	equipaqualquer	Veterana F50	04:56:35	+03:27:00	19:46
395	1345	Paula Salgado	mss contabilidade trail team	Veterana F50	04:58:03	+03:28:28	19:52
396	1224	Barbara Alves Brito	individual	Veterana F40	04:58:03	+03:28:28	19:52
397	1092	Pedro Rúben Ribeiro Barbosa	equipaqualquer	Senior Masculino	05:06:09	+03:36:34	20:25

15 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
398	1091	Ariana Isabel Martins Mendes	equipaqualquer	Senior Feminino	05:06:20	+03:36:45	20:25
399	1094	Maria José Couto Ribeiro Barbosa	equipaqualquer	Veterana F50	05:06:30	+03:36:55	20:26

15 KM

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:45	16.6°C	93%
End	14:07	16.6°C	93%

Senior Feminino

1	1132	Andreia Magina Azevedo	Individual	Senior Feminino	02:15:49	+46:14	09:03
2	1364	Clara Teixeira	Os preguiças team	Senior Feminino	02:20:36	+51:01	09:22
3	1108	Susana Silva	FACTOR X / S4L / MEDENSE FC	Senior Feminino	02:20:50	+51:15	09:23
4	1144	Liliana Soares	Individual	Senior Feminino	02:37:29	+01:07:54	10:30
5	1081	Xana Azevedo	CMF/ADA	Senior Feminino	02:37:42	+01:08:07	10:31
6	1133	Angela Vieira	Individual	Senior Feminino	02:41:03	+01:11:28	10:44
7	1158	Vera isabel santos nunes	Individual	Senior Feminino	02:43:23	+01:13:48	10:54
8	1449	Liliana Gouveia	Trail Running Suil Park	Senior Feminino	02:44:09	+01:14:34	10:57
9	1143	Liliana de Jesus Vieira da Silva	Individual	Senior Feminino	02:51:14	+01:21:39	11:25
10	1325	Liliana Couto	Maus caminhos	Senior Feminino	02:52:53	+01:23:18	11:32
11	1153	Sandra Silva	Individual	Senior Feminino	02:53:51	+01:24:15	11:35
12	1134	Bárbara Feio	Individual	Senior Feminino	02:54:39	+01:25:04	11:39
13	1023	Margarida Vieira de Campos Brás	ADA TRAIL RUNNING	Senior Feminino	02:54:41	+01:25:06	11:39
14	1016	Diana Paiva	AD Sebolido Trail Boneca Douro	Senior Feminino	02:55:55	+01:26:20	11:44
15	1033	Cláudia Pereira	Amigos 100 Limites	Senior Feminino	02:56:22	+01:26:47	11:46
16	1378	Liliana Chaves	PORTO SENTIDO RUNNERS	Senior Feminino	02:57:30	+01:27:55	11:50
17	1129	Ana almeida	Individual	Senior Feminino	02:57:44	+01:28:09	11:51
18	1151	Sandra Ferreira	Individual	Senior Feminino	03:03:18	+01:33:43	12:13
19	1146	Marta Reguengo	Individual	Senior Feminino	03:03:18	+01:33:43	12:13
20	1122	Cláudia Alexandra dos Santos Figueiredo lopes	Giras & Boas	Senior Feminino	03:03:42	+01:34:07	12:15
21	1382	Vera Sousa	PORTO SENTIDO RUNNERS	Senior Feminino	03:05:26	+01:35:51	12:22
22	1155	Sara Mota	Individual	Senior Feminino	03:06:49	+01:37:14	12:27
23	1052	Juliana Coelho	BaNaNaS	Senior Feminino	03:11:17	+01:41:42	12:45
24	1149	Renata Poças	Individual	Senior Feminino	03:12:49	+01:43:14	12:51
25	1024	Bruna Silva	Ai de ti que não apareças	Senior Feminino	03:14:29	+01:44:54	12:58
26	1145	Lúcia Gomes de Sousa	Individual	Senior Feminino	03:17:55	+01:48:19	13:12
27	1152	Sandra Paiva	Individual	Senior Feminino	03:18:05	+01:48:30	13:12
28	1130	Ana Patrícia Maia da Silva Pinto da Cunha	Individual	Senior Feminino	03:18:29	+01:48:54	13:14
29	1381	Patrícia Ribeiro	PORTO SENTIDO RUNNERS	Senior Feminino	03:22:09	+01:52:34	13:29
30	1139	Joana Ferreira	Individual	Senior Feminino	03:26:32	+01:56:57	13:46
31	1157	Susana Patrícia Alves	Individual	Senior Feminino	03:26:33	+01:56:58	13:46
32	1377	Flavia Teixeira	PORTO SENTIDO RUNNERS	Senior Feminino	03:27:11	+01:57:36	13:49
33	1150	Rute Ferreira	Individual	Senior Feminino	03:27:41	+01:58:06	13:51
34	1102	Rita Moura	ExerciseForYou	Senior Feminino	03:29:44	+02:00:09	13:59
35	1060	Daniela Oliveira	BTT Alegria // TUBANI	Senior Feminino	03:31:25	+02:01:50	14:06
36	1083	Carla Azevedo	Corre Caraças	Senior Feminino	03:33:48	+02:04:13	14:15
37	1131	Ana Silva	Individual	Senior Feminino	03:35:12	+02:05:37	14:21
38	1455	Vânia Sofia Domingues Ferreira	Trailento	Senior Feminino	03:36:54	+02:07:19	14:28

