

74KM - STAGE 1

74 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	06:00	15.7°C	100%
End	22:04	15.7°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	39	Ricardo Silva	edv viana trail	Veterano M30	08:37:22		06:59
2	35	Helder Rocha	douroconta - gabinete de apoio e contabilidade, lda	Veterano M40	09:59:39	+01:22:17	08:06
3	9	Pedro Batista	arsm - associação recreativa de s. miguel	Veterano M40	10:00:59	+01:23:37	08:07
4	17	Pablo Conde Estévez	boavista trail	Veterano M40	10:17:22	+01:40:00	08:21
5	40	João Gonçalves	edv viana trail	Veterano M40	10:34:18	+01:56:56	08:34
6	21	ricardo Vieira	brabus runners	Veterano M40	10:38:09	+02:00:47	08:37
7	74	Artur J Pereira	individual	Veterano M40	10:44:54	+02:07:32	08:43
8	90	ADOLFO GARRIDO FERNANDEZ	individual	Veterano M50	10:55:27	+02:18:05	08:51
9	76	Belmiro Manuel Rodrigues Moreira	individual	Veterano M40	10:59:00	+02:21:38	08:54
10	95	Jocelina Jesus ferreira	montanha clube trail running/efapel	Veterana F40	11:34:48	+02:57:26	09:23
11	49	João Oliveira	go! runners	Veterano M40	11:41:50	+03:04:28	09:29
12	34	José Miguel Pinto	douroconta - gabinete de apoio e contabilidade, lda	Veterano M30	11:43:15	+03:05:53	09:30
13	110	Nuno Silva	salgueiros running	Veterano M40	11:49:10	+03:11:48	09:35
14	113	Rui Araújo	sim summit	Senior Masculino	11:54:45	+03:17:23	09:40
15	44	VÍTOR MAIA	espinho trail	Veterano M30	12:11:42	+03:34:20	09:53
16	45	GILBERTO COSTA	espinho trail	Veterano M40	12:11:42	+03:34:20	09:53
17	67	Ricardo Silva	edv viana trail	Veterano M30	12:20:29	+03:43:07	10:00
18	68	Ricardo Sousa	boavista trail	Veterano M30	12:21:13	+03:43:51	10:01
19	81	JOAO ESPIGUINHA	individual	Veterano M40	12:25:08	+03:47:46	10:04
20	87	Paulo Venâncio	individual	Veterano M40	12:27:35	+03:50:12	10:06
21	106	João Olegário Pereira da Costa	sabores do paço/zatopeques	Veterano M40	12:27:59	+03:50:37	10:06
22	91	jose rodrigues costa	individual	Veterano M50	12:38:04	+04:00:42	10:15
23	100	Adriano Ferreira	o que queremos é monte	Veterano M30	12:38:55	+04:01:33	10:15
24	65	Miguel lopes	boavista trail	Veterano M30	12:38:56	+04:01:33	10:15
25	25	Daniel Costa	clube atletismo fafe	Veterano M30	12:38:56	+04:01:33	10:15
26	80	GERMANO ADREGA CARDOSO	individual	Veterano M40	12:41:27	+04:04:05	10:17
27	77	Domingos Teixeira	individual	Veterano M40	13:01:08	+04:23:46	10:33
28	104	Nelson Machado	profisioeupagoteam	Veterano M30	13:18:25	+04:41:03	10:47
29	14	Francisco Fernandes	b.t.m.	Veterano M30	13:26:48	+04:49:26	10:54
30	31	Alberto Silva	crocodilos /misterpc	Veterano M30	13:29:27	+04:52:05	10:56
31	10	Maria loureiro	associação desportiva de cabroelo	Veterana F40	13:33:00	+04:55:38	10:59
32	22	Fernando Homem	c.a.s.p.a.(clube amador só para atletismo)	Veterano M40	13:41:26	+05:04:04	11:06
33	98	Raquel Vasconcelos	no tomorrow running team	Veterana F40	13:47:45	+05:10:23	11:11
34	99	Paulo Gomes	no tomorrow running team	Veterano M40	13:47:46	+05:10:24	11:11
35	109	Paulo Marques	sai do sofá	Veterano M40	13:52:32	+05:15:10	11:15
36	94	Nuno Jaime	matosinhos futsal clube	Veterano M40	13:52:47	+05:15:25	11:15
37	54	Rui Gomes	hora do lobo trail - cf perosinho atletismo	Veterano M30	13:57:01	+05:19:39	11:19
38	36	Patricia Palma	edv viana trail	Veterana F30	13:57:25	+05:20:03	11:19

74KM - STAGE 1

74 KM

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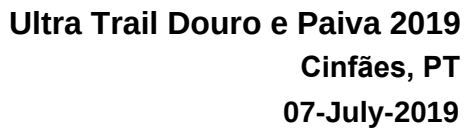
OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
39	43	Carlos Azevedo	éjáli...clube de amigos trailrunners	Veterano M40	14:10:00	+05:32:38	11:29
40	125	Vitor Fonseca	vitor fonseca	Veterano M30	14:10:01	+05:32:39	11:29
41	42	Marco Silva	éjáli...clube de amigos trailrunners	Veterano M30	14:10:02	+05:32:40	11:29
42	115	Filipe Martinho	super lesmas / óbila ótica	Veterano M40	14:20:32	+05:43:10	11:38
43	33	Miguel Sá	desnível positivo	Veterano M40	14:27:45	+05:50:23	11:44
44	86	Manuel Guedes	individual	Veterano M40	14:28:33	+05:51:11	11:44
45	6	Nuno José	adrm	Veterano M30	14:28:50	+05:51:28	11:44
46	46	João Artur Tomaz	évora night runners	Senior Masculino	14:35:17	+05:57:55	11:50
47	23	Américo Gomes	clube atletismo de lamas	Veterano M40	14:45:08	+06:07:46	11:58
48	114	Nuno Teixeira	sportarc.running	Veterano M30	14:45:09	+06:07:47	11:58
49	101	Rogério Abreu	o que queremos é monte	Veterano M40	14:50:03	+06:12:41	12:02
50	71	Vitor costa	individual	Veterano M30	14:50:03	+06:12:41	12:02
51	66	Nuno Sá	individual	Veterano M30	15:18:53	+06:41:31	12:25
52	88	Pedro Prates	individual	Veterano M40	15:21:22	+06:44:00	12:27
53	96	Rita Gabriel	não fazemos nem mais 1km	Veterana F30	15:23:12	+06:45:50	12:29
54	16	Paulo Fernandes	barrancos f.c/biogado	Veterano M40	15:23:13	+06:45:51	12:29
55	50	José Mendes	gondomar futsal clube	Veterano M50	15:30:58	+06:53:36	12:35
56	103	Antonio Oliveira	os finos	Veterano M40	15:47:46	+07:10:24	12:48
57	85	Luís Miguel de Oliveira Martins	individual	Veterano M40	15:47:52	+07:10:30	12:49
58	28	Silvério Oliveira dos Santos	clube pessoal águas gaia	Veterano M40	16:01:09	+07:23:47	12:59
59	11	Sara Sousa	atr-algarve trail running	Veterana F30	16:03:01	+07:25:39	13:01

Obs

BIB	NOTE	NAME	TEAM	CAT
53	DQ	Luis Teixeira	Limitless	Veterano M30
63	DQ	Henrique Manuel Sousa Cardoso	Individual	Veterano M30
120	DQ	Daniel Grenha Fonseca	Vassouras 70km	Veterano M40
1	DNF	Telmo Mendonsa	MONTE DOS AMIGOS	Veterano M40
12	DNF	Ricardo Araújo	B.T.M.	Senior Masculino
27	DNF	Roberto Solano	Clube Desportivo Infante	Veterano M40
55	DNF	Catia Santos	Individual	Veterana F30
58	DNF	Nidia Valadares	Individual	Veterana F40
59	DNF	Olga Caiado	Individual	Veterana F40
62	DNF	Filipe nuno	Individual	Veterano M30
70	DNF	Silvio Freitas	Individual	Veterano M30
72	DNF	Afonso Goncalves	Individual	Veterano M40
78	DNF	Ezequiel Salvado de Oliveira	Individual	Veterano M40
79	DNF	Fernando Álvarez García	Individual	Veterano M40
82	DNF	Jorge Pinto	Individual	Veterano M40
97	DNF	Dora Dias	NO TOMORROW RUNNING TEAM	Veterana F30
105	DNF	Nelson vaz	ProFisioepagoTeam	Veterano M30
107	DNF	Gislaine Costa	Safados Do Trail	Veterana F40
108	DNF	Hugo Carolino	Safados Do Trail	Veterano M30
111	DNF	JORGE COELHO	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M40
112	DNF	PORFIRIO DA SILVA PEREIRA	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M40
116	DNF	Pedro Alexandre Graça Dias	Vassouras 68km	Veterano M30



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OFFICIAL RESULT

BIB	NOTE	NAME	TEAM	CAT
117	DNF	jose duarte	Vassouras 68km	Veterano M40
119	DNF	Cristiana Machado	Vassouras 70km	Veterana F30
123	DNF	Renato Ferreira	Viseu Running Team	Veterano M40

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74 KM

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UNOFFICIAL RESULT

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	Time	Temperature	Humidity
Start	06:00	15.7°C	100%
End	22:04	15.7°C	100%

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

1	113	Rui Araújo	SiM Summit	Senior Masculino	11:54:45	+03:17:23	09:40:22
2	46	João Artur Tomaz	Évora Night Runners	Senior Masculino	14:35:17	+05:57:55	11:50:22

Veterana F30

1	36	Patricia Palma	EDV VIANA TRAIL	Veterana F30	13:57:25	+05:20:03	11:19:28
2	96	Rita Gabriel	Não fazemos nem mais 1km	Veterana F30	15:23:12	+06:45:50	12:29:02
3	11	Sara Sousa	ATR-Algarve Trail Running	Veterana F30	16:03:01	+07:25:39	13:01:22

Veterana F40

1	95	Jocelina Jesus ferreira	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Veterana F40	11:34:48	+02:57:26	09:23:52
2	10	Maria loureiro	Associação Desportiva de Cabroelo	Veterana F40	13:33:00	+04:55:38	10:59:02
3	98	Raquel Vasconcelos	NO TOMORROW RUNNING TEAM	Veterana F40	13:47:45	+05:10:23	11:12:22

Veterano M30

1	39	Ricardo Silva	EDV VIANA TRAIL	Veterano M30	08:37:22	06:59:33
2	34	José Miguel Pinto	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M30	11:43:15	+03:05:53 09:30:00
3	44	VÍTOR MAIA	ESPINHO TRAIL	Veterano M30	12:11:42	+03:34:20 09:53:00
4	67	Ricardo Silva	EDV VIANA TRAIL	Veterano M30	12:20:29	+03:43:07 10:00:00
5	68	Ricardo Sousa	Boavista Trail	Veterano M30	12:21:13	+03:43:51 10:01:00
6	100	Adriano Ferreira	o que queremos é monte	Veterano M30	12:38:55	+04:01:33 10:15:00
7	65	Miguel lopes	Boavista Trail	Veterano M30	12:38:56	+04:01:33 10:15:00
8	25	Daniel Costa	clube atletismo fafe	Veterano M30	12:38:56	+04:01:33 10:15:00
9	104	Nelson Machado	ProfisioeupagoTeam	Veterano M30	13:18:25	+04:41:03 10:47:00
10	14	Francisco Fernandes	B.T.M.	Veterano M30	13:26:48	+04:49:26 10:54:00
11	31	Alberto Silva	Crocodilos /MisterPC	Veterano M30	13:29:27	+04:52:05 10:56:00
12	54	Rui Gomes	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M30	13:57:01	+05:19:39 11:19:00
13	125	Vitor Fonseca	Vitor Fonseca	Veterano M30	14:10:01	+05:32:39 11:29:00
14	42	Marco Silva	éjáli...clube de amigos trailrunners	Veterano M30	14:10:02	+05:32:40 11:29:00
15	6	Nuno José	ADRM	Veterano M30	14:28:50	+05:51:28 11:44:00
16	114	Nuno Teixeira	Sportarc.running	Veterano M30	14:45:09	+06:07:47 11:58:00
17	71	Vitor costa	Individual	Veterano M30	14:50:03	+06:12:41 12:02:00

Official Timekeeper: Lap2Go	1 / 2	generate 07-Jul-2019 22:08
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74KM

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UNOFFICIAL RESULT

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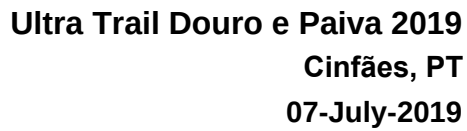
18	66	Nuno Sá	Individual	Veterano M30	15:18:53	+06:41:31	12:25
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Veterano M40

1	35	Helder Rocha	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M40	09:59:39	+01:22:17	08:06
2	9	Pedro Batista	ARSM - Associação Recreativa de S. Miguel	Veterano M40	10:00:59	+01:23:37	08:07
3	17	Pablo Conde Estévez	Boavista Trail	Veterano M40	10:17:22	+01:40:00	08:21
4	40	João Gonçalves	EDV VIANA TRAIL	Veterano M40	10:34:18	+01:56:56	08:34
5	21	ricardo Vieira	Brabus Runners	Veterano M40	10:38:09	+02:00:47	08:37
6	74	Artur J Pereira	Individual	Veterano M40	10:44:54	+02:07:32	08:43
7	76	Belmiro Manuel Rodrigues Moreira	Individual	Veterano M40	10:59:00	+02:21:38	08:54
8	49	João Oliveira	Go! Runners	Veterano M40	11:41:50	+03:04:28	09:29
9	110	Nuno Silva	salgueiros running	Veterano M40	11:49:10	+03:11:48	09:35
10	45	GILBERTO COSTA	ESPINHO TRAIL	Veterano M40	12:11:42	+03:34:20	09:53
11	81	JOAO ESPIGUINHA	Individual	Veterano M40	12:25:08	+03:47:46	10:04
12	87	Paulo Venâncio	Individual	Veterano M40	12:27:35	+03:50:12	10:06
13	106	João Olegário Pereira da Costa	Sabores Do Paço/zatopeques	Veterano M40	12:27:59	+03:50:37	10:06
14	80	GERMANO ADREGA CARDOSO	Individual	Veterano M40	12:41:27	+04:04:05	10:17
15	77	Domingos Teixeira	Individual	Veterano M40	13:01:08	+04:23:46	10:33
16	22	Fernando Homem	C.A.S.P.A.(Clube Amador Só Para Atletismo)	Veterano M40	13:41:26	+05:04:04	11:06
17	99	Paulo Gomes	NO TOMORROW RUNNING TEAM	Veterano M40	13:47:46	+05:10:24	11:11
18	109	Paulo Marques	Sai do sofá	Veterano M40	13:52:32	+05:15:10	11:15
19	94	Nuno Jaime	Matosinhos futsal clube	Veterano M40	13:52:47	+05:15:25	11:15
20	43	Carlos Azevedo	éjáli...clube de amigos trailrunners	Veterano M40	14:10:00	+05:32:38	11:29
21	115	Filipe Martinho	Super Lesmas / Óbila Ótica	Veterano M40	14:20:32	+05:43:10	11:38
22	33	Miguel Sá	Desnível Positivo	Veterano M40	14:27:45	+05:50:23	11:44
23	86	Manuel Guedes	Individual	Veterano M40	14:28:33	+05:51:11	11:44
24	23	Américo Gomes	CLUBE ATLETISMO DE LAMAS	Veterano M40	14:45:08	+06:07:46	11:58
25	101	Rogério Abreu	o que queremos é monte	Veterano M40	14:50:03	+06:12:41	12:02
26	88	Pedro Prates	Individual	Veterano M40	15:21:22	+06:44:00	12:27
27	16	Paulo Fernandes	Barrancos F.C/Biogado	Veterano M40	15:23:13	+06:45:51	12:29
28	103	Antonio Oliveira	Os Finos	Veterano M40	15:47:46	+07:10:24	12:48
29	85	Luís Miguel de Oliveira Martins	Individual	Veterano M40	15:47:52	+07:10:30	12:49
30	28	Silvério Oliveira dos Santos	Clube Pessoal Águas Gaia	Veterano M40	16:01:09	+07:23:47	12:59

Veterano M50

1	90	ADOLFO GARRIDO FERNANDEZ	Individual	Veterano M50	10:55:27	+02:18:05	08:51
2	91	jose rodriguez costa	Individual	Veterano M50	12:38:04	+04:00:42	10:15
3	50	José Mendes	GONDOMAR FUTSAL CLUBE	Veterano M50	15:30:58	+06:53:36	12:35

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Official Timekeeper: Lap2Go	1 / 1	generate 11-Jul-2019 09:53
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44KM - STAGE 1

44 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	08:30	16.6°C	100%
End	18:44	16.6°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1046	Nelson Santos	dão nelas runners	Veterano M40	04:28:14		06:06
2	1110	Nuno nunes	individual	Veterano M30	04:43:36	+15:22	06:27
3	1184	António Amorim	sc espinho - atletismo / antónio leitão	Veterano M40	04:55:18	+27:04	06:43
4	1173	Luís Pedro Martins	oralklass - amigos do trail	Veterano M40	04:56:00	+27:45	06:44
5	1121	Carlos Ferreira	btt alegria // tubani	Veterano M40	04:58:33	+30:19	06:47
6	1147	Tiago	individual	Veterano M40	05:01:57	+33:42	06:52
7	1005	Carlos Vieira	adsebolido trail boneca douro	Veterano M30	05:05:51	+37:37	06:57
8	1135	Lino Pinto	btt alegria // tubani	Veterano M40	05:07:27	+39:13	06:59
9	1151	Humberto Vara	individual	Veterano M50	05:13:27	+45:13	07:07
10	1128	Frank Fritsche	individual	Veterano M40	05:16:06	+47:51	07:11
11	1076	Pedro Nunes	individual	Senior Masculino	05:18:27	+50:12	07:14
12	1078	Tiago Manuel Ferreira	individual	Senior Masculino	05:26:43	+58:28	07:26
13	1053	Pedro Costa	douroconta - gabinete de apoio e contabilidade, lda	Veterano M40	05:31:36	+01:03:22	07:32
14	1035	Joaquim Silva	capital douro	Veterano M40	05:35:11	+01:06:56	07:37
15	1163	Tiago Soares	moinhos run-adrm	Veterano M30	05:35:58	+01:07:44	07:38
16	1170	Fernando Carvalho	nós acreditamos	Veterano M40	05:40:10	+01:11:55	07:44
17	1115	Sérgio Filipe Carvalho Almeida	individual	Veterano M30	05:40:59	+01:12:44	07:45
18	1101	João Oliveira	individual	Veterano M30	05:41:59	+01:13:45	07:46
19	1077	Pedro Silva	individual	Senior Masculino	05:42:14	+01:14:00	07:47
20	1130	Hilário Louro	individual	Veterano M40	05:43:44	+01:15:30	07:49
21	1043	Cláudio Roças	dão nelas runners	Senior Masculino	05:43:53	+01:15:38	07:49
22	1157	Jorge Domingues	lebres minhotas	Veterano M40	05:45:35	+01:17:21	07:51
23	1137	Miguel de Oliveira	individual	Veterano M40	05:49:42	+01:21:27	07:57
24	1029	João Ferreira	brabus runners	Veterano M30	05:51:29	+01:23:15	07:59
25	1031	Marco André Sousa Pinto	brabus runners	Veterano M30	05:51:50	+01:23:36	08:00
26	1191	Nuno Moreira	team tt	Veterano M30	05:52:16	+01:24:01	08:00
27	1028	Fernando Jorge da Costa Pereira	brabus runners	Veterano M30	05:56:12	+01:27:58	08:06
28	1040	José Duarte	coronado runners	Veterano M40	06:00:14	+01:31:59	08:11
29	1027	Bruno Cunha	brabus runners	Veterano M30	06:02:17	+01:34:02	08:14
30	1074	Miguel Ângelo Oliveira Soares	guimarunning	Veterano M40	06:04:32	+01:36:18	08:17
31	1196	Jairo Hernández Pérez	ultra trail de gredos	Veterano M30	06:07:20	+01:39:06	08:21
32	1038	Henrique Faria	clube spiridon de gaia	Veterano M50	06:10:01	+01:41:46	08:25
33	1018	Nuno Iomba	apúlia a correr	Veterano M30	06:10:06	+01:41:51	08:25
34	1164	António Pinto	monte dos amigos	Veterano M30	06:13:21	+01:45:06	08:29
35	1060	Daniel Terra	factor x / s4l / medense fc	Veterano M30	06:13:54	+01:45:39	08:30
36	1033	Filipe Pinto	btt alegria // tubani	Veterano M30	06:16:00	+01:47:45	08:33
37	1017	Jorge Manuel Barbosa Moreira	amigos do pedal trailagares	Veterano M50	06:17:38	+01:49:24	08:35
38	1098	João Filipe dos Reis Alves	individual	Veterano M30	06:19:43	+01:51:29	08:38
39	1036	António Morgado	chitas de alcobaça	Veterano M50	06:20:24	+01:52:10	08:39
40	1071	Ângela Eduarda Gomes da Costa	guimarunning	Veterana F40	06:21:57	+01:53:43	08:41

44KM - STAGE 1

44 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	1093	Filipe Braga	individual	Veterano M30	06:22:01	+01:53:47	08:41
42	1199	João Ricardo	vimarunners	Veterano M30	06:23:04	+01:54:50	08:42
43	1145	Rúben Miguel Mendes Alves	individual	Veterano M40	06:28:31	+02:00:16	08:50
44	1003	Fábio Silva	acbatalha	Veterano M30	06:29:01	+02:00:47	08:50
45	1180	Artur Gil	pés de chumbo runners	Veterano M40	06:29:32	+02:01:17	08:51
46	1023	Bruno Ricardo Gomes de Pinho	boavista trail	Veterano M30	06:30:18	+02:02:03	08:52
47	1105	JOSE MANUEL RODRIGUEZ GONZALEZ	individual	Veterano M30	06:31:17	+02:03:03	08:54
48	1049	Gonçalo Manuel Reis Carregueiro	dolcefuradouro	Veterano M30	06:33:30	+02:05:16	08:57
49	1155	Ricardo Pimenta	ker sport trail running	Veterano M40	06:35:06	+02:06:51	08:59
50	1026	Vítor Manuel Dias Alves	brabus runners	Senior Masculino	06:35:59	+02:07:44	09:00
51	1039	Simão Castro	coimbra trail running	Veterano M30	06:37:56	+02:09:41	09:03
52	1020	Bruno Dias	a-team	Veterano M30	06:38:50	+02:10:35	09:04
53	1153	Pedro Ribeiro	individual	Veterano M50	06:38:54	+02:10:39	09:04
54	1059	EDUARDO PINTO	espinho trail	Veterano M40	06:40:50	+02:12:35	09:07
55	1058	FILIPE COUTO	espinho trail	Veterano M30	06:40:51	+02:12:36	09:07
56	1133	José Organista	individual	Veterano M40	06:41:07	+02:12:52	09:07
57	1021	Rafael Almeida	a-team	Veterano M30	06:42:51	+02:14:37	09:09
58	1112	pedro mendes	individual	Veterano M30	06:43:21	+02:15:07	09:10
59	1045	Henrique Manuel Dinis Fernandes	dão nelas runners	Veterano M40	06:44:35	+02:16:20	09:12
60	1041	Adriana Sousa	cr candoso	Veterana F30	06:44:40	+02:16:25	09:12
61	1063	João Oliveira	gansos	Senior Masculino	06:45:25	+02:17:10	09:13
62	1034	Luis Mesquita	bustos runners	Veterano M40	06:46:35	+02:18:21	09:14
63	1120	Carlos Duarte	individual	Veterano M40	06:48:56	+02:20:42	09:18
64	1166	José Valente	nac trail	Veterano M30	06:53:48	+02:25:34	09:24
65	1175	José Lemos	os tolinhos	Veterano M50	06:54:39	+02:26:24	09:25
66	1103	João santos	individual	Veterano M30	06:54:39	+02:26:24	09:25
67	1113	Renato Silva	individual	Veterano M30	07:00:22	+02:32:08	09:33
68	1194	José Neves	trailistas"eu é que sei!"	Veterano M40	07:01:03	+02:32:49	09:34
69	1165	Manuel Paulo Couto Cardoso	motobikerebelos	Veterano M40	07:04:44	+02:36:29	09:39
70	1097	Helder Parracho	individual	Veterano M30	07:06:05	+02:37:50	09:41
71	1192	João André Oliveira	toneca&cookie	Veterano M30	07:07:04	+02:38:49	09:42
72	1044	Paulo Mendes	dão nelas runners	Veterano M30	07:07:37	+02:39:23	09:43
73	1056	ANA MIRANDA	edl trail	Veterana F40	07:09:40	+02:41:25	09:46
74	1042	Tomás Pereira	cr candoso	Veterano M50	07:09:47	+02:41:33	09:46
75	1148	VITOR CANCELA	individual	Veterano M40	07:09:57	+02:41:43	09:46
76	1123	César Sousa	sc espinho - atletismo / antónio leitão	Veterano M40	07:10:13	+02:41:58	09:47
77	1181	José Alberto Ribeiro	pés de chumbo runners	Veterano M40	07:14:26	+02:46:12	09:52
78	1096	Helder	individual	Veterano M30	07:17:40	+02:49:25	09:57
79	1092	Daniel Carvalho	individual	Veterano M30	07:17:40	+02:49:26	09:57
80	1139	Nuno	individual	Veterano M40	07:17:49	+02:49:34	09:57
81	1104	Jose Diogo Resende	individual	Veterano M30	07:18:07	+02:49:53	09:57
82	1009	Marco Machado	afrikanrunners	Veterano M40	07:20:37	+02:52:23	10:01
83	1010	Nelson Nunes	afrikanrunners	Veterano M40	07:20:37	+02:52:23	10:01

44KM - STAGE 1

44 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
84	1008	Emanuel Martins	afrikanrunners	Veterano M40	07:20:37	+02:52:23	10:01
85	1007	Domingos Gonçalves	afrikanrunners	Veterano M40	07:20:37	+02:52:23	10:01
86	1011	Ricardo Fernandes	afrikanrunners	Veterano M40	07:20:37	+02:52:23	10:01
87	1016	David Ferreira	amigos do empeno trail running	Veterano M30	07:20:38	+02:52:24	10:01
88	1204	Humberto Pinho	porto sentido runners	Veterano M60	07:20:41	+02:52:26	10:01
89	1143	Pedro Quadrio	individual	Veterano M40	07:21:16	+02:53:02	10:02
90	1037	David Camelo	cinfaes a correr	Veterano M30	07:21:36	+02:53:22	10:02
91	1070	Albino Campos	gtt - armazém do caffè	Veterano M50	07:24:23	+02:56:09	10:06
92	1091	António Cruz	individual	Veterano M30	07:24:56	+02:56:41	10:07
93	1051	Renato Veiga	dolcefuradouro	Veterano M40	07:28:50	+03:00:35	10:12
94	1171	Jorge Atalaia	o mundo da corrida	Veterano M30	07:31:17	+03:03:02	10:15
95	1066	Artur Bonfim	gtt - armazém do caffè	Veterano M40	07:32:49	+03:04:35	10:17
96	1069	Manu pinto	gtt - armazém do caffè	Veterano M40	07:32:49	+03:04:35	10:17
97	1013	Rui Pinho	akuafit	Veterano M40	07:32:58	+03:04:44	10:18
98	1012	Carlos Rodrigues	akuafit	Veterano M40	07:32:58	+03:04:44	10:18
99	1047	Maria Sá	dive into the mountains	Veterana F50	07:33:28	+03:05:14	10:18
100	1119	Bruno Guerra	individual	Veterano M40	07:33:28	+03:05:14	10:18
101	1117	Antonio Fonseca	individual	Veterano M40	07:36:29	+03:08:14	10:22
102	1125	Duarte Sousa	individual	Veterano M40	07:42:01	+03:13:46	10:30
103	1079	Tony Lopes	individual	Senior Masculino	07:43:23	+03:15:09	10:32
104	1050	Nelson Dias	dolcefuradouro	Veterano M30	07:46:37	+03:18:22	10:36
105	1174	Samuel Nunes	os tolinhos	Veterano M40	07:47:57	+03:19:42	10:38
106	1082	Paula Almeida	individual	Veterana F30	07:49:07	+03:20:52	10:40
107	1015	Patrícia Carvalho	amigos do empeno trail running	Veterana F30	07:52:35	+03:24:20	10:44
108	1014	Pedro Rafael Pinheiro Fernandes	amigos do empeno trail running	Senior Masculino	07:52:35	+03:24:20	10:44
109	1182	Rogério Oliveira	pés de chumbo runners	Veterano M40	07:55:10	+03:26:56	10:48
110	1138	Miguel Lopes	individual	Veterano M40	07:55:11	+03:26:56	10:48
111	1116	André Nuno Gandarão Dias	individual	Veterano M40	07:55:15	+03:27:01	10:48
112	1024	Tiago Moreira	boavista trail	Veterano M40	07:59:53	+03:31:39	10:54
113	1158	Ivan rocha	limitless	Veterano M30	08:00:07	+03:31:52	10:55
114	1154	Rui Monteiro	individual	Veterano M50	08:00:07	+03:31:53	10:55
115	1111	Paulo Sérgio Lopes Fernandes	individual	Veterano M30	08:01:10	+03:32:55	10:56
116	1197	Sergio Felipe González Rodríguez	ultra trail de gredos	Veterano M40	08:02:22	+03:34:07	10:58
117	1118	Antonio Santos	individual	Veterano M40	08:04:07	+03:35:53	11:00
118	1172	Luis Calheiros	o mundo da corrida	Veterano M40	08:06:24	+03:38:09	11:03
119	1136	manuel Candeias	individual	Veterano M40	08:08:40	+03:40:25	11:06
120	1067	Dimitri Matos	gtt - armazém do caffè	Veterano M40	08:15:08	+03:46:53	11:15
121	1150	Antero Cunha	individual	Veterano M50	08:16:30	+03:48:16	11:17
122	1025	Diva Jardim	bordal - bordadod da madeira	Veterana F50	08:18:44	+03:50:30	11:20
123	1022	Nuno Pimpão	barrancos f.c/biogado	Veterano M30	08:20:47	+03:52:32	11:23
124	1084	Ana Martins	individual	Veterana F40	08:20:47	+03:52:33	11:23
125	1159	Antonio folgado	liz runners	Veterano M50	08:25:38	+03:57:24	11:30
126	1048	João Paulo	dive into the mountains	Veterano M40	08:28:21	+04:00:07	11:33
127	1089	Cristina Saraiva	individual	Veterana F50	08:30:21	+04:02:07	11:36
128	1179	Arsénio Santos	pascoalitos ad barcouço	Veterano M50	08:30:28	+04:02:13	11:36

