

25KM - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:45	10.5°C	93%
End	13:11	10.5°C	93%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	81	Nuno Carneiro	NAST	02:06:24		05:03	
2	5	João Patricio Gonçalves Nogueira	100METROS - ORALKLASS-AMIGOS DO TRAIL	02:13:00	+06:36	05:19	
3	17	António Martins	Boavista Trail	02:17:13	+10:49	05:29	
4	54	Marcos ribeiro	Individual	02:17:38	+11:14	05:30	
5	91	Fernando Oliveira	Moura & Dias	02:21:13	+14:49	05:39	
6	97	Rafael Alexandre da Silva Batista Martinho	Trilhos dos Templários /xprofit	02:21:58	+15:34	05:41	
7	28	Carlos Silva	Clube Trilheiros & amigos	02:23:05	+16:41	05:43	
8	62	Alfredo Moreira	Individual	02:23:29	+17:05	05:44	
9	85	joaquim leal	Paços runners	02:25:06	+18:42	05:48	
10	27	Antonio Teles	Clube Trilheiros & amigos	02:25:16	+18:52	05:49	
11	49	José Barbosa	Individual	02:27:22	+20:58	05:54	
12	21	Ricardo Machado	C. A. Andatrilhos Freamunde	02:27:43	+21:19	05:55	
13	63	António Cunha	Individual	02:28:02	+21:38	05:55	
14	30	Telmo Cardoso	Clube Trilheiros & amigos	02:28:26	+22:02	05:56	
15	19	Rui Santos	C. A. Andatrilhos Freamunde	02:29:58	+23:34	06:00	
16	43	Carlos Felgueiras	Individual	02:35:17	+28:53	06:13	
17	45	Domingos Martins	Individual	02:35:33	+29:09	06:13	
18	66	paulo coelho	clube atletismo fafe	02:37:51	+31:27	06:19	
19	92	Diogo Sousa	Travassós Running Fafe	02:38:24	+32:00	06:20	
20	75	Joaquim Pinheiro	Individual	02:41:27	+35:03	06:27	
21	87	ALEXANDRE COSTA	PAÇOSRUNNERS	02:41:27	+35:03	06:27	
22	99	Mário da Silva	Individual	02:41:52	+35:28	06:28	
23	29	José Sousa	Clube Trilheiros & amigos	02:43:47	+37:23	06:33	
24	9	Carlos Ribeiro	Boavista Trail	02:43:53	+37:29	06:33	
25	56	Paulo Neves	Individual	02:45:05	+38:41	06:36	
26	72	Sérgio Moreira	Individual	02:45:56	+39:32	06:38	
27	22	Bruno Mouta	Cinfães a Correr	02:46:10	+39:46	06:39	
28	20	Daniel Machado Neto	C. A. Andatrilhos Freamunde	02:46:36	+40:12	06:40	
29	84	Manuel costa	núcleo do Sporting de v n de famalicao	02:48:37	+42:13	06:45	
30	16	Pedro Dias	Boavista Trail	02:49:22	+42:58	06:46	
31	36	Paulo Campos	Hora do Lobo Trail - CF de Perosinho	02:49:22	+42:58	06:46	
32	32	Filipe Escobar	Equipa A Canidelo	02:50:26	+44:02	06:49	
33	80	João Tiago	LIZ RUNNERS	02:52:56	+46:32	06:55	
34	68	Ricardo Rodrigues	Individual	02:53:01	+46:37	06:55	
35	58	Ricardo Leal	Individual	02:53:17	+46:53	06:56	
36	51	Jose Nunes	Individual	02:53:17	+46:53	06:56	
37	44	Daniel Dias Abreu	Individual	02:53:48	+47:24	06:57	
38	98	Ricardo França	Individual	02:54:40	+48:16	06:59	
39	40	António Barbosa	Individual	02:54:46	+48:22	06:59	
40	65	César Gonçalves	Individual	02:55:50	+49:26	07:02	
41	86	joão couto	Paços runners	02:55:52	+49:28	07:02	

25KM - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	26	Manuel Teixeira	Clube Trilheiros & amigos	02:59:36	+53:12	07:11	
43	24	Gilberto Orlando	Clube Trilheiros & amigos	02:59:36	+53:12	07:11	
44	55	Paulo Jorge Costa Oliveira	Individual	03:00:02	+53:38	07:12	
45	23	Daniel sousa	Clube Trilheiros & amigos	03:00:05	+53:41	07:12	
46	13	Filipe Abreu	Boavista Trail	03:00:32	+54:08	07:13	
47	7	Diana Martins	Boavista Trail	03:00:33	+54:09	07:13	
48	35	Alberto Carlos	GENEROSOS RUNNERS	03:01:12	+54:48	07:15	
49	8	Bruno Loureiro	Boavista Trail	03:01:43	+55:19	07:16	
50	73	Vitor Araújo	Individual	03:03:13	+56:49	07:20	
51	52	Luis Alves	Individual	03:03:30	+57:06	07:20	
52	77	José Leça	Individual	03:04:29	+58:05	07:23	
53	69	Rolando Costa	Individual	03:06:05	+59:41	07:27	
54	12	Rui Costa	Boavista Trail	03:06:06	+59:42	07:27	
55	78	Pedro Barbosa	Individual	03:07:05	+01:00:41	07:29	
56	18	Paulo Ferreira	Boavista Trail	03:07:44	+01:01:20	07:31	
57	94	Jose Carvalho	Travassós Running Fafe	03:09:30	+01:03:06	07:35	
58	1265	Paulo leite	Individual	03:09:30	+01:03:06	07:35	
59	60	Cristina Silva	Individual	03:10:34	+01:04:10	07:37	
60	41	Bruno Silva	Individual	03:10:35	+01:04:11	07:37	
61	59	Roberto Ferreira	Individual	03:10:35	+01:04:11	07:37	
62	48	Jorge Botelho	Individual	03:12:01	+01:05:37	07:41	
63	89	Alexandra Padilha	Moura & Dias	03:12:26	+01:06:02	07:42	
64	93	Flavio Castro	Travassós Running Fafe	03:12:31	+01:06:07	07:42	
65	53	Luís Filipe Veloso da Silva	Individual	03:12:32	+01:06:08	07:42	
66	74	Henrique Santos	Individual	03:13:42	+01:07:18	07:45	
67	57	Pedro Pacheco	Individual	03:15:24	+01:09:00	07:49	
68	79	Ligia Mendes	Clube Trilheiros & amigos	03:18:08	+01:11:44	07:56	
69	31	António Gomes da Silva	Clube Trilheiros & amigos	03:18:08	+01:11:44	07:56	
70	38	Rui Silva	Incríveis Incríveis	03:19:49	+01:13:25	08:00	
71	37	Adelino Dias	Incríveis Incríveis	03:19:50	+01:13:26	08:00	
72	50	José Carlos Coelho Alves	Individual	03:21:38	+01:15:14	08:04	
73	90	Ana Pinto	TOG - Trinca Orelhas de Gato	03:21:47	+01:15:23	08:04	
74	64	Antonio silva	Individual	03:23:17	+01:16:53	08:08	
75	67	Paulo Ribeiro	Individual	03:23:47	+01:17:23	08:09	
76	82	Carla Castro	Núcleo do Sporting Clube de Portugal de Braga	03:28:39	+01:22:15	08:21	
77	47	João Soares	Individual	03:28:55	+01:22:31	08:21	
78	83	Rui Silva	Núcleo do Sporting Clube de Portugal de Braga	03:29:22	+01:22:58	08:22	
79	70	Rui Fernandes	Individual	03:30:40	+01:24:16	08:26	
80	39	André Silva	Individual	03:30:51	+01:24:27	08:26	
81	33	Claudia Coelho	GENEROSOS RUNNERS	03:34:45	+01:28:21	08:35	
82	95	Lucinda Gomes	LION RUNNERS - G.D. Leões da Guarda	03:41:34	+01:35:10	08:52	
83	6	Carla Pereira	Aliança de Gandra	03:45:55	+01:39:31	09:02	
84	25	José Andrade	Clube Trilheiros & amigos	04:29:49	+02:23:25	10:48	
85	61	Sandra Ferreira	Individual	04:29:51	+02:23:27	10:48	

25KM

[illegible]

25 KM

OFFICIAL RESULT

[illegible]

33	38	Rui Silva	Incríveis Incríveis	Senior Masculino	03:19:48	+01:13:24	08:00
34	37	Adelino Dias	Incríveis Incríveis	Senior Masculino	03:19:49	+01:13:25	08:00
35	50	José Carlos Coelho Alves	Individual	Senior Masculino	03:21:38	+01:15:13	08:04
36	47	João Soares	Individual	Senior Masculino	03:28:55	+01:22:30	08:21
37	39	André Silva	Individual	Senior Masculino	03:30:51	+01:24:27	08:26
38	25	José Andrade	Clube Trilheiros & amigos	Senior Masculino	04:29:48	+02:23:24	10:48

Veterana F40

1	60	Cristina Silva	Individual	Veterana F40	03:10:34	+01:04:09	07:37
2	89	Alexandra Padilha	Moura & Dias	Veterana F40	03:12:25	+01:06:01	07:42
3	79	Ligia Mendes	Clube Trilheiros & amigos	Veterana F40	03:18:08	+01:11:43	07:56
4	90	Ana Pinto	TOG - Trinca Orelhas de Gato	Veterana F40	03:21:46	+01:15:22	08:04
5	82	Carla Castro	Núcleo do Sporting Clube de Portugal de Braga	Veterana F40	03:28:38	+01:22:14	08:21
6	61	Sandra Ferreira	Individual	Veterana F40	04:29:50	+02:23:26	10:48

Veterana F50

1	95	Lucinda Gomes	LION RUNNERS - G.D. Leões da Guarda	Veterana F50	03:41:33	+01:35:09	08:52
---	----	---------------	-------------------------------------	--------------	----------	-----------	-------

Veterano M40

1	28	Carlos Silva	Clube Trilheiros & amigos	Veterano M40	02:23:04	+16:40	05:43
2	62	Alfredo Moreira	Individual	Veterano M40	02:23:28	+17:04	05:44
3	85	joaquim leal	Paços runners	Veterano M40	02:25:05	+18:41	05:48
4	27	Antonio Teles	Clube Trilheiros & amigos	Veterano M40	02:25:16	+18:51	05:49
5	63	António Cunha	Individual	Veterano M40	02:28:01	+21:37	05:55
6	30	Telmo Cardoso	Clube Trilheiros & amigos	Veterano M40	02:28:25	+22:01	05:56
7	66	paulo coelho	clube atletismo fafe	Veterano M40	02:37:51	+31:26	06:19
8	29	José Sousa	Clube Trilheiros & amigos	Veterano M40	02:43:46	+37:22	06:33
9	72	Sérgio Moreira	Individual	Veterano M40	02:45:56	+39:31	06:38
10	22	Bruno Mouta	Cinfães a Correr	Veterano M40	02:46:10	+39:45	06:39
11	20	Daniel Machado Neto	C. A. Andatrilhos Freamunde	Veterano M40	02:46:36	+40:11	06:40
12	16	Pedro Dias	Boavista Trail	Veterano M40	02:49:21	+42:57	06:46
13	36	Paulo Campos	Hora do Lobo Trail - CF de Perosinho	Veterano M40	02:49:21	+42:57	06:46
14	32	Filipe Escobar	Equipa A Canidelo	Veterano M40	02:50:25	+44:01	06:49
15	68	Ricardo Rodrigues	Individual	Veterano M40	02:53:01	+46:36	06:55
16	65	César Gonçalves	Individual	Veterano M40	02:55:49	+49:25	07:02
17	13	Filipe Abreu	Boavista Trail	Veterano M40	03:00:31	+54:07	07:13
18	35	Alberto Carlos	GENEROSOS RUNNERS	Veterano M40	03:01:11	+54:47	07:15
19	73	Vitor Araújo	Individual	Veterano M40	03:03:13	+56:48	07:20
20	69	Rolando Costa	Individual	Veterano M40	03:06:05	+59:40	07:27
21	1265	Paulo leite	Individual	Veterano M40	03:09:30	+01:03:05	07:35

