

K55 - STAGE 1

55 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	08:00	-99°C	-99%
End	19:40	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	437	Carlos Miguel da Costa Ferreira	sim summit	Senior Masculino	05:30:17		06:00
2	18	SERGIO SÁ	águias de alvelos	Senior Masculino	05:34:56	+04:38	06:05
3	438	Diogo Fernandes	sim summit	Senior Masculino	05:41:43	+11:26	06:13
4	243	Saiyajin	cb run	Senior Masculino	05:46:46	+16:28	06:18
5	204	Germano Figueira	individual	Senior Masculino	05:57:32	+27:15	06:30
6	142	Ricardo Amorim	edl trail	Senior Masculino	06:10:53	+40:35	06:45
7	17	HUGO ARAUJO	águias de alvelos	Senior Masculino	06:11:23	+41:06	06:45
8	234	Pedro Osvaldo Barros Rocha	individual	Senior Masculino	06:14:10	+43:52	06:48
9	167	Luis Gil	gaia trail	Veterano M40	06:14:20	+44:02	06:48
10	198	Eduardo Sotelo Martínez	individual	Senior Masculino	06:17:44	+47:27	06:52
11	34	João Paulo Lima Rodrigues	amigos da montanha	Veterano M40	06:18:46	+48:28	06:53
12	219	Jose Manuel	individual	Senior Masculino	06:21:32	+51:15	06:56
13	147	Gabriel Fagundes Meira	edv-viana trail	Veterano M45	06:24:24	+54:06	06:59
14	119	Artur Costa	desnivel positivo	Veterano M40	06:25:52	+55:35	07:01
15	466	Diogo Carvalho	trepadores	Veterano M50	06:30:14	+59:56	07:06
16	434	TOZE AMORIM	sc espinho - atletismo / antónio leitão	Veterano M45	06:32:41	+01:02:23	07:08
17	348	Humberto Vara	individual	Veterano M55	06:33:47	+01:03:29	07:10
18	4	Luís Silva	abcansado trail	Senior Masculino	06:34:40	+01:04:23	07:11
19	19	Adriano Sá	águias de alvelos	Veterano M45	06:35:37	+01:05:20	07:12
20	110	Luís Miguel Cunha	coimbra trail running	Veterano M45	06:35:47	+01:05:29	07:12
21	35	Manuel Alejandro Lagos Rios	amigos da montanha	Veterano M45	06:38:52	+01:08:34	07:15
22	249	Pedro Silva	individual	Sub 23 Masculino	06:39:55	+01:09:38	07:16
23	5	Moisés Matos Barroso	abcansado trail	Veterano M40	06:41:51	+01:11:33	07:18
24	468	Nuno Guimarães	trogloditas runners	Senior Masculino	06:41:55	+01:11:38	07:18
25	157	Pedro Viana	factor x / s4l / medense fc	Senior Masculino	06:42:55	+01:12:37	07:20
26	271	Carlos Cardoso	individual	Veterano M40	06:43:11	+01:12:53	07:20
27	487	André Alves	individual	Senior Masculino	06:43:16	+01:12:58	07:20
28	87	Marco Caraux	cerveira team running	Veterano M40	06:44:15	+01:13:57	07:21
29	165	Ivo Peko	gaia trail	Senior Masculino	06:45:23	+01:15:05	07:22
30	423	Nuno Vaz	runners do demo	Senior Masculino	06:45:38	+01:15:20	07:23
31	283	Frank Fritsche	individual	Veterano M40	06:47:11	+01:16:54	07:24
32	274	Domingos Jorge Costa Gomes	individual	Veterano M40	06:47:17	+01:16:59	07:24
33	367	Oscar Magolo	montanha clube trail running/efapel	Veterano M40	06:49:26	+01:19:08	07:27
34	290	João Borges	individual	Veterano M40	06:50:06	+01:19:49	07:27
35	439	Inuo Melo	sim summit	Senior Masculino	06:51:57	+01:21:40	07:29
36	365	Bruno Silva Narciso	minho e lima trail	Sub 23 Masculino	06:52:03	+01:21:45	07:30
37	382	João Pedro Padilha Leal	ofrunning	Senior Masculino	06:57:16	+01:26:58	07:35
38	340	Nuno Paiva	individual	Veterano M50	06:57:19	+01:27:01	07:35
39	474	Renato Filipe Jacob Melo	vikings trail runners / ccr alcabideque	Senior Masculino	06:57:29	+01:27:12	07:35
40	65	Fernando Alvarez Garcia	boavista trail	Veterano M45	06:58:35	+01:28:18	07:37
41	427	Pedro Nuno Serra Pires	runners do demo	Veterano M40	06:59:52	+01:29:34	07:38

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	48	Ricardo Jorge Pereira Rodrigues	asdreq	Senior Masculino	06:59:52	+01:29:34	07:38
43	426	Nuno Miranda	runners do demo	Veterano M45	07:00:04	+01:29:46	07:38
44	95	Dinarte Jesus	clube de montanha do funchal	Senior Masculino	07:02:09	+01:31:52	07:41
45	357	Miguel Ferreira	lion runners - g. d. leões da guarda	Veterano M40	07:02:11	+01:31:54	07:41
46	125	Ricardo Sousa	dive - into the mountains	Senior Masculino	07:03:47	+01:33:29	07:42
47	76	Ricardo Manuel dos Santos Coutinho Barreiro	caac - clube de atletismo de aretim e cunha	Senior Masculino	07:04:03	+01:33:45	07:43
48	196	Carlos Coelho	individual	Senior Masculino	07:04:40	+01:34:22	07:43
49	223	luis Miguel Santos	individual	Senior Masculino	07:04:49	+01:34:31	07:43
50	161	Luis Silva	fonte nova runners	Veterano M40	07:05:58	+01:35:40	07:45
51	225	Mário Encarnação	individual	Senior Masculino	07:06:24	+01:36:06	07:45
52	42	Ricardo Miranda	arca barcelos runners	Senior Masculino	07:07:01	+01:36:43	07:46
53	41	Bruno Miguel Dias Costa	arca barcelos runners	Senior Masculino	07:07:01	+01:36:44	07:46
54	323	Renato Silva	individual	Veterano M45	07:11:04	+01:40:46	07:50
55	444	Paulino de Abreu	solopisadas team	Veterano M45	07:12:31	+01:42:13	07:52
56	232	Pedro Cardoso	individual	Senior Masculino	07:13:14	+01:42:57	07:53
57	43	Eduardo Silva	arca barcelos runners	Veterano M50	07:13:24	+01:43:07	07:53
58	281	Francisco José Miranda Rodrigues	amigos do atletismo de mafra	Veterano M40	07:15:23	+01:45:06	07:55
59	163	Ricardo Miguel Magalhães Nunes	fridão sem limites	Senior Masculino	07:15:36	+01:45:18	07:55
60	297	JOSE MANUEL LORENZO	individual	Veterano M40	07:15:52	+01:45:34	07:55
61	455	José	team lantermil	Senior Masculino	07:17:38	+01:47:21	07:57
62	31	Vitor Pinto	amcf - arrábida trail team	Senior Masculino	07:18:13	+01:47:55	07:58
63	222	Luís Filipe Freitas da Silva	individual	Senior Masculino	07:19:33	+01:49:15	08:00
64	215	João Pinheiro	individual	Senior Masculino	07:19:34	+01:49:16	08:00
65	289	João Antunes	individual	Veterano M45	07:21:02	+01:50:45	08:01
66	454	João Silva	team lantermil	Senior Masculino	07:22:08	+01:51:50	08:02
67	73	Fábio Filipe	ca barreira	Senior Masculino	07:22:13	+01:51:55	08:02
68	116	Hugo Lima	desnivel positivo	Senior Masculino	07:23:10	+01:52:53	08:03
69	456	Elisabete Santos	team lantermil	Veterana F45	07:24:02	+01:53:44	08:04
70	267	António cardoso	individual	Veterano M40	07:24:14	+01:53:56	08:05
71	192	Anxo Manuel Fernández Saborido	individual	Senior Masculino	07:25:23	+01:55:05	08:06
72	306	Marcio Teixeira	fridao sem limites	Veterano M40	07:26:49	+01:56:32	08:07
73	461	DINIS RIBEIRO	tesco team running	Senior Masculino	07:27:06	+01:56:48	08:08
74	178	ALICE LOPES	ginasio fit4fun	Veterana F40	07:27:32	+01:57:14	08:08
75	440	Pedro Sa	sim summit	Senior Masculino	07:27:34	+01:57:17	08:08
76	39	Nuno Iomba	apúlia a correr	Senior Masculino	07:27:36	+01:57:19	08:08
77	460	Paulo Barbosa	team lantermil	Veterano M50	07:28:25	+01:58:07	08:09
78	354	Jorge Domingues	lebres minhotas	Veterano M45	07:28:30	+01:58:12	08:09
79	166	Paulo Madeira	gaia trail	Senior Masculino	07:28:58	+01:58:41	08:10
80	50	Luís Costa	atr - algarve trail running	Senior Masculino	07:29:31	+01:59:13	08:10
81	32	Carlos Peixoto	amigos da montanha	Veterano M45	07:31:16	+02:00:58	08:12
82	205	Hélder Figueiredo Duarte	individual	Senior Masculino	07:31:57	+02:01:40	08:13
83	64	Luís Magalhães	boavista trail	Senior Masculino	07:32:29	+02:02:12	08:14

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
84	469	Rui Sousa	trogloditas runners	Veterano M40	07:32:31	+02:02:14	08:14
85	191	Andre Sousa	individual	Senior Masculino	07:32:32	+02:02:15	08:14
86	218	Jorge filipe silva santos	individual	Senior Masculino	07:32:47	+02:02:30	08:14
87	90	Cesar Francisco	cesarfrancisco.com lagrimas team	Veterano M45	07:33:10	+02:02:52	08:14
88	239	Rodrigo	individual	Senior Masculino	07:33:36	+02:03:19	08:15
89	422	João Neto	runners do demo	Senior Masculino	07:35:14	+02:04:57	08:17
90	240	Romeu Adelino Marta do Outeiro	individual	Senior Masculino	07:35:19	+02:05:02	08:17
91	473	Carlos Ferreira	vikings trail runners / ccr alcabideque	Senior Masculino	07:37:20	+02:07:02	08:19
92	366	João Amândio	montanha clube trail running/efapel	Senior Masculino	07:39:04	+02:08:47	08:21
93	316	Paulo Sousa	individual	Veterano M40	07:39:48	+02:09:30	08:22
94	68	José Fins	braguinhas runners	Veterano M50	07:39:59	+02:09:41	08:22
95	368	Antonio pinto	monte dos amigos	Senior Masculino	07:41:52	+02:11:35	08:24
96	74	Miguel Marques	ca barreira	Veterano M45	07:43:06	+02:12:48	08:25
97	252	Ana Belén Rubio Álvarez	individual	Veterana F45	07:43:08	+02:12:50	08:25
98	134	Pedro Costa	dive - into the mountains	Veterano M40	07:43:19	+02:13:01	08:25
99	193	Bruno Daniel Machado Fontão	individual	Senior Masculino	07:43:19	+02:13:01	08:25
100	129	Adérito Siva	dive - into the mountains	Veterano M40	07:45:35	+02:15:17	08:28
101	135	Rui Franco	dive - into the mountains	Veterano M45	07:45:35	+02:15:18	08:28
102	391	Miguel Sousa	ourém vida team	Veterano M40	07:45:50	+02:15:32	08:28
103	282	Fernando David da Costa Santos	individual	Veterano M45	07:46:42	+02:16:24	08:29
104	2	João Pimentel	a.r.casaense/escola de atletismo de coimbra/intermarché condeixa	Senior Masculino	07:46:58	+02:16:40	08:29
105	442	David Lafuente Alves	solopisadas team	Veterano M45	07:48:15	+02:17:58	08:31
106	392	Paulo Martins	ourém vida team	Veterano M45	07:50:29	+02:20:11	08:33
107	380	Zo Vieira	ocs proaventuras	Veterano M55	07:50:29	+02:20:12	08:33
108	146	Fernanda Verde	edv-viana trail	Veterana F40	07:51:44	+02:21:26	08:35
109	309	Miguel de Oliveira	individual	Veterano M40	07:52:31	+02:22:14	08:35
110	446	Acílio Noro	soure mov	Veterano M45	07:53:04	+02:22:46	08:36
111	247	Tiago Manuel Ferreira de Almeida	individual	Senior Masculino	07:55:51	+02:25:33	08:39
112	162	Andreia Ribeiro Almeida	fridão sem limites	Senior Feminino	07:56:09	+02:25:51	08:39
113	206	Hugo	individual	Senior Masculino	07:57:10	+02:26:52	08:41
114	459	rodrigo silva	team lantermil	Veterano M40	07:57:55	+02:27:38	08:41
115	175	Samuel Amorim	gd castelense	Senior Masculino	07:58:08	+02:27:50	08:42
116	251	Telmo Urceira Bautista	individual	Sub 23 Masculino	07:58:11	+02:27:53	08:42
117	233	Pedro Freitas	individual	Senior Masculino	07:58:48	+02:28:30	08:42
118	100	Luís Soares	clube ogma	Veterano M50	07:58:51	+02:28:34	08:42
119	371	Rui Carneiro	nast	Senior Masculino	07:58:58	+02:28:40	08:43
120	77	RUI RODRIGUES	casa do pessoal da rtp	Veterano M45	07:59:20	+02:29:03	08:43
121	237	Ricardo Silva	edv viana trail	Senior Masculino	07:59:30	+02:29:12	08:43
122	361	João Salgueiro	liz runners	Veterano M45	07:59:30	+02:29:12	08:43
123	311	Miguel Pimenta	individual	Veterano M40	08:02:40	+02:32:23	08:47
124	44	André Miguel Lameiro Monteiro	arcd venda da luísa	Senior Masculino	08:02:52	+02:32:34	08:47
125	396	Francisco Miguel Costa Fontelo	padelananaturalteam - fisiofreixo	Veterano M45	08:03:33	+02:33:15	08:48
126	67	Rui Machado	boavista trail	Veterano M40	08:03:34	+02:33:17	08:48

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
127	143	Amaro Costa	edv-viana trail	Senior Masculino	08:03:38	+02:33:20	08:48
128	381	Flavio Silva	ofrunning	Senior Masculino	08:03:57	+02:33:40	08:48
129	476	Carlos Durao	viseu trail	Senior Masculino	08:04:22	+02:34:05	08:48
130	477	Paulo Durao	viseu trail	Veterano M40	08:04:23	+02:34:05	08:48
131	288	João Agostinho	individual	Veterano M40	08:04:57	+02:34:39	08:49
132	20	ANTONIO GOMES	águias de alvelos	Veterano M45	08:06:26	+02:36:08	08:51
133	431	Sérgio Monteiro	sardonisca runners	Senior Masculino	08:08:09	+02:37:51	08:53
134	312	Nuno Dias de Almeida	individual	Veterano M45	08:08:56	+02:38:38	08:53
135	214	João Paulo Cardoso Lopes	individual	Senior Masculino	08:09:38	+02:39:21	08:54
136	472	Mónica Ribeiro	vikings trail runners / ccr alcabideque	Senior Feminino	08:10:31	+02:40:13	08:55
137	343	PAULO GAMA	individual	Veterano M50	08:10:48	+02:40:31	08:55
138	369	Leandro Pacheco	monte dos amigos	Veterano M40	08:10:52	+02:40:34	08:55
139	308	Miguel Cedra de Almeida	individual	Veterano M45	08:10:58	+02:40:41	08:56
140	121	Luis Melo	desnivel positivo	Veterano M50	08:11:16	+02:40:58	08:56
141	49	Pedro Alves	associação brunheiro natural	Veterano M40	08:11:25	+02:41:07	08:56
142	14	Cabé Pereira	afifense trail	Veterano M45	08:11:25	+02:41:07	08:56
143	29	José Silva	alexandra carvalho team	Veterano M40	08:11:25	+02:41:07	08:56
144	28	JOÃO AFONSO	alexandra carvalho team	Sub 23 Masculino	08:11:25	+02:41:07	08:56
145	123	António Almeida	dive - into the mountains	Senior Masculino	08:12:36	+02:42:18	08:57
146	213	João Mendonça	individual	Senior Masculino	08:12:39	+02:42:21	08:57
147	156	Igor Paiva	factor x / s4l / medense fc	Senior Masculino	08:13:20	+02:43:02	08:58
148	183	Ester Alves	individual	Senior Feminino	08:13:20	+02:43:03	08:58
149	138	Sergio antonio dias santos	douroconta - gabinete de apoio e contabilidade, lda	Veterano M40	08:13:20	+02:43:03	08:58
150	285	Hilário Louro	individual	Veterano M40	08:13:43	+02:43:25	08:59
151	402	Jorge Bastos	pernetas	Veterano M40	08:14:25	+02:44:08	08:59
152	47	Ricardo Sousa	arribas	Veterano M45	08:14:51	+02:44:33	09:00
153	195	Bruno Rafael	individual	Senior Masculino	08:15:13	+02:44:56	09:00
154	130	Emanuel Costa	dive - into the mountains	Veterano M40	08:15:44	+02:45:27	09:01
155	363	nuno jaime	matosinhos futsal clube	Veterano M40	08:15:55	+02:45:38	09:01
156	115	Francisco Rebelo	desnível negativo	Veterano M40	08:16:00	+02:45:43	09:01
157	154	José Silva	ermida team	Veterano M45	08:16:26	+02:46:08	09:02
158	208	Hugo Manuel Pinto	individual	Senior Masculino	08:16:28	+02:46:10	09:02
159	144	André Príncipe	edv-viana trail	Senior Masculino	08:16:53	+02:46:35	09:02
160	457	Marco Filipe Silva Moreira	team lanthemil	Veterano M40	08:20:09	+02:49:51	09:06
161	80	Fernando Remelgado	ccd - siemens	Veterano M40	08:20:09	+02:49:52	09:06
162	458	Nuno Araujo	team lanthemil	Veterano M40	08:20:09	+02:49:52	09:06
163	111	Hugo Couto	comdor runners	Senior Masculino	08:20:42	+02:50:25	09:06
164	212	João Mateus	individual	Senior Masculino	08:21:10	+02:50:53	09:07
165	441	Rodolfo Órfão	sinmetro	Veterano M40	08:22:31	+02:52:13	09:08
166	370	Ricardo Valente	não fazemos nem mais um... km	Veterano M50	08:22:47	+02:52:29	09:08
167	148	FERNANDO CUNHA	edv-viana trail	Veterano M50	08:23:27	+02:53:09	09:09
168	63	Bruno Ricardo Gomes Pinho	boavista trail	Senior Masculino	08:24:30	+02:54:12	09:10
169	217	Jorge Fernandes	individual	Senior Masculino	08:24:37	+02:54:20	09:11
170	383	Ana Sereno	olímpico vianense trail	Senior Feminino	08:24:47	+02:54:29	09:11
171	384	Nuno Araujo	olímpico vianense trail	Veterano M40	08:24:49	+02:54:31	09:11

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
172	449	Dariusz Kuncewicz	stay insane	Veterano M45	08:25:48	+02:55:30	09:12
173	85	ANA MARIA AMARAL	centro ciclista de gondomar	Veterana F45	08:26:04	+02:55:46	09:12
174	55	António Martins	aztrail/mercentro	Senior Masculino	08:26:20	+02:56:03	09:12
175	224	Marcos Leandro Gomes Ribeiro	individual	Senior Masculino	08:26:53	+02:56:35	09:13
176	185	Maria Santos	individual	Senior Feminino	08:26:53	+02:56:35	09:13
177	321	Pedro meneses	individual	Veterano M40	08:26:53	+02:56:35	09:13
178	153	Tiago Costa	ermida team	Senior Masculino	08:28:20	+02:58:03	09:15
179	171	Maximiano Rodrigues	gaia trail	Veterano M55	08:28:31	+02:58:14	09:15
180	385	pedro carvalhido	olímpico vianense trail	Veterano M45	08:28:38	+02:58:20	09:15
181	92	Paulo Costa	clac entroncamento/ondatrilhos	Veterano M40	08:30:20	+03:00:03	09:17
182	202	Filipe Faria	individual	Senior Masculino	08:30:58	+03:00:41	09:17
183	124	Carlos Ribeiro	dive - into the mountains	Senior Masculino	08:31:03	+03:00:45	09:18
184	169	Joaquim Pereira	gaia trail	Veterano M50	08:32:07	+03:01:49	09:19
185	220	José Miguel Freitas Teixeira	brabus runners	Senior Masculino	08:33:10	+03:02:53	09:20
186	66	Fernando Jorge	boavista trail	Veterano M45	08:33:38	+03:03:20	09:20
187	199	Fábio Silva	individual	Senior Masculino	08:34:00	+03:03:42	09:21
188	401	Fernando costa	pernetas	Veterano M45	08:34:32	+03:04:15	09:21
189	211	Joao Cortesao	individual	Senior Masculino	08:34:50	+03:04:33	09:22
190	81	João Ferreira	ccd crédito agrícola mútuo	Senior Masculino	08:35:37	+03:05:19	09:22
191	180	Fernando Jorge de Oliveira	hora do lobo trail - fc perosinho - atletismo	Veterano M60	08:36:23	+03:06:06	09:23
192	51	Alexandra Vanstalle	atr - algarve trail running	Veterana F40	08:36:44	+03:06:26	09:24
193	268	ANTONIO TEIXEIRA	individual	Veterano M40	08:36:44	+03:06:26	09:24
194	485	João Manuel Maciel Linhares	individual	Veterano M40	08:36:46	+03:06:28	09:24
195	418	Luís Matos Ferreira	run 4 fun	Veterano M50	08:37:43	+03:07:26	09:25
196	72	ROBERTO EXPÓSITO EXPÓSITO	bugallas mobles & victor pazos peluqueros	Veterano M40	08:38:03	+03:07:45	09:25
197	118	gisela pereira	desnivel positivo	Veterana F45	08:38:53	+03:08:36	09:26
198	329	Rui da Silva Santos	individual	Veterano M40	08:38:57	+03:08:40	09:26
199	483	Amadeu Teixeira	individual	Veterano M55	08:39:34	+03:09:16	09:27
200	372	Jose Maria Gouveia Martins	nast	Veterano M45	08:40:43	+03:10:25	09:28
201	278	Fernando Pinheiro Mendes	individual	Veterano M45	08:41:43	+03:11:25	09:29
202	173	João Oliveira	gansos	Senior Masculino	08:42:59	+03:12:41	09:31
203	433	BRUNO FREITAS	sc espinho - atletismo / antónio leitão	Veterano M40	08:43:21	+03:13:03	09:31
204	8	João Ribeiro Laranjeira	ade trail running	Senior Masculino	08:43:50	+03:13:33	09:31
205	155	Carlos Azevedo	factor x / s4l / medense fc	Senior Masculino	08:45:05	+03:14:47	09:33
206	409	Gustavo Pessa	puxa por ti	Veterano M45	08:45:28	+03:15:11	09:33
207	406	Gonçalo Nazaré	puxa por ti	Senior Masculino	08:45:29	+03:15:11	09:33
208	22	Rui Pinho	akuafit	Veterano M40	08:47:29	+03:17:11	09:35
209	353	Fernando Gomes	kemedo team	Veterano M45	08:47:39	+03:17:21	09:36
210	170	José Morais	gaia trail	Veterano M55	08:47:46	+03:17:29	09:36
211	263	Alberto Guimaraes	individual	Veterano M45	08:48:20	+03:18:02	09:36
212	302	Luís António Freitas Teixeira	individual	Veterano M40	08:48:37	+03:18:19	09:37
213	397	Manuel António Sá graça	palmeira runners	Veterano M50	08:48:42	+03:18:25	09:37
214	84	Hélder S G Pinto	ccrd burinhosa	Veterano M40	08:49:05	+03:18:48	09:37
215	83	Ana Paula Santos	ccrd burinhosa	Veterana F55	08:49:05	+03:18:48	09:37

K55 - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
216	190	André Francisco Casais Cardão	individual	Senior Masculino	08:49:38	+03:19:20	09:38
217	403	Rodolfo Deyllot	porto de mós a correr	Veterano M50	08:49:41	+03:19:23	09:38
218	228	Nuno Simões Campos	individual	Senior Masculino	08:49:41	+03:19:23	09:38
219	448	Nuno Teixeira	sportarc.running	Senior Masculino	08:49:55	+03:19:38	09:38
220	126	Carla Antunes	dive - into the mountains	Veterana F40	08:51:03	+03:20:45	09:39
221	450	Marco Santos	tarahumara	Veterano M40	08:51:18	+03:21:01	09:40
222	79	Diogo Barros	cb run	Veterano M40	08:51:58	+03:21:41	09:40
223	226	Nelson Santos	individual	Senior Masculino	08:52:28	+03:22:10	09:41
224	36	Carlos Ferreira	amigos da montanha	Veterano M55	08:53:20	+03:23:03	09:42
225	182	Cristina Vanessa Nóbrega Arreiol	individual	Senior Feminino	08:55:14	+03:24:56	09:44
226	307	Mário Fernandes	individual	Veterano M45	08:55:50	+03:25:32	09:45
227	210	Ivo Miguel Lemos Martins	individual	Senior Masculino	08:56:02	+03:25:44	09:45
228	266	André Gonçalves	casa do benfica de moura	Veterano M40	08:56:19	+03:26:02	09:45
229	101	Andre Cavadas	clube zipper	Senior Masculino	08:57:29	+03:27:11	09:46
230	413	João Pedro Gonçalves de Sousa	run 4 fun	Senior Masculino	08:57:32	+03:27:15	09:46
231	38	José Amaro	aminhacorrida	Veterano M40	08:58:03	+03:27:46	09:47
232	463	Luís Santos	trailistas "eu é que sei!"	Veterano M45	08:58:10	+03:27:52	09:47
233	399	Pedro Moreira	no tomorrow running team	Veterano M45	08:58:19	+03:28:01	09:47
234	400	Miguel Barros	pernetas	Senior Masculino	08:58:20	+03:28:02	09:47
235	114	Antonio Nunes	crp - ribafria	Veterano M60	08:58:44	+03:28:27	09:48
236	113	pedro nunes	crp - ribafria	Senior Masculino	08:58:45	+03:28:27	09:48
237	435	Henrique Castro	sigmarunners	Veterano M45	08:58:51	+03:28:34	09:48
238	331	RUI VIEGAS	individual	Veterano M40	08:59:06	+03:28:48	09:48
239	301	Ken Berethon	individual	Veterano M40	08:59:14	+03:28:56	09:48
240	330	Rui Lamy	individual	Veterano M40	08:59:14	+03:28:57	09:48
241	11	Gil Araujo	afifense trail	Senior Masculino	09:01:11	+03:30:53	09:50
242	15	Carlos Neto	afifense trail	Veterano M40	09:01:11	+03:30:54	09:50
243	328	Rui Amadeu Dantas	individual	Veterano M40	09:01:40	+03:31:22	09:51
244	60	Francisco Bossa	barrancos fc/biogado	Veterano M45	09:01:53	+03:31:35	09:51
245	355	Joaquim Leite	leões de tardariz trail	Veterano M55	09:01:56	+03:31:39	09:51
246	127	keta Batista	dive - into the mountains	Veterana F40	09:01:57	+03:31:39	09:51
247	298	José Neves	individual	Veterano M45	09:02:01	+03:31:44	09:51
248	164	Margarida Bagão	g.d.c. dos portos de sines e do algarve	Senior Feminino	09:02:16	+03:31:58	09:52
249	342	Paulo Ferreira	individual	Veterano M50	09:03:03	+03:32:45	09:52
250	299	José Pedro Conde Pinto da Silva	individual	Veterano M40	09:03:07	+03:32:49	09:52
251	6	Bruno Manuel Oliveira Paiva	abutres	Senior Masculino	09:03:14	+03:32:57	09:53
252	467	Väärä Juoksija	trepatrihos trail team	Senior Masculino	09:03:23	+03:33:05	09:53
253	352	Joaquim Santos	kemedo team	Senior Masculino	09:05:14	+03:34:56	09:55
254	351	Carlos Leal	kemedo team	Senior Masculino	09:05:14	+03:34:56	09:55
255	103	Joaquim Madureira	clube zipper	Veterano M40	09:06:02	+03:35:44	09:56
256	56	Conceição Ferreira	aztrail/mercentro	Veterana F50	09:06:08	+03:35:50	09:56
257	286	Hugo Miguel da Rocha Gonçalves Carvalho	individual	Veterano M40	09:06:52	+03:36:34	09:57

Official Timekeeper: Lap2Go	6 / 10	generate 21-Sep-2019 21:16
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K55 - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
258	272	Cesar Neves	individual	Veterano M40	09:06:52	+03:36:35	09:57
259	479	Cirilo Formiga	zimbra fox runners	Veterano M60	09:06:54	+03:36:36	09:57
260	436	Emidio Santos	sigmarunners	Veterano M55	09:07:00	+03:36:42	09:57
261	411	Paulo Gil	puxa por ti	Veterano M40	09:09:06	+03:38:48	09:59
262	209	Hugo Sa	individual	Senior Masculino	09:09:44	+03:39:27	10:00
263	338	Manuel Oliveira	individual	Veterano M50	09:10:57	+03:40:40	10:01
264	158	Paulo Freitas	factor x / s4l / medense fc	Veterano M40	09:10:58	+03:40:41	10:01
265	61	Paulo Fernandes	barrancos fc/biogado	Veterano M40	09:11:20	+03:41:02	10:01
266	292	João Paulo Castro	individual	Veterano M40	09:11:33	+03:41:15	10:02
267	207	Hugo fernandes	individual	Senior Masculino	09:11:55	+03:41:38	10:02
268	256	Manuela Casal Oliveira	boavista trail	Veterana F45	09:11:58	+03:41:40	10:02
269	430	Tiago Magalhães	salamandrecos	Veterano M40	09:12:07	+03:41:50	10:02
270	25	Pedro Costa	alexandra carvalho team	Senior Masculino	09:14:30	+03:44:13	10:05
271	356	Bruno Monteiro	lion runners - g. d. leões da guarda	Senior Masculino	09:16:12	+03:45:54	10:07
272	122	Nuno Ferreira	desnivel positivo	Veterano M50	09:16:23	+03:46:05	10:07
273	273	Daniel Grenha Fonseca	individual	Veterano M40	09:16:23	+03:46:05	10:07
274	59	Cristina Bossa	barrancos fc/biogado	Veterana F40	09:16:47	+03:46:30	10:07
275	194	Bruno Juliao	individual	Senior Masculino	09:17:55	+03:47:38	10:09
276	388	António Oliveira	os finos	Veterano M45	09:17:56	+03:47:38	10:09
277	345	Pereira	individual	Veterano M55	09:18:45	+03:48:27	10:10
278	424	Jorge Miguel Melo Pereira Pacheco	runners do demo	Veterano M45	09:18:45	+03:48:28	10:10
279	359	Raúl Velez	liz runners	Senior Masculino	09:19:00	+03:48:42	10:10
280	360	Telmo Velez	liz runners	Senior Masculino	09:19:00	+03:48:42	10:10
281	339	Miguel Antunes Santos	individual	Veterano M50	09:19:26	+03:49:08	10:10
282	168	Rui Oliveira	gaia trail	Veterano M45	09:19:30	+03:49:12	10:10
283	421	Luís dias	runners da frente ribeirinha da póvoa de santa iria	Senior Masculino	09:20:15	+03:49:57	10:11
284	189	Andre Fernandes	individual	Senior Masculino	09:20:40	+03:50:23	10:12
285	89	José Gomes	cerveira team running	Veterano M50	09:21:28	+03:51:10	10:13
286	231	paulo fernandes	individual	Senior Masculino	09:22:10	+03:51:52	10:13
287	362	Antonio Folgado	liz runners	Veterano M55	09:22:54	+03:52:36	10:14
288	221	Jose Pereira	individual	Senior Masculino	09:22:59	+03:52:42	10:14
289	464	PAULO VALENTE	trailistas "eu é que sei!"	Veterano M55	09:23:09	+03:52:51	10:14
290	174	Catarina Amorim	gd castelense	Senior Feminino	09:23:55	+03:53:37	10:15
291	93	Pedro Carmo	clac entroncamento/ondatrilhos	Veterano M40	09:25:39	+03:55:21	10:17
292	91	João Lopes	clac entroncamento/ondatrilhos	Veterano M45	09:25:39	+03:55:21	10:17
293	280	Francisco Carneiro	individual	Veterano M40	09:25:45	+03:55:27	10:17
294	358	João Tiago Silva	liz runners	Senior Masculino	09:25:47	+03:55:29	10:17
295	407	Loes Schuren	puxa por ti	Veterana F40	09:26:24	+03:56:06	10:18
296	62	Bruno loureiro	boavista trail	Senior Masculino	09:26:36	+03:56:19	10:18
297	295	Jose Antonio de Oliveira Ribeiro da Silva	running espinho	Veterano M40	09:26:37	+03:56:19	10:18
298	429	Vitor Rito	running espinho	Senior Masculino	09:26:37	+03:56:20	10:18
299	197	David Camelo	running espinho	Senior Masculino	09:26:37	+03:56:20	10:18
300	16	Telmo Miguel Cupido Neves	agd sports academy	Senior Masculino	09:26:39	+03:56:21	10:18
301	10	Marinha Pires	affense trail	Senior Feminino	09:26:51	+03:56:33	10:18

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
302	109	Teresa Afonso	coimbra trail running	Veterana F40	09:28:14	+03:57:57	10:20
303	465	Ana Borges	trepadores	Senior Feminino	09:28:20	+03:58:02	10:20
304	244	Telmo Garcia	individual	Senior Masculino	09:28:22	+03:58:04	10:20
305	376	Raquel Vasconcelos	no tomorrow running team	Veterana F40	09:31:03	+04:00:45	10:23
306	377	Paulo Gomes	no tomorrow running team	Veterano M45	09:31:03	+04:00:45	10:23
307	255	Isabel Almeida	individual	Veterana F45	09:34:11	+04:03:53	10:26
308	395	Mário Cunha	pace.makers	Veterano M45	09:35:04	+04:04:47	10:27
309	484	fernando antonio azevedo silva	alexandra carvalho team	Veterano M45	09:36:17	+04:05:59	10:29
310	160	Gastão Sousa	fit@50	Veterano M50	09:37:00	+04:06:43	10:29
311	277	Fernando Pinheiro	individual	Veterano M40	09:37:02	+04:06:45	10:30
312	394	Vanda Fernandes	pace.makers	Veterana F40	09:37:04	+04:06:46	10:30
313	341	Paulo Azevedo	individual	Veterano M50	09:37:50	+04:07:32	10:30
314	398	Jorge Barbosa	paredes aventura	Veterano M40	09:37:50	+04:07:32	10:30
315	390	Bruno Ferreira	osteo performance 360°	Senior Masculino	09:38:03	+04:07:45	10:31
316	269	Augusto Pinto Oliveira	individual	Veterano M45	09:38:17	+04:07:59	10:31
317	151	Patrício Marques Afonso	equipa a	Veterano M45	09:39:36	+04:09:18	10:32
318	152	Ricardo Carvalho	equipa a	Veterano M40	09:39:36	+04:09:19	10:32
319	304	luis oliveira	individual	Veterano M45	09:42:28	+04:12:10	10:35
320	106	ARTUR CARLOS MOREIRA SILVA	clubemillenniumbcp	Veterano M50	09:45:46	+04:15:29	10:39
321	26	RICARDO JORGE CUNHA REGO	alexandra carvalho team	Senior Masculino	09:45:47	+04:15:29	10:39
322	7	André Rafael Pereira Bessa Azambujo	acdrs quinhendros	Senior Masculino	09:47:15	+04:16:58	10:41
323	27	Tiago portela	alexandra carvalho team	Senior Masculino	09:47:39	+04:17:21	10:41
324	416	Rui Faria	run 4 fun	Veterano M45	09:47:53	+04:17:36	10:41
325	303	Luís Miguel de Oliveira Martins	individual	Veterano M40	09:48:03	+04:17:46	10:42
326	389	Antonio Caldeira	os trinca espinhas	Veterano M45	09:48:43	+04:18:26	10:42
327	97	PEDRO SANGUINO	clube novo banco	Senior Masculino	09:48:47	+04:18:29	10:42
328	335	Fernando Santos	individual	Veterano M50	09:48:54	+04:18:37	10:42
329	159	Lao Figueiredo	figueira kayak clube	Senior Masculino	09:49:24	+04:19:06	10:43
330	279	Filipe Escobar	individual	Veterano M40	09:50:08	+04:19:50	10:44
331	229	Paul Costin	individual	Senior Masculino	09:50:15	+04:19:57	10:44
332	315	Paulo Sousa	individual	Veterano M40	09:52:43	+04:22:26	10:47
333	21	Carlos Rodrigues	akuafit	Veterano M40	09:52:43	+04:22:26	10:47
334	471	Artur Ferreira	unidos à fresca	Veterano M40	09:53:03	+04:22:45	10:47
335	470	Daniela Soares	unidos à fresca	Senior Feminino	09:53:03	+04:22:46	10:47
336	445	Filipe Rodrigues Gonçalves	solopisadas team	Veterano M50	09:54:09	+04:23:52	10:48
337	120	david antunes	desnivel positivo	Veterano M50	09:54:11	+04:23:54	10:48
338	443	José Asorey Cacheda	solopisadas team	Veterano M45	09:54:42	+04:24:25	10:49
339	378	António Magalhães	núcleo de montanha de espinho	Veterano M40	09:54:55	+04:24:37	10:49
340	291	João Faria	individual	Veterano M45	09:55:32	+04:25:15	10:50
341	9	Carlos Carreira	ade trail running	Veterano M40	09:55:35	+04:25:17	10:50
342	257	Palmira Gouveia	individual	Veterana F45	09:55:45	+04:25:28	10:50
343	346	Carlos Correia	individual	Veterano M60	09:55:46	+04:25:28	10:50
344	334	ELISEU MARTINS	individual	Veterano M55	09:57:01	+04:26:43	10:51

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
345	107	JOAO MANUEL SANTOS LOPES SILVA	clubemillenniumbcp	Veterano M50	09:59:24	+04:29:06	10:54
346	405	Isabell Muehlberger	puxa por ti	Senior Feminino	10:00:49	+04:30:31	10:55
347	412	Pedro Silva	puxa por ti	Veterano M40	10:01:38	+04:31:20	10:56
348	37	Ana Amaro	aminhacorrida	Veterana F40	10:01:50	+04:31:33	10:57
349	13	Carol Pereira	afifense trail	Veterana F45	10:02:09	+04:31:51	10:57
350	99	JOAQUIM BEXIGA	clube ogma	Veterano M50	10:02:37	+04:32:19	10:57
351	98	FERNANDA FRANÇA	clube ogma	Veterana F45	10:02:37	+04:32:19	10:57
352	350	Rui Manuel Correia Pedras	individual	Veterano M60	10:03:13	+04:32:56	10:58
353	318	Pedro Barros	individual	Veterano M40	10:07:41	+04:37:23	11:03
354	96	Miguel cruz	clube efacec	Veterano M40	10:07:41	+04:37:24	11:03
355	420	Teodoro Trindade	run 4 fun	Veterano M55	10:08:22	+04:38:04	11:04
356	415	Paulo Raposo	run 4 fun	Veterano M45	10:08:22	+04:38:04	11:04
357	417	Gonçalo Fontes de Melo	run 4 fun	Veterano M50	10:08:22	+04:38:04	11:04
358	128	Maria Sá	dive - into the mountains	Veterana F50	10:08:44	+04:38:26	11:04
359	132	Miguel Machado	dive - into the mountains	Veterano M40	10:08:44	+04:38:26	11:04
360	275	Eduardo Benigno	individual	Veterano M45	10:13:59	+04:43:41	11:10
361	53	João Manuel Menezes Rocha da Silva	atr - algarve trail running	Veterano M55	10:17:29	+04:47:11	11:14
362	102	Fernando Carneiro	clube zipper	Veterano M45	10:21:39	+04:51:21	11:18
363	250	Rafael Sousa	individual	Sub 23 Masculino	10:22:59	+04:52:41	11:20
364	333	Xandre Krupicka	individual	Veterano M40	10:23:54	+04:53:37	11:21
365	478	Carla Santos	zimbra fox runners	Veterana F40	10:24:39	+04:54:21	11:21
366	313	Nuno Santiago	individual	Veterano M40	10:24:43	+04:54:25	11:22
367	480	José Paulo Neves Neto	individual	Senior Masculino	10:24:44	+04:54:27	11:22
368	336	José Baptista	liz runners	Veterano M55	10:27:09	+04:56:51	11:24
369	481	João Paulo Neves Neto	individual	Veterano M40	10:28:09	+04:57:52	11:25
370	23	Alexandra Carvalho	alexandra carvalho team	Senior Feminino	10:29:17	+04:58:59	11:26
371	327	Rui Alves	individual	Veterano M45	10:29:23	+04:59:06	11:27
372	293	João Pedro Barros Barbosa	individual	Veterano M45	10:32:01	+05:01:44	11:29
373	453	Bruno Moreira	team lanthemil	Senior Masculino	10:32:44	+05:02:26	11:30
374	410	José Vale	puxa por ti	Veterano M45	10:35:12	+05:04:54	11:33
375	393	Mafalda Santos	pace.makers	Veterana F40	10:35:46	+05:05:29	11:34
376	45	Natasha Planas Dias	aroo	Veterana F45	10:35:51	+05:05:33	11:34
377	46	Luís Miguel Ferreira Baptista	aroo	Veterano M55	10:35:51	+05:05:33	11:34
378	71	MARÍA DOLORES GONZÁLEZ ENRIQUEZ	bugallas mobles & victor pazos peluqueros	Veterana F50	10:36:22	+05:06:04	11:34
379	186	Marta Silva Ramos Ferreira	individual	Senior Feminino	10:36:46	+05:06:28	11:35
380	88	Porfirio Pereira	cerveira team running	Veterano M45	10:37:20	+05:07:02	11:35
381	86	Jorge Coelho	cerveira team running	Veterano M45	10:37:20	+05:07:02	11:35
382	54	José Paulo Sousa	atr - algarve trail running	Veterano M50	10:38:11	+05:07:53	11:36
383	332	Tiago Caldas	individual	Veterano M40	10:38:23	+05:08:06	11:36
384	386	Francisco Ferreira	olímpico vianense trail	Veterano M50	10:44:34	+05:14:16	11:43
385	387	José silva	olímpico vianense trail	Veterano M50	10:44:34	+05:14:16	11:43
386	325	Ricardo Pinto Esteves da Silva	go runners/outprostore	Veterano M40	10:51:50	+05:21:33	11:51
387	276	FERNANDO FERNANDES	individual	Veterano M45	10:53:58	+05:23:40	11:53
388	374	Ana Barroso	no tomorrow running team	Veterana F45	10:56:43	+05:26:26	11:56