44KM - STAGE 1

44 KM

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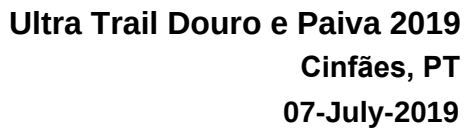
OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
129	1178	David Jesus	pascoalitos ad barcouço	Veterano M30	08:30:28	+04:02:13	11:36
130	1202	Jose Antonio Perez Fernandez	individual	Veterano M60	08:32:59	+04:04:44	11:40
131	1203	Pedro Moreira	no tomorrow running team	Veterano M40	08:36:01	+04:07:46	11:44
132	1054	Iracema Braun	ecospirit	Veterana F40	08:36:09	+04:07:54	11:44
133	1126	Eric Lorphèvre	individual	Veterano M40	08:36:56	+04:08:42	11:45
134	1144	Pedro Ruano de Castro	individual	Veterano M40	08:38:00	+04:09:45	11:46
135	1065	Liliana Costa	grupo fontes running team	Veterana F30	09:01:17	+04:33:03	12:18
136	1075	Frederico Santos	individual	Senior Masculino	09:01:18	+04:33:03	12:18
137	1055	Andreas Slabik	ecospirit	Veterano M50	09:07:58	+04:39:43	12:27
138	1185	M. Lurdes Barbedo	sucupiraf.c / runriver- escola de atletismo de rio tinto	Veterana F40	09:12:33	+04:44:19	12:33
139	1187	Hélder Monteiro	sucupiraf.c / runriver- escola de atletismo de rio tinto	Veterano M40	09:12:33	+04:44:19	12:33
140	1188	Henrique Barbedo	sucupiraf.c / runriver- escola de atletismo de rio tinto	Veterano M40	09:12:34	+04:44:19	12:34
141	1186	Helder Castro	sucupiraf.c / runriver- escola de atletismo de rio tinto	Veterano M40	09:12:34	+04:44:20	12:34
142	1149	Amadeu Carvalho	individual	Veterano M50	09:13:24	+04:45:09	12:35
143	1086	Isabel Santos	individual	Veterana F40	09:20:45	+04:52:30	12:45
144	1195	Ana Correia	trilho perdido eventos / imporlux	Veterana F40	09:20:45	+04:52:30	12:45
145	1083	Rita Afonso	individual	Veterana F30	09:20:45	+04:52:31	12:45
146	1088	BARBARA SILVEIRA	individual	Veterana F50	09:20:45	+04:52:31	12:45
147	1167	Ana Barroso	no tomorrow running team	Veterana F40	09:32:31	+05:04:17	13:01
148	1168	Paula Lopes	no tomorrow running team	Veterana F40	09:32:32	+05:04:17	13:01
149	1081	Joana Carolina Teixeira Da Silva	individual	Veterana F30	10:00:06	+05:31:52	13:38
150	1140	Paulo Martins	individual	Veterano M40	10:00:06	+05:31:52	13:38
151	1142	Pedro Mucha	individual	Veterano M40	10:05:41	+05:37:26	13:46
152	1189	Ricardo Maia	sucupiraf.c / runriver- escola de atletismo de rio tinto	Veterano M40	10:09:04	+05:40:50	13:51
153	1061	Flávio Silva	fruta da 5.ª	Senior Masculino	10:11:21	+05:43:06	13:54
154	1176	Tania Ferreira	out 2 run/miro	Veterana F30	10:11:21	+05:43:06	13:54

Obs

BIB	NOTE	NAME	TEAM	CAT
1085	DQ	Carina Pereira	Individual	Veterana F40
1002	DNF	Leandro Anjos	A.D.Amarante trail running	Veterano M30
1006	DNF	Nelson Freitas	Afrikanrunners	Veterano M30
1052	DNF	Liliana Felgueiras	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterana F30
1073	DNF	Nuno Almeida	Guimarunning	Veterano M30
1080	DNF	Andreia Sofia Santos Mota	Individual	Veterana F30
1087	DNF	Paula Santos	Individual	Veterana F40
1095	DNF	Gilberto Sousa	Individual	Veterano M30
1099	DNF	João Menezes	Individual	Veterano M30
1106	DNF	Leonardo Maia	Individual	Veterano M30
1109	DNF	Nuno Correia	Individual	Veterano M30
1122	DNF	Carlos Passos	Individual	Veterano M40
1124	DNF	Domingos Faria	Individual	Veterano M40



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OFFICIAL RESULT

BIB	NOTE	NAME	TEAM	CAT
1127	DNF	flavio monteiro	Individual	Veterano M40
1129	DNF	Helder Oliveira	Individual	Veterano M40
1160	DNF	Daniela Martins	Los Manos	Veterana F30
1161	DNF	Paulo Oliveira	Los Manos	Veterano M30
1162	DNF	Pedro Tavares	Los Manos	Veterano M30
1169	DNF	Ricardo Oliveira	NO TOMORROW RUNNING TEAM	Veterano M40
1177	DNF	Beto Rodriguez	Pascoalitos AD Barcouço	Veterano M30

44KM

44 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	16.6°C	100%
End	18:44	16.6°C	100%

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

1	1076	Pedro Nunes	Individual	Senior Masculino	05:18:27	+50:12	07:14:41
2	1078	Tiago Manuel Ferreira	Individual	Senior Masculino	05:26:43	+58:28	07:26:51
3	1077	Pedro Silva	Individual	Senior Masculino	05:42:14	+01:14:00	07:47:24
4	1043	Cláudio Roças	Dão Nelas Runners	Senior Masculino	05:43:53	+01:15:38	07:49:31
5	1026	Vítor Manuel Dias Alves	Brabus Runners	Senior Masculino	06:35:59	+02:07:44	09:00:53
6	1063	João Oliveira	Gansos	Senior Masculino	06:45:25	+02:17:10	09:13:35
7	1079	Tony Lopes	Individual	Senior Masculino	07:43:23	+03:15:09	10:32:32
8	1014	Pedro Rafael Pinheiro Fernandes	Amigos do Empeno Trail Running	Senior Masculino	07:52:35	+03:24:20	10:44:55
9	1075	Frederico Santos	Individual	Senior Masculino	09:01:18	+04:33:03	12:18:21
10	1061	Flávio Silva	Fruta da 5.ª	Senior Masculino	10:11:21	+05:43:06	13:54:27

Veterana F30

1	1041	Adriana Sousa	CR CANDOSO	Veterana F30	06:44:40	+02:16:25	09:12:45
2	1082	Paula Almeida	Individual	Veterana F30	07:49:07	+03:20:52	10:40:00
3	1015	Patrícia Carvalho	Amigos do Empeno Trail Running	Veterana F30	07:52:35	+03:24:20	10:44:00
4	1065	Liliana Costa	GRUPO FONTES RUNNING TEAM	Veterana F30	09:01:17	+04:33:03	12:18:00
5	1083	Rita Afonso	Individual	Veterana F30	09:20:45	+04:52:31	12:45:00
6	1081	Joana Carolina Teixeira Da Silva	Individual	Veterana F30	10:00:06	+05:31:52	13:38:00
7	1176	Tania Ferreira	out 2 run/Miro	Veterana F30	10:11:21	+05:43:06	13:54:00

Veterana F40

1	1071	Ângela Eduarda Gomes da Costa	Guimarunning	Veterana F40	06:21:57	+01:53:43	08:41:50
2	1056	ANA MIRANDA	EDL Trail	Veterana F40	07:09:40	+02:41:25	09:46:05
3	1084	Ana Martins	Individual	Veterana F40	08:20:47	+03:52:33	11:23:20
4	1054	Iracema Braun	EcoSpirit	Veterana F40	08:36:09	+04:07:54	11:44:03
5	1185	M. Lurdes Barbedo	SucupiraF.c / RunRiver- Escola de atletismo de Rio Tinto	Veterana F40	09:12:33	+04:44:19	12:33:12
6	1086	Isabel Santos	Individual	Veterana F40	09:20:45	+04:52:30	12:45:15
7	1195	Ana Correia	Trilho Perdido Eventos / Importlux	Veterana F40	09:20:45	+04:52:30	12:45:15
8	1167	Ana Barroso	NO TOMORROW RUNNING TEAM	Veterana F40	09:32:31	+05:04:17	13:01:12
9	1168	Paula Lopes	NO TOMORROW RUNNING TEAM	Veterana F40	09:32:32	+05:04:17	13:01:13

44KM

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44 KM

OFFICIAL RESULT

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Veterana F50

1	1047	Maria Sá	Dive Into the Mountains	Veterana F50	07:33:28	+03:05:14	10:18
2	1025	Diva Jardim	BORDAL - BORDADOD DA MADEIRA	Veterana F50	08:18:44	+03:50:30	11:20
3	1089	Cristina Saraiva	Individual	Veterana F50	08:30:21	+04:02:07	11:36
4	1088	BARBARA SILVEIRA	Individual	Veterana F50	09:20:45	+04:52:31	12:45

Veterano M30

1	1110	Nuno nunes	Individual	Veterano M30	04:43:36	+15:22	06:27
2	1005	Carlos Vieira	ADSebolido Trail Boneca Douro	Veterano M30	05:05:51	+37:37	06:57
3	1163	Tiago Soares	Moinhos Run-ADRM	Veterano M30	05:35:58	+01:07:44	07:38
4	1115	Sérgio Filipe Carvalho Almeida	Individual	Veterano M30	05:40:59	+01:12:44	07:45
5	1101	João Oliveira	Individual	Veterano M30	05:41:59	+01:13:45	07:46
6	1029	João Ferreira	Brabus Runners	Veterano M30	05:51:29	+01:23:15	07:59
7	1031	Marco André Sousa Pinto	Brabus Runners	Veterano M30	05:51:50	+01:23:36	08:00
8	1191	Nuno Moreira	TEAM TT	Veterano M30	05:52:16	+01:24:01	08:00
9	1028	Fernando Jorge da Costa Pereira	Brabus Runners	Veterano M30	05:56:12	+01:27:58	08:06
10	1027	Bruno Cunha	Brabus Runners	Veterano M30	06:02:17	+01:34:02	08:14
11	1196	Jairo Hernández Pérez	Ultra Trail de Gredos	Veterano M30	06:07:20	+01:39:06	08:21
12	1018	Nuno Iomba	Apúlia a Correr	Veterano M30	06:10:06	+01:41:51	08:25
13	1164	António Pinto	MONTE DOS AMIGOS	Veterano M30	06:13:21	+01:45:06	08:29
14	1060	Daniel Terra	Factor X / S4L / Medense FC	Veterano M30	06:13:54	+01:45:39	08:30
15	1033	Filipe Pinto	BTT Alegria // TUBANI	Veterano M30	06:16:00	+01:47:45	08:33
16	1098	João Filipe dos Reis Alves	Individual	Veterano M30	06:19:43	+01:51:29	08:38
17	1093	Filipe Braga	Individual	Veterano M30	06:22:01	+01:53:47	08:41
18	1199	João Ricardo	vimarunners	Veterano M30	06:23:04	+01:54:50	08:42
19	1003	Fábio Silva	ACBatalha	Veterano M30	06:29:01	+02:00:47	08:50
20	1023	Bruno Ricardo Gomes de Pinho	Boavista Trail	Veterano M30	06:30:18	+02:02:03	08:52
21	1105	JOSE MANUEL RODRIGUEZ GONZALEZ	Individual	Veterano M30	06:31:17	+02:03:03	08:54
22	1049	Gonçalo Manuel Reis Carregueiro	Dolcefuradouro	Veterano M30	06:33:30	+02:05:16	08:57
23	1039	Simão Castro	Coimbra Trail Running	Veterano M30	06:37:56	+02:09:41	09:03
24	1020	Bruno Dias	A-Team	Veterano M30	06:38:50	+02:10:35	09:04
25	1058	FILIPE COUTO	ESPINHO TRAIL	Veterano M30	06:40:51	+02:12:36	09:07
26	1021	Rafael Almeida	A-Team	Veterano M30	06:42:51	+02:14:37	09:09
27	1112	pedro mendes	Individual	Veterano M30	06:43:21	+02:15:07	09:10
28	1166	José Valente	Nac Trail	Veterano M30	06:53:48	+02:25:34	09:24
29	1103	João santos	Individual	Veterano M30	06:54:39	+02:26:24	09:25
30	1113	Renato Silva	Individual	Veterano M30	07:00:22	+02:32:08	09:33
31	1097	Helder Parracho	Individual	Veterano M30	07:06:05	+02:37:50	09:41
32	1192	João André Oliveira	Toneca&cookie	Veterano M30	07:07:04	+02:38:49	09:42
33	1044	Paulo Mendes	Dão Nelas Runners	Veterano M30	07:07:37	+02:39:23	09:43
34	1096	Helder	Individual	Veterano M30	07:17:40	+02:49:25	09:57
35	1092	Daniel Carvalho	Individual	Veterano M30	07:17:40	+02:49:26	09:57

44KM

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OFFICIAL RESULT

[illegible]

36	1104	Jose Diogo Resende	Individual	Veterano M30	07:18:07	+02:49:53	09:57
37	1016	David Ferreira	Amigos do Empeno Trail Running	Veterano M30	07:20:38	+02:52:24	10:01
38	1037	David Camelo	Cinfães a Correr	Veterano M30	07:21:36	+02:53:22	10:02
39	1091	António Cruz	Individual	Veterano M30	07:24:56	+02:56:41	10:07
40	1171	Jorge Atalaia	O Mundo da Corrida	Veterano M30	07:31:17	+03:03:02	10:15
41	1050	Nelson Dias	Dolcefuradouro	Veterano M30	07:46:37	+03:18:22	10:36
42	1158	Ivan rocha	Limitless	Veterano M30	08:00:07	+03:31:52	10:55
43	1111	Paulo Sérgio Lopes Fernandes	Individual	Veterano M30	08:01:10	+03:32:55	10:56
44	1022	Nuno Pimpão	Barrancos F.C/Biogado	Veterano M30	08:20:47	+03:52:32	11:23
45	1178	David Jesus	Pascoalitos AD Barcouço	Veterano M30	08:30:28	+04:02:13	11:36

Veterano M40

1	1046	Nelson Santos	Dão Nelas Runners	Veterano M40	04:28:14		06:06
2	1184	António Amorim	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M40	04:55:18	+27:04	06:43
3	1173	Luís Pedro Martins	Oralklass - Amigos Do Trail	Veterano M40	04:56:00	+27:45	06:44
4	1121	Carlos Ferreira	BTT Alegria // TUBANI	Veterano M40	04:58:33	+30:19	06:47
5	1147	Tiago	Individual	Veterano M40	05:01:57	+33:42	06:52
6	1135	Lino Pinto	BTT Alegria // TUBANI	Veterano M40	05:07:27	+39:13	06:59
7	1128	Frank Fritsche	Individual	Veterano M40	05:16:06	+47:51	07:11
8	1053	Pedro Costa	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M40	05:31:36	+01:03:22	07:32
9	1035	Joaquim Silva	Capital Douro	Veterano M40	05:35:11	+01:06:56	07:37
10	1170	Fernando Carvalho	Nós Acreditamos	Veterano M40	05:40:10	+01:11:55	07:44
11	1130	Hilário Louro	Individual	Veterano M40	05:43:44	+01:15:30	07:49
12	1157	Jorge Domingues	LEBRES MINHOTAS	Veterano M40	05:45:35	+01:17:21	07:51
13	1137	Miguel de Oliveira	Individual	Veterano M40	05:49:42	+01:21:27	07:57
14	1040	José Duarte	Coronado Runners	Veterano M40	06:00:14	+01:31:59	08:11
15	1074	Miguel Ângelo Oliveira Soares	Guimarunning	Veterano M40	06:04:32	+01:36:18	08:17
16	1145	Rúben Miguel Mendes Alves	Individual	Veterano M40	06:28:31	+02:00:16	08:50
17	1180	Artur Gil	Pés de Chumbo Runners	Veterano M40	06:29:32	+02:01:17	08:51
18	1155	Ricardo Pimenta	Ker Sport Trail Running	Veterano M40	06:35:06	+02:06:51	08:59
19	1059	EDUARDO PINTO	ESPINHO TRAIL	Veterano M40	06:40:50	+02:12:35	09:07
20	1133	José Organista	Individual	Veterano M40	06:41:07	+02:12:52	09:07
21	1045	Henrique Manuel Dinis Fernandes	Dão Nelas Runners	Veterano M40	06:44:35	+02:16:20	09:12
22	1034	Luis Mesquita	Bustos Runners	Veterano M40	06:46:35	+02:18:21	09:14
23	1120	Carlos Duarte	Individual	Veterano M40	06:48:56	+02:20:42	09:18
24	1194	José Neves	Trailistas"eu é que sei!"	Veterano M40	07:01:03	+02:32:49	09:34
25	1165	Manuel Paulo Couto Cardoso	Motobikerebelos	Veterano M40	07:04:44	+02:36:29	09:39
26	1148	VITOR CANCELA	Individual	Veterano M40	07:09:57	+02:41:43	09:46
27	1123	César Sousa	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M40	07:10:13	+02:41:58	09:47
28	1181	José Alberto Ribeiro	Pés de Chumbo Runners	Veterano M40	07:14:26	+02:46:12	09:52
29	1139	Nuno	Individual	Veterano M40	07:17:49	+02:49:34	09:57
30	1009	Marco Machado	Afrikanrunners	Veterano M40	07:20:37	+02:52:23	10:01
31	1010	Nelson Nunes	Afrikanrunners	Veterano M40	07:20:37	+02:52:23	10:01

Official Timekeeper: Lap2Go	3 / 5	generate 07-Jul-2019 18:51
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44KM

44 KM

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OFFICIAL RESULT

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32	1008	Emanuel Martins	Afrikanrunners	Veterano M40	07:20:37	+02:52:23	10:01
33	1007	Domingos Gonçalves	Afrikanrunners	Veterano M40	07:20:37	+02:52:23	10:01
34	1011	Ricardo Fernandes	Afrikanrunners	Veterano M40	07:20:37	+02:52:23	10:01
35	1143	Pedro Quadrio	Individual	Veterano M40	07:21:16	+02:53:02	10:02
36	1051	Renato Veiga	Dolcefuradouro	Veterano M40	07:28:50	+03:00:35	10:12
37	1066	Artur Bonfim	GTT - ARMAZÉM DO CAFFÈ	Veterano M40	07:32:49	+03:04:35	10:17
38	1069	Manu pinto	GTT - ARMAZÉM DO CAFFÈ	Veterano M40	07:32:49	+03:04:35	10:17
39	1013	Rui Pinho	AkuaFit	Veterano M40	07:32:58	+03:04:44	10:18
40	1012	Carlos Rodrigues	AkuaFit	Veterano M40	07:32:58	+03:04:44	10:18
41	1119	Bruno Guerra	Individual	Veterano M40	07:33:28	+03:05:14	10:18
42	1117	Antonio Fonseca	Individual	Veterano M40	07:36:29	+03:08:14	10:22
43	1125	Duarte Sousa	Individual	Veterano M40	07:42:01	+03:13:46	10:30
44	1174	Samuel Nunes	Os Tolinhos	Veterano M40	07:47:57	+03:19:42	10:38
45	1182	Rogério Oliveira	Pés de Chumbo Runners	Veterano M40	07:55:10	+03:26:56	10:48
46	1138	Miguel Lopes	Individual	Veterano M40	07:55:11	+03:26:56	10:48
47	1116	André Nuno Gandarão Dias	Individual	Veterano M40	07:55:15	+03:27:01	10:48
48	1024	Tiago Moreira	Boavista Trail	Veterano M40	07:59:53	+03:31:39	10:54
49	1197	Sergio Felipe González Rodríguez	Ultra Trail de Gredos	Veterano M40	08:02:22	+03:34:07	10:58
50	1118	Antonio Santos	Individual	Veterano M40	08:04:07	+03:35:53	11:00
51	1172	Luis Calheiros	O Mundo da Corrida	Veterano M40	08:06:24	+03:38:09	11:03
52	1136	manuel Candeias	Individual	Veterano M40	08:08:40	+03:40:25	11:06
53	1067	Dimitri Matos	GTT - ARMAZÉM DO CAFFÈ	Veterano M40	08:15:08	+03:46:53	11:15
54	1048	João Paulo	Dive Into the Mountains	Veterano M40	08:28:21	+04:00:07	11:33
55	1203	Pedro Moreira	NO TOMORROW RUNNING TEAM	Veterano M40	08:36:01	+04:07:46	11:44
56	1126	Eric Lorphèvre	Individual	Veterano M40	08:36:56	+04:08:42	11:45
57	1144	Pedro Ruano de Castro	Individual	Veterano M40	08:38:00	+04:09:45	11:46
58	1187	Hélder Monteiro	SucupiraF.c / RunRiver- Escola de atletismo de Rio Tinto	Veterano M40	09:12:33	+04:44:19	12:33
59	1188	Henrique Barbedo	SucupiraF.c / RunRiver- Escola de atletismo de Rio Tinto	Veterano M40	09:12:34	+04:44:19	12:34
60	1186	Helder Castro	SucupiraF.c / RunRiver- Escola de atletismo de Rio Tinto	Veterano M40	09:12:34	+04:44:20	12:34
61	1140	Paulo Martins	Individual	Veterano M40	10:00:06	+05:31:52	13:38
62	1142	Pedro Mucha	Individual	Veterano M40	10:05:41	+05:37:26	13:46
63	1189	Ricardo Maia	SucupiraF.c / RunRiver- Escola de atletismo de Rio Tinto	Veterano M40	10:09:04	+05:40:50	13:51

Veterano M50

1	1151	Humberto Vara	Individual	Veterano M50	05:13:27	+45:13	07:07
2	1038	Henrique Faria	Clube Spiridon de Gaia	Veterano M50	06:10:01	+01:41:46	08:25
3	1017	Jorge Manuel Barbosa Moreira	Amigos do Pedal TrailLagares	Veterano M50	06:17:38	+01:49:24	08:35
4	1036	António Morgado	Chitas de Alcobaça	Veterano M50	06:20:24	+01:52:10	08:39
5	1153	Pedro Ribeiro	Individual	Veterano M50	06:38:54	+02:10:39	09:04
6	1175	José Lemos	Os Tolinhos	Veterano M50	06:54:39	+02:26:24	09:25
7	1042	Tomás Pereira	CR CANDOSO	Veterano M50	07:09:47	+02:41:33	09:46
8	1070	Albino Campos	GTT - ARMAZÉM DO CAFFÈ	Veterano M50	07:24:23	+02:56:09	10:06

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44KM

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44 KM

OFFICIAL RESULT

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9	1154	Rui Monteiro	Individual	Veterano M50	08:00:07	+03:31:53	10:55
10	1150	Antero Cunha	Individual	Veterano M50	08:16:30	+03:48:16	11:17
11	1159	Antonio folgado	LIZ RUNNERS	Veterano M50	08:25:38	+03:57:24	11:30
12	1179	Arsénio Santos	Pascoalitos AD Barcouço	Veterano M50	08:30:28	+04:02:13	11:36
13	1055	Andreas Slabik	EcoSpirit	Veterano M50	09:07:58	+04:39:43	12:27
14	1149	Amadeu Carvalho	Individual	Veterano M50	09:13:24	+04:45:09	12:35

Veterano M60

1	1204	Humberto Pinho	Porto Sentido Runners	Veterano M60	07:20:41	+02:52:26	10:01
2	1202	Jose Antonio Perez Fernandez	Individual	Veterano M60	08:32:59	+04:04:44	11:40

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Official Timekeeper: Lap2Go	1 / 1	generate 07-Jul-2019 18:52
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24KM - STAGE 1

24 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	18.6°C	93%
End	16:46	18.6°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	2399	Mario Fonseca	nast - núcleo associativo de santo tirso	Veterano M30	02:06:30		05:16
2	2102	Paulo Mesquita	edv viana trail	Senior Masculino	02:16:06	+09:35	05:40
3	2219	Agostinho Reis	individual	Veterano M30	02:19:10	+12:39	05:48
4	2099	Mário Firmino	dolcefuradouro	Senior Masculino	02:24:07	+17:36	06:00
5	2108	Telmo Veloso	edv viana trail	Veterano M40	02:25:29	+18:58	06:04
6	2036	Frederico Cerdeira	amcf - arrábida trail team	Veterano M30	02:27:50	+21:19	06:10
7	2107	Ivan Silva	edv viana trail	Veterano M40	02:29:49	+23:18	06:15
8	2024	ALBERTO FREITAS	ad marco 09	Veterano M40	02:33:10	+26:39	06:23
9	2474	Paulo Esteves	dão nelas runners	Veterano M30	02:33:54	+27:23	06:25
10	2502	André Machado	adosa - os santa apolónia	Senior Masculino	02:34:02	+27:31	06:25
11	2221	Andre Filipe Correia Leal	individual	Veterano M30	02:37:06	+30:35	06:33
12	2388	João Amândio	montanha clube trail running/efapel	Veterano M30	02:37:50	+31:19	06:35
13	2409	Valter Correia	nova linha trail runners	Veterano M40	02:37:52	+31:21	06:35
14	2147	Tiago Gomes	ginásio clube de bragança	Senior Masculino	02:38:56	+32:25	06:37
15	2028	Joao mouro	adc sozense	Senior Masculino	02:40:06	+33:35	06:40
16	2414	Joao Ribeiro	oralklass - amigos do trail	Veterano M30	02:42:20	+35:49	06:46
17	1108	Miguel Carvalho	individual	Veterano M30	02:45:49	+39:18	06:55
18	2495	Ricardo Campos	individual	Veterano M30	02:47:17	+40:46	06:58
19	2374	Ernesto Alves	juventude cortegacense	Veterano M50	02:47:18	+40:47	06:58
20	2129	Ricardo Miguel Magalhães Nunes	fridão sem limites	Veterano M30	02:47:35	+41:04	06:59
21	2458	Vítor cruz	silva&vinha/adrap/sentir penafiel	Veterano M30	02:47:35	+41:04	06:59
22	2130	Rui Azevedo	fridão sem limites	Veterano M30	02:48:28	+41:57	07:01
23	2406	Francisco Lemos	nós acreditamos	Veterano M50	02:48:38	+42:08	07:02
24	2145	Nelson Rodrigues	galhardos runners	Veterano M30	02:49:23	+42:52	07:03
25	2165	André Silva	individual	Senior Masculino	02:49:33	+43:02	07:04
26	2444	Bruno Silva	sc espinho - atletismo / antónio leitão	Veterano M40	02:49:48	+43:17	07:05
27	2305	Nuno Pimenta	individual	Veterano M40	02:50:13	+43:42	07:06
28	2421	Marco Brochado	os lobos do saibro	Veterano M40	02:52:05	+45:34	07:10
29	2404	José Pinto	nós acreditamos	Veterano M30	02:52:26	+45:55	07:11
30	2437	Emanuel Costa	s. s. montepio	Veterano M40	02:52:26	+45:55	07:11
31	2264	Sergio Pinto	individual	Veterano M30	02:53:08	+46:37	07:13
32	3008	Alexandre Lourenço	a+	Veterano M40	02:53:19	+46:48	07:13
33	2311	Pedro Bôto	individual	Veterano M40	02:53:58	+47:27	07:15
34	2272	Alfredo Moreira	individual	Veterano M40	02:54:49	+48:18	07:17
35	2162	Rui Reis	hsantamariart	Veterano M30	02:55:22	+48:51	07:18
36	2027	José Ferreira	adc felgueira - freitaskyrunning	Veterano M40	02:56:30	+49:59	07:21
37	2501	Nel de Carvalho	adosa - os santa apolónia	Veterano M40	02:56:45	+50:14	07:22
38	2359	Joao Valente	juventude cortegacense	Senior Masculino	02:57:55	+51:24	07:25
39	2367	Joao Oliveira	juventude cortegacense	Veterano M40	02:58:51	+52:20	07:27
40	2127	Andreia Ribeiro Almeida	fridão sem limites	Senior Feminino	02:59:58	+53:27	07:30
41	2280	Fernando Coelho	individual	Veterano M40	03:00:01	+53:30	07:30

