

101KMS - STAGE 1

101 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	23:00	8.5°C	81%
End	18:59	8.5°C	81%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	3	Jérôme da Rocha Rodrigues	Velha Guarda	11:13:34		06:40	
2	2	Ricardo Jorge Gonçalves da Silva	EDV - Viana Trail	11:36:02	+22:28	06:53	
3	77	Pedro Jorge Silva Barros	Oralklass-Amigos do Trail	12:07:04	+53:30	07:12	
4	179	FRANCISCO FERNANDES	ÁGUIAS DE ALVELOS	12:17:54	+01:04:20	07:18	
5	178	HUGO ARAUJO	ÁGUIAS DE ALVELOS	12:33:53	+01:20:19	07:28	
6	80	Gabriel Fagundes Meira	Velha Guarda	12:39:39	+01:26:05	07:31	
7	123	Artur Jorge Carvalho Da Costa	DESNIVEL POSITIVO	12:58:06	+01:44:32	07:42	
8	150	José Manuel Santos Faria	Velha Guarda	13:10:27	+01:56:53	07:50	
9	115	Diogo Ferreira de Carvalho	TREPADORES	13:38:34	+02:25:00	08:06	
10	104	Amândio Faria de Freitas	Velha Guarda	13:46:26	+02:32:52	08:11	
11	142	José Carlos Macedo Pereira	DESNIVEL POSITIVO	13:48:26	+02:34:52	08:12	
12	85	Ricardo Miranda	ÁGUIAS DE ALVELOS	13:50:41	+02:37:07	08:13	
13	132	André Martins Alves	Individual	13:58:22	+02:44:48	08:18	
14	72	Jorge Vassalo Meira	CD METRALHAS	14:05:26	+02:51:52	08:22	
15	120	FRED KALAHARI	EDV - Viana Trail	14:24:33	+03:10:59	08:34	
16	67	Carlos Manuel Ramos Cardoso	ÁGUIAS DE ALVELOS	15:01:47	+03:48:13	08:56	
17	68	Pedro Miguel Matos Torres	VIDAATIVARUNNERS	15:11:11	+03:57:37	09:01	
18	25	Narciso Castro Machado	Individual	15:11:55	+03:58:21	09:02	
19	169	Fernando Manuel Rodrigues da Costa	GTT-ARMAZÉM DO CAFFÉ	15:11:56	+03:58:22	09:02	
20	1	Telmo Veloso	EDV - Viana Trail	15:23:47	+04:10:13	09:09	
21	135	Eduardo Antonio Lima da Silva	ARCA BarceloS runners	15:25:48	+04:12:14	09:10	
22	140	Ricardo Miranda	ARCA BarceloS runners	15:25:49	+04:12:15	09:10	
23	139	Bruno Costa	ARCA BarceloS runners	15:25:49	+04:12:15	09:10	
24	156	Jorge Manuel Gomes Nunes	AfrikanRunners	15:38:52	+04:25:18	09:18	
25	114	Sérgio Filipe Carvalho Almeida	AfrikanRunners	15:38:52	+04:25:18	09:18	
26	98	Carlos Nuno Araújo Martins	AIRORUN	15:43:19	+04:29:45	09:20	
27	173	Rogério Dinis Fernandes Vicente	GTT-ARMAZÉM DO CAFFÉ	15:55:51	+04:42:17	09:28	
28	64	Paulino Manuel de Abreu	solopisadas team	15:56:53	+04:43:19	09:28	
29	15	José Manuel Fins	Braguinhas Runners	16:05:57	+04:52:23	09:34	
30	89	Vasco Miguel Gonçalves Faria	CB RUN	16:23:37	+05:10:03	09:44	
31	92	Sérgio Miguel Rodrigues De Oliveira	Airão trail Team	16:24:28	+05:10:54	09:45	
32	116	Ricardo Pereira	TEAM LANTEMIL	16:26:41	+05:13:07	09:46	
33	42	Carlos Alberto Azevedo Simões	ALVELINHOS RUNNING	16:27:16	+05:13:42	09:46	
34	168	César Manuel Canito Alves da Silva	GTT-ARMAZÉM DO CAFFÉ	16:27:19	+05:13:45	09:47	
35	128	Joaquim Rodrigues Madureira	Clube Zupper	16:35:17	+05:21:43	09:51	
36	76	Leandro Pacheco	Monte dos Amigos	16:49:33	+05:35:59	10:00	
37	88	António Manuel Moura Pinto	Monte dos Amigos	16:49:33	+05:35:59	10:00	
38	155	Nuno Carlos Figueiredo Campos	Barcelos Team Portugal	16:57:38	+05:44:04	10:05	
39	141	Emanuel Claudio Peixoto de Matos	WILD4SPORT	16:57:38	+05:44:04	10:05	
40	75	Henrique Silva	Braguinhas Runners	17:07:54	+05:54:20	10:11	

101KMS - STAGE 1

101 KM

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REVISED

OFFICIAL RESULT

101KMS - STAGE 1

101 KM

[illegible]

OFFICIAL RESULT

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R

REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
85	95	Pedro Humberto Moreira Cerqueira	AIRORUN	19:27:04	+08:13:30	11:33	
86	94	Hélder Filipe campos ribeiro	AIRORUN	19:27:04	+08:13:30	11:33	
87	46	Joaquim Carlos da Silva Coelho	El Team Trail	19:32:33	+08:18:59	11:37	
88	111	Paula Santos	All About	19:33:27	+08:19:53	11:37	
89	109	Ricardo Miguel Silva Pereira	ALVELINHOS RUNNING	19:34:40	+08:21:06	11:38	
90	51	Susana Dantas Alves	EDL Trail	19:35:31	+08:21:57	11:38	
91	84	Ana Cristina Alves dee Miranda	Individual	19:35:31	+08:21:57	11:38	
92	60	Mário Augusto Ribeiro da Costa	ProFisio eupago Team	19:35:39	+08:22:05	11:38	
93	136	Ivo miguel santos	Associação Beat Your Limit	19:45:03	+08:31:29	11:44	
94	164	FERNANDO AREZES	GTT-ARMAZÉM DO CAFFÉ	19:45:14	+08:31:40	11:44	
95	166	Albino Jose Ferreira Campos	GTT-ARMAZÉM DO CAFFÉ	19:48:25	+08:34:51	11:46	
96	108	Pablo Rodriguez Villar	Individual	19:50:45	+08:37:11	11:47	
97	151	Nuno andre rodrigues martins	Tesco Team Running	19:51:09	+08:37:35	11:48	
98	99	CARLA ANDRE	Individual	19:51:52	+08:38:18	11:48	
99	38	João Paulo Dias Gonçalves	Individual	19:52:44	+08:39:10	11:49	
100	81	José Carlos Araújo	Individual	19:52:45	+08:39:11	11:49	
101	175	Pedro André Figueiras da Cunha	VIDAATIVARUNNERS	19:56:48	+08:43:14	11:51	
102	71	Ramiro Alvarez Nores	C.A.R. MARISQUEIRO	19:58:28	+08:44:54	11:52	
103	73	Alfonso Costas Fernández	C.A.R. MARISQUEIRO	19:58:29	+08:44:55	11:52	
104	102	António Fernando da Cruz Alves Pinto de Oliveira	Os Finos	19:59:12	+08:45:38	11:52	

101KMS

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R

REVISED

	Time	Temperature	Humidity
Start	23:00	8.5°C	81%
End	18:59	8.5°C	81%

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

1	59	Rosália Silva	TEAM LANTEMIL	Senior Feminino	17:23:33	+06:09:59	10:20:00
2	34	Catarina Fagundes Amorim	GD Castelense	Senior Feminino	19:17:43	+08:04:09	11:28:00
3	51	Susana Dantas Alves	EDL Trail	Senior Feminino	19:35:30	+08:21:56	11:38:00

Senior Masculino

1	3	Jérôme da Rocha Rodrigues	Velha Guarda	Senior Masculino	11:13:34		06:40
2	2	Ricardo Jorge Gonçalves da Silva	EDV - Viana Trail	Senior Masculino	11:36:02	+22:28	06:53
3	77	Pedro Jorge Silva Barros	Oralklass-Amigos do Trail	Senior Masculino	12:07:04	+53:30	07:12
4	179	FRANCISCO FERNANDES	ÁGUIAS DE ALVELOS	Senior Masculino	12:17:54	+01:04:20	07:18
5	178	HUGO ARAUJO	ÁGUIAS DE ALVELOS	Senior Masculino	12:33:53	+01:20:19	07:28
6	150	José Manuel Santos Faria	Velha Guarda	Senior Masculino	13:10:27	+01:56:53	07:50
7	85	Ricardo Miranda	ÁGUIAS DE ALVELOS	Senior Masculino	13:50:41	+02:37:07	08:13
8	132	André Martins Alves	Individual	Senior Masculino	13:58:22	+02:44:47	08:18
9	68	Pedro Miguel Matos Torres	VIDAATIVARUNNERS	Senior Masculino	15:11:11	+03:57:37	09:01
10	140	Ricardo Miranda	ARCA BarceloS runners	Senior Masculino	15:25:48	+04:12:14	09:10
11	139	Bruno Costa	ARCA BarceloS runners	Senior Masculino	15:25:48	+04:12:14	09:10
12	114	Sérgio Filipe Carvalho Almeida	AfrikanRunners	Senior Masculino	15:38:51	+04:25:17	09:18
13	89	Vasco Miguel Gonçalves Faria	CB RUN	Senior Masculino	16:23:37	+05:10:03	09:44
14	116	Ricardo Pereira	TEAM LANTEMIL	Senior Masculino	16:26:41	+05:13:07	09:46
15	88	António Manuel Moura Pinto	Monte dos Amigos	Senior Masculino	16:49:33	+05:35:59	10:00
16	65	Mário Encarnação	Individual	Senior Masculino	17:18:58	+06:05:24	10:17
17	161	José Miguel Freitas Teixeira	Brabus Runners	Senior Masculino	17:20:02	+06:06:28	10:18
18	105	Hélio Sérgio Gonçalves Costa	Ucha Trail Team	Senior Masculino	17:40:08	+06:26:34	10:30
19	127	João Pedro da Silva Ramos	EDV - Viana Trail	Senior Masculino	17:46:52	+06:33:18	10:34
20	157	Amaro Fernandes Torres da Costa	EDV - Viana Trail	Senior Masculino	18:01:58	+06:48:24	10:43
21	147	Cesar Manuel Carvalho	B.T.M.	Senior Masculino	18:13:07	+06:59:33	10:49
22	143	Helder Miguel Carvalho Torres	B.T.M.	Senior Masculino	18:13:07	+06:59:33	10:49
23	121	Diogo Filipe Andrade Araújo	B.T.M.	Senior Masculino	18:13:08	+06:59:33	10:49
24	47	Ricardo Araújo	B.T.M.	Senior Masculino	18:13:08	+06:59:34	10:49
25	48	Rui Pedro Silva Araújo	SiM Summit	Senior Masculino	18:13:08	+06:59:34	10:49
26	163	Duarte Nuno Oliveira	EDV - Viana Trail	Senior Masculino	18:14:39	+07:01:05	10:50
27	36	André Manuel Martins Príncipe	EDV - Viana Trail	Senior Masculino	18:14:45	+07:01:11	10:50
28	83	Tiago Teixeira da Cunha	Individual	Senior Masculino	18:58:34	+07:45:00	11:16
29	144	João Ribeiro Laranjeira	ADE Trail Running	Senior Masculino	19:17:21	+08:03:47	11:28
30	103	Luis Miguel Braga	Attentive	Senior Masculino	19:20:27	+08:06:53	11:29
31	129	Daniel Filipe Garcia Pinto	ComDor Runners	Senior Masculino	19:22:40	+08:09:06	11:31
32	95	Pedro Humberto Moreira Cerqueira	AIRORUN	Senior Masculino	19:27:03	+08:13:29	11:33
33	94	Hélder Filipe campos ribeiro	AIRORUN	Senior Masculino	19:27:04	+08:13:30	11:33

Official Timekeeper: Lap2Go	1 / 3	generate 19-Nov-2019 11:19
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34	136	Ivo miguel santos	Associação Beat Your Limit	Senior Masculino	19:45:03	+08:31:29	11:44
35	175	Pedro André Figueiras da Cunha	VIDAATIVARUNNERS	Senior Masculino	19:56:48	+08:43:14	11:51

Veterana F40

1	23	Elisabete Loureiro dos Santos	TEAM LANTEMIL	Veterana F40	17:23:33	+06:09:59	10:20
2	21	GISELA MARIA SILVA PEREIRA	DESNIVEL POSITIVO	Veterana F40	18:24:02	+07:10:28	10:56
3	118	Andrea Cunha	Individual	Veterana F40	18:38:41	+07:25:07	11:05
4	134	Sandra Dias Pereira	TEAM LANTEMIL	Veterana F40	19:17:21	+08:03:47	11:28
5	111	Paula Santos	All About	Veterana F40	19:33:27	+08:19:53	11:37
6	84	Ana Cristina Alves dee Miranda	Individual	Veterana F40	19:35:31	+08:21:57	11:38
7	99	CARLA ANDRE	Individual	Veterana F40	19:51:52	+08:38:18	11:48

Veterano M40

1	80	Gabriel Fagundes Meira	Velha Guarda	Veterano M40	12:39:39	+01:26:05	07:31
2	123	Artur Jorge Carvalho Da Costa	DESNIVEL POSITIVO	Veterano M40	12:58:06	+01:44:32	07:42
3	104	Amândio Faria de Freitas	Velha Guarda	Veterano M40	13:46:25	+02:32:51	08:11
4	142	José Carlos Macedo Pereira	DESNIVEL POSITIVO	Veterano M40	13:48:25	+02:34:51	08:12
5	72	Jorge Vassalo Meira	CD METRALHAS	Veterano M40	14:05:26	+02:51:51	08:22
6	120	FRED KALAHARI	EDV - Viana Trail	Veterano M40	14:24:32	+03:10:58	08:34
7	67	Carlos Manuel Ramos Cardoso	ÁGUIAS DE ALVELOS	Veterano M40	15:01:46	+03:48:12	08:56
8	169	Fernando Manuel Rodrigues da Costa	GTT-ARMAZÉM DO CAFFÉ	Veterano M40	15:11:55	+03:58:21	09:02
9	1	Telmo Veloso	EDV - Viana Trail	Veterano M40	15:23:46	+04:10:12	09:09
10	156	Jorge Manuel Gomes Nunes	AfrikanRunners	Veterano M40	15:38:51	+04:25:17	09:18
11	98	Carlos Nuno Araújo Martins	AIRORUN	Veterano M40	15:43:19	+04:29:45	09:20
12	173	Rogério Dinis Fernandes Vicente	GTT-ARMAZÉM DO CAFFÉ	Veterano M40	15:55:51	+04:42:17	09:28
13	92	Sérgio Miguel Rodrigues De Oliveira	Airão trail Team	Veterano M40	16:24:27	+05:10:53	09:45
14	42	Carlos Alberto Azevedo Simões	ALVELINHOS RUNNING	Veterano M40	16:27:16	+05:13:42	09:46
15	168	César Manuel Canito Alves da Silva	GTT-ARMAZÉM DO CAFFÉ	Veterano M40	16:27:18	+05:13:44	09:47
16	128	Joaquim Rodrigues Madureira	Clube Zupper	Veterano M40	16:35:16	+05:21:42	09:51
17	76	Leandro Pacheco	Monte dos Amigos	Veterano M40	16:49:33	+05:35:59	10:00
18	155	Nuno Carlos Figueiredo Campos	Barcelos Team Portugal	Veterano M40	16:57:37	+05:44:03	10:05
19	141	Emanuel Claudio Peixoto de Matos	WILD4SPORT	Veterano M40	16:57:37	+05:44:03	10:05
20	75	Henrique Silva	Braguinhas Runners	Veterano M40	17:07:53	+05:54:19	10:11
21	158	Américo Manuel Gonçalves Imperadeiro	Braguinhas Runners	Veterano M40	17:07:53	+05:54:19	10:11
22	19	Marco Filipe Silva Moreira	TEAM LANTEMIL	Veterano M40	17:23:28	+06:09:54	10:20
23	137	Nuno António Rocha Reis	Individual	Veterano M40	17:34:45	+06:21:11	10:27
24	43	Marco António Oliveira dos Santos	Tarahumara	Veterano M40	17:35:54	+06:22:20	10:27
25	145	Mauro Pedro Mendes Gonçalves	ADE Trail Running	Veterano M40	18:05:41	+06:52:07	10:45
26	31	Paulo Alexandre Pinto Martins da Neta	ZUPPER	Veterano M40	18:08:29	+06:54:55	10:47
27	174	Sérgio André da Silva Coelho	GTT-ARMAZÉM DO CAFFÉ	Veterano M40	18:11:42	+06:58:07	10:49
28	97	Rodrigo joaquim oliveira silva	TEAM LANTEMIL	Veterano M40	18:16:33	+07:02:59	10:51
29	82	Nelson César Ferreira da Silva Carvalho	ALVELINHOS RUNNING	Veterano M40	18:24:42	+07:11:08	10:56

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OFFICIAL RESULT

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REVISED

30	69	Rui Manuel de Brito Machado	Boavista Trail	Veterano M40	18:33:52	+07:20:18	11:02
31	63	David Lafuente Alves	solopisadas team	Veterano M40	18:37:52	+07:24:18	11:04
32	79	Bernardo carrera giraldez	TRAIL RUNNING NIGRAN	Veterano M40	18:41:23	+07:27:49	11:06
33	78	Gonzalo comesaña estevez	TRAIL RUNNING NIGRAN	Veterano M40	18:41:23	+07:27:49	11:06
34	159	Renato Lopes	Barcelos Team Portugal	Veterano M40	18:58:56	+07:45:22	11:17
35	70	Miguel Adolfo Couto Novais	Barcelos Team Portugal	Veterano M40	18:59:08	+07:45:34	11:17
36	96	Francisco Ismael Moniz Carneiro	A D ESMERIZ RUNNING	Veterano M40	19:14:32	+08:00:58	11:26
37	93	Cesar Martinez	C.A.R. MARISQUEIRO	Veterano M40	19:22:21	+08:08:47	11:31
38	46	Joaquim Carlos da Silva Coelho	EI Team Trail	Veterano M40	19:32:33	+08:18:59	11:37
39	109	Ricardo Miguel Silva Pereira	ALVELINHOS RUNNING	Veterano M40	19:34:39	+08:21:05	11:38
40	60	Mário Augusto Ribeiro da Costa	ProFisio eupago Team	Veterano M40	19:35:39	+08:22:05	11:38
41	108	Pablo Rodriguez Villar	Individual	Veterano M40	19:50:44	+08:37:10	11:47
42	151	Nuno andre rodrigues martins	Tesco Team Running	Veterano M40	19:51:09	+08:37:35	11:48
43	38	João Paulo Dias Gonçalves	Individual	Veterano M40	19:52:44	+08:39:10	11:49
44	81	José Carlos Araújo	Individual	Veterano M40	19:52:44	+08:39:10	11:49
45	102	António Fernando da Cruz Alves Pinto de Oliveira	Os Finos	Veterano M40	19:59:12	+08:45:37	11:52

Veterano M50

1	115	Diogo Ferreira de Carvalho	TREPADORES	Veterano M50	13:38:34	+02:25:00	08:06
2	25	Narciso Castro Machado	Individual	Veterano M50	15:11:54	+03:58:20	09:02
3	135	Eduardo Antonio Lima da Silva	ARCA BarceloS runners	Veterano M50	15:25:48	+04:12:13	09:10
4	64	Paulino Manuel de Abreu	solopisadas team	Veterano M50	15:56:52	+04:43:18	09:28
5	15	José Manuel Fins	Braguinhas Runners	Veterano M50	16:05:56	+04:52:22	09:34
6	138	Paulo Renato Leça Barbosa	TEAM LANTEMIL	Veterano M50	17:23:26	+06:09:52	10:20
7	91	Fernando Cunha	EDV - Viana Trail	Veterano M50	18:24:00	+07:10:26	10:56
8	13	António Augusto Lopes de Oliveira	Individual	Veterano M50	19:10:05	+07:56:31	11:23
9	17	Jorge González Villanueva	C.A.R. MARISQUEIRO	Veterano M50	19:22:20	+08:08:46	11:31
10	164	FERNANDO AREZES	GTT-ARMAZÉM DO CAFFÉ	Veterano M50	19:45:14	+08:31:40	11:44
11	166	Albino Jose Ferreira Campos	GTT-ARMAZÉM DO CAFFÉ	Veterano M50	19:48:25	+08:34:51	11:46
12	73	Alfonso Costas Fernández	C.A.R. MARISQUEIRO	Veterano M50	19:58:28	+08:44:54	11:52

Veterano M60

1	133	Amadeu Fernando Pires Teixeira	Individual	Veterano M60	18:15:16	+07:01:42	10:51
2	71	Ramiro Alvarez Nores	C.A.R. MARISQUEIRO	Veterano M60	19:58:27	+08:44:53	11:52

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RANK	TEAM	DESCRIPTION	POINTS
1	VELHA GUARDA	50:50:06 [1 + 6 + 8 + 10]	0
2	ÁGUIAS DE ALVELOS	53:44:15 [4 + 5 + 12 + 16]	0
3	EDV - VIANA TRAIL	59:11:14 [2 + 15 + 20 + 51]	0
4	GTT-ARMAZÉM DO CAFFÉ	65:46:47 [19 + 27 + 34 + 55]	0
5	TEAM LANTEMIL	68:37:10 [32 + 44 + 45 + 46]	0
6	B.T.M.	72:52:31 [56 + 57 + 58 + 59]	0
7	C.A.R. MARISQUEIRO	78:41:38 [82 + 83 + 102 + 103]	0

69KMS - STAGE 1

69 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	06:00	8.6°C	100%
End	19:00	8.6°C	100%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1001	Sérgio Sá	ÁGUIAS DE ALVELOS	07:29:15		06:31	
2	1059	Santi obaya fernandez	PROZIS ATLETES	07:46:30	+17:15	06:46	
3	1063	Borja Arias Rozada	team obaya	08:09:55	+40:40	07:06	
4	1048	Carlos Ferreira	btt alegria/tubani	08:13:07	+43:52	07:09	
5	1049	Antonio Lino Sousa Pinto	btt alegria/tubani	08:14:05	+44:50	07:10	
6	1021	Carlos barbosa	Global Trail	08:32:21	+01:03:06	07:26	
7	1010	Konstantins Biktimirovs	Supervaroni	08:40:21	+01:11:06	07:32	
8	1031	António Daniel da Silva Ribeiro	BitRunners	08:41:40	+01:12:25	07:34	
9	1023	Pedro Ricardo Cravo Viana	FACTOR X / S4L / MEDENSE FC	08:52:00	+01:22:45	07:43	
10	1053	Eduardo Filipe Gomes Fonseca	Individual	08:57:21	+01:28:06	07:47	
11	1037	Jorge Paulo de Sá Alves	DESNIVEL POSITIVO	09:15:01	+01:45:46	08:03	
12	1075	Tiago Marinho subtil	Afifense Trail	09:20:45	+01:51:30	08:08	
13	1024	Diogo Silva Torres	EDV - Viana Trail	09:21:22	+01:52:07	08:08	
14	1083	Vitor manuel ferreira coelho	Team Sindeq	09:22:39	+01:53:24	08:09	
15	1054	José Antonio Azevedo Faria	NAST - Núcleo Atletismo de Santo Tirso	09:23:15	+01:54:00	08:10	
16	1068	José Miguel Fernandes da Gama Nogueira	Individual	09:24:30	+01:55:15	08:11	
17	1096	MARCELO MARTINS	ÁGUIAS DE ALVELOS	09:30:34	+02:01:19	08:16	
18	1094	SERGIO ARAUJO	ÁGUIAS DE ALVELOS	09:30:34	+02:01:19	08:16	
19	1076	Amandio Antunes	Afifense Trail	09:32:44	+02:03:29	08:18	
20	1065	Jorge Agostinho da Silva Domingues	LEBRES MINHOTAS	09:47:00	+02:17:45	08:30	
21	1009	Telmo Manuel Fernandes Carvalho	ARSM - Associação Recreativa de S. Miguel	09:49:11	+02:19:57	08:32	
22	1093	Jose Manuel Lores Meis	Clube Atletismo Cambados -seg. Noval	09:50:12	+02:20:57	08:33	
23	1062	Bruno daniel machado fontao	TEAM LANTEMIL	09:59:08	+02:29:53	08:41	
24	1003	Nuno Miguel Alves Oliveira	Morcegos Trail Clube	10:02:19	+02:33:04	08:44	
25	1074	Carlos Neto	Afifense Trail	10:03:57	+02:34:42	08:45	
26	1097	Nuno Manuel Azevedo Oliveira	Team Sindeq	10:17:11	+02:47:56	08:57	
27	1030	João Rui Leitão Mateus	GR CORREDOURA	10:18:14	+02:48:59	08:58	
28	1095	ANTONIO GOMES	ÁGUIAS DE ALVELOS	10:39:10	+03:09:55	09:16	
29	1020	Simao Pedro Rigueiro de Castro	Coimbra Trail Running	10:46:21	+03:17:06	09:22	
30	1019	Juan Manuel Tábara Rodríguez	Atletas Acea de ama	10:49:13	+03:19:58	09:25	
31	1081	Paulo Jorge da Silva Pinto	ARSM - Associação Recreativa de S. Miguel	11:01:13	+03:31:58	09:35	
32	1055	Raquel Sofia de Freitas Andrade	Individual	11:05:38	+03:36:23	09:39	
33	1056	Bruno José Silva Moura	Individual	11:05:43	+03:36:28	09:39	
34	1078	Carlos Alberto Silva Pereira	Afifense Trail	11:08:59	+03:39:44	09:42	
35	1070	José Casimiro Silva Araújo	AIRORUN	11:10:56	+03:41:41	09:43	
36	1060	Mauro Andre Vasconcelos Roxo	ADE Trail Running	11:13:02	+03:43:47	09:45	
37	1029	Hermenegildo José Guedes Leite Mendes	Boavista Trail	11:22:37	+03:53:22	09:54	
38	1089	Gonçalo Maria Pinheiro Torres	Cães d'Avenida	11:31:06	+04:01:51	10:01	
39	1042	Fernando Jorge	Boavista Trail	11:37:05	+04:07:50	10:06	
40	1077	Marinha Pires	Afifense Trail	11:43:58	+04:14:44	10:12	