K55 - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
389	30	Vítor Martins	alexandra carvalho team	Veterano M40	11:02:27	+05:32:10	12:03
390	414	Marina Marques	run 4 fun	Veterana F45	11:02:37	+05:32:19	12:03
391	259	Sandra Simões	individual	Veterana F45	11:02:37	+05:32:20	12:03
392	131	Lino Abreu	dive - into the mountains	Veterano M40	11:04:58	+05:34:40	12:05
393	320	Pedro Domingues	individual	Veterano M40	11:07:25	+05:37:07	12:08
394	184	Maria Franco	individual	Senior Feminino	11:07:26	+05:37:08	12:08
395	24	Ana Fael	alexandra carvalho team	Senior Feminino	11:07:44	+05:37:26	12:08
396	482	Pedro Magalhães	cuidado com o urso panda trail runners	Veterano M45	11:09:21	+05:39:04	12:10
397	216	Jonas Hermann Schroder	individual	Senior Masculino	11:11:07	+05:40:49	12:12
398	245	Thor Andersen Birkholm	individual	Senior Masculino	11:11:07	+05:40:49	12:12
399	284	Henrique Bruno Santos	individual	Veterano M40	11:12:00	+05:41:43	12:13
400	253	Carla Sofia Santos	individual	Veterana F40	11:12:01	+05:41:43	12:13
401	201	Filipe Barosa	individual	Senior Masculino	11:12:43	+05:42:26	12:14
402	432	Pedro Chaves	sas runners	Veterano M55	11:15:08	+05:44:50	12:17
403	150	José Cruz	ei team trail	Veterano M40	11:18:12	+05:47:54	12:20
404	149	Vasco Escobar	ei team trail	Senior Masculino	11:18:12	+05:47:55	12:20
405	70	Cesar Domingos Diogo Silvestre	bruxos runners	Veterano M40	11:18:57	+05:48:40	12:21
406	261	Sónia Guimarães	individual	Veterana F40	11:25:32	+05:55:15	12:28
407	200	Fellipe Gonçalves da Conceição	individual	Senior Masculino	11:29:48	+05:59:30	12:33
408	258	Anabela Sousa	individual	Veterana F40	11:32:58	+06:02:40	12:36
409	112	Pedro Madureira	comdor runners	Senior Masculino	11:34:04	+06:03:46	12:37
410	78	Maria José Alves	cb run	Senior Feminino	11:36:44	+06:06:26	12:40
411	462	ANDRÉ MARTINS	tesco team running	Veterano M40	11:36:49	+06:06:31	12:40
412	136	João P. Vieira	dive - into the mountains	Veterano M50	11:39:37	+06:09:19	12:43
413	117	Célia Sampaio	desnivel positivo	Veterana F45	11:40:00	+06:09:42	12:44
414	317	Pedro Barbosa	individual	Veterano M45	11:40:01	+06:09:43	12:44
415	349	Quim sampaio	individual	Veterano M60	11:40:02	+06:09:44	12:44

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	08:00	-99°C	-99%
End	19:40	-99°C	-99%

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

1	162	Andreia Ribeiro Almeida	Fridão Sem Limites	Senior Feminino	07:56:09	+02:25:51	08:39:00
2	472	Mónica Ribeiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	08:10:31	+02:40:13	08:55:00
3	183	Ester Alves	Individual	Senior Feminino	08:13:20	+02:43:03	08:58:00
4	383	Ana Sereno	OLÍMPICO VIANENSE TRAIL	Senior Feminino	08:24:47	+02:54:29	09:11:00
5	185	Maria Santos	Individual	Senior Feminino	08:26:53	+02:56:35	09:13:00
6	182	Cristina Vanessa Nóbrega Arreiol	Individual	Senior Feminino	08:55:14	+03:24:56	09:44:00
7	164	Margarida Bagão	G.D.C. dos Portos de Sines e do Algarve	Senior Feminino	09:02:16	+03:31:58	09:52:00
8	174	Catarina Amorim	GD Castelense	Senior Feminino	09:23:55	+03:53:37	10:15:00
9	10	Marinha Pires	Afifense Trail	Senior Feminino	09:26:51	+03:56:33	10:18:00
10	465	Ana Borges	TREPADORES	Senior Feminino	09:28:20	+03:58:02	10:20:00
11	470	Daniela Soares	UNIDOS À FRESCA	Senior Feminino	09:53:03	+04:22:46	10:47:00
12	405	Isabell Muehlberger	PUXA POR TI	Senior Feminino	10:00:49	+04:30:31	10:55:00
13	23	Alexandra Carvalho	Alexandra Carvalho Team	Senior Feminino	10:29:17	+04:58:59	11:26:00
14	186	Marta Silva Ramos Ferreira	Individual	Senior Feminino	10:36:46	+05:06:28	11:35:00
15	184	Maria Franco	Individual	Senior Feminino	11:07:26	+05:37:08	12:08:00
16	24	Ana Fael	Alexandra Carvalho Team	Senior Feminino	11:07:44	+05:37:26	12:08:00
17	78	Maria José Alves	CB RUN	Senior Feminino	11:36:44	+06:06:26	12:40:00

Senior Masculino

1	437	Carlos Miguel da Costa Ferreira	SiM Summit	Senior Masculino	05:30:17	06:00:00
2	18	SERGIO SÁ	ÁGUIAS DE ALVELOS	Senior Masculino	05:34:56	+04:38 06:05:00
3	438	Diogo Fernandes	SiM Summit	Senior Masculino	05:41:43	+11:26 06:13:00
4	243	Saiyajin	CB RUN	Senior Masculino	05:46:46	+16:28 06:18:00
5	204	Germano Figueira	Individual	Senior Masculino	05:57:32	+27:15 06:30:00
6	142	Ricardo Amorim	EDL Trail	Senior Masculino	06:10:53	+40:35 06:45:00
7	17	HUGO ARAUJO	ÁGUIAS DE ALVELOS	Senior Masculino	06:11:23	+41:06 06:45:00
8	234	Pedro Osvaldo Barros Rocha	Individual	Senior Masculino	06:14:10	+43:52 06:48:00
9	198	Eduardo Sotelo Martínez	Individual	Senior Masculino	06:17:44	+47:27 06:52:00
10	219	Jose Manuel	Individual	Senior Masculino	06:21:32	+51:15 06:56:00
11	4	Luís Silva	ABCansado Trail	Senior Masculino	06:34:40	+01:04:23 07:11:00
12	468	Nuno Guimarães	Trogloditas runners	Senior Masculino	06:41:55	+01:11:38 07:18:00
13	157	Pedro Viana	FACTOR X / S4L / MEDENSE FC	Senior Masculino	06:42:55	+01:12:37 07:20:00
14	487	André Alves	Individual	Senior Masculino	06:43:16	+01:12:58 07:20:00
15	165	Ivo Peko	Gaia Trail	Senior Masculino	06:45:23	+01:15:05 07:22:00
16	423	Nuno Vaz	Runners do Demo	Senior Masculino	06:45:38	+01:15:20 07:23:00
17	439	Inuo Melo	SiM Summit	Senior Masculino	06:51:57	+01:21:40 07:29:00
18	382	João Pedro Padilha Leal	OFRunning	Senior Masculino	06:57:16	+01:26:58 07:35:00

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19	474	Renato Filipe Jacob Melo	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	06:57:29	+01:27:12	07:35
20	48	Ricardo Jorge Pereira Rodrigues	ASDREQ	Senior Masculino	06:59:52	+01:29:34	07:38
21	95	Dinarte Jesus	clube de montanha do funchal	Senior Masculino	07:02:09	+01:31:52	07:41
22	125	Ricardo Sousa	DIVE - Into The Mountains	Senior Masculino	07:03:47	+01:33:29	07:42
23	76	Ricardo Manuel dos Santos Coutinho Barreiro	CAAC - Clube de Atletismo de Arentim e Cunha	Senior Masculino	07:04:03	+01:33:45	07:43
24	196	Carlos Coelho	Individual	Senior Masculino	07:04:40	+01:34:22	07:43
25	223	luis Miguel Santos	Individual	Senior Masculino	07:04:49	+01:34:31	07:43
26	225	Mário Encarnação	Individual	Senior Masculino	07:06:24	+01:36:06	07:45
27	42	Ricardo Miranda	ARCA BarceloS runners	Senior Masculino	07:07:01	+01:36:43	07:46
28	41	Bruno Miguel Dias Costa	ARCA BarceloS runners	Senior Masculino	07:07:01	+01:36:44	07:46
29	232	Pedro Cardoso	Individual	Senior Masculino	07:13:14	+01:42:57	07:53
30	163	Ricardo Miguel Magalhães Nunes	Fridão Sem Limites	Senior Masculino	07:15:36	+01:45:18	07:55
31	455	José	TEAM LANTEMIL	Senior Masculino	07:17:38	+01:47:21	07:57
32	31	Vitor Pinto	AMCF - Arrábida Trail Team	Senior Masculino	07:18:13	+01:47:55	07:58
33	222	Luís Filipe Freitas da Silva	Individual	Senior Masculino	07:19:33	+01:49:15	08:00
34	215	João Pinheiro	Individual	Senior Masculino	07:19:34	+01:49:16	08:00
35	454	João Silva	TEAM LANTEMIL	Senior Masculino	07:22:08	+01:51:50	08:02
36	73	Fábio Filipe	CA Barreira	Senior Masculino	07:22:13	+01:51:55	08:02
37	116	Hugo Lima	DESNIVEL POSITIVO	Senior Masculino	07:23:10	+01:52:53	08:03
38	192	Anxo Manuel Fernández Saborido	Individual	Senior Masculino	07:25:23	+01:55:05	08:06
39	461	DINIS RIBEIRO	Tesco Team Running	Senior Masculino	07:27:06	+01:56:48	08:08
40	440	Pedro Sa	SiM Summit	Senior Masculino	07:27:34	+01:57:17	08:08
41	39	Nuno Iomba	Apúlia a Correr	Senior Masculino	07:27:36	+01:57:19	08:08
42	166	Paulo Madeira	Gaia Trail	Senior Masculino	07:28:58	+01:58:41	08:10
43	50	Luís Costa	ATR - Algarve Trail Running	Senior Masculino	07:29:31	+01:59:13	08:10
44	205	Hélder Figueiredo Duarte	Individual	Senior Masculino	07:31:57	+02:01:40	08:13
45	64	Luís Magalhães	Boavista Trail	Senior Masculino	07:32:29	+02:02:12	08:14
46	191	Andre Sousa	Individual	Senior Masculino	07:32:32	+02:02:15	08:14
47	218	Jorge filipe silva santos	Individual	Senior Masculino	07:32:47	+02:02:30	08:14
48	239	Rodrigo	Individual	Senior Masculino	07:33:36	+02:03:19	08:15
49	422	João Neto	Runners do Demo	Senior Masculino	07:35:14	+02:04:57	08:17
50	240	Romeu Adelino Marta do Outeiro	Individual	Senior Masculino	07:35:19	+02:05:02	08:17
51	473	Carlos Ferreira	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	07:37:20	+02:07:02	08:19
52	366	João Amândio	Montanha Clube Trail Running/Efapel	Senior Masculino	07:39:04	+02:08:47	08:21
53	368	Antonio pinto	Monte dos Amigos	Senior Masculino	07:41:52	+02:11:35	08:24
54	193	Bruno Daniel Machado Fontão	Individual	Senior Masculino	07:43:19	+02:13:01	08:25
55	2	João Pimentel	A.R.Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Senior Masculino	07:46:58	+02:16:40	08:29
56	247	Tiago Manuel Ferreira de Almeida	Individual	Senior Masculino	07:55:51	+02:25:33	08:39
57	206	Hugo	Individual	Senior Masculino	07:57:10	+02:26:52	08:41
58	175	Samuel Amorim	GD Castelense	Senior Masculino	07:58:08	+02:27:50	08:42
59	233	Pedro Freitas	Individual	Senior Masculino	07:58:48	+02:28:30	08:42
60	371	Rui Carneiro	NAST	Senior Masculino	07:58:58	+02:28:40	08:43
61	237	Ricardo Silva	EDV Viana Trail	Senior Masculino	07:59:30	+02:29:12	08:43

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62	44	André Miguel Lameiro Monteiro	Arcd Venda Da Luísa	Senior Masculino	08:02:52	+02:32:34	08:47
63	143	Amaro Costa	EDV-VIANA TRAIL	Senior Masculino	08:03:38	+02:33:20	08:48
64	381	Flavio Silva	OFRunning	Senior Masculino	08:03:57	+02:33:40	08:48
65	476	Carlos Durao	Viseu Trail	Senior Masculino	08:04:22	+02:34:05	08:48
66	431	Sérgio Monteiro	Sardonisca Runners	Senior Masculino	08:08:09	+02:37:51	08:53
67	214	João Paulo Cardoso Lopes	Individual	Senior Masculino	08:09:38	+02:39:21	08:54
68	123	António Almeida	DIVE - Into The Mountains	Senior Masculino	08:12:36	+02:42:18	08:57
69	213	João Mendonça	Individual	Senior Masculino	08:12:39	+02:42:21	08:57
70	156	Igor Paiva	FACTOR X / S4L / MEDENSE FC	Senior Masculino	08:13:20	+02:43:02	08:58
71	195	Bruno Rafael	Individual	Senior Masculino	08:15:13	+02:44:56	09:00
72	208	Hugo Manuel Pinto	Individual	Senior Masculino	08:16:28	+02:46:10	09:02
73	144	André Príncipe	EDV-VIANA TRAIL	Senior Masculino	08:16:53	+02:46:35	09:02
74	111	Hugo Couto	ComDor Runners	Senior Masculino	08:20:42	+02:50:25	09:06
75	212	João Mateus	Individual	Senior Masculino	08:21:10	+02:50:53	09:07
76	63	Bruno Ricardo Gomes Pinho	Boavista Trail	Senior Masculino	08:24:30	+02:54:12	09:10
77	217	Jorge Fernandes	Individual	Senior Masculino	08:24:37	+02:54:20	09:11
78	55	António Martins	Aztrail/Mercentro	Senior Masculino	08:26:20	+02:56:03	09:12
79	224	Marcos Leandro Gomes Ribeiro	Individual	Senior Masculino	08:26:53	+02:56:35	09:13
80	153	Tiago Costa	Ermida Team	Senior Masculino	08:28:20	+02:58:03	09:15
81	202	Filipe Faria	Individual	Senior Masculino	08:30:58	+03:00:41	09:17
82	124	Carlos Ribeiro	DIVE - Into The Mountains	Senior Masculino	08:31:03	+03:00:45	09:18
83	220	José Miguel Freitas Teixeira	Brabus Runners	Senior Masculino	08:33:10	+03:02:53	09:20
84	199	Fábio Silva	Individual	Senior Masculino	08:34:00	+03:03:42	09:21
85	211	Joao Cortesao	Individual	Senior Masculino	08:34:50	+03:04:33	09:22
86	81	João Ferreira	CCD Crédito Agrícola Mútuo	Senior Masculino	08:35:37	+03:05:19	09:22
87	173	João Oliveira	Gansos	Senior Masculino	08:42:59	+03:12:41	09:31
88	8	João Ribeiro Laranjeira	ADE Trail Running	Senior Masculino	08:43:50	+03:13:33	09:31
89	155	Carlos Azevedo	FACTOR X / S4L / MEDENSE FC	Senior Masculino	08:45:05	+03:14:47	09:33
90	406	Gonçalo Nazaré	PUXA POR TI	Senior Masculino	08:45:29	+03:15:11	09:33
91	190	André Francisco Casais Cardão	Individual	Senior Masculino	08:49:38	+03:19:20	09:38
92	228	Nuno Simões Campos	Individual	Senior Masculino	08:49:41	+03:19:23	09:38
93	448	Nuno Teixeira	Sportarc.Running	Senior Masculino	08:49:55	+03:19:38	09:38
94	226	Nelson Santos	Individual	Senior Masculino	08:52:28	+03:22:10	09:41
95	210	Ivo Miguel Lemos Martins	Individual	Senior Masculino	08:56:02	+03:25:44	09:45
96	101	Andre Cavadas	Clube Zupper	Senior Masculino	08:57:29	+03:27:11	09:46
97	413	João Pedro Gonçalves de Sousa	RUN 4 FUN	Senior Masculino	08:57:32	+03:27:15	09:46
98	400	Miguel Barros	Pernetas	Senior Masculino	08:58:20	+03:28:02	09:47
99	113	pedro nunes	CRP - Ribafria	Senior Masculino	08:58:45	+03:28:27	09:48
100	11	Gil Araujo	Afifense Trail	Senior Masculino	09:01:11	+03:30:53	09:50
101	6	Bruno Manuel Oliveira Paiva	Abutres	Senior Masculino	09:03:14	+03:32:57	09:53
102	467	Väärä Juoksija	TrepaTrilhos Trail Team	Senior Masculino	09:03:23	+03:33:05	09:53
103	352	Joaquim Santos	KeMedo Team	Senior Masculino	09:05:14	+03:34:56	09:55
104	351	Carlos Leal	KeMedo Team	Senior Masculino	09:05:14	+03:34:56	09:55
105	209	Hugo Sa	Individual	Senior Masculino	09:09:44	+03:39:27	10:00
106	207	Hugo fernandes	Individual	Senior Masculino	09:11:55	+03:41:38	10:02
107	25	Pedro Costa	Alexandra Carvalho Team	Senior Masculino	09:14:30	+03:44:13	10:05

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108	356	Bruno Monteiro	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	09:16:12	+03:45:54	10:07
109	194	Bruno Juliao	Individual	Senior Masculino	09:17:55	+03:47:38	10:09
110	359	Raúl Velez	LIZ RUNNERS	Senior Masculino	09:19:00	+03:48:42	10:10
111	360	Telmo Velez	LIZ RUNNERS	Senior Masculino	09:19:00	+03:48:42	10:10
112	421	Luís dias	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Senior Masculino	09:20:15	+03:49:57	10:11
113	189	Andre Fernandes	Individual	Senior Masculino	09:20:40	+03:50:23	10:12
114	231	paulo fernandes	Individual	Senior Masculino	09:22:10	+03:51:52	10:13
115	221	Jose Pereira	Individual	Senior Masculino	09:22:59	+03:52:42	10:14
116	358	João Tiago Silva	LIZ RUNNERS	Senior Masculino	09:25:47	+03:55:29	10:17
117	62	Bruno loureiro	Boavista Trail	Senior Masculino	09:26:36	+03:56:19	10:18
118	429	Vitor Rito	RUNNING ESPINHO	Senior Masculino	09:26:37	+03:56:20	10:18
119	197	David Camelo	RUNNING ESPINHO	Senior Masculino	09:26:37	+03:56:20	10:18
120	16	Telmo Miguel Cupido Neves	Agd sports academy	Senior Masculino	09:26:39	+03:56:21	10:18
121	244	Telmo Garcia	Individual	Senior Masculino	09:28:22	+03:58:04	10:20
122	390	Bruno Ferreira	Osteo Performance 360°	Senior Masculino	09:38:03	+04:07:45	10:31
123	26	RICARDO JORGE CUNHA REGO	Alexandra Carvalho Team	Senior Masculino	09:45:47	+04:15:29	10:39
124	7	André Rafael Pereira Bessa Azambujo	ACDRS QUINHENDROS	Senior Masculino	09:47:15	+04:16:58	10:41
125	27	Tiago portela	Alexandra Carvalho Team	Senior Masculino	09:47:39	+04:17:21	10:41
126	97	PEDRO SANGUINO	CLUBE NOVO BANCO	Senior Masculino	09:48:47	+04:18:29	10:42
127	159	Lao Figueiredo	Figueira Kayak Clube	Senior Masculino	09:49:24	+04:19:06	10:43
128	229	Paul Costin	Individual	Senior Masculino	09:50:15	+04:19:57	10:44
129	480	José Paulo Neves Neto	Individual	Senior Masculino	10:24:44	+04:54:27	11:22
130	453	Bruno Moreira	TEAM LANTEMIL	Senior Masculino	10:32:44	+05:02:26	11:30
131	216	Jonas Hermann Schroder	Individual	Senior Masculino	11:11:07	+05:40:49	12:12
132	245	Thor Andersen Birkholm	Individual	Senior Masculino	11:11:07	+05:40:49	12:12
133	201	Filipe Barosa	Individual	Senior Masculino	11:12:43	+05:42:26	12:14
134	149	Vasco Escobar	EI Team Trail	Senior Masculino	11:18:12	+05:47:55	12:20
135	200	Fellipe Gonçalves da Conceição	Individual	Senior Masculino	11:29:48	+05:59:30	12:33
136	112	Pedro Madureira	ComDor Runners	Senior Masculino	11:34:04	+06:03:46	12:37

Sub 23 Masculino

1	249	Pedro Silva	Individual	Sub 23 Masculino	06:39:55	+01:09:38	07:16
2	365	Bruno Silva Narciso	Minho e Lima Trail	Sub 23 Masculino	06:52:03	+01:21:45	07:30
3	251	Telmo Urceira Bautista	Individual	Sub 23 Masculino	07:58:11	+02:27:53	08:42
4	28	JOÃO AFONSO	Alexandra Carvalho Team	Sub 23 Masculino	08:11:25	+02:41:07	08:56
5	250	Rafael Sousa	Individual	Sub 23 Masculino	10:22:59	+04:52:41	11:20

Veterana F40

1	178	ALICE LOPES	Ginasio Fit4Fun	Veterana F40	07:27:32	+01:57:14	08:08
2	146	Fernanda Verde	EDV-VIANA TRAIL	Veterana F40	07:51:44	+02:21:26	08:35
3	51	Alexandra Vanstalle	ATR - Algarve Trail Running	Veterana F40	08:36:44	+03:06:26	09:24
4	126	Carla Antunes	DIVE - Into The Mountains	Veterana F40	08:51:03	+03:20:45	09:39

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5	127	keta Batista	DIVE - Into The Mountains	Veterana F40	09:01:57	+03:31:39	09:51
6	59	Cristina Bossa	Barrancos FC/Biogado	Veterana F40	09:16:47	+03:46:30	10:07
7	407	Loes Schuren	PUXA POR TI	Veterana F40	09:26:24	+03:56:06	10:18
8	109	Teresa Afonso	Coimbra Trail Running	Veterana F40	09:28:14	+03:57:57	10:20
9	376	Raquel Vasconcelos	NO TOMORROW RUNNING TEAM	Veterana F40	09:31:03	+04:00:45	10:23
10	394	Vanda Fernandes	Pace.Makers	Veterana F40	09:37:04	+04:06:46	10:30
11	37	Ana Amaro	AMINHACORRIDA	Veterana F40	10:01:50	+04:31:33	10:57
12	478	Carla Santos	Zimbra Fox Runners	Veterana F40	10:24:39	+04:54:21	11:21
13	393	Mafalda Santos	Pace.Makers	Veterana F40	10:35:46	+05:05:29	11:34
14	253	Carla Sofia Santos	Individual	Veterana F40	11:12:01	+05:41:43	12:13
15	261	Sónia Guimarães	Individual	Veterana F40	11:25:32	+05:55:15	12:28
16	258	Anabela Sousa	Individual	Veterana F40	11:32:58	+06:02:40	12:36

Veterana F45

1	456	Elisabete Santos	TEAM LANTEMIL	Veterana F45	07:24:02	+01:53:44	08:04
2	252	Ana Belén Rubio Álvarez	Individual	Veterana F45	07:43:08	+02:12:50	08:25
3	85	ANA MARIA AMARAL	CENTRO CICLISTA DE GONDOMAR	Veterana F45	08:26:04	+02:55:46	09:12
4	118	gisela pereira	DESNIVEL POSITIVO	Veterana F45	08:38:53	+03:08:36	09:26
5	256	Manuela Casal Oliveira	Boavista Trail	Veterana F45	09:11:58	+03:41:40	10:02
6	255	Isabel Almeida	Individual	Veterana F45	09:34:11	+04:03:53	10:26
7	257	Palmira Gouveia	Individual	Veterana F45	09:55:45	+04:25:28	10:50
8	13	Carol Pereira	Afifense Trail	Veterana F45	10:02:09	+04:31:51	10:57
9	98	FERNANDA FRANÇA	Clube OGMA	Veterana F45	10:02:37	+04:32:19	10:57
10	45	Natasha Planas Dias	AROO	Veterana F45	10:35:51	+05:05:33	11:34
11	374	Ana Barroso	NO TOMORROW RUNNING TEAM	Veterana F45	10:56:43	+05:26:26	11:56
12	414	Marina Marques	RUN 4 FUN	Veterana F45	11:02:37	+05:32:19	12:03
13	259	Sandra Simões	Individual	Veterana F45	11:02:37	+05:32:20	12:03
14	117	Célia Sampaio	DESNIVEL POSITIVO	Veterana F45	11:40:00	+06:09:42	12:44

Veterana F50

1	56	Conceição Ferreira	Aztrail/Mercentro	Veterana F50	09:06:08	+03:35:50	09:56
2	128	Maria Sá	DIVE - Into The Mountains	Veterana F50	10:08:44	+04:38:26	11:04
3	71	MARIA DOLORES GONZÁLEZ ENRIQUEZ	BUGALLAS MOBLES & VÍCTOR PAZOS PELUQUEROS	Veterana F50	10:36:22	+05:06:04	11:34

Veterana F55

1	83	Ana Paula Santos	CCRD Burinhosa	Veterana F55	08:49:05	+03:18:48	09:37
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Veterano M40

1	167	Luis Gil	Gaia Trail	Veterano M40	06:14:20	+44:02	06:48
2	34	João Paulo Lima Rodrigues	Amigos da Montanha	Veterano M40	06:18:46	+48:28	06:53
3	119	Artur Costa	DESNIVEL POSITIVO	Veterano M40	06:25:52	+55:35	07:01
4	5	Moisés Matos Barroso	ABCansado Trail	Veterano M40	06:41:51	+01:11:33	07:18
5	271	Carlos Cardoso	Individual	Veterano M40	06:43:11	+01:12:53	07:20
6	87	Marco Caraux	Cerveira Team Running	Veterano M40	06:44:15	+01:13:57	07:21
7	283	Frank Fritsche	Individual	Veterano M40	06:47:11	+01:16:54	07:24
8	274	Domingos Jorge Costa Gomes	Individual	Veterano M40	06:47:17	+01:16:59	07:24
9	367	Oscar Magolo	Montanha Clube Trail Running/Efapel	Veterano M40	06:49:26	+01:19:08	07:27
10	290	João Borges	Individual	Veterano M40	06:50:06	+01:19:49	07:27
11	427	Pedro Nuno Serra Pires	Runners do Demo	Veterano M40	06:59:52	+01:29:34	07:38
12	357	Miguel Ferreira	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	07:02:11	+01:31:54	07:41
13	161	Luis Silva	Fonte Nova Runners	Veterano M40	07:05:58	+01:35:40	07:45
14	281	Francisco José Miranda Rodrigues	Amigos do Atletismo de Mafra	Veterano M40	07:15:23	+01:45:06	07:55
15	297	JOSE MANUEL LORENZO	Individual	Veterano M40	07:15:52	+01:45:34	07:55
16	267	António cardoso	Individual	Veterano M40	07:24:14	+01:53:56	08:05
17	306	Marcio Teixeira	Fridao sem limites	Veterano M40	07:26:49	+01:56:32	08:07
18	469	Rui Sousa	Trogloditas runners	Veterano M40	07:32:31	+02:02:14	08:14
19	316	Paulo Sousa	Individual	Veterano M40	07:39:48	+02:09:30	08:22
20	134	Pedro Costa	DIVE - Into The Mountains	Veterano M40	07:43:19	+02:13:01	08:25
21	129	Adérito Siva	DIVE - Into The Mountains	Veterano M40	07:45:35	+02:15:17	08:28
22	391	Miguel Sousa	Ourém Vida Team	Veterano M40	07:45:50	+02:15:32	08:28
23	309	Miguel de Oliveira	Individual	Veterano M40	07:52:31	+02:22:14	08:35
24	459	rodrigo silva	TEAM LANTEMIL	Veterano M40	07:57:55	+02:27:38	08:41
25	311	Miguel Pimenta	Individual	Veterano M40	08:02:40	+02:32:23	08:47
26	67	Rui Machado	Boavista Trail	Veterano M40	08:03:34	+02:33:17	08:48
27	477	Paulo Durao	Viseu Trail	Veterano M40	08:04:23	+02:34:05	08:48
28	288	João Agostinho	Individual	Veterano M40	08:04:57	+02:34:39	08:49
29	369	Leandro Pacheco	Monte dos Amigos	Veterano M40	08:10:52	+02:40:34	08:55
30	49	Pedro Alves	Associação Brunheiro Natural	Veterano M40	08:11:25	+02:41:07	08:56
31	29	José Silva	Alexandra Carvalho Team	Veterano M40	08:11:25	+02:41:07	08:56
32	138	Sergio antonio dias santos	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M40	08:13:20	+02:43:03	08:58
33	285	Hilário Louro	Individual	Veterano M40	08:13:43	+02:43:25	08:59
34	402	Jorge Bastos	Pernetas	Veterano M40	08:14:25	+02:44:08	08:59
35	130	Emanuel Costa	DIVE - Into The Mountains	Veterano M40	08:15:44	+02:45:27	09:01
36	363	nuno jaime	Matosinhos Futsal Clube	Veterano M40	08:15:55	+02:45:38	09:01
37	115	Francisco Rebelo	Desnível Negativo	Veterano M40	08:16:00	+02:45:43	09:01
38	457	Marco Filipe Silva Moreira	TEAM LANTEMIL	Veterano M40	08:20:09	+02:49:51	09:06
39	80	Fernando Remelgado	CCD - SIEMENS	Veterano M40	08:20:09	+02:49:52	09:06
40	458	Nuno Araujo	TEAM LANTEMIL	Veterano M40	08:20:09	+02:49:52	09:06
41	441	Rodolfo Órfão	Sinmetro	Veterano M40	08:22:31	+02:52:13	09:08
42	384	Nuno Araujo	OLÍMPICO VIANENSE TRAIL	Veterano M40	08:24:49	+02:54:31	09:11

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43	321	Pedro meneses	Individual	Veterano M40	08:26:53	+02:56:35	09:13
44	92	Paulo Costa	CLAC Entroncamento/OndaTrilhos	Veterano M40	08:30:20	+03:00:03	09:17
45	268	ANTONIO TEIXEIRA	Individual	Veterano M40	08:36:44	+03:06:26	09:24
46	485	João Manuel Maciel Linhares	Individual	Veterano M40	08:36:46	+03:06:28	09:24
47	72	ROBERTO EXPÓSITO EXPÓSITO	BUGALLAS MOBLES & VÍCTOR PAZOS PELUQUEROS	Veterano M40	08:38:03	+03:07:45	09:25
48	329	Rui da Silva Santos	Individual	Veterano M40	08:38:57	+03:08:40	09:26
49	433	BRUNO FREITAS	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M40	08:43:21	+03:13:03	09:31
50	22	Rui Pinho	Akuafit	Veterano M40	08:47:29	+03:17:11	09:35
51	302	Luís Antônio Freitas Teixeira	Individual	Veterano M40	08:48:37	+03:18:19	09:37
52	84	Hélder S G Pinto	CCRD Burinhosa	Veterano M40	08:49:05	+03:18:48	09:37
53	450	Marco Santos	Tarahumara	Veterano M40	08:51:18	+03:21:01	09:40
54	79	Diogo Barros	CB RUN	Veterano M40	08:51:58	+03:21:41	09:40
55	266	André Gonçalves	Casa do Benfica de Moura	Veterano M40	08:56:19	+03:26:02	09:45
56	38	José Amaro	AMINHACORRIDA	Veterano M40	08:58:03	+03:27:46	09:47
57	331	RUI VIEGAS	Individual	Veterano M40	08:59:06	+03:28:48	09:48
58	301	Ken Berethon	Individual	Veterano M40	08:59:14	+03:28:56	09:48
59	330	Rui Lamy	Individual	Veterano M40	08:59:14	+03:28:57	09:48
60	15	Carlos Neto	Afifense Trail	Veterano M40	09:01:11	+03:30:54	09:50
61	328	Rui Amadeu Dantas	Individual	Veterano M40	09:01:40	+03:31:22	09:51
62	299	José Pedro Conde Pinto da Silva	Individual	Veterano M40	09:03:07	+03:32:49	09:52
63	103	Joaquim Madureira	Clube Zupper	Veterano M40	09:06:02	+03:35:44	09:56
64	286	Hugo Miguel da Rocha Gonçalves Carvalho	Individual	Veterano M40	09:06:52	+03:36:34	09:57
65	272	Cesar Neves	Individual	Veterano M40	09:06:52	+03:36:35	09:57
66	411	Paulo Gil	PUXA POR TI	Veterano M40	09:09:06	+03:38:48	09:59
67	158	Paulo Freitas	FACTOR X / S4L / MEDENSE FC	Veterano M40	09:10:58	+03:40:41	10:01
68	61	Paulo Fernandes	Barrancos FC/Biogado	Veterano M40	09:11:20	+03:41:02	10:01
69	292	João Paulo Castro	Individual	Veterano M40	09:11:33	+03:41:15	10:02
70	430	Tiago Magalhães	Salamandrecos	Veterano M40	09:12:07	+03:41:50	10:02
71	273	Daniel Grenha Fonseca	Individual	Veterano M40	09:16:23	+03:46:05	10:07
72	93	Pedro Carmo	CLAC Entroncamento/OndaTrilhos	Veterano M40	09:25:39	+03:55:21	10:17
73	280	Francisco Carneiro	Individual	Veterano M40	09:25:45	+03:55:27	10:17
74	295	Jose Antonio de Oliveira Ribeiro da Silva	RUNNING ESPINHO	Veterano M40	09:26:37	+03:56:19	10:18
75	277	Fernando Pinheiro	Individual	Veterano M40	09:37:02	+04:06:45	10:30
76	398	Jorge Barbosa	PAREDES AVENTURA	Veterano M40	09:37:50	+04:07:32	10:30
77	152	Ricardo Carvalho	Equipa A	Veterano M40	09:39:36	+04:09:19	10:32
78	303	Luís Miguel de Oliveira Martins	Individual	Veterano M40	09:48:03	+04:17:46	10:42
79	279	Filipe Escobar	Individual	Veterano M40	09:50:08	+04:19:50	10:44
80	315	Paulo Sousa	Individual	Veterano M40	09:52:43	+04:22:26	10:47
81	21	Carlos Rodrigues	Akuafit	Veterano M40	09:52:43	+04:22:26	10:47
82	471	Artur Ferreira	UNIDOS À FRESCA	Veterano M40	09:53:03	+04:22:45	10:47
83	378	António Magalhães	Núcleo de Montanha de Espinho	Veterano M40	09:54:55	+04:24:37	10:49
84	9	Carlos Carreira	ADE Trail Running	Veterano M40	09:55:35	+04:25:17	10:50
85	412	Pedro Silva	PUXA POR TI	Veterano M40	10:01:38	+04:31:20	10:56
86	318	Pedro Barros	Individual	Veterano M40	10:07:41	+04:37:23	11:03

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87	96	Miguel cruz	Clube Efaced	Veterano M40	10:07:41	+04:37:24	11:03
88	132	Miguel Machado	DIVE - Into The Mountains	Veterano M40	10:08:44	+04:38:26	11:04
89	333	Xandre Krupicka	Individual	Veterano M40	10:23:54	+04:53:37	11:21
90	313	Nuno Santiago	Individual	Veterano M40	10:24:43	+04:54:25	11:22
91	481	João Paulo Neves Neto	Individual	Veterano M40	10:28:09	+04:57:52	11:25
92	332	Tiago Caldas	Individual	Veterano M40	10:38:23	+05:08:06	11:36
93	325	Ricardo Pinto Esteves da Silva	Go Runners/Outprostore	Veterano M40	10:51:50	+05:21:33	11:51
94	30	Vitor Martins	Alexandra Carvalho Team	Veterano M40	11:02:27	+05:32:10	12:03
95	131	Lino Abreu	DIVE - Into The Mountains	Veterano M40	11:04:58	+05:34:40	12:05
96	320	Pedro Domingues	Individual	Veterano M40	11:07:25	+05:37:07	12:08
97	284	Henrique Bruno Santos	Individual	Veterano M40	11:12:00	+05:41:43	12:13
98	150	José Cruz	El Team Trail	Veterano M40	11:18:12	+05:47:54	12:20
99	70	Cesar Domingos Diogo Silvestre	Bruxos Runners	Veterano M40	11:18:57	+05:48:40	12:21
100	462	ANDRÉ MARTINS	Tesco Team Running	Veterano M40	11:36:49	+06:06:31	12:40

Veterano M45

1	147	Gabriel Fagundes Meira	EDV-VIANA TRAIL	Veterano M45	06:24:24	+54:06	06:59
2	434	TOZE AMORIM	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M45	06:32:41	+01:02:23	07:08
3	19	Adriano Sá	ÁGUIAS DE ALVELOS	Veterano M45	06:35:37	+01:05:20	07:12
4	110	Luís Miguel Cunha	Coimbra Trail Running	Veterano M45	06:35:47	+01:05:29	07:12
5	35	Manuel Alejandro Lagos Rios	Amigos da Montanha	Veterano M45	06:38:52	+01:08:34	07:15
6	65	Fernando Alvarez Garcia	Boavista Trail	Veterano M45	06:58:35	+01:28:18	07:37
7	426	Nuno Miranda	Runners do Demo	Veterano M45	07:00:04	+01:29:46	07:38
8	323	Renato Silva	Individual	Veterano M45	07:11:04	+01:40:46	07:50
9	444	Paulino de Abreu	solopisadas team	Veterano M45	07:12:31	+01:42:13	07:52
10	289	João Antunes	Individual	Veterano M45	07:21:02	+01:50:45	08:01
11	354	Jorge Domingues	LEBRES MINHOTAS	Veterano M45	07:28:30	+01:58:12	08:09
12	32	Carlos Peixoto	Amigos da Montanha	Veterano M45	07:31:16	+02:00:58	08:12
13	90	Cesar Francisco	cesarfrancisco.com lagrimas team	Veterano M45	07:33:10	+02:02:52	08:14
14	74	Miguel Marques	CA Barreira	Veterano M45	07:43:06	+02:12:48	08:25
15	135	Rui Franco	DIVE - Into The Mountains	Veterano M45	07:45:35	+02:15:18	08:28
16	282	Fernando David da Costa Santos	Individual	Veterano M45	07:46:42	+02:16:24	08:29
17	442	David Lafuente Alves	solopisadas team	Veterano M45	07:48:15	+02:17:58	08:31
18	392	Paulo Martins	Ourém Vida Team	Veterano M45	07:50:29	+02:20:11	08:33
19	446	Acílio Noro	Soure Mov	Veterano M45	07:53:04	+02:22:46	08:36
20	77	RUI RODRIGUES	CASA DO PESSOAL DA RTP	Veterano M45	07:59:20	+02:29:03	08:43
21	361	João Salgueiro	LIZ RUNNERS	Veterano M45	07:59:30	+02:29:12	08:43
22	396	Francisco Miguel Costa Fontelo	PadelaNaturalTeam - Fisiofreixo	Veterano M45	08:03:33	+02:33:15	08:48
23	20	ANTONIO GOMES	ÁGUIAS DE ALVELOS	Veterano M45	08:06:26	+02:36:08	08:51
24	312	Nuno Dias de Almeida	Individual	Veterano M45	08:08:56	+02:38:38	08:53
25	308	Miguel Cedra de Almeida	Individual	Veterano M45	08:10:58	+02:40:41	08:56
26	14	Cabé Pereira	Afifense Trail	Veterano M45	08:11:25	+02:41:07	08:56
27	47	Ricardo Sousa	Arribas	Veterano M45	08:14:51	+02:44:33	09:00
28	154	José Silva	Ermida Team	Veterano M45	08:16:26	+02:46:08	09:02