25KM

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

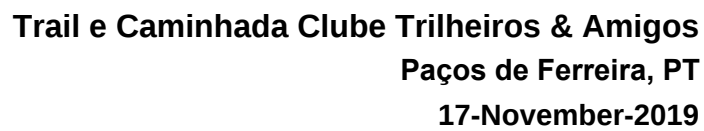
22	64	Antonio silva	Individual	Veterano M40	03:23:17	+01:16:52	08:08
23	67	Paulo Ribeiro	Individual	Veterano M40	03:23:46	+01:17:22	08:09
24	83	Rui Silva	Núcleo do Sporting Clube de Portugal de Braga	Veterano M40	03:29:21	+01:22:57	08:22
25	70	Rui Fernandes	Individual	Veterano M40	03:30:39	+01:24:15	08:26

Veterano M50

1	17	António Martins	Boavista Trail	Veterano M50	02:17:13	+10:49	05:29
2	91	Fernando Oliveira	Moura & Dias	Veterano M50	02:21:12	+14:48	05:39
3	21	Ricardo Machado	C. A. Andatrilhos Freamunde	Veterano M50	02:27:42	+21:18	05:55
4	75	Joaquim Pinheiro	Individual	Veterano M50	02:41:26	+35:02	06:27
5	87	ALEXANDRE COSTA	PAÇOSRUNNERS	Veterano M50	02:41:27	+35:02	06:27
6	86	joão couto	Paços runners	Veterano M50	02:55:51	+49:27	07:02
7	77	José Leça	Individual	Veterano M50	03:04:29	+58:05	07:23
8	78	Pedro Barbosa	Individual	Veterano M50	03:07:04	+01:00:40	07:29
9	18	Paulo Ferreira	Boavista Trail	Veterano M50	03:07:43	+01:01:19	07:31
10	74	Henrique Santos	Individual	Veterano M50	03:13:41	+01:07:17	07:45
11	31	António Gomes da Silva	Clube Trilheiros & amigos	Veterano M50	03:18:08	+01:11:43	07:56

Veterano M60

1	84	Manuel costa	núcleo do Sporting de v n de famalicao	Veterano M60	02:48:36	+42:12	06:45
---	----	--------------	--	--------------	----------	--------	-------

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 17-Nov-2019 12:46
-----------------------------	-------	----------------------------

13KM - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:15	10.7°C	100%
End	12:17	10.7°C	100%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1099	João Ferreira Amorim	Futebol Clube de Penafiel	01:08:04		05:14	
2	1319	João	Manu s Therapy Trail Running	01:11:38	+03:34	05:31	
3	1102	Joao Oliveira	Gansos	01:13:02	+04:58	05:37	
4	1234	Abílio Fernandes	DAP Produções	01:13:04	+05:00	05:37	
5	1061	Filipe Nogueira	DAPproduções	01:14:25	+06:21	05:43	
6	1336	Ricardo Oliveira	OS SANTA APOLONIA	01:15:59	+07:55	05:51	
7	1335	José Pedrosa	Os primos	01:16:39	+08:35	05:54	
8	1030	Agostinho Sousa	C. A. Andarilhos Freamunde	01:17:03	+08:59	05:56	
9	1357	Samuel Bessa	RorizAventura	01:17:03	+08:59	05:56	
10	1411	Bruno Filipe Monteiro FERreira	Turbo Kings 2.0 - A. D. Ancêde	01:17:23	+09:19	05:57	
11	1071	Fernando Seabra	DAPproduções	01:17:56	+09:52	06:00	
12	1116	Hugo Sampaio	HABCARPINTARIA	01:18:19	+10:15	06:01	
13	1094	Joao Ribeiro	Fire runners	01:18:43	+10:39	06:03	
14	1066	Tiago Alves	DAPproduções	01:19:43	+11:39	06:08	
15	1200	Vitor Cunha	Individual	01:20:03	+11:59	06:09	
16	1045	José Silva	Clube Trilheiros & amigos	01:20:30	+12:26	06:12	
17	1417	Pedro Monteiro	Turbo Kings 2.0 - A. D. Ancêde	01:21:29	+13:25	06:16	
18	1423	José Augusto Pinto	Turbo Kings 2.0 - A. D. Ancêde	01:21:29	+13:25	06:16	
19	1246	Fernando Moreira	Individual	01:21:52	+13:48	06:18	
20	1068	Vítor Araujo	DAPproduções	01:22:04	+14:00	06:19	
21	1327	Ricardo Marcelo de Sousa Marques	O ultimo a chegar paga o jantar!!	01:22:10	+14:06	06:19	
22	1333	Bruno Fontão	Os primos	01:22:25	+14:21	06:20	
23	1014	Cristiano Gomes	APERTA CORDÕES	01:22:30	+14:26	06:21	
24	1241	ARMANDO MARTINS RIBEIRO	Individual	01:23:02	+14:58	06:23	
25	1005	Pedro Vieira	A.D.Amarante trail running	01:23:21	+15:17	06:25	
26	1326	Bruno Manuel Santos Costa	O ultimo a chegar paga o jantar!!	01:23:26	+15:22	06:25	
27	1345	rogerio silva	Paços runners	01:23:29	+15:25	06:25	
28	1091	Nelson vilela	FigueiróFIT	01:23:36	+15:32	06:26	
29	1060	Eugénio Cruz	DAPproduções	01:23:37	+15:33	06:26	
30	1307	Luís Carneiro	La Familia Trail Team	01:23:53	+15:49	06:27	
31	1169	José Pedro Ferreira de morais	Individual	01:23:58	+15:54	06:28	
32	1183	PEDRO CARNEIRO	Individual	01:23:59	+15:55	06:28	
33	1171	Jose Pereira	Individual	01:24:25	+16:21	06:30	
34	1136	Célia Neto	DAP Produções	01:24:25	+16:21	06:30	
35	1294	Paulo Quintas	Individual	01:24:54	+16:50	06:32	
36	1260	Manuel Couto	Individual	01:25:14	+17:10	06:33	
37	1186	Ricardo Costa	Individual	01:25:36	+17:32	06:35	
38	1291	José Maria Barros Dias	Individual	01:25:46	+17:42	06:36	
39	1238	António Coelho	Individual	01:26:12	+18:08	06:38	
40	1302	Jorge Gonçalves	JLeal Home & Co	01:26:21	+18:17	06:39	
41	1001	Brigida Raquel Dias Pinto	100METROS - ORALKLASS-AMIGOS DO TRAIL	01:26:29	+18:25	06:39	
42	1033	António Teixeira	Caminheiros de Ermesinde	01:26:31	+18:27	06:39	

13KM - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	1032	Francisco Rodrigues	C. A. Andatrilhos Freamunde	01:35:35	+27:32	07:21	
90	1178	Nelson Pinto	Individual	01:35:44	+27:40	07:22	
91	1115	Bruno Marques	HABCARPINTARIA	01:36:03	+27:59	07:23	
92	1168	José Leite	Individual	01:36:17	+28:13	07:24	
93	1334	Luís Pedrosa	Os primos	01:36:18	+28:14	07:24	
94	1166	Jorge Coelho	Individual	01:36:21	+28:17	07:25	
95	1092	Nuno Andrade	FigueiróFIT	01:36:26	+28:22	07:25	
96	1193	Rui Pinto	Individual	01:36:40	+28:36	07:26	
97	1274	Sergio Mota	Individual	01:36:54	+28:50	07:27	
98	1050	Ricardo Dias	Condomínio Ideal II	01:37:23	+29:19	07:29	
99	1049	Mariana Pires	Condomínio Ideal II	01:37:23	+29:19	07:29	
100	1240	Antonio malheiro	Individual	01:37:30	+29:26	07:30	
101	1280	António Carneiro Matos	Individual	01:37:32	+29:28	07:30	
102	1139	DIANA NETO	Individual	01:37:35	+29:31	07:30	
103	1179	NUNO SEIXAL	Individual	01:37:39	+29:35	07:31	
104	1082	Luis Neves	Equipotência Trail Team	01:37:40	+29:36	07:31	
105	1315	Manuela Pinto	Manu s Therapy Trail Running	01:37:42	+29:38	07:31	
106	1366	Manuel Peixoto	RorizAventura	01:38:19	+30:15	07:34	
107	1067	Tiago Seabra	DAPproduções	01:38:26	+30:22	07:34	
108	1413	Cristiano Fonseca	Turbo Kings 2.0 - A. D. Ancêde	01:39:01	+30:57	07:37	
109	1077	Tiago Maia	DRAGONS	01:39:05	+31:01	07:37	
110	1153	Bruno Ferreira	Individual	01:39:13	+31:09	07:38	
111	1264	Nelson Cristiano Pacheco de Freitas	Individual	01:39:14	+31:10	07:38	
112	1425	JOAQUIM ANDRADE	TUTILAR CLASS RUNNERS	01:39:14	+31:10	07:38	
113	1042	Alexandre Fernandes	Clube Trilheiros & amigos	01:39:40	+31:36	07:40	
114	1285	Joao Alves	Individual	01:39:58	+31:54	07:41	
115	1079	Marlene Ferreira	DRAGONS	01:40:07	+32:03	07:42	
116	1156	Daniel	Individual	01:40:20	+32:16	07:43	
117	1252	Jorge Manuel Bastos	Individual	01:40:26	+32:22	07:44	
118	1329	EDUARDO SILVA	Os caminhantes	01:40:29	+32:25	07:44	
119	1188	Ricardo Manuel Da Silva ribeiro	Individual	01:40:34	+32:30	07:44	
120	1151	Andre Alves	Individual	01:40:40	+32:36	07:45	
121	1207	Eunice Salgado	Individual	01:41:15	+33:11	07:47	
122	1214	Maria José Sousa	Individual	01:41:41	+33:37	07:49	
123	1025	Carlos Alberto Leal	C. A. Andatrilhos Freamunde	01:41:53	+33:49	07:50	
124	42	Carlos Felgueiras	Individual	01:41:54	+33:50	07:50	
125	1104	Miguel Costa	Gansos	01:42:09	+34:05	07:51	
126	1212	Lurdes Pinheiro	Individual	01:43:02	+34:58	07:56	
127	1037	Jorge Santos	Clube Pessoal Aguas Gaia	01:43:10	+35:06	07:56	
128	1187	Ricardo Costa	Individual	01:43:17	+35:13	07:57	
129	88	Rui Teixeira	Porto Sentido Runners	01:43:26	+35:22	07:57	
130	1348	André Oliveira	Porto Sentido Runners	01:43:26	+35:22	07:57	
131	1253	Jorge Souto	Individual	01:43:47	+35:43	07:59	
132	1340	pedro nunes	Paços runners	01:43:47	+35:43	07:59	
133	1097	Agostinho Pinto	FISIOPERFORMANCE	01:43:47	+35:43	07:59	
134	1048	Hugo Teixeira	Código Musical	01:43:57	+35:53	08:00	