69KMS - STAGE 1

69 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	1071	Jesus António Faria Campos	C.M. Barcelos	11:49:22	+04:20:07	10:17	
42	1022	Adriano Cardoso	Global Trail	11:49:31	+04:20:16	10:17	
43	1017	Nuno Miguel Silva Gomes	B.T.M.	11:50:04	+04:20:49	10:17	
44	1080	Nelson Silva	GIVEC	11:50:04	+04:20:49	10:17	
45	1018	Manuel Teixeira	btt alegria//tubani	12:11:21	+04:42:06	10:36	
46	1015	Jorge Silva	Individual	12:13:41	+04:44:26	10:38	
47	1045	Ana Catarina Melo	Individual	12:13:50	+04:44:35	10:38	
48	1043	Bruno luis rodrigues de lima	Individual	12:13:50	+04:44:35	10:38	
49	1035	João Manuel Santos Lopes Silva	Clube Millennium BCP	12:18:55	+04:49:40	10:43	
50	1039	Carlos Manuel Moreira Rodrigues	Akuafit	12:22:03	+04:52:48	10:45	
51	1041	Paulo Jorge Machado Sousa	Akuafit	12:22:03	+04:52:48	10:45	
52	1007	George Ferreira Araújo	Icarus Running Team	12:22:49	+04:53:34	10:46	
53	1057	Bruno José Ferreira e Fonseca Fernandes	Boavista Trail	12:25:23	+04:56:08	10:48	
54	1028	Agostinho Dantas Maia	B.T.M.	12:35:35	+05:06:20	10:57	
55	1027	André Xavier Figueiredo da Silva	B.T.M.	12:35:35	+05:06:20	10:57	
56	1084	Eduardo Sérgio costa Fonseca	B.T.M.	12:35:36	+05:06:21	10:57	
57	1058	Carla Alexandra de Carvalho Antunes	Dive Into the Mountains	12:36:58	+05:07:43	10:58	
58	1066	Manuel António e Sá da Graça	Palmeira Runners	12:36:58	+05:07:43	10:58	
59	1033	Miguel Ângelo Brito Faria	ÁGUIAS DE ALVELOS	12:47:43	+05:18:28	11:08	
60	1014	Maria de Fátima da Silva Lopes	Individual	12:48:16	+05:19:01	11:08	
61	1032	Tiago David da Silva Ferreira	100PRESSA	12:48:34	+05:19:19	11:08	
62	1046	Paulo Manuel Dias da Silva Azevedo	Individual	12:50:04	+05:20:49	11:10	
63	1052	Jorge Barbosa	PAREDES AVENTURA	12:50:04	+05:20:50	11:10	
64	1088	Colas Bernard	Individual	12:50:32	+05:21:17	11:10	
65	1067	Ângela Maria Fazenda Madeira da Fonseca	TUGAS ON TOUR	12:51:51	+05:22:36	11:11	
66	1090	Leonel Carlos Cardoso Teixeira Pinto	Individual	13:00:01	+05:30:46	11:18	

69KMS

69 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	06:00	8.6°C	100%
End	19:00	8.6°C	100%

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

1	1055	Raquel Sofia de Freitas Andrade	Individual	Senior Feminino	11:05:38	+03:36:23	09:39:23
2	1077	Marinha Pires	Afifense Trail	Senior Feminino	11:43:58	+04:14:43	10:12:15
3	1045	Ana Catarina Melo	Individual	Senior Feminino	12:13:49	+04:44:34	10:38:15

Senior Masculino

1	1001	Sérgio Sá	ÁGUIAS DE ALVELOS	Senior Masculino	07:29:15	06:31
2	1010	Konstantins Biktimirovs	Supervaroni	Senior Masculino	08:40:20	+01:11:05 07:32
3	1031	António Daniel da Silva Ribeiro	BitRunners	Senior Masculino	08:41:39	+01:12:24 07:34
4	1023	Pedro Ricardo Cravo Viana	FACTOR X / S4L / MEDENSE FC	Senior Masculino	08:51:59	+01:22:44 07:43
5	1053	Eduardo Filipe Gomes Fonseca	Individual	Senior Masculino	08:57:20	+01:28:05 07:47
6	1024	Diogo Silva Torres	EDV - Viana Trail	Senior Masculino	09:21:21	+01:52:06 08:08
7	1054	José Antonio Azevedo Faria	NAST - Núcleo Atletismo de Santo Tirso	Senior Masculino	09:23:14	+01:53:59 08:10
8	1096	MARCELO MARTINS	ÁGUIAS DE ALVELOS	Senior Masculino	09:30:33	+02:01:18 08:16
9	1094	SERGIO ARAUJO	ÁGUIAS DE ALVELOS	Senior Masculino	09:30:34	+02:01:19 08:16
10	1009	Telmo Manuel Fernandes Carvalho	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	09:49:11	+02:19:56 08:32
11	1062	Bruno daniel machado fontao	TEAM LANTEMIL	Senior Masculino	09:59:07	+02:29:52 08:41
12	1003	Nuno Miguel Alves Oliveira	Morcegos Trail Clube	Senior Masculino	10:02:19	+02:33:04 08:44
13	1030	João Rui Leitão Mateus	GR CORREDOURA	Senior Masculino	10:18:13	+02:48:58 08:58
14	1056	Bruno José Silva Moura	Individual	Senior Masculino	11:05:43	+03:36:28 09:39
15	1029	Hermenegildo José Guedes Leite Mendes	Boavista Trail	Senior Masculino	11:22:36	+03:53:21 09:54
16	1071	Jesus António Faria Campos	C.M. Barcelos	Senior Masculino	11:49:21	+04:20:06 10:17
17	1017	Nuno Miguel Silva Gomes	B.T.M.	Senior Masculino	11:50:03	+04:20:48 10:17
18	1080	Nelson Silva	GIVEC	Senior Masculino	11:50:04	+04:20:49 10:17
19	1043	Bruno luis rodrigues de lima	Individual	Senior Masculino	12:13:50	+04:44:35 10:38
20	1057	Bruno José Ferreira e Fonseca Fernandes	Boavista Trail	Senior Masculino	12:25:22	+04:56:07 10:48
21	1027	André Xavier Figueiredo da Silva	B.T.M.	Senior Masculino	12:35:35	+05:06:20 10:57
22	1032	Tiago David da Silva Ferreira	100PRESSA	Senior Masculino	12:48:34	+05:19:19 11:08

Veterana F40

1	1058	Carla Alexandra de Carvalho Antunes	DiVe Into the Mountains	Veterana F40	12:36:58	+05:07:43	10:58:45
2	1014	Maria de Fátima da Silva Lopes	Individual	Veterana F40	12:48:15	+05:19:00	11:08:15
3	1067	Ângela Maria Fazenda Madeira da Fonseca	TUGAS ON TOUR	Veterana F40	12:51:50	+05:22:35	11:11:50

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69KMS

69 KM

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OFFICIAL RESULT

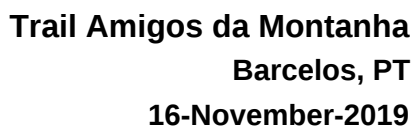
[illegible]

Veterano M40

1	1059	Santi obaya fernandez	PROZIS ATLETHES	Veterano M40	07:46:30	+17:15	06:46
2	1063	Borja Arias Rozada	team obaya	Veterano M40	08:09:55	+40:40	07:06
3	1048	Carlos Ferreira	btt alegria/tubani	Veterano M40	08:13:07	+43:52	07:09
4	1049	Antonio Lino Sousa Pinto	btt alegria/tubani	Veterano M40	08:14:05	+44:50	07:10
5	1021	Carlos barbosa	Global Trail	Veterano M40	08:32:20	+01:03:05	07:26
6	1037	Jorge Paulo de Sá Alves	DESNIVEL POSITIVO	Veterano M40	09:15:00	+01:45:45	08:03
7	1075	Tiago Marinho subtil	Afifense Trail	Veterano M40	09:20:44	+01:51:29	08:08
8	1083	Vitor manuel ferreira coelho	Team Sindeq	Veterano M40	09:22:38	+01:53:23	08:09
9	1068	José Miguel Fernandes da Gama Nogueira	Individual	Veterano M40	09:24:29	+01:55:14	08:11
10	1076	Amandio Antunes	Afifense Trail	Veterano M40	09:32:44	+02:03:29	08:18
11	1065	Jorge Agostinho da Silva Domingues	LEBRES MINHOTAS	Veterano M40	09:47:00	+02:17:45	08:30
12	1093	Jose Manuel Lores Meis	Clube Atletismo Cambados -seg. Noval	Veterano M40	09:50:11	+02:20:56	08:33
13	1074	Carlos Neto	Afifense Trail	Veterano M40	10:03:56	+02:34:41	08:45
14	1097	Nuno Manuel Azevedo Oliveira	Team Sindeq	Veterano M40	10:17:10	+02:47:55	08:57
15	1020	Simao Pedro Rigueiro de Castro	Coimbra Trail Running	Veterano M40	10:46:21	+03:17:06	09:22
16	1081	Paulo Jorge da Silva Pinto	ARSM - Associação Recreativa de S. Miguel	Veterano M40	11:01:12	+03:31:57	09:35
17	1078	Carlos Alberto Silva Pereira	Afifense Trail	Veterano M40	11:08:58	+03:39:43	09:42
18	1060	Mauro Andre Vasconcelos Roxo	ADE Trail Running	Veterano M40	11:13:02	+03:43:46	09:45
19	1089	Gonçalo Maria Pinheiro Torres	Cães d'Avenida	Veterano M40	11:31:06	+04:01:51	10:01
20	1042	Fernando Jorge	Boavista Trail	Veterano M40	11:37:05	+04:07:50	10:06
21	1022	Adriano Cardoso	Global Trail	Veterano M40	11:49:31	+04:20:16	10:17
22	1018	Manuel Teixeira	btt alegria/tubani	Veterano M40	12:11:20	+04:42:05	10:36
23	1015	Jorge Silva	Individual	Veterano M40	12:13:40	+04:44:25	10:38
24	1039	Carlos Manuel Moreira Rodrigues	Akuafit	Veterano M40	12:22:02	+04:52:47	10:45
25	1041	Paulo Jorge Machado Sousa	Akuafit	Veterano M40	12:22:03	+04:52:48	10:45
26	1007	George Ferreira Araújo	Icarus Running Team	Veterano M40	12:22:48	+04:53:33	10:46
27	1028	Agostinho Dantas Maia	B.T.M.	Veterano M40	12:35:34	+05:06:19	10:57
28	1084	Eduardo Sérgio costa Fonseca	B.T.M.	Veterano M40	12:35:35	+05:06:20	10:57
29	1033	Miguel Ângelo Brito Faria	ÂGUIAS DE ALVELOS	Veterano M40	12:47:42	+05:18:27	11:08
30	1052	Jorge Barbosa	PAREDES AVENTURA	Veterano M40	12:50:04	+05:20:49	11:10

Veterano M50

1	1095	ANTONIO GOMES	ÁGUIAS DE ALVELOS	Veterano M50	10:39:10	+03:09:55	09:16
2	1019	Juan Manuel Tábara Rodríguez	Atletas Acea de ama	Veterano M50	10:49:12	+03:19:57	09:25
3	1070	José Casimiro Silva Araújo	AIRORUN	Veterano M50	11:10:56	+03:41:41	09:43
4	1035	João Manuel Santos Lopes Silva	Clube Millennium BCP	Veterano M50	12:18:54	+04:49:39	10:43
5	1066	Manuel António e Sá da Graça	Palmeira Runners	Veterano M50	12:36:58	+05:07:43	10:58
6	1046	Paulo Manuel Dias da Silva Azevedo	Individual	Veterano M50	12:50:03	+05:20:48	11:10
7	1088	Colas Bernard	Individual	Veterano M50	12:50:31	+05:21:16	11:10



69 KM

OFFICIAL RESULT

8	1090	Leonel Carlos Cardoso Teixeira Pinto	Individual	Veterano M50	13:00:01	+05:30:45	11:18
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Official Timekeeper: Lap2Go	1 / 1	generate 19-Nov-2019 11:15
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32KMS - STAGE 1

32 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	9.7°C	93%
End	14:25	9.7°C	93%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	2193	Ruben Veloso	EDV - Viana Trail	02:30:49		04:43	
2	2196	Emilio Montilla Fernandez	EDV - Viana Trail	02:38:19	+07:30	04:57	
3	2105	Adrian Rodriguez Diaz	Boavista Trail	02:43:08	+12:19	05:06	
4	2075	Rui Pedro Rodrigues Romão	Individual	02:43:51	+13:02	05:07	
5	2167	Jose Martín Fontán Arnejo	Boavista Trail	02:44:59	+14:10	05:09	
6	2095	Jorge Oca	team obaya	02:45:20	+14:31	05:10	
7	2001	Pablo Freijanes	Boavista Trail	02:46:04	+15:15	05:11	
8	2125	Tiago Rafael Mendes Duarte	Atletismo Clube da Tocha	02:46:23	+15:34	05:12	
9	2178	Filipe Alves Guerra	CCDR Colmeal da Torre	02:48:32	+17:43	05:16	
10	2146	Joel Sousa Pinto	Marco 09	02:51:59	+21:10	05:22	
11	2197	Joaquim Fernando Duarte	Dá-lhe Gás Trail Team Fisioduo	02:52:50	+22:01	05:24	
12	2111	José Pedro Sousa Dias	Dá-lhe Gás Trail Team Fisioduo	02:56:57	+26:08	05:32	
13	2096	Joaquim Gonçalves Sousa	Saca Trilhos Anadia	02:57:26	+26:37	05:33	
14	2102	José António Rodrigues Sequeira	Montanha Clube Trail Running/Efapel	02:57:57	+27:08	05:34	
15	2187	Nuno Miguel da Rocha Nunes	FACTOR X / S4L / MEDENSE FC	02:58:46	+27:57	05:35	
16	2177	Jose Nuno Paiva	Cães d'Avenida	03:00:43	+29:54	05:39	
17	2099	Paulo alexandre almeida nogueira	Montanha Clube Trail Running/Efapel	03:01:29	+30:40	05:40	
18	2122	Carlos Alberto Prudêncio	Dá-lhe Gás Trail Team Fisioduo	03:01:35	+30:46	05:40	
19	2192	Joao Luis Fernandes Afonso	Academia Desportiva de Arcos de Valdevez	03:02:07	+31:18	05:41	
20	2060	Bruno Eusébio da Rocha Pereira	O que queremos é monte	03:03:01	+32:12	05:43	
21	2207	Jesús Campaña Parada	Tribu Trail	03:03:19	+32:30	05:44	
22	2061	David Gonçalves	FACTOR X / S4L / MEDENSE FC	03:03:20	+32:31	05:44	
23	2042	FERNANDO CARVALHO	Nos Acreditamos	03:03:21	+32:32	05:44	
24	2165	Pedro Vale	ARCA BarceloS runners	03:03:31	+32:42	05:44	
25	2002	Fátima Melo	LOVE TILES	03:04:23	+33:34	05:46	
26	2112	Abílio Martins	Dá-lhe Gás Trail Team Fisioduo	03:06:26	+35:37	05:50	
27	2100	Fernando Manuel Simões Bastos	Montanha Clube Trail Running/Efapel	03:06:40	+35:51	05:50	
28	2110	Adérito Oliveira	Dá-lhe Gás Trail Team Fisioduo	03:07:55	+37:06	05:52	
29	2059	Daniel	FACTOR X / S4L / MEDENSE FC	03:08:15	+37:26	05:53	
30	2088	Carlos Silva	AIRORUN	03:08:33	+37:44	05:54	
31	2040	JOSE MANUEL PINTO	Nos Acreditamos	03:08:36	+37:47	05:54	
32	2041	FRANCISCO LEMOS	Nos Acreditamos	03:09:19	+38:30	05:55	
33	2138	Sérgio Miguel Mesquita Ramos	EDV - Viana Trail	03:10:30	+39:41	05:57	
34	2056	Hélio David Abreu da Silva	Phoenix-Evorun	03:11:53	+41:04	06:00	
35	2037	Jose Rocha	Associação Desportiva De Carvalhal	03:12:00	+41:11	06:00	
36	2080	Pedro Alexandre Magalhães Castro	Clube Efacec	03:12:18	+41:29	06:01	
37	2021	João Barbosa	Global Trail	03:12:30	+41:41	06:01	
38	2137	Filipe Oliveira Ramos	NA	03:12:37	+41:48	06:01	
39	2044	Nuno Miguel Silva Moreira	TEAM TT	03:13:04	+42:15	06:02	
40	2107	Carla Isabel Correia Sousa Santos	Montanha Clube Trail Running/Efapel	03:13:05	+42:16	06:02	
41	2121	Rui Domingos Cardoso de Sousa	Academia Desportiva de Arcos de Valdevez	03:13:28	+42:39	06:03	
42	2091	Paulo Sérgio Magalhães Castro	Clube Efacec	03:13:49	+43:00	06:03	

32KMS - STAGE 1

32 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	2094	ANDREIA CRUZ CORREIA	EDV - Viana Trail	03:14:01	+43:12	06:04	
44	2124	David Sérgio da Silva Madeira	Atletismo Clube da Tocha	03:14:56	+44:07	06:05	
45	2093	Igor Lysyi	AIRORUN	03:16:02	+45:13	06:08	
46	2181	Stephane simoes	EDV - Viana Trail	03:16:39	+45:50	06:09	
47	2009	Ricardo de Almeida Pinho Carmo	CDM Running	03:17:01	+46:12	06:09	
48	2163	Telmo Silva	A.D.Amarante	03:18:02	+47:13	06:11	
49	2204	Goreti Correia	EDV - Viana Trail	03:18:15	+47:26	06:12	
50	2208	Silvia Casal Dominguez	Boavista Trail	03:18:44	+47:55	06:13	
51	2068	Nuno Barros	FACTOR X / S4L / MEDENSE FC	03:19:07	+48:18	06:13	
52	2055	Luis Vázquez Reiriz	Tribu Trail	03:20:48	+49:59	06:16	
53	2191	Paula Alexandra Amorim da Costa	Academia Desportiva de Arcos de Valdevez	03:20:53	+50:04	06:17	
54	2155	José Manuel Jesus Zananar	A. C. TOCHA	03:20:53	+50:04	06:17	
55	2172	Paulo Filipe	ADE Trail Running	03:21:35	+50:46	06:18	
56	2023	Carlos Manuel Sousa Miranda	Individual	03:21:53	+51:04	06:19	
57	2019	João Tinoco	Individual	03:22:50	+52:01	06:20	
58	2205	Paulo Jorge Sarmento	Grupo Desportivo de Bragança - GDB Atletismo	03:23:16	+52:27	06:21	
59	2200	Luís Filipe Correia Ferraz	GTT-ARMAZÉM DO CAFFÉ	03:23:48	+52:59	06:22	
60	2064	António Rocha	FACTOR X / S4L / MEDENSE FC	03:24:03	+53:14	06:23	
61	2209	Jorge Novoa Perez	C.A.R. MARISQUEIRO	03:24:29	+53:40	06:23	
62	2103	Aida Campos Hernandez	TEAM OBAYA	03:24:46	+53:57	06:24	
63	2067	Pierre-Charles	Team 72	03:24:56	+54:07	06:24	
64	2015	Ricardo Jorge Teixeira Dantas	Crocodilos/MisterPC	03:25:28	+54:39	06:25	
65	2139	Paulo Ricardo Novais de Oliveira	VIDAATIVARUNNERS	03:26:20	+55:31	06:27	
66	2082	Nuno António Monteiro Pereira Saavedra Duarte	Pimentinhas	03:26:33	+55:44	06:27	
67	2117	Nuno Campos	Bora lá!	03:27:12	+56:23	06:28	
68	2046	Orlando Xavier Gomes Amorim	A.D.CARVALHAL	03:27:39	+56:50	06:29	
69	2076	Silvia Maria Ferreirinha Santos	Individual	03:28:09	+57:20	06:30	
70	2092	Manuel Gomes	Academia Desportiva de Arcos de Valdevez	03:28:47	+57:58	06:31	
71	2077	José Manuel Rodrigues Fernandes	Academia Desportiva de Arcos de Valdevez	03:28:47	+57:58	06:31	
72	2104	Ivan Varela Diaz	Individual	03:29:12	+58:23	06:32	
73	2157	Tiago José Duarte Jardim Gonçalves	Individual	03:29:37	+58:48	06:33	
74	2083	Carlos Manuel Monteiro Martins	Gilmonde Running Team	03:29:44	+58:55	06:33	
75	2008	Jorge Ferreira Gomes	Outlaw runners	03:29:47	+58:58	06:33	
76	2166	Luís Neco	ARCA BarceloS runners	03:29:58	+59:09	06:34	
77	2028	Rui Juvenal Rodrigues de Andrade	Crocodilos/MisterPC	03:30:16	+59:27	06:34	
78	2123	Manuel António Carvalhosa Alves	Icarus Running Team	03:31:14	+01:00:25	06:36	
79	2126	Susana Simões	EDV - Viana Trail	03:31:16	+01:00:27	06:36	
80	2113	Antonio Carlos Silva Teixeira	Individual	03:31:18	+01:00:29	06:36	
81	2051	António Torres Manso	Individual	03:32:26	+01:01:37	06:38	
82	2153	Manuel Campos Costa	TEAM LANTEMIL	03:32:43	+01:01:54	06:39	
83	2070	Fernando Soares	Linces do Marão	03:33:00	+01:02:11	06:39	
84	2049	Nuno Ricardo Soares de Sá	Individual	03:33:07	+01:02:18	06:40	
85	2062	Joaquim Carvalho	FACTOR X / S4L / MEDENSE FC	03:34:16	+01:03:27	06:42	
86	2175	José Carlos Rodrigues Cardoso	ARCA BarceloS runners	03:36:14	+01:05:25	06:45	
87	2116	Paula da silva barbosa	Oralklass-Amigos do Trail	03:36:44	+01:05:55	06:46	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	2129	Eduardo Carlos Rigueiro Garcia	Atletismo Clube da Tocha	03:37:42	+01:06:53	06:48	
89	2025	Flávio André Alves Sampaio	A D ESMERIZ RUNNING	03:37:54	+01:07:05	06:49	
90	2034	Luís Nuno Escortell Sendao	LETHES TRAIL TEAM	03:40:37	+01:09:48	06:54	
91	2047	Vitor Manuel de Fontes Folgado	Outlaw runners	03:40:41	+01:09:52	06:54	
92	2029	Simão Pedro Azevedo Ferreira	ADEPE	03:41:07	+01:10:18	06:55	
93	2043	Ivo Daniel Azevedo Sampaio	TEAM TT	03:42:03	+01:11:14	06:56	
94	2038	FRANCISCO FONSECA	UNIDOS PELOS TRILHOS	03:44:21	+01:13:32	07:01	
95	2073	Bruno Alexandre Jesus Resende	Individual	03:46:07	+01:15:18	07:04	
96	2154	Ricardo Miguel Gonçalves Santos Rocha	B.T.M.	03:47:49	+01:17:00	07:07	
97	2180	Rúben Miguel Mendes Alves	CarpeDiemTrailRunning	03:48:09	+01:17:20	07:08	
98	2007	Paulo Jorge Pinho Ferreira	Individual	03:48:12	+01:17:23	07:08	
99	2097	Pedro Miguel Lourenço da Cruz	Clube Efacec	03:48:22	+01:17:33	07:08	
100	2148	Pedro André Ferreira Coelho	TEAM LANTEMIL	03:49:10	+01:18:21	07:10	
101	2152	Luís Filipe Silva Pereira	TEAM LANTEMIL	03:49:10	+01:18:21	07:10	
102	2018	Carl Lubino	Team 72	03:49:33	+01:18:44	07:10	
103	2118	Bruno Miguel Afonso Pinheiro	TRAIL TEAM MONTARIA	03:51:09	+01:20:20	07:13	
104	2074	Diogo Resende	Individual	03:52:15	+01:21:26	07:15	
105	2190	LUIS RIBEIRO	PORTOCARGO RUNNERS	03:52:15	+01:21:26	07:15	
106	2189	MANUELA FARIA	PORTOCARGO RUNNERS	03:52:16	+01:21:27	07:15	
107	2182	PEDRO CALDAS	EDV - Viana Trail	03:52:56	+01:22:07	07:17	
108	2090	Marco Antonio Freire Valente Lopes Pinto	Individual	03:53:23	+01:22:34	07:18	
109	2035	Vitor Manuel Coelho Almeida	Clube Millennium BCP	03:53:24	+01:22:35	07:18	
110	2158	José Filipe da Cunha Borges Alves	DESNIVEL POSITIVO	03:54:30	+01:23:41	07:20	
111	2022	Sartorius henri	Team 72	03:55:49	+01:25:00	07:22	
112	2131	Francisca Luís Ferreira da Costa Leite	Alexandra Carvalho Team	03:56:16	+01:25:27	07:23	
113	2066	Nuno José Fonseca Freitas	CORRER LEÇA	03:57:43	+01:26:54	07:26	
114	2069	Vitor Cancela	Individual	03:58:25	+01:27:36	07:27	
115	2199	José Paulo Teixeira Rodrigues Lima	Afifense Trail	04:01:22	+01:30:33	07:33	
116	2071	José Manuel Duarte Guimarães Vidal	Individual	04:01:25	+01:30:36	07:33	
117	2026	Carlos Manuel Pereira do Couto	Outlaw runners	04:02:44	+01:31:55	07:35	
118	2186	Vitor manuel faria ramalho	B.T.M.	04:02:56	+01:32:07	07:35	
119	2141	Vitor Manuel Silva Cardoso	Individual	04:03:03	+01:32:14	07:36	
120	2169	Firmino Silva	ARCA BarceloS runners	04:03:52	+01:33:03	07:37	
121	2020	Jose Maria Gil Tato	Individual	04:04:21	+01:33:32	07:38	
122	2098	João Pedro Aleixo de Oliveira	Lobo do Mar	04:04:40	+01:33:51	07:39	
123	2170	Benjamim Batista da Cruz	Individual	04:06:09	+01:35:20	07:42	
124	2150	Avelino Fernando Fonseca Ferreira	TEAM LANTEMIL	04:06:47	+01:35:58	07:43	
125	2052	Fatima Vieira	NOCTURNOS DE PAREDES	04:07:56	+01:37:07	07:45	
126	2156	Ana Rita de Barros Carneiro	Minho e Lima Trail	04:08:13	+01:37:24	07:45	
127	2101	Sylvie Duarte	Individual	04:08:17	+01:37:28	07:46	
128	2024	João Pedro Sá	AD Esmeriz	04:08:22	+01:37:33	07:46	
129	2053	Fábio André Mendes Araújo	Individual	04:08:22	+01:37:33	07:46	
130	2078	Pedro Benjamim Gomes Moreira	Individual	04:08:22	+01:37:33	07:46	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
131	2162	João Gil	A.D.Amarante	04:11:26	+01:40:37	07:51	
132	2030	Rui Manuel Campinho Vilas Boas	Associação Desportiva De Carvalhal	04:11:44	+01:40:55	07:52	
133	2184	Vitor Manuel Morais Coelho	Clube Desportivo Cepsa	04:11:48	+01:40:59	07:52	
134	2004	TANYA PATRICIA DE SOUSA REIS	B.T.M.	04:14:23	+01:43:34	07:57	
135	2033	Eduardo Soares	Individual	04:15:23	+01:44:34	07:59	
136	2089	Andre Nuno Gandarão Dias	Individual	04:16:38	+01:45:49	08:01	
137	2203	Luis Filipe Vilas Boas Campos	Individual	04:16:45	+01:45:56	08:01	
138	2206	Jose Antonio Misa Maciel	TRAIL RUNNING NIGRAN	04:17:33	+01:46:44	08:03	
139	2087	Jose Alberto Martins Ribeiro	Pés de Chumbo Runners	04:18:15	+01:47:26	08:04	
140	2065	Eugénio	FACTOR X / S4L / MEDENSE FC	04:19:00	+01:48:11	08:06	
141	2045	José Pedro Sousa Marques Sá Lima	TEAM TT	04:19:46	+01:48:57	08:07	
142	2149	Mónica Carla Machado Martins	TEAM LANTEMIL	04:20:00	+01:49:11	08:07	
143	2176	André Daniel da Cunha Fernandes	Individual	04:20:25	+01:49:36	08:08	
144	2011	Liseta Pinto	Clube Efacec	04:20:32	+01:49:43	08:08	
145	2160	Carla Alexandra de Barros Ferreira	CORRER LEÇA	04:21:40	+01:50:51	08:11	
146	2036	António Jorge Gomes Alves	Clube Millennium BCP	04:22:23	+01:51:34	08:12	
147	2106	Tiago Torres Caldas	Individual	04:23:53	+01:53:04	08:15	
148	2054	Dores Cachetas	Akuafit	04:24:50	+01:54:01	08:17	
149	2119	Jorge Manuel Ferreira da Silva Marques	TEAM LANTEMIL	04:27:44	+01:56:55	08:22	
150	2210	Mi Conceição Alves Couto	Boavista Trail	04:28:04	+01:57:15	08:23	
151	2140	MANUEL RODRIGUES	CORRER LEÇA	04:28:44	+01:57:55	08:24	
152	2202	Monica leonilde neiva martins ribeiro	GTT-ARMAZÉM DO CAFFÉ	04:31:37	+02:00:48	08:29	
153	2003	Rui Samuel Sousa Carvalho Costa Gonçalves	GTT-ARMAZÉM DO CAFFÉ	04:31:37	+02:00:48	08:29	
154	2212	EDUARDO ANTÓNIO FARIA	ÁGUIAS DE ALVELOS	04:34:15	+02:03:26	08:34	
155	2171	Carol Pereira	ADE Trail Running	04:38:31	+02:07:42	08:42	
156	2173	Juliana Cristina Eiras Novo Pinheiral	ADE Trail Running	04:38:31	+02:07:42	08:42	
157	2133	Luís Alves	GIVEC	04:39:33	+02:08:44	08:44	
158	2081	Luis Filipe Miranda vaz	Phoenix-Evorun	04:39:39	+02:08:50	08:44	
159	2058	Carla Neves	FACTOR X / S4L / MEDENSE FC	04:40:35	+02:09:46	08:46	
160	2130	Catarina Cordeiro e Costa	DESNIVEL POSITIVO	04:42:43	+02:11:54	08:50	
161	2194	Ana Rita Sousa Fornelos	Trogloditas runners	04:44:34	+02:13:45	08:54	
162	2128	Vítor Gonçalves	Trogloditas runners	04:44:36	+02:13:47	08:54	
163	2013	Sandra Maria Silva da Costa	Individual	04:44:50	+02:14:01	08:54	
164	2006	Bruno Manuel Sousa Ferreira	Monte dos Amigos	04:44:51	+02:14:02	08:54	
165	2134	Alcindo Silva	X Trail	04:45:48	+02:14:59	08:56	
166	2161	Sónia Bras	A.D.Amarante	04:45:57	+02:15:08	08:56	
167	2132	Carlos Dias	GIVEC	04:50:42	+02:19:53	09:05	
168	2144	Ricardo Magalhaes	B.T.M.	04:51:32	+02:20:43	09:07	
169	2114	David Manuel De Jesus Barbosa De Sousa	MSS CONTABILIDADE TRAIL TEAM	04:56:54	+02:26:05	09:17	
170	2031	Francisco Pereira da Costa	Individual	05:01:26	+02:30:37	09:25	
171	2079	Sérgio Bastos	TEAM LANTEMIL	05:04:21	+02:33:32	09:31	
172	2145	Cláudia Sofia Magalhães Moura	Individual	05:06:05	+02:35:16	09:34	
173	2159	Valter Filipe Borges da Silva	CORRER LEÇA	05:06:05	+02:35:16	09:34	
174	2012	Artur Fonseca	Ruptura Total	05:07:46	+02:36:57	09:37	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
175	2039	Rui manuel lobo machado pinto da costa	Individual	05:11:40	+02:40:51	09:44	
176	2048	Hugo Ricardo de Oliveira Ventura	Individual	05:14:19	+02:43:30	09:49	
177	2016	Fernando Henrique Almeida Soares	Individual	05:14:20	+02:43:31	09:49	
178	2211	Cláudia Leonilde B. Pereira Pinto	Boavista Trail	05:16:40	+02:45:51	09:54	
179	2147	Margarida Dantas	TEAM LANTEMIL	05:39:40	+03:08:51	10:37	
180	2142	Anabela Batista	DiVE Into the Mountains	05:39:42	+03:08:53	10:37	
181	2143	Diana Moura	DiVE Into the Mountains	05:39:42	+03:08:53	10:37	
182	2085	Joana Carolina Teixeira Da Silva	Foice Team	05:55:07	+03:24:18	11:06	