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Trail Curto

15 KM

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OFFICIAL RESULT

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39	1379	Lisa Pereira	PORTO SENTIDO RUNNERS	Senior Feminino	03:38:07	+02:08:32	14:33
40	1141	Joana Oliveira	Individual	Senior Feminino	03:46:06	+02:16:31	15:04
41	1305	Patrícia Gomes	Irmandade do Tango	Senior Feminino	03:53:10	+02:23:35	15:33
42	1304	Ana Miguel	Irmandade do Tango	Senior Feminino	03:53:12	+02:23:36	15:33
43	1140	Joana Filipa Neto Silva	Individual	Senior Feminino	03:56:36	+02:27:01	15:46
44	1443	Antonieta Ribeiro	Tog - Trinca Orelhas de Gato	Senior Feminino	04:01:10	+02:31:35	16:05
45	1156	Sara Vigário	Individual	Senior Feminino	04:03:01	+02:33:26	16:12
46	1061	Paula Silva	BTT Alegria // TUBANI	Senior Feminino	04:11:59	+02:42:24	16:48
47	1421	Sandra Gonçalves	Scouts	Senior Feminino	04:25:43	+02:56:08	17:43
48	1401	Barbara Martins	Posh! Já foste	Senior Feminino	04:26:32	+02:56:57	17:46
49	1400	Ana Caetano	Posh! Já foste	Senior Feminino	04:26:33	+02:56:58	17:46
50	1116	Sandra rocha	Gansos	Senior Feminino	04:31:02	+03:01:27	18:04
51	1154	Sara Costa	Individual	Senior Feminino	04:33:15	+03:03:40	18:13
52	1091	Ariana Isabel Martins Mendes	EquipaQualquer	Senior Feminino	05:06:20	+03:36:45	20:25

Senior Masculino

1	1161	Agostinho Reis	Individual	Senior Masculino	01:31:15	+01:40	06:05
2	1026	André Nogueira	Aliados Trail Running Team	Senior Masculino	01:33:14	+03:39	06:13
3	1474	Mikael Alves	BaNaNas	Senior Masculino	01:35:14	+05:39	06:21
4	1027	Bruno Pinto	Aliados Trail Running Team	Senior Masculino	01:36:06	+06:31	06:24
5	1029	Paulo Moreira	Aliados Trail Running Team	Senior Masculino	01:36:51	+07:16	06:27
6	1036	Bruno Pereira	Amigos 100 Limites	Senior Masculino	01:38:31	+08:56	06:34
7	1028	Paulo Machado	Aliados Trail Running Team	Senior Masculino	01:39:54	+10:19	06:40
8	1334	Vitor Cruz	Mountain Runners	Senior Masculino	01:41:41	+12:06	06:47
9	1053	Daniel	BaNaNas	Senior Masculino	01:45:12	+15:37	07:01
10	1055	Fabio Barbosa	BaNaNas	Senior Masculino	01:45:26	+15:51	07:02
11	1180	Filipe pinho	Individual	Senior Masculino	01:48:31	+18:56	07:14
12	1441	Nuno Silva	The Newbies	Senior Masculino	01:49:47	+20:12	07:19
13	1438	Carlos Silva	The Newbies	Senior Masculino	01:54:15	+24:40	07:37
14	1439	Hugo Faria	The Newbies	Senior Masculino	01:58:00	+28:25	07:52
15	1319	Nelson Pires	Lusitanos	Senior Masculino	01:58:29	+28:54	07:54
16	1160	Abel Rodrigues	Individual	Senior Masculino	01:58:47	+29:12	07:55
17	1414	Pedro Miguel Ferreira Miranda Fonseca	RUNNING ESPINHO	Senior Masculino	01:59:49	+30:13	07:59
18	1384	Bruno Melo	PORTO SENTIDO RUNNERS	Senior Masculino	02:00:02	+30:27	08:00
19	1365	Fernando Teixeira	Os preguiças team	Senior Masculino	02:00:35	+31:00	08:02
20	1329	Hugo Soares	Moinhos Run - ADRM	Senior Masculino	02:00:39	+31:04	08:03
21	1340	Fábio Sousa	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	02:00:43	+31:08	08:03
22	1353	Rogério Sousa	NOCTURNOS DE PAREDES	Senior Masculino	02:01:43	+32:08	08:07
23	1185	Hugo Teixeira	Individual	Senior Masculino	02:02:36	+33:01	08:10
24	1165	Bruno Quintino	Individual	Senior Masculino	02:02:37	+33:02	08:11
25	1362	Joel Ferreira	os aventureiros	Senior Masculino	02:03:07	+33:32	08:13
26	1204	Paulo Neves	Individual	Senior Masculino	02:03:10	+33:35	08:13
27	1020	Rui Teixeira	AD Sebolido Trail Boneca Douro	Senior Masculino	02:03:11	+33:36	08:13
28	1018	Manuel Lopes	AD Sebolido Trail Boneca Douro	Senior Masculino	02:04:39	+35:04	08:19