24KM - STAGE 1

24 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	2018	Pedro Guimaraes	#letzrunazores	Veterano M50	03:00:30	+53:59	07:31
43	2387	Bárbara Fernandes	montanha clube trail running/efapel	Veterana F30	03:01:06	+54:35	07:33
44	2473	Ana Sousa	team lantemil	Veterana F30	03:01:07	+54:36	07:33
45	2389	Filipe Póvoas	mss contabilidade trail team	Veterano M30	03:01:48	+55:17	07:35
46	2095	Carlos Cunha	dci/trilhos luso bussaco	Veterano M50	03:02:27	+55:56	07:36
47	2174	Tiago Pereira	individual	Senior Masculino	03:02:39	+56:08	07:37
48	2120	Joaquim Carvalho	factor x / s4l / medense fc	Veterano M30	03:03:54	+57:23	07:40
49	2410	Vitor Ferreira	nova linha trail runners	Veterano M40	03:03:55	+57:24	07:40
50	2017	Xavier Amorim	a.d.carvalhoal	Veterano M30	03:04:03	+57:32	07:40
51	2308	paulo coelho	individual	Veterano M40	03:04:13	+57:42	07:41
52	2286	Francisco Pinheiro	individual	Veterano M40	03:04:17	+57:46	07:41
53	2233	Hélder	individual	Veterano M30	03:04:32	+58:01	07:41
54	2040	Luis Miguel Martins Amaro	arsm - associação recreativa de s. miguel	Veterano M40	03:06:59	+01:00:28	07:47
55	2103	André Carvalho	edv viana trail	Senior Masculino	03:06:59	+01:00:28	07:47
56	2394	Manuel Póvoas	mss contabilidade trail team	Veterano M50	03:07:09	+01:00:38	07:48
57	2093	Rodrigo Vieira	dá-lhe gás team	Senior Masculino	03:08:49	+01:02:18	07:52
58	2363	Daniel Jose Silva Barros	juventude cortegacense	Veterano M30	03:08:53	+01:02:22	07:52
59	2105	Susana Simões	edv viana trail	Veterana F40	03:09:16	+01:02:45	07:53
60	2253	Nuno Tomé	individual	Veterano M30	03:10:46	+01:04:15	07:57
61	2117	Ricardo	individual	Veterano M30	03:10:58	+01:04:27	07:57
62	2489	Sabina Marques	viseu running team	Veterana F30	03:11:28	+01:04:57	07:59
63	2403	David Afonso	nós acreditamos	Veterano M30	03:11:36	+01:05:05	07:59
64	2126	Orlando campos	fisio.	Veterano M40	03:12:19	+01:05:48	08:01
65	2439	Marcio Silva	s. s. montepio	Veterano M40	03:12:24	+01:05:53	08:01
66	2112	ANTÓNIO DUARTE	espinho trail	Senior Masculino	03:12:24	+01:05:53	08:01
67	2370	Nuno Miguel Gonçalves Araújo	juventude cortegacense	Veterano M40	03:13:07	+01:06:36	08:03
68	2122	Ricardo Costa	figueirófit	Veterano M30	03:13:49	+01:07:18	08:05
69	2498	Bruno Pereira	individual	Veterano M30	03:14:24	+01:07:53	08:06
70	2460	Fernando Jorge Correia	sportarc.running	Senior Masculino	03:14:53	+01:08:22	08:07
71	2475	Rui Madureira	team trail bem viver	Senior Masculino	03:15:53	+01:09:22	08:10
72	2284	Filipe Bastos	individual	Veterano M40	03:15:56	+01:09:25	08:10
73	2098	Nelson Sousa	dirtrunners	Veterano M50	03:16:24	+01:09:53	08:11
74	2119	David Gonçalves	factor x / s4l / medense fc	Veterano M30	03:16:59	+01:10:28	08:13
75	2453	José Oliveira	sentir escariz running	Veterano M40	03:17:39	+01:11:08	08:14
76	2397	João Leite	nac trail	Veterano M30	03:17:39	+01:11:08	08:14
77	2429	Marco silva	outdoor clube de setúbal - strendure running team	Veterano M30	03:17:50	+01:11:19	08:15
78	2218	Miguel Barros	individual	Veterano M30	03:19:42	+01:13:11	08:19
79	2047	Vera Barbosa	boavista trail	Veterana F30	03:19:57	+01:13:26	08:20
80	2364	Ricardo Gama	juventude cortegacense	Veterano M30	03:20:03	+01:13:32	08:20
81	2042	José Luis Loureiro	autistic runners	Veterano M50	03:20:46	+01:14:15	08:22
82	2019	Diogo Mesquita	academia d'estrelas	Senior Masculino	03:22:26	+01:15:55	08:26
83	2053	LUÍS SILVA	brabus runners	Veterano M30	03:22:54	+01:16:23	08:27
84	2011	Sérgio Moreira	100meta	Veterano M40	03:22:59	+01:16:28	08:27
85	2191	Marlene Maria Faria Miranda	individual	Veterana F30	03:23:06	+01:16:35	08:28
86	2431	Arsénio Batata	pés de chumbo runners	Veterano M40	03:23:09	+01:16:38	08:28

24KM - STAGE 1

24 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	2400	Rui Carneiro	nast - núcleo associativo de santo tirso	Veterano M30	03:23:23	+01:16:52	08:28
88	2196	Tânia	individual	Veterana F30	03:23:24	+01:16:53	08:29
89	2503	Ricardo Mendes	adosa - os santa apolónia	Veterano M30	03:24:34	+01:18:03	08:31
90	2278	DANIEL MIRANDA	individual	Veterano M40	03:24:43	+01:18:12	08:32
91	2030	Miguel Moura	adc sozense	Veterano M30	03:24:58	+01:18:27	08:32
92	2462	Rubens Soares	sportarc.running	Veterano M40	03:25:09	+01:18:38	08:33
93	2234	Helder moreira	individual	Veterano M30	03:26:34	+01:20:03	08:36
94	2477	Ivo Sampaio	team tt	Senior Masculino	03:26:49	+01:20:18	08:37
95	2025	RUI RODRIGUES	ad marco 09	Veterano M40	03:26:51	+01:20:20	08:37
96	2073	João Cardoso	cinfaes a correr	Veterano M30	03:27:03	+01:20:32	08:38
97	2113	JORGE DUARTE	espinho trail	Senior Masculino	03:27:26	+01:20:55	08:39
98	2090	Ricardo Carvalho	ctad - consumo zero	Veterano M30	03:27:52	+01:21:21	08:40
99	2033	Carlos Alberto Soares Moreira	alpha running	Veterano M40	03:28:55	+01:22:24	08:42
100	2155	Hugo Alexandre Palmeira Moreira	gtt - armazém do caffè	Veterano M40	03:29:02	+01:22:31	08:43
101	2161	Fábio Santos	hsantamariart	Veterano M30	03:29:24	+01:22:53	08:44
102	2135	Catarina Figueiredo	gaia running	Veterana F40	03:29:30	+01:22:59	08:44
103	2139	Pedro Fernando Monteiro	gaia running	Veterano M30	03:29:30	+01:22:59	08:44
104	2371	Sérgio Paulo Ferreira Oliveira	juventude cortegacense	Veterano M40	03:30:24	+01:23:53	08:46
105	2179	Carla Pereira	individual	Veterana F30	03:30:35	+01:24:04	08:46
106	2451	Miguel Silva	sentir escariz running	Veterano M30	03:30:46	+01:24:15	08:47
107	2500	nuno duarte	individual	Veterano M40	03:31:34	+01:25:03	08:49
108	2427	Francisco Ferreira	os tolinhos	Veterano M50	03:32:44	+01:26:13	08:52
109	2237	Jaime Ribeiro	individual	Veterano M30	03:32:48	+01:26:17	08:52
110	2052	Cesário Leite	brabus runners	Veterano M30	03:32:54	+01:26:23	08:52
111	2141	Nuno Cunha	gaia running	Veterano M40	03:32:55	+01:26:24	08:52
112	2143	Rui Pereira	gaia running	Veterano M40	03:32:55	+01:26:24	08:52
113	2413	Pedro Rocha	ofrunning	Veterano M30	03:33:17	+01:26:46	08:53
114	2463	Carlos Ferreira	sportarc.running	Veterano M60	03:33:40	+01:27:09	08:54
115	2148	Joana Cardoso	gondomar futsal clube	Veterana F30	03:33:46	+01:27:15	08:54
116	2347	Paulo Quintas	nast	Veterano M50	03:34:07	+01:27:37	08:55
117	2138	Elisabete Repas	gaia running	Veterana F50	03:34:10	+01:27:39	08:55
118	2420	Filipe Pinto	os lobos do saibro	Veterano M40	03:35:02	+01:28:31	08:58
119	2340	Joaquim António do Rosário carreira	individual	Veterano M50	03:35:05	+01:28:34	08:58
120	2478	Pedro Lima	team tt	Veterano M40	03:36:15	+01:29:44	09:01
121	2487	Rui Faria	vimarunners	Veterano M30	03:36:21	+01:29:50	09:01
122	2299	Marcos Gandra	individual	Veterano M40	03:36:59	+01:30:28	09:02
123	2491	José Carlos Almeida	viseu running team	Veterano M30	03:37:06	+01:30:35	09:03
124	2256	Pedro neto	individual	Veterano M30	03:37:06	+01:30:35	09:03
125	2493	Helena Gomes	wolves	Veterana F40	03:37:35	+01:31:04	09:04
126	2055	Vitor Ribeiro	brabus runners	Veterano M30	03:38:48	+01:32:17	09:07
127	2356	jorge alves	jorge alves	Veterano M40	03:39:48	+01:33:17	09:10
128	1019	Paulo Ferreira	associação desportiva de cabroelo	Veterano M40	03:39:48	+01:33:17	09:10
129	2061	Sergio Coelho	btt alegria // tubani	Veterano M30	03:40:00	+01:33:29	09:10
130	2100	Miguel Graça	dolcefuradouro	Senior Masculino	03:40:00	+01:33:29	09:10
131	2320	Ricardo Rodrigues	individual	Veterano M40	03:40:01	+01:33:30	09:10

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	2091	Lisete Marques Antunes	dá-lhe gás team	Senior Feminino	03:40:01	+01:33:30	09:10
133	2366	Cecilio Manuel Silva Ferreira	juventude cortegacense	Veterano M40	03:41:21	+01:34:50	09:13
134	2146	Rui Viegas	galhardos runners	Veterano M40	03:41:26	+01:34:55	09:14
135	2020	Rui Menas	academia d'estrelas	Veterano M40	03:41:33	+01:35:02	09:14
136	2242	Jorge Torrão	individual	Veterano M30	03:42:00	+01:35:29	09:15
137	2381	Luís Lages	liz runners	Veterano M50	03:42:31	+01:36:00	09:16
138	2166	Diogo José	individual	Senior Masculino	03:42:39	+01:36:08	09:17
139	2418	José Pedro Silva	os dragões do mato	Veterano M40	03:43:21	+01:36:50	09:18
140	2031	José Lima	affense trail	Veterano M30	03:43:33	+01:37:02	09:19
141	2169	Francisco Salgado-Seixas	individual	Senior Masculino	03:43:59	+01:37:28	09:20
142	2428	Helena madeira	outdoor clube de setúbal - stredure running team	Veterana F30	03:44:13	+01:37:42	09:21
143	2225	Carlos Filipe Santos	individual	Veterano M30	03:44:14	+01:37:43	09:21
144	2407	Marcos de Sousa	nova linha trail runners	Senior Masculino	03:44:15	+01:37:44	09:21
145	2291	Joaquim José da Silva Oliveira	individual	Veterano M40	03:44:32	+01:38:01	09:21
146	2301	Miguel Rocha	individual	Veterano M40	03:44:35	+01:38:04	09:21
147	2015	Ricardo Fernandes	team trail bem viver	Veterano M30	03:44:41	+01:38:10	09:22
148	2331	Vítor Canto	individual	Veterano M40	03:45:09	+01:38:38	09:23
149	2412	José Silva	nova linha trail runners	Veterano M50	03:46:30	+01:39:59	09:26
150	2263	Sérgio Henriques	individual	Veterano M30	03:46:30	+01:39:59	09:26
151	2226	Carlos Jorge da Costa Carvalho	individual	Veterano M30	03:46:37	+01:40:06	09:27
152	2241	Jorge André Coutinho Pereira	individual	Veterano M30	03:46:40	+01:40:09	09:27
153	2022	GISELA SOUSA	ad marco 09	Veterana F40	03:47:02	+01:40:31	09:28
154	2084	Carlos Jorge Madail Negrão	correio de albergaria trail running	Veterano M40	03:47:04	+01:40:33	09:28
155	2066	Sérgio Freitas	catr - correio de albergaria trail running	Veterano M40	03:47:04	+01:40:33	09:28
156	2398	Sandra Silva	nast - núcleo associativo de santo tirso	Veterana F30	03:47:05	+01:40:34	09:28
157	2175	Vítor Martins	individual	Senior Masculino	03:47:08	+01:40:37	09:28
158	2303	Nuno Jacinto	individual	Veterano M40	03:47:21	+01:40:50	09:28
159	2290	João Sousa	individual	Veterano M40	03:47:27	+01:40:56	09:29
160	2199	Ana Silva	sc espinho - atletismo / antónio leitão	Veterana F40	03:47:34	+01:41:03	09:29
161	2447	Liliana Cardoso	sc espinho - atletismo / antónio leitão	Veterana F30	03:47:44	+01:41:13	09:29
162	2436	Claudia Sardinha	s. s. montepio	Veterana F40	03:47:49	+01:41:18	09:30
163	2092	André Pereira	dá-lhe gás team	Senior Masculino	03:48:04	+01:41:33	09:30
164	2424	Adriana Majer	os tolinhos	Veterana F30	03:48:05	+01:41:34	09:30
165	2227	Diogo Carmo	individual	Veterano M30	03:48:25	+01:41:54	09:31
166	2171	José Rato	individual	Senior Masculino	03:48:43	+01:42:12	09:32
167	2216	Maria Ceu Lopes Lemos	individual	Veterana F50	03:49:06	+01:42:35	09:33
168	2373	Domingos Fernando Oliveira Camboa	juventude cortegacense	Veterano M50	03:49:57	+01:43:26	09:35
169	2023	MARGARIDA SOUSA	ad marco 09	Veterana F40	03:51:34	+01:45:03	09:39
170	2378	Bruno Batista	lion runners - g. d. leões da guarda	Veterano M30	03:52:28	+01:45:57	09:41
171	2037	Armindo Lopes	arc vale s. cosme	Veterano M50	03:52:50	+01:46:19	09:42
172	2358	João Manuel Santos Silva	juões	Veterano M50	03:53:29	+01:46:58	09:44
173	2425	Carlos Ribeiro	os tolinhos	Veterano M40	03:53:30	+01:46:59	09:44
174	2492	Mário André da Silva Teixeira	wolves	Senior Masculino	03:54:02	+01:47:31	09:45
175	2434	José Carlos Gomes	running espinho	Veterano M40	03:54:12	+01:47:41	09:46

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
176	2496	Lucinda Gomes	lion runners - g. d. leões da guarda	Veterana F50	03:54:15	+01:47:44	09:46
177	2016	Miguel Linhares	a.d.carvalho	Veterano M30	03:55:57	+01:49:26	09:50
178	2483	Gonalo Vieira	trail s. silvestre team	Veterano M30	03:56:26	+01:49:55	09:51
179	2456	Vitor Moreira	sentir escariz running	Veterano M40	03:57:32	+01:51:01	09:54
180	2200	Anabela Cordeiro	individual	Veterana F40	03:58:03	+01:51:33	09:55
181	2212	S3nia Cardoso	individual	Veterana F40	03:58:04	+01:51:33	09:55
182	2295	Luís Cardoso	individual	Veterano M40	03:58:04	+01:51:33	09:55
183	2029	Joni Pandeirada Rocha	adc sozense	Veterano M30	03:58:29	+01:51:58	09:56
184	2325	Rui Rocha	individual	Veterano M40	03:59:34	+01:53:03	09:59
185	2125	Luís Teixeira	fireman challenge	Veterano M40	03:59:41	+01:53:10	09:59
186	2121	Rui Oliveira	factor x / s4l / medense fc	Veterano M30	04:00:21	+01:53:50	10:01
187	2050	Nat3lia Lima	brabus runners	Veterana F30	04:00:53	+01:54:22	10:02
188	1030	M3rcio Andr3 Jesus Melo	brabus runners	Veterano M30	04:01:07	+01:54:36	10:03
189	2343	Jorge Esteves	individual	Veterano M50	04:01:16	+01:54:45	10:03
190	2334	Alberto Martins	individual	Veterano M50	04:01:36	+01:55:05	10:04
191	2215	Iracema costa	individual	Veterana F50	04:01:36	+01:55:05	10:04
192	2210	Paula Soares	individual	Veterana F40	04:01:52	+01:55:22	10:05
193	2026	RODRIGO AGUIAR	ad marco 09	Veterano M50	04:02:34	+01:56:03	10:06
194	2482	Ivo Lages	trail s. silvestre team	Senior Masculino	04:02:34	+01:56:03	10:06
195	2223	Bruno	individual	Veterano M30	04:02:53	+01:56:22	10:07
196	2137	Orlanda Rego	gaia running	Veterana F40	04:04:04	+01:57:33	10:10
197	2271	Alexandre Spricigo de Sousa	individual	Veterano M40	04:04:18	+01:57:47	10:11
198	2012	Maria Pinto	5.7 crossfit guimar3es	Veterana F40	04:04:45	+01:58:14	10:12
199	2243	Lic3nio Mac3rio	individual	Veterano M30	04:07:01	+02:00:30	10:18
200	2302	N3lio Fonseca	individual	Veterano M40	04:08:06	+02:01:35	10:20
201	2454	Rui Figueiredo	sentir escariz running	Veterano M40	04:08:06	+02:01:35	10:20
202	2032	Dores Cachetas	akuafit	Veterana F40	04:08:09	+02:01:38	10:20
203	2086	Fernanda Ribeiro	correr lisboa	Veterana F50	04:09:34	+02:03:03	10:24
204	2442	Fernando Carvalho	s. s. montepio	Veterano M50	04:10:44	+02:04:13	10:27
205	2440	Ricardo Resende	s. s. montepio	Veterano M40	04:10:45	+02:04:14	10:27
206	2382	Antonio Leite	lousada hotwheels runners	Veterano M30	04:10:46	+02:04:15	10:27
207	2245	Luís Domingies	individual	Veterano M30	04:10:46	+02:04:15	10:27
208	2450	Rui Silva	sc espinho - atletismo / ant3nio leit3o	Veterano M40	04:11:19	+02:04:48	10:28
209	2316	Pedro Silva	individual	Veterano M40	04:11:27	+02:04:56	10:29
210	2167	Diogo Santos	individual	Senior Masculino	04:11:33	+02:05:02	10:29
211	2422	Adelino Pinheiro	os lobos trail btt sai da frente	Veterano M40	04:11:33	+02:05:02	10:29
212	2313	Pedro Miguel Moreira Lino	individual	Veterano M40	04:11:37	+02:05:06	10:29
213	2002	Nuno Maio	#at3choras!	Veterano M30	04:12:10	+02:05:39	10:30
214	2106	Adriano Rocha	edv viana trail	Veterano M40	04:13:18	+02:06:47	10:33
215	2352	S3rgio Ferreira Rodrigues	individual	Veterano M60	04:13:46	+02:07:15	10:34
216	2064	Pedro Seixas	capital douro	Veterano M40	04:14:40	+02:08:09	10:37
217	2063	Fausto Neves	capital douro	Veterano M40	04:14:40	+02:08:09	10:37
218	2411	Florindo Pereira	nova linha trail runners	Veterano M50	04:15:07	+02:08:36	10:38
219	2297	Luis Ribeiro	individual	Veterano M40	04:15:16	+02:08:45	10:38
220	2240	Joaquim Mota	individual	Veterano M30	04:16:03	+02:09:32	10:40
221	2201	Carla Sofia Garcez	individual	Veterana F40	04:16:08	+02:09:37	10:40

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
222	2423	Paulo Pineiro	os lobos trail btt sai da frente	Veterano M40	04:17:13	+02:10:42	10:43
223	2344	José Manuel Braga Ferreira	individual	Veterano M50	04:17:18	+02:10:47	10:43
224	2046	Leandro Andrade	baltar runners	Veterano M40	04:17:40	+02:11:09	10:44
225	2393	Manuel Ribeiro	mss contabilidade trail team	Veterano M40	04:18:07	+02:11:36	10:45
226	2391	António Rocha	mss contabilidade trail team	Veterano M40	04:18:08	+02:11:37	10:45
227	2390	Tiago Sequeira	mss contabilidade trail team	Veterano M30	04:18:11	+02:11:40	10:45
228	2078	Tiago Faria	clube spiridon de gaia	Senior Masculino	04:18:14	+02:11:43	10:46
229	2273	Antonio Sousa	individual	Veterano M40	04:18:55	+02:12:24	10:47
230	2384	Francisco José Gomes da Costa	matilha da atalaia	Veterano M50	04:19:37	+02:13:06	10:49
231	2383	Sofia Guerra	matilha da atalaia	Veterana F40	04:19:37	+02:13:06	10:49
232	2123	Hugo Ribeiro	fire runners	Senior Masculino	04:21:40	+02:15:09	10:54
233	2432	Luís Costa	ripolins grijo a correr	Veterano M40	04:22:47	+02:16:16	10:57
234	2003	Ricardo Pereira	#atéchoras!	Veterano M30	04:23:01	+02:16:30	10:58
235	2250	Nuno Gomes	individual	Veterano M30	04:23:06	+02:16:35	10:58
236	2044	Tanya Reis	b.t.m.	Veterana F30	04:23:26	+02:16:55	10:59
237	2005	Rui Teixeira	#atéchoras!	Veterano M40	04:23:30	+02:16:59	10:59
238	2056	Vitor cunha	brabus runners	Veterano M50	04:23:54	+02:17:23	11:00
239	2157	Margarida Neves	hora do lobo trail - cf perosinho atletismo	Veterana F50	04:24:20	+02:17:49	11:01
240	2337	Carlos Taveira	individual	Veterano M50	04:24:33	+02:18:02	11:01
241	2072	Quim Araujo	cerveira team running	Veterano M40	04:24:34	+02:18:03	11:01
242	2069	Sandra Araújo	cerveira team running	Veterana F40	04:24:35	+02:18:04	11:01
243	2041	Antonio Loureiro	autistic runners	Veterano M50	04:25:11	+02:18:40	11:03
244	2396	Tália Martins	nac trail	Veterana F50	04:25:17	+02:18:46	11:03
245	2014	Márcio Castro	a.d.amarante trail running	Veterano M30	04:25:52	+02:19:21	11:05
246	2289	Ismael Guedes Carvalho	individual	Veterano M40	04:27:45	+02:21:14	11:09
247	2114	BRUNO DUARTE	espinho trail	Veterano M30	04:28:16	+02:21:45	11:11
248	2116	RICARDO DUARTE	espinho trail	Veterano M30	04:28:17	+02:21:46	11:11
249	2097	Rafael Sousa	dirtrunners	Senior Masculino	04:29:31	+02:23:00	11:14
250	2310	Paulo Vilarinho	individual	Veterano M40	04:29:41	+02:23:10	11:14
251	2339	João Gil da Costa	sc espinho - atletismo / antónio leitão	Veterano M50	04:29:44	+02:23:13	11:14
252	2008	César Rocha	#correratenumdarmais	Veterano M40	04:30:16	+02:23:45	11:16
253	2293	José Ferreira	individual	Veterano M40	04:30:34	+02:24:04	11:16
254	2380	Pedro Gaio	lion runners - g. d. leões da guarda	Veterano M40	04:31:24	+02:24:53	11:19
255	2426	Carlos NOVO	os tolinhos	Veterano M50	04:32:33	+02:26:02	11:21
256	2497	Carlos Almeida	individual	Veterano M50	04:32:48	+02:26:17	11:22
257	2261	RUI MARANTE	individual	Veterano M30	04:32:57	+02:26:26	11:22
258	2101	Pedro Carvalho	dolcefuradouro	Veterano M30	04:33:27	+02:26:56	11:24
259	2481	Henrique Cesar castro Reis	trail running clube btt sanguedo	Veterano M40	04:33:40	+02:27:09	11:24
260	2006	Vitor Osório	#atéchoras!	Veterano M40	04:33:50	+02:27:19	11:25
261	2274	Artur Fonseca	individual	Veterano M40	04:33:53	+02:27:22	11:25
262	2177	Anabela Silva	individual	Veterana F30	04:34:06	+02:27:35	11:25
263	2277	Carlos Josué Pereira Teixeira	individual	Veterano M40	04:34:16	+02:27:45	11:26
264	2238	Joao Carlos Jácome da Silva	individual	Veterano M30	04:34:17	+02:27:46	11:26
265	2235	Hugo Machado	individual	Veterano M30	04:34:18	+02:27:47	11:26
266	2419	Paulo Pinheiro	os dragões do mato	Veterano M50	04:34:34	+02:28:03	11:26

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
267	2287	Helder Santos	individual	Veterano M40	04:34:51	+02:28:20	11:27
268	2282	Fernando Sérgio Nicola Costa salgado	individual	Veterano M40	04:34:51	+02:28:20	11:27
269	2208	Marlene Santos	individual	Veterana F40	04:34:51	+02:28:20	11:27
270	2319	Ricardo Ferreira	individual	Veterano M40	04:35:35	+02:29:04	11:29
271	2448	Olga Gomes	sc espinho - atletismo / antónio leitão	Veterana F50	04:35:38	+02:29:07	11:29
272	1114	Roberto Garces	individual	Veterano M30	04:36:11	+02:29:40	11:30
273	2045	Raul Andrade	baltar runners	Veterano M30	04:36:53	+02:30:22	11:32
274	2110	Luís Terêncio	éjáli...clube de amigos trailrunners	Veterano M40	04:37:55	+02:31:24	11:35
275	2109	Pedro Gomes	éjáli...clube de amigos trailrunners	Veterano M30	04:37:55	+02:31:24	11:35
276	2085	nelson santiago	correio de albergaria trail running	Veterano M40	04:38:57	+02:32:26	11:37
277	2248	Nelson Pinto	individual	Veterano M30	04:38:59	+02:32:28	11:37
278	2082	Sara Quinta	correio de albergaria trail running	Veterana F30	04:39:00	+02:32:29	11:38
279	2355	Bruno Maia	javalis portugal	Veterano M30	04:39:08	+02:32:37	11:38
280	2259	Ricardo Moreira	individual	Veterano M30	04:39:39	+02:33:08	11:39
281	2213	Sónia Pereira	individual	Veterana F40	04:39:51	+02:33:20	11:40
282	2377	Maria Ricardo	lion runners - g. d. leões da guarda	Veterana F50	04:40:08	+02:33:37	11:40
283	2494	Ricardo França	wolves	Veterano M30	04:41:09	+02:34:38	11:43
284	2128	Sandra Fernandes	fridão sem limites	Veterana F40	04:43:52	+02:37:21	11:50
285	2349	Valdemar Almeida	individual	Veterano M50	04:43:55	+02:37:24	11:50
286	2472	Paulo Alexandre Santos da Silva	team contagiante	Veterano M40	04:43:56	+02:37:25	11:50
287	2192	Rute Gonçalves	individual	Veterana F30	04:44:37	+02:38:06	11:52
288	2270	Alcindo silva	individual	Veterano M40	04:45:09	+02:38:38	11:53
289	2298	Marco Antonio Pinto	individual	Veterano M40	04:45:46	+02:39:15	11:54
290	2417	Tiago Pinto	os dragões do mato	Veterano M30	04:45:55	+02:39:24	11:55
291	2170	João Vitor tome dos Santos	individual	Senior Masculino	04:47:08	+02:40:37	11:58
292	2236	Ivo Silva	individual	Veterano M30	04:47:08	+02:40:37	11:58
293	2229	Fernando Sousa	individual	Veterano M30	04:47:08	+02:40:37	11:58
294	2080	Maria fatima marques Ribeiro	clube zipper	Veterana F50	04:47:18	+02:40:47	11:58
295	2159	Sérgio Guimarães	hora do lobo trail - cf perosinho atletismo	Veterano M40	04:48:35	+02:42:04	12:01
296	2467	Ana Aguiar	tascumpressa	Veterana F30	04:48:38	+02:42:07	12:02
297	2267	Tiago Pinheiro	individual	Veterano M30	04:50:50	+02:44:19	12:07
298	2314	Pedro Oliveira	individual	Veterano M40	04:51:40	+02:45:09	12:09
299	2070	Nuno Couto	cerveira team running	Veterano M30	04:52:52	+02:46:21	12:12
300	2096	Catarina Costa	desnível positivo	Veterana F30	04:54:17	+02:47:46	12:16
301	2335	Antonio Mendonça	individual	Veterano M50	04:54:43	+02:48:12	12:17
302	2350	Fernando Lopes de Oliveira Loureiro Martins	individual	Veterano M60	04:55:59	+02:49:28	12:20
303	2217	Paulina soares	individual	Veterana F50	04:57:10	+02:50:39	12:23
304	2152	Francisco Lopes	grupo46 lavrarun	Veterano M40	04:59:42	+02:53:11	12:29
305	2252	nuno marques	individual	Veterano M30	05:00:11	+02:53:40	12:30
306	2312	Pedro Freitas	individual	Veterano M40	05:00:18	+02:53:47	12:31
307	2484	Clotilde Santos	vale dos duros	Veterana F40	05:00:41	+02:54:10	12:32
308	2168	Fábio Cardoso	individual	Senior Masculino	05:00:41	+02:54:10	12:32
309	2342	Jorge Caria	individual	Veterano M50	05:01:22	+02:54:51	12:33
310	2466	Mónica Sá	tartarugas do asfalto	Veterana F40	05:01:22	+02:54:51	12:33