13KM - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
135	1278	Adao Barros	Individual	01:43:57	+35:53	08:00	
136	1344	ruí alves	Paços runners	01:43:59	+35:55	08:00	
137	1293	PAULO ALEXANDRE OLIVEIRA COELHO	Individual	01:44:15	+36:11	08:01	
138	1356	Leonel Martins	RorizAventura	01:44:48	+36:44	08:04	
139	1362	Emanuel Fernandes	RorizAventura	01:44:50	+36:46	08:04	
140	1076	PAULO FERREIRA	DDT Runners	01:44:51	+36:47	08:04	
141	1181	Patricio Renato Vidal da Silva	Individual	01:44:54	+36:50	08:04	
142	1332	Rui neto	os malucos	01:45:21	+37:17	08:06	
143	34	Jose Ferreira	GENEROSOS RUNNERS	01:45:23	+37:19	08:06	
144	1184	PEDRO HENRIQUE MARTINS MEIRELES	Individual	01:45:36	+37:32	08:07	
145	1064	Nuno Teixeira	DAPproduções	01:45:53	+37:49	08:09	
146	1249	João José de Sousa Mendes	Individual	01:45:54	+37:50	08:09	
147	1349	Filipe Maria	Porto Sentido Runners	01:45:55	+37:51	08:09	
148	1355	leão	RorizAventura	01:46:02	+37:58	08:09	
149	1039	José Barbosa	Clube Pessoal Aguas Gaia	01:46:05	+38:01	08:10	
150	1301	Carlos Ferreira	JLeal Home & Co	01:46:30	+38:26	08:12	
151	1306	Miguel Rondão	La Família Trail Team	01:46:38	+38:34	08:12	
152	1154	Bruno Silva	Individual	01:46:59	+38:55	08:14	
153	1289	Jorge cunha	Individual	01:47:20	+39:16	08:15	
154	15	José Lopes	Boavista Trail	01:47:56	+39:52	08:18	
155	1078	Amélia Ramos	DRAGONS	01:48:00	+39:56	08:18	
156	1002	Adérito Brandão	100PRESSA	01:48:03	+39:59	08:19	
157	1173	Luís	Individual	01:48:07	+40:03	08:19	
158	1198	Tiago Fernando Ferreira Pinto	Individual	01:48:17	+40:13	08:20	
159	1035	Armando Neves	Clube os 5 à hora	01:48:35	+40:31	08:21	
160	1259	Luís Miranda	Individual	01:48:37	+40:33	08:21	
161	1069	Jorge Moreira	DAPproduções	01:48:51	+40:47	08:22	
162	1070	Ricardo Pinto	DAPproduções	01:48:51	+40:47	08:22	
163	1284	Fernando do Pilar Amaro Areia	Individual	01:49:23	+41:19	08:25	
164	1288	Joaquim Coelho	Individual	01:49:39	+41:35	08:26	
165	1248	Helder Rodrigues	Individual	01:49:40	+41:36	08:26	
166	1010	Ana Neto	Ana Neto	01:50:00	+41:56	08:28	
167	1036	Silvério Santos	Clube Pessoal Aguas Gaia	01:50:05	+42:01	08:28	
168	1310	João Manuel da Silva Carvalho	Lobos Desnorteados	01:50:10	+42:06	08:28	
169	1312	Carlos Manuel Pires da Costa Machado	Lobos Desnorteados	01:50:10	+42:06	08:28	
170	1313	Helder Fernandes Macedo Pereira	Lobos Desnorteados	01:50:12	+42:08	08:29	
171	1309	Eduardo Fernandes Macedo Pereira	Lobos Desnorteados	01:50:13	+42:09	08:29	
172	1314	José Manuel Machado Carvalho	Lobos Desnorteados	01:50:13	+42:09	08:29	
173	1311	Tiago Pimenta	Lobos Desnorteados	01:50:13	+42:09	08:29	
174	1163	João Pedro Soares dos Santos	Individual	01:50:16	+42:12	08:29	
175	1003	Ana Guimarães	A. D. Lustosa	01:50:18	+42:14	08:29	
176	1004	joao guimaraes	A. D. Lustosa	01:50:18	+42:14	08:29	
177	1113	Ilídio Dias	Guilhade Team	01:50:19	+42:15	08:29	
178	1114	Jorge Leal	Guilhade Team	01:50:19	+42:15	08:29	

13KM - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
179	1243	Emanuel Videira Freitas	Individual	01:50:21	+42:17	08:29	
180	1096	Teresa Maias	FISIOPERFORMANCE	01:51:03	+42:59	08:33	
181	1364	Luis Filipe Roriz Gouveia	RorizAventura	01:51:04	+43:00	08:33	
182	1412	Carlos Monteiro	Turbo Kings 2.0 - A. D. Ancêde	01:51:22	+43:18	08:34	
183	1189	Rui André Ribeiro Moreira	Individual	01:51:36	+43:32	08:35	
184	1281	Antonio Fernando Andrade Pinheiro Machado	Individual	01:51:36	+43:32	08:35	
185	1379	Pedro pimenta	Sem Medo	01:51:40	+43:36	08:35	
186	1176	Marco Babo	Individual	01:53:39	+45:35	08:45	
187	1399	João Carvalho	Travassós Running Fafe	01:53:40	+45:36	08:45	
188	1304	Juliana Carneiro	La Familia Trail Team	01:53:56	+45:52	08:46	
189	1419	Ricardo Portela	Turbo Kings 2.0 - A. D. Ancêde	01:53:56	+45:52	08:46	
190	1316	Natália Pinto	Manu s Therapy Trail Running	01:54:07	+46:03	08:47	
191	1382	Sousa Henrique	Soplabifana	01:54:16	+46:12	08:47	
192	1013	Tiago Araújo	ANGRY DUCKS TRAIL TEAM	01:54:59	+46:55	08:51	
193	1063	Luis Moreira	DAPproduções	01:55:30	+47:26	08:53	
194	1147	Raquel vieira Eusébio	Individual	01:55:37	+47:33	08:54	
195	1007	Arnaldo silva	A20s javalis trail team	01:56:00	+47:56	08:55	
196	1084	Sandra Pinto	FAMA RUNNERS	01:56:23	+48:19	08:57	
197	1398	Duarte Freitas	Travassós Running Fafe	01:56:50	+48:46	08:59	
198	1087	Nina Salvador	Farmácia Fervença	01:56:50	+48:46	08:59	
199	1237	António Carlos Gomes dias	Individual	01:56:59	+48:55	09:00	
200	1155	Carlos Miguel Alves Bessa	Individual	01:57:00	+48:56	09:00	
201	1414	Hélder Serdoura	Turbo Kings 2.0 - A. D. Ancêde	01:57:18	+49:14	09:01	
202	1231	Maria Teixeira	BTT / Alegria	01:57:37	+49:33	09:03	
203	1075	MANUEL OLIVEIRA	DDT Runners	01:58:32	+50:28	09:07	
204	1072	ANDREIA CARINA	DDT Runners	01:58:34	+50:30	09:07	
205	1372	Fernando Campos	Sem Limites	01:58:34	+50:30	09:07	
206	1347	Valentina Pereira	Porto Sentido Runners	01:58:45	+50:41	09:08	
207	1143	Lúcia Silva	Individual	01:58:46	+50:42	09:08	
208	1172	José Sousa	Individual	01:58:48	+50:44	09:08	
209	1011	Joel Ferreira	ANGRY DUCKS TRAIL TEAM	01:58:51	+50:47	09:09	
210	1012	Paulo Ferreira	ANGRY DUCKS TRAIL TEAM	01:58:55	+50:51	09:09	
211	1350	Avelino Rodrigues	Porto Sentido Runners	01:58:56	+50:52	09:09	
212	1341	edite cruz	Paços runners	01:59:02	+50:58	09:09	
213	1233	Abílio Silva	Individual	01:59:44	+51:40	09:13	
214	1400	Ricardo Fernandes	Travassós Running Fafe	01:59:59	+51:55	09:14	
215	1255	José Luís Gonçalves Duarte	Individual	02:00:05	+52:01	09:14	
216	1377	Paula silva	Sem Medo	02:00:05	+52:01	09:14	
217	1197	Tiago Dias	Individual	02:00:11	+52:07	09:15	
218	1148	Ricardo Pacheco	Individual	02:00:11	+52:07	09:15	
219	1261	MARIO JOEL GONÇALVES FERREIRA	Individual	02:00:12	+52:08	09:15	
220	1145	MARLENE DA CONCEIÇÃO MARTINS PINHEIRO	Individual	02:00:12	+52:08	09:15	
221	1404	Fatima Freitas	Travassós Running Fafe	02:00:14	+52:10	09:15	

13KM - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
222	1286	Joaquim Antero da Silva Carneiro Leão	Individual	02:00:15	+52:11	09:15	
223	1217	Marta Serra	Individual	02:00:16	+52:12	09:15	
224	1232	Rosa Silva	Individual	02:01:10	+53:06	09:19	
225	1247	Fernando Silva	Individual	02:01:10	+53:06	09:19	
226	1215	Marília Carmo Cunha	Individual	02:01:22	+53:18	09:20	
227	1110	Paula Ferreira	GENEROSOS RUNNERS	02:01:46	+53:42	09:22	
228	1354	Jorge Alberto Martins Costa	RorizAventura	02:01:48	+53:44	09:22	
229	1229	Luísa Maria Silva Cunha	Individual	02:02:14	+54:10	09:24	
230	1224	Susana Maria Silva Costa	Individual	02:02:35	+54:31	09:26	
231	1127	Pedro Carvalho	Inclusautismo Associação	02:02:49	+54:45	09:27	
232	1125	Joaquim Pereira	Inclusautismo Associação	02:02:50	+54:46	09:27	
233	1373	Fátima marinho	Sem Medo	02:02:52	+54:48	09:27	
234	1112	Rodrigo Ferraz	GENEROSOS RUNNERS	02:03:31	+55:27	09:30	
235	1129	Agueda Neto	Individual	02:03:31	+55:27	09:30	
236	1120	Kellen Nunes	Inclusautismo Associação	02:03:44	+55:40	09:31	
237	1017	Filipe Almeida	Apúlia a Correr	02:03:46	+55:42	09:31	
238	1016	Marisa Portela	Apúlia a Correr	02:03:46	+55:42	09:31	
239	1162	João Alfredo silva valente leal	Individual	02:04:32	+56:28	09:35	
240	1105	PAULO SILVA	Gansos	02:04:40	+56:36	09:35	
241	1295	Valdemar Silva	Individual	02:05:28	+57:24	09:39	
242	1290	José Cabral	Individual	02:05:29	+57:25	09:39	
243	1174	Luis Manuel da Silva Machado	Individual	02:05:37	+57:33	09:40	
244	1167	José Alberto Valente Neto	Individual	02:05:38	+57:34	09:40	
245	1170	José Pedro Meireles	Individual	02:05:38	+57:34	09:40	
246	1160	Filipe Neto	Individual	02:05:38	+57:34	09:40	
247	1424	FRANCISCO NETO	TUTILAR CLASS RUNNERS	02:06:06	+58:02	09:42	
248	1426	PORFIRIO SILVA	TUTILAR CLASS RUNNERS	02:06:35	+58:31	09:44	
249	1385	José Silva	Trail Team 1328	02:06:44	+58:40	09:45	
250	1124	Susana Silva	Inclusautismo Associação	02:06:46	+58:42	09:45	
251	1383	Tiago Costa	Trail team 1328	02:06:46	+58:42	09:45	
252	1384	Cristiano Alves	Trail team 1328	02:06:47	+58:43	09:45	
253	1331	ROBERTO SILVA	Os caminhantes	02:07:16	+59:12	09:47	
254	1330	SONIA PACHECO	Os caminhantes	02:07:16	+59:12	09:47	
255	1292	Manuel dias	Individual	02:07:23	+59:19	09:48	
256	1131	Ana Silva	Individual	02:07:26	+59:22	09:48	
257	1269	Roberto Neto	Individual	02:07:57	+59:53	09:51	
258	1303	Luís Leal	JLeal Home & Co	02:08:10	+01:00:06	09:52	
259	1052	Francisco José Brás da Silva	Coronado Runners	02:08:31	+01:00:27	09:53	
260	1080	Carolina Martins	ÉPRÓCUMBIBIU	02:09:27	+01:01:23	09:57	
261	1081	Mario Coelho	ÉPRÓCUMBIBIU	02:09:27	+01:01:23	09:57	
262	1211	Josefa Oliveira	Individual	02:09:34	+01:01:30	09:58	
263	1223	Susana Leal	Individual	02:09:55	+01:01:51	10:00	
264	1203	Albertina Neto	Individual	02:10:45	+01:02:41	10:03	
265	1083	Abilio Neves	Equipotência Trail Team	02:11:26	+01:03:22	10:07	
266	1164	Joaquim barros	Individual	02:12:07	+01:04:03	10:10	