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Trail Curto

15 KM

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29	1206	Pedro Coelho	Individual	Senior Masculino	02:06:48	+37:13	08:27
30	1031	Paulo Inverneiro	Alpha Running	Senior Masculino	02:06:56	+37:21	08:28
31	1008	Fábio Ferreira	A NOZ	Senior Masculino	02:07:28	+37:53	08:30
32	1330	Simão sousa	Moinhos Run - ADRM	Senior Masculino	02:08:46	+39:11	08:35
33	1440	Marcelo Teixeira	The Newbies	Senior Masculino	02:11:50	+42:15	08:47
34	1168	Carlos Nogueira	Individual	Senior Masculino	02:11:56	+42:21	08:48
35	1097	Luis Neves	Equipotencia Trail Team	Senior Masculino	02:12:57	+43:22	08:52
36	1059	Micael Nogueira	BaNaNaS	Senior Masculino	02:13:27	+43:52	08:54
37	1035	Alcino Silva	Amigos 100 Limites	Senior Masculino	02:15:24	+45:49	09:02
38	1208	Raúl Moura	Individual	Senior Masculino	02:15:34	+45:58	09:02
39	1064	Sergio Coelho	BTT Alegria // TUBANI	Senior Masculino	02:15:35	+46:00	09:02
40	1192	Joel Gomes	Individual	Senior Masculino	02:16:21	+46:46	09:05
41	1320	Pedro Carvalho	Lusitanos	Senior Masculino	02:17:24	+47:49	09:10
42	1211	RICARDO FILIPE REBELO LOUREIRO	Individual	Senior Masculino	02:19:41	+50:06	09:19
43	1213	Ricardo Novais	Individual	Senior Masculino	02:19:48	+50:13	09:19
44	1175	Eduardo Miguel Oliveira Quaresma	Individual	Senior Masculino	02:20:34	+50:59	09:22
45	1019	Márcio Sousa	AD Sebolido Trail Boneca Douro	Senior Masculino	02:23:26	+53:51	09:34
46	1169	Carlos Soares	Individual	Senior Masculino	02:23:48	+54:13	09:35
47	1174	Daniel Neves	Individual	Senior Masculino	02:24:21	+54:46	09:37
48	1075	João Sousa	Claranet	Senior Masculino	02:25:07	+55:32	09:41
49	1469	Filipe Silva	Hora dos Lobos	Senior Masculino	02:25:28	+55:53	09:42
50	1383	Bruno Guedes	PORTO SENTIDO RUNNERS	Senior Masculino	02:26:37	+57:02	09:47
51	1220	Tiago Vieira	Individual	Senior Masculino	02:27:02	+57:27	09:48
52	1082	Ben Fernandes	CMF/ADA	Senior Masculino	02:27:25	+57:50	09:50
53	1100	Venancio Almeida	Espeliosos	Senior Masculino	02:28:07	+58:32	09:53
54	1197	Miguel Rocha	Individual	Senior Masculino	02:28:29	+58:54	09:54
55	1198	Nelson Dias	Individual	Senior Masculino	02:28:59	+59:24	09:56
56	1182	Hugo Claudio Campos Pacheco	Individual	Senior Masculino	02:29:33	+59:58	09:58
57	1361	Bruno Castelo	os aventureiros	Senior Masculino	02:32:47	+01:03:12	10:11
58	1462	VITOR CARVALHO	XtrilhosTeam	Senior Masculino	02:33:40	+01:04:05	10:15
59	1372	Nuno Coelho	Perna Manca	Senior Masculino	02:34:38	+01:05:03	10:19
60	1459	José Cabral	TT Runners	Senior Masculino	02:35:24	+01:05:49	10:22
61	1177	Fábio Carneiro	Individual	Senior Masculino	02:36:24	+01:06:49	10:26
62	1170	Cédric Silva	Individual	Senior Masculino	02:36:29	+01:06:54	10:26
63	1186	Isaías Vieira	Individual	Senior Masculino	02:36:36	+01:07:01	10:26
64	1187	joao bessa	Individual	Senior Masculino	02:36:42	+01:07:07	10:27
65	1316	Luís Vieira	Kunalama runners	Senior Masculino	02:36:42	+01:07:07	10:27
66	1077	Sergio Alves	Claranet	Senior Masculino	02:38:29	+01:08:54	10:34
67	10	Rui Viegas	ARCORUN	Senior Masculino	02:38:53	+01:09:18	10:36
68	1127	Flávio Cardoso	Índios do BTTtrail	Senior Masculino	02:39:20	+01:09:45	10:37
69	1159	Abel Cardoso	Individual	Senior Masculino	02:39:54	+01:10:19	10:40
70	1338	Tiago Daniel	Mountain Runners	Senior Masculino	02:40:03	+01:10:28	10:40
71	1109	Marco Oliveira Zamalek	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:41:03	+01:11:28	10:44
72	1037	Eduardo Silva	Amigos 100 Limites	Senior Masculino	02:41:05	+01:11:30	10:44
73	1039	Mauro Silva	Amigos 100 Limites	Senior Masculino	02:41:05	+01:11:30	10:44
74	1335	Miguel Sousa	Mountain Runners	Senior Masculino	02:41:10	+01:11:34	10:45