24KM - STAGE 1

24 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
311	2054	Miguel Silva	brabus runners	Veterano M30	05:02:03	+02:55:32	12:35
312	2207	MARIA LUISA ANTUNES	individual	Veterana F40	05:02:54	+02:56:23	12:37
313	2021	Sergio Mesquita	academia d'estrelas	Veterano M40	05:04:36	+02:58:05	12:42
314	2043	Raquel Ferreira	b.t.m.	Senior Feminino	05:05:47	+02:59:16	12:44
315	2187	Liliana de Carvalho dos Santos	individual	Veterana F30	05:05:57	+02:59:26	12:45
316	2151	Paulo Ferreira	grupo 46 "lavra run" / ct águas do porto	Veterano M40	05:06:08	+02:59:37	12:45
317	2049	ANA SOUSA	boavista trail	Veterana F50	05:06:12	+02:59:41	12:46
318	2214	Conceição Pereira	hora do lobo trail - cf perosinho atletismo	Veterana F50	05:08:18	+03:01:47	12:51
319	2153	Pedro Pereira	grupo46 lavrarun	Veterano M40	05:11:19	+03:04:48	12:58
320	2395	Joana Martins Vaz Santiago	nac trail	Veterana F30	05:11:31	+03:05:01	12:59
321	2228	Fernando Silva Resende	individual	Veterano M30	05:11:32	+03:05:01	12:59
322	2202	Ana Moreira	tog - associação running team	Veterana F30	05:13:20	+03:06:49	13:03
323	2065	Paulo Alves	capital douro	Veterano M50	05:14:40	+03:08:09	13:07
324	2004	Alvaro Pereira	#atéchoras!	Veterano M40	05:15:28	+03:08:57	13:09
325	2260	Rui Correia	individual	Veterano M30	05:15:31	+03:09:00	13:09
326	2178	Beatriz Loureiro	individual	Veterana F30	05:15:32	+03:09:01	13:09
327	2354	Miguel Moreira	isto cansa muito	Veterano M40	05:16:55	+03:10:24	13:12
328	2183	Eliana Perira	individual	Veterana F30	05:18:25	+03:11:54	13:16
329	2323	Rui Moura	individual	Veterano M40	05:25:18	+03:18:47	13:33
330	2464	Eduardo Loureiro	strong team	Veterano M40	05:26:26	+03:19:55	13:36
331	2180	Catia Pinto	individual	Veterana F30	05:29:06	+03:22:35	13:43
332	2156	Gisela de Castro Monteiro Mota e Costa	hora do lobo trail - cf perosinho atletismo	Veterana F30	05:29:07	+03:22:36	13:43
333	2346	Nelson Ramos	individual	Veterano M50	05:29:08	+03:22:37	13:43
334	2007	Marta Pinto	#correratenumdarmais	Veterana F40	05:30:16	+03:23:45	13:46
335	2132	Lúcia sofia loureço	fruta da 5.ª	Veterana F40	05:32:38	+03:26:07	13:52
336	2304	Nuno Medeiros	individual	Veterano M40	05:32:51	+03:26:20	13:52
337	2149	Manuel Silva	gondomar futsal clube	Veterano M30	05:33:46	+03:27:15	13:54
338	2468	Tiago Aguiar	tascumpressa	Veterano M30	05:34:52	+03:28:21	13:57
339	2198	Ana Paula Barbosa Tavares	individual	Veterana F40	05:37:41	+03:31:10	14:04
340	2083	Iolanda Isabel Telha Babo	correio de albergaria trail running	Veterana F40	05:39:00	+03:32:29	14:08
341	2231	Filipe Leite	individual	Veterano M30	05:39:16	+03:32:45	14:08
342	2134	Luís Teixeira	fruta da 5.ª	Veterano M40	05:41:51	+03:35:20	14:15
343	2131	Laudelina Teixeira	fruta da 5.ª	Veterana F40	05:41:51	+03:35:20	14:15
344	2307	Paulo Bartolomeu Soares Mártires	individual	Veterano M40	05:49:40	+03:43:09	14:34
345	2470	Fátima da Luz F Guedes	team contagiante	Veterana F30	05:55:03	+03:48:32	14:48
346	2203	Casimira Pinto	individual	Veterana F40	06:02:10	+03:55:39	15:05
347	2163	Diana Martins	individual	Senior Feminino	06:03:26	+03:56:55	15:09
348	2206	Ligia Mendes	individual	Veterana F40	06:03:26	+03:56:55	15:09
349	2292	José Antonio Alves de Sousa	individual	Veterano M40	06:03:26	+03:56:55	15:09
350	2441	Rui Carvalho	s. s. montepio	Veterano M40	06:10:45	+04:04:14	15:27
351	2244	Luís Dias	individual	Veterano M30	06:16:54	+04:10:23	15:42
352	2265	Simão Matos	individual	Veterano M30	06:21:10	+04:14:39	15:53
353	2144	Vitor Fernandes	gaia running	Veterano M40	06:29:40	+04:23:09	16:14
354	2251	NUNO JOSÉ PEREIRA REIS DOS SANTOS	individual	Veterano M30	06:34:13	+04:27:42	16:26

24KM

24 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	18.6°C	93%
End	16:46	18.6°C	93%

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

1	2127	Andreia Ribeiro Almeida	Fridão Sem Limites	Senior Feminino	02:59:58	+53:27	07:30:25
2	2091	Lisete Marques Antunes	Dá-lhe Gás Team	Senior Feminino	03:40:01	+01:33:30	09:10:00
3	2043	Raquel Ferreira	B.T.M.	Senior Feminino	05:05:47	+02:59:16	12:44:59
4	2163	Diana Martins	Individual	Senior Feminino	06:03:26	+03:56:55	15:09:55

Senior Masculino

1	2102	Paulo Mesquita	EDV VIANA TRAIL	Senior Masculino	02:16:06	+09:35	05:40
2	2099	Mário Firmino	Dolcefuradouro	Senior Masculino	02:24:07	+17:36	06:00
3	2502	André Machado	Adosa - os Santa Apolónia	Senior Masculino	02:34:02	+27:31	06:25
4	2147	Tiago Gomes	GINÁSIO CLUBE DE BRAGANÇA	Senior Masculino	02:38:56	+32:25	06:37
5	2028	Joao mouro	Adc sozense	Senior Masculino	02:40:06	+33:35	06:40
6	2165	André Silva	Individual	Senior Masculino	02:49:33	+43:02	07:04
7	2359	Joao Valente	JUVENTUDE CORTEGACENSE	Senior Masculino	02:57:55	+51:24	07:25
8	2174	Tiago Pereira	Individual	Senior Masculino	03:02:39	+56:08	07:37
9	2103	André Carvalho	EDV VIANA TRAIL	Senior Masculino	03:06:59	+01:00:28	07:47
10	2093	Rodrigo Vieira	Dá-lhe Gás Team	Senior Masculino	03:08:49	+01:02:18	07:52
11	2112	ANTÓNIO DUARTE	ESPINHO TRAIL	Senior Masculino	03:12:24	+01:05:53	08:01
12	2460	Fernando Jorge Correia	Sportarc.running	Senior Masculino	03:14:53	+01:08:22	08:07
13	2475	Rui Madureira	Team Trail Bem Viver	Senior Masculino	03:15:53	+01:09:22	08:10
14	2019	Diogo Mesquita	Academia d'Estrelas	Senior Masculino	03:22:26	+01:15:55	08:26
15	2477	Ivo Sampaio	TEAM TT	Senior Masculino	03:26:49	+01:20:18	08:37
16	2113	JORGE DUARTE	ESPINHO TRAIL	Senior Masculino	03:27:26	+01:20:55	08:39
17	2100	Miguel Graça	Dolcefuradouro	Senior Masculino	03:40:00	+01:33:29	09:10
18	2166	Diogo José	Individual	Senior Masculino	03:42:39	+01:36:08	09:17
19	2169	Francisco Salgado-Seixas	Individual	Senior Masculino	03:43:59	+01:37:28	09:20
20	2407	Marcos de Sousa	Nova Linha TRAIL Runners	Senior Masculino	03:44:15	+01:37:44	09:21
21	2175	Vítor Martins	Individual	Senior Masculino	03:47:08	+01:40:37	09:28
22	2092	André Pereira	Dá-lhe Gás Team	Senior Masculino	03:48:04	+01:41:33	09:30
23	2171	José Rato	Individual	Senior Masculino	03:48:43	+01:42:12	09:32
24	2492	Mário André da Silva Teixeira	Wolves	Senior Masculino	03:54:02	+01:47:31	09:45
25	2482	Ivo Lages	Trail S. Silvestre Team	Senior Masculino	04:02:34	+01:56:03	10:06
26	2167	Diogo Santos	Individual	Senior Masculino	04:11:33	+02:05:02	10:29
27	2078	Tiago Faria	Clube Spiridon de Gaia	Senior Masculino	04:18:14	+02:11:43	10:46
28	2123	Hugo Ribeiro	Fire runners	Senior Masculino	04:21:40	+02:15:09	10:54
29	2097	Rafael Sousa	DirtRunners	Senior Masculino	04:29:31	+02:23:00	11:14
30	2170	João Vítor tome dos Santos	Individual	Senior Masculino	04:47:08	+02:40:37	11:58
31	2168	Fábio Cardoso	Individual	Senior Masculino	05:00:41	+02:54:10	12:32

Official Timekeeper: Lap2Go	1 / 10	generate 07-Jul-2019 17:40
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24KM

24 KM

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OFFICIAL RESULT

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32	2465	Bruno Sarandi Grangeia	Tainadas Run Team	Senior Masculino	07:17:58	+05:11:27	18:15
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Veterana F30

1	2387	Bárbara Fernandes	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Veterana F30	03:01:06	+54:35	07:33
2	2473	Ana Sousa	Team Lantemil	Veterana F30	03:01:07	+54:36	07:33
3	2489	Sabina Marques	Viseu Running Team	Veterana F30	03:11:28	+01:04:57	07:59
4	2047	Vera Barbosa	Boavista Trail	Veterana F30	03:19:57	+01:13:26	08:20
5	2191	Marlene Maria Faria Miranda	Individual	Veterana F30	03:23:06	+01:16:35	08:28
6	2196	Tânia	Individual	Veterana F30	03:23:24	+01:16:53	08:29
7	2179	Carla Pereira	Individual	Veterana F30	03:30:35	+01:24:04	08:46
8	2148	Joana Cardoso	GONDOMAR FUTSAL CLUBE	Veterana F30	03:33:46	+01:27:15	08:54
9	2428	Helena madeira	Outdoor Clube De Setúbal - Strendure Running Team	Veterana F30	03:44:13	+01:37:42	09:21
10	2398	Sandra Silva	NAST - Núcleo Associativo de Santo Tirso	Veterana F30	03:47:05	+01:40:34	09:28
11	2447	Liliana Cardoso	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterana F30	03:47:44	+01:41:13	09:29
12	2424	Adriana Majer	Os Tolinhos	Veterana F30	03:48:05	+01:41:34	09:30
13	2050	Natália Lima	Brabus Runners	Veterana F30	04:00:53	+01:54:22	10:02
14	2044	Tanya Reis	B.T.M.	Veterana F30	04:23:26	+02:16:55	10:59
15	2177	Anabela Silva	Individual	Veterana F30	04:34:06	+02:27:35	11:25
16	2082	Sara Quinta	Correio de Albergaria Trail Running	Veterana F30	04:39:00	+02:32:29	11:38
17	2192	Rute Gonçalves	Individual	Veterana F30	04:44:37	+02:38:06	11:52
18	2467	Ana Aguiar	Tascumpressa	Veterana F30	04:48:38	+02:42:07	12:02
19	2096	Catarina Costa	Desnível Positivo	Veterana F30	04:54:17	+02:47:46	12:16
20	2187	Liliana de Carvalho dos Santos	Individual	Veterana F30	05:05:57	+02:59:26	12:45
21	2395	Joana Martins Vaz Santiago	Nac Trail	Veterana F30	05:11:31	+03:05:01	12:59
22	2202	Ana Moreira	TOG - Associação Running Team	Veterana F30	05:13:20	+03:06:49	13:03
23	2178	Beatriz Loureiro	Individual	Veterana F30	05:15:32	+03:09:01	13:09
24	2183	Eliana Perira	Individual	Veterana F30	05:18:25	+03:11:54	13:16
25	2180	Catia Pinto	Individual	Veterana F30	05:29:06	+03:22:35	13:43
26	2156	Gisela de Castro Monteiro Mota e Costa	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F30	05:29:07	+03:22:36	13:43
27	2470	Fátima da Luz F Guedes	Team Contagiante	Veterana F30	05:55:03	+03:48:32	14:48
28	2185	joana silva	Individual	Veterana F30	07:15:32	+05:09:01	18:09

Veterana F40

1	2105	Susana Simões	EDV VIANA TRAIL	Veterana F40	03:09:16	+01:02:45	07:53
2	2135	Catarina Figueiredo	GAIA RUNNING	Veterana F40	03:29:30	+01:22:59	08:44
3	2493	Helena Gomes	Wolves	Veterana F40	03:37:35	+01:31:04	09:04
4	2022	GISELA SOUSA	AD MARCO 09	Veterana F40	03:47:02	+01:40:31	09:28
5	2199	Ana Silva	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterana F40	03:47:34	+01:41:03	09:29

Official Timekeeper: Lap2Go	2 / 10	generate 07-Jul-2019 17:40
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24KM

24 KM

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OFFICIAL RESULT

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6	2436	Claudia Sardinha	S. S. MONTEPIO	Veterana F40	03:47:49	+01:41:18	09:30
7	2023	MARGARIDA SOUSA	AD MARCO 09	Veterana F40	03:51:34	+01:45:03	09:39
8	2200	Anabela Cordeiro	Individual	Veterana F40	03:58:03	+01:51:33	09:55
9	2212	Sónia Cardoso	Individual	Veterana F40	03:58:04	+01:51:33	09:55
10	2210	Paula Soares	Individual	Veterana F40	04:01:52	+01:55:22	10:05
11	2137	Orlanda Rego	GAIA RUNNING	Veterana F40	04:04:04	+01:57:33	10:10
12	2012	Maria Pinto	5.7 Crossfit Guimarães	Veterana F40	04:04:45	+01:58:14	10:12
13	2032	Dores Cachetas	AkuaFit	Veterana F40	04:08:09	+02:01:38	10:20
14	2201	Carla Sofia Garcez	Individual	Veterana F40	04:16:08	+02:09:37	10:40
15	2383	Sofia Guerra	Matilha da Atalaia	Veterana F40	04:19:37	+02:13:06	10:49
16	2069	Sandra Araújo	CERVEIRA TEAM RUNNING	Veterana F40	04:24:35	+02:18:04	11:01
17	2208	Marlene Santos	Individual	Veterana F40	04:34:51	+02:28:20	11:27
18	2213	Sónia Pereira	Individual	Veterana F40	04:39:51	+02:33:20	11:40
19	2128	Sandra Fernandes	Fridão Sem Limites	Veterana F40	04:43:52	+02:37:21	11:50
20	2484	Clotilde Santos	Vale dos duros	Veterana F40	05:00:41	+02:54:10	12:32
21	2466	Mónica Sá	Tartarugas do Asfalto	Veterana F40	05:01:22	+02:54:51	12:33
22	2207	MARIA LUISA ANTUNES	Individual	Veterana F40	05:02:54	+02:56:23	12:37
23	2007	Marta Pinto	#correratenumdarmais	Veterana F40	05:30:16	+03:23:45	13:46
24	2132	Lúcia sofia loureço	Fruta da 5.ª	Veterana F40	05:32:38	+03:26:07	13:52
25	2198	Ana Paula Barbosa Tavares	Individual	Veterana F40	05:37:41	+03:31:10	14:04
26	2083	Iolanda Isabel Telha Babo	Correio de Albergaria Trail Running	Veterana F40	05:39:00	+03:32:29	14:08
27	2131	Laudelina Teixeira	Fruta da 5.ª	Veterana F40	05:41:51	+03:35:20	14:15
28	2203	Casimira Pinto	Individual	Veterana F40	06:02:10	+03:55:39	15:05
29	2206	Ligia Mendes	Individual	Veterana F40	06:03:26	+03:56:55	15:09

Veterana F50

1	2138	Elisabete Repas	GAIA RUNNING	Veterana F50	03:34:10	+01:27:39	08:55
2	2216	Maria Ceu Lopes Lemos	Individual	Veterana F50	03:49:06	+01:42:35	09:33
3	2496	Lucinda Gomes	LION RUNNERS - G. D. Leões da Guarda	Veterana F50	03:54:15	+01:47:44	09:45
4	2215	Iracema costa	Individual	Veterana F50	04:01:36	+01:55:05	10:04
5	2086	Fernanda Ribeiro	CORRER LISBOA	Veterana F50	04:09:34	+02:03:03	10:24
6	2157	Margarida Neves	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	04:24:20	+02:17:49	11:01
7	2396	Tália Martins	Nac Trail	Veterana F50	04:25:17	+02:18:46	11:03
8	2448	Olga Gomes	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterana F50	04:35:38	+02:29:07	11:29
9	2377	Maria Ricardo	LION RUNNERS - G. D. Leões da Guarda	Veterana F50	04:40:08	+02:33:37	11:40
10	2080	Maria fatima marques Ribeiro	Clube Zupper	Veterana F50	04:47:18	+02:40:47	11:58
11	2217	Paulina soares	Individual	Veterana F50	04:57:10	+02:50:39	12:23
12	2049	ANA SOUSA	Boavista Trail	Veterana F50	05:06:12	+02:59:41	12:46
13	2214	Conceição Pereira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	05:08:18	+03:01:47	12:51

24KM

24 KM

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OFFICIAL RESULT

[illegible]

Veterano M30

1	2399	Mario Fonseca	NAST - Núcleo Associativo de Santo Tirso	Veterano M30	02:06:30	05:16
2	2219	Agostinho Reis	Individual	Veterano M30	02:19:10	+12:39 05:48
3	2036	Frederico Cerdeira	AMCF - ARRÁBIDA TRAIL TEAM	Veterano M30	02:27:50	+21:19 06:10
4	2474	Paulo Esteves	Dão Nelas Runners	Veterano M30	02:33:54	+27:23 06:25
5	2221	Andre Filipe Correia Leal	Individual	Veterano M30	02:37:06	+30:35 06:33
6	2388	João Amândio	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Veterano M30	02:37:50	+31:19 06:35
7	2414	Joao Ribeiro	Oralklass - Amigos Do Trail	Veterano M30	02:42:20	+35:49 06:46
8	1108	Miguel Carvalho	Individual	Veterano M30	02:45:49	+39:18 06:55
9	2495	Ricardo Campos	Individual	Veterano M30	02:47:17	+40:46 06:58
10	2129	Ricardo Miguel Magalhães Nunes	Fridão Sem Limites	Veterano M30	02:47:35	+41:04 06:59
11	2458	Vítor cruz	SILVA&VINHA/ADRAP/SENTIR PENAFIEL	Veterano M30	02:47:35	+41:04 06:59
12	2130	Rui Azevedo	Fridão Sem Limites	Veterano M30	02:48:28	+41:57 07:01
13	2145	Nelson Rodrigues	GALHARDOS RUNNERS	Veterano M30	02:49:23	+42:52 07:03
14	2404	José Pinto	Nós Acreditamos	Veterano M30	02:52:26	+45:55 07:11
15	2264	Sergio Pinto	Individual	Veterano M30	02:53:08	+46:37 07:13
16	2162	Rui Reis	Hsantamariart	Veterano M30	02:55:22	+48:51 07:18
17	2389	Filipe Póvoas	MSS CONTABILIDADE TRAIL TEAM	Veterano M30	03:01:48	+55:17 07:35
18	2120	Joaquim Carvalho	Factor X / S4L / Medense FC	Veterano M30	03:03:54	+57:23 07:40
19	2017	Xavier Amorim	A.D.CARVALHAL	Veterano M30	03:04:03	+57:32 07:40
20	2233	Hélder	Individual	Veterano M30	03:04:32	+58:01 07:41
21	2363	Daniel Jose Silva Barros	JUVENTUDE CORTEGACENSE	Veterano M30	03:08:53	+01:02:22 07:52
22	2253	Nuno Tomé	Individual	Veterano M30	03:10:46	+01:04:15 07:57
23	2117	Ricardo	Individual	Veterano M30	03:10:58	+01:04:27 07:57
24	2403	David Afonso	Nós Acreditamos	Veterano M30	03:11:36	+01:05:05 07:59
25	2122	Ricardo Costa	FigueiróFIT	Veterano M30	03:13:49	+01:07:18 08:05
26	2498	Bruno Pereira	Individual	Veterano M30	03:14:24	+01:07:53 08:06
27	2119	David Gonçalves	Factor X / S4L / Medense FC	Veterano M30	03:16:59	+01:10:28 08:13
28	2397	João Leite	Nac Trail	Veterano M30	03:17:39	+01:11:08 08:14
29	2429	Marco silva	Outdoor Clube De Setúbal - Strendure Running Team	Veterano M30	03:17:50	+01:11:19 08:15
30	2218	Miguel Barros	Individual	Veterano M30	03:19:42	+01:13:11 08:19
31	2364	Ricardo Gama	JUVENTUDE CORTEGACENSE	Veterano M30	03:20:03	+01:13:32 08:20
32	2053	LUÍS SILVA	Brabus Runners	Veterano M30	03:22:54	+01:16:23 08:27
33	2400	Rui Carneiro	NAST - Núcleo Associativo de Santo Tirso	Veterano M30	03:23:23	+01:16:52 08:28
34	2503	Ricardo Mendes	Adosa - os Santa Apolónia	Veterano M30	03:24:34	+01:18:03 08:31
35	2030	Miguel Moura	ADC Sozense	Veterano M30	03:24:58	+01:18:27 08:32
36	2234	Helder moreira	Individual	Veterano M30	03:26:34	+01:20:03 08:36
37	2073	João Cardoso	Cinfães a Correr	Veterano M30	03:27:03	+01:20:32 08:38
38	2090	Ricardo Carvalho	CTAD - Consumo Zero	Veterano M30	03:27:52	+01:21:21 08:40
39	2161	Fábio Santos	Hsantamariart	Veterano M30	03:29:24	+01:22:53 08:44
40	2139	Pedro Fernando Monteiro	GAIA RUNNING	Veterano M30	03:29:30	+01:22:59 08:44

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24KM

24 KM

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41	2451	Miguel Silva	Sentir Escariz Running	Veterano M30	03:30:46	+01:24:15	08:47
42	2237	Jaime Ribeiro	Individual	Veterano M30	03:32:48	+01:26:17	08:52
43	2052	Cesário Leite	Brabus Runners	Veterano M30	03:32:54	+01:26:23	08:52
44	2413	Pedro Rocha	OFRUNNING	Veterano M30	03:33:17	+01:26:46	08:53
45	2487	Rui Faria	vimarunners	Veterano M30	03:36:21	+01:29:50	09:01
46	2491	José Carlos Almeida	Viseu Running Team	Veterano M30	03:37:06	+01:30:35	09:03
47	2256	Pedro neto	Individual	Veterano M30	03:37:06	+01:30:35	09:03
48	2055	Vitor Ribeiro	Brabus Runners	Veterano M30	03:38:48	+01:32:17	09:07
49	2061	Sergio Coelho	BTT Alegria // TUBANI	Veterano M30	03:40:00	+01:33:29	09:10
50	2242	Jorge Torão	Individual	Veterano M30	03:42:00	+01:35:29	09:15
51	2031	José Lima	AFIFENSE TRAIL	Veterano M30	03:43:33	+01:37:02	09:19
52	2225	Carlos Filipe Santos	Individual	Veterano M30	03:44:14	+01:37:43	09:21
53	2015	Ricardo Fernandes	Team Trail Bem Viver	Veterano M30	03:44:41	+01:38:10	09:22
54	2263	Sérgio Henriques	Individual	Veterano M30	03:46:30	+01:39:59	09:26
55	2226	Carlos Jorge da Costa Carvalho	Individual	Veterano M30	03:46:37	+01:40:06	09:27
56	2241	Jorge André Coutinho Pereira	Individual	Veterano M30	03:46:40	+01:40:09	09:27
57	2227	Diogo Carmo	Individual	Veterano M30	03:48:25	+01:41:54	09:31
58	2378	Bruno Batista	LION RUNNERS - G. D. Leões da Guarda	Veterano M30	03:52:28	+01:45:57	09:41
59	2016	Miguel Linhares	A.D.CARVALHAL	Veterano M30	03:55:57	+01:49:26	09:50
60	2483	Gonçalo Vieira	Trail S. Silvestre Team	Veterano M30	03:56:26	+01:49:55	09:51
61	2029	Joni Pandeirada Rocha	ADC Sozense	Veterano M30	03:58:29	+01:51:58	09:56
62	2121	Rui Oliveira	Factor X / S4L / Medense FC	Veterano M30	04:00:21	+01:53:50	10:01
63	1030	Márcio André Jesus Melo	Brabus Runners	Veterano M30	04:01:07	+01:54:36	10:03
64	2223	Bruno	Individual	Veterano M30	04:02:53	+01:56:22	10:07
65	2243	Licínio Macário	Individual	Veterano M30	04:07:01	+02:00:30	10:18
66	2382	Antonio Leite	Lousada Hotwheels Runners	Veterano M30	04:10:46	+02:04:15	10:27
67	2245	Luís Domingies	Individual	Veterano M30	04:10:46	+02:04:15	10:27
68	2002	Nuno Maio	#atéchoras!	Veterano M30	04:12:10	+02:05:39	10:30
69	2240	Joaquim Mota	Individual	Veterano M30	04:16:03	+02:09:32	10:40
70	2390	Tiago Sequeira	MSS CONTABILIDADE TRAIL TEAM	Veterano M30	04:18:11	+02:11:40	10:45
71	2003	Ricardo Pereira	#atéchoras!	Veterano M30	04:23:01	+02:16:30	10:58
72	2250	Nuno Gomes	Individual	Veterano M30	04:23:06	+02:16:35	10:58
73	2014	Márcio Castro	A.D.Amarante trail running	Veterano M30	04:25:52	+02:19:21	11:05
74	2114	BRUNO DUARTE	ESPINHO TRAIL	Veterano M30	04:28:16	+02:21:45	11:11
75	2116	RICARDO DUARTE	ESPINHO TRAIL	Veterano M30	04:28:17	+02:21:46	11:11
76	2261	RUI MARANTE	Individual	Veterano M30	04:32:57	+02:26:26	11:22
77	2101	Pedro Carvalho	Dolcefuradouro	Veterano M30	04:33:27	+02:26:56	11:24
78	2238	Joao Carlos Jácome da Silva	Individual	Veterano M30	04:34:17	+02:27:46	11:26
79	2235	Hugo Machado	Individual	Veterano M30	04:34:18	+02:27:47	11:26
80	1114	Roberto Garces	Individual	Veterano M30	04:36:11	+02:29:40	11:30
81	2045	Raul Andrade	Baltar Runners	Veterano M30	04:36:53	+02:30:22	11:32
82	2109	Pedro Gomes	éjá!...clube de amigos trailrunners	Veterano M30	04:37:55	+02:31:24	11:35
83	2248	Nelson Pinto	Individual	Veterano M30	04:38:59	+02:32:28	11:37
84	2355	Bruno Maia	Javalis Portugal	Veterano M30	04:39:08	+02:32:37	11:38
85	2259	Ricardo Moreira	Individual	Veterano M30	04:39:39	+02:33:08	11:39

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24KM

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86	2494	Ricardo França	Wolves	Veterano M30	04:41:09	+02:34:38	11:43
87	2417	Tiago Pinto	Os Dragões do Mato	Veterano M30	04:45:55	+02:39:24	11:55
88	2236	Ivo Silva	Individual	Veterano M30	04:47:08	+02:40:37	11:58
89	2229	Fernando Sousa	Individual	Veterano M30	04:47:08	+02:40:37	11:58
90	2267	Tiago Pinheiro	Individual	Veterano M30	04:50:50	+02:44:19	12:07
91	2070	Nuno Couto	CERVEIRA TEAM RUNNING	Veterano M30	04:52:52	+02:46:21	12:12
92	2252	nuno marques	Individual	Veterano M30	05:00:11	+02:53:40	12:30
93	2054	Miguel Silva	Brabus Runners	Veterano M30	05:02:03	+02:55:32	12:35
94	2228	Fernando Silva Resende	Individual	Veterano M30	05:11:32	+03:05:01	12:59
95	2260	Rui Correia	Individual	Veterano M30	05:15:31	+03:09:00	13:09
96	2149	Manuel Silva	GONDOMAR FUTSAL CLUBE	Veterano M30	05:33:46	+03:27:15	13:54
97	2468	Tiago Aguiar	Tascumpressa	Veterano M30	05:34:52	+03:28:21	13:57
98	2231	Filipe Leite	Individual	Veterano M30	05:39:16	+03:32:45	14:08
99	2244	Luís Dias	Individual	Veterano M30	06:16:54	+04:10:23	15:42
100	2265	Simão Matos	Individual	Veterano M30	06:21:10	+04:14:39	15:53
101	2251	NUNO JOSÉ PEREIRA REIS DOS SANTOS	Individual	Veterano M30	06:34:13	+04:27:42	16:26
102	2365	Ricardo Manuel de Oliveira Teixeira	JUVENTUDE CORTEGACENSE	Veterano M30	06:34:24	+04:27:53	16:26