13KM - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
267	1135	Casimira freire	Individual	02:12:07	+01:04:03	10:10	
268	1262	mario pacheco	Individual	02:12:20	+01:04:16	10:11	
269	1378	Marco pimenta	Sem Medo	02:12:23	+01:04:19	10:11	
270	1222	Sara Portugal	Individual	02:12:44	+01:04:40	10:13	
271	1206	Elsa Meireles	Individual	02:12:59	+01:04:55	10:14	
272	1055	Ana Pacheco	DAPproduções	02:13:03	+01:04:59	10:14	
273	1126	Paulo Pinto	Inclusautismo Associação	02:13:15	+01:05:11	10:15	
274	1059	Marta Pereira	DAPproduções	02:13:17	+01:05:13	10:15	
275	1122	Alexandra Rocha	Inclusautismo Associação	02:13:19	+01:05:15	10:15	
276	1228	Isabel Maria da Silva valinhas dos santos	Individual	02:13:44	+01:05:40	10:17	
277	1318	David Costa	Manu s Therapy Trail Running	02:13:46	+01:05:42	10:17	
278	1204	Alexandra Bessa	Individual	02:13:56	+01:05:52	10:18	
279	1337	Catarina Brito	Os Sonos	02:13:56	+01:05:52	10:18	
280	1040	CARLA SILVA	Clube Trilheiros & amigos	02:13:58	+01:05:54	10:18	
281	1106	Rui machado	Gansos	02:14:02	+01:05:58	10:19	
282	1405	Natalia Bento	Travassós Running Fafe	02:14:34	+01:06:30	10:21	
283	1388	Ana Rita Alves	Travassós Running Fafe	02:14:35	+01:06:31	10:21	
284	1322	Vera Leal	Nocturnos de Paredes	02:14:43	+01:06:39	10:22	
285	1220	norberta grilo	Individual	02:15:31	+01:07:27	10:26	
286	1085	Vânia Costa	FAMA RUNNERS	02:16:27	+01:08:23	10:30	
287	1111	Silvia Cruz	GENEROSOS RUNNERS	02:16:37	+01:08:33	10:31	
288	1395	Sandra Pinto	Travassós Running Fafe	02:16:41	+01:08:37	10:31	
289	1403	Esmeralda Pinto	Travassós Running Fafe	02:16:41	+01:08:37	10:31	
290	1422	Jorge e	Turbo Kings 2.0 - A. D. Ancêde	02:16:54	+01:08:50	10:32	
291	1415	João Ernesto da Silva Gomes	Turbo Kings 2.0 - A. D. Ancêde	02:16:54	+01:08:50	10:32	
292	1320	Adriana silva	Moleiro	02:17:13	+01:09:09	10:33	
293	1360	Armando Barroso	RorizAventura	02:17:13	+01:09:09	10:33	
294	1130	Ana silva	Individual	02:17:14	+01:09:10	10:33	
295	1321	Zeza silva	Moleiro	02:17:14	+01:09:10	10:33	
296	1134	Carla Teixeira	Individual	02:17:15	+01:09:11	10:33	
297	1043	Tiago Pinto	Clube Trilheiros & amigos	02:17:17	+01:09:13	10:34	
298	1180	Nuno Veloso	Individual	02:17:20	+01:09:16	10:34	
299	1119	Joana Rocha	Inclusautismo Associação	02:18:17	+01:10:13	10:38	
300	1123	Arminda Couto	Inclusautismo Associação	02:18:17	+01:10:13	10:38	
301	1073	BRUNO CARDOSO	DDT Runners	02:19:26	+01:11:22	10:44	
302	1018	David Martins	Benedita do Quintal	02:19:27	+01:11:23	10:44	
303	1006	Antonio Frazao	A20s javalis trail team	02:19:30	+01:11:26	10:44	
304	1226	Ana Manuela Soares Teixeira da Silva	Individual	02:19:43	+01:11:39	10:45	
305	1258	Luís Miguel Costa	Individual	02:20:34	+01:12:30	10:49	
306	1208	Fernanda Costa	Individual	02:20:34	+01:12:30	10:49	
307	1317	Sandra João	Manu s Therapy Trail Running	02:20:42	+01:12:38	10:49	
308	1275	Vítor barbosa	Individual	02:21:20	+01:13:16	10:52	
309	1029	Rúben Costa	C. A. Andatrilhos Freamunde	02:22:38	+01:14:34	10:58	
310	1023	Lúcia Costa	C. A. Andatrilhos Freamunde	02:22:39	+01:14:35	10:58	
311	1401	Conceição Machado	Travassós Running Fafe	02:22:40	+01:14:36	10:58	

13KM - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
312	1041	Sandra Cristina Sousa	Clube Trilheiros & amigos	02:23:06	+01:15:02	11:00	
313	1287	Joaquim Cândido castelo Veiga ribeiro	Individual	02:23:22	+01:15:18	11:02	
314	1323	Ana Isabel Ribeiro	O ultimo a chegar paga o jantar!!	02:23:37	+01:15:33	11:03	
315	1324	Ana Rita Moreira	O ultimo a chegar paga o jantar!!	02:23:37	+01:15:33	11:03	
316	1209	Goreti Silva	Individual	02:24:03	+01:15:59	11:05	
317	1196	SERGIO MIGUEL NOGUEIRA SANTOS	Individual	02:24:51	+01:16:47	11:09	
318	1389	Ivone Freitas	Travassós Running Fafe	02:24:52	+01:16:48	11:09	
319	1392	Raquel Mendes	Travassós Running Fafe	02:24:52	+01:16:48	11:09	
320	1396	Carlos Mendes	Travassós Running Fafe	02:24:53	+01:16:49	11:09	
321	1352	Ricardo Braga	Rechonchudos Trail Runners	02:25:28	+01:17:24	11:11	
322	1095	João Santos	Fire runners	02:25:38	+01:17:34	11:12	
323	1410	Berto Barbosa	Turbo Kings 2.0 - A. D. Ancêde	02:25:39	+01:17:35	11:12	
324	1051	Joana Fernandes	Coronado Runners	02:25:43	+01:17:39	11:13	
325	1008	José Teixeira	A20s javalis trail team	02:25:49	+01:17:45	11:13	
326	1257	José Veludo	Individual	02:25:49	+01:17:45	11:13	
327	1346	Manuel Jorge	Pk56	02:26:35	+01:18:31	11:17	
328	1230	Maria Arminda Neto Cardoso	Individual	02:28:50	+01:20:46	11:27	
329	1213	Maria Bessa	Individual	02:29:01	+01:20:57	11:28	
330	1266	paulo pinto	Individual	02:29:52	+01:21:48	11:32	
331	1057	Elisabete Silva	DAPproduções	02:30:06	+01:22:02	11:33	
332	1108	Sofia Tadeu	GENEROSOS RUNNERS	02:30:59	+01:22:55	11:37	
333	1152	António José Martins Couto	Individual	02:31:38	+01:23:34	11:40	
334	1056	Cristiana costa	DAPproduções	02:31:44	+01:23:40	11:40	
335	1325	Carmelita Oliveira Sousa Marques	O ultimo a chegar paga o jantar!!	02:32:13	+01:24:09	11:43	
336	1427	Carla Leal	Uh Lá Lá	02:32:15	+01:24:11	11:43	
337	1046	Celina Baptista	CNCBacadapasso	02:34:50	+01:26:46	11:55	
338	1047	Carlos Navega	CNCBacadapasso	02:34:51	+01:26:47	11:55	
339	1227	EUNICE COSTA	Individual	02:34:57	+01:26:53	11:55	
340	1296	alberto azevedo	Individual	02:36:34	+01:28:30	12:03	
341	1093	Carina Filipa Ferreira Pinto	Fire runners	02:36:42	+01:28:38	12:03	
342	1402	Dores Alves	Travassós Running Fafe	02:37:04	+01:29:00	12:05	
343	1386	Ana Fernandes	Travassós Running Fafe	02:37:05	+01:29:01	12:05	
344	1394	Rita Machado	Travassós Running Fafe	02:37:05	+01:29:01	12:05	
345	1390	Mariana Fernandes	Travassós Running Fafe	02:37:06	+01:29:02	12:05	
346	1393	Raquel Monteiro	Travassós Running Fafe	02:37:46	+01:29:42	12:08	
347	1065	Ricardo Samuel Nogueira da Silva	DAPproduções	02:39:30	+01:31:26	12:16	
348	1058	Joana Silva	DAPproduções	02:39:38	+01:31:34	12:17	
349	1430	Claudia Sousa	Individual	02:39:46	+01:31:42	12:17	
350	1263	Miguel Gomes	Individual	02:39:47	+01:31:43	12:17	
351	1429	Sérgio sampaio	Individual	02:39:47	+01:31:43	12:17	
352	1368	Ana Luísa	Sem Limites	02:39:54	+01:31:50	12:18	
353	1369	Pedro Miguel	Sem Limites	02:39:54	+01:31:50	12:18	
354	1371	José Gonçalves	Sem Limites	02:39:57	+01:31:53	12:18	
355	1370	Carla Pacheco	Sem Limites	02:39:58	+01:31:54	12:18	
356	1270	Rui Manuel Brito Gonçalves	Individual	02:40:32	+01:32:28	12:21	

13KM - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
357	1216	Marta Santana	Individual	02:40:33	+01:32:29	12:21	
358	1205	Ana Maria da Silva Brito	Individual	02:40:33	+01:32:29	12:21	
359	1194	Saúl Filipe Pedrosa Coelho	Individual	02:41:07	+01:33:03	12:24	
360	1199	Tiago Lopes	Individual	02:41:07	+01:33:03	12:24	
361	1210	Isabel da Silva Pires	Individual	02:45:27	+01:37:23	12:44	
362	1144	Manuela Moreira	Individual	02:47:15	+01:39:11	12:52	
363	1109	Monica Tadeu	GENEROSOS RUNNERS	02:48:56	+01:40:52	13:00	
364	1133	Carla Alexandra Cardoso Loureiro	Individual	02:50:29	+01:42:25	13:07	
365	1165	Joel Fernando Abreu Areia	Individual	02:50:29	+01:42:25	13:07	
366	1101	Manuel Alves	Futebol Clube de Penafiel	02:58:09	+01:50:05	13:42	
367	1100	Julio Alves	Futebol Clube de Penafiel	02:58:09	+01:50:05	13:42	
368	1098	Isabel Galhardo	Futebol Clube de Penafiel	02:58:09	+01:50:05	13:42	
369	1141	Joana Nunes	Individual	03:00:15	+01:52:11	13:52	
370	1142	Lúcia Martins	Individual	03:01:22	+01:53:18	13:57	