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Trail Curto

15 KM

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75	1072	Fabio Jorge Martins Sousa	Bunker Lounge Trail	Senior Masculino	02:42:20	+01:12:45	10:49
76	1176	Emanuel Guedes Pereira Damaso	Individual	Senior Masculino	02:42:23	+01:12:48	10:50
77	1458	João Lopes	TT Runners	Senior Masculino	02:42:28	+01:12:52	10:50
78	1076	Miguel Fonseca	Claranet	Senior Masculino	02:42:36	+01:13:01	10:50
79	31	Gabriel Filipe Lara Pinto da Cunha	Individual	Senior Masculino	02:43:08	+01:13:33	10:53
80	1099	Nuno Gonçalves	Espeliosos	Senior Masculino	02:43:21	+01:13:46	10:53
81	1467	David Braga	Individual	Senior Masculino	02:43:38	+01:14:03	10:55
82	1406	sandro filipe	Pupilos do Zé-Tó	Senior Masculino	02:43:38	+01:14:03	10:55
83	1405	daniel costa	Pupilos do Zé-Tó	Senior Masculino	02:43:39	+01:14:04	10:55
84	1402	Cristiano Mota	Posh! Já foste	Senior Masculino	02:44:17	+01:14:42	10:57
85	1038	Flávio Teixeira	Amigos 100 Limites	Senior Masculino	02:44:36	+01:15:00	10:58
86	1173	Daniel Amaral	Individual	Senior Masculino	02:44:41	+01:15:06	10:59
87	1203	Paulo Jorge Sousa	Individual	Senior Masculino	02:44:47	+01:15:12	10:59
88	1215	Rúben Moreira	Individual	Senior Masculino	02:47:33	+01:17:58	11:10
89	1199	Nelson Miranda	Individual	Senior Masculino	02:48:07	+01:18:32	11:13
90	1337	Ricardo Silva	Mountain Runners	Senior Masculino	02:48:15	+01:18:40	11:13
91	1195	Marcelo Araújo	Individual	Senior Masculino	02:52:30	+01:22:55	11:30
92	1188	João Moreira	Individual	Senior Masculino	02:52:54	+01:23:18	11:32
93	1207	Pedro Miguel Moreira Pinto	Individual	Senior Masculino	02:52:54	+01:23:19	11:32
94	1184	Hugo Soares	Individual	Senior Masculino	02:52:54	+01:23:19	11:32
95	1460	Paulo Abreu	TT Runners	Senior Masculino	02:53:29	+01:23:54	11:34
96	1457	Carlos Paiva	TT Runners	Senior Masculino	02:53:42	+01:24:07	11:35
97	1164	Bruno Nunes	Individual	Senior Masculino	02:53:50	+01:24:15	11:35
98	1205	Pedro	Individual	Senior Masculino	02:54:40	+01:25:04	11:39
99	1318	João Costa	Lusitanos	Senior Masculino	02:57:09	+01:27:34	11:49
100	1332	Rui Ferreira	Monte dos Amigos	Senior Masculino	02:58:30	+01:28:55	11:54
101	1341	Paulo Silva	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	03:00:46	+01:31:11	12:03
102	1221	Tiago Vilas Boas	Individual	Senior Masculino	03:00:50	+01:31:15	12:03
103	1190	João Pedro dos Santos Cardoso	Individual	Senior Masculino	03:03:40	+01:34:05	12:15
104	1191	Joaquim Cardoso	Individual	Senior Masculino	03:03:41	+01:34:06	12:15
105	1087	BRUNO CARDOSO	DDT RUNNERS	Senior Masculino	03:09:02	+01:39:27	12:36
106	1201	Nuno Teixeira	Individual	Senior Masculino	03:09:58	+01:40:23	12:40
107	1463	VITOR SANTOS	XtrilhosTeam	Senior Masculino	03:10:00	+01:40:25	12:40
108	1056	Joao Sousa	BaNaNas	Senior Masculino	03:11:18	+01:41:43	12:45
109	1183	Hugo Costa	Individual	Senior Masculino	03:13:46	+01:44:11	12:55
110	1216	Rui Correia	Individual	Senior Masculino	03:14:45	+01:45:10	12:59
111	1210	Ricardo Fernandes	Individual	Senior Masculino	03:17:20	+01:47:44	13:09
112	1163	André Filipe Cunha Marques	Individual	Senior Masculino	03:17:28	+01:47:53	13:10
113	1194	José Miguel matos da costa	Individual	Senior Masculino	03:17:28	+01:47:53	13:10
114	1193	Jorge Manuel Lopes Pereira	Individual	Senior Masculino	03:17:54	+01:48:19	13:12
115	1387	Vitor Martins	PORTO SENTIDO RUNNERS	Senior Masculino	03:17:59	+01:48:24	13:12
116	1063	Miguel Oliveira	BTT Alegria // TUBANI	Senior Masculino	03:20:42	+01:51:07	13:23
117	1385	Hugo Dias	PORTO SENTIDO RUNNERS	Senior Masculino	03:27:11	+01:57:36	13:49
118	1317	Bruno Pinho	Lion Runners G. D. Leões da Guarda	Senior Masculino	03:32:29	+02:02:54	14:10
119	1005	Gonçalo Lopes	20 Comer	Senior Masculino	03:33:45	+02:04:10	14:15

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Trail Curto

15 KM

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120	1003	Daniel Loureiro	20 Comer	Senior Masculino	03:34:00	+02:04:25	14:16
121	1004	Gonalo Almeida	20 Comer	Senior Masculino	03:34:01	+02:04:26	14:16
122	1212	Ricardo Leal	Individual	Senior Masculino	03:35:14	+02:05:38	14:21
123	1403	Ivo Magalhães	Posh! Já foste	Senior Masculino	03:39:05	+02:09:30	14:36
124	1162	Agostinho Matos	Individual	Senior Masculino	03:46:06	+02:16:31	15:04
125	1311	Filipe	Kandimba Runners	Senior Masculino	03:47:15	+02:17:40	15:09
126	1306	Tiago Carvalho	Irmandade do Tango	Senior Masculino	03:53:11	+02:23:36	15:33
127	1196	Márcio Marante	Individual	Senior Masculino	03:54:15	+02:24:40	15:37
128	1218	Sérgio Manuel Dias Rocha	Individual	Senior Masculino	03:56:36	+02:27:01	15:46
129	1166	Bruno vigário	Individual	Senior Masculino	04:03:01	+02:33:26	16:12
130	1422	Bruno Gonçalves	Scouts	Senior Masculino	04:25:43	+02:56:08	17:43
131	1092	Pedro Rúben Ribeiro Barbosa	EquipaQualquer	Senior Masculino	05:06:09	+03:36:34	20:25