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29	449	Dariusz Kuncewicz	Stay Insane	Veterano M45	08:25:48	+02:55:30	09:12
30	385	pedro carvalhido	OLÍMPICO VIANENSE TRAIL	Veterano M45	08:28:38	+02:58:20	09:15
31	66	Fernando Jorge	Boavista Trail	Veterano M45	08:33:38	+03:03:20	09:20
32	401	Fernando costa	Pernetas	Veterano M45	08:34:32	+03:04:15	09:21
33	372	Jose Maria Gouveia Martins	NAST	Veterano M45	08:40:43	+03:10:25	09:28
34	278	Fernando Pinheiro Mendes	Individual	Veterano M45	08:41:43	+03:11:25	09:29
35	409	Gustavo Pessa	PUXA POR TI	Veterano M45	08:45:28	+03:15:11	09:33
36	353	Fernando Gomes	KeMedo Team	Veterano M45	08:47:39	+03:17:21	09:36
37	263	Alberto Guimaraes	Individual	Veterano M45	08:48:20	+03:18:02	09:36
38	307	Mário Fernandes	Individual	Veterano M45	08:55:50	+03:25:32	09:45
39	463	Luís Santos	Trailistas "Eu é que sei!"	Veterano M45	08:58:10	+03:27:52	09:47
40	399	Pedro Moreira	NO TOMORROW RUNNING TEAM	Veterano M45	08:58:19	+03:28:01	09:47
41	435	Henrique Castro	Sigmarunners	Veterano M45	08:58:51	+03:28:34	09:48
42	60	Francisco Bossa	Barrancos FC/Biogado	Veterano M45	09:01:53	+03:31:35	09:51
43	298	José Neves	Individual	Veterano M45	09:02:01	+03:31:44	09:51
44	388	António Oliveira	Os Finos	Veterano M45	09:17:56	+03:47:38	10:09
45	424	Jorge Miguel Melo Pereira Pacheco	Runners do Demo	Veterano M45	09:18:45	+03:48:28	10:10
46	168	Rui Oliveira	Gaia Trail	Veterano M45	09:19:30	+03:49:12	10:10
47	91	João Lopes	CLAC Entroncamento/OndaTrilhos	Veterano M45	09:25:39	+03:55:21	10:17
48	377	Paulo Gomes	NO TOMORROW RUNNING TEAM	Veterano M45	09:31:03	+04:00:45	10:23
49	395	Mário Cunha	Pace.Makers	Veterano M45	09:35:04	+04:04:47	10:27
50	484	fernando antonio azevedo silva	Alexandra Carvalho Team	Veterano M45	09:36:17	+04:05:59	10:29
51	269	Augusto Pinto Oliveira	Individual	Veterano M45	09:38:17	+04:07:59	10:31
52	151	Patrício Marques Afonso	Equipa A	Veterano M45	09:39:36	+04:09:18	10:32
53	304	luis oliveira	Individual	Veterano M45	09:42:28	+04:12:10	10:35
54	416	Rui Faria	RUN 4 FUN	Veterano M45	09:47:53	+04:17:36	10:41
55	389	Antonio Caldeira	Os Trinca Espinhas	Veterano M45	09:48:43	+04:18:26	10:42
56	443	José Asorey Cacheda	solopisadas team	Veterano M45	09:54:42	+04:24:25	10:49
57	291	João Faria	Individual	Veterano M45	09:55:32	+04:25:15	10:50
58	415	Paulo Raposo	RUN 4 FUN	Veterano M45	10:08:22	+04:38:04	11:04
59	275	Eduardo Benigno	Individual	Veterano M45	10:13:59	+04:43:41	11:10
60	102	Fernando Carneiro	Clube Zupper	Veterano M45	10:21:39	+04:51:21	11:18
61	327	Rui Alves	Individual	Veterano M45	10:29:23	+04:59:06	11:27
62	293	João Pedro Barros Barbosa	Individual	Veterano M45	10:32:01	+05:01:44	11:29
63	410	José Vale	PUXA POR TI	Veterano M45	10:35:12	+05:04:54	11:33
64	88	Porfírio Pereira	Cerveira Team Running	Veterano M45	10:37:20	+05:07:02	11:35
65	86	Jorge Coelho	Cerveira Team Running	Veterano M45	10:37:20	+05:07:02	11:35
66	276	FERNANDO FERNANDES	Individual	Veterano M45	10:53:58	+05:23:40	11:53
67	482	Pedro Magalhães	Cuidado Com o Urso Panda Trail Runners	Veterano M45	11:09:21	+05:39:04	12:10
68	317	Pedro Barbosa	Individual	Veterano M45	11:40:01	+06:09:43	12:44

Veterano M50

1	466	Diogo Carvalho	TREPADORES	Veterano M50	06:30:14	+59:56	07:06
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2	340	Nuno Paiva	Individual	Veterano M50	06:57:19	+01:27:01	07:35
3	43	Eduardo Silva	ARCA BarceloS runners	Veterano M50	07:13:24	+01:43:07	07:53
4	460	Paulo Barbosa	TEAM LANTEMIL	Veterano M50	07:28:25	+01:58:07	08:09
5	68	José Fins	Braguinhas Runners	Veterano M50	07:39:59	+02:09:41	08:22
6	100	Luís Soares	Clube OGMA	Veterano M50	07:58:51	+02:28:34	08:42
7	343	PAULO GAMA	Individual	Veterano M50	08:10:48	+02:40:31	08:55
8	121	Luis Melo	DESNIVEL POSITIVO	Veterano M50	08:11:16	+02:40:58	08:56
9	370	Ricardo Valente	Não Fazemos Nem Mais Um... Km	Veterano M50	08:22:47	+02:52:29	09:08
10	148	FERNANDO CUNHA	EDV-VIANA TRAIL	Veterano M50	08:23:27	+02:53:09	09:09
11	169	Joaquim Pereira	Gaia Trail	Veterano M50	08:32:07	+03:01:49	09:19
12	418	Luís Matos Ferreira	RUN 4 FUN	Veterano M50	08:37:43	+03:07:26	09:25
13	397	Manuel António Sá graça	Palmeira Runners	Veterano M50	08:48:42	+03:18:25	09:37
14	403	Rodolfo Deyllot	Porto de Mós a Correr	Veterano M50	08:49:41	+03:19:23	09:38
15	342	Paulo Ferreira	Individual	Veterano M50	09:03:03	+03:32:45	09:52
16	338	Manuel Oliveira	Individual	Veterano M50	09:10:57	+03:40:40	10:01
17	122	Nuno Ferreira	DESNIVEL POSITIVO	Veterano M50	09:16:23	+03:46:05	10:07
18	339	Miguel Antunes Santos	Individual	Veterano M50	09:19:26	+03:49:08	10:10
19	89	José Gomes	Cerveira Team Running	Veterano M50	09:21:28	+03:51:10	10:13
20	160	Gastão Sousa	Fit@50	Veterano M50	09:37:00	+04:06:43	10:29
21	341	Paulo Azevedo	Individual	Veterano M50	09:37:50	+04:07:32	10:30
22	106	ARTUR CARLOS MOREIRA SILVA	Clubemillenniumbcp	Veterano M50	09:45:46	+04:15:29	10:39
23	335	Fernando Santos	Individual	Veterano M50	09:48:54	+04:18:37	10:42
24	445	Filipe Rodrigues Gonçalves	solopisadas team	Veterano M50	09:54:09	+04:23:52	10:48
25	120	david antunes	DESNIVEL POSITIVO	Veterano M50	09:54:11	+04:23:54	10:48
26	107	JOAO MANUEL SANTOS LOPES SILVA	Clubemillenniumbcp	Veterano M50	09:59:24	+04:29:06	10:54
27	99	JOAQUIM BEXIGA	Clube OGMA	Veterano M50	10:02:37	+04:32:19	10:57
28	417	Gonçalo Fontes de Melo	RUN 4 FUN	Veterano M50	10:08:22	+04:38:04	11:04
29	54	José Paulo Sousa	ATR - Algarve Trail Running	Veterano M50	10:38:11	+05:07:53	11:36
30	386	Francisco Ferreira	OLÍMPICO VIANENSE TRAIL	Veterano M50	10:44:34	+05:14:16	11:43
31	387	José silva	OLÍMPICO VIANENSE TRAIL	Veterano M50	10:44:34	+05:14:16	11:43
32	136	João P. Vieira	DIVE - Into The Mountains	Veterano M50	11:39:37	+06:09:19	12:43

Veterano M55

1	348	Humberto Vara	Individual	Veterano M55	06:33:47	+01:03:29	07:10
2	380	Zo Vieira	OCS PROAVENTURAS	Veterano M55	07:50:29	+02:20:12	08:33
3	171	Maximiano Rodrigues	Gaia Trail	Veterano M55	08:28:31	+02:58:14	09:15
4	483	Amadeu Teixeira	Individual	Veterano M55	08:39:34	+03:09:16	09:27
5	170	José Morais	Gaia Trail	Veterano M55	08:47:46	+03:17:29	09:36
6	36	Carlos Ferreira	Amigos da Montanha	Veterano M55	08:53:20	+03:23:03	09:42
7	355	Joaquim Leite	Leões de Tardariz Trail	Veterano M55	09:01:56	+03:31:39	09:51
8	436	Emidio Santos	Sigmarunners	Veterano M55	09:07:00	+03:36:42	09:57
9	345	Pereira	Individual	Veterano M55	09:18:45	+03:48:27	10:10
10	362	Antonio Folgado	LIZ RUNNERS	Veterano M55	09:22:54	+03:52:36	10:14
11	464	PAULO VALENTE	Trailistas "Eu é que sei!"	Veterano M55	09:23:09	+03:52:51	10:14

K55

55 KM

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OFFICIAL RESULT

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12	334	ELISEU MARTINS	Individual	Veterano M55	09:57:01	+04:26:43	10:51
13	420	Teodoro Trindade	RUN 4 FUN	Veterano M55	10:08:22	+04:38:04	11:04
14	53	João Manuel Menezes Rocha da Silva	ATR - Algarve Trail Running	Veterano M55	10:17:29	+04:47:11	11:14
15	336	José Baptista	LIZ RUNNERS	Veterano M55	10:27:09	+04:56:51	11:24
16	46	Luís Miguel Ferreira Baptista	AROO	Veterano M55	10:35:51	+05:05:33	11:34
17	432	Pedro Chaves	SAS Runners	Veterano M55	11:15:08	+05:44:50	12:17

Veterano M60

1	180	Fernando Jorge de Oliveira	Hora do Lobo Trail - FC Perosinho - Atletismo	Veterano M60	08:36:23	+03:06:06	09:23
2	114	Antonio Nunes	CRP - Ribafria	Veterano M60	08:58:44	+03:28:27	09:48
3	479	Cirilo Formiga	Zimbra Fox Runners	Veterano M60	09:06:54	+03:36:36	09:57
4	346	Carlos Correia	Individual	Veterano M60	09:55:46	+04:25:28	10:50
5	350	Rui Manuel Correia Pedras	Individual	Veterano M60	10:03:13	+04:32:56	10:58
6	349	Quim sampaio	Individual	Veterano M60	11:40:02	+06:09:44	12:44

COLETIVO - K55[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	ÁGUIAS DE ALVELOS	2 + 7 + 19	28
2	SIM SUMMIT	1 + 3 + 35	39
3	AMIGOS DA MONTANHA	11 + 21 + 81	113
4	RUNNERS DO DEMO	30 + 41 + 43	114
5	GAIA TRAIL	9 + 29 + 79	117
6	ARCA BARCELOS RUNNERS	52 + 53 + 57	162
7	TEAM LANTEMIL	61 + 66 + 69	196
8	DESNIVEL POSITIVO	14 + 68 + 140	222
9	DIVE - INTO THE MOUNTAINS	46 + 98 + 100	244
10	EDV-VIANA TRAIL	13 + 108 + 127	248
11	BOAVISTA TRAIL	40 + 83 + 126	249
12	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	39 + 91 + 136	266
13	FACTOR X / S4L / MEDENSE FC	25 + 147 + 205	377
14	SOLOPISADAS TEAM	55 + 105 + 336	496
15	OLÍMPICO VIANENSE TRAIL	170 + 171 + 180	521
16	ALEXANDRA CARVALHO TEAM	143 + 144 + 270	557
17	PERNETAS	151 + 188 + 234	573
18	AFIFENSE TRAIL	142 + 241 + 242	625
19	ATR - ALGARVE TRAIL RUNNING	80 + 192 + 361	633
20	CB RUN	4 + 222 + 410	636
21	PUXA POR TI	206 + 207 + 261	674
22	LIZ RUNNERS	122 + 279 + 280	681
23	CERVEIRA TEAM RUNNING	28 + 285 + 380	693
24	KEMEDO TEAM	209 + 253 + 254	716
25	RUN 4 FUN	195 + 230 + 324	749
26	CLAC ENTRONCAMENTO/ONDATRILHOS	181 + 291 + 292	764
27	BARRANCOS FC/BIOGADO	244 + 265 + 274	783
28	CLUBE OGMA	118 + 350 + 351	819
29	NO TOMORROW RUNNING TEAM	233 + 305 + 306	844
30	CLUBE ZUPPER	229 + 255 + 362	846
31	RUNNING ESPINHO	297 + 298 + 299	894
32	PACE.MAKERS	308 + 312 + 375	995

K37 - PROVA ABERTA

37 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:00	17.7°C	93%
End	19:19	14.9°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1290	danilson silva pereira	individual	Senior Masculino	03:57:30		06:25
2	1228	António Manuel dos Santos Correia	emicela team	Senior Masculino	04:09:50	+12:20	06:45
3	1095	Silvio Cró	associação desporto recreativa água de pena (adrap)	Senior Masculino	04:16:18	+18:47	06:56
4	1523	Emílio Carvalho	the rookies	Veterano M40	04:19:04	+21:34	07:00
5	1093	Luís Francisco	associação desporto recreativa água de pena (adrap)	Senior Masculino	04:19:37	+22:07	07:01
6	1045	FRANCISCO FERNANDES	águias de alvelos	Senior Masculino	04:28:31	+31:01	07:15
7	1460	Vitor Pinto	oralklass - amigos do trail	Veterano M40	04:28:54	+31:24	07:16
8	1094	Márcio Castro	associação desporto recreativa água de pena (adrap)	Senior Masculino	04:29:32	+32:02	07:17
9	1560	Gervásio Garcia	vitória fc trail running	Veterano M40	04:33:35	+36:05	07:24
10	1151	Rui Povo	clube atletismo fafe	Veterano M45	04:34:00	+36:30	07:24
11	1104	Filipe Pires	barbaris team	Senior Masculino	04:34:23	+36:53	07:25
12	1291	Darío Sotelo Martínez	individual	Senior Masculino	04:35:06	+37:36	07:26
13	1318	renato teixeira	individual	Senior Masculino	04:37:09	+39:39	07:29
14	1320	Ricardo José Azevedo Campo	individual	Senior Masculino	04:37:14	+39:44	07:30
15	1229	Elson David Gomes Cunha	emicela team	Senior Masculino	04:39:09	+41:39	07:33
16	1295	Eduardo Carvalho	associação desportiva galomar	Senior Masculino	04:42:02	+44:32	07:37
17	1501	Rodrigo Quintal	sc povoense - caracóis de corrida	Veterano M40	04:44:34	+47:04	07:41
18	1150	Nuno Lemos	clube atletismo fafe	Veterano M40	04:45:15	+47:44	07:43
19	1044	BRUNO RIBEIRO	águias de alvelos	Senior Masculino	04:49:50	+52:20	07:50
20	1285	Bruno Miguel Jesus Simões	individual	Senior Masculino	04:50:35	+53:04	07:51
21	1500	Vitor Francisco	sc povoense - caracóis de corrida	Senior Masculino	04:52:20	+54:50	07:54
22	1490	José Ferreira	runners do demo	Senior Masculino	04:52:36	+55:06	07:55
23	1494	Inês João	saca trilhos anadia	Senior Feminino	04:53:46	+56:16	07:56
24	1179	Marco Matos	coimbra trail running	Veterano M40	04:54:20	+56:50	07:57
25	1457	José Santos	oralklass - amigos do trail	Veterano M40	04:58:17	+01:00:47	08:04
26	1227	Adilson Fortes Spencer Varela	emicela team	Senior Masculino	05:00:07	+01:02:37	08:07
27	1514	António Maia	team trail bem viver	Senior Masculino	05:01:12	+01:03:41	08:08
28	1023	Miguel Baptista	abcansado trail	Senior Masculino	05:04:26	+01:06:56	08:14
29	1192	aderito oliveira	dá-lhe gás trail team fisioduo	Senior Masculino	05:06:21	+01:08:51	08:17
30	1518	dionisio ferreira	team trail bem viver	Veterano M40	05:07:56	+01:10:26	08:19
31	1483	Jorge Vieira	porto de mós a correr	Senior Masculino	05:08:23	+01:10:52	08:20
32	1091	Diogo Abreu	associação desporto recreativa água de pena (adrap)	Senior Masculino	05:08:38	+01:11:08	08:20
33	1042	Nel Carvalho	adosa - os santa apolónia	Veterano M40	05:08:49	+01:11:18	08:21
34	1309	nuno oliveira	individual	Senior Masculino	05:12:22	+01:14:52	08:27
35	1303	João Simões	individual	Senior Masculino	05:14:02	+01:16:32	08:29
36	1185	Ricardo Dantas	crocodilos/misterpc	Veterano M40	05:14:58	+01:17:28	08:31
37	1326	Vasco Rafael de Sá costa	individual	Senior Masculino	05:15:37	+01:18:07	08:32
38	1090	José Rocha	associação desportiva de carvalhal	Veterano M45	05:17:26	+01:19:56	08:35
39	1255	Pedro Xavier Santos	grupo desportivo santander totta	Veterano M45	05:17:32	+01:20:02	08:35

K37 - PROVA ABERTA

37 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	1005	João Alves	a. c. s. mamede	Senior Masculino	05:18:31	+01:21:01	08:37
41	1359	Filipe Miguel Silva	amigos do atletismo de mafra	Veterano M40	05:20:05	+01:22:35	08:39
42	1315	Pedro Castro	individual	Senior Masculino	05:21:17	+01:23:47	08:41
43	1036	Nuno Vieira	adgalomar	Veterano M40	05:21:27	+01:23:56	08:41
44	1349	Alexandre Pinto	individual	Veterano M40	05:21:34	+01:24:04	08:41
45	1434	José Moreira Gomes	nocturnos de paredes	Veterano M50	05:23:46	+01:26:16	08:45
46	1131	Ricardo Sousa	caac - clube de atletismo de arentim e cunha	Senior Masculino	05:24:01	+01:26:30	08:45
47	1055	Tiago Miguel Cachapa Ferreira	alverca urban runners	Senior Masculino	05:24:24	+01:26:54	08:46
48	1059	Sérgio Teixeira	alverca urban runners	Veterano M40	05:24:24	+01:26:54	08:46
49	1203	Carlos Cunha	dci/trilhos luso bussaco	Veterano M50	05:26:33	+01:29:03	08:50
50	1364	Joao Arlindo Ornelas Sousa	associação desportiva galomar	Veterano M45	05:27:35	+01:30:04	08:51
51	1009	César Duarte	a.d. amarante	Senior Masculino	05:28:37	+01:31:07	08:53
52	1325	Tiago Marques	amigos do atletismo de mafra	Senior Masculino	05:28:39	+01:31:08	08:53
53	1439	João Paulo Oliveira Marques	ocs- strendure running team	Veterano M55	05:29:23	+01:31:52	08:54
54	1520	Nuno Moreira	team tt	Senior Masculino	05:33:02	+01:35:32	09:00
55	1307	MIGUEL SILVA	individual	Senior Masculino	05:34:23	+01:36:53	09:02
56	1030	João Paulo Pires	adabem running team	Veterano M45	05:34:58	+01:37:27	09:03
57	1304	José Cigarro	individual	Senior Masculino	05:37:59	+01:40:29	09:08
58	1137	Paulo Jorge António Martins Ferreira	cbrunning team	Veterano M40	05:38:24	+01:40:54	09:09
59	1403	Pedro Miguel de Ascensão Neves	juventude desportiva de gondomar	Senior Masculino	05:38:36	+01:41:06	09:09
60	1475	César Gomes	pace.makers	Veterano M45	05:39:52	+01:42:22	09:11
61	1010	Ricardo Leão	a.d. amarante	Senior Masculino	05:40:46	+01:43:16	09:13
62	1467	Horácio Ferreira	out 2 run/miro	Veterano M50	05:42:03	+01:44:33	09:15
63	1274	Rita Marques	amigos do atletismo de mafra	Senior Feminino	05:42:17	+01:44:47	09:15
64	1532	Bruno Miguel Afonso Pinheiro	trail team montaria	Senior Masculino	05:42:22	+01:44:52	09:15
65	1515	Bruno Gonçalves	team trail bem viver	Senior Masculino	05:44:58	+01:47:28	09:19
66	1260	Rui Almeida	hl runners club	Veterano M40	05:47:30	+01:50:00	09:24
67	1484	TANIA BATEIRA	portocargo runners	Veterana F40	05:48:16	+01:50:46	09:25
68	1563	Ricardo Manuel Teixeira Batista	lamego tribo runners	Veterano M40	05:49:25	+01:51:54	09:27
69	1108	Flávio Gouveia	boavista trail	Senior Masculino	05:49:44	+01:52:14	09:27
70	1544	Márcio Silva	vimarunners	Veterano M40	05:49:54	+01:52:24	09:27
71	1543	Rui Faria	vimarunners	Senior Masculino	05:49:54	+01:52:24	09:27
72	1339	SILVIA PEREIRA	adosa - os santa apolónia	Veterana F40	05:51:22	+01:53:52	09:30
73	1394	Paulo Jorge Rodrigues Oliveira	individual	Veterano M50	05:51:45	+01:54:15	09:30
74	1480	Artur Gil	pés de chumbo runners	Veterano M40	05:52:02	+01:54:31	09:31
75	1040	LUIS FILIPE DOS SANTOS FERREIRA	adgalomar/tfalcon	Senior Masculino	05:53:24	+01:55:54	09:33
76	1328	Vitor Pereira	individual	Senior Masculino	05:54:56	+01:57:26	09:36
77	1296	Fabio	individual	Senior Masculino	05:56:05	+01:58:34	09:37
78	1120	Nelson Coimbra	bruxos runners	Senior Masculino	05:56:17	+01:58:47	09:38
79	1371	Manuel Gomes	individual	Veterano M45	05:57:39	+02:00:09	09:40
80	1462	Joao Santos	os tolinhos	Senior Masculino	05:58:09	+02:00:39	09:41
81	1053	Miguel Machado	alverca urban runners	Senior Masculino	05:58:09	+02:00:39	09:41
82	1312	Paulo Xinês	individual	Senior Masculino	06:00:40	+02:03:09	09:45

K37 - PROVA ABERTA

37 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
83	1305	Marino	individual	Senior Masculino	06:00:40	+02:03:09	09:45
84	1026	Pedro Armando da Silva Costa	abcansado trail	Veterano M40	06:01:00	+02:03:30	09:45
85	1025	Jorge Plácido	abcansado trail	Veterano M40	06:01:06	+02:03:36	09:46
86	1119	Henrique Antunes	bruxos runners	Senior Masculino	06:01:16	+02:03:46	09:46
87	1519	Ivo Sampaio	team tt	Senior Masculino	06:01:33	+02:04:02	09:46
88	1263	Emanuel Maio	honra team	Veterano M40	06:01:36	+02:04:05	09:46
89	1038	Manuel de Mendonça Franco	adgalomar	Veterano M55	06:01:41	+02:04:10	09:47
90	1089	Pedro Jorge	associação beat your limit!	Veterano M45	06:02:58	+02:05:28	09:49
91	1087	Carlos Jesus	associação beat your limit!	Veterano M40	06:02:58	+02:05:28	09:49
92	1088	Ivo Moraes	associação beat your limit!	Veterano M40	06:02:58	+02:05:28	09:49
93	1127	JAVIER GONZÁLEZ VERDE	bugallas mobles & victor pazos peluqueros	Veterano M40	06:03:52	+02:06:22	09:50
94	1126	Francisco Rodriguez Silva	bugallas mobles & victor pazos peluqueros	Veterano M50	06:03:52	+02:06:22	09:50
95	1107	Fábio Rodrigues	boavista trail	Senior Masculino	06:04:27	+02:06:57	09:51
96	1247	Vitor Rocha	gontinhães trail runners	Veterano M45	06:05:07	+02:07:37	09:52
97	1102	Bruno Barge	aztrail/mercentro	Senior Masculino	06:05:11	+02:07:41	09:52
98	1034	Susana Maria Salvador Rebelo Nóbrega	adgalomar	Veterana F40	06:05:55	+02:08:25	09:53
99	1201	Maria Ramos	dci/trilhos luso bussaco	Senior Feminino	06:06:04	+02:08:34	09:54
100	1370	Luís Ramos	individual	Veterano M45	06:06:10	+02:08:40	09:54
101	1327	Vitor costa	individual	Senior Masculino	06:08:45	+02:11:15	09:58
102	1186	João Eduardo Penas	crp - ribafria	Senior Masculino	06:10:01	+02:12:30	10:00
103	1408	paulo Soares	lethes trail team	Veterano M45	06:10:41	+02:13:10	10:01
104	1522	Rui Carvalho	the rookies	Senior Masculino	06:11:44	+02:14:13	10:03
105	1517	Rui Madureira	team trail bem viver	Senior Masculino	06:11:59	+02:14:28	10:03
106	1032	Guilherme João Vieira Franco	adgalomar	Senior Masculino	06:12:27	+02:14:56	10:04
107	1314	Pedro Castro	individual	Senior Masculino	06:12:27	+02:14:57	10:04
108	1469	Luisa Espírito Santo	outdoor clube de setúbal - strendure running team	Veterana F50	06:13:07	+02:15:36	10:05
109	1479	Arsénio Batata	pés de chumbo runners	Veterano M40	06:13:56	+02:16:26	10:06
110	1306	Miguel Lopes	boavista trail	Senior Masculino	06:18:38	+02:21:07	10:14
111	1409	Nuno Sendao	lethes trail team	Veterano M40	06:19:09	+02:21:39	10:15
112	1366	José Manuel Silva	individual	Veterano M45	06:19:16	+02:21:45	10:15
113	1504	ANDREIA BRÁS	soure mov	Senior Feminino	06:19:16	+02:21:45	10:15
114	1390	Manuel Vaz	individual	Veterano M50	06:19:21	+02:21:50	10:15
115	1487	Filipe Lopes	rock the mountains	Veterano M40	06:20:58	+02:23:28	10:18
116	1245	Adriano Cardoso	global trail	Veterano M45	06:21:20	+02:23:50	10:18
117	1410	Pedro Sendão	lethes trail team	Veterano M45	06:21:23	+02:23:53	10:18
118	1202	Miguel Teixeira	dci/trilhos luso bussaco	Veterano M40	06:23:13	+02:25:42	10:21
119	1294	Diogo Resende	individual	Senior Masculino	06:23:43	+02:26:13	10:22
120	1496	Gil Xavier Alves	salamandrecos	Veterano M40	06:24:07	+02:26:36	10:23
121	1495	Fernando Gomes	salamandrecos	Veterano M45	06:24:13	+02:26:43	10:23
122	1249	Artur Vasques	grupo desportivo santander totta	Senior Masculino	06:26:25	+02:28:55	10:27
123	1268	Diana Cachada	individual	Senior Feminino	06:28:00	+02:30:30	10:29
124	1346	Luz Paulo	individual	Veterana F50	06:28:24	+02:30:53	10:30
125	1360	Francisco Dias	individual	Veterano M45	06:28:50	+02:31:20	10:31
126	1246	Paulo Matos	gontinhães trail runners	Senior Masculino	06:30:14	+02:32:44	10:33

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
127	1384	Amadeu Peixoto	individual	Veterano M50	06:31:16	+02:33:46	10:35
128	1492	joaquim lobato	running espinho	Veterano M50	06:31:34	+02:34:03	10:35
129	1383	Alberto Damião da Costa Pinto	individual	Veterano M50	06:32:43	+02:35:13	10:37
130	1547	Rui Manuel dos Santos Ferreira	viseu 360	Veterano M40	06:34:36	+02:37:06	10:40
131	1407	CESARIO ROCHA	ladecasa	Veterano M50	06:34:40	+02:37:10	10:40
132	1262	Paulo Pinto	honra team	Senior Masculino	06:34:42	+02:37:12	10:40
133	1332	Belém Marques	individual	Veterana F40	06:35:46	+02:38:16	10:42
134	1041	RICARDO MANUEL FERREIRA MENDES	adosa - os santa apolónia	Senior Masculino	06:35:47	+02:38:16	10:42
135	1039	Javier Santos	adgalomar/tfalcon	Senior Masculino	06:37:04	+02:39:34	10:44
136	1525	Pedro Rocha	trail me	Veterano M40	06:37:58	+02:40:28	10:45
137	1335	frederique diaz	individual	Veterana F45	06:38:02	+02:40:32	10:45
138	1524	António Luis Coelho	trail me	Veterano M45	06:39:01	+02:41:31	10:47
139	1206	Filipe Alves	desnivel positivo	Veterano M40	06:39:37	+02:42:07	10:48
140	1250	joao nuno mendes frazao ferreira	grupo desportivo santander totta	Senior Masculino	06:39:59	+02:42:29	10:49
141	1275	Sara Fernandes	individual	Senior Feminino	06:42:21	+02:44:51	10:52
142	1288	Carlos Ribeiro	individual	Senior Masculino	06:43:44	+02:46:13	10:55
143	1182	Tiago Fernandes Silva Montalvão Coelho	correr leça	Senior Masculino	06:44:36	+02:47:06	10:56
144	1373	Mário Oliveira	individual	Veterano M40	06:46:07	+02:48:37	10:59
145	1220	Claudia cálix	edv-viana trail	Veterana F45	06:46:07	+02:48:37	10:59
146	1471	Rui Sameiro	outdoor clube de setúbal - strendure running team	Senior Masculino	06:46:07	+02:48:37	10:59
147	1142	Pedro Dias	clac entroncamento/ondatrinhos	Senior Masculino	06:46:35	+02:49:05	10:59
148	1058	Pedro Miguel Nunes Ferreira	alverca urban runners	Veterano M45	06:49:31	+02:52:01	11:04
149	1540	Vítor Gonçalves	trogoditas runners	Senior Masculino	06:51:06	+02:53:36	11:07
150	1248	Rita Mogo	grupo desportivo santander totta	Senior Feminino	06:52:26	+02:54:56	11:09
151	1223	José Carlos Saldanha	edv-viana trail	Veterano M50	06:53:07	+02:55:37	11:10
152	1393	Paulo genesio	individual	Veterano M50	06:55:51	+02:58:21	11:14
153	1497	João Rodrigues	salamandrecos	Veterano M45	06:56:25	+02:58:55	11:15
154	1252	Luis Miguel Gomes	grupo desportivo santander totta	Veterano M45	06:57:09	+02:59:39	11:16
155	1376	Pedro Lopes	individual	Veterano M40	07:01:24	+03:03:54	11:23
156	1238	Sandro Pinheiro	factor x / s4l / medense fc	Senior Masculino	07:02:41	+03:05:11	11:25
157	1362	Georges Gomes	individual	Veterano M45	07:03:28	+03:05:57	11:27
158	1507	Fátima Costa	sportarc.running	Veterana F45	07:03:46	+03:06:16	11:27
159	1508	José Teixeira	sportarc.running	Veterano M45	07:03:47	+03:06:17	11:27
160	1510	Carlos Alberto Ferreira	sportarc.running	Veterano M60	07:03:47	+03:06:17	11:27
161	1506	Carlos Teixeira	sportarc.running	Senior Masculino	07:03:47	+03:06:17	11:27
162	1387	Joaquim Viana	individual	Veterano M50	07:03:57	+03:06:27	11:27
163	1389	Manuel Rocha	individual	Veterano M50	07:03:57	+03:06:27	11:28
164	1049	Francisca Costa Leite	alexandra carvalho team	Senior Feminino	07:05:30	+03:08:00	11:30
165	1226	luis ramos	ei team trail	Senior Masculino	07:05:44	+03:08:14	11:30
166	1399	Joaquim Alberto Gonçalves	individual	Veterano M60	07:08:06	+03:10:35	11:34
167	1138	Adelino Silva	ccd - siemens	Veterano M45	07:08:18	+03:10:48	11:35
168	1488	Rute Pais	run 4 fun	Veterana F40	07:08:49	+03:11:19	11:35

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
169	1310	Paulo Alexandre Alves de Oliveira	individual	Senior Masculino	07:09:10	+03:11:40	11:36
170	1035	Anne Marchington	adgalomar	Veterana F50	07:10:20	+03:12:49	11:38
171	1413	José Fernandes Amaro	liz runners	Veterano M40	07:10:20	+03:12:50	11:38
172	1513	Tiago Borges	team shark	Senior Masculino	07:11:10	+03:13:40	11:39
173	1270	Malin Eckel	individual	Senior Feminino	07:11:51	+03:14:21	11:40
174	1322	Ricardo Taxa	individual	Senior Masculino	07:11:51	+03:14:21	11:40
175	1183	Maria Fernanda Freitas Ferreira	correr leça	Veterana F40	07:12:02	+03:14:32	11:41
176	1533	Paulo Carvalho	trailistas "eu é que sei!"	Veterano M50	07:12:28	+03:14:58	11:41
177	1165	ANTONIO JORGE GOMES ALVES	clubemillenniumbcp	Veterano M40	07:12:50	+03:15:20	11:42
178	1043	Vitor Pereira	águeda action club - actib	Senior Masculino	07:13:10	+03:15:40	11:42
179	1521	Pedro Lima	team tt	Veterano M45	07:13:11	+03:15:40	11:42
180	1420	Catã	monsanto running team	Veterana F40	07:14:15	+03:16:45	11:44
181	1323	Rui Costa	individual	Senior Masculino	07:15:15	+03:17:45	11:46
182	1317	Pedro Silva	individual	Senior Masculino	07:15:16	+03:17:45	11:46
183	1357	EDUARDO SEOANE SANTISO	individual	Veterano M40	07:18:03	+03:20:32	11:50
184	1392	Pablo Seivane Vior	individual	Veterano M50	07:18:03	+03:20:32	11:50
185	1391	Miguel López Arias	individual	Veterano M50	07:18:05	+03:20:34	11:50
186	1124	Ricardo Miguel Duarte Pedro	budeguita runners	Veterano M40	07:18:21	+03:20:51	11:51
187	1125	Sérgio Miguel Batista Couto	budeguita runners	Veterano M45	07:18:21	+03:20:51	11:51
188	1481	José Alberto Martins Ribeiro	pés de chumbo runners	Veterano M40	07:20:16	+03:22:46	11:54
189	1478	Susana canhola	pernetas	Veterana F45	07:21:14	+03:23:43	11:56
190	1300	João	individual	Senior Masculino	07:21:31	+03:24:01	11:56
191	1415	Ricardo Jorge Teixeira	los fófuxos	Veterano M40	07:23:07	+03:25:37	11:59
192	1414	Ana Luisa Silva	los fófuxos	Senior Feminino	07:23:07	+03:25:37	11:59
193	1369	Luis Miguel Silva	individual	Veterano M40	07:24:08	+03:26:38	12:00
194	1280	André Leite	individual	Senior Masculino	07:24:36	+03:27:06	12:01
195	1502	Rogério Palmeiro	shfit trail team	Veterano M40	07:29:36	+03:32:06	12:09
196	1301	João Gameiro	individual	Senior Masculino	07:30:11	+03:32:41	12:10
197	1052	Jorge gonçalves	alverca urban runners	Senior Masculino	07:33:13	+03:35:43	12:15
198	1047	Ricardo Esteves	alexandra carvalho team	Junior Masculino	07:33:44	+03:36:14	12:16
199	1132	Sérgio Ferreira	caac - clube de atletismo de arentim e cunha	Senior Masculino	07:34:09	+03:36:39	12:16
200	1051	Bruno Rei	allforone	Senior Masculino	07:36:50	+03:39:20	12:21
201	1343	Esmeralda Fiúza	figueira kayak clube	Veterana F55	07:38:24	+03:40:54	12:23
202	1345	Lourdes Hernandez	individual	Veterana F55	07:38:40	+03:41:10	12:24
203	1031	Rubina da Silva Perestrelo	adgalomar	Senior Feminino	07:40:23	+03:42:53	12:27
204	1003	Vitor Osorio	#atéchoras!	Veterano M40	07:44:02	+03:46:32	12:33
205	1324	Rui Dinis	individual	Senior Masculino	07:44:25	+03:46:55	12:33
206	1380	Rui Marguilho	individual	Veterano M40	07:48:26	+03:50:56	12:40
207	1207	Rui Torres	desnivel positivo	Veterano M55	07:49:25	+03:51:55	12:41
208	1054	Paulo Oliveira Lopes	alverca urban runners	Senior Masculino	07:49:41	+03:52:10	12:42
209	1372	Márcio Pereira	individual	Veterano M40	07:50:07	+03:52:37	12:42
210	1308	Nelson Almeida	individual	Senior Masculino	07:50:14	+03:52:44	12:43
211	1375	Miguel Ângelo Brito Faria	individual	Veterano M40	07:50:41	+03:53:11	12:43

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
212	1379	Rui Jorge Ferreira Peixoto	individual	Veterano M40	07:51:10	+03:53:39	12:44
213	1353	Augusto Urjais	individual	Veterano M40	07:51:11	+03:53:41	12:44
214	1386	Fernando Vital	individual	Veterano M55	07:51:11	+03:53:41	12:44
215	1338	Sandra Guerreiro	individual	Veterana F40	07:51:22	+03:53:52	12:44
216	1099	José Miguel Pereira	atr - algarve trail running	Veterano M40	07:54:43	+03:57:13	12:50
217	1565	Ana CArolina Pereira	ade trail running	Veterana F40	07:55:17	+03:57:47	12:51
218	1133	Iolanda Isabel Telha Babo	catr - correio de albergaria trail running	Veterana F40	07:55:21	+03:57:51	12:51
219	1461	Arménia Celeste Ribeiro	pernetas	Veterana F50	07:55:23	+03:57:52	12:51
220	1135	Sérgio freitas	catr - correio de albergaria trail running	Veterano M45	07:55:28	+03:57:57	12:51
221	1476	Deolinda Brites Antunes	palmeira runners	Veterana F45	07:58:25	+04:00:55	12:56
222	1321	Ricardo Luís Nicolau Oliveira	individual	Senior Masculino	08:00:56	+04:03:26	13:00
223	1437	Paulo Amaral	o mundo da corrida	Veterano M55	08:01:45	+04:04:15	13:01
224	1271	Mara Freitas	individual	Senior Feminino	08:04:01	+04:06:30	13:05
225	1545	Margarida Albuquerque	virithvs runners de viseu	Senior Feminino	08:04:11	+04:06:41	13:05
226	1341	Sónia Pereira	individual	Veterana F40	08:04:51	+04:07:21	13:06
227	1098	Susana Isabel Matoso Banha	atr - algarve trail running	Senior Feminino	08:06:19	+04:08:49	13:09
228	1243	Paulo Vilarinho	gaia-running	Veterano M45	08:07:27	+04:09:57	13:10
229	1244	Luís Duarte	gaia-running	Veterano M50	08:07:27	+04:09:57	13:10
230	1103	Lurdes Magalhães	b.t.m.	Veterana F45	08:07:36	+04:10:05	13:11
231	1374	Mário Santiago	individual	Veterano M40	08:07:38	+04:10:07	13:11
232	1354	Aurélio Quiaios	individual	Veterano M40	08:12:21	+04:14:51	13:18
233	1283	António Luís Tavares Teixeira Ferreira	individual	Senior Masculino	08:12:21	+04:14:51	13:18
234	1208	Renata Almeida	dive - into the mountains	Senior Feminino	08:12:43	+04:15:13	13:19
235	1100	Vera Nogueira	aztrail/mercentro	Senior Feminino	08:15:53	+04:18:23	13:24
236	1465	Jacinta Almeida	out 2 run/miro	Veterana F50	08:18:16	+04:20:46	13:28
237	1160	NUNO FREITAS	clube novo banco	Veterano M40	08:25:13	+04:27:43	13:39
238	1406	Rita Leal	kemedo team	Senior Feminino	08:28:43	+04:31:13	13:45
239	1541	Maria José Gomes de Oliveira	trogoditas runners	Veterana F40	08:31:40	+04:34:10	13:50
240	1073	Paula Maria Esteves Silva	aroo	Veterana F45	08:33:25	+04:35:55	13:53
241	1074	Henrique Manuel Teixeira da Costa Pancão Cola	aroo	Veterano M45	08:33:26	+04:35:55	13:53
242	1272	Marcela Fernandes	individual	Senior Feminino	08:35:16	+04:37:46	13:56
243	1071	Diana Ribeiro	amigos da montanha	Senior Feminino	08:37:40	+04:40:10	13:59
244	1164	CARLA JOAO PEREIRA MIGUEL OLIMPIO	clubemillenniumbcp	Senior Feminino	08:38:43	+04:41:13	14:01
245	1166	PEDRO JOSE LOPES FONTINHA	clubemillenniumbcp	Veterano M40	08:38:43	+04:41:13	14:01
246	1048	Celina Luís ferreira da Costa Leite	alexandra carvalho team	Senior Feminino	08:49:43	+04:52:13	14:19
247	1050	Helena Beirão	alexandra carvalho team	Senior Feminino	08:49:43	+04:52:13	14:19
248	1388	Joaquin Garma castro	individual	Veterano M50	08:58:27	+05:00:57	14:33
249	1347	Sonia Garcia Rivero	individual	Veterana F50	08:58:27	+05:00:57	14:33
250	1344	Fernanda Maria Rivas Oliveira	individual	Veterana F50	09:07:55	+05:10:25	14:49
251	1498	pedro jaime	salamandrecos	Veterano M50	09:13:49	+05:16:19	14:58
252	1468	José Santos	out 2 run/miro	Veterano M50	09:20:41	+05:23:11	15:09
253	1466	Joselito Pereira	out 2 run/miro	Veterano M40	09:20:41	+05:23:11	15:09

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
254	1464	Isabel Jesus	out 2 run/miro	Senior Feminino	09:20:42	+05:23:11	15:09
255	1210	Diana Moura	dive - into the mountains	Veterana F40	09:23:08	+05:25:38	15:13
256	1396	Rui Almeida	individual	Veterano M50	09:34:24	+05:36:54	15:31
257	1002	Susana Andreia da Silva Pereira	#atéchoras!	Senior Feminino	09:40:43	+05:43:13	15:42
258	1072	Isabel Martins	amigos da montanha	Veterana F55	10:18:34	+06:21:04	16:43