13KM

[illegible]

13 KM

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:15	10.7°C	100%
End	12:17	10.7°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

Juvenil Feminino

1	1003	Ana Guimarães	A. D. Lustosa	Juvenil Feminino	01:50:18	+42:14	08:29
---	------	---------------	---------------	------------------	----------	--------	-------

Juvenil Masculino

1	1329	EDUARDO SILVA	Os caminhanτες	Juvenil Masculino	01:40:29	+32:24	07:44:29
2	1383	Tiago Costa	Trail team 1328	Juvenil Masculino	02:06:45	+58:41	09:45:29

Senior Feminino

1	1136	Célia Neto	DAP Produções	Senior Feminino	01:24:25	+16:21	06:30
2	1001	Brigida Raquel Dias Pinto	100METROS - ORALKLASS-AMIGOS DO TRAIL	Senior Feminino	01:26:28	+18:24	06:39
3	1391	Marta Noval	Travassós Running Fafe	Senior Feminino	01:26:51	+18:47	06:41
4	1146	Patrícia Santos	Individual	Senior Feminino	01:33:10	+25:06	07:10
5	1049	Mariana Pires	Condomínio Ideal II	Senior Feminino	01:37:22	+29:18	07:29
6	1139	DIANA NETO	Individual	Senior Feminino	01:37:34	+29:30	07:30
7	1315	Manuela Pinto	Manu s Therapy Trail Running	Senior Feminino	01:37:42	+29:37	07:31
8	1096	Teresa Maias	FISIOPERFORMANCE	Senior Feminino	01:51:03	+42:58	08:33
9	1304	Juliana Carneiro	La Familia Trail Team	Senior Feminino	01:53:55	+45:51	08:46
10	1316	Natália Pinto	Manu s Therapy Trail Running	Senior Feminino	01:54:07	+46:03	08:47
11	1147	Raquel vieira Eusébio	Individual	Senior Feminino	01:55:36	+47:32	08:54
12	1084	Sandra Pinto	FAMA RUNNERS	Senior Feminino	01:56:22	+48:18	08:57
13	1072	ANDREIA CARINA	DDT Runners	Senior Feminino	01:58:33	+50:29	09:07
14	1347	Valentina Pereira	Porto Sentido Runners	Senior Feminino	01:58:44	+50:40	09:08
15	1143	Lúcia Silva	Individual	Senior Feminino	01:58:46	+50:42	09:08
16	1148	Ricardo Pacheco	Individual	Senior Feminino	02:00:10	+52:06	09:15
17	1145	MARLENE DA CONCEIÇÃO MARTINS PINHEIRO	Individual	Senior Feminino	02:00:12	+52:08	09:15
18	1373	Fátima marinho	Sem Medo	Senior Feminino	02:02:51	+54:47	09:27
19	1129	Agueda Neto	Individual	Senior Feminino	02:03:31	+55:26	09:30
20	1120	Kellen Nunes	Inclusautismo Associação	Senior Feminino	02:03:44	+55:39	09:31
21	1016	Marisa Portela	Apúlia a Correr	Senior Feminino	02:03:45	+55:41	09:31
22	1131	Ana Silva	Individual	Senior Feminino	02:07:25	+59:21	09:48
23	1080	Carolina Martins	ÉPRÓCUMBIBIU	Senior Feminino	02:09:27	+01:01:23	09:57
24	1135	Casimira freire	Individual	Senior Feminino	02:12:07	+01:04:02	10:10
25	1055	Ana Pacheco	DAPproduções	Senior Feminino	02:13:03	+01:04:59	10:14
26	1059	Marta Pereira	DAPproduções	Senior Feminino	02:13:17	+01:05:13	10:15
27	1337	Catarina Brito	Os Sonos	Senior Feminino	02:13:56	+01:05:52	10:18
28	1040	CARLA SILVA	Clube Trilheiros & amigos	Senior Feminino	02:13:57	+01:05:53	10:18

13KM

[illegible]

13 KM

OFFICIAL RESULT

[illegible]

29	1388	Ana Rita Alves	Travassós Running Fafe	Senior Feminino	02:14:34	+01:06:30	10:21
30	1322	Vera Leal	Nocturnos de Paredes	Senior Feminino	02:14:42	+01:06:38	10:22
31	1085	Vânia Costa	FAMA RUNNERS	Senior Feminino	02:16:26	+01:08:22	10:30
32	1395	Sandra Pinto	Travassós Running Fafe	Senior Feminino	02:16:41	+01:08:37	10:31
33	1320	Adriana silva	Moleiro	Senior Feminino	02:17:13	+01:09:09	10:33
34	1130	Ana silva	Individual	Senior Feminino	02:17:13	+01:09:09	10:33
35	1134	Carla Teixeira	Individual	Senior Feminino	02:17:15	+01:09:10	10:33
36	1119	Joana Rocha	Inclusautismo Associação	Senior Feminino	02:18:17	+01:10:13	10:38
37	1023	Lúcia Costa	C. A. Andatrilhos Freamunde	Senior Feminino	02:22:38	+01:14:34	10:58
38	1041	Sandra Cristina Sousa	Clube Trilheiros & amigos	Senior Feminino	02:23:05	+01:15:01	11:00
39	1323	Ana Isabel Ribeiro	O ultimo a chegar paga o jantar!!	Senior Feminino	02:23:36	+01:15:32	11:03
40	1324	Ana Rita Moreira	O ultimo a chegar paga o jantar!!	Senior Feminino	02:23:36	+01:15:32	11:03
41	1389	Ivone Freitas	Travassós Running Fafe	Senior Feminino	02:24:51	+01:16:47	11:09
42	1392	Raquel Mendes	Travassós Running Fafe	Senior Feminino	02:24:52	+01:16:47	11:09
43	1051	Joana Fernandes	Coronado Runners	Senior Feminino	02:25:42	+01:17:38	11:13
44	1057	Elisabete Silva	DAPproduções	Senior Feminino	02:30:06	+01:22:01	11:33
45	1108	Sofia Tadeu	GENEROSOS RUNNERS	Senior Feminino	02:30:59	+01:22:55	11:37
46	1056	Cristiana costa	DAPproduções	Senior Feminino	02:31:43	+01:23:39	11:40
47	1325	Carmelita Oliveira Sousa Marques	O ultimo a chegar paga o jantar!!	Senior Feminino	02:32:13	+01:24:09	11:43
48	1427	Carla Leal	Uh Lá Lá	Senior Feminino	02:32:14	+01:24:10	11:43
49	1093	Carina Filipa Ferreira Pinto	Fire runners	Senior Feminino	02:36:42	+01:28:38	12:03
50	1386	Ana Fernandes	Travassós Running Fafe	Senior Feminino	02:37:04	+01:29:00	12:05
51	1394	Rita Machado	Travassós Running Fafe	Senior Feminino	02:37:04	+01:29:00	12:05
52	1390	Mariana Fernandes	Travassós Running Fafe	Senior Feminino	02:37:06	+01:29:02	12:05
53	1393	Raquel Monteiro	Travassós Running Fafe	Senior Feminino	02:37:46	+01:29:42	12:08
54	1058	Joana Silva	DAPproduções	Senior Feminino	02:39:38	+01:31:34	12:17
55	1430	Claudia Sousa	Individual	Senior Feminino	02:39:46	+01:31:42	12:17
56	1368	Ana Luísa	Sem Limites	Senior Feminino	02:39:54	+01:31:50	12:18
57	1144	Manuela Moreira	Individual	Senior Feminino	02:47:14	+01:39:10	12:52
58	1133	Carla Alexandra Cardoso Loureiro	Individual	Senior Feminino	02:50:28	+01:42:24	13:07
59	1141	Joana Nunes	Individual	Senior Feminino	03:00:14	+01:52:10	13:52
60	1142	Lúcia Martins	Individual	Senior Feminino	03:01:21	+01:53:17	13:57

Senior Masculino

1	1102	Joao Oliveira	Gansos	Senior Masculino	01:13:02	+04:58	05:37
2	1061	Filipe Nogueira	DAPproduções	Senior Masculino	01:14:25	+06:20	05:43
3	1336	Ricardo Oliveira	OS SANTA APOLONIA	Senior Masculino	01:15:58	+07:54	05:51
4	1357	Samuel Bessa	RorizAventura	Senior Masculino	01:17:03	+08:59	05:56
5	1411	Bruno Filipe Monteiro FERreira	Turbo Kings 2.0 - A. D. Ancêde	Senior Masculino	01:17:23	+09:18	05:57
6	1094	Joao Ribeiro	Fire runners	Senior Masculino	01:18:43	+10:39	06:03
7	1066	Tiago Alves	DAPproduções	Senior Masculino	01:19:43	+11:38	06:08
8	1200	Vitor Cunha	Individual	Senior Masculino	01:20:02	+11:58	06:09
9	1417	Pedro Monteiro	Turbo Kings 2.0 - A. D. Ancêde	Senior Masculino	01:21:28	+13:24	06:16
10	1068	Vítor Araujo	DAPproduções	Senior Masculino	01:22:03	+13:59	06:19
11	1327	Ricardo Marcelo de Sousa Marques	O ultimo a chegar paga o jantar!!	Senior Masculino	01:22:10	+14:06	06:19

Official Timekeeper: Lap2Go	2 / 9	generate 17-Nov-2019 12:46
-----------------------------	-------	----------------------------