Veterana F40

1	1407	carla araujo	Pupilos do Zé-Tó	Veterana F40	02:07:27	+37:52	08:30
2	1223	Andreia Teles	Individual	Veterana F40	02:15:49	+46:14	09:03
3	1042	Cláudia Fernandes	AMOTINADOS TRAIL	Veterana F40	02:20:09	+50:34	09:21
4	1084	Manuela Monteiro	Corre Caraças	Veterana F40	02:21:03	+51:27	09:24
5	1470	Rosa Teixeira	Hora dos Lobos	Veterana F40	02:21:49	+52:14	09:27
6	1001	Elisabete Leal	#correratenumdarmais por FO	Veterana F40	02:23:09	+53:34	09:33
7	1189	Sylvie Duarte	Individual	Veterana F40	02:29:53	+01:00:18	10:00
8	1228	Elisabete Rocha	Individual	Veterana F40	02:36:15	+01:06:40	10:25
9	1388	Cidalia Soares	PORTO SENTIDO RUNNERS	Veterana F40	02:36:19	+01:06:44	10:25
10	1237	MARISA SILVA	Individual	Veterana F40	02:37:23	+01:07:48	10:30
11	1047	Alice Sousa	AMOTINADOS TRAIL	Veterana F40	02:38:34	+01:08:59	10:34
12	1231	Ieda Cristina de Lima	Individual	Veterana F40	02:38:37	+01:09:02	10:35
13	1006	Lígia Oliveira	20 VER CORRER	Veterana F40	02:43:18	+01:13:43	10:53
14	1408	suzana duarte	Pupilos do Zé-Tó	Veterana F40	02:47:42	+01:18:07	11:11
15	1437	Mónica Sá	Tartarugas Asfalto	Veterana F40	02:50:57	+01:21:22	11:24
16	1079	Patricia Lima	Claranet	Veterana F40	02:51:55	+01:22:20	11:28
17	1471	Beatriz Cruz	Hora dos Lobos	Veterana F40	02:53:01	+01:23:26	11:32
18	1451	Cândida Moreira	Trail Santa Marta / Tristes Mas Duros	Veterana F40	02:55:48	+01:26:13	11:43
19	1233	Maria Augusta	Individual	Veterana F40	03:00:37	+01:31:02	12:02
20	1025	Binita	Ai de ti que não apareças	Veterana F40	03:03:21	+01:33:46	12:13
21	1123	Mónica Alexandra Oliveira Mendes Azevedo	Giras & Boas	Veterana F40	03:03:42	+01:34:07	12:15
22	1427	Cristina Sousa	STCP Runners	Veterana F40	03:06:51	+01:37:16	12:27
23	1239	Martapin@gmail.com	Individual	Veterana F40	03:12:14	+01:42:39	12:49
24	1242	Rosa Cândido	Individual	Veterana F40	03:15:16	+01:45:41	13:01
25	1232	Jacqueline Pereira	Individual	Veterana F40	03:16:33	+01:46:58	13:06
26	1229	Fátima Freitas	Individual	Veterana F40	03:17:20	+01:47:44	13:09
27	1327	Vera Gomes	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Veterana F40	03:17:41	+01:48:06	13:11
28	1241	Paula Morais	Individual	Veterana F40	03:18:04	+01:48:29	13:12
29	1450	Salomé Mota	Trail Running Suil Park	Veterana F40	03:20:28	+01:50:53	13:22

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Trail Curto

15 KM

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30	1369	Silvia Cruz	Pepperoni	Veterana F40	03:27:41	+01:58:05	13:51
31	1415	Silvia Costa	RUNNING ESPINHO	Veterana F40	03:30:37	+02:01:02	14:02
32	1104	Justa Ferreira	ExerciseForYou	Veterana F40	03:33:58	+02:04:23	14:16
33	1389	Cristina Silva	PORTO SENTIDO RUNNERS	Veterana F40	03:38:08	+02:08:33	14:33
34	1424	Ana magalhaes	Shark team	Veterana F40	03:38:49	+02:09:14	14:35
35	1069	Isabel Ferreira	BUDEGUITA RUNNERS	Veterana F40	03:42:27	+02:12:52	14:50
36	1308	Rosa Silva	Irmandade do Tango	Veterana F40	03:43:25	+02:13:50	14:54
37	1078	Monica Pinto	Claranet	Veterana F40	03:44:52	+02:15:17	15:00
38	1225	CARLA CARDOSO	Individual	Veterana F40	03:45:47	+02:16:11	15:03
39	1236	Marisa Gomes	Individual	Veterana F40	03:46:53	+02:17:18	15:08
40	1390	Isabel Moreira	PORTO SENTIDO RUNNERS	Veterana F40	03:52:27	+02:22:52	15:30
41	1307	Luísa Silva	Irmandade do Tango	Veterana F40	03:53:11	+02:23:36	15:33
42	1105	Lurdes Sanguedo	ExerciseForYou	Veterana F40	03:53:38	+02:24:03	15:35
43	1445	Kika Martins	Tog - Trinca Orelhas de Gato	Veterana F40	03:56:48	+02:27:13	15:47
44	1446	Xana Bento	Tog - Trinca Orelhas de Gato	Veterana F40	04:01:10	+02:31:35	16:05
45	1126	Monica Borges	GTT Armazém do caffè	Veterana F40	04:05:35	+02:36:00	16:22
46	1423	Paula Margarida Moreira	Scouts	Veterana F40	04:05:36	+02:36:01	16:22
47	1230	Helga Cosme	Individual	Veterana F40	04:06:09	+02:36:34	16:25
48	1048	Patrícia Amorim	ARCORUN	Veterana F40	04:11:06	+02:41:31	16:44
49	1373	Dulce Teixeira	Perna Manca	Veterana F40	04:11:49	+02:42:14	16:47
50	1238	Marta Ferreira	Individual	Veterana F40	04:19:36	+02:50:01	17:18
51	1227	Dulce assuncao	Individual	Veterana F40	04:19:36	+02:50:01	17:18
52	1117	Elsa marques	Gansos	Veterana F40	04:31:02	+03:01:27	18:04
53	1235	Maria Joao Martinho	Individual	Veterana F40	04:33:14	+03:03:39	18:13
54	1244	Sofia Dantas	Individual	Veterana F40	04:33:15	+03:03:40	18:13
55	1224	Barbara Alves Brito	Individual	Veterana F40	04:58:03	+03:28:28	19:52

Veterana F50

1	1453	Eva Santos	Trail Santa Marta / Tristes Mas Duros	Veterana F50	02:36:28	+01:06:53	10:26
2	1246	Clara Rua	Individual	Veterana F50	02:46:57	+01:17:22	11:08
3	1456	Paula Cristina Coelho	Trailento	Veterana F50	02:54:47	+01:25:12	11:39
4	1245	Albina Sousa	Individual	Veterana F50	02:54:49	+01:25:14	11:39
5	1468	Conceição Pereira	Hora dos Lobos	Veterana F50	02:55:35	+01:26:00	11:42
6	1034	Maria Ferreira	Amigos 100 Limites	Veterana F50	02:56:27	+01:26:51	11:46
7	1452	Delfina Eiras	Trail Santa Marta / Tristes Mas Duros	Veterana F50	03:00:57	+01:31:22	12:04
8	1124	Elsa Maria Meireles Amaral	Giras & Boas	Veterana F50	03:03:42	+01:34:07	12:15
9	1043	Helena Ferreira	AMOTINADOS TRAIL	Veterana F50	03:05:32	+01:35:57	12:22
10	1418	Fátima Aguiar	RunRiver - Escola Atletismo de Rio Tinto	Veterana F50	03:14:29	+01:44:54	12:58
11	1247	Maria Cidália Teixeira da Silva	Individual	Veterana F50	03:30:55	+02:01:20	14:04
12	1344	Natália Carvalho	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	03:31:08	+02:01:33	14:05
13	1343	Maria José Gomes	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	03:36:54	+02:07:19	14:28
14	1093	Cristina Maria Pinto Bernardes	EquipaQualquer	Veterana F50	04:56:35	+03:27:00	19:46