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	08:30	9.7°C	93%
End	14:25	9.7°C	93%

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

1	2107	Carla Isabel Correia Sousa Santos	Montanha Clube Trail Running/Efapel	Senior Feminino	03:13:04	+42:16	06:02:16
2	2094	ANDREIA CRUZ CORREIA	EDV - Viana Trail	Senior Feminino	03:14:00	+43:11	06:00:11
3	2208	Silvia Casal Dominguez	Boavista Trail	Senior Feminino	03:18:43	+47:54	06:13:37
4	2131	Francisca Luís Ferreira da Costa Leite	Alexandra Carvalho Team	Senior Feminino	03:56:15	+01:25:27	07:23:42
5	2156	Ana Rita de Barros Carneiro	Minho e Lima Trail	Senior Feminino	04:08:12	+01:37:23	07:45:35
6	2004	TANYA PATRICIA DE SOUSA REIS	B.T.M.	Senior Feminino	04:14:22	+01:43:33	07:57:55
7	2210	Mi Conceição Alves Couto	Boavista Trail	Senior Feminino	04:28:04	+01:57:15	08:23:19
8	2173	Juliana Cristina Eiras Novo Pinheiral	ADE Trail Running	Senior Feminino	04:38:30	+02:07:42	08:42:12
9	2058	Carla Neves	FACTOR X / S4L / MEDENSE FC	Senior Feminino	04:40:35	+02:09:46	08:46:21
10	2194	Ana Rita Sousa Fornelos	Trogloditas runners	Senior Feminino	04:44:34	+02:13:45	08:54:19
11	2161	Sónia Bras	A.D.Amarante	Senior Feminino	04:45:56	+02:15:07	08:56:03
12	2145	Cláudia Sofia Magalhães Moura	Individual	Senior Feminino	05:06:04	+02:35:15	09:34:19
13	2085	Joana Carolina Teixeira Da Silva	Foice Team	Senior Feminino	05:55:07	+03:24:18	11:06:25

Senior Masculino

1	2193	Ruben Veloso	EDV - Viana Trail	Senior Masculino	02:30:48	04:43
2	2105	Adrian Rodriguez Diaz	Boavista Trail	Senior Masculino	02:43:07	+12:18 05:06
3	2167	Jose Martín Fontán Arnejo	Boavista Trail	Senior Masculino	02:44:58	+14:09 05:09
4	2095	Jorge Oca	team obaya	Senior Masculino	02:45:19	+14:31 05:10
5	2125	Tiago Rafael Mendes Duarte	Atletismo Clube da Tocha	Senior Masculino	02:46:22	+15:33 05:12
6	2178	Filipe Alves Guerra	CCDR Colmeal da Torre	Senior Masculino	02:48:31	+17:42 05:16
7	2146	Joel Sousa Pinto	Marco 09	Senior Masculino	02:51:58	+21:09 05:22
8	2197	Joaquim Fernando Duarte	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	02:52:49	+22:00 05:24
9	2111	José Pedro Sousa Dias	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	02:56:56	+26:07 05:32
10	2102	José António Rodrigues Sequeira	Montanha Clube Trail Running/Efapel	Senior Masculino	02:57:56	+27:07 05:34
11	2187	Nuno Miguel da Rocha Nunes	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:58:45	+27:57 05:35
12	2122	Carlos Alberto Prudêncio	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	03:01:34	+30:46 05:40
13	2060	Bruno Eusébio da Rocha Pereira	O que queremos é monte	Senior Masculino	03:03:00	+32:11 05:43
14	2207	Jesús Campaña Parada	Tribu Trail	Senior Masculino	03:03:18	+32:29 05:44
15	2061	David Gonçalves	FACTOR X / S4L / MEDENSE FC	Senior Masculino	03:03:19	+32:30 05:44
16	2165	Pedro Vale	ARCA BarceloS runners	Senior Masculino	03:03:30	+32:41 05:44
17	2100	Fernando Manuel Simões Bastos	Montanha Clube Trail Running/Efapel	Senior Masculino	03:06:39	+35:50 05:50
18	2110	Adérito Oliveira	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	03:07:54	+37:06 05:52
19	2059	Daniel	FACTOR X / S4L / MEDENSE FC	Senior Masculino	03:08:15	+37:26 05:53
20	2088	Carlos Silva	AIRORUN	Senior Masculino	03:08:32	+37:43 05:54
21	2040	JOSE MANUEL PINTO	Nos Acreditamos	Senior Masculino	03:08:35	+37:46 05:54

Official Timekeeper: Lap2Go	1 / 5	generate 19-Nov-2019 11:16
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OFFICIAL RESULT

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22	2021	João Barbosa	Global Trail	Senior Masculino	03:12:29	+41:40	06:01
23	2044	Nuno Miguel Silva Moreira	TEAM TT	Senior Masculino	03:13:03	+42:14	06:02
24	2124	David Sérgio da Silva Madeira	Atletismo Clube da Tocha	Senior Masculino	03:14:55	+44:06	06:05
25	2093	Igor Lysyi	AIRORUN	Senior Masculino	03:16:01	+45:12	06:08
26	2009	Ricardo de Almeida Pinho Carmo	CDM Running	Senior Masculino	03:17:00	+46:11	06:09
27	2068	Nuno Barros	FACTOR X / S4L / MEDENSE FC	Senior Masculino	03:19:06	+48:17	06:13
28	2055	Luis Vázquez Reiriz	Tribu Trail	Senior Masculino	03:20:47	+49:58	06:16
29	2023	Carlos Manuel Sousa Miranda	Individual	Senior Masculino	03:21:52	+51:03	06:19
30	2200	Luís Filipe Correia Ferraz	GTT-ARMAZÉM DO CAFFÉ	Senior Masculino	03:23:47	+52:58	06:22
31	2067	Pierre-Charles	Team 72	Senior Masculino	03:24:55	+54:06	06:24
32	2139	Paulo Ricardo Novais de Oliveira	VIDAATIVARUNNERS	Senior Masculino	03:26:19	+55:31	06:27
33	2046	Orlando Xavier Gomes Amorim	A.D.CARVALHAL	Senior Masculino	03:27:38	+56:49	06:29
34	2157	Tiago José Duarte Jardim Gonçalves	Individual	Senior Masculino	03:29:36	+58:47	06:33
35	2083	Carlos Manuel Monteiro Martins	Gilmonde Running Team	Senior Masculino	03:29:43	+58:54	06:33
36	2051	António Torres Manso	Individual	Senior Masculino	03:32:25	+01:01:36	06:38
37	2049	Nuno Ricardo Soares de Sá	Individual	Senior Masculino	03:33:06	+01:02:17	06:40
38	2062	Joaquim Carvalho	FACTOR X / S4L / MEDENSE FC	Senior Masculino	03:34:15	+01:03:27	06:42
39	2129	Eduardo Carlos Rigueiro Garcia	Atletismo Clube da Tocha	Senior Masculino	03:37:41	+01:06:52	06:48
40	2025	Flávio André Alves Sampaio	A D ESMERIZ RUNNING	Senior Masculino	03:37:53	+01:07:04	06:49
41	2029	Simão Pedro Azevedo Ferreira	ADEPE	Senior Masculino	03:41:06	+01:10:17	06:55
42	2043	Ivo Daniel Azevedo Sampaio	TEAM TT	Senior Masculino	03:42:02	+01:11:14	06:56
43	2148	Pedro André Ferreira Coelho	TEAM LANTEMIL	Senior Masculino	03:49:09	+01:18:20	07:10
44	2018	Carl Lubino	Team 72	Senior Masculino	03:49:32	+01:18:44	07:10
45	2118	Bruno Miguel Afonso Pinheiro	TRAIL TEAM MONTARIA	Senior Masculino	03:51:08	+01:20:20	07:13
46	2074	Diogo Resende	Individual	Senior Masculino	03:52:14	+01:21:25	07:15
47	2022	Sartorius henri	Team 72	Senior Masculino	03:55:48	+01:24:59	07:22
48	2199	José Paulo Teixeira Rodrigues Lima	Affense Trail	Senior Masculino	04:01:21	+01:30:32	07:33
49	2186	Vitor manuel faria ramalho	B.T.M.	Senior Masculino	04:02:55	+01:32:06	07:35
50	2141	Vitor Manuel Silva Cardoso	Individual	Senior Masculino	04:03:02	+01:32:13	07:36
51	2098	João Pedro Aleixo de Oliveira	Lobo do Mar	Senior Masculino	04:04:39	+01:33:50	07:39
52	2024	João Pedro Sá	AD Esmeriz	Senior Masculino	04:08:21	+01:37:32	07:46
53	2053	Fábio André Mendes Araújo	Individual	Senior Masculino	04:08:21	+01:37:32	07:46
54	2078	Pedro Benjamim Gomes Moreira	Individual	Senior Masculino	04:08:21	+01:37:32	07:46
55	2203	Luis Filipe Vilas Boas Campos	Individual	Senior Masculino	04:16:44	+01:45:55	08:01
56	2176	André Daniel da Cunha Fernandes	Individual	Senior Masculino	04:20:25	+01:49:36	08:08
57	2003	Rui Samuel Sousa Carvalho Costa Gonçalves	GTT-ARMAZÉM DO CAFFÉ	Senior Masculino	04:31:37	+02:00:48	08:29
58	2081	Luis Filipe Miranda vaz	Phoenix-Evurun	Senior Masculino	04:39:39	+02:08:50	08:44
59	2128	Vitor Gonçalves	Trogloditas runners	Senior Masculino	04:44:35	+02:13:46	08:54
60	2006	Bruno Manuel Sousa Ferreira	Monte dos Amigos	Senior Masculino	04:44:51	+02:14:02	08:54
61	2144	Ricardo Magalhaes	B.T.M.	Senior Masculino	04:51:31	+02:20:43	09:07

Veterana F40

1	2002	Fátima Melo	LOVE TILES	Veterana F40	03:04:22	+33:34	05:46
2	2204	Goreti Correia	EDV - Viana Trail	Veterana F40	03:18:14	+47:26	06:12

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3	2191	Paula Alexandra Amorim da Costa	Academia Desportiva de Arcos de Valdevez	Veterana F40	03:20:52	+50:03	06:17
4	2103	Aida Campos Hernandez	TEAM ODAYA	Veterana F40	03:24:45	+53:56	06:24
5	2076	Silvia Maria Ferreirinha Santos	Individual	Veterana F40	03:28:08	+57:19	06:30
6	2126	Susana Simões	EDV - Viana Trail	Veterana F40	03:31:15	+01:00:26	06:36
7	2116	Paula da silva barbosa	Oralklass-Amigos do Trail	Veterana F40	03:36:43	+01:05:54	06:46
8	2149	Mónica Carla Machado Martins	TEAM LANTEMIL	Veterana F40	04:19:59	+01:49:11	08:07
9	2011	Liseta Pinto	Clube Efacec	Veterana F40	04:20:31	+01:49:42	08:08
10	2160	Carla Alexandra de Barros Ferreira	CORRER LEÇA	Veterana F40	04:21:39	+01:50:51	08:11
11	2054	Dores Cachetas	Akuafit	Veterana F40	04:24:49	+01:54:01	08:17
12	2202	Monica leonilde neiva martins ribeiro	GTT-ARMAZÉM DO CAFFÉ	Veterana F40	04:31:37	+02:00:48	08:29
13	2171	Carol Pereira	ADE Trail Running	Veterana F40	04:38:30	+02:07:42	08:42
14	2130	Catarina Cordeiro e Costa	DESNIVEL POSITIVO	Veterana F40	04:42:42	+02:11:54	08:50
15	2013	Sandra Maria Silva da Costa	Individual	Veterana F40	04:44:50	+02:14:01	08:54
16	2211	Cláudia Leonilde B. Pereira Pinto	Boavista Trail	Veterana F40	05:16:39	+02:45:50	09:54
17	2147	Margarida Dantas	TEAM LANTEMIL	Veterana F40	05:39:40	+03:08:51	10:37
18	2142	Anabela Batista	DiVE Into the Mountains	Veterana F40	05:39:41	+03:08:53	10:37
19	2143	Diana Moura	DiVE Into the Mountains	Veterana F40	05:39:41	+03:08:53	10:37

Veterana F50

1	2189	MANUELA FARIA	PORTOCARGO RUNNERS	Veterana F50	03:52:15	+01:21:26	07:15
2	2052	Fatima Vieira	NOCTURNOS DE PAREDES	Veterana F50	04:07:55	+01:37:07	07:45
3	2101	Sylvie Duarte	Individual	Veterana F50	04:08:16	+01:37:27	07:46

Veterano M40

1	2075	Rui Pedro Rodrigues Romão	Individual	Veterano M40	02:43:50	+13:01	05:07
2	2001	Pablo Freijanes	Boavista Trail	Veterano M40	02:46:03	+15:14	05:11
3	2099	Paulo alexandre almeida nogueira	Montanha Clube Trail Running/Efapel	Veterano M40	03:01:28	+30:39	05:40
4	2192	Joao Luis Fernandes Afonso	Academia Desportiva de Arcos de Valdevez	Veterano M40	03:02:06	+31:17	05:41
5	2042	FERNANDO CARVALHO	Nos Acreditamos	Veterano M40	03:03:20	+32:31	05:44
6	2112	Abílio Martins	Dá-lhe Gás Trail Team Fisioduo	Veterano M40	03:06:25	+35:36	05:50
7	2138	Sérgio Miguel Mesquita Ramos	EDV - Viana Trail	Veterano M40	03:10:29	+39:40	05:57
8	2056	Hélio David Abreu da Silva	Phoenix-Evorun	Veterano M40	03:11:52	+41:03	06:00
9	2037	Jose Rocha	Associação Desportiva De Carvalhal	Veterano M40	03:11:59	+41:11	06:00
10	2080	Pedro Alexandre Magalhães Castro	Clube Efacec	Veterano M40	03:12:17	+41:28	06:01
11	2137	Filipe Oliveira Ramos	NA	Veterano M40	03:12:36	+41:47	06:01
12	2121	Rui Domingos Cardoso de Sousa	Academia Desportiva de Arcos de Valdevez	Veterano M40	03:13:27	+42:38	06:03
13	2091	Paulo Sérgio Magalhães Castro	Clube Efacec	Veterano M40	03:13:48	+42:59	06:03
14	2181	Stephane simoes	EDV - Viana Trail	Veterano M40	03:16:38	+45:50	06:09
15	2163	Telmo Silva	A.D.Amarante	Veterano M40	03:18:01	+47:12	06:11
16	2172	Paulo Filipe	ADE Trail Running	Veterano M40	03:21:34	+50:46	06:18

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32KMS

32 KM

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OFFICIAL RESULT

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17	2019	João Tinoco	Individual	Veterano M40	03:22:49	+52:01	06:20
18	2205	Paulo Jorge Sarmento	Grupo Desportivo de Bragança - GDB Atletismo	Veterano M40	03:23:15	+52:26	06:21
19	2209	Jorge Novoa Perez	C.A.R. MARISQUEIRO	Veterano M40	03:24:28	+53:39	06:23
20	2015	Ricardo Jorge Teixeira Dantas	Crocodilos/MisterPC	Veterano M40	03:25:27	+54:38	06:25
21	2082	Nuno António Monteiro Pereira Saavedra Duarte	Pimentinhas	Veterano M40	03:26:32	+55:43	06:27
22	2117	Nuno Campos	Bora lá!	Veterano M40	03:27:11	+56:22	06:28
23	2092	Manuel Gomes	Academia Desportiva de Arcos de Valdevez	Veterano M40	03:28:46	+57:57	06:3
24	2077	José Manuel Rodrigues Fernandes	Academia Desportiva de Arcos de Valdevez	Veterano M40	03:28:46	+57:57	06:31
25	2104	Ivan Varela Diaz	Individual	Veterano M40	03:29:11	+58:22	06:32
26	2008	Jorge Ferreira Gomes	Outlaw runners	Veterano M40	03:29:46	+58:57	06:33
27	2166	Luís Neco	ARCA BarceloS runners	Veterano M40	03:29:57	+59:08	06:34
28	2028	Rui Juvenal Rodrigues de Andrade	Crocodilos/MisterPC	Veterano M40	03:30:15	+59:26	06:34
29	2034	Luís Nuno Escortell Sendao	LETHES TRAIL TEAM	Veterano M40	03:40:36	+01:09:47	06:54
30	2047	Vitor Manuel de Fontes Folgado	Outlaw runners	Veterano M40	03:40:40	+01:09:51	06:54
31	2073	Bruno Alexandre Jesus Resende	Individual	Veterano M40	03:46:06	+01:15:17	07:04
32	2154	Ricardo Miguel Gonçalves Santos Rocha	B.T.M.	Veterano M40	03:47:48	+01:16:59	07:07
33	2180	Rúben Miguel Mendes Alves	CarpeDiemTrailRunning	Veterano M40	03:48:08	+01:17:19	07:08
34	2097	Pedro Miguel Lourenço da Cruz	Clube Efacec	Veterano M40	03:48:21	+01:17:32	07:08
35	2152	Luís Filipe Silva Pereira	TEAM LANTEMIL	Veterano M40	03:49:09	+01:18:21	07:10
36	2190	LUIS RIBEIRO	PORTOCARGO RUNNERS	Veterano M40	03:52:14	+01:21:25	07:15
37	2182	PEDRO CALDAS	EDV - Viana Trail	Veterano M40	03:52:55	+01:22:07	07:17
38	2090	Marco Antonio Freire Valente Lopes Pinto	Individual	Veterano M40	03:53:22	+01:22:33	07:18
39	2158	José Filipe da Cunha Borges Alves	DESNIVEL POSITIVO	Veterano M40	03:54:29	+01:23:40	07:20
40	2066	Nuno José Fonseca Freitas	CORRER LEÇA	Veterano M40	03:57:42	+01:26:53	07:26
41	2069	Vitor Cancela	Individual	Veterano M40	03:58:24	+01:27:35	07:27
42	2071	José Manuel Duarte Guimarães Vidal	Individual	Veterano M40	04:01:24	+01:30:35	07:33
43	2026	Carlos Manuel Pereira do Couto	Outlaw runners	Veterano M40	04:02:43	+01:31:55	07:35
44	2020	Jose Maria Gil Tato	Individual	Veterano M40	04:04:20	+01:33:31	07:38
45	2170	Benjamim Batista da Cruz	Individual	Veterano M40	04:06:08	+01:35:19	07:42
46	2150	Avelino Fernando Fonseca Ferreira	TEAM LANTEMIL	Veterano M40	04:06:46	+01:35:57	07:43
47	2030	Rui Manuel Campinho Vilas Boas	Associação Desportiva De Carvalhal	Veterano M40	04:11:43	+01:40:55	07:52
48	2184	Vitor Manuel Moraes Coelho	Clube Desportivo Cepsa	Veterano M40	04:11:47	+01:40:59	07:52
49	2033	Eduardo Soares	Individual	Veterano M40	04:15:22	+01:44:33	07:59
50	2089	Andre Nuno Gandarão Dias	Individual	Veterano M40	04:16:38	+01:45:49	08:01
51	2087	Jose Alberto Martins Ribeiro	Pés de Chumbo Runners	Veterano M40	04:18:15	+01:47:26	08:04
52	2045	José Pedro Sousa Marques Sá Lima	TEAM TT	Veterano M40	04:19:45	+01:48:57	08:07
53	2036	António Jorge Gomes Alves	Clube Millennium BCP	Veterano M40	04:22:22	+01:51:33	08:12
54	2106	Tiago Torres Caldas	Individual	Veterano M40	04:23:52	+01:53:03	08:15
55	2119	Jorge Manuel Ferreira da Silva Marques	TEAM LANTEMIL	Veterano M40	04:27:43	+01:56:55	08:22
56	2212	EDUARDO ANTÓNIO FARIA	ÁGUIAS DE ALVELOS	Veterano M40	04:34:14	+02:03:26	08:34
57	2133	Luís Alves	GIVEC	Veterano M40	04:39:32	+02:08:44	08:44

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OFFICIAL RESULT

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58	2132	Carlos Dias	GIVEC	Veterano M40	04:50:41	+02:19:53	09:05
59	2114	David Manuel De Jesus Barbosa De Sousa	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	04:56:54	+02:26:05	09:17
60	2079	Sérgio Bastos	TEAM LANTEMIL	Veterano M40	05:04:21	+02:33:32	09:31
61	2159	Valter Filipe Borges da Silva	CORRER LEÇA	Veterano M40	05:06:04	+02:35:16	09:34
62	2012	Artur Fonseca	Ruptura Total	Veterano M40	05:07:45	+02:36:57	09:37
63	2048	Hugo Ricardo de Oliveira Ventura	Individual	Veterano M40	05:14:19	+02:43:30	09:49