Veterano M40

1	2108	Telmo Veloso	EDV VIANA TRAIL	Veterano M40	02:25:29	+18:58	06:04
2	2107	Ivan Silva	EDV VIANA TRAIL	Veterano M40	02:29:49	+23:18	06:15
3	2024	ALBERTO FREITAS	AD MARCO 09	Veterano M40	02:33:10	+26:39	06:23
4	2409	Valter Correia	Nova Linha TRAIL Runners	Veterano M40	02:37:52	+31:21	06:35
5	2444	Bruno Silva	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M40	02:49:48	+43:17	07:05
6	2305	Nuno Pimenta	Individual	Veterano M40	02:50:13	+43:42	07:06
7	2421	Marco Brochado	Os Lobos do Saibro	Veterano M40	02:52:05	+45:34	07:10
8	2437	Emanuel Costa	S. S. MONTEPIO	Veterano M40	02:52:26	+45:55	07:11
9	3008	Alexandre Lourenço	A+	Veterano M40	02:53:19	+46:48	07:13
10	2311	Pedro Bôto	Individual	Veterano M40	02:53:58	+47:27	07:15
11	2272	Alfredo Moreira	Individual	Veterano M40	02:54:49	+48:18	07:17
12	2027	José Ferreira	ADC Felgueira - FreitaSkyrunning	Veterano M40	02:56:30	+49:59	07:21
13	2501	Nel de Carvalho	Adosa - os Santa Apolónia	Veterano M40	02:56:45	+50:14	07:22
14	2367	Joao Oliveira	JUVENTUDE CORTEGACENSE	Veterano M40	02:58:51	+52:20	07:27
15	2280	Fernando Coelho	Individual	Veterano M40	03:00:01	+53:30	07:30
16	2410	Vitor Ferreira	Nova Linha TRAIL Runners	Veterano M40	03:03:55	+57:24	07:40
17	2308	paulo coelho	Individual	Veterano M40	03:04:13	+57:42	07:41
18	2286	Francisco Pinheiro	Individual	Veterano M40	03:04:17	+57:46	07:41
19	2040	Luis Miguel Martins Amaro	ARSM - Associação Recreativa de S. Miguel	Veterano M40	03:06:59	+01:00:28	07:47
20	2126	Orlando campos	Fisio.	Veterano M40	03:12:19	+01:05:48	08:01
21	2439	Marcio Silva	S. S. MONTEPIO	Veterano M40	03:12:24	+01:05:53	08:01
22	2370	Nuno Miguel Gonçalves Araújo	JUVENTUDE CORTEGACENSE	Veterano M40	03:13:07	+01:06:36	08:03
23	2284	Filipe Bastos	Individual	Veterano M40	03:15:56	+01:09:25	08:10
24	2453	José Oliveira	Sentir Escariz Running	Veterano M40	03:17:39	+01:11:08	08:14

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24KM

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25	2011	Sérgio Moreira	100Meta	Veterano M40	03:22:59	+01:16:28	08:27
26	2431	Arsénio Batata	Pés de Chumbo Runners	Veterano M40	03:23:09	+01:16:38	08:28
27	2278	DANIEL MIRANDA	Individual	Veterano M40	03:24:43	+01:18:12	08:32
28	2462	Rubens Soares	Sportarc.running	Veterano M40	03:25:09	+01:18:38	08:33
29	2025	RUI RODRIGUES	AD MARCO 09	Veterano M40	03:26:51	+01:20:20	08:37
30	2033	Carlos Alberto Soares Moreira	Alpha Running	Veterano M40	03:28:55	+01:22:24	08:42
31	2155	Hugo Alexandre Palmeira Moreira	GTT - ARMAZÉM DO CAFFÈ	Veterano M40	03:29:02	+01:22:31	08:43
32	2371	Sérgio Paulo Ferreira Oliveira	JUVENTUDE CORTEGACENSE	Veterano M40	03:30:24	+01:23:53	08:46
33	2500	nuno duarte	Individual	Veterano M40	03:31:34	+01:25:03	08:49
34	2141	Nuno Cunha	GAIA RUNNING	Veterano M40	03:32:55	+01:26:24	08:52
35	2143	Rui Pereira	GAIA RUNNING	Veterano M40	03:32:55	+01:26:24	08:52
36	2420	Filipe Pinto	Os Lobos do Saibro	Veterano M40	03:35:02	+01:28:31	08:58
37	2478	Pedro Lima	TEAM TT	Veterano M40	03:36:15	+01:29:44	09:01
38	2299	Marcos Gandra	Individual	Veterano M40	03:36:59	+01:30:28	09:02
39	2356	jorge alves	jorge alves	Veterano M40	03:39:48	+01:33:17	09:10
40	1019	Paulo Ferreira	Associação Desportiva de Cabroelo	Veterano M40	03:39:48	+01:33:17	09:10
41	2320	Ricardo Rodrigues	Individual	Veterano M40	03:40:01	+01:33:30	09:10
42	2366	Cecilio Manuel Silva Ferreira	JUVENTUDE CORTEGACENSE	Veterano M40	03:41:21	+01:34:50	09:13
43	2146	Rui Viegas	GALHARDOS RUNNERS	Veterano M40	03:41:26	+01:34:55	09:14
44	2020	Rui Menas	Academia d'Estrelas	Veterano M40	03:41:33	+01:35:02	09:14
45	2418	José Pedro Silva	Os Dragões do Mato	Veterano M40	03:43:21	+01:36:50	09:18
46	2291	Joaquim José da Silva Oliveira	Individual	Veterano M40	03:44:32	+01:38:01	09:21
47	2301	Miguel Rocha	Individual	Veterano M40	03:44:35	+01:38:04	09:21
48	2331	Vítor Canto	Individual	Veterano M40	03:45:09	+01:38:38	09:23
49	2084	Carlos Jorge Madail Negrão	Correio de Albergaria Trail Running	Veterano M40	03:47:04	+01:40:33	09:28
50	2066	Sérgio Freitas	CATR - Correio de Albergaria Trail Running	Veterano M40	03:47:04	+01:40:33	09:28
51	2303	Nuno Jacinto	Individual	Veterano M40	03:47:21	+01:40:50	09:28
52	2290	João Sousa	Individual	Veterano M40	03:47:27	+01:40:56	09:29
53	2425	Carlos Ribeiro	Os Tolinhos	Veterano M40	03:53:30	+01:46:59	09:44
54	2434	José Carlos Gomes	Running Espinho	Veterano M40	03:54:12	+01:47:41	09:46
55	2456	Vítor Moreira	Sentir Escariz Running	Veterano M40	03:57:32	+01:51:01	09:54
56	2295	Luís Cardoso	Individual	Veterano M40	03:58:04	+01:51:33	09:55
57	2325	Rui Rocha	Individual	Veterano M40	03:59:34	+01:53:03	09:59
58	2125	Luís Teixeira	Fireman Challenge	Veterano M40	03:59:41	+01:53:10	09:59
59	2271	Alexandre Spricigo de Sousa	Individual	Veterano M40	04:04:18	+01:57:47	10:11
60	2302	Nélio Fonseca	Individual	Veterano M40	04:08:06	+02:01:35	10:20
61	2454	Rui Figueiredo	Sentir Escariz Running	Veterano M40	04:08:06	+02:01:35	10:20
62	2440	Ricardo Resende	S. S. MONTEPIO	Veterano M40	04:10:45	+02:04:14	10:27
63	2450	Rui Silva	SC ESPINHO - ATLETISMO / ANTONIO LEITÃO	Veterano M40	04:11:19	+02:04:48	10:28
64	2316	Pedro Silva	Individual	Veterano M40	04:11:27	+02:04:56	10:29
65	2422	Adelino Pinheiro	os lobos trail btt sai da frente	Veterano M40	04:11:33	+02:05:02	10:29
66	2313	Pedro Miguel Moreira Lino	Individual	Veterano M40	04:11:37	+02:05:06	10:29
67	2106	Adriano Rocha	EDV VIANA TRAIL	Veterano M40	04:13:18	+02:06:47	10:33
68	2064	Pedro Seixas	Capital Douro	Veterano M40	04:14:40	+02:08:09	10:37

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24KM

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69	2063	Fausto Neves	Capital Douro	Veterano M40	04:14:40	+02:08:09	10:37
70	2297	Luis Ribeiro	Individual	Veterano M40	04:15:16	+02:08:45	10:38
71	2423	Paulo Pineiro	os lobos trail btt sai da frente	Veterano M40	04:17:13	+02:10:42	10:43
72	2046	Leandro Andrade	Baltar Runners	Veterano M40	04:17:40	+02:11:09	10:44
73	2393	Manuel Ribeiro	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	04:18:07	+02:11:36	10:45
74	2391	António Rocha	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	04:18:08	+02:11:37	10:45
75	2273	Antonio Sousa	Individual	Veterano M40	04:18:55	+02:12:24	10:47
76	2432	Luís Costa	Ripolins Grijo a Correr	Veterano M40	04:22:47	+02:16:16	10:57
77	2005	Rui Teixeira	#atéchoras!	Veterano M40	04:23:30	+02:16:59	10:59
78	2072	Quim Araujo	CERVEIRA TEAM RUNNING	Veterano M40	04:24:34	+02:18:03	11:01
79	2289	Ismael Guedes Carvalho	Individual	Veterano M40	04:27:45	+02:21:14	11:09
80	2310	Paulo Vilarinho	Individual	Veterano M40	04:29:41	+02:23:10	11:14
81	2008	César Rocha	#correratenumdarmais	Veterano M40	04:30:16	+02:23:45	11:16
82	2293	José Ferreira	Individual	Veterano M40	04:30:34	+02:24:04	11:16
83	2380	Pedro Gaio	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	04:31:24	+02:24:53	11:19
84	2481	Henrique Cesar castro Reis	trail running clube btt sanguedo	Veterano M40	04:33:40	+02:27:09	11:24
85	2006	Vitor Osório	#atéchoras!	Veterano M40	04:33:50	+02:27:19	11:25
86	2274	Artur Fonseca	Individual	Veterano M40	04:33:53	+02:27:22	11:25
87	2277	Carlos Josué Pereira Teixeira	Individual	Veterano M40	04:34:16	+02:27:45	11:26
88	2287	Helder Santos	Individual	Veterano M40	04:34:51	+02:28:20	11:27
89	2282	Fernando Sérgio Nicola Costa salgado	Individual	Veterano M40	04:34:51	+02:28:20	11:27
90	2319	Ricardo Ferreira	Individual	Veterano M40	04:35:35	+02:29:04	11:29
91	2110	Luís Terêncio	éjáli...clube de amigos trailrunners	Veterano M40	04:37:55	+02:31:24	11:35
92	2085	nelson santiago	Correio de Albergaria Trail Running	Veterano M40	04:38:57	+02:32:26	11:37
93	2472	Paulo Alexandre Santos da Silva	Team Contagiante	Veterano M40	04:43:56	+02:37:25	11:50
94	2270	Alcindo silva	Individual	Veterano M40	04:45:09	+02:38:38	11:53
95	2298	Marco Antonio Pinto	Individual	Veterano M40	04:45:46	+02:39:15	11:54
96	2159	Sérgio Guimarães	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	04:48:35	+02:42:04	12:01
97	2314	Pedro Oliveira	Individual	Veterano M40	04:51:40	+02:45:09	12:09
98	2152	Francisco Lopes	Grupo46 LavraRun	Veterano M40	04:59:42	+02:53:11	12:29
99	2312	Pedro Freitas	Individual	Veterano M40	05:00:18	+02:53:47	12:31
100	2021	Sergio Mesquita	Academia d'Estrelas	Veterano M40	05:04:36	+02:58:05	12:42
101	2151	Paulo Ferreira	Grupo 46 "Lavra Run" / CT Águas do Porto	Veterano M40	05:06:08	+02:59:37	12:45
102	2153	Pedro Pereira	Grupo46 LavraRun	Veterano M40	05:11:19	+03:04:48	12:58
103	2004	Alvaro Pereira	#atéchoras!	Veterano M40	05:15:28	+03:08:57	13:09
104	2354	Miguel Moreira	Isto Cansa Muito	Veterano M40	05:16:55	+03:10:24	13:12
105	2323	Rui Moura	Individual	Veterano M40	05:25:18	+03:18:47	13:33
106	2464	Eduardo Loureiro	Strong Team	Veterano M40	05:26:26	+03:19:55	13:36
107	2304	Nuno Medeiros	Individual	Veterano M40	05:32:51	+03:26:20	13:52
108	2134	Luís Teixeira	Fruta da 5.ª	Veterano M40	05:41:51	+03:35:20	14:15
109	2307	Paulo Bartolomeu Soares Mártires	Individual	Veterano M40	05:49:40	+03:43:09	14:34
110	2292	José Antonio Alves de Sousa	Individual	Veterano M40	06:03:26	+03:56:55	15:09
111	2441	Rui Carvalho	S. S. MONTEPIO	Veterano M40	06:10:45	+04:04:14	15:27

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24KM

24 KM

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OFFICIAL RESULT

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112	2144	Vitor Fernandes	GAIA RUNNING	Veterano M40	06:29:40	+04:23:09	16:14
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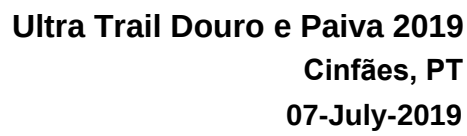
Veterano M50

1	2374	Ernesto Alves	JUVENTUDE CORTEGACENSE	Veterano M50	02:47:18	+40:47	06:58
2	2406	Francisco Lemos	Nós Acreditamos	Veterano M50	02:48:38	+42:08	07:02
3	2018	Pedro Guimaraes	#letzrunazores	Veterano M50	03:00:30	+53:59	07:31
4	2095	Carlos Cunha	Dci/trilhos luso bussaco	Veterano M50	03:02:27	+55:56	07:36
5	2394	Manuel Póvoas	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	03:07:09	+01:00:38	07:48
6	2098	Nelson Sousa	DirtRunners	Veterano M50	03:16:24	+01:09:53	08:11
7	2042	José Luis Loureiro	Autistic Runners	Veterano M50	03:20:46	+01:14:15	08:22
8	2427	Francisco Ferreira	Os Tolinhos	Veterano M50	03:32:44	+01:26:13	08:52
9	2347	Paulo Quintas	NAST	Veterano M50	03:34:07	+01:27:37	08:55
10	2340	Joaquim António do Rosário carreira	Individual	Veterano M50	03:35:05	+01:28:34	08:58
11	2381	Luís Lages	LIZ RUNNERS	Veterano M50	03:42:31	+01:36:00	09:16
12	2412	José Silva	Nova Linha TRAIL Runners	Veterano M50	03:46:30	+01:39:59	09:26
13	2373	Domingos Fernando Oliveira Camboa	JUVENTUDE CORTEGACENSE	Veterano M50	03:49:57	+01:43:26	09:35
14	2037	Armindo Lopes	ARC Vale S. Cosme	Veterano M50	03:52:50	+01:46:19	09:42
15	2358	João Manuel Santos Silva	JUÕES	Veterano M50	03:53:29	+01:46:58	09:44
16	2343	Jorge Esteves	Individual	Veterano M50	04:01:16	+01:54:45	10:03
17	2334	Alberto Martins	Individual	Veterano M50	04:01:36	+01:55:05	10:04
18	2026	RODRIGO AGUIAR	AD MARCO 09	Veterano M50	04:02:34	+01:56:03	10:06
19	2442	Fernando Carvalho	S. S. MONTEPIO	Veterano M50	04:10:44	+02:04:13	10:27
20	2411	Florindo Pereira	Nova Linha TRAIL Runners	Veterano M50	04:15:07	+02:08:36	10:38
21	2344	José Manuel Braga Ferreira	Individual	Veterano M50	04:17:18	+02:10:47	10:43
22	2384	Francisco José Gomes da Costa	Matilha da Atalaia	Veterano M50	04:19:37	+02:13:06	10:49
23	2056	Vitor cunha	Brabus Runners	Veterano M50	04:23:54	+02:17:23	11:00
24	2337	Carlos Taveira	Individual	Veterano M50	04:24:33	+02:18:02	11:01
25	2041	Antonio Loureiro	Autistic Runners	Veterano M50	04:25:11	+02:18:40	11:03
26	2339	João Gil da Costa	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M50	04:29:44	+02:23:13	11:14
27	2426	Carlos NOVO	Os Tolinhos	Veterano M50	04:32:33	+02:26:02	11:21
28	2497	Carlos Almeida	Individual	Veterano M50	04:32:48	+02:26:17	11:22
29	2419	Paulo Pinheiro	Os Dragões do Mato	Veterano M50	04:34:34	+02:28:03	11:26
30	2349	Valdemar Almeida	Individual	Veterano M50	04:43:55	+02:37:24	11:50
31	2335	Antonio Mendonça	Individual	Veterano M50	04:54:43	+02:48:12	12:17
32	2342	Jorge Caria	Individual	Veterano M50	05:01:22	+02:54:51	12:33
33	2065	Paulo Alves	Capital Douro	Veterano M50	05:14:40	+03:08:09	13:07
34	2346	Nelson Ramos	Individual	Veterano M50	05:29:08	+03:22:37	13:43

Veterano M60

1	2463	Carlos Ferreira	Sportarc.running	Veterano M60	03:33:40	+01:27:09	08:54
2	2352	Sérgio Ferreira Rodrigues	Individual	Veterano M60	04:13:46	+02:07:15	10:34

Official Timekeeper: Lap2Go	9 / 10	generate 07-Jul-2019 17:40
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OFFICIAL RESULT

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3	2350	Fernando Lopes de Oliveira Loureiro Martins	Individual	Veterano M60	04:55:59	+02:49:28	12:20
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Official Timekeeper: Lap2Go	10 / 10	generate 07-Jul-2019 17:40
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[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 07-Jul-2019 17:42
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16KM - STAGE 1

16 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	18.6°C	93%
End	14:43	18.6°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	3256	Nelson Loureiro	individual	Veterano M30	01:14:12		04:38
2	3033	Paulo Moreira	aliados trail running team	Senior Masculino	01:21:35	+07:22	05:06
3	3242	Francisco Figueiredo	individual	Veterano M30	01:21:41	+07:29	05:06
4	3228	André Fonseca	individual	Veterano M30	01:23:07	+08:55	05:12
5	3091	Nuno Lemos	clube atletismo fafe	Veterano M40	01:23:27	+09:15	05:13
6	3079	Jorge Resende	cinfães a correr	Veterano M30	01:23:56	+09:44	05:15
7	3445	João Barbosa	sc espinho - atletismo / antónio leitão	Veterano M40	01:28:50	+14:38	05:33
8	3492	Nuno Silva	the newbies	Veterano M30	01:30:19	+16:07	05:39
9	3351	Mário Ferreira	leões de tardariz trail	Veterano M30	01:30:26	+16:14	05:39
10	2294	José Ribeiro	individual	Veterano M40	01:31:06	+16:54	05:42
11	3429	Carlos barbosa	running penafiel trail	Veterano M40	01:31:32	+17:20	05:43
12	3367	Helder Franco	lethes trail team	Veterano M30	01:33:26	+19:14	05:50
13	3092	Filipe Vicente	clube montanhismo da guarda	Veterano M30	01:34:00	+19:48	05:53
14	3489	Carlos Silva	the newbies	Senior Masculino	01:34:11	+19:59	05:53
15	3430	Jorge gomes	running penafiel trail	Veterano M40	01:34:54	+20:42	05:56
16	3280	Joaquim Correia	individual	Veterano M40	01:34:59	+20:46	05:56
17	3407	josé Pedrosa	os primos	Veterano M40	01:35:03	+20:51	05:56
18	3490	Hugo Faria	the newbies	Senior Masculino	01:36:09	+21:57	06:01
19	3431	Carlos Vinha	running penafiel trail	Veterano M50	01:36:29	+22:16	06:02
20	3512	Fernando Ramos	individual	Veterano M50	01:36:57	+22:45	06:04
21	3109	José Pereira	equipa a	Veterano M50	01:37:06	+22:53	06:04
22	3113	João Gomes	esgalhada trail team	Veterano M30	01:37:10	+22:57	06:04
23	3114	Pedro Gomes	esgalhada trail team	Veterano M30	01:37:43	+23:30	06:06
24	3516	Nuno Sousa	individual	Veterano M40	01:38:50	+24:38	06:11
25	3071	Ana Botelho	cinfães a correr	Senior Feminino	01:39:26	+25:14	06:13
26	3170	Celia de Jesus Pereira Neto	paços runners	Veterana F30	01:39:55	+25:42	06:15
27	3138	Jorge beliago	gansos	Senior Masculino	01:39:56	+25:44	06:15
28	3386	Fábio Silva	nós acreditamos	Senior Masculino	01:40:12	+25:59	06:16
29	3105	Cláudio Monteiro	douroconta - gabinete de apoio e contabilidade, lda	Veterano M50	01:40:19	+26:07	06:16
30	3292	Paulo Costa	individual	Veterano M40	01:40:36	+26:24	06:17
31	3254	Marco Rodrigues	individual	Veterano M30	01:40:47	+26:35	06:18
32	3084	Bruno Mouta	cinfães a correr	Veterano M40	01:40:49	+26:37	06:18
33	3268	António Coelho	individual	Veterano M40	01:41:02	+26:49	06:19
34	3007	Pedro Vieira	a.d.amarante trail running	Veterano M30	01:41:10	+26:58	06:19
35	3159	Fábio Rebelo	individual	Senior Masculino	01:42:10	+27:57	06:23
36	3165	Telmo Santos	individual	Senior Masculino	01:42:18	+28:06	06:24
37	3055	João Tavares	btt alegria // tubani	Veterano M40	01:42:31	+28:19	06:24
38	3443	Pedro Magalhães	sc espinho - atletismo / antónio leitão	Veterano M30	01:42:52	+28:39	06:26
39	3352	Miguel Alves	leões de tardariz trail	Veterano M30	01:42:52	+28:40	06:26
40	3470	Carlos Teixeira	sportarc.running	Veterano M30	01:43:18	+29:06	06:27
41	3471	Luís Teixeira	sportarc.running	Veterano M40	01:43:20	+29:08	06:28

16KM - STAGE 1

16 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	3354	Ricardo Barros	leões de tardariz trail	Veterano M30	01:43:23	+29:11	06:28
43	3404	JORGE MIRANDA	os primos	Senior Masculino	01:44:30	+30:18	06:32
44	3073	Fábio Vides	cinfães a correr	Senior Masculino	01:44:35	+30:22	06:32
45	3107	José Pirata	equipa a	Veterano M40	01:45:15	+31:02	06:35
46	3399	José Fernandes	nova linha trail runners	Veterano M40	01:45:39	+31:26	06:36
47	3487	Telmo Oliveira	team oliveira	Veterano M40	01:45:40	+31:28	06:36
48	3135	José Morais	gaia trail	Veterano M50	01:46:01	+31:49	06:38
49	3425	Sérgio Pires	runners do demo	Senior Masculino	01:46:04	+31:52	06:38
50	3043	Mario lima	avesrunners	Veterano M40	01:46:09	+31:56	06:38
51	3368	Nuno Sendao	lethes trail team	Veterano M40	01:46:12	+32:00	06:38
52	3415	Eva carneiro	paços runners	Veterana F40	01:46:21	+32:08	06:39
53	3398	Cidália Ferreira	running penafiel trail	Veterana F40	01:46:28	+32:16	06:39
54	3056	Tony Mendes	btt alegria // tubani	Veterano M40	01:46:58	+32:46	06:41
55	3518	Marcio Bodelho	individual	Veterano M30	01:48:40	+34:28	06:48
56	3401	Joaquim Ventura	os lobos do saibro	Senior Masculino	01:49:20	+35:07	06:50
57	3132	Manuel Teixeira	fridão sem limites	Veterano M40	01:49:21	+35:09	06:50
58	2376	Pedro Sendão	lethes trail team	Veterano M40	01:49:52	+35:39	06:52
59	3342	José Barreiros	ker sport trail running	Veterano M40	01:49:54	+35:41	06:52
60	3363	Victor Sousa	leões de tardariz trail	Veterano M50	01:49:58	+35:45	06:52
61	3274	David Pereira	individual	Veterano M40	01:50:04	+35:52	06:53
62	3499	Pedro Lopes	viriatvhs runners viseu	Veterano M30	01:50:10	+35:58	06:53
63	3502	Sérgio Silva	viseu 360	Veterano M40	01:50:15	+36:03	06:53
64	3362	Joaquim Leite	leões de tardariz trail	Veterano M50	01:50:23	+36:11	06:54
65	2150	Ilidio Freitas	gondomar futsal clube	Veterano M50	01:50:25	+36:13	06:54
66	2361	Lúcia Campos Costa	juventude cortegacense	Veterana F40	01:51:30	+37:18	06:58
67	3405	BRUNO FONTÃO	os primos	Veterano M30	01:51:30	+37:18	06:58
68	3403	CARLOS LEITE	os primos	Senior Masculino	01:51:31	+37:18	06:58
69	3093	Carlos Chagas	clube montanhismo da guarda	Veterano M40	01:51:36	+37:24	06:59
70	3047	Rui Faria	bigodes de tinto	Veterano M30	01:52:04	+37:52	07:00
71	3457	Fernando Brandão	sentir escariz running	Veterano M40	01:52:28	+38:16	07:02
72	3491	Marcelo Teixeira	the newbies	Senior Masculino	01:52:33	+38:20	07:02
73	3237	Bruno Pereira	individual	Veterano M30	01:52:34	+38:22	07:02
74	3359	Pedro Ferreira	leões de tardariz trail	Veterano M40	01:52:43	+38:31	07:03
75	3358	Mário Moura	leões de tardariz trail	Veterano M40	01:52:44	+38:32	07:03
76	3125	SANDRA ARAÚJO	fisio.	Veterana F30	01:52:50	+38:38	07:03
77	3456	João Silva	sentir escariz running	Veterano M30	01:53:21	+39:08	07:05
78	3235	Bruno Joel Pinto Lopes	individual	Veterano M30	01:53:35	+39:23	07:06
79	3310	Alcindo Pereira	individual	Veterano M50	01:53:38	+39:25	07:06
80	3258	Nuno Almeida	individual	Veterano M30	01:53:40	+39:27	07:06
81	3212	Alzira Pereira Valério	individual	Veterana F50	01:53:48	+39:35	07:07
82	3174	Márcia Russo	individual	Veterana F30	01:53:53	+39:41	07:07
83	3078	Isidro Almeida	cinfães a correr	Veterano M30	01:54:06	+39:54	07:08
84	3247	Horácio Pinto	individual	Veterano M30	01:54:12	+40:00	07:08
85	3378	Ana Catarina Fonseca	nac trail	Veterana F30	01:54:55	+40:43	07:11
86	3309	valter sa	individual	Veterano M40	01:55:04	+40:52	07:12
87	3250	João Ribeiro	individual	Veterano M30	01:55:06	+40:54	07:12