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Trail Curto

15 KM

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15	1345	Paula Salgado	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	04:58:03	+03:28:28	19:52
16	1094	Maria José Couto Ribeiro Barbosa	EquipaQualquer	Veterana F50	05:06:30	+03:36:55	20:26

Veterana F60

1	1404	Ana Paiva	Posh! Já foste	Veterana F60	03:39:08	+02:09:33	14:37
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Veterano M40

1	1051	Paulo pinto	AZTrail Mercentro	Veterano M40	01:29:35		05:58
2	1030	Patrick Marques	Aliados Trail Running Team	Veterano M40	01:34:35	+05:00	06:18
3	1080	Alcino Silva	Clube Independente de Atletismo de Alpendorada	Veterano M40	01:36:43	+07:08	06:27
4	1324	Nuno Santos	Matosinhos Futsal Clube	Veterano M40	01:40:33	+10:58	06:42
5	1009	Pedro Paiva	A NOZ	Veterano M40	01:46:00	+16:25	07:04
6	1358	Henrique Silva	NSPneus Vitalplace TDUTEK ecras led	Veterano M40	01:47:26	+17:51	07:10
7	1074	Rui sousa	CENTRO CICLISTA DE GONDOMAR	Veterano M40	01:50:33	+20:58	07:22
8	1367	Sergio Gomes	Os preguiças team	Veterano M40	01:53:12	+23:36	07:33
9	1321	Adriano Oliveira	Lusitanos	Veterano M40	01:53:37	+24:02	07:35
10	1412	ruí cardoso	Pupilos do Zé-Tó	Veterano M40	01:58:45	+29:10	07:55
11	1110	Ivo Oliveira	FACTOR X / S4L / MEDENSE FC	Veterano M40	01:58:51	+29:16	07:55
12	1356	José Fernandes	Nova Linha Trail Runners	Veterano M40	01:59:10	+29:35	07:57
13	1342	Vitor Azevedo	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:00:35	+31:00	08:02
14	1331	Miguel Santos	Moinhos Run - ADRM	Veterano M40	02:00:55	+31:20	08:04
15	1065	João Tavares	BTT Alegria // TUBANI	Veterano M40	02:01:30	+31:55	08:06
16	1350	Manuel Pinheiro	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:02:45	+33:10	08:11
17	1310	jose tavares	jose rodrigues	Veterano M40	02:03:05	+33:30	08:12
18	1113	Ricardo Rocha	FAST AO KM	Veterano M40	02:03:33	+33:58	08:14
19	1391	Albino Pires	PORTO SENTIDO RUNNERS	Veterano M40	02:03:52	+34:17	08:15
20	1395	Filipe Nascimento	PORTO SENTIDO RUNNERS	Veterano M40	02:04:58	+35:23	08:20
21	1357	António José Pinho Neves	NSPneus Vitalplace TDUTEK ecras led	Veterano M40	02:05:54	+36:19	08:24
22	1432	Sérgio Sousa	STCP Runners	Veterano M40	02:06:22	+36:47	08:25
23	1276	Rui Moreira	Individual	Veterano M40	02:06:24	+36:49	08:26
24	1323	Rui Rosas	Lusitanos	Veterano M40	02:08:01	+38:26	08:32
25	1413	André Pinho	reumatico trail team	Veterano M40	02:08:13	+38:38	08:33
26	1314	Jorge Durães	Kandimba Runners	Veterano M40	02:08:23	+38:48	08:34
27	1067	Tony Mendes	BTT Alegria // TUBANI	Veterano M40	02:09:54	+40:19	08:40
28	1409	jose rodrigues	Pupilos do Zé-Tó	Veterano M40	02:10:49	+41:14	08:43
29	1111	António Neves	Fardetas	Veterano M40	02:11:54	+42:19	08:48
30	1430	Secundino Oliveira	STCP Runners	Veterano M40	02:11:56	+42:21	08:48
31	1393	Fernando Cardoso	PORTO SENTIDO RUNNERS	Veterano M40	02:11:56	+42:21	08:48
32	1032	Carlos Soares	Alpha Running	Veterano M40	02:12:01	+42:26	08:48