Veterano M50

1	2196	Emilio Montilla Fernandez	EDV - Viana Trail	Veterano M50	02:38:18	+07:30	04:57
2	2096	Joaquim Gonçalves Sousa	Saca Trilhos Anadia	Veterano M50	02:57:25	+26:36	05:33
3	2177	Jose Nuno Paiva	Cães d'Avenida	Veterano M50	03:00:42	+29:53	05:39
4	2041	FRANCISCO LEMOS	Nos Acreditamos	Veterano M50	03:09:18	+38:29	05:55
5	2155	José Manuel Jesus Zananar	A. C. TOCHA	Veterano M50	03:20:52	+50:03	06:17
6	2123	Manuel António Carvalhosa Alves	Icarus Running Team	Veterano M50	03:31:13	+01:00:24	06:36
7	2153	Manuel Campos Costa	TEAM LANTEMIL	Veterano M50	03:32:42	+01:01:54	06:39
8	2070	Fernando Soares	Linces do Marão	Veterano M50	03:32:59	+01:02:10	06:39
9	2175	José Carlos Rodrigues Cardoso	ARCA BarceloS runners	Veterano M50	03:36:13	+01:05:24	06:45
10	2038	FRANCISCO FONSECA	UNIDOS PELOS TRILHOS	Veterano M50	03:44:20	+01:13:31	07:01
11	2007	Paulo Jorge Pinho Ferreira	Individual	Veterano M50	03:48:11	+01:17:22	07:08
12	2035	Vitor Manuel Coelho Almeida	Clube Millennium BCP	Veterano M50	03:53:23	+01:22:34	07:18
13	2169	Firmino Silva	ARCA BarceloS runners	Veterano M50	04:03:51	+01:33:02	07:37
14	2206	Jose Antonio Misa Maciel	TRAIL RUNNING NIGRAN	Veterano M50	04:17:32	+01:46:44	08:03
15	2065	Eugénio	FACTOR X / S4L / MEDENSE FC	Veterano M50	04:19:00	+01:48:11	08:06
16	2140	MANUEL RODRIGUES	CORRER LEÇA	Veterano M50	04:28:43	+01:57:54	08:24
17	2134	Alcindo Silva	X Trail	Veterano M50	04:45:48	+02:14:59	08:56
18	2031	Francisco Pereira da Costa	Individual	Veterano M50	05:01:25	+02:30:37	09:25
19	2039	Rui manuel lobo machado pinto da costa	Individual	Veterano M50	05:11:40	+02:40:51	09:44
20	2016	Fernando Henrique Almeida Soares	Individual	Veterano M50	05:14:19	+02:43:31	09:49

Veterano M60

1	2064	António Rocha	FACTOR X / S4L / MEDENSE FC	Veterano M60	03:24:02	+53:14	06:23
2	2113	Antonio Carlos Silva Teixeira	Individual	Veterano M60	03:31:17	+01:00:28	06:36
3	2162	João Gil	A.D.Amarante	Veterano M60	04:11:25	+01:40:36	07:51

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22KMS - STAGE 1

22 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	10:00	10.3°C	100%
End	13:51	10.3°C	100%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	3283	BRUNO RIBEIRO	ÁGUIAS DE ALVELOS	01:45:40		04:48	
2	3282	CARLOS VELOSO	ÁGUIAS DE ALVELOS	01:49:06	+03:26	04:58	
3	3168	Carlos Miguel Oliveira Coelho	TRAIL ME	01:49:59	+04:19	05:00	
4	3261	Igor Bruno Palhares Moreira	Melgaço Alvarinho Trail Team	01:53:38	+07:58	05:10	
5	3117	Ricardo Rego	B.T.M.	01:55:45	+10:05	05:16	
6	3219	António Mendes	A.D.Amarante	01:56:29	+10:49	05:18	
7	3130	Adelino Alves Aires	Alexandra Carvalho Team	02:01:01	+15:21	05:30	
8	3161	RICARDO MANUEL MARQUES BATISTA VIEIRA	Brabus Runners	02:01:13	+15:33	05:31	
9	3138	Adriano Fernando Lopes Mendes	Brabus Runners	02:02:34	+16:54	05:34	
10	3033	Antonio Manuel Esteves Oliveira Silva	Corridas por Albergaria	02:05:22	+19:42	05:42	
11	3232	Eduardo Patricio Pedrosa da Cunha	ÁGUIAS DE ALVELOS	02:06:10	+20:30	05:44	
12	3285	Pedro Hugo Vilas Boas Dourado	ÁGUIAS DE ALVELOS	02:06:11	+20:31	05:44	
13	3146	Nuno Figueiredo Goncalves	DiVe Into the Mountains	02:07:29	+21:49	05:48	
14	3197	Paulo Macedo	Individual	02:08:03	+22:23	05:49	
15	3284	PAULO BARBOSA	ÁGUIAS DE ALVELOS	02:08:10	+22:30	05:50	
16	3008	Daniel Jose Silva Barros	Juventude Cortegacense	02:10:15	+24:35	05:55	
17	3244	Marco antonio araujo dantas da silva	OLÍMPICO VIANENSE	02:10:52	+25:12	05:57	
18	3262	Joao Paulo Costa Oliveira	Juventude Cortegacense	02:11:36	+25:56	05:59	
19	3064	Jose Alberto Teixeira	NOCTURNOS DE PAREDES	02:13:01	+27:21	06:03	
20	3269	Tiago João Cerqueira Teles	A.D.Amarante	02:13:12	+27:32	06:03	
21	3032	Marcos Dinis Tobias Ourives	Individual	02:13:27	+27:47	06:04	
22	3010	Nuno Miguel Gonçalves Araújo	Juventude Cortegacense	02:13:37	+27:57	06:04	
23	3125	Juan Daniel Gonzalez Ponte	Sin Fronteras	02:13:47	+28:07	06:05	
24	3126	Alejandro Moro Diaz	C.O.A	02:13:47	+28:07	06:05	
25	3144	João Pedro Santos Sousa	Spin&Run Esposende	02:15:18	+29:38	06:09	
26	3149	Alfredo Ribeiro	Linces do Marão	02:16:17	+30:37	06:12	
27	3157	Fernando Coelho	Individual	02:16:31	+30:51	06:12	
28	3281	Andreia Ribeiro Almeida	Furfor Running Project	02:16:44	+31:04	06:13	
29	3241	Ana Isabel Silva Moreira de Sousa	TEAM LANTEMIL	02:17:36	+31:56	06:15	
30	3177	Rui Pedro da Silva Rodrigues	AD Marco 09	02:18:03	+32:23	06:17	
31	3272	Raquel Doiro González	ULTRA LIFE TEAM	02:18:07	+32:27	06:17	
32	3131	Ignacio Rodríguez bello	Individual	02:18:45	+33:05	06:18	
33	3040	António Cardoso	A.D.CARVALHAL	02:19:23	+33:43	06:20	
34	3181	Rosa Marisa Matos Loureiro Gomes	Gilmonde Running Team	02:19:29	+33:49	06:20	
35	3043	João Carlos macedo paralvas	B.T.M.	02:19:46	+34:06	06:21	
36	3014	João silva	Individual	02:20:02	+34:22	06:22	
37	3054	Daniel Vasconcelos	Individual	02:20:16	+34:36	06:23	
38	3202	Ricardo Meira	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	02:20:18	+34:38	06:23	
39	3251	NUNO MIGUEL SILVA MENESES	VAMOS EQUIPE	02:21:45	+36:05	06:27	
40	3169	Cesário Manuel de Oliveira Leite	Brabus Runners	02:21:49	+36:09	06:27	

22KMS - STAGE 1

22 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	3175	MARGARIDA CONCEIÇÃO PINTO SOUSA	AD Marco 09	02:22:07	+36:27	06:28	
42	3176	GISELA MARIA PINTO SOUSA	AD Marco 09	02:22:07	+36:27	06:28	
43	3025	Paulo António Ribeiro de Sousa	Carroça Team	02:22:18	+36:38	06:28	
44	3009	Lúcia Campos Costa	Juventude Cortegacense	02:23:04	+37:24	06:30	
45	3041	Joaquim manuel lima sa	Individual	02:24:13	+38:33	06:33	
46	3007	Sérgio Filipe Machado da Silva	RunForest	02:24:15	+38:35	06:33	
47	3203	João Carlos Vieira Teixeira dos Santos	Individual	02:24:54	+39:14	06:35	
48	3273	Nuno Jorge Bastos Saraiva	Porta Aberta Café	02:25:37	+39:57	06:37	
49	3188	José António Ribeiro Rocha	Individual	02:25:42	+40:02	06:37	
50	3154	Henrique Jorge da Silva Ferreira	CENTRO CICLISTA DE GONDOMAR	02:26:07	+40:27	06:39	
51	3093	Carlos Miguel Tomé Fernandes	Individual	02:26:40	+41:00	06:40	
52	3028	PAULO JORGE DIAS AZEVEDO	Zenit AUTOMÓVEIS	02:27:02	+41:22	06:41	
53	3143	Alexandre Manuel Esteves Ferreira	Individual	02:28:07	+42:27	06:44	
54	3137	Fábio Silva Costa	Atletismo Clube da Tocha	02:28:52	+43:12	06:46	
55	3233	Miguel António Cardoso Pereira	VIEIRA A CORRER	02:29:45	+44:05	06:48	
56	3211	Rui Pedro Nascimento Martins Pena	GD Trancoso	02:30:03	+44:23	06:49	
57	3207	José Carlos Pereira	Individual	02:30:05	+44:25	06:49	
58	3204	Bruno Miguel Matos da Silva	Individual	02:30:10	+44:30	06:50	
59	3127	Arselio Sousa Remelhe	ÁGUIAS DE ALVELOS	02:30:21	+44:41	06:50	
60	3116	Rui Sousa	Palmeira Runners	02:30:25	+44:45	06:50	
61	3271	Pedro Abreu Cruz Lopes	Clube Zupper	02:31:34	+45:54	06:53	
62	3217	Pedro José Lajoso Meixedo	Individual	02:32:48	+47:08	06:57	
63	3265	Jose Manuel Braga Ferreira	GTT-ARMAZÉM DO CAFFÉ	02:33:04	+47:24	06:57	
64	3019	JOSÉ CARLOS FERNANDES DA PONTE	EDV - Viana Trail	02:33:08	+47:28	06:58	
65	3124	João Orlando Coelho Pereira	Santiagotur	02:33:21	+47:41	06:58	
66	3044	João Batista Amorim da Silva	Individual	02:33:41	+48:01	06:59	
67	3077	Andre Marques Vieira de Castro	Individual	02:34:00	+48:20	07:00	
68	3023	Hélder Daniel Fonseca Ribeiro	AMIGOS DAS CORRIDAS PLACE FOZ	02:34:21	+48:41	07:01	
69	3005	Rémi Gonçalves Ferreira	Linces do Marão	02:35:17	+49:37	07:04	
70	3205	Miguel Freire Pimentel Morais	#cabrasdomonte	02:36:10	+50:30	07:06	
71	3254	Henrique Damiao Rodrigues Borges	Individual	02:36:35	+50:55	07:07	
72	3196	Fernando José dos Santos Sousa	LOBOS DO MONTE RUN	02:36:45	+51:05	07:08	
73	3264	Hugo Moreira	GTT-ARMAZÉM DO CAFFÉ	02:37:52	+52:12	07:11	
74	3013	Sérgio Paulo Ferreira Oliveira	Juventude Cortegacense	02:38:12	+52:32	07:11	
75	3011	Ernesto Marques Alves	Juventude Cortegacense	02:38:12	+52:32	07:11	
76	3082	Cecilio Manuel Silva Ferreira	Juventude Cortegacense	02:38:12	+52:32	07:11	
77	3230	Vitor Martins	BMCAR	02:38:40	+53:00	07:13	
78	3225	Filipe Ribeiro	BMCAR	02:38:41	+53:01	07:13	
79	3047	João de Oliveira Machado	Squadra Di Potenza	02:38:50	+53:10	07:13	
80	3160	CARLOS FERNANDO VIEIRA DA SILVA ESPERANÇA	Palmeira Runners	02:39:08	+53:28	07:14	
81	3150	João Sousa	Linces do Marão	02:39:18	+53:38	07:14	
82	3152	Mário Pontes Lima	Individual	02:40:09	+54:29	07:17	
83	3096	Jorge Brito	Individual	02:40:25	+54:45	07:18	

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22 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
84	3110	Rui Manuel Alves Figueiras	A.D.CARVALHAL	02:40:34	+54:54	07:18	
85	3276	Pedro Castro	Individual	02:40:57	+55:17	07:19	
86	3277	Paulo Loureiro	Individual	02:40:59	+55:19	07:19	
87	3167	Miguel Ângelo Salgueiro Araújo	TRAIL ME	02:41:38	+55:58	07:21	
88	3012	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	02:42:06	+56:26	07:22	
89	3163	Armando Fontão	CR Candoso	02:42:53	+57:13	07:24	
90	3270	Pedro Rodrigues	Clube Zupper	02:43:33	+57:53	07:26	
91	3240	Raul Pereira Fernandes	Cerveira Team Running	02:43:43	+58:03	07:27	
92	3253	Christophe da Cunha Rodrigues	Trogloditas runners	02:44:35	+58:55	07:29	
93	3185	Pedro Miguel Pereira Domingues	Villa Running	02:45:07	+59:27	07:30	
94	3287	Jorge Manuel Matos Serra	Spin&Run Esposende	02:45:26	+59:46	07:31	
95	3097	Elisabete Ministro	Palmeira Runners	02:46:10	+01:00:30	07:33	
96	3145	Sandro Davide Sousa Afonso	Brabus Runners	02:46:21	+01:00:41	07:34	
97	3242	Sérgio CR7	Akuafit	02:46:41	+01:01:01	07:35	
98	3101	MIGUEL ÂNGELO DA GRAÇA E CASTRO ROCHA	Individual	02:46:43	+01:01:03	07:35	
99	3255	Casimiro Carvalho da Cunha	VAMOS EQUIPE	02:47:01	+01:01:21	07:36	
100	3079	Sameiro Fraguinha	Spin&Run Esposende	02:47:05	+01:01:25	07:36	
101	3201	Francisco Areias	GIVEC	02:47:06	+01:01:26	07:36	
102	3098	João Manuel Lopes Ministro	Palmeira Runners	02:47:17	+01:01:37	07:36	
103	3065	Paulo Hernani Almeida moreira	Individual	02:48:22	+01:02:42	07:39	
104	3066	Vanessa Cristina Barreto e Cunha Pereira de Borja	Atlético Desportivo de São Pedro	02:48:51	+01:03:11	07:41	
105	3171	Nuno Miguel Dourado Andrade Rodrigues	Individual	02:48:55	+01:03:15	07:41	
106	3057	Artur Carlos Moreira Silva	Clube Millennium BCP	02:49:01	+01:03:21	07:41	
107	3206	Paula Cristina Barbosa Sousa de Oliveira Peixoto	Individual	02:49:58	+01:04:18	07:44	
108	3017	João Manuel Fernandes barreira	Individual	02:49:58	+01:04:18	07:44	
109	3060	Ricardo José Machado Cabral Beirão	Clube Millennium BCP	02:50:04	+01:04:24	07:44	
110	3266	Maria do Céu Lopes Lemos	GTT-ARMAZÉM DO CAFFÉ	02:50:18	+01:04:38	07:44	
111	3075	Vitor Cunha	Brabus Runners	02:50:21	+01:04:41	07:45	
112	3059	Adelino Luciano Silva Brito	Clube Millennium BCP	02:50:59	+01:05:19	07:46	
113	3159	Carlos Silva	S. S. Montepio	02:51:00	+01:05:20	07:46	
114	3275	Miguel Sá	OPraticante	02:51:29	+01:05:49	07:48	
115	3156	Hélder José da rocha oliveira	Clube Efacec	02:52:12	+01:06:32	07:50	
116	3200	Jorge Azevedo	GIVEC	02:52:16	+01:06:36	07:50	
117	3199	Paulo Costa	GIVEC	02:52:16	+01:06:36	07:50	
118	3120	Bruno José Rodrigues Leite	Individual	02:53:10	+01:07:30	07:52	
119	3245	Pedro Álvaro Pinheiro Rocha	TRAIL ME	02:53:15	+01:07:35	07:53	
120	3213	Paulo Alexandre Magalhães Ribeiro	DiVe Into the Mountains	02:53:39	+01:07:59	07:54	
121	3280	Ricardo Romeu castro rodrigues	Guimarães Trail	02:53:44	+01:08:04	07:54	
122	3274	Joel António Alves Faria	Individual	02:53:45	+01:08:05	07:54	
123	3212	Melissa Matos Sobral	Individual	02:53:46	+01:08:06	07:54	
124	3268	SERGIO ALBERTO MACEDO PEREIRA	Individual	02:53:48	+01:08:08	07:54	

22KMS - STAGE 1

22 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
125	3094	Ricardo Jorge Fernandes Alves	EM'Força	02:53:50	+01:08:10	07:54	
126	3249	Manuel Pimenta	Akuafit	02:54:57	+01:09:17	07:57	
127	3165	Liliana patricia Lopes de carvalho	Pimentinhas	02:55:15	+01:09:35	07:58	
128	3072	Edgar Gomes Prazeres da Costa	B.T.M.	02:56:03	+01:10:23	08:00	
129	3140	Fabrice Carvalho	FACTOR X / S4L / MEDENSE FC	02:56:10	+01:10:30	08:00	
130	3235	Victor Manuel Lameiras António	VIEIRA A CORRER	02:56:39	+01:10:59	08:02	
131	3081	Catarina Pinto	Akuafit	02:57:13	+01:11:33	08:03	
132	3106	Alcino Silva de Araújo	Carroça Team	02:57:20	+01:11:40	08:04	
133	3026	Nelson Alexandre Lima	Carroça Team	02:57:20	+01:11:40	08:04	
134	3027	Jose mario oliveira gonçalves	calcantes	02:57:33	+01:11:53	08:04	
135	3073	Pedro Nuno Serra Gomes da Silva	Silva Team	02:57:49	+01:12:09	08:05	
136	3107	Daniel Silva	Grupo Desportivo e Cultural do Banco de Portugal	02:57:52	+01:12:12	08:05	
137	3108	Patrícia Ramos	Grupo Desportivo e Cultural do Banco de Portugal	02:57:53	+01:12:13	08:05	
138	3214	Marie-Alix DELESTRADE	Team 72	02:58:12	+01:12:32	08:06	
139	3247	Tiago Assunção Martins de Almeida	BUDEGUITA RUNNERS	02:59:06	+01:13:26	08:08	
140	3246	Ana Luísa Moreira Dias	BUDEGUITA RUNNERS	02:59:06	+01:13:26	08:08	
141	3056	Anselmo Alberto Araújo Pinto	Clube Millennium BCP	02:59:14	+01:13:34	08:09	
142	3095	ANTONIO DE SOUSA LONGRAS	Individual	03:00:40	+01:15:00	08:13	
143	3164	RICARDO VIEIRA	VIDAATIVARUNNERS	03:00:44	+01:15:04	08:13	
144	3236	Augusto Miguel Macedo Pereira	Akuafit	03:00:44	+01:15:04	08:13	
145	3216	José diogo couto	Individual	03:01:24	+01:15:44	08:15	
146	3215	José Paulo couto	Individual	03:01:24	+01:15:44	08:15	
147	3055	João Carvalho	BMCar	03:01:41	+01:16:01	08:16	
148	3062	José Ricardo Silva	B.Barcelos	03:01:42	+01:16:02	08:16	
149	3020	Manuel Maria Teira Piñeiro	Individual	03:02:23	+01:16:43	08:17	
150	3151	Bruno Miguel Pereira Ribeiro	BVBarcelinhos	03:02:31	+01:16:51	08:18	
151	3267	David Cruz	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	03:02:49	+01:17:09	08:19	
152	3190	David Fraile López	CAR MARISQUEIRO	03:02:51	+01:17:11	08:19	
153	3189	Marcia Castro Costa	Juventude Cortegacense	03:02:53	+01:17:13	08:19	
154	3209	Ivo Filipe Matos da Silva	Spartan Beer team	03:03:00	+01:17:20	08:19	
155	3210	Nuno Ricardo Matos da Silva	Spartan Beer team	03:03:00	+01:17:20	08:19	
156	3092	Manuel Ramiro Catarino Batista	Spin&Run Esposende	03:03:28	+01:17:48	08:20	
157	3133	Luís Vieira	Kunalama runners	03:03:32	+01:17:52	08:21	
158	3099	Helder José Vieira Rodrigues	Individual	03:03:35	+01:17:55	08:21	
159	3248	Esmeralda Fiúza	Figueira Kayak Clube	03:04:18	+01:18:38	08:23	
160	3076	João da Costa Rosendo	Spin&Run Esposende	03:04:43	+01:19:03	08:24	
161	3148	José Manuel Oliveira Peixoto	BMCar	03:05:43	+01:20:03	08:27	
162	3172	João Barbosa	Individual	03:05:46	+01:20:06	08:27	
163	3142	Nelson Fernandes	Correr Para o Sucesso	03:06:23	+01:20:43	08:28	
164	3141	Regina Silva	Correr Para o Sucesso	03:06:23	+01:20:43	08:28	
165	3135	Guilherma Antónia Vareiro Novo	Individual	03:06:37	+01:20:57	08:29	
166	3070	Fernando Jorge Correia Oliveira	São Team	03:06:45	+01:21:05	08:29	
167	3231	Francisco Miranda	BMCAR	03:06:57	+01:21:17	08:30	
168	3166	Pedro Miguel Morais da Silva	ZENIT AUTOMOVEIS	03:07:02	+01:21:22	08:30	
169	3089	Maria Conceição Santos Campos	Spin&Run Esposende	03:07:07	+01:21:27	08:30	
170	3087	Guilhermina silva Ferreira	Teem lantermil	03:07:18	+01:21:38	08:31	

22KMS - STAGE 1

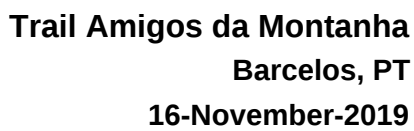
22 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
171	3102	Francisco José Marques Tinoco	A D ESMERIZ RUNNING	03:07:19	+01:21:39	08:31	
172	3074	Susana Santos	A D ESMERIZ RUNNING	03:07:19	+01:21:39	08:31	
173	3153	Luísa Guimarães do Lago e Costa Rodrigues	CR Cadoso	03:07:21	+01:21:41	08:31	
174	3134	Maria da Glória Pereira Brás	Spin&Run Esposende	03:08:29	+01:22:49	08:34	
175	3186	Anabela Lopes da Silva	Pés de Chumbo Runners	03:09:42	+01:24:02	08:37	
176	3088	Mónica Sofia Rafael Ferreira	Spin&Run Esposende	03:09:47	+01:24:07	08:38	
177	3258	CARLOS OLIVEIRA	PORTOCARGO RUNNERS	03:10:47	+01:25:07	08:40	
178	3031	Jose Manuel Moura	NOCTURNOS DE PAREDES	03:11:38	+01:25:58	08:43	
179	3090	Maria Emilia Costa Bás	Spin&Run Esposende	03:11:42	+01:26:02	08:43	
180	3016	Carla Maria Jorge Simões	Bio Team Run	03:11:48	+01:26:08	08:43	
181	3067	Rui Miguel de Sousa Lobo da Silva Levy	Individual	03:12:09	+01:26:29	08:44	
182	3029	Ricardo Antonio da Silva Sousa	FIT GAIA TRAIL	03:12:12	+01:26:32	08:44	
183	3091	Filipa Oliveira	Akuafit	03:12:19	+01:26:39	08:44	
184	3173	José Paulo Lara da Silva	Boavista Trail	03:12:44	+01:27:04	08:46	
185	3024	João Figueirinhas	AMIGOS DAS CORRIDAS PLACE FOZ	03:13:26	+01:27:46	08:48	
186	3050	Joana Isabel Pinheiro Azevedo	Marco Runners	03:14:02	+01:28:22	08:49	
187	3030	Carlos Manuel da Silva Martins	Race Team - Aveiro	03:14:23	+01:28:43	08:50	
188	3250	Alexandre Rodrigues	VAMOS EQUIPE	03:14:27	+01:28:47	08:50	
189	3139	António da Silva Simões	NODDY BIKE TEAM	03:14:28	+01:28:48	08:50	
190	3112	Antonio carneiro	Individual	03:14:28	+01:28:48	08:50	
191	3155	António Rodrigues Antunes	Palmeira Runners	03:15:08	+01:29:28	08:52	
192	3218	António Gonçalves	A.D.Amarante	03:16:03	+01:30:23	08:55	
193	3046	Domingos Rodrigues de Araujo	Conf D.A.S	03:16:34	+01:30:54	08:56	
194	3227	Joaquim Ferreira	BMCAR	03:19:12	+01:33:32	09:03	
195	3228	Fátima Azevedo	BMCAR	03:19:12	+01:33:32	09:03	
196	3021	José Carlos Correia Almeida	Individual	03:21:53	+01:36:13	09:11	
197	3063	Carlos Vasconcelos	NOCTURNOS DE PAREDES	03:22:16	+01:36:36	09:12	
198	3083	Pedro Sérgio Cardoso Neves	Individual	03:22:33	+01:36:53	09:12	
199	3003	Raquel Maria Araújo Ferreira	B.T.M.	03:24:01	+01:38:21	09:16	
200	3198	Cátia Linhares	GIVEC	03:25:33	+01:39:53	09:21	
201	3208	Sérgio Ferreira Araújo	Individual	03:26:24	+01:40:44	09:23	
202	3183	Paula Carneiro	A voar	03:27:00	+01:41:20	09:25	
203	3192	Pedro Filipe Soares de Sousa	Gilmonde Running Team	03:28:28	+01:42:48	09:29	
204	3191	Célia Cristina Alves Campos	Barcelos Treino Militar	03:28:31	+01:42:51	09:29	
205	3034	Alcídio Fernando da Costa da Silva Figueiredo	Individual	03:28:52	+01:43:12	09:30	
206	3078	Filipa Martins	Akuafit	03:29:37	+01:43:57	09:32	
207	3109	Nazaré Ferreira	Akuafit	03:29:37	+01:43:57	09:32	
208	3286	Marta Ferreira	Individual	03:35:25	+01:49:45	09:47	
209	3263	CARLA SOFIA MONTEIRO DA SILVA CAMPOS	GTT-ARMAZÉM DO CAFFÉ	03:40:00	+01:54:20	10:00	
210	3257	RUI RAMOS	PORTOCARGO RUNNERS	03:43:40	+01:58:00	10:10	
211	3259	TELMO SILVA	PORTOCARGO RUNNERS	03:43:41	+01:58:01	10:10	
212	3103	Manuel Peixoto	Individual	03:44:34	+01:58:54	10:12	
213	3260	DULCE RESENDE	PORTOCARGO RUNNERS	03:51:11	+02:05:31	10:31	



22 KM

OFFICIAL RESULT

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22KMS

22 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	10.3°C	100%
End	13:51	10.3°C	100%