13KM

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

12	1333	Bruno Fontão	Os primos	Senior Masculino	01:22:25	+14:21	06:20
13	1014	Cristiano Gomes	APERTA CORDÕES	Senior Masculino	01:22:30	+14:25	06:21
14	1326	Bruno Manuel Santos Costa	O ultimo a chegar paga o jantar!!	Senior Masculino	01:23:25	+15:21	06:25
15	1091	Nelson vilela	FigueiróFIT	Senior Masculino	01:23:35	+15:31	06:26
16	1060	Eugénio Cruz	DAPproduções	Senior Masculino	01:23:36	+15:32	06:26
17	1169	José Pedro Ferreira de morais	Individual	Senior Masculino	01:23:58	+15:53	06:28
18	1183	PEDRO CARNEIRO	Individual	Senior Masculino	01:23:58	+15:54	06:28
19	1171	Jose Pereira	Individual	Senior Masculino	01:24:25	+16:21	06:30
20	1186	Ricardo Costa	Individual	Senior Masculino	01:25:35	+17:31	06:35
21	1302	Jorge Gonçalves	JLeal Home & Co	Senior Masculino	01:26:20	+18:16	06:39
22	1190	Rui Machado	Individual	Senior Masculino	01:28:05	+20:01	06:47
23	1300	Carlos Cruz	JLeal Home & Co	Senior Masculino	01:28:10	+20:05	06:47
24	1339	jose oliveira	Paços runners	Senior Masculino	01:29:36	+21:31	06:54
25	1175	Márcio José Batista Rodrigues	Individual	Senior Masculino	01:30:11	+22:07	06:56
26	1027	Ricardo Costa	C. A. Andatrilhos Freamunde	Senior Masculino	01:30:31	+22:27	06:58
27	1028	Ricardo Jorge Neto	C. A. Andatrilhos Freamunde	Senior Masculino	01:30:50	+22:46	06:59
28	1305	Filipe Leal	La Familia Trail Team	Senior Masculino	01:31:04	+23:00	07:00
29	1009	Frutuoso Sousa	AMC Trail	Senior Masculino	01:31:12	+23:08	07:01
30	1375	Filipe Fernandes	Sem Medo	Senior Masculino	01:32:00	+23:56	07:05
31	1397	Damião Duarte	Travassós Running Fafe	Senior Masculino	01:32:24	+24:20	07:06
32	1177	Marco Silva	Individual	Senior Masculino	01:32:40	+24:36	07:08
33	1202	Zé Nando	Individual	Senior Masculino	01:33:44	+25:40	07:13
34	1020	Pedro Silva	Boavista Trail	Senior Masculino	01:33:48	+25:43	07:13
35	1103	jorge beliago	Gansos	Senior Masculino	01:34:13	+26:08	07:15
36	1418	Pedro Teixeira	Turbo Kings 2.0 - A. D. Ancêde	Senior Masculino	01:34:53	+26:48	07:18
37	1118	Helder Marques	Hora do Lobo Trail - CF de Perosinho	Senior Masculino	01:35:13	+27:09	07:20
38	1191	Rui Pedro Marinho Pinto	Individual	Senior Masculino	01:35:16	+27:12	07:20
39	1359	Vitor Fernandes	RorizAventura	Senior Masculino	01:35:34	+27:30	07:21
40	1178	Nelson Pinto	Individual	Senior Masculino	01:35:43	+27:39	07:22
41	1115	Bruno Marques	HABCARPINTARIA	Senior Masculino	01:36:02	+27:58	07:23
42	1168	José Leite	Individual	Senior Masculino	01:36:16	+28:12	07:24
43	1334	Luís Pedrosa	Os primos	Senior Masculino	01:36:17	+28:13	07:24
44	1166	Jorge Coelho	Individual	Senior Masculino	01:36:20	+28:16	07:25
45	1092	Nuno Andrade	FigueiróFIT	Senior Masculino	01:36:26	+28:22	07:25
46	1193	Rui Pinto	Individual	Senior Masculino	01:36:39	+28:35	07:26
47	1050	Ricardo Dias	Condomínio Ideal II	Senior Masculino	01:37:22	+29:18	07:29
48	1179	NUNO SEIXAL	Individual	Senior Masculino	01:37:39	+29:35	07:31
49	1082	Luis Neves	Equipotência Trail Team	Senior Masculino	01:37:40	+29:36	07:31
50	1067	Tiago Seabra	DAPproduções	Senior Masculino	01:38:25	+30:21	07:34
51	1413	Cristiano Fonseca	Turbo Kings 2.0 - A. D. Ancêde	Senior Masculino	01:39:00	+30:56	07:37
52	1077	Tiago Maia	DRAGONS	Senior Masculino	01:39:05	+31:01	07:37
53	1153	Bruno Ferreira	Individual	Senior Masculino	01:39:13	+31:09	07:38
54	1042	Alexandre Fernandes	Clube Trilheiros & amigos	Senior Masculino	01:39:39	+31:35	07:40
55	1156	Daniel	Individual	Senior Masculino	01:40:20	+32:15	07:43
56	1188	Ricardo Manuel Da Silva ribeiro	Individual	Senior Masculino	01:40:33	+32:29	07:44
57	1151	Andre Alves	Individual	Senior Masculino	01:40:40	+32:36	07:45

Official Timekeeper: Lap2Go	3 / 9	generate 17-Nov-2019 12:46
-----------------------------	-------	----------------------------

13KM

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

58	1025	Carlos Alberto Leal	C. A. Andatrilhos Freamunde	Senior Masculino	01:41:53	+33:48	07:50
59	42	Carlos Felgueiras	Individual	Senior Masculino	01:41:53	+33:49	07:50
60	1187	Ricardo Costa	Individual	Senior Masculino	01:43:16	+35:12	07:57
61	1348	André Oliveira	Porto Sentido Runners	Senior Masculino	01:43:25	+35:21	07:57
62	1340	pedro nunes	Paços runners	Senior Masculino	01:43:46	+35:42	07:59
63	1097	Agostinho Pinto	FISIOPERFORMANCE	Senior Masculino	01:43:47	+35:42	07:59
64	1356	Leonel Martins	RorizAventura	Senior Masculino	01:44:48	+36:44	08:04
65	1181	Patricio Renato Vidal da Silva	Individual	Senior Masculino	01:44:54	+36:50	08:04
66	1332	Rui neto	os malucos	Senior Masculino	01:45:20	+37:16	08:06
67	34	Jose Ferreira	GENEROSOS RUNNERS	Senior Masculino	01:45:22	+37:18	08:06
68	1184	PEDRO HENRIQUE MARTINS MEIRELES	Individual	Senior Masculino	01:45:36	+37:31	08:07
69	1064	Nuno Teixeira	DAPproduções	Senior Masculino	01:45:53	+37:49	08:09
70	1349	Filipe Maria	Porto Sentido Runners	Senior Masculino	01:45:54	+37:50	08:09
71	1355	leão	RorizAventura	Senior Masculino	01:46:01	+37:57	08:09
72	1301	Carlos Ferreira	JLeal Home & Co	Senior Masculino	01:46:30	+38:26	08:12
73	1306	Miguel Rondão	La Familia Trail Team	Senior Masculino	01:46:38	+38:34	08:12
74	1154	Bruno Silva	Individual	Senior Masculino	01:46:58	+38:54	08:14
75	1173	Luís	Individual	Senior Masculino	01:48:06	+40:02	08:19
76	1198	Tiago Fernando Ferreira Pinto	Individual	Senior Masculino	01:48:17	+40:13	08:20
77	1310	João Manuel da Silva Carvalho	Lobos Desnorteados	Senior Masculino	01:50:10	+42:05	08:28
78	1309	Eduardo Fernandes Macedo Pereira	Lobos Desnorteados	Senior Masculino	01:50:12	+42:08	08:29
79	1311	Tiago Pimenta	Lobos Desnorteados	Senior Masculino	01:50:13	+42:08	08:29
80	1163	João Pedro Soares dos Santos	Individual	Senior Masculino	01:50:16	+42:11	08:29
81	1113	Ilídio Dias	Guilhade Team	Senior Masculino	01:50:19	+42:15	08:29
82	1114	Jorge Leal	Guilhade Team	Senior Masculino	01:50:19	+42:15	08:29
83	1412	Carlos Monteiro	Turbo Kings 2.0 - A. D. Ancêde	Senior Masculino	01:51:21	+43:17	08:34
84	1189	Rui André Ribeiro Moreira	Individual	Senior Masculino	01:51:35	+43:31	08:35
85	1176	Marco Babo	Individual	Senior Masculino	01:53:38	+45:34	08:45
86	1399	João Carvalho	Travassós Running Fafe	Senior Masculino	01:53:39	+45:35	08:45
87	1419	Ricardo Portela	Turbo Kings 2.0 - A. D. Ancêde	Senior Masculino	01:53:55	+45:51	08:46
88	1013	Tiago Araújo	ANGRY DUCKS TRAIL TEAM	Senior Masculino	01:54:58	+46:54	08:51
89	1063	Luis Moreira	DAPproduções	Senior Masculino	01:55:30	+47:26	08:53
90	1398	Duarte Freitas	Travassós Running Fafe	Senior Masculino	01:56:49	+48:45	08:59
91	1155	Carlos Miguel Alves Bessa	Individual	Senior Masculino	01:57:00	+48:56	09:00
92	1414	Hélder Serdoura	Turbo Kings 2.0 - A. D. Ancêde	Senior Masculino	01:57:18	+49:14	09:01
93	1172	José Sousa	Individual	Senior Masculino	01:58:47	+50:43	09:08
94	1011	Joel Ferreira	ANGRY DUCKS TRAIL TEAM	Senior Masculino	01:58:50	+50:46	09:09
95	1012	Paulo Ferreira	ANGRY DUCKS TRAIL TEAM	Senior Masculino	01:58:55	+50:51	09:09
96	1400	Ricardo Fernandes	Travassós Running Fafe	Senior Masculino	01:59:58	+51:54	09:14
97	1197	Tiago Dias	Individual	Senior Masculino	02:00:10	+52:06	09:15
98	1354	Jorge Alberto Martins Costa	RorizAventura	Senior Masculino	02:01:48	+53:44	09:22
99	1162	João Alfredo silva valente leal	Individual	Senior Masculino	02:04:31	+56:27	09:35
100	1174	Luis Manuel da Silva Machado	Individual	Senior Masculino	02:05:37	+57:32	09:40
101	1167	José Alberto Valente Neto	Individual	Senior Masculino	02:05:38	+57:33	09:40
102	1170	José Pedro Meireles	Individual	Senior Masculino	02:05:38	+57:34	09:40
103	1160	Filipe Neto	Individual	Senior Masculino	02:05:38	+57:34	09:40

Official Timekeeper: Lap2Go	4 / 9	generate 17-Nov-2019 12:46
-----------------------------	-------	----------------------------

13KM

[illegible]

13 KM

OFFICIAL RESULT

[illegible]

104	1385	José Silva	Trail Team 1328	Senior Masculino	02:06:43	+58:39	09:45
105	1384	Cristiano Alves	Trail team 1328	Senior Masculino	02:06:47	+58:42	09:45
106	1303	Luís Leal	JLeal Home & Co	Senior Masculino	02:08:09	+01:00:05	09:52
107	1081	Mario Coelho	ÉPRÓCUMBIBIU	Senior Masculino	02:09:27	+01:01:23	09:57
108	1164	Joaquim barros	Individual	Senior Masculino	02:12:06	+01:04:02	10:10
109	1415	João Ernesto da Silva Gomes	Turbo Kings 2.0 - A. D. Ancêde	Senior Masculino	02:16:54	+01:08:50	10:32
110	1043	Tiago Pinto	Clube Trilheiros & amigos	Senior Masculino	02:17:17	+01:09:13	10:34
111	1180	Nuno Veloso	Individual	Senior Masculino	02:17:20	+01:09:16	10:34
112	1073	BRUNO CARDOSO	DDT Runners	Senior Masculino	02:19:25	+01:11:21	10:44
113	1029	Rúben Costa	C. A. Andatrilhos Freamunde	Senior Masculino	02:22:38	+01:14:34	10:58
114	1196	SERGIO MIGUEL NOGUEIRA SANTOS	Individual	Senior Masculino	02:24:51	+01:16:47	11:09
115	1396	Carlos Mendes	Travassós Running Fafe	Senior Masculino	02:24:52	+01:16:48	11:09
116	1352	Ricardo Braga	Rechonchudos Trail Runners	Senior Masculino	02:25:28	+01:17:24	11:11
117	1410	Berto Barbosa	Turbo Kings 2.0 - A. D. Ancêde	Senior Masculino	02:25:38	+01:17:34	11:12
118	1152	António José Martins Couto	Individual	Senior Masculino	02:31:38	+01:23:34	11:40
119	1065	Ricardo Samuel Nogueira da Silva	DAPproduções	Senior Masculino	02:39:30	+01:31:25	12:16
120	1429	Sérgio sampaio	Individual	Senior Masculino	02:39:47	+01:31:42	12:17
121	1369	Pedro Miguel	Sem Limites	Senior Masculino	02:39:54	+01:31:50	12:18
122	1194	Saúl Filipe Pedrosa Coelho	Individual	Senior Masculino	02:41:06	+01:33:02	12:24
123	1199	Tiago Lopes	Individual	Senior Masculino	02:41:07	+01:33:02	12:24
124	1165	Joel Fernando Abreu Areia	Individual	Senior Masculino	02:50:28	+01:42:24	13:07