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Trail Curto

15 KM

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33	1257	Fernando Soares	Individual	Veterano M40	02:13:16	+43:41	08:53
34	1454	Carlos Ribeiro	Trail4Fun	Veterano M40	02:13:16	+43:41	08:53
35	1282	Vitor Santos	Individual	Veterano M40	02:14:00	+44:25	08:56
36	1428	Dinis Pinto	STCP Runners	Veterano M40	02:14:30	+44:55	08:58
37	1041	Tó Faria	Amigos 100 Limites	Veterano M40	02:15:14	+45:39	09:01
38	1279	Sérgio Mota	Individual	Veterano M40	02:15:16	+45:41	09:01
39	1351	Manuel Ribeiro	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:17:44	+48:09	09:11
40	1088	JOÃO PAULO CAMPOS	DDT RUNNERS	Veterano M40	02:18:03	+48:28	09:12
41	1253	Carlos Manuel Farinha Viriato	Individual	Veterano M40	02:20:28	+50:53	09:22
42	1370	Joel Coelho	Pepperoni	Veterano M40	02:21:07	+51:32	09:25
43	1248	Amílcar Daniel	Individual	Veterano M40	02:21:10	+51:35	09:25
44	1355	Daniel Tomé	Nova Linha Trail Runners	Veterano M40	02:21:16	+51:41	09:25
45	1354	Carlos Silva	Nova Linha Trail Runners	Veterano M40	02:21:17	+51:42	09:25
46	1348	Aurégio Salas	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:25:41	+56:06	09:43
47	1085	Jorge Monteiro	Corre Caraças	Veterano M40	02:28:08	+58:33	09:53
48	1313	Hugo Ferreira	Kandimba Runners	Veterano M40	02:30:35	+01:01:00	10:02
49	1278	Rui Sergio Pinheiro da Costa Rodrigues Dias	Individual	Veterano M40	02:31:04	+01:01:29	10:04
50	1347	António Rocha	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:31:41	+01:02:06	10:07
51	1447	Paulo Santos	Tog - Trinca Orelhas de Gato	Veterano M40	02:32:17	+01:02:42	10:09
52	1089	PAULO FERREIRA	DDT RUNNERS	Veterano M40	02:32:55	+01:03:20	10:12
53	1066	Paulo Nunes	BTT Alegria // TUBANI	Veterano M40	02:33:09	+01:03:34	10:13
54	1396	Jorge Pereira	PORTO SENTIDO RUNNERS	Veterano M40	02:34:29	+01:04:54	10:18
55	1346	António Alves	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:35:05	+01:05:30	10:20
56	1101	Angelo Silva	Espeliosos	Veterano M40	02:35:18	+01:05:43	10:21
57	1106	José Ferreira	ExerciseForYou	Veterano M40	02:36:31	+01:06:56	10:26
58	1277	Rui Paulo Pereira	Individual	Veterano M40	02:37:02	+01:07:27	10:28
59	1281	Sousa Henrique	Individual	Veterano M40	02:39:14	+01:09:39	10:37
60	1249	António Rodrigues	Individual	Veterano M40	02:40:16	+01:10:41	10:41
61	1121	Fernando Platinas	GENEROSOS RUNNERS	Veterano M40	02:41:18	+01:11:43	10:45
62	1322	Luis Miguel Teixeira da Silva	Lusitanos	Veterano M40	02:42:28	+01:12:53	10:50
63	1007	José Oliveira	20 VER CORRER	Veterano M40	02:43:19	+01:13:43	10:53
64	1411	ricardo bastos	Pupilos do Zé-Tó	Veterano M40	02:43:38	+01:14:03	10:55
65	1466	José Coelho	Individual	Veterano M40	02:43:38	+01:14:03	10:55
66	1045	Sérgio Nuno Silva	AMOTINADOS TRAIL	Veterano M40	02:44:18	+01:14:43	10:57
67	1271	Pedro Pombal	Individual	Veterano M40	02:44:38	+01:15:03	10:59
68	1073	Raul Jorge Martins Sousa	Bunker Lounge Trail	Veterano M40	02:44:39	+01:15:04	10:59
69	1261	José da Silva Cabral	Individual	Veterano M40	02:45:29	+01:15:54	11:02
70	1431	Sérgio Silva	STCP Runners	Veterano M40	02:47:20	+01:17:45	11:09
71	1044	Antônio Cardoso	AMOTINADOS TRAIL	Veterano M40	02:48:06	+01:18:31	11:12
72	1410	pedro portugal	Pupilos do Zé-Tó	Veterano M40	02:49:09	+01:19:34	11:17
73	1266	Miguel cunha	Individual	Veterano M40	02:50:24	+01:20:49	11:22
74	1120	Ricardo Teixeira	Gansos	Veterano M40	02:50:53	+01:21:18	11:24
75	1398	Rui Silva	PORTO SENTIDO RUNNERS	Veterano M40	02:51:16	+01:21:41	11:25

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15 KM

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76	1259	Jaime Manuel Prieto Morais	Individual	Veterano M40	02:51:24	+01:21:49	11:26
77	1264	Luis Sousa	Individual	Veterano M40	02:52:17	+01:22:42	11:29
78	1260	João Rafael Oliveira da Silv a	Individual	Veterano M40	02:57:07	+01:27:32	11:49
79	1280	Sérgio ribeiro	Individual	Veterano M40	02:57:44	+01:28:09	11:51
80	1267	Nuno Brito	Individual	Veterano M40	03:00:32	+01:30:57	12:02
81	1262	Luciano Conde	Individual	Veterano M40	03:00:34	+01:30:59	12:02
82	1312	Alexandre Sousa	Kandimba Runners	Veterano M40	03:02:52	+01:33:17	12:11
83	1436	PEPE	Strong Team	Veterano M40	03:03:34	+01:33:59	12:14
84	1473	Antonio Silva	Os Grossos das 7	Veterano M40	03:03:58	+01:34:23	12:16
85	1268	Paulo Cosme	Individual	Veterano M40	03:04:20	+01:34:45	12:17
86	1118	Jorge caldas	Gansos	Veterano M40	03:05:26	+01:35:51	12:22
87	1397	Paulo Rocha	PORTO SENTIDO RUNNERS	Veterano M40	03:05:26	+01:35:51	12:22
88	1429	Paulo Gonçalves	STCP Runners	Veterano M40	03:06:49	+01:37:14	12:27
89	1258	Filipe Correia	Individual	Veterano M40	03:07:08	+01:37:33	12:29
90	1265	Miguel Cadilhe	Individual	Veterano M40	03:12:49	+01:43:14	12:51
91	1425	Jorge Nápoles	Shark Team	Veterano M40	03:14:35	+01:45:00	12:58
92	1254	Carlos Manuel Monteiro Ferreira	Individual	Veterano M40	03:15:16	+01:45:41	13:01
93	1012	CARLOS CLEMENTE	ABC do CrimeRunners	Veterano M40	03:22:34	+01:52:58	13:30
94	1256	eduardo paulo nogueira castro	Individual	Veterano M40	03:27:54	+01:58:19	13:52
95	1416	Paulo Ferreira	RUNNING ESPINHO	Veterano M40	03:30:37	+02:01:02	14:02
96	1252	Benjamim Manuel Silva Ferreira	Individual	Veterano M40	03:34:55	+02:05:20	14:20
97	46	Paulo correia	Individual	Veterano M40	03:36:42	+02:07:07	14:27
98	1263	Luis Moutinho	Individual	Veterano M40	03:36:43	+02:07:08	14:27
99	1071	Pedro Pato	BUDEGUITA RUNNERS	Veterano M40	03:42:26	+02:12:51	14:50
100	1070	Jorge Chef Cook	BUDEGUITA RUNNERS	Veterano M40	03:42:28	+02:12:53	14:50
101	1251	ARMANDO VALENTE	Individual	Veterano M40	03:46:00	+02:16:25	15:04
102	1309	Miguel Sá	Irmandade do Tango	Veterano M40	03:53:11	+02:23:35	15:33
103	1375	Jorge Teixeira	Perna Manca	Veterano M40	04:04:53	+02:35:17	16:20
104	1049	Fernando Lopes	ARCORUN	Veterano M40	04:11:06	+02:41:31	16:44
105	1255	Carlos Ribeiro	Individual	Veterano M40	04:33:14	+03:03:39	18:13