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

1	3281	Andreia Ribeiro Almeida	Furfor Running Project	Senior Feminino	02:16:44	+31:03	06:13:37
2	3241	Ana Isabel Silva Moreira de Sousa	TEAM LANTEMIL	Senior Feminino	02:17:36	+31:55	06:15:32
3	3272	Raquel Doiro González	ULTRA LIFE TEAM	Senior Feminino	02:18:07	+32:26	06:17:07
4	3181	Rosa Marisa Matos Loureiro Gomes	Gilmonde Running Team	Senior Feminino	02:19:29	+33:48	06:20:05
5	3212	Melissa Matos Sobral	Individual	Senior Feminino	02:53:45	+01:08:05	07:54:50
6	3165	Liliana patricia Lopes de carvalho	Pimentinhas	Senior Feminino	02:55:15	+01:09:34	07:58:29
7	3081	Catarina Pinto	Akuafit	Senior Feminino	02:57:13	+01:11:32	08:03:15
8	3108	Patrícia Ramos	Grupo Desportivo e Cultural do Banco de Portugal	Senior Feminino	02:57:53	+01:12:12	08:05:15
9	3214	Marie-Alix DELESTRADE	Team 72	Senior Feminino	02:58:12	+01:12:31	08:06:12
10	3141	Regina Silva	Correr Para o Sucesso	Senior Feminino	03:06:23	+01:20:43	08:28:06
11	3074	Susana Santos	A D ESMERIZ RUNNING	Senior Feminino	03:07:19	+01:21:38	08:31:07
12	3186	Anabela Lopes da Silva	Pés de Chumbo Runners	Senior Feminino	03:09:42	+01:24:01	08:37:03
13	3016	Carla Maria Jorge Simões	Bio Team Run	Senior Feminino	03:11:47	+01:26:07	08:43:04
14	3091	Filipa Oliveira	Akuafit	Senior Feminino	03:12:18	+01:26:38	08:44:09
15	3050	Joana Isabel Pinheiro Azevedo	Marco Runners	Senior Feminino	03:14:01	+01:28:21	08:49:02
16	3003	Raquel Maria Araújo Ferreira	B.T.M.	Senior Feminino	03:24:00	+01:38:20	09:16:01
17	3198	Cátia Linhares	GIVEC	Senior Feminino	03:25:33	+01:39:53	09:21:04
18	3191	Célia Cristina Alves Campos	Barcelos Treino Militar	Senior Feminino	03:28:30	+01:42:50	09:29:09
19	3078	Filipa Martins	Akuafit	Senior Feminino	03:29:36	+01:43:56	09:32:07
20	3286	Marta Ferreira	Individual	Senior Feminino	03:35:24	+01:49:44	09:47:11

Senior Masculino

1	3168	Carlos Miguel Oliveira Coelho	TRAIL ME	Senior Masculino	01:49:59	+04:18	05:00:17
2	3117	Ricardo Rego	B.T.M.	Senior Masculino	01:55:45	+10:04	05:16:21
3	3219	António Mendes	A.D.Amarante	Senior Masculino	01:56:29	+10:48	05:18:56
4	3138	Adriano Fernando Lopes Mendes	Brabus Runners	Senior Masculino	02:02:34	+16:53	05:34:47
5	3285	Pedro Hugo Vilas Boas Dourado	ÁGUIAS DE ALVELOS	Senior Masculino	02:06:11	+20:30	05:44:22
6	3146	Nuno Figueiredo Goncalves	DiVE Into the Mountains	Senior Masculino	02:07:29	+21:48	05:48:58
7	3284	PAULO BARBOSA	ÁGUIAS DE ALVELOS	Senior Masculino	02:08:10	+22:30	05:50:40
8	3008	Daniel Jose Silva Barros	Juventude Cortegacense	Senior Masculino	02:10:15	+24:34	05:55:50
9	3244	Marco antonio araujo dantas da silva	OLÍMPICO VIANENSE	Senior Masculino	02:10:52	+25:11	05:57:03
10	3269	Tiago João Cerqueira Teles	A.D.Amarante	Senior Masculino	02:13:12	+27:32	06:03:04
11	3126	Alejandro Moro Diaz	C.O.A	Senior Masculino	02:13:47	+28:07	06:05:54
12	3149	Alfredo Ribeiro	Linces do Marão	Senior Masculino	02:16:17	+30:36	06:12:10
13	3043	João Carlos macedo paralvas	B.T.M.	Senior Masculino	02:19:46	+34:05	06:21:51
14	3014	João silva	Individual	Senior Masculino	02:20:02	+34:21	06:22:22
15	3054	Daniel Vasconcelos	Individual	Senior Masculino	02:20:16	+34:35	06:23:31

Official Timekeeper: Lap2Go	1 / 6	generate 19-Nov-2019 11:17
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22KMS

22 KM

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OFFICIAL RESULT

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16	3169	Cesário Manuel de Oliveira Leite	Brabus Runners	Senior Masculino	02:21:49	+36:09	06:27
17	3188	José António Ribeiro Rocha	Individual	Senior Masculino	02:25:42	+40:01	06:37
18	3093	Carlos Miguel Tomé Fernandes	Individual	Senior Masculino	02:26:40	+40:59	06:40
19	3137	Fábio Silva Costa	Atletismo Clube da Tocha	Senior Masculino	02:28:52	+43:11	06:46
20	3233	Miguel António Cardoso Pereira	VIEIRA A CORRER	Senior Masculino	02:29:45	+44:04	06:48
21	3204	Bruno Miguel Matos da Silva	Individual	Senior Masculino	02:30:10	+44:29	06:50
22	3116	Rui Sousa	Palmeira Runners	Senior Masculino	02:30:25	+44:44	06:50
23	3217	Pedro José Lajoso Meixedo	Individual	Senior Masculino	02:32:48	+47:07	06:5
24	3023	Hélder Daniel Fonseca Ribeiro	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	02:34:21	+48:40	07:01
25	3005	Rémi Gonçalves Ferreira	Linces do Marão	Senior Masculino	02:35:17	+49:37	07:04
26	3205	Miguel Freire Pimentel Morais	#cabrasdomonte	Senior Masculino	02:36:10	+50:29	07:06
27	3196	Fernando José dos Santos Sousa	LOBOS DO MONTE RUN	Senior Masculino	02:36:45	+51:05	07:08
28	3047	João de Oliveira Machado	Squadra Di Potenza	Senior Masculino	02:38:50	+53:09	07:13
29	3150	João Sousa	Linces do Marão	Senior Masculino	02:39:18	+53:38	07:14
30	3276	Pedro Castro	Individual	Senior Masculino	02:40:57	+55:16	07:19
31	3253	Christophe da Cunha Rodrigues	Trogloditas runners	Senior Masculino	02:44:35	+58:54	07:29
32	3145	Sandro Davide Sousa Afonso	Brabus Runners	Senior Masculino	02:46:21	+01:00:40	07:34
33	3242	Sérgio CR7	Akuafit	Senior Masculino	02:46:41	+01:01:00	07:35
34	3255	Casimiro Carvalho da Cunha	VAMOS EQUIPE	Senior Masculino	02:47:01	+01:01:21	07:36
35	3017	João Manuel Fernandes barreira	Individual	Senior Masculino	02:49:57	+01:04:17	07:44
36	3274	Joel António Alves Faria	Individual	Senior Masculino	02:53:45	+01:08:04	07:54
37	3268	SERGIO ALBERTO MACEDO PEREIRA	Individual	Senior Masculino	02:53:48	+01:08:07	07:54
38	3094	Ricardo Jorge Fernandes Alves	EM'Força	Senior Masculino	02:53:50	+01:08:10	07:54
39	3249	Manuel Pimenta	Akuafit	Senior Masculino	02:54:56	+01:09:16	07:57
40	3140	Fabrice Carvalho	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:56:09	+01:10:29	08:00
41	3026	Nelson Alexandre Lima	Carroça Team	Senior Masculino	02:57:20	+01:11:40	08:04
42	3107	Daniel Silva	Grupo Desportivo e Cultural do Banco de Portugal	Senior Masculino	02:57:52	+01:12:12	08:05
43	3164	RICARDO VIEIRA	VIDAATIVARUNNERS	Senior Masculino	03:00:43	+01:15:03	08:13
44	3216	José diogo couto	Individual	Senior Masculino	03:01:23	+01:15:43	08:15
45	3215	José Paulo couto	Individual	Senior Masculino	03:01:23	+01:15:43	08:15
46	3055	João Carvalho	BMCar	Senior Masculino	03:01:41	+01:16:01	08:16
47	3151	Bruno Miguel Pereira Ribeiro	BVBarcelinhos	Senior Masculino	03:02:31	+01:16:50	08:18
48	3209	Ivo Filipe Matos da Silva	Spartan Beer team	Senior Masculino	03:03:00	+01:17:19	08:19
49	3210	Nuno Ricardo Matos da Silva	Spartan Beer team	Senior Masculino	03:03:00	+01:17:20	08:19
50	3133	Luís Vieira	Kunalama runners	Senior Masculino	03:03:31	+01:17:51	08:21
51	3172	João Barbosa	Individual	Senior Masculino	03:05:45	+01:20:05	08:27
52	3142	Nelson Fernandes	Correr Para o Sucesso	Senior Masculino	03:06:23	+01:20:42	08:28
53	3166	Pedro Miguel Morais da Silva	ZENIT AUTOMOVEIS	Senior Masculino	03:07:01	+01:21:21	08:30
54	3208	Sérgio Ferreira Araújo	Individual	Senior Masculino	03:26:24	+01:40:44	09:23
55	3257	RUI RAMOS	PORTOCARGO RUNNERS	Senior Masculino	03:43:40	+01:57:59	10:10
56	3259	TELMO SILVA	PORTOCARGO RUNNERS	Senior Masculino	03:43:40	+01:58:00	10:10

22KMS

22 KM

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OFFICIAL RESULT

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Veterana F40

1	3175	MARGARIDA CONCEIÇÃO PINTO SOUSA	AD Marco 09	Veterana F40	02:22:07	+36:26	06:28
2	3176	GISELA MARIA PINTO SOUSA	AD Marco 09	Veterana F40	02:22:07	+36:27	06:28
3	3009	Lúcia Campos Costa	Juventude Cortegacense	Veterana F40	02:23:04	+37:23	06:30
4	3097	Elisabete Ministro	Palmeira Runners	Veterana F40	02:46:10	+01:00:29	07:33
5	3079	Sameiro Fraguinha	Spin&Run Esposende	Veterana F40	02:47:05	+01:01:25	07:36
6	3066	Vanessa Cristina Barreto e Cunha Pereira de Borja	Atlético Desportivo de São Pedro	Veterana F40	02:48:51	+01:03:11	07:41
7	3206	Paula Cristina Barbosa Sousa de Oliveira Peixoto	Individual	Veterana F40	02:49:57	+01:04:17	07:44
8	3246	Ana Luísa Moreira Dias	BUDEGUITA RUNNERS	Veterana F40	02:59:06	+01:13:26	08:08
9	3189	Marcia Castro Costa	Juventude Cortegacense	Veterana F40	03:02:53	+01:17:13	08:19
10	3135	Guilherma Antónia Vareiro Novo	Individual	Veterana F40	03:06:37	+01:20:57	08:29
11	3087	Guilhermina silva Ferreira	Teem lantemil	Veterana F40	03:07:18	+01:21:38	08:31
12	3153	Luísa Guimarães do Lago e Costa Rodrigues	CR Candoso	Veterana F40	03:07:20	+01:21:40	08:31
13	3134	Maria da Glória Pereira Brás	Spin&Run Esposende	Veterana F40	03:08:28	+01:22:48	08:34
14	3088	Mónica Sofia Rafael Ferreira	Spin&Run Esposende	Veterana F40	03:09:46	+01:24:06	08:38
15	3228	Fátima Azevedo	BMCAR	Veterana F40	03:19:11	+01:33:31	09:03
16	3183	Paula Carneiro	A voar	Veterana F40	03:27:00	+01:41:19	09:25
17	3109	Nazaré Ferreira	Akuafit	Veterana F40	03:29:36	+01:43:56	09:32
18	3263	CARLA SOFIA MONTEIRO DA SILVA CAMPOS	GTT-ARMAZÉM DO CAFFÉ	Veterana F40	03:40:00	+01:54:20	10:00

Veterana F50

1	3266	Maria do Céu Lopes Lemos	GTT-ARMAZÉM DO CAFFÉ	Veterana F50	02:50:17	+01:04:37	07:44
2	3248	Esmeralda Fiúza	Figueira Kayak Clube	Veterana F50	03:04:18	+01:18:37	08:23
3	3089	Maria Conceição Santos Campos	Spin&Run Esposende	Veterana F50	03:07:07	+01:21:26	08:30
4	3260	DULCE RESENDE	PORTOCARGO RUNNERS	Veterana F50	03:51:11	+02:05:31	10:31

Veterana F60

1	3090	Maria Emilia Costa Bás	Spin&Run Esposende	Veterana F60	03:11:42	+01:26:02	08:43
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Veterano M40

1	3283	BRUNO RIBEIRO	ÂGUIAS DE ALVELOS	Veterano M40	01:45:40	04:48
2	3282	CARLOS VELOSO	ÂGUIAS DE ALVELOS	Veterano M40	01:49:06	+03:25 04:58
3	3261	Igor Bruno Palhares Moreira	Melgaço Alvarinho Trail Team	Veterano M40	01:53:38	+07:57 05:10
4	3130	Adelino Alves Aires	Alexandra Carvalho Team	Veterano M40	02:01:01	+15:20 05:30
5	3161	RICARDO MANUEL MARQUES BATISTA VIEIRA	Brabus Runners	Veterano M40	02:01:13	+15:32 05:31
6	3033	Antonio Manuel Esteves Oliveira Silva	Corridas por Albergaria	Veterano M40	02:05:22	+19:42 05:42
7	3232	Eduardo Patricio Pedrosa da Cunha	ÂGUIAS DE ALVELOS	Veterano M40	02:06:10	+20:30 05:44

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22KMS

22 KM

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8	3197	Paulo Macedo	Individual	Veterano M40	02:08:03	+22:22	05:49
9	3262	Joao Paulo Costa Oliveira	Juventude Cortegacense	Veterano M40	02:11:36	+25:56	05:59
10	3032	Marcos Dinis Tobias Ourives	Individual	Veterano M40	02:13:27	+27:47	06:04
11	3010	Nuno Miguel Gonçalves Araújo	Juventude Cortegacense	Veterano M40	02:13:37	+27:56	06:04
12	3125	Juan Daniel Gonzalez Ponte	Sin Fronteras	Veterano M40	02:13:47	+28:06	06:05
13	3144	João Pedro Santos Sousa	Spin&Run Esposende	Veterano M40	02:15:18	+29:37	06:09
14	3157	Fernando Coelho	Individual	Veterano M40	02:16:31	+30:51	06:12
15	3177	Rui Pedro da Silva Rodrigues	AD Marco 09	Veterano M40	02:18:03	+32:22	06:17
16	3131	Ignacio Rodríguez bello	Individual	Veterano M40	02:18:45	+33:04	06:18
17	3202	Ricardo Meira	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	Veterano M40	02:20:18	+34:37	06:23
18	3251	NUNO MIGUEL SILVA MENESES	VAMOS EQUIPE	Veterano M40	02:21:45	+36:04	06:27
19	3025	Paulo António Ribeiro de Sousa	Carroça Team	Veterano M40	02:22:18	+36:37	06:28
20	3007	Sérgio Filipe Machado da Silva	RunForest	Veterano M40	02:24:15	+38:34	06:33
21	3203	João Carlos Vieira Teixeira dos Santos	Individual	Veterano M40	02:24:54	+39:13	06:35
22	3273	Nuno Jorge Bastos Saraiva	Porta Aberta Café	Veterano M40	02:25:37	+39:57	06:37
23	3143	Alexandre Manuel Esteves Ferreira	Individual	Veterano M40	02:28:07	+42:27	06:44
24	3211	Rui Pedro Nascimento Martins Pena	GD Trancoso	Veterano M40	02:30:03	+44:22	06:49
25	3207	José Carlos Pereira	Individual	Veterano M40	02:30:05	+44:24	06:49
26	3127	Arselio Sousa Remelhe	ÁGUIAS DE ALVELOS	Veterano M40	02:30:21	+44:40	06:50
27	3271	Pedro Abreu Cruz Lopes	Clube Zupper	Veterano M40	02:31:34	+45:53	06:53
28	3124	João Orlando Coelho Pereira	Santiagotur	Veterano M40	02:33:21	+47:40	06:58
29	3044	João Batista Amorim da Silva	Individual	Veterano M40	02:33:41	+48:00	06:59
30	3077	Andre Marques Vieira de Castro	Individual	Veterano M40	02:34:00	+48:19	07:00
31	3264	Hugo Moreira	GTT-ARMAZÉM DO CAFFÉ	Veterano M40	02:37:52	+52:11	07:11
32	3013	Sérgio Paulo Ferreira Oliveira	Juventude Cortegacense	Veterano M40	02:38:12	+52:31	07:11
33	3082	Cecilio Manuel Silva Ferreira	Juventude Cortegacense	Veterano M40	02:38:12	+52:31	07:11
34	3230	Vitor Martins	BMCAR	Veterano M40	02:38:40	+52:59	07:13
35	3225	Filipe Ribeiro	BMCAR	Veterano M40	02:38:41	+53:00	07:13
36	3096	Jorge Brito	Individual	Veterano M40	02:40:25	+54:44	07:18
37	3110	Rui Manuel Alves Figueiras	A.D.CARVALHAL	Veterano M40	02:40:34	+54:53	07:18
38	3277	Paulo Loureiro	Individual	Veterano M40	02:40:59	+55:18	07:19
39	3163	Armando Fontão	CR Candoso	Veterano M40	02:42:53	+57:12	07:24
40	3270	Pedro Rodrigues	Clube Zupper	Veterano M40	02:43:33	+57:53	07:26
41	3185	Pedro Miguel Pereira Domingues	Villa Running	Veterano M40	02:45:07	+59:26	07:30
42	3201	Francisco Areias	GIVEC	Veterano M40	02:47:05	+01:01:25	07:36
43	3065	Paulo Hernani Almeida moreira	Individual	Veterano M40	02:48:21	+01:02:41	07:39
44	3171	Nuno Miguel Dourado Andrade Rodrigues	Individual	Veterano M40	02:48:54	+01:03:14	07:41
45	3159	Carlos Silva	S. S. Montepio	Veterano M40	02:50:59	+01:05:19	07:46
46	3275	Miguel Sá	OPraticante	Veterano M40	02:51:28	+01:05:48	07:48
47	3156	Hélder José da rocha oliveira	Clube Efaced	Veterano M40	02:52:12	+01:06:31	07:50
48	3120	Bruno José Rodrigues Leite	Individual	Veterano M40	02:53:10	+01:07:29	07:52
49	3245	Pedro Álvaro Pinheiro Rocha	TRAIL ME	Veterano M40	02:53:15	+01:07:34	07:53
50	3213	Paulo Alexandre Magalhães Ribeiro	DiVe Into the Mountains	Veterano M40	02:53:38	+01:07:58	07:54
51	3280	Ricardo Romeu castro rodrigues	Guimarães Trail	Veterano M40	02:53:44	+01:08:04	07:54
52	3072	Edgar Gomes Prazeres da Costa	B.T.M.	Veterano M40	02:56:02	+01:10:22	08:00

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22KMS

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53	3073	Pedro Nuno Serra Gomes da Silva	Silva Team	Veterano M40	02:57:49	+01:12:09	08:05
54	3247	Tiago Assunção Martins de Almeida	BUDEGUITA RUNNERS	Veterano M40	02:59:06	+01:13:25	08:08
55	3062	José Ricardo Silva	B.Barcelos	Veterano M40	03:01:41	+01:16:01	08:16
56	3267	David Cruz	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	Veterano M40	03:02:49	+01:17:09	08:19
57	3190	David Fraile López	CAR MARISQUEIRO	Veterano M40	03:02:51	+01:17:11	08:19
58	3099	Helder José Vieira Rodrigues	Individual	Veterano M40	03:03:35	+01:17:54	08:21
59	3148	José Manuel Oliveira Peixoto	BMCar	Veterano M40	03:05:43	+01:20:02	08:27
60	3231	Francisco Miranda	BMCAR	Veterano M40	03:06:56	+01:21:16	08:30
61	3102	Francisco José Marques Tinoco	A D ESMERIZ RUNNING	Veterano M40	03:07:18	+01:21:38	08:31
62	3258	CARLOS OLIVEIRA	PORTOCARGO RUNNERS	Veterano M40	03:10:46	+01:25:06	08:40
63	3031	Jose Manuel Moura	NOCTURNOS DE PAREDES	Veterano M40	03:11:38	+01:25:58	08:43
64	3067	Rui Miguel de Sousa Lobo da Silva Levy	Individual	Veterano M40	03:12:09	+01:26:29	08:44
65	3029	Ricardo Antonio da Silva Sousa	FIT GAIA TRAIL	Veterano M40	03:12:11	+01:26:31	08:44
66	3173	José Paulo Lara da Silva	Boavista Trail	Veterano M40	03:12:44	+01:27:03	08:46
67	3250	Alexandre Rodrigues	VAMOS EQUIPE	Veterano M40	03:14:27	+01:28:47	08:50
68	3083	Pedro Sérgio Cardoso Neves	Individual	Veterano M40	03:22:32	+01:36:52	09:12
69	3192	Pedro Filipe Soares de Sousa	Gilmonde Running Team	Veterano M40	03:28:28	+01:42:48	09:29
70	3103	Manuel Peixoto	Individual	Veterano M40	03:44:34	+01:58:53	10:12

Veterano M50

1	3064	Jose Alberto Teixeira	NOCTURNOS DE PAREDES	Veterano M50	02:13:01	+27:20	06:03
2	3040	António Cardoso	A.D.CARVALHAL	Veterano M50	02:19:23	+33:43	06:20
3	3041	Joaquim manuel lima sa	Individual	Veterano M50	02:24:13	+38:32	06:33
4	3154	Henrique Jorge da Silva Ferreira	CENTRO CICLISTA DE GONDOMAR	Veterano M50	02:26:07	+40:27	06:39
5	3028	PAULO JORGE DIAS AZEVEDO	Zenit AUTOMÓVEIS	Veterano M50	02:27:02	+41:21	06:41
6	3265	Jose Manuel Braga Ferreira	GTT-ARMAZÉM DO CAFFÉ	Veterano M50	02:33:04	+47:23	06:57
7	3254	Henrique Damiao Rodrigues Borges	Individual	Veterano M50	02:36:35	+50:54	07:07
8	3011	Ernesto Marques Alves	Juventude Cortegacense	Veterano M50	02:38:12	+52:31	07:11
9	3160	CARLOS FERNANDO VIEIRA DA SILVA ESPERANÇA	Palmeira Runners	Veterano M50	02:39:08	+53:27	07:14
10	3152	Mário Pontes Lima	Individual	Veterano M50	02:40:09	+54:28	07:17
11	3167	Miguel Ângelo Salgueiro Araújo	TRAIL ME	Veterano M50	02:41:38	+55:57	07:21
12	3012	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	Veterano M50	02:42:06	+56:25	07:22
13	3287	Jorge Manuel Matos Serra	Spin&Run Esposende	Veterano M50	02:45:26	+59:45	07:31
14	3101	MIGUEL ÂNGELO DA GRAÇA E CASTRO ROCHA	Individual	Veterano M50	02:46:43	+01:01:02	07:35
15	3098	João Manuel Lopes Ministro	Palmeira Runners	Veterano M50	02:47:16	+01:01:36	07:36
16	3057	Artur Carlos Moreira Silva	Clube Millennium BCP	Veterano M50	02:49:00	+01:03:20	07:41
17	3060	Ricardo José Machado Cabral Beirão	Clube Millennium BCP	Veterano M50	02:50:04	+01:04:23	07:44
18	3075	Vitor Cunha	Brabus Runners	Veterano M50	02:50:21	+01:04:41	07:45
19	3059	Adelino Luciano Silva Brito	Clube Millennium BCP	Veterano M50	02:50:59	+01:05:18	07:46
20	3200	Jorge Azevedo	GIVEC	Veterano M50	02:52:16	+01:06:35	07:50
21	3199	Paulo Costa	GIVEC	Veterano M50	02:52:16	+01:06:36	07:50
22	3235	Victor Manuel Lameiras António	VIEIRA A CORRER	Veterano M50	02:56:39	+01:10:58	08:02

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22KMS

22 KM

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OFFICIAL RESULT

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23	3106	Alcino Silva de Araújo	Carroça Team	Veterano M50	02:57:20	+01:11:39	08:04
24	3027	Jose mario oliveira gonçalves	calcantes	Veterano M50	02:57:33	+01:11:53	08:04
25	3056	Anselmo Alberto Araújo Pinto	Clube Millennium BCP	Veterano M50	02:59:13	+01:13:33	08:09
26	3095	ANTONIO DE SOUSA LONGRAS	Individual	Veterano M50	03:00:39	+01:14:59	08:13
27	3236	Augusto Miguel Macedo Pereira	Akuafit	Veterano M50	03:00:44	+01:15:04	08:13
28	3020	Manuel Maria Teira Piñeiro	Individual	Veterano M50	03:02:22	+01:16:42	08:17
29	3076	João da Costa Rosendo	Spin&Run Esposende	Veterano M50	03:04:43	+01:19:02	08:24
30	3070	Fernando Jorge Correia Oliveira	São Team	Veterano M50	03:06:45	+01:21:05	08:29
31	3024	João Figueirinhas	AMIGOS DAS CORRIDAS PLACE FOZ	Veterano M50	03:13:25	+01:27:45	08:48
32	3030	Carlos Manuel da Silva Martins	Race Team - Aveiro	Veterano M50	03:14:22	+01:28:42	08:50
33	3139	António da Silva Simões	NODDY BIKE TEAM	Veterano M50	03:14:27	+01:28:47	08:50
34	3112	Antonio carneiro	Individual	Veterano M50	03:14:28	+01:28:47	08:50
35	3218	António Gonçalves	A.D.Amarante	Veterano M50	03:16:03	+01:30:23	08:55
36	3046	Domingos Rodrigues de Araujo	Conf D.A.S	Veterano M50	03:16:33	+01:30:53	08:56
37	3227	Joaquim Ferreira	BMCAR	Veterano M50	03:19:11	+01:33:31	09:03
38	3063	Carlos Vasconcelos	NOCTURNOS DE PAREDES	Veterano M50	03:22:15	+01:36:35	09:12
39	3034	Alcídio Fernando da Costa da Silva Figueiredo	Individual	Veterano M50	03:28:51	+01:43:11	09:30

Veterano M60

1	3019	JOSÉ CARLOS FERNANDES DA PONTE	EDV - Viana Trail	Veterano M60	02:33:08	+47:28	06:58
2	3240	Raul Pereira Fernandes	Cerveira Team Running	Veterano M60	02:43:43	+58:03	07:27
3	3092	Manuel Ramiro Catarino Batista	Spin&Run Esposende	Veterano M60	03:03:28	+01:17:48	08:20
4	3155	António Rodrigues Antunes	Palmeira Runners	Veterano M60	03:15:07	+01:29:27	08:52
5	3021	José Carlos Correia Almeida	Individual	Veterano M60	03:21:52	+01:36:12	09:11

COLETIVO - 22KMS

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	ÁGUIAS DE ALVELOS	07:47:08 [1 + 2 + 11 + 12]	0
2	JUVENTUDE CORTEGACENSE	08:58:33 [16 + 18 + 22 + 44]	0
3	BRABUS RUNNERS	09:11:57 [8 + 9 + 40 + 96]	0
4	B.T.M.	10:35:34 [5 + 35 + 128 + 199]	0
5	PALMEIRA RUNNERS	10:43:00 [60 + 80 + 95 + 102]	0
6	SPIN&RUN ESPOSENDE	10:51:18 [25 + 94 + 100 + 156]	0
7	BMCAR	11:24:46 [77 + 78 + 147 + 161]	0
8	CLUBE MILLENNIUM BCP	11:29:18 [106 + 109 + 112 + 141]	0
9	AKUAFIT	11:39:35 [97 + 126 + 131 + 144]	0
10	GTT-ARMAZÉM DO CAFFÉ	11:41:14 [63 + 73 + 110 + 209]	0
11	GIVEC	11:57:11 [101 + 116 + 117 + 200]	0
12	PORTOCARGO RUNNERS	14:29:19 [177 + 210 + 211 + 213]	0