Veterana F40

1	1117	Rosa Maria Freitas Teixeira	Hora do Lobo Trail	Veterana F40	01:31:34	+23:30	07:03
2	1079	Marlene Ferreira	DRAGONS	Veterana F40	01:40:06	+32:02	07:42
3	1207	Eunice Salgado	Individual	Veterana F40	01:41:14	+33:10	07:47
4	1214	Maria José Sousa	Individual	Veterana F40	01:41:41	+33:37	07:49
5	1212	Lurdes Pinheiro	Individual	Veterana F40	01:43:02	+34:57	07:56
6	1078	Amélia Ramos	DRAGONS	Veterana F40	01:48:00	+39:55	08:18
7	1010	Ana Neto	Ana Neto	Veterana F40	01:50:00	+41:55	08:28
8	1341	edite cruz	Paços runners	Veterana F40	01:59:02	+50:57	09:09
9	1377	Paula silva	Sem Medo	Veterana F40	02:00:05	+52:00	09:14
10	1404	Fatima Freitas	Travassós Running Fafe	Veterana F40	02:00:14	+52:09	09:15
11	1217	Marta Serra	Individual	Veterana F40	02:00:15	+52:11	09:15
12	1215	Marília Carmo Cunha	Individual	Veterana F40	02:01:21	+53:17	09:20
13	1110	Paula Ferreira	GENEROSOS RUNNERS	Veterana F40	02:01:45	+53:41	09:22
14	1224	Susana Maria Silva Costa	Individual	Veterana F40	02:02:34	+54:30	09:26
15	1124	Susana Silva	Inclusautismo Associação	Veterana F40	02:06:45	+58:41	09:45
16	1330	SONIA PACHECO	Os caminhantes	Veterana F40	02:07:16	+59:12	09:47
17	1211	Josefa Oliveira	Individual	Veterana F40	02:09:34	+01:01:30	09:58
18	1223	Susana Leal	Individual	Veterana F40	02:09:55	+01:01:50	10:00
19	1203	Albertina Neto	Individual	Veterana F40	02:10:44	+01:02:40	10:03
20	1222	Sara Portugal	Individual	Veterana F40	02:12:44	+01:04:40	10:13
21	1206	Elsa Meireles	Individual	Veterana F40	02:12:58	+01:04:54	10:14

13KM

[illegible]

13 KM

OFFICIAL RESULT

[illegible]

22	1122	Alexandra Rocha	Inclusautismo Associação	Veterana F40	02:13:18	+01:05:14	10:15
23	1204	Alexandra Bessa	Individual	Veterana F40	02:13:56	+01:05:52	10:18
24	1405	Natalia Bento	Travassós Running Fafe	Veterana F40	02:14:34	+01:06:30	10:21
25	1220	norberta grilo	Individual	Veterana F40	02:15:31	+01:07:27	10:26
26	1111	Silvia Cruz	GENEROSOS RUNNERS	Veterana F40	02:16:36	+01:08:32	10:31
27	1403	Esmeralda Pinto	Travassós Running Fafe	Veterana F40	02:16:41	+01:08:37	10:31
28	1321	Zeza silva	Moleiro	Veterana F40	02:17:13	+01:09:09	10:33
29	1123	Arminda Couto	Inclusautismo Associação	Veterana F40	02:18:17	+01:10:13	10:38
30	1208	Fernanda Costa	Individual	Veterana F40	02:20:34	+01:12:29	10:49
31	1317	Sandra João	Manu s Therapy Trail Running	Veterana F40	02:20:42	+01:12:38	10:49
32	1401	Conceição Machado	Travassós Running Fafe	Veterana F40	02:22:39	+01:14:35	10:58
33	1209	Goreti Silva	Individual	Veterana F40	02:24:03	+01:15:58	11:05
34	1213	Maria Bessa	Individual	Veterana F40	02:29:00	+01:20:56	11:28
35	1402	Dores Alves	Travassós Running Fafe	Veterana F40	02:37:03	+01:28:59	12:05
36	1370	Carla Pacheco	Sem Limites	Veterana F40	02:39:57	+01:31:53	12:18
37	1216	Marta Santana	Individual	Veterana F40	02:40:32	+01:32:28	12:21
38	1205	Ana Maria da Silva Brito	Individual	Veterana F40	02:40:32	+01:32:28	12:21
39	1210	Isabel da Silva Pires	Individual	Veterana F40	02:45:26	+01:37:22	12:44
40	1109	Monica Tadeu	GENEROSOS RUNNERS	Veterana F40	02:48:55	+01:40:51	13:00

Veterana F50

1	1407	Rosalina Marinho	Travassós Running Fafe	Veterana F50	01:32:27	+24:23	07:07
2	1087	Nina Salvador	Farmácia Fervença	Veterana F50	01:56:50	+48:46	08:59
3	1231	Maria Teixeira	BTT / Alegria	Veterana F50	01:57:36	+49:32	09:03
4	1232	Rosa Silva	Individual	Veterana F50	02:01:10	+53:06	09:19
5	1229	Luísa Maria Silva Cunha	Individual	Veterana F50	02:02:14	+54:10	09:24
6	1228	Isabel Maria da Silva valinhas dos santos	Individual	Veterana F50	02:13:44	+01:05:39	10:17
7	1226	Ana Manuela Soares Teixeira da Silva	Individual	Veterana F50	02:19:42	+01:11:38	10:45
8	1230	Maria Arminda Neto Cardoso	Individual	Veterana F50	02:28:50	+01:20:46	11:27
9	1046	Celina Baptista	CNCBacadapasso	Veterana F50	02:34:50	+01:26:46	11:55
10	1227	EUNICE COSTA	Individual	Veterana F50	02:34:57	+01:26:53	11:55
11	1098	Isabel Galhardo	Futebol Clube de Penafiel	Veterana F50	02:58:09	+01:50:05	13:42

Veterano M40

1	1099	João Ferreira Amorim	Futebol Clube de Penafiel	Veterano M40	01:08:04	05:14
2	1319	João	Manu s Therapy Trail Running	Veterano M40	01:11:38	+03:34 05:31
3	1234	Abílio Fernandes	DAP Produções	Veterano M40	01:13:03	+04:59 05:37
4	1335	José Pedrosa	Os primos	Veterano M40	01:16:39	+08:35 05:54
5	1030	Agostinho Sousa	C. A. Andatrilhos Freamunde	Veterano M40	01:17:03	+08:58 05:56
6	1116	Hugo Sampaio	HABCARPINTARIA	Veterano M40	01:18:19	+10:15 06:01
7	1423	José Augusto Pinto	Turbo Kings 2.0 - A. D. Ancêde	Veterano M40	01:21:28	+13:24 06:16
8	1246	Fernando Moreira	Individual	Veterano M40	01:21:52	+13:48 06:18
9	1241	ARMANDO MARTINS RIBEIRO	Individual	Veterano M40	01:23:01	+14:57 06:23

Official Timekeeper: Lap2Go	6 / 9	generate 17-Nov-2019 12:46
-----------------------------	-------	----------------------------

13KM

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

10	1005	Pedro Vieira	A.D.Amarante trail running	Veterano M40	01:23:20	+15:16	06:25
11	1260	Manuel Couto	Individual	Veterano M40	01:25:13	+17:09	06:33
12	1238	António Coelho	Individual	Veterano M40	01:26:12	+18:08	06:38
13	1273	Serafim Costa	Individual	Veterano M40	01:26:41	+18:37	06:40
14	1235	Abilio Oliveira	Individual	Veterano M40	01:26:46	+18:41	06:40
15	1267	Renato Manuel Cruz Alves	Individual	Veterano M40	01:27:09	+19:05	06:42
16	1365	Martinho Monteiro	RorizAventura	Veterano M40	01:27:24	+19:20	06:43
17	1272	Rui Orlando Neto	Individual	Veterano M40	01:27:33	+19:29	06:44
18	1031	Vitor Neto	C. A. Andatrilhos Freamunde	Veterano M40	01:27:54	+19:50	06:46
19	1363	Jorge Alberto Rodrigues Fernandes	RorizAventura	Veterano M40	01:28:50	+20:45	06:50
20	1277	Vitor Manuel Morais Coelho	Individual	Veterano M40	01:29:03	+20:59	06:51
21	1022	Carlos Leal	Boavista Trail	Veterano M40	01:29:09	+21:04	06:51
22	1236	Albertino Silva	Individual	Veterano M40	01:29:52	+21:48	06:55
23	1250	Joaquim Gomes	Individual	Veterano M40	01:30:11	+22:07	06:56
24	1276	Vitor Carneiro	Individual	Veterano M40	01:30:32	+22:28	06:58
25	1244	Eugenio Manuel Gonçalves LEAL	Individual	Veterano M40	01:30:36	+22:32	06:58
26	1245	Fernando Campos	Individual	Veterano M40	01:31:47	+23:43	07:04
27	1074	JOÃO PAULO	DDT Runners	Veterano M40	01:32:36	+24:32	07:07
28	1408	Filipe Bento	Travassós Running Fafe	Veterano M40	01:35:02	+26:58	07:19
29	1361	Bruno Carlos Martins Costa	RorizAventura	Veterano M40	01:35:34	+27:30	07:21
30	1239	Antonio Couto	Individual	Veterano M40	01:35:35	+27:31	07:21
31	1274	Sergio Mota	Individual	Veterano M40	01:36:54	+28:50	07:27
32	1240	Antonio malheiro	Individual	Veterano M40	01:37:30	+29:26	07:30
33	1264	Nelson Cristiano Pacheco de Freitas	Individual	Veterano M40	01:39:13	+31:09	07:38
34	1104	Miguel Costa	Gansos	Veterano M40	01:42:09	+34:04	07:51
35	88	Rui Teixeira	Porto Sentido Runners	Veterano M40	01:43:25	+35:21	07:57
36	1253	Jorge Souto	Individual	Veterano M40	01:43:46	+35:42	07:59
37	1048	Hugo Teixeira	Código Musical	Veterano M40	01:43:56	+35:52	08:00
38	1344	rui alves	Paços runners	Veterano M40	01:43:59	+35:55	08:00
39	1362	Emanuel Fernandes	RorizAventura	Veterano M40	01:44:49	+36:45	08:04
40	1076	PAULO FERREIRA	DDT Runners	Veterano M40	01:44:50	+36:46	08:04
41	1249	João José de Sousa Mendes	Individual	Veterano M40	01:45:53	+37:49	08:09
42	15	José Lopes	Boavista Trail	Veterano M40	01:47:55	+39:51	08:18
43	1035	Armando Neves	Clube os 5 à hora	Veterano M40	01:48:35	+40:31	08:21
44	1259	Luís Miranda	Individual	Veterano M40	01:48:36	+40:32	08:21
45	1069	Jorge Moreira	DAPproduções	Veterano M40	01:48:51	+40:46	08:22
46	1070	Ricardo Pinto	DAPproduções	Veterano M40	01:48:51	+40:46	08:22
47	1248	Helder Rodrigues	Individual	Veterano M40	01:49:39	+41:35	08:26
48	1036	Silvério Santos	Clube Pessoal Aguas Gaia	Veterano M40	01:50:05	+42:01	08:28
49	1312	Carlos Manuel Pires da Costa Machado	Lobos Desnorteados	Veterano M40	01:50:10	+42:06	08:28
50	1313	Helder Fernandes Macedo Pereira	Lobos Desnorteados	Veterano M40	01:50:12	+42:08	08:29
51	1314	José Manuel Machado Carvalho	Lobos Desnorteados	Veterano M40	01:50:13	+42:08	08:29
52	1243	Emanuel Videira Freitas	Individual	Veterano M40	01:50:21	+42:17	08:29
53	1364	Luis Filipe Roriz Gouveia	RorizAventura	Veterano M40	01:51:04	+43:00	08:33
54	1379	Pedro pimenta	Sem Medo	Veterano M40	01:51:39	+43:35	08:35
55	1382	Sousa Henrique	Soplabifana	Veterano M40	01:54:16	+46:12	08:47