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:00	17.7°C	93%
End	19:19	14.9°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
1	1290	danilson silva pereira	individual	Senior Masculino	03:57:30		06:25
2	1228	António Manuel dos Santos Correia	emicela team	Senior Masculino	04:09:50	+12:20	06:45
3	1095	Sílvio Cró	associação desporto recreativa água de pena (adrap)	Senior Masculino	04:16:18	+18:47	06:56
4	1523	Emílio Carvalho	the rookies	Veterano M40	04:19:04	+21:34	07:00
5	1093	Luís Francisco	associação desporto recreativa água de pena (adrap)	Senior Masculino	04:19:37	+22:07	07:01
6	1045	FRANCISCO FERNANDES	águias de alvelos	Senior Masculino	04:28:31	+31:01	07:15
7	1460	Vitor Pinto	oralklass - amigos do trail	Veterano M40	04:28:54	+31:24	07:16
8	1094	Márcio Castro	associação desporto recreativa água de pena (adrap)	Senior Masculino	04:29:32	+32:02	07:17
9	1560	Gervásio Garcia	vitória fc trail running	Veterano M40	04:33:35	+36:05	07:24
10	1151	Rui Povo	clube atletismo fafe	Veterano M45	04:34:00	+36:30	07:24
11	1104	Filipe Pires	barbaris team	Senior Masculino	04:34:23	+36:53	07:25
12	1291	Darío Sotelo Martínez	individual	Senior Masculino	04:35:06	+37:36	07:26
13	1318	renato teixeira	individual	Senior Masculino	04:37:09	+39:39	07:29
14	1320	Ricardo José Azevedo Campo	individual	Senior Masculino	04:37:14	+39:44	07:30
15	1229	Elson David Gomes Cunha	emicela team	Senior Masculino	04:39:09	+41:39	07:33
16	1295	Eduardo Carvalho	associação desportiva galomar	Senior Masculino	04:42:02	+44:32	07:37
17	1501	Rodrigo Quintal	sc povoense - caracóis de corrida	Veterano M40	04:44:34	+47:04	07:41
18	1150	Nuno Lemos	clube atletismo fafe	Veterano M40	04:45:15	+47:44	07:43
19	1044	BRUNO RIBEIRO	águias de alvelos	Senior Masculino	04:49:50	+52:20	07:50
20	1285	Bruno Miguel Jesus Simões	individual	Senior Masculino	04:50:35	+53:04	07:51
21	1500	Vitor Francisco	sc povoense - caracóis de corrida	Senior Masculino	04:52:20	+54:50	07:54
22	1490	José Ferreira	runners do demo	Senior Masculino	04:52:36	+55:06	07:55
23	1494	Inês João	saca trilhos anadia	Senior Feminino	04:53:46	+56:16	07:56
24	1179	Marco Matos	coimbra trail running	Veterano M40	04:54:20	+56:50	07:57
25	1457	José Santos	oralklass - amigos do trail	Veterano M40	04:58:17	+01:00:47	08:04
26	1227	Adilson Fortes Spencer Varela	emicela team	Senior Masculino	05:00:07	+01:02:37	08:07
27	1514	António Maia	team trail bem viver	Senior Masculino	05:01:12	+01:03:41	08:08
28	1023	Miguel Baptista	abcansado trail	Senior Masculino	05:04:26	+01:06:56	08:14
29	1192	aderito oliveira	dá-lhe gás trail team fisioduo	Senior Masculino	05:06:21	+01:08:51	08:17
30	1518	dionisio ferreira	team trail bem viver	Veterano M40	05:07:56	+01:10:26	08:19
31	1483	Jorge Vieira	porto de mós a correr	Senior Masculino	05:08:23	+01:10:52	08:20
32	1091	Diogo Abreu	associação desporto recreativa água de pena (adrap)	Senior Masculino	05:08:38	+01:11:08	08:20
33	1042	Nel Carvalho	adosa - os santa apolónia	Veterano M40	05:08:49	+01:11:18	08:21
34	1309	nuno oliveira	individual	Senior Masculino	05:12:22	+01:14:52	08:27
35	1303	João Simões	individual	Senior Masculino	05:14:02	+01:16:32	08:29
36	1185	Ricardo Dantas	crocodilos/misterpc	Veterano M40	05:14:58	+01:17:28	08:31
37	1326	Vasco Rafael de Sá costa	individual	Senior Masculino	05:15:37	+01:18:07	08:32
38	1090	José Rocha	associação desportiva de carvalhal	Veterano M45	05:17:26	+01:19:56	08:35
39	1255	Pedro Xavier Santos	grupo desportivo santander totta	Veterano M45	05:17:32	+01:20:02	08:35

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	1005	João Alves	a. c. s. mamede	Senior Masculino	05:18:31	+01:21:01	08:37
41	1359	Filipe Miguel Silva	amigos do atletismo de mafra	Veterano M40	05:20:05	+01:22:35	08:39
42	1315	Pedro Castro	individual	Senior Masculino	05:21:17	+01:23:47	08:41
43	1036	Nuno Vieira	adgalomar	Veterano M40	05:21:27	+01:23:56	08:41
44	1349	Alexandre Pinto	individual	Veterano M40	05:21:34	+01:24:04	08:41
45	1434	José Moreira Gomes	nocturnos de paredes	Veterano M50	05:23:46	+01:26:16	08:45
46	1131	Ricardo Sousa	caac - clube de atletismo de arentim e cunha	Senior Masculino	05:24:01	+01:26:30	08:45
47	1055	Tiago Miguel Cachapa Ferreira	alverca urban runners	Senior Masculino	05:24:24	+01:26:54	08:46
48	1059	Sérgio Teixeira	alverca urban runners	Veterano M40	05:24:24	+01:26:54	08:46
49	1203	Carlos Cunha	dci/trilhos luso bussaco	Veterano M50	05:26:33	+01:29:03	08:50
50	1364	Joao Arlindo Ornelas Sousa	associação desportiva galomar	Veterano M45	05:27:35	+01:30:04	08:51
51	1009	César Duarte	a.d. amarante	Senior Masculino	05:28:37	+01:31:07	08:53
52	1325	Tiago Marques	amigos do atletismo de mafra	Senior Masculino	05:28:39	+01:31:08	08:53
53	1439	João Paulo Oliveira Marques	ocs- strendure running team	Veterano M55	05:29:23	+01:31:52	08:54
54	1520	Nuno Moreira	team tt	Senior Masculino	05:33:02	+01:35:32	09:00
55	1307	MIGUEL SILVA	individual	Senior Masculino	05:34:23	+01:36:53	09:02
56	1030	João Paulo Pires	adabem running team	Veterano M45	05:34:58	+01:37:27	09:03
57	1304	José Cigarro	individual	Senior Masculino	05:37:59	+01:40:29	09:08
58	1137	Paulo Jorge António Martins Ferreira	cbrunning team	Veterano M40	05:38:24	+01:40:54	09:09
59	1403	Pedro Miguel de Ascenção Neves	juventude desportiva de gondomar	Senior Masculino	05:38:36	+01:41:06	09:09
60	1475	César Gomes	pace.makers	Veterano M45	05:39:52	+01:42:22	09:11
61	1010	Ricardo Leão	a.d. amarante	Senior Masculino	05:40:46	+01:43:16	09:13
62	1467	Horácio Ferreira	out 2 run/miro	Veterano M50	05:42:03	+01:44:33	09:15
63	1274	Rita Marques	amigos do atletismo de mafra	Senior Feminino	05:42:17	+01:44:47	09:15
64	1532	Bruno Miguel Afonso Pinheiro	trail team montaria	Senior Masculino	05:42:22	+01:44:52	09:15
65	1515	Bruno Gonçalves	team trail bem viver	Senior Masculino	05:44:58	+01:47:28	09:19
66	1260	Rui Almeida	hl runners club	Veterano M40	05:47:30	+01:50:00	09:24
67	1484	TANIA BATEIRA	portocargo runners	Veterana F40	05:48:16	+01:50:46	09:25
68	1563	Ricardo Manuel Teixeira Batista	lamego tribo runners	Veterano M40	05:49:25	+01:51:54	09:27
69	1108	Flávio Gouveia	boavista trail	Senior Masculino	05:49:44	+01:52:14	09:27
70	1544	Márcio Silva	vimarunners	Veterano M40	05:49:54	+01:52:24	09:27
71	1543	Rui Faria	vimarunners	Senior Masculino	05:49:54	+01:52:24	09:27
72	1339	SILVIA PEREIRA	adosa - os santa apolónia	Veterana F40	05:51:22	+01:53:52	09:30
73	1394	Paulo Jorge Rodrigues Oliveira	individual	Veterano M50	05:51:45	+01:54:15	09:30
74	1480	Artur Gil	pés de chumbo runners	Veterano M40	05:52:02	+01:54:31	09:31
75	1040	LUIS FILIPE DOS SANTOS FERREIRA	adgalomar/tfalcon	Senior Masculino	05:53:24	+01:55:54	09:33
76	1328	Vitor Pereira	individual	Senior Masculino	05:54:56	+01:57:26	09:36
77	1296	Fabio	individual	Senior Masculino	05:56:05	+01:58:34	09:37
78	1120	Nelson Coimbra	bruxos runners	Senior Masculino	05:56:17	+01:58:47	09:38
79	1371	Manuel Gomes	individual	Veterano M45	05:57:39	+02:00:09	09:40
80	1462	Joao Santos	os tolinhos	Senior Masculino	05:58:09	+02:00:39	09:41
81	1053	Miguel Machado	alverca urban runners	Senior Masculino	05:58:09	+02:00:39	09:41
82	1312	Paulo Xinês	individual	Senior Masculino	06:00:40	+02:03:09	09:45

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
83	1305	Marino	individual	Senior Masculino	06:00:40	+02:03:09	09:45
84	1026	Pedro Armando da Silva Costa	abcansado trail	Veterano M40	06:01:00	+02:03:30	09:45
85	1025	Jorge Plácido	abcansado trail	Veterano M40	06:01:06	+02:03:36	09:46
86	1119	Henrique Antunes	bruxos runners	Senior Masculino	06:01:16	+02:03:46	09:46
87	1519	Ivo Sampaio	team tt	Senior Masculino	06:01:33	+02:04:02	09:46
88	1263	Emanuel Maio	honra team	Veterano M40	06:01:36	+02:04:05	09:46
89	1038	Manuel de Mendonça Franco	adgalomar	Veterano M55	06:01:41	+02:04:10	09:47
90	1089	Pedro Jorge	associação beat your limit!	Veterano M45	06:02:58	+02:05:28	09:49
91	1087	Carlos Jesus	associação beat your limit!	Veterano M40	06:02:58	+02:05:28	09:49
92	1088	Ivo Moraes	associação beat your limit!	Veterano M40	06:02:58	+02:05:28	09:49
93	1127	JAVIER GONZÁLEZ VERDE	bugallas mobles & victor pazos peluqueros	Veterano M40	06:03:52	+02:06:22	09:50
94	1126	Francisco Rodriguez Silva	bugallas mobles & victor pazos peluqueros	Veterano M50	06:03:52	+02:06:22	09:50
95	1107	Fábio Rodrigues	boavista trail	Senior Masculino	06:04:27	+02:06:57	09:51
96	1247	Vitor Rocha	gontinhães trail runners	Veterano M45	06:05:07	+02:07:37	09:52
97	1102	Bruno Barge	aztrail/mercentro	Senior Masculino	06:05:11	+02:07:41	09:52
98	1034	Susana Maria Salvador Rebelo Nóbrega	adgalomar	Veterana F40	06:05:55	+02:08:25	09:53
99	1201	Maria Ramos	dci/trilhos luso bussaco	Senior Feminino	06:06:04	+02:08:34	09:54
100	1370	Luís Ramos	individual	Veterano M45	06:06:10	+02:08:40	09:54
101	1327	Vitor costa	individual	Senior Masculino	06:08:45	+02:11:15	09:58
102	1186	João Eduardo Penas	crp - ribafria	Senior Masculino	06:10:01	+02:12:30	10:00
103	1408	paulo Soares	lethes trail team	Veterano M45	06:10:41	+02:13:10	10:01
104	1522	Rui Carvalho	the rookies	Senior Masculino	06:11:44	+02:14:13	10:03
105	1517	Rui Madureira	team trail bem viver	Senior Masculino	06:11:59	+02:14:28	10:03
106	1032	Guilherme João Vieira Franco	adgalomar	Senior Masculino	06:12:27	+02:14:56	10:04
107	1314	Pedro Castro	individual	Senior Masculino	06:12:27	+02:14:57	10:04
108	1469	Luisa Espírito Santo	outdoor clube de setúbal - strendure running team	Veterana F50	06:13:07	+02:15:36	10:05
109	1479	Arsénio Batata	pés de chumbo runners	Veterano M40	06:13:56	+02:16:26	10:06
110	1306	Miguel Lopes	boavista trail	Senior Masculino	06:18:38	+02:21:07	10:14
111	1409	Nuno Sendao	lethes trail team	Veterano M40	06:19:09	+02:21:39	10:15
112	1366	José Manuel Silva	individual	Veterano M45	06:19:16	+02:21:45	10:15
113	1504	ANDREIA BRÁS	soure mov	Senior Feminino	06:19:16	+02:21:45	10:15
114	1390	Manuel Vaz	individual	Veterano M50	06:19:21	+02:21:50	10:15
115	1487	Filipe Lopes	rock the mountains	Veterano M40	06:20:58	+02:23:28	10:18
116	1245	Adriano Cardoso	global trail	Veterano M45	06:21:20	+02:23:50	10:18
117	1410	Pedro Sendão	lethes trail team	Veterano M45	06:21:23	+02:23:53	10:18
118	1202	Miguel Teixeira	dci/trilhos luso bussaco	Veterano M40	06:23:13	+02:25:42	10:21
119	1294	Diogo Resende	individual	Senior Masculino	06:23:43	+02:26:13	10:22
120	1496	Gil Xavier Alves	salamandrecos	Veterano M40	06:24:07	+02:26:36	10:23
121	1495	Fernando Gomes	salamandrecos	Veterano M45	06:24:13	+02:26:43	10:23
122	1249	Artur Vasques	grupo desportivo santander totta	Senior Masculino	06:26:25	+02:28:55	10:27
123	1268	Diana Cachada	individual	Senior Feminino	06:28:00	+02:30:30	10:29
124	1346	Luz Paulo	individual	Veterana F50	06:28:24	+02:30:53	10:30
125	1360	Francisco Dias	individual	Veterano M45	06:28:50	+02:31:20	10:31
126	1246	Paulo Matos	gontinhães trail runners	Senior Masculino	06:30:14	+02:32:44	10:33

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
127	1384	Amadeu Peixoto	individual	Veterano M50	06:31:16	+02:33:46	10:35
128	1492	joaquim lobato	running espinho	Veterano M50	06:31:34	+02:34:03	10:35
129	1383	Alberto Damião da Costa Pinto	individual	Veterano M50	06:32:43	+02:35:13	10:37
130	1547	Rui Manuel dos Santos Ferreira	viseu 360	Veterano M40	06:34:36	+02:37:06	10:40
131	1407	CESARIO ROCHA	ladecasa	Veterano M50	06:34:40	+02:37:10	10:40
132	1262	Paulo Pinto	honra team	Senior Masculino	06:34:42	+02:37:12	10:40
133	1332	Belém Marques	individual	Veterana F40	06:35:46	+02:38:16	10:42
134	1041	RICARDO MANUEL FERREIRA MENDES	adosa - os santa apolónia	Senior Masculino	06:35:47	+02:38:16	10:42
135	1039	Javier Santos	adgalomar/tfalcon	Senior Masculino	06:37:04	+02:39:34	10:44
136	1525	Pedro Rocha	trail me	Veterano M40	06:37:58	+02:40:28	10:45
137	1335	frederique diaz	individual	Veterana F45	06:38:02	+02:40:32	10:45
138	1524	António Luis Coelho	trail me	Veterano M45	06:39:01	+02:41:31	10:47
139	1206	Filipe Alves	desnivel positivo	Veterano M40	06:39:37	+02:42:07	10:48
140	1250	joao nuno mendes frazao ferreira	grupo desportivo santander totta	Senior Masculino	06:39:59	+02:42:29	10:49
141	1275	Sara Fernandes	individual	Senior Feminino	06:42:21	+02:44:51	10:52
142	1288	Carlos Ribeiro	individual	Senior Masculino	06:43:44	+02:46:13	10:55
143	1182	Tiago Fernandes Silva Montalvão Coelho	correr leça	Senior Masculino	06:44:36	+02:47:06	10:56
144	1373	Mário Oliveira	individual	Veterano M40	06:46:07	+02:48:37	10:59
145	1220	Claudia cálix	edv-viana trail	Veterana F45	06:46:07	+02:48:37	10:59
146	1471	Rui Sameiro	outdoor clube de setúbal - strendure running team	Senior Masculino	06:46:07	+02:48:37	10:59
147	1142	Pedro Dias	clac entroncamento/ondatrinhos	Senior Masculino	06:46:35	+02:49:05	10:59
148	1058	Pedro Miguel Nunes Ferreira	alverca urban runners	Veterano M45	06:49:31	+02:52:01	11:04
149	1540	Vítor Gonçalves	trogoditas runners	Senior Masculino	06:51:06	+02:53:36	11:07
150	1248	Rita Mogo	grupo desportivo santander totta	Senior Feminino	06:52:26	+02:54:56	11:09
151	1223	José Carlos Saldanha	edv-viana trail	Veterano M50	06:53:07	+02:55:37	11:10
152	1393	Paulo genesio	individual	Veterano M50	06:55:51	+02:58:21	11:14
153	1497	João Rodrigues	salamandrecos	Veterano M45	06:56:25	+02:58:55	11:15
154	1252	Luis Miguel Gomes	grupo desportivo santander totta	Veterano M45	06:57:09	+02:59:39	11:16
155	1376	Pedro Lopes	individual	Veterano M40	07:01:24	+03:03:54	11:23
156	1238	Sandro Pinheiro	factor x / s4l / medense fc	Senior Masculino	07:02:41	+03:05:11	11:25
157	1362	Georges Gomes	individual	Veterano M45	07:03:28	+03:05:57	11:27
158	1507	Fátima Costa	sportarc.running	Veterana F45	07:03:46	+03:06:16	11:27
159	1508	José Teixeira	sportarc.running	Veterano M45	07:03:47	+03:06:17	11:27
160	1510	Carlos Alberto Ferreira	sportarc.running	Veterano M60	07:03:47	+03:06:17	11:27
161	1506	Carlos Teixeira	sportarc.running	Senior Masculino	07:03:47	+03:06:17	11:27
162	1387	Joaquim Viana	individual	Veterano M50	07:03:57	+03:06:27	11:27
163	1389	Manuel Rocha	individual	Veterano M50	07:03:57	+03:06:27	11:28
164	1049	Francisca Costa Leite	alexandra carvalho team	Senior Feminino	07:05:30	+03:08:00	11:30
165	1226	luis ramos	ei team trail	Senior Masculino	07:05:44	+03:08:14	11:30
166	1399	Joaquim Alberto Gonçalves	individual	Veterano M60	07:08:06	+03:10:35	11:34
167	1138	Adelino Silva	ccd - siemens	Veterano M45	07:08:18	+03:10:48	11:35
168	1488	Rute Pais	run 4 fun	Veterana F40	07:08:49	+03:11:19	11:35

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
169	1310	Paulo Alexandre Alves de Oliveira	individual	Senior Masculino	07:09:10	+03:11:40	11:36
170	1035	Anne Marchington	adgalomar	Veterana F50	07:10:20	+03:12:49	11:38
171	1413	José Fernandes Amaro	liz runners	Veterano M40	07:10:20	+03:12:50	11:38
172	1513	Tiago Borges	team shark	Senior Masculino	07:11:10	+03:13:40	11:39
173	1270	Malin Eckel	individual	Senior Feminino	07:11:51	+03:14:21	11:40
174	1322	Ricardo Taxa	individual	Senior Masculino	07:11:51	+03:14:21	11:40
175	1183	Maria Fernanda Freitas Ferreira	correr leça	Veterana F40	07:12:02	+03:14:32	11:41
176	1533	Paulo Carvalho	trailistas "eu é que sei!"	Veterano M50	07:12:28	+03:14:58	11:41
177	1165	ANTONIO JORGE GOMES ALVES	clubemillenniumbcp	Veterano M40	07:12:50	+03:15:20	11:42
178	1043	Vitor Pereira	águeda action club - actib	Senior Masculino	07:13:10	+03:15:40	11:42
179	1521	Pedro Lima	team tt	Veterano M45	07:13:11	+03:15:40	11:42
180	1420	Catia	monsanto running team	Veterana F40	07:14:15	+03:16:45	11:44
181	1323	Rui Costa	individual	Senior Masculino	07:15:15	+03:17:45	11:46
182	1317	Pedro Silva	individual	Senior Masculino	07:15:16	+03:17:45	11:46
183	1357	EDUARDO SEOANE SANTISO	individual	Veterano M40	07:18:03	+03:20:32	11:50
184	1392	Pablo Seivane Vior	individual	Veterano M50	07:18:03	+03:20:32	11:50
185	1391	Miguel López Arias	individual	Veterano M50	07:18:05	+03:20:34	11:50
186	1124	Ricardo Miguel Duarte Pedro	budeguita runners	Veterano M40	07:18:21	+03:20:51	11:51
187	1125	Sérgio Miguel Batista Couto	budeguita runners	Veterano M45	07:18:21	+03:20:51	11:51
188	1481	José Alberto Martins Ribeiro	pés de chumbo runners	Veterano M40	07:20:16	+03:22:46	11:54
189	1478	Susana canhola	pernetas	Veterana F45	07:21:14	+03:23:43	11:56
190	1300	João	individual	Senior Masculino	07:21:31	+03:24:01	11:56
191	1415	Ricardo Jorge Teixeira	los fófuxos	Veterano M40	07:23:07	+03:25:37	11:59
192	1414	Ana Luisa Silva	los fófuxos	Senior Feminino	07:23:07	+03:25:37	11:59
193	1369	Luis Miguel Silva	individual	Veterano M40	07:24:08	+03:26:38	12:00
194	1280	André Leite	individual	Senior Masculino	07:24:36	+03:27:06	12:01
195	1502	Rogério Palmeiro	shfit trail team	Veterano M40	07:29:36	+03:32:06	12:09
196	1301	João Gameiro	individual	Senior Masculino	07:30:11	+03:32:41	12:10
197	1052	Jorge gonçalves	alverca urban runners	Senior Masculino	07:33:13	+03:35:43	12:15
198	1047	Ricardo Esteves	alexandra carvalho team	Junior Masculino	07:33:44	+03:36:14	12:16
199	1132	Sérgio Ferreira	caac - clube de atletismo de arentim e cunha	Senior Masculino	07:34:09	+03:36:39	12:16
200	1051	Bruno Rei	allforone	Senior Masculino	07:36:50	+03:39:20	12:21
201	1343	Esmeralda Fiúza	figueira kayak clube	Veterana F55	07:38:24	+03:40:54	12:23
202	1345	Lourdes Hernandez	individual	Veterana F55	07:38:40	+03:41:10	12:24
203	1031	Rubina da Silva Perestrelo	adgalomar	Senior Feminino	07:40:23	+03:42:53	12:27
204	1003	Vitor Osorio	#atéchoras!	Veterano M40	07:44:02	+03:46:32	12:33
205	1324	Rui Dinis	individual	Senior Masculino	07:44:25	+03:46:55	12:33
206	1380	Rui Marguilho	individual	Veterano M40	07:48:26	+03:50:56	12:40
207	1207	Rui Torres	desnivel positivo	Veterano M55	07:49:25	+03:51:55	12:41
208	1054	Paulo Oliveira Lopes	alverca urban runners	Senior Masculino	07:49:41	+03:52:10	12:42
209	1372	Márcio Pereira	individual	Veterano M40	07:50:07	+03:52:37	12:42
210	1308	Nelson Almeida	individual	Senior Masculino	07:50:14	+03:52:44	12:43
211	1375	Miguel Ângelo Brito Faria	individual	Veterano M40	07:50:41	+03:53:11	12:43

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
212	1379	Rui Jorge Ferreira Peixoto	individual	Veterano M40	07:51:10	+03:53:39	12:44
213	1353	Augusto Urjais	individual	Veterano M40	07:51:11	+03:53:41	12:44
214	1386	Fernando Vital	individual	Veterano M55	07:51:11	+03:53:41	12:44
215	1338	Sandra Guerreiro	individual	Veterana F40	07:51:22	+03:53:52	12:44
216	1099	José Miguel Pereira	atr - algarve trail running	Veterano M40	07:54:43	+03:57:13	12:50
217	1565	Ana CArolina Pereira	ade trail running	Veterana F40	07:55:17	+03:57:47	12:51
218	1133	Iolanda Isabel Telha Babo	catr - correio de albergaria trail running	Veterana F40	07:55:21	+03:57:51	12:51
219	1461	Arménia Celeste Ribeiro	pernetas	Veterana F50	07:55:23	+03:57:52	12:51
220	1135	Sérgio freitas	catr - correio de albergaria trail running	Veterano M45	07:55:28	+03:57:57	12:51
221	1476	Deolinda Brites Antunes	palmeira runners	Veterana F45	07:58:25	+04:00:55	12:56
222	1321	Ricardo Luís Nicolau Oliveira	individual	Senior Masculino	08:00:56	+04:03:26	13:00
223	1437	Paulo Amaral	o mundo da corrida	Veterano M55	08:01:45	+04:04:15	13:01
224	1271	Mara Freitas	individual	Senior Feminino	08:04:01	+04:06:30	13:05
225	1545	Margarida Albuquerque	virithvs runners de viseu	Senior Feminino	08:04:11	+04:06:41	13:05
226	1341	Sónia Pereira	individual	Veterana F40	08:04:51	+04:07:21	13:06
227	1098	Susana Isabel Matoso Banha	atr - algarve trail running	Senior Feminino	08:06:19	+04:08:49	13:09
228	1243	Paulo Vilarinho	gaia-running	Veterano M45	08:07:27	+04:09:57	13:10
229	1244	Luís Duarte	gaia-running	Veterano M50	08:07:27	+04:09:57	13:10
230	1103	Lurdes Magalhães	b.t.m.	Veterana F45	08:07:36	+04:10:05	13:11
231	1374	Mário Santiago	individual	Veterano M40	08:07:38	+04:10:07	13:11
232	1354	Aurélio Quiaios	individual	Veterano M40	08:12:21	+04:14:51	13:18
233	1283	António Luís Tavares Teixeira Ferreira	individual	Senior Masculino	08:12:21	+04:14:51	13:18
234	1208	Renata Almeida	dive - into the mountains	Senior Feminino	08:12:43	+04:15:13	13:19
235	1100	Vera Nogueira	aztrail/mercentro	Senior Feminino	08:15:53	+04:18:23	13:24
236	1465	Jacinta Almeida	out 2 run/miro	Veterana F50	08:18:16	+04:20:46	13:28
237	1160	NUNO FREITAS	clube novo banco	Veterano M40	08:25:13	+04:27:43	13:39
238	1406	Rita Leal	kemedo team	Senior Feminino	08:28:43	+04:31:13	13:45
239	1541	Maria José Gomes de Oliveira	trogoditas runners	Veterana F40	08:31:40	+04:34:10	13:50
240	1073	Paula Maria Esteves Silva	aroo	Veterana F45	08:33:25	+04:35:55	13:53
241	1074	Henrique Manuel Teixeira da Costa Pancão Cola	aroo	Veterano M45	08:33:26	+04:35:55	13:53
242	1272	Marcela Fernandes	individual	Senior Feminino	08:35:16	+04:37:46	13:56
243	1071	Diana Ribeiro	amigos da montanha	Senior Feminino	08:37:40	+04:40:10	13:59
244	1164	CARLA JOAO PEREIRA MIGUEL OLIMPIO	clubemillenniumbcp	Senior Feminino	08:38:43	+04:41:13	14:01
245	1166	PEDRO JOSE LOPES FONTINHA	clubemillenniumbcp	Veterano M40	08:38:43	+04:41:13	14:01
246	1048	Celina Luís ferreira da Costa Leite	alexandra carvalho team	Senior Feminino	08:49:43	+04:52:13	14:19
247	1050	Helena Beirão	alexandra carvalho team	Senior Feminino	08:49:43	+04:52:13	14:19
248	1388	Joaquin Garma castro	individual	Veterano M50	08:58:27	+05:00:57	14:33
249	1347	Sonia Garcia Rivero	individual	Veterana F50	08:58:27	+05:00:57	14:33
250	1344	Fernanda Maria Rivas Oliveira	individual	Veterana F50	09:07:55	+05:10:25	14:49
251	1498	pedro jaime	salamandrecos	Veterano M50	09:13:49	+05:16:19	14:58
252	1468	José Santos	out 2 run/miro	Veterano M50	09:20:41	+05:23:11	15:09
253	1466	Joselito Pereira	out 2 run/miro	Veterano M40	09:20:41	+05:23:11	15:09

37 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
254	1464	Isabel Jesus	out 2 run/miro	Senior Feminino	09:20:42	+05:23:11	15:09
255	1210	Diana Moura	dive - into the mountains	Veterana F40	09:23:08	+05:25:38	15:13
256	1396	Rui Almeida	individual	Veterano M50	09:34:24	+05:36:54	15:31
257	1002	Susana Andreia da Silva Pereira	#atéchoras!	Senior Feminino	09:40:43	+05:43:13	15:42
258	1072	Isabel Martins	amigos da montanha	Veterana F55	10:18:34	+06:21:04	16:43

COLETIVO - K37

RANK	TEAM	DESCRIPTION	POINTS
1	TRAIL TEAM BIFASE	8 + 10 + 13	31
2	EDV-VIANA TRAIL	5 + 7 + 31	43
3	ORALKLASS - AMIGOS DO TRAIL	4 + 11 + 36	51
4	VITÓRIA FC TRAIL RUNNING	12 + 20 + 24	56
5	COIMBRA TRAIL RUNNING	32 + 39 + 46	117
6	AMCF - ARRÁBIDA TRAIL TEAM	14 + 29 + 75	118
7	A.D. AMARANTE	19 + 35 + 70	124
8	CLUBE DESPORTIVO DE ESPITE	18 + 50 + 72	140
9	ASSOCIAÇÃO DESPORTO RECREATIVA ÁGUA DE PENA (ADRAP)	40 + 47 + 64	151
10	DÃO NELAS RUNNERS	9 + 61 + 82	152
11	A.R.CASAENSE/ESCOLA DE ATLETISMO DE COIMBRA/INTERMARCHÉ CONDEIXA	43 + 53 + 87	183
12	CLUBE ATLETISMO FAFE	22 + 77 + 96	195
13	DÁ-LHE GÁS TRAIL TEAM FISIODUO	23 + 69 + 115	207
14	BOAVISTA TRAIL	26 + 84 + 98	208
15	EMICELA TEAM	33 + 91 + 124	248
16	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	83 + 94 + 102	279
17	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	71 + 88 + 153	312
18	FACTOR X / S4L / MEDENSE FC	56 + 128 + 168	352
19	DCI/TRILHOS LUSO BUSSACO	100 + 135 + 181	416
20	TEAM TRAIL BEM VIVER	127 + 141 + 216	484
21	CLAC ENTRONCAMENTO/ONDATRILHOS	134 + 172 + 219	525
22	ADGALOMAR	125 + 170 + 255	550
23	AMIGOS DO ATLETISMO DE MAFRA	167 + 186 + 212	565
24	ALVERCA URBAN RUNNERS	176 + 177 + 243	596
25	TRILHO PERDIDO EVENTOS / IMPORLUX	2 + 286 + 326	614
26	ABCANSADO TRAIL	132 + 250 + 251	633
27	GRUPO DESPORTIVO SANTANDER TOTTA	162 + 240 + 298	700
28	AZTRAIL/MERCENTRO	57 + 264 + 435	756
29	ASSOCIAÇÃO BEAT YOUR LIMIT!	256 + 257 + 258	771
30	TEAM TT	194 + 253 + 373	820
31	BRUXOS RUNNERS	237 + 252 + 334	823
32	LETHES TRAIL TEAM	271 + 282 + 291	844
33	PÉS DE CHUMBO RUNNERS	232 + 279 + 382	893
34	SALAMANDRECOS	295 + 296 + 343	934
35	TROGLODITAS RUNNERS	201 + 338 + 442	981
36	CLUBEMILLENNIUMBCP	226 + 371 + 399	996
37	SPORTARC.RUNNING	349 + 350 + 351	1050

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Official Timekeeper: Lap2Go	2 / 2	generate 23-Sep-2019 14:56
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K27 - STAGE 1

27 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	15.6°C	100%
End	15:37	15.6°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2102	Wilson Gabriel Cardoso Cabral	emicela team	Senior Masculino	02:17:44		05:06
2	2100	Eliseu da Cruz Fortes Morais	emicela team	Senior Masculino	02:26:02	+08:17	05:25
3	2261	Amândio José Veloso Ferreira	rumo à aventura	Senior Masculino	02:32:33	+14:49	05:39
4	2044	Paulo Pinto	aztrail/mercentro	Veterano M40	02:37:22	+19:37	05:50
5	2076	David Gouveia	cmm-escaravelhos	Senior Masculino	02:38:16	+20:32	05:52
6	2099	Aricson Spencer Gomes	emicela team	Senior Masculino	02:39:14	+21:30	05:54
7	2010	Amândio Antunes	affense trail	Veterano M40	02:39:27	+21:42	05:54
8	2241	Joel Filipe Alves Pereira	minho e lima trail	Senior Masculino	02:39:44	+22:00	05:55
9	2248	Nuno Castel-Branco	olímpico vianense trail	Senior Masculino	02:40:09	+22:25	05:56
10	2063	Takahiro Ishida	centro trail carlos sá penacova team	Veterano M45	02:40:55	+23:11	05:58
11	2062	Sérgio Mesquita	centro trail carlos sá penacova team	Veterano M40	02:45:47	+28:03	06:08
12	2294	Iván Pimentel Giráldez	club cornelios montaña	Senior Masculino	02:46:31	+28:47	06:10
13	2161	Pablo Alvar	individual	Senior Masculino	02:47:36	+29:52	06:12
14	2013	ruben marques	agd sports academy	Senior Masculino	02:50:48	+33:04	06:20
15	2115	João Castel-Branco	geopark estrela	Senior Masculino	02:50:49	+33:05	06:20
16	2012	hugo ventura	agd sports academy	Senior Masculino	02:50:57	+33:12	06:20
17	2057	Valter Matos	centro trail carlos sá penacova team	Senior Masculino	02:52:45	+35:01	06:24
18	2112	Luis Verissimo	figueira kayak clube	Veterano M45	02:54:04	+36:20	06:27
19	2014	Carlos Silva	airorun	Senior Masculino	02:55:39	+37:55	06:30
20	2195	Gerardo Pérez Prieto	individual	Veterano M40	02:56:56	+39:12	06:33
21	2183	Abilio Ribeiro	individual	Veterano M45	02:57:14	+39:30	06:34
22	2017	Daniel Cardoso	airorun	Veterano M50	02:59:29	+41:45	06:39
23	2242	António Francisco Dantas Barbosa	minho e lima trail	Veterano M45	03:00:28	+42:44	06:41
24	2151	Igor Lysyi	individual	Senior Masculino	03:01:56	+44:12	06:44
25	3042	carlos martins	airorun	Veterano M40	03:03:13	+45:28	06:47
26	2023	Arsénio Almeida	apúlia a correr	Senior Masculino	03:03:19	+45:34	06:47
27	2056	José Belbuche	centro trail carlos sá penacova team	Senior Masculino	03:03:49	+46:05	06:49
28	2106	ANTONIO DUARTE	espinho trail	Junior Masculino	03:03:50	+46:06	06:49
29	2110	GILBERTO COSTA	espinho trail	Veterano M40	03:03:51	+46:06	06:49
30	2156	José Faria	individual	Senior Masculino	03:04:51	+47:07	06:51
31	2190	Cástor	individual	Veterano M45	03:05:31	+47:46	06:52
32	2064	Luís Antunes	cerveira team running	Senior Masculino	03:05:32	+47:47	06:52
33	2186	António Cunha	individual	Veterano M45	03:09:28	+51:43	07:01
34	2007	Luís Paulo Ferreira	acra running	Veterano M40	03:10:48	+53:04	07:04
35	2260	Paulo Barry	rctm - run crew trail montijo	Veterano M50	03:11:55	+54:11	07:07
36	2001	Pedro Guimaraes	#letsrunazores	Veterano M50	03:11:56	+54:12	07:07
37	2015	Hélder Azevedo	airorun	Veterano M40	03:11:58	+54:13	07:07
38	2159	Luis Ferraz	individual	Senior Masculino	03:12:02	+54:18	07:07
39	2025	Pedro Vale	arca barcelos runners	Senior Masculino	03:12:29	+54:45	07:08
40	2132	Renata Gonçalves	individual	Senior Feminino	03:12:42	+54:58	07:08
41	2011	Bruno Rodrigues	agd sports academy	Senior Masculino	03:13:43	+55:58	07:10

K27 - STAGE 1

27 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	2003	Rodrigo Vieira	100 gás trail team	Sub 23 Masculino	03:16:01	+58:16	07:16
43	2169	Ruben Barbosa	individual	Senior Masculino	03:16:10	+58:26	07:16
44	2192	Domingos Peixoto peixoto	individual	Veterano M45	03:17:01	+59:17	07:18
45	2254	José Costa	palmeira runners	Veterano M40	03:17:01	+59:17	07:18
46	2217	Sérgio Moreira	individual	Veterano M40	03:19:09	+01:01:25	07:23
47	2084	Adriana Sousa	cr candoso	Senior Feminino	03:19:53	+01:02:09	07:24
48	2043	MANUEL OLIVEIRA	aztrail	Veterano M45	03:19:58	+01:02:14	07:24
49	2053	Iván Franco Rabuñal	caminhantes do condado	Veterano M40	03:20:48	+01:03:04	07:26
50	2054	Jose Luis Sobrino Rodriguez	caminhantes do condado	Veterano M45	03:20:49	+01:03:05	07:26
51	2168	Ricardo Oliveira	individual	Senior Masculino	03:20:52	+01:03:08	07:26
52	2226	Fernando Gonçalves	individual	Veterano M50	03:21:43	+01:03:58	07:28
53	2193	Eliseu leite	individual	Veterano M40	03:22:02	+01:04:18	07:29
54	2024	Filipe almeida	apúlia a correr	Veterano M40	03:23:02	+01:05:17	07:31
55	2029	José Carlos Cardoso	arca barcelos runners	Veterano M50	03:23:29	+01:05:44	07:32
56	2016	Casimiro Araujo	airorun	Veterano M55	03:23:29	+01:05:44	07:32
57	2210	Paulo Costa	individual	Veterano M40	03:23:33	+01:05:49	07:32
58	2191	DANIEL MIRANDA	individual	Veterano M40	03:25:03	+01:07:18	07:36
59	2251	Marco Brochado	os lobos do saibro	Veterano M40	03:26:13	+01:08:28	07:38
60	2298	Francisco Miguel Branco Lopes	individual	Senior Masculino	03:26:47	+01:09:02	07:40
61	2138	Bruno Zuccolotto Gonçalves	individual	Senior Masculino	03:27:45	+01:10:00	07:42
62	2042	JOSE ARTUR MARQUES LOPES	asdreq	Veterano M40	03:28:16	+01:10:31	07:43
63	2189	bernardo carrera giraldez	individual	Veterano M40	03:28:34	+01:10:49	07:43
64	2143	Diogo Garcia dos Santos	individual	Senior Masculino	03:28:42	+01:10:58	07:44
65	2134	Stacey Cohen	individual	Senior Feminino	03:28:57	+01:11:13	07:44
66	2109	VÍTOR MAIA	espinho trail	Senior Masculino	03:29:01	+01:11:17	07:44
67	2065	Patrício Bouça	cerveira team running	Veterano M40	03:29:55	+01:12:11	07:47
68	2008	RICARDO MEIRA - ALEGRIA	adosa - os santa apolónia	Veterano M40	03:30:15	+01:12:31	07:47
69	2060	Pedro Ferreira	centro trail carlos sá penacova team	Veterano M40	03:30:47	+01:13:03	07:48
70	2040	Marco Marques	asdreq	Senior Masculino	03:31:09	+01:13:25	07:49
71	2039	Liliana da silveira Lopes	asdreq	Senior Feminino	03:31:10	+01:13:26	07:49
72	2266	Vítor cruz	silva &vinha/adrap/sentir penafiel	Senior Masculino	03:32:37	+01:14:52	07:52
73	2058	Jorge Cruz	centro trail carlos sá penacova team	Veterano M45	03:32:47	+01:15:02	07:53
74	2088	Rui Ferreira	crp - ribafria	Senior Masculino	03:32:47	+01:15:03	07:53
75	2252	Francisco Ferreira	os tolinhos	Veterano M50	03:33:12	+01:15:28	07:54
76	2285	Luís Guise	vimarunners	Veterano M50	03:33:53	+01:16:09	07:55
77	2087	Tomás Pereira	cr candoso	Veterano M50	03:34:10	+01:16:26	07:56
78	2287	Helena Gomes	wolves	Veterana F45	03:34:43	+01:16:59	07:57
79	2279	Nuno Silva	the newbies	Senior Masculino	03:36:14	+01:18:29	08:01
80	2278	Hugo Faria	the newbies	Senior Masculino	03:36:15	+01:18:31	08:01
81	2249	Hugo Paço do Casal	olímpico vianense trail	Veterano M40	03:37:10	+01:19:25	08:03
82	2214	Raul Curva	individual	Veterano M45	03:37:10	+01:19:25	08:03
83	2157	LUGAT	individual	Senior Masculino	03:37:39	+01:19:55	08:04
84	2152	Ivo Miguel santos	individual	Senior Masculino	03:37:53	+01:20:09	08:04
85	2199	José Loureiro	individual	Veterano M40	03:37:54	+01:20:09	08:04
86	2027	Miguel Soares	arca barcelos runners	Veterano M40	03:38:07	+01:20:23	08:05