15KMS - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:30	10.3°C	100%
End	13:40	10.3°C	100%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	4144	Joao ferreira	AIRORUN	01:08:59		04:36	
2	4001	Nelson Loureiro	Individual	01:09:19	+00:20	04:37	
3	4042	José Miguel Rodrigues da Silva	AIRORUN	01:15:20	+06:21	05:01	
4	4344	Rui Manuel Mendes Azevedo	Fridão Sem Limites	01:21:12	+12:13	05:25	
5	4002	Lucinda Sousa	PROZIS ATHLETES	01:22:21	+13:22	05:29	
6	4382	Joao Antunes	EDV - Viana Trail	01:22:55	+13:56	05:32	
7	4406	Arlindo Manuel Gomes Ferreira	Individual	01:23:10	+14:11	05:33	
8	4284	Daniel Raimundo Martins Cardoso	AIRORUN	01:23:32	+14:33	05:34	
9	4396	Tiago Simões Faria	ALVELINHOS RUNNING	01:25:03	+16:04	05:40	
10	4053	Nelson Tiago Rodrigues Leal	Individual	01:26:03	+17:04	05:44	
11	4424	Paulo Ricardo Ferreira Oliveira	Dragon Club	01:26:42	+17:43	05:47	
12	4121	Manuel Joaquim Maciel Miranda	ACRRORIZ	01:26:46	+17:47	05:47	
13	4407	Jorge Lopes	OPraticante	01:26:47	+17:48	05:47	
14	4285	HELDER ROBERTO SANTOS AZEVEDO	AIRORUN	01:27:50	+18:51	05:51	
15	4289	Ricardo Francisco Sousa Aires	Fridão Sem Limites	01:28:03	+19:04	05:52	
16	4109	António Carlos Galeão Ribeiro	OADA - Os Amigos da Aventura	01:28:05	+19:06	05:52	
17	4290	José Oliveira Barbosa Pereira	AIRORUN	01:28:51	+19:52	05:55	
18	4312	Nuno André M Moura	A.D.Amarante	01:30:19	+21:20	06:01	
19	4036	Cláudio Domingos Martins Monteiro	Douroconta - Gabinete de Apoio e Contabilidade	01:30:28	+21:29	06:02	
20	4345	André Pereira Dias	Individual	01:31:55	+22:56	06:08	
21	4184	José Carlos Oliveira Costa	abrevaes	01:32:26	+23:27	06:10	
22	4418	Paulo Gama	GONDOMAR FUTSAL CLUBE	01:32:28	+23:29	06:10	
23	4374	Carlos Alexandre Moreira Pinto	Fridão Sem Limites	01:32:49	+23:50	06:11	
24	4291	Manuel Neves Caramalho	Correr Antas a noite	01:32:56	+23:57	06:12	
25	4349	Helder faria Silva	Individual	01:35:14	+26:15	06:21	
26	4019	Tania Catarina Afonso Covas Pinheiro da Costa	.COM-Clube Ori Minho	01:35:20	+26:21	06:21	
27	4359	Fábio Pereira	Parada Cycling Team	01:35:30	+26:31	06:22	
28	4286	Rui Miguel Ferreira Machado	DiVe Into the Mountains	01:35:39	+26:40	06:23	
29	4422	Diogo Luis Carlos Pinto	Individual	01:35:39	+26:40	06:23	
30	4310	Angela Soares	A.D.Amarante	01:35:40	+26:41	06:23	
31	4314	Albano Coelho	A.D.Amarante	01:35:41	+26:42	06:23	
32	4044	José António Ferreira Marques Pinto	Equipa A	01:35:43	+26:44	06:23	
33	4038	Carlos Vinha	Running Penafiel Trail	01:36:50	+27:51	06:27	
34	4046	Paulo Jorge da Silva Alves	GONDOMAR FUTSAL CLUBE	01:36:54	+27:55	06:28	
35	4177	Ana maria da silva amaral	Individual	01:36:54	+27:55	06:28	
36	4209	João Carlos Soutelo Couto	Bora lá!	01:37:27	+28:28	06:30	
37	4023	Nuno Filipe Cruz Santos Oliveira	Conservatório de Música de Vila do Conde	01:37:30	+28:31	06:30	
38	4412	João Paulo Cruz	Individual	01:37:44	+28:45	06:31	
39	4005	Manuel Barbosa Félix	Individual	01:38:09	+29:10	06:33	
40	4106	César Rafael Macedo Pereira Brandão	TRAIL ME	01:39:02	+30:03	06:36	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	4127	Pedro Iven Barbosa Sousa	Motorline	01:39:34	+30:35	06:38	
42	4363	Fernando Pereira	GONDOMAR FUTSAL CLUBE	01:39:42	+30:43	06:39	
43	4018	Fernando Gomes de Sousa	Individual	01:40:21	+31:22	06:41	
44	4357	Sara Cristina Fernandes Araújo	B.T.M.	01:40:39	+31:40	06:43	
45	4051	Jose António Costa Azevedo	B.T.M.	01:40:41	+31:42	06:43	
46	4294	José Augusto de Freitas Pereira	Equipa A	01:41:53	+32:54	06:48	
47	4253	Aida Maria Rodrigues Presa		01:42:15	+33:16	06:49	
48	4125	JOAO COELHO	AMC TRAIL	01:42:23	+33:24	06:50	
49	4222	David José Almeida Ferreira	Individual	01:42:35	+33:36	06:50	
50	4340	Givec	Individual	01:42:59	+34:00	06:52	
51	4122	Joaquim Silva Rodrigues	ACRRORIZ	01:43:29	+34:30	06:54	
52	4056	RUI ALBERTO PAIVA AZEVEDO	SEMNOME	01:43:52	+34:53	06:55	
53	4380	Bruno Daniel Vicente Grilo	Individual	01:44:28	+35:29	06:58	
54	4302	Manuel da Costa Sousa	Bora lá!	01:44:37	+35:38	06:58	
55	4203	DEOLINDA FARIA	AIRORUN	01:44:37	+35:38	06:58	
56	4360	Ricardo Madeira	SPA	01:44:37	+35:38	06:58	
57	4007	Marlene Silva Ferreira	Juventude Cortegacense	01:44:58	+35:59	07:00	
58	4183	Fernando Faria	ADEPE	01:45:44	+36:45	07:03	
59	4287	Filipe Reis Pinheiro	Fridão Sem Limites	01:46:05	+37:06	07:04	
60	4057	Jose Pedro Pereira Rodrigues de Lima Leite	Individual	01:46:08	+37:09	07:05	
61	4115	Bruno Flavio Dinis Azevedo	ADEPE	01:46:15	+37:16	07:05	
62	4352	Sergio araujo campos	Individual	01:46:18	+37:19	07:05	
63	4337	Pedro José Carqueijó Lima	GIVEC	01:46:56	+37:57	07:08	
64	4423	António Vilaça	Individual	01:47:17	+38:18	07:09	
65	4416	Contança Brito	ARCA BarceloS runners	01:47:17	+38:18	07:09	
66	4409	Fausto José Pereira Neves	Individual	01:48:25	+39:26	07:14	
67	4015	Susana Peixoto	SPA	01:48:53	+39:54	07:16	
68	4014	Pedro Alves	SPA	01:48:53	+39:54	07:16	
69	4361	Luís Sousa	SPA	01:48:53	+39:54	07:16	
70	4350	Marco cesar gomes pereira	Individual	01:48:55	+39:56	07:16	
71	4372	Jorge Santos	Outlaw runners	01:49:06	+40:07	07:16	
72	4260	José Diogo Silva Santos	Individual	01:49:08	+40:09	07:17	
73	4054	João Carlos da Silva Gomes	Individual	01:49:55	+40:56	07:20	
74	4107	Alexandre Manuel Lima Areias	OADA - Os Amigos da Aventura	01:51:01	+42:02	07:24	
75	4108	Henrique Graciano Varela Gonçalves	OADA - Os Amigos da Aventura	01:51:01	+42:02	07:24	
76	4043	Álvaro Norberto Pereira Silva	MSS CONTABILIDADE TRAIL TEAM	01:51:21	+42:22	07:25	
77	4243	Jesus Cao Alfonso	Individual	01:51:23	+42:24	07:26	
78	4118	Benedito da Silva Alves	SERFISIO	01:51:34	+42:35	07:26	
79	4153	Manuel Amaro da Silva Fernandes	Individual	01:52:04	+43:05	07:28	
80	4278	Marlene Emília Fernandes Vieira Martins	Individual	01:52:04	+43:05	07:28	
81	4405	André Filipe Alves Ferreira	Individual	01:52:11	+43:12	07:29	
82	4367	Luís Miguel Rodrigues Rocha	Icarus Running Team	01:52:28	+43:29	07:30	
83	4408	JOAQUIM DA CUNHA GOMES DE SA	Bora lá!	01:52:54	+43:55	07:32	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
84	4427	Paulo Cerqueira	Afifense Trail	01:52:56	+43:57	07:32	
85	4320	Paula Isabel de Carvalho Ferreira	Akuafit	01:52:57	+43:58	07:32	
86	4070	CARLOS JORGE	UNIDOS PELOS TRILHOS	01:52:57	+43:58	07:32	
87	4298	Marco Gonalo Serra Oliveira	Individual	01:53:47	+44:48	07:35	
88	4375	Eduardo Nascimento	Ageas	01:54:07	+45:08	07:36	
89	4316	Carlos Macedo	A.D.Amarante	01:54:21	+45:22	07:37	
90	4032	Ricardo Cerqueira	AMIGOS DAS CORRIDAS PLACE FOZ	01:54:43	+45:44	07:39	
91	4149	Nuno Santos	Aventureiros	01:54:51	+45:52	07:39	
92	4265	Jos� Lu�s Neiva Gonalves	OADA - Os Amigos da Aventura	01:55:14	+46:15	07:41	
93	4299	Jo�o Paulo	Grupo 46 "Lavra Run"	01:55:22	+46:23	07:41	
94	4230	Francisco Lopes	Grupo 46 "Lavra Run"	01:55:22	+46:23	07:41	
95	4355	Rui Manuel Gomes de Carvalho	JC	01:55:36	+46:37	07:42	
96	4279	Minerva Novoa P�rez	Individual	01:55:47	+46:48	07:43	
97	4292	Jos� Augusto Lopes Ferreira	Palmeira Runners	01:56:09	+47:10	07:45	
98	4308	Gabriela Pinto	A.D.Amarante	01:56:12	+47:13	07:45	
99	4306	Alice Pereira	A.D.Amarante	01:56:13	+47:14	07:45	
100	4192	Jos� Baltazar Lage de Matos	Individual	01:56:14	+47:15	07:45	
101	4384	Ana L�cia Dias	ARCA BarceloS runners	01:56:30	+47:31	07:46	
102	4076	Maria Albina Fernandes Almeida Silva	PERNAS INERTES	01:56:34	+47:35	07:46	
103	4075	Carlos Manuel Ferreira Silva	PERNAS INERTES	01:56:37	+47:38	07:46	
104	4176	Ranier Lemache	AMIGOS DAS CORRIDAS PLACE FOZ	01:56:48	+47:49	07:47	
105	4218	Fernando Carvalho	S. S. Montepio	01:57:01	+48:02	07:48	
106	4182	Maria Alice Fontes Mota Couto Ramalho	Equipa A	01:57:38	+48:39	07:51	
107	4219	Ricardo Resende	S. S. Montepio	01:57:47	+48:48	07:51	
108	4235	Ant�nio Fernando valente Fernandes	Alexandra Carvalho Team	01:57:51	+48:52	07:51	
109	4210	Ant�nio Manuel Lopes Grande	TRAIL ME	01:58:15	+49:16	07:53	
110	4008	Anabela dos Santos Marques	Juventude Cortegacense	01:58:18	+49:19	07:53	
111	4009	Tiago Jorge de Brito Martins Pereira	Juventude Cortegacense	01:58:18	+49:19	07:53	
112	4397	David Nuno Dias Silva Ferreira	Individual	01:58:22	+49:23	07:53	
113	4154	Maria Goreti Castro Carvalho	Individual	01:58:31	+49:32	07:54	
114	4227	Joaquim Faria Gomes	Individual	01:58:32	+49:33	07:54	
115	4373	Lu�s Manuel da Costa Martins	Le�es de Tardariz	01:58:36	+49:37	07:54	
116	4321	Filipe Pires Martins	Individual	01:59:00	+50:01	07:56	
117	4318	Clara Cerqueira	A.D.Amarante	01:59:06	+50:07	07:56	
118	4068	JOAQUIM TEIXEIRA	UNIDOS PELOS TRILHOS	01:59:09	+50:10	07:57	
119	4071	ARTUR CARDOSO	UNIDOS PELOS TRILHOS	01:59:09	+50:10	07:57	
120	4069	ANT�NIO CUNHA	UNIDOS PELOS TRILHOS	01:59:09	+50:10	07:57	
121	4099	Daniel de Freitas Ribeiro	Individual	01:59:21	+50:22	07:57	
122	4202	Noa P�rez Lorenzo	Individual	01:59:40	+50:41	07:59	
123	4201	Jesus Pereira P�rez	Individual	01:59:40	+50:41	07:59	
124	4078	H�lder Filipe Silva Neves	EM'Fora	01:59:43	+50:44	07:59	
125	4307	Urbano Ribeiro	A.D.Amarante	02:00:02	+51:03	08:00	
126	4317	Fernando Cequeira	A.D.Amarante	02:00:02	+51:03	08:00	
127	4195	Hugo Santos	FACTOR X / S4L / MEDENSE FC	02:00:30	+51:31	08:02	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
128	4220	Rui Freitas	S. S. Montepio	02:00:30	+51:31	08:02	
129	4158	Rosa Araújo	B.T.M.	02:00:31	+51:32	08:02	
130	4083	Diogo Leonel Azevedo Sampaio	TEAM TT	02:00:43	+51:44	08:03	
131	4026	Adelino José Ferreira Pinheiro	Individual	02:01:20	+52:21	08:05	
132	4187	JOANA CORREIA	VIDAATIVARUNNERS	02:01:22	+52:23	08:05	
133	4037	Jose Antonio Cardoso da Silva	Individual	02:01:37	+52:38	08:06	
134	4262	Lino Gonçalves de Sousa	LOBOS DO MONTE RUN	02:01:38	+52:39	08:07	
135	4103	Maria José Franco Oliveira	Juventude Cortegacense	02:01:40	+52:41	08:07	
136	4169	António Macedo	Individual	02:01:41	+52:42	08:07	
137	4335	Martinho Laranjeira Capitão	GIVEC	02:01:58	+52:59	08:08	
138	4263	Rodrigo Sousa Freitas	Individual	02:02:00	+53:01	08:08	
139	4033	Pedro Rocha	AMIGOS DAS CORRIDAS PLACE FOZ	02:02:20	+53:21	08:09	
140	4336	Rolando Laranjeira Capitão	GIVEC	02:02:20	+53:21	08:09	
141	4242	José Pedro Maia Santos	Individual	02:02:20	+53:21	08:09	
142	4236	Joel Almeida Silva	VIDAATIVARUNNERS	02:02:20	+53:21	08:09	
143	4204	Daniel Carvalho	Linces do Marão	02:02:24	+53:25	08:10	
144	4197	Pedro Soares	FACTOR X / S4L / MEDENSE FC	02:02:30	+53:31	08:10	
145	4401	Matilde Ferreira	Bora lá!	02:02:47	+53:48	08:11	
146	4376	Cidália da Graça Correia de Sousa Fernandes	Individual	02:02:50	+53:51	08:11	
147	4240	José Madureira	Individual	02:02:53	+53:54	08:12	
148	4254	Gonçalo Paulino	AMIGOS DAS CORRIDAS PLACE FOZ	02:02:54	+53:55	08:12	
149	4206	Nuno Peixoto	Linces do Marão	02:02:58	+53:59	08:12	
150	4171	Jorge Almeida	FACTOR X / S4L / MEDENSE FC	02:03:12	+54:13	08:13	
151	4034	Sergio Pichel	AMIGOS DAS CORRIDAS PLACE FOZ	02:03:44	+54:45	08:15	
152	4309	Luis Carlos Pinto Mendes	A.D.Amarante	02:03:53	+54:54	08:16	
153	4255	Agostinho Marco Soares deCastro	Douroconta - Gabinete de Apoio e Contabilidade	02:04:02	+55:03	08:16	
154	4170	Rui Miguel Remelhe Ferreira	SERFISIO	02:04:07	+55:08	08:16	
155	4419	Silvina Gama	GONDOMAR FUTSAL CLUBE	02:04:21	+55:22	08:17	
156	4145	Rafa Kerr	AMIGOS DAS CORRIDAS PLACE FOZ	02:04:24	+55:25	08:18	
157	4074	Bruno Carvalho	AMIGOS DAS CORRIDAS PLACE FOZ	02:04:24	+55:25	08:18	
158	4050	Ângela Sofia Cavalheiro Martins	B.T.M.	02:04:26	+55:27	08:18	
159	4167	Joaquim Vilas Boas	Santiagotur	02:04:36	+55:37	08:18	
160	4004	João Vale	Imporcelos	02:04:36	+55:37	08:18	
161	4398	José Rafael Gomes de Carvalho	JC	02:04:49	+55:50	08:19	
162	4297	Nuno Miguel Gonçalves Ramalhete	Individual	02:04:52	+55:53	08:19	
163	4096	Sónia Maria Marques dos Santos	AIRORUN	02:05:06	+56:07	08:20	
164	4126	MARIA FONSECA	UNIDOS PELOS TRILHOS	02:05:13	+56:14	08:21	
165	4186	André Fernandes Gonçalves	Imporcelos	02:05:46	+56:47	08:23	
166	4327	José Ricardo Gomes Ferreira	Individual	02:05:48	+56:49	08:23	
167	4132	André Gaspar Ribeiro Barbosa	SERFISIO	02:06:18	+57:19	08:25	
168	4166	Carla Marina	Santiagotur	02:06:18	+57:19	08:25	
169	4101	Manuel Henrique Almeida Lopes	Individual	02:06:40	+57:41	08:27	
170	4212	Pedro José Mendes Lobão Tavares Justo	Grupo 46 "Lavra Run"	02:06:43	+57:44	08:27	
171	4231	Joaquim Paulo Ferreira de Oliveira	Grupo 46 "Lavra Run"	02:06:43	+57:44	08:27	
172	4128	Jorge Miguel Pereira Cerqueira	Individual	02:06:51	+57:52	08:27	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
173	4035	Susana Vidal Pereira	Palmeira Runners	02:06:53	+57:54	08:28	
174	4421	Susana Silva	opraticante.pt	02:06:57	+57:58	08:28	
175	4250	Carlos António Gomes Alves	Individual	02:07:22	+58:23	08:29	
176	4395	Marco Ivan Leão Botelho	Individual	02:07:22	+58:23	08:29	
177	4119	Carlos Martins	SERFISIO	02:07:37	+58:38	08:30	
178	4129	Carla Sofia Barbosa Ferreira	Individual	02:07:48	+58:49	08:31	
179	4003	Fernando Agostinho Cerqueira Pereira	Individual	02:08:06	+59:07	08:32	
180	4322	João Carlos Torres Arantes Maia	Individual	02:08:08	+59:09	08:33	
181	4244	Arnaldo Cruz	AMIGOS DAS CORRIDAS PLACE FOZ	02:08:19	+59:20	08:33	
182	4247	Kyrylo Shevchuk	Dynamo	02:08:28	+59:29	08:34	
183	4073	SUSANA COSTA	UNIDOS PELOS TRILHOS	02:08:40	+59:41	08:35	
184	4249	Maria Fernanda Gonçalves da Rocha Azevedo	Individual	02:08:49	+59:50	08:35	
185	4232	Isabel Maria Silva Domingues	LEBRES MINHOTAS	02:09:40	+01:00:41	08:39	
186	4165	Irma Filipa Azevedo Martins	Individual	02:10:19	+01:01:20	08:41	
187	4198	Amado Marques	FACTOR X / S4L / MEDENSE FC	02:10:19	+01:01:20	08:41	
188	4196	Paulo Miguel Soares Oliveira	FACTOR X / S4L / MEDENSE FC	02:10:19	+01:01:20	08:41	
189	4194	João Sousa	FACTOR X / S4L / MEDENSE FC	02:10:19	+01:01:20	08:41	
190	4067	Joao Mesquita	AMIGOS DAS CORRIDAS PLACE FOZ	02:10:39	+01:01:40	08:43	
191	4193	Henrique Reis	FACTOR X / S4L / MEDENSE FC	02:10:43	+01:01:44	08:43	
192	4205	Pedro sousa	Linces do Marão	02:10:44	+01:01:45	08:43	
193	4319	Alexandra Azevedo	A.D.Amarante	02:11:06	+01:02:07	08:44	
194	4162	Isaias Boas	B.T.M.	02:11:21	+01:02:22	08:45	
195	4180	Carla Susana Fontes da Mota Couto	Equipa A	02:11:30	+01:02:31	08:46	
196	4392	Luis Marcelo Ribeiro Teles	GTT-ARMAZÉM DO CAFFÉ	02:11:56	+01:02:57	08:48	
197	4393	DINA MORIM	GTT-ARMAZÉM DO CAFFÉ	02:11:56	+01:02:57	08:48	
198	4102	Luís Miguel Almeida Lopes	Individual	02:12:02	+01:03:03	08:48	
199	4388	Daniel Meira	Afifense Trail	02:13:16	+01:04:17	08:53	
200	4351	Hugo Rabaça	Clube Desportivo Cepsa	02:13:20	+01:04:21	08:53	
201	4208	Pedro Ferreira	Linces do Marão	02:13:37	+01:04:38	08:54	
202	4006	Marlene Adelina dos Santos Couto Gomes	Outlaw runners	02:13:45	+01:04:46	08:55	
203	4346	Tiago de Almeida Ferreira	Outlaw runners	02:13:45	+01:04:46	08:55	
204	4217	Francisco Moreira	S. S. Montepio	02:13:52	+01:04:53	08:55	
205	4378	Alain Varela Bastos	Individual	02:13:54	+01:04:55	08:56	
206	4399	Tiago Jose Andrade Moreira	Individual	02:14:36	+01:05:37	08:58	
207	4323	Cidalia Rodrigues	ARCA BarceloS runners	02:14:49	+01:05:50	08:59	
208	4324	Ana Maria Carvalho Matos	ARCA BarceloS runners	02:14:49	+01:05:50	08:59	
209	4246	Liliana Sofia Azevedo Sá	TEAM LANTEMIL	02:15:04	+01:06:05	09:00	
210	4261	Bruno Manuel Faria Araújo	Individual	02:15:04	+01:06:05	09:00	
211	4160	Juliana Boas	B.T.M.	02:15:11	+01:06:12	09:01	
212	4148	Ana Brás	Aventureiros	02:15:41	+01:06:42	09:03	
213	4150	Simão Fernandes	Aventureiros	02:15:41	+01:06:42	09:03	
214	4348	Sandra Fernandes	Fridão Sem Limites	02:16:08	+01:07:09	09:05	
215	4028	Augusta Barbosa	Global Trail	02:16:17	+01:07:18	09:05	
216	4425	Maria Jesus	NOCTURNOS DE PAREDES	02:16:38	+01:07:39	09:07	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
217	4426	Rui Silva	NOCTURNOS DE PAREDES	02:16:38	+01:07:39	09:07	
218	4072	EDGAR SARAIVA	UNIDOS PELOS TILHOS	02:16:45	+01:07:46	09:07	
219	4048	Ana Cristina Trabulo Rocha	VIDAATIVARUNNERS	02:16:53	+01:07:54	09:08	
220	4394	Eunice Maria Araújo do Vale Moreir	Individual	02:16:53	+01:07:54	09:08	
221	4283	Fatima Isabel Vasconcelos Coelho da Silva	Individual	02:17:04	+01:08:05	09:08	
222	4022	Teotónio da Silva Boucinha	Individual	02:17:05	+01:08:06	09:08	
223	4282	Rosa Soares	Fridão Sem Limites	02:17:44	+01:08:45	09:11	
224	4429	Nátália Ribeiro	São Team	02:17:56	+01:08:57	09:12	
225	4039	António Manuel dos Santos Couto	Individual	02:18:03	+01:09:04	09:12	
226	4370	Luis Miguel Brito Faria	ele e ela	02:18:26	+01:09:27	09:14	
227	4245	Andreia da Silva Pombo	Motorline	02:19:22	+01:10:23	09:17	
228	4281	Elisabete Nogueira	Fridão Sem Limites	02:19:25	+01:10:26	09:18	
229	4347	Joao Pedro Cruz Silva	Individual	02:19:37	+01:10:38	09:18	
230	4089	Claudia Sottomayor	São Team	02:20:04	+01:11:05	09:20	
231	4029	José Domingues Neves	AMIGOS DAS CORRIDAS PLACE FOZ	02:20:06	+01:11:07	09:20	
232	4112	António Joaquim de Carvalho Alves Borges	Individual	02:20:32	+01:11:33	09:22	
233	4155	Olegário Lopes Marinheiro e Simões de Oliveira	ADEPE	02:20:48	+01:11:49	09:23	
234	4379	Cristiana Iria Pires Antunes	Individual	02:21:51	+01:12:52	09:27	
235	4325	Sílvia Marlene Lomar Araújo	Individual	02:21:57	+01:12:58	09:28	
236	4341	Sophie BELLOT	Individual	02:21:59	+01:13:00	09:28	
237	4342	Christophe DUCHENNE	Individual	02:21:59	+01:13:00	09:28	
238	4030	José Neves	AMIGOS DAS CORRIDAS PLACE FOZ	02:22:10	+01:13:11	09:29	
239	4311	Ana Mendonça	A.D.Amarante	02:22:14	+01:13:15	09:29	
240	4049	Mariana Claudia Gonçalves Oliveira	VIDAATIVARUNNERS	02:22:18	+01:13:19	09:29	
241	4233	Joana Isabel Portilho Magalhães	Bichos do Mato	02:22:34	+01:13:35	09:30	
242	4356	Pedro Miguel Gomes de Carvalho	JC	02:24:59	+01:16:00	09:40	
243	4277	Francisca Lima	GIVEC	02:25:05	+01:16:06	09:40	
244	4276	Francisco Sá	GIVEC	02:25:05	+01:16:06	09:40	
245	4179	Adriana Patrícia Machado Queirós	Individual	02:25:34	+01:16:35	09:42	
246	4079	Marta Melo	AMIGOS DAS CORRIDAS PLACE FOZ	02:25:53	+01:16:54	09:44	
247	4216	Laurinda Fortunato	Individual	02:26:59	+01:18:00	09:48	
248	4178	Vânia Maria da Rocha faria martins Jorge	Individual	02:28:07	+01:19:08	09:52	
249	4239	Fátima Barros	Individual	02:29:10	+01:20:11	09:57	
250	4303	Ricardo Moreira	abrevaes	02:29:25	+01:20:26	09:58	
251	4304	Susana Carneiro	abrevaes	02:29:27	+01:20:28	09:58	
252	4362	Filipe Leitão	GONDOMAR FUTSAL CLUBE	02:29:49	+01:20:50	09:59	
253	4082	Pedro Alves	AMIGOS DAS CORRIDAS PLACE FOZ	02:30:29	+01:21:30	10:02	
254	4410	Tiago André	Individual	02:30:40	+01:21:41	10:03	
255	4296	Miguel Nuno Olim Marote Henriques	Individual	02:30:41	+01:21:42	10:03	
256	4138	Nuno Pereira	SCESPINHO-ATLETISMO/ANTONIO LEITAO	02:30:51	+01:21:52	10:03	
257	4414	Carla Filipa Pimenta Soares Gomes	Individual	02:31:01	+01:22:02	10:04	
258	4413	Ana Paula Oliveira Sá Pereira	Individual	02:31:01	+01:22:02	10:04	