16KM - STAGE 1

16 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	3459	Mário Pinho	sentir escariz running	Veterano M40	01:55:24	+41:12	07:13
89	3088	João Bernardo	cinfães a correr	Veterano M50	01:55:59	+41:47	07:15
90	3269	Belmiro Reis	individual	Veterano M40	01:56:13	+42:00	07:16
91	3200	Fátima Cruzeiro	individual	Veterana F40	01:56:41	+42:28	07:18
92	1032	Sandro Davide Afonso	brabus runners	Veterano M30	01:57:00	+42:48	07:19
93	2111	Marcos Lopes Paulo	esgalhada trail team	Veterano M30	01:57:09	+42:56	07:19
94	3025	TIAGO MARINHO	ad marco 09	Senior Masculino	01:57:15	+43:03	07:20
95	2136	Lucília Resende	gaia running	Veterana F40	01:57:18	+43:06	07:20
96	3313	Jorge Moreira	individual	Veterano M50	01:57:47	+43:34	07:22
97	3406	JOÃO PINHEIRO	os primos	Veterano M30	01:58:22	+44:10	07:24
98	3144	Gaspar Araujo	grc telhadela	Veterano M40	01:58:23	+44:11	07:24
99	2288	Hugo Almeida	individual	Veterano M40	01:58:34	+44:21	07:25
100	3338	Manuel constantino silva	juventude cortegacense	Veterano M50	01:58:35	+44:23	07:25
101	3389	Martinha Alves	nós acreditamos	Veterana F50	01:59:10	+44:58	07:27
102	3271	Carlos alberto	individual	Veterano M40	01:59:10	+44:58	07:27
103	3080	Nuno Botelho	cinfães a correr	Veterano M30	01:59:42	+45:29	07:29
104	3448	Vânia Relvas	sentir escariz running	Senior Feminino	01:59:55	+45:42	07:30
105	3129	Eliana Teixeira	fridão sem limites	Veterana F30	01:59:55	+45:43	07:30
106	3334	António Constantino Silva	juventude cortegacense	Veterano M40	02:00:46	+46:34	07:33
107	3413	Nelson Duarte	outsiders trail team	Veterano M40	02:01:01	+46:49	07:34
108	3126	Vitor Mansilhas	fisio.	Veterano M30	02:01:08	+46:55	07:34
109	3083	Rui monteiro	cinfães a correr	Veterano M30	02:01:26	+47:14	07:35
110	3026	Carlos Soares	individual	Veterano M30	02:01:29	+47:17	07:36
111	3106	Diana	equipa a	Veterana F40	02:01:49	+47:37	07:37
112	3339	Sara Carpinteira	ker sport trail running	Senior Feminino	02:01:51	+47:39	07:37
113	3377	Aurélio Salas	mss contabilidade trail team	Veterano M40	02:02:15	+48:03	07:38
114	2408	Daniel Tomé	nova linha trail runners	Veterano M40	02:02:43	+48:30	07:40
115	3387	Natércia Freitas	nós acreditamos	Veterana F30	02:02:43	+48:31	07:40
116	3240	Diogo Filipe Pinto Alves	individual	Veterano M30	02:02:44	+48:32	07:40
117	3305	Rui Manuel da Rocha Moreira	individual	Veterano M40	02:02:53	+48:41	07:41
118	3447	Ana Rita Oliveira	sentir escariz running	Senior Feminino	02:02:54	+48:41	07:41
119	3454	Flora Santos	sentir escariz running	Veterana F40	02:02:54	+48:41	07:41
120	3236	Bruno Leite	individual	Veterano M30	02:02:59	+48:47	07:41
121	3442	Nelson Dias	sc espinho - atletismo / antónio leitão	Veterano M30	02:03:08	+48:55	07:42
122	3101	Silvia Gomes	correr por prazer a 2	Veterana F30	02:03:18	+49:06	07:42
123	3102	Pedro Lopes	correr por prazer a 2	Veterano M40	02:03:19	+49:06	07:42
124	3005	Francisco Fonseca	5.7 crossfit guimarães	Veterano M40	02:03:39	+49:27	07:44
125	3255	Marcos Roldão	individual	Veterano M30	02:03:40	+49:28	07:44
126	2357	João Miguel Almeida da Silva	juões	Senior Masculino	02:04:50	+50:38	07:48
127	3127	Hugo Carvalho	fisioperformance	Senior Masculino	02:04:55	+50:42	07:48
128	3044	Nélson Silva	basto running club	Senior Masculino	02:05:16	+51:04	07:50
129	2281	Fernando Pereira	individual	Veterano M40	02:05:21	+51:09	07:50
130	3493	Jose Carlos Silva	the newbies	Veterano M40	02:05:22	+51:10	07:50
131	3333	José Miguel Fonseca Duarte	juventude cortegacense	Veterano M30	02:05:23	+51:11	07:50
132	3118	Cristina Couto	espinho trail	Veterana F40	02:05:25	+51:13	07:50
133	3298	Pedro Oliveira	individual	Veterano M40	02:05:27	+51:15	07:50

16KM - STAGE 1

16 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
134	3143	FILIPE PEREIRA	grc telhadela	Veterano M40	02:06:46	+52:33	07:55
135	3360	António Pinto	leões de tardariz trail	Veterano M50	02:06:53	+52:41	07:56
136	3304	Rogério Becho	individual	Veterano M40	02:07:42	+53:30	07:59
137	3036	Sandra Barata	arsm - associação recreativa de s. miguel	Veterana F40	02:07:48	+53:36	07:59
138	3122	Mário Alves	espinho trail	Veterano M50	02:07:49	+53:36	07:59
139	3314	José Lages	individual	Veterano M50	02:07:56	+53:43	08:00
140	3229	António Cardoso	individual	Veterano M30	02:08:17	+54:05	08:01
141	3514	Atleta 3514	individual	Senior Masculino	02:08:26	+54:13	08:02
142	3046	Jonas Maia	bigodes de tinto	Veterano M30	02:08:27	+54:15	08:02
143	3426	Tiago Rodrigues	runners do demo	Senior Masculino	02:08:31	+54:19	08:02
144	3110	David Santos	esgalhada trail team	Senior Masculino	02:08:33	+54:20	08:02
145	3451	Ana Cabral	sentir escariz running	Veterana F30	02:08:33	+54:20	08:02
146	3507	José Peres	viseu running team	Veterano M50	02:08:34	+54:21	08:02
147	3440	Marlene Soares	sc espinho - atletismo / antónio leitão	Veterana F40	02:08:35	+54:23	08:02
148	3504	Sílvia Coelho	viseu running team	Veterana F40	02:08:36	+54:23	08:02
149	2433	Moises Rodrigues	runners do demo	Veterano M40	02:08:38	+54:26	08:02
150	3142	Carlos Campos	grc telhadela	Veterano M30	02:08:56	+54:44	08:04
151	3506	Raquel Mendes	viseu running team	Veterana F50	02:08:57	+54:45	08:04
152	3077	Bruno Silva	cinfães a correr	Veterano M30	02:09:01	+54:49	08:04
153	3076	André Monteiro	cinfães a correr	Veterano M30	02:09:01	+54:49	08:04
154	3427	Vitor Jorge Pereira Nogueira	runners do demo	Veterano M40	02:09:06	+54:54	08:04
155	3468	Paula Cristina Gonçalves	sportarc.running	Veterana F40	02:09:14	+55:01	08:05
156	3461	Clara Santos	sportarc.running	Veterana F30	02:09:14	+55:02	08:05
157	3261	Pedro Serra	individual	Veterano M30	02:09:16	+55:04	08:05
158	3355	Luís Martins	leões de tardariz trail	Veterano M40	02:09:24	+55:12	08:05
159	3424	angelo paiva	reccua runners	Veterano M40	02:10:05	+55:52	08:08
160	3146	David Nogueira	hora do lobo trail - cf perosinho atletismo	Veterano M50	02:10:05	+55:53	08:08
161	3115	PATRÍCIA GOMES	espinho trail	Veterana F30	02:10:54	+56:41	08:11
162	2285	Filipe Rodrigues	individual	Veterano M40	02:10:57	+56:44	08:11
163	3157	Diogo Silva	individual	Senior Masculino	02:10:58	+56:45	08:11
164	3227	Américo Botelho	individual	Veterano M30	02:11:04	+56:52	08:12
165	3004	Sandra Couto	#correratenumdarmais por fo	Veterana F40	02:11:30	+57:18	08:13
166	3495	Carla Vinagre	trail 4 fun	Veterana F40	02:11:45	+57:33	08:14
167	3375	Rui Miguel Sousa	mountain runners	Veterano M30	02:11:47	+57:34	08:14
168	3090	Luis Peixoto	clube académico de mogadouro	Veterano M40	02:12:06	+57:54	08:15
169	2415	Joel Ferreira	os aventureiros	Veterano M30	02:12:19	+58:06	08:16
170	3441	Carmo Marinho	sc espinho - atletismo / antónio leitão	Veterana F50	02:12:21	+58:08	08:16
171	3162	Nuno Correia	individual	Senior Masculino	02:12:22	+58:09	08:16
172	3087	Vasco Cardoso	cinfães a correr	Veterano M40	02:12:40	+58:27	08:18
173	3472	Rui Pedro Gonçalves	sportarc.running	Veterano M40	02:13:35	+59:22	08:21
174	3481	Carina Andreia Rocha Robaina	tainadas run team	Veterana F30	02:13:40	+59:28	08:21
175	3483	Perdro Miguel de Jesus Silvestre	tainadas run team	Veterano M30	02:13:43	+59:30	08:21
176	3308	Sergio Carvalho	individual	Veterano M40	02:13:43	+59:31	08:21
177	3253	Luís Jorge	individual	Veterano M30	02:14:04	+59:52	08:23
178	3349	Tânia Gonçalves	leões de tardariz trail	Veterana F30	02:14:27	+01:00:15	08:24

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
179	3082	Ricardo Sá	cinfaes a correr	Veterano M30	02:14:30	+01:00:18	08:24
180	3498	Patrícia Palmeira	ultimagem	Veterana F40	02:14:31	+01:00:18	08:24
181	3400	Bruno Castelo	os aventureiros	Veterano M30	02:14:49	+01:00:37	08:26
182	3306	Sérgio Braga	individual	Veterano M40	02:14:51	+01:00:38	08:26
183	3318	Rui Carvalho	individual	Veterano M50	02:14:54	+01:00:41	08:26
184	3287	Nelson Noval	individual	Veterano M40	02:14:54	+01:00:41	08:26
185	3176	Patrícia Silva	individual	Veterana F30	02:15:27	+01:01:15	08:28
186	3052	Daniel Sousa	btt alegria // tubani	Veterano M30	02:15:31	+01:01:19	08:28
187	3202	Lara GomesdaRocha	individual	Veterana F40	02:15:38	+01:01:25	08:29
188	3207	Patrícia fernandes	individual	Veterana F40	02:15:57	+01:01:45	08:30
189	3039	Gentil Pereira	as melhores castas	Veterano M40	02:15:58	+01:01:46	08:30
190	3371	JOSE ANDRADE	mocidade sangemil	Veterano M30	02:15:59	+01:01:47	08:30
191	3458	Jorge Moreira	sentir escariz running	Veterano M40	02:16:34	+01:02:21	08:32
192	3340	Carla Marques Silva	ker sport trail running	Veterana F40	02:16:34	+01:02:22	08:32
193	2232	Filipe Sousa	individual	Veterano M30	02:16:44	+01:02:31	08:33
194	3511	José Grijó	individual	Veterano M40	02:16:59	+01:02:47	08:34
195	3450	Diogo Moreira	sentir escariz running	Senior Masculino	02:17:31	+01:03:19	08:36
196	3517	Bruno Rodrigues	o jogo	Veterano M40	02:18:05	+01:03:52	08:38
197	3068	Marco Segadães	cerveira team running	Veterano M40	02:18:39	+01:04:26	08:40
198	3045	Bruno Marante	bigodes de tinto	Veterano M30	02:18:48	+01:04:36	08:41
199	3361	João Vieira	leões de tardariz trail	Veterano M50	02:19:05	+01:04:52	08:42
200	3111	Carolina Rafaela Saraiva	esgalhada trail team	Veterana F30	02:19:20	+01:05:07	08:43
201	3294	paulo jorge pires dos santos	individual	Veterano M40	02:19:36	+01:05:23	08:44
202	3181	Ana Alves	individual	Veterana F40	02:19:58	+01:05:46	08:45
203	3319	Vitor Oliveira	individual	Veterano M50	02:19:58	+01:05:46	08:45
204	3336	Tiago Jorge de Brito Martins Pereira	juventude cortegacense	Veterano M40	02:20:01	+01:05:49	08:45
205	3038	Marco Dias	as melhores castas	Veterano M30	02:20:03	+01:05:51	08:45
206	3139	Miguel costa	gansos	Veterano M40	02:20:24	+01:06:12	08:47
207	3341	Álvaro Amorim	ker sport trail running	Veterano M30	02:20:28	+01:06:15	08:47
208	2115	MÁRCIO MOREIRA	espinho trail	Veterano M30	02:21:15	+01:07:02	08:50
209	3520	Paulo Monteiro	wolves	Veterano M40	02:21:20	+01:07:08	08:50
210	3321	Cristiana Marques de Carvalho	juventude cortegacense	Veterana F30	02:21:23	+01:07:10	08:50
211	3108	Mário Araújo	equipa a	Veterano M40	02:21:24	+01:07:12	08:50
212	3315	Lino Sousa	individual	Veterano M50	02:21:39	+01:07:27	08:51
213	3466	Lúcia Teixeira	sportarc.running	Veterana F40	02:22:22	+01:08:09	08:54
214	3464	Irene Martins	sportarc.running	Veterana F40	02:22:22	+01:08:09	08:54
215	3452	Nazaré Oliveira	sentir escariz running	Veterana F30	02:22:43	+01:08:30	08:55
216	3385	Clemente Meireles	nem que chova	Veterano M50	02:22:50	+01:08:38	08:56
217	2081	Joao barbosa	copos e trilhos	Veterano M30	02:22:54	+01:08:42	08:56
218	3331	Maria José Franco Oliveira	juventude cortegacense	Veterana F40	02:22:57	+01:08:45	08:56
219	3324	Sandra Costa	juventude cortegacense	Veterana F40	02:22:58	+01:08:45	08:56
220	3463	Helena Gomes	sportarc.running	Veterana F40	02:23:08	+01:08:56	08:57
221	3296	Paulo Silva	individual	Veterano M40	02:23:09	+01:08:56	08:57
222	3488	Diogo Sampaio	team tt	Veterano M30	02:23:55	+01:09:43	09:00
223	3350	Gonçalo Peseta	leões de tardariz trail	Veterano M30	02:23:58	+01:09:46	09:00

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
224	3346	Manuel Fernandes	leões de tardariz trail	Senior Masculino	02:23:58	+01:09:46	09:00
225	3388	Salomé Sousa	nós acreditamos	Veterana F40	02:24:00	+01:09:48	09:00
226	3379	Florbela Queiroz	nac trail	Veterana F40	02:24:01	+01:09:49	09:00
227	3323	Anabela dos Santos Marques	juventude cortegacense	Veterana F40	02:24:04	+01:09:52	09:00
228	2372	Celso Lino Oliveira Gomes	juventude cortegacense	Veterano M50	02:24:04	+01:09:52	09:00
229	3322	Marlene Silva Ferreira	juventude cortegacense	Veterana F30	02:24:04	+01:09:52	09:00
230	2140	Fernando Jose Vieira	gaia running	Veterano M60	02:24:35	+01:10:22	09:02
231	3345	Isabel Domingues	lebres minhotas	Veterana F40	02:25:12	+01:10:59	09:05
232	3325	Clara Gonçalves	juventude cortegacense	Veterana F40	02:25:29	+01:11:17	09:06
233	3422	MARINA SILVA	porto sentido runners	Veterana F40	02:25:31	+01:11:19	09:06
234	3303	RICARDO SILVA	individual	Veterano M40	02:25:32	+01:11:19	09:06
235	3374	Ricardo Silva	mountain runners	Veterano M30	02:25:34	+01:11:22	09:06
236	3206	Marta Alexandra Pinto Soares Mendes	individual	Veterana F40	02:25:40	+01:11:28	09:06
237	3210	Sandra Pereira	individual	Veterana F40	02:25:42	+01:11:30	09:06
238	3300	Pedro Santos	individual	Veterano M40	02:25:42	+01:11:30	09:06
239	3344	Mónica Domingues	lebres minhotas	Veterana F30	02:25:43	+01:11:31	09:06
240	3265	Telmo Menino	individual	Veterano M30	02:26:22	+01:12:09	09:09
241	3021	Armando Nunes	academia d'estrelas	Veterano M40	02:27:46	+01:13:33	09:14
242	3215	Assunção Azevedo	individual	Veterana F50	02:28:11	+01:13:59	09:16
243	3295	Paulo Ribeiro	individual	Veterano M40	02:28:34	+01:14:21	09:17
244	3097	Bruno Sousa	copos e trilhos	Veterano M40	02:28:53	+01:14:41	09:18
245	3414	Virgínia Santos	paços runners	Veterana F30	02:28:59	+01:14:47	09:19
246	3171	Cláudia coelho	individual	Veterana F30	02:29:04	+01:14:52	09:19
247	3197	Elisabete Borges	individual	Veterana F40	02:29:34	+01:15:22	09:21
248	3320	José Pereira Fonseca	individual	Veterano M60	02:29:34	+01:15:22	09:21
249	3222	Paula Cristina Coelho	individual	Veterana F50	02:29:34	+01:15:22	09:21
250	3239	Daniel Pereira	individual	Veterano M30	02:29:41	+01:15:29	09:21
251	3347	Nuno Pereira	leões de tardariz trail	Senior Masculino	02:30:00	+01:15:48	09:23
252	3444	António Albuquerque	sc espinho - atletismo / antónio leitão	Veterano M40	02:30:24	+01:16:12	09:24
253	3446	Jorge Fontes	sc espinho - atletismo / antónio leitão	Veterano M40	02:30:25	+01:16:12	09:24
254	3453	Patrícia Amorim	sentir escariz running	Veterana F30	02:31:58	+01:17:45	09:30
255	3436	Ricardo Silva	s. s. montepio	Veterano M40	02:32:11	+01:17:59	09:31
256	3435	Nuno Bastos	s. s. montepio	Veterano M40	02:32:11	+01:17:59	09:31
257	3069	PAULO JORGE GONÇALVES SOARES	ciclistas cósmicos - gislótica	Veterano M40	02:32:36	+01:18:23	09:32
258	3070	JOSÉ MIGUEL CRUZ PINTO	ciclistas cósmicos - gislótica	Veterano M50	02:32:38	+01:18:26	09:32
259	3137	Sónia Rodrigues	galhardos runners	Veterana F40	02:33:08	+01:18:56	09:34
260	3117	CHARLY GOMES	espinho trail	Veterana F40	02:33:39	+01:19:26	09:36
261	3116	Rosa Rodrigues	espinho trail	Veterana F30	02:33:39	+01:19:27	09:36
262	3120	PAULA CRUZ	espinho trail	Veterana F40	02:33:39	+01:19:27	09:36
263	3059	Helder Carvalho	capital douro	Veterano M40	02:34:25	+01:20:12	09:39
264	3467	LUIISA BRANDAO SOARES	sportarc.running	Veterana F40	02:34:30	+01:20:17	09:39
265	3201	Isabel Pinho	individual	Veterana F40	02:34:30	+01:20:18	09:39
266	3133	Carla Cruz	gaia running	Veterana F40	02:34:37	+01:20:24	09:40
267	3185	Ana Sofia Cardoso das Neves Santos Silva	individual	Veterana F40	02:34:42	+01:20:30	09:40

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
268	3051	Maria Teixeira	btt alegria // tubani	Veterana F50	02:35:08	+01:20:56	09:42
269	3364	Atelta 3364	individual	Senior Masculino	02:35:34	+01:21:22	09:43
270	3418	Pedro Ferreira e Santos	pari passu	Veterano M40	02:35:39	+01:21:27	09:44
271	3419	Paulo Jorge Carvalho de Macedo	pari passu	Veterano M50	02:35:40	+01:21:27	09:44
272	3369	Neusa Loural	liz runners	Veterana F40	02:35:48	+01:21:36	09:44
273	3497	Pedro Vieira	trail 4 fun	Veterano M40	02:35:49	+01:21:36	09:44
274	3410	Anabela Silvestre	os tolinhos	Veterana F50	02:35:49	+01:21:37	09:44
275	3383	Ivo Pereira	nem que chova	Veterano M40	02:35:51	+01:21:39	09:44
276	3086	Pedro Resende	cinfães a correr	Veterano M40	02:35:53	+01:21:40	09:45
277	3085	Fausto Monteiro	cinfães a correr	Veterano M40	02:35:54	+01:21:42	09:45
278	3053	Jorge Cruz	btt alegria // tubani	Veterano M30	02:36:49	+01:22:37	09:48
279	3075	Isabel Bernardo	cinfães a correr	Veterana F40	02:37:11	+01:22:59	09:49
280	3074	Cátia Matos	cinfães a correr	Veterana F30	02:37:11	+01:22:59	09:49
281	3104	Carolina Pereira	dolcefuradouro	Senior Feminino	02:38:23	+01:24:11	09:54
282	3353	Miguel Reis	leões de tardariz trail	Veterano M30	02:38:29	+01:24:17	09:54
283	3500	Sofia soares	viseu 360	Veterana F30	02:39:04	+01:24:51	09:57
284	3501	Vital soares	viseu 360	Veterano M30	02:39:04	+01:24:51	09:57
285	3192	CARMEN VIDAL	individual	Veterana F40	02:39:07	+01:24:54	09:57
286	3485	Joaquim Oliveira	team oliveira	Veterano M30	02:39:08	+01:24:56	09:57
287	3409	Susana Bértolo	os tolinhos	Veterana F40	02:40:02	+01:25:50	10:00
288	3179	Vanessa dias	individual	Veterana F30	02:40:15	+01:26:03	10:01
289	3003	Valter Caseiro	#correcabrón	Veterano M40	02:40:20	+01:26:08	10:01
290	3183	Ana Pestana	individual	Veterana F40	02:40:58	+01:26:46	10:04
291	3169	Carla Teixeira	individual	Veterana F30	02:40:59	+01:26:46	10:04
292	3067	Cidália Barbosa	ceveira team running	Veterana F50	02:41:15	+01:27:03	10:05
293	3035	Sara Filipe	arism - associação recreativa de s. miguel	Veterana F30	02:41:16	+01:27:04	10:05
294	3037	Pedro Oliveira	arism - associação recreativa de s. miguel	Veterano M40	02:41:16	+01:27:04	10:05
295	3072	Célia Costa	cinfães a correr	Senior Feminino	02:41:29	+01:27:17	10:06
296	3194	Cláudia Rodrigues	individual	Veterana F40	02:41:45	+01:27:32	10:07
297	3275	Diogo Mendes	individual	Veterano M40	02:41:50	+01:27:38	10:07
298	3289	Nuno Peralta	individual	Veterano M40	02:41:52	+01:27:40	10:07
299	3416	Luís Marques	pari passu	Veterano M30	02:41:56	+01:27:43	10:07
300	3291	Paulo correia	individual	Veterano M40	02:43:16	+01:29:03	10:12
301	3286	Miguel Costa Ferreira	individual	Veterano M40	02:44:30	+01:30:17	10:17
302	3519	Rui Quintas	individual	Veterano M50	02:44:42	+01:30:30	10:18
303	3225	Joaquina Martins	individual	Veterana F60	02:44:43	+01:30:31	10:18
304	3168	Carina Correia	individual	Veterana F30	02:44:52	+01:30:40	10:18
305	3396	Liliana Pinto	nova linha trail runners	Veterana F30	02:45:09	+01:30:56	10:19
306	3356	Manuel Alvarino	leões de tardariz trail	Veterano M40	02:45:09	+01:30:57	10:19
307	3384	Jorge Reblo	nem que chova	Veterano M40	02:45:38	+01:31:26	10:21
308	3032	Agostinho Pereira	akuafit	Veterano M40	02:47:25	+01:33:13	10:28
309	3031	Nazaré Ferreira	akuafit	Veterana F40	02:47:26	+01:33:13	10:28
310	3131	Rosa Soares	fridão sem limites	Veterana F40	02:47:56	+01:33:44	10:30
311	3278	Ivo ALEXANDRE de FIGUEIREDO Farias	individual	Veterano M40	02:47:59	+01:33:46	10:30

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
312	3154	Vânia Sofia Domingues Ferreira	individual	Senior Feminino	02:48:37	+01:34:25	10:32
313	3438	Alexandra Lopes	sc espinho - atletismo / antónio leitão	Veterana F40	02:48:47	+01:34:34	10:33
314	3478	Miguel Silva	stream fire	Veterano M30	02:49:08	+01:34:55	10:34
315	3397	Amália Monteiro	nova linha trail runners	Veterana F40	02:49:24	+01:35:12	10:35
316	3098	Gustavo Rocha	coronado runners	Senior Masculino	02:49:25	+01:35:12	10:35
317	3365	Sara Franco	lethes trail team	Senior Feminino	02:49:32	+01:35:20	10:36
318	3100	Dulce Silva	correio de albergaria trail running	Veterana F40	02:50:48	+01:36:36	10:41
319	3042	Paulo Sá	atleta do viseu 360	Veterano M40	02:51:09	+01:36:57	10:42
320	3130	Elisabete Nogueira	fridão sem limites	Veterana F40	02:51:23	+01:37:10	10:43
321	3335	Rui Costa	juventude cortegacense	Veterano M40	02:51:23	+01:37:10	10:43
322	3193	cidalia peixoto	individual	Veterana F40	02:51:28	+01:37:16	10:43
323	3064	Lena Melo	cerveira team running	Veterana F40	02:52:41	+01:38:29	10:48
324	3060	Samanta Filipe	cerveira team running	Senior Feminino	02:52:41	+01:38:29	10:48
325	3211	SANDRA RAIMUNDO	individual	Veterana F40	02:53:03	+01:38:51	10:49
326	3408	Tânia Bértolo	os tolinhos	Veterana F30	02:53:38	+01:39:26	10:51
327	3094	Adriana Costa	clube spiridon de gaia	Senior Feminino	02:53:40	+01:39:27	10:51
328	3373	Sónia Silva	mountain runners	Veterana F30	02:53:56	+01:39:44	10:52
329	3041	Hugo Noronha	ativo team running	Veterano M30	02:54:21	+01:40:09	10:54
330	3040	Patrícia Silva	ativo team running	Veterana F30	02:54:22	+01:40:09	10:54
331	3136	Isabel Rodrigues	galhardos runners	Veterana F40	02:54:24	+01:40:12	10:54
332	3513	Maria Cardoso	individual	Veterana F50	02:54:26	+01:40:13	10:54
333	3376	Victor Pinto	mountain runners	Veterano M30	02:54:59	+01:40:47	10:56
334	3203	Mafalda Almeida	individual	Veterana F40	02:55:00	+01:40:47	10:56
335	3095	Luís Gonçalves	copos e trilhos	Veterano M30	02:55:02	+01:40:49	10:56
336	3196	Dora Ventura	individual	Veterana F40	02:55:37	+01:41:25	10:59
337	3204	Maria Carmo Ribeiro Moura Pinto	individual	Veterana F40	02:55:38	+01:41:25	10:59
338	3241	Fernando Santos	individual	Veterano M30	02:55:45	+01:41:32	10:59
339	3465	Isabel Cristina Brandão Soares	sportarc.running	Veterana F40	02:56:58	+01:42:46	11:04
340	3469	Ester Soares	sportarc.running	Veterana F50	02:56:58	+01:42:46	11:04
341	3475	Mónica Silva	stream fire	Veterana F40	02:57:02	+01:42:50	11:04
342	3382	Gastão ferreira	nem que chova	Veterano M30	02:57:43	+01:43:31	11:06
343	3263	Rui Pacheco	individual	Veterano M30	02:59:38	+01:45:25	11:14
344	3029	Marta Borges	akuafit	Senior Feminino	03:01:00	+01:46:47	11:19
345	3030	Filipa Martins	akuafit	Veterana F30	03:01:00	+01:46:47	11:19
346	3148	Diana Isabel Alves Coelho	individual	Senior Feminino	03:02:41	+01:48:29	11:25
347	3119	CRISTINA DUARTE	espinho trail	Veterana F40	03:02:47	+01:48:35	11:25
348	3121	ANA DUARTE	espinho trail	Veterana F50	03:02:48	+01:48:35	11:26
349	3381	Célia Vieira	nast - núcleo associativo de santo tirso	Veterana F40	03:05:27	+01:51:14	11:35
350	3484	Catia silva	team contagiante	Veterana F30	03:05:50	+01:51:37	11:37
351	3058	Ivone Carvalho	capital douro	Veterana F40	03:06:21	+01:52:09	11:39
352	3439	Clara Oliveira	sc espinho - atletismo / antónio leitão	Veterana F40	03:06:26	+01:52:14	11:39
353	3209	Sandra Ferreira	sc espinho - atletismo / antónio leitão	Veterana F40	03:06:26	+01:52:14	11:39
354	3066	Adelaide Filipe	cerveira team running	Veterana F50	03:06:51	+01:52:39	11:41
355	2471	José Carlos Pereira	team contagiante	Veterano M40	03:06:53	+01:52:40	11:41
356	3508	Cristina Coelho	wolves	Veterana F40	03:07:31	+01:53:19	11:43