K27 - STAGE 1

27 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	2026	Luis Neco	arca barcelos runners	Veterano M40	03:40:13	+01:22:29	08:09
88	2082	Ricardo Lopes	correr por monção	Senior Masculino	03:41:27	+01:23:42	08:12
89	2299	Wilson Fonseca	edv-viana trail	Veterano M40	03:41:46	+01:24:01	08:13
90	2117	Carlos Gavinho	gontinhães trail runners	Veterano M55	03:42:28	+01:24:43	08:14
91	2163	Pedro neto	individual	Senior Masculino	03:42:51	+01:25:07	08:15
92	2009	José Lima	affense trail	Senior Masculino	03:44:15	+01:26:31	08:18
93	2154	Joaquim Carneiro	individual	Senior Masculino	03:44:25	+01:26:41	08:19
94	2292	Eduardo Coutada	spin&run esposende	Veterano M45	03:44:53	+01:27:09	08:20
95	2158	Luis	individual	Senior Masculino	03:45:10	+01:27:26	08:20
96	2119	João Henriques	grt - guepardos running team	Senior Masculino	03:45:17	+01:27:33	08:21
97	2137	André Pereira da Silva	padela natural team - fisiofreixo	Senior Masculino	03:45:51	+01:28:07	08:22
98	2223	Vitor Vaz	individual	Veterano M45	03:46:09	+01:28:25	08:23
99	2002	André Pereira	100 gás trail team	Senior Masculino	03:46:10	+01:28:26	08:23
100	2255	Mnauel Barbosa	paredes running	Veterano M40	03:47:13	+01:29:28	08:25
101	2083	Pedro Manuel Correia Lopes	correr por prazer a 2	Veterano M40	03:48:19	+01:30:34	08:27
102	2114	Mira Matias	free tibet/ os pecaninos	Veterana F50	03:49:07	+01:31:23	08:29
103	2148	Gabriel Sousa	individual	Senior Masculino	03:49:09	+01:31:24	08:29
104	2281	Hugo Faria	trailistas "eu é que sei!"	Senior Masculino	03:49:36	+01:31:52	08:30
105	2120	Jorge andre Coutinho pereita	grt - guepardos running team	Senior Masculino	03:49:58	+01:32:13	08:31
106	2019	Frutuoso Sousa	amc trail	Senior Masculino	03:50:40	+01:32:56	08:33
107	2160	Nuno Lima Ferreira	individual	Senior Masculino	03:50:44	+01:33:00	08:33
108	2162	Pedro Castro	individual	Senior Masculino	03:51:56	+01:34:11	08:35
109	2295	Luis Carlos Costa Conde	ascd vile	Senior Masculino	03:52:31	+01:34:46	08:37
110	2118	Pedro Matos	gontinhães trail runners	Veterano M50	03:53:19	+01:35:35	08:39
111	2209	Pablo Sendín	individual	Veterano M40	03:53:35	+01:35:50	08:39
112	2268	Carlos Cardoso	soure mov	Veterano M40	03:53:56	+01:36:11	08:40
113	2147	eduardo soares	individual	Senior Masculino	03:54:36	+01:36:51	08:41
114	2068	VITOR COELHO	clube desportivo cepsa	Veterano M45	03:55:19	+01:37:34	08:43
115	104	Marco Vieira	clube zipper	Veterano M45	03:55:40	+01:37:56	08:44
116	2228	Ricardo Rodríguez Piñeiro	individual	Veterano M50	03:56:13	+01:38:29	08:45
117	2108	Ricardo Duarte	espinho trail	Senior Masculino	03:56:25	+01:38:41	08:45
118	2107	Bruno Duarte	espinho trail	Senior Masculino	03:56:27	+01:38:43	08:45
119	2123	Arlete Rego	individual	Senior Feminino	03:56:39	+01:38:55	08:46
120	2220	valter sa	individual	Veterano M40	03:57:12	+01:39:28	08:47
121	2127	Eliana de Bastos Raimundo	individual	Senior Feminino	03:57:17	+01:39:33	08:47
122	2150	Hugo22_barreiro@hotmail	individual	Senior Masculino	03:57:42	+01:39:58	08:48
123	2059	Miguel Alves	centro trail carlos sá penacova team	Veterano M40	03:58:47	+01:41:02	08:51
124	2005	Paulo Alves	a.d. amarante	Veterano M45	03:58:56	+01:41:12	08:51
125	2141	Daniel Simões	individual	Senior Masculino	04:00:00	+01:42:16	08:53
126	2218	Sérgio Sebastião	individual	Veterano M40	04:00:00	+01:42:16	08:53
127	2293	Sameiro Fraguinha	spin&run esposende	Veterana F45	04:00:02	+01:42:18	08:53
128	2201	sara rafael	kemedo team	Veterana F40	04:00:11	+01:42:26	08:54
129	2097	Hugo Silva Esteves	ei team trail	Senior Masculino	04:00:18	+01:42:34	08:54
130	2032	Fátima Pacheco do Cruzeiro	aroo	Veterana F40	04:00:46	+01:43:02	08:55
131	2055	Leandro Oliveira	cb run	Senior Masculino	04:01:32	+01:43:48	08:57
132	2216	Sergio Fornelos	individual	Veterano M40	04:02:12	+01:44:28	08:58

K27 - STAGE 1

27 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	2067	Manuel Rodrigues	correr leça	Veterano M60	04:04:54	+01:47:10	09:04
134	2188	BART WIENEN	individual	Veterano M40	04:06:04	+01:48:19	09:07
135	2182	maria do rosário da silva martins	individual	Veterana F50	04:07:36	+01:49:52	09:10
136	2124	Carla Tavares	individual	Senior Feminino	04:07:36	+01:49:52	09:10
137	2243	Álvaro Araújo	minho e lima trail	Veterano M55	04:07:40	+01:49:55	09:10
138	2048	Bruno Teixeira	beapt	Senior Masculino	04:07:41	+01:49:56	09:10
139	2070	PAULO RIBEIRO	clube novo banco	Veterano M40	04:07:41	+01:49:57	09:10
140	2049	Armando Teixeira	beapt	Veterano M40	04:07:46	+01:50:02	09:11
141	2235	ALDA	ladecasa	Veterana F50	04:09:09	+01:51:24	09:14
142	2174	Vitor Manuel da Silva Pereira	individual	Senior Masculino	04:09:20	+01:51:35	09:14
143	2111	Marco Cedrico Lima	eyeti solutions	Senior Masculino	04:09:33	+01:51:49	09:15
144	2142	Daniel Alexandre	individual	Senior Masculino	04:10:23	+01:52:38	09:16
145	2167	Ricardo Henriques	individual	Senior Masculino	04:10:23	+01:52:38	09:16
146	2234	Pedro Henriques	laac	Senior Masculino	04:10:27	+01:52:42	09:17
147	2222	Vitor Santos	individual	Veterano M40	04:11:03	+01:53:19	09:18
148	2259	Zélia Rodrigues	rctm - run crew trail montijo	Veterana F50	04:11:07	+01:53:22	09:18
149	2096	Eduardo Rodrigues	eduardo	Veterano M45	04:11:23	+01:53:38	09:19
150	2277	Hélder de Oliveira	terror dos montes	Senior Masculino	04:11:25	+01:53:41	09:19
151	2207	Nuno Rodrigues	individual	Veterano M45	04:11:57	+01:54:13	09:20
152	2018	Manuel Pimenta	akuafit	Senior Masculino	04:11:59	+01:54:15	09:20
153	2030	José Correia	arcorun	Veterano M40	04:14:33	+01:56:49	09:26
154	2149	Hugo Saraiva Ferraz	pace.makers	Senior Masculino	04:15:07	+01:57:23	09:27
155	2028	Firmino Silva	arca barcelos runners	Veterano M50	04:17:46	+02:00:02	09:33
156	2231	DOMINGOS MACHADO	individual	Veterano M60	04:17:51	+02:00:07	09:33
157	2078	Sérgio Marco Medeiros Tavares	correio de albergaria trail running	Veterano M40	04:19:02	+02:01:18	09:36
158	2290	Maria Conceição Campos	spin&run esposende	Veterana F50	04:19:11	+02:01:26	09:36
159	2035	Rogério de Matos Penalva Becho	aroo	Veterano M40	04:19:56	+02:02:11	09:38
160	2258	Céline Correia	rctm - run crew trail montijo	Veterana F40	04:20:19	+02:02:35	09:38
161	2129	Mariana Ballester	individual	Senior Feminino	04:20:31	+02:02:46	09:39
162	2050	Nuno Rodrigues	budeguita runners	Veterano M40	04:21:27	+02:03:43	09:41
163	2238	Óscar Martins	melgaço alvarinho trail team	Senior Masculino	04:23:10	+02:05:26	09:45
164	2239	Roberto Martins	melgaço alvarinho trail team	Senior Masculino	04:23:11	+02:05:26	09:45
165	2203	Luis Moreira da Silva	individual	Veterano M45	04:23:18	+02:05:34	09:45
166	2245	Fátima Teixeira	nocturnos de paredes	Veterana F50	04:23:27	+02:05:43	09:45
167	2246	José Manuel Moura	nocturnos de paredes	Veterano M45	04:23:27	+02:05:43	09:45
168	2276	Tiago Dias	team lantemil	Senior Masculino	04:24:12	+02:06:28	09:47
169	2122	Anabela Silva	individual	Senior Feminino	04:24:43	+02:06:59	09:48
170	2066	José Gomes	cerveira team running	Veterano M50	04:24:51	+02:07:07	09:49
171	2236	Ana Gomes	liz runners	Veterana F40	04:24:58	+02:07:14	09:49
172	2225	Fernando da Cunha Lopes	individual	Veterano M55	04:25:41	+02:07:57	09:50
173	2286	Carina Isabel Rocha Bártolo	wolfpack tr by clínica bártolo saúde	Senior Feminino	04:26:38	+02:08:54	09:53
174	2284	Rui Familiar	trepatrihos trail team	Veterano M40	04:27:14	+02:09:29	09:54
175	2283	Joaquim Norberto Alves das Neves	trepatrihos trail team	Senior Masculino	04:27:14	+02:09:30	09:54

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
176	2184	Alcindo Silva	individual	Veterano M45	04:27:20	+02:09:36	09:54
177	2253	José Luís Maciel	padelaturateam - fisiofreixo	Senior Masculino	04:28:38	+02:10:53	09:57
178	2197	João Amaral	individual	Veterano M40	04:30:11	+02:12:26	10:00
179	2213	Pedro Ferreira	individual	Veterano M40	04:30:11	+02:12:27	10:00
180	2081	Diogo Alves	correr por monção	Junior Masculino	04:32:44	+02:14:59	10:06
181	2219	Tiago Moreira	boavista trail	Veterano M40	04:32:53	+02:15:08	10:06
182	2069	Helder José da Rocha Oliveira	clube efaced	Veterano M40	04:32:53	+02:15:08	10:06
183	2104	Jorge Vasconcelos	equipa a	Veterano M40	04:33:42	+02:15:58	10:08
184	2221	Vítor Manuel Fonseca	individual	Veterano M45	04:34:07	+02:16:23	10:09
185	2086	Armando Jesus Freitas Fontão	cr candoso	Veterano M45	04:34:30	+02:16:46	10:10
186	2090	António Gonçalves	dive - into the mountains	Veterano M55	04:35:24	+02:17:40	10:12
187	2046	JOÃO MANUEL DOS SANTOS SILVA	b. v. são mamede infesta	Veterano M55	04:35:32	+02:17:48	10:12
188	2240	Marta Sofia Dantas da Cunha	minho e lima trail	Senior Feminino	04:35:32	+02:17:48	10:12
189	2211	Paulo Hernani Almeida Moreira	individual	Veterano M45	04:35:36	+02:17:52	10:12
190	2034	Patricia Gerales	aroo	Veterana F50	04:36:48	+02:19:03	10:15
191	2073	BRUNO RICARDO COSTA VASCONCELOS	clubemillenniumbcp	Senior Masculino	04:38:13	+02:20:29	10:18
192	2229	Rui Madeira	individual	Veterano M50	04:38:24	+02:20:39	10:19
193	2256	Bruno Ricardo Marques Guedes	porto sentido runners	Senior Masculino	04:40:32	+02:22:48	10:23
194	2071	ANA MARGARIDA SENRA ANDRADE	clubemillenniumbcp	Senior Feminino	04:40:34	+02:22:49	10:23
195	2072	OTILIA SALDANHA AZEVEDO	clubemillenniumbcp	Senior Feminino	04:40:34	+02:22:50	10:24
196	2297	Iracema costa	individual	Veterana F40	04:41:12	+02:23:28	10:25
197	2176	Célia Sousa	individual	Veterana F40	04:45:54	+02:28:10	10:35
198	2198	Joao Ribeiro	individual	Veterano M45	04:45:54	+02:28:10	10:35
199	2230	Alberto Pinhão	individual	Veterano M60	04:46:00	+02:28:15	10:36
200	2093	Paulo Joaquim Alexandre Pinheiro	dragões do mato	Veterano M50	04:50:09	+02:32:25	10:45
201	2271	Pedro Sabino	tarahumara	Senior Masculino	04:51:00	+02:33:16	10:47
202	2267	Sofia Santos	soure mov	Senior Feminino	04:54:25	+02:36:41	10:54
203	2237	Neusa Loural	liz runners	Veterana F40	04:54:26	+02:36:41	10:54
204	2155	Jorge Fangueiro	individual	Senior Masculino	04:54:32	+02:36:48	10:55
205	2037	Luís Miguel Ferreira Baptista	aroo	Veterano M55	04:55:36	+02:37:52	10:57
206	2036	Luis Filipe Pires Casimiro de Almeida	aroo	Veterano M50	04:55:36	+02:37:52	10:57
207	2092	Tiago pinto	dragões do mato	Senior Masculino	04:56:03	+02:38:19	10:58
208	2215	Ricardo castro	individual	Veterano M40	04:56:47	+02:39:02	11:00
209	2247	Carlos Vasconcelos	nocturnos de paredes	Veterano M50	04:58:14	+02:40:29	11:03
210	2208	Osvaldo	individual	Veterano M40	04:58:15	+02:40:31	11:03
211	2077	Daniel Pinto	comdor runners	Senior Masculino	04:58:27	+02:40:43	11:03
212	2179	Rosmery Silva	individual	Veterana F40	04:58:27	+02:40:43	11:03
213	2047	Alexandra Oliveira	b.t.m.	Veterana F40	04:58:52	+02:41:08	11:04
214	2288	Vasco Marta	spin&run esposende	Senior Masculino	04:59:27	+02:41:43	11:05
215	2085	Luísa Guimarães do Lago e Costa Rodrigues	cr candoso	Veterana F40	04:59:38	+02:41:53	11:06
216	2171	RUI MARANTE	individual	Senior Masculino	05:03:37	+02:45:52	11:15

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
217	2144	Diogo José Marinho Silva	individual	Senior Masculino	05:04:58	+02:47:13	11:18
218	2262	Francisco Afonso	run 4 fun	Veterano M55	05:09:20	+02:51:35	11:27
219	2187	Artur Fonseca	individual	Veterano M40	05:09:47	+02:52:02	11:28
220	2272	Carlos Leitão	tarahumara	Veterano M45	05:10:23	+02:52:38	11:30
221	2270	Fábio Pocinho	tarahumara	Senior Masculino	05:11:26	+02:53:42	11:32
222	2273	Ricardo Pocinho	tarahumara	Veterano M40	05:11:27	+02:53:42	11:32
223	2153	João Daniel Almeida Vitorino	individual	Senior Masculino	05:12:51	+02:55:07	11:35
224	2204	Manuel Ruivo	individual	Veterano M40	05:14:06	+02:56:22	11:38
225	2291	Emília Brás	spin&run esposende	Veterana F60	05:15:12	+02:57:28	11:40
226	2274	Mónica Sá	tartarugas do asfalto	Veterana F40	05:21:30	+03:03:46	11:54
227	2227	Jorge Caria	individual	Veterano M50	05:21:31	+03:03:47	11:54
228	2180	Sónia Pereira	individual	Veterana F40	05:21:50	+03:04:06	11:55
229	2146	Edmundo	individual	Senior Masculino	05:22:21	+03:04:37	11:56
230	2200	José Pedro Araújo	individual	Veterano M40	05:22:22	+03:04:38	11:56
231	2264	Cristina Lavrador	run&smile	Veterana F50	05:26:24	+03:08:39	12:05
232	2275	Ricardo Coelho	taylors	Senior Masculino	05:26:26	+03:08:42	12:05
233	2265	Carlos Lavrador	run&smile	Veterano M50	05:26:37	+03:08:53	12:06
234	2021	Joaquim Adelino	amigos vale silencio	Veterano M60	06:36:42	+04:18:58	14:42
235	2020	Susana Pinto	amigos vale silencio	Veterana F40	06:36:42	+04:18:58	14:42

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:00	15.6°C	100%
End	15:37	15.6°C	100%

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

1	2106	ANTONIO DUARTE	ESPINHO TRAIL	Junior Masculino	03:03:50	+46:06	06:49:56
2	2081	Diogo Alves	Correr por Monção	Junior Masculino	04:32:44	+02:14:59	10:06:43

Senior Feminino

1	2132	Renata Gonçalves	Individual	Senior Feminino	03:12:42	+54:58	07:08:40
2	2084	Adriana Sousa	CR Candoso	Senior Feminino	03:19:53	+01:02:09	07:24:02
3	2134	Stacey Cohen	Individual	Senior Feminino	03:28:57	+01:11:13	07:44:10
4	2039	Liliana da silveira Lopes	ASDREQ	Senior Feminino	03:31:10	+01:13:26	07:49:16
5	2123	Arlete Rego	Individual	Senior Feminino	03:56:39	+01:38:55	08:46:14
6	2127	Eliana de Bastos Raimundo	Individual	Senior Feminino	03:57:17	+01:39:33	08:47:10
7	2124	Carla Tavares	Individual	Senior Feminino	04:07:36	+01:49:52	09:10:18
8	2129	Mariana Ballester	Individual	Senior Feminino	04:20:31	+02:02:46	09:39:17
9	2122	Anabela Silva	Individual	Senior Feminino	04:24:43	+02:06:59	09:48:12
10	2286	Carina Isabel Rocha Bártolo	Wolfpack Tr by Clínica Bártolo Saúde	Senior Feminino	04:26:38	+02:08:54	09:53:32
11	2240	Marta Sofia Dantas da Cunha	Minho e Lima Trail	Senior Feminino	04:35:32	+02:17:48	10:12:20
12	2071	ANA MARGARIDA SENRA ANDRADE	Clubemillenniumbcp	Senior Feminino	04:40:34	+02:22:49	10:23:33
13	2072	OTILIA SALDANHA AZEVEDO	Clubemillenniumbcp	Senior Feminino	04:40:34	+02:22:50	10:24:34
14	2267	Sofia Santos	Soure Mov	Senior Feminino	04:54:25	+02:36:41	10:54:46

Senior Masculino

1	2102	Wilson Gabriel Cardoso Cabral	Emicela Team	Senior Masculino	02:17:44	05:06
2	2100	Eliseu da Cruz Fortes Moraes	Emicela Team	Senior Masculino	02:26:02	+08:17 05:25
3	2261	Amândio José Veloso Ferreira	Rumo à Aventura	Senior Masculino	02:32:33	+14:49 05:39
4	2076	David Gouveia	CMM-Escaravelhos	Senior Masculino	02:38:16	+20:32 05:52
5	2099	Aricson Spencer Gomes	Emicela Team	Senior Masculino	02:39:14	+21:30 05:54
6	2241	Joel Filipe Alves Pereira	Minho e Lima Trail	Senior Masculino	02:39:44	+22:00 05:55
7	2248	Nuno Castel-Branco	OLÍMPICO VIANENSE TRAIL	Senior Masculino	02:40:09	+22:25 05:56
8	2294	Iván Pimentel Giráldez	Club Cornelios Montaña	Senior Masculino	02:46:31	+28:47 06:10
9	2161	Pablo Alvar	Individual	Senior Masculino	02:47:36	+29:52 06:12
10	2013	ruben marques	Agd sports academy	Senior Masculino	02:50:48	+33:04 06:20
11	2115	João Castel-Branco	Geopark Estrela	Senior Masculino	02:50:49	+33:05 06:20
12	2012	hugo ventura	Agd sports academy	Senior Masculino	02:50:57	+33:12 06:20
13	2057	Valter Matos	Centro Trail Carlos Sá Penacova Team	Senior Masculino	02:52:45	+35:01 06:24
14	2014	Carlos Silva	AIRORUN	Senior Masculino	02:55:39	+37:55 06:30
15	2151	Igor Lysyi	Individual	Senior Masculino	03:01:56	+44:12 06:44

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16	2023	Arsénio Almeida	Apúlia a Correr	Senior Masculino	03:03:19	+45:34	06:47
17	2056	José Belbuche	Centro Trail Carlos Sá Penacova Team	Senior Masculino	03:03:49	+46:05	06:49
18	2156	José Faria	Individual	Senior Masculino	03:04:51	+47:07	06:51
19	2064	Luís Antunes	Cerveira Team Running	Senior Masculino	03:05:32	+47:47	06:52
20	2159	Luis Ferraz	Individual	Senior Masculino	03:12:02	+54:18	07:07
21	2025	Pedro Vale	ARCA BarceloS runners	Senior Masculino	03:12:29	+54:45	07:08
22	2011	Bruno Rodrigues	Agd sports academy	Senior Masculino	03:13:43	+55:58	07:10
23	2169	Ruben Barbosa	Individual	Senior Masculino	03:16:10	+58:26	07:16
24	2168	Ricardo Oliveira	Individual	Senior Masculino	03:20:52	+01:03:08	07:26
25	2298	Francisco Miguel Branco Lopes	Individual	Senior Masculino	03:26:47	+01:09:02	07:40
26	2138	Bruno Zuccolotto Gonçalves	Individual	Senior Masculino	03:27:45	+01:10:00	07:42
27	2143	Diogo Garcia dos Santos	Individual	Senior Masculino	03:28:42	+01:10:58	07:44
28	2109	VÍTOR MAIA	ESPINHO TRAIL	Senior Masculino	03:29:01	+01:11:17	07:44
29	2040	Marco Marques	ASDREQ	Senior Masculino	03:31:09	+01:13:25	07:49
30	2266	Vítor cruz	Silva &Vinha/ADRAP/Sentir Penafiel	Senior Masculino	03:32:37	+01:14:52	07:52
31	2088	Rui Ferreira	CRP - Ribafria	Senior Masculino	03:32:47	+01:15:03	07:53
32	2279	Nuno Silva	The Newbies	Senior Masculino	03:36:14	+01:18:29	08:01
33	2278	Hugo Faria	The Newbies	Senior Masculino	03:36:15	+01:18:31	08:01
34	2157	LUGAT	Individual	Senior Masculino	03:37:39	+01:19:55	08:04
35	2152	Ivo Miguel santos	Individual	Senior Masculino	03:37:53	+01:20:09	08:04
36	2082	Ricardo Lopes	Correr por Monção	Senior Masculino	03:41:27	+01:23:42	08:12
37	2163	Pedro neto	Individual	Senior Masculino	03:42:51	+01:25:07	08:15
38	2009	José Lima	Afifense Trail	Senior Masculino	03:44:15	+01:26:31	08:18
39	2154	Joaquim Carneiro	Individual	Senior Masculino	03:44:25	+01:26:41	08:19
40	2158	Luis	Individual	Senior Masculino	03:45:10	+01:27:26	08:20
41	2119	João Henriques	GRT - Guepardos Running Team	Senior Masculino	03:45:17	+01:27:33	08:21
42	2137	André Pereira da Silva	Padela Natural Team - Fisiofreixo	Senior Masculino	03:45:51	+01:28:07	08:22
43	2002	André Pereira	100 Gás Trail Team	Senior Masculino	03:46:10	+01:28:26	08:23
44	2148	Gabriel Sousa	Individual	Senior Masculino	03:49:09	+01:31:24	08:29
45	2281	Hugo Faria	Trailistas "Eu é que sei!"	Senior Masculino	03:49:36	+01:31:52	08:30
46	2120	Jorge andre Coutinho pereita	GRT - Guepardos Running Team	Senior Masculino	03:49:58	+01:32:13	08:31
47	2019	Frutuoso Sousa	AMC TRAIL	Senior Masculino	03:50:40	+01:32:56	08:33
48	2160	Nuno Lima Ferreira	Individual	Senior Masculino	03:50:44	+01:33:00	08:33
49	2162	Pedro Castro	Individual	Senior Masculino	03:51:56	+01:34:11	08:35
50	2295	Luis Carlos Costa Conde	ASCD VILE	Senior Masculino	03:52:31	+01:34:46	08:37
51	2147	eduardo soares	Individual	Senior Masculino	03:54:36	+01:36:51	08:41
52	2108	Ricardo Duarte	ESPINHO TRAIL	Senior Masculino	03:56:25	+01:38:41	08:45
53	2107	Bruno Duarte	ESPINHO TRAIL	Senior Masculino	03:56:27	+01:38:43	08:45
54	2150	Hugo22_barreiro@hotmail	Individual	Senior Masculino	03:57:42	+01:39:58	08:48
55	2141	Daniel Simões	Individual	Senior Masculino	04:00:00	+01:42:16	08:53
56	2097	Hugo Silva Esteves	EI Team Trail	Senior Masculino	04:00:18	+01:42:34	08:54
57	2055	Leandro Oliveira	CB RUN	Senior Masculino	04:01:32	+01:43:48	08:57
58	2048	Bruno Teixeira	Beapt	Senior Masculino	04:07:41	+01:49:56	09:10
59	2174	Vitor Manuel da Silva Pereira	Individual	Senior Masculino	04:09:20	+01:51:35	09:14
60	2111	Marco Cedrico Lima	Eyeti Solutions	Senior Masculino	04:09:33	+01:51:49	09:15

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61	2142	Daniel Alexandre	Individual	Senior Masculino	04:10:23	+01:52:38	09:16
62	2167	Ricardo Henriques	Individual	Senior Masculino	04:10:23	+01:52:38	09:16
63	2234	Pedro Henriques	LAAC	Senior Masculino	04:10:27	+01:52:42	09:17
64	2277	Hélder de Oliveira	Terror dos Montes	Senior Masculino	04:11:25	+01:53:41	09:19
65	2018	Manuel Pimenta	Akuafit	Senior Masculino	04:11:59	+01:54:15	09:20
66	2149	Hugo Saraiva Ferraz	Pace.Makers	Senior Masculino	04:15:07	+01:57:23	09:27
67	2238	Óscar Martins	Melgaço Alvarinho Trail Team	Senior Masculino	04:23:10	+02:05:26	09:45
68	2239	Roberto Martins	Melgaço Alvarinho Trail Team	Senior Masculino	04:23:11	+02:05:26	09:45
69	2276	Tiago Dias	TEAM LANTEMIL	Senior Masculino	04:24:12	+02:06:28	09:47
70	2283	Joaquim Norberto Alves das Neves	TrepaTrilhos Trail Team	Senior Masculino	04:27:14	+02:09:30	09:54
71	2253	José Luís Maciel	PadelaNaturalTeam - Fisiofreixo	Senior Masculino	04:28:38	+02:10:53	09:57
72	2073	BRUNO RICARDO COSTA VASCONCELOS	Clubemillenniumbcp	Senior Masculino	04:38:13	+02:20:29	10:18
73	2256	Bruno Ricardo Marques Guedes	PORTO SENTIDO RUNNERS	Senior Masculino	04:40:32	+02:22:48	10:23
74	2271	Pedro Sabino	Tarahumara	Senior Masculino	04:51:00	+02:33:16	10:47
75	2155	Jorge Fangueiro	Individual	Senior Masculino	04:54:32	+02:36:48	10:55
76	2092	Tiago pinto	Dragões do Mato	Senior Masculino	04:56:03	+02:38:19	10:58
77	2077	Daniel Pinto	ComDor Runners	Senior Masculino	04:58:27	+02:40:43	11:03
78	2288	Vasco Marta	Spin&Run Esposende	Senior Masculino	04:59:27	+02:41:43	11:05
79	2171	RUI MARANTE	Individual	Senior Masculino	05:03:37	+02:45:52	11:15
80	2144	Diogo José Marinho Silva	Individual	Senior Masculino	05:04:58	+02:47:13	11:18
81	2270	Fábio Pocinho	Tarahumara	Senior Masculino	05:11:26	+02:53:42	11:32
82	2153	João Daniel Almeida Vitorino	Individual	Senior Masculino	05:12:51	+02:55:07	11:35
83	2146	Edmundo	Individual	Senior Masculino	05:22:21	+03:04:37	11:56
84	2275	Ricardo Coelho	Taylors	Senior Masculino	05:26:26	+03:08:42	12:05

Sub 23 Masculino

1	2003	Rodrigo Vieira	100 Gás Trail Team	Sub 23 Masculino	03:16:01	+58:16	07:16
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Veterana F40

1	2201	sara rafael	KeMedo Team	Veterana F40	04:00:11	+01:42:26	08:54
2	2032	Fátima Pacheco do Cruzeiro	AROO	Veterana F40	04:00:46	+01:43:02	08:55
3	2258	Céline Correia	RCTM - Run Crew Trail Montijo	Veterana F40	04:20:19	+02:02:35	09:38
4	2236	Ana Gomes	LIZ RUNNERS	Veterana F40	04:24:58	+02:07:14	09:49
5	2297	Iracema costa	Individual	Veterana F40	04:41:12	+02:23:28	10:25
6	2176	Célia Sousa	Individual	Veterana F40	04:45:54	+02:28:10	10:35
7	2237	Neusa Loural	LIZ RUNNERS	Veterana F40	04:54:26	+02:36:41	10:54
8	2179	Rosmery Silva	Individual	Veterana F40	04:58:27	+02:40:43	11:03
9	2047	Alexandra Oliveira	B.T.M.	Veterana F40	04:58:52	+02:41:08	11:04
10	2085	Luísa Guimarães do Lago e Costa Rodrigues	CR Candoso	Veterana F40	04:59:38	+02:41:53	11:06
11	2274	Mónica Sá	Tartarugas do Asfalto	Veterana F40	05:21:30	+03:03:46	11:54
12	2180	Sónia Pereira	Individual	Veterana F40	05:21:50	+03:04:06	11:55

K27

27 KM

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OFFICIAL RESULT

[illegible]

13	2020	Susana Pinto	Amigos Vale Silencio	Veterana F40	06:36:42	+04:18:58	14:42
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Veterana F45

1	2287	Helena Gomes	WOLVES	Veterana F45	03:34:43	+01:16:59	07:57
2	2293	Sameiro Fraguinha	Spin&Run Esposende	Veterana F45	04:00:02	+01:42:18	08:53

Veterana F50

1	2114	Mira Matias	Free Tibet/ Os Pecaninos	Veterana F50	03:49:07	+01:31:23	08:29:33
2	2182	maria do rosário da silva martins	Individual	Veterana F50	04:07:36	+01:49:52	09:10:00
3	2235	ALDA	Ladecasa	Veterana F50	04:09:09	+01:51:24	09:14:00
4	2259	Zélia Rodrigues	RCTM - Run Crew Trail Montijo	Veterana F50	04:11:07	+01:53:22	09:18:00
5	2290	Maria Conceição Campos	Spin&Run Esposende	Veterana F50	04:19:11	+02:01:26	09:36:00
6	2245	Fátima Teixeira	NOCTURNOS DE PAREDES	Veterana F50	04:23:27	+02:05:43	09:45:00
7	2034	Patricia Gerales	AROO	Veterana F50	04:36:48	+02:19:03	10:15:00
8	2264	Cristina Lavrador	Run&Smile	Veterana F50	05:26:24	+03:08:39	12:05:00

Veterana F60

1	2291	Emilia Brás	Spin&Run Esposende	Veterana F60	05:15:12	+02:57:28	11:40
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Veterano M40

1	2044	Paulo Pinto	Aztrail/Mercentro	Veterano M40	02:37:22	+19:37	05:50
2	2010	Amândio Antunes	Afifense Trail	Veterano M40	02:39:27	+21:42	05:54
3	2062	Sérgio Mesquita	Centro Trail Carlos Sá Penacova Team	Veterano M40	02:45:47	+28:03	06:08
4	2195	Gerardo Pérez Prieto	Individual	Veterano M40	02:56:56	+39:12	06:33
5	3042	carlos martins	AIRORUN	Veterano M40	03:03:13	+45:28	06:47
6	2110	GILBERTO COSTA	ESPINHO TRAIL	Veterano M40	03:03:51	+46:06	06:49
7	2007	Luís Paulo Ferreira	ACRA running	Veterano M40	03:10:48	+53:04	07:04
8	2015	Hélder Azevedo	AIRORUN	Veterano M40	03:11:58	+54:13	07:07
9	2254	José Costa	Palmeira Runners	Veterano M40	03:17:01	+59:17	07:18
10	2217	Sérgio Moreira	Individual	Veterano M40	03:19:09	+01:01:25	07:23
11	2053	Iván Franco Rabuñal	CAMINHANTES DO CONDADO	Veterano M40	03:20:48	+01:03:04	07:26
12	2193	Eliseu leite	Individual	Veterano M40	03:22:02	+01:04:18	07:29
13	2024	Filipe almeida	Apúlia a Correr	Veterano M40	03:23:02	+01:05:17	07:31
14	2210	Paulo Costa	Individual	Veterano M40	03:23:33	+01:05:49	07:32
15	2191	DANIEL MIRANDA	Individual	Veterano M40	03:25:03	+01:07:18	07:36
16	2251	Marco Brochado	Os Lobos do Saibro	Veterano M40	03:26:13	+01:08:28	07:38
17	2042	JOSE ARTUR MARQUES LOPES	ASDREQ	Veterano M40	03:28:16	+01:10:31	07:43
18	2189	bernardo carrera giraldez	Individual	Veterano M40	03:28:34	+01:10:49	07:43
19	2065	Patrício Bouça	Cerveira Team Running	Veterano M40	03:29:55	+01:12:11	07:47

K27

27 KM

[illegible]

OFFICIAL RESULT

[illegible]

20	2008	RICARDO MEIRA - ALEGRIA	Adosa - Os Santa Apolónia	Veterano M40	03:30:15	+01:12:31	07:47
21	2060	Pedro Ferreira	Centro Trail Carlos Sá Penacova Team	Veterano M40	03:30:47	+01:13:03	07:48
22	2249	Hugo Paço do Casal	OLÍMPICO VIANENSE TRAIL	Veterano M40	03:37:10	+01:19:25	08:03
23	2199	José Loureiro	Individual	Veterano M40	03:37:54	+01:20:09	08:04
24	2027	Miguel Soares	ARCA BarceloS runners	Veterano M40	03:38:07	+01:20:23	08:05
25	2026	Luis Neco	ARCA BarceloS runners	Veterano M40	03:40:13	+01:22:29	08:09
26	2299	Wilson Fonseca	EDV-VIANA TRAIL	Veterano M40	03:41:46	+01:24:01	08:13
27	2255	Mnauel Barbosa	Paredes Running	Veterano M40	03:47:13	+01:29:28	08:25
28	2083	Pedro Manuel Correia Lopes	Correr por prazer a 2	Veterano M40	03:48:19	+01:30:34	08:27
29	2209	Pablo Sendín	Individual	Veterano M40	03:53:35	+01:35:50	08:39
30	2268	Carlos Cardoso	Soure Mov	Veterano M40	03:53:56	+01:36:11	08:40
31	2220	valter sa	Individual	Veterano M40	03:57:12	+01:39:28	08:47
32	2059	Miguel Alves	Centro Trail Carlos Sá Penacova Team	Veterano M40	03:58:47	+01:41:02	08:51
33	2218	Sérgio Sebastião	Individual	Veterano M40	04:00:00	+01:42:16	08:53
34	2216	Sergio Fornelos	Individual	Veterano M40	04:02:12	+01:44:28	08:58
35	2188	BART WIENEN	Individual	Veterano M40	04:06:04	+01:48:19	09:07
36	2070	PAULO RIBEIRO	CLUBE NOVO BANCO	Veterano M40	04:07:41	+01:49:57	09:10
37	2049	Armando Teixeira	Beapt	Veterano M40	04:07:46	+01:50:02	09:11
38	2222	Vitor Santos	Individual	Veterano M40	04:11:03	+01:53:19	09:18
39	2030	José Correia	ARCORUN	Veterano M40	04:14:33	+01:56:49	09:26
40	2078	Sérgio Marco Medeiros Tavares	Correio de Albergaria Trail Running	Veterano M40	04:19:02	+02:01:18	09:36
41	2035	Rogério de Matos Penalva Becho	AROO	Veterano M40	04:19:56	+02:02:11	09:38
42	2050	Nuno Rodrigues	BUDEGUITA RUNNERS	Veterano M40	04:21:27	+02:03:43	09:41
43	2284	Rui Familiar	TrepaTrilhos Trail Team	Veterano M40	04:27:14	+02:09:29	09:54
44	2197	João Amaral	Individual	Veterano M40	04:30:11	+02:12:26	10:00
45	2213	Pedro Ferreira	Individual	Veterano M40	04:30:11	+02:12:27	10:00
46	2219	Tiago Moreira	Boavista Trail	Veterano M40	04:32:53	+02:15:08	10:06
47	2069	Helder José da Rocha Oliveira	Clube Efacec	Veterano M40	04:32:53	+02:15:08	10:06
48	2104	Jorge Vasconcelos	Equipa A	Veterano M40	04:33:42	+02:15:58	10:08
49	2215	Ricardo castro	Individual	Veterano M40	04:56:47	+02:39:02	11:00
50	2208	Oswaldo	Individual	Veterano M40	04:58:15	+02:40:31	11:03
51	2187	Artur Fonseca	Individual	Veterano M40	05:09:47	+02:52:02	11:28
52	2273	Ricardo Pocinho	Tarahumara	Veterano M40	05:11:27	+02:53:42	11:32
53	2204	Manuel Ruivo	Individual	Veterano M40	05:14:06	+02:56:22	11:38
54	2200	José Pedro Araújo	Individual	Veterano M40	05:22:22	+03:04:38	11:56

Veterano M45

1	2063	Takahiro Ishida	Centro Trail Carlos Sá Penacova Team	Veterano M45	02:40:55	+23:11	05:58
2	2112	Luis Verissimo	Figueira Kayak Clube	Veterano M45	02:54:04	+36:20	06:27
3	2183	Abilio Ribeiro	Individual	Veterano M45	02:57:14	+39:30	06:34
4	2242	António Francisco Dantas Barbosa	Minho e Lima Trail	Veterano M45	03:00:28	+42:44	06:41
5	2190	Cástor	Individual	Veterano M45	03:05:31	+47:46	06:52
6	2186	António Cunha	Individual	Veterano M45	03:09:28	+51:43	07:01

Official Timekeeper: Lap2Go	5 / 7	generate 22-Sep-2019 15:39
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K27

27 KM

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OFFICIAL RESULT

[illegible]

7	2192	Domingos Peixoto peixoto	Individual	Veterano M45	03:17:01	+59:17	07:18
8	2043	MANUEL OLIVEIRA	AZTrail	Veterano M45	03:19:58	+01:02:14	07:24
9	2054	Jose Luis Sobrino Rodriguez	CAMINHANTES DO CONDADO	Veterano M45	03:20:49	+01:03:05	07:26
10	2058	Jorge Cruz	Centro Trail Carlos Sá Penacova Team	Veterano M45	03:32:47	+01:15:02	07:53
11	2214	Raul Curva	Individual	Veterano M45	03:37:10	+01:19:25	08:03
12	2292	Eduardo Coutada	Spin&Run Esposende	Veterano M45	03:44:53	+01:27:09	08:20
13	2223	Vitor Vaz	Individual	Veterano M45	03:46:09	+01:28:25	08:23
14	2068	VITOR COELHO	Clube Desportivo Cepsa	Veterano M45	03:55:19	+01:37:34	08:43
15	104	Marco Vieira	Clube Zupper	Veterano M45	03:55:40	+01:37:56	08:44
16	2005	Paulo Alves	A.D. AMARANTE	Veterano M45	03:58:56	+01:41:12	08:51
17	2096	Eduardo Rodrigues	Eduardo	Veterano M45	04:11:23	+01:53:38	09:19
18	2207	Nuno Rodrigues	Individual	Veterano M45	04:11:57	+01:54:13	09:20
19	2203	Luis Moreira da Silva	Individual	Veterano M45	04:23:18	+02:05:34	09:45
20	2246	José Manuel Moura	NOCTURNOS DE PAREDES	Veterano M45	04:23:27	+02:05:43	09:45
21	2184	Alcindo Silva	Individual	Veterano M45	04:27:20	+02:09:36	09:54
22	2221	Vitor Manuel Fonseca	Individual	Veterano M45	04:34:07	+02:16:23	10:09
23	2086	Armando Jesus Freitas Fontão	CR Candoso	Veterano M45	04:34:30	+02:16:46	10:10
24	2211	Paulo Hernani Almeida Moreira	Individual	Veterano M45	04:35:36	+02:17:52	10:12
25	2198	Joao Ribeiro	Individual	Veterano M45	04:45:54	+02:28:10	10:35
26	2272	Carlos Leitão	Tarahumara	Veterano M45	05:10:23	+02:52:38	11:30

Veterano M50

1	2017	Daniel Cardoso	AIRORUN	Veterano M50	02:59:29	+41:45	06:39
2	2260	Paulo Barry	RCTM - Run Crew Trail Montijo	Veterano M50	03:11:55	+54:11	07:07
3	2001	Pedro Guimaraes	#letsrunazores	Veterano M50	03:11:56	+54:12	07:07
4	2226	Fernando Gonçalves	Individual	Veterano M50	03:21:43	+01:03:58	07:28
5	2029	José Carlos Cardoso	ARCA BarceloS runners	Veterano M50	03:23:29	+01:05:44	07:32
6	2252	Francisco Ferreira	Os Tolinhos	Veterano M50	03:33:12	+01:15:28	07:54
7	2285	Luís Guise	vimarunners	Veterano M50	03:33:53	+01:16:09	07:55
8	2087	Tomás Pereira	CR Candoso	Veterano M50	03:34:10	+01:16:26	07:56
9	2118	Pedro Matos	Gontinhães Trail Runners	Veterano M50	03:53:19	+01:35:35	08:39
10	2228	Ricardo Rodríguez Piñeiro	Individual	Veterano M50	03:56:13	+01:38:29	08:45
11	2028	Firmino Silva	ARCA BarceloS runners	Veterano M50	04:17:46	+02:00:02	09:33
12	2066	José Gomes	Cerveira Team Running	Veterano M50	04:24:51	+02:07:07	09:49
13	2229	Rui Madeira	Individual	Veterano M50	04:38:24	+02:20:39	10:19
14	2093	Paulo Joaquim Alexandre Pinheiro	Dragões do Mato	Veterano M50	04:50:09	+02:32:25	10:45
15	2036	Luis Filipe Pires Casimiro de Almeida	AROO	Veterano M50	04:55:36	+02:37:52	10:57
16	2247	Carlos Vasconcelos	NOCTURNOS DE PAREDES	Veterano M50	04:58:14	+02:40:29	11:03
17	2227	Jorge Caria	Individual	Veterano M50	05:21:31	+03:03:47	11:54
18	2265	Carlos Lavrador	Run&Smile	Veterano M50	05:26:37	+03:08:53	12:06

Veterano M55

1	2016	Casimiro Araujo	AIRORUN	Veterano M55	03:23:29	+01:05:44	07:32
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Official Timekeeper: Lap2Go	6 / 7	generate 22-Sep-2019 15:39
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K27

27 KM

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OFFICIAL RESULT

[illegible]