15KMS - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
259	4251	Florinda Araújo Rodrigues Figueiredo	Individual	02:31:01	+01:22:02	10:04	
260	4066	Rosa Maria Moreira Oliveira	Individual	02:31:33	+01:22:34	10:06	
261	4010	Gabriela Rola França	Juventude Cortegacense	02:31:35	+01:22:36	10:06	
262	4098	Elisio Jesus Silva Ferreira	Individual	02:31:40	+01:22:41	10:07	
263	4190	Nuno Ricardo Veloso Araujo	Individual	02:31:41	+01:22:42	10:07	
264	4060	Paula Araujo	NOCTURNOS DE PAREDES	02:31:47	+01:22:48	10:07	
265	4059	Eusebio Barbosa	NOCTURNOS DE PAREDES	02:31:47	+01:22:48	10:07	
266	4185	Ana Rita Rebelo Tavares Rodrigues	Individual	02:32:15	+01:23:16	10:09	
267	4214	Tânia Alexandra Soares de Pinho	Individual	02:32:15	+01:23:16	10:09	
268	4377	Jorge Manuel Moreira Torres	Individual	02:32:20	+01:23:21	10:09	
269	4333	Rita Maria Carqueijó Lima	GIVEC	02:32:24	+01:23:25	10:10	
270	4334	Ana Sofia Alves C. Faria Sousa	Individual	02:32:37	+01:23:38	10:10	
271	4389	Mariana Filipa Amorim Antunes	Afifense Trail	02:32:53	+01:23:54	10:12	
272	4159	Patricia Rei	B.T.M.	02:33:35	+01:24:36	10:14	
273	4163	Carina Sofia Oliveira Correia	Individual	02:33:37	+01:24:38	10:14	
274	4142	Joana Bacelar	Individual	02:33:40	+01:24:41	10:15	
275	4047	Elisabete Oliveira	VIDAATIVARUNNERS	02:34:09	+01:25:10	10:17	
276	4332	Sandra Manuela Carqueijó Lima	GIVEC	02:34:22	+01:25:23	10:17	
277	4383	Isabel Maria Nolasco da Silva	Individual	02:35:24	+01:26:25	10:22	
278	4364	Cátia Marlene Rodrigues Vieira	CB RUN	02:35:32	+01:26:33	10:22	
279	4400	Marcela Fernandes	CB RUN	02:35:32	+01:26:33	10:22	
280	4211	FERNANDO CAMPOS	Individual	02:35:44	+01:26:45	10:23	
281	4369	MANUEL PEREIRA	PORTOCARGO RUNNERS	02:35:44	+01:26:45	10:23	
282	4368	JOSE CARLOS SIMOES	PORTOCARGO RUNNERS	02:35:44	+01:26:45	10:23	
283	4012	Rosa de Fátima Conceição Bispo da Silva	PERNAS INERTES	02:36:09	+01:27:10	10:25	
284	4134	Patricia Couto	SCESPINHO-ATLETISMO/ANTONIO LEITAO	02:36:09	+01:27:10	10:25	
285	4135	Lenita Lemos	SCESPINHO-ATLETISMO/ANTONIO LEITAO	02:36:09	+01:27:10	10:25	
286	4100	Carlos José Almeida Lopes.	Individual	02:36:24	+01:27:25	10:26	
287	4259	Isabel José da Costa Ribeiro Gonçalves	OLÍMPICO VIANENSE	02:36:26	+01:27:27	10:26	
288	4226	Fernando Edgar Araujo de Sousa	Alexandra Carvalho Team	02:36:26	+01:27:27	10:26	
289	4116	Simão Machado	Individual	02:36:46	+01:27:47	10:27	
290	4117	Joana Ferreira	Individual	02:36:46	+01:27:47	10:27	
291	4080	Mário Álvaro Rúber de Meneses	Montanha Amiga	02:36:55	+01:27:56	10:28	
292	4081	Cláudia Ribeiro Tavares	Montanha Amiga	02:36:55	+01:27:56	10:28	
293	4077	Margarete Ramos da Mota Couto	Afifense Trail	02:37:08	+01:28:09	10:29	
294	4338	Artur Daniel Carqueijó Abreu	GIVEC	02:37:56	+01:28:57	10:32	
295	4223	Bruno Filipe Gomes Soares	Imperadores	02:37:58	+01:28:59	10:32	
296	4097	Ana Rosa Fernandes Barreira	Individual	02:38:33	+01:29:34	10:34	
297	4027	Cláudia Alexandra Zenha Dias	Outlaw runners	02:39:31	+01:30:32	10:38	
298	4143	Sandra Ferreira	Outlaw runners	02:39:31	+01:30:32	10:38	
299	4031	Carlos Mourão	AMIGOS DAS CORRIDAS PLACE FOZ	02:39:52	+01:30:53	10:39	
300	4136	Sergio Pinto	SCESPINHO-ATLETISMO/ANTONIO LEITAO	02:39:52	+01:30:53	10:39	
301	4140	Catia Susana Santana Silva	Team Contagiante	02:40:40	+01:31:41	10:43	
302	4258	Maria do Carmo Moura Pinto	Individual	02:41:10	+01:32:11	10:45	

15KMS - STAGE 1

15 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
303	4264	Dora Helena Guedes Ventura	Individual	02:41:10	+01:32:11	10:45	
304	4330	João Paulo Senra Barbosa	Individual	02:41:14	+01:32:15	10:45	
305	4329	Paulo Miguel Veloso Linhares	Individual	02:41:15	+01:32:16	10:45	
306	4328	Rui Miguel Linhares da Costa	Individual	02:41:16	+01:32:17	10:45	
307	4168	Elisabete Ribeiro	Santiagotur	02:41:55	+01:32:56	10:48	
308	4288	Ana Cristina Ferreira de Barros	Individual	02:43:59	+01:35:00	10:56	
309	4305	André Silva	Individual	02:44:46	+01:35:47	10:59	
310	4326	Diana Isabel da Silva Cardoso	Individual	02:44:47	+01:35:48	10:59	
311	4013	JOSÉ AUGUSTO TEIXEIRA PIRES DE LIMA	PERNAS INERTES	02:47:39	+01:38:40	11:11	
312	4141	Olinda Raquel Teixeira Mendes	Individual	02:47:43	+01:38:44	11:11	
313	4120	Nuno Filipe Garcia	Individual	02:47:44	+01:38:45	11:11	
314	4252	Margarida Silva	NOCTURNOS DE PAREDES	02:47:51	+01:38:52	11:11	
315	4045	Rosa Maria Alves Castro	Equipa A	02:48:13	+01:39:14	11:13	
316	4021	Milagros Seoane Yañez	Club atletismo Vilalba	02:48:54	+01:39:55	11:16	
317	4331	Vânia Andreia Brás Abreu	GIVEC	02:49:41	+01:40:42	11:19	
318	4090	José Fernandes	São Team	02:54:06	+01:45:07	11:36	
319	4091	Francisco Fernandes	São Team	02:54:06	+01:45:07	11:36	
320	4088	Mohammed Moudnib	São Team	02:57:02	+01:48:03	11:48	
321	4084	Conceicao Pinto	São Team	02:57:02	+01:48:03	11:48	
322	4300	Sandra Marisa Carvalho de Sousa	hc runners	02:57:56	+01:48:57	11:52	
323	4123	Ana Alexandra Oliveira Magalhães	Individual	02:59:03	+01:50:04	11:56	
324	4124	Diogo André Monteiro da Silva	Individual	02:59:03	+01:50:04	11:56	
325	4131	Paulo Jorge Sousa Magalhães	Irmandade da Roda	02:59:42	+01:50:43	11:59	
326	4085	Benedita Pinto	São Team	03:01:35	+01:52:36	12:06	
327	4086	Pedro Dias	São Team	03:01:35	+01:52:36	12:06	
328	4111	FERNANDA MARIA SOUSA MAGALHAES	Irmandade da Roda	03:01:37	+01:52:38	12:06	
329	4237	Adília Baltazar	Irmandade da Roda	03:01:37	+01:52:38	12:06	
330	4113	José Alberto Barbosa	Irmandade da Roda	03:01:39	+01:52:40	12:07	
331	4386	Carina Mendes	Afifense Trail	03:05:05	+01:56:06	12:20	
332	4387	Francisco Oliveira	Afifense Trail	03:05:05	+01:56:06	12:20	
333	4175	Virgínia Vieira	Kunalama runners	03:07:55	+01:58:56	12:32	
334	4313	Silvia Pinto	A.D.Amarante	03:08:13	+01:59:14	12:33	
335	4058	Erika Darcília Silva de Jesus	Outlaw runners	03:08:28	+01:59:29	12:34	
336	4228	Manuela Viterbo	Grupo 46 "Lavra Run"	03:10:47	+02:01:48	12:43	
337	4229	Patricia Martins	Grupo 46 "Lavra Run"	03:10:47	+02:01:48	12:43	
338	4365	Rui Manuel Oliveira Duarte	Individual	03:12:05	+02:03:06	12:48	
339	4366	Luis Filipe Oliveira Pereira	Individual	03:12:05	+02:03:06	12:48	

15KMS

15 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:30	10.3°C	100%
End	13:40	10.3°C	100%

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

1	4310	Angela Soares	A.D.Amarante	Senior Feminino	01:35:40	+26:40	06:23
2	4357	Sara Cristina Fernandes Araújo	B.T.M.	Senior Feminino	01:40:39	+31:39	06:43
3	4007	Marlene Silva Ferreira	Juventude Cortegacense	Senior Feminino	01:44:58	+35:59	07:00
4	4416	Contança Brito	ARCA BarceloS runners	Senior Feminino	01:47:17	+38:18	07:09
5	4278	Marlene Emília Fernandes Vieira Martins	Individual	Senior Feminino	01:52:04	+43:05	07:28
6	4279	Minerva Novoa Pérez	Individual	Senior Feminino	01:55:47	+46:48	07:43
7	4384	Ana Lúcia Dias	ARCA BarceloS runners	Senior Feminino	01:56:30	+47:30	07:46
8	4202	Noa Pérez Lorenzo	Individual	Senior Feminino	01:59:40	+50:41	07:59
9	4187	JOANA CORREIA	VIDAATIVARUNNERS	Senior Feminino	02:01:22	+52:22	08:05
10	4050	Ângela Sofia Cavalheiro Martins	B.T.M.	Senior Feminino	02:04:26	+55:27	08:18
11	4421	Susana Silva	opraticante.pt	Senior Feminino	02:06:57	+57:58	08:28
12	4073	SUSANA COSTA	UNIDOS PELOS TRILHOS	Senior Feminino	02:08:40	+59:40	08:35
13	4165	Irma Filipa Azevedo Martins	Individual	Senior Feminino	02:10:19	+01:01:19	08:41
14	4393	DINA MORIM	GTT-ARMAZÉM DO CAFFÉ	Senior Feminino	02:11:56	+01:02:57	08:48
15	4006	Marlene Adelina dos Santos Couto Gomes	Outlaw runners	Senior Feminino	02:13:45	+01:04:45	08:55
16	4246	Liliana Sofia Azevedo Sá	TEAM LANTEMIL	Senior Feminino	02:15:04	+01:06:04	09:00
17	4394	Eunice Maria Araújo do Vale Moreira	Individual	Senior Feminino	02:16:53	+01:07:53	09:08
18	4283	Fatima Isabel Vasconcelos Coelho da Silva	Individual	Senior Feminino	02:17:04	+01:08:05	09:08
19	4245	Andreia da Silva Pombo	Motorline	Senior Feminino	02:19:21	+01:10:22	09:17
20	4325	Sílvia Marlene Lomar Araújo	Individual	Senior Feminino	02:21:56	+01:12:57	09:28
21	4311	Ana Mendonça	A.D.Amarante	Senior Feminino	02:22:14	+01:13:15	09:29
22	4233	Joana Isabel Portilho Magalhães	Bichos do Mato	Senior Feminino	02:22:33	+01:13:34	09:30
23	4277	Francisca Lima	GIVEC	Senior Feminino	02:25:04	+01:16:05	09:40
24	4179	Adriana Patrícia Machado Queirós	Individual	Senior Feminino	02:25:34	+01:16:35	09:42
25	4079	Marta Melo	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Feminino	02:25:53	+01:16:53	09:44
26	4414	Carla Filipa Pimenta Soares Gomes	Individual	Senior Feminino	02:31:00	+01:22:01	10:04
27	4185	Ana Rita Rebelo Tavares Rodrigues	Individual	Senior Feminino	02:32:15	+01:23:16	10:09
28	4214	Tânia Alexandra Soares de Pinho	Individual	Senior Feminino	02:32:15	+01:23:16	10:09
29	4389	Mariana Filipa Amorim Antunes	Afifense Trail	Senior Feminino	02:32:53	+01:23:53	10:12
30	4163	Carina Sofia Oliveira Correia	Individual	Senior Feminino	02:33:36	+01:24:37	10:14
31	4364	Cátia Marlene Rodrigues Vieira	CB RUN	Senior Feminino	02:35:31	+01:26:32	10:22
32	4400	Marcela Fernandes	CB RUN	Senior Feminino	02:35:31	+01:26:32	10:22
33	4117	Joana Ferreira	Individual	Senior Feminino	02:36:46	+01:27:47	10:27
34	4077	Margarete Ramos da Mota Couto	Afifense Trail	Senior Feminino	02:37:08	+01:28:09	10:29
35	4097	Ana Rosa Fernandes Barreira	Individual	Senior Feminino	02:38:33	+01:29:34	10:34
36	4027	Cláudia Alexandra Zenha Dias	Outlaw runners	Senior Feminino	02:39:30	+01:30:31	10:38
37	4140	Catía Susana Santana Silva	Team Contagiante	Senior Feminino	02:40:39	+01:31:40	10:43

Official Timekeeper: Lap2Go	1 / 9	generate 19-Nov-2019 11:18
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15KMS

15 KM

OFFICIAL RESULT

38	4288	Ana Cristina Ferreira de Barros	Individual	Senior Feminino	02:43:59	+01:35:00	10:56
39	4326	Diana Isabel da Silva Cardoso	Individual	Senior Feminino	02:44:46	+01:35:47	10:59
40	4252	Margarida Silva	NOCTURNOS DE PAREDES	Senior Feminino	02:47:51	+01:38:51	11:11
41	4331	Vânia Andreia Brás Abreu	GIVEC	Senior Feminino	02:49:40	+01:40:41	11:19
42	4123	Ana Alexandra Oliveira Magalhães	Individual	Senior Feminino	02:59:02	+01:50:03	11:56
43	4085	Benedita Pinto	São Team	Senior Feminino	03:01:35	+01:52:35	12:06
44	4175	Virgínia Vieira	Kunalama runners	Senior Feminino	03:07:55	+01:58:55	12:32
45	4313	Silvia Pinto	A.D.Amarante	Senior Feminino	03:08:12	+01:59:13	12:33

Senior Masculino

1	4144	Joao ferreira	AIRORUN	Senior Masculino	01:08:59		04:36
2	4396	Tiago Simões Faria	ALVELINHOS RUNNING	Senior Masculino	01:25:03	+16:03	05:40
3	4053	Nelson Tiago Rodrigues Leal	Individual	Senior Masculino	01:26:03	+17:03	05:44
4	4424	Paulo Ricardo Ferreira Oliveira	Dragon Club	Senior Masculino	01:26:42	+17:42	05:47
5	4109	António Carlos Galeão Ribeiro	OADA - Os Amigos da Aventura	Senior Masculino	01:28:05	+19:05	05:52
6	4345	André Pereira Dias	Individual	Senior Masculino	01:31:55	+22:55	06:08
7	4184	José Carlos Oliveira Costa	abrevaes	Senior Masculino	01:32:26	+23:27	06:10
8	4349	Helder faria Silva	Individual	Senior Masculino	01:35:14	+26:14	06:21
9	4359	Fábio Pereira	Parada Cycling Team	Senior Masculino	01:35:30	+26:30	06:22
10	4422	Diogo Luis Carlos Pinto	Individual	Senior Masculino	01:35:39	+26:40	06:23
11	4209	João Carlos Soutelo Couto	Bora lá!	Senior Masculino	01:37:27	+28:28	06:30
12	4127	Pedro Iven Barbosa Sousa	Motorline	Senior Masculino	01:39:34	+30:34	06:38
13	4340	Givec	Individual	Senior Masculino	01:42:59	+34:00	06:52
14	4380	Bruno Daniel Vicente Grilo	Individual	Senior Masculino	01:44:28	+35:29	06:58
15	4360	Ricardo Madeira	SPA	Senior Masculino	01:44:37	+35:38	06:58
16	4183	Fernando Faria	ADEPE	Senior Masculino	01:45:44	+36:45	07:03
17	4057	Jose Pedro Pereira Rodrigues de Lima Leite	Individual	Senior Masculino	01:46:08	+37:09	07:05
18	4361	Luís Sousa	SPA	Senior Masculino	01:48:53	+39:53	07:16
19	4350	Marco cesar gomes pereira	Individual	Senior Masculino	01:48:55	+39:56	07:16
20	4260	José Diogo Silva Santos	Individual	Senior Masculino	01:49:08	+40:09	07:17
21	4107	Alexandre Manuel Lima Areias	OADA - Os Amigos da Aventura	Senior Masculino	01:51:01	+42:02	07:24
22	4108	Henrique Graciano Varela Gonçalves	OADA - Os Amigos da Aventura	Senior Masculino	01:51:01	+42:02	07:24
23	4405	André Filipe Alves Ferreira	Individual	Senior Masculino	01:52:11	+43:11	07:29
24	4367	Luís Miguel Rodrigues Rocha	Icarus Running Team	Senior Masculino	01:52:28	+43:28	07:30
25	4032	Ricardo Cerqueira	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	01:54:43	+45:43	07:39
26	4355	Rui Manuel Gomes de Carvalho	JC	Senior Masculino	01:55:36	+46:37	07:42
27	4397	David Nuno Dias Silva Ferreira	Individual	Senior Masculino	01:58:22	+49:23	07:53
28	4099	Daniel de Freitas Ribeiro	Individual	Senior Masculino	01:59:21	+50:22	07:57
29	4201	Jesus Pereira Pérez	Individual	Senior Masculino	01:59:40	+50:41	07:59
30	4078	Hélder Filipe Silva Neves	EM'Força	Senior Masculino	01:59:43	+50:44	07:59
31	4307	Urbano Ribeiro	A.D.Amarante	Senior Masculino	02:00:02	+51:02	08:00
32	4083	Diogo Leonel Azevedo Sampaio	TEAM TT	Senior Masculino	02:00:43	+51:44	08:03
33	4263	Rodrigo Sousa Freitas	Individual	Senior Masculino	02:02:00	+53:00	08:08

15KMS

15 KM

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OFFICIAL RESULT

[illegible]

34	4033	Pedro Rocha	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	02:02:20	+53:20	08:09
35	4242	José Pedro Maia Santos	Individual	Senior Masculino	02:02:20	+53:21	08:09
36	4236	Joel Almeida Silva	VIDAATIVARUNNERS	Senior Masculino	02:02:20	+53:21	08:09
37	4204	Daniel Carvalho	Linces do Marão	Senior Masculino	02:02:24	+53:24	08:10
38	4197	Pedro Soares	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:02:30	+53:31	08:10
39	4254	Gonçalo Paulino	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	02:02:54	+53:54	08:12
40	4034	Sergio Pichel	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	02:03:44	+54:45	08:15
41	4309	Luis Carlos Pinto Mendes	A.D.Amarante	Senior Masculino	02:03:53	+54:54	08:16
42	4170	Rui Miguel Remelhe Ferreira	SERFISIO	Senior Masculino	02:04:07	+55:07	08:16
43	4074	Bruno Carvalho	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	02:04:24	+55:24	08:18
44	4004	João Vale	Imporcelos	Senior Masculino	02:04:36	+55:37	08:18
45	4297	Nuno Miguel Gonçalves Ramalhete	Individual	Senior Masculino	02:04:52	+55:52	08:19
46	4186	André Fernandes Gonçalves	Imporcelos	Senior Masculino	02:05:46	+56:47	08:23
47	4327	José Ricardo Gomes Ferreira	Individual	Senior Masculino	02:05:48	+56:49	08:23
48	4132	André Gaspar Ribeiro Barbosa	SERFISIO	Senior Masculino	02:06:18	+57:18	08:25
49	4101	Manuel Henrique Almeida Lopes	Individual	Senior Masculino	02:06:40	+57:40	08:27
50	4395	Marco Ivan Leão Botelho	Individual	Senior Masculino	02:07:22	+58:22	08:29
51	4003	Fernando Agostinho Cerqueira Pereira	Individual	Senior Masculino	02:08:06	+59:06	08:32
52	4322	João Carlos Torres Arantes Maia	Individual	Senior Masculino	02:08:08	+59:08	08:33
53	4247	Kyrylo Shevchuk	Dynamo	Senior Masculino	02:08:28	+59:28	08:34
54	4196	Paulo Miguel Soares Oliveira	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:10:19	+01:01:20	08:41
55	4194	João Sousa	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:10:19	+01:01:20	08:41
56	4067	Joao Mesquita	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	02:10:39	+01:01:39	08:43
57	4392	Luis Marcelo Ribeiro Teles	GTT-ARMAZÉM DO CAFFÉ	Senior Masculino	02:11:56	+01:02:56	08:48
58	4102	Luís Miguel Almeida Lopes	Individual	Senior Masculino	02:12:02	+01:03:03	08:48
59	4388	Daniel Meira	Afifense Trail	Senior Masculino	02:13:16	+01:04:16	08:53
60	4351	Hugo Rabaça	Clube Desportivo Cepsa	Senior Masculino	02:13:20	+01:04:20	08:53
61	4208	Pedro Ferreira	Linces do Marão	Senior Masculino	02:13:37	+01:04:37	08:54
62	4399	Tiago Jose Andrade Moreira	Individual	Senior Masculino	02:14:36	+01:05:37	08:58
63	4261	Bruno Manuel Faria Araújo	Individual	Senior Masculino	02:15:04	+01:06:04	09:00
64	4150	Simão Fernandes	Aventureiros	Senior Masculino	02:15:41	+01:06:42	09:03
65	4370	Luis Miguel Brito Faria	ele e ela	Senior Masculino	02:18:25	+01:09:26	09:14
66	4347	Joao Pedro Cruz Silva	Individual	Senior Masculino	02:19:36	+01:10:37	09:18
67	4030	José Neves	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	02:22:09	+01:13:10	09:29
68	4082	Pedro Alves	AMIGOS DAS CORRIDAS PLACE FOZ	Senior Masculino	02:30:29	+01:21:29	10:02
69	4410	Tiago André	Individual	Senior Masculino	02:30:39	+01:21:40	10:03
70	4190	Nuno Ricardo Veloso Araujo	Individual	Senior Masculino	02:31:41	+01:22:42	10:07
71	4100	Carlos José Almeida Lopes.	Individual	Senior Masculino	02:36:24	+01:27:24	10:26
72	4116	Simão Machado	Individual	Senior Masculino	02:36:46	+01:27:46	10:27
73	4223	Bruno Filipe Gomes Soares	Imperadores	Senior Masculino	02:37:58	+01:28:59	10:32
74	4328	Rui Miguel Linhares da Costa	Individual	Senior Masculino	02:41:15	+01:32:16	10:45
75	4305	André Silva	Individual	Senior Masculino	02:44:45	+01:35:46	10:59

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76	4091	Francisco Fernandes	São Team	Senior Masculino	02:54:05	+01:45:06	11:36
77	4124	Diogo André Monteiro da Silva	Individual	Senior Masculino	02:59:02	+01:50:03	11:56
78	4086	Pedro Dias	São Team	Senior Masculino	03:01:35	+01:52:36	12:06
79	4387	Francisco Oliveira	Afifense Trail	Senior Masculino	03:05:05	+01:56:06	12:20
80	4366	Luis Filipe Oliveira Pereira	Individual	Senior Masculino	03:12:04	+02:03:05	12:48