16KM - STAGE 1

16 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
357	2189	Lúcia Ferreira	individual	Veterana F30	03:08:23	+01:54:11	11:46
358	3370	Miguel Pinheiro Matos	miguel pinheiro matos	Veterano M30	03:08:46	+01:54:34	11:48
359	3515	Paula Luis	wolves	Veterana F40	03:09:04	+01:54:51	11:49
360	3198	Elsa Moreira	individual	Veterana F40	03:09:54	+01:55:42	11:52
361	3218	Izabel Correia	individual	Veterana F50	03:09:55	+01:55:43	11:52
362	3394	Elisabete Pinhel	nososdois	Veterana F40	03:10:08	+01:55:56	11:53
363	3395	Nuno Jesus	nososdois	Veterano M40	03:10:08	+01:55:56	11:53
364	3262	Pedro Silva	individual	Veterano M30	03:10:18	+01:56:05	11:54
365	3214	Ana Paula Teixeira	individual	Veterana F50	03:11:28	+01:57:16	11:58
366	3272	Carlos Bateira	individual	Veterano M40	03:12:22	+01:58:09	12:01
367	2197	Vanda Barandas	individual	Veterana F30	03:12:54	+01:58:42	12:03
368	3208	REGINA CARVALHO	individual	Veterana F40	03:13:01	+01:58:49	12:04
369	3486	Hugo Carlos Pinto Oliveira Sá	team oliveira	Veterano M40	03:13:27	+01:59:15	12:05
370	3145	Vítor Barros Ferreira	hora do lobo trail - cf perosinho atletismo	Veterano M40	03:13:27	+01:59:15	12:05
371	3330	Marcia Almeida Rola	juventude cortegacense	Veterana F40	03:13:30	+01:59:17	12:06
372	3012	Bruno Forreta	academia d'estrelas	Senior Masculino	03:13:39	+01:59:27	12:06
373	3163	Pedro Rui Ferreira	individual	Senior Masculino	03:13:50	+01:59:38	12:07
374	3509	Isabel Carvalho	wolves	Veterana F40	03:14:43	+02:00:31	12:10
375	3063	Fátima Fernandes	ceveira team running	Veterana F40	03:17:12	+02:02:59	12:20
376	3510	Susana Couto	wolves	Veterano M40	03:17:46	+02:03:34	12:22
377	3205	Maria Praça	individual	Veterana F40	03:19:10	+02:04:58	12:27
378	3014	Ana Gaspar Nunes	academia d'estrelas	Veterana F40	03:19:11	+02:04:59	12:27
379	3016	Liliana Mestre	academia d'estrelas	Veterana F40	03:19:18	+02:05:05	12:27
380	3251	José Ramos	individual	Veterano M30	03:20:16	+02:06:03	12:31
381	3326	Gabriela Rola França	juventude cortegacense	Veterana F40	03:20:41	+02:06:29	12:33
382	3150	Magali Gomes	individual	Senior Feminino	03:20:41	+02:06:29	12:33
383	3186	Ana Vasconcelos	individual	Veterana F40	03:23:45	+02:09:33	12:44
384	3065	Marisa Segadães	ceveira team running	Veterana F40	03:24:59	+02:10:47	12:49
385	2067	Sofia Venade	ceveira team running	Veterana F30	03:25:00	+02:10:47	12:49
386	1064	Filipe Leitão	gondomar futsal clube	Veterano M30	03:25:52	+02:11:40	12:52
387	3062	VERA FILILPE	ceveira team running	Veterana F30	03:26:10	+02:11:58	12:53
388	3219	Lurdes Monteiro	individual	Veterana F50	03:26:55	+02:12:43	12:56
389	3184	Ana Ramos	individual	Veterana F40	03:26:58	+02:12:45	12:56
390	3226	maria filomena venâncio lopes marcelo	individual	Veterana F60	03:28:05	+02:13:53	13:00
391	3061	Rosa Rodrigues	ceveira team running	Veterana F30	03:28:28	+02:14:16	13:02
392	2068	Maria Fernandes	ceveira team running	Veterana F40	03:28:28	+02:14:16	13:02
393	3182	Ana Carvalho	individual	Veterana F40	03:28:31	+02:14:18	13:02
394	3002	Antonio peixoto	#atéchoras!	Veterano M40	03:29:04	+02:14:52	13:04
395	2076	PAULO RIBEIRO	clube novo banco	Veterano M40	03:29:52	+02:15:40	13:07
396	3156	David Nogueira Moreira	individual	Senior Masculino	03:31:08	+02:16:56	13:12
397	3505	Lídia Francisco	viseu running team	Veterana F50	03:31:54	+02:17:41	13:15
398	3018	Anabela Martins	academia d'estrelas	Veterana F50	03:32:04	+02:17:51	13:15
399	3283	Jose luis	individual	Veterano M40	03:33:01	+02:18:49	13:19
400	3213	Alzira Pinheiro	individual	Veterana F50	03:33:01	+02:18:49	13:19
401	3124	Nuno Silva	ffit gaia trail	Veterano M40	03:33:42	+02:19:29	13:21

16KM - STAGE 1

16 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
402	3123	Marlene Pereira	ffit gaia trail	Veterana F30	03:33:42	+02:19:29	13:21
403	3474	Gisélia Braga	stream fire	Veterana F40	03:34:53	+02:20:41	13:26
404	3099	Roseane Costa	coronado runners	Veterana F40	03:38:22	+02:24:10	13:39
405	3017	Susana Oliveira Mesquita	academia d'estrelas	Veterana F40	03:40:13	+02:26:00	13:46
406	3013	Cláudia Gonçalves	academia d'estrelas	Veterana F30	03:40:27	+02:26:14	13:47
407	3151	Mónica Isabel Oliveira Morais	individual	Senior Feminino	03:41:00	+02:26:47	13:49
408	3010	Matilde Menas	academia d'estrelas	Senior Feminino	03:47:54	+02:33:42	14:15
409	3009	Beatriz Mesquita	academia d'estrelas	Senior Feminino	03:47:55	+02:33:42	14:15
410	3020	Maria Oliveira	academia d'estrelas	Veterana F60	03:47:55	+02:33:43	14:15
411	2182	Daniela Marques	individual	Veterana F30	03:50:14	+02:36:02	14:23
412	3494	Carla Antunes	trail 4 fun	Veterana F40	03:50:33	+02:36:21	14:25
413	3411	Marta Duarte	outsiders trail team	Veterana F30	03:52:13	+02:38:01	14:31
414	3412	Susana Rocha	outsiders trail team	Veterana F40	03:52:13	+02:38:01	14:31
415	3015	Carla Viegas	academia d'estrelas	Veterana F40	04:03:38	+02:49:26	15:14
416	3496	Neuza Ferreira	trail 4 fun	Veterana F40	04:07:53	+02:53:41	15:30
417	3177	Paula Silva	individual	Veterana F30	04:08:16	+02:54:04	15:31
418	2322	Rui Monteiro	individual	Veterano M40	04:08:23	+02:54:11	15:31
419	3476	Sónia Moreira	stream fire	Veterana F40	04:10:50	+02:56:37	15:41
420	3477	José Pinto	stream fire	Veterano M30	04:10:50	+02:56:38	15:41
421	3011	Sara Calado	academia d'estrelas	Senior Feminino	04:11:06	+02:56:54	15:42
422	3172	Cristela Gaspar Morais	individual	Veterana F30	04:24:55	+03:10:43	16:33
423	3141	Eduarda Maria Vieira Magalhães Freitas	gdr retorta quinta das arcas	Veterana F40	04:42:41	+03:28:29	17:40
424	3402	António soares	os manos	Veterano M40	04:42:41	+03:28:29	17:40
425	48	Rafaela Freitas	gdr retorta quinta das arcas	Senior Feminino	04:42:41	+03:28:29	17:40
426	3243	Helder Silva	individual	Veterano M30	04:46:50	+03:32:38	17:56

Obs

BIB	NOTE	NAME	TEAM	CAT
2469	DQ	Miguel Saraiva	Team Contagiante	Senior Masculino
3149	DNF	Mafalda Reis	Individual	Senior Feminino
3234	DNF	Bruno Fonseca	Individual	Veterano M30
3252	DNF	Luis Cunha	Individual	Veterano M30

16KM

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16 KM

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	18.6°C	93%
End	14:31	18.6°C	93%

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

1	3071	Ana Botelho	Cinfães a Correr	Senior Feminino	01:39:26	+25:14	06:13
2	3448	Vânia Relvas	Sentir Escariz Running	Senior Feminino	01:59:55	+45:42	07:30
3	3339	Sara Carpinteira	Ker Sport Trail Running	Senior Feminino	02:01:51	+47:39	07:37
4	3447	Ana Rita Oliveira	Sentir Escariz Running	Senior Feminino	02:02:54	+48:41	07:41
5	3104	Carolina Pereira	Dolcefuradouro	Senior Feminino	02:38:23	+01:24:11	09:54
6	3072	Célia Costa	Cinfães a Correr	Senior Feminino	02:41:29	+01:27:17	10:06
7	3154	Vânia Sofia Domingues Ferreira	Individual	Senior Feminino	02:48:37	+01:34:25	10:32
8	3365	Sara Franco	LETHES TRAIL TEAM	Senior Feminino	02:49:32	+01:35:20	10:36
9	3060	Samanta Filipe	CERVEIRA TEAM RUNNING	Senior Feminino	02:52:41	+01:38:29	10:48
10	3094	Adriana Costa	Clube Spiridon de Gaia	Senior Feminino	02:53:40	+01:39:27	10:51
11	3029	Marta Borges	AkuaFit	Senior Feminino	03:01:00	+01:46:47	11:19
12	3148	Diana Isabel Alves Coelho	Individual	Senior Feminino	03:02:41	+01:48:29	11:25
13	3150	Magali Gomes	Individual	Senior Feminino	03:20:41	+02:06:29	12:33
14	3151	Mónica Isabel Oliveira Morais	Individual	Senior Feminino	03:41:00	+02:26:47	13:49
15	3010	Matilde Menas	Academia d'Estrelas	Senior Feminino	03:47:54	+02:33:42	14:15
16	3009	Beatriz Mesquita	Academia d'Estrelas	Senior Feminino	03:47:55	+02:33:42	14:15
17	3011	Sara Calado	Academia d'Estrelas	Senior Feminino	04:11:06	+02:56:54	15:42
18	48	Rafaela Freitas	Gdr retorta Quinta das arcas	Senior Feminino	04:42:41	+03:28:29	17:40

Senior Masculino

1	3033	Paulo Moreira	Aliados Trail Running Team	Senior Masculino	01:21:35	+07:22	05:06
2	3489	Carlos Silva	The Newbies	Senior Masculino	01:34:11	+19:59	05:53
3	3490	Hugo Faria	The Newbies	Senior Masculino	01:36:09	+21:57	06:01
4	3138	Jorge beliago	Gansos	Senior Masculino	01:39:56	+25:44	06:15
5	3386	Fábio Silva	Nós Acreditamos	Senior Masculino	01:40:12	+25:59	06:16
6	3159	Fábio Rebelo	Individual	Senior Masculino	01:42:10	+27:57	06:23
7	3165	Telmo Santos	Individual	Senior Masculino	01:42:18	+28:06	06:24
8	3404	JORGE MIRANDA	Os primos	Senior Masculino	01:44:30	+30:18	06:32
9	3073	Fábio Vides	Cinfães a Correr	Senior Masculino	01:44:35	+30:22	06:32
10	3425	Sérgio Pires	RUNNERS DO DEMO	Senior Masculino	01:46:04	+31:52	06:38
11	3401	Joaquim Ventura	Os Lobos do Saibro	Senior Masculino	01:49:20	+35:07	06:50
12	3403	CARLOS LEITE	Os primos	Senior Masculino	01:51:31	+37:18	06:58
13	3491	Marcelo Teixeira	The Newbies	Senior Masculino	01:52:33	+38:20	07:02
14	3025	TIAGO MARINHO	AD MARCO 09	Senior Masculino	01:57:15	+43:03	07:20
15	2357	João Miguel Almeida da Silva	JUÕES	Senior Masculino	02:04:50	+50:38	07:48
16	3127	Hugo Carvalho	FISIOPERFORMANCE	Senior Masculino	02:04:55	+50:42	07:48
17	3044	Nélson Silva	Basto Running Club	Senior Masculino	02:05:16	+51:04	07:50
18	3514	Atleta 3514	Individual	Senior Masculino	02:08:26	+54:13	08:02

Official Timekeeper: Lap2Go	1 / 11	generate 07-Jul-2019 14:57
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16KM

16 KM

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OFFICIAL RESULT

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19	3426	Tiago Rodrigues	RUNNERS DO DEMO	Senior Masculino	02:08:31	+54:19	08:02
20	3110	David Santos	Esgalhada Trail Team	Senior Masculino	02:08:33	+54:20	08:02
21	3157	Diogo Silva	Individual	Senior Masculino	02:10:58	+56:45	08:11
22	3162	Nuno Correia	Individual	Senior Masculino	02:12:22	+58:09	08:16
23	3450	Diogo Moreira	Sentir Escariz Running	Senior Masculino	02:17:31	+01:03:19	08:36
24	3346	Manuel Fernandes	LEões DE TARDARIZ TRAIL	Senior Masculino	02:23:58	+01:09:46	09:00
25	3347	Nuno Pereira	LEões DE TARDARIZ TRAIL	Senior Masculino	02:30:00	+01:15:48	09:23
26	3364	Atelta 3364	Individual	Senior Masculino	02:35:34	+01:21:22	09:43
27	3098	Gustavo Rocha	Coronado Runners	Senior Masculino	02:49:25	+01:35:12	10:35
28	3513	Atleta 3513	Individual	Senior Masculino	02:54:26	+01:40:13	10:54
29	3012	Bruno Forreta	Academia d'Estrelas	Senior Masculino	03:13:39	+01:59:27	12:06
30	3163	Pedro Rui Ferreira	Individual	Senior Masculino	03:13:50	+01:59:38	12:07
31	3156	David Nogueira Moreira	Individual	Senior Masculino	03:31:08	+02:16:56	13:12

Veterana F30

1	3170	Celia de Jesus Pereira Neto	Paços runners	Veterana F30	01:39:55	+25:42	06:15
2	3125	SANDRA ARAÚJO	Fisio.	Veterana F30	01:52:50	+38:38	07:03
3	3174	Márcia Russo	Individual	Veterana F30	01:53:53	+39:41	07:07
4	3378	Ana Catarina Fonseca	Nac Trail	Veterana F30	01:54:55	+40:43	07:11
5	3129	Eliana Teixeira	Fridão Sem Limites	Veterana F30	01:59:55	+45:43	07:30
6	3387	Natércia Freitas	Nós Acreditamos	Veterana F30	02:02:43	+48:31	07:40
7	3101	Silvia Gomes	Correr por prazer a 2	Veterana F30	02:03:18	+49:06	07:42
8	3451	Ana Cabral	Sentir Escariz Running	Veterana F30	02:08:33	+54:20	08:02
9	3461	Clara Santos	Sportarc.running	Veterana F30	02:09:14	+55:02	08:05
10	3115	PATRÍCIA GOMES	ESPINHO TRAIL	Veterana F30	02:10:54	+56:41	08:11
11	3481	Carina Andreia Rocha Robaina	Tainadas Run Team	Veterana F30	02:13:40	+59:28	08:21
12	3349	Tânia Gonçalves	LEÕES DE TARDARIZ TRAIL	Veterana F30	02:14:27	+01:00:15	08:24
13	3176	Patrícia Silva	Individual	Veterana F30	02:15:27	+01:01:15	08:28
14	3111	Carolina Rafaela Saraiva	Esgalhada Trail Team	Veterana F30	02:19:20	+01:05:07	08:43
15	3321	Cristiana Marques de Carvalho	JUVENTUDE CORTEGACENSE	Veterana F30	02:21:23	+01:07:10	08:50
16	3452	Nazaré Oliveira	Sentir Escariz Running	Veterana F30	02:22:43	+01:08:30	08:55
17	3322	Marlene Silva Ferreira	JUVENTUDE CORTEGACENSE	Veterana F30	02:24:04	+01:09:52	09:00
18	3344	Mónica Domingues	LEBRES MINHOTAS	Veterana F30	02:25:43	+01:11:31	09:06
19	3414	Virgínia Santos	Paços runners	Veterana F30	02:28:59	+01:14:47	09:19
20	3171	Cláudia coelho	Individual	Veterana F30	02:29:04	+01:14:52	09:19
21	3453	Patrícia Amorim	Sentir Escariz Running	Veterana F30	02:31:58	+01:17:45	09:30
22	3116	Rosa Rodrigues	ESPINHO TRAIL	Veterana F30	02:33:39	+01:19:27	09:36
23	3074	Cátia Matos	Cinfães a Correr	Veterana F30	02:37:11	+01:22:59	09:49
24	3500	Sofia soares	Viseu 360	Veterana F30	02:39:04	+01:24:51	09:57
25	3179	Vanessa dias	Individual	Veterana F30	02:40:15	+01:26:03	10:01
26	3169	Carla Teixeira	Individual	Veterana F30	02:40:59	+01:26:46	10:04
27	3035	Sara Filipe	ARSM - Associação Recreativa de S. Miguel	Veterana F30	02:41:16	+01:27:04	10:05
28	3168	Carina Correia	Individual	Veterana F30	02:44:52	+01:30:40	10:18
29	3396	Liliana Pinto	Nova Linha TRAIL Runners	Veterana F30	02:45:09	+01:30:56	10:19

Official Timekeeper: Lap2Go	2 / 11	generate 07-Jul-2019 14:57
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16KM

16 KM

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OFFICIAL RESULT

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30	3408	Tânia Bértolo	Os Tolinhos	Veterana F30	02:53:38	+01:39:26	10:51
31	3373	Sónia Silva	Mountain Runners	Veterana F30	02:53:56	+01:39:44	10:52
32	3040	Patricia Silva	Ativo Team Running	Veterana F30	02:54:22	+01:40:09	10:54
33	3030	Filipa Martins	AkuaFit	Veterana F30	03:01:00	+01:46:47	11:19
34	3484	Catía silva	Team Contagiante	Veterana F30	03:05:50	+01:51:37	11:37
35	2189	Lúcia Ferreira	Individual	Veterana F30	03:08:23	+01:54:11	11:46
36	2197	Vanda Barandas	Individual	Veterana F30	03:12:54	+01:58:42	12:03
37	2067	Sofia Venade	CERVEIRA TEAM RUNNING	Veterana F30	03:25:00	+02:10:47	12:49
38	3062	VERA FILILPE	CERVEIRA TEAM RUNNING	Veterana F30	03:26:10	+02:11:58	12:53
39	3061	Rosa Rodrigues	CERVEIRA TEAM RUNNING	Veterana F30	03:28:28	+02:14:16	13:02
40	3123	Marlene Pereira	FFIT GAIA TRAIL	Veterana F30	03:33:42	+02:19:29	13:21
41	3013	Cláudia Gonçalves	Academia d'Estrelas	Veterana F30	03:40:27	+02:26:14	13:47
42	2182	Daniela Marques	Individual	Veterana F30	03:50:14	+02:36:02	14:23
43	3411	Marta Duarte	Outsiders trail team	Veterana F30	03:52:13	+02:38:01	14:31
44	3177	Paula Silva	Individual	Veterana F30	04:08:16	+02:54:04	15:31
45	3172	Cristela Gaspar Morais	Individual	Veterana F30	04:24:55	+03:10:43	16:33

Veterana F40

1	3415	Eva carneiro	Paços runners	Veterana F40	01:46:21	+32:08	06:39
2	3398	Cidália Ferreira	Running Penafiel Trail	Veterana F40	01:46:28	+32:16	06:39
3	2361	Lúcia Campos Costa	JUVENTUDE CORTEGACENSE	Veterana F40	01:51:30	+37:18	06:58
4	3200	Fátima Cruzeiro	Individual	Veterana F40	01:56:41	+42:28	07:18
5	2136	Lucília Resende	GAIA RUNNING	Veterana F40	01:57:18	+43:06	07:20
6	3106	Diana	Equipa A	Veterana F40	02:01:49	+47:37	07:37
7	3454	Flora Santos	Sentir Escariz Running	Veterana F40	02:02:54	+48:41	07:41
8	3118	Cristina Couto	ESPINHO TRAIL	Veterana F40	02:05:25	+51:13	07:50
9	3036	Sandra Barata	ARSM - Associação Recreativa de S. Miguel	Veterana F40	02:07:48	+53:36	07:59
10	3440	Marlene Soares	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterana F40	02:08:35	+54:23	08:02
11	3504	Silvia Coelho	Viseu Running Team	Veterana F40	02:08:36	+54:23	08:02
12	3468	Paula Cristina Gonçalves	Sportarc.running	Veterana F40	02:09:14	+55:01	08:05
13	3004	Sandra Couto	#correratenumdamais por FO	Veterana F40	02:11:30	+57:18	08:13
14	3495	Carla Vinagre	Trail 4 Fun	Veterana F40	02:11:45	+57:33	08:14
15	3498	Patrícia Palmeira	Ultimagem	Veterana F40	02:14:31	+01:00:18	08:24
16	3202	Lara GomesdaRocha	Individual	Veterana F40	02:15:38	+01:01:25	08:29
17	3207	Patrícia fernandes	Individual	Veterana F40	02:15:57	+01:01:45	08:30
18	3340	Carla Marques Silva	Ker Sport Trail Running	Veterana F40	02:16:34	+01:02:22	08:32
19	3181	Ana Alves	Individual	Veterana F40	02:19:58	+01:05:46	08:45
20	3466	Lúcia Teixeira	Sportarc.running	Veterana F40	02:22:22	+01:08:09	08:54
21	3464	Irene Martins	Sportarc.running	Veterana F40	02:22:22	+01:08:09	08:54
22	3331	Maria José Franco Oliveira	JUVENTUDE CORTEGACENSE	Veterana F40	02:22:57	+01:08:45	08:56
23	3324	Sandra Costa	JUVENTUDE CORTEGACENSE	Veterana F40	02:22:58	+01:08:45	08:56
24	3463	Helena Gomes	Sportarc.running	Veterana F40	02:23:08	+01:08:56	08:57
25	3388	Salomé Sousa	Nós Acreditamos	Veterana F40	02:24:00	+01:09:48	09:00
26	3379	Florbelá Queiroz	Nac Trail	Veterana F40	02:24:01	+01:09:49	09:00

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27	3323	Anabela dos Santos Marques	JUVENTUDE CORTEGACENSE	Veterana F40	02:24:04	+01:09:52	09:00
28	3345	Isabel Domingues	LEBRES MINHOTAS	Veterana F40	02:25:12	+01:10:59	09:05
29	3325	Clara Gonçalves	JUVENTUDE CORTEGACENSE	Veterana F40	02:25:29	+01:11:17	09:06
30	3422	MARINA SILVA	Porto Sentido Runners	Veterana F40	02:25:31	+01:11:19	09:06
31	3206	Marta Alexandra Pinto Soares Mendes	Individual	Veterana F40	02:25:40	+01:11:28	09:06
32	3210	Sandra Pereira	Individual	Veterana F40	02:25:42	+01:11:30	09:06
33	3197	Elisabete Borges	Individual	Veterana F40	02:29:34	+01:15:22	09:21
34	3137	Sónia Rodrigues	GALHARDOS RUNNERS	Veterana F40	02:33:08	+01:18:56	09:34
35	3117	CHARLY GOMES	ESPINHO TRAIL	Veterana F40	02:33:39	+01:19:26	09:36
36	3120	PAULA CRUZ	ESPINHO TRAIL	Veterana F40	02:33:39	+01:19:27	09:36
37	3467	LUISA BRANDAO SOARES	Sportarc.running	Veterana F40	02:34:30	+01:20:17	09:39
38	3201	Isabel Pinho	Individual	Veterana F40	02:34:30	+01:20:18	09:39
39	3133	Carla Cruz	GAIA RUNNING	Veterana F40	02:34:37	+01:20:24	09:40
40	3185	Ana Sofia Cardoso das Neves Santos Silva	Individual	Veterana F40	02:34:42	+01:20:30	09:40
41	3369	Neusa Loural	LIZ RUNNERS	Veterana F40	02:35:48	+01:21:36	09:44
42	3075	Isabel Bernardo	Cinfães a Correr	Veterana F40	02:37:11	+01:22:59	09:49
43	3192	CARMEN VIDAL	Individual	Veterana F40	02:39:07	+01:24:54	09:57
44	3409	Susana Bértolo	Os Tolinhos	Veterana F40	02:40:02	+01:25:50	10:00
45	3183	Ana Pestana	Individual	Veterana F40	02:40:58	+01:26:46	10:04
46	3194	Cláudia Rodrigues	Individual	Veterana F40	02:41:45	+01:27:32	10:07
47	3031	Nazaré Ferreira	AkuaFit	Veterana F40	02:47:26	+01:33:13	10:28
48	3131	Rosa Soares	Fridão Sem Limites	Veterana F40	02:47:56	+01:33:44	10:30
49	3438	Alexandra Lopes	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterana F40	02:48:47	+01:34:34	10:33
50	3397	Amália Monteiro	Nova Linha TRAIL Runners	Veterana F40	02:49:24	+01:35:12	10:35
51	3100	Dulce Silva	Correio de Albergaria Trail Running	Veterana F40	02:50:48	+01:36:36	10:41
52	3130	Elisabete Nogueira	Fridão Sem Limites	Veterana F40	02:51:23	+01:37:10	10:43
53	3193	cidalia peixoto	Individual	Veterana F40	02:51:28	+01:37:16	10:43
54	3064	Lena Melo	CERVEIRA TEAM RUNNING	Veterana F40	02:52:41	+01:38:29	10:48
55	3211	SANDRA RAIMUNDO	Individual	Veterana F40	02:53:03	+01:38:51	10:49
56	3136	Isabel Rodrigues	GALHARDOS RUNNERS	Veterana F40	02:54:24	+01:40:12	10:54
57	3203	Mafalda Almeida	Individual	Veterana F40	02:55:00	+01:40:47	10:56
58	3196	Dora Ventura	Individual	Veterana F40	02:55:37	+01:41:25	10:59
59	3204	Maria Carmo Ribeiro Moura Pinto	Individual	Veterana F40	02:55:38	+01:41:25	10:59
60	3465	Isabel Cristina Brandão Soares	Sportarc.running	Veterana F40	02:56:58	+01:42:46	11:04
61	3475	Mónica Silva	Stream Fire	Veterana F40	02:57:02	+01:42:50	11:04
62	3119	CRISTINA DUARTE	ESPINHO TRAIL	Veterana F40	03:02:47	+01:48:35	11:25
63	3381	Célia Vieira	NAST - Núcleo Associativo de Santo Tirso	Veterana F40	03:05:27	+01:51:14	11:35
64	3058	Ivone Carvalho	Capital Douro	Veterana F40	03:06:21	+01:52:09	11:39
65	3439	Clara Oliveira	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterana F40	03:06:26	+01:52:14	11:39
66	3209	Sandra Ferreira	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterana F40	03:06:26	+01:52:14	11:39
67	3508	Cristina Coelho	Wolves	Veterana F40	03:07:31	+01:53:19	11:43
68	3515	Paula Luis	Wolves	Veterana F40	03:09:04	+01:54:51	11:49
69	3198	Elsa Moreira	Individual	Veterana F40	03:09:54	+01:55:42	11:52

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70	3394	Elisabete Pinhel	NosOsDois	Veterana F40	03:10:08	+01:55:56	11:53
71	3208	REGINA CARVALHO	Individual	Veterana F40	03:13:01	+01:58:49	12:04
72	3330	Marcia Almeida Rola	JUVENTUDE CORTEGACENSE	Veterana F40	03:13:30	+01:59:17	12:06
73	3509	Isabel Carvalho	Wolves	Veterana F40	03:14:43	+02:00:31	12:10
74	3063	Fátima Fernandes	CERVEIRA TEAM RUNNING	Veterana F40	03:17:12	+02:02:59	12:20
75	3205	Maria Praça	Individual	Veterana F40	03:19:10	+02:04:58	12:27
76	3014	Ana Gaspar Nunes	Academia d'Estrelas	Veterana F40	03:19:11	+02:04:59	12:27
77	3016	Liliana Mestre	Academia d'Estrelas	Veterana F40	03:19:18	+02:05:05	12:27
78	3326	Gabriela Rola França	JUVENTUDE CORTEGACENSE	Veterana F40	03:20:41	+02:06:29	12:33
79	3186	Ana Vasconcelos	Individual	Veterana F40	03:23:45	+02:09:33	12:44
80	3065	Marisa Segadães	CERVEIRA TEAM RUNNING	Veterana F40	03:24:59	+02:10:47	12:49
81	3184	Ana Ramos	Individual	Veterana F40	03:26:58	+02:12:45	12:56
82	2068	Maria Fernandes	CERVEIRA TEAM RUNNING	Veterana F40	03:28:28	+02:14:16	13:02
83	3182	Ana Carvalho	Individual	Veterana F40	03:28:31	+02:14:18	13:02
84	3474	Gisélia Braga	Stream Fire	Veterana F40	03:34:53	+02:20:41	13:26
85	3099	Roseane Costa	Coronado Runners	Veterana F40	03:38:22	+02:24:10	13:39
86	3017	Susana Oliveira Mesquita	Academia d'Estrelas	Veterana F40	03:40:13	+02:26:00	13:46
87	3494	Carla Antunes	Trail 4 Fun	Veterana F40	03:50:33	+02:36:21	14:25
88	3412	Susana Rocha	Outsiders trail team	Veterana F40	03:52:13	+02:38:01	14:31
89	3015	Carla Viegas	Academia d'Estrelas	Veterana F40	04:03:38	+02:49:26	15:14
90	3496	Neuza Ferreira	Trail 4 Fun	Veterana F40	04:07:53	+02:53:41	15:30
91	3476	Sónia Moreira	Stream Fire	Veterana F40	04:10:50	+02:56:37	15:41
92	3141	Eduarda Maria Vieira Magalhães Freitas	Gdr retorta Quinta das arcas	Veterana F40	04:42:41	+03:28:29	17:40

Veterana F50

1	3212	Alzira Pereira Valério	Individual	Veterana F50	01:53:48	+39:35	07:07
2	3389	Martinha Alves	Nós Acreditamos	Veterana F50	01:59:10	+44:58	07:27
3	3506	Raquel Mendes	Viseu Running Team	Veterana F50	02:08:57	+54:45	08:04
4	3441	Carmo Marinho	SC ESPINHO - ATLETISMO / ANTONIO LEITÃO	Veterana F50	02:12:21	+58:08	08:16
5	3215	Assunção Azevedo	Individual	Veterana F50	02:28:11	+01:13:59	09:16
6	3222	Paula Cristina Coelho	Individual	Veterana F50	02:29:34	+01:15:22	09:21
7	3051	Maria Teixeira	BTT Alegria // TUBANI	Veterana F50	02:35:08	+01:20:56	09:42
8	3410	Anabela Silvestre	Os Tolinhos	Veterana F50	02:35:49	+01:21:37	09:44
9	3067	Cidália Barbosa	CERVEIRA TEAM RUNNING	Veterana F50	02:41:15	+01:27:03	10:05
10	3469	Ester Soares	Sportarc.running	Veterana F50	02:56:58	+01:42:46	11:04
11	3121	ANA DUARTE	ESPINHO TRAIL	Veterana F50	03:02:48	+01:48:35	11:26
12	3066	Adelaide Filipe	CERVEIRA TEAM RUNNING	Veterana F50	03:06:51	+01:52:39	11:41
13	3218	Izabel Correia	Individual	Veterana F50	03:09:55	+01:55:43	11:52
14	3214	Ana Paula Teixeira	Individual	Veterana F50	03:11:28	+01:57:16	11:58
15	3219	Lurdes Monteiro	Individual	Veterana F50	03:26:55	+02:12:43	12:56
16	3505	Lídia Francisco	Viseu Running Team	Veterana F50	03:31:54	+02:17:41	13:15
17	3018	Anabela Martins	Academia d'Estrelas	Veterana F50	03:32:04	+02:17:51	13:15