2	2117	Carlos Gavinho	Gontinhães Trail Runners	Veterano M55	03:42:28	+01:24:43	08:14
3	2243	Álvaro Araújo	Minho e Lima Trail	Veterano M55	04:07:40	+01:49:55	09:10
4	2225	Fernando da Cunha Lopes	Individual	Veterano M55	04:25:41	+02:07:57	09:50
5	2090	António Gonçalves	DIVE - Into The Mountains	Veterano M55	04:35:24	+02:17:40	10:12
6	2046	JOÃO MANUEL DOS SANTOS SILVA	B. V. SÃO MAMEDE INFESTA	Veterano M55	04:35:32	+02:17:48	10:12
7	2037	Luís Miguel Ferreira Baptista	AROO	Veterano M55	04:55:36	+02:37:52	10:57
8	2262	Francisco Afonso	RUN 4 FUN	Veterano M55	05:09:20	+02:51:35	11:27

Veterano M60

1	2067	Manuel Rodrigues	CORRER LEÇA	Veterano M60	04:04:54	+01:47:10	09:04
2	2231	DOMINGOS MACHADO	Individual	Veterano M60	04:17:51	+02:00:07	09:33
3	2230	Alberto Pinhão	Individual	Veterano M60	04:46:00	+02:28:15	10:36
4	2021	Joaquim Adelino	Amigos Vale Silencio	Veterano M60	06:36:42	+04:18:58	14:42

COLETIVO - K27[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	EMICELA TEAM	1 + 2 + 6	9
2	CENTRO TRAIL CARLOS SÁ PENACOVA TEAM	10 + 11 + 17	38
3	AIRORUN	19 + 22 + 25	66
4	AGD SPORTS ACADEMY	14 + 16 + 41	71
5	ESPINHO TRAIL	28 + 29 + 66	123
6	MINHO E LIMA TRAIL	8 + 23 + 137	168
7	ARCA BARCELOS RUNNERS	39 + 55 + 86	180
8	ASDREQ	62 + 70 + 71	203
9	CERVEIRA TEAM RUNNING	32 + 67 + 170	269
10	CR CANDOSO	47 + 77 + 185	309
11	RCTM - RUN CREW TRAIL MONTIJO	35 + 148 + 160	343
12	SPIN&RUN ESPOSENDE	94 + 127 + 158	379
13	AROO	130 + 159 + 190	479
14	NOCTURNOS DE PAREDES	166 + 167 + 209	542
15	CLUBEMILLENNIUMBGP	191 + 194 + 195	580
16	TARAHUMARA	201 + 220 + 221	642

K17 - STAGE 1

17 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	15.6°C	100%
End	13:08	15.6°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	2103	Rui Miguel Semedo Almeida	emicela team	Sub 23 Masculino	01:14:03		04:21
2	3144	Antonio Emanuel Freire Cardoso	emicela team	Sub 23 Masculino	01:14:07	+00:04	04:22
3	3039	João Ferreira	airorun	Senior Masculino	01:15:02	+00:59	04:25
4	3278	Nelson Loureiro	individual	Senior Masculino	01:18:50	+04:47	04:38
5	3143	Osvaldo Barros Tavares	emicela team	Senior Masculino	01:22:35	+08:32	04:52
6	3519	Pedro Pontes	seri trail team	Senior Masculino	01:24:05	+10:02	04:57
7	3373	José Antonio losada miranda	individual	Veterano M40	01:24:10	+10:07	04:57
8	3385	Miguel Silva	individual	Veterano M40	01:25:49	+11:46	05:03
9	3448	Diogo Leandro Ferreira da Silva	minho e lima trail	Senior Masculino	01:26:30	+12:27	05:05
10	3371	Joao Luis Fernandes Afonso	academia desportiva de arcos de valdevez	Veterano M40	01:26:51	+12:48	05:07
11	3451	Luis Magalhães	minho e lima trail	Veterano M45	01:26:56	+12:53	05:07
12	3020	Luís Silva	acra running	Veterano M45	01:27:00	+12:57	05:07
13	3584	Ángel Álvarez Pérez	club cornelios montaña	Senior Masculino	01:27:04	+13:01	05:07
14	3447	Bruno Miguel Amorim Rodrigues	minho e lima trail	Senior Masculino	01:27:05	+13:02	05:07
15	3538	Adriano Morais	olímpico vianense trail	Senior Masculino	01:27:44	+13:41	05:10
16	3581	ricardo vasconcelos esteves	academia desportiva de arcos de valdevez	Senior Masculino	01:29:54	+15:51	05:17
17	3464	Carlos Alves	oada - os amigos da aventura	Senior Masculino	01:29:55	+15:52	05:17
18	3172	Pedro Oliveira	fisiopedro trail	Senior Masculino	01:31:40	+17:37	05:24
19	3589	Filipe Meneses	individual	Senior Masculino	01:31:43	+17:40	05:24
20	3112	Nuno Figueiredo	dive - into the mountains	Senior Masculino	01:32:56	+18:53	05:28
21	3075	Filipe Pinto	btt alegria // tubani	Senior Masculino	01:33:07	+19:04	05:29
22	3173	Sérgio Sampaio	fisiopedro trail	Veterano M40	01:34:23	+20:20	05:33
23	3050	Peixinho	alexandra carvalho team	Veterano M40	01:35:02	+20:59	05:35
24	3048	Adelino Aires	alexandra carvalho team	Veterano M45	01:35:02	+20:59	05:35
25	3095	Franclim Rodrigues	cerveira team running	Veterano M40	01:35:54	+21:51	05:38
26	3106	Fernando Santos	cmm-escaravelhos	Senior Masculino	01:36:08	+22:05	05:39
27	3255	Hélder Franco	lethes trailteam	Senior Masculino	01:36:41	+22:38	05:41
28	3475	Mário Gonçalves	olímpico vianense trail	Veterano M50	01:36:52	+22:49	05:42
29	3054	ARTUR ROCHA	amc trail	Veterano M45	01:36:58	+22:55	05:42
30	3378	Luis Miguel Oliveira de Freitas	airórún	Veterano M40	01:37:38	+23:35	05:45
31	3055	César Gonçalves	amc trail	Veterano M40	01:38:00	+23:57	05:46
32	3554	PAULO OLIVEIRA	vidaativarunners	Senior Masculino	01:38:34	+24:31	05:48
33	3013	Manuel Gomes	academia desportiva de arcos de valdevez	Veterano M40	01:38:40	+24:37	05:48
34	3131	Hilário Lopes	edl trail	Senior Masculino	01:39:38	+25:35	05:52
35	3463	António Ribeiro	oada - os amigos da aventura	Senior Masculino	01:39:52	+25:49	05:52
36	3134	Nuno Miguel Morais	edl trail	Veterano M40	01:39:52	+25:49	05:52
37	3452	alex tondela	montanha clube trail running/efapel	Veterano M40	01:40:11	+26:08	05:54
38	3132	Pedro Pimenta	edl trail	Senior Masculino	01:40:17	+26:14	05:54

K17 - STAGE 1

17 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
39	3140	Edena Lídia Coelho Lima	emicela team	Senior Feminino	01:40:34	+26:31	05:55
40	3073	João Pontedeira	breia team running	Senior Masculino	01:40:39	+26:36	05:55
41	2300	Henrique Costa	edl trail	Senior Masculino	01:41:10	+27:07	05:57
42	3194	Anabela Fernandes	individual	Senior Feminino	01:41:44	+27:41	05:59
43	3027	João Tomás Pinto Camacho	adgalomar/tfalcon	Junior Masculino	01:41:48	+27:45	05:59
44	3472	Jorge Manuel Felgueiras Esteves	olímpico vianense trail	Veterano M40	01:41:52	+27:49	06:00
45	3168	Filipe Oliveira	fisiopedro trail	Senior Masculino	01:42:55	+28:52	06:03
46	3474	Fernando Alves	olímpico vianense trail	Veterano M55	01:42:58	+28:55	06:03
47	3407	FERNANDO AREZES	individual	Veterano M50	01:43:21	+29:18	06:05
48	3043	José Pereira	airorun	Veterano M50	01:43:54	+29:51	06:07
49	3122	Cláudio Monteiro	douroconta - gabinete de apoio e contabilidade, lda	Veterano M50	01:44:05	+30:02	06:07
50	3189	Tiago Pereira	individual	Junior Masculino	01:44:33	+30:30	06:09
51	3277	Miguel Menezes	individual	Senior Masculino	01:44:40	+30:37	06:09
52	3171	Nuno Gomes	fisiopedro trail	Senior Masculino	01:44:46	+30:43	06:10
53	3516	Carlos Vinha	running penafiel trail	Veterano M50	01:44:48	+30:45	06:10
54	3597	João silva	individual	Senior Masculino	01:44:49	+30:46	06:10
55	3553	JOSÉ LOPES	vidaativarunners	Senior Masculino	01:44:50	+30:47	06:10
56	3392	Ricardo Francisco de Sousa Aires	fridão sem limites	Veterano M40	01:45:50	+31:47	06:14
57	3449	Filipe Samuel Rodrigues Correia	minho e lima trail	Senior Masculino	01:45:51	+31:48	06:14
58	3262	Joao Paralvas	individual	Senior Masculino	01:46:00	+31:57	06:14
59	3508	Rui Patrício Miguel	rctm - run crew trail montijo	Veterano M45	01:46:41	+32:38	06:17
60	3014	Vasco Rocha	academia desportiva de arcos de valdevez	Veterano M40	01:47:00	+32:57	06:18
61	3145	Crisolita Rodrigues Silva	emicela team	Veterana F40	01:47:22	+33:19	06:19
62	3078	Tony Mendes	btt alegria // tubani	Veterano M45	01:48:08	+34:05	06:22
63	3408	Jorge Azevedo	individual	Veterano M50	01:48:14	+34:11	06:22
64	3348	Andre Gravato	individual	Veterano M45	01:48:45	+34:42	06:24
65	3441	Luís Mário	lobos do monte	Veterano M45	01:49:06	+35:03	06:25
66	3053	Paulo Cerqueira	amc trail	Senior Masculino	01:49:30	+35:27	06:27
67	3272	Marco	individual	Senior Masculino	01:49:43	+35:40	06:27
68	3268	Licínio Macário	individual	Senior Masculino	01:49:48	+35:45	06:28
69	3550	Gustavo Taveira	trogloditas runners	Veterano M40	01:49:53	+35:50	06:28
70	3450	João Carlos Pereira Morgado Barbosa	minho e lima trail	Veterano M45	01:50:12	+36:09	06:29
71	3499	NUNO TEIXEIRA	portocargo runners	Veterano M40	01:50:23	+36:20	06:30
72	3498	MARCO OLIVEIRA	portocargo runners	Veterano M40	01:50:24	+36:21	06:30
73	3264	atleta 3264	individual	Senior Masculino	01:50:58	+36:55	06:32
74	2173	Sergio Torre	individual	Senior Masculino	01:50:59	+36:56	06:32
75	3012	Paula Costa	academia desportiva de arcos de valdevez	Veterana F40	01:51:00	+36:57	06:32
76	3068	ANTONIO MARQUES	avila runners	Veterano M50	01:51:02	+36:59	06:32
77	3535	Carlos Silva	the newbies	Senior Masculino	01:51:05	+37:02	06:32
78	3074	João Venade	breia team running	Senior Masculino	01:51:06	+37:03	06:32
79	3468	Ana Domingues	olímpico vianense trail	Junior Feminino	01:51:06	+37:03	06:32
80	3511	Cidalia Novais	rinus fafe	Veterana F40	01:51:07	+37:04	06:32

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
81	3509	Gilberto Fernandes	rinus fafe	Senior Masculino	01:51:07	+37:04	06:32
82	3086	Luís Conde	cerveira team running	Senior Masculino	01:51:10	+37:07	06:32
83	3466	Carlos Oliveira	oada - os amigos da aventura	Veterano M45	01:51:12	+37:09	06:33
84	3164	SANDRA ARAÚJO	fisio.	Senior Feminino	01:51:41	+37:38	06:34
85	3154	Francisco Fonseca	equipa João Ferreira	Veterano M45	01:51:45	+37:42	06:34
86	3133	Armando Vieira	edl trail	Veterano M45	01:51:49	+37:46	06:35
87	3545	Rui Guia	trail team montaria	Veterano M40	01:51:55	+37:52	06:35
88	3169	João Pedro Silva	fisiopedro trail	Senior Masculino	01:51:56	+37:53	06:35
89	3273	Micael Gameiro Rodrigues	individual	Senior Masculino	01:52:30	+38:27	06:37
90	3023	RUI RODRIGUES	ad marco 09	Veterano M40	01:52:39	+38:36	06:38
91	3349	António Baptista da Silva	individual	Veterano M45	01:52:43	+38:40	06:38
92	3051	Rui Maciel	Alexandra Carvalho team	Veterano M40	01:52:44	+38:41	06:38
93	3138	JOSÉ PONTE	edv-viana trail	Veterano M60	01:52:50	+38:47	06:38
94	3135	Abílio Mina	edv-viana trail	Veterano M45	01:53:10	+39:07	06:39
95	3077	Ricardo Coelho	btt alegria // tubani	Senior Masculino	01:53:20	+39:17	06:40
96	3294	Simão Pires	individual	Senior Masculino	01:53:22	+39:19	06:40
97	3207	Diana Costa	academia desportiva de arcos de valdevez	Senior Feminino	01:53:35	+39:32	06:41
98	3467	José Gonçalves	oada - os amigos da aventura	Veterano M45	01:54:22	+40:19	06:44
99	2244	Rui Pedro Fernandes	monsanto running team	Veterano M40	01:54:31	+40:28	06:44
100	3115	José Gonçalves	dive - into the mountains	Veterano M50	01:54:37	+40:34	06:45
101	3549	Christophe Rodrigues	troggloditas runners	Senior Masculino	01:55:41	+41:38	06:48
102	3531	Luís Coutinho	team workout 48/cam	Senior Masculino	01:55:48	+41:45	06:49
103	3555	DIOGO TORRES	vidaativarunners	Sub 23 Masculino	01:55:51	+41:48	06:49
104	3492	José Ricardo Amorim da Silva	pedalarte	Senior Masculino	01:56:12	+42:09	06:50
105	3239	André Coelho	cmm-escaravelhos	Senior Masculino	01:56:17	+42:14	06:50
106	3514	Cidália Ferreira	running penafiel trail	Veterana F45	01:56:26	+42:23	06:51
107	3515	Carlos alberto mendes barbosa	running penafiel trail	Veterano M40	01:56:28	+42:25	06:51
108	3485	Lino Moreira	os turbomula	Veterano M60	01:56:46	+42:43	06:52
109	3295	Tiago Lima	individual	Senior Masculino	01:57:00	+42:57	06:53
110	3185	Raquel Relvas	gurus	Sub 23 Feminino	01:57:10	+43:07	06:54
111	3094	Francisco Alves	cerveira team running	Veterano M45	01:57:11	+43:08	06:54
112	3459	Agostinho MOREira	nocturnos de paredes	Veterano M55	01:57:28	+43:25	06:55
113	3383	Mario Araújo Porto	individual	Veterano M40	01:57:29	+43:26	06:55
114	3283	Nuno Sá	individual	Senior Masculino	01:57:30	+43:27	06:55
115	3362	Francisco Javier Besada Alvarez	individual	Veterano M45	01:57:33	+43:30	06:55
116	3379	Manuel Joaquim da Silva Baptista Vale	individual	Veterano M40	01:57:53	+43:50	06:56
117	3296	Tiago Lopes	individual	Senior Masculino	01:58:07	+44:04	06:57
118	3015	Catarina Dantas	acra running	Senior Feminino	01:58:12	+44:09	06:57
119	3487	Elisabete Ministro	palmeira runners	Veterana F45	01:58:13	+44:10	06:57
120	3427	helder gomes	kemedo team	Veterano M40	01:58:21	+44:18	06:58
121	3046	Carlos Campainha	Alexandra Carvalho team	Senior Masculino	01:58:31	+44:28	06:58
122	3297	Tiago Pinheiro	individual	Senior Masculino	01:58:32	+44:29	06:58
123	3058	Leonel Calvo	amcf - arrábida trail team	Senior Masculino	01:58:49	+44:46	06:59
124	3211	Joana Isabel Bela Branco	individual	Senior Feminino	01:59:10	+45:07	07:01

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
125	3403	Diamantino Martins Ribeiro	bora lá correr	Veterano M50	01:59:17	+45:14	07:01
126	3304	Weronika Kuncewicz	individual	Sub 23 Feminino	01:59:23	+45:20	07:01
127	3267	Jorge Dias	individual	Senior Masculino	01:59:38	+45:35	07:02
128	3061	Vitor Silva	arca barcelos runners	Senior Masculino	01:59:38	+45:35	07:02
129	3265	João Simões	individual	Senior Masculino	01:59:39	+45:36	07:02
130	3056	Eduardo Martins	amc trail	Veterano M40	01:59:41	+45:38	07:02
131	3246	David Dias	individual	Senior Masculino	02:00:04	+46:01	07:04
132	3585	ariana paula lima rodrigues fermino	emicela team	Veterana F50	02:00:39	+46:36	07:06
133	3470	Miguel Ferreira	olímpico vianense trail	Senior Masculino	02:00:48	+46:45	07:06
134	3413	jose Manuel Leite Afonso	individual	Veterano M50	02:00:48	+46:45	07:06
135	3496	MANUELA FARIA	portocargo runners	Veterana F45	02:00:50	+46:47	07:06
136	3365	Gustavo Vaz Cacho	individual	Veterano M40	02:00:53	+46:50	07:07
137	3462	Alexandre Areias	oada - os amigos da aventura	Senior Masculino	02:01:01	+46:58	07:07
138	3018	Joaquim Paulo Correia da Costa Pereira	acra running	Senior Masculino	02:01:01	+46:58	07:07
139	3363	Francisco Jesús Souto Álvarez	individual	Veterano M40	02:01:26	+47:23	07:09
140	3161	Olga Cristiana Ferreira Mota	f. c. vizela	Senior Feminino	02:02:09	+48:06	07:11
141	3370	João Carlos da Silva Gomes	individual	Veterano M45	02:02:18	+48:15	07:12
142	3567	Jose Pinho	xspartan	Senior Masculino	02:02:21	+48:18	07:12
143	3583	Sérgio Filipe Franco Painhas	ascd vile	Veterano M40	02:02:23	+48:20	07:12
144	3261	Joao Manuel Barreira	individual	Senior Masculino	02:02:25	+48:22	07:12
145	3346	Alexander Aldrich	individual	Veterano M40	02:02:30	+48:27	07:12
146	3057	LEANDRO FREITAS	amc trail	Veterano M50	02:02:51	+48:48	07:14
147	3250	Fábio Afonso	individual	Senior Masculino	02:03:01	+48:58	07:14
148	3544	Jorge M. Pires	trail team montaria	Veterano M40	02:03:01	+48:58	07:14
149	3052	GONÇALO FREITAS	amc trail	Junior Masculino	02:03:04	+49:01	07:14
150	3242	Bruno Pereira	individual	Senior Masculino	02:03:08	+49:05	07:15
151	3025	Mónica Joana Gouveia Freitas	adgalomar	Senior Feminino	02:03:09	+49:06	07:15
152	3113	Paulo Carneiro	dive - into the mountains	Veterano M45	02:03:15	+49:12	07:15
153	3028	Sónia Silva	adgalomar/tfalcon	Senior Feminino	02:04:00	+49:57	07:18
154	3422	Fernando Ferreira	individual	Veterano M60	02:04:09	+50:06	07:18
155	3372	Jorge Pinto	individual	Veterano M45	02:04:22	+50:19	07:19
156	3087	Pedro Oliveira	cerveira team running	Senior Masculino	02:04:24	+50:21	07:19
157	3536	Marcelo Teixeira	the newbies	Senior Masculino	02:04:54	+50:51	07:21
158	3562	Victor Manuel	vieira a correr	Veterano M45	02:04:58	+50:55	07:21
159	3560	Miguel Pereira	vieira a correr	Senior Masculino	02:04:58	+50:55	07:21
160	3561	Nuno António da Silva Gonçalves	vieira a correr	Senior Masculino	02:04:58	+50:55	07:21
161	3142	Karine Martins Tavares	emicela team	Senior Masculino	02:05:08	+51:05	07:22
162	3582	Filipe Manuel Franco Rodrigues	ascd vile	Senior Masculino	02:05:11	+51:08	07:22
163	3107	Silvia Gomes	correr por prazer a 2	Senior Feminino	02:05:22	+51:19	07:22
164	3217	Matilde Sofia Soares de Brito	individual	Senior Feminino	02:05:24	+51:21	07:23
165	3306	João Vitor Tomé dos Santos	individual	Sub 23 Masculino	02:05:25	+51:22	07:23
166	3369	Javier Barreiro Cabaleiro	individual	Veterano M40	02:05:28	+51:25	07:23
167	3165	Diogo Costa	fisio.	Senior Masculino	02:05:45	+51:42	07:24

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
168	3494	DANIEL RAMALHAO	portocargo runners	Senior Masculino	02:05:47	+51:44	07:24
169	3148	José Pereira	equipa a	Veterano M50	02:05:51	+51:48	07:24
170	3298	Vítor Fernandes	individual	Senior Masculino	02:06:06	+52:03	07:25
171	3092	Yolanda González	cerveira team running	Veterana F45	02:06:36	+52:33	07:27
172	3034	Tiago Gonçalves	affense trail	Senior Masculino	02:07:04	+53:01	07:28
173	3158	JORGE DUARTE	espinho trail	Junior Masculino	02:07:04	+53:01	07:29
174	3478	Paulo Araújo	os isabelinhas	Veterano M45	02:07:10	+53:07	07:29
175	3479	Francisco Faria	os isabelinhas	Veterano M50	02:07:10	+53:07	07:29
176	3022	MARGARIDA SOUSA	ad marco 09	Veterana F40	02:07:14	+53:11	07:29
177	3244	César António Arantes de Oliveira	individual	Senior Masculino	02:07:48	+53:45	07:31
178	3247	David Samuel Teixeira Carvalho	individual	Senior Masculino	02:07:52	+53:49	07:31
179	2233	PEDRO PRATAS	kemedo team	Veterano M45	02:07:55	+53:52	07:31
180	3360	Francisco Areias	individual	Veterano M45	02:08:13	+54:10	07:33
181	3040	Deolinda Faria	airorun	Veterana F45	02:08:16	+54:13	07:33
182	3393	Rui Manuel Oliveira de Sousa	individual	Veterano M45	02:08:47	+54:44	07:35
183	3254	Gilberto Martins Videira	individual	Senior Masculino	02:09:09	+55:06	07:36
184	3019	João Carlos da Luz Fernandes Baptista	acra running	Veterano M40	02:09:10	+55:07	07:36
185	3044	Bragaolé Hugo	akuafit	Veterano M40	02:09:13	+55:10	07:36
186	3060	Lúcia Dias	arca barcelos runners	Senior Feminino	02:09:38	+55:35	07:38
187	3136	Marco Viana	edv-viana trail	Veterano M40	02:09:47	+55:44	07:38
188	3089	Isabel Cunha	cerveira team running	Veterana F45	02:10:13	+56:10	07:40
189	3195	Andreia Sofia Santos Mota	individual	Senior Feminino	02:10:16	+56:13	07:40
190	3287	Pedro Marques	individual	Senior Masculino	02:10:20	+56:17	07:40
191	3021	GISELA SOUSA	ad marco 09	Veterana F40	02:10:57	+56:54	07:42
192	3166	Vítor José Paredes Mansilhas	fisio.	Senior Masculino	02:11:14	+57:11	07:43
193	3286	Pedro	individual	Senior Masculino	02:11:18	+57:15	07:43
194	3541	Tiago Martins	trail team montaria	Senior Masculino	02:11:20	+57:17	07:44
195	3465	Henrique Gonçalves	oada - os amigos da aventura	Senior Masculino	02:11:41	+57:38	07:45
196	3587	Jorge Lobo	individual	Veterano M60	02:11:42	+57:39	07:45
197	3364	Fulvio Ramos	individual	Veterano M40	02:12:26	+58:23	07:47
198	3269	Lobos do Monte - FERNANDO SOUSA	individual	Senior Masculino	02:12:28	+58:25	07:48
199	3151	Antonio cunha	equipa joão ferreira	Veterano M45	02:12:45	+58:42	07:49
200	3153	Carlos Jorge	equipa joão ferreira	Veterano M45	02:12:45	+58:42	07:49
201	3381	Marco António Pinto	individual	Veterano M45	02:12:50	+58:47	07:49
202	3137	Paulo Vilaverde	edv-viana trail	Veterano M50	02:13:16	+59:13	07:50
203	2004	João Nepomuceno	100 gás trail team	Veterano M45	02:13:19	+59:16	07:51
204	3084	Celsa Pérez	cerveira team running	Senior Feminino	02:13:43	+59:40	07:52
205	2022	Ricardo Oliveira	anunnaki trail	Senior Masculino	02:14:34	+01:00:31	07:55
206	3097	Luís Araújo	cerveira team running	Veterano M55	02:14:40	+01:00:37	07:55
207	3162	Marisa Doreta	fardetas	Veterana F40	02:14:44	+01:00:41	07:56
208	3282	Nuno Rocha	individual	Senior Masculino	02:14:58	+01:00:55	07:56
209	3240	Angelo Martins	individual	Senior Masculino	02:14:58	+01:00:55	07:56
210	3415	Manuel de Almeida Fernandes	individual	Veterano M55	02:14:59	+01:00:56	07:56

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
211	3049	Filipe Lima	alexandra carvalho team	Veterano M40	02:15:21	+01:01:18	07:58
212	2052	Luis Jorge	cabritos da montanha	Veterano M45	02:15:39	+01:01:36	07:59
213	3147	Pedro Serra	endovelico	Senior Masculino	02:16:07	+01:02:04	08:00
214	3412	José Manuel Araújo Gonçalves	individual	Veterano M50	02:16:36	+01:02:33	08:02
215	3157	Joaquim Teixeira	equipa joão ferreira	Veterano M55	02:17:37	+01:03:34	08:06
216	3512	Marisa Novais	rinus fafe	Veterana F40	02:17:38	+01:03:35	08:06
217	3510	Rui Lobo	rinus fafe	Senior Masculino	02:17:38	+01:03:35	08:06
218	3361	Francisco Ferreira	individual	Veterano M40	02:18:42	+01:04:39	08:10
219	3071	Humberto Carvalho	bora lá correr	Veterano M40	02:18:54	+01:04:51	08:10
220	3059	Constança Brito	arca barcelos runners	Senior Feminino	02:18:59	+01:04:56	08:11
221	3234	Teresa Cristina Oliveira Lima	individual	Senior Feminino	02:19:08	+01:05:05	08:11
222	3292	Rui Estrada	individual	Senior Masculino	02:19:37	+01:05:34	08:13
223	3576	Alberto Francisco Ferreira	impetus	Veterano M40	02:19:41	+01:05:38	08:13
224	3072	Álvaro Oliveira	bora lá correr	Veterano M60	02:19:56	+01:05:53	08:14
225	3489	João Manuel Lopes Ministro	palmeira runners	Veterano M50	02:20:08	+01:06:05	08:15
226	3522	Ivo Silva	spartan beer team	Senior Masculino	02:20:11	+01:06:08	08:15
227	3476	António Almeida	os isabelinhas	Veterano M45	02:20:28	+01:06:25	08:16
228	3331	Silvia Margarida Lima	individual	Veterana F40	02:20:36	+01:06:33	08:16
229	3204	Cristina Oliveira	individual	Senior Feminino	02:21:01	+01:06:58	08:18
230	3543	Eriberto Matos	trail team montaria	Veterano M40	02:21:04	+01:07:01	08:18
231	3221	Paula Ordonho	individual	Senior Feminino	02:21:11	+01:07:08	08:18
232	3398	SILVIO MIGUEL ALVES FERREIRA	individual	Veterano M40	02:21:14	+01:07:11	08:19
233	3093	Carlos Pinheiro	cerveira team running	Veterano M45	02:21:31	+01:07:28	08:20
234	3085	Diogo Teixeira	cerveira team running	Senior Masculino	02:21:31	+01:07:28	08:20
235	3096	Joaquim Araújo	cerveira team running	Veterano M40	02:21:32	+01:07:29	08:20
236	3321	Maria Santos	individual	Veterana F40	02:21:34	+01:07:31	08:20
237	3184	Sofia Relvas	gurus	Senior Feminino	02:22:15	+01:08:12	08:22
238	3569	Tomas Sotomaior	xspartan	Senior Masculino	02:22:56	+01:08:53	08:25
239	3570	Dinis Freitas	xspartan	Veterano M40	02:22:57	+01:08:54	08:25
240	3017	Susana Ferreira	acra running	Senior Feminino	02:22:58	+01:08:55	08:25
241	3016	Helena Cerqueira	acra running	Senior Feminino	02:22:58	+01:08:55	08:25
242	3586	Adão Rocha	btt alegria // tubani	Veterano M50	02:23:27	+01:09:24	08:26
243	3333	Sonia Maria Marques dos Santos	individual	Veterana F40	02:23:29	+01:09:26	08:26
244	2045	JOÃO MIGUEL ALMEIDA DA SILVA	b. v. são mamede infesta	Senior Masculino	02:23:32	+01:09:29	08:27
245	3406	Fernando Amaro	individual	Veterano M50	02:23:32	+01:09:29	08:27
246	3530	Hélder Coutinho	team workout 48/cam	Senior Masculino	02:23:32	+01:09:29	08:27
247	3533	Sergio Duro Carmo	team workout 48/cam	Senior Masculino	02:23:33	+01:09:30	08:27
248	3070	Ana Luísa Oliveira	bora lá correr	Veterana F45	02:23:45	+01:09:42	08:27
249	3170	Miguel Freitas Gonçalves	fisiopedro trail	Senior Masculino	02:23:45	+01:09:42	08:27
250	3200	Catarina Amorim	individual	Senior Feminino	02:24:01	+01:09:58	08:28
251	3167	Daniel Neto	fisiopedro trail	Senior Masculino	02:24:04	+01:10:01	08:29
252	3276	Miguel Iomba	individual	Senior Masculino	02:24:22	+01:10:19	08:30
253	3577	António Sousa Longras	impetus	Veterano M55	02:24:58	+01:10:55	08:32
254	3366	Hugo Sergio Silva	individual	Veterano M40	02:25:00	+01:10:57	08:32

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
255	3205	Cristina Sampaio Faria	individual	Senior Feminino	02:25:01	+01:10:58	08:32
256	3248	Diogo Ribeiro	individual	Senior Masculino	02:25:40	+01:11:37	08:34
257	3532	Paulo Rigor	team workout 48/cam	Senior Masculino	02:25:42	+01:11:39	08:34
258	3193	Ana Paula Lima Alves	individual	Senior Feminino	02:25:42	+01:11:39	08:34
259	3345	Abel falcao	individual	Veterano M40	02:25:43	+01:11:40	08:34
260	3029	DARIO CRUZ	adosa - os santa apolónia	Veterano M45	02:25:59	+01:11:56	08:35
261	3238	Andre Azevedo da Silva	individual	Senior Masculino	02:26:15	+01:12:12	08:36
262	3400	Vitor Fernandes	individual	Veterano M40	02:26:16	+01:12:13	08:36
263	3300	Vitor Silva	individual	Senior Masculino	02:26:16	+01:12:13	08:36
264	3382	Mário Araújo	individual	Veterano M40	02:26:24	+01:12:21	08:37
265	3241	Bruno Andrade	individual	Senior Masculino	02:26:55	+01:12:52	08:39
266	3299	Vítor santos	individual	Senior Masculino	02:27:11	+01:13:08	08:40
267	3002	HELDER CARRASQUEIRA	100 gás trail team	Veterano M40	02:27:35	+01:13:32	08:41
268	3411	José Madureira	individual	Veterano M50	02:27:39	+01:13:36	08:41
269	3421	António Silva	individual	Veterano M60	02:27:40	+01:13:37	08:41
270	3534	Gilberto Borlido	team workout 48/cam	Veterano M40	02:27:53	+01:13:50	08:42
271	3252	Filipe Carreira	individual	Senior Masculino	02:27:55	+01:13:52	08:42
272	2116	Joaquim Alberto Garrancho Campino	gin. qta do valbom- aaalcochete	Veterano M40	02:28:26	+01:14:23	08:44
273	3414	Lobos do Monte - LINO SOUSA	individual	Veterano M55	02:28:55	+01:14:52	08:46
274	3386	Nuno Fabião	individual	Veterano M40	02:28:57	+01:14:54	08:46
275	3579	Bruno Meira	spin&run esposende	Veterano M40	02:28:58	+01:14:55	08:46
276	3334	Valentina Descovich	individual	Veterana F45	02:28:59	+01:14:56	08:46
277	3215	Mara Lucas	individual	Senior Feminino	02:29:03	+01:15:00	08:46
278	3376	José Santos Oliveira	individual	Veterano M40	02:29:05	+01:15:02	08:46
279	3152	Artur cardoso	equipa joão ferreira	Veterano M45	02:29:08	+01:15:05	08:46
280	3251	Fábio Campos	individual	Senior Masculino	02:29:08	+01:15:05	08:46
281	3327	Rosa Pereira	individual	Veterana F45	02:29:11	+01:15:08	08:47
282	3523	João Machado	squadra di potenza	Senior Masculino	02:29:41	+01:15:38	08:48
283	3488	Susana Vidal	palmeira runners	Veterana F40	02:30:16	+01:16:13	08:50
284	3083	Henrque Matos	centro ciclista de gondomar	Veterano M45	02:30:17	+01:16:14	08:50
285	3082	Sandra Matos	centro ciclista de gondomar	Veterana F40	02:30:17	+01:16:14	08:50
286	3005	Juliana Dias	a d esmeriz running	Senior Feminino	02:30:22	+01:16:19	08:51
287	3006	francisco tinoco	a d esmeriz running	Veterano M40	02:30:22	+01:16:19	08:51
288	3290	Ricardo Meireles	individual	Senior Masculino	02:30:25	+01:16:22	08:51
289	3461	Gonçalo Gomes	oada - os amigos da aventura	Junior Masculino	02:30:39	+01:16:36	08:52
290	3409	José Cardoso	individual	Veterano M50	02:30:52	+01:16:49	08:53
291	3387	Nuno lima	individual	Veterano M40	02:30:52	+01:16:49	08:53
292	3367	Inácio Vitor	individual	Veterano M40	02:30:52	+01:16:49	08:53
293	3473	Eusébio gaiao ruas	olímpico vianense trail	Veterano M50	02:30:54	+01:16:51	08:53
294	3309	ANA SINDE CANTORNA	individual	Veterana F45	02:30:54	+01:16:51	08:53
295	3174	Ricardo A. Silva Sousa	fit gaia trail	Veterano M40	02:31:10	+01:17:07	08:54
296	3566	Isabel Carvalho	wolves	Veterana F45	02:31:25	+01:17:22	08:54
297	3257	Hernâni Veríssimo	individual	Senior Masculino	02:31:30	+01:17:27	08:55
298	3444	Rui Araújo	melaria limiana	Senior Masculino	02:31:44	+01:17:41	08:56
299	3066	Rui Silva	associação brunheiro natural	Veterano M40	02:32:25	+01:18:22	08:58

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
300	3384	Miguel Alves	individual	Veterano M40	02:32:49	+01:18:46	08:59
301	3271	Luis Miguel Freitas	olímpico vianense trail	Senior Masculino	02:32:50	+01:18:47	08:59
302	3588	Sara Antunes	individual	Senior Feminino	02:32:52	+01:18:49	09:00
303	3595	Pedro Castel-Branco	trail team montaria	Veterano M60	02:33:05	+01:19:02	09:00
304	3033	Daniel Meira	affense trail	Senior Masculino	02:33:52	+01:19:49	09:03
305	3275	Miguel Faria	individual	Senior Masculino	02:34:02	+01:19:59	09:04
306	3314	Carla Ferreira	individual	Veterana F40	02:34:03	+01:20:00	09:04
307	3420	António Antunes	individual	Veterano M60	02:34:03	+01:20:00	09:04
308	3568	Rui Lopes	xspartan	Senior Masculino	02:34:32	+01:20:29	09:05
309	3425	Liliana vieira	kemedo team	Senior Feminino	02:34:47	+01:20:44	09:06
310	3592	Francisco Granja	individual	Veterano M60	02:34:52	+01:20:49	09:07
311	3091	Sandra Araújo	cerveira team running	Veterana F40	02:34:56	+01:20:53	09:07
312	3394	Rui Ribeiro	individual	Veterano M45	02:35:07	+01:21:04	09:07
313	3481	Andreia Costa	os sonos	Senior Feminino	02:36:21	+01:22:18	09:12
314	3062	Cidália Rodrigues	arca barcelos runners	Veterana F45	02:37:10	+01:23:07	09:15
315	3284	Paulo Almeida	boavista trail	Senior Masculino	02:37:11	+01:23:08	09:15
316	3199	Carla Sofia Jesus da Costa	boavista trail	Senior Feminino	02:37:12	+01:23:09	09:15
317	3149	Maria Fonseca	equipa joão ferreira	Veterana F45	02:37:23	+01:23:20	09:15
318	3150	Ana margarida	equipa joão ferreira	Veterana F50	02:37:23	+01:23:20	09:15
319	3177	Patrícia Rodrigues	galhardos runners	Veterana F40	02:37:23	+01:23:20	09:16
320	3155	Paulo silva	equipa joão ferreira	Veterano M45	02:37:25	+01:23:22	09:16
321	3100	ALBERTO BRANDÃO	clube desportivo cepsa	Veterano M45	02:37:40	+01:23:37	09:16
322	3559	MIGUEL OLIVEIRA	vidaativarunners	Veterano M50	02:37:44	+01:23:41	09:17
323	3249	Ernesto Araújo	individual	Senior Masculino	02:37:47	+01:23:44	09:17
324	3500	PAULO FERREIRA	portocargo runners	Veterano M45	02:38:16	+01:24:13	09:19
325	3401	Alcídio Figueiredo	individual	Veterano M50	02:38:17	+01:24:14	09:19
326	3065	João Cruz	arca barcelos runners	Veterano M55	02:38:19	+01:24:16	09:19
327	3064	Ana Maria Matos	arca barcelos runners	Veterana F50	02:38:19	+01:24:16	09:19
328	3495	RICARDO PEREIRA	portocargo runners	Senior Masculino	02:38:21	+01:24:18	09:19
329	3111	Joaquim Ribeiro	crp - ribafria	Veterano M55	02:38:41	+01:24:38	09:20
330	3110	Viviana Ribeiro	crp - ribafria	Senior Feminino	02:38:41	+01:24:38	09:20
331	3397	sergio pereira braga	individual	Veterano M40	02:38:56	+01:24:53	09:21
332	3312	Carla Antunes	individual	Veterana F40	02:38:56	+01:24:53	09:21
333	3431	Isabel Domingues	lebres minhotas	Veterana F45	02:39:05	+01:25:02	09:21
334	3471	Oscar Sousa	olímpico vianense trail	Senior Masculino	02:39:07	+01:25:04	09:22
335	3424	Joaquim Pereira	amc trail	Veterano M60	02:39:13	+01:25:10	09:22
336	3101	FILIPE BRANDÃO	clube desportivo cepsa	Veterano M40	02:39:31	+01:25:28	09:23
337	3591	Maria Rebelo	individual	Veterana F50	02:39:43	+01:25:40	09:24
338	3228	Sofia Maria Afonso Carvalhido	individual	Senior Feminino	02:39:54	+01:25:51	09:24
339	3391	Raul silva	individual	Veterano M45	02:40:24	+01:26:21	09:26
340	3231	Tânia Cristina Fernandes Sousa	individual	Senior Feminino	02:40:33	+01:26:30	09:27
341	3118	Nuno Ribeiro	dói-me quase tudo...	Veterano M40	02:40:33	+01:26:30	09:27
342	3116	António Carvalho	dói-me quase tudo...	Veterano M45	02:40:33	+01:26:30	09:27
343	2165	Rafael Silva	individual	Senior Masculino	02:40:35	+01:26:32	09:27
344	3045	Susana Silva	alexandra carvalho team	Senior Feminino	02:40:57	+01:26:54	09:28