Veterana F40

1	4002	Lucinda Sousa	PROZIS ATHLETES	Veterana F40	01:22:21	+13:22	05:29
2	4019	Tania Catarina Afonso Covas Pinheiro da Costa	.COM-Clube Ori Minho	Veterana F40	01:35:20	+26:20	06:21
3	4177	Ana maria da silva amaral	Individual	Veterana F40	01:36:54	+27:55	06:28
4	4253	Aida Maria Rodrigues Presa		Veterana F40	01:42:15	+33:16	06:49
5	4015	Susana Peixoto	SPA	Veterana F40	01:48:53	+39:53	07:16
6	4320	Paula Isabel de Carvalho Ferreira	Akuafit	Veterana F40	01:52:57	+43:57	07:32
7	4308	Gabriela Pinto	A.D.Amarante	Veterana F40	01:56:12	+47:13	07:45
8	4306	Alice Pereira	A.D.Amarante	Veterana F40	01:56:13	+47:13	07:45
9	4008	Anabela dos Santos Marques	Juventude Cortegacense	Veterana F40	01:58:18	+49:19	07:53
10	4103	Maria José Franco Oliveira	Juventude Cortegacense	Veterana F40	02:01:40	+52:41	08:07
11	4401	Matilde Ferreira	Bora lá!	Veterana F40	02:02:47	+53:47	08:11
12	4376	Cidália da Graça Correia de Sousa Fernandes	Individual	Veterana F40	02:02:50	+53:50	08:11
13	4419	Silvina Gama	GONDOMAR FUTSAL CLUBE	Veterana F40	02:04:21	+55:22	08:17
14	4096	Sónia Maria Marques dos Santos	AIRORUN	Veterana F40	02:05:06	+56:07	08:20
15	4126	MARIA FONSECA	UNIDOS PELOS TRILHOS	Veterana F40	02:05:13	+56:14	08:21
16	4166	Carla Marina	Santiagotur	Veterana F40	02:06:18	+57:19	08:25
17	4035	Susana Vidal Pereira	Palmeira Runners	Veterana F40	02:06:53	+57:53	08:28
18	4129	Carla Sofia Barbosa Ferreira	Individual	Veterana F40	02:07:48	+58:48	08:31
19	4319	Alexandra Azevedo	A.D.Amarante	Veterana F40	02:11:06	+01:02:07	08:44
20	4180	Carla Susana Fontes da Mota Couto	Equipa A	Veterana F40	02:11:30	+01:02:30	08:46
21	4323	Cidalia Rodrigues	ARCA BarceloS runners	Veterana F40	02:14:49	+01:05:49	08:59
22	4148	Ana Brás	Aventureiros	Veterana F40	02:15:41	+01:06:42	09:03
23	4348	Sandra Fernandes	Fridão Sem Limites	Veterana F40	02:16:08	+01:07:09	09:05
24	4028	Augusta Barbosa	Global Trail	Veterana F40	02:16:17	+01:07:17	09:05
25	4425	Maria Jesus	NOCTURNOS DE PAREDES	Veterana F40	02:16:38	+01:07:38	09:07
26	4048	Ana Cristina Trabulo Rocha	VIDAATIVARUNNERS	Veterana F40	02:16:53	+01:07:53	09:08
27	4282	Rosa Soares	Fridão Sem Limites	Veterana F40	02:17:43	+01:08:44	09:11
28	4281	Elisabete Nogueira	Fridão Sem Limites	Veterana F40	02:19:25	+01:10:25	09:18
29	4379	Cristiana Iria Pires Antunes	Individual	Veterana F40	02:21:50	+01:12:51	09:27
30	4049	Mariana Claudia Gonçalves Oliveira	VIDAATIVARUNNERS	Veterana F40	02:22:18	+01:13:19	09:29
31	4216	Laurinda Fortunato	Individual	Veterana F40	02:26:59	+01:18:00	09:48
32	4178	Vânia Maria da Rocha faria martins Jorge	Individual	Veterana F40	02:28:07	+01:19:07	09:52
33	4304	Susana Carneiro	abrevaes	Veterana F40	02:29:26	+01:20:27	09:58
34	4413	Ana Paula Oliveira Sá Pereira	Individual	Veterana F40	02:31:00	+01:22:01	10:04
35	4066	Rosa Maria Moreira Oliveira	Individual	Veterana F40	02:31:32	+01:22:33	10:06
36	4060	Paula Araujo	NOCTURNOS DE PAREDES	Veterana F40	02:31:46	+01:22:47	10:07

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37	4333	Rita Maria Carqueijó Lima	GIVEC	Veterana F40	02:32:23	+01:23:24	10:10
38	4334	Ana Sofia Alves C. Faria Sousa	Individual	Veterana F40	02:32:36	+01:23:37	10:10
39	4159	Patricia Rei	B.T.M.	Veterana F40	02:33:35	+01:24:35	10:14
40	4142	Joana Bacelar	Individual	Veterana F40	02:33:39	+01:24:40	10:13
41	4332	Sandra Manuela Carqueijó Lima	GIVEC	Veterana F40	02:34:22	+01:25:22	10:17
42	4134	Patricia Couto	SCESPINHO- ATLETISMO/ANTONIO LEITAO	Veterana F40	02:36:09	+01:27:09	10:25
43	4143	Sandra Ferreira	Outlaw runners	Veterana F40	02:39:30	+01:30:31	10:38
44	4258	Maria do Carmo Moura Pinto	Individual	Veterana F40	02:41:09	+01:32:10	10:45
45	4264	Dora Helena Guedes Ventura	Individual	Veterana F40	02:41:09	+01:32:10	10:45
46	4168	Elisabete Ribeiro	Santiagotur	Veterana F40	02:41:55	+01:32:55	10:48
47	4141	Olinda Raquel Teixeira Mendes	Individual	Veterana F40	02:47:43	+01:38:44	11:11
48	4045	Rosa Maria Alves Castro	Equipa A	Veterana F40	02:48:13	+01:39:14	11:13
49	4300	Sandra Marisa Carvalho de Sousa	hc runners	Veterana F40	02:57:55	+01:48:56	11:52
50	4111	FERNANDA MARIA SOUSA MAGALHAES	Irmandade da Roda	Veterana F40	03:01:36	+01:52:37	12:06
51	4237	Adília Baltazar	Irmandade da Roda	Veterana F40	03:01:36	+01:52:37	12:06
52	4386	Carina Mendes	Afifense Trail	Veterana F40	03:05:05	+01:56:06	12:20
53	4058	Erika Darcília Silva de Jesus	Outlaw runners	Veterana F40	03:08:28	+01:59:29	12:34
54	4229	Patricia Martins	Grupo 46 "Lavra Run"	Veterana F40	03:10:47	+02:01:47	12:43

Veterana F50

1	4203	DEOLINDA FARIA	AIRORUN	Veterana F50	01:44:37	+35:38	06:58
2	4076	Maria Albina Fernandes Almeida Silva	PERNAS INERTES	Veterana F50	01:56:34	+47:34	07:46
3	4182	Maria Alice Fontes Mota Couto Ramalho	Equipa A	Veterana F50	01:57:38	+48:39	07:51
4	4154	Maria Goreti Castro Carvalho	Individual	Veterana F50	01:58:31	+49:32	07:54
5	4318	Clara Cerqueira	A.D.Amarante	Veterana F50	01:59:06	+50:07	07:56
6	4158	Rosa Araújo	B.T.M.	Veterana F50	02:00:31	+51:31	08:02
7	4249	Maria Fernanda Gonçalves da Rocha Azevedo	Individual	Veterana F50	02:08:49	+59:49	08:35
8	4232	Isabel Maria Silva Domingues	LEBRES MINHOTAS	Veterana F50	02:09:40	+01:00:41	08:39
9	4324	Ana Maria Carvalho Matos	ARCA BarceloS runners	Veterana F50	02:14:49	+01:05:49	08:59
10	4160	Juliana Boas	B.T.M.	Veterana F50	02:15:11	+01:06:11	09:01
11	4429	Natália Ribeiro	São Team	Veterana F50	02:17:56	+01:08:57	09:12
12	4089	Claudia Sottomayor	São Team	Veterana F50	02:20:03	+01:11:04	09:20
13	4341	Sophie BELLOT	Individual	Veterana F50	02:21:58	+01:12:59	09:28
14	4239	Fátima Barros	Individual	Veterana F50	02:29:10	+01:20:10	09:57
15	4251	Florinda Araújo Rodrigues Figueiredo	Individual	Veterana F50	02:31:01	+01:22:02	10:04
16	4010	Gabriela Rola França	Juventude Cortegacense	Veterana F50	02:31:34	+01:22:35	10:06
17	4047	Elisabete Oliveira	VIDAATIVARUNNERS	Veterana F50	02:34:08	+01:25:09	10:17
18	4135	Lenita Lemos	SCESPINHO-ATLETISMO/ANTONIO LEITAO	Veterana F50	02:36:09	+01:27:10	10:25
19	4259	Isabel José da Costa Ribeiro Gonçalves	OLÍMPICO VIANENSE	Veterana F50	02:36:25	+01:27:26	10:26
20	4081	Cláudia Ribeiro Tavares	Montanha Amiga	Veterana F50	02:36:55	+01:27:55	10:28
21	4084	Conceicao Pinto	São Team	Veterana F50	02:57:02	+01:48:02	11:48

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22	4228	Manuela Viterbo	Grupo 46 "Lavra Run"	Veterana F50	03:10:46	+02:01:47	12:43
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Veterana F60

1	4383	Isabel Maria Nolasco da Silva	Individual	Veterana F60	02:35:23	+01:26:24	10:22
2	4012	Rosa de Fátima Conceição Bispo da Silva	PERNAS INERTES	Veterana F60	02:36:08	+01:27:09	10:25

Veterano M40

1	4001	Nelson Loureiro	Individual	Veterano M40	01:09:19	+00:20	04:37
2	4042	José Miguel Rodrigues da Silva	AIRORUN	Veterano M40	01:15:20	+06:20	05:01
3	4344	Rui Manuel Mendes Azevedo	Fridão Sem Limites	Veterano M40	01:21:12	+12:13	05:25
4	4382	Joao Antunes	EDV - Viana Trail	Veterano M40	01:22:55	+13:55	05:32
5	4407	Jorge Lopes	OPraticante	Veterano M40	01:26:47	+17:47	05:47
6	4285	HELDER ROBERTO SANTOS AZEVEDO	AIRORUN	Veterano M40	01:27:50	+18:51	05:51
7	4289	Ricardo Francisco Sousa Aires	Fridão Sem Limites	Veterano M40	01:28:03	+19:04	05:52
8	4312	Nuno André M Moura	A.D.Amarante	Veterano M40	01:30:19	+21:20	06:01
9	4374	Carlos Alexandre Moreira Pinto	Fridão Sem Limites	Veterano M40	01:32:49	+23:50	06:11
10	4286	Rui Miguel Ferreira Machado	DiVE Into the Mountains	Veterano M40	01:35:39	+26:39	06:23
11	4314	Albano Coelho	A.D.Amarante	Veterano M40	01:35:41	+26:41	06:23
12	4046	Paulo Jorge da Silva Alves	GONDOMAR FUTSAL CLUBE	Veterano M40	01:36:54	+27:55	06:28
13	4023	Nuno Filipe Cruz Santos Oliveira	Conservatório de Música de Vila do Conde	Veterano M40	01:37:30	+28:30	06:30
14	4412	João Paulo Cruz	Individual	Veterano M40	01:37:44	+28:45	06:31
15	4005	Manuel Barbosa Félix	Individual	Veterano M40	01:38:09	+29:09	06:33
16	4106	César Rafael Macedo Pereira Brandão	TRAIL ME	Veterano M40	01:39:02	+30:03	06:36
17	4051	Jose António Costa Azevedo	B.T.M.	Veterano M40	01:40:41	+31:41	06:43
18	4125	JOAO COELHO	AMC TRAIL	Veterano M40	01:42:23	+33:23	06:50
19	4222	David José Almeida Ferreira	Individual	Veterano M40	01:42:35	+33:35	06:50
20	4056	RUI ALBERTO PAIVA AZEVEDO	SEMNOME	Veterano M40	01:43:52	+34:53	06:55
21	4287	Filipe Reis Pinheiro	Fridão Sem Limites	Veterano M40	01:46:05	+37:06	07:04
22	4115	Bruno Flavio Dinis Azevedo	ADEPE	Veterano M40	01:46:15	+37:16	07:05
23	4352	Sergio araujo campos	Individual	Veterano M40	01:46:18	+37:19	07:05
24	4337	Pedro José Carqueijó Lima	GIVEC	Veterano M40	01:46:56	+37:57	07:08
25	4423	António Vilaça	Individual	Veterano M40	01:47:17	+38:18	07:09
26	4409	Fausto José Pereira Neves	Individual	Veterano M40	01:48:25	+39:25	07:14
27	4014	Pedro Alves	SPA	Veterano M40	01:48:53	+39:53	07:16
28	4054	João Carlos da Silva Gomes	Individual	Veterano M40	01:49:55	+40:55	07:20
29	4118	Benedito da Silva Alves	SERFISIO	Veterano M40	01:51:34	+42:34	07:26
30	4408	JOAQUIM DA CUNHA GOMES DE SÁ	Bora lá!	Veterano M40	01:52:54	+43:55	07:32
31	4427	Paulo Cerqueira	Afifense Trail	Veterano M40	01:52:56	+43:56	07:32
32	4070	CARLOS JORGE	UNIDOS PELOS TRILHOS	Veterano M40	01:52:57	+43:58	07:32
33	4298	Marco Gonçalo Serra Oliveira	Individual	Veterano M40	01:53:47	+44:48	07:35

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34	4375	Eduardo Nascimento	Ageas	Veterano M40	01:54:07	+45:07	07:36
35	4149	Nuno Santos	Aventureiros	Veterano M40	01:54:51	+45:52	07:39
36	4265	José Luís Neiva Gonçalves	OADA - Os Amigos da Aventura	Veterano M40	01:55:14	+46:15	07:41
37	4230	Francisco Lopes	Grupo 46 "Lavra Run"	Veterano M40	01:55:22	+46:23	07:41
38	4292	José Augusto Lopes Ferreira	Palmeira Runners	Veterano M40	01:56:09	+47:10	07:45
39	4176	Ranier Lemache	AMIGOS DAS CORRIDAS PLACE FOZ	Veterano M40	01:56:48	+47:49	07:47
40	4219	Ricardo Resende	S. S. Montepio	Veterano M40	01:57:47	+48:48	07:51
41	4235	António Fernando valente Fernandes	Alexandra Carvalho Team	Veterano M40	01:57:51	+48:51	07:51
42	4210	António Manuel Lopes Grande	TRAIL ME	Veterano M40	01:58:15	+49:16	07:53
43	4009	Tiago Jorge de Brito Martins Pereira	Juventude Cortegacense	Veterano M40	01:58:18	+49:19	07:53
44	4373	Luís Manuel da Costa Martins	Leões de Tardariz	Veterano M40	01:58:36	+49:36	07:54
45	4321	Filipe Pires Martins	Individual	Veterano M40	01:59:00	+50:01	07:56
46	4069	ANTÓNIO CUNHA	UNIDOS PELOS TRILHOS	Veterano M40	01:59:09	+50:09	07:57
47	4195	Hugo Santos	FACTOR X / S4L / MEDENSE FC	Veterano M40	02:00:30	+51:30	08:02
48	4220	Rui Freitas	S. S. Montepio	Veterano M40	02:00:30	+51:30	08:02
49	4335	Martinho Laranjeira Capitão	GIVEC	Veterano M40	02:01:58	+52:59	08:08
50	4336	Rolando Laranjeira Capitão	GIVEC	Veterano M40	02:02:20	+53:20	08:09
51	4206	Nuno Peixoto	Linces do Marão	Veterano M40	02:02:58	+53:59	08:12
52	4171	Jorge Almeida	FACTOR X / S4L / MEDENSE FC	Veterano M40	02:03:12	+54:12	08:13
53	4255	Agostinho Marco Soares deCastro	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	02:04:02	+55:03	08:16
54	4145	Rafa Kerr	AMIGOS DAS CORRIDAS PLACE FOZ	Veterano M40	02:04:24	+55:24	08:18
55	4167	Joaquim Vilas Boas	Santiagotur	Veterano M40	02:04:36	+55:37	08:18
56	4398	José Rafael Gomes de Carvalho	JC	Veterano M40	02:04:49	+55:49	08:19
57	4212	Pedro José Mendes Lobão Tavares Justo	Grupo 46 "Lavra Run"	Veterano M40	02:06:43	+57:43	08:27
58	4128	Jorge Miguel Pereira Cerqueira	Individual	Veterano M40	02:06:51	+57:52	08:27
59	4250	Carlos António Gomes Alves	Individual	Veterano M40	02:07:22	+58:22	08:29
60	4119	Carlos Martins	SERFISIO	Veterano M40	02:07:37	+58:37	08:30
61	4198	Amado Marques	FACTOR X / S4L / MEDENSE FC	Veterano M40	02:10:19	+01:01:20	08:41
62	4193	Henrique Reis	FACTOR X / S4L / MEDENSE FC	Veterano M40	02:10:43	+01:01:43	08:43
63	4205	Pedro sousa	Linces do Marão	Veterano M40	02:10:44	+01:01:44	08:43
64	4162	Isaias Boas	B.T.M.	Veterano M40	02:11:21	+01:02:22	08:45
65	4346	Tiago de Almeida Ferreira	Outlaw runners	Veterano M40	02:13:45	+01:04:45	08:55
66	4217	Francisco Moreira	S. S. Montepio	Veterano M40	02:13:52	+01:04:52	08:55
67	4378	Alain Varella Bastos	Individual	Veterano M40	02:13:54	+01:04:54	08:56
68	4426	Rui Silva	NOCTURNOS DE PAREDES	Veterano M40	02:16:38	+01:07:39	09:07
69	4072	EDGAR SARAIVA	UNIDOS PELOS TILHOS	Veterano M40	02:16:45	+01:07:45	09:07
70	4342	Christophe DUCHENNE	Individual	Veterano M40	02:21:58	+01:12:59	09:28
71	4356	Pedro Miguel Gomes de Carvalho	JC	Veterano M40	02:24:58	+01:15:59	09:40
72	4276	Francisco Sá	GIVEC	Veterano M40	02:25:04	+01:16:05	09:40
73	4303	Ricardo Moreira	abrevaes	Veterano M40	02:29:25	+01:20:26	09:58
74	4362	Filipe Leitão	GONDOMAR FUTSAL CLUBE	Veterano M40	02:29:48	+01:20:49	09:59
75	4138	Nuno Pereira	SCESPINHO-ATLETISMO/ANTONIO LEITAO	Veterano M40	02:30:50	+01:21:51	10:03
76	4059	Eusebio Barbosa	NOCTURNOS DE PAREDES	Veterano M40	02:31:46	+01:22:47	10:07

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77	4377	Jorge Manuel Moreira Torres	Individual	Veterano M40	02:32:20	+01:23:21	10:09
78	4211	FERNANDO CAMPOS	Individual	Veterano M40	02:35:43	+01:26:44	10:23
79	4368	JOSE CARLOS SIMOES	PORTOCARGO RUNNERS	Veterano M40	02:35:44	+01:26:45	10:23
80	4226	Fernando Edgar Araujo de Sousa	Alexandra Carvalho Team	Veterano M40	02:36:25	+01:27:26	10:26
81	4338	Artur Daniel Carqueijó Abreu	GIVEC	Veterano M40	02:37:55	+01:28:56	10:32
82	4136	Sergio Pinto	SCESPINHO-ATLETISMO/ANTONIO LEITAO	Veterano M40	02:39:52	+01:30:53	10:39
83	4330	João Paulo Senra Barbosa	Individual	Veterano M40	02:41:13	+01:32:14	10:45
84	4329	Paulo Miguel Veloso Linhares	Individual	Veterano M40	02:41:15	+01:32:16	10:45
85	4120	Nuno Filipe Garcia	Individual	Veterano M40	02:47:43	+01:38:44	11:11
86	4021	Milagros Seoane Yañez	Club atletismo Vilalba	Veterano M40	02:48:54	+01:39:55	11:16
87	4088	Mohammed Moudnib	São Team	Veterano M40	02:57:02	+01:48:02	11:48
88	4131	Paulo Jorge Sousa Magalhães	Irmandade da Roda	Veterano M40	02:59:41	+01:50:42	11:59
89	4365	Rui Manuel Oliveira Duarte	Individual	Veterano M40	03:12:04	+02:03:05	12:48

Veterano M50

1	4406	Arlindo Manuel Gomes Ferreira	Individual	Veterano M50	01:23:10	+14:10	05:33
2	4284	Daniel Raimundo Martins Cardoso	AIRORUN	Veterano M50	01:23:32	+14:32	05:34
3	4121	Manuel Joaquim Maciel Miranda	ACRRORIZ	Veterano M50	01:26:46	+17:46	05:47
4	4290	José Oliveira Barbosa Pereira	AIRORUN	Veterano M50	01:28:51	+19:52	05:55
5	4036	Cláudio Domingos Martins Monteiro	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M50	01:30:28	+21:28	06:02
6	4418	Paulo Gama	GONDOMAR FUTSAL CLUBE	Veterano M50	01:32:28	+23:28	06:10
7	4291	Manuel Neves Caramalho	Correr Antas a noite	Veterano M50	01:32:56	+23:56	06:12
8	4044	José António Ferreira Marques Pinto	Equipa A	Veterano M50	01:35:43	+26:44	06:23
9	4038	Carlos Vinha	Running Penafiel Trail	Veterano M50	01:36:50	+27:51	06:27
10	4363	Fernando Pereira	GONDOMAR FUTSAL CLUBE	Veterano M50	01:39:42	+30:43	06:39
11	4294	José Augusto de Freitas Pereira	Equipa A	Veterano M50	01:41:53	+32:53	06:48
12	4122	Joaquim Silva Rodrigues	ACRRORIZ	Veterano M50	01:43:29	+34:30	06:54
13	4302	Manuel da Costa Sousa	Bora lá!	Veterano M50	01:44:37	+35:37	06:58
14	4372	Jorge Santos	Outlaw runners	Veterano M50	01:49:06	+40:07	07:16
15	4243	Jesus Cao Alfonso	Individual	Veterano M50	01:51:23	+42:23	07:26
16	4153	Manuel Amaro da Silva Fernandes	Individual	Veterano M50	01:52:04	+43:05	07:28
17	4299	João Paulo	Grupo 46 "Lavra Run"	Veterano M50	01:55:22	+46:22	07:41
18	4192	José Baltazar Lage de Matos	Individual	Veterano M50	01:56:14	+47:15	07:45
19	4075	Carlos Manuel Ferreira Silva	PERNAS INERTES	Veterano M50	01:56:37	+47:37	07:46
20	4218	Fernando Carvalho	S. S. Montepio	Veterano M50	01:57:01	+48:02	07:48
21	4227	Joaquim Faria Gomes	Individual	Veterano M50	01:58:32	+49:32	07:54
22	4068	JOAQUIM TEIXEIRA	UNIDOS PELOS TRILHOS	Veterano M50	01:59:09	+50:09	07:57
23	4071	ARTUR CARDOSO	UNIDOS PELOS TRILHOS	Veterano M50	01:59:09	+50:09	07:57
24	4317	Fernando Cequeira	A.D.Amarante	Veterano M50	02:00:02	+51:02	08:00
25	4026	Adelino José Ferreira Pinheiro	Individual	Veterano M50	02:01:20	+52:21	08:05
26	4037	Jose Antonio Cardoso da Silva	Individual	Veterano M50	02:01:37	+52:37	08:06
27	4262	Lino Gonçalves de Sousa	LOBOS DO MONTE RUN	Veterano M50	02:01:38	+52:39	08:07
28	4169	António Macedo	Individual	Veterano M50	02:01:41	+52:42	08:07
29	4240	José Madureira	Individual	Veterano M50	02:02:53	+53:53	08:12

Official Timekeeper: Lap2Go	8 / 9	generate 19-Nov-2019 11:18
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15KMS

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

30	4231	Joaquim Paulo Ferreira de Oliveira	Grupo 46 "Lavra Run"	Veterano M50	02:06:43	+57:43	08:27
31	4244	Arnaldo Cruz	AMIGOS DAS CORRIDAS PLACE FOZ	Veterano M50	02:08:19	+59:20	08:33
32	4022	Teotónio da Silva Boucinha	Individual	Veterano M50	02:17:05	+01:08:05	09:08
33	4039	António Manuel dos Santos Couto	Individual	Veterano M50	02:18:02	+01:09:03	09:12
34	4112	António Joaquim de Carvalho Alves Borges	Individual	Veterano M50	02:20:31	+01:11:32	09:22
35	4155	Olegário Lopes Marinheiro e Simões de Oliveira	ADEPE	Veterano M50	02:20:48	+01:11:49	09:23
36	4296	Miguel Nuno Olim Marote Henriques	Individual	Veterano M50	02:30:40	+01:21:41	10:03
37	4098	Elisio Jesus Silva Ferreira	Individual	Veterano M50	02:31:40	+01:22:41	10:07
38	4369	MANUEL PEREIRA	PORTOCARGO RUNNERS	Veterano M50	02:35:44	+01:26:44	10:23
39	4031	Carlos Mourão	AMIGOS DAS CORRIDAS PLACE FOZ	Veterano M50	02:39:51	+01:30:52	10:39
40	4090	José Fernandes	São Team	Veterano M50	02:54:05	+01:45:06	11:36
41	4113	José Alberto Barbosa	Irmandade da Roda	Veterano M50	03:01:39	+01:52:40	12:07

Veterano M60

1	4018	Fernando Gomes de Sousa	Individual	Veterano M60	01:40:21	+31:21	06:41
2	4043	Álvaro Norberto Pereira Silva	MSS CONTABILIDADE TRAIL TEAM	Veterano M60	01:51:21	+42:22	07:25
3	4316	Carlos Macedo	A.D.Amarante	Veterano M60	01:54:21	+45:21	07:37
4	4029	José Domingues Neves	AMIGOS DAS CORRIDAS PLACE FOZ	Veterano M60	02:20:06	+01:11:07	09:20
5	4080	Mário Álvaro Rúber de Meneses	Montanha Amiga	Veterano M60	02:36:54	+01:27:55	10:28
6	4013	JOSÉ AUGUSTO TEIXEIRA PIRES DE LIMA	PERNAS INERTES	Veterano M60	02:47:39	+01:38:40	11:11

COLETIVO - 15KMS

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	AIRORUN	05:15:41 [1 + 3 + 8 + 14]	0
2	FRIDÃO SEM LIMITES	06:08:10 [4 + 15 + 23 + 59]	0
3	A.D.AMARANTE	06:36:01 [18 + 30 + 31 + 89]	0
4	GONDOMAR FUTSAL CLUBE	06:53:25 [22 + 34 + 42 + 155]	0
5	OADA - OS AMIGOS DA AVENTURA	07:05:21 [16 + 74 + 75 + 92]	0
6	SPA	07:11:16 [56 + 67 + 68 + 69]	0
7	BORA LÁ!	07:17:45 [36 + 54 + 83 + 145]	0
8	B.T.M.	07:26:17 [44 + 45 + 129 + 158]	0
9	EQUIPA A	07:26:44 [32 + 46 + 106 + 195]	0
10	JUVENTUDE CORTEGACENSE	07:43:15 [57 + 110 + 111 + 135]	0
11	UNIDOS PELOS TRILHOS	07:50:24 [86 + 118 + 119 + 120]	0
12	AMIGOS DAS CORRIDAS PLACE FOZ	07:56:45 [90 + 104 + 139 + 148]	0
13	GRUPO 46 "LAVRA RUN"	08:04:10 [93 + 94 + 170 + 171]	0
14	S. S. MONTEPIO	08:09:10 [105 + 107 + 128 + 204]	0
15	SERFISIO	08:09:36 [78 + 154 + 167 + 177]	0
16	ARCA BARCELOS RUNNERS	08:13:25 [65 + 101 + 207 + 208]	0
17	GIVEC	08:16:19 [63 + 137 + 140 + 243]	0
18	FACTOR X / S4L / MEDENSE FC	08:16:31 [127 + 144 + 150 + 187]	0
19	LINCES DO MARÃO	08:29:43 [143 + 149 + 192 + 201]	0
20	VIDAATIVARUNNERS	08:42:54 [132 + 142 + 219 + 240]	0
21	OUTLAW RUNNERS	08:56:07 [71 + 202 + 203 + 297]	0
22	AFIFENSE TRAIL	09:16:13 [84 + 199 + 271 + 293]	0
23	PERNAS INERTES	09:16:59 [102 + 103 + 283 + 311]	0
24	NOCTURNOS DE PAREDES	09:36:49 [216 + 217 + 264 + 265]	0
25	SCESPINHO-ATLETISMO/ANTONIO LEITAO	10:23:01 [256 + 284 + 285 + 300]	0
26	SÃO TEAM	10:26:11 [224 + 230 + 318 + 319]	0
27	IRMANDADE DA RODA	12:04:34 [325 + 328 + 329 + 330]	0