Official Timekeeper: Lap2Go	7 / 9	generate 17-Nov-2019 12:46
-----------------------------	-------	----------------------------

13KM

[illegible]

13 KM

OFFICIAL RESULT

[illegible]

56	1237	António Carlos Gomes dias	Individual	Veterano M40	01:56:59	+48:55	09:00
57	1075	MANUEL OLIVEIRA	DDT Runners	Veterano M40	01:58:31	+50:27	09:07
58	1350	Avelino Rodrigues	Porto Sentido Runners	Veterano M40	01:58:55	+50:51	09:09
59	1233	Abílio Silva	Individual	Veterano M40	01:59:44	+51:39	09:13
60	1255	José Luís Gonçalves Duarte	Individual	Veterano M40	02:00:04	+52:00	09:14
61	1261	MARIO JOEL GONÇALVES FERREIR	Individual	Veterano M40	02:00:12	+52:08	09:15
62	1247	Fernando Silva	Individual	Veterano M40	02:01:10	+53:06	09:19
63	1127	Pedro Carvalho	Inclusautismo Associação	Veterano M40	02:02:49	+54:44	09:27
64	1125	Joaquim Pereira	Inclusautismo Associação	Veterano M40	02:02:50	+54:46	09:27
65	1112	Rodrigo Ferraz	GENEROSOS RUNNERS	Veterano M40	02:03:30	+55:26	09:30
66	1017	Filipe Almeida	Apúlia a Correr	Veterano M40	02:03:45	+55:41	09:31
67	1331	ROBERTO SILVA	Os caminhantes	Veterano M40	02:07:16	+59:12	09:47
68	1269	Roberto Neto	Individual	Veterano M40	02:07:57	+59:53	09:51
69	1052	Francisco José Brás da Silva	Coronado Runners	Veterano M40	02:08:30	+01:00:26	09:53
70	1262	mario pacheco	Individual	Veterano M40	02:12:19	+01:04:15	10:11
71	1378	Marco pimenta	Sem Medo	Veterano M40	02:12:22	+01:04:18	10:11
72	1126	Paulo Pinto	Inclusautismo Associação	Veterano M40	02:13:15	+01:05:11	10:15
73	1318	David Costa	Manu s Therapy Trail Running	Veterano M40	02:13:46	+01:05:42	10:17
74	1422	Jorge e	Turbo Kings 2.0 - A. D. Ancêde	Veterano M40	02:16:53	+01:08:49	10:32
75	1360	Armando Barroso	RorizAventura	Veterano M40	02:17:13	+01:09:09	10:33
76	1018	David Martins	Benedita do Quintal	Veterano M40	02:19:26	+01:11:22	10:44
77	1006	Antonio Frazao	A20s javalis trail team	Veterano M40	02:19:30	+01:11:26	10:44
78	1258	Luís Miguel Costa	Individual	Veterano M40	02:20:34	+01:12:29	10:49
79	1275	Vítor barbosa	Individual	Veterano M40	02:21:19	+01:13:15	10:52
80	1257	José Veludo	Individual	Veterano M40	02:25:48	+01:17:44	11:13
81	1266	paulo pinto	Individual	Veterano M40	02:29:52	+01:21:48	11:32
82	1263	Miguel Gomes	Individual	Veterano M40	02:39:46	+01:31:42	12:17
83	1371	José Gonçalves	Sem Limites	Veterano M40	02:39:57	+01:31:53	12:18
84	1270	Rui Manuel Brito Gonçalves	Individual	Veterano M40	02:40:32	+01:32:28	12:21
85	1100	Julio Alves	Futebol Clube de Penafiel	Veterano M40	02:58:09	+01:50:04	13:42

Veterano M50

1	1071	Fernando Seabra	DAPproduções	Veterano M50	01:17:56	+09:52	06:00
2	1045	José Silva	Clube Trilheiros & amigos	Veterano M50	01:20:29	+12:25	06:12
3	1345	rogerio silva	Paços runners	Veterano M50	01:23:28	+15:24	06:25
4	1307	Luís Carneiro	La Familia Trail Team	Veterano M50	01:23:53	+15:49	06:27
5	1294	Paulo Quintas	Individual	Veterano M50	01:24:53	+16:49	06:32
6	1291	José Maria Barros Dias	Individual	Veterano M50	01:25:46	+17:42	06:36
7	1381	Antonio coelho	Sem Medo	Veterano M50	01:32:51	+24:47	07:09
8	1038	Manuel Santiago	Clube Pessoal Aguas Gaia	Veterano M50	01:34:19	+26:15	07:15
9	1032	Francisco Rodrigues	C. A. Andatrilhos Freamunde	Veterano M50	01:35:35	+27:31	07:21
10	1280	António Carneiro Matos	Individual	Veterano M50	01:37:32	+29:28	07:30
11	1366	Manuel Peixoto	RorizAventura	Veterano M50	01:38:18	+30:14	07:34
12	1425	JOAQUIM ANDRADE	TUTILAR CLASS RUNNERS	Veterano M50	01:39:14	+31:09	07:38
13	1285	Joao Alves	Individual	Veterano M50	01:39:57	+31:53	07:41

13KM

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

14	1252	Jorge Manuel Bastos	Individual	Veterano M50	01:40:26	+32:22	07:44
15	1037	Jorge Santos	Clube Pessoal Aguas Gaia	Veterano M50	01:43:09	+35:05	07:56
16	1278	Adao Barros	Individual	Veterano M50	01:43:57	+35:52	08:00
17	1293	PAULO ALEXANDRE OLIVEIRA COELHO	Individual	Veterano M50	01:44:14	+36:10	08:01
18	1289	Jorge cunha	Individual	Veterano M50	01:47:20	+39:15	08:15
19	1002	Adérito Brandão	100PRESSA	Veterano M50	01:48:03	+39:58	08:19
20	1284	Fernando do Pilar Amaro Areia	Individual	Veterano M50	01:49:23	+41:19	08:25
21	1288	Joaquim Coelho	Individual	Veterano M50	01:49:39	+41:35	08:26
22	1004	joao guimaraes	A. D. Lustosa	Veterano M50	01:50:18	+42:14	08:29
23	1281	Antonio Fernando Andrade Pinheiro Machado	Individual	Veterano M50	01:51:35	+43:31	08:35
24	1007	Arnaldo silva	A20s javalis trail team	Veterano M50	01:55:59	+47:55	08:55
25	1372	Fernando Campos	Sem Limites	Veterano M50	01:58:34	+50:30	09:07
26	1286	Joaquim Antero da Silva Carneiro Leão	Individual	Veterano M50	02:00:14	+52:10	09:15
27	1105	PAULO SILVA	Gansos	Veterano M50	02:04:40	+56:35	09:35
28	1295	Valdemar Silva	Individual	Veterano M50	02:05:28	+57:24	09:39
29	1290	José Cabral	Individual	Veterano M50	02:05:28	+57:24	09:39
30	1424	FRANCISCO NETO	TUTILAR CLASS RUNNERS	Veterano M50	02:06:05	+58:01	09:42
31	1292	Manuel dias	Individual	Veterano M50	02:07:22	+59:18	09:48
32	1106	Rui machado	Gansos	Veterano M50	02:14:01	+01:05:57	10:19
33	1287	Joaquim Cândido castelo Veiga ribeiro	Individual	Veterano M50	02:23:21	+01:15:17	11:02
34	1095	João Santos	Fire runners	Veterano M50	02:25:38	+01:17:34	11:12
35	1008	José Teixeira	A20s javalis trail team	Veterano M50	02:25:48	+01:17:44	11:13
36	1346	Manuel Jorge	Pk56	Veterano M50	02:26:34	+01:18:30	11:17
37	1047	Carlos Navega	CNCBacadapasso	Veterano M50	02:34:50	+01:26:46	11:55
38	1101	Manuel Alves	Futebol Clube de Penafiel	Veterano M50	02:58:08	+01:50:04	13:42

Veterano M60

1	1033	António Teixeira	Caminheiros de Ermesinde	Veterano M60	01:26:31	+18:27	06:39
2	1351	Humberto Pinho	Porto Sentido Runners	Veterano M60	01:26:44	+18:40	06:40
3	1308	Serafim Ramos	LION RUNNERS - G.D. Leões da Guarda	Veterano M60	01:27:05	+19:01	06:42
4	1338	Lino Moreira	Os TurboMula	Veterano M60	01:31:15	+23:10	07:01
5	1297	Fernando ferreira	Individual	Veterano M60	01:32:52	+24:48	07:09
6	1039	José Barbosa	Clube Pessoal Aguas Gaia	Veterano M60	01:46:05	+38:00	08:10
7	1426	PORFIRIO SILVA	TUTILAR CLASS RUNNERS	Veterano M60	02:06:35	+58:31	09:44
8	1083	Abilio Neves	Equipotência Trail Team	Veterano M60	02:11:26	+01:03:22	10:07
9	1296	alberto azevedo	Individual	Veterano M60	02:36:34	+01:28:30	12:03

COLETIVO - 13KM

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	DAPPRODUÇÕES	5 + 11 + 14	30
2	TURBO KINGS 2.0 - A. D. ANCÊDE	10 + 17 + 18	45
3	RORIZAVENTURA	9 + 49 + 54	112
4	C. A. ANDATRILHOS FREAMUNDE	8 + 51 + 61	120
5	OS PRIMOS	7 + 22 + 93	122
6	TRAVASSÓS RUNNING FAFE	46 + 71 + 72	189
7	GANSOS	3 + 80 + 125	208
8	PAÇOS RUNNERS	27 + 57 + 132	216
9	JLEAL HOME & CO	40 + 53 + 150	243
10	LA FAMILIA TRAIL TEAM	30 + 65 + 151	246
11	BOAVISTA TRAIL	56 + 79 + 154	289
12	MANU S THERAPY TRAIL RUNNING	2 + 105 + 190	297
13	PORTO SENTIDO RUNNERS	44 + 129 + 130	303
14	SEM MEDO	70 + 75 + 185	330
15	CLUBE PESSOAL AGUAS GAIA	81 + 127 + 149	357
16	O ULTIMO A CHEGAR PAGA O JANTAR!!	21 + 26 + 314	361
17	DRAGONS	109 + 115 + 155	379
18	CLUBE TRILHEIROS & AMIGOS	16 + 113 + 280	409
19	DDT RUNNERS	73 + 140 + 203	416
20	LOBOS DESNORTEADOS	168 + 169 + 170	507
21	GENEROSOS RUNNERS	143 + 227 + 234	604
22	TUTILAR CLASS RUNNERS	112 + 247 + 248	607
23	ANGRY DUCKS TRAIL TEAM	192 + 209 + 210	611
24	OS CAMINHANTES	118 + 253 + 254	625
25	FIRE RUNNERS	13 + 322 + 341	676
26	INCLUSAUTISMO ASSOCIAÇÃO	231 + 232 + 236	699
27	FUTEBOL CLUBE DE PENAFIEL	1 + 366 + 367	734
28	TRAIL TEAM 1328	249 + 251 + 252	752
29	A20S JAVALIS TRAIL TEAM	195 + 303 + 325	823
30	SEM LIMITES	205 + 352 + 353	910