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
345	3163	Miguel Queirós	fordetas	Veterano M40	02:41:00	+01:26:57	09:28
346	3433	Jorge Sousa	lethes trail team	Veterano M55	02:41:06	+01:27:03	09:29
347	3521	Rodrigo Pedrosa	solas rotas	Veterano M40	02:41:08	+01:27:05	09:29
348	3120	Francisco Pilão Pinto da Fonseca	dórémi	Veterano M40	02:41:48	+01:27:45	09:31
349	3119	Maria de Jesus da Silva Pinto	dórémi	Veterana F40	02:41:48	+01:27:45	09:31
350	3212	Juliana Florencio dos Santos	individual	Senior Feminino	02:41:51	+01:27:48	09:31
351	3506	Rita Cipriano	puxa por ti	Veterana F40	02:41:52	+01:27:49	09:31
352	3504	Célia Filipe	puxa por ti	Veterana F45	02:41:52	+01:27:49	09:31
353	3456	Maria Moutinho	nocturnos de paredes	Veterana F40	02:41:56	+01:27:53	09:32
354	3259	JOÃO ALEIXO	individual	Senior Masculino	02:42:06	+01:28:03	09:32
355	3260	João Baldaia	individual	Senior Masculino	02:42:39	+01:28:36	09:34
356	2075	HELENA ANTONIA DE ARAUJO NOGUEIRA	clubemillenniumbcp	Veterana F50	02:42:47	+01:28:44	09:35
357	3076	Nelson Martins	btt alegria // tubani	Senior Masculino	02:42:48	+01:28:45	09:35
358	3323	MARTA FONSECA	individual	Veterana F45	02:42:51	+01:28:48	09:35
359	3395	SEBASTIÃO PEREIRA	individual	Veterano M45	02:42:52	+01:28:49	09:35
360	3098	FRANCISCO MENDES	clube desportivo cepsa	Senior Masculino	02:43:03	+01:29:00	09:35
361	3202	Cátia Roque	individual	Senior Feminino	02:43:35	+01:29:32	09:37
362	3458	Rui Silva	nocturnos de paredes	Veterano M45	02:44:09	+01:30:06	09:39
363	3455	Maria Jesus	nocturnos de paredes	Veterana F45	02:44:09	+01:30:06	09:39
364	3396	Sergio Fernández Rodríguez	individual	Veterano M45	02:44:22	+01:30:19	09:40
365	2094	Maria Augusta	ecobaraventura	Veterana F40	02:44:28	+01:30:25	09:41
366	3001	Valter Caseiro	#correcabrón	Veterano M40	02:44:29	+01:30:26	09:41
367	3469	Sara Sousa	olímpico vianense trail	Senior Feminino	02:44:35	+01:30:32	09:41
368	3063	Sandra Moura	arca barcelos runners	Veterana F40	02:45:14	+01:31:11	09:43
369	3529	Mariana Patrão	team workout 48/cam	Senior Feminino	02:45:24	+01:31:21	09:44
370	3528	Fátima Pereira	team workout 48/cam	Senior Feminino	02:45:24	+01:31:21	09:44
371	3011	Miguel Martins	academia desportiva de arcos de valdevez	Senior Masculino	02:45:24	+01:31:21	09:44
372	3117	Cláudio Guarda	dói-me quase tudo...	Veterano M40	02:45:33	+01:31:30	09:44
373	2033	Natasha Planas Dias	aroo	Veterana F45	02:46:36	+01:32:33	09:48
374	3178	Isabel carvalho	gin. qta do valbom- aaalcochete	Veterana F40	02:46:43	+01:32:40	09:48
375	3503	Victor Pinto	produções manhosas	Senior Masculino	02:47:00	+01:32:57	09:49
376	3575	Sandra Martins	cerealis-milaneza	Veterana F40	02:47:08	+01:33:05	09:50
377	2126	Eduarda Barros	individual	Senior Feminino	02:47:11	+01:33:08	09:50
378	2125	Catarina Oliveira	individual	Senior Feminino	02:47:17	+01:33:14	09:50
379	3548	Paula Manuela Dias	trepatrilhos trail team	Veterana F45	02:47:17	+01:33:14	09:50
380	3426	Anabela Gomes	kemedo team	Veterana F45	02:47:18	+01:33:15	09:50
381	3428	Luis Gomes	kemedo team	Veterano M50	02:47:18	+01:33:15	09:51
382	3417	Pedro Lucas	individual	Veterano M50	02:47:35	+01:33:32	09:51
383	3196	Bianca	individual	Senior Feminino	02:48:22	+01:34:19	09:54
384	3229	Solange Chavarria	individual	Senior Feminino	02:48:22	+01:34:19	09:54
385	3310	Augusta Barbosa	individual	Veterana F45	02:48:54	+01:34:51	09:56
386	3435	Vanda Coelho	lincs de montemor	Veterana F40	02:48:55	+01:34:52	09:56
387	3160	Márcio David da Costa Almeid	euro bic viseu são josé	Senior Masculino	02:48:55	+01:34:52	09:56
388	3318	Madalena Martins	individual	Veterana F45	02:49:08	+01:35:05	09:57

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
389	3311	Carine Reis	individual	Veterana F40	02:49:10	+01:35:07	09:57
390	3557	MARIANA OLIVEIRA	vidaativarunners	Veterana F40	02:49:10	+01:35:07	09:57
391	3558	JOAQUIM MIRANDA	vidaativarunners	Veterano M40	02:49:11	+01:35:08	09:57
392	3552	JOANA CORREIA	vidaativarunners	Senior Feminino	02:49:11	+01:35:08	09:57
393	3010	Andreia Vicente Cabrito	abcansado trail	Senior Feminino	02:49:16	+01:35:13	09:57
394	3301	Vitor Sousa	individual	Senior Masculino	02:49:43	+01:35:40	09:59
395	3186	Maria Relvas	gurus	Veterana F45	02:49:47	+01:35:44	09:59
396	3410	Jose luis moreira	individual	Veterano M55	02:50:33	+01:36:30	10:02
397	3593	Manuel Monteiro	cerveira team running	Veterano M55	02:51:15	+01:37:12	10:04
398	3088	Isabel Rolan	cerveira team running	Veterana F40	02:51:15	+01:37:12	10:04
399	3126	Teresa Neiva	ecobarcaventura	Veterana F50	02:51:17	+01:37:14	10:05
400	3305	Fabio Fernandes	individual	Sub 23 Masculino	02:51:19	+01:37:16	10:05
401	3418	Sérgio Enes	individual	Veterano M50	02:51:23	+01:37:20	10:05
402	3338	Fátima Barros	individual	Veterana F55	02:51:52	+01:37:49	10:07
403	3069	David Martins	benedita team	Veterano M40	02:52:37	+01:38:34	10:09
404	3315	Carla Sofia Aguiar Silva	individual	Veterana F45	02:52:37	+01:38:34	10:09
405	3546	Sara Macedo	trailistas "eu é que sei!"	Veterana F40	02:52:43	+01:38:40	10:10
406	3038	Emanuela Corga Morais	agd sports academy	Senior Feminino	02:53:21	+01:39:18	10:12
407	3109	Jaime Gonçalves	cr candoso	Veterano M50	02:53:36	+01:39:33	10:13
408	3313	Carla Caldas	individual	Veterana F40	02:54:17	+01:40:14	10:15
409	3330	SANDRINE ROUEDOU	individual	Veterana F40	02:54:36	+01:40:33	10:16
410	3243	Bruno Santos	individual	Senior Masculino	02:54:37	+01:40:34	10:16
411	3482	Catarina Brito	os sonos	Senior Feminino	02:55:25	+01:41:22	10:19
412	3547	Marta Noval	travassós running fafe	Senior Feminino	02:55:25	+01:41:22	10:19
413	3188	Ivan Chedas	individual	Junior Masculino	02:55:56	+01:41:53	10:21
414	3354	Daniel Chedas	individual	Veterano M40	02:56:04	+01:42:01	10:21
415	3201	Cátia Domingues	individual	Senior Feminino	02:56:31	+01:42:28	10:23
416	3520	Pedro Ribeiro	seri trail team	Senior Masculino	02:56:31	+01:42:28	10:23
417	3263	Joao Pedro Oliveria da Cunha	individual	Senior Masculino	02:56:31	+01:42:28	10:23
418	3380	Manuel Peixoto	individual	Veterano M45	02:56:33	+01:42:30	10:23
419	3374	José Manuel Silva Peixoto	individual	Veterano M40	02:56:33	+01:42:30	10:23
420	3335	Vânia Ramalho	individual	Veterana F40	02:56:43	+01:42:40	10:24
421	3518	Márcio Teixeira	seri trail team	Senior Masculino	02:56:44	+01:42:41	10:24
422	3524	Pedro Perpétua	strongream	Veterano M45	02:56:45	+01:42:42	10:24
423	3288	Pedro Silva	individual	Senior Masculino	02:57:22	+01:43:19	10:26
424	3416	Miguel Henriques	individual	Veterano M50	02:57:34	+01:43:31	10:27
425	3316	Cátia Cachada	individual	Veterana F40	02:57:41	+01:43:38	10:27
426	3102	PAULO BRANDÃO	clube desportivo cepsa	Veterano M40	02:58:32	+01:44:29	10:30
427	3232	Tânia Silva	individual	Senior Feminino	02:58:33	+01:44:30	10:30
428	3484	Susana Bértolo	os tolinhos	Veterana F45	02:58:42	+01:44:39	10:31
429	3402	António Manuel dos Santos Couto	individual	Veterano M50	02:58:59	+01:44:56	10:32
430	3356	FERNANDO CAMPOS	individual	Veterano M45	02:59:48	+01:45:45	10:35
431	3121	Vania Alvitano	douroconta - gabinete de apoio e contabilidade, lda	Senior Feminino	02:59:53	+01:45:50	10:35
432	3105	Marcelo Paulino	clube sosi	Senior Masculino	03:00:02	+01:45:59	10:35
433	3104	Beatriz Vívar	clube sosi	Senior Feminino	03:00:02	+01:45:59	10:35

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
434	3024	José Coelho	adeca	Veterano M50	03:00:05	+01:46:02	10:36
435	3139	Liliana Rocha	ei team trail	Senior Feminino	03:00:26	+01:46:23	10:37
436	3081	Eugénia Pereira	carla almeida	Veterana F40	03:00:30	+01:46:27	10:37
437	3080	Carla Almeida	carla almeida	Senior Feminino	03:00:30	+01:46:27	10:37
438	3279	Nelson Veloso	individual	Senior Masculino	03:00:30	+01:46:27	10:37
439	3235	Vera Lúcia Viana Ribeiro	individual	Senior Feminino	03:00:32	+01:46:29	10:37
440	3457	Eusébio Adão Barbosa	nocturnos de paredes	Veterano M45	03:00:32	+01:46:29	10:37
441	3216	MARTA ROSA	individual	Senior Feminino	03:00:35	+01:46:32	10:37
442	3191	Ana Cristina pereira da Rosa	individual	Senior Feminino	03:00:35	+01:46:32	10:37
443	3556	ANA ROCHA	vidaativarunners	Veterana F40	03:01:29	+01:47:26	10:41
444	3336	ANA SOUSA	boavista trail	Veterana F50	03:01:37	+01:47:34	10:41
445	3525	Gisela Sofia de Sousa Faria	team lanthemil	Senior Feminino	03:01:37	+01:47:34	10:41
446	3542	António Matos	trail team montaria	Veterano M40	03:01:37	+01:47:34	10:41
447	3505	Lília Noya	puxa por ti	Veterana F40	03:02:48	+01:48:45	10:45
448	3159	CRISTINA DUARTE	espinho trail	Veterana F45	03:03:02	+01:48:59	10:46
449	3008	Paula Carneiro	a voar	Veterana F40	03:03:04	+01:49:01	10:46
450	3007	Ana Soares	a voar	Senior Feminino	03:03:05	+01:49:02	10:46
451	3355	eduardo paulo nogueira castro	individual	Veterano M45	03:03:18	+01:49:15	10:47
452	3125	Clara Ferreira	ecobarcaventura	Veterana F50	03:03:31	+01:49:28	10:48
453	3404	Elisio de Jesus da Silva Ferreira	individual	Veterano M50	03:03:36	+01:49:33	10:48
454	3596	Sónia Lurdes Machado	individual	Veterana F40	03:03:45	+01:49:42	10:49
455	3026	Liliana do Rosário Freitas	adgalomar	Veterana F40	03:03:47	+01:49:44	10:49
456	3439	CARLA MAGALHÃES	lobos do monte	Senior Feminino	03:03:56	+01:49:53	10:49
457	3440	Carlos Monteiro	lobos do monte	Veterano M45	03:03:56	+01:49:53	10:49
458	3590	diogo vasconcelos	individual	Senior Masculino	03:04:47	+01:50:44	10:52
459	3227	Sara Franco	lethes trail team	Senior Feminino	03:04:58	+01:50:55	10:53
460	3197	Carina Sofia Oliveira Correia	individual	Senior Feminino	03:05:22	+01:51:19	10:54
461	3176	Isabel Rodrigues	galhardos runners	Veterana F40	03:05:25	+01:51:22	10:54
462	2250	Andreia Ribeiro	boavista trail	Veterana F40	03:05:45	+01:51:42	10:56
463	3490	Sonia Silva	paredes running	Veterana F40	03:05:47	+01:51:44	10:56
464	3491	Antonio barbosa	paredes running	Veterano M40	03:05:47	+01:51:44	10:56
465	3493	Beatriz Loureiro	pernetas	Senior Feminino	03:06:09	+01:52:06	10:57
466	3497	DULCE RESENDE	portocargo runners	Veterana F50	03:06:55	+01:52:52	11:00
467	3208	Diana Tavares	individual	Senior Feminino	03:07:03	+01:53:00	11:00
468	3337	Emília Pinto	individual	Veterana F50	03:07:33	+01:53:30	11:02
469	3351	António Pinto	individual	Veterano M45	03:07:33	+01:53:30	11:02
470	3187	Daniel torre vale	individual	Junior Masculino	03:07:35	+01:53:32	11:02
471	3090	Maria José	cerveira team running	Veterana F45	03:08:12	+01:54:09	11:04
472	3035	Zé Diogo	affense trail	Sub 23 Masculino	03:09:10	+01:55:07	11:08
473	3030	Mariana Antunes	afifense trail	Junior Feminino	03:09:11	+01:55:08	11:08
474	3564	JORGE MESQUITA	vimarunners	Senior Masculino	03:09:12	+01:55:09	11:08
475	3563	RITA COSTA	vimarunners	Senior Feminino	03:09:12	+01:55:09	11:08
476	3537	Silvia Martins	trail team montaria	Junior Feminino	03:09:20	+01:55:17	11:08
477	3344	MARIA JOSE HERNANDEZ VASCONEZ	individual	Veterana F60	03:09:20	+01:55:17	11:08
478	3183	Sofia	gtt armazém do café	Veterana F45	03:09:58	+01:55:55	11:10

K17 - STAGE 1

17 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
479	3594	ISABEL GONSALVES	individual	Veterana F45	03:10:28	+01:56:25	11:12
480	3206	Daniela Silva	individual	Senior Feminino	03:10:29	+01:56:26	11:12
481	3130	Garcia Da Silva	ecobarcaventura	Veterano M60	03:10:29	+01:56:26	11:12
482	3540	Andre Barros	trail team montaria	Senior Masculino	03:11:17	+01:57:14	11:15
483	3483	Ricardo Branco	os sonos	Senior Masculino	03:11:58	+01:57:55	11:18
484	3190	Ana Barreira	individual	Senior Feminino	03:11:59	+01:57:56	11:18
485	3291	Roberto Silva	individual	Senior Masculino	03:12:02	+01:57:59	11:18
486	3434	Luís Leal	libidium slow	Senior Masculino	03:12:17	+01:58:14	11:19
487	3308	Ana ferreira	individual	Veterana F45	03:12:37	+01:58:34	11:20
488	3442	SUSANA MARIZ	loja staff	Senior Feminino	03:12:46	+01:58:43	11:20
489	3443	CESAR MARIZ	loja staff	Senior Masculino	03:12:46	+01:58:43	11:20
490	3099	MARISA SILVA	clube desportivo cepsa	Veterana F40	03:15:01	+02:00:58	11:28
491	3319	Maria Carmo Pinto	individual	Veterana F45	03:16:15	+02:02:12	11:33
492	3317	Dora Ventura	individual	Veterana F40	03:16:15	+02:02:12	11:33
493	3565	Cristina Coelho	wolves	Veterana F45	03:16:18	+02:02:15	11:33
494	3453	Bruna Silva	nocturnos de paredes	Senior Feminino	03:17:21	+02:03:18	11:37
495	3219	Mónica Paula Ferreira Cabecinhas	individual	Senior Feminino	03:17:54	+02:03:51	11:38
496	3258	IOANNIS RODITAKIS	individual	Senior Masculino	03:17:59	+02:03:56	11:39
497	3274	MICHAIL NTOUSKAS	individual	Senior Masculino	03:17:59	+02:03:56	11:39
498	3009	Ana Maria Morais Cerfaco	abcansado trail	Senior Feminino	03:18:04	+02:04:01	11:39
499	3281	Nuno Gonçalves Santos Monteiro	individual	Senior Masculino	03:18:04	+02:04:01	11:39
500	3302	Vítor Vilela	individual	Senior Masculino	03:18:15	+02:04:12	11:40
501	3067	Zenaida Andrade	avila runners	Veterana F45	03:18:31	+02:04:28	11:41
502	3445	Ilda Rodrigues Cardadeiro	melgaço alvarinho trail team	Veterana F45	03:19:07	+02:05:04	11:43
503	3517	André Vasconcelos	seri trail team	Senior Masculino	03:19:45	+02:05:42	11:45
504	3502	Sandra	produções manhosas	Senior Feminino	03:19:56	+02:05:53	11:46
505	3377	José Silva	individual	Veterano M45	03:21:42	+02:07:39	11:52
506	3375	José Matos	individual	Veterano M40	03:21:44	+02:07:41	11:52
507	3446	Ivete Rodrigues Gonçalves Alves	melgaço alvarinho trail team	Veterana F45	03:22:09	+02:08:06	11:54
508	3222	Rita Coelho	individual	Senior Feminino	03:22:46	+02:08:43	11:56
509	3280	Nuno André Fernandes Couto	individual	Senior Masculino	03:22:46	+02:08:43	11:56
510	3103	MARIA ADELAIDE PEREIRA	clube novo banco	Veterana F60	03:23:34	+02:09:31	11:58
511	3209	Helena Passos	individual	Senior Feminino	03:24:15	+02:10:12	12:01
512	3303	Catarina Passos	individual	Sub 23 Feminino	03:24:16	+02:10:13	12:01
513	3341	Maria Manuela Ataíde Santos	individual	Veterana F50	03:24:22	+02:10:19	12:01
514	3175	Joaquim de Sousa	fit2labor	Veterano M45	03:25:47	+02:11:44	12:06
515	3571	Mónica Margaride	yazaki runners	Veterana F40	03:25:47	+02:11:44	12:06
516	3128	Vitor Rodrigues	ecobarcaventura	Veterano M45	03:26:10	+02:12:07	12:08
517	3326	Paula Luis	individual	Veterana F45	03:26:12	+02:12:09	12:08
518	3236	Vitorino	individual	Senior Feminino	03:26:34	+02:12:31	12:09
519	3079	Ricardo Santos	cabritos da montanha	Senior Masculino	03:28:31	+02:14:28	12:16
520	3501	Cidália Alves	produções manhosas	Senior Feminino	03:28:40	+02:14:37	12:16
521	3180	MARIA DA LUZ LOURENÇO	gondaráfrente	Veterana F55	03:29:59	+02:15:56	12:21
522	3182	JOSÉ LOURENÇO	gondaráfrente	Veterano M55	03:29:59	+02:15:56	12:21
523	3324	MARTINEZ Alicia	individual	Veterana F45	03:30:23	+02:16:20	12:23

K17 - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
524	3390	pereira de lima eric	individual	Veterano M45	03:30:23	+02:16:20	12:23
525	3460	José Alberto Teixeira	nocturnos de paredes	Veterano M55	03:30:44	+02:16:41	12:24
526	3454	Margarida Silva	nocturnos de paredes	Senior Feminino	03:30:44	+02:16:41	12:24
527	3037	Lurdes ramos	afifense trail	Veterana F40	03:31:20	+02:17:17	12:26
528	3036	Carina Mendes	afifense trail	Veterana F40	03:31:21	+02:17:18	12:26
529	3031	francisco oliveira	afifense trail	Junior Masculino	03:31:21	+02:17:18	12:26
530	3032	Patrícia Amorim	afifense trail	Senior Feminino	03:31:21	+02:17:18	12:26
531	3357	Fernando Fernandes	individual	Veterano M45	03:32:21	+02:18:18	12:29
532	3342	MARIA PEIXOTO	individual	Veterana F50	03:32:21	+02:18:18	12:29
533	3340	Isaura de Almeida	individual	Veterana F50	03:41:06	+02:27:03	13:00
534	3226	Sara Brandao	individual	Senior Feminino	03:41:30	+02:27:27	13:02
535	3218	Melissa Piedade	individual	Senior Feminino	03:47:29	+02:33:26	13:23
536	3438	Susana Faria	lion runners - g. d. leões da guarda	Senior Feminino	04:08:05	+02:54:02	14:36
537	3339	Graça Silva	individual	Veterana F50	04:08:05	+02:54:02	14:36

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17 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	15.6°C	100%
End	13:08	15.6°C	100%

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

1	3468	Ana Domingues	OLÍMPICO VIANENSE TRAIL	Junior Feminino	01:51:06	+37:03	06:32:09
2	3030	Mariana Antunes	Afifense Trail	Junior Feminino	03:09:11	+01:55:08	11:08:19
3	3537	Silvia Martins	TRAIL TEAM MONTARIA	Junior Feminino	03:09:20	+01:55:17	11:08:37

Junior Masculino

1	3027	João Tomás Pinto Camacho	ADGalomar/Tfalcon	Junior Masculino	01:41:48	+27:45	05:59
2	3189	Tiago Pereira	Individual	Junior Masculino	01:44:33	+30:30	06:09
3	3052	GONÇALO FREITAS	AMC TRAIL	Junior Masculino	02:03:04	+49:01	07:14
4	3158	JORGE DUARTE	ESPINHO TRAIL	Junior Masculino	02:07:04	+53:01	07:29
5	3461	Gonçalo Gomes	OADA - Os Amigos da Aventura	Junior Masculino	02:30:39	+01:16:36	08:52
6	3188	Ivan Chedas	Individual	Junior Masculino	02:55:56	+01:41:53	10:21
7	3187	Daniel torre vale	Individual	Junior Masculino	03:07:35	+01:53:32	11:02
8	3031	francisco oliveira	Afifense Trail	Junior Masculino	03:31:21	+02:17:18	12:26

Senior Feminino

1	3140	Edena Lídia Coelho Lima	Emicela Team	Senior Feminino	01:40:34	+26:31	05:55
2	3194	Anabela Fernandes	Individual	Senior Feminino	01:41:44	+27:41	05:59
3	3164	SANDRA ARAÚJO	FISIO.	Senior Feminino	01:51:41	+37:38	06:34
4	3207	Diana Costa	Academia Desportiva de Arcos de Valdevez	Senior Feminino	01:53:35	+39:32	06:4
5	3015	Catarina Dantas	ACRA running	Senior Feminino	01:58:12	+44:09	06:57
6	3211	Joana Isabel Bela Branco	Individual	Senior Feminino	01:59:10	+45:07	07:01
7	3161	Olga Cristiana Ferreira Mota	F. C. Vizela	Senior Feminino	02:02:09	+48:06	07:11
8	3025	Mónica Joana Gouveia Freitas	ADGalomar	Senior Feminino	02:03:09	+49:06	07:15
9	3028	Sónia Silva	ADGalomar/Tfalcon	Senior Feminino	02:04:00	+49:57	07:18
10	3107	Silvia Gomes	Correr por prazer a 2	Senior Feminino	02:05:22	+51:19	07:22
11	3217	Matilde Sofia Soares de Brito	Individual	Senior Feminino	02:05:24	+51:21	07:23
12	3060	Lúcia Dias	ARCA BarceloS runners	Senior Feminino	02:09:38	+55:35	07:38
13	3195	Andreia Sofia Santos Mota	Individual	Senior Feminino	02:10:16	+56:13	07:40
14	3084	Celsa Pérez	Cerveira Team Running	Senior Feminino	02:13:43	+59:40	07:52
15	3059	Constança Brito	ARCA BarceloS runners	Senior Feminino	02:18:59	+01:04:56	08:11
16	3234	Teresa Cristina Oliveira Lima	Individual	Senior Feminino	02:19:08	+01:05:05	08:11
17	3204	Cristina Oliveira	Individual	Senior Feminino	02:21:01	+01:06:58	08:18
18	3221	Paula Ordonho	Individual	Senior Feminino	02:21:11	+01:07:08	08:18
19	3184	Sofia Relvas	GURUS	Senior Feminino	02:22:15	+01:08:12	08:22
20	3017	Susana Ferreira	ACRA running	Senior Feminino	02:22:58	+01:08:55	08:25
21	3016	Helena Cerqueira	ACRA running	Senior Feminino	02:22:58	+01:08:55	08:25

Official Timekeeper: Lap2Go	1 / 14	generate 26-Sep-2019 12:16
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K17

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22	3200	Catarina Amorim	Individual	Senior Feminino	02:24:01	+01:09:58	08:28
23	3205	Cristina Sampaio Faria	Individual	Senior Feminino	02:25:01	+01:10:58	08:32
24	3193	Ana Paula Lima Alves	Individual	Senior Feminino	02:25:42	+01:11:39	08:34
25	3215	Mara Lucas	Individual	Senior Feminino	02:29:03	+01:15:00	08:46
26	3005	Juliana Dias	A D ESMERIZ RUNNING	Senior Feminino	02:30:22	+01:16:19	08:51
27	3588	Sara Antunes	Individual	Senior Feminino	02:32:52	+01:18:49	09:00
28	3425	Liliana vieira	KeMedo Team	Senior Feminino	02:34:47	+01:20:44	09:06
29	3481	Andreia Costa	Os sonos	Senior Feminino	02:36:21	+01:22:18	09:12
30	3199	Carla Sofia Jesus da Costa	Boavista Trail	Senior Feminino	02:37:12	+01:23:09	09:13
31	3110	Viviana Ribeiro	CRP - Ribafria	Senior Feminino	02:38:41	+01:24:38	09:20
32	3228	Sofia Maria Afonso Carvalhido	Individual	Senior Feminino	02:39:54	+01:25:51	09:24
33	3231	Tânia Cristina Fernandes Sousa	Individual	Senior Feminino	02:40:33	+01:26:30	09:27
34	3045	Susana Silva	Alexandra Carvalho Team	Senior Feminino	02:40:57	+01:26:54	09:28
35	3212	Juliana Florencio dos Santos	Individual	Senior Feminino	02:41:51	+01:27:48	09:31
36	3202	Cátia Roque	Individual	Senior Feminino	02:43:35	+01:29:32	09:37
37	3469	Sara Sousa	OLÍMPICO VIANENSE TRAIL	Senior Feminino	02:44:35	+01:30:32	09:41
38	3529	Mariana Patrão	Team Workout 48/CAM	Senior Feminino	02:45:24	+01:31:21	09:44
39	3528	Fátima Pereira	Team Workout 48/CAM	Senior Feminino	02:45:24	+01:31:21	09:44
40	2126	Eduarda Barros	Individual	Senior Feminino	02:47:11	+01:33:08	09:50
41	2125	Catarina Oliveira	Individual	Senior Feminino	02:47:17	+01:33:14	09:50
42	3196	Bianca	Individual	Senior Feminino	02:48:22	+01:34:19	09:54
43	3229	Solange Chavarria	Individual	Senior Feminino	02:48:22	+01:34:19	09:54
44	3552	JOANA CORREIA	VIDAATIVARUNNERS	Senior Feminino	02:49:11	+01:35:08	09:57
45	3010	Andreia Vicente Cabrito	ABCansado Trail	Senior Feminino	02:49:16	+01:35:13	09:57
46	3038	Emanuela Corga Morais	Agd sports academy	Senior Feminino	02:53:21	+01:39:18	10:12
47	3482	Catarina Brito	Os sonos	Senior Feminino	02:55:25	+01:41:22	10:19
48	3547	Marta Noval	Travassós Running Fafe	Senior Feminino	02:55:25	+01:41:22	10:19
49	3201	Cátia Domingues	Individual	Senior Feminino	02:56:31	+01:42:28	10:23
50	3232	Tânia Silva	Individual	Senior Feminino	02:58:33	+01:44:30	10:30
51	3121	Vania Alvitano	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Senior Feminino	02:59:53	+01:45:50	10:35
52	3104	Beatriz Vivar	Clube Sosi	Senior Feminino	03:00:02	+01:45:59	10:35
53	3139	Liliana Rocha	El Team Trail	Senior Feminino	03:00:26	+01:46:23	10:37
54	3080	Carla Almeida	Carla Almeida	Senior Feminino	03:00:30	+01:46:27	10:37
55	3235	Vera Lúcia Viana Ribeiro	Individual	Senior Feminino	03:00:32	+01:46:29	10:37
56	3216	MARTA ROSA	Individual	Senior Feminino	03:00:35	+01:46:32	10:37
57	3191	Ana Cristina pereira da Rosa	Individual	Senior Feminino	03:00:35	+01:46:32	10:37
58	3525	Gisela Sofia de Sousa Faria	TEAM LANTEMIL	Senior Feminino	03:01:37	+01:47:34	10:41
59	3007	Ana Soares	A voar	Senior Feminino	03:03:05	+01:49:02	10:46
60	3439	CARLA MAGALHÃES	Lobos Do Monte	Senior Feminino	03:03:56	+01:49:53	10:49
61	3227	Sara Franco	LETHES TRAIL TEAM	Senior Feminino	03:04:58	+01:50:55	10:53
62	3197	Carina Sofia Oliveira Correia	Individual	Senior Feminino	03:05:22	+01:51:19	10:54
63	3493	Beatriz Loureiro	Pernetas	Senior Feminino	03:06:09	+01:52:06	10:57
64	3208	Diana Tavares	Individual	Senior Feminino	03:07:03	+01:53:00	11:00
65	3563	RITA COSTA	vimarunners	Senior Feminino	03:09:12	+01:55:09	11:08
66	3206	Daniela Silva	Individual	Senior Feminino	03:10:29	+01:56:26	11:12
67	3190	Ana Barreira	Individual	Senior Feminino	03:11:59	+01:57:56	11:18

Official Timekeeper: Lap2Go	2 / 14	generate 26-Sep-2019 12:16
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OFFICIAL RESULT

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68	3442	SUSANA MARIZ	LOJA STAFF	Senior Feminino	03:12:46	+01:58:43	11:20
69	3453	Bruna Silva	NOCTURNOS DE PAREDES	Senior Feminino	03:17:21	+02:03:18	11:37
70	3219	Mónica Paula Ferreira Cabecinhas	Individual	Senior Feminino	03:17:54	+02:03:51	11:38
71	3009	Ana Maria Morais Ceríaco	ABCansado Trail	Senior Feminino	03:18:04	+02:04:01	11:39
72	3502	Sandra	Produções Manhosas	Senior Feminino	03:19:56	+02:05:53	11:46
73	3222	Rita Coelho	Individual	Senior Feminino	03:22:46	+02:08:43	11:56
74	3209	Helena Passos	Individual	Senior Feminino	03:24:15	+02:10:12	12:01
75	3236	Vitorino	Individual	Senior Feminino	03:26:34	+02:12:31	12:09
76	3501	Cidália Alves	Produções Manhosas	Senior Feminino	03:28:40	+02:14:37	12:16
77	3454	Margarida Silva	NOCTURNOS DE PAREDES	Senior Feminino	03:30:44	+02:16:41	12:24
78	3032	Patrícia Amorim	Affense Trail	Senior Feminino	03:31:21	+02:17:18	12:26
79	3226	Sara Brandao	Individual	Senior Feminino	03:41:30	+02:27:27	13:02
80	3218	Melissa Piedade	Individual	Senior Feminino	03:47:29	+02:33:26	13:23
81	3438	Susana Faria	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	04:08:05	+02:54:02	14:36

Senior Masculino

1	3039	João Ferreira	AIRORUN	Senior Masculino	01:15:02	+00:59	04:25
2	3278	Nelson Loureiro	Individual	Senior Masculino	01:18:50	+04:47	04:38
3	3143	Oswaldo Barros Tavares	Emicela Team	Senior Masculino	01:22:35	+08:32	04:52
4	3519	Pedro Pontes	SERI Trail Team	Senior Masculino	01:24:05	+10:02	04:57
5	3448	Diogo Leandro Ferreira da Silva	Minho e Lima Trail	Senior Masculino	01:26:30	+12:27	05:05
6	3584	Ángel Álvarez Pérez	Club Cornelios Montaña	Senior Masculino	01:27:04	+13:01	05:07
7	3447	Bruno Miguel Amorim Rodrigues	Minho e Lima Trail	Senior Masculino	01:27:05	+13:02	05:07
8	3538	Adriano Moraes	OLÍMPICO VIANENSE TRAIL	Senior Masculino	01:27:44	+13:41	05:10
9	3581	ricardo vasconcelos esteves	Academia Desportiva de Arcos de Valdevez	Senior Masculino	01:29:54	+15:51	05:17
10	3464	Carlos Alves	OADA - Os Amigos da Aventura	Senior Masculino	01:29:55	+15:52	05:17
11	3172	Pedro Oliveira	FisioPedro Trail	Senior Masculino	01:31:40	+17:37	05:24
12	3589	Filipe Meneses	Individual	Senior Masculino	01:31:43	+17:40	05:24
13	3112	Nuno Figueiredo	DIVE - Into The Mountains	Senior Masculino	01:32:56	+18:53	05:28
14	3075	Filipe Pinto	BTT Alegria // TUBANI	Senior Masculino	01:33:07	+19:04	05:29
15	3106	Fernando Santos	CMM-Escaravelhos	Senior Masculino	01:36:08	+22:05	05:39
16	3255	Hélder Franco	LETHES TRAILTEAM	Senior Masculino	01:36:41	+22:38	05:41
17	3554	PAULO OLIVEIRA	VIDAATIVARUNNERS	Senior Masculino	01:38:34	+24:31	05:48
18	3131	Hilário Lopes	EDL Trail	Senior Masculino	01:39:38	+25:35	05:52
19	3463	António Ribeiro	OADA - Os Amigos da Aventura	Senior Masculino	01:39:52	+25:49	05:52
20	3132	Pedro Pimenta	EDL Trail	Senior Masculino	01:40:17	+26:14	05:54
21	3073	João Pontedeira	Breia Team Running	Senior Masculino	01:40:39	+26:36	05:55
22	2300	Henrique Costa	EDL Trail	Senior Masculino	01:41:10	+27:07	05:57
23	3168	Filipe Oliveira	FisioPedro Trail	Senior Masculino	01:42:55	+28:52	06:03
24	3277	Miguel Menezes	Individual	Senior Masculino	01:44:40	+30:37	06:09
25	3171	Nuno Gomes	FisioPedro Trail	Senior Masculino	01:44:46	+30:43	06:10
26	3597	João silva	Individual	Senior Masculino	01:44:49	+30:46	06:10
27	3553	JOSÉ LOPES	VIDAATIVARUNNERS	Senior Masculino	01:44:50	+30:47	06:10
28	3449	Filipe Samuel Rodrigues Correia	Minho e Lima Trail	Senior Masculino	01:45:51	+31:48	06:14

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29	3262	Joao Paraldas	Individual	Senior Masculino	01:46:00	+31:57	06:14
30	3053	Paulo Cerqueira	AMC TRAIL	Senior Masculino	01:49:30	+35:27	06:27
31	3272	Marco	Individual	Senior Masculino	01:49:43	+35:40	06:27
32	3268	Licínio Macário	Individual	Senior Masculino	01:49:48	+35:45	06:28
33	3264	atleta 3264	Individual	Senior Masculino	01:50:58	+36:55	06:32
34	2173	Sergio Torre	Individual	Senior Masculino	01:50:59	+36:56	06:32
35	3535	Carlos Silva	The Newbies	Senior Masculino	01:51:05	+37:02	06:32
36	3074	João Venade	Breia Team Running	Senior Masculino	01:51:06	+37:03	06:32
37	3509	Gilberto Fernandes	Rinus Fafe	Senior Masculino	01:51:07	+37:04	06:32
38	3086	Luís Conde	Cerveira Team Running	Senior Masculino	01:51:10	+37:07	06:32
39	3169	João Pedro Silva	FisioPedro Trail	Senior Masculino	01:51:56	+37:53	06:35
40	3273	Micael Gameiro Rodrigues	Individual	Senior Masculino	01:52:30	+38:27	06:37
41	3077	Ricardo Coelho	BTT Alegria // TUBANI	Senior Masculino	01:53:20	+39:17	06:40
42	3294	Simão Pires	Individual	Senior Masculino	01:53:22	+39:19	06:40
43	3549	Christophe Rodrigues	Trogloditas runners	Senior Masculino	01:55:41	+41:38	06:48
44	3531	Luís Coutinho	Team Workout 48/CAM	Senior Masculino	01:55:48	+41:45	06:49
45	3492	José Ricardo Amorim da Silva	PEDALARTE	Senior Masculino	01:56:12	+42:09	06:50
46	3239	André Coelho	CMM-Escaravelhos	Senior Masculino	01:56:17	+42:14	06:50
47	3295	Tiago Lima	Individual	Senior Masculino	01:57:00	+42:57	06:53
48	3283	Nuno Sá	Individual	Senior Masculino	01:57:30	+43:27	06:55
49	3296	Tiago Lopes	Individual	Senior Masculino	01:58:07	+44:04	06:57
50	3046	Carlos Campinha	Alexandra Carvalho Team	Senior Masculino	01:58:31	+44:28	06:58
51	3297	Tiago Pinheiro	Individual	Senior Masculino	01:58:32	+44:29	06:58
52	3058	Leonel Calvo	AMCF - Arrábida Trail Team	Senior Masculino	01:58:49	+44:46	06:59
53	3267	Jorge Dias	Individual	Senior Masculino	01:59:38	+45:35	07:02
54	3061	Vitor Silva	ARCA BarceloS runners	Senior Masculino	01:59:38	+45:35	07:02
55	3265	João Simões	Individual	Senior Masculino	01:59:39	+45:36	07:02
56	3246	David Dias	Individual	Senior Masculino	02:00:04	+46:01	07:04
57	3470	Miguel Ferreira	OLÍMPICO VIANENSE TRAIL	Senior Masculino	02:00:48	+46:45	07:06
58	3462	Alexandre Areias	OADA - Os Amigos da Aventura	Senior Masculino	02:01:01	+46:58	07:07
59	3018	Joaquim Paulo Correia da Costa Pereira	ACRA running	Senior Masculino	02:01:01	+46:58	07:07
60	3567	Jose Pinho	XSpartan	Senior Masculino	02:02:21	+48:18	07:12
61	3261	Joao Manuel Barreira	Individual	Senior Masculino	02:02:25	+48:22	07:12
62	3250	Fábio Afonso	Individual	Senior Masculino	02:03:01	+48:58	07:14
63	3242	Bruno Pereira	Individual	Senior Masculino	02:03:08	+49:05	07:15
64	3087	Pedro Oliveira	Cerveira Team Running	Senior Masculino	02:04:24	+50:21	07:19
65	3536	Marcelo Teixeira	The Newbies	Senior Masculino	02:04:54	+50:51	07:21
66	3560	Miguel Pereira	VIEIRA A CORRER	Senior Masculino	02:04:58	+50:55	07:21
67	3561	Nuno António da Silva Gonçalves	VIEIRA A CORRER	Senior Masculino	02:04:58	+50:55	07:21
68	3142	Karine Martins Tavares	Emicela Team	Senior Masculino	02:05:08	+51:05	07:22
69	3582	Filipe Manuel Franco Rodrigues	ASCD VILE	Senior Masculino	02:05:11	+51:08	07:22
70	3165	Diogo Costa	FISIO.	Senior Masculino	02:05:45	+51:42	07:24
71	3494	DANIEL RAMALHAO	PORTOCARGO RUNNERS	Senior Masculino	02:05:47	+51:44	07:24
72	3298	Vítor Fernandes	Individual	Senior Masculino	02:06:06	+52:03	07:25
73	3034	Tiago Gonçalves	Afifense Trail	Senior Masculino	02:07:04	+53:01	07:28
74	3244	César António Arantes de Oliveira	Individual	Senior Masculino	02:07:48	+53:45	07:31

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75	3247	David Samuel Teixeira Carvalho	Individual	Senior Masculino	02:07:52	+53:49	07:31
76	3254	Gilberto Martins Videira	Individual	Senior Masculino	02:09:09	+55:06	07:36
77	3287	Pedro Marques	Individual	Senior Masculino	02:10:20	+56:17	07:40
78	3166	Vítor José Paredes Mansilhas	FISIO.	Senior Masculino	02:11:14	+57:11	07:43
79	3286	Pedro	Individual	Senior Masculino	02:11:18	+57:15	07:43
80	3541	Tiago Martins	TRAIL TEAM MONTARIA	Senior Masculino	02:11:20	+57:17	07:44
81	3465	Henrique Gonçalves	OADA - Os Amigos da Aventura	Senior Masculino	02:11:41	+57:38	07:45
82	3269	Lobos do Monte - FERNANDO SOUSA	Individual	Senior Masculino	02:12:28	+58:25	07:48
83	2022	Ricardo Oliveira	Anunnaki Trail	Senior Masculino	02:14:34	+01:00:31	07:55
84	3282	Nuno Rocha	Individual	Senior Masculino	02:14:58	+01:00:55	07:56
85	3240	Angelo Martins	Individual	Senior Masculino	02:14:58	+01:00:55	07:56
86	3147	Pedro Serra	Endovelico	Senior Masculino	02:16:07	+01:02:04	08:00
87	3510	Rui Lobo	Rinus Fafe	Senior Masculino	02:17:38	+01:03:35	08:06
88	3292	Rui Estrada	Individual	Senior Masculino	02:19:37	+01:05:34	08:13
89	3522	Ivo Silva	Spartan Beer team	Senior Masculino	02:20:11	+01:06:08	08:15
90	3085	Diogo Teixeira	Cerveira Team Running	Senior Masculino	02:21:31	+01:07:28	08:20
91	3569	Tomas Sotomaior	XSpartan	Senior Masculino	02:22:56	+01:08:53	08:25
92	2045	JOÃO MIGUEL ALMEIDA DA SILVA	B. V. SÃO MAMEDE INFESTA	Senior Masculino	02:23:32	+01:09:29	08:27
93	3530	Hélder Coutinho	Team Workout 48/CAM	Senior Masculino	02:23:32	+01:09:29	08:27
94	3533	Sergio Duro Carmo	Team Workout 48/CAM	Senior Masculino	02:23:33	+01:09:30	08:27
95	3170	Miguel Freitas Gonçalves	FisioPedro Trail	Senior Masculino	02:23:45	+01:09:42	08:27
96	3167	Daniel Neto	FisioPedro Trail	Senior Masculino	02:24:04	+01:10:01	08:29
97	3276	Miguel Iomba	Individual	Senior Masculino	02:24:22	+01:10:19	08:30
98	3248	Diogo Ribeiro	Individual	Senior Masculino	02:25:40	+01:11:37	08:34
99	3532	Paulo Rigor	Team Workout 48/CAM	Senior Masculino	02:25:42	+01:11:39	08:34
100	3238	Andre Azevedo da Silva	Individual	Senior Masculino	02:26:15	+01:12:12	08:36
101	3300	Vitor Silva	Individual	Senior Masculino	02:26:16	+01:12:13	08:36
102	3241	Bruno Andrade	Individual	Senior Masculino	02:26:55	+01:12:52	08:39
103	3299	Vítor santos	Individual	Senior Masculino	02:27:11	+01:13:08	08:40
104	3252	Filipe Carreira	Individual	Senior Masculino	02:27:55	+01:13:52	08:42
105	3251	Fábio Campos	Individual	Senior Masculino	02:29:08	+01:15:05	08:46
106	3523	João Machado	Squadra Di Potenza	Senior Masculino	02:29:41	+01:15:38	08:48
107	3290	Ricardo Meireles	Individual	Senior Masculino	02:30:25	+01:16:22	08:51
108	3257	Hernâni Veríssimo	Individual	Senior Masculino	02:31:30	+01:17:27	08:55
109	3444	Rui Araújo	Malaria Limiana	Senior Masculino	02:31:44	+01:17:41	08:56
110	3271	Luis Miguel Freitas	OLÍMPICO VIANENSE TRAIL	Senior Masculino	02:32:50	+01:18:47	08:59
111	3033	Daniel Meira	Afifense Trail	Senior Masculino	02:33:52	+01:19:49	09:03
112	3275	Miguel Faria	Individual	Senior Masculino	02:34:02	+01:19:59	09:04
113	3568	Rui Lopes	XSpartan	Senior Masculino	02:34:32	+01:20:29	09:05
114	3284	Paulo Almeida	Boavista Trail	Senior Masculino	02:37:11	+01:23:08	09:15
115	3249	Ernesto Araújo	Individual	Senior Masculino	02:37:47	+01:23:44	09:17
116	3495	RICARDO PEREIRA	PORTOCARGO RUNNERS	Senior Masculino	02:38:21	+01:24:18	09:19
117	3471	Oscar Sousa	OLÍMPICO VIANENSE TRAIL	Senior Masculino	02:39:07	+01:25:04	09:22
118	2165	Rafael Silva	Individual	Senior Masculino	02:40:35	+01:26:32	09:27
119	3259	JOÃO ALEIXO	Individual	Senior Masculino	02:42:06	+01:28:03	09:32
120	3260	João Baldaia	Individual	Senior Masculino	02:42:39	+01:28:36	09:34