Veterano M50

1	1285	Fernando seabra	Individual	Veterano M50	01:49:00	+19:25	07:16
2	1363	António Silva	Pupilos do Zé-Tó	Veterano M50	01:49:36	+20:01	07:18
3	1359	Manuel Domingues	NSPneus Vitalplace TDUTEK ecras led	Veterano M50	01:50:11	+20:36	07:21
4	1328	Joaquim Ferreira	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Veterano M50	01:51:00	+21:25	07:24
5	1292	José Gomes	Individual	Veterano M50	01:55:07	+25:32	07:41
6	1419	David Tavares	RunRiver - Escola Atletismo de Rio Tinto	Veterano M50	01:58:09	+28:34	07:53
7	1399	Rui Jesus	PORTO SENTIDO RUNNERS	Veterano M50	02:20:04	+50:29	09:20
8	1022	José Alves	AD Sebolido Trail Boneca Douro	Veterano M50	02:20:04	+50:29	09:20
9	1107	Joaquim Rocha	ExerciseForYou	Veterano M50	02:20:51	+51:16	09:23
10	1295	Manuel Domingues	Individual	Veterano M50	02:23:40	+54:05	09:35
11	1090	Antonio Gonçalves	DIVE - Into The Mountains	Veterano M50	02:26:37	+57:02	09:47

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Trail Curto

15 KM

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12	1300	Rui Fernando dos Santos Pereira da Silva Almeida	Individual	Veterano M50	02:29:21	+59:45	09:57
13	1286	Fernando Souto	Individual	Veterano M50	02:37:47	+01:08:12	10:31
14	1294	Manuel Carvalho Guedes	Individual	Veterano M50	02:41:01	+01:11:26	10:44
15	1448	Rui Cucas	Tog - Trinca Orelhas de Gato	Veterano M50	02:44:29	+01:14:54	10:58
16	1301	VALDEMAR SILVA	Individual	Veterano M50	02:45:29	+01:15:54	11:02
17	1021	Albano Sousa	AD Sebolido Trail Boneca Douro	Veterano M50	02:46:19	+01:16:44	11:05
18	1288	JOAQUIM ALEIXO	Individual	Veterano M50	02:49:33	+01:19:57	11:18
19	1417	Clemente meireles	RUNNING ESPINHO	Veterano M50	02:49:40	+01:20:05	11:19
20	1287	João Calheiros	Individual	Veterano M50	02:55:15	+01:25:40	11:41
21	1298	Paulo Dias	Individual	Veterano M50	02:58:31	+01:28:56	11:54
22	1297	Manuel Vilas Boas	Individual	Veterano M50	03:00:07	+01:30:32	12:01
23	1095	Joaquim Fernando Soares Ribeiro	EquipaQualquer	Veterano M50	03:06:05	+01:36:30	12:24
24	1296	Manuel Paiva	Individual	Veterano M50	03:12:49	+01:43:14	12:51
25	1299	Paulo Silva	Individual	Veterano M50	03:16:23	+01:46:48	13:06
26	1465	Luiz Blanquet	Hora dos Lobos	Veterano M50	03:17:53	+01:48:18	13:12
27	1472	Rui Quinta	Individual	Veterano M50	03:20:45	+01:51:10	13:23
28	1289	Jorge Caria	Individual	Veterano M50	03:22:25	+01:52:50	13:30
29	1290	Jose Almeida	Individual	Veterano M50	03:33:39	+02:04:03	14:15
30	1291	José Fernando Leal Pais Neto	Individual	Veterano M50	03:34:55	+02:05:20	14:20
31	1376	José Pereira	Perna Manca	Veterano M50	04:11:49	+02:42:14	16:47
32	1096	Jose Paulo Pereira Barbosa	EquipaQualquer	Veterano M50	04:33:05	+03:03:30	18:12

Veterano M60

1	1050	Arsénio Fernandes	ARSM - Associação Recreativa de S. Miguel	Veterano M60	01:55:34	+25:59	07:42
2	1368	Lino Cunha Moreira	Os TurboMula	Veterano M60	02:12:34	+42:59	08:50
3	1302	Arlindo José Salgado Pereira	Individual	Veterano M60	02:26:20	+56:45	09:45
4	1112	José Castelo	Fardetas	Veterano M60	02:33:05	+01:03:30	10:12
5	1114	Manuel Rocha	FAST AO KM	Veterano M60	02:38:46	+01:09:11	10:35
6	1303	Joaquim Nunes	Individual	Veterano M60	02:54:40	+01:25:05	11:39
7	1098	Abílio Neves	Equipotencia Trail Team	Veterano M60	03:32:20	+02:02:45	14:09

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Official Timekeeper: Lap2Go	2 / 2	generate 30-Jun-2019 16:15
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