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18	3213	Alzira Pinheiro	Individual	Veterana F50	03:33:01	+02:18:49	13:19
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Veterana F60

1	3225	Joaquina Martins	Individual	Veterana F60	02:44:43	+01:30:31	10:18
2	3226	maria filomena venâncio lopes marcelo	Individual	Veterana F60	03:28:05	+02:13:53	13:00
3	3020	Maria Oliveira	Academia d'Estrelas	Veterana F60	03:47:55	+02:33:43	14:15

Veterano M30

1	3256	Nelson Loureiro	Individual	Veterano M30	01:14:12	04:38
2	3242	Francisco Figueiredo	Individual	Veterano M30	01:21:41	+07:29 05:06
3	3228	André Fonseca	Individual	Veterano M30	01:23:07	+08:55 05:12
4	3079	Jorge Resende	Cinfães a Correr	Veterano M30	01:23:56	+09:44 05:15
5	3492	Nuno Silva	The Newbies	Veterano M30	01:30:19	+16:07 05:39
6	3351	Mário Ferreira	LEões DE TARDARIZ TRAIL	Veterano M30	01:30:26	+16:14 05:39
7	3367	Helder Franco	LETHES TRAIL TEAM	Veterano M30	01:33:26	+19:14 05:50
8	3092	Filipe Vicente	Clube Montanhismo da Guarda	Veterano M30	01:34:00	+19:48 05:53
9	3113	João Gomes	Esgalhada Trail Team	Veterano M30	01:37:10	+22:57 06:04
10	3114	Pedro Gomes	Esgalhada Trail Team	Veterano M30	01:37:43	+23:30 06:06
11	3254	Marco Rodrigues	Individual	Veterano M30	01:40:47	+26:35 06:18
12	3007	Pedro Vieira	A.D.Amarante trail running	Veterano M30	01:41:10	+26:58 06:19
13	3443	Pedro Magalhães	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M30	01:42:52	+28:39 06:26
14	3352	Miguel Alves	LEões DE TARDARIZ TRAIL	Veterano M30	01:42:52	+28:40 06:26
15	3470	Carlos Teixeira	Sportarc.running	Veterano M30	01:43:18	+29:06 06:27
16	3354	Ricardo Barros	LEões DE TARDARIZ TRAIL	Veterano M30	01:43:23	+29:11 06:28
17	3518	Marcio Bodelho	Individual	Veterano M30	01:48:40	+34:28 06:48
18	3499	Pedro Lopes	Viriathvs Runners Viseu	Veterano M30	01:50:10	+35:58 06:53
19	3405	BRUNO FONTÃO	Os primos	Veterano M30	01:51:30	+37:18 06:58
20	3047	Rui Faria	Bigodes de Tinto	Veterano M30	01:52:04	+37:52 07:00
21	3237	Bruno Pereira	Individual	Veterano M30	01:52:34	+38:22 07:02
22	3456	João Silva	Sentir Escariz Running	Veterano M30	01:53:21	+39:08 07:05
23	3235	Bruno Joel Pinto Lopes	Individual	Veterano M30	01:53:35	+39:23 07:06
24	3258	Nuno Almeida	Individual	Veterano M30	01:53:40	+39:27 07:06
25	3078	Isidro Almeida	Cinfães a Correr	Veterano M30	01:54:06	+39:54 07:08
26	3247	Horácio Pinto	Individual	Veterano M30	01:54:12	+40:00 07:08
27	3250	João Ribeiro	Individual	Veterano M30	01:55:06	+40:54 07:12
28	1032	Sandro Davide Afonso	Brabus Runners	Veterano M30	01:57:00	+42:48 07:19
29	2111	Marcos Lopes Paulo	Esgalhada Trail Team	Veterano M30	01:57:09	+42:56 07:19
30	3406	JOÃO PINHEIRO	Os primos	Veterano M30	01:58:22	+44:10 07:24
31	3080	Nuno Botelho	Cinfães a Correr	Veterano M30	01:59:42	+45:29 07:29
32	3126	Vitor Mansilhas	Fisio.	Veterano M30	02:01:08	+46:55 07:34
33	3083	Rui monteiro	Cinfães a Correr	Veterano M30	02:01:26	+47:14 07:35
34	3026	Carlos Soares	Individual	Veterano M30	02:01:29	+47:17 07:36

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35	3240	Diogo Filipe Pinto Alves	Individual	Veterano M30	02:02:44	+48:32	07:40
36	3236	Bruno Leite	Individual	Veterano M30	02:02:59	+48:47	07:41
37	3442	Nelson Dias	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M30	02:03:08	+48:55	07:42
38	3255	Marcos Roldão	Individual	Veterano M30	02:03:40	+49:28	07:44
39	3333	José Miguel Fonseca Duarte	JUVENTUDE CORTEGACENSE	Veterano M30	02:05:23	+51:11	07:50
40	3229	António Cardoso	Individual	Veterano M30	02:08:17	+54:05	08:01
41	3046	Jonas Maia	Bigodes de Tinto	Veterano M30	02:08:27	+54:15	08:02
42	3142	Carlos Campos	Grc Telhadela	Veterano M30	02:08:56	+54:44	08:04
43	3077	Bruno Silva	Cinfães a Correr	Veterano M30	02:09:01	+54:49	08:04
44	3076	André Monteiro	Cinfães a Correr	Veterano M30	02:09:01	+54:49	08:04
45	3261	Pedro Serra	Individual	Veterano M30	02:09:16	+55:04	08:05
46	3227	Américo Botelho	Individual	Veterano M30	02:11:04	+56:52	08:12
47	3375	Rui Miguel Sousa	Mountain Runners	Veterano M30	02:11:47	+57:34	08:14
48	2415	Joel Ferreira	os aventureiros	Veterano M30	02:12:19	+58:06	08:16
49	3483	Perdro Miguel de Jesus Silvestre	Tainadas Run Team	Veterano M30	02:13:43	+59:30	08:21
50	3253	Luís Jorge	Individual	Veterano M30	02:14:04	+59:52	08:23
51	3082	Ricardo Sá	Cinfães a Correr	Veterano M30	02:14:30	+01:00:18	08:24
52	3400	Bruno Castelo	os aventureiros	Veterano M30	02:14:49	+01:00:37	08:26
53	3052	Daniel Sousa	BTT Alegria // TUBANI	Veterano M30	02:15:31	+01:01:19	08:28
54	3371	JOSE ANDRADE	Mocidade Sangemil	Veterano M30	02:15:59	+01:01:47	08:30
55	2232	Filipe Sousa	Individual	Veterano M30	02:16:44	+01:02:31	08:33
56	3045	Bruno Marante	Bigodes de Tinto	Veterano M30	02:18:48	+01:04:36	08:41
57	3038	Marco Dias	As Melhores Castas	Veterano M30	02:20:03	+01:05:51	08:45
58	3341	Álvaro Amorim	Ker Sport Trail Running	Veterano M30	02:20:28	+01:06:15	08:47
59	2115	MÁRCIO MOREIRA	ESPINHO TRAIL	Veterano M30	02:21:15	+01:07:02	08:50
60	2081	Joao barbosa	copos e trilhos	Veterano M30	02:22:54	+01:08:42	08:56
61	3488	Diogo Sampaio	TEAM TT	Veterano M30	02:23:55	+01:09:43	09:00
62	3350	Gonçalo Peseta	LEões DE TARDARIZ TRAIL	Veterano M30	02:23:58	+01:09:46	09:00
63	3374	Ricardo Silva	Mountain Runners	Veterano M30	02:25:34	+01:11:22	09:06
64	3265	Telmo Menino	Individual	Veterano M30	02:26:22	+01:12:09	09:09
65	3239	Daniel Pereira	Individual	Veterano M30	02:29:41	+01:15:29	09:21
66	3053	Jorge Cruz	BTT Alegria // TUBANI	Veterano M30	02:36:49	+01:22:37	09:48
67	3353	Miguel Reis	LEões DE TARDARIZ TRAIL	Veterano M30	02:38:29	+01:24:17	09:54
68	3501	Vital soares	Viseu 360	Veterano M30	02:39:04	+01:24:51	09:57
69	3485	Joaquim Oliveira	Team Oliveira	Veterano M30	02:39:08	+01:24:56	09:57
70	3416	Luís Marques	Pari Passu	Veterano M30	02:41:56	+01:27:43	10:07
71	3478	Miguel Silva	Stream Fire	Veterano M30	02:49:08	+01:34:55	10:34
72	3041	Hugo Noronha	Ativo Team Running	Veterano M30	02:54:21	+01:40:09	10:54
73	3376	Victor Pinto	Mountain Runners	Veterano M30	02:54:59	+01:40:47	10:56
74	3095	Luís Gonçalves	copos e trilhos	Veterano M30	02:55:02	+01:40:49	10:56
75	3241	Fernando Santos	Individual	Veterano M30	02:55:45	+01:41:32	10:59
76	3382	Gastão ferreira	Nem que chova	Veterano M30	02:57:43	+01:43:31	11:06
77	3263	Rui Pacheco	Individual	Veterano M30	02:59:38	+01:45:25	11:14
78	3370	Miguel Pinheiro Matos	Miguel Pinheiro Matos	Veterano M30	03:08:46	+01:54:34	11:48
79	3262	Pedro Silva	Individual	Veterano M30	03:10:18	+01:56:05	11:54
80	3251	José Ramos	Individual	Veterano M30	03:20:16	+02:06:03	12:31

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81	1064	Filipe Leitão	GONDOMAR FUTSAL CLUBE	Veterano M30	03:25:52	+02:11:40	12:52
82	3477	José Pinto	Stream Fire	Veterano M30	04:10:50	+02:56:38	15:41
83	3243	Helder Silva	Individual	Veterano M30	04:46:50	+03:32:38	17:56

Veterano M40

1	3091	Nuno Lemos	clube atletismo fafe	Veterano M40	01:23:27	+09:15	05:13
2	3445	João Barbosa	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M40	01:28:50	+14:38	05:33
3	2294	José Ribeiro	Individual	Veterano M40	01:31:06	+16:54	05:42
4	3429	Carlos barbosa	Running Penafiel Trail	Veterano M40	01:31:32	+17:20	05:43
5	3430	Jorge gomes	Running Penafiel Trail	Veterano M40	01:34:54	+20:42	05:56
6	3280	Joaquim Correia	Individual	Veterano M40	01:34:59	+20:46	05:56
7	3407	josé Pedrosa	Os primos	Veterano M40	01:35:03	+20:51	05:56
8	3516	Nuno Sousa	Individual	Veterano M40	01:38:50	+24:38	06:11
9	3292	Paulo Costa	Individual	Veterano M40	01:40:36	+26:24	06:17
10	3084	Bruno Mouta	Cinfães a Correr	Veterano M40	01:40:49	+26:37	06:18
11	3268	António Coelho	Individual	Veterano M40	01:41:02	+26:49	06:19
12	3055	João Tavares	BTT Alegria // TUBANI	Veterano M40	01:42:31	+28:19	06:24
13	3471	Luís Teixeira	Sportarc.running	Veterano M40	01:43:20	+29:08	06:28
14	3107	José Pirata	Equipa A	Veterano M40	01:45:15	+31:02	06:35
15	3399	José Fernandes	Nova Linha TRAIL Runners	Veterano M40	01:45:39	+31:26	06:36
16	3487	Telmo Oliveira	Team Oliveira	Veterano M40	01:45:40	+31:28	06:36
17	3043	Mario lima	Avesrunners	Veterano M40	01:46:09	+31:56	06:38
18	3368	Nuno Sendao	LETHES TRAIL TEAM	Veterano M40	01:46:12	+32:00	06:38
19	3056	Tony Mendes	BTT Alegria // TUBANI	Veterano M40	01:46:58	+32:46	06:41
20	3132	Manuel Teixeira	Fridão Sem Limites	Veterano M40	01:49:21	+35:09	06:50
21	2376	Pedro Sendão	LETHES TRAIL TEAM	Veterano M40	01:49:52	+35:39	06:52
22	3342	José Barreiros	Ker Sport Trail Running	Veterano M40	01:49:54	+35:41	06:52
23	3274	David Pereira	Individual	Veterano M40	01:50:04	+35:52	06:53
24	3502	Sérgio Silva	Viseu 360	Veterano M40	01:50:15	+36:03	06:53
25	3093	Carlos Chagas	Clube Montanhismo da Guarda	Veterano M40	01:51:36	+37:24	06:59
26	3457	Fernando Brandão	Sentir Escariz Running	Veterano M40	01:52:28	+38:16	07:02
27	3359	Pedro Ferreira	LEões DE TARDARIZ TRAIL	Veterano M40	01:52:43	+38:31	07:03
28	3358	Mário Moura	LEões DE TARDARIZ TRAIL	Veterano M40	01:52:44	+38:32	07:03
29	3309	valter sa	Individual	Veterano M40	01:55:04	+40:52	07:12
30	3459	Mário Pinho	Sentir Escariz Running	Veterano M40	01:55:24	+41:12	07:13
31	3269	Belmiro Reis	Individual	Veterano M40	01:56:13	+42:00	07:16
32	3144	Gaspar Araujo	Grc Telhadela	Veterano M40	01:58:23	+44:11	07:24
33	2288	Hugo Almeida	Individual	Veterano M40	01:58:34	+44:21	07:25
34	3271	Carlos alberto	Individual	Veterano M40	01:59:10	+44:58	07:27
35	3334	António Constantino Silva	JUVENTUDE CORTEGACENSE	Veterano M40	02:00:46	+46:34	07:33
36	3413	Nelson Duarte	Outsiders trail team	Veterano M40	02:01:01	+46:49	07:34
37	3377	Aurégio Salas	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:02:15	+48:03	07:38
38	2408	Daniel Tomé	Nova Linha TRAIL Runners	Veterano M40	02:02:43	+48:30	07:40
39	3305	Rui Manuel da Rocha Moreira	Individual	Veterano M40	02:02:53	+48:41	07:41

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16KM

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40	3102	Pedro Lopes	Correr por prazer a 2	Veterano M40	02:03:19	+49:06	07:42
41	3005	Francisco Fonseca	5.7 Crossfit Guimarães	Veterano M40	02:03:39	+49:27	07:44
42	2281	Fernando Pereira	Individual	Veterano M40	02:05:21	+51:09	07:50
43	3493	Jose Carlos Silva	The Newbies	Veterano M40	02:05:22	+51:10	07:50
44	3298	Pedro Oliveira	Individual	Veterano M40	02:05:27	+51:15	07:50
45	3143	FILIPE PEREIRA	Grc Telhadela	Veterano M40	02:06:46	+52:33	07:55
46	3304	Rogério Becho	Individual	Veterano M40	02:07:42	+53:30	07:59
47	2433	Moises Rodrigues	RUNNERS DO DEMO	Veterano M40	02:08:38	+54:26	08:02
48	3427	Vitor Jorge Pereira Nogueira	RUNNERS DO DEMO	Veterano M40	02:09:06	+54:54	08:04
49	3355	Luís Martins	LEÕES DE TARDARIZ TRAIL	Veterano M40	02:09:24	+55:12	08:05
50	3424	angelo paiva	Reccua Runners	Veterano M40	02:10:05	+55:52	08:08
51	2285	Filipe Rodrigues	Individual	Veterano M40	02:10:57	+56:44	08:11
52	3090	Luis Peixoto	Clube Académico de Mogadouro	Veterano M40	02:12:06	+57:54	08:15
53	3087	Vasco Cardoso	Cinfães a Correr	Veterano M40	02:12:40	+58:27	08:18
54	3472	Rui Pedro Gonçalves	Sportarc.running	Veterano M40	02:13:35	+59:22	08:21
55	3308	Sergio Carvalho	Individual	Veterano M40	02:13:43	+59:31	08:21
56	3306	Sérgio Braga	Individual	Veterano M40	02:14:51	+01:00:38	08:26
57	3287	Nelson Noval	Individual	Veterano M40	02:14:54	+01:00:41	08:26
58	3039	Gentil Pereira	As Melhores Castas	Veterano M40	02:15:58	+01:01:46	08:30
59	3458	Jorge Moreira	Sentir Escariz Running	Veterano M40	02:16:34	+01:02:21	08:32
60	3511	José Grijó	Individual	Veterano M40	02:16:59	+01:02:47	08:34
61	3517	Bruno Rodrigues	O JOGO	Veterano M40	02:18:05	+01:03:52	08:38
62	3068	Marco Segadães	CERVEIRA TEAM RUNNING	Veterano M40	02:18:39	+01:04:26	08:40
63	3294	paulo jorge pires dos santos	Individual	Veterano M40	02:19:36	+01:05:23	08:44
64	3336	Tiago Jorge de Brito Martins Pereira	JUVENTUDE CORTEGACENSE	Veterano M40	02:20:01	+01:05:49	08:45
65	3139	Miguel costa	Gansos	Veterano M40	02:20:24	+01:06:12	08:47
66	3520	Paulo Monteiro	Wolves	Veterano M40	02:21:20	+01:07:08	08:50
67	3108	Mário Araújo	Equipa A	Veterano M40	02:21:24	+01:07:12	08:50
68	3296	Paulo Silva	Individual	Veterano M40	02:23:09	+01:08:56	08:57
69	3303	RICARDO SILVA	Individual	Veterano M40	02:25:32	+01:11:19	09:06
70	3300	Pedro Santos	Individual	Veterano M40	02:25:42	+01:11:30	09:06
71	3021	Armando Nunes	Academia d'Estrelas	Veterano M40	02:27:46	+01:13:33	09:14
72	3295	Paulo Ribeiro	Individual	Veterano M40	02:28:34	+01:14:21	09:17
73	3097	Bruno Sousa	copos e trilhos	Veterano M40	02:28:53	+01:14:41	09:18
74	3444	António Albuquerque	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M40	02:30:24	+01:16:12	09:24
75	3446	Jorge Fontes	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M40	02:30:25	+01:16:12	09:24
76	3436	Ricardo Silva	S. S. MONTEPIO	Veterano M40	02:32:11	+01:17:59	09:31
77	3435	Nuno Bastos	S. S. MONTEPIO	Veterano M40	02:32:11	+01:17:59	09:31
78	3069	PAULO JORGE GONÇALVES SOARES	CICLISTAS CÓSMICOS - GISLÓTICA	Veterano M40	02:32:36	+01:18:23	09:32
79	3059	Helder Carvalho	Capital Douro	Veterano M40	02:34:25	+01:20:12	09:39
80	3418	Pedro Ferreira e Santos	Pari Passu	Veterano M40	02:35:39	+01:21:27	09:44
81	3497	Pedro Vieira	Trail 4 Fun	Veterano M40	02:35:49	+01:21:36	09:44
82	3383	Ivo Pereira	Nem que chova	Veterano M40	02:35:51	+01:21:39	09:44
83	3086	Pedro Resende	Cinfães a Correr	Veterano M40	02:35:53	+01:21:40	09:45

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16KM

16 KM

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OFFICIAL RESULT

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84	3085	Fausto Monteiro	Cinfães a Correr	Veterano M40	02:35:54	+01:21:42	09:45
85	3003	Valter Caseiro	#correcabrón	Veterano M40	02:40:20	+01:26:08	10:01
86	3037	Pedro Oliveira	ARSM - Associação Recreativa de S. Miguel	Veterano M40	02:41:16	+01:27:04	10:05
87	3275	Diogo Mendes	Individual	Veterano M40	02:41:50	+01:27:38	10:07
88	3289	Nuno Peralta	Individual	Veterano M40	02:41:52	+01:27:40	10:07
89	3291	Paulo correia	Individual	Veterano M40	02:43:16	+01:29:03	10:12
90	3286	Miguel Costa Ferreira	Individual	Veterano M40	02:44:30	+01:30:17	10:17
91	3356	Manuel Alvarino	LEões DE TARDARIZ TRAIL	Veterano M40	02:45:09	+01:30:57	10:19
92	3384	Jorge Reblo	Nem que chova	Veterano M40	02:45:38	+01:31:26	10:21
93	3032	Agostinho Pereira	AkuaFit	Veterano M40	02:47:25	+01:33:13	10:28
94	3278	Ivo ALEXANDRE de FIGUEIREDO Farias	Individual	Veterano M40	02:47:59	+01:33:46	10:30
95	3042	Paulo Sá	Atleta do Viseu 360	Veterano M40	02:51:09	+01:36:57	10:42
96	3335	Rui Costa	JUVENTUDE CORTEGACENSE	Veterano M40	02:51:23	+01:37:10	10:43
97	2471	José Carlos Pereira	Team Contagiante	Veterano M40	03:06:53	+01:52:40	11:41
98	2322	Rui Monteiro	Individual	Veterano M40	03:08:23	+01:54:11	11:46
99	3395	Nuno Jesus	NosOsDois	Veterano M40	03:10:08	+01:55:56	11:53
100	3272	Carlos Bateira	Individual	Veterano M40	03:12:22	+01:58:09	12:01
101	3486	Hugo Carlos Pinto Oliveira Sá	Team Oliveira	Veterano M40	03:13:27	+01:59:15	12:05
102	3145	Vítor Barros Ferreira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	03:13:27	+01:59:15	12:05
103	3510	Susana Couto	Wolves	Veterano M40	03:17:46	+02:03:34	12:22
104	3002	Antonio peixoto	#atéchoras!	Veterano M40	03:29:04	+02:14:52	13:04
105	2076	PAULO RIBEIRO	CLUBE NOVO BANCO	Veterano M40	03:29:52	+02:15:40	13:07
106	3283	Jose luis	Individual	Veterano M40	03:33:01	+02:18:49	13:19
107	3124	Nuno Silva	FFIT GAIA TRAIL	Veterano M40	03:33:42	+02:19:29	13:21
108	3402	António soares	Os Manos	Veterano M40	04:42:41	+03:28:29	17:40

Veterano M50

1	3431	Carlos Vinha	Running Penafiel Trail	Veterano M50	01:36:29	+22:16	06:02
2	3512	Fernando Ramos	Individual	Veterano M50	01:36:57	+22:45	06:04
3	3109	José Pereira	Equipa A	Veterano M50	01:37:06	+22:53	06:04
4	3105	Cláudio Monteiro	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M50	01:40:19	+26:07	06:16
5	3135	José Morais	Gaia Trail	Veterano M50	01:46:01	+31:49	06:38
6	3363	Victor Sousa	LEões DE TARDARIZ TRAIL	Veterano M50	01:49:58	+35:45	06:52
7	3362	Joaquim Leite	LEões DE TARDARIZ TRAIL	Veterano M50	01:50:23	+36:11	06:54
8	2150	Ilídio Freitas	GONDOMAR FUTSAL CLUBE	Veterano M50	01:50:25	+36:13	06:54
9	3310	Alcindo Pereira	Individual	Veterano M50	01:53:38	+39:25	07:06
10	3088	João Bernardo	Cinfães a Correr	Veterano M50	01:55:59	+41:47	07:15
11	3313	Jorge Moreira	Individual	Veterano M50	01:57:47	+43:34	07:22
12	3338	Manuel constantino silva	JUVENTUDE CORTEGACENSE	Veterano M50	01:58:35	+44:23	07:25
13	3360	António Pinto	LEões DE TARDARIZ TRAIL	Veterano M50	02:06:53	+52:41	07:56
14	3122	Mário Alves	ESPINHO TRAIL	Veterano M50	02:07:49	+53:36	07:59
15	3314	José Lages	Individual	Veterano M50	02:07:56	+53:43	08:00

16KM

16 KM

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OFFICIAL RESULT

[illegible]

16	3507	José Peres	Viseu Running Team	Veterano M50	02:08:34	+54:21	08:02
17	3146	David Nogueira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M50	02:10:05	+55:53	08:08
18	3318	Rui Carvalho	Individual	Veterano M50	02:14:54	+01:00:41	08:26
19	3361	João Vieira	LEÕES DE TARDARIZ TRAIL	Veterano M50	02:19:05	+01:04:52	08:42
20	3319	Vitor Oliveira	Individual	Veterano M50	02:19:58	+01:05:46	08:45
21	3315	Lino Sousa	Individual	Veterano M50	02:21:39	+01:07:27	08:51
22	3385	Clemente Meireles	Nem que chova	Veterano M50	02:22:50	+01:08:38	08:56
23	2372	Celso Lino Oliveira Gomes	JUVENTUDE CORTEGACENSE	Veterano M50	02:24:04	+01:09:52	09:00
24	3070	JOSÉ MIGUEL CRUZ PINTO	CICLISTAS CÓSMICOS - GISLÓTICA	Veterano M50	02:32:38	+01:18:26	09:32
25	3419	Paulo Jorge Carvalho de Macedo	Pari Passu	Veterano M50	02:35:40	+01:21:27	09:44
26	3519	Rui Quintas	Individual	Veterano M50	02:44:42	+01:30:30	10:18

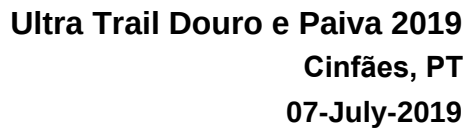
Veterano M60

1	2140	Fernando Jose Vieira	GAIA RUNNING	Veterano M60	02:24:35	+01:10:22	09:02
2	3320	José Pereira Fonseca	Individual	Veterano M60	02:29:34	+01:15:22	09:21

COLETIVO - 16KM

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RANK	TEAM	DESCRIPTION	POINTS
1	THE NEWBIES	04:40:40 [8 + 14 + 18]	0
2	RUNNING PENAFIEL TRAIL	04:42:56 [11 + 15 + 19]	0
3	CINFÃES A CORRER	04:44:12 [6 + 25 + 32]	0
4	LEÕES DE TARDARIZ TRAIL	04:56:43 [9 + 39 + 42]	0
5	LETHES TRAIL TEAM	05:09:31 [12 + 51 + 58]	0
6	OS PRIMOS	05:11:05 [17 + 43 + 67]	0
7	ESGALHADA TRAIL TEAM	05:12:02 [22 + 23 + 93]	0
8	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	05:14:50 [7 + 38 + 121]	0
9	EQUIPA A	05:24:11 [21 + 45 + 111]	0
10	SPORTARC.RUNNING	05:35:53 [40 + 41 + 155]	0
11	SENTIR ESCARIZ RUNNING	05:41:14 [71 + 77 + 88]	0
12	NÓS ACREDITAMOS	05:42:06 [28 + 101 + 115]	0
13	BTT ALEGRIA // TUBANI	05:45:02 [37 + 54 + 186]	0
14	JUVENTUDE CORTEGACENSE	05:50:53 [66 + 100 + 106]	0
15	PAÇOS RUNNERS	05:55:15 [26 + 52 + 245]	0
16	RUNNERS DO DEMO	06:03:14 [49 + 143 + 149]	0
17	KER SPORT TRAIL RUNNING	06:08:20 [59 + 112 + 192]	0
18	GRC TELHADELA	06:14:06 [98 + 134 + 150]	0
19	BIGODES DE TINTO	06:19:21 [70 + 142 + 198]	0
20	ESPINHO TRAIL	06:24:08 [132 + 138 + 161]	0
21	WISEU RUNNING TEAM	06:26:08 [146 + 148 + 151]	0
22	NOVA LINHA TRAIL RUNNERS	06:33:31 [46 + 114 + 305]	0
23	FRIDÃO SEM LIMITES	06:37:14 [57 + 105 + 310]	0
24	GAIA RUNNING	06:56:30 [95 + 230 + 266]	0
25	WISEU 360	07:08:23 [63 + 283 + 284]	0
26	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	07:30:21 [137 + 293 + 294]	0
27	MOUNTAIN RUNNERS	07:31:18 [167 + 235 + 328]	0
28	TEAM OLIVEIRA	07:38:16 [47 + 286 + 370]	0
29	NEM QUE CHOVA	07:44:20 [216 + 275 + 307]	0
30	COPOS E TRILHOS	07:46:50 [217 + 244 + 335]	0
31	CERVEIRA TEAM RUNNING	07:52:36 [197 + 292 + 323]	0
32	PARI PASSU	07:53:16 [270 + 271 + 299]	0
33	OS TOLINHOS	08:09:31 [274 + 287 + 326]	0
34	AQUAFIT	08:35:52 [308 + 309 + 344]	0
35	WOLVES	08:37:56 [209 + 356 + 360]	0
36	TRAIL 4 FUN	08:38:08 [166 + 273 + 413]	0
37	ACADEMIA D'ESTRELAS	09:00:37 [241 + 373 + 379]	0
38	STREAM FIRE	09:21:04 [314 + 341 + 404]	0

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