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121	3076	Nelson Martins	BTT Alegria // TUBANI	Senior Masculino	02:42:48	+01:28:45	09:35
122	3098	FRANCISCO MENDES	Clube Desportivo Cepsa	Senior Masculino	02:43:03	+01:29:00	09:35
123	3011	Miguel Martins	Academia Desportiva de Arcos de Valdevez	Senior Masculino	02:45:24	+01:31:21	09:44
124	3503	Victor Pinto	Produções Manhosas	Senior Masculino	02:47:00	+01:32:57	09:49
125	3160	Márcio David da Costa Almeida	Euro Bic Viseu São José	Senior Masculino	02:48:55	+01:34:52	09:56
126	3301	Vitor Sousa	Individual	Senior Masculino	02:49:43	+01:35:40	09:59
127	3243	Bruno Santos	Individual	Senior Masculino	02:54:37	+01:40:34	10:16
128	3520	Pedro Ribeiro	SERI Trail Team	Senior Masculino	02:56:31	+01:42:28	10:23
129	3263	Joao Pedro Oliveria da Cunha	Individual	Senior Masculino	02:56:31	+01:42:28	10:23
130	3518	Márcio Teixeira	SERI Trail Team	Senior Masculino	02:56:44	+01:42:41	10:24
131	3288	Pedro Silva	Individual	Senior Masculino	02:57:22	+01:43:19	10:26
132	3105	Marcelo Paulino	Clube Sosi	Senior Masculino	03:00:02	+01:45:59	10:35
133	3279	Nelson Veloso	Individual	Senior Masculino	03:00:30	+01:46:27	10:37
134	3590	diogo vasconcelos	Individual	Senior Masculino	03:04:47	+01:50:44	10:52
135	3564	JORGE MESQUITA	vimarunners	Senior Masculino	03:09:12	+01:55:09	11:08
136	3540	Andre Barros	TRAIL TEAM MONTARIA	Senior Masculino	03:11:17	+01:57:14	11:15
137	3483	Ricardo Branco	Os sonos	Senior Masculino	03:11:58	+01:57:55	11:18
138	3291	Roberto Silva	Individual	Senior Masculino	03:12:02	+01:57:59	11:18
139	3434	Luís Leal	Libidium Slow	Senior Masculino	03:12:17	+01:58:14	11:19
140	3443	CESAR MARIZ	LOJA STAFF	Senior Masculino	03:12:46	+01:58:43	11:20
141	3258	IOANNIS RODITAKIS	Individual	Senior Masculino	03:17:59	+02:03:56	11:39
142	3274	MICHAIL NTOUSKAS	Individual	Senior Masculino	03:17:59	+02:03:56	11:39
143	3281	Nuno Gonçalves Santos Monteiro	Individual	Senior Masculino	03:18:04	+02:04:01	11:39
144	3302	Vitor Vilela	Individual	Senior Masculino	03:18:15	+02:04:12	11:40
145	3517	André Vasconcelos	SERI Trail Team	Senior Masculino	03:19:45	+02:05:42	11:45
146	3280	Nuno André Fernandes Couto	Individual	Senior Masculino	03:22:46	+02:08:43	11:56
147	3079	Ricardo Santos	Cabritos da Montanha	Senior Masculino	03:28:31	+02:14:28	12:16

Sub 23 Feminino

1	3185	Raquel Relvas	GURUS	Sub 23 Feminino	01:57:10	+43:07	06:54
2	3304	Weronika Kuncewicz	Individual	Sub 23 Feminino	01:59:23	+45:20	07:01
3	3303	Catarina Passos	Individual	Sub 23 Feminino	03:24:16	+02:10:13	12:01

Sub 23 Masculino

1	2103	Rui Miguel Semedo Almeida	Emicela Team	Sub 23 Masculino	01:14:03	04:21
2	3144	Antonio Emanuel Freire Cardoso	Emicela Team	Sub 23 Masculino	01:14:07	+00:04 04:22
3	3555	DIOGO TORRES	VIDAATIVARUNNERS	Sub 23 Masculino	01:55:51	+41:48 06:49
4	3306	João Vitor Tomé dos Santos	Individual	Sub 23 Masculino	02:05:25	+51:22 07:23
5	3305	Fabio Fernandes	Individual	Sub 23 Masculino	02:51:19	+01:37:16 10:05
6	3035	Zé Diogo	Afifense Trail	Sub 23 Masculino	03:09:10	+01:55:07 11:08

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Veterana F40

1	3145	Crisolita Rodrigues Silva	Emicela Team	Veterana F40	01:47:22	+33:19	06:19
2	3012	Paula Costa	Academia Desportiva de Arcos de Valdevez	Veterana F40	01:51:00	+36:57	06:32
3	3511	Cidalia Novais	Rinus Fafe	Veterana F40	01:51:07	+37:04	06:32
4	3022	MARGARIDA SOUSA	AD Marco 09	Veterana F40	02:07:14	+53:11	07:29
5	3021	GISELA SOUSA	AD Marco 09	Veterana F40	02:10:57	+56:54	07:42
6	3162	Marisa Doreta	Fardetas	Veterana F40	02:14:44	+01:00:41	07:56
7	3512	Marisa Novais	Rinus Fafe	Veterana F40	02:17:38	+01:03:35	08:06
8	3331	Silvia Margarida Lima	Individual	Veterana F40	02:20:36	+01:06:33	08:16
9	3321	Maria Santos	Individual	Veterana F40	02:21:34	+01:07:31	08:20
10	3333	Sonia Maria Marques dos Santos	Individual	Veterana F40	02:23:29	+01:09:26	08:26
11	3488	Susana Vidal	Palmeira Runners	Veterana F40	02:30:16	+01:16:13	08:50
12	3082	Sandra Matos	CENTRO CICLISTA DE GONDOMAR	Veterana F40	02:30:17	+01:16:14	08:50
13	3314	Carla Ferreira	Individual	Veterana F40	02:34:03	+01:20:00	09:04
14	3091	Sandra Araújo	Cerveira Team Running	Veterana F40	02:34:56	+01:20:53	09:07
15	3177	Patrícia Rodrigues	GALHARDOS RUNNERS	Veterana F40	02:37:23	+01:23:20	09:16
16	3312	Carla Antunes	Individual	Veterana F40	02:38:56	+01:24:53	09:21
17	3119	Maria de Jesus da Silva Pinto	DÓRÉMI	Veterana F40	02:41:48	+01:27:45	09:31
18	3506	Rita Cipriano	PUXA POR TI	Veterana F40	02:41:52	+01:27:49	09:31
19	3456	Maria Moutinho	NOCTURNOS DE PAREDES	Veterana F40	02:41:56	+01:27:53	09:32
20	2094	Maria Augusta	Ecobarcaventura	Veterana F40	02:44:28	+01:30:25	09:41
21	3063	Sandra Moura	ARCA BarceloS runners	Veterana F40	02:45:14	+01:31:11	09:43
22	3178	Isabel carvalho	Gin. Qta do Valbom- AAAlcochete	Veterana F40	02:46:43	+01:32:40	09:48
23	3575	Sandra Martins	Cerealís-Milaneza	Veterana F40	02:47:08	+01:33:05	09:50
24	3435	Vanda Coelho	Linces de Montemor	Veterana F40	02:48:55	+01:34:52	09:56
25	3311	Carine Reis	Individual	Veterana F40	02:49:10	+01:35:07	09:57
26	3557	MARIANA OLIVEIRA	VIDAATIVARUNNERS	Veterana F40	02:49:10	+01:35:07	09:57
27	3088	Isabel Rolan	Cerveira Team Running	Veterana F40	02:51:15	+01:37:12	10:04
28	3546	Sara Macedo	Trailistas "Eu é que sei!"	Veterana F40	02:52:43	+01:38:40	10:10
29	3313	Carla Caldas	Individual	Veterana F40	02:54:17	+01:40:14	10:15
30	3330	SANDRINE ROUEDOU	Individual	Veterana F40	02:54:36	+01:40:33	10:16
31	3335	Vânia Ramalho	Individual	Veterana F40	02:56:43	+01:42:40	10:24
32	3316	Cátia Cachada	Individual	Veterana F40	02:57:41	+01:43:38	10:27
33	3081	Eugénia Pereira	Carla Almeida	Veterana F40	03:00:30	+01:46:27	10:37
34	3556	ANA ROCHA	VIDAATIVARUNNERS	Veterana F40	03:01:29	+01:47:26	10:41
35	3505	Lília Noya	PUXA POR TI	Veterana F40	03:02:48	+01:48:45	10:45
36	3008	Paula Carneiro	A voar	Veterana F40	03:03:04	+01:49:01	10:46
37	3596	Sónia Lurdes Machado	Individual	Veterana F40	03:03:45	+01:49:42	10:49
38	3026	Liliana do Rosário Freitas	ADGalomar	Veterana F40	03:03:47	+01:49:44	10:49
39	3176	Isabel Rodrigues	GALHARDOS RUNNERS	Veterana F40	03:05:25	+01:51:22	10:54
40	2250	Andreia Ribeiro	Boavista Trail	Veterana F40	03:05:45	+01:51:42	10:56
41	3490	Sonia Silva	Paredes Running	Veterana F40	03:05:47	+01:51:44	10:56
42	3099	MARISA SILVA	Clube Desportivo CepSA	Veterana F40	03:15:01	+02:00:58	11:28
43	3317	Dora Ventura	Individual	Veterana F40	03:16:15	+02:02:12	11:33

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44	3571	Mónica Margaride	Yazaki Runners	Veterana F40	03:25:47	+02:11:44	12:06
45	3037	Lurdes ramos	Afifense Trail	Veterana F40	03:31:20	+02:17:17	12:26
46	3036	Carina Mendes	Afifense Trail	Veterana F40	03:31:21	+02:17:18	12:26

Veterana F45

1	3514	Cidália Ferreira	Running Penafiel Trail	Veterana F45	01:56:26	+42:23	06:51
2	3487	Elisabete Ministro	Palmeira Runners	Veterana F45	01:58:13	+44:10	06:57
3	3496	MANUELA FARIA	PORTOCARGO RUNNERS	Veterana F45	02:00:50	+46:47	07:06
4	3092	Yolanda González	Cerveira Team Running	Veterana F45	02:06:36	+52:33	07:27
5	3040	Deolinda Faria	AIRORUN	Veterana F45	02:08:16	+54:13	07:33
6	3089	Isabel Cunha	Cerveira Team Running	Veterana F45	02:10:13	+56:10	07:40
7	3070	Ana Luísa Oliveira	Bora lá correr	Veterana F45	02:23:45	+01:09:42	08:27
8	3334	Valentina Descovich	Individual	Veterana F45	02:28:59	+01:14:56	08:46
9	3327	Rosa Pereira	Individual	Veterana F45	02:29:11	+01:15:08	08:47
10	3309	ANA SINDE CANTORNA	Individual	Veterana F45	02:30:54	+01:16:51	08:53
11	3566	Isabel Carvalho	WOLVES	Veterana F45	02:31:25	+01:17:22	08:54
12	3062	Cidália Rodrigues	ARCA BarceloS runners	Veterana F45	02:37:10	+01:23:07	09:15
13	3149	Maria Fonseca	Equipa João Ferreira	Veterana F45	02:37:23	+01:23:20	09:15
14	3431	Isabel Domingues	LEBRES MINHOTAS	Veterana F45	02:39:05	+01:25:02	09:21
15	3504	Célia Filipe	PUXA POR TI	Veterana F45	02:41:52	+01:27:49	09:31
16	3323	MARTA FONSECA	Individual	Veterana F45	02:42:51	+01:28:48	09:35
17	3455	Maria Jesus	NOCTURNOS DE PAREDES	Veterana F45	02:44:09	+01:30:06	09:39
18	2033	Natasha Planas Dias	AROO	Veterana F45	02:46:36	+01:32:33	09:48
19	3548	Paula Manuela Dias	TrepaTrilhos Trail Team	Veterana F45	02:47:17	+01:33:14	09:50
20	3426	Anabela Gomes	KeMedo Team	Veterana F45	02:47:18	+01:33:15	09:50
21	3310	Augusta Barbosa	Individual	Veterana F45	02:48:54	+01:34:51	09:56
22	3318	Madalena Martins	Individual	Veterana F45	02:49:08	+01:35:05	09:57
23	3186	Maria Relvas	GURUS	Veterana F45	02:49:47	+01:35:44	09:59
24	3315	Carla Sofia Aguilar Silva	Individual	Veterana F45	02:52:37	+01:38:34	10:09
25	3484	Susana Bértolo	Os Tolinhos	Veterana F45	02:58:42	+01:44:39	10:31
26	3159	CRISTINA DUARTE	ESPINHO TRAIL	Veterana F45	03:03:02	+01:48:59	10:46
27	3090	Maria José	Cerveira Team Running	Veterana F45	03:08:12	+01:54:09	11:04
28	3183	Sofia	GTT Armazém do Café	Veterana F45	03:09:58	+01:55:55	11:10
29	3594	ISABEL GONSALVES	Individual	Veterana F45	03:10:28	+01:56:25	11:12
30	3308	Ana ferreira	Individual	Veterana F45	03:12:37	+01:58:34	11:20
31	3319	Maria Carmo Pinto	Individual	Veterana F45	03:16:15	+02:02:12	11:33
32	3565	Cristina Coelho	WOLVES	Veterana F45	03:16:18	+02:02:15	11:33
33	3067	Zenaida Andrade	Avila Runners	Veterana F45	03:18:31	+02:04:28	11:41
34	3445	Ilda Rodrigues Cardadeiro	Melgaço Alvarinho Trail Team	Veterana F45	03:19:07	+02:05:04	11:43
35	3446	Ivete Rodrigues Gonçalves Alves	Melgaço Alvarinho Trail Team	Veterana F45	03:22:09	+02:08:06	11:54
36	3326	Paula Luis	Individual	Veterana F45	03:26:12	+02:12:09	12:08
37	3324	MARTINEZ Alicia	Individual	Veterana F45	03:30:23	+02:16:20	12:23

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Veterana F50

1	3585	ariana paula lima rodrigues fermino	Emicela Team	Veterana F50	02:00:39	+46:36	07:06:35
2	3150	Ana margarida	Equipa João Ferreira	Veterana F50	02:37:23	+01:23:20	09:15:03
3	3064	Ana Maria Matos	ARCA BarceloS runners	Veterana F50	02:38:19	+01:24:16	09:19:05
4	3591	Maria Rebelo	Individual	Veterana F50	02:39:43	+01:25:40	09:24:02
5	2075	HELENA ANTONIA DE ARAUJO NOGUEIRA	Clubemillenniumbcp	Veterana F50	02:42:47	+01:28:44	09:35:02
6	3126	Teresa Neiva	Ecobarcaventura	Veterana F50	02:51:17	+01:37:14	10:05:01
7	3336	ANA SOUSA	Boavista Trail	Veterana F50	03:01:37	+01:47:34	10:41:01
8	3125	Clara Ferreira	Ecobarcaventura	Veterana F50	03:03:31	+01:49:28	10:48:02
9	3497	DULCE RESENDE	PORTOCARGO RUNNERS	Veterana F50	03:06:55	+01:52:52	11:00:02
10	3337	Emília Pinto	Individual	Veterana F50	03:07:33	+01:53:30	11:02:03
11	3341	Maria Manuela Ataíde Santos	Individual	Veterana F50	03:24:22	+02:10:19	12:01:02
12	3342	MARIA PEIXOTO	Individual	Veterana F50	03:32:21	+02:18:18	12:29:02
13	3340	Isaura de Almeida	Individual	Veterana F50	03:41:06	+02:27:03	13:00:02
14	3339	Graça Silva	Individual	Veterana F50	04:08:05	+02:54:02	14:36:02

Veterana F55

1	3338	Fátima Barros	Individual	Veterana F55	02:51:52	+01:37:49	10:07
2	3180	MARIA DA LUZ LOURENÇO	Gondaràfrente	Veterana F55	03:29:59	+02:15:56	12:21

Veterana F60

1	3344	MARIA JOSE HERNANDEZ VASCONEZ	Individual	Veterana F60	03:09:20	+01:55:17	11:08
2	3103	MARIA ADELAIDE PEREIRA	CLUBE NOVO BANCO	Veterana F60	03:23:34	+02:09:31	11:58

Veterano M40

1	3373	José Antonio losada miranda	Individual	Veterano M40	01:24:10	+10:07	04:57
2	3385	Miguel Silva	Individual	Veterano M40	01:25:49	+11:46	05:03
3	3371	Joao Luis Fernandes Afonso	Academia Desportiva de Arcos de Valdevez	Veterano M40	01:26:51	+12:48	05:07
4	3173	Sérgio Sampaio	FisioPedro Trail	Veterano M40	01:34:23	+20:20	05:33
5	3050	Peixinho	Alexandra Carvalho Team	Veterano M40	01:35:02	+20:59	05:35
6	3095	Francim Rodriguês	Cerveira Team Running	Veterano M40	01:35:54	+21:51	05:38
7	3378	Luis Miguel Oliveira de Freitas	airórun	Veterano M40	01:37:38	+23:35	05:45
8	3055	César Gonçalves	AMC TRAIL	Veterano M40	01:38:00	+23:57	05:46
9	3013	Manuel Gomes	Academia Desportiva de Arcos de Valdevez	Veterano M40	01:38:40	+24:37	05:48
10	3134	Nuno Miguel Morais	EDL Trail	Veterano M40	01:39:52	+25:49	05:52
11	3452	alex tondela	Montanha Clube Trail Running/Efapel	Veterano M40	01:40:11	+26:08	05:54
12	3472	Jorge Manuel Felqueiras Esteves	OLÍMPICO VIANENSE TRAIL	Veterano M40	01:41:52	+27:49	06:00

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13	3392	Ricardo Francisco de Sousa Aires	Fridão Sem Limites	Veterano M40	01:45:50	+31:47	06:14
14	3014	Vasco Rocha	Academia Desportiva de Arcos de Valdevez	Veterano M40	01:47:00	+32:57	06:18
15	3550	Gustavo Taveira	Trogloditas runners	Veterano M40	01:49:53	+35:50	06:28
16	3499	NUNO TEIXEIRA	PORTOCARGO RUNNERS	Veterano M40	01:50:23	+36:20	06:30
17	3498	MARCO OLIVEIRA	PORTOCARGO RUNNERS	Veterano M40	01:50:24	+36:21	06:30
18	3545	Rui Guia	TRAIL TEAM MONTARIA	Veterano M40	01:51:55	+37:52	06:35
19	3023	RUI RODRIGUES	AD Marco 09	Veterano M40	01:52:39	+38:36	06:38
20	3051	Rui Maciel	Alexandra Carvalho Team	Veterano M40	01:52:44	+38:41	06:38
21	2244	Rui Pedro Fernandes	Monsanto Running Team	Veterano M40	01:54:31	+40:28	06:44
22	3515	Carlos alberto mendes barbosa	Running Penafiel Trail	Veterano M40	01:56:28	+42:25	06:51
23	3383	Mario Araújo Porto	Individual	Veterano M40	01:57:29	+43:26	06:55
24	3379	Manuel Joaquim da Silva Baptista Vale	Individual	Veterano M40	01:57:53	+43:50	06:56
25	3427	helder gomes	KeMedo Team	Veterano M40	01:58:21	+44:18	06:58
26	3056	Eduardo Martins	AMC TRAIL	Veterano M40	01:59:41	+45:38	07:02
27	3365	Gustavo Vaz Cacho	Individual	Veterano M40	02:00:53	+46:50	07:07
28	3363	Francisco Jesús Souto Álvarez	Individual	Veterano M40	02:01:26	+47:23	07:09
29	3583	Sérgio Filipe Franco Painhas	ASCD Vile	Veterano M40	02:02:23	+48:20	07:12
30	3346	Alexander Aldrich	Individual	Veterano M40	02:02:30	+48:27	07:12
31	3544	Jorge M. Pires	TRAIL TEAM MONTARIA	Veterano M40	02:03:01	+48:58	07:14
32	3369	Javier Barreiro Cabaleiro	Individual	Veterano M40	02:05:28	+51:25	07:23
33	3019	João Carlos da Luz Fernandes Baptista	ACRA running	Veterano M40	02:09:10	+55:07	07:36
34	3044	Bragaolê Hugo	Akuafit	Veterano M40	02:09:13	+55:10	07:36
35	3136	Marco Viana	EDV-VIANA TRAIL	Veterano M40	02:09:47	+55:44	07:38
36	3364	Fulvio Ramos	Individual	Veterano M40	02:12:26	+58:23	07:47
37	3049	Filipe Lima	Alexandra Carvalho Team	Veterano M40	02:15:21	+01:01:18	07:58
38	3361	Francisco Ferreira	Individual	Veterano M40	02:18:42	+01:04:39	08:10
39	3071	Humberto Carvalho	Bora lá correr	Veterano M40	02:18:54	+01:04:51	08:10
40	3576	Alberto Francisco Ferreira	IMPETUS	Veterano M40	02:19:41	+01:05:38	08:13
41	3543	Eriberto Matos	TRAIL TEAM MONTARIA	Veterano M40	02:21:04	+01:07:01	08:18
42	3398	SILVIO MIGUEL ALVES FERREIRA	Individual	Veterano M40	02:21:14	+01:07:11	08:19
43	3096	Joaquim Araújo	Cerveira Team Running	Veterano M40	02:21:32	+01:07:29	08:20
44	3570	Dinis Freitas	XSpartan	Veterano M40	02:22:57	+01:08:54	08:25
45	3366	Hugo Sergio Silva	Individual	Veterano M40	02:25:00	+01:10:57	08:32
46	3345	Abel falcao	Individual	Veterano M40	02:25:43	+01:11:40	08:34
47	3400	Vitor Fernandes	Individual	Veterano M40	02:26:16	+01:12:13	08:36
48	3382	Mário Araújo	Individual	Veterano M40	02:26:24	+01:12:21	08:37
49	3002	HELDER CARRASQUEIRA	100 Gás Trail Team	Veterano M40	02:27:35	+01:13:32	08:41
50	3534	Gilberto Borlido	Team Workout 48/CAM	Veterano M40	02:27:53	+01:13:50	08:42
51	2116	Joaquim Alberto Garrancho Campino	Gin. Qta do Valbom- AAAlcochete	Veterano M40	02:28:26	+01:14:23	08:44
52	3386	Nuno Fabião	Individual	Veterano M40	02:28:57	+01:14:54	08:46
53	3579	Bruno Meira	Spin&Run Esposende	Veterano M40	02:28:58	+01:14:55	08:46
54	3376	José Santos Oliveira	Individual	Veterano M40	02:29:05	+01:15:02	08:46
55	3006	francisco tinoco	A D ESMERIZ RUNNING	Veterano M40	02:30:22	+01:16:19	08:51
56	3387	Nuno lima	Individual	Veterano M40	02:30:52	+01:16:49	08:53
57	3367	Inácio Vitor	Individual	Veterano M40	02:30:52	+01:16:49	08:53
58	3174	Ricardo A. Silva Sousa	FIT GAIA TRAIL	Veterano M40	02:31:10	+01:17:07	08:54

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59	3066	Rui Silva	Associação Brunheiro Natural	Veterano M40	02:32:25	+01:18:22	08:58
60	3384	Miguel Alves	Individual	Veterano M40	02:32:49	+01:18:46	08:59
61	3397	sergio pereira braga	Individual	Veterano M40	02:38:56	+01:24:53	09:21
62	3101	FILIPE BRANDÃO	Clube Desportivo Cepsa	Veterano M40	02:39:31	+01:25:28	09:23
63	3118	Nuno Ribeiro	Dói-me quase tudo...	Veterano M40	02:40:33	+01:26:30	09:27
64	3163	Miguel Queirós	Fardetas	Veterano M40	02:41:00	+01:26:57	09:28
65	3521	Rodrigo Pedrosa	Solas Rotas	Veterano M40	02:41:08	+01:27:05	09:29
66	3120	Francisco Pilão Pinto da Fonseca	DÓRÉMI	Veterano M40	02:41:48	+01:27:45	09:31
67	3001	Valter Caseiro	#correcabrón	Veterano M40	02:44:29	+01:30:26	09:41
68	3117	Cláudio Guarda	Dói-me quase tudo...	Veterano M40	02:45:33	+01:31:30	09:44
69	3558	JOAQUIM MIRANDA	VIDAATIVARUNNERS	Veterano M40	02:49:11	+01:35:08	09:57
70	3069	David Martins	Benedita Team	Veterano M40	02:52:37	+01:38:34	10:09
71	3354	Daniel Chedas	Individual	Veterano M40	02:56:04	+01:42:01	10:21
72	3374	José Manuel Silva Peixoto	Individual	Veterano M40	02:56:33	+01:42:30	10:23
73	3102	PAULO BRANDÃO	Clube Desportivo Cepsa	Veterano M40	02:58:32	+01:44:29	10:30
74	3542	António Matos	TRAIL TEAM MONTARIA	Veterano M40	03:01:37	+01:47:34	10:41
75	3491	Antonio barbosa	Paredes Running	Veterano M40	03:05:47	+01:51:44	10:56
76	3375	José Matos	Individual	Veterano M40	03:21:44	+02:07:41	11:52

Veterano M45

1	3451	Luis Magalhães	Minho e Lima Trail	Veterano M45	01:26:56	+12:53	05:07
2	3020	Luís Silva	ACRA running	Veterano M45	01:27:00	+12:57	05:07
3	3048	Adelino Aires	Alexandra Carvalho Team	Veterano M45	01:35:02	+20:59	05:35
4	3054	ARTUR ROCHA	AMC TRAIL	Veterano M45	01:36:58	+22:55	05:42
5	3508	Rui Patrício Miguel	RCTM - Run Crew Trail Montijo	Veterano M45	01:46:41	+32:38	06:17
6	3078	Tony Mendes	BTT Alegria // TUBANI	Veterano M45	01:48:08	+34:05	06:22
7	3348	Andre Gravato	Individual	Veterano M45	01:48:45	+34:42	06:24
8	3441	Luís Mário	Lobos Do Monte	Veterano M45	01:49:06	+35:03	06:25
9	3450	João Carlos Pereira Morgado Barbosa	Minho e Lima Trail	Veterano M45	01:50:12	+36:09	06:29
10	3466	Carlos Oliveira	OADA - Os Amigos da Aventura	Veterano M45	01:51:12	+37:09	06:33
11	3154	Francisco Fonseca	Equipa João Ferreira	Veterano M45	01:51:45	+37:42	06:34
12	3133	Armando Vieira	EDL Trail	Veterano M45	01:51:49	+37:46	06:35
13	3349	António Baptista da Silva	Individual	Veterano M45	01:52:43	+38:40	06:38
14	3135	Abílio Mina	EDV-VIANA TRAIL	Veterano M45	01:53:10	+39:07	06:39
15	3467	José Gonçalves	OADA - Os Amigos da Aventura	Veterano M45	01:54:22	+40:19	06:44
16	3094	Francisco Alves	Cerveira Team Running	Veterano M45	01:57:11	+43:08	06:54
17	3362	Francisco Javier Besada Alvarez	Individual	Veterano M45	01:57:33	+43:30	06:55
18	3370	João Carlos da Silva Gomes	Individual	Veterano M45	02:02:18	+48:15	07:12
19	3113	Paulo Carneiro	DIVE - Into The Mountains	Veterano M45	02:03:15	+49:12	07:15
20	3372	Jorge Pinto	Individual	Veterano M45	02:04:22	+50:19	07:19
21	3562	Victor Manuel	VIEIRA A CORRER	Veterano M45	02:04:58	+50:55	07:21
22	3478	Paulo Araújo	OS ISABELINHAS	Veterano M45	02:07:10	+53:07	07:29
23	2233	PEDRO PRATAS	KeMedo Team	Veterano M45	02:07:55	+53:52	07:31
24	3360	Francisco Areias	Individual	Veterano M45	02:08:13	+54:10	07:33
25	3393	Rui Manuel Oliveira de Sousa	Individual	Veterano M45	02:08:47	+54:44	07:38

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26	3151	Antonio cunha	Equipa João Ferreira	Veterano M45	02:12:45	+58:42	07:49
27	3153	Carlos Jorge	Equipa João Ferreira	Veterano M45	02:12:45	+58:42	07:49
28	3381	Marco António Pinto	Individual	Veterano M45	02:12:50	+58:47	07:49
29	2004	João Nepomuceno	100 Gás Trail Team	Veterano M45	02:13:19	+59:16	07:51
30	2052	Luis Jorge	Cabritos da Montanha	Veterano M45	02:15:39	+01:01:36	07:59
31	3476	António Almeida	OS ISABELINHAS	Veterano M45	02:20:28	+01:06:25	08:16
32	3093	Carlos Pinheiro	Cerveira Team Running	Veterano M45	02:21:31	+01:07:28	08:20
33	3029	DARIO CRUZ	Adosa - Os Santa Apolónia	Veterano M45	02:25:59	+01:11:56	08:35
34	3152	Artur cardoso	Equipa João Ferreira	Veterano M45	02:29:08	+01:15:05	08:46
35	3083	Henrque Matos	CENTRO CICLISTA DE GONDOMAR	Veterano M45	02:30:17	+01:16:14	08:50
36	3394	Rui Ribeiro	Individual	Veterano M45	02:35:07	+01:21:04	09:07
37	3155	Paulo silva	Equipa João Ferreira	Veterano M45	02:37:25	+01:23:22	09:16
38	3100	ALBERTO BRANDÃO	Clube Desportivo Cepsa	Veterano M45	02:37:40	+01:23:37	09:16
39	3500	PAULO FERREIRA	PORTOCARGO RUNNERS	Veterano M45	02:38:16	+01:24:13	09:19
40	3391	Raul silva	Individual	Veterano M45	02:40:24	+01:26:21	09:26
41	3116	António Carvalho	Dói-me quase tudo...	Veterano M45	02:40:33	+01:26:30	09:27
42	3395	SEBASTIÃO PEREIRA	Individual	Veterano M45	02:42:52	+01:28:49	09:35
43	3458	Rui Silva	NOCTURNOS DE PAREDES	Veterano M45	02:44:09	+01:30:06	09:39
44	3396	Sergio Fernández Rodríguez	Individual	Veterano M45	02:44:22	+01:30:19	09:40
45	3380	Manuel Peixoto	Individual	Veterano M45	02:56:33	+01:42:30	10:23
46	3524	Pedro Perpétua	STRONGREAM	Veterano M45	02:56:45	+01:42:42	10:24
47	3356	FERNANDO CAMPOS	Individual	Veterano M45	02:59:48	+01:45:45	10:35
48	3457	Eusébio Adão Barbosa	NOCTURNOS DE PAREDES	Veterano M45	03:00:32	+01:46:29	10:37
49	3355	eduardo paulo noqueira castro	Individual	Veterano M45	03:03:18	+01:49:15	10:47
50	3440	Carlos Monteiro	Lobos Do Monte	Veterano M45	03:03:56	+01:49:53	10:49
51	3351	António Pinto	Individual	Veterano M45	03:07:33	+01:53:30	11:02
52	3377	José Silva	Individual	Veterano M45	03:21:42	+02:07:39	11:52
53	3175	Joaquim de Sousa	Fit2labor	Veterano M45	03:25:47	+02:11:44	12:06
54	3128	Vitor Rodrigues	Ecobarcaventura	Veterano M45	03:26:10	+02:12:07	12:08
55	3390	pereira de lima eric	Individual	Veterano M45	03:30:23	+02:16:20	12:23
56	3357	Fernando Fernandes	Individual	Veterano M45	03:32:21	+02:18:18	12:29

Veterano M50

1	3475	Mário Gonçalves	OLÍMPICO VIANENSE TRAIL	Veterano M50	01:36:52	+22:49	05:42
2	3407	FERNANDO AREZES	Individual	Veterano M50	01:43:21	+29:18	06:05
3	3043	José Pereira	AIRORUN	Veterano M50	01:43:54	+29:51	06:07
4	3122	Cláudio Monteiro	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M50	01:44:05	+30:02	06:07
5	3516	Carlos Vinha	Running Penafiel Trail	Veterano M50	01:44:48	+30:45	06:10
6	3408	Jorge Azevedo	Individual	Veterano M50	01:48:14	+34:11	06:22
7	3068	ANTONIO MARQUES	Avila Runners	Veterano M50	01:51:02	+36:59	06:32
8	3115	José Gonçalves	DIVE - Into The Mountains	Veterano M50	01:54:37	+40:34	06:45
9	3403	Diamantino Martins Ribeiro	Bora lá correr	Veterano M50	01:59:17	+45:14	07:01
10	3413	jose Manuel Leite Afonso	Individual	Veterano M50	02:00:48	+46:45	07:06
11	3057	LEANDRO FREITAS	AMC TRAIL	Veterano M50	02:02:51	+48:48	07:14

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12	3148	José Pereira	Equipa A	Veterano M50	02:05:51	+51:48	07:24
13	3479	Francisco Faria	OS ISABELINHAS	Veterano M50	02:07:10	+53:07	07:29
14	3137	Paulo Vilaverde	EDV-VIANA TRAIL	Veterano M50	02:13:16	+59:13	07:50
15	3412	José Manuel Araújo Gonçalves	Individual	Veterano M50	02:16:36	+01:02:33	08:02
16	3489	João Manuel Lopes Ministro	Palmeira Runners	Veterano M50	02:20:08	+01:06:05	08:15
17	3586	Adão Rocha	BTT Alegria // TUBANI	Veterano M50	02:23:27	+01:09:24	08:26
18	3406	Fernando Amaro	Individual	Veterano M50	02:23:32	+01:09:29	08:27
19	3411	José Madureira	Individual	Veterano M50	02:27:39	+01:13:36	08:41
20	3409	José Cardoso	Individual	Veterano M50	02:30:52	+01:16:49	08:53
21	3473	Eusébio gaiao ruas	OLÍMPICO VIANENSE TRAIL	Veterano M50	02:30:54	+01:16:51	08:53
22	3559	MIGUEL OLIVEIRA	VIDAATIVARUNNERS	Veterano M50	02:37:44	+01:23:41	09:17
23	3401	Alcídio Figueiredo	Individual	Veterano M50	02:38:17	+01:24:14	09:19
24	3428	Luis Gomes	KeMedo Team	Veterano M50	02:47:18	+01:33:15	09:51
25	3417	Pedro Lucas	Individual	Veterano M50	02:47:35	+01:33:32	09:51
26	3418	Sérgio Enes	Individual	Veterano M50	02:51:23	+01:37:20	10:05
27	3109	Jaime Gonçalves	CR Candoso	Veterano M50	02:53:36	+01:39:33	10:13
28	3416	Miguel Henriques	Individual	Veterano M50	02:57:34	+01:43:31	10:27
29	3402	António Manuel dos Santos Couto	Individual	Veterano M50	02:58:59	+01:44:56	10:32
30	3024	José Coelho	ADECA	Veterano M50	03:00:05	+01:46:02	10:36
31	3404	Elisio de Jesus da Silva Ferreira	Individual	Veterano M50	03:03:36	+01:49:33	10:48

Veterano M55

1	3474	Fernando Alves	OLÍMPICO VIANENSE TRAIL	Veterano M55	01:42:58	+28:55	06:03
2	3459	Agostinho MÓreira	NOCTURNOS DE PAREDES	Veterano M55	01:57:28	+43:25	06:55
3	3097	Luís Araújo	Cerveira Team Running	Veterano M55	02:14:40	+01:00:37	07:55
4	3415	Manuel de Almeida Fernandes	Individual	Veterano M55	02:14:59	+01:00:56	07:56
5	3157	Joaquim Teixeira	Equipa João Ferreira	Veterano M55	02:17:37	+01:03:34	08:06
6	3577	António Sousa Longras	IMPETUS	Veterano M55	02:24:58	+01:10:55	08:32
7	3414	Lobos do Monte - LINO SOUSA	Individual	Veterano M55	02:28:55	+01:14:52	08:46
8	3065	João Cruz	ARCA BarceloS runners	Veterano M55	02:38:19	+01:24:16	09:19
9	3111	Joaquim Ribeiro	CRP - Ribafria	Veterano M55	02:38:41	+01:24:38	09:20
10	3433	Jorge Sousa	LETHES TRAIL TEAM	Veterano M55	02:41:06	+01:27:03	09:29
11	3410	Jose luis moreira	Individual	Veterano M55	02:50:33	+01:36:30	10:02
12	3593	Manuel Monteiro	Cerveira Team Running	Veterano M55	02:51:15	+01:37:12	10:04
13	3182	JOSÉ LOURENÇO	Gondaráfrente	Veterano M55	03:29:59	+02:15:56	12:21
14	3460	José Alberto Teixeira	NOCTURNOS DE PAREDES	Veterano M55	03:30:44	+02:16:41	12:24

Veterano M60

1	3138	JOSÉ PONTE	EDV-VIANA TRAIL	Veterano M60	01:52:50	+38:47	06:38
2	3485	Lino Moreira	Os TurboMula	Veterano M60	01:56:46	+42:43	06:52
3	3422	Fernando Ferreira	Individual	Veterano M60	02:04:09	+50:06	07:18
4	3587	Jorge Lobo	Individual	Veterano M60	02:11:42	+57:39	07:45
5	3072	Álvaro Oliveira	Bora lá correr	Veterano M60	02:19:56	+01:05:53	08:14
6	3421	António Silva	Individual	Veterano M60	02:27:40	+01:13:37	08:41

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K17

17 KM

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OFFICIAL RESULT

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7	3595	Pedro Castel-Branco	TRAIL TEAM MONTARIA	Veterano M60	02:33:05	+01:19:02	09:00
8	3420	António Antunes	Individual	Veterano M60	02:34:03	+01:20:00	09:04
9	3592	Francisco Granja	Individual	Veterano M60	02:34:52	+01:20:49	09:07
10	3424	Joaquim Pereira	AMC TRAIL	Veterano M60	02:39:13	+01:25:10	09:22
11	3130	Garcia Da Silva	Ecobaraventura	Veterano M60	03:10:29	+01:56:26	11:12

COLETIVO - K17[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	EMICELA TEAM	1 + 2 + 5	8
2	MINHO E LIMA TRAIL	9 + 11 + 14	34
3	ACADEMIA DESPORTIVA DE ARCOS DE VALDEVEZ	10 + 16 + 33	59
4	FISIOPEDRO TRAIL	18 + 22 + 45	85
5	OLÍMPICO VIANENSE TRAIL	15 + 28 + 44	87
6	EDL TRAIL	34 + 36 + 38	108
7	AMC TRAIL	29 + 31 + 65	125
8	OADA - OS AMIGOS DA AVENTURA	17 + 35 + 82	134
9	ALEXANDRA CARVALHO TEAM	23 + 24 + 91	138
10	BTT ALEGRIA // TUBANI	21 + 61 + 94	176
11	VIDAATIVARUNNERS	32 + 54 + 102	188
12	CERVEIRA TEAM RUNNING	25 + 81 + 110	216
13	AIRORUN	3 + 48 + 180	231
14	RUNNING PENAFIEL TRAIL	52 + 105 + 106	263
15	ACRA RUNNING	12 + 117 + 137	266
16	DIVE - INTO THE MOUNTAINS	20 + 99 + 151	270
17	PORTOCARGO RUNNERS	70 + 71 + 134	275
18	EDV-VIANA TRAIL	92 + 93 + 186	371
19	RINUS FAFE	79 + 80 + 215	374
20	TRAIL TEAM MONTARIA	86 + 147 + 193	426
21	FISIO.	83 + 166 + 191	440
22	AD MARCO 09	89 + 175 + 190	454
23	VIEIRA A CORRER	157 + 158 + 159	474
24	EQUIPA JOÃO FERREIRA	84 + 198 + 199	481
25	ARCA BARCELOS RUNNERS	127 + 185 + 219	531
26	BORA LÁ CORRER	124 + 218 + 223	565
27	OS ISABELINHAS	173 + 174 + 226	573
28	TEAM WORKOUT 48/CAM	101 + 245 + 246	592
29	KEMEDO TEAM	119 + 178 + 308	605
30	XSPARTAN	141 + 237 + 238	616
31	PALMEIRA RUNNERS	118 + 224 + 282	624
32	GURUS	109 + 236 + 394	739
33	NOCTURNOS DE PAREDES	111 + 352 + 361	824
34	SERI TRAIL TEAM	6 + 415 + 420	841
35	AFIFENSE TRAIL	171 + 303 + 471	945
36	LOBOS DO MONTE	64 + 455 + 456	975
37	CLUBE DESPORTIVO CEPESA	320 + 335 + 359	1014
38	DÓI-ME QUASE TUDO...	340 + 341 + 371	